



Lewes Athletic Club Newsletter

The AMMONITE

November 2022

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

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0. Urgent message from Pete Masters: Looking after the track



The track is managed and funded by a partnership of 5 local organisations. These are The County and District Councils, East Sussex College, Priory School and Lewes Athletic Club. Four times a year the partners meet to agree the five year income and expenditure budgets.

I chair this committee and with help from Chris Pilling I produce and roll forward the five year budgets that are held on an Excel spreadsheet. Chris has now moved abroad and whilst still able to help and link up through the magic of the internet he would like to hand on his role.

I am therefore looking for someone to help me with the financial side on managing the maintenance of the track and equipment. Part of this will be to link with the County Council accounts department who on behalf of the track committee manage the track account.

If there is member of the club or a parent of a member of the club that would be able to help please contact a rather desperate chairman of the club who is looking for help. I can chat this through and explain what is required all of which can be done in your own time from home.

Fingers cross

Peter Masters

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1. 20th Annual Goodwood Cross Country Relays 1st October 2022 (includes Sussex Championships)

It was a shame Lewes AC was not able to field even a single Senior Men's team. Lewes AC secured a silver in the U15 Girls Relay and bronze in the U13 Boys Relay. Charlie Wright was the fastest U17 man and Michael O'Connor the second fastest U13 boy, while Rory Grant was third in in a creditable 7 minutes 44 seconds in the 2 kilometre individual U11 race.

There were several near misses for championship honours.

U17 Men (3 per team) 4000m Laps

Place	Runner 1	Time	Runner 2	Time	Runner 3	Time	Total
4	Charlie Wright	12.48	Harvey Perry	15.01	Gabriel Penrose	14.2	41.29

Fastest lap Charlie Wright 12.48

Senior Women (3 per team) 4000m Laps

Place	Runner 1	Time	Runner 2	Time	Runner 3	Time	Total
9	Harriet Dray	18.59	Lucy Meyer (U17)	17.17	Mollie Barrett (U17)	17.28	54.44

U17 Women (3 per team) 4000m Laps

4	Darcy Pring	16.09	Florence Hill	18.2	Lara Nolan	19.01	53.3
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U15 Girls 2800m lap x 3

Place	Runner 1	Time	Runner 2	Time	Runner 3	Time	Total
2	Esme Stephenson	10.45	India Somerville	10.42	Ava James	10.40	32.07
11	Amelie Bedford	11.47	Millie Streeter	12.08	Nesta Pring	13.03	36.58

U15 Boys 2800m lap x 3

Place	Runner 1	Time	Runner 2	Time	Runner 3	Time	Total
4	George Brooks	10.01	Theo Tarafder	10.17	Isaac Tarafder	10.19	30.37
8	Toby Cherry	10.28	Harrison Orme	10.19	Jack Cooley	11.48	32.35

U13 Boys 2800m lap x 3

Place	Runner 1	Time	Runner 2	Time	Runner 3	Time	Total
3	Charlie Perry	10.45	Otto De Burca	10.56	Michael O'Connor	10.18	31.59
7	Max Farley	11.08	Casper Dennis	11.37	Louie Stokes	12.24	35.09
14	Edward Riseborough	11.15	Theo Weiskoff Strange	14.13	Ethan Ross	12.52	38.20

2nd Fastest Lap Michael O'Connor 10:18

U11 Boys 2000m individual race

Pos	Name	Bib	Time
3	Rory Grant	39	7.44

U11 Girls 2000m individual race

22	Anna Westbury	88	10.58
23	Ixia Mingle	64	14.15

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2. London Marathon 2nd October 2022

The London Marathon clashed with the Lewes Downland 10 miles this year. We reported on the Lewes Downland 10 miles in the last Ammonite.

• Place (Overall)	• 5998	• 1194	• 9258
Name	<u>Davies, Sally</u>	<u>Meanwell, Toby</u>	<u>Stanway, Rob</u>
Club	Lewes AC	Lewes AC	Lewes AC
Category	40-44	40-44	50-54
Half	02:18:24	01:17:49	01:51:04
Finish	04:53:57	02:54:40	03:47:13

A quick perusal of the London marathon results reveals only three Lewes AC participants. Of course some Lewes runners might not want to advertise their performance and not provided their club affiliation. All I can say is that the three Lewes runners above have all completed the marathon in a really very impressive time.

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3. Worthing 10K Sunday 9th October 2022



Above: left to right: Rob Stanway (who had completed the London Marathon a week previously), Martin Ratcliffe, Rebecca Walter, Clare Martin, Beth Hancock.

The Worthing 10K incorporated the 2022 Sussex County Championships. County medals were awarded for seniors and in 10 year masters age groups. The website said the officially measured race route was fast, running as it did on wide flat closed roads.

Pos	Race No	Name	Time	Net Time	Category	Cat Pos	Gender	Gen Pos
10	168	Jason LEE	00:34:05	00:34:02	V35	2	Male	10
39	894	Emma NAVESEY	00:36:52	00:36:48	Senior	2	Female	2
40	1560	Andrea SANSOTTERA	00:36:54	00:36:52	V35	11	Male	38
57	1018	Emily PROTO	00:38:04	00:38:01	Senior	4	Female	4
89	1032	Martin RATCLIFFE	00:39:35	00:39:26	Senior	20	Male	82
124	772	Clare MARTIN	00:41:09	00:40:59	Senior	9	Female	15
159	1167	Rob STANWAY	00:42:37	00:42:27	V50	8	Male	136
186	657	Peter KENNEDY	00:43:34	00:43:33	V70	1	Male	159
198	1304	Rebecca WALTER	00:44:04	00:43:53	Senior	15	Female	28
232	1602	Beth HANCOCK	00:45:15	00:44:35	Senior	18	Female	36

As far as county championship awards are concerned, it looks like Jason would have got a 'bronze' county medal as the third Sussex Senior finisher. Emma and Emily would have got 'silver' and 'bronze' respectively as Sussex Senior Women finishers and finally Peter Kennedy would have got a coveted V70 'gold'.

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4. West Sussex Fun Run League: Great Walstead, 9th October 2022

This event was run by Haywards Heath Harriers and took place near Lindfield. As can be seen this did not have the turnout of Lewes AC runners that the event deserved – but well done to those who did compete. For the time being Lewes AC held onto 10th place in this League



Place	Time	Bib	Runner		F/M	F/M place	Points
30	39.51	201	Luke	Blyth	M	27	8
62	43.42	200	Ian	Hilder	M	50	6
63	43.43	198	Andrew	Chitty	M	51	6
76	45.01	199	Carole	Walters	F	17	9
117	50.49	203	Yan	Wu	F	36	6
148	55.23	202	Tim	Monson	M	91	2

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5. Sussex Cross Country League Goodwood

Saturday 15th October 2022

The club chair's appeal for participation in this event seems to have had an impact, particularly at the Senior levels, although some of Lewes AC's more outstanding runners were absent. This is to be expected as some runners had made long-term plans some time before the call went out.

Among the younger groups, U11 Rex Hastings came an impressive first in his race. We will mention that he is the brother of Barney Hastings, the Lewes AC National Schools javelin champion, just this once.

Lewes entries were sparse for some of the junior classes. Exceptions were the Under 13 Boys with six runners all of whom were in the top half of the finishers, the U15 Girls whose first trio was fourth out of 23 teams and the U15 Boys.

The U17 Women are in the rather strange position of running 5k once, but then appearing in the results for both the U17 Women and a combined U17, U20, Senior/ Veteran Women's competition. There was quite a good turn-out for the U17s with some sound running, but it was in the overall women's race that U17s made a very significant contribution to the Lewes results which landed 2nd, 5th, and 9th places to Lewes in the team rankings.

In Division 1 Lewes AC women were beaten only by Crawley AC, and were ahead of the likes of Brighton AC and Brighton Phoenix. In Division 2 it was Crawley who again pushed Lewes into second place, but this was a narrow call with only six points difference. It was gratifying that even the Lewes AC C team were ahead of both Brighton Phoenix and Brighton and Hove AC.

The Lewes veteran women teams were 2nd and 5th out of the 26 teams which emerged. In the case of the Vet women, it was Eastbourne Rovers who took first place honours.

There was a good turn-out for the Senior Men. In Division 1, Lewes AC was 2nd team out of eight clubs - in this case Brighton and Hove AC came first. Lewes was also 2nd in Division 2, being beaten only by Worthing District Harriers. The Vet Men's competition was a hard-fought affair with 83 out of the 135 runners being vets. The Lewes AC vets' A team came out of this third after Brighton and Hove AC and Haywards Heath Harriers.

Under 11 Girls		2 km/1.2 miles		
Place	Time	Bib	Surname	Forename
18	9.27	35	Love	Sunshine
25	10.13	33	Marbare	Abagayle

27 competitors

Under 11 Boys		2 km/1.2 miles		
Place	Time	Bib	Surname	Forename
1	7.25	20	Hastings	Rex
6	8.00	449	Leeming	Sebastian
32	11.08	19	Love	Rainbow

32 competitors



Above: Rex Hastings U11 1st place, Sebastian Leeming 6th place

U13 Girls 3km/1.8 miles

Place	Time	Bib	Surname	Forename
22	13.33	104	Tuesday	Florence

51 Competitors

U13 Boys 3km/1.8 miles

Place	Time	Bib	Surname	Forename
14	12.02	46	O'Connor	Michael
16	12.09	72	de Burca	Otto
18	12.2	468	Perry	Charlie
24	12.36	84	Dennis	Casper
26	12.44	87	Riseborough	Edward
27	12.46	481	Bassett	Sander

60 Competitors

Place	Team	Runner 1	Runner 2	Runner 3	Total
5	Lewes A	14	16	18	48
8	Lewes B	24	26	27	77
23	Lewes C	59	71	71	201

23 teams finished

U15 Girls 4km/2.5 miles

Place	Time	Bib	Surname	Forename
6	16.07	207	Stephenson	Esme
10	16.22	231	Sommerville	India
18	17.15	215	Bedford	Amelie
29	18.23	495	Singer	Emilia
37	19.11	201	Pring	Nesta

41 Competitors



Above U15 6th Esme Stephenson, 10th India Sommerville

Place	Team	Runner 1	Runner 2	Runner 3	Total
4	Lewes A	6	10	18	34
12	Lewes B	29	37	52	118

Out of 18 teams

U15 Boys 4km/2.5 miles

Place	Time	Bib	Surname	Forename
12	15.03	470	Brooks	George
21	15.31	153	Cherry	Toby
29	15.4	170	Tarafder	Theo
30	15.46	169	Tarafder	Isaac
32	15.49	505	Loughlin	Theo
50	17.36	160	Cooley	Jack

54 competitors



U15 George Brooks



U15 Toby Cherry

Teams

Place	Team	Runner 1	Runner 2	Runner 3	Total
8	Lewes A	12	21	29	62
13	Lewes B	30	32	50	112

Out of 22 teams

U17 Women 5km/3 miles

Place	Time	Bib	Surname	Forename
6	19.43	265	Pring	Darcy
18	22.15	266	Meyer	Lucy
21	22.49	532	Connolly	Fern
26	23.51	263	Nolan	Lara
27	24.15	275	Barrett	Mollie

27 competitors

Place	Team	Runner 1	Runner 2	Runner 3	Total
5	Lewes A	6	18	21	45
11	Lewes B	26	27	38	91

Out of 11 teams

Darcy Pring



U17 Men 5km/3 miles

Place	Time	Bib	Surname	Forename
9	16.45	249	Wright	Charlie
26	18.57	469	Perry	Harvey

29 Competitors

Place	Team	Runner 1	Runner 2	Runner 3	Total
8	Lewes	9	26	40	75

Out of 17 teams

Senior Women, including U17, U20, and veteran categories 5km/3 miles

Overall Pos	Time	Bib	Surname	Forename	AG	AG POS	VET POS
5	19.02	514	Knotkova-Hanley	Darja	SW	1	
11	19.3	427	Wilkinson	Gina	SW	2	
15	19.43	265	Pring	Darcy	U17 W	6	
22	20.05	560	French	Jenna	V35	3	6
24	20.26	294	Guirdham	Isabel	U20 W	7	
36	21.12	376	Sida	Helen	V55	2	10
38	21.23	377	Campbell-Clemente	Mary	V55	3	11
40	21.3	559	Douse	Laura	V35	5	13
47	22.09	526	Titheradge	Rachel	SW	7	
50	22.15	266	Meyer	Lucy	U17 W	18	
51	22.16	563	Lloyd	Caitlin	SW	8	
58	22.49	532	Connolly	Fern	U17 W	21	
62	23.05	426	Hancock	Beth	SW	9	
66	23.31	314	Bennett	Charlotte	V35	8	25

70	23.51	263	Nolan	Lara	U17 W	26	
74	24.15	275	Barrett	Mollie	U17 W	27	
75	24.22	379	Bowman	Helen	V55	7	30
80	24.51	374	Divall	Karin	V55	9	35
99	28.36	371	Bennington	Hazel	V55	12	52

Competitors 112 of which 64 were vets.

Notable Individual results included Darja Knotkova-Hanley and Gina Wilkinson who were overall first and second Senior women. Newcomer to Lewes but experienced Jenna French – welcome! – was third overall V35 and also first Lewes vet finisher. Helen Sida and Mary Campbell-Clemente were overall second and third W55 runners home.

Below: Lewes AC Ladies



Women's teams (Division 1 - 4 to score)

Pos	Team	pt1	pt2	pt3	pt4	Total
2	Lewes A	5	11	15	22	53

Women's teams (Division 2 - 3 to score)

Pos	Team	pt1	pt2	pt3	Total
2	Lewes AC B	24	36	38	98
5	Lewes AC C	40	47	50	137
9	Lewes AC D	51	58	62	171
13	Lewes E	66	70	74	210
19	Lewes F	75	80	99	254

Women's Vets Teams (3 to score)

	Team	pt1	pt2	pt3	Total
2	Lewes AC A	6	10	11	27
5	Lewes AC B	13	25	30	68
20	Lewes C	35	52	74	161

Note that the Vets Team scores are based on the VET POS positions in the table. Vets also score in the senior standings but using the overall position. Jenna French for example scored 22 points in the Division 1 Senior Team and 6 points in the Lewes AC A vets team. Don't forget the lower the score the better the run!

Senior Men – including Veterans

8km/5 miles



Overall pos	Time	Bib	Surname	Forename	AG	AG POS	VET POS
7	26.4	321	Meanwell	Toby	V40	2	2
9	27.11	576	Peters	Sam	SM	4	
20	27.57	525	Critchley	Charlie	SM	12	
23	28.07	397	Pepler	Ben	SM	13	
30	28.42	418	Marchant	Thomas	SM	16	
37	29.13	506	Briffett	Aiden	SM	21	
38	29.26	423	Coffey	Chris	SM	22	
41	29.56	355	Gilbert	Chris	V50	3	8
43	30.01	407	Sansottera	Andrea	SM	24	
50	30.47	565	Monnington	Will	SM	28	
64	31.53	367	Andrew	Mclennan	V40	14	22
66	32.05	412	Ratcliffe	Martin	SM	31	
73	32.38	363	Burrell	Jonathan	V50	9	27
111	37.2	331	Tansley	Dominic	V40	30	61
115	38.3	352	Perris	Andy	V50	28	65
121	39.42	389	Dummett	Gerard	V60	9	70

There were 135 senior men competing in all of which 83 were vets.

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6. East Sussex Sunday Cross Country League - 16 October 2022 – Seniors



Place	Bib	Time	Runner	Category	Individual points	Scoring category	Score
1	696	0:28:45	Toby Meanwell	M40	300	M401	1
11	680	0:31:40	George Stewart	SM	290	SM1	11
13	571	0:31:41	Euan Baker	SM	288	SM2	13
21	608	0:32:32	Ben Pepler	SM	280	SM3	21
22	613	0:32:36	Andrea Sansottera	M35	279	SM4	22
24	585	0:32:49	Richard Docwra	M50	277	M501	24
37	721	0:34:21	Nick Taylor	M35	265	NSM1	36
54	604	0:35:26	Will Monnington	M35	250	NSM2	52
77	576	0:37:01	Luke Blyth	SM	234	NSM3	74
81	572	0:37:14	David Barham8	M40	232	M402	78
87	611	0:37:32	David Prince-Iles	M65	228	M601	84
98	620	0:38:08	Edward Wheeler	SM	221	NSM4	95
105	717	0:38:22	Steffan Meyric Hughes	M45	215	M403	102
109	607	0:38:38	Dominic Osman-Allu	M55	212	M502	106
120	614	0:38:58	Helen Sida	F55	181	F501	116
132	598	0:39:33	Gary Loughlin	M50	198	M503	126
137	708	0:39:47	Dominic Tansley	M45	194	NSM5	131
147	600	0:40:05	Tom Marchant	SM	186	NSM6	141
153	674	0:40:18	Peter Kennedy	M70	184	M602	147
156	588	0:40:34	Carl Dowling	M50	182	NS	NS
170	573	0:41:15	Ed Barnes	M40	171	NS	NS
184	716	0:41:43	Ian Fines	M35	160	NS	NS
185	580	0:41:45	Andrew Chitty	M65	159	NS	NS

200	722	0:42:11	Kitty Taylor	SF	157	SF1	189
206	618	0:42:35	Becca Weir	F40	154	F401	195
211	577	0:42:52	Helen Bowman	F55	152	F502	200
213	589	0:43:05	Gerard Dummett	M65	144	NS	NS
219	609	0:43:28	Andy Perris	M55	140	NS	NS
222	596	0:43:41	Bob Hughes	M70	138	NS	NS
227	584	0:44:00	Karin Divall	F60	148	F601	211
242	724	0:44:39	Alice Weston-Smith	SF	141	SF2	226
285	622	0:47:41	Yan Wu	F50	120	F402	263
297	586	0:48:27	Sharon Donovan	F40	111	NSF1	275
315	605	0:49:38	Tim Monson	M60	91	NS	NS
320	575	0:49:57	Hazel Bennington	F60	101	F602	292
352	610	0:52:45	Livvie Perris	SF	84	NSF2	307
428	621	1:11:39	Toby Wolpe	M65	57	NS	NS

In the club standings Lewes AC is currently third with 2427 points, behind Crowborough with 2414 and Eastbourne with an impressive 2274.

A reminder about the team scoring: the following categories score club points:

Age category	Men	Scoring codes	Women	Scoring codes
Senior	4	SM1-SM4	2	SF1-SF2
V40	3	M401-M403	2	F401-F402
V50	3	M501-M502	2	F501-F502
V60	2	M601-M602	2	F601-F602
Totals	12		8	

So for example Toby Meanwell is a V40 vet and as the first male V40 his scoring code is M401 and he scores a single point by coming first overall. David Barham was the next Lewes V40 and so he is M402. He came 81st, but three of those runners in front of him were non-scorers and did not count. Hence the score of 78. In the case of the club competition the lowest accumulated score wins.

There are other complications in the scoring method and you can read about them on the East Sussex Sunday Cross Country League website.

In parallel to the club competition, there is an individual competition for senior runners and each of the five-year veteran categories. In this case the best scores in the Individual Points column in four races are accumulated and here the highest scores identify the winners.

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7. Beachy Head Races 22nd and 23rd October 2022



These running event promoted by Eastbourne Borough Council started with good weather providing sunshine and a firm footing underground.

This was the first time that the trail running festival had included a 52k Ultra challenge. Lewes AC runner Euan Baker came 10th in the 200 participant field while Tara Twyman finished in just little over seven hours.

Beachy Head 10k Saturday 22nd October 2022

Place	Bib	Runner	Time	Category
222	205	Jane Holford	1:13:18	Ladies V55
224	377	Terence Rogers	1:13:20	Men V50

Beachy Head Marathon Saturday 22nd October

Place	Bib	Runner	Gun time	Chip time	Category	Position in category
4	1899	Jason Lee	03:25:20	03:25:18	Senior Men	3
51	2338	Rashaad Shabab	04:04:32	04:04:25	Senior Men	25
68	2222	David Prince-Iles	04:13:10	04:13:02	Men V60	3
100	1211	Mark Cage	04:21:13	04:21:06	Men V50	22
53	1416	Richard Docwra	04:05:22	04:05:13	Men V50	6
389	2174	Andy Perris	05:16:14	05:15:25	Men V50	88
530	2635	Fran Witt	05:39:59	05:39:03	Ladies V55	9
746	1711	Elizabeth Hilton	06:15:13	06:14:18	Ladies V55	26
1010	1645	Anne Hagan	07:11:59	07:10:16	Ladies V65	6
1152	1065	Jan Banfield	08:27:30	08:26:11	Ladies V65	11
1154	1121	Julia Black	08:27:31	08:26:11	Ladies V55	83

The 644 runners who competed in the half marathon on the Sunday had what can only be called challenging conditions including thunder and lightning.

Andrew Chitty wrote on the LAC races WhatsApp 'Going over the top of Beachy Head lightning and thunder were almost simultaneous. I saw my life flashing before my eyes.'

Beachy Head Half Marathon Sunday 23rd October

Place	Bib	Runner	Gun time	Chip time	Category	Position in category
36	4304	Mike Green	01:48:10	01:47:45	Men V50	4
137	4364	Ian Hilder	02:06:46	02:06:46	Men V60	5
145	4147	Andrew Chitty	02:08:00	02:07:45	Men V60	6
371	4251	Anne Meike Fechter	02:39:08	02:36:36	Ladies V45	-



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8. West Sussex Fun Run League Steepdown Challenge

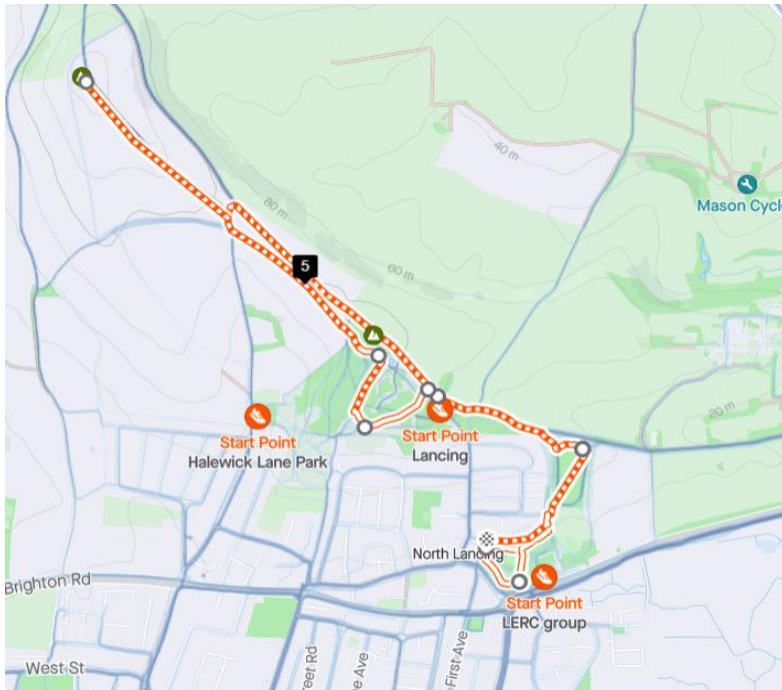
Lancing Manor 30th October 2022

Only four Lewes AC runners participated:

Place	Time	Bib	Runner		M/F	M/F place	Points
64	00:38:39	124	Rob	Stanway	M	56	7
93	00:40:52	120	Carl	Dowling	M	76	5
106	00:41:53	119	Andrew	Chitty	M	83	5
179	00:50:13	122	Geoff	Watson	M	117	2

Not surprisingly Lewes was 16th out of the 17 clubs for this run which is a classic climb to the top of the Downs and then a helter-skelter back down again, but with an annoying last loop around a field.

In part the poor turnout may have been down to a clash with the Arena 80's Hove Prom 10k which was fully subscribed – see below for the report.



Geoff Watson has stepped down from the role of coordinator for the series of events. But they have not had the club support that they deserved.

The Ammonite cherishes the West Sussex Fun Run League. As explained in [1980s The years the Joggers revolted?](#) it has its roots in the Jogging movement of the 1980s. In reality it is unlikely that Lewes AC will drop out this league as the lucrative Easter Monday Lewes 10k is undoubtedly as successful as it is because of the WSFRL affiliation. The Ammonite has been around long enough to remember previous spells when Lewes AC attendance at other club fun runs, who just like Lewes generate funds from entry fees, was sparse. All events are put on by running clubs and do not have money leached out commercial profit-takers.

There is a suggestion about the WSFRL being for less speedy runners. It is true that the league is there to encourage participation. But as in any competitive run the fast runners are at the front and being successful with the scoring system does mean you need fast runners to win events, even if every club participant chips in points.

It seems like shooting ourselves in our running shoes to ignore classic Sussex downland races such as Steyning's Roundhill Romp, the Hornets' Stinger, the Worthing Strider Highdown Hike and not forgetting the Hangover 5. These are all challenges for runners of mettle. And away from the downs what's better than the Littlehampton Beach Run on a summer evening? (OK so there was a threat of a thunderstorm in 2022).

The last WSFRL event of the year is Horsham Joggers Gunpowder Trot in Denne Park, Horsham on Sunday 6th November. We'll report on this in the December Ammonite.

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9. Arena 80 Hove Prom 10K Sunday 30th October 2022

Pos	Gun Time	Chip Time	Athlete	SurName	Bib#	Category	CatPos	GenPos
16	00:36:50	00:36:49	Lewis	Sida	290	Male Vet 50	2	16
68	00:42:22	00:42:19	Rob	Henry	232	Senior Male	22	61
101	00:44:19	00:44:01	Alice	Weston	228	Senior Female	6	14
130	00:46:57	00:46:49	Paul	Wafer	233	Male Vet 50	17	109
155	00:48:32	00:48:24	Ian	Hilder	24	Male Vet 60	9	126
173	00:49:39	00:49:24	Bob	Hughes	102	Male Vet 75	1	140
199	00:52:10	00:51:53	Jane	Boyes	229	Female Vet 45	8	40
341	01:06:28	01:06:10	Denise	Langridge	236	Female Vet 55	16	123

The sea was churning up and rain was bucketing down immediately before the race, but the downpour let off for most of the actual run. Fast times could be expected on a flat promenade, but the course is not without flaws as there were several 360° turn backs.

Lewis Sida was overall second M50 runner. The listing shows Bob Hughes as first M75, but this makes him rather older than he was on the day.

There were several Lewes runners who had been attending Bev and Karins 10k improvers course. We hope they enjoyed it.

There were several Lewes runners who had attended Siobhan, Bev and Karin's 10k improvers course.



Karin reported:

We had nine athletes from across Lewes AC and Seaford Striders on our latest 10K Development course which ran for 8 weeks culminating in yesterday's Hove Prom 10K. From Lewes we had Alice Weston Smith, Jane Boyes, Paul Wafer, Rob Henry and Denise Langridge Mellion.

Everyone completed the race on a wet and blustery morning, all achieving their personal goals.

The course run by Siobhan Boyer, Karin Divall and Bev Sheridan was universally enjoyed ...with comments "I loved it", "thank you so much for making me a better runner", "really enjoyed training with all you guys" "It's been such a supportive environment and I've loved our sessions over the last eight weeks" "A great experience " "great coaches and a great gang"

The Hove Prom 10k is part of the Sussex Grand Prix road/trail running competition along with events such as the Lewes Downland 10 miles, Hastings Half Marathon and Bewl 15. For more details see [Sussex Grand Prix](#)

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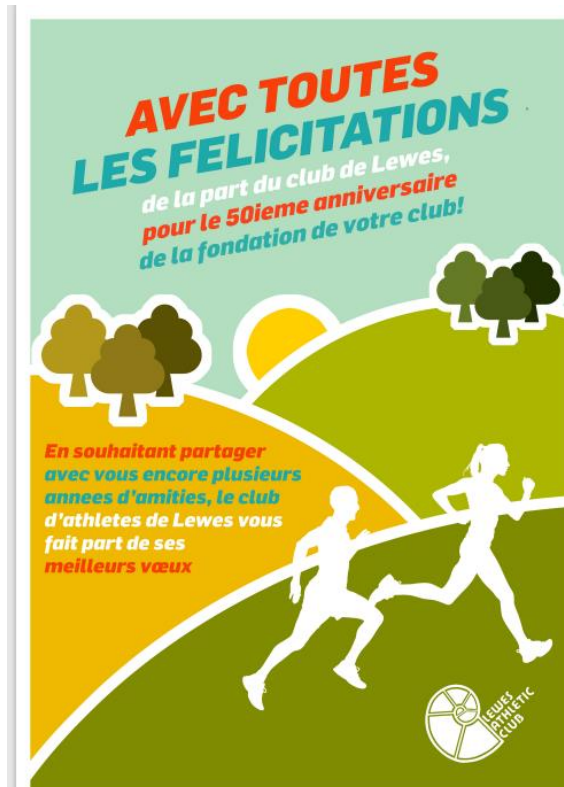
10. Our twin is 50 years old

Peter Masters writes: This weekend AS Marolles our twinned club in the Loir Valley in France will be 50 years old. They will be celebrating this magnificent achievement in only the way the French can by having a great big party. I have been invited with Jeremy Wainwright and our other halves to represent Lewes AC and to join in their celebrations on Saturday the 5th November. What we do for the club – but someone has to do it!!

Deciding to go was easy for obvious reasons but what should I take on behalf of Lewes AC. It should be something to say congratulations and loads of best wishes from the Lewes club and its members. I pondered for some time but in the end took a very green approach to re-cycle the Lewes 10 mile race promotional poster.

This was an excellent design produced by Lee Woodgate that combined images of the Downs with a text promoting the two races. Lee was able to substitute the original text with the French words I gave him that I hope said congratulations and the very best of wishes from the Lewes club.

Printed at A4 size and framed by Tom Reeves it is something that I believe is a fitting gift to present to AS Marolles on the day and to hang in their club room subsequently. It will provide a continuing reminder of the links between the two clubs and the many long-standing friendships that have developed over the many years that the two clubs have been twinned.



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11. Some future 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

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

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 first West Sussex Fun Run League event of 2023 is the Goring Road Runners Hangover 5 which starts at 11.30am on Sunday 1st January 2023. Start as you mean to go on!

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