

A note from our Chair

Welcome to our fourth newsletter. Although the weather is still testing our patience, brighter days are on the horizon and with them the start of the new outdoor season. As we prepare, we'll be exploring new initiatives to support the club's continued growth and ensure we build on the momentum of recent years.

Please do mark 25 April in your diaries for our Spring Open Meeting. This year is also a special one for us – the club turns 25 years old. We'll be sharing plans later in the season about how we intend to celebrate this milestone, so keep an eye out for updates.

As always, I would encourage you to consider supporting the club as a volunteer. We currently have several important vacancies, including Welfare Officer, Timing Equipment Support, and Health & Safety. Your time and expertise make a real difference to what we can offer our athletes.

At our recent AGM, we reflected on the many strengths of our club, as well as the planning needed to ensure we continue to thrive. I also confirmed my decision not to stand for another year as Chair.

However, I'm certainly not stepping away – I will be returning to my former role as Treasurer, and I look forward to continuing to support the club in that capacity.

I am delighted to introduce our new Chair, Ben Thompson. Many of you will already know Ben, and for those who don't, I'm sure you'll see him around trackside and in the field very soon. His energy and commitment will serve the club well, and I'm confident he will lead us into an exciting new chapter.

There is much to look forward to this year. I hope you enjoy this newsletter, and I wish every athlete, coach, volunteer and supporter a 2026 season full of progress, enjoyment and success.

Warm regards
Brian



Brian Long
Chairman

FIRST REPRESENTATIVE HONOURS FOR SEB

17-year old **Seb Pearson's** outstanding form on track, road and country has been recognised with selection to represent Northern Athletics in the annual Home Countries International & Inter Regional match, held as part of the high profile Cross Challenge series, now a well established part of the winter programme in the UK. With all the home nations and English regions taking part, the standard is always extremely high and this year's event at Parliament Hill Fields in London was no exception.

Seb's build up to the big event was far from ideal with a niggling leg problem which flared up before Christmas causing numerous amendments to his planned training schedule. Until then Seb's results throughout the autumn had been outstanding with a clear win in the Humber Road 5k Championship, along with a superb win and a huge personal best in the York 5k. Unfortunately the injury meant Seb had to miss the Humber Cross Country event but as the problem began to clear he slowly built training up again to the level where he was fit enough to make the trip south.

A race over 8k on the testing Parliament Hill course is a challenge at any time but add lots of mud, and the

continuous heavy rain which greeted the athletes, then an even harder afternoon was guaranteed. Seb started the race cautiously but soon got into his running and established as good a rhythm as the twisty and slippery course allowed, gradually moving up the field to finish in an outstanding 18th place, the 2nd member of the Northern team to cross the line. The race was won by the Salford Harrier Jack Marwood, representing England.

The team race was won by England South with the Northern team finishing a highly creditable 3rd.

Seb will now be hoping for an uninterrupted block of training prior to the two remaining major cross country events of the season – the Inter Counties Championships in Nottingham and English Schools Championships in Liverpool, both taking place in March.



NORTHERN U13 & U15 INDOOR CHAMPIONSHIPS

Sunday 1st Feb - Sheffield

MEDAL ROUND-UP

U15 BOYS SHOT

Logan Cowling
1st - 15.66m
(Championship Record)

U15 GIRLS LONG JUMP

Daisy-Rose Agostinho
2nd - 5.01m

U13 BOYS LONG JUMP

Leo Forsyth
3rd - 4.27m (PB)

U15 BOYS HIGH JUMP

Joshua Mendez
2nd - 1.40m (=PB)

U15 GIRLS 60M

Lily Hainsworth
3rd - 8.02 secs (PB)



Lily Hainsworth

NORTHERN CROSS COUNTRY CHAMPIONSHIPS

24th January - Pontefract

Well done to the 5 athletes from our club who competed at the Northern Cross Country Championships on 24th January at Pontefract Racecourse.

U13 BOYS

Fin Miller - 53rd - 13:51

U15 GIRLS

Megan Lewis - 62nd - 17:51

Megan Morley-Smith - 72nd - 18:05

Sophie Milner - 98th 19:30

SENIOR MEN

Gregan Clarkson - 145th - 48:14



Megan Lewis & Sophie Milner



Gregan Clarkson

NATIONAL INDOOR CHAMPIONSHIPS

National Champion



Congratulations to **Logan Cowling** on his victory at the National Age Group Championships in Sheffield on 8th February. He secured Gold in the U15B Shot with a personal best of 16.61m.

New Club Record



Well done and congratulations to **Alice Gilday** who set a new club record of 8.86 secs in the U17G 60mH at the same championships.

NORTHERN INDOOR CHAMPS U17/U20/SENIOR

EIS, Sheffield
10th/11th January



Alice Gilday



Charlotte McKenzie

Congratulations to our medalists at the Northern Indoor Championships in Sheffield in January.

Freddie Yeo was crowned U20 Long Jump Champion with a PB of 6.32m. Well done Freddie!

Congratulations also to **Alice Gilday**, Bronze medalist with a PB of 8.99 secs in the U17 60mH, and to **Charlotte McKenzie**, Bronze medalist in the U20 Long Jump with a best jump of 5.45m.

ANNUAL GENERAL MEETING

Thank you to those who attended our AGM on 12th February. The minutes of the meeting will be available to review in the Clubhouse.

The new Committee officers and members are as follows:

- Chair: Ben Thompson
- Secretary: Anita Pace
- Treasurer: Brian Long
- Membership Secretary: Karen Lonsdale
- Welfare Officers: Abi Gabel & Mike Gill
- Coach Coordinator: Leroy McKenzie
- Members: Dave Smith, Adam Cole & David Rivers

ENGLISH SCHOOLS QUALIFICATION



Congratulations to **Amelia Fraser** for achieving well over the English Schools qualifying distance in the Discus with a PB of 37.14m at the EA North and Midlands Winter League Long Throws Championships in Leigh on 8th February.

PASTURES NEW

Congratulations and good luck to athletes Sebastian McKenzie and Lewis Blanchard on new pathways of their sporting journeys. Seb has signed for Hull FC Rugby League team on their scholarship programme and Lewis has signed for Bridlington Town on their apprenticeship programme. Seb who has 109 KuHAC performances to his name will continue to train and compete for KuHAC where possible as will Lewis who has 21 performances to name. Good luck both, we wish you all the very best for the future.



TRACK CLOSURES

Please note that Fitmums & Friends will be using the track exclusively at the following times. The track will therefore be **closed** but the **throw areas will be open as usual**. The sessions are 10:00 - 11:00am and the dates are:



THE YOUTH TALENT PROGRAMME – WHAT IS IT?

Following the story about Charlotte McKenzie’s selection for the Youth Talent Programme (YTP) in last month’s newsletter, here’s some more information about the Programme.

The YTP is the first stage in England Athletics Talent Pathway. The YTP is for U18 (mainly Years 12/13 at school), the Junior Talent Programme is for U20 and the Senior Talent Programme for U23 and Senior.

The YTP is a two-year Programme involving three sessions each year (2-day camps usually at Loughborough in October, December and March) and joining Charlotte this year is Amelia Fraser who has also been selected for the Discus – congratulations Amelia.



Amelia Fraser

Amelia applied to the Selection Panel who decide if athletes are of a suitable standard to join the Programme. As well as the sessions in Loughborough, athletes also have a lot of work to do at home and are assigned a Mentor with whom they communicate regularly online, and have an Individual Athlete Plan to produce as well as several assignments to cover. As well as the event specific training, there are also sessions on RAMP Warm Ups (Raising, Activating, Mobilising, Potentiating), Physical Preparation (for Throwing in Amelia’s case), Strength and Conditioning, Psychology, Nutrition and Lifestyle, Safeguarding in Sport and Athletic Behaviour.

It is quite a rigorous programme as at the end of it, if successful, you are awarded a Diploma in Sporting Excellence (DISE) and can receive UCCA points to help with your university applications, should you wish to go to university.

Other KuHAC athletes who have successfully completed the YTP are Holly Adams and Beth Moodie (both now at Loughborough University) and Matilda Wright has started her second year of the YTP. Well done ladies – we’re proud of you all!

HUMBER CROSS COUNTRY CHAMPS

13th December - Grimsby

Well done to our athletes who competed at the Humber Cross Country Championships at Weelsby Woods in Grimsby in December.

U15 GIRLS GOLD TEAM MEDAL

Megan Lewis (5th), Megan Morley-Smith (7th), Holly Ellington-Runkee (9th) & Sophie Milner (10th)
Non-scoring team member, Grace McClane (14th)

U15 BOYS SILVER TEAM MEDAL

Kayden Chatizwa (1st), Cameron Coulter (8th), Wesley Hall (15th) & Henry Sutton (11th)

U11 BOYS SILVER TEAM MEDAL

Joshua McClane, Isaac Cook, Jack Miller & Luke McClane

U11 GIRLS

Sydnei Burke (5th)

U13 BOYS

Finley Miller (8th), Patrick Hall (9th), George Stephenson (11th)

U13 GIRLS

Maggie Thorne (6th)

U17 WOMEN

Erin Cook (2nd)



U11 boys:
Isaac Cook, Joshua McClane,
Jack Miller & Luke McClane



U15 boys:
Kayden Chatizwa, Cameron Coulter,
Henry Sutton, Wesley Hall

Presentation Evening – 29th November 2025

It was wonderful to celebrate the achievement of our athletes at our annual presentation event in November. Throughout 2025, our athletes have shown incredible determination, talent and sportsmanship – whether competing on the track, the field, or supporting each other from the stands.

The event was also a great opportunity to thank our coaches, parents, officials, volunteers and committee members – who together with our athletes, make our club the special community that it is.



Presentation to our U20 female thrower of the year, Ella MacIntosh, on a cold damp training morning.

Photo (L-R): Cassidy Crowe, winner of the Under 15 female Throws; Amy Bunting who will be joining KuHAC this season: Ella; Dave Smith; John Twiddle, winner of the Masters throws and Darren Gibson, one of our level 2 throws officials