

Lewes Athletic Club Newsletter



The AMMONITE

October 2021

Please send contributions and corrections to

newsletter@lewesac.co.uk.

Breaking news: Joscelin (Joss) Lowden set a **new one-hour cycling world record** on 30 September 2021 with a distance of 48.405 km, beating the previous record by just under 400 metres. Joss completed a total of 193 laps of the Tissot Velodrome in Grenchen, Switzerland. In her early days Joss was part of Dave Leach's endurance squad at Lewes AC.

Contents

[Lewes AC AGM: Welcome to three new committee members](#)

[Sussex XC relay county championships – Senior Women triumph again](#)

[A message from the Chair: Sussex Saturday cross country events and championships](#)

[Saturday track sessions](#)

[Youth Development League/ Lower Age Group: Lewes AC claw back second place](#)

[Youth Development League: Upper Age Group: Daniel Stonehouse has a field day](#)

[Sussex County Walks Championship – three more Lewes champions](#)

[Sussex County 3k championships – four more county championships in Lewes AC hands](#)

[Masters Mantell Challenge – with pictures](#)

[Spotlight on...Athletics Officials](#)

Club AGM: Welcome to new committee members.

The Club's AGM took place last Friday with the active participation of thirty Club members. It was a successful meeting with much discussion and was brought to an amusing conclusion by Mat Home-wood.

The minutes of the meeting and Pete Masters' presentation are both now available on the club Wiki (<https://wiki.lewesac.co.uk/tiki-index.php?page=Club+organisation>) together with a list of the new Executive Committee members.

Three new club committee members were elected. Welcome to:

Richard Moore



Richard is, among other things, a member of the run leaders group. On Thursdays he is often seen supporting Toby Wolpe with the adult track sessions. Over the summer he has had the unenviable role of results coordinator for field and track events at the Lewes track, a backroom job that is key to successful competitions. He also organized the long overdue AGM.

Toby Wolpe



Toby is a long-time member of Lewes AC. Recently he has taken up a key role in endurance coaching. He has just completed the top level of the coaching qualifications. He has a major role in retuning training back to the track, and with the restoration of Saturday morning sessions.

Many adult runners are particularly grateful to Toby and Richard for their Thursday night track sessions which have become an essential part of their training.

Fran Witt

Fran is the organizer of the Lewes AC Facebook pages. During lockdown she lightened the lives of many Lewes runners with her series of lockdown challenges that led to multitudes of runners pounding the streets of Lewes ticking off churches and pubs and trying to create images of dinosaurs. She played a key role on the campaign to safeguard women runners. All this and she is a regular running group leader and an inveterate long distance trail runner.



[<back to contents>](#)

Sussex XC relay county championships – Senior Women triumph again

Goodwood 25th September 2021



Disappointingly in most classes in the championships there was no Lewes AC team at Goodwood. One exception was in the Senior Women where in a spectacular double the Lewes A team came first followed by the B team in second place. The fastest individual lap in the race was Harriet Bloor's, and the third fastest was that of Ruby Whyte-Wilding.

This should not overshadow the excellent silver medal performance by the Under 15 Girls where Esme Stephenson recorded the third fastest lap in the race.

The Under 17 Men were let down by not having a third man - the first step in athletic success is to turn up – but to make the journey worthwhile Archie Guppy and Luke Brooks put in a non-scoring performance with Archie running two laps. Their time would have given them bronze.

< Thanks to Megan Taylor for photo

Senior Women		4000m laps		
position		Runner	Time	Team time
1	Lewes	Harriet Bloor	13:46	
		Ruby Whyte-Wilding	14:56	
		Emma Naveseley	15:07	43:49
2	Lewes B	Lizzie Keep	15:01	
		Darja Knotkova-Hanley	15:12	
		Gina Wilkinson	15:07	45:20
Fastest individual laps				
	1st	Harriet Bloor	13:46	
	3rd	Ruby Whyte-Wilding	14:56	
Under 15 Girls		2800m laps		
position		Runner	Time	Team time
2	Lewes	Esme Stephenson	10:37	
		Darcy Pring	10:51	
		Ava James	11:28	32:56
Fastest individual lap				
	3rd	Esme Stephenson	10:37	
Under 15 Boys		2800m laps		
Position		Runner	Time	Team time

8	Lewes	Barney Hastings	10:23	
		George Brooks	10:40	
		Theo Tarafder	10:42	31:45
	Non-scoring			
		Jack Cooley	11:00	
		Isaac Tarafder	10:54	
Under 17 Men		4000m laps		
	Non-scoring			
Position		Runner	Time	Team time
	Lewes	Archie Guppy	13:43	
		Luke Brooks	14:37	
		Archie Guppy	14:13	
				42:33

[<back to contents>](#)

A message from the Chair: Sussex Saturday cross country events and championships



Above: English National Cross Country Championships Photograph: Victoria Wilcox

With over 50 senior and veteran runners signed up to take part in the Sunday Cross Country League there is an expectation that an equally impressive numbers will turn out for the Sussex Saturday cross country events and championships

Over the years the club has competed well at these County events with many individual and team champions. This year, Lewes AC senior women have already shown the way with their marvellous victories in the Sussex Cross Country Relay Championships - see above.

The junior endurance runners also make an effort each year to take part in these Sussex County events with impressive performances. Let's also turn out an impressive number of adult runners from which impressive results can be expected as in past years. Over to you.

The dates and details to put into your diaries are as follows.

- Sussex Cross Country League – Match one - Saturday 16th October 2021 – Goodwood Country Park
- Sussex Cross Country League – Match two - Saturday 13th November 2021 – Stanmer Park
- Sussex Cross Country League – Match three - Saturday 4th December 2021 – Ardingly Showground
- Sussex Cross Country Championships – Saturday 8th January – Little Common, Bexhill
- Sussex Masters Cross Country Championships – Saturday 22nd January – Coombe Farm, Lancing

- Sussex Cross Country League – Match four - Saturday 12th February 2022 – Little Common Bexhill

Other Cross County events in which the club competes are

- October 23rd – South of England Cross Country Relays – Wormwood Scrubs
- January 29th 2022 – South of England Cross Country Championships – (Kent?)
- February 26th – ECCA National Cross Country Championships – Parliament Hill - London

For further information about the Sussex County League and Championships go to www.sussexathletics.net.

If you would like to compete in the cross country event at Goodwood Country Park on Saturday 16th October sign up at <https://wiki.lewesac.co.uk/tiki-index.php?page=sccl+signup+and+lift+share>. You could be green and do a lift share.

For completeness these are the upcoming East Sussex Sunday XC events:

- Sun 31st October 2021 - Ashdown Forest
- Sun 28th November 2021 - Snape Wood, Wadhurst
- Sun 19th December 2021 - New Place Farm, Framfield
- Sun 16th January - 2022 Friston Forest (possibly) or Warren Hill
- Sun 13th February - 2022 Whitbread Hollow, Eastbourne
- Sun 13th March - 2022 The Hub, Bodiam (New Course) or Pett

You can sign up for these via the club wiki.

[<back to contents>](#)

Saturday track sessions

From 2nd October we offer two options for our Saturday sessions.

1. Improvers There's 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.

2. Solo training Also, club runners, fast or slow, who want to come along to do their own track work are welcome too. Coaches will be on hand to help with advice and training assistance as needed.

Parkrun. Also, 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 are encouraged to attend a nominated local parkrun. This gives 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 is encouraged.

If you want to take part - either for the improvers' group or to do your own session - please sign up at [track booking](#) (No need to sign up for parkrun – just turn up.)

Sunday long run

If you'd like to join our revived Lewes AC Sunday long run - 10 miles ish - please add your name to the Wiki [here](#). A typical run is from the bottom of the road to the racetrack at Landport Bottom to Ditchling starting at 8am. Hope to see you then!

[<back to contents>](#)

South Coast Division: Youth Development League/ Lower Age Group

Withdean Stadium Brighton Saturday 4th September 2021



Lewes AC Under 13 and Under 14 athletes were out in force for the last South Coast Division meeting in the Youth Development League/ Lower Age Group series.

There were 28 personal and season bests achieved by Lewes AC as individuals and in the relays. The Sussex Athletics website picked out Grace Tuesday in particular: '*Among the Grade one winners at Withdean were a brilliant personal best from Lewes's Grace Tuesday in the U15 800m in 2:17.8s*'.

On the day Lewes AC came second behind the local giant Brighton & Hove AC. In the series as a whole, Lewes AC clawed into second place after Brighton & Hove, after having been last in the first meeting of the season.

	Hastings meet- ing		Lewes meet- ing		Brighton meet- ing		Overall	
	Perf. Points	Match points	Perf. Points	Match points	Perf. points	Match points	Match points	position
Brighton & Hove AC	168	4	306	4	352	4	12	1
Lewes AC	90	1	236	3	235	3	7	2
Worthing District Harriers	123	3	204.5	1	202	2	6	3

Hastings AC	113	2	123	2	86	1	5	4
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Below are the performance details our athletes.

	Pos	Perf	Name		AG		Year	PB
75 U13M A	2	11.4	Edward Riseborough		U13	M	1	11.2
75 U13M B	3	12.1	Charlie Perry		U13	M	1	11.7
75 U13W A	2	10.9	Azrayah Durairaj		U13	W	2	10.8
75 U13W B	3	11.1	Emilia Singer		U13	W	2	11
75 U13W ns	3	12.3	Lola Piper-Rogers	PB	U13	W	1	12.3
100 U15M A	3	21.9	Louis Williams		U15	M	1	13.5
100 U15M B	2	13.5	Rocky Lampard	PB	U15	M	1	13.5
100 U15W A	2	14.2	Zoe Wright		U15	W	2	13.9
100 U15W B	2	15.5	Phoebe Reid	PB	U15	W	1	15.5
150 U13M A	3	23.1	Charlie Perry		U13	M	1	22.9
150 U13M B	3	22.5	Edward Riseborough	PB	U13	M	1	22.5
150 U13W A	4	30.9	Ava Hayes		U13	W	2	23.1
150 U13W B	3	24.4	Ashli Whiteman	PB	U13	W	2	24.4
200 U15M A	2	26.2	Harvey Perry	PB	U15	M	2	26.2
200 U15M B	1	26.8	Rocky Lampard	PB	U15	M	1	26.8
200 U15W A	2	28.4	Rosie Kornevall		U15	W	2	27.5
200 U15W B	2	30.2	Zoe Wright		U15	W	2	28.92
300 U15M A	2	41.8	Harvey Perry	PB	U15	M	2	41.8
300 U15M B	1	44.6	Rosie Kornevall		U15	W	2	43.79
800 U15M A	2	02:18.3	Harvey Perry	PB	U15	M	2	02:18.3
800 U15M B	2	02:29.2	Finley Stokes	PB	U15	M	2	02:29.2
800 U13M A	3	02:38.1	Louie Stokes	PB	U13	M	1	02:38.1
800 U13M B	2	02:44.1	Charlie Perry	PB	U13	M	1	02:44.1
800 U15W A	1	02:17.8	Grace Tuesday	PB	U15	W	1	02:17.8
800 U15W B	1	02:31.8	Ava James		U15	W	1	02:30.8
800 U13W A	2	02:51.3	Emilia Singer		U13	W	2	02:50.1
800 U13W B	2	03:07.4	Beth Boyes		U13	W	1	03:01.2
1200 U13M A	2	04:14.1	Michael O'Connor		U13	M	1	04:08.6
1500 U15M A	4	05:19.5	Theo Tarafder		U15	M	1	05:07.4
1500 U15M B	4	05:21.5	Isaac Tarafder		U15	M	1	05:08.0

1500 U15W A	3	05:11.6	Esme Stephenson		U15	W	1	05:02.7
1500 U15W B	3	05:31.0	Darcy Pring		U15	W	2	05:25.1
4x100 U15W	1	59.7	Lewes U15 Team	SB	U15	W		53.1
4x300 U15M	2	03:10.1	Lewes U15 Team	SB	U15	M		02:45.7
4x300 U15M	1	03:06.3	Lewes U15 Team	SB	U15	W		03:05.9
HJ U15M A	2	1.4	Rocky Lampard	PB	U15	M	1	1.4
HJ U13M A	3	1.2	Albert Lovelock	PB	U13	M	2	1.2
HJ U15W A	3	1.25	Freya Jackson	PB	U15	W	1	1.25
HJ U13W A	1	1.15	Ashli Whiteman	PB	U13	W	2	1.15
PV U15W A	1	2.51	Yuna Hadlow	PB	U15	W	1	2.51
PV U15W B	1	2	Imogen Clarke		U15	W	1	2.11
LJ U15M A	1	4.77	Hugo Mason		U15	M	2	4.84
LJ U15M B	1	4.35	Louis Williams		U15	M	1	4.49
LJ U13M A	3	3.77	Vincent Bosence	PB	U13	M	1	3.77
LJ U13M B	2	3.71	Albert Lovelock	PB	U13	M	2	3.71
LJ U15W A	3	3.87	Imogen Clarke		U15	W	1	4.51
LJ U15W B	2	3.5	Phoebe Reid	PB	U15	W	1	3.5
LJ U13W A	2	4.12	Azrayah Durairaj		U13	W	2	4.15
LJ U13W B	1	3.9	Emilia Singer		U13	W	2	4.1
SP2.72K U13W A	1	5.4	Ava Hayes	PB	U13	W	2	5.4
DT1K U15W A	3	13.82	Freya Jackson		U15	W	1	13.9
JT600 U15M A	1	37.9	Hugo Mason	PB	U15	M	2	40.12
JT500 U15W A	2	14.27	Freya Jackson	PB	U15	W	1	14.27
JT500 U15W B	2	10.58	Imogen Clarke	PB	U15	W	1	10.58
JT400 U13W A	3	9.22	Ava Hayes		U13	W	2	12.19
JT400 U13W B	1	8.34	Ashli Whiteman		U13	W	2	9.51

[<back to contents>](#)

Youth Development League: Upper Age Group : South Coast Division

K2 Crawley Sunday 5th September 2021

Lewes AC participants formed part of the 'Team Sussex' team along with East Grinstead AC and Eastbourne Rovers. Daniel Stonehouse had truly a field day with four personal bests resulting in three firsts and one second place in under 20 age group throwing events.

The overall team result for this meeting was:

	Team	Team points
1	Crawley	424
2	Brighton & Hove	238
3	Team Sussex	132
4	Holland Sports and Reigate	88

This demonstrated once again the edge that home advantage gives. The placings in this meeting reflected the overall 2021 League positions.

SOUTHERN SOUTH		Total League points	Total match points
1	Crawley AC	8	642
2	Brighton & Hove AC	6	559
3	Team Sussex	4	331
4	Holland Sports & Reigate Priory	2	194

Lewes AC performances included:

Pos	Perf	Name		AG		Year
2	12.2	Adam Lawson		U17	M	2
3	24.96	Adam Lawson		U17	M	2
2	53.38	Louis Goodwin		U17	M	1
3	02:27.7	Harriet Dray		U17	W	2
1	9.13m	Daniel Stonehouse	PB	U20	M	1
1	24.33m	Daniel Stonehouse	PB	U20	M	1
1	38.9m	<u>Daniel Stonehouse</u>	PB	U20	M	1
2	29.16m	<u>Daniel Stonehouse</u>	PB	U20	M	1

[<back to contents>](#)

Sussex County Walks Championship – three more Lewes champions

Sutton 11-12th September 2021

In the Walks, Lewes AC brothers, U13 Charlie and U15 Harvey Perry, were the gold medalists in their respective age group in the 2000W and 3000W races. They scored personal bests of 12:19.48 and 19:05.73.

Their clubmate Lauren Morse became Under 20 Women's champion over 3k in 17:47.96.



[<back to contents>](#)

Sussex County 3k championships – four more county championships in Lewes AC hands!

18th September 2021 K2 Crawley

Four more county championships in Lewes AC hands!

Sussex U17, U 20, SW 3K Championships				
Position	Age category	Runner	Time	Medal
1	U20	Harriet Bloor	09:51.9	Gold
2	SEN	Darja Knotkova-Hanley	10:34.8	Gold
3	U17	Isabel Guirdham	10:39.4	Gold
Sussex U17, U20, SM 3K Championships				
Position	Age category	Runner	Time	Medal
7	SEN	Aiden Briffett	09:32.5	
8	U17	Archie Guppy	09:33.7	Silver
Sussex U15G 3K Championships				
Position	Age category	Runner	Time	Medal
1	U15	Grace Tuesday	10:44.5	Gold
6	U15	Esme Stephenson	11:11.7	
9	U15	Darcy Pring	11:46.4	

[<back to contents>](#)

Sussex Open Meeting for U13, U15 and U17 athletes

Event	Pos	Age Category	Athlete	Performance	
800m	2	U15	Isaac Tarafder	02:34.8	
300m	1	U15	Zoe Wright	48.65	
200m	2	U15	Zoe Wright	29.67	
Long jump	3	U15	Hugo Mason	4.5m	3.3-
Javelin	3	U15	Hugo Mason	40.12m	3.3-

Masters Mantell Challenge

Masters Mantell Challenge

Tuesday 7th September 2021

This annual event was organized at very short notice. 23 club runners competed for the coveted Master Mantell trophy.



The coveted Masters Mantell trophy with the distinctive ammonite.

The race is a handicap event where Andrew Chitty - also known as the 'Time Lord' – allocates a predicted time for each competitor. A start time for each runner is then calculated so that in theory every runner will finish at the same time. On the day, runners then set off on the 5.2 mile course starting at The Gallops with the slowest runners going first.



The ideal was that everyone came in at 7.15 pm. Of course, in practice they do not. The processing and analysis of the results is quite tricky and you can find all the nitty-gritty at [Masters Mantell](#). This year Terry Rogers was the first runner home and the recipient of the trophy. He was the first off, but credit is due because he was able to fend off all the other runners who were pursuing.

It is probably easiest to analyse the general performances by treating this as time trial and below are the individual run times. Josh Burgess was fastest man back and Kitty Taylor the fastest woman.

Terry Rogers and Peter Masters

Individual performances

1	Josh Burgess	30:46
2	Ben Pepler	31:25
3	Charlie Critchley	31:31
4	Adam Vaughan	33:10
5	Pete Richardson	36:55
6	Robert Gerardo	38:01
7	Ed Wheeler	38:31
8	Robert Cooper	38:39
9	Robert Henry	38:48
10	John Dryden	38:52
11	Mat Homewood	40:48
12	Carl Dowling	41:01
13	Ian Hilder	43:16
14	Kitty Taylor	43:36
15	Charlotte Bennett	44:34
16	Helen Bowman	44:43
17	Bob Hughes	45:01
18	Alienor Falconer	45:03
19	Peter Miller	48:42
20	Andrew Chitty	48:44
21	Mark Pappenheim	49:06
22	Hugh St John	53:00
23	Terry Rogers	55:05

Josh Burgess: fastest man 30:46



Kitty Taylor: Faster woman 43:36



Ben Pepler Runner up (M) 31:25



Runner-up (W): Charlotte Bennett 44:34



2nd Runner up (M) Charley Critchley 31.31



2nd runner up (W): Helen Bowman 44.43



Ammonite wants to draw attention to the essential contribution to club events by the volunteers who make them possible. This list is almost certainly incomplete.

Main roles

Course setter - Peter Masters

Chief Marshal - Fran Witt

Handicapper - Andrew Chitty

Registrations officer - Siobhan Boyer

Chief timekeeper - David Foster

Youth rep - Dave Leach

Volunteers

Dominic Osman-Allu (marshal and end point)

Chris Gilbert (marshal)

Anne Hagan (marshal)

Karin Richter (marshal)

Emma Gardner (marshal)

Colin Hartland (marshal)

Ellen Brooke (end point and time keeping)

Jo Buckley (marshal)

Elizabeth Hilton (marshal)

Ruth Wray (marshal)

Claire Underwood (start/registration)

Hazel Bennington (start/registration)

Spotlight on...Athletics Officials

By Peter Kennedy

Field Judging at a Combined Events Championship

You could be assigned to a Pentathlon team, which includes the long jump, shot and high jump, but possibly also be switched temporarily to another team helping with the discus or javelin throwing whilst the athletes have moved to their track events. In a decathlon competition, you could also be officiating in the hammer throwing and pole vault events.

The lead judge on each event will often let you choose which task to take on, even if you haven't done it before, and will guide newcomers to ensure no mistakes are made in the judging. The lead judge may also be learning on how to optimise the roles of the team and ensure events are run smoothly with minimal delays.

A typical day starts late morning (senior officials are getting everything ready before that) and finishes late afternoon, with breaks for refreshments/lunch. Whilst officiating you can experience:

- The pleasure of seeing someone compete in their first shot put competition, putting them at their ease during the warmup or watching the last competitor win the high jump competition at their third attempt on the height they needed to jump to achieve a new personal best
- Deciding where to stand when someone may throw a javelin either 20m or 60m so that the time taken to return the javelin to the throwing area is minimised
- Enforcing the rules of the competition consistently, in order to be fair to each athlete
- Awareness of the dangers of the javelin, hammer and discus throws so that no-one is put at risk
- Opportunity to operate specialist equipment such as wind gauges, time clocks and electronic distance measuring equipment.

Other disciplines

The other officiating disciplines are equally challenging:

- Timekeeping: ensuring you achieve times consistent with the other timekeepers and with the electronic timing, if it is in use, because you cannot afford to miss a result if the photo-finish equipment were to fail
- Starters/Starters' Assistants: getting everyone into place for a race and settled in order to minimise the chance of a false start
- Track Judges: ensuring everyone runs the correct number of laps and determining the finishing order for all the competitors, ready for matching with the times recorded for each one

How do you become an official?

Who can do this? (Note: everyone is welcome from aged 16 upwards, often at the same time as being an athlete):

- Parents: providing a taxi service for their children to get to an event, watching them in action and realising they will enjoy it more if they can do something themselves to help
- Athletes: opportunity to help others when not competing (and to get paid for doing it by the club)
- Spectators: unfortunately, there is a shortage of qualified officials and sometime the lead judge has to put out an appeal for a volunteer to help or the event will be cancelled

Why do volunteers continue:

- Appreciating the sport couldn't function without the officials
- Feeling it is good to be out in the fresh air, no matter what the weather is doing, whilst keeping busy.
- Enjoying working in a team with a variety of tasks and new challenges all the time (including safeguarding and inclusivity)
- Desire to become a better official through experience and training and to help other officials do the same

More information

Refer to the website for more information and details of whom to contact

<https://www.sussexathletics.net/officials-coaching/officials/>

Peter Kennedy, Sussex County Officials Secretary

[<back to contents>](#)