

AMMONITE Lewes Athletic Club Newsletter



November 2023

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

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1. Goodwood: Cross Country Relay County Championships 30th September 2023

Senior men – incomplete team

	bib	Runner 1	Time 1	Runner 2	Time 2	Total
	174	Charlie Wright	00:11:14	Archie Guppy	00:12:42	00:23:56

U17 Men

Pos	bib	Runner 1	Time 1	Runner 2	Time 2	Runner 3	Time 3	Total
7	95	Harvey Perry	00:13:08	Theo Tarafder	00:13:35	Isaac Tarafder	00:13:27	00:40:10

Under 17 Women

Pos	bib	Runner 1	Time 1	Runner 2	Time 2	Runner 3	Time 3
2	94	Darcy Pring	00:15:01	Esme Stephenson	00:14:03	Ava James	00:13:46

Under 15 Girls

Pos	bib	Runner 1	Time 1	Runner 2	Time 2	Runner 3	Time 3
6	70	Eva Winton	00:09:15	Amelie Bedford	00:10:29	Nesta Pring	00:10:59

Under 13 Girls

Pos	bib	Runner 1	Time 1	Runner 2	Time 2	Runner 3	Time 3
6	34	Izzy Dowcra	00:10:23	Eliza Barry	00:11:22	Jess Mouland	00:12:26

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2. Lewes AC 5 and 10 Mile Downland Runs 1st October 2023

Provisional results were published in the October 2023 Ammonite. Final results can be found at [Lewes 5 mile results](#) and [Lewes 10 mile results](#). Note that in the Lewes 5 mile results Becky Trotman who was second woman finisher in a time of 38:25 minutes was a Lewes AC runner.

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3. Haywards Heath Harriers Great Walstead 5 Sunday 8th October 2023

West Sussex Fun Run League

Pos	Time	bib	Runner		F/M	F/M pos
39	39.11	336	Rhian	Davies	F	4
55	40.33	332	Amy	Dunn	F	10
65	41.14	337	Sally	Norris	F	13
102	44.41	334	David	Foster	M	80
130	47.10	333	Andrew	Chitty	M	100
170	51.09	335	Peter	Miller	M	127
215	60.36	387	Tim	Monson	M	142

The distance was 8 km. You get 10 points for being in the first 10% of runners. 9 for being in the second 10% of runners and so on, so well done Rhian Davies and Amy Dunn – and Sally Norris for that matter!



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4. Sussex County Cross Country League Event 14th October 2023 Goodwood

Lewes AC might seem to be dominated in the Senior Women's race by the Under 17 contingent of Ava James (1st), Esme Stephenson (2nd) and Grace Tuesday (7th). However, Darja Knotkova-Hanley was in 4th position taking first Senior Woman place. Together with the Under 17s she shared the first team accolade. In addition to this the Under 17 women won their own Under 17 first team award.

Also in the top 10 finishers was Gina Wilkinson, the second overall Senior Woman runner in 9th place. Jenna French was the overall first veteran woman. Karin Divall was fourth overall V55, and Beverly Sheridan third V65.

Thirteen male runners competed in the Senior Men's competition, with Under 20 Charlie Wright the first Lewes man home in 8th place overall. The first six runners in each club constitute a 'team' and Lewes AC was the third ranked in this ranking. Colin Bennett was second V50 man home.

Among many fine runs in the junior races was Jacob Trotman's first place in the Under 15 Boys race. With Michael O'Connor in 5th and Toby Cherry in 14th position, the boys took the second team place.

Under 17, Under 20, Senior and Vet Women

POS	Time	Bib	Forename	Surname	AG	AG POS	Vet Pos
1	17:53:00	351	Ava	James	U17W	1	
2	17:58:00	354	Esme	Stephenson	U17W	2	
4	18:33:00	554	Darja	Knotkova-Hanley	SW	1	
7	18:59:00	355	Grace	Tuesday	U17W	5	

9	19:09:00	72	Gina	Wilkinson	SW	2	
17	19:30:00	626	Eileen	Beach	SW	4	
19	19:38:00	612	Jenna	French	V35	3	1
36	21:23:00	623	Sally	Norris	V35	8	9
39	21:40:00	550	Rachel	Titheradge	SW	8	10
47	22:20:00	552	Lucy	Richardson	SW	11	
56	23:10:00	603	Amy	Dunn	SW	13	18
74	24:51:00	401	Charlotte	Bennett	V35	15	30
77	25:10:00	487	Karin	Divall	V55	4	33
97	29:31:00	507	Beverly	Sheridan	V65	3	53



	Women's teams (Division 1 - 4 to score)					
Pos	Team	pt1	pt2	pt3	pt4	Total
1	Lewes A	1	2	4	7	14
4	Lewes AC B	9	17	19	36	81
	Women's teams (Division 2 - 3 to score)					
Pos	Team	pt1	pt2	pt3		Total
5	Lewes AC C	39	47	56		142
16	Lewes AC D	74	77	97		248
	Women's Vets Teams (3 to score)					
	Team					
		pt1	pt2	pt3	Total	
3	Lewes AC A	3	12	36	51	
20	Lewes AC B	38	59	78	175	



Senior Men

Overall pos	Time	Bib	Forename	Surname	AG	AG POS	Vet Pos
8	25:29:00	98	Charlie	Wright	U20M	4	
21	27:02:00	513	Ben	Pepler	SM	9	
31	28:04:00	526	Richard	Strong	SM	14	
33	28:08:00	512	George	Stewart	SM	16	
39	28:34:00	514	Paul	Newsome	SM	22	
44	29:20:00	405	Adam	Vaughan	V40	10	10
54	30:36:00	515	Andrea	Sansottera	SM	27	
56	30:56:00	468	Colin	Bennett	V50	2	16
77	33:51:00	627	Rob	Dyke	V40	30	30
92	35:45:00	473	Dominic	Osman-Allu	V50	18	42
97	36:50:00	620	Dominic	Tansley	V40	40	46
107	38:05:00	633	Mathew	Homewood	V50	27	55
112	39:18:00	634	Gary	Loughlin	V50	30	60

Senior Men's Teams

Division 1 (6 to score)							
Pos	Team	pt1	pt2	pt3	pt4	pt5	pt6
3	Lewes A	8	21	31	33	39	44
7	Lewes B	54	56	77	92	97	107
Division 2 (4 to score)							
Pos	Team	pt1	pt2	pt3	pt4	Total	
24	Lewes C	112	135	135	135	517	

Men's Vet teams (3 to score) all age categories

Pos	Team	1st runner	2nd Runner	3rd Runner	Total
6	Lewes AC A	10	16	30	56
15	Lewes AC B	42	46	55	143
29	Lewes AC C	60	84	84	228

Under 17 Women

POS	Time	Bib	Forename	Surname		
1	17:53:00	351	Ava	James		
2	17:58:00	354	Esme	Stephenson		
5	18:59:00	355	Grace	Tuesday		
Pos	Team		pt1	pt2	pt3	Total
1	Lewes AC		1	2	5	8

Under 17 Men

POS	Time	Bib	Forename	Surname		
20	17:39:00	309	Isaac	Tarafder		
21	17:44:00	53	Harvey	Perry		
23	17:52:00	310	Theo	Tarafder		
26	17:59:00	326	George	Brooks		
41	19:20:00	328	Jack	Cooley		
Pos	Team		pt1	pt2	pt3	Total
7	Lewes AC		20	21	23	64
13	Lewes AC		26	41	58	125

Under 15 Girls

POS	Time	Bib	Forename	Surname		
12	17:05:00	273	Amelie	Bedford		
27	18:10:00	269	Florence	Tuesday		
30	18:16:00	307	Nesta	Pring		
Pos	Team		pt1	pt2	pt3	Total
7	Lewes AC		12	27	30	69

Under 15 Boys

POS	Time	Bib	Forename	Surname		
1	14:01:00	233	Jacob	Trotman		
5	14:18:00	228	Michael	O'Connor		
14	15:13:00	229	Toby	Cherry		
16	15:24:00	254	Archie	Besley		
17	15:25:00	243	Max	Farley		
24	16:25:00	54	Charlie	Perry		
U15 Boys Teams						
Pos	Team		pt1	pt2	pt3	Total
2	Lewes AC		1	5	14	20
5	Lewes AC		16	17	24	57



Under 13 Girls

POS	Time	Bib	Forename	Surname		
19	14:00:00	201	Ella	Bartholomew		
31	15:17:00	209	Jessica	Mouland		
Pos	Team		pt1	pt2	pt3	Total
12	Lewes AC		19	31	45	95

Under 13 Boys

POS	Time	Bib	Forename	Surname		
8	11:41:00	168	Otto	de Burca		
16	12:21:00	172	Edward	Hilton		
18	12:30:00	25	Samuel	Trotman		
Pos	Team		pt1	pt2	pt3	Total
5	Lewes AC		8	16	18	42

Under 11 Boys

POS	Time	Bib	Forename	Surname
22	8:15:00	117	Sonny	Tuesday
29	8:36:00	127	Django	White
39	9:01:00	129	Joseph	Cole

There is no team competition for the Under 11 runners.

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5. Arena 80 Hove Prom 10k Sunday 15th October 2023

Sussex Grand Prix

The previous promenade 10k race in the summer, the Phoenix 10k, had been packed full of Lewes AC elite runners, but this time around there were clearly more pressing alternative races, such as the County Cross Country on the day before.

On the cold Sunday morning the 42nd placed runner was Lewes AC's Emily Proto who was third Senior Woman with both gun-time and chip-times of 39:58. David Barham in 43rd place had exactly the same gun-time as Emily but had a chip-time of 39.55. David was 14th finisher in the highly contested VM40 age group,

It was a wait of nine minutes before the third (and last) Lewes AC runner, Bob Hughes, crossed the line 99 runners after David Barham, in 48:41 gun time (48:30 chip time). He was first in his age category (VM75), a group with just five runners in it. Not very impressive, perhaps, but there were 290 runners in total so he was in the first half of the pack.

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6. Beachy Head Marathon/Ultra Saturday 21st October 2023/Half Marathon Sunday 22nd October 2023



There was a good turn-out from Lewes AC runners with nine competitors in the marathon and thirteen in the half, not forgetting Elizabeth Hilton who took 7:57 hours to complete the ultra course consisting of the marathon course followed by the 10k.

Lewes AC made a mark at the finish of the half, with Gina Wilkinson first woman home in 01:39:04, six minutes ahead of the next woman. George Stewart was the second man in 01:29:58 and was chased home by his club mate Richard Strong who came third in 01:30:03. At least that is what the published results say. The podium picture shows George receiving the third place award, and no sign of Richard! There are suggestions that there were problems with runners going off course, but how

this can be accurately reflected in the finishing times is unclear. The second and third places for George and Richard have been confirmed.

In the full marathon Mike Fletcher was the first Lewes AC runner home in seventh place in 03:22:21. Beth Hancock was the first Lewes AC finisher among the women with a sound 05:18:50.

The weather could not have been more different on the two days of competition with rain on the Saturday being followed by a bright Sunday.



Marathon performances

Finishing place	Gun time	Chip time	Runner	Category	F/M place	Category place
7	03:22:24	03:22:21	Mike Fletcher	Senior Men	4	7
147	04:32:58	04:31:33	Telmo Ferreira	Men V40	37	133
166	04:35:08	04:33:42	Rob Dyke	Men V40	46	148
442	05:19:54	05:18:50	Beth Hancock	Senior Ladies	23	75
482	05:27:37	05:26:10	Andy Perris	Men V50	91	388
675	06:00:05	05:59:10	Ruth Wray	Ladies V45	44	159
676	06:00:06	05:59:10	Frances Witt	Ladies V55	17	160
816	06:32:45	06:30:43	Tara Twyman	Ladies V35	72	230
984	07:20:56	07:19:30	Kate Seymour	Ladies V45	106	319

Half Marathon performances

Finish place	Gun time	chip time	runner	Caterory	M/F position	Category position
2	01:30:01	01:29:58	George Stewart	Senior Men	1	2
3	01:30:06	01:30:03	Richard Strong	Senior Men	2	3
15	01:39:04	01:39:04	Gina Wilkinson	Senior Ladies	1	1
133	02:02:37	02:02:17	Emma Rollings	Ladies V35	10	20
230	02:11:49	02:10:23	Ellie King	Ladies V35	17	42
272	02:16:41	02:15:18	Sarah Robinson	Ladies V55	6	62
274	02:16:43	02:16:20	Andrew Chitty	Men V60	9	211
275	02:16:45	02:15:19	Libby West	Ladies V55	7	64
386	02:29:10	02:27:44	Claire Hawes	Ladies V45	29	117

426	02:34:50	02:33:34	Anne Meike Fechter	Ladies V45	36	138
459	02:40:55	02:39:22	Colin Hartland	Men V60	20	300
463	02:41:10	02:39:35	Anne Hagan	Ladies V65	4	161
480	02:43:10	02:41:38	Mark Pappenheim	Men V60	21	308

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7. Windlesham House 4 Sunday 22nd October 2023

West Sussex Fun Run League.

This fixture was rather overshadowed by events over on Beachy Head. This was the day in the weekend which had the sunshine. The school grounds nestling in the Downs were picturesque and the course had the classic first half strength-sapping uphill followed by a fast down-hill second half.

We managed to retain our second to last position in the overall league competition.



Place	Time	Bib	Runner		F/M	F/M position	Points
60	00:35:18	207	Sally	Norris	F	11	10
109	00:39:24	201	Bob	Hughes	M	89	5
146	00:41:57	203	Emily	Murray	F	35	7
163	00:43:17	206	Peter	Miller	M	122	3
203	00:48:48	204	Emma	Gardner	F	62	5

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8. Whitbread Hollow Sunday 29th September 2023

East Sussex Sunday Cross Country League Event 1

Thirty-five Lewes AC runners competed in the first of the ESSCCL runs this year. It was great to see so many new faces. The weather forecast was threatening, and there was a cruel breeze, but the rain obligingly held off.

There is a very complicated team scoring algorithm for ESSCCL events , but it is enough to say that Lewes AC is in second place after a combined Hastings Runners/Hastings AC team. We are one place above Crowborough and two above another combined team consisting of Eastbourne Rovers and Bodyworks.



Finishing position	Runner no	Time	Runner name	Category	PTS	T CAT	T PTS
2	746	0:32:56	BEN PEPLER	SM	299	SM1	2
12	735	0:34:27	VESA LINDBERG	M45	289	M401	12
17	759	0:34:58	ADAM VAUGHAN	M40	284	M402	17
30	716	0:36:48	JONATHAN BURRELL	M60	272	M601	30
37	712	0:37:36	COLIN BENNETT	M55	265	M501	37
47	859	0:38:16	Patrick McManus	SM	256	SM2	47
96	827	0:40:43	Barry Blackwell	M55	216	M502	92
99	719	0:40:56	ROBERT COOPER	M45	214	M403	95
119	754	0:42:14	MARK STAINTHORPE	M50	199	M503	115
120	744	0:42:15	DOMINIC OSMAN-ALLU	M55	198	SM3	116
129	753	0:42:37	HELEN SIDA	F55	187	F501	125
140	828	0:43:03	Phil Grabsky	M60	184	M602	134
148	743	0:43:14	SALLY NORRIS	F40	182	F401	141
162	724	0:43:34	AMY DUNN	SF	178	SF1	155
179	730	0:44:21	MATTHEW HOMEWOOD	M50	155	SM4	171
203	725	0:45:33	DAVID FOSTER	M60	137	NSM1	191
204	738	0:45:36	KATHERINE MCCORRY	F40	168	F402	192

208	866	0:45:49	Emily Russell	M40	133	NSM2	196
212	732	0:45:59	PETER KENNEDY	M70	130	NSM3	200
222	748	0:46:24	EMMA ROLLINGS	F40	162	SF2	209
226	733	0:46:41	ELLIE KING	F40	159	NSF1	213
229	834	0:46:47	Helen Bowman	F55	157	F502	215
254	731	0:48:12	BOB HUGHES	M70	112	NSM4	237
275	723	0:49:45	GERARD DUMMETT	M65	99	NSM5	256
291	727	0:50:32	RUBY HALL	SF	128	NSF2	265
292	747	0:50:36	ANDY PERRIS	M55	94	NSM6	266
300	742	0:51:07	EMILY MURRAY	F35	123	NSF3	274
352	848	0:54:13	Carmen Ho	SF	97	NSF4	312
374	764	0:55:44	YAN WU	F50	82	NS	NS
384	749	0:56:40	RICHARD RUDD	M60	57	NS	NS
408	763	0:58:48	TOBY WOLPE	M65	48	NS	NS
411	752	0:59:05	BEVERLY SHERIDAN	F65	59	F601	346
415	741	0:59:28	TIM MONSON	M60	44	NS	NS
417	835	0:59:57	Emma Gardner	F50	56	NS	NS

The next event in this competition is on Sunday 26th of November at Snape Wood near Wadhurst. It is well worth the trip.

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9. Getting to know you No15...David Prince-Iles

During the winter of 2014-2025 Alex encouraged me to consider joining LAC as she had recently joined and found the club welcoming and friendly. I had a golf club membership and was quite happy with that but something connected because I turned up one evening to see what it was all about. Little did I know it would capture me and send me off in a different sporting direction.

I was good at sport during my time at school but not exceptional at any discipline usually ending up being the reserve team member. I took up squash in my twenties but I think this was as much about the beer after than the game played. It wasn't until my thirties that I took up golf, skiing and walking. I did these regularly for another 30 years. Running still didn't feature in my life although I did find time for climbing and paragliding which took me abroad and to the terrain I would eventually love to be in, a theme that would follow me to my eventual running period. Around the same time I met Alex and we discovered a mutual love for walking and camping that regularly took us to the mountains for multi-day treks.

We moved from Brighton to Isfield in 2010 and in the winter of 2011-2012 for reasons I can't remember I decided to train for the Brighton Marathon. We had walked/run the Beachy Head marathon a couple of times (once with the dog) but a competitive road marathon in my home town had an irresistible appeal. I enjoyed the training with the organised group until I suffered an injury so I turned up to do the race with nowhere near enough fitness and missed a sub 4 hours by 30 seconds. Marathon ticked off, that was supposed to be the end of my running experiment - or so I thought.

Three years later on a winter's night in 2015 I turned up at the track truly expecting it to be a short-lived experience because I thought I was too old and my knees would object after years of neglect. The welcome I received was both enthusiastic and friendly and I came away inspired and curious as to how far I could improve. Years of physical work had kept me fit and although I found the track

sessions really hard, Tuesday club runs were something to look forward to for the chatty social get-together.

Once settled into the club I was soon introduced to the WSFRL and ESCC races which were sociable and fun with great turnouts from LAC. I knew I was competitive and always prepared to push myself but that was always against myself and the task in hand. Racing against others was a whole new ball game. To start with my approach was simple: run as fast as you can and try to pass more runners than pass you. It seemed to work and I soon picked out those that were in my age category and, of course, LAC runners. The one thing I did learn from this period was to have a good time regardless of the result. The buzz and positive atmosphere were infectious.

The next step was entering local races including the Sussex GP which set you against your county peers. These were mainly half marathons, 10 milers, 10k and the odd 5k, to my surprise I had a fair amount of success including Sussex gold in the half, gold in the GP also managing 40.17. on a seafront 10k. I still really didn't have a strategy for training or nutrition apart from the club track and Tuesday runs, nor did I know where the next challenge would come from. Road PB's were always going to be hard to chase down and I was in a hurry. Around this time there were quite a few club members joining up for the Beachy Head marathon. I was still wary of the distance but decided to enter and surprised myself by finishing in 3.52. I think that is when trail running really clicked with me, even more so when seeing Dom wearing his SDW50 teeshirt at the track one night. He was bubbling with enthusiasm and as always trying to recruit other foolish runners to do the long distance events. My path to doing ultras very much started that night. I entered the SDW50 in 2019, gave up golf and got down to some kind of serious training regime and increasing my mileage.



The Downs and the Weald became my place to go. There can't be a better feeling running trails and finding new routes. I love the physical effort and the rush of satisfaction when you get home. For me it is massive both for my physical and mental wellbeing, I knew I had found my discipline in running and enjoyed the runs by myself or with company. So to have a target race in April gives you motivation to get out in the winter period when it can be tough going.

< Start of South Downs Way 50 mile ultra 2019. Left to Right.

Rick Cutlis, John Dryden, Jo Miles, Dom Osman-Allu and David Prince-Iles

On the day of the SDW50 race I found out how hard it is to push on for longer than your 35k training runs. I thought I had taken on too much and would never attempt another ultra, this of course is as normal as it gets, I finished exhausted and battered. The discomfort and pain is very short lived before the realisation of what you have just achieved takes over. Having learnt quite a lot during my first ultra I decided to enter the following year, better training and missing aid stations did the trick

and I came in on 8.14 for a M60 course record. A slight detour took me back to the road races when I gained a good for age entry to do London marathon (3.21) and also an England place in the Maidenhead half marathon “age masters” team.

It’s taken a while, but I now have a good understanding how far to go with training and also how to give myself space to get mentally prepared for running and races. I try not to complicate races after all I’m there to enjoy the opportunity to run in wonderful surroundings. I think you learn something on every long run and for me these include trying to get the nutrition right (still a work in progress), using poles (a revelation) and of course how to pace yourself: so still early days for me.

After Covid there was a lot of catching up to do so with the ultra bug truly entrenched and with mutual goals shared with Rob Gerardo and Tony Deacon we looked to the mountains for new challenges. UTMB CCC was pencilled in for our target in 2024 and for me at 70 that would be a goal to celebrate. So followed races in Wales and Spain to get enough stones for the required entry. I managed to be first in my age category in both events and was then amazed when I was invited to compete in this year’s CCC event. Uplifting, painful, beautiful, brutal, life-affirming is how I found it, so back next year with Rob and Tony I hope.

Looking back, turning up that night at the track was one of the best decisions I have ever made. I feel so very lucky that I have had this period in my life with Lewes AC and intend to go on enjoying the company of so many friends socially and on the trails for as long as possible.

Editor’s note: UTMB is the Ultra-Trail du Mont-Blanc. CCC is ‘Courmayeur/Champex/Chamonix’ a 100km alpine trail run.

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10. Some future fixtures

Provisional Sussex Cross Country Fixtures

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

East Sussex Sunday Cross-country League Events for 23/24 Season

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.

Also:

Crowborough 10k (last event in Sussex Grand Prix) 19th November 202

Santa Fun Run in Lewes, Sunday 10th December 2013

Goring Road Runners Hangover 5 Monday 1st January 2024 Hill Barn, Worthing, BN14 9QZ

(www.goring-roadrunners.org.uk)

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