

AMMONITE Lewes Athletic Club Newsletter



April 2024

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

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1. Club Chair honoured with Civic Award by Lewes Town Council

When Peter Masters was notified that he was to receive a Civic Award from Lewes Town Council in the Council Chamber on the 20th March this year it struck him that it was 40 years ago in 1984 almost to the day that he was present in the same Council Chamber. With support of the Town Council he and a handful of others had arranged a public meeting to promote and discuss the formation of an Athletics Club for Lewes. This was very well supported and from that time the few of them proceeded to set up the club.



At the presentation Peter took the opportunity to say a few words to the gathered great and the good about the club and its growth over the 40 years and its successes. Their first act was to organise a fun run on Easter Monday the 1st April which is the same date this year as it was 40 years ago. The Lewes 10 mile Downland Run was also organised in that first year. During the first year decisions were taken about the nature of the club, its colours and its logo, seeking members and drawing up its constitution for adoption later that year.

He was able to explain that from the handful of founder members the club now has a membership approaching 500 across all abilities and ages. He was also able to let the gathering know that over the years the club as a volunteer organisation had raised approaching one million pounds to provide the track, the flood lights and athletic equipment. An investment by the club to create and manage an all-weather track created a major resource for Lewes.

Just to highlight some of the successes of the club over the years he mentioned that club members have been successful at International, national and local levels with a member competing in the Rio Olympics.

He mentioned that in a few days' time Tom Evans from Lewes AC will be competing for GB & NI in the World Cross Country Championships in Belgrade. He went on to say that Tom Evans with Tom Roach both Lewes AC members will be half the GB & NI team of four in the European Trail Championships in France later this year.

There have also been successes nationally and internationally for both young and older members in track and field events covering 800m and Pole Vault

He emphasised that whilst success at this level is great the club over the years has had thousands of young members joining the club and enjoying what the club has to offer. Many have grown up and their children and indeed grandchildren are now members. The club through its beginners' courses has encouraged many older people to take up running and benefit from being fit and active

He ended his few words by saying that through all of this the club as a community club has been very mindful in all that it does is to encourage respect for others, is welcoming and community-minded and builds in the benefits of being part of a team. It is not all about winning at all costs.

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2. Lewes AC members on way to the top in the Alps

Tom Evans, who remains a Lewes AC member, was one of the British senior team at the World Cross Country Championships in Belgrade which took place on the 20th March.

Thomas Roach, also of Lewes AC but currently living in Innsbruck, and Tom Evans, are both in the four man team that will be representing Great Britain in the European Trail Championships based in Annecy, France, between 31 May and 2 June. The course is 62km with an ascent/descent of 3400m. A writer in Athletics Weekly commented.

'Interestingly one of the competitors in Belgrade was trail and ultra-running specialist Tom Evans. The 2022 UTMB podium placer and 2023 Western States 100-mile winner finished 49th in the men's race for Britain and suggested there can't be many runners who have raced the world's top 100-miler(s) and the toughest 10km.

His next big race is on the trails as well, with the European Off-Road Running Champs in Annecy at the end of May. Given its momentum, is there a chance trail running could beat cross-country running in the race for Olympic inclusion?'

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3. Getting to know you... Mathew Homewood

I joined Lewes AC in March 2001. I'd recently hit 30, and the only exercise I was doing was a bit of cycling. I chatted with Pete Masters on the phone after seeing an advert for Lewes AC, and with some trepidation wandered to the track on a Thursday evening. I was met with friendly faces, and an invitation to the pub by Tim Monson.

I rarely missed a Thursday track session for the next few years. The encouragement from people such as Dave Leach, John Coleman, and the much missed Alf Medhurst and Andrea Ingram, was invaluable. And for half a dozen of us, the track was always followed by drinks at the Black Horse.



I ran in the cross-country events, but much preferred 10K road races. I competed regularly in the Southern Men's League, doing anything from the 100m to the 5K, and ended up training as a hammer thrower.

When the marathon came to Brighton in 2010 I couldn't resist having a go. I really enjoyed it, and ran another four there. It was whilst training for Brighton that I met new recruit Dominic Osman-Allu. We ended up doing the bulk of our training together, and still meet up for runs fourteen years later. I've paced him on several of his ultras, and we rarely miss our Tuesday morning run up to Black Cap.

In 2014, after fainting a couple of times in training, I was diagnosed with Brugada Syndrome (one of the 'sudden death' syndromes). Sitting in the cardiologist's room I was told *"that's the end of your running I'm afraid"*. I was devastated. Running friends were really supportive, especially Dom, Andrew Chitty and Mauro. Two months and an MRI scan later I was informed they had made a mistake, and that I could go back running again! A few of us went up onto the Downs the next day and celebrated with a run. Suddenly being told you can't run makes you realise what a privilege running is. I will never take it for granted. A few months later I knocked out my marathon PB at Brighton (3hrs 13mins). It was also my 200th race in a Lewes vest!

I haven't competed in races much lately and had to pull out of training for the last two Moyleman marathons due to niggling injuries. But the achievements of fellow Lewes AC runners (way too many to mention) are a constant inspiration, so I'm determined to get back into competing mode again soon, and just maybe finally sneak under that 4-hour mark for the Moyleman.

But it's mainly about the enjoyment of running. And as long as I can get out there on the hills with friends like Dom, Rob Stanway (another great training partner), and so many other club members, I'll be very happy.

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4. National Inter-counties Cross Country Championships 9th March 2024

Wollaton Park Nottinghamshire
Saturday 9th March 2024



Above picture Ava (1596) and Esme (1601)

The National Inter Counties Cross Country Championships saw a bronze medal in the Under 17 Women for Lewes AC's Ava James who was running for the Sussex County team.

With a time of 17.09 over the 5km course, she comfortably secured the 3rd position – highly impressive for first year in the age group. She led her team to 8th overall, with Esme Stephenson in 39th place (18.26) also contributing to the Sussex team points .

Lewes AC's Jacob Trotman was the highest Sussex finisher in 48th (13.14) in the 4km Under 15 Boys.

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5 . East Sussex Sunday Cross Country League

Pett 10th March 2024

Finishing position	Runner no	Time	Runner name	Category	PTS	T CAT	T PTS
11	942	0:30:28	RICHARD DOCWRA	M50	290	M501	11
23	712	0:32:32	COLIN BENNETT	M55	278	M502	23
73	754	0:38:37	MARK STAINTHORPE	M50	239	M503	72
76	743	0:39:00	SALLY NORRIS	F40	190	F401	75
82	723	0:39:13	GERARD DUMMETT KATHERINE	M65	231	M601	81
97	738	0:40:52	MCCORRY	F40	184	F402	96
99	725	0:41:01	DAVID FOSTER	M60	220	M602	98
101	733	0:41:19	ELLIE KING	F40	183	SF1	100
103	732	0:41:23	PETER KENNEDY	M70	217	M401	102
107	734	0:41:28	STEPHEN LANGRIDGE	M60	213	M402	105
109	717	0:41:42	ANDREW CHITTY	M65	212	M403	107
142	731	0:47:00	BOB HUGHES	M70	194	SM1	138
167	764	0:50:17	YAN WU	F50	156	F501	159
191	741	0:54:44	TIM MONSON	M60	169	SM2	179

This was a muddy course and with a particularly scary initial mud chute through woods. The ideal way to spend Mothering Sunday.



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6. Final 2024-25 East Sussex Sunday XC League Results

Lewes AC won second place overall and have a cup to prove it – see below..

In the overall Ladies' and Men's age categories the club had a respectable showing:

Senior Man	2 nd	Ben Pepler
V2 Men	2 nd	Colin Bennett
V60 Men	1 st	Jonathon Burrell
V70 Men	1 st	Peter Kennedy
V70 Men	2 nd	Bob Hughes
V40 Women	2 nd	Sally Norris
V50	2 nd	Helen Sida

The award winners got quite substantial Tempo vouchers.



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7. English Schools National Inter-County Cross Country Championship

Pontefract 17th March 2024

It can sometimes be a little confusing as there are two parallel cross-country competitions for youngsters. There is the junior section of the mainstream racing community which also includes adult runners, and who are all members of running/athletics clubs. The national inter-counties final in this case took place earlier in the month at Wollaton Park, Nottingham, as reported above.

There is also a schools competition under the flag of the English Schools Athletics Association (ESSA). This competition varies from the previous as age categories are Junior, Intermediate and Senior. Both have inter-counties matches with participants wearing a county vest rather than that of a club or school. Of course this newsletter is specially interested in how Lewes AC members fare.

The ESSA schools national final took place at Pontefract Horse Racing Course on 17th March. The Sussex Athletics website reported *'Sussex youngsters came away with the county's best ever results at the English Schools Cross Country Championships at Pontefract Racecourse. With overall team*

wins for the inter girls and junior boys as well as golds for the Best 8 Runners category in the junior girls and senior girls, Sussex won a phenomenal 4 trophies.’



Above: Esme 475 Ava 469 and Eva 474.

The gold-scoring inter girls’ race in had six scoring finishers of which three were from Lewes AC: Ava James in 15th position with a time of 13.17, Esme Stephenson 19th (13.25), and Eva Winton 41st (13.49). This was impressive given that there were about 340 runners altogether running over a 3540m course.

The other Lewes contribution was in the top scoring junior boys team where Michael O’Connor came 36th in a time of 10.45 over a 3180 course - see below with 471 number.



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8. Centurion Hundred Hills 50km Saturday 16th March 2024

The Centurion website says:

The 2024 season opened with a bang this past Saturday 16th March as over 400 runners set off on a bright and sunny morning on their 50km adventure around the Chilterns. Stonor Park was once again our start, middle check point and finish - with the two loop course taking runners out through the village check points at Ibstone and Skirmett on Loop One and then Hambleden and Bix on Loop Two. The course is set up for first timers and experienced racers alike.

Five Lewes AC runners competed:

Runner	Age Category	Time
Tony Deacon	M60-69	5:50:18
Fran Witt	W50-59	6:29:17
Telmo Ferrerira	M40-49	6:38:49
Andy Perris	M50-59	7:14:59
Dominic Osman-Allu	M50-59	7:15:04

Tony was second in the M60 age group and Fran scored a 50k PB. Below: Fran, Andy and Telmo.



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9. Moyleman Marathon and Half Marathon Relay 10th Anniversary

Starting at Lewes 17th March 2024

There were only 12 runners in the first edition of this event back in 2014. The winner of the race was Lewes AC's Colin Bennett. Covid prevented the race being run in 2021 so this is actually the 9th event!



As can be seen both the weather and the ground conditions were not at all good. Results for the marathon can be found [here](#) , and for the relay [he re](#).



Lewes AC's Chris Coffey was 3rd home in the marathon.
Ellen Brookes and Lewis Sida of Lewes were 2nd in the relay.



Ellen Brookes



Lewis Sida and Jez Davison (who had the same time for the first half)



Lewes AC membership secretary

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10. Sussex Athletics Road Relay Championships 30th March 2024

This was the last day before BST, and in the running calendar is the point we say goodbye to cross country and look forward to track and field. Traditionally this is marked by the county road relay championships which were held at Preston Park in Brighton after the normal Saturday Preston parkrun.

Lewes AC came to town with over sixty competitors in twenty teams, each of three runners. These ranged from the Under 11s who, along with the other juniors, ran one mile laps. At the other end, the Seniors, who ran two mile laps, included an over 50s men's team which included Jonathan Burrell who recently secured a 10k national championship for the over 60s category.

There were lots of great individual performances, but this was a day to celebrate team performances. The Under 15 girls took home gold with Amelie Bedford (5 minutes 44 seconds), Florence Tuesday (5:57) and Eva Winton (5:30).



Above Lewes AC Under 15 Girls with coach David Leach

And then the Lewes AC Senior Women took both gold and bronze in their event. Gold went to an Under 17 team which consisted of India Sommerville (12:15), Esme Stephenson (11.32) and Ava

James (10.48). Bronze medals were collected by Ruby Whyte-Wilding (11.39), Emma Navesey (11.29) and Darja Knotkova-Hanley (12.13).



Above: Lewes AC Bronze medal-winning Senior Women.

Lewes AC male runners managed a showing with the venerated team of Lewis Sida (11.12), Chris Gilbert (11.31) and Jonathan Burrell [V60] (11.33) taking gold in the Over 50s category.



Above Lewes AC gold veteran men.

And after a season of mud in the cross country fields it was great for once that they did not have to wash their running shoes when they got home.

Place	Bib	Cat	Leg 1	Name	Leg 2	Name	Leg 3	Name	Time
5	46	U11G	6:41	Thea Whitbourn	6:39	Lara Stevens	6:58	Lexi Pyatt	20:18
18	47	U11G	8:22	Rose Harwood-Smith	8:10	Thandie Unruh	7:10	Mollie Mathews	23:43

18	77	U11B	6:55	Daniel Tennant	7:39	River Erin-Jenkins	6:56	Joe Cole	21:31
-	76	U11B	7:57	Miles Levy					

6	97	U13G	6:28	Millie Button	6:08	Eliza Barry	6:19	Isabel Docwra	18:56
15	98	U13G	7:21	Ellie Tennant	7:03	Sunshine Love	7:37	Anna Westbury	22:02

7	116	U13B	6:01	Thomas Muddle	6:02	Otto De Burca	6:03	Rex Hastings	18:07
18	117	U13B	7:09	Rainbow Love	7:21	Lucas Barnes	6:35	Jackson Walker [EBR	21:06

1	133	U15G	5:44	Amelie Bedford	5:57	Florence Tuesday	5:30	Eva Winton	17:12
8	134	U15G	6:08	Nesta Pring	6:14	Martha Cole	6:26	Manon Barbet	18:49
11	135	U15G	6:33	Miri Ellicock	6:47	Jess Wickens	6:24	Millie Streeter	19:45

5	151	U15B	5:35	Max Farley	5:27	Toby Cherry	5:31	Harrison Orme	16:34
-	152	U15B	5:23	Charlie Perry					

1	161	U17W	12:15	India Sommerville	11:32	Esme Stephenson	10:48	Ava James	34:37
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6	190	U17B	11:11	Isaac Tarafder	11:41	George Brooks	11:40	Theo Tarafder	34:33
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3	176	SW	11:39	Ruby Whyte-Wilding	11:29	Emma Navesey	12:13	Darja Knotkova-Hanley	35:22
11	177	SW	12:31	Darcy Pring [U17]	13:02	Lucy Richardson	14:38	Amy Fines	40:13

5	22	SM	10:23	Ben Pepler	10:17	Dominic Holloway	10:28	Euan Baker	10:39	Jason Lee	41:48
10	23	SM	11:18	Joe Callard	10:57	Harvey Perry [U17]	10:41	Charles Taylor	11:46	Patrick Mcmanus	44:44
-	24	SM	11:47	Jack Cooley [U17]	11:19	Andrea Sansoterra					

6	201	V40F	4	12:34	Ellen Brookes	14:32	Ellie King	13:56	Sally Norris	41:03
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6	249	V50M	1	11:12	Lewis Sida	11:31	Chris Gilbert	11:33	Jonathan Burrell (V60)	34:18
8	231	V40M	7	11:47	David Smyth	11:55	Mike Ellicock	11:34	David Bradford	35:16

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11. Eastbourne Half Marathon 3rd March and Hastings Half Marathon 24th March 2024

Eastbourne Half Marathon Sunday 3rd March 2024

Place	Gun Time	Name	Category	Chip Time
3	01:17:41	Jason Lee	Male Senior Male	01:17:41
217	01:47:20	Carl Dowling	Male Vet Male 50-54	01:46:20

Hastings Half Marathon 24th March 2024

Place	Runner	Category	Gun time	Chip time
145	David Barham	Male Vet 45	01:33:15	01:33:01
147	Leo Spall	Male Vet 50	01:33:32	01:33:25
683	Gary Loughlin	Male Vet 55	01:52:04	01:51:26
880	Bob Hughes	Male Vet 75	01:56:55	01:56:11
2433	Julia Black	Female Vet 60	03:03:27	03:00:43

This characterful undulating course was the first event in the Sussex Grand Prix competition. Bob Hughes was a little disappointed with his time but was surprised to be the first male home in both over 70 and over 75 age categories.

Next event in this points competition is the Haywards Heath 10 Miles on the 5th of May on the Sunday before the May Day bank holiday.

The remaining Sussex Grand Prix events are:

2	5th May 2024	Haywards Heath 10 Mile
3	12th May 2024	Horsham 10K
4	19h May 2024	Rye 10 Mile
5	2nd June 2024	Hastings 5 Mile
6	23rd June 2024	Heathfield Mid Summer 10K
7	7th July 2024	Bewl 15 Mile
8	17th July 2024	Phoenix 10K
9	22nd September 2024	Hellingly 10K
10	6th October 2024	Lewes Downland 10 miles
11	20th October 2024	Hove Prom 10K
12	24th November 2024	Crowborough 10k

Your best six performances count.

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12. Crawley Athletic Open Easter Monday 1st April 2024

While many Lewes AC competitors were at the club fun run on Easter Monday, rural 10km runs were not appropriate for our track and field athletes who were timing and sharpening their competitiveness at the Crawley Athletics Open Track and Field event at the K2. This provided valuable experience of what it is like participating in a competitive environment.

Some of the events are limited to juniors, but most are open to all ages. To make races meaningful, competitors identify target times beforehand, so that athletes of similar capability can be grouped together.

Below are results for Lewes AC participants. The biggest rival can be yourself: in most cases at this time of season the focus is on establishing an initial Season Best for the summer, which you hope will improve as the weeks go by.

The comments below are from Dave Leach.

800m

Race 1

8th Patrick Mcmanus 2.07.74

Good first race of the season for Patrick.

Race 6

6th Florence Tuesday 2.43.36

8th Casper Dennis 2.46.23

9th Peter Kennedy 2.51.39.

Race 7

8th Sonny Tuesday 2.59.84.

3000m

Race 1

5th Ava James 9.33.30. [PB]

I'm sure no one will mind me highlighting this run by Ava. This was her first ever 3km and the time was inside the European u18 Qualifying standard of 9.35.

8th Emma Navesey 10.16.48.

9th Russ Mullen [H.H] 10.16.53.

Race 2

6th Michael O'Connor 10.29.02

8th Esme Stephenson 10.37.57.

Race 3

2nd Toby Cherry 1 0.40.19 [PB]

Don't forget to sign up for the Brighton open on Wed May 1st.

13. Lewes AC Easter 10k Fun Run 1st April 2024

West Sussex Fun Run League

Those who made the event possible:

Apologies if we missed you out!

Marshalls

Don Faulkner

Ruth Wray

Kerry Jackson

Jonathan Burrell

Derek Allen

Ali Falconer

Mark Pappenheim Also registration (plus chip removal)

Sarah Robinson Also sweeper and reg

Gerard Dummett Also SS liaison, funnel

Fiona Monson

Claire Weston

Bev

Geoff Watson

Emma Gardner

Bob Hughes

Ellen Hughes Also registration

Amar

Ed Gardner

Nick Williams

Nick Parrish registration (plus chip removal)



Car parking

Helen Bowman
David Prince Isles
Gina

Marking and clearing course

John Coleman boards onto cattlegrid
Dominic Osman-Allu
Matt Homewood
Yan + Tim cleared course



Refreshments including water

Anne Hagan
Jane Holford
Lauren Puttock-Brown
Vanessa Shadbolt
Alex Sutton
Terry Rogers
Andi Campbell
Karin Richter



Race Director Kate Seymour (right).
Ellie King (left) see 'Getting to know you...' below

10km Results for Lewes AC members

Place	Gun Time Time	Name	Gender	Category	Number	Chip
2	00:37:58	Ben Pepler	Male	Senior Men	270	00:37:55
16	00:42:02	Colin Bennett	Male	MV50	20	00:41:56
81	00:48:36	Andrew Masters	Male	MV50	9114	00:48:26
82	00:48:36	Nathan Gower	Male	Senior Men	9107	00:48:11
89	00:49:20	Mark Stainthorpe	Male	MV50	9119	00:49:07
90	00:49:27	Dominic Osman-Allu	Male	MV50	258	00:49:18

92	00:49:36	Gyles Abbott	Male	MV50	396	00:49:25
100	00:50:14	Sally Norris	Female	fv45	256	00:50:04
108	00:50:52	Matt Reed	Male	Senior Men	9138	00:50:42
109	00:50:52	Adam Vaughan	Male	MV40	368	00:50:42
110	00:50:52	Fraser MacNicoll	Male	Senior Men	9113	00:50:41
113	00:51:00	Carl Dowling	Male	MV50	92	00:50:37
114	00:51:00	Matt Stainthorpe	Male	Senior Men	9120	00:50:48
134	00:52:27	Andrew Chitty	Male	MV60	61	00:52:10
170	00:54:58	Mathew Homewood	Male	MV50	171	00:54:49
175	00:55:11	David Foster	Male	MV60	118	00:54:54
178	00:55:21	Helen Bowman	Female	FV55+	31	00:55:12
229	00:58:59	Ronald Dam	Male	MV50	79	00:58:30
230	00:59:13	Fran Witt	Female	FV55+	388	00:58:46
259	01:01:40	Claire Hawes	Female	fv45	152	01:01:13
275	01:03:02	Jo Buckley	Female	FV55+	399	01:02:35
280	01:03:25	Sharon Donovan	Female	fv45	91	01:02:51
281	01:03:25	Ellie King	Female	fv35	191	01:02:58
287	01:04:06	Peter Miller	Male	MV50	239	01:03:49
334	01:09:19	Jacqui Shepherd	Female	FV55+	323	01:08:55
342	01:10:35	Liz Long	Female	FV55+	209	01:10:10
345	01:11:00	Abbie	Female	SW	161	01:10:28
348	01:11:15	Larissa Purdie	Female	FV55+	288	01:10:43
351	01:11:32	Esther Jones	Female	fv45	9110	01:11:01
373	01:14:07	Rebecca Anderson	Female	fv45	397	01:13:42
384	01:16:11	Anna Nicol-Smiths	Female	FV55+	253	01:15:38
389	01:17:38	Heather Edwards	Female	FV55+	98	01:17:09

SWEEPER

407 01:22:39 Sarah Robinson Female FV55+ 300 01:21:48

One Mile Race: Lewes AC participants

Place	Gun Time	Name	Category	Number	Chip Time
1	00:06:10	Samuel Trotman	Male 11 - 12	430	00:06:07
2	00:06:20	Edward Hilton	Male 13 - 14	424	00:06:16
5	00:06:38	Sam Coe	Male 13 - 14	407	00:06:35
16	00:07:43	Gabriel Masters	Male 7 - 8	426	00:07:40
17	00:07:48	Ben Hilton	Male 11 - 12	425	00:07:45
18	00:07:49	Cecily Trotman	Female 9 - 10	431	00:07:46

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14. Getting to know you No 22...Ellie King

There was no major life change or crisis that got me into running. I think it was just 'my time'. I have always considered myself to be reasonably fit (never happier than when hiking up a mountain), but when I tried to take up running in summer 2019, having moved to the flat lands of Cambridge, I was genuinely shocked to discover it was really hard and I hated it.

None of the enthusiasm and joy I found in it as a cross country and track loving child/teenager was presenting itself. I barely made it to completing a 5k before giving up and focusing on improving my general fitness in the hope it might make running less stressful and more enjoyable one day. During the pandemic I got into online workouts in a big way but still found no joy in running.

Cut to Christmas Day 2020 - I had just moved back to Lewes and it was a gloriously crisp and clear morning so I took myself off for a little jog up the hill to the windmill near Kingston. Turns out I love running up a hill as much as walking up one and from then I was hooked, taking myself for a couple of short, local runs a week.



I was introduced to Lewes AC by a friend and joined a few Tuesday runs in late summer 2021 but didn't join the club properly until the following year. My first 'race' (although I like to call them 'events' since, with the exception of Cross Country, I am rarely racing anyone other than myself) was the Great South Run in 2022, followed by the Brighton Half and Seaford Half the following Spring.

Thanks to the support and camaraderie of the wonderful community of runners I've found at the club I've had the confidence to tackle many running adventures over the last year culminating in the successful completion of my first marathon, the infamous Moyleman in March.

For me, running is about being outside, enjoyment and adventure rather than speed, distance, or kudos, although I do find it hard not to get swept up in those things too! From the grisly, early weekday morning 5k's to the weekend long runs, running gives me a huge sense of satisfaction and achievement.

I've been particularly inspired by other women I've met at the club to push harder at track, tackle longer distances and different terrain but mostly just to get out there and give it go. With that spirit in mind I would like to take on an Ultra challenge this year and I've got a few fun events in the Lake District and Wales coming up, as well as representing LAC in the women's team for South Downs Relay in June.

I'm also hoping to run in the sun again someday soon!! Running isn't always easy, some days it sucks, and I don't always love it, but I can do it now and I'm excited to see where it takes me next.