KUHAC track & field

Newsletter

SEPTEMBER 2026

A note from our Chair

Hi everyone

I'm delighted to have taken over the baton from Ben Thompson as your new Chair of our club (I'm also continuing as Club Secretary). Thanks to Ben for his ongoing support – owing to the commitments of his new job, he felt unable to continue in the role of Chair but will still be an active member of our Committee.

I'm excited about the future of the club and will be sharing ideas with you all in the coming weeks about how we can all work together to ensure we have a sustainable and successful club for generations to come.

As we say goodbye to the wonderful summer and embark on a winter of hard training and more challenging terrains, let's take some time to reflect on the performances of our members during the summer months. Well done to all of you for your continued effort, hard work and dedication. And a big thank you as always to all our coaches, officials and volunteers, without whom we wouldn't have a club at all.


Anita Pace
Chair

I hope you enjoy this edition of our newletter. I'm sorry if we haven't included your story. Stories during the summer haven't been very forthcoming so most of the articles have been taken from our Facebook posts. Thank you to those of you who have submitted stories. Please remember that if you have any stories or photos that you'd like to include in the next edition, just send them over.

See you soon Anita

EARLY SEASON PBs and PERFORMANCE HIGHLIGHTS

Well done to **Tristan Koyuncu** who threw the Hammer 57.71m to qualify for English Schools and the Nationals and ranking 2nd in the UK. He also achieved the English Schools qualifying standard for Javelin with 44.82m.

Congratulations to **Clemmie Wright** who added an incredible 3.5m to her Discus PB to achieve the English Schools qualifying standard at the Senior League match at Costello on 16th May. Clemmie was joined by **Amelia Fraser** who also smashed her PB in the Discus, breaking the 40m barrier for the first time with a throw of 42.06m ranking her 2nd in the UK.

Well done to **Charlotte McKenzie** and **Alice Gilday** on making their first appearances at the Loughborough International on 17th May. Charlotte (pictured) ran as part of the England Development 4x400m Mixed Relay team and also ran as a guest in the 200m. Alice ran as a guest in the 100m Hurdles recording a PB of 14.11 seconds. Fantastic achievement girls!


Tristan Koyuncu



Clemmie Wright



Amelia Fraser



Charlotte McKenzie (On left)

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

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ENGLISH SCHOOLS CHAMPIONSHIPS

BIRMINGHAM, 10th & 11th JULY

Seventeen of our athletes travelled to Birmingham on 9th July, with emotions ranging from nervous anticipation to excited confidence, accompanied by music blasting all the way! It was a weekend to remember, filled with outstanding performances, personal bests and achievements worth celebrating.

Simply qualifying for the English Schools Championships is a remarkable accomplishment, giving athletes the opportunity to compete against some of the highest-calibre young athletes in the country. Congratulations to every athlete who earned their place at this prestigious event and represented their school with pride.

Alice Gilday competed in the Under-18 Girls 100m Hurdles, finishing 2nd in her heat in an impressive 14.30s to secure a place in the final. She then ran 14.39s to finish 6th overall. Alice Gilday's 6th place earned her a SIAB call up due to age group changes, which she subsequently went on to win whilst representing England (*see separate article*).

In the Senior Girls Discus, **Amelia Fraser** finished an excellent 4th with a throw of 37.11m. Joining her in the competition was **Matilda Wright**, who placed 5th after equalling her personal best of 36.84m. Both athletes should be incredibly proud of their performances.

Competing in the Junior Girls 100m, **Lily Hainsworth**, attending her first English Schools Championships, finished 6th in her heat with a respectable time of 12.71s.

Christian Kidger took on the Under-18 Boys 400m Hurdles, placing 2nd in his heat in 56.33s to progress to the final. He then improved by almost a second, running 55.47s to finish 6th overall – a performance he should be extremely proud of.

Tristan Koyuncu dominated the Junior Boys Hammer. Despite being the youngest athlete in his age group, he delivered an outstanding performance to claim the gold medal with a personal best throw of 63.32m. His winning mark was an incredible 12m ahead of second place. Congratulations, Tristan!

Charlotte McKenzie competed in the Senior Girls 400m, winning her heat in 55.70s (a new club record) before going on to finish 5th in the final with a time of 56.08s. Charlotte's time in the heat placed her in the UK top 10 for U18W 400m. It was also her 4th English Schools and the first time she'd ever reached a final.

Phoebe Moore and **Clemmie Wright** both represented Humberside in the Intermediate Girls Discus. Phoebe threw 30.62m to finish 10th, while Clemmie's throw of 32.09m secured 8th place and earned her three additional throws in the final.

Seb Pearson raced in the Senior Boys 1500m, finishing 3rd in his heat in 3:58.45 to qualify for the final. He then clocked 4:01.17 to secure 6th place overall.

Ellie Warden produced a fantastic personal best of 34.16m in the Junior Girls Discus, earning an outstanding 4th-place finish in a competition of an exceptionally high standard.

Gilby Wright competed in the Intermediate Boys 800m, finishing 6th in his heat in a strong time of 1:57.95.

Jamie Clark represented Humberside in the Intermediate Boys Discus, recording a throw of 39.50m to place 13th whilst standing his ground against a very competitive field.

Logan Cowling produced a dominant display in the Junior Boys Shot Put, delivering a consistent series of throws to take the title with 16.66m - almost three metres clear of second place.

Liz Lingard competed in the Intermediate Girls 200m, finishing 6th in her heat with a solid time of 25.89s.

In her final year competing at English Schools, **Ella McIntosh** finished in style, winning the Hammer with a personal best throw of 54.54m, returning home with both a gold medal and a new PB.
What a fantastic achievement!

Cassidy Crowe, competing as a first-year Intermediate Girl in the Hammer, claimed a bronze medal with a throw of 51.98m. With just 44cm separating first and third place, it was a tense competition!



Tristan with his proud coach, Dave Smith

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ROUND UP

Northern Senior/U20/U18 Championships - 7th & 8th June

Well done to all our medalists as we hosted the Northern Senior/U20/U18 Championships.



Alice Gilday (centre)



Charlotte McKenzie (left)

- Shaun Kerry sen M Hammer silver
- Charlotte McKenzie U18 W 400m Bronze
- Keira Roberts sen W Triple Jump Gold
- Freddie Yeo U18 M Long Jump Gold
- William Crowe u20 M Long Jump Silver
- Alice Gilday u18 W 100H Gold
- Jamie Clark u18 M Discus Silver
- Sebastion Pearson u20 M 1500m Silver
- Amelia Fraser u18 W Discus Silver
- Ella McIntosh u20 W Hammer Gold
- William Crowe u20 M Triple Jump Gold
- Christian Kidger u18 M 400H Gold
- Ebenezer Abara sen M Discus Silver
- Gilbert Wright u18 M 800m Silver
- Dallas Jopling u20 M 800m Silver
- Paige McInerney u18 W High Jump Gold
- Clemmie Wright u18 W Javelin Silver
- Jamie Clark u18M Shot Silver
- Archie Yeo sen M Long Jump Gold

Junior Northern Championships – 27/28th June – Leigh

The medal haul continued in June when our younger athletes competed at the Northern Championships in Leigh. KuHAC athletes came home with 5x Gold, 2x Silver and 4x Bronze. Well done to Tristan – a double Northern Champion winning both the Hammer and the Javelin.



- Tristan Koyunca - Hammer & Javelin Gold
- Cassidy Crowe - Hammer Gold
- Samuel Hildreth - 800m Gold
- Logan Cowling - Discus Gold & Shot Silver
- Holly Swanborough - High Jump Silver
- Amelie Cole - Hurdles Bronze
- Emmanuel Leis Mendez - 100m & 200m Bronze
- Joshua Leis Mendez Long Jump Bronze

Northern League match – 8th August

The Northern League matches are a great opportunity for our older athletes to show us what they can do. The match on 8th August was no exception with 4 new club records being set – well done gents!

U18 100m – Samuel Mushigo (11.5s)

U18 400m – Gilby Wright (51.3s)

U18 Triple Jump – Christian Kidger (12.57m)

U18 4x400m – Gilby Wright, Christian Kidger, Alex Lowson, Adam Sharp

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ROUND UP

SIAB International – Belfast 18th July



Congratulations to Alice Gilday on a fantastic performance at her first England call up! Alice won the U17G 80mH at the SIAB (Schools International Athletics Board) Championships in Belfast, the new School International Champion with at time of 11.35 secs. An awesome performance – we're very proud of you Alice!

England Age Group Championships – Bedford 25/26th July



Competing at the national championships is a great achievement for our young athletes, so to win is something to be celebrated! A huge well done to Cassidy Crowe for her brilliant gold medal in the U16 Hammer – see our separate story about Cassidy's performance.

Well done too to Charlotte McKenzie who continued to perform when it mattered this season winning a bronze medal in the U18 400m with a time of 56.55 secs.

National Relay Championships – Birmingham 23rd August

Well done to our U18W 4 x 100m relay team who competed at the National Relay Championships in Birmingham. Not only did they finish a credible 6th in the final, they shattered every KuHAC 4 x 100 Women's relay record time from Senior, U20 & U18 age groups in the process, with a fastest time of the day of 47.74 secs.



Congratulations to Lily, Charlotte, Joanne, Amelia and Liz on super performances.

Northern Inter-Counties – Costello 12th September

A strong team of KuHAC athletes helped Team Humber win the Inter-Counties match at Costello on 12th September. Humber convincingly beat teams from Derbyshire, Lincolnshire, Nottinghamshire and South Yorkshire. It was a fantastic team effort with notable performances from four of our athletes who were awarded prizes for achieving the best performance in their age group.

William Obiefuna – U12 Long Jump

Arthur Shanahan – U14 Javelin

Joshua McClane – U12 75m

Ellie Warden – U16 Discus



Northern League – Wakefield 30th August

Thanks to all our athletes who proudly represent us at the YDL and Northern League matches throughout the season. At the last Northern League fixture of the season on 30th August, our seasoned athletes enjoyed some fine performances having already secured our position in the league this year.

4x400m winners – Jess Cappleman, Zara Leonard, Adam Sharp & Lawrence Baird

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KINGSTON OPEN MEETING

Sprint action from the Kingston Open Meeting – 19th September at Costello



KuHAC athletes: Harper Lee, Lily Block & Ava Callow



Anthony Olawale, Harry Lee & Fred Turner



KuHAC athletes: Arabella Hornby, Kendra Antwi-Bosiako & Beatrice Silvester

IMPORTANT REMINDER

Remember to:

- **Check closing dates for events (they often change)**
- **Get your entries in early**
- **Pay entry fees before the deadline - missed payment deadlines will render your entry invalid if not paid within 48 hours of the deadline.**
- **Please share closing dates with your groups**

Unfortunately, due to poor communication of changes to the closing date at the National Age Group Championships in July, many of the best young athletes in the country were denied the opportunity to compete. Tristan Koyuncu (ranked Number 1) along with eleven other Number 1s, was blocked from competing. Representation was made to the England Athletics event organiser which lead to a number of the missing athletes being accepted. Unfortunately Tristan was one of the unlucky ones who did not get a late entry so please all note for the future to avoid missing out!

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KuHAC

Annual Presentation

Brantingham Park

Saturday 28th November 2026

CELEBRATING OUR ATHLETES ★ OUR CLUB ★ OUR COMMUNITY

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 midnight.

All are welcome and tickets can be purchased from our Clubhouse for £10.00.

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

Come and join us!



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What's it like winning at the National Championships? Let's ask Cassidy!



Competing at the England Athletics Championships is always a highlight of the season, and this year was no exception. It was a closely fought competition that kept everyone on their toes until the very last throw. I wasn't leading for most of the competition and after opening with a no throw, it was a tense start, especially with only three throws to secure a place in the final. Thankfully, my second throw of 51.09m was enough to qualify, although one of my biggest competitors had already thrown over 52m.

The competition remained incredibly close throughout. Going into the final round, my closest rival threw 53.79m just before I entered the circle for my final attempt. Knowing exactly what I had to beat, I gave everything I had and produced a personal best of 54.85m on the final throw of the competition to take the national title. It was an unforgettable moment and one I am incredibly proud of.

A huge thank you to Dave and Diane for all the support and encouragement they have given me throughout the course of this year, and for making the long journey to support me at the championships. I am so grateful to you both, as well as the whole squad, for standing by me from day one.

Cassidy Crowe

Chance to see top class athletes

A MAJOR athletics championship will be staged in Hull next weekend — the first of its kind in the city.

The Women's Amateur Athletics Association has chosen the Costello Stadium as the venue for this top meeting. Marea Hartman, of the Women's AAA said that she was delighted to come to Hull because they had such excellent facilities.

The top flight championships are doubly important for the Commonwealth Games selectors will meet immediately after the two day event. Marea Hartman added that while athletes had not been ordered to compete at Hull they had been actively encouraged to do so.

Stretching over two days, the action-packed event is sponsored by Trebor who are making their first step into sports sponsorship.

The meeting was described by Championship director, Ken Oakley as "a very complex one". The senior heptathalon where women do seven events each had attracted 27 entries and the senior 10,000 metres 26 entries. Both events were crucial for Commonwealth Games selection with the latter promising some very competitive finishing.

In addition to the full championship programme, there will also be a similar programme for the Euro-Juniors. This is an age group adopted from Europe to cater for the under 18s.

In her time with the women's AAA, Marea Hartman, an athlete of some standing in her day, has been responsible for pushing women forward to tackle new events. Through her work she has managed to introduce such races as the 800m, 1500m, 3,000m, five miles and ten miles and the marathon for women.

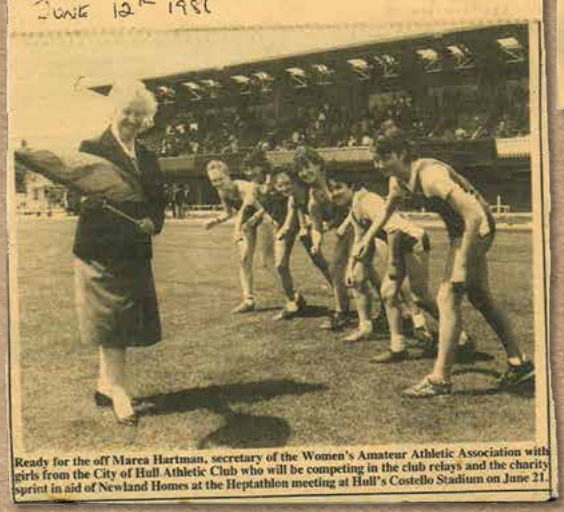
Local girls taking part include members of Hull Spartans and East Hull Harriers.

The two day event runs on June 21 and 22 at the Costello Stadium. It is the first major meeting since 1961 and comes just nine years after a new tartan track was laid. Costello was originally built in the mid 1950's.



Lining up for the championships are local girls who will be taking part in the two-day event. They are from left to right: Lisa O'Keefe, Sallie Pearson, Lisa Elvidge, Nicola Wilson, Jane Coates, Susie Marquito. Secretary of the Women's AAA, Marea Hartman, is in the background.

JUNE 12TH 1986



Ready for the off Marea Hartman, secretary of the Women's Amateur Athletic Association with girls from the City of Hull Athletic Club who will be competing in the club relays and the charity sprint in aid of Newland Homes at the Heptathlon meeting at Hull's Costello Stadium on June 21.

Down Memory Lane

Here's an article from the archives when in June 1986, Costello hosted the WAAA Championships, sponsored by Trebor.