



The AMMONITE

February 2022

The newsletter needs club members to provide us with content. Please send contributions (and corrections) to newsletter@lewesac.co.uk.

Andrea Ingram. A note about the passing of Andrea was circulated to the Lewes AC membership. Her funeral on 26th January was well-attended by her Lewes AC colleagues, most wearing red club hoodies, and was, as far as is possible in the circumstances, a cheerful event.

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1. Breaking news – ‘Absolutely amazing’ by Dave Leach at SEAA Cross Country Championships.

[Pictures from AC_PHOTS via Twitter]

‘Well, yesterday [29th January was] a great day at the South of England Cross Country Champs at Beckenham Place Park, Kent.

The Club has been in existence since 1984. I joined in '85 and started coaching in '90, endurance in '94.

In all that time the club has never won a medal at this event.

So like buses you see none for ages and then 3 come along together and all different colours.



- **Gold for Harriet Bloor** [winning the U20 women's race] [U20 Pictures including those of Harriet not available at time of publication]
- **Silver for the U15 girls team** of Grace Tuesday [3rd], Ava James [17th], Esme Stephenson [27th] and Darcy Pring [77th].
- **Bronze for Grace** [3rd in the U15 girls race]



‘Absolutely Amazing. For me I have to say my best day as a coach since I sat in the Rio Olympic stadium to watch Rob Mullett race for GB in the 3000m steeplechase.’ Dave Leach

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2. Lewes AC: On the Move

For full minutes see: (<https://wiki.lewesac.co.uk/tiki-index.php?page=Club+organisation>).

Some highlights of the Lewes AC Executive meeting 10th January

- *Lewes AC to be made a legal entity.* At the moment contracts made by the club with external bodies are legally made with a single person within the club, who is personally liable for any legal claims that might arise from the contract. A proposal to become a Charitable Incorporated Organization is being explored (CIO). It would also allow roles currently carried out by volunteers to be paid.
- *Peter Masters to step down as chair.* Peter has said he would want to pass the club chair to someone else after the move to the new legal status.
- *Vacant Club Secretary role now filled by Richard Moore.*
- *Thirteen parents are undertaking the England Athletics Coaching Assistant course.*
- *Sally Brown has retired as Officials Secretary making this seat vacant.* A replacement is being sought.
- *The role of overall club coaching co-ordinator has not been filled.*
- *A definitive list of competition team managers is to be produced.*
- *In 2022 Lewes AC will be hosting five specific track and field events.* There could be two more if the Sussex Under 13 and Under 15 Leagues are brought back. Phil Westbury will be the lead event organizer. Peter Millers is liaising about dates with the various Sussex leagues.
- *Mark Pappenheim is leading group to re-establish a running beginners group.*

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3. Two Lewes AC team golds in cross country championships

Sussex Cross Country Championships Saturday 8th January 2022

Chris Gilbert writes:

Looking at the weather forecast a week into January, the Friday was expected to be dry and calm; Sunday was much better with sunshine and no wind. With the Sussex Cross Country Championships scheduled for the Saturday it was little surprise then to see a forecast of torrential rain and stong winds all day without respite.

The unerring accuracy of the Met Office did little to deter hardy runners from clubs across East and West Sussex, with over 500 arriving to do battle at Little Common in Bexhill throughout the day, as conditions went from bad to worse (or maybe they were worse to start with - I avoided venturing out until it was time for me to race).

Little Common is a notoriously muddy location at the best of times, and we very much appreciate the tolerance of the people of Bexhill in allowing a route round the park to be churned up once or twice a year. With races through the morning and early afternoon, inevitably the twisting paths across open field and through woods become progressively more muddy and difficult to navigate safely.

The earlier part of the day was dedicated to younger runners, with Lewes Athletic Club represented in most races. First up was Rex Hastings for the under 11 boys - coming in 4th overall. Shortly after, Florence Tuesday came in 23rd for the uder 13 girls - it's tough to be in a race without team mates for encouragement so this was a great performance for both these athletes. The under 13 boys had Michael O'Connor in 5th place and Charlie Perry in 17th - we didn't field the 3 runners required for a full team but more great individual runs.

Moving up to the under 15 girls, a full team and unassailable performances led to team gold, and an individual gold with Grace Tuesday coming 1st overall. Esme Stephenson in 5th and Ava james in 6th made up the team with Darcy Pring coming in an excellent 17th; a great turnout and great result for this group.



Grace Tuesday (210) 1st (gold)
Esme Stephenson (207) 5th

Ava James (198) 6th
Photos @AC_PHOTOS



Under 17 Start: left to right: Luke Brooks (253), Charlie Wright (252), Stan Pendred (245), Archie Guppy (238) Photo AC_PHOTOS

We had five boys in the under 15 race, so more than a full team, coming in 9th against stiff competition, with Harvey Perry (21st), Theo Tarafder (31st), George Brooks (33rd), Isaac Tarafder (36th) and Jack Cooley (43rd) all running in the increasingly boggy conditions.

Isabel Guirdham represented under 17 women, coming in 5th, but in this age group it was the boys who triumphed, with team gold and individual bronze - Charlie Wright (3rd), Stan Pendered (8th) and Archie Guppy (16th) scoring for the team backed up by Luke Brooks in 24th place.

In the under 20 category we didn't have full teams but Fenton Davoren represented the men coming in 11th place. For the women, Harriet Bloor fresh from smashing a long standing Parkrun course . record just last week, won individual gold more than 4 minutes ahead of her closest competitor!

With the races drawing to a close there was no let-up in the steady rain, and conditions underfoot were muddier than I've seen in my 10 years competing here - and standing water on the nearby road meant that a badly timed sprint on the home stretch could lead to a drenching from a passing car several metres away. Nevertheless the 12 senior men who represented Lewes all managed to stay upright and relatively dry, unlike an unfortunate Burgess Hill runner who ended the race plastered in mud from head to foot! With 6 to a team in this category, a Lewes team of Fred tasker (29th), Toby Meanwell (30th), Ben Pepler (32nd), Chris Gilbert (37th), Charles Taylor (41st) and Chris Coffey (42nd) were beaten into 4th place against a stunning lineup of running stars including 12 Brighton Phoenix runners who took gold and silver between them. The second Lewes team, coming 12th overall was made up of Lewis Sida (43rd), Will Monnington (59th), Colin Bennett (62nd), Adam

Vaughan (65th), Simon Carter (87th) and Andrea Sansottera (95th). Dominic Osman-allu unfortunately had to pull out to avoid aggravating an injury



Above : Lewes AC Senior Men – it was quite muddy... left to right: ?, Chris Coffey (322), Colin Bennett (420), Adam Vaughan (366), Lewis Sida (355), Ben Pepler (323), Chris Gilbert (320), Charles Taylor (407), Toby Meanwell (316)

To finish the day on a high, the senior women, facing possibly the heaviest rain, gave us another team gold and individual silver. Harriet Bloor's run scored in two categories putting her 2nd overall for the senior women. The team of four was completed by Darja Knotkova-Hanley (4th), Lizzie Keep (8th), and Megan Taylor (11th) with Helen Bowman coming in 36th.[The rain prevented any photos of the senior women's race! Editor]

The real loss of the day was the presence of coach Dave Leach who always comes out whatever the weather to cheer us on and give encouragement and advice at every race. Sadly he was having to isolate due to Covid.

We'll be back at Little Common on 12th February (hopefully including Dave) for the finale of the Sussex Cross Country League, and who knows what the weather will have in store for us then - maybe it will be Arctic conditions, maybe a heatwave, but it's all part of the 'fun' of cross country; and meanwhile let's just spare a thought for all those washing machines and showers that had to put in some extra shifts over the weekend.

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4. East Sussex Sunday Cross Country League.

Warren Hill. Sunday 16th January 2022

First thing in the morning the weather was unpromising with damp mists. An early arrival at Warren Hill was recommended as parking was limited, so there was quite a bit of cowering in cars. The start was also delayed because of the time needed to deal with registrations on the day. This did not stop us having a minute's silence for our late lovely Andrea Ingram, and as if a sign the sun came out!



Lewes AC had had a wobble at Framfield where we came second, but the thirty-three Lewes AC runners at Warren Hill earned the club first team place, with the combined Heathfield/Uckfield team coming second and Crowborough third. Just to remind you, the ESSCCL scoring is based on the finishing places of so many runners in each gender-age category - see the table below.

Age category	Number scoring	
	Men	Women
Senior (from age 17)	4	2
V40	3	2
V50	3	2
V60	2	2
Total	12	8

It is possible for the score for an age category to be filled by someone from an older age group as was the case with Hazel Bennignton in this race. Where you are a non-scorer (NS) you won't contribute to the team score but you may still be in contention in the competition for your individual age category. This is why an M70 might still be interested in the competition. If you want to know

more about the rather arcane scoring system see [Rules - East Sussex Sunday Cross Country League \(eastsussexcrosscountry.co.uk\)](http://eastsussexcrosscountry.co.uk).



Ben Pepler, SM, (see above 552) was the first Lewes AC runner to come in. He was third finisher in the race with a time of 28.14.



Two minutes later in a time of 30.15 was Adam Vaughan (568), a M40 vet, home in 20th place followed by Ben Hodgson (M45) – see below with the 534 number - who was only 15 seconds behind Adam.



The first three Lewes women home were the redoubtable Ellen Brookes (F40), Cumbrian Becca Weir (SF) for whom the hill must have been a doddle, and the dependable Karin Divall (F60)



Above Ellen Brookes (Runner number 508) was first Lewes AC woman home in a time of 33.13.



Above Becca Weir (SF) (Runner number 570) was second Lewes AC Senior Woman in a time of 35.33.



Karin Divall (W60) (Runner number 519) was the third Lewes AC woman home in a time of 39.06.

The classified results for Lewes AC runners on the day are below

Finishing position	Runner no	Time	Runner name	Category	PTS	T CAT	T PTS
3	552	28.14	Ben Pepler	SM	298	SM1	3
20	568	30.15	Adam Vaughan	M40	283	M401	19
22	534	30.32	Ben Hodgson	M45	281	M402	21
26	513	31.08	Robert Cooper	M45	277	M403	25
27	541	31.13	Tom Marchant	SM	276	SM2	26
54	558	33.01	Andrea Sansottera	SM	251	SM3	52
56	508	33.13	Ellen Brookes	F40	198	F401	54
66	527	33.42	Robert Gerardo	M40	242	SM4	63
77	517	34.03	Tony Deacon	M60	234	M601	74
95	521	34.50	John Dryden	M50	227	M501	90
102	543	35.10	Andrew McLennan	M45	222	NSM1	97
112	570	35.33	Becca Weir	SF	182	SF1	107
116	554	35.42	David Prince-Iles	M65	210	M602	111
136	564	37.07	Rob Stanway	M50	195	M502	131
165	533	38.28	Ian Hilder	M60	174	M503	158
170	511	38.33	Andrew Chitty	M65	171	NSM2	163
181	519	39.06	Karin Divall	F60	163	F601	172
185	506	39.20	Helen Bowman	F50	159	F501	176
195	520	39.55	Carl Dowling	M50	157	NSM3	185
205	542	40.31	Marcus Mcconnell	SM	150	NSM4	192
210	537	40.48	Bob Hughes	M70	147	NS	NS
211	523	40.52	Alienor Falconer	SF	150	SF2	197
226	553	41.39	Andy Perris	M55	142	NS	NS
228	526	41.47	David Foster	M55	140	NS	NS
233	562	42.05	Hugh St John	M70	136	NS	NS
280	545	45.06	Peter Miller	M50	117	NS	NS
283	547	45.13	Tim Monson	M60	115	NS	NS

291	501	45.37	Anita Amies	F65	109	F602	251
297	574	46.04	Yan Wu	F45	103	F402	256
308	504	46.44	Hazel Bennington	F60	99	F502	266
309	499	46.45	Emma Gardner	F50	98	NSF1	267
313	518	47.10	Julie Deakin	F55	95	NSF2	271



The next event in this series is on **Sunday 6 February 2022** in another classic ESSCCL setting: Whitebread Hollow at the west end of Eastbourne. This is an old venue, but has a new one lap course.

Picture: Imperial War Museum

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5. Sussex Masters Cross Country Championships

Saturday 22nd January 2022 Coombes Farm, Lancing

There were three separate races. The first was for the 50+, 60+ runners and for a new category, 70+ as an age category in its own right. Over 69 year olds have always been allowed to run, but previously were had to take their chances with the other over 60s. The second race was the women's race for 35+, 45+, 55+ age categories and, as in the case of the men a new individual category was added at the top end, in this case 65+. The final race was for M40 men (i.e. 40-49). All races were over five miles, so I guess the men were split into two groups for crowd control reasons. There were individual gold, silver and bronze for all the veteran categories. There were also 'team' awards for each category based on the first three runners home, except for M40s where it was the first four runners.

Ten Lewes AC men participated and three women. Given the relatively small number of Lewes runners, the medal haul of one individual bronze, one gold and one silver team wins was gratifying.

The afternoon started with M50+/M60+/M70+ race where Lewes fielded four runners.

M50+/M60+/M70+						
Pos	Time	Forename	Surname	Cat	Cat pos.	V60/70 pos.
5	30:46	Colin	Bennett	MV50	5	
7	31:06	Mike	Green	MV50	7	
29	33:52	Tony	Deacon	MV60	4	4
86	46:38	Peter	Miller	MV50	46	



Above Mike Green (124) and Colin Bennett (38). Photo: Sussex Races

MV50s Colin and Mike finished near the front in overall fifth and seventh place. Peter Miller ran a perfectly acceptable race, but the lack of Lewes runners unexpectedly shone the spotlight on him as the third Lewes MV50 and thus a scorer for the MV50 'team'. In the end Lewes AC MV50s were an honourable 4th out of 10 teams in rankings ahead of serious opposition such as Crawley and Brighton Phoenix.

Tony was the only Lewes MV60 and achieved a creditable 4th in his age category. He did not have to worry about letting down his fellow team members.

FV35/45/55/65

Pos	No.	Time	Forename	Surname	Cat	Cat pos.
6	148	32:54	Ellen	Brookes	FV35	4
20	135	36:45	Emma	Rollings	FV35	7
35	168	39:09	Charlotte	Bennett	FV35	13

Lewes AC was represented in the women's race by just three runners over all the age groups. But Ellen, Emma, Charlotte turned up, raced and conquered the W35 team gold. At one point Haywards Heath Harriers were incorrectly awarded this gold, but eventually justice was done.



Above: Start of Women's Masters Race. Spot two Lewes AC runners...Photo Sussex Races



Above : Start of M40 Masters races Lewes AC runners left to right: Toby Meanwell (64), Adam Vaughan (75), Robert Cooper (223), Vesa Lindberg (205). Photo: Sussex Races

M40

Pos	Time	Forename	Surname
3	27:08	Toby	Meanwell
10	28:52	Adam	Vaughan
11	28:53	Chris	Gilbert
21	30:05	Vesa	Lindberg
24	30:22	Andrew	Kemp
29	30:49	Robert	Cooper



Above: Left to right Chris Gilbert (35), Andrew Kemp (198), Vesa Lindberg (205) Photo: Sussex Races

There was a respectable turnout for the MV40s. Toby Meanwell won an individual bronze and Lewes won silver in the team competition, just behind Brighton Phoenix.

Overall there is much to celebrate with these outcomes. However I hope that next year we could convey that this can be a great day out for the older runners in the club. Vet events generally have a great atmosphere, and in this case there are lots more medals for Lewes AC to win in the future.

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6. Lewes AC Indoor Pole Vault: Results and new Challenges

By Rick Pilling

January 2022 competition results

SLAN (South London Athletics Network) Open at Carshalton 8th January 2022

Gemma Tutton	U20W	3.60m	
Emilie Oakden	U20W	3.30m	
Maddy Bullen	U20W	3.20m	pb
Amelia Hatchard	U20W	3.10m	
Amalie Smith Jarman	U17W	2.90m	pb
Yuna Hadlow	U15G	2.80m	pb
Mena Powell	U20W	2.60m	
Charlotte Sida	U20W	2.50m	
Imogen Clarke	U15G	2.30m	pb
Cameron Wells	U20M	4.30m	pb
Otis Schorr-Kon	U20M	4.10m	pb
Isaac Lancaster	U20M	3.20m	



Above: (centre) Yuna Hadlow SEAA U15G Pole Vault indoor champion and UK ranked number one.

Southern Indoor U15/U17 Championships at Lee Valley on 15/16 January 2022

Amalie Smith Jarman	U17W	2.90m =pb	4th place
Jess Banner	U17W	2.60m pb	
Yuna Hadlow	U15G	2.90m pb	Gold medal
Imogen Clarke	U15G	2.50m pb	5th place

London Indoor senior and U20 Games at Lee Valley 22/23 January 2022

Cameron Wells	U20M	4.26m
Otis Schorr-Kon	U20M	3.96m
Isaac Lancaster	U20M	3.66m
Gemma Tutton	U20W	3.66m
Emilie Oakden	U20W	3.21m
Amelia Hatchard	U20W	3.06m
Maddy Bullen	U20W	2.91m

Future Events

- At the weekend 29-30 January we look forward to another trip to Lee Valley for the London Indoor U13/U15/U17 games. Seven of the newer group members are looking forward to a first competition experience. So good luck to Phoebe Scott, Ava Hayes, Ivan Wray, Diggory Thomas, Beth Boyes and Ayla Kimpton-Bragg and Imi Taylor.
- On Saturday 29th January half a dozen group members are heading off for Vault Manchester.
- February 4-5th sees the Senior and U20 Southern Championships at Lee Valley.
- A week later, on 12th and 13th February. there are the England age group championships for U15/U17/U20 age groups at EIS Sheffield. Gemma Tutton, Emilie Oakden, Cameron Wells, Yuna Hadlow and Imogen Clarke have qualified and are entered. The same weekend sees the Sussex/Surrey indoor championships at Carshalton.
- On the 26th February the British Senior championships are being held in Birmingham. Lewes AC club member Gemma Tutton is on the invitation list.

Other indoor results

Southern Indoor U15/U17 Championships at Lee Valley on 15/16 January 2022

Rowan Pearson U17 400m 53.02 (3rd)

London Indoor senior and U20 Games at Lee Valley 22/23 January 2022

Jack Palmer U17 60m 7.34 (1st)

60m 7.36 (3rd)

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7 Sussex Grand Prix Road Running Competition 2022

The Lewes AC Sussex Grand Prix representative has been bombarded with questions about the regeneration of this competition. However, there may be newer members of the club who have no idea what this competition is about.

Imagine a sort of motor racing grand prix competition but without the cars. There is a set of Sussex races, mainly on road, and competitors collect points based on their finishing place for each race. At the end of the year, the points for the best six races are collected for each runner and the accumulated points generate a league table. Awards are given for the best individuals for overall performance and for each gender/age category.

There are also club awards including the Steve Ovett trophy donated by the great man himself. It is a large elaborate cup that he did not fancy taking all the way to Australia when he emigrated. It is also a countywide trophy that Lewes AC has never won – some say on the grounds of taste.

The reason for the delays in announcing the relaunch is that the competition depends on identifying the races that are definitely going to take place but there are still some at the back end of 2022 not yet confirmed. So here is a provisional schedule of the known races - as you see the seven events up to the Bewl 15 are confirmed. Confirmation of the later ones will be published as soon as they are available.

Note that the Hastings 5 Mile has been restored to the list as it is Karin Divall's favourite.

Sussex Grand Prix 2021 Race Calendar http://sussexraces.tripod.com/home.html				
	(Red and/or "N" means race venue/date to be confirmed)			Confirmed
Race	Date	Day	Event	Yes/No
1	20th March 2022	Sunday	Hastings 1/2 Marathon	Y
2	1st May 2022	Sunday	Haywards Heath 10 Mile	Y
3	15th May 2022	Sunday	Hastings 5 Mile	Y
4	22nd May 2022	Sunday	Horsham 10K	Y
5	29th May 2022	Sunday	Rye 10 Mile	Y
6	19th June 2022	Sunday	Heathfield Mid Summer 10K	Y
7	3rd July 2022	Sunday	Bewl 15 Mile	Y
8	TBC July 2022	Wednesday	Phoenix 10K	N
9	TBC July 2022	Wednesday	Bexhill 5K	N
10	TBC September 2022	Sunday	Hellingly 10K	N

11	2nd October 2022	Sunday	Lewes Downland 10 Mile	Y
12	TBC October 2022	Sunday	Hove Prom 10K	N
13	TBC November 2022	Sunday	Crowborough 10K	N

Note

- 1 The race(s) details showing **red** have dates yet to be confirmed

For the latest SGP rules, team and individual scoring refer to the website:

www.sussexgrandprix.co.uk/news/

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8 Upcoming Events Calendar

Date	Series/sponsor	Event	Venue	Entry
6 Feb 2022	East Sussex Sunday Cross Country League	5 th Event	Whitbread Hollow, Eastbourne (hosted by Run Wednesdays)	Entry on day is possible
12 th February	Sussex Cross Country League	4 th Event	Bexhill Leisure Centre	
13 th February	West Sussex Fun Run League	Crawley Crew Run Your Heart Out 8k	Tilgate Forest	Sign up on the WSFRL signup area of Lewes AC wiki by 3 rd February
12-13 February	Sussex Athletics	Sussex indoor championships	David Weir Leisure Centre, Carshalton	By Friday 4 th February
26 th February	English Cross Country Association	National Cross Country Championships	Parliament Hill, London	Closed
27 th February		Brighton Half Marathon	Brighton	General registration closed
6 th March	Steyping Athletic Club	Steyping Stinger: Half and full marathon	Steyping	Steyping Stinger – Steyping Athletic Club (steypingac.co.uk)
13 th March	East Sussex Sunday Cross Country League	6 th Event	Pett (hosted by Hastings Runners)	Entry on day is possible
20 th March	Sussex Grand Prix	Hastings Half Marathon	Hastings	Hastings Half Marathon 2022 Sport Systems (enthuse.com)
20 th March		Moyleman Marathon	Lewes	Closed
27 th March	South of England Athletics	SEAA 12 and 6 stage road relays	Milton Keynes	
18 th April (Monday)	West Sussex Fun Run League	Lewes AC Easter Monday races	Lewes	tba
1 st May	Sussex Grand Prix	Haywards Heath 10 miles	Haywards Heath	The Mid Sussex Marathon Weekend Nice Work Race Management (nice-work.org.uk)

8th May	West Sussex Fun Run League	Hedgehoppers Five Miles	Portslade – route up towards Devils Dyke	tba
15 th May	Sussex Grand Prix	Hastings 5 Miles	Hastings sea front	The Hastings Runners 5 Mile Race Nice Work Race Management (nice-work.org.uk)
26 th June	Brighton Trail Weekend	Brighton Trail Marathon	Brighton	Closed

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