

AMMONITE Lewes Athletic Club Newsletter



February 2023

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

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1. Lewes AC Food Bank Run



TUESDAY 7 FEBRUARY **MONTHLY PUB RUN = FOOD BANK RUN**

Meeting outside The Dorset at 6.30pm

Running to Landport Food Bank

- Sign up for one of the routes on the Wiki
- Bring something (non-perishable) to donate!
It could be a single tube of toothpaste,
a couple of tins of beans
or a rucksack full of groceries.

There'll be a back-up car to transport any excess donations that you don't actually want to carry.

“The running community helping the local community”

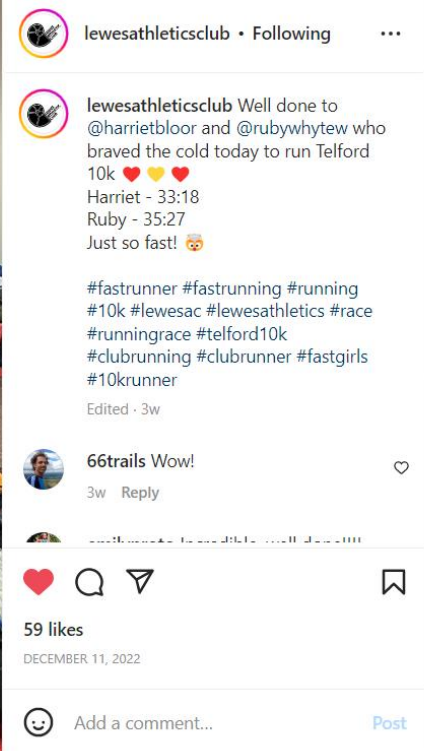
Food Banks are running out of stores as the cost of living rises and the demand for support soars.
As runners, we can help to make a difference for those of our neighbours who are struggling to survive.

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2. Harriet Bloor fastest under 20 10k runner in UK in 2022

Catch-up News: in the 11th December 2022 Telford 10k race Lewes AC runner Harriet Bloor was 8th woman in 33:17 minutes and Ruby White-Wylding was 38th woman in 35:27.

But why Telford? Was it anything to do with it being *'statistically proven the fastest 10k course in UK'*? According to the Power of 10 website Harriet, who also runs for Loughborough University, had a time which put her first in the 2022 Under 20s rankings. Ruby, who also runs for Birmingham University was just a tad under her time in the Brighton 10k last November. But that race was remarkable in other ways – see the December 2022 Ammonite.



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3. At last the 2021-22 Sussex County Cross Country League Medals: it could be you.

No, the years above are correct! Sussex Athletics have been rather slow in finalising last year's championship medals. It could be you who has a got a team medal for last season that you never knew about.

The indefatigable Chris Gilbert writes:

It took close to a year of gentle nudging but Lewes adults finally received our haul of Sussex county medals from the 2021/2022 cross country season.

Although the turnout across the season was fairly low - in some races we struggled to get out a full team - we still came away with a respectable 8 silvers and 13 bronzes from the races at Goodwood, Stanmer, Bexhill and Ardingly.

This year, turnout has been phenomenal, and after three of the four races several teams and individuals are in strong medal positions - the upcoming race at Stanmer on 11 February will decide the final standings.

The full list of adult medals and categories from 2021/2022 are shown below (younger athletes were awarded medals separately)

Individual medals are based on highest positions in 3 of the 4 races, team overall positions are based on the highest ranking runners for each club in each of the races, and medals are awarded to anyone who scored for a winning team in at least one of those races.

Senior men, individual silver

Aiden Briffet

Vet women 35, individual silver

Ellen Brooks

Vet men 40, individual bronze

Chris Gilbert

Senior men, division 1, team bronze

Charlie Critchley

Aiden Briffet

Toby Meanwell

Ben Pepler

Fenton Davoren (U20)

Chris Gilbert

Adam Vaughan

Lewis Sida

Dominic Osman-Allu

Harry Hastings

Joseph Callard (U20)

Ben Hodgson

Vet men, team silver

Toby Meanwell

Chris Gilbert

Adam Vaughan

Lewis Sida

Dominic Osman-Allu

Ben Hodgson

If your name is on the list, please get in touch with Chris Gilbert to arrange an unofficial award ceremony.

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4. Sussex XC Championships Bexhill 7th January 2023

The Sussex County Cross Country championships have quite a history with the records of the men's event harking back to 1925 and the women's to 1964.

For the local club, Lewes AC, the ambition is to make its presence felt by the historically more established clubs such as Brighton & Hove AC (49 male team wins) and Horsham Blue Stars (29 wins). Lewes men are yet to win the team prize, although Tom Evans lifted the individual championship title in both 2018 and 2019. Brighton once again have the most team wins in the women's competition (21), but Arena 80 women have distinguished themselves over the years with 16 team wins. Lewes ladies have won the team competition in 2017 and 2018, but one has to go back to Wendy Holden in 1999 for an individual women's champion from Lewes.

So there was much rejoicing at the 2023 Championship that the first four senior Lewes women (5th Lizzie Keep, 6th Rachel Hillman, 8th Jenna French, 10th Darja Knotkova-Hanley) took the team gold. Lewes men managed 5th place, with the first Lewes senior man making a respectable performance which brought him home in 7th individual place in a field of 108 runners.

Looking to the future, encouragement can be taken from the accomplishments of Lewes runners in the junior races, starting with Under 11 Boys race where Rex Hastings was first home.

In the Under 13 Boys Michael O'Connor won individual bronze and with 12th placed Charlie Perry and 16th Otto de Burca team bronze. Michael's third place means that he is in the top four finishers which qualifies him to present the county.

Esme Stephenson also took bronze in the Under 15 Girls closely followed by the 4th Ava James giving us two county qualifications. Along with Eva Winton's 12th position there were enough points to win team gold.

Finally the Under 17 Women's event saw Darcy Pring (8th), Lucy Meyer (11th) and Lara Nolan 14th securing team silver, and in the Under 17 Men Charlie Wright gaining an individual silver and county qualification.

So The future looks promising.

Under 11 Boys

Pos	Bib	Time	Forename	Surname
1	7	7:44	Rex	Hastings

Under 13 Boys

Pos	Bib	Time	Forename	Surname
3	69	12:47	Michael	O'Connor
12	84	13:59	Charlie	perry
16	94	14:07	Otto	de Burca
18	72	14:12	Max	Farley
22	100	14:24	Casper	Dennis
30	113	14:51	Sander	Bassett
35	96	15:12	Wilf	Westaway
44	112	16:52	Thomas	Muddle

Team Lewes A (3 to count) 2nd Lewes B 6th



Under 15 Girls

Pos	Bib	Time	Forename	Surname
3	212	16:33	Esme	Stephenson
4	201	16:37	Ava	James
12	227	17:55	Eva	Winton
14	211	18:09	Amelie	Bedford
29	205	19:51	Nesta	Pring
38	246	21:17	Emilia	Singer





Teams Lewes A 1st Lewes B 8th

Under 15 Boys

Pos	Bib	Time	Forename	Surname
12	191	16:00	George	Brooks
15	167	16:16	Isaac	Tarafder
16	182	16:19	Toby	Cherry
17	168	16:30	Theo	Tarafder
25	200	17:00	Jacob	Trotman
26	190	17:06	Harrison	Orme
28	194	17:10	Boris	Greenwood
31	173	18:50	Jack	Cooley

Teams Lewes A 4th Lewes B 6th 36 competitors

Under 17 Women

Pos	Bib	Time	Forename	Surname
8	278	24:34	Darcy	Pring
11	277	27:49	Lucy	Meyer
14	282	28:47	Lara	Nolan

Teams Lewes 2nd



Under 17 Men

Pos	Bib	Time	Forename	Surname
2	266	18:56	Charlie	Wright
15	269	21:05	Archie	Guppy
17	258	21:30	Harvey	Perry

Team Lewes 4th



Senior Men

Pos	Bib	Time	Forename	Surname
7	361	36:10	Ben	Savill
19	323	39:11	Toby	Meanwell
31	335	40:14	Ben	Pepler
44	363	41:42	Will	Monnington
47	360	41:51	Chris	Gilbert
49	424	42:22	Charles	Taylor
52	428	42:32	Euan	Baker
55	336	43:08	Adam	Vaughan
94	325	52:50	Dominic	Osman-Allu





Team event (6 runners count) 5th
108 Competitors

Senior Women

5	479	35:42	Lizzie	Keep
6	456	35:43	Rachel	Hillman
8	461	36:11	Jenna Louise	French
10	449	36:31	Darja	Knotkova-Hanley
36	495	47:43	Beth	Hancock



Team event 1st (4 runners count)
50 competitors

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5. East Sussex Sunday Cross Country League: Warren Hill 15th January 2023



Finishing position	Runner no	Time	Runner name	Category	PTS	T CAT	T PTS
2	608	0:29:18	Ben Pepler	SM	299	SM1	2
10	571	0:30:17	Euan Baker	SM	292	SM2	9
12	881	0:30:39	George Stewart	SM	290	SM3	11
14	617	0:30:53	Adam Vaughan	M40	288	M401	13
20	585	0:31:38	Richard Docwra	M50	282	M501	19
22	613	0:31:46	Andrea Sansottera	M35	281	SM4	21
26	579	0:32:07	Jonathan Burrell	M55	277	M502	25
92	593	0:35:47	Robert Gerardo	M40	221	M402	89
104	771	0:36:29	Steffan Meyric Hughes	M45	211	M403	100

111	582	0:36:55	Tony Deacon	M60	208	M601	107
115	614	0:37:20	Helen Sida	F55	185	F501	111
135	607	0:38:09	Dominic Osman-Allu	M55	192	M503	131
164	598	0:39:24	Gary Loughlin	M50	171	NSM1	159
171	589	0:39:40	Gerard Dummett	M65	167	M602	166
201	872	0:41:04	Peter Kennedy	M70	148	NSM2	196
204	577	0:41:10	Helen Bowman	F55	157	F502	199
205	609	0:41:11	Andy Perris	M55	145	NSM3	200
209	591	0:41:23	David Foster	M55	142	NSM4	203
214	584	0:41:35	Karin Divall	F60	154	F601	208
220	898	0:41:39	Carl Sykes	M55	135	NSM5	214
245	580	0:42:49	Andrew Chitty	M65	121	NSM6	238
248	606	0:43:00	Emily Murray	F35	141	SF1	241
288	895	0:45:03	Carol Walters	F60	118	F602	277
340	622	0:48:19	Yan Wu	F50	91	F401	308
342	575	0:48:24	Hazel Bennington	F60	89	F402	310
349	583	0:48:50	Julie Deakin	F55	84	SF2	315
352	605	0:48:57	Tim Monson	M60	75	NS	NS

This was the last regular Lewes AC race for club stalwart Carol Walters who is moving to Dorset. She will be missed!

The fourth race of this series was in Seven Sisters country at Warren Hill on the way to Eastbourne where there is a view over the Downland with the iconic Belle Tout lighthouse in the distance.

Lewes AC has not been doing as well as it has in the past with this competition and went into this race fourth behind Crowborough, Eastbourne, and a joint Heathfield/Uckfield team. But at Warren Hill we managed our best-scoring performance in the series and came second behind a joint Hastings AC/Runners team. Overall we are now equal second with Hastings, but despite Crowborough coming third on the day it still has a comfortable lead in the series as a whole.

The league is not just about teams and there are awards for individual age/gender group performances over the series. Currently, George Stewart is third in the Senior Men, Jonathan Burrell is third M55, David Prince-Iles is a very convincing M65 first, as is Peter Kennedy in the M70 class. Helen Sida is the second-placed F55 and Karin Duvall is poised in third place among the F60 runners.



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6. Sussex Masters Cross Country Championships

Coombe Farm, Lancing, Saturday, 21st January 2023

Full official finishing details are not available at time of publication, so there may be some gaps in these results.

On the day there were three physical races: Over 50s Men, Over 40s Men, and Women. Equality was respected by all races being over the same course of between four and five miles. Within the Over 50s, runners competed for awards in over 50, over 60 and over 70 age categories. In the Women's race the competition categories over 35, over 45, over 55 and over 65.

Lewes AC did pretty well, but it would be great to see more of our mature runners joining in the fun.

M40 5. Toby Meanwell (Lewes, M45) 27:00

M50: 1. Chris Gilbert (Lewes) 29:15; 6. Jonathan Burrell (Lewes, M55) 31:05



M50+ TEAM: 1 Phoenix 16; **2 Lewes 34**; 3 Crawley 41: the Lewes Team comprised Chris Gilbert: Jonathan Burrell, Dominic Osman-Alu – see above



Women W35+: 1 Rachel Hillman (Lewes) 31:09

W35 TEAM: **1 Lewes 10**; 2 Arena 29; 3 Phoenix 47: Lewes AC team: Rachel Hillman, Jenna Louise French, Laura Douse

W55: 3 H Sida (Lewes) 35:38

W55 TEAM: 1 Arena 18; **2 Lewes 24**; 3 B&H 25

Lewes Team: Helen Sida, Helen Bowman and Karin Divall who went home before the team awards were announced!



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7. South of England Counties Championships: Beckenham Place 28 January 2023

Dave Leach reports:

Firstly thanks to Monique Farley for taking the tent/banner also to the offers of help and finally to the adults for bringing it back. I, along with a few others, decided to take the train, leaving Lewes at 7.55am and arriving at 9.30am.

I must say that I think it was the first time that the club had representatives in nearly all races from u13 -seniors and 5 of these races we completed full teams +.

As with a few other events the race order is not as usual.



First off at 11am was the **U15 Boys** over 4.5km with 6 boys in the team:

- 77th George Brooks
- 113th Toby Cherry
- 115th Theo Tarafder
- 118th Isaac Tarafder
- 136th Jacob Trotman
- 189th Jack Cooley

205 finished.

Great running from the boys to start the day, a really solid team who always work hard with and for each other. The team finished 22nd with only Brighton & Hove in front of us from Sussex.

There was really solid packing by the boys and it must be noted that although only the 1st 4 score for the team the others do have an impact on the overall results as by pushing athletes from other clubs back down the order it can help our overall position.

Next up **U13 Girls 3km** in which Florence Tuesday was 103rd out of 180 finishers. Although the only Lewes AC in this race she had plenty of support. We need to find a lot more u13's



U13 Boys 3km

Again, a full team and one extra [5].
Also the best individual position of the day with

14th	Michael O'Connor
78 th	Charlie Perry
99th	Otto De Burca
129 th	Max Farley
130 th	Casper Dennis

181 finished

Lewes AC was 12th team. Great support for Michael in this race and to say that athletes finished very close together, for instance Otto in 11.36 was only 10 seconds behind 85th place [14 places].

U15 Girls 4.5k

16th	Grace Tuesday
18th	Ava James
30th	Esme Stephenson
34th	India Sommerville
65th	Eva Winton
69th	Amelie Bedford
152nd	Nesta Pring.



184 finished



Now as you all know, although this is the most competitive squad in the club at the moment, nothing should be taken for granted and you still have to perform on the day and as you can see the girls did.

Last year they came 2nd team with Darcy Pring in the team who is now u17 so into the squad have come 4 more girls namely India, Eva, Amelie and Nesta and there are a couple more not able to make it.

In these bigger events solid packing near the front of the race makes a massive difference to the team score. So it was with great delight from the team and supporters that the girls were crowned **South of England Team champions (The first time the club has ever won a regional team event in Cross Country).**

Next up was the **U7 Men 6** with a good team of 4 there and led home by the impressive Charlie Wright

16th Charlie Wright
96th Archie Guppy
128th Garbriel Penrose
140th Harvey Perry (168 finished)

Lewes was 13th team. Although there the numbers are fewer in this race than in the younger age groups the quality is very good so it's really hard to make the top places in this race. Really pleasing to see Gabriel racing again after a long time away with school/college work. Well done all.

Then the **U17 Women's** race 6km

40th Darcy Pring in her first year in the age group.
108th Lara Nolan

Probably one of the best performances of the day given that she has only been running for a little while and most of the girls in this age group tend to have been running for a few years. This is the age group where athletics, as with lots of other sports, lose athletes not gain them so it is really well done to her and every other youngster in the club..

Now to the senior events. I firstly have to admit that I didn't stay around for these races [Sorry]

Senior Women [8km]

The only Lewes AC runner in the race was Darja Knotkova-Hanley the 46th out of the 418 who finished, showing the quality of Darja's run. It was amazing to finish in the top 50. Well done.

Last up was **the Senior men** who as with the first race they had a full team and one extra. Instead of 4 to score the senior men need 6 for the team.



85th Aiden Briffett
95th Samuel Peters
106th Toby Meanwell
152nd Fraser MacNicoll
189th George Stewart
198th Charlie Critichley.
224th Chris Gilbert (665 Finished)

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8. Sussex Grand Prix Road Running Competition 2023



Race	Date	Day	Event
1	26th March 2023	Sunday	35th Hastings 1/2 Marathon
2	30th April 2023	Sunday	Haywards Heath 10 Mile
3	7th May 2023	Sunday	Rye 10 Mile
4	14th May 2023	Sunday	Horsham 10K
5	4th June 2023	Sunday	Hastings 5 Mile
6	18th June 2023	Sunday	Heathfield Mid Summer 10K
7	2nd July 2023	Sunday	Bewl 15 Mile
8	12th July 2023	Wednesday	Phoenix 10K
9	10th September 2023	Sunday	Hellingly 10K
10	1st October 2023	Sunday	Lewes Downland 10 Mile
11	15th October 2023	Sunday	Hove Prom 10K
12	19th November 2023	Sunday	Crowborough 10K – to be confirmed

This is a long-standing competition which tests the versatility of competitors. There are twelve races in the programme which you can enter. Points, based on your finishing places, are accumulated to give an overall standing at the end of the year. To make things a little less scary only the points from your best six races are taken into account which allows you a lot of choice about which races you actually do. For example, you will see that you could actually only run 10k races. (You may also spot that two races are not actually on roads).

There is a club competition but also has individual awards for various age/gender categories. The trophy for the overall best club performance is a rather striking cup originally presented by Steve Ovett, which when he emigrated to Australia he did not take with him for some reason. The trophy has never been won by Lewes AC. The editor of The Ammonite has dreamt for decades that each new year will be the one where this gap might be remedied.

The relevant website is <https://www.sussexgrandprix.co.uk>

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9. Friends of Lewes Hospital Xmas Fun Run: thanks !



Friends of Lewes Victoria Hospital
Lewes Victoria Hospital
Nevill Road
Lewes, East Sussex, BN7 1PE

Mr Peter Masters
Club Chairman
Lewes Athletic Club
Mountfield Road
Lewes
East Sussex
BN7 2XG

19th January 2023

Dear Mr Masters

Friends of Lewes Victoria Hospital Santa Fun Run

On behalf of the Executive Committee of the Friends of Lewes Victoria Hospital, I would like to thank you for all your help and support for the Lewes Downland Santa Fun Run that took place on Sunday 11th December 2022.

We are indebted to you for the amount of time you generously gave to Sarah Pearson and her team giving advice and connecting her with the necessary people to get the event organised efficiently and safely. The supply of equipment was invaluable and ensured the event was successful and raised much needed funds for the Hospital.

Our thanks and kindest regards.

Yours sincerely

Jenny Clark
Chair
Friends of Lewes Victoria Hospital



Registered Charity No: 247336 | Email: info@folvh.org | Telephone no: 01273 474153 | Website: folvh.org



Chair: J. Clark | Hon. Treasurer: C.R. Kneale | Hon. Secretary: P.J. Richards

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10. A run to remember Andrea 22nd January 2023

Today we ran the old Ditchling out and back to remember our dear friend [Andrea Ingram](#). So many of us commented that we may never have stuck at running without her gentle support and steadfast training. She's left a lot of friends and a lot of gratitude.

Fran Witt



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