

**Kettering Town Harriers
Athletics Club Newsletter
December 2011**



KARLSPORTS

KarlSports

37 Broadway
Kettering
Northants
NN15 6DD

Telephone:

01536 601731
www.karlsports.co.uk

KarlSports is a dedicated LOCAL sports company selling a variety of sports products in over 20 different sports from top manufacturers, including, Puma, Umbro, Asics, Grays, Nike, Slazenger, Kookaburra and Yonex.

CHARITY CUP

DEADLINE OF ENTRY IS THIS FRIDAY

KETTERING TOWN HARRIERS PRESENTATION EVENING

In a thoroughly enjoyable evening attended by over 100 athletes , coaches, parents and volunteers Kettering Town Harriers celebrated all the success the club has had over the last year.

Thank you to all the KTH members who organised the night

Results later in newsletter

CLUB TIDY UP AND COFFEE MORNING

A hugely disappointing turnout from all club members for the Tidy Up and Coffee Morning. A huge thank you to the few members who did come along to help the club out.

VOLUNTEERS

As an Athletics club we are always in need of more volunteers.

Can you help? Please contact us if you can!

LOUGHBOROUGH COACH DEVELOPMENT DAY

18th December 12:40pm leave from KTH Track—5:00pm return

£3 per person. Lead coach details to follow.

Open to athletes but please speak with your coach before signing up

Network News

<http://www.englandathletics.org/news.asp?itemid=8111&itemTitle=Successful+end+of+year+for+Northants+Network§ion=947>

KETTERING TOWN HARRIERS

(Affiliated to the M.C.A.A. & N.A.A. Races under U.K.A. rules)

www.ktharriers.com

CHARITY CUP OPEN CROSS COUNTRY RACES

One of the oldest Open Races in the country; an ideal warm up for County and Schools Championships

Also incorporating NAA County Masters (over 35) Championships

At WICKSTEED PARK, Kettering, NN15 6NJ on Saturday, 10th December, 2011.

Races

- | | | |
|---|------------|---------|
| (1) Under 11 Girls & Boys (aged 9 or 10 on 10.12.11) | 11.00 a.m. | 2000 m |
| (2) Under 13 Girls & Boys (11 years & over on 10.12.11 but U 13 on 31.8.11) | 11.20 a.m. | 3000 m |
| (3) Under 15 Girls & Boys (at least 13 but Under 15 on 31.8.11) | 11.45 a.m. | 4300 m |
| (4) Under 17 Ladies (at least 15 but Under 17 on 31.8.11) & Senior Ladies (17 years or over on 31.8.11) | 12.15 p.m. | 4900 m |
| (5) Senior Men (17 years or over on 31.8.11) | 1.00 p.m. | 10000 m |
| Under 17 Men (at least 15 but Under 17 on 31.8.11) | 1.00 p.m. | 6600 m* |

**Under 17s finish after two laps of the three lap course*

Team Trophies:	Alexander Cup	First Senior Men's Team
	K.T.H. Challenge Cup	Best overall Boys' school team
	HSBC Bank Shield	Best overall Girls' school team

Individual Awards:	Senior Men	1 st 3 athletes, members of 1 st 3 teams (6 to score)
	All other categories	1 st 3 athletes, members of 1 st 3 teams (3 to score)

Watch out for our Christmas spot prizes in the U11, U13 and U15 races!

Entry Fees: £5.00 per individual Senior (over 17) Men & Ladies (there are no separate Masters or Junior categories in the Charity Cup)
£3.00 per individual of all other categories

All athletes under 17 years of age must represent either their school or an affiliated Club. Over 17 years who are not members of an affiliated club/school are deemed 'unattached' and must pay an extra £2.00.

All cheques payable to Kettering Town Harriers

-----**ENTRY FORM**-----

Please enter me for the Charity Cup Races at Wicksteed Park on Saturday, 10th December, 2011.

Name.....

Age Group

M/F.....

Address

.....

.....

.....Post code.....

Club/School.....

Date of Birth (if under 18)

Are you entering the Masters County Championship? Yes / No*
Entry is £8 in total)

(NB

If so, please state how you qualify to enter the County Championship.

Birth / Residence* (*Please circle)

I agree to abide by UK Athletics Rules, am physically fit to compete and enter at my own risk. I accept that the Organisers will not be held responsible for injury or illness, or loss or damage to property as a result of entering this Race.

Signed*

Date

* Parent / guardian to sign if under 18.

AWARDS

CROSS COUNTRY (relates to 2010-11 season)

LEWIN CUP (for the senior man champion). Phil West
WRIGHT CUP (for highest placed in County cross country championships) – Tabatha Walford, Josh Cara, Hayley Munn
IRONMONGER CUP (for most improved senior or veteran male) – Andrew Clawson
BOYFIELD CUP (for best overall female) – Hayley Munn
KTH CROSS COUNTRY SHIELDS (for best overall U20 female and male) – Kelly Barnett and Jonny Goringe
YOUTH SHIELD (for best overall youth) – David Edwards
FOSTER CUP (for most improved U15 male)– Liam Kirk
ANONYMOUS CUP (best overall U15 female) – Abigail Coleman
BOSWORTH CUP (for most improved U15 female) – Fran Ashworth
STUART TROPHY (for best overall U13 male) – Josh Cara
REG CLAYPOLE CUP (most improved U13 female) – Maisie Green
HEIGHTON CUP (for best overall U13 female) – Maisie Green
BARTON CUP (for best U11 male and female) – Tabatha Walford and Joe Pendred

ROAD RUNNING 2011

The awards for the KTH 5km handicap road races are as follows:

The fastest male 5km handicap time (minimum of 2 races) – David Green

The fastest female 5km handicap time – Roz Giles

Overall winner of the 5km handicap road race series – Ian Walford

UNDERWOOD CUP (for the most outstanding performances in Road Running) – David Green

KTH ROAD RACE SHIELDS (for best overall senior or veteran road runners)

Male – Jonny Goringe

Female – Babs Fulton

ORAM TROPHY (for 1st KTH finisher in the Cransley 10K race) – Kemal Mehmet

ROY EDWARDS MEMORIAL PLATE (awarded to an athlete for commitment to road and cross country) Jack Hope

TRACK AND FIELD 2011

HEART OF ENGLAND LEAGUE AWARDS (for most points scored in the league)

U13 Male – Gabriel Smith U13 Female – Annie Gilbert

U15 Male – Jamie Shaw U15 Female – Daisy Gilbert

U17 Male – Ed Cherry U17 Female – Niamh Bailey

Senior Female – Gemma Elliott

MIDLAND LEAGUE AWARDS (for most points scored in the league)

U17 Male – Ed Cherry U17 Female – Niamh Bailey

U20 Male – Jamie Dean U 20 Female – Sophie Munn

Senior Male – Matt Peleszok Senior Female – Gemma Elliott

MERVYN CUP (for most points scored in HOE and Midland leagues by an Under 17 female) – Niamh Bailey

HALL CUP (for most points scored in HOE and Midland leagues by an Under 17 male) – Ed Cherry

UNDER 11 AWARDS (For attendance, training and club representation)

MALE – Noah King FEMALE – Teagan Bowley

UNDER 11 CUPS (best overall performances in county, chairman's cup & multi events)

MALE – Diarra Layne FEMALE – Danielle Gaskell

FANCOURT SPRINTS SHIELD (for the best overall sprint performance by a female) – Niamh Bailey

ALLEN SPRINT SHIELD (for best overall sprint performance by a male) – Yannick Phippen

FOSTER SHIELD (fastest 800m run by U15 male) – Josh Cara

KTH SHIELD (fastest 800m run by U15 female) – Fran Ashworth

BRIAN SMITH SHIELDS (fastest 1500m runs by an U15 male and female) – Fran Ashworth

BAKERS CUP (for best overall performances and points scored by a junior or senior athlete) – Jamie Dean

DAWSON CUP (for the most outstanding performance of the season) – Yannick Phippen

LANGLEY PERKIS TROPHY (for the most improved athlete) – Josh Coles

EVANS CUP (for most improved athlete in a track event) Lorna Milne

DEREK WRIGHT SHIELD (for the best performances in a field event) – Gabriel Smith

ROGERS COACHES AWARD (for the most promising Under 15 and Under 13 sprinters)

Under 15 – Courtney Williams Under 13 – Hannah Winstone

AWARDS

KTH THROWS SHIELD (for the most improved athletes in more than one throwing event) –

Male – Travis Bowley Female – Annie Gilbert

KTH JUMPS SHIELD (for the most improved athlete in more than one jumping event) –

Male - Bradley Fox Female - Lydia Cole

TEAM MANAGERS TROPHY (awarded by Midland team managers)

Male – Ed Cherry Female – Gemma Elliott / Niamh Bailey

KTH TRACK CUPS (awarded by HOE team manager to the best male and female U17 club member for 100% attendance, behaviour and points scored)

Male – Matt Stewart Female – Lauren Mehmet

ERIC HODSON MEMORIAL TROPHY (for the best performance by a senior or veteran female) She set four Veteran Club records – at 200m, 400m, 400m Hurdles and High Jump – Helen Keyworth

COLIN FAIREY CUP (for the best overall performances by a veteran male) He was the highest Veteran points scorer in the Midland League team – Andy Mills

MABEL BOYFIELD MEMORIAL TROPHY (most overall points scored by a veteran female in the Midland League) – Kerry Munn

VETERANS LEAGUE AWARDS (for attendance, points scored and effort – not necessarily highest points scorer)

35-45 Female – Jill Tierney 40-50 Male – Gregg Smith

45-55 Female – Helen Keyworth 50-60 Male – Jerry Wise

55+ Female – Myrtle Caplis

INTERNATIONAL SHIELD - The winner represented Great Britain in the Masters World Championships in California – Katy Williams

SPECIAL COMMENDATION - He was AAA champion and English Schools bronze medallist in the 5000m Walk – Daniel Waples

ATHLETE OF THE YEAR – BOYFIELD FAMILY TROPHIES

Male – Josh Cara Female – Gemma Elliott

PRESIDENT'S MERIT AWARD (nominated by Edward Barton) – Matthew Peleszok

District Schools Athletics

Many KTH youngsters were in action at the Kettering and Corby District Schools Cross Country trials in West Glebe Park, Corby, and it proved to be a very successful afternoon with Harriers winning five out of the six age group races. The top 20 runners in all age groups will qualify to represent the district in the County Schools championship in January

The much improved Josh Coles put in a dominant display by winning the opening U17/U19 Boys race in great style. Leading from gun to tape he easily won the 4200m race by over 400m for Latimer Arts College.

The U13 Girls race was a much closer affair with Tabatha Walford leading from the start but being pushed hard all the way by Alison Curtis over the short 2000m course. Tabatha held on to take the win by responding to a late challenge with 60m to go. Danielle Gaskell ran a great race to take 3rd position comfortably, with Rebecca Hughes also running a good race to finish in 6th position. Emily Manson also qualified by finishing in 11th position and Freya Marlow, in a rare appearance in cross country, made it into the district team in 18th spot.

The U15 boys race turned into a procession for the Harriers who took the first three positions. Jack Hope put in another dominant display of front running by winning comfortably over the 2800m course, with the much improved Ethan Mehmet running strongly to take 2nd. Ben Tierney put in a battling performance to hold off a late challenge to take an excellent 3rd position.

The U17/U19 Girls race was won in style by Fran Ashworth who also led from start to finish over the 2800m course to take the win for Southfield School, with fellow Southfield pupil Lauren Mehmet running a strong race to take third position. Imogen Stokes ran well to take 4th position overall and first U19, with former Harrier Gina Diaz-Santana taking 5th, and Jess Gordon running well for 6th. Leah Davies finished strongly for 7th.

The only race not won by a Harrier was the Under 13 boys, but nonetheless Travis Bowley put in an excellent performance, taking third place.

In the final race of the afternoon Maisie Green made it a 5th win for the Harriers by putting in a battling display to take the U15 Girls race over the 2400m. Also running well for the Harriers was Beth Gordon who finished in 4th position, with Hannah Winstone holding off a strong challenge at the end to finish in 7th position.

KTH STAY IN POLE POSITION

The U17 men's team consisting of Josh Coles, Matt Stewart & Liam Kirk, remain as overall team leaders after the penultimate round of the North Midland cross country league, held in windswept conditions at RAF Cranwell. After 3 races the Harriers team has accumulated 92 points ahead of Derby with 107 points, and Notts AC with 113 points. With the last round scheduled for the afternoon of the 14th January, the same day as the County schools competition in which all are running, they will have to decide if they wish to try to drive to Nottingham following the County schools race in Northampton?

Josh Coles ran a great race but was slightly down by his own high standards finishing in 5th position with a time of 21.18 for the 6km course, suffering slightly from a knock he picked up the week before at Liverpool in the UK Cross Challenge. The improving Matt Stewart ran a good race to secure 12th position in 22.12, with the consistent Liam Kirk finishing in a respectable 17th with 22.41. Josh Coles retains his individual series lead with 10 points from Burton's Alex Benfield with 8 points

Sian Edwards continued her great form to finish in an excellent 2nd position in the senior woman's race over the same 6km course in 22.03 to retain 2nd position overall in the series with 19 points, behind Sarah Harris with 29 points.

In the U15 Boys race Edward Cannell was running over the slightly longer distance of 5km, and lasted the distance well to finish in 21st position in 21.20.

Ethan Mehmet improved by 4 places from the previous round finishing in an excellent 8th position in the U13 boys race over 3.6km in 14.19, with Gabriel Smith finishing in 14th position with 15.00.

Over the same slightly longer distance the U15 Girls team finished in 4th position, with the consistent Fran Ashworth running a fine race to finish in 6th position with 14.43, Lauren Mehmet improved by 7 positions from the previous round to finish in a very good 17th with 16.41, and debut team member Serina Toledo finding it tough going over the longer distance finishing in 22nd with 20.56. The U15 Girls team are in 4th position after 3 rounds

Also competing over the same 3.6km course, the U13 Girls team finished in 5th position with Tabatha Walford just holding off a late challenge from local rival Alison Curtis of Corby AC to finish in 7th position with 15.28, Danielle Gaskell running a good race for 12th in 16.12, and Rebecca Hughes finishing in a respectable 21st with 17.10. The U13 Girls team are in 4th position overall after 3 rounds. Well Done to all who ran.

Meet the Members

Name: Niamh Bailey

Role within the club: Athlete

If you could hit a splat a any person with a custard tart which would it be? Matt Stewart

Favorite athlete: Jessica Ennis

Favorite athletics moment: Competing at the ESAA individual championship and being part of the Northants team

Aims for 2012: To qualify for the ESAA individual combined events and the ESAA Combined