



Lewes Athletic Club Newsletter

The AMMONITE

May 2021

Please send contributions to newsletter@lewesac.co.uk

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Thank you, Sally Brown...

Peter Masters, Chairman Lewes AC

Since time immemorial Sally Brown has been an active and integral contributor to the success of the club. Silently and efficiently her efforts over the years have been a major factor in making the club a well-respected member of the athletic family. Sally's untiring contributions has helped the junior academy go from strength to strength and has made sure that the club has sufficient officials to enable the club to successfully take part in a range of competitive events at the track and away from home.

Over many years Sally has been the first contact that new junior club members and their parents have with the club. Her ever welcoming present in the club room enabled Sally to not only take the register but also ease the junior members into the club and to provide answers to the parents about the club and the mysteries of the athletic world. This solo role has now been taken on by a new team of parents.

The other major contribution that Sally made towards the success of the club was to take on the role of Officials Secretary. Undertaking this important role has meant that the club was able to maintain a cadre of qualified officials to enable the club to successfully put on and contribute towards track and field matches at home and away. For home matches Sally was not only able to ensure a full team of officials for the individual events but over the years has enabled and encouraged club members to become qualified officials. The Officials Secretary role remains a very big hole that now needs to be filled.

Whilst Sally has stepped aside from all her previous roles, she remains a valued and very well liked club member and will continue to find ways to help the club into the future.

Thank you Sally for all that you have done over the years. Without your contributions the club would not have been as well organised and successful as it continues to be.

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Easter Athletics Academy Camp

Mike Ellis-Martin

Between 13th and 16th April, 28 young athletes enjoyed bright clear days and experienced a range of athletics activities including running, jumping and throwing.

Although it was bright and dry it was also cold and huge thanks go to our amazing coaches, Lauren Morse, Natasha Clarke, Ivy Spencer, Emilie Oakden, Beatrice Osman-Allu, Charlotte Sida, and Toby Wolpe. We were also honoured to have expert Race Walking coach Peter Selby who identified some potential in some of the athletes.

We are also grateful to others who came along to help including Mark Piper, Caitlin McCaffery, Becky Trotman, Hannah Lillie, Nicola Jackson and Sally Brown.



Of course, none of this could have happened without the brilliant admin team, Becky Trotman, Jacky Chester, Tracey Smith and Jane Boyes.

Please forgive me if I have missed anyone. This just shows what an amazing club Lewes is and we are hoping that the academy will go from strength to strength and provide a fun and enjoyable introduction to athletics.

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Future of the Junior Academy at Lewes AC

Mike Ellis-Martin is standing down.

Mike writes I am writing this to see if anyone can take on or at least help Larissa Carter with the organisation of the academy. Unfortunately, I have other commitments which mean I will not be able to do this beyond the end of the current term at the end of May.

Most of the structure seems to be in place and there are some great people now organising a lot of the signing up etc, and we also have some great coaches running the sessions so hopefully it will be quite doable for whoever takes it on. I am also happy to help get someone 'set up' in this role.

Anyone who might be interested can talk to Mike via mikeellismartin@gmail.com about what the role involves.

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The Ardingly Junior Mile and 5k Events

Monday 5th April 2021

There was a large contingent of Lewes AC competitors at this PB5K event, one of the few races at the time to be deemed Covid-safe. The Easter Monday that this was held on was cold and breezy. The numbers of runners outside Sussex who made the trip to Ardingly made for serious competition.

In the Junior mile event, Lewes U11 runner Louie Stokes went under 6 minutes while Theo Schofield was bang on 6 minutes and Rex Hasting was a mere four seconds behind. The two Lewes girls Emile Singer and Florence Hill had a similarly close times.

In the Elite Men, Josh Burgess had the fastest Lewes AC time of the day, five seconds under 15 minutes, while Toby Meanwell was the first runner home in the competitive V40 category.

In the Elite Women, the Sussex County Cross-country champion Nicole Taylor was one place ahead of Lewes AC's Harriet Bloor who, according to athletics guru Reg Hook, had a fine run in to finish tenth in 16:53 and was the third U20 runner to finish. The overall strength in depth of our young women runners is impressive and encouraging.

Apologies for the photos seeming rather selective but these were the only ones to hand. Please send any pictures you take of events to newsletter@lewesac.co.uk

Junior Mile

| Race number | Runner | Time | category | Position | Position in category |
|-------------|----------------|----------|----------|----------|----------------------|
| 1044 | Louie Stokes | 00:05:53 | U11 | 36 | 4 |
| 1017 | Theo Schofield | 00:06:00 | U13 | 45 | 10 |
| 1070 | Rex Hastings | 00:06:04 | U11 | 55 | 10 |
| 1060 | Emilia Singer | 00:06:35 | U13 | 89 | 18 |
| 1042 | Florence Hill | 00:06:38 | U15 | 91 | 20 |

First 5k race (Elite Men)

| Race number | Runner | Net Time | Category | Position in category | Position |
|-------------|---------------|----------|----------|----------------------|----------|
| 26 | Josh Burgess | 00:14:55 | Senior | 17 | 32 |
| 137 | Toby Meanwell | 00:15:35 | V40 | 1 | 81 |
| 75 | Ben Savill | 00:15:50 | Senior | 57 | 97 |

Second 5k race (Elite Women)

| Race Number | Runner | Net Time | Category | Position in category | Position |
|-------------|---------------|----------|----------|----------------------|----------|
| 282 | Harriet Bloor | 00:16:53 | U20 | 3 | 10 |

| | | | | | |
|-----|--------------------|----------|--------|----|-----|
| 307 | Ruby Whyte-Wilding | 00:17:19 | Senior | 11 | 26 |
| 275 | Emily Proto | 00:17:44 | Senior | 17 | 36 |
| 444 | Isabel Guirdham | 00:19:03 | U17 | 10 | 81 |
| 569 | Clare Martin | 00:19:32 | Senior | 31 | 92 |
| 599 | Rachel Titheradge | 00:19:35 | Senior | 32 | 94 |
| 613 | Kitty Taylor | 00:20:31 | Senior | 34 | 112 |



Above: Archie Guppy on the left (16.05) was first U15 home in his race.

Third 5k race

| Race Number | Name | Net Time | Category | Position on category | Overall position |
|-------------|----------------|----------|----------|----------------------|------------------|
| 281 | Archie Guppy | 00:16:05 | U15 | 1 | 21 |
| 182 | Aiden Briffett | 00:16:06 | U23 | 4 | 22 |
| 285 | Stan Pendered | 00:16:41 | U17 | 10 | 53 |
| 265 | Joseph Callard | 00:16:42 | U20 | 5 | 55 |
| 286 | Charlie Wright | 00:16:43 | U15 | 2 | 59 |
| 213 | Fenton Davoren | 00:16:47 | U20 | 7 | 68 |
| 325 | Matthew Reed | 00:16:52 | Senior | 31 | 74 |
| 331 | Chris Gilbert | 00:17:18 | V45 | 3 | 102 |
| 358 | Adam Vaughan | 00:17:34 | V40 | 9 | 109 |



Above: In the third race, Stan Peneder (16.41), Joseph Callard (16.42)and Charlie Wright (16.43) were close finishers.

Thanks to Kate Wright for the pictures which were originally on Facebook. She pays tribute to David Leach, 'Coach Extraordinaire'.

Fourth 5k race

| Race number | Runner | Net Time | Category | Position in category | Overall Position |
|-------------|------------------|----------|----------|----------------------|------------------|
| 423 | Gabriel Penrose | 00:17:27 | U17 | 3 | 13 |
| 394 | Michael Ussher | 00:17:33 | V55 | 1 | 16 |
| 484 | Martin Ratcliffe | 00:17:48 | Senior | 6 | 27 |
| 475 | Leo Spall | 00:18:09 | V45 | 3 | 46 |
| 621 | Ian Fines | 00:18:56 | V55 | 6 | 80 |
| 610 | Isaac Tarafder | 00:19:44 | U15 | 16 | 101 |
| 611 | Theo Tarafder | 00:19:49 | U15 | 17 | 102 |
| 593 | Michael O'Connor | 00:20:05 | U13 | 5 | 106 |

Fifth 5k Race

| Race No | Runner | Net Time | Category | Position on category | Net Gender Position |
|---------|--------------------|----------|----------|----------------------|---------------------|
| 718 | Esmé Stephenson | 00:19:50 | U15 | 2 | 7 |
| 746 | Charlie O'Connor | 00:20:41 | V45 | 2 | 6 |
| 698 | Luke Fines | 00:21:06 | U23 | 1 | 9 |
| 648 | Beth Hancock | 00:21:25 | Senior | 10 | 46 |
| 668 | Harriet Dray | 00:21:25 | U17 | 8 | 47 |
| 715 | Liam Alexander-Pye | 00:21:41 | U15 | 2 | 15 |
| 736 | Peter Kennedy | 00:22:42 | V65 | 2 | 19 |
| 747 | Harry Hastings | 00:22:47 | V50 | 3 | 20 |

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The Opener! Worthing Open Meeting

18 April 2021

This was the first open track and field event of the new season. Some of the participants had travelled quite some way from clubs outside the county to take advantage of this opportunity to get some experience of real competition.

Because of the mix of competitors it was often hard to interpret the significance the actual position in a race. The times however will set baselines against which the runners will be able to measure their progress throughout the season.

3000m Heat: 1 of 3

| Name | Cat | Gender | Result |
|----------------|------------|---------------|---------------|
| Stan Pendered | U17 | M | 9:34.94 |
| Fenton Davoren | U20 | M | 9:46.77 |

3000m Heat: 2 of 3

| Name | Cat | Gender | Result |
|-----------------|------------|---------------|---------------|
| Gabriel Penrose | U17 | M | 9:54.30 |
| Harriet Bloor | U20 | F | 9:58.92 |

3000m Heat: 3 of 3

| Name | Cat | Gender | Result |
|-----------------|------------|---------------|---------------|
| Isabel Guirdham | U17 | F | 10:41.42 |

100m Men Heat: 4 of 8

| Name | Cat | Gender | Result |
|-------------|------------|---------------|---------------|
| Jack Palmer | U17 | M | 11.99 |

600m Men Heat: 3 of 3

| Name | Cat | Gender | Result |
|----------------|------------|---------------|---------------|
| Pyers Lockwood | U20 | M | 1:25.76 |

150m Women Heat: 5 of 7

| Name | Cat | Gender | Result |
|-----------------|------------|---------------|---------------|
| Rosie Kornevall | U15 | F | 21.08 |

1 Mile Women Heat: 2 of 2

| Name | Cat | Gender | Result |
|-----------------|------------|---------------|---------------|
| Esme Stephenson | U15 | F | 5:42.25 |

300m Women Heat: 2 of 6

| Name | Cat | Gender | Result |
|-----------------|------------|---------------|---------------|
| Rosie Kornevall | U15 | F | 47.09 |

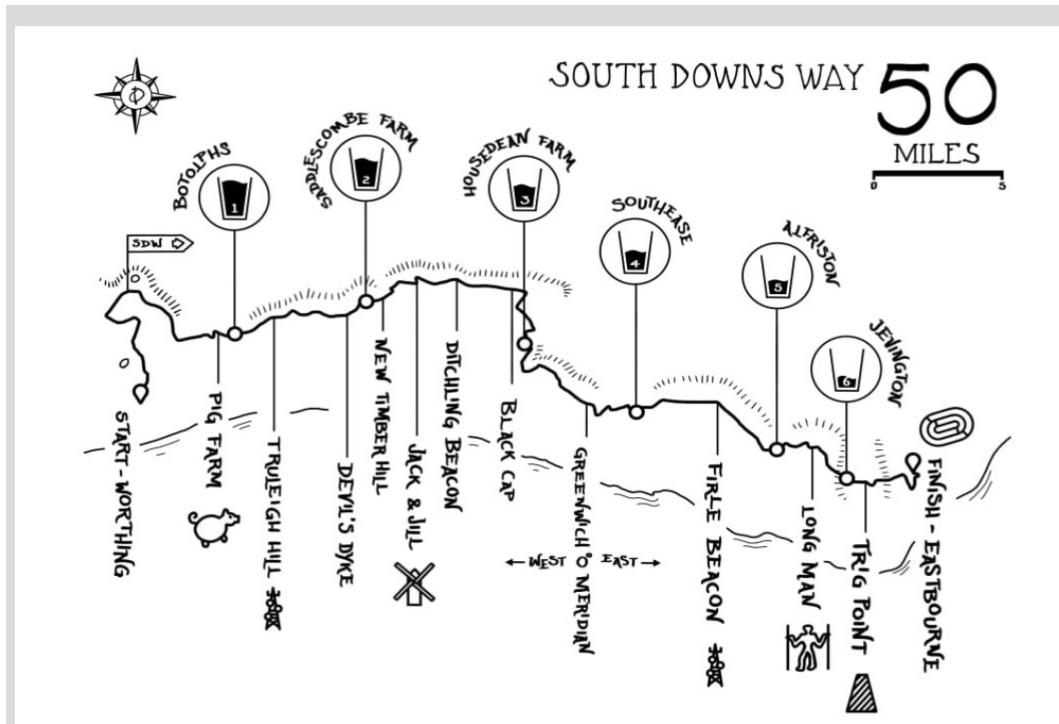
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Centurion South Downs Way 50 Mile Event 17th April 2021



Six Lewes runners completed the Eastbourne to Worthing 50 miles race. Fran Witt reported on Facebook *'It's a joyful and truly resilience-testing event.'*

| Position | Name | Gender | Position in Category | Gender position | Time |
|----------|------------------|--------|----------------------|-----------------|----------|
| 5 | Bob Gilliland | M | 3 | 5 | 07:05:29 |
| 8 | Fred Tasker | M | 4 | 8 | 07:07:10 |
| 16 | Andrew Kemp | M | 5 | 16 | 07:24:51 |
| 57 | Tamsyn D'ariento | F | 2 | 2 | 08:46:59 |
| 189 | Frances Witt | F | 6 | 24 | 10:28:21 |
| 216 | Ruth Wray | F | 13 | 32 | 10:47:14 |
| 245 | Elizabeth Hilton | F | 14 | 53 | 11:18:02 |



Left: Andrew Kemp

Below: a resilient Fran Witt



The South Downs Way 50 course record (5:44.22) is held by one Tom Evans. Fran's time is almost an hour quicker than her time in October 2020 and Ruth's and Elizabeth's times which in 2020 were also significantly better than their last outings on this course last year.

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Sussex Veterans League events – a new year

The next series of Sussex Veterans League events are scheduled to take place on the following dates, commencing at 18:30:

- Wednesday 19th May: Eastbourne
- Monday 14th June: Lewes
- Monday 26th July: Lewes (Hosted by Brighton)

These are friendly competitions for track and field. LAC fields a joint team with Haywards Heath Harriers. Marcus Kimmins of Haywards Heath is Team Captain on the night for the men's team and Karin Divall is Captain for the women's team.

The events for the first meeting at Eastbourne Athletics Track are:



- 1,000m walk (Men & Women both)
- 100m (M / W)
- 400m (M / W)
- 1,500m (M / W)
- 4 x 100m relay (M / W)
- Javelin (M / W)
- Shot (M / W)
- Triple Jump (M / W)
- Long Jump (M / W)

There are three age groups: 35+; 50+; 60+. In addition to the Team places, which are limited to three or four per Team (per event), there are non-scoring places.

If you would like to compete please contact Karin (karincalliafas@btinternet.com) or Richard Moore (richard@darton-moore.co.uk). It would be helpful if you could let us know by Monday 26th April so that we can ensure that the organisers know who is participating for test & trace purposes.

A new registration table and car share list is now available on the Sussex Vets League sign-up and lift share page:

<https://wiki.lewesac.co.uk/tiki-index.php?page=svl%20signup%20and%20lift%20share>

We would like to build competitors lists as soon as possible. Please visit the page to sign-up.

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Distance Challenge with ASMarolles

Since the 1980s Lewes AC has been twinned with a French club **ASMarolles** located in the Loire Valley. Each year there have been many exchanges including the club taking part in their festival of running held around this time of the year. Like many similar events on both sides of the channel their event this year has been cancelled.

To make up for the lost event the Marolles club organised a Virtual Distance Challenge held **Sunday 25th April**. They challenged Lewes AC to record the distance we had run as individual runners on Sunday a to *collectively beat a 300km distance*.

As you see below we succeeded in beating this target by 143%.

| Runner | Distance covered (km) | Runner | Distance covered (km) |
|----------------|-----------------------|-------------------|-----------------------|
| Mauro Lazzati | 34.2 | Tamsyn d'Arienzo | 16.2 |
| Mat Homewood | 33.2 | Andrew McLennan | 16.1 |
| Chris Gilbert | 30.4 | Helen Sida | 15.7 |
| Gerard Dummett | 26.6 | Mike Green | 15.6 |
| Matt Reed | 25.5 | Pablo Iburguren | 14.9 |
| Lee Woodgate | 24.2 | Rob Stanway | 12.8 |
| Colin Hartland | 23.5 | Hugh St John | 12.5 |
| Lewis Sida | 23.4 | Emily Murray | 12.4 |
| Telmo Ferreira | 23.0 | Elizabeth Hilton | 11.9 |
| Kerry Jackson | 22.5 | Richard Moore | 11.0 |
| Phil Westbury | 22.0 | Lucy Foss | 10.0 |
| Ellen Brookes | 21.9 | Charlotte Bennett | 10.0 |
| Carl Dowling | 21.2 | Andy Perris | 9.9 |
| Rashaad Shabab | 21.1 | Sara Hobden | 8.3 |
| Beth Hancock | 21.0 | Peter Masters | 8.0 |
| Robert Gerardo | 20.0 | John Coleman | 8.0 |
| Bob Hughes | 19.9 | Jack Arscott | 8.0 |
| Megan Taylor | 18.9 | Jane Holford | 6.6 |
| Claire Hawes | 18.7 | Anzi Mamatzakis | 6.5 |
| Peter Kennedy | 17.8 | Becky Trotman | 5.8 |
| Michael Ussher | 17.5 | Karen Morse | 4.0 |
| Ian Hilder | 16.5 | Sylvia Coleman | 3.0 |

| | |
|--------------|------------------|
| Total | 730.00 km |
|--------------|------------------|

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Group training sessions for adult runners

With the gradual return to normal training at the club many adult runners will be interested in the sessions on Tuesdays and Thursdays. These are Covid/ Social Distancing compliant versions of the 'traditional' sessions Lewes AC organized in more normal times.

Tuesday evening runs, at this time of year, typically take groups of up to seven on **runs in the countryside**. There is usually a variety of different routes and distances available: see: [Tuesday training](#). If you are unsure of what would be the best group for you, please contact David Foster Email: runningfit@lewesac.co.uk. We can add more groups if there is the demand so put your name down in the waiting list if there are no gaps in the group lists.

Thursday night sessions take place **at the track** in Mountfield road and usually comprise some dynamic flexibility-oriented warm-ups and then speed-oriented sets of repetitions: see [Thursday training](#).

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The Downs are alive to the sound of music.

As you run along the Downs near Ditchling Beacon you may find people acting rather strangely.

They could be following the Brighton Festival Ditchling Museum Music Trail which was just launched on 1 May 2021. Why not give it a try?

<https://brightonfestival.org/whats-on/brighton-festival-ditchling-museum-music-trail-3804/>

Brighton Festival audiences and Ditchling Museum of Art + Craft visitors can listen to 'richly sonorous' (Sunday Times) new orchestral music by Ed Hughes directly inspired by landscape as they explore the South Downs National Park using the free ECHOES Interactive Sound Walks App during this year's Brighton Festival.

The Brighton Festival Ditchling Museum Music Trail features fifteen Echoes along the Trail route, devised by producer Liz Webb and composer Ed Hughes. When walkers enter an Echo, Hughes's music, inspired by the landscapes of the South Downs, is triggered automatically using GPS.

The trail starts at Ditchling Museum of Art + Craft with shorter and longer Trail options. Trail walkers can walk up Lodge Hill for stunning views (1 mile, gentle) or follow the Sussex Border Path and South Downs Way up to Ditchling Beacon and back through the fields (5 miles, strenuous).

The Trail will go live on 1 May; walkers need to download the ECHOES Interactive Sound Walks App, search for 'Brighton Festival', download the Trail and remember their headphones. Project developed in collaboration with Ditchling Museum of Art + Craft, South Downs National Park and the University of Sussex. Supported by research in the School of Media, Arts and Humanities at the University of Sussex and ECHOES geolocated soundwalks.

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