



# “The Ammonite”

April 2019

## Lewes AC 10K Development Course

Three club Coaches got together late 2018 and hatched a plan to offer a 10k development course aimed at members who wanted to either improve their 10k, or tackle a 10k for the first time.

The course launched in January with a keen bunch of 12 athletes all raring to go. During our 8 weeks together our group athletes braved some of the worst conditions on our training nights; freezing rain, cold, wind and a particularly soggy evening at the Convent field. We introduced threshold sessions and strength & conditioning moves. We went to Hove parkrun (which produced a number of PB's), ran hills & loops and did some tough track sessions. It all culminated with the West Worthing 10k in what can only be described as the windiest 10k we've seen. Our 12 all turned out (when staying in bed was a serious option given the weather), and all ended with great big smiles having completed the race - a significant achievement in difficult conditions.

Here's what one of our group, Robbie, had to say;

I initially signed up for the 10km course as a good way of getting some discipline into my running structure. I was also looking to beat my PB. But what I got was a whole lot more. From the start it was a very welcoming group. Made up of individuals that had been brought together to achieve personal achievements.

Straight away the coaches made clear the plan ahead. So over the 8 weeks my running had progressed to a level that without the amazing plan I don't believe I would have achieved. Not only did my running speed progress, my form and pacing is more efficient. This was all down to (once again) the coaches' individual input. Each coach had different advice and information for all of us, to make us the better runners we are now.

BUT one of the great things I've got out of this is a great bunch of new friends. Amazing bunch of people to train with and encourage. The group could not be more sociable and more welcoming if we tried. All topped off by a get together organised by the lovely Jan.



Only Negative I have is the course is over, wish it kept going, back to back.  
One more thing to add is getting so much help on this course has really inspired me more to help others progress even more.

Many thanks to COACHES:  
KARIN, BEV,  
SIOBHAN, DAVE,  
ANDREW, PETER,  
MAURO, and to the  
GANG ❤️👉❤️

The GANG pictured above from left to right are back row, Derek, Robbie, Sarah, Jo, Claire, Maria, Louise and front row Jules, Tamsyn, Jan, Katherine and Alex.

# **RUN STORE** Sussex Road Race Challenge



The cross-country season is a fading (bad) memory and we are now deep into the grinding miles that signal spring marathon season. But don't lose hope, happier times are just around the corner...

Very soon we can all unleash our fire and fury in shorter events on the track and roads of Sussex. Lewes AC has a proud reputation to uphold and we hope to be battling with the 'big boys' in competition throughout the summer season.

The main focus for the forthcoming months will be the County Championships over various distances and the Run Store (previously Harvey Curtis) Sussex Road Race Challenge. So, here are the important dates for your diary -

- 6th April 2019 - Sussex Road Relays (Christ's Hospital, Horsham)
- 11th/12th May 2019 - Sussex Track & Field Champs (K2, Crawley)
- 12th May 2019 - Sussex Half Marathon Champs (Gatwick)
- 10th July 2019 - Brighton Phoenix 10k - Run Store Sussex Road Race Challenge
- 26th August 2019 - Kings Head Canter - Run Store Sussex Road Race Challenge
- 29th September 2019 - Barns Green Half Marathon - Run Store Sussex Road Race Challenge
- 20th October 2019 - Hove Prom 10k - Run Store Sussex Road Race Challenge
- 17th November 2019 - Brighton 10k - Run Store Sussex Road Race Challenge

It would be great to see really strong turnouts from Lewes athletes in all these events. We have been underperforming as a team in the Sussex Road Race Challenge, not even making the podium in 2018 and being beaten by the old enemy, Haywards Heath Harriers. A repeat of this MUST NOT be allowed to happen.

I look forward to toeing the line with as many of you as possible soon.

Matt Bradford

## **Track and Field Leagues and other events – Peter Masters**

It takes a little while but with many e-mails and telephone calls the dates of the T&F league matches where the club competes have now been fixed.

There are seven matches to take place at the Lewes Track. These are two Youth Development League matches for the lower age group (U13 and U15). One Southern Athletics League match; One Sussex under 13 league match and one Sussex U 15 league match. In addition there will be two Masters (Vets) League matches.

Shown on the club's web site [www.lewesac.co.uk](http://www.lewesac.co.uk) are the other events that the club competes in. These are listed under 'up-coming events'. Let's have a great turn out for all the league and events.

## Track and field season– Jo Buckley



The track and field season is now upon us and every year Lewes Athletics Club teams up with Haywards Heath to participate in the Southern Athletics League (SAL)

The SAL is open to athletes from U17 upwards and is held in different locations in and around the South East. It is a great opportunity for you to compete in a friendly competitive environment, try out your sprints, middle distances, throws, and jumps, and we always have a great day out.

We are keen to get more people involved. If you would like to find out more please contact either Tim or myself on the email addresses below.

### **Dates for the Southern Athletics League (SAL)**

- Saturday 13 April
- Sunday 19 May
- Saturday 15 June
- Saturday 13 July
- Saturday 17 August

### **Team managers**

Tim Popkin - [timpopkin@gmail.com](mailto:timpopkin@gmail.com)

Jo Buckley – [buckleyjojo@hotmail.com](mailto:buckleyjojo@hotmail.com)

## Let there be light and sound – Peter Masters

Over the last few weeks the track floodlights and public address system have been replaced and renewed. Installed when the track was first built in 1999 both were showing their age. Uniquely in the UK the maintenance of the track is shared by a consortium of partners that include the Club, Priory School, East Sussex College and the County and District Councils. On behalf of the partners Lewes AC is responsible for the maintenance of the track and the athletic equipment. The club contributed over £40,000 towards the cost of the new lights.

To mark the installation of new LED lights and the new sound system Councillor Janet Baah the Mayor of the Town of Lewes will be coming to the track on Tuesday 2<sup>nd</sup> April and at 7.00pm will carry out an official switching on of the lights. All are welcome to see and be heard.

## Hastings Half Marathon – Bob Hughes

**Sunday 24<sup>th</sup> March 2019**

This time last year there was the 'Beast from the East', but this year there was the nicest weather old-timers could remember for this event. 19 Lewes AC runners participated, compared to 20 in 2018. Once again Chris Gilbert was first male Lewes runner home: he improved his placing on last year by coming in 9<sup>th</sup> rather than 15<sup>th</sup>. Megan Taylor was the first Lewes woman home in 60<sup>th</sup> place rather than the 99<sup>th</sup> place last year. She was the third fastest woman overall and thus a prize winner.

Here are the results for the Lewes contingent.

Position	Gun time	Chip time	Runner
9	1.19.00	1.18.59	Chris Gilbert
60	1.27.10	1.27.07	Megan Taylor
61	1.27.21	1.27.18	Robert Cooper
77	1.28.26	1.28.23	Leo Spall
135	1.31.57	1.31.48	Robert Gerardo
163	1.33.52	1.33.27	Ian Fines
164	1.33.55	1.33.46	David Prince-Iles
265	1.38.57	1.38.27	Sarah Godley
271	1.39.05	1.39.03	Rachael Phelps
286	1.39.27	1.39.02	Tony Deacon
777	1.53.09	1.50.41	Emma Gardner
853	1.55.15	1.54.36	Bob Hughes
1000	1.58.44	1.56.43	Anne Hagan
1193	2.03.36	2.01.32	Meredith Gilbert
1253	2.05.20	2.02.39	Clare Underwood
1825	2.22.27	2.21.10	Rosie Wooldridge
2063	2.23.40	2.30.42	Robert Derrick
2109	2.34.10	2.31.42	Katherine Rake
2196	2.38.39	2.36.12	Frances Kelly

Note that 'gun time' is the time from the race starting while 'chip time' is measured from when you actually cross the starting line. The official race placings are based on gun time, while the Sussex Grand Prix (SGP) competition points use chip times. I'll leave it to you to see if you can spot the one case in the Lewes results where the difference in the two times affected placings!

Two heroic Lewes runners at Hastings, Tony Deacon and Anne Hagan, had completed the Moyleman marathon the previous weekend. Tony told me that while he was extremely unlikely after the Moyleman to get a personal best at Hastings he just loved its carnival atmosphere. The race is well supported all the way around, but going up one of the hills in particular you were bathed in a deafening sea of encouragement reminiscent of a summit in a mountain stage of the Tour de France. Which reminds me that Meredith arrived at the race on her bike – I hope someone gave her a lift home!



Photo above Megan Taylor who was first woman for Lewes and third woman overall

Above I mentioned the SGP competition. This is based on points for your placings in your best six performances in twelve specified Sussex races in the year. You don't have to run all twelve! Awards are given for different veteran categories, so it gives non-elite runners something to aim for.

The Hastings Half Marathon is the first SGP event of the year. If you have done this one, and you are planning to do the Lewes Down Land 10 miles, that leaves you with just another four races. If you have just completed the club's 10K programme there are lovely 10k events that give SGP points at Horsham (2<sup>nd</sup> June), Heathfield (23<sup>rd</sup> June), Hellingly (8<sup>th</sup> September), two at Hove seafront (10<sup>th</sup> July and 20<sup>th</sup> October) and, the last one of the year, Crowborough (24<sup>th</sup> November).



Photo above Chris Gilbert who was first Lewes man

I confess to a personal obsession about this competition. The overall SGP club trophy is a fine thing that was originally donated by the great Steve Ovet. The Lewes AC wins East Sussex cross country competitions with monotonous regularity but has never *ever* lifted this trophy.

The next SGP race is the Hastings 5 miles race on 12<sup>th</sup> May which is Karin Divall's favourite. More details can be found at [www.sussexgrandprix.co.uk](http://www.sussexgrandprix.co.uk) .

Bob Hughes

[bob.hughes@bcs.org](mailto:bob.hughes@bcs.org)

**And it's a last call for:**

### **LEWES 10K and fun runs on Easter Monday:**

**MARSHALS;** we need more volunteers to marshal out on the course. If you are running, you can still help out with registration, car parking and set up so please don't be shy.

Please email me (Julie Deakin) on [jules2710@hotmail.co.uk](mailto:jules2710@hotmail.co.uk) if you can help.

### **CAKES AND SAVOURIES**

We need cakes and savouries for our tea and cake stand – homemade or shop brought are all welcome. Please bring them along on the day, or email Julie as above.

### **MAROLLES**

Last call for Marolles trail run in France. The trip takes place over the weekend of 26/29th April. For further details please contact Ian (email: [hildergen@aol.com](mailto:hildergen@aol.com)).

**I hope you enjoyed reading this newsletter and thank you to all my contributors. I welcome contributions from everyone in the club. Please let me have any articles, photos etc. by April 28<sup>th</sup> for the next May edition to Karin Divall [karincalliafas@btinternet.com](mailto:karincalliafas@btinternet.com)**

## Calendar of future events

<b>April</b>		
<b>6th</b>	<b>Sussex County Road Relays</b>	
<b>13<sup>th</sup></b>	<b>Southern Athletics League (1)</b>  Hastings  U17 to veterans	<b>Team managers</b> Tim Popkin - <a href="mailto:timpopkin@gmail.com">timpopkin@gmail.com</a>  Jo Buckley - <a href="mailto:buckleyjojo@hotmail.com">buckleyjojo@hotmail.com</a>
<b>14<sup>th</sup></b>	<b>Brighton Marathon</b>	
<b>22<sup>nd</sup></b>	<b>Lewes Easter Fun runs</b>  10k, junior 1 mile and toddler trot – everyone welcome.  Our very own races- please come and either run or help – raises much needed club funds.	<a href="http://www.lewesac.co.uk/events/easter-fun-run">www.lewesac.co.uk/events/easter-fun-run</a>
<b>27<sup>th</sup></b>	<b>YDL Lower Age Group (1)</b>	U13 and U15 athletes (school years 6,7,8 & 9)
<b>28<sup>th</sup></b>	<b>London Marathon</b>	
<b>May</b>		
<b>5<sup>th</sup></b>	<b>YDL Upper Age Group</b>	U17 and U20 athletes
<b>8<sup>th</sup></b>	<b>Sussex U13 League (East Division)</b>	Sussex U13 League - school years 6 & 7
<b>11<sup>th</sup> /12<sup>th</sup></b>	<b>Sussex Track &amp; Field Champs (K2, Crawley)</b>	
<b>12<sup>th</sup></b>	<b>Sussex Half Marathon Champs (Gatwick)</b>	<a href="https://www.rungatwick.com/">https://www.rungatwick.com/</a>
<b>12<sup>th</sup></b>	<b>Hastings 5 mile</b>	<a href="https://www.nice-work.org.uk/races/Hastings5">https://www.nice-work.org.uk/races/Hastings5</a>
<b>15<sup>th</sup></b>	<b>Sussex Masters Track and field</b>  Eastbourne	Athletes aged 35 and above
<b>18<sup>th</sup></b>	<b>YDL Lower Age Group (2)</b>	U13 and U15 athletes (school years 6,7,8 & 9)
<b>19<sup>th</sup></b>	<b>Southern Athletics League (2)</b>  Wimbledon	U17 to veterans
<b>26<sup>th</sup></b>	<b>YDL Upper Age Group (2)</b>	U17 and U20 athletes