

AMMONITE Lewes Athletic Club Newsletter



July 2024

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

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Correction: Ammonite missed Oscar Fermor-McGhie from the medals list at the Sussex county champs. Oscar gained a Silver in the U15B 80m hurdles

1. Sussex Vets League - Lewes - 20 May 2024

Place	Team	Score
1	Eastbourne Rovers AC	245
2	Brighton & Hove AC	225
3=	Hastings AC	184
3=	Haywards Heath & Lewes	184
5	Hailsham Harriers	149
6	HY	103
7	Worthing & Steyning	58
8	Arena 80	43



Event	Place	Athlete	Performance	Points
Mens Discus 35+	2	Dominic Tansley	15.56	7
Mens Discus 50+	4	Ian Tomkins	22.48	5
Mens Discus 60+	3	Mike Bale	26.66	6
Mens Long Jump 60+	2	Mark Rahman	3.82	7
Mens Shot Putt 35+	3	Andy Dray	6.26	6
Mens Shot Putt 50+	3	Ian Tomkins	7.66	6
Mens Shot Putt 60+	4	Mike Bale	6.57	5
Mens 800m A	1	Vesa Lindberg	02:08.7	8
Mens 800m B	4	Steffan Meyric Hughes	02:32.8	5
Mens 800m 50+	1	Barry Blackwell	02:27.4	8
Mens 800m 60+	1	Jonathan Burrell	02:25.4	8
Mens 200m A	6	Barry Blackwell	24:00.0	3
Mens 200m B	4	Robert Cooper	36:00.0	5
Mens 200m 50+	2	Andy Dray	24:00.0	7



Mens 200m 60+	2	Jonathan Burrell	12:00.0	7
Mixed 4 x 200 relay	4	Jo Buckley, Robert Cooper, Samantha Ridley & Phil Grabsky	02:15.0	5
Womens Long Jump 35+	6	Lindsey Blain	2.56	3
Womens Long Jump 50+	4	Jo Buckley	2.64	5
Womens Discus 35+	5	Abigail Redd	9.83	4
Womens Pole Vault 50+	2	Ruth Wray	1.7	7
Womens Javelin Throw 35+	4	Abigail Redd	10.86	5
Womens Javelin Throw 50+	4	Jacqueline Barnes	9.28	5
Womens 200m A	6	Gemma Morgan	41.5	3
Womens 200m B	5	Jacqueline Barnes	46.2	4
Womens 200m 50+	5	Jo Buckley	12:00.0	4
Womens 800m A	5	Gemma Morgan	03:09.3	4
Womens 800m B	3	Helen Bowman	03:13.9	6
Womens 800m 50+	4	Lindsey Blain	03:03.4	5
Womens 3000m A	1	Emily Proto	10:59.8	8
Womens 3000m B	4	Jacqueline Barnes	15:36.7	5
Mixed 4 x 200 relay	5	Helen Bowman, Jonathan Burrell, Gemma Morgan & Vesa Lindberg	?	4



Above Emily Proto leads 3000m pack



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2. Sussex Masters/Vets League 2nd Leg

Eastbourne 12th June 2024

After the first leg of the competition where the joint Lewes AC/Haywards Heath Harriers had at least some home advantage, the second leg at Eastbourne was a little disappointing.

Overall Club	Points	Match Points
Eastbourne Rovers AC	288	8
Brighton & Hove AC	267	7
Hastings AC & Runners	249	6
Hailsham Harriers	215	5
HYAC	197	4
Haywards Heath & Lewes	170	3
Arena 80	84	2
Worthing & District Harriers	56	1

There were some individual good performances. Emily Proto's first in the 35+ 5000m in time of 18:47.0 was particularly impressive as she also took second place in the 35+ 1500m in 05:12.0 as well.

Among the men, Lewes super-vet Jonathan Burrell took first place in both the 60+ 400m (65.2 secs) and 1500m (4:53.0 mins). Chris Gibert's second place in the 50+ 1500m was just a squeak over 5 minutes. Among the youngsters, Versa Lindberg was 4th in the very competitive 35+ 400m (57.9) and 1500m (4:28 mins). Haywards Heath Harriers/ Lewes AC individual results are below:

Men

Event	Category	Pos.	Name	Perf.	Points
Hammer	A 35+	5	Dominic Tansley	10.78	4
Hammer	60+	2	Mike Bale	27.59	7
High Jump	A 35+	2	Andy Dray	1.3	7
High Jump	50+	7	Mark Rahman	1	2
Javelin	A 35+	3	Steve Stamos	18.23	6

Javelin	50+	4	Andy Dray	18	5
Javelin	60+	4	Mike Bale	16.59	5
Triple Jump	50+	3	Mark Rahman	7.91	6
100m	A 35+	7	Dominic Tansley	15.6	2
100m	B 35+	5	James Smyth	14.7	4
100m	50+	3	Andy Dray	14	6
100m	60+	2	Mark Rahman	14.8	7
400m	A 35+	4	Versa Lindberg	57.9	5
400m	50+	5	Nigel Herron	73.1	4
400m	60+	1	Jonathon Burrell	65.2	8
1500m	A 35+	4	Versa Lindberg	04:28.0	5
1500m	B 35+	3	Barry Blackwell (V50)	05:04.0	6
1500m	50+	2	Chris Gilbert	05:02.0	7
1500m	60+	1	Jonathon Burrell	04:53.0	8
1000m walk	A 35+	3	James Smyth	06:04.0	6
1000m walk	B 35+	3	Marcus Kimmins	06:47.0	6

Women

Event	Cat	Pos.	Name	Perf.	Points
High Jump	50+	2	Lindsey Blain	1.15	7
Shot Put	50+	4	Jacqueline Barnes	4.6	5
400m	50+	5	Jacqueline Barnes	111.3	4
400m	60+	5	???	01:52.0	4
1500m	A 35+	2	Emily Proto	05:12.0	7
1500m	B 35+	5	Jacqueline Barnes	07:39.0	4
1500m	50+	4	Lindsey Blain	06:10:04	5
5000m	A 35+	1	Emily Proto	18:47.0	8
5000m	50+	3	Samantha Ridley	21:38.0	6
1000m walk	A 35+	5	Jacqueline Barnes	07:15.0	4

Overall Standings		
Club	Points	Match Points
Eastbourne Rovers AC	533	16
Brighton & Hove AC	492	14
Hastings AC & Runners	433	12
Hailsham Harriers	364	9
Haywards Heath & Lewes	351	8
HYAC	300	7
Arena 80	127	3
Worthing & District Harriers	114	3

The last two legs of the competition are

Monday 22nd July 2024 – Lewes

Friday 2nd August 2024 – Eastbourne

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3. Sussex Under 15 League 2 Friday 31st May 2024

Withdean Stadium Brighton

	Team	Score
1	Brighton & Hove	507.5
2	Eastbourne	386.5
3	Chichester	370.5
4	Crawley	323
5	Lewes	282.5
6	Horsham BS	236.5
7	HYAC	180
8	Worthing	158.5
9	East Grinstead	151
10	Haywards Heath	124
11	Hastings	99

Although Withdean Stadium does not give our athletes a home advantage at least it is local. There was a great turn-out with Lewes fielding over 20 participants for both the Boys and Girls including relays. The overall points repeated the fifth position Lewes had in the previous match with some clubs we would expect to be big hitters above us. But some of the clubs below us would also normally be big hitters.

Boys A 100m	1=	Henry Crook	12.1	10.5
Boys B 100m	5	Eoin Dacey	13.7	7
Boys A 200m	6	Eoin Dacey	27.0	6
Boys B 200m	1	Henry Crook	24.7	11
		Edward		
Boys A 300m	4	Riseborough	40.2	8
Boys B 300m	5	Casper Dennis	50.0	7
Boys A 800m	g	Charlie Perry	2.23.2.	5
Boys B 800m	6	Thomas Muddle	2.39.7	6
Boys A 1500m	3	Michael O'Connor	4.36.3	9
Boys B 1500m	3	Max Farley	4.53.9	9
Boys A High Jump	5	Michael O'Conner		7
Boys B High Jump	3	Joseph Baines	1.30	9
Boys A Long Jump	9	Xavier Parker	3.74	3
Boys B Long Jump	7	Max Farley	3.43	5
Boys A Shot Putt	7	Edward Bagnall	5.82	5
Boys B Shot Putt	5	Thomas Muddle	5.26	7
Boys A Discus	8	Edward Bagnall	13.09	4
Boys B Discus	4	Edward Bagnall	13.09	8
Boys A Javelin	3	Eoin Dacey	23.46	9
Boys B Javelin	4	Joseph Baines	15.84	8
Boys 4x100m	5		52.7	7

Girls A 100m	6	Isla Tivey	14.4	6
Girls B 100m	6	Maia Williams	15.4	6
Girls A 200m	6	Isla Tivey	29.5	6
Girls B 200m	9	Ruby Wallace	33.4	3
Girls A 300m	6	Mariana Dalhusen	48.5	6
Girls B 300m	6	Aerin Blaber	51.6	6
Girls A 800m I	4	Eliza Barry	2.30.1	8
Girls B 800m	1	Izza Docwro	2.28.4	11
Girls A 1500m	8	Jessica Hoy	6.27.7	4
Girls A 75mH	5	Fernanda Wolfson	13.8	7
Girls B 75mH	4	Molly Jones	15.8	8
Girls A High Jump	2	Fernanda Wolfson	1.30	10
	4	Maia Williams	4.13	8
Girls B Long Jump	5	Mariana Dalhusen	3.67	7
	6	Ellie Tennant	6.24	6
Girls B Shot Putt	8	Aerin Blaber	3.59	4
Girls A Discus	8	Ellie Tennant	13.73	4
Girls A Hammer	7	Fernanda Wolfson	10.84	5
Girls A Javelin	2	Vida Johnson	19.75	10
Girls B Javelin	7	Alanna Ottewell	8.16	5
Girls 4x100m	7	Lewes	57.6	5

BOYS

Non-scoring events

Event	Perf	Name	Bib
100	14.3	Xavier Parker	387
100	15.7	Hugo Dowrick	388
200	28.3	Charlie Perry	390
200	25.6	Edward Riseborough	392
200	32.5	Hugo Dowrick	388
800	2.40.4	Casper Dennis	386

GIRLS

Event	Perf	Name	Bib
100	14.1	Ellie Tennant	393
100	14.4	Molly Jones	399
100	14.7	Sylvie Ward	
100	14.8	Isis McFarlane	595
100	15.0	Vida Johnson	397
200	30.2	Molly Jones	399
200	30.2	Molly Jones	399
200	30.8	Mariana Dalhusen	396
200	31.5	Vida Johnson	397
200	32.2	Daisy Duggan	598
800	3.02.9	Izel Poon Wai Wam	375
800	3.26.1	Alanna Ottewell	596
LJ	2.34	Jessica Hoy	599
LJ	2.49	Isabella Evans	597
LJ	2.86	Daisy Duggan	598

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4. South Downs Way 100 miles Relay

Saturday 1st June 2024

The South Downs Way 100 miles Relay follows the SDW from Beachy Head to Chilcomb, near Winchester. Teams consist of six runners each of whom run three of the 18 legs of the course. 'A' Teams comprise any combination of men and women runners. 'M' teams have to have three men and three women, 'V' teams solely consist of vets, and 'W' teams are all women.



Fraser McNicoll, Toby Meanwell, Euan Baker, Ellen Brookes, Sally Norris and Heidi Hodgson made up AC's 'M' squad. They came a richly deserved third in an overall time of 11:47:51 hours.



Unfortunately the club 'W' Team was officially a 'Did not finish' but this does not reflect their spirited performances and we salute the team that comprised Ellie King, Emma Rollings, Alienor Falconer, Emily Russell, Emily Hague and Beth Reed.

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5. Weald Challenge Half Marathon

9th June 2024

The organizers wrote:

The Weald Challenge is a trail half marathon from the village of Chiddingly, Sussex in June each year. The route is based around parts of the Wealdway and Vanguard Way. This is a lovely run through the beautiful Sussex Countryside and with a relaxed time limit of 5 hours is suitable for a wide range of abilities. There are two checkpoints on the route.

Previously operated by Trail Running Sussex this event has been taken over by Uckfield Runners.



Place	Bib	Time	Runner	M/F	Age Cat	Cat placing
12	205	1:42:24	Martin Ratcliffe	M	SM	3
57	195	2:00:42	Carl Dowling	M	M50	12
62	192	2:01:14	Mathew Homewood	M	M50	13
85	402	2:06:40	Ellie King	F	F40	3
86	284	2:06:40	Gina Wilkinson	F	SF	3
101	191	2:11:18	Gerard Dummett	M	M65	1
111	193	2:14:01	Helen Bowman	F	F55	1
112	42	2:14:01	Sally Norris	F	F45	4
159	297	2:28:59	Libby West	F	F55	2
160	292	2:29:00	Sarah Robinson	F	F55	3
192	194	2:34:50	Andy Perris	M	M55	15

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6. Worthing 10k 9th June 2024

Place	Bib	Runner		Cat	By cat.	Time	Chip time
12	1987	George STEWART	Male	MSEN	9	00:33:54	00:33:53

13	1447	Andrea SANSOTTERA	Male	MV35	3	00:34:05	00:34:05
53	1806	Isaac TARAFDER	Male	MU17	1	00:38:00	00:37:58
74	1314	Elizabeth KEEP	Female	FSEN	2	00:38:57	00:38:57
119	698	James HAWKES	Male	MSEN	42	00:40:08	00:40:04
126	1309	Eva WINTON	Female	FU17	1	00:40:24	00:40:22
128	1807	Theo TARAFDER	Male	MU17	4	00:40:25	00:40:23
167	546	Clare MARTIN	Female	FV35	4	00:41:43	00:41:40
237	548	Ian FINES	Male	MV60	4	00:43:48	00:43:38
260	1003	Lucy RICHARDSON	Female	FSEN	15	00:44:15	00:44:08
416	1087	Theo LOUGHLIN	Male	MU17	9	00:47:56	00:47:35
464	1086	Gary LOUGHLIN	Male	MV55	21	00:48:45	00:48:23
727	547	Amy FINES	Female	FSEN	50	00:53:24	00:52:51
1118	59	Alexandra BOTELER	Female	FV35	41	00:59:43	00:59:07
1404	1897	Abbie HILLS	Female	FSEN	164	01:05:34	01:03:17

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7. South Downs Way 100 8th-9th June 2024



Meanwhile David Prince-Iles was competing in the South Downs Way 100 Mile race. This starts outside Winchester and follows the SDW to Eastbourne. He was the 49th runner home in 20:14:38 hours. David has recently crossed the line the into V70 age category, and his time was not just a V70 course record, but took 17 minutes of the V60 record.

David ran with Dom Osman-Alu for much of the second part of the route. Also running as a competitor was Tony Deacon (age category 60-

69) who finished in 23:21.16 hours which is pretty awesome as well. **Picture of the month.**

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8. Southern Athletics League: Division 3 South - Round 2

15 June 2024 Lewes

An excellent outcome for Lewes/Haywards Heath partly due to the bringing in more younger participants – we counted three sons – and good old home advantage.

	Team	Score
1	HY Runners	376
2	Horsham Blue Stars/East Grinstead	343
3	/Haywards Heath	321
4	Havant	320
5	Chichester	215
6	Thanet AC	152
7	Worthing	126
8	Paddock Wood/Folkestone	125

Position	Athlete	Age group	Performance Time/ Distance	Points
Men's A 100m				
3	Dominic REDSHAW	U20	12.1	6
Men's B 100m				
3	Lio ROBINSON	U23	12.8	6
Men's A 200m				
3	Dominic REDSHAW	U20	25.4	6
Men's B 200m				
2	Harvey PERRY	U20	26.0	7
Men's A 400m				
5	Harvey PERRY	U20	59.5	4
Men's B 400m				
5	Mark McLoughlin	M60	66.8	4
Men's A 800m				
1	Luca BUCKLEY	U23	2:07.7	8
Men's B 800m				
1	Jacob TROTMAN	U17	2:11.1	8
Men's A 1500m				
4	Jamie TOPPING	M40	4:35.6	5
Men's B 1500m				
3	Theo TARAFDER	U17	4:40.4	6
Men's A 5000m				
3	James SKINNER	M50	16:20.9	6
Men's B 5000m				
3	Ian KENTON	M40	18:10.5	6

Men's A 2000m Steeplechase

3	Luca BUCKLEY	U23	7:21.3	6
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Men's B 2000m Steeplechase

4	Tim POPKIN	M50	10:10.2	5
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Men's A Pole Vault

2	Ivan WRAY	U17	3.05	7
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Men's B Pole Vault

1	Diggory THOMAS	U17	2.45	8
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Men's A Long Jump

6	Martin DAWSON	SM	4.69	3
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Men's B Long Jump

3	Frederick GANDER	U17	4.27	6
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Men's A Triple Jump

4	Martin DAWSON	SM	10.75	5
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Men's A Shot Putt

6	Martin DAWSON	SM	6.36	3
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Men's A Discus

6	Martin DAWSON	SM	13.76	3
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Men's A Hammer

4	Martin DAWSON	SM	8.71	5
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Men's A Javelin

5	Martin DAWSON	SM	22:59	4
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Men's 4x100m

3	/Haywards Heath	SM	51.2	6
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Wind

=

Women's A 100m

2	Maria BREEZE	U17	13.9	7
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Wind

=

Women's B 100m

3	Isabella SMITH	U20	14.6	6
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Wind

=

Women's A 200m

7	Jacqueline BARNES	W55	44.5	2
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Women's A 400m

4	Martha COLE	U17	66.2	5
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Women's B 400m

5	Jacqueline BARNES	W55	99.8	4
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Women's A 1500m

2	Martha COLE	U17	5:17.4	7
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Women's B 1500m

1	Lara NOLAN	U20	5:49.6	8
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Women's A 5000m

4	Kerry Bannister	W50	23:13.0	5
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Women's A 100mH

4	Annie CLOSE	SW	22.9	5
Women's A High Jump				
3	Eliza COLES	U17	1.38	6
Women's B High Jump				
2	Anya COLE	U17	1.33	7
Women's A Pole Vault				
1	Imogen CLARKE	U17	3.25	8
Women's B Pole Vault				
1	Phoebe SCOTT	U17	2.85	8
Women's A Long Jump				
2	Maria BREEZE	U17	4.71	7
Women's B Long Jump				
1	Annie CLOSE	SW	4.57	8
Women's A Triple Jump				
1	Annie CLOSE	SW	9.89	8
Women's B Triple Jump				
2	Helen DIACK	W40	7.39	7
Women's A Shot Putt				
5	Jia ATKINS	U20	5.18	4
Women's B Shot Putt				
4	Jacqueline BARNES	W55	3.97	5
Women's A Discus				
2	Alexandra YOUNG	U17	20.22	7
Women's B Discus				
1	Jacqueline BARNES	W55	10.97	8
Women's A Hammer				
2	Jia ATKINS	U20	29.31	7
Women's B Hammer				
3	Lois PERRETT	U17	14.69	6
Women's A Javelin				
4	Jia ATKINS	U20	12.39	5
Women's B Javelin				
3	Helen DIACK	W40	10.55	6

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9. Eastbourne 10k – flat and fast 23rd June 2024



Place	Gun Time	Name	Gender	Category	Number	Chip Time
10	00:37:11	Harriet Bloor	Female	Open	1	00:37:09
43	00:42:38	Thomas Marchant	Male	Senior Men 20-39	280	00:42:32
59	00:44:06	Ian Fines	Male	Vet Men 60-64	152	00:43:57
86	00:47:38	Rhian Davies	Female	Senior Women 20-39	120	00:47:22
91	00:48:00	Raphael Munton	Male	Vet Men 40-44	320	00:47:44
144	00:52:00	Rebecca Walter	Female	Senior Women 20-39	429	00:51:45
145	00:52:01	Amy Fines	Female	Senior Women 20-39	151	00:51:45
221	00:57:32	Sharon Donovan	Female	Vet Women 45-49	130	00:56:54

Heathfield 10K – hilly with Sussex Grand Prix points

23rd June 2024

Place	Name	Gun	Chip	Age/gender	Cat position
4	Chris Coffey	00:37:18	00:37:18	Senior Male	4
106	Helen Bowman	00:52:35	00:52:32	Female 55-59	2
126	Bob Hughes	00:54:31	00:54:24	Male 75+	1

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West Sussex Fun Run League

10. Chichester Runners Trundle View Wednesday 22nd May 2024

Position	Time	Bib Number	Firstname	Lastname	Gender	Gender Position	Points
7	29:20	422	Chris	Coffey	Male	7	10
17	32:16	419	Colin	Bennett	Male	16	10
92	38:25	423	Carl	Dowling	Male	78	7
132	41:15	424	David	Foster	Male	109	5
150	42:04	420	Helen	Bowman	Female	30	8
153	42:19	421	Andrew	Chitty	Male	123	4
176	43:20	425	Peter	Miller	Male	136	4

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11. Downland Dash Saturday 29th June 2024

Although organized by Burgess Hill Runners the race is actually in Hassocks as part of Downlands Community School Summer Show. Hence the unusual race day, Saturday, and time, 12.30. The area of the course is quite restricted and it has various twists and turning back to make up the race distance – see map below. Fortunately it is well marshalled.



The AC turn-out was quite good in club's terms but we need more participation to have a real impact on the results: we are currently 14th out of 17 clubs.

Just to remind you, the 10 points scored by Colin and Sally mean they finished in the top 10% of the male and female runners respectively. Kate scored 9 points by being in the second to top 10% of women runners. Carl and Matthew scored 7 points by being in the fourth 10% of male finishers, and so on. A maximum of 10 runners for the club score in this way.

In addition to the scores above, each participant scores a single point up to an overall club total Of 25.

There is now a bottleneck of fun runs. The next WSFR events is the Steyning Round Hill Romp on Wednesday 3rd June which will have been and gone by the time you read this. The following Wednesday (10th June) is a highlight of the Summer, the Littlehampton Beach Run. And the following Saturday is one of my personal favourites: the Hove Hornets Stinger.

Fixture details are at <http://westsussexfunrunleague.org.uk/fixture-list/> and entries are via the AC Wiki.



League Position	Time	Bib Number	Firstname	Lastname	Gender	Gender Position	Points
15	30:11	166	Colin	Bennett	Male	15	10
68	34:28	171	Sally	Norris	Female	8	10
80	35:31	168	Carl	Dowling	Male	69	7
82	35:39	169	Matthew	Homewood	Male	70	7
114	38:13	167	Andrew	Chitty	Male	97	5
142	40:45	173	Kate	Seymour	Female	22	9
144	40:57	172	Emma	Shepherd	Female	23	8
274	01:03:40	174	Claire	Watson	Female	103	1
275	01:03:45	175	Geoff	Watson	Male	172	1

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12. Club steeple chaser Ava's adventure in Slovakia

AC runner Ava James is going to the Under 18 European Championships in Slovakia. She has been selected to compete for Great Britain and Northern Island in the 2000m steeple

chase. Ava, who is coached by David Leach, drew the attention of the selectors by recording the fastest times for an under 17 in both the 1500m steeple chase and 2000m steeple chase this year in the UK.



Ava had a great cross-country season as one of ACs outstanding squad of young women runners and took both the under 17 individual and league county championships. Since then Ava has topped the national rankings for her age in the 2000m steeple chase at the county steeple chase championships with a time of 6:48.84. This was followed at the Sussex schools championships with a performance of 4:56.9. which took her to the top of the 1500km steeple chase national rankings.

The European Championships will be taking place in Banska Bystrica in Slovakia between Thursday 18th July and Sunday 21st July. Whatever the outcome Ammonite hopes she enjoys the adventure.

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