

Lewes Athletic Club Newsletter



The AMMONITE

June 2022

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

Becca Weir hailed originally from Cumbria, but discovered running the South Downs with Lewes AC in the aftermath of lockdown. Now relocated back to Cumbria she is now our Northern Correspondent. Read her report!

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1. Now is the month of maying, when runners go a-racing ... particularly on the 8th...

The Mid Sussex East Grinstead 10 Mile 2022 30th April

Pos	Gun Time	Chip Time	Name	Category	Gen. Pos	Cat. Pos
46	01:22:06	01:22:02	Emma Rollings	FV40	4	1
60	01:25:07	01:25:02	Carole Walters	FV60	10	1

This was the first event in the Mid Sussex Marathon Weekend – see below

Haywards Heath Mid Sussex 10 Miles 1st May 2022

This race was part of the Mid Sussex Marathon Weekend. The idea is that you can run the East Grinstead 10 miles on Saturday 30th April, then the Haywards Heath 10 miles on the Sunday and the Burgess Hill 10 km race on the May Bank Holiday Monday. The three races together add up to about the 26 odd miles of a marathon, but spread over three days.

Pos	Gun Time	Chip Time	Name	Category	Gen. Pos	Cat. Pos
250	01:48:22	01:47:59	Anne Hagan	FV65	95	1
58	01:15:41	01:15:33	Rob Stanway	MV55	51	7

The race was also the second in the Sussex Grand Prix series of road races.

Runners started on South Road High Street before entering Victoria Park to complete two course loops covering roads, paths, trails and footpaths in and around Haywards Heath. Much of the route was off-road and mainly traffic free.

We see below how the 8th May was a popular day for race organizers to have their events.

Gatwick Half Marathon 8th May 2022

Gatwick 10k 8th May 2022



Pos	Name	Time	Net Time	Category	Cat	Net Cat	Gen Pos	Pos
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					Pos	Pos		
2	Toby MEANWELL	01:14:47	01:14:43	MV40	2	2	2	2
5	Chris GILBERT	01:20:09	01:20:04	MV50	1	1	5	5
9	Adam VAUGHAN	01:21:20	01:21:15	MV40	6	6	8	8
78	Philip WESTBURY	01:33:04	01:32:40	MV40	36	35	70	69
101	Ellen BROOKES	01:35:28	01:35:04	FV40	7	7	10	10
140	Rebecca WALTER	01:38:37	01:38:13	FS	5	5	15	15
175	Ian FINES	01:41:04	01:39:57	MV50	29	29	156	156
715	Izzy COOMBER	02:07:14	02:01:28	FS	60	53	162	143
10 k race								
24	Beth HANCOCK	00:45:55	00:45:44	FS	5	5	7	7

I guess that 'Net Time' is the chip time as opposed to gun time. The race was advertised as a scenic, one lap route on fully closed roads, finishing with an exhilarating run underneath the airport final approach.

West Sussex Fun Run League Hedgehopper 5 8th May 2022



Pos	Time		Runner			F/M pos	Points
6	33:41	240	Jonathan	Burrell	M	6	10
7	33:46	234	Colin	Bennett	M	7	10
50	39:28	238	Helen	Sida	F	5	10
51	39:29	242	Rob	Stanway	M	46	7
84	41:31	233	Carl	Dowling	M	73	5
95	43:03	235	Dominic	Osman-Allu	M	80	5
103	44:06	236	Gerard	Dummett	M	85	4
141	46:54	239	Hugh	St John	M	106	3
177	51:54	241	Richard	Rudd	M	122	



Helen Sida and Rob Stanway



Jonathan Burrell

[The Hastings Runners 5 Mile Race 8th May 2022](#)

This fast, flat, accurately measured, 5-mile course starts at the old Hastings Town Hall in the heart of the town, but is completely traffic-free as it uses the promenade for the nearly all its course. This year there was a change to the course to add a 550 m section along Hastings' historic pier.

The race was the second in the Sussex Grand Prix series of races. The next event in this competition is the Heathfield Midsummer 10k on 19th June, followed by the Bewl 15 mile at Wadhurst on 3rd July.



Pos	Gun Time	Chip Time	Name	Category	Race No.	Gen. Pos	Cat. Pos
140	00:38:49	00:38:37	Karin Divall	Female Vet 60	93	27	2
47	00:32:46	00:32:43	Rebecca Hold-away	Senior Female	381	6	5
17	00:29:33	00:29:29	Colin Bennett	Male Vet 55	252	16	2

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2. PB5k Ardingly – a supercharged parkrun?

Wednesday 4th May 2022

The PB5K race series was founded during the COVID-19 pandemic to offer racing when there were very few events available.

The series quickly gathered momentum and to date has had over 1500 athletes compete at the Ardingly and Goodwood venues.



Pos	Race No	Name	Time	Net Time	Cat-egory	Cat Pos	Gender	Gen Pos
4	204	Joshua BURGESS	00:15:06	00:15:05	Senior	2	Male	4
21	231	Aiden BRIFFETT	00:15:46	00:15:44	Senior	6	Male	21
23	11	Toby MEANWELL	00:15:51	00:15:51	V40	1	Male	23
36	270	Ben PEPLER	00:16:14	00:16:13	Senior	10	Male	36
50	65	Stan PENDERED	00:16:43	00:16:42	U20	11	Male	48
71	88	Colin BENNETT	00:17:14	00:17:13	V55	1	Male	68
73	73	Emma NAVESEY	00:17:18	00:17:15	Senior	3	Female	4
79	37	Ava JAMES	00:17:26	00:17:26	U15	1	Female	5
83	81	Charlie WRIGHT	00:17:28	00:17:28	U17	6	Male	77
91	246	Jonathan BURRELL	00:17:49	00:17:48	V55	3	Male	81
101	192	Andrea SANSOT-TERA	00:18:02	00:17:59	V35	11	Male	87
106	202	Isaac TARAFDER	00:18:09	00:18:09	U15	5	Male	89
109	248	Isabel GUIRDHAM	00:18:12	00:18:11	U17	3	Female	19
112	221	Esme STEPHENSON	00:18:14	00:18:12	U15	2	Female	20
124	268	Emily PROTO	00:18:30	00:18:27	Senior	12	Female	28
126	203	Theo TARAFDER	00:18:33	00:18:33	U15	8	Male	97
140	44	Darcy PRING	00:19:13	00:19:10	U15	4	Female	36
150	256	Eva WINTON	00:19:36	00:19:34	U15	5	Female	39
173	274	Jack COOLEY	00:20:55	00:20:52	U15	11	Male	122
191	133	Lydia LEVY	00:23:01	00:22:58	Senior	21	Female	61
194	119	Lara NOLAN	00:23:11	00:23:09	U17	9	Female	63



Josh Burgess on right (204) was first Lewes AC runner home



Toby Meanwell was first Vet Man home

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3. Youth Development League/ Lower Age Group – 8th May was popular with them too

Event 1 Eltham 8th May 2022

The YDL is a nationwide league for young athletes. It has two groups, the Lower Age Group (LAG) for Under 13 and Under 15 athletes and the Upper Age Group (UAG) for Under 17 and Under 20 athletes. There are many divisions, each typically consisting of six clubs, covering the whole of the country.

The divisions are at different levels and at the end of each season the two highest scoring clubs in each division are promoted and the two lowest are relegated, except of course at the highest and lowest levels where there is not a higher or lower level to move to. Unlike the Southern Athletic League, while there is regional grouping, you do not get the same strong Sussex flavour.

This year Lewes AC are in Division South 2B along with Bexley AC, Cambridge Harriers, Herts Phoenix AC, Newham & Essex Beagles AC, Victoria Park & Tower Hamlets AC and Woodford Green with Essex Ladies AC.

This is a challenging but bracing environment for Lewes AC. As the results from the first event at Eltham show we have areas of excellence where we are on equal terms and can actually beat these teams, but to stave off relegation or gain promotion we need to develop skills and capabilities in a wider range of disciplines.

The overall match result were

Points Match points

1 Woodford Green AC with Essex Ladies	691	7.0
2 Cambridge Harriers (Kent)	522	6.0
3 Bexley AC	451	5.0
4 Victoria Park H & Tower Hamlets AC	373	4.0
5 Herts Phoenix AC	304	3.0
6 Newham & Essex Beagles AC	293	2.0
7 Lewes AC	288	1.0

Individual performances:

75 U13M A										
Pos	Perf		Name		AG		Year	SB	PB	
5	11.57	1.3	Oscar Fermor-McGhie		U13	M	1	11.31	11.31	
75 U13M B										
6	12.09	1.5	Max Farley		U13	M	2	11.68	11.68	
100 U15W A										
Pos	Perf		Name		AG		Year	SB	PB	
7	16.26	4.2	Phoebe Reid	SB	U15	W	2	16.26	15.5	
100 U15W B										
Pos	Perf		Name		AG		Year	SB	PB	
3	14.49	1.3	India Sommerville	PB	U15	W	2	14.49	14.49	
150 U13M A										
Pos	Perf		Name		AG		Year	SB	P B	
6	24.09		<u>Max Farley</u>		U13	M	2	23.6	23.6	
150 U13M B										
Pos	Perf		Name		AG		Year	SB	PB	
3	22.76		<u>Otto de Burca</u>	PB	U13	M	1	22.76	22.76	
200 U15W A										
Pos	Perf		Name		AG		Year	SB	PB	
4	29.4	0.7	India Sommerville	PB	U15	W	2	29.4	29.4	
200 U15W B										
Pos	Perf		Name		AG		Year	SB	PB	
6	32.28	2.1	Phoebe Reid	PB	U15	W	2	32.28	32.28	
300 U15M A										
Pos	Perf		Name		AG		Year	SB	PB	
5	47.32		Isaac Tarafder	PB	U15	M	2	47.32	47.32	
300 U15M B										
Pos	Perf		Name		AG		Year	SB	PB	
5	47.58		George Brooks	PB	U15	M	2	47.58	47.58	

300 U15W A										
Pos	Perf			Name		AG		Year	SB	PB
2	42.39			Grace Tuesday		U15	W	2	42.97	42.97
300 U15W B										
Pos	Perf			Name		AG		Year	SB	PB
1	43.96			Ava James		U15	W	2	43.73	43.73
800 U15M A										
Pos	Perf			Name		AG		Year	SB	PB
4	02:28.9			Isaac Tarafder	PB	U15	M	2	02:28.5	02:28.5
800 U15M B										
Pos	Perf			Name		AG		Year	SB	PB
2	02:26.0			George Brooks	PB	U15	M	2	02:26.0	02:26.0
800 U13M A										
Pos	Perf			Name		AG		Year	SB	PB
5	02:51.6			Otto de Burca	PB	U13	M	1	02:51.6	02:51.6
800 U15W A										
Pos	Perf			Name		AG		Year	SB	PB
1	02:13.6			Grace Tuesday		U15	W	2	02:13.4	02:13.4
800 U15W B										
Pos	Perf			Name		AG		Year	SB	PB
1	02:22.7			Ava James	PB	U15	W	2	02:18.2	02:18.2
800 U13W A										
Pos	Perf			Name		AG		Year	SB	PB
3	02:43.5			Florence Tuesday	PB	U13	W	2	02:43.5	02:43.5
1200 U13M A										
Pos	Perf			Name		AG		Year	SB	PB
1	03:59.1			Michael O'Connor	PB	U13	M	2	03:59.1	03:59.1
1500 U15M A										
Pos	Perf			Name		AG		Year	SB	PB
1	04:30.3			Barney Hastings	PB	U15	M	2	04:29.7	04:29.7
1500 U15W A										
Pos	Perf			Name		AG		Year	SB	PB
2	05:07.2			Esme Stephenson	SB	U15	W	2	05:07.2	05:02.7
1500 U15W B										
Pos	Perf			Name		AG		Year	SB	PB
2	05:21.5			Emilia Singer	PB	U15	W	1	05:21.5	05:21.5
75HU13M U13M A										
Pos	Perf			Name		AG		Year	SB	PB
3	15.86	w	2.5	Oscar Fermor-McGhie		U13	M	1	15.69	15.69
75HU13M U13M B										
Pos	Perf			Name		AG		Year	SB	PB
1	16.88		2.6	Max Farley	PB	U13	M	2	16.64	16.64
4x100 U15W										
Pos	Perf			Name		AG		Year	SB	PB
5	63.44			Lewes U13 Team	SB	U13	M		63.44	55.46
4x100 U15W										
Pos	Perf			Name		AG		Year	SB	PB
5	58.96			Lewes U15 Team	SB	U15	W		58.96	53.1
4x300 U15M										

Pos	Perf		Name		AG		Year	SB	PB
6	03:23.9		Lewes U15 Team		U15	M		03:08.6	02:45.7
4x300 U15W									
Pos	Perf		Name		AG		Year	SB	PB
1	03:01.3		Lewes U15 Team	PB	U15	W		03:01.3	03:01.3
HJ U15W A									
Pos	Perf		Name		AG		Year	SB	PB
6	1.2		India Sommerville	PB	U15	W	2	1.3	1.3
PV U15M A									
Pos	Perf		Name		AG		Year	SB	PB
1	2.4		Ivan Wray	PB	U15	M	1	2.4	2.4
PV U15W A									
Pos	Perf		Name		AG		Year	SB	PB
1	2.8		Yuna Hadlow		U15	W	2	3	3
PV U15W B									
Pos	Perf		Name		AG		Year	SB	PB
1	2.7		Imogen Clarke	PB	U15	W	2	2.7	2.7
LJ U13M A									
Pos	Perf		Name		AG		Year	SB	PB
3	3.85		Oscar Fermor-McGhie		U13	M	1	3.86	3.86
LJ U15W A									
Pos	Perf		Name		AG		Year	SB	PB
2	4.31		Emilia Singer	PB	U15	W	1	4.31	4.31
LJ U15W B									
Pos	Perf		Name		AG		Year	SB	PB
3	3.48		<u>Phoebe Reid</u>	SB	U15	W	2	3.48	3.5
JT600 U15M A									
Pos	Perf		Name		AG		Year	SB	PB
1	43.7		Barney Hastings	PB	U15	M	2	44.39	44.39
JT500 U15W A									
Pos	Perf		Name		AG		Year	SB	PB
3	15.37		Freya Jackson	PB	U15	W	2	15.37	15.37

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4. Lewes AC's Grace and Gemma smash Sussex records at County Championships – plus Highgate Night of 1000 pbs on same day

Not one but two Lewes Athletic Club athletes broke records at the 2022 Sussex Track and Field Championships.

The Under 15 runner Grace Tuesday warmed up on the first day of the weekend event by winning gold in the 1500m but narrowly missed the Championship record of 4:39.30 by 0.25 of a second. Ava James shared the podium with her Silver with a time of 4:42.98.

But back on the next day for the 800m Grace broke Melissa Rooney's 1982 800m record with her time of 2:14.49 that ranks her second in the UK. Once again Ava James was close behind in 2:18.19.

The Lewes pole vault star Gemma Tutton was below her 2021 personal best of 4.10, but her pole vault of 3.76m was enough not only to take the Under 20 women's Gold but also break the Championship record. It shows the strength in depth at Lewes that the next three vaulters after Gemma were all from Lewes: Emilie Oakden (3.30), Maddy Bullen (2.80) and Natasha Clarke (2.80).

Meanwhile in the other age/gender categories vaulters Beth Boyes won Gold in the Under 13 Girls with 2.40m, Yuna Hadlow struck Gold in the Under 15 Girls with 3.00m, Ivan Wray got Gold with his 2.40m vault in the Under 15 Boys and Amalie Smith Jarman got Gold with her 3.00m vault in the Under 17 Women.

The track saw Chloe Kornevall win the Under 20 Women's 400m Gold, Louis Williams take the Under 15 Boys 200m (and also Silver in the Long Jump) and Rowan Pearson win the Under 17 Men's 200m Gold on Saturday and the corresponding 400m on the Sunday.



Above: Grace Tuesday and Ava James on Under 15 1500m Podium



Above: Lewes AC Pole Vaulter



Above: Under 20 Pole Vaulters: Gemma Tutton , Emilie Oakden , Maddy Bullen



Above: Under 15 200m 1st Louis Williams (100) 4th Marrick Nuttall (99)

To do really well in league events against the 'big' Sussex clubs, Lewes needs more talent in field events beyond Pole Vault, so it is hats off in the throws to Dan Stonehouse and his 32.29m hammer throw which got him the Under 20 Silver, plus the our two spear-throwers, Hugh Mason, and Barney Hastings.



Above: Rowan Pearson (109) and Louis Goodwin (270) 400m triumph

Sussex Track and Field Championship Lewes AC individual performances

100 U15W h3	Pos	Perf	Name		AG		Year	SB	PB
	5	14.6	Maria Breeze	PB	U15	W	1	14.6	14.6
100 SM	Pos	Perf	Name		AG		Year	SB	PB
	5	11.77	Owen Wells		V35	M		11.61	11.61
100 U20M	Pos	Perf	Name		AG		Year	SB	PB
	5	11.71	Jack Palmer	SB	U20	M	1	11.71	11.27
200 SM	Pos	Perf	Name		AG		Year	SB	PB
	4	24.18	Owen Wells		V35	M		24.03	24.03
200 U20M	Pos	Perf	Name		AG		Year	SB	PB
	2	23.59	Jack Palmer	SB	U20	M	1	23.59	23.31
200 U17M final	Pos	Perf	Name		AG		Year	SB	PB
	1	23.04	Rowan Pearson	PB	U17	M	2	22.98	22.98
200 U15M	Pos	Perf	Name		AG		Year	SB	PB
	1	22.98	Rowan Pearson	PB	U17	M	2	22.98	22.98
200 U15B final	Pos	Perf	Name		AG		Year	SB	PB
	1	26.34	Louis Williams		U15	M	2	26.17	26.17
	4	27.31	Marrick Nuttall		U15	M	1	27.21	27.21
200 U20W final	Pos	Perf	Name		AG		Year	SB	PB
	3	26.78	Chloe Kornevall		U20	W	3	26.7	26.1
200 U17W h1	Pos	Perf	Name		AG		Year	SB	PB
	4	29.28	Zoe Wright		U17	W	1	29.05	28.92
200 U17W h2	Pos	Perf	Name		AG		Year	SB	PB
	3	28.22	Rosie Kornevall	SB	U17	W	1	27.7	27.5
200 U17W final	Pos	Perf	Name		AG		Year	SB	PB
	5	28.15	Rosie Kornevall	SB	U17	W	1	27.7	27.5
300 U17W	Pos	Perf	Name		AG		Year	SB	PB
	4	44.67	Rosie Kornevall	SB	U17	W	1	44.58	43.79
	8	48	Zoe Wright		U17	W	1	46.39	46.39
300 U17W 1	Pos	Perf	Name		AG		Year	SB	PB
	4	46.39	Zoe Wright	PB	U17	W	1	46.39	46.39
300 U17W 2	Pos	Perf	Name		AG		Year	SB	PB
	2	44.58	Rosie Kornevall	SB	U17	W	1	44.58	43.79
300 U15W final	Pos	Perf	Name		AG		Year	SB	PB
	5	45.28	Emilia Singer	PB	U15	W	1	45.28	45.28
400 U20W final	Pos	Perf	Name		AG		Year	SB	PB
	1	60.4	Chloe Kornevall	SB	U20	W	3	60.4	59.16
400 U17M final	Pos	Perf	Name		AG		Year	SB	PB
	1	50.02	Rowan Pearson	PB	U17	M	2	50.02	50.02
	2	50.33	Louis Goodwin	PB	U17	M	2	50.33	50.33

800 U15M	Pos	Perf	Name		AG		Year	SB	PB
	8	02:28.5	Isaac Tarafder	PB	U15	M	2	02:28.5	02:28.5
	12	02:31.4	Theo Tarafder	PB	U15	M	2	02:29.4	02:29.4
800 U17W 1	Pos	Perf	Name		AG		Year	SB	PB
	7	02:35.1	Florence Hill	PB	U17	W	1	02:33.4	02:33.4
800 U17W 2	Pos	Perf	Name		AG		Year	SB	PB
	5	02:30.7	Darcy Pring	PB	U17	W	1	02:29.2	02:29.2
800 U15W 1	Pos	Perf	Name		AG		Year	SB	PB
	1	02:29.8	Emilia Singer	PB	U15	W	1	02:29.8	02:29.8
800 U15W 3	Pos	Perf	Name		AG		Year	SB	PB
	1	02:14.5	Grace Tuesday		U15	W	2	02:13.4	02:13.4
	2	02:18.2	Ava James	PB	U15	W	2	02:18.2	02:18.2
	8	02:35.0	Esme Stephenson	PB	U15	W	2	02:35.0	02:35.0
1500 SW final	Pos	Perf	Name		AG		Year	SB	PB
	4	05:00.9	Darja Knotkova-Hanley	SB	U23	W		05:00.9	04:55.1
1500 U17W	Pos	Perf	Name		AG		Year	SB	PB
	5	05:16.0	Darcy Pring	PB	U17	W	1	05:16.0	05:16.0
1500 U15W fi-nal	Pos	Perf	Name		AG		Year	SB	PB
	1	04:39.6	Grace Tuesday	PB	U15	W	2	04:39.6	04:39.6
	2	04:43.0	Ava James	PB	U15	W	2	04:43.0	04:43.0
	7	05:14.0	Esme Stephenson		U15	W	2	05:07.2	05:02.7
1500 SM final	Pos	Perf	Name		AG		Year	SB	PB
	2	04:05.2	Joseph Callard	PB	U20	M		04:05.2	04:05.2
	7	04:14.9	Stan Pendered	PB	U20	M		04:14.9	04:14.9
1500 U15M	Pos	Perf	Name		AG		Year	SB	PB
	2	04:29.7	Barney Hastings	PB	U15	M	2	04:29.7	04:29.7
	13	05:01.2	Isaac Tarafder	PB	U15	M	2	04:58.6	04:58.6
	15	05:02.7	Theo Tarafder	PB	U15	M	2	05:02.7	05:02.7
PV U20M final	Pos	Perf	Name		AG		Year	SB	PB
	2	4	Isaac Lancaster	PB	U20	M		4	4
	3	3.8	Cameron Wells		U20	M		4.35	4.35
	5	3.6	Otis Schorr-Kon		U20	M		4.1	4.1
PV U13B	Pos	Perf	Name		AG		Year	SB	PB
	2	1.8	Bill Scott		U13	M	-2	1.83	1.83
PV U15B	Pos	Perf	Name		AG		Year	SB	PB
	1	2.4	Ivan Wray	PB	U15	M	1	2.4	2.4
	2	2.1	Freddie Ives		U15	M	1	2.43	2.43
PV U13G									
	1	2.4	Beth Boyes	PB	U13	W	-1	2.4	2.4
	2	2.2	Ayla Kimpton-Bragg		U13	W	-1	2.3	2.3
	3	1.8	Sylvie Ward	PB	U13	W	-2	1.8	1.8
	4	1.6	Imogen Taylor		U13	W	-1	2.1	2.1
PV U15G	1	3	Yuna Hadlow	PB	U15	W	2	3	3
	2	2.6	Imogen Clarke		U15	W	2	2.7	2.7
	3	2.2	Phoebe Scott		U15	W	1	2.33	2.33
	4	2	Mia McGhie	PB	U15	W	1	2	2

PV U17W	Pos	Perf	Name		AG		Year	SB	PB
	1	3	Amalie Smith Jarman	PB	U17	W		3	3
	3	2.5	Jessica Banner		U17	W		2.6	2.6
PV U20W	Pos	Perf	Name		AG		Year	SB	PB
	1	3.76	Gemma Tutton		U20	W		3.95	4.1
	2	3.3	Emilie Oakden		U20	W		3.5	3.62
	6	2.8	Maddy Bullen		U20	W		3.25	3.25
	6	2.8	Natasha Clarke		U20	W		3.03	3.35
	10	2.5	Charlotte Sida	SB	U20	W		2.5	2.63
LJ U15M	Pos	Perf	Name		AG		Year	SB	PB
	2	5	Louis Williams	PB	U15	M	2	5	5
	6	4.05	Marrick Nuttall	PB	U15	M	1	4.05	4.05
LJ U13M	Pos	Perf	Name		AG		Year	SB	PB
	3	3.85	Oscar Fermor-McGhie	PB	U13	M	1	3.86	3.86
LJ U15W	Pos	Perf	Name		AG		Year	SB	PB
	5	4.19	Maria Breeze	PB	U15	W	1	4.19	4.19
	7	3.91	Emilia Singer		U15	W	1	4.31	4.31
HT6K U20M	Pos	Perf	Name		AG		Year	SB	PB
	2	32.29	Daniel Stonehouse	SB	U20	M	2	32.29	38.9
JT700 U17M	Pos	Perf	Name		AG		Year	SB	PB
	4	39.24	Hugo Mason		U17	M	1	39.93	39.93
JT600 U15M	Pos	Perf	Name		AG		Year	SB	PB
	1	44.39	Barney Hastings	PB	U15	M	2	44.39	44.39

Highgate Harriers Night of 10k PBs 14th May 2022

Parliament Hill Running Track

This event was first held in 2013 with the stated goal of improving British racing standards. Since 2014 it has been the British 10k track championship. It is also the European 10k Cup and World Championship trial.

Ben Savill of Lewes AC managed to run a life-time best for 10km track.

Senior Women

Position	Runner	Time	Current PB
10.	Emma Navesey	36:53.13	36:48.47
24	Emily Proto	39:42.27	38:08.46

Senior Men Race 4



Position	Runner	Time	Current PB
10	Ben Savill	31:26.01 PB	31:26.01

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5. West Sussex Fun Run League

Arunners Beach Run Littlehampton

Wednesday 18th May 2022

This was the unique WSFRL race hosted efficiently by the Arunners of Littlehampton. It is a five mile evening run along the sands of East Beach at Littlehampton. Ideally it should be run in sunshine, but the weather forecasters were prophesying apocalyptic thunder and lightning at some point in the evening. Luckily we dodged that. For some of us this was the race we were dreaming about during lockdown.



Position	Time	Runner		F/M	F/M Position	WSFRL Points
2	26:47	Toby	Meanwell	M	2	10
5	27:06	Ben	Pepler	M	5	10
6	27:30	Fraser	Macnicoll	M	6	10
11	29:07	Adam	Vaughan	M	11	10
13	29:11	Chris	Coffey	M	13	10
16	29:30	Will	Monnington	M	16	10
18	29:38	Colin	Bennett	M	18	10
53	33:13	Dom	Doran	M	50	9
90	34:45	David	Prince-Iles	M	82	7
122	35:57	Dominic	Osman-Allu	M	108	6
133	36:26	Carl	Dowling	M	116	6
134	36:36	Emma	Rollings	F	18	10
165	38:10	David	Foster	M	136	5
166	38:11	Matt	Stainthorpe	M	137	5
169	38:16	Helen	Bowman	F	31	9
179	38:41	Andrew	Chitty	M	144	5
194	39:35	Bob	Hughes	M	152	4
199	39:46	Libby	West	F	45	8
261	43:07	Claire	Hawes	F	73	7

264	43:15	Hugh	St John	M	190	3
270	43:26	Emma	Gardner	F	77	7
291	44:44	Julie	Deakin	F	90	6

Well done to first time competitors Libby West and Claire Hawes. Lewes AC was the second highest scoring club of the evening behind Worthing Harriers.

We scored 22 points (out of a maximum of 25) for participation, i.e. turning up, plus 98 points out of a possible 100 for performance, making 122 overall. Performance was based on the first 10 runners for each team, with individuals scoring 10 if they are in the first 10% of finishers, 9 points if they are in the second 10% and so on. We had 8 runners in the top 10% and 2 scorers in the second 10%.

After we got home there was the mother and father of a thunderstorm.

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6. SAL Southern Athletics League – women save the day

Event 1: 22nd May 2022 K2 Crawley

The joint Lewes AC/ Haywards Heath team came second to Hastings AC with just 9.5 points difference. The overall scores for the top five teams were all very close.

The contribution of the women's team was crucial to the overall success of the combined Lewes/ Haywards Heath. They competed in 27 events as opposed to the 20 for the men and garnered over twice the men's score. The remaining 20 points came as a bonus for fielding at least four officials.

The ability of the women to field teams in both 100m and 400m relay races was particularly gratifying as it helped convey a sense of team spirit.

Team score

Score

1	Hastings AC	223
2	Lewes/Haywards Heath	213.5
3	Havant	193
4	Horsham Blue Stars/East Grinstead	185.5
5	Chichester/Worthing	183
6	Holland Sports/DMV/RP	156

Event	Place	Athlete	Age Cat	Performance	Points
Men's A 100m	5	Rudy KOOL	U17	12.4	2
Men's A 200m	6	Ho wan orin TANG	U17	27.7	1
Men's B 200m	5	John PALMER	M50	31.5	2
Men's A 400m	6	John PALMER	M50	72.1	1
Men's A 800m	2	Stanley PENDERED	U20	02:01.0	5
Men's B 800m	4	Jonathan BURRELL	M55	02:20.0	3
Men's A 1500m	4	Sam FERNLEY	U17	04:33.0	3
Men's B 1500m	3	Colin BENNETT	M50	04:51.0	4
Men's A 5000m	1	James SKINNER	M45	16:32.0	6
Men's B 5000m	1	Russell MULLEN	SM	17:21.0	6

Men's A 2000m Steeple-chase	3	Tim POPKIN	M45	09:40.0	4
Men's A High Jump	2	Isaac LANCASTER	U20	1.45	5
Men's A Pole Vault	1	Isaac LANCASTER	U20	3.9	6
Men's A Long Jump	4	Hugo MASON	U17	4.88	3
Men's B Long Jump	4	Ho wan orin TANG	U17	4.81	3
Men's A Shot Putt	5	Mike BALE	M65	5.89	2
Men's A Discus	5	Mike BALE	M65	18.75	2
Men's A Hammer	4	Mike BALE	M65	23.95	3
Men's A Javelin	3	Hugo MASON	U17	36.51	4
Men's B Javelin	3	Mike BALE	M65	16.88	4
					69
Women's A 100m	6	Lucie VENABLES	SW	14.7	1
Women's B 100m	4	Mae ROBINSON	U17	15.6	3
Women's A 200m	2	Chloe KORNEVALL	U20	26.7	5
Women's B 200m	1	Rosie KORNEVALL	U17	27.7	6
Women's A 400m	1	Chloe KORNEVALL	U20	60.8	6
Women's B 400m	2	Rosie KORNEVALL	U17	62.6	5
Women's A 800m	5	Darcy PRING	U17	02:29.2	2
Women's B 800m	2	Florence HILL	U17	02:33.4	5
Women's A 1500m	1	Emily PROTO	SW	05:04.7	6
Women's B 1500m	1	Ruby WHYTE-WILDING	SW	10:09.4	6
Women's B 3000m	1	Emily PROTO	SW	10:41.1	6
Women's A 100mH	1	Lucie VENABLES	SW	21.5	6
Women's A 400mH	2	Lucie VENABLES	SW	87.2	5
Women's A Pole Vault	2	Natasha CLARKE	U20	3	5.5
Women's B Pole Vault	1	Amalie SMITH JARMAN	U17	2.9	6
Women's A Long Jump	4	Lucie VENABLES	SW	4.07	3
Women's B Long Jump	2	Mae ROBINSON	U17	3.36	5
Women's A Triple Jump	2	Lucie VENABLES	SW	8.48	5
Women's B Triple Jump	2	Jo BUCKLEY	W50	6.01	5
Women's A Shot Putt	5	Jia ATKINS	U17	5.21	2
Women's A Discus	3	Lucie VENABLES	SW	10.98	4
Women's B Discus	3	Jo BUCKLEY	W50	10.13	4
Women's A Hammer	2	Jia ATKINS	U17	27.33	5
Women's A Javelin	2	Kleri TANTELE	SW	26.1	5
Women's B Javelin	2	Jo BUCKLEY	W50	6.79	5
Women's 4x100m	2	Lewes/Haywards Heath	SW	5	54.1
Women's 4x400m	4	Lewes/Haywards Heath	SW	04:40.6	3

The next SAL matches are:

Sunday 12th June, Lewes (HOME FIXTURE)
Saturday 16th July, Crawley
Saturday 13th August, Hastings

The team contacts are Tim Popkin timpopkin@gmail.com for men's team and Jo Buckley for women buckleyjojo@hotmail.com

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7. Sussex Masters League: Lewes AC top of the table above Brighton and Hove

23rd May 2022

Phil Westbury writes:

On the evening of Monday 23rd May, the track season at Lewes opened up to the Sussex Masters League. As usual, it was a sunny and enjoyable evening for all participants, with some trying new events like javelin or shorter track distances, and others using it as great training or a racing opportunity on our wonderful track.

Teams from Arena 80, Brighton & Hove AC, Eastbourne Rovers AC, Haywards Heath & Lewes, Hastings AC, Worthing & Steyning all competed in a number of disciplines. As you can see from the photos, it was extremely well attended and competitive as in the case of the Lewes 1 and 2 in the 5000m! Well done to everyone who made this a fantastic opening event of the summer!

The overall results were:

1	Haywards Heath & Lewes	166
2	Brighton & Hove AC	157
3	Hastings AC	112
4	Eastbourne Rovers AC	100
5	Arena 80	79
6	Worthing & Steyning	10

Full individual results will be in next Ammonite.



Toby Meanwell (16:25.0) and Jason Lee (16:26.2) in Men's 5000m.



Start of the Men's 800m



Start of Women's 800m

The next matches in the Masters/Veterans League are:

Wednesday, June 15th – Eastbourne

Monday, July 25th – Lewes

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8. Trundle View 5 Miles – and 5 Lewes runners...

West Sussex Fun Run League

25th May 2022

This evening run was organised by the Chichester Runners and AC club. The course was approximately 5 miles and worked its way around the Goodwood Country Park. It did not involve a climb of Trundle Hill.

After the pretty good Lewes AC entry in the Littlehampton Beach Run the previous week, the turn out disappointing.

Place	Time	Runner		F/M	F/M place	Points
11	34:20	Colin	Bennett	M	11	10
107	43:20	Helen	Bowman	F	14	9
111	43:50	Andy	Perris	M	96	5
117	44:37	Carole	Walters	F	17	9
121	44:48	Andrew	Chitty	M	102	5

Lewes AC was the 14th club out of the 17 competing.



The next WSFRL event is the Burgess Hill Downland Dash on the 25th June (www.bhrunners.co.uk) has details of the course. This gives Lewes AC some time to regroup, and Burgess Hill is not that far away!

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9. Sussex U15 League – ‘Astounding’ Grace smashes League 1500m record

Event 1 Withdean Stadium BRIGHTON

27th May 2022

In previous years, before Covid, the Under 15 league has had two divisions, east and west. The two areas have been brought together into a whole county competition, with nine Sussex clubs in the league. Athletes from clubs not in the league have been also invited to compete as guests in chosen events.

Lewes AC came out of the first match in fourth place out of the nine Sussex clubs. Grace Tuesday broke the previous league record for the Girls 1500m (Crawley's Lauren Wormley 4:46.0) by nine seconds. The Sussex Athletics news stream described Grace, who is currently ranked 8th in her age group in the UK, as having '*an astounding track season so far*'.

The next fixture will take place at Withdean, Brighton, on Friday, June 24.
--

Overall match results

	Team	Score
1	Crawley	413
2	Brighton & Hove	285
3	Eastbourne	237
4	Lewes	191
5	Haywards Heath	186
6	Worthing	169
7	Chichester	149
8	Horsham BS	131
9	Hastings	9

Individual performances

Event	Position	Athlete	performance
Boys A 100m	2	Jesse Sobrasuaipiri	11.9
Boys A 200m	4	Louis Williams	26.4
Boys A 300m	8	Isaac Tarafder	46.6
Boys A 800m	7	Isaac Trafder	2:28.0
Boys B 800m	3	Jack Cooley	2:36.7
Boys A 1500m	4	George Brooks	4:51.0
Boys B 1500m	3	Theo Tarafder	4:56.5
Boys A Pole Vault	2	Ivan Wray	2.40
Boys B Pole Vault	1	Freddie Ives	2.20
Boys A High Jump	7	Jacob Trotman	1.25
Boys B High Jump	5	Jesse Sobrasuaipiri	1.10
Boys A Long Jump	2	Jesse Sobrasuaipiri	5.26
Boys B Long Jump	2	Louis Williams	4.70
Boys A Javelin	1	Barney Hastings	41.23
Boys 4x100m	8	Lewes	56.8
Girls A 100m	7	Maria Breeze	14.3

Girls B 100m	6	Ashli Whiteman	15.5
Girls B 800m	2	Amelie Bedford	2:40.6
Girls A 1500m	1	Grace Tuesday	4:37.0
Girls B 1500m	1	Ava James	4:46.2
Girls A 75mH	2	Ava Hayes	16.2
Girls A Pole Vault	1	Imogen Clarke	2.40
Girls B Pole Vault	1	India Summerville	2.00
Girls A High Jump	4	Laila Hossain	1.20
Girls A Long Jump	4	Emilia Singer	4.46
Girls A Long Jump	4	Maria Breeze	4.06
Girls A Javelin	6	Ashli Whiteman	11.01
Girls B Javelin	2	Megan Pearson	6.97
Girls 4x100m	4	Lewes AC	58.0
Non-scoring performances			
Boys			
Event	Pos	Name	Perf.
PV	1	Diggory Thomas	1.90
Girls			
Event	Pos	Name	Perf.
LJ	5	Ashli Whiteman	3.80
LJ	10	Laila Hossain	3.45
PV		Phoebe Scott	1.80

10. Youth Development League - Upper Age Group – news from Erith

2B Southern Division

Second Event: Erith Stadium 29th May 2022

This year Lewes AC's Upper Age Group team 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 in the list are, like Team Sussex, composite teams consisting of athletes from more than one club.

The previous match in April had left Team Sussex poised in the fifth position out of the eight teams. Unfortunately, the second match at Erith saw our team coming last on the day with the following points.

Position	Team	total	men	women	match points
1	Medway & Maidstone AC	724	367	313	8
2	Cambridge Harriers (Kent)	613	289.5	279.5	7
3	Bexley AC	496	202	242	6
4	Herne Hill Harriers	493	255.5	205.5	5
5	Dartford Harriers AC	484	304	136	4

6	Victoria Heathside Highgate ©	309	186	123	3
7	Holland Sports + Reigate ©	282	169	69	2
8	Team Sussex ©	234	96	138	1

The total score does not match the sum of the points scored by men and women as bonus points are added for teams bringing along officials.

The individual performances of Lewes athletes are shown below.

There is consolation for the poor overall result in the ten personal (PB) and the two season (SB) bests. It was also pleasing to see that Lewes women scored significantly more points than the men: there was only one other team where this was the case, and the women's score was the fifth highest.

The next match is at **Lewes** on **Sunday 26th June**. Let's make the most of **HOME** advantage.

Event	Pos	Perf	Name		AG		Year	SB	PB
100 U20M B	4	11.76	Adam Lawson	PB	U20	M	1	11.76	11.76
100 U20M ns	10	12.39	Dominic Redshaw	PB	U17	M	-2	12.39	12.39
	11	13.16	William Neal	PB	U17	M	-2	13.16	13.16
100 U17M A	7	12.46	Christopher Warner	PB	U17	M	2	12.46	12.46
100 U17M B	5	12.95	Chloe Kornevall	PB	U20	W	3	12.95	12.95
100 U20W ns	1	TBC	Charlotte Neal		U17	W	-2		
100 U17W B	5	14.11	Zoe Wright	SB	U17	W	1	14.11	13.9
200 U20M B	5	24.75	Adam Lawson	SB	U20	M	1	24.75	24.7
200 U20M ns	4	25.49	Dominic Redshaw	PB	U17	M	-2	25.49	25.49
200 U17W B	2	26.76	Chloe Kornevall		U20	W	3	26.70	26.1
200 U20W A	4	29.91	Charlotte Neal	PB	U17	W	1	29.91	29.91
300 U17W A	5	48.04	Zoe Wright		U17	W	1	46.39	46.39
400 U17M A	6	66.50	Laurence St Louis	PB	U17	M	1	66.50	66.50
800 U17W A	6	2:53.69	Florence Hill		U17	W	1	2:33.4	2:33.4
800 U17W B	6	2:47.89	Lara Nolan		U17	W	1	2:47.09	2:47.09
1500 U17W A	6	5:14.62	Darcy Pring	PB	U17	W	1	5:14.62	5:14.62
PV U20W A	1	3.80	Gemma Tutton		U20	W	1	3.95	4.10
PV U20W B	1	3.10	Emilie Oakden		U20	W	1	3.50	3.62
IJ U17M A	8	4.17	Laurence St Louis	PB	U17	M	1	4.17	4.17
JT700 U17M A	5	35.90	Hugo Mason		U17	M	1	39.93	39.93
HT3K U17W A	2	32.51	Jia Atkins		U17	W	1	32.79	32.79

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11. From our Northern Correspondent...



Becca Weir receiving the East Sussex Sunday XC Cup

Becca hailed originally from Cumbria but discovered running the Downs with Lewes AC in the aftermath of lockdown and made a great contribution on to the Lewes AC Sunday cross country success last winter.

She has now relocated back to Cumbria and has been recruited as the Ammonite's Northern Correspondent.

Relocating/Running



Great running nav day led by @thenavguy Sean Bolland; looking down towards Stickle Tarn

Coming down Shipman Knotts on what had been a path two minutes ago, I lose sight of the Dot. Not the blue omnipresent Google Maps dot, but a friend who, over the last couple of hours, I've become accustomed to seeing way up ahead. We're doing some practice hills before a Mountain Run nav course next weekend. It's familiar terrain for the Dot, but I've been away from 'proper hills' for years. I wasn't a runner when I left Cumbria and until recently I've been searching out flat road to

train for a marathon. It's a gorgeous evening to be out above Kentmere, but the sudden disappearance of the path and my friend makes me wonder what I've signed up for.

The Nav Guy leading our course gave an online seminar to introduce newbies like me to the basics before we got out onto the hills together. Handrails, catching features, contouring, tick off features, map memory and rough navigation were a revelation ("I'm not lost, I'm relocating!"). A handrail is a linear feature that eases navigation e.g. a path, wall, stream, ridge. A catching feature is one that prevents you from overshooting a target – often linear and very identifiable. A tick off feature is an identifiable feature that confirms correct position en route. On the course itself in the hills above Great Langdale, these things start to click into place. It turns out that this kind of running isn't just for someone else who 'does' maps and hills. By the end of the day, I don't mind whether there's someone in front to follow and I'm looking at the map differently, excited by how much incredible access land there is to explore off well-trodden paths. With the right skills and kit, and practice and confidence, I don't have to stick to a path.



Heading back into Longsleddale after a lot of up and down. (The river in the valley is called the Sprint, which at this point felt ironic.)

Some of my favourite pointers from the Nav Guy (thank you, Sean Bolland). Focus on two Ds, distance and direction. Tech and old school methods complement each other. A small square of map, folded and refolded to sit easily in your hand, is easy to handle and check/ orientate constantly, even if conditions are grim and your fingers are cold: advantages for hill running nav over a smartphone or a huge 'sheet of wallpaper' map. Use a wrist compass (my new favourite bit of kit): orientate your map, mark your position on the map with your thumb, think of your thumb as the compass arrow that points your way. Plan your route, break it down into stages and memorise key features. Constantly keep the map reorientated and don't wait until you're lost to look at it...

I joined LAC after pootling round solo during lockdown; the club and club friends have turned me into a runner. If relocating is part of hill running, running will also be part of my bigger relocation, an important way of settling in back home. The nav day is my first running adventure up north. I'm joining a local club; more adventures will follow here, but I'll also be proud to continue with LAC as its only (?) Cumbrian member. Anyone fancy the Great Lakeland 3 Day next year?! <https://www.great-lakeland3day.com/enter>

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12. Odds and Ends

Phil Westbury emails:

One other item to include is Lewes AC representing at the **Edinburgh Marathon** last Sunday, picture attached.



I ran **3.09.04** which was a PB for me by 30 minutes and **Ellen Brookes** ran **3.15.53** (6th in Age Category) in her road marathon debut, and even got faster in the final few miles!

It was a glorious event, we got a little sunburnt (yes SUN in Scotland) and the course out to Musselburgh was along the coastal roads with beautiful views of the highlands on the other side of the Firth of Forth.

Dave Leach emails:

Sam Bennett is living in Pennsylvania USA at the moment and yesterday he ran the Utah Valley marathon at approx 2000ft altitude, coming 2nd in 2.26

To find out more about the race see [Utah Valley Marathon Course Map - Enjoy our Scenic Fast Race.](#)

Elizabeth Hilton posted on the Lewes AC Facebook page



Many thanks for all the kind words and well wishes from Lewes AC members for **my journey from Birmingham to London in the Grand Union Canal Race! 145 miles plus a bit more** for route diversions completed well within the cutoffs early this morning. What an amazing adventure it was. Pictures are of the 'luxurious' finish line and board and me with [Fran Witt](#) who was the most fantastic running buddy and support fro the last 30 miles. Shout out to [Dominic Osman-allu](#) and Francis Graham-Dixon my fellow Lewes AC competitors as well - amazing representation for one Club given only 98 at the start line (only 53 at the finish...).

GUCR 2022				
1 SAN AMEND 25.45		32 LINDA APPLE 40.20	49	
2 IAN HAMMETT 27.48	1ST MAN	33 JAY FLETT 40.49		GIA COMO SQUINTANI
3 DAN MOLONEY 29.20	17 OTTO KARHUNEN 36.28			44.26
4 SARAH SAWYER 29.50	18 CHLOE BROOKS 36.32	34 FIONA McNELIS 40.54		50 IAN SIMCLAIR 44.30
5 JAMES BENNETT 29.52	19 CHRIS GREEN 36.34	35 FRANCIS GRAHAM-DIXON 41.04		51 ALZBETH BENN 44.31
6 CHRIS MAXWELL 30.36	20 RUSS GARDHAM 36.59	36 RICHARD MAYES 41.05		52 JOHN FRINTING 44.37
7 KEN ROSFORT 32.23	21 BENJAMIN DAVIES 37.29	37 JONATHAN CHANDLEY 41.08		53 TRINITY
8 MATTHEW BAZIRE 32.22	22 CHRISTOPHER LEE	38 GLEN LINSELL		BUCKLEY 44.51
9 HOMER VALENCIA 32.38	23 YVETTE BURTON 38.45	39 DAVID WRIGHT 41.22		
10 ED DYCOT 33.16	24 ELLIS RUST 38.47	40 MICHAEL BREAE 41.29		
11 MICHAEL WIGGINS 33.22	25 JOHN COOPER 39.10	41 JOE HALLSALL 42.05		
12 DANIEL DELACCOLO 33.45	26 MIKE MCKENZIE 39.22	42 NIKKI COUTTS 42.16		
13 KATIE BECKINGHAM 34.20	27 PETE BENGTSSON 39.26	43 ELIZABETH HILTON 42.54		
14 DARREN CHALK 35.53	28 MARTIN LLOTT 39.30	44 DAFYDD LEWIS 43.01		
15 GAVIN REEVES 35.58	29 MARK WILLIOTT 39.34	45 CHARLOTTE SMITH 44.18		
16 DOMINIQUE JAMES 36.15	30 ANDY IVES 39.40	46 HAMISH HANSON 44.19		
	31 ALEX CARBERRY 39.58	47 GARY BARNES 44.24		
		KEVIE JUDD		

Richard Moore, Lewes AC Club Secretary passes on this message about the Annual England Athletics Volunteering awards

Dear Richard

While not at the start of the week I'd like highlight National Volunteering Week and the launch of the Annual England Athletics Volunteering awards.

Details are here <https://www.englandathletics.org/volunteering/volunteer-awards-2022/>.

For those familiar with the awards these have been re-organised to improve the way we recognise those deserving of lifetime achievement awards and ensure the awards reflect the whole sport.

Please take time to circulate the link around club members and encourage nominations.
Regards,

Julian Starkey

Chair England Athletics South East Regional Council

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