

Lewes Athletic Club Newsletter



The AMMONITE

April 2022

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

Late news: It has been brought to the attention of The Ammonite that Mike Bale, Lewes AC throws coach, won first places in the M65 Hammer Throw and the M65 Weight Throw at the BMAF Indoor Track and Field/Winter Throws Championships at Lee Valley, Edmonton on 6th March. 'Winter Throws' include the hammer which is not held indoors for obvious reasons.

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2. Lewes AC Easter Monday Fun Run 18th April

Wave Leisure, Mountfield Road, Lewes, BN7 2EG

Lewes AC in for the West Sussex Fun Run League (WSFRL)

9.00 am to 10.30 am Race numbers available to collect from desks in Sports Hall, there will be a dedicated desk for Lewes AC.

10.00 am **Toddler's Trot 400m** (Free to enter no registration)

10.15 am **One mile race for juniors 14 and under WSRFL clubs only**. ADVANCE ENTRY ONLY

10.40am TO 10.50am **10km race** 15 and over – Registration online with Nice-Works. ADVANCE ENTRIES ONLY

To enter One Mile race

Go to <https://wiki.lewesac.co.uk/tiki-index.php?page=wsfrl+signup+and+lift+share>
Entry is £1. Just add your name to the **junior** table on the wiki by **Sunday 10th April**. No entries on the day. Then bring your £1 to the organisers' desk before the race. Your race number will be ready for you.

To enter 10K race:

Members of WSRFL clubs (including Lewes AC) Entry is £7 including booking fee.

Deadline for advance entries is **Sunday 10th April**. No entries on the day.

To enter, please go to <https://www.nice-work.org.uk/races/Lewes10k/2022>. then click on the 'WSFRL Entry' button, and then enter the password WSRFL2022

You will need to create a BookitZone account as part of the entry process, for which you will need your England Athletics number.

If you do not have your EA number to hand, instructions on how to access it are below or you can just enter WSRFL

<https://wiki.lewesac.co.uk/tiki-index.php?page=how+to+find+your+England+Athletics+number>

When you enter by the above method please **also** add your name to the table on the club wiki of Lewes AC members participating in the race .

You can then pick up your race number from the organisers' desk before the race.

Non-members of WSRFL. Entry is £12 plus booking fee, unless you belong to a UK-affiliated club when it is £10 plus booking fee. Go to <https://www.nice-work.org.uk/races/Lewes10k/2022>.

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2. Lewes AC Easter Monday Fun Runs 18th April

Help! Volunteers needed.

Julie Deacon writes



We are less than three weeks away from the Lewes AC Easter Monday Fun Run and more volunteers are needed.

If you are running you can still help beforehand with car parking and number distribution.

We need people to help with the following roles:

- Car parking
- Number distribution / Organisers desk
- Finish funnel Marshalls for the Junior race
- Easter Bunny to give out eggs to finishers (you don't have to dress up but would be great if someone does have a costume).
- Course Marshalls
- Results input to the West Sussex Fun Run league system (It is called Smart R's)

Email easter@lewesac.co.uk to volunteer.

If I have already spoken to you directly you do not need to email me, you are already on the list.

Don't forget if you are running you need to add your name to the wiki page <https://wiki.lewesac.co.uk/tiki-index.php?page=wsfrl+signup+and+lift+share> as well as entering via Nice Work. There is a separate sheet for the Junior race.

ENTRIES FOR BOTH RACES CLOSE ON 10 APRIL 2022

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3. Lewes AC Easter Monday Fun Runs: A message from the Club Chairman



Not long now for the Easter Monday Fun Run that starts and finishes from the Lewes Track.

There is one matter that the Fun Run organisers are seeking to resolve. This relates to the number of large pot holes all along Ham Lane which is close to the start and finish of the Fun Run. Ham Lane is not the responsibility of any of the Local Councils and is slowly being broken up by the number of lorries and large vans using the road to get to Rise Farm estate avoiding the low railway bridge by the Southdown Club.

A number of solutions are being explored by the Fun Run organisers including the club making an effort to fill the largest holes and marking all of them on the road with yellow paint.

Another option is to avoid a mass start and start the race in waves so that smaller groups run along Ham Lane which gives better opportunities to spot the trip hazards. This is possible as this year as chip timing is being used.

An alternative route instead of Ham Lane is being explored that uses the first part of Ham Lane up to the Dripping Pan, crosses the Convent Field and the Priory Park and turns left at the Southdown Club to join the route that goes under the bypass. This will require seeking permissions from a range of organisations to make this happen and the lack of time and holidays has not made this feasible.

Another longer term option that will take time to sort if at all possible is to try to persuade those firms responsible for the damage to Ham Lane to contribute to the repair and maintenance of Ham Lane. What are the odds on this!!

On a positive note entries are going well – don't forget to enter



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4. Lewes A.C. Visit to France, 10th to 13th June 2022



Ian Hilder writes

With free race entry, accommodation, food, wine and good company included, what's not to like? Non-running partners and families are welcome.

We will catch the morning ferry from Newhaven on Friday 10th, then drive down to Marolles in the beautiful Loire Valley. There we will be met by our hosts in the club house. This visit usually takes place in April, but this year we have the opportunity to make a summer visit. Saturday is usually spent exploring some of the many attractions the Loire Valley has to offer, followed by an evening party.

Sunday is race day, with shorter and longer run options around the grounds of a local chateaux and country park. This is followed by a vast picnic with locally cooked produce provided by our hosts. There is often a leisurely stroll or visit in the afternoon, followed by a low-key meal in the evening. Monday will then be spent traveling back to Dieppe, with a lunch stop on the way.

The only costs are for the ferry crossing, a contribution to petrol money and gift for your host family. For further information, please speak to or email Ian Hilder, or speak to past participants: Julie Deakin, Mike Green, Pete Masters, John Coleman, Andrew Chitty or Sara Hobden.

Ian Hilder hildergen@aol.com

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5. Lewes AC needs your help!

Phil Westbury writes

Every summer at Lewes AC since the creation of the track (not quite as old as an ammonite, btw), athletic events have been held here covering all age groups, distances and types.

These events are key to the success of our club:

- Helping ensure the club profile is maintained throughout the country.
- Providing opportunities for the academy members to participate and experience the excitement of events.
- Allowing all our club members the opportunity to try different events, or even retry events they've participated in before.
- Providing income for the club.

As you know, these athletic events can only happen with the help of our members, academy parents and a long list of volunteers to ensure they run safely and smoothly.

This is where you come in!

As we approach summer, this is my first request (hopefully not of many) to you, as Lewes AC members, to help out at one (or more!) of these events. We're looking for volunteers in lots of different areas:

- Assisting officials: from being trackside with a stopwatch to measuring long jumps! These are also gateway opportunities into becoming a qualified official in athletics, if that's something you'd like to pursue.
- Compiling the results so that participants know their results quickly.
- Helping behind the scenes: e.g. refreshments, setting up equipment, assembling marquees.

We have 6 events at Lewes this summer:

- **Monday 23rd May (Sussex Masters - 35+) 6pm-9pm**
- **Sunday 12th June (Southern Athletics League) 12-4pm**
- **Sunday 26th June (Youth Development League Upper) 12-4pm**
- **Sunday 3rd July (Youth Development League Lower) 12-4pm**
- **Friday 15th July (Sussex U13s) 6pm-9pm**
- **Monday 25th July (Sussex Masters - 35+) 6pm-9pm**

If you are interested in getting involved, or would like to know more, please drop me a line here: events@lewesac.co.uk

Personally, I've found it incredibly rewarding to be involved in these events. It's great to see so many people of all ages, from the Academy to the Vets, participating in and enjoying sports in our local community.

We would love to have more volunteers this year, and your participation really means a lot to the club. A small time commitment really makes a difference!

Thanks, Philip Westbury

07733004968

events@lewesac.co.uk

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6. National Inter Counties Loughborough 12th March 2022

County teams from the whole of the United Kingdom competed in this event. Below we give details of the performance of Lewes AC runners who were selected to represent Sussex.

U13 Boys 3km

Position	Runner	Time
164 th /290 runners	Michael O'Connor	13:23

U15 Girls 4km

Position	Runner	Time
37 th /297 runners	Ava James	16.44 first Sussex runner
38 th / 103/	Grace Tuesday	16.46 2 nd Sussex runner
	Esme Stephenson	17.36



Above: U15 Girls 4km Start

U17 Women 5km

Position	Runner	Time
32 nd /265 runners	Isabelle Guirdham	22.01 first Sussex runner

U17 Men 5km

Position	Runner	Time
41 st /258 runners	Charlie Wright	24.00 first Sussex runner
141 st	Stan Pendered.	25.58 3 rd Sussex runner

U20 men

Position	Runner	Time
96 th /176	Fenton Davoren.	32.24

Senior



**Above: Harriet Bloor
Women 8km**

Position	Runner	Time
14 th /274 runners	Harriet Bloor first Sussex runner	32.51
96 th	Darja Knotkova-Hanley	36.09
149 th	Jenna French	37.49

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7. Lewes Athletic Club win East Sussex Cross Country Cup - Again!



Above: Lewes AC's Becca Weir accepting XC team cup from Brian Winn, XC League President

Starting in October running clubs in East Sussex, including Lewes AC, competed in the East Sussex Sunday Cross-country League (ESSCCL) series of races in localities from the sands of Ashdown Forest, the mud of the Low Weald, the woods of the High Weald, and the chalk of Downs. There were also often challenging weather conditions – but this year no snow.

After the gap in the competition caused by Covid-19, Lewes AC came back to win the overall club trophy. The club has a history of success in this series, but it was by no means a given with Crowborough the winning a race in the Low Weald mud of Newplace Farm and combined Heathfield /Uckfield tea, first along the wind-blown cliff-tops from Whitbread Hollow. But in the end Lewes AC sealed overall triumph with a hard-fought final race at Pett village with the combined Heathfield/Uckfield team confirmed as runners up and Crowborough placed third.

There were also individual age category awards for best overall performances in the series. Ben Pepler was third Senior Man and also third overall male for all categories. Adam Vaughan was second M40 vet, and Ben Hodgson was second M45 vet. Lewes AC's super-vet David Prince-Iles was first M65 vet with Andrew Chitty coming back from injury to claim third in that category. Finally, for the men, Bob Hughes managed to get second in M70 category.

The Lewes AC women had some equally pleasing awards. The F40 vet Ellen Brooks was not only first W40 but was third woman overall, showing many good senior women her heels. Second-placed F50 Helen Bowman won her first East Sussex cross-country award in a season in which she just got better and better. Carole Walters received a well-deserved third place F60 award after sustaining and coping with injury during the winter. To top it all, Anita Amies found time off from her golf to secure a satisfying first place F65 award.



Above: First F40 Ellen Brookes receiving award

On Facebook Anita said *'To everyone who took part it is 100% about the team effort over the season, and respect/thanks to all the unsung heroes who turned out in all conditions'*. Ellen Brooks added *'There was such a lovely club feel today!'*



Above: Anita Amies accepting First F65 Award

Thanks to all the clubs across East Sussex who organized and marshalled the events throughout the season.

Below we celebrate the performances of Lewes AC runners at Pett.

Finishing position	Time	Runner name	Category
2	0:26:57	Toby Meanwell	M40
5	0:28:31	Ben Pepler	SM
6	0:29:12	Adam Vaughan	M40
7	0:29:16	Chris Coffey	SM
11	0:29:50	Vesa Lindberg	M40
18	0:30:45	Ben Hodgson	M45
22	0:31:27	Robert Cooper	M45
24	0:31:35	Richard Docwra	M45
26	0:31:49	Andrea Sansottera	SM
48	0:34:04	Ellen Brookes	F40
49	0:34:05	John Dryden	M50
51	0:34:19	Dom Doran	SM
82	0:36:59	Emma Rollings	F40
84	0:37:03	Becca Weir	SF
88	0:37:29	Dominic Osman-Allu	M55
92	0:37:57	Ian Hilder	M60
108	0:39:17	Helen Bowman	F50
109	0:39:30	David Foster	M55
119	0:40:01	Carole Walters	F60
126	0:40:43	Matthew Stainghorte	SM
137	0:41:28	Andrew Chitty	M65
140	0:41:57	Bob Hughes	M70
146	0:42:20	Andy Perris	M55

158	0:43:55	Emma Gardner	F50
168	0:45:13	Peter Miller	M50
173	0:45:39	Anita Amies	F65
191	0:47:09	Tim Monson	M60
198	0:47:39	Yan Wu	F45
200	0:47:44	Hazel Bennington	F60
209	0:49:33	Julie Deakin	F55
221	0:51:14	Emma Hodgeson	F45

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8. The Moyleman Marathon/ Half Marathon Relay

Lewes and environs 20th March 2022



After the Covid-forced absence last year the Moyleman returned. The series of annual races was launched by Ash Head and friends in 2015 in memory of Chris Moyle a local runner who died from cancer in 2009.

The race is important to Lewes AC and other locals as it starts and finishes in the town. The finish is in the heart of Lewes at the Harvey's brewery requiring a final surge along Cliffe High Street. The course is 'undulating', reaching out firstly towards Black Cap, it then follows the South Downs Way via Housedean and Kingston Hill and crosses the Ouse at Southease, which is the halfway mark. A climb up Itford Hill takes us towards Firle where the route loops back towards Glynde and past the top of the Caburn, finally bringing the runners down from the Lewes golf course into Cliffe High Street.

There are two races: the full Marathon and a relay version for pairs of runners who changeover at Southease.

The timing of the race in March means that the weather conditions can vary dramatically from year to year. Luckily the 2022 event was blessed with the closest we are likely to get to ideal running conditions and previous records were smashed. James Turner broke his own course record to come home in 2:51:35 . Second was Lewes AC's Toby Meanwell in 03:04:15. The second Lewes AC man was the Matt Reed in 9th place and 03:20:46. According to the Sussex Express this was his first marathon outing.



The first woman home was Claire Hammett in 03:39:50. The first Lewes AC woman was, we think, the legendary Fran Witt in 03:20:46 – **see left**. The reason for the doubt about Fran is that club affiliations are not given in the Moyleman results, so there could be another Lewes runner we missed. Ammonite confesses it is irritated by this lack of club affiliations or gender/age categories.

If you are interested in the detailed marathon results go to [Moyleman-2022-Results-Marathon.pdf](https://themoyleman.com/Moyleman-2022-Results-Marathon.pdf)

themoyleman.com.



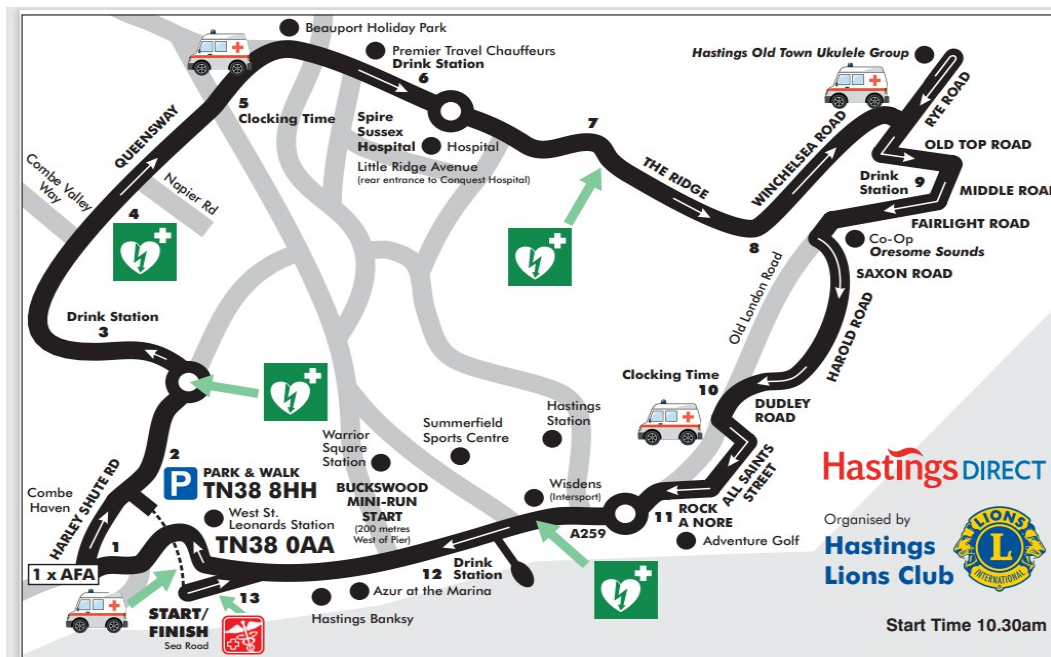
Above: Waiting for the changeover at Southease

In the relays, Adam Vaughan and Jez Davison were first in 03:01:53. This pair had the fastest split at 01:29:22. Third were the first Lewes AC 'mixed double' Lewis Sida and Ellen Brookes in 03:14:02. Also in the top five were Mike Green and Andrew McLennan who were fourth in 03:33:42 and Phil Westbury with non-club runner Stephen Winslade who were fifth in 03:37:15.

For further details of the relay performances look at [Moyleman-2022-Results-Relay.pdf](https://themoyleman.com/Moyleman-2022-Results-Relay.pdf) themoyleman.com

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9. Hastings Half Marathon 20th March 2022



At the same time as the Moyleman Marathon was happening at Lewes, some Lewes AC runners were competing in a proper road race. Hastings has a bit of a reputation for its hills, but for every incline there is a descent and for many the worst part is the flat three mile drag along the seafront at the end with the finish tantalisingly coming into sight in the distance.

Ammonite had entered this race way back in 2020 but then Covid struck and the race was cancelled and entries were held over. The Hastings Half has the distinction of being the first event in the Sussex Grand Prix competition.

Despite the clash with the Moyleman, Lewes AC had a reasonable turn-out for this event.

Position	Time	Name	Category	Chip
27	01:21:16	Vesa Lindberg	Men 45-49	01:21:15
82	01:27:19	Megan Taylor	Ladies 18-39	01:27:15
174	01:33:23	Rashaad Shabab	Men 18-39	01:33:09
211	01:36:02	Simon Carter	Men 18-39	01:35:48
421	01:45:07	Shelley Cornes	Ladies 18-39	01:44:18
622	01:50:43	Bob Hughes	Men 70-74	01:49:37
705	01:53:21	Kate Seymour	Ladies 50-54	01:52:53
827	01:57:06	Andy Perris	Men 55-59	01:56:42
1120	02:06:35	Nigel Copp	Men 50-54	02:05:03
1228	02:10:03	Anne Hagan	Ladies 65-69	02:08:33

These are the next few Sussex Grand Prix events - see <https://sussexgrandprix.co.uk/> for more details of the competition.

Race	Date	Day	Event
2	1st May 2022	Sun	Haywards Heath 10 mile
3	15th May 2022	Sun	Hastings 5
4	22nd May 2022	Sun	Horsham 10k
5	29th May 2022	Sun	Rye 10 mile
6	19th June 2022	Sun	Heathfield 10k
7	3rd July 2022	Sun	Bewl 15
8	13th July 2022	Wed	Phoenix 10k

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10. South of England Athletics Association

Southern Counties Under 17 Men 5k Road Championships

Lewes AC Under 17 Results

Position	Runner	Time
5th	Charlie Wright	16.13 [Personal Best]]
11th	Stan Pendered	16.53
12th	Archie Guppy	17.04.
13 th	Gabriel Penrose	17.07

Lewes AC Under 17 Men were **second team overall**. This shows the effectiveness of good 'packing' i.e. runners in team finishing close together

Southern Counties Senior Women 6 Stage Relay

**12 / 6 STAGE
ROAD RELAYS
INC U15 / U17
5K CHAMPS**



SUNDAY
27th MARCH 2022
AT
MILTON KEYNES
ENTRIES CLOSE TUESDAY
15th MARCH 2022
WWW.SEAA.ORG.UK

Lewes AC Senior Women came fourth out of 33 teams, behind Cambridge Harriers, Belgrave Harreirs and Aldershot Farnham & DAC, and were just 20 seconds off a medal position. Note that legs 2 and 4 were longer than the others.

Coach Dave Leach said 'Given that this is our first time at this event I think it was an amazing performance by all the Under 17 guys and Senior Women. WE MUST DO MORE OF THESE EVENTS. TODAY PROVED WE ARE MORE THAN GOOD ENOUGH'.

LEG	LEG TIME	POS	TOTAL TIME	POS	
leg1	00:17:49	11	00:17:49	11	E Navesey
leg2	00:29:23	1	00:47:12	2	H Bloor
leg3	00:18:12	6	01:05:24	2	E Proto
leg4	00:31:37	7	01:37:01	3	R Whyte-Wilding
leg5	00:18:45	5	01:55:46	3	D Knotkova-Hanley
leg6	00:18:01	5	02:13:47	4	L Keep

11 Inaugural Iford Pole Vault Games a barn-storming success

Lewes Athletics Club pole vaulters hit new heights at the inaugural Iford Pole Vault Games on Sunday March 20. Lewes pole vaulters, under the guidance of coaches Rick Pilling and David Tutton, have been training at the Iford Estate over the past winter. Estate manager Ben Taylor was kind enough to donate a grain barn with high ceiling space for the purposes of weekly sessions, where our young athletes worked assiduously to prepare themselves for the indoor season. After excellent performances in various competitions all around the country, it was time to bring the curtain down on the season with the inaugural Iford Games, staged with full approval of UK Athletics.

Officials from around the county came to oversee three pools of vaulters and a full day of competition. Liz Banner managed a team of volunteers who got the barn ready for the big day, and laid on a cake and drinks stall and a barbecue lunch for spectators who revelled in the action. Among the highlights were new PBs for most of the youngest group, including 1m83 for U13 boy Bill Scott, which earned him the coveted Iford Estates Top Performer Trophy for the athlete who most exceeded expectations on the day. Other notable marks included 2m23 for U13 girl Beth Boyes, 2m43 for U15 girl Ava Hayes and 2m43 for U15 boy Freddie Ives. These heights place our youngest vaulters among the very best in the country.



Bill and Phoebe Scott with their medals and trophy

In the second group, more outstanding vaulting ensued. U15 Girl Yuna Hadlow cleared 2m73 to underline her status as one of the top vaulters in the UK. Worthing U17 Women's vaulter Haulwen Davis made 2m93 as did her U23 team-mate Tahlya Curtis. The third pool saw notable contributions from U20 Woman Maddy Bullen with 3m23, U23 Woman Ivy Spencer with 3m43, and U20 Men Otis Schorr-Kon with 4m03 and Cameron Wells with 4m23.



Dillan Tierney, Cameron Wells and Otis Schorr-Kon with their Iford Games medals:

The day was full of fun, smiles and outstanding sporting achievement. May the competition be the first of many Iford Pole Vault Games!

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12 Event Calendar

Date	Series/sponsor	Event	Venue	Entry
2 nd April	Sussex Athletics	Sussex Road Relays	Preston Park	Look out for club emails and sign-ups
18 th April (Monday)	West Sussex Fun Run League	Lewes AC Easter Monday races	Lewes	Lewes AC Easter runs
1 st May	Sussex Grand Prix	Haywards Heath 10 miles	Haywards Heath	Mid-Sussex runs
8 th May	West Sussex Fun Run League	Hedgehoppers Five Miles	Portslade – route up towards Devils Dyke	WSFRL sign up via LAC Wiki
15 th May	Sussex Grand Prix	Hastings 5 Miles	Hastings sea front	Hastings 5
Wednesday 18 th May	West Sussex Fun Run League	Aruners Beach Run	Littlehampton West Green	WSFRL sign up via LAC Wiki
22 nd May	Sussex Grand Prix	Horsham 10k	Horsham Rugby Club	Horsham 10k entry
Wednesday 25 th May	West Sussex Fun Run League	Chichester Runners Trundle View	Opposite Goodwood Racecourse	WSFRL sign up via LAC Wiki
29 th May	Sussex Grand Prix	Rye 10 miles	Peasmarsh	Rye 10 Entry

19th June	Sussex Grand Prix	Heathfield Midsummer 10k	Heathfield	Heathfield 10k
Saturday 25th June	West Sussex Fun Run League	Burgess Hill Runners Downland Dash	Hassocks	WSFRL sign up via LAC Wiki
26 th June	Brighton Trail Weekend	Brighton Trail Marathon	Brighton	Closed
3rd July	Sussex Grand Prix	Bewl 15 miles	Wadhurst	Bewl 15
Wednesday 6th July	West Sussex Fun Run League	Steyning AC Roundhill Romp	Steyning	WSFRL sign up via LAC Wiki
10th July	West Sussex Fun Run League	Hove Hornets Hornets' Stinger	Brighton Rugby Club	WSFRL sign up via LAC Wiki
13th July	Sussex Grand Prix	Phoenix 10k	Brighton and Hove	Brighton Phoenix
24th July	West Sussex Fun Run League	Henfiel Joggers Seven Stiles	Henfield	WSFRL sign up via LAC Wiki

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

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