

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



KARLSPORTS

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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.

KTH OPEN MEETING—22nd April

CAN YOU HELP? If we get enough people showing early commitment to the 22nd April we have plans for an Olympic Themed additional event on the 21st April

With this in mind we ask that anyone who is or is keen to become an official please speak to the club to make their interest known.

We as a club can support you in your role.

Fancy Free Membership?

As an Athletics club we are looking for people to fill three key roles.

- Senior Road Running/ Cross Country Team Manager
- Volunteer Coordinator
- Officials Coordinator

Anyone who can fill one of these roles will receive free membership/ refunded membership for the year.

Can you help? Please contact us if you can!



UKA
ACADEMY

SPORTSHALL



Northamptonshire
Athletics Network

U13/U15 Indoor Sportshall Athletics At Lings Forum Leisure Centre COME AND TRY TO BECOME THE NEW JESSICA ENNIS

Friday 20th January 2012

7.00pm—9.00pm

To qualify as an U13 competitor, an athlete's birth date must fall between 1st September 1998 and 5th February 2001.

To qualify as an U15 competitor, an athlete's birth date must fall between 1st September 1996 and 5th February 1999.

From this session athletes will be selected to form part of the Northamptonshire County Sportshall Squad.

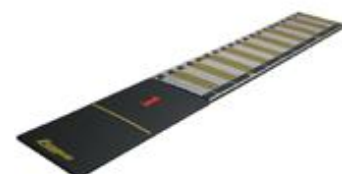
The Regional Sportshall finals will take place on;



Cost £3



Lings Forum Leisure Centre,
Wellingborough Road,
Northampton NN3 8JR



Niamh Takes Midlands Bronze.

Niamh Bailey showed good early season form winning Bronze Medal in the Midlands combined events championship held in Sheffield. With two pb's out of the 5 events including a 1m improvement in her shot putt and 30cm pb in long jump things are looking good for one of our few U20 athletes. In a high quality field Niamh finished 11th in the country for her age group.

Harriers U17 Men remain in pole position

A group of Harriers decided to hold a training session with a difference on Saturday 17th December. In icy conditions, they were attempting to beat the Woman's Marathon World Record, held by Paula Radcliffe, (2.15.25) with a marathon relay which meant an running an average time of 77 seconds per lap for ALL 105.5 laps needed to complete the 26 mile 385 yard distance!

A total of 16 athletes took part in the event: Tabatha Walford, Izzy Cara, Danielle Gaskell (U13), Jack Hope, Josh Cara, Ethan & Lauren Mehmet, Maisie Green, Abigail Coleman, Fran Ashworth, Gemma Vaughan (U15), and Josh Coles, Matt Stewart and Kayli Walford (U17). Additional help was kindly provided when an injury to Abigail left us short of cover, so Niamh Bailey and Lorna Milne completed some laps.

In terms of the Woman's Marathon World Record attempt, the group managed to record a time of 2hours, 5 minutes, and 57 seconds, comfortably beating Paula's world record by 9 minutes and nearly managing to beat the men's world record (2 hours, 3 minutes), which was a fantastic achievement. The Group averaged just over 71 seconds per lap or 4 and a half minutes for each mile over the 105 .5 lap/ 26 mile 385 yard distance (target was 77 seconds per lap), the fastest time ever for a Harrier!?

The Woman's world record holder, Paula Radcliffe, Tweeted details of the event to her 35,000 followers which was very kind, and much appreciated! We also had many parents turn up as spectators and to offer support, and a fund raising raffle was also held. On the fund raising side, although the final amounts are not yet totalled, I am confident over £800 will have be raised from sponsorship & raffle for the club which is a great effort.

By the end of the session I think the group had a far greater appreciation on just how magnificent Paula's time is, as all had to work very hard to achieve this time! Much fun, (and pain) was had by all who ran, but for their efforts they were rewarded with Pizza after the event courtesy of their coach!

Thanks to all who took part and for the support of the parents/ sponsors.

Have you ever fancied competing where the stars compete?

Midlands Champs including U13 Quadrathlon

As a club we are looking at taking a bus to the Midlands Champs including U13 Quadrathlon on the 11th/12th Feb at the National Indoor Arena. If you are keen please complete the attached paperwork or visit www.athletics-uk.net/birmingham/2012.

Ben makes it four at the Charity Cup

Ben Sharman took his winning streak in the Charity Cup to four as he held off the challenge of Rugby & Northampton's junior Rory Grant on a bright, cold day at Wicksteed Park. Ben, who is recovering from a serious injury setback, was certainly not expecting to win as the field included in-form athletes including David Green (3rd) and County Masters winner Stuart Nelson (4th), along with Damian Carr (5th) and Jonny Goringe (6th), who both finished ahead of him in a Birmingham League fixture seven days earlier. But, after a slow first lap, the reigning champion grew in confidence and kept his young challenger at bay over the final 400m, winning by a margin of just three seconds.

The Harriers were delighted to re-capture the Alexander Trophy from R & N after a gap of five years. Ben, David, Damian and Jonny were joined by Phil West and Martyn Winstone in the winning team of six. There were also another six Harriers amongst the finishers - the biggest contingent from the club seen on the country for some time!

Phil and Martyn also took team silver medals in the County Masters Championships that were held in conjunction with the Charity Cup. Andrew Clawson and Alan Rain were the other scorers. There were double bronze medals for the KTH ladies, as they took third team spot in both the Charity Cup and the County Masters. Congratulations to Jill Tierney, Barbara Fulton and Amanda Marlow. Encouragingly, the size of the fields for the races for younger athletes were larger than last year. KTH had two individual winners. Both Josh Cara (Under 15 Boys) and Kayli Walford (Under 17 Women) took gold by large margins.

There were also five team victories for the Harriers. Ethan Mehmet (silver) and Gabriel Smith (bronze), along with Ryan Barritt (6th), took the Under 13 title, whilst Josh was joined by Jack Hope (silver) and Edward Cannell (4th) in the winning Under 15 team.

The Under 17 men made it a team hat-trick on the male side for KTH. Josh Coles took silver and Matt Stewart bronze. With Liam Kirk in 4th, it was a commanding victory for the Kettering lads. Not to be outdone, the Under 13 and 15 girls also took team gold medals. Dannielle Gaskell (3rd), Izzy Cara (5th) and Rebecca Hughes (6th) beat R & N by just one point in the younger age group, whilst Fran Ashworth (2nd), Lauren Mehmet (4th) and Gemma Vaughan (8th) were the U15 winning team.

Other young Harriers in action were Jack Pepperell, Lewis Maitland-Knibb, Teegan Bowley, Travis Bowley, Joe Pendred, Hannah Winstone, Sophie Moss, Emily Manson and Ben Tierney. Congratulations to all who ran for the club.

Meet the Members

Name: Gregg Smith

Role within the club: Athlete/ Coaching Assistant/ Volunteer

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

Favorite athlete: Daley Thompson

Favorite athletics moment: Setting a new V40 Pole Vault club record in summer 2011.

Aims for 2012: To stay injury free and improve my pb's