

AMMONITE Lewes Athletic Club Newsletter



August 2023

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

Contents

- [1. Lewes Summer Social Thursday 6th July 2023](#)
- [2. Lewes AC Summer Camp 24th-27th July 2023](#)
- [3. Hold the date! AGM approaches.](#)
- [4. Fran Runs to France – continued to Paris](#)
- [5. Sussex U13 Championships - Saturday 1st July 2023](#)
- [6. Bewl 15 Wadhurst 2nd July 2023](#)
- [7. SEAA Under 20 and Senior Inter Counties Championships](#)
- [8. Youth Development League – Lower Age Group Event 3](#)
- [9. Southern Athletics League: Division 3 South - Round 3 - Ashford - 9 July 2023](#)
- [10. Sussex Under 15 League 14th July 2023 at Brighton](#)
- [11. UK Athletics: Youth Development League: Lower Age Group Match 4](#)
- [12. Phoenix 10k Road Race Wednesday 12th July 2023](#)
- [13. Sussex Vets League 3rd Meeting 24th July 2023 Lewes Track](#)
- [14. West Sussex Fun Run League](#)
- [15. Getting to Know You Number 11 ...Pyers Lockwood](#)

1. Lewes Summer Social Thursday 6th July 2023

Phil Westbury writes:

On a balmy July evening, over 150 members of our club attended the summer social event at our track.



As part of the evening, we held time trials for academy and adult members over distances from 400m up to the classic mile. With over 50 academy competitors and 60 adults, we had some thrilling races and over 10 personal bests were achieved that evening. Thank you to the volunteers on the evening who helped with the timekeeping and track official duties, especially 10 year-old Sam Woodgate on bell ringing!



Above: We think this is Amelie Bedford, Harrison Orme and Robert Cooper in 800m race

Full results can be found here:

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

In addition, we had leaders, coaches, officials and club volunteers in attendance to help inform our members of the many ways you can help with our events or on a regular basis with our brilliant academy. It was great to see plenty of new people putting their names down to volunteer. If you'd also like to sign up, please get in touch! (Email me at philip.westbury@gmail.com) And lastly, to accompany the evening we had delicious focaccia from Caccia & Tails, snacks and of course the ice cream. Thanks to everyone who helped with the last-minute dash for that!

This was our first summer social event for many years and given its success, it will return in 2024!

Philip & Becky



Above: Toby Meanwell, Charlie Critchley and Ben Pepler in the mile race.



Above: Some of the great Lewes AC supporters

[<Back to Contents>](#)

2. Lewes AC Summer Camp 24th-27th July 2023



Peter Masters, Club chair, writes:

Well over 100 primary school youngsters took part in the first of Lewes Athletic Club's Summer Camps. There were opportunities for them to take part in running, jumping and throwing activities all under the guidance of the club's qualified coaches.

At the end of the four days' awards were made in each of the year groups. The awards were for those youngsters that had shown commitment, had made great efforts and had shown respect and kindness towards others. Henry Holgate, Rory Williams, Christina Foster and Betty Barry were the well-deserved winners of the awards. All participants received a summer camp T shirt and medal.

The second of the club's Summer Camp will take place on 21st-23rd August
(summercamp@lewesac.co.uk)

[<Back to Contents>](#)

3. Hold the date!

Richard Moore, Club Secretary writes:

A reminder that the Club's AGM will take place on **Friday 22nd September 2023**. Pop the date in your diary **now!**

This is your opportunity to tell the committee what you **like**, what you **don't like** and how you'd like things to **develop**. The venue and booking arrangements will be published during August.

Remember! This is your club and everyone is entitled to a say!

... and speaking of the committee ...

Help to run the club you love ...

Nomination forms are now available for next year's club committee

Any member of the club who will be aged 18 years or over on October 1st is eligible to be a committee member. The committee can have a huge impact on the way the club runs and feels.

The club needs a committee of many skills and reflecting all the main areas of club activity if it's to flourish.

Meetings take place only six times a year but can have a huge impact. Next year is the club's 40th anniversary and a strong committee is needed to guide it to incorporated status

You need not be an athlete. Any member with good organisational skills or experience will be equally welcome to apply.

Are you good at communications / social media? Do you have legal skills? Have you a flair for organising social events? Think about where you could make a mark and put yourself forward. If you would like to nominate someone else, have a chat with them and encourage them to complete a nomination. We're not asking for 'proposers' and 'seconders' for this round of nominations.

The list of nominations will be put to a vote at the AGM on 22nd September.

Here's the link to the nomination form: bit.ly/lac_committee_noms

If you would like to find out what it means to be a committee member contact the Chair Pete Masters or Secretary Richard Moore. There is also information on the club's wiki '[Organisation](#)' page.

The closing date for nominations is Monday 4th September.

[<Back to Contents>](#)

4. Fran Runs to France



Mark Pappenheim writes

In the July Ammonite we wrote about Fran Dickson who was running through the Ouse valley on her way to Paris.

A few of us (Sarah R, Amar, Emma G, Anita and me) had the enormous privilege this afternoon (Sunday 9th July) of accompanying Fran (a teacher from the North-West) on the second (Lewes to Newhaven) leg of her epic (approximately 170m) run from Buckingham Palace to the Eiffel Tower, which she is doing in memory of a murdered school friend and in aid of a Manchester-based domestic abuse charity.

After we left her at the White Heart pub in Newhaven, she sent this lovely WhatsApp message:

I was so sad when you all had to leave this afternoon. (But obviously totally understood that you had to get home to your real lives 😂)

The support your club have given me today was appreciated beyond words. Please do thank everyone who came out and ran today. Thank you

Fran did make it!



You can donate to her JustGiving page at:

<https://www.justgiving.com/fundraising/franrunstofrance...>



[<Back to Contents>](#)

5. Sussex U13 Championships - Saturday 1st July 2023

Event	Place	Athlete	Performance
75m U13B Heat 3	6	Edward Hilton	11.80
75m U13G Heat 4	5	Kitty Rowland	12.17
1500m U13B Final	10	Casper Dennis	05:33.30
	11	Otto de Burca	05:44.15
70mH U13G Heat 1	5	Isla Morton	17.52
150m U13B Heat 1	6	Samuel Trotman	23.16
150m U13B Heat 2	4	Casper Dennis	23.38
800m U13G Final 1	4	Eliza Barry	02:37.85
	12	Kitty Rowland	03:05.44
800m U13B Final	7	Otto de Burca	02:38.56
	11	Finnian Morrison	03:01.19
High Jump U13B	5	Finnian Morrison	1.25
Long Jump U13B	3	Oscar Fermor-McGhie	4.39
Long Jump U13G	19	Isla Morton	2.63
Javelin U13G	4	Betty Barry	13.79
Javelin U13B	2	Rex Hastings	28.32

[<Back to Contents>](#)

6. Bewl 15 Wadhurst 2nd July 2023

This race – a Sussex Grand Prix event – is a trail run that takes you all the way around Bewl Reservoir. It is generally flat except in the final third when the course takes a detour inland which includes a steep metaled road. The finishing run in is also on an unforgiving slope.



Name	Bib	Category	Gun time	Chip time
David Barham	526	Male Vet 40	02:20:10	02:19:44
Gerard Dummett	145	Male Vet 65	02:20:12	02:19:49
Ian Hilder	221	Male Vet 60	02:24:24	02:24:01
Kate Seymour	407	Female Vet 50	02:44:36	02:43:22
Mark Pappenheim	619	Male Vet 65	02:47:45	02:46:32

[<Back to Contents>](#)

7. SEAA Under 20 and Senior Inter Counties Championships Horspath, Oxford 2nd July 2023

Event	Place	Athlete	Time
100m U20 Women	4 th	Saskia Sclater (Year 1)	13.09
400m U20 Men	3 rd	Rowan Pearson	50.73 SB
400m U23 Women	6 th	Chloe Kornevall	61.5
400m SM Hurdles	1 st	Pyers Lockwood	54.80 Championship Best Performance (Lewes/Loughborough Students/Crawley)
PV Under 23 Men	1 st	Jack Harris	4.90m (Lewes/Brunel University/Essex Beagles)

(If you are wondering why Pyers and Jack are respectively third claim Crawley and Essex Beagles, I guess it is that these clubs are members of the National Athletics League and give access to its competitions).

NB . Pyers Lockwood is this edition of Ammonite's 'Getting to know you..' guest.



Above: Chloe Kornevall in action.

[<Back to Contents>](#)

8. Youth Development League – Lower Age Group Event 3

Saturday 8th July 2023

The third leg of this competition took place at Mile End Park Leisure Centre & Stadium London where the hosts were Victoria Park H & Tower Hamlets AC.

Lewes AC is in Division South 2B Division and it can be seen that apart from Hastings AC the other teams are clubs we would not normally be in contention with.

Points scored at Event 3:

1	Bexley AC	565.0
2	Dartford Harriers AC	511.0
3	Victoria Park H & Tower Hamlets AC	472.0
4	Paddock Wood + Folkestone ©	242.0
5	Hastings AC	169.0
6	Lewes AC	78.0

Overall the picture for Lewes AC seemed rather better than the table might suggest. We were above Hastings AC overall and very close to the combined Paddock Wood and Folkestone in 4th place.

The six Personal Bests (PBs) achieved by Lewes AC at Mile End is very encouraging.

Event	Pos	Perfor- mance	Athlete	Age Cat- egory	M/ W	Year of age cat	SB	PB
150 U13M A	6	23.6	Casper Dennis	U13	M	2	23.38	23.38
800 U13M A	4	2:45.5	Casper Dennis	U13	M	2	2:41.8	2:41.8
800 U13W A	1	3:10.4	Sunshine Love	U13	W	1	3:03.7	3:03.7
70HU13W U13W A	3	12.9 PB	Fernanda Wolfson	U13	W	2	12.9	12.9

HJ U13W A	4	1.25 PB	Fernanda Wolfson	U13	W	2	1.25	1.25
PV U15W A	1	2.30	Imogen Taylor	U15	W	1	2.40	2.40
LJ U13M A	6	3.48 PB	Casper Dennis	U13	M	2	3.48	3.48
LJ U13M B	4	3.35	Rainbow Love	U13	M	1	3.45	3.45
LJ U13W A	6	3.28 PB	Sunshine Love	U13	W	1	3.64	3.64
SP3K U13M A	4	6.21 PB	Rainbow Love	U13	M	1	6.21	6.21
SP2.72K U13W B	5	5.00 PB	Sunshine Love	U13	W	1	5.00	5.00
SP2.72K U13W B	3	4.75	Sunshine Love	U13	W	2	5.72	5.72
DT1K U15W A	2	16.84	Isabella Deighton	U15	W	1	16.84	16.84

[<Back to Contents>](#)

9. Southern Athletics League: Division 3 South - Round 3 - Ashford - 9 July 2023

Event Points/ Team

1	HY Runners	274
2	Havant	268
3	Horsham Blue Stars/East Grinstead	223
4	Lewes/Haywards Heath	138
5	Worthing	129
6	Chichester	123

Place	Event/Athlete	Age Cat	Time/ Distance	Points
	Men's A 100m			
2	Owen WELLS	SM	11.82	5
	Men's B 100m			
2	Dominic REDSHAW	U17	12.22	5
	Men's A 200m			
2	Dominic REDSHAW	U17	24.59	5
	Men's B 200m			
2	Owen WELLS	SM	24.20	5
	Men's A 400m			
2	Rowan PEARSON	U20	51.10	5
	Men's B 400m			
4	Harvey PERRY	U17	55.08	3
	Men's A 800m			
6	Jonathan BURRELL	M60	2:21.93	1
	Men's B 800m			
5	Adam BECKETT	U17	2:29.44	2
	Men's A 1500m			
6	Jonathan BURRELL	M60	4:51.02	1
	Men's B 1500m			
4	Harvey PERRY	U17	4:49.36	3
	Men's A 3000m			
2	Charlie WRIGHT	U20	9:11.83	5
	Men's A 3000m S/chase			

5	Tim POPKIN	M45	15:44.93	2
	Men's A Shot Putt			
5	Owen WELLS	SM	7.09	2
	Men's B Shot Putt			
5	Adam BECKETT	U17	5.36	2
	Men's A Discus			
4	Adam BECKETT	U17	13.97	3
	Men's 4x100m			
2	Lewes/Haywards Heath SM		48.90	5
	Women's A 100m			
4	Annie CLOSE	SW	15.13	3
	Women's B 100m			
4	Jo BUCKLEY	W55	17.82	3
	Women's A 200m			
4	Annie CLOSE	SW	33.60	3
	Women's A 400m			
4	Annie CLOSE	SW	83.73	3
	Women's A 1500m			
3	Darja KNOTKOVA-HANLEY	SW	4:59.4	4
	Women's A 3000m			
1	Darja KNOTKOVA-HANLEY	SW	10:26.42	6
	Women's B 3000m			
3	Annie CLOSE	SW	1.30	4
	Women's A Long Jump			
1	Annie CLOSE	SW	4.37	6
	Women's B Long Jump			
2	Jo BUCKLEY	W55	2.73	5
	Women's A Triple Jump			
2	Annie CLOSE	SW	9.38	5
	Women's B Triple Jump			
2	Jo BUCKLEY	W55	5.79	5
	Women's A Shot Putt			
4	Jia ATKINS	U17	5.06	3
	Women's B Shot Putt			
2	Kleri TANTELE	SW	4.50	5
	Women's A Discus			
4	Kleri TANTELE	SW	19.46	3
	Women's B Discus			
4	Jo BUCKLEY	W55	10.18	3
	Women's A Hammer			
1	Jia ATKINS	U17	29.26	6
	Women's B Hammer			
2	Kleri TANTELE	SW	16.10	5
	Women's A Javelin			
1	Kleri TANTELE	SW	25.60	6
	Women's B Javelin			
1	Jia ATKINS	U17	13.80	6

The last Southern Athletic League event is on **Saturday 19th August at Crawley.**

[<Back to Contents>](#)

10. Sussex Under 15 League 14th July 2023 at Brighton



	Team	Score
1	Eastbourne	356
2	Brighton & Hove	303
3	Crawley	259
4	Lewes	209
5	Chichester	190
6	Worthing	127
7	Horsham BS	124
8	HY Runners	93
9	Haywards Heath	48

This was the third leg of a four match series. Overall in the competition Lewes AC (17 match points) is a firm fourth behind Brighton & Hove who are first with 26 points, Eastbourne second with 24 points and Crawley third with 22 points.

The final match is at Withdean on Friday 1st September. It is noticeable that Lewes AC seems to be held back by the relative lack of participation in relay races.

[<Back to Contents>](#)

11. UK Athletics: Youth Development League: Lower Age Group Match 4

South 2 B Division

Saturday, 22nd July 2023 Central Park Dartford

Team Event Score

1	Bexley AC	584.5
2	Dartford Harriers	564.5
3	Victoria Park H & Tower Hamlets	397.0
4	Paddock Wood + Folkestone	229.0
5	Hastings AC	219.0
6	Lewes AC	80.0

This was the last event of the series and the **final overall positions** were:

1	Bexley AC	23.0
2	Dartford Harriers AC	21.0
3	Victoria Park & Tower Hamlets	15.0
4	Paddock Wood + Folkestone	11.0
5	Lewes AC	8.0
5	Hastings AC	6.0

Lewes was just able to push Hastings into the last overall place. Reasons to be cheerful include the large number of personal bests, and the first places for Sunshine Love in the Under 13 Girls 800m and for Idrees Al-Radhi in the Under 13 Boys 75m Hurdles. The age categories have two-year bands and most of Lewes competitors were in the first year of their age bands. This meant that they were often competing against boys and girls who were one year older than them. Next year they will be the ones who are one year older.

HU = hurdles, HJ = high jump, LJ = Long Jump, SP =shot putt

Event	Place	Performance	PB	Athlete	Age Cat	M/W	Year of age cat	SB	PB
75 U13M A	5	10.9	PB	Oscar Fermor-McGhie	U13	M	2	10.9	10.9
100 U15M A	6	14.0	PB	Joseph Probert	U15	M	1	14.0	14.0
100 U15W A	5	15.0		Isis-Sophia McFarlane	U15	W	1	14.6	14.6
100 U15W B	5	16.3	PB	Olive Sadek	U15	W	1	16.3	16.3
150 U13M A	6	23.5	PB	Idrees Al-Radhi	U13	M	1	23.5	23.5
800 U15M A	5	2:39.3	PB	Joseph Probert	U15	M	1	2:39.3	2:39.3
800 U13W A	1	3:04.6		Sunshine Love	U13	W	1	3:03.7	3:03.7
75HU13M U13M A	1	15.6	PB	Idrees Al-Radhi	U13	M	1	15.6	15.6
HJ U13M A	2	1.30	PB	Oscar Fermor-McGhie	U13	M	2	1.30	1.30
HJ U13M B	2	1.20	PB	Idrees Al-Radhi	U13	M	1	1.20	1.20
LJ U13M A	2	4.52	PB	Oscar Fermor-McGhie	U13	M	2	4.52	4.52
LJ U13M B	5	3.29		Rainbow Love	U13	M	1	3.45	3.45
LJ U15W A	5	3.86	PB	Isis-Sophia McFarlane	U15	W	1	3.86	3.86
LJ U13W A	6	3.64	PB	Sunshine Love	U13	W	1	3.64	3.64
SP3K U13M A	3	4.34		Rainbow Love	U13	M	1	6.21	6.2
SP2.72K U13W A	6	4.32		Sunshine Love	U13	W	1	5.00	5.00

[<Back to Contents>](#)

12. Phoenix 10k Road Race Wednesday 12th July 2023

This evening race – a Sussex Grand Prix event - starts at Hove Lawns and goes westward along the promenade and then along the unromantic Basin Road South. It turns around in the shadow of the power station chimney to return to the Lawns. Its main attraction is its flatness, but on the evening a stiff breeze slowed things down.

Joshua Burgess the first Lewes man home and Rachel Hillman first Lewes woman.

Rachel Hillman was first overall 35-44 female runner. Toby Meanwell was 2nd 40-49 male vet, Jonathan Burrell 2nd 60-69 male, and Bob Hughes 3rd 70-79.



PLACE	GUN TIME	NAME	CATEGORY	NUMBER	CHIP TIME
6	00:32:20	Joshua Burgess	Senior Men	641	00:32:19
17	00:33:44	Toby Meanwell	Vet Men 40-49	14	00:33:43
18	00:33:46	Aiden Briffett	Senior Men	19	00:33:45
33	00:35:27	Martin Ratcliffe	Senior Men	160	00:35:21
53	00:36:42	Jez Davison	Senior Men	43	00:36:35
58	00:36:54	Chris Coffey	Senior Men	648	00:36:47
66	00:37:05	Will Monnington	Senior Men	772	00:36:58
79	00:37:39	Thomas Marchant	Senior Men	708	00:37:33
83	00:37:52	Adam Vaughan	Vet Men 40-49	71	00:37:45
95	00:38:17	Rachel Hillman	Vet Women 35-49	6	00:38:15
102	00:38:45	Jonathan Burrell	Vet Men 60-69	781	00:38:37
149	00:40:12	David Barham	Vet Men 40-49	207	00:40:04
183	00:41:53	Ellen Brookes	Vet Women 35-44	198	00:41:45
206	00:42:57	Clare Martin	Senior Women	211	00:42:43
269	00:45:43	Rebecca Walter	Senior Women	758	00:45:22
271	00:45:43	Jenna Louise French	Vet Women 35-44	251	00:45:22
360	00:48:40	Beth Hancock	Senior Women	687	00:48:15
406	00:50:35	Bob Hughes	Vet Men 70+	423	00:50:08
411	00:51:02	Karin Divall	Vet Women 55-64	418	00:50:44

[<Back to Contents>](#)

13. Sussex Vets League 3rd Meeting 24th July 2023 Lewes Track

Just a reminder that Lewes AC belongs to joint team with Haywards Heath Harriers. At the July meeting at Lewes the Men's team were second with just five points behind Hastings AC. The Lewes/Haywards Heath women were third after Hastings AC and Brighton and Hove AC.

We are looking forward to the final meeting on this Friday 4th August at Eastbourne.

Men's Competition

Place	Event	Age Category	Performance	Points
	Discus	35+		
5	Dominic Tansley	HHH/LAC	14.69	4
	Discus	50+		
3	Ian Tomkins	HHH/LAC	20.14	6
	Discus	60+		
3	Mike Bale	HHH/LAC	26.20	6
	Javelin	35+		
0	James Smyth	HHH/LAC	12.69	3
	Javelin	50+		
5	Ian Tomkins	HHH/LAC	21.59	4
	Pole Vault	35+		
4	Ben Taylor	HHH/LAC	1.80	5
	Triple Jump	35+		
5	James Smyth	HHH/LAC	7.57	4
	Triple Jump	50+		
2	Mark Rahman	HHH/LAC	8.28	7
	200m	A		
4	Owen Wells	HHH/LAC	23.80	6
	200m	B		
2	Ian Kenton	HHH/LAC	27.20	7
	200m	50+		
3	Barry Blackwell	HHH/LAC	28.90	6
	200m	60+		
3	Mark Rahman	HHH/LAC	32.30	6
	800m	A		
4	Ian Kenton	HHH/LAC	02:08.0	5
9	800m	B		
2	Mike Fletcher	HHH/LAC	02:13.0	7
9	800m	50+		
2	Phil Grabsky	HHH/LAC	02:30.0	7
9	800m	60+		
1	Jonathan Burrell	HHH/LAC	02:21.0	8
	2000m walk	A		
1	James Smyth	HHH/LAC	12:59.0	8
	2000m walk	50+		
3	Nigel Gates	HHH/LAC	13:01.0	6
	5000m	A		

2	Toby Meanwell	HHH/LAC	16:44.0	7
	5000m	B		
1	Vesa Lindberg	HHH/LAC	17:09.0	8
	5000m	60+		
1	Paul Cousins	HHH/LAC	19:39.0	8
	4 x 200 relay			
	Ian Kenton, Helen Diack, Abigail Redd & Owen Wells	HHH/LAC	2:07.5	6

Overall Mens Competition	Pos	Pts	
Hastings AC	1	139	
Haywards Heath & Lewes	2	134	
Eastbourne Rovers AC	3	128	
Brighton & Hove AC	4	104	
Hailsham	5	80	
Arena 80	6	50	
Worthing & District	7	45	
HY	8	28	

Women's Competition

Place	Event	Age Category	Performance	Points
	Discus	35+		
4	Helen Diack	HHH/LAC	12.38	5
	Discus	50+		
4	Jaqueline Barnes	HHH/LAC	8.85	5
	Shot Putt	35+		
5	Helen Diack	HHH/LAC	5.17	4
	Shot Putt	50+		
4	Jaqueline Barnes	HHH/LAC	4.31	5
	Triple Jump	35+		
1	Lucie Venables	HHH/LAC	7.87	8
	200m	A		
3	Lucie Venables	HHH/LAC	31.80	6
	800m	A		
2	Jenna French	HHH/LAC	02:42.0	7
	800m	B		
2	Abigail Redd	HHH/LAC	03:05.1	7
	5000m	A		
1	Jenna French	HHH/LAC	19:29.0	8
	5000m	B		
3	Abigail Redd	HHH/LAC	24:40.0	6
9	5000m	50+		
3	Jaqueline Barnes	HHH/LAC	25:09.0	6
9	2000m walk	A		
1	Abigail Redd	HHH/LAC	11:29.1	8

9

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14. West Sussex Fun Run League

Steyping AC Round Hill Romp Wednesday 23th July 2023

This is a challenging evening 10k run, but with lots of interest!



Place	Time	Bib	Runner		M/F	M/F Place	Points
82	0:46:13	601	Colin	Bennett	M	74	7
133	0:50:15	403	Dominic	Osman-Allu	M	112	6
174	0:52:55	406	Ellie	King	F	37	8
175	0:53:08	408	Andv	Perris	M	138	4

181	0:53:28	405	Sarah	Robinson	F	39	8
213	0:56:01	407	Carl	Dowling	M	163	3
274	1:02:16	404	Kate	Seymour	F	78	5

Lewes came 15th out of 17 competing clubs for this race, and remained overall 15th in the league.

Hove Hornets Stinger Sunday 9th July 2023

Place	Time	Bib	Runner		M/F	M/F Place	Points
93	56:36	89	Bob	Hughes	M	74	5
116	01:00:03	88	Andrew	Chitty	M	89	3

This takes place on the outskirts of Brighton at the Waterhall and is thus very easy to get to. Like the Round Hill Romp it is a 10k course mainly uphill on the way out and downhill returning to base.

I think that this is the first time that the first Lewes AC runner home in this competition was an M70. His glory but the club's shame.

Henfield Seven Stiles 4 miles. Sunday 23rd July 2023.

Place	Time	Bib	Runner	M/F	M/F Place	Points	Place
134	33:20	243	Bob	Hughes	M	104	5
162	34:38	244	Sarah	Robinson	F	41	7
194	37:13	242	Peter	Miller	M	140	3
265	44:03	245	Jane	Holford	F	100	3



Henfield is only 25 minutes away from Lewes.

There was a change of course because of a fallen tree but otherwise the route used part of the Downs Link long distance path that follows a dismantled railway line and the bank of the River Adur. A special mentioned is owed to Jane who stopped to help a fellow runner who had had a nasty fall. This is the second time that an M70 – who tells me he regards himself as too old for the Sussex Vets League - has been first Lewes AC runner home.

Upcoming races

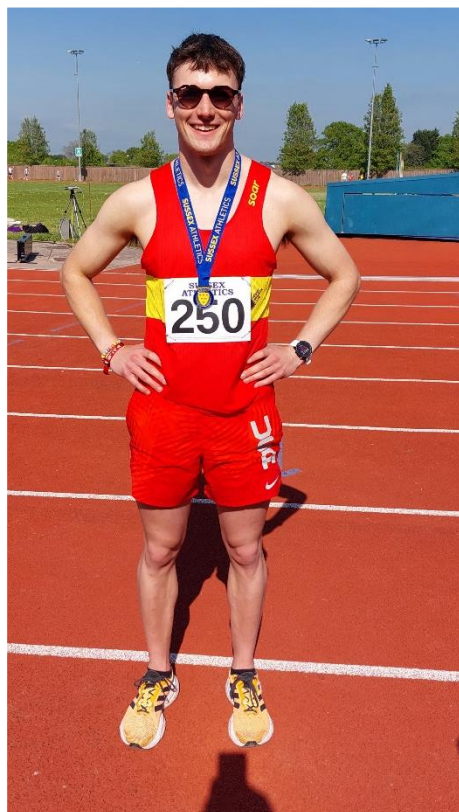
The chances are that by the time you read this the Worthing Striders' Highdown Hike on Wednesday 2nd of August will have been and gone. There is now a lull until the **3rd of September and the**

Saints & Sinners Tilgate Forest which as the name suggests is a run through the woods. Here are the remaining runs for 2023:

Sunday 22 nd October 1 Mile 10:30 5 Mile 11:00	Worthing Harriers Windlesham House 4 Windlesham House School, London Rd, Washington RH20 4DG www.worthingharriers.com
Sunday 29 th October 1 km 10:30 5 mile 11:00	Lancing Eagles Steepdown Challenge Lancing Manor Leisure Centre BN15 0PH www.lancingeagles.co.uk
Sunday 5 th November 1 mile 10:30 4.5 miles 11:00	Horsham Joggers Gunpowder Trot Denne Park, Horsham. RH12 1J www.horshamjoggers.co.uk

[<Back to Contents>](#)

15. Getting to Know You Number 11 ...Pyers Lockwood



Running for me first started with the Fun Runs on the seafront in Bexhill, with races varying from 500m to 5k. Winning medals at any age is rewarding but when you are a little kid, getting your first medal at a fun race down at the sea front was like winning the Olympics.

At school I was always involved in the cross-country teams, and my speed was a great attribute to me performing well in other sports in PE and during my club games or events. I think people at that age are always jealous of the fast kids at school, as people often made fun and joked, which I think spurred me on to run faster in a way.

The 2012 Olympics was definitely a turning point in me wanting to get involved in the sport properly, so I started to train for cross country over in Hastings.

I remember one time throwing up for the first time after a session when I was about 9 or 10, as I had had a McDonalds just before training. I have luckily learnt a bit more about nutrition now, but less about how to stop myself throwing up post sessions, especially during those tough lactic sessions.

I joined Eastbourne Rovers in 2015 and started competing in the short sprints at U13 (75m and 150m), running my first ever proper track race at Lewes a few months after starting. My dad said to me if I won my race, he would get me a pair of running spikes, and I guess the rest is history.

Moving up through the age groups I got into the 300 and 400m races, which was a big learning curve, when I was still training as a short sprinter. My dad asked me if I wanted to try the 400m Hurdles, and I thought why not, what's the worst that could happen. I absolutely loved it, and from that point onwards was hooked. I came 5th at English Schools that year in what would have been my 9th race at the distance but still with no sort of hurdle technique or training.

I told my dad that I would win it the year later and I did. In 2019 I earned two England Caps and won all the age group championships. Coming to Loughborough University has been a turning point for me in my athletics. Injuries between 2020 and 2022 really hampered my ability to compete to the standard that I should have been. But this season has been a real turn around, achieving BUCS and National U23 Bronze Medals, with PBs in the 200, 400 and 400m Hurdles. I'm currently ranked 3rd U23 in the UK and the 2th Senior.

Training within the university environment has been key to me succeeding, being surrounded by my likeminded people and Olympic athletes on a daily basis is awesome, and definitely brings out the best of you. At the British Championships I will be donning the Ammonite proudly on my Lewes vest and representing the south coast, hopefully bringing the sunshine to Manchester.

[<Back to Contents>](#)