



## The AMMONITE

May 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. Book now for the Lewes Summer Camps](#)
- [2. The Summer of 2022: Track and Field Events at Lewes](#)
- [3. Lewes AC on the move: club executive in action.](#)
- [4. Sussex Road Relay Championships](#)
- [5. Mel's Milers 10k Christ's Hospital and South Downs Way 50 miles](#)
- [6. Lewes AC Easter 10k Fun Runs](#)
- [7. 'Visit Cayman Islands' Worthing Runfest – but other runs were available](#)
- [8. Crawley AC Graded Early Spring Open at K2](#)
- [\*\*9. Crawley AC Graded Easter Open: no eggs but seven PBs\*\*](#)
- [10. Youth Development League – Upper Age Group](#)
- [\*\*11. Event Calendar\*\*](#)

## 1. Book now for the Lewes Summer Camps

25th-28th July and 22nd-25th August



From: Sophie Bomansaan [summercamp@lewesac.co.uk](mailto:summercamp@lewesac.co.uk)

This year we are delighted to offer two Summer Camps for upper primary children who are presently in **Years 3 – 6**. Both Summer camps are four days, the first at the end of July and the second at the end of August.

There will be the opportunity to Run, Jump and Throw. Each event is coached by the club's qualified athletics coaches with the opportunity to have a go in activities such as high jump, hurdles, discus, long jump, race walking, and sprinting.

A free Summer Camp t-shirts is included for everyone.

Activities take place from 10.00am to 3.00pm each day and take place at the Lewes Athletic Track, Mountfield Road, Lewes, BN7 2XG

Costs: £75 for each Summer Camp. Go to [Summer Camp - Lewes Athletic Club \(lewesac.co.uk\)](http://Summer Camp - Lewes Athletic Club (lewesac.co.uk)) to book.

[<Return to Contents>](#)

## 2. The Summer of 2022: Track and Field Events at Lewes

Philip Westbury, track and field event coordinator, reports:

The matches to be held in Lewes are now confirmed as follows;

- Monday 23rd May (Sussex Vets)
- Sunday 12th June (Southern Athletics League)
- Sunday 26th June (YDL Upper)
- Sunday 3rd July (YDL Lower)
- Friday 15th July (Sussex U13s)
- Monday 25th July (Sussex Vets)

Currently we have a lot of the key positions filled and I've sent a request out to the officials on the database to help with field, track and timekeeping duties that will be needed on the day etc.

Like last year, it would be great to have a small team for the events to ensure they run smoothly, so it would be great to know if you are available at all to help out? Please let me know ([philip.westbury@gmail.com](mailto:philip.westbury@gmail.com)) if so and which dates would work for you.



The track and field await the Summer. Picture: Paul Gillett, Geograph

[<Return to Contents>](#)

### 3. Lewes AC on the move: club executive in action.

The Lewes AC Executive Committee met on 14<sup>th</sup> March 2022. The membership was represented by Angela Brinkhurst , David Foster (Deputy Membership Secretary), John Coleman, Julie Deakin, Peter Masters (Chair), Peter Miller (Treasurer), Richard Moore (Secretary), Rick Pilling, Toby Wolpe.

The minutes are available at [Lewes Athletic Club | Club organisation \(lewesac.co.uk\)](https://www.lewesac.co.uk/Club%20organisation) . Scroll down to 'Attached Files'.

Some items recorded at meeting were:

1. The search and recruitment of a **Volunteer Coordinator** is ongoing.
2. **Team Manages are needed** for the Women's Sussex Vets League, the Sussex Under 13 League and the Sussex Under 15 League teams.
3. The **beginners' running course** was reported as having a few vacancies. Since the meeting the course has started with a full complement. The effort which **Mark Pappenheim** had put in to organising and publicising the course was noted.
4. **John Coleman** is to take a lead on monitoring the maintenance of the track.
5. **Toby Wolpe** will take a lead and assist with coaching co-ordination. Integration of new coaches, monitoring and supervision of coaching need to be reviewed.
6. The **list of officials** supporting events, formerly maintained by Sally Brown, is to be updated by the Secretary. A new **Officials Secretary** is in the process of being recruited.
7. **First aid training** is to be provided for all coaches.
8. It was suggested that a race be named in memory of **Andrea Ingram**. Discussions on the proposal are under way.

In a previous meeting a number of parents were noted who had completed coaching assistant courses. The new coaching assistants are **Greg Locke, Natasha Fuller, Philip Westbury, Dan Stonehouse, Steve Smith, Guy Pattison, Luke Trotman, Jess Banner, and Elliott Bevan** . Thanks to Catherine Mitchell for the information.

[<Return to Contents>](#)

### 4. Sussex Road Relay Championships

Preston Park 2<sup>nd</sup> April 2022

The Sussex Road Relay Championships is a running event which is firmly associated with the change from winter to spring with cross-country races are safely behind us. It usually takes place just before Easter and often on the hour-change weekend. In recent years they have been invariably at Christs Hospital which has entailed a bit of a haul over to West Sussex but have given the races a certain traditional atmosphere. This year there was a calendar clash



which led to the event moving to Preston Park which is nearer home, has its own Edwardian charm and was the stomping ground of Steve Ovett - even if parking can be troublesome.

A crucial role of the team managers and coaches is to get our runners out. A club can have more than one team for an age category but it is tricky getting exactly the right number of qualified runners on the starting/changeover lines on the day.

Lewes AC's girls and senior women were out in force, which is a healthy sign in itself, but incidentally won silver for the race-hardened trio Grace Tuesday, Esme Stephenson and Ava James in the Under 15 Girls. This was topped by gold for the combined Women U17/U20/SW team of Emma Navesey, Emily Proto and Lizzie Keep.

### Under 13 Girls

| Pl. | Bib | Athlete         | Lap Time | Bib | Athlete     | Lap Time | Bib | Athlete          | Lap Time | Team Time  |
|-----|-----|-----------------|----------|-----|-------------|----------|-----|------------------|----------|------------|
| 7   | 68A | Emilia Singer   | 6:03     | 68B | Eliza Barry | 6:38     | 68C | Amelie Bedford   | 6:36     | 00:19:18   |
| 12  | 69B | Millie Streeter | 6:35     | 69B | Nesta Pring | 7:06     | 69C | Florence Tuesday | 6:42     | 00:20:24   |
| -   | 70A | Abi Teague      | 7:13     | 70B | N/A         |          | 70C | N/A              |          | Withdrawal |

### Under 15 Girls

| Pl. | Bib  | Athlete          | Lap Time | Bib  | Athlete         | Lap Time | Bib  | Athlete       | Lap Time | Team Time |
|-----|------|------------------|----------|------|-----------------|----------|------|---------------|----------|-----------|
| 2   | 109A | Grace Tuesday    | 5:23     | 109B | Esme Stephenson | 5:45     | 109C | Ava James     | 5:40     | 00:16:49  |
| 12  | 110A | India Somerville | 5:56     | 110B | Lara Nolan      | 6:52     | 110C | Darcy Pring   | 6:06     | 00:18:55  |
| 14  | 111A | Zoe Wright       | 6:34     | 111B | Ferne Connolly  | 6:25     | 111C | Florence Hill | 6:34     | 00:19:34  |

### Women U17/U20/SW

| Pl. | Bib  | Athlete            | Lap Time | Bib  | Athlete              | Lap Time | Bib  | Athlete          | Lap Time | Team Time |
|-----|------|--------------------|----------|------|----------------------|----------|------|------------------|----------|-----------|
| 1   | 156A | Emma Navesey       | 11:18    | 156B | Emily Proto          | 11:33    | 156C | Lizzie Keep      | 11:16    | 00:34:08  |
| 7   | 157A | Megan Taylor       | 11:49    | 157B | Lucy Richardson      | 13:28    | 157C | Izzy Coomber     | 13:19    | 00:38:36  |
| 13  | 158A | Harriet Dray [u17] | 12:50    | 158B | Mollie Barrett [u17] | 14:36    | 158C | Lucy Meyer [u17] | 13:36    | 00:41:03  |



Emma Navesey (A156) leads off for Lewes gold Senior Women



**Above : Emily Proto passes baton to Lizzie Keep on the way to gold**

Lewes AC had veteran women's teams for the F40 and F60 categories. In the F40 competition the Lewes team of Ellen Brookes, Charlotte Bennett and Emma Rollings won bronze, as did the Lewes F60 team of Anita Amies, Heather Bennington and Karin Divall.

## F40

| Pl. | Bib | Bib  | Athlete       | Lap Time | Bib  | Athlete           | Lap Time | Bib  | Athlete       | Lap Time | Team Time |
|-----|-----|------|---------------|----------|------|-------------------|----------|------|---------------|----------|-----------|
| 3   | 243 | 243A | Ellen Brookes | 12:42    | 243B | Charlotte Bennett | 14:20    | 243C | Emma Rollings | 13:50    | 00:40:53  |



**Ellen Brookes, Charlotte Bennett and Emma Rollings - V40 bronze**



## F60

| Pl. | Bib | Bib  | Athlete     | Lap Time | Bib  | Athlete          | Lap Time | Bib  | Athlete      | Lap Time | Team Time |
|-----|-----|------|-------------|----------|------|------------------|----------|------|--------------|----------|-----------|
| 3   | 266 | 266A | Anita Amies | 16:19    | 266B | Hazel Bennington | 17:05    | 266C | Karin Divall | 15:03    | 00:48:28  |

## U11B

| Pl. | Bib | Bib | Athlete        | Lap Time | Bib | Athlete   | Lap Time | Bib | Athlete              | Lap Time | Team Time |
|-----|-----|-----|----------------|----------|-----|-----------|----------|-----|----------------------|----------|-----------|
| 18  | 40  | 40A | Samuel Trotman | 6:40     | 40B | Louis Lee | 8:09     | 40C | Samuel Trotman [N/s] | 6:48     | 0:21:38   |

## U13B

| Pl. | Bib | Bib | Athlete       | Lap Time | Bib | Athlete    | Lap Time | Bib | Athlete       | Lap Time | Team Time |
|-----|-----|-----|---------------|----------|-----|------------|----------|-----|---------------|----------|-----------|
| 10  | 92  | 92A | Harrison Orme | 5:52     | 92B | Max Farley | 6:49     | 92C | Charlie Perry | 6:02     | 0:18:44   |

## U15B

| Pl. | Bib | Bib  | Athlete        | Lap Time | Bib  | Athlete     | Lap Time | Bib  | Athlete       | Lap Time | Team Time |
|-----|-----|------|----------------|----------|------|-------------|----------|------|---------------|----------|-----------|
| 11  | 129 | 129A | Issac Tarafder | 5:38     | 129B | Jack Cooley | 5:52     | 129C | Theo Tarafder | 5:33     | 0:17:04   |

## U17/U20M \*NB All Lewes AC athletes U17

| Pl | Bib | Athlete        | Lap Time | Athlete         | Lap Time | Athlete      | Lap Time | Athlete       | Lap Time | Team Time |
|----|-----|----------------|----------|-----------------|----------|--------------|----------|---------------|----------|-----------|
| 8  | 187 | Charlie Wright | 10:01    | Gabriel Penrose | 10:45    | Archie Guppy | 10:39    | Stan Pendered | 10:47    | 0:42:14   |



**Charlie Wright ran the fastest lap time by a Lewes AC runner (10.01 minutes for two miles)**

## M40

| Pl | Bib | Athlete       | Lap Time | Athlete         | Lap Time | Athlete       | Lap Time | Team Time |
|----|-----|---------------|----------|-----------------|----------|---------------|----------|-----------|
| 4  | 205 | Toby Meanwell | 10:06    | Andrew McLennan | 11:46    | Vesa Lindberg | 11:04    | 0:32:57   |



**Toby Meanwell leads the way.**

## M50

| Pl. | Bib | Athlete       | Lap Time | Athlete       | Lap Time | Athlete    | Lap Time | Team Time |
|-----|-----|---------------|----------|---------------|----------|------------|----------|-----------|
| 1   | 221 | Chris Gilbert | 11:10    | Colin Bennett | 11:22    | Lewis Sida | 11:15    | 0:33:47   |

Also 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> fastest times as individuals competitors.





### **Above: Chris Gilbert leads the way to M50 Gold**

In the case of the men's team, the M40 team of Toby Meanwell, Andrew McLennan and Vesa Lindbreg were squeezed out of a medal despite a searing lap by Toby Meanwell. The M50 team of Chris Gilbert, Colin Bennett and Lewes Sida dispelled any possible argument about the quality of their gold performance by recording the three fastest individual lap times for the age category on the day.

**Our advice to the medal winners is that if you are intending to make a habit of winning county medals put labels on them so you know which race belongs to which medal.**

[<Return to Contents>](#)

## **5. Mel's Milers 10k Christ's Hospital Sunday 3<sup>rd</sup> April 2022 and South Downs Way 50 miles**

Having won a bronze team medal at the relays in Preston Park on Saturday, on Sunday Karin Divall completed a 49:26 10k road race at Christ's Hospital where the relays are normally held. She was the 15<sup>th</sup> woman to finish out of 180 female runners and 3<sup>rd</sup> in the F60 category.

In the following weekend on, four intrepid Lewes AC runners took on the challenge of the South Downs Way 50 Miles.

### **Lewes AC's South Downs Way 50 finishers 9<sup>th</sup> April 2022**

| Name           | Gender | C/Pos | G/Pos | Time     |
|----------------|--------|-------|-------|----------|
| Alex Sawbridge | M      | 5     | 10    | 07:11:27 |
| Robert Gerardo | M      | 23    | 44    | 08:25:34 |
| Mark Cage      | M      | 14    | 96    | 09:21:29 |
| Colin Hartland | M      | 14    | 255   | 12:36:05 |

Respect!

**We have no results for the Brighton Marathon Weekend for technical reasons.**

[<Return to Contents>](#)



## **6. Lewes AC Easter 10k Fun Runs**

### **Easter Monday 18<sup>th</sup> April 2022**

The weather was if anything a little on the warm side, which was a change from some years. This undoubtedly contributed to what was generally agreed to be a successful event organized with flare by Julie Deakin. A major innovation this year was the introduction of chip timing for the 10k race.

Readers of the last newsletter may recall concern about the poor condition of some the roads the race used but this was

magically addressed. The Ammonite understands that Ben Taylor of the Iford Estate was instrumental in the work.

The junior Mile Race took place first. The results for Lewes AC runners are:

| Position | Time | Runner |           | M/F |
|----------|------|--------|-----------|-----|
| 2        | 5:49 | Luca   | D'arienzo | M   |
| 9        | 6:27 | Max    | Farley    | M   |
| 12       | 6:52 | Beth   | Boyes     | F   |
| 13       | 7:02 | George | Hodgson   | M   |
| 17       | 7:40 | Harry  | Hodgson   | M   |
| 21       | 8:31 | Anna   | Westbury  | F   |

There are some pretty impressive times there!



The main event of the Fun Runs in terms of number of participants was the 10k race which is part of the West Sussex Fun Run League and thus attracted participants from many local clubs. There were 422 competitors of which 34 were Lewes AC runners.

The scoring system is that each club scores one point for each participant from their club up to a maximum of 25. Lewes AC scored the maximum of 25 for this element. The first ten runners for each club also get 10 points for each runner in the first 10% of finishers, 9 for those in the second 10% and so on down to 1 for the bottom 10%. The maximum that a team can score altogether is  $25 + (10 \times 10)$  or 125 points.

The 122 that Lewes AC scored is thus very close to the maximum. The club has not been doing so well in the West Sussex competition so far so we hope this is the start of a resurgence.

Here are the Lewes AC results:

| Pos | Gun Time | Chip Time | Athlete  | SurName     | Category | CatPos | GenPos |
|-----|----------|-----------|----------|-------------|----------|--------|--------|
| 2   | 00:35:49 | 00:35:49  | Toby     | Meanwell    | M Vet 40 | 1      | 2      |
| 4   | 00:36:39 | 00:36:38  | Ben      | Pepler      | Senior M | 2      | 4      |
| 6   | 00:38:03 | 00:38:01  | Chris    | Gilbert     | M Vet 50 | 1      | 6      |
| 8   | 00:38:09 | 00:38:07  | Chris    | Coffey      | Senior M | 5      | 8      |
| 9   | 00:38:16 | 00:38:16  | Adam     | Vaughan     | M Vet 40 | 2      | 9      |
| 25  | 00:41:07 | 00:41:05  | Colin    | Bennett     | M Vet 55 | 3      | 24     |
| 28  | 00:41:17 | 00:41:14  | Ben      | Hodgson     | M Vet 45 | 3      | 27     |
| 54  | 00:44:43 | 00:44:41  | Matt     | Reed        | Senior M | 13     | 51     |
| 55  | 00:44:43 | 00:44:42  | Martin   | Ratcliffe   | Senior M | 14     | 52     |
| 56  | 00:44:45 | 00:44:43  | Charlie  | Critchley   | Senior M | 15     | 53     |
| 81  | 00:46:24 | 00:46:13  | Benedict | Burgess     | Senior M | 21     | 75     |
| 85  | 00:46:34 | 00:46:31  | Tamsyn   | D'ARIENZO   | F Vet 40 | 2      | 7      |
| 88  | 00:46:38 | 00:46:18  | Rob      | Stanway     | M Vet 50 | 4      | 79     |
| 98  | 00:47:10 | 00:47:01  | Gina     | Wilkinson   | Senior F | 3      | 13     |
| 112 | 00:48:13 | 00:47:53  | Dominic  | Osman-Allu  | M Vet 55 | 15     | 96     |
| 125 | 00:49:02 | 00:48:42  | Carl     | Dowling     | M Vet 50 | 10     | 107    |
| 142 | 00:49:56 | 00:49:53  | Matt     | Stainthorpe | Senior M | 27     | 119    |
| 145 | 00:50:04 | 00:49:30  | Andrew   | Chitty      | M Vet 65 | 3      | 121    |
| 176 | 00:52:20 | 00:52:09  | Beth     | Hancock     | Senior F | 10     | 35     |
| 199 | 00:54:13 | 00:53:50  | Karen    | Morse       | F Vet 45 | 4      | 46     |
| 201 | 00:54:23 | 00:53:47  | Jill     | Vaughan     | F Vet 45 | 5      | 48     |
| 202 | 00:54:24 | 00:54:12  | Emily    | Murray      | F Vet 35 | 6      | 49     |
| 219 | 00:55:25 | 00:55:00  | Andy     | Perris      | M Vet 55 | 28     | 164    |
| 231 | 00:56:08 | 00:55:36  | Mark     | Pappenheim  | M Vet 65 | 7      | 170    |
| 251 | 00:57:33 | 00:57:21  | Hugh     | StJohn      | M Vet 70 | 6      | 182    |
| 254 | 00:57:57 | 00:57:30  | Fran     | Witt        | F Vet 55 | 9      | 71     |
| 286 | 00:59:56 | 00:59:20  | Jane     | Disney      | F Vet 50 | 15     | 88     |
| 287 | 00:59:56 | 00:59:20  | Jane     | Taylor      | F Vet 45 | 11     | 89     |
| 304 | 01:01:08 | 01:00:43  | Hazel    | Bennington  | F Vet 60 | 10     | 102    |
| 307 | 01:01:36 | 01:01:13  | Lauren   | Morse       | Senior F | 23     | 104    |
| 331 | 01:03:44 | 01:03:28  | Joyce    | Blundell    | F Vet 50 | 22     | 121    |
| 337 | 01:04:42 | 01:04:00  | Alex     | Chitty      | Senior F | 26     | 125    |
| 342 | 01:05:42 | 01:05:06  | Emma     | Hodgson     | F Vet 45 | 19     | 129    |
| 379 | 01:10:36 | 01:09:59  | Helen    | Pattison    | F Vet 40 | 18     | 154    |

And here is a list of the event delivery team members who made it all possible:

#### **Race Director**

Julie Deakin

#### **10k Course setting**

Dominic Osman-Allu

#### **Setting up and helping with everything**

Sally Norris

#### **1 mile course setting and general setting up**

Peter Masters

John Coleman

#### **Sweeper**

Gregg Bright



**Car parking**

Rob Stanway  
Laura Dowson  
Ben Hodgson  
Kate Seymour

**Registration**

Jane Holford

**Amendments and junior results**

Emma Gardner

**Water**

Jane Holford  
Yan Wu  
Carole Waters  
Jo Buckley

**Junior race**

Karin Duval  
Simon Cooley  
Jack Cooley  
Laura Dowson  
Sasha Pyatt

Yan Wu  
Carole Waters  
Jo Buckley  
Mark Pappenheim

**Junior timing and results**

Philip Westbury

**Course marshals**

David Prince-Iles  
Alex Sutton  
Ruth Wray  
Paula Smith  
Peter Miller  
Geof Watson  
Elizabeth Hilton  
Don Faulkner  
Richard Moore  
Bob Hughes  
Clare Weston  
Helen Bowman  
Helen Sida  
Ellen Brooks  
Peter Callifas

**Looking ahead**

The next West Sussex Fun Run League is the Portslade **Hedgehoppers 5 mile** race on **Sunday 8<sup>th</sup> May** but the deadline for entries for that has passed. The unique **Aruners Beach Run** on the evening of **Wednesday 18<sup>th</sup> May** at Littlehampton is not to be missed – **entries need to be in by 11<sup>th</sup> May**.

To enter:

- (1) Go to [LoveAdmin](#) and sign in to your account.
- (2) Go to 'Events' and click on the event you want to enter
- (3) Follow the instructions and pay

When you enter, please also add your name to the table on the [wsfrl signup and lift share](#) page, so that we can let each other know who will be coming

[\*\*<Return to Contents>\*\*](#)

## 7. Visit Cayman Islands Worthing Runfest – but other runs were available

Sunday 24<sup>th</sup> April 2022

### Half Marathon

Toby Meanwell received a cup as overall 2<sup>nd</sup> male runner, while Ellen Brookes was first in the F40-44 category.



| Position | Bib  | Runner         | Time     | Age Cat | Age Cat Position | Female / Male | F/M Position |
|----------|------|----------------|----------|---------|------------------|---------------|--------------|
| 2        | 2126 | Toby Meanwell  | 01:13:52 | 40-44   | 2                | Male          | 2            |
| 84       | 924  | Ellen Brookes  | 01:30:25 | 40-44   | 1                | Female        | 4            |
| 95       | 2252 | Rashaad Shabab | 01:32:35 | 35-39   | 18               | Male          | 90           |
| 187      | 1909 | Carl Sykes     | 01:39:45 | 55-59   | 7                | Male          | 166          |

### 10k Road Race

Rob was second in M50-54 category.

| Position | Runner      | Time     | Age Cat | Age Cat Position | Female / Male | F/M Position |
|----------|-------------|----------|---------|------------------|---------------|--------------|
| 52       | Rob Stanway | 00:43:12 | 50-54   | 2                | Male          | 43           |

**Patching Bluebell Trail Run 10 miles**  
**Sunday 24 April 2022**

| Position | Time    | Runner                      | Category    | Club     |
|----------|---------|-----------------------------|-------------|----------|
| 74       | 1:26:05 | <a href="#">Anita Amies</a> | (F) Vintage | Lewes AC |

**Patching Bluebell Trail Run 10 km**

| Position | Time  | Runner                           | Category          | Club             |
|----------|-------|----------------------------------|-------------------|------------------|
| 48       | 52:46 | <a href="#">Karin Divall</a>     | (F) Vintage       | Lewes AC         |
| 92       | 59:54 | <a href="#">Beverly Sheridan</a> | (F) Vintage       | Seaford Striders |
| 93       | 59:55 | <a href="#">Colin Bennett</a>    | (M) Super Veteran | Lewes AC         |

**Lewes AC's runners' places at Rathfinny Half Marathon 24th April 2022**

| Position | Gun time | Chip Time | Runner           | Category      |
|----------|----------|-----------|------------------|---------------|
| 12       | 01:54:21 | 01:54:14  | Tamsyn D'Arienzo | Female Vet 40 |
| 58       | 02:36:22 | 02:36:10  | Colin Hartland   | Male Vet 60   |
| 59       | 02:37:42 | 02:37:30  | Mark Pappenheim  | Male Vet 65   |
| 63       | 02:38:53 | 02:38:42  | Anne Hagan       | Female Vet 65 |

Note that the Rathfinny event was held at a vineyard, but no Lewes runner was described as 'vintage'.

[\*\*<Return to Contents>\*\*](#)



## 8. Crawley AC Graded Early Spring Open at K2

3<sup>rd</sup> April 2022

This was an opportunity to set performance benchmarks for the new track season as first Season Bests of the year were recorded.



|                 |             |  |                                 |           |  |           |   |                     |
|-----------------|-------------|--|---------------------------------|-----------|--|-----------|---|---------------------|
| <b>75 SX 6</b>  |             |  |                                 |           |  |           |   |                     |
| <b>Pos</b>      | <b>Perf</b> |  | <b>Name</b>                     |           |  | <b>AG</b> |   | <b>SB</b> <b>PB</b> |
| 4               | 11.15       |  | Maya Bray                       | <b>PB</b> |  | U13       | W | 11.15 11.15         |
| <b>150 SX 2</b> |             |  |                                 |           |  |           |   |                     |
| <b>Pos</b>      | <b>Perf</b> |  | <b>Name</b>                     |           |  | <b>AG</b> |   | <b>SB</b> <b>PB</b> |
| 2               | 19.27       |  | Livvy Connor                    | <b>PB</b> |  | SEN       | W | 19.27 19.27         |
| 7               | 20.34       |  | Chloe Kornevall                 | <b>SB</b> |  | U20       | W | 20.34 19.75         |
| <b>150 SX 3</b> |             |  |                                 |           |  |           |   |                     |
| <b>Pos</b>      | <b>Perf</b> |  | <b>Name</b>                     |           |  | <b>AG</b> |   | <b>SB</b> <b>PB</b> |
| 8               | 20.79       |  | Rosie Kornevall                 | <b>SB</b> |  | U17       | W | 20.79 20.2          |
| <b>150 SX 4</b> |             |  |                                 |           |  |           |   |                     |
| <b>Pos</b>      | <b>Perf</b> |  | <b>Name</b>                     |           |  | <b>AG</b> |   | <b>SB</b> <b>PB</b> |
| 7               | 21.77       |  | Zoe Wright                      | <b>PB</b> |  | U17       | W | 21.77 21.77         |
| <b>300 SX 2</b> |             |  |                                 |           |  |           |   |                     |
| <b>Pos</b>      | <b>Perf</b> |  | <b>Name</b>                     |           |  | <b>AG</b> |   | <b>SB</b> <b>PB</b> |
| 6               | 43.79       |  | Chloe Kornevall                 | <b>SB</b> |  | U20       | W | 43.79 41.28         |
| <b>300 SX 3</b> |             |  |                                 |           |  |           |   |                     |
| <b>Pos</b>      | <b>Perf</b> |  | <b>Name</b>                     |           |  | <b>AG</b> |   | <b>SB</b> <b>PB</b> |
| 8               | 46.16       |  | <a href="#">Rosie Kornevall</a> |           |  | U17       | W | 45.76 43.79         |
| <b>300 SX 4</b> |             |  |                                 |           |  |           |   |                     |
| <b>Pos</b>      | <b>Perf</b> |  | <b>Name</b>                     |           |  | <b>AG</b> |   | <b>SB</b> <b>PB</b> |

|                  |             |     |                |    |  |           |   |           |           |
|------------------|-------------|-----|----------------|----|--|-----------|---|-----------|-----------|
| 3                | 46.79       |     | Zoe Wright     | PB |  | U17       | W | 46.65     | 46.65     |
| 4                | 46.99       |     | Emilia Singer  | PB |  | U15       | W | 46.99     | 46.99     |
| <b>1500 SX 1</b> |             |     |                |    |  |           |   |           |           |
| <b>Pos</b>       | <b>Perf</b> |     | <b>Name</b>    |    |  | <b>AG</b> |   | <b>SB</b> | <b>PB</b> |
| 3                | 4:18.26     |     | Stan Pendered  | PB |  | U20       | M | 4:18.26   | 4:18.26   |
| 4                | 4:24.39     |     | Aiden Briffett | SB |  | SEN       | M | 4:24.39   | 4:21.33   |
| <b>1500 SX 3</b> |             |     |                |    |  |           |   |           |           |
| <b>Pos</b>       | <b>Perf</b> |     | <b>Name</b>    |    |  | <b>AG</b> |   | <b>SB</b> | <b>PB</b> |
| 6                | 5:23.97     |     | Emilia Singer  | PB |  | U15       | W | 5:23.97   | 5:23.97   |
| <b>LJ SX B</b>   |             |     |                |    |  |           |   |           |           |
| <b>Pos</b>       | <b>Perf</b> |     | <b>Name</b>    |    |  | <b>AG</b> |   | <b>SB</b> | <b>PB</b> |
| 2                | 3.97        | 1.9 | Maya Bray      | PB |  | U13       | W | 3.97      | 3.97      |
| 6                | 3.63        | 1.5 | Milo Hilborne  | PB |  | U13       | M | 3.63      | 3.63      |

[<Return to Contents>](#)

## 9. Crawley AC Graded Easter Open: no eggs but seven PBs

K2 18<sup>th</sup> April 2022



Rowan Pearson's 50.45 in the 400 metres was a great start to the season as it took over half a second off his PB and made him currently 2<sup>nd</sup> in the Run Britain Rankings for his age group.

In the 800 metres Grace Tuesday's time of 2.13.44 in an amazing run took 4 seconds off her PB and made her first in the national rankings for her age group. At the same distance Ava James took 2.23.14 taking 7 seconds off her PB, while Darcy Pingle took 8 seconds off her PB.

In the 3000 m race Isaac Tarafder (10:50.53), Theo Tarafder (10:57.20) and Esme Stephenson (11:05.58) all smashed their PBs

|                  |             |      |                              |    |           |   |             |           |           |
|------------------|-------------|------|------------------------------|----|-----------|---|-------------|-----------|-----------|
| <b>75 U15X 1</b> |             |      |                              |    |           |   |             |           |           |
| <b>Pos</b>       | <b>Perf</b> |      | <b>Name</b>                  |    | <b>AG</b> |   | <b>Year</b> | <b>SB</b> | <b>PB</b> |
| 6                | 11.73       | -0.1 | <a href="#">Maria Breeze</a> | PB | U15       | W | 1           | 11.73     | 11.73     |

| <b>100 SX 6</b>  |          |      |                       |    |     |   |      |          |          |
|------------------|----------|------|-----------------------|----|-----|---|------|----------|----------|
| Pos              | Perf     |      | Name                  |    | AG  |   | Year | SB       | PB       |
| 7                | 15.00    | -0.8 | Maria Breeze          | PB | U15 | W |      | 15.00    | 15.00    |
| <b>200 SX 4</b>  |          |      |                       |    |     |   |      |          |          |
| Pos              | Perf     |      | Name                  |    | AG  |   | Year | SB       | PB       |
| 6                | 28.99    | -0.6 | Rosie Kornevall       |    | U17 | W |      | 28.37    | 27.5     |
| <b>200 SX 6</b>  |          |      |                       |    |     |   |      |          |          |
| Pos              | Perf     |      | Name                  |    | AG  |   | Year | SB       | PB       |
| 4                | 29.74    | -0.9 | Zoe Wright            |    | U17 | W |      | 29.05    | 28.92    |
| <b>300 SX 2</b>  |          |      |                       |    |     |   |      |          |          |
| Pos              | Perf     |      | Name                  |    | AG  |   | Year | SB       | PB       |
| 1                | 45.76    |      | Rosie Kornevall       | SB | U17 | W |      | 45.76    | 43.79    |
| 5                | 46.65    |      | Zoe Wright            | PB | U17 | W |      | 46.65    | 46.65    |
| 6                | 47.15    |      | Emilia Singer         |    | U15 | W |      | 46.99    | 46.99    |
| <b>400 SX 1</b>  |          |      |                       |    |     |   |      |          |          |
| Pos              | Perf     |      | Name                  |    | AG  |   | Year | SB       | PB       |
| 2                | 50.45    |      | Rowan Pearson         | PB | U17 | M |      | 50.45    | 50.45    |
| <b>800 SX 3</b>  |          |      |                       |    |     |   |      |          |          |
| Pos              | Perf     |      | Name                  |    | AG  |   | Year | SB       | PB       |
| 5                | 2:13.44  |      | Grace Tuesday         | PB | U15 | W |      | 2:13.44  | 2:13.44  |
| <b>800 SX 6</b>  |          |      |                       |    |     |   |      |          |          |
| Pos              | Perf     |      | Name                  |    | AG  |   | Year | SB       | PB       |
| 2                | 2:23.14  |      | Ava James             | PB | U15 | W |      | 2:23.14  | 2:23.14  |
| <b>800 SX 7</b>  |          |      |                       |    |     |   |      |          |          |
| Pos              | Perf     |      | Name                  |    | AG  |   | Year | SB       | PB       |
| 7                | 2:32.58  |      | Darcy Pring           | PB | U17 | W |      | 2:32.24  | 2:32.24  |
| <b>3000 SX 1</b> |          |      |                       |    |     |   |      |          |          |
| Pos              | Perf     |      | Name                  |    | AG  |   | Year | SB       | PB       |
| 6                | 9:44.23  |      | Stan Pendered         | SB | U20 | M |      | 9:44.23  | 9:34.94  |
| 7                | 9:49.75  |      | Charlie Wright        | SB | U17 | M |      | 9:49.75  | 9:38.96  |
| <b>3000 SX 2</b> |          |      |                       |    |     |   |      |          |          |
| Pos              | Perf     |      | Name                  |    | AG  |   | Year | SB       | PB       |
| 6                | 10:31.22 |      | Darja Knotkova-Hanley | SB | U23 | W |      | 10:31.22 | 10:25.77 |

[<Return to Contents>](#)

## 9. Youth Development League – Upper Age Group

24<sup>th</sup> April 2022

**Sutcliffe Park Sports Centre, Eltham, Kidbrooke Road, London SE9**

This year Lewes AC's Upper Age Group for Under 20 and Under 17 athletes was amalgamated with Eastbourne Rovers AC and East Grinstead teams to form Team Sussex.

Last year our competitor clubs had all been in Sussex, but now our Division consists of a larger number of teams more widely spread across south-east England: Bexley AC, Cambridge Harriers, Dartford Harriers, Hern Hill Harriers. Holland Sports & Reigate, Medway & Maidstone and Victoria Heathside Highgate. The last three teams are in the list are, like Team Sussex, composite teams consisting of athletes from more than one group.



In the first event of the season the overall team standings at the end of the day were:

| Posn | Team Name                     | Points       | Match Points |
|------|-------------------------------|--------------|--------------|
| 1    | Medway & Maidstone AC         | 685.5        | 8            |
| 2    | Cambridge Harriers (Kent)     | 673.0        | 7            |
| 3    | Herne Hill Harriers           | 521.0        | 6            |
| 4    | Dartford Harriers AC          | 519.0        | 5            |
| 5    | <b>Team Sussex ©</b>          | <b>389.0</b> | <b>4</b>     |
| 6    | Bexley AC                     | 385.5        | 3            |
| 7    | Holland Sports + Reigate ©    | 246.0        | 2            |
| 8    | Victoria Heathside Highgate © | 223.0        | 1            |

This is an encouraging but not overwhelming position. The experience of previous years is that team performances can vary dramatically from match to match. The final league positions are worked out from the totals of *match* points so a large difference between the raw points for teams is not necessarily invincible. The match on **Sunday 26th June is at Lewes** and home advantage can make a massive difference. As someone once said the first step in athletics success is to turn up.

Below are the Lewes AC performances

#### 100 U20M A

| Pos | Perf  |     | Name        | SB/PB     | AG  | SB    | PB    |
|-----|-------|-----|-------------|-----------|-----|-------|-------|
| 7   | 11.71 | 0.5 | Jack Palmer | <b>SB</b> | U20 | 11.71 | 11.27 |

#### 100 U20M ns

| Pos | Perf  |     | Name        | SB/PB     | AG  | SB    | PB   |
|-----|-------|-----|-------------|-----------|-----|-------|------|
| 3   | 11.96 | 1.2 | Adam Lawson | <b>SB</b> | U20 | 11.96 | 11.9 |

#### 200 U20M A

| Pos | Perf  |     | Name        | SB/PB     | AG  | SB    | PB    |
|-----|-------|-----|-------------|-----------|-----|-------|-------|
| 7   | 23.80 | 1.7 | Jack Palmer | <b>SB</b> | U20 | 23.80 | 23.31 |

#### 200 U17M A

| Pos | Perf  |     | Name          | SB/PB     | AG  | SB    | PB    |
|-----|-------|-----|---------------|-----------|-----|-------|-------|
| 2   | 23.41 | 2.0 | Rowan Pearson | <b>PB</b> | U17 | 23.41 | 23.41 |

#### 200 U17M ns

| Pos | Perf  |       | Name               | SB/PB     | AG   | SB     | PB    |
|-----|-------|-------|--------------------|-----------|------|--------|-------|
| 5   | 26.76 | w 2.6 | Christopher Warner | <b>PB</b> | U17M | 226.76 | 26.76 |

#### 200 U20W A

| Pos | Perf  |     | Name            | SB/PB | AG  | SB    | PB   |
|-----|-------|-----|-----------------|-------|-----|-------|------|
| 5   | 26.96 | 1.1 | Chloe Kornevall |       | U20 | 26.70 | 26.1 |

#### 200 U17W A

| Pos | Perf  |       | Name            | SB/PB     | AG  | SB    | PB   |
|-----|-------|-------|-----------------|-----------|-----|-------|------|
| 5   | 28.37 | w 3.2 | Rosie Kornevall | <b>SB</b> | U17 | 28.37 | 27.5 |

#### 200 U17W B

| Pos | Perf  |       | Name       | SB/PB     | AG  | SB    | PB    |
|-----|-------|-------|------------|-----------|-----|-------|-------|
| 4   | 29.05 | w 3.5 | Zoe Wright | <b>SB</b> | U17 | 29.05 | 28.92 |

#### 300 U17W A

| Pos | Perf  |  | Name            | SB/PB | AG  | SB    | PB    |
|-----|-------|--|-----------------|-------|-----|-------|-------|
| 2   | 46.79 |  | Rosie Kornevall |       | U17 | 45.76 | 43.79 |

#### 300 U17W B

| Pos | Perf  | Name       | SB/PB | AG  | SB    | PB    |
|-----|-------|------------|-------|-----|-------|-------|
| 4   | 48.25 | Zoe Wright |       | U17 | 46.65 | 46.65 |

#### 400 U17M A

| Pos | Perf  | Name          | SB/PB | AG  | SB    | PB    |
|-----|-------|---------------|-------|-----|-------|-------|
| 1   | 51.93 | Rowan Pearson |       | U17 | 50.45 | 50.45 |

#### 400 U20W A

| Pos | Perf  | Name            | SB/PB     | AG  | SB    | PB    |
|-----|-------|-----------------|-----------|-----|-------|-------|
| 2   | 61.76 | Chloe Kornevall | <b>SB</b> | U20 | 61.76 | 59.16 |

#### 800 U20W B

| Pos | Perf    | Name         | SB/PB     | AG  | SB      | PB      |
|-----|---------|--------------|-----------|-----|---------|---------|
| 2   | 2:42.16 | Harriet Dray | <b>SB</b> | U20 | 2:42.16 | 2:25.98 |

#### 800 U17W A

| Pos | Perf    | Name        | SB/PB     | AG  | SB      | PB      |
|-----|---------|-------------|-----------|-----|---------|---------|
| 5   | 2:32.24 | Darcy Pring | <b>PB</b> | U17 | 2:32.24 | 2:32.24 |

#### 800 U17W B

| Pos | Perf    | Name       | SB/PB     | AG  | SB      | PB      |
|-----|---------|------------|-----------|-----|---------|---------|
| 5   | 2:52.55 | Lara Nolan | <b>PB</b> | U17 | 2:52.55 | 2:52.55 |

#### 4x100 U20M

| Pos | Perf  | Name     | SB/PB | AG  | SB | PB |
|-----|-------|----------|-------|-----|----|----|
| 2   | 47.28 | T Sussex |       | U20 |    |    |

Runners: Adam LAWSON (U20), James STEPHEN (U20), Dylan BRUDENELL (U20), Jack PALMER (U20)

#### 4x100 U17M

| Pos | Perf  | Name     | SB/PB | AG  | SB | PB |
|-----|-------|----------|-------|-----|----|----|
| 5   | 50.38 | T Sussex |       | U17 |    |    |

Runners: Albert HOLROYD (U17), Jason SULLIVAN (U17), Oliver STRANGE (U17), Christopher WARNER (U17)

#### 4x100 U20W

| Pos | Perf  | Name     | SB/PB | AG  | SB | PB |
|-----|-------|----------|-------|-----|----|----|
| 3   | 53.80 | T Sussex |       | U20 |    |    |

Runners: Rebekah TYLER (U20), Rosie KORNEVALL (U17), Chloe KORNEVALL (U20), Sophie HUTCHISON (U20)

#### 4x100 U17W

| Pos | Perf  | Name     | SB/PB | AG  | SB | PB |
|-----|-------|----------|-------|-----|----|----|
| 6   | 57.21 | T Sussex |       | U17 |    |    |

Runners: Zoe WRIGHT (U17), Lara NOLAN (U17), Isabelle CHAPPELL (U17), Rosie KORNEVALL (U17)

#### HJ U20M A

| Pos | Perf | Name            | SB/PB     | AG  | SB   | PB   |
|-----|------|-----------------|-----------|-----|------|------|
| 2   | 1.50 | Otis Schorr-Kon | <b>PB</b> | U20 | 1.50 | 1.50 |

#### PV U20M A

| Pos | Perf | Name            | SB/PB | AG  | SB   | PB   |
|-----|------|-----------------|-------|-----|------|------|
| 2   | 3.40 | Otis Schorr-Kon |       | U20 | 4.10 | 4.10 |

#### PV U20W A

| Pos | Perf | Name          | SB/PB | AG  | SB   | PB   |
|-----|------|---------------|-------|-----|------|------|
| 1   | 3.20 | Emilie Oakden |       | U20 | 3.50 | 3.62 |

#### PV U20W ns

| Pos | Perf | Name            | SB/PB | AG  | SB   | PB   |
|-----|------|-----------------|-------|-----|------|------|
| 1   | 3.20 | Maddy Bullen    |       | U20 | 3.25 | 3.25 |
| 2   | 3.05 | Amelia Hatchard |       | U20 | 3.13 | 3.50 |

#### PV U17W A

| Pos | Perf | Name            | SB/PB     | AG  | SB   | PB   |
|-----|------|-----------------|-----------|-----|------|------|
| 1   | 2.90 | Amalie S Jarman | <b>PB</b> | U17 | 2.90 | 2.90 |

### LJ U20M A

| Pos | Perf | Name        | SB/PB     | AG  | SB   | PB   |
|-----|------|-------------|-----------|-----|------|------|
| 4   | 5.43 | Jack Palmer | <b>PB</b> | U20 | 5.43 | 5.43 |

### LJ U20W B

| Pos | Perf | Name         | SB/PB     | AG  | SB   | PB   |
|-----|------|--------------|-----------|-----|------|------|
| 2   | 4.69 | Maddy Bullen | <b>PB</b> | U20 | 4.69 | 4.69 |

### SP6K U20M A

| Pos | Perf | Name        | SB/PB     | AG  | SB   | PB   |
|-----|------|-------------|-----------|-----|------|------|
| 5   | 7.48 | Adam Lawson | <b>PB</b> | U20 | 7.48 | 7.48 |

### HT3K U17W A

| Pos | Perf  | Name       | SB/PB     | AG  | SB    | PB    |
|-----|-------|------------|-----------|-----|-------|-------|
| 1   | 30.30 | Jia Atkins | <b>PB</b> | U17 | 30.30 | 30.30 |



This photo comes from Vicky McNeil who writes 'The Lewes AC girls are Zoe Wright, Rosie Kornevall and Chloe Kornevall (Rosie and Chloe are my daughters)... it's good to be back at the track for the YDL season again, and for me, it was a first, as my 2 daughters were finally able to run in the same relay team after all these years of being in different competitions, Rosie being a first year under 17 and Chloe a 3rd year under 20.'

[<Return to Contents>](#)

## 11. Event Calendar

|                      |                     |                   |                          |                            |
|----------------------|---------------------|-------------------|--------------------------|----------------------------|
| 15 <sup>th</sup> May | Sussex Grand Prix   | Hastings 5 Miles  | Hastings sea front       | <a href="#">Hastings 5</a> |
| Wednesday 18th May   | West Sussex Fun Run | Aruners Beach Run | Littlehampton West Green | WSFRL sign up via LAC Wiki |



|                                 |                            |                                    |                              |                                   |
|---------------------------------|----------------------------|------------------------------------|------------------------------|-----------------------------------|
|                                 | League                     |                                    |                              |                                   |
| 22nd May                        | Sussex Grand Prix          | Horsham 10k                        | Horsham Rugby Club           | <a href="#">Horsham 10k entry</a> |
| Monday 23 <sup>rd</sup> May     | Sussex Master League       | 1 <sup>st</sup> Meet               | Lewes AC                     |                                   |
| Wednesday 25th May              | West Sussex Fun Run League | Chichester Runners Trundle View    | Opposite Goodwood Racecourse | WSFRL sign up via LAC Wiki        |
| 29th May                        | Sussex Grand Prix          | Rye 10 miles                       | Peasmarsh                    | <a href="#">Rye 10 Entry</a>      |
| Wednesday 13 <sup>th</sup> June | Sussex Masters League      | 2 <sup>nd</sup> Meeting            | Eastbourne                   |                                   |
| 19th June                       | Sussex Grand Prix          | Heathfield Midsummer 10k           | Heathfield                   | <a href="#">Heathfield 10k</a>    |
| Saturday 25th June              | West Sussex Fun Run League | Burgess Hill Runners Downland Dash | Hassocks                     | WSFRL sign up via LAC Wiki        |
| 26 <sup>th</sup> June           | Brighton Trail Weekend     | Brighton Trail Marathon            | Brighton                     | Closed                            |
| 3rd July                        | Sussex Grand Prix          | Bewl 15 miles                      | Wadhurst                     | <a href="#">Bewl 15</a>           |
| 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            | <a href="#">Brighton Phoenix</a>  |
| 24th July                       | West Sussex Fun Run League | Henfield Joggers Seven Stiles      | Henfield                     | WSFRL sign up via LAC Wiki        |
| Monday 25th July                | Sussex Masters League      | 3rd meeting                        | Lewes AC                     |                                   |

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

[\*\*<Return to Contents>\*\*](#)