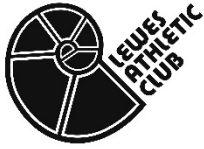


AMMONITE Lewes Athletic Club Newsletter



May 2024

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

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1. Spring is here! Track and Field competition is back!

You should have already had this Message from Lewes AC management.

The Sussex Masters and Southern Athletics League kick off in May, and we would love to see lots of you taking part for Lewes AC. To help participants prepare, our wonderful coaches are providing free coaching sessions for different disciplines (sprints, endurance and field events - throws).

The sessions are on the following dates (you can attend as many as you wish):

Tuesdays May 7th / 14th / 21st / 28th 6pm – **Sprints with Jamie Powell**

Thursdays May 9th / 16th / 23rd / 30th 6 & 7pm – **Endurance with Toby Wolpe**

Thursdays May 9th / 16th / 23rd / 30th 7pm – **Field (Throws) with Mike Bale**

As a reminder, the **Sussex Masters** is a County track and field competition held with eight Sussex Athletics clubs for participants aged 35 and over. Lewes AC form a team with Haywards Heath Harriers. Events range from 200m – 5000m on the track, Shot, Discus, Javelin ,Long Jump and more in the field and finish with fun relays on the track. The meets tend to take place on glorious sunny evenings and the spirit is friendly, fun and inclusive.

The **Southern Athletics League** is also a track and field event for all adults from u17 upwards and provides all age ranges with the chance to compete in track and field disciplines.

These matches are a fantastic opportunity to try a new event (or one you haven't done for a very long time) and enjoy representing the club. Should you wish to take part (I really recommend it!) you can contact the team captains to declare your interest.

Sussex Masters

Contacts

- **Men:** Marcus.kimmins@refinitiv.com
- **Ladies:** buckleyjojo@hotmail.com

Event timetable

1. **Monday 20th May – Lewes**
2. **Wednesday 12th June – Eastbourne**
3. **Monday 22nd July – Lewes**
4. **Friday 2nd August – Eastbourne**

Information

<https://wiki.lewesac.co.uk/sussex-masters-league-signup>

Southern Athletics League

Contacts

- Men: timpopkin@gmail.com
- Ladies: buckleyjojo@hotmail.com

Event timetable

1. **Saturday 18th May – Crawley**
2. **Saturday 15th June – Lewes**
3. **Saturday 14th July – TBC**
4. **Saturday 15th August – TBC**

Looking forward to seeing you there and good luck!

2. Club Running Goals

We have many goals for the club, and this particular goal is threefold: increase participation in events that are held in Sussex, provide all members the opportunity to improve their own performance in running, and to also increase representation of Lewes AC.

Strength & Conditioning

- Sessions will start from Monday 13th May alongside the Lewes Track from 6pm, details to be pre-cised after signing up.
- Sessions are open to all members (At first please email us to register your interest, details further down) with a maximum class size. Preference will be given to WSFRL/ESSCL/SCCL squad members if needed.

Goal Races for Lewes AC

Cross Country/ Off road/ Mixed:

- **WSFRL (West Sussex Fun Run League)** - Our goal is to increase participation here, and it is an excellent entry point for newer runners and those that want to progress from a parkrun for example. The point is not to win (remember we get a point just for everyone who runs), but for people to experience racing and see whether they enjoy it.
Fixture list and website here <http://westsussexfunrunleague.org.uk/fixture-list/>
- **ESSCL (East Sussex Cross Country League)** - This league is a target for the club to win, but it is also a good league for intermediate runners to participate in. There is a good level of competition but it is friendly and fun.
Website here: <https://eastsussexcrosscountry.co.uk/?id=2>
- **SCCL (Sussex Cross Country League)**- This league is a target for the club to do well in. We want to get our faster runners out for this league as it is very competitive, but also good experience for intermediate runners looking to improve.
Website here: <https://www.southerncrosscountryleague.co.uk/>
- All are welcome for all races. 70% of people are 'intermediate' runners and LAC is committed to supporting their participation and progress, not just those who are at the front of races.

Road:

- **Southern Road Relays** - provisionally 22nd September at Aldershot (date TBC) Age category teams (senior, V40, V50 etc). Laps of 6kms, most teams are 4 people, senior mens team are 6.
- **Phoenix 10km** - Wednesday 17 July @ 19.30. A flat road race along the Brighton and Hove Prom. The aim would be to get as many club members to race as possible followed by social event (BBQ on beach/ Informal pub type gathering). <https://register.enthuse.com/ps/event/BrightonPhoenix10K2024>
- **Kings Head Canter 5k** - August 25 @ 11am. Bank Holiday Monday in August, Friendly race on country roads, local and well supported. Point to point (finishes at a pub with free drink as part of entry fee). <https://register.enthuse.com/ps/event/KingsHeadCanter5k2024>
- **Barns Green Half 29th September** : <https://runbarnsgreen.org.uk/>

As discussed on the evening we will include Sussex Grand Prix in plans and to further expand a road squad in 2025.

Training Weekend - 18-20th October in the Youth Hostel in Littlehampton.

- Various training runs and sessions (Both Road and Trail) to take place from Friday evening until Sunday Morning
- Location chosen so that members can attend for a day
- Small cost per attendee for accommodation , expected to be £50 for 2 nights
- Plan to include sports massage, talks and other running themed activities to be available such as pilates / yoga

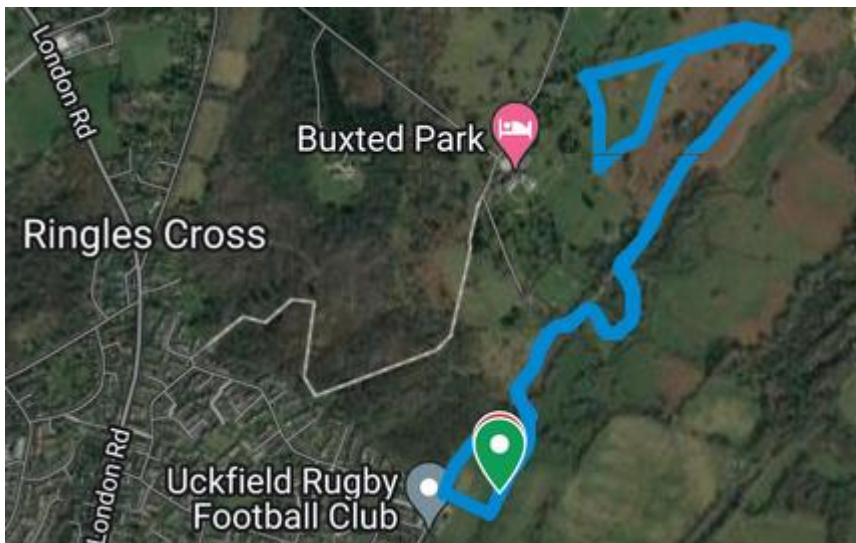
If you are interested in being part of the squads for these races, the S&C sessions or the training weekend please contact us at

philip.westbury@gmail.com; lewis@sida.org.uk; tobywolpe@gmail.com

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3. Uckfield Parkrun Saturday 6th April 2024

This was the club target parkrun. Starting at the Uckfield Rugby Club this is an out-and-out cross country route and not everyone's cup of tea. But if you love cross country you will love this. Optimistically, the local organisers are about to switch to the Summer circuit. The Winter course was not designed to make things easy for runners but to protect the rugby pitches!



12	David FOSTER	Male	VM60-64	26:35
16	Andrew CHITTY	Male	VM70-74	28:14
17	Emma ROLLINGS	Female	VW40-44	28:22

It turned out to be a quiet Saturday all round as only 44 runners turned out. Apart from the three Lewes AC runners above others may be people who have not identified themselves as Lewes AC runners. It could also be the case that many were resting up before the Brighton Half Marathon and 10k the next day.

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4. Brighton Marathon Weekend 7th April 2024



There was plenty of support from Lewes AC in the crowd. Unfortunately the results system is rather opaque if you want to check out what happened. We do know that George Stewart was 10th in the marathon with a time of 2:44:32. Rob Dyke ran a 3:43:14 time, Telmo Ferreira ran 3:56 and Amar 4:42. Try not to dwell on the sponsorship.

There was also a 10k race with Ellen Brookes (FV40), Jonathan Burrell (FV60) Lewis Sida (MV50), and Fiona Wright (FV65) who all came in first in their age categories.

Apologies to all our runners whom I am sure we missed.

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5 . Centurion Running: South Downs Way 50 Miles 16th April 2024

The twelfth edition of the South Downs Way 50 started at Worthing in good weather. The route went up to Saddlescombe Farm and worked its way via Housedean and Southease down into Alfriston (mile 41) to finish in Eastbourne.



A quick skim of the results – they don't give club allegiances so sorry if we missed you – show two M60 Lewes vets, David Prince-Illes (8:49:19) and Tony Deacon (9:17:43).

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6. Seaford Martello Half Marathon 14th April 2024



Lewes AC had a respectable number of runners in the 167 field – all women! Starting at the Salts Recreation Ground the route took you on a challenging run over the South Downs with views of the countryside and sea.

Place	Bib	Runner	Gun time	Chip time	Age Cat	Cat place
77	137	Emma Rollings	01:58:15	01:58:04	F35	5
80	95	Ellie King	01:58:52	01:58:42	F35	6
92	14	Helen Bowman	02:03:06	02:02:55	F55	
108	136	Sarah Robinson	02:07:08	02:06:58	F55	2
126	173	Libby West	02:15:29	02:15:15	F55	4
128	72	Claire Hawes	02:15:38	02:15:25	F45	10
152	66	Anne Hagan	02:29:36	02:29:20	F65+	1

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7. AS Marolles: Trail de la Grand Pierre 14th April 2024 49km and 16km – report to follow



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8. London Marathon Sunday 21st April 2024 Lewes AC Finishers



Emily Proto



Toby Meanwell

Place	Runner	Bib	Age Cat	Finish
(All) (Gender) (Cat)				
1884 1824 1243	Baker, Euan (GBR)	42530	18-39	02:51:00
8570 7074 1036	Fisher Barham, David (GBR)	4576	45-49	03:25:01
6701 958 106	Hodgson, Heidi (GBR)	39203	45-49	03:16:55
878 869 651	Lee, Jason (GBR)	47141	18-39	02:41:35
734 728 559	Macnicoll, Fraser (IRL)	47415	18-39	02:39:39
1327 1305 934	Marchant, Thomas David Eric	36350	18-39	02:46:24
2616 2480 314	Meanwell, Toby (GBR)	1167	45-49	02:55:39
4002 301 222	Proto, Emily (GBR)	2273	18-39	03:02:33
7391 1139 774	Walter, Rebecca (GBR)	3470	18-39	03:20:05



We think it's Euan, Jason and Fraser. It is definitely Tower Bridge

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9. Sussex Under 13 League - East Division at Brighton 26th April 2024

On the face of it not a brilliant start for Lewes, but there was much to be valued. There were lots of gaps in the schedule, but Rory Grant was there to come first in the Boys 600m. The most cheering results were the four straight wins in various Boys throws: Rainbow Love in the shot putt, Daniel Tennant in the Discus A, Noah Alderman in the Discus B and Rex Hastings in the Javelin. Just to show this was not a just a Boy's thing Sunshine was a Shot Putt first. Throws scored just over half the total Lewes points, which is pretty unknown.

There was a good entry in non-scoring events, which is a great way to become familiar with competition. Many of those who competed here deserved to be in scoring events, particularly in the relays.

The next leg of the series on **Friday 24th May** and is a **home event for Lewes AC**. Given the home advantage Lewes could very well push up into the top half of the East Division, but we will see!

	Team	Score
1	Brighton & Hove	215
2	HYAC	118
3	Eastbourne	106
4	Phoenix	74
5	Lewes	59
6	Hastings	34

Place	Event	Athlete	Time/ distance	Points
3	Boys' A 75m	Rainbow Love	11.1	4
4	Boys' B 75m	Sam Byrne	11.6	3
3	Boys' A 150m	Daniel Tennant	23.6	4
	Boys' B 150m			
1	Boys' A 600m	Rory Grant	1:49.2	6
	Boys' B 600m			
4	Boys' A 1000m	Ralf Pelkonen	3:36.6	3
	Boys' B 1000m			
	Boys' A 75mH			
	Boys' B 75mH			
	Boys' A High Jump			
	Boys' B High Jump			
	Boys' A Long Jump			
5	Boys' B Long Jump	Rory Grant	3.31	2
1	Boys' A Shot Putt	Rainbow Love	7.31	6
	Boys' B Shot Putt			
1	Boys' A Discus	Daniel Tennant	13.10	6
1	Boys' B Discus	Noah Alderman	10.06	6
1	Boys' A Javelin	Rex Hastings	34.85	6
	Boys' 4x100m			
5	Girls' A 75m	Lexi Blake-Pyatt	12.0	2
	Girls' B 75m			
	Girls' A 150m			
	Girls' B 150m			
5	Girls' A 600m	Lexi Blake-Pyatt	2:09.7	2
4	Girls' B 600m	Sunshine Love	3:51.8	3
	Girls' B 70mH			
	Girls' A High Jump			
	Girls' B High Jump			
	Girls' A Long Jump			
	Girls' B Long Jump			
1	Girls' A Shot Putt	Sunshine Love	6.29	6
	Girls' B Shot Putt			
	Girls' A Discus			
	Girls' B Discus			
	Girls' A Javelin			
	Girls' B Javelin			
	Girls' 4x100m			

Non Scoring			
Event	Name	Time	
Boys			
75	Django White	11.8	
LJ	Alfie Hougham	3.95	
LJ	Django White	3.41	
Girls			
75	Cecily Trotman	11.9	
75	Shalom Toby	12.1	
75	Shalom Toby	12.1	
75	Emily Munday	13.3	
600	Cecily Trotman	2:15.9	
LJ	Emily Munday	2.17	
LJ	Evelyn Zacher	2.04	

10. Couch to 5k Graduation Parkrun

Peacehaven Saturday 27th April 2024

Well done to the latest 5k debutants.



Thanks to Mark Pappenheim for leading the programme.



The Peacehaven parkrun organizers found themselves short on volunteers for the day and put out a plea for helpers. Credit to the Lewes AC members who responded at short notice.



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11. Worthing Half Marathon 28th April 2024



Place	Bib	Runner	Time	Age cat	Cat place	M/F	M/F place
5	444	Ben Pepler	01:16:09	30-34	3	M	5
45	1246	Martin Ratcliffe	01:25:34	30-34	11	M	42
46	663	Ellen Brookes	01:25:34	40-44	1	F	4
129	1223	Adam Vaughan	01:31:47	40-44	17	M	115
303	413	Gerard Dummett	01:43:22	65-69	1	M	266
1012	474	Alexandra Boteler	02:09:49	35-39	38	F	290

Worthing 10k

Place	Bib	Runner	Time	Age cat	Cat Pos	M/F	M/F place
14	2377	Matt Reed	00:35:41	30-34	3	M	14
40	2664	Jenna French	00:39:04	35-39	2	F	3
51	3287	James Hawkes	00:39:44	30-34	8	M	46
379	2249	Sarah Robinson	00:52:28	55-59	3	F	93
381	2450	Libby West	00:52:28	55-59	4	F	94
587	2449	Anne Hagan	00:57:26	65-69	2	F	207
832	2458	Larissa Purdie	01:02:47	60-64	14	F	352
1010	2460	Lauren Puttock-Brown	01:09:21	30-34	64	F	489
1011	2462	Jane Holford	01:09:21	55-59	35	F	490

Below, post 10k drinks on the beach...



In the 10k, Matt Reed – below - gained a personal best. He may have been motivated by a pursuer. The source of the photo claims that the picture may '*have been edited for entertainment purposes*', but they would say that wouldn't they? You cannot mistake the fear in the runner's face.



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12. Youth Development League – Upper Age Group Lewes Sunday 28th April Lewes

The Youth Development League is an England-wide league designed to broaden competition for Under 20 young athletes.

Lewes AC is part of Team Sussex, a composite team that includes East Grinstead AC, Eastbourne Rovers AC, Haywards Heath Harriers, and Worthing Harriers.

England is divided into regions - we are 'Southern' – which contain Divisions at Premier, Level 1 and Level 2. As with football teams can be promoted or relegated between different level of Division: Team Sussex currently is at the lowest level.

At the end of the season the top two clubs in the Premier Division in each region compete for a national title.

Thanks, as ever, to Dave Leach for the Lewes highlights when we hosted the first league match in the Southern 2A Division.

Event	Age category	Place	Athlete	Time
400m	u20	6th	Harvey Perry	56.0 [SB]
400m	u20w	1st	Grace Tuesday	59.1 [PB] u17.
800m	u20m	4th	Harvey Perry	2.11.1 [PB]
	u17m	1st	Jacob Trotman	2.06.0 [PB].
	u20w	3 rd	Darcy Pring	2.29.9[SB]
	u17w	1st	India Sommerville	2.19.2 [SB]
	u17w N/S	1st	Amelie Bedford N/T	
		2nd	Nesta Pring N/T	
1500m	u17 B	1st	Isaac Tarafder	4.35.6 [PB]
	u17 N/S		Toby Cherry N/T	
			Theo Tarafder N/T	
	u17w A	2nd	Esme Stephenson	4.56.1 [SB]
	B	2nd	Eva Winton	5.17.9 [SB]
300H	u17w	2nd	Emilia Singer	50.9
1500mS	C	1st	Ava James	4.58.6 [PB] and county record .

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13. Events Calendar

West Sussex Fun Run League

Four WSFRL events for 2024 have already been and gone: the Hangover 5 miles (Hill Barn Worthing), Run Your Heart Out 8K (Crawley), Lewes Easter Fun Run 10k and the Hedgehoppers 5 miles.

Lewes AC has fairly recently come first in this competition after years of neglect, and this year the club has identified regaining position as a target. The rules of the WSFRL mean every member club has to hold an event and with 17 clubs that is quite a commitment. The variety of events is a plus, but there is a congested period at the height of Summer with events on both Sundays and Wednesdays. Pluses for the WSFRL also include that fixtures are published at the beginning of the year which helps personal planning and that each event has to have access to proper toilets! Neither of these is the case with the East Sussex Sunday Cross Country League.

The competitive focus of the league is on club performance rather than the individual. The scoring system gives some points for up to 25 runners for simply turning up.

	Date and Time	Race and club details
5	Wednesday 22 nd May 1 mile 19:00 14 and under 5 mile 19:30 15 and over	Chichester Runners Trundle View Opposite Goodwood racecourse Selhurstpark Rd PO18 0PS www.chichester-runners.org.uk
6	Saturday 29 th June 1 mile 12:00	Burgess Hill Runners Downland Dash

	5 mile 12:30 WATER	Downlands Community School, Dale Avenue Hassocks BN6 8LP www.bhrunners.co.uk
7	Wednesday 3 rd July 1 mile 19:00 15 and under 6 mile 19:30 15 and over WATER	Steyning AC Roundhill Romp & Mini Run The Clock Tower, Steyning High Street BN44 3LE www.steyningac.co.uk
8	Wednesday 10 th July 1 mile 19:00 5 mile 19:30 WATER	Arunners Beach Run Littlehampton West Green (next to The Windmill Harvester Restaurant) Littlehampton, BN17 5LH www.arunners.co.uk
9	Sunday 14 th July 10km 11:00am WATER No junior event	Hove Hornets Hornets' Stinger Brighton Rugby Football Club, Waterhall Road, Brighton BN1 8YR www.hovehornetsfitness.com
10	Sunday 21 st July 1 mile 10:15 4 mile 11:00	Henfield Joggers Seven Stiles Henfield Leisure Centre BN5 9QB www.henfieldjoggers.co.uk
11	Wednesday 7 th August 1 mile 19:00 3.5 mile 19:30 WATER	Worthing Striders Highdown Hike The Rugby Park, Roundstone Lane, Angmering, West Sussex, BN16 4AX www.worthingstriders.co.uk
12	Sunday 24 th March 5.4 miles approx. 11:00	Fittleworth Flyers Flyers 5 @ Thakeham Thakeham Village Hall RH20 3GW
13	Sunday 8 th September 1 mile 10:30 5 mile 11:00	Saints & Sinners Tilgate Forest K2 Leisure Centre, Pease Pottage Hill, Tilgate, Crawley RH11 9BQ www.crawleysaintsandsinnersrun.co.uk
14	Sunday 13 th October 1.5km 10:30 8km 11:00 WATER TBC	Haywards Heath Harriers Great Walstead 5 Great Walstead School, East Mascalls Lane, Lindfield, RH16 2QL www.haywardsheathharriers.co.uk
15	Sunday 20 th October 1 Mile 10:30 5 Mile 11:00	Worthing Harriers Windleham House 4 Windleham House School, London Rd, Washington RH20 4DG www.worthingharriers.com
16	Sunday 27 th October 1 km 10:30 5 mile 11:00	Lancing Eagles Steepdown Challenge Lancing Manor Leisure Centre BN15 0PH www.lancingeagles.co.uk
17	Sunday 3 rd November 1 mile 10:30 4.5 miles 11:00	Horsham Joggers Gunpowder Trot Denne Park, Horsham. RH12 1JR www.horshamjoggers.co.uk
2025 1	Wednesday 1 st January 2025 1 mile 11:00 5 Mile 11:30	Worthing Gazelles Hangover 5 Hill Barn, Worthing, BN14 9QB www.goring-roadrunners.org.uk

Sussex Grand Prix Races 2024

This league is dedicated to road races. In the list below you may notice that some stand-out Sussex road races based in Brighton and Worthing are missing. An aim of the league is to avoid some massively attended events which, despite the nod towards charity, are essentially commercial

undertakings. This is not an attempt to stop runners enjoying these events, but to broaden the options.

Sussex has quite a few hills, and with the exception of some races in the SGP such as Hastings 5 miles Phoenix 10k, and the Hove Prom 10k, most feature some hills (but no mud). So they may not be attractive for those after a PB.

Lewes AC has decided not to target these events. The two exceptions are one mid-week evening event of the series, the Phoenix 10k, and our own Lewes Downland 10 miles. The Ammonite editor is the Lewes AC representative on the SGP committee (along with Peter Masters who represents Sussex Athletics) and the editor is also the SGP Treasurer so they will have a bias.

It would be unfair to expect other Sussex clubs to race at our event (and generate income) but discourage our runners attending their events. So the fact that they are not being targeted does not prevent you from entering them if you so wished. (I had already put in a lot of entries before the club plan was announced).

The league has both a club element competing for the Steve Ovett cup (donated by Ovett when he was clearing out his house before going to Australia) which Lewes AC will never win, and individual overall and age categories which are worth attention. Three events out of the twelve have taken place, but it is your best six races that count.

Race	Date	Day	Event
1	24th March 2024	Sun	Hastings Half
2	5th May 2024	Sun	Haywards Heath 10 mile
3	12th May 2024	Sun	Horsham 10k
4	19th May 2024	Sun	Rye 10 mile
5	2nd June 2024	Sun	Hastings 5 mile
6	23rd June 2024	Sun	Heathfield 10k
7	7th July 2024	Sun	Bewl 15 mile
8	17th July 2024	Wed	Phoenix 10k
9	22nd September 2024	Sun	Hellingly 10k
10	6th October 2024	Sun	Lewes Downland 10 mile
11	20th October 2024	Sun	Hove Prom 10k
12	17th November 2024	Sun	Crowborough 10k

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