



“The Ammonite”

December 2019



Wishing everyone in Lewes AC a very Merry Christmas.

Thank you to everyone who contributed to the newsletter during 2019 and please keep sending me articles, photos and other snippets, and any ideas for what you would like to see included in future. Please let me have any contributions for the January edition by December 29th. Happy Xmas readingKarin Divall
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Sussex County Cross Country at Stanmer- 9th November



Well done everyone who survived the rain at Stanmer- there was a very last minute switch from Lancing to our more local venue, but as you can see from this photo Stanmer didn't disappoint on the mud front.

Left Photo of Under 17 men's team – Atticus Mohapi-Dobouny (401)– Adam Dray (132) – Joseph Callard (351) – Luca Buckley McDonald (388) – Aaron Duncan (390) Team currently 1st after 2 matches with 26 points to Crawley with 34 points.

Stanmer photos by Peter Masters



Start of the women's race – Megan Taylor – Mary Campbell- Clemente – Helen Sida- Becky Trotman. After two matches Lewes AC joint third team in Division two with 213 points – (Where are the other women!!)

Matt Bradford (right) starting in the men's race leading the Lewes AC vets team to second place after two matches just 4 points behind Brighton and Hove AC



Full results from Stanmer XC

U11 Girls: 3rd Bay Ellis, 9th Emilia Singer, 18th Elisa Barry, 19th Nesta Pring

U11 Boys ; 6th Michael O'Connor, 14th Charlie Perry, 17th Edward Riseborough, 20th Seth Warriner, 25th Jacob Trotman, 27th Thomas Barry, 42nd Alfie Turner

U13 Girls team 3rd, 10th Esme Stephenson, 13th Grace Tuesday, 18th Martha Weiskoff- Strange, 20th Darcy Pring, 31st Olivia Harris, 41st India Somerville, 42nd Ferne Connolly, 47th Carys Smith, and 50th Madison Gregson

U 13 Boys team 4th ; 1st Barney Hastings, 17th Jacob Franklin, 21st Harvey Perry, 22nd Thomas Lawson, 28th Isaac Tarafder, 33rd Finley Stokes, 35th Theo Tarafder, 39th Jack Cooley, 43rd Liam Alexander-Pye, 44th Laurence St Louis, 52nd Morgan Czozak

U 15 Girls team 6th: 14th Harriet Dray, 19th Charlotte Sida, 27th Aimee Funnell, 31st Anzi Mamatzakis

U 15 Boys team 4th : 7th Louis Goodwin, 5th Stan Pendered, 18th Louie Clemente, 20th Charlie Wright, 21st Gabriel Penrose, 31st Luke Brooks, 38th Finlay Stonehouse, 39th Henri Bedwell, 40th Max Gardner, 53rd Max Smith

U 17 men team 2nd: 3rd Atticus Mohapi-Dobouny, 6th Adam Dray, 11th Joe Callard, 30th Luca Buckley Mcdonald, 32nd Aaron Duncan,

U17/Senior women 3rd in Div 2: 10th Megan Taylor, 28th Mary Campbell-Clemente, 49th Helen Sida, 55th Becky Trotman

Senior Men team 4th: 6th Matt Bradford, 9th Callum Upton, 15th Toby Meanwell, 31st Ben Pepler, 51st Adam Vaughan, 64th Jonathan Burrell, 70th Colin Bennett, 80th Rick Curtis, 81st Robert Cooper, 101st Andrew McLennan, 115th Dominic Osman-Allu, 139th Liam Collington

SEAA inter counties

And good luck to all our athletes who have been selected to run for Sussex at the SEAA inter counties event at Oxford on Sat 7th December:

u13's

Barney Hastings

Esme Stephenson

Grace Tuesday

U15's

Archie Guppy

Louis Goodwin [Res]

U17's

Adam Dray

Atticus Mohapi-Dobouny

Fenton Davoren

European cross country championships

Congratulations to Tom Evans who took part in the British Athletics Cross Challenge at Sefton Park, Liverpool. He achieved a fantastic 6th place and has been selected to represent GB at the European Cross Country Championships in Lisbon on 8th December.

Sussex Grand Prix

Crowborough 10k Road Race 24th November – and provisional 2019 rankings!

This race – the last SGP race for 2019 -was two laps, both having a longish fast descent, a ford, and a long haul uphill. Not surprisingly the ford was deeper than usual which made it even more exciting. The results show only two heroic Lewes AC runners bothering to turn up.

Position	Runner	category	Gun time	Chip time
20	Robert Cooper	V1	40:09	40:09
142	Bob Hughes	V7	51:27	51:17

We now have the **provisional** overall rankings for 2019. I only show runners who completed 6 or more races.

Overall position	Runner	Category	Position in Category	No races run	Points
2	Chris Gilbert	MV2	1	6	2979
16	Robert Cooper	MV1	2	7	2896
35	David Prince-Iles	MV5	3	6	2749
60	Bob Hughes	MV7	3	9	2576
68	Ian Hilder	MV4	7	7	2522

So it's gold, silver and two bronzes for Lewes AC.

This is the **provisional** schedule for 2020 – not all the dates have been confirmed. The Hastings 5 mile race has been reluctantly dropped because of a fixture clash. The replacement is the Haywards Heath 10 mile race.

- 1 29th March [Hastings Half](#)
- 2 3rd May [Rye 10 mile](#)
- 3 17th May [Horsham 10k](#)
- 4 24th May [Haywards Heath 10 mile](#)
- 5 21st June [Heathfield 10k](#)
- 6 5th July [Bewl 15](#)
- 7 15th July [Phoenix 10k](#) (Wednesday)
- 8 29th July [Bexhill 5k](#) (Wednesday)
- 9 13th September [Hellingly 10k](#)
- 10 4th October [Lewes Downland 10 mile](#)
- 11 18th October [Hove Prom 10k](#)
- 12 22nd November [Crowborough 10k](#)

See you all in Hastings in 2020 – entries are already open for the half-marathon.

Bob Hughes
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Lewes Parkrun

Lewes is surrounded by Parkruns, but doesn't yet have one of its own. Mauro Lazzati & Beverly Sheridan have been researching possible parkrun courses to look at launching our very own Lewes parkrun. We've been doing a lot of running around, and measuring various bits of Lewes off road areas. Although Lewes is a very green town with some lovely open spaces, most are just not suitable for parkrun purposes. Eventually we came up with the rugby fields' area as the best option and decided to hold a small test run to get feedback before we went any further. The event was held in collaboration with Lewes AC & Southdown Sports Club Members and on Saturday 9th November around 20 keen runners and 9 marshals took part in the run which started off in glorious early morning sunshine. The course was 4 laps of the rugby fields and cycle path area and everyone seemed to enjoy their morning out testing the potential course. We got some really useful positive feedback from runners & marshals and although there are some issues that we need to fix, everyone is keen to make it work to try and bring a parkrun to Lewes.



A beautiful start to the morning....Note the keen racing starts!

Later mist added to the atmosphere!



We are working with parkrun HQ and have a parkrun Ambassador to help us refine the course and iron out access problems. Next steps after that will be appointing a core parkrun team to run the event and obtain funding.

We'll keep you posted and please feel free to email if you would like more info or would like to volunteer to support future parkrun events.

Mauro & Bev

Email: beverlyasherdan@gmail.com

And yet another great XC turn-out as we continue our long running success in the **East Sussex Cross Country League** – below is the team who competed at Ashdown Forest on the 13th October.



Calendar of future events

December		
7 th	SEAA Masters & Inter Counties XC Horspath, Oxford	http://www.seaa.org.uk/index.php/events/cross-country
Sun 15 th	ESXCL New Place, Framfield (Race 3)	https://wiki.lewesac.co.uk/tiki-index.php?page=essccl+signup+and+lift+share
January 2020		
Sat 4 th	Sussex County Cross Country Champs @ Bexhill	https://wiki.lewesac.co.uk/tiki-index.php?page=sccl+signup+and+lift+share
Sat 18 th	Sussex Masters XC Champs Coombes Farm, Lancing	
Sat 25 th	South of England Champs @ Parliament Hill Hampstead Heath London.	
Sun 26 th	ESXCL Heathfield Park (Race 4)	https://wiki.lewesac.co.uk/tiki-index.php?page=essccl+signup+and+lift+share