

# The Andrew Clark Trust

## May Newsletter

TW/news/31/05/2026

Sunday, 31<sup>st</sup> May 2026

Dear Sponsors and Supporters.

Hello again. My opening wishes are that wherever you might be in the world that you are all safe and well. I send again my thanks to those of you who so kindly take the time to write to me and so kindly respond positively to my newsletters. Seeing so many of your messages of support in my inbox is such a joy and I am very grateful. Thank you

Already, mid-year approaches and soon half of 2026 will already have gone. Time seems to go by so quickly and suddenly, within the blink of an eye, it will seem like Christmas is upon us, unlike our own childhood days when each day could seem to be full of fun and last forever. Sadly, there is still little-known idea of happy school days returning any time soon for our children in Lintha when the days might seem to be endless for them but without the joy of shared play time with their friends in the classrooms and playgrounds at our school. Our hopes are for more settled times to come and to please come soon. We must keep the hope that before too long – just as quickly as Christmas will soon be here - that our school can ring with their laughter and conversations of our children once more.

We can however be reminded again of the happy times being enjoyed by the children at their lessons in the home-based classrooms of our teachers who remain in Yangon as they continue to carry out their daily lessons in their homes and on-line when it is easier for students who live further away and I will follow with pictures of these happy children further in this newsletter.

I am happy that this month I can write and include some further uplifting detail as we have received more news and pictures from our aid teams in Lintha, who have been distributing rice and oil to help displaced individuals and families who are sheltering there. During these exceptionally difficult times, especially when there is little or no paid work available and when food is scarce, we know that what can be found is expensive. There are so many people who are hungry without the means to be able to provide for themselves and we admire their remarkable strength and resilience. It has been comforting to be able to help them by providing them with aid helped so much by your wonderful, continued support of our charity. Pictures follow

I wrote last month about my niece Karyn who enrolled for a punishing 110-mile ultra-marathon challenge taking place over two days, where she planned to try to raise funds for our charity. She said that she had been inspired by Gary's London Marathon fundraising for our charity last year and thought that she might do the same. Karyn said she would do her best and try and complete the challenge. She set up a Givey page for donations that she hoped would help her reach her target of £1,100 – the equivalent of £10 per mile. If anyone would like to add to her total, here is a link to Karyn's Givey page.

[https://www.givey.com/karynshardmoors110ultramarathon?fbclid=IwdGRjcARcFNdleHRuA2FlbQIxMOBznRjBmFwcF9pZAo2NjI4NTY4Mzc5AAEeKk\\_2REGTfTbL5Oqiq32z3ziTS\\_RAUzkK6X5nyR5RsN7RS-OSacJmSVY1Lo\\_aem\\_AgiYc0Tb1OpSD6HrKXpkqg](https://www.givey.com/karynshardmoors110ultramarathon?fbclid=IwdGRjcARcFNdleHRuA2FlbQIxMOBznRjBmFwcF9pZAo2NjI4NTY4Mzc5AAEeKk_2REGTfTbL5Oqiq32z3ziTS_RAUzkK6X5nyR5RsN7RS-OSacJmSVY1Lo_aem_AgiYc0Tb1OpSD6HrKXpkqg)

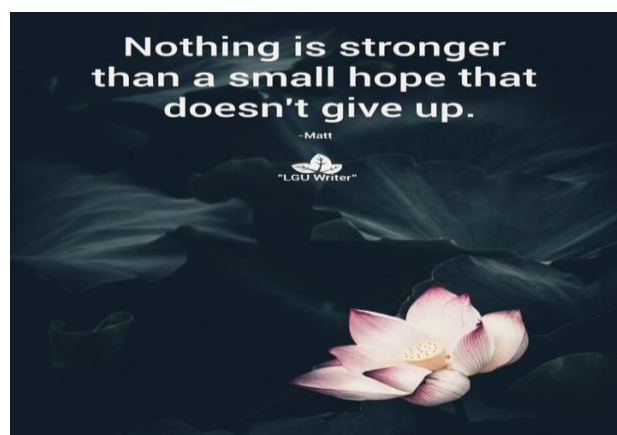
Along with my fellow Trustees, we thank Karyn and everyone who kindly gave support to her challenge for the benefit of our charity. We are immensely grateful.

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At 8am Saturday 23<sup>rd</sup> we went to see her off at the start and tracked her progress as she passed through the many checkpoints along the way. Early evening on Sunday 24<sup>th</sup> we were thrilled to see her running through the gate and cheered and applauded as she crossed the finish line completing the challenge without sleep in 34hours, 36minutes and 25 seconds.

Karyn has since spoken of her determination to complete her challenge ahead of taking on the famous event that has to be completed within 36 hours and follows parts of the stunning but demanding North Yorkshire coastline and countryside route of 110 miles. Here she tells me about her conquering her exhaustion overload on the immensely difficult terrain in a challenge that tested both body and mind in soaring temperatures. Explaining that the Hardmoors series is renowned for pushing competitors to their absolute limits with long distances, steep climbs and ever-changing conditions, this year the hot conditions of 35degrees added another greater challenge for the runners. Karyn explained that the heat had forced her to change her game plan completely and said that her support crew which included her husband Dean, kept her going and that in all honesty, without them she doubted that she would have been able to carry on as the route was so demanding. However, she further explained that there were plenty of very memorable moments along the way too. The cooler night helped with the painful climb up the immensely steep Roseberry Topping and the beautiful Three Sisters Hills, plus her delight at the support from communities along the route cheering her on, and then her rest stops to enjoy cheese and pickle sandwiches 😊 Despite the sunburn and very sore feet, Karyn summed it up simply by saying that she did it for the challenge, to be part of an amazing experience, and to try to raise as much support with donations for the Andrew Clark Trust – all of which she has done. She said that she is so grateful to everyone who has supported her and donated to our charity and has asked me to thank everyone on her behalf. **Do please take the time to watch a wonderful snapshot of her race on this short-form video link here:** <https://photos.app.goo.gl/RtcxzipvJSD2RoD8N6> I am sure that you will enjoy it. It's lovely, and we are so proud of her.

Today and every day, I thank you all for being such an important part of our hopes for our children, our school, our charity and our beloved Myanmar Thank you.



With my love.

*Tilly*

Tilly Wilkinson  
Trustee Administrator

The Andrew Clark Trust is a Registered Charity, Registered in England. Registration No. 1104134  
Internet: [www.myanmaraid.org.uk](http://www.myanmaraid.org.uk) / email: [admin@myanmar-aid.org](mailto:admin@myanmar-aid.org)

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Here are some of the families that have received food aid with oil and a sack of rice to Help them as they struggle with hunger. They are all so very grateful. More pictures of food aid for other families in next month's newsletter.



# The Andrew Clark Trust



# The Andrew Clark Trust

## KARYN'S CHALLENGE

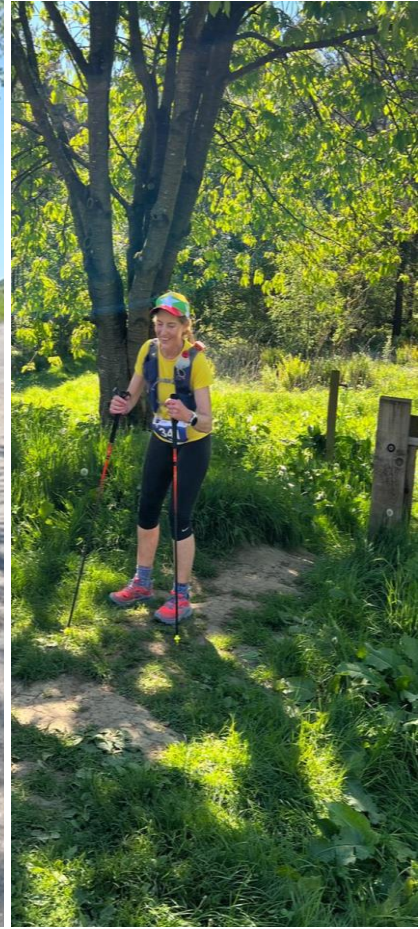


8am on Saturday 23<sup>rd</sup> for the race start at Filey on the East Coast. A beautiful day with temperatures already at 23degrees



At the start – 110 miles to go. The route takes you along the coastal path for 50 miles to Saltburn after passing Scarborough and Whitby before turning inland to the climb challenge of Roseberry Topping

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After coming off the cliffs into Saltburn the route passed through villages, beautiful woodland, difficult terrain and with steep climbs and high ridges



Not far to go now - just 10 miles to the finish line    Nearly there – just 5 miles to go

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Approaching the finish line – just 10 metres to go



Well Done Karyn



THANK YOU SO MUCH

# The Andrew Clark Trust



With her medal of Achievement



Sunburnt, tired and hungry



**KARYN'S  
(EPIC)  
110 MILE  
RUN?**

A map of the North York Moors area, showing the River Esk, River Don, and River Ouse. A silhouette of a runner is overlaid on the map. Key locations marked include Rievaulx Abbey, Helmsley, and Vale. Two QR codes are positioned on either side of the map.

**Filey to Helmsley 16,500ft 36 Hours**

This will take place on Saturday 23 & Sunday 24<sup>th</sup> May 2026  
to help raise funds for:

**The Andrew Clark Trust**

# The Andrew Clark Trust



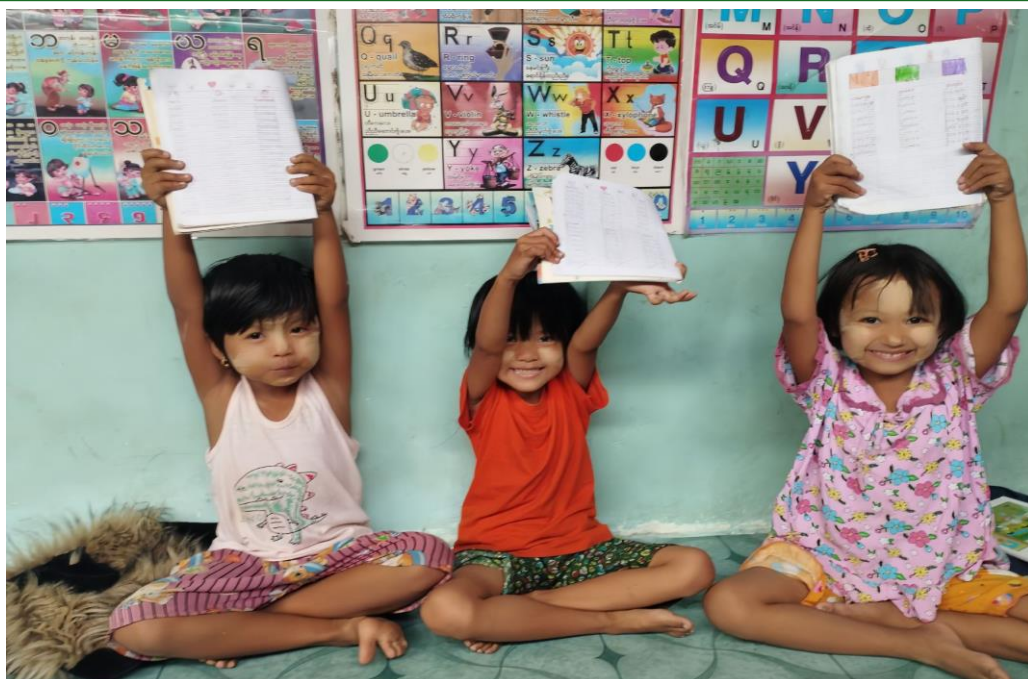
Here are pupils who are students of our teacher Chu Chu. Chu Chu teaches daily at both Beginner and Elementary levels. The children attend for their classes and are always full of enthusiasm and enjoy their learning experiences



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Here are pictures from our teacher Tin Tin Khaing's class along with her regular happy smiling pupils including in pink, the little superstar Ma May Thazin Aung, who I introduced to you previously following our last visit to Yangon. Tin Tin Khaing teaches Pre-school, Beginners and Kindergarten levels daily. The children are always happy and smiling



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Here are some of the students who attend our teacher Saw Mon's classes

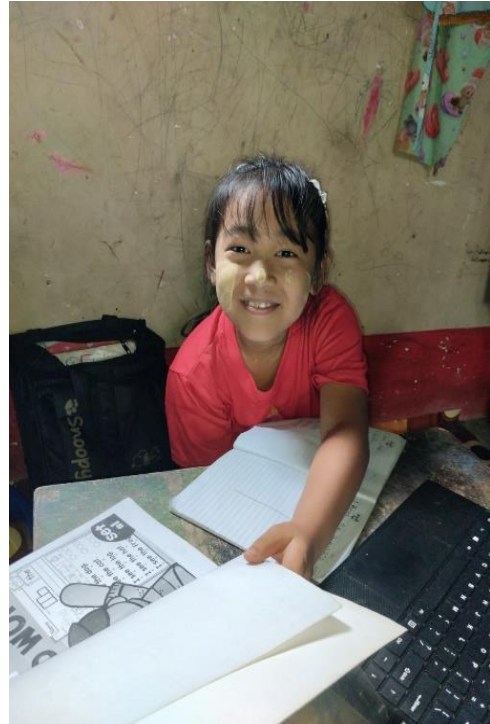


Our teacher Saw Mon teaches both Elementary and Beginners classes daily. She also takes classes on-line for her older students who are living further away and are unable to attend her lessons at home

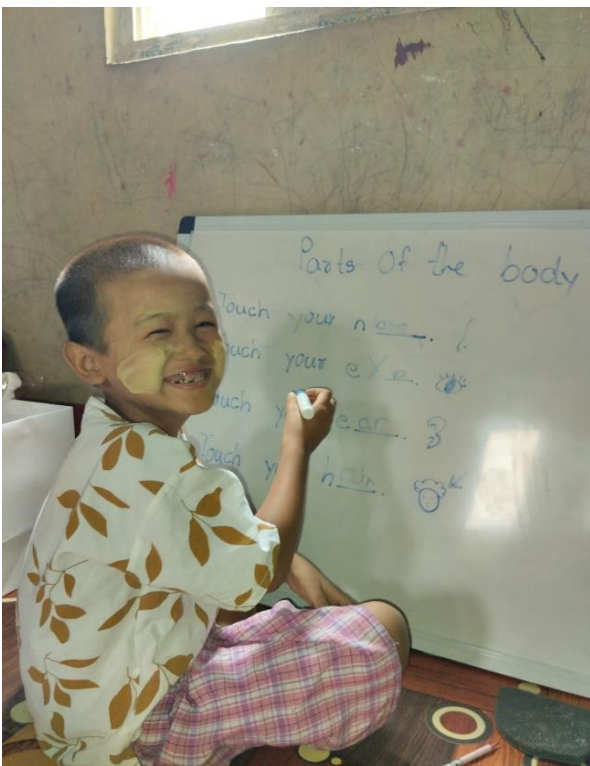


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Happy happy children attend our teacher Zarni Win's classes where she teaches daily and covers Kindergarten, Beginners, Pre-intermediate and Elementary levels.



Here we see just how much the children are enjoying their lessons



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Here at our Headteacher Chaw Su Khaing's class are her pupils who attend classes regularly. Chaw Su Khaing teaches seven days a week at various levels including Beginners, Pre-intermediate and Upper Intermediate. On-line classes are also held to enable those students who are living too far away from her classroom to continue with their learning.



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And finally, here at our teacher Ma Thandar's class are her regular pupils who are always very eager to come to their lessons and attend with great enthusiasm. I have written about several of the pupils previously when they have made excellent presentations about their class projects and life experiences. Ma Thandar teaches every day, and her classes cover - Beginners, Pre-Intermediate, Intermediate and Upper Intermediate levels

