

A note from our Chair

I am honoured to take on the role of Chairman.

Our club is built not only on athletic achievement but on the dedication, enthusiasm and community spirit of its members - from our youngest athletes taking their first steps in the sport to our experienced competitors. It's clear that this club is about far more than results; it's about opportunity, support and shared passion.

As Chairman I look forward to supporting the continued growth of the club. It's key for me to ensure we keep providing opportunities for our athletes, and ensuring we remain a welcoming and inclusive environment for everyone.

I am excited about the future and look forward to working together with our coaches, volunteers, athletes and supporters to continue moving the club forward.

Thank you for your continued support.

Ben Thompson



Ben Thompson
Chairman

EARLY SEASON SUCCESS



As the track and field season gets underway, we've already enjoyed some excellent performances from our athletes at recent season-openers, with several PBs already.

Congratulations to **Ellie Warden** who she achieved the English Schools qualifying standard in the Junior Girls Discus at the open meeting at York on 6th April. Ellie threw 30.72m, 3m over the required standard.

Well done Ellie!

YDL 2026 DATES & VENUES

Following our first Youth Development League matches, here are the dates for the rest of the season. Thank you to all our athletes who compete in unfamiliar events so that we don't lose valuable points!

UPPER



Sunday 24th May
York



Sunday 12th July
Hull

LOWER



Sunday 31st May
York



Saturday 18th July
Hull



Saturday 1st August
York

If you have news or a story to share, please send it to us together with a suitable photo (you must have the athlete's/parent's permission to use the photo). Please send it to: anita.pace@pacecomms.co.uk

Visit our webpage: kingstonuponhullac.co.uk
Find us online by searching: **kuhac**





HAMMER ROUNDUP

John Twiddle – V55B

Following on from his success in winter, placing 2nd in the British Masters indoor competition and gaining the title of Humberside County Champion, John has competed several times in this early part of the season. On the 11th April, he threw the shot put 12.62m, ranking him 1st in the UK and he also competed in discus and won the competition with a throw of 38.56m which also ranks him 1st in the UK. John also won at the York Spring Open. John's expertise has resulted in him helping the younger throwers in the group, passing along his advice and supporting them to improve and be able to reach their full potential.

Ella McIntosh – U20G

Currently, Ella ranks 3rd in the UK and has competed in two competitions. Firstly, she opened with a respectable throw of 46.71m which placed her 5th in the UK. This was the National Winter long throws which is an annual event and she placed 2nd which is a great achievement. Following this, Ella extended this season best at the Spenborough

Open with a throw of 48.57m. This caused her to climb the rankings to 3rd in the UK just 30cm behind 2nd! Hopefully, Ella has many more season bests and personal bests to come!

Cassidy Crowe – U16G

Cassidy has opened the season with a throw of 51.54m at York Stadium which ranks her 2nd in the UK and exceeds the qualifying standard for English schools which is 48m. We are looking forward for more to come as the season progresses!

Lizzie Fry – U18G

Lizzie is a woman of many talents, showing her strengths in not only discus and hammer but also in shot put! Lizzie has made outstanding improvement from last season increasing all her throwing PBs. Her biggest achievement is improving around 2m in the shot put resulting in a tremendous throw of 10.92m indoors (10.59m outdoors). This performance ranks her 25th in the UK. Lizzie has also increased her hammer PB by 7m achieving a throw of 39.86m. This ranks her 20th in the

UK for her age group. Lizzie's best event, despite remarkable results in the other two throws is discus where she ranks 10th in the UK with a PB of 31.86m. We are wishing the best of luck as Lizzie progresses throughout the season hopefully increasing these PBs further!

Logan Cowling (a valued member of the hammer training squad) – U16B

Logan has competed in four competitions so far this year; his most prestigious performances were throwing the discus 42.67m at the National Winter Long Throws placing him 2nd in the competition and ranking him 4th in the UK. Logan was Northern and National Champion with his best throw being at the national championships with a PB of 16.61m. We hope that Logan can keep on achieving and raising the bar this upcoming season.

Many of our training squad have not yet competed so we are excited to see how they perform in their opening competitions, how many standards they can reach and how many records they can raise.

LOWER YDL MATCH 1 – SUNDAY 3RD MAY

Well done to our Lower YDL team who all showed great team spirit in the first match of the season on what was a very wet and grey day in Doncaster. The weather didn't dampen spirits though and we finished the day with 28 PBs.

The points break down from match 1 were:
 Officials - Joint 1st place with 56.0
 U16B 6th place with 64.0
 U16G 6th place with 108.0
 U14B 2nd place with 107.0
 U14G 2nd place with 102.5
 Total points of 437.5 resulting in 5th place but only 77 points away from 2nd place.

Big shout out to two of our U16 Boys for finishing in the table of top 10 scoring athletes:



LOGAN COWLING
Shot and Discus



TRISTAN KOYUNCU
Hammer



AMBER MCINERNEY



ANNABELLE THOMPSON



DAISY AGOSTINHO



KAYDEN CHATIZWA



LILLY HAINSWORTH



PHOEBE MOORE



SCARLETT SHANN



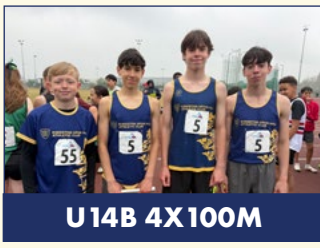
STANLEY JOHNSON



AMELIE COLE & ARABELLA HORNBY



SAMUEL HILDRETH & EMMANUEL LEIS MENDEZ



U14B 4X100M



U14G 4X100M



MILA TELFORD & HOLLY SWANBOROUGH



U16B 4X100M



U16G 4X100M



U16G 4X300M

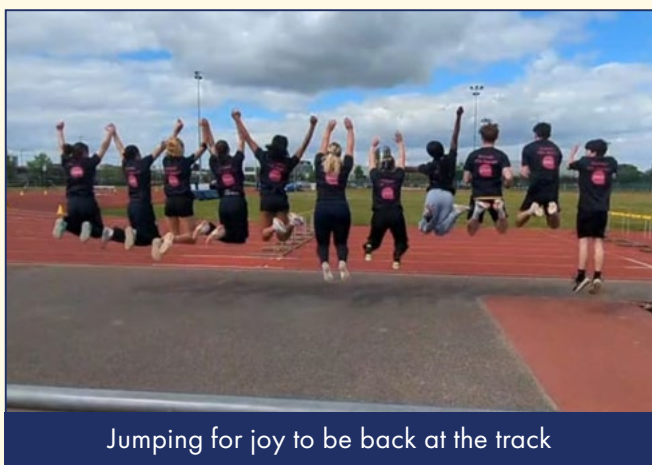
UPPER YDL COMPETITION REPORT

Sunday 19th April marked the opening of our Upper Youth Development League (UYDL) season at Doncaster, Keepmoat Stadium. Although the sun was shining, the wind was bitter and it was a chilly start to our season, but all our athletes showed up and gave their full support to the competition, looking very swag in their new squad t-shirts!



Thank you to Anita Pace from PACE who sponsored our team t-shirts – we love them.

With two leagues joining together in the Premier East Division of the Northern UYDL, we had eight teams competing against one another, following a bespoke timetable designed to keep things running on schedule - which I felt worked well. The recent age group changes mean we have only lost athletes from the U20 age range, without any new athletes coming up from the U18s to replace them.



Jumping for joy to be back at the track

Although we have a compact squad, it didn't deter our athletes from giving their very best. Most of our squad competed in three or four events, filling spaces in disciplines they don't necessarily specialise in, or competing in the older age group - particularly our U18 women, who stepped up admirably to support our two U20 women in the squad.

We had some fantastic results and amazingly scored 415 points, placing us 3rd overall - just 62 points behind Gateshead, with a team of only 20 athletes! There is every reason to believe we can close that gap at the next match. We even had Seb Pearson (U20M) finish 3rd in the Top Scoring Athletes of the competition, which was a brilliant individual achievement.



Our full U20M team – Seb and Dallas – in one of their many races!

A huge thank you to our squad, officials, and parents for their support at our first match. I'm confident we'll field an even stronger team at York on 24th May. If you are eligible to compete in the UYDL (open to all U18 and U20 athletes), please get in touch at nickylauriewright@hotmail.com - we would love to have you in the squad. I'm also happy to receive any photos you take on competition day for inclusion in the newsletter.

Nicky Wright – Team Manager



The most challenging event of the day – getting the tent back into a tiny bag – thank you to the tent team.

Getting to know

NICKY WRIGHT
UPPER YDL TEAM MANAGER



HOW DID YOU GET INTO ATHLETICS?

I'd always enjoyed running and being active. As a parent, I wanted my kids to enjoy being outside and staying physically active. Athletics became their favourite after-school activity, and I'd never set foot on a track before the kids started at KUHAC.

WHAT DO YOU ENJOY MOST ABOUT THE SPORT?

The best thing about athletics for me is the camaraderie. Although it's an individual sport, the friends the kids and I have made — not only at the club but throughout the country — is what I enjoy the most.

WHAT IS YOUR FAVOURITE EVENT?

My favourite event to watch is the 400m hurdles. I find it incredibly graceful.

WHAT ARE YOU LOOKING FORWARD TO THE MOST AS OUR NEW YDL TEAM MANAGER?

As Team Manager, I'm looking forward to seeing all the winter training pay off and celebrating the athletes' PBs.

HOW DO YOU THINK WE CAN ENCOURAGE MORE YOUNG PEOPLE TO GET INTO OUR SPORT?

To encourage more youngsters into the sport, we need to keep it fun, inclusive, and celebrate everyone's small wins and improvements. Having friends and fun in training will hopefully keep kids coming back.

It's difficult to keep teenagers engaged when they're going through different growth spurts and are very aware that other athletes seem to be progressing faster. Coming last in a race — whether you've achieved a PB or not — is incredibly tough, and continuing to turn up knowing you're unlikely to win shows true resilience. This should be acknowledged by everyone. Events would be very boring if only the winners entered.

TELL US SOMETHING THAT WE DON'T KNOW ABOUT YOU

I once participated in an endurance race, and I'm completely addicted to spin!

WHO IS YOUR ATHLETICS HERO/HEROINE AND WHY?

My heroine in athletics is Paula Radcliffe — she was an amazing marathon runner. But my biggest heroes are my own kids, who put themselves out there on the track and field to compete in events I would never have had the courage to attempt as a teenager.

Getting to know

ADAM COLE
LOWER YDL TEAM MANAGER



HOW DID YOU GET INTO ATHLETICS?

I got involved in athletics when my two children joined the club in 2022.

WHAT DO YOU ENJOY MOST ABOUT THE SPORT?

Seeing the enjoyment and dedication of our young athletes.

WHAT IS YOUR FAVOURITE EVENT?

Pentathlon, it's got a bit of everything.

WHAT ARE YOU LOOKING FORWARD TO THE MOST AS OUR NEW YDL TEAM MANAGER?

Encouraging our athletes to push themselves and be part of the team.

HOW DO YOU THINK WE CAN ENCOURAGE MORE YOUNG PEOPLE TO GET INTO OUR SPORT?

As a club we have a very big waiting list already. What we need is more of our athletes' parents to get involved so we can enable these youngsters to start training and find out what a great family KuHAC is to be part of.

TELL US SOMETHING THAT WE DON'T KNOW ABOUT YOU?

I've trekked mountain gorillas in Uganda.

WHO IS YOUR ATHLETICS HERO/HEROINE AND WHY?

Daley Thompson. Just a phenomenal athlete.

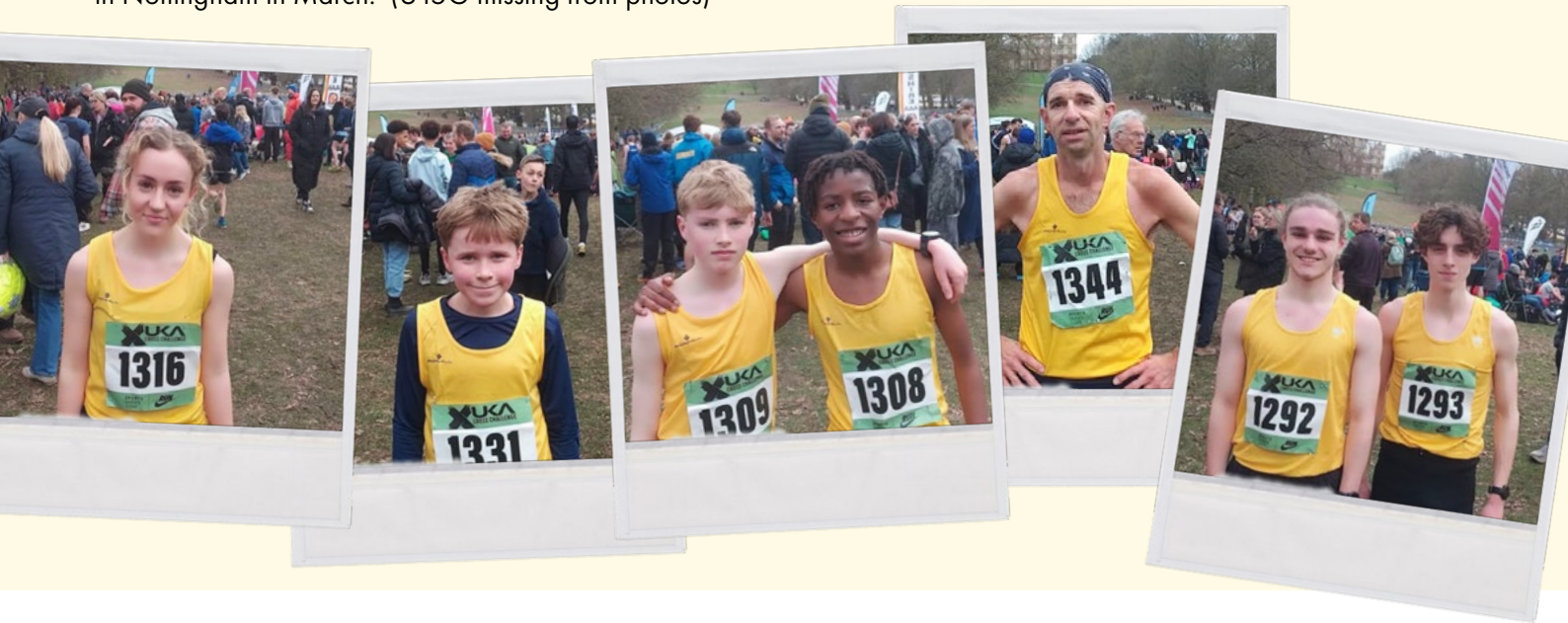
Sportshall Athletics – Barton upon Humber

Our young athletes did us proud at the Sportshall events in Barton in January and February with medals galore. There were many PBs, outstanding performances and sportsmanship across all three of the Sportshall events during the indoor season – well done to you all!



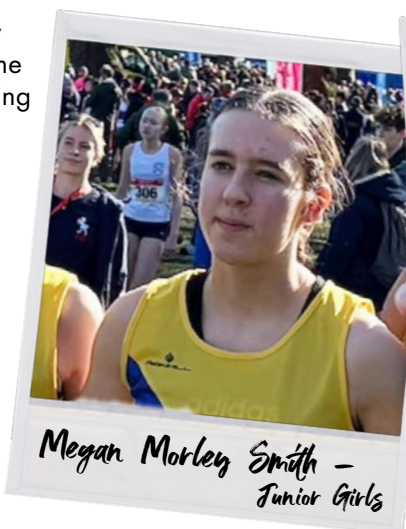
Inter Counties Cross County - Wollaton Park, Nottingham, 7th March

Well done to all the KuHAC athletes who represented our county at the Inter Counties Cross Country Championships in Nottingham in March. (U15G missing from photos)



English Schools Cross Country - Sefton Park, Liverpool, 14th March

The sun shone brightly in Liverpool to welcome our athletes representing Humberside Schools at the English Schools Cross Country Championships on 14th March. Well done to Megan Lewis, Megan Morley Smith, Pippa Foy and Seb Pearson.



HUMBER COUNTY CHAMPIONSHIPS 2026

We celebrated the return of the annual county championships to Costello Stadium on 9th and 10th May with many of our athletes winning championships titles and many more setting new personal bests. Well done to everyone who competed over the two days and congratulations to all our champions.

COUNTY CHAMPIONS:

- **Daisy Agostinho** – U16G 80m Hurdles
- **Divaldo Agostinho** – U23M 100m
- **Lawrence Baird** – M40 400m
- **Finley Barker** – U16B High Jump
- **Jake Briggs** – U16B 300m Hurdles
- **Isaac Callow** – U10B Howler
- **Jess Cappleman** – Senior 400m & 800m
- **Oliver Chant** – U23M Long Jump, Discus & Javelin
- **Finley Charlton** – U14B Pole Vault
- **Jamie Rhys Clark** – U18B Discus & Shot
- **Amelie Cole** – U14G 75m Hurdles & 200m Hurdles
- **Heidi Cowling** – U12G Javelin & Discus
- **Logan Cowling** – U16B Shot & Discus
- **Cassidy Crowe** – U16G Hammer
- **James Cuthbert** – U10B Long Jump & 75m
- **Simon Downs** – M50 800m, 5000m & Javelin
- **Reeva Fenwick** – U12G High Jump
- **Pippa Foy** – U16G 300m
- **Amelia Fraser** – U18G Shot & Discus
- **Elizabeth Fry** – U18G Hammer
- **Darren Gibson** – M60 Hammer & Weight Throw
- **Alice Gilday** – U18G 100m Hurdles
- **Lily Hainsworth** – U16G 100m & 200m
- **Samuel Hildreth** – U14B 800m
- **Stanley Johnson** – U14B 80m Hurdles
- **Shaun Kerry** – Senior Men Hammer
- **Christian Kidger** – U18B 110m Hurdles, 800m, 400m Hurdles, Javelin, Triple Jump & Long Jump
- **Tristan Koyuncu** – U16B Javelin & Hammer
- **Emmanuel Leis Mendez** – U14B 100m, 200m & 300m
- **Gabriella Leis Mendez** – U10G Howler
- **Joshua Leis Mendez** – U14B High Jump
- **Demi Leonard** – U16G 800m
- **Joshua McClane** – U12B 75m, 600m & 1200m
- **Amber McInerney** – U14G Shot & Discus
- **Paige McInerney** – U18G High Jump
- **Charlotte McKenzie** – U18G 200m & 400m
- **Andrew Morgan-Harrison** – Senior 100m & 200m
- **William Obiefuna** – U12B 75m Hurdles & U12B Long Jump
- **Taryn Ollett** – U14G Javelin
- **Seb Pearson** – U20M 800m
- **Arthur Shanahan** – U14B Javelin
- **Adam Sharp** – U18B Pole Vault, High Jump, 200m & 400m
- **Imogen Stevens** – U20G 800m
- **Holly Swanborough** – U14G High Jump
- **Mila Telford** – U14G 100m & 200m
- **Beth Twiddle** – U14G Hammer
- **John Twiddle** – M50 Discus, Hammer, Shot & Weight Throw
- **Ellie Warden** – U16G Discus & Shot
- **Heidi Warden** – U12G 70m Hurdles
- **Clemmie Wright** – U18G Javelin
- **Matilda Wright** – U20G Discus

