

# Lewes Athletic Club Newsletter



## The AMMONITE

June 2021

Please send contributions to [newsletter@lewesac.co.uk](mailto:newsletter@lewesac.co.uk)

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## New Academy timetable for the Summer term

Jacky Chester

From Tuesday 8<sup>th</sup> June we will be moving all Academy sessions back to a Tuesday evening, with the following timings:

- 5.00 – 6.00pm, year 6
- 5.45 – 6.45pm, year 7
- 6.30 – 7.45pm, year 8
- 7.00 – 8.15pm, year 9 plus the year 10-13 mixed event group

Everyone who is eligible for one of these sessions will have been contacted by one of our administrators, with instructions on how to join. Years 6 – 9 need to sign up via Events in LoveAdmin (not necessary for years 10 – 13). Please do not come down to the track unless you have a confirmed place.

Sadly, we do not have the capacity yet to accommodate years 4 & 5 or to run sessions on a Saturday. We will be reviewing this over the summer in the hope that we can add more sessions in September.

The next term runs from Tuesday 8<sup>th</sup> June to Tuesday 20<sup>th</sup> July inclusive.

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## Organizing the Junior Academy – who does what?

Jacky Chester

Lewes AC has some 250 young members. Those in year 9 and under usually train weekly with the Academy which offers a mixed program of running, jumping and throwing. Whilst those in year 10 and above are usually coached by specialist coaches, although some do remain doing mixed events with the Academy. As you can imagine, there is a whole team of volunteers involved in organising all this. There have been some changes of personnel recently, particularly since the departure of Sally Brown. So here is a quick run down of who does what.

**Academy administrator** – Becky Trotman, with Jane Boyes taking over in the summer ([academy@lewesac.co.uk](mailto:academy@lewesac.co.uk)). Becky has been instrumental in getting our year 6 – 9 groups organised within the latest covid guidelines. She has created the sign-up forms and communicated with parents. She also sends general emails out to anyone in years 4 – 9 and is able to answer queries about our provision for this age group.

**Academy head coach** – Robbie James. Robbie is taking over this role from Mike Ellis-Martin who is standing down at half term. He is ably supported by Larissa Carter, Lauren Morse, Angela Brinkhurst, and a whole host of younger assistant coaches. Between them they organise the academy timetable and teach a full range of running, jumping and throwing activities.

**Academy waiting list administrator** – Sharon Buckwell ([academywaiting@lewesac.co.uk](mailto:academywaiting@lewesac.co.uk)). Sharon manages the waiting list for all our Academy age groups, some of which are very lengthy. As places become available, she invites new members to attend and sends out welcome emails. She also moves everyone up into the next year group each summer. She is the person who can answer waiting list queries.

**Academy fees administrator** – Jane Clarke ([academyfees@lewesac.co.uk](mailto:academyfees@lewesac.co.uk)). All young athletes aged year 4 – 9 pay termly for their training sessions. This is all organised by Jane who sends out the invoices, manages the payments, and answers any related queries.

**Academy registration** – Tracey Smith. Tracey can be seen down at the track every Tuesday evening, taking the registers for all the Academy groups. She is also on hand for the evening in case anyone needs first aid or any other assistance. If you know your child is going to be absent for their Academy session, then please email either [academy@lewesac.co.uk](mailto:academy@lewesac.co.uk) (for years 9 and under) or [juniors@lewesac.co.uk](mailto:juniors@lewesac.co.uk) (for years 10+), and we will get a message through to Tracey.

**Junior U17/U20 administrator** – Jacky Chester ([juniors@lewesac.co.uk](mailto:juniors@lewesac.co.uk)). By this stage the athletes are split between the specialist coaches and the mixed event Academy. Jacky keeps track of who is in which group (specialist or mixed event), and moves them between groups and into older age groups as required. She organises and communicates with those in the mixed event group, and manages their waiting list. She also sends general emails out to anyone in years 10 and above, and is able to answer queries about our provision for this age group.

**Junior U17/U20 fees** – Dominic Osman-Allu ([membership@lewesac.co.uk](mailto:membership@lewesac.co.uk)). All members from year 10 onwards pay annual fees instead of termly fees. These are organised by Dominic who sends out the invoices, manages the payments, and answers any related queries. He also registers athletes of all ages with England Athletics. This is in addition to his membership role for the adult members.

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## **New Lewes AC Track and Field Event Coordinator**

In response to Pete Masters' appeal for someone to take over his role in coordinating track and field events at the Lewes Athletics track, **Philip Westbury** stepped forward. The feverish preparations for the first track and field event at the Lewes track on Wednesday 26<sup>th</sup> May created a steep learning curve for Philip but the results speak for themselves.

The details of the first Lewes Track event are provided in a separate item, but we can say here that it was regarded by a success.

Philip writes:

*After such a difficult year for everyone, it was really lovely to see competitive events return to the Lewes track. Overall, the event was a huge success, with 300+ participants from across the county and we have received fantastic feedback from Sussex AA. This is only thanks to the incredible efforts of all the 50 officials and volunteers who supported the evening - without them, events like these couldn't happen.*

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## **Needed: athletics officials. Could you be one?**

If you are interested in becoming an official or helping as a volunteer at future events for the club, we really need you, so please contact [pkennedy@bmaf.org.uk](mailto:pkennedy@bmaf.org.uk).

There are many different roles, see [https://youtu.be/4aSC\\_gkdYIs?t=17](https://youtu.be/4aSC_gkdYIs?t=17) for an inspirational video and the explanatory information at [Officials / Coaching \(sussexathletics.net\)](http://sussexathletics.net) .

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## Worthing Open Meeting 2 May 2021: Lewes AC Performances

3000m		Heat: 1 of 2		
Rank	Name	Cat	Gender	Result
14	Charlie Wright	U17	M	9:38.96

800m		Heat: 8 of 10		
Rank	Name	Cat	Gender	Result
6	Louis Goodwin	U17	M	2:08.55
9	Gabriel Penrose	U17	M	2:19.23

200m W		Heat: 3 of 7		
Rank	Name	Cat	Gender	Result
3	Rosie Kornevall	U15	F	28.73

		Heat: 7 of 7		
Rank	Name	Cat	Gender	Result
2	Livvy Connor	Sen	F	26.28

300m		Heat: 3 of 5		
Rank	Name	Cat	Gender	Result
3	Rosie Kornevall	U15	F	46.89

1500m		Heat: 1 of 5		
Rank	Name	Cat	Gender	Result
12	Archie Guppy	U17	M	4:21.44

		Heat: 2 of 5		
Rank	Name	Cat	Gender	Result
2	Stan Pendered	U17	M	4:26.47
7	Ruby Whyte-Wilding	Sen	F	4:39.80
8	Harriet Bloor	U20	F	4:40.00

		Heat: 4 of 5		
Rank	Name	Cat	Gender	Result
6	Grace Tuesday	U15	F	5:02.72

		Heat: 5 of 5		
Rank	Name	Cat	Gender	Result
1	Esme Stephenson	U15	F	5:06.55

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## Sussex Festival of Athletics K2 Crawley

Saturday 8th May 2021

According to *Sussex Athletics* 'In the hours leading up to the Sussex Festival of Athletics, it looked like the event would be a windy wash out.

However, as the first field events got underway at the K2, Crawley, the rain cleared and with the change in fortune, the athletes rose to the occasion.

Several athletes achieved personal bests that up improved their national rankings. The U17 Lewes pole vaulter, Gemma Tutton, pushed her PB up by 9cm PB of 3.90. This is a new Sussex record and puts her number 1 in the UK in her category.

Lewes AC's Isaac Lancaster (U17) went 3rd in the UK rankings with his 3.50cm (PB) jump as did U15 Yuna Hadlow with 2.30cm. Otis Schorr-Kon's PB of 4m makes him 7th U20.

Event	Position	Category	M/F	Competitor	Result
1500 Race 1	1	U15	F	Ava James	5:29.30
1500 Race 2	2	U15	M	Theo Tarafder	5:09.88
	3	U15	M	Isaac Tarafder	5:10.39
	5	U13	M	Michael O'Connor	5:18.97
1500 Race 3	2	U15	F	Esme Stephenson	5:16.24
1500 Race 4	2	U15	F	Grace Tuesday	4:57.30
1500 Race 6	1	U17	M	Gabriel Penrose	4:57.30
1500 Race 7	7	U20	F	Harriet Bloor	4:42.09
	8	U17	M	Charlie Wright	4:43.35
Event	Position	Category	M/F	Competitor	Result
100 Female Race 1	6	U17	F	Grace Wheeler	13.83
100 Female Race 3	1	U17	F	Megan Harding	14.05
	3	U17	F	Paloma Buckley McDonald	14.30
100 Female Race 4	5	U13	F	Emilia Singer	15.37
100 Male Race 1	7	U23	M	Aston Lockwood	12.19
100 Male Race 2	3	U17	M	Jack Palmer	12.24
100 Male Race 3	3	U15	M	Adam Lawson	12.63
300 Race 2	3	U15	F	Rosie Kornevall	46.67
400 Race 2	2	SM	M	Aston Lockwood	55.35
800 Race 2	4	U13	F	Emilia Singer	02:50.07
800 Race 10	2	U17	M	Stan Pendered	02:10.54
	3	U17	M	Louis Goodwin	02:10.58
200 Female Race 3	1	U15	F	Rosie Kornevall	29.59
200 Male Race 3	4	U17	M	Jack Palmer	23.84
High Jump - pool 1	6	U15	F	Olivia Harris	1.25
Long Jump - pool 2	4	U15	M	Hugo Mason	4.67 (+2.9) 2.97

<b>Shot - pool 1</b>	2	SM	M	Joey Watson	13.59
<b>Javelin</b>	6	U15	M	Barney Hastings	32.96

#### Pole Vault 1

Position	Category	M/F	Competitor	result
1	U20	M	Otis Schor-Kon	4
2	U20	M	Cameron Wells	3.9
3	U17	F	Gemma Tutton	3.9
6	U17	M	Isaac Lancaster	3.5
9	U17	F	Emily Oakden	3.1
10	U17	F	Amelia Hatchard	2.8

#### Pole Vault pool 2

Position	Category	M/F	Competitor	result
1	U20	F	Natasha Clarke	2.9
2	U17	F	Maddy Bullen	2.9
5	U17	F	Amalie Smith-Jarman	2.5
8	U15	F	Yuna Hadlow	2.3
9	U15	F	Imogen Clarke	1.9
10	U17	F	Jessica Banner	2.1

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### Ardingly PB 5K Series 12 May 2021 Lewes placings

The PB 5K Facebook reported *'Well the perfect race conditions finally arrived, and we got some incredible racing last night. Congratulations everyone, it was fantastic to see you all enjoying a great evening of running.'*

This was the last of a series of 5k events that took place at the Show-jumping Show Ground at Ardingly over the winter. It might have been an ideal evening, but the number of no-shows was striking.

overall	bib number	Runner	Time	Category	Position in category	M/F	M/F placing
7	18	Joshua BURGESS	00:14:57	Senior	5	Male	7
33	41	Aiden BRIFFETT	00:15:56	U23	9	Male	33
73	81	Charlie WRIGHT	00:16:33	U15	3	Male	72
83	73	Stan PENDERED	00:16:43	U17	3	Male	82

125	118	Gabriel PENROSE	00:17:17	U17	6	Male	118
130	147	Charles TAYLOR	00:17:21	U23	13	Male	123
134	140	Michael USSHER	00:17:24	V55	3	Male	127
136	184	Jonathan BURRELL	00:17:25	V55	4	Male	129
144	146	Emma NAVESEY	00:17:33	Senior	6	Female	9
148	130	Emily PROTO	00:17:40	Senior	7	Female	11
175	214	Ben HODGSON	00:18:14	V45	11	Male	158
181	207	Isabel GUIRDHAM	00:18:21	U17	2	Female	19
220	280	Theo TARAFDER	00:19:01	U15	10	Male	192
222	279	Isaac TARAFDER	00:19:04	U15	11	Male	194
228	283	Esme STEPHENSON	00:19:17	U15	2	Female	32
244	328	Finley STOKES	00:19:37	U15	12	Male	204
277	295	Kelly TUESDAY	00:20:40	U15	6	Female	55
279	344	Darcy PRING	00:20:41	U15	7	Female	56

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## Sussex Vets League Eastbourne 19 May 2021

Note that in the Sussex Vets League, Lewes AC has a joint team with Haywards Heath Harriers. Below are details of individual Lewes AC performances.

In the men's competition, after this first event, Haywards Heath Harriers & Lewes AC are currently second after Eastbourne, but are ahead of Brighton AC, Hastings and Phoenix. Phoenix AC did not have a women's team and Haywards Heath Harriers & Lewes AC are currently fourth.

Karin Divall, Women's Vets Team manager writes : *It was back to the track and field when the first Sussex Vets League took place in a breezy Eastbourne. After a two year absence it was good to catch up with athletes from previous years plus some keen newcomers.*

*This was the first of three very friendly, low key league meetings for 2021 and the next one is at Lewes on Monday June 14th. We look forward to welcoming some more Lewes vets (over 35s). Lots of different events and a chance to test the waters without too much pressure and have a go at an event you have practiced before, or why not have a go at something new. All details will be on the Lewes SAC wiki -SVL page.*

### MEN

Event	Position	Competitor	Result
100m	1	Owen Wells	11.9 secs
100n	n/a	Andrew McLennan	15.9 secs
400m	2	Owen Wells	57.8 secs
400m	n/a	Andrew McLennan	65.5 secs
1500m 50+	2	Jonathan Burrell	4.51.3 min/secs
1500m 50+	n/a	Peter Kennedy	6.07.3 min/sec
4 x 100	1	Team included Owen Wells	56.5 secs



<b>Triple Jump</b>	2	Owen Wells	9.12 meters
<b>Javelin 50+</b>	5	Mike Bale	16.08 meters

## WOMEN

Event	Position	Competitor	Result
<b>100m 50+</b>	3	Jo Buckley	16.2 secs
<b>1500m 50+</b>	2	Karin Divall	6.21.1 mins/secs
<b>Triple jump</b>	3	Jo Buckley	6.07 meters
<b>4x 100m</b>	4	Team included Jo and Karin	72.6 secs

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## Upcoming vets league competition at Lewes 14<sup>th</sup> June

The next set of events in the Sussex Veterans League will be on home turf at **Lewes Athletics Track** on **Monday, June 14th**.

Competitions include field and track for men and women. A full list is available on the SVL signup page on the Club wiki [Here](#) where you can also register your interest in competing.

We will be fielding a joint team with Haywards Heath and the team is captained by Marcus Kimmins of HHH.

There are opportunities to join a competitive team or as a non-scoring athlete. The age categories are 35+, 50+ and 60+.

If you'd rather email your entry than complete the wiki you can do so as follows:

- Women's Team: [karincalliafas@btinternet.com](mailto:karincalliafas@btinternet.com)

- Men's Team: [richard@darton-moore.co.uk](mailto:richard@darton-moore.co.uk)

These are friendly and enjoyable evenings and all Vets are welcome.

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## Gemma tutton soars At loughborough International



Reg Hook reports on the Sussex Athletics web pages that sixteen year old Gemma Tutton from Lewes AC became only the second Sussex woman to clear four metres in the Pole Vault.

Gemma competed at the Loughborough International meeting on Sunday 23<sup>rd</sup> May. She had first-time clearances at 3.60m and 3.75m before equalling her recent 3.90m U17 county record on the third attempt.

She cleared 4 metres on the first attempt. County senior record for Sussex is just 4.04. This was set over 20 years ago back in 2000 by the Brighton & Hove vaulter and British international Lucy Webber.

Gemma already tops the UK All-Time ranking for the U13 and U15 age groups. This clearance takes her to No. 4 on the UK All-Time U17 list.

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## Sussex AA Young Athletes Open Meeting (u15 and u17)

Wednesday 26th May Lewes

Details of the performances of Lewes AC athletes at the meet are listed below. While these are obviously of key interest to the club, you are urged to look at the Sussex Athletics report to get a broader view on the event – the URL says it all! [Youngsters Shine On A Fantastic Evening Of Athletics \(sussexathletics.net\)](#)

Full results of all the competitors can be found at <https://www.sussexathletics.net/wp-content/uploads/2021/05/Results-Sussex-26.5.21.xlsx> and <https://www.sussexathletics.net/wp-content/uploads/2021/05/Field-Results-may-26.xls> .

The Sussex Athletics report spotlights in particular Yuna Hadlow's U15 pole vault performance which puts her at No 3 position nationally.



300m		Heat: 1 of 2		Official result		
Rank	ID	Name	Cat	Gender	Result	
3	68	Rosie Kornevall	U15	F	46.70	
6	45	Ashli Whiteman	U13	F	15.90	
100m		Heat: 2 of 7		Official result		
Rank	ID	Name	Cat	Gender	Result	
8	54	Phoebe Reid	U15	F	15.78	
100m		Heat: 4 of 7		Official result		
1	23	Megan Harding	U17	F	13.80	
100m		Heat: 5 of 7		Official result		
2	46	Tilly Bevan	U15	F	13.90	
3	27	Paloma Buckley McDonald	U17	F	13.92	
4	20	Olivia Cox	U15	F	13.99	
5	52	Harry Rees	U15	M	14.50	
6	21	Zoe Wright	U15	F	14.54	
100m		Heat: 7 of 7		Official result		
2	12	Jack Palmer	U17	M	11.82	
5	14	Adam Lawson	U17	M	12.30	
800m		Heat: 1 of 8		Official result		
Rank	ID	Name	Cat	Gender	Result	

1	119	Ava James	U15	F	2:36.21
<b>800m</b>		<b>Heat: 2 of 8</b>	<b>Official result</b>		
7	116	Florence Hill	U15	F	2:48.52
<b>800m</b>		<b>Heat: 3 of 8</b>	<b>Official result</b>		
1	64	George Vinton	U15	M	2:24.83
<b>800m</b>		<b>Heat: 4 of 8</b>	<b>Official result</b>		
2	145	Finley Stokes	U15	M	2:33.20
5	127	Lucy Meyer	U17	F	2:35.58
<b>800m</b>		<b>Heat: 6 of 8</b>	<b>Official result</b>		
6	122	Thomas Lawson	U15	M	2:31.60
<b>800m</b>		<b>Heat: 8 of 8</b>	<b>Official result</b>		
1	113	Louis Goodwin	U17	M	2:08.39
<b>200m</b>		<b>Heat: 1 of 6</b>	<b>Official result</b>		
<b>Rank</b>	<b>ID</b>	<b>Name</b>	<b>Cat</b>	<b>Gender</b>	<b>Result</b>
4	54	Phoebe Reid	U15	F	32.90
5	45	Ashli Whiteman	U13	F	34.10
<b>200m</b>		<b>Heat: 3 of 6</b>	<b>Official result</b>		
2	64	George Vinton	U15	M	27.08
6	56	Aiden Vicarey	U13	M	36.76
<b>200m</b>		<b>Heat: 4 of 6</b>	<b>Official result</b>		
4	52	Harry Rees	U15	M	27.97
5	68	Rosie Kornevall	U15	F	28.45
<b>200m</b>		<b>Heat: 5 of 6</b>	<b>Official result</b>		
1	61	Dillon Moss	U15	M	24.87
<b>200m</b>		<b>Heat: 6 of 6</b>	<b>Official result</b>		
1	12	Jack Palmer	U17	M	23.42
<b>1500m</b>		<b>Heat: 1 of 4</b>	<b>Official result</b>		
<b>Rank</b>	<b>ID</b>	<b>Name</b>	<b>Cat</b>	<b>Gender</b>	<b>Result</b>
3	196	Darcy Pring	U15	F	5:30.57
<b>1500m</b>		<b>Heat: 2 of 4</b>	<b>Official result</b>		
8	198	Esme Stephenson	U15	F	5:08.84
<b>1500m</b>		<b>Heat: 3 of 4</b>	<b>Official result</b>		
4	160	Oliver Bailey	U17	M	4:51.21
10	203	Grace Tuesday	U15	F	5:07.30
11	202	Theo Tarafder	U15	M	5:07.45
12	201	Isaac Tarafder	U15	M	5:09.77
<b>1500m</b>		<b>Heat: 4 of 4</b>	<b>Official result</b>		
4	195	Gabriel Penrose	U17	M	4:30.40
6	176	Barney Hastings	U15	M	4:33.54
11	210	Charlie Wright	U17	M	4:37.57
<b>Long Jump - pool 1</b>					
<b>Rank</b>	<b>ID</b>	<b>Name</b>	<b>Cat</b>	<b>Gender</b>	<b>Result</b>
7	240	Imogen Clarke	U15	F	3.90
<b>Long Jump - pool 3</b>					
4	229	Hugo Mason	U15	M	4.84

<b>Shot - pool 1</b>					
Rank	ID	Name	Cat	Gender	Result
8	236	Jessica Banner	U17	F	6.36
<b>Javelin - pool 1</b>					
Rank	ID	Name	Cat	Gender	Result
1	229	Hugo Mason	U15	M	36.86
<b>Javelin -pool 2</b>					
5	176	Barney Hastings	U15	M	32.97
<b>Hammer</b>					
Rank	ID	Name	Cat	Gender	Result
5	219	Jia Atkins	U15	F	26.52
<b>Pole Vault</b>					
Rank	ID	Name	Cat	Gender	Result
1	261	Gemma Tutton	U17	F	3.9
3	255	Isaac Lancaster	U17	M	3.6
4	256	Emily Oakden	U17	F	3.3
5	260	Ivy Spencer	U20	F	3.2
6	252	Natasha Clarke	U20	F	3
7	254	Amelia Hatchard	U17	F	2.8
9	253	Yuna Hadlow	U15	F	2.5
10	258	Charlotte Sida	U17	F	2.4
11	259	Amalie Jarman-Smith	U17	F	2.4

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## Sussex grand prix Road running competition

The Sussex Grand Prix is a road running league competition. Key races across Sussex, including the Lewes Downland 10 Miles, are selected to give a range of different distances and challenges. Points are awarded for each completed event and accumulated to create a league table. Normally there are twelve events and the best six would count.

Participating clubs pay a small subscription to participate which pays for medals and trophies for various age and gender categories which are awarded at an annual ceremony.



The large cup was donated by local legend Steve Ovet for the best-performing club: one trophy that Lewes AC has never won.

When covid hit us, the SGP had already collected the subscriptions for 2020, so we have money in the bank. The main problem in 2021 is that some events have already been cancelled and the clubs who run the events later in the season are being cautious about confirming that the events will take place.

The position seems to be as follows:

race	date	status
Hastings half	28-Mar-21	cancelled
<b>Rye 10 miles</b>	<b>23-May-21</b>	<b>Was run</b>
Haywards Heath 10 miles	by 31-May	virtual
<b>Heathfield 10k</b>	<b>20-Jun-21</b>	<b>running</b>
Bexhill 5K		unconfirmed
<b>Bewl 15 miles</b>	<b>04-Jul-21</b>	<b>running</b>
<b>Horsham 10k</b>	<b>11-Jul-21</b>	<b>running</b>
<b>Phoenix 10k</b>	<b>14-Jul-21</b>	<b>running</b>
Hellingly 10k		cancelled
Lewes Downland 10 miles	03-Oct-21	unconfirmed
Hove Prom 10k		unconfirmed
Crowborough 10k		unconfirmed

I understand that the intention is to collect the points from the races that are held in 2021, and to publish league table results for information only. With luck the competition can take place in all its former glory in 2022. I personally have already entered the Heathfield 10k as it is a challenging event in its own right.

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## **Fancy a 100 mile race?**

Fran Witt, Ruth Wray and Mauro Lazzati did and have entered for the Centurion South Downs Way 100 on 12<sup>th</sup> June. It starts in Winchester and ends in Eastbourne. Entries are unfortunately now closed for this year.

All the best Fran, Ruth and Mauro!

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