

Kettering Town Harriers Athletics Club Newsletter

June 2011



Request from local Schools

On Tuesday 14th June, Kettering Town Harriers Track is the host venue for the Primary Schools District Athletics Competition. This is the perfect opportunity for us to promote the club to potential athletes/ coaches and volunteers.

With this in mind we ask if anyone is about on the day to assist in any capacity, whether it is helping officiate some of the events or to help advertise the club

The 1st Competition starts at 9.30am through till 12.30pm and the 2nd competition starts at 1pm through till 3.30pm. Can you come to help in either slot or both slots?

If you are able to help on the day please email coaching@ktharriers.com or speak to Matthew Peleszok at the track.

County mile and Club Championships

On the 29th June Kettering Town harriers will once again be hosting the County Mile which this year will also contain the Kettering Town Harriers u11, u13 and U15 Intra club Quadkids Championships.

Athletes will compete over the 75m sprints, 600m run, Standing Long Jump and Vortex Howler throw for U11's up to 100m and 800m plus field events for u15's to see who are our best all round athletes.

More details can be found in the fixtures section of the website.

County Quadkids

U11 Quadkids Individual Open County Championships
Wednesday 6th July 2011, 7.00pm – 8.30pm

Northamptonshire Athletics Network has teamed up with Quadkids to offer all U11 Athletes the chance to compete in the first county U11 Quadkids Championships. Open to children in school years 3/4/5.

Athletes will compete over the 75m sprints, 600m run, Standing Long Jump and Vortex Howler throw to see who are our best all round athletes. No previous experience necessary – just come and have a go!

One Year till the Olympics

Kettering Town Harriers athletics club alongside KBC are looking to run a 'One year to go to the Olympics event' at our club site on the 24th July 2011 to help celebrate the one year to go to the Olympics anniversary.

As a club we feel that you don't have to live in London or be a top athlete to take part in the London 2012 Olympic and Paralympic Games.

Between 1pm and 4pm we will be running an open come and try session for children and adult to try various athletics events as well as a summer tidy up of the facilities. More details to follow in the July newsletter.

Can we create a Community Games in Kettering to help celebrate the Olympic or Paralympics moment?

Newsletter Sponsor

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Key Dates for the Diary

01/06/2011, EVAC (Veterans) League Meeting, Cambridge,
04/06/2011, Midland Senior League, Leamington
08/06/2011, U11 Quadkids, Corby
11/06/2011, County Schools T&F Championships, Corby
14/06/2011, Kettering Primary School Athletics, Kettering
14/06/2011 Corby Open, Corby
18/06/2011 Inter Counties, Alexander Stadium
19/06/2011 Midland Sen and U20 Champs, Alexander Stadium
25/06/2011 Regional Combined Events,
26/06/2011 Regional Combined Events,
26/06/2011 Heart of England League, Nuneaton
29/06/2011 Kettering Club Championships and County Mile, Kettering

Regional Selction for Race Walkers

Two Kettering athletes acquitted themselves well when representing the Midlands in the Inter-Area Walking match.

Danielle Gaskell, an under 11 in her first 'real' race, elevated into the Under 13's as a 10 year old, recorded a PB by 46 seconds in the 2K race. She was 15 seconds faster than her County Championship Best Performance from last week, through the 1000m mark. This was an even better effort when you consider she rushed to the race from playing football, arriving with 5 minutes to spare!

Daniel Waples fought hard in the very windy conditions over the demanding 5K distance, to come out with a solid result.

Combined Events

Three athletes from Kettering Town Harriers have been selected to represent Northamptonshire in this years Anglian region inter counties combined events championship. Held at Peterborough AC this year Bradley Fox, Lorna Milne and Niamh Bailey will compete in the Octathlon, Pentathlon and Jessica Ennis' event heptathlon respectively.

For Bradley fox and Lorna Milne this will be their first time representing Northamptonshire so good luck to all three athletes.

Leadership and Running Fitness Course

This one day course in Leadership in Running Fitness course addresses barriers to participation in running finding ways of appealing to those not traditionally attracted to running clubs. This course will allow you to lead a running group as an Official Run England member. More information can be found on www.runengland.org/ or www.ktharriers.com or by email coaching@ktharriers.com to discuss bursaries we offer as a club

High Jump

As many of you will have seen ground improvements have been taking place up by the High Jump fan. Kettering Town Harriers have invested in a new high jump cover and are paying for the work to ensure that the cover can be moved safely.

The new cover should help ensure all our High jumpers can have easy access to the facility to help with their development,

Kettering Town Harriers would like to thank Nod Carvell for the excellent work he is doing in preparing the High Jump Fan.

Harriers impress at BMC PB Classic

The middle distance squad was in action at the aptly named BMC PB Classic at Milton Keynes on a warm but blustery Saturday evening, with most setting new lifetime bests.

Eddie Cherry and Dan Thompson were in action in the same race, paced at 2.00, and both ran well, Eddie set a new PB of 2.04.16, with Dan also running a new lifetime best of 2.06.56.

Abigail Coleman and Maisie Green (U15s) were paired together in a 4.55 1500m paced race, both looking to go under the magical 5.00 mark. The race ended with Abby just beating Maisie on the line. Both were agonisingly close to going under 5.00, with Abby knocking a impressive 8 seconds off her PB to record 5.00.27, and Maisie setting a new PB of 5.00.79.

Josh Cara and Jack Hope were also paired together in the next race being paced at 4.35. Josh continued to battle hard in the home straight holding off the strong challenge of Alex Rieley to take a further 4 seconds from his PB to record 4.36.82. Jack finished strongly, but narrowly missing setting a new PB to record 4.49.08.

In the last race of the evening, Gemma Vaughan ran well, setting a new SB with 5.18.12. Kayli Walford also competed making her debut at the 1500m Steeplechase; she ran well and was showing good hurdling technique in this tough event, before retiring on the final lap.

County Schools

In total 11 athletes have been selected to represent North Northamptonshire in this years county school championships to be held at Corby Triangle on the 11th June 2011. Congratulations to the following athletes and good luck on the day:

Lorna Milne	Lauren Mehmet	Jodie Harris	Bradley Fox	Fran Ashworth	Niamh Bailey
Maisie Green	Daisy Gilbert	Josh Coles	Jack Hope	Kayleigh Walford	

Calling All Young Athletes

On Sunday 26th June Kettering make their return to the Heart of England League. With competitive opportunities for U11s through to U17s new team manager Amanda Marlow will soon be coming round selecting the athletes to represent Kettering Harriers.

Competing at Nuneaton athletics track, athlete will be leaving Kettering on the team coach with parents available to come along to help support. (Small fee is chargeable to help pay for the coach for spectators).

Please can we all help Amanda out by being available to compete and with any other duties she may require in our quest for promotion.

DMACK Junior League Results

Half a dozen Kettering athletes made a significant contribution to "Team DMACK", the newly-formed composite team that is competing in the National Junior League (for Under 17 and Under 20 athletes). On yet another blustery day at Corby, the Harriers sextet harvested a goodly haul of points alongside their team-mates from Corby AC and a couple of athletes from Harborough AC.

The conditions were not conducive to personal bests, but Tom Carvell managed one in the 200m, clocking 25.9. Jamie Dean and Bradley Fox put together a series of steady performances across a range of events, as did Niamh Bailey, who was part of DMACK's winning 4 x 100m relay team.

Alex Smit won the 400m B race and Ed Cherry finished third in the 800m, as DMACK finished 5th on the day, but not very far behind several of the leading Midlands clubs, including Derby AC and City of Stoke AC.

Corby 5 Mile

There was a strong showing by the Harriers' road runners in the Corby 5 Mile race held on a breezy evening on a hilly course at East Carlton.

David Green (26:57) had his best result since joining the Harriers, finishing second (first senior man) in a field of over 350, just fifteen seconds behind winner.

Jonathan Goringe (28:09) came 9th (first Under 20), one place ahead of former Kettering second-claim athlete Matt Almond, who it was wonderful to see running again after suffering a series of major misfortunes. Completing the senior men's team were Phil West (25th in 29:34) and Matt Smith (57th in 31:27). Unfortunately, the officials got into a bit of a muddle and the results and times for those finishing lower down the field are best described as "approximate." The Veteran Men were 10th, with Paul Marlow (35:48), Peter Goringe (36:52) and Rob Britten (38:23) making up the numbers. Top lady finisher for KTH was Alison Moxey who, with Hollie Harman and Amanda Marlow, slotted into 11th place in the team rankings.

Also competing for the Harriers were Sean Gallagher and Phil Nudds, who recorded good times of around 33 and a half minutes, Anthony Poncia, Kemal Mehmet, Gareth Barkley and Jeremy Wise (who specialises in throwing).

Finally, a word of praise for Adam Sonn, who was struck down by sickness half way round, but persevered to the end.

The next race in the series is at Banbury on June 7th.



Northamptonshire Athletics



U11 Quadkids Individual Open County Championships

Wednesday 6th July 2011

7.00pm – 8.30pm
(Registration from 6.15pm)

Sixfields Athletics Stadium, Northampton

Parking: West Car Park opposite Frankie & Benny's/KFC

**£1.00 competition entry
(All entries on the day)**

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Athletes will compete over the 75m sprints, 600m run, Standing Long Jump and Vortex Howler throw to see who are our best all round athletes. No previous experience necessary – just come and have a go!

The competition is open to all club athletes within the county and/or Athletics Network.

If you require any further information please contact; Natalie Lawrence (Natalie_lawrence@hotmail.com) or speak to Matthew Peleszok at Kettering Town Harriers (Coaching@ktharriers.com)

Also Corby AC will be hosting a Quakids Competition on the 8th June at Rockingham Triangle. 6.45pm start. £1 entry fee

Kettering Town Harriers Intra Club Quadkids Championships.
U11's, U13's, u15's on the 29th June. £1 entry fee



QuadKids is an exciting sporting concept designed to give more children the opportunity to enjoy the benefits of athletics and to identify the stars of tomorrow