

# AMMONITE Lewes Athletic Club Newsletter



September 2023

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

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And don't forget:

Lewes AC Annual General Meeting Friday September 22nd at  
19:00 Stanley Turner Ground

Lewes Downland 5 and 10 Miles: Sunday 1<sup>st</sup> October

## 1. Thinking about Christmas already! Lewes Victoria Hospital Fun Runs

A festive poster for the Santa Fun Run in Lewes. It features two cartoon Santas running on either side of the title. The background is a gradient of blue and green with white snowflakes and bokeh lights. The text is in various fonts and colors, including red, white, and blue.

**SANTA  
FUN RUN  
IN LEWES**  
**5K, 10K, 15K**

**SUNDAY 10 DEC 2023**  
REGISTER FROM 9-10  
AT WALLANDS SCHOOL,  
GUNDREDA ROAD, LEWES BN7 1PU

ALL PROFITS TO OUR  
LOCAL HOSPITAL – LEWES VICTORIA  
FESTIVE FUN - FANCY DRESS  
OR CHRISMASSEY DRESS OPTIONAL



GET YOUR TICKETS/SIGNUP ON  
<https://www.ticketsource.co.uk/friends-of-lewes-victoria-hospital>  
£15.00 + booking fee

  
Friends of  
Lewes Victoria Hospital

Don't despair that you missed the entry deadline for the Mince Pie 10 Miles. Luck is on your side as you can support a Lewes-based event raising money for a worthwhile charity.

The Friends of Lewes Victoria Hospital are raising funds for an ultrasound scanner.

[Book here](#) online and on the day, register first at Wallands School, Gundreda Road, Lewes, BN7 1PU between 9 and 10am. Then to get to the start/finish line, follow marshals' directions to Landport Bottom Field, five mins walk from school to Downs off the Nevill Road Lewes.

This race is for adult runners over 18 due to conditions of route.

How much? £15.00 per person. Santa Hats will be available plus a booking fee of 94p that is charged by Ticketsource - the ticketing organiser.

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## 2. Youth Development League/Upper Age Group (YDL/UAG)

### Division South 2B Event 4 Dartford 30<sup>th</sup> July 2023

The YDL/UAG is a nationwide league designed to bring on young athletes. It consists of divisions at different levels. Clubs can be promoted and perhaps eventually become the top team in the country. But this means there is also the risk of relegation. The Lower Age Group is for the under 15s and the Upper for the under 20s.

Lewes AC is in a humble position at the lowest level. To make our participation viable we are part of a composite team, 'Team Sussex', along with East Grinstead and Eastbourne Rovers. The other competitors in the South 2B division are clubs we would normally have little contact with: Herne Hill Harriers, Bexley AC, Dartford Harriers, and three other composite teams: Woodford Green & Essex Ladies, Victoria Park & Tower Hamlets, and 'Team AITP' (Ashford AC; Invicta East Kent AC; Paddock Wood AC; Thanet AC).

This was the last round and Dartford seems a long way but Lewes AC managed to mobilise a small, but capable, group of athletes as can be seen below:

**PB** = personal best **SB** = Season best

Event	Category	Position	Athlete	Performance	England Athletics grade
100m	U17M B	3	Rocky Lampard	12.36 <b>PB</b>	4
200m	U20M A	3	Rowan Pearson	23.35	5
200m	U17M B	3	Rocky Lampard	25.26 <b>PB</b>	3
300m	U17W A	1	Ava James	44.14 <b>SB</b>	5
400m	U20M A	1	Rowan Pearson	50.55 <b>SB</b>	9
800m	U20M A	2	Charlie Wright	2:03.28 <b>PB</b>	9
1500m	U20M A	1	Charlie Wright	4:11.80 <b>SB</b>	9
1500m	U17M A	3	Isaac Tarafader	4:42.19 <b>PB</b>	9
3000m	U17M A	2	Theo Tarafder	10:45.48 <b>PB</b>	9
HT3K (Hammer)	U17W A	3	Jia Atkins	34.20m <b>PB</b>	5

There were some great performances by Lewes athletes. The last column shows the England Athletics grades for the performance. The highest grade is a 9 and we have five of those. Remember that age bands change every other year. This means that every other year youngsters will be competing with athletes a year older than them and this may affect the grade.

Despite these individual performances Team Sussex were the bottom club in this last round. This contrasts with the second position it had achieved in the first round which happened to have been

held in Lewes. In the overall 2B division league at the end of the season Team Sussex managed overall 5<sup>th</sup> place. Great individual performances but an overall club lack of interest?

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### 3. Maverick Addidas Terrex Original East Sussex Race

#### Saturday 29<sup>th</sup> July 2023

The organisers of this event do not seem to be aware of the existence of local running clubs. This is a shame as their East Sussex event had conveniently local route.

Ammonite spotted two Lewes AC runners in the 24k (approximately 15 miles) version of the race:

#### Men

2. Toby Meanwell 1:34.35 hours

#### Women

2. Jenna French 1:54.35 hours

There must have been other Lewes AC runners but the Maverick Addidas Terrex Original people don't provide details of club affiliations.

The 24k version starts at Stanmer Park and climbs the paths up towards Blackcap. Here it joins the South Downs Way. It continues along the top of the Downs past Ditchling Beacon until it gets to the junction of the SDW and the Sussex Border Path. It turns down the border path to descend from the Downs escarpment, and then makes it way back to Stanmer Park via High Farm Park.

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### 4. West Sussex Fun Run League

There have been two WSFRL events since the August Ammonite.

#### High Down Hike Wednesday 2<sup>nd</sup> August 2023

This evening saw the staging of the High Down Hike over in Durrington. This has a hilly but short circuit making the most of the historic scenic setting. Lewes AC's disastrous lack of participation continued with just two heroic Lewes participants.

Place	Time	Runner			M/F place	Points
37	0:28:44	Colin	Bennett	M	36	9
215	0:38:49	Peter	Miller	M	162	3

Needless to say we were the last team on the night. Nearly every other team has at least 20 participants – and Horsham Joggers had 55 turn out.



## Saints & Sinners Tilgate Forest 3<sup>rd</sup> September 2023



We have just had this race so we know we had six participants, one of which was pressed into action on the actual day. Tilgate Forest is a magical setting and there was a great atmosphere.

It was a pity that this clashed with a cross country training event back at Lewes.

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## 5. Josh Burgess wins cross-country World Gold in Winnipeg 3<sup>rd</sup> August 2023

Lewes AC member, Josh Burgess, returned from the World Police and Fire Games staged at Winnipeg, Canada, with a gold medal, among others, for the 5k Cross Country, in a time of 16:38 minutes. (As you will see, at the other end of August Josh came second in the King's Head Canter!)



The Olympic-style competition sees more than 8,500 athletes, representing police officers, firefighters, and prison officers, from 50 different countries across the world compete in more than 60 unique sports.

Josh Burgess, who has worked as an Operational Support Grade (OSG) at HMP Lewes said

*“At the start line I was against a really tough field of approximately 200 competitors from 63 different countries across the globe – of course the pressure was on. After crossing that line in first place I felt a mixture of huge relief but I was also over the moon to know I was bringing home the gold. As soon as I received my medal it was straight to the pub to have a well-earned beer. My grandma, who lives in Saltdean, is my number one fan and she has all my 300+ medals on display at her house.*

*“All my colleagues are always incredibly supportive of my running. The deputy governor in particular has always taken great interest in my races. Coming from a sporting background himself, he has been incredibly supportive of me over the years offering me encouragement and is refreshingly laid-back for a man with such responsibility. I am truly very lucky to have such amazing supportive colleagues and a governor who really cares about how I get on.*

*“I train 8 times a week and working a lot of weekends and nights means it’s hard to find the time to fit it in. I just have to fit in my runs at whatever time I can around my prison shift pattern. Sometimes meaning I would run at 4am, but I love it. I’d say my athletics and my work in the prison almost go hand in hand, they both involve staying calm under pressure, keeping a level head and also being motivated and determined.”*

Peter Masters says :

*‘He and the club were absolutely delighted following the successes that Josh has had competing for the prison service. With wins in China in 2019 and becoming the European champion in 2012 after winning the National championship his Canadian win is yet another success in a line of fantastic achievements. Joining the club as a youngster we like to think that our coaching and the support we gave to Josh over the years and by nurturing his emerging talent has provided the bedrock of Josh’s running successes. Well done Josh, the club is proud to have you as a member and as an inspiration to club members young and old.’*

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## 6. Sussex Vets League Round 4 Eastbourne 4<sup>th</sup> August 2023

The Power of 10 listing for this event shows a very sparse Lewes AC participation as you can see below. Ammonite has included Robert Chrystie’s results to pad things out: he is a Lewes AC second claim but unfortunately he was scoring for Hailsham in this competition! Fortunately our partners in the combined Hayward Heath Harriers team filled many holes in the event schedule.

Event	Pos	Perf	Name		AG		Club
2248x4 M	3	04:26.0	Haywards Heath & Lewes		V35	M	Haywards Heath & Lewes
2248x4 W	2	05:05.3	Haywards Heath & Lewes		V35	W	Haywards Heath & Lewes
100 M35 A	3	14.3	Robert Chrystie	<b>PB</b>	V40	M	Hailsham/Lewes
400 M35M	3	58.2	Vesa Lindberg	<b>PB</b>	V45	M	Lewes/Finland
400 M35M	4	64.4	Robert Chrystie	<b>PB</b>	V40	M	Hailsham/Lewes
400 W35 ns	1	76.7	Jenna French	<b>PB</b>	V35	W	Lewes

1500 M35 A	3	04:27.4	Vesa Lindberg	<b>PB</b>	V45	M	Lewes/Finland
1500 M35 A	6	05:16.6	Robert Chrystie	<b>PB</b>	V40	M	Hailsham/Lewes

Despite this the Lewes AC/ Haywards Heath teams finished in relatively respectable places in the series as a whole. Many thanks to Marcus Kimmins, Jo Buckley and Richard Moore.

Position	MEN	22-May-23	14-Jun-23	24-Jul-23	4-Aug-23	Total
1	Hastings AC/Hast Runners	7.00	8.00	7.00	8.00	30.00
2	<b>Haywards Heath/Lewes</b>	<b>8.00</b>	<b>6.00</b>	<b>8.00</b>	<b>5.00</b>	<b>27.00</b>
3	Eastbourne Rovers	5.00	7.00	6.00	7.00	25.00
4	Hailsham	4.00	5.00	4.00	6.00	19.00
5	Brighton/Hove	6.00	3.00	5.00	4.00	18.00
6	HY Runners	3.00	4.00	1.00	3.00	8.00
7	Arena 80	1.00	2.00	3.00	1.00	7.00
8	Worthing	2.00	1.00	2.00	2.00	7.00

Position	WOMEN	22-May-23	14-Jun-23	24-Jul-23	4-Aug-23	Total
1	Hastings AC/ Hast Runners	8.00	8.00	7.00	7.00	30.00
2	Brighton/ Hove	7.00	7.00	8.00	8.00	30.00
3	Hailsham	6.00	6.00	6.00	5.00	23.00
4	<b>Haywards Heath/Lewes</b>	<b>5.00</b>	<b>5.00</b>	<b>5.00</b>	<b>6.00</b>	<b>21.00</b>
5	Eastbourne Rovers	4.00	4.00	4.00	3.00	15.00
6	HY Runners	3.00	3.00	3.00	4.00	13.00
7	Arena 80	2.00	2.00	2.00	2.00	8.00

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## 7. South West Coast 50km Ultra Challenge - 5 August 2023

Kate Seymour writes

I happened to give Mark Pappenheim a lift back after the Weald half in May. He mentioned he had signed up for the South West Coast Ultra on his own and thought training would be a challenge. I was feeling good after the half, ready to step it up a bit ... and such is the power of a chance conversation with a fellow LAC member, 24 hours later I was signed up for the same event - my first Ultra!

To my surprise, I absolutely loved the training - the long runs, the hills, learning to use poles- and I realised how beneficial it can be to train - in part at least - with fellow club members on Sunday morning runs who were all massively supportive.

I had some great advice - credit to Fran and David - and felt positive and determined on the day, in spite of the amber wind warning, a last minute route change for safety reasons and the fact we had to set off at 7:30am in full waterproofs!





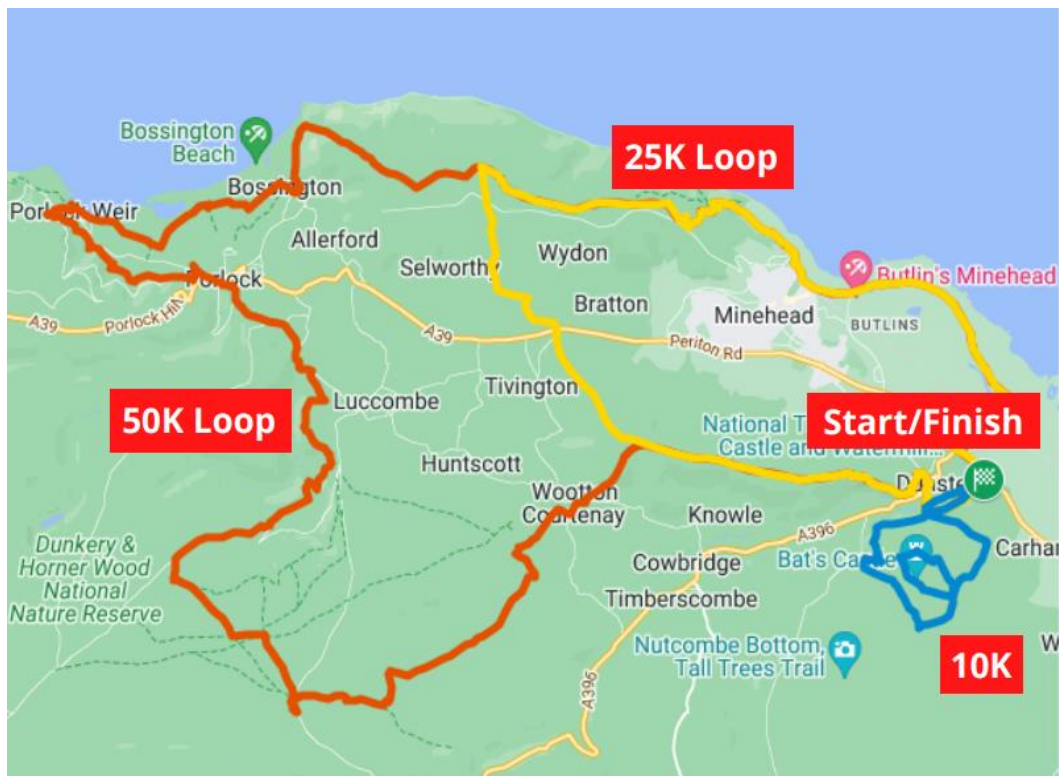
Just over nine hours later, we passed the finish line, together, at Dunster castle and it felt amazing! In fact the cooler weather had been in our favour, we both felt we got our fluid intake and food (mostly solid rather than gels) just right... and we have a busy calendar of marathons and our next Ultra in March already booked in!

I would absolutely recommend the experience to anyone who thinks an Ultra is beyond them. Start with a 50km and I bet you will enjoy the varied terrain, the stunning views and the camaraderie as much as Mark and I did.

#### From the organisers fact sheet

The route took 'the first Minehead section of the stunning & famous 630 mile Coastal Path, and with an extensive 'basecamp' in the shadows of the impressive Dunster Castle. Then the 50 km loop heads over Exmoor with ups & downs and some magnificent views with over 1600 metres of climb'

#### South West Coast 50km Ultra Challenge Route



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## 8. Centurion North Downs Way 100 miles Ultra 6<sup>th</sup> August 2023

Fran Witt was the 17<sup>th</sup> woman home in a time of 29:05.01.



### Fran Witt writes:

North Downs Way 100 – “And we wondered if we’d ever get dry again”. After DNFing after 91 miles in 2022 I had a monkey on my shoulder that I couldn’t shake off, so had to give it another go this year.



Nobody quite understands what makes the NDW100 so tough – perhaps it is the relentlessness of it? One hill after another pulling up through woods that look just like the one you just climbed? The endless drizzle, followed by rain, followed by more drizzle? Not sure... but whatever it is it is a proper endurance event both mentally and physically.

I genuinely would not have made it without my running buddy Ruth who saw me through months of training, and without Jay who joined me at 50 miles and ran through the whole night with me, keeping me talking and providing sweets all the way, and without Elizabeth who marched me in for the last 20 miles despite my groans. Honestly this was a team effort, and when your friends see you in that raw state, there’s no turning back. A huge thank you to that awesome crew!.

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## 9. South of England Athletics Inter-County Championships

Lea Valley 12/13<sup>th</sup> August 2023

One gold, one silver and three bronze awards for Lewes AC.

### Under 13 Boys

**800 Metres** 6 Rex Hastings 2.45.95

**Javelin** 2 Rex Hastings 32.87m

### Under 15 Girls

**1,500 Metres** 9 Eva Winton 4.59

#### Pole Vault final

3 Beth Boyes 2.40m

6 Imogen Taylor 2.30m

### Under 17 Women

**100 Metres** 4 Rosie Kornevall 13.26 Heat  
8 Rosie Kornevall 13.36 Final

**200 Metres** 3 Rosie Kornevall 27.21 Heat  
5 Rosie Kornevall 27.02 Semifinal

**800 Metres** 1 Grace Tuesday 2.11.77 Heat  
2 India Sommerville 2.13.74 Heat  
1 Grace Tuesday 2.09.86 Final  
3 India Sommerville 2.12.42 Final

**1,500 Metres** 7 Esme Stephenson 4.51.67

**1,500 Metres Steeplechase**  
3 Ava James 5.15.39

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## 10. Southern Athletics League 4<sup>th</sup> Round 19<sup>th</sup> August 2023

### K2 Crawley

#### Team Scores

1	Havant	285
2	Horsham Blue Stars/East Grinstead	231
3	Worthing	221
4	HY Runners	216+
5	<b>Lewes/Haywards Heath</b>	<b>163</b>
6	Chichester	119

Below are provisional results for individual Lewes AC and Haywards Heath Harrier participants. The final overall results for the series as a whole are yet to be made available.

### MEN

Event	Position	Athlete	Cateory	Time/Distance
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Men's A 100m	3	Jack PALMER	U20	12.1 4
Men's B 100m	2	Dominic REDSHAW	U17	12.1 5
Men's A 200m	2	Rowan PEARSON	U20	22.7
Men's B 200m	2	Dominic REDSHAW	U17	25.8
Men's A 400m	1	Rowan PEARSON	U20	50.7
Men's B 400m	3	Vesa LINDBERG	M45	58.7
Men's A 800m	5	Patrick MCMANUS	SM	2:12.4
Men's B 800m	1	Ian KENTON	M40	2:09.
Men's A 1500m	1	Charlie WRIGHT	U20	4:14
Men's B 1500m	2	Vesa LINDBERG	M45	4:38.6
Men's A 5000m	4	Russell MULLEN	SM	16:38.
Men's B 5000m	2	James SKINNER	M50	16:45
Men's B 2000m Steeplechase	5		SM	9:51.0
Men's A Pole Vault	1	Isaac LANCASTER	U20	4.45 6
Men's A Long Jump	2	Jack PALMER	U20	5.47
Men's A Triple Jump	3	Matthew CLARE	U23	10.99
Men's A Javelin	5		SM	30.81
Men's 4x100m	2	Lewes/Haywards Heath	SM	47.1 W

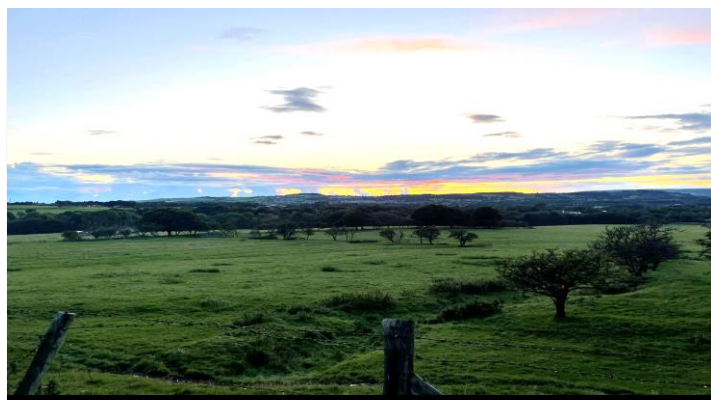
## WOMEN

Event	Position	Athlete	Category	Time/Distance
Women's A 100m	1	Saskia SCLATER	U20	13.4
Women's B 100m	2	Isabella SMITH	17	14.2
Women's A 400m	6	Jacqueline BARNES	W50	86.0
Women's A 800m	4	Kirsty ARMSTRONG	W45	2:38.2
Women's B 800m	5	Jacqueline BARNES	W50	3:11.8
Women's A 1500m	6	Jacqueline BARNES	W50	7:11.4
Women's A 5000m	2	Kirsty ARMSTRONG	W45	19:36.0
Women's B 5000m	2	Jacqueline BARNES	W50	25:55.

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## 11. Leeds & Liverpool Canal 130 mile race (LLCR) 28-29 August 2023

Dawn somewhere up North.



**Dominic Osman-Allu writes:**



Another successful [Leeds & Liverpool Canal 130 mile Race \(LLCR\) | Liverpool - Leeds](#). Seemed like a really fun option after completing the Thames Ring 250, a veritable “half”, that wouldn’t need much training or thought - slightly dumb arse thinking as the heavens opened multiple times to turn the tow paths into mud and puddles, but more than compensated by running in the company of others, especially Andy Aldridge and Keith who appeared out of the mist at about 1:30am at the 80 mile mark - I’d been running solo for the previous 60 miles so company negotiating the Foulridge Tunnel diversion was welcome.

The usual collection of amazing volunteers who keep these sort of low key events going was a pleasure that only grew as each aid station seemed to keep moving further away

the further I ran - the ability to be cheerful, encouraging, and make some of the cheapest canned food seem desirable! Just a huge thank you.

And to the couple I surprised just after Skipton when I emerged from the undergrowth, I hope the selfie you wanted with me has pride of place in your collection with your other great sporting heroes.

**From the Organisers’ Facebook page:**

"The Trans-Pennine Run"

From the Start at Old Hall Street Liverpool, to the Finish at Office Lock Leeds, the 130 mile towpath course follows the original Leeds & Liverpool Canal – Britain’s longest man-made waterway.

Although it passes through the heartlands of the “Industrial North”, the path is surprisingly scenic. As well as the beautiful countryside, the route features the mile long Burnley Embankment (up to 60 feet above ground level) and the amazing Bingley Five Rise staircase. Both are listed among the “Seven Wonders of the Waterways”

LLCR is the last of a three race series “The Canalslam” totalling over 400 miles. Each race can be entered as a one-off, but competitors completing all three receive a special award. As with the other two events there are no entry qualifications, but a schedule to fit a 40 hour overall time limit is required.





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## 12. Kings Head Canter 28<sup>th</sup> August 2023

Here are the Lewes AC finishers in the 25<sup>th</sup> Anniversary of this unique event.

Place	Time	Name	Category
2	00:15:34	BURGESS, Joshua	Senior Men
16	00:17:07	FLETCHER, Mike	Senior Men.
22	00:17:38	BRADFORD, David	Vet Men 40-44
27	00:18:18	NAVESEY, Emma	Vet Women 35-39
35	00:18:56	CHERRY, Toby	Junior Men 14-17
44	00:19:29	BENNETT, Colin	Vet Men 55-59
179	00:29:29	SHERIDAN, Bev	Vet Women 55+



Above: the finish in 1998

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## 13. Crawley Athletic Club, Tom Lintern Open Meeting, Monday 28th August 2023

Event	Pos	performance	Name	Age category	M/W	Season best	Personal best
100m	2	11.52	Rowan Pearson	U20	M	11.24	11.24
100m	2	13.74 PB	Thalia Witham	U17	W	13.74	13.74
200m	2	22.86 PB	Rowan Pearson	U20	M	22.86	22.86
200m	3	28.58 PB	Thalia Witham	U17	W	28.58	28.58
800m	4	2:20.32	Jonathan Burrell	V60	M	2:18.89	2:18.5
Shot-put (3k)	3	9.06m PB	Natasha King	U15	W	9.06	9.06

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## 14. Getting to know you...No 12 – Peter Miller, Club Treasurer and Timekeeper

It was in Cub and Scout yearly cross countries that I discovered a talent for running. This wasn't explored then, but at about age 15 I joined some friends in several fun runs, and developed the enjoyment of doing well. By age 18 I had done the Cliff Bonfire Society Downland race several times, and lined up for its replacement, the Lewes 10 mile in October 1986. I recognised another runner there, but couldn't remember where from. The following morning, standing at the photocopier, Peter Trigwell from another department comes up to me. Peter and his wife Caroline were both LAC members. On the 24<sup>th</sup> March 1987, I am a paid up member of Lewes AC.



I train with the club regularly, running the town routes, and avoiding the rabbit holes on the grass track. The track was in the field on the other side of Ham Lane. I also survive being hit by a Rottweiler dog while training in Hove Park with Colin Wibley.

My times come down, and my PB's are set in the early 90's. 10k 35.55 (Worthing) 10m 1.02.16 (Worthing) Half Marathon 1.24.56 (Hastings) Marathon 3.39 (London). Unfortunately I never get to set a true marathon time, with a torn ankle ligament at 21 miles. On paper I can do 3.05.

As the 90's continue, the knees start to moan, and in 97, running around Preston Park, the sharp pains appear. It's September 2000 when I go under the surgeon's knife, for a lateral release on my left knee. It takes months to get back to any kind of running, but the speed has gone.

It is early in the 90's that I also join the Club Committee, and serve as the WSFRL rep. I later take on the Secretary role instead, and later still add the Treasurer's role. I am still the Club Treasurer today, but passed the Secretary role on to Richard Moore a few years ago.

In 2010 I trained as a timekeeper, and now officiate at most of Lewes's home matches, as well as doing Sussex county events like the U13's, U15's and Vets leagues. I think it is always important to give back to something you have had so much out of.

I continue to run, but have many injury gaps, and then have to start up again. I always want to be happy I can finish a course, distance wise, before signing up. Last winter I did a few ESSCCL races, and have done a couple of WSFRL runs recently. Hopefully I can keep this going, and support the Red and Gold.

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## 15. Out and about

**Ultra Trail du Mont Blanc 28<sup>th</sup> August – 3<sup>rd</sup> September 2023** 100 miles

Bob Gilliland (40-44) Category place 19<sup>th</sup> 15:31.32 hours

David Prince-Iles (65-69) Category place 1<sup>st</sup> 20:39:56 hours



**Sierre-Zinal, Switzerland 10<sup>th</sup> August 2023**

Stage 4 of Golden Trail World Series 31km

Thomas Roach (Vet-1) Category place 2<sup>nd</sup> 2:49.17

**Welsh Athletics International: Cardiff 26<sup>th</sup> August 2023**

**Under 20 Pole Vault**

Emilia Oakden 1<sup>st</sup> 3:60 meters

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