

### Breaking Records

**When Sabastian Sawe finished the TCS London Marathon** in an extraordinary time of 1:59:30, it set me thinking about breaking impossible records.

In 2009, Usain Bolt set the world record for the 100 metres with a time of 9.58 seconds. Speed has a limit, and Usain Bolt might have found it. Michael Phelps dominated swimming like no other athlete in Olympic history. His 23 gold medals set an unprecedented standard in the sport. Future swimmers may break individual records, but surpassing his total gold count is a daunting challenge. Paula Radcliffe's 2003 marathon time of 2:15:25 stood unchallenged for 16 years. Her incredible endurance and speed remain unmatched even as new training methods emerge. Her record still intimidates even the most elite long-distance runners.

Dutch superstar, Femke Bol, smashed a 41-year-old record in 2023 with a 400m in 49.26. Not only was it a stunning performance from the 22-year-old, but it also wipes clean a record that many have long considered suspect, coming as it did at the height of state-sponsored doping programmes behind the Iron Curtain. The previous holder, Czech athlete Jamila Kratochvílová, never tested positive, and maintains her innocence, claiming that it was high doses of vitamin B12 that account for her astonishing performances and physique.

Kratochvílová's name appears again - her 800m record of 1:53.28 has stood since 26 July 1983 and is a frankly jaw-dropping margin ahead of any time run in the last 40 years. The closest in the current era is American star Athing Mu, who ran 1:55.04 in 2021. Yet despite a clutch of Olympic golds, and a generational talent, that's still nearly two seconds slower than the World Record – a gap that on a track race would look enormous. With Mu and GB's own Keely Hodgkinson battling for 800m dominance, it's possible they may inch closer to the record, but it's hard to believe it will fall any time soon – even though both are still very young and have access to the next generation of track spikes.

East German, Jürgen Schult, set the world record for the discus – 74.08m – on 6 June 1986. 36 years and 8 months later, no one has surpassed that mighty throw. It is the longest-standing record in men's track and field.

So, whilst Sawe's achievement is outstanding, we should also note that Yomif Kelelcha also broke the 2-hour barrier in 2<sup>nd</sup> place. Records are for breaking, but some, it's simpler to break your own personal best.

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# Newsletter May 2026

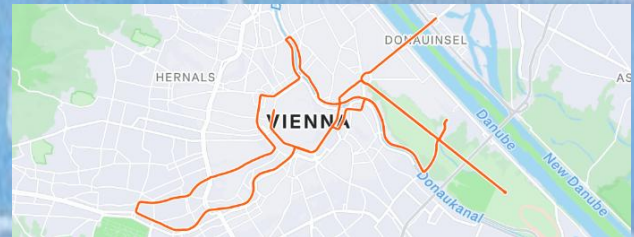
## Recent Results

**12<sup>th</sup> April:** Salisbury 10k  
 35<sup>th</sup> Alex Culley (U20) 1:02:12  
 37<sup>th</sup> Mark Burniston (M40) 1:02:42  
 137<sup>th</sup> Al McKinnon (M40) 1:10:47  
 448<sup>th</sup> Pete Warner (M50) 1:26:35  
 449<sup>th</sup> Sophie Warner (U20) 1:26:36

**19<sup>th</sup> April:** Wessex League, Match 1, Basingstoke  
 Tom Hawkins (U14), Shot Put 13.75m New Club Record. New League Record. No.1. U14 in the UK!

## Recent Results

**19<sup>th</sup> April:** Vienna Marathon  
 484<sup>th</sup> Chris Dewey (V60) 3:03:59



**19<sup>th</sup> April:** Vienna Half Marathon  
 Christina Searle 1:39:17



Jack Searle

**19<sup>th</sup> April:** Bath 10k



30<sup>th</sup> Darrell Waite 42:59

**NEWBURY ATHLETIC CLUB**  
**NEWBURY 10K**  
 MARKET PLACE, NEWBURY, BERKSHIRE  
**MONDAY 25 MAY 2026**

LIMITED SPACES  
Secure your place!

**RACE TIMES**  
**0.9k @ 9.10am**  
 FOR 5-10 YEARS, ENTRY FEE £5  
**1.5k @ 9.20am**  
 FOR UNDER 15s, ENTRY FEE £5  
**10k @ 10.00am**  
 ENTRY FEE  
 £23 AFFILIATED  
 £25 UNAFFILIATED

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FOR MORE DETAILS AND THE RUN ROUTE:  
[newburyac.org.uk/road-running/newbury10k](http://newburyac.org.uk/road-running/newbury10k)

**He said his achievement in London was "on behalf of everyone and for the nation. We will continue to put more effort in our talent to keep the nation flying high.**  
*Sebastian Sawe after completing the first sub-2-hour marathon*

Andover Athletic Club  
 Charlton Track, West Portway,  
 Andover SP10 3LF  
[www.andoverathletics.co.uk](http://www.andoverathletics.co.uk)

### Recent Results

19<sup>th</sup> April: Wessex League – Basingstoke

**QuadKids results:** Name, total points, overall position, time/distance, points, PB Award level (Vortex does not qualify for PB Awards)

#### Girls

75m	600m	Long Jump	Vortex
<b>Vivienne O'Donnell 211pts 6<sup>th</sup></b>			
11.1 59 pts PB9	2:15.5 54 pts PB2	3.45m 51 pts PB7	23.54m 47 pts
<b>Sophia Hutton 210pts 7<sup>th</sup></b>			
11.3 57 pts PB9	2:10.7 59 pts PB3	3.71m 60 pts PB8	17.42m 34 pts
<b>Lily Couch 196pts 12<sup>th</sup></b>			
11.5 55 pts PB9	2:19.2 50 pts PB2	3.76m 62 pts PB9	14.81m 29 pts
<b>Lily-Rose Day 159pts 23<sup>rd</sup></b>			
11.8 52 pts PB8	2:33.4 36 pts PB1	3.18m 42 pts PB6	14.65m 29 pts
<b>Ezy Clay 158pts 24<sup>th</sup></b>			
12.2 48 pts PB7	2:17.9 52 pts PB2	3.01m 37 pts PB2	10.89m 21 pts
<b>Freya Erven 142pts 31<sup>st</sup></b>			
12.4 46 pts PB7	2:23.7 46 pts PB2	2.70m 26 pts PB4	12.21m 24 pts
<b>Stella Dickinson 138pts 34<sup>th</sup></b>			
13.1 39 pts PB5	2:35.5 34 pts	3.11m 40 pts PB6	12.73m 25 pts
<b>Gracie Gumbleton 112pts 42<sup>nd</sup></b>			
12.6 44 pts PB6	2:44.4 25 pts	2.66m 25 pts PB4	9.44m 18 pts

### Recent Results

19<sup>th</sup> April: Wessex League - Basingstoke

#### Boys

75m	600m	Long Jump	Vortex
<b>Leo Kotelnik 229pts 12<sup>th</sup></b>			
11.4 56 pts PB8	2:11.1 58 pts PB2	3.53m 54 pts PB7	30.66m 61 pts
<b>Harvey Taylor 203pts 24<sup>th</sup></b>			
12.1 49 pts PB6	2:12.0 58 pts PB2	3.32m 47 pts PB6	24.98m 49 pts
<b>Nico Izzo 183pts 34<sup>th</sup></b>			
12.1 49 pts PB6	2:16.5 53 pts PB2	2.71m 27 pts PB3	27.41m 54 pts

GIRLS U12	Position	Match Points
Basingstoke & Mid Hants AC	4	5
Newbury AC	2	7
Slough Junior AC	6	3
<b>Andover AC</b>	<b>3</b>	<b>6</b>
City of Salisbury AC & RC	5	4
Swindon Harriers	1	8
BOYS U12	Position	Match Points
Basingstoke & Mid Hants AC	2	7
Newbury AC	3	6
Slough Junior AC	5	4
<b>Andover AC</b>	<b>6</b>	<b>3</b>
City of Salisbury AC & RC	4	5
Swindon Harriers	1	8

### Recent Results

**19<sup>th</sup> April:** Wessex League – Basingstoke

Wessex League results: Athlete, Age, time / distance, position, PB level

#### 75m Hurdles

Isla Crook (U14) 16.5 (L1)

#### 80m Hurdles

Lily Gray (U16) 12.6 1<sup>st</sup> (L6)

#### 100m

Dejuan Kofitia (U14) 13.4 2<sup>nd</sup> (L5)

Lorenzo Izzo (U14) 15.4

Riley Shirley (U14) 14.6 (L2)

Lacie Lock (U14) 14.3 (L5)

Orlaith Bee (U14) 15.1 (L2)

Zaara Ali (U14) 15.1 (L2)

Ruby Ponting (U14) 15.1 (L2)

Amy Pearson (U14) 16.8

Miles Gillard (U16) 11.2 1<sup>st</sup> (L9)

Ethan Bainger (U16) 14.0

Freida North (U16) 13.0 (L6)

Anna McGilvray (U16) 13.3 (L5)

Isla Stewart (U16) 13.7 (L3)

Marleigh Duncan-Smith (U16) 12.5 (L4)

Ethan Martin (U18) 12.0 3<sup>rd</sup> (L3)

#### 200m

Dejuan Kofitia (U14) 27.8 2<sup>nd</sup> (L4)

Lorenzo Izzo (U14) 31.4

Zaara Ali (U14) 32.0 (L2)

Rafi Coombs (U14) 31.5 (L3)

Aurora Short (U14) 33.8 (L1)

Miles Gillard (U16) 23.3 1<sup>st</sup> (L9)

Marleigh Duncan-Smith (U16) 26.4 (L2)

Lily Gray (U16) 27.1 (L8)

Anna McGilvray (U16) 29.4 (L4)

Isla Stuart (U16) 28.8 (L5)

Lucy Allright (U18) 26.2 1<sup>st</sup> (L8)

### Recent Results

**19<sup>th</sup> April:** Wessex League – Andover

#### 400m

Ethan Martin (U18) 57.6 3<sup>rd</sup> (L3)

Toby Taverner (U20) 53.3 (L5)

#### 800m

Lorenzo Izzo (U14) 2:54.5

Theo Hughes (U14) 3:00.6

Aurora Short (U14) 2:48.5 (L2)

Rafi Coombs (U14) 3:05.6

#### 1500m

Thomas Randall (U18) 4:36.2 (L2)

#### 4x100 Relay

Aurora Short, Rafi Coombs, Orlaith Bee, Zaara Ali (U14) 62.9

Isla Stuart, Anna McGilvray, Lily Gray, Freida North (U16) 53.1 (3<sup>rd</sup>)

#### High Jump

Archie Martyn (U16) 1.55m 3<sup>rd</sup> (L5)

Noah Wincott (U18) 2.02m 1<sup>st</sup> (L9)

#### Long Jump

Dejuan Kofitia (U14) 3.80m (L2)

Riley Shirley (U14) 3.66m (L2)

Rafi Coombs (U14) 3.31 (L2)

Zaara Ali (U14) 3.15m (L2)

Amy Pearson (U14) 2.83m

Lily Gray (U16) 5.36m 1<sup>st</sup> (L9)

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### Recent Results

**19<sup>th</sup> April:** Wessex League – Andover

#### Javelin

Thomas Hawkins (U14) 22.43m (L3)  
Tiree Kasperczyk (U14) 30.41m 1<sup>st</sup> (L8)

#### Discus

Tiree Kasperczyk (U14) 28.20m 1<sup>st</sup> (L8)

#### Shot Put

George Gillhespy (U16) 9.16m (L3)  
Isla Crook (U14) 5.74m (L1)  
Ava Leckie (U16) 7.14m (L2)

**20<sup>th</sup> April:** Boston Marathon  
Craig Kennedy



“I had a great few days, running from Hopkinton to Boston, the atmosphere was electric, never known a crowd like it, cheering from start to finish, didn’t race it, just soaked it in. Took the first half easy and enjoyed the hills and heartbreak hill on the second half. I was aiming for 3:45 but finished in 3:49, but still Good for Age Boston qualifying time by 1 minute, that’s my Abbotts Majors 5 star complete, hopefully get my 6th at Tokyo next year.”



### Duck Hunt.

50 ducklings went missing. 49 have returned. Seven finders have yet to receive their reward. One duckling is missing!

### Recent Results

**26<sup>th</sup> April:** TCS London Marathon

7345<sup>th</sup> Holly Mills 3:21:24  
11441<sup>st</sup> Jon Hill 3:35:39  
11653<sup>rd</sup> Archie McKeller 3:36:21  
26610<sup>th</sup> Lisa McKellar 4:19:18  
38998<sup>th</sup> Darren Cross 4:56:31

**27<sup>th</sup> April:** Vets League, Basingstoke

Andover athletes compete with Overton AC in the Vets League. These events are for athletes over 35.

#### 1500m

Mike Webber 5:09.4  
Chris Dewey 5:16.2

#### 4 x 100m Relay

Gareth Juliff, Mark Underwood, Mike Webber, Neil Martin 60.7

#### Long Jump

Mike Webber 3.32m



The PB Awards are a series of awards, with nine levels of progression per age group, which celebrate athletes reaching new ‘personal bests’ in all track and field events.

The PB Awards are aimed at athletes from under 10s through to seniors.

There are different award tables for every athletics event including combined events. They cover for each age group, for both male and female athletes aimed at the whole athletics community.

[PB Awards - England Athletics](https://www.englandathletics.org/pb-awards)

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### Southern Athletic League Meetings 2026

Following the UKA Fixtures Meeting held recently the SAL have been allocated the following dates ...

1. Saturday 16<sup>th</sup> May – Andover (Dorset hosting)
2. Sunday 21<sup>st</sup> June - Aldershot
3. Sunday 19<sup>th</sup> July - Andover
4. Saturday 8<sup>th</sup> August - Aldershot

#### Division 3 West

Aldershot F&D (Relegated)

Team Kennet and Marlborough (Composite)

Team Dorset (Composite)

Andover      Havant      Chichester

### Wessex League Matches 2026

The following fixtures have been confirmed for the Wessex League.

Sunday 5<sup>th</sup> July – Salisbury

Sunday 12<sup>th</sup> July – Swindon

Team Managers: Fliss Stuart /

### 2026-27 Membership Renewal

The annual membership renewal comes into effect on 1<sup>st</sup> April. Any member not renewed by 1<sup>st</sup> May can have their membership (access to training and entry to events) removed.

Membership forms will be available from the website [Membership | Andover Athletic Club | Andover, Hampshire](#) by the end of February.

There will be three membership renewal forms:

- Athletic / Competing members
- Supporter members
- Ad hoc / monthly membership

The Athletic / Competing members form lists fees for the whole year, half year and last quarter. The latter two categories ONLY apply to newly joining members. If membership has lapsed for less than two years, you need a full annual membership.

The Ad hoc / monthly membership has been introduced for EA athletes looking to train at the club whilst on holiday, (e.g. university students) and not for returning members. Further details will be on the forms.

Note also that the EA fee has increased this year to £23, but your overall fee has not increased.

### Articles for submission.

The Andover Athletic Club newsletter is about the members and their exploits on track, field, road and cross-country.

Whether you compete in club, school, or Country colours, we'd love to hear how you get on. Articles are often less than 20 words long! Forward your story, ideally with a picture, to [aacchairman@yahoo.com](mailto:aacchairman@yahoo.com)



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### Athletics Heroes

#### Godfrey Brown



Born in 1915, Godfrey Brown was the shining star of a remarkable athletics family. A wonderfully versatile runner, his greatest year was 1936 when the Cambridge undergraduate met with success at a variety of distances.

He demonstrated he was in the form of his life at the Berlin Olympics, when in his 400m semi-final he ran 47.3 to break the British record set by Eric Liddell when he won the 1924 Olympic title. The final was held the same day and, with less than 150m to go, the American favourite Archie Williams was two or three metres ahead. Brown battled and was closing, edging closer but fell short by 7 inches to win Olympic silver, running a super 46.68. It was a European record, and as a British best it survived until 1958. But the USA and British flags were reversed in the 4x400m relay when on anchor Brown pulled a sub 47 second split out of the bag and the team won Gold by 15 metres in the second fastest time ever and a European record.

His successes in 1937 included exceptional timings over 200 yards and a British half mile record. In 1938 he went through the entire season undefeated and was the world's number one at 400m, scoring a runaway win in the European Championships where he also picked up medals in both relays.

A teacher by profession, he was headmaster of Worcester Royal Grammar School from 1950 until his retirement in 1978. He died in 1995, aged 79.

### Athletics Heroes

#### Jonathan Edwards

Four years after becoming the English Schools' champion in 1984, Jonathan Edwards made the Olympic team. 10 years later he could have been tempted to retire from triple jumping after being diagnosed as suffering from the energy sapping Epstein Barr virus. He had been competing for 13 years, had won two Commonwealth Games silver medals, a World Championships bronze and a World Cup victory. 17.44m placed him 2nd on the UK all-time list and 36th in the world. But the 1995 season had a dream-like quality; first a UK record of 17.58 and it just kept getting better. At the European Cup he created a sensation by soaring to astonishing wind-aided distances of 18.43 and 18.39. It was no fluke. He went on to bounce his way to a wind legal world record of 17.98, while at the World Championships in Gothenburg he obliterated that with 18.16 and 18.29.

Quick (10.48 100m) and deceptively strong for a man of slim build, Edwards was a joy to watch in action as he skimmed smoothly from one phase to another. He was beaten for the 1996 Olympic title by Kenny Harrison (USA) whose 18.09 is the closest anyone has got to Edwards' world record and it wasn't until the 2000 Games in Sydney that, at 34, he became easily the oldest Olympic champion in this demanding discipline. He went on to claim world titles in 2001 and in 2002 topped the world rankings for a seventh time.

*Courtesy of the [athleticsmuseum.org.uk](http://athleticsmuseum.org.uk)*

### Forthcoming Events

**A list of future Track & Field, Road Race, Cross-Country and Open Events.** You are encouraged to wear your club vest wherever you compete and let us know your results, ideally with a photograph.

**8<sup>th</sup> & 9<sup>th</sup> May:** Wiltshire County Championships, Swindon [Roster Athletics · Wiltshire County Track and Field Championships](#)

**9<sup>th</sup> & 10<sup>th</sup> May:** Hampshire County Championships, Basingstoke [Roster Athletics · Hampshire Athletics Track and Field Championships](#)

**10<sup>th</sup> May:** Alton 10 (HRRL9)

**16<sup>th</sup> May:** SAL Match 1 Dorset (venue tbc)

**16<sup>th</sup> May:** Men's FA Cup Final, Wembley

**17<sup>th</sup> May:** Netley 10k (HRRL10)

**19<sup>th</sup> May:** Thruxton 10k Series, Race 1

**20<sup>th</sup> May:** WADAC Spring Evening Open with BMC, Winchester [Home | WADAC Spring Evening Open with BMC 2026 #2](#)

**25<sup>th</sup> May:** Newbury 10k

**30<sup>th</sup> May:** Young Athletes Club Open Competition, Guildford [Home | Young Athletes Club Open Competition](#)

**31<sup>st</sup> May:** Woking AC Championships & Open Meeting [Home | Woking AC Championships & OPEN Meeting](#)

**31<sup>st</sup> May:** BMHAC Open Meeting for Under 10/12/14, Basingstoke [Roster Athletics · BMHAC Open meeting for Under 10/12/14s \(31st May\) \(Closing date 16/05/2026\)](#)

**6<sup>th</sup> June:** Endure Reading

**14<sup>th</sup> June:** Wessex League, Match 2 – Andover

**16<sup>th</sup> June:** Aldershot Farnham & District Young Athletes Meeting, Aldershot Military Stadium [Roster Athletics · Aldershot Farnham & District Young Athletes Meeting 16 June 2026](#)

**16<sup>th</sup>-20<sup>th</sup> June:** Royal Ascot

### Forthcoming Events

**18<sup>th</sup>-21<sup>st</sup> June:** *US Open Golf*

**21<sup>st</sup> June:** Alresford 10k (HRRL11)

**21<sup>st</sup> June:** SAL Match 2, Aldershot

**23<sup>rd</sup> June:** Thruxton 10k Series, Race 2

**25<sup>th</sup> June:** Aldershot, Farnham and District - AFD - Summer 2026 Open Graded Meeting [Roster Athletics · Aldershot, Farnham and District - AFD - Summer 2026 Open Graded Meeting 1 - 25th June](#)

**5<sup>th</sup> July:** Lordshill 10k (HRRL12)

**5<sup>th</sup> July:** Wessex League, Match 3 – Salisbury

**12<sup>th</sup> July:** Wessex League, Match 4 - Swindon

**19<sup>th</sup> July:** SAL Match 3, Andover

**21<sup>st</sup> July:** Thruxton 10k Series, Race 3

**8<sup>th</sup> August:** SAL Match 4, Aldershot

**30<sup>th</sup> August:** Totton 10k (HRRL1)

**6<sup>th</sup> September:** Overton 5 mile (HRRL2) (tbc)

**25<sup>th</sup> October:** New Forest 10 mile (HRRL3) (tbc)

**15<sup>th</sup> November:** Gosport Half (HRRL4) (tbc)

**6<sup>th</sup> December:** Victory 5 (HRRL5) (tbc)

### International / Elite Events

**11<sup>th</sup> June-19<sup>th</sup> July:** *FIFA World Cup, North America*

**29<sup>th</sup> June-12<sup>th</sup> July:** *Wimbledon Tennis Championships*

**5<sup>th</sup> July:** *British Formula 1 Grand Prix*

**2<sup>nd</sup> November:** *New York Marathon*

**7<sup>th</sup> December:** *Valencia Marathon*

[www.fetcheveryone.com](http://www.fetcheveryone.com) [runabc.co.uk](http://runabc.co.uk)

[www.thepowerof10.info/fixtures](http://www.thepowerof10.info/fixtures)

[Roster Athletics - Roster Athletics](#)

[Open Track - OpenTrack](#)

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