

## Lewes Athletic Club Newsletter



# The AMMONITE

July 2021

Please send contributions and corrections to errors to [newsletter@lewesac.co.uk](mailto:newsletter@lewesac.co.uk).

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Coming in August - spot the Lewes AC coach photo competition!

## Save the Date!

There will be a Club Annual General Meeting on Friday 24th September 2021 at 19:00.

This will be the first AGM for quite a while and will provide an opportunity to hear more about and contribute to plans for the future. It will be held at the **Southdowns Club** and refreshments will be provided.

Whether you're an athlete or the parent of one (or more!) we would very much like to see you there.

A page has been set up on the Club Wiki (hyperlink: <https://wiki.lewesac.co.uk/tiki-index.php?page=Club%20organisation>) to provide information and updates. You can also download a copy of the Club's Constitution from there.

There will be elections to the Committee on the evening. Arrangements for these will be publicised here and on the Wiki.

The current Committee is:

- Chairman: Peter Masters
- Treasurer: Peter Miller
- Secretary: Vacant
- Membership: Dominic Osman-Allu
- Committee: Rick Pilling, Andrew Chitty, David Foster, John Coleman, Julie Deacon, Peter Selby, Angela Brinkhurst, Sally Brown.

Any suggestions or questions about the evening can be directed to Richard Moore ([richard@darton-moore.co.uk](mailto:richard@darton-moore.co.uk))

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## Worthing Track Night

1 June 2021

All pictures by Eva Gilbert

**3000m** Heat: 1 of 1

Rank	ID	Name	Cat	Gender	Result
4	177	Archie Guppy	U17	M	9:41.03
10	209	Charles Taylor	U23	M	10:12.12
11	132	Emily Proto	Sen	F	10:50.39



Above: Archie Guppy (left) and Charles Taylor (right) – running on air...

**100m** Heat: 1 of 1

Rank	ID	Name	Cat	Gender	Result
1	173	Rosie Kornevall	U15	F	13.65

Below: Rosie Kornevall taking the lead.



100m		Heat: 2 of 12			
Rank	ID	Name	Cat	Gender	Result
4	75	Olivia Cox	U15	F	13.82



Above: Olivia Cox (left) in the 100 m sprint



**100m Heat: 10 of 12**

Rank	ID	Name	Cat	Gender	Result
3	188	Aston Lockwood	U23	M	11.05

**Above: Aston Lockwood in 100 m sprint****300m Heat: 2 of 2**

	ID	Name	Cat	Gender	Result
2	173	Rosie Kornevall	U15	F	45.13

**800m Heat: 1 of 7**

Rank	ID	Name	Cat	Gender	Result
2	33	Adam Dray	U20	M	1:55.41



**Above: Adam Dray**

**800m Heat: 4 of 7**

Rank	ID	Name	Cat	Gender	Result
7	79	Barney Hastings	U15	M	2:15.68



**Above: Barney Hastings**

**800m Heat: 6 of 7**

Rank	ID	Name	Cat	Gender	Result
2	107	George Vinton	U15	M	2:22.76

**200m Heat: 6 of 13**

Rank	ID	Name	Cat	Gender	Result
4	107	George Vinton	U15	M	27.84

**1500m Heat: 1 of 4**

Rank	ID	Name	Cat	Gender	Result
9	112	Aiden Briffett	U23	M	4:21.33



Above: Ava James (left) and Darcy Pring (right)

**1500m**      **Heat: 4 of 4**

Rank	ID	Name	Cat	Gender	Result
9	99	Ava James	U15	F	5:30.78
10	159	Darcy Pring	<u>U15</u>	F	5:32.20

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## Youth Development League Meeting – Lower Age Group

Saturday 5<sup>th</sup> June 2021 Hastings



This is the one league where Lewes AC competes on its own and not in conjunction with Haywards Heath Harriers. There were three other clubs involved: Brighton & Hove AC, Hastings AC, and Worthing & District.

This was the first league meeting of the season and was held at Hastings. Not surprisingly perhaps Brighton & Hove scored the most points.

Lewes was at its strongest in individual track events scoring more points here than the home club. We were however out-gunned in field events. The final position was:

- |    |                              |     |
|----|------------------------------|-----|
| 1. | Brighton & Hove AC           | 168 |
| 2. | Worthing & District Harriers | 123 |
| 3. | Hastings AC                  | 113 |
| 4. | Lewes AC                     | 90  |

Lewes AC had some good individual performances. Four Lewes AC competitors came first in their races: Harvey Perry (twice), Zoe Wright, Emilia Singer and Charlie Perry. Eight came second.

Under-13 Emilia Singer reached AAA grade 4 standards for her winning long jump (4.10 0.7), and for her second placed 75 metre race time of 11 seconds. Under-13 Charlie Perry achieved AAA grade 1 standard for his second placed time of 11.7 second in the 75 metres and 04:28.7 in the 1200 metres. Under-13 Michael O'Connor also reached an AAA grade 1 in his 1200 metres race time of 04:13.0. In the under-15s Olivia Harris reached the AAA 4 graded height of 1.45 metres in her high jump event.

100m U15 Boys A	3	Rocky LAMPARD	14.5
100m U15 Boys B	1	Harvey PERRY	14.6
300m U15 Boys A	1	Harvey PERRY	43.3
300m U15 Boys	2	Thomas LAWSON	47.1
800m U15 Boys A	2	Harvey PERRY	02:21.0
800m U15 Boys B	3	Thomas LAWSON	02:31.0
High Jump U15 Boys A	3	Rocky LAMPARD	1.30 m
Shot U15 Boys A	2	Thomas LAWSON	6.88
100m U15 Girls A	3	Rosie KORNEVALL	13.7
100m U15 Girls B	1	Zoe WRIGHT	14.3
300m U15 Girls A	2	Rosie KORNEVALL L	45.9
800m U15 Girls A	4	Darcy PRING	02:40.1
800m U15 Girls B	4	Florence HILL L	02:41.7
High Jump U15 Girls A	3	Olivia HARRIS	1.45 m
Shot U15 Girls A	4	Freya JACKSON	5.28 m
Discus U15 Girls A	2	Freya JACKSON	12.15 m
75m U13 Boys A	2	Charlie PERRY	11.7
1200m U13 Boys A	2	Michael O'CONNOR	04:13.0



1200m U13 Boys B	2	Charlie PERRY	04:28.7
75m U13 Girls A	2	Emilia SINGER	11.0
Long Jump U13 Girls A	1	Emilia SINGER	4.10 0.7

**Next event: Saturday 17<sup>th</sup> July at Lewes. Make the most of home advantage!**

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## Sussex Masters/Vets League

14<sup>th</sup> June 2021

The position of the combined Lewes AC/Haywards Heath Harriers going into this meeting was not good after the Eastbourne event. However, Eastbourne Rovers had shown the importance of home advantage.

### Sussex Vets League - Eastbourne - 19 May 2021

Pos.	Team	Score
1	Eastbourne Rovers AC	193
2	Brighton & Hove AC	163
3	Hastings AC	128
4	Haywards Heath & Lewes	110
5	Arena 80	49
6	Worthing & Steyning	25

We came out of the 14<sup>th</sup> June contest with a vastly improved performance:

### Sussex Vets League - Lewes – 14 June 2021

Pos	Team	Score
1	Brighton & Hove AC	172
2	Haywards Heath & Lewes	168
3	Eastbourne Rovers AC	159
4	Hastings AC	134
5	Arena 80	93
6	Worthing & Steyning	15

More good news is that the next Sussex Vets League event is on **Monday 26<sup>th</sup> July** at the **Lewes track** (although it is formally being organised by Brighton and Hove AC). **We have got home advantage again!** Make a note for your diaries.



**Above: The Field of Dreams: Monday 14<sup>th</sup> June 2021 Lewes Athletics Track.**



**Above: Julie Deakin turns on the pressure in 800 metres.**

	<b>Womens 800m A</b>	
3	Becky Trotman	2:51.2
	<b>Womens 800m B</b>	
5	Caroline Mackey-Kursheed	3:17.7

	<b>Womens 800m 50+</b>	
4	Julie Deakin	3:20.4
	<b>Womens 5000m A</b>	
5	Caroline Mackey-Kursheed	26:12.9
	<b>Womens 5000m B</b>	
3	Abi Redd	23:13.2
	<b>Womens 5000m 50+</b>	
2	Mary Campbell	21:36.6
	<b>Womens 200m A</b>	
3	Lucy Venables	30.7
	<b>Womens 200m B</b>	
2	Becky Trotman	33.2
	<b>Womens 200m 50+</b>	
3	Jo Buckley	34.7
	<b>Womens 4 x 400 relay</b>	
4	Lucy Venables, Julie Deakin, Helen Diack & Abi Redd	5:56.2

	<b>Womens Discus 35+</b>	
4	Helen Diack	15.10
	<b>Womens Discus 50+</b>	
2	Julie Deakin	13.28
	<b>Womens Shot Putt 35+</b>	
4	Helen Diack	5.09
	<b>Womens Shot Putt 50+</b>	
3	Jo Buckley	5.53
	<b>Womens Long Jump 35+</b>	
3	Lucy Venables	3.82
	<b>Womens Long Jump 50+</b>	
2	Jo Buckley	2.63
	<b>Womens Pole Vault 35+</b>	
1	Mariette Hilborne	3.42





Above: Jonathan Burrell (941) in Mens 800m 50+

	<b>Mens 800m A</b>	
3	Russ Mullen	2:26.7
	<b>Mens 800m B</b>	
1	Marcus Kimmins	2:19.2
	<b>Mens 800m 50+</b>	
2	Jonathan Burrell	2:22.3
	<b>Mens 2000m walk A</b>	
2	Dave Harper	13:13.0
	<b>Mens 2000m walk B</b>	
1	Oliver Francis	13:22.3
	<b>Mens 2000m walk 50+</b>	
3	John Palmer	15:10.1
	<b>Mens 3000m A</b>	
3	James Skinner	09:30.2
	<b>Mens 3000m B</b>	
4	Russ Mullen	10:21.5
	<b>Mens 3000m 50+</b>	
1	Paul Cousins	11:13.2
	<b>Mens 200m A</b>	
1	Owen Wells	25.5
	<b>Mens 200m B</b>	

1	Andrew McLennan	30.6
	<b>Mens 200m 50+</b>	
2	Andy Dray	28.0
	<b>Mens 200m 60+</b>	
2	Ian Hilder	30.2
	<b>Mens 4 x 400 relay A</b>	
2	Andy Dray, Andrew McLennan, Robert Cooper & Owen Wells	4:13.3

	<b>Mens Triple Jump 35+</b>	
2	Owen Wells	9.60
	<b>Mens Triple Jump 50+</b>	
3	Nigel Copp	8.31
	<b>Mens Discus 60+</b>	
3	Nigel Copp	22.80
	<b>Mens Discus 50+</b>	
2	Mike Bale	27.05
	<b>Mens Javelin Throw 35+</b>	
3	Owen Wells	24.33
	<b>Mens Javelin Throw 50+</b>	
5	Ian Dumbrell	24.86

## Lewes & Haywards Heath Non-scoring performances

### MEN

<u>Event</u>	<u>N/S No.</u>	<u>Name</u>	<u>Age Group</u>	<u>Performance</u>
2000m walk	957	Charlie Perry	U20	11:37.8
2000m walk	958	Harvey Perry	U20	12:21.7
200m	939	James Smyth	M35	29.9
200m	940	John Palmer	M50	32.6
200m	941	Jonathan Burrell	M50	29.5
200m	942	Josh Franks	M35	31.8
200m	959	Max Andrews	Guest	25.1
200m	965	Robert Cooper	M35	29.3



**Above: Men's 3000 metres: Lewes runners Adam Vaughan (933) and Vesa Lindberg (400)**

3000m	400	Vesa Lindberg		10:51.1
3000m	402	Phil Westbury	M35	11:22.8
3000m	933	Adam Vaughan		10:24.0
3000m	936	Chris Russell	M60	12:06.2
3000m	937	Dave Harper	M35	12:10.7
3000m	942	Josh Franks	M35	12:17.3
3000m	960	Marcus Kimmins	M35	9:44.3
3000m	963	Oliver Francis	M35	11:14.6



**Above: Andrew McLennan (934) and Mike Green (961) battle in the 800 metres**

800m	934	Andrew McLennan	M35	2:25.7
800m	935	Andy Hind	M35	2:28.1
800m	936	Chris Russell	M60	2:44.0



800m	938	Ian Dumbrell	M50	2:29.4
800m	961	Mike Green	M50	2:28.3
800m	964	Peter Kennedy	M50	2:50.0
800m	965	Robert Cooper	M35	2:27.3
Discus	932	Ian Tomkins	M50	22.24
Javelin throw	932	Ian Tomkins	M50	23.00
Javelin throw	935	Andy Hind	M35	23.52
Javelin throw	966	Mike Bale	M65	16.37
Triple Jump	939	James Smyth	M35	7.39

## WOMEN

**Below: Lauren Morse strides out in 2000m Walk**



<u>Event</u>	<u>N/S No.</u>	<u>Name</u>	<u>Age Group</u>	<u>Performance</u>
Pole Vault	945	Hannah Russell	U20	2.50
Pole Vault	944	Imogen Taylor	U20	1.70
2000m walk	956	Lauren Morse	U20	11:00.4



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## Southern Athletics League

### South Coast Division

### Results of meeting at the Withdean Stadium Sunday 20<sup>th</sup> June

This division normally has four local clubs competing: Brighton & Hove AC, Hastings AC, Eastbourne Rovers and a combined Haywards Heath Harriers/ Lewes AC team. As a one off, there were two guest clubs from Hampshire, City of Portsmouth AC and Havant AC.

The team points are listed below. The team points are calculated by summing the individual points scored by individuals then dividing them by 4.

1	Brighton & Hove AC	413.4
2	City of Portsmouth AC	347.6
3	Lewes and Haywards Heath AC	225.2
4	Hastings AC	209.3
5	Eastbourne Rovers	182.3
6	Havant AC	152.5

The next fixture is **on Sunday 11<sup>th</sup> July** at the **LEWES**. Don't underestimate home advantage.

The Team Managers are Peter Miller ([pmiller209@btinternet.com](mailto:pmiller209@btinternet.com)) for men and Karin Divall ([karincalliafas@btinternet.com](mailto:karincalliafas@btinternet.com)) for women.

<b>100 SM A</b>								
<b>Pos</b>	<b>Perf</b>	<b>Name</b>		<b>AG</b>		<b>Club</b>	<b>SB</b>	<b>PB</b>
4	11.7	Jack Palmer	<b>PB</b>	U17	M	Lewes	11.7	11.7
<b>100 SM B</b>								
<b>Pos</b>	<b>Perf</b>	<b>Name</b>		<b>AG</b>		<b>Club</b>	<b>SB</b>	<b>PB</b>
4	12.4	Max Andrews		SEN	M	Lewes /Hay H		
<b>100 SM ns1</b>								
<b>Pos</b>	<b>Perf</b>	<b>Name</b>		<b>AG</b>		<b>Club</b>	<b>SB</b>	<b>PB</b>
4	12.2	Owen Wells		V35	M	Lewes/ Veter-ans	11.9	11.9
<b>100 SM ns2</b>								
5	12.2	Adam Lawson	<b>PB</b>	U17	M	Lewes	12.2	12.2
<b>100 SW A</b>								
<b>Pos</b>	<b>Perf</b>	<b>Name</b>		<b>AG</b>		<b>Club</b>	<b>SB</b>	<b>PB</b>
4	13.2	Grace Wheeler		U17	W	Lewes	13.1	12.91
<b>100 SW B</b>								
<b>Pos</b>	<b>Perf</b>	<b>Name</b>		<b>AG</b>		<b>Club</b>	<b>SB</b>	<b>PB</b>
3	13.4	Tilly Bevan	<b>PB</b>	U17	W	Lewes	13.4	13.4

<b>100 SW ns1</b>								
<b>Pos</b>	<b>Perf</b>	<b>Name</b>		<b>AG</b>		<b>Club</b>	<b>SB</b>	<b>PB</b>
2	13.5	Jess Powell	PB	U17	W	Lewes	13.5	13.5
<b>200 SM A</b>								
<b>Pos</b>	<b>Perf</b>	<b>Name</b>		<b>AG</b>		<b>Club</b>	<b>SB</b>	<b>PB</b>
2	23.7	Jack Palmer		U17	M	Lewes	23.42	23.42
<b>200 SM B</b>								
<b>Pos</b>	<b>Perf</b>	<b>Name</b>		<b>AG</b>		<b>Club</b>	<b>SB</b>	<b>PB</b>
4	25	Max Andrews		SEN	M	Lewes/Hay H		
<b>200 SM ns2</b>								
<b>Pos</b>	<b>Perf</b>	<b>Name</b>		<b>AG</b>		<b>Club</b>	<b>SB</b>	<b>PB</b>
3	24.9	Adam Lawson	PB	U17	M	Lewes	24.9	24.9
4	25.4	Owen Wells	SB	V35	M	Lewes/Veter-ans	25.4	24.3
<b>200 SW A</b>								
<b>Pos</b>	<b>Perf</b>	<b>Name</b>		<b>AG</b>		<b>Club</b>	<b>SB</b>	<b>PB</b>
3	26.1	Chloe Kornevall	PB	U20	W	Lewes	26.1	26.1
<b>200 SW B</b>								
<b>Pos</b>	<b>Perf</b>	<b>Name</b>		<b>AG</b>		<b>Club</b>	<b>SB</b>	<b>PB</b>
2	27.4	Livvy Connor		SEN	W	Lewes/Brighton Uni/Crawley	26.28	25.7
<b>400 SW A</b>								
<b>Pos</b>	<b>Perf</b>	<b>Name</b>		<b>AG</b>		<b>Club</b>	<b>SB</b>	<b>PB</b>
6	74.4	Millie Hemsley	PB	SEN	W	Lewes/Brighton Uni	74.4	74.4
<b>800 SM A</b>								
<b>Pos</b>	<b>Perf</b>	<b>Name</b>		<b>AG</b>		<b>Club</b>	<b>SB</b>	<b>PB</b>
6	02:08.0	Louis Goodwin		U17	M	Lewes	02:08.0	02:08.0
<b>800 SM B</b>								
<b>Pos</b>	<b>Perf</b>	<b>Name</b>		<b>AG</b>		<b>Club</b>	<b>SB</b>	<b>PB</b>
5	02:46.0	Peter Kennedy	SB	V65	M	Lewes/Veter-ans	02:46.0	02:14.0
<b>800 SW A</b>								
<b>Pos</b>	<b>Perf</b>	<b>Name</b>		<b>AG</b>		<b>Club</b>	<b>SB</b>	<b>PB</b>
5	02:33.0	Lucy Richardson		SEN	W	Lewes/Hay H		
<b>1500 SM A</b>								
<b>Pos</b>	<b>Perf</b>	<b>Name</b>		<b>AG</b>		<b>Club</b>	<b>SB</b>	<b>PB</b>
1	04:07.0	Joshua Burgess	SB	SEN	M	Lewes	04:07.0	04:04.0
<b>1500 SM B</b>								
<b>Pos</b>	<b>Perf</b>	<b>Name</b>		<b>AG</b>		<b>Club</b>	<b>SB</b>	<b>PB</b>
4	04:43.0	Jonathan Burrell	PB	V55	M	Lewes/Southern Counties Vets	04:43.0	04:43.0
<b>1500 SW A</b>								
<b>Pos</b>	<b>Perf</b>	<b>Name</b>		<b>AG</b>		<b>Club</b>	<b>SB</b>	<b>PB</b>

6	05:24.0	Lucy Richardson		SEN	W	Lewes/Hay H		
3000 SW A								
Pos	Perf	Name		AG		Club	SB	PB
1	10:37.0	Emily Proto	SB	SEN	W	Lewes	10:37.0	10:05.0
5000 SM B								
Pos	Perf	Name		AG		Club	SB	PB
2	16:57.0	Ben Pepler	PB	SEN	M	Lewes	16:57.0	16:57.0
4x100 SM								
Pos	Perf	Name		AG		Club	SB	PB
3	47.3	Lew&HH		SEN	M	Lewes/Hay H		
4x400 SW								
Pos	Perf	Name		AG		Club	SB	PB
5	04:32.0	Lew&HH		SEN	W	Lewes/Hay H		
HJ SW B								
Pos	Perf	Name		AG		Club	SB	PB
5	1	Becky Healy		SEN	W	Lewes/Hay H		
PV SW A								
Pos	Perf	Name		AG		Club	SB	PB
1	3.4	<u>Ivy Spencer</u>	PB	U20	W	Lewes/Crawley	3.4	3.4
PV SW B								
Pos	Perf	Name		AG		Club	SB	PB
1	3.3	Mariette Terrisse		V35	W	Lewes/France	3.5	4
LJ SW A								
Pos	Perf	Name		AG		Club	SB	PB
1	5.58	Livvy Connor		SEN	W	Lewes/Brighton Uni/Crawley	5.8	5.9
SP7.26K SM A								
Pos	Perf	Name		AG		Club	SB	PB
2	14.46	Joey Watson		SEN	M	Lewes	14.96	17.42
SP4K SW B								
Pos	Perf	Name		AG		Club	SB	PB
3	6.2	Millie Hemsley	SB	SEN	W	Lewes/Brighton Uni	6.2	6.62
DT2K SM A								
Pos	Perf	Name		AG		Club	SB	PB
3	36.92	Joey Watson	SB	SEN	M	Lewes	36.92	46.23
DT1K SW A								
Pos	Perf	Name		AG		Club	SB	PB
5	14.57	Becky Healy		SEN	W	Lewes/Hay H		
HT7.26K SM A								

Pos	Perf	Name		AG		Club	SB	PB
2	40.83	Joey Watson	SB	SEN	M	Lewes	40.83	50.46
<b>HT4K SW A</b>								
Pos	Perf	Name		AG		Club	SB	PB
4	19.05	Millie Hemsley	PB	SEN	W	Lewes/Brighton Uni	19.05	19.05
<b>JT800 SM A</b>								
Pos	Perf	Name		AG		Club	SB	PB
4	27.36	Joey Watson	SB	SEN	M	Lewes	27.36	34.83
<b>JT800 SM B</b>								
Pos	Perf	Name		AG		Club	SB	PB
5	15.72	Mike Bale	SB	V65	M	Haywards Heath	15.72	21.35
<b>JT600 SW</b>								
Pos	Perf	Name		AG		Club	SB	PB
3	16.86	Livvy Connor	SB	SEN	W	Lewes/Brighton Uni/Crawley	16.86	25.23

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## South of England Athletic Association

### Outdoor Under 20 and Senior Championships

#### Bedford International Stadium 12-13<sup>th</sup> June

It was down to two young Lewes women to secure golds, one on the track and one in the field. **Harriet Bloor** ran 1500 metres in 4:38.97 minutes/seconds to win gold in the U20 race. For context, SEAA record holder for this event is one Paula Radcliffe. (Lewes AC's Natasha Clarke is down in the results as coming fourth in this race as well as doing well in the pole vault! I understand from Dave Leach that the Natasha Clarke in the 1500 m was in fact a different person.)

Meanwhile U17 **Gemma Tutton** once again triumphed in the U20 women's pole vault with 3.80 metres. Tantalising records beckon – see below. In addition Lewes competitors, **Emilie Oakden**, **Ivy Spencer** and **Natasha Clarke** all were just outside the medals in fourth, fifth and sixth place having all reached a height of 3.30 meters.

Senior bronze medals were won by **Ruby Whyte-Wilding** in the 5000 metres where she achieved a personal best of 17:42.85, and in the senior long jump by **Livy Connor** with a 5.80 metre leap.

In the senior men's shot **Joseph Watson** came second with a distance of 14.70 metres. Geoff Capes' SEAA 1976 record of 21.36 metres seems safe for another year.

In the U20 pole vault **Cameron Wells** was 5<sup>th</sup> with a top height of 3.95 metres. **Pyers Lockwood** won his heat for the 400 metre hurdles, and came 5<sup>th</sup> in the final with a time of 56:44 minutes/seconds. **Aston Lockwood** ran a disappointing 100 metres in 12.78 seconds, while he was able to run 11.05 in a recent Worthing open event.

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## **British Athletic Championships and Olympic Trials / Gemma Tutton breaks 20 year old Sussex record.**

**Manchester 26 June 2021**



Gemma Tutton, who is still in the U17 age group, added a further 10cm to her personal best in the pole vault record, clearing 4.10m for fifth place, a European U20 Championships qualifying standard. Gemma broke the Sussex women's senior record that was set in 2000 at 4.04m by Lucy Webber, and she is the only other Sussex athlete to clear 4.00m.

In the same championships Harriet Bloor competed in the U20 women's 3000 metres, coming 7<sup>th</sup> in 9:54.7 minutes.

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## Eastbourne Trackstar Marathon 15<sup>th</sup> May 2021

Chris Gilbert

Chris came second (and was first vet) in a time of 2:48.51 in a full marathon without leaving the Eastbourne Sports Park. He explains below.



Do you enjoy track races? Maybe you're a sprinter and love the burst of speed over 200m, or maybe you're a distance runner and enjoy counting down the 12.5 laps of a 5000m run. Well, no need to stop there - if you prefer a more steady pace over a longer distance there's the Eastbourne Trackstar Marathon at 105.5 laps.

I decided to enter this year on a bit of a whim - having done a Malling Loop marathon (41.5 laps) a few weeks earlier it felt like a natural progression.



Although it might sound like a bit of a tough mental challenge, it's actually surprisingly sociable and enjoyable - as it's a fairly small affair there's a chance to chat to many of the 80 entrants prior to the start and then with such a short loop you end up seeing the same people quite regularly, to share a quick hello and words of encouragement.

With your own support table on the back straight there's no need to carry any gels or water and I found a good way of breaking up the distance was to do a time check every 4 laps, grab some gels every 20 and water on the 21st, so I could settle into a nice rhythm.

This year the weather was admittedly horrific - torrential rain for the first 50 or so laps, the wind picked up for the last 30 and the rain continued to make the odd reappearance here and there, so the last laps were fairly hard going but at least it wasn't hot!

If you have a few hours to spare you can watch the whole event here [<https://youtu.be/YkrAvf9gEVg>]. Although it maybe doesn't have the same level of drama as Kipcho-ge's breaking 2 attempts I still feel a small sense of pride seeing that lone, sopping wet, Lewes vest as it makes an appearance down the home straight every 95 seconds.

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## Ultra Running Extra

Weald Challenge 50k

13<sup>th</sup> June 2021

Position (out of 155)	Lewes AC runner	Category	Time
11	David Prince-Iles	V60	05:59:21
20	Robert Gerardo	Senior	05:26:20
43	Matthew Holmwood	V50	06:01:02
133	Colin Hartland	V560	07:24:36





## Weald Challenge Half Marathon

13<sup>th</sup> June 2021

Position (out of 221)	Lewes AC runner	Category	Time
16	Ian Fines	V50	1:59:21
17	Martin Radcliffe	Senior	1:59:21
24	Clare Martin	Senior	2:03:05
70	Charlotte Bennett	Senior	2:23:34

## Centurion South Downs 100 miles

15<sup>th</sup> June 2021

Position (out of 433)	Lewes AC runner	Time
202	Mauro Lazzati	25:46:26
230	Ruth Wray	26:54:21
276	Frances Witt	28:21:09



Above: Ruth Wray (left) and Fran Witt (right)

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## Spotlight on: Throws

By Mike Bale



The last year has been particularly difficult for throwers who have found themselves locked out of stadiums during the various lockdowns, even though throwing is relatively easy to do socially distanced. Add to that the closure of gyms it is no surprise that since competition re-opened in April performances have generally been less than what would normally be expected.

Throwing is about technique and power so access to stadiums to practise technique and gyms with free weights to develop power is essential. For this reason most of the few events that have taken place so far this year have been about re-

turn to competition rather than championships and leagues.

The throws group I look after train on a Thursday evening from 5pm to 7pm. There are three Javelin and three Hammer throwers. All are enthusiastic athletes with good potential for the future. So far this year the best results have come from Hugo Mason who has extended his Javelin PB to 37.07 from a PB last year of 31.34, and Jia Atkins who has extended her Hammer PB to 26.52 from a PB last year of 31.34, excellent results both.

One of the joys of throwing is that you know immediately if you have a good throw, where you are 'in the pack' during each round, and thus what you need to do win.

For those interested in throwing, I can highly recommend it. Throwers are a friendly bunch and actively encourage each other even during competition. Unless you are a masters athlete where we joss each other as well!

Here in Lewes we have this small group of U13, U15 and U17 throwers but we are short of senior and masters throwers. We have been lucky that Joey Watson has recently returned to the club. He is an outstanding shot putter who can deliver a mean Hammer, Javelin and Discus as well; a definite game changes in the SAL (Southern Athletics League). I do not have the bandwidth to take on another group, but if any seniors or masters would like to learn the basics so they can pick up an implement and throw with a level of competence and help score points in the leagues, as some have, I will be happy to accommodate them on Thursday evenings (by appointment please).

Mike Bale (Lead Club Haywards Heath Harriers; currently Throws Coach Lewes AC; UK Level 2 [mikebale@aol.com](mailto:mikebale@aol.com))

Photo: Santeri Viinamäki, via Wikimedia Commons

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