

A note from our Chair

As we look back over the past few months, it is clear that our club is enjoying a season of exciting growth and renewed energy. Our athletes are giving fantastic performances in competition, with results that reflect not only their talent but also the commitment of those who support them. And special thanks to our coaching team, who have been resourceful and cooperative in running their sessions during the track closure.

At the same time, we are experiencing an unprecedented number of applicants, especially for our Junior Academy.

We're also thrilled to announce the opening of the newly refurbished track at Costello. This represents a fresh canvas for our athletes to train, compete, and dream big, and signals the ongoing commitment of our hosts to invest in the future of our club.

Looking ahead, we can't wait to welcome athletes to our September Open, taking place on Sunday, 14th September. This event promises to be one of our biggest yet, a testament to our growing reputation

and the tireless work of our volunteers and members.

However, with growth comes responsibility. While increased interest is incredibly exciting, we must face the reality that we are operating with a shortage of qualified coaches and officials. These individuals are the backbone of our club - their guidance, support, and expertise are vital for our continued success. Without them, we simply cannot sustain the level of excellence we aspire to.

So I urge you, as members and supporters of this club, to consider how you might help, whether it's through coaching, officiating, or encouraging others to get involved. The future of our club doesn't rest solely on the shoulders of our athletes - it depends on every one of us stepping up.

Warm regards

*Many Thanks
Brian*

Brian Long
Chairman



ARCHIE'S JUMPING TO GLORY!

Our GB long jumper and triple jumper Archie Yeo has done it again, being crowned UK Champion in the Triple Jump in Birmingham on 3rd August with a jump of 15.79m after having secured silver in the Long Jump the day before.

These accolades come on the back of a busy and successful season so far.

The winter of 2024/25 was a right-off due to injury but Archie came back strongly with victory in the Triple Jump at the BUCS outdoor championships earlier this season. This was followed up with the British U23 Long Jump title with a personal best jump of 7.87m which secured him selection for the European U23 championships in Bergen, Norway. A good performance in the qualifying round at these championships saw him through to the final where he achieved a very creditable 6th place with a jump of 7.86m.

Flying back from Bergen on the Monday morning, Archie immediately flew out to Germany for the World University Games where he again qualified for the final and ultimately finished in 8th place in a competition where he was ranked 16th out of 32 competitors with a number of Olympic athletes taking part.

His success in Birmingham at the UK Championships is the highlight of the year so far and demonstrates his talent for both events.

When asked to choose his favourite of his two events, he opted for Long Jump slightly over Triple Jump but reassured us that he enjoys both of them so we can expect many more accolades from Archie in the future!



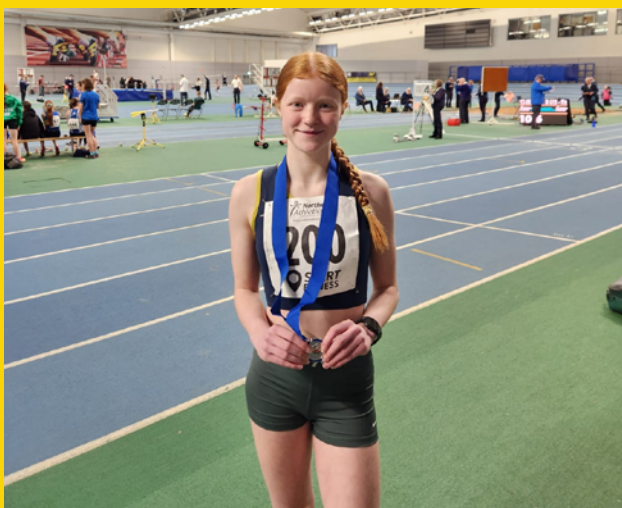


UNDER 15 800M CLUB RECORD FOR DEMI

Leeds Beckett University is proving to be the go-to track for new club records this season with the Holderness-based Leonard family finding trips to the West Yorkshire venue especially productive. After older sister Zara was one of the quartet of under 17 girls who set new figures for the 4 x 300m relay at April's YDL Upper Age Group meeting, it was U15 Demi's turn to rewrite the record book when she competed in her first British Miler's Club event on a chilly and breezy evening – not ideal record breaking conditions but after enduring a winter of Sunday morning sessions on Beverley Westwood not something that she couldn't handle!

One feature of BMC events is that most include a pacemaker in the line-up, similar to the way Diamond League meetings operate. The Leeds event was no exception with a target time of 67 sec for the first 400m being set. The pacemaker was a little quick but Demi sat slightly off the pace and came through the bell exactly on target. With the pacemaker dropping out at that point it was left to one of Demi's friends and training partner Lois Pottage (Beverley AC) to take up the running. The two of them had by this point opened up a gap over the rest of the field and with 150m remaining Demi made her move to the front. Finishing strongly down the home straight Demi crossed the line in 2:15.78 sec, a personal best by 2 seconds and 1.22 sec inside the old club record set in 2001 by Nikki Maddick.

The record capped a great comeback for Demi whose 2024 season came to an abrupt end when a seemingly innocuous accident on a school trip left her with a fractured tibia just 48 hours before she was due to compete in the English Schools Championships. Hopefully similar misfortunes can be avoided this year!



Demi pictured during the indoor season at EIS in Sheffield



Jodie adds to her Golden collection!

Jodie Martin's had a busy few weeks which has resulted in a couple of championship medals to add to her collection.

Her love of the Northern Championships continued when she took the senior 800m for the third time in the last four years – the winning streak only been broken in 2024 when she missed the entire season through health problems. In an extremely cagey tactical race Jodie found herself at the front of the field and after a slow well controlled first lap she gradually wound up the pace over the last 300m opening up a 10 metre gap on the rest of the field in the process, winning in 2:09.30.



Jodie now has 5 Northern titles under her belt – 4 at 800m as a senior and 1 over 400m at under 20 level.

After having previously experienced success at the England Athletics Under 23 Championships, taking gold over 800m in 2023 and bronze in 2024, the 22-year old Hull

University graduate stepped up into the senior age group for this year's championship held at a warm and breezy Alexander Stadium in Birmingham.

With no obvious leader after the first lap, Jodie made her move down the back straight, closing into second place with 200m to go (behind the race winner Molly Hudson from Derby AC). The pace continued to build in the home straight with Jodie battling for second place and crossing the line with exactly the same time as Annie Tester from Birchfield Harriers. Both girls were given the time of 2:10.49 but the nod was given to Annie, with Jodie taking the bronze medal.

Even so, a bronze medal at this level is a great start to any athlete's senior career and Jodie can look forward to the rest of the season confident of further improvements before the hard winter work begins again.

INVITATION TO THE NATIONAL RELAY CHAMPIONSHIPS FOR OUR RECORD-BREAKING U17 LADIES!



Record Breaking U17W 4 x 300m Relay Team

The 4 x 300m relay has proved to be successful event this season for our U17W. A team comprising Charlotte McKenzie, Amelia Walker, Alice Gilday and Zara Leonard were assembled to compete in the Upper YDL at Leeds Beckett University on 27 April. "We knew we had the capability of beating the club record" said coach, Leroy McKenzie, "and we discussed it prior to the start of the race whilst also putting together a race strategy. Although very nervous, the athletes all executed their legs perfectly and managed to get the baton to Charlotte with a good lead."

A final leg of 40.02 seconds by the latter was more than enough to see the team smash the previous record of 3:00.6 set in 2011 by more than 10 seconds with a time of 2:49.75 seconds. The new record has placed the team at No. 5 in the UK rankings with only two International teams (England Schs U17 Team and Scotland Schools U17 Team) and two club teams (Woodford Green Essex Ladies U17 Team and Blackheath & Bromley U17 Team) above them. This has subsequently led to an invitation from England Athletics to take part in the National Relay Championships on 17 August 2025 at the Alexander Stadium Birmingham. Unfortunately, a couple of the athletes involved in the record breaking performance are unavailable due to holidays however, we still hope to take a strong team.

ENGLISH SCHOOLS CHAMPIONSHIPS, BIRMINGHAM, 11/12 JULY 2025

A huge well done to athletes Abi Wallis, Alice Gilday, Charlotte McKenzie and Elizabeth Lingard for not only qualifying to represent Humberside at the ESAA Championships in Birmingham but also for putting in great performances without having the use of a track to train on for the majority of the lead in period.

Abi recorded a PB of 12.80 over 100m, Alice recorded a PB of 45.79 over 300mH, Elizabeth recorded a PB of 25.90 over 200m and Charlotte recorded a second ever sub 40 time of 39.64 over 300m.

NORTHERN U13, U15 & U17 CHAMPIONSHIPS, LIVERPOOL 2025

It was great to see a good turn-out of KuHAC athletes at the Northern U13, U15 & U17 Championships in Liverpool and that included a number of sprinters from Leroy McKenzie's group.

Athletes Abi Wallis U15 (100m; U); Alice Gilday U17 (300mH); Amelia Walker U17 (300m); Charlotte McKenzie U17 (300m); Joanna Korzen U17 (300m); Lily Hainsworth U15 (100m; 200m) all competed and put in great performances in ever changing weather conditions.

Charlotte McKenzie came away with a silver medal over 300m after an epic battle with Ruby Phillips (Wirral) in the home straight. Alice Gilday came away with a bronze medal over 300mH after battling with UK No. 3 athlete Renee Adams (Southport Waterloo)

Congratulations to Charlotte and Alice on achieving medal positions and congratulations to all who took part. Keep up the great work.



Alice & Charlotte with their medals.

ESAA TRACK & FIELD CHAMPIONSHIPS

Birmingham (11th/12th July)

Qualifying for the English Schools track and field championships is a great achievement – this is the where the future stars of our sport have the opportunity to compete with the best in their age group from across the country.

We caught up with U15 discus thrower, **PHOEBE MOORE**, who told us all about her experience at the Alexander Stadium as part of this year's Humber Schools team.



CONGRATULATIONS ON YOUR SELECTION FOR THIS YEAR'S CHAMPIONSHIPS. IS THIS THE FIRST TIME YOU'VE BEEN SELECTED?

No – I was selected last year for the Junior Girls Discus.

WHAT EVENT(S) WERE YOU COMPETING IN?

I was competing in the Junior Girls Discus again.

WHEN DID YOU QUALIFY (MEETING/DISTANCE)?

I initially qualified with a PB of 29.06m in May but a week later smashed my PB with 31.16m at the Humber Open in Grimsby (which ranked me 5th in the country).

HOW DID YOU FEEL ABOUT GOING?

I was nervous even though I went last year. I knew what to expect but it was still nerve-racking as it's such a big event. There's a large crowd watching you so you feel the pressure. It's a great atmosphere though.



WHAT WERE YOU LOOKING FORWARD TO THE MOST?

Competing. It's a high standard of competition and it's great to meet new people who compete in your event

HOW WAS THE TRAVEL AND ACCOMMODATION?

The Humber Team travelled to Birmingham together on the bus on the Thursday. We all stayed at a Holiday Inn which was about 15 minutes away from the stadium. We each shared our room with another team member (I shared with Amelia Fraser who is also a discus thrower). We stayed Thursday and Friday night and travelled home after the Championships finished on Saturday.

HOW WAS YOUR COMPETITION?

I was disappointed with my performance. I had 2 no throws so my 'safe' throw was a long way below my best. I finished 9th so just missed out on the top 8 who all had another 3 throws.

HOW DID YOU FEEL ABOUT YOUR PERFORMANCE?

I think my nerves got to me. I felt I controlled my nerves better than last year but it still affected my performance. My disappointment just makes me more determined as I know I can do better.

HIGHLIGHTS OF THE WEEKEND?

The team spirit. It was great to all travel and stay together. We had a lot of fun and all supported each other. There was a great team atmosphere.

ANY ADVICE FOR OUR ATHLETES QUALIFYING AND ATTENDING FOR THE FIRST TIME NEXT YEAR?

Try to control your nerves, go to bed early before you compete and enjoy it! It's a brilliant experience.





SEB'S MEDAL WINNING DEBUT

Seb Pearson took a big step forward in his track career when contesting the Under 20 1500m event in the Northern Championships on a stifling hot day in Derby. With quality athletes from as far afield as Cumbria & Northumberland, a close race was guaranteed and the tension increased as no one took on the pace resulting in a slow 69 second first lap. Seb managed to work his way into a good spot and stayed out of trouble with the pack still bunched and he was able to work his way into contention as the pace picked up. With confidence high after a big personal best in the previous week's Northern League match, Seb kept his position throughout the race crossing the line in a fine 3rd place – his time of 4:01.34 sec being just over a second behind the winner.



Seb quickly moved on to contest his first English Schools Championships as one of a team of 19 athletes to represent Humberside Schools AA. With over 1800 competitors and teams from every English county this two day event which has now made its home at Birmingham's Alexander Stadium features events for three age groups age for boys and girls – under 15, under 17 and under 19. The English Schools Athletics Association celebrates its 100th anniversary in 2025 and a special feature of the event was a Parade of Past Champions. Among those taking part were Olympic Heptathlon Champion from Sydney 2000 Dame Denise Lewis and Humberside's own Sue Hearnshaw (now Richardson) the bronze medallist from the 1984 Los Angeles Olympic long jump. On one of the hottest days of the year, Seb had to wait until after 6pm to run his heat of the senior 1500m and after a real cat and mouse affair with frequent changes of positions, he charged down the home straight to take the 4th qualifying spot, beating several athletes ranked ahead of him in the process. Going into the final with the slowest personal best time of the 14 qualifiers, Seb ran a mature and well judged race to finish a highly creditable 11th reducing his best time to 3 min 57.32 sec – quite an achievement for his second race in less than 24 hours.



England Senior, U20 & Para Champs results

Birmingham 26/27th July

Congratulations to **OLIVER ADNITT** who finished second in the senior Decathlon with a new club record of 7410 points (the first time we've had an athlete break the 7000 points barrier).

His performances over the two days were impressive in all ten disciplines:

- | | |
|---------------------|-----------------------|
| • 100m – 11:09 | • 10m hurdles – 14:67 |
| • Long Jump – 6.98m | • Discus - 34.41m |
| • Shot – 12.73m | • Pole vault – 4.35m |
| • High Jump – 1.98m | • Javelin – 57.43m |
| • 400m – 49:15 | • 1500m - 4:37 |



Well done to **BETH MOODIE** who finished 4th in the U20 Javelin with a season's best throw of 41.80m.

Record Breakers!

What a season we're having with records and PBs galore! Here's some of the new club record performances we've enjoyed so far this summer. Congratulations to all the athletes involved – the hard work in training is definitely paying off!

New club records:

Emmanuel Leis Mendez, U13 boys 75m (10.03) and 150m (19.57) (pictured bottom right)

Amelie Cole, U13 70m hurdles (11.60)

Charlotte McKenzie U17 300m (39.57)

Demi Leonard, U15 800m (2:15.78) – see story on page x

Zara Leonard, Amelia Walker, Alice Gilday, Charlotte McKenzie U17 4x300m Relay (2:49.75)

Amelie Cole, Kendra Antwi-Bosiako, Annabelle Thompson, Mila Telford U13 4x100m (53.44) (pictured)



Meet our Welfare Team

We believe that athletics should be safe, fun and inclusive for everyone. That's why we're proud to introduce our Welfare Team – we are here to support the well-being of all our athletes, volunteers and coaches.

Our Welfare Officers are your first point of contact for any safeguarding concerns or if you just need someone to talk to in confidence. They help ensure we follow UK Athletics and England Athletics' safeguarding policies, and they work hard behind the scenes to keep our club a respectful, supportive space for all.

Look out for our friendly faces at training and events – or feel free to get in touch anytime.

ABI GABEL - Hi I'm Abi, we may have met in the clubhouse - I can usually be found there on a Tuesday evening. When I'm not making tea and coffee or lugging bags of trainers for Joe, I work as a doctor in the NHS, a mentor and teach medical students. I have experience of safeguarding through my jobs and voluntary roles. When I'm not at work or the club, I enjoy trying to play the double bass and making jewellery. abigabel@doctors.org.uk

LEE GABEL - Hi I'm Lee, I'm a welfare officer and club chaplain. I got involved with KuHAC through my son Joe. I have experience in safeguarding through my job as a vicar and as a school governor. leebbgabel@gmail.com

REBEKAH KOYUNCU - Hi I'm Rebekah. My son, Tristan, is a hammer thrower with the club. I have worked with young people in the past and done lots of safeguarding however now I teach adults - not as much backchat! 😊

I am a qualified Sign Language Interpreter... no I can't teach you any swear words! I love roller coasters rides - the bigger the better! I have my motorbike license but now I'm a responsible mum, I just drive a car! rebekah@1309@outlook.com

Come and say 'hi' when you see us out and about!



Abi Gabel



Lee Gabel



Rebekah Koyuncu

ROUND UP FROM THE HAMMER CIRCLE

Shaun Kerry – Senior M

In the FISU World University Games, Shaun came 13th, throwing a distance of 61.99m. At the Northern University Cup, Shaun took gold, achieving a throw of 63.42m: a season best ranking him 14th in the UK amongst all seniors. Shaun competed in the England Athletics National Championships, throwing a distance of 62.22m. Commenting on his World University Games, Shaun said: "It was certainly a great experience for me, not just being able to compete against some of the best throwers in the world, but also being part of an international team for the first time as a senior athlete. It's definitely an experience I'll never forget, and hopefully is just the beginning."

Tristan Koyuncu – U15 B

This year in the English Schools Championships, Tristan placed 4th with a throw of 43.19m. This was Tristan's first experience of English Schools and he performed exceptionally well. Tristan currently ranks 8th in the UK with a SB and PB of 45.66m (achieved at the Humber County Championships).

Ella McIntosh – U20 G

Ella ranked 3rd at English Schools with a PB of 50.84m, finally breaking the 50m barrier! Ella is currently ranked 3rd in the UK. A throw of 49.94m gained Ella the title of Yorkshire County Champion. At the England Athletics Northern Championships, Ella placed 2nd with a distance of 45.35m. Ella gains many points for the club through her participation in team events: senior leagues and YDLs.

John Twiddle – V55 M

Following on from his success in winter, where he won the British Masters gold title (shot put), John achieved a throw of 39.40m at the England Athletics National Championships, ranking him 4th overall in the competition. In the Humberside County Championships, John returned home county champion, throwing a distance of 44.78m, ranking him 4th in the UK. John is a huge support and an excellent role model to all of the other hammer throwers. When he is not competing, he is always on the side lines cheering the squad on. He is a greatly valued and appreciated member of our team. As well as hammer, John focuses on discus and shot put; he has achieved 12.88m in shot, an outdoor SB, ranking him 1st in UK.

Cassidy Crowe – U15 G

Cassidy came 4th in English Schools with a throw of 43.98m. At the England Athletics Northern Championships, Cassidy won gold with a distance of 42.24m. Cassidy's current PB and SB of 46.67m currently ranks her 4th in the UK (achieved at a York Series Open).



Shaun Kerry



Cassidy Crowe

Continued over...

ROUND UP FROM THE HAMMER CIRCLE

Continued

Darren Gibson – V60 M

At the Humber County Championships, Darren achieved a throw of 32.33m which placed him 3rd in the competition and also ranked him 17th in the UK. Darren also placed 3rd in the weight throw with a distance of 12.19m, ranking him 9th in UK. Darren is a dedicated athlete and is always present at training no matter what the weather. He is an inspiration to all!

Lizzie Fry – U17 G

Lizzie threw a personal best at the Humber County Championships, throwing a distance of 35.25m; this placed her 28th in the UK. Lizzie is a valuable member of the team who always steps up a team events to score additional points; in the senior league, Lizzie stepped up to compete in the three throws: hammer, discus and shot put, requiring her to throw an increased weight in hammer of 1kg. Lizzie placed 2nd in the Scunthorpe Senior League event, throwing a distance of 26.60m and 3rd in the Sheffield Senior League event with a distance of 25.58m.

Dave Smith – V60 M

Dave competed at the Humberside County Championships, throwing the hammer 48.02m - this ranks him 3rd in the UK. Dave also entered the weight throw with a winning distance of 15.84m, ranking him 1st in the UK. Dave placed 3rd in discus with a throw of 30.83m. As well as being an exceptional athlete, Dave is a brilliant coach; he is valued by all of his athletes who he ensures achieve their potential through teamwork and unwavering dedication.

Logan Cowling – U15 B

Logan has achieved an outstanding set of distances with a podium finish in every competition this season: twenty-two gold and one silver. Logan's most prestigious achievement was his gold medal for shot put at English Schools where he achieved a throw of 16.25m - a PB by 62cm, ranking him 1st in the UK. Logan is the Northern Champion for both discus and shot put; he threw a distance of 49.63m in discus at the Humber Open. This was a PB and ranked him 2nd in the UK. He is a valued member of our hammer training squad.



Ella McIntosh & Shaun Kerry



Logan Cowling

Date for your diary

We're excited to be hosting the **JULIE GIBSON MEMORIAL OPEN MEETING** on Sunday 14th September at Costello Stadium. The meeting is being dedicated to Julie Gibson, our committed and long-serving Club Secretary, who lost her battle with cancer earlier this year.

Full details are available on [Roster](#).

All forthcoming meetings and events are listed on our website so please check regularly to make sure you don't miss out!



HUMBER ROAD RACE CHAMPIONSHIPS SATURDAY 4TH OCTOBER

**Ennerdale Leisure Centre Cycle Track,
Sutton Road, Hull. HU7 6EA**

First event 10am – expected to finish no later than 3pm

- U11 Boys and Girls 1,000m (1 Lap)
- U13 Boys and Girls 2,000m (2 Laps)
- U15 Boys and Girls 3,000m (3 Laps)
- U17 Men and Women 3,000m (3 Laps)
- U20 Men and Women 5,000m (5 Laps)*
- Senior and Vet Men and Women 5,000m (5 Laps)*

* This is a County Championships Event and as such the Senior and U20's 5,000m events has a strict time limit of 40 minutes.

Entries will close at 23:59 on Wednesday 1st October



[CLICK HERE TO ENTER VIA ROSTER](#)

We Need You!

Would you like to get more involved with the club? We currently have the following vacancies and would welcome any interest.

- **Track Officials Coordinator**
- **Timekeeper Support**
- **Data Protection Coordinator**
- **Health & Safety Coordinator**

If you'd like to find out more about any of these opportunities, please email Brian Long at: blong5329@gmail.com

