

# Lewes Athletic Club Newsletter



## The AMMONITE

August 2021

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

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## Lewes AC Summer Camp

Welcome to the next generation of athletes

23-27<sup>th</sup> July and 26-27<sup>th</sup> July 2021



This year we were delighted to run two Summer Camps for young people in **Years 3 – 7**. The first Summer Camps in July were for three days, but yet to come is another five days in late August.

Everyone gets to Run, Jump and Throw. Each event is coached by the club's qualified athletics coaches with the opportunity to have a go at discus, long jump, pole vault, sprinting and many more activities.

See [Summer Camp - Lewes Athletic Club \(lewesac.co.uk\)](http://lewesac.co.uk) for more information. We hope to have more on the Summer camps in the next Ammonite

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## South Downs Way 100 Relay

Lewes Women triumph...and Men do OK.

24<sup>th</sup> July 2021



Mike Green writes:

*The South Downs Way 100 Mile relay took place on Saturday [25<sup>th</sup> July]. Due to a late change of date only 34 of the 55 teams made it to the start line, fortunately both Lewes men's and women's team among them. The event starts at Beachy Head and follows the almost 100 miles South Downs Way trail all the way to Winchester, each member of a 6-person team running 3 legs each.*

*We were lucky with the weather, predicted thunderstorms holding off and the heat of the previous week having tailed off somewhat. The women's team looked dominant from the off, Strava segments falling left and right along the way and in the end finishing a good half an hour ahead of their nearest rivals, Brighton's Arena 80, in a couple of minutes over 12 hours.*



*The men's team were also running strong, coming below their predicted 'Chitty' times on most legs (provided by Lewes stats man Andrew Chitty, using a complex formula based on previous 10k and HM times), Jason Lee storming to the fastest times of the day in his first two legs and a club record on leg 3. Unfortunately with a couple of navigational errors - totally excusable as last minute team changes left little time for some to recce all legs - we didn't quite make our sub-12 hour target but as ever had a great day out.*

*Of course, the day was all made possible by our amazing team drivers Colin Bennett and Dominic Osama-Allu with their uncanny ability to navigate a 17-seat minibus along narrow country lanes and get the next runner to the handover point on time.*



Lewes AC entered two teams, a men's team and a women's team. Strictly speaking there is no men's category as such but an 'any combination' which can contain both men and women.

Our ladies were: Jenna French, Megan Taylor, Emma Navessey, Lizzie Keep, Lucy Richardson, Gina Wilkinson

The ladies stormed home in **FIRST** place in their category with a brilliant overall time **12:04:07**. The competition they beat included teams from Arena 80, Brighton & Hove and Phoenix.

The men – Leo Spall, Mike Green, Jason Lee Michael Ussher, Rob Cooper and Jack Arscott - came **FIFTH** out of 14 competing teams in the 'any combination' category with a creditable overall time **12.30.07**. There were some navigation errors which slowed them down.

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## **The track is really back!**

### **A report from Philip Westbury, Track & Field Event Coordinator**

Athletics events finally returned to Lewes in June and July, and we were lucky to host so many wonderful matches and some highlights of those are below.

Overall, you could see on the faces, people were happy to actually meet up, and compete with teammates and friends they had not seen for months (even years!) but also have those nerves on the start line return and quickly disappear when the events start.

#### **Sussex Masters (Veterans) League - 14<sup>th</sup> June**

On a fantastically sun blessed evening, there were lots of Lewes AC participants as part of a combined team with Haywards Heath Harriers and impressive performances were achieved all round. After the last year, it was amazing to see people back running, jumping, throwing and trying out new events, which is key to the success of this event.

Marcus Kimmins (Team Manager for Lewes / Haywards Heath), Jo Buckley, Owen Wells, Ian Hilder, Mary Campbell, Andrew McLennan, Paul Cousins, Julie Deakin and Oliver Francis all put in great performances for the home club and a welcome return to competitive events.

#### **UK Youth Development League: Upper Age Group – 27<sup>th</sup> June**



Although not sun blessed it was the first upper age event of the season that found Under 17s and 20s from seven clubs form four teams and compete against one another over a track and field schedule throughout the afternoon.

With strong track and field performances Brighton & Hove and Crawley clubs secured the top two positions for the event but there were some notable performances from Team Sussex.

[Details of individual performances can be found here.](#)

## Southern Athletics League – 11<sup>th</sup> July

This saw a super Sunday of Southern Athletics League competition at Lewes Track. On another sun blessed day, four teams (Lewes & Haywards Heath, Brighton, Eastbourne and Hastings) competed over a full timetable, some getting PBs, while being cheered on by their teammates.



Some notable performances included Mariette Hilbourne's Pole Vault, Lucie Venables (HH) matching (or slightly beating) her own club record for long jump, Jazz Shiret competing in the 100m H, triple jump and 200m for the first time following the birth of her baby three months ago, Adam Lawson's (Lewes U17) PB for 100m , Chloe Kornevall PBs for both 200m and 400m , and Jess Banner (Lewes U17) getting a great PB for discus again having stepped in at the last minute.

As Jo Buckley, one of the team managers said : *'I think for me what is special about the SAL is the sense of team, athletes of all ages willing to give things a go and fill in the gaps to get points even when it is not their particular sport. An example of this is Jess Powell and Millie Hemsley put themselves forward at the last minute for the high jump just before it started and then Jess went on to win!'*

Well done to both Jo and Tim for leading these teams on a successful day.

[Further details of individual performances can be found here](#)

## UK Youth Development Lower League – 17<sup>th</sup> July



Another glorious day at the track (we enjoy good weather) on Saturday 17<sup>th</sup> July, Lewes AC hosting the YDL (Youth Development League) Lower Age Group which means U13s and U15s covering track and field events.

Teams from Brighton & Hove, Worthing and Hastings competed with Lewes and there were great performances from Rocky Lampard (PBs in 100m, 200m and High Jump), Rosie Kornevall (200m), Zoe Wright (100m and 200m), Grace Tuesday (PB 800m), Imogen Clarke (Shot PB), Michael O'Connor (1200m PB) and Esme Stephenson (1500m PB).

[More details can be found here.](#)

### **Overall**

It was a busy few months of competition after such an unplanned and long break from it all and we must highlight that these events cannot happen without the support of the many officials and volunteers the club heavily relies on.

If you are interested in helping or becoming an official, then please let the club know!

Likewise, if you are interested in trying out track or field events then register on the club wiki site or drop me a message, you would be very very welcome and they are lots of fun.

The final match this summer was the Sussex Masters on Monday 26<sup>th</sup> July but we are hoping to have more club events organised in the autumn now that restrictions are easing

Enjoy the rest of the summer. Philip

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## Sussex County Track and Field Championships

### Sunday 4th July 2021 Withdean Stadium

It was welcome back to the Sussex championships after the lost year of 2020. But the format was different to take account of social distancing requirements. They took place on just one long day, which must have been demanding for officials. Athletes were expected to leave the venue immediately after their events, and there were no relays.

Lewes AC was well represented. A general comment made by Sussex Athletics is that the average age of participants is falling as the championships seem to be less attractive to senior athletes.

This is how the Lewes AC contingent got on. (The bib numbers are given in case there are any photos!)

#### Track events

800m U15G Heat 1 of 2				
Pos	Bib	Name	Cat	Result
1	346	India Sommerville	U15	02:37.0
9	216	Florence Hill	U15	03:03.0
800m U17W/U20W Heat 1 of 1				
Pos	Bib	Name	Cat	Result
6	169	Harriet Dray	U17	02:30.0
100m U15G Heats Heat 2 of 3 Windspeed: +1.1				
Pos	Bib	Name	Cat	Result
3	21	Olivia Cox	U15	13.84
100m U15G Heats Heat 3 of 3 Windspeed: +0.1				
Pos	Bib	Name	Cat	Result
3	5	Zoe Wright	U15	13.98
100m U17W Final Heat 1 of 1 Windspeed: +3.3				
Pos	Bib	Name	Cat	Result
2	45	Grace Wheeler	U17	12.75
5	51	Tilly Bevan	U15	13.13
7	411	Paloma Buckley McDonald		13.59
100m SM Final Heat 1 of 1 Windspeed: +3.2				
Pos	Bib	Name	Cat	Result
7	79	Owen Wells	SM	12.36
300m U15G Heats Heat 1 of 2				
Pos	Bib	Name	Cat	Result
1	239	Rosie Kornevall	U15	44.3
100m U17M Heat 1 of 1 Windspeed: +3.8				
Pos	Bib	Name	Cat	Result
2	50	Jack Palmer	U17	11.27
5	48	Adam Lawson	U17	12.06



200m U15G Heats Heat 2 of 2 Windspeed: -0.2				
Pos	Bib	Name	Cat	Result
6	5	Zoe Wright	U15	30.26
300m U15G Final Heat 1 of 1				
Pos	Bib	Name	Cat	Result
1	239	Rosie Kornevall	U15	43.79
300m U17W Heat 1 of 1				
Pos	Bib	Name	Cat	Result
5	255	Anzi Mamatzakis	U17	48.82
400m Women Heat 1 of 1				
Pos	Bib	Name	Cat	Result
2	240	Chloe Kornevall	U20	01:00.0
400m Men Heat 1 of 1				
Pos	Bib	Name	Cat	Result
2	414	Rowan Pearson	U17	51.33
1500m U15G Heat 1 of 1				
Pos	Bib	Name	Cat	Result
1	376	Grace Tuesday	U15	04:56.0
6	356	Esmé Stephenson	U15	05:04.0
8	225	Ava James	U15	05:13.0
12	315	Darcy Pring	U15	05:25.0
1500m U15B TT Heat 1 of 2				
Pos	Bib	Name	Cat	Result
6	365	Theo Tarafder	U15	05:11.0
8	366	Isaac Tarafder	U15	05:15.0
1500m U17M Heat 1 of 1				
Pos	Bib	Name	Cat	Result
7	305	Gabriel Penrose	U17	04:31.0
8	120	Luke Brooks	U17	04:34.0
1500m U17/U20/SW Heat 1 of 1				
Pos	Bib	Name	Cat	Result
1	106	Harriet Bloor	U20	04:39.0
1500m U20/SM Heat 1 of 1				
Pos	Bib	Name	Cat	Result
9	115	Aiden Briffett	SM	04:24.0
200m U17M Heat 1 of 1 Windspeed: +1.1				
Pos	Bib	Name	Cat	Result
2	50	Jack Palmer	U17	23.31
4	48	Adam Lawson	U17	25.08

## Field Events

High Jump - Under 17 Women				
pos	Bib	Name	Cat	result
1	93	Jessica Banner	U17	1.30
Long Jump - Under 15 Boys				
pos	Bib	Name	Cat	result
5	261	Hugo Mason	U15	4.73

6	32	Louis Williams	U15	4.49
<b>Long Jump - Under 15 Girls</b>				
pos	Bib	Name	Cat	result
7	143	Imogen Clarke	U15	3.85
<b>Shot - SM</b>				
pos	Bib	Name	Cat	result
1	390	Joey Watson	SM	14.92
<b>Hammer - SM</b>				
pos	Bib	Name	Cat	result
2	390	Joseph Watson	SM	43.21
<b>Pole Vault - Under 15 Girls</b>				
pos	Bib	Name	Cat	result
1	143	Imogen Clarke	U15	2.00
<b>Pole Vault - Under 17 Women</b>				
pos	Bib	Name	Cat	result
1	378	Gemma Tutton	U17	4.00
2	287	Emilie Oakden	U17	3.20
4	339	Charlotte Sida	U17	2.50
5	311	Mena Powell	U17	2.40
6	93	Jessica Banner	U17	2.40
<b>Pole Vault - Under 20 Women</b>				
pos	Bib	Name	Cat	result
1	349	Ivy Spencer	U20	3.40
2	144	Natasha Clarke	U20	3.20
<b>Pole Vault - Under 17 Men</b>				
pos	Bib	Name	Cat	result
2	241	Isaac Lancaster	U17	3.60
<b>Pole Vault - Under 20 Men</b>				
pos	Bib	Name	Cat	result
1	393	Cameron Wells	U20	4.21
4	333	Otis Schorr-kon	U20	3.80
5	97	Ori Bartle	U20	3.60
<b>Javelin - Under 15 Boys</b>				
pos	Bib	Name	Cat	result
3	261	Hugo Mason	U15	36.05
pos	Bib	Name	Cat	result
1	390	Joseph Watson	SM	38.41

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## Sussex Athletics Under 13 Championships and Quadkids

### Saturday 10<sup>th</sup> July 2021 Withdean Stadium, Brighton

The weather conditions were mixed for this event, and Kate Matthews of Sussex Athletics reported *'As the event progressed, so to did the rain, but this didn't seem to dampen the spirits of the youngsters taking part'*.

Azrayah Durairaj of Lewes AC gained a place in the Under 13's 100m final by coming third in her heat with a time of 14.40, and in the final came a creditable fifth. She found time to compete in the long jump and finished in silver position in a field of 14 competitors.

Michael O'Connor also gained a silver position in the Under 13 Boys 1500m.

The Championships also contained a QuadKids competition which was a four event competition in which the young athletes compete in a short 75m race, a longer 600m race, standing long jump and Vortex Howler throwing. The last involves throwing a ball which howls as it flies through the air. Its long distance tail enables the throw to be carried over a considerable distance – according to the manufacturer.



Under 11 Rex Harrison flew the flag for Lewes AC and came 7<sup>th</sup> out of 30 competitors which is pretty good. His 223 points were close to the overall winner's 230.

<b>100m U13G Heats Heat: 4 of 4</b>					
Rank	ID	Name	Cat	Gender	Result
3	2	Azrayah Durairaj	U13	F	14.40
<b>1500m U13B Heat: 1 of 1</b>					
Rank	ID	Name	Cat	Gender	Result
2	80	Michael O'Connor	U13	M	5:05.87
<b>100m U13G Final Heat: 1 of 1</b>					
Rank	ID	Name	Cat	Gender	Result
5	2	Azrayah Durairaj	U13	F	14.49
<b>75m QK Boys Heat: 5 of 5</b>					
Rank	ID	Name	Cat	Gender	Result
3	136	Rex Hastings	U11	M	12.16
<b>600m QK Boys Heat: 2 of 4</b>					
Rank	ID	Name	Cat	Gender	Result

2	136	Rex Hastings	U11	M	1:57.41
<b>Long Jump</b>					
Rank	ID	Name	Cat	Gender	Result
2	2	Azrayah Durairaj	U13	F	4.15

<b>Quadkids Competition: Rex Hastings</b>									
<b>75m</b>		<b>600m</b>		<b>SLJ</b>		<b>Howler</b>		<b>Overall</b>	
Time	Points	Time	Points	Distance	Points	Distance	Points	Points	Position
12.2	48	1.57	73	1.78	48	27.4	54	223	7th

Kate Matthews reported: *'The Under 11 Quad Kids moved from the 75m sprints to the howler, standing long jump and finally finishing with the 600m - all the time chatting and soaking up the atmosphere. By the time they had finished the sun was shining.'*

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## Southern Athletics League – Sussex Coast Division

### 2<sup>nd</sup> Event: 11<sup>th</sup> July 2021 Lewes Community Athletics Track

The overall points position after the first event at the Withdean Stadium in this series had been:

1	Brighton & Hove AC	413.4
2	Lewes and Haywards Heath AC	225.2
3	Hastings AC	209.3
4	Eastbourne Rovers	182.3

The overall team points for the second event, held at Lewes were

1	Brighton & Hove AC	370
2	Lewes & Haywards Heath	258.2
3	Hastings AC	209.7
4	Eastbourne Rovers AC	165.3

The combined Lewes & Haywards Heath team are still a long way behind Brighton & Hove. But they are on their way to consolidating the gap between them and Hasting and Eastbourne.

When looking at individual performances in team competitions, you need to be aware that participants are not necessarily competing in their best event, but are often filling gaps so that their team will score at least some points.

For newcomers we give you some help with some of the abbreviations:

ns = non-scoring; PB = personal best; SB = season best; HW = hurdles (for women, hurdles vary in height based on age and gender); SC= steeple chase, SP = shot put, DT = discus; HT = hammer, JT = javelin (the numbers relate to the weight of the thrown object).

**The next event in the series will be on Saturday 14th August at Hastings.**

Event	Pos	Perf	Name		AG	Club
100 SM A	3	11.5	Aston Lockwood		U23	Lewes
100 SM B	2	12	Adam Lawson	PB	U17	Lewes
100 SM ns1	2	11.9	James Linington	SB	U23	Lewes
100 SWA	3	13.1	Grace Wheeler		U17	Lewes
100 SW B	2	13.3	Tilly Bevan		U17	Lewes
100 SW ns1	1	13.5	Jess Powell	PB	U17	Lewes
	2	13.6	Paloma Buckley McDonald		U17	Lewes
	3	13.7	Megan Harding	PB	U17	Lewes
	6	16.4	Jo Buckley		V50	Lewes

200 SM A	3	23.1	Aston Lockwood	PB	U23	Lewes
200 SM B	3	25.2	Adam Lawson		U17	Lewes
200 SW A	1	26.5	Chloe Kornevall		U20	Lewes
200 SW B	2	28	Megan Harding	PB	U17	Lewes
200 SW ns1	2	28.8	Paloma Buckley McDonald	PB	U17	Lewes
	4	34.2	Jo Buckley	SB	V50	Lewes
400 SM A	1	51	Rowan Pearson	PB	U17	Lewes
400 SM B	3	64.8	Andrew McLennan	PB	V45	Lewes
400 SW A	1	60.2	Chloe Kornevall	SB	U20	Lewes
800 SM A	4	02:15.0	Ewan Kemsley	PB	U20	Haywards Heath
800 SM B	3	02:18.0	Jonathan Burrell	PB	V55	Lewes/SC Vets
800 SW A	1	02:18.0	Harriet Bloor	PB	U20	Lewes
800 SW B	2	02:53.0	Anthi Mamatzakis	PB	U17	Lewes
1500 SM A	1	04:16.0	Joseph Callard	PB	U20	Lewes
1500 SM B	1	04:28.0	Aiden Briffett		SEN	Lewes
3000 SM A	2	09:08.0	Aiden Briffett	PB	SEN	Lewes
3000 SM B	2	09:30.0	James Skinner		V45	Haywards Heath
3000 SM ns	1	10:10.0	Harvey Alcock	PB	U20	Haywards Heath
	2	11:07.0	Robert Henry	PB	V35	Lewes
	3	11:10.0	Philip Westbury	PB	V50	Lewes
100HW SW A	2	21.1	Lucie Venables		V35	Haywards Heath
400HW SW A	2	83.8	Lucie Venables	SB	V35	Haywards Heath
1500SCW SW A	2	08:03.0	Millie Hemsley	PB	SEN	Lewes/Brighton Uni
1500SCW SW B	2	08:03.0	Jess Powell	PB	U17	Lewes
3000SC SM A	2	15:08.0	Tim Popkin	SB	V45	Haywards Heath
4x100 SM	2	47.2	Aston Lockwood, Adam Lawson (U17) Martin Dawson, James Linnington	SB	SEN	Lewes/ Haywards Heath
4x100 SW	4	58	Megan Harding (U17) Paloma Buckley McDonald (U17) Jess Powell (U17) Tilly Bevan	SB	SEN	Lewes/ Haywards Heath
4x400 SX A	1	04:05.0	Martin Dawson, Anthi Mamatzakis (U17), Chloe Kornevall (U20), Aston Lockwood	SB	SEN	Lewes/ Haywards Heath
HJ SW A	1	1.4	Jess Powell	PB	U17	Lewes
HJ SW B	3	1.25	Millie Hemsley	SB	SEN	Lewes/Brighton Uni
PV SW A	1	3.56	Mariette Terrisse	SB	V35	Lewes/France
PV SW B	2	2.3	Jessica Banner		U17	Lewes
LJ SM A	4	4.9	Elliott Bevan	PB	U20	Lewes
LJ SW A	3	4.07	Lucie Venables	SB	V35	Haywards Heath

LJ SW B	2	3.05	Jo Buckley	SB	V50	Lewes
TJ SM A	4	7.76	Joey Watson	SB	SEN	Lewes
TJ SW A	3	8.77	Lucie Venables	SB	V35	Haywards Heath
SP7.26K SM A	1	15.2	Joey Watson	SB	SEN	Lewes
SP7.26K SM B	3	6.84	Mike Bale	SB	V65	Haywards Heath/SC Vets
SP4K SW A	4	6.93	Jess Powell	PB	U17	Lewes
SP4K SW B	3	6.58	Millie Hemsley	SB	SEN	Lewes/ Brighton Uni
DT2K SM A	1	39.86	Joey Watson	SB	SEN	Lewes
DT2K SM B	2	18.96	Mike Bale	SB	V65	Haywards Heath/SC Vets
DT1K SW A	3	18.55	Jessica Banner	PB	U17	Lewes
DT1K SW B	3	12.12	Tilly Bevan	PB	U17	Lewes
DT1K SW ns	1	11.82	Anthi Mamatzakis	PB	U17	Lewes
HT7.26K SM A	1	40.85	Joey Watson		SEN	Lewes
HT7.26K SM B	1	26.17	Mike Bale	SB	V65	Haywards Heath/SC Vets
HT4K SW A	3	20.89	Millie Hemsley	PB	SEN	Lewes/ Brighton Uni
JT800 SM A	3	30.53	Joey Watson	SB	SEN	Lewes
JT800 SM B	3	16.48	Milo Hemsley	PB	U23	Lewes
JT600 SW A	4	14.14	Millie Hemsley	SB	SEN	Lewes /Brighton Uni
JT600 SW B	3	8.77	Paloma Buckley McDonald	PB	U17	Lewes

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## Youth Development League – Lower Age Group

### South Coast Division

#### Lewes Community Athletics Track 17<sup>th</sup> July 2021

Position	Team Name	Points
1	Brighton & Hove AC	311
2	Lewes AC	220
3	Worthing & District Harriers	204
4	Hastings AC	135

This was the second meeting in the series, and for Lewes AC was a standout success compared to our previous outing. Despite some good individual performances at the previous meeting at Hastings in June, the gaps in the coverage of disciplines had contributed to Lewes AC's lacklustre score of 90 team points and coming last overall.

Hannah Oakden, who has only just taken on the role of the under 13 and under 15 year team manager reported: *'In terms of standout performances, it was a pretty full on day and I don't know the children yet, but the girls in the distance races were amazing in the heat of the day - Grace Tuesday (800m) and Esme Stephenson (1500m). I believe Rocky Lampard and Harvey Perry, both U15B PB'ed in all 3 of their events. There were many PB's across the board in fact.*

*U13 performances to note - Azrayah Durairaj achieved 10.8 in the 75m, Michael O'Connor PB'ed 4:08.6 in the 1200m '*

To cement Lewes AC's position as the best team in Sussex outside Brighton a really good turnout is needed at the next meeting at the iconic **Withdean Stadium in Brighton on the 4<sup>th</sup> September.**

Here are the details of individual performances.

Event	Pos	Perf	Name		AG	Year
75 U13M A	2	11.9	Charlie Perry		U13	1
75 U13M B	1	11.2	Edward Riseborough	<b>PB</b>	U13	1
75 U13W A	1	10.8	Azrayah Durairaj	<b>PB</b>	U13	2
75 U13W B	3	11.9	Maia Williams	<b>PB</b>	U13	1
75 U13W nsA	2	11.5	Emily Weetman	<b>PB</b>	U13	2
	3	11.6	Ashli Whiteman	<b>PB</b>	U13	2
100 U15M A	3	13.5	Rocky Lampard	<b>PB</b>	U15	1
100 U15M B	2	13.9	Laurence St Louis	<b>PB</b>	U15	2
100 U15M nsA	1	13.5	Louis Williams	<b>PB</b>	U15	1
100 U15W A	2	13.6	Rosie Kornevall	<b>SB</b>	U15	2
100 U15W B	1	13.9	Zoe Wright	<b>PB</b>	U15	2



100 U15W nsA	1	15.2	Samantha Buckley	<b>PB</b>	U15	2
150 U13M A	4	22.9	Charlie Perry	<b>PB</b>	U13	1
150 U13W A	4	23.1	Ava Hayes	<b>PB</b>	U13	2
150 U13W B	3	23.5	Lola Piper-Rogers	<b>PB</b>	U13	1
200 U15M A	3	26.4	Harvey Perry	<b>PB</b>	U15	2
200 U15M B	2	27.2	Rocky Lampard	<b>PB</b>	U15	1
200 U15W A	2	27.5	Rosie Kornevall	<b>PB</b>	U15	2
200 U15W B	1	29	Zoe Wright	<b>PB</b>	U15	2
300 U15M A	3	42	Harvey Perry	<b>PB</b>	U15	2
300 U15M B	2	44	Louis Williams	<b>PB</b>	U15	1
300 U15W A	1	45.6	Rosie Kornevall		U15	2
800 U15M A	1	02:17.0	Barney Hastings		U15	1
800 U15M B	3	02:32.0	Isaac Tarafder	<b>PB</b>	U15	1
800 U15M nsA	1	02:25.0	Ewan Child	<b>PB</b>	U15	2
	2	02:29.0	Thomas Lawson	<b>PB</b>	U15	1
800 U13M A	2	02:49.0	Charlie Perry	<b>PB</b>	U13	1
800 U13M B	1	02:16.0	Theo Schofield	<b>PB</b>	U13	2
800 U13M nsA	1	02:47.0	Jacob Trotman	<b>PB</b>	U13	2
	2	03:02.0	Diggory Thomas	<b>PB</b>	U13	2
800 U15W A	1	02:21.0	Grace Tuesday	<b>PB</b>	U15	1
800 U15W B	2	NT	Darcy Pring		U15	2
800 U15W nsA	1	02:47.0	AN Other		U15	
800 U13W A	2	03:01.0	Beth Boyes	<b>PB</b>	U13	1
1200 U13M A	2	04:08.0	Michael O'Connor	<b>PB</b>	U13	1
1200 U13M	1	04:15.0	Louie Stokes	<b>PB</b>	U13	1
1500 U15M A	4	04:58.0	Harvey Perry	<b>PB</b>	U15	2
1500 U15M B	2	05:39.0	Theo Tarafder		U15	1
1500 U15W A	3	05:02.0	Esme Stephenson	<b>PB</b>	U15	1
1500 U15W B	2	05:30.0	Darcy Pring		U15	2
4x100 U15M	1	56.5	Lewes AC		U15	
			Louis WILLIAMS			
			Laurence ST LOUIS			
			Thomas LAWSON,			
			Rocky LAMPARD			
4x100 U13M	3	61.2	Lewes AC		U13	
4x100 U15W	2	56.8	Lewes AC		U15	
			Martha WEISSKOPF-STRANGE			
			Freya JACKSON			
			Zoe WRIGHT,			
			Rosie KORNEVALL			
4x100 U13W	2	61	Lewes AC		U13	
			Maia WILLIAMS			
			Ashli WHITEMAN,			
			Lola PIPER-ROGERS			

			Azrayah DURAIRAJ			
4x300 U15M	4	03:16.0	Lewes AC		U15	
			Theo TARAFDER,,			
			Isaac TARAFDER			
			Thomas LAWSON			
			Harvey PERRY			
HJ U15M A	3	1.35	Rocky Lampard	<b>PB</b>	U15	1
HJ U13M A	1	1.15	Diggory Thomas	<b>PB</b>	U13	2
HJ U15W A	2	1.35	Olivia Harris		U15	2
LJ U15M A	3	4.42	Louis Williams		U15	1
LJ U15M B	4	3.35	Gili Bartle	<b>PB</b>	U15	1
LJ U15W A	3	3.56	Imogen Clarke		U15	1
LJ U13W A	3	3.39	Samantha Buckley	<b>SB</b>	U15	2
LJ U13W B	2	2.96	Maia Williams	<b>PB</b>	U13	1
SP4K U15M A	1	6.22	Thomas Lawson		U15	1
SP3K U15W A	3	5.75	Imogen Clarke	<b>PB</b>	U15	1
SP3K U15W B	3	4.49	Freya Jackson		U15	1
SP2.72K U13W A	1	5.33	Ava Hayes	<b>PB</b>	U13	2
DT1K U15W A	3	13.9	Freya Jackson	<b>PB</b>	U15	1
JT600 U15M A	2	33.89	Barney Hastings	<b>PB</b>	U15	1
JT500 U15W A	2	12.48	Freya Jackson	<b>PB</b>	U15	1
JT400 U13M A	3	19.82	Jacob Trotman	<b>PB</b>	U13	2
JT400 U13W A	3	12.19	Ava Hayes	<b>PB</b>	U13	2
JT400 U13W B	2	9.51	Ashli Whiteman	<b>PB</b>	U13	2

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## Youth Development League – Upper Age Group

### South Division

#### Withdean Stadium Brighton. 25<sup>th</sup> July 2021

This is a league competition designed to bring on young athletes by increasing their experience of competing against their peers. The upper age group caters for the under 17 and under 20 age categories.

Lewes AC members participate in this competition as part of 'Team Sussex' which allies Lewes with the East Grinstead and Eastbourne athletic clubs. This year the divisions have been reduced in size so that each division has only four competing teams. (An unforeseen disadvantage of this is that a certain number of judges and other officials are needed for an athletics event, regardless of the number of participants. These people come from the clubs and now there are fewer clubs in a division there are challenges in finding enough judges and officials)

This year, Team Sussex is competing with Brighton & Hove, Crawley, and another composite team, Holland Sports & Reigate Priory. After the first meeting at Lewes at the end of June, Lewes AC were third with 144 points against Brighton & Hove's 220 and Crawley's 234. Only Holland Sports & Reigate Priory were behind us with 68 points.

At the time of sending out the newsletter, no updated league position has been issued after the match at Withdean on the 25<sup>th</sup> of July. We can however give the individual performances of our young athletes which have been published on the 'Power of 10' website.

	Pos	Perf	Name		AG	Year
100 U17M A	3	12.3	Adam Lawson		U17	2
100 U17W A	2	13.2	Gemma Tutton	<b>SB</b>	U17	2
100 U17W B	1	13.3	Grace Wheeler		U17	1
200 U17M A	2	23.7	Jack Palmer		U17	2
200 U17M B	2	24.7	Adam Lawson	<b>PB</b>	U17	2
400 U17M A	1	51.9	Rowan Pearson		U17	1
800 U17W A	4	02:37.0	Harriet Dray		U17	2
PV U20M A	2	3.65	Cameron Wells		U20	1
PV U20M ns	1	3.5	Ori Bartle		U20	1
PV U17M A	1	3.65	Isaac Lancaster	<b>PB</b>	U17	2
PV U20W A	1	3.05	Natasha Clarke		U20	1
PV U20W B	1	3.05	Ivy Spencer		U20	2
PV U17W ns	1	2.15	Jessica Banner		U17	1
DT1K U20W ns	1	13.78	Natasha Clarke	<b>PB</b>	U20	1

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## Brighton Phoenix 10k Road Race

Wednesday 14<sup>th</sup> July 2021



Above: one of the starts showing Adam Wright and Charlie Critchley

Pos	Runner	Category	Time
3	Ben Savill	SM	32.40
9	Aiden Briffett	SM	34.16
16	Adam Wright	SM	35.06
20	Charlie Critchley	SM	36.02
32	Emma Navesey	SW	36.51
39	Emily Proto	SW	37.25
42	Lizzie Keep	SW	37.36
44	Jonathan Burrell	VM50	37.51
47	Adam Vaughan	VM40	37.58
48	Izzie Coomber	SW	38.16
55	Megan Pritchard	SW	39.08
63	Andrew McLennan	VM40	39.42
67	Philip Westbury	VM40	39.58
124	Brian Schofield	VM40	44.28
143	Rob Stanway	VM50	45.50
158	Lydia Levy	SW	47.20
175	Bob Hughes	VM70	48.39
230	Dominic Osman-Allu	VM50	54.09
254	Naomi Ross	VW35	58.44
268	Emma Hodgson	VW45	1.02.11

For many competitive Lewes AC runners this must have been the first competitive road race since lockdown. Adjustments were made to the race organization to make it socially distanced. The results were purely based on chip times so that all runners did not have to start at the same time which avoided the usual initial crowding. We were also allocated to pens before the race and each pen was released in sequence to spread out the runners along the course.

**Ben Savill: First Lewes AC man home.>**



An attraction of this event is that the there-and-back course is flat. This makes it a good place to improve your personal best. But the hot humid evening was a barrier to that crucial fast time for many. Although it runs in parallel with the sea, the course is not scenic as it passes through Portslade's industrial quarter.

**<Emma Navessey was first Lewes AC woman home**

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