

# JUNIOR NEWSLETTER

Issue 3  
August 2025

## LEWES VAULTERS HIT NEW HEIGHTS!

The outdoor season for Lewes Pole Vault Club has been incredible. We now have a record number of top-ranked and top 10 vaulters in the UK – and our first member to earn a senior Team GB vest! The UK rankings are outstanding: The club holds the number 1 spot in U17W, U15G (joint), U13G, U13B and U11B. Plus, we have many more top 10 athletes: two U15G; four U15B; and five U13G.



### RECENT RESULTS: CHAMPIONSHIP RECORDS AND PBS!

#### Team GB

Gemma Tutton made her senior international debut for GB at the European Athletics Team Championships in Madrid at the end of June, jumping a new PB of 4.45m and finishing 5th.

#### South of England U13/U15/U17 Championships

Ava Hayes won gold and set the U17W championship record at the SEAA with a height of 3.81m. It was gold and silver for Milo Hilborne and Luca Mindel (U15B); and gold and bronze for Florence Matten and Sylvie Ward (U15G).

#### Sussex AA Track & Field Championships

Milo Hilborne and Bill Scott both achieved a championship record height to take gold and silver respectively in the U15s. It was also gold for Dylan Parr (U20M), Tahlya Curtis (senior women), Imogen Clarke (U20G), Ava Hayes (U17W) and Beth Wilson (U15G).

#### Sussex AA Under 13 Track & Field Championships

Charlie Carman jumped a personal best to win gold in the boys' event; Milly Pile won the girl's – all eight other U13s girls either bettered or equalled their PB.

**Do you feel inspired?** Lewes AC is keen for more athletes to give pole vaulting a go. It runs taster sessions for 10 to 14-year-olds throughout the year. The group trains all year round at Lewes Track in the summer and an indoor facility just outside Lewes in the winter. Please email [david.tutton@icloud.com](mailto:david.tutton@icloud.com) to find out more.



[academy@lewesac.co.uk](mailto:academy@lewesac.co.uk)



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

## STOP PRESS!

### LEWES VAULTERS WIN SIX NATIONAL MEDALS

Lewes AC Pole Vault Group celebrated another great medal haul at the England Age Group Championships in Birmingham this summer. The group came away with two golds, two silvers and a bronze from the U15/U17 championships in August, and a bronze from the U20 championships in July.

Milo Hilborne (Crawley AC) hit new heights with a brilliant PB of 4.01m to become U15B national champion. Bill Scott and Luca Mindel were right behind to take home silver and bronze: a fantastic 1, 2, 3 for Sussex vaulters.

Ava Hayes also vaulted a personal best of 3.82m to become U17W national champion. Florence Matten (Brighton Hove AC) won silver in the U15G event; Imogen Clarke took bronze in the U20W.





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## U13 SUSSEX COUNTY CHAMPIONSHIPS

### U13 POLE VAULT CHAMPION

Congratulations to Milly Pole and the whole Lewes U13 pole vault team, sweeping the boards at the Sussex Track & Field Championships at Crawley on 7<sup>th</sup> June.

Milly took a great gold medal with a jump of 2.50m, closely followed with a silver medal for Savannah Crozier (PB) and a bronze medal for Evelyn Zacher (PB). Well done to all the other vaulters who achieved PBs: Edith Day Jones (4<sup>th</sup>), Felicity Frappell (6<sup>th</sup>), Tamsin Bennett (8<sup>th</sup>) and Beatrix Crawshaw (9<sup>th</sup>). Amazing individual and team performances!



### BRONZE IN THE HIGH JUMP

Congratulations to Elizabeth Lawson with a fine bronze medal in the high jump, jumping 1.35m. Elizabeth also competed well in the 75m and 150m sprints, coming 5<sup>th</sup> and 6<sup>th</sup> in the heats. A great day all round!

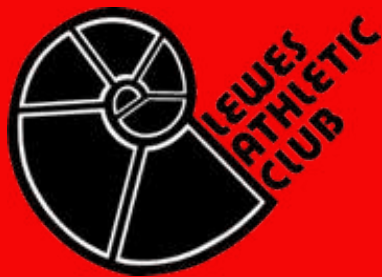
### NEW PERSONAL BESTS

A big well done to all the athletes who took part in the competition, some of you for the first time - and particular congrats to those who got PBs on a big occasion: Django White (U13B Long jump), Evelyn Zacher (U13G Long jump), Savannah Crozier (U13G Long jump) and Cecily Trotman (U13 75m).

### U11 QUADKIDS

Three Lewes U11 athletes took part in the QuadKids competition - with a choice of 4 running, throwing and jumping events. Well done to in the boys' competition to Archie Foster, who came 9<sup>th</sup> overall (including 5<sup>th</sup> in both the 600m and the standing long jump), Herbie Hooker who came 20<sup>th</sup> overall (including 10<sup>th</sup> in the standing long jump and 11<sup>th</sup> in the 75m) and Wrenn Cumber who came 13<sup>th</sup> overall in the girls' competition (including 11<sup>th</sup> in the 600m and 12<sup>th</sup> in the standing long jump). Well done all on a great day of athletics!





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## REGIONAL & NATIONAL ROUND UP

### SUSSEX REPRESENTATIVES

It's quite difficult to keep up with all the amazing Lewes athletes who are selected to compete at county level and above - but here's a quick round up of what we know about! Apologies to anyone who isn't included - please do email us at [academy@lewesac.co.uk](mailto:academy@lewesac.co.uk) with any news.

#### Derek Crookes Inter Counties match

- Miles Levy and Herbie Belfield selected for U13 100m

#### South East Schools Inter-Counties Cunliffe Cup

- Otto de Burca selected for U15 200m
- Casper Dennis selected for U15 800m
- Bill Scott and Luca Mindel selected for U15 pole vault
- Isobel Docwra selected for U15 1500m
- Fernanda Wolfson selected for U15 75m hurdles
- Sylvie Ward & Iris Hitchmough selected for U15 pole vault
- Amber Flood selected for U15 discuss
- Emilia Singer selected for U17 300m
- Ava Hayes selected for U17 pole vault



### ENGLISH SCHOOLS COMPETITORS

Congratulations to all the athletes who achieved the national standards and were selected to compete in the ESAA English Schools National Championships - an amazing achievement!

- Sylvie Ward - U15 pole vault
- Iris Hitchmough - U15 pole vault
- Oscar Fermor-McGhie - U15 80m hurdles
- Luca Mindel - U15 pole vault
- Bill Scott - U15 pole vault (bronze medal) 🏅
- Emilia Singer - U17 300m hurdles
- Ava Hayes - U17 pole vault (bronze medal) 🏅
- Beth Boyes - U17 pole vault



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## FURTHER NEWS ROUND-UP

### NATIONAL LONG JUMP CHAMPION

Gold! Congratulations to Academy & Junior member Herbie Belfield, who won the Long Jump at the ISA National Championships Athletics Final in Birmingham with an impressive jump of 4.66m.

Herbie is pictured here after with Alexandra Bell, former Team GB 800m runner.

Herbie was also chosen to compete for Sussex at the annual Derek Crookes Inter Counties match, sprinting to 3<sup>rd</sup> place in the 100m against some really tough competition with a super time of 12.53, and picking up 8<sup>th</sup> in shot put.

Well done Herb!



### U13 SUSSEX LEAGUE - MATCH 3

As a team Lewes we scored 66 points and came 4th out of 6 which is pretty good with a small (but mighty) team! Well done to everyone who competed - some of you for the first time. Here are a few of the highlights:

- Herbie Belfield 1st - 75m sprint with a PB of 9.7 (A String) 2nd - Long Jump (A string)
- Django White 1st - 75m sprint (B String)
- Ralf Pelkonen 2nd - 150m & 600m (A string)
- Cecily Trotman 3rd - 75m sprint / 1st - High Jump (B String)
- Charlotte Millar 3rd - High Jump (A string)
- Iris Hooper 2nd - Long Jump (A string)

Well done team!





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August 2025

## SUSSEX U15 & RACE WALKING COMPETITION

### U15 SUSSEX LEAGUE - MATCH 3

The third Sussex U15 Match took place on Friday 4th July at Withdean Stadium and despite having a small team, Lewes came an impressive 5th. We had a great boys team for both the sprints and endurance and PB's were achieved by: Joe Hickey in the 100m, Joseph Payling in the 100m and 200m, Samuel Trotman in the 800m and Casper Dennis in the 1500m.

Joseph Payling ran in his first Sussex League and ran an absolutely tactically superb 300m and sprinted home into 2nd place. Joe, Joseph, Samuel and Rainbow ran brilliantly together to form a strong 4 X 100m relay team and came 5th overall, which is super impressive considering the high level of competition!

In the field events, Luca Mindel came 2nd in the pole vault A string and Remy Louis came 1st in the B string, both jumping to 3.40m. Joe Hickey took part in the high jump for the first time and jumped into 3rd place with a cracking leap of 1.60m.

The girls team had great runners in every track event and PB's were achieved by Sophie Witchell and Emily Hosmer in the 100m, Anna Westbury in the 300m, Izzy Docwra and Hannah Urben in the 800m and Emily Hosmer in the hurdles. Emily was running in her first Sussex League and took it all in her stride as she ran her first PB's.

Eliza Barry ran a fabulous 800m to come 2nd in the A string and Izzy followed in her speedy footsteps by coming 2nd in the B string! Fernanda Wolfson continued to perform brilliantly in the hurdles by coming in 2nd place with a blitting run! Fernanda also came 2nd in the Pole Vault with a mighty leap of 2.50m, which was an equal PB. The girls relay team pulled together to come into 6th place, overall and everyone ran fantastic splits.

The girls competed well in the field events too with Sophie Breeze jumping into 3rd place with 4.22m in the A string and Eliza Barry 4.18m in the B string long jump.

### 100th 100 MILES RACE WALK CHAMPIONSHIP: LEWES TRACK 16/17 Aug

This 24 hour race walking champ went ahead successfully this month. Race logistics were organised by our own Race Walking Coach and Official, Peter Selby. Volunteers provided food and drink to walkers throughout the night. The race finished with a good result for the Dutch. The relays were very popular. A strong team of our junior race walkers also took part in this unique event. Look out for race walking opportunities in the Academy this autumn.





## LEWES AC SUMMER CAMPS



We were delighted to welcome over 240 children to our three Summer Camps this July/August. We had 9 brilliant days which saw young athletes running, jumping and throwing at the track. Everyone looked to be having so much fun and many made new friends. Thanks to Jamie, Jess, Becky and our amazing team of over 15 coaches, coaching assistants and helpers, for making it so successful! We are already planning an October half term camp - watch this space.





# JUNIOR NEWSLETTER

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August 2025

## YOUTH DEVELOPMENT LEAGUE

### YOUTH DEVELOPMENT LEAGUE - UPPER AGE GROUP - MATCH 3

Well done to Dominic Redshaw and Henry Crook, who travelled the long distance up to Finsbury Park in north London to compete at the final U17/U20 YDL meeting on Sunday 6<sup>th</sup> July. Both competed well in the 100m and 200m, helping the small Team Sussex finish 6<sup>th</sup> overall. A big thank you to all the athletes who have competed throughout this league, and made such friends with our Team Sussex teammates!

### YOUTH DEVELOPMENT LEAGUE - LOWER AGE GROUP - MATCH 3

The third YDL match took place in heatwave conditions in Eltham, South London and our Lewes team were as hot in performance as the temperature was on the track and field!! There were 8 remarkable PB's in total with every participating athlete reaching new personal records in at least 1 of their events. The team was very small with just 6 athletes competing but they were amazing! Herbie Belfield continued his great winning streak for the U13 Boys by coming 1st in the shot put and 75m and 2nd in the long jump and all his family were there to cheer him on! Felix French competed in his first U13 YDL and achieved 2 fantastic PB's in the 150m and the long jump and came 5th in both. Sunshine Love achieved a PB in the U15 200m by cracking the 30 second barrier for the first time and Jasmine Clarke-Walker withstood the heat by reaching a new PB of 2.60m in the U15 pole vault. Casper Dennis ran an outstanding 1500m in the U15 Boys A string, taking the lead from start to finish and clocked in a new PB of 4.42.38. Rainbow Love also achieved 2 PB's in the 300m and the javelin.

### YOUTH DEVELOPMENT LEAGUE - LOWER AGE GROUP - MATCH 4

The weather took a turn for the worse for the fourth match of the U13/U15 YDL and everyone competed on a very wet track and tried to avoid the thundery showers! Felicity Frappell and Elizabeth Lawson continued to do the U13 girls proud: Felicity tried the 800m for the first time and got a PB of 2.56.66 and also continued to bounce brilliantly in the hurdles, coming 5th in both events. Elizabeth jumped to great heights in the U13 high jump and came in 2nd place and also ran a mighty 150m. The U15 boys and girls ran some smashing new PB's with Grace Moriarty running a PB in the 200m, Rainbow Love running a new PB in the 100m as well as Casper Dennis, Samuel Trotman, and Harry Chapman who all decided to run the 100m as well as the 800m! Remy Louis jumped an equal PB in the pole vault of 3.40m





## THE SENIOR SPRINT TEAM IN ACTION





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August 2025

## SOUTHERN ATHLETICS LEAGUE

### SOUTHERN ATHLETICS LEAGUE MATCH 2

A home venue gave our junior athletes an opportunity to shine at a very windy SAL at Lewes on Sunday 22<sup>nd</sup> June. A large contingent of U17 and U20 athletes made up the adult team, with some impressive top 3 performances:

Men's A 400m - 1st Edward Riseborough  
Men's B 1500m - 1st Theo Tarafder  
Men's A 1500m - 2nd Michael O'Connor  
Men's A 800m - 2nd Max Farley  
Men's B 100m - 2nd Louis Williams  
Men's A Long Jump - 2nd Louis Williams  
Men's A Pole Vault - 2nd Ivan Wray  
Men's B Javelin - 3rd Eoin Dacey

Women's A 200m - 1st Emilia Singer (PB)  
Women's A 800m - 1st Florence Tuesday  
Women's B High Jump - 1st Lilah Medlycott  
Women's B Pole Vault - 1st Beth Boyes  
Women's A 400m - 2nd Amelie Bedford  
Women's A Pole Vault - 2nd Ayla Kimpton-Bragg  
Women's A Long Jump - 2nd Maia Williams (PB)  
Women's A High Jump - 3rd Eliza Coles  
Women's B Shotput - 3rd Jia Atkins

Well done also to the athletes who got some well-deserved PBs in the blustery conditions: Philip Ojeniyi (100m), Isla Tivey (100m), Orla Walsh (100m/200m), Jake Briggs (400m/800m), George Brooks (1500m), Imogen Clarke (Pole Vault), Natasha King (Shot Put) and Jia Atkins (Javelin).

### SOUTHERN ATHLETICS LEAGUE MATCH 3

It was great to see more U17 and U20 athletes sprinting and jumping again in the third SAL match at Hastings on Sunday 13th July, with some good results against adult competitors:

Men's A 400m - 2nd Edward Riseborough  
Men's B 100m - 2nd Louis Williams (PB)  
Men's A Long Jump - 3rd Louis Williams  
Men's B Long Jump - 3rd Frederick Gander  
Men's A 3000m - 3rd Jamie McDowell  
Men's A 100m / 200m - 4th Dominic Redshaw  
Men's B 200m - 4th Eoin Dacey  
Men's A 800m - 4th Max Farley  
Men's A Triple Jump - 4th Frederick Gander

Women's A 400m - 2nd Amelie Bedford  
Women's A 100m - 3rd Isla Tivey  
Women's A Long Jump - 3rd Maia Williams  
Women's B 100m - 3rd Maia Williams  
Women's A 200m - 4th Isla Tivey  
Women's A Pole Vault - 4th Imogen Taylor

Congratulations also to Eoin Dacey with 2 PBs in the 100m and 200m, and also to Isla Tivey with a great PB in the 200m!





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## RULES OF TRACK ETIQUETTE

We have had some incidents of people walking across the grass whilst throws practise is taking place. As a reminder, please read and share the track rules below with your young athlete. These rules are designed for the safety of all track users – please follow them at all times.

### ALWAYS...

**ALWAYS LOOK BOTH WAYS** before stepping onto or crossing the track.

**ALWAYS WARM UP OR COOL DOWN IN A CLOCKWISE DIRECTION** – use the outer lanes (5 & 6) and give way to any oncoming athletes.

**ALWAYS TRAIN IN AN ANTI-CLOCKWISE DIRECTION** – use the inner lanes and overtake slower users on the outside – that is, to their right.

### NEVER...

**NEVER STAND ABOUT** on the track or congregate near the finish line. If not actively training, move off the track onto a safe area.

**NEVER CROSS THE GRASS** The grass infield is reserved for throws – crossing it could result in serious injury and sets a bad example for others.

### ONLY...

**ONLY SHOUT 'TRACK'** if you spot a *potential* collision.

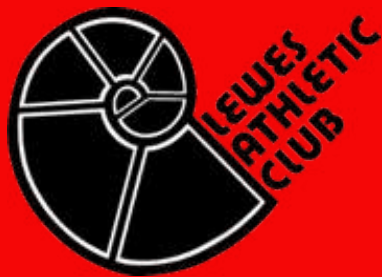
**BE ALERT AT ALL TIMES**

**ALWAYS BE POLITE AND CONSIDERATE**

**HELP NEWER MEMBERS LEARN THE RULES**







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## UPCOMING FIXTURES & NOTICES

### FINAL TRACK FIXTURES OF THE SEASON

- U13 Sussex League Final is during the day on **Sunday 7th September** at K2, Crawley
- U15 Sussex League Final is in the evening of **Friday 5th September** at Withdean, Brighton.

Sign ups are open now on the **Club Wiki page**.

- Crawley Open Meeting on Monday 25<sup>th</sup> August at K2, Crawley for U11s and above - [sign up via Roster by 21st August](#)
- Sussex AA 3k Championships on Sunday 7<sup>th</sup> September at K2, Crawley for U15s and above - [sign up via Roster by 3<sup>rd</sup> September](#)

### SHARING EVENT PHOTOS

- We are delighted to announce we now have a parent volunteer who has started posting up both competition participation and success on our Club Instagram and Facebook pages!
- **Please SEND event photos [leagueclubphotos@lewesac.co.uk](mailto:leagueclubphotos@lewesac.co.uk)** with the name of the young athletes in the photo, which event and competition it is, and the date.
- *Please note: we check all names for photography consent held within our membership system before posting anything.*

### ACADEMY STARTS AGAIN w/c 8th SEPTEMBER

Everyone should have received information confirming their Academy training slot. **Please make sure athletes arriving promptly to start at the allotted time** - we don't want athletes to miss messages and the warm up.

The **Academy term dates** for the 25/26 season have put up on our website. You can check the first and last Academy session on this page - <https://www.lewesac.co.uk/junior-academy/term-dates>

### DON'T POST ON SOCIAL MEDIA

We understand that you might want to take photos of your own athletes but this is a reminder to all parents (and athletes) *not* to personally post any photos / videos online of young athletes without the permission of their parents/carers.



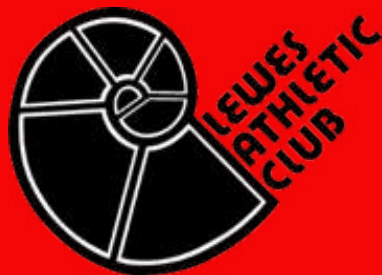
Thank you for your help with this!



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## UPCOMING WINTER FIXTURES

### CROSS COUNTRY / SPORTS HALL FIXTURES

The following are key, but provisional, dates - you can find the most up-to-date list on the Sussex AA website: <https://www.sussexathletics.net/take-part/events-information/>

#### September

Sat 20 <sup>th</sup> /21 <sup>st</sup>	South of England Road Relays (all ages)	Aldershot
Sat 27 <sup>th</sup>	Goodwood Cross Country Relays (Sussex Championships)	Goodwood

#### October

Sat 11 <sup>th</sup>	Sussex Cross Country League (1)	Goodwood
Sun 26 <sup>th</sup>	Sussex AA Sportshall League (1)	Worthing

#### November

Sat 8 <sup>th</sup>	Sussex Cross Country League (2)	Stanmer Park, Brighton
Sun 16 <sup>th</sup>	Brighton 10K + Junior Mile	Brighton
Sat 29 <sup>th</sup>	South of England Inter-Counties Cross Country (tbc)	Venue (tbc)

#### December

Sat 6 <sup>th</sup>	Sussex Cross Country League (3)	Ardingly
Sun 7 <sup>th</sup>	Sussex AA Sportshall League (2)	Worthing
S13 <sup>th</sup> /S14 <sup>th</sup>	SEAA Combined Events Indoor Champs	Lee Valley

#### January 2026

Sat 10 <sup>th</sup>	Sussex Cross Country Championships. (Junior & Senior)	Little Common, Bexhill
Sat 10 <sup>th</sup>	SEAA Under 13/15/17 Indoor Champs	Lee Valley
TBC	Sussex Schools Cross Country Championships	Waterhall, Brighton (tbc)
Sat 17 <sup>th</sup>	Sussex Masters Cross Country Championships	Coombe Farm, Lancing
Sat 24 <sup>th</sup>	South of England Cross Country Championships	Beckenham Park (tbc)
Sat 31 <sup>st</sup>	SEAA U15/U17 Indoor Intercounties	Lee Valley

#### February

Sat 7 <sup>th</sup>	Sussex Cross Country League (4)	Glyndebourne
Sun 15 <sup>th</sup>	Sussex AA Sportshall League (3)	Worthing
Sat 21 <sup>st</sup>	ECCA National Cross Country Championships	Sedgefield, Co Durham

