



Hunts AC Happenings

May 2026 (Edition 275)

Bedfordshire AAA Open, Bedford, 4 Apr 2025

Chris Woodhall took his squad to Bedford, describing the conditions as “another very gusty day today, but some great performances and some PBs! Fortunately, the stands at Bedford protected the home straight a bit. Horrible elsewhere...”

Emily BRYAN

100m 13.43 +0.1 (PB by 0.21)

200m 29.08 -2.9

Maya Wager

100m 14.18 -1.0 (PB, beating 14.3)

300m 49.05

Jacksen HORNAGOLD

100m 11.89 -0.7 (PB by 0.03)

300m 39.21

Chris COLLINS

100m 11.96 -0.7 (PB by 0.15)

200m 24.94 +0.5 PB

Sam WOODHALL

100m 12.18 -0.7 (PB by 0.01)

400m 53.45 (PB by 0.77)

Joshua DAWE

100m 11.88 +0.3

200m 25.31 -0.4

Dan Steel - TJ 11.99 & LJ 5.96

Steve Burke - Hammer 39.66m

(6kg) SB; Shot 9.43m (6kg);

Discus 32.47m (1.5kg)

Stanwick 10k, 6 Apr 2026

8th Keelan Duffy 34:40.9, 126th

Jim Stocker 49:48.2 (1st M75)

(368 finishers)

Stanwick 2k Fun Run,

6 Apr 2026

4th Bentley Anthony 7:16.3

16th Arlo Stone 8:04.4 (1st M8-9)

30th Parker Anthony (4th M8-9)

5M TT, 7 Apr 2026

1st Richard Roberts 55:12

(42:02)

2nd Hilary McConville 57:10

(55:10)

3rd Joe Kerins 57:52 (39:39)

4th Angela King 58:06 (55:06)

5th Kate Abdee 58:28 (43:02) –

PB by 81 secs; 42nd to 34th in club all-time rankings

6th Ben Nash 61:38 (36:43)

7th Chris Davies 61:02:16

(40:22)

Actual time in brackets

Parkruns, 11 Apr 2026

Frank's Farm

4th Moses Smith 19:06 (1st

JM11-14)

20th Ellie Zubrik 21:43 (1st

JW11-14)

59th Bruce Grimley 24:38 (1st

VM70-74)

99th Chris Davies 26:46

Volunteers

Rebecca Farrer – Volunteer

Coordinator

Steph Ward – Marshal

Bruce Grimley – Pre-event Set-

up

Ty Farrer – Event Day Course

Check

Bug Hunter Waters

1st James Orrell 16:29

9th Theo Wrathall 19:46 (1st

JM15-17)

20th Alison Stewart 20:27 (1st

VW45-49)

85th Maya Wager 26:17 (1st

JW15-17)

Huntingdon

1st Keelan Duffy 17:05 (12th all-time club rankings)

4th Henry Waller 18:52 (2nd

SM20-24)

27th Izzie Newman 23:12 (1st

SW18-19)

38th Ellie Newman 23:58 (1st

JW11-14)

Ferry Meadows

2nd Natty Clifford 17:49

148th Sunny Bulchandani 25:01

Club Champs, 12 Apr 2026

G, S, B indicates gold, silver, bronze medals won (and to be awarded at the end of the season)

75m Race 1

1 Jack Slater U12B 11.4 G PB

2 Georgie Henson U12G 12.5 G

3 Alexa Brooks U12G 12.6 S PB, beating 13.49

4 George Jenner U12B 13.3 S

PB

100m Race 1

1 Max Carmichael U14B 14.1 G

2 Thomas Burrows U14B 14.6 S

PB

100m Race 2

1 Hannah Jablonska U14G 15.3

G PB

2 Phoebe Huish U14G 15.4 S PB

3 Emily Crisford U14G 15.4 B

PB

4 Ella Connell U14G 15.8

5 Ellie Newman U14G 16.1 PB

by 0.4

100m Race 3

1 Jamar Eason U16B 14.2 eq.

PB

2 Owain Evans U16B 14.8 PB

by 0.1

3 David Orekoya U16B 14.8 PB

4 Mark Lawson-Watkins U16B

18.1

100m Race 4

1 Joshua Dawe U16B 12.0 G

2 Jacksen Hornagold U16B 12.2

S

3 James Coleman U16B 12.5 B

100m Race 5
 1 Clemency Antwi U16G 13.9 G
 2 Chloe Hays U16G 14.4 S
 3 Eleanor Stewart U16G 15.0 B
 4 Hannah Darwin U16G 16.1
 eq. PB
 5 Freya Brunning U16G 19.0 PB
 100m Race 6
 1 Samuel Woodhall U18M 12.5
 G
 2 Harry Ward U18M 12.7 S
 3 Liam Morris U18M 13.0 B
 4 Daniel Brook U18M 13.1
 5 Kaihaan Abdulkader U18M
 14.1 PB
 100m Race 7
 1 Anjola Opaleye U18W 14.2 G
 2 Maya Wager U18W 14.7 S
 3 Jessica Waterworth U18W
 15.1 B
 4 Freya Harris U18W 15.2
 100m Race 8
 1 Daniel Steel SM 12.8 G
 2 Toby Carroll SM 12.9 S
 3 Lebokang Magdala SM 14.4 B
 PB
 4 Steve Burke M50 16.5
 5 Paul Harris M60 17.0 G PB
 100m Race 9
 1 Abigail Pudney U20W 13.5 G
 2 Faye Young SW 15.9 G
 3 Amelia Darnell SW 17.0 S
 100m Race 10
 1 Alison Stewart W45 16.4 G
 PB by 0.4
 2 Kate Abdee W45 17.5 S PB
 3 Faridah Kaddu W35 18.9 B
 PB
 4 Vicky Burke W45 20.3
 Long Jump
 1 Daniel Steel SM 5.49 G
 2 Abigail Pudney U20W 5.04 G
 3 Jamar Eason U16B 4.58 G PB
 by 29 cms
 4 Max Carmichael U14B 4.34 G
 PB by 22 cms
 5 Eleanor Stewart U16G 4.22 G
 6 Owain Evans U16B 4.20 S
 7 Sophie Bedingfield U16G 4.08
 S PB by 31 cms
 8 Annabel Lindsell U18W 4.08
 G

9 Jack Slater U12B 3.93 G PB by
 31 cms
 10 Caleb Purser U14B 3.89 S PB
 11 Thomas Burrows U14B 3.75
 B PB
 12 Maya Wager U18W 3.74 S
 PB by 11 cms
 13 Anjola Opaleye U18W 3.74 B
 14 Daniel Brook U18M 3.70 G
 15 Alexa Brooks U12G 3.52 G
 PB
 16 Hannah Darwin U16G 3.50 B
 PB by 3 cms
 17 Toby Carroll SM 3.46 S PB
 by 16 cms
 18 Chloe Hays U16G 3.35 PB by
 8 cms
 19 Eva Purser U14G 3.24 G PB
 by 22 cms
 20 Ellie Newman U14G 3.23 S
 21 Jessica Waterworth U18W
 3.16
 22 Georgie Henson U12G 3.14 S
 23 Freya Brunning U16G 3.11
 PB
 24 Amelia Darnell SW 3.07 G
 25 Mark Lawson-Watkins U16B
 3.01 B PB by 18 cms
 26 Ellie Bedingfield U12G 3.00
 B
 27 Freya Harris U18W 2.82 PB
 28 Clemency Antwi U16G 2.80
 PB
 29 Paul Harris M60 2.79 G PB
 30 Steve Burke M50 2.67 S
 31 Vicky Burke W45 2.36 G
 32 Alison Stewart W45 2.19 S
 Shot Put
 1 Steve Burke M50 9.99 G
 2 Toby Carroll SM 9.50 G PB by
 62 cms
 3 Anjola Opaleye U18W 9.27 G
 PB by 13 cms
 4 Daniel Steel SM 9.13 S
 5 Yinka Opaleye M50 9.13 S
 6 Eleanor Stewart U16G 8.42 G
 7 Bob Ellingham M60 8.12 B
 8 Clemency Antwi U16G 7.77 S
 9 Jamar Eason U16B 7.50 G PB
 by 38 cms
 10 Thomas Burrows U14B 7.31
 G PB
 11 Liam Morris U18M 7.24 G

12 Caleb Purser U14B 6.94 S PB
 13 Paul Harris M60 6.77 PB
 14 Jo Abel W50 6.49 G
 15 Daniel Brook U18M 6.48 S
 PB
 16 Freya Harris U18W 6.46 S
 PB by 82 cms
 17 Jack Slater U12B 6.07 G PB
 18 Mark Lawson-Watkins U16B
 5.89 S PB by 3 cms
 19 Vicky Burke W45 5.62 S
 20 Alison Stewart W45 5.58 B
 PB by 5 cms
 21 Maya Wager U18W 5.38 B
 PB
 22 Freya Brunning U16G 5.25 B
 PB
 23 Chloe Hays U16G 5.22 PB by
 5 cms
 24 Ellie Newman U14G 5.18 G
 25 Jessica Waterworth U18W
 4.90
 26 Amelia Darnell SW 4.77 G
 27 Georgie Henson U12G 4.72
 G PB
 28 Sandra Acton W45 3.31
 29 Alexa Brooks U12G 3.17 S
 PB

Cambourne 10k
(incorporating County
Championships), 12 Apr 2026
 County Championship Placings
 MEN: 1st James Orrell, 2nd
 Simon Bowman, 3rd Josh Ansell
 WOMEN: 1st Lucy Mapp, 2nd
 Caroline Burke, 3rd Gemma
 Bedford
 W65: 1st Pauline Stocker
 M55: 1st Sean Barker
 M65: 3rd Phil Deaves
 Results
 1st James Orrell 33:52
 3rd Simon Bowman 35:47
 5th Josh Ansell 36:26 (1st M15-
 34)
 9th Lucy Mapp 36:26 9 (1st
 Female)
 10th Daniel Brook 38:37 (3rd
 M15-34; participated in 100m,
 shot put and long jump in club
 champs later in the day)

14th Sean Barker 39:50 (1st M55-64)
47th Caroline Brooks 44:49 (2nd Female; Caroline then drove her daughter Alexa to St Ives to take part in the club athletics championships. Caroline is very close to qualifying as a Track Judge).
50th Gemma Bedford 44:59 (3rd Female)
110th Chris Davies 50:58
126th Jim Stocker 52:10 (1st M75+)
152nd Kate Abdee 53:38 (won silver medal in club 100m champs later in the day)
167th Steph Ward 54:34
175th Richard Roberts 55:04
186th Pauline Stocker 55:56 (1st W65-74)
321st Lesley Jackson 70:50

Fun Run: 5th William Davidson 6:15, 6th Alexa Brooks 6:19 (won one gold and two silvers at the club athletics champs later in the day).

PANVAC Open, 12 Apr 2026

Bella Smith (U16G): 300mH 54.91 PB; 80mH 15.19 PB
Lily Twumasi (U14G): 100m 14.14 (PB by 0.06; into strong headwind); 200m 29.25 (fastest female of the day)
Kendall Adam (U18M): 400m 52.75 (PB by 3.65)

Charnwood Open 12 Apr 2026

Zac Bowes: 400m 52.8

PANVAC Middle Distance Night, 16 Apr 2026

Hand timing:
Under 10s 400m
Arlo Smith 1st 79.3
Parker Anthony 3rd 83.0
Under 12s - 600m
Max Beckett 2nd 1.53.1 (PB by 9.9 secs)

Georgie Henson 6th 2.04.2 (PB by 6.7)
Mixed age Races
1500m Bentley Anthony won by 250m 4.51.0 PB - fastest under 14 time
1500m Richard Roberts (M70) 10th 6.46.3
1500m Lucy Hilton 6th 5.38.0 (PB by 47.89)
3000m Izzy Hilton 7th 11.42.6 PB
800m mixed age Races
Kitty Kelly 2.35.1 fastest under 14G
Kendall Adam ran all on his own won by 16 secs - 2.00.2 fastest run of the evening (PB by 3.7)
Jake Henson 2.16.1 2nd fastest overall and 1st under 14 (PB by 6.12)
Izzie Newman - fastest female 2.23.8 (PB by 2.5)
Ellie Newman 2.49.3 (PB by 9.6)

Parkruns, 18 Apr 2026

Frank's Farm
4th Ty Farrer 18:57 (2nd VM50-54)
28th Rosie Mead 23:10 (PB; 2nd SW20-24)
89th Steve Burke 27:56 (PB by 1:40)
90th Libby Mead 28:24 (PB; 3rd VW50-54)
91st Vicky Burke 28:26 2(PB by 2:10)
Volunteers
Ty Farrer: Event Day Course Check, Barcode Scanning
Lesley Jackson: Park Walker
Bruce Grimley: Pre-event Set-up
Dom Meagher: Pre-event Set-up
Rebecca Farrer: Park Walker, Token Sorting, First Timers Welcome
Ferry Meadows

2nd Dave Hudson 16:04 (1st VM40-44)
4th Natty Clifford 17:01 (PB by 5 secs; 1st JM15-17; 12th to 11th in club all-time rankings)

Loughborough Open, 18 Apr 2026

1500m
Tom Waterworth 3.54.37 (PB by 2.99 secs; eq. U20M club record)
Noah Scott-Donkin 3.59.32

Cambridge Biomedical Campus 5/10K, 19 Apr 2026

10K
Derek Darnell 43.31
Gemma Bedford 43.34
5K
Maya Wager 25.23
Chris Davies 34.00 (pacing a friend)

East Anglian League, Cambridge, 19 Apr 2026

Under 14 Girls (2nd 92 points)
Team Manager – Denise Korkmaz
100m A 3rd Lily Twumasi 13.9 (PB, beating 14.20)
100m B 3rd Theia Parson 14.6 (PB, beating 15.04)
200m A 1st Lily Twumasi 28.7 (PB, beating 29.20)
200m B 2nd Kitty Kelly 29.4
800m A 3rd Kitty Kelly 2:37.3
800m B 5th Isobel Edwards 2:54.1 PB
1500m A 1st Iris Purser 4:58.9
1500m B 1st Lucy Hilton 5:33.0 (PB by 5.0)
75mH A 3rd Theia Parson 14.1 PB
75mH B 2nd Lucy Hilton 16.4 PB
LJ A 2nd Kitty Kelly 4.16 (PB by 30 cms)
LJ B 4th Eva Purser 3.52 (PB by 28 cms)
JT A 1st Ellie Newman 14.78
4x100m 2nd Hunts 58.2

Under 16 Girls (2nd 120 points)
Team Manager – Sam Darwin
100m A 4th Chloe Hays 13.7
100m B 3rd Simone Scott 13.5
PB
200m A 3rd Simone Scott 28.6
200m B 6th Bella Smith 30.5 PB
300m A 2nd Chloe Hays 45.8
300m B 3rd Hannah Darwin
53.4 (PB by 1.5)
800m A 7th Sophie Bedingfield
2:45.9 (PB by 0.7)
800m B 3rd Summer Rooney
3:00.2
1500m A 2nd Izzy Hilton 5:18.4
80mH 2nd Bella Smith 15.3 PB
HJ A 3rd Hannah Darwin 1.25
eq. PB
HJ B 1st Sophie Bedingfield
1.10
LJ A 2nd Eleanor Stewart 4.24
LJ B 2nd Bella Smith 4.09 (PB
by 2 cms)
SP A 1st Clemency Antwi 7.14
SP B 2nd Freya Brunning 6.27
HT A 1st Eleanor Stewart 35.38
(PB by 2.90)
JT A 3rd Eleanor Stewart 27.54
(PB by 3.39)
4x100m 2nd Hunts 56.6

Under 18 Women (2nd 65
points)
Team Manager – Amelia
Darnell
100m A 3rd Anjola Opaleye
13.9 PB
200m A 4th Aimee Hays 28.4
200m B 1st Jess Waterworth
29.5
400m A 1st Aimee Hays 64.1
(PB by 1.02)
400m B 1st Rebecca Smith
2:29.6
1500m A 1st Leah Graham
5:09.7
LJ A 3rd Annabel Lindsell 4.07
DT A 1st Anjola Opaleye 19.59
4x100m 1st 56.2

Women (2nd 146 points)
Team Manager – Faye Young

100m A 1st Abi Pudney 12.9
100m B 4th Faye Young 15.4
(PB, beating 15.74)
200m A 3rd Izzie Newman 27.7
200m B 5th Faye Young 33.0
(PB, beating 33.67)
400m A 2nd Olivia Mead 64.3
400m B 2nd Faridah Kaddu 83.5
PB
800m A 2nd Izzie Newman
2:29.9
800m B 2nd Alison Stewart
2:42.8
1500m A 2nd Alison Stewart
5:41.0
100mH A 2nd Faye Young 19.6
HJ A 1st Abi Pudney 1.60 eq.
PB
HJ B 1st Mia Rutherford 1.20
LJ A 1st Abi Pudney 5.19
(Outdoor PB by 3 cms)
LJ B 2nd Faye Young 3.67
TJ A 2nd Mia Rutherford 8.22
SP A 5th Muna Mokah 6.27
SP B 4th Vicky Burke 5.72
DT A 4th Faye Young 12.65
(PB by 51 cms)
DT B 3rd Sandra Acton 9.20
HT A 1st Willow Bedding 47.47
JT A 6th Vicky Burke 10.93
JT B 5th Sandra Acton 5.25
4x100m 1st Hunts 56.4

Under 14 Boys (2nd 95 points)
Team Manager – Olivia Mead
100m A 2nd Max Carmichael
13.8 eq. PB
100m B 2nd Thomas Burrows
14.8
200m A 1st Max Carmichael
27.6 (PB, beating 28.77)
200m B 1st Reble Baxendale
28.3 PB
800m A 1st Jake Henson 2:16.5
800m B 1st Moses Smith 2:24.8
1500m A 2nd Bentley Anthony
4:44.9 (PB by 6.1)
1500m B 2nd Caleb Purser
5:28.2 PB
HJ A 2nd Moses Smith 1.30 eq.
PB

LJ A 2nd Max Carmichael 4.48
(PB by 14 cms)
SP A 2nd Thomas Burrows 7.86
(PB by 55 cms)
SP B 1st Moses Smith 6.55 (PB
by 90 cms)
JT A 3rd Caleb Purser 21.49 PB

Under 16 Boys (2nd 91 points)
Team Manager – Carl Rooney
100m A 2nd Chris Collins 12.2
100m B 2nd Jacksen Hornagold
12.4
200m A 2nd Jacksen Hornagold
24.2 (PB)
300m A 3rd James Coleman
39.0
300m B 5th Jamar Eason 44.7
(PB by 1.57)
800m A 3rd Louis Spalding
2:12.2 (PB by 7.8)
LJ A 1st Chris Collins 5.23 (PB,
indoor PB 4.49)
LJ B 1st Jamar Eason 4.79 (PB
by 21 cms)
TJ A 1st Jamar Eason 10.07 (PB
by 92 cms)
SP A 4th Mark Lawson-Watkins
6.09 (PB by 20 cms)
DT A 4th Mark Lawson-
Watkins 18.18 (PB by 1.58)
HT A 3rd Mark Lawson-
Watkins 17.46 (PB by 3.20)
JT A 3rd Noah Austin 33.44 (PB
by 5.29)
4x100m 1st Hunts 49.0

Under 18 Men (3rd 57 points)
Team Manager – Chris
Woodhall
100m A 6th Liam Morris 12.1
PB
100m B 4th Alfie Sinclair 12.4
PB
200m A 5th Sam Woodhall 23.6
(PB by 0.85)
200m B 3rd Harry Ward 24.5
(PB, beating 24.87)
400m A 3rd Sam Woodhall 53.2
(PB by 0.25)
800m A 1st Lewis Cummins
2:01.1

1500m A 2nd Kendall Adam
4:12.1 (Outdoor PB By 31.5)
LJ A 3rd Zack Rodriquez 4.48
SP A 4th Liam Morris 7.12
4x100m 2nd Hunts 47.7

Men (1st 126 points)

Team Manager – Steve Burke
100m A 7th Lebokang Magdala
13.8 (PB by 0.6)
200m A 1st Zachary Bowes 22.5
(PB, beating 23.26)
200m B 5th Lebokang Magdala
31.1 PB
400m A 2nd Benedict Scott 51.2
(PB, beating 51.59)
400m B 1st Zachary Bowes 52.0
(PB by 0.4)
800m A 1st Bill Crowther 2:01.9
1500m A 3rd Ollie Albone
4:30.9
1500m B 2nd Richard Zubrik
5:01.6 PB
HJ A 3rd Toby Carroll 1.45
HJ B 1st Yinka Opaleye 1.35
LJ A 5th Yinka Opaleye 4.15
LJ B 2nd Steve Burke 3.05
TJ A 3rd Yinka Opaleye 8.54
SP A 3rd Toby Carroll 9.87 (PB
by 37 cms)
SP B 1st Steve Burke 9.27
DT A 3rd Toby Carroll 29.75
(PB by 4.00)
DT B 1st Steve Burke 28.88
HT A 2nd Steve Burke 35.32
JT A 6th Steve Burke 26.94
JT B 2nd Yinka Opaleye 21.20
Non-Scorers
100 U14G Phoebe Huish 14.7
PB by 0.7
100 U14G Hannah Jablonska
15.2 PB by 0.1
100 U14G Eva Purser 15.5 PB
100 U14G Isobel Edwards 15.9
PB
100 U16G Clemency Antwi
13.4 PB, beating 13.68
100 U16G Caden Engelbrecht
14.4 PB
100 U16G Summer Rooney
15.1 PB
100 U14B Reble Baxendale

13.9 PB
100 U16B Owain Evans 13.9
PB by 0.9
100 U16B David Orekoya 14.0
PB by 0.8
100 U18M Zack Rodriquez
12.7 eq. PB
100 U18M Kaihann Abdulkader
13.2 PB by 0.9
200 U16B David Orekoya 28.8
PB
200 U16G Clemency Antwi
28.1 PB, beating 29.22
200 U16G Sophie Bedingfield
30.2 PB, beating 31.02
200 U14G Theia Parson 31.6
200 U14G Ella Connell 33.1 PB
200 U18M Alfie Sinclair 24.5
PB, beating 25.41
200 U18M Kaihann Abdulkader
26.3 PB
300 U16G Caden Engelbrecht
48.7 PB
800 U14G Phoebe Huish 2:58.1
PB
800 U14G Iris McCluskey
2:58.3 PB
800 U14G Ella Connell 3:05.9
PB
800 U16G Hannah Darwin
2:52.9
800 U14B Ethan Ward 2:33.6
PB by 1.1
800 U14B Thomas Burrows
2:35.2 PB
800 U18M Daniel Brook 2:03.1
PB by 4.7
800 U18M Charlie Irons 2:03.6
Outdoor PB by 4.55
800 U18M Theo Wrathall
2:17.7 PB by 7.1
800 U18M George Connell
2:18.1
1500 U14G Kavita Patel 5:49.9
PB
1500 U14G Ellie Newman
5:50.3 PB by 20.1
1500 U18W Freya Harris 5:27.8
1500 U18M Rupert Allen
5:35.9 PB by 45.7
4x100 U14G Hunts 61.8
4x100 U16G Hunts 59.8

LJ U16B Owain Evans 4.60 PB
by 31 cms
LJ U14G Ellie Newman 3.36
PB by 12 cms
LJ SW Vicky Burke 2.35
TJ SW Muna Mokah 7.90
SP SW Sandra Acton 3.17
DT SW Alison Stewart 15.27
PB

Under 12s

600 U12G Alexa Brooks 1:59.4
PB by 11.2
600 U12G Georgie Henson
2:03.4 PB by 7.5
600 U12G Grace Kilsby 2:06.0
PB by 10.3
600 U12G Florence Stevenson
2:09.2 PB
600 U12G Ellie Bedingfield
2:15.1 PB by 5.8
LJ U12G Alexa Brooks 3.61 PB
by 9 cms
LJ U12G Ellie Bedingfield 2.52
75 U12G Alice Chesterfield
12.7 PB
75 U12G Alexa Brooks 12.8
75 U12G Florence Stevenson
11.7 PB
75 U12G Georgie Henson 12.2
PB
SP U12G Ellie Bedingfield 4.77
PB by 1.29
SP U12G Georgie Henson 4.62
75 U12B Jack Slater 11.2 PB by
0.2
SP U12B Jack Slater 5.75
LJ U12B Jack Slater 4.00 PB
By 7 cms

Thanks

Field Judges: Charlotte Bruce,
Quinton Carroll, Sarah
Newman, Sam Kelly, Uju
Mokah, Toby Carroll
Timekeepers: Moji Opaleye,
Ellie Smith, Dave Connell
Track Judge: Sandra Acton
Also, Steve Burke, Simon
Newman, Aggie Collins,
Faridah Kaddu, Jo Abel and
Libby Mead

Parkruns, 25 Apr 2026

Bug Hunter Waters

1st Joshua Ansell 16:56 (PB by 45 secs)

2nd Tom Oliver 17:12

5th Sean Barker 18:52 (PB by 6 secs)

6th Steven Church 19:36 (PB by 28 secs)

8th Alison Stewart 19:59

9th Mark Sampson 20:06

10th Martin Amos 20:06

18th Gemma Bedford 21:17

208th Diane Bunch 33:34

Ferry Meadows

1st Kendall Adam 16:57 (PB by 21 secs; 18th to 11th club all-time rankings)

32nd Arlo Stone 20:34 (PB by 33 secs; 45th to

155th Georgie Henson 24:53 (PB by 28 secs)

156th Jake Henson 24:54

197th Sunny Bulchandani 26:33 Frank's Farm

1st Ty Farrer 18:27 (PB by 20 secs)

50th Bruce Grimley 23:37

54th James Stocker 23:45 (PB by 36 secs)

66th Steph Ward 24:41 (PB by 70 secs)

76th Shane Hunt 25:20 (PB by 30 secs)

100th Christina Cowles 27:18 PB

Guildford

188th Colette Guinea 26:39

Haverhill

15th Arseniy Suvorov 25:10

24th Sasha Suvorov 27:59 PB Huntingdon

22nd Matthew Hiscock 21:58

52nd Hannah Darwin 24:30

97th Dominic Meagher 27:19

Pocket

97th Jake Johnson 28:10

Rutland Water

47th Ellie Ince 22:08

Wimpole

102nd Chris Davies 25:44

Flycarb 5K, Colchester,

25 Apr 2026

28th Noah Scott-Donkin 15:10 (U18M Club Record, beating

Aedan Lydon 15:20 2023)

39th James Orrell 15:32

Mini London Marathon,

25 Apr 2026

Iris Purser finished in a creditable 25th place in the U14 girls race at the British Athletics road championship 'mini marathon' in London. She completed the 2.6K course in 9:12.

Club Champs, 26 Apr 2026

Five club records

Max Beckett – U12B Inaugural 1200m Club Record

Alexa Brooks – U12G

Inaugural 1200m Club Record

Chris Parson – M45 400m Club Record

Alison Stewart – W40 & W45 400m Club Records

Thanks to our officials and helpers

Charlotte Bruce

Sam Kelly

Sarah Newman

Simon Newman

Steve Burke

Sandra Acton

Matt Hays

Moji Opaleye (Happy Birthday!)

Dave Connell

James Waterworth

Yinka Opaleye

John Jenkins

Caroline Brooks

Paula Waller

Vicky Burke

G – Gold; S – Silver; B - Bronze

70m Hurdles

1 Grace Kilsby U12G 15.3 PB G

2 Alexa Brooks U12G 16.6 PB

S

75m Hurdles

1 Jack Slater U12B 15.1 PB G

2 Arlo Stone U12B 17.7 PB S

75m Hurdles

1 Kitty Kelly U14G 13.7 PB G

2 Theia Parson U14G 13.9 PB S

3 Ellie Newman U14G 19.1 PB

B

80m Hurdles

1 Isabella Smith U16G 15.1 PB G

2 Hannah Darwin U16G 17.8 PB S

80m Hurdles

1 Thomas Burrows U14B 17.8 PB G

100m Hurdles

1 Mark Lawson-Watkins U16B 24.0 PB G

1200m

1 Max Beckett U12B 4:17.5 PB G Club Record

2 William Davidson U12B 4:20.2 PB S

3 Alexa Brooks U12G 4:26.3 PB G Club Record

4 Arlo Stone U12B 4:30.5 PB B

5 Samuel Taylor U12B 4:43.1 PB

6 Jack Slater U12B 4:46.2 PB

7 Grace Kilsby U12G 4:46.7 PB S

300m

1 Jacksen Hornagold U16B

38.2 PB, beating 38.59 G

2 James Coleman U16B 38.6 S

3 Jamar Eason U16B 43.8 PB by 0.9 B

300m

1 Isabella Smith U16G 48.3 G

2 Summer Rooney U16G 49.7 PB by 1.43 S

3 Hannah Darwin U16G 54.6 PB by 0.3 B

4 Freya Brunning U16G 61.4 PB

400m

1 Daniel Brook U18M 52.5 PB by 3.6 G

2 Samuel Woodhall U18M 52.7 PB by 0.5 S

3 Charlie Irons U18M 53.3 PB
B
4 Harry Ward U18M 54.8 PB
by 2.82
5 Liam Morris U18M 55.8
6 George Connell U18M 58.2
400m
1 Rebecca Smith U18W 64.0
PB G
2 Anjola Opaleye U18W 66.3
PB S
3 Freya Harris U18W 66.9 PB
by 0.8 B
4 Maya Wager U18W 67.3 PB
400m
1 Chris Parson M45 57.3 PB by
0.6 G 400m M45 Club Record,
beating Andy Stowe 57.79 2025
2 Andy Stowe M50 58.9 S
3 Amelia Darnell SW 71.4 G
4 Alison Stewart W45 73.0 PB
G 400m W40 & W45 Club
Records, beating Jo Short 77.3
2014
5 Simon Newman M50 77.4 PB
B
6 Steve Burke M50 83.5
Javelin
1 Steve Burke M50 31.01 PB,
beating 30.21 G 700g
2 Yinka Opaleye M50 26.08 PB
by 1.97 S 700g
3 Freya Brunning U16G 15.00
PB G 500g
4 Ellie Newman U14G 14.75 G
400g
5 Kitty Kelly U14G 14.51 PB
by 1.15 S 400g
6 Paul Harris M60 14.38 PB B
600g
7 Maya Wager U18W 14.00 PB
by 1.78 G 500g
8 Anjola Opaleye U18W 13.95
S 500g
9 Daniel Brook U18M 13.02 G
700g
10 Jack Slater U12B 11.16 PB
G 400g
11 Thomas Burrows U14B
11.04 PB G 500g
12 William Davidson U12B
10.88 PB S 400g

13 Alison Stewart W45 10.60
PB G 600g
14 Vicky Burke W45 9.39 S
600g
15 Hannah Darwin U16G 9.03
S 500g
16 Isabella Smith U16G 8.66 B
500g
17 Amelia Darnell SW 8.13 G
600g
18 Arlo Stone U12B 8.09 PB B
400g
19 Sandra Acton W45 5.56 B
600g
20 Max Beckett U12B 5.40 PB
B 400g

London Marathon, 26 Apr 2026

364th Dave Hudson 2:34:37
1,106th Alastair Falconer
2:45:10 (PB by 4:01)
7,535th Rob Farrant 3:22:12
8,479th Marcela Gracova
3:25:59
12,714th Nathan Jermy 3:39.43
20,042nd Hanna Brickell
3:59:26
33,443rd Graham Williams
4:39:12
(59,830 finishers)

Parkruns, 2 May 2026

Bug Hunt Waters
1St Mark Sampson 18:01
Ferry Meadows
101st Arseniy Suvorov 24:09
Frank's Farm
46th Ieva Klavina 22:57
47th Chris Davies 23:01 (PB by
69 secs)
59th Bruce Grimley 23:49
66th Jim Stocker 24:09
Henlow Bridge Lakes
72nd Sasha Suvorov 28:15 PB
Huntingdon
1st David Hudson 17:33
2nd Sebastian Darnell 18:46
34th Hayden Waller 24:17
168th Lucy Waller 32:10
210th Sunny Bulchandani 33:53
245th Paula Waller 37:2
King's Lynn

1st James Orrell 15:48 PB
Medina I.O.W
151st Libby Mead 35:55 PB
Milton
22nd Matthew Hiscock 21:42
Pocket
124th Vicky Burke 28:47
125th Steve Burke 28:48
Rothwell
6th Keelan Duffy 19:03 PB
Rutland Water
24th Ellie Ince
West Stow Country
66th Dominic Meagher 26:52
PB

Bury St Edmunds SteepleFest, 2 May 2026

Ellie Newman created a bit of
club history becoming the first
club member to run in an U14
steeplechase race. This is the
first season for U14's doing a
1200m steeplechase and so her
time of 4:59.90 is the inaugural
club record. In the U18's
1500m SC race, Freya Harris
ran 6:11.50, a PB by 4.67.

GEAR 10k, 3 May 2026

17th Joshua Ansell 35:31 (PB
by 44s)
27th Lucy Mapp 36:16 (2nd
lady; missed her own club
record by one second)
38th Luke Diggs 36:51
59th Sean Barker 37:50
89th Steven Church 39:23
481st Graham Williams 47:16
(1st M70)
1630th Diane Bunch 59:10

PANVAC ThrowsFest, 3 May 2026

Ellie Newman
Javelin 16.14m (PB by 1.40)
Shot 5.22m (Left-hand PB, right
hand injured)
Steve Burke
Javelin 30.03m 700g
Shot 8.64m 6kg
Hammer 38.24m 6kg

Langtoft 3k Fun Run,

3 May 2026

1st (by 48 secs) Jake Henson
10:28 (11:10 last year)
4th Max Beckett 11:25 (1st age
8-11; 12:23 last year)
6th Arlo Stone 11:30 (2nd age 8-
11)
16th Georgie Henson 12:42 (2nd
age 8-11; 13:40 last year)
(178 finishers)

Langtoft 10k, 3 May 2026

23rd Ethan Locke 37:20 (PB by
2:03)
24th Jack Bone 37:21
196th Lily Reindel 52:46
(359 finishers)

5M TT, 5 May 2026

Colette Guinea came home first
by 13 seconds while Kate
Abdee reduced her best by 33
secs to move from 34th to 33rd
equal on the all-time rankings.

Parkruns, 9 May 2026

Blaise Castle
66th Arseniy Suvorov 24:35
Brook Leys
6th Christopher Smith 18:03
Ferry Meadow
2nd Natty Clifford 16:50 (PB by
11 secs; 12th to 8th in club all-
time rankings)
6th Sebastian Darnell 17:46
(PB by 8 secs; 24th to 21st in
club all-time rankings)
Frank's Farm
43rd Bruce Grimley 23:32
84th Steph Ward 26: 44
146th Colette Guinea 31:41
Volunteers
Bruce Grimley - Pre-event
setup
Chris Davies - Marshal
Colette Guinea - Token Sorting
Lesley Jackson - Timekeeper
Shane Hunt - Marshal
Steph Ward - Pre-event setup,
Barcode scanner, Post-event

close down, Event day course
check

Ty Farrer - Run Director
Haverhill
1st David Hudson 16:14
Huntingdon
42nd Hayden Waller 25:02
221st Paula Waller 36:52
March
21st Rosie Mead 23:23
Milton Country
22nd Matthew Hiscock 21:39
264th Diane Bunch 34:26
Worcester
132nd Dominic Meagher 26:53

Cambridgeshire County Champs, Cambridge, 9 May 2026

21 GOLD
16 SILVER
15 BRONZE
3 County Championship
Records (Willow, Jake, Ellie -
last weekend)
64 Personal Bests
GOLD
SM 800m Final 1st Brandon
Ballard 1:56.48 PB by 0.32
SM JT 1st Dan Steel 39.43
SW DT 1st Willow Bedding
29.01
SW HT 1st Willow Bedding
47.42 County Championship
Record, beating 46.51 (2011)
U14B 800m Final 1st Jake
Henson 2:14.23 PB by 1.87
County Championship Record,
beating 2:16.87 (2022); U14B
Club Record, beating Dylan
Griffith 2:16.0 1984
U14G 800m Final 1st Iris
Purser 2:27.34 PB by 0.3
U16B LJ 1st Chris Collins 5.73
PB by 50 cms
U16B 300m Final 1st Jacksen
Hornagold 38.50
U16G HT 1st Eleanor Stewart
35.52 PB by 14 cms
U18M 1500m Final 1st Daniel
Brook 4:13.50 Outdoor PB by
34.3
U18M 800m Final 1st Kendall

Adam 2:01.76
U18W 400m Final 1st Aimee
Hays 66.35
U18W SP 1st Anjola Opaleye
9.04
U18W 1500m Final 1st Leah
Graham 5:11.81
U18W JT 1st Maya Wager
17.99 PB by 3.99
U20M 400m Final 1st Benedict
Scott 50.13 PB by 1.46
U20W 800m Final 1st Izzy
Newman 2:27.60
U20W 400m Final 1st Izzy
Newman 63.19
U20W SP 1st Muna Mokah
6.82
U20W TJ 1st Muna Mokah 8.57
PB by 8 cms
SILVER
SM 800m Final 2nd Keelan
Duffy 1:59.83 PB by 1.37
SM SP 2nd Toby Carroll 10.44
PB by 57 cms
U14G JT 2nd Ellie Newman
17.64 PB by 2.64 (Also, 8th in
U14G 800m 2:55.07 and county
champion last weekend in
1500m steeplechase,
establishing County
Championship Record 4:59.90)
U14G HJ 2nd Kitty Kelly 1.30
U14G 800m Final 2nd Kitty
Kelly 2:32.99 PB by 0.41
U14G 200m Final 2nd Lily
Twumasi 28.65 PB
U16B LJ 2nd Jamar Eason 5.01
PB by 22 cms
U16G 300m Final 2nd Chloe
Hays 45.28
U16G JT 2nd Eleanor Stewart
30.00 PB by 2.46
U16G HJ 2nd Hannah Darwin
1.25 eq. PB
U16G 80mH Final 2nd Isabella
Smith 15.09 PB by 0.10
U18M 800m Final 2nd Charlie
Irons 2:02.36 Outdoor PB by
1.24
U18W 1500m Final 2nd Freya
Harris 5:31.34

U18W 400m Final 2nd Maya Wager 69.75
U18W 800m Final 2nd Rebecca Smith 2:32.40
U20M 800m Final 2nd Bill Crowther 1:58.23 PB by 0.16
BRONZE
SM 1500m Final 3rd Keelan Duffy 4:13.04 PB by 0.60
SM 800m Final 3rd Simon Bowman 2:08.22 PB by 0.88
SM SP 3rd Steve Burke 9.57
SM DT 3rd Toby Carroll 32.04 PB by 2.79
SW 1500m Final 3rd Amelia Darnell 5:18.06
U14B LJ 3rd Max Carmichael 4.19
U14G 200m Final 3rd Kitty Kelly 28.78 eq. PB
U14G 100m Final 3rd Lily Twumasi 13.57 PB by 0.49
U16B 100m Final 3rd Chris Collins 12.56
U16B TJ 3rd Jamar Eason 10.08 PB by 1 cm
U16G LJ 3rd Eleanor Stewart 4.36
U16G 80mH Final 3rd Hannah Darwin 17.16 PB, beating 17.8 (Also, 7th in U16G 800m 2:47.16)
U16G HJ 3rd Sophie Bedingfield 1.15
U18M 200m Final 3rd Harry Ward 24.59 eq. PB (Also, 8th in U18M 100m 12.43)
U20M 800m Final 3rd Noah Scott-Donkin 1:59.40 PB by 4.5
TOP 6 FINISH,
CONTRIBUTING TO AGE
GROUP TEAM SCORES
SM 1500m Final 4th James Orrell 4:13.61 PB by 2.37
SM JT 4th Steve Burke 23.99
SM HT 4th Toby Carroll 37.59 PB by 12.52
SM DT 5th Steve Burke 29.08
SM HT 5th Steve Burke 36.68
SM HT 6th Bob Ellingham 30.42
SM 1500m Final 6th Simon

Bowman 4:33.91
SW 800m Final 4th Alison Stewart 2:46.40
SW PV 4th Eleanor Phipps 2.10
SW PV 6th Emma Phipps 1.50
U14B SP 4th Thomas Burrows 7.38
U14B 800m Final 5th Moses Smith 2:21.51 PB by 0.56
U14B 1500m Final 6th Bentley Anthony 5:02.10
U14B 100m Final 6th Reble Baxendale 14.03 eq. PB
U14G 1500m Final 4th Lucy Hilton 5:42.73
U14G 75mH Final 5th Theia Parson 13.97 eq. PB
U14G 1500m Final 6th Kavita Patel 5:51.62
U14G 100m Final 6th Lily Talbot 14.00 PB by 0.34
U16B LJ 4th Owain Evans 4.69 PB by 9 cms
U16B TJ 4th Owain Evans 9.26 PB by 20 cms
U16B 800m Final 5th Louis Spalding 2:11.64 PB by 0.56
U16B 300m Final 6th Jamar Eason 46.10
U16G LJ 4th Sophie Bedingfield 4.12 PB by 4 cms
U16G 100m Final 5th Simone Scott 13.35 PB by 0.21
U16G 1500m Final 5th Izzy Hilton 5:22.45
U16G SP 6th Clemency Antwi 6.74
U16G 100m Final 6th Emily Bryan 13.50
U16G LJ 6th Isabella Smith 3.99
U16G 800m Final 6th Sophie Bedingfield 2:43.67 PB by 2.23
U16G 1500m Final 6th Ellie Zubrik 5:48.44
U18M 1500m Final 4th George Connell 4:47.68
U18M 400m Final 4th Sam Woodhall 53.05
U18M 200m Final 5th Liam Morris 24.80 PB by 0.34 (Also, 7th in U18M 100m 12.28)

U18M 400m Final 5th Lewis Cummins 53.11 PB by 2.08
U18W 200m Final 4th Aimee Hays 29.16
U18W 100m Final 4th Maya Wager 14.26
ADDITIONAL PBs
SM 1500m Final 7th Richard Zubrik 5:00.79 PB by 0.81
U14G 200m Final 7th Emily Crisford 31.78 PB
U14G 100m Final 7th Theia Parson 14.26 PB, beating 14.6
U16G 200m Final 7th Emily Bryan 28.57 PB by 0.26
U16G 100m Final 8th Clemency Antwi 13.51 eq. PB
IN HEATS
U14B 100m ht 2 1st Reble Baxendale 14.03 eq. PB
U14G 200m ht 2 1st Kitty Kelly 28.78 PB by 0.27
U14G 100m ht 2 1st Lily Twumasi 14.06 PB
U14G 200m ht 2 2nd Lily Twumasi 29.00
U14G 100m ht 1 3rd Lily Talbot 14.34 PB
U14G 200m ht 1 4th Emily Crisford 30.83 PB
U14G 100m ht 1 4th Theia Parson 14.78 eq. PB
U14G 100m ht 2 5th Emily Crisford 15.23 PB, beating 15.4
U14G 200m ht 1 5th Theia Parson 30.94 PB by 0.41
U14G 200m ht 2 5th Phoebe Huish 31.48 PB
U14G 100m ht 1 6th Phoebe Huish 14.82 eq. PB
U16B 100m ht 2 2nd Chris Collins 12.15
U16B 100m ht 2 6th Owain Evans 13.86 PB, beating 13.9
U16G 200m ht 2 3rd Clemency Antwi 27.80 PB, beating 28.1
U16G 100m ht 1 3rd Emily Bryan 13.60
U16G 200m ht 1 3rd Emily Bryan 28.05 PB by 0.78
U16G 100m ht 2 3rd Simone Scott 13.57

U16G 100m ht 1 4th Clemency Antwi 13.67
U16G 200m ht 2 5th Chloe Hays 28.60
U16G 200m ht 2 6th Isabella Smith 30.38 Outdoor PB by 0.18

Eve 10k, 10 May 2026

1st James Orrell 33:10
10th Chris Parson 37:55 (2nd M45)
12th Ty Farrer 38:11
20th Oli Albone 39:46
27th Marcela Gracova 40:51 (2nd female, 1st W40)
134th Christina Cowles 50:59
156th Richard Roberts 53:40
170th Pauline Stocker 54:15 (1st W65)
296th Hilary McConville 68:55

Southern Athletics League

Div 2 N&E, Peterborough,

16 May 2026

Team scores

1st Cambridge 289.5
2nd Hunts 267
3rd PANVAC 230.5
4th Stevenage & HAWCS 182
5th Harlow 167
6th Luton 159
Chris de Stefano: M40 Club Records - 200m 24.33 & 400m 52.54
Willow Bedding – Female Athlete of the Match (HT 48.71, just 23 cms from her club record)

MEN

100m A 2nd Zachary Bowes 11.13 (PB by 0.59)
100m B 4th Liam Morris 12.17
200m A 1st Zachary Bowes 22.32 (PB by 0.94)
200m B 5th Liam Morris 24.94
400m A 2nd Sam Woodhall 52.47 (PB, beating 52.7)
400m B 2nd Chris de Stefano 52.54 (M40 Club Record, beating his own 53.00)

800m A 1st Lewis Cummins 2:00.39
800m B 1st Daniel Brook 2:01.18 (PB, beating 2:03.1)
1500m A 3rd James Orrell 4:18.77
1500m B 3rd Charlie Iron 4:23.10 (PB, beating 4:34.4)
5000m A 2nd James Orrell 15:37.33
5000m B 3rd Seb Darnell 17:54.95 PB
110mH A 1st Dan Steel 19.51
400mH A 3rd Dan Steel 72.32
4x100m 4th Hunts 49.77
HJ A 3rd Dan Steel 1.60
HJ B 4th Yinka Opaleye 1.40
PV A 2nd Dan Steel 2.90
PV B 1st Alvaro Drake 1.10
LJ A 4th Dan Steel 5.41
LJ B 3rd Yinka Opaleye 4.43
TJ A 4th Dan Steel 11.10
TJ B 3rd Yinka Opaleye 8.77
SP A 4th Toby Carroll 9.94
SP B 4th Steve Burke 8.57
DT A 3rd Steve Burke 30.50
DT B 4th Toby Carroll 24.68
HT A 4th Toby Carroll 38.89 (PB by 1.30)
HT B 1st Steve Burke 35.32
JT A 3rd Dan Steel 36.18
JTB 3rd Steve Burke 27.50
WOMEN
100m A 1st Abi Pudney 13.07
100m B 4th Faridah Kaddu 17.70 (PB by 1.2)
200m A 4th Izzie Newman 27.96
200m B 1st Molly Webster 27.80
400m A 2nd Molly Webster 62.02
800m A 1st Izzie Newman 2:23.70 (PB, beating 2:23.8)
800m B 1st Olivia Mead 2:29.86
1500m A 3rd Sophie Clark 5:15.01 (PB, betters indoor 5:23.42)
1500m B 2nd Amelia Darnell 5:19.84
2000mSC A 1st Freya Harris (didn't run but received points)

4x100m 1st Hunts AC 53.35
4x400m 1st Hunts AC 4:54.89
HJ A 1st Abi Pudney 1.50
PV A 2nd Sandra Pedley 2.10
PV B 1st Eleanor Phipps 1.90
LJ A 2nd Abi Pudney 4.81
LJ B 4th Jo Abel 3.05
TJ A 6th Jo Abel 8.21
TJ B 3rd Eleanor Phipps 7.42
SP A 6th Vicky Burke 5.62
SP B 6th Sandra Acton 3.29
DT A 6th Vicky Burke 12.83
DT B 6th Sandra Acton 8.51
HT A 1st Willow Bedding 48.71
HT B 4th Vicky Burke 14.29
JT A 6th Vicky Burke 10.39
JT B 6th Sandra Acton 5.27

Non-Scorers

Bob Ellingham (VM)
HT - 29.87
DT - 30.95m (1kg)
Lebokang Magdala (SM)
100m - 13.94s eq PB
200m - 31.97s
Chris De Stefano (VM)
200m - 24.33s (equal to his own M40 record of hand timed 24.1)
Jim Stocker (VM)
800m - 3:13.82
Amelia Darnell (SW)
800m - 2:37.66
Freya Harris (U18W)
1500 - 5:16.42 (PB by 6.38 secs)

Officials:

Charlotte Bruce
Andy Phipps
Quinton Carroll
Sarah Newman
Jo Abel
Toby Carroll
Steve Burke
James Wood
Sandra Acton
Paula Waller
Moji Opaleye
Ellie Smith

Helpers:

Christopher Smith
Ginni Carroll