

AMMONITE Lewes Athletic Club Newsletter



October 2023

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

Contents

- [0. The Ammonite speaks out: Peter Masters for President!](#)
- [1. Sussex U15 League Final - 1st September 2023 at Brighton](#)
- [2. British Masters Track and Field Championships 2nd/3rd September Derby](#)
- [3. Sussex Under 13 League Final K2 Crawley 3rd September 2023](#)
- [4. Saints & Sinners Tilgate Forest Run 3rd September 2023](#) plus future runs
- [5. Rye Ancient Trails 30k & 15k 10th September 2023](#)
- [6. South of England Championships: Under 17 Track and Road Relays](#)
- [7. Lewes AC Downland Runs 1st October 2023](#)
- [8. Getting to Know You No 13... Lizzie Keep](#)
- [9. Getting to Know You No. 14... Chris Gilbert](#)
- [10. Provisional Sussex Cross Country Fixtures](#)
- [11 East Sussex Sunday Cross-country League - plan your races](#)
- [12. Lewes Santa Fun Runs – entries open](#)

0. The Ammonite speaks out: Peter Masters for President!

The Lewes AC 'Annual' General Meeting took place on Friday 22nd September. The minutes are now available at [AGM minutes](#).

Angela Brinkhurst
David Foster
Peter Masters
Peter Miller
Mark Pappenheim
Lauren Puttock-Brown
Dominic Osman-Allu
Peter Selby
Kate Seymour
Lewis Sida
Toby Wolpe
Philip Westbury



The roles to be undertaken by each committee member will be confirmed at the next meeting of the committee. However, we know that Peter Masters will be shortly stepping down as Club Chair.

Ammonite was not able to attend the AGM. But one club member recalls that when they joined in club in the 1980s, Peter Masters was the chair even then. However, there was also an honorary position of President held by the aging but amiable Maurice Breese. You can find the story of Maurice's contribution to local competitive athletics and to generally having fun at <https://www.sussexexpress.co.uk/news/st-marys-childrens-sports-day-in-lewes-celebrates-its-75th-year-4171189>.

Ammonite expects the committee to do the right thing in honouring Peter Masters.

[<Back to Contents>](#)

1. Sussex U15 League - 1st September 2023 at Brighton

	Team	Score
1	Brighton & Hove	369
2	Chichester	334
3	Eastbourne	324
4	Lewes	254
5	Crawley	241
6	Worthing	178
7	Horsham BS	95
8	Haywards Heath	81
9	HY Runners	68

Lewes AC Performances

Event	Place	Athlete	Per- formance	Points
Boys A 100m	7	Eoin Dacey	14.2	3
Boys B 100m	4	Jack Staples	13.2	6

Boys A 200m	8	Eoin Dacey	29.7	2
Boys B 200m	6	Charlie Perry	29.3	4
Boys A 300m	7	Edward Riseborough	43.4	3
Boys B 300m	5	Jack Staples	44.4	5
Boys A 800m	4	Jacob Trotman	2:18.4	6
Boys B 800m	4	Max Farley	2:28.5	6
Boys A 1500m	4	Toby Cherry	4:58.6	6
Boys B 1500m	3	Charlie Perry	5:12.8	7
Boys A 80mH	4	Eoin Dacey	16.4	6
Boys A Pole Vault	1	Ivan Wray	2.50	9
Boys B Pole Vault	1	Diggory Thomas	2.30	9
Boys A High Jump	6	Will Marshallsay	1.40	4
Boys B High Jump	5	Joseph Baynes	1.25	5
Boys A Long Jump	1	Fred Gander	5.32	9
Boys B Long Jump	7	Will Marshallsay	3.36	3
Boys A Shot Putt	2	Jacob Trotman	7.64	8
Boys B Shot Putt	3	Charlie Perry	4.91	7
Boys A Javelin	4	Albert Lovelock	25.55	6
Boys B Javelin	3	Joseph Baynes	18.57	7
Boys 4x100m	6		54.6	4
Girls B 100m	3	Isla Tivey	14.3	7
Girls A 200m	4	Isla Tivey	30.0	6
Girls B 200m	7	Emma Powell	31.8	3
Girls A 300m	3	Emilia Singer	48.3	7
Girls B 300m	4	Martha Cole	48.2	6
Girls A 800m	5	Florence Tuesday	2:39.4	5
Girls B 800m	1	Amelie Bedford	2:28.0	9
Girls A 1500m	5	Martha Cole	5:32.0	5
Girls B 1500m	4	Nesta Spring	5:45.8	6
Girls A 75mH	2	Natasha King	13.9	8
Girls B 75mH	4	Eloise Morris	14.8	6
Girls A Pole Vault	1	Ava Hayes	2.70	9
Girls B Pole Vault	1	Phoebe Scott	2.60	9
Girls A Long Jump	4	Emilia Singer	4.19	6
Girls B Long Jump	4	Maia Williams	3.91	6
Girls A Shot Putt	2	Natasha King	8.60	8
Girls B Shot Putt	2	Martha Cole	6.58	8
Girls A Discus	4	Bella Deighton	16.07	6
Girls A Javelin	4	Amy Bomansaan	19.10	6
Girls B Javelin	3	Ashli Whiteman	13.95	7
Girls 4x100m	6	Lewes AC	59.7	4

NON SCORING

BOYS				
PV		Bill Scott	890	2.40
LJ	4	Oscar Fermor-McGhie	257	4.15
GIRLS				
Event	Pos	Name	Cat	Perf.

100	3	Natasha King	252	14.5
100	4	Emma Powell	255	14.7
100	6	Eloise Morris	253	15.7
100	5	Maia Williams	243	14.7
100	2	Ela Ramshaw	254	14.3
100	4	Ashli Whiteman	251	15.7
200	5	Paisey Duggan	276	32.1
PV		Ayla Kimpton Bragg	260	2.60
LJ		Ela Ramshaw	254	4.09
LJ		Eloise Morris	253	3.83
LJ		Alix Scott Rebera	258	3.51
LJ		Ashli Whiteman	251	3.20

[<Back to Contents>](#)

2. British Masters Track and Field Championships 2nd/3rd September Derby

Lewes AC's Jonathan Burrell came second in the M60 1500m in 4 mins 43.52. He won the M60 800m in 2 mins 18.89, and is therefore the British champion in this event.



Jonathan was then off to Pescara in Italy for the European Track and Field Masters. He has promised to report back on these, but we know that he came 2nd in his 800m heat in a time of 2:18.79 and 5th in the final on 29th September in a time of 2:17.06.

[<Back to Contents>](#)

3. Sussex Under 13 League Final K2 Crawley 3rd September 2023

Overall match results

Position	Team	Score
1	Brighton & Hove	470
2	Crawley	444
3	Chichester	409.5
4	Eastbourne	316.5
5	East Grinstead	154
6	Hy Runners	136
7	Lewes	126
8	Phoenix	124
9	Worthing	123
10	Haywards Heath	102
11	Horsham BS	92
12	Hastings	83

Lewes AC Performances

Event	Place	Athlete	Performance	Points
Boys A 75m	10	Idrees Al-Radhi	11.58	3
Boys B 75m	5	Rainbow Love	11.53	8
Boys A 150m	5	Oscar Fermor-McGhie	21.29	8
Boys A 600m	8	Oscar de Burca	02:11.7	5
Boys A 1000m	9	Thomas Muddle	03:32.7	4
Boys A 75mH	6	Gabriel Rumsey-Williams	21.03	7
Boys A Long Jump	4	Oscar Fermor-McGhie	4.3	9
Boys A Shot Putt	8	Rainbow Love	5.44	5
Boys B Shot Putt	5	Seth Muddle	3.98	8
Boys A Discus	4	Bill Scott	17.33	9
Boys B Discus	4	Roscoe Harris	9.29	9
Boys A Javelin	6	Roscoe Harris	16.93	7
Boys A 4x100m	10	Lewes	67.36	3
Girls A 150m	9	Isabelle Collett-Ximines	25.16	4
Girls A 1000m	8	Sunshine Love	03:51.5	5
Girls A 70mH	3	Fernanda Wolfson	12.65	10
Girls A High Jump	2	Fernanda Wolfson	1.3	11
Girls A Long Jump	7	Sunshine Love	3.65	6

[<Back to Contents>](#)

4. Saints & Sinners Tilgate Forest Run 3rd September 2023



We published the above picture in the last Ammonite, but can now provide the individual results.

Place	Time	Bib	Runner			M/F place	Po ints
60	38:38	315	Mark	Stainthorpe	M	49	8
63	38:53	319	Sally	Norris	F	12	10
104	42:46	313	Bob	Hughes	M	81	6
149	46:32	317	Kate	Seymour	F	38	7
230	57:46	321	Vanessa	Shadbolt	F	83	4
234	58:25	316	Jane	Holford	F	87	3

The remaining West Sussex Fun Run League fixtures are

12	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
13	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
14	Sunday 5 th November 1 mile 10:30 4.5 miles 11:00	Horsham Joggers Gunpowder Trot Denne Park, Horsham. RH12 1JR www.horshamjoggers.co.uk

And then you can start the 2024 season with a new challenge:

2024 1	Monday 1st January 2024 1 mile 11:00 5 Mile 11:30	Goring Road Runners Hangover 5 Hill Barn, Worthing, BN14 9QB www.goring-roadrunners.org.uk
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[<Back to Contents>](#)

5. Rye Ancient Trails 30k & 15k 10th September 2023

The organizers say:

'This is a stunning route that weaves through the ancient trails in the High Weald Area of Outstanding Natural Beauty in East Sussex. This ever-popular event visits historic woodland, trails, quiet country lanes and links the Norman churches of Rye, Iden, Beckley, Northiam and Peasmarsch. ... There is a 15K option on the same route, turning at Peasmarsch.

'The Rye Ancient Trails 15K/30K raises money for the Oliver Curd Trust. The race [looks] to attract runners of all abilities, from experienced athletes and those new to running.

'Course Details:

'The route starts and finishes in the medieval town of Rye. The undulating multi-terrain route includes 1,500ft of climb, with numerous gates and stiles to be negotiated, but the stunning scenery will keep you going to the finish.



Above: Emily, Andrew, Kate, Mark, Sally and Ellie

30km Trail: Lewes AC results

Position	First Name	Last Name	Gun Time	Gen Pos	Cat Pos	Age Category		Time
9	Richard	Docwra	02:34:28	9	1	Male Vet 50		34:25.0
44	Sally	Norris	03:10:56	8	3	Female Vet 40		10:42.0
126	Eleanor	King	03:58:58	35	4	Female Vet 35		58:45.0
131	Kate	Seymour	04:00:23	40	6	Female Vet 50		00:08.0
132	Andrew	Perris	04:00:23	92	10	Male Vet 55		00:11.0

15km Trail: Lewes AC results

Position	First Name	Last Name	Gun Time	Gen Pos	Cat Pos	Age Category	Time
113	Emily	Murray	01:54:40	45	6	Female Vet 35	54:28.0
158	Mark	Pappenheim	02:10:07	87	6	Male Vet 65	09:52.0

[<Back to Contents>](#)

6. South of England Championships

16/17 September South of England Under 17 Inter-County Championships Horspath Oxford

200m Final 4th Rosie Kornavell 26:93 secs
800m Final 2nd Grace Tuesday 2:15.32 secs

23rd September Southern 6/4/3 stage road relay championships



Lewes AC Under 15 Boys 15th out of 69 teams

Leg	Leg Time	Pos	Total time	Pos	
1	00:10:27.550	30	00:10:27.550	30	Archie Besley
2	00:10:22.950	13	00:20:50.500	18	Jacob Trotman
3	00:10:17.050	15	00:31:07.550	15	Michael O'Connor



Lewes AC Under 17 Men 36th out of 68

Leg	Leg Time	Pos	Total time	Pos	
1	00:16:19.800	44	00:16:19.800	44	George Brooks
2	00:16:29.250	33	00:32:49.050	40	Theo Tarafder

3 00:16:27.800 35 00:49:16.850 36 Isaac Tarafder



Lewes AC Under 15 Girls 21st out of 63.

Leg	Leg Time	Pos	Total time	Pos	
1	00:10:29.450	1	00:10:29.450	1	Eva Winton
2	00:12:00.900	24	00:22:30.350	14	Florence Tuesday
3	00:12:12.450	29	00:34:42.800	21	Amelie Bedford

Lewes AC Under 17 Women 2nd out of 27

Leg	Leg Time	Pos	Total time	Pos	
1	00:17:11.700	10	00:17:11.700	10	Esme Stephenson
2	00:16:44.850	2	00:33:56.550	2	Grace Tuesday
3	00:16:40.800	4	00:50:37.350	2	Ava James



The above pictures are just a small sample of a treasure trove of images at https://linktr.ee/ac_ph0ts

7. Lewes AC Downland Runs 1st October 2023

10 Mile Race Lewes Runners

Place	Gun Time	Name	Category	Number	Chip Time
1	00:59:31	Joshua Burgess	Senior Men	355	00:59:30
2	01:00:20	Toby Meanwell	Vet Men 45-49	250	01:00:18
5	01:04:22	Ben Pepler	Senior Men	279	01:04:20
8	01:05:29	Richard Strong	Senior Men	316	01:05:25
14	01:08:28	Adam Vaughan	Vet Men 40-44	325	01:08:26
40	01:17:24	Robert Gerardo	Vet Men 40-44	185	01:17:17
51	01:20:41	David Barham	Vet Men 40-44	112	01:20:33
57	01:22:03	Amy Dunn	Senior Ladies	170	01:21:56
63	01:23:26	Mike Jones	Vet Men 40-44	223	01:23:09
73	01:25:16	Sally Norris	Vet Women 40-44	266	01:25:07
76	01:25:49	Mathew Homewood	Vet Men 50-54	214	01:25:42
95	01:29:20	Rhian Davies	Senior Ladies	159	01:29:11
107	01:31:04	David Foster	Vet Men 60-64	181	01:30:57
114	01:34:02	Sarah Rose Buldum	Vet Women 45-49	132	01:33:54
118	01:34:43	Gary Bedford	Vet Men 45-49	117	01:34:36
119	01:35:05	Carl Dowling	Vet Men 50-54	169	01:34:46
120	01:35:16	Peter Kennedy	Vet Men 70+	228	01:35:15
126	01:36:04	Katie Meanwell	Vet Women 35-39	251	01:35:57
128	01:36:43	Ellie King	Vet Women 40-44	270	01:36:27
133	01:37:30	Bob Hughes	Vet Men 70+	218	01:37:21
134	01:37:47	Andy Perris	Vet Men 55-59	280	01:37:30
143	01:39:37	Libby West	Vet Women 55-59	347	01:39:20
145	01:39:41	Sarah Robinson	Vet Women 55-59	292	01:39:24
148	01:40:41	Andrew Chitty	Vet Men 65-69	142	01:40:32
149	01:40:41	Kate Seymour	Vet Women 50-54	303	01:40:15
153	01:41:39	Beth Hancock	Senior Ladies	204	01:41:32
162	01:43:36	Fran Witt	Vet Women 55-59	338	01:43:28
168	01:45:32	Ruth Wray	Vet Women 50-54	340	01:45:24
172	01:45:49	Colin Hartland	Vet Men 65-69	206	01:45:26
176	01:46:37	Anita Amies	Vet Women 65+	106	01:46:25
191	01:52:51	Mark Pappenheim	Vet Men 65-69	273	01:52:30
197	01:55:21	Martha Walsh	Vet Women 55-59	327	01:55:00

5 Mile Lewes AC Runners

Place	Gun Time	Name	Category	Number	Chip Time
16	00:40:23	Danny Weddup	Vet Men 35-39	549	00:40:20
21	00:42:51	Emily Murray	Vet Women 35-39	533	00:42:49
42	00:54:09	Abbie Hills	Senior Ladies	523	00:54:03
45	00:54:57	Ruby Hall	Senior Ladies	521	00:54:50
46	00:54:57	Vanessa Shadbolt	Vet Women 50-54	542	00:54:51

To paraphrase Alan Bennett: if you think running is competitive, try baking.



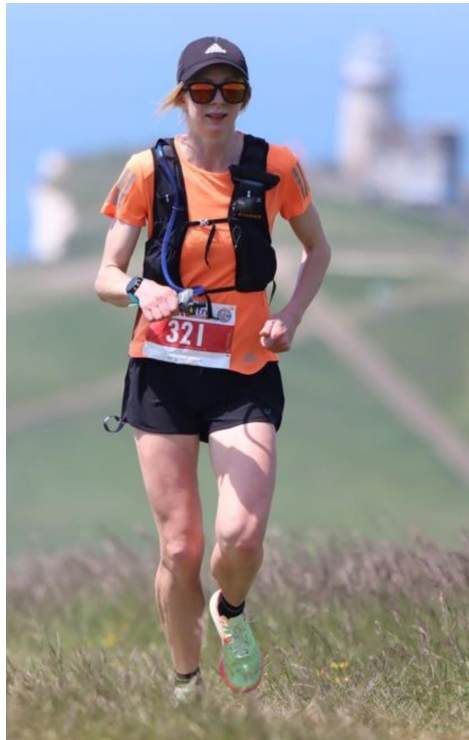
We had guests from Lewes AC's sister club in Marolles in the Loire Valley. 'Chapeau' all around!



[<Back to Contents>](#)

8. Getting to Know You No 13... Lizzie Keep

I



started my running journey when I was 11 years old at the primary schools cross country race held near Wallands school. Afterwards, Pete Masters asked if I wanted to join Lewes AC to which I said yes. I was in the mixed group for a while but after a couple of months I joined Dave's endurance group. So that means I've been running for Lewes AC and with Dave Leach for over 20 years!

During this time, I've competed in a whole spectrum of events from 100m up to 100k and pretty much everything in between and most field events. I've represented Sussex a few times mainly cross country but also track when I was younger.

I

very much train for enjoyment and have always struggled sticking to a rigid plan. I follow a rough outline and tweak it to how I'm feeling and what I'm in the mood for. But I love working hard and pushing myself - one of my favourite sessions is my threshold session on the treadmill (I know what's wrong with me!)

During covid when the track was shut I did have a realisation how running with others makes it so much easier and more enjoyable. There is the very best group of girls (and boys) at the track on a Wednesday night. So other than one track session and a threshold session I'll also try and fit in a speed or hill session and the rest are easy or steady runs.

This year however, I've really found my love of trail running and have discovered ultra running. I was running on the downs above Kingston one evening after work as the sun was setting and I had a feeling of pure happiness and freedom and haven't looked back since. For me there is no better feeling than running on the South Downs.

I find when I lose my mojo I need to do something completely out of my comfort zone where I can just relax and get my love of running back. I'd been focusing on 5ks and trying to get my 5k time to under 18 minutes and it just wasn't happening so I said 'fine I'll do a 100 miler'.

I couldn't actually enter the 100 miles (luckily for me, in hindsight) as you had to have officially competed in marathon distance in the previous 2 years, so I had to settle for a 50k. I trained really poorly for it - increasing my elevation and mileage far too quickly to avoid losing my motivation but barely avoided injury. The race itself was excellent - UK Ultra 50k - and I loved it. Well I loved the first 40k, the last 10k were pretty hellish. I managed to place 1st lady, 9th overall.

I've since done a 100k which was a bit of a different experience and by far the hardest thing I've ever done. With 40k to go I was in a bad way with cramping calves and quads and with 20k to go all I could think about was how I never wanted to do this again!

Needless to say, three days afterwards I'd already started planning my next one. I did find the power of mental strength though, which I believe is one of my strengths, and actually slowed less than the other competitors, coming in 2nd overall and 1st lady. I've learned a lot of lessons from the two ultras I've done in terms of actual race day (fuelling etc), recovery, and the impact it has on your body both mental and physical. I think it actually gave me a bit of trauma as I had to hide my running rucksack afterwards as I couldn't bear looking at it.

I am also lucky enough to have the support of my parents who often join me on their bikes and my husband who invested in an electric bike so he could keep up with me on the downs! He can occasionally be persuaded to run with me (but it has to be less than 8k!). My parents have always been a positive influence on my running, my mum in particular (who was a runner herself and has a national cross country medal) always makes sure I'm doing it for myself and that I'm enjoying it. She says I always perform best when I'm having fun - which makes sense really.

On the non-running related side, I love spending time outside, I'll spend as much time as I possibly can in the fresh air. I work in a garden centre - Coolings Wych Cross (it's excellent if you haven't been) so I get to spend most of my days outside. I also used to play netball but last year gave it up to focus on running a bit more but have taken up golf instead! I also love to travel and experience different cultures - this year's trip is to Japan

I don't love running all the time, especially when I'm training hard, working full time and trying to have a bit of a life but I definitely couldn't live without it. And I absolutely love what it does for people's physical and mental wellbeing and the fact that it really is a sport for everyone.



[<Back to Contents>](#)

9. Getting to Know You No. 14... Chris Gilbert

Like many of us, I came to running fairly late after a mis-spent youth. In my 30s, with young children, I discovered I could see more of the outside world in less time by running, so I spent the next few years occasionally jogging around the nearest countryside.

After moving to Lewes, I discovered the club when I saw a friendly-looking bunch of people running through town and asked who they were. I put off joining though, as I was worried I'd have to enter races and I didn't like the idea of having to be competitive. After I finally joined the club and then went on to actually enter a race, I discovered to my surprise that I'm intensely competitive after all.

I fell in love with the sense of pride that comes with arriving at a race in your club vest, meeting team-mates and people from other clubs and developing friendships and friendly rivalries, pushing that bit harder than is comfortable to get in front of others, and knowing there are people behind who have you in their sights.



Above: Chris, second on the right, with Ian Hilder, Karin Divall and David Bradford

Once I started going to track sessions, I discovered that it's possible to push harder and get faster. Although I've never felt like a 'proper' runner, I started to learn the language of running - tempos, fartleks, strides. I also discovered the power of running at an uncomfortable pace to help deal with difficulties in life - being completely in your body and maintaining a level of physical discomfort is often a good way of switching off from mental discomfort.

And I found myself doing better in races than I'd imagined possible. During my time with the club, I have amazed myself with achievements that I still don't really believe. These are relatively modest, but one of the great things about running is that while there are always far more talented people, and you can celebrate their achievements knowing you will never come anywhere near them. Someone like me can actually say honestly that I have won a marathon, qualified to run for England, finished in the top few at a big race, and won gold medals! It's still unbelievable to me - I used to do everything I could to get out of any kind of sport at school!

As a long lapsed catholic, I also love the sense of ceremony and tradition that I get with racing for a club: the club colours and symbols, the yearly rhythm through cross country, road racing and track seasons, that shared experience, heightened emotion of anticipation and fear at the start line, and the exhilaration of crossing the finish line.

The last few years I've been a little bit beset by injury. Maybe pushing harder than is comfortable should be balanced with proper recovery at my age - who knew! But even when I can't run, a great thing about being part of the club is that I can still go to track and field events and do laughably badly at discus and shotput instead. There's also the social side of the club, and watching others, and the opportunity to help out: running has been such an important part of my adult life and sense of identity. I'll be back racing soon and I plan to be running with Lewes AC for a long time yet.



[<Back to Contents>](#)

10. Provisional Sussex Cross Country Fixtures

Sat 14 th October 2023	Sussex Cross Country League (1)	Goodwood Country Park
Sat 11th November 2023	Sussex Cross Country League (2)	Ardingly Showground
Sat 2nd December 2023	Sussex Cross Country League (3)	venue tbc
Sat 6th January 2024	Sussex Cross Country Championships. (Junior & Senior)	Little Common, Bexhill (tbc)
Sat 13th January 2024	Masters Cross Country Championships tbc	Coombe Farm, Lancing (tbc)
Sat 10th February 2024	Sussex Cross Country League (4)	venue tbc

11 East Sussex Sunday Cross-country League

Events for 23/24 Season

29 Oct 2023	Whitbread Hollow, Eastbourne (hosted by Run Wednesdays)	Hilly Down land with a challenging uphill. Tends to not be muddy but chalk based so can be slippery. The course is suitable for spikes, but access to the start is along a tarmac and gravel path so a change of footwear should be considered.
26 Nov 2023	Snape Wood, Wadhurst (hosted by Wadhurst Runners)	Hilly 2 lap course. Usually muddy Suitable for spikes but there are some gravel sections. Leaflet
17 Dec 2023	Venue TBA	
14 Jan 2024	Venue TBA	
18 Feb 2024	Ashdown Forest (hosted by Crowborough Runners)	hilly tend to be muddy: 1 small lap 1 larger lap. Suitable for spikes.
10 Mar 2024	Pett (hosted by Hastings Runners)	Single Lap course undulating some woodland some field. Suitable for spikes. Awards will be presented after the event.

[<Back to Contents>](#)

12. Lewes Santa Fun Runs: Entries now open

A promotional poster for the Santa Fun Run in Lewes. The top half features a festive background with snowflakes and two cartoon Santa Claus characters running. The text is centered and reads: 'SANTA FUN RUN IN LEWES 5K, 10K, 15K'. Below this, the date 'SUNDAY 10 DEC 2023' is prominently displayed. Further down, it says 'REGISTER FROM 9-10 AT WALLANDS SCHOOL, GUNDREDA ROAD, LEWES BN7 1PU'. The next line states 'ALL PROFITS TO OUR LOCAL HOSPITAL - LEWES VICTORIA'. Below that, it says 'FESTIVE FUN - FANCY DRESS OR CHRISMASSEY DRESS OPTIONAL'. A QR code is positioned in the center. At the bottom, it says 'GET YOUR TICKETS/SIGNUP ON' followed by the URL 'https://www.ticketsource.co.uk/friends-of-lewes-victoria-hospital' and '£15.00 + booking fee'. The logo for 'Friends of Lewes Victoria Hospital' is at the very bottom.

**SANTA
FUN RUN
IN LEWES
5K, 10K, 15K**

SUNDAY 10 DEC 2023

REGISTER FROM 9-10
AT WALLANDS SCHOOL,
GUNDREDA ROAD, LEWES BN7 1PU

ALL PROFITS TO OUR
LOCAL HOSPITAL - LEWES VICTORIA
FESTIVE FUN - FANCY DRESS
OR CHRISMASSEY DRESS OPTIONAL



GET YOUR TICKETS/SIGNUP ON
<https://www.ticketsource.co.uk/friends-of-lewes-victoria-hospital>
£15.00 + booking fee

Friends of
Lewes Victoria Hospital

[<Back to Contents>](#)