

AMMONITE Lewes Athletic Club Newsletter



March 2023

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

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0.1 How well do club communications work for you?

A message from the Lewes AC Secretary

How well do club communications work for you? We (the club committee) would love to hear your views and have devised a brief questionnaire which you can find here: <https://forms.gle/uLSCuPPc7xEWWv1s5>

If you've recently joined the club we'd be especially interested in your thoughts on the club website before you became a member.

It would be great if you could complete the survey by next **Saturday (11th March)**.

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0.2 Track Floodlights

A message from the Lewes AC Chairman

Calling a club electrician. Is there an electrician that can spare some time to measure the lux level of the track floodlights. To enable the track to be used for training and competition UKA have to certify that the track complies with standard listed under 'Track Mark' There are six categories that we have to have certified including the track, field facilities, operational and management arrangement and maintenance. All of these we have sorted but the tricky one is getting the floodlights signed off as we need to show that the lux level is 200lux. The UKA require the lux levels of the track to be measured by a SAPCA approved lighting contractor in possession of the NICEIC Approved Contractors Award or ISO 9000/BS 5750 or be a member of the Electrical Contractors' Association. So if there is someone out there that meet these qualifications and could undertake the measurement please contact me.

Peter Masters

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1. Food Bank Run : Mark Pappenheim writes:



Huge thanks to everyone who helped to make our first Food Bank Run (on 7 Feb) such a signal success.

To Dom, Bob, David P-I and Anne (plus any other leaders I missed in the melee) for volunteering to lead groups on the night (at very short notice in a couple of cases). To Siobhan and Chris for providing the back-up car and transporting a boot-load of food that was too heavy to carry and to Don too for kindly bringing his car along as well, even if, in the event, it proved surplus to requirements).

To Luke for taking the group photo that made it into the Sussex Express, and of course to every one of the 50 or so runners who came out on the night, with generosity in their hearts and hands/carrier bags/backpacks full of essential supplies to help replenish the shelves at the Landport Food Bank at a time of ever-increasing need. [And Ammonite wants to thank Mark Pappenheim!]

Our donations were certainly much appreciated: the following morning Debbie Twitchen, who had opened up the Landport food bank especially for us (and who was recently awarded an MBE for her outstanding community work for the Landport Residents Association), emailed me some photos she'd taken of the piles of the food we'd left, adding: *"I just want to say thank you so much to all the runners for the donations they all brought along. We are getting through so much food every week now, so literally every item really does count."*

In the words of Sarah Donaghy, founder of the Food Bank Run movement, it's all about *"The running community helping the local community"* – and I think we should all be proud that Lewes AC was one of the 500+ running clubs across the UK that wanted to be involved.

Sadly, it's unlikely that the need for food banks is going to be resolved any time soon, so hopefully we'll all want to do it again next year (if not sooner) and do what we can to help local families in need. In the meantime, if anyone wasn't able to come along on the night but would still like to make a contribution, you can donate direct to the Landport Food Bank via bank transfer to:

Landport Community Association • A/c no 03079375 • Sort code 30-95-01

or you can drop items off in person at 2A Horsfield Road, Landport, Lewes BN7 2TA, between 10am and 3pm on Sundays and Mondays.

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2. Getting to know you...

Ammonite likes to think of its job as providing Lewes AC members with an idea of the breadth of things that make up club life while recording the goings on at Lewes AC for posterity. Photos and results lists are OK but what about the people behind the names? We've decided to get individual Lewes AC members to tell us something about themselves. 'Getting to Know You (1)' was Jenna French's story in a previous Ammonite only we did not know that it should have been called that at the time. Both our current guests happen to have been attracted to ultra running. Hopefully, you will see in future contributions this is *not* universal taste at Lewes AC.

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Getting to Know You (2)... Anne Hagan.



'So you're not having a party then?' A friend asked.

It was my fiftieth birthday and I was running Beachy Head marathon with my friend Tim. Not only that -we'd entered 3 marathons in 3 consecutive days: Beachy Head, Snowdon, and Dublin.

In the days before Ultra Marathons , the 3 in 3 was considered a challenge for distance runners. The challenge was also logistical! Nearly missed the flight to Dublin but still managed marathon number 3 in a respectable 4.10 supported by family & friends.

I'd started running in my thirties following a bumpy period in my life. No Parkrun then, but Race for Life 5k (Cancer Research) was a start point for many women. I did my first marathon in 2004 (Belfast , of course) and I loved it. I joined the Women's Running club in Brighton & Hove and discovered other people like me!

Several marathons later.... doing an off road marathon as part of a running festival in Davos, Switzerland, I was inspired by the ultramarathon runners completing the 50 mile course. My first ultra (32 miles) was in Dartmoor, in blazing sunshine. London to Brighton 100 k followed.

I was so lucky to have a running buddy (Brigitte) who also felt passionate about covering longer distances, off road. She suggested we enter the Centurion South Downs Way 100. It was a personal achievement to finish it. And not one blister! As distance runners know- having a positive mental attitude gets you through. A highlight was seeing my husband at Housedean farm at mile 75 & thinking - only 25 miles to go!

Not all events end so positively- a friend was ill while we were completing the North Downs Way 50 and we missed the cut off time at 50 miles by only 7 minutes! We got a cup of tea at the end, but no medal.

So did I have a birthday party when I was 60? Of course not. I ran the Beachy Head marathon again having done three 50 mile Centurion events that year to mark that milestone birthday. Managed a few long distance events in recent years with running buddies, but nowadays I enjoy running with friends (and my dog), being a Run Leader for Lewes AC and supporting the Beginners course.

My advice about running: enjoy it.

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Getting to Know You (3)...Toby Meanwell (with some help from Adam Vaughan)

"This is what a running club should look like," says Toby Meanwell (aka Tony Treadwell) of Lewes AC. He should know. Toby, aged 45, has been in four clubs over his storied running life.



He started early. "At primary school I ran everywhere," he says. Despite a bad experience attempting to join a running club while at secondary school - "I was quite small as a teenager, they didn't believe my times for 800m and 1500m" - he went on to win a county-wide 1500 metre race in school year seven.

After spending his teen years racing and falling in love with cross-country, Meanwell drifted away from athletics for a while, drinking and smoking during college and university. The hiatus was brief.

The challenge of doing the London marathon after returning to the UK from travelling brought him back into the fold. After running it on a charity space for the NSPCC in 2004, he was hooked, going on to achieve seven London marathon PBs in a row. Toby joined the Sheen Shufflers running club while living in London, before moving to the prestigious running club Thames Hare and Hounds and, later, the fell running club Mynydd Ddu. It was living out near the Black Mountains that further established his love of trail running and, in particular, mountain races.

Toby runs because he loves the way it makes him feel, he enjoys pushing himself both physically and mentally. "First and foremost, I love the personal challenge and I love the competition," he says. It was this mindset that enticed him into the world of Ultra running, entering races like Dusk Till Dawn; a 50 mile trail race around the Peak District with 3000m of accent that is run through the night. He also puts his good mental wellbeing down to running, and says it was especially vital during covid lockdowns. This keeps Toby looking for the next challenge, whilst keeping staple local events like the Sussex XC league and Brighton Half Marathon in the calendar.

Lewes AC veterans Dom Usman-Ali and Lewis Sida helped introduce Meanwell to East Sussex's finest running club. "The best side is the social aspect of it. It's not snobby, anyone's welcome." He's proud of how the club is competing today, and credits recent successes in cross-country races to sessions

run by coach Toby Wolpe. "I think we're in a really good moment now. I look forward to seeing what can be achieved over the coming seasons, with the energy and enthusiasm currently in training groups" says Toby.

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3. Lewes A.C. on tour - Visit to Marolles, France, 21st to 24th April 2023



Preparations for the Club's annual visit to our 'twinned' club in the lovely Loire Valley are under way. We already have a small team of 'veterans' and partners, signed up and ready to take on the French, but could do with some 'youngsters' to join us (well anyone under the age of sixty)...

We will catch the morning ferry from Newhaven on Friday 21st, then drive down to Marolles for an evening reception in our hosts' club house, an old farmhouse by a cinder running track. Then back to our hosts' homes for an evening meal. Saturday will be spent exploring some of the many attractions the Loire Valley has to offer, followed by an evening party.

Sunday is race day, with shorter and longer run options through the woodland surrounding the local chateaux. This will be followed by a vast picnic with locally cooked produce, cheese and wine provided by our hosts. There is often a leisurely stroll or visit in the afternoon, followed by a low-key meal in the evening. Monday will then be spent traveling back to Dieppe, with a lunch stop on the way.

The only costs are for the ferry crossing, a contribution to petrol money and gift for your host family. Race entry, accommodation, food, wine and good company are all provided, and there is no obligation to for you to host when our French friends visit Lewes, although you are welcome to offer! Non-running partners and family members are welcome to join us.



For further information, please speak to some of the recent participants: Ian Hilder, Pete Masters, John Coleman, Julie Deakin, Mike Green, Andrew Chitty, Maria Birch or Sara Hobden.

Ian Hilder hildergen@aol.com

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4. Thirteen Lewes AC medals at Sussex Masters Cross Country Championships

Saturday 21st January 2023 (8km approx)

The official results for the Sussex Masters Cross Country Championships had not been published when the February Ammonite was published, but we tried to give as much information as possible from a number of sources. The precise results of some of the Lewes participants were missed as a consequence. To remedy this the performances of all Lewes runners at the event are shown below.

It may be recalled that Lewes women won gold (Rachel Hillman), silver (Jenna Louise French) and bronze (Helen Sida) individual awards. In addition, the Over 35 team first place along with Over 55 second place meant that no Lewes woman went home without a medal. (Well, metaphorically speaking: Over 55s had no idea that they had won a team medal and went home early).

In the case of the men, the indefatigable Chris Gilbert won gold in the Over 50s and along with fellow team members won team silvers.

Lewes AC did well, and with more participation could do even better.

FV35/45/55/65

Time	Pos	Bib	Forename	Surname	Cat	Cat pos.	Team Pos
31.09	1	132	Rachel	Hillman	FV35	1	1
31.43	3	125	Jenna Louise	French	FV35	2	2
34.27	12	130	Laura	Douse	FV35	6	7
35.38	18	182	Helen	Sida	FV55	3	3
39.38	37	180	Helen	Bowman	FV55	6	8
41.04	43	179	Karin	Divall	FV55	10	13

Team results

FV35

First Team home	PTS
Rachel_Hillman	1
Jenna Louise French	2
Laura Douse	7

Total **10**

FV55-65

Second Team team home PTS

Helen Sida 3

Helen Bowman 8

Karin Divall 13

Total **24**

MV50/60/70

Time	Pos	Bib	Forename	Surname	Cat	Cat pos.	Team pos
29.15	1	50	Chris	Gilbert	MV50	1	1
31.05	6	46	Jonathan	Burrell	MV50	6	6
35.19	34	105	Tony	Deacon	MV60	11	10
36.18	37	61	Dominic	Osman-Allu	MV50	26	27
38.16	47	77	Gary	Loughlin	MV50	31	32
38.34	51	70	Andy	Perris	MV50	32	33

Team results

MV50

Second team home PT

Chris Gilbert 1

Jonathan Burrell 6

Dominic Osman-Allu 27

Total **34**

MV40

Time	Pos	Bib	Forename	Surname
27	5	17	Toby	Meanwell
28.33	12	2	Adam	Vaughan

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5. Chichester 10K 5th February 2023

The Chichester 10K takes place at the Goodwood motor racing circuit and is fast and flat, run on wide roads, and with an excellent running surface throughout which is perfect for those chasing quick times.

Thomas Marchant ran a new personal best, breaking his previous 37:30 minutes. The first Lewes AC runner was Ben Savill in 7th position overall. Emma Navesey was the leading AC Lewes women in 4th position overall and 3rd in the Senior women. Rachel Hillman was in the top ten women finishers and took second place in the Over 35 category.



From Left: Tom Marchant, Rachel Hillman, Emma Navesey, Emily Proto

Place	Runner	Gun time	Chip time	Gender	Category	Overall position	Category position
7	Ben Savill	00:31:15	00:31:12	Male	Senior	7	4
36	Aiden Briffett	00:33:29	00:33:25	Male	Senior	36	17
47	Thomas Marchant	00:34:01	00:33:58	Male	Senior	47	21
67	Emma Navesey	00:35:45	00:35:40	Female	Senior	4	3
94	Rachel Hillman	00:37:38	00:37:33	Female	V35	10	2
98	Lucy Lavender	00:37:44	00:37:36	Female	Senior	12	8
111	Emily Proto	00:39:02	00:38:56	Female	Senior	15	10
153	Colin Bennett	00:40:43	00:40:36	Male	V55	128	9



Emma Navesey: first Lewes woman

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6. East Sussex Sunday Cross Country League 5th February 2023

5th League Race Whitbread Hollow, Eastbourne

Place	Bib	Time	Runner name	Category	PTS	T CAT	T PTS
12	585	0:35:55	Richard Docwra	M50	289	M501	12
19	579	0:37:02	Jonathan Burrell	M55	283	M502	19
78	614	0:42:05	Helen Sida	F55	191	F501	76
79	587	0:42:08	Dominic Doran	SM	234	SM1	77
82	582	0:42:13	Tony Deacon	M60	231	M601	80
97	771	0:42:57	Steffan Meyric Hughes	M45	220	M401	95
131	607	0:45:12	Dominic Osman-Allu	M55	198	M503	129
154	598	0:47:05	Gary Loughlin	M50	182	M402	152
155	609	0:47:06	Andy Perris	M55	181	M403	153
170	577	0:47:55	Helen Bowman	F55	161	F502	167
181	588	0:48:38	Carl Dowling	M50	167	SM2	178
193	584	0:49:37	Karin Divall	F60	154	F601	190
194	589	0:49:58	Gerard Dummett	M65	157	M602	191
195	596	0:50:04	Bob Hughes	M70	156	SM3	192
259	575	0:56:16	Hazel Bennington	F60	116	F602	249
300	583	1:01:14	Julie Deakin	F55	98	F401	281

Lewes AC came 8th out of 17th teams on the day. In terms of the series as a whole we managed to hang onto 5th place. The last race in the competition is at Pett on 12th March which happens to coincide with the Moyleman Marathon. Some Lewes AC runners are in contention for medals in their particular age categories.



Above: Richard Docwra was first Lewes AC runner/ first M50 in 12th place overall.



Above: Jonathan Burrell was second Lewes AC runner/ first M55 in 19th place overall.



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7. Sussex County Cross Country League

Fourth Event Stanmer Park Saturday 11th February

In the senior/veteran races, Lewes AC teams came first in the Women's Division 1 and 2 and the Vets category. Lewes men had to make do with second place to Brighton and Hove AC in Division 1 and the Vets competition but in Division 2 snatched the top of the table position.

As well as the results from the last event in the 2021-22, there is the question of the overall standing of runners taking account all the races. We will report on this in the next Ammonite.

All photos are by AC_PHOTS unless indicated otherwise.

David Leach says: First of all, I have to say that from my belief it is the best turnout from Lewes AC ever in a Sussex league event [across all age groups] in the history of the club [39 years].

First up was as usual the u11's. This age group is not actually part of the league but gives those younger athletes the chance to gain some experience of racing.

9 athletes in each race Girls and Boys [Brilliant turnout] Well done to all of you and to Karin [Divall] and Peter [Selby] for encouraging you all.

For most of the u11's this was the first time they have raced so well done.

Also just so you are all aware the best couple of athletes that I have had the luck to coach didn't even run at your age Boy /Man first race u13 [went on to Run for GB seniors in Olympic /World and European Track and Field Games] and Girl/Woman first race u13 [Ran for GB in European and World Cross Country Champs as an u20].

Under 11 Boys

POS	Time	Bib	Forename	Surname
6	08:48:00	9		Grant
11	08:55:00	13	Samuel	Trotman
19	09:23:00	41	Alfie	Hougham
41	09:57:00	25	Leo	Ison
43	10:07:00	50	Stanley	Taylor
45	10:16:00	14	Lucas	Barnes
49	10:42:00	18	Louis	Lee
53	11:10:00	22	Seth	Muddle
54	11:12	32	Ralf	Pelkonen



Photo: Toby Wolpe

Under 11 Girls



POS	Time	Bib	Forename	Surname
13	10:02:00	76	Ivy	Moore
14	10:05	75	Lexi	Blake Pyatt
15	10:07:00	71	Lara Rachel	Stevens
20	11:08:00	78	Scarlett	Olliver
21	11:11:00	73	seren	Dampney-jay
24	11:24:00	52	Abagayle	Marbare
25	11:30:00	59	Felicity	Frappell
26	11:36:00	57	Jemima	Grimes
27	12:05:00	62	Daisy	Moore

Under 13 Girls

Pos	Time	Bib	Forename	Surname
16	14:05	136	Florence	Tuesday
38	16:37	193	Millie	Button

Dave Leach says: Team 13th . Really good that Florence had another Lewes athlete in the race and hopefully with those u11's moving up we might have a complete team in this age group next year.

U13 Boys

Pos	Time	Bib	Forename	Surname
3	11:48	104	Michael	O'Connor
16	12:58	701	Charlie	Perry
17	13:08	99	Otto	de Burca
21	13:29	105	Max	Farley
22	13:29	120	Casper	Dennis
34	15:05	121	Austin	Mitchell
38	16:03	103	Thomas	Muddle
40	16:39	126	Hugo	Dowrick



Dave Leach says: 3rd Michael O'Connor with his best league run of the year. This confirmed Michael's 3rd place overall and therefore the Bronze Individual medal.

U13 Boys Teams

Team	Position	Runner 1	Runner 2	Runner 3	Total
Lewes	3	3	16	17	36
Lewes B	7	21	21	22	77
Lewes C	16	38	38	40	130

Under 15 Girls



Pos	Time	Bib	Forename	Surname
3	16:16	266	Grace	Tuesday
5	16:26	278	Esme	Stephenson
11	17:05	274	Eva	Winton
12	17:40	257	Amelie	Bedford
20	19:14	252	Nesta	Pring

U15 Girls Teams

Pos	Team	Runner 1	Runner 2	Runner 3	Total
1	Lewes AC A	3	5	11	19
7	Lewes AC B	12	20	39	71

Dave Leach says: 7 girls have raced in the league this year and a team silver to show for it.

Under 15 Boys

Pos	Time	Bib	Forename	Surname
8	15:23	730	George	Brooks
13	15:42	217	Isaac	Tarafder
15	15:51	218	Theo	Tarafder
23	16:27	222	Jacob	Trotman
32	18:15	231	Jack	Cooley
33	18:44	237	Ethan	Trunfull

U15 Boys Teams

Pos		Runner 1	Runner 2	Runner 3	Total
2	<i>Lewes ACA</i>	8	13	15	36
10	Lewes AC B	23	32	33	88

Dave Leach says: Best race of the season for the front 3 and good to see Ethan out there in his first race. Well done boys.



U20 Women

Pos	Time	Bib	Forename	Surname
5	22:32	304	Darcy	Pring
14	25:25:00	760	Ferne	O'Connolly
16	26:44:00	306	Lara	Nolan

U17 Women's Teams

Pos	Team	Runner 1	Runner 2	Runner 3	Total
3	<i>Lewes</i>	5	14	16	35

U17 Men

Pos	Time	Bib	Forename	Surname	Club
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2	18:04	286	Charlie	Wright	Lewes AC
13	20:30	702	Harvey	Perry	Lewes AC

Team score

Pos	Team	Runner 1	Runner 2	Runner 3	Total
4	Lewes	2	13	29	44



Dave Leach says: Unfortunately not a complete team but still good performances over the season by Harvey the only athlete in this age group to compete in all races.

U17, U20, Senior and Vet Women

Overall Pos	Time	Bib	Forename	Surname	Age Group	AG POS
4	21:11:00	761	Gina	Wilkinson	Senior Women	2
5	21:18:00	747	Darja	Knotkova-Hanley	Senior Women	3
9	21:33	382	Rachel	Hillman	V35 Women	1
12	21:48	510	Lucy	Lavender	Senior Women	4
16	22:20:00	743	Jenna	French	V35 Women	3
19	22:32	304	Darcy	Pring	U17 Women	5
33	23:35	744	Laura	Douse	V35 Women	5
37	23:24:00	753	Mary	Campbell-Clemente	V55 Women	1
38	24:38:00	408	Becky	Trotman	V45 Women	8
48	25:25:00	760	Ferne	O'Connolly	U17 Women	14
59	26:44:00	306	Lara	Nolan	U17 Women	16
75	29:25:00	445	Karin	Divall	V55 Women	9



Women's teams (Division 1 - 4 to score)						
Pos	Team	Runner 1	Runner 2	Runner 3	Runner 4	Total
1	Lewes A	4	5	9	12	30

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

Pos	Team	Runner 1	Runner 2	Runner 3	Total
1	Lewes AC B	16	19	33	68
2	Lewes AC C	37	38	48	123
13	Lewes AC D	59	75	105	239

Women's Vets Teams (3 to score)

Pos	Team	Runner 1	Runner 2	Runner 3	Total
1	Lewes AC A	3	5	11	19
5	Lewes AC B	12	14	37	63

Senior Men

Overall

pos	Time	Bib	Forename	Surname	Age Group	AG POS
3	28:57:00	476	Ben	Savill	Senior Men	3
10	29:54:00	478	Aiden	Briffett	Senior Men	7
14	30:38:00	487	Fraser	MacNicoll	Senior Men	10
16	30:41:00	491	Sam	Peters	Senior Men	11
19	30:49:00	392	Toby	Meanwell	V40 Men	2
21	31:00:00	757	Charlie	Critchley	Senior Men	15
24	31:25:00	479	Ben	Pepler	Senior Men	18
25	31:30:00	759	Thomas	Marchant	Senior Men	19
30	31:52:00	325	Stan	Pendered	U20 Men	5
36	32:18:00	474	George	Stewart	Senior Men	25
37	32:18:00	775	Joseph	Callard	U20 Me	6
41	32:46:00	394	Adam	Vaughan	V40 Men	10
44	33:24:00	422	Chris	Gilbert	V50 Men	1
55	35:00:00	480	Joe	Plant	Senior Men	30

90	41:03:00	441	Dominic	Osman-Allu	V50 Men	17
104	44:10:00	777	Gary	Loughlin	V50 Men	22
107	44:40:00	461	Gerard	Dummett	V60 Men	13



Photo: Toby Wolpe

Senior Men's Teams

Division 1 (6 to score)

Pos	Team	Runner 1	Runner 2	Runner 3	Runner 4	Runner 5	Runner 6	Total
1	Brighton & Hove AC A	2	4	6	8	18	26	64
2	Lewes A	3	10	14	16	19	21	83

Division 2 (4 to score)

Pos	Team	Runner 1	Runner 2	Runner 3	Runner 4	Total
1	Lewes B	24	25	30	36	115
4	Lewes C	37	41	44	55	177
17	Lewes D	90	104	131	131	456

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

Pos	Team	Runner 1	Runner 2	Runner 3	Total
1	Brighton & Hove AC A	1	3	4	8
2	Lewes AC A	2	10	12	24

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8. Run Your Heart Out Fun Run

West Sussex FRL K2 Stadium/Tilgate Forest Sunday 12th February 2023



The start: Spot Emma Gardener (224) and Julie Deakin (behind the 185)

Place	Time	Bib no	Runner		F/M	F/M place	Score
32	34:58	222	Colin	Bennett	M	29	9
48	36:32	227	Sarah	Godley	F	6	10
119	41:13	219	Andy	Perris	M	94	6
149	43:05	221	Bob	Hughes	M	111	5
159	43:27	223	David	Foster	M	118	5
188	45:22	218	Andrew	Chitty	M	135	4
210	47:27	220	Beverly	Sheridan	F	65	7
240	49:11	226	Julie	Deakin	F	83	5
252	50:23	224	Emma	Gardner	F	91	5
280	53:19	228	Terry	Rogers	M	167	2
282	53:26	217	Andi	Campbell	F	115	4
302	56:23	225	Jane	Holford	F	129	3

This would have been the second event in the West Sussex Fun Run League but the Hangover Five Mile race was cancelled due to the excessively bad conditions.

The Run Your Heart Out run is a relatively recent addition to the WSFR League calendar. The host club at the K2 was the trendily named Crawley Run Crew. It is easy to confuse this event with the long-established Tilgate Forest run organised by the Crawley-based Saints and Sinners which takes place in September. Although the start/finishes for the two events are close the runs are very different as Run Your Heart Out is rather like an 8k version of a classic parkrun on tarmac park walks while the Tilgate Forest is run through woodlands.

Your WSFRL running score is based on your finish place: if you are in the top 10% finishers you score 10 points, if you are in the second 10% it is 9 and so on. You can see above men and women are scored separately. A maximum of 10 runners for both men and women are scored as above, but one point is also scored by each further runner outside the top 10 up to 25 to encourage participation.



Lewes AC's team position after this event was 13th out of seventeen competing teams. A key factor was the basic lack of numbers. The cross country season is coming to an end and these events will help in keeping your off-road running sharp. The series is ideal for improving runners as the next step up from parkruns. But like parkruns there are still going to be some really fast runners up front!

So here is the WSFRL 2023 calendar:

3	Monday 10 th April 1 mile 10:10 10km 10:40	Lewes AC Lewes Easter Monday races Lewes Leisure Centre, Mountfield Road, Lewes, BN7 2XG www.lewesac.co.uk
4	Sunday 7 th May 5 mile 11:00 Proposed	Portslade Hedgehoppers Hedgehoppers 5 Portslade Community College Sports Centre, Chalky Road, BN41 2WS www.portsladehedgehoppers.com
5	Wednesday 24 th May 1 mile 19:00 14 and under 5 mile 19:30 15 and over TBC	Chichester Runners Trundle View Opposite Goodwood racecourse Selhurstpark Rd PO18 0PS www.chichester-runners.org.uk
6	Wednesday 7 th June 1 mile 19:00 5mile 19:30	Arunners Beach Run Littlehampton West Green (next to The Windmill Harvester Restaurant) Littlehampton, BN17 5LH www.arunners.co.uk

7	Saturday 24 th June 1 mile 12:00 5 mile 12:30	Burgess Hill Runners Downland Dash Downlands Community School, Dale Avenue Hassocks BN6 8LP www.bhrunners.co.uk
8	Wednesday 5 th July 1 mile 19:00 15 and under 6 mile 19:30 15 and over	Steyning AC Roundhill Romp & Mini Run The Clock Tower, Steyning High Street BN44 3LE www.steyningac.co.uk
9	Sunday 9 th July 10km 10:00	Hove Hornets Hornets' Stinger Brighton Rugby Football Club, Waterhall Road, Brighton BN1 8YR www.hovehornetsfitness.com
10	Sunday 23 rd July 1 mile 10:15 4 mile 11:00	Henfield Joggers Seven Stiles Henfield Leisure Centre BN5 9QB www.henfieldjoggers.co.uk
11	Wednesday 2 nd August 1 mile 19:00 3.5 mile 19:30	Worthing Striders Highdown Hike West Worthing Tennis & Squash Club, Titnore Way, Durrington, BN13 3RT www.worthingstriders.co.uk
12	Wednesday 9 th August 1 Mile 18:45 4 Mile 19:15 TBC	Worthing Harriers Windlesham House 4 Windlesham House School, London Rd, Washington RH20 4DG www.worthingharriers.com
13	Sunday 3 rd September 1 mile 10:30 5 mile 11:00	Saints & Sinners Tilgate Forest K2 Leisure Centre, Pease Pottage Hill, Tilgate, Crawley RH11 9BQ www.crawleysaintsandsinnersrun.co.uk
14	Sunday 8 th October 1.5km 10:30 8km 11:00	Haywards Heath Harriers Great Walstead 5 Great Walstead School, East Mascalls Lane, Lindfield, RH16 2QL www.haywardsheathharriers.co.uk
15	Sunday 29 th October 1 km 10:30 5 mile 11:00	Lancing Eagles Steepdown Challenge Lancing Manor Leisure Centre BN15 0PH www.lancingeagles.co.uk
16	Sunday 5 th November 1 mile 10:30 4.5 miles 11:00	Horsham Joggers Gunpowder Trot Denne Park, Horsham. RH12 1JR www.horshamjoggers.co.uk

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9. Brighton Half Marathon

Sunday 26th February 2023

Thanks to Dave Leach for additional information.



Name	Bib	Category	Gun time	Chip time	
Ben Savill	103	MSEN	01:08:14	01:08:14	
Toby Meanwell	20	M40	01:13:19	01:13:19	V40 5th
Jason Lee	112	MSEN	01:14:29	01:14:29	
Euan Baker	559	MSEN	01:16:23	01:16:20	PB
Thomas David Eric Marchant	66	MSEN	01:16:58	01:16:56	PB
George Stewart	683	MSEN	01:18:19	01:18:14	PB
Ruby Whyte-Wilding	111	FSEN	01:18:32	01:18:30	PB 2 nd Female
Jez Davison	4549	MSEN	01:19:00	01:18:56	
Matt Reed	109	MSEN	01:19:30	01:19:26	
Adam Vaughan	24	M40	01:21:45	01:21:40	
Rachel Hillman	13	FSEN	01:22:05	01:22:00	6 th Female
Andrew Mclennan	4543	M40	01:23:04	01:22:43	
Simon Carter	138	MSEN	01:23:44	01:22:59	
Lee Woodgate	560	M50	01:24:57	01:24:43	
Ben Hodgson	189	M40	01:27:07	01:26:46	PB
Ellen Brookes	853	F40	01:28:21	01:28:05	33 rd Female 5 th F40
Chris Coffey	26	MSEN	01:31:25	01:30:19	
David Barham	1441	M40	01:31:39	01:30:47	
Rashaad Shabab	371	M40	01:32:35	01:31:36	
Rob Stanway	1209	M50	01:35:12	01:34:13	
David Prince-Iles	889	M60	01:35:26	01:34:42	
Carl Sykes	1783	M50	01:39:18	01:38:39	
Rebecca Walter	1431	FSEN	01:39:18	01:38:34	166 th Female

Name	Bib	Category	Gun time	Chip time	
Beth Hancock	1781	FSEN	01:40:50	01:39:49	PB 189 th Female
Dom Doran	3390	MSEN	01:42:38	01:37:24	
Gary Loughlin	2369	M50	01:46:43	01:42:00	
Charlotte Bennett	835	F40	01:48:53	01:47:50	393 rd Female 89 th F40
Andy Perris	4554	M50	01:52:10	01:46:38	
Katherine Meanwell	1779	FSEN	01:54:51	01:53:05	
Sarah Robinson	7679	F50	01:59:58	01:51:07	
Tara Twyman	2986	F40	02:05:10	01:56:24	
Sally Davies	6416	F40	02:13:01	02:03:40	
Eleanor King	9115	FSEN	02:19:22	02:05:34	
Neil Creaton	10091	M50	02:33:25	02:16:33	
Naomi Ross	5690	F40	02:37:02	02:22:53	
Lauren Puttock-Brown	10488	FSEN	02:54:54	02:38:03	
Johnny Denis	10228	M60	02:54:54	02:37:53	

As well as our current elite runners there were four of the graduates from last year's spring Beginners Course (Sarah Robinson, Esther Jones, Larissa Purdie and Anna Nicol-Smiths) and three of the graduates from the autumn course (Abbie Hills, Lauren Puttock-Brown and Johnny Denis), all with very respectable times indeed, much to Mark Pappenheim's satisfaction.

In addition to the Brighton Half marathon, there were youth races over 1 mile.. Lewes AC's Eva Winton came 7th in the *youth* 13-14 years age group, but 1st girl in 5:52 this time made her the first girl in *all* races from 7-17 years.

SUSSEX ATHLETICS

2023 SUSSEX ROAD RELAYS

11.00 U11 BOYS/GIRLS 13.00 U17W/U20W/SW
11.30 U13 GIRLS 13.45 U17M/U20M/SM
12.00 U13 BOYS 14.45 M40, M50, M60
12.30 U15 GIRLS/BOYS 15.30 F40, F50, F60

SATURDAY 8TH APRIL
PRESTON PARK, BRIGHTON, BNI 6SD

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10. Latest crop of Lewes AC pole vaulters off to a flying start!

Some of our youngest vaulters began training in September 2022 and have already enjoyed plenty of success during the 2023 indoor season.

Starting with the Iford Games in our very own fabulous indoor barn on 21st January and then at the London Games at Lee Valley Athletics centre on 29th January, five of our U13s smashed through their PBs and are now gearing themselves up for upcoming spring and summer competitions.



Meanwhile at the South of England Athletics Championships at Lee Valley on 15th January, Beth Boyes won Gold in the U15 Girls, jumping 2.50m, with fellow Lewes AC vaulter, Ayla Kimpton-Bragg taking Silver at 2.40m. In the U15 Boys, Ivan Wray took Silver, smashing his PB on the way to an impressive 2.80m!

Hot off the press are the results for the England Indoor Athletics Championships Pole Vault held in Sheffield 11th and 12th February -thanks to the Power of 10.

PV U20W (11 Feb)

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB
2	3.60	i Emilie Oakden	SB U20 W	2	Richard Pilling	Lewes	3.60	3.62
8	3.20	i Amalie Smith Jarman	SB U20 W	1	Richard Pilling	Lewes	3.20	3.25

PV U15W (11 Feb)

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB
1=	2.65	i Phoebe Scott	PB U15 W	2		Lewes	2.65	2.65
5	2.55	i Ava Hayes	SB U15 W	2		Lewes	2.55	2.70
6	2.55	i Ayla Kimpton-Bragg	PB U15 W	1		Lewes	2.55	2.55
7	2.45	i Beth Boyes	U15 W	1		Lewes	2.51	2.51

PV U20M (12 Feb)

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB
9	4.00	i Cameron Wells	U20 M	3	Richard Pilling	Lewes/Loughborough Students	4.01	4.35

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11. Here and there....



Fran Witt reports 'I did something called the Dartmoor Winter Traverse 50k. It was utterly fab. Mainly because it was an event and not a race. Also it was in the wonderful wilderness of Dartmoor. One of my favourite places.'

Emily Proto completed the Seville Marathon.>>



<< Spotted at Shanghai Marathon: Sue Zhao. Strictly speaking she should be wearing blue shorts.

In Atlanta USA Rob Mullett, Lewes AC's former Olympian and now a v35, ran the Peachtree half marathon finishing 10th in 65.59.

Sam Bennett was previously in Dave Leach's junior group running 800m in 1.55 pb in 2013.

Well now he has moved up to the marathon last June running his first in the Utah Valley Marathon coming 2nd in 2.26.07 Then on the 4th February in Phoenix Arizona he improved that time at the Mesa Marathon to 2.21.35.

Next Ammonite: we have run out of space for final consolidated standings for County Cross League and National Cross Country Champs at Bolesworth Castle, Chester.

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