

A note from our Chair

Welcome to our third newsletter! As the nights draw in and we move indoors for training, our attention turns to the Indoor season, Cross Country and Road events. It's a great time to look back on a successful outdoor season and celebrate how much our club has grown. Like all clubs, we face our share of challenges in a fast-changing world, but our real strength lies in the friendships we build and the way we support each other through both the highs

and the lows. I hope you feel proud to be part of our wonderful community - and perhaps inspired to get involved and help the club continue to thrive. We rely on people stepping up to take on the many small but vital roles that make everything possible. Enjoy the newsletter and thank you for being part of Kingston upon Hull AC!

*Many thanks
Brian*



Brian Long
Chairman

U15/U17 ENGLAND CHAMPIONSHIPS

8-10 August, Birmingham

We celebrated some fantastic performances in August at the U15 and U17 national championships at Birmingham's Alexander Stadium. Congratulations to all of you:

Cassidy Crowe – Bronze with 43.67m in the Hammer

Tristan Koyuncu – Silver with a PB of 45.78m in the Hammer

Logan Cowling – Bronze in the Shot with 15.81m and again in the Discus with 53.03m

Freddie Yeo – Bronze in the U17 Long Jump with 6.59m

Amelia Fraser – 6th and **Phoebe Moore** 10th in the Discus



Tristan Koyuncu

RECORD BREAKERS!

Three of our athletes have broken their own club records this season:

Logan Cowling, U15, exceeded his previous best of 15.98m in the Shot Put with a throw of 16.25m at the English Schools Championships in July at Birmingham.

U13 **Emmanuel Leis Mendez** enjoyed a successful day at the Inter Counties on 24th August at Costello winning both the 75m and 150m:

75m 9.87s (was 10.03s)

– ranked 1st in Yorkshire & 14th in UK

150m 19.08s (was 19.57s)

– ranked 1st in Yorkshire & 7th in UK

U13 **Amelie Cole** has dominated in the 70m hurdles breaking her own club and county records several times ending the season with a new record of 11:58s



Emmanuel Leis Mendez



Amelie Cole

HUMBER COUNTY ROAD CHAMPIONSHIPS

No sooner had the track and field season come to an end, when we were braving the autumnal weather conditions at Ennerdale Leisure Centre for the County Road Race Championships on 4th October.

Well done to all our athletes for battling the very windy conditions:



Photo: Issac Cook, Erin Cook, Grace McClane, Megan Lewis, Sydnei Burke

U11 BOYS - 1000M

1st 03:32 Joshua McClane
3rd 03:41 Isaac Cook

U11 GIRLS - 1000M

2nd 03:43 Sydnei Burke

U13 BOYS - 2000M

5th 07:33 Stanley Johnson
7th 07:59 Finley Charlton

U13 GIRLS - 2000M

5th 08:19 Maggie Thorne

U15 BOYS - 3000M

1st 10:15 Kayden Chatizwa
9th 11:53 Henry Sutton

U15 GIRLS - 3000M

1st 10:59 Demi Leonard
3rd 11:40 Megan Lewis
6th 12:15 Megan Morley Smith
7th 12:44 Grace McClane

U17 MEN - 3000M

1st 10:01 Gilby Wright

U17 WOMEN - 3000M

1st 12:08 Erin Cook

U20 MEN - 5000M

1st 15:46 Sebastian Pearson
2nd 16:43 Dallas Jopling

SENIOR MEN - 5000M

9th 17:10 Gregan Clarkson

KUHAC CLUBHOUSE RULES

Please note that no dogs are allowed in our Clubhouse (except guide dogs) and children under the age of 11 should not be left alone in the Clubhouse and need to be accompanied by a parent/guardian. Thank you.

ENGLAND ATHLETICS NATIONAL RELAY CHAMPIONSHIPS

Our U17 girls set a new club record of 2:47.51 when taking the bronze medal at England Athletics National Relay Championships on 17th August in Birmingham. Well done to Amelia Walker, Joanna Korzen, Elizabeth Linguard and Charlotte McKenzie.



ENGLAND ATHLETICS YOUTH TALENT PROGRAMME (YTP)

Congratulations to sprinter and long jumper Charlotte McKenzie on gaining selection for a place on the England Athletics Youth Talent programme (YTP). Charlotte successfully gained one of only 200 places in England and will be on the programme for the next two years, commencing October 2025. The YTP is the first step on the talent pathway and is aimed to support both athletes and coaches as they develop together. The quality of the athletes applying to the programme



Charlotte and other YTP Athletes going through relay practice with Team GB Coach at Loughborough University

this year was of the highest quality so it is testament to the excellent work already completed by athlete and coach. As part of the programme the athletes will study for the Diploma in Sporting Excellence (DiSE) which is worth 63 UCAS points. Charlotte's main bases throughout will be Leeds Beckett University and Loughborough University. Good luck Charlotte, we are proud of you.

U15/U17 INTER COUNTIES

13th Sept at Nuneaton

Our young sprinters enjoyed success at the Inter Counties match, representing the Humber, at Nuneaton in September. Congratulations to Jack, Leo, Jake and Emmanuel who won the U13 sprint relay, shortly followed by our victorious U15 girls Scarlett, Amelie, Lily and Daisy. Despite the rainy conditions, there were many personal bests across all events during the day.



YOU'RE INVITED TO OUR ANNUAL PRESENTATION EVENT

**TICKETS
ON SALE
NOW!**

Any donations for the raffle and tombola would be gratefully received. These can be taken to the Club House. Thank you.



**Annual Presentation
Brantingham Park
Saturday 29th November 2025**

Event Details

The doors will open at 18:00 with the Awards Presentation starting promptly at 19:00 and finishing about 20:15. Followed by a light supper.

Also, of course, our popular tombola & raffle plus disco until 12:00am.

All are welcome and tickets can be purchased from our Club House for £9.00

Please purchase your tickets early as they will not be available on the night

Address
Hull Ionians
Rugby Club
Brantingham Park,
Brantingham Road,
Elloughton,
HU15 1HX





JULIE GIBSON MEMORIAL MEETING

Thank you to all our athletes, coaches, officials, volunteers and parents for joining us at the Julie Gibson Memorial Meeting at Costello on 14th September. The meeting was dedicated to our long-standing club secretary, Julie Gibson, who lost her battle with cancer earlier this year. The winner of the inaugural BMC Julie Gibson Memorial Mile was Sebastian Pearson in a time of 4:22.97.

YDL 2025

We've had a busy season in both YDL competitions this year. Our Upper and Lower teams competed in the North Premier East Division for their respective age groups with the Upper YDL team finishing 3rd in their division and our Lower team finishing 2nd in theirs. This means that both our teams are able to compete in these divisions again next year.

A big thank you to Janette Chivers (Upper) and Karen Lonsdale (Lower), our dedicated team managers who have diligently organised our athletes and ensured our club had the best representation possible throughout the competitions. Janette and Karen now had the baton over to Nicky Wright (Upper) and Adam Cole (Lower) who will be our team managers next year.

Please note the 2026 YDL dates as follows:

Upper

- Sunday 19th April
- Sunday 24th May
- Sunday 12th July

Lower

- Sunday 3rd May
- Sunday 31st May
- Saturday 18th July
- Saturday 1st August

Cleethorpes Cross Country

The sun returned for the start of the cross country season at the Cleethorpes Cross Country event on 12th October at Weelsby Woods in Grimsby. A small KuHAC contingent competed well and took advantage of the opportunity to familiarise themselves with the course ahead of the county championships being held on the same course in December.

U11 BOYS

- 16th Luke McClane 9:23
- 25th Oliver Harker-Green 12:05

U13 GIRLS

- 5th Maggie Thorne 12:55

U15 GIRLS – WINNERS OF 1ST TEAM PRIZE

- 2nd Pippa Foy 14:16
- 3rd Megan Lewis 14:20
- 5th Grace McClane 16:35

SENIOR/VET MEN

- 8th (3rd Vet) Gegan Clarkson 20:06



Megan Lewis; Pippa Foy; Grace McClane

THROWERS END OF SEASON ROUND UP

Holly Adams (Senior) Holly has been unable to compete at all this year as she has been on work placement from Loughborough University. She returned to training in August and has returned to Loughborough for her final year, intending to get back to the level in Discus and Shot she was at before her year out. She is back in the performance team, and just to add to her versatility she has just completed the Budapest Marathon.

Beth Moody (U20) Beth is a Javelin thrower also at Loughborough University and also has had limited opportunities to compete this year. She did compete in the Pickering Memorial Throws International finishing 6th and was 4th in the England U20 Championships. Beth finished 8th in the UK Rankings and 1st in the Yorkshire Rankings.

William Crowe (U20) William's main events are the horizontal jumps, but he also throws. He achieved PBs in Shot, Discus and Javelin this year and is ranked 6th in the Yorkshire Rankings for Discus. Hopefully, he will find time between his studies at Durham University to continue some athletics.

Matilda Wright (U20) Matilda has had a good season, qualifying for the English Schools' Championships for the fourth year running and finishing 9th in the Discus. In the Northern U20 Championships she won the bronze medal. She has achieved PBs in Discus, Shot and Javelin. Matilda finished 14th in the UK Rankings for Discus. In the Yorkshire Rankings she was 1st in Discus, 3rd in Javelin and 5th in Shot.

Amelia Fraser (U17) Amelia has had a successful season, qualifying for the English Schools' Championships for the third year running and finishing 8th in the Discus. In the England Championships she finished 6th and in the Northern Championships 2nd in the Discus and 3rd in the Shot. She has achieved PBs in Shot, Discus and Javelin. Amelia is ranked 10th in the UK Rankings for Discus and in the Yorkshire Rankings is 1st in the Discus, 2nd in the Javelin and 3rd in the Shot.

Clemmie Wright (U17) Clemmie competes in a variety of events, including the Javelin, Discus and Shot. She has had a good season and in the Northern Championships finished 3rd in the Javelin, 4th in the Discus and 5th in the Shot. She has achieved PBs in all three events. In the Yorkshire Rankings, Clemmie is 1st in the Javelin, 3rd in the Discus and 8th in the Shot.

Lizzie Fry (U17) Injuries have meant that Lizzie, primarily a High Jumper, has spent more time in the throwing circles this season. She has had a good season with big PBs in both Discus and Shot. In the Yorkshire Rankings, Lizzie is 2nd in the Discus and 9th in the Shot.

Jamie Clark (U17) Jamie has had an excellent first season, constantly getting PBs in Discus and Shot throughout the year. In his first year in the age group he has, in the Yorkshire Rankings, finished 3rd in the Discus and 5th in the Shot.

Phoebe Moore (U15) Phoebe has had a good season, qualifying for the English Schools' Championships for the second year running and finishing 9th in the Discus. In the Northern Championships she finished 2nd in the Discus. Phoebe has got PBs in Discus, Shot and Javelin this year. In the UK Rankings she is 11th ranked in Discus and in the Yorkshire Rankings she is 2nd in Discus, 5th in Javelin and 6th in Shot.

Ellie Warden (U15) Ellie has had an excellent season, qualifying for the English Schools' Championships and finishing 4th in the Discus. In the Northern Championships she finished 2nd in the Javelin. She has got PBs in Shot, Discus and Javelin this year. In the UK Rankings she is 5th in the Discus and in the Yorkshire Rankings she is 1st in the Discus, 2nd in the Javelin and 7th in the Shot.

Cassidy Crowe (U15) Cassidy is a very successful member of the



Hammer Squad, but she also has competed in Discus events, improving her PB this year, and finishing 4th in the Yorkshire Rankings for Discus.

Tristan Koyuncu (U15) Tristan is another very successful member of the Hammer Squad, but he also competes in Javelin and Discus and has achieved PBs in both this season. In the Yorkshire Rankings he is 2nd in both Javelin and Discus.

Amber McInerney (U13) Amber joined the group in July and has already achieved PBs in her Shot and Javelin, as well as in a new event to her, Discus. As a result, Amber is ranked 2nd in Discus and 3rd in Shot in the Yorkshire Rankings.

Arthur Shanahan (U13) Arthur joined the Javelin group in September and competed in the Julie Gibson Memorial Event, winning the U13 Boys Javelin. That result put him 2nd in the Yorkshire Javelin Rankings.

Others in the group who have worked hard and made good progress are **Oliver Hussain (U15)**, who made his debut representing the Humber Team in the inter-counties in August, **James Edey (U15)**, who has PBs in Shot and Discus, **Finley Charlton (U13)**, who is gradually improving in the Discus and Shot, and **Ben Pittel**, who has been trying hard to improve his Discus and Shot, and hopefully will have the confidence to compete next season.

For those of you who have never tried throwing, with hard work, you too could be successful next season. Come along and join us!



HAMMER CIRCLE REUNION AND SEASON ROUNDUP

This season has been a turbulent one: many ups and downs and obstacles to overcome but with Dave Smith by our side nothing seems impossible. One of the last competitions and one of the best was the Hammer Circle Reunion. On the 27th and 28th October, 31 hammer throwers from around the UK came to compete and spent two days focussing on hammer throwing. It was an enjoyable weekend with some PBs, familiar faces and lots of cake!

On the first day, there were three hammer competitions taking place. In the first competition, **John Twiddle** (V55) came 2nd in his competition with a throw of 43.97. His final SB being 44.78m, placing him 4th in the UK and 15th of all time for his age group. John is a valuable member of our hammer squad encouraging every athlete to strive for success and be the best they can.

In the second competition, **Tristan Koyuncu** (U15) achieved a PB of 49.04m and won the competition in his age group. This throw ranked him 5th in the UK for his age group. Tristan has had a terrific season with many PBs and lots to be proud of. Tristan also threw on the second day throwing 48.74m, winning his age group yet again demonstrating his consistency.

Also in this competition was **Ella McIntosh** (U20) who won her age group with a throw of 46.66m. Ella's final PB this season was one to be proud and achieved under the pressure of English Schools: breaking the barrier of 50m with a throw of 50.84m. Ella is currently ranked 3rd in the UK and 32nd of all time.

Cassidy Crowe competed both days. On the first day, she threw 49.51m which placed her 3rd in the competition. The day after, she threw 53.16m improving her PB by approximately 2.50m. This PB ranked her 1st in the UK and 15th of all time. This is an achievement to be proud of with it being her first full season of hammer throwing.



Shaun Kerry (SEN) placed 3rd in his competition with a throw of 58.85m. Overall this season, his SB is 63.42m which ranks him 16th in the UK out of all seniors and 55th out of every age group and of all time which is an achievement this season. Shaun competed on the second day too throwing 55.67m and ranking 1st in his competition.

On the first day, **Dave Smith** (V60) worked behind scenes helping to improve athlete's techniques before their individual competitions but on the second day, he was the star of the show, throwing 51.03m: a new SB and a PB with that weight. Dave is currently ranked 1st in the UK for hammer. At the Humberside County Championships, Dave threw a distance of 15.84m in the weight throw. This places him 1st in the UK for the weight throw.

On the first day, Darren Kerr, a hammer coach and someone who specialises in posture did a presentation for the company 'Wonky Bodies.' He instructed the

group to do different exercises to find out why they ache after doing certain activities and through doing so helped to improve their posture. The exercises were simple to complete and could be done at home. Darren also stressed the importance of doing the exercises regularly.

And to conclude this season recap, we'd like to acknowledge our other members of our hammer squad.

Darren Gibson's (V60) SB is 32.33m which placed him 3rd in the Humber County Championships and 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 has been recovering for these last few months and we are all excited to have him back soon! **Lizzie Fry's** (U17) SB and PB is 35.25m which ranks her 80th in the UK and she also competes in discus. In discus, her PB is 31.22m and this ranks her 30th in the UK.

Work at Costello Playing Fields

You will have noticed the regeneration works at Costello Playing Fields are now underway.

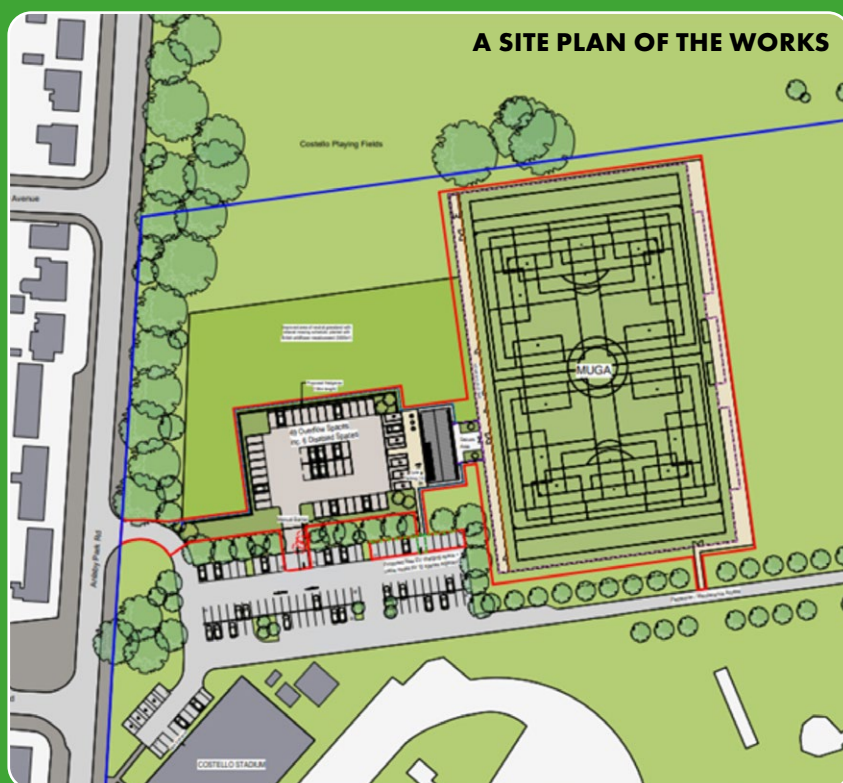
The major upgrades will include a purpose-built 3G all-weather pitch with a dedicated changing facility, additional parking and an EV charging point.

This will create a state-of-the-art year-round sports provision in west Hull, providing a high-quality facility for community user groups during peak times, such as evenings and weekends.

The 3G pitch and changing facilities will be used by Hull College during the day during term time.

Contractor Hull Esteem Consortium Limited will carry out the works which are expected to be completed by autumn 2026.

Whilst all efforts will be made to minimise disruption, public access to the car park will be suspended and the car park will be closed from time to time - advanced notice will be provided.



England Athletics age group changes

For more details about the age group changes, and for access to the useful age group calculator, please visit the England Athletics website: www.englandathletics.org/about-us/age-group-changes/

KEY INFORMATION

- ▶ New rules will be effective: **1 April 2026**
- ▶ An athlete will compete in the same age group as they began the competition year, even if the competition finals go past the end date.
- ▶ All licensed competition providers must adopt the new age groups.
- ▶ The rules of competition will include U10 and upwards.
- ▶ U10-U18 cut off dates will be 31 August within the competition year (note – for international competition, the December cut off will apply, as is currently the case)
- ▶ U20 upper cut off date will be 31 December in the calendar year of competition (as is currently the case).
- ▶ Senior athletes are aged 20 or over on the 31 December in the calendar year of competition.



NORTHERN CROSS COUNTRY RELAYS

Our athletes enjoyed competitive races at the Northern Cross Country Relays in Sheffield on 18th October. Strong teams were assembled from across the north for the hotly contested races. Well done to all our athletes – great performances with a fantastic team spirit.

U11 BOYS

- 10th - Josh McClane, Nikolas Fields, James Abbott
- 28th - Luke McClane, Isaac Cook, Henry Abbott

U13 BOYS

- 35th - Jacob Ollett, Jack Williamson, Harvey Weatherill

U13 GIRLS

- 28th - Holly Swanborough, Maggie Thorne, Taryn Ollett

U15 BOYS

- 23rd - Cameron Coulter, Kayden Chatizwa, Jayden Berry

U15 GIRLS

- 13th - Demi Leonard, Pippa Foy, Megan Lewis
- 30th - Grace McClane, Sophie Milner, Phoebe Moore

SENIOR MEN

- 53rd - Seb Pearson, Dallas Jopling, Gegan Clarkson (no 4th athlete)



Getting to know

DAVE SMITH HAMMER COACH

HOW DID YOU GET INTO ATHLETICS?

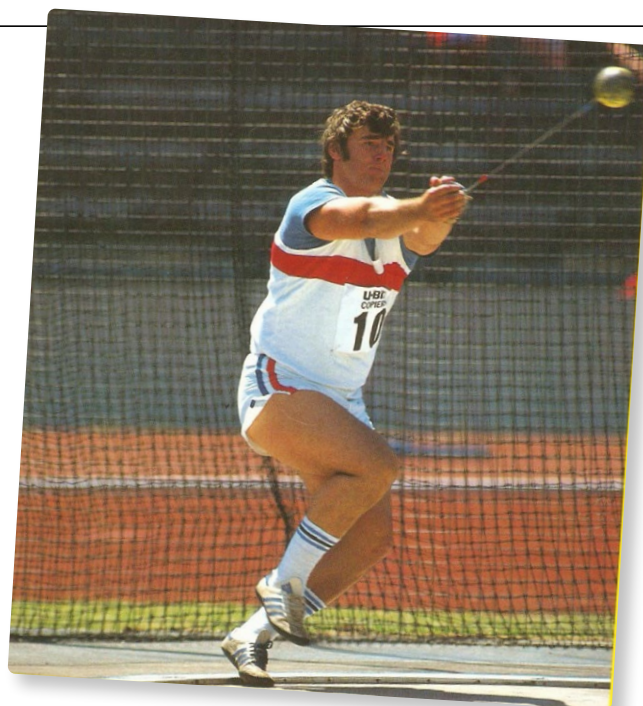
I started athletics when I was around 12 as a member of Hull Spartan Athletic Club based at Alderman Kneeshaw park in the east of the city. I started Hammer throwing at Malet Lambert senior high school when I was 13. I was unable to make the English Schools team as there were three other boys from the school that had thrown further and all qualified. In my second year I qualified for English Schools and came 20th and in my third year I came 4th. I got my first Junior international at 18 in a competition against Germany. I had opportunity to train and play Rugby League and competed for Hull Schools against a Leeds team. My love for athletics was greater so I focused solely on athletics on leaving school.

OBVIOUSLY THE HAMMER IS YOUR FAVOURITE EVENT BUT IF YOU WEREN'T A SUCCESSFUL HAMMER THROWER, WHAT WOULD BE YOUR PREFERRED EVENT?

I would have loved to have been a pole-vaulter and have risen to the 6m challenge having watched the great Sergei Bubka clear 6m for the first time at Crystal Palace in the early eighties. Alas having snapped a pole at school while launching a fellow hammer thrower into the air put me off slightly.

YOU'VE HAD A VERY SUCCESSFUL ATHLETICS CAREER SO IT MUST BE DIFFICULT TO CHOOSE YOUR FAVOURITE MOMENTS – WHAT WOULD BE YOUR TOP 3?

My top 3 athletic achievements were Olympic Games in 1988 although I failed to qualify for the final. The trip to Australia and New Zealand for the Commonwealth Games in 1990. Standing on the gold medal rostrum for the Edinburgh 1886 and singing "Land of hope and glory" and watching the England Flag being raised for me.



TELL US SOMETHING WE DON'T KNOW ABOUT YOU?

I have coached 33 English Schools Medallists, 3 Commonwealth Junior Champions and 2 athletes that have made Olympic finals.

WHAT ADVICE WOULD YOU GIVE TO OUR YOUNG ATHLETES AT THE START OF THEIR ATHLETICS JOURNEY?

To be a great athlete you need to be dedicated, committed and willing to sacrifice, time, blood sweat and tears. Great performance comes from persistence and practice. Practice improves luck!

WHAT'S THE BEST ADVICE YOU WERE EVER GIVEN?

The 6 Ps - Poor Prior Planning and Preparation leads to Poor Performance. This holds good for whatever you do in life be it exams, work or sport.

WHO IS YOUR ATHLETIC HERO/HEROINE AND WHY?

Daley Thompson, a man that excelled in the 10 events of the decathlon who had cheek and arrogance but was an approachable gent away from the press. I beat Daley over 30m – 3.56secs in a Test Quadrathlon at 123kg body weight.

IF YOU COULD CHANGE ONE THING ABOUT YOUR ATHLETICS CAREER, WHAT WOULD IT BE?

Go and live in Russia in the eighties when the best throwers in the world lived there.