

# AMMONITE Lewes Athletic Club Newsletter

## July 2023

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

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## 1. Athletics Summer Camp



# Athletics Summer Camp

**Year 3 to 6**

*Summer Camp  
T-shirt included*



**Come and...**

## RUN JUMP THROW

**24th – 27th July 2023**

**21st – 23rd August 2023**

10am - 3pm every day

Lewes Athletic Club, Mountfield Road, Lewes, BN7 2XG  
(behind Lewes Leisure Centre)

[www.lewesac/what-we-do/summer-camp](http://www.lewesac/what-we-do/summer-camp)

[summercamp@lewesac.co.uk](mailto:summercamp@lewesac.co.uk)

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## 2. Lewes AC Summer Social - 6th July 5-8pm

Phil Westbury writes:

As you'll have seen on email and Whatsapp, we are so pleased to invite all our Lewes Athletics Club members to an evening of races and socialising at the Lewes track on **Thursday 6th July 5 - 8pm**.

**The event is open to all Lewes Athletics Club members and their families.**

There will be **Track Racing, Club Information and a Track Tidy**.

We'll have an **ice cream van** on site, also serving iced coffees, bubble teas, cold drinks and pick 'n' mix sweets.

And delicious focaccia from **Caccia and Tails**.

For track racing, we'll have several races based on your estimated times and start these around 6.15pm onwards. Let's get some PBs!

Please sign up here for distances (800m or 1 mile) and also if you're planning to attend to spectate:

<https://wiki.lewesac.co.uk/tiki-index.php?page=Track+time+trials%2C+6th+July+2023>

A reminder: academy participants will race between 5-6pm and adults from 6.15pm onwards.

We are really excited to be able to put this night on, so please support your club and come down on 6th July to run, spectate, eat and drink, find out more about our club, meet new people and catch up with other members.

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## 3. The Thames Ring 250 (ish) mile race

Dominic Osman-Allu writes:

### What is this?

It is the first race of this distance in the U.K. and for many years the longest non-stop race in Europe. The route is almost entirely on canal and riverside paths and is relatively flat - and I quote the organisers here *"though not as easy as you might think"*.

The route takes you from the start in Streatly-on-Thames down the Thames path till you pick up the Grand Union Canal in Richmond then follows it to just north of Daventry where you turn left and head towards Oxford on the unsurprisingly named Oxford Canal. Then it's back by the side of the Thames to where you started.

**Why?** 🤔

### How?

To say that I was as underprepared as usual would be flattering myself. My only plan - based on no evidence whatsoever - was to get to the checkpoint 6, the first of only two that weren't just a small gazebo or under a bridge - at 150 miles, sleep for half an hour, then carry on for the last 100.

Amazingly, for the first 100 miles all went to plan. But then it rained heavily for about 4 hours and the path/canal bank turned into a mudbank which my road shoes provided zero grip on. A change of shoes at the Milton Keynes -125 mile checkpoint - even grimmer than it sounds. There was a tarpaulin on the ground underneath a road bridge enlivened by the volunteers who knew their way around a two ring stove and were masters of canned food).

A gentle run through the second night got me the indoor checkpoint: 45 minutes sleep, pizza, pot noodles, two double espressos, new socks, major bandaging of sodden feet, last pair of dry shoes, and just 100 miles

to go. Felt weirdly upbeat and had been joined by the youngest runner in the race some 30 miles earlier so had company. We trotted off and were pretty confident that the finish was achievable...



At some point the next evening the lack of sleep began to take its toll despite trying a few 2-6 minute micro-sleeps ( who knew that was a thing???) slumped under a bridge . Eventually made it back to the finish line some 94 hours after setting off. There are parts of the race I genuinely cannot remember and some of my memories must be false due to the sleep deprivation hallucinations which proved quite interesting!



The end result was an impressive sounding joint 15th place, until you factor in the fact that 43 people started and only 19 finished- although interestingly everyone who made it to 150 miles made it to the finish.

### Why?

Because when you're in the company of other runners at ultra distance events you talk about other races, they seem like normal people, but much like this article they only seem to remember the good bits.

### The Finish!



The Medal!

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#### 4. Fran\* runs to France

\*Not our Fran – a different one.



Hello! On July 9th I will be running day 2 of my unsupported 270 mile run from Buckingham Palace to the Eiffel Tower. I am doing this crazy challenge to raise money for a domestic abuse charity following the murder of a friend.

Day 2 takes me from Ashurstwood to Newhaven. If anyone around Lewes and the surrounding area would be able to join me for some of the day, I would be so happy! Equally, if you don't fancy a run but have a spare cup of coffee or slice of cake (or just a glass of cold water!) and fancy some company while I rest for 20 mins, that would be equally amazing!

I will not be running fast (it's a very long way!!) and my offer is truly open to anyone who is around that day and fancies a little or a long run and a chance to meet someone new.

Ooh, and also.... If anyone does make it to Newhaven with me, then the amazing people at The White Hart

Newhaven have offered food at the end of the day 🙏

You can see my Facebook page [Fran Runs to France](#) for more info and updates.

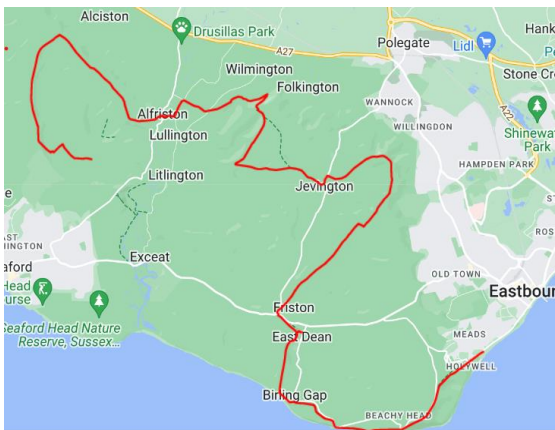
Thank you for reading.

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#### 5.UK Ultra South Downs Event 28<sup>th</sup> May 2023

20 Miles

From Raffiny Wine Estate, near Alfriston to Helen Garden Eastbourne



4<sup>th</sup> Richard Strong 2:43:44

50 km

From Falmer to Eastbourne



5th Toby Meanwell  
Male Vet  
Time 3:51:32

8th Jason Lee  
Male Senior  
Time 4:13:55

9th Lizzie Keep  
Female Senior  
Time 4:16:13



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## 6. South Downs Relays 3<sup>rd</sup> June 2023

Two LAC runners, two teams, 100 hilly miles for each team running from Beachy Head to Winchester. A lot of fun, a lot of elevation, a lot of laughter... amazing support for each other and from our team back home. And a special thank you to our drivers and co pilots.

Leg	Start of leg	Miles	Mixed team	Leg time	Women	Leg time
Pos.			8th		4th	
1	Beachy Head	6.2	Philip Westbury	54:15	Gina Wilkinson	46:00
2	Exceat	5.4	Sarah Godley	47:45	Laura Douse	47:18
3	Bo Peep	4.6	Emma Rollins	35:00	Beth Hancock	38:23
4	Southease	7.0	Mike Jones	54:45	Ellen Brooks	55:10
5	Housedean Farm	5.0	Andrew McLennan	39:15	Rachel Hillman	37:38
6	Ditchling Beacon	4.9	Sally Norris	38:00	Megan Taylor	37:17
7	Saddlescombe	5.7	Mike Jones	42:00	Ellen Brooks	37:14
8	A283 Arun	6.0	Sarah Godley	54:00	Beth Hancock	1:06:38
9	Washington	4.2	Emma Rollins	37:00	Laura Douse	34:16
10	Springhead Hill	3.9	Sally Norris	29:00	Megan Taylor	28:54
11	Houghton Lane	5.4	Philip Westbury	44:00	Gina Wilkinson	40:46

12	Littleton Farm	5.2	Andrew McLennan	39:00	Rachel Hillman	37:09
13	Hill Barn	6.4	Emma Rollins	1:04:00	Ellen Brooks	59:36
14	Harting Hill	5.6	Philip Westbury	45:00	Megan Taylor	43:45
15	Queen Elizabeth Pk	4.0	Mike Jones	34:00	Beth Hancock	49:30
16	Sustainability Centre	3.7	Sarah Godley	30:00	Gina Wilkinson	25:48
17	Old Winchester Hill	8.7	Andrew McLennan	1:24:00	Rachel Hillman	1:09:20
18	Holden Farm	5.4	Sally Norris	46:02	Laura Douse	44:50
<b>Total</b>				13:37:02		13:19:32

**Philip Westbury ,Mixed Team Captain ,writes:**



For those not familiar with the race, it is a point-to-point race from Eastbourne and east along the South Downs Way to Winchester. It takes place on the first Saturday of June every year and is a test of trail running, endurance, navigation, and recovery since each runner takes on three separate legs over the course of the day covering around 30k in total.

The day starts at 6am (!! ) being picked up in Lewes in a nine-seater minibus with your teammates for the day (Sarah, Emma, Andy, Mike and Sally), our driver, David, navigator Ellie and canine mascot, Oscar.

After a short drive to Beachy Head, we find a small congregation of minibuses and anxious runners at the start point. The sun is now shining and registration is complete. It is very, very light at this time of the day and for us, the 100-mile relay race began at 7am.

I took on the first leg, hoping to set the bar high and that started well for about 18 minutes, as it did include a small detour (doh) in the middle! Never underestimate the route – major lesson learned. The rest of the team took on each leg with magnificent gusto. Sally, Sarah and Emma all performed above "Chitty" times on their legs on a very hot and humid day. Mike Jones, making his debut, excelled on leg 4, which I am sure was helped knowing his family was watching with us at the A27 handover. Andy made leg 17 even harder than usual!

The day is always brilliant: working together as a team, seeing friends and runners from the other clubs along the way and enjoying the picturesque South Downs landscape. The time goes so fast and as Ferris Bueller said, 'If you don't stop and look around once in a while, you could miss it.'



**Rachel Hillman, Women's Team Captain, writes;**

It was an early start, meeting at Dom's for 6.15 am. However getting up early was the easy part after a week of panic over whether we had enough runners. Thursday had been spent trying to get a back-up runner after Gina had come down with a gastro virus. However Gina confirmed she could run on Friday morning and we were back on for what is one of the best running events of the year. The fantastic team included Gina Wilkinson, Beth Hancock, Laura Douse, Ellen Brookes, Megan Taylor who had come back from Switzerland and Rachel Hillman.



We made our way up to Beachy Head for the briefing and set off at 7.30am with Gina taking the first leg. Off she ran into the distance taking the lead at the start. Gina ran a fantastic leg over the seven sisters putting us in a great position. As the day went by we seemed to be keeping quite close to Fareham runners who started with us. One leg we would overtake and the next we would get overtaken which was a little mini battle. The mixed team started half an hour before us so we kept seeing them at the changeover points which was great to see how each other were getting on. As the day went on it got warmer, making the legs in the middle of the day quite exhausting. The whole team pulled together and worked really hard. At times it was tough as we were probably in the wrong starting group and therefore we started to see faster teams coming past us. Despite being one of the last groups to finish we were the fourth fastest ladies team. There were some fantastic performances by all including a club record time for Gina on leg 16. There were a couple of first timers and I have to apologise to poor Ellen for giving her leg 9 and leg 13 so close together but she did really well. If anyone has ever thought of giving the South Downs Relay a go, you must! It's a brilliant day out with great teammates, support and I guarantee lots of laughs and fun along the way.

Well done team!

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## 7. World Mountain and Trail Running Championships 8<sup>th</sup> June 2023



Lewes AC runner Thomas Roach (2142) running for the GB team in his home town of Innsbruck won a silver in the in World Mountain and Trail Running Championships.

His silver medal was in the short trail race of 45km completed in a time of just over 4 hours. He led the GB team to a world championship gold medal.

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## 8. Wealden Trail Run 11<sup>th</sup> June 2023



Well done to all our runners at the Weald Challenge Half and 50k Ultra Marathon. The heat made things tough out there.

Place	Runner	M/F	Age Category	Time	Bib
45	Mathew Homewood	Male	50 – 59	02:07:12	328
67	Martin Ratcliffe	Male	Senior	02:11:34	436
86	Rob Stanway	Male	50 - 59	02:20:45	474
88	Andy Perris	Male	50 – 59	02:20:49	417
98	Kate Seymour	Female	50 - 59	02:23:33	459
138	Tara Twyman	Female	40 - 49	02:33:41	201
141	Sarah Robinson	Female	50 – 59	02:34:55	441
146	Ellie King	Female	Senior	02:36:33	347
155	Anita Amies	Female	60 - 69	02:38:48	207
211	Mark Pappenheim	Male	60 - 69	02:54:18	410

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## 9. Getting to know you: Number 9....Sally Norris



I've always enjoyed sport and as a child would often be found on my bike, cycling around our farm or playing rounders or cricket in our large courtyard with my siblings and friends. At school I was mainly involved in team sports such as hockey and cricket but also took part in javelin and shot putt.

Growing up, and then, working full time on my family run farm made committing to team sports and matches more difficult so I moved over to triathlons as I could just train when I had time. I would often get lost in thought planning my next run or cycle route whilst spending hours on end driving the tractor. Running was always my strongest discipline, I love off-road running, farming and mud just go together! I feel very privileged to live in Sussex with the beauty that surrounds us, I really enjoy the hills and views from the top, the effort is definitely worth it.

I joined Lewes AC around 2009 and soon became a regular member of the XC team and have had many wonderful years with the club so far. I have been part of the SDW relay several times over the years, this one included, which was such a superb day. I've run numerous half marathons and 5 off-road marathons so far. After a brief break, when I let work take over and then sustained a back injury, I'm delighted to be back and am working hard to get my fitness back to as close to where it was before. I still work part-time on the farm and have my own gardening business but often work alone. I've realised how much running helps my mental health, I'm happier and sleeping better than I have for a long time.

Being part of Lewes AC is wonderful, there are so many inspiring people all with their own stories and goals. Everyone is so friendly, encouraging and supportive. I have gained many friends over the years and hopefully more in time.

I'm looking forward to a few new races I've entered later this year, then the cross-country season this winter, and seeing where it takes me next year.

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## 10. Keeping Track of Lewes AC achievements

There is so much going on in track and field in the Summer months it can be difficult to keep up. Ammonite tries to maintain as complete record as possible. Here, thanks to Dave Leach are some of the achievements in May. (We have already reported on the Sussex Track and Field championships in the June Ammonite).

### Youth Development League: Lower Age Group Dartford 7th May.

300m u15g	3rd Emilia Singer	45.7
800m u13b	1st Casper Dennis	2.43.6
u15 g	1st Emilia Singer	2.35.7.
u13 g	2nd Sunshine Love	3.03.7 [pb].
1500m b	1st Michael O'Connor	4.46.2 [pb]
u15g	1st Eva Winton	5.15.5.

### BMC Open Brighton Wed 3rd May

300m		4th Rosie Kornevall	42.93
400m		2nd Rowan Pearson	50.99 [sb]
	Race 2	3rd Chloe Kornevall	61.79 [sb]
800m	Race 2	3rd Jacob Trotman	2.19.94 [pb]
		6th Jonathan Burrell	2.22.26 [sb]
	Race 4	1st Rex Hastings	2.28.82 [pb]
		3rd Emilia Singer	2.29.75 [pb]
		4th Amelie Bedford	2.30.79 [pb]
		9th Florence Hill	2.52.59
800m	Race 5	6th Florence Tuesday	2.37.28 [pb]
800m	Race 7	1st Max Farley	2.36.73 [pb]
		6th Nesta Pring	2.49.60 [pb]
1500m	Race 2	6th Isabel Guirdham	4.55.55 [sb]
	Race 3	1st Esme Stephenson	4.52.76 [pb]
		4th Eva Winton	5.11.58.
3000m		9th Darja Knotkova-Hanley	10.52.12 [sb]
BMC Men's 800m	B	2nd Archie Guppy	2.03.64 [pb]
Women's 800m	A	2nd Grace Tuesday	2.08.95 [pb]
		9th India Sommerville	2.16.45.B race
Women's 800m	B	8th Darcy Pring	2.30.68 [sb]

### Southern Athletics League Dartford 20th May 2023

200m	2nd Harvey Perry	24.2 [pb]
400m	4th Harvey Perry	58.7 [pb]
1500m	2nd Aiden Briffett	4.30.8 [sb]
3000m	1st Aiden Briffett	9.24.5 [sb]

### Youth Development League Upper Age Group Mile End 28th May 2023

200m	u17w	1st Rosie Kornevall	26.57
300m	u17w A	1st Rosie Kornevall	41.65 [pb]
	B	1st India Sommerville	43.26 [pb]



400m U20 M 1st Rowan Pearson 51.95.  
 1500m u17m 4th Isaac Tarafder 4.43.48  
 3000m u17m 3rd Theo Tarafder 10.49.75  
           u17w 1st Esme Stephenson 10.39.8  
 1500m S/C u17w 1st Ava James 5.15.94 [pb] 1st time  
 2000m S/C u20 m 1st Charlie Wright 6.19.56 [pb].

Note: S/C is short for steeple chase

#### **BMC pb Classic Oxford 3rd June 2023**

2000m S/C 1st Charlie Wright 6.15.69 [pb]  
 1500m S/C W 3rd Ava James 5.23.15  
 1500m W B 4th Esme Stephenson 4.47.94 [pb]  
 800m W A 1st Grace Tuesday 2.10.35

And there is plenty more to report on in the next Ammonite!

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## **11. West Sussex Fun Run League**

### **Littlehampton Beach Run 7<sup>th</sup> June 2023**

Lewes AC had a better turn-out than recently with eleven runners but the beach run is universally popular and we only managed to come 14<sup>th</sup> out of 17 competing clubs, and remained 14<sup>th</sup> in the overall ranking so far.



Place	Time	Bib	Runner		F/M	F/M place	Points
7	00:29:13	309	Chris	Coffey	M	7	10
126	00:36:53	312	Dominic	Osman-Allu	M	102	7
191	00:39:30	313	Sarah	Robinson	F	45	8
207	00:40:11	306	Helen	Bowman	F	50	8
208	00:40:12	304	Andy	Perris	M	158	5
261	00:42:53	308	Andrew	Chitty	M	191	3
279	00:43:50	311	Kate	Seymour	F	78	6
312	00:46:27	314	Bev	Sheridan	F	96	5
321	00:47:15	305	Hazel	Bennington	F	104	5



388	00:52:29	310	Johnny	Denis	M	240	<b>2</b>
437	01:00:09	316	Claire	Watson	F	175	<b>1</b>

### Downland Dash, Hassocks Saturday 24th June 2023

The Burgess Hill Runners event is at a rather inconvenient time: 12.30pm on a Saturday. It is at this time so as to be part of a school fete. The course was very convoluted with lots of doubling back and queuing at gates, but that at least made it interesting, and the marshalling was excellent. It was run at the hottest part of a very hot day, but a cool breeze coming off the nearby Downs compensated somewhat. The Lewes AC turnout was the poorest so far this year.



Place	Time	Bib	Runner	F/M	F/M place	Points	Place
102	0:37:17	218	David	Foster	M	86	<b>5</b>
106	0:37:46	300	C	Sykes	M	90	<b>5</b>
149	0:42:07	217	Bob	Hughes	M	121	<b>3</b>
159	0:43:07	220	Kate	Seymour	F	30	<b>7</b>
232	0:55:00	219	Jane	Holford	F	78	<b>2</b>

### Upcoming West Sussex events

**Steyping Round Hill Romp 10k** Wednesday 5<sup>th</sup> July 2023. This is a great but challenging course. If you are feeling your way with fun runs be warned that this is a demanding course.

**Hove Hornets Stinger 10k** Sunday 9<sup>th</sup> July 2023. This too is an interesting course with hills. Once again perhaps not the course for your debut 10k.

**Henfield Seven Stiles 4 miles.** Sunday 23<sup>rd</sup> July 2023. Now this is a nice shortish fun run for those transitioning from parkruns. But as with all races the ones at the front will be taking it seriously.

**Worthing Striders Highdown Hike 3.5.miles.** Wednesday 2<sup>nd</sup> August. Now this has got some hills but it is quite short. If you live near the South Downs you are going to have to run up a hill sometime so why not now? And remember for every up there is a down (usually).

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## 12. Sussex Under 15 League at Brighton 16th June 2023

	Team		Score
1	Brighton & Hove		390.5
2	Eastbourne		326
3	Crawley		283
4	<b>Lewes</b>		<b>168</b>
5	Worthing		161
6	Horsham BS		156
7	HY Runners		124
8	Chichester		107
9	Haywards Heath		80.5

Place	Athlete	Performance	Points
<b>Boys A 100m</b>			
7	Eoin Dacey	14.1	3
<b>Boys A 200m</b>			
8	Eoin Dacey	28.8	2
<b>Boys B 200m</b>			
7	Charlie Perry	29.7	3
<b>Boys A 300m</b>			
7	Ethan Trunfull	57.5	3
<b>Boys A 800m</b>			
6	Charlie Perry	2:31.9	4
<b>Boys A 1500m</b>			
6	Ethan Trunfull	5:21.6	4
<b>Boys A High Jump</b>			
7	Jack Staples	1.30	3
<b>Boys A Long Jump</b>			
1	Fred Gander	4.85	9
<b>Boys A Shot Putt</b>			
3	Jack Staples	8.05	7
<b>Boys B Shot Putt</b>			
5	Charlie Perry	5.24	5
<b>Boys A Discus</b>			
3	Ethan Trunfull	18.98	7
<b>Boys B Hammer</b>			
1	Callum Bloxham	15.48	9
5	Jack Staples	18.45	5
<b>Boys B Javelin</b>			
4	Shiv Steth	13.97	6
<b>Girls A 100m</b>			
5	Eva Winton	15.0	5
<b>Girls A 200m</b>			
3	Isla Tivey	28.6	7
<b>Girls B 200m</b>			
4	Natasha King	29.8	6

**Girls A 300m**

6	Erin Bowie	54.1	4
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**Girls B 300m**

4	Eva Winton	48.1	6
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**Girls A 800m**

4	Florence Tuesday	2:35.9	6
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**Girls B 800m**

6	Nesta Pring	2:49.9	4
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**Girls A 1500m**

5	Amelie Bedford	5:26.6	5
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**Girls B 1500m**

3	Martha Cole	5:29.4	7
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**Girls A 75mH**

4	Natasha King	13.8	6
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**Girls B 75mH**

4	Erin Bowie	17.1	6
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**Girls A High Jump**

6	Maia Williams	1.20	4
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**Girls A Long Jump**

8	Maia Williams	3.74	2
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**Girls B Long Jump**

4	Ashli Whiteman	3.51	6
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**Girls A Shot Putt**

1	Natasha King	8.42	9
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**Girls B Shot Putt**

3	Erin Bowie	5.78	7
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**Girls A Discus**

7	Amy Bomansaan	13.54	3
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**Girls A Javelin**

6	Amy Bomansaan	16.41	4
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**Girls B Javelin**

4	Ashli Whiteman	11.40	6
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**Girls 4x100m**

6	Lewes AC	57.8	4
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### 13. Sussex Under 13 League - East Division Lewes 23rd June 2023

	Team	Score
1	Brighton & Hove	215
2	Eastbourne	154
3	<b>Lewes</b>	<b>132</b>
4	Hy Runners	96
5	Phoenix	79
6	Hastings	24

	Event	Performance	Points
<b>Boys' A 75m</b>			
3	Chimde Ike	11.5	4
<b>Boys' B 75m</b>			
2	Hugo Dorwick	12.2	5
<b>Boys' A 150m</b>			
4	Remy Louis	22.8	3
<b>Boys' B 150m</b>			
2	Samuel Trotman	22.5	5
<b>Boys' A 600m</b>			
5	Rainbow Love	1.54.0	2
<b>Boys' A 1000m</b>			
4	Thomas Muddle	3.33.9	3
<b>Boys' A 75mH</b>			
3	Gabriel Rumsey Williams	16.5	4
<b>Boys' B 75mH</b>			
2	Oscar Fermor-McGhie	16.5	5
<b>Boys' A High Jump</b>			
3	Oscar Fermor-McGhie	1.25	4
<b>Boys' B High Jump</b>			
3	Finnian Morrison	1.15	4
<b>Boys' A Long Jump</b>			
4	Rainbow Love	3.19	3
<b>Boys' B Long Jump</b>			
4	Seth muddle	2.55	3
<b>Boys' A Shot Putt</b>			
3	Samuel Trotman	5.64	4
<b>Boys' B Shot Putt</b>			
1	Seth muddle	4.23	6
<b>Boys' A Discus</b>			
2	Oscar de Burca	14.13	5
<b>Boys' B Discus</b>			
1	Thomas Muddle	10.48	6
<b>Boys' A Javelin</b>			
4	Finnian Morrison	17.45	3
<b>Boys' B Javelin</b>			
3	Gabriel Rumsey Williams	9.00	4
<b>Boys' 4x100m</b>			
3	Lewes	60.2	4
<b>Girls' A 75m</b>			
6	Anna Westbury	13.7	1
<b>Girls' B 75m</b>			
3	Betty Barry	11.8	4
<b>Girls' A 150m</b>			
5	Phoebe Green	28.4	2
<b>Girls' B 150m</b>			
3	Ellie Tennant	23.0	4
<b>Girls' A 600m</b>			



4	Sunshine Love	2.00.8	3
<b>Girls' B 600m</b>			
5	Ida Brignall	2.14.7	2
<b>Girls' A 1000m</b>			
5	Kitty Rowland	4.05.7	2
<b>Girls' B 1000m</b>			
4	Millie Button	4.17.2	3
<b>Girls' A 70mH</b>			
2	Fernanda Wolfson	13.0	5
<b>Girls' A Long Jump</b>			
6	Sunshine Love	2.94	1
<b>Girls' B Long Jump</b>			
5	Millie Button	2.62	2
<b>Girls' A Shot Putt</b>			
2	Fernanda Wolfson	5.59	5
<b>Girls' B Shot Putt</b>			
1	Phoebe Green	5.45	6
<b>Girls' A Discus</b>			
2	Ellie Tennant	13.58	5
<b>Girls' B Discus</b>			
2	Anna Westbury	8.75	5
<b>Girls' A Javelin</b>			
2	Pippa Reynolds	14.79	5

#### Non-scoring events

		<b>Boys</b>	
<b>Pos</b>	<b>Name</b>	<b>Event</b>	<b>Perf.</b>
2	Daniel Tennant	75m	11.7
1	Daniel Tennant	LJ	3.26
3		Relay	63.6
		<b>Girls</b>	
6	Abagayle Marbare	75M	12.8
3		Relay	67.6

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## 14. Sussex Masters League - Eastbourne - 14 Jun 2023

<b>Pos.</b>	<b>Team</b>	<b>Score</b>	<b>Men</b>	<b>Women</b>
1	Hastings AC	295	151	144
2	Eastbourne Rovers AC	228	142	86
3	<b>Haywards Heath &amp; Lewes</b>	<b>221</b>	<b>130</b>	<b>91</b>
4	Hailsham	217	86	117
5	Brighton & Hove AC	198	61	137
6	HY	177	97	80
7	Arena 80	67	46	21
8	Worthing & District	14	14	0

	Place	Athlete	Team	Time/ distance	Points
<b>Mens Hammer 50+</b>	1	Ian Tomkins	Haywards Heath & Lewes	19.95	8
<b>Mens Hammer 60+</b>	1	Mike Bale	Haywards Heath & Lewes	30.21	8
<b>Mens Javelin 35+</b>	6	Chris Gilbert	Haywards Heath & Lewes	9.56	3
<b>Mens Javelin 50+</b>	1	Ian Tomkins	Haywards Heath & Lewes	23.42	8
<b>Mens Javelin 60+</b>	5	Mike Bale	Haywards Heath & Lewes	13.51	4
<b>Mens High Jump 35+</b>	6	Ian Tomkins	Haywards Heath & Lewes	1.30	3
<b>Mens High Jump 50+</b>	2	Andy Dray	Haywards Heath & Lewes	1.40	7
<b>Mens Triple Jump 35+</b>	4	Mark Rahman	Haywards Heath & Lewes	7.87	5
<b>Mens Triple Jump 50+</b>	3	Andy Dray	Haywards Heath & Lewes	8.31	6
	6	Stefan Meyric Hughes	Haywards Heath & Lewes	15.60	3
<b>Mens 100m B</b>	4	James Smyth	Haywards Heath & Lewes	14.70	5
<b>Mens 100m 50+</b>	4	Andy Dray	Haywards Heath & Lewes	:14.2	5
<b>Mens 100m 60+</b>	1	Mark Rahman	Haywards Heath & Lewes	:14.4	8
<b>Mens 400m A</b>	4	Stefan Meyric Hughes	Haywards Heath & Lewes	:65.5	5
<b>Mens 400m B</b>	6	Ian Tomkins	Haywards Heath & Lewes	:77.6	3
<b>Mens 400m 50+</b>	2	Andy Dray	Haywards Heath & Lewes	:63.2	7
<b>Mens 400m 60+</b>	1	Jonathan Burrell	Haywards Heath & Lewes	:65.4	8
<b>Mens 1500m A</b>	3	Ian Kenton	Haywards Heath & Lewes	04:29.1	6
<b>Mens 1500m B</b>	1	Jamie Topping	Haywards Heath & Lewes	04:32.6	8
<b>Mens 1500m 60+</b>	1	Jonathan Burrell	Haywards Heath & Lewes	05:01.3	8
<b>Mens 2000m walk A</b>	4	James Smyth	Haywards Heath & Lewes	g	5
4 x 100 relay	<b>Mens 4 x 100 relay</b>				
	2	Stefan Meyric Hughes, James Smyth, Andy Dray & Ian Kenton	Haywards Heath & Lewes	56.6	7
<b>Womens Shot Putt 35+</b>	6	Gemma Morgan	Haywards Heath & Lewes	4.76	3
<b>Womens Shot Putt 50+</b>	5	Jacqueline Barnes	Haywards Heath & Lewes	2.64	4
<b>Womens Triple Jump 35+</b>	1	Annie Close	Haywards Heath & Lewes	14.6	8
<b>Womens 100m B</b>	3	Abigail Redd	Haywards Heath & Lewes	:17.7	6
<b>Womens 400m A</b>	4	Annie Close	Haywards Heath & Lewes	:74.8	5
<b>Womens 400m B</b>	1	Becky Trotman	Haywards Heath & Lewes	:74.6	8
<b>Womens 400m 50+</b>	5	Julie Deakin	Hailsham	01:31.6	4
	6	Jacqueline Barnes	Haywards Heath & Lewes	01:33.7	3
<b>Womens 1500m A</b>	1	Kirsty Armstrong	Haywards Heath & Lewes	05:18.2	8
<b>Womens 2000m walk 50+</b>	1	Julie Deakin	Hailsham	14.40.3	8
4 x 100 relay	<b>Womens 4 x 100 relay</b>				
	4	Annie Close, Jenna French, Becky Trotman & Abigail Redd	Haywards Heath & Lewes	68.7	5

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## 15. Southern Athletics League 18<sup>th</sup> June 2023

This competition gave the Lewes AC part of the joint Lewes/Haywards Heath team home advantage in Lewes in the second match in this league which produced the points below.

1	HY Runners	275
2	Lewes/Haywards Heath	259
3	Horsham Blue Stars/East Grinstead	243.5
4	Chichester	193.5
5	Havant	192
6	Worthing	152

In the previous match on 20<sup>th</sup> May, the Lewes/Haywards Heath team came a disappointing 5<sup>th</sup> beating only Chichester. The location at Dartford – which was not very convenient for any of the teams – may have contributed to this, though weirdly Havant who must have come the furthest came first. As can be seen above they then collapsed to 5<sup>th</sup> place at this meeting.

There is all to play for!

## The next meeting is on Sunday 9<sup>th</sup> July in Ashford.

Here are the individual performances for the Lewes/Haywards Heath participants.

Event	Place	Athlete	Age	Performance	Points
Men's A 100m	3	Dominic REDSHAW	U17	12.4	4
Men's B 100m	2	Lio ROBINSON	U20	12.2	5
Men's A 200m	3	Dominic REDSHAW	U17	24.5	4
Men's B 200m	2	Harvey PERRY	U17	24.7	5
Men's A 400m	1	Rowan PEARSON	U20	51.8	6
Men's B 400m	1	Harvey PERRY	U17	57.8	6
Men's A 800m	5	Patrick MCMANUS	SM	2:15.7	2
Men's B 800m	4	Jonathan BURRELL	M60	2:21.7	3
Men's A 1500m	4	Sam FERNLEY	U20	4:35.8	3
Men's B 1500m	2	Isaac TARAFDER	U17	4:47.7	5
Men's A 5000m	2	Russell MULLEN	SM	16:20.5	5
Men's B 5000m	1	Ben PEPLER	SM	16:37.5	6
Men's A 2km Steeplechase	1	Charlie Critchley	SM	6:47.3	6
Men's B 2km Steeplechase	3	Tim POPKIN	M45	10:05.0	4
Men's A High Jump	3	Raf Knight	SM	1.50	4
Men's A Pole Vault	1	Jack HARRIS	U23	4.40	6
Men's B Pole Vault	1	Isaac LANCASTER	U20	4.05	6
Men's A Long Jump	2	Jack PALMER	U20	5.52	5
Men's A Triple Jump	2	Matthew CLARE	U23	10.66	5
Men's A Javelin	1	Hugo MASON	U17	42.17	6
Men's B Javelin	2	Lio ROBINSON	U20	31.78	5
Men's 4x100m	1		SM	47.8	6
Women's A 100m	1	Rosie KORNEVALL	U17	12.9	6
Women's B 100m	1	Saskia SCLATER	U20	13.2	6
Women's A 200m	1	Rosie KORNEVALL	U17	26.5	6
Women's B 200m	1	Chloe KORNEVALL	U23	27.1	6
Women's A 400m	1	Chloe KORNEVALL	U23	61.5	6
Women's B 400m	3	Annie CLOSE	SW	70.5	4

<b>Women's A 800m</b>	5	Becky TROTMAN	W45	2:44.6	2
<b>Women's B 800m</b>	4	Lucie VENABLES	SW	3:12.7	3
<b>Women's A 1500m</b>	3	Emily PROTO	SW	5:08.2	4
<b>Women's A 5000m</b>	1	Emma NAVESEY	SW	17:57.7	6
<b>Women's A 100mH</b>	3	Annie CLOSE	SW	22.3	4
<b>Women's A 400mH</b>	3	Lucie VENABLES	SW	88.3	4
<b>Women's A Pole Vault</b>	2	Imogen CLARKE	U17	3.05	5
<b>Women's B Pole Vault</b>	1	Natasha CLARKE	U20	2.85	6
<b>Women's A Long Jump</b>	1	Annie CLOSE	SW	4.65	6
<b>Women's B Long Jump</b>	3	Lucie VENABLES	SW	3.66	4
<b>Women's A Triple Jump</b>	2	Annie CLOSE	SW	9.74	5
<b>Women's B Triple Jump</b>	4	Jo BUCKLEY	W55	5.65	3
<b>Women's A Shot Putt</b>	6	Kleri TANTELE	SW	6.12	1
<b>Women's B Shot Putt</b>	4	Jo BUCKLEY	W55	4.33	3
<b>Women's A Discus</b>	4	Kleri TANTELE	SW	17.23	3
<b>Women's B Discus</b>	2	Jo BUCKLEY	W55	11.33	5
<b>Women's A Hammer</b>	2	Jia ATKINS	U17	29.08	5
<b>Women's B Hammer</b>	1	Kleri TANTELE	SW	15.42	6
<b>Women's A Javelin</b>	2	Kleri TANTELE S	W	24.19	5
<b>Women's B Javelin</b>	5	Jo BUCKLEY	W55	7.82	2
<b>Women's 4x100m</b>	1	Haywards H & Lewes	SW	55.0	6

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## 16. Getting to know you Number 10 ... Jo Buckley



I started running properly when I turned 30. I was living in Putney sharing a flat with a friend of mine and living opposite my sister and her now husband Jon. Jon was doing a 5K run called the Chase Corporate



Challenge to raise money for charity and asked if I would like to do this with him.

My flatmate Jane had a friend who was also doing this run and so one evening in March the 'Putney Running Club' was formed. I remember that first run well, the four of us running down towards the river in Putney. We had probably only gone less than a mile and I had to stop, out of breath and with a stitch! A few months later we all ran the race. I got round without stopping. I can't remember the time but I think it was OK. A bit like Forest Gump I just kept on running.

The Putney Running Club continued for the next few years. We ran twice a week together and had other friends join us for various 5 and 10K races we did in and around London.

In 2003 I fell pregnant with my son Luca. I continued to run up until I was about 7 months pregnant at which point we moved to Madrid. After having Luca I continued to run but not as much. I did a 5K run in Madrid and an amazing 10K run around Barcelona which included running through the Olympic stadium. This run was great fun with about 30,000 runners all in bright orange t shirts.

At 40 I did my first half marathon with my partner Keith in Henley. We were still living in Barcelona at the time. We had two small children at the time so it was a case of each training on our own whilst the other looked after the children. I used a training programme from Runners World and ended up running one of my best times for a half marathon.

Shortly after we moved to Sydney and I continued to run. Along with my friend Gerry (who I met over there) I would run over the Harbour Bridge, around the Opera House and Botanical Gardens every Saturday. It was an amazing and beautiful place to run. I did a few half marathons in Sydney and one along the Great Ocean Road near Melbourne which was one of the hardest but I did get a PB!

I also joined my first official running club, North Sydney Runners Group (NRG). These runners were at another level, many doing marathons, trail runs and ultras and all really fast and winning their races. We had no track so the coach called Steve would take us to do different sessions around the North Sydney area. I was always in the 'back of the pack' group as it was called but really benefited from club running and met some really nice people.

We moved to Lewes in 2014 and I joined Lewes Athletics Club to try and meet people as I was new to the area. I have ended up meeting so many lovely people who have become good friends. In my time with the club I have attended regular track sessions, enjoyed Tuesday runs and particularly loved the social Sunday runs learning new routes around Lewes.

In 2018 I was given the opportunity by the club to run the London Marathon. Under the guidance of Dave Leach and support from my fellow runners some of whom were also training for marathons I embarked on the extensive training needed to complete the marathon. The whole experience was amazing (even if it was the hottest one on record) and something I will never forget. A few months later I did Beachy Head marathon with a group of friends from Lewes AC. We had such a great day out and celebrated together after the run in the pub before getting our minibus back to Lewes.

These days you are more likely to see me training with my daughter in the sprint group when time allows. Over the last 6 years I have been the team manager for the Southern Athletics League and more recently the Vets League for track and field events. For both leagues we form a team with Haywards Heath which has given me the opportunity to get to know runners from other clubs too. I have also learned to throw and jump so I can fill in for events where we have no athlete competing to get points – although I draw the line at hammer, high jump and pole vault!! Everyone is really friendly in these leagues and it has been great to have the opportunity to do something different, although running still remains true passion.

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## 17. Peacehaven Parkrun: Lewes Running Improvers 'Graduation' 20<sup>th</sup> May 2023



**Mark Pappenheim writes:**

Saturday 20 May saw the grand finale of our latest '0 to 5K' running course, with 15 of our Spring Beginners doing their 'graduation' 5Ks at Peacehaven parkrun (which was coincidentally celebrating its own sixth birthday).

Congratulations to all the following for successfully completing their runs in times ranging from 27:47 to 40:14: Becky Anderson, Fiona Bailey, Ali Brushfield, Grace Carswell, Dylan De Bernardi Jones, Judit Gyenes, John Henderson, Stewart Hunt, Kate Lewis, Tatiana Nedialkova, Sarah Pearson, Vanessa Shadbolt, Nigel Simms and Steve Sparks.

And commiserations to Joe Tubb, who sadly had to pull out after only a few minutes with a hamstring sprain, which is now thankfully on the mend.

Joyous as it always is to see our fledgling runners take wing, it was equally gratifying to see so many current Lewes AC members turn up to offer them their enthusiastic support, including some who have themselves only recently graduated from last year's Beginners Courses (Esther Jones, Anna Nicol-Smits and Johnny Denis), as well as a diehard posse of club veterans who had run all the way over from Lewes first (including Andy Perris, Dominic Osman-Allu, Matt Homewood and Rob Stanway).

Ten of the graduate beginners (including a few who hadn't been able to attend the parkrun but had completed a continuous 30-minute run the week before) then went on to join our five-week 5K-to-5m Progression Course, designed to up their distance in order for them to be able to participate in our weekly Tuesday-evening runs. Eight of them have now officially signed up as Club members, of whom five were able to come along to the clubhouse on Tuesday 27 June to join our regular 5m group for a run up to the Ashcombe Windmill that also doubled up as the first session in our five-week Hill Progression Course (due to culminate on 25 July with an ascent to Blackcap).

With huge thanks to all the regular members of the leadership team who once again helped to deliver a successful course – Anne Hagan, Colin Hartland, Terry Rogers, Richard Moore, Karin Richter, Bob Hughes, Andy Perris and David Prince-Iles, plus John Coleman (making his own return to running) – as well as our valued guest coaches Toby Wolpe and Siobhan Boyer, and also our eager volunteer helpers Jane Holford and Amar Saggarr.

And, finally, here's a sample of some of the (overwhelmingly positive) comments that our beginners wrote in the post-course feedback questionnaire:

*"Just a huge thank you to all the coaches involved. I never would have thought about joining an athletics club yet I have done it and continue to feel really motivated so thank you all!"*

*"It's been really good fun and a tremendously positive experience."*

*"A great group of people and very friendly coaches, catered to all abilities and made it a non competitive atmosphere meaning I really looked forward to it every week."*

*"I can't speak highly enough of the course. I started it a little sceptical (of my own abilities!) and nervous, but am so glad I joined."*

*"Brilliant coaches and a lovely bunch of people. Plus just great to get out and run on a Saturday morning, I'd happily take the course again just to keep doing that!"*

*"Met nice people, got me running, kept me motivated, what's not to love?"*

NB: our Autumn Beginners Course will take place from 2 September to 4 November, and online booking is due to open on Monday 10 July via the club website at [www.lewesac.co.uk/beginners](http://www.lewesac.co.uk/beginners)

So, if you know anyone who wants to learn to run, please point them in our direction!



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