

Lewes Athletic Club Newsletter



The AMMONITE

January 2022

Happy New Year! Make a resolution to let us know what is going on in your part of the club. We need to know.

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

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Sussex Cross Country League

Event 3: Ardingly Showground 4th December 2021

Ardingly has been host to cross country events in the past - I can recall West Sussex Fun Run League events there – but this was the first time it had hosted the Sussex Cross Country League. This league is the one that encompasses the whole of Sussex and has individual races for all age groups from Under 11s to Senior and Veteran categories.

Kate Matthews of Sussex Athletics reported satisfaction: *'With cold, crisp weather conditions, mud underfoot and a course which included a variety of challenges, the new venue was everything that had been hoped for'.*

Below we show how the Lewes AC participants fared. Please note all pictures are courtesy of @AC_PHOTOS on Twitter. It is well worth a visit as it holds hundreds of photos of races.

U11 Girls (2k distance)

Place	Time	Forename/Surname	
29	10:56	Paige	Henshaw

U11 Boys (2 k)

Place	Time	Forename	Surname
2	8:02	Rex	Hastings
25	9:41	Dougie	Pattison
26	9:42	Morris	Lovelock

U13 Girls (3 k)

Place	Time	Forename	Surname
18	14:06	Katie	Daubney

U13 Boys (3 k)

Place	Time	Forename	Surname
7	11:46	Michael	O'Connor
18	12:29	Charlie	Perry
35	14:09	Edward	Riseborough

As a team Lewes AC U13 boys came 6th out of 15 teams.

U15 Girls (4 k)

Place	Time	Forename	Surname
1	16:02	Grace	Tuesday
3	16:16	Ava	James
9	16:59	Darcy	Pring
13	17:37	Esme	Stephenson

Lewes U15 Girls were 1st out of 14 teams. Grace Tuesday has come first in all three races in the series so far.



Above: Grace Tuesday – First U15 Girl for third time

U15 Boys (4k)

Place	Time	Forename	Surname
18	15:41	Harvey	Perry
32	16:44	Isaac	Tarafder

U17 Women (5k)

Place	Time	Forename/ Surname
3	20:03	Isabel Guirdham
10	23:00	Harriet Dray
13	24:27	Lucy Meyer
19	29:00	Anthi Mamatzakis

The high performing Lewes AC U17 Women were beaten into second place (out of ten teams) by an awesome Crawley AC. Note that the U17 Girls run as part of a combined U17, U20, Senior & Vet Women race. They score both in the U17 competition and as part as the broader combined women's competition – so their names appear twice.

U17 Men (5k)

Place	Time	Forename/Surname
9	18:27	Stan Pendered
13	18:50	Archie Guppy
14	18:53	Gabriel Penrose

The Under 17 Men came second out of nine teams.

U17, U20, Senior & Vet Women (5k)

Place	Time	Forename/Surname	Age category/ place within category
6	19:57	Darja Knotkova-Hanley	Sen 3
7	20:03	Isabel Guirdham	U17 3
26	22:08	Ellen Brookes	V35 2
28	22:21	Helen Sida	V45 6
33	23:00	Harriet Dray	U17 10
56	24:27	Lucy Meyer	U17 13
76	25:42	Helen Bowman	V45 24
82	26:13	Carole Walters	V55 8
101	29:00	Anthi Mamatzakis	U17 19



Above: Darja Knotkova-Hanley: First Lewes AC Senior Woman home

There were 118 runners in the Women's race. Compared to the previous race at Stanmer, the women's team was lacking many of the Lewes high-performing runners. This cleared the way for Darja Knotkova-Hanley to raise her game and finish in front of Isabel Guirdham who had won so convincingly at Stanmer. However there were still five runners in front of the Lewes runners this time round. Everyone will look forward to what happens in the last race of the series. Ellen Brookes continued her sequence of exceptional runs at a variety of distances, coming in second in the V35 category.

U20, Senior & Vet Men (8k)



165 runners competed in this race. The Lewes runners were:

Place	Time	Forename/ Surname	Age category/ place within category
3	27:57	Aiden Briffett	Sen 3
29	30:59	Chris Gilbert	V40 3
34	31:33	Joseph Callard	U20 8
35	31:35	Lewis Sida	V50 1
109	38:29	Dominic Osman-Allu	V50 18
120	39:25	Harry Hastings	V50 22



Aiden Briffett (**above**) kept the Lewes AC flag flying with a fast 3rd place overall. Lewis Sida was first V40 runner home.



Above: Joseph Callard 3rd Lewes Man

Lewis Sida: First over 50 Man

The last fixture in the 2021-2022 series takes place on **Saturday 12th February 2022 at Bexhill Leisure Centre TN39 4HS**. The final standings in the team and individual competitions will then become clear.

Before that there are **Sussex Cross Country Championships** at Little Common, Bexhill, on **Saturday, 8th January** <https://www.sussexathletics.net/take-part/events-information/>

The Sussex Masters Cross Country Championships take place at Combs Farm, Lancing on **Saturday 22nd January 2022**

Lewes AC Veterans earn their mince pies in Peacehaven run.

Sunday 5th December

Running is not just about competition between running clubs. Some events focus on fun – even if they involve slogging 10 miles, dodging puddles and pounding up downland hills.

Thirteen veteran Lewes AC runners made their way to the pre-Christmas Peacehaven Mince Pie 10 Miles, organized by sister running club the Seaford Striders, who did a pretty good job. This year the race raised funds for a recently established WOLO foundation which supports families in Sussex affected by cancer.

Six hundred runners, many in appropriate Christmas attire, started from Peacehaven Leisure Centre and for a short while took over Arundel Road before breaking out into the fields. The course climbed to the top of the downs, and then rewarded runners with a fast downhill segment into Saltdean. It then weaved its way, after a punishing hill, through a mixture of muddy paths and suburban thoroughfares back to the start.

First Lewes AC runner home, overall 5th female finisher, and first W40 vet was Ellen Brookes in 1h:11m:59s which was particularly impressive as she had run a fast race at the County Cross Country event on the previous day. Philip Wembury (M40) was the first Lewes AC male home (1:16:50), followed by Ian Hilder in 1:21:24 who was 4th in the M60 vet category.

Other male Lewes AC finishers included newcomer Nigel Copp (M50) in 01:25:41, Bob Hughes (first in the V70 category) in 01:28:21, Colin Hartland (V60) in 01:37:11 and Mark Pappenheim (V65) in 01:45:49.

Lewes AC women were well represented by Tamsyn d'Arienzo (W40) in 01:33:53, with Ruth Wray (W45) just a second behind, Fran Witt (W55) in 01:36:21, Anne Hagan (3rd overall finisher in W65 category) in 01:45:50, Naomi Ross (W40) in 01:59:24, with Emma Hodgson (V45) one second behind.

All the above were awarded an individual mince pie after the race.



Fast downhill segment into Saltdean



The Start – Ruth Wray and Tamsin d'Arienzo



Post-race elation: Fran Witt and Bob Hughes

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

11th December 2021 Croydon



The following Lewes AC runners were selected to run for Sussex in the Southern Inter Counties Cross Country Championships 2021 at Lloyd Park, Coombe Road, Croydon, on Saturday, December 11th, 2021. The points for the first four finishers for each county are added together to make the Team A score for each county and the next four create the Team B score.

Race/distance	Place/Runner	Time	Team contribution
U13 Boys 3k	40. Michael O'Connor	12.16	qualified for Sussex A team which came 5th
U15 Girls 4k	11. Grace Tuesday	15.33	all three Lewes AC team members qualified Sussex A team, which was placed 6th
	20. Ava James	15.54	
	46. Esme Stephenson	16.29	
U17 Men 5k	54. Charlie Wright	18.10	qualified for Sussex A team which came 6th
	84. Archie Guppy	18.46	
U17 Women 5k	12. Isabel Guirdham	20.22	qualified for Sussex A team which won GOLD
Senior Women 6k	11. Darja Knotkova-Hanley	25.48	both qualified for Sussex A Team which was 4 th
	23. Lizzie Keep	26.34	

East Sussex Sunday Cross Country League

Race 3 Framfield 19th December 2021



The third event in the ESSCCL calendar again demonstrated the diversity of geological settings presented by this series of races. After the woodlands of the High Weald, Framfield gives typical Low Weald conditions: flat but wet and muddy.

The race consisted of two laps over undulating ground but with no major hills.

Lewes AC participation was significantly down with 21 runners compared to the 31 who competed at the more distant Snape Wood in November. [Runners may have been deterred because the organizers, not unreasonably, wanted runners to do a lateral flow Covid-19 test and the availability of test kits around Lewes was problematic.]



The Lewes AC performances were:

Position	Time	Runner name	Category	PTS	T CAT	T PTS
4	0:29:55	Toby Meanwell	M40	298	M401	3
7	0:30:54	Ben Pepler	SM	295	SM1	6
12	0:32:13	Will Monnington	SM	290	SM2	11
24	0:33:48	Vesa Lindberg	M40	280	M402	22
38	0:34:39	Richard Docwra	M45	269	M403	33
62	0:36:30	Andrea Sansottera	SM	250	SM3	56
67	0:36:51	Ed Wheeler	SM	247	SM4	60
96	0:38:28	Rob Stanway	M50	228	M501	88
105	0:38:55	Dominic Osman-Allu	M55	221	M502	97
109	0:39:30	Ian Hilder	M60	218	M601	101
129	0:40:40	Nigel Copp	M50	202	M503	120
146	0:41:27	Helen Bowman	F50	172	F501	137
156	0:42:13	Andrew Chitty	M65	187	M602	147
157	0:42:15	Carole Walters	F60	167	F601	148
172	0:43:24	Andy Perris	M55	178	NSM1	163
181	0:43:48	David Foster	M55	169	NSM2	172
205	0:45:22	Hugh St John	M70	157	NSM3	196
236	0:48:51	Tim Monson	M60	143	NSM4	224
237	0:49:03	Yan Wu	F45	133	F401	225
238	0:49:07	Anita Amies	F65	132	F602	226
240	0:49:36	Peter Miller	M50	142	NS	NS

The lack of numbers meant that Lewes AC as a team were third on the day, behind Crowborough, who got a team of 31 runners out, and a joint Heathfield Road Runners/Uckfield Runners team with 37 runners which no doubt shows the power of home advantage. The good news is that Lewes is currently clinging onto first place in the overall league competition, the not so good news is that Lewes is not hosting a race this year so bang goes any home advantage.

Here's a quick explanation about the way the scoring is done. For each team the following number of runners score :

	Men	Women
Seniors	4 (4)	2 (2)
Vet 40	3 (3)	2 (2)
Vet 50	3 (2)	2 (1)
Vet 60	2 (1)	2 (1)

The numbers in brackets are what they have been in previous years.

So, for example, Yan Wu (F401) scored for the club as the first Lewes AC V40 woman runner home. If there is no club runner in a particular slot, then the team scores a default of the number of runners plus one. In the case of Framfield there were 274 runners so the default was 275. By coming out and running Yan Wu's 225 points saved the club 275 less 225 points, that is 50 points.

Even if you do not count in the above table, the next three women and four men can push down points going to other, non-Lewes, runners. Andy Perris, David Foster, Hugh St John and Tim Monson

all served the club in this way. (Personally, I cannot see why *every* runner's position does not push down the points for the runners behind them).

There is also an individual runner competition based on five-year age categories. There are gold, silver and bronze awards for the best overall performances for each category. In the Framfield race Helen Bowman was 2nd in the F50 category, Carole Walters 3rd in F60, and Anita Amies 2nd in F65. Toby Meanwell was the first M40 runner. It was pleasing that Andrew Chitty in his return to competition was 2nd in the M60 and that Hugh St John, who is coming back from injury, was 3rd in the M70. These results don't guarantee the outcome at the end of the series but show that our runners are in contention.

Of course, you can simply ignore all this faff and simply go out to enjoy the countryside and the company.

Here are the details of the remaining ESSCCL events for the 2021-2022 season, taken from their website [Home - East Sussex Sunday Cross Country League \(eastsussexcrosscountry.co.uk\)](http://eastsussexcrosscountry.co.uk)

- | | | |
|---------------|---|---|
| 16 Jan 2022 | Warren Hil (hosted by Hailsham Harriers) | Warren Hill 1 lap downland. Leaflet |
| 6 Feb 2022 | Whitbread Hollow, Eastbourne (hosted by Run Wednesdays) | Different course to previously used. Undulating Downland with a challenging uphill and steep downhill section; tends to not be muddy but chalk based so can be slippery. The course is suitable for spikes, but access to the start is along a tarmac and gravel path so a change of footwear should be considered. |
| [13] Mar 2022 | The Hub, Bodiam (hosted by Central Park/Crowborough/Uckfield) Or Pett | The Hub new course. 2 Lap course undulating. Suitable for spikes. Awards will be presented after the event or Pett one lap |



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Saturday Club Park Run – Peacehaven 1st January 2022

In conjunction with the Saturday morning track training group, each month the club nominates a local park which club runners who have nothing better to do can join in. One motivation is to provide somewhere that runners at different stages in their running journey can share an activity without compromising their running performances, whether you are out to break records – like Harriet Bloor (see below) - or just want to stretch your legs. It is also a just a nice social thing to do.

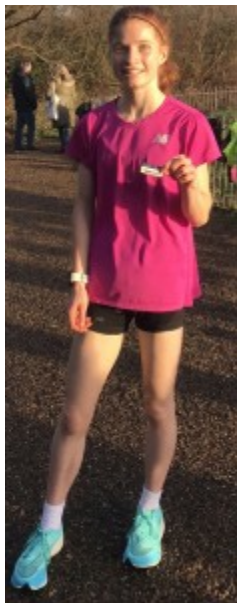
On New Year's Day some of our runners were wallowing in the mud on the outskirts of Worthing enjoying the Hangover 5 'fun run' (which might rate as 'something better to do'). But others were enjoying the challenge of the Peacehaven parkrun. (One household went for a his and hers split – you can work it out yourself). This is how we did at Peacehaven.

POSITION	PARKRUNNER	GENDER	AGE GROUP	TIME
24	Rob STANWAY	Male	VM50-54	22:55
25	Karin DIVALL	Female	VW60-64	23:20
28	Nigel COPP	Male	VM50-54	23:54
31	Bob HUGHES	Male	VM70-74	24:39
36	Mark PAPPENHEIM	Male	VM65-69	25:01
58	Anne HAGAN	Female	VW65-69	28:40
63	Caroline DARTON	Female	VW65-69	31:21
65	Maria BIRCH	Female	VW65-69	31:29
82	Claire WATSON	Female	VW55-59	36:28
93	Vivienne FROST	Female	VW60-64	39:50

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Meanwhile in Eastbourne...

Harriet Bloor smashes Eastbourne parkrun women's record



This title had been held by Julie Briggs since May 2013 but the talented Lewes AC/Loughborough Student Harriet Bloor (coached by David Leach) broke the course record by more than a minute in a time of 16:51. This was two seconds better than her 5k performance at Ardingly in April 2021.

Harriet has made her mark on the national stage in 2021 by being 6th U20 finisher in British Athletics Cross Challenge race which (included the European trials) in Liverpool in November 2021.

On Facebook Ellen Brookes pointed out that Eastbourne time was also the fastest female UK Parkrun time on New Year's Day and therefore the fastest in 2022.

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West Sussex Fun Run League

Hangover 5 Hill Barn Worthing 1st January 2022

Lewes AC came equal third with Portslade Hedgehoppers on 116 points. Worthing was first with 121 points and Chichester with 119 points.

The next event in this series is the Crawley Run Crew Run Your Heart Out 8k on Sunday 13th February.

Place	Time	Forename	Surname	F/M	F/M place	Pts
3	31:58	Toby	Meanwell	M	3	10
7	32:56	Ben	Pepler	M	7	10
11	34:10	Adam	Vaughan	M	11	10
13	34:14	Will	Monnington	M	13	10
18	34:29	Colin	Bennett	M	17	10
23	35:54	Robert	Cooper	M	22	9
24	35:58	Thomas	Marchant	M	23	9
33	37:28	Martin	Ratcliffe	M	32	9
50	39:11	Andrew	McLennan	M	45	8
63	40:41	Philip	Westbury	M	56	8
72	41:58	John	Dryden	M	64	7
80	42:22	Rob	Stanway	M	70	7
92	43:03	Dominic	Osman-Allu	M	77	7
116	44:43	Andrew	Chitty	M	96	6
163	49:00	Paul	Basu	M	125	4
178	49:33	Tim	Monson	M	133	4
197	51:01	Hugh	St John	M	144	3
199	51:05	Katherine	Meanwell	F	55	7
201	51:12	Richard	Rudd	M	145	3
219	52:10	Emma	Gardner	F	65	6
223	52:28	Anne-Meike	Fechter	F	67	6
229	52:58	Gwilym	Jonston	M	161	3
240	54:08	Geoff	Watson	M	167	2

We make special mention of Paul Basu and Anne-Meike Fechter on their first exposure to an English cross country race.

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