



“The Ammonite”

January 2019

“Happy New Year to all Lewes AC athletes and volunteers”.

I really hope that you will continue to send me your stories and photos so that we can keep this newsletter as broad as possible in its coverage, and inclusive of everyone's achievements (and I am especially keen to hear from our younger members). All contributions for the February edition by January 29th. Karin Divall karincalliafas@btinternet.com

County XC Champs 2018/19

Good luck to the fifty athletes who will be representing Lewes AC and competing at the Sussex Cross Country Champs at Bexhill on Saturday 5th January. The Senior Men's team in particular looks very strong, but there should be lots of good competition across all the age groups. If anyone wants to write up their story about competing in the champs, or send me a photo or two for the next newsletter, then please send them through!

Sussex County League

It was back to Stanmer for the second County League Cross Country event where we had a lot more mud and rain to contend with. In fact it was so bad Peter Masters couldn't take any photos- his camera stayed firmly inside his jacket in the dry. So I am afraid there is a lack of photos of the day- except for the women's team where we managed to get a small gap in the rain clouds.

Results from the day where we saw some great individual and team performances included:

In the U 11 Girls ...4th Esme Stephenson, 9th Grace Tuesday, 17th Madison Gregson, 24th Mae Smyth, 27th Hattie Smyth, 28th Nesta Pring, 29th Amy Bomansaam

U 11 Boys; 1st Barney Hastings, 19th Jack Cooley, 21st Jacob Trotman, 22nd Ben Tamplin, 30th Cooper Gagola, 34th Daniel Klemenz, 35th Harry Walsh-Black.

U 13 Girls; 20th Martha Weisskopf-Strange, 22nd Darcy Pring, 26th Ferne Connolly, 29th Rosie Kornevall, 31st Olivia Harris, 36th Zoe Wright, 40th Lily-May Parsons

The U13 Boys team had a great race and the “A team” are 1st after the 2 matches, with individual results: Louis Goodwin (finishing in the same time as the winner), 4th Gabriel Penrose, 8th Archie Guppy, 22nd Jacob Franklin, 23rd Max Gardner, 35th Harvey Perry, 50th Oliver Bailey, 52nd Isaac Taylor, 53rd Daniel Gooch, 61st Oliver Das, 65th Theo Summers, 67th Ollie Gooch.

U 15 Boys: 4th Fenton Davoren, 6th Joseph Callard, 26th Louie Clemente, 28th Stan Pendered, 37th Finley Braund, 46th Leo Boyes.

U 17 men: 3rd Atticus Mohapi-Dobouny, 15th Ben Walters, 23rd Jay Atkins.

The Senior Men also had a good race and are currently in 3rd position after 2 matches: 18th Matt Bradford, 22nd Callum Upton, 30th Chris Gilbert, 32nd Lewis Sida, 53rd Patrick Mcmanus, 60th Ben Pepler, 64th Charles Taylor [12th u 20], 69th Adam Vaughan, 85th Jason Lee, 95th Robbie James, 118th Matt Reed, 157th Andrew Chitty, 166th Liam Collington.



The Senior women's team (photo left) included: 26th Gina Wilson, 40th Helen Sida, 47th Mary Campbell-Clemente, 54th Ellen Brookes, 67th Karin Divall, 72nd Beth Hancock, 76th Teresa Tamplin, 82nd Emma Gardner, 96th Jane Boyes, 99th Clare Underwood.

It was great to see Gina back after a long absence with injury, and to see some new faces as Mary, Ellen, Beth and Clare competed for the first time in the Sussex County League.

Well done to everyone who ran and hope to see you all back, and perhaps joined by some more new faces, at the next (third) XC League event which will be at Bexhill on 9th February- everyone is welcome to come and run- entries on the day.

Sussex Grand Prix 2018

The suspense is over and the podium results for Lewes athletes for 2018 are.... David Prince-Iles MV5 Gold, Karin Divall FV5 Silver, and Bob Hughes MV7 Bronze. Well done also to all the other athletes who competed in the SGP, including those who just missed out by one race. If you fancy having a go at this league (highly recommended) in 2019 then keep an eye out for the list of races on the Sussex Grand Prix website <http://www.sussexgrandprix.co.uk> or in this newsletter. The first race is usually Hastings Half Marathon which this year will be on Sunday 24th March.

Warren Hill East Sussex Cross country

Warren Hill proved to be a lot milder for this year's cross country race and there were some good performances with several athletes improving their times over last year. With 20 athletes we came first overall and after three races we are in first position. The next event will be Ashdown Forest on 13th January which is always the coldest cross country of the year but still great fun! Hope to see some of you there.

England Athletics Age Group Masters- opportunity to represent England at Half Marathon distance

England Athletics have announced the addition of the Half-Marathon to the England Age Group Masters representative opportunities which will be incorporated within the Maidenhead Half Marathon on 1st September. The programme was first launched in 2016 with the chance to qualify for an England age group vest at the marathon distance, with the addition of the 10k in 2018. Qualification can be gained in every age group from V35, V40, V45 through to V75+. All the details including the qualifying races, criteria for selection, and how to register your interest are on the EA website: <https://www.runbritain.com/news/age-group-masters-half-marathon-opportunities?page=2&pagesize=7&from=&to=&range=Latest>

Calendar of future events

January		
5 th	<p>Sussex County Cross Country Champs</p> <p>Bexhill</p> <p>Good luck to all our competitors!</p>	<p>Please contact Dave Leach</p> <p>davebmclewes@gmail.com</p>
13 th	<p>East Sussex Cross Country [4]</p> <p>Ashdown Forest</p>	<p>Sign up and details on the LewesAC wiki</p> <p>http://wiki.lewesac.co.uk/tiki-index.php?page=essccl+signup+and+lift+share</p>
19 th	<p>Sussex Cross Country Masters Champs</p> <p>Coombes Farm</p> <p>New venue!</p>	<p>Contact Dave Leach</p> <p>davebmclewes@gmail.com</p> <p>or Karin Divall</p> <p>karinalliafas@btinternet.com</p>
26 th	<p>The South of England Cross Country Champs</p> <p>Parliament Hill, Hampstead Heath, London</p>	<p>Contact Dave Leach</p> <p>davebmclewes@gmail.com</p>
February		
3 rd	<p>Chichester 10K</p> <p>Sussex 10k Championships</p> <p>Southern Counties Masters Qualification to represent England at Birmingham 10K</p>	<p>www.chichester10k.com</p>
3 rd	<p>East Sussex Cross Country [5]</p> <p>Heathfield Park</p>	<p>Sign up and details on the LewesAC wiki</p> <p>http://wiki.lewesac.co.uk/tiki-index.php?page=essccl+signup+and+lift+share</p>
9 th	<p>Sussex County Cross Country [3]</p> <p>Bexhill</p>	<p>Sign up and details on the LewesAC wiki</p> <p>http://wiki.lewesac.co.uk/tiki-index.php?page=sccl+signup+and+lift+share</p>