



Lewes Athletic Club Newsletter

The AMMONITE

August 2022

Please send contributions and corrections to errors to newsletter@lewesac.co.uk.

Contents

1. [Welcome to tomorrow's athletes](#)
2. [It's never too late – Couch to 5k](#)
3. [How Lewes AC fared at English Schools Champs](#)
4. [Lewes AC on the move: Peter Masters writes...](#)
5. [Youth Dev. League youngsters – up at Lewes](#)
6. [and down at Ware](#)
7. [West Sussex Fun Run League](#)
8. [Brighton Phoenix 10k: Lewes AC woman first](#)
9. [Sussex Under 13 League – on the up](#)
10. [Southern Athletics League – one match to go](#)
11. [Sussex Under 15 League 25th July 2022](#)
12. [Sussex Masters League 25th July 2022](#)
13. [Out and about](#) Gemma Tutton, Thomas Roach and the 1987 Cross Country Team
14. [The Racing Calendar](#)

1. Welcome to tomorrow's athletic stars



Lewes AC Summer camps are on their way! Thanks to everyone who makes this possible.

[<Back to contents>](#)

2. It's never too late – Couch to 5k



Above: *Some of the graduates of our spring Beginners Course, plus a few of the course leaders, following their celebratory parkrun at Peacehaven on 11 June. Middle row, standing: Steven Haasz, Camila Supervielle, Esther Jones, Anna Nicol-Smits, Jackie Jukes, Christine Miller, Danielle Uphill, Jessica Sandin, Sarah Robinson, Bee Cooper, Aduke Haasz. Front row, kneeling: course leaders Siobhan Boyer, Terry Rogers, Anne Hagan, Colin Hartland and Mark Pappenheim; plus Richard Moore (standing at the back)*

Mark Pappenheim writes

Following a promotional relaunch funded partly by the club itself, partly by England Athletics' post-Covid Club Support Fund, Lewes AC's first beginners' running course to be successfully delivered since spring 2019 kicked off on Saturday 2 April and concluded 10 weeks later with a grand total of 16 graduates (out of an original intake of 28) progressing from jogging for just a minute at a time to running a full, continuous 5K.

With an age-range stretching from 39 to 75, and encompassing both first-time runners and a sometime winner of the Hull Marathon, the graduates triumphantly ran a timed 5K within Lewes itself on Saturday 4 June – after which club chairman Pete Masters officially presented them with their graduation certificates – before enjoying the opportunity to run a celebratory parkrun together the following week over in Peacehaven, with PBs ranging from around 40 minutes down to an impressive sub-26.

A dozen of these novice runners then signed up to join the club – a welcome influx of keen new members to offset the losses in numbers seen over the past two years of the pandemic. And the 12 new club members then took part in a 5-week 5K-to-5mile transition course designed to bring them gently up to speed so as to be able to participate in the club's regular Tuesday and Sunday runs and Saturday and Thursday track sessions.

Booking is now open for the autumn Beginners Course, scheduled to run from Saturday 10 September to Saturday 12 November. So, if you know anyone who might be interested in taking part, please refer them to the club website: www.lewesac.co.uk/beginners

With thanks to all the coaches and leaders who generously contributed their time, energy and enthusiasm to help deliver the course: Julia Black, Siobhan Boyer, Anne Hagan, Colin Hartland, Bob Hughes, Richard Moore, Mark Pappenheim, Karin Richter, Terry Rogers, Alex Sutton, Fran Witt and Toby Wolpe (who also kindly took charge of the transition course). Thanks also to Hazel Bennington for creating all our smart new publicity materials.

[<Back to contents>](#)

3. How Lewes AC fared on the track at the English Schools Championships



Dave Leach writes:

As you may know the English schools championships were held at Sports City Manchester on the 8th and 9th July.

Just to qualify is an amazing achievement, and given that Ava James and Grace Tuesday are the first junior girls in endurance events to have made it there from the club shows how good they are.

From the group we had five athletes qualify but unfortunately Barney Hastings was away on holiday, and Louis Goodwin was sick on Wednesday and Thursday and therefore was unable to travel.

So that left Ava [1500m Junior girls PB of 4.42.98] Grace Tuesday [800m Junior girls PB of 2,09.52] and Rowan Pearson [400m Intermediate boys PB of 50.02].

As I couldn't stay away for two nights I left at 3am on Friday morning to make it in time for Ava's 1500m heat at 10.10am.

Ava was in heat 2 of 3 each with 15 athletes [so the best 45 in England]. The first 3 in each heat + 3 fastest not to make it directly through qualified for the final.

Ava ran really well to improve her PB to 4.41.88 and just missed out on the final. As I have said if you run a PB then you have done the best you could do and therefore that's brilliant in itself. 21 of the 45 athletes ran PBs!

Just to let you all know this year is the first that I have had any U15 girls get under 5 mins for 1500m so it is amazing on its own.

Next up was Grace in the 800m again 3 heats, this time of 10 with the first 2 and fastest 2 not to make it through directly to the final.

Grace was in the third heat and ran a controlled race to win her heat in 2.11.14 and by doing so not only made it through but as it was the fastest heat the fastest two not to make it through directly came from this heat.

Last up was Rowan in the 400m heats again 3 heats [first 2 and 2 fastest to the final]. Rowan didn't have his best race and came 6th in 51.45 and unfortunately didn't make it through.

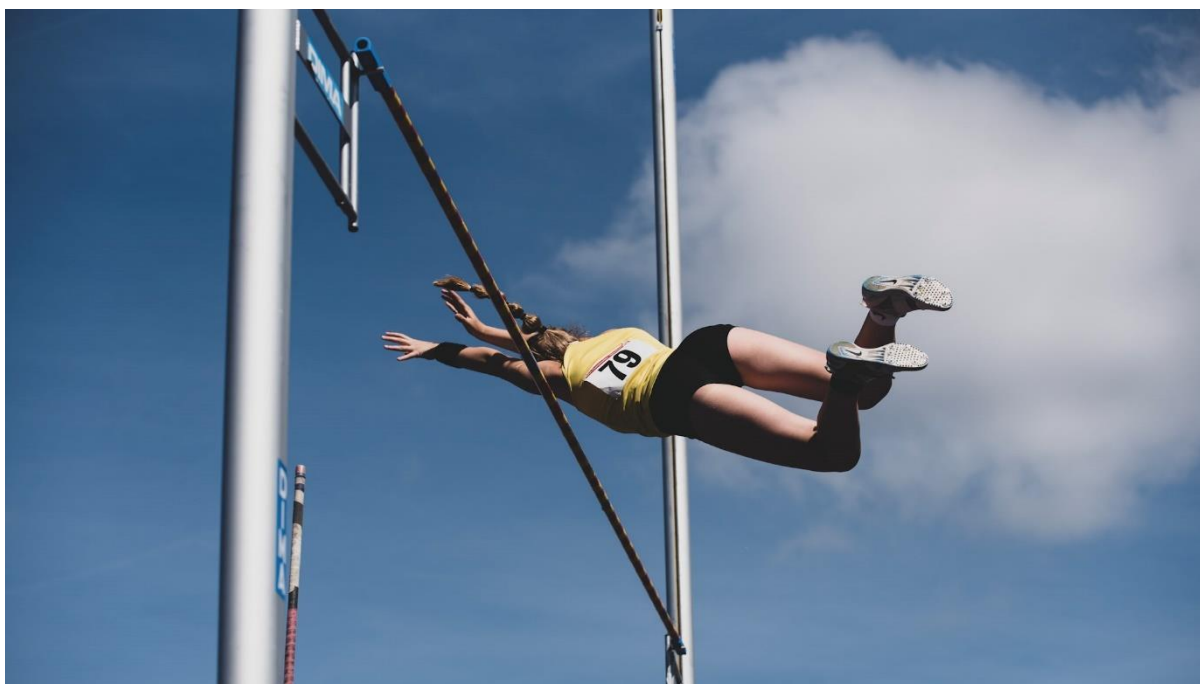
So to Saturday and the 800m final for Grace. As seems to be the custom with Grace she went to the front from the gun and again controlled the race going through the bell in 66 seconds approx and although 2 girls pushed her up to 600m Grace then kicked over the last 200m [31 secs] to win in 2.12.23 and become **the first English Schools champion in an endurance event from the club.**

Then for me just the long drive home although thankfully with the company of Ava and her mum. Thanks.

Away from the track...



In 2019 Emilie Oakden and Amelia Hatchard of Lewes AC were the Junior Girls' gold and silver pole vault medallists. They returned as Seniors, and Oakden vaulted 3.60m to secure the top spot again, and Hatchard's 3.50m put her back on the podium as the bronze medallist.



The leading Lewes AC gold medal contender, Gemma Tutton, withdrew from the Championships because of international under-20 commitments.

[<Back to contents>](#)

4. From the desk of the chairman

Peter Masters writes

This note sets down actions that I have taken or been closely involved with over the last month or so. Most items are for information and an item upon which committee views are sought.

Lewes 10

Having established a small group to help with organising the Lewes 10mile and 5 mile trail races on **Sunday 2nd October** progress is being made. Permits have been obtained, the school HQ agreed and marshals from the Cliffe Bonfire Society agreed. **The chip timing through Sports Systems is set up so both the 10 mile and 5 mile trail races will be chip timed. Promoting the events is under way.**

Club Constitution

Richard Moore in consultation with me continues to work on drafting the proposed new club constitution. The aim of this work is to present the final version at the AGM to be arranged towards the end of this year.

Track maintenance and preparation for matches

John Coleman with Peter Kennedy in consultation with Rick Pilling have been asked to advise and help Luc Best to make sure that the track and equipment is of a satisfactory standard both physically and legally for regular and competition use.

Academy

With the sudden resignation of Robbie James as the head coach of the academy and with a range of issues relating to administration and coaching Toby Wolpe has taken the lead to sort out what needs to be done. Through a series of meetings and consultations the following actions are being undertaken.

- (a) **The overall structure will be based around Under 11s, Under 13s and Under 15s.** This will more fully reflect the way that the sport of athletics at a junior level is structured. For each of these main groups the intention is to have a head coach, team managers and specific parent support.
- (b) There is hope that this approach might help create a situation where team managers, potential new officials and coaches might be easier to secure. This season getting team managers for certain matches has been soul destroying despite all the efforts I put in
- (c) Academy future membership, numbers and invites are currently being dealt with
- (d) Karin Divall is currently setting down the academy coaching sessions and timetable for introduction in September.**
- (e) This programme of coaching sessions will reinforce the club's long term policy that at the earlier ages it is all about fundamental movement skills leading progressively to be more event specific towards the end of time in the academy
- (f) A series of **event group sessions has been set up by Toby and Jacky Chester for the 'Junior group' that have moved on from the academy.** This has been partially successful so far. Decisions on future membership and numbers of this group will need to be taken.
- (g) Two 4 day Summer Camps for Primary School aged youngsters has been arranged at the track during July and August.** The first took place in July and was very successful.

Matches at the track

Philip Westbury led the organisation of the seven T&F matches at the Lewes Track. All went well despite the major efforts required to secure sufficient officials to enable the matches to proceed. **More Lewes AC officials are required.** A club member is required to lead on getting more officials. Without officials matches cannot take place.

At one of the YDL matches two level 3 and level 4 officials from a Kent club said they were moving to Sussex and were will to help the club. They were welcomed with open arms and I have been linking with them as to how they might be best involved with the club. Watch this space.

Track joint use agreement and financial contributions

As Chair of the Track Management Committee I am arranging a meeting in September. At this meeting the Joint Use Agreement and future financial contributions will be discussed. Currently **all the five partners have paid their contributions to ensure that £40,000 is in the kitty for 2022/23.** The new Joint Use Agreement between the 5 partners has yet to be agreed.

Use of the track and equipment by 70 Ukrainian Military Personnel

Following an approach by Richard Phinbow the Sports & Wellbeing Instructor from Blind Veterans UK based at Ovingdean I have made arrangements for up to 70 Ukrainian veterans to use the track.

The 70 personnel will be staying at Ovingdean and will wish to use the track and equipment in July and August leading up to their participation in the warrior games in the United States at the end of August. They will be competing in 12 events.

The track and use of the required equipment has been sorted including the provision of three racing wheel chairs. Club members have been roped in to help with the equipment.

Light weight running vests.

I have been liaising with Toby Meanwell about the provision of light weight running vests. Toby has made a one off limited order for vest that apparently wick away sweat. These will be in club colours with the club logo.

The Cross Country Season beckons

The cross country season is rapidly approaching and so are more club tasks and help will be needed. David Foster as chair of the East Sussex Sunday Cross Country League is leading on this topic. It is expected that the Lewes AC race up to Black Cap and back will feature as the first event of the league. This is likely to take place in the middle of October

5k to 10K course

A partnership agreement has been reached **between Seaford Striders and the club to set up a joint 5K to 10K course based at the track.** This will be led by Karin Divall and Bev Sheridan. Those club members wishing to join this initiative will need to pay an extra £50 and the course will take place in September and October this year.

The course includes preparation for a specific race the entry fee of which is included in the £50 fee.

Time on the track has been made available on Wednesday evening before the coaching session led by Dave Leach.

Peter Masters - 29th July 2022

[<Back to contents>](#)

5. Youth Development League – Lower Age Group 3rd July 2022

Event 3 Lewes Community Track

The Lower Age category is for Under 15 and Under 13 athletes. This is a national competition with promotions and demotions at the end of each year. It gives an opportunity for Lewes AC to compete with a different set of competitors than the usual local ones.

The results show the **power of home advantage**. Lewes went into this match on home ground in second to last position in the league. As can be seen the club came second in this match. To calculate the League points, the highest scoring team is awarded 7 points, the second 6 and so on to 1 for the lowest scorer. Lewes AC went into the match with 3 points and then tripled their overall league points to 9 points. The new scores moved Lewes AC to 5th position.

Posn	Team Name	Points		B/fwd		Total		Stand-ings
		Match	League	Match	League	Match	League	
1	Woodford Green AC /Essex Ladies	714.0	7.0	1434.0	14.0	2148.0	21.0	1
2	Lewes AC	452.5	6.0	536.0	3.0	988.5	9.0	5
3	Cambridge Harriers (Kent)	439.0	5.0	1049.5	12.0	1488.5	17.0	2
4	Victoria Park H /Tower Hamlets AC	364.5	4.0	746.0	8.0	1110.5	12.0	4
5	Newham /Essex Beagles AC	347.5	3.0	578.5	5.0	926.0	8.0	6
6	Bexley AC	336.5	2.0	894.0	10.0	1230.5	12.0	3
7	Herts Phoenix AC	226.0	1.0	560.0	4.0	786.0	5.0	7



The above picture was taken by Pippa McGhie who commented on Facebook: *'This is the third time these young athletes have met. They just seem to thoroughly enjoy being in each others company. No barriers.'*

Here are the individual Lewes AC performances we were able find. Unfortunately I cannot currently find who ran in the relays. Plenty of personal bests!

	Pos	Perf	Name	AG	Year	SB	PB
--	-----	------	------	----	------	----	----

75 U13M A	5	11.6	Oscar Fermor-McGhie		U13	M	1	11.09	11.09
75 U13M B	2	10.9	Xavier Parker		U13	M	2	10.48	10.48
75 U13W A	2	10.8	Maya Bray		U13	W	2	10.63	10.63
75 U13W B	4	11.5	Ayla Kimpton-Bragg	PB	U13	W	2	11.5	11.5
75 U13W nsA	5	12.3	Romy Stephenson	PB	U13	W	2	12.3	12.3
100 U15M A	2	11.8	Jesse Sobrasuaipiri	PB	U15	M	2	11.7	11.7
100 U15M B	5	13.5	Marrick Nuttall		U15	M	1	13.31	13.31
100 U15W A	7	14.7	India Sommerville		U15	W	2	14.49	14.49
100 U15W B	7	15.7	Jasmine Stirling	PB	U15	W	1	15.7	15.7
150 U13M A	5	22.8	Charlie Perry		U13	M	2	22.22	22.22
150 U13M B	3	22.3	Otto de Burca		U13	M	1	22.1	22.1
150 U13W A	7	25.9	Jessie Molloy	PB	U13	W	1	25.9	25.9
150 U13W B	7	25.9	Ruby Wallace	PB	U13	W	2	25.9	25.9
200 U15M A	7	27.3	Marrick Nuttall		U15	M	1	27.21	27.21
200 U15M B	2	27.1	Rocky Lampard	SB	U15	M	2	27.1	26.8
200 U15W A	7	30.6	Emily Weetman	PB	U15	W	1	30.6	30.6
300 U15M A	3	42.0	Louis Williams	PB	U15	M	2	42.0	42.0
300 U15W A	1	42.9	Grace Tuesday	PB	U15	W	2	42.9	42.9
800 U15M A	1	2:17.2	Barney Hastings	SB	U15	M	2	2:17.2	2:12.24
800 U15M B	2	2:30.5	Theo Tarafder		U15	M	2	2:29.30	2:29.30
800 U15M ns	1	2:52.8	Ben Bees	PB	U15	M	2	2:52.8	2:52.8
800 U13M A	3	2:37.0	Charlie Perry	PB	U13	M	2	2:37.0	2:37.0
800 U13M B	2	2:52.8	Max Farley	PB	U13	M	2	2:52.8	2:52.8
800 U15W A	2	2:26.8	Grace Tuesday		U15	W	2	2:09.52	2:09.52
800 U15W B	1	2:42.0	Amelie Bedford		U15	W	1	2:32.8	2:32.8
800 U15W ns	1	2:30.7	India Sommerville	PB	U15	W	2	2:30.7	2:30.7
800 U13W A	1	2:44.1	Florence Tuesday		U13	W	2	2:40.07	2:40.07
1200 U13M A	3	4:21.0	Casper Dennis	PB	U13	M	1	4:21.0	4:21.0
1200 U13W A	4	5:01.4	Millie Button	PB	U13	W	1	5:01.4	5:01.4
1500 U15M A	3	4:51.3	George Brooks		U15	M	2	4:48.45	4:48.45
1500 U15M B	3	5:00.5	Isaac Tarafder		U15	M	2	4:58.61	4:58.61
1500 U15W A	3	5:10.8	Esme Stephenson		U15	W	2	5:07.23	5:02.7
1500 U15W B	3	5:14.6	Eva Winton	PB	U15	W	1	5:14.6	5:14.6
70HU13W A	5	17.2	Ruby Wallace		U13	W	2	16.32	16.32
70HU13W B	3	18.4	Edith Day-Page	PB	U13	W	2	18.4	18.4
75HU13M A	4	15.9	Oscar Fermor-McGhie		U13	M	1	14.81	14.81
75HU13M B	2	17.8	Max Farley		U13	M	2	15.9	15.9
75HU15W A	3	15.7	Ava Hayes		U15	W	1	15.5	15.5
4x100 U15M	3	50.7	Lewes U15 Team	SB	U15	M		50.7	48.3
4x100 U13M	4	62.0	Lewes U13 Team	SB	U13	M		59.6	55.46
4x100 U15W	5	60.3	Lewes U15 Team		U15	W		58.0	53.1

Event	Pos	Perf	Name		AG		Year	SB	PB
4x100 U13W	5	61.9	Lewes U13 Team		U13	W		61.8	55.7
4x300 U15M	3	3:18.3	Lewes U15 Team		U15	M		3:08.59	2:45.7
4x300 U15W	2	3:09.5	Lewes U15 Team		U15	W		3:01.35	3:01.35
HJ U15M A	5=	1.35	Louis Williams	PB	U15	M	2	1.35	1.35
HJ U15M B	2	1.25	Jacob Trotman	PB	U15	M	1	1.25	1.25
HJ U13M A	3	1.25	Joseph Baynes	PB	U13	M	2	1.25	1.25
HJ U15W A	3	1.35	India Sommerville	PB	U15	W	2	1.35	1.35
HJ U13W A	2	1.25	Eliza Barry	PB	U13	W	1	1.25	1.25
HJ U13W B	3	1.05	Jessie Molloy	PB	U13	W	1	1.05	1.05
PV U15M A	1	2.45	Ivan Wray	PB	U15	M	1	2.45	2.45
PV U15W A	1	2.70	Imogen Clarke	PB	U15	W	2	2.70	2.70
PV U15W	1	2.35	Ava Hayes		U15	W	1	2.70	2.70
LJ U15M B	5	3.72	Gili Bartle	PB	U15	M	2	3.72	3.72
LJ U13M A	2	4.00	Oscar Fermor-McGhie	PB	U13	M	1	4.12	4.12
LJ U13M B	2	3.67	Xavier Parker		U13	M	2	3.87	3.87
LJ U15W A	3	3.98	Ashli Whiteman		U15	W	1	4.14	4.14
LJ U15W B	5	3.16	Laila Hossain		U15	W	1	3.45	3.45
LJ U13W A	2	4.15	Maya Bray		U13	W	2	4.45	4.45
LJ U13W B	3	3.37	Ayla Kimpton-Bragg	PB	U13	W	2	3.37	3.37
SP4K U15M A	6	3.80	Sebastian Llewellyn	PB	U15	M	1	3.80	3.80
SP3K U13M A	4	5.39	Harry Tansley		U13	M	2	5.47	5.47
SP3K U15W A	4	6.17	Imogen Clarke		U15	W	2	6.18	6.18
SP3K U15W B	2	6.02	Laila Hossain	PB	U15	W	1	6.02	6.02
DT1K U15W A	3	16.91	Amy Bomansaan	PB	U15	W	1	16.91	16.91
DT1K U15W B	2	13.12	Freya Jackson	SB	U15	W	2	13.12	13.90
JT600 U15M A	1	44.60	Barney Hastings		U15	M	2	48.08	48.08
JT600 U15M B	2	17.79	Will Masters	PB	U15	M	1	17.79	17.79
JT500 U15W A	3	17.70	Freya Jackson	PB	U15	W	2	17.70	17.70
JT500 U15W B	4	9.60	Ashli Whiteman		U15	W	1	11.57	11.57
JT400 U13M A	3	15.25	Joseph Baynes	PB	U13	M	2	15.25	15.25

[<Back to contents>](#)

6. Youth Development League – Lower Age Group 30th July 2022

Event 4 Stuart Storey Athletic Track, Wodson Park, Ware

Posn	Team Name	Match points		Brought forward		Totals		Standing
		Match	League	Match	League	Match	League	
1	Woodford Green AC/ Essex Ladies	654.0	7.0	2148.0	21.0	2802.0	28.0	1
2	Cambridge Harriers (Kent)	424.0	6.0	1488.5	17.0	1912.5	23.0	2
3	Bexley AC	392.5	5.0	1230.5	12.0	1623.0	17.0	3
4	Herts Phoenix AC	361.0	4.0	786.0	5.0	1147.0	9.0	7
5	Victoria Park H & Tower Hamlets AC	304.0	3.0	1110.5	12.0	1414.5	15.0	4
6	Newham & Essex Beagles AC	270.5	2.0	926.0	8.0	1196.5	10.0	5
7	Lewes AC	99.0	1.0	988.5	9.0	1087.5	10.0	6

It's a long way to Ware on the other side of London and it's school holidays, so one might expect Lewes AC participation to fall off after the bumper home event. Credit to those who kept the Lewes flag flying – especially if they got a PB out of it.

For the record, overall in the league Lewes AC was second to last. Bottom was Herts Phoenix AC: to rub the salt in Herts Phoenix 's wound, this was their home event. They had actually got a higher number of the raw match points for the series than Lewes AC. Not that it matters as relegation beckons for both clubs.

Event	Place	Athlete	Performance
100m U15 Boys A	6	Rocky Lampard	12.80
200m U15 Boys A	5	Rocky Lampard	26.80
1500m U15 Boys A	5	George Brooks	04:50.10
100m U15 Girls A	7	Maria Breeze	14.40
100m U15 Girls B	7	Ashli Whiteman	15.40
200m U15 Girls A	7	Jasmine Stirling	32.60
300m U15 Girls A	6	Jasmine Stirling	52.10
Long Jump U15 Girls A	3	Maria Breeze	4.14
Long Jump U15 Girls B	2	Ashli Whiteman	3.62
Shot U15 Girls A	3	Amy Bomansaan	6.52
Discus U15 Girls A	2	Amy Bomansaan	17.63
Discus U15 Girls B	1	Freya Jackson	13.45
Javelin U15 Girls A	4	Freya Jackson	15.99
Javelin U15 Girls B	2	Ashli Whiteman	11.99
4 x 100 U15 Girls	7	Ashli Whiteman, Ava Hayes, Freya Jackson, Maria Breeze	60.00
75m U13 Boys A	6	Charlie Perry	11.40
75m U13 Boys B	5	Casper Dennis	12.20
150m U13 Boys A	7	Charlie Perry	22.90
150m U13 Boys B	4	Casper Dennis	24.20
800m U13 Boys A	5	Charlie Perry	2:40.20
800m U13 Boys B	4	Casper Dennis	5:53.60

[<Back to contents>](#)

7. West Sussex Fun Run League

Round Hill Romp

Steyping Wednesday 6th July 2022

Traditionally staged on the evening of the first Wednesday in July, the adult race covers roughly 10k of Wiston Park and the South Downs between Steyping and Chanctonbury Ring. It is thus one of the longer West Sussex Fun Run League (WSFRL) events. The start is noteworthy for being next to the town Clock Tower in the town's high street.



Lewes AC Results

Bib	Place	Time	Forename	Surname	F/M	F/M place	Points
295	7	0:38:45	Ben	Pepler	M	7	10
303	17	0:40:41	Will	Monnington	M	17	10
301	28	0:42:49	Jack	Arscott	M	26	9
302	54	0:45:30	John	Dryden	M	50	8
296	87	0:48:19	David	Prince-Iles	M	76	7
297	125	0:50:54	Dominic	Osman-Allu	M	104	6
293	148	0:52:42	Andrew	Chitty	M	116	5
299	161	0:54:04	Helen	Bowman	F	35	8
294	203	0:57:23	Andy	Perris	M	153	3
298	232	0:59:34	Geoff	Watson	M	171	3
300	251	1:00:53	Hugh	St John	M	181	2

After a good showing at the last WSFRL event, the Downlands Dash, where we had 17 competitors and were the equal 3rd team in the race. At Steyning we were down to 13th out of the 17 clubs represented. There were however some good individual Lewes AC performances over this demanding course.

Hornets' Stinger

Hove Hornets Sunday 10th July 2022



Just four days after the Steyning race, the action moved to the outskirts of Brighton for the Hove Hornets 10k race which started at Brighton Rugby Club. Given the closeness to the urban sprawl of Brighton this is a surprisingly demanding and interesting course.

Bib	Place	Time	Forename	Surname	F/M	F/M place	Points
498	2	00:40:19	Fraser	Macnicoll	M	2	10
504	10	00:43:35	Will	Monnington	M	10	10
502	19	00:46:50	Jack	Arcscott	M	19	9
503	61	00:53:37	Rob	Stanway	M	56	6
501	62	00:53:46	Dominic	Osman-Allu	M	57	5
496	64	00:54:19	Carl	Dowling	M	59	5
497	71	00:55:35	Carole	Walters	F	10	9
495	72	00:55:55	Andy	Perris	M	62	5
493	77	00:57:06	Andrew	Chitty	M	66	5
500	80	00:57:42	Helen	Bowman	F	12	9
499	97	01:01:16	Geoff	Watson	M	79	3

Lewes AC fielded 11 runners. Despite the relative low participation the team position was not too bad at equal 4th. This seems to have been down to other clubs fielding depleted teams, perhaps because of the closeness of the previous event. Lewes AC remained in 10th position in the overall league position out of the 17 competing teams.

Hats off to newcomer Fraser Macnicoll for an impressive second place overall.

Seven Stiles Race

Henfield Joggers Sunday 24th July 2022

After the challenges of the last two races, this was a shorter (four miles) and flatter course, which featured sections along a dismantled railway line and the bank of the River Adur. Some of the Lewes AC contingent decided to run to Henfield from Lewes – but did not get there for the start.

Bib	Place	Time	Forename	Surname	F/M	F/M place	Points
239	44	28:57	Helen	Sida	F	5	10
241	78	31:15	Ian	Hilder	M	66	7
234	103	32:17	Andrew	Chitty	M	82	6
235	113	32:43	Andy	Perris	M	88	5
237	115	33:00	David	Foster	M	90	5
236	119	33:23	Bob	Hughes	M	94	5
240	160	36:24	Hugh	St John	M	119	3
404	189	38:56	Yan	Wu	F	54	6
405	202	40:25	Tim	Monson	M	142	2



The Ammonite wonders whether we should be celebrating this race as **the first time the leading Lewes AC runner home has been female?** There were nine Lewes runners. The club was 14th out of 17 competing teams. We managed to cling to 10th place in the league.

The next WSFRL event is on Sunday 11th September at Tilgate Forest. The Windlesham House 4 race on 10th August is cancelled.

[<Back to contents>](#)

8. Brighton Phoenix 10k

The organisers described the race:

'The course is an out-and-back, fast course; the race runs west towards Shoreham on the promenade. After Hove Lagoon, the course meets Basin Road South. Following Shoreham Docks the race turns at Carats Café at 5km returning to the finish at Hove Lawns. Fast times are capable on this course as it is flat, straight and one of the quickest 10km races in the area.'

The Lewes AC contingent comprised an impressive twenty-two runners. Ben Savill was first Lewes AC runner, beaten only by Phoenix's Finn McNally who set a new course record of 29.48. Emma Navesey was the first overall woman, followed by Lizzie Keep sixth place and Emily Proto seventh..

Toby Meanwell was tenth overall and second 40-49 Vet.

Place	Time	Runner	Category	Bib	Chip time
2	00:32:20	Ben Savill	Senior Men	357	00:32:20
10	00:33:50	Toby Meanwell	Vet Men 40-49	125	00:33:49
16	00:35:00	Ben Pepler	Senior Men	143	00:34:57
25	00:35:42	Emma Navesey	Senior Women	295	00:35:39
50	00:37:27	Chris Gilbert	Vet Men 50-59	540	00:37:23
54	00:37:39	Thomas Marchant	Senior Men	355	00:37:32
62	00:37:55	Lizzie Keep	Senior Women	554	00:37:52
67	00:38:02	Emily Proto	Senior Women	412	00:38:00
75	00:38:25	Simon Carter	Senior Men	274	00:38:16
108	00:39:39	Philip Westbury	Vet Men 40-49	237	00:39:33
130	00:40:39	Ben Hodgson	Vet Men 40-49	127	00:40:30
139	00:41:03	Martin Ratcliffe	Senior Men	126	00:40:55
145	00:41:29	Rashaad Shabab	Senior Men	603	00:41:20
163	00:42:34	Clare Martin	Senior Women	170	00:42:25
186	00:44:24	Rob Stanway	Vet Men 50-59	460	00:44:05
245	00:47:22	Rebecca Walter	Senior Women	356	00:47:11
247	00:47:36	Carl Dowling	Vet Men 50-59	477	00:47:17
266	00:48:17	Ellen Brookes	Vet Women 35-44	593	00:48:05
267	00:48:17	Beth Hancock	Senior Women	451	00:48:06
275	00:48:48	Kerry Jackson	Vet Women 45-54	370	00:48:29
291	00.49.31	Helen Bowman	Vet Women 55-64	69	00:49:09



[<Back to contents>](#)

9. Sussex Under 13 League - East Division Lewes 15th July 2022

This was the third and last meeting of the 2022 Under-13 competition. Lewes AC displayed a consistent improvement during the series, starting out as fifth team in the first match, fourth in the next match and finally in the top half of the competing clubs with a third at Lewes.

	Team	Points
1	Brighton & Hove	183
2	Eastbourne	150
3	Lewes	120
4	Hy Runners	101
5	Phoenix	63
6	Hastings	9

EVENT	PLACE	ATHLETE	PERFORMANCE	POINTS
Boys' A 75m	4	Oscar femor McGhie	12.1	3
Boys' B 75m	1	Max Farley	11.0	6
Boys' A 150m	4	Otto de Burca	24.0	3
Boys' B 150m	1	Remy Louis	21.8	6
Boys' A 600m	4	Otto de Burca	2:01.1	3
Boys' A 1000m	2	Aidan Vicary	3:19.0	5

Boys' B 1000m	3	Charlie Perry	3:54.4	4
Boys' A 75mH	3	Max Farley	15.9	4
Boys' B 75mH	2	Henry Wilson	16.8	5
Boys' A Long Jump	2	Xavier Parker	3.87	5
Boys' B Long Jump	1	Keith Meiland	3.65	6
Boys' A Shot Putt	4	Charlie Perry	5.04	3
Boys' B Shot Putt	1	Harry Tansley	4.88	6
Boys' A Discus	2	Harry Tansley	11.99	5
Boys' A Javelin	3	Bill Scott	15.29	4
Boys' 4x100m	3		62.8	4
Girls' A 75m	4	Ayla Kimpton Bragg	11.5	3
Girls' B 75m	5	Maia Williams	12.1	2
Girls' A 150m	3	Scarlet Harvey	23.1	4
Girls' B 150m	4	Abi Teague	26.6	3
Girls' A 600m	5	Eliza Barry	2:13.7	2
Girls' A 70mH	3	Not recorded	17.2	4
Girls' A High Jump	2	Mayia Williams	1.25	5
Girls' A Long Jump	1	Maya Bray	4.24	6
Girls' B Long Jump	2	Bella Deighton	3.08	5
Girls' A Discus	1	Bella Deighton	15.64	6
Girls' A Javelin	1	Edith Day Page	12.27	6
Girls' 4x100m	5		65.3	2

NON SCORERS

BOYS

75	1	Heath Mailand	11.9
LJ		Gabriel Runsey Williams	3.12
4x100			59.6

GIRLS

75	2	Paige Hewshaw	11.7
75	5	Edith day Page	13.4
75	2	Isabel Collett Ximines	12.5
75	4	Lila Herman	13.4

[<Back to contents>](#)

10. Southern Athletics League Division 3 South

Event 3 Crawley Team results 16th July 2022

The overall match points and places were:

1=	Hastings AC	235
1=	Horsham Blue Stars/East Grinstead	235
3	Lewes/Haywards Heath	202
4	Havant	199
5	Chichester/Worthing	181
6	Holland Sports/DMV/RP	98

In the previous match on home turf in Mountfield Lane, the joint Lewes AC/ Haywards Heath scored 240 to come second. At the Crawley match there was a little falling off with all the competing teams, except for Horsham Blue Star/East Grinstead who remained steady and indeed edged up just enough to push Lewes AC down a place.

The final Southern Athletics League match will be held at Hastings track (TN34 2NT), on Saturday 13th August. For anyone interested in competing, please can ladies contact buckleyjojo@hotmail.com and gents please contact me (timpopkin@gmail.com).

Event	Pos	Perf			AG	Club	SB	PB
100 SM A	5	12.2	Dominic Redshaw	PB	U17	Lewes	12.2	12.2
100 SM B	2	12.4	Adam Lawson		U20	Lewes	11.76	11.76
100 SW A	2	13.7	Rosie Kornevall	SB	U17	Lewes	13.7	13.49
100 SW B	1	13.6	Saskia Sclater	PB	U17	Lewes	13.44	13.44
200 SM A	3	23.0	Rowan Pearson		U17	Lewes	22.98	22.98
200 SM B	1	24.4	Max Andrews		SEN	Lewes		
200 SM ns	1	25.3	Dominic Redshaw	PB	U17	Lewes	25.3	25.3
	2	25.8	Adam Lawson		U20	Lewes	24.7	24.7
200 SW A	2	27.7	Rosie Kornevall		U17	Lewes	27.30	27.30
400 SM A	2	54.5	Max Andrews		SEN	Lewes		
400 SW A	2	61.6	Rosie Kornevall		U17	Lewes	61.58	61.58
400 SW B	2	67.3	Mollie Barrett	PB	U17	Lewes	67.3	67.3
800 SM A	6	2:33.2	Mark McLoughlin		V60	Veterans/Lewes	2:31.3	2:07.9
800 SM B	4	2:42.3	Tim Popkin		V45	Haywards Heath	2:42.2	2:12.5
800 SW A	3	2:30.4	Darja Knotkova-Hanley	PB	U23	Lewes/Brighton Uni	2:30.4	2:30.4
800 SW B	2	2:47.4	Florence Hill		U17	Lewes	2:33.4	2:33.4
1500 SM A	2	4:21.5	Joseph Callard		U20	Lewes	4:05.19	4:05.19
1500 SM B	1	4:25.0	Sam Fernley	PB	U17	Haywards Heath	4:24.54	4:24.54
1500 SM ns	11	5:46.3	Tim Popkin	SB	V45	Haywards Heath	5:46.3	5:05.1

1500 SW A	1	5:06.2	Emily Proto		SEN	Lewes	4:53.14	4:53.14
1500 SW B	2	6:04.9	Lara Nolan		U17	Lewes	5:43.1	5:43.1
3000 SW A	1	10:16.6	Emma Navesey		SEN	Lewes	9:58.28	9:58.0
3000 SW B	1	10:39.9	Emily Proto	SB	SEN	Lewes	10:39.9	10:05.4
5000 SM A	3	16:59.3	Jonathan Beckett	PB	U17	Haywards Heath	16:59.3	16:59.3
5000 SM B	1	17:13.7	Russell Mullen		SEN	Lewes		
100HW SW A	2	21.3	Lucie Venables		SEN	Lewes		
400HW SW A	2	89.5	Lucie Venables		SEN	Lewes		
2000SC SM A	2	9:14.5	Jonathan Beckett		U17	Lewes		
2000SC SM B	2	9:17.0	Tim Hicks		V60	Lewes		
2000SC SM ns	5	9:57.7	Tim Popkin		V45	Haywards Heath	9:40.9	8:24.5
4x100 SW	1	56.1	Lewes		SEN	Lewes		
HJ SW A	5	1.10	Helen Diack		V40	Haywards Heath	1.20	1.28
LJ SM A	3	5.59	Harry Goatcher	PB	U17	Haywards Heath	5.59	5.59
LJ SW A	3	4.03	Lucie Venables		SEN	Lewes		
TJ SW A	4	8.61	Lucie Venables		SEN	Lewes		
TJ SW B	1	7.93	Helen Diack	SB	V40	Haywards Heath	7.93	9.01
SP4K SW A	5	6.01	Kleri Tantele	PB	SEN	Haywards Heath /Cyprus	6.01	6.01
SP4K SW B	2	4.94	Jia Atkins		U17	Lewes	5.57	5.57
DT1K SW A	4	17.32	Kleri Tantele	PB	SEN	Haywards Heath /Cyprus	17.32	17.32
HT4K SW A	1	23.64	Jia Atkins		U17	Lewes	27.33	27.33
HT4K SW B	1	13.02	Kleri Tantele	PB	SEN	Haywards Heath /Cyprus	13.02	13.02
JT600 SW A	2	26.22	Kleri Tantele	PB	SEN	Haywards Heath/Cyprus	26.22	26.22
JT600 SW B	2	14.71	Lucie Venables		SEN	Lewes		

[<Back to contents>](#)

11.Sussex Under 15 League at Brighton 22nd July 2022

Lewes AC started off the series with a promising fourth place and an event score of 191 but seemed to fade as the season went on despite good performances from some outstanding individual Lewes AC athletes.

	Team	Score
1	Crawley	348
2	Brighton & Hove	318
3	Eastbourne	255
4	Haywards Heath	220
5	Worthing	205
6	Chichester	160
7	Lewes	112
8	Horsham BS	107
9	Hastings	14

Event	Place	Athlete	Performance	Points
Boys A 100m	2	Jesse Sobrasuaipiri	11.7	8
Boys A 800m	5	not identified	2.26.4	5
Boys A 1500m	6	George Cooper	4.42.8	4
Boys B 1500m	5	Isaac Thadfer	5.02.9	5
Boys A Long Jump	1	Jesse Sobrasuaipiri	5.88	9
Boys 4x100m	8		60.8	2
Girls A 100m	9	Maria Breeze	14.4	1
Girls A 800m	1	Ava James	2.17.5	9
Girls B 800m	3	Esme Stephenson	2.30.1	7
Girls A 1500m	1	Grace Tuesday	4.49.2	9
Girls B 1500m	2	Eva Winton	5.20.3	8
Girls A 75mH	3	Ava Hayes	15.5	7
Girls A Pole Vault	1	Ava Hayes	2.70	9
Girls B Pole Vault	1	Mia McGee	2.10	9
Girls A Long Jump	5	Ashli Whiteman	4.14	5
Girls B Long Jump	3	Maria Breeze	4.01	7
Girls A Javelin	6	Ashli Whiteman	10.40	4
Girls 4x100m	6		58.0	4

NON SCORING

BOYS

Event	Place	Name	Performance
1500		Theo Thadfer	5.07.3

GIRLS

Event	Place	Name	Performance
800		Amelie Bedford	2.32.8
PV		Imogen Taylor	2.20
PV		Beth Boyes	2.30

[<Back to contents>](#)

12. Sussex Masters League 25th July 2022

Lewes Community Athletics Track

No results for this match yet, but in the meantime here is a picture of the Lewes AC and Haywards Heath combined forces.



[<Back to contents>](#)

13 Out and about



We noted above that Lewes AC's **Gemma Tutton** withdrew from the Schools Championships because of international under-20 commitments. She was selected for the Pole Vault along with **Sophie Ashurst** for the British team at the Under-20 World Championships at Cali in Columbia. The news so far that both have safely passed the qualifying round and are set for the final.



Thomas Roach, our man in Austria, writes:

'I attach a photo of a mountain run in Ötztal. It was a sprint that started at 2000m and was a real lung-burner. I came third amongst the Kenyans – some often compete in Austria as part of the [Run2gether](#) scheme, which improves the competition! The GTN series continues on Saturday in Pitztal, Austria, and then next weekend in Sierre-Zinal, Switzerland, with the final in Germany on the 01 October. If I come in the top three of Austria/Germany/Swiss region (so-called D-A-CH) then I'll be heading to Madeira in November for the GTN finals of all regions! In September, I will be competing in the [Worlds Master Mountain Run in Ireland](#), and I will also try to qualify for the [World mountain running champions](#) next year, which will be hosted here in Innsbruck! A packed schedule, but my legs still seem to be holding together just fine'



And finally, a reminder that there is a cross country season to look forward to. See the photo above, from the Chairman's archive: the **really cool 1987 Lewes AC runners** going to the *Today's Runner*

National Cross Country Final in Nottingham. They had to have a minibus as well as the coach to get everyone there. To find out about the outcome and Dave Leach's role 35 odd years ago, see [Yesterday's Runner](#).

[<Back to contents>](#)

14 The Racing Calendar

Wednesday 10th August (Evening)	West Sussex Fun Run League	Worthing Harriers Windlesham House 4 www.worthingharriers.com	Washington West Sussex	WSFRL sign up via LAC Wiki CANCELLED
Saturday 13th August	Southern Athletics League	3 rd match 15 year and above	Hastings	
Sunday 17 th August	Youth Development League	Upper Age Group Match 4 U20 U17	Tooting Bec	
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 11th September	West Sussex Fun Run League	Saints & Sinners Tilgate Forest 5	K2 Leisure Centre	WSFRL sign up via LAC Wiki
Sunday 2nd October 2022	Sussex Grand Prix	Lewes Downland 10 miles	Lewes	tba
Sunday 9 th October 2022	West Sussex Fun Run League	Haywards Heath Harriers Great Walstead 5	Lindfield	tba
Sunday 30 th October 2022	West Sussex Fun Run League	Lancing Eagles Steepdown Challenge	Lancing Manor	tba
Sunday 30 th October 2022	Sussex Grand Prix	Hove Prom 10	Hove	www.nice-work.org.uk/races/hove-prom-10k
Sunday 6 th November 2022	West Sussex Fun Run League	Horsham Joggers Gunpowder Trot	Denne Park, Horsham	tba
Sunday 20 th November	Sussex Grand Prix	Crowborough 10k	Crowborough	tba
Sunday 4 th December 2022	Seaford Striders	Mince Pie 10 Miles	Peacehaven	The Mince Pie 10 Mile Nice Work Race Management (nice-work.org.uk)
Sunday 1 st January 2023	West Sussex Fun Run League	Goring Road Runners Hangover 5	Hill Barn, Worthing	tba

[<Back to contents>](#)