



Lewes Athletic Club Newsletter

The AMMONITE

January 2023

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

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1. Club Food Bank Runs

Mark Pappenheim writes:



There's a new movement afoot to help replenish the nation's depleted food banks, and here's how everyone in the club can help to make it a success

While we're all running around having fun, the nation's food banks are running desperately short of essential supplies for hungry families. That's why Sarah Donaghy

of Hampshire-based Fareham Running Club has launched a new national initiative called the Food Bank Run, and Lewes AC is proud to be among the almost 400 clubs that have already signed up to take part.

The idea is dazzlingly simple: on a designated day, runners run to their local food bank and donate the essential supplies that they have brought with them. And it happens in February, because it's a particularly desperate time of year for many families, as Christmas charity peters out and the bills start flooding in. So, as Sarah says, "It's the running community helping the local community."

So when and where is our Food Bank Run taking place and how will it work?

It seemed a good idea to combine our first Food Bank Run with our regular monthly pub run. So it will take place on Tuesday 7 February, leaving at 6.30pm from The Dorset on Malling Street and heading out to the Landport Food Bank (at 2A Horsfield Road, off Eridge Green), which will be opening up specially for us between about 7pm and 7.30 to receive our donations.

Runners should sign up, as usual, on the Wiki page, where participating coaches and leaders will be offering a choice of routes and speeds so as to try to ensure that successive waves of runners arrive in Landport from all possible directions at staggered intervals over the allocated half-hour or so.

And of course, most importantly of all, each runner should be carrying one or more items (maybe even a full carrier bag or backpack) to donate to the food bank on arrival. So, as well as buying a few things to donate yourself, why not solicit some extra donations in advance from family, friends and neighbours in order to really help refill those empty food bank shelves?

What if I'm not a runner? Don't worry: even if you're not a runner, you can still help out! There's a collection box in the clubhouse so that parents of kids in the Academy and anyone else visiting the track – and indeed any runners who can't come on the night – can drop off their donations there. Non-runners can also join the Food Bank Run if they're happy to walk the mile from The Dorset to Landport. And, given that the generosity of club members will doubtless mean that we end up with more donations than we can possibly carry, we're also looking for a couple of non-running volunteers with a car or van to help transport any excess

items from The Dorset to Landport, picking up the collection box from the clubhouse on the way.

So what items should I donate?

Our local food bank desperately needs:

- tinned meat, fish, veg and fruit
- dried pasta and rice
- biscuits and cereal
- tea, coffee and long-life fruit juices
- toiletries and sanitary products
- cleaning products
- baby food

Plus, with Valentine's Day and Shrove Tuesday coming up, it might be fun if everyone could include some packets of Love Hearts and pre-cooked crepes or pancake mix.

All clubbing together

Recent press reports suggest that donations to food banks have actually gone down, even as the cost-of-living crisis has created a soar in demand. So the more of us that take part on 7 February, the more donations we can take to the Landport Food Bank to help feed families at this desperate time of need. Remember Sarah's motto about "*the running community helping the local community*" – and let's all club together to help fill up the food banks for February.



Fareham Running Club's first Food Bank Run in February 2018

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2. Sussex County Cross Country Event 3 Stanmer Park 3rd December 2022

In the Under 11 Boys, Rex Hastings took first place for the third time in a row. Can he now make it four in a row? It was good to see that Rex who had been the sole Lewes AC in the first U13 Boys race of the season, now had seven Lewes AC runners in support.

In the previous event in this series at Ardingly, Lewes AC senior women had been second in the Division 1 competition behind Crawley, but first in both the Division 2 and Vet competitions. In

subsequent race at Stanmer they tidied things up with a clean sweep of wins in all three team competitions.

Previously Lewes AC senior men had taken third in the Division 1 and 2 competitions and second in the Vets. This time around they got close to the Lewes AC women with a second place in the Division 1 behind rivals Brighton & Hove AC but just two points ahead of Brighton Phoenix, along with firsts in Division 2 and Vets placings.

In the U13 Boys, Michael O'Connor (5th) and Charlie Perry (13th) did enough to be selected to represent Sussex at the SEAA inter-county cross country championships. The same went for George Brookes who was 17th in the U15 Boys. Lewes AC Boys were tantalising close to team medal level in 4th team position in both U13 and U15 races.

It was down to the U15 Girls with Esme Stephenson, Ava James and India Sommerville all in the first ten for their race to reach 3rd team medal level, as well as being up for inter-counties team selection. The U17 Women went one better to reach 2nd team medal level with Darcy Pring (6th), Lucy Meyer (13th), Mollie Barrett (16th) and Lara Nolan (17th).

As well as the Senior team victories, Lewes AC runners made their mark in their age categories. Isabel Guirdham returned form and was the first Lewes woman to finish in the Senior race. Rachel Hillman was first V35 and Helen Sida first V55. Isabel Guirdham (U20), Darja Knotkova-Hamley (SW), Jenna French (W35) and Mary Campbell-Clemente (V55) were all second place their age categories, while amongst the Men Toby Meanwell (V40) and Chris Gilbert (V50) were second in their age categories.

Under 11 Boys

Pos	Time	Bib	Forename	Surname
1	08:25:00	7	Rex	Hastings
16	09:15:00	44	Samuel	Trotman
38	10:32:00	14	George	Payne
40	10:36:00	43	George	Hodgson
42	10:46:00	35	Flint	Morrell
43	10:54:00	30	Joseph	Cole
46	11:10	45	Stanley	Taylor
47	11:20:00	29	Seth	Muddle

U11 Girls

POS	Time	Bib	Forename	Surname
21	11:17:00	49	Abagayle	Marbare

U13 Boys

Pos	Time	Bib	Forename	Surname
5	12:19:00	85	Michael	O'Connor
13	13:11:00	555	Charlie	Perry
23	13:37:00	81	Otto	de Burca
29	13:57:00	112	Casper	Dennis
30	14:00	594	Wilf	Westway
42	14:45:00	105	Arthur	Moore
46	15:09:00	118	Austin	Mitchell

49	15:17:00	115	Thomas	Muddle
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Pos	Team	Pt1	Pt2	Pt3	Total
4	Lewes	5	13	23	41
12	Lewes B	29	30	42	101

Under 13 Girls

Pos	Time	Bib	Forename	Surname
14	14:17:00	127	Florence	Tuesday
47	19:18:00	138	Paige	Henshaw

Under 15 Boys



Pos	Time	Bib	Forename	Surname
17	16:07:00	225	George	Brooks
18	16:08:00	181	Theo	Tarafder
25	16:39:00	190	Boris	Greenwood
28	16:44:00	194	Toby	Cherry
40	18:14:00	180	Isaac	Tarafder
44	19:31:00	186	Jack	Cooley

U15 Boys Teams

Pos	Team	pt1	pt2	pt3
4	Lewes AC A	17	18	25
12	Lewes AC B	28	40	44

Under 15 Girls

Pos	Time	Bib	Forename	Surname
2	16:27	243	Esme	Stephenson
6	16:44:00	244	Ava	James

9	17:10:00	275	India	Sommerville
12	17:46	258	Eva	Winton
14	17:56:00	245	Amelie	Bedford
26	19:21:00	254	Nesta	Pring
29	19:31:00	279	Manon	Barbet
36	20:23:00	263	Gracie	Vaughan



U15 Girls Teams

Pos	Team	pt1	pt2	pt3	Total
2	Lewes AC A	2	6	9	17
6	Lewes AC B	12	14	26	52

U17 Men

14	20:23:00	290	Archie	Guppy
16	20:54:00	554	Harvey	Perry

U17 Women

Pos	Time	Bib	Forename	Surname
6	22:30:00	315	Darcy	Pring
13	24:44:00	314	Lucy	Meyer
16	25:51:00	317	Mollie	Barrett
17	27:10:00	324	Lara	Nolan



U17 Women's Teams

Pos	Team	pt1	pt2	pt3	Total
2	Lewes	6	13	16	35
3	Eastbourne Rovers	4	9	28	41

Senior Men



Pos	Time	Bib	Runner		Age category	AG place
15	30:37:00	374	Toby	Meanwell	V40 Men	2
16	30:59:00	516	Sam	Peters	Senior Men	9
19	31:10:00	636	Charlie	Critchley	Senior Men	12
23	31:27:00	339	Stan	Pendered	U20 Men	7
27	32:20:00	518	Fraser	MacNicoll	Senior Men	15
28	32:21:00	483	Ben	Pepler	Senior Men	16
29	32:23:00	630	Evan	Baker	Senior Men	17
36	33:03:00	496	George	Stewart	Senior Men	21
38	33:10:00	406	Chris	Gilbert	V50 Men	2
40	33:18:00	500	Andrea	Sansottera	Senior Men	24
42	33:37:00	484	Jez	Davison	Senior Men	25
43	33:41:00	597	Adam	Vaughan	V40 Men	4
44	33:42:00	641	Will	Monnington	Senior Men	26
61	35:10:00	505	Matt	Reed	Senior Men	35
69	35:48:00	378	Ben	Hodgson	V40 Men	12
75	36:25:00	670	Nick	Taylor	Senior Men	39
113	40:20:00	637	Dominic	Doran	Senior Men	47
120	40:49:00	673	Dominic	Osman Allu	V50 Men	23
129	41:54:00	648	Dominic	Tansley	V40 Men	26
131	42:18:00	668	Gary	Loughlin	V50 Men	28
132	42:19:00	676	Rob	Stanway	V50 Men	29
141	44:03:00	464	Gerard	Dummett	V60 Men	11
152	47:19:00	435	Andy	Perris	V50 Men	36

Division 1 – six to score

Pos	Team	pt1	pt2	pt3	pt4	pt5	pt6	Total
1	Brighton & Hove AC A	1	6	7	9	10	14	47
2	Lewes A	15	16	19	23	27	28	128

Division 2 – four to score

Pos	Team	pt1	pt2	pt3	pt4	Total
1	Lewes B	29	36	38	40	143
6	Lewes C	42	43	44	61	190
11	Lewes D	69	75	113	120	377

Men's Vets Teams (3 to score)

Pos	Team	pt1	pt2	pt3	Total
1	Lewes AC A	2	5	6	13
13	Lewes AC B	16	54	61	131
20	Lewes AC C	63	64	73	200

Senior Women

Pos	Time	Bib	Forename	Surname	AG	AG POS
3	21:12:00	344	Isabel	Guirdham	U20 Women	2
5	21:35:00	618	Darja	Knotkova-Hanley	SW	2
9	21:56:00	356	Rachel	Hillman	V35 Women	1
13	22:22:00	532	Lucy	Lavender	SW	5
16	22:30:00	315	Darcy	Pring	U17 Women	6
18	22:35:00	359	Jenna Louise	French	V35 Women	2
25	23:32:00	354	Ellen	Brookes	V35 Women	4
40	24:44:00	314	Lucy	Meyer	U17 Women	13
41	24:50:00	455	Helen	Sida	V55 Women	1
49	25:46:00	611	Mary	Campbell-Clemente	V55 Women	2
53	25:51:00	317	Mollie	Barrett	U17 Women	16
59	26:45:00	635	Kitty	Taylor	SW	11
65	27:10:00	324	Lara	Nolan	U17 Women	17
69	27:31:00	451	Carole	Walters	V55 Women	5



Women's teams (Division 1 - 4 to score)						
Pos	Team	pt1	pt2	pt3	pt4	Total
1	Lewes A	3	5	9	13	30

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

Pos	Team	pt1	pt2	pt3	Total
1	Lewes AC B	16	18	25	59
4	Lewes AC C	40	41	49	130
8	Lewes AC D	53	59	65	177

Vet Women (3 to score)

Pos	Team	pt1	pt2	pt3	Total
1	Lewes AC A	1	2	6	9

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3. Peacehaven Mince Pie 10 miles 4th December 2022

Organised by the Seaford Striders, but with huge local support, the Christmas carnivalesque fancy dress adopted by many of the runners betrays the fact that this is quite a demanding multi-terrain event climbing up the Downs around Telscombe and then descending rapidly to Saltdean. The run then passes through typical south coast suburbia which hides a an unkindly steep hill which brings the route out to Downland again and then descends through the back roads of Peacehaven to the finish.

It is not however quite as demanding as the Lewes 10 Mile Downland race and is in fact rather short of ten miles. No-one has ever complained about this as runners who have completed both can go home celebrating the improvement of their running between the two events.

Pos	Gun Time	Chip Time	Athlete	SurName	Bib#	Category	CatPos	GenPos
26	01:11:15	01:11:09	Edward	Wheeler	467	Senior Male	13	22
27	01:11:19	01:11:14	Ellen	Brookes	138	Female Vet 40	1	5
41	01:12:58	01:12:53	Phil	Westbury	344	Male Vet 40	6	32
202	01:28:48	01:28:37	Bob	Hughes	312	Male Vet 75	1	134
290	01:36:33	01:36:27	Tamsyn	D'Arienzo	135	Female Vet 40	16	112

331	01:38:44	01:38:30	Hazel	Bennington	342	Female Vet 60	6	134
367	01:41:58	01:41:41	Mark	Pappenheim	73	Male Vet 65	10	209
380	01:42:49	01:42:36	Anita	Amies	2331	Female Vet 65	4	166
412	01:45:51	01:45:36	Colin	Hartland	300	Male Vet 60	21	220
429	01:49:33	01:49:22	Emma	Gardner	318	Female Vet 50	31	205
466	01:57:21	01:56:52	Naomi	Ross	197	Female Vet 40	43	234
467	01:57:21	01:56:51	Emma	Hodgson	80	Female Vet 45	44	235

Below: use the bib numbers to match the names above with the photos.



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4. South of England Inter-Counties Cross Country Races Horspath near Oxford Saturday 10th December 2022



The SEAA organize this competition between the counties in Southern England. Individual runners have been selected for county teams – and will run in county colours - mainly based on performance in county league competitions

and county championship results for the current season where available. So for the Lewes runners just having their names below is a recognition of running capability.

The three Lewes Senior Women demonstrated good packing, that is they all came home close together and one guesses were able to give each other encouragement. It paid off as along with the Phoenix runner Amy Harris who came in 9th they won the bronze position on the team competition.

Under 13 Boys 3km 106 competed

Pos	Time	Runner	Age	M/F	Year
32	11:10	Michael O'Connor	U13	M	2
63	11:33	Charlie Perry	U13	M	2



Under 15 Boys 4 km 106 competed

Pos	Time	Runner	Age	M/F	Year
97	14:05	George Brooks	U15	M	2

Under 15 Girls 4 km 107 competed

Pos	Time	Runner	Age	M/F	Year
20	14:23	Esme Stephenson	U15	F	2
51	14:55	India Sommerville	U15	F	2

Under 17 Men 5km

Pos	Time	Runner	Age	M/F	Year
13	14:52	Charlie Wright	U17	M	2

Under 17 Women 5km

36	18:21	Darcy Pring	U17	F	1
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U20, Senior Women 6km

40	23:59	Lizzie Keep	SEN	F	
45	24:09	Darja Knotkova-Hanley	U23	F	
47	24:11	Rachel Hillman	V35	F	

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5. Friends of Lewes Victoria Hospital Christmas Fun Run 11th December 2022



This was organized as what some engineering types would cause a 'proof of concept'. There were three runs/races of 5, 10 and 15 km. These were basically all running from the Landport Bottom in the direction of Ditchling Beacon, but turning around at different points.

The way the Friends did some things differed a bit from what you would expect at established events, but this was clearly a learning experience and enthusiasm and a good cause triumphed. The snow also added to the spirit, and the winter landscape made this seem a different route the one many of us take all the time.

The concept has been proved. The pictures tell us everything!





At the end!

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6. East Sussex Sunday XC Newplace Park Framfield

18th December 2022

This was a generally flat but often muddy two lap course. On the day Lewes AC came fourth after Eastbourne/Bodyworks, Crowborough, and Heathfield/Uckfield. This is reflected in the overall series position for Lewes AC. This was the third race of six, and the chances of the club winning the series is not impossible but is increasingly improbable.

On the bright side the after-race cakes and hot drinks were great.

The next race is on 15th January at Warren Hill, near Eastbourne, not Heathfield as previously planned.

Finishing position	Runner no	Time	Runner name	Category	PTS	T CAT	T PTS
4	608	0:30:20	Ben Pepler	SM	299	SM1	2
5	844	0:30:27	Fraser Macnicoll	SM	298	SM2	3
18	793	0:31:33	George Stewart	SM	286	SM3	15
19	617	0:31:37	Adam Vaughan	M40	285	M401	16
22	604	0:32:13	Will Monnington	M35	282	SM4	19
30	579	0:33:19	Jonathan Burrell	M55	274	M501	27
48	840	0:35:03	Colin Bennett	M55	258	M502	45
61	576	0:35:33	Luke Blyth	SM	248	NSM1	58
97	611	0:37:53	David Prince-Iles	M65	220	M601	93
105	614	0:38:15	Helen Sida	F55	187	F501	101
120	593	0:39:04	Robert Gerardo	M40	206	M402	115
130	582	0:39:40	Tony Deacon	M60	202	M602	125
131	573	0:39:41	Ed Barnes	M40	201	M403	126
139	607	0:39:54	Dominic Osman-Allu	M55	193	M503	134
154	598	0:41:00	Gary Loughlin	M50	185	NSM2	147
156	595	0:41:06	Ian Hilder	M60	183	NSM3	149
159	796	0:41:15	Peter Kennedy	M70	180	NSM4	152
180	838	0:42:51	Carol Walters	F60	159	F601	173
187	584	0:43:27	Karin Divall	F60	156	F602	180
197	609	0:43:51	Andy Perris	M55	157	NSM5	190
206	591	0:44:19	David Foster	M55	150	NSM6	199
213	577	0:44:49	Helen Bowman	F55	149	F502	206
260	622	0:48:42	Yan Wu	F50	124	F401	249
271	575	0:49:39	Hazel Bennington	F60	115	F402	259
275	605	0:50:19	Tim Monson	M60	122	NS	NS
288	596	0:51:00	Bob Hughes	M70	114	NS	NS
298	603	0:52:34	Peter Miller	M50	108	NS	NS

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7. And finally...

If you know has just made a New Year's resolution to get healthier and happier in 2023, please can you tell them that our next 10-session beginners running course is due to start on Saturday 4 March and that online booking will open via the club website (www.lewesac.co.uk/beginners) on Monday 16 January – just in time to stop them wasting money on an expensive gym subscription that they'll never use! Our two 2022 courses successfully coached almost 30 new runners to completing their first 5k, and recruited over 20 new members to the club. (Photo of autumn class, in chasing mode, courtesy of Lola Thomas)



The Club target for next Saturday's parkrun (7th January) is Bevandean. When we did this run a few months ago the hills did not seem that scary for hill-hardened Lewesians, and in any case every uphill was compensated by a downhill. The challenge was actually finding the run.



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