

# AMMONITE Lewes Athletic Club Newsletter



April 2023

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

## Contents

[1. 2023 Lewes Track events](#)

[2. WANTED Lewes AC Vests](#)

[3. Lewes Women's clean sweep of Sussex Cross-country Titles](#)

[4. Sussex County Indoor Champs at Carshalton 4th and 5th March 2023](#)

[5. National Inter Counties Cross Country at Loughborough-in-the-Mud](#)

[6. East Sussex Sunday Cross-Country League: Final Match. Pett 12<sup>th</sup> March 2023](#)

[7. Moyleman Marathon/ Relays 12<sup>th</sup> March 2023](#)

[8. English Schools Cross Country Champs at Wollaton Park Nottingham 18<sup>th</sup> March 2023](#)

[9. Hastings Half-Marathon 26<sup>th</sup> March 2023](#)

[10. Getting to know you...No 4 Andy Perris](#)

[11. Getting to know you...No 5 Karin Divall](#)

[12. Beginners Running Course, Spring 2023](#)

[13. Upcoming events](#) in West Sussex Fun Run and Sussex Grand Prix

## 1. 2023 Lewes Track events



Phil Westbury writes:

I hope you are well and had a very restful winter!

Now that spring is starting to appear I am reaching out to inform you of the dates for matches that will take place at Lewes Track this spring and summer, and where we will need access to the car parking facilities.

Date	Competition	Place	Time
<b>Sunday 30th April</b>	YDL Upper Age Group	Lewes AC	10.00am - 7.00pm
<b>Monday 22nd May</b>	Sussex Vets League	Lewes AC	6.00pm - 9.00pm
<b>Saturday 3rd June</b>	YDL Lower Age Group	Lewes AC	10.00am - 7.00pm
<b>Sunday 18th June</b>	Southern Athletics League	Lewes AC	10.00am - 7.00pm
<b>Friday 23rd June</b>	Sussex U13 League	Lewes AC	6.00pm - 9.00pm
<b>Monday 24th July</b>	Sussex Vets League	Brighton	6.00pm - 9.00pm

We need to confirm and that parking is available and the padlock code for the gate remains the same as last summer!

[<back to contents>](#)

## 2. WANTED Lewes AC Vests

Do you have a Lewes AC vest that you no longer used, that's tucked away in a drawer, that no longer fits?

If so, please would you consider donating it to the junior athletes in the club.

You can leave it somewhere visible in the Track club house and we will be able to use any donations as spares for our new junior members at our Sportshall, cross country, and track and field meetings.

**Thank You**

[<back to contents>](#)

### 3. Lewes Women's clean sweep of Sussex Cross-country Titles

In the March Ammonite we published the results of the final match in the Sussex County Cross Country League, but did not have space for the overall results. We can now reflect on the final overall position of Lewes AC in the league.

The best news for Lewes AC was a clean sweep of the county team titles in the final team medal rankings by Lewes AC Senior and Vet women. They came first in the elite Division 1 competition (comprising eight teams of four runners), Division 2 (competing against 23 other teams of three runners), and the Veterans competition involving 19 teams of three runners.



Above: start of Senior Women race (photo: AC\_PHOTS)

Not so successful the Senior and Vet men were still able to hold their heads up. They were runners up to Brighton & Hove AC in both the men's Division 1 team rankings (in which eight teams of six runners battle it out) and Veterans competition (with 29 teams of three runners). They then capped their efforts by first place in Division 2 (against 26 other teams of four).



Above: Start of Senior/Vet Men's race Photo: AC\_PHOTS

In the junior races Lewes AC's Under 13 Boys and Under 15 girls won third team places in the league.

Perhaps the most pleasing result in the individual awards was Rex Hastings' unbeaten run of firsts in the Under 11 Boys competition leading to an inevitable seasonal first overall. Rex was the only Lewes AC runner in his category in the first race of the season, but in the last race of the season there was, for Lewes AC, a record entry of nine. This was no doubt partly inspired by Rex's example, but also the active encouragement of their coaches, Karin Divall and Peter Selby.

Other individual league awards for the girls and women categories were Esme Stephenson with the third placed score for the Under 15 Girls, Rachel Hillman's first place and Jenna French's third place in the Over 35 Women, and Mary Campbell-Clemente's and Helen Sida's first and second in the Over 55 Women.

Among the men, the indefatigable Chris Gilbert was first in the Over 50 Men and the sure-footed Toby Meanwell was second in the Over 40 Men.

[<back to contents>](#)

## 4. Sussex County Indoor Champs at Carshalton 4<sup>th</sup> and 5<sup>th</sup> March 2023

### Lewes AC performances

#### Pole vault final U15 Girls

Place	Competitor	Height (m)
1	Phoebe Scott	2.7
2	Ava Hayes	2.5
3	Ayla Klimpton-Bragg	2.5
4	Beth Boyes	2.30
5	Iris Hitchmough	2.00
5	Mia McGhie	2.00
7	Imogen Taylor	2.0

#### 60m U17W Sussex Heat 2 of 2

Place	Competitor	Time
2	Thalia Witham	8.57    Qualified

#### 60m U17W Sussex Final

3	Thalia Witham	8.49
---	---------------	------

#### 60m Hurdles U17W Sussex

3	Thalia Witham	10.33
---	---------------	-------

*(Welcome to Lewes AC, Thalia!)*

#### Pole vault final U17 Women

Place	Competitor	Height (m)
1	Clarke Imogen	2.8

#### 60m U20W Sussex Heat 2 of 2

Place	Competitor	Time
3	Saskia Sclater	8.46 qualified

#### 60m U20W Sussex Final

6	Saskia Sclater	8.46
---	----------------	------

#### Pole vault Final U20 Women

Place	Competitor	Height (m)
1	Amelie Smith-Jarman	3.35
3	Amelia Hatchard	2.9

#### 60m U15B Sussex Heat 1 of 2

Place	Competitor	Time
5	Eoin Dacey Lewes	9.14

#### Pole vault final U15 Boys

Place	Competitor	Height (m)
1	Ivan Wray	2.9
3	Diggory Thomas	2.1

#### Pole vault final U20 Men

1	Isaac Lancaster	4.3
---	-----------------	-----

60m U20M Sussex	Place	Competitor	Time
6		Jack Palmer	7.52

[<back to contents>](#)

## 5.National Inter Counties Cross Country at Loughborough-in-the-Mud 11<sup>th</sup> March 2023

Dave Leach reported *'Really good day for athletes from the club'*.  
Lewes AC performances were:

### U13 Boys

44th Michael O'Connor 3rd Sussex scorer  
Lewes AC Team 6th of 42.

### U 15 Girls

40th Ava James 2nd Sussex scorer  
77<sup>th</sup> Esme Stephenson 6<sup>th</sup> Sussex scorer  
Lewes AC Team 8th of 42.

### U15 Boys

220<sup>th</sup> George Brooks 8th Sussex scorer *.'Great run in first race for the county.'*  
Lewes AC Team 16th of 43.

### U17 Women

114th Darcy Pring 5th Sussex scorer  
Lewes AC Team 13th of 38.

Finally the Senior women's team had three of our ladies running.

107th Rachel Hillman 2nd Sussex scorer  
110<sup>th</sup> Darja Knotkova-Hanley 4<sup>th</sup> Sussex Scorer  
160th Jenna French 7<sup>th</sup> Sussex Scorer  
Lewes AC Team 14th of 29 complete teams.

**What Dave did not report was that this outing was his last as the Sussex County manager of all the men's county cross-country teams. He is stepping down after twenty-two years in the role. Not just Lewes AC but Sussex County have benefited from Dave's tireless work. Well done!**

[<back to contents>](#)

## 6. East Sussex Sunday Cross-Country League: Final Match. Pett 12<sup>th</sup> March 2023

Lewes AC have had a long run of coming first in this league. So much so there was talk of giving the other clubs a chance. In the event we gave them such a big chance that we managed to finish up as low as 6<sup>th</sup> overall. The small number of participants for the last race - unfortunately on a day which clashed with the Moyleman - meant we 13<sup>th</sup> in the race and cemented our lowly position.



This year's league winners were Crowborough, followed by the combined team of Hastings Rovers and Hastings AC, with Run Wednesday, a relatively new club based at Eastbourne, who turned up for events in a shining executive coach, in third position.

### < Crowborough winning our cup

Most of the Lewes AC runners who turned up at Pett where generally were pursuing personal goals in their particular age/ group. Those running this last race in the series were:

Finishing position	Runner no	Time	Runner name	Category	PTS	T CAT	T PTS
6	965	0:29:20	George Stewart	SM	295	SM1	6
77	611	0:37:38	David Prince-Iles	M65	241	M601	77
98	595	0:39:02	Ian Hilder	M60	223	M602	98
138	596	0:43:43	Bob Hughes	M70	197	M501	136
147	584	0:44:19	Karin Divall	F60	164	F601	144
196	575	0:49:43	Hazel Bennington	F60	139	F602	193

Below: George Stewart finishing in 6<sup>th</sup> position



As far as the final overall individual league awards go, senior runner George Stewart, who recently joined us from Wadhurst, was third in his extremely competitive age category. In fact, George finished with exactly the same number of points as the second runner in the Senior Men.

In the M50 category Richard Docwra won the third overall place.



David Prince-Iles (see finishing above) was presented with first place in the M60 category. In the M70 category Peter Kennedy was first and Bob Hughes was second.

Karin Divall took home the award for third place in the F60 category – see below:



The East Sussex Saturday Cross-Country League awarded tokens that could be redeemed at the Tempo Specialist running shop in Eastbourne and were worth £75 for first place, £50 for second, and £35 for third. Ironically some of the older Lewes AC participants recall the time they would have been banned for life from competing for accepting such a prize.

[<back to contents>](#)

## 7. Moyleman Marathon/ Relays 12<sup>th</sup> March 2023

### Marathon



You can access the results of the marathon here: [Moyleman marathon results](#)

Jade Elphick set a new women's course record of 3:32:59.

### Relay



You can access the results of the relay here: [Moyleman Relay Results](#)

Fraser Macnicoll and Sam Peters set a new relay course record of 02:53:15

[<back to contents>](#)



## 8. English Schools Cross Country Champs at Wollaton Park Nottingham 18<sup>th</sup> March 2023

Dave Leach reports:

### Junior Girls.

Eva Winton (Peacehaven) in her first representative national race came in 119<sup>th</sup> (7<sup>th</sup> Sussex) of 338 finishers. She was part of the Sussex Team that came 2<sup>nd</sup> so a brilliant start to her representative journey.

### Junior Boys

Michael O'Connor (Ardingly) was 167<sup>th</sup> (7<sup>th</sup> Sussex) out of 329 who finished. He is in the lower year in his age group so another really good showing by Michael who is going from strength to strength.

Team Sussex was 11<sup>th</sup>.

### Intermediate Girls

40 <sup>th</sup>	Ava James (LOGS)	2 <sup>nd</sup> Sussex
91 <sup>st</sup>	Esme Stephenson (Priory)	7 <sup>th</sup> Sussex

338<sup>th</sup> finished

Team Sussex came 6<sup>th</sup>. They also won the award for being the first county to have all 8 runners home.

[<back to contents>](#)

## 9. Hastings Half-Marathon 26<sup>th</sup> March 2023

This was the 39<sup>th</sup> edition of this race. A distinguishing feature of the event is that the race memento is always a specially designed horse brass celebrating some historical event in the history of Hastings. This year it celebrated the introduction of the first trolley-buses in the town.

The event was the first in the Sussex Grand Prix series this year.

<https://sussexgrandprix.co.uk/news/races>

The race is challenging as the first third of the course is dominated by a prolonged climb. There is then a relatively undulating section with a few inclines followed by a steep slope down to the promenade which allows runners who have paced the race well to catch up on time. The final 3 miles is on the promenade which is a bit like doing a 5k parkrun after having completed a challenging 10 mile road race. The race seems to be enthusiastically supported by the locals: there, for example, is a list of pubs with toilets that runners can use on the way.

This year restrictions on parking took a bit of the fun out of the race.



Place	Gun time	Chip Time	Runner	Bib	Category	Category position	F/M position
91	01:28:15	01:28:13	Emily Proto	2480	Senior Female	6	6
134	01:31:50	01:31:46	Jenna French	2151	Senior Female	8	11
257	01:39:43	01:39:24	David Barham	265	Male Vet 40	40	228
501	01:48:10	01:47:35	Ian Hilder	575	Male Vet 60	15	437
688	01:53:22	01:52:20	Emma Rollings	1942	Female Vet 40	22	104
791	01:56:43	01:56:05	Bob Hughes	1365	Male Vet 75	1	664
856	01:58:29	01:57:37	Libby West	1784	Female Vet 55	7	149
1101	02:06:24	02:04:53	Claire Hawes	1665	Female Vet 50	18	227

[<back to contents>](#)

## 10. Getting to know you...No 4 Andy Perris



I started my running journey slightly through the back door. In fact I had spent most of my life avoiding too much physical exertion other than walking on the Downs, interspersed with odd bouts of guilt and feeling I should be doing something more, so I went for the odd run, a bit of swimming, fitness classes etc but nothing on a regular sustained basis.

In fact, I remember a period of my life when I would see someone running, quite often on a Sunday morning and I would utter something along the lines of '*why on earth would you want to do that!*'

**< Picture: before running**

Then the Autumn of 2019 came along - my wife had seen a couch to 5k class advertised and run by Lewes AC and wanted company, so without too much thought (and a twinge of inactivity guilt) I said yeah, I'll come along.

It fairly quickly became apparent that I actually enjoyed running, while my wife, it turns out, was slightly less keen running around on a damp and cold Saturday morning than I was.

I was there religiously every Saturday, my sole aim being able to run 5k without stopping, a magnificent achievement, and at the time all I needed to fulfil my running goals.

How naive was I. It wasn't long before 5k became 10k and on it went. From not being able to run 5k without stopping in 2019 my addiction has continued to need feeding. 2022 saw me doing 6 half Marathons, my first Marathon and I think 39 Parkruns. Can't think what I was doing on the other 13 weekends!



So let this be a warning - obviously the fitness that running around gives you and all the mental benefits that are thrown in are amazing, but it does come at a cost - and that cost for me is shoes! No one told me how much time I would spend looking (and buying) running shoes. I have had to buy a special cupboard to put the damn things in.

That said, I wouldn't change a thing - I am so grateful to all the people that have, and continue to give me encouragement through the club, it truly is the most inspiring and friendly place to be a member.

**<Above: after discovering running**

**[<back to contents>](#)**

## 11. Getting to know you...No 5 Karin Dival

I was hopeless at anything vaguely active at school. I was tall and lanky and my limbs didn't co-ordinate. I avoided PE and games as best as I could; hiding in the toilets so I was too late to join in, or if I did roll up in time I would always be picked last for the teams.

I was the antithesis to my best friend who broke the school hurdles record. Then my very own eureka moment came when I was 28, and a guy I worked with in London who was a keen club runner reckoned my height was a distinct advantage and I had all the makings of a runner!

So I started off running tiny loops round St Pancras cemetery in my lunch hours, to the huge amusement of my work buddies, and running at home in the evenings with my husband to a nearby hill (fondly known as "Killer Hill"), ok a bit of an incline compared to Lewes.

My lunch time loops progressed to runs along the Regents Canal, eventually reaching Primrose Hill for some hill work, and Hyde Park to join in the last Friday of the month 5Ks (where once or twice I was to later see my name in *Athletics Weekly* as first woman).

Three months after starting to run (ok, jog), I was offered a place in the Epsom Allsorts Women's 10K race as someone had to drop out. I finished in 45 minutes and felt absolutely dreadful. But I'd got the running bug. I joined Herne Hill Harriers for a few years, and then when we moved to Lewes I joined Lewes AC.

I dipped in and out of running as I had my sons and home-life took precedence, returning to running when my sons hit their teens. I peaked in my early 50s (thank you age gradings), with some success as a Masters athlete on the track and in cross country, and I was selected to run in the England Masters 10K Team in 2018.

I've tried a couple of half marathons but they are not for me. Who thought putting some hills in the middle of a 13 mile race was a good idea? And despite 25 years of running up on the Lewes Downs (or as we say in our house, down on the Ups) and lots of encouragement and training advice from Dave Leach, I still can't run a hill properly. A nice flat road 10K- that's proper racing!



[<back to contents>](#)

## 12. Beginners Running Course, Spring 2023

Mark Pappenheim writes...

This spring's Saturday-morning couch-to-5K Beginners Running Course kicked off on 4th March and (allowing for a couple of bank holiday breaks) is due to end in the customary 'graduation' parkrun at **Peacehaven on 20th May** (so do come along and join us then).

Not only has the course sold out yet again – largely as a result of word-of-mouth this time, rather than paid

advertising – but it also boasts our most diverse cohort of recruits since our post-Covid relaunch last year.



The age-range stretches from 17 to 62 (it's usually more like 30 to 75), including no fewer than four under-25s; we have six men to 18 women (the proportion is usually more like 2:22); and we have would-be runners hailing from as far afield as Bulgaria, Croatia, Hungary and South Africa.

It's also turning into a bit of a family affair, with the class including not just a mother and her

two daughters but also the mother of an existing club member and the son of one of last year's graduate beginners.

So huge thanks to all the club coaches and leaders who are helping to deliver what's shaping up to be yet another successful beginners course.

## 13. Upcoming events

[West Sussex Fun Run League](#)

**There is no Lewes 10k Easter Monday race this year.** This race was popular not just with Lewesians, but, as one of the highlights of the West Sussex Fun Run League (WSFRL), with many runners from other clubs. **The next race in the WSFRL series is on Sunday 7th May and is the iconic Portslade Hedgehoppers 5 mile**, with its course in Devil's Dyke country – see <https://portsladehedgehoppers.com/hedgehopper-5/>. Although inevitably there are fast runners at the front, these runs can be seen as a next step up from parkruns. A key difference from parkruns is the emphasis on scoring points for your club. At the last event, for example, Horsham Joggers had over 60 runners, most of whom would have scored points.

## Sussex Grand Prix road-racing competition

In 2022 Brighton Phoenix were the overall winning club and took home the Steve Ovetto trophy which was originally donated by Ovetto to the Sussex running community as he did not want to take it to Australia. (Well, actually Phoenix did not physically take it home this year as they had won it in the previous year, and they could not be bothered to bring it in just to take it away again). The runners up were Hailsham Harriers and then Wadhurst Runners. Ammonite was the only Lewes AC runner there – as club rep - and they made me hand out the awards to rub salt into the wounds.

The next event in the SGP series is the **Mid Sussex Haywards Heath 10 Miles on 30<sup>th</sup> April**. See <https://www.nice-work.org.uk/races/-the-mid-sussex-haywards-heath-10-mile> . For other SGP fixtures, see <https://www.sussexgrandprix.co.uk/>

[<back to contents>](#)