

# AMMONITE Lewes Athletic Club Newsletter



August 2024

Please send contributions and corrections to errors to [newsletter@lewesac.co.uk](mailto:newsletter@lewesac.co.uk).

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# 1. Forty years of Lewes AC - The Summer Track Social! 4<sup>th</sup> July 2024

An evening of races and socialising!

**40 YEARS OF LEWES AC**  
**SUMMER TRACK SOCIAL!**

**THURSDAY 4TH JULY 5-9PM**

**JOIN US FOR AN EVENING OF RACES AND SOCIALISING...  
COME GET YOUR NEW PB!**

**5-6.30pm: Academy Olympic Year Championships**  
75m, 600m, Shot Putt, Long Jump & Relays  
**6.30 - 8pm: Adult Races**  
200m, 1 Mile & Mixed 400m Relays

**Plus**

- \*Pat's Pizzas providing food with Pizza for PBs!**
- \*Refreshments, Cakes, Ice creams available too!**
- \*Officials & volunteers recruitment: get involved!**

**Sign up via the Club Wiki or with your Academy coach**

Briefing for 4 x 400



And they are off!





## Results - Seniors

### 200m

	Name	Time
1	Nick Taylor	28.6
2	Lucy Hansen	28.7
3	Millie Streeter	30.8
4	Don Tamsley	32.3
5	Emily Russell	34.2
6	David Foster	36.7
7	Emily Hodgson	41.8
8	Steffan Merrick Hayes	48.9

### 1 mile

	Name	Time
1	Ben Pepler	4.52.4
2	Jacob Trotman	4.56.4
3	George Stewart	5.12.1
4	Lewis Sida	5.25.9
5	Eva Winton	5.26.8
6	Izzy Dowca	5.29.6
7	Nick Taylor	5.29.7
8	Adam Vaughan	5.28.8
9	Chris Gilbert	5.32.2
10	Barry Blackwell	5.38.7
11	Megan Taylor	5.40.6
12	Liv Wise	5.51.4

13	Phil Grabsky	5.54.9
14	Rob Dyke	6.05.2
15	Beth Reed	6.09.3
16	Nathan Gower	6.13.3
17	Ian Fines	6.13.3
18	Millie Button	6.15.7
19	Peter Kennedy	6.24.0
20	Sally Norris	6.30.1
21	Gary Loughlin	6.36.6
22	Emma Rollings	6.37.3
23	Ellie King	6.53.7
24	David Foster	7.18.6
25	Charlotte Bennett	7.18.9

## Results - Juniors

### 17.00 Race 1 - 75m

### Boys YR 4/5

Bib	Name	Position	Time
17	Jago Jones	1	14.5
4	Cooper Hardaker	2	15.4
12	Max Acott-Thorpe	3	17.3

### 17.05 Race 2 - 75m

### Boys YR 5

Bib	Name	Position	Time
11	Django White	1	12.6
10	Frederick Kirk	2	12.8
16	Arthur Lewith	3	13.2
5	Archie Hardaker	4	14.3
23	Ethan Sheffield	5	14.4

### 17.05 Race 3 - 75m

### Boys YR 5

Bib	Name	Position	Time
6	Jamie Mansfield	1	12.4
7	Luca Lambrecht	2	12.7
	Finn Kennedy		
39	Walford	3	12.7
47	Thomas Mitchell	4	14.1

### Girls YR

### 17.10 Race 4 - 75m

### 4/5

Bib	Name	Position	Time
24	Shalom Toby	1	12.5
30	Tamsin Peatfield	2	12.6
3	Lexi-Rose Wilson	3	12.7
38	Beatrix Crawshaw	4	13.5
45	Matilda Westbury	5	13.9
26	Daphne Taylor	6	14

**17.15 Race 5 - Girls YR 5**

Bib	Name	Position	Time
27	Cecily Trotman	1	13
21	Isabel Barnard	2	13.4
31	Marnie McNulty	3	13.5
22	Nancy Younis	4	13.8
13	Amaia Farrant	5	14.7

**17.20 Race 6 - Boys YR 6/7/8**

Bib	Name	Position	Time
28	Samuel Trotman	1	2:06.3
40	Sam Coe	2	2:07.8
52	Daniel Tennant	3	2:07.8
42	Miles Levy	4	2:08.9
1	Rainbow Love	5	2:09.2
41	Ethan Turrell	6	2:09.5
50	Thomas Winton	7	2:25.0
46	Roscoe Harris	8	2:31.5

**17.25 Race 7 - Girls YR 6/7/8**

Bib	Name	Position	Time
34	Christina Foster	1	1:54.9
2	Sunshine Love	2	1:55.7
33	Lexy Blake-Pyatt	3	2:15.8
51	Lara Stevens	4	2:17.5
14	Carrie Ellis	5	2:19.7

**17.30 Race 8 - Boys YR 4/5**

Bib	Name	Position	Time
6	Jamie Mansfield	1	2:03.3
11	Django White	2	2:06.1
10	Frederick Kirk	3	2:13.4
7	Luca Lambrecht	4	2:18.4
16	Arthur Lewith	5	2:22.4
23	Ethan Sheffield	6	2:25.7
15	Jacob Fuller	7	2:29.6
17	Jago Jones	8	2:29.9
5	Archie Hardaker	9	2:35.2
4	Cooper Hardaker	10	2:40.2

**17.35 Race 9 - Girls YR 4/5**

Bib	Name	Position	Time
25	Daisy Hodgson	1	2:11.1
20	Elsa Ellis	2	2:11.1
27	Cecily Trotman	3	2:19.1
38	Beatrix crawshaw	4	2:33.9
3	Lexi-Rose Wilson	5	2:44.1
26	Daphne Taylor	6	2:44.3
30	Tamsin	7	2:44.7
13	Amaia Farrant	8	2:51.3

**17.35 Race 10 - Girls YR 6**

Bib	Name	Position	Time
34	Christina Foster	1	12
44	Mathilda Newman	2	12.8
33	Lexi Blake Pyatt	3	13.1
50	Thomas Winton	4	15.2

**17.55 Race 11 - Boys YR**

Bib	Name	Position	Time
42	Miles Levy	1	11.6
52	Daniel Tennant Orin Dando	2	11.9
48	Latham	3	12.1
57	Monty Coates	4	12.3
9	Harry levy	5	13.2

**17.45 Race 12 - Boys YR 6/7**

Bib	Name	Position	Time
1	Rainbow Love	1	11.5
28	Samuel Trotman	2	11.8
2	Sunshine Love	3	12
14	Carrie Ellis	4	12.6
54	Antoine Dohmatob	5	12.9
55	Seth muddle	6	12.9

<b>17.50 Race 13 - Boys YR 8/9</b>			
<b>Bib</b>	<b>Name</b>	<b>Position</b>	<b>Time</b>
	Oscar Fermor-		
49	McGhie	1	11.1
53	Ellie Tennant	2	11.3
56	Thomas Muddle	3	11.7
40	Sam Coe	4	12.4
41	Ethan Turrell	5	12.9
46	Roscoe Harris	6	17

<b>17.50 Race 14 - Boys YR 8/9</b>			
<b>Bib</b>	<b>Name</b>	<b>Position</b>	<b>Time</b>
56	Thomas Muddle	1	1:58.0
54	Antoine Dohmatob	2	3:15.8

<b>18.15 Race 15 - Mixed YR 4/5</b>			
<b>Bib</b>	<b>Name</b>	<b>Position</b>	<b>Time</b>
1	Jacob Fuller	1	69.5
1	Max Acott-Thorpe		
1	Django White		
1	Archie Hardaker		
2	Cooper Hardaker	5	81.9
2	Luca Lambrecht		
2	Ethan Sheffield		
2	Frederick Kirk		
3	Thomas Mitchell		
	Finn Kennedy		
3	Walford		
3	Isabel Barnard		
4	Elsie Neilson		
4	Beatrix crawshaw		
4	Cecily Trotman	2	71.5
4	Amaia Farrant		
5	Theadora Harris	6	82
5	Iris Redford		
5	Tamsin		
5	Marnie McNulty		
6	Matilda Westbury		
6	Daphne Taylor		
6	Lexi-Rose Wilson		
6	Jago Jones	3	71.8
7	Louis Owen		
7	Nancy Yewness		

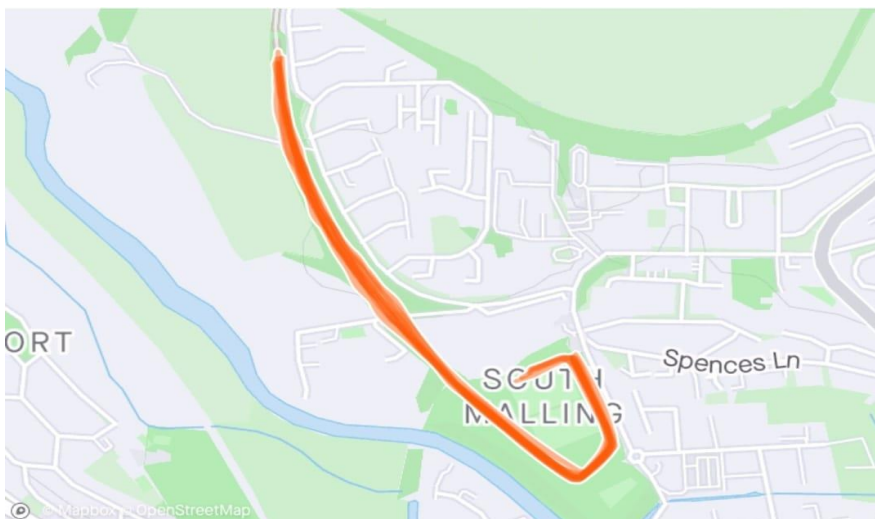
<b>18.25 Race 16 - Mixed YR 6/7/8/9</b>			
<b>Bib</b>	<b>Name</b>	<b>Position</b>	<b>Time</b>
	Oscar Fermor-		
1	McGhie	1	61.3
1	Sunshine Love	4	
1	Antoine Dohmatob		
1	Samuel Trotman		
2	Daniel Tennant		
2	Albie Scott		
2	REMY LOUIS		
2	Thomas Winton		
3	Thomas Muddle		
	Seth Muddle		
3	Harry levy		
3	Ralf Pelkonen		
4	Orin Dando Latham		
4	Miles Levy		
4	Christina Foster		
4	Anna Westbury		
5	Scarlett Harvey		
5	Rainbow Love	2	62.9
5	Carrie Ellis		
5	Scarlett Harvey		
6	Christina Foster		
6	Scarlett Harvey		
6	Mathilda Newman		
6	Blythe Barbet	3	64.5
7	Sam Coe		
7	Herbie Belfield		
7	Ethan Turrell		
7	Jamie Mansfield		

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## 2. Malling Rec: A new parkrun is born - in Lewes 6<sup>th</sup> July 2024

The pipe dream of Mark Pappenheim and his team was finally realised.

Below, expectant runners assembled on the first Saturday of the run ‘...under an English Heaven’.



The route reuses impressive Victorian engineering in the form of the disused railway line to Barcombe Mills, Uckfield and the rest of the Empire.





Some participants complained that the course was short of the required 5k. They had been trusting Strava etc. These devices use satellite signals which cannot penetrate deep embankments. The physical ground over the course had been double-measured using a surveyor's wheel and the five kilometres are reasonably correct. Sometimes old technologies are better.

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### **3. West Sussex Run Run League – the Summer Peak**

Steyning Round Hill Romp Wednesday 3<sup>rd</sup> July 2024

A principle of the West Sussex Fun Run League is that every one of the currently seventeen clubs have to stage a race. That is a lot of races to slot into the calendar. One way of dealing with



this is having races on Wednesday evenings. These work best during the summer months so at this time of year there is a quite a bit of event congestion.

The Round Hill romp starts in Steyning high street and then climbs to the top of the Down with a view of the sea in the distance. What goes up goes down, and the descent takes runners through woods where care is needed to avoid tree roots.

League Position	Time	Bib Number	Firstname	Lastname	Gender	Gender Position	Points
4	37:36	425	Chris	Coffey	Male	4	10
19	41:44	424	Colin	Bennett	Male	18	10
83	47:53	428	Dominic	Osman-Allu	Male	74	7
100	48:58	427	Ellie	King	Female	18	9
104	49:21	430	Mat	Homewood	Male	85	7
169	54:00	429	David	Foster	Male	133	4
279	01:04:28	426	Julie	Deakin	Female	81	4

The race is demanding but the surroundings give it a particular charm.

### Aruners Beach Run Wednesday 10<sup>th</sup> July 2024



League Position	Time	Bib Number	Firstname	Lastname	Gender	Gender Position	Points
23	35:01	275	Colin	Bennett	Male	22	10
24	35:13	281	Joe	Lunt	Male	23	10
82	39:06	282	Dominic	Osman-Allu	Male	72	7
85	39:18	277	Carl	Dowling	Male	74	7
115	40:54	279	Mat	Homewood	Male	98	6

League Position	Time	Bib Number	Firstname	Lastname	Gender	Gender Position	Points
125	41:28	278	David	Foster	Male	107	6
139	42:31	276	Andrew	Chitty	Male	120	5

The lack of Lewe women runners is noticeable. The lady in the photo is Lucy Morrison who was 'unattached' (in the sense of not belonging to a club).

### Hove Hornets Stinger Sunday 14<sup>th</sup> July 2024

This is probably the nearest West Sussex Fun Run League non-home event. Starting at the Hove Rugby Club it is a longer race than is usual at 10k for WSFRL. Given the proximity to Brighton the classic Downland run format – uphill on the way out and downhill on the way back – is a slight surprise.

League Position	Time	Bib	Firstname	Lastname	Gender	Gender Position	Points
15	44:39	352	Colin	Bennett	Male	15	9
45	51:38	356	Sally	Norris	Female	6	10
101	59:52	354	Rhian	Davies	Female	20	8
125	01:03:11	355	David	Foster	Male	95	4
126	01:03:11	353	Andrew	Chitty	Male	96	3

### Henfield Seven Stiles Sunday 21<sup>st</sup> July 2024



As you can see from the picture this was an all-male Lewes contingent. The course, on the other hand, is quite mixed, running through arable fields, a disused railway (now part of the Thames Link cycle path), and a path in parallel with the River Adur. And it is pretty flat.

League					Gender		
Position	Time	Bib	Firstname	Lastname	Gender	Position	Points
20	26:12	288	Colin	Bennett	Male	19	10
100	30:40	290	Carl	Dowling	Male	86	7
131	32:09	289	Andrew	Chitty	Male	108	5
186	34:46	291	David	Foster	Male	142	4
242	38:17	292	Peter	Miller	Male	179	2

## High Down Hike Wednesday 7th August 2024



**Peter Miller (a bit fed up)**

League Position	Time	Bib	Firstname	Lastname	Gender	Gender Position	Points
192	46:34	244	Peter	Miller	Male	146	4

This could be one of the shortest WSFRL courses, but the two-lap course has some significant climbs and descents over the bronze age earthworks. A Wednesday evening event which required tackling the Worthing rush hour does not appeal to everyone. Hats off to Lewes's Peter Miller (see above), our only club representative.

The next two events in this league are the **Fittleworth Five** on **Sunday 25<sup>th</sup> August** which has a bit of a trek to get there, but has a great village ambiance and a decent cup of tea in the village hall. This is followed by the **Tilgate Forest Five** on **Sunday 8<sup>th</sup> September** next to the K2 stadium at Crawley. It is a great run through shady woods, as the name suggests. If you live in Sussex why not enjoy Sussex?

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### 4.1 East Sussex Under 13 Track and Field League Sunday 1<sup>st</sup> July 2024

This was the third and last match of the U13 east Sussex league and Lewes gave a creditable performance. A final match takes place on Sunday 1<sup>st</sup> September which brings together club sides from both East and West Sussex.



Lewes AC had trailed in the first match in 5<sup>th</sup> position, but bounced back and came 2<sup>nd</sup> in the next match which had a home advantage at the Lewes track.

### SUSSEX U13 LEAGUE EAST DIVISION at EASTBOURNE 1<sup>st</sup> July 2024

	Team	Score
1	Brighton & Hove	177
2	Eastbourne	134
3	Lewes	110
4	HYAC	81
6	Hastings	42
5	Phoenix	19

### Lewes AC Performances

Event	Place	Athlete	Time/Distance	Points
Boys' A 75m	4	Daniel Tennant	11.1	3
Boys' B 75m	2	Miles Levy	11.1	5
Boys' A 150m	3	Samuel Trotman	22.2	4
Boys' B 150m	2	Rainbow Love	21.8	5
Boys' A 600m	5	Seth Muddle	2:06.2	2
Boys' B 600m	1	Samuel Trotman	1:58.4	6
Boys' A 1000m	2	Stanley Taylor	3:47.4	5
Boys' A Long Jump	5	Miles Levy	3.52	2
Boys' B Long Jump	4	Kit Bassett	3.08	3
Boys' A Shot Putt	2	Rainbow Love	8.22	5
Boys' B Shot Putt	2	Seth Muddle	4.74	5
Boys' A Discus	2	Daniel Tennant	13.59	5
Boys' A Javelin	4	Kit Bassett	10.22	3
Boys' 4x100m	1	Eastbourne	56.0	6
	2	Brighton & Hove	56.9	5
	3	Lewes	62.8	4
Girls' A 75m	4	?	12.1	3
Girls' A 150m	4	Milly Dennis	25.1	3
Girls' A 600m	5	Violet Jaquest	2:31.0	2
Girls' B 600m	3	?	1:59.5	4
Girls' B 1000m	5	Carrie Ellis	4:17.5	2
Girls' A 70mH	4	Milly Dennis	16.6	3
Girls' A High Jump	1	Cleo Puentas Doyle	1.33	6
Girls' A Long Jump	2	Christine Fozter	4.05	5
Girls' B Long Jump	3	Blythe Barbet	3.03	4
Girls' A Shot Putt	1	Sunshine Love	7.00	6
Girls' B Shot Putt	3	Cleo Puentas Doyle	3.50	4
Girls' A Discus	2	Carrie Ellis	14.32	5
Girls' B Discus	2	Maeve De Burca	9.7	5
Girls' A Javelin	3	Freya Holder	9.04	4

## NON SCORING

### BOYS

Event	Bib	Name	Perf	
LJ	39	Harry Upton	3.79	

### GIRLS

Event	Bib	Name	Perf	
75	79	Elizabeth awson	12.0	
75	81	Lexi-Rose Wilson	12.6	
600	79	Elizabeth awson	02:29.1	
	80	Evelyn Zacher	15.5	
LJ	80	Evelyn Zacher	3.31	

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## 4.2 Sussex U13 Championships K2 Crawley Saturday 6<sup>th</sup> July 2024

### Highlights

- Christina Foster: Bronze in the Girls high jump (jump of 1.3m - a PB) and Bronze in Girls javelin (distance of 18.62m)
- Rex Hastings: Silver in Boys Javelin (distance of 36.9 - a PB)
- Harry Chapman: Gold in Boys 1500m (time of 4:51:9 - a PB)
- Rainbow Love: Silver in Boys Shot put (distance of 7.74m)
- Sunshine Love: Gold in Girls Shot put (distance of 6.56m) and Gold in Girls Discus throw (distance of 18.38m).

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## 5. Southern Athletics League: Division 3 South - Round 4 - Crawley 17 August 2024

This league encompasses clubs from all over the South-East of England. As in previous years, Lewes AC have teamed up with Haywards Heath and compete with teams in the Division 3 South which includes some clubs which are quite far, for example, in Thanet.

Club members who are fifteen or over can compete in the events. Compared to previous years the combined Lewes/Haywards team has done really quite well and were second equal in the points scheme with Horsham. First were Havant.

The preliminary results from last match show Lewes/Hailsham with a respectable final score. Ammonite confesses that they are not quite up to hazarding the final score as the scoring method is quite complicated

Success obviously depends on the quality of competitors, but team management in the sense of identifying and attempting to fill gaps in the coverage of events is just if not more important. It is great to see some of the most talented athletes in the clubs stepping forward. But there are still areas of weakness, for example with the men's coverage of throwing and generally with relays.

Being team manager is an onerous task and Ammonite was surprised that coaches are not expected to pay club subscriptions, but the SAL team manager is expected to cough up.

**Southern Athletics League: Division 3 South - Round 4 - Crawley -  
17 August 2024**

	Team	Score
1	Horsham Blue Stars/East Grinstead	400.5
2	Havant	375.5
3	HY Runners	317.5
4	Lewes/Haywards Heath	248
5	Paddock Wood/Folkestone	237
6	Worthing	222
7	Thanet AC	193
8	Chichester	156.5

Event	Place	Athlete	Age Category	Performance	Points
100m		Men's A 100m			
	2	Pyers LOCKWOOD	U23	11.36	7
100m		Men's B 100m			
100m	2	Dominic REDSHAW	U20	12.04	7
	8				1
200m		Men's A 200m			
	1	Pyers LOCKWOOD	U23	22.98	8
200m		Men's B 200m			
	1	Dominic REDSHAW	U20	25.1	8
400m		Men's A 400m			
	5	Harvey PERRY	U20	57.21	4
400m		Men's B 400m			
	6	Mark McLoughlin	M60	65.58	3
800m		Men's A 800m			
	3	Sam FERNLEY	U20	02:07.1	6
800m		Men's B 800m			
	1	Harvey PERRY	U20	02:07.9	8
1500m		Men's A 1500m			
	4	Luca BUCKLEY	U23	04:29.8	5
1500m		Men's B 1500m			
	3	Jamie McDowell	U20	04:33.2	6
3/5000m		Men's A 5000m			
	1	Jamie McDowell	U20	16:27.6	8
400mH		Men's A 400mH			
	1	Pyers LOCKWOOD	U23	55.02	8
400mH		Men's B 400mH			
	2	Luca BUCKLEY	U23	69.45	7
2/3000mSc					



	2	.	SM	07:34.7	7
Pole Vault		Men's A Pole Vault			
	1	Ivan WRAY	U17	3.15	8
Long Jump		Men's A Long Jump			
	7	James Johnson	SM	4.07	2
Triple Jump		Men's A Triple Jump			
	2	Louis WILLIAMS	U17	11.54	7
Javelin		Men's A Javelin			
	3	Lio ROBINSON	U23	38.76	6
		Men's B Javelin			
100m		Women's A 100m			
	8	Jo BUCKLEY	W55	16.63	1
100m		Women's B 100m			
	6	Jacqueline BARNES	W55	18.62	3
200m		Women's A 200m			
	7	Jo BUCKLEY	W55	36.34	2
200m		Women's B 200m			
200m	7	Jacqueline BARNES	W55	40.69	2
	8				1
400m		Women's A 400m			
	2	India SOMMERVILLE	U17	59.68	7
400m		Women's B 400m			
	2	Amelie BEDFORD	U17	61.92	7
800m		Women's A 800m			
	5	.	SW	03:32.7	4
800m		Women's B 800m			
	4	.	SW	03:34.1	5
1500m		Women's A 1500m			
	3	Emily PROTO	SW	05:23.3	6
3/5000m		Women's A 5000m			
	1	Emily PROTO	SW	19:03.3	8
Pole Vault		Women's A Pole Vault			
	2	Ava JAMES	U17	3.35	
Pole Vault		Women's B Pole Vault			
	1	Imogen CLARKE	U17	1.25	
Long Jump	7	Jo BUCKLEY	W55	2.71	
	6	Jacqueline BARNES	W55	1.44	
Triple Jump					
	7	Jo BUCKLEY	W55	5.66	
Shot		Women's A Shot Putt			
	5	Kleri TANTELE	SW	6.56	
Shot		Women's B Shot Putt			
	5	Jia ATKINS	U20	5.27	
Discus		Women's A Discus			
	4	Kleri TANTELE	SW	17.77	
Discus		Women's B Discus			
	6	Jacqueline BARNES	W55	10.44	
Hammer		Women's A Hammer			
Hammer	4	Jia ATKINS	U20	29.7	
	8			1	Hammer

Hammer		Women's B Hammer		
	5	Kleri TANTELE	SW	15.18
Javelin		Women's B Javelin		
	5	Jia ATKINS	U20	12.41

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## 6. Sussex Masters League: Final 2024 Standings

### Men – League Positions

#### Men's Results

Hastings AC/Runners	7.00	8.00	8.00	8.00	31.00
Eastbourne Rovers	8.00	7.00	7.00	7.00	29.00
<b>Haywards Heath/Lewes</b>	<b>6.00</b>	<b>6.00</b>	<b>6.00</b>	<b>5.00</b>	<b>23.00</b>
Hailsham Harriers	4.50	5.00	5.00	6.00	20.50
Brighton/Hove	4.50	4.00	4.00	3.00	15.50
Arena 80	2.00	3.00	3.00	2.00	10.00
HY Runners	1.00	2.00	2.00	4.00	9.00
Worthing	3.00	1.00	1.00	0.00	5.00

The third place is pleasing, particularly given the presence of some usually strong clubs below us. The first and third matches were at Lewes and second and last at Eastbourne. To give an idea of the effort (or not) expended by teams the earned points for event results for each match are shown.

	20-May-24	12-Jun-24	22-Jul-24	02-Aug-24	Total
Hastings AC/Hast Runners	105	146	133	135	519
Eastbourne Rovers	136	123	131	120	510
<b>Haywards Heath/Lewes</b>	<b>103</b>	<b>116</b>	<b>94</b>	<b>83</b>	<b>396</b>
Hailsham	71	107	88	109	375
Brighton/ Hove	71	83	85	56	295
Arena 80	31	76	77	45	229
HY Runners	21	65	56	72	214
Worthing	41	56	32	0	129

#### Womens Results

	20-May-24	12-Jun-24	22-Jul-24	02-Aug-24	Total
Brighton/ Hove	8.00	8.00	8.00	7.00	31.00
Eastbourne Rovers	7.00	7.00	7.00	8.00	29.00
Hailsham	6.00	5.00	5.00	4.00	20.00

Hastings AC/ Hast Runn	4.00	4.00	6.00	6.00	20.00
HY Runners	6.00	6.00	3.00	3.00	18.00
<b>Haywards Heath/Lewes</b>	<b>3.00</b>	<b>3.00</b>	<b>4.00</b>	<b>5.00</b>	<b>15.00</b>
Arena 80	1.00	2.00	0.00	2.00	5.00
Worthing	2.00	0.00	0.00	0.00	2.00

	20-May-24	12-Jun-24	22-Jul-24	02-Aug-24	Total
Brighton/Hove	154	184	122	126	586
Eastbourne Rovers	109	165	104	143	521
Hailsham	81	112	84	88	365
HY Runners	82	132	79	71	364
Hastings AC/ Hast Runn	79	103	90	92	364
<b>Haywards Heath/Lewes</b>	<b>78</b>	<b>54</b>	<b>80</b>	<b>91</b>	<b>303</b>
Arena	12	8	0	8	28
Worthing	17	0	0	0	17

The women's final place is not as pleasing as that of the men but a closer inspection shows that the potential was there – for example in the last match.

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## 7. Bewl 15 miles 7<sup>th</sup> July 2024

The Bewl 15 mile race is a unique Sussex event in Wadhurst up near the border with Kent. It consists of a circuit around Bewl Reservoir. The course has a mixture of some cycle path surface stretches, but also paths over grass and through woods. It is generally flat until around 12 miles when you are confronted with a whole series of hilly roads.

Being the time of year it is, my past memories are of it being uncomfortably hot, but this time there had been a sequence of deluges in the previous days. Waiting to start was in a downpour as someone broadcast an epic risk assessment, and was excruciating, but as things turned out the rain magically gave up as we started. The ground however was still soaked and I wished that I had worn mud-claws: I swear it would have taken minutes off my time.

This event is a Sussex Grand Prix event, one of a series where you can accumulate points which provide an overall ranking at the end of the year. The races are generally road runs which vary in length and hills, so your capability to cope with radically different race conditions is tested. I guess I have been running as a club member for more many years than most and Lewes AC has never won the team SGP prize, a trophy donated years ago by Steve Ovet. I have accepted we just don't have what it takes for that but there are still age categories to have a go at.



**Below: Before**



<b>Name</b>	<b>Bib</b>	<b>Category</b>	<b>Gun time</b>	<b>Chip time</b>
Helen Bowman	31	Female Vet 55	02:25:32	02:25:21
Bob Hughes	176	Male Vet 75	02:36:59	02:36:47
Kate Seymour	317	Female Vet 50	02:45:00	02:44:10
Libby West	390	Female Vet 55	02:45:38	02:44:47
Sarah Robinson	303	Female Vet 55	02:45:46	02:44:56
Gerard Dummett	95	Male Vet 65	02:47:18	02:47:07

**Below: Afterwards**



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## 8. Phoenix 10k Road Race 7.30pm Wednesday 17<sup>th</sup> July 2024

This race was marked out as a target race by Lewes AC management. It is also one of the events in the Sussex Grand Prix (SGP) road running league which Lewes AC is not promoting this year but will in 2024. The course along the seafront in Hove can be a fast one as long as there is no wind and this was the case this year.

The Brighton Phoenix (aka 'Steve Ovett's old club') make great efforts to attract a competitive group of runners, with cash prizes for the breaking both time and place benchmarks.

As can be seen below the turnout from Lewes AC was gratifyingly high. Lewes AC's Joshua Burgess was third Senior Man home and he also qualified as an 'Elite' athlete by running under 33.00 minutes. Ruby Whyte was second senior woman home.

Paradoxically, although Lewes had not targeted SGP events this year, this turn-out enabled the club to come second in the SGP team competition for this event, just pipped by Phoenix who had home and many other advantages.

If this race was to your taste as a runner, look out for the Arena 80 Hove Prom 10km race on Sunday 20<sup>th</sup> October. This happens to be an SGP event – as is the Lewes Downland 10 Miles on the 6<sup>th</sup> October. The latter is a very different challenge over trails and hills. (For the record there is also a 5-mile race on the same day).



Place	Gun Time	Name	Gender	Category	Number	Chip Time
6	00:31:47	Joshua Burgess	Male	Senior Men	522	00:31:47
20	00:34:07	Ben Pepler	Male	Senior Men	31	00:34:05
41	00:35:42	Chris Coffey	Male	Senior Men	28	00:35:40
82	00:37:44	Jez Davison	Male	Vet Men 40-49	33	00:37:36

83	00:37:50	Ruby Whyte-Wilding	Female	Senior Women	46	00:37:45
90	00:38:03	Chris Gilbert	Male	Vet Men 50-59	771	00:37:56
95	00:38:11	Jenna French	Female	Senior Women	564	00:38:06
107	00:38:42	Emily Proto	Female	Senior Women	70	00:38:36
110	00:38:45	Adam Vaughan	Male	Vet Men 40-49	51	00:38:37
115	00:38:57	Dan Goodchild	Male	Senior Men	724	00:38:45
116	00:39:02	Pete Richardson	Male	Vet Men 40-49	138	00:38:52
131	00:39:31	Colin Bennett	Male	Vet Men 50-59	130	00:39:23
132	00:39:37	Joe Lunt	Male	Senior Men	611	00:39:29
144	00:40:15	Philip Westbury	Male	Vet Men 40-49	93	00:40:07
145	00:40:16	Leo Spall	Male	Vet Men 50-59	82	00:40:08
148	00:40:27	Ellen Brookes	Female	Vet Women 40-49	103	00:40:18
167	00:41:23	Rob Dyke	Male	Vet Men 40-49	192	00:41:14
204	00:43:29	Ian Fines	Male	Vet Men 60-69	561	00:43:12
219	00:44:13	Nick Williams	Male	Vet Men 60-69	157	00:43:55
244	00:45:12	Nathan Gower	Male	Senior Men	725	00:44:53
268	00:45:51	Carl Dowling	Male	Vet Men 50-59	551	00:45:29
311	00:47:39	Katherine McCorry	Female	Vet Women 40-49	617	00:47:18
315	00:47:57	David Foster	Male	Vet Men 60-69	218	00:47:35
322	00:48:08	Ellie King	Female	Vet Women 40-49	226	00:47:45
336	00:48:50	Beth Reed	Female	Senior Women	646	00:48:29
343	00:49:04	Andrew Chitty	Male	Vet Men 70+	298	00:48:55
356	00:49:44	Helen Bowman	Female	Vet Women 50-59	270	00:49:22
364	00:50:01	Kerry Jackson	Female	Vet Women 40-49	247	00:49:38
378	00:50:23	Bob Hughes	Male	Vet Men 70+	275	00:50:02
421	00:52:37	Kate Seymour	Female	Vet Women 50-59	411	00:52:05
442	00:53:56	Charlotte Bennett	Female	Vet Women 40-49	511	00:53:26
465	00:55:05	Sharon Donovan	Female	Vet Women 40-49	720	00:54:32
494	00:56:40	Frances Keightley	Female	Senior Women	391	00:56:06
540	01:01:09	Charlotte Swope	Female	Senior Women	414	01:00:25
548	01:01:50	Gary Bedford	Male	Vet Men 40-49	251	01:01:10
572	01:05:27	Lydia Cole	Female	Senior Women	427	01:04:50
618	01:18:39	Lauren Puttock-Brown	Female	Senior Women	750	01:17:54
630	01:32:18	Rhian Davies	Female	Senior Women	216	01:32:01

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## 9. Vaulting into Summer

*David Tutton writes*

Another stellar season saw Lewes AC Pole Vault Group send no fewer than seven athletes to English Schools, and 12 athletes to the England Age Group National Championships.

Despite not being to compete in the lower age group Youth Development League (YDL), and with the U15 League matches at Withdean out of action due to a minor issue with their uprights, our athletes have proven once again that Lewes AC has the very best youth pole vault group in the country.

With two girls in the Top 10 at U17 level, five in the UK Top 20 at U15 level, and three in the top 6 at U13 level, Lewes AC girls are among the very best in the nation. Our boys performed brilliantly too, and more youngsters are coming through the lower age groups.

Lewes Pole Vault now boasts 50+ athletes and trains all year round thanks to our indoor facility in Iford. We will be conducting another taster session for 10-12 year-olds in the autumn, so do not hesitate to contact [david.tutton@icloud.com](mailto:david.tutton@icloud.com) if you have sporty kids of that age.

**Below> Under 15 Girls at U15 Championships**



**Below: Beth Boyse on podium**



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## 10. Why run a backyard ultra?

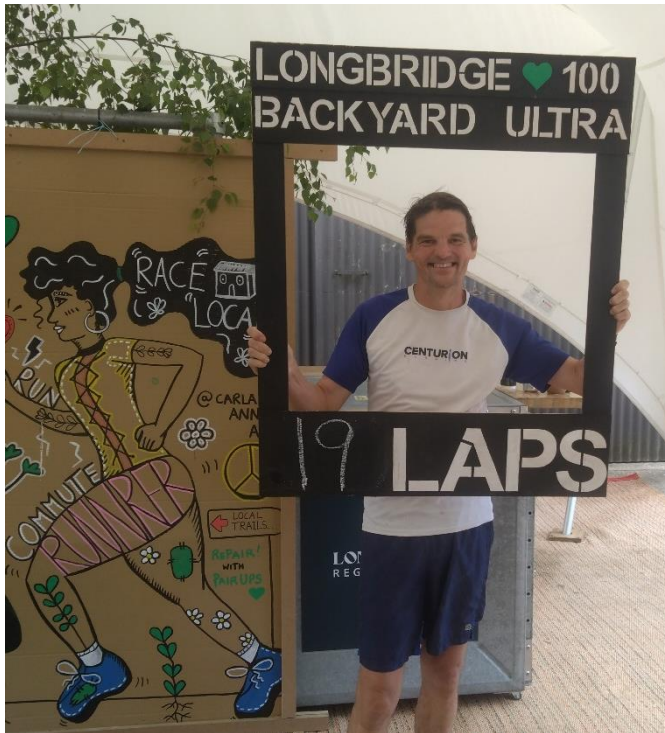
*Jay Goulden writes*

Backyard ultras have exploded in popularity over the last few years, with an [estimated](#) 400 races in 78 countries last year. The concept is deceptively simple: run the same 4.167 mile/6.7 km loop in under 60 minutes, starting on the hour every hour, until you no longer can. The winner is the last person standing, the one who does one more loop than anyone else. The brainchild of the creator of the [Barkley Marathons](#), Lazarus Lake, the first backyard ultra was run in 2011; there are now multiple backyard ultras in the UK every month, including the [Longbridge](#) winter and summer races I ran earlier this year, just down the road in Litlington.

At first sight, 4.2-odd miles in an hour doesn't seem much, yet running the same route again and again for hours sounds awful...so what's drawing more and more of us to try this challenge? Firstly, they are a really good way of going further than ever before, without risking pushing yourself too hard too early (no point rushing through a loop in 35 minutes only to have to wait around for 25 minutes before going again). Haven't run a marathon before? Do seven loops and you have just gone even further...12 loops are 50 miles. You decide what your goal is, run at your own pace, and see how far you can go. You also don't have to carry much with you, as you get back to base every hour. No worries of getting lost either!



Secondly, they really build a strong, supportive community and sense of camaraderie. Everyone wants everyone else to do well, and you see the same faces of runners and crew, lap after lap,



with plenty of opportunities for chats along the way with friendly, inspiring fellow runners.

Finally, people are always looking for new challenges, and the backyard is a great physical and mental challenge. At some point, completing that loop within the hour gets harder, and it gets really tough to summon up the will to go out and do it again (running through 13 hours of darkness in winter isn't the easiest either). But it's also a real reminder of the power of staying in the present: rather than worrying about how far away your ultimate target may seem, there is only really one question to focus on. Can I complete this loop within 60 minutes? If the answer is yes or possibly, just keep moving forward!

Let [me know](#) if there's anything else you'd like ask about these races – and hope to see some club-mates with me [at Longbridge again in January](#) ([other UK backyards are available!](#))!

**[Also see Out and About for another of Jay's achievements]**

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## 11. Getting to know you (No 23) ...Ian Fines

I've always been sporty, all through primary school and secondary school. I never excelled at any particular sport but was a reasonable standard at most having had Nottinghamshire County trials at both football and cricket and representing Notts in the Long Jump (U15) and Badminton (U16).

Having spent a year studying engineering (when I realised I really wasn't very good at Maths) I transferred courses and spent three years in Eastbourne studying for a degree in Sports Science. It was the early 80s, the London Marathon was in its very early years and Jim Fixx had begun the fitness revolution in America, which like all things crossed the Atlantic. Running became part of my life, not as a sport in itself, but as a means of being fit for all the others that I did.

However, I did compete in a half marathon during the summer holiday of 1984, finishing in 1:25:54. I still remember getting to 10 miles and 'the wheels falling off'. Things haven't changed! In my early 40s I discovered triathlons and spent 5/6 years doing most of the local 'Super Sprint' events (400m/500m swim, 25km bike and 5km run). Having a very young family at the time the amount of training required was doable and I enjoyed the variety.

It was after the children joined Lewes AC that I also decided to join. I'd always run on my own and even when I joined the club still didn't attend club runs. However, on 8th September 2013 (yes, I know the date), I ran the Hellingly 10k and at the end, wearing my Lewes vest, met a certain Mr David Foster. Megan had also just returned from travelling and chatting together after the race David persuaded us to go to the Club Run on the following Tuesday. I still remember that run, going half way up Chapel Hill before branching off left to continue upwards to Malling Down nature reserve, wondering what I'd let myself in for. Fortunately, what goes up does come down again!

I thoroughly enjoyed that first club run, and still do. Back in 2013 I didn't race much at all as I'd developed an atrial fibrillation in 2007 which had gradually got worse, resulting in an ablation in October 2014. I was fortunate that this was totally successful and the following year participated in the South Downs Relay. I was part of a V50 team but that year we also had three other teams competing. It was without doubt one of my favourite running experiences. The weather was perfect and it was great seeing the other teams at a number of the changeover points.

After that I participated in many races for the Club: West Sussex Fun Run League, East Sussex Cross Country League etc., until September 2021 when I sustained a hip injury which meant that running became very intermittent over the next couple of years. I had a hip replacement at the end of September last year. The surgeon always knew that I wanted to get back to running and I was delighted to get the go ahead to start a Couch to 5k in January of this year. I was even more pleased to begin Tuesday Club Runs again in April and even Thursday Track Sessions. I'm gradually increasing the distances, competed in three 10ks already but, as those that know me well will testify, have no desire to run a marathon.

I can honestly say that joining Lewes AC transformed my life. I've met so many wonderful people and some of my best friends I met at the Club. I've always enjoyed keeping fit and have done 3-4 exercise classes a week alongside the running for many years. However, you can't beat a long Sunday run with friends followed by coffee and cake!

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## 12. Out and about with Lewes runners: Banska Bystrica in Slovakia, Annecy in France and North Downs.

### Under 18 European Champs

The Ammonite for last month noted Lewes AC runner Ava James was going to the Under 18 European Championships in Slovakia.



The European Championships took place in Banska Bystrica in Slovakia between Thursday 18<sup>th</sup> July and Sunday 21<sup>st</sup> July.

The Lewes website has already reported:

*Ava excelled in her steeplechase heat, finishing second and setting a new personal best of 6:44.37. She maintained this impressive time in the final on Saturday, where she ran another strong race and secured 7th place with the same time.*

Ammonite notes that on 17<sup>th</sup> August, one Ava James, came second in Southern Athletics League women's Pole Vault with a height of 3.35m and was a woman of the match. This is actually a different Ava James to the one above!

### European Trail Championships Annecy

Thomas Roach, Lewes AC member, currently living in Innsbruck, and Tom Evans, were both selected for the four man team representing Great Britain in the European Trail Championships based in Annecy, France between 31 May and 2 June. The course was 62km with an ascent/descent of 3400m.

Unfortunately, Evans had to drop out from the team because of injury. And according to European Athletics:

- *Thomas Roach, runner-up at the 2023 World Championships in the Short Trail, seemed on course to prevent the Frenchmen from taking the whole medal set. He was in third place between the Col de l'Aup and Chez Chapet, but was overtaken by Loic Rolland on the highest point of the final climb at Mont Baron.*





*When Roach tried to re-pass the Frenchman on the descent, he fell hard and suffered abrasions to his hand and forearm. His chance of a medal was gone and he finished fourth. Rolland took bronze in 5:07:38 while Roach's clock stopped at 5:09:51.*

Still a cracking run!

## **North Downs Way 100 and Jay Goulden**

There is a lot of ultra running in the club at the moment and we are picking on Jay's as he has contributed a piece to Ammonite above. At the beginning of August Jay completed the North Downs Way 100 mile in the time 26 hours 22 minutes and 46 seconds. He was supported by Telmo and Fran at different stages. Great runners and great mates. Jay Goulden and colleagues we salute you.



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