



Hunts AC Happenings

July 2025 (Edition 271)

BMC PB Classic,

Loughborough, 31 May 2025

800m
6th Bill Crowther 2:00.73
800m
2nd Lewis Cummins 2:00.72
(PB by 1.78; 85th U17M
national rankings)
800m
1st Daniel Brook 2:09.43 (PB by
1.57)
3rd Charlie Irons 2:10.71
800m
3rd Liam Morris 2:18.25 (PB By
1.46)
800m
2nd Freya Harris 2:33.56
5th Kitty Kelly 2:37.87
7th Immy Wood 2:47.33
8th Lucy Hilton 2:52.58 (PB by
1.42)
1500m
4th Noah Scott-Donkin 3:59.27
12th Ollie Albone 4:26.02
1500m
7th Jack Bone 4:25.47 (PB by
3.77; 59th U15B national
rankings)
1500m
6th Jake Henson 4:46.83
9th Alastair Reddish 4:51.84
(PB by 12.56; 49th U13B
national rankings)
11th Louis Spalding 4:54.65 (PB
by 0.95)
1500m
9th Iris Purser 5:04.73 (PB by
0.09; U13G Club Record,
beating her own 5:04.82 2025;
20th U13G national rankings)
11th Leah Graham 5:09.81
14th Izzy Hilton 5:16.23 (PB by
0.77)
16th Ellie Zubrik 5:29.41 (PB by
3.39)

Club Champs, St Ives,

1 Jun 2025

300m Race 1
1 Chloe Hays U15G 45.6 G
2 Clemency Antwi U15G 48.0
S PB
3 Isabella Smith U15G 48.3 B
PB
4 Annette Abila U15G 50.3 PB
5 Hannah Darwin U15G 54.9
PB
300m Race 2
1 Alfie Sinclair U17M 42.3 PB
2 Jamar Eason U15B 52.9 G
300m Race 3
1 Jessica Waterworth U17W
47.3 B PB by 2.2
2 Freya Harris U17W 47.8
3 Anjola Opaleye U17W 48.1
PB by 0.6
4 Megan Hawksford U17W
52.2 PB
300m Race 4
1 Aimee Hays U17W 45.5 G
2 Freya Ambler U17W 46.9 S
PB
3 Annabel Lindsell U17W 47.7
4 Maya Wager U17W 48.3
400m Race 1
1 Sam Woodhall U17M 54.8 G
2 Liam Morris U17M 55.2 S PB
by 1.05
3 Daniel Brook U17M 56.1 B
PB by 0.4
4 George Connell U17M 57.1
400m Race 2
1 Sebastian Darnell SM 55.4 G
2 Chris Parson M40 58.2 G
3 Alex Brook M45 69.3 S PB;
67th M45 national rankings
400m Race 3
1 Amelia Darnell SW 70.4 G
2 Abigail Pudney U20W 81.8 G
PB
3 Pauline Stocker W65 96.3 G
W65 Club Record; 10th W65

national rankings

1000m
1 William Davidson U11B
3:46.5 G PB
2 Orla Setchell U11G 4:20.5 G
70mH
1 Kitty Kelly U13G 13.6 G PB
by 1.6
2 Theia Parson U13G 13.7 S PB
75mH Race 1
1 Clemency Antwi U15G 18.5
PB
2 Annette Abila U15G 18.6 PB
75mH Race 2
1 Isabella Smith U15G 15.5 G
N
2 Chloe Hays U15G 16.3 S PB
by 0.6
3 Hannah Darwin U15G 16.4 B
N
80mH
1 Annabel Lindsell U17W 16.3
G PB
2 Anjola Opaleye U17W 17.1 S
PB
3 Jamar Eason U15B 21.1 G PB
100mH
1 Abigail Pudney U20W 19.8 G
PB
Discus
1 Ellie Newman U13G 13.78 G
PB by 1.20
2 Kitty Kelly U13G 13.25 S PB
by 2.23
Javelin
1 Orla Setchell U11G 10.42 G
2 William Davidson U11B 8.82
G
Javelin
1 Kitty Kelly U13G 13.18 G N
2 Ellie Newman U13G 11.73 S
N
Javelin
1 Daniel Steel SM 36.66 G
2 Isaac Ebers U15B 32.95 G PB
by 4.90

3 Noah Austin U15B 26.86 S
PB by 5.54
4 Bob Ellingham M60 20.34 S
21st M60 national rankings
5 Chris Davies M50 15.32 B PB
6 Hannah Darwin U15G 11.25
G PB
7 Isabella Smith U15G 9.61 S
PB
8 Chloe Hays U15G 8.28 B N
9 Jamar Eason U15B 7.32 B PB
Javelin
1 Abigail Pudney U20W 21.82
G PB by 7.84
2 Yinka Opaleye M60 20.80 G
36th M50 national rankings
3 Aimee Hays U17W 15.88 G
PB by 96 cms
4 Daniel Brook U17M 15.15 G
PB
5 Maya Wager U17W 12.22 S
PB
6 Amelia Darnell SW 11.21 G
PB by 11 cms
7 Anjola Opaleye U17W 10.54
B N
8 Jessica Waterworth U17W
9.40 PB by 3.05
9 Sandra Pedley W55 9.36 G
24th W55 national rankings
10 Annette Abila U15G 6.85
PB
11 Sandra Acton W40 5.54 S
12 Clemency Antwi U15G 4.92
PB

Lee Valley Open, 1 Jun 2025

Kiyan Medina
100m 4th 11.55 w/s +1.0 (PB by
0.08; 17th U15B national
rankings)
100m 6th 11.51 w/s +3.0
200m 2nd 23.94 w/s +1.2

5M TT, 3 Jun 2025

Josh Ansell ran 29:17 to
improve his best by 29 seconds
and move from 16th to 12th
equal in the club all-time
rankings.

Handisport Open de Paris, 3 Jun 2025

Irish top para-athletes competed
against the best from around the
globe at the Charlety Stadium in
Paris. Brandon Ballard finished
2nd in the 1500m with a huge
personal best of 3:57.03. His
time:

- Places him 2nd in the national
T20 rankings.
- Represents a qualifying time
for the 2025 World Para
Athletics Championships in
New Delhi.
- Puts him at the top of the club
rankings.

Parkruns, 7 Jun 2025

Timed at 16:53, Dave Hudson
led all runners over the
Huntingdon parkrun course for
the 154th time. Behind him
came a hat-trick of personal
bests. Placing 17th, Amelia
Darnell ran 20:53 to finish as 1st
SW25-29 and to knock 26 secs
off her best, going from 18th to
13th in the club all-time
rankings. In 33rd, Izzie Hilton
finished as 1st JW11-14 with
22:01, to remove 31 secs from
her PB and jump from 30th to
25th in the club rankings.
Izzie's sister Lucy ran 23:50 to
finish as 2nd JW11-14, knocking
3 mins 59 secs off her best and
entering the club rankings in
44th place. At Ferry Meadows,
Ruben Thompson ran 18:35,
placing 9th, reducing his best by
38 secs and entering the club
rankings in 27th position.

BMC Grand Prix, Birmingham, 7 Jun 2025

800m Race B – 1st Tom
Waterworth 1:47.44
- U20M/SM Club Records,
beating Neil Speaight 1:48.1
1999 and his own 1:48.16 2025
- 2nd U20M national rankings

- 27th U20M all-time national
rankings
3000m SC – 8th Joey Croft
9:03.72
- Season's best by 19 seconds
- 16th SM national rankings

Jubilee Junior Parkrun, 8 Jun 2025

2nd Lucy Hilton 8:29 (PB by 7
secs; 1st girl; 11th to 8th in club
all-time rankings)

Club Champs, 8 Jun 2025

62 athletes & 15 officials

150m

1 Jack Slater U11B 23.1 G PB
2 William Davidson U11B 25.3
S PB
3 Georgie Henson U11G 25.3 G
PB
4 Ellie Bedingfield U11G 25.9
S PB
5 Orla Setchell U11G 26.0 B
PB

200m R1

1 Kitty Kelly U13G 29.4 G
2 Theia Parson U13G 31.7 S PB
by 0.35
3 Ellie Newman U13G 34.5 B
PB by 0.8

200m R2

1 Chloe Hays U15G 28.1 G PB
2 Clemency Antwi U15G 28.1
S PB by 1.12
3 Annette Abila U15G 28.7 B
PB
4 Isabella Smith U15G 30.7 PB
by 0.89

5 Sophie Bedingfield U15G
31.2

6 Hannah Darwin U15G 33.1
PB

200m R3

1 Alfie Sinclair U17M 26.6 PB
2 Max Carmichael U13B 29.1
G
3 Jamar Eason U15B 29.8 G PB
by 1.14
4 Owain Evans U15B 30.0 S
PB

200m R4
 1 Freya Ambler U17W 28.9 B
 PB by 0.4
 2 Jessica Waterworth U17W
 29.0
 3 Anjola Opaleye U17W 29.9
 4 Annabel Lindsell U17W 30.4
 200m R5
 1 Isla Wood U17W 27.3 G PB
 by 0.1
 2 Aimee Hays U17W 27.8 S
 3 Arihanna Streete U17W 37.1
 200m R6
 1 Stanley Hurst U17M 23.8 G
 PB
 2 Samuel Woodhall U17M 24.6
 S
 3 Liam Morris U17M 25.2 B
 4 Harry Ward U17M 26.1
 5 George Connell U17M 26.2
 200m R7
 1 Molly Webster U20W 26.3 G
 2 Abigail Pudney U20W 27.5 S
 3 Vicky Burke W45 41.0 G
 4 Pauline Stocker W65 41.9 S
 PB; W60/65 Club Record
 200m R8
 1 Zachary Bowes SM 23.1 G
 PB
 2 Jeremy Antwi U20M 24.6 G
 3 Sebastian Darnell SM 25.0 S
 4 Luke Diggs SM 25.5 B
 5 Chris Parson M40 27.1 G
 6 Toby Carroll U20M 27.1 S
 PB by 9.1
 600m
 1 Jack Slater U11B 2:04.7 G PB
 2 William Davidson U11B
 2:05.8 S PB by 0.8
 3 Finley Calder U11B 2:08.1 B
 4 Georgie Henson U11G 2:16.2
 G
 5 Orla Setchell U11G 2:18.8 S
 PB by 4.4
 6 Ellie Bedingfield U11G
 2:20.9 B PB by 2.4
 800m R1
 1 Iris Purser U13G 2:30.9 G PB
 by 1.5
 2 Kitty Kelly U13G 2:41.1 S
 3 Theia Parson U13G 3:03.2 B
 PB

4 Ellie Newman U13G 3:05.1
 PB by 2.5
 800m R2
 1 Izzy Hilton U15G 2:36.5 G
 2 Ellie Zubrik U15G 2:43.7 S
 PB
 3 Hannah Darwin U15G 2:50.5
 B
 4 Isabella Smith U15G 2:52.4
 5 Sophie Bedingfield U15G
 2:53.0
 6 Chloe Hays U15G 2:53.7 PB
 by 3.7
 7 Clemency Antwi U15G
 5:00.1 PB
 800m R3
 1 Olivia Mead SW 2:24.5 G
 2 Rebecca Smith U17W 2:40.8
 G
 3 Amelia Darnell SW 2:41.2 S
 4 Freya Harris U17W 2:41.6 S
 5 Alison Stewart W45 2:44.6 G
 6 Imogen Reddish U17W
 2:52.0 B
 7 Maya Wager U17W 3:00.5
 PB
 8 Aimee Hays U17W 3:07.0
 9 Anjola Opaleye U17W 3:11.9
 10 Megan Hawksford U17W
 3:12.6 PB
 11 Pauline Stocker W65 3:34.0
 S PB; W60/65 Club Record; 9th
 W65 national rankings
 800m R4
 1 William Crowther U20M
 2:00.2 G
 2 Aaron Hawkins U20M 2:10.9
 S
 3 Daniel Brook U17M 2:11.7 G
 4 Charlie Irons U17M 2:11.7 S
 5 Chris Parson M40 2:17.1 G
 45th M40 national rankings
 6 Liam Morris U17M 2:18.5 B
 7 Samuel Woodhall U17M
 2:18.7 PB
 8 Louis Spalding U15B 2:20.0
 G PB by 4.3
 9 Jake Henson U13B 2:25.1 G
 10 Alex Brook M45 2:52.7 G
 PB
 LJ
 1 Stanley Hurst U17M 4.96 G

PB
 2 Max Carmichael U13B 4.04
 G PB
 3 Owain Evans U15B 4.03 G
 4 Annabel Lindsell U17W 3.85
 G
 5 Jamar Eason U15B 3.83 S
 6 Daniel Brook U17M 3.66 B
 7 Jack Slater U11B 3.55 G
 8 Freya Ambler U17W 3.33 PB
 by 24 cms
 9 Georgie Henson U11G 3.12 G
 10 Alex Brook M45 3.02 G PB
 11 Ellie Bedingfield U11G 2.73
 S
 12 Vicky Burke W45 2.72 G
 13 William Davidson U11B
 2.70 S PB
 14 Alison Stewart W45 2.62 S
 PB; 32nd W45 national
 rankings
 15 Orla Setchell U11G 2.50 B
 PB
 16 Aimee Hays U17W 2.32
 LJ
 1 Abigail Pudney U20W 5.16 G
 PB by 10 cms; 65th eq. U20W
 national rankings
 2 Liam Morris U17M 4.28 S PB
 by 1.31
 3 Isabella Smith U15G 3.83 G
 4 Sophie Bedingfield U15G
 3.76 S
 5 Maya Wager U17W 3.63 S
 PB
 6 Kitty Kelly U13G 3.61 G
 7 Anjola Opaleye U17W 3.59 B
 8 Jessica Waterworth U17W
 3.52 PB by 31 cms
 9 Hannah Darwin U15G 3.41 B
 PB by 15 cms
 10 Amelia Darnell SW 3.31 G
 11 Chloe Hays U15G 3.02
 12 Ellie Newman U13G 2.99 S
 13 Pauline Stocker W65 2.25 B
 PB; W60/65 Club Record; 19th
 W65 national rankings
 14 Chris Davies M50 1.07 S PB

 Thanks to our officials
 Sandra Acton
 Krista Alves

Steve Burke
 Quinton Carroll
 Dave Connell
 Carol Darnell
 Matt Hays
 Sarah Newman
 Yinka Opaleye
 Moji Opaleye
 Sandra Pedley
 Diana Pereira
 James Waterworth
 Rachel Waterworth
 James Wood

Eve 5k, 11 Jun 2025

1st Mark Sampson 16:01.1
 4th James Orrell 16:20.4
 13th Natty Clifford 17:18.7 (1st U17M; PB by 21 secs)
 14th Simon Mead 17:20.7 (1st M50)
 29th Ollie Albone 18:08.6 (2nd U17M)
 32nd Ethan Locke 18:15.4 (3rd U17M; PB by 11 secs)
 43rd Sean Barker 18:47.8 (1st M55)
 46th Ruben Thompson 18:49.6 PB
 58th Olivia Mead 19:10.0 (3rd Female; 1st SW; PB by 22 secs)
 59th Steve Church 19:13.3 (3rd M55)
 74th Amelia Darnell 19:30.8 (PB by 58 secs)
 76th Duane Tomaselli 19:38.4
 77th Ellie Ince 19:35.0 (1st U17W; PB by 57 secs)
 84th Harrison Evans 19:40.9
 88th Daniel Woolf 19:51.2
 119th Derek Darnell 20:49.9 (2nd M65)
 123rd Jess Williams 20:39.8 (2nd W35)
 128th Sergio Pelado 20:58.6 PB
 135th Freya Harris 21:28.4 (2nd U17W; PB)
 167th Ben Nash 22:14.9 PB
 172nd Lily Reindel 22:35.3 (3rd U17W; PB by 1:29)
 191st Colette Guinea 23:00.7 PB

195th Jim Stocker 23:10.4 (2nd M70+)
 205th Ryan Bullard 23:34.5
 207th Graham Williams 23:45.9 (3rd M70+)
 231st Bruce Grimley 24:01.5
 242nd Sunny Bulchandani 24:38.9 (PB by 2:59)
 256th Richard Roberts 24:52.7 PB
 283rd Pauline Stocker 25:41.6 (1st W65+)
 336th Alan Burgin 27:12.3
 371st Lesley Jackson 28:57.6
 383rd Diane Bunch 29:39.5 (3rd W65+)
 422nd Hilary McConville 32:12.9
 436th Angela King 34:09.4 (460 finishers)

Eve 3k, 11 Jun 2025

2nd Boogie Gray 10:26.1 (1st U13B)
 5th Jake Henson 11:12.3
 20th Finley Calder 12:35.6
 28th Georgie Henson 13:31.6 (3rd U11G)
 (69 finishers)

Parkrun, 14 Jun 2025

At Storey's Field parkrun, Josh Ansell broke through the 17-minute barrier for the first time with 16:56, an improvement of 14 seconds, finishing in 7th place. Josh moved up from 19th to 17th in the club all-time rankings. Meanwhile, at Hinchingsbrooke Park, James Orrell led all runners with 16:51.

Cambridgeshire Schools

Championships,

Peterborough, 14 Jun 2025

Junior Boys
 JT – 3rd Isaac Ebers 30.97
 Inter Boys
 200m – 1st Stanley Hurst 23.0 (PB by 0.8; 97th U17M national rankings)

400m – 3rd Harry Ward 56.4 (PB by 2.38; 60th U17M national rankings)
 800m – 3rd Lewis Cummins 2:00.1 (PB by 0.12; 93rd U17M national rankings); 5th George Connell 2:10.3
 TJ – 2nd Stanley Hurst 11.31 PB
 Junior Girls
 100m – 4th Annette Abila 13.5 (PB by 0.1)
 200m – 4th Clemency Antwi 28.8
 300m – 1st Chloe Hays 44.7
 1500m – 1st Izzy Hilton 5:10.5 (PB by 5.73); 7th Hannah Darwin 6:07.7
 HJ – 4th Hannah Darwin 1.30 (PB by 5 cms)
 LJ – 1st Eleanor Stewart 4.57 (PB by 23 cms)
 SP – 4th Clemency Antwi 7.18 (PB by 49 cms)
 HT – 1st Eleanor Stewart 32.48 (PB by 1 metre; 30th U15G national rankings)
 Inter Girls
 200m – 2nd Aimee Hays 27.5; 3rd Jessica Waterworth 29.3
 300m – 1st Aimee Hays 43.8 (PB by 1.2); 3rd Freya Harris 46.9; 4th Maya Wagner 47.2
 800m – 2nd Freya Harris 2:37.6; 4th Becca Smith 2:40.3
 LJ – 3rd Annabel Lindsell 4.38
 TJ – 4th Anjola Opaleye 8.49 (PB by 11 cms); 5th Maya Wagner 8.41 PB
 SP – 1st Anjola Opaleye 8.46

Club Champs, St Ives, 15 Jun 2025

1500m Race 1
 1 Iris Purser U13G 5:12.9 G
 2 Izzy Hilton U15G 5:15.6 G
 3 Ellie Zubrik U15G 5:24.2 S (PB by 5.21)
 4 Kitty Kelly U13G 5:26.9 G (PB by 30.3)
 5 Immy Reddish U17W 5:59.8 G
 6 Hannah Darwin U15G 6:03.6

B PB

- 7 Ellie Newman U13G 6:11.3 B
- 8 Aimee Hays U17W 6:18.3 S (PB by 5.6)
- 9 Anjola Opaleye U17W 6:18.8 B (PB by 71.4)
- 10 Maya Wager U17W 6:20.4 PB
- 11 Chloe Hays U15G 6:34.2 PB

1500m Race 2

- 1 Chris Parson M40 4:45.4 G
- 2 Daniel Brook U17M 4:47.8 G (PB by 14.35)
- 3 Olivia Mead SW 4:55.5 G
- 4 Alastair Reddish U13B 4:58.3 G
- 5 Rupert Allen U17M 6:21.6 S PB
- 6 Richard Roberts M70 6:46.2 S (PB; 17th M70 national rankings)
- 7 Pauline Stocker W65 7:02.6 G (PB; 10th W65 national rankings; W60 & 65 Club Records, beating Hilary McConville 8:23.8 2024)
- 8 Hilary McConville W70 8:49.2 S (8th W70 national rankings)

Discus

- 1 Abigail Pudney U20W 24.81 G (PB by 3.79)
- 2 Tamzin Digpal-Race SW 21.84 G
- 3 Anjola Opaleye U17W 17.46 G
- 4 Aimee Hays U17W 16.73 S (PB by 37 cms)
- 5 Jess Waterworth U17W 15.97 B (PB by 61 cms)
- 6 Maya Wager U17W 15.24 PB
- 7 Chloe Hays U15G 11.46 G
- 8 Vicky Burke W45 11.10 G (43rd W45 national rankings)
- 9 Pauline Stocker W65 10.93 S PB (24th W65 national rankings; W65 club record)
- 10 Sandra Acton W45 9.64 B
- 11 Hannah Darwin U15G 9.37 S PB

Discus

- 1 Steve Burke M50 33.77 G
- 2 Bob Ellingham M60 31.33 S (25th M60 national rankings)
- 3 Toby Carroll U20M 25.14 G
- 4 Chris Davis M50 17.53 B PB (51st M50 national rankings)
- 5 Yinka Opaleye M50 16.66 PB (53rd M50 national rankings)
- 6 Mark Lawson-Watkins U15B 15.27 G (PB by 94 cms)

Hammer

- 1 Toby Carroll U20M 40.91 G (PB by 2.91; 25th U17M national rankings)
- 2 Bob Ellingham M60 39.50 G
- 3 Steve Burke M50 38.81 S
- 4 Tamzin Digpal-Race SW 26.30 G
- 5 Yinka Opaleye M50 17.98 B PB (21st M50 national rankings)
- 6 Anjola Opaleye U17W 16.90 G (PB by 2.12)
- 7 Chris Davis M50 16.04 PB (22nd M50 national rankings)
- 8 Mark Lawson-Watkins U15B 14.26 G (PB by 85 cms)
- 9 Vicky Burke W45 14.10 G (26th W45 national rankings)

WT11.34K

- 1 Steve Burke M50 14.15 (5th M50 national rankings)

Thanks to our officials – Yinka, Matt, Charlotte, Quinton, James W., Sarah, Toby, Steve, Sandra P, Sandra A, Abi, Jess, Rach, James W., Dave

County Open, St Ives,
18 Jun 2025

Congratulations to Simon Bowman who knocked close to half a minute off his 5000m best and came away with the M35+ county championship gold medal.

U11's 80m

- 3 Finley Calder U11B 13.20 (PB by 0.4)
- 800m
- 2 Lewis Cummins U17M 2:00.22
- 7 Charlie Irons U17M 2:11.89 800m
- 1 Alastair Reddish U13B 2:23.29 (PB by 13.63; 61st U13B national rankings)
- 2 Iris Purser U13G 2:27.64 (PB by 3.26; 34th U13G national rankings)
- 8 Izzy Hilton U15G 2:35.64 800m
- 4 Isabella Smith U15G 2:50.18
- 5 Lucy Hilton U13G 2:55.26
- 7 Ellie Newman U13G 2:59.60 (PB by 5.5)
- 100m .
- 1 Benedict Scott U20M 11.57 (PB, previously 11.7)
- 100m
- 1 Liam Morris U17M 12.27 100m
- 4 Sarah-Renae Hall U20W 13.23 (PB, previously 13.5)
- 100m
- 1 Chloe Hays U15G 13.73
- 2 Aimee Hays U17W 13.87 100m
- 1 Isabella Smith U15G 14.24 (PB, previously 14.5)
- 100m
- 5 Vicky Burke W45 18.85 (52nd W45 national rankings)
- 600m U11's
- 2 Finley Calder U11B 2:07.55 300m
- 1 Chloe Hays U15G 44.28 (PB, previously 44.4)
- 300m
- 1 Aimee Hays U17W 45.00 (PB by 0.23)
- 2 Maya Wager U17W 47.34
- 3 Rebecca Smith U17W 47.44 400m
- 1 George Connell U17M 56.14 (PB by 0.76)
- 400m
- 1 Izzie Newman U20W 63.24

3 Tilly Sayer U20W 71.61 PB
5000m

4 Simon Bowman M35
15:55.66 (PB by 26.54; 27th
M35 national rankings)

5 James Orrell SM 15:58.87
Discus

1 Steve Burke M50 33.61

1 Robert Ellingham M60 29.75

3 Tamzin Digpal-Race SW
21.42

Shot

1 Steve Burke M50 10.03

1 Tamzin Digpal-Race SW 8.75

2 Anjola Opaleye U17W 8.05

1 Ellie Newman U13G 5.92 (PB
by 12 cms)

1 Vicky Burke W45 5.87

1 Isabella Smith U15G 5.57 (PB
by 20 cms)

Triple Jump

1 Mia Rutherford SW 8.98

Friday 5M Series, Nowton

Park, 20 Jun 2025

Alan Burgin reports: Last Friday evening saw three of us from Hunts AC on the start line of the Bury St Edmunds round of this year's Friday 5 race series. The 5 mile course is a real test of all round running ability, the first mile is open grassland in Nowton Park with plenty of twists and turns, then there is a short woodland section before getting onto local roads. A long uphill climb leads to a gravel farm track and then back on the roads and downhill to the park. On paper it is not a fast course but the winner, John Millar from Ipswich Harriers completed the race in 25:39, a new course record. Our three club runners were Jim Stocker; 3rd MV70 in 40:05. Pauline Stocker, 1st FV65 in 44:00, (Pauline was very pleased indeed with her run and the trophy she was presented with). Alan Burgin 7th MV70 46:55.

Parkruns PBs, 21 Jun 2025

Over the Huntingdon parkrun course, Nathan Jermy broke through the 20-minute barrier for the first time, placing 12th with 19:58.

Anglian Schools Champs, Peterborough, 21 Jun 2025

U15B 100m – 2nd Kiyan

Medina 11.3 (eq. U15B club
record, with Julian Priest 2017;
9th U15B national rankings)

U17M 200m – 2nd Stanley

Hurst 22.8 (PB by 0.2; 75th

U17M national rankings)

U17W 200m – 7th Aimee Hays
28.5

U17W 300m – 5th Aimee Hays
44.5

U15G 300m – 2nd Chloe Hays
43.9 (PB by 0.38)

U17M 800m – 3rd Lewis

Cummins 2:02.2

U17W 800m – 5th Freya Harris
2:36.9

U17W 1500m – 3rd Leah

Graham 5:01.8 (PB by 6.24)

U17W LJ – 8th Annabel

Lindsell 4.19

U15G LJ – 7th Eleanor Stewart
4.43

U17W TJ – 7th Anjola Opaleye
8.58 (PB by 12 cms)

U17W SP – 4th Anjola Opaleye
8.86

Jubilee Junior Parkrun,

22 Jun 2025

Jamar Eason ran a new PB in 4th place with 8:55, a 4-second improvement which consolidates his 34th position in the club all-time rankings.

Southern Athletics League,

Colchester, 22 Jun 2025

Well done to our team on their second-place finish (out of eight teams).

7 national rankings

1 club record

4 A string wins; 7 B string wins
12 PBs

Thanks to our officials:

Charlotte Bruce, Jo Abel,

Rachel Waterworth, James
Waterworth,

Sandra Acton, James Wood,

Sandra Pedley

Men's A 100m

5 Stanley HURST U17 11.6

Men's B 100m

3 Jeremy ANTWI U20 11.7

Men's A 200m

4 Stanley HURST U17 23.1

Men's B 200m

4 Jeremy ANTWI U20 24.0 (PB
by 0.1)

Men's A 400m

2 Benedict SCOTT U20 52.2

Men's B 400m

1 Zachary BOWES U23 52.4
(PB by 0.5)

Men's A 800m

3 Daniel BROOK U17 2:08.2
(PB by 1.23)

Men's B 800m

2 Keelan DUFFY SM 2:04.5
(PB by 4.42)

Men's A 1500m

3 Keelan DUFFY SM 4:18.8

Men's B 1500m

4 Simon MEAD M50 4:55.8
(60th M50 national rankings)

Men's A 3000m

2 James ORRELL SM 9:23.6

Men's B 3000m

4 Derek DARNELL M65

12:34.0 (22nd M65 national
rankings)

Men's A High Jump

5 Yinka OPALEYE M50 1.43

Men's A Pole Vault

3 Richard PHELAN M60 2.45

Men's A Long Jump

7 Yinka OPALEYE M50 4.41

(36th M50 national rankings)

Men's B Long Jump

5 Richard PHELAN M60 4.36

Men's A Triple Jump

4 Yinka OPALEYE M50 9.20

Men's B Triple Jump

1 Richard PHELAN M60 9.15
 Men's A Shot Putt
 4 Steven BURKE M50 9.18
 Men's B Shot Putt
 4 Robert ELLINGHAM M60 7.23
 Men's A Discus
 5 Steven BURKE M50 28.82
 Men's B Discus
 5 Robert ELLINGHAM M60 23.94
 Men's A Hammer
 4 Steven BURKE M50 34.72
 Men's B Hammer
 1 Robert ELLINGHAM M60 32.11 (M60 Club Record (7.26kg), beating his own 31.86)
 Men's A Javelin
 7 Steven BURKE M50 28.60
 Men's B Javelin
 7 Yinka OPALEYE M50 22.15
 Men's 4x100m
 4 Huntingdonshire SM 46.5
 Mixed 4x400m A
 2 Huntingdonshire SM 4:07.7
 Women's A 100m
 4 Isla WOOD U17 13.1
 Women's B 100m
 1 Sarah-Renae HALL U20 13.0 PB
 Women's A 200m
 3 Molly WEBSTER U20 27.1
 Women's B 200m
 1 Aimee HAYS U17 28.4
 Women's A 400m
 1 Molly WEBSTER U20 60.3 (PB; 98th U20W national rankings)
 Women's B 400m
 1 Olivia MEAD U23 63.1
 Women's A 800m
 2 Olivia MEAD U23 2:22.1
 Women's B 800m
 4 Amelia DARNELL SW 2:41.1
 Women's A 100mH
 1 Faye YOUNG SW 19.8
 Women's A 400mH
 2 Faye YOUNG SW 93.4
 Women's A 1500m
 Steeplechase

3 Freya HARRIS U17 6:33.7 (PB; 79th U17W national rankings)
 Women's A High Jump
 3 Abigail PUDNEY U20 1.53
 Women's A Pole Vault
 2 Sandra PEDLEY W55 2.05 (2nd W55 national rankings)
 Women's A Long Jump
 1 Abigail PUDNEY U20 5.10
 Women's B Long Jump
 3 Anjola OPALEYE U17 3.83
 Women's A Triple Jump
 4 Anjola OPALEYE U17 8.67 (PB by 29 cms)
 Women's B Triple Jump
 1 Mia RUTHERFORD U23 8.41
 Women's A Shot Putt
 8 Vicky BURKE W45 5.64
 Women's B Shot Putt
 6 Jo ABEL W50 5.53
 Women's A Discus
 5 Anjola OPALEYE U17 24.38 (PB by 2.90)
 Women's B Discus
 7 Sandra ACTON W45 9.03
 Women's A Hammer
 7 Vicky BURKE W45 14.51 (27th W45 national rankings)
 Women's A Javelin
 5 Abigail PUDNEY U20 16.73
 Women's B Javelin
 6 Sandra ACTON W45 4.84
 Women's 4x100m
 1 Huntingdonshire SW 51.8
 Non-scoring
 800m
 Ryan BULLARD SM 2:16.5
 James ORRELL SM 2:13.0 PB
 400m
 Liam MORRIS U17 58.9
 Ryan BULLARD SM 61.6
 200m
 Benedict SCOTT U20 23.6 (PB by 0.3)
 Sarah-Renae HALL U20 27.6 (PB by 3.8)
 Team Results
 1 COBRA 471
 2 Huntingdonshire 290
 3 Southend 279

4 Bedford 270
 5 Biggleswade 243
 6 Ryston 154
 7 West Suffolk 132
 8 West Norfolk 130

Stratford Speed Open,
22 Jun 2025

100m Luke Diggs 11.89 (w/s - 0.1; 21st M35 national rankings)

Peterborough 5k Grand Prix Series, Bushfield, 25 Jun 2025

5k
 2nd Brandon Ballard 15:45.6 (PB by 1:30)
 3rd James Orrell 15:53.4
 10th Simon Bowman 16:32.3
 13th Natty Clifford 17:05.8 (1st U17M; PB by 13 secs)
 14th Josh Ansell 17:06.1 (PB by 53 secs)
 18th Simon Mead 17:15.3 (2nd M50)
 29th Oli Albone 17:32.8 (2nd U17M)
 50th Ethan Locke 18:32.7 (1st U15B)
 60th Olivia Mead 18:52.3 (2nd SW; PB by 17 secs)
 95th Jess Williams 19:46.9 (2nd W35)
 101st Jason Mumford 19:51.5 PB
 104th Ellie Ince 19:57.1 (2nd U17W)
 112th Daniel Woolf 20:03.8
 127th Hannah Brickell 20:26.3
 143rd Freya Harris 21:09.2 (PB by 19 secs)
 159th Lily Reindel 21:47.2 (PB by 2:17)
 161st Ben Nash 21:48.9 PB
 215th Graham Williams 23:39.5 (1st M70+)
 217th Sunny Bulchandani 23:41.4 (PB by 57 secs)
 276th Pauline Stocker 25:24.1 (1st W65+)
 292nd Richard Roberts 25:45.7 (PB by 7 secs)
 371st Lesley Jackson 30:19.8

401st Angela King 33:43.7
(420 finishers)

3k
1st Jack Bone 9:36.0
4th Jake Henson 10:20.6 (2nd
U13B)
24th Izzy Hilton 12:36.6 (3rd
U13G)
27th Finley Calder 12:49.2
31st Lucy Hilton 13:12.8
32nd Georgie Henson 13:14.2
(3rd U11G)
(78 finishers)

**BMC Gold Standard,
Watford, 25 Jun 2025**

800m – 2nd Tom Waterworth
1:46.73
- PB by 0.71
- U20M & SM Club Records,
beating his own 1:47.44
- Top of the U20M national
rankings
- 10th on the U20M all-time
national rankings, ahead of
Sebastian Coe and Steve Cram
(Tom has another year to go as
an U20M)
- 3rd fastest 17-year-old of all
time in British athletics history,
ahead of Steve Ovett, Sebastian
Coe and Steve Cram.
- 3rd in the U20M European
rankings

**Watford Harriers Open, 25
Jun 2025**

1st Joey Croft (led all the way)
8:26.72

**Eastern Masters Champs,
Sandy, 28 Jun 2025**

100m M35 2nd Luke Diggs 12.3
800m M40 2nd Chris Parson
2:09.1 (PB by 5.4; 23rd M40
national rankings)
800m 1st M70+ Jim Stocker
3:12.4
1500m 1st M70+ Jim Stocker
6:38.4 (M75 club record; 7th
M75 national rankings)

3000m M40 1st Martin Amos
9:48.2 (64th M40 national
rankings); 4th Chris Parson
10:33.1
3000m 1st M70+ Jim Stocker
13:58.7 (4th M75 national
rankings; 19th M75 all-time
national rankings)
HJ M60 1st Richard Phelan 1.39
(M60 club record, beating his
own 1.35 2022/2023/2024)
PV M60 3rd Richard Phelan
2.60
PV W55 1st Sandra Pedley 2.10
(2nd W55 national rankings)
LJ M60 3rd Richard Phelan 4.32
TJ M60 3rd Richard Phelan 9.31
Bob Ellingham (M60)
Hammer (5kg) 39.83m PB; 1st
(Gold); new M60 club record
(beating his own record by 15
cms); 7th M60 national rankings
Discus (1kg) 33.35m PB; 2nd
(Silver); new M60 club record
(beating Wayne DuBose
32.88m 2016); 19th M60
national rankings
Steve Burke (M50)
Hammer (6kg) 38.73m 3rd
(Bronze)
Shot (6kg) 9.94m 3rd (Bronze)
Discus (1.5kg) 34.44m 3rd
(Bronze)
Javelin (700g) 29.82m 4th

**SEAA Outdoor U20/Senior
Championships, Chelmsford,
28/29 Jun 2025**

Willow wins Southern Silver.

HT (U20W)
Willow Bedding - 46.92m (2) –
6th U20W national rankings
Heat 1 400m (U20M)
Benedict Scott - 51.76s (6)
Heat 2 400m (U20W)
Izzie Newman - 62.60s (6)
LJ (SW)
Sophie Bambridge - 5.22m (5)

**English Schools (East Anglia)
Heptathlon Champs, Corby,
28/29 Jun 2025**

3rd Leah Graham 2,476 points
(PB)
80mH – 16.8 PB
HJ – 1.24 PB
SP – 5.19 PB
200m – 30.3 PB
LJ – 3.91 PB
JT – 9.38 PB
800m – 2:27.5 (PB by 0.42)

**Cambourne Junior Parkrun,
29 Jun 2025**

2nd William Davidson (age 9)
8:17 (PB by 6 secs)

**BMC Race, Bracknell,
2 Jul 2025**

1500m 6th Noah Scott-Donkin
3:57.82 (PB by 1.34; 97th U20M
national rankings)

**Friday Night 5M Series, Great
Bentley, Essex, 4 Jul 2025**

What a difference in weather
conditions compared to last
year!

Last year torrential rain, this
year a warm, sunny evening.
A nice course mainly on
country lanes on the edge of the
town.

For some reason results were
based on gun times despite us
all wearing chips! Not ideal
given a tight, narrow start
funnel.

However, both Jim and I
collected some bling!

Derek
120th Derek Darnell 35.05 (1st
O'65M)
125th Amelia Darnell 35.22
193rd Jim Stocker 38.58 (1st
O'70M)
(392 ran)

Southern Counties
Heptathlon Champs,
Horspath, 5/6 Jul 2025

Abi Pudney (U20W)
3rd (BRONZE) 2,927 points
(inaugural U20W club record;
48th U20W national rankings)
Day 1: 100m Hurdles – 19.61
(PB, beating 19.8); High Jump
– 1.54; Shot – 7.79 (PB by 29
cms); 200m 29.49
Day 2: Long Jump – 5.01;
Javelin – 19.47; 800m – 3:23.06

East Anglian League,
Peterborough, 6 Jul 2025

Two club records – Iris Purser
U13G 1500m and Alison
Stewart W45 1500m
39 1st place finishes
47 PBs
Under 17 Women, Senior
Women and Under 13 Boys all
won their respective team
competitions.

Under 13 Girls

100m A – 2nd Lily Twumasi
14.3
100m B – 2nd Theia Parson 15.1
(PB by 0.1)
200m A – 2nd Lily Twumasi
30.1
800m A – 3rd Ellie Newman
2:58.9 (PB by 0.7)
800m B – 2nd Theia Parson
3:03.8
1500m A – 1st Iris Purser 5:00.3
(U13G Club Record, beating
her own 5:04.73; 14th U13G
national rankings)
70mH A – 1st Kitty Kelly 14.0
70mH B – 3rd Theia Parson 16.7
(fell but got up and finished)
LJ A – 4th Eva Purser 3.02 (PB
by 4 cms)
Team result – 3rd 61 points

Under 15 Girls

100m A – 3rd Chloe Hays 13.7
200m A – 2nd Chloe Hays 28.6
200m B – 2nd Clemency Antwi
29.2
300m A – 1st Chloe Hays 44.7

800m A – 5th Summer Rooney
2:43.8 (PB by 1.73)
800m B – 4th Isabella Smith
2:55.6
1500m A – 3rd Ellie Zubrik
5:30.3
75mH A – 3rd Isabella Smith
14.9 (PB, previously 15.16)
LJ A – 2nd Eleanor Stewart 4.12
LJ B – 3rd Isabella Smith 3.18
SP A – 6th Clemency Antwi
6.42
HT A – 1st Eleanor Stewart
28.10
JT A – 3rd Eleanor Stewart
19.45 PB
4x100m – 1st Hunts AC 58.0
Team result – 2nd 87 points

Under 17 Women

100m A – 2nd Arihanna Streete
12.8 (PB by 0.6)
100m B – 1st Aimee Hays 13.9
200m A – 3rd Arihanna Streete
27.1 (PB by 1.1)
200m B – 2nd Jessica
Waterworth 28.9
300m A – 2nd Aimee Hays 45.9
800m A – Rebecca Smith
2:38.7
1500m A – 2nd Freya Harris
5:32.1
LJ A – 3rd Annabel Lindsell
3.89
TJ A – 4th Anjola Opaleye 8.18
SP A – 1st Anjola Opaleye 8.51
DT A – 1st Anjola Opaleye
19.56
JT A – 2nd Maya Wager 11.46
4x100m 1st Hunts AC 54.2
Team result – 1st 88 points

Women

100m A – 2nd Sarah-Renae Hall
13.3
100m B – 3rd Faye Young 16.0
200m A – 1st Izzie Newman
27.8
200m B – 1st Sarah-Renae Hall
27.4 (PB by 0.2)
400m A – 1st Molly Webster
60.5
400m B – 1st Izzie Newman
62.9

800m A – 4th Alison Stewart
2:41.6
1500m A – 3rd Alison Stewart
5:34.4 (PB; W45 Club Record,
beating Maggie Mulholland
5:47.0 2014; 30th W45 national
rankings)
1500m B – Lily Reindel 5:59.4
100mH – 2nd Faye Young 19.7
HJ A – 4th Mia Rutherford 1.30
HJ B – 1st Faye Young 1.00
LJ A – 2nd Mia Rutherford 4.11
(PB by 9 cms)
LJ B – 3rd Vicky Burke 2.24
TJ – 1st Mia Rutherford 8.70
SP A – 4th Tamzin Digpal-Race
8.20
SP B – 4th Muna Mokah 6.25
DT A – 4th Tamzin Digpal-Race
23.35
DT B – 5th Faye Young 11.66
HT A – 2nd Tamzin Digpal-
Race 30.88
JT A – 2nd Tamzin Digpal-Race
26.67
JT B – 7th Sandra Acton 5.26
4x100m – 1st Hunts AC 54.5
Team result – 1st 147 points

Under 13 Boys

100m A – 2nd Max Carmichael
14.6
100m B – 2nd Caleb Purser 15.4
200m A – Jake Henson 28.7
(PB, beating 29.17)
200m B – 1st Max Carmichael
29.0
800m A – 1st Jake Henson
2:22.4 (PB by 1.8; 56th U13B
national rankings)
800m B – 1st Ethan Ward 2:34.7
(PB by 4.7)
1500m A – 1st Boogie Gray
4:51.0
1500m B – 1st Moses Smith
4:57.6 (PB by 1.9)
HJ A – 2nd Tobechi Mokah 1.25
(eq. PB)
HJ B – 1st Moses Smith 1.25
(eq. PB)
LJ A – 2nd Max Carmichael
4.12 (PB by 8 cms)
LJ B – 1st Alastair Reddish 3.89

SP A – 3rd Tobeche Mokah 6.37
(PB by 2 cms)
SP B – 1st Moses Smith 5.58
DT A – 1st Alastair Reddish
14.73 (PB by 2.50)
JT A – 3rd Caleb Purser 19.06
(PB by 10 cms)
4x100m – 1st Hunts AC 59.1
Team result – 1st 127 points
(beat Cambridge by one point)
Under 15 Boys
100m A – 1st Kiyam Medina
11.7
100m B – William Lloyd-
Harvey 13.1
200m A – 1st Kiyam Medina
24.6
200m B – 1st Joshua Dawe 25.5
(PB by 1.1)
300m A – 1st Jacksen
Hornagold 38.9 (PB by 2.3; 65th
U15B national rankings)
300m B – 3rd Jamar Eason 47.1
1500m A – 2nd Louis Spalding
4:53.3 (PB by 1.35)
HJ A – 1st Joshua Dawe 1.50
LJ A – 4th Jamar Eason 4.08
LJ B – 3rd Louis Spalding 3.20
TJ A – 2nd Jamar Eason 9.15
(PB by 44 cms)
SP A – 2nd Joshua Dawe 8.46
(PB by 3 cms)
SP B – 2nd Mark Lawson-
Watkins 5.12
DT A – 4th Mark Lawson-
Watkins 16.60 (PB by 1.33)
HT A – 3rd Mark Lawson
Watkins 11.38
JT A – 3rd Isaac Ebers 31.18
JT B – 3rd Noah Austin 28.15
(PB by 1.29)
4x100m – 1st Hunts AC 49.2
Team result – 2nd 123 points
Under 17 Men
100m A – 2nd Stanley Hurst
11.7
100m B – 4th Harry Ward 12.5
200m A – 1st Stanley Hurst 23.3
200m B – 2nd Samuel Woodhall
24.7
400m A – 3rd Samuel Woodhall
54.9

800m A – 1st Lewis Cummins
2:01.3
1500m A – 3rd Leo Howard
4:32.2
JT A – 3rd Daniel Butterworth
32.33
4x100m – 2nd Hunts AC 49.1
Team result – 3rd 60 points
Men
100m A – 4th Harry Exell 11.8
100m B – 2nd Benedict Scott
11.7
200m A – 1st Zachary Bowes
22.9
200m B – 1st Harry Exell 24.0
400m A – 4th Ryan Bullard 59.6
(PB by 0.43)
800m A – 5th Ryan Bullard
2:17.9
800m B – 4th Daniel Ryder
2:24.4
1500m A – 4th Aaron Hawkins
4:28.1
1500m B – 4th Ryan Bullard
4:59.7
HJ A – 3rd Benedict Scott 1.55
HJ B – 3rd Yinka Opaleye 1.35
LJ A – 5th Yinka Opaleye 4.24
LJ B – 5th Steve Burke 2.20
TJ A – 2nd Yinka Opaleye 8.67
SP A – 5th Toby Carroll 9.91 (6
kg)
SP B – 5th Steve Burke 8.56
DT A – 5th Steve Burke 29.47
DT B – 2nd Toby Carroll 25.92
(1.75 kg)
HT A – 3rd Steve Burke 34.47
JT A – 6th Kuldip Digpal 28.05
JT B – 4th Steve Burke 27.40
Team result – 3rd 113 points
Non-Scoring
800 U13B Teddy Hamilton
2:48.8 (PB by 3.7)
100 U13B Teddy Hamilton 15.7
200 U13B Tobeche Mokah 31.2
100 U13B Alastair Reddish
14.6 (PB by 1.2)
200 U13B Caleb Purser 31.5 PB
1500 U13B Gabriel Lindsey
5:36.1
1500 U15B Jude Lindsay 6:12.2
(PB by 10.6)

200 U15B William Lloyd
Harvey 26.7 (PB by 0.4)
100 U15G Summer Rooney
15.5
200 U15G Summer Rooney
32.6
100 U17M Alfie Sinclair 12.6
PB
200 U17M Alfie Sinclair 25.9
(PB by 0.7)
400 U17M Harry Ward 57.8
800 U17M Rupert Allen 2:48.5
(PB by 7.3)
1500 U17M Nathaniel Clifford
4:36.9
200 U17M Lewis Cummins
24.9 (eq. PB)
1500 U17M Charlie Irons
4:49.0 (PB by 14.2)
300 U17W Maya Wager 47.7
200 U17W Maya Wager 29.4
(PB by 0.7)
800 U17W Lotti Stockwell
2:50.0 PB
300 U17W Annabel Lindsell
47.7
1500 U17W Shiloh Lindsay
7:02.0
200 U20M Benedict Scott 23.9
TJ U20W Muna Moka 7.91
HT U20W Muna Moka 20.42
100 W45 Vicky Burke 19.2
SP W45 Vicky Burke 5.97 (44th
W45 national rankings)
SP M50 Yinka Opaleye 8.55
Under 11s
600 U11B William Davidson
2:05.2 (PB by 0.6)
80 U11B William Davidson
13.3 PB
LJ U11B William Davidson
2.93 (PB by 23 cms)
600 U11B Finley Calder 2:06.3
eq. PB
80 U11B Finley Calder 13.3
600 U11G Georgie Henson
2:15.0
80 U11G Georgie Henson 13.4
LJ U11G Georgie Henson 3.15