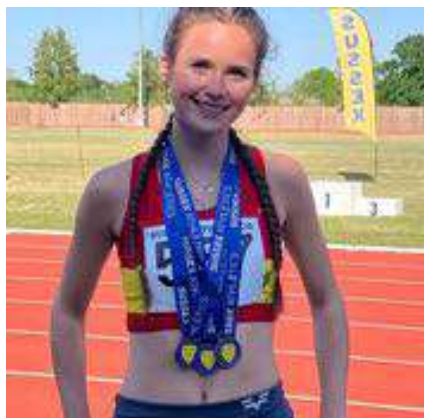


SUSSEX COUNTY CHAMPIONSHIPS



Congratulations to all the Lewes athletes who made the podium at the Sussex County Championships. It was a gloriously sunny weekend at the K2 matched only by our sparkling medal collections: 5 gold, 8 silver and 11 bronze medals Here's a list of our stellar medal winners!



Ava Hayes
(U17W Pole Vault)

Charlie Perry
(U17M 3000m Race Walk)

Emilia Singer
(U17W 300m Hurdles)

Herbie Belfield
(U13B Minithon)

Imogen Clarke
(U20W Pole Vault)

Seth Muddle
(U15 3000m Race Walk)



Amber Flood
(U15G Discus)

Ayla Kimpton-Bragg
(U17W Pole Vault)

Bill Scott
(U15B Pole Vault)

Louis Williams
(U20M Long Jump)

Natasha King
(U17W Shot Put)

Oscar Fermor-McGhie
(U15B 80m Hurdles)

Stanley Taylor
(U15 3000m Race Walk)

Sunshine Love
(U15G Shot Put)

Sylvie Ward
(U15G Pole Vault)



Edward Riseborough
(U17M 200m)

Emilia Singer
(U17W Long Jump)
(U17W Triple Jump)

Fred Gander
(U17M Triple Jump)

India Sommerville
(U20W 800m)

Iris Hitchmough
(U15G Pole Vault)

Louis Williams
(U20M 200m)

Luca Mindel
(U15B Pole Vault)

Rainbow Love
(U15B Shot Put)

Sunshine Love
(U15G Discus Throw)

JUNIOR NEWSLETTER

SUSSEX COUNTY CHAMPIONSHIPS

HERBIE WINS THE MINITHON

Elizabeth Lawson, Miles Levy and Herbie Belfield all took part in the U13 Minithon at the Sussex County Champs. This consists of 3 events – a choice of a run (150m or 800m), a jump (long jump or high jump) and a throw (shot or discus). Results from each discipline are equated to points which are totalled at the end of the day and the athletes with the top 3 scores win gold, silver, bronze.

So many congratulations to Herbie Belfield - gold medallist in the boys competition - with winning performances in the 150m, long jump and shot put. Amazing stuff!



OSCAR BREAKS THE U15B 80M HURDLES RECORD

A super run from Oscar Fermor-McGhie saw him break a club record that has stood for 20 years! His time of 12.62 seconds, set at the Sussex County Championships, smashed Chris Piling's previous record of 12.7 seconds and earned him a silver medal. Many congratulations, Oscar!

LOUIS BREAKS THE U20 LONG JUMP RECORD

Another great performance at the Sussex County Championships saw Louis Williams jump a huge 6.20 metres to beat another one of Chris Pillings record of 6.04 metres (sorry Chris!) set in 2009. Louis also won a silver medal in the process so huge congratulations!



You can find a list of all the club records on our website:

<https://www.lewesac.co.uk/records-rankings>

And if you break a club record, please get in touch at: rankings@lewesac.co.uk



PRESTON PARK ROAD RELAYS



It was a great day with around 70 Lewes athletes taking part in the team event in sunny Preston Park, Brighton. Well done to all who competed, including those who ran without a full team...

U11 Girls

6th - A team: Nelly Rowley-Terry, Emily Wright, Lexi-Rose Wilson

11th - B team: Wrenn Cumber, Olympia Cumber, Tamsin Bennett

U11 Boys

8th - A team: Jenson Maxted, Tommy Woolmer, Archie Foster

20th - B team: Charlie Button, Teddy James, Owen Finnigan

U13 Girls

11th - A team: Thea Whitbourn, Lara Stevens, Maisie Bodsworth

14th - B team: Sunshine Love, Pippa Reynolds, Felicity Frapell

U13 Boys

12th - A team: Samuel Trotman, Ralf Pelkonen, Joseph Cole

B team: Rainbow Love, Seth Muddle

U15 Girls

10th - A team: Jess Wickens, Florence Tuesday, Millie Button

U15 Boys

6th - A team: Charlie Perry, Otto De Burca, Edward Hilton

9th - B team: Thomas Muddle, Charlie Phipps, Casper Dennis



U17 Girls

A team: Amelie Bedford, Nesta Pring

U17 Boys

5th - B team: Jacob Trotman, Theo Tarafder, Isaac Tarafder

7th - A team: Harrison Orme, Toby Cherry, George Brooks

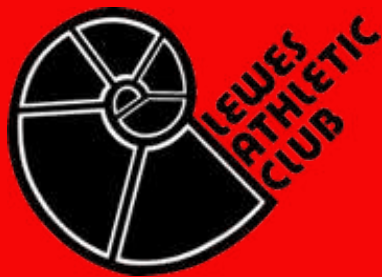
Senior Women

5th - A team: Including U20 athlete Darcy Pring

12th - B team: Including U17 athletes Martha Cole and Manon Barbet

Senior Men

9th - A team: Including U20 athlete Harvey Perry



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LEWES AC ACADEMY CHAMPIONSHIPS

A NIGHT OF HOWEGROWN TALENT

We were thrilled to see such a fantastic turnout from our Academy and Specialist members at the Academy Champs on Tues 20th May. It was great to see so many young athletes giving their best in a friendly, supportive atmosphere — and having the chance to try a mix of running, jumping, throwing and the relay.

At Lewes Athletic Club, we believe in giving all junior members (up to around age 14/15 yrs) the chance to be coached across all event types. This well-rounded approach not only follows guidance from England Athletics but often leads athletes to discover strengths in events they hadn't initially considered.



MORE NEWS & UPDATES...

HARRY IN THE LONDON MINI MARATHON!

Congratulations to Harry Chapman, who was chosen to represent the South East in the London Mini Marathon, which takes place the day before the marathon. It is an epic event. They run 2.6km along Birdcage Walk, past Buckingham Palace and finish on the Mall at the Marathon finish.

Harry came 9th in the U13 boys race and 1st boy for the South East - an amazing achievement!



MEDALS AT THE SPRING WALK CHAMPIONSHIPS

Brilliant to see Charlie Perry competing in the England Athletics National Spring Walk Championships in April in Northampton, winning gold and getting a PB in the 5000m Senior Men's competition!

Huge congratulations to him - and also to Seth and Thomas Muddle, who picked up silver and bronze respectively in the U15 boys 2000m walk, and won an U15 team gold medal too!

PBs AT THE WORTHING 10K

Both Theo and Isaac Tarafder run the Worthing 10k on Sunday 8th June, and as is the case a lot of the time they were only separated by a couple of seconds!

Both got new PBs and came 3rd and 4th in the U20s, and 27th and 30th overall - with times of 35.28 and 35.30 respectively. Well done!



JUNIOR NEWSLETTER

SUSSEX U13 LEAGUE

U13 SUSSEX LEAGUE - MATCH 1

At the first U13 Sussex AA League Match we had over 55 athletes competing and you certainly made us very proud. The night only stopped when we were forced to, because the lights went out at 9pm! Lewes as a team, came 2nd, behind Brighton and Hove AC. Many of you competed for the first time at a UK Athletics recognised competition and there were so many amazing individual results! Below are just a few of them:



- Herbie Belfield ran a super speedy 75m in 9.9 seconds, coming in 1st place; and was also 1st in the Shot Put with 7.43m!
- Miles Levy was 3rd overall in the boys with 21.1 secs in the 150m.
- Django White came 1st in the Long Jump with a good jump at 4.14m. Magnus Robins also had a great jump at 4.42m (non-scoring U13).
- Tamsin Bennett came 3rd in the 75m with very fast 11.5 secs.
- Felicity Frappell had a great evening coming 3rd in the hurdles at 14.2 secs and 3rd in the high jump at 1.15m.
- Mathilda Newman came 2nd in the long jump with a good 3.8m.
- Nancy Youniss came 3rd in the discus with a good distance of 12.04m.
- Milly Dennis had a super run in the 75m at 11.4 secs (U13 non-scoring).
- In the U11s boys, Herbie Hooker had a super run in the 75m at 11.7 secs, Archie Foster had a good 150m, running in 22.7 secs and Felix French ran well in the 600m, in 2.01 mins.
- In the U11 girls, Wrenn Cumber had a fast night, running the 75m 11.9 secs and the 600m in 2.04 mins.
- Our U13 boys and girls relay teams both came 2nd in the scoring relays, and we had 1sts and 2nds in the many non-scoring relays



SUSSEX U13 LEAGUE

U13 SUSSEX LEAGUE - MATCH 2

The second U13 Sussex AA League Match had fewer Lewes athletes but those who went did the team and themselves proud. Here are a few of the many great results:

Miles came second at 10.6secs in the 75m; Django came second in the 150m with 22.6 secs. There was a PB for Ralf in the 1000m (3.19mins). Felix French improved on his 600m time (1.56 mins) and Isaac Hosmer came with a very respectable 2.05 mins. Django and Miles won the A and B String Long Jumps. The Lewes boys came 3rd in the boys relay.



Lilja Elise Arif came 2nd in her 75m race with 11.6secs; Edie Clark came 3rd with 23 secs in the A string 150m race and ran the 75m in 11.2 secs (has since got a PB of 11 secs); Cecily Trotman 3rd in B String with 23.6 secs; Nelly Rowley-Terry got a PB in 600m (2.04mins); and the girls came 3rd in the relay.

In the U11s, Archie Foster had a brilliant 75m run at 11.3 secs, Herbie Hooker ran the 600m in 2.03mins; Elspeth Taylor had a great run in the 75m at 15 secs.





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SUSSEX U15 LEAGUE

U15 SUSSEX LEAGUE - MATCH 1

A huge congratulations to every single athlete who participated in the U15 Sussex League round 1 at Withdean, you can all be very proud of your amazing performances! We had strong teams for both the Boys and Girls and overall, as a club, we came 4th!

There were some fantastic podium placements in the A string Events:

- 1st in the pole vault for Bill Scott and also 3rd in the javelin
- 2nd for Sylvie Ward in the pole vault
- 2nd for Oscar Fermor-Mcghie in the boys 80m hurdles
- 2nd for Eliza Barry in the both the high jump and the 800m
- 2nd for Amber Flood in the discus
- 3rd for Fernanda Wolfson in the 75m hurdles

Everyone ran, jumped and threw brilliantly and no matter what you came you contributed many points to the Lewes Team just by taking part!! What STARS you all are!

U15 SUSSEX LEAGUE - MATCH 2

A smaller team than the first match but still some excellent results with even more fantastic PB's and again some top 3 placements and Lewes still managed to come 5th!

It was especially great to see courageous young athletes competing in their first Sussex League and others in events they'd not tried before in a competition. This is inspiring for all the athletes in the club.

The following gained top 3 placements in the A String events were achieved by:

- 1st in the discus for Amber Flood
- 2nd in the 200m for Otto de Burca
- 2nd in the pole vault for Luca Mindel
- 2nd in the 75m hurdles and 3rd in the high jump for Fernanda Wolfson
- 2nd in the pole vault for Sylvie Ward





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YOUTH DEVELOPMENT LEAGUE - LAG

YOUTH DEVELOPMENT LEAGUE - LOWER AGE GROUP - MATCH 1

The first YDL match of the season for the U13s/U15s took place in Hastings. We had a small but fantastic team who greatly supported each other in their events. There were fabulous performances from everyone, some great PB's and new times for events never tried before! The following athletes had top 3 placements in their events:

- Elizabeth 1st in the U13 high jump
- Oscar 2nd in the U15 80m hurdles
- Rainbow 2nd in the U15 shot put
- Remy 2nd in the U15 pole vault
- Miles 3rd in the U13 75m, 150m, and long jump
- Felicity 3rd in the U13 70m hurdles
- Fernanda 3rd in both the U15 75m hurdles and the high jump
- Suzie 3rd in the U15 pole vault

Amazing effort by every athlete who competed!

YOUTH DEVELOPMENT LEAGUE - LOWER AGE GROUP - MATCH 2

Another small but very competitive team took part in the second match at Withdean, Brighton. There were amazing PB's achieved and the following came in the top 3 in the A string events:

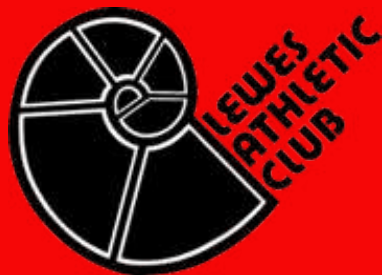
U13s

- Herbie Belfield 1st in the long jump and 75m and 2nd in shot put.
- Elizabeth Lawson 2nd in the high jump.
- Ralf Pelkonen 3rd in the 800m.

U15s

- Oscar Fermor-McGhie 1st in the 80m hurdles.
- Rainbow Love 2nd in the javelin and 3rd in the shotput.
- Fernanda Wolfson 2nd in the 75m hurdles.
- Sylvie Ward 2nd in pole vault.
- Casper Dennis 3rd in the 800m.
- Molly Jones 3rd in the 100m.





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YOUTH DEVELOPMENT LEAGUE - UAG

YOUTH DEVELOPMENT LEAGUE - UPPER AGE GROUP - MATCH 1

Well done to the 15 Lewes athletes who teamed up with athletes from Eastbourne, Worthing, Haywards Health and East Grinstead to form a joint 'Team Sussex' and took part in the first YDL match for the U17s/U20s. Team Sussex came a very creditable 4th against some very competitive clubs from across the south east, with some sparkling performances:

- 1st - Ava Hayes, pole vault U20 A string
- 1st - Beth Boyes, pole vault U17 A string (PB)
- 1st - Eliza Coles, high jump U17 B string
- 1st - Eoin Dacey, javelin U17 B string (PB)
- 1st - Jacob Trotman, 800m U20 A string*
- 1st - Max Farley, 800m U20 B string* (PB)
- 1st - Michael O'Connor, 1500m U17 A string (PB)
- 2nd - Edward Riseborough, 400m U17 A string
- 2nd - Emilia Singer, 300m hurdles A string
- 2nd - Henry Crook, 100m U17 B string
- 2nd - Ivan Wray, pole vault U17 A string (PB)
- 2nd - Romy Holdsworth-O'Donnell, 80m hurdles B string (PB)
- 2nd - Team Sussex, 4 x 400m relay U17 (featuring Edward, Jacob and Max)
- 3rd - Dominic Redshaw, 100m U20 B string

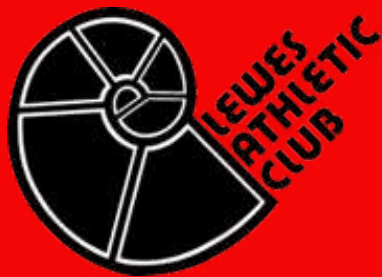


A special shout out to those who competed in multiple events (Dominic Redshaw, Edward Riseborough, Emilia Singer, Eoin Dacey, Henry Crook, Jacob Trotman, Max Farley, Michael O'Connor) gaining lots of points for the team overall! Congrats also to all the athletes who started the season so strongly with PBs (as above plus Natasha King in pole vault, Eoin Dacey in 200m and javelin, Michael O'Connor in the high jump). I am sure we will continue to see lots more PBs in the weeks to come!

A highlight of the day was seeing all the athletes from Lewes mingling and chatting with the other athletes from all the different clubs that make up Team Sussex. Well done everyone!

* U17 but athletes but ran in U20 races!





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YOUTH DEVELOPMENT LEAGUE - UAG

YOUTH DEVELOPMENT LEAGUE - UPPER AGE GROUP - MATCH 2

Because of half-term, a rather reduced Lewes team made their way to the second match of the YDL U17/U20 meeting on Sunday 25th May in Kingston-upon-Thames. Team Sussex came 5th in the competition this time, which was still very impressive considering the number of athletes available to compete. A particularly windy day made for some tough conditions, so not many PBs but some great performances as always:

- 1st - Edward Riseborough, U17 400m B string
- 2nd - Eoin Dacey, U17 Javelin B string
- 2nd - Emilia Singer, U17 Long jump A string
- 2nd - Emilia Singer, U17 Triple jump A string
- 2nd - Maria Breeze, U17 Long jump B string
- 2nd - Maria Breeze, U20 4x100m relay
- 3rd - Dominic Redshaw, U20 200m B string
- 3rd - Edward Riseborough, U17 200m A string
- 3rd - Maria Breeze, U17 100m B string
- 3rd - U20 4x100m relay (featuring Eoin, Edward and Dominic)



SPECIAL MENTIONS...

A special mention firstly to Maria Breeze, who was the MVP of the event, scoring a massive 17 points from 4 events - including 2nd place in both the long jump and the 4x100m relay (running an age group up!), 3rd in the 100m and 4th in the 200m.

PBs were particularly hard to come by in this meeting due to the wind, so very well done to Emilia Singer, who jumped a huge PB in the U17 long jump, and Romy Holdsworth-O'Donnell, who was thrilled to set a new PB in the U17 80m hurdles.

We also want to give huge thanks to the parents who so kindly volunteered their time at the meeting, helping the officials out with field events. Without such parental support, these events just couldn't take place - so please do consider helping out when you can!

We look forward to seeing as many athletes taking part in the final match on Sunday 6th July. It's at Finsbury Park in North London so pop it in your diary now!





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MORE NEWS & UPDATES...

SOUTHERN ATHLETICS LEAGUE ROUND 1

The SAL is an adult league where athletes aged U17 and over can compete. A number of our athletes competed in the first match in Crawley for a joint Lewes / Haywards Heath team, coming 4th overall, with some fine results and a huge number of PBs!

- 1st - Harvey Perry, 800m B string
- 1st - Theo Tarafder, 1500m A string (PB)
- 1st - Isaac Tarafder, 1500m B string
- 1st - Ava Hayes, pole vault A string
- 1st - Ayla Kimpton-Bragg, pole vault B string (PB)
- 2nd - Dominic Redshaw, 100m A string (PB)
- 2nd - Hugo Johansen, 100m B string (PB)
- 2nd - Amelie Bedford, 400m A string
- 3rd - Dominic Redshaw, 200m A string
- 3rd - Eoin Dacey, 200m B string (PB)
- 3rd - Hugo Johansen, 400m B string (PB)
- 3rd - Frederick Gander, triple jump, A string (PB)

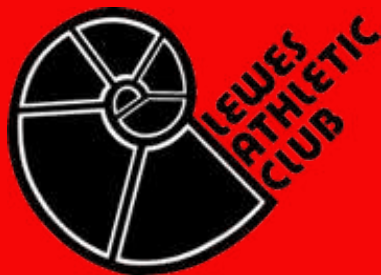


Great to also see PBs from Harvey Perry in the 1500m, a double PB for Eoin Dacey in the 100m and javelin, and a triple PB for both Charlie Perry in the 800m, 1500m and shotput and for Jake Briggs in the 400m, 800m and javelin. Brilliant to see such multi-eventing!

Archie Foster - 3 Wins!

As well as competing in U11 QuadKids Champs on Saturday at the K2 - alongside fellow Lewes U11s Herbie Hooker and Wrenn Cumber- Archie took part in the Prep Schools County Athletics Champs at Hurst School on Monday. Everything came together for him as he claimed three county titles in the 300m, 1500m, and 4x100m relay. Well done Archie, how exciting and were sure there be more medals to come! 🌞🏅





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New LAC Kit Launch!

We are really pleased to announce that we have partnered with Intersport, a friendly, knowledgeable, locally owned independent sports shop based within our community, to be the provider for all our club athletic kit.

The web shop can be found here: <https://gameforlife.co.uk/collections/lewes-athletic-club> and the first range of items is ready to be ordered online with either in-store collection or home delivery available. The updated collection of Kit for Adults and Juniors includes:

1. Ron Hill Standard Vest (new & improved version for 2025)
2. Ron Hill Race T-Shirt
3. Ron Hill Long Sleeve T-Shirt (coming Sept 25)
4. Ron Hill Performance Vest
5. Ron Hill Crop Top
6. Joma Winter Training Top
7. Hoodie and Training T-shirt
8. Joma Race Shorts, Trail Shorts, Cycle Shorts, Leggings and Tracksuit Bottoms
9. Joma Waterproof Jacket
10. Ron Hill Winter Hi Vis Training Jacket
11. Waterproof Kit Bag



All these items will come with the club logo and Lewes Athletic Club crest and will give you the option for personalisation to include your initials and name (where possible).

Intersport will hold stock in all sizes for the new Standard Vest and Crop Top, so you can visit the shop to try those items on. For other items, the delivery timeline will be 1-3 weeks, apart from the new Ron Hill Performance Vest and Race T-Shirt, which will have two order windows per year for members (this will be in June and December). The lead time for those will be 4-6 weeks so we will expect delivery in early August and early February.

As part of this partnership, Intersport will offer members a **20% off voucher** when they join Lewes Athletic Club for the first time or renew membership. All members will have a **10% discount** in store and online throughout the year.

And lastly, there will be an annual prize draw to win a free pair of trainers from Intersport. The prize draw for 2025 will take place at Club's AGM in September.

This is the start of a new partnership with a local supplier, and this is just the start of the kit collection. We plan to add a cap, buff, socks and gloves soon and if you have any other ideas do not hesitate in letting us know.





JUNIOR NEWSLETTER

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URGENT: YOUR CHILD'S CLUB NEEDS YOU!

Across the county, athletics clubs are facing a crisis in not being able to supply enough officials and volunteers to hold meetings and events. This situation has been so severe in recent matches that, as a club, we have had to consider withdrawing from some competitions. Doing so would severely impact our junior athletes and of course the reputation of our club.

We're so very grateful to those who are officials and do regularly help out - however, we rely on the same few people all the time and we need LOTS more involvement from other parents to make this more sustainable. By having more volunteers, we can spread the workload!

So how can you help? **Firstly, if you are signing your child up for a club-organised match (Sussex League, YDL, SAL), please do offer to help by emailing the team manager.** Match volunteers are allocated to a field event for an hour or so and asked to help with things like raking sand, fetching javelins, checking wind speeds - and you can absolutely still watch your child's event whilst helping out. More hands make light work....

Secondly, you can become a fully accredited Official by completing a level 1 qualification online.

The training takes 4 hours to complete and Lewes AC will cover the cost. Once you've got your qualification, you can become a valued member of the officials team at Lewes, taking part in club and county competitions. Club officials don't pay their adult membership fees and parents receive a discount on their child's junior fees.

Upcoming track and field dates where we need officials:

Sun 29th June: Lower Youth Development League (YDL) for U13 & U15s in Eltham

Fri 4th July: U15 Sussex League at Withdean, Brighton

Sun 6th July: Upper YDL (U17 & U20s) in Finsbury Park

Mon 14th July: U13 Sussex League (with U11s) in Eastbourne

Sun 20th July: Lower YDL (U13 & U15s) in Dartford

Fri 5th Sept: U15 Sussex League Final at K2, Crawley

Sun 7th Sept: U13 Sussex League Final at K2, Crawley

If you'd like to know more about how you can play your part and are also able to help at any of the dates above - please contact philip.westbury@lewesac.co.uk on 07733004968.

We also need someone to help with the administration of **new starters** in the Junior section of the club. This is checking and answering queries using email and membership system. Interested in helping with either of these roles contact academy@lewesac.co.uk Thanks for all your support!



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<https://www.lewesac.co.uk>



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UPCOMING FIXTURES

SUMMER TRACK & FIELD FIXTURES 2025				
JUNE	Event	Venue	Age Group	Sign Up
Sat 14th	Sussex Schools Championships	K2, Crawley	School Yrs 7 - 13	School register athletes
Sun 22nd June	Worthing Track Night - TBC	Worthing Track	All	Contact TBC
Sat 21st	Schools Inter Counties		School Yrs 7 - 13	School register athletes
Sun 22nd	Southern Athletics League (SAL) 2	Lewes	U15 and upwards	Email: tim.popkin@gmail.com (events team) burbley@btinternet.com
Sat 28th	Regional Schools Combined Events		School Yrs 7 - 13	School register athletes
Sat/Sun 28th & 29th	SEAA U20 & Senior Championships		U20 and above	Via SEAA
Sun 29th	Youth Development League (Lower) 3	Suscliffe Park, Eitham	U13 & U15	Via Club WML
JULY				
Fri 4th	Sussex Under 15 League 3	Withdean, Brighton	U15	Via Club WML
Sat 5th	National Athletic League	TBC		
Sat/Sun 5th & 6th	SEAA Combined Events Champs	TBC		Via SEAA
Sun 6th	Youth Development League (Upper) 3	Finbury Park	U17 & U20	Via Team Sussex Google Form
Fri/Sat 11th & 12th	English Schools Championships	Birmingham	School register athletes	School register athletes
Sun 13th	Southern Athletics League (SAL) 3	Hastings	U15 and upwards	Email: Tim Popkin / Jo Burbley
Mon 14th	Sussex AA Under 13 League 3	Eastbourne	U13 (with U11s)	Via Club WML
Sun 19th	SIAB			
Sun 20th	Youth Development League (Lower) 4	Central Park Arena, Dartford	U13 & U15	Via Club WML
Sat 26th - Sun 27th	EA U20/Senior Championships & CE	TBC	U20 & above	Events only
Wed 30th July	Brighton Track Night 2	Withdean, Brighton	All	Brighton Athletics
AUGUST				
Sat 2nd Sun 3rd	UKA Championships	Birmingham		Events only
Fri 8th - Sun 10th	EA U15/U17 Championships	Birmingham	U15 & U17	Events only
Sat 30th	Southern Athletics League (SAL) 4	TBC	U15 and upwards	Email: Tim Popkin / Jo Burbley
SEPTEMBER				
Fri 5th	Sussex Under 15 League FINAL	Withdean, Brighton	U15	Via Club WML
Sat 6th	Youth Development League (Lower) FINAL	Manchester	U13 & U15	Via Club WML
Sun 7th	Sussex Under 13 League FINAL	K2, Crawley	U13 (with U11s)	Via Club WML
Sun 7th	Sussex 3K Champs (U15 upwards)	K2, Crawley	U15 upwards	Series AA
Sun 7th	Youth Development League (Upper) FINAL	Manchester	U17 & U20	Via Team Sussex Google Form
Sat 13th	SEAA U20/Senior Inter Counties	TBC	U20 / Senior	SEAA
Sun 14th	SEAA U15/U17 Inter Counties	TBC	U15 & U17	SEAA
Sat/Sun 20th & 21st	ESSA Schools Combined Championships	Chelmsford		Via School



academy@lewesac.co.uk



<https://www.lewesac.co.uk>



JUNIOR NEWSLETTER

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UPCOMING SUMMER CAMPS



**RUN
JUMP
THROW**

**3 CAMP
DATES:**
23-25 JULY
28-30 JULY
11-13 AUG
10AM - 3PM

**£80
PER CAMP**

**MORE INFO &
BOOK PLACE**



**LEWES
ATHLETIC
CLUB**

**SUMMER
CAMPS**



ACTIVITIES INCLUDE:
DISCUS, LONG JUMP, HIGH
JUMP, SPRINTING, RELAYS
AND MORE.

- 3 CAMP DATES IN THE SUMMER HOLIDAYS
- OPEN TO ALL CHILDREN IN SCHOOL YEARS 3 - 7
- QUALIFIED ATHLETIC COACHES
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- LEWES AC TRAINING TSHIRT INCLUDED!

BOOK PLACES VIA QR CODE OR VISIT
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SPECIAL UPCOMING EVENT

A MESSAGE FROM PETER SELBY

On the weekend of Saturday/Sunday 16/17th August 2025 starting at 12 pm Lewes AC will be hosting the **National Long Distance Race Walk Championship: 100 Miles within 24 Hours**.

My lead club, Surrey Walking Club, of which I have been a member since 1960 (!!) are the promoting body supported by the Centurions 1911 (a specialist organisation for those who have officially completed 100 Miles, within the 24 hour standard). This year will be the Centurions 1911 100th 100 Miles event. It also coincides with SWC's 125th Anniversary (the club was formed at the same time as the outbreak of the Anglo Boer War1899; Queen Victoria was still on the throne just, she died 2 years later).

Joining us will be a few of the athletes from abroad (Holland, Belgium and other countries will be taking part throughout the full 24 hours).

In addition to the main race and to celebrate the occasion, it is intended to include a **100 Lap Relay Challenge** between a Junior Lewes AC Team (under 18), Centurions 1911 Team (mainly Masters /Veterans) and one or two other teams who may wish to participate such as one from older Lewes AC members. This event would start at 1pm on Saturday 16th August and use the outer three lanes of the track. The idea for the relay is that each athlete completes four laps allowing for 25 athletes per team. If you are interested in taking part in this please contact Peter Selby selbypw@outlook.com. Members of my road walking squad and their parents will assist on the day.



It's going to be a one-off event and we're very much looking forward to it!

Please contact me, Peter Selby if you are interested.

