

Lewes Athletic Club Newsletter



The AMMONITE

November 2021

Please send contributions and corrections to
newsletter@lewesac.co.uk.

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Breaking news: Jane Atkins reports The First Sport Hall 2021

What a lovely Sport Hall competition we had. The three girls, Kristi, Molly and Scarlett performed brilliantly.

Being held in a new venue made it slightly different. We had lovely seating to allow better views.

Everyone seemed excited as this was the first Sport Hall competition in over a year. The next one is at 1pm on Sunday 12th December. It would be fantastic to field a full team of boys and girls.

More details of Sport Hall in the December Ammonite

Executive Committee Meeting 28th October 2021

In accordance with the current club constitution appointments to committee positions (Chair, Treasurer, Secretaries) are determined at the first full meeting of the new committee.

Notes for this meeting are available on the Lewes AC Wiki at

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

In addition to the Chair and Treasurer the only other members attending were the new recruits elected at the AGM i.e. Richard Moore, Fran Witt and Toby Wolpe.

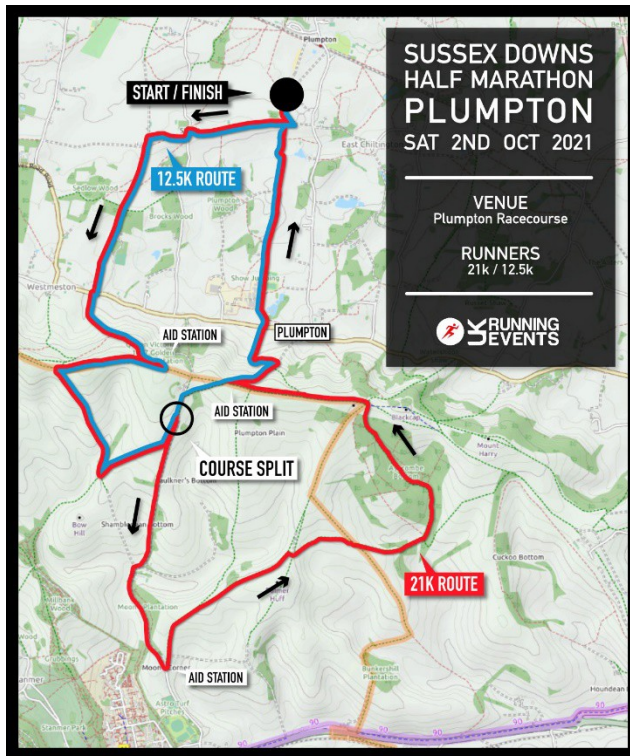
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Sussex Downs Half Marathon (21 km) 2nd October 2021



Above: part of the ascent of the South Downs escarpment **Photo:** UK Running Events

Position	Runner	Time
27	Phil Westbury	1:57:02
77	Ian Hilder	2:11:10
101	Alienor Falconer	2:16:35
168	Bob Hughes	2:28:54
191	Anita Amies	2:34:18
192	Chris Hawes	2:34:19



This was a commercial event organized by UK Running Events. There were two courses both of which started at the Plumpton Racecourse. Their 'Standard' course was 12.5 km and what they grandly called the 'Epic' route was 21 km – you can hear our ultra trail runners sniggering. All the runners above did the 'Epic' route.

The event was controversial with some as it was on the Saturday before the usual Sunday date of the Lewes Downland 10 miles, and some harsh words were uttered about the 'clash'. To be fair to the Lewes AC runners who took part in the run, there was a long period when the Plumpton event was advertised, but there was no confirmation that the Lewes Downland 10 mile was going to run. Some who wanted an early Autumn longer competitive run would have certainly preferred the Lewes event, if only that because it would have been a lot cheaper.

The use of Plumpton Racecourse was a plus as there was plenty of parking and catering. The course was also both interesting and challenging. There was a staggered start to promote social distancing which made this rather like a time trial.

Two annoying things were that the top age category was 50+ and that club affiliations were not recorded. The results shown above are based on personal knowledge of the people entering. There are probably other Lewes AC runners who have been missed. We apologise for this: please let us know via newsletter@lewesac.co.uk

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Brighton Half Marathon 10th October 2021



Bib	Overall Position	Name	Guntime	Chiptime	Category	Category Position
45	5	Jason Lee	01:13:52	01:13:52	MO30	4
88	6	Fred Tasker	01:14:02	01:14:00	MO30	5
296	18	Matt Reed	01:19:32	01:19:30	MO30	14
44	26	Chris Coffey	01:20:53	01:20:51	MO30	17
43	37	Adam Vaughan	01:22:06	01:22:05	MO40	7
39	60	Emily Proto	01:24:33	01:24:32	FO30	2
1023	215	Ellen Brookes	01:35:30	01:35:14	FO40	5
298	251	Clare Martin	01:37:01	01:36:52	FO30	11
1022	312	Robert Stanway	01:39:12	01:38:43	MO50	46
1362	924	Rebecca Walter	01:54:48	01:51:47	FSEN	47
1030	926	Beth Hancock	01:54:48	01:51:48	FO30	52
41		Toby Meanwell	00:00:00	00:00:00	MO40	489



Ellen Brooks



Adam Vaughan



Chris Coffey



Philip Westbury

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Sussex Cross Country League 16th October 2021

There were some good results for Lewes AC at the first event of the all-Sussex cross country competition held on a Saturday afternoon at Goodwood.

Below: Under 17 Isabel Guirdham was first Lewes AC woman home. (Photo: Kate Wright)



U20, Senior & Vet Women (5k approx.)

In general runners have to run in their true age group, that is a younger runner, however good, cannot run in an older age category. An exception to this are under 17 women who compete physically in the same race 5k race as the Under 20, Senior and Vet women runners. They can score in the overall team competition along with the U20, Seniors and Vets, but their results are also used for their own U17 Women competition.

The fact that three of the top five finishers were U17s, show how much this accommodation makes a difference to the results.

Lewes AC U20 **Isabel Guirdham** – pictured above - came home fourth overall and was the third U17. Close behind her in fifth place was our own **Megan Taylor** who was the first Senior runner home. Both **Ellen Brookes** (third V35) and **Helen Sida** (fifth V45) put themselves into contention near the top of their age categories.

No.	Pos.	Time	First name	Last name	Cat	Cat pos
244	4	19:05	Isabel	Guirdham	U17	3
565	5	19:11	Megan	Taylor	Sen	1
406	29	21:36	Helen	Sida	V45	5
531	32	21:54	Harriet	Dracy	U17	9
356	36	22:04	Ellen	Brookes	V35	3
409	64	23:53	Kitty	Taylor	Sen	11
355	80	24:48	Helen	Bowman	V45	18
543	91	26:12	Karin	Divall	V55	14

U20, Senior & Veteran Men (8 k)

Rather quaintly for 2021, the men ran the longer distance of 8k.

Pos.	Time	First name	Last name	Cat	Cat Pos
14	27:27	Toby	Meanwell	V40	3
16	27:40	Charlie	Critchley	Sen	10
24	28:29	Fenton	Bavoren	U20	4
27	28:49	Ben	Pepler	Sen	18
32	29:22	Adam	Vaughan	V40	5
37	29:45	Chris	Gilbert	V40	8
48	30:46	Thomas	Marchant	Sen	26
82	34:26	Harry	Strong	Sen	32

Toby Meanwell (V40), **Fenton Bavoren** (U20) and **Adam Vaughan** (V40) were all in the top five for their age categories.

U11 Boys (2k)

There were no Lewes runners in U11 Girls race. In the U11 Boys race, **Rex Hastings** made the trip to Goodwood worthwhile even though there were no other Lewes AC runners in his age band by coming second individually.

Pos.	Time	First name	Last name
2	07:33	Rex	Hastings

U13 Boys (3k)

Once again there were no Lewes runners in the U13 Girls race. In the Boys U13 race there were solid Lewes AC performances in this group which gave them fourth team position out of the 17 teams competing.

Pos.	Time	Forename	Surname
7	11:56	Michael	O'Connor
13	12:31	Charlie	Perry
27	13:26	Edward	Riseborough

U15 Girls (4k)



Grace Tuesday was a resounding individual first in this race. Good results from **Esme Stephenson** (fourth) and **Darcy Pring** (14th) also contributed to a Lewes AC first team place. Sound performances elsewhere in the Lewes contingent also gave us seventh placed B Team placing out of 13 teams overall.

Pos.	Time	Forename	Surname
1	15:50	Grace	Tuesday
4	16:19	Esme	Stephenson
14	17:22	Darcy	Pring
17	17:48	India	Sommerville
22	18:59	Fern	Connelly
24	19:01	Martha	Weisskopf-Strange
32	20:04	Ruby	Turner

34 runners

U15 Boys (4k)

There was enough Lewes AC participation to allow three teams (A,B,C) to take fourth, ninth and fifteenth positions.

Pos.	Time	Forename	Surname
12	15:19	Harvey	Perry
17	15:41	Barney	Hastings
19	16:00	George	Brooks
20	16:01	Isaac	Tarafder
25	16:15	Thomas	Lawson
29	16:22	Theo	Tarafder
41	18:09	Laurence	St Louis
44	19:07	Jack	Cooley

45 runners



U17 Men (5k)

There was Lewes AC strength in depth as performances as **Charlie Wright, Archie Guppy** and **Stan Peneder** together claimed first team place.

Pos.	Time	Forename	Surname
5	16:50	Charlie	Wright
7	17:11	Archie	Guppy
11	17:19	Stan	Peneder
20	18:42	Gabriel	Penrose
31	22:09	Obakeng	Mati

31 runners



U17 Women (5K)

We have already mentioned Isabel's great performance above, but **Harriet Dracy's** is pretty good too. In fact although there were only two Lewes AC U17 women runners, they were still able to secure 3rd team place. The team score is simply the sum of the positions of the top three team members, and the lowest total comes first. The rules allow for the sum of the number of runners who competed in the race plus a penalty of 10 places (in this case 16+10= 26) to be used as the score for a missing participant.

Pos.	Time	Forename	Surname
3	19:05	Isabel	Guirdham
9	21:54	Harriet	Dracy

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And on to Stanmer Park 13th November

The second of the Sussex Cross Country League races will be on **Saturday 13th November** at **Stanmer Park**. This is virtually a home match so let's have a great club turn out. There are races for all ages starting for the under 11s at 12.00 noon. This is a real chance to show how well your training has been going.

Timetable

12.00	Under 11 Girls (years 5 & 6 only)	2.0 km approx	1.2 miles
12.10	Under 11 Boys (years 5 & 6 only)	2.0 km approx	1.2 miles
12.30	Under 13 Girls	3.0 km approx	1.8 miles
12.45	Under 13 Boys	3.0 km approx	1.8 miles
13.00	Under 15 Girls	4.0 km approx	2.5 miles
13.20	Under 15 Boys	4.0 km approx	2.5 miles
13.40	Under 17 Men	5.0 km approx	3.0 miles
14.05	Under 17, U20, Sen & Vet women	5.0 km approx	3.0 miles
14.35	Under 20, Sen & Vet Men	8.0 km approx	5.0 miles

Athletes can still enter on the day but due to Covid we are encouraging all to enter in advance where possible.

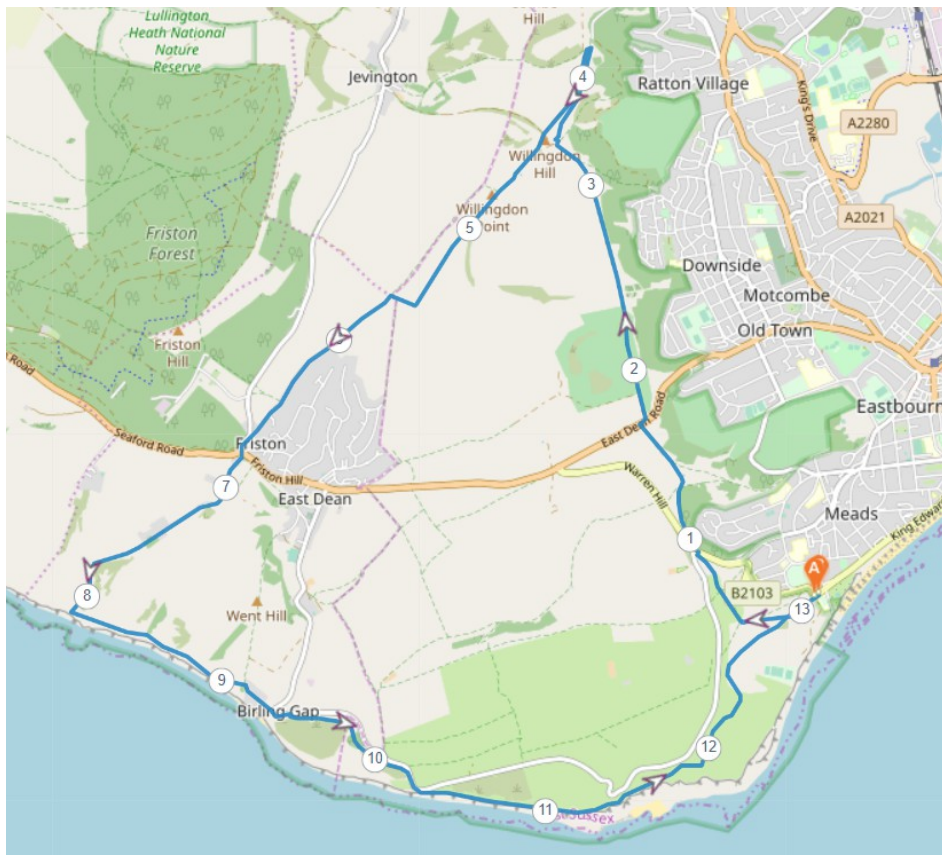
To enter go to <https://race-nation.co.uk/register/sussex-athletics/sussex-cross-country-league-2-stanmer>

For more information go to <https://www.sussexathletics.net/take-part/events-information/>

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Beachy Head Half Marathon Sunday 17th October 2021

The weather was as beautiful as the course. To a spectator based at Birling Gap, the organization seemed, as you young people say, awesome, with an army of marshals. As newsletter editor the published results conveniently gave us the club affiliations and digital copies of the official race photos were free.



Above: map from Beachy Head Half website

Place	Time	Name	Category	Number
84	01:59:58	Carole Walters	Ladies V55	257
114	02:04:28	Emily Murray	Ladies V35	775
250	02:22:36	Julie Deakin	Ladies V55	720
541	03:20:29	Jan Banfield	Ladies V55	661

And here are the pictures....

Carole Waters, starting as she means to go on...



Julie Deacon



Emily Murray



Jan Banfield (661) and friend



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Beachy Head Marathon Saturday 23rd October 2021

Because of flooding, the Beachy Head Marathon course was modified to become effectively two times around the Beachy Head Half Marathon course.



Above Dawn on the day of the Beachy Head Marathon **Photo** Fran Witt



Above: Lewes AC's Jason Lee sets the pace at the beginning of the Beachy Head marathon.

How it ended....

Place	Time	Name	Category	Number
9	03:08:46	Jason Lee	Senior Men	706
74	03:44:42	Mark Cage	Men V50	710
86	03:48:41	David Prince-Iles	Men V60	2095
92	03:49:04	Rashaad Shabab	Senior Men	1637
176	04:03:39	Simon Carter	Senior Men	1645
196	04:06:32	Emma Rollings	Ladies V35	2071
556	04:44:09	Nick Roe	Men V50	687
613	04:49:25	<u>Frances Witt</u>	Ladies V55	673
683	04:55:02	Tara Twyman	Ladies V35	2078
737	04:58:45	Telmo Ferreira	Men V40	697
762	05:02:16	Colin Hartland	Men V60	678
993	05:25:01	Lydia Levy	Senior Ladies	1664
1186	05:51:08	Mark Pappenheim	Men V60	675

Below: For Colin Hartland this was a family affair:



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Saturday Get-Together Parkrun #1

The 2nd of October saw a Lewes AC visit to the Uckfield Parkrun. This starts at the Uckfield Rugby Club and is a completely off-road course through countryside. On this occasion weather conditions were not ideal.



The improvers' session on the first Saturday of each month is 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.

Uckfield Parkrun 2nd October 2021				
Lewes AC participants				
Position	Runner	Category	Time	
14	David Foster	VM55-59	25.21	
22	Mark Pappenheim	VM65-69	27.11	PB
25	Colin Hartland	VM60-64	27.48	
51	Jane Holford	VW55-59	34.42	
56	Maria Birch	VW65-69	35.00	
Total participants 85				

Next Saturday, 6th November, the target Parkrun is Seaford.

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Salomon Ring of Steall Skyrace

Saturday 18th September 2021

The website says: *"A variation of the classic 'Ring of Steall' ridge-walking route this 29km / 2,500m mountain race has spectacular views of Ben Nevis from the Mamores and includes short sections of easy scrambling."*



Lewes AC results

Ruth Wray	F45	8:50:53
Fran Witt	F55	8:56:47

Fran writes:

It's all in the name really. When Ruth Wray suggested we enter the Ring of Steall I immediately jumped at the idea. This was nearly two years ago, and lockdown came along and scuppered our plans for a year. We had awesome ideas about how we would train for this magnificent event around 4 munros with a view of Ben Nevis and the Steall Falls that appear in the Harry Potter movie. I was also a little bit terrified of the ridge running as I do get a touch of vertigo. Anyway not much of that actual training happened because life got in the way. Getting to the start at Kinlochleven and being with the "proper" runners gave me a bit of imposter syndrome, but once you're in the pen, and a bagpiper is playing you away, all you can do is run. I've never done anything so hard in my life. Each time I thought the difficult bit was over, the next bit was even harder, and as I gripped on to an escarpment on the final munro, I asked myself "am I actually too old to be doing this"? Well I did come in 3 1/2 minutes

before the cut off, but it made the achievement feel even more sweet. Will I do it again... yes in a shot!

Learning points – the Scottish Highlands are not the same as the South Downs; doing a hill rep at Bo Peep, whilst impressive, is not enough training; fell running is not the same as trail running.



Tip: Fran always walks up the hills.



Tip: Remember to thank the marshals.

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Centurion Autumn 100 miles

18th October 2021

Lewes AC runner Elizabeth Hilton:100 Miles in 27:10:29

Fran Witt wrote on the Lewes AC Facebook page:

Huge congratulations to our very own Elizabeth Hilton who smashed out 100 miles at the Centurion at the weekend. Elizabeth began running with the club a few years ago, and realised she loved longer distances and endurance and is now one of our most legendary ultra-runners! Also still smiling in this pic....



At 0845 on a drizzly October Saturday I was on the start line of my third official 100 mile race, the Autumn 100 from Centurion Running. This event takes the form of four out and backs from the central hub of Goring Village Hall. Makes for easy logistics but also the temptation to drop out. However I love laps so I didn't think this would be an issue for me.

I was always going to be close to cutoffs for this race and so my goal was 27:30 (against a 28 hour cutoff).

The first leg along the Thames Path is flat and I inevitably ran it too fast, pulled along by excitement and chatting with running friends.

This led to a difficult Leg 2 on the hilly Ridgeway which then became mentally challenging - not great with nearly 70 miles to go! Thoughts of dropping out at 50 miles started to enter my head. Fran gave me a pep talk over WhatsApp which helped.

By the time I was heading back to Goring things felt more positive. It was dark by now and I always enjoy the night sections so using poles I headed off happily onto the Ridgeway for leg 3. The night passed peacefully by the light of moon and headtorch although by now I had some bad blisters underfoot from the stony paths. Only blister pain though! So on I went, walk/jogging but trying to keep moving forward.

Back at Goring for the start of leg 4 I knew I was tight for time so didn't really stop, grabbed a tin of coffee and away! It was really misty down by the Thames and this made it hard to spot route markers in the dark. Didn't get too lost though and the sun began to come up as I headed into Reading. It really does take ages to get to the turnaround point on this leg and I was too tired to do the maths to work out cutoffs (top tip: don't lose your timing crib sheet, it's impossible to keep it in your head!).

I went into the aid station convinced I would be timed out but they told me I wouldn't be and had four hours to get back to Goring. Sounds like loads for 12.5 miles right? Not at that point in the race. Anyway, this spurred me on to a slightly speedier jog/walk and I actually overtook several people on the last leg to finish in 27 hours 19 minutes!!



ran in to the finish to be met by my husband who had come to drive me home. Very proud to have gritted it out as one of a small minority of female finishers, and already thinking about the next one....

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Meanwhile in the Tirol...



Dominic Osman-Alu, Club membership secretary writes:

The latest recruit to Lewes AC , one Thomas Roach (who was a junior with the club many years ago) races in Austria where he lives and has recently posted some staggering victories.

I got a club vest voucher to his parents and registration for England Athletics so that he could represent GB in the World Masters mountain running championships.

Unfortunately, the vest fell foul of Brexit and was held for three weeks until a tax of €5 was paid so he couldn't wear it for the race which was unfortunate as he would have looked far more

professional standing on the podium in gold medal position in it! However, once he did manage to wear it at a 10k race in the Tyrol then another first place and a PB in 30:12.4

And whilst the largest number of the club were smashing it at the Brighton Half marathon – and let's not forget those at Downslink - Thomas was at the Tour de Tirol comprising three races over three days: 10k on Friday, the Kaiser marathon on Saturday and the Polventrail 23k on Sunday. He won his age category M40 in each race and was the overall winner of the whole event!

He pops back to Lewes occasionally so hoping to meet up - but not for a run. I think he's quite impressed with the power of the Lewes AC vest.



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