



Hunts AC Happenings

April 2025 (Edition 269)

British Masters Winter Throws, Oxford, 8 Mar 2025

Steve Burke M50
Hammer 40.47m 6kg (5)
Discus 33.83m 1.5kg (6)
Shot 9.58m 6kg (7)
Javelin 26.93m 700g old spec (8)
Weight Throw 13.51m 11.34kg (5)

CAU Inter Counties XC Championships, Wollaton Park, Nottingham, 8 Mar 2025

No fewer than 20 Hunts athletes ran for the County team at this year's CAU Inter Counties XC Championships. Great representation within the 64-athlete team which performed as well as ever.

Our best placed finisher was Noah Scott-Donkin who finished 54th in the U17 men's race.

Iris Purser, 111th, led home the Cambs U13 girls' team despite having started 6th in the lineup. Good running all round from our athletes at this event again. Long may this continue.

U13 girls: 111th Iris, 189th, Izzy Hilton, 233rd Hannah Darwin.

U13 boys: 118th Alasdair

Reddish, 191st Jake Henson.

U15 girls: 203rd Leah Graham, 244th Esme Lydon

U15 boys: 136th Leo Howard, 224th Jack Bone.

U17 women: 208th Ellie Ince, 217th Freya Harris.

U17 men: 54th Noah, 121st Thomas Richards, 256th Oli Albone.

U20 women: 111th Lola Fletcher

Senior Women: 171st Rosie Mead.

Senior Men: 111th Joey Croft, 133rd Oliver Mills, 224th Simon Mead, 233rd Simon Bowman.

Jubilee Junior Parkrun, 9 Mar 2025

4th Ellie Newman 9:14 (PB by 24 secs; 14th to 10th in club all-time rankings)

Cambridge Half Marathon, 9 Mar 2025

34th Mark Sampson 71:18 (PB by 1:59)

81st James Orrell 74:11

90th Christopher Smith 74:32

558th Luke Diggs 84:35 PB

788th Seb Darnell 87:32

1748th Kevin Baulk 96:14 (PB by 7:13)

1846th Martin Amos 97:04

1861st Nathan Jermy 97:07

2379th Neil Prowse 1:40:46

2695th Niki Winsor 1:42:47

2728th Amelia Darnell 1:42:59

2732nd Matthew Hiscock

1:43:00

3868th Colette Guinea 1:48:59

6161st Tilly Sayer 1:59:32

7281st Dom Meagher 2:04:42

7635th Sasha Suvorov 2:06:35

8216th Leanne Evans 2:09:53

9024th Joe Kerins 2:14:32 PB

9583rd Diane Bunch 2:18:10

(13,552 finishers)

Irish Masters Indoor Champs, Athlone, Ireland, 8 Mar 2025

Richard Phelan (M60)

HJ 1.35 (BRONZE) - eq. 2nd

Irish rankings; eq. his own M60 indoor club record

LJ 4.11 (GOLD) – 2nd Irish rankings

Podium 5K Races, Leicester, 15 Mar 2025

Ollie Mills 14:57

James Orrell 15:28

Joseph Reindel 16:00

John Uff 18:00

Shelley Uff 21.56

Podium 5K Races, Leicester, 15 Mar 2025

Ollie Mills 14:57

James Orrell 15:28

Joseph Reindel 16:00

John Uff 18:00

Shelley Uff 21.56

Nuneaton Winter Warm-Up, 16 Mar 2025

Steve Burke V50

Discus 35.20m SB (1.5kg) 3rd

Hammer 39.94m (6kg) 3rd

Vicky Burke V45

Shot 5.88m SB (4kg) 3rd

English School's XC Championship, Ardingly, 15 Mar 2026

Nine of our junior athletes ran at this prestigious event which was held at the South of England showground, Ardingly, Sussex On Saturday.

They have come successfully through 3 previous rounds of schools' races to reach this far and all acquitted themselves well in this event which brings another good XC season to its conclusion. Noah was our highest placed finisher. Results: (represented Cambs Sch's except where noted)

Junior girls - Izzy Hilton 196th, Esme Lydon 251st, /333.
Junior Boys - Jack Bone 201st, /334.
Inter Girls - Leah Graham (Lincs) 239th, Freya Harris 267th, /328.
Inter Boys - Thomas Richards 117th, Oli Albone 146th, /327.
Senior Girls - Ellie Ince 245th, /302.
Senior Boys - Noah Scott-Donkin 87th, /318.

Jubilee Junior Parkrun,
16 Mar 2025

1st Iris Purser 8:02 (PB by 4 secs; 4th to 3rd in club all-time rankings)
2nd Ethan Ward 8:37 (7:50 for 1st place last Sunday; 21st in club all-time rankings)
3rd Ellie Newman 9:08 (beat last Sunday's PB by 6 secs; consolidates 10th in club all-time rankings)

Nuneaton Winter Warm-Up,
16 Mar 2025

Steve Burke V50
Discus 35.20m SB (1.5kg) 3rd
Hammer 39.94m (6kg) 3rd
Vicky Burke V45
Shot 5.88m SB (4kg) 3rd

Essex 20 Inter-county race,
Debden Airfield, 16 Mar 2025

We had two athletes represent Cambridgeshire at this inter-county race, held as part of the Essex 20. Chris Smith 6th overall 1:49:56 (just 23 secs from 56-year-old club record) and Jess Williams 21st Female 2:16:57. The men's team took silver overall with the ladies finishing 4th from 8 teams.

Biggleswade Throws Fest,
Sandy, 22 Mar 2025

Bob Ellingham V60

Hammer 38.16m (5kg) (PB; M60 Club Record, beating his own 36.74 2024)
Steve Burke V50
Hammer 39.63m (6kg)
Discus 32.39m (1.5kg)
Shot 10.09m (6kg) SB
Javelin 30.21m (700g) new spec PB
Dan Steel (just returning from injury)
Discus 25.13m (2kg)
Shot 8.69m (7.26kg)

Minithon, Lee Valley,
22 Mar 2025

Max Carmichael
60m – 8.85
200m – 29.92 (U13B Club Record, beating Nigel Coleman 31.3 2017)
600m – 2:01
Kitty Kelly
200m – 29.61
600m – 1:54.05 (U13G Club Record, beating Macy Taylor 2:04.16 2021 and U15G Club Record, beating Moria Howard 1:54.49 2019)
LJ – 3.50

Jubilee Junior Parkrun,
23 Mar 2025

After several previous finishes as first girl at the Jubilee Junior parkrun, Ellie (Newman) finally got her 1st place finish overall today and just 3 seconds off her PB which she set last week. Jamar also finished strong in 3rd place (2nd boy). Lovely to see several other Hunts AC members volunteering - Immy Wood, James Wood, Dominic Meagher and Jamar Eason.

Thorney 10k, 23 Mar 2025

Three county champions, three county silvers, one county bronze and a team win.

4 James Orrell 32:50.7 (1st SM; County Champion)
5 Mark Sampson 32:55.1 (2nd SM; County Silver; PB by 6.9 secs)
21 Simon Bowman 34:54.6 (M35 County Silver)
44 Luke Diggs 37:41.7 (PB by 92.3 secs)
48 Sebastian Darnell 38:01.4
56 Sean Barker 39:05.7 (M55 County Champion)
64 Alison Stewart 39:51.1 (3rd W45; County Silver; PB by 4.9 secs)
86 Nathan Jermy 41:06.2 (PB by 2:57.8)
87 Martin Amos 41:05.5
96 Ethan Locke 41:38.6 PB
112 Lola Fletcher 42:30.5 3rd SW
172 Chris Davies 47:50.0
193 Jim Stocker 49:27.7 (M65+ County Bronze)
216 Pauline Stocker 51:16.1 (W65 County Champion)
239 Iain Fletcher 53:58.2
285 Lesley Jackson 1:02:01.7 (333 finishers)
Overall team result – 1st Hunts AC (James, Mark, Simon)

Evening of 1000m PBs, St
Ives, 25 Mar 2025

56 athletes (47 last year)
46 PBs
11 Club Records

What a finish to the evening! Both Tom Waterworth and Joey Croft beat the previous men's club record set by Tom last year, but Tom's 2.25.1 won the race to improve the records he held. Behind them Oli Albone improved his PB with his 2.40.1 being an U17M record. Iris Purser claimed the U13G record with her fine 3.17.6 clocking. There were also a number of Masters age group records for Andy Stowe, Steph Ward,

Pauline Stocker, and Bruce Grimley. Well done to them all. There were a few disappointed with their runs but many more PB's. A great start to the track season. Thanks for everyone who came along to run, officiate, help, or support. Derek

Race 1

1 Tom Waterworth 2:25.1 (U20M/SM Club Records, beating Tom Waterworth 2:27.2 2024; 16th SM National Rankings; 1st U20M National Rankings)
2 Joey Croft 2:26.4 (PB by 12.7; 22nd SM National Rankings)
3 Noah Scott-Donkin 2:36.0 (PB by 6.8; 32nd SM National Rankings; 2nd U20M National Rankings)
4 William Crowther 2:39.5 (PB by 6.6)
5 Oliver Albone 2:40.1 (PB by 9.1; U17M Club Record, beating Joey Croft 2:42.1 2016)
6 Thomas Richards 2:42.3 (PB by 11.8)
7 James Orrell SM 2:50.3
8 Sebastian Darnell 2:51.4
9 Chris De Stefano 2:52.9
10 George Connell 2:56.7

Race 2

1 Simon Bowman 2:52.4 (PB by 18.6)
2 Jack Bone 2:53.2 (PB by 20.7)
3 Daniel Brook 2:54.3 (PB by 15.0)
4 Chris Parson 2:55.4 PB
5 Andy Stowe 2:56.4 (PB; M45/50 Club Records, beating M45 Peter Downhill 2:56.5 2017/M50 Peter Downhill 3:03.5 2019)
6 Luke Diggs 3:00.4 PB
7 Charlie Irons 3:00.8 (PB by 12.1)

8 Liam Morris 3:01.0 (PB by 10.4)
9 Ryan Bullard 3:12.8
10 Louis Spalding 3:15.4 (PB by 11.2)

Race 3

1 Lola Fletcher 3:09.4 (PB by 12.2)
2 Harrison Evans 3:10.4 PB
3 Alastair Reddish 3:11.4 (PB by 10.3)
4 Daniel Ryder 3:14.9 (eq. PB)
5 Iris Purser 3:17.6 (PB by 12.6; U13G Club Record, beating Issie Wilkins 3:23.6 2016)
6 Amelia Darnell 3:18.9
7 Freya Harris 3:23.2 (PB by 2.2)
8 Ethan Ward 3:33.4 PB
9 Caleb Purser 3:34.0 PB
10 Ieva Klavina 3:40.7

Race 4

1 Jake Henson 3:09.0 PB
2 Theo Wrathall 3:13.8 PB
3 Izzy Hilton 3:15.3 (PB by 20.3)
4 Nathan Jermy 3:20.1 (PB by 4.6)
5 Raj Gandhi 3:23.3 PB
6 Jason Mumford 3:27.6 PB
7 Izzie Newman 3:30.5
8 Immy Wood 3:32.4 (PB by 7.5)
9 Kitty Kelly 3:35.8 PB
10 Ellie Zubrik 3:37.7 PB
11 Hannah Darwin 3:46.2 (PB by 14.7)
12 Colette Guinea 4:00.8 PB
13 Charlie Hilton 4:03.4 (PB by 44.9)

Race 5

1 Lucy Hilton 3:40.6 (PB by 11.8)
2 Rupert Allen 3:46.6 PB
3 Summer Rooney 3:49.4 (PB by 4.0)
4 Eva Purser 3:51.6 PB
5 Ellie Newman 3:53.6 (PB by 4.1)

6 Chris Davies 4:04.4 PB
7 Orla Setchell 4:10.3 PB
8 Steph Ward 4:11.7 (W50/55 Club Records, beating Pauline Stocker 4:25.3 2024)
9 Bruce Grimley 4:14.2 (M65/70 Club Records)
10 Richard Roberts 4:23.9 PB
11 Pauline Stocker 4:26.3 (W65 Club Record, beating Hilary McConville 5:18.9 2024)
12 Lesley Jackson 4:57.7
13 Hilary McConville 5:37.2

Parkrun PBs, 29 Mar 2025

Storey's Field
2nd Noah Scott-Donkin 15:36 (PB by 47 secs; 5th to 3rd in club all-time rankings, 3 secs from 2nd and 13 secs from top spot)
15th Luke Diggs 17:47 (PB by 29 secs; 22nd all-time club rankings)
25th Rosie Mead 18:25 (PB by 19 secs; 4th to 2nd in club all-time rankings, 15 secs from top spot)
Ferry Meadows
1st James Orrell 15:55 (PB by 9 secs; consolidates 4th place in club all-time rankings)
16th Jake Henson (aged 12) 18.38 (PB by 49 secs; enters club all-time rankings at 26th)

Peterborough Throws Meet, 30 Mar 2025

Steve Burke M50
Hammer 41.93m (6kg) SB
Shot 9.73m (6kg)
Discus 35.36m (1.5kg) SB
Ellie Newman U13G
Javelin 10.84m (400g) (PB by 82 cms)
Shot 5.71m (2.72kg) (Outdoor PB by 36 cms)

SEAA Road Champs, Milton Keynes, 30 Mar 2025

We had three runners take part in this event, all of whom

acquitted themselves well
running PB's for their distance.
U13 girls 3K
9th Iris Purser 11:51
10th Ellie Zubrik 12:03
U17W 5K
7th Ellie Ince 20:31

5M TT, 1 Apr 2025

1st Jason Mumford 55:55 (32:47)
(PB by 2:28; 34th in club all-time
rankings)
2nd Raj Gandhi 57:28
3rd Joe Kerins 57:51 (39:52)
4th Sam Speariett 58:11 (34:08)
5th Chris Davies 59:37 (37:53)
6th Sergio Pelado 60:22 (35:58)
7th Richard Roberts 60:38 (42:39)
8th Lesley Jackson 60:38 (52:02)
9th Ben 63:41 (39:04)
(Actual times in brackets)

PANVAC Middle Distance Open, 3 Apr 2025

600m (U11)
5th Finley Calder 2:06.30 PB
800m R1
3rd Lucy Hilton 2:54.2 (PB by
7.37)
7th Ellie Newman 3:07.6
(Outdoor PB by 1.0)
800m R2
2nd Leah Graham 2:32.2
800m R3
1st Lewis Cummins 2:20.5
(Outdoor PB by 1.6)
1500m
6th Jake Henson 4:52.0 (PB by
21.48)
8th Izzy Hilton 5:17.0 (PB by
29.4)

Parkruns, 5 Apr 2025

At Storey's Field parkrun,
James Orrell led all runners
with 15:43 while Tom
Waterworth placed 3rd with
16:19 to improve his best by 24
seconds and go from 9th to 6th in
the club all-time rankings. At
Hinchingsbrooke parkrun, Lucy
Waller finished 41st with 23:58

to beat her 24:21 (2017) and
move from 49th to 43rd equal.

Beds AA Open, Bedford, 5 Apr 2025

100m R3 (w/s -4.7) 1st Sam
Woodhall 12.91
200m R3 (w/s -3.6) 4th Isabella
Smith 32.52 (Outdoor PB by
0.08)
400m R1 3rd Sam Woodhall
55.16
800m 5th Isabella Smith 2:55.6
75mH 2ns Isabella Smith 15.2
PB
DT 1st M50 Steve Burke 34.05
HT
2nd M50 Steve Burke 40.57
2nd SW Tamzin Digpal-Race
27.37
JT
1st M55 Kuldeep Digpal 31.39
1st SW Tamzin Digpal-Race
28.31
SP
1st M50 Steve Burke 9.90
1st SW Tamzin Digpal-Race
8.82
1st M55 Kuldeep Digpal 8.00

Jubilee Junior Parkrun, 6 Apr 2025

Izzy Hilton placed first in the
Jubilee Junior Parkrun with
7:54 to improve her best by 14
seconds and move from 5th to
3rd in the club all-time rankings.

PANVAC Open, 6 Apr 2025

Two club records for Andy Stowe.
100m (Round 1)
H1 (-0.1w)
Clemency Antwi (U15G) - 13.68s
(1) PB
H2 (+2.0w)
Simone Scott (U15G) - 13.56s (2)
(PB by 0.46)
Annette Abila (U15G) - 13.84s (3)
PB
Jake Henson (U13B) - 13.99s (4)
(PB, beating 14.8)
H3 (-1.3w)

Anjola Opaleye (U17W) - 14.44s
(3)
H4 (+0.2w)
Aimee Hays (U17W) - 13.73s (5)
H5 (0.0w)
Abigail Pudney (U20W)- 12.92s
(2)
H6 (+0.5w)
Zachary Bowes (SM)- 11.72s (4)
(PB by 0.10)
Yinka Opaleye (M50) - 12.96s (7)
100m (Round 2)
H2 (+1.6w)
Aimee Hays (U17W) - 13.68s (1)
Simone Scott (U15G) - 13.76s (2)
Annette Abila (U15G) - 13.91s (3)
H3 (-0.2w)
Abigail Pudney (U20W) - 12.99s
(2)
Yinka Opaleye (M50) - 13.33s (6)
200m
H1 (+0.3w)
Jake Henson (U13B) - 29.17s (2)
(PB, beating 30.2)
Clemency Antwi (U15G) - 29.22s
(3) PB
Anjola Opaleye (U17W)- 30.11s
(4)
H2 (+1.7w)
Molly Webster (U20W) - 26.30s
(2) (PB by 0.89)
Jessica Waterworth (U17W) -
28.51s (3) PB
H4 (-0.8w)
Yinka Opaleye (M50) - 26.82s (3)
Aimee Hays (U17W) - 27.82s (6)
H5 (+1.2w)
Zachary Bowes (SM) - 23.26s (2)
(PB by 0.17)
400m
Andrew Stowe (M50) - 57.79s (4)
(M50 Club Record, beating Peter
Downhill 59.8 2019 and M45 Club
Record, beating Peter Downhill
58.4 2014)

Parkruns, 12 Apr 2025

At Ferry Meadows, Simon
Mead led all runners with
16:58, while daughter Rosie
Mead placed as first woman in
9th place with 19:35 to improve
her course PB by 5:03 and go
4th equal in the club all-time
rankings, just 5 secs from 3rd

place. At Storey's Field, Luke Diggs improved his best by 9 secs with 17:38 to consolidate his 22nd place in the club all-time rankings. Finishing 19th/20th were son/father George/Dave Connell. George improved his best by 14 secs to go from 28th to 26th in the club all-time rankings. Dave Hudson placed first at Hinchbrook Park with 17:03.

Cambourne 10k, 13 Apr 2025

1 James ORRELL 33:54
 3 Simon BOWMAN 35:57
 7 Joshua ANSELL 37:14 (2nd SM)
 8 Christopher PARSON 37:25 (2nd M35)
 11 Paul BEGLEY 38:12 (PB; 3rd M35)
 14 Sean BARKER 39:14 (1st M55)
 24 Alison STEWART 40:53 (1st Woman Overall – won VW 100m club champs that afternoon)
 44 Daniel WOOLF 42:57
 54 Sergio PELADO 44:06 PB
 59 Gemma BEDFORD 44:30 (1st W35)
 70 Ieva KLAVINA 46:01 (2nd W35)
 90 Chris DAVIES 47:41 (won VM 100m club champs that afternoon)
 110 Steph WARD 49:27
 118 Martin QUINN 50:20 PB
 120 Ty FARRER 50:35
 157 Pauline STOCKER 52:54 (1st W65)
 216 Leanne EVANS 56:16 PB
 223 Alan BURGIN 57:25
 277 Jo CHATWOOD 62:41
 280 Lesley JACKSON 62:59

Jubilee Junior Parkrun, 13 Apr 2025

1st Iris Purser 7:34 (PB by 28 secs; 4th to 2nd in club all-time

rankings, 11 seconds from the top spot)
 2nd Izzy Hilton 7:58

Charnwood Open, 23 Apr 2025

100m 3rd James Coleman 12.20 (w/s +1.2; PB by 0.33)
 300m 1st James Coleman 38.97 (Outdoor PB by 1.17; 15th U15B national rankings)
 Kiyen Medina returning from an 8-week injury ran 11.74 in 100m and 24.86 in 200
 Finley Calder came 2nd in 600m 2.07.31 under 11 and 75m in 12.60
 Jake Henson 2.27.85 (800m)
 Boogie Gray huge pb lead from gun to tape running 4.56.36 (1500m)

Club Champs, 13 Apr 2025

The club championship season got off to a great start with 50 athletes and 18 officials. There were 43 athletes in the 100m compared to 29 last year. G S B indicates gold, silver or bronze medals won (and to be awarded at the end of the season)
 Thanks to our officials for making this meet happen. Charlotte Bruce, Jo Abel, Quinton Carroll, Sarah Newman Steve Wellman, Yinka Opaleye, Lucy Waller, Dave Connell, Ellie Smith, James Waterworth, Moji Opaleye, Rachel Waterworth, Sandra Acton, Carl Rooney, Sandra Pedley, Uju Mokah, Sam Kelly, Paula Waller, Steve Burke, Toby Carroll
 80m

1 Jack Slater U11B 12.7 G PB
 2 Orla Setchell U11G 14.2 G PB
 3 Ellie Bedingfield U11G 14.4 S PB
 100m Race 1

1 Kitty Kelly U13G 14.4 G PB, beating 14.73
 2 Lily Twumasi U13G 14.5 S PB
 3 Ethan Ward U13B 14.6 G PB
 4 Tobechi Mokah U13B 15.0 S eq. PB
 5 James Peak U13B 15.1 B PB by 0.6
 6 Ellie Newman U13G 16.5 B PB by 0.2
 100m Race 2
 1 Chloe Hays U15G 13.8 G
 2 Annette Abila U15G 14.0 S PB
 3 Isabella Smith U15G 14.5 B PB by 1.2
 4 Eleanor Stewart U15G 14.9 PB, beating 15.33
 5 Sophie Bedingfield U15G 14.9 PB
 6 Summer Rooney U15G 15.1 eq. PB
 100m Race 3
 1 Jamar Eason U15B 14.6 G PB, beating 14.86
 2 Owain Evans U15B 14.9 S PB, beating 15.58
 3 Mark Lawson-Watkins U15B 17.4 B PB by 0.7
 100m Race 4
 1 Amelia Haylock U17W 14.2 PB by 0.3
 2 Anjola Opaleye U17W 14.4
 3 Martha Heylen U17W 15.3 PB by 0.3
 4 Lucia Lewington U17W 15.7
 100m Race 5
 1 Isla Wood U17W 13.3 G
 2 Aimee Hays U17W 14.0 S
 3 Jessica Waterworth U17W 14.1 B
 100m Race 6
 1 Liam Morris U17M 12.4 G PB
 2 Harry Ward U17M 12.6 S eq. PB
 3 Daniel Brook U17M 13.0 B PB
 4 George Connell U17M 13.1 PB by 0.9
 5 Theo Wrathall U17M 13.3 PB

100m Race 7

1 Abigail Pudney U20W 12.9 G
14th U20W national rankings
2 Molly Webster U20W 13.1 S
PB by 0.4; 23rd U20W national rankings

100m Race 8

1 Amelia Darnell SW 16.4 G
2 Alison Stewart W45 16.8 G
PB; 6th W45 national rankings
3 Claire Price W40 17.1 S PB;
7th W40 national rankings
4 Vicky Burke W45 19.4 B 7th
W45 national rankings
5 Sandra Pedley W55 19.9 2nd
W55 national rankings
6 Sandra Acton W40 39.1

100m Race 9

1 Zachary Bowes SM 11.6 G
PB
2 Benedict Scott U20M 11.9 G
3 Jeremy Antwi U20M 11.9 S
PB
4 Daniel Steel SM 12.9 S

5 Chris Davies M50 15.6 G PB
High Jump 1

1 Owain Evans U15B 1.37 G
PB by 7 cms
2 Annette Abila U15G 1.30 G
PB
3 Tobechi Mokah U13B 1.25 G
eq, PB
4 Chloe Hays U15G 1.20 S
5 Eleanor Stewart U15G 1.15 B
PB
5 Mark Lawson-Watkins U15B
1.15 S PB by 10 cms
7 Sophie Bedingfield U15G
1.15
8 Jamar Eason U15B 1.15 B PB
by 15 cms
9 Isabella Smith U15G 1.10
10 Kitty Kelly U13G 1.05 G eq.
PB
11 Ellie Newman U13G 1.00 S
PB by 15 cms
12 Jack Slater U11B 1.00 G PB
13 Ellie Bedingfield U11G 0.90
G PB
14 Orla Setchell U11G 0.90 S PB
High Jump 2
1 Abigail Pudney U20W 1.60 G

PB by 8 cms; 21st eq. U20W
national rankings

1 Daniel Steel SM 1.60 G
3 Mia Rutherford SW 1.30 G
4 Aimee Hays U17W 1.25 G
5 Anjola Opaleye U17W 1.20 S
5 Yinka Opaleye M50 1.20 G
5 Toby Carroll U20M 1.20 G
8 Molly Webster U20W 1.20 S
PB by 15 cms
9 Claire Price W40 1.05 G
Shot Put 1
1 Eleanor Stewart U15G 7.88 G
2 Annette Abila U15G 6.57 S
PB
3 Tobechi Mokah U13B 6.23 G
PB by 18 cms
4 Jamar Eason U15B 5.77 G PB
5 Ellie Newman U13G 5.42 G
6 Isabella Smith U15G 5.37 B
PB
7 Jack Slater U11B 5.33 G PB
8 Chloe Hays U15G 5.17 PB by
66 cms
9 Sophie Bedingfield U15G
5.01 PB
10 Mark Lawson-Watkins
U15B 4.81 S PB
11 Kitty Kelly U13G 4.61 S PB
by 20 cms
12 Orla Setchell U11G 3.55 G
PB
13 Ellie Bedingfield U11G 3.48
S PB
Shot Put 2
1 Toby Carroll U20M 10.09 G
PB by 28 cms; 46th U20M
national rankings
2 Steve Burke M50 10.00 G
3 Yinka Opaleye M50 9.29 S
Outdoor PB by 34 cms
4 Tamzin Digpal-Race SW 8.77
G
5 Daniel Steel SM 8.74 G
6 Bob Ellingham M60 8.37 B
7 Anjola Opaleye U17W 7.93 G
8 Abigail Pudney U20W 7.50 G
PB
9 Chris Davies M50 6.79 PB
10 Molly Webster U20W 6.67 S
PB
11 Aimee Hays U17W 6.29 S

12 Muna Mokah U20W 6.23 B
PB
13 Mia Rutherford SW 6.20 S
PB
14 Vicky Burke W45 5.82 G
15 Liam Morris U17M 5.59 G
16 Alison Stewart W45 5.53 S
PB
17 Jessica Waterworth U17W
5.35 B
18 Theo Wrathall U17M 5.02 S
PB
19 Claire Price W40 4.77 B PB
by 8 cms; 19th W40 national
rankings
20 Sandra Acton W40 3.42

Watford Open, 16 Apr 2025

800m 6th Iris Purser 2:35.03
(PB by 2.37; 43rd U13G
national rankings)
3000m 10th Noah Scott-Donkin
8:45.11 (PB by 9.59; 32nd
U20M national rankings)

Parkruns, 19 Apr 2025

At the Huntingdon parkrun,
Dave Hudson led all others over
this course for the 151st time
while Nathan Jermy placed 8th
with 20:14 to reduce his PB by
13 secs. Just behind, Amelia
Darnell placed 16th with 21:22
which improved her best by 24
secs and moved her from 22nd to
18th all-time. In 64th, Ellie
Newman ran 24:47 to improve
her best by 55 secs. Just 20
seconds to go to make the top
50. Lily Reindel also set a
personal best, placing 98th at
Ferry Meadows with 22:54, a
PB by 8 secs which moves her
from 18th to 17th in the club all-
time rankings. Over the same
course, 10-year-old Finley
Calder placed 84th with 22:18,
reducing his PB by 1:51 and
going 45th on the club all-time
rankings. At Storey's Field,
James Orrell placed first with
16:03.