



Hunts AC Happenings

May 2025 (Edition 270)

Loughborough Open,

19 Apr 2025

100m (+2.2) – 3rd Kiyana Medina 11.57 (1st U15B; English Schools Standard)
1500m – 5th Iris Purser 5:09.37 (1st U13G; PB by 9.39; 4th U13G National Rankings)
1500m – 2nd Tom Waterworth 3:57.36 (21st U20M National Rankings)

Jack Kee Memorial Throws,

Milton Keynes, 19 Apr 2025

Hammer – 1st M50 Steve Burke 40.23 (6 kg)

Jubilee Junior Parkrun,

20 Apr 2025

1st Izzy Hilton 7:56
3rd Ellie Newman 8:56 (PB by 12 secs; consolidates 10th in club all-time rankings)
5th Charlie Hilton 9:31

Club Triple Jump Champs,

22 Apr 2025

1 Miriam Fleming U20W 9.29 G
2 Mia Rutherford SW 9.10 G (PB by 51 cms)
3 Owain Evans U15B 8.84 G PB
4 Richard Phelan M60 8.68 G
5 Jo Abel W50 8.45 G (5th W50 national rankings)
6 Jamar Eason U15B 8.35 S PB
7 Anjola Opaleye U17W 8.30 G (PB by 85 cms)
8 Martha Heylen U17W 8.15 S PB
9 Chloe Hays U15G 6.77 G PB
Thanks to officials/helpers: Charlotte, Sarah, Carol, Matt, James, Gabe

Biggleswade TrackFest,

23 Apr 2025

100m: 4th Sam Woodhall 12.3, James Coleman 12.4
100m: 6th Aimee Hays 14.0
200m: 3rd Sam Woodhall 24.9
200m: 3rd Aimee Hays 28.1
200m: Theia Parson 33.2 PB
300m: Theia Parson 51.2 PB
400m: 1st Chris Parson 57.9 (13th M40 national rankings)
3000m: 4th Chris Parson 10:44.8

Parkruns, 26 Apr 2025

At Storey's Field parkrun, Josh Ansell placed 7th with 17:11 to improve his PB by one second and consolidate his 18th place in the club all-time rankings. Meanwhile, at Hinchingsbrooke Park, James Orrell led all runners with 16:55 while in 8th place, Amelia Darnell finished as first female with 21:19 to clip 3 secs off her best time and strengthen her 18th position in the club all-time rankings. Thirteen-year-old Izzy Hilton placed 14th with 22:32 to finish as first JW11-14 and reduce her PB by exactly one minute to climb from 35th to 29th in the club all-time rankings.

West Suffolk Steeplechase, Walks & Endurance Festival,

Bury St Edmunds,

26 Apr 2025

2000m Steeplechase – 1st Joey Croft 5:54.94 (SM Club Record, beating his own 5:58.80 2017; 1st SM national rankings)
7th Dom Pauley 6:44.11

East Anglian League,

Cambridge, 27 Apr 2025

Club Records – VM 200m
Chris de Stefano; VW 800m
Alison Stewart; VM Hammer
Bob Ellingham
PBs – 93
A & B String Wins - 24

Thanks to officials: Sandra Pedley, Charlotte Bruce, Quinton Carroll, Matt Hays, Sarah Newman, Carl Rooney, Lucy Waller, Paula Waller, Rach Waterworth, Toby Carroll, Uju Mokah
Thanks to parent helpers: Michael Hall, Jen Evans, Vanessa Allen, Chris Parson, Tina Morrish, Mr. Reddish

Under 13 Boys
100m A 3rd Jake Henson 14.5
100m B 1st Max Carmichael 14.2 PB
200m A 1st Max Carmichael 29.6 PB
800m A 2nd Jake Henson 2:25.6 (Outdoor PB by 2.25)
800m B 2nd Moses Smith 2:25.6 PB
1500m A 1st Boogie Gray 4:49.5 (PB by 6.86)
1500m B 1st Alastair Reddish 5:04.4 (PB by 7.7)
75mH A 2nd Ethan Ward 16.9 PB
HJ A 1st Moses Smith 1.20 PB
LJ A 2nd Alastair Reddish 3.91 (PB by 36 cms)
LJ B 1st Ethan Ward 3.59 PB
SP A 2nd Tobechei Mokah 6.26 (PB by 3 cms)
SP B 2nd Moses Smith 5.09 PB
JT A 2nd Teddy Hamilton 17.39 PB

4x100 2nd 59.2
 Team 2nd 110 points
 Under 15 Boys
 100m A 1st Kiyan Medina 11.8
 100m B 1st James Coleman 12.5
 200m A 1st Kiyan Medina 24.2
 300m A 2nd James Coleman 39.5
 300m B 1st Jamar Eason 47.6
 PB
 800m A 5th Micah Howell 2:41.6 (PB by 1.5)
 1500m A 2nd Jack Bone 4:34.8 (PB by 16.4)
 1500m B 4th Jude Lindsey 6:22.8 PB
 HJ A 1st Joshua Dawe 1.70 (PB by 20 cms!!; 8th U15B national rankings)
 HJ B 3rd Owain Evans 1.30
 LJ A 2nd Joshua Dawe 4.36
 LJ B 1st Owain Evans 4.29 (PB by 34 cms)
 TJ A 2nd Owain Evans 8.28
 SP A 2nd Joshua Dawe 8.43 (PB by 62 cms)
 SP B 3rd Mark Lawson-Watkins 4.44
 DT A 4th Mark Lawson-Watkins 14.19 PB
 HT A 4th Mark Lawson-Watkins 12.97 PB
 JT A 3rd Isaac Ebers 25.89 PB
 4x100 1st (Jamar, Joshua, James, Kiyan) 49.6
 Team 3rd 128.5 points

Under 17 Men
 100m A 2nd Alessandro Pistilli 11.9
 100m B 4th Harry Ward 12.7
 200m A 3rd Alessandro Pistilli 24.0
 200m B 3rd Harry Ward 25.2
 PB
 400m A 2nd Sam Woodhall 56.0
 800m A 2nd Lewis Cummins 2:04.1
 1500m A 4th George Connell 4:46.1
 SP A 3rd Liam Morris 6.33

JT A 2nd Edward Fuller 21.52
 PB
 4x100m 2nd 48.3
 Team 3rd 62 points
 Men
 100m A 5th Benedict Scott 11.7
 PB
 200m A 4th Chris de Stefano 24.3 (PB; VM Club Record, beating his own 24.4 2024; 6th M40 national rankings)
 400m A 2nd Harry Exell 52.0
 400m B 1st Benedict Scott 52.7 (PB by 0.84)
 800m A 3rd Simon Bowman 2:10.7 (PB by 0.7)
 800m B 3rd Ryan Bullard 2:17.4
 1500m A 5th Aaron Hawkins 4:28.8
 1500m B 4th Simon Bowman 4:33.9
 SP A 4th Toby Carroll 8.76
 SP B 4th Steve Burke 8.29
 DT A 5th Steve Burke 29.36
 DT B 4th Toby Carroll 22.64 PB
 HT A 3rd Steve Burke 34.34
 JT A 6th Steve Burke 27.28
 Team 5th 73 points

Under 13 Girls
 100m A 2nd Lily Twumasi 14.1 (PB by 0.4)
 100m B 3rd Theia Parson 15.2
 PB
 200m A 2nd Kitty Kelly 29.4 PB
 200m B 2nd Lily Twumasi 30.2
 PB
 800m A 1st Iris Purser 2:34.0 (PB by 0.53)
 800m B 1st Kitty Kelly 2:37.5 (PB by 0.52)
 1500m A 6th Ellie Newman 6:13.3 (PB by 9.3)
 1500m B 5th Eva Purser 6:20.0
 PB
 LJ A 3rd Kitty Kelly 3.86 (PB by 9 cms)
 LJ B 4th Eva Purser 2.98 PB
 SP A 2nd Ellie Newman 5.67
 JT A 2nd Ellie Newman 12.26 (PB by 1.42)

4x100m 3rd 60.5
 Team 3rd 81 points

Under 15 Girls
 100m A 4th Chloe Hays 13.7
 100m B 3rd Simone Scott 13.6
 200m A 5th Chloe Hays 29.1
 200m B 4th Lacey Pearl 29.9
 300m A 5th Ellie Zubrik 50.9
 PB
 300m B 2nd Izzy Hilton 52.6 PB
 800m A 5th Summer Rooney 2:56.9
 800m B 4th Sophie Bedingfield 2:58.3
 1500m A 1st Izzy Hilton 5:19.7
 1500m B 2nd Immy Wood 5:44.0
 75mH A 4th Isabella Smith 15.4
 75mH B 3rd Hannah Darwin 16.1 PB
 HJ A 3rd Hannah Darwin 1.25 eq. PB
 HJ B 3rd Isabella Smith 1.05
 LJ A 3rd Eleanor Stewart 4.20 (PB by 16 cms)
 LJ B 1st Simone Scott 4.06
 SP A 3rd Eleanor Stewart 7.76
 SP B 2nd Clemency Antwi 6.69
 PB
 HT A 1st Eleanor Stewart 28.66 (PB by 7.23; 24th U15G national rankings)
 4x100m 2nd 54.9
 Team 2nd eq. 120 points

Under 17 Women
 100m A 5th Isla Wood 13.1 PB
 100m B 4th Aimee Hays 13.8
 200m A 5th Aimee Hays 28.4
 200m B 1st Isla Wood 27.5
 300m A 4th Anjola Opaleye 48.7 (PB by 2.5)
 800m A 3rd Freya Harris 2:42.1
 1500m A 1st Leah Graham 5:18.2
 HJ A 3rd Anjola Opaleye 1.20
 LJ A 3rd Annabel Lindsell 4.44
 SP A 2nd Anjola Opaleye 8.87
 DT A 4th Jess Waterworth 11.95
 Team 3rd 64 points

Women

100m A 3rd Abi Pudney 13.0
100m B 4th Sarah-Renae Hall 13.7
200m A 3rd Molly Webster 26.9
200m B 4th Izzie Newman 27.9 (PB by 0.3)
400m A 4th Lola Fletcher 66.2
400m B 3rd Izzie Newman 65.4 (PB by 0.2)
800m A 3rd Lola Fletcher 2:30.7
800m B 1st Alison Stewart 2:38.4 (W40/W45 Club Records, beating her own 2:45.0 2024; 9th W45 national rankings)
1500m A 3rd Ieva Klavina 5:47.0 (9th W40 national rankings)
1500m B 2nd Lily Reindel 5:59.1
100mH A 3rd Faye Young 20.2
HJ A 2nd Abi Pudney 1.50
HJ B 3rd Mia Rutherford 1.35 eq. PB
LJ A 2nd Abi Pudney 5.06 (PB by 9 cms)
LJ B 2nd Molly Webster 4.74 (PB by 5 cms)
TJ A 4th Mia Rutherford 9.16 (PB by 6 cms)
SP A 5th Muna Mokah 6.38 (PB by 15 cms)
SP B 5th Mia Rutherford 5.63
DT A 5th Caitlan Burke 17.03
DT B 5th Faye Young 11.66 (PB by 57 cms)
HT A 4th Caitlan Burke 28.83 (PB by 3.38; 36th U20W national rankings)
JT A 5th Caitlan Burke 14.81
JT B 6th Vicky Burke 10.31 (6th W45 national rankings)
4x100m 3rd 54.2
Team 2nd 132 points

Non-Scorers

100 U13B James Peak 14.8 (PB by 0.3)
100 U13B Caleb Purser 15.2 PB
100 U13B Teddy Hamilton 15.5
200 U13B Tobechi Mokah 31.2

(PB by 0.65)
200 U13B James Peak 32.0 (PB by 1.1)
800 U13B Caleb Purser 2:48.2 PB
800 U13B Teddy Hamilton 2:52.5 PB
1500 U13B Gabriel Lindsey 5:25.3 PB
1500 U13B Robins Lindsey 6:37.7 PB
JT U13B JT Caleb Purser 18.96 PB
200 U13G Theia Parson 32.1 PB
100 U15B Jamar Eason 14.5 (PB by 0.1)
TJ U15B Jamar Eason 8.43 (PB by 8 cms)
100 U15G Annette Abila 13.5 PB
100 U15G Clemency Antwi 13.6 PB
100 U15G Lacey Pearl 14.0 PB
100 U15G Summer Rooney 14.9 (PB by 0.2)
200 U15G Simone Scott 29.2 (PB by 1.7)
200 U15G Sophie Bedingfield 30.8
200 U15G Summer Rooney 31.9
200 U15G Izzy Hilton 32.6
300 U15G Summer Brocklebank 56.6 PB
800 U15G Hannah Darwin 2:53.3 (PB by 2.05)
800 U15G Isabella Smith 3:04.8
800 U15G Summer Brocklebank 3:12.8 PB
1500 U15G Ellie Zubrik 5:32.8 PB
4x100m U15G 61.0
100 U17M Rupert Allen 14.8 (PB by 0.38)
200 U17M Sam Woodhall 25.6
200 U17M Rupert Allen 30.9 PB
400 U17M Liam Morris 57.3
400 U17M George Connell 57.3
800 U17M Daniel Brook 2:12.0
800 U17M Charlie Irons 2:22.3

800 U17M Rupert Allen 2:55.8 (PB by 11.29)
200 U17W Freya Ambler 29.3 (PB by 0.85)
200 U17W Annabel Lindsell 29.9
800 U17W Rebecca Smith 2:42.4
1500 U17W Shiloh Lindsey 6:38.2 PB
400 SM Chris de Stefano 54.0 (5th M40 national rankings)
400 SM Ryan Bullard 62.4
800 SM Daniel Ryder 2:32.1
800 SM Jim Stocker 3:10.6 (3rd M75 national rankings)
1500 SM Dave Connell 4:53.4 (19th M50 national rankings)
HT (7.26kg) SM Bob Ellingham 29.44 (M60 Club Record, beating his own 29.12 2024)
100 SW Faye Young 16.1
400 SW Ieva Klavina 76.2 (PB; 20th W40 national rankings)
800 SW Ieva Klavina 2:50.7 (PB; 20th W40 national rankings)
SP SW Vicky Burke 5.91 (14th W45 national rankings)
HT SW Muna Mokah 19.94
LJ SW Mia Rutherford 3.92

Under 11s

80 U11B Jack Slater 13.2
LJ U11B Jack Slater 3.62 PB
SP U11B Jack Slater 5.14
600 U11B Finley Calder 2:09.7
80 U11B Finley Calder 13.6 PB
600 U11G Orla Setchell 2:23.2 PB
80 U11G Orla Setchell 14.2 eq PB
SP U11G Orla Setchell 3.41
600 U11G Ellie Bedingfield 2:23.3 PB
80 U11G Ellie Bedingfield 13.9 (PB by 0.5)
LJ U11G Ellie Bedingfield 3.09 PB

London Marathon, 27 Apr 2025

619th Dave Hudson 2:39:37
999th Rob Farrant 2:44:49
1,206th Simon Mead 2:47:11
5,329th Sean Barker 3:14:52
6,887th Marcela Groves 3:22:34
7,916th Hanna Brickell 3:27:03
11,034th Jess Williams 3:38:48
15,782nd Seb Darnell 3:54:29
25,032nd Sunny Bulchandani
4:24:00
26,539th Graham Williams
4:28:39
(56,614 finishers)

Watford Open, 30 Apr 2025

1500m: 4th Amelia Darnell
5:04.16 (PB by 2.00)
1500m: 6th Dave Connell
4:49.13 (20th M50 national
rankings)
1500m: 5th George Connell
4:32.80 (PB by 8.7)
1500m: 5th Noah Scott-Donkin
3:59.16 (PB by 5.52; 34th in
U20M national rankings)

Parkruns, 3 May 2025

Six days after finishing the London Marathon, Seb Darnell improved on his 7-year PB of 18:45 at Hinchingsbrooke Park with an 18:26 clocking (and 2nd place) to move from 43rd to 36th in the club all-time rankings. Meanwhile, at Storey's Field, 12-year-old Alastair Reddish was generously paced by Simon Bowman to place 28th with 18:56, an improvement of 69 seconds, moving him from 34th to 29th in the club all-time rankings.

Jubilee Junior Parkrun, 4 May 2025

Ellie Newman finished 2nd with 8:48, an 8-sec PB which consolidates her 10th place in all-time rankings, just one second from 9th. Jamar Eason placed 3rd with 9:18.

Langtoft 10k, 4 May 2025

4th Natty Clifford 35:43 (PB by 3:51; first year U17M on the road)
24th Ethan Locke 39:23 (PB by 2:16; 1st U15B (aged 15 but classified as U15B on the road); U15B club record, beating his own 41:39 set back in March)
48th Lola Fletcher 42:23 (3rd female)
94th Lily Reindel 47:47 (1st U17W; PB by 5:58)
141st Iain Fletcher 51:31
(299 finishers)
3k Fun Run
4th Jake Henson 11:02
23rd Georgie Henson 13:40 (3rd female)
(179 finishers)

Gear 10k, 4 May 2025

74th Rosie Mead 38:41 U20W Club Record, beating her own 38:56 2024; 16th U20W national rankings)
117th Steve Church 40:34
1,400th Diane Bunch 57:41
2,375th Julia Tebbs 77:45

Milton Keynes Marathon, 5 May 2025

86th Josh Ansell 2:58:27 (PB by 12:34) - 1,934 finishers

Breckland 10k, 5 May 2025

4th Luke Diggs 37:15 (PB by 27 secs)
125th Jim Stocker 48:51 (6th M75 national rankings)
(304 finishers)

5M TT, 6 May 2025

1st Paul Begley 55:41 (31:39)
26th all-time club rankings
2nd Ian Hall 55:44 (31:42)
3rd Colette Guinea 57:28
(38:33) PB by 88 secs; 22nd to 12th in club all-time rankings
4th Phil Deaves 57:51 (38:33)
PB by 2:13

5th Sergio Pelado 58:41 (34:39)
50th all-time club rankings
6th Lesley Jackson 58:48
(50:06)
7th Joe Kerins 59:18 (39:10)
8th Steph Ward 59:26 (40:08)
9th Chris Davies 62:19 (40:35)
10th Ben Nash 64:02 (39:25)
Actual times in brackets

Parkruns, 10 May 2025

While Dave Hudson crossed the line first at the Huntingdon parkrun with 16:31, Seb Darnell finished as runner-up with 17:41 to improve his best by 45 seconds and jump from 36th to 17th in the club all-time rankings. Finishing in 152nd place, Jo Chatwood knocked 17 seconds off her PB with 27:07. At Ferry Meadows, 10-year-old Finley Calder placed 62nd with 22:03, an improvement of 15 seconds, which sees him rise from 45th to 44th in the club all-time rankings.

Cambridgeshire Track & Field Championships,

Peterborough, 10 May 2025

32 GOLD/30 SILVER/26
BRONZE = 88 MEDALS
88 medals in 2025
59 medals in 2024
68 medals in 2023
67 medals in 2022
Cancelled in 2021
Cancelled in 2020
49 medals in 2019
36 medals in 2018
On top of 88 medal positions, a further 35 performances, placing 4th through 6th, contributed to the age group team title challenges.
69 Personal Bests
2 Club Records
- Iris Purser U13G 1500m – 5:04.82, beating Lauren Reynold's 28-year-old record 5:05.0

- Bob Ellingham M60 Hammer
(7.26kg) – 31.86, beating his
own 29.44 2025

U13G 100 Heat 1
3 Lily Twumasi 14.0 (PB by
0.1)
U13G 100 Heat 2
5 Elizabeth Mallory 15.3 PB
U15G 100 Heat 1
1 Simone Scott 13.7
2 Annette Abila 13.8
U15G 100 Heat 2
5 Chloe Hays 14.0
6 Clemency Antwi 14.5
U15B 100 Heat 1
1 Kiyana Medina 11.9
2 James Coleman 12.3
5 Will Lloyd-Harvey 13.3 PB
U15B 100 Heat 2
1 Joshua Dawe 11.9 (PB by 0.6)
U17M 100 Heat 1
4 Samuel Woodhall 12.1 (PB by
0.1)
5 Robert Fuller 12.1 (PB by 2.5)
7 Harry Ward 12.3
U17M 100 Heat 2 Wind Speed
2 Liam Morris 12.3 (PB by 0.1)
U13G 800 Final
1 Kitty Kelly 2:42.2 GOLD
2 Lucy Hilton 2:54.0 (PB by
0.2) SILVER
U13B 800 Final
1 Moses Smith 2:30.3 GOLD
U15G 800 Final
6 Hannah Darwin 2:46.0 (PB by
7.3)
7 Sophie Bedingfield 2:46.6
(PB by 8.64)
8 Summer Rooney 2:48.2
9 Isabella Smith 2:48.4 (PB by
1.5)
U17W 800 Final
3 Freya Harris 2:35.2 BRONZE
U17M 800 Final
3 George Connell 2:08.6
BRONZE
5 Charlie Irons 2:09.2 ((PB by
9.71)
SM 800 Final
1 Brandon Ballard 1:56.8 (PB
by 1.94; 1st SM T20 National

Rankings) GOLD
2 Simon Bowman 2:09.1 (PB
by 1.6; 9th M35 National
Rankings) SILVER
4 Daniel Ryder 2:25.7
SW 800 Final
2 Alison Stewart 2:41.9
SILVER
U13G 100 Final
3 Lily Twumasi 14.24 PB
BRONZE
U13B 100 Final
3 Max Carmichael 14.3
BRONZE
4 Tobechi Mokah 15.0 (eq. PB)
U15G 100 Final
4 Annette Abila 13.67 (PB by
0.17)
5 Simone Scott 13.73
6 Chloe Hays 13.96
7 Lacey Pearl 14.03 PB
U15B 100 Final
1 Kiyana Medina 11.72 GOLD
2 Joshua Dawe 11.89 (PB,
beating 11.9) SILVER
3 James Coleman 12.46
BRONZE
7 Will Lloyd-Harvey 13.30 PB
U17W 100 Final
3 Aimee Hays 13.70 BRONZE
4 Anjola Opaleye 14.20
5 Maya Wager 14.50 PB
U17M 100 Final
4 Robert Fuller 12.14 PB
5 Samuel Woodhall 12.22 (PB)
6 Liam Morris 12.23 (PB,
beating 12.3)
U20W 100 Final
2 Abigail Pudney 13.10
SILVER
3 Sarah-Renae Hall 13.70
BRONZE
U15G 75 Hurdles Final
2 Isabella Smith 15.62 SILVER
3 Hannah Darwin 15.97 (PB,
beating 16.1) BRONZE
U13G 200 Heat 1
1 Kitty Kelly 29.12 (PB by
0.38)
4 Theia Parson 32.05 (PB,
beating 32.1)
U13G 200 Heat 2

3 Lily Twumasi 30.16 (PB,
beating 30.2)
6 Lucy Hilton 34.46 (PB,
beating 36.3)
U17M 200 Heat 1
3 Robert Fuller 24.73 (PB,
beating 29.06)
U17M 200 Heat 2
3 Liam Morris 25.21 (PB,
beating 25.6)
SM 200 Heat 2
5 Chris Parson 26.51 (PB; 25th
M40 National Rankings)
U13G 1500 Final
1 Iris Purser 5:04.82 (U13G
Club Record, beating Lauren
Reynolds 5:05.0 1997; PB by
4.55; 5th U13G National
Rankings) GOLD
4 Ellie Newman 6:19.44
5 Theia Parson 6:27.76 PB
U13B 1500 Final
1 Jake Henson 4:44.27 (PB by
7.73; 9th U13B National
Rankings) GOLD
2 Boogie Gray 4:45.59 (PB by
3.91; 14th U13B National
Rankings) SILVER
U15G 1500 Final
1 Izzy Hilton 5:19.89 GOLD
3 Ellie Zubrik 5:39.34
BRONZE
U15B 1500 Final
2 Jack Bone 4:29.24 (PB by
5.56; 51st U15B National
Rankings) SILVER
4 Louis Spalding 4:58.23 (PB
by 16.77)
U17W 1500 Final
1 Leah Graham 5:08.24 (PB by
0.37) GOLD
U17M 1500 Final
3 Leo Howard 4:27.75 (PB by
53.05) BRONZE
U20W 1500 Final
1 Lily Reindel 5:58.73 GOLD
SW 1500 Final
2 Olivia Mead 5:09.79 SILVER
3 Amelia Darnell 5:13.20
BRONZE
U20M 1500 Final
3 Aaron Hawkins 4:30.99

BRONZE**SM 1500 Final**

6 Simon Bowman 4:23.48 (PB by 6.79; 14th M35 National Rankings)

8 James Orrell 4:31.35

10 Chris Parson 4:39.79 (PB by 11.01; 32nd M40 National Rankings)

11 David Connell 4:53.76

U13G 200 Final

3 Kitty Kelly 29.05 (PB by 0.07; 55th U13G National Rankings) **BRONZE**

5 Lily Twumasi 29.94 (PB by 0.22)

8 Theia Parson 32.79

U13B 200 Final

1 Max Carmichael 28.77 (PB, beating 29.6; 73th U13B National Rankings) **GOLD**

5 Tobechi Mokah 31.87

U15G 200 Final

5 Sophie Bedingfield 31.02 (eq. PB)

6 Isabella Smith 31.59 (PB by 0.93)

U15B 200 Final

1 Kiyan Medina 24.88 **GOLD**

U17W 200 Final

3 Aimee Hays 28.02 **BRONZE**

4 Jessica Waterworth 29.08

5 Annabel Lindsell 30.11

U17M 200 Final

5 Robert Fuller 25.11

6 Liam Morris 25.14 (PB by 0.07)

U20W 200 Final

1 Molly Webster 26.35 **GOLD**

3 Izzie Newman 28.39

BRONZE**U15G 300 Final**

2 Chloe Hays 44.82 **SILVER**

4 Izzy Hilton 48.44 (PB, beating 52.6)

U15B 300 Final

1 James Coleman 39.24 **GOLD**

5 Jamar Eason 46.27 (PB, beating 47.6)

U17W 300 Final

1 Aimee Hays 45.23 **GOLD**

3 Maya Wager 46.94 **PB**

BRONZE**U17M 400 Final**

3 Samuel Woodhall 55.70

BRONZE**U20W 400 Final**

2 Izzie Newman 62.39 (PB, beating 65.4) **SILVER**

U20M 400 Final

2 Harry Exell 51.31 (PB by 0.36) **SILVER**

4 Benedict Scott 51.59 (PB, beating 52.7)

U20M Hammer Final

1 Toby Carroll 38.00 (PB by 1.38; 26th U20M National Rankings) **GOLD**

SM Hammer Final

3 Steve Burke 36.94 **BRONZE**

4 Robert Ellingham 31.86 (M60 Club Record, beating his own 29.44 2025)

U15B Hammer Final

2 Mark Lawson-Watkins 12.16 **SILVER**

U15B Long Jump Final

1 Owain Evans 4.19 **GOLD**

3 Jamar Eason 4.09 (PB by 17 cms) **SILVER**

U17W Triple Jump Final

3 Anjola Opaleye 8.38 (PB by 8 cms) **BRONZE**

SW Triple Jump Final

2 Mia Rutherford 9.01 **SILVER**

SM High Jump Final

1 Dan Steel 1.65 **GOLD**

U15G Hammer Final

1 Eleanor Stewart 31.48 (PB by 2.82; 17th U15G National Rankings) **GOLD**

U20W Hammer Final

1 Willow Bedding 44.08 **GOLD**

2 Muna Mokah 23.13 (PB by 3.19) **SILVER**

SW Hammer Final

1 Tamzin Digpal-Race 32.35 **GOLD**

SM Pole Vault Final

2 Richard Phelan 1.60 **SILVER**

SW Pole Vault final

1 Eleanor Phipps 2.00 **GOLD**

2 Emma Phipps 1.60 **SILVER**

U15B Triple Jump Final

1 Owain Evans 8.88 (PB by 4 cms) **GOLD**

2 Jamar Eason 8.71 (PB by 28 cms) **SILVER**

U20W High Jump Final

1 Abigail Pudney 1.50 **GOLD**

SW High Jump Final

2 Mia Rutherford 1.30 **SILVER**

U13G Shot Final

2 Ellie Newman 5.76 (PB by 0.05) **SILVER**

U15G Shot Final

2 Eleanor Stewart 8.24 **SILVER**

6 Clemency Antwi 6.36

SM Javelin Final

1 Dan Steel 42.92 **GOLD**

4 Kuldip Diggall 31.01

6 Steve Burke 28.28

U13B High Jump Final

2 Tobechi Mokah 1.15 **SILVER**

3 Moses Smith 1.05 **BRONZE**

U15B High Jump Final

1 Joshua Dawe 1.60 **GOLD**

3 Owain Evans 1.35 **BRONZE**

U17W Long Jump Final

4 Annabel Lindsell 3.84

U20W Long Jump Final

1 Abigail Pudney 4.98 **GOLD**

4 Muna Mokah 3.46

U15B Javelin Final

3 Isaac Ebers 25.16 **BRONZE**

U20W Discus Final

1 Willow Bedding 28.90 **GOLD**

U17M Shot Final

2 Liam Morris 5.62 **SILVER**

U20M Shot Final

1 Toby Carroll 9.89 **GOLD**

SM Shot Final

2 Steve Burke 9.19 **SILVER**

U15G Long Jump Final

2 Eleanor Stewart 4.34 (PB by 14 cms) **SILVER**

3 Isabella Smith 4.04 (PB by 20 cms) **BRONZE**

5 Sophie Bedingfield 3.77 (PB by 0.01)

SW Javelin Final

1 Tamzin Digpal-Race 28.59 **GOLD**

U20M Discus Final

1 Toby Carroll 30.50 **GOLD**

SM Discus Final

2 Steve Burke 28.62 SILVER
 U13B Shot Final
 2 Tobechi Mokah 6.28 (PB by 2 cms) SILVER
 3 Moses Smith 5.64 (PB by 55 cms) BRONZE
 U15G High Jump Final
 4 Hannah Darwin 1.25 (eq. PB) SM Long Jump Final
 3 Dan Steel 5.46 BRONZE
 U15B Discus Final
 2 Mark Lawson-Watkins 13.10 SILVER
 U17W Shot Final
 1 Anjola Opaleye 8.68 GOLD
 U20W Shot Final
 1 Muna Mokah 6.49 (PB by 11 cms) GOLD
 SW Shot Final
 2 Tamzin Digpal-Race 8.76 SILVER
 U13G Javelin Final
 2 Ellie Newman 10.32 SILVER

Eye 10k, 11 May 2025

5th Martin Amos 36:15 (2nd M40)
 6th Simon Mead 36:29 (2nd M50)
 28th Ty Farrer 41:11
 40th Nathan Jermy 42:05
 42nd Duane Tomaselli 42:12
 46th Daniel Woolf 42:39
 55th Steven Church 43:29 (3rd M55)
 66th Ieva Klavina 44:34 (1st W40)
 78th Shelley Uff 46:56 (3rd W45)
 95th Bruce Grimley 48:57 (1st M70)
 115th Colette Guinea 50:52
 117th Graham Williams 51:00 2nd M70
 173rd Pauline Stocker 55:17 1st W65
 265th Lesley Jackson 66:18 (335 finishers)

Lincolnshire County Champs.

Lincoln, 11 May 2025

SW 100mH – 1st Faye Young 20.0

BMC Gold Standard, Watford, 14 May 2025

800m A Race: 4th Tom Waterworth 1:48.16
 - U20M Club Record, beating his own 1:48.95 2024
 - SM Club Record, equalling Neil Speaight 1:48.1 1999
 - 2nd U20M National Rankings
 - 4th U20M European Rankings
 - 46th U20M All-Time National Rankings
 - U20 European Champs Qualifying Time
 - Another year to go as an U20M

Parkruns, 17 May 2025

At Storeys Field, Jason Mumford placed 25th with 18:29, a significant 68-sec improvement on his previous best. This puts Jason 26th on the club all-time rankings. Meanwhile, at Hinchbrook Park, Dave Hudson led all with 16:27, while Seb Darnell removed 4 seconds from his best to consolidate his 17th place in the club rankings with 17:37 and with Lucy Waller finishing 36th (1st SW25-29), chopping a huge 98 seconds off her best with 22:20 to move from 44th to 26th equal in the club rankings.

Southern Athletics League, Bedford, 17 May 2025

MEN

100m A Sam Woodhall 12.5s (7)
 100m B Dan Steel 12.5s (6)
 200m A Zachary Bowes 23.3s (4)
 200m B Chris de Stefano 24.1s (2) – VM Club Record, beating his own 24.3 2025; 7th M40 national rankings
 400m A Harry Exell 51.1s (2) – PB, beating 51.31; 94th U20M national rankings
 400m B Zachary Bowes 53.2s

(1) – PB by 0.1
 400m NS Sam Woodhall 55.3s
 800m A William Crowther 2:01.1 (1) – PB by 0.31
 800m B Jim Stocker 3:13.4 (4)
 1500m A Simon Mead 4:59.3 (7) – 41st M50 national rankings
 1500m B Jim Stocker 6:40.1 (6) – 3rd M75 national rankings
 3000m A James Orrell 9:17.7 (4)
 3000m B Simon Mead 10:15.6 (2) – 19th M50 national rankings
 HJ A Dan Steel 1.55m (3)
 HJ B Yinka Opaleye 1.30m (5)
 PV A Richard Phelan 2.40m (4)
 LJ A Dan Steel 5.61m (2)
 LJ B Richard Phelan 4.19m (6)
 TJ A Yinka Opaleye 9.01 (4)
 TJ B Richard Phelan 9.01m (2)
 SP A Steve Burke 9.08m (5)
 SP B Yinka Opaleye 8.65m (2)
 DT A Steve Burke 29.98m (3)
 DT B Bob Ellingham 25.32m (4)
 DT NS Daniel Steel 26.66m
 HT A Steve Burke 36.12m (2)
 HT B Bob Ellingham 31.17m (2)
 JT A Dan Steel 41.03 (3)
 JT B Steve Burke 29.39 (5)
 JT NS Eddie Lawrence 27.09m

WOMEN

100m A Aimee Hays 13.9s (6)
 100m B Jess Waterworth 14.3s (2)
 100m NS Arihanna Streete 13.7s PB
 100m NS Annabel Lindsell 15.0s
 200m A Molly Webster 26.4s (3)
 200m B Abi Pudney 26.9s (2) – eq. PB
 200m NS Aimee Hays 27.9s
 200m NS Arihanna Streete 28.2s PB
 400m A Izzie Newman 63.3s (1)
 400m B Freya Harris 67.7s (2)
 PB

800m A Amelia Darnell 2:33.5 (3)
 800m B Freya Harris 2:41.4 (1)
 800m NS Imogen Reddish 2:52.0
 1500m A Olivia Mead 5:03.3 (2)
 1500m B Ieva Klavina 5:53.8 (3)
 1500m NS Leah Graham 5:11.9
 3000m A Rosie Mead 11:20.1 (2) PB
 3000m B Ieva Klavina 12:05.0 (2) – 17th M40 national rankings
 4x100m Molly, Jess, Aimee, Abi – 52.6s (1)
 4x400m Freya, Amelia, Olivia, Izzie – 4:34.4 (1)
 HJ A Diana Pereira 1.30m (3)
 HJ B Mia Rutherford 1.25m (1)
 PV A Diana Pereira 2.00m (2)
 PV B Sandra Pedley 2.00m (2) – 2nd W55 national rankings
 LJ A Abi Pudney 4.84m (2)
 LJ B Molly Webster 4.33m (2)
 LJ NS Annabel Lindsell 4.16m
 TJ A Mia Rutherford 8.85m (3)
 TJ B Jo Abel 8.26m (1)
 SP A Anjola Opaleye 7.08m (5)
 SP B Vicky Burke 5.83m (2)
 DT A Anjola Opaleye 21.48m (3) – PB by 2.46m
 DT B Jess Waterworth 15.36m (3) – PB by 35 cms
 HT A Jo Abel 13.78m (3)
 JT A Diana Pereira 16.41m (5)
 JT B Abi Pudney 13.98m (4) PB
 Team Results
 1. Bedford - 424
 2. Hunts - 353
 3. COBRA - 243
 4. Southend - 240
 5. Biggleswade - 217
 6. Ryston - 180
 7. West Norfolk - 120
 8. West Suffolk - 101

Deeping 10k & 3k Fun Run, **18 May 2025**

10k
 10th Natty Clifford 36:29 (2nd Age 16)
 (338 finishers)
 3k Fun Run
 4th Jake Henson 10:19 (PB by 43 secs; youngest out of top 4)
 11th Georgie Henson 13:07 (2nd girl; 1st Age 9; PB by 33 secs)
 (82 finishers)

Loughborough International, **18 May 2025**

Brandon Ballard 2nd 1500m 4.01.44 - his fastest season opener; strengthens 1st in SM T20 national rankings
 3000m SC – 7th Joey Croft 9:22.62 (28th SM national rankings)

BFTTA Outdoor Series 2, Lee Valley, 18 May 2025

Kiyan Medina
 1st 100m 11.46w (first race)
 2nd 100m 11.57 (second race; legal wind; 15th U15B national rankings)
 Both English Schools standards

Milton Keynes Open, **18 May 2025**

Steve Burke
 Discus 34.83m (1.5kg) 1st V50
 Hammer 39.85m (6kg) 1st V50

BFTTA Outdoor Series 2, Lee Valley, 18 May 2025

100m R1 – 1st Kiyan Medina 11.46w (w/s +3.9)
 100m R2 – 2nd Kiyan Medina 11.57 (w/s +0.8) – 15th U15B national rankings
 200m R1 – 1st Kiyan Medina 23.86 (w/s +1.2)- 28th U15B national rankings
 Both English Schools standards

Cambs County Open, St Ives, **21 May 2025**

County 3000m gold for Lola Fletcher and silver for Lily Reindel.
 Club records for Alison Stewart, Pauline Stocker and Bob Ellingham.
 U11's 80m (w/s +3.7)
 1 Jack Slater 12.51 (PB, beating 12.7)
 2 Georgie Henson 13.05 (PB by 0.26)
 100m R1 (w/s +2.6)
 3 Kiyan Medina 11.65
 4 Luke Diggs 12.17
 100m R2 (w/s +3.5)
 3 Robert Fuller 11.88 PB
 5 James Coleman 11.96 PB
 6 Samuel Woodhall 12.09 PB
 100m R2 (w/s +3.1)
 3 Isla Wood 13.12 PB
 4 Sarah-Renae Hall 13.21 PB
 100m R4 (w/s +1.9)
 2 Izzie Newman 13.64 PB
 5 Anjola Opaleye 14.12
 100m R5 (w/s +3.0)
 3 Isabella Smith 14.34 (PB, beating 14.5)
 7 Josiah Hall 15.15 PB
 100m R6 (w/s +4.5)
 4 Tobechi Mokah 15.21 PB
 7 Vicky Burke 18.89
 U11G 150m (w/s +2.8)
 1 Georgie Henson 25.34 PB
 200m R1 (w/s +3.2)
 2 Harry Excell 23.29 PB
 4 Luke Diggs 24.53
 200m R2 (w/s +2.6)
 2 Kiyan Medina 24.03
 3 Sam Woodhall 24.55
 200m R3 (w/s +3.5)
 1 James Coleman 24.31 PB
 2 Robert Fuller 24.88
 200m R4 (w/s +2.2)
 1 Molly Webster 26.47
 200m R5 (w/s +1.9)
 1 Izzie Newman 27.47 (PB, beating 27.9)
 4 Anjola Opaleye 29.32 (PB by 0.34)

200m R7 (w/s +2.6)
 2 Ethan Ward 29.67 PB
 3 Isabella Smith 30.51 (PB by 1.08)
 800m R1
 3 Jake Henson 2:24.2 (PB by 1.4)
 4 Moses Smith 2:24.9 (PB by 0.7)
 8 Iris Purser 2:32.4 (PB by 1.6)
 800m R2
 1 Izzy Hilton 2:34.53 (PB by 10.06)
 5 Immy Wood 2:48.72
 7 Summer Rooney 2:55.70
 8 Isabella Smith 2:57.56 N
 800m R3
 1 Ethan Ward 2:39.87 PB
 5 Lucy Hilton 2:55.69
 9 Ellie Newman 3:09.42
 3000m R1
 6 Amelia Darnell 11:08.21 (PB by 8.16)
 7 Alison Stewart 11:27.02 (PB by 9.79; W45 Club Record, beating Jo Short 13:18.5 2014; 9th W45 national rankings)
 8 Rosie Mead 11:31.40 PB
 10 Lola Fletcher 11:36.48 PB
 13 Lily Reindel 12:30.14 (PB by 22.80)
 14 Pauline Stocker 14:56.54 (W65 Club Record, beating Hilary McConville 16:09.7 2019; 2nd W65 national rankings)
 3000m R3
 1 Simon Bowman 9:24.9 (PB by 16.45; 29th M35 national rankings)
 6 Jason Mumford 11:07.9 PB
 10 Rupert Allen 12:56.8 PB
 11 Jim Stocker 13:59.8 (3rd M75 national rankings)
 Long Jump (U11/U13)
 7 Jack Slater 3.04
 8 Georgie Henson 2.94
 Shot Put
 Steve Burke (M50) 9.58
 Vicky Burke (W45) 5.49
 Eleanor Stewart (U15G) 8.04
 Ellie Newman (U13G) 5.80

Hammer
 Steve Burke (M50) 39.95
 Bob Ellingham (M60) 39.68 (M60 Club Record, beating his own 38.16 this year; 7th M60 national rankings)
 Eleanor Stewart (U15G) 29.97

**British Masters Throws
 Pentathlon, Oxford,
 24 May 2025**

Steve Burke V50
 Hammer 38.78m (6kg), Shot 9.29m (6kg), Discus 31.57m (1.5kg), Javelin 30.15m (700g) Weight Throw 12.33m (11.34kg); Pentathlon total score 2588 5th overall
 Bob Ellingham V60
 Hammer 39.20m (5kg), Shot 8.31m (5kg), Discus 30.54m (1kg), Javelin 18.74m (600g) PB Weight Throw 12.92m (9.08kg) PB (M60 Club Record); Pentathlon total score 2446 PB 4th overall (M60 Club Record)

**East Anglian League,
 Colchester, 25 May 2025**

U13G
 100m A 1st Lily Twumasi 13.7 (PB by 0.3)
 100m B 4th Elizabeth Mallory 15.2 (PB by 0.1)
 200m A 2nd Lily Twumasi 29.7 PB
 200m B 4th Elizabeth Mallory 33.1 PB
 1500m A 5th Ellie Newman 6:10.4 (PB by 2.9)
 SP A 3rd Ellie Newman 5.62
 JT A 2nd Ellie Newman 11.60
 Team placed 5th
 U15G
 100m A 4th Chloe Hays 13.8
 200m A 3rd Chloe Hays 28.5
 300m A 3rd Chloe Hays 46.1
 300m B 4th Ellie Zubrik 52.9
 800m A 6th Hannah Darwin 2:50.1
 1500m A 4th Ellie Zubrik 5:37.7

75mH A 3rd Hannah Darwin 16.7
 LJ A 3rd Eleanor Stewart 4.07
 SP A 3rd Eleanor Stewart 7.92
 HT A 1st Eleanor Stewart 29.55
 Team placed 6th
 U17W
 100m A 1st Isla Wood 13.0 PB
 100m B 1st Arihanna Streete 13.4 (PB by 0.3)
 200m A 2nd Isla Wood 27.4 PB
 200m B 1st Aimee Hays 27.7
 200m n/s Arihanna Streete 28.6
 200m n/s Maya Wager 30.1 PB
 300m A 3rd Aimee Hays 46.7
 300m n/s Maya Wager 48.2
 800m A 4th Freya Harris 2:42.9
 800m n/s Imogen Reddish 2:50.4
 LJ A 5th Imogen Reddish 3.19 (PB by 50 cms)
 TJ A 4th Anjola Opaleye 7.87
 SP A 2nd Anjola Opaleye 8.16
 DT A 4th Anjola Opaleye 15.30
 4x100m 1st 52.3
 Team placed 3rd
 Women
 100m A 2nd Abi Pudney 12.7 PB
 100m B 2nd Molly Webster 13.0 (PB by 0.1)
 200m A 1st Molly Webster 26.5
 200m B 4th Faye Young 36.6
 400m A 2nd Olivia Mead 66.2
 400m B 4th Faye Young 1:41.3
 800m A 3rd Olivia Mead 2:28.0
 800m B 2nd Alison Stewart 2:43.5
 100mH A 3rd Faye Young 20.1
 HJ A 1st Abi Pudney 1.50
 LJ A 3rd Abi Pudney 5.01
 LJ B 2nd Muna Mokah 3.36
 TJ A 3rd Jo Abel 7.89
 TJ n/s Muna Mokah 7.12
 SP A 4th Muna Mokah 6.83
 SP B 5th Sandra Acton 3.19
 DT A 6th Faye Young 12.14
 DT B 5th Sandra Acton 8.24
 HT A 4th Muna Mokah 19.85
 JT A 7th Faye Young 9.60
 JT B 4th Sandra Acton 6.08
 4x100m 2nd 56.7
 Team placed 4th

U13B
 100m A 2nd Max Carmichael
 13.8 (PB by 0.4)
 200m A 2nd Max Carmichael
 29.6
 200m B 1st Tobechi Mokah 30.7
 (PB by 0.7)
 800m 3rd Ethan Ward 2:39.4
 (PB by 0.47)
 1500m A 2nd Moses Smith
 4:59.5 (PB; 72nd U13B national
 rankings)
 75mH A 2nd Ethan Ward 15.8
 (PB by 1.1)
 HJ A 2nd Moses Smith 1.25 (PB
 by 5 cms)
 HJ B 2nd Tobechi Mokah 1.20
 LJ A 2nd Moses Smith 4.00 (PB
 by 85 cms)
 SP A 2nd Tobechi Mokah 6.35
 (PB by 7 cms)
 DT A 5th Alastair Reddish
 12.23 PB
 4x100m 1st 57.9
 Team placed 3rd
 U15B
 100m A 1st James Coleman 11.9
 PB
 100m B 2nd William Lloyd-
 Harvey 12.8 (PB by 0.5)
 200m A 3rd William Lloyd-
 Harvey 27.1 PB
 300m A 1st James Coleman 40.0
 300m B 3rd Jamar Eason 48.7
 1500m A 3rd Louis Spalding
 4:55.6 (PB by 2.63)
 HJ A 3rd Owain Evans 1.30
 LJ A 5th Owain Evans 4.23
 LJ B 3rd Jamar Eason 4.03
 TJ A 1st Owain Evans 9.06 (Pb
 by 18 cms)
 TJ n/s Jamar Eason 8.66
 SP A 4th Mark Lawson-Watkins
 5.16 (PB by 35 cms)
 DT A 4th Mark Lawson-
 Watkins 14.33 (PB by 14 cms)
 HT A 3rd Mark Lawson-
 Watkins 13.41 (PB by 44 cms)
 JT A 2nd Isaac Ebers 28.05 (PB
 by 2.16)
 JT B 2nd Louis Spalding 15.28
 PB

4x100m 2nd 52.6
 Team placed 3rd
 U17M
 100m A 4th Rupert Allen 14.6
 (PB by 0.2)
 200m A 4th Sam Woodhall 25.0
 200m B 2nd Lewis Cummings
 24.9 (PB by 1.4)
 400m A 2nd Sam Woodhall 55.7
 400m n/s Lewis Cummins 55.3
 800m A 2nd Charlie Irons 2:10.5
 800m n/s Daniel Brook 2:09.7
 (PB by 1.3)
 800m n/s Theo Wrathall 2:24.8
 PB
 800m n/s Rupert Allen 2:56.0
 Team placed 4th
 Men
 100m A 4th Benedict Scott 11.7
 (eq. PB)
 100m B 1st Jeremy Antwi 11.4
 (PB by 0.5)
 200m A 1st Zachary Bowes 23.2
 PB
 200m B 2nd Jeremy Antwi 24.1
 PB
 400m A 1st Benedict Scott 52.4
 400m B 1st Zachary Bowes 52.9
 (PB by 0.3)
 800m A 2nd Bill Crowther
 2:00.0 (PB by 1.1)
 800m B Ryan Bullard 2:20.5
 800m n/s Simon Mead 2:24.8
 (31st M50 national rankings)
 3000m A 3rd Simon Mead
 10:12.8 (19th M50 national
 rankings)
 HJ A 2nd Yinka Opaleye 1.45
 (12th M50 national rankings)
 LJ A 5th Yinka Opaleye 4.39
 (33rd M50 national rankings)
 TJ A 4th Yinka Opaleye 8.98
 SP A 4th Toby Carroll 8.82 (6
 kg)
 SP B 1st Steve Burke 8.56
 SP n/s Yinka Opaleye 8/68
 DT A 4th Toby Carroll 29.02
 (1.75 kg)
 DT B 1st Steve Burke 28.70
 HT A 1st Steve Burke 35.53
 JT A 6th Steve Burke 29.22
 JT B 2nd Yinka Opaleye 22.42

4x100m 1st 47.0
 Team placed 2nd
 Under 11s
 80m Jack Slater 12.3 (PB By
 0.4)
 LJ Jack Slater 3.37
 SP Jack Slater 5.49 (PB by 16
 cms)
 600m William Davidson 2:06.6
 PB

Stratford Speed, 26 May 2025

400m 3rd Tom Waterworth
 48.54
 - Very windy conditions
 - PB by 0.11
 - 7th U20M national rankings
 - 58th SM national rankings

Bedford International Games Throws and Jumps Festival, 26 May 2025

LJ (Pool C) - Sophie Bambridge
 5.43m (w/s +2.1)

Parkruns, 31 May 2025

At the Huntingdon parkrun, as
 Seb Darnell led the way with
 18:22, four others improved on
 their personal bests. Nathan
 Jermy placed 8th with 20:00 to
 improve his best by 9 seconds.
 Issy Newman entered the club
 all-time rankings at 50th with
 24:25, finishing 72nd and
 beating her best by 74 seconds.
 Her sister Ellie ran a 5-second
 PB with 24:42 in 82nd place,
 while Richard Roberts finished
 in 85th place with 24:54, besting
 his PB by 29 seconds.
 Meanwhile, at Storey's Field,
 Josh Ansell placed 5th with
 17:10, a one-second
 improvement which
 consolidates his 19th position in
 the club all-time rankings.