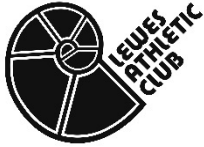


AMMONITE Lewes Athletic Club Newsletter



November 2023

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

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1. Getting to know you (No 16) ...Helen Sida



I was 40 when I started running, and it hadn't crossed my mind before that to try! I've always been outdoorsy and bit sporty, though very much a B team player. In my twenties I kept reasonably fit, mainly with aerobics classes. In my 30' I moved to Lewes and had my three daughters. I didn't find much time for exercise, other than running around after my kids.

At 40 I decided it was now or never to get back into shape. I started with swimming and while I was relieved to discover I could still swim a mile it was a lot of effort! I also started going to the gym at the leisure centre.

At that time they had a creche where I could leave my youngest daughter for an hour. The trainer there suggested I tried running outside instead of 10 minutes on the treadmill. I thought he was suggesting something way beyond me!

My husband, Lewis, had started running a year or so earlier and he also encouraged me to get out there. To start I literally ran from one lamppost to the next. Soon I was managing small continuous runs around Lewes, and then along the river to Hamsey. I remember the first time I branched out and ran to Kingston. It felt like a major expedition, and that was the start of me running on the Downs.

The first race I entered was a Brighton 10k in maybe 2009. Lining up at the start with my friend Rachel neither of us had run that far before and had no idea if we could complete the distance. We had no concept you could or should train for a race! I loved the race, not least because I beat my brother and Lewis.

My next race was a hilly Seaford Half. Again, with no idea of training or pacing I just turned up and ran. I realised when I came something like 3rd V40 that running was my thing.

Full of enthusiasm for my newfound love of sport, the following month I entered a sprint triathlon starting with a sea swim at Burling Gap. Stupidly I thought I could swim, run and any idiot could ride a bike. That turned out not to be the case when I flew over the handlebars and shattered my kneecap. The long story short I was running again a year later, and I haven't looked back since.

Soon after my return to running in 2011 I started training for the Hastings Half Marathon and plucked up the courage to join Lewes AC. Lewis had already joined and was enjoying the encouragement, team spirit and friendliness of the club. I found the same: everyone was so welcoming.

I began going to Thursday track, and the Hastings half went well (1.43). My first cross country race was a Sussex County Cross Country League race at Plumpton. It was so muddy, like wading through treacle – I had really found my thing! After the race I was excited when Dave Leach gave me the nod to start coming to train at Wednesday night track His support really helped me to go on to achieve some good times in a range of events.

Since joining Lewes AC I've enjoyed cross country (SCCL, ESSCCL and WSFRL), 10k's, 10 miles and half marathons, the South Downs Way Relay. I really don't like 5k though, and my worst race experience

was running 5000m on the track! During lock down I did finally achieve a virtual 5k under 20mins, so feel there is no need to ever try to do that again.

I caught the marathon bug at 50. My first marathon was Brighton in 2017 (3.21), it was a very painful experience, though it did qualify me to run in an England vest (against the other countries of Great Britain) at Chester later that year. Everything came together for that race with a PB (3.08), winning the V50 category and being ranked 10th V50 in the country that year.

I ran London (3.10) the following year which was an incredible experience though I much prefer running off-road with no crowds. I decided road marathons are too punishing for my dodgy knee so haven't done any since then. I've run some trail marathons including Beachy Head and the Moyleman (twice finishing 1st female 3.42 & 3.52), the best one being the year Lewis also won the men's race!

I've been involved with Lewes AC in several way since I joined. For a few years I was the Women's SCCL captain. I've been the SDW Relay organiser, and for the last few years I have been a Run Leader taking a group on Tuesday nights, and occasionally coaching the improver group at the track on Saturday mornings.

Lewes AC has meant so much to me and my family. My youngest daughter, Charlotte, has benefitted from fantastic coaching for running and pole vaulting (we particularly enjoyed warm weather training trips to Portugal!) and is now an assistant coach herself for the Academy.

I've lost my competitive edge a little recently. I haven't run around the track for a while, and I've had a few niggles which has meant I haven't entered any significant races for a couple of years. That really doesn't matter to me. The most important aspects of running are the amazing friends and community I've found, the adventures I've had and look forward to in the future and its physical and mental health benefits.

This season I'll be doing as many ESSCL and SCCL races as I can and am looking forward to the Moyleman Relay with one of my favourite running companions, Ellen. I still have running an ultra in my sights, having entered and then deferred several events since 2020.

I feel very lucky to be a member of Lewes AC. I'll be running with the club and having new adventures with the friends I've made for the next decade and beyond.

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2. Sussex County Cross Country League 2nd Event Ardingly Showground 11th November 2023



It was women's day for Lewes AC at the second leg of Sussex Cross Country League at Ardingly. This was spear-headed by the Under 17 women. Ava James and Esme Stephenson were not only the Under 17s first and second home individually in the 5 km race, but also first Senior Women. Supported by Grace Tuesday they comprised the winning Under 17 Women's team. Darja Knotkova-Hanley was Lewes AC fourth female runner home and the first non-Under 17 Senior woman. With Ava, Esme and Grace, she made up the winning Senior Women's team.

Further down the field Rachel Hillman was third in the V35 group, and Helen Sida was first V55. Helen and Rachel were joined by Jenna French in the club's women's vets team which gained joint first place Eastbourne Rovers.

While they were overshadowed somewhat by the women, Lewes AC's top six male runners – Ben Pepler (18th), Fraser MacNicol (26th), Geroge Stewart (27th), Archie Guppy (32nd), Paul Newsome (38th), and Dominic Holloway (45th) - were the third Senior Men's team after Brighton & Hove AC and Phoenix AC in the 6km men's race. Lewes AC's international veteran champion, Jonathan Burrell, was first in the V60 category and Richard Docwra second V55.

Lewes AC was well-represented in all the Junior categories. Both the Under 15 Boys (Michael O'Connor, Harrison Orme, Toby Cherry) and Girls (Eva Winton, Amelie Bedford, Jess Wickens) had three finishers who formed the third scoring teams in their respective races.

It was good to see Lewes AC Under 13s were massively well represented with 10 girls and 13 boys competing in their respective races. Isobel Docwra was the 6th runner to finish for the girls and Otto de Burca was 7th runner home for the boys. The boys also scored third team place.

The turnout of Under 11 Boys (10 competitors) and Girls (4) from Lewes AC was also heartening. Tommy Chadburn was first Lewes runner home among the boys in 20th place and Daisy Hodgson in 24th place in the girls' race.

Senior Women

POS	Time	Bib	Forename	Surname	AG	AG POS	Vet Pos
1	00:19:09	164	Ava	James	U17W	1	
2	00:19:14	178	Esmé	Stephenson	U17W	2	
4	00:19:37	146	Darja	Knotkova-Hanley	SW	1	
14	00:20:21	179	Grace	Tuesday	U17W	7	
22	00:20:51	201	Rachel	Hillman	V35	3	5
24	00:20:59	727	Jenna	French	V35	4	6
25	00:21:17	672	India	Sommerville	U17W	12	
27	00:21:34	712	Gina	Wilkinson	SW	5	
30	00:22:08	174	Darcy	Pring	U17W	14	
52	00:23:28	255	Helen	Sida	V55W	1	17
54	00:23:36	241	Becky	Trotman	V45W	8	19
62	00:24:13	707	Amy	Dunn	SW	10	
93	00:27:00	170	Lara	Nolan	U17W	30	
99	00:27:43	194	Charlotte	Bennett	V35	21	51
101	00:28:07	247	Karin	Divall	V55W	6	53

Women's teams (Division 1 - 4 to score)						
Pos	Team	pt1	pt2	pt3	pt4	Total
1	Lewes A	1	2	4	14	21
6	Lewes AC B	22	24	25	27	98

Women's teams (Division 2 - 3 to score)					
Pos	Team	pt1	pt2	pt3	Total
5	Lewes AC C	30	52	54	136
16	Lewes AC D	62	93	99	254

Women's Vets Teams (3 to score)					
	Team	pt1	pt2	pt3	Total
2	Lewes AC A	5	6	17	28
11	Lewes AC B	19	51	53	123

U17 Women					
Pos	Team	pt1	pt2	pt3	Total
1	Lewes AC	1	2	7	10

Senior Men

Overall pos	Time	Bib	Forename	Surname	AG	AG POS	Vet Pos
18	00:28:37	33	Ben	Pepler	SM	11	
26	00:29:27	23	Fraser	MacNicoll	SM	17	

27	00:29:37	43	George	Stewart	SM	18	
32	00:29:43	53	Archie	Guppy	U20M	8	
38	00:29:52	29	Paul	Newsome	SM	23	
45	00:30:52	17	Dominic	Holloway	SM	28	
53	00:31:20	90	Adam	Vaughan	V40M	12	13
55	00:31:26	98	Richard	Docwra	V50M	2	14
76	00:33:03	124	Jonathan	Burrell	V60M	1	24
80	00:33:24	741	Thomas	Marchant	SM	43	
83	00:33:33	93	Colin	Bennett	V50M	6	28
92	00:34:13	25	Patrick	McManus	SM	46	
129	00:37:16	747	Dominic	Osman-Allu	V50M	17	59
156	00:41:22	105	Harry	Hastings	V50M	28	80

Senior men first division

Pos	Team	pt1	pt2	pt3	pt4	pt5	pt6	Total
3	Lewes A	18	26	27	32	38	45	186
7	Lewes B	54	55	76	80	83	92	440

Senior Men Second division

Division 2 (4 to score)						
Pos	Team	pt1	pt2	pt3	pt4	Total
21	Lewes C	129	156	186	186	657

Veteran Men

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

Pos	Team	1st runner	2nd Runner	3rd Runner	Total
4	Lewes AC A	13	14	24	51
18	Lewes AC B	28	59	80	167

Under 17 Men

POS	Time	Bib	Forename	Surname
19	00:18:57	655	Harvey	Perry
23	00:19:21	598	Isaac	Tarafder
32	00:20:06	599	Theo	Tarafder
37	00:20:53	574	Jack	Cooley

U17 Men's Teams

Pos	Team	pt1	pt2	pt3	Total
7	Lewes AC	19	23	32	74
14	Lewes AC	37	53	53	143

Under 15 Girls

POS	Time	Bib	Forename	Surname
2	00:16:13	565	Eva	Winton
10	00:17:09	543	Amelie	Bedford
23	00:18:29	564	Jess	Wickens
25	00:18:37	523	Manon	Barbet

28	00:18:46	552	Nesta	Pring
44	00:21:44	533	Martha	Cole

Under 15 Girls Teams

Pos	Team	1st runner	2nd runner	3rd runner	Total
3	Lewes AC	2	10	23	35

U15 Boys

POS	Time	Bib	Forename	Surname
9	00:14:46	509	Michael	O'Connor
12	00:14:58	510	Harrison	Orme
14	00:15:14	495	Toby	Cherry
15	00:15:16	498	Max	Farley
24	00:16:21	656	Charlie	Perry
35	00:18:16	507	Austin	Mitchell

U15 Boys Teams

Pos	Team	1st runner	2nd runner	3rd runner	Total
3	Lewes AC	9	12	14	35
8	Lewes AC	15	24	35	74

Under 13 Girls

POS	Time	Bib	Forename	Surname
6	00:12:28	462	Isobel	Docwra
17	00:13:29	450	Eliza	Barry
23	00:14:03	456	Millie	Button
33	00:15:11	463	Carrie	Ellis
38	00:15:56	451	Isla	Baty
39	00:15:57	474	Jessie	Molloy
40	00:16:01	469	Vida	Johnson
41	00:16:01	449	Blythe	Barbet
42	00:16:19	467	Paige	Henshaw
46	00:18:32	480	Lily	Rowland

Under 13 Girls Teams

Pos	Team	1st runner	2nd runner	3rd runner	Total
6	Lewes AC	6	17	23	46

U13 Boys

POS	Time	Bib	Forename	Surname
7	00:11:28	386	Otto	de Burca
10	00:11:40	395	Rory	Grant
13	00:11:47	645	Edward	Hilton
14	00:11:56	439	Samuel	Trotman
17	00:12:07	397	Rex	Hastings
30	00:12:52	374	Joshua	Brown
36	00:13:09	370	Ollie	Bennett
45	00:13:53	406	Charlie	Phipps

46	00:13:58	417	Stanley	Taylor
49	00:15:20	379	Samuel	Coe
50	00:15:56	387	Hugo	Dowrick
51	00:16:30	368	Lucas	Barnes
52	00:16:38	366	Noah	Alderman

U13 Boys Teams

Pos	Team	1st runner	2nd runner	3rd runner	
3	Lewes AC	7	10	13	30

Under 11 Girls

POS	Time	Bib	Forename	Surname
24	00:10:00	340	Daisy	Hodgson
33	00:10:39	361	Thandie	Unruh
35	00:10:44	336	Felicity	Frappell
38	00:10:59	360	Shalom	Toby

Under 11 Boys

POS	Time	Bib	Forename	Surname
20	00:08:39	269	Tommy	Chadburn
21	00:08:39	292	Jack	Lloyd
23	00:08:40	307	Ralf	Pelkonen
26	00:08:46	286	Henry	Hodgson
32	00:08:50	319	Daniel	Tennant
40	00:09:03	273	Joseph	Cole
53	00:09:42	300	Thomas	Mitchell
56	00:10:03	291	Arthur	Lewith
57	00:10:14	635	Reuben	Ross
61	00:12:11	314	Albie	Shephard

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3. Peacehaven Parkrun: Couch to 5k: 'Graduation' 11th November 2023

Mark Pappenheim wrote on the Lewes club Facebook:



We ended our Autumn Beginners' Running Course with 20 still on the register, of whom 13 were able to come to Peacehaven parkrun and complete their 'graduation' 5Ks in a range of times stretching from just under 23 minutes to just over 43.

So well done to all the Beginners (many of whom will soon be joining the club). Huge thanks to my fellow course leaders (Anne, Alex, Karin, Richard, John, Colin, Bob, Andy and Terry), our three trainee, now qualified, LiRFs* (Claire, Jane and Kate) and our two guest coaches (Toby and Siobhan) for all their help.

And a special shout-out to all the other club members who turned out to support the Beginners today, including several graduates of previous Beginners courses as well as Andy, Rob, Bob and the rest of the run-to-parkrun crew. A great showing by the club, one and all! (And extra thanks to Rob for taking the post-run photo.)

[* England Athletics *Leadership in Running Fitness*: our new Run Leaders are Claire Hawes, Jane Holford and Kate Seymour]

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4. West Sussex Fun Run League

Lancing Eagles High Down Hike, Lancing 29th October 2023

The West Sussex Fun Run League crawled onward on a tide of Lewes AC apathy, with an heroic run by Peter Miller to show that we were theoretically still competing in this competition.



Above: Peter Miller

position	time	runner
175	00:48:42	Peter Miller

Horsham Joggers Gunpowder Trot 5th November 2023

position	time	bib	runner		m/f	m/f position	Points
114	38:34	630	Bob	Hughes	M	88	5
157	41:14	631	Andrew	Chitty	M	118	3
165	41:59	629	Peter	Miller	M	123	3

It was a cold but dry day when this event took place in the atmospheric Denne Park. It used the palatial Horsham Sports Club as Race HQ and we were all issued with polythene bags so as not to walk the mud in. Yes there was mud, but it was nice mud. It was a thoroughly enjoyable event. We were last team on the day, but Lewes AC managed to fend off Henfield Joggers, despite them making a bit of an effort, and we salvaged the second to last position. Looking on the pessimistic side not being last means that we have the possibility of doing even worse in 2024. On WhatsApp, Andrew Chitty writes:

As you may be aware, in 2023 the club slumped to its worst result in the West Sussex Fun Run League since 2009, finishing 16th out of 17 in the league. The details are here:

<https://wiki.lewesac.co.uk/wsfri-results>
<https://wiki.lewesac.co.uk/wsfri-archive>



Above Andrew Chitty

We feel this gives us a solid base for achieving a year-on-year improvement in our results in 2024. So to help with that we have set up a WhatsApp group called 'WSFRL stalwarts'. It consists initially of club members who did two or more WSFRL races this year, but it is open to any club member to join. If you would like to join, the invitation link is:

<https://wiki.lewesac.co.uk/wsfrl-results>

The idea is to brainstorm some ideas for improving turnout and results at the WSFRL events in 2024.

The first of those 2024 WSFRL events is the Hangover 5 at 11:00am on 1st January outside Worthing. If you would like an advance club entry to the race, please go to our 'wsfrl signup and lift share' wiki page for further instructions! The deadline is midday on 24 December.

<https://wiki.lewesac.co.uk/wsfrl-signup-and-lift-share>

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5. Hartfield Honey Run Half-Marathon 19th November 2023

This event was organized by the local parish council and makes the most of the Winnie the Pooh connection e.g. *You can run, skip or walk the course depending if you're Tigger, Eeyore or Roo...all welcome over Pooh Bridge!* There was also a 10k race. The organizers do not record club allegiances, but it seems that no Lewes AC participated in the shorter distance.



Place	Bib	Runner	Time
12	206	Telmo Ferreira	1:55:18
40	117	Ellie King	2:16:17
41	202	Helen Bowman	2:16:22
58	118	Andy Perris	2:26:34
88	119	Sally Norris	2:43:59
101	87	Colin Hartland	3:00:25
102	86	Anne Hagan	3:00:26
106	89	Mark Pappenheim	3:00:55

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6. Brighton 10k Sunday 19th November 2023



There were 2,023 finishers in the 2023 Brighton 10K. There are other 'Brighton 10k' races during the year but this is the 39th running of an event that was inaugurated in 1984 by the host club Brighton & Hove AC.

The flat, fast route usually generates a plethora of PBs but the conditions were windy. There were no changes of the event records held by Rob Denmark (28:59 in 1993) and Louise Damen (33:14 in 2010).

Name	Bib	Category	Chip time
JOSHUA BURGESS	2559	MSEN	00:32:23
TOBY MEANWELL	1991	MV45	00:34:00
BEN PEPLER	813	MSEN	00:34:14
CHRIS COFFEY	2634	MV35	00:37:13
MARTIN RATCLIFFE	328	MSEN	00:38:16
JONATHAN BURRELL	1738	MV60	00:38:29
RACHEL HILLMAN	3	FSEN	00:38:40
COLIN BENNETT	99	MV55	00:39:07
THEO TARAFDER	1840	MU17	00:39:26
EVA WINTON	375	FU17	00:40:08
CLARE MARTIN	1744	FV35	00:41:25
ISAAC TARAFDER	1839	MU17	00:44:50
THEO LOUGHLIN	1242	MU17	00:46:16
DANNY WEDDUP	1519	MV35	00:48:26
GARY LOUGHLIN	1241	MV50	00:51:31
KARIN DIVALL	268	FV60	00:53:41
ABBIE HILLS	199	FSEN	01:02:35

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7. Crowborough 10k 19th November 2023

For the sake of completeness we report there was also the Crowborough 10k on the same day as the two races above. This one is distinguished as not only having a demanding hill climb that is repeated in the two lap race but also a ford.

The event was the last in the 2023 programme of Sussex Grand Prix road races.

Bob Hughes was attempting to chase down a 'gold' in the 75-79 category. Although he was first in his age group in this race this did not compensate for some missing events earlier in the year and this made him only the runner up.

Crowborough was the home of Arthur Conan Doyle, creator of Sherlock Holmes, but the race organizers have not exploited their local literary celebrity in the way Hartfield have. (Admittedly the town does have a Sherlock Shaw and Watson Way). False fact alert: neither Winnie the Pooh nor Sherlock Holmes are real people.

Pos	Name	Bib	Gun time
18	Joe Plant	221	00:39:23
34	David Barham	13	00:43:06
155	Bob Hughes	135	00:55:14
211	Sam Crisp	62	00:59:36

Crowborough 5k 19th November 2023

Pos	Name	Bib	Gun time
8	Joshua Barham	1002	00:22:13

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8. Snape Woods, Wadhurst 26th November 2023

East Sussex Sunday Cross Country League

Finishing position	Runner no	Time	Runner name	Category	PTS	T CAT	T PTS
4	891	0:30:58	Richard Strong	SM	297	SM1	4
9	756	0:31:48	GEORGE STEWART	SM	292	SM2	9
23	722	0:34:29	RICHARD DOCWRA	M50	278	M501	23
37	716	0:35:55	JONATHAN BURRELL	M60	264	M601	37
45	712	0:36:30	COLIN BENNETT	M55	256	M502	45
103	754	0:40:43	MARK STAINTHORPE	M50	208	M503	101
115	753	0:41:21	HELEN SIDA	F55	186	F501	113
142	724	0:43:07	AMY DUNN	SF	183	SF1	137
148	758	0:43:21	DOMINIC TANSLEY	M45	175	M401	143
154	893	0:43:35	Dominic Doran	M35	171	SM3	148
166	738	0:44:08	KATHERINE MCCORRY	F40	176	F401	160
181	743	0:45:11	SALLY NORRIS	F40	171	F402	173
188	732	0:45:36	PETER KENNEDY	M70	147	M602	179
192	739	0:45:44	STEFFAN MEYRIC HUGHES	M45	145	M402	182

204	888	0:46:36	Helen Bowman	F55	164	F502	192
219	723	0:48:00	GERARD DUMMETT	M65	129	M403	207
220	733	0:48:04	ELLIE KING	F40	158	SF2	208
247	725	0:49:46	DAVID FOSTER	M60	113	SM4	231
261	757	0:50:52	CARL SYKES	M55	104	NSM1	245
271	731	0:51:32	BOB HUGHES	M70	98	NSM2	253
344	749	0:58:15	RICHARD RUDD	M60	67	NSM3	304
348	741	0:58:39	TIM MONSON	M60	64	NSM4	307
371	763	1:01:20	TOBY WOLPE	M65	55	NSM5	319



There were 422 participants altogether.

It was probably the worst course for mud that I have experienced. The Lewes AC team was heavily balanced towards male participants which had an impact on the scores. We went into the race in second place after the Hastings combined team, and came out in third place after Hastings and Crowborough.

The next race is on the 17th December at Newplace, Framfield.

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9. Getting to know you (No 17) ...Fran Witt

If I'm honest I really started to get into running after I had my three kids. It was a crazy busy time and

I found it hard to carve out time for myself. I really hankered after some personal space and being in the great outdoors. So I got myself a pair of trainers and stole out the door when I could.



Kids often throw curve balls at you, and the biggest one of all for me was childhood cancer (my daughter is fine now). One day in the oncology unit at the Royal Alex I saw a poster asking for 2010 London marathon entries for CLIC Sargent. This is a childhood cancer charity and does some amazing work to help young people and their families deal with the cancer in their lives.

So I entered, got a place and thought hmm? I guess I'd better train! That's when Charlotte Lazzati suggested I join her down the track. That was a nerve-wracking moment, but I have never been more grateful for the world of running and friendships it opened up for me.

I started with endurance running and I have never looked back. After that first slow drag around the London

Marathon (which I loved) I ran for many years with Andrea Ingram in her group, and later ended up training to be a run leader myself. Nothing makes me happier than encouraging runners to enjoy running like I do or to hear someone say "I never thought I could do that"!

In the last few years I have got into ultra-running. For me it is all about the adventure and friendships, relying on my wits, getting fit and strong enough and defying age, gravity, boredom. I want to show that women can do this and it really can be fun. I think once you have tried ultra running you realise it satisfies something primordial in you and it is super-addictive. So maybe you should have go?



Note Fran is currently saving the planet at COP.

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10. And finally,

Results for December events are pouring into Ammonite HQ, and will be reported on in the New Year Ammonite.

The Ammonite is aware that there are many club activities, including competitions, that are not covered in the newsletter, for example for field events. **If you are involved in any of these and you want the club as whole to know about them, please, please, make it a new year resolution to let us know. Our email address is newsletter@lewesac.co.uk.**

Other possible resolutions:

Start as you mean to go on and enter the New Year's day WSFRL Hangover 5.

Be aware of other January events e.g.

Sat 6th Sussex Cross Country Championships. (Junior & Senior) Little Common, Bexhill

Sun 14th East Sussex Sunday XC Ashdown Forest.

Sat 20th Sussex Masters Cross Country Championships tbc Coombe Farm, Lancing

But in the meantime, Happy Christmas!

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