



Lewes Athletic Club Newsletter

The AMMONITE

September 2021

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

Contents

[Summer Camp 23rd to 27th August 2021](#)

[Masters Mantell Challenge Tuesday 7th September](#)

[Annual General Meeting: A message from the chair](#)

[Saturday track sessions are back from 4th September!](#)

[Lewes/Haywards Heath men beat Brighton in Sussex Vets League](#)

[9 PBs at K2 Summer Open field and track trials](#)

[Joey Watson, Man of the Match in final Southern Athletics League event](#)

[Out and about: Bewl 15 miles, Maverick Addidas Plumpton run...](#)

[We can only dream....](#)

Summer Camp 23rd to 27th August 2021



Taking place at the Lewes Athletic Track was a week-long Summer Camp of athletics enjoyed by 90 young people. Those joining the summer camp came from over 50 primary schools across Sussex. During the week a programme of running, jumping and throwing was put on by the coaches from Lewes Athletic Club. Running and doing well in the hurdles relay race were Asarayah and Caiden.



[<back to Contents>](#)

Masters Mantell Challenge Tuesday 7th September – you need to be quick!



Above Masters Mantell runners 2019

We are holding the annual Masters Mantell Challenge event on **Tuesday 7th September**. We expect that the first runners will leave at about 6.15 and the last ones about half an hour later, with everyone hopefully finishing around 7.15, before sunset at 7.30. The basics of the event are explained at:

<https://www.lewesac.co.uk/events/masters-mantell-challenge>.

This year we will observe the same Covid precautions as last year. Each runner starts at least 10 seconds behind the previous one, so the winner (the runner who improves most on their predicted time) will not necessarily be the first home (though they probably will be).

To take part you need to be a member of the club aged 15 or over on race day and *either* have done the Masters Mantell Challenge in 2018-19 *or* have done at least three virtual or live 5ks or 10ks since January 2020 as recorded by the Power of Ten site: <https://thepower-of10.info/>

or on our 2020 virtual 5k and 10k sheets:

https://docs.google.com/spreadsheets/d/1zi_nFPdesTuVQMoEn0WmZU_j5TBYJMg6oBZK-wOVGIOs/edit

https://docs.google.com/spreadsheets/d/1Lkt-b7KGMQVgw_8zAUDiRJ9Vwbpsullwd-WZBu3ig6XE/edit.

To enter the race, just go to:

<https://wiki.lewesac.co.uk/tiki-index.php?page=masters+mantell+challenge>

and add a 'Yes' in the last column by your name. The deadline to enter is the end of **Monday 6th September**.

If you are not able to run but would like to help with putting the race on, **we still need some helpers for timekeeping and marshalling**. Please contact runningfit@lewesac.co.uk

[<back to Contents>](#)

Annual General Meeting: A message from the chair



Now in its 37th highly successful year and just emerging from the impact of the virus, the time is now right for the club with the full involvement of members to look towards the next 37 years. The AGM will provide a great opportunity for us to start to consider how best to meet future challenges and how best we can continue to develop our wonderful community of athletes young, old and in-between.

I look forward to a great turn out and to welcoming you to the AGM on the **24th September**

Peter Masters
Chair Lewes AC

Tickets are still available for the Club's AGM at the Southdown Sports Club on the **24th September @ 19:00**. It's ticketed to help us plan refreshment needs.

This is the first meeting open to all Club members in a long time, so do come and contribute.

There will be all the expected AGM items (Chair's Report, Annual Accounts) plus elections to the Club's Executive Committee.

If you would like express an interest in becoming a member of the Club's Executive Committee (or know someone you'd like to encourage!) please send name and contact details together with a brief note to richard@darton-moore.co.uk by Friday 10th September.

After the business part of the evening there will be refreshments and special guest (and Club member) Mat Homewood to entertain us with a comedic take on Bizarre Sporting Events in Sussex History.

Places at the AGM can be booked at <https://www.eventbrite.co.uk/e/167316322625>

[<back to Contents>](#)

Saturday track sessions are back from 4th September.

1. Improvers

There'll be a coached improvers' session starting at 9am. The improvers' sessions are designed as a friendly, fun-filled introduction to track-based training but they could also suit those returning from injury or absence, or who perhaps feel they're not ready for a Thursday night session. The sessions will feature a variety of speed, endurance and tempo training, as well as occasional games.

2. Solo training

Also, club runners, fast or slow, who want to come along to do their own track work will be welcome.

Coaches will be on hand to help with advice and training assistance as needed.

Parkrun



As of Saturday, 2 October, the improvers' session on the first Saturday of each month will be designated as a monthly Lewes AC parkrun, when all club members will be encouraged to attend a nominated local parkrun. This will give us all a chance to meet up and run together again and maybe even share a post-run coffee - and the wearing of club vests or T-shirts will be encouraged.

If you want to take part - either for the improvers' group or to do your own session - please sign up on the wiki Saturday page.

<https://wiki.lewesac.co.uk/tiki-index.php?page=saturday+training>

[<back to Contents>](#)

Sussex Vets League Event 3

Lewes, Monday 26th July 2021



The final meeting of the 2021 season took place at the Lewes track on the evening of 26th July. Lewes AC participate in the league in partnership with Haywards Heath Harriers. The men's team repeated the performance at the previous meeting by being at top of the points table again.

The Lewes/Hailsham women's team were fourth out of the six teams on the night. This bland result hides the closeness of the competition. Lewes women scored 63 points, just two points off the 65 points that both the combined Eastbourne/Hailsham team and the Hastings team scored to tie in second place. The final team placings this year are:

Overall

	19-May-21	14-Jun-21	26-Jul-21	Total
Brighton & Hove AC	168	172	166	506
Eastbourne / Hailsham	204	159	142	505
Haywards Heath / Lewes	116	168	176	460
Hastings AC	128	134	119	381
Arena 80	35	93	98	226
Worthing	0	15	0	32

Men

	19-May-21	14-Jun-21	26-Jul-21	Total
Haywards Heath / Lewes	86	97	113	296
Eastbourne / Hailsham	111	81	77	269
Brighton & Hove AC	49	56	65	170
Hastings	44	61	54	159
Arena 80	35	43	61	139
Worthing	0	15	0	32

Women

	19-May-21	14-Jun-21	26-Jul-21	Total
Brighton & Hove AC	119	116	101	336
Eastbourne / Hailsham	93	78	65	236
Hastings AC	84	73	65	222
Haywards Heath / Lewes	30	71	63	164
Arena 80	0	50	37	87
Worthing	0	0	0	0

Individual Haywards Heath / Lewes results for 26th July 2021

The results should be read bearing in mind that this is a team competition where a key factor in team success is covering as many of the event disciplines as possible. Heroic club members often serve the cause by competing in events which are not their best but ensure valuable points are gained. Occasionally athletes even discover unexpected talents. Jo Buckley, for example, had never competed in triple jump as an adult before the 26th July, but came first in her age category and scored 6 points for the team (and gained a personal best).

Many thanks to the two team captains, Marcus Kimmins and Karin Divall, for all their efforts in rallying the troops. Thanks also go to all those involved in making the meetings run smoothly, including Richard Moore who assembled the results.

Men

Event	Pos	Name	Performance	Points
High Jump 35+	3	Ian Tomkins	1.2	4
High Jump 50+	1	Andy Dray	1.45	6
Hammer 60+	1	Mike Bale	30.19	6
Hammer 35+	2	Oliver Francis	10.02	5
Hammer 50+	2	Ian Tomkins	20.24	5
Long Jump 35+	2	JameSmyth	4.18	5
Long Jump 50+	2	Ian Dumbrell	3.49	5
Shot Putt 50+	2	Ian Tomkins	8.42	5
5000m 60+		Tim Hicks	21:05.5	6
5000m A	3	MarcuKimmins	17:00.0	4
5000m 50+	1	Julian Boyer	18:24.2	6
400m A	3	Owen Wells	00:56.6	4
400m B	2	Phil Payne	01:05.4	5
100m A	1	Owen Wells	00:12.1	6
100m B	2	JameSmyth	00:14.3	5
100m 50+	2	Ian Dumbrell	00:14.7	5
1500m A	2	MarcuKimmins	04:36.6	5
1500m B	4	JameSmyth	05:38.4	3
1500m 50+	1	Jonathan Burrell	04:53.7	6
1500m 60+	1	Tim Hicks	05:38.4	6
Medley Relay A	2	Andy Dray, Owen Wells, Phil Payne & Jonathan Burrell	4:28.4	5

Women

Event	Pos	Name	Per- form-ance	Points
Hammer 35+	4	Helen Diack	13.12	3
Javelin Throw 35+	4	Abi Redd	9	3
Javelin	4	??	6.91	3
Triple Jump 35+	2	Lucie Venables	8.52	5
Triple Jump 50+	1	Jo Buckley	6.6	6
High Jump 35+	2	Helen Diack	1.15	5
400m A	3	Lucie Venables	01:12.6	4
400m B	2	Becky Trotman	01:16.0	5
400m 50+	2	Jac Barnes	01:23.6	5
100m A	3	Lucie Venables	0:15.0	4
100m B	4	Abi Redd	0:17.0	3
100m 50+	2	Jo Buckley	0:16.2	5
1500m A	5	Abi Redd	6:14.7	2
1500m 50+	4	Jac Barnes	6:33..7	3
1500m 60+	2	Karin Divall	6:32.8	5
Medley Relay	5	Jo Buckley, Helen Diack, Becky Trotman & Jac Barnes	5:46.8	2

Non-scorers

A drawback of the team competition is that usually there are just two participants for each team in each event. There are also no heats. This means that there is spare capacity which can be used by non-scoring competitors. They do not even have to be vets to enter. Having non-scorers allows team managers to spot talented runners, jumpers and throwers for future events.

Event	Name	Age Group	Performance
100m	Max Andrew	M Sen	00:12.6
100m	Oliver Franci	M35	00:15.4
1500m	Colin Bennett	M50	04:55.7
1500m	Tim Popkin	M45	05:29.0
1500m	Lee Kemp	M35	05:36.1
400m	Max Andrew	M Sen	00:57.9
400m	Lee Kemp	M35	01:29.7
5000m	Paul Cousin	M50	19:49.9
Long Jump	Oliver Franci	M35	3.84
Shot Putt	Mike Bale	M60	7.83
Javelin	Helen Diack	F35	8.04

[<back to Contents>](#)

K2 Summer Open Athletics Meeting

Crawley 31st July 2021

A promotional poster for the K2 Summer Open Athletics Meeting. The poster features a dark blue background with a yellow diagonal band. At the top left is the K2 logo with a red star. The main title 'SUMMER OPEN' is in large, bold, blue letters. Below it, the location 'CRAWLEY, WEST SUSSEX, RH11 9BQ' and the date 'SATURDAY 31ST JULY' are written in yellow. A list of track events and their times is provided in yellow text. Below this, the field events 'GRADED RACES U13 > MASTERS' and 'FIELD - LJ, SP, HJ, JT' are listed. The poster also mentions 'LLOYD KEMPSON ON THE MIC' and 'ELECTRONIC TIMING & PHOTO FINISH'. At the bottom, there are logos for SAYSKY copenhagen, Justiming, and ENGLAND ATHLETICS. A photograph of several male runners in action is shown on the right side. The bottom of the poster has a yellow band with the text 'ENTER AT WWW.ENTRY4SPORTS.CO.UK' in blue.

K2

SUMMER OPEN

CRAWLEY, WEST SUSSEX, RH11 9BQ

SATURDAY 31ST JULY

TRACK TIMETABLE

- 14:00hrs - SPRINT HURDLES
- 15:00hrs - 100M
- 16:00hrs - 800M
- 17:00hrs - 200M
- 18:00hrs - 1500M
- 18:40hrs - 300M
- 19:00hrs - 400M
- 19:20hrs - 3KM

GRADED RACES U13 > MASTERS

FIELD - LJ, SP, HJ, JT

LLOYD KEMPSON ON THE MIC

ELECTRONIC TIMING & PHOTO FINISH

SAYSKY
copenhagen

Justiming

ENGLAND ATHLETICS

ENTER AT WWW.ENTRY4SPORTS.CO.UK

This event, organized by Worthing Harriers, took place on a dull and rather damp day. The nine personal bests were pleasing.

To give an idea of the nature of the competition there were 107 entries for the 100m. This led to fifteen separate heats to which runners were allocated on the basis of capability.

There were no finals. It was all about recorded performances.

PB = Personal Best, SB = Season Best

Event	Pos	Time	Name		Age	M/W
100 M	3	11.79	Jack Palmer		U17	M
100 SM 9	4	15.07	Edward Riseborough	PB	U13	M
100 SW 2	1	12.86	Livvy Connor	SB	SEN	W
100 SW 2	3	13	Grace Wheeler		U17	W
100 SW 4	5	14.37	Zoe Wright		U15	W
100 SW 5	6	14.95	Azrayah Durairaj		U13	W
200 SW 3	3	27.96	Rosie Kornevall		U15	W
200 SW 5	3	30.05	Zoe Wright		U15	W
300 U20X	3	45.27	Rosie Kornevall		U15	W
400 SX 1	4	52.49	Louis Goodwin	PB	U17	M
800 SX 4	4	02:12.0	Barney Hastings	PB	U15	M
800 SX 8	6	02:35.0	Isaac Tarafder		U15	M
800 SX 8	7	02:36.0	Theo Tarafder	PB	U15	M
1500 SX 1	4	04:22.0	Archie Guppy		U17	M
1500 SX 2	6	04:39.0	Harriet Bloor		U20	W
1500 SX 3	4	04:59.0	Grace Tuesday		U15	W
1500 SX 3	11	05:08.0	Esme Stephenson		U15	W
1500 SX 4	6	05:25.0	Darcy Pring	PB	U15	W
3000 SX 1	8	08:58.0	Joshua Burgess	SB	SEN	M
3000 SX 2	7	11:03.0	Theo Tarafder	PB	U15	M
3000 SX 2	8	11:03.0	Isaac Tarafder	PB	U15	M
70HU13W	2	12.8	Azrayah Durairaj	PB	U13	W
LJ U15X	6	4.01	Azrayah Durairaj		U13	W
LJ SX B	4	5.54	Livvy Connor		SEN	W
JT600 U20X	1	36.82	Barney Hastings	PB	U15	M

[<back to Contents>](#)

SOUTHERN ATHLETICS LEAGUE

Sussex Coast Event 3 on 14th August 14 2021

VENUE WILLIAM PARKER COMMUNITY ATHLETICS ARENA (HASTINGS TRACK)

Overall team results for the third event were:

1	Brighton & Hove AC	329.8
2	Hastings AC	219.0
3	Lewes & Haywards Heath	131.1
4	Eastbourne Rovers AC	51.0

Hastings AC demonstrated the benefits of home advantage. A big problem with events in August is getting your team out when many are on holiday. There were large gaps in participants for some events.

Despite this there were five individual PBs and a further two in the team relays. Joey Watson was a deserving Man of the Match.

A fourth event planned for 11th September has been cancelled, so that is it for this year. This means that the overall season rankings for the Sussex Coast division are:

Team	Points	National standing
Brighton & Hove AC	413.4	4 th
Lewes AC & Haywards Heath AC	236.55	55 th
Hastings AC	229.8	57 th
Eastbourne Rovers	182.3	76 th

The points are allocated in a similar way to the scoring in a Decathlon/Heptathlon. For example in the case of track races the times of competitors are converted to points based on tables that estimate where that performance lies in relation to other recorded performances. This complicated scoring system allows results of different teams in one division to be realistically compared with those in other divisions. Thus the national standing column shows that Brighton & Hove AC had the 4th best results of all the teams in *all* the divisions. Lewes and Haywards Heath ACs were the 55th best performing team out of 96 teams in England. As most other divisions still have a fourth event in September, this national ranking could well change.

Event	Pos	Perf	Name		Age		Club
100 SM A	4	11.8	Jack Palmer		U17	M	Lewes
100 SM B	1	11.9	Adam Lawson	PB	U17	M	Lewes
200 SM A	3	23.9	Jack Palmer		U17	M	Lewes
200 SM B	2	24.8	Adam Lawson		U17	M	Lewes

200 SW A	2	26.4	Chloe Kornevall		U20	W	Lewes
400 SM A	1	50	Pyers Lockwood		U20	M	Lewes/Crawley
400 SM B	1	51.1	Rowan Pearson		U17	M	Lewes
400 SM B ns	1	51.3	Aaron Duncan	PB	U20	M	Lewes
400 SW A	1	61.8	Chloe Kornevall		U20	W	Lewes
1500 SM A	2	04:20.2	Stan Pendered		U17	M	Lewes
1500 SM B	1	04:25.5	Archie Guppy		U17	M	Lewes
1500 SM ns	2	04:51.2	Colin Bennett	SB	V55	M	Lewes
1500 SW A	1	04:35.1	Harriet Bloor	PB	U20	W	Lewes
1500 SW B	2	05:30.3	Harriet Dray	PB	U17	W	Lewes
5000 SM A	2	17:27.3	Charles Taylor	PB	U23	M	Lewes/Portsmouth Uni
400H SM A	1	56.1	Pyers Lockwood		U20	M	Lewes/Crawley
4x100 SM	2	46.3	Pyers Lockwood, Adam Lawson, Martin Dawson, Jack Palmer	PB	SEN	M	Lewes/Haywards Heath
4x400 SM	3	03:47.7	Pyers Lockwood, Adam Lawson, Martin Dawson, Jack Palmer	PB	SEN	M	Lewes/Haywards Heath
4x400 SW	2	04:34.0	Chloe Kornevall, Harriet Bloor, Katie Reed, AN Other	SB	SEN	W	Lewes/Haywards Heath
PV SW A	1	3.2	Emilie Oakden		U17	W	Lewes
SP7.26K SM A	1	14.55	Joey Watson		SEN	M	Lewes
DT2K SM A	1	40.81	Joey Watson	SB	SEN	M	Lewes
HT7.26K SM A	1	39.72	Joey Watson		SEN	M	Lewes
JT800 SM A	4	29.19	Joey Watson		SEN	M	Lewes

Many thanks go to Tim Popkin and Jo Buckley the two Hastings and Lewes team managers and congratulations on the team for the very respectable final position.

[<back to Contents>](#)

Out and about: Bewl 15 mile, Maverick Addidas Plumpton runs...

Bewl 15 Miles 4th July 2021

This is a 15 mile (generally) off-road circuit of Bewl reservoir which is just a stone's throw from Wadhurst.

Plucky LewesAC raiders venturing up to the Sussex-Kent borderland included:

Position	Runner	Category	Time
8	Matt Reed	SM	1:42:46
136	Gerard Dummett	MV60	2:19:49
170	Ian Hilder	MV60	2:25:27
170	Beth Hancock	SW	2:25:56

Maverick Addidas Plumpton Original 10th July 2021

This had an interesting 13.7 mile course starting and finishing at the race course at Plumpton. It ascended the South Downs escarpment and followed the South Downs Way towards the Clayton windmills. It then looped back skirting Pyecombe golf course and Lower Stan-dean. Crossing the Ditchling Beacon road it climbed up from Stanmer to the foot of Black-cap and then returned to Plumpton.

Position	Runner	Category	Time
2	Alex Sawbridge	SM	1:48:38
111	Emily Murray	SW	2:37:16
112	Alienor Falconer	SW	2:37:20

[<back to Contents>](#)

The Littlehampton Beach Run...



was just one of the West Sussex Fun Run events that did not take place this year. This is a reminder of what we have lost. But we can dream for next year...



[<back to Contents>](#)