



Lewes Athletic Club Newsletter

The AMMONITE

September 2022

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

Hazel Bennington, a proper graphic designer, has given the Lewes AC logo a refurb – see above. There are various formats for different media. If you would like a copy please email the newsletter.

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1. Looking back on the Summer of 2022

Phil Westbury, Lewes AC Home Events Coordinator, reflects on the Summer of 2022 at the Lewes Community Track

Lewes AC track hosted six track and field events this season and all went tremendously well. The events covered age groups from U13s up to Masters (2 matches!) and Lewes AC enjoyed lots of success with participants in individual events and as collective teams.

Overall it was a great season with Lewes/Haywards Heath battling Horsham/East Grinstead for second place in the Southern Division 3 (SAL), with the final match rescheduled for September – all still to play for!

There were plenty of personal bests for Lewes AC runners in the YDL Upper and Lower league matches and a team position of third for Lewes at the U13 match, their best of the season!

There was a Lewes 1 & 2 in the Masters 5000m back in May (Toby Meanwell & Jason Lee) and overall, a Lewes/Haywards Heath team victory for the men over the three matches, with 3rd place for the women's team. Well done!



We are already looking forward to more success in the 2023 season but importantly these matches cannot take place without the fantastic support of volunteers who officiate, provide refreshments and first aid, help out on the evenings, compile the results, or utilise their dulcet tones on a microphone. So a huge thanks to them from me!

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2. Ukrainian Veterans at Lewes

Peter Masters, Club Chair writes:

For three weeks over the summer a group of Ukrainian war veterans used the Lewes track to prepare themselves to compete at the Warrior Games in the USA. It was a privilege for Lewes AC to respond to their request for help. Over the three weeks club members were able to support the group at the track and make available all the athletic equipment they required. The club was even able secure three racing wheel chairs for their use. Even with damaged limbs stretching is still required!



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3. Sussex Masters League 25th July 2022

The season consisted of three matches, two of which were held at the Lewes track. We do not want to read too much into the effect of home advantage. Lewes competed as a joint team with Haywards Heath Harriers – Daley Thompson’s first club – so the advantage only applied to half the team.

There were separate competitions for men and women. **Lewes AC/Haywards Heath triumphed in first place in the men’s overall competition and the women’s team came a creditable third.**

Men	25-Jul-22		Total	
	Event scores	Match points	Event scores	Match points
Haywards Heath / Lewes	90	5.00	303	17.00
Eastbourne Rovers	92	6.00	267	16.00
Hastings AC	49	4.00	176	10.00
Brighton & Hove	59	3.00	156	9.00
Arena 80	41	2.00	151	8.00
Worthing	10	1.00	22	2.00

	25-Jul-22		Total	
	Event scores	Match points	Event scores	Match points
Brighton & Hove	109	6.00	331	18.00
Hastings AC	81	5.00	252	15.00
Haywards HeathLewes	76	4.00	205	12.00
Eastbourne Rovers	46	3.00	121	8.50
Arena 80	22	2.00	82	6.50
Worthing	0	0.00	0	0.00



The first two events have already been covered in previous newsletters. As can be seen, Eastbourne just managed to push the Lewes/HHH men's team into place second on the night, but this made no difference to the overall series places.

25th July 2022 Haywards Heath/ Lewes AC performances

Medley relay 200x200x400x800 M35

Pos Perf Name
3 4:20.9 Haywards Heath & Lewes

Medley relay 200x200x400x800 W35

Pos Perf Name
4 5:55.1 Haywards Heath & Lewes

Other, individual results:

Pos	Event	Perf	Name		AG	Club	SB	PB
3	200 M35 A	30.5	Robert Cooper		V45	Lewes	29.7	28.5
3	200 M35 B	31.2	Andrew McLennan		V45	Lewes	30.9	30.6
2	200 M50	28.2	Andy Dray		V50	HHH	28.1	27.9
1	200 M60	29.8	Mark Rahman	SB	V60	Lewes	29.8	25.7
4	200 W35 A	41.5	Sarah Hamilton		V50	HHH	41.2	41.2
3	200 W35 B	35.7	Abigail Redd	PB	V40	HHH	35.7	35.7
4	200 W50	36.9	Jane Holden		V50	HHH & Lewes	36.64	35.2
4	200 W60	46.3	Maria Birch	SB	V65	Lewes	46.3	42.9
-	800 SM NS	2:36.5	Mark McLoughlin		V60	Vet/ Lewes	2:31.3	2:07.9
-		2:47.6	Peter Kennedy		V70	Lewes /Vet	2:41.12	2:14.31
1	800 M35 A	2:16.3	Andrea Sansottera	PB	V35	Lewes/ Italy	2:16.3	2:16.3
2	800 M35 B	2:27.0	Andrew McLennan	SB	V45	Lewes	2:27.0	2:25.7
2	800 M50	2:26.5	Jonathan Burrell		V55	Lewes	2:19.44	2:18.5
2	800 M60	2:45.4	Tim Hicks	SB	V60	HHH	2:45.4	2:37.2
4	800 W35 A	2:53.8	Abigail Redd		V40	HHH	2:48.3	2:48.3
2	800 W35 B	3:30.8	Jacqueline Barnes	SB	V50	HHH	3:30.8	3:20.9
2	800 W50	2:55.9	Mary Campbell-Clemente		V50	Lewes	2:52.7	2:52.7
-	3000 SM N/S	10:59.0	Mark McLoughlin	SB	V60	Vet/Lewes	10:59.0	10:37.4
-		11:00.0	Paul Cousins	SB	V55	HHH		11:00.0
-		11:47.6	Tim Hicks		V60			
-		12:56.4	Carl Bicknell		V60	LAC-HHH		
1	3000 M35 A	9:24.5	James Skinner	SB	V45	HHH	9:24.5	8:54.49
3	3000 M35 B	10:28.7	Marcus Kimmins	SB	V45	HHH	10:28.7	9:44.3
1	3000 M50	10:19.4	Chris Gilbert	SB	V50	Lewes	10:19.4	9:43.3
4	3000 W35	26:19.6	Sarah Hamilton	PB	V50	HHHH	26:19.6	26:19.6
2	3000 W50	20:52.8	Mary Campbell-Clemente	PB	V50	Lewes	20:52.8	20:52.8
1	2000 W35 A	11:07.5	Abigail Redd	PB	V40	HHH	11:07.5	11:07.5
2	2000 W35 A	15:14.8	Jacqueline Barnes		V50	HHH	15:14.8	15:14.8
-	PV U15 N/S	2.40	Beth Boyes		U13	LAC-HHH		
-		2.30	Ayla Kimpton-Bragg		U13	LAC-HHH		
-		2.30	Phoebe Scott		U15	LAC-HHH		

-		2.20	Imogen Taylor		U13	LAC-HHH		
-		1.80	Sylvie Ward		U13	LAC-HHH		
-	LJ SM N/S	4.28	Mark Rahman	SB	V60	Lewes	4.28	5.05
3	LJ M35	3.45	Andrew McLennan		V45	Lewes	3.60	3.60
2	LJ M50	3.83	Andy Dray	PB	V50	HHH	3.83	3.83
4	LJ W35	LJ M50	Sarah Hamilton		V50	HHH	2.70	2.70
3	LJ W50	2.70	Jo Buckley	SB	V50	Lewes	2.70	3.23
3	SP6K M50	7.87	Ian Tomkins		V50	HHH	8.12	8.42
3	SP6K M60	7.32	Mike Bale		V65	HHH/Vet	8.21	8.56
3	SP3K W60	5.86	Maria Birch	PB	V65	Lewes	5.86	5.86
2	DT2K M35	11.26	Chris Gilbert	PB	V50	Lewes	11.26	11.26
3	DT1.5K M50	21.03	Ian Tomkins	SB	V50	HHH	21.03	22.24
3	DT1.5K M60	28.00	Mike Bale		V65	HHH	28.20	32.96
5	DT1K W35	10.08	Jacqueline Barnes	PB	V50	HHH	10.08	10.08
3	DT1K W50	9.68	Jo Buckley		V50	Lewes	11.58	11.58
1	DT1K W60	13.66	Maria Birch	PB	V65	Lewes	13.66	13.66

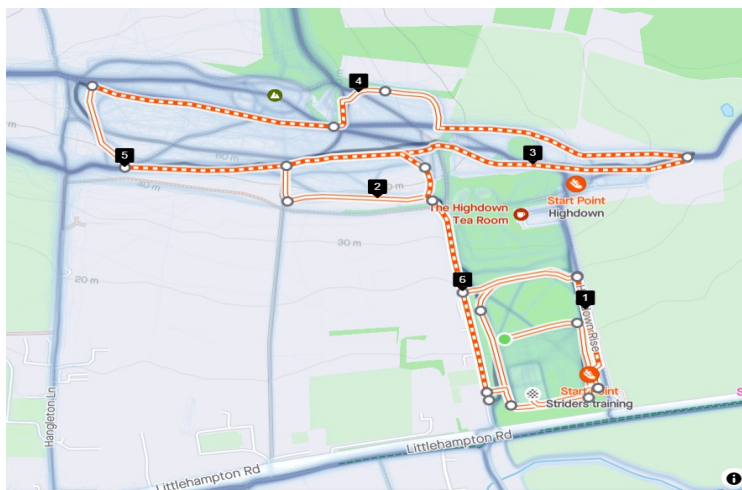
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4. Worthing Striders Highdown Hike

West Sussex Fun Run League

Wednesday 3rd August 2022

This was the WSFR League's eleventh run of the year. Getting to this evening event required you to navigate the notorious Worthing rush hour bottle neck. The run's base was the West Worthing Tennis Club, which can be a challenge to find. It's parking facilities were chockful. Then there was a longish walk to the start.



But at least it was a nice evening and the walk – which went past the Highdown restaurant/tearoom which, it is said, reminds some people of the Scottish highlands – was part of the warm-up. The four mile race was an interestingly demanding one on National Trust land. It was a two lap climb to the summit of the Down with a little bit of woodland and a downhill section down a very uneven made-up road.



Lewes AC had 12 runners out, all of which are in the picture. Helen Sida was outright first Lewes runner home, again.

As for points we were 12th out of the 17 competing clubs. We continue to be the 10th ranking club in the series as a whole as we have been for some time now.

The next West Sussex Fun Run is the old favourite, Tilgate Forest, on Sunday 11th September.

Individual performances

Place	Time	Bib			F/M	F/M place	Points
55	0:29:49	319	Helen	Sida	F	4	10
79	0:31:31	316	Rob	Stanway	M	68	7
96	0:32:22	315	Matt	Stainthorpe	M	82	6
114	0:33:17	311	Andy	Perri	M	94	6
116	0:33:24	310	Andrew	Chitty	M	95	5
119	0:33:43	317	Carole	Walters	F	23	9
144	0:35:06	314	Gerard	Dummett	M	115	4
150	0:35:19	312	Bob	Hughes	M	121	4
185	0:38:14	313	Geoff	Watson	M	135	3
200	0:39:05	321	Yan	Wu	F	56	6
207	0:39:27	318	Emma	Gardner	F	61	6
226	0:41:16	320	Julie	Deakin	F	70	5

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5. Youth Development League/ Upper Age Group

4th Match Tooting Bec

Saturday 7th August 2022

It will be recalled that in this competition, Lewes AC was joined with East Grinstead and Eastbourne to form Team Sussex. The other clubs were geographically spread, going beyond county boundaries

and including clubs like Herne Hill Harriers, Bexley AC and Dartford Harriers. So it was all an adventure.

Ammonite was unable to find the overall club places, but there were some pleasing personal bests.

	Pos	Perf	Name		AG		SB	PB
100 U20M ns	1	13.14	Obakeng Mati	PB	U17	M	13.14	13.14
100 U17M A	7	12.41	Dominic Redshaw		U17	M	12.2	12.2
100 U17W B	3	13.65	Saskia Sclater		U17	W	13.44	13.44
200 U20M ns	1	25.12	Dominic Redshaw	PB	U17	M	25.12	25.12
	1	25.41	Dylan Jones		U17	M	24.8	24.8
	1	26.58	Obakeng Mati	PB	U17	M	26.58	26.58
200 U20W ns	1	28.44	Saskia Sclater	PB	U17	W	28.44	28.44
200 U17W B	5	29.21	Zoe Wright		U17	W	28.24	28.24
800 U17W A	1	2:24.53	Darcy Pring	PB	U17	W	2:24.53	2:24.53
800 U17W B	3	2:59.00	Florence Hill		U17	W	2:33.4	2:33.4
1500 U17M A	2	4:14.70	Charlie Wright		U17	M	4:11.44	4:11.44
1500SC U17M A	1	4:43.53	Charlie Wright	PB	U17	M	4:43.53	4:43.53
4x100 U17M	4	48.69	T Sussex		U17	M		
HJ U17M A	6	1.50	Dylan Jones		U17	M	1.55	1.55
LJ U17W A	2	4.04	Zoe Wright		U17	F	4.45	4.45

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6. South of England U15 and U17 Championships

Saturday/Sunday 13th and 14th August 2022

Dave Leach writes:

That Saturday at Chelmsford was a little hotter than Lewes, approximately 34 degrees.

First in action [at 10.45am] for the group was **Rosie Kornevall** in the U17W 400m. Rosie ran a really strong race to finish 3rd and qualify for the final on Sunday. Her time was 61.08 which was a PB .

Next up was **Rowan Pearson** in the U17M 400m. Rowan also ran well to win his heat and make it through to Sunday's final in 50.30.

Next at 12.25pm was **Grace Tuesday** in the 1st heat of the 800m. Grace ran, as seems to be the custom this season, from the front to win her heat in 2:14.69 and again went into final on Sunday.

At 4pm **Barney Hastings** was in the field – he does run as well but today Barney was only doing Javelin - and after a really good competition and equalling his PB of 48.08m he became the group's **first Southern champion** - albeit not in endurance.

Next at 5pm was **Charlie Wright** in the final of the 1500m steeplechase. Charlie has only taken up the steeplechase this season but has done extremely well with a best time of 4:43.93. Charlie was in 2nd place from pretty much the start with the leader establishing a comfortable lead, but on the 3rd lap Charlie started to slowly gain on him and with a really good last lap almost caught him **finishing 2nd in 4.34.93** to the winner's 4:34.08. This took 9 seconds off his previous PB.

Finally , at 5.10pm on Saturday **Ava James** lined up in the U15 1500m heat. Ava ran a superb race always in the right place to cover any moves without being in front until the last 100m to win her heat in 4:48.22 and therefore round off a really good day.

We were back there on Sunday in temperatures still approximately 34.

Unfortunately, after being in the last race on Saturday Ava had to race her final at 12.10pm, again running a good race although I think the extreme heat and lack of recovery took its toll, but Ava still finished a very good 7th of 12 in 4:54.65.

Next up on day 2 was **Rosie Kornevall** at 3.50pm in the 400m final. Again Rosie ran well in a strong field to finish 7th in 61.42

Then came **Rowan Pearson** in the 400m. He ran a controlled race to save something for the final 100m to come through from 4/5th **to 2nd and break that magic 50 second barrier** in a time of 49.79.

Finally **Grace Tuesday** in the final of the U15W 800m. As Grace has done most of the season she went to the front from the gun and although she slowed in the last 200m she was clear **enough to win in 2:11.39** so was the 2nd winner of the weekend.

Of the six athletes competing the group had 2 golds, 2 silvers and 2 PBs.

So a really good weekend if very hot.

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7. Bank holiday weekend action: Barney breaks through in javelin, Grace confirmed as England No 1

Bedford 27th-28th August

[Dave Leach reports](#)

Hi all, I hope you all had a nice bank holiday.

Another great weekend of performances at various venues.

Firstly, Saturday at Bedford for the National U15/17 Championships. This saw the heats of 400m U17 men, 800 U15 girls and 1500m U15 girls.

But first the final of the U15 boys Javelin with **Barney Hastings**.



Barney had a great competition throwing a massive PB of 53.38 metres beating his previous best of 48.08. This throw was just enough **to win the National Champs** but only by a small margin of 14cm.

Great start to the weekend.

Then on the track **Grace Tuesday** lined up in the heats of the U15 Girls 800m. Now although Grace has had a great season, as you all know, in sport you never know how things will go. You just have to control all the things you can control and do your best.

Grace controlled her heat well to win in 2.13.29 and make it to the final.

Next up was **Rowan Pearson** in the 400m [U17]. Now as Rowan has tended to do lately he started quickly then cruised from 150-300m then pushed the last 100m. Now in his heat he did this and with 200m to go he was close to last and his mum and I were not quite sure he would make the top two to qualify. But as he did at the Southern champs, he stormed the last 100 to secure 2nd and a place in the final.

Last up on Saturday was **Ava James** in the heats of the U15 Girls 1500m. Ava in my opinion ran the best race to date if not the fastest, always making sure she positioned herself well and if others came round the outside she quickly got herself back towards the front. Now with only the first four definite of a place in the final Ava was in a group of five coming down the home straight and for a second it looked like she might come 5th but with a final surge and dip finish she came 3rd to make the final.

So a great end to day one.

Sunday, the order of events was roughly the same so **Grace** up first.

Now for the first time this year Grace was against the No 1 in the country [Shakira King although only by a quarter of a second on time]. Having discussed tactics with her and reminding Grace you only need to be in front at the finish, but also that there was not just one other athlete in the race but six others wanting to win. Grace ran well and always was within 3 metres of Shakira [who always seem to go out with a hard 63 second/lap pace at the bell] and although the gap was 2-3 metres entering the final straight Grace finished really strong to pass Shakira in the final 20m to **win the National title** in 2.11.44 and end her season with another title.

Next up **Rowan** in the U17 400m. I think going into this race he probably thought as I did that a medal might be possible. Now starting pretty much the same as the heat he again found himself near the back with 100m to go and again although finishing strongly he could not do it two days in a row and finished 5th in 50.92. So a little disappointed but in only his 2nd year of competing he has done a so well. [Two more comps for Rowan this season].

Last up again was **Ava** in the 1500m final. This event played out similarly to the heats, with a steady first 2 laps [Ava's laps 77 and 81 seconds] and then the pace picked up. Ava again was in a good position early on and when the pace picked up on the 3rd lap Ava [74secs] did well to hang on to the front seven, then she closed really well last 300m in [55secs] to pick off a couple to finish 6th with some faster girls behind her. She now has another couple of races for her to end the season.

So a good weekend with two National Champs [albeit 1 in the field], but all four into finals.

Also over the bank holiday Monday was an Open at K2 – no results yet - and also for adults the King's Head canter at East Hoathly. Once again, no results yet. However here are some parkrun results:

Hove Prom

12th Lucy Lavender 18.02

19th Emily Proto 18.27

Hove Park

2nd Archie Guppy 17.49

Uckfield

3rd Toby Cherry 20.28.

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8. Late result

Bewl 15 miles Sunday 3rd July 2022

This race starts at Wadhurst and circumnavigates Bewl Reservoir. It is generally flat except for a detour onto roads for a short uphill section towards the end of the run. A very well-run event.

Pos	Gun Time	Chip Time	Name	FM	Category	GenPos	Cat. Pos
13	01:46:53	01:46:53	Chris Coffey	M	Senior Male	13	5
148	02:17:02	02:16:47	Carole Walters	F	Female Vet 60	25	2
150	02:17:13	02:16:55	Carl Dowling	M	Male Vet 50	126	23
179	02:22:04	02:21:47	Andy Perris	M	Male Vet 55	151	19
239	02:31:53	02:30:51	Lydia Levy	F	Senior Female	48	7
281	02:39:01	02:38:42	Emily Murray	F	Female Vet 35	70	10

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9. New Autumn Beginners' Running Course.

The following appeared in *The Lewisian*.

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Learn to Run for Fitness and Fun

"You can try learning to run on your own. You can try learning with an app on your phone. You can do it on a treadmill at a gym or at home.

"Or you can do it the fun way, with friendly experienced coaches to guide you, a posse of fellow beginners to offer mutual encouragement and support, and all the proven benefits of exercising out in the open air."

So says Mark Pappenheim, one of the coaches who help deliver Lewes AC's regular beginners' running courses.

"We're so lucky to live in the midst of the Downs. Why would you want to train indoors when you could be running over the hills or along the river? Why block your ears with headphones when you could be enjoying the sounds of nature or having a chat with a friend?"

Joining a running group is a fantastic way of forging new friendships. Mark adds "Thanks to doing LAC's beginners course myself I found a load of new friends I'd never have met in my pre-running days."

The course really is designed for beginners. "We only ever ask you to run for a minute at a time on

Day 1 - yet by Day 10 we can almost guarantee that you'll be able to run for 30 minutes non-stop and/or complete a parkrun or other 5k."

Age is no obstacle either. Mark himself only started running at 60, following a triple heart bypass, and the 16 graduates of LAC's latest beginners' course (its first since Covid) range from 39 to 75.

Why run when you can just walk?

"Running is great for your physical health, but it is also great for your mind: it clears your head, reduces stress and boosts your self-esteem. And of course, as I always say to walkers: if you love the landscape around Lewes, running allows you to see twice as much of it in any given time!"

So why not slip on your trainers, pin on your virtual L-plates and join Lewes AC's next beginners course?

At just £30 for 10 weekly sessions, it offers other fitness classes a real run for their money!

The autumn course starts on 10th September at Southdowns Sports Club, Cockshut Road, register your interest by emailing beginners@lewesac.co.uk



Illustration: Sid Brian Yates.

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10. 10K Development Course Final Reminder

FINAL REMINDER- only 4 places remaining for this NEW 10K Development course starting 5th September 2022.

Ever willing to introduce new opportunities for club members Lewes AC and Seaford Striders are together launching an eight-week 10k development programme for members who want to focus on their 10k distance. The programme is designed and run by club coaches and is for runners who are looking to improve an existing 10k time, or want to tackle a 10k for the first time.

The only joining requirement is that participants **MUST be able to run 5 continuous miles** comfortably and **commit to running 3 sessions per week**. 2 sessions will be coached each week; various locations in Lewes and Seaford on Monday evenings at 6.30pm and at Lewes Track on Wednesday 6-7pm.

The course will take place over 8 weeks and you will receive;

- Individual assessment & mentoring
- 16 coached sessions;
- Strength & conditioning classes
- Technique workshop
- Race entry to Hove Prom 10K on 30th October.

The programme starts on Monday 5th September and course participants will be limited to 15. Course fees of £45 per athlete will be payable which includes the technical workshop, strength and conditioning classes & race entry costs.

If you are interested in joining or would like more information please email us;

Siobhan Boyer

siobhanboyer@gmail.com

Karin Dival

karincalliafas@btinternet.com

Bev Sheridan

beverlyasheridan@gmail.com

Looking forward to working with you!

From your England Athletic qualified Coaches: Siobhan, Karin & Beverly

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11. Sunday morning cross-country training sessions

Cross-country training has started for Lewes AC runners of all abilities. With the cross-country season fast approaching, new 9am Sunday morning sessions at Landport Bottom are designed to prepare you for the upcoming races with a variety of sessions on grass and country tracks.

Training includes hill work, sustained running up- and downhill and cross-country technique. The new weekly sessions also give you the chance to meet the club's cross-country captains, Ellen Brookes, Toby Meanwell and Charlie Critchley, as well runners from all areas of the club.

We really want to ensure a strong turnout at all the upcoming cross-country events - we're particularly targeting the Sussex Cross Country League - to secure the successes that a club of our strength and range of abilities deserves.

Meet at 9am on Sunday at the dew pond next to the old racecourse gallops at Landport Bottom behind the Nevill Estate in Lewes.

<https://www.gmap-pedometer.com/?r=7674290>

Toby Wolpe
Endurance coach

Note: there are also longer sustained runs with the focus on improving distance performance, starting at 8.30 am at the bottom of the Motor Road on most Sundays.

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12.Lewes Downland Races 2nd October 2022



LEWES AC 2022
DOWNLAND
5 MILE & 10 MILE TRAIL RACES
02.OCT.22

- Mixed trail run on chalk and grass paths
- 100% off-road
- Beautiful scenery
- Fully marshalled & marked route
- Water station on route
- Chipped timing
- Free car parking
- Hot/cold drinks, cake and snacks
- Changing facilities, loos and bag storage
- A friendly welcome from Lewes AC

Register your entry for the
Lewes Downland Trail Races
plus further details via QR code



Entry Details

The 2022 event will be held on Sunday 2nd October. Chip timing will be used for both the 10 mile and the 5 mile trail races.

Entry is via [Sport Systems here](#)

Entry Fees

Distance	5 miles	10 miles
Online UKA Affiliated	£12	£18
Online UKA Unaffiliated	£15	£20
On the day UKA Affiliated	£15	£25
On the day UKA Unaffiliated	£20	£27

Please note there is a booking fee in addition.

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14 The Racing Calendar

Provisional Sussex Athletics 2022-3 Winter fixtures can be found [here](#)

Saturday 10 th September	Southern Athletics League	Match 5 – rescheduled	Hastings (TBC)	women contact buckleyjojo@hotmail.com and men (timpopkin@gmail.com)
Sunday 11 th September	Sussex Grand Prix	Hailsham Harriers Hellingly 10k	Hellingly	CANCELLED – see East Grinstead 10k for Sussex Grand Prix replacement.
Sunday 11 th September	West Sussex Fun Run League	Saints & Sinners Tilgate Forest 5	K2 Leisure Centre	WSFRL sign up via LAC Wiki
Sunday 2 nd October 2022	Sussex Grand Prix	Lewes Downland 10 miles	Lewes	Entry is via Sport Systems here .
Sunday 9 th October 2022	West Sussex Fun Run League	Haywards Heath Harriers Great Walstead 5	Lindfield	CANCELLED
Sunday 9 th October 2022	Sussex Grand Prix	East Grinstead 10k	East Grinstead	Note: replacement for Hellingly 10K Enter here
Sunday 16 th October 2022		Great South Run (10 miles)	Portsmouth	enter here
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	Sussex Grand Prix	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

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