

# Kettering Town Harriers Athletics Club Newsletter

**SEPTEMBER 2011**



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**KTH AGM 9<sup>TH</sup> SEPTEMBER 2011. 7.30PM AT KTH  
CLUBHOUSE, THURSTON DRIVE.**

## **EVAC WOMEN QUALIFY FOR THE GRAND FINAL**

With qualification places up for grabs in September's grand finale. There was a tension in the air with most teams fielding more than their usual quota of athletes to boost their chances. On a warm evening in favorable conditions the stage was set for some record breaking performances.

Despite the setback of losing last month's top scorer Myrtle Capliss to injury in her first event of the night the women's team went on to score 101 points to finish fourth on the night, beating nearest challengers Huntingdon by 21 points to pip them into a third place finish overall.

The significance of the point's margin became apparent as the results from across the eastern region were confirmed. The KTH veterans' ladies team secured the 7th qualifying spot to claim a place in the grand final on September 11th at Bedford. This is a fantastic achievement for a club of Kettering's resources, competing against much larger teams with far greater experience.

The star performances of the night were undoubtedly in the 2x 400m, 2x 200 relays with the V35 and V45 women's teams storming to victory. The Vet 45 team of Helen Keyworth, Yvonne Elliot, Sarah Bailey and Kerry Munn smashed a club record that had stood since 1997 by over 30 seconds.

Individual top scorer on the night was team captain Amanda Marlow V35 with 17pts closely followed by Helen Keyworth V45 who finished first in the 800m and 400mH for 16pts to add to her relay success.

Lynchpin of the team Yvonne Elliott V45 again weighed in with an impressive 13pts followed by Alison Moxey V35 with 9pts. Sarah Bailey V45 had a good night in the field events scoring 8pts with Kerry Munn V45 3000m who broke her own club record by 9 seconds and Katy Williams 200m both scoring 7pts each with strong second place finishes in their respective events. Bronwyn Smit 5pts and Jill Tierney 3pts completed the scoring to add to their impressive relay legs.

The mens team scored a respectable 50 points to finish 6th on the night and 6th overall for the season. A strong team ethic, versatility and a willingness to cover as many events as possible was what carried the team through, with a bit more luck on the injury front a top four finish next season is well within their grasp.

Paul Young put in a tremendous effort to top score with 11pts. Greg Smith in his first ever competitive pole vault event broke the Vet 40 club record which had stood since 1998 with a jump of 1.95m, he added to the points tally with a strong run in the 200m to score 8pts. Also notching 8pts on the night was Rob Britten, team captain Paul Marlow scored 7 pts. Making their seasons debuts were Andy Clawson who scored 9pts from the 800m and 400mH (despite taking a nasty tumble at the penultimate hurdle) and club chairman Bill Bailey who threw a PB in the javelin for 3pts and made up the relay quartet alongside Greg Smith, Rob Britten and Andy Clawson that finished strongly for a seasons best fifth place finish.

**EVAC GRAND FINAL 11<sup>TH</sup> SEPTEMBER @ BEDFORD. GOOD LUCK TO EVERYONE**

## MIDLANDS CHAMPIONSHIPS

Fran Ashworth put behind her the disappointment of her early season hamstring injury which prevented her competing in all of the early season championships including English Schools, by finishing runner up in the Midland Counties Championships U15 Girls 800m final. Fran eased through the qualifier in a comfortable second place with 2.28, and returned 3 hours later to contend the final where she finished second to the highly ranked Charlotte Catton-Smith with a time of 2.22 to take her first major championship medal. Fran was short on training and race fitness so this was a great effort.

Also competing were the U17 800m specialists Eddie Cherry and Matt Stewart who both ran well to finish 5th & 6th respectively, Eddie setting a new PB of 2.03.5 in the process. Matt recorded a time of 2.05. Josh Cara and Jack Hope were also in action in the U15 boys 3000m, and the new club record holder Josh was just placed out of the medals in 4th position in a time of 10.03.5, with Jack in 5th with 10.18.

## MIDLANDS SENIOR LEAGUE

The Harriers took a small team to the final meeting of the Midland Senior Track and Field league at Tamworth. With relegation to Division Four already confirmed, there was no pressure to obtain league points and many Kettering athletes opted or told to reduce or vary the events they competed in.

The one exception to this was men's team manager Matt Peleszok, who filled his afternoon with seven disciplines, gathering a total of 25 points in the process. His efforts ensured that KTH avoided the wooden spoon on the day, as they finished 16 ahead of bottom club Halesowen. Matthew's best position was second in the discus.

There were two A-string winners for Kettering. Jamie Dean confirmed his dominance of the 110m Hurdles, winning for the third time in four meetings. His smooth hurdling brought him a season's best of 17.1. Jonny Goringe produced a strong surge over the last half-lap to take the 800m, ending the unbeaten record of Coventry's Paul Bisceglia. In his first race of the season over the distance, he dipped below two minutes for a lifetime best.

In the sprints, Yannick Phippen secured a good runners-up double, behind Tamworth's Zambian athlete Eldridge Phiri, whilst Ash McClintock took the B 100m and came a close third in the A 400m, equalling his PB of 50.9.

Highlights from a much depleted women's squad included a PB for Niamh Bailey in the triple jump and third place for Louise Granger in the discus.

The meeting was won by Coventry Godiva, who secured promotion along with Cannock and Stafford; these are both clubs with vastly greater resources than KTH. So, the Harriers will have to re-group next season, when they will renew acquaintances with Corby AC, who were promoted after a great win in their final fixture. We offer them our congratulations

BOTH TEAM MANAGERS WOULD LIKE TO THANK ALL THE ATHLETES  
WHO PARTICIPATED THROUGHOUT THE SEASON

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## **THE ROAD TO SUCCESS**

A number of Harriers are a little wealthier after taking a share of the winnings in a range of road races recently. David Green maintained his 100% record in the Northants Road Running League with an excellent victory at the Wellingborough 5. KTH also took the trophies for second team, just one point behind Rugby & Northampton. Jonny Goringe, Phil West and Matt Smith completed the quartet.

Five days later, Jonny took advantage of Dave's absence to take full league points in the Blisworth 5. He was second in the race itself, behind an astonishingly fast runner from Bedford. Making a rare, but very welcome, appearance in the Harriers' colours was Helen Rollins, who was second lady to finish.

Several of the middle distance squad completed the 5 race Peterborough 5K series, where the three best events were counted. Tabatha Walford and Josh Coles both won their series outright, with Kayli Walford sharing joint first, and Jack Hope also sharing joint second place.

Tabatha was in excellent form in the U13 Girls 3k series winning 3 races and coming runner up in the fourth. Josh Coles was equally impressive winning two races and coming second in his third race of the series. Kayli Walford also had two firsts and a second to her name, but had to settle with sharing her win along with Nene Valley Harrier Paige Lambert. Jack Hope, ever consistent, finished joint second with NVH Billy Mugnier with a win and two second places. Danielle Gaskell, still an U11, also ran well for fourth place in the series with a second, third and fourth

## **SPECTACULAR PERFORMANCES LIGHT UP KTH OPEN MEETING**

Birchfield Harrier Peter Whitehouse blazed round 800m in spectacular fashion. In what amounted to a personal time trial in difficult windy conditions (of course!), his time of 1.54 was very impressive. Almost the length of the straight behind him was KTH's Josh Coles, who nevertheless knocked four seconds off his PB with a 2.07 clocking.

Also running by himself was number 2 ranked under 13 1500m runner Hugo Milner from Derby AC. He failed narrowly in his quest to go to the top of the list, but 4.33 represented a superb effort.

But perhaps the biggest name taking part was former GB international long jumper Steve Phillips. An 8 metre jumper in his prime, he is still ranked in the top 10 in the UK all-time list. Now nearly 40, he leaped 7.09m, his best for about 6 years, consolidating his place at the top of the national Veteran-35 rankings. This somewhat overshadowed Aidan Bailey's commendable PB (4.54m).

We were pleased to welcome two young athletes from Jersey, one of whom (Florence Gothard) won the Under-11 600m, and there was a smattering of personal bests for the younger Harriers.

Bradley Fox cleared 1.75m for the first time. He also set new marks in the discus and javelin, as did Niamh Bailey. Lorna Milne improved her 100m (14.0) and Long Jump (3.78), whilst Evie Horsley, making her first appearance for some time, set new bests in the 100m and 200m. Under 15 boy Courtney Williams improved his 200m time to 25.5, whilst Harriet Sumnall, Annie Gilbert and Freya Marlow all got PBs in the Javelin. Towards the other end of the age spectrum, there were season's bests for two members of the successful KTH Veterans team: Bronwynne Smit in the 200m (32.2) and Gregg Smith in the High Jump (1.40m).

**Thanks are due to all the volunteers who helped out in any way.**

## COACH DEVELOPMENT DAYS

Through the Mccains Northants Network we will be taking part in some coach development days on the following days.

Sundays: 25th Sept, 30th Oct, 27th Nov and 18th Dec. at Loughborough University. 2pm till 4pm.

All these sessions are open to current coaches as well as those interested in developing their knowledge to potentially become coaches.

ANY ATHLETES are LOOKING TO COME PLEASE CONTACT SARAH BAILEY ON [bill.bailey@ktharriers.com](mailto:bill.bailey@ktharriers.com). If numbers are high enough the club will look to put on a minibus.

## TRAINING COURSES

### **Leadership in Running Fitness**

11<sup>th</sup> September 2011

The Pemberton Centre, Rushden

Cost: £90 (funding can be claimed back through scholarships)

It is a one day leadership training course which qualifies and insures leaders to deliver safe and fun running sessions for running clubs.

### **Coaching Assistant**

5<sup>th</sup>/ 6<sup>th</sup> November 2011

Loughborough University

Cost: £130 (funding can be claimed back through scholarships)

This qualification is for those who wish to move towards being a coach and begins to gather experience in details of making coaching decisions.

## KTH NATIONAL CHAMPION

Daniel Waples picked up a gold medal in the AAA under 17 championships at Bedford knocking a couple of seconds off his personal best as he finished the grueling event in 27:10.59.

Congratulations to Daniel and his coach Mark Wall and good luck in next month's ESAA race walking championships.

## Meet the Members

**Name:** Fran Ashworth

**How long have you been a member?** 2 Years

**Tell me how you first got involved with Kettering Town Harriers:**

I got involved with KTH after running in a District schools competition for school, although I was a member a few years before but gave up due to football commitments

**Role within the club?**

Athlete,

**If you could hit a splat a celeb with a custard tart which would it be?**

I'd splat jedward with a custard tart as they're a bit weird!

**When you last competed, how did that make you feel?**

My last 800m race I finally got a new PB after suffering a hamstring injury early in the season and I also broke the club record, so i was very happy. When I last competed in a 1500m race it felt good to be running for Harriers at the Heart of England because it was good fun and also id just had my 2 week break so was worried about my fitness but everything was good.

**What do you do when not at KTH?**

When I'm not at Harriers i'm usually on the laptop talking to other athletes on Facebook or watching films

## New Club Records

Congratulations to Josh Cara who broke the club Under 15 3000m record and Fran Ashworth who broke the U15 800m record.

## **Heart of England Success**

Although the final results have not yet been received, there is every indication that the Harriers Young Athletes won the last meeting of the Heart of England League Division Three. This would confirm them as champions and, of course, bring promotion to Division Two.

The trip to Stourport was not without its problems. A caravan overturned on the motorway exit delaying the team coach by an hour on the way up. And there was the familiar problem of late withdrawals although, on the plus side, there were plenty of new athletes who were finally persuaded to compete. All of them said they really enjoyed themselves so we hope they will take part regularly next season.

Amongst the highlights of the meeting were Tom Carvell's last leg of the relay (a lesson in sprinting) and Jack Hope's 1500m; he took second place in an excellent race. Daisy and Annie Gilbert, Harriet Sumnall, Niamh Bailey and Imogen Stokes were on form, all getting PBs. Under 11 boy Diarra Layne shows great potential and all of the middle distance girls did well given the very windy conditions and the traffic problems.

The inclusion of senior and veteran women athletes has been a great success. As well as scoring lots of points, Gemma Elliot has set a wonderful example to the younger athletes - such a team player. And Amanda Marlow was on great form at Stourport, getting a club record for hurdles and a 20 sec PB for the 1500m. Gemma and Niamh's willingness to try different events, along with Ed Cherry and Matt Stewart, has been invaluable in taking KTH to the league title.

Team manager Sarah Bailey has worked tirelessly in what can be a thankless task, but she has very reason to be proud of the KTH athletes whose behavior has been brilliant. Apparently their singing on the coach home was "awesome!" A full bus of happy teenagers makes it all worthwhile. Thanks too to Dick, Martin, Yvonne, Amanda and Adam and all the parent helpers for helping out at every meeting this season.

Sarah passes on the team manager baton to Amanda for next season, with the future looking very rosy for the Harriers.

### **Kettering Town Harriers Presentation Evening**

**11<sup>th</sup> November 2011**

**7.30pm till late**

**Cornmarket Hall, Kettering**

**Come celebrate the stars of Kettering Town Harriers  
in our yearly prize giving.**

**More details in next month's newsletter but get the  
date in your diary now.**

HAVE YOU EVER THOUGHT HOW JESSICA ENNIS WON ALL HER  
MEDALS?

THANKS TO COACHES, OFFICIALS, TEAM MANAGERS AND OTHER KEY  
CLUB MEMBERS!

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YOU!**

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MORE INFORMATION!!

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