



Lewes Athletic Club Newsletter

The AMMONITE

October 2022

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

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0. Breaking news: Important message from the Lewes AC Club Chairman

Sussex Cross Country League

This season the club has identified the Sussex Cross Country League as the league club members are strongly encouraged to enter. There is the hope and **expectation that all members both adult and junior will enter this league.** Extra cross country training was introduced for the adults to support this effort. Team captains and team managers are seeking to ginger up more adult runners to participate in this league.



The club's junior runners across all age groups have always prioritised this league and have had amazing results over the years. The club now believes that it is now the time for the adults to follow the youngsters and show to the other strong County Clubs that we are a cross country force to be reckoned with. The great results by adult club members in the Lewes 10 mile and 5 mile trail runs on the 2nd October show that we have strength in depth to do very well and at least equal the successes of the junior age groups

Details of the Goodwood and subsequent events and times of races can be seen on the County web site together with online entry details for the Goodwood event. Entries via <https://race-nation.co.uk/register/sussex-athletics/sussex-cross-country-league-1-at-goodwood-1>

Over to you all and here's looking for a great club turnout across all age groups.

See also Minutes of the club executive committee for 26th September:
[Minutes.](#)

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1. Lewes AC 10 Mile Downland Run 2nd October 2022



Lewes AC finishers

Place	Time	Name	Category	Number	Chip
7	01:06:53	Jez Davison	Senior Men	135	01:06:51
9	01:07:25	Euan Baker	Senior Men	105	01:07:22
10	01:07:38	Adam Vaughan	Vet Men 40-44	236	01:07:36
12	01:08:44	Matt Reed	Senior Men	143	01:08:42
14	01:10:54	Ben Hodgson	Vet Men 45-49	173	01:10:52
24	01:16:03	Robert Cooper	Vet Men 45-49	284	01:16:00
26	01:16:06	Joe Plant	Senior Men	214	01:16:00
28	01:16:30	Ellen Brookes	Vet Women 40-44	116	01:16:28
36	01:19:50	Helen Sida	Vet Women 55-59	268	01:19:47
39	01:21:09	Andrew McLennan	Vet Men 45-49	280	01:21:05
48	01:23:36	Gary Bedford	Vet Men 45-49	283	01:23:32
63	01:27:58	Dominic Osman Allu	Vet Men 55-59	200	01:27:44
68	01:29:48	Charlotte Bennett	Vet Women 35-39	142	01:29:39
70	01:29:55	Andrew Chitty	Vet Men 65-69	254	01:29:42
71	01:30:00	Andrew Masters	Vet Men 45-49	178	01:29:50
72	01:30:04	Carole Walters	Vet Women 60-64	241	01:30:00
80	01:31:59	David Foster	Vet Men 55-59	150	01:31:49
81	01:33:03	Chris Coffey	Senior Men	126	01:32:59
82	01:33:03	Beth Hancock	Senior Ladies	167	01:32:53

99	01:38:15	Emily Murray	Vet Women 35-39		01:38:04
100	01:38:15	Andy Perris	Vet Men 55-59	210	01:38:04
110	01:41:01	Bob Hughes	Vet Men 70+	176	01:40:48
128	01:48:14	Hazel Bennington	Vet Women 60-64	108	01:48:00
132	01:49:55	Mark Pappenheim	Vet Men 65-69	203	01:49:40
136	01:51:42	Martha Walsh	Vet Women 50-54	240	01:51:27
141	01:53:52	Margaret Faulkner	Vet Women 60-64	257	01:53:38

159 runners competed

Lewes AC 5 Mile Downland Run 2nd October 2022

Lewes AC finishers:

Place	Time	Name	Category	Number	Chip
4	00:34:34	Michael Green	Vet Men 50-54	753	00:34:31
5	00:35:01	David Barham	Vet Men 40-44	703	00:34:57
9	00:37:30	Rebecca Walter	Senior Ladies	748	00:37:26
10	00:37:30	Thomas Marchant	Senior Men	749	00:37:26
11	00:38:17	Gary Loughlin	Vet Men 50-54	752	00:38:12
13	00:39:03	Paul Wafer	Vet Men 50-54	741	00:39:01
20	00:44:20	Yan Wu	Vet Women 50-54	742	00:44:15
21	00:44:37	Anita Amies	Vet Women 65+	701	00:44:34
29	00:48:45	Meike Fechter	Vet Women 50-54	710	00:48:39

44 runners competed.

Some were after...



Medals

Others were after



Cakes....and more

(Some were definitely after both). Well done everyone who made the day a success. We will try to name event support team names in the next edition.

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2. King's Head 5km Canter Monday 29th August 2022

This was the 24th year – bar lockdown – that this 5k race has been held on August Bank Holiday Monday. The race started in the neighbouring village of Chidingly and ended up outside the King's Head pub in East Hoathly where the price of a drink had been included in the entry fee.

Note the textbook 'packing' by the first four Lewes AC runners led by David Bradford with Emma Navesey the first lady to finish.



Place	Time	Runner	Category
10	00:17:52	BRADFORD, David	Vet Men 40-44
11	00:17:55	NAVESEY, Emma	Senior Women
12	00:17:56	SIDA, Lewis	Men 50-54
13	00:18:16	REED, Matt	Senior Men
36	00:20:13	CHERRY, Toby	Junior Boys U14
69	00:22:56	DOWLING, Carl	Vet Men 50-54
74	00:23:16	HILDER, Ian	Vet Men 60+
87	00:24:20	HANCOCK, Beth	Senior Women
137	00:29:36	BUCKLEY, Samantha	Junior Women

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3. Sussex Under 15 League Final 2nd September at Brighton

Before 2020, the Sussex Under 15 League had separate East and West Sussex divisions and competitions. In 2020 it was decided to amalgamate the two divisions.. All teams from the previous East and West divisions now compete against each other over three matches. The team with the most points after these matches will win the league. There is then this Sussex Under 15 Cup event that takes in early September.

An important feature is that in addition to the scoring competitive events there is the opportunity for Under 15 members of competing clubs to enter non-scoring events, allowing them to test themselves in an inter-club competition environment.

Place	Team	Score
1	Crawley	412.5
2	Brighton & Hove	341
3	Chichester	263
4	Eastbourne	240
5	Worthing	225
6	Lewes	159
7	Haywards Heath	93.5
8	Horsham BS	77

Event	Place	Athlete	Time/ Distance	Points
Boys A 100m	2	Jessie Sobrasuaipiri	11.7	8
Boys B 100m	5	Louis Williams	12.8	5
Boys A 200m	6	Louis Williams	26.6	4
Boys B 200m	4	Marrick Nuttall	27.4	6
Boys 800m	5	Jacob Trotman	02:30.0	5
Boys B 800m	4	Jack Cooley	02:48.0	6
Boys A 1500m	6	Issac tarafder	05:01.0	4

Boys B 1500m	3	Theo Tarafder	05:03.0	7
Boys A High Jump	7	Jacob Trotman	1.3	3
Boys A Long Jump	1	Jessie Sobrasuaipiri	5.56	9
Boys B Long Jump	1	Louis Williams	4.94	9
Boys 4x100m	4	Lewes AC	52.8	6
Girls A 100m	8	Nicole Fancy	16.5	2
Girls A 200m	7	Nicole Fancy	33.4	3
Girls A 300m	5	Nicole Fancy	52.8	5
Girls A 800m	1	Ava James	02:18.0	9
Girls B 800m	2	Esme Stephenson	02:32.0	8
Girls A 1500m	5	Eva Winton	05:19.0	5
Girls A 75mH	4	Ava Hayes	15.8	6
Girls A Long Jump	4	Maria Breeze	3.82	6
Girls B Long Jump	3	Jasmine Sterling	3.67	7
Girls A Shot Putt	4	Jenna Copp	6.15	6
Girls B Shot Putt	3	Ava Hayes	5.66	7
Girls A Discus	2	Amy Bosman	15.24	8
Girls B Discus	3	Jenna Copp	10.9	7
Girls A Javelin	7	Jenna Copp	11.73	3
Girls 4x100m	5	Lewes AC	61.2	5

NON SCORERS

BOYS

100	Marrick Nuttall	13.5
800	Toby Cherry	02:32.0
1500	George Brooks	04:55.0

GIRLS

HJ	Nicole Fancy	1.25
LJ	Emilia Singer	4.15
LJ	Jenna Copp	3.05

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4. Masters Mantell Challenge Tuesday 6th September 2022

The official Lewes AC Time Lord, Andrew Chitty, once again used his magic database to forecast the most likely finish time of each runner. They were then all started in sequence so that theoretically they would all finish together.

Well done to Mike Jones for winning the coveted trophy and to Libby Perris for finishing first woman. Toby Meanwell was fastest man and Kitty Taylor fastest woman.



Finishing place	Runner	Finish time
1	Mike Jones	36:31
2	Libbie Perris	47:04
3	Gary Loughlin	43:04
4	Thomas Marchant	32:24
5	Carl Dowling	40:17
6	Ed Wheeler	37:52
7	Andy Perris	42:45
8	Yan Wu	50:01
9	Hugh St John	49:04
10	Charlie Critchley	31:15
11	Ben Hodgson	35:26
12	Matt Reed	33:08
13	Chris Coffey	32:17
14	Becci Walter	42:18
15	Beth Hancock	41:55
16	Fraser MacNicoll	30:58
17	Toby Meanwell	30:19
18	David Barham	38:37

19	Rob Stanway	40:10
20	Tim Monson	51:32
21	Robert Cooper	36:47
22	Adam Vaughan	34:30
23	Kitty Taylor	41:41
24	Jane Holford	59:03
25	Andrew McLennan	37:56
26	Andrea Campbell	55:05
27	Terry Rogers	56:45



Bottom corner: Tensions mount at the Black Horse as Peter Kennedy magics up the results

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5. Dave Leach reports at the end of the track season

Well we have come to the end of the track season now.

Watford Open Wed 7th September

100m Heat 3 5th Rosie Kornevall 13.57 [SB]
200m Heat 2 1st Rosie Kornevall 27.56
800m Heat 5 5th Chloe Kornevall 2.25.26 [SB] only her 2nd 800m since 2019.
Heat 12 2nd Stan Pendered 2.02.18.

Well done to the 3 of them

South East Inter Counties u15/17 match Sat 10th September

u15 1500m 2nd Ava James 4.47.?
Great run to beat some faster girls on paper and only a couple of seconds behind Katie Pye, a 4.28 athlete.

u17 200m 5th Rowan Pearson 23.27.
400m 3rd Rosie Kornevall 60.79 [Pb]

A good end to the season getting closer to that magic 60sec barrier.

Finally at the Great North Run [Half Marathon]

Emma Navesey came 15th in elite race running 78.53 a PB and club record.

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6. Out and about: Great North, New Forest and Barns Green

Great North Run Half Marathon 11th September 2022



Runner	Place	Time
Emma Navesey	15	01:18:53 PB
Libby West	13546	02:05:30
Claire Hawes	15057	02:08:30
Paul Wiles	15512	02:09:23

Above: Claire and Libby at Great North Run, running for Water Aid

New Forest Marathon Sunday 11th September 2022

Runner	Place	Time	Category
Tara Twyman	382	4:36:19	F40

New Forest Half Marathon Sunday 11th September 2022

Runner	Place	Time	Category
Rob Stanway	112	1:41:04	M50
Andy Perris	246	01:50:01	M50

Barns Green Half Marathon 25th September 2022

Runner	Place	Time	Category
Gerard Dummett	285	01:56.09	Vet Men 60-69

Barns Green 10km 25th September 2022

Runner	Place	Time	Category
Fraser MacNicoll	3.	00:34.46	Senior Man

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7. West Sussex Fun Run League Tilgate Forest 13th September 2022

The Tilgate Forest 5 miles has taken place in the woods next to the K2 Centre in Crawley for years. Annoyingly the run instructions said we were not to use the seemingly capacious K2 Carpark.

The death of the sovereign did not stop the race being run, which was I think the right decision as being able to come together to share two minutes silence before the start seemed more appropriate than hiding away at home.

As an aside this was also the 10th anniversary of the 9/11 tragedy, and I recall running in the Hove Prom 10k at the time. There was no moment of communal silence at the start, which was a shame with the dead in New York who would previously have been enjoying a Sunday run like us.

There were nine Lewes AC participants and here are their provisional results:

Place	Time	Runner		M/F	M/F place	Points
4	30:47	Ben	Pepler	M	4	10
9	32:38	Adam	Vaughan	M	9	10
48	38:06	Gary	Bedford	M	41	8
75	40:36	Carl	Dowling	M	62	6
89	41:49	Andrew	Chitty	M	68	6
144	46:26	Bob	Hughes	M	107	3
153	47:39	Geoff	Watson	M	115	3
166	49:36	Yan	Wu	F	45	6
184	52:18	Tim	Monson	M	132	2

Lewes was the 11th highest scoring team out of 17. We rank 10th overall with Portslade Hedgehoppers in top place.

The next WSFRL event is the Great Walstead 5 on the Sunday 9th October at Lindfield.

8. Southern Athletics League 2022 Final results

Division 3 South Final Table			
#	Club	Match points	League points
1	Hastings AC	993.5	23.5
2	Lewes/Haywards Heath	874	19
3	Horsham Blue Stars/East Grinstead	862	16.5
4	Chichester/Worthing	780	10
5	Havant	732	11
6	Holland Sports/DMV/RP	470.5	4

The last SAL event at Hastings was postponed from 13th August until 10th September and was then cancelled.

9. Youth Development Team/Upper Age Group

Division 3 South Final Table

Posn	Team Name	Total Pts	Total L	Standings
1	Medway & Maidstone AC	2582.0	30.0	1
2	Cambridge Harriers (Kent)	2469.0	30.0	2
3	Bexley AC	1769.0	22.0	3
4	Herne Hill Harriers	1826.0	19.5	4
5	Dartford Harriers AC	1752.0	17.5	5
6	Team Sussex ©	1291.0	10.0	6
7	Victoria Heathside Highgate	985.0	9.0	7
8	Holland Sports + Reigate ©	755.0	6.0	8

We previously published individual results for the last YDL/UAG match at Tooting Bec, but not the overall team results which are shown here.

10. Salomon Ring of Steall Skyrace 17th September 2022

The organizers describe this event as skyrunning which *'consists of uncompromising mountain running, such as scrambling along mountain ridges with steep ascents, traverses and descents on technical and challenging terrains'*. It has a 29km course which includes summiting four Munros - peaks more than 3000 feet (914m) above sea level.

Lewes AC's Ruth Wray completed the course in 9:19:18 hours and Fran Witt in 9:30:10 hours

Fran reported on Facebook *'Challenging times at the @RingofSteallSkyRace this weekend with Ruth Wray and me. Craggs, escarpments, scree and ridges. Throw in some wind, mist and rain. Superb and terrifying!'*



In response to Telmo Ferreira's request for details of the 'terrifying' bit – he's intending to have a go at the run next year – Fran responded: *'like waiting for ten minutes on a ridge in the fog and having to put on all emergency clothing while a rescue helicopter tries (and fails) to get in to winch an injured runner off a peak. For example..! Still I hope you enter next year- it's awe-inspiring.'*

Ruth added *'Fingers frozen numb making gripping rocks as you scramble down a ridge with a drop to the glen below, with rain, mist and wind, Telmo.'*



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11. The hills are alive to the sight of runners

Meanwhile Toby Wolpe's cross country training group was meeting at Jill's Pond above Lanport Bottom on Sunday morning – see below



And, below, Mark Pappenheim and Spring beginners/improvers group conquered Blackcap.



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12. The cross-country season starts here – key events

East Sussex Sunday Cross Country League

Here are the dates for this winter's East Sussex Sunday Cross Country League (ESSCCL) races:

Sun 16th October 2022 - Blackcap, Lewes

Sun 27th November 2022 - Snape Wood, Wadhurst

Sun 18th December 2022 - New Place Farm, Framfield

Sun 15th January 2023 - Heathfield Park

Sun 5th February 2023 - Whitbread Hollow, Eastbourne

Sun 12th March 2023 - Pett, Hastings

Again, this season all races will start at 10.30am.

Sussex Cross Country League

Sat 15th October 2022 Goodwood Country Park

Sat 12th November, 2022 Ardingly

Sat 3rd December – 2022 Stanmer Park, Brighton (TBC)

Sat 18th February 2023 Venue TBC

This competition has the following team events:

Under 11 Girls (years 5 & 6 only)	2.0 km	(1.2 miles)
Under 11 Boys (years 5 & 6 only)	2.0 km	(1.2 miles)
Under 13 Girls	3.0 km	(1.8 miles)
Under 13 Boys	3.0 km	(1.8 miles)
Under 15 Girls	4.0 km	(2.5 miles)
Under 15 Boys	4.0 km	(2.5 miles)
Under 17 Men	5.0 km	(3.0 miles)
Under 17, U20, Sen & Vet women	5.0 km	(3.0 miles)
Under 20, Sen & Vet Men	8.0 km	(5.0 miles)

The Sussex Cross County Championships – Little Common, Bexhill – Saturday 7th January 2023

The Sussex Masters Championships – Coombe Farm, Lancing – Saturday 21st January 2023

If you are a vet the Sussex Masters is well worth entering. The atmosphere (as with the Masters Track and Field events) is generally friendly and relaxed and not scary.

The End

