

# Lewes Athletic Club Newsletter



## The AMMONITE

July 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

- [0. Breaking news – book for Summer Camps NOW!](#)
- [1. Lewes AC on the move.... From Richard Moore, Club Secretary](#)
- [2. Two golds and two silvers for Lewes AC in Masters Championships.](#)
- [3. Two Lewes AC girls break records in School Championships](#)
- [4. Southern Athletics League: Lewes AC in second place after home meeting](#)
- [5. Sussex Vets League: Lewes/Haywards Heath second with Lewes home match left](#)
- [6. Under 13s finding their feet for upcoming home event](#)
- [7. Worthing Open: two Lewes medals in 3k champs plus loads of PBs](#)
- [8. Under 15s: Lewes Girl Power on display](#)
- [9. WSFRL Downland Dash – good turnout and respectable third team position](#)
- [10. Brighton Trail Marathon – Lewes runners in top three men and women](#)
- [11. Youth Development Team Upper Age Group: Lewes AC contribute to Team Sussex](#)
- [12. Our French Connection - Lewes A.C. visit to France](#)
- [13. Calendar: plan your next events](#)

## 0. LEWES ATHLETIC CLUB SUMMER CAMPS 2022

### Two camps: 25th-28th July and 22nd-25th August: **BOOK NOW!**

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 one 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 partake in activities such as high jump, hurdles, discus, long jump, race walking, sprinting and many more.

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.

[<Back to Contents>](#)

### 1. Lewes AC on the move! Richard Moore, Club Secretary, writes:



The Club's Executive Committee met on May 9th. Issues discussed included communications within and beyond the club, volunteers, team managers, coaches and officials and the legal status of the Club.

Fran Witt and Richard Moore are reviewing **club communications** and will report back to the next meeting.

Toby Wolpe is chairing a Coaching sub-group which aims to ensure that the club makes **the best use of our scarce and valuable coaching resources**.

Although better off than some clubs in the South East for officials (who are essential to the staging of track and field events) Lewes AC **continues to be on the look-out for members who would like to train for one of these roles**. There are lots of opportunities, including being a starter (3-2-1-Bang!), timekeeper and track or field judge.

If you're interested in training for one of these roles contact Richard Moore [secretary@lewesac.co.uk](mailto:secretary@lewesac.co.uk) ).

You can find more information on the England Athletics website about Officiating (<https://www.englandathletics.org/officiating/>) and Coaching (<https://www.englandathletics.org/coaching/>).

The committee approved a new **Incident Procedure** and reporting form. The updated versions are available on the club website (<https://www.lewesac.co.uk/wp-content/uploads/2022/05/incident-form-and-procedure.pdf>).

Following the commitment at the AGM last September the Committee has been working on **an application for CIO (Charitable Incorporated Organisation) status**. When the groundwork has been done proposals will be brought to a General Meeting later this year.

Lastly a proposal from Julie Deakin to dedicate a **kissing gate on the Downs to the memory of Andrea Ingram** was agreed. The club will fund this and ask the Monday Group (volunteer footpath maintainers) to place it.

The full minutes of the meeting are available on the wiki ( <https://wiki.lewesac.co.uk/tiki-index.php?page=Club+organisation>). If you have any questions or would like to get involved in any aspect of club activities email Richard as above or speak to any committee member.

[<Back to Contents>](#)

## 2. Surrey & Sussex Masters & Veterans AC Masters Championship

5<sup>th</sup> June 2022

Kingsmeadow, Kingston Rd, Kingston upon Thames



Two golds and two silver for Lewes AC in Masters Championships.

This event was both the Surrey County and Sussex County AA Masters Championships. Participants had to declare which county they represented: they would then receive county results and county medals, if successful, for their county. Chris Gilbert, one of our contenders at the meeting, wrote on the Lewes AC WhatsApp forum: *'Well it all looked good but Sussex Athletics were not there, only Surrey, so no medal presentations or county specific results for us – I'm just waiting for the official results to come out'*.

The races were run in heats and then the results were combined to get overall standings. In the 1500m Jonathan Burrell (M55) was first in his heat in time of 4:50.41 and Vesa Lindberg (M45) was 6<sup>th</sup> in his much faster heat with a time of 4:40.90 which was a PB. In the amalgamated listing, Vesa was 11<sup>th</sup> overall with Jonathan in 14<sup>th</sup> place. In the crucial age category championship places, Jonathan was the first M55 and Vesa the fifth M45.

Jonathan also competed in the 800m where his 2:22.46 time made him 11<sup>th</sup> overall and put him in second position in the M55 group.

In the 400m, Peter Kennedy was running in Veteran Athletics Club colours and achieved a time of 1:15.69. This time gave him second place in the M70 category. Chris Gilbert was also running as a VAC member but in the 5000m and his time of 17:33.51 gave him first place in the M50 category.

Chris Gilbert writes: *If there's space it would be good to add that conditions and venue were perfect and there was a large supportive crowd - in the interests of getting a few more along next time, as we have lots of great vets in the club.*

Event results can be found at [Surrey County T&F Championships \(surreyathletics.uk\)](https://surreyathletics.uk).

[<Back to Contents>](#)

### 3. Sussex School Championships K2 Crawley

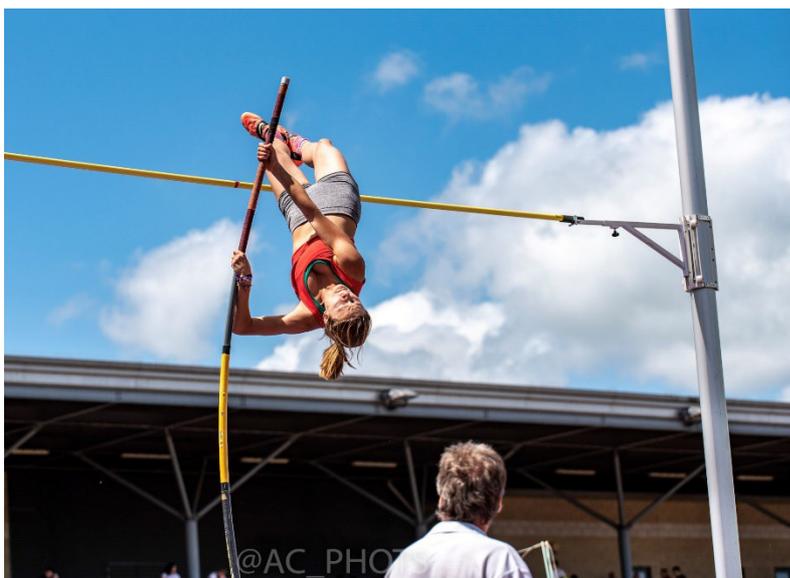
Saturday 11<sup>th</sup> June 2022

This is the event where Lewes AC youngsters are competing in their school colours. Running conditions were good for the athletes at the event, which was held at the K2, Crawley.

Grace Tuesday beat a 41 year old schools Junior Girl record in the 800m with her time of 2:12.56. The Sussex Athletics news feed commented '*there cannot be many more Sussex records for the Lewes AC youngster to break this season*'



Pole vaulter Gemma Tutton was also in fine form improving the Senior Girls' record by 30cm with a jump of 3.80m.





As well as Grace's record-breaking, other stand-out performances by Lewes AC athletes in the Junior age category included Barney Hastings throwing a winning PB of 48.08m in the javelin putting him 2<sup>nd</sup> in the UK rankings and Ava James taking gold in the 1500m in 4:48.41.

Among the Intermediates were Rowan Pearson and Louis Goodwin in the 400m. Rowan, who is ranked 5<sup>th</sup> in the country, ran in first in 51.39 and followed closely by Louis 53.13. Meanwhile in 3000m Charlie Wright came first with a personal best of 9.36.17. Rosie Kornevall also achieved a personal best 43.65 as she came second in the 300m final.

Rosie's sister Chloe Kornevall won the Senior Girls 400m in a neatly precise 60 seconds.

[<Back to Contents>](#)

#### 4.Southern Athletics League

Lewes Sunday 12<sup>th</sup> June 2022

Post-match positions (two matches completed)

|          | Team                              | Match points | League points |
|----------|-----------------------------------|--------------|---------------|
| 1        | Hastings AC                       | 513          | 12            |
| <b>2</b> | <b>Lewes/Haywards Heath</b>       | <b>453.5</b> | <b>10</b>     |
| 3        | Horsham Blue Stars/East Grinstead | 416.5        | 7             |
| 4        | Havant                            | 350          | 6             |
| 5        | Chichester/Worthing               | 400          | 5             |
| 6        | Holland Sports/DMV/RP             | 256          | 2             |

## Lewes AC Performances



| Event                      | Place | Athlete              | Age cat | Performance | Points |
|----------------------------|-------|----------------------|---------|-------------|--------|
| Men's A 100m               | 2     | Jack PALMER          | U20     | 12.0        | 5      |
| Men's B 100m               | 4     | Adam LAWSON          | U20     | 12.5        | 3      |
| Men's A 200m               | 4     | Jack PALMER          | U20     | 24.2        | 3      |
| Men's B 200m               | 2     | Adam LAWSON          | U20     | 24.7        | 5      |
| Men's A 400m               | 3     | Rowan PEARSON        | U17     | 52.0        | 4      |
| Men's B 400m               | 1     | Joseph CALLARD       | U20     | 53.0        | 6      |
| Men's A 800m               | 2     | Stanley PENDERED     | U20     | 2:03.1      | 5      |
| Men's B 800m               | 3     | Vesa LINDBERG        | M45     | 2:16.9      | 4      |
| Men's A 1500m              | 3     | Vesa LINDBERG        | M45     | 4:38.0      | 4      |
| Men's B 1500m              | 4     | Tim POPKIN           | M45     | 5:50.9      | 3      |
| Men's A 3000m              | 1     | Toby MEANWELL        | M40     | 9:37.9      | 6      |
| Men's B 3000m              | 1     | Ben PEPLER           | SM      | 9:38.8      | 6      |
| Men's A 3000m Steeplechase | 2     | Jonathan BECKETT     | U17     | 13:07.9     | 5      |
| Men's B 3000m Steeplechase | 1     | Paul COUSINS         | M55     | 13:23.4     | 6      |
| Men's A Pole Vault         | 1     | Isaac LANCASTER      | U20     | 3.75        | 6      |
| Men's A Shot Put           | 5     | Toby WOLPE           | M65     | 5.15        | 2      |
| Men's A Discus             | 6     | Toby WOLPE           | M65     | 11.46       | 1      |
| Men's A Hammer             | 4     | Daniel STONEHOUSE    | U20     | 24.12       | 3      |
| Men's B Hammer             | 6     | Toby WOLPE           | M60     | 16.74       | 1      |
| Mixed 4x400m A             | 3     | Lewes/Haywards Heath | SM      | 4:02.8      | 4      |



|                              |   |                    |     |         |   |
|------------------------------|---|--------------------|-----|---------|---|
| <b>Women's A 100m</b>        | 3 | Chloe KORNEVALL    | U20 | 13.4    | 4 |
| <b>Women's B 100m</b>        | 3 | Zoe WRIGHT         | U17 | 14.2    | 4 |
| <b>Women's A 200m</b>        | 2 | Chloe KORNEVALL    | U20 | 26.6    | 5 |
| <b>Women's B 200m</b>        | 3 | Zoe WRIGHT         | U17 | 29.8    | 4 |
| <b>Women's A 400m</b>        | 3 | Lucie VENABLES     | SW  | 74.3    | 4 |
| <b>Women's B 400m</b>        | 2 | Jo BUCKLEY         | W50 | 83.2    | 5 |
| <b>Women's A 800m</b>        | 2 | Chloe KORNEVALL    | U20 | 2:26.5  | 5 |
| <b>Women's B 800m</b>        | 1 | Florence HILL      | U17 | 2:46.9  | 6 |
| <b>Women's A 1500m</b>       | 1 | Emma NAVESEY       | SW  | 4:53.7  | 6 |
| <b>Women's B 1500m</b>       | 1 | Ruby WHYTE-WILDING | SW  | 5:09.5  | 6 |
| <b>Women's A 5000m</b>       | 1 | Darcy PRING        | U17 | 17:29.1 | 6 |
| <b>Women's B 5000m</b>       | 1 | Emma NAVESEY       | SW  | 17:33.5 | 6 |
| <b>Women's A 100mH</b>       | 2 | Lucie VENABLES     | SW  | 21.0    | 5 |
| <b>Women's A 400mH</b>       | 2 | Lucie VENABLES     | SW  | 87.3    | 5 |
| <b>Women's A High Jump</b>   | 4 | Jess POWELL        | U20 | 1.13    | 3 |
| <b>Women's B High Jump</b>   | 1 | Zoe WRIGHT         | U17 | 1.13    | 6 |
| <b>Women's A Pole Vault</b>  | 2 | Amelia HATCHARD    | U20 | 3.25    | 5 |
| <b>Women's B Pole Vault</b>  | 1 | Natasha CLARKE     | U20 | 2.95    | 6 |
| <b>Women's A Long Jump</b>   | 3 | Lucie VENABLES     | SW  | 4.05    | 4 |
| <b>Women's B Long Jump</b>   | 2 | Samantha BUCKLEY   | U17 | 3.91    | 5 |
| <b>Women's A Triple Jump</b> | 3 | Lucie VENABLES     | SW  | 8.56    | 4 |
| <b>Women's B Triple Jump</b> | 2 | Jo BUCKLEY         | W50 | 6.10    | 5 |
| <b>Women's A Shot Put</b>    | 3 | Jess POWELL        | U20 | 7.11    | 4 |
| <b>Women's B Shot Put</b>    | 2 | Jia ATKINS         | U17 | 5.57    | 5 |
| <b>Women's A Discus</b>      | 5 | Jess POWELL        | U20 | 14.55   | 2 |
| <b>Women's B Discus</b>      | 3 | Jo BUCKLEY         | W50 | 11.58   | 4 |
| <b>Women's A Javelin</b>     | 4 | Lucie VENABLES     | SW  | 11.98   | 3 |

|                          |   |                         |     |      |   |
|--------------------------|---|-------------------------|-----|------|---|
| <b>Women's B Javelin</b> | 5 | Jo BUCKLEY              | W50 | 6.65 | 2 |
| <b>Women's 4x100m</b>    | 3 | Lewes/Haywards<br>Heath | SW  | 54.6 | 4 |

### Men's non-scoring



| Event | Pos | Name             | Cat | Perf.   |
|-------|-----|------------------|-----|---------|
| 400   | 3   | Max Andrews      | SM  | 56.3    |
| 800   | 5   | Jonathan Burrell | M55 | 2:21.4  |
| 100   | 1   | Dominic Redshaw  | U17 | 12.5    |
| 100   | 3   | Joseph Callard   | U20 | 12.5    |
| 3000  | 14  | Phil Westbury    | M40 | 11:28.5 |
| 200   | 1   | Adam Lawson      | U20 | 25.1    |
| 200   | 2   | Joseph Callard   | U20 | 25.4    |
| 200   | 3   | Dominic Redshaw  | U17 | 25.5    |
| PV    | 1   | Cameron Wells    | U20 | 4.05    |

### Women Non-scoring

| EVENT | Pos | Name           | CAT | Perf.   |
|-------|-----|----------------|-----|---------|
| 100   | 1   | Saskia Sclater | U17 | 13.8    |
| 100   | 3   | Sammy Buckley  | U17 | 15.5    |
| 100   | 4   | Jo Buckley     | W45 | 16.8    |
| 200   | 3   | Florence Hill  | U17 | 30.3    |
| 5000  | 3   | Emily Proto    | SW  | 18:05.8 |
| 1500  | 3   | Emily Proto    | SW  | 5:05.4  |
| 1500  | 8   | Lara Nolan     | U17 | 5:43.1  |
| LJ    | 7   | Florence Hill  | U17 | 3.70    |
| PV    |     | Emily Oakden   | U20 | 3.45    |
| PV    |     | Mena Powell    | U20 | 2.45    |
| PV    |     | Jess Banner    | U17 | 2.45    |

[<Back to Contents>](#)

## 5. Sussex Veteran League Event 2

### Eastbourne Wednesday 15<sup>th</sup> June 2022

Two of this year's three competition evenings have now taken place. Overall the joint Lewes AC / Haywards Heath Harriers team are currently in second place with 170 points behind Hastings with 187.

The joint LAC / HHH men's team led by Haywards Heath's Marcus Kimmins are top of their group with 106 points. Eastbourne / Hailsham are second with 96 points followed by Hastings with 84.

The women's team captained by Jo Buckley and Abi Redd are in third place (64 points) behind Brighton & Hove AC 123 points) and Hastings AC (103 points).

Below are individual performances of both the Lewes and Haywards Heath participants.

| Event                    | Place | Athlete   | Performance | Points |
|--------------------------|-------|---|-------------|--------|
| Mens Javelin Throw 35+   | 2     | James Smyth   | 17.64       | 5      |
| Mens Javelin Throw 50+   | 2     | Ian Tomkins   | 22.37       | 5      |
| Mens Javelin Throw 60+   | 4     | Michael Bale  | 18.04       | 3      |
| Mens Shot Putt 50+       | 3     | Ian Tomkins   | 8.12        | 4      |
| Mens Shot Putt 60+       | 4     | Michael Bale  | 7.74        | 3      |
| Mens High Jump 50+       | 2     | Ian Tomkins   | 1.3         | 5      |
| Mens High Jump 60+       | 2     | Mark Rahman   | 1           | 5      |
| Mens Triple Jump 35+     | 2     | Robert Cooper   | 8.32        | 5      |
| Mens Triple Jump 50+     | 3     | Chris Gilbert   | 6.47        | 4      |
| Mens 100m A              | 2     | Owen Wells  | 11.7        | 5      |
| Mens 100m B              | 3     | Robert Cooper   | 14.9        | 4      |
| Mens 100m 50+            | 4     | Chris Gilbert   | 15.3        | 3      |
| Mens 100m 60+            | 2     | Mark Rahman   | 16.8        | 5      |
| Mens 400m A              | 2     | Owen Wells  | 56          | 5      |
| Mens 400m B              | 2     | Robert Cooper   | 63.6        | 5      |
| Mens 400m 50+            | 2     | Chris Gilbert   | 65.6        | 5      |
| 2000m walk               | 2     | James Smyth   | 14.13.0     | 5      |
| Mixed 2000m walk B       | 1     | Marcus Kimmins  | 14.19.7     | 6      |
| Mens 1500m A             | 2     | Marcus Kimmins  | 4.45.7      | 5      |
| Mens 1500m B             | 4     | James Smyth   | 6.05.8      | 3      |
| Mens 1500m 50+           | 1     | Jonathan Burrell                                      | 4.50.6      | 6      |
| Mens 1500m 60+           | 2     | Carl Bicknell   | 6.06.7      | 5      |
| mixed 4 x 200 relay      | 2     | Helen Diack, James Smyth , Lucy Venables & Owen Wells | 2.03.7      | 5      |
| Womens Shot Putt 35+     | 4     | Helen Diack   | 4,80        | 3      |
| Womens Javelin Throw 35+ | 3     | Lucie Venables  | 15.24       | 4      |
| Womens Javelin Throw 50+ | 3     | Jo Buckley  | 9.89        | 3      |
| Womens High Jump 35+     | 2     | Helen Diack   | 1.2         | 5      |
| Womens Triple Jump 35+   | 1     | Lucie Venables  | 8.6         | 6      |

|                        |   |  |         |   |
|------------------------|---|--|---------|---|
| Womens Triple Jump 50+ | 2 | Jo Buckley   | 6.15    | 5 |
| Womens 100m A          | 3 | Lucie Venables   | 14.8    | 4 |
| Womens 100m 50+        | 3 | Jo Buckley   | 16.6    | 4 |
| Womens 400m 50+        | 3 | Jac Barnes   | 84.4    | 4 |
| Womens 100m 60+        | 5 | Maria Birch  | 21.6    |   |
| Womens 1500m A         | 4 | Jac Barnes   | 6.33.2  | 3 |
| Womens 1500m 50+       | 2 | Mary Campbell  | 5.35,8  | 5 |
| Womens 3000m A         | 4 | Samantha Ridley  | 12:58.0 | 2 |
| Womens 3000m B         | 1 | HELEN BOWMAN   | 13:48.0 | 6 |
| Womens 3000m 50+       | 1 | Mary Campbell  | 11.52.5 | 6 |
| 4x200 mixed relay      | 5 | Jac Barnes, Marcus<br>Kimmins, Samantha<br>Ridley, Robert Cooper | 2.18.8  | 2 |

**The next Vets meeting is Monday 25th July 2022 – Lewes Community Track and Home Advantage!**

[<Back to Contents>](#)

## 6. Sussex Under 13 League - East Division Brighton 17th June 2022

The previous Under 13 League event had been at Eastbourne on Friday 29<sup>th</sup> April. Lewes AC were fifth out of six teams just below Hastings with a narrow two points between us.

Under 13 competitions provide our young athletes to experience – and hopefully to relish - interclub competition. It is an opportunity to explore your capabilities.

At the second meeting in the series Lewes AC on Friday 17<sup>th</sup> June Lewes AC was able to field a larger team at the Withdean. This gave it the chance to accumulate a higher score taking the club up the fourth place and only 10 points adrift of the third position.

There were first places in a pleasing range of events for Oscar Femor McGie in 75 metre hurdles for boys, Eliza Barry in the girls' 600 metres, Maya Bray in the girls' long jump and Erin Bowie in the girls' shot put.

As important as the high scorers are those team members who maximise the team score by ensuring that every event has a Lewes AC athlete collecting points. Even coming last gets us a point and it all adds up.

|   | <b>Team</b>     | <b>Score</b> |
|---|-----------------|--------------|
| 1 | Brighton & Hove | 225          |
| 2 | Eastbourne      | 137          |
| 3 | Hy Runners      | 116          |
| 4 | Lewes           | 96           |
| 5 | Phoenix         | 80           |
| 6 | Hastings        | 0            |

| <b>Event</b>              | <b>Place</b> | <b>Athlete</b>      | <b>Time /distance</b> | <b>Points</b> |
|---------------------------|--------------|---------------------|-----------------------|---------------|
| <b>Boys' A 75m</b>        | 3            | Oscar femor McGHie  | 11.1                  | 4             |
| <b>Boys' A 150m</b>       | 3            | Otto de Burca       | 22.1                  | 4             |
| <b>Boys' A 600m</b>       | 4            | Otto de Burca       | 1:56.8                | 3             |
| <b>Boys' A 75mH</b>       | 1            | Oscar Femor McGhie  | 15.5                  | 6             |
| <b>Boys A Long Jump</b>   | 2            | Oscar Femor McGhire | 3.91                  | 5             |
| <b>Boys B Long Jump</b>   | 2            | Heath Meiland       | 3.85                  | 5             |
| <b>Boys' A Shot Putt</b>  | 3            | Harry Tansley       | 5.47                  | 4             |
| <b>Boys' A Discus</b>     | 2            | Harry Tansley       | 11.00                 | 5             |
| <b>Boys' A Javelin</b>    | 2            | Sam Cambbell Brown  | 24.30                 | 5             |
| <b>Girls' A 75m</b>       | 5            | Scarlet Harvey      | 12.2                  | 2             |
| <b>Girls' B 75m</b>       | 5            | Edith Day page      | 12.5                  | 2             |
| <b>Girls' A 150m</b>      | 5            | Scarlet Harvey      | 24.3                  | 2             |
| <b>Girls' B 150m</b>      | 2            | Abi Teague          | 23.2                  | 5             |
| <b>Girls' A 600m</b>      | 1            | Eliza Barry         | 1:55.2                | 6             |
| <b>Girls' B 600m</b>      | 3            | Jessica Molloy      | 2:06.3                | 4             |
| <b>Girls' A 1000m</b>     | 5            | Ruby Wallace        | 3:52.4                | 2             |
| <b>Girls' A High Jump</b> | 3            | Eliza Barry         | 1.10                  | 4             |
| <b>Girls' B High Jump</b> | 3            | Jessica Molloy      | 1.05                  | 4             |
| <b>Girls' A Long Jump</b> | 1            | Maya Bray           | 4.45                  | 6             |

|                           |   |                 |       |   |
|---------------------------|---|-----------------|-------|---|
| <b>Girls' B Long Jump</b> | 2 | Bella Deighton  | 3.13  | 5 |
| <b>Girls' A Shot Putt</b> | 1 | Erin Bowie      | 5.44  | 6 |
| <b>Girls' A Discus</b>    | 2 | Bella Deighton  | 11.71 | 5 |
| <b>Girls' 4x100m</b>      |   |                 |       |   |
|                           | 1 | Brighton & Hove | 57.7  | 6 |
|                           | 2 | Eastbourne      | 58.9  | 5 |
|                           | 3 | Hy Runners      | 61.1  | 4 |
|                           | 4 | Phoenix         | 62.5  | 3 |
|                           | 5 | Lewes           | 66.7  | 2 |

### Boys Non-scoring event

| Event | Number | Athlete    | Time | Age |
|-------|--------|------------|------|-----|
| 75m   | 418    | Heath Mala | 11.5 | U13 |

### Girls Non-scoring events

| Event | Number | Athlete         | Time | Age |
|-------|--------|-----------------|------|-----|
| 75m   | 340    | Abi Teague      | 11.4 | U13 |
| 75m   | 351    | Lila Hermann    | 11.6 | U13 |
| 75m   | 341    | Erin Bowie      | 11.8 | U13 |
| 75m   | 335    | Violet Bassett  | 13.8 | U13 |
| 75m   | 334    | Scarlett Oliver | 15.0 | U11 |
| LJ    | 335    | Violet Bassett  | 2.02 | U13 |
| LJ    | 334    | Scarlett Oliver | 1.79 | U11 |

The next Under 13 League event is on **Friday 15<sup>th</sup> July at the LEWES track**. Make the most of home advantage to push Lewes into the top half of the league table. Every point counts.

[<Back to Contents>](#)

## 7. Worthing Open Meeting with 3k County Championships

### Tuesday 21<sup>st</sup> June 2022

The nine personal bests and three seasonal bests are very impressive. Grace Tuesday has been breaking records all over the place and her personal best on the night suggests the trajectory is being maintained.

The evening also hosted the Sussex 3000m Championships. The results show both Joshua Burgess and Emma Navesey in second place in races that mixed age groups. We know that Joshua and Emma should have been awarded silver medals at least – but I understand that in Emma's case it could be a gold in the Senior category.

|                 | Name                            |   |         |           | AG  |   | SB      | PB      |
|-----------------|---------------------------------|---|---------|-----------|-----|---|---------|---------|
| <b>100 SM 4</b> | Jack Plamer                     | 5 | 11:70   | <b>SB</b> | U20 | M | 11:70   | 11:27   |
| <b>100 SW 2</b> | <a href="#">Zoe Wright</a>      | 3 | 14:06   | <b>SB</b> | U17 | W | 14:06   | 13:9    |
| <b>200 SM 4</b> | <a href="#">Jack Palmer</a>     | 3 | 24:08   |           | U20 | M | 23:59   | 23:31   |
| <b>200 SW 1</b> | <a href="#">Zoe Wright</a>      | 3 | 29:02   | <b>SB</b> | U17 | W | 29:02   | 28:92   |
| <b>200 SW 2</b> | <a href="#">Rosie Kornevall</a> | 4 | 27:30   | <b>PB</b> | U17 | W | 27:30   | 27:30   |
| <b>200 SW 3</b> | <a href="#">Chloe Kornevall</a> | 4 | 26:86   |           | U20 | W | 26:36   | 26:1    |
| <b>400 SW</b>   | <a href="#">Chloe Kornevall</a> | 2 | 58:71   | <b>PB</b> | U20 | W | 58:71   | 58:71   |
|                 | <a href="#">Rosie Kornevall</a> | 3 | 61:58   | <b>PB</b> | U17 | W | 61:58   | 61:58   |
| <b>800 SX 1</b> | <a href="#">Lara Nolan</a>      | 3 | 2:39.09 | <b>PB</b> | U17 | W | 2:39:09 | 2:39:09 |

|                  |                                 |    |          |           |     |   |          |          |
|------------------|---------------------------------|----|----------|-----------|-----|---|----------|----------|
| <b>800 SX 3</b>  | <a href="#">Amelie Bedford</a>  | 4  | 2:25.81  | <b>PB</b> | U15 | W | 2:35:81  | 2:35:81  |
| <b>800 SX 4</b>  | <a href="#">Esme Stephenson</a> | 5  | 2:29.88  | <b>PB</b> | U15 | W | 2:29:88  | 2:29:88  |
|                  | <a href="#">Florence Hill</a>   | 10 | 2:36.35  |           | U17 | W | 2:33:4   | 2:33:4   |
| <b>800 SX 7</b>  | <a href="#">Ava James</a>       | 6  | 2:19.68  |           | U15 | W | 2:18:19  | 2:18:19  |
| <b>800 SX 8</b>  | <a href="#">Grace Tuesday</a>   | 1  | 2:09.52  | <b>PB</b> | U15 | W | 2:09:52  | 2:09:52  |
| <b>3000 SM 1</b> | <a href="#">Charlie Wright</a>  | 7  | 9:37.35  |           | U17 | M | 9:36:17  | 9:36:17  |
|                  | <a href="#">Isaac Tarafder</a>  | 14 | 10:43.59 | <b>PB</b> | U15 | M | 10:43:59 | 10:43:59 |
|                  | <a href="#">Theo Tarafder</a>   | 15 | 10:47.97 | <b>PB</b> | U15 | M | 10:47:97 | 10:47:97 |
| <b>3000 SM 3</b> | <a href="#">Joshua Burgess</a>  | 2  | 8:41.30  |           | SEN | M | 8:40:68  | 8:28:11  |
|                  | <a href="#">Emma Navesey</a>    | 2  | 9:58.28  | <b>SB</b> | SEN | W | 9:58:28  | 9:58:0   |

[<Back to Contents>](#)

## 8. Sussex Under 15 League Brighton

24<sup>th</sup> June 2022

### Team rankings

| Place    | Team            | Score      |
|----------|-----------------|------------|
| 1        | Crawley         | 382        |
| 2        | Brighton & Hove | 304        |
| 3        | Eastbourne      | 225        |
| 4        | Worthing        | 220        |
| <b>5</b> | <b>Lewes</b>    | <b>158</b> |
| 6        | Chichester      | 142        |
| 7        | Horsham BS      | 139        |
| 8        | Haywards Heath  | 96         |
| 9        | Hastings        | 17         |

### Individual performances

| Event              | Place | Athlete           | Performance | Points |
|--------------------|-------|-------------------|-------------|--------|
| Boys A 800m        | 6     | Jacob Trotman     | 2.33.7      | 4      |
| Boys A 1500m       | 6     | Theo Tarafder     | 4.58.7      | 4      |
| Boys B 1500m       | 2     | Issac Tarafder    | 4.59.2      | 8      |
| Boys A Pole Vault  | 2     | Ivan Wray         | 2.40        | 8      |
| Boys B Pole Vault  | 1     | Diggory Thomas    | 2.20        | 9      |
| Boys A High Jump   | 5     | Jacob Trotman     | 1.25        | 5      |
| Boys 4x100m        | 8     |                   | 61.0        | 2      |
| Girls A 100m       | 5     | Emily Wheetman    | 14.6        | 5      |
| Girls B 100m       | 5     | Ashli Whiteman    | 15.3        | 5      |
| Girls A 300m       | 3     | Emelia Singer     | 46.5        | 7      |
| Girls A 800m       | 4     | Esme Stephenson   | 2.29.0      | 6      |
| Girls B 800m       | 3     | Amilie Bedford    | 2.35.2      | 7      |
| Girls A 1500m      | 1     | Grace Tuesday     | 4.33.8      | 9      |
| Girls B 1500m      | 1     | Ava James         | 4.46.4      | 9      |
| Girls A 75mH       | 2     | Ava Hayes         | 15.5        | 8      |
| Girls B 75mH       | 2     | Emily Wheetman    | 15.7        | 8      |
| Girls A Pole Vault | 1     | Phoebe Scott      | 2.40        | 9      |
| Girls B Pole Vault | 1     | Ashli Whiteman    | 2.30        | 9      |
| Girls A High Jump  | 5     | India Sommerville | 1.30        | 5      |

|                   |   |                |       |   |
|-------------------|---|----------------|-------|---|
| Girls A Long Jump | 3 | Emelia Singer  | 4.40  | 7 |
| Girls B Long Jump | 2 | Maria Breeze   | 4.10  | 8 |
| Girls A Javelin   | 5 | Ashli Whiteman | 11.57 | 5 |
| Girls 4x100m      | 4 |                | 58.1  | 6 |

**NON SCORERS**

**BOYS**

|      |             |        |
|------|-------------|--------|
| 1500 | Toby Cherry | 5.15.2 |
| PV   | Bill Scott  | 2.10   |

**GIRLS**

|      |                  |        |
|------|------------------|--------|
| 1500 | Eva Winton       | 5.18.4 |
| PV   | Mia McGhie       | 2.00   |
| PV   | Georgia Docherty | 1.60   |

[<Back to Contents>](#)

## 9. West Sussex Fun Run League - Downland Dash

### Burgess Hill Runners

Saturday 25<sup>th</sup> June 2022

This started and finished at the Downlands Community School at the rather unusual time of 12.30 on a Saturday.



Lewes AC fielded 17 runners. Frazer Macnicoll came from nowhere to produce a stellar performance coming in second over three minutes before the next Lewes runner.

The club was third equal with Chichester and Steyning AC on 103 points. Despite this promising result Lewes AC remain stuck at 10<sup>th</sup> place (out of 17 clubs) in the League table.

| Place | Time      | Bib | Runner |             | F/M | F/<br>M<br>place | points |
|-------|-----------|-----|--------|-------------|-----|------------------|--------|
| 2     | 26:2<br>2 | 297 | Frazer | Macnicoll   | M   | 2                | 10     |
| 10    | 29:3<br>0 | 298 | Will   | Monnigton   | M   | 10               | 10     |
| 14    | 30:0<br>1 | 147 | Colin  | Bennett     | M   | 14               | 10     |
| 24    | 31:0<br>3 | 302 | Robert | Cooper      | M   | 23               | 9      |
| 58    | 34:0<br>7 | 288 | Helen  | Sida        | F   | 5                | 10     |
| 70    | 35:1<br>6 | 151 | John   | Dryden      | M   | 61               | 7      |
| 76    | 35:3<br>6 | 294 | David  | Prince-Ills | M   | 67               | 7      |
| 92    | 36:2<br>8 | 152 | Rob    | Stanway     | M   | 79               | 6      |
| 104   | 37:3<br>2 | 146 | Carole | Walters     | F   | 16               | 9      |
| 110   | 38:0<br>1 | 144 | Andrew | Chitty      | M   | 93               | 5      |
| 114   | 38:0<br>7 | 149 | Helen  | Bowman      | F   | 20               | 8      |
| 120   | 38:4<br>7 | 145 | Andy   | Perris      | M   | 99               | 5      |
| 121   | 38:5<br>5 | 296 | David  | Foster      | M   | 10<br>0          | 5      |
| 174   | 42:3<br>6 | 153 | Tim    | Monson      | M   | 13<br>0          | 3      |
| 175   | 42:3<br>7 | 150 | Hugh   | St John     | M   | 13<br>1          | 3      |
| 184   | 44:1<br>0 | 148 | Geoff  | Watson      | M   | 13<br>7          | 2      |
| 188   | 44:3<br>2 | 154 | Yan    | Wu          | F   | 49               | 5      |

The next event in the league is in the evening of **Wednesday 6<sup>th</sup> July at Steyning** and then the **Hove Hornets Stinger on Sunday 10<sup>th</sup> July** starting at 11.00am from the Brighton Rugby Club at Waterhall.

[<Back to Contents>](#)

## 10. Welcome to the new Brighton Trail Marathon

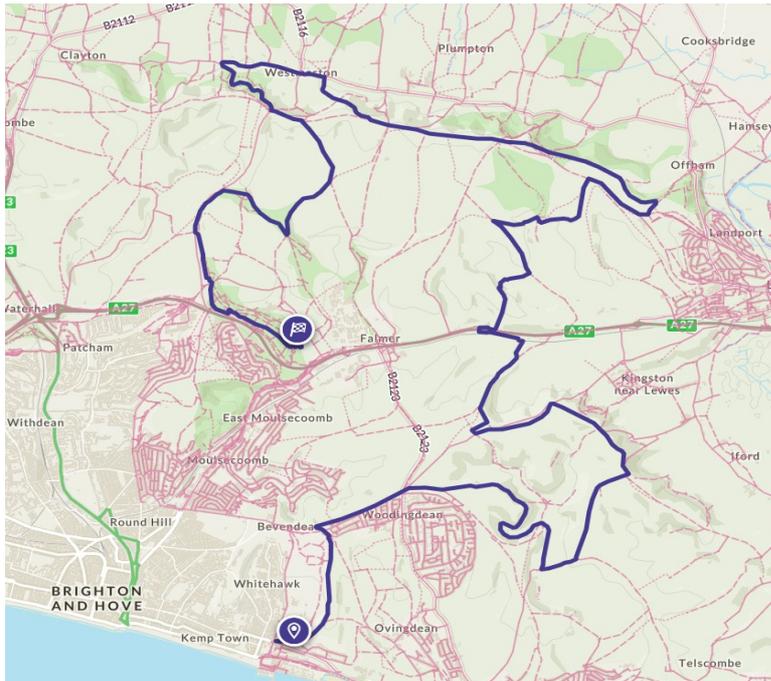


### **Above: at the start**

The inaugural run of the Brighton Trail Marathon took runners over 26.2 miles of stunning downland with six major hill climbs.

Starting at East Brighton Park runners climbed to Woodingdean, descended the dramatic Balsdean 'Snake' track and then ascended to panoramic views from the South Downs escarpment. A long picturesque segment followed the South Downs Way, with the odd deviation, to Ditchling Beacon. Here road over the beacon was closed and there was a King/Queen of the Downs sprint competition up the beacon. But this was also the 20 mile mark all the runners I saw climbing the hill here had temporarily become walkers. Then there was just the question of the six mile run down to Stanmer Park which had the cruelty of one last steep climb.

Notable Lewes AC finishers included Toby Meanwell in second place – out of 1006 runners - and a time of 3:12:56 and Ellen Brookes who was third woman 3:49.27. Other Lewes AC finishers were: Philip Westbury 4:36:26, Mauro Lazzati 5:03:54, Frances Witt 5:15:03, Bob Hughes 5:40:50, Kate Seymour 5:43:53, Emma Gardner 5:48:49, Anita Amies 5:54:18, Ruth Wray 5:59:48, Julie Deakin 6:23.25, and Hazel Bennington 6:30:59.



**Above: the route**

Annoyingly, the race organizers did not collect details about runners' clubs, some Lewes AC runners may have been missed.

A bottle neck in the first mile had runners standing around while ahead runners threaded their way through a steep, one-at-a-time path through a wood. Times of elite runners probably got off lightly, but for many this typically cost a quarter of an hour or more of time.

**Below: Waiting to go through a bottleneck**



Despite the glitches this event deserves a place as an enduring classic in the trail running calendar.



**Second man home: Toby Meanwell of Lewes AC**



**Third woman home was Ellen Brookes of Lewes AC**

[<Back to Contents>](#)

## 11. Youth Development Team Upper Age Group

### 3<sup>rd</sup> Meeting Lewes track 26<sup>th</sup> June

It will be recalled that this year Lewes AC's Upper Age Group for Under 20 and Under 17 athletes was amalgamated with Eastbourne Rovers AC and East Grinstead to form Team Sussex.

Last year our competitor clubs had all been in Sussex, but now our 2 B 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 club.

In the first match in April this year, Ammonite reported that Team Sussex was fifth out of the eight teams, but a correction to the results appears to have forced Team Sussex into sixth place behind Bexley AC by just over a point at the end of the first meeting.

The second match at the end of May at Erith saw Team Sussex last-placed team on the day. However the home meeting at Lewes on 26<sup>th</sup> June saw a significant recovery:

| Posn | Team Name                   | Total Pts | Match points |
|------|-----------------------------|-----------|--------------|
| 1    | Cambridge Harriers (Kent)   | 610.0     | 8.0          |
| 2    | Medway & Maidstone AC       | 584.5     | 7.0          |
| 3    | Herne Hill Harriers         | 431.0     | 6.0          |
| 4    | Bexley AC                   | 413.5     | 5.0          |
| 5    | Team Sussex ©               | 388.0     | 4.0          |
| 6    | Dartford Harriers AC        | 375.0     | 3.0          |
| 7    | Victoria Heathside Highgate | 164.0     | 2.0          |
| 8    | Holland Sports + Reigate ©  | 101.0     | 1.0          |

In the overall league competition Team Sussex is now in sixth position. Full details of individual performances can be found at [ydl match 26<sup>th</sup> June](#).

Some relative highlights for Lewes AC were Stan Pendered's first in the U20 1500m B race with a time of 4:22.78, Joseph Callard's first in the U20 2000m steeplechase A race with a time of 6:43.89 which I guess would be a PB.

Needless to say, Lewes AC cleaned up in the U20 pole vaulting: Cameron Wells (4.15m) and Otis Schorr-Kon (3.85) were first in the A and B competitions. Similarly, Amelia Hatchard (3.30m) and Emilie Oaken (3.00) came first in the A and B women's U20 competitions.

In the Under 17s, Rowan Pearson came first in the 200m A race in 23.22 seconds. The official results show Rowan's performance as being at the Amateur Athletic Association (AAA) Level 3. These levels map an athlete's performance onto a table where the top 7.5% of performances would attain a grade 1 standard; the top 15% of performances a grade 2 standard; the top 30% a grade 3 standard; the top 65% a grade 4 standard. His time of 23.22 is less than the AAA level 3 boundary 23.4. He could actually send away for a certificate and badge – see the [AAA website!](#)

Rosie Kournevall's winning time of 42.87 seconds in the U17 400m race was also an AAA level 3 standard.

The U17 long jump distances did not merit AAA awards, but were still satisfying. Harry Rees came out of nowhere to win first place in the men's jump with a distance 5.50m while Zoe Wright, whom

we most often see as a sprinter, demonstrated how the sprinter's speed supports long jumping with first place with 4.45m which looks like a PB to us.

Finally a mention for Jia Atkins who was second in the U17 Hammer with a distance of 33.76m which was a AAA Level 4 standard. She was beaten by someone who got a Level 2 standard. A level 4 standard may sound modest to some, but just consider that the overwhelming proportion of competitors at the meeting failed to reach any AAA standard at all in their events.

**The final event in the series is on Sunday 7<sup>th</sup> August at Tooting Bec.**

[<Back to Contents>](#)

## **12. Our French Connection - Lewes A.C. Visit to France, 10th to 14th June 2022**

### **Ian Hilder writes**

A small band of eager Marolles returnees set sail from Newhaven on a sunny Friday morning, keen to continue the "entente cordiale" with our twinned French club. This visit usually takes place in April, but this year we had the opportunity to make a summer visit.



The drive south from Dieppe took us round Rouen, over the River Seine, passing Evreux and Dreux before the twin spires of Chartres came into view. Then the final push down towards Blois and a welcome from our hosts at the Marolles clubhouse, in a former farmyard surrounded by sun-kissed sandstone buildings. We then each returned for a meal with our host families.

The year's Saturday visit was to the magnificent Chateau of Chaumont-sur-Loire, including an international garden festival and modern art exhibition. Then followed al fresco lunch at a cafe on the banks of the River Loire. In the evening we were treated to a picnic under the shade of the trees in the park beside the Marolles running track following a couple of informal welcome speeches.



Ian attempted to thank our guests using a combination of Google-Translate and Franglais (proof, if any were needed, that being able to speak French is not necessary to go on these visits)!

Sunday is race day, with 9k and 16k run options around the grounds of a local chateaux and country park including the challenge of 'Grande Pierre' (large rock outcrop).

Lewes AC was represented by Katherine McCorry (Emery) and Ian Hilder in the 9k. Katherine finished 2<sup>nd</sup> lady, followed by Ian two places behind. In a new event for Lewes AC

members, Sara Hobden and John Coleman, equipped with walking poles, made their debuts in the 'Nordic Walk'.

Following presentations and a quick freshen up we were treated to a vast picnic with locally cooked produce and plenty of cheese and wine provided by our hosts.

The afternoon was spent with our hosts followed by a low-key group meal at one of the hosts houses in the evening.



We would normally travel back to Lewes on the Monday, but with the ferry fully booked this summer we stayed an extra day, giving us further opportunity to explore the countryside around the Loire valley. Tuesday was spent on a leisurely journey back to Dieppe for the early evening ferry, with a lunch and supermarket stops on the way to pick up some French goodies.

A French party will hopefully be joining us in October for the Lewes Downland races and there will be another opportunity to join the fun in France next year.

[<Back to Contents>](#)

### 13. Event Calendar

|                                   |                                  |  |                        |                                  |
|-----------------------------------|----------------------------------|--|------------------------|----------------------------------|
| Wednesday<br>6th July             | West Sussex<br>Fun Run<br>League | Steyning AC Roundhill Romp                 | Steyning               | WSFRL sign up via<br>LAC Wiki    |
| 10th July                         | West Sussex<br>Fun Run<br>League | Hove Hornets Hornets'<br>Stinger           | Brighton<br>Rugby Club | WSFRL sign up via<br>LAC Wiki    |
| Wednesday<br>13th July            | Sussex Grand<br>Prix             | Phoenix 10k                                | Brighton and<br>Hove   | <a href="#">Brighton Phoenix</a> |
| Friday 15 <sup>th</sup> July      | Sussex under<br>13 League        | 3 <sup>rd</sup> match                      | Lewes                  |                                  |
| Saturday 16 <sup>th</sup><br>July | Southern<br>Athletics<br>League  | 3 <sup>rd</sup> match<br>15 year and above | Crawley                |                                  |

|                                 |                            |  |                        |                            |
|---------------------------------|----------------------------|--|------------------------|----------------------------|
| Friday 22 <sup>nd</sup> July    | Sussex Under 15 League     | 3 <sup>rd</sup> Match  | Withdean, Brighton     |                            |
| Sunday 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               |                            |
| Wednesday 3th August TBC        | West Sussex Fun Run League | Worthing Striders Highdown Hike<br><a href="http://www.worthingstriders.co.uk">www.worthingstriders.co.uk</a>  | Durrington             | WSFRL sign up via LAC Wiki |
| Saturday 13th August            | Southern Athletics League  | 3 <sup>rd</sup> match<br>15 year and above   | Hastings               |                            |
| Sunday 17 <sup>th</sup> August  | Youth Development League   | Upper Age Group<br>Match 4 U20 U17   | Tooting Bec            |                            |
| Wednesday 10th August (Evening) | West Sussex Fun Run League | Worthing Harriers Windlesham House 4<br><a href="http://www.worthingharriers.com">www.worthingharriers.com</a> | Washington West Sussex | WSFRL sign up via LAC Wiki |
| Sunday 11th September           | West Sussex Fun Run League | Saints & Sinners Tilgate Forest 5  | K2 Leisure Centre      | WSFRL sign up via LAC Wiki |
| Sunday 11th September           | Sussex Grand Prix          | Hailsham Harriers Hellingly 10k  | Hellingly              | tba                        |
| Sunday 2nd October 2022         | Sussex Grand Prix          | Lewes Downland 10 miles  | Lewes                  | tba                        |

Also look at [Sussex Races Event Planner Page](#) and [Upcoming Events - Lewes Athletic Club \(lewesac.co.uk\)](#)

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