Matthew 2012 Challenge

On the 28th April I will be walking around Kettering Athletics track for 20hrs 12 minutes to celebrate both the London Olympics but also to raise money for two great charities, this is just one week after I have completed the Virgin London Marathon. I will be joined on my walk by other members of Kettering AC to make it a fun day.

Please can you support me by walking a few minutes with me? See in Club for timeslots.

I will be starting of my 20hr 12minute walk at 00:00am on the 28th April and finishing at 20:12pm the same day.

Confirmed entertainment on the day include Zumba Sessions, Salvation Army music, local orchestras. Can you help provide more?

I am also running a raffle where everyone who sponsors me a minimum of £5 gets entered into the hat to win one of many great prizes donated to me so any contacts for prizes would be gratefully received.

Confirmed raffle prizes include Corby Pool Vouchers, Local Restaurants, Hotel Breaks, Toilet Rolls and much more Salvation. Can you help provide more?

With this in mind I am wondering if you could forward my details on to as many local organisations/contacts as possible to try and drum up some interest.

The day will be open to all KTH Members past and present.
The Northamptonshire 5km Series has been developed as part of this year's 2012 celebrations, with London 2012 Olympic and Paralympics Games just around the corner; we hope to create a legacy of sports participation here in Northamptonshire.

The Race Series will consist of three running events which will take place at three different venues across the county.

This is the first 5km Race Series to be developed in Northamptonshire and over the next couple of years, as the event grows, the aim is to include more races within the series.

The Celebration Race Series is aimed at both the club-class competitor and social runners or beginners. It consists of three different 5km races which take place over three Sundays in April:

- 1st April 2012 - Kettering
- 15th April 2012 - Northampton
- 29th April 2012 - Corby

Each race will be open to anyone aged 14 or over on the race day. All three courses have been measured, certified and licensed by UK Athletics.

**Kettering race details**

- **Date:** Sunday 1st April
- **Start Time:** 10.30am
- **Venue:** Near the Sundew Harvester, Weekley Wood Avenue, Rockingham Rd, Glendon, Kettering, NN14 1QG
- **Start/Finish:** Approx 300m. from the Harvester heading towards Weekley Hall Wood. Finish will be at the Harvester.
- **Course Description:** The course is fairly flat and on trails
- **Car Parking:** At the Harvester and Holiday Inn. It is a 5 minute walk to the start area.
- **First Aid:** TBC
- **Toilets:** Extra toilets will be available near the parking area at finish (not too far from the start)

Entry details online and entry form attached in the newsletter

WE NEED SOME VOLUNTEERS TO MARSHALL THE COURSE PLEASE CAN YOU HELP?
Primary Aged Pupils Quadkids Series

QuadKids Schools Athletics
QuadKids Northants Network Series is targeted at School years 4,5 and 6 and will run on 6 dates are as follows:

- Wednesday 18th April at Corby,
- Friday 4th May at Sixfields,
- Thursday 17th May at Daventry,
- Tuesday 29th May at Wellingborough,
- Monday 11th June at Market Harborough (Robert Smythe School),
- Wednesday 27th May at Kettering (KTH Club Champs Night)

What are the events in a Quadkids Primary Competition?

- 75 metres Sprint, 600 metres Run, Vortex Howler Throw, Standing Long Jump

Heart Of England League

Heart of England – School years 6 upwards.

- 10th June at Bromsgrove,
- 21st July at Kettering,
- 2nd September at Worcester

KTH OPEN MEETING—22nd April

TRACK EVENTS— 75mts, 100mts, 800mts, 150mts, 200mts, 1500mts, 300mts, 400mts

FIELD EVENTS (MINIMUM OF THREE TRIALS)
“Vortex Howler” mini-Javelin, Javelin, High Jump, Discus, Long Jump

More details later in the newsletter
**Sport Relief Mile**
On Sunday 25th March 2012, Kettering Borough Council has organised your local Sport Relief Mile. You can run, walk, hop or dance your way around Kettering town centre, raising thousands of pounds for Comic Relief, changing lives forever.

Entry fees for Sport Relief are £6 for adults, £3 for children and £15 for a family of four.

More details on KBC website.

**Farewell to Dave**
The Kettering Town Harriers Road Runners said a fond farewell to David Hanwell on Tuesday night. Dave has been with the Club for over 43 years competing for all of these years in various road and cross country races. David is moving to Scotland to be closer to his grandchildren, but does hope to continue running and has promised that if he is ever in the Kettering area again that he may even take part in the odd race!

The Road Runners and Club awarded Dave an engraved tankard and a KTH Club sweatshirt that he can wear with pride in Scotland.

**Your Never To Old**
We always looking to increase our numbers and therefore would ask that anyone remotely interested in taking part in the veterans league please contact Team Captains - Amanda or Paul Marlow (amanda.marlow@tollers.co.uk or paulm43@live.co.uk)

The events include all track events and all throwing and jumping events and also a relay. The only event not covered is the steeplechase, but let's face it, that would be an event just not appropriate for veterans!!

The meetings are great fun and conducted in a competitive but fun and friendly spirit which makes for a cracking atmosphere.

We generally provide a bus to the events (at a small charge).

This years fixture list is as follows:-

April 25th - Stevenage, May 9th - Bedford, June 13th - Kettering, July 11th Milton Keynes.

Anyone interested in taking part this year will need to join EVAC please speak with Amanda or Paul Marlow
SUMMER 2012 – TRACK & FIELD

PROVISIONAL Fixture List

Sun 22nd Apr. Open Meeting Kettering
Weds 25th April Eastern Veterans League Stevenage
Sat 5th May Midland Senior League Telford
Weds 9th May Eastern Veterans League Bedford

Weds 9th May District Athletics Kettering
Sat / Sun 12th – 13th May County Championships Corby
Tues 15th May County Combined Events Champs Sixfield
Sun 27th May Midland Senior League Corby

Thurs 31st May Year 7 Athletics Friendly Kettering
Sun 10th June Heart of England League Bromsgrove / Redditch

Wed 13th June Eastern Veterans League Kettering
Thurs 14th June Year 9 Athletics Championships Corby
Sat 16th June County Schools Corby
Wednesday 20th June Year 7 Athletics Championships Corby
Sat. 23rd June Mason Trophy (Inter-County Schools) Birmingham
Thurs 28th June Year 8 Athletics Friendly Corby

Sat 30th/ 1st July ESAA Regional Combined Events Bedford
Sun 1st July Midland Senior League Newport (Wales)
Monday 2nd July County Year 7 Athletics Championships Corby
Fri / Sat 6th – 7th July English Schools Gateshead

Sun. 8th July Chairman’s Cup (prov.) Kettering
Tues 10th July Year 8 Athletics Championships Corby
Wed 11th July Eastern Veterans League Milton Keynes
Sat / Sun 14th – 15th July Midland Under 20 / Under 17 / Under 15 Champs Birmingham
Tues 17th July County 3000m Champs Corby

Sat. 21st July Heart of England League Kettering
Sat. 4th Aug. Midland Senior League Kettering
Sat / Sun 18th – 19th Aug. AAA Under 17 / Under 15 Championships Bedford

Sun. 19th Aug. Open Meeting Kettering

County Mile and Club Championships to be confirmed
# Kettering Town Harriers

**Open Graded Meeting**

*Sunday 22nd April 2012*

Thurston Drive,

Kettering

NN15 6PB

## Track Events

<table>
<thead>
<tr>
<th>Time</th>
<th>Distance</th>
<th>Age Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>12.30pm</td>
<td>75m</td>
<td>under 11’s male and female</td>
</tr>
<tr>
<td>12.45pm</td>
<td>100m</td>
<td>all other age groups male and female</td>
</tr>
<tr>
<td>1.15pm</td>
<td>800m*</td>
<td>all other age groups male and female</td>
</tr>
<tr>
<td>2.00pm</td>
<td>600m</td>
<td>under 11’s male and female</td>
</tr>
<tr>
<td>2.15pm</td>
<td>150m</td>
<td>under 11’s male and female</td>
</tr>
<tr>
<td>2.30pm</td>
<td>200m</td>
<td>all other age groups male and female</td>
</tr>
<tr>
<td>3.00pm</td>
<td>1500m*</td>
<td>all other age groups male and female</td>
</tr>
<tr>
<td>3.25pm</td>
<td>300m</td>
<td>u/15 and u/17 female only</td>
</tr>
<tr>
<td>3.40pm</td>
<td>400m</td>
<td>males u/15 &amp; over, females u/20 and over</td>
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</tbody>
</table>

## Field Events (Minimum of Three Trials)

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Age Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>12.45pm</td>
<td>“Vortex Howler” mini-Javelin</td>
<td>under 11’s only</td>
</tr>
<tr>
<td>1.15pm</td>
<td>Javelin</td>
<td>all age groups male and female, except u/11</td>
</tr>
<tr>
<td>1.15pm</td>
<td>High Jump</td>
<td>Young Athletes (Starting height 0.90m)</td>
</tr>
<tr>
<td>2.00pm</td>
<td>High Jump</td>
<td>Experienced Athletes (Starting height 1.35m)</td>
</tr>
<tr>
<td>2.45pm</td>
<td>Discus</td>
<td>all age groups male and female, except u/11</td>
</tr>
<tr>
<td>3.00pm</td>
<td>Long Jump</td>
<td>all age groups male and female (2 pits in use)</td>
</tr>
</tbody>
</table>

**All Times Are Approximate, Subject To Entries**

NB - "Under 11" means current school Years 4 & 5; "Under 13" - Years 6, 7, etc.

*Athletes Under 15 may compete in either the 800m or 1500m but not both*

Entries on the day

£1.00 per event for under 11’s

£2.00 per event or £5.00 for three plus events all other age groups

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**Car Parking, Refreshments and Changing Facilities**

**All Events Under UK Athletics Rules of Competition**

Visit our website: www.kharriers.com
2012 Celebration
Northamptonshire 5km Race Series

ENTRY FORM

Please complete all fields.

**PERSONAL DETAILS**

<table>
<thead>
<tr>
<th>First Name</th>
<th>Surname</th>
<th>Address</th>
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<tbody>
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<thead>
<tr>
<th>Postcode</th>
<th>D.O.B</th>
<th>Gender</th>
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</table>

<table>
<thead>
<tr>
<th>Email</th>
<th>Are you a member of UK Athletics?</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Organisation / Club</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td></td>
<td>Do you have any medical conditions or disabilities?</td>
<td>Yes</td>
<td>No</td>
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</table>

If yes, please specify below:

How did you hear about the event?

**EVENT DETAILS**

<table>
<thead>
<tr>
<th>Race 1 Kettering 1st April</th>
<th>Race 2 Northampton 19th April</th>
<th>Race 3 Corby 29th April</th>
<th>All 3 Races</th>
</tr>
</thead>
<tbody>
<tr>
<td>UKA Affiliated</td>
<td>£6</td>
<td>£6</td>
<td>£6</td>
</tr>
<tr>
<td>Unaffiliated</td>
<td>£8</td>
<td>£8</td>
<td>£8</td>
</tr>
</tbody>
</table>

Total £

Signed: ____________________________ Date: ____________________________

Terms & Conditions

I declare that I will abide by the rules of UK Athletics and that I am in suitable health to participate in the Race Series event. I accept that the Northamptonshire Athletics Network and associates are not liable for any loss, damage, claim or expense which may arise in consequence of my participation in the event no matter how caused.

I have read & agree to abide by the Terms & Conditions of Entry
Looking to improve your cardiovascular fitness and tone up the muscles? This hour long session will do just that.

An aerobics routine followed by muscle conditioning exercises, all done to music!

A level 2 fitness instructor will lead the class, and will provide an exercise routine suitable for all abilities and fitness levels (alternative exercises will be given to beginners). The cost is £3.00 per person per class, or £2.00 for under 18's.

**TIME:**
6.00-7.00pm

**ANY QUESTIONS??**
Contact Gemma Ellio
At: gemma-louise-87@hotmail.co.uk