

AMMONITE Lewes Athletic Club Newsletter



May 2023

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

Contents

- [1.Track and Field is back at Lewes track](#)
- [2. Sussex Athletics Junior Endurance Training at Lewes Track](#)
- [3. Proud Parent, Peter Kennedy, Pays Tribute to Coach Dave Leach](#)
- [4. Brighton Marathon Week End 2nd April 2023](#)
- [5. Paris Marathon 2nd April 2023](#)
- [6. Sussex Athletics Road Relays 8th April 2023](#)
- [7. Getting to know you No 6 - Jonathan Burrell](#)
- [8. Mid-Sussex Marathon Weekend 29th April – 1st May 2023](#)
- [9. Seaford Martello Half Marathon 16th April 2023](#)
- [10. Sussex U15 League - 21st April 2023 at Brighton](#)
- [11. Lewes AC at London Marathon 23rd April 2023](#)
- [12. Getting to Know You - No 7 Ellen Brookes](#)
- [13. In the next edition:](#)

1.Track and Field is back at Lewes track



Hello everyone,

As we are about to start a new season of Track & Field events for the summer, a little reminder on how you can get involved, either competing or supporting!

How you can take part!

We have 2 key leagues where Lewes actively compete in and they are;

Masters Series

The Sussex Masters League (commonly known as the Sussex Veterans League) is a County track and field competition open to teams from Sussex Clubs. Each team consists of men and women competitors aged 35 and over. There will be 4 events of the summer, 2 of which will be held at Lewes Athletic Club.

Match 1: Monday 22nd May – Lewes AC

Match 2: Wednesday 14th June – Eastbourne AC

Match 3: Monday 24th July – Lewes AC

Match 4: Friday 4th August – Eastbourne AC

The evenings (usually exceptionally sunny) are friendly and fun and a great way to race on the track and even try a field event. Usually there are races from 200m up to 5000m and Relays, with field events from Discus to Long Jump and even Pole Vault.



Sign Up is located here:

<https://wiki.lewesac.co.uk/tiki-index.php?page=svl%20signup>

Southern Athletics League

The Southern Athletics League is the track and field league for clubs in the South of England region who wish to compete in joint (male & female) teams.

There are 4 matches covering all track distances from 100m up to 3000m Steeplechase, Relays and all Field events.

Match 1 May 20	Dartford
Match 2 June 18	Lewes
Match 3 July 9	Ashford
Match 4 August 19	Crawley

For anyone interested in competing, please can ladies contact buckleyjojo@hotmail.com and gents please contact (timpopkin@gmail.com).

How you can help

As you know, these athletic events can only happen with the help of our members, academy parents and a long list of volunteers to ensure they run safely and smoothly.

This is where you come in!

These events are key to the success of our club:

- Helping ensure the club profile is maintained throughout the country.
- Providing opportunities for the academy members to participate and experience the excitement of events.
- Allowing all our club members the opportunity to try different events, or even retry events they've participated in before.
- Providing income for the club.

We're always looking for volunteers in lots of different areas:

- Becoming an official (Field Judge, Track Judge, Timekeeper)
- Assisting officials: from being trackside with a stopwatch to measuring long jumps. These are also gateway opportunities into becoming a qualified official in athletics, if that's something you'd like to pursue
- Compiling the results so that participants know their results quickly
- Helping behind the scenes run smoothly: e.g. refreshments, setting up equipment, assembling marquees.

If you are interested or willing to help, drop me a line philip.westbury@gmail.com

Philip Westbury
Lewes AC Track & Field Match Director
07733004968

[<Back to Contents>](#)

2. Sussex Athletics Junior Endurance Training at Lewes Track

Sunday 25th March 2023

Pictures thanks to AC_PHOT



Fast runners by a long chalk



New techniques for slowing down your rivals



Dave Leach: Demonstration of novel strength conditioning technique. Dave is stepping down as a Sussex Athletics Team Manager – and see next article

[<Back to Contents>](#)

3. Proud Parent, Peter Kennedy, Pays Tribute to Coach Dave Leach

We should celebrate the success of one of Dave Leach's athletes, Sarah Webster, in the Anglo Celtic Plate 100km (ACP100) held in Belfast on 2nd April, which is an annual representative race for the five nations in the British Isles.

Sarah, representing England in the International contest, won the women's race in an in 7 hours 3 minutes and 40 seconds. She was nearly 76 minutes clear of the silver medallist who was representing Ireland.

Her lap splits on a course a little under 5k in length were consistent 19 minutes-something until the last three of the 22 laps. Sarah finished 10th overall, with only nine of the 35 men who completed the course ahead of her. This was a new British record time for the distance, beating the previous 30 year old record by 24 minutes!

Peter Kennedy writes:

Sarah is my daughter and she no doubt has therefore inherited some my running abilities in her genes. We are however slightly different in which events suit us best and she is certainly avoiding some of the mistakes I have made.

She asked my coach Dave Leach in 2015 to help her train for a marathon, even though the training would all have to be done remotely since she lives in the Isle of Man.

She ran her first marathon in 2017 in a time of 2:48 and Dave helped her to reduce that to 2:41 in 2022. This earned her a place in the Isle of Man team at the Commonwealth Games last summer.

She was then selected to run for England in her first ultramarathon race on the basis of her marathon performances. She ran her marathon PB of 2:40:03 (chip time 2:39:56) at the Seville Marathon only 6 weeks before the ACP100.



Yesterday however she won the women's race in the ACP100 in a time of 7:03:40. She was 10th overall (beating two of the English men's team in the process), broke the British women's 100 km record by 24 minutes and achieved the fourth-best 100 km performance in the all-time World rankings.

Dave commented that she has shown her aptitude for ultramarathons by running longer runs than most people are prepared to do whilst marathon training. She has worked very hard to follow Dave's training programme, including abandoning (temporarily?) her job as a veterinary surgeon because of the time it was taking up, too much alongside family commitments

and trying to achieve her running ambitions.

Dave's success in coaching so many athletes of all ages and varying standards in middle distance and longer events now has another "landmark" performance. Like Rick Pilling on the Pole Vault, he is helped by having assistant coaches such as Toby Wolpe but the challenge is bigger because he is covering so many different race distances and the numbers are much greater in the running events. Dave will now have the additional challenge of advising Sarah on which invitations to world events to accept and how to sustain the fundamentals of her training for ultra marathon events despite the additional pressures that celebrity status will bring.

[<Back to Contents>](#)

4. Brighton Marathon Week End 2023



The overall organization of these events had been taken over by London Marathon Events after Grounded Events had ceased trading. One change was to the course which started and finished on Hove Lawns.

10k Race 2nd April 2023

In the 10k race Lewes AC had three men (Joshua Burgess 6th, Ben Savill 7th, and Aiden Briffet 10th) and two women (Lucy Lavender 3rd and Lizzie Keep 4th) in the top 25 finishers. There were also many runners in the top three in their individual age categories: Lewis Sida stands out as first in the Male 50-59 age range.

Place	Bib	Runner	Gun Time	Chip Time	Category	Cat Place	M/F	Place
6	4594	Joshua BURGESS	00:31:46	00:31:46	TOP25	6	Male	6
7	4590	Ben SAVILL	00:32:19	00:32:18	TOP25	7	Male	7
10	4597	Aiden BRIFFETT	00:32:44	00:32:43	TOP25	10	Male	10
36	6701	Thomas MARCHANT	00:35:31	00:35:30	Ages 20 - 29	5	Male	36
38	6178	Paul NEWSOME	00:35:41	00:35:40	Ages 30 - 39	4	Male	38
45	6740	Lewis SIDA	00:35:56	00:35:54	Ages 50 - 59	1	Male	44
60	6741	Lucy LAVENDER	00:37:08	00:37:01	TOP25	3	Female	3
62	4635	Lizzie KEEP	00:37:10	00:37:08	TOP25	4	Female	4
75	4636	Jonathan BURRELL	00:38:00	00:37:56	Ages 50 - 59	2	Male	68
221	4726	Rebecca WALTER	00:44:12	00:44:03	Ages 20 - 29	3	Female	37
221	4726	Rebecca WALTER	00:44:12	00:44:03	Ages 20 - 29	3	Female	37
420	6355	Andy PERRIS	00:49:24	00:48:36	Unknown	31	Male	332
826	5449	Ellie KING	00:56:16	00:52:06	Ages 30 - 39	40	Female	220
885	5071	Claire HAWES	00:57:14	00:54:39	Ages 50 - 59	39	Female	246
1535	5635	Abbie HILLS	01:05:52	00:59:54	Ages 30 - 39	135	Female	614
1916	5557	Jane HOLFORD	01:11:45	01:05:46	Ages 50 - 59	147	Female	860

There were 2751 competitors who were placed in this race.

Marathon runners from Lewes AC

Place	Bib	Runner	Gun Time	Chip Time	Category	Cat Place	M/F	Place
179	7095	Euan BAKER	02:58:58	02:58:56	Ages 20 - 39	122	Male	176
1753	9787	Rob STANWAY	03:44:36	03:43:44	Ages 50 - 59	166	Male	1547

The marathon entries may seem low, but many Lewes AC runners would have been preparing themselves for the challenge of the London Marathon. This race also clashed with the Paris Marathon! See below.

[<Back to Contents>](#)

5. Paris Marathon 2nd April 2023



Lewes AC results:

Sam Peters	2:39:04
Leo Spall	3:04:39
Andrew McLennan	3:07:34
John Dryden	3:22:27
David Prince-Isles	3:34:05
Dominic Osman-Allu	3:45:03

[<Back to Contents>](#)

6. Sussex Athletics Road Relays

Preston Park 8th April 2023

For running traditionalists, the Sussex Road Relays are significant as a marker of the changing seasons and the transition from cross-country to track and field.

Lewes AC was well-represented amongst the youngsters, and while there were some good individual senior performances there was a lack of numbers at this level.

Highlights for Lewes AC included Rex Hastings' fastest lap in the Under 11 Boys, and the team gold for the Under 15 Girls where Esme Stephenson, Ava James and Grace Tuesday also had the top three fastest lap times.

Darcy Pring ran the third fastest lap by an Under 17 Woman. In the Men's Masters race, the team of Jonathan Burrell (M60), Lewis Sida (M50), and Chris Gilbert (M50) won the silver Over 50 team medal. Jonathan ran the fastest M60 lap and Lewis and Chris the 4th and 6th fastest M50 laps.

Jonathan Burrell features in a *Getting to Know You...* article next in the newsletter.

Under 11 Girls

Pl.	Team	Leg 1	name	Leg 2	Name	Leg 3	Name	Overall time
5	A	6:49	Lara Stevens	7:19	Lexi Blake-Pyatt	6:47	Ivy Moore	00:20:56
6	B	7:06	Kitty Rowland	7:12	Cecily Trotman	6:52	Ella Bartholomew	00:21:10
12	C	6:55	Sunshine Love	7:35	Anna Westbury	8:08	Felicity Frappell	00:22:39
14	D	8:01	Emily Pratley	7:21	Beth Strong	7:37	Maeve De Burca	00:22:59

Under 11 Boys

Pl.	Team	Leg 1	name	Leg 2	Name	Leg 3	Name	Overall time
5	A	6:29	Jack Lloyd	5:45	Rex Hastings	7:00	Freddie Lefty	00:19:15
14	B	6:59	Tommy Chadburn	7:05	Rowan Winnifrith	6:44	Samuel Trotman	00:20:49
17	C	6:09	Rory Grant	8:00	Chimdi Ike	8:00	Rainbow Love	00:22:10

Under 13 Girls

Pl	Team	Leg 1	name	Leg 2	Name	Leg 3	Name	Overall time
11	A	6:01	Florence Tuesday	7:06	Suzie Chadburn	6:40	Eliza Barry	00:19:48
-	B	7:00	Millie Button		N/A		N/A	

Under 13 Boys

Pl.	Team	Leg 1	name	Leg 2	Name	Leg 3	Name	Overall time
5	A	5:58	Otto De Burca	6:04	Max Farley	5:46	Charlie Perry	00:17:49
8	B	6:07	Edward Riseborough	6:28	Thomas Muddle	6:05	Casper Dennis	00:18:41

Under 15 Girls

Pl.	Team	Leg 1	name	Leg 2	Name	Leg 3	Name	Overall time
1	A	5:25	Esme Stephenson	5:18	Ava James	5:18	Grace Tuesday	00:16:03
-	B	6:32	Nesta Pring		N/A		N/A	

An outstanding gold in the U15 Girls race for Lewes.

Under 15 Boys

Pl.	Team	Leg 1	name	Leg 2	Name	Leg 3	Name	Overall time
7	A	5:25	George Brooks	5:37	Toby Cherry	5:33	Jacob Trotman	00:16:36
10	B	5:27	Harrison Orme	6:01	Jack Cooley	5:56	Danny Jacob	00:17:24
13	C	6:11	Fredrick Gander	7:39	Luke Jackson	6:24	Ethan Trunfall	00:20:15

U17,U20 and Senior Women

Pl.	Team	Leg 1	name	Leg 2	Name	Leg 3	Name	Overall time
19	A	12:05	Darcy Pring [U17]	14:31	Lara Nolan [U17]	16:06	Florence Hill [U17]	00:42:43

U17, U20 and Senior Men

Pl.	Team	Leg 1	name	Leg 2	Name	Leg 3	Name	Leg 4	Name	Overall time
5	A	10:12	Stan Pendered	10:14	Aiden Briffett	10:29	Sam Peters	10:06	Charlie Critchley	00:41:02
16	B	10:31	Archie Guppy [U17]	11:24	Harvey Perry [U17]	11:29	Andrea Sansoterra	11:07	Paul Newsome	00:44:33

Masters Men

Pl	Team	Leg 1	name	Leg 2	Name	Leg 3	Name	Overall time
5	A	11:31	Jonathan Burrell [M60]	11:20	Lewis Sida (M50)	11:28	Chris Gilbert (M50)	00:34:20

This team was categorised as a M50 team and came second in this category. Jonathan had the fastest lap time among the over 59 age category.

Masters Women

Pl	Team	Leg 1	name	Leg 2	Name	Leg 3	Name	Overall time
20	A	16:08	Karin Divall (F60)	17:26	Hazel Bennington (F60)	16:49	Bev Sheridan (F60)	00:50:24

[<Back to Contents>](#)

7. Getting to know you No 6 - Jonathan Burrell



Lee Valley 2023: 800 metres



Like many other members of Lewes AC, my current running career could not have been envisaged at one stage of my life.

This was not through lack of a sporting background: at Lewes Priory in the 1970's, I represented the school at a variety of sports, including track athletics and cross country and subsequently completed several half-marathons and one, solitary, painful marathon!

Unfortunately, at the age of 26, I succumbed to ME/ CFS and for the next twenty years my sporting activities, as well as many other aspects of my life, were put on hold.

In time, as my health slowly improved, I tentatively took up first tennis and golf and then football, eventually returning to some

gentle running.

At the age of 50, I decided that running should be my principal form of exercise and joined Lewes AC (despite living in Hove by this time). With the support and encouragement of the coaching team and other athletes, I threw myself into the racing programme, whether that was in the cross country and fun run leagues or road and track racing.

In addition to the buzz of competition, what was particularly enticing was the social side of the events; what a wonderfully friendly and supportive place the running community can be!

Since 2018, my focus has been on track racing, particularly involving national and international masters events. Highlights have included reaching the 800m final in the European championships in Jessolo, Italy in 2019 and gaining a bronze medal in the 1500m in the UK championships in Derby in 2021. I have also competed in three world championships, in Malaga, Torun and most recently in Tampere, Italy and have enjoyed meeting athletes from all around the world, including Mongolia, Bolivia and Kazakhstan!

For this year, I have entered a new age group, so have high hopes for the European championships taking place in Pescara in September.



[<Back to Contents>](#)

8. Mid-Sussex Marathon Weekend 29thApril – 1st May 2023



The idea of the Mid-Sussex Marathon Weekend is for runners to complete three running events on consecutive days over the Early Spring bank holiday weekend. The first two races are at East Grinstead and Haywards Heath and are both 10 miles in length. The final one at Burgess Hill on the Monday bank holiday is a 10 km event, so that the total distance over the weekend is approximately the distance of a marathon. Four graduates of Mark Papenheim's Beginners Running Course who have become running buddies were attracted by this challenge.

Their achievement is celebrated in the details below. Ladies, we salute you!

Note that our heroines did not wear club vests. What may look fine on youngsters may not appeal to more adult women. We should do something about this.

Place	Runner	Category	F/M Place	Cat Place	East Grin	Haywards Heath	Burgess Hill	Total
37	Sarah Robinson	F55	6	1	01:35:43	01:25:23	56:10	3:57:20
154	Esther Jones	F50	69	10	02:26:05	1:51:32	1:12:49	5:30:26
166	Anna Nicol-Smits	F55	76	10	02:34:10	2:11:58	1:17:19	6:03:27
168	Larissa Purdie	F60	77	6	2:36:07	2:11:58	1:19:36	6:07:35

Haywards Heath 10 miles – part of Sussex Grand Prix competition

Runners could enter single races in the weekend offering and many runners elected to run the Haywards Heath 10 miles on Sunday including those who wanted to garner points in the Sussex Grand Prix competition. The results of Lewes AC runners for this race are shown below.

Pos	Gun Time	Chip Time	Runner	Bib#	Category	Cat Pos	Gen Pos
6	01:00:21	01:00:21	Paul Newsome	724	Senior Male	5	6
104	01:19:17	01:19:12	Ian Hilder	501	Male Vet 60	6	87
157	01:25:47	01:25:23	Sarah Robinson	182	Female Vet 55	4	33
174	01:26:28	01:26:02	Bob Hughes	678	Male Vet 75	1	136
387	01:52:09	01:51:32	Esther Jones	177	Female Vet 50	24	154
432	02:12:35	02:11:58	Anna Nicol-smits	209	Female Vet 55	22	190
431	02:12:35	02:11:58	Larissa Purdie	134	Female Vet 60	15	189

[<Back to Contents>](#)

9. Seaford Martello Half Marathon 16th April 2023



place	bib	runner	Gun time	Chip time	Age category	Cat. position	M/F place	pace
45	88	Ian Hilder	01:55:50	01:55:44	M60	1	43	8:50 min/m
48	135	Sally Norris	01:56:08	01:56:02	F35	3	3	8:51 min/m
58	227	Rob Stanway	01:58:20	01:58:12	M50	16	54	9:02 min/m
66	162	Emma Rollings	02:00:05	01:59:59	F35	5	7	9:10 min/m
69	145	Andy Perris	02:00:38	02:00:29	M50	20	62	9:12 min/m
71	65	David Foster	02:01:40	02:01:35	M50	21	64	9:17 min/m
73	61	Alienor Falconer	02:02:51	02:02:46	F35	6	8	9:22 min/m
76	101	Ellie King	02:04:07	02:03:59	F35	7	9	9:28 min/m
82	160	Sarah Robinson	02:05:43	02:05:34	F55	1	12	9:35 min/
88	8	Charlotte Bennett	02:08:29	02:08:26	F35	9	14	9:48 min/m

[<Back to Contents>](#)

10. Sussex U15 League - 21st April 2023 at Brighton

Position	Team	Score
1	Brighton & Hove	338.5
2	Crawley	329
3	Eastbourne	284.5
4	Horsham BS	208
5	Lewes	160
6	Worthing	157
7	Chichester	143.5
8	HY Runners	96.5
9	Haywards Heath	38

Lewes AC performances

Place	Event	Time/ distance	Points	Girls A 300m		
	Boys A 100m			4	Emilia Singer	46.3 6
7	Eoin Darcy	14.5	3		Girls B 300m	
	Boys A 300m			2	Amelie Bedford	48.6 8
7	Max Farley	46.7	3		Girls A 800m	
	Boys A 800m			2	Emilia Singer	2:34.8 8
7	Charlie Perry	2:35.4	3		Girls B 800m	
	Boys B 800m			2	Florence Tuesday	2:38.4 8
1	Jacob Trotman	2:20.8	9		Girls A 1500m	
	Boys A 1500m			6	Eva Winton	5:10.5 4
2	Michael o'Connor	4:48.9	8		Girls B 1500m	
	Boys B 1500m			5	Nesta Pring	5:53.4 5
4	Toby Cherry	5:08.4	6		7	3
	Boys A 80mH				Girls A 75mH	
4	Eoin Darcy	16.6	6	3	Natasha King	14.3 7
	Boys A Long Jump				Girls A High Jump	
9	Xavier Parker	3.76	1	6	Maia Williams	1.25 4
	Boys A Javelin				Girls B High Jump	
5	Jacob Trotman	21.78	5	1	Ruby Wallace	1.25 9
	Boys B Javelin				Girls A Long Jump	
3	Charlie Perry	12.37	7	5	Emilia Singer	4.14 5
	Boys 4x100m				Girls B Long Jump	
7	Team	60.5	3	4	Ashli Whiteman	3.49 6
	Girls A 100m				Girls A Shot Putt	
6	Isla Tivey	14.7	4	8	Isla Tivey	3.81 2
	Girls B 100m				Girls A Discus	
6	Ruby Wallace	16.0	4	3	Amy Bomanaan	16.06 7
	Girls A 200m				Girls A Javelin	
4	Isla Tivey	30.6	6	6	Amy Bomanaan	12.97 4
					Girls B Javelin	
				5	Ashli Whiteman	12.21 5
					Girls 4x100m	
				6	Team	59.4 4

[<Back to Contents>](#)

11. Lewes AC at London Marathon 23rd April 2023

Fraser MacNicoll	2:43:35 (PB)
Jason Lee	2:47:45 (PB)
Martin Ratcliffe	2:52:45 (PB)
Rachel Hillman	3:00:46
Emma Navesey	3:02:58
Lee Woodgate	3:05:42
Ellen Brookes	3:09:49 (PB)
Emily Proto	3:21:33
Lydia Godfrey	3:33:33
Beth Hancock	3:45:56 (PB)
Elizabeth Hilton	4:47:55

[<Back to Contents>](#)

12. Getting to Know You - No 7 Ellen Brookes



Growing up, I ran for my school and always did OK at county cross-country races, but my school wasn't particularly 'sporty' and I don't ever remember being encouraged into running. There certainly wasn't a local athletics club. Most of my childhood and teenage years were spent riding horses and I competed in equestrian cross-country events.

As an adult, I've always liked to keep fit with yoga and other fitness classes. I started jogging occasionally after I had my first child in my late twenties. It wasn't a big part of my life, but I did a few small races in London – not actually realising they were races and with the focus on finishing rather than a time.

We moved to Lewes when my eldest daughter was a baby and I decided I wanted to get fit. I got a personal trainer who ended up being my running partner and she persuaded me to enter the Lewes 10k. Back then, it was 25 laps around the LAC track. I'd never run on a track so the thought of all those laps didn't put me off – it would now! I did quite well, I think, and Peter Masters approached me at the end and asked if I would like to join Lewes AC. (He probably doesn't remember, but I do!) I said no as I didn't think I had enough time, but in honesty, I still didn't think of myself as a runner.

A few years later, I signed up for the Brighton Half Marathon to raise money for charity and started running with my friend Phil Westbury to train for it. I remember the miles building up at the weekends and being very intimidated by the idea of a 10-mile run on a Sunday morning. Phil was very encouraging, and I ran my first half at 1:44 in 2018. Phil and fellow LAC runner Lee Woodgate told me this wasn't a bad time and talked me into joining the club that year. I remember turning up to my first LAC race – Trundle Hill WSFRL run – with no clue what was going on or even that I as supposed to 'race'... I stopped halfway to tie my shoelaces and take in the view at the top of the hill! Dom Osman Allu and David Foster were very encouraging, and I wasn't totally scarred by the experience.

Since joining the club, running has become a massive part of my life. During lockdown, I'm not sure what I would have done with myself without it. I felt so lucky that I had running as my escape when everything shut down. I have made so many friends through Lewes AC and I feel very privileged to have so many amazing, strong and inspiring people in my life.

I have now run quite a few half marathons and four marathons (two trail and two road) and own a cupboard full of trainers.

Recently, I have been doing lots of road running while training for London Marathon (wow, what an event!) but I'm so happy to be back on the Downs now. Although I love the challenge of a road race, I feel at home on the trails. I'm not quite sure what my next challenge will be, but I'm definitely not done with marathons...

[<Back to Contents>](#)

13. In the next edition:



Sorry we ran out of space and time!

In the June edition of Ammonite -

Thomas Roach and the Three Peaks, Dominic Osman-Allu and the Thames Ring 250, Marolles and more and more