

JUNIOR NEWSLETTER

Issue 1
Spring 2025

NATIONAL SUCCESS AT THE INDOOR CHAMPIONSHIPS!



Gold for Lewes AC pole vaulters at National Indoor Championships!

Two gold medals topped off another outstanding England Indoor Age Group (U15/U17/U20) Championships for Lewes AC's pole vaulters! The club sent 15 vaulters up to Sheffield to compete at the UK's top indoor track and field event at the beginning of February. **Ava Hayes** (Girls U17) and **Bill Scott** (Boys U15) performed spectacularly to win gold for Lewes AC! Our congratulations also go to Sylvie Ward, Imogen Clarke, Ivan Wray, Remy Louis and Luca Mindel for a top five finish in their age groups. These remarkable achievements – by far the best of any club in the country – are only made possible by the support of Lewes AC and a fabulous group of parents and coaches, led by Rick Pilling and Alan Easey.

Do you feel inspired?

Lewes AC is very proud of its pole vault section and looks to build on its success. If you'd like to join one of our pole-vaulting taster sessions for 11-13 year-olds throughout the year, please email david.tutton@icloud.com to find out more! See last page for details of an April Taster Session.

Oscar competes at the Nationals...

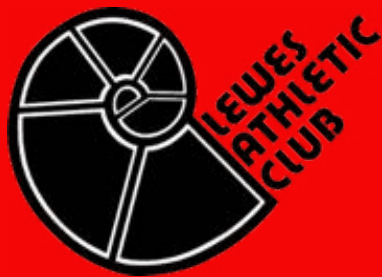
Also representing Lewes at the National Indoor Championships was Oscar Fermor-McGhie, who ran a time of 9.78s in the U15 Boys 60m hurdles and came 16th overall. Well done, Oscar, what a great experience!



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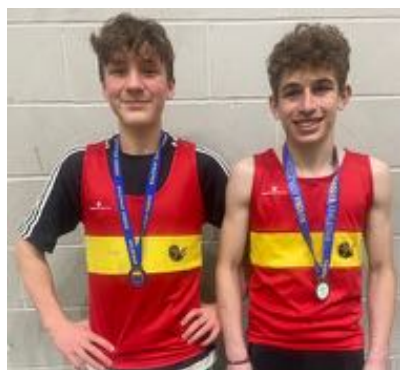
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CONGRATULATIONS TO OUR SUSSEX INDOOR COUNTY CHAMPIONS!!

More gold medals for Lewes AC athletes!

Twenty athletes competed at the Sussex AA Indoor Championships over a beautiful spring weekend at the start of March, with some amazing results...



The Lewes pole vaulters again dominated the competition and the medals with an astonishing 4 gold medals going to Luca Mindel (U15B), Ava Hayes (U17W), Ivan Wray (U17M) and Imogen Clarke (U20W). A huge well done to all but a special mention to Luca who also broke the country record with a clearance of 3.40m!

Silver medals were also awarded to Sylvie Ward (U15G), Bill Scott (U15B) and Beth Boyes (U17W), whilst our bronze medallists included Iris Hitchmough (U15G) and Remy Louis (U15B).

A standout performance from Emilia Singer saw her crowned county champion in the U17W long jump, as well as placing 2nd in the triple jump, 2nd in the 60m hurdles, and 4th in the 60m sprint! Isacc Onwe also won a great silver in the U17M triple jump with a new PB.



Our sprinters also had a great weekend, with another fine performance from Oscar Fermor-McGhie winning gold again in the U15B 60m hurdles, whilst Romy Holdsworth-O'Donnell placed 4th in the U17W 60m hurdles. Molly Jones and Grace Moriarty reached the U15G 60m final and placed 4th and 5th respectively. A big well done to everyone who competed and all those who achieved a new PB!

Guidance on changing age groups for the summer term!

The age groups for athletics competitions can sometimes be confusing, as athletes move from cross-country to track and field competitions, so here's a quick summary of what age group your child will be competing in this summer:



- | | |
|---------------------------------|------------------------|
| Under 13 boys and girls: | School years 6 and 7 |
| Under 15 boys and girls: | School years 8 and 9 |
| Under 17 men and women: | School years 10 and 11 |

This information is also on our [website](https://www.lewesac.co.uk) under the Junior tab.



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SUSSEX CROSS COUNTRY LEAGUE ROUND UP 2025

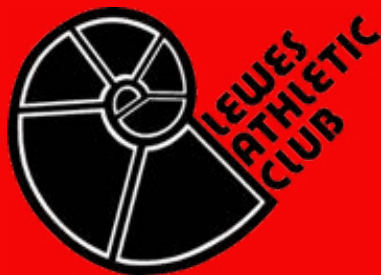
U11 Girls	Race 1 Goodwood	Race 2 Glyndebourne	Race 3 Ardingly	Race 4 Stanmer Park
Lewes competitors	Cecily Trotman, Astrid Olsen	Cecily Trotman, Tamsin Bennett, Wrenn Cumber, Daisy Hodgson, Beatrix Crawshaw, Olympia Cumber, Daphne Taylor, Lexie-Rose Wilson, Elizabeth Lawson, Astrid Olsen, Annie Barr	Cecily Trotman, Tamsin Bennett, Wrenn Cumber, Daisy Hodgson, Beatrix Crawshaw, Olympia Cumber, Lexi Rose Wilson	Wrenn Cumber, Daisy Hodgson, Cecily Trotman, Tamsin Bennett, Beatrix Crawshaw, Olympia Cumber

There is no league for the U11s but well done to Cecily for 3 top 10 finishes, with great running by all of the other girls - this being the first experience of cross-country for many of you! The future looks bright for this group as long as they stay together and keep enjoying it. Well done all.

U11 Boys	Race 1 Goodwood	Race 2 Glyndebourne	Race 3 Ardingly	Race 4 Stanmer Park
Lewes competitors	Tommy Woolmer, Archie Hardaker	Django White, Archie Foster, Lucas Puentes, Tommy Woolmer, Herbie Hooker, Archie Hardaker	Logan Singer, Archie Foster, Thomas Mitchell, Arthur Lewith	Django White, Lucas Puentes Doyle, Ethan Sheffield

Again, no league teams for the U11s but well done to Logan for his 3rd place in race 3, and for Django for finishing 9th and 10th in races 2 and 4. Unfortunately race 3 was declared void as some athletes went the wrong way on the course. Great running from everyone else who competed.

U13 Girls	Race 1 Goodwood	Race 2 Glyndebourne	Race 3 Ardingly	Race 4 Stanmer Park
U13 Girls - A	11th	5th	7th	4th
U13 Girls - B		12th		
U13 Girls - C		17th		
Lewes competitors	Ivy Moore, Lara Stevens	Ella Bartholomew, Lara Stevens, Ivy Moore, Sunshine Love, Carrie Ellis, Anna Westbury, Blythe Barbet, Cleo Puentes Doyle	Ella Bartholomew, Thea Whitbourn	Ella Bartholomew, Maisie Bodsworth, Sunshine Love, Lara Stevens



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SUSSEX CROSS COUNTRY LEAGUE ROUND UP 2025

The U13 girls were led by Ella who had a great XC season, coming 2nd at Stanmer Park, 4th at Ardingly and 6th at Glyndebourne. It was fab to see such a good turnout with lots of athletes competing in the 'home' event at Glyndebourne. Two of the races only had 2 girls competing so really well done to those to come 7th and 11th. Maisie is a great new addition to the squad.

U13 Boys	Race 1 Goodwood	Race 2 Glyndebourne	Race 3 Ardingly	Race 4 Stanmer Park
U13 Boys - A	3rd	5th	3rd	5th
U13 Boys - B	26th	19th	16th	13th
U13 Boys - C		24th	23rd	22nd
Lewes competitors	Harry Chapman, Samuel Trotman, Ralf Pelkonen, Arlo Edwards	Harry Chapman, Samuel Trotman, Ralf Pelkonen, Joseph Cole, Henry Hodgson, George Hodgson, Rowan Cork, Stanley Taylor, Thomas Winton	Harry Chapman, Samuel Trotman, Leo Ison, Ralf Pelkonen, Henry Hodgson, Rowan Cork, Arlo Edwards, Isaac Onwe, Thomas Winton	Samuel Trotman, Ralf Pelkonen, Rainbow Love, Henry Hodgson, Arlo Edwards, Seth Muddle, Thomas Winton

Congratulations to Harry who won the first 3 races and took the U13 Boys individual league Gold medal with an amazing first season for Lewes! Another good season too for Samuel, who came a consistent 5th in 3 of his races. Special shouts out to Ralf for competing in every single race, and who is getting better and better; and to Thomas W, a consistent team member who always gives it his all.

U15 Girls	Race 1 Goodwood	Race 2 Glyndebourne	Race 3 Ardingly	Race 4 Stanmer Park
U15 Girls - A	6th	5th	4th	6th
U15 Girls - B	13th	17th		
Lewes competitors	Isabel Docwra, Millie Button, Eliza Barry, Florence Tuesday, Jess Wickens	Florence Tuesday, Flossy Hallam, Jess Wickens, Millie Button	Florence Tuesday, Millie Button, Jess Wickens	Flossy Hallam, Millie Button, Jess Wickens

Some speedy running from the girls saw them placing 4-6th across the league out of 20 teams in total. Well done to Isabel who came 7th in race 1, and to Jess, who competed in all 4 races.



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U15 Boys	Race 1 Goodwood	Race 2 Glyndebourne	Race 3 Ardingly	Race 4 Stanmer Park
U15 Boys - A	5th	4th	5th	3rd
U15 Boys - B	7th	14th	7th	11th
Lewes competitors	Michael O'Connor, Max Farley, Otto De Burca, Edward Hilton, Charlie Phipps, Charlie Perry	Michael O'Connor, Max Farley, Charlie Phipps, Charlie Perry	Michael O'Connor, Max Farley, Edward Hilton, Charlie Phipps, Charlie Perry, Thomas Muddle	Michael O'Connor, Otto De Burca, Max Farley, Charlie Phipps, Thomas Muddle

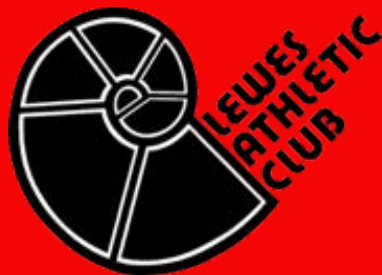
A really consistent team performance saw the A team win Bronze in the league overall - with Michael finishing in the top 8 in all 4 races (highest 4th) and great packing from the rest of the team, particularly Max and Otto. Great to see 2 complete teams racing for two of the matches.

U17 Girls	Race 1 Goodwood	Race 2 Glyndebourne	Race 3 Ardingly	Race 4 Stanmer Park
U17 Girls - A	5th	2nd	1st	
Lewes Competitors	Eva Winton, Nesta Pring, Amelie Bedford	Ava James, Esme Stephenson, Amelie Bedford	Ava James, Esme Stephenson, Eva Winton, Amelie Bedford, Nesta Pring	Amelie Bedford

The team had a great win at Ardingly, with 3 girls finishing in the top 6 and a great second place at Ardingly. Special mention to Amelie who is supportive and consistent team member, competing in all 4 races, the last one on her own in the U17s.

U15 Boys	Race 1 Goodwood	Race 2 Glyndebourne	Race 3 Ardingly	Race 4 Stanmer Park
U17 Boys - A	5th	8th	5th	4th
U17 Boys - B	11th			
Lewes competitors	Isaac Tarafder, Theo Tarafder, George Brooks, Tony Cherry, Jack Cooley	Isaac Tarafder, George Brooks, Theo Tarafder, Harrison Orme	Isaac Tarafder, Theo Tarafder, George Brooks, Toby Cherry, Harrison Orme	Isaac Tarafder, Theo Tarafder, Harrison Orme

Well done to Isaac and Theo who competed in every single race, with George and Harrison running in 3 races. Some really consistent performances and finishes from everyone in the team.



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SUSSEX COUNTY CHAMPIONSHIPS BEXHILL, JANUARY 2025

Some standout team performances with the U17 Girls winning a silver medal, and strong individual performances with a gold medal for Harry (continuing his impressive league form), a silver medal for Ella (showing great improvement up to this part of the season) and a silver medal for Ava, leading to automatic selection for Sussex at the National Inter Counties at Nottingham.

Lewes Competitors		Team Position
U11 Girls	10th Cecily Trotman	-
U11 Boys	4th Logan Singer, 22nd Tommy Woolmer	-
U13 Girls	2nd Ella Bartholomew, 20th Lara Rachel Stevens, 24th Thea Whitbourn, 28th Sunshine Love	4 th
U13 Boys	1st Harry Chapman, 33rd Ralf Pelkonen, 42nd Arlo Edwards, 44th Thomas Winton	7 th
U15 Girls	15 th Flossy Hallam, 27 th Jess Wickens	-
U15 Boys	5th Michael O'Connor, 15th Max Farley, 22nd Charlie Perry, 29th Thomas Muddle, 31st Casper Dennis	5 th
U17 Girls	2nd Ava James, 7th Eva Winton, 10th Amelie Bedford, 17th Nesta Pring	2 nd (silver)
U17 Boys	12th Isaac Tarafder, 17th Theo Tarafder, 25th Jack Cooley	4 th

Sussex Schools at Waterhall, January 2025

Well done to all the athletes who competed for their school at the Waterhall event - and congratulations to the athletes below who finished in the top 20 and qualified to represent Sussex Schools at Newbury Showground, at the beginning of February.

Junior Girls: Izzy Docwra, Ella Bartholomew, Maisie Bodsworth

Junior Boys: Harry Chapman, Otto De Burca, Samuel Trotman

Inter Boys: Michael O'Connor, Jacob Trotman

Senior Girls: India Sommerville

Senior Boys: Isaac Tarafder, Theo Tarafder

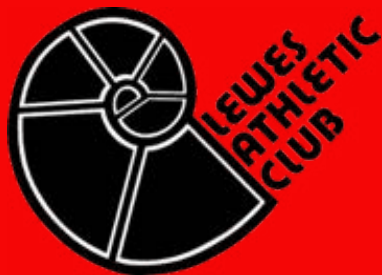
*The royal blue **Sussex jumper** is awarded to those who finish in Top 20 and got through to the next round at Newbury.*



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National Inter Counties at Nottingham

Congratulations to the Lewes athletes who were selected to run at this event for Sussex, joining teams of the 8 best runners from the county:

U13 Girls: Ella Bartholomew, Maisie Bodsworth (Sussex came 6th)

U13 Boys: Harry Chapman, Samuel Trotman [Sussex came 12th]

U15 Boys: Michael O'Connor (Sussex came 3rd)

English Schools Championships

The **Yrs 8-13 National Schools Champs** were conveniently held at the Ardingly Showground, a great local venue for our athletes! We had several athletes representing Sussex.

Huge congratulations to: India Sommerville and the Senior Girls Sussex team who won a brilliant **Gold** medal; Harry Chapman who helped the Junior Boys win a **Silver** medal; Izzy Dowcra and the Junior Girls team who won a **Bronze** medal. In Inter Boys, Michael O'Connor and Jacob Trotman flew the Lewes flag and helped (a young) Sussex team to 10th position. *For info: the navy blue Sussex hoodie is awarded to those who qualified for the final at Ardingly.*



In the **Yrs 7 & 8 Schools Southern Champs** we had 4 Lewes athletes running. Congratulations to Ella Bartholomew, Lara Stevens, Maisie Bodsworth and Samuel Trotman who represented Sussex! The Sussex Yr 8 boys came a close 2nd.

Last minute news...

... A great run from Maisie Bodsworth at the Run Reigate 5k Winter Trail saw her finish as the 1st female and 3rd overall. See Maisie in action on the next page!

... SEAA Young Athletes Road Race Championships... a silver medal for Izzy Docwra who came 2nd in the U15 Girls 5k. Izzy has not yet won a medal in Sussex so a great achievement.

PS...

This is our first Lewes AC Juniors Newsletter - hence it is so long! We hope you liked it! Apologies for any incorrectly spelt names; or any errors in reporting of race positions / we've left anyone out inadvertently. Please do let us know of any success you might have or any photos you are willing to share, we would love to include them! We really need someone to help post up our Junior successes on our Social Media - please email us if you can help



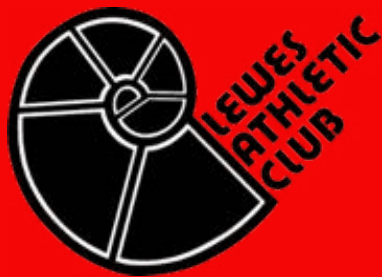
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Junior PHOTOS PAGE





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Becoming a Coach by Karin Divall

2022.....We were coming out of lockdown and I was looking for a new challenge...woah did I find one!

Something practical and outside I thought as the sun blazed down - never dreaming of endless bitterly cold nights, pouring rain, frosty tracks - and going through countless pairs of gloves that even worn in double and triple layers were never warm enough.

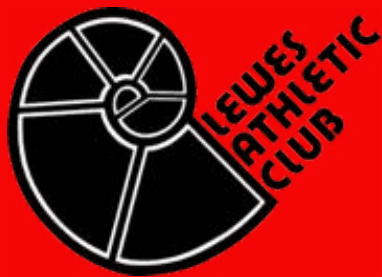
I knew there was a junior athletics Academy group that met at the track on a Saturday morning and thought that might be a fun thing to get involved with. How hard could it be! I mentioned my interest to Peter Masters- and he responded immediately with an effusive yes! I have to add that I had never picked up a shot or a javelin, jumped over a hurdle or tried a long jump. I hadn't a clue what I was doing but I was met with an enthusiastic welcome and the best group of young Assistant Coaches who were so helpful, knowledgeable, and who taught me so much about athletics.



So we broke for the summer and then I returned in September to find I was the only qualified Coach in the Academy (I should add my background is endurance coaching) so suddenly I was organising the sessions, organising the assistant coaches, over-seeing the sessions - it was a baptism of fire. I must also apologise to the assistant coaches for all my bonkers ideas and trying out endless new things - they were very patient. Luckily Peter Selby the Race Walking Coach recognised my horror and valiantly joined me in overseeing the Academy. I quickly got onto an Assistant Coach Course, followed by an Athletics Coach course - all funded by the club. I also did my level 1 field official course so that I could learn about the rules of field events.

The focus of the Academy is to develop rounded athletes who can run, jump, throw- however a couple of young athletes had said to me they loved running so much, they wanted to do more. So I spoke to Dave Leach who coaches the junior endurance squad, and he said I could feed athletes from the Academy into his junior endurance running group, on the condition that I helped him with the Coaching! So here I am coaching the endurance juniors squad 3 times each week! It's been an amazing opportunity to coach alongside and learn loads from our leading endurance coach. I've also been supported by the club to achieve my Event Coaching (Endurance) qualification.





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Becoming a Coach by Karin Divall

As part of my development I also help Trev Simcox who is the Sussex Hurdles Coach, and who has an amazing ability to provide bespoke training for every athlete - this has enabled me to learn loads about technique - but also about "how to coach". I sometimes help Julia Bennet at Withdean who expertly coaches the junior combined event; combined events coaching is something I'd like to develop in Lewes AC in the future. And when our throws coach Mike Bale had to take some time out of coaching I felt confident enough to offer to help his specialist group - I won't know anything like as much as he does, but I have learnt that Coaching isn't about having all the answers.

I have had days where I have found Coaching really tough, sometimes overwhelming, particularly when I have been left alone with a large group, had to oversee a group without knowing what I was doing, or had to think on my feet in an unexpected situation. But it is also rewarding- the juniors are so funny, they are very sociable and chatty, they are dedicated to their sport, they work so hard and I am so proud of their achievements; whether its seeing children become athletes, the first time they compete, their first medal, getting selected for Sussex....hopefully I have made a small contribution to their success. I also have great support from parents who have told me how much they appreciate what I am doing, and how important the structure of training is for their children.

The one theme that runs through my experience, is that there just aren't enough athletic coaches in the club, hence I have often felt out of my depth, or on my own. It also means that if you do offer to help a Coach with their group you will be snapped up immediately! I have renewed respect for our coaches who are out in all weathers several times a week, and usually on their own because there just aren't the number of coaches we need.

Yes it does take time to develop as a Coach and I reckon it is only now after nearly 3 years, lots of practice, lots of learning that I feel I am starting to believe that I am a "Coach", but I also know I will keep learning until I hang up my stopwatch and whistle. It's a commitment in terms of initial training, but also you need to be regularly coaching to get to know your athletes properly, and to give them stability of training, and to develop your coaching skills. So you need zero experience, enthusiasm to learn, time to achieve your qualification, to be committed to coach for at least two hours once a week, and good thermal clothing. In return the club will fund your training and you will be richly rewarded by your athlete's commitment and progress.

Please come and have a chat with me or one of the other club event coaches, or come and shadow one of my sessions.



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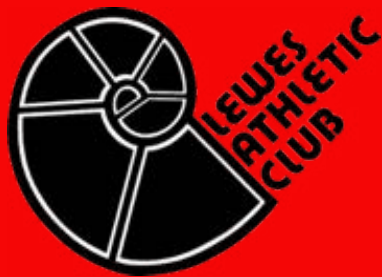
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Safeguarding in the club is everyone's responsibility - coaches, officials and families.

Our new flowchart below outlines what you should do if you have a concern about a young person during their time with the club...





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Forthcoming Competitions and Track event 29th April



Please check your emails for details and how to sign up for forthcoming competitions for your age group. Please note, the club asks athletes to compete a minimum of 3 times a year.

The **Road Relay** coming up - we have around 50 Junior Lewes AC Athletes competing which is so exciting. We have around 70 Lewes AC athletes in total - as it is all ages! There is still space to sign up - see your emails.

The **Easter Camp** is underway at the Track for 7-11 year olds. We will be hosting two summer camps in July/August and dates will be shared soon.



Sun 27th April: There is a Pole Vault Taster Session taking place for 10-14 year olds. £15 for 2 hours. Interested please email david.tutton@icloud.com

Tues 29th April: Lewes AC is hosting the U13s Sussex League Match at the track and so there will be **no Academy or Endurance training sessions at the track**. It is a great opportunity for your U13 to have a go at competing in a familiar environment. Sign up is via the **Google Form** before 24th April. N.B. For Endurance training on this night, the Coaches will let you know an alternative location to meet.



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