



Lewes Athletic Club Newsletter

The AMMONITE

December 2021

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

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1. Urgent Message from the Club Chairman

Coaching Coordinator needed

The club only exists if there are coaches to guide and coach club members. We are looking to find a willing volunteer or volunteers to take on the role of Coaching Coordinator. This is all about reviewing the coaching needs of the club, take appropriate actions to get more coaches and help with their development

Officials Coordinator

With the club and club members taking part in many competitions these can only happen if there are enough officials. Again the club is looking for a volunteer or volunteers to take on the role of making sure that the club has a team of officials willing to officiate at the competitions.

If you are interested and want to know more please contact Peter Masters on chairman@lewesac.co.uk or telephone 01273 470 322

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2. Sussex Sportshall League 2021-22

Match 2 Worthing 12th December 1.00pm to 4.30pm



Sportshall Athletics is an indoor mix of fun and competition during the winter months for U11, U13 and U15 athletes. Until the pandemic, Sussex AA supported two Sportshall leagues at Horsham and Worthing. From Autumn 2021 the decision was taken to combine the leagues at one venue, Worthing.

Venue:

Worthing Leisure Centre
Shaftesbury Ave
Goring-by-Sea,
Worthing
BN12 4ET

After the first match, Jane Atkins, the stand-in Sportshall team manager wrote:

What a lovely Sports 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.

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3. East Sussex Sunday XC League : Ashdown Forest 31st October 2021



After the Covid-induced hiatus of last year, the annual East Sussex Sunday Cross Country League (ESSCCL) came back with a vengeance on Hallowe'en morning (Sunday 31 October), as an impressive turn-out of 399 runners, including 33 Lewes AC members, braved one of the wettest days of the autumn to compete in an Ashdown Forest 5-miler hosted by Crowborough Runners.

< **Tony Treadwell First Lewes AC Man Home**

With a new two-lap course to launch the new season, starting near the Friends Clump and circling anti-clockwise via Camp Hill, runners were faced with a challengingly hilly route, rendered even more 'technical' by lashing rain, claggy mud, pooling puddles and occasional raging torrents of rainwater running down or across the deeply rutted paths.

Yet, amid all these classic joys of the autumnal cross-country run, Lewes (the reigning champions) romped to victory with 2,079 points, a commanding lead of 346 points over second placed Eastbourne/Bodyworks. The fastest Lewes AC man and women were Toby Meanwell (2nd overall) and Ellen Brooks (4th woman).

Special mention must go to club veteran Bob Hughes for achieving a remarkable time of 49:10 on the morning of his 74th birthday. And, needless to say, no sooner was the run over than the skies turned blue and the sun shone again over Ashdown Forest.

Well done to all that ran – see below.

Ellen Brooks First Lewes Woman Home>



POS	NAME	TIME	CAT.
2	Toby Meanwell	32.07	M40
7	Chris Coffey	32.36	SM
10	Ben Pepler	33.08	SM
13	Tom Marchant	33.48	SM
21	Lewis Sida	34.16	M50
25	Adam Vaughan	34.41	M40
30	Ben Hodgson	35.19	M45
38	Robert Cooper	35.48	M45
41	Mike Green	36.18	M50
71	Ellen Brooks	38.45	F40
77	Ed Barnes	39.14	M40
87	Tony Deacon	40.13	M60
95	Andrew Sansottera	40.32	SM
133	Sarah Godley	42.39	F40
135	David Prince-Iles	42.42	M65
144	Rob Stanway	43.04	M50
158	Dominic Osman-Allu	43.39	M55
168	Gerard Dummett	44.11	M60
196	Helen Bowman	45.35	F50
198	Carole Walters	45.43	F60
221	Alienor Falconer	47.35	SF
234	Emily Murray	48.19	SF
247	Bob Hughes	49.1	M70
252	Andy Perris	49.26	M55
280	Mark Pappenheim	51.54	M65
293	Hugh St John	52.29	M70
296	Tim Monson	52.37	M60

308	Colin Hartland	53.22	M60
310	Peter Miller	53.29	M50
329	Terry Rogers	55.06	M55
337	Anita Amies	56.04	F65
370	Jane Holford	62.38	F55
381	Julia Black	66.53	F55



Assorted Lewes AC heroes

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4. Lewes AC women continue to dominate Sussex Cross-Country Running

Sussex Cross Country Event 2 Stanmer Park 13th November 2021

In the season's second all-Sussex Cross Country event at Stanmer Park, in the shadow of the Amex stadium, Lewes Athletic Club continued to lay claim to being the county's top women's cross country club.

The Stanmer event saw a record 800 competitors, of which 51 were from Lewes AC, stretching from the Under 11s to the highest age category which starts at 55 years and goes on forever. Surely cross country running is the biggest sport in the county in terms of participation.

In the Under 15 Girls 4k race Grace Tuesday was the first home with three other Lewes runners in the top ten: Esme Stephenson (2nd), Ava James (6th) and Darcy Pring (10th). Needless to say they were the winning team.



Above Lewes AC Under 15 Girls set off – on left in red and yellow colours

Then Isabel Gruidham of Lewes was first in the Under 17 Women 5k competition. But that was not all. Under 17 women run a 5k course along with older women, and Isabel came in before all the other age groups from Under 20 to Senior and Veteran.

Isabel had plenty of company from other Lewes AC women at the front of the pack, with Izzy Coomber (2nd), Lizzie Keep (3rd), Emma Navesey (9th) and Megan Taylor (10th). Behind these stars runners of more mature years fought for age category places: Ellen Brooks (V35) was 4th in her age category and Carole Walters (V55) was 9th in hers.

It was not just about women. Rex Hastings was 4th Under 11 Boy. Under 17 Men ran a separate 5k race, in which Lewes AC was the only club to have four runners in the first twelve home - Charlie Wright (4th), Archie Guppy (6th), Stan Pendered (8th) and Gabriel Penrose (12th) – and were easily top team.

In the adult Men's 8k race Aden Briffett was 4th with Joseph Callard the 7th Under 20 (and 30th in the overall ranking). In the age category battles Chris Gilbert was 5th V40, and Lewis Sida 3rd V50



Above: Aiden Briffett – 523 left

U11 Boys

Pos.	Time	Fore name	Surname
4	8:43	Rex	Hastings
27	10:49	Samuel	Coe

38 runners

U13 Girls

Pos.	Time	Fore name	Surname
16	14:46	Emilia	Singer
24	15:40	Manon	Barbet
31	16:22	Phoebe	Scott
34	16:34	Millie	Streeter
35	16:38	Mia	McGhie

48 Runners

U13 Boys

Pos.	Time	Fore name	Surname
6	12:33	Michael	O'Connor
18	13:31	Charlie	Perry
38	14:40	Edward	Riseborough
52	18:33	Diggory	Thomas

52 Runners

U15 Girls

Pos.	Time	Forename	Surname
1	16:49	Grace	Tuesday
2	16:50	Esme	Stephenson
6	17:06	Ava	James
10	17:23	Darcy	Pring

40 Runners



U15 Boys

Pos.	Time	Forename	Surname
9	15:47	Harvey	Perry
22	16:33	Isaac	Tarafder
25	16:44	George	Brooks
29	17:17	Theo	Tarafder
33	17:29	Ewan	Child
34	17:31	Jack	Cooley
38	18:02	Laurence	St Louis

46 Runners

U17 Girls

Pos.	Time	Forename	Surname
1	20:53	Isabel	Guirdham

20 Runners

U17 Boys

Pos.	Time	Forename	Surname
4	18:49	Charlie	Wright
6	19:16	Archie	Guppy
8	19:32	Stan	Pendered
12	19:54	Gabriel	Penrose
20	21:30	Luke	Brooks
22	22:01	Oliver	Bailey

30 Runners

Women U17, U20, SW and Vet categories



From left to right

Isabel Guirdham (1st), Megan Taylor (10th), Lizzie Keep (3rd), Emma Neavsey (9th), Emily Proto (27th), and Izzy Coomber (2nd).

Pos.	Time	Forename	Surname	Cat	Cat. Pos
1	20:53	Isabel	Guirdham	U17	1
2	21:02	Izzy	Coomber	SW	1
3	21:03	Lizzie	Keep	SW	2
9	21:30	Emma	Navesey	SW	4
10	21:37	Megan	Taylor	SW	5
20	22:17	Darja	Knotkova-Hanley	SW	9
27	22:50	Emily	Proto	SW	11
43	23:52	Ellen	Brookes	V35	4
50	24:13	Helen	Sida	V45	13
60	24:56	Maria	Barrow	V35	7

104	27:20	Carole	Walters	V55	9
115	27:42	Helen	Bowman	V45	29
123	28:36	Karin	Divall	V55	11
163	34:15	Ella	James	SW	49

175 Runners

Men U17, U20, SW and Vet categories

Pos.	Time	Forename	Surname	Cat	Cat. Pos
4	29:43	Aiden	Briffett	SM	3
30	32:33	Joseph	Callard	U20	7
32	32:36	Ben	Pepler	SM	20
38	33:04	Chris	Gilbert	V40	5
56	33:50	Lewis	Sida	V50	3
88	35:58	Ben	Hodgson	V40	26
93	36:07	Andrew	McLennan	V40	28
125	38:10	Robbie	James	V50	16
170	42:27	Dominic	Osman-Allu	V50	33



Next Sussex Cross Country Events

4th December 2021 Ardingly Showground

12th February 2022 Bexhill Leisure Centre

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5. Southern Inter Counties Cross Country Championships 2021: the Lewes AC contingent.

The following Lewes AC runners have been selected to run in the Southern Inter Counties Cross Country Championships 2021 at Lloyd Park, Coombe Road, Croydon, on Saturday, December 11th, 2021

U13 Boys Michael O'Connor

U15 Girls Grace Tuesday
Esme Stephenson
Ava James

U17 Men Charlie Wright
Archie Guppy

U17 Women Isabel Guirdham

Senior Women Emma Navesey
Izzy Coomber
Lizzie Keep

We wish them all well!

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6. Lewes Vets in Action: Sunday 21st November 2021

Crowborough 10k

This would normally be the last event of the Sussex Grand Prix competition for the year.

The course is through a suburb of Crowborough and has two laps involving a hard climb and compensating downhill. It is unique as a road race in having a ford.

It is good to report that both Colin and Karin were first over the line in their respective age groups.

Pos	Gun Time	Chip Time	Athlete	SurName	Category	Category Position	Overall Position
7	00:40:45	00:40:38	Colin	Bennett	Male Vet 55	1	6
79	00:51:42	00:51:34	Karin	Divall	Female Vet 60	1	13

British Masters 10k Road Championships



This road race, perhaps appropriately, took place at The Tollgate in Gravesend.

It was organized by the British Masters Athletics Federation (BMAF) which is an umbrella organization for regional Veteran athletic clubs which in our neck of the woods are Athletics England recognised.

The Sussex area would most obviously be served by the Southern Counties Veterans Athletics Club (SCVAC), but I see that our own Peter Kennedy is the membership secretary of the Veterans Athletic Club (VAC). The entry requirement is that you must be over 35. You can still retain your membership of your neighbourhood club via first claim/second claim arrangements.

In the case of this Championships, as long as you satisfied the age qualification you could enter despite not belonging to BMAF federated club but had to pay a surcharge.

In the 2021 race, Lewes AC's Ian Hilder came 14th in the M60 category in a time 46:15. Peter Kennedy, wearing his Veterans AC vest, was fourth in the M70 age in 45:59.

Peter should also be congratulated on his election as Chair of the BMAF.

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7. East Sussex Sunday XC League: Snape Wood

28th November 2021

One of the pleasures of this League is the variety in the countryside in which the races take place. After the open spaces of Ashdown Forest for the first race of the series, this run was in the heart of the Weald on the edge of the border village of Wadhurst. Storm Arwen was threatening, but as Lewes runners made their way towards the Kentish border, things brightened up. It turned out that the hilly course through managed woodlands was firm under foot.



As can be seen below, Ben Pepler, Chris Coffey (512 above) and Will Mornington led the Senior Men's charge for Lewes AC which laid the foundation – sorry for mixed metaphor – for the club's overall victory at Snape Wood. But what is striking is the club's coverage of age/gender categories which suits the competition's scoring system.

First Lewes woman was Ellen Brooks who was also first in the F40 category. Helen Bowman was third Lewes woman overall and first V50. Carole Walters third in the F60 category.

A special mention is merited for Lewes AC newcomer Becca Weir (570 below) who was the second Lewes woman home. It was also her 40th birthday, but appropriately she smashed the 40 minute barrier with an impressive 38.08.



In the M45 Ben Hodgson was third in the M45 category but in the league table is still first in this group. Similarly David Prince-Iles was second in the M65 category but remained first in the accumulative points. [But I think that the recorded results are not correct here and that David was actually first M65]. Colin Bennett was close to the top three Senior Men runners for Lewes AC and came second in the M55 in his first race of the series.

Bob Hughes managed to come first in the M70 category with Hugh St John in third place.

Position	Name	Time	Cat
4	Ben Pepler	30.08	SM
7	Chris Coffey	30.33	SM
24	Will Monnington	33.00	SM
26	Colin Bennett	33.05	M55
27	Ben Hodgson	33.12	M45
42	Vesa Lindberg	34.18	M40
60	Ellen Brooks	35.36	F40

67	Andrew Mclennan	36.27	M45
72	Leo Spall	36.42	M45
94	Becca Weir	38.08	SF
98	Andrew Sansottera	38.12	SM
100	David Prince-Iles	38.16	M65
114	Dominic Osman-Allu	38.50	M55
132	Rob Stanway	40.05	M50
146	Ian Hilder	40.54	M60
151	Gerard Dummett	41.10	M60
164	Helen Bowman	42.07	F50
165	Carole Walters	42.22	F60
169	Bob Hughes	42.27	M70
173	Nigel Copp	42.38	M50
214	Andy Perris	45.15	M55
219	Emily Murray	45.36	SF
229	Tim Monson	46.20	M60
238	David Foster	46.50	M55
244	Hugh St John	46.59	M70
246	Emma Gardner	47.01	F50
261	Yan Wu	48.52	F45
282	Hazel Bennington	50.47	F60
283	Juliet Parker	50.52	F45
286	Julie Deakin	51.01	F55
294	Peter Miller	51.56	M50



Ben Pepler First Lewes AC Runner Home

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8. Spotlight on...Pole Vault by Rick Pilling

How the Lewes Pole Vault group got through COVID 19 and beyond



The Lewes Vault group is made up by athletes from different athletic clubs spread across three counties, but the vast majority are from Lewes AC.

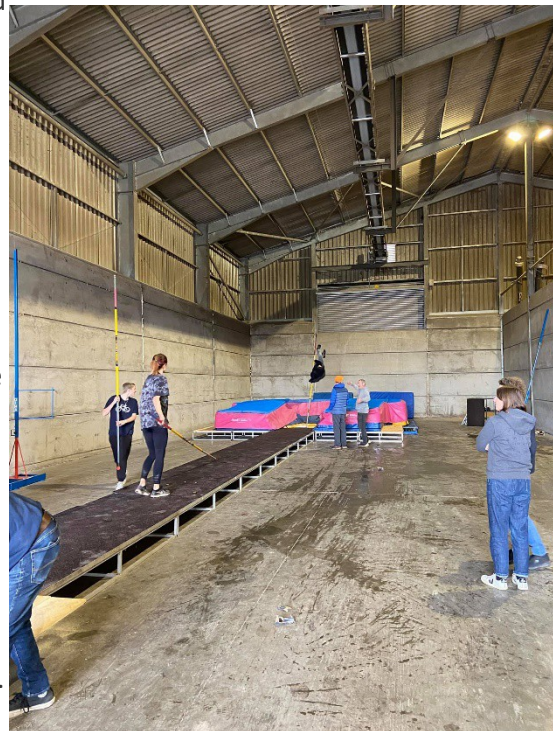
The forty nine athletes train at least twice weekly, some doing up to five sessions a week. Nineteen coached training sessions including strength & conditioning are offered weekly by the group's five fully qualified athletic coaches.

The group was lucky enough to obtain a local indoor training venue in December 2020. After a great deal of nagging by David Tutton, his friend, Lewes AC member and Iford Farm Estate Manager Ben Taylor came up trumps with a grain barn we could share with the mice.

A raised runway was acquired and the barn was fitted out with the help of many parents and athletes. Special thanks must go to Alan Easey from Worthing AC who saved the day when we found a section of the runway was missing, and he made us a new section in a week!

After a great set up we were ready to go on the 12th December. Well, for twelve days anyway until lockdown! Despite lockdowns, restrictions on numbers and COVID rules, we gained from being able to use the barn well before leisure centres opened their doors fully to the public.

Thanks to Ben we are now back in the barn, already able to train in all weathers indoors. Improvements to lighting, flooring, heating, toilet facilities and ancillary equipment have taken place and we hope COVID will allow us full uninterrupted winter training.



As for most athletes - especially from the technical events such as hurdles, jumps and throwing -COVID played havoc with training and the competition calendar. Of course, there was no indoor competition and the very limited early season meets had very reduced field sizes.

Despite COVID and most of the group undertaking GCSE and A level exams, some great competition results were achieved.



Gemma Tutton wiped the floor with all who came before her in the U17 age group. Only once did she finish behind another U17 athlete during the whole season when she failed to clear a height at Hastings.

She did win gold, breaking four championship records at the Sussex, England age group, English schools, UK schools games, Schools international, SEAA U20.

She was also selected for the GB U18 and U20 teams. Gemma finished 5th in the British senior championship clearing 4.10m to equal the British U17 record.

But Ivy Spencer saved herself for the big one adding 20cm to her personal best and winning the silver medal at the English schools U19 championships.

Six golds, thirteen medals overall at the Sussex champs four medals at the Southern champs shows the depth of talent within the group.

Watch out for the next batch of vaulters! Eighteen have recently joined the group and are already showing great promise.



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9. Greek tragedy? A Spartathlon tale by Dominic Osman-Allu

What the organisers say: *'The Spartathlon revives the footsteps of Pheidippides, an ancient Athenian long distance runner, who in 490 BC, before the battle of Marathon, was sent to Sparta to seek help in the war between the Greeks and the Persians.'*

According to the ancient Greek historian Herodotus, Pheidippides arrived in Sparta the day after his departure from Athens.' The distance is approximately 250 kilometres.



Dominic writes:

Described as the world's most gruelling race, the Spartathlon runs over rough tracks and muddy paths , crosses vineyards and olive groves, climbs steep hillsides and, most challenging of all, takes the runners on the 1,200 metre ascent and descent of Mount Parthenio in the dead of night.

This is the mountain, covered with rocks and bushes, on which, it is said, Pheidippides met the god Pan.

Having qualified and got one of the 25 places for the British team in 2020 it was fabulous to actually make it to the start line of the postponed event in September 2021. Race preparations didn't really go to plan after breaking my collarbone in April and then giving myself a large buttock piercing falling over in mud 77 miles into the North Downs Way 100-mile race (just say NO if anyone ever suggests it!) resulting in more time spent lying face down in surgeries than running for the rest of August and into early September just two weeks before the race.

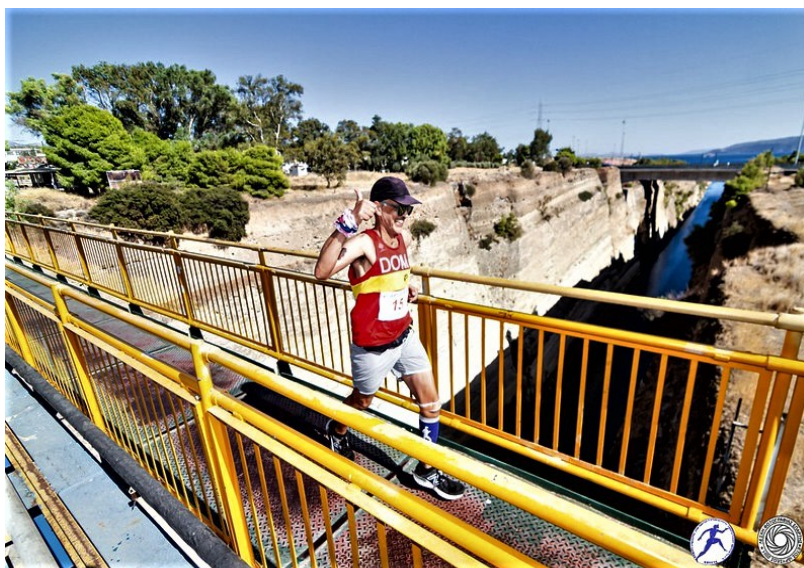


Nonetheless I made it to Athens and managed a solid ten days of training in the heat to prepare and found myself on the starting line at the foot of the Parthenon contemplating the 246km of road, track and mountain that would get me to Sparta.

What makes this race so tough is not the heat, nor the occasionally terrifying Greek traffic, but the very tight cut-off times at every aid station (first 80km in 9:30, 160km in 21:30). There is stunning scenery once you hit the gulf of Corinth and the 80km mark was just beyond the Corinth canal.

Everything was going roughly to plan and I was running about one hour ahead of the checkpoint cut-offs well into the night but then came the mountain. The ascent was fine, if you didn't look down(!), but the descent was my undoing. The surface was loose rocks and scree and my adductor muscle had been complaining for the previous 110km - so it decided to largely give up with this final insult! I limped into the aid station, the physiotherapist there had a go at it but I would have had to hop the last 80km which was never part of the plan.

Well, I didn't see Pan, but I will try to finish it another year if I can get another qualifying time under my belt.



It's more than just another race, it has a purpose in recreating an ancient event as told by Herodotus, and the support of the Greek people along the route is unforgettable.

Tragic not to finish? It would have been a tragedy not to try.

Some upcoming events

Sussex Cross Country League Race 3	Ardingly	Saturday 4 th December
Mince Pie 10 Mile Race	Peacehaven	Sunday 5 th December 10.00am
East Sussex Sunday XC Race	Framfield	Sunday 19 th December 10.30am
West Sussex Fun Run: Hangover 5	Worthing	Saturday 1 st January 2022
Sussex XC Championships	Bexhill	Saturday 8 th January 2022
Sussex Masters XC Championships	Lancing	Saturday 22 nd January 2022

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