



## The AMMONITE

March 2022

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

### Contents

1. [Couch to 5K: Club relaunches adult beginners' running course](#)
2. [Sussex Under 11 Sportshall Competition – County call ups](#)
3. [ESSCCL Cross Country: Whitbread Hollow](#)
4. [Chichester 5k and 10k: Goodwood Motor Circuit](#)
5. [Sussex County Cross Country League: Event 4 Bexhill](#)
6. [Sussex Cross Country League Final Standings for Lewes AC](#)
7. [West Sussex Fun Run League: Crawley](#)
8. [English National Cross Country Championships](#)
9. [Brighton Half Marathon](#)
10. [It's About Time: Spotlight on Time Keeping](#)
11. [Event Calendar: What events do you fancy?](#)

# 1. Couch to 5k

Following a three-year hiatus, the Club is relaunching its popular adult beginners' running course next month.

Taking place at 9.30am on Saturday mornings from 2 April to 4 June, and open to anyone aged 16+, the 10 weekly sessions (with prescribed homework to do in between) will guide total beginners gently from a standing start to being able to run non-stop for 30 minutes or more – and ultimately to be able to complete a parkrun or other 5K.

The course also offers the perfect route back to running for anyone who's had to take time out because of injury, ill-health or other reasons.

Please tell your friends, family and anyone else you know who might be interested. Full details are on the Club website at [lewesac.co.uk/beginners](http://lewesac.co.uk/beginners).

## Learn to run for fitness and fun



Running is good for your body, your mind and your self-esteem. It's also a fun thing to do and a great way to make new friends.

Led by UKA-qualified leaders and coaches, Lewes AC's beginners' running course will take you from a standing start to smashing a 5K in just 10 weeks!

So book yourself in, slip on some trainers and start to change your life, literally one step at a time.

**9.30am Saturdays 2 April to 4 June**

**Sign up today for just £30: [lewesac.co.uk/beginners](http://lewesac.co.uk/beginners)**

## STOP PRESS



Thanks to a successful funding application drafted by Toby Wolpe, the Club has also just secured a £500 grant from England Athletics Club Support Fund, specifically designated to underwrite the marketing and promotion of the new beginners' courses.

So look out for the leaflets and flyers that we'll soon be distributing around town and for the ads that will soon be appearing in the local press, all under the slogan "Learn to run for fitness and fun".

[\*\*<Back to contents>\*\*](#)

## 2. Sussex Under 11 Sportshall Competition

Three Lewes AC under 11 athletes were selected for Sussex U11 Sportshall Team. Sophie Bomansaana writes:

‘ Sportshall this year has seemed much smaller teams than usual but the numbers participating have gradually increased from three back in October to ten in December and fifteen in our match on Sunday 16<sup>th</sup> January.

In the January match we had some great performances, with Annika Thorpe coming 1<sup>st</sup> in both U11 Standing Long Jump and Speed Bounce. Her jump of 2.04m and her speed bounce score of 55 jumps in 20s were the best in the U11 girls this season. Bill Scott did a fantastic vertical jump of 48cm and came Joint first in U11.

Jesse Sobrasuapiri led the first half of the U15 four lap race eventually coming 2<sup>nd</sup>. The final event was our only relay from our U11 boys team,( Edward Hilton, Oscar Fermor-McGhie, Samuel Coe and Bill Scott) who made a fabulous team and finished 2<sup>nd</sup> bringing the competition and season to a close on a high note.

I also want to recognise all the athletes particularly the athletes who came for the first time this season. It was all new to them but still got stuck in despite never having used a reversaboard before or had much chance to practice the events. You all showed real grit and willingness to have a go.

Also thanks go to Peter Kennedy and Fiona Monsoon who were the officials from Lewes, ably supported by Jane Atkins, judging the field events.

Although we came 6<sup>th</sup> out of seven teams, beating Chichester, three of our U11 athletes have been chosen to compete for Sussex at Burgess Hill in the **Fun in Athletics South East Regional Festival for Under 11s** on 19<sup>th</sup> February 2022. They are Bill Scott, Annika Thorpe and Kristi Prifti. We wish them the best of luck and look forward to hearing how they do.’

The **Fun in Athletics South East Regional Festival for Under 11s** mentioned above was held at Olympos in Burgess Hill. Sussex competed with six other county teams. Bill Scott performed in the Chest Push and contributed to 2nd position for Sussex in that discipline. He also contributed to 4<sup>th</sup> position for the county in the Vertical Jump. Overall Sussex was a solid fourth out of the seven county teams.

[<Back to contents>](#)

### 3. ESSCCL Cross Country: Whitbread Hollow

Sunday 6<sup>th</sup> February 2022



The rain fell in buckets as runners walked to the start along a cliff-side track from the westerly suburbs of Eastbourne. Luckily the rain faded away at the start of the race, but the high winds persisted.

A very steep and treacherously muddy descent just before the final run-in was well managed by excellent marshalling. This course would be a lovely one – in the right weather.



Finishing position	Runner no	Time	Runner name	Category	PTS	T CAT	T PTS
3	552	0:33:00	Ben Pepler	SM	298	SM1	3
5	568	0:33:25	Adam Vaughan	M40	296	M401	5
9	540	0:33:56	Vesa Lindberg	M40	292	M402	9
18	534	0:35:14	Ben Hodgson	M45	284	M403	17
45	558	0:38:11	Andrea Sansottera	SM	260	SM2	43

63	572	0:39:58	Ed Wheeler	SM	249	SM3	60
65	521	0:40:00	John Dryden	M50	248	M501	62
80	570	0:40:55	Becca Weir	SF	189	SF1	77
101	554	0:41:25	David Prince-Iles	M65	226	M601	96
102	892	0:41:36	Dom Doran	SM	225	SM4	97
119	506	0:42:58	Helen Bowman	F50	177	F501	113
123	549	0:43:11	Dominic Osman-Allu	M55	210	M502	117
128	564	0:43:42	Rob Stanway	M50	205	M503	122
145	533	0:44:38	Ian Hilder	M60	193	M602	139
168	522	0:46:04	Gerard Dummett	M60	179	NSM1	160
170	520	0:46:09	Carl Dowling	M50	178	NSM2	162
176	519	0:46:17	Karin Divall	F60	160	F601	167
180	537	0:46:42	Bob Hughes	M70	171	NSM3	171
187	569	0:47:21	Carole Walters	F60	155	F602	177
191	526	0:47:29	David Foster	M55	165	NSM4	180
198	511	0:48:06	Andrew Chitty	M65	161	NS	NS
232	499	0:51:29	Emma Gardner	F50	136	F502	213
233	501	0:51:54	Anita Amies	F65	135	F401	214
248	504	0:54:08	Hazel Bennington	F60	126	F402	227
263	518	0:54:57	Julie Deakin	F55	117	SF2	240
287	545	0:59:12	Peter Miller	M50	121	NS	NS

As can be seen above, 26 Lewes AC runners participated. The club came third on the day, after the combined Heathfield/Uckfield team in first place and Crowborough in second. Luckily, the club's successes in previous races means we are still current in first overall place in the series as a whole.

Ben Pepler (SM) with a time of 33:00, Adam Vaughan (M40) 33:25, and Vesa Lindberg (M40) 33:56 were all in the first ten runners home. Currently Ben is in third place in the individual SM rankings. It is indicative of the competitive nature of the M40 category that Adam is currently 10<sup>th</sup> in the overall individual M40 group and Vesa 11<sup>th</sup>.

Our pictures are of some of our core runners as part of the aim of Ammonite is to help members recognize their fellows.



**Above Andrea Sansottera (SM) was 45<sup>th</sup> home in 0:38:11**





**Above: Ed Wheeler (SM) was 63<sup>rd</sup> in a time of 0:39:58. Close behind him is John Dryden who was 64<sup>th</sup> in a time of just 40:00.**

The scoring system for the ESSCCL is rather arcane. Points are gained for the first club runners in certain age categories, the numbers scoring depending on 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

Where the club does not fill their allocation of runners for a particular age category, the gaps can be filled by available runners from an older age group. With team points, the aim is to get as few points as possible. If a category is not filled the score is the number of runners plus one. In the case of the Whitbread Hollow race this was 273.

Thus F65 Anita Amies saved Lewes AC 59 points in the F40 class, F60 Hazel Bennington saved 46 in the same class, and F55 Julie Deakin 33 to fill a gap in the Senior ranks. The overall gap between third-based Lewes AC and first placed Heathfield/Uckfield was 98 points and between Lewes and second place Crowborough just 11 points so these performances do make a difference.



**Above Anita Amies, currently second-ranked F65**



**Above Hazel Bennington and supporters**



#### **Above Julie Deakin saving Lewes AC 33 penalty points as a Senior Woman for the day**

It is not just about the team. There is one event to go, and the best four performances out of six races score the individual category awards. Ben Hodgson is currently first in the M45 category by a whisker. David Prince-Iles is first in M65 standings and Bob Hughes is second in the M70s.

Ellen Brookes is at the moment 6<sup>th</sup> position in the F40 group, but has missed some races could with a good run in the last event snatch first place. Helen Bowman seems to consistently get faster and faster this season and is challenging for second place in the F50s. Carole Walters has suffered an injury, but could still take third place in the F60s, while Anita Amies is second in the F65s.

**It now all hangs on the final race at Pett on Sunday 13<sup>th</sup> March**

[<Back to contents>](#)

## **4. Chichester 5k and 10k: Goodwood Motor Circuit**

**6th February 2022**

At one time it looked like the Chichester 10k would not be held in 2022 because the long-time organisers, Chichester Rotary Club, had decided to call it a day for various reasons, including the aging demographic of their membership.

Runbase Events stepped in to organise the run, and took the opportunity to adopt a new course that used the Good Motor Circuit and an external road outside. The opportunity was also taken to have a 5k race. A selling point of the race is that the flatness of the terrain should make this a fast course.

### **Chichester 5k**

Pos	Race No	Name	Time	Net Time	Catego ry	Cat Pos	Gender	Gen Pos
8	1020	Charlie WRIGHT	00:16:35	00:16:33	U17	3	Male	8
11	1015	Stan PENDERED	00:16:52	00:16:49	U20	1	Male	11
26	1135	Lizzie KEEP	00:18:07	00:18:05	Senior	2	Female	4
37	1139	Isaac TARAFDER	00:18:45	00:18:41	U15	3	Male	27
43	1140	Theo TARAFDER	00:19:24	00:19:22	U15	4	Male	28
56	1084	Beth HANCOCK	00:21:28	00:21:21	Senior	7	Female	23



Six Lewes AC runners participated in the 5k race which as the pictures show was affected by heavy rain.



**Charlie Wright, above, was the first Lewes AC runner home overall and was third U17 home in the 5k race**



**Same Pendered (above) was the first U20 in the 5K**



**Lizzie Keep (1135 above) was second Senior Woman in the 5K.**



**Above: Beth Hancock manages a smile at the end of the 5k**

## **Chichester 10k**

Pos	Race No	Name	Time	Net Time	Category	Cat Pos	Gender	Gen Pos
62	96	Ruby WHYTE-WILDING	00:36:32	00:36:28	Senior	5	Female	5
70	164	Colin BENNETT	00:37:05	00:37:00	V55	1	Male	64

98	122	Robert COOPER	00:38:52	00:38:44	V45	6	Male	86
107	149	Mike GREEN	00:39:26	00:39:18	V50	5	Male	92
137	188	Philip WESTBURY	00:41:26	00:41:20	V40	23	Male	117
139	121	Andrew MCLENNAN	00:41:31	00:41:25	V45	14	Male	119
184	219	Tony DEACON	00:44:16	00:44:07	V60	1	Male	153
232	230	Peter KENNEDY	00:47:44	00:47:38	V70+	1	Male	192

**Ruby Whyte-Wilding (below) was first Lewes AC runner across the line in the 10k race.**



[<Back to contents>](#)

## 5. Sussex County Cross Country League Event 4 Bexhill

**Saturday 12<sup>th</sup> February 2022**

Under 11 Girls				
Position	Bib	Time	First name	Last name
12	355	08:54	Eliza	Barry
16	361	09:18	Flossy	Hollam
33	36	10:39	Paige	Henshaw

Under 11 Boys				
Position	Bib	Time	First name	Last name
5	23	07:50	Rex	Hastings

Under 13 Boys				
Position	Bib	Time	Forename	Last name
6	364	12:35	Michael	O'Connor
13	343	13:01	Charlie	Perry



6<sup>th</sup>/12 team



Above: Lewes Under 15 Girls on the podium

Under 15 Girls				
Position	Bib	Time	Forename	Last name
1	333	15:25	Grace	Tuesday
2	166	15:40	Ava	James
5	168	16:07	Esme	Stephenson
7	188	16:10	Darcy	Pring

1<sup>st</sup> team

Under 15 Boys				
Position	Bib	Time	Forename	Last name
13	154	15:04	Barney	Hastings
17	344	15:17	Harvey	Perry
27	159	16:06	Theo	Tarafder
28	158	16:10	Isaac	Tarafder
33	376	16:48	Laurance	St Louis
34	153	16:48	Jack	Cooley

Team A 8/19 B 11/19

Right: Isabel Guirdham on the podium

Under 17 Women				
Position	Bib	Time	Forename	Surname
2	217	20:55	Isabel	Guirdham

Isabel was the 2<sup>nd</sup> U17 to finish. U17 Women run in the same race as Senior Women, and in the overall combined placings she was 3<sup>rd</sup>.







Under 17 men at start

Under 17 Men				
Position	Bib	Time	Forename	Last name
1	199	17:49	Charlie	Wright
13	207	19:41	Stan	Pendered
14	368	20:07	Archie	Guppy

Team 4th/11 Only 1 point behind 2<sup>nd</sup> and 3<sup>rd</sup> teams



Above : Senior/Veteran men

Senior Men and Veteran categories						
Position	Bib	Time	Forename	Surname	Age category	Category position
5	375	28:18:00	Aiden	Briffett	Senior Men	3
7	257	28:38:00	Toby	Meanwell	V40 Men	2
10	414	29:14:00	Ben	Pepler	Senior Men	7
13	409	29:17:00	Fenton	Davoren	U20 Men	3
25	303	30:52:00	Chris	Gilbert	V50 Men	2
28	254	31:06:00	Adam	Vaughan	V40 Men	7
44	306	32:42:00	Colin	Bennett	V50 Men	4

Division 1 (six to score) 1<sup>st</sup> . Men's vets (three to score) 1<sup>st</sup>

Senior women: apart from Isabel Guirdham, who is an under 17, there were no Lewes AC senior women competing at Bexhill. As the individual runners' overall league scores are based on best three performances this might not have a negative impact on individuals. However overall team scores are based on all four events in the series.

The overall standings for the County Cross Country League for the season as a whole are the subject are in the following item.

[<Back to contents>](#)

## 6. Sussex Cross Country League Final Standings for Lewes AC

Individuals			Teams		
Gold	Silver	Bronze	Gold	Silver	Bronze
1	4	3	2	2	2

### Under 11 Boys

Name	Match 1	Match 2	Match 3	Match 4	Best 3	Position
Rex Hastings	2	4	2	(5)	8	3 <sup>rd</sup>

### U13 Boys Team

	<u>Match 1</u>	<u>Match 2</u>	<u>Match 3</u>	<u>Match 4</u>	<u>Total</u>
5. Lewes	47	62	57	54	220

### Under 15 Girls

Name	Match 1	Match 2	Match 3	Match 4	Best 3	Position
Grace Tuesday	1	1	1	1	3	1 <sup>st</sup>
Ava James	-	6	3	2	11	2 <sup>nd</sup> =
Esme Stephenson	4	2	(13)	5	11	2 <sup>nd</sup> =

### U15 Girls Team

	<u>Match 1</u>	<u>Match 2</u>	<u>Match 3</u>	<u>Match 4</u>	<u>Total</u>
1. Lewes A	19	9	13	8	49
8. Lewes B	63	110	101	73	347

### U15 Boys Team

	<u>Match 1</u>	<u>Match 2</u>	<u>Match 3</u>	<u>Match 4</u>	<u>Total</u>
8. Lewes	48	56	107	57	268

### Under 17 Women

Name	Match 1	Match 2	Match 3	Match 4	Best 3	Position
Isabel Guirdham	3	1	(3)	2	6	2 <sup>nd</sup>

### U17 Women Team

	<u>Match 1</u>	<u>Match 2</u>	<u>Match 3</u>	<u>Match 4</u>	<u>Total</u>
3. Lewes	38	61	26	52	177

### Under 17 Men

Name	Match 1	Match 2	Match 3	Match 4	Best 3	Position
Charlie Wright	5	4	-	1	10	3 <sup>rd</sup>

### U17 Men Team

	<u>Match 1</u>	<u>Match 2</u>	<u>Match 3</u>	<u>Match 4</u>	<u>Total</u>
1. Lewes	23	18	36	28	105

### **Veteran women over 35**

<b>Name</b>	<b>Match 1</b>	<b>Match 2</b>	<b>Match 3</b>	<b>Match 4</b>	<b>Best 3</b>	<b>Position</b>
Ellen Brooks	3	5	3	-	11	2 <sup>nd</sup>

### **Senior Women (4 to score) Teams**

	<b><u>Match 1</u></b>	<b><u>Match 2</u></b>	<b><u>Match 3</u></b>	<b><u>Match 4</u></b>	<b><u>Total</u></b>
1. Brighton & Hove A	40	35	52	29	156
2. Crawley A	24	50	77	138	239
3. Eastbourne / Bodyworks	101	73	58	79	311
4. Arena 80 A	120	95	111	132	458
5. Lewes A	70	100*	67	261	498

\* The score was actually 15 in a breath-taking race – correction has been requested. Overall score would then be 413.

### **Senior Men**

<b>Name</b>	<b><u>Match 1</u></b>	<b><u>Match 2</u></b>	<b><u>Match 3</u></b>	<b><u>Match 4</u></b>	<b><u>Best 3</u></b>	<b><u>Position</u></b>
Aiden Briffet	-	3	3	3	9	2 <sup>nd</sup>

### **Veteran Men over 40**

<b>Name</b>	<b><u>Match 1</u></b>	<b><u>Match 2</u></b>	<b><u>Match 3</u></b>	<b><u>Match 4</u></b>	<b><u>Best 3</u></b>	<b><u>Position</u></b>
Chris Gilbert	8	5	3	-	16	3 <sup>rd</sup>

### **Senior Men Division 1 (6 to score)**

	<b><u>Match 1</u></b>	<b><u>Match 2</u></b>	<b><u>Match 3</u></b>	<b><u>Match 4</u></b>	<b><u>Total</u></b>
1. Brighton & Hove	51	56	43	101	251
2. Brighton Phoenix	191	87	121	205	604
3. Lewes	146	243	326	88	803

### **Veteran Men (3 to score) Team**

	<b><u>Match 1</u></b>	<b><u>Match 2</u></b>	<b><u>Match 3</u></b>	<b><u>Match 4</u></b>	<b><u>Total</u></b>
1. Brighton & Hove	31	25	11	27	94
2. Lewes	16	53	64	19	152

[<Back to contents>](#)



## 7. West Sussex Fun Run League: Crawley

Crawley Run Crew Run Your Heart Out 8k

K2 Leisure Centre, Pease Pottage, Tilgate, Crawley,

Sunday 13th February 2022

Position	Time	Bib	First Name	Surname	Gender	Gen. Posn	Points
13	33:16	15	Colin	Bennett	M	13	10
64	38:01	24	Rob	Stanway	M	58	8
135	41:23	17	Carl	Dowling	M	110	5
140	42:02	21	Andrew	Perris	M	115	5
153	42:47	25	Carole	Walters	F	32	8
179	44:42	20	Lucy	Morrison	F	43	8
183	45:16	23	Hugh	St John	M	137	3
205	46:13	19	Emma	Gardner	F	56	7
241	49:17	16	Julie	Deakin	F	77	5

This was the second WSRL event of the year after the notorious Hangover 5. The number of Lewes AC runners was a disappointment, given that the total number of runners in the race was 337.

The points in the WSFRL are allocated so that the first 10% of finishers (including Lewes's Colin Bennett) get 10 points, the next 10% 9 points and so on down to 1 points for coming in with the last 10% of finishers. The scores are calculated separately for men and women.

The Crawley Run Crew is one of the new breed of community running clubs that have sprung up in recent years. Their race started and finished from the K2 stadium which has plenty of decent facilities – nothing like open fields we experience in the East Sussex Sunday XC meetings.

The next event in WSFRL series is our very own Lewes AC **Easter Monday races** on **Easter Monday Monday 18th April**. The main competitive event is the 10k, but there is also a supporting 1 mile race, and starts from Lewes Leisure Centre.

[<Back to contents>](#)

## 8. English National Cross Country Championships

Ammonite is now and again able to eavesdrop on Dave Leach's emails to his running group. This time it is after the Endurance Squad's trip to the English National Cross Country Championships at the fabled Parliament Hill, London on Saturday 26<sup>th</sup> February



Dave Leach wrote:

Early start leaving the leisure centre at 7am arriving there at 9.30ish. Now as usual it doesn't seem to matter what the weather has been like over the previous few days/weeks it's always really muddy and that's before anyone has raced. But standing at the top of the first hill looking down at the start and the great view of the London skyline never disappoints, I hope those of you that were there, for the first time or not, enjoyed everything about the day, even if you didn't have your best race.

**[The conditions make you stronger for the future/track].**

So after walking/slipping around the course the first race was the **U17 Women at 11am** We had 2 entries running 5km: Lucy Meyer 27.01. and Harriet Dray. Unfortunately Harriet didn't make it in time to change her shoes and after trying to run with no spikes decided it wasn't going to happen and dropped out [impossible without spikes].

Lucy, running her first national race did really well to finish 226th of 274 finishers. Well done Lucy.

Next up was the **Under 15 Boys**. We had our biggest entry in this race with 6 boys toeing the line. After 2 x 2k laps the boys did really well and finished:

216 <sup>th</sup>	Harvey Perry	17.41
244 <sup>th</sup>	George Brooks	17.53
246 <sup>th</sup>	Isaac Tarafder	17.54
285 <sup>th</sup>	Theo Tarafder	18.21
370 <sup>th</sup>	Laurence St Louis	19.46
374 <sup>th</sup>	Jack Cooley.	19.48

412 finishers. The team came 34th of 42 complete teams.

This is a really difficult age group as some of the boys look nearly like men, but most of these boys have another year in this age group, so well done to all of you.



### Under 15 Boys (above)

Next race for us was the **Under 17 Men** and we had a full team of 4 again. These men had to run 6km with 1 short lap and 1 long.

34 <sup>th</sup>	Charlie Wright	23.15	who has been having a great season was our first runner home. Brilliant.
109 <sup>th</sup>	Stan Pendered	24.44	
156 <sup>th</sup>	Gabriel Penrose	25.32	[best run this season].
165 <sup>th</sup>	Archie Guppy	25.44	

Just to remind you all that in these big races athletes are finishing really close together a couple of seconds can mean 4/5 places.

304 finishers

11th team.

Great performance by the team.





## Under 17 Men (above)

Next up **Under 13 Boys** 3km. Only 2 boys in this race. [I need to recruit more, also no U13 girls at all].

Michael O'Connor 13.25 had a great run to make the top 100 placing 99th, and only 25sec behind came Charlie Perry 13.50 in 144th place. [As I said, 25sec and nearly 50 places].

397 finishers.

The last event for us was the **Under 15 Girls**, and after their 2nd place at the Southern's a high team placing was a possibility although I wasn't thinking about it.

This season it has been just the same 4 girls to race and fortunately all girls have been fit and healthy. They had to run the same course as the Under 13 boys so 2 x 2k laps.

19th	Grace Tuesday	17.35.
44 <sup>th</sup>	Ava James	18.22.
103rd	Esme Stephenson	19.18.
125th	Darcy Pring	19.31.

353 finishers

As I said I hadn't thought about the team positions so when I saw the results to see the girls came 4th team this was an amazing performance. Although lots would say the worst position is just to miss a medal I still believe it was a great end to our day.



## The Under 15 Girls



## 9. Brighton Half Marathon

Sunday 27<sup>th</sup> February 2022

Lewes AC Results



Bib	Overall Position	Name	Guntime	Chiptime	Category	Category Position
11	69	Emma Navesey	01:19:47	01:19:46	FSEN	3
69	77	Matt Reed	01:20:04	01:20:01	MSEN	63
71	125	Adam Vaughan	01:22:52	01:22:49	M40	27
12	129	Emily Proto	01:23:16	01:23:14	FSEN	7
392	135	Robert Cooper	01:23:53	01:23:46	M40	34
456	175	Megan Taylor	01:25:00	01:24:53	FSEN	12
394	259	Ben Hodgson	01:28:23	01:28:09	M40	70
395	305	philip westbury	01:29:15	01:29:08	M40	89
171	403	Thomas Marchant	01:31:36	01:31:33	MSEN	226
649	512	David Prince-Iles	01:34:21	01:34:05	M60	7
1360	571	Gyles Abbott	01:35:32	01:34:49	M50	57
1386	585	Tony Deacon	01:35:45	01:34:44	M60	9
1391	619	Robert Stanway	01:36:31	01:35:51	M50	64
1392	803	Robert Henry	01:39:57	01:38:11	MSEN	396
2572	804	Jamie Tyler	01:39:58	01:35:27	M50	62
2107	874	Becci Walter	01:41:09	01:40:21	FSEN	85
2119	981	Shelley Cornes	01:42:52	01:42:27	FSEN	114
1387	1019	Beth Hancock	01:43:25	01:42:33	FSEN	117
3048	1157	Kerry Jackson	01:45:30	01:43:47	F40	52
1399	1437	Charlotte Bennett	01:49:12	01:48:23	F40	83

1821	1756	Lydia Levy	01:53:24	01:52:00	FSEN	292
1380	1759	Katie Meanwell	01:53:24	01:51:15	FSEN	274
3588	1875	Andy Perris	01:54:47	01:50:15	M50	229
891	2317	Nigel Copp	01:59:09	01:57:34	M50	360
5082	2960	Tara Twyman	02:05:09	01:58:42	F40	178
3621	2972	Gary Loughlin	02:05:17	02:00:29	M50	416
3592	3796	Colin Hartland	02:14:01	02:01:39	M60	93
3594	4528	Naomi Ross	02:23:33	02:15:52	F40	447
6512	4692	Anne Hagan	02:25:44	02:14:20	F60	25
8635	5190	Nicola Ransome-Lewis	02:32:51	02:17:15	F40	463
3607	5285	Terence Rogers	02:34:35	02:22:13	M50	624



[<Back to contents>](#)

## 10. It's About Time: Spotlight on Time Keeping

Events in the world of athletics require the help of the officials. One of their jobs is the role of the timekeeper: whenever the event is on the running track, the road, or on trails and paths, you are against the clock.

The role seems quite straight forward. Start the watch when the race starts. Stop it when the race finishes. Record the times. Pass them to another official who matches times with the finishers.

Away from the track, the times are to the nearest second, while track events are timed to the tenth of a second. If electronic timing is being used, you may see the hundredths of a second as well.

Some bits require practice. With track events the watch can't be started till the flash or smoke is seen from the gun, and this needs to be compensated for by seeing the runner cross the line, and stopping the watch, rather than anticipating the runner crossing the line.

The team of timekeepers usually has a chief timekeeper. Their role is to allocate the positions taken by each team member, record the results, and pass on to the next role in the chain, to have the results published.

So where do the difficult bits come in? Well imagine you are timing a 100m race and there are eight runners, and four time keepers. You are to take the time of the 4th runner over the line, and the 8th runner. Hopefully they will spread out a bit, and not cross the line in a row. Timekeepers can usually read the race as well. Seeing daylight between finishers, suggests at least a tenth of a second has passed.

One thing to always remember, when participating in athletics, is to have fun. If you don't, then you are in the wrong place. The banter that goes on aboard the timing stand, definitely stands up to this test.

Lewes AC has two chief timekeepers, who officiate at most events that happen on the Lewes track, but more timekeepers are needed, to share out the load. So if you fancy having a go, let the Club know, and they can suggest a taster event.

Finally, a couple of pointers, to help make the timekeepers and track judges lives easy:

Don't ask for your time after your race, they are busy concentrating on the recording, and next start.

Don't cross the finish line while a race is in progress, go round behind the stand.

Peter Miller

Lewes AC Timekeeper

More information can be found at [Officials \(sussexathletics.net\)](http://sussexathletics.net). If you have more specific questions contact us though [newsletter@lewesac.co.uk](mailto:newsletter@lewesac.co.uk) and we'll put you in contact with the right person in Lewes AC.

[<Back to contents>](#)

## 11 Event Calendar

Date	Series/sponsor	Event	Venue	Entry
6 <sup>th</sup> March	Steyning Athletic Club	Steyning Stinger: Half and full marathon	Steyning	<a href="http://steypingac.co.uk">Steyning Stinger – Steyning Athletic Club (steypingac.co.uk)</a>
13 <sup>th</sup> March	East Sussex Sunday Cross Country League	6 <sup>th</sup> Event	Pett (hosted by Hastings Runners)	Entry on day is possible
20 <sup>th</sup> March	Sussex Grand Prix	Hastings Half Marathon	Hastings	<a href="http://enthuse.com">Hastings Half Marathon 2022   Sport Systems (enthuse.com)</a>
20 <sup>th</sup> March		Moyleman Marathon	Lewes	Closed – but they are looking for marshalls
20 <sup>th</sup> March	Sporting Events UK	Worthing 10k/5k	Worthing	<a href="http://sportingeventsuk.com">West Worthing Run (sportingeventsuk.com)</a>
27 <sup>th</sup> March	South of England Athletics	SEAA 12 and 6 stage road relays	Milton Keynes	
27 <sup>th</sup> March	Nice Work	Martello Half Marathon	Seaford	<a href="http://nice-work.org.uk">The Martello Half Marathon   Nice Work Race Management (nice-work.org.uk)</a>
2 <sup>nd</sup> April	Sussex Athletics	Sussex Road Relays	Preston Park	Look out for club emails and sign-ups
18 <sup>th</sup> April (Monday)	West Sussex Fun Run League	Lewes AC Easter Monday races	Lewes	<a href="http://nice-work.org.uk">The Lewes AC Easter Monday Fun Run   Nice Work Race Management (nice-work.org.uk)</a>
1 <sup>st</sup> May	Sussex Grand Prix	Haywards Heath 10 miles	Haywards Heath	<a href="http://nice-work.org.uk">The Mid Sussex Marathon Weekend   Nice Work Race Management (nice-work.org.uk)</a>
8 <sup>th</sup> May	West Sussex Fun Run League	Hedgehoppers Five Miles	Portslade – route up towards Devils Dyke	tba
15 <sup>th</sup> May	Sussex Grand Prix	Hastings 5 Miles	Hastings sea front	<a href="http://nice-work.org.uk">The Hastings Runners 5 Mile Race   Nice Work Race Management (nice-work.org.uk)</a>
26 <sup>th</sup> June	Brighton Trail Weekend	Brighton Trail Marathon	Brighton	Closed

There are more events to choose from at the [Sussex Races Home Page](#) and [Upcoming Events - Lewes Athletic Club \(lewesac.co.uk\)](#).

**[<Back to contents>](#)**