

AMMONITE Lewes Athletic Club Newsletter



January 2024

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

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1. Once again... The Food Bank Run

From Mark Pappenheim



TUESDAY 6 FEBRUARY
FOOD BANK RUN
IN AID OF LANDPORT FOOD BANK

1. Meet outside The Dorset at 6.30pm

2. Bring something (non-perishable) to donate!

A single tube of toothpaste, two tins of beans
or a rucksack full of groceries.

3. Run to Landport Food Bank

*Leaders will be posting a choice of routes on the Wiki
and there'll be a back-up car to transport any excess
donations that are too heavy for you to carry.*

“The running community helping the local community”

Food Banks are running short of stores as the cost of
living rises and the demand for support soars.
As runners, we can help to make a difference
for our neighbours who are struggling to survive.

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2. Two future challenges to consider

Phil Westbury and Ellen Brookes write:

London Marathon Club Places

Great news from before Christmas. Lewes AC has been awarded two places in next year's London Marathon. The event will be on Sunday 21st April so training will have to start soon!

If you applied and were unlucky or if you've had a change of heart and would now like a place, get in touch with me, Philip.westbury@gmail.com, and we will add you to the list for a chance to take one of the club places.

South Downs Way Relay Team

The South Downs Way Relay will be taking place on Saturday 1st June 2024.

This is an epic event covering 100 miles of SDW from Eastbourne to Winchester as a team of 6, each team member running 3 legs each across the day (legs vary from 4-7 miles each).

Last year we had two teams - Women's A and Mixed - and we hope to be able to secure at least two teams again for 2024. Each team will need 6 runners plus 2 reserves and team members will need to be able to commit to recce their legs in the months before the event as this is a completely self-supported and un-marked route. Team members will need to be in at least half marathon fitness by the time of the race, as you will cover around 18 off road miles over the course of the day.

There are four possible categories we can enter - Women's A, Men's A, Mixed, Vets - depending on who ends up being interested in the event. It's a super fun team event and we hope a lot of you will be interested in putting yourself forward for this wonderful day on the South Downs.

If you are interested in taking part in 2024 please send an email to Ellen, ellen@sideline-clothing.com with your name and road 10k and half marathon time - these can be predicted at this point if you haven't raced these distances for a while (this is so we can put the best teams together based on closest ability runners).

If you are also interested in being a driver or part of the support team on the day then do also send an email!

We will be in contact again once we know exactly how many teams we can enter.

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3. Glyndebourne - Sussex Cross Country match – 10th February 2024 Call for help

Peter Masters writes

The club will be hosting the final Sussex Cross event at Glyndebourne. It is a totally new venue with new cross-country courses so the organisation sets fresh challenges hence this early call for help.

If you are able to help please will you let me know by e-mailing me on chairman@lewesac.co.uk, by ringing me on 01273 470 322 or by having a chat at the track.

I have highlighted below some of the key areas where help will be required together with some notes on what is involved.

Marking the course

Nine races take place on the day with distance ranging from 2Km to 8Km with the first starting at 12 noon for the under 11 youngsters and 2.50pm for the seniors and veterans. Marking the courses will

have to take place pretty well all day on Friday 9th February. Removing all the markers can start after the finish of the last race on Saturday and finished off on Sunday morning. Some hammers and maybe welly boots required.

Registration

On the race day three or four people will be required to hand out numbers and pins to those that have pre-registered. It will also be necessary to hand out numbers to those that will enter on the day and take their entry fees. It will be undercover and action will need to take place early in the day to avoid queues of frustrated runners.

Car parking

Car parking marshals will be required to direct traffic through the Opera House Centre complex to the two main car parks. Cars and runners arrive early and there will be cars coming and going during the day. Marshals will need therefore to be on duty throughout the day. There will be the need to link from time to time with the Opera House security guards who will be on duty during the day.

Marshals

Runners are renowned for having no brains when running so marshals will be required to keep them from going astray from the courses. Throughout the day marshals will therefore be required to marshal the courses. There will be three key spots where course direction is critically important and more than one marshal will be required.

Start and finish areas

Time keepers and number takers will be required at the start and finish of the races. The key officials such as the starter and starter's assistant and time keepers will come via the county. Other helpers however will be required to take the numbers of the finishers in the finish funnel and to keep them and others (mainly parents!) in order. There will also be the need for general helpers to fill gaps and to act as links during the day.

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4. Lewes A.C. on tour - Visit to Marolles, France. 12th to 15th April 2024

Preparations for the Club's annual visit to our 'twinning' club in the lovely Loire Valley are under way, with our French hosts ready to welcome returning and new runners and their families.

We will catch the morning ferry from Newhaven on Friday 12th, then drive down to Marolles for an evening reception in our hosts' club house, an old farmhouse by a cinder running track. Then back to our hosts' homes for an evening meal.



Saturday will be spent exploring a chateau, restaurant or some of the many other attractions the Loire Valley has to offer, followed by an evening party.



Sunday is race day, with shorter and longer run options through the woodland surrounding the local chateaux including the added challenge of the 'Grande Pierre'. This will be followed by a vast picnic with locally cooked produce, cheese and wine provided by our hosts. There is often a leisurely stroll or visit in the afternoon, followed by a low-key meal in the evening. Monday will then be spent traveling back to Dieppe, with a lunch stop on the way.

The only costs are for the ferry crossing, a contribution to petrol money and gift for your host family. Race entry, accommodation, food, wine and good company are all provided, and there is no obligation to for you to host when our French friends visit Lewes, although you are welcome to offer! Non-running partners and family members are welcome too.

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For further information, please speak to one of the recent participants: Ian Hilder, Pete Masters, John Coleman, Andy Perris, Kathryn McCorry, Maria Birch, Anita Amies or Sara Hobden.

Ian Hilder
hildergen@aol.com



5. What a year for Lewes Pole Vault group! What will 2024 hold?

The Lewes Athletic Club Pole Vault group grows year on year and now has up to 50 athletes training 2-3 times per week, with lead coach, Rick Pilling, supporting the older groups (U15s, U17s, U20s); and David Tutton and Alan Easey leading the junior groups (U13s and U15s). 2023 has seen phenomenal success for the group.

Nine athletes were selected for the Sussex team at the English Schools' Track and Field Championships, and gained four medals: Gold for Emilie Oakden, Silver for Beth Boyes and Bronze for Gemma Tutton and Isaac Lancaster.



At the England Athletics Indoor Championships in Sheffield in February, the club fielded vaulters in the U15, U17 and U20s and gained two medals: Gold for Phoebe Scott (U15) and Silver for Emilie Oakden (U20).

The following summer at the England Athletics Outdoor Championships in Birmingham, with vaulters entered across the age groups, Emilie Oakden took the U20 title and Gold medal. The result earned her selection to the England U20 team for the Cardiff International, which Emilie duly won.

The group has ended the 2023 season with a truly fantastic showing in the UK power of 10 rankings:

U13 Girls – 2nd Sylvie Ward, 3rd Iris Hitchmough and four other athletes ranked in the UK top 15.

U13 Boys – 3rd Bill Scott, 6th Remy Louis

U15 Girls – 2nd Ava Hayes, 9th Beth Boyes, 11th Phoebe Scott and fourteen U15 girls ranked in the UK top 50.

U17 Women – 3rd Ava Hayes, 7th Imogen Clarke.

U20 Women – 1st Emilie Oakden, 2nd Gemma Tutton (despite injury), 11th Amalie Smith-Jarman.

U20 Men – 6th Isaac Lancaster, 9th Cameron Wells, 10th Dillan Tierney and 14th Otis Schorr-Kon.

Indoor winter training at the Iford Estate barn is well underway in preparation for the 2024 indoor competition season, and athletes have been entered into the following events:

- 6th January South London Athletic Network (SLAN) Open at Carshalton
- 14th January South of England Athletics U13/U15/U17 Championships at Lee Valley
- 20th January Iford Barn Vault
- 20th January Vault Manchester
- 21st January London Games U20/Seniors at Lee Valley
- 27th/28th January London Games U13/U15/U17 at Lee Valley
- 3rd/4th February South of England Athletics U20/Seniors Championships at Lee Valley

- 10th/11th February England Athletics U15/U17/U20 Indoor Championships at the English Institute of Sport (EIS), Sheffield.
- 23rd/25th February British Universities and Colleges Sport (BUCS) at the English Institute of Sport (EIS), Sheffield.

Want to give pole vault a try? Contact David.tutton@wanadoo.fr

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6. Sussex County Cross Country League Event 3 Stanmer Park 2nd December 2023

Once again the Lewes AC women led the way with five runners in the top ten senior finishers. And once again, the Under 17s, who run in and score points for the Senior competition, made a decisive contribution to the club's position at the top of the first division. At the same time the U17 runners polished off their own group competition.

Lewes AC Senior men's first team secured third place, running against strong competition from an outstanding Brighton & Hove AC first team who had a block of six runners in the first seven finishers, and Phoenix AC.

There were many reasons to be cheerful in the younger age categories. The number of participants from Lewes AC remained high. The Under 15 Girls team, led by Eva Winton in third place, were the third team in their age group. The U15 Boys had a well-earned breakthrough with Jacob Trotman coming in second and the team securing the second team place.

In the Vet age categories, Jonathan Burrell continued to dominate the V60M category. Jenna French was second in the V35W category and Beverley Sheridan was third in the V65W bracket.

The final event in the league competition is Saturday 10th February at Glyndebourne. The final team competitions depend on the results of all the events so it is important for runners to support this final contest at what is a local venue.

Senior Men



Overall Pos	Time	Bib	Forename	Surname	AG	AG Pos	Vet Pos
18	30:39:00	32	Ben	Pepler	SM	10	
22	31:07:00	23	Fraser	MacNicoll	SM	12	
29	31:29:00	40	Richard	Strong	SM	18	
32	31:30:00	12	Mike	Fletcher	SM	20	
34	31:33:00	38	George	Stewart	SM	21	
40	31:56:00	48	Archie	Guppy	U20M	8	
41	32:01:00	19	Dominic	Holloway	SM	26	
43	32:12:00	28	Paul	Newsome	SM	28	
47	32:39:00	7	Chris	Coffey	SM	31	
49	32:44:00	42	Charles	Taylor	SM	33	
55	33:38:00	35	Andrea	Sansottera	SM	37	
57	33:51:00	51	Gabriel	Penrose	U20M	10	
66	34:21:00	81	Adam	Vaughan	V40M	13	14
67	34:35:00	646	Jonathan	Burrell	V60M	1	15
77	36:32:00	83	Colin	Bennett	V50M	4	22
79	36:40:00	25	Patrick	McManus	SM	45	
110	40:58:00	96	Dominic	Osman-Allu	V50M	14	49
129	43:19:00	691	Dominic	Tansley	V40M	37	65
143	46:13:00	641	Gary	Loughlin	V50M	24	77

Senior Men's Teams

Division 1 (6 to score)

Pos	Team	pt1	pt2	pt3	pt4	pt5	pt6	total
3	Lewes A	18	22	29	32	34	40	175
6	Lewes B	41	43	47	49	55	57	292

Division 2 (4 to score)

Pos	Team	pt1	pt2	pt3	pt4	Total
8	Lewes C	66	67	77	79	289

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

Pos	Team	1st runner	2nd Runner	3rd Runner	Total
6	Lewes AC A	14	15	22	51
20	Lewes AC B	49	65	77	191
32	Lewes AC C	99	99	99	297

Under 17. Under 20, Senior Women



POS	Time	Bib	Forename	Surname	AG	AG POS	Vet Pos
1	20:15:00	147	Ava	James	U17W	1	
2	20:39:00	158	Esme	Stephenson	U17W	2	
4	21:07:00	128	Darja	Knotkova-Hanley	SW	2	
5	21:27:00	159	Grace	Tuesday	U17W	4	
14	22:11:00	157	India	Sommerville	U17W	9	
15	22:28:00	167	Jenna Louise	French	V35W	2	4
18	22:40:00	663	Gina	Wilkinson	SW	4	
46	25:10:00	603	Amy	Dunn	SW	9	
50	25:17:00	605	Sally	Norris	V35W	12	20
58	25:57:00	211	Becky	Trotman	V45W	13	27
87	28:40:00	152	Lara	Nolan	U17W	27	
88	28:49:00	660	Ellie	King	SW	14	
91	29:15:00	221	Karin	Divall	V55W	6	50
108	33:36:00	235	Beverly	Sheridan	V65W	3	64

	Women's teams (Division 1 - 4 to score)					
Pos	Team	pt1	pt2	pt3	pt4	Total
1	Lewes A	1	2	4	5	12
4	Lewes AC B	14	15	18	46	93

	Women's Vets Teams (3 to score)				
Pos	Team	pt1	pt2	pt3	Total
5	Lewes AC A	4	20	27	51
21	Lewes AC B	50	64	89	203

Under 17 Women

Pos	Time	Bib	Forename	Surname
1	20:15:00	147	Ava	James
2	20:39:00	158	Esme	Stephenson
4	21:27:00	159	Grace	Tuesday
9	22:11:00	157	India	Sommerville
27	28:40:00	152	Lara	Nolan

U17 Women's Teams

Pos	Team	pt1	pt2	pt3	Total
1	Lewes AC	1	2	4	7

U17 Men

Pos	Time	Bib	Forename	Surname
18	20:14:00	624	Harvey	Perry
19	20:23:00	636	George	Brooks
23	20:44:00	558	Theo	Tarafder
24	20:52:00	557	Isaac	Tarafder
30	21:51:00	538	Jack	Cooley

U17 Men's Teams

Pos	Team	pt1	pt2	pt3	Total
5	Lewes AC A	18	19	23	60
13	Lewes AC B	24	46	46	116

Under 15 Girls

Pos	Time	Bib	Forename	Surname
3	16:37:00	531	Eva	Winton
11	18:12:00	490	Amelie	Bedford
20	18:49:00	523	Florence	Tuesday
21	18:50:00	488	Manon	Barbet
24	19:05:00	516	Nesta	Pring
27	19:16:00	530	Jess	Wickens
37	20:49:00	500	Martha	Cole
41	24:42:00	507	Daisy	Duggan



Under 15 Girls Teams

Pos	1st runner	2nd runner	3rd runner	Total
2	3	11	20	34

U15 Boys

Pos	Time	Bib	Forename	Surname
2	14:33:00	482	Jacob	Trotman
7	15:07:00	472	Michael	O'Connor
12	15:37:00	452	Toby	Cherry
13	15:52:00	474	Harrison	Orme
16	16:06:00	459	Max	Farley
18	16:34:00	625	Charlie	Perry
28	17:40:00	476	Joseph	Probert
38	19:15:00	469	Austin	Mitchell
40	19:53:00	640	Aaron	Loughlin
41	19:53:00	453	Noah	Counsell
44	27:40:00	483	Ethan	Turrell

U15 Boys Teams

Pos		1st runner	2nd runner	3rd runner	Total
2	Lewes AC A	2	7	12	21
6	Lewes AC B	13	16	18	47



Under 13 Girls

Pos	Time	Bib	Forename			Surname
14	14:25:00	397	Millie			Button
16	14:32:00	404	Isobel			Docwra
20	14:57:00	394	Ella			Bartholomew
26	15:47:00	405	Carrie			Ellis
32	16:15:00	411	Sunshine			Love
33	16:16:00	438	Kitty			Rowland
35	17:32:00	417	Cleo			Puentes Doyle
37	19:35:00	410	Paige			Henshaw



Under 13 Girls Team

Pos	1st runner	2nd runner	3rd runner	Total
5	14	16	20	50

Under 13 Boys

Pos	Time	Bib	Forename	Surname
6	12:14:00	352	Otto	de Burca
14	12:47:00	361	Rex	Hastings
17	13:12:00	362	Edward	Hilton
19	13:24:00	385	Samuel	Trotman
27	14:07:00	359	Rory	Grant
42	15:15:00	369	Thomas	Muddle
43	15:18:00	364	Leo	Ison
47	16:27:00	381	Stanley	Taylor
49	16:33:00	348	Samuel	Coe
50	16:43:00	353	Hugo	Dowrick
51	16:45:00	387	Alex	Wallace



Under 13 Boys Team

Pos	1st runner	2nd runner	3rd runner	Total
4	6	14	17	37

Under 11 Girls

Pos	Time	Bib	Forename	Surname
9	09:53:00	325	Florence	Prentice-Judd
10	09:54:00	304	Lexi (Alexandra)	Blake-Pyatt
12	09:59:00	330	Lara	Stevens

15	10:06:00	581	Ivy	Moore
17	10:17:00	332	Cecily	Trotman
22	10:36:00	314	Daisy	Hodgson
23	10:37:00	311	Beatrix	Crawshaw
32	11:20:00	317	Abagayle	Marbare
36	11:53:00	586	Daphne	Taylor
41	16:28:00	327	Bo	Slater

Under 11 Boys

POS	Time	Bib	Forename	Surname
19	09:01:00	282	Ralf	Pelkonen
25	09:16:00	265	Henry	Hodgson
30	09:30:00	302	Django	White
35	09:42:00	285	Lucas	Puentes Doyle
40	09:53:00	266	George	Hodgson
46	10:05:00	251	Joseph	Cole
48	10:12:00	240	Toby	Bartholomew
50	10:23:00	287	Reuben	Ross
51	10:24:00	256	Ben	Davies
53	10:41:00	247	Zeb	Chapman
56	10:49:00	264	Sid	Hodgesmith
57	10:54:00	269	Arthur	Lewith
60	11:13:00	274	Thomas	Mitchell
62	11:19:00	239	Stanley	Andrews

Note: There are no team competitions for the Under 11 Girl

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7. Winter on the Downs 55 miles Saturday 2nd December 2023

UK Ultra describe the course thus:

This is a single loop event around the trails of East Sussex. Starting and finishing in the seaside town of Eastbourne, runners will begin over Beachy Head and the famous Seven Sisters before heading up towards Mount Harry, Blackcap and Lewes. The route then passes Mount Caburn, through Glynde and Firle before finishing back in Eastbourne. The views are spectacular, and the course is a combination of grass trails, farm tracks and woodland paths.

It also notes that total elevation for the race is 7500 feet.



Picture: Mike Jones

Lewes AC triumphed ...

Pos	Time	Runner	Age category
1	08:08:22	Toby Meanwell	Vet Men 45-49
2	08:28:19	Euan Baker	Senior Men
57	12:48:44	Telmo Ferreira	Vet Men 45-49

Mike Jones dropped out at Southease, but not before taking the fantastic picture above.



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8. Valencia Marathon 3rd December 2023

Phil Westbury writes

Two of our club members ended 2023 with new PBs at the marathon in sunny Valencia.

A super flat course, with over 25,000 participants, clear blue skies and a cheering local crowd, it's certainly becoming more and more popular as an end of year race for many.

Phil Westbury (M40) 3.05.46

Ellen Brookes (W40) 3.06.12

Other Lewes AC runners competing included Leo Spall (M50) 3.06 and Tamsin D'Arien45zo (W40) 3.45.46



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9. Annual Hayward Heath/ Lewes AC Ales and Trails Run

If you had been looking for something fun, the annual Ales and Trails run took place this year from Three Bridges to Haywards Heath. The run features 6 pubs over a 20 mile trail course, with Haywards Heath Harriers and Lewes AC runners involved , all in seasonal attire of course!



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10. South of England Inter-Counties Cross Country including Masters

Saturday 9th December 2023 Horspath Oxon CANCELLED

This event was cancelled by organisers, the South of England Athletics Association (SEAA), a few minutes before the start of the first event on the nine-race programme.

According to the RunABC website *'It seems that a Land Rover used to help mark the course had become stuck in the mud which is always a feature of this traditional venue and officials were concerned that this could compromise the safety of competitors and the provision of first aid, should it be required.'*

The late cancellation and communication meant most of the competitors were already at the venue, or well on their way, some having travelled long distances and paid for overnight accommodation.

This affected Lewes AC runners who had made their way to the event. Dave Leach reports:

'Isabel Docrwa was with all the Under 13's on the start line when they cancelled the whole event, saying the First Aid could not get around the course.

Also the following athletes there already to warm up and race:

- *Jacob Trotman and Michael O'Connor Under 15 boys*
- *Eva Winton and Amelie Bedford Under 15 girls*
- *Ava James and Esme Stephenson Under 17 women. [India Sommerville was stuck in traffic and turned round.]*

Michael , Esme and Ava stayed and did a session before returning home.

Isabel did like the rest of the Under 13's and actually ran the course without it being official.

Hopefully all of them and a few more [possibly] will have the chance to race for the county again this time at Wollaton Park, Nottingham in March at the national inter counties.'

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11. Peacehaven Mince Pie Run

Sunday 10th December 2023

This was the 30th anniversary for the 10 mile race organized by the Seaford Striders. The course includes both urban roads and country tracks and also some challenging inclines.

There were 485 competitors who were urged to wear festive garments.

Pos	Name	Bib	Category	Gun time	Chip time
48	Edward Wheeler	620	Senior Male	01:15:45	01:15:45
91	Sally Norris	424	Female Vet 40	01:22:44	01:22:39
123	Katherine Mccorry	382	Female Vet 40	01:25:13	01:25:08
142	Carl Dowling	163	Male Vet 50	01:26:38	01:26:38
156	Nick Williams	635	Male Vet 60	01:27:12	01:27:03
175	Stephen Langridge	336	Male Vet 60	01:30:01	01:29:48
388	Sarah Robinson	509	Female Vet 55	01:48:07	01:47:54
391	Mark Pappenheim	443	Male Vet 65	01:48:32	01:48:14
395	Anne Hagan	244	Female Vet 65	01:49:29	01:49:14

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12. Friends of Lewes Victoria Hospital Santa Fun Runs Sunday

10th December 2023



Meanwhile, nearer home in Lewes, Friends of Lewes Victoria hospital staged the second Downland Santa Fun Runs. These followed routes out towards Blackcap and Ditchling Beacon that will be familiar to most Lewes AC runners from Sunday morning training runs.

There was a choice of three distances, 5km, 10km and 15km. 38 went for the 5km, 58 for the 10km and 69 for 15km.

The organisers did not capture the club affiliations of entrants, so you'll need to look at [fun run results and pictures](#) to find out how club runners got on. Needless to say, there was a good turn out by the club and everyone tried to be jolly, despite the unpleasant mud and the cold rain that moved in towards the end of the race. The free refreshment provided by the Friends at the end were most welcome.



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13. Sunday Cross Country League Newplace Park, Framfield Sunday 17th December 2023

Lewes AC had a pretty good turn-out with 31 runners. The course was muddy but in a way that was challenging rather than annoying.

The club took second place overall on the day behind the joint Hastings team which has come first in every race so far. Hastings are clearly the team to beat and Lewes AC in second position in the series as a whole is a team who could do it.



Position	Runner no	Time	Runner name	Category	PTS	T CAT	T PTS
3	746	0:31:21	BEN PEPLER	SM	298	SM1	3
11	944	0:32:30	Joe Lunt	SM	291	SM2	10
13	718	0:33:34	CHRIS COFFEY	M35	290	SM3	12
14	759	0:33:43	ADAM VAUGHAN	M40	289	M401	13
15	942	0:33:51	RICHARD DOCWRA	M50	288	M501	14
22	737	0:34:33	TOM MARCHANT	SM	281	SM4	21
24	716	0:34:51	JONATHAN BURRELL	M60	279	M601	23
50	949	0:37:23	Patrick McManus	SM	254	NSM1	49
67	740	0:38:52	WILL MONNINGTON	M35	241	NSM2	65
72	720	0:39:03	RHIAN DAVIES	SF	194	SF1	70
101	753	0:40:59	HELEN SIDA	F55	187	F501	98
109	744	0:41:23	DOMINIC OSMAN-ALLU	M55	209	M502	106
120	943	0:42:05	Phil Grabsky	M60	200	M602	117
123	948	0:42:15	Ed Barnes	M40	198	M402	120
132	743	0:42:42	SALLY NORRIS	F40	182	F401	129

164	732	0:44:26	PETER KENNEDY	M70	171	M503	156
165	724	0:44:41	AMY DUNN	SF	170	SF2	157
168	723	0:44:58	GERARD DUMMETT	M65	168	M403	160
172	755	0:45:04	MATT STAINTHORPE	SM	164	NSM3	164
176	733	0:45:19	ELLIE KING	F40	166	F402	168
181	950	0:45:35	Helen Bowman	F55	163	F502	173
185	757	0:46:01	CARL SYKES	M55	160	NSM4	177
192	725	0:46:22	DAVID FOSTER	M60	155	NSM5	184
193	760	0:46:23	BECCI WALTER	SF	158	NSF1	185
195	731	0:46:38	BOB HUGHES	M70	153	NSM6	187
198	748	0:46:56	EMMA ROLLINGS	F40	156	NSF2	190
201	721	0:47:06	KARIN DIVALL	F60	154	F601	193
231	717	0:49:07	ANDREW CHITTY	M65	135	NS	NS
254	918	0:50:40	Carmen Ho	SF	131	NSF3	237
309	763	0:56:03	TOBY WOLPE	M65	102	NS	NS
328	741	0:58:39	TIM MONSON	M60	92	NS	NS

The Ashdown Forest race on the 14th January 2024 has been **cancelled** because of the restriction on numbers. **The next event is on 18th February 2024 on Lewes AC's home territory at Blackcap.**

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14. Getting to know you...No 18 John Coleman

When did I start running? Probably soon after I could walk: my father was a shepherd and we lived on the downs between Ringmer and Glynde. Running after sheep and cattle and helping at lambing time when he couldn't use dogs was part of growing up.

My early training consisted of running 1 mile loops around 3 large fields in front of my house



envisaging I was racing my heroes of time, Herb Elliot and Peter Snell. My first race was in 1957 at the age of 10. The annual Ringmer village fete had a race, the Caburn Race, run from Mount Caburn to the fete. You could take any route you liked, avoiding standing crops. It was perfect training for running fast downhill and not putting the brakes on - speak to Dom on that one.

I took part in this most years until my early 40s, towards the end organising it as well. Also at school I, like anyone not being interested in football/rugby, was left to my own devices during sport/PE. We were expected to go off on our own for a cross country run (no duty of care or health and safety then) but often received encouragement from the groundsman Alec Mephram.

After leaving school and working as a welder for ESCC I got into stock-car racing but after 20 years when I had reached 38, had a family and a mortgage, I needed a change of interests. Dave Leach was working for ESCC as a groundsman and suggested I run in the Lewes

Downland 10 miles. Subsequently I joined Lewes AC and focusing on races from 10k upwards. There was also the Today's Runner cross country league which eventually became the East Sussex Sunday Cross Country League, and the Sussex Grand Prix series which included the Hastings Half Marathon. And then there was The Great North Run and numerous other races that sadly no longer exist, eventually building up to the London Marathon where I was able to repay the encouragement from my school groundsman Alec by running in aid of the MND charity on his behalf.

I feel my greatest achievement was winning County medals in 2007 and 2008 cross-country championships at Horsham and the V60 road relay at Christ hospital in 2009 with the Lewes AC team.

Without doubt some of the most enjoyable occasions involved the club twinning with ASM Marolles, our French partner club. I have been over to Marolles between 20 and 25 times and hosted their runners an equal number of times. I would thoroughly recommend that all club members to give it a try at least once. There is an ASM Marolles Facebook that is worth a look.

I am currently a Coach in Running Fitness although a major health problem has curtailed my active involvement for the last couple of years. I have recently been involved with the beginner groups, using this as a route back to fitness, and will be more active with the Tuesday and Thursday coaching sessions.

One piece of advice I would give to anybody starting running is enjoy it! if you don't, it's not for you. I hope I can help anyone enjoy running whether it's training, social running or competition.

Hopefully I will see a lot of you at this season's final Sussex County Cross Country race at Glyndebourne on the 10th of February which I am helping Pete to sort out.

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15. West Sussex Fun Run League: Worthing Gazelles Hangover 5 Monday 1st January 2024

Twenty-three Lewes AC runners made it to the first WSF Fun Run of the new year.

We were seventh equal club in the opening league table. This is not as modest as it might seem, as only 6 points (Lewes AC's 112 compared to Steyning AC's 118) separated us from the top.



Position	Time	Bib	Firstname	Lastname	Gender	Gender Pos	Points
13	35:23	436	Joe	Lunt	Male	13	10
14	35:28	423	Colin	Bennett	Male	14	10
32	37:33	506	Michael	Ussher	Male	29	9
66	40:15	453	Philip	Westbury	Male	57	8
68	40:30	451	Mark	Stainthorpe	Male	59	8
83	41:34	430	Amy	Dunn	Female	13	10
86	41:48	442	Dominic	Osman-Allu	Male	73	7
109	43:46	441	Sally	Norris	Female	20	9
137	45:17	427	Tamsyn	d'Arienzo	Female	28	9
139	45:20	452	Matt	Stainthorpe	Male	110	6
148	45:44	431	David	Foster	Male	116	6
152	45:52	435	Bob	Hughes	Male	118	5
155	45:58	424	Helena	Bowman	Female	35	8
184	47:44	446	Sarah	Robinson	Female	46	8
191	48:06	444	Andy	Perris	Male	143	4
204	48:52	426	Andrew	Chitty	Male	153	4
263	53:57	438	Peter	Miller	Male	193	2
272	55:10	449	Bev	Sheridan	Female	75	6
273	55:12	447	Richard	Rudd	Male	198	2
291	56:30	432	Emma	Gardner	Female	86	5
299	57:10	450	Hugh	St John	Male	207	2
336	01:02:35	433	Abbie	Hills	Female	120	3
363	01:06:47	428	Johnny	Denis	Male	223	1

Andrew Chitty, the club's time lord, has reminded us that the points are firstly based on the number of runners competing for a team, so as we had 23 runners we got 23 points. The maximum that counts is 25.

In addition there are 'position points'. Men and women are scored separately here. If you are in the top 10 % of finishers you get 10 points. If you are in the second 10% of finishers you get 9 points and so on.

There were 233 male finishers so the top 10% were the first 23 runners. New Lewes runner Joe Lunt was 13th and veteran stalwart Colin Bennett was 14th and both scored 10 points.

In the case of the women, there were 162 competitors, so there were 16 runners in the first 10%, which included Lewes' Amy Dunn in 13th place who thus scored 10 points.

You then count those in the second 10%, that is the 24th to 47th finishers for men which for Lewes included Michael Ussher in 32nd place who duly scored 9 points. For the women the next 10% was 17th to 33th and Sally Norris as the 20th woman and Tamsyn d'Arienzo in 28th woman both scored 9 points. And so it goes on down the results lists.

Unfortunately only the top ten runners for a club score these position points. Philip Westbury and Mark Stainthorpe were in the third group of male finishers from 48th to 70th. Helena Bowman (35th) and Sarah Robinson (46th) were in the third group of female finishers between 33th and 49th. In all cases they gave the club 8 points.

If you add up the top ten points (10 points x 3, 9 points x 3 and 8 points x 4) you get 89 points altogether. Add the 23 'attendance points' mentioned earlier that gives you the club's grand total of 112.

If you are still following this, you should note that even if your performance might not directly contribute to the club's score, your run can still make a difference. The more runners you overtake the further down the field you push them and the more you deny them points.

The next West Sussex Fun Run starts at the Crawley K2 on 11th February. Most of the course is on parkrun-like made-up surfaces.

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