



Lewes Athletic Club Newsletter

## The AMMONITE

December 2022

Please send contributions and corrections to errors to [newsletter@lewesac.co.uk](mailto:newsletter@lewesac.co.uk).

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## 1. Club Committee and AGM

The club will hold an interim General meeting in March (date to be announced). **The main focus will be to vote on a recommendation from the Club Committee as to whether an application be made to the Charity Commission for the club to be granted Charitable Incorporated Organization (CIO) status.**

Following this interim General Meeting an Annual General Meeting will be held during the third week of September each Year.

### Committee vacancies and other roles

There are now a number of vacancies on the Executive Committee. Nomination forms will be available in the New Year.

**Nominations will be especially welcome from members with expertise in the following areas:**

- **Communications**
- **Legal aspects of club management**

These are not the only roles to be filled but they represent gaps in the skill set of current committee members. A full list of existing committee members together with committee minutes for the past year is available on the Club wiki: <https://wiki.lewesac.co.uk/tiki-index.php?page=Club+organisation>.

In addition to the committee roles outlined above **the Club would like to appoint a second Welfare Officer**. This would be in addition to our existing Welfare Officer, Mick Acott. England Athletics recommends that each Club has a minimum of two Welfare Officers. Information about the role can be found here: <https://www.englandathletics.org/clubhub/search/?filters%5Brole%5D%5B%5D=welfare-officer>

If you would like to learn more about helping to run the club or discuss any of the above contact Pete Masters ([chairman@lewesac.co.uk](mailto:chairman@lewesac.co.uk)) or Richard Moore ([secrelary@lewesac.co.uk](mailto:secrelary@lewesac.co.uk))

### Communications

The Club is reviewing the way it communicates with members and with the local community. As part of this we will be circulating a brief questionnaire early in the New Year.

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## 2. Gunpowder Trot Run Horsham Joggers 6<sup>th</sup> November 2022

This was the last event of the West Sussex Fun Run League, and a magnificent seven Lewes AC runners turned out on the day after Bonfire.

Place	Time	Bib	Runner	F/M	F/M place	Points
66	34:20	215	Dominic Osman-Allu	M	60	7
81	35:06	220	Tamsyn d'Arienzo	F	10	10
110	36:55	213	Andrew Chitty	M	92	5
112	36:58	214	Andy Perris	M	94	5
199	44:41	216	Geoff Watson	M	146	2
213	46:26	219	Peter Miller	M	153	2
242	51:15	218	Jane Holford	F	79	3



Lewes had had a spirited start at the beginning of the year in this competition, but interest seems to have diminished towards the end. In some ways it is heartening that we were still able, in 11<sup>th</sup> place out of seventeen competing clubs, to be ahead of the likes of Worthing Striders, Haywards Heath Harriers and Goring Road Runners.

Interestingly the overall series winners were the Porstslade Hedgehoppers who scored 110 points, out of a maximum 125, in all but two races. I know some runners who belong to the Hedgehoppers as 2<sup>nd</sup> claim members in order to participate despite their first claim clubs not valuing the competition.

**The next West Sussex Fun Run League event is the Hangover 5 Miles on New Years Day 1<sup>st</sup> January 2023.** It starts from Hill Barn, Worthing, and climbs up towards Cissbury Ring. We had 23 runners in this race last time.

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### 3. Sussex County Cross-Country Ardingly 12<sup>th</sup> November 2022

This was the second event in the Sussex County Cross Country League 2022-2023. You will recall that Pete Masters put out a call for Lewes AC runners to support these races. The response this time was that thirty-three Lewes Juniors competed across the Under 11 to Under 17 age groups. Eighteen Senior women (which includes Under 17 women) from the club competed in the 5km women's race while twenty-four Lewes AC men completed the 8km men's race.

Looking at individual performances U11 Rex Hastings repeated his first place at Goodwood, showing that it was not a fluke. It was good he had some Lewes AC runners to give him some company at the starting line. U13 Michael O'Connor came 4<sup>th</sup> in his race which helped obtain the 4<sup>th</sup> placed team position. In the U15 Girls the reliable threesome of Esme Stevenson, India Sommerville and Ava James in 3<sup>rd</sup>, 6<sup>th</sup> and 10<sup>th</sup> places won Lewes the 2<sup>nd</sup> team place. The U17 Women gained 3<sup>rd</sup> team place: part of this reason for this was that not many clubs fielded complete teams. U17 Charlie Wright's 3<sup>rd</sup> individual place made a great contribution to the 4<sup>th</sup> U17 team placing, but shows you always need the help of others to secure team success.

The Senior Women's race had lots of successes in various classes. Rachel Hillman was 1st U35 woman home and Lizzie Keep was 2<sup>nd</sup> Senior Woman. They came home neck and neck with only a second difference between Lizzie's 5<sup>th</sup> *overall* position and Rachel's 6<sup>th</sup>.

Isabel Guirdman has just moved to the U20 category and registered her presence with second U20 place. There was a strong Lewes showing in the W35s: as well as Rachel's 1<sup>st</sup> place in the class there were Jenna French in 3<sup>rd</sup> place, Laura Douse in 5<sup>th</sup> place and Ellen Brookes in 7<sup>th</sup> place. Ten seconds behind Ellen, Helen Sida secured 3<sup>rd</sup> W55 place.

All these individual triumphs fed through to the team results. Lewes AC women were 2<sup>nd</sup> in the Division 1 competition, behind Crawley. Lewes then swept up the 1<sup>st</sup> place in both the Division 2 and the Veterans competition.

In the very competitive Senior Men's race Toby Meanwell was 2<sup>nd</sup> M40 runner, Chris Gilbert and Lewis Sida were 2<sup>nd</sup> and 3<sup>rd</sup> respectively in the M50s. The men were 3<sup>rd</sup> in the both the Divisions 1 and 2 behind Brighton AC and Brighton Phoenix and 2<sup>nd</sup> in the Veterans competition behind Brighton AC.

The third event in the series is at Stanmer Park on Saturday 3<sup>rd</sup> December. It is too late to enter that now! But the venue of the fourth event on **11<sup>th</sup> February 2023 has been confirmed as being at Stanmer Park** which is close to home.

The best three races out of four count for individual series awards. **But for team awards all FOUR races count, so please don't give up after three!**



Above: Rex Hastings (photo Sussex Athletics)

### Under 11 Boys

POS	Time	Bib	Surname	Forename
1	00:07:48	4	Hastings	Rex
41	00:09:24	30	Taylor	Stanley
45	00:09:57	6	Barnes	Lucas
46	00:10:16	635	Fuller	Jacob

46 competitors

### Under 11 Girls

POS	Time	Bib	Surname	Forename
20	00:09:46	54	Bartholomew	Ella
25	00:10:04	39	Marbare	Abagayle

31 competitors

### Under 13 Girls

Pos	Time	Bib	Surname	Forename
19	00:13:41	128	Tuesday	Florence

49 competitors

### Under 13 Boys

Pos	Time	Bib	Surname	Forename
4	00:11:26	69	O'Connor	Michael
10	00:12:01	581	Perry	Charlie
23	00:12:37	92	Farley	Max
35	00:13:19	115	Dennis	Casper
40	00:13:35	116	Mitchell	Austin
45	00:13:43	106	Moore	Arthur

60 competitors

### U13 Boys Teams

Pos	Team	pt1	pt2	pt3	Total
6	Lewes AC A	4	10	23	37
9	Lewes AC B	35	40	45	77

## Under 15 Girls



(photo Sussex Athletics)

Pos	Time	Bib	Surname	Forename
3	00:16:18	244	Stephenson	Esme
6	00:16:44	600	Sommerville	India
10	00:17:13	230	James	Ava
18	00:18:15	237	Bedford	Amelie
31	00:19:37	661	Barbet	Manon
33	00:20:18	240	Pring	Nesta

37 competitors

### U15 Girls Teams

Pos	Team	pt1	pt2	pt3	Total
2	Lewes AC A	3	6	10	19
9	Lewes AC B	18	31	33	82

## Under 15 Boys

Pos	Time	Bib	Surname	Forename
17	00:15:45	704	Brooks	George
20	00:15:54	193	Tarafder	Isaac
23	00:15:59	187	Cherry	Toby
24	00:15:59	677	Loughlin	Theo
26	00:16:12	666	Tarafder	Theo
27	00:16:13	200	Orme	Harrison
46	00:18:41	181	Cooley	Jack

51 competitors

### U15 Boys Teams

Pos	Team	pt1	pt2	pt3	Total
6	Lewes AC A	17	20	23	60
9	Lewes AC B	24	26	27	77

### Under 17 Women

Pos	Time	Bib	Surname	Forename
6	00:22:01	309	Pring	Darcy
15	00:23:41	303	Meyer	Lucy
21	00:25:35	310	Nolan	Lara
24	00:26:07	717	Connolly	Ferne

27 competitors

### Under 17 Women Team

Pos	Team	pt1	pt2	pt3	Total
3	Lewes AC	6	15	21	42

### U17 Men

Pos	Time	Bib	Surname	Forename
3	00:17:38	286	Wright	Charlie
16	00:19:30	274	Guppy	Archie
19	00:20:09	580	Perry	Harvey

27 Competitors

### U17 Men's Team

Pos	Team	pt1	pt2	pt3	Total
4.	Lewes AC	3	16	19	38

### Senior Women



Overall						Category
Pos	Time	Bib	Surname	Forename	AG	Pos
5	00:20:39	342	Keep	Lizzie	SW	2
6	00:20:40	349	Hillman	Rachel	V35 W	1
8	00:20:49	330	Guirdham	Isabel	U20W	3
12	00:21:07	715	Knotkova-Hanley	Darja	SW	4
19	00:21:29	347	French	Jenna Louise	V35 W	3
23	00:22:01	309	Pring	Darcy	U17 W	6

30	00:22:40	367	Douse	Laura	V35 W	5
35	00:22:56	364	Brookes	Ellen	V35 W	7
40	00:23:06	397	Sida	Helen	V55 W	3
49	00:23:41	303	Meyer	Lucy	U17 W	15
75	00:25:35	310	Nolan	Lara	U17 W	21
84	00:26:07	717	Connolly	Ferne	U17 W	24
85	00:26:14	393	Walters	Carole	V55 W	8
90	00:26:44	327	Kornevall	Chloe	U20W	9
95	00:27:01	732	Divall	Karin	V55 W	11
99	00:27:20	728	Falconer	Alienor	V35 W	20
112	00:29:40	353	Murray	Emily	V35 W	23
117	00:30:10	399	Bennington	Hazel	V55 W	16

138 Competitors



First W35 Rachel Hayman (349) with Darcy Pring:  
first Lewes AC U17 woman runner (309)

Isabel Guirdham: First Lewes U20W runner

#### Senior Women Division 1

Pos	Team	pt1	pt2	pt3	pt4	Total
2	Lewes A	5	6	8	12	31

#### Senior Women Division 2

Pos	Team	pt1	pt2	pt3	Total
1	Lewes AC B	19	23	30	72
5	Lewes AC C	35	40	49	124
13	Lewes AC D	75	84	85	244
16	Lewes E	90	95	99	284
25	Lewes F	112	117	148	377

32 teams were recorded



### Women's Vets Teams (3 to score)

Pos	Team	pt1	pt2	pt3	Total
1	Lewes AC A	1	5	9	15
4	Lewes AC B	12	15	41	68
13	Lewes C	47	50	60	157

### Senior Men

#### Overall

pos	Time	Bib	Surname	Forename	AG	AG POS
12	00:29:34	495	Meanwell	Toby	V40 Men	2
16	00:29:50	451	Peters	Sam	Senior Men	9
21	00:30:04	479	MacNicoll	Fraser	Senior Men	14
26	00:30:30	462	Briffett	Aiden	Senior Men	18
44	00:31:42	454	Stewart	George	Senior Men	29
49	00:31:54	523	Gilbert	Chris	V50 Men	2
50	00:31:55	458	Sansottera	Andrea	Senior Men	31
51	00:31:56	490	Baker	Euan	Senior Men	32
52	00:31:57	453	Critchley	Charlie	Senior Men	33
58	00:32:23	496	Vaughan	Adam	V40 Men	12
59	00:32:30	452	Coffey	Chris	Senior Men	36
64	00:32:55	745	Sida	Lewis	V50 Men	3
72	00:33:20	757	Marchant	Thomas	Senior Men	40
80	00:33:35	785	Monnington	Will	Senior Men	43
97	00:34:29	784	Reed	Matt	Senior Men	48
100	00:34:42	536	Burrell	Jonathan	V50 Men	11
110	00:35:41	783	McLennan	Andrew	V40 Men	29
154	00:39:15	758	Tansley	Dominic	V40 Men	37
160	00:39:53	754	Osman-Allu	Dominic	V50 Men	34
164	00:40:51	518	Hastings	Harry	V50 Men	38
166	00:41:10	678	Loughlin	Gary	V50 Men	39
168	00:41:50	565	Hilder	Ian	V60 Men	12
172	00:42:29	553	Dummett	Gerard	V60 Men	13
175	00:42:44	529	Perris	Andrew	V50 Men	42

193 Competitors



Toby Meanwell: First Lewes Runner



Sam Peters: Second Lewes Runner

### Senior Men's Team

#### Division 1 (6 to score)

Pos	Team	pt1	pt2	pt3	pt4	pt5	pt6	Total
3	Lewes A	12	16	21	26	44	49	168

#### Division 2 (4 to score)

Pos	Team	pt1	pt2	pt3	pt4	Total
3	Lewes B	50	51	52	58	211
7	Lewes C	59	64	72	80	275
14	Lewes D	97	100	110	154	461

#### Men's Vet teams (3 to score) all age categories

Pos	Team	pt1	pt2	pt3	Total
2	Lewes AC A	2	10	14	26
6	Lewes AC B	14	17	35	66
18	Lewes AC C	43	79	83	205



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#### **4.Lewes AC Running Beginners' graduation. Peacehaven 12 November 2022**

**Meanwhile....Mark Pappenheim writes:**

Our Autumn Beginners class (plus leaders) after their triumphant 'graduation' 5 Km at Peacehaven parkrun yesterday morning: 18 completed the course with a non-stop 30-minute run last week; 16 ran the 5K yesterday - and a record-breaking 15 have now decided that they want to join the club!



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## 5. Brighton 10k Sunday 20<sup>th</sup> November 2022



**Above: Lewes Women win Inter Counties Race for Sussex**

This was a generally fast race and ten of the Lewes AC contingent ran sub-40 minute races. Ben Savill was the first Lewes AC competitor to finish in 8<sup>th</sup> place. He was followed by three Lewes women runners in the top ten Senior Women: Harriet Bloor (2<sup>nd</sup>), Ruby Whyte-Wilding (5<sup>th</sup>) and Emma Navesey (6<sup>th</sup>). Lewis Sida (MV50), Rachel Hillman (FV35) and Jonathon Burrell (MV55) and Karin Divall (FV60) were all in the top three fastest runners in their respective categories.

Place	Bib	Runner	Gun time	Chip time	Category	Cat. place	m/f	m/f place
8	1495	Ben Savill	00:31:35	00:31:35	MSEN	7	m	8
37	42	Harriet Bloor	00:34:03	00:34:00	FSEN	2	f	2
59	41	Ruby Whyte-Wilding	00:35:24	00:35:20	FSEN	5	f	6
67	43	Emma Navesey	00:35:40	00:35:36	FSEN	6	f	7
84	1133	Lewis Sida	00:36:29	00:36:24	MV50	3	m	75
96	1062	Chris Gilbert	00:36:45	00:36:40	MV50	4	m	85
119	1447	Rachel Hillman	00:37:30	00:37:25	FV35	3	f	17
138	779	Jonathan Burrell	00:38:05	00:37:57	MV55	2	m	115
145	1297	Lucy Lavender	00:38:41	00:38:37	FSEN	19	f	26
151	584	Lee Woodgate	00:39:03	00:38:55	MV50	7	m	125
412	1440	Gary Loughlin	00:47:02	00:46:42	MV50	33	m	322
464	895	Karin Divall	00:48:34	00:48:09	FV60	2	f	107
488	760	Lara Nolan	00:49:12	00:48:45	FU17	5	f	113
500	1080	Martin Ratcliffe	00:49:26	00:48:58	MSEN	96	m	386
608	495	Joe Plant	00:52:17	00:52:09	MSEN	110	m	474

Within the broader 10km race was an inter county competition with teams of four men and four women from Sussex, Essex, Hertfordshire, Berkshire, Kent, and Hampshire. Harriet Bloor, Ruby Whyte-Wilding, Emma Navesey and Rachel Hillman all wore Sussex colours as team members. Under

the rules, the first three in each county team scored. Harriet, Ruby, and Emma came in first for the women with the winning combined time of 1 hour 45 minutes and 4 seconds.



Harriet



Ruby

Emma

### Crowborough 10km Sunday 20th November 2022

Meanwhile, unlike the Brighton 10k, the Crowborough 10K had steep hills and a ford.

Place	Bib	Runner	Gun Time	Chip Time	Category	Category Pos	M/F	M/F. Pos
10	55	Vesa Lindberg	00:39:02	00:38:57	V45	2	M	10
98	235	Bob Hughes	00:52:07	00:51:57	V75+	1	M	85

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### 6. East Sussex Sunday XC League: Snape Wood, Wadhurst 27<sup>th</sup> November 2022



Place	Bib	Time	Runner	Category	Individual Points	Points category	Team Points
7	571	0:31:24	Euan Baker	SM	295	SM1	6
8	784	0:31:25	George Stewart	SM	294	SM2	7
13	613	0:31:55	Andrea Sansottera	M35	289	SM3	12
20	617	0:33:34	Adam Vaughan	M40	282	M401	19
21	585	0:33:38	Richard Docwra	M50	281	M501	20
30	579	0:34:37	Jonathan Burrell	M55	272	M502	29
49	600	0:36:45	Tom Marchant	SM	254	SM4	48
50	604	0:36:45	Will Monnington	M35	253	NSM1	49
64	602	0:37:33	Andrew McLennan	M45	240	M402	63
81	619	0:38:37	Philip Westbury	M40	230	M403	80
91	576	0:39:09	Luke Blyth	SM	223	NSM2	90
92	611	0:39:12	David Prince-Iles	M65	222	M601	91
93	614	0:39:16	Helen Sida	F55	188	F501	92
95	587	0:39:25	Dominic Doran	SM	221	NSM3	94
102	771	0:39:57	Steffan Meyric Hughes	M45	216	NSM4	101
140	742	0:42:15	Peter Kennedy	M70	188	M602	139
142	598	0:42:41	Gary Loughlin	M50	186	M503	141
151	589	0:43:03	Gerard Dummett	M65	178	NSM5	150
175	580	0:44:42	Andrew Chitty	M65	161	NSM6	174
190	609	0:45:34	Andy Perris	M55	151	NS	NS
218	591	0:47:31	David Foster	M55	133	NS	NS
226	584	0:48:18	Karin Divall	F60	145	F601	222
239	596	0:49:36	Bob Hughes	M70	124	NS	NS
287	575	0:53:10	Hazel Bennington	F60	118	F602	274
293	605	0:53:29	Tim Monson	M60	96	NS	NS
325	610	0:57:05	Livvie Perris	SF	101	SF1	298
331	603	0:57:52	Peter Miller	M50	76	NS	NS
350	621	1:00:53	Toby Wolpe	M65	70	NS	NS

The previous run in the series was the home event at Lewes on 16<sup>th</sup> October. Despite home advantage with Lewes fielding a very respectable number of runners, we only came third, after Crowborough and the joint Eastbourne contingent.

As can be seen from the results above Lewes again had a good turnout in the second race at Snape Wood, Wadhurst, but the lack of gender balance (i.e. 23 men and 4 women) was disappointing. Unlike the Sussex County Cross Country competition men and women do not have separate races: races are won by having a balance of both gender and age categories finishing well.

At Wadhurst, we came 4<sup>th</sup> out of 15 clubs, after Crowborough, a combined Heathfield/Uckfield team and a combined Hastings team. By a fluke of the points system we are overall equal second with Eastbourne, Heathfield/Uckfield, Hastings in the series. Crowborough have extended their lead.

Snape Wood has its good and bad points. The course through the woods of the High Weald has both challenging climbs and descents, and while there was some mud it was not excessive. On the other hand, the changing and toilet facilities were a field with trees and it was a bit of a trek from the nearest parking places. A view overheard after the race was that this was a real/traditional Sussex cross country course – and that was nothing wrong with that.

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## 7. Lewes Pole Vault Juniors going from strength to strength

David Tutton writes:

A very successful autumn recruitment period has seen Lewes AC Pole Vault juniors group grow to some 25 members. Among the new recruits are some outstanding prospects who have spent the unseasonably warm October and November months learning the basics of the sport at the track.

This has involved much work in the sandpit, learning to roll the pole over in the correct position before taking vaults into the sand from two, four and six steps. In these early stages of pole vault development, the juniors soon understand that in order to get height, they need to jump before the pole tip hits the sand, drive their free knee forward and swing their take-off leg in a straight position, like a pendulum, thus lifting their hips high into the air. That work has been consolidated with much sprinting on the track, with and without the pole, and even, thanks to the good weather, vaults onto the bed itself.

Lewes AC Pole Vault Juniors now move to their indoor facility, a barn in Iford generously donated by the Iford Estate where we will now work on transforming all this groundwork into new PBs over a hard bar. Many of the children will be taking part in their first competitions over the winter, including at the 2nd Iford Games that will be held towards the end of the Indoor Season.

Meanwhile, some of our superb existing U13 and U15 group, many of whom have been helping coach the new recruits, will be aiming for regional and even national medals in the months and years to come.

### Upcoming Pole Vault Events – From Rick Pilling

#### 2022

4th December Lee Valley open  
11th December Open sprints and Vault London at Lee Valley

#### 2023

8th January SLAN open at Carshalton  
14th/15th January SEAA U13/U15/U17 championships at Lee Valley  
21st/22nd January London games U20 & Sen at Lee Valley  
28th/29th January London games U13/U15/U17 at Lee Valley  
4th/5th February SEAA U20 & Sen championships at Lee Valley  
11th/12th February England age group Championships U15/U17/U20 at EIS Sheffield  
18th/19th February Sussex Indoor Championships at Carshalton. tbc  
18th/19th England Senior Indoors at Birmingham  
5th March Vault Cardiff



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## A Christmas Special

### 8. Jenna's story: how she came to Lewes AC



I first started running in 2013 following treatment for cervical abnormalities. I decided to enter the Brighton Marathon. I was the first ever person to run for and raise awareness of Jo's Cervical Cancer Trust.

I was no means a natural born runner and my family laughed at me when I said I was going to enter a marathon reminding me of my bad experience of PE at school. This made me all the more determined to complete it!

My friend encouraged me to join Hastings Runners (where I'm from) in the February. The coach there Ashley Varley (now an amazing ultra runner) asked me how much running I was doing. To which I replied I did gym classes and ran on a Saturday afternoon after spin class! Ash immediately took me under his wing and had me running 3-4 times a week and took me out on my Sunday long runs. He taught me everything I know about running marathons and my love of hills!

10 weeks after joining I finished the Brighton Marathon in 3:45:27 - at which point Ash advised me afterwards if I had run a second quicker per mile then I would have been eligible for a Good for Age entry for London - if only I had known!

I managed to secure a club ballot place for London marathon the following year and having been run over by a car 3 weeks before it was doubtful whether I'd be able to run. But after putting all the training in I had to at least try or else I'd never know! I finished in 3:30 and immediately thereafter was laid off for 3 months with (what we now know!) was a stress fracture in my fibula from the accident.

After running 3:15 at London in 2016 I lost my running mojo for a while. For me, 3:15 was a holy grail time which I didn't think I'd see for a few years to come and it was the most perfect race I've ever ran. I don't think I would ever want to run another road marathon to spoil that memory!

In 2017 my friend Becci Holdaway (also now Lewes) encouraged me to try running on the South Downs with her to see if that would help. At the time I had no trail running experience (or desire to!) whatsoever. I really enjoyed it and my training partner Karen Murdoch at Hastings AC asked me to join their team for the South Downs Way Relay in 2018 which was life changing for me. Soon all of my Sunday runs were on the South Downs and I joined Hastings AC to train with my pal Karen and coach Terry Skelton with his varied Saturday training at off road venues.



I completed Beachy Head Marathon in 2018 in 3:40:05. When Terry left Hastings AC and set up HY Runners I moved with him to continue my training.

So how did I end up at Lewes? Well, whilst training for Beachy Head Marathon I had a Strava request from Rick Curtis who had spotted me running up the Yellow Brick Road! We arranged a 20 mile training run where he showed me the course route. We stayed in touch with training runs.

I was already friends with Shelley Cornes and Megan Taylor and during lock down (2020) I was inspired by Megan's impressive running progress. She, Emma and Dave Leach encouraged me to join their track sessions on a Wednesday evening. After a few months of persistence from the 3 of them I eventually gave in and decided to give it a go. My physio Mary Sanderson's sister Wendy also used to run for Lewes trained by Dave and Mary was keen for me to give it a try - "give it 6 weeks" she told me (I'm still here!).

Then last year (July 2021) I was asked by Megan if I could step in at the last minute (5 days prior to) for the South Downs Way Relay. I wasn't sure if I could manage it recovering from long Covid. I had only built up to 12 miles (and my total would be 18!). I knew I could do it. It was just going to hurt!

I had leg 1 (Seven Sisters), 5 and 13 (Harting Hill), so some of the toughest hilliest legs (obviously my favourite!) and without any time to recce leg 13 was entirely from memory! Whilst I knew Megan and Emma it was my first time meeting Lizzie, Gina and Lucy. I have never met such a bunch of inspirational, talented, strong, pure grit, humble, thoughtful, bloody hilarious, kooky (in the best possible way!) and positive ladies that I am proud to call my team mates and friends!



We had the best day (and with the best driver Dom) and we won the Ladies title by a huge margin. That day for me was a defining point on so many levels and one I will never forget.

After 2.5 years of training alternate weeks with Lewes and HY Runners I decided I wanted to run the XC season for Lewes - so I made the transfer to 1<sup>st</sup> claim. I'm still second claim with HY (being local to me) and still write newspaper articles for them which is the best of both worlds really.

Jenna French

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9. Lastly,

## A Happy Christmas and a Not Completely Rubbish New Year

Remember it's the Running – or the jumping or throwing for some - that will keep you going.

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The poster features two cartoon Santa Claus characters running towards the center. They are wearing red tank tops, blue shorts, and Santa hats. The background is a gradient from green at the top to blue at the bottom, with white snowflakes and bokeh light effects. The text is centered and uses a mix of white and red colors.

**SANTA  
FUN RUN  
IN LEWES  
5K, 10K, 15K**

**SUNDAY 11 DEC 2022**  
REGISTER FROM 9-10  
AT WALLANDS SCHOOL,  
GUNDREDA ROAD, LEWES BN7 1PU

ALL PROFITS TO OUR  
LOCAL HOSPITAL - LEWES VICTORIA  
FESTIVE FUN - FANCY DRESS  
OR CHRISMASSEY DRESS OPTIONAL



GET YOUR TICKETS/SIGNUP ON  
<https://www.ticketsource.co.uk/friends-of-lewes-victoria-hospital>  
£12.00 inc SANTA HAT

**Friends of**  
Lewes Victoria Hospital

## Lewes AC Christmas Party



**Yes, it's happening, there will be a Christmas party for the club on Friday, December 16th!**

**Held at the Southdown Sports Club, it will be a fantastic opportunity to all get together as a club, celebrate a successful year, and enjoy some drinks and food.**

**We hope to see everyone on the evening!  
Bring your festive cheer and seasonal spirit for the evening**

### **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 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 3rd December 2022 Stanmer Park, Brighton
- Sat 18th February 2023 Stanmer Park, Brighton

**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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