



AMMONITE Lewes Athletic Club Newsletter June 2023

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

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1. Club AGM looms: wider range of Executive Committee members needed

Richard Moore, Club Secretary, writes:



Club communications survey

A report of the club's communications survey is now available on the 'Club organisation' page of the wiki. A total of 25 members only responded to the questionnaire, so the results are far from conclusive. Currently the club has in excess of 400 members including over 200 adults.

Club AGM & executive committee

The next AGM will take place on the evening of September 22nd.

Venue and timing details will be publicised nearer the date.

This year the club will organise elections with online voting so that all members (aged 18 and over) have an opportunity to vote regardless of whether or not they are able to attend the AGM. Further information about the arrangements for committee elections will be available in July.

This is your club and as a club it's important that the committee reflects the membership and its athletic interests. As it stands **it has not always been possible to hold quorate meetings during the past year because of retirements from the committee.**

With one exception **the active committee members are all from the running side of the club**, so when elections open it would be great to have some **nominations from members (or parents / guardians) involved with the Academy, event groups and field sports as well as runners.**

Although the existing committee has prepared a new constitution which can be used in an application for Chartered Incorporated Organisation status this is currently on hold until a more resilient (regularly quorate) committee can be formed.

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2. Don't throw away your old trainers

Lewes AC would like to do their bit and recycle running shoes that may be old to you but could be useful to someone else. Through Jog On Recycle we are giving everyone the opportunity to have a good clear out and save some old shoes from landfill.

We will be hosting 3 drop off dates:

Wednesday 7th June

Thursday 8th June

Tues 13th June



Collection will be before the groups runs and track session on each of those evenings. Ellen or Emma will be there to receive them.

Please bring your old, unwanted trainers along on any of these dates so we can give them a new home.

If you'd like more details please visit <https://www.jogonagain.com/about>

Or contact Emma or Ellen.

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3 Lewes AC runner sets Yorkshire Three Peaks record



Austria-based Lewes AC member Thomas Roach (V40) set a new course record at the legendary 24 mile Yorkshire Three Peaks fell race known as the 'Marathon with Mountains' on 26th April. The race climbed the three summits of Pen-y-Ghent (694m), Whernside (736m), and the towering bulk of Ingleborough (723m).

There was a modified course this year which added an kilometre to the overall distance. Tom's time completing the course in 02:53:28 set a new V40 course record.

He won a princely £100 cash prize for the fastest male ascent of Pen-y-Ghent, as well as the Jack Bloor Trophy (Curlew Plaque) as the fastest newcomer to the event and the Stan Bradshaw Trophy as the first male V40 runner home.

Proud parents Chris and Peter emailed '*[His] performance was remarkable – and shattered the previous best for the MV40 category, even with the additional kilometre as a result of the route change. He'd flown in from Austria and had never seen the course before but belied his inexperience with a dominant display – though he admitted the route up Whernside proved the most challenging from a navigation point of view.*'

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4 UTMB Ultra Trail Snowdonia 2023



100 miles (distance 168k climb 10,200 metres)

Richard Curtis 39:46 hours 3rd M55-59

100km (distance 104km climb 6,700 metres)

Bob Gilliland 19:81 hours 28th M40-44

50km (distance 55k climb 3,400 metres)

Thomas Evans 5:27:1 hours 1st M20-34

Fran Witt 12:40 hours 2nd W55-59

David Prince-Iles 9:16 hours 1st M65-69

Euan Baker 10:35:52 hours M20-34

Gary Bedford 11:51 hours 50th M45-49

Withdrawn: Robert Girardo, Toby Meanwell, Tony Deacon (many commiserations)



(Below) Left: Fran Witt demonstrates rehydration technique. (Above): David Prince-Iles at awards (8th from right))



Fran Witt wrote on WhatsApp : *Honestly it was brutally hot. Lots of hard-core runners dropped due to dehydration. None of us had been able to train in the heat. And in the 100 miles 60% of the runners did not finish. I think it was easier for us back of the pack runners as we weren't pushing so hard – the tortoise approach.*

Asked about a talk on her ultra experience Fran said: *'I am up for it. Especially if I can coax more of you awesome women runners into ultra running (spoiler alert – you'll probably like it!). Only about 20% of ultra runners are women so it stands to reason that you are more likely to podium (but actually that's far less of a buzz than reaching a summit'.*

With thanks to Kate Seymour, Dom, Fran ,David PI and others have agreed to come and chat about the joys of endurance running!

Tuesday 20 June at 8pm, at the Southdowns club. All welcome!

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5 Sussex County Track and Field Championships Crawley 13th-14th May 2023

The County Track and Field Championships seem to creep up very quickly. The early scheduling is because the event is at the lowest level in a ladder of championships at regional and national levels over the Track and Field season.

In looking at these results keep in mind the two-year age bands for the youngsters. Budding athletes alternate between being among the younger competitors in one year and then among the older and more competitive ones in the next and then back to being the younger competitors. This can give a false impression of faltering progress.

In general the 2023 results look healthy, with a better balance junior and senior Lewes participants. Among the headlines illustrating the breadth of age categories on the track are the double County U17 golds for Rosie Kornevall in the 200 and 300m, the 400m U20 gold for Pyers Lockwood, the Senior Men's 5000m gold for Josh Burgess, the Senior Women's gold for Emma Navesey for the 5000m and the Vets 200m gold for Owen Wells.

The field side of things used to be a very quiet area of activity, but as can be seen below Lewes AC had an overwhelming dominance of the Pole Vault events. Ammonite counted seven pole vault golds and let us not miss out Natasha King's U15 gold for the shot putt.



Above: Grace Tuesday (433) and Rosie Kornevall (604)

Position	Bib	Category	Competitor	Time
100 U15B Heat 1				
6	115	U15B	Eoin Dacey	14.1
100 U15B Heat 2				
8	325	U15B	Xavier Parker	13.6
100 U17M Heat 1				
3	355	U17M	Dominic Redshaw	11.8
800 U17W Heat 1				
1	433	U17W	Grace Tuesday	02:17.00
4	348	U17W	Darcy Pring	02:27.40
7	189	U17W	Florence Hill	02:49.70
800 U17W Heat 2				
2	210	U17W	Ava James	02:25.00
6	300	U17W	Lara Nolan	02:49.90
800 U17W Heat 3				
1	401	U17W	India Sommerville	02:18.00
2	413	U17W	Esme Stephenson	02:22.40
200 U17W Heat 1				
1	604	U17W	Rosie Kornevall	26.33
75H U15G Final				
3	232	U15G	Natasha King	14.2
5	393	U15G	Emilia Singer	14.5

6	181		U15G	Ava Hayes	15.6
7	381		U15G	Alix Scott-Rebera	16.3
80H U17W Final					
4	474		U17W	Thalia Witham	13.18
300 U15B Heat 1					
4	432		U15B	Jacob Trotman	44.13
300 U15B Heat 2					
4	142		U15B	Max Farley	48.14
100 U17M Final					
5	355		U17M	Dominic Redshaw	11.80
100 U20M Final					
4	322		U20M	Jack Palmer	11.61
1500 U17M Final					
10	57		U17M	George Brooks	04:41.63
11	422		U17M	Isaac Tarafder	04:42.89
14	423		U17M	Theo Tarafder	04:45.82

1500 U20M/SM Final					
10	483		U20M	Charlie Wright	04:13.30
200 U17W Final					
1	604		U17W	Rosie Kornevall	25.97
200 U20W Final					
6	376		U20W	Saskia Sclater	27.49
200 SW Final					
4	236		SW	Chloe Kornevall	26.62
300 U15B Final					
6	432		U15B	Jacob Trotman	44.02
400 U20M/SM Final					
1	250		SM	Pyers Lockwood	49.69
150 U13G Minithon Race 1					
3	534		U13G	Eleanor Tennant	23.25
800 U15G Final 1					
2	15		U15G	Manon Barbet	02:44.33
3	349		U15G	Nesta Pring	02:45.61
800 U15G Final 2					
1	434		U15G	Florence Tuesday	02:34.92
800 U15G Final 4					
6	393		U15G	Emilia Singer	02:31.62
800 U17W Final					
2	433		U17W	Grace Tuesday	02:14.74
3	401		U17W	India Sommerville	02:16.60
5	210		U17W	Ava James	02:19.79

7	413		U17W	Esme Stephenson	02:23.09
800 U20W Final					
7	279		U20W	Lucy Meyer	02:32.63
800 SW Final					
3	594		W45	Rebecca Trotman	02:43.34
100 U15G Heat 1					
5	357		U15G	Sarah Reid	14.71
7	381		U15G	Alix Scott-Rebera	14.89
5000 Final SM					
1	64		SM	Joshua Burgess	15:05.95
3	375		SM	Ben Savill	15:10.00
9	51		SM	Aiden Briffett	16:13.40
200 U15B Final					
6	361		U15B	Edward Riseborough	27.62
200 SM Heat 2					
1	250		SM	Pyers Lockwood	22.71
5000 Final SW					
1	294		SW	Emma Navesey	18:41.83
300 U15G Heat 2					
3	393		U15G	Emilia Singer	45.97
300 U17W Final					
1	604		U17W	Rosie Kornevall	41.79
2	433		U17W	Grace Tuesday	42.19
100 U20W Final					
3	376		U20W	Saskia Sclater	13.27
1500 U17W Final					
2	210		U17W	Ava James	04:45.85
3	413		U17W	Esme Stephenson	04:48.01
7	348		U17W	Darcy Pring	05:08.06
200 SM Final					
3	250		SM	Pyers Lockwood	22.40
200VETM Final					
1	597		M35	Owen Wells	24.18
300 U15G Final					
5	393		U15G	Emilia Singer	45.13
800 U15B Final Race 2					
9	142		U15B	Max Farley	02:33.26
800 VETM Final					
4	562		M60	Jonathan Burrell	02:23.46
8	610		M65	Peter Kennedy	02:46.72
Pole Vault - Under 20 Men					
Pos	Bib	Name			result
1	237	Isaac	Lancaster		4.20
3	455	Cameron	Wells		3.90

High Jump - Under 15 Girls				
pos	Bib	Name		result
6=	301	Miranda	Nolan	1.20

Long Jump - Under 15 Girls				
pos	Bib	Name		result
4	393	Emilia	Singer	4.48
5	381	Alix	Scott-Rebera	4.31
10	47	Maria	Breeze	3.98

Shot - Under 15 Girls				
pos	Bib	Name		result
1	232	Natasha	King	8.79

Pole Vault - Under 15 Boys				
Pos	Bib	Name		Result
1	481	Ivan	Wray	2.70
2	428	Diggory	Thomas	2.30

Pole Vault - Under 13 Boys				
Pos	Bib	Name		Result
1	379	Bill	Scott	2.40
2	144	Oscar	Fermor-McGhie	1.90
3	608	Tarn	Allan	1.90
4	253	Remy	Louis	1.70
5	111	Archie	Crane	1.60

Pole Vault - U20 Women				
Pos	Bib	Name		Result
1	398	Amalie	Smith-Jarman	3.20
3	89	Natasha	Clarke	2.80

Long Jump - U20 Men				
pos	Bib	Name		result
2	322	Jack	Palmer	5.78

Javelin - Under 17 Men				
pos	Bib	Name		result
4	268	Hugo	Mason	44.56

Pole vault - U17 Women				
Pos	Bib	Name		Result
1	88	Imogen	Clarke	3.00

Pole Vault - Under 15 Girls				
Pos	Bib	Name		Result
1	181	Ava	Hayes	2.85
2	231	Ayla	Kimpton-Bragg	2.50
3	380	Phoebe	Scott	2.50
4	272	Mia	McGhie	2.40

5	45	Beth	Boyes	2.40
6=	15	Manon	Barbet	2.00
6=	425	Imogen	Taylor	2.00
Pole Vault - Under 13 Girls				
Pos	Bib	Name		Result
1	190	Iris	Hitchmough	2.20
2	449	Sylvie	Ward	2.20
4	187	Elizabeth	Higgins	1.70
Long Jump - Under 15 Boys				
Pos	Bib	Name		Result
11	325	Xavier	Parker	3.80
Hammer - Under 17 Women				
Pos	Bib	Name		Result
3	10	Jia	Atkins	32.30

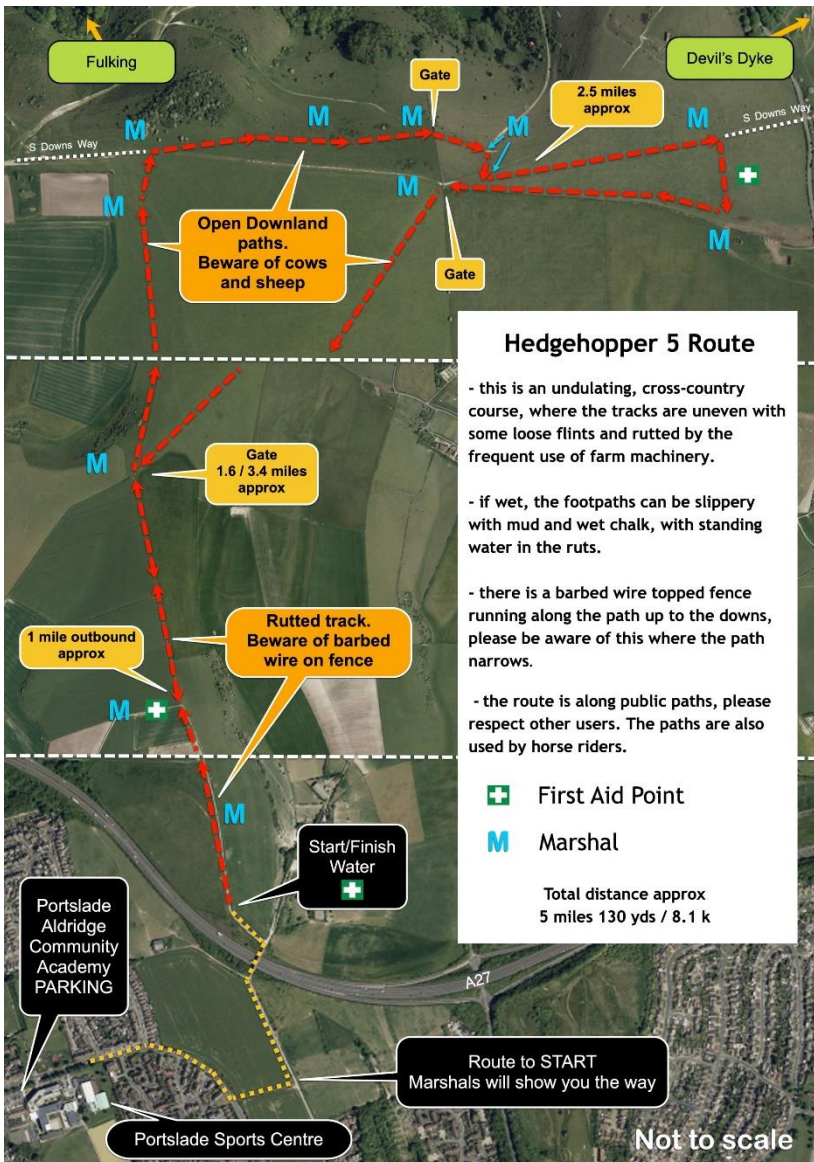
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6. West Sussex Fun Run League

Portslade Hedgehoppers 5 Mile Run Sunday 7th May 2023

Position	Time	Bib	Runner name		M/F	M/F Position	Points
103	44:50	202	Sarah	Robinson	F	22	8
134	47:23	198	Gerard	Dummett	M	103	4
152	49:30	5	Kate	Seymour	F	36	7
165	50:44	203	Colin	Hartland	M	122	2
169	51:12	199	Hazel	Bennington	F	44	6
170	51:25	201	Peter	Miller	M	126	2
179	52:52	197	Emma	Gardner	F	52	5
181	53:04	195	Andy	Perris	M	128	2
212	57:58	200	Jane	Holford	F	76	3

Relative newcomer Sarah Robinson was first Lewes runner home. Ammonite recalls that this is only the second time one of our women has come in first for the club (the other is Helen Sida). No doubt there will be more. Also note that Sarah's score means that she was in the top 30% fastest women: Kate's 7 points (top 40%) is also noteworthy.



Chichester Runners Trundle View Run Wednesday 27th May 2023 (Evening run)





Above: Lewes AC Trundle View runners

Just getting through the rush hour on the Worthing by-pass to Goodwood in the evening is quite an achievement. There was a very small Lewes contingent, but some good scores.

Position	Time	Bib	Runner name		M/F	M/F Position	Points
9	32:25	398	Chris	Coffey	M	9	10
31	35:28	399	Andrew	McLennan	M	30	9
136	44:53	400	Andy	Perris	M	102	5
146	45:16	394	Sarah	Robinson	F	37	8
181	47:39	395	Kate	Seymour	F	51	6
214	51:29	396	Colin	Hartland	M	149	2
242	57:08	393	Jane	Holford	F	83	4

The next West Sussex run is the Littlehampton Beach Run on evening of Wednesday 7th June. It is worth braving the Worthing traffic to participate in this iconic run along the compacted sand at low tide.

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7 Southern Athletics League: Division 3 South - Round 1 - Dartford - 20 May 2023

	Team	Score
1	Havant	248
2	HY Runners	233
3	Horsham Blue Stars/East Grinstead	181
4	Worthing	170
5	Lewes/Haywards Heath	161
6	Chichester	82

Place	Event/Athlete	Age Cat	Performance Time/ distance	Points
Men's A 100m				
3	Dominic REDSHAW		12.0	4
Men's A 200m				
3	Dominic REDSHAW	U17	24.0	4
Men's B 200m				
2	Harvey PERRY	U17	24.2	5
Men's A 400m				
4	Harvey PERRY	U17	58.7	3
Men's B 400m				
4	Tim POPKIN	M45	73.0	3
Men's A 800m				
5	Tim POPKIN	M45	2:45.8	2
Men's B 800m				
4	Paul COUSINS	M60	2:58.9	3
Men's A 1500m				
2	Aiden BRIFFETT	SM	4:30.8	5
Men's B 1500m				
Men's A 3000m				
1	Aiden BRIFFETT	SM	9:24.5	6
Men's B 3000m				
4	Tim POPKIN	M45	13:59.5	3
Men's A 3000m Steeplechase				
3	Tim POPKIN	M45	15:29.0	4
Men's B 3000m Steeplechase				
Men's A Javelin				
6	Paul COUSINS	M60	16.09	1
Women's A 100m				
3	Lucie VENABLES	SW	15.0	4
Women's B 100m				
2	Jo BUCKLEY	W55	16.5	5
Women's A 200m				
3	Lucie VENABLES	SW	36.6	4
Women's B 200m				
4	Jo BUCKLEY	W55	36.0	3
Women's A 400m				
3	Annie CLOSE	SW	74.2	4
Women's B 400m				
2	Jo BUCKLEY	W55	82.0	5
Women's A 800m				
4	Lucie VENABLES	SW	3:06.4	3
Women's A 3000m				
3	Lucie VENABLES	SW	14:06.0	4
Women's A 100mH				
Women's A High Jump				

2	Annie CLOSE	SW	1.30	5
Women's A Long Jump				
1	Annie CLOSE	SW	4.57	6
Women's B Long Jump				
2	Lucie VENABLES	SW	3.61	5
Women's A Triple Jump				
2	Annie CLOSE	SW	9.56	5
Women's B Triple Jump				
2	Jo BUCKLEY	W55	5.53	5
Women's A Shot Putt				
4	Kleri TANTELE	SW	6.17	3
Women's B Shot Putt				
2	Jo BUCKLEY	W55	4.63	5
Women's A Discus				
3	Kleri TANTELE	SW	17.51	4
Women's B Discus				
2	Jo BUCKLEY	W55	10.88	5
Women's A Hammer				
4	Kleri TANTELE	SW	16.28	3
Women's A Javelin				
2	Kleri TANTELE	SW	24.72	5
Women's B Javelin				
2	Lucie VENABLES	SW	14.22	5

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8 Out and about at the races: Barcombe, Rye (really Peasmarsh), Horsham and Seaford

BARCOMBE FUN RUN 2023 / MONDAY 1ST MAY / 10:30AM

Some familiar names appeared over in the Barcombe 6 miler (approx.). Apologies to any Lewes AC runners whose names are missing.

Position	Time	Bib	Name
1	21:11	99	Joshua Burgess FIRST MALE
2	23:04	202	Stan Pendered
3	23:39	271	Ruby Whyte-Wilding FIRST FEMALE
15	27:41	51	Sally Norris
18	29:05	41	Ian Hilder
19	29:07	209	Alex Steer
20	29:35	47	Gary Loughlin
23	29:48	42	David Foster
47	35:03	83	Andy Perris
55	35:28	204	Andrew Pearce
56	35:36	201	Ollie Pendered
68	37:44	205	Mark Pappenheim

81	41:44	53	Jane Holford
82	41:45	27	Maria Birch
83	41:52	70	Ann Hagen
109	46:57	264	Claire Watson
110	46:58	262	Geoff Watson

RYE 10 MILES (REALLY PEASMARSH) Sunday 7th May 2023

This was the third race in the Sussex Grand Prix

Position	Runner	Category	Gun Time	Chip Time
75	Ian Hilder	MV60-64	01:21:18	01:21:04

HORSHAM 10k 14th May 2023

This was the fourth race in the Sussex Grand Prix

Position	Runner	Category	Gun Time	Chip Time
65	Ian Hilder	MV60-64	46:35	46.31

SEAFORD 10K SUNDAY 14TH MAY 2023

Out and back run starting and finishing at Seaford Museum of Local History

Position	First Name	Last Name	Gender	Club	Time
6	Joe	Plant	Male	Lewes AC	00:37:38.00

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9. Vet Runners: how to finally get that World Record you deserve.

Peter Kennedy writes:

800m relays are not often held and never in championships. This makes the records a softer target than in an individual event. The problem is usually to find a team at their best all at the same time, but last February we assembled the four best 800m runners in Britain in three age groups: M55, M60 and M70, found a middle-distance open meeting at Lee Valley willing to host the events.

The result was that on 16th February the three teams all set new world records, breaking the previous records by substantial margins. The report of the race by James Davis is to be found on the webpage <https://mastersathletics.co.uk/three-relay-records/>.

I wanted to share this because I was a member of the M70 team and hence have achieved a world record; most likely the only one I will ever get. **(Below Peter is second on the left.)**



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10 Getting to know you No 8.... Phil Westbury

So, where to begin? Perhaps like a run, at the start... My first experiences of running were being dragged to various races along the South coast during the 80s by my mum to watch my dad run. He was a pretty good middle-distance and cross-country runner, and represented Scotland a few times. I don't remember the races much, but apparently, I enjoyed the ice creams.

The running bug didn't really hit me back then. I ran for school and county, but lost enthusiasm and stuck with football before progressing to music, beer, pubs and clubs...

Like a lot of people, hitting 30 brought some change and reflection. In a moment of madness, I signed up to the London Marathon with a couple of mates. I'd inherited my dad's running log books and we tried to follow the plan (but not the paces). We trained around North London during the winter, completed the race, raised a ton of money for the National Deaf Children's Society... and then running became a part of my life.



Joining Lewes AC has been such a life-enriching and wonderful experience. You can tell with my Masters Mantell victory picture from 2017 ;-). Not only do you meet lots of great and inspirational people, but there are so many opportunities to run with the club. We are so lucky to have the Downs on our doorstep and it's just so easy to lace up and get out on them.

I've enjoyed the generally sunny West Sussex Fun Runs, the generally freezing cold East Sussex Sunday league matches, the Sussex track and road races and the various relays immensely.

I'm now a qualified run leader and assistant coach and really enjoy using those skills. You can usually find me on Tuesday night club runs and coaching academy kids on Saturday mornings. Ellen Brookes and I also set up the popular monthly Beak Brewery runs, which lots of our club runners attend. Running and a beer = my ideal.

In the last few years, I've focused quite a bit on my own training. I've seen the rewards – getting PBs on all distances in the last year – which has made me want to push even more. The South Downs Relay, Great South Run and Valencia Marathon are all on my plan for 2023.

My wife has started to think (OK, maybe for a while...) that I've got a serious obsession with running. The postman often brings deliveries of new shoes or kit, I organise holidays and trips based on races and training, and regularly chat about running, races, shoes and sandbagging, especially with my good Lewes AC pals, Ellen and Lee Woodgate.

I've tried to balance this over the last few years by taking on – after gentle persuasion by Peter Masters – the organisation and management of the track and field events at Lewes.

This has been a challenging (we always need more officials and volunteers – get involved!) but very exciting experience. These events have hundreds of athletes coming from all over South East England and we always put on a great event. We've had some brilliant races there and I think there's a strong future for track events, especially at Lewes, so I'd really encourage club members to come along and compete or spectate. As you know, it's one of the most idyllic track locations in the country!

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11 That's the Ammonite for June 2023

We have run out of time and space. Look out for the July edition of Ammonite with the story of Dom's 250 mile running adventure, the May Vets League results (and hopefully) pictures and Getting to Know You No 9...Jo Buckley.

You may be annoyed that Ammonite has missed an important Lewes AC event or story. If so make a point of emailing Ammonite HQ at newsletter@lewesac.co.uk with your stories – with photos where possible.

And don't forget your sun block!

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