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Croesawu ymwelwyr fel pererinion - Welcoming Visitors as Pilgrims

CYLCHLYTHYR WYTHNOSOL - WEEKLY NEWSLETTER

14 - 21 Ionawr 2024

14 - 21 January 2024

Dydd Sul 14 Ionawr - Ail Sul yr Ystwyll Sunday 14 January - The Second Sunday of Epiphany

8.00 Holy Eucharist High Altar

President: The Canon in Residence

9.30 Parish Communion Lady Chapel

Preacher: Jane Hayward, Lay Reader

11.00 Choral Eucharist Nave

President: The Precentor Deacon: The Canon Pastor

Preacher: The Canon in Residence

6.00 Epiphany Carol Service Nave

Full details of the music sung at choral services can be found on the music list overleaf



A hearing loop is installed in the Nave and Quire – please switch your hearing aid to the T position



A larger print version of this leaflet is available – please ask

THIS WEEK'S MUSIC & SERVICE LIST

14 - 21 January 2024

In Residence: The Reverend Canon Marianne Osborne

14	The Second Sunday of Epiphany	8.00 Holy Eucharist High Altar 9.30 Parish Communion Lady Chapel Preacher: Jane Hayward, Lay Reader 11.00 Choral Eucharist Nave Sung by the Cathedral Choir Creator of the stars of night Psalm: 139. 1-10 Darke in F The wise men and the star Tarney Preacher: The Canon in Residence Hymns: 52, 56, 47	6.00	Epiphany Carol Service Nave Sung by the Cathedral Choir
15	Monday Reponses: Shephard	8.00 Morning Prayer & Holy Eucharist Lady Chapel	6.00	Choral Evensong Quire Sung by the Cathedral Singers Psalm: 71 Harwood in A flat Epiphany Chilcott Hymn: 46 (t. 128)
16	Tuesday Reponses: Stainer	8.00 Morning Prayer & Holy Eucharist Holy Trinity Chapel	6.00	Choral Evensong Quire Sung by the Choral Scholars Psalm: 89. 1-18 Fauxbourdons Arr. Rainbow A New Year Carol Britten
17	Wednesday Anthony of Egypt (356), Hermit & Abbot	8.00 Morning Prayer St Thomas Becket Chapel 10.00 Eucharist & Address Lady Chapel	4.00	Said Evening Prayer Lady Chapel
18	Thursday The Confession of Peter, Apostle Responses: Rose	8.00 Morning Prayer & Holy Eucharist Holy Trinity Chapel	6.00	Choral Evensong Quire Sung by the Cathedral Choir Psalm: 111 Brewer in D My Lord has come Todd Hymn: 49
19	Friday Responses: Rose	8.00 Morning Prayer & Holy Eucharist Lady Chapel 12.00 Pilgrim Prayers at the Shrine of St David	6.00	Choral Evensong Quire Sung by the Vicars Choral & Choral Scholars Psalm: 73 Sumsion in G Surge, illuminare, Jerusalem Byrd Hymn: 48
20	Saturday	 8.00 Morning Prayer & Holy Eucharist St Thomas Becket Chapel 2.30 Concert: A Viennese Celebration Nave Welsh National Opera Orchestra 	6.00	Said Evening Prayer Quire
21	The Third Sunday of Epiphany Responses: Rose	 8.00 Holy Eucharist High Altar 9.30 Parish Communion Lady Chapel Preacher: The Canon Pastor 11.00 Choral Mattins Quire Sung by the Cathedral Choir Psalm: 113 Stanford in B flat What child is this Arr. Noon Preacher: The Precentor Hymns: 55, 451, 377 	4.00	Choral Evensong Quire Sung by the Cathedral Choir Almighty and everlasting God Gibbons Psalm: 33. 1-12 Wood in E flat No. 2 No small wonder Edwards Preacher: The Canon in Residence Hymns: 27, 353, 415

COLLECTS, HYMNS AND READINGS FOR THE EUCHARIST

Processional Hymn

O worship the Lord in the beauty of holiness! Bow down before him, his glory proclaim; With gold of obedience, and incense of lowliness, Kneel and adore him, the Lord is his name!

Low at his feet lay thy burden of carefulness, High on his heart he will bear it for thee, Comfort thy sorrows, and answer thy prayerfulness, Guiding thy steps as may best for thee be.

Fear not to enter His courts in the slenderness Of the poor wealth thou wouldst reckon as thine: Truth in its beauty, and love in its tenderness, These are the offerings to lay on his shrine.

These, though we bring them in trembling and fearfulness, He will accept for the name that is dear; Mornings of joy give for evenings of tearfulness, Trust for our trembling and hope for our fear.

O worship the Lord in the beauty of holiness! Bow down before him, his glory proclaim; With gold of obedience, and incense of lowliness, Kneel and adore him, the Lord is his name!

Collect

Almighty God, in Christ you make all things new: transform the poverty of our nature by the riches of your grace, and in the renewal of our lives, make known your heavenly glory; through Jesus Christ your Son our Lord, who is alive and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

Colect

Hollalluog Dduw, yng Nghrist yr wyt yn gwneud popeth yn newydd: trawsffurfia dlodi ein natur; â chyfoeth dy ras, ac yn adnewyddiad ein bywydau; gwna'n hysbys dy ogoniant nefol; trwy Iesu Grist dy Fab ein Harglwydd, sy'n fyw ac yn teyrnasu gyda thi a'r Ysbryd Glân, yn un Duw, yn awr ac am byth. **Amen.**

1 Samuel 3. 1-10

Now the boy Samuel was ministering to the Lord under Eli. The word of the LORD was rare in those days; visions were not widespread. At that time Eli, whose eyesight had begun to grow dim so that he could not see, was lying down in his room; the lamp of God had not yet gone out, and Samuel

was lying down in the temple of the Lord, where the ark of God was. Then the Lord called, 'Samuel! Samuel!' and he said, 'Here I am!' and ran to Eli, and said, 'Here I am, for you called me.' But he said, 'I did not call; lie down again.' So he went and lay down. The Lord called again, 'Samuel!' Samuel got up and went to Eli, and said, 'Here I am, for you called me.' But he said, 'I did not call, my son; lie down again.' Now Samuel did not yet know the Lord, and the word of the Lord had not yet been revealed to him. The Lord called Samuel again, a third time. And he got up and went to Eli, and said, 'Here I am, for you called me.' Then Eli perceived that the Lord was calling the boy. Therefore Eli said to Samuel, 'Go, lie down; and if he calls you, you shall say, "Speak, Lord, for your servant is listening." 'So Samuel went and lay down in his place. Now the Lord came and stood there, calling as before, 'Samuel! Samuel!' And Samuel said, 'Speak, for your servant is listening."

1 Samuel 3. 1-10

Yn y dyddiau pan oedd y bachgen Samuel yn gwasanaethu'r Arglwydd gerbron Eli, yr oedd gair yr Arglwydd yn brin, a gweledigaeth yn anfynych. Un noswaith yr oedd Eli yn gorwedd yn ei le, ac yr oedd ei lygaid wedi dechrau pylu ac yntau'n methu gweld. Nid oedd lamp Duw wedi diffodd eto, ac yr oedd Samuel yn cysgu yn nheml yr Arglwydd, lle'r oedd arch Duw. Yna galwodd yr Arglwydd ar Samuel. Dywedodd yntau, "Dyma fi." Rhedodd at Eli a dweud, "Dyma fi, roeddit yn galw arnaf." Atebodd ef, "Nac oeddwn, dos yn ôl i orwedd." Aeth yntau a gorwedd. Yna galwodd yr Arglwydd eto, "Samuel!" Cododd Samuel a mynd at Eli a dweud, "Dyma fi, roeddit yn fy ngalw." Ond dywedodd ef, "Nac oeddwn, fy machgen, dos yn ôl i orwedd." Yr oedd hyn cyn i Samuel adnabod yr Arglwydd, a chyn bod gair yr Arglwydd wedi ei ddatguddio iddo. Galwodd yr Arglwydd eto'r drydedd waith, "Samuel!" A phan gododd a mynd at Eli a dweud, "Dyma fi, roeddit yn galw arnaf," deallodd Eli mai'r Arglwydd oedd yn galw'r bachgen. Felly dywedodd Eli wrth Samuel, "Dos i orwedd, ac os gelwir di eto, dywed tithau, 'Llefara, Arglwydd, canys y mae dy was yn gwrando'." Aeth Samuel a gorwedd yn ei le. Yna daeth yr Arglwydd a sefyll a galw fel o'r blaen, "Samuel! Samuel!" A dywedodd Samuel, "Llefara, canys y mae dy was yn gwrando."

Revelation 5. 1-10

Then I saw in the right hand of the one seated on the throne a scroll written on the inside and on the back, sealed with seven seals; and I saw a mighty angel proclaiming with a loud voice, 'Who is worthy to open the scroll and break its seals?' And no one in heaven or on earth or under the earth was able to open the scroll or to look into it. And I began to weep bitterly because no one was found worthy to open the scroll or to look into it. Then one of the elders said to me, 'Do not weep. See, the Lion of the tribe of Judah, the Root of David, has conquered, so that he can open the scroll and its seven seals.' Then I saw between the throne and the four living creatures and among the elders a Lamb standing as if it had been slaughtered, having seven horns and seven eyes, which are the seven spirits of God sent out into all the earth. He went and took the scroll from the right hand of the one who was seated on the throne. When he had taken the scroll, the four living creatures and the twenty-four elders fell before the Lamb, each holding a harp and golden bowls full of incense, which are the prayers of the saints. They sing a new song: 'You are worthy to take the scroll and to open its seals, for you were slaughtered and by your blood you ransomed for God saints from every tribe and language and people and nation; you have made them to be a kingdom and priests serving our God, and they will reign on earth.'

Datguddiad 5. 1-10

A gwelais yn llaw dde yr hwn oedd yn eistedd ar yr orsedd sgrôl a'i hysgrifen ar yr wyneb ac ar y cefn, wedi ei selio â saith sêl. A gwelais angel nerthol yn cyhoeddi â llef uchel, "Pwy sydd deilwng i agor y sgrôl ac i ddatod ei seliau?" Nid oedd neb yn y nef nac ar y ddaear na than y ddaear a allai agor y sgrôl nac edrych arni. Yr oeddwn i'n wylo'n hidl am na chafwyd neb yn deilwng i agor y sgrôl nac i edrych arni. A dywedodd un o'r henuriaid wrthyf, "Paid ag wylo; wele, y mae'r Llew o lwyth Jwda, Gwreiddyn Dafydd, wedi gorchfygu ac ennill yr hawl i agor y sgrôl a'i saith sêl." Gwelais Oen yn sefyll yn y canol, gyda'r pedwar creadur byw, rhwng yr orsedd a'r henuriaid. Yr oedd yr Oen fel un wedi ei ladd, ac yr oedd ganddo saith o gyrn a saith o lygaid; y rhain yw saith ysbryd Duw, sydd wedi eu hanfon i'r holl ddaear. Daeth yr Oen a chymryd y sgrôl o law dde yr hwn oedd yn eistedd ar yr orsedd. Ac wedi iddo gymryd y sgrôl, syrthiodd y pedwar creadur byw a'r pedwar henuriad ar hugain o flaen yr Oen, ac yr oedd gan bob un ohonynt delyn, a ffiolau aur yn llawn o arogldarth; y rhain yw gweddïau'r saint. Ac yr oeddent yn canu cân newydd fel hyn: "Teilwng wyt ti i gymryd y sgrôl ac i agor ei seliau, oherwydd ti a laddwyd ac a brynaist i Dduw â'th waed rai o bob llwyth ac iaith a phobl a chenedl, a gwnaethost hwy yn urdd frenhinol ac yn offeiriaid i'n Duw ni; ac fe deyrnasant hwy ar y ddaear."

Psalm 139. 1-10

O Lord, you have searched me out and known me: you know my sitting down and my rising up; you discern my thoughts from afar.

You mark out my journeys and my resting place: and are acquainted with all my ways.

For there is not a word on my tongue: but you, O Lord, know it altogether.

You encompass me behind and before: and lay your hand upon me.

Such knowledge is too wonderful for me: so high that I cannot attain it.

Where can I go then from your spirit?: Or where can I flee from your presence?

If I climb up to heaven, you are there: if I make the grave my bed, you are there also.

If I take the wings of the morning: and dwell in the uttermost parts of the sea,

Even there your hand shall lead me: your right hand hold me fast.

Salm 139. 1-10

Arglwydd, yr wyt wedi fy chwilio a'm hadnabod: Gwyddost ti pa bryd y byddaf yn eistedd ac yn codiyr wyt wedi deall fy meddwl o bell;

Yr wyt wedi mesur fy ngherdded a'm gorffwys: ac yr wyt yn gyfarwydd â'm holl – ffyrdd.

Oherwydd nid oes air ar fy nhafod: heb i ti Arglwydd ei wybod i gyd.

Yr wyt wedi cau amdanaf yn ôl ac ymlaen: ac wedi gosod dy law – drosof.

Y mae'r wybodaeth hon yn rhy ryfedd i mi: y mae'n rhy uchel i mi ei chyrraedd.

I ble yr af oddi wrth dy ysbryd: i ble y ffoaf o'th bresenoldeb?

Os dringaf i'r nefoedd, yr wyt yno: os cyweiriaf wely yn Sheol, yr wyt yno hefyd.

Os cymeraf adenydd y wawr: a thrigo ym mhellafoedd y môr,

Yno hefyd fe fydd dy law yn fy arwain: a'th ddeheulaw yn fy nghynnal.

John 1. 43-51

The next day Jesus decided to go to Galilee. He found Philip and said to him, 'Follow me.' Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael and said to him, 'We have found him about whom Moses in the law and also the prophets wrote, Jesus son of Joseph

from Nazareth.' Nathanael said to him, 'Can anything good come out of Nazareth?' Philip said to him, 'Come and see.' When Jesus saw Nathanael coming towards him, he said of him, 'Here is truly an Israelite in whom there is no deceit!' Nathanael asked him, 'Where did you come to know me?' Jesus answered, 'I saw you under the fig tree before Philip called you.' Nathanael replied, 'Rabbi, you are the Son of God! You are the King of Israel!' Jesus answered, 'Do you believe because I told you that I saw you under the fig tree? You will see greater things than these.' And he said to him, 'Very truly, I tell you, you will see heaven opened and the angels of God ascending and descending upon the Son of Man.'

Ioan 1. 43-51

Trannoeth, penderfynodd Iesu ymadael a mynd i Galilea. Cafodd hyd i Philip, ac meddai wrtho, "Canlyn fi." Gŵr o Bethsaida, tref Andreas a Pedr, oedd Philip. Cafodd Philip hyd i Nathanael a dweud wrtho, "Yr ydym wedi darganfod y gŵr yr ysgrifennodd Moses yn y Gyfraith amdano, a'r proffwydi hefyd, Iesu fab Joseff o Nasareth." Dywedodd Nathanael wrtho, "A all dim da ddod o Nasareth?" "Tyrd i weld," ebe Philip wrtho. Gwelodd Iesu Nathanael yn dod tuag ato, ac meddai amdano, "Dyma Israeliad gwerth yr enw, heb ddim twyll ynddo." Gofynnodd Nathanael iddo, "Sut yr wyt yn f'adnabod i?" Atebodd Iesu ef: "Gwelais di cyn i Philip alw arnat, pan oeddit dan y ffigysbren." "Rabbi," meddai Nathanael wrtho, "ti yw Mab Duw, ti yw Brenin Israel." Atebodd Iesu ef: "A wyt yn credu oherwydd i mi ddweud wrthyt fy mod wedi dy weld dan y ffigysbren? Cei weld pethau mwy na hyn." Ac meddai wrtho, "Yn wir, yn wir, rwy'n dweud wrthych, cewch weld y nef wedi agor, ac angylion Duw yn esgyn ac yn disgyn ar Fab y Dyn."

Offertory Hymn

Songs of thankfulness and praise, Jesu, Lord, to thee we raise, Manifested by the star To the sages from afar; Branch of royal David's stem In thy birth at Bethlehem; Anthems be to thee addrest, God in Man made manifest.

Manifest at Jordan's stream,
Prophet, Priest, and King supreme;
And at Cana wedding-guest
In thy Godhead manifest;
Manifest in power divine,
Changing water into wine;
Anthems be to Thee addrest,
God in Man made manifest.

Manifest in making whole Palsied limbs and fainting soul; Manifest in valiant fight, Quelling all the devil's might; Manifest in gracious will, Ever bringing good from ill; Anthems be to Thee addrest, God in Man made manifest.

Sun and moon shall darkened be, Stars shall fall, the heavens shall flee; Christ will then like lightning shine, All will see his glorious sign; All will then the trumpet hear, All will see the Judge appear; Thou by all wilt be confest, God in Man made manifest.

Grant us grace to see thee, Lord, Mirrored in thy holy word; May we imitate thee now, And be pure, as pure art thou; That we like to thee may be At thy great Epiphany, And may praise thee, ever blest, God in Man made manifest.

Recessional Hymn

As with gladness men of old Did the guiding star behold, As with joy they hailed its light, Leading onward, beaming bright, So, most gracious God, may we Evermore be led to thee.

- 2 As with joyful steps they sped,
 To that lowly manger bed,
 There to bend the knee before
 Him whom heaven and earth adore,
 So may we with willing feet
 Ever seek thy mercy-seat.
- As they offered gifts most rare
 At that manger rude and bare,
 So may we with holy joy,
 Pure, and free from sin's alloy,
 All our costliest treasures bring,
 Christ, to thee our heavenly King.
- 4 Holy Jesu, every day
 Keep us in the narrow way;
 And, when earthly things are past,
 Bring our ransomed souls at last
 Where they need no star to guide,
 Where no clouds thy glory hide.
- 5 In the heavenly country bright
 Need they no created light;
 Thou its Light, its Joy, its Crown,
 Thou its Sun which goes not down:
 There for ever may we sing
 Alleluyas to our King.

CATHEDRAL NOTICES

Upcoming Services

Saturday 3rd February, 2.30pm - Enthronement of the Bishop of St Davids

The Right Reverend Dorrien Davies will be Enthroned as the 130th Bishop of St Davids in this special service, steeped in ancient tradition and ritual. **Due to space limitations, please note this service is ticketed, by Invitation only.**

However, we are delighted that Bishop Dorrien will celebrate his first Eucharist as Bishop with us the following morning, **Sunday 4th February at 11am**, followed by drinks in the North Transept. Croseo i bawb—all are welcome to join us for the Eucharist.

Parish & Community Life

Pastoral Care - The Cathedral Clergy are always pleased to provide pastoral support and advice to people whenever they can. If you require a pastoral visit, please speak directly to a member of the clergy, or Cathedral Chaplains are on duty most days; however, all clergy can be contacted via the Cathedral office on (01437) 720202 or via email info@stdavidscathedral.org.uk

Cawl + Crumble - Saturday 20th January 2024, 12-2pm, The City Hall, St Davids. Come and join us for a delicious meal. Suggested donation £5pp. All profits will be divided between Wales Air Ambulance and Friends of the Holy Land. Croeso i bawb – All are welcome. Organised by St Davids and District Churches Together.

Week of Prayer for Christian Unity

Sunday 21 January 2.30pm, ecumenical service in St Michael's: speaker Father Richard Jones from St Michael's

Tuesday 23rd January, 2.30pm Seion Vestry Bible Study led by Parch Wiliam Owen (Bible Study in Welsh). Kindly hosted by Seion. Croeso i bawb.

Wednesday 24th January, 10am Holy Communion Service in the Cathedral with a special prayer focus for the Week of Prayer for Christian Unity. All welcome. Hot drinks and biscuits after the service.

Community Tea & Chat Wednesday 24th January; 3-4.30pm

Time to meet up during the week for chat and a cuppa and sometimes a bit of craft and reflection. We meet at $T\hat{y}'r$ Pererin and everyone is welcome.

Lesotho Coffee Morning/Bring & Buy Saturday 27th January; 10 -12noon

We have been supporting students in Lesotho. This year we hope to raise money to send students from Ysgol Penrhyn Dewi to Lesotho; for a reciprocal visit from students in Lesotho and for a joint exhibition to be hosted by the cathedral. Please join us in the City Hall.

Quiet Day: 'In the Wilderness' Friday 16th February 10am – 4pm

The exhibition, Crying in the Silicon Wilderness, by Romola Parish is with us from Ash Wednesday until 31st March. The fourteen embroidered 'icons' are based on the theme of

brokenness and restoration. We will be using these icons as a basis for our thoughts and reflections for the day and they will help us begin our journey through Lent.

Contemplative Prayer - Contemplative Prayer Group returns after the Christmas break from Thursday 25th January 2024 in the Lady Chapel at 10 - 11am. All welcome. For further information please contact Jayne MacGregor 07491 985180 / <u>jaynemacgregor@yahoo.co.uk</u>

Wednesday Midweek Holy Communion – 10am, Lady Chapel. Intimate, friendly service, followed by hot drinks and biscuits. All Welcome.

Flower Guild Needs New Volunteers - The St Davids Cathedral Flower Guild is seeking new volunteers, to help with the flower arranging in the Cathedral. The Flower Guild's work greatly enhances the beauty of our Cathedral, so if you might be interested in helping to arrange flowers throughout the year, then please get in touch! Please contact Moira Philips by emailing flowerguild@stdavidscathedral.org.uk for more details.

Food Bank - The Cathedral continues to support the local food bank by having a donation point near the shop at the rear of the nave. Any non-perishable food donations are always welcome and special requests will be noted at the donation point. Ian will now collect the Cathedral's contributions regularly once a month. The Cost of Living crisis continues to affect many people, so please give as much as you are able. Many thanks.

Library

Cathedral Library - The Cathedral Library is open to the public on Fridays and Mondays 2pm to 4pm. No bookings needed. Any Enquiries to: <u>Library@StDavidsCathedral.org.uk</u>. The Library is reached via a spiral medieval stone staircase adjacent to the Shrine of St David in the north presbytery aisle.

Cathedral Treasury - On public display in the Cathedral Treasury are rare artefacts and communion ware from the medieval, Tudor, Stuart and later periods. In the Library cases is one of the Cathedral's copies of the 404-year-old Welsh Bible from 1620 with its original wooden covers. Proceeds from the Donation Box go towards conservation and care of the Cathedral's Collection of Rare Books and artefacts.

Tour of Rarely Seen Parts of the Cathedral - The next Tour in this series will be held during half term on Tuesday 13th February, 2pm-3.30pm. Tickets can be booked for £10 in the Cathedral nave shop or online via EventBrite <u>Tour of Rarely Seen parts of St Davids Cathedral Tickets, Multiple Dates | Eventbrite</u>

Printer Cartridges – Your 21st century printing can support the care of our 16th century printed books in the Cathedral Library, at no cost to you. We receive payments for ink jet cartridges that we send to be recycled. There is a green collection box on the window sill in the Cathedral's north porch, so please bring your ink jet cartridges in and pop them in the box. Many thanks.

Education & Pilgrimage

Erw Dewi/Dewi's Acre Cathedral Community Garden

Everyone is welcome to join us in the Cathedral Community Garden (behind the Cathedral in The Close) for the next volunteer session **Saturday 20th January, between 10am-12pm**. For details Email: hello@dewisacre.org.uk or Tel: 01437 729151.

Information & Booking

If you would like to organise a pilgrimage or hire Tŷ'r Pererin, Education & Pilgrimage Centre please contact *Janet Ingram*.

Email: education@stdavidscathedral.org.uk

Tel: 01437 729151

Tŷ'r Pererin, Quickwell Hill, St Davids SA62 6PD

Please Support us Financially

Every year, the Cathedral has to find £1M to stay open and offer the level of excellence and beauty that makes it such a well-loved and cherished place.

We rely heavily on donations, and every pound really counts. If you would like to keep the Choir singing, the organ playing and contribute to all the other costs involved in keeping the Cathedral as a living place of worship, **please make a donation today.**

Contactless and cash donations can be made at the Welcome Desk.

Alternatively, you can make a donation via JustGiving by scanning this QR code.

If you are a tax payer, tick the box on the JustGiving site

or fill in a form at the Welcome Dock to ensure we can claim Cift Aid on your donation.

or fill in a form at the Welcome Desk to ensure we can claim Gift Aid on your donation.

Thank you.



Angharad Harris, Alto Lay Vicar Choral



ULTRA MARATHON FUNDRAISERS 2024

My Challenge

This year I will be embarking on 3 walking challenges to raise money for charity. These events are extremely tough and consist of a 100km walk in under 24 hours over a variety of terrains, rain or shine. My first event is the Jurassic Coast Challenge on the18th May which will feature sights like Durdle door and Lulworth Cove. The second takes place on the 22nd of June along the Cotswold way with rolling hills and trails. My third challenge is 50km along the South West coast where I will be joined by my mum for her first ever ultra event. I completed my first Ultra marathon in September 2022 and raised over £700 for Samaritans. This time I have decided to raise money for two charities: Endometriosis UK and Cats Protection. If you would like to support me, scan the QR codes and donate via my JustGiving pages. Diolch yn Fawr!

100km in under 24hrs

And all for a great cause

Cats Protection



Endometriosis UK



FIND OUT MORE

https://www.ultrachallenge. com/the-events/