



# “The Ammonite”

March 2020

## England Age Group Indoor T&F Championships

Congratulations to Gemma Tutton who took gold in her first national indoor pole vault title in her first season as an under 17 athlete. Gemma is the UK under 13 and under 15 record holder and she vaulted 3.70m for victory. Emilie Oakden claimed the bronze medal with a height of 3.35m. And just behind Emilie, in a three way tie for fourth place, was yet another Lewes athlete- Amelia Hatchard, with a vault of 3.20m.



The silver medallist in the U15 girl's pole vault competition was also a Lewes athlete. Hannah Russell achieved a 19 centimetre personal best clearance of 3.20m.

## Sussex County Cross Country league

Strom Dennis may have put a stop to the East Sussex cross Country but Storm Ciara couldn't stop the final Sussex County league event at Bexhill.

### Results included:

U11 girls: 5th Bay Ellis, 9th Emilia Singer, 13th Nesta Pring

U11 boys: 3rd Theo Schofield, 6th Luca Grazzina, 7th Michael O'Connor, 10th Jacob Trotman, 14th Charlie Perry

U13 Girls; 4th Esme Stephenson, 8th Grace Tuesday, 17th Martha Weiskoff-Strange, 18th Darcy Pring, 32nd Olivia Harris, 38th Madison Gregson, 39th Carys Smith.  
Teams- A 3rd finished 3<sup>rd</sup>, B 10th finished 10th.

U13 Boys; 25th Harvey Perry, 29th Thomas Lawson, 30th Henry Oates, 31st Theo Tarafder, 34th Jack Cooley, 41st Liam Alexander-Pye, 46th Harry Walsh-Black.  
Teams A 9th, 7th overall, B 11th, 13th overall.

U15 Girls: 7th Sophie Nurse, 11th Harriet Dray. Team 5<sup>th</sup>, and 4th overall.

U15 Boys: 7th Stan Pendered, 8th Charlie Wright, 9th Archie Guppy, 11th Louis Goodwin, 13th Gabriel Penrose, 21st Luke Brooks, 27th Finlay Stonehouse, 28th Max Gardner, 32nd Henri Bedwell, 38th Daniel Gooch,  
Teams: A 2nd and 2nd overall, B 6th and 5th overall, C 9th and 10th overall, D 13th and 13th overall.

U 17 men: 2nd Atticus Mohapi-Dobouny, 7th Fenton Daveron, 11th Joe Callard.  
Team 2nd and 1st overall.

U17/20/snr Women: 7th Megan Taylor, 19th Mary Campbell-Clemente, 36th Emma Rollings.  
Team 3rd and 3rd overall in Div 2.

Senior men: 3rd Callum Upton, 9th Matt Bradford, 21st Lewis Sida, 22nd David Bradford, 25th Ben Pepler, 41st Michael Ussher, 42nd Jonathan Burrell, 43rd Rick Curtis, 51st Will Monington, 55th Andrew McLennan, 56th Colin Bennett, 82nd Dominic Osman Allu  
Teams: A, 2nd and 3rd overall in Div 1, B, 2nd and 5<sup>th</sup> overall in Div. 2



### Individual overall results:

u11's Girls- 3rd Bay Ellis

Boys 3<sup>rd</sup>- Luca Grazzina

U17 men- 2nd Atticus Mohapi-Dobouny and 3rd = Adam Dray

Senior women- 1st Megan Taylor (photo left)

Senior Men- 3rd Callum Upton

V40 2nd -Matt Bradford

V50 3rd -Jonathan Burrell.

## Marolles 2020

Entries invited from Lewes A.C. runners. Lifts offered to the first applicants. For further details please contact: Ian Hilder, [hildergen@aol.com](mailto:hildergen@aol.com).



## Brighton Half Marathon

Congratulations to all the Lewes AC athletes who braved the awful weather to complete this year's Brighton half marathon.

Toby Meanwell 74:13, Jason Lee 79:06, Alex Sawbridge, 80:53, Emma Navesey 81:40, Adam Vaughan 82:11, Matt Read 84:37, Rob Cooper 85:27, Adrian Scott 86:50, Ben Hodgson 87:02, Ellen Brookes 96:14, Nick Williams 96:36, Tony Deacon 92:27, Russell Farley 1:43 Nick Parrish 1:44, Kerry Jackson 1:44, Beth Hancock 1:45, Tara Twyman 1:50, Fran Witt 1:53, Colin Hartland 1:56, Nicola McGeown 1:58, Gary Loughlin 2:01, Adrian Perris 2:03, Kate Slattery 2:04, Andrea Campbell 2:05, Naomi Ross 2:07, Zoe Austin 2:10, Emma Hodgson 2:14, Jill Vaughan 2:17, Nicola Ransome-Lewis 2:18, Alexandra Bowden 2:18, Rosie Wooldridge 2:20, Siobhan Boyer 2:47, Julia Black 2:48

## National Cross Country Champs at Nottingham

Well done to the athletes flying the flag for Lewes:

U15 boys- 159th Gabriel Penrose of 364 finishers.

U20 men - 108th Jasper Baker of 195 finishers.

## Chichester 10k

From Cross Country to the road and the annual Chichester 10k saw a more select group of athletes from Lewes. It is always a class field with plenty of very fast times and pbs, and this year didn't disappoint being won by Nick Goolab in 29:01, with Andy Vernon placing 7<sup>th</sup>. Racing behind them were the Lewes athletes led by Matt Bradford 31:44, 2<sup>nd</sup> vet 40 (photo bottom row right), Megan Taylor 37:53 (photo top row left), Mike Green Photo top row middle), 39:03, Mary Campbell-Clemente 41:00, Tony Deacon 44:15 (top row right) and Karin Divall 48:15 (bottom row left)



## [Navesey wins at a canter, but Turner and Shanahan can't be separated](#)

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### 2019 end-of-season report - Matt Bradford

The 2019 Run Store Sussex Road Race Challenge (SRRC) concluded, as is tradition, at the Brighton 10k on 17<sup>th</sup> November. Conditions were pretty much perfect and quick times were expected.

In the men's contest it was the deadly AB Training Group duo **Paul Navesey** (Crawley AC) and **Ben Savill** (Lewes AC) that could shake things up for podium places, having not yet completed the required three races.

Sadly, Ben's mind was on other matters and he was unable to make the start line, but Paul was there and strolled around to clinch the title. A worthy winner after the phenomenal year he has had.

**James Turner** (Brighton & Hove AC) was also (nervously) sitting out the last race, but his previous results meant he held on for second place in the series.

Improving on his fourth place last year and making the podium for the first time was **James Skinner** (Haywards Heath Harriers). James competed in every race of the series and was also the Masters winner for 2019.

There were a couple Lewes AC runners picking up prizes by finishing in the top 10. **Matt Bradford**, showing good end of season form, finished in 4<sup>th</sup> place and **Rob Cooper** was 10<sup>th</sup>.

In the women's competition, **Tara Shanahan** (Arena 80) and **Elsbeth Turner** (Horsham Blue Star Harriers) were the series front-runners coming into the last race. Both had seven points from previous races and could only be beaten by **Caroline Hoyte** (Arena 80). Everything was to play for!

Unfortunately, we were denied the head-to-head battle the fans were hoping for as Elspeth was not running at Brighton. Caroline was on start line but failed to make the finish line (conspiracy theories abound!). Tara started *and* finished but was unable to improve her overall points tally.

This all meant that Tara and Elspeth both finished on seven points and couldn't be separated by countback, so will share the 2019 overall and Masters titles. **Maisie Trafford** (Arena 80), a strong title challenge scuppered by an off day at Barns Green, took third place.

Sadly, there were no Lewes AC female athletes in the top 10 this year. Let's make sure we change that for 2020!

In the team event Lewes AC finished 4<sup>th</sup> behind Arena 80, Brighton & Hove, and Brighton Phoenix. We can definitely improve on that this year!

The races included in the 2020 series are –

**Race 1: Worthing 10k** – Sunday, June 7th

**Race 2: Brighton Phoenix 10k** – Wednesday, July 15th

**Race 3: Kings Head Canter 5k** – Bank Holiday Monday, August 31st

**Race 4: Barns Green Half Marathon** – Sunday, September 27th

**Race 5: Brighton 10k** – Sunday, November 15th

Get them in your diary!!

### **Sussex Grand Prix Competition**

Here is the 2019 Sussex Grand Prix medal haul. Well done Chris Gilbert, Robert Cooper, David Prince-Iles and Bob Hughes.



The first Sussex Grand Prix event of 2020 is the Hastings Half Marathon on 29<sup>th</sup> March. Entry is still open.

Bob Hughes

**Lewes AC Sussex Grand Prix representative**

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

### **Track and Field 2020 – Tim Popkin**

I expect you're as excited as I am that the 2020 athletics season will commence in a few months..... If so, below are the dates for our Lewes & Haywards Heath combined team this year, which you may wish to note down.

Saturday 25th April: Crawley

Sunday 17th May: Winchester

Sunday 7th June: Lewes (OUR HOME FIXTURE)

Sunday 12th July: Portsmouth

Saturday 15th August: Winchester

## Venues and dates for the 2020 Sussex Vets Track and Field League (over 35)

- Eastbourne Wed May 20<sup>th</sup>
- Lewes Mon June 15<sup>th</sup>
- Lewes Mon July 27<sup>th</sup>

And finally some pictures from my run on the Downs as the sun was rising:



Please send me all your contributions for the next newsletter by March 28<sup>th</sup>. Karin Divall  
[karincalliafas@btinternet.com](mailto:karincalliafas@btinternet.com)

## Calendar of future events

<b>March</b>		
Sun 8 <sup>th</sup>	Pett ESXCL (race 6)	<a href="https://wiki.lewesac.co.uk/tiki-index.php?page=essccl+signup+and+lift+share">https://wiki.lewesac.co.uk/tiki-index.php?page=essccl+signup+and+lift+share</a>
Sat 28 <sup>th</sup>	Crawley Open K2, Crawley	
Sun 29 <sup>th</sup>	Hastings Half Marathon Sussex Grand Prix	<a href="#">Entry</a>
<b>April</b>		
Sat 4 <sup>th</sup>	Sussex County Road Race Champs @ Christs Hospital  Entry through the club as teams of athletes in various age groups compete. Great fun and a great event to take part in.	Team manager: Dave Leach  <a href="mailto:davebmclewes@gmail.com">davebmclewes@gmail.com</a>
Sat 11 <sup>th</sup>	Crawley Easter Open K2	
Mon 13 <sup>th</sup>	Lewes 10k and fun runs  Our own races so please volunteer to help if you are not running, and/or donate sandwiches and cakes to raise club funds.	
Sun 19 <sup>th</sup>	Brighton Marathon	
Sun 19 <sup>th</sup>	YDL Upper age group (U17s/20s)  Sutcliffe Park	
Sat 25 <sup>th</sup>	Southern Athletics League (1) K2 Crawley (15 and above)	
Sun 26 <sup>th</sup>	London Marathon	
Thurs 30 <sup>th</sup>	Haywards Heath Open K2, Crawley	