

Presentation Evening

Each October/November the club holds its year end presentation of awards for outstanding achievement representing and working with the club during the year.

Well done to all this years award winners, congratulations and thanks to everyone who have represented the club this year and what a successful year all round. It was great to see so many of you representing the club and we look forward to another great year ahead.

Pictured right Bertie Lewis, Best Senior Male Track Athlete

For all the winners turn to page 10.



Coaching update

During 2010 we saw the loss of a few club helpers, fortunately that was balanced by with the arrival of some new help. The club would like to welcome Emma Hartley, Clare Brown, Yvonne Pape, Mary Allan, and Nicola Thomas on board.

Several coaches and helpers have gained long service awards this year:

Averil Hewitt and Colin Price collect their bronze awards. Elaine Knape, Vicky Bradford, Dennis Tucker, Helen Shilton, Scott Nicholls and Ian Killner now have their silver awards, whilst Mark Sheppard and Robin Morris pick up their gold awards.

Mark Hatton gets his platinum award with Nick Bull and Graham (Stan) Chambers having now racked up more than 1000 training sessions and receive diamond awards.

More Help Needed

The club needs additional helpers for the main junior club night on Wednesdays. Training will be given. Please speak to Nick Bull if you are interested or email him on nick-bull@sky.com.

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Berkshire Sportshall League



Berkshire Sportshall League Match 1

At the 1st round of the Berkshire Sportshall League at Eton, Team Kennet's Under 15 girls came 2nd, 8 points behind Slough. The Hurdles Relay team of Emma Seymour, Rebecca Allan, Codie Burnett and Honor Bowers won the event by 0.1 seconds while in the 4 by 2 Lap Relay, Emma, Rebecca, Codie and Rhea Walter were beaten by the same margin. In the Speed Bounce Codie and Rhea claimed 1st and 2nd place with Codie taking 2nd in the Vertical Jump, Emma 3rd in the Shot and Honor 4th in the Standing Long Jump.

The Under 13 girls also came 2nd 14 points behind Reading. Annabel Chaffey and Leah Beechey won the 2+2Lap and were joined by Georgina Bradford and Chloe Scaplehorn to win the 4 by 2 Lap relay. Georgina and Carys Cox came 2nd in the Parlauf and Leah, Georgina, Carys and Natasha Roue came 4th in the Hurdles Relay. In the field events, Chloe and Georgina came 1st and 2nd in the Speed Bounce and were matched by Annabel and Leah in the Standing Long Jump. In the High Stepper Annabel came 1st and Carys 3rd while Leah came 2nd in the Shot and Natasha 6th in the Standing Triple Jump.

The team of very young Under 11 girls finished in a creditable 7th place. Poppy Cottril and Ellie Randall came 5th in the



1+1 Lap and were joined by Chloe Jones and Mai Brown to also finish 5th in the 4 by 1 Lap Relay. Beth Jones joined Poppy, Chloe and May to finish in 6th in the Hurdles Relay. In the field events the best placing were from Chloe in 5th in the Speed Bounce and Poppy 6th in the Standing Long Jump.

Unfortunately, clashes with football and rugby matches meant we were unable to enter any boys teams in the event but well done to all the girls who took part.

A big thank you to all the parents who helped out as team managers, officials and providing transport.



Berkshire Sportshall League Match 2

The Under 13 Girls came 2nd overall behind Reading The Under 15 Girls also came 2nd this time behind Slough Juniors.

Under 11 Sportshall Championships

At the Berkshire Sportshall U11 Championships at Maidenhead on 31st January, the girls yellow team finished 3rd behind Slough and Reading. Unfortunately some late dropouts and a changed scoring system made it impossible for the girls red team and the boys team to mount a challenge.

Carys Cox and Jordan Donovan won both the 2 by 3 Lap race and the 8 Lap parlauf and were joined by Poppy Cottril and Carli Nichols to win the Obstacle Relay.

In the field events, the best performance was an equal 1st for Tily Javes in the A stream Foam Javelin where Carli also came 3rd and Carys came 2nd in the B stream scores. Jordan also managed a 1st B stream in the Vertical Jump while Chloe Jones came 7th in the B stream Standing Long Jump.

For the boys, the highlights were a 2nd place for Henry Javes in the A stream Speed Bounce and a 6th place for Robert Miles and Evan Hartley in the 2 by 3 Lap race.

Berkshire Sportshall Championship

At the Berkshire Sportshall Championships for Under 13 and Under 15s at Eton on 28th November, Team Kennet's Under 15 girls came 3rd despite having an incomplete team. The highlight for the team was a win the Speed Bounce from Rhea Walter and a 4th place in the Shot from Emma Seymour. In the overall points totals, Rhea came 9th with 195 points, Emma 10th with 191 and Rebecca Allan 12th with 176 points.

Three Team Kennet athletes teamed up with an athlete from Newbury AC to finish in 2nd place. Sam Randall came 2nd in the 2 Lap and 1st in the 4 Lap race and was joined by Conlan McDonald who came 3rd in both individual races to come 1st in the 8 Lap Parlauf. The two were joined by Aaron Conway and the Newbury Athlete to come 2nd in the 4 by 2 Lap Relay. In the field events, Sam came 2nd in the Shot and 3rd in the Speed Bounce and came 2nd in the overall points competition with 227 points. Conlan came 4th overall with 211 points and Aaron came 7th with 200 points.

Unfortunately, 2 late drop outs meant the Under 13 girls had an incomplete team but despite this they finished 4th. Millie Calkin and Annabel Chaffey came 1st and 2nd in the 2 Lap time trial and Georgina Bradford came 1st in the 4 Lap event. In the gruelling 6 lap race, Georgina came 1st with Annabel 2nd and the pair were joined by Millie and Natasha Roue to claim 2nd place in the 4 by 2 Lap Relay. In the Standing Long Jump, Millie and Annabel again recorded a 1st and 2nd place. Annabel added a 3rd place in the Standing Triple Jump and Millie a 2nd in the Shot. The Speed Bounce delivered a 1st place for Georgina and 7th for Natasha.

Inter County Sportshall

Congratulations to the Team Kennet athletes who were selected to represent Berkshire at the Aviva Sportshall UK Championships South-East Regional Final at Burgess Hill on 14th February.

Georgina Bradford, Leah Beechey, Mille Calkin and Annabel Chaffey were in the Under 13 girls team who finished 3rd. Josh Willock and Aaron Conway were in the Under 13 boys team who finished 6th. Alisha Bradford was in the Under 15 Girls team who finished 7th and Sam Randall was in the Under 15 Boys team who finished 5th.

Schools Year 7 Sportshall County Final

Six Team Kennet athletes, Millie Calkin, Alexander Maughan, Georgina Bradford, Yasmin Ryder, Leah Beechey and Christian Randall, were part of the St Bartholomew's School team on Tuesday 26th January 2010 for the Area Year 7 Sportshall competition. They won this and went on to compete in the Berkshire Schools Year 7 Sportshall Athletics County Final on 11th March 2010 at Thames Valley Athletics Centre in Eton.

Congratulations to them all as St Barts won out of 8 schools by a long margin. We don't have the details yet but all 5 girls won their individual races which is a fantastic achievement, Georgina won the Speed Bounce with a new PB of 81, closely followed by Millie whilst Leah won the Shot.

Wessex League Quadkids



Quadkids Match 1

Alongside the Wessex League competition, the Under 11s took part in a separate Quadkids match and despite all but three of the team being new to competition, they finished in 3rd place behind last years champions Slough and Marlborough.

The performance of the day was from Oliver Hewitt whose Vortex Throw of 33.88m put him at 4th place in the overall Wessex League rankings.

In the 75m Sprint, Rory McCullough was the fastest Team Kennet boy in 12.3s followed by Nicholas Field in 12.8 while for the girls, Poppy Cottril was fastest in 12.6 with Aimee Cussell in 12.8s.

In the 600m, Nicholas was fastest in 2:33 followed by Archie Coltart in 2:40 and Louis Coltart in 2:45, while the girls Chloe Jones was fastest in 2:34 with Elli Randall in 2:43.

In the Long Jump, Oliver Hewitt got the best boys result with 2.66m followed by Rory with 2.65m. For the girls, Poppy jumped 2.85m followed by Chloe 2.56m and Rachel Allan with 2.50m.

And in other the Vortex Throws, Rory threw 22.90m, Chloe 14.40m and Poppy 13.45m.

Quadkids Match 2

For the 2nd match of the Quadkids season, a huge team of twenty Team Kennet Under 11s took part. Despite a massive improvement in the team score, the total of 1286 points was only enough for 6th place.

The performance of the day was from Luke McMahon whose individual score of 238 points was the days highest score and included a club record Long Jump of 3.87m.

In the 75m Sprint, Evan Hartley was the fastest Team Kennet boy in 11.6s followed by Max Uden in 11.8 and Luke in 12.1

While for the girls, Aimee Cussell was fastest in 12.6 with Chloe Jones in 13.2s and Under 9 Alexandra Hartley in 13.8.

In the 600m, Max was fastest in 2:07 followed by Evan in 2:08 and Owen Denny in 2:12, while for the girls Chloe Jones was fastest in 2:22 with Elli Randall in 2:37 and Aimee in 2:39.

In the Long Jump, Luke's record jump was followed by Evan with 3.52m and Max 3:38m. For the girls, Ellen Taylor and Chloe both jumped 2.84m followed by Rachel Allan with 2.33m.

And in the Vortex Throw, Luke threw 33.80, Oliver Hewitt 27.82 and Rory McCulloch 24.89 and for the girls Chloe threw 17.43, Aimee 12.33 and Ellen 10.25.

Quadkids Match 3

For the 3rd match of the Quadkids season, eighteen Team Kennet Under 11s took part. Another large improvement in the team score to 1386 points gained the team 2nd place behind Slough Juniors.

The best individual total of the day was from newcomer George Armstrong with 239 points to give him 3rd place overall on the day. Three other boys, Evan Hartley 226, Harry Green 209 and Matthew Grey 209 meant it was the 1st time ever that four Team Kennet Athletes scored over 200 points in a match. The only club record of the day however came from the girls with another newcomer, Kira Angell whose Vortex Throw of 13.76 broke the Girls Under 9 record.

In the 75m Sprint, Evan was the fastest Team Kennet boy in 11.5s followed by George in 11.6 and Harry and Rory McCulloch both with 12.0s while for the girls, Aimee Cussell was fastest in 12.2 with Kira in 13.2 and Chloe Jones in 13.3s

In the 600m, Evan was fastest in 2:00 followed by Matthew in 2:04 and George in

2:05, while for the girls Chloe Jones was fastest in 2:18 with Kira in 2.26 and Elli Randall in 2:29.

In the Long Jump, Evan was once again best with 3.63m followed by George 3.55m and Harry 3:21m. For the girls, Chloe jumped 3.11m followed by Rachel Allan with 2.66m and Aime with 2.50m.

And in the Vortex Throw, Oliver Hewitt threw 34.36 followed by George 32.57 and Harry 28.93 and for the girls Chloe threw 17.89, Kira 13.76 and Aimee 13.64.

Quadkids Match 4

For the final match of the season, sixteen Team Kennet Under 11s took part. A team score of 1358 was only enough for 5th place.

The best individual total of the day was from George Armstrong with 242 points to give him 3rd place overall on the day. Luke MacMahon (207) and Max Uden (203) also scored over 200 points.

In the 75m sprint, George was the fastest Team Kennet boy in 11.6s followed by Max and Rory McCullough in 11.9s. While for the girls, Aimee Cussell was fastest in 12.2 with Kira Angell in 12.6s and Chloe Jones in 12.9s

In the 600m, Max was fastest in 2:01 followed by George in 2:02 and Matthew Grey in 2:08, while for the girls Chloe Jones was fastest in 2:12 with Kira in 2.20 and Elli Randall in 2:25.

In the Long Jump, George was best with 3.73m followed by Luke 3.35m and Rory 3:25m. For the girls, Chloe jumped 2.83m followed by Beth Jones 2.42m and Mai Brown with 2.21m.

And in the Vortex Throw, Oliver Hewitt threw 38.06 followed by Luke 30.12 and George 29.40 and for the girls Chloe threw 18.59, Rachel Allan 13.66 and Kira 13.05.

Indoor Sportshall Championships 2010

A record breaking West Berkshire Indoor Sportshall Championship saw 19 schools making up 31 teams with 248 athletes taking part. St. Nicolas School (pictured right) took the overall main prize by just 1 point from Falkland school, while in the plate it was Bradfield (below) that took the honours. And a big thank you to all the Team Volunteers (at far right) for helping out on the day.



West Berkshire & North Hants Primary Schools Cross Country Championships 2009/10

A record number of 45 schools took part in the 2009/10 cross county for primary schools, with a total of 861 finishers, setting a new record for the event, thanks to all the helpers and Newbury Racecourse making it such a successful event.

The winners are listed below:

Year 3 / 4 Girls		
1st	Charlie Bradley	Robert Sand's
2nd	Megan Ryder	Thorngrove
3rd	Sophie Bundock	St. Gabriels

Year 3 / 4 Girls Teams		
1st	Thorngrove	15
2nd	St. Gabriels	28
3rd	John Rankin	53

Year 3 / 4 Boys		
1st	Oliver Barnes	Falkland
2nd	William Chattel	Bradfield
3rd	James McCloughlin	Hampstead N's

Year 3 / 4 Boys Teams		
1st	St. Finians	22
2nd	Hampstead N's	26
3rd	Bradfield	41

Year 5 / 6 Girls		
1st	Alisha Reayer	St. Gabriels
2nd	Megan Gregory	Speenhamland
3rd	Kate Parkin	Thorngrove

Year 5 / 6 Girls Teams		
1st	Hungerford	51
2nd	Thorngrove	60
3rd	Robert Sandilands	64

Year 5 / 6 Boys		
1st	Ben Wierszyski	Chieveley
2nd	Harry Lowery	Long Lane
3rd	Jordan Blythe	Hampstead N's

Year 5 / 6 Boys Teams		
1st	Brightwalton	92
2nd	Thorngrove	97
3rd	Chieveley	123

Overall Schools		
1st	Thorngrove	253
2nd	Robert Sandilands	489
3rd	Falkland	551

Small Schools Trophy
Bradford

Most Improved School
Winchcombe

Hampshire Schools Overall		
1st	Woolton Hill	
2nd	Kingsclere	
3rd	Ecchinswell	

B Team Trophy
1st Bradfield

Oxford Mail Cross Country 2009/10

Oxford Mail 2009/10 - Round 3

Team Kennet athletes braved the very Cold Banbury Cross Country course in the third fixture of the Oxford Mail Cross Country league, despite the sub zero temperatures a good handful of club runners still braved the elements on a tough frozen course. The Under 15/17 men getting the best individual and team result of the day, Micheal Randall leading the team home in 2nd place with a 4th place on the day, with Aston Nicholls in 9th and Samuel Randall in 25th.

The Under 13 Girls lost a bit of grip with the league leaders this time with Yasmin Ryder 8th, Georgina Bradford 9th and Alexandra Maughin in 20th for 4th place team, keeping them in 2nd overall.

The Senior Ladies were hit with colds and only Rachel Elliott 8th and Sue Francis 12th could make the team, placing them 7th in Division 1 and having to settle for third best at end of the season. Both Elliott (snr) and Francis (v35) are secured top 3 individual in their age groups.

The Senior Men secured 3rd place in division 2 with Mark Shepherd leading the team home in 24th with u20 Tom Milburn 31st, James Moorcroft 55th, Guy Watts 62nd, Lee Jones 104th, Rob Findlay 118th, Simon Berry 151st and Colin Price 179th.

Katie Herbert was 19th in the u15/17 girls race with Natasha Hole 22nd and Emma Seymour 26th. Aaron Conway was the only u13 boy from the club in 18th and in the u11s Jordan Hole came 10th and Alex Winch 20th in the boys with the girls Chloe Jones 23rd, Carli Nicholls 25th, Ellie Randall 28th, Isobel Hole 42nd and Elysia O'Dell 45th

Oxford Mail 2009/10 - Round 4

Team Kennet travelled to Cirencester for the fourth round of the Oxford Mail Cross Country league on Sunday.

Micheal Randall stole the clubs best performance of the day with an excellent 2nd place in the u15/17 men's race and to help the team to 3rd place, Aston Nicholls came home in 11th with Luke Conway 21st and Sam Randall 26th.

The Under 13 Girls team matched the 3rd place as they have done all season, Yasmin Ryder led the girls home in 4th place with Georgina Bradford 8th, Alex Maughan 18th and Chloe Scaplehorn 19th.



The Senior Men recorded their best ever performance in the club with a great team victory pushing them to runners up in League 2, Mark Shepherd was first home in 17th, Tom Milburn 23rd, Nick Awbery 38th, Guy Watts 39th, James Moorcroft 60th, Neale Marlow 92nd and Lee Jones 105th, with Rob Findlay 149th, Simon Berry 159th and Colin Price 185th.

New comer Simon Banner came 11th in the Under 13 Boys race.

The Senior Ladies team came 4th, Sue Francis 10th, Helen Preedy 20th and Jenny Eaton 34th.

Katie Herbert led the u15/17 Womens team with 20th, Natasha Hole 25th and Emma Seymour 26th.

The Under 11 results saw newcomer Harriet Allan 17th, Carli Nicholls 25th, Chloe Jones 27th, Ellie Randall 33rd and Isobel Hole 41st. The boys Jordan Hole 3rd place and Alex Winch 25th.

Oxford Mail 2009/10 - Round 5

Team Kennet were out in force in the last of this years Oxford Mail Cross Country League at Horspath in Oxford.

The surprise of the day were the Under 13 Boys as they were 1st team on the day, new comer Alex Hanson was 4th with a much improved Aaron Conway 7th and Simon Banner 11th.

The Under 13 girls saw a great battle up front which included Yasmin Ryder, who finished strongly to take 2nd place just a few seconds behind the winner, which earned Yasmin 2nd overall for the season. Yasmin was backed up by Georgina Bradford in 7th and Alex Maughan in 9th for 3rd team and a

Bronze team in the league. another new comer Hanna Oliphant was 15th and Chloe Scaplehorn 19th brought the B team home in 7th place.

A total of 4 individual medals and 4 team medals were won at the presentations. This years Mens team grew stronger as the season went on, and a good turnout saw another great result taking their second win in succession which beat all but three in the higher league. It was enough to seal promotion to Division 1, thanks to Guy Watts 21st, Tom Milburn 23rd who took 2nd in the u20 age group, 25th Nick Awbery, 26th Mark Shepherd, 52nd Tom Munt, 64th James Moorcroft and 78th Neale Marlow. The B team were 86th Jack Eaton, 108th Lee Jones, 172nd Simon Berry, 189th Rob Findlay, 190th Colin Price and 219th Nick Maughan.

The Senior Ladies were again without Rachel Elliott but the small team still managed to finish 3rd in the league on the day. Sue Francis came 14th which kept her 2nd in the Vet 35 age group, 23rd Helen Preedy and 35th Jenny Eaton.

The u15/17 Boys picked up medals as well, Michael Randall came 3rd on the day and that was his overall league placing which was also the same as the team in the league as well. Luke Conway was 18th and Samuel Randall (u15) 20th.

The Under 15 Girls saw Katie Herbert home in 22nd, Emma Seymour 25th, Katie Metalli 26th and Natasha Hole 28th.

The Under 11s saw the best turnout of the year. For the girls 8th Carys Cox, 29th Harriet Allen, 33rd Carli Nicholls, 35th Chloe Jones, 37th Elysia Odell, 46th Isobel Hole, 47th Bethan Jones. For the boys 6th Jordan Hole, 17th Piers Oliphant, 23rd Alex Winch, 29th James Maughan and 35th Alex Davis.

Berkshire Cross Country Championships



Team Kennet were in action at the Berkshire cross country champs on Saturday at Braywick in Maidenhead. The clubs best result of the day came from Samuel Randall in the u15 boys where he came in 5th place but was helped to gain a bronze team medal with Nathan Gillis 9th, Daniel Collis 14th and Aaron Conway 15th.



The veteran teams both took medals this year. The four vet men Nick Bull 8th, Rob Maslen 10th, Simon Berry 11th and Colin Price 13th secured their silver medal, and for the ladies vets Jenny Eaton 7th, Mary



Allan 13th, Liz SaUnders 14th and Carolyn Craik 15th also won their Silver. In the mens race Nick Jones led the team home in 5th place with an excellent 7th place, with Guy Watts 14th James Moorcroft 22nd and James Wilding 36th.

The u13 girls race was the toughest of the day, Yasmin Ryder led the way with a well deserved 6th place, with Georgina Bradford 13th, Amelia Wenlock 22nd, Carys Cox 24th and Chloe Scaplehorn 26th for 4th place team.

The u13 boys again had to get their 4 team members round for a bronze medal, Oli Overrend ran his best race to finish 6th, Evan Hartley 14th and Alex Davis 15th but the fourth runner had a tumble 400m from home had to pull out due to an injury.

The Under 15 girls saw Rhea Walter finish 9th place and starting to show her old form, with Emma Seymour 17th, Micheal Randall came home in 6th in the u17 mens race with Luke Conway 12th.

BBO Cross Country

Team Kennet sent another large squad of athletes to the Berks, Bucks & Oxon Championships. After last years medal haul, it wasn't to be this year, with a lot of near misses, but we had athletes in every race barring the u17 women.

The first race of the day, Under 13 girls saw 8 girls from Team Kennet line up in the strongest field of the day, with several athletes ranked in the top 20 in the UK, Yasmin Ryder had a spike shoe half taken off which slowed her down till halfway point, where a strong finish enabled her to finish 7th, with Georgina Bradford next home in 14th and Chloe Scaplehorn next in with another strong finish for 19th place and 4th place in the team. The B team of Carys Cox 27th, Amelia Wenlock 32 and Jordan Donovan 36 came 9th but were the 2nd B team home, Bethany Ladd was 40th and Harriet Allan had to withdraw halfway round.

The u13 boys Oli Overrend came in 14th, with Tom Coltart 34th, Evan Hartley 37th and Alex Davis 39th for 9th team. The Under 15 girls saw only two girls, Emma Seymour who normally throws the discus came in 30th while Rhea Walter had to withdraw again half way round.

The Under 15 boys race was next, seven from the club and they just missed out on a team medal, William Ballard was first home in 14th with Nathan Gillis 19th, and Samuel Randall 25th. The B team were led home by Alex Hanson 27th, Aaron Conway 32, Daniel Collis 33rd and Oliver Coltart 39th.

The Under 17 mens race Micheal Randall went out hard and kept with the front 2 for over half the race, he slipped back to fourth on the hills, where he managed to keep off fast approaching other runners to the finish, Luke Conway came in in 22nd place.

The senior women came runners up last year and won the race, but this year it wasn't to be, Jenny Eaton was first home in 23rd place and 4th vet home, and Mary Allan came home in 47th.

The senior mens race saw a much larger field than normal, Nick Jones led the way in 23rd place with Nick Ballard 27th, Rob Findlay 74th, Lee Jones 76th, Nick Bull 78th and Simon Berry 96th making up the team for 10th place, with James Wilding and Colin Price in the early 100s.

Oxford Mail Cross Country 2010/11

Oxford Mail 2010/11 - Round 1

Team Kennet sent a large squad to the opening fixture of the Oxford Mail Cross Country League at Ascott-Under-Wychwood on Sunday.

The Under 13 Girls took the clubs best results of the day, Yasmin Ryder narrowly missed the top 3 by 2 seconds with a fourth place. She was well backed up by Georgina Bradford 7th and Amelia Wenlock in 8th for a 2nd team place on the day. The B team Chloe Scaplehorn 15th, Charlie Estcourt 17th and Alex Maughan 23rd saw them finish in 6th place, Harriet Allan was 34th.

The Under 15/17 Mens race saw Micheal Randall in a fast but strong race. He held his ground over the hills and through the water to finish 4th overall (3rd u17), the team came 6th overall with Luke Conway 26th and new comer William Ballard 29th. Alex Hanson came in 30th to lead the B team with Aaron Conway 47th and Olly Coltart 48th for 15th team, and new comer Daniel Collins was 49th.

The Senior section of the Mens team were involved in Division 1 for the first time, Tom Munt led the yellow vests home in a record field of 300 finishers, with 30th place and 3rd Vet 40. New comer Nick Jones came in just behind in 32nd, with another new comer Nick Ballard 50th and 3rd Vet 50, Guy Watts 56th, Gavin McLoughlin 100th, Nick Bull 145th and Rob Findlay 158th bringing the team home in 6th place out of 8. Other runners were Dick Kearn 196th, Simon Berry 219 and Colin Price 251

The ladies were missing one key member but Sue Francis came in 17th (4th Vet) in another record field of 175 finishers, Helen Preedy 22nd and Jenny Eaton 38th brought the team 7th out of 8 in Division 1. Mary Allan ran her first ever Cross Country to come home in 93rd place.

The Under 11s saw again big fields, in the boys race Evan Hartley came 7th in a close fought race and just behind was James McLaughlin 9th, James Maughan 18th, Archie Coltart 40th and Daniel Hockaday 41st.

For the girls, Imogen Harding ran a great race to run out of steam in 10th place with Ellie Randall 21st, Mai Brown 35th, Chloe Jones 38th, Izzy Hole 45th and Beth Jones 46th.

The Under 13 Boys Jordan Hole in his first year of the age group came in 15th with

Tom Coltart 27th and Alex Davis 31st. For the Under15/17 women Rhea Walter made a welcome return with 24th place, new comer Poppy Strong 25th, Hana Oliphant 28th and Emma Seymour 33rd for 9th Team place.

Oxford Mail 2010/11 - Round 2

Team Kennet were in action in the second round of the Oxford Mail League on Sunday at Cullham Park near Abingdon. It was the u13 Girls that just stole the limelight for the club on Sunday as Yasmin Ryder showed her talent in sitting behind Oxford's athlete and took over with 400m to go to open up a 10 second advantage and storm to the first win of her career. Georgina Bradford not suited for these conditions came in 6th while another athlete Carys Cox bottom of the age group came in 10th. The team were 2nd on the day and remain 2nd overall in the league, with Ryder 2nd overall in the individuals.

The Under 15/17 Mens race saw nine club athletes, Micheal Randall ran a solid gutsy performance but not strong enough in the end, to finish 2nd place but enough to be leading the individual rankings, Aston Nicholls made a welcome return in 7th place with Sam Randall 15th (4th u15) bringing the team home in first place. Other runners were Luke Conway 20th, Will Ballard 24th, Alex Hanson 33rd 10th team, Aaron Conway 35th, Daniel Collis 39th and Alex Roue for 15th team.

The Senior Womens team also were successful, although finishing 4th place in Division 1, Sue Francis leading them home in 12th place, Lucy Gittens made a welcome return in 15th and 1st Vet 45. While Jenny Eaton came just behind in 20th for 2nd Vet 45 but is now leading her age group. Sarah Gibbs made her debut in 56th place.

The Senior Mens team were weakened with injury and illness, Nick Jones led the way in his best run of the year with 18th place, Tom Munt strolled his way round for 46th, with Guy Watts just behind 52nd, James Moorcroft 78th, Nick Bull 101st, Rob Findlay 112th, John Marriott 121 for 7th team in division 1. Colin Price was next home in 183rd.

The Under 13 Boys saw Jordan Hole improve on last months position with 13th and Alex Davis 20th, and in the Under 15/17 Womens Rhea Walter was 25th and Emma Seymour 28th. The Under 11s girls

Imogen Harding came home in 6th place, followed by a good run from Mai Brown 13th, Carli Nicholls 17th, Elli Randall 20th, Izzy Hole 34th, Chloe Jones 37th and Beth Jones 45th. The boys Jamie McLaughlin came 10th, Jamie Maughan 14th and Daniel Hockaday 33rd.

South East Inter County Cross Country

Congratulations to Sam Randall who finished 17th in the Junior Boys section and to Michael Randall and Luke Conway who finished 30th and 36th in the Intermediate Boys at the South East Inter Counties Cross Country at Priory Park, Reigate on Saturday 6th February.

Newbury Schools XC

Congratulations to all the Team Kennet Athletes who competed at the Newbury Schools Cross Country at Hungerford on 27th January.

The Year 7 Girls event was won by Yasmin Ryder, with Georgina Bradford 2nd, Alex Maughan 3rd, Chloe Scaplehorn 4th, Annabel Chaffey 14th, Leah Beechey 15th and Millie Calkin 21st.

The Year 8/9 Boys event was won by Samuel Randall with Nathan Gillis 12th and the Year 10/11 Boys event was won by Michael Randall with Luke Conway 3rd. In the Year 8/9 Girls Poppy Strong was 4th with Freya Eaton 10th and Rhea Walter 14th and in the Year 10/11 Girls Katie Herbert was 4th and in the Year 12/13 Boys, Tom Milburn was 3rd.

Also in the Berkshire Schools Cross Country, Yasmin was 2nd, Georgina 3rd, Alex 7th and Chloe 8th in the Year 7 girls while Poppy was 13th in the Year 8/9 girls. Sam was 3rd in the Year 8/9 Boys while Michael was 4th and Luke 13th in the Year 10/11 Boys and Tom 7th in the Year 12/13 Boys.

Thorpe Park

The club recently went on a Thorpe Park Trip, some sixty club athletes and helpers braved the rides and thrills on a warm September day organised by Jenny Eaton & Nick Bull.



We will be organising another trip this time to Chessington World of Adventures sometime in April/May costing approx £25 per person with u12s £2.50 cheaper. Any u11s who want to go will have to be accompanied by one of their parents. More information will be available in February.

A busy weekend in Aldbourne, Peasemore and Chippenham

During one busy weekend Team Kennet road runners took on the Aldbourne 10k with new comer Nick Jones tackling the hilly course well to be just out raced in the last 1km taking 2nd place with 36.36, Nick Bull came in 6th place overall on his return to racing. The 4th Peasemore 5m attracted its usual field of 200 and veteran Tom Munt came home in 4th place in 28.40 to take 1st Vets prize. While another Vet Jenny Eaton took runners up in the Vet 40 age group.

Whilst the Chippenham Half Marathon saw Lee Jones come home in 1.29.57.

South of England Relays



Team Kennet's Under 13 Girls prospered at the South of England Road Relay Championships at Adershot. In their first big competition the club managed to send three teams in this age group. On the start line for the A team was Georgina Bradford who came in 24th place, while for the B team Carys Cox handed over in 37th and Millie Calkin handed the C team over in 47th of the 75 teams that started.

The second string runners soon made up ground as they all improved their positions, Yasmin Ryder ran Under 9 mins for the 2.2k course to hand over in 16th place, while Chloe Scaplehorn's excellent run brought her in 27th, and Jordan Donavan handed over in 43rd place after moving up to 35th at one point.

The last leg runners again improved their team positions, Amelia Wenlock ran the clubs fastest and 14th fastest of the day with an 8.44 leg to bring the A team home in equal 7th place just 2 seconds off 6th. The B team's Alex Maughan ran the teams fastest leg to secure 21st place and Leah Beechey just tired at the end and brought the C team home in 49th place. Last years winners Bracknell were victorious once again.



Berkshire Road Running Championships

Team Kennet won three overall medals in the Berkshire Road Running Championships in the road series, based on 4 races 10k, 10m, Half Marathon and Marathon.

Colin Price took part in all 4 events, and it paid off as he won the Vet 50 Men age group, bagging two silver medals in the Half Marathon and Marathon County Championships.

For the Senior Women Sonja Kabirschke came runner up and won a gold in the Half Marathon race. Whilst in the Female Vet 45 category, Jenny Eaton came third overall, but also won two runner up medals in the 10mile and the 10k races.

Reading Half Marathon

Team Kennet had several athletes competing in the Reading Half Marathon, in what was described as near perfect conditions, Tom Milburn certainly rose to that, and as an Under 20, he came in 111th with a time of 1.19.29, with Guy Watts 1.25.01. Just behind was veteran John Marriott 1.28.40 with sprinter Neale Marlow 1.30.36, Lee Jones 1.31.59, Jenny Eaton claimed a personnel best of 1.38.05, Graham Muse was just behind in 1.39.11 and Gerry Iles 1.55.36.



A Few Spring Road Running Dates for your Diary

Date	Race	Distance	Terrain	Website
9 Jan 2011	Goring and Woodcote 10k	10k	Road	www.lions-gwd.org.uk
16 Jan 2011	Rough 'n' Tumble (Milton Lilbourne)	10m	XC	www.grassrootsevents.co.uk
23 Jan 2011	Romsey 5	5m	Road	www.conceptsport.co.uk
13 Feb 2011	Wokingham Half Marathon	13.1m	Road	www.wokinghamhalfmarathon.co.uk
20 Feb 2011	Winchester 10k	10k	Road	www.conceptsport.co.uk
20 Feb 2011	Bramley 20	20m	Road	www.readingroadrunners.org
20 Feb 2011	Bramley 10	10m	Road	www.readingroadrunners.org
27 Feb 2011	Terminator 11	11m	XC	www.pewseyvalerunningclub.com
27 Feb 2011	Meon Valley Plod	20m	XC	www.pjc.org.uk
6 Mar 2011	David Lloyd 5k (Southampton)	5k	Road	www.conceptsport.co.uk
6 Mar 2011	Goring 10k	10k	Road	www.goring10k.co.uk
13 Mar 2011	City of Salisbury 10	10m	Road	www.salisbury-arc.org.uk/
13 Mar 2011	Gloucester 20	20m	Road	www.gloucesterac.co.uk
20 Mar 2011	Reading Half Marathon	13.1m	Road	www.readinghalfmarathon.co.uk
27 Mar 2011	Eastleigh 10km	10k	Road	www.eastleigh10k.hampshire.org.uk
2 Apr 2011	Maidenhead Easter 10	10m	Road	www.maidenheadac.co.uk
3 Apr 2011	Combe Gibbet to Overton	16m	XC	www.overtonharriers.org.uk
10 Apr 2011	White Horse Half	13.1m	Road	www.whitehorseharriers.org
17 Apr 2011	Virgin London Marathon	26.2m	Road	www.virginlondonmarathon.com
23 Apr 2011	Compton Challenge 20 (Sat)	20m	XC	www.comptonharriers.org.uk
23 Apr 2011	Compton Challenge 40 (Sat)	40m	XC	www.comptonharriers.org.uk

Team Kennet End of Season Presentation 2010 Winners

Under 9s Athlete Of The Season
Kira Angell

Under 11s Best Track Athlete
Evan Hartley
Runners Up
Chloe Jones and George Armstrong

Under 11s Best Field Athlete
Oliver Hewitt
Runner Up Luke McMahon



Under 13s Best Track Athlete
Georgina Bradford
Runners Up
Millie Calkin and Yasmin Ryder

Under 13s Best Field Athlete
Leah Beechey
Runner Up
Christian Randall and Adam Conway

Under 15s Best Track Athlete
Samuel Randall
Runners Up Conlan Macdonald,
Josh Willock and Freya Eaton

Under 15s Best Field Athlete
Izzie Machattie
Runners Up
Luke Angell and Kittie Brockbank

Under 17s Best Track Athlete
Aidan Marshall
Runner Up Michael Randall

Under 17s Best Field Athlete
Peter Saunders
Runner Up Alishia Bradford

Most Improved Athlete
Rebecca Allan

Most Dedicated Athlete Award
Codie Burnett
Jack Hatton



Lee Throws Cup
Izzie Mchattie



Junior Athlete Of The Year
Samuel Randall



Calkin Sprint Cup
Freya Eaton



Fastest Series Male Mad Miler
Nick Bull



Hewitt Jumps Cup
Yolanda Nicholson



Fastest Series Female Mad Miler
Mary Allan



WBS Middle Distance Cup
Yasmin Ryder

Fastest Series U15 boy Miler
Jordan Hole

Fastest Series U15 girl Miler
Georgina Bradford

Fastest Series U11 boy Miler
Evan Hartley

Fastest Series U11 girl Miler
Chloe Jones

Most Improved Mad Mile
Luke McMahon

Best Senior Male Track Athlete

Bertie Lewis
Richard Knape

Runner Up Jonothan Wylie

Best Senior Male Field Athlete

Justin Lakey

Runner Up

Richard Knape and Simon Scholes

Best Senior Female Track Athlete

Jenny Eaton

Runner Up Katie Herbert

Bottom Award

Alex Roue

(1st club athlete DQed Under new rules)



Volunteer Of The Year

Avril Hewitt



Chairmans Cup

Under 13 Girls Team

Yasmin Ryder, Millie Calkin, Georgina Bradford, Alex Maughan, Chloe Scaplehorn, Jordan Donovan, Carys Cox, Sarah SaUnders, Leah Beechey, Harriet Allan, Charlie Estcourt, Annabel Chaffey, Aimee Denny, Amelia Wenlock



Triathlon Male Series Club Champion

John Marriott

Triathlon Female Series Champion

Carolyn Craik

Triathlon Male Club Championship

John Marriott



Triathlon Female Club Championship

Harriet Chettleburgh

Triathlon Veteran Club Championship

Steve Robinson



Triathlon Junior Club Athlete

Aston Nicholls

Multi-Sports Male Award

Aston Nicholls

Multi-Sports Female Award

Sonja Kabirschke

Triathlon Swimming Award

Graham Muse

Triathlon Cycling Award

Rog Davis

Triathlon Running Award

Bart Kujiten



Male Road Running Champion Div 1

Mark Shepherd

Runners Up Guy Watts, Colin Price

Division 2 Champion

Tom Munt

Division 3 Champion

Nick Jones

Female Road Running Champion

Jenny Eaton

Qualified Officials

The club needs more qualified officials. Full details of courses can be found on the England Athletics website: www.englandathletics.org and then clicking on the 'coaching' button. The club will reimburse all course fees. Upcoming dates include a course in Oxford on March 20th 2011.

November saw Dennis and Jayne Tucker, Janet Walter and Emma Hartley attend a field officials course, while club chairman Nick Bull did his marksman course in Andover. Please speak to Nick if you would like to find out any more.

Volunteers needed to help marshal at the Newbury Duathlon

Team Kennet organise The Newbury Duathlon, which helps to provide funding for the club. We require marshals for both the run and cycle routes. No experience is required, as a full briefing will be given.

If you are able to help out on Saturday 26th March at 9am for a few hours please contact Roger Davis by emailing rog@kdprint.co.uk.



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Open Athletics Meetings

Bracknell Open

Team Kennet athletes were in action at Bracknell in one of the first open Meetings of the season, Izzy McHattie was the clubs best athlete on the day winning two gold medals in the Under 15 girls, firstly the Shot with 10.44 taking her into the top 10 UK rankings and the Javelin 29.33 of which she holds the UK number 2 spot from 2 weeks ago with 30.43. Both are national grade 1 performances.

Alishia Bradford added another gold in the u17 women's with a 25.12 in the Discus, and picked up a silver in the Shot 8.17. The Under 13 girls saw some great performances, Millie Calkin came through to take silver in the 150m Sprint in 21.11 in the final, with Annabel Chaffey 5th 21.66. Both team up in the final of the 80m Sprint coming 5th 11.60 and 11.68 6th place respectively.

Again both teamed up in the Long Jump to just miss out on medals with Calkin 3.94 and Chaffey 3.91. The middle distance athletes also saw a medal, Georgina Bradford won her heat of the 600m in style in 1.52.8 to find out the second heat was slightly faster but claimed a bronze as the third fastest. The 1000m saw Yasmin Ryder just miss out coming 4th place in 3.22.3 and Alex Maughan 11th fastest in 3.42.10. Ryder came 4th in the Discus 13.45. For the Under 15s Emma Seymour came 6th in the Discus with 19.62 and same placing in the Shot and Yolanda Nicholson came 5th in the 100m in 13.46 and 4th in the 200m in 27.85.

Basingstoke Open

Team Kennet Juniors were in action over Easter in the annual Basingstoke Open meeting. Several athletes turned out, and most of the medals again came from the Under 13 girls, Millie Calkin came home with two bronze medals first was in the 200m in 29.49 with the other in the 100m in 14.6.

The 200m saw three athletes from the club in the final, Leah Beechey was 4th in 30.16 with Annabel Chaffey 5th 30.72. Beechey also made the 100m final to come 4th in 15.0. She went on later that day to win a silver in the Shot 8.11, Yasmin Ryder also claimed two bronze medals the first in the 800m to take her into 6th in the UK rankings 2.34.6 in a very close race, the other came in the Discus 13.71. Georgina

Bradford was just behind Ryder in the Discus 13.16 and in the 800m to give her a UK ranking of 10 with 2.37.7. Alex Maughan also ran in the 800 with 2.49.15.

Annabel Chaffey just missed out on bronze in the Long Jump with 3.92.

Alishia Bradford won a gold in the u17 Discus with 27.55 and took silver in the Shot 7.81, in the same age group for the boys Micheal Randall ran a P.B. in the 1500m to win in 4.20.4.

The Under 15 girls Freya Eaton was just pipped for gold in the 80m Hurdles in 12.89 and in the Boys age group Conland McDonald came 3rd in the 100m 12.59.

In the u11s both Oliver Hewitt and Alex Winch just missed out on bronze in the Cricket Ball Throw 29.44 and long jump 3.38 respectively.

Other athletes competing were Tom Uden u15b 1500m 5.50.5, High Jump 1.30, u11s Max Uden 70m 11.9, 600m 2.17.8, Alex Davis 600m 2.16.1 Long Jump 3.15 Oliver Hewitt Long Jump 3.11. Emma Seymour u15g Shot 6.78, Discus 19.64, Alex Hanson u15b 1800m 2.37.6 and Yolanda Nicholson 200m 28.31

Radley Open

Team Kennet juniors were in action again at the Radley open, conditions didn't favour the sprinters due to a strongish wind but some strong performances early in the season set a good medal haul on the day.

For the girls, the best came from Yasmin Ryder and Georgina Bradford in the Under 13 girls 1200m, both fought it out over the distance with Ryder just getting the edge with a gold medal in a national grade 1 time and to take her to UK ranked 2 with 4.02.4 and Bradford 4.04.7 for silver and ranked 3rd in the UK rankings.

Millie Calkin came away with a clutch of medals two silvers in the Sprints 80m 11.9 and 22.5 for the 150m then a superb personnel best in the Long Jump 4.08 for a bronze. Chloe Scaplehorn came away with a silver in the 600m 2.01.2

Emma Seymour also threw herself to two silver medals in the Shot 6.76 and Discus 20.90 in the u15 girls. While Alishia Bradford followed last weeks success in the Discus for another win and 28.96 to put

her 12th in the UK rankings with another gold and a silver of 7.82 in the Shot.

For the boys, Under 11 Oliver Hewitt won a bronze achieving a personnel best in the Ball Throw with 32.36. While Under 15 Samuel Randall took gold in both the 150m and 300m events with times of 19.4 and 39.8 plus a silver in the 600m with 1.39.6. His brother Christian (Under 13) ran 13.7 in the 80m, 25.7 in the 150m and narrowly missed a medal with 18.39 in the Javelin. Alexander Hanson (Under 15) picked up a bronze with 12.4 in the 80m and also threw 14.77 in the Javelin.

Meanwhile at Lee Valley Under 15 athlete Yolanda Nicholson came 3rd in the 100m in 13.22 and 4th in the 200m finals with 27.8

Team Bath Open

Mark Hatton's hurdles group which included Bertie Lewis, Freya Eaton and Jack Hatton attended the Bath Open on Saturday 17 April.

The first competition of the season can sometimes be a nervous affair and Saturday was no exception. However the spring sunshine was beautiful so the feel good factor was high.

Bertie's transition to 400m Hurdles continues a development pathway. He drew an outer lane at this meet so was running blind for the first 300m. He ran 15 strides to hurdle 6 and 17 strides from hurdle 7 to the finish. This run produced an early season pb of 55.13 and placed him second in the Senior Men's race. This has put him in at UK number 2 in the U/20 age group. We have a target time for the season of 53.50.

Although the weather had an uplifting feel it also brought with it a headwind for the sprint hurdlers. Jack is hopefully injury free now for the season and has been hurdling consistently since the beginning of the month. He ran 12.50 into a 1.4 headwind to win the U/15 80m hurdles. He has a target time for the season of 11.5.

Freya replicated Jack's performance running 12.60 into a 0.8 headwind winning the U/15 75m hurdles. She has a target time for the season of 11.8.

Also at Bath, Simon Scholes posted a time of 12.77 in the 100m and Aidan Marshall 24.59 in the 200m

Havant Open

Yasmin followed up her win the day before but on the track in the open 800m race to beat of u17 and u20 women to come home in 1st place with a new pb of 2.31.3 to a UK ranking of 8th and another club record. Georgina Bradford came home 2nd in the same race in a pb of 2.34.1 with Alexander Maughan 2.50.7 also taking part

Team Bath Open

More club records went at the open meeting in Bath, Senior athlete Simon Scholles broke the Pole Vault record taking it to 3.42, and also got a pb in the 100 12.77 sec.

Bertie Lewis was 2nd in the 400m Hurdles 55.13 in the u20 age group then ran 51.99 in the 400m later on.

In the Hurdles Jack Hatton won his u15 Boys Hurdles race in 12.5 and Freya Eaton hers in 12.6.

Eton Open Graded Meeting

A number of Team Kennet athletes attended the first Eton Indoor Open Graded Meeting on 5 December.

In the 60m; Arland Craik, Aidan Marshall and Conlan Macdonald all opened their indoor season with solid performances. Conlan Macdonald U15 set a personal best in the second round of 7.77. Yolanda Nicholson U17 also set a personal best in the second round of 8.30. U15's Millie Calkin (9.01) and Annabel Chaffey (8.84) also competed confidently in their races.

Whilst in the 60m Hurdles; the U17 boys proved to be the most competitive series of races on the day. Three of the entrants were UK top ten ranked at U15 in 2010. These races were their first competition in a new age group that incorporates a higher height of hurdle. These competitors were Brad Hill (Marlborough) UK number 2, Alex Walker (WSEH) UK number 4 and Jack Hatton (Reading/Team Kennet) UK number 8. The result was the same in each race with Alex winning, Jack a close second and Brad fourth. This is an excellent start for Jack. Team Kennet's Matt Davies also competed in these races. He also made an excellent start to the winter series.

Team Bath Open

A small number of athletes from Team Kennet travelled to Bath for the first of the Team Bath Open Meetings.

Conlan Macdonald U15 Boys 60m improved his personal best to 7.72. Aidan Marshall ran 7.60 as he did at Eton the previous weekend. Jack Hatton who is now in the U17 age group continued his battle with Brad Hill from Marlborough who was the UK number 2 in 2010. Brad won the first race on Saturday and Jack won the second. Both are currently ranked at UK number 2 and 4 over this distance. The improving Matt Davies came third to Brad and Jack in both races.

On the girls side the meeting was attended by Codie Burnett, Annabel Chaffey and Millie Calkin. Codie ran 8.68, Millie 8.70 and Annabel 8.72.

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Southern Mens League

Southern Mens Match 1

Team Kennet kicked off their Southern Mens Division 3 West campaign at Par in Cornwall, a ground where the club have travelled well in the past and they again lived upto their promise with a superb second place in the match.

1st	Newquay & Par	120
2nd	Team Kennet	87.5
3rd	Royal Navy	73.5
4th	Yeovil OAC	70

Richard Knape the clubs decathlete showed his training over the winter has paid off, opening the track events in the 400m hurdles with a great win in 57.8. Whilst in the B string Jono Wylie added another win with a 62.0.

Knape added a further win in the high jump with 1.75 and in the B string James Moorcroft cleared 1.55 for 2nd.

Peter SaUnders came 3rd in the 100m in 12.4 with Simon Scholes 4th in the B string 12.9.

The Hammer produced two 3rd places from Scholes and Graham (Stan) Chambers while in the Long Jump Knape leapt to 5.90 for 2nd and SaUnders 5.29 for a fourth place in the B string.

Good points were also gained in the Pole Vault as Scholles and Knape teamed up with Scholles taking 2nd with 3.50 and Knape the same place 2.40

Back on the track Moorcroft broke clear in the final 100 to take another win in the 800m in 2.03.1 with Micheal Randall taking 2nd in the B string, Moorcroft then ran the 5000m for 2nd place. Whilst Neale Marlow kept up with the leading B string athlete to cruise past on the final lap to win the string, both ran to the 400m start to run in the 400m with only 10 mins recovery, where both came 2nd in there strings Moorcroft 53.3 and Marlow 56.3.

Richard Knape added another win in the 110m hurdles 16.2, while in the 200m Wylie and Marlow achieved 3rd and 4th places.

The Triple jump saw two more 2nd places from Peter SaUnders 11.66 and Wylie 10.74 while in the Shot and Discus both Scholes and Chambers managed 4th places. Both moved up a place in the Javelin for thirds.

The 1500m saw more 2nd places from

Randall and Moorcroft while the Relays teams took two third places, and in the last event Moorcroft and Knape rounded off a busy day with 2nd places each in the 3000m steeplechase.

Southern Mens Match 2

Team Kennet's men travelled to Portsmouth for the second Southern Men's league match of the season. Apart from blustery winds typical of a seaside location, the team were blessed with sunshine for the majority of the event and was spurred onto some excellent performances.

Richard Knape once again demonstrated his true talent and versatility by competing

in seven events. He won the 110m hurdles and secured second place in the; long jump, pole vault, high jump and 400m hurdles. Under-17 Peter Saunders also demonstrated his growing talent at the jumps: although hampered by injury he still managed to win the B-string long jump with an excellent 5.72m in addition to anchoring the 4 x 100m relay.

Fellow Under-17 Michael Randall ran strongly in the 800m and then backed it up with an excellent 4:18 1500m. Newcomer Alex Roue showed his season is progressing well by equalling his personal best in the B 100m was also part of our strong 4 x 100m relay team.





Simon Scholes and Graham Chambers stepped up to compete in all four throws events again with both of them gaining personal bests; Simon in both the hammer and shot putt and Graham in the hammer and discus. Simon also competed in the pole vault where he came away with an A string win with a height of 3.40m.

In the longest distance race of the day, the 5000m, Under-20 Tom Milburn demonstrated his continuing maturity as a distance runner to finish second A string with a personal best time of 17:04. Team captain Mark Shepherd provided excellent back-up with a second place in the B string race.

U20 Jonathan Wylie continued his improving streak in the 400m hurdles, shaving more time off his personal best (61.7 seconds) with fellow U20 Neale Marlow running close to his personal best in the 400m flat and also running a strong 12.2 seconds in the 100m.

Justin Lakey demonstrated his current excellent form with a clearance of 1.85m in the high jump, and clocked a 16.5secs in the 110m hurdles.

James Moorcroft was another athlete who stepped up to participate in multiple events, one of which was arguably the most exciting race of the day: James was involved in a photo finish in the 400m where he had to settle for second in the A string race with a time identical to the winner's. He also ran in the steeplechase, the 800m and was part of the 4 x 400m team with Michael Randall, Jonathan Wylie and Neale Marlow who ran a stunning 3:38mins to smash the club record by a massive 7 seconds.

After a long day Team Kennet came away with a well deserved second place, only 12 points behind home club Chichester. They are now placed seventh in the overall league table.

Southern Mens Match 3

Team Kennet's men travelled to Swindon for the third Southern Men's League match. Conditions were the best experienced for some time at a league match, and there were some exceptional performances to match.



Simon Scholes started off the run of good fortune for Kennet with three second places: the A string shot putt, the A-string pole vault and the A-string hammer. Simon's shot throw of 8.00m and his pole vault of 3.60m were new personal bests for Simon, with his pole vault result also securing him a new club record. Graham Chambers provided excellent backup in the throws, with two additional second places in the hammer and shot.



On the track, Bertie Lewis demonstrated why he is currently ranked in the UK top 30 over the 400 metre hurdles, and secured an easy win in the A string race in 55.4 seconds: five seconds faster than his nearest competitor. In a further demonstration of his strength, Bertie then went on to run a personal best in the 200m A-string race with a time of 23.3 seconds for second place.

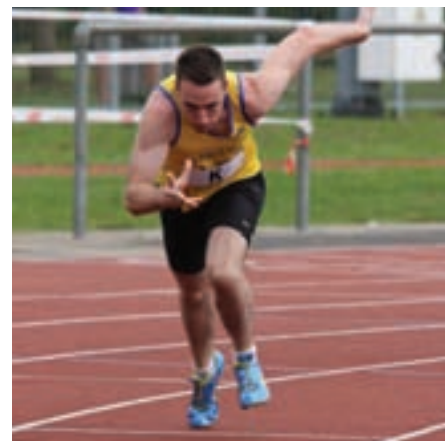
Another strong competitor on the track was Jack Eaton; competing for the first time in a Southern Men's League match, but his

inexperience became irrelevant as he finished first in the 3000m steeplechase and collected more valuable points in the B string 1500m. Tom Milburn joined Jack on the track, demonstrating his strength as a distance runner is coming to the fore: Tom cruised to second place in the A-string 5000m race, and sealed off an excellent day with second place in the A-string 3000m steeplechase. Mark Shepherd was the other club's other distance specialist, and secured an easy win in the B-string 5000m. Mark also took an unexpected win in the B-string 400m hurdles, in addition to collecting more valuable points in the pole vault and high jump.

Performance of the day was arguably by U17 Michael Randall, who knocked a massive seven seconds off his personal best to finish second in the 800m B string race in 2:02.5. Michael showed he is getting used to distance running by consolidating his strong earlier performance with third place in the A-string 1500m. James Moorcroft provided solid backup for Michael with third place in the A-string 800m and also picked up further points with a third place in the A-string 400m.

Under 17s Peter SaUnders and Alex Roue found themselves as the primary Kennet representatives in the sandpits, with both showing excellent form in the long and triple jumps. Peter SaUnders jumped a hugely impressive personal best of 5.83 for the long jump with Alex providing solid backup to finish second in the B string. Another impressive jump by Peter in the triple jump was enough for third A-string against some strong competition, with James Moorcroft demonstrating his versatility with a credible second place in the B-string. Peter and Alex also ran to new personal best times in the 100m: Alex ran 12.2 seconds for second in the B string, with Peter running 12.0 seconds in the A string race.

Team Kennet finished second on the day against strong competition from Radley. The team's excellent performance has moved them up one place in the league to sixth.





Southern Mens Match 4

The Team Kennet men headed to Basingstoke for the penultimate Southern Men's League match of the year. The squad was one of the strongest to date and, despite the mercury touching nearly 30 degrees, hopes were high amongst the team.

In the throws, the team welcomed back Simon Briggs for his first competition of the year and he didn't disappoint; winning the Hammer A-string competition in a new club record of 36.08m, threw an impressive 9.96m in the A-string Shot Putt and finished the day with a solid third place in the B-string discus. Graham Chambers provided solid backup to Simon with a second place B-string in the Hammer and two fourths in the shot and javelin. Simon Scholes was the third Kennet thrower who threw two season's bests in the javelin and the discus to add valuable points to the scorecard.

The track events started with Richard Knape cruising to an easy win in the A-string 400m hurdles. In a style the team has now become accustomed to, Richard then went on to demonstrate his athletic versatility with two further first places in the A-string 110m and the B-string long jump.

Kennet's strength in hurdling was accentuated with James Moorcroft, whose talents are normally reserved to events without barriers, providing a further win in the B-string 400m hurdles. In more familiar territory, Moorcroft went on to add a further B-string win in the 400m and a creditable second place in the B-string 1500m.

The younger members of the squad also took their chance to shine today: Under-17 athlete Peter SaUnders jumped 6.10m in the long jump for a well deserved second-

place A-string and rounded this off with an excellent run in the 100m and a win in the B triple jump. Fellow U17 Alex Roue showed his strength and stamina work has paid off with a win in the B-string 200m. Aiden Marshall put in another strong run in the face of stiff competition to earn valuable points with third-place in the A string 200m.

U17 middle distance specialist Michael Randall as usual didn't disappoint with a strong 800m and 1500m to finish third and second A-strings respectively. Competing in his first match of the season, Luke Conway also ran an excellent 800m for first B-string.

U20 Tom Milburn demonstrated that his talent as a distance runner is really starting to shine: in a highly competitive A-string 5000m race, Milburn finished fourth and he then went on to demonstrate his strength with a third-place in the A-string 3000m steeplechase. Mark Shepherd provided excellent backup in the 5000m with a second place finish.

The match had been tight all afternoon, and the result was down to the 4 x 400m relay. Despite the "dream team" of Luke Conway, Neale Marlow, James Moorcroft and Richard Knape managing a new club record of 3:36.8, they were pipped to the line by the athletes from Andover to finish in second place.

Team Kennet missed out on the match win by one point, scoring 102 points against Andover's 103. This is the fourth second place Kennet have managed in a row, and raises the team to fifth in the league table. The final match is on 31 July in Portsmouth.

Southern Mens Match 5

The Team Kennet men headed to Portsmouth for the final Southern Men's League match of the year. The squad was one of the strongest to date and produced some brilliant performances.

The event saw a particularly strong demonstration in jumping and hurdling by the Kennet men; Jono Wylie, who has been away for three weeks, impressively still managed to run a personal best in the 400m Hurdles of 60.3 secs to win the A-string. He then followed this with a strong 400m, triple jump and leg in the 4x400m relay. Richard Knape showed that his jumping prowess continues to go from strength-to-strength with an easy win in the B-string 400m hurdles and wins in the A 110m hurdles, B High Jump and B pole vault.

Kennet's strength in hurdling was further demonstrated with Justin Lakey coming away with an excellent win in the 110m hurdles in 16.6 seconds. It proved to be an excellent day for Justin: he managed a 100% win count with victories in the long jump (5.69m) and High Jump (1.90m).

In the throws, Graham Chambers came away with valuable points in the B-string discus and hammer and threw a season's best in the shot putt. Joining Graham in the throws was Simon Scholes who, in addition to a solid shot putt and hammer, threw a season's best in the javelin. Simon also competed in the pole vault where he leapt to an impressive new club record of 3.70m and followed this with a solid anchor leg in the 4x400m relay.

The younger members of the squad took their chance to shine today: Under-17 athlete Peter SaUnders demonstrated he is well on the road back from injury with a third place in the 100m and an excellent 29.36m in the B javelin.

Alex Roue showed his strength and stamina work throughout the summer season has paid off with personal bests in the B-string 400m (57.1secs) and the in the B 200m (24.8secs) – which took place immediately after the 400m Aiden Marshall put in another strong performance in the 200m with a run of 24.3s to earn valuable points.

U17 middle distance specialists Luke Conway & Michael Randall ran excellent 800m races to earn a second place in the A event and a win in the B event respectively and then backed that up with seconds in both the A and B-string 1500m.

U20 Tom Milburn demonstrated that his talent as a distance runner is really starting to shine: in a competitive A-string 5000m race, Tom finished second A. He was ably backed up by Jack Eaton who finished second B. Tom then went on to demonstrate his strength with a second place in the A-string 3000m steeplechase in a PB in an U20 club record time of 11.09mins.

The relays rounded off the day with an excellent display of running in the 4 x 100m by Aiden Marshall, Peter SaUnders, Richard Knape and Alex Roue for a well deserved third place and Luke Conway, Bertie Lewis, Jono Wylie and Simon Scholes coming home second in the 4 x 400m.

Team Kennet earned a well deserved win in the final match of the season to finish fourth in the league table.

Southern Womens League

Southern Womens Match 2



Saturday May 22nd, Braunton, North Devon and Team Kennet's ladies and Under 15 girls made the long journey by minibus to Braunton in North Devon on Saturday to compete in Division 1 of the Southern Women's League. It was very hot and sunny and there was a head wind.. so conditions were far from ideal for running.

However, there were some great individual performances; we came away with seven 1st places, a clutch of personal bests and 5th place overall. And we had a great day out in the sun in beautiful North Devon.



Our Under 15 girls team was particularly strong and the performance of the day came from 12 year old Georgina Bradford in the U15 girls 1500m. Georgina won the race by a large margin and ran a very confident, mature race in a pb of 5:18.2 despite the intense heat of the sun. Freya Eaton ran well too and managed two first places. The first in her 75m hurdles (12.5s) and the second in the B string 200m (28.6s). Codie Burnett was on form in the long jump and jumped 4.41m to claim first place.



Leah Beechey, who is still only an Under 13, was outstanding in the shot putt and won with a throw of 7.77m. Leah also came 2nd in the B string 100m in a time of 14.2s. Emma Seymour also performed extremely well and won the U15 discus with a throw of 21.93m and also claimed 1st place in the B string shot putt (7.03). And Chloe Scaplehorn ran a very brave 800m (3:05) in the heat of the day to gain 6th place.

Our Under 17 and senior squad were somewhat depleted but still managed to put in some strong performances. Alisha Bradford claimed 3rd place in the discus with a throw of 27.61m. And Kim Wheeler picked up 4th place (14.19m) Katie Herbert ran well to secure 4th place in the A string 800m (3:00) despite the sweltering conditions and she also picked up some valuable points in the sprints. Jenny Eaton ran a pb (2:58) and managed 4th place in the B string senior 800m and was also 4th in the A string 1500m (6:03.9). And last, but by no means least, Sue Seymour and Vicki Bradford were fantastic at taking part in events and picking up valuable points for the team.



It was a very long, hot day followed by the return journey in the rather rattly minibus to arrive back at the track at 9.30pm. But it was well worth the trip, there was great team spirit and the girls all did us proud. We had lots of fun. A huge thank you to everybody who came along, both athletes, officials and our excellent driver, Robert Bradford.

Southern Womens Match 3

Team Kennet's ladies and Under 15 girls travelled to Bournemouth for our 3rd Southern Women's League match. The weather was absolutely sweltering and the journey took over two hours due to the vast amount of traffic travelling to the coast.

We all arrived a bit hot and flustered and it was particularly hard for our throwers as they had to start competing immediately. However, despite this there were still some very strong individual performances, notably from Leah Beechey who literally got out of the car, with no time to prepare, and had to throw the shot. She was only allowed one throw and yet still managed to win the B string with a throw of 7.57m. Emma Seymour also did extremely well in this event and claimed 4th place in the U15 A string with a pb of 7.77m. Also performing very strongly in the discus Emma came away with 3rd place with a throw of 22.83m.

Our Under 15 girls were very strong on the track too and there were some outstanding performances. Once again the performance of the day was from 12 year old Georgina Bradford who totally outclassed the opposition in the 1500m. She ran a superb race to win in a new pb of 5:10.6, knocking almost 8 seconds off her previous pb and she is running against girls who are two years older than her.

Georgina is now ranked 22nd in the UK for U13 girls 1500m. In the U15 girls 800m Chloe Scaplehorn ran a very good race in 2:44.8s, just one tenth of a second off her pb.

In the sprints Codie Burnett ran very strongly in both the A string 100m and 200m. She managed season's bests in both events : 13.5s in the A string 100m (2nd) and 27.7s (3rd) in the A string 200m. Freya Eaton performed extremely well on the track too, winning the A string 75m hurdles in 12.2s, half a second clear of her nearest rival. Freya also won the B string 200m by half a second in a new pb of 28.0s. Freya was also 3rd in the B string long jump with a jump of 4.25m. And Leah Beechey ran a new pb in the 100m B string of 14.0s.

The girls relay team of Chloe Scaplehorn, Leah Beechey, Freya Eaton and Codie Burnett were superb and won their heat with ease in 55.7s.

Our U17 and senior squad was yet again severely depleted .. we had no sprinters or jumpers at all. But those of us who were there did our utmost to gain as many points as possible for the team by competing in as many events as we could. And we still managed to achieve some pbs. Katie Herbert ran a pb of 2:53.5 in the A string 800m to finish 8th and Jenny Eaton managed pbs in both the 800m (2:55.2) and the 1500m (5:54.2).

Both Alisha Bradford and Kim Wheeler performed well in the throws and both Vicki Bradford and Sue Seymour picked up valuable points in the 100m and long jump.

Overall we were only placed 9th which was disappointing. But we came away with many personal bests as well as a clutch of fist places and we all had a really enjoyable day in the sunshine.

After the competition, to round off the day (and to avoid getting stuck in traffic on the way home!) we went to Boscombe beach for a swim in the sea.

Southern Womens Match 4

Saturday 7th August and Team Kennet girls and ladies travelled to Salisbury. Once again depleted in numbers, this time mainly due to holidays. (Why on earth is there a league match in August?) and injury (Leah, ankle). And, this time the weather was not particularly kind to us. The competition started with a strong headwind and horizontal rain, although it did improve during the day.

Despite the conditions our girls performed extremely well and there were some very strong performances. Emma Seymour was

on form in the throws and equalled her pb in both the shot (7.77) and discus (24.35) to claim 4th and 1st places in the respective events. She also ran well in the 800m to gain us valuable points. We also had some great successes on the track. Georgina Bradford ran superbly in the U15 girls 1500m to win convincingly in 5:08.3 against strong competition from Oxford City.

Freya Eaton won the U15 girls 75m hurdles in 12.5s despite returning to training after a two week holiday, she also claimed 3rd place in the B string 200m. Codie Burnett was narrowly beaten into 2nd place in the A string 200m (28.0) and added to that with another 2nd in the long jump.

Chloe Scaplehorn ran a strong race in the 800m to finish 6th in a time of 2:42.8s, just outside her pb.

In the senior events we again had success in the throws with Alisha Bradford winning the B string discus and claiming 3rd place in the A string javelin. Letitia Rizen also threw well to win the B string shot with a throw of 7.55m and she claimed 4th place in the discus. Letitia gained valuable points for us too by running in the 100m and 200m.

Although we were short of several athletes for this match we did gain Steph Poulson who is a great all roUnder. Poor Steph who has just finished her finals at Oxford University and has not done any athletics all season competed in five events and brought in many points for us. Her crowning glory was coming 2nd in the 100m hurdles. Our only senior middle distance runner on the day was Jenny Eaton and she ran well (considering her recent holiday!) to finish 5th in the 1500m. Kim Wheeler, Vicki Bradford and Sue Seymour also competed gained us extra points.

Many thanks go to everybody who competed on Saturday, particularly those of you who ran, jumped or threw in events you do not normally do. Your team spirit is very much appreciated. Thanks also to those who helped officiate various events throughout the day. Special thanks go to Kim Wheeler in her capacity as our only qualified official... she was superb.

Southern Womens Match 5

Saturday 4th September saw our Southern Women's League team travel to Bournemouth for the last match of the season. Our numbers were boosted this time and we put out our strongest team of the season both in the Under 15 girls and senior women's events. We even had enough seniors to run in both the 4 x 100m and 4 x 400m relays!

Our Under 15 girls performed exceptionally well to win nine events. Codie Burnett scored a hat trick by winning the A string 100m (13.4s), 200m (27.1s) and LongJump (4.83m) and in two of these events she scored a season's pb. Freya Eaton was also on form and won both her 75m hurdles (12.4s) and the B string 200m (28.2s). And at the end of the day Codie and Freya teamed up with Leah Beechey and Millie Calkin to win the 4 x 100m relay. Freya also spent some time coaching Leah in sprint hurdles to help her transition from 70m hurdles to 75m hurdles in preparation for next year. And it paid off! Leah then went on to win the B string 75m hurdles the first time she had ever raced over the distance. Millie Calkin also ran well in the B string 100m to secure 4th place in a time of 14.6s.

We had a very strong Under 15 girls middle distance squad of Georgina Bradford, Chloe Scaplehorn, Yasmin Ryder and Amelia Wenlock and all four girls gained 3rd place in their respective 800m and 1500m races.

In the field events we also had success and Emma Seymour threw particularly well to win both the A string Discus (23.61m) and the B string Shot (7.21m). And Leah Beechey, who is still only an Under 13, threw a pb in the shot - an astonishing 8.71m. Rebecca Allen, in her first ever Southern Women's League match gained us valuable points in the High jump by jumping a pb of 1.25m.

In the Under 17 girls team we were boosted by the addition of Charlotte Polding. Charlotte ran an excellent 80m hurdles race in a pb of 13.4s only to be very narrowly beaten into 2nd place. She also came 4th in the High Jump (1.40m). Katie Herbert made a welcome return to our team too and gained valuable points in the 400m, 800m and Long Jump.

Steph Poulson was absolutely brilliant once again in competing in the maximum number of events, both track and field and then running in both the 4 x 100m and 4 x 400m relays.

Jenny Eaton was joined by Mary Allen in the senior 1500m and they came 5th and 6th respectively in the A and B string events. In the throws both Alisha Bradford and Letitia Rizen performed well. Alisha was 3rd in the discus (25.52m) and 4th in the shot (8.06m) and Letia gained 2nd place in both the B string shot (7.52m) and B string discus (22.0m).

All in all it was a fantastic team effort and a great end to the season. On the day we came 5th which has moved us up into 5th place overall in the League for the 2010 season.

Berkshire Championships

Team Kennet produced their best ever result at the Berkshire Track and Field Championships at Reading, a total of nearly 40 athletes brought back 11 gold medals, 9 silver and 6 bronze.

The strong Under 15 section in the club produced the most medals, in the boys Samuel Randall stepping down distances stole the 200m to win in 24.9, with second spot going to Josh Wilcock 25.0, Samuel not pleased with his 200m, went upto 400m and achieved the same again gold in 55.0, Wilcock took the 100m title in 12.5 and added a bronze in the long jump 4.76

Jack Hatton was against the UK number 1 in the 80m hurdles and took 2nd place in 12.1, and in the 1500m race Tom Uden came 3rd.

The girls also took medals, with Rebecca Allan bronze in the high jump, Freya Eaton clipped the 3rd hurdle to take a bronze in 12.9, Yolanda Nicholson leapt to 4.69 in the long jump for silver and was just edged out in the 100m in 13.1 for 4th place, the throwers claimed their share as well, Izzy Mchattie won the Javelin with a 30.13 throw and then threw over 10 metres to take silver in the shot, Kitty Brockbank gained three 5th places in the shot 8.43, javelin 22.23 and discus 19.50, Emma Seymour just missed bronze in the Discus 22.15 and was 7th in the Shot 6.42

The Under 17s also fared well with success, sprinter Aidan Marshall won his first county title in the 200m by clocking a modest 23.8, with Alex Roue 25.2 for a Bronze. Peter SaUnders leapt into the long jump with a superb win taking his first county title 5.72 and followed this with a win in the Triple Jump with 11.49m,

while Roue came 7th in a close 100m final clocking 12.3

Micheal Randall took a silver medal in the 1500m in 4.21.4, Alshahia Bradford in the girls u17s struck the gold to add a county title in the shot 8.11 and was second for silver in the Discus 26.20. Luke Conway came 5th in the 800m race.

Bertie Lewis Under 20 took part in one of the first track races of the day coming second in the 400m hurdles 55.9 but in the mens race Richard Knape added his tally of county titles by winning in 56.6, and ran a very fast 15.5 in the mens 110m high hurdles for 2nd place.

Simon Scholles took the clubs first ever Pole Vault medal with a leap of 3m for silver and James Moorcroft took bronze in the Senior Mens 800m in 2.01.1. Back in the u20s, Justin Lakey cleared 1.90 in the high jump to retain his county title and Neale Marlow ran a p.b. in the 400 coming 6th 52.4

The Under 13s took part in a quadrathlon, 75m sprint, 600m run, shot and long jump, 11 athletes from the club took part, of which 9 were girls and medals came from this as well, Leah Beechey crowned her self as county champion with a 8.05 shot, 3.79 lj, 10.9 75 and 1.54 600, not just happy for a gold, Millie Calkin made it a silver as she won 2 of the 4 events out right, 4.10 in the long jump and 10.8 for the 75, and clocking 1.50.4 for a 12th in the UK ranking in the 600m, Georgina Bradford clocked 1.51.2 in the 600 for a top 10 finish as Annabel Chaffey also finished top10, other athletes that took part were Chloe Scaplehorn, Chloe Legg, Hannah Bousfield, Harriet Allan, Alex Winck and Alex Davies.

Berkshire Schools

The Berkshire Schools were held at Reading with 35 places up for grabs for the English Schools final in July. 23 athletes from Team Kennet represented their Schools in the West Berkshire team that won the overall team prize. Seven athletes from the club got English Schools Qualifying (ESQ) times/distances. Four of these achieved the higher English Schools National Standard (ESNS) to guarantee selection while the other three must wait to see if they get picked for the finals. In addition Seven Team Kennet Athletes came away as Berkshire school champions.

The Under 15 boys saw ever improving Samuel Randall win the 400m in a new p.b. of 54.3 (ESQ), while Luke Angell was honoured champion in the Javelin 36.62 but didn't gain the qualifying distance. Jack Hatton came 2nd in the 80m hurdles 11.6 (ESNS) with Matt Davies 12.1 (ESQ) for 3rd place. Josh Wilcock was third in the 200m 28.1 and Freddie Fane 5th in the long jump 5.14.

The Girls age group saw the Javelin record broken and both Team Kennet girls getting the ESNS distance easily Katherine Alexander won with 37.33 and Izzy Mchattie 2nd with 35.35. Yolanda Nicholson won the Long Jump with a new p.b. of 5.01 but missed the ESQ by 4cm, but Freya Eaton made the ESQ time by coming 2nd in the 80m hurdles 11.8. Bronzes medals were won by Codie Burnett in the 200m 27.4 and Kitty Brockbank 8.64 in the Shot with Emma Seymour coming 6th in the Discus 23.44.

In the Under 17 section, Alishia Bradford won her county title with 30.11 in the Discus but missed the distance by 5m and Charlotte Polding came 3rd in the 80m hurdles 13.5. In the the boys section Peter SaUnders leapt to a p.b. and just missed the qualifying mark in the long jump with 6.20 for second, and this was matched by Aidan Marshall in the 200m 23.5. In the 800m Micheal Randall ran a p.b. for 3rd place with 2.02.1, with Luke Conway 2.09.9 for 5th.

For the u19s boys Bertie Lewis ran 55.1 (ESNS) to qualify and win in the 400m hurdles, while Neale Marlow ran 51.8 for 3rd place in the 400m. Justin Lakey won the High Jump 1.81 but was 14cm away from ESQ, and finally Arland Craik came 3rd in the 100m 11.6.

National Young Athletes Finals

Our congratulations to Jack Hatton who competed in the National Young Athletes Finals in Manchester on Saturday 4 September for his "other" club. He won the 80m Hurdles in a new personal best of 11.57 and was also awarded the Under 15 Track Athlete of the match. This completes a successful season for Jack where he has achieved 16 grade 1/ESAA qualifying performances and was last race as an Under 15. We wish him well for next year as an Under 17.

English National Schools

Four Team Kennet athletes competed at the English National Schools Final in Birmingham on 9th/10th July.

Jack Hatton coasted his heat comfortably (11.72) with the first 3 to qualify. The semi's were a different story with most competitors being within 0.3 of each other. I predicted that Jack would come second or third in this race to qualify for the final. All appeared to be going to plan until hurdle six. The Athlete who was next to Jack hit this hurdle full on and stumbled into Jack. Both of them could not recover, running 11.9 a piece and coming fifth and sixth. Jack as you can imagine was not happy. He apologised later at the 'ice cream van!' "This always happens to me" he said. Jack is ok and is hungry for further competitions to prove himself. The Nationals are at Bedford on August 22nd!

Bertie Lewis was in his 'swan song year'. Was he at long last going to get a medal? He qualified easily. But yet again in low

55's which he can trot out to infinity. We knew that to medal he was going to have to run mid 54's or better. The draw for the final was excellent, having been given the lane inside Ashley Fry. I told Bertie to sit on him for as long as he could. Derek he did just that, coming off the last bend he was lying third. But yet again was caught on the line to finish fourth. His time 54.53 was a huge pb and I am very proud of him. He was very disappointed but he did and produced his very best.

Isobel MacHattie was really disappointed in her throw of 30.09m in the javelin which was only enough for 12th place but I am certain we will see more of her as she is in the younger year of the Junior Girls age group.

Katherine Alexander, who has now moved on from Team Kennet to find higher grade competitions, was 3rd in the javelin with throw of 36.13m

Southern Inter Counties

Team Kennet had 5 athletes who competed for Berkshire team at the u15/20 inter counties match at Cophall on Saturday.

In the u15 boys age group where Berkshire came 3rd overall, Samuel Randall followed up his 400m bronze at the English champs with a superb win with 52.17 in the final, Jack Hatton maintained his 11.8 by finishing 4th in the 80m hurdles, and

fast improving Luke Angell threw over the 40m barrier to come 6th in the Javelin with 40.66

Justin Lakey came 6th in the high jump only clearing 1.80 and Micheal Randall was called up from the u17s to do the 1500m where he finished 10th with 4.26, the u20s came 6th overall.

Berkshire U13 Championship

The Under 13 Berkshire Championships took place on wednesday night at Bracknell. The only gold in this age group came from Christian Randall in the Javelin with a 23.64 m throw claiming his first county title. The girls saw some 8 club athletes take part and it was the discus that gave the best results for the club as Sarah SaUnders took 2nd place with 21.12 and Yasmin Ryder took the bronze with 18.58, Georgina Bradford took 4th with 14.65m. SaUnders then went on to just miss out on the Gold in the Javelin to take silver with 22.54m throw in windy conditions.

The middle distance races favoured the club and medals came from these. The best race of the evening came from the 1000m where only 0.1s separated the first three athletes, and it was Yasmin Ryder that had to settle for the Silver as equal 2nd with 3.09.9 with all three athletes breaking the county record. The 600m saw another battle and all of the first 3 athletes going into the top 10 of the uk national rankings. Team Kennet's Georgina Bradford came home in 3rd place with 1.45.9, with fellow club athletes Charlie Estcourt 1.53.7, Chloe Scaplehorn 1.54.7, Carys Cox 2.00.6 and Jordan Donavon 2.03.8.

Carys Cox won her first county medal in the 70m hurdles by finishing second in 14.7, Cox was the best of the TK girls in the long jump 3.60 for 4th place. The sprints saw Sarah SaUnders just being edged out of a bronze in the 75m with a time of 10.9 (10.8 in the heats) for 4th place, which was matched by Millie Calkin in the 150 21.8 (21.3 in the heats). The 4 x 100m relay brought another silver medal for the girls Ryder, Bradford, Saunders and Estcourt.

England Athletics Under 15 Championships

Team Kennet's Samuel Randall secured the clubs first ever u15s AAAs championship medal at the weekend held in Bedford. Randall came third in his heat in the 400m with a new p.b. of 53.44, but ran his socks off in the final to smash the club record and his p.b. taking him to UK ranked 3rd place and a Bronze medal with 51.06

The u15 girls were well represented by the club, Izzie Mchattie, who has another year in this age group came 5th in the Javelin with 34.56, Freya Eaton came 5th in her heat of the 75m hurdles with 12.2, and Yolanda Nicholson took part in the long jump but unfortunately recorded 3 no jumps.

Jack Hatton came 4th in his heat of the 80m hurdles in 11.8 but just missed out on a place in the final.

Wessex League

Match 1

Team Kennet opened their Wessex Track and Field League campaign with a superb victory at Andover.

Team Kennet	495
Marlborough	423
Andover	349
Dorchester	276
Poole AC	270
Slough	212
Weymouth	59

There were three age group wins with the Under 13 girls claiming the most and two new club records. a total of 14 individual wins came from the Under 13 girls, Millie Calkin although coming 2nd in the long jump equaled the club record with 4.15, but it was her sprinting that gave her a win in the 200m 29.0 secs and 100m B string 14.3. Leah Beechey also broke a club record that has stood for 7 years in the shot with 8.47 then won the 100m in 14.1, Annabel Chaffey teamed up with Calkin to win the B string 200m in 30secs.

The middle distance pairing of Yasmin Ryder and Georgina Bradford brought a double win in the 800m with 2.33 and 2.37, and both teamed up in the Discus for Ryder to take 2nd with 18.22m and 14.42 for Bradford for a B string win. Chloe Scaplehorn added more wins in the B string shot and the javelin.

Team Kennet new comer Harriet Allan won the B string high jump with new comer Jordan Donovan 3rd A string. in the 70m hurdles Leah Beechey was just pipped into 2nd place but it was Carys Cox that won the B string on her 1st attempt at the event in 14.1.

The relay quartet of Calkin, Beechey, Bradford and Chaffey won by over 50m in 58.0 the Under 15 girls won their section with 13 wins on the day, unlucky for some but not for the yellow vest of Team Kennet, Freya Eaton eased herself to two wins first in the 75m hurdles in 12.4 then backed up by a welcome return by Codie Burnett for a double win in the 300m 47 and 48.5 respectively. Yolanda Nicholson added another double win with Burnett in the 100m with Nicholson clocking 13.0 and Burnett 13.9, Nicholson added the 200m victory as well 27.8 and completed a hatrick of wins in the long jump 4.68, and Burnett also completing a hatrick of B string wins with 4.43.

The throws added a double win as well with Izzy McHattie winning the Javelin 27.16 with Kity Brockbank 21m, Brockbank came third in the Discus with Emma Seymour winning the B string in 20.52, Rhea Walter's best event was the 800m coming 4th. McHattie added another double win in the shot with Brockbank 10.19 and 8.00 respectively. Newcomer Rebeca Allan came 2nd in her best result of the day in the high jump. Allan, Burnett, Nicholson and Eaton were just edged out to third in the relay.

The Under 15 boys made it 8 wins in their age group with Jack Hatton breaking a 8 year club record in the 80m hurdles 11.8 ranking him 3rd in the UK, and clocking a ESAA qualifying time, Sam Randall was on form on the track winning the 1500m and then the 400m. Conlan MacDonald added double wins in his B string 100m and 200m races 12.4 and 25.5, while in the A string Josh Willock came 2nd in the 100m and 200m 12.7 and 26.2, but added a fine victory in the long jump with 4.93.

The relay quartet of Randall, Willock, MacDonald and Conway took a good victory. Jamie Rabbetts won the B string high jump, with Tom Uden, Ryan Puttock and Aaron Conway adding valuable points to the team score with third places. A good 2nd place in the Under 13 boys team saw a superb double win from Christian Randall 18.24 and Adam Conway 12.05 in the Discus, both teamed up in the Shot both gaining 2nd places while in the javelin Conway took a B string win and Randall third in the A string.

Marcus Rabbetts was just edged out in the 100m 13.9 to take 2nd place, but it was the 1500m that saw Jordan Hole 2nd in A string 5.37.2 and a B string win for Jamie Killner 5.45, both teamed up in the long jump for 3rd 3.79 and 2nd 3.72 respectively. the relay quartet of Killner, Hole, Winch and Rabbetts came home in 2nd place.

The Under 17 women surprised the club with only 4 athletes taking 2nd place in thier age group with newcomer Charlotte Polding winning the 80m hurdles 14.9 and coming third in the 100m and 200m, Katie Herbert, Sophie Conway added more points to the team score in thier events and thrower Alishia Bradford won her Discus 28.15 and Javelin 22.81 and 2nd in the shot 8.32 with Herbert winning the B string Discus. the four came 2nd in the relay.

Finally the Under 17 mens squad came third but there were some excellent results. Aidan Marshall winning the 200m 24.4, Michael Randall won the 400m 55.9 and Peter SaUnders won the long jump 5.52. Randall came 2nd in both the 1500m race and won the B string 800m, with Luke Conway 3rd in the A string. SaUnders added a B string win and a double in the 200m 25.3, with the relay team coming home in 3rd 48.9

Match 2

Team Kennet produced another outstanding team display at the second Wessex Track and Field Fixture at Winchester's new track.

Team Kennet	583
Basingstoke	509
Isle of Wight	485
Winchester	395
Andover	323
Portsmouth	311
New Forest	175

A record of 73 athletes took part for the club on the day and with those numbers turning out a high team score was achievable. And so it was with a convincing win that keeps the club top of the Division. The u13 girls, u15 girls and u15 boys also won keeping them on top of their individual age group leagues.

The Under 13 girls saw two national grade 1 performances, Leah Beechey in the shot 8.14 for a fine win and Georgina Bradford 2nd in the 1200m 4.02.5.

In the B strings of these events Chloe Scaplehorn took a win in the Shot while Alex Maughan won the 1200m. The 800m saw a double win with Yasmin Ryder 2.33 and Scaplehorn 2.44.5. Ryder and Bradford teamed up to score another double in the Discus with Ryder throwing over 18m.

The long jump produced personnel bests for Millie Calkin 4.25 for 2nd and the B string was won by Annabel Chaffey. In the sprints Calkin secured two excellent 2nd places in both 100 and 200 A strings while in the B strings Beechey and Chaffey sprinted to wins respectively. Beechey came fourth in the 70m hurdles while Carys Cox came 3rd in the B string.

The relay quartet were beaten into 2nd place still producing a sub 60sec time from Chaffey, Calkin, Bradford and Beechey The Under 15 girls just narrowly took a team win by 2pts. It was the field events that saw the most points, in the Throws Izzie Mchattie produced a nat. grade 1 throw and new club record of 10.65 in the A string for a great win while the B string was won by Kitty Brockbank 8.64, the javelin notched up the same places for Mchattie with another grade 1 performance 24.07 taking her to UK number 3 and Brockbank 22m.

Emma Seymour and Codie Burnett notched up the clean sweep in the throws with another double, Seymour throwing 24.36 for a p.b. The long jump saw another double and another grade 1 by Yolanda Nicholson 4.98 and Codie Burnett 4.53. On the track Feya Eaton was just edged out into 2nd place in the 75m hurdles and had to settle for the same place in the 300m as well.

Yolanda Nicholson was in top form as she took both the 100 and 200 A strings while in the B string 100 Burnett came 2nd. Rhea Walter and Seymour gained valuable points in the 800m, as did Walter and Rebecca Allan in the High jump. The relay team of Burnett, Allan, Eaton and Nicholson won in 54.7.

The Under 15 boys started their team win with Jack Hatton winning the 80m hurdles in 11.8 another club nat grade 1 performance, new comer Luke Angell came 2nd in a good standard javelin with 37.71, while Jamie Rabbatts stole the B string with a good win 22.37. Angell came 4th in the Discus 19.00 and 2nd in the B string Shot.

Samuel Randall took a double win in the 400m 55.3 and the 800m 2.13.3 A strings, The sprints were again fast races Josh Willock was 2nd in both sprint races 12.7 and 25.2, and the B strings Conland Macdonald won both his races 12.5 and 25.0 The relay team of Randall, Willock, Macdonald and Puttock came 2nd by just one tenth of a second.

Both the Under 17 teams came 2nd, the girls Charlotte Polding won the 80m hurdles and long jump, and was 5th in the 200m. Alishia Bradford won the shot by 3 cms with 7.94, 2nd places in the Discus 28.15 and Javelin 20.70 Katie Herbert won the B string Discus just short of 19m, another win came from Sophie Conway in the Long jump B string.

The u17 boys saw Micheal Randall win the 1500m then compete in the 800m for 3rd place with Luke conway winning the B string both getting Under 2.05, Randall then came 2nd in the 400m. Aidan Marshall just pipped in to win the 200m

24.5 with Peter SaUnders 2nd B string 24.8, the sprint 100 saw SaUnders 4th and Alex Roue 3rd SaUnders was 2nd in the long jump 5.54 with Roue taking the B string, the relay quartet of Randall, SaUnders, Conway and Roue won in 48.1.

In the Under 13 boys the younger athletes found the competition a bit hard. Adam Conway picked up two B string wins in the Discus and the Javelin, while Christian Randall won the A string Discus. Randall was 2nd in the Javelin and won the B String Shot. Jordan Hole was placed third in the B string long jump 3.74 while Tom Coltart was also third in the B string 75m hurdles. The relay quartet of Killner, Rabbatts, Hole and Winch came 4th.

Match 3

Team Kennet took part in their third league match at Oxford in the Wessex Junior Track and Field League. Going into the match at the top of the table against second place Southampton AC a win would of virtually clinch the title, it wasn't to be in a very close match that saw Southampton win overall.

Southampton	540.5
Team Kennet	527.5
Slough	341
Dorchester	301
Poole AC	254
Weymouth	66

The result leaves Team Kennet joint top with Southampton with one match to go. In the age groups there were team wins for both u13 and both u15 teams keeping 3 of them top and secured titles for them.

The Under 13 girls secured 3 out of 3 wins with a good start, Leah Beechey 12.6 and Carys Cox winning the 70m hurdles, Millie Calkin added a win from the 100m and second place in long jump 4.28 in the A string. Charlie Estcourt added a B string win in the 200m 29.9.

The longer distances saw Georgina Bradford break the 2min 30 barrier to win with 2.29.7, with Chloe Scaplehorn 2nd in the B string 2.44.2, the 1200m saw Yasmin Ryder just miss the 4min barrier, clocking 4.00.1 for an excellent win, Alex Maughan won the B string in 4.26.1. Leah Beechey added another win in the Shot with a nat grade 1 with 8.80 for 2nd place, New comer Sarah SaUnders was up against the best in the uk with third places in the javelin 21.63 and Discus 21.43. The relay team of SaUnders, Calkin, Bradford and Estcourt took complete control to win with 57.3.

The Under 15 girls matched the u13s with 3 out of 3 wins. Yolanda Nicholson made it a sprint double winning both events and was backed by Codie Burnett winning the B string 100 and Freya Eaton winning the B string 200m, both Burnett and Nicholson came 2nd in the long jump, Burnett came 2nd in the 300m with Eaton taking the B string.

The throws saw Izzy McHattie return from the English Schools to win with 34.59 in the Javelin and win the Shot with 10.65, Emma Seymour won the Discus 24m, while B string in all throws was Kitty Brockbank coming 2nd in all but the Shot which she won. The relay quartet of Burnett, Nicholson, Rebecca Allan and Eaton won in 53.90.

The u15 boys made it 3 out of 3 wins as well, winning 11 of the 23 events, the sprinting was superb as Conland Macdonald won the A String 100 and B string 200, Josh Willock took the B string win in the both the sprints. Samuel Randall won the 400 and 800m races over the last 50m, while in the 80m Hurdles Matt Davis won the A string in 12.8, The four Randall, Davis, Macdonald and Willock won the 4 x 100 in 49.5. Willock and Davis teamed up for a double win in the long jump, Luke Angell won his Javelin in 38.23, and came 2nd in the Discus and Shot events.

The Under 13 boys won there team event pushing them upto 4th in the age group league, a much stronger team than last two matches saw new comer Joe Fisher 2nd in the 75m hurdles 14.8, another new comer Oli Overend came 2nd in the 1500m in 5.14.7, with a b string win from Alex Davis. Marcus Rabbetts was 2nd in the 200m but won the 100m B string, Jamie Killner won the B string 200m. In the long jump Rabbetts came 2nd and in the B string a win came from Overend. Fisher recorded an excellent win in the High jump 1.30 with Overend 2nd in the b string. The throws saw the Christian Randall 3rd in the javelin with 23.15 and Adam Conway winning the b string 19.94. Conway won the B string Discus with Randall taking 2nd in the B string Shot.

The Under 17 men were close to winning Peter SaUnders winning the Long jump 5.92 and Micheal Randall winning the 1500m, Aidan Marshall sub 12 in the 100m was 2nd with SaUnders, Randall, Luke Conway and Marshall 2nd in the 4 x 100m relay 48.7

The u17 women saw only 3 athletes from the club with Alishia Bradford winning the Discus 27.35, 2nd in the Javelin. Charlotte Polding was 2nd in the 80m hurdles and Katie Herbert picking up 3 3rd places.

Wessex League

Match 4

Team Kennet were in a head to head in the last match of the Wessex Junior Track and Field League at Oxford, a match that a win by Team Kennet or Oxford would give them the league title. Oxford sent a strong squad and Team Kennet couldn't quite match them, final score were:

Oxford City	603
Team Kennet	518
Slough Juniors	327
New Forest	247
Newbury	208
Portsmouth	159

The Under 13 girls kept up their winning streak by winning their match by a huge margin and taking the age group league title. Double wins came from Millie Calkin in the 200m 28.9 and Carys Cox 31.2. Amelia Wenlock took full control in the 800m to win in 2.33.3 and was backed by Chloe Scaplehorn in the B string to win in 2.42.2.

Another double came from Georgina Bradford in the 1200m winning convincingly in 3.56 for a national grade 1, with Cox taking the B string in 4.25. Sarah SaUnders won the B string 100m which was the fastest of both races in 13.9 with Calkin 2nd in the A string 14.2. The relay quartet of Calkin, Ryder, Bradford and SaUnders kept there unbeaten run going with 58.1, while Jordan Donavon won the B string Hurdles.

In the Field events Sarah SaUnders won the A string Discus 21.2 while Bradford took the B string with 17.24m. SaUnders made it 3 wins on the day in the Javelin 20.68 for the girls to win by over 50pts on the day.

The u15 boys also made it 4 wins out of 4 and claimed the age group league title. Conlan McDonald showing his talent in the sprints with a 12.0 in the 100m for 2nd place and 24.7 in the 200m for a B string win. Josh Willock won the B string 100m in 12.4 and was 2nd in the A string 200 25.3. The ever consistent Samuel Randall took full control of his 400m and 800m to win both races. Jack Hatton cruised to a victory in the 80m hurdles 11.9 nat grade 1 with good back up from Matt Davies winning the B string in 12.5. The relay quartet of Randall, Puttock, Willock and McDonald edged out Oxford for a good win in 50 seconds. The field events secured

good points for the club with Freddie Fane winning the long jump in 5.16, Matt Davies taking the B string high jump, Luke Angell the B string Shot 8.61 and his best event the javelin winning with a 37.95m throw.

The Under 15 girls although coming 2nd on the day secured enough points to win the league as well, a great double win in the 100m from Yolanda Nicholson 12.9 and Codie Burnett 13.5 were the best on the track, while the field events secured a lot of points, the long jump Nicholson won with 4.89, while the usual wins came in the throws, a double win in the shot izzy Mchattie 10.62 nat. grade 1 and Kitty Brockbank 8.55, while she also won the B string discus with emma seymour 2nd in the A string. The Javelin saw Mchattie win by over 6m with 29.93 and Brockbank secure her third win of the day with 24.34.

The Under 17 mens team were slightly stronger with a superb 2nd place on the day Aidan Marshall and Alex Roue both 2nd in the 100m and 200m, Luke Conway won his 400m 55.8 and 800m, with the relay team of Roue, Marshall, SaUnders and Conway coming home in 2nd place. On the field Peter SaUnders won the long jump 5.67 with Roue 2nd in the B string, with new comer Cameron Davis securing good points in the high jump and shot and javelin.

The Under 13 boys just missed out on a win by coming home in 3rd place to secure a 4th place overall in their age group, missing half of the last match team members, they still produced the goods on the day, Marcus Rabbetts winning the B string 100m, and 2nd in the A string 200m. Jordan Hole won the 1500m with Alex Davis 3rd in the B string, and a double win in the hurdles saw Joe Fisher win with 14 seconds and Hole taking the B string, Fisher cleared 1.35 in the high jump for 2nd place, while Christian Randall took B string wins in the Javelin and Discus, with Adam Conway 2nd in the Javelin and Discus A strings.

The Under 17 women finished 3rd on the day Charlotte Polding won the 80m hurdles the only track win for the club in this age group while again on the field Alishia Bradford won the Shot and Discus A strings and Katie Herbert the B string Discus.

At the end of the day Team Kennet had all 6 age groups in the top 6 of the league out of 19 clubs making it the best ever result in this league.

Team Kennet Club Kit

We have the following Team Kennet branded items of clothing available for sale.

Athletics

Hoodies:	£20
Track Suit Tops:	£25.00
Running Vests:	£15

visit our website to order or contact Nick Bull.

Triathlon

Trisuits:	£45
Cycle Shirts:	£21

Contact: rog@kdprint.co.uk

Team Kennet Juniors Christmas Theme Night



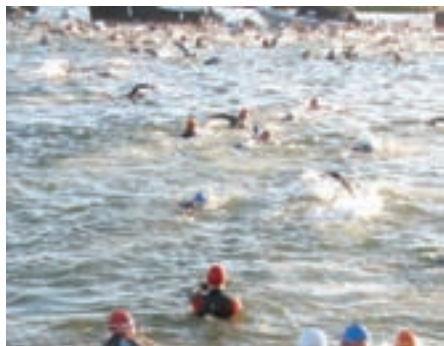
The Team Kennet Triathlon Series

Round 1 Hart Sprint Triathlon

The 2010 Team Kennet Triathlon series began in typical British conditions at the Hart Triathlon in Fleet, three members of TK made the trip to partake in very cold conditions and even an outburst of hail mid-way through the cycle.

Steve Robinson on his debut for the club came home 20th overall and an impressive 3rd in his category in a time of 1:05:40 for the 400m swim, 20km bike and 5km run. Bart Kuijten was next home, finishing 43rd overall on the back of a strong 22:22 run and Roger Davis finished in 89th position out of 420 competitors despite claiming he swam an extra two lengths of the pool and posting a strong 37:28 for the 20km cycle.

Round 2 Swashbuckler Half Ironman



Five Team Kennet triathletes gathered for a 6.15am start in the tidal Beaulieu River. With a later than usual start the rising tide meant the faster swimmers John Marriott and Graham Muse took a good early lead, whilst Mark Shepherd returning to triathlon after a break struggled badly against the strong tide and had to overcome a strong urge to just get back out!

The 80km two lap cycle of the New Forest saw Rog Davis move past Graham Muse into second. Always a great cycle with plenty of natural obstacles including deer, ponies, donkeys and cows on the road.

Entering the run the temperature had now hit 28°C and dehydration was becoming a very real threat. Mark Shepherd was however back on familiar ground and fast making up time, his strong running background saw him ease his way past all his Team Kennet team-mates except John



Marriott who held on to finish first Team Kennet triathlete, forth in his age group and 46th overall. A fast finishing Dave Mithcham ran past Rog Davis and was within seconds of catching Graham Muse at the finish.

Round 3 Wantage Sprint Triathlon

Typical British weather returned to greet the three TK members who tackled the 800m swim, 35km cycle and 12km run up and down the Ridgeway at the Wantage Triathlon, but luckily the rain stayed away and the sun eventually came out during the run.

John Marriott had a very good race, coming 3rd in his category and 5th overall in a time of 2:08:17, completing the hilly bike in 62:31. Bart Kuijten was next home almost nine minutes later, posting a strong 50:26 split for the 12km run. Elisabeth Crossman finished in 2:27:32, in the process winning her category, well done!

Round 4 Marlborough Sprint Triathlon

One of the hottest days of the year greeted the ten Team Kennet triathletes for the 400m swim, 20 mile cycle and 5 mile run at the Marlborough Triathlon, a great TK turnout and some fantastic results for the team.

The team was lead home by Mark Shepherd who posted the quickest run split of all the competitors for the day in 30:40

and claiming the prize for 5th Man overall in 1:37:41. Next to finish was Steve Robinson in 1:39:31, in the process completing the bike course in 57:04 and taking 2nd place in the 45-49 age category.

A further three minutes behind was Bart Kuijten in 1:42:36, winning the 30-34 age category. First female home for the team was Rachel Elliott in 1:46:21, taking out the 30-34 Ladies age category. Only 12 seconds separated Dave Mitcham and Carolyn Craik, finishing in 1:46:46 and 1:46:58 respectively, a similarly close battle between Roger Davis and Phil Cowhig for seventh TK member home saw Rog (1:53:05) pip Phil by 23 seconds (Phil posting a quick 6:42 for the swim).

John Crossman and James Wilding were the final two TK competitors to complete the course in 1:54:57 and 1:58:17 respectively, and both representing the club for the first time in a series event.

Round 4 City of Bath Olympic Triathlon

With two TK members making their club series debut for the season, Gerry Iles led the club home in 3:00:18 with a solid effort across all three disciplines. Rob Findlay finished just Under nine minutes later in 3:09:16, finishing strongly in his first race back from injury. Steve Robinson was the third TK member to enter but unfortunately after very strong swim and bike splits, he had to pull out mid-way through the run due to calf problems.

Round 5 Milton Keynes Olympic Triathlon

Another Olympic Distance Club Series race, this time on the very quick course at Milton Keynes. A strong contingent of seven from TK made the journey and were led home by John Marriott in a very impressive time of 2:11:00, posting a strong 1:05 split for the 40km cycle, he was closely followed by Gavin McLaughlin 32 seconds later and Gavin swam a very quick 1500m in 20:18. Bart Kuijten was third to the finish line in 2:20:41, with Mark Shepherd only 16 seconds behind with the quickest TK 10km run split of the day in 37:36. Roger Davis finished in 2:26:52 and Phil Cowhig completed the TK finishers in 2:27:51.

Round 6 Concorde Sprint Triathlon

Another great turn-out as twelve of our athletes did battle for the Club Championships at the Concorde Triathlon in Bradfield. This race was contested over a 400m pool-based swim, 20km out-and-back cycle and a flat 5km run.

TK was led home by John Marriott in a time of 1:04:15, in the process he finished second overall, including a very impressive 34:45 bike split. Not far behind was Steve Robinson who despite being hampered by a calf strain problem going into the race, managed to finish third overall in a time of 1:05:40. A great performance from both John and Steve, well done!

Aston Nicholls was the next to cross the finish line in 10th place overall in 1:08:35, on the back of a very quick 6:07 swim split (which included running around a mat before the swim and out of the pool building afterwards) and took the prize for second Junior man. Only six seconds behind was Bart Kuijten in 1:08:41, which was good enough for third Senior man and included a strong 20:40 run split.

Next home for TK and finishing 20th overall was Roger Davis in 1:11:07, closely followed by Harriet Chettleburgh in a very impressive time of 1:11:24, a strong overall performance placing her third Senior woman. Then came Rob Findlay (1:12:00), Graham Muse (1:12:44) and Elisabeth Crossman in 1:13:42 (a great performance giving her the title of fastest Vet woman!). Martyn Maynard (1:16:35), James Wilding (1:17:04) and John Crossman (1:26:08) took out the final three TK places.

A very successful day for Team Kennet with six members taking home prizes, and well done to John and Harriet for taking out the respective Team Kennet Club Championships for 2010!

Round 7 Reading Olympic Triathlon

The return of the Reading Triathlon was a great way to finish the Team Kennet Club Series on a long Olympic distance course.

Fresh from his sub-10 hour Iron-distance result, Nick Weston returned to the Club Series with a great performance showing the rest of us how it is done, a quick 1:14:30 on the 28.5 mile bike course, followed by a 38:10 for the 10km run brought Nick home in a time of 2:17:55, 6th position overall, well done Nick! John

Marriott continued his impressive form this season with a time of 2:25:49, posting the quickest TK swim of the day, covering the mussel-infested 1500m course in 22:14.

Steve Robinson was next TK member over the finish line in 2:35:11 in 44th position overall, 13 places behind was Bart Kuijten in 2:37:04. The race for 5th TK finisher was closely contested with less than 2.5 minutes covering the next five finishers, Carolyn Craik led the group home in 2:43:21, Graham Muse a further 46 seconds behind, then Roger Davis only 16 seconds behind Graham and just 8 seconds ahead of Rob Findlay. Tim Howe completed his first Olympic-distance event in 2:45:45, with Phil Cowhig and John Crossman completing the course in 2:49:43 and 2:56:37 respectively.

Final Series League Table

John Marriott	48
Bart Kuijten	33
Steve Robinson	32
Mark Shepherd	23
Roger Davis	22
Rob Findlay	13
Graham Muse	12
Dave Mitcham	10
Nick Weston	10
Gerry Iles	10
Gavin McLaughlin	8
Phil Cowhig	6
Aston Nicholls	6
John Crossman	3
James Wilding	1
Tim Howe	1

2011 Team Kennet Triathlon Series dates

- May 15 Salisbury Sprint Triathlon**
- May 22 The Swashbuckler Triathlon**
- Jun 19 Marlborough Sprint Triathlon**
- Jul 17 Marlow Olympic River Triathlon**
- Jul 31 Milton Keynes Olympic Triathlon**
- Aug tbc Concorde Sprint Triathlon**
- Sep tbc Reading Olympic Triathlon**

Junior Triathlon

Vale Tridents Aquathlon

James MacLaughlin took part in the Vale Tridents Aquathlon and finished first in the T1 age-group, swimming 3:14 for the 150m and 6:02 for the 1500m run, finishing in 9:52.

James held onto the other main competitors in the swim not losing too much time, before tracking them down and dominating the run. This was a particularly impressive feat given that he is the younger year of the age group and he hasn't started to swim for NDSC yet so hasn't got the stroke endurance that he should have in a years time.

Vale Tridents Triathlon

James McLaughlin competed in the Vale Trident Junior Triathlon in Farringdon on the 4 September. Competing in the T1 age group he had a storming swim taking 23 seconds off his PB for the 150m completing it in 3:03, exiting in third place but with a number of other boys in close contention.

The cycle as a double 1000m loop, James cycled hard, the course although flat is tough as it is very exposed and there was strong wind blowing, finishing in 8:14, despite his efforts he had dropped to 4th, most of the other competitor were on racing bikes rather than mountain bikes.

A swift transition and James was out on the run chasing down the competitors in front, he quick caught up with the boy in front and together they chased down the 2nd place boy. After the two had caught and passed the second placed boy, James and the other boy were in a fight for the finish, however on the last lap of the 1500m James exertions on the bike took their toll and he had to settle for an excellent third place, finishing in 20:15.

This is James first year in the age category and he is already looking forward to competing next year when he hopes to be even more competitive.

The World Triathlon Championship

by Sonja Kabirschke



So there I was, at 7:15am on a freezing morning in Hungary, Budapest, standing at the start line of the World Triathlon Age Group Championships; it was the culmination of many months of sweat & tears and I had essentially three goals:

- 1) To complete the race
- 2) To not come last
- 3) And, if I was lucky enough, to not finish last British contender

One amongst 85 competitors, I knew that it was going to be a very tough race, the qualification had already shown what I might be up against, so I was proud to count myself amongst the top 20 British triathletes in the country.

And thus we clambered into the inlet of the freezing Danube (a mere 15-16°C), I really struggled to breathe and only really found my rhythm towards the end. Exiting the water in 22:20 would have normally placed me at the top, but I found myself way down in 26th position; I reminded myself however that I was here to enjoy myself and represent Great Britain!

Completing T1 without too much ado, I was off on my new bike, which I had only just received a few days before, so the

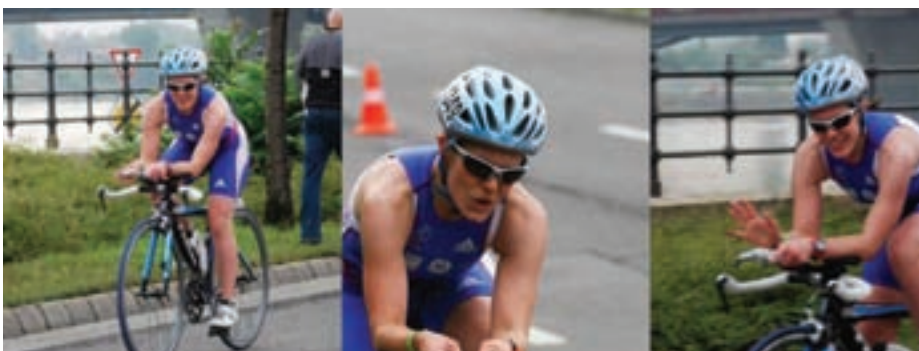
setup wasn't perfect but it didn't matter: I was flying and at one point clawed my way up to 23rd position.

The majority of the bike went exceedingly well, and other than veering off course due to moved cones, I couldn't complain and was really looking forward to the run: I had worked particularly hard on this and had recently been putting in exceptionally fast splits. But then, just as I was coming into T2, and as sod's law seemed to demand: CRAMP!

I didn't know what to do; was I to stop and stretch or just continue? I made the decision, rightly or wrongly, to just keep going but it was soon clear that I wasn't going to be going anywhere very fast.

The pain was so intense, I even considered pulling out at one point, but then thought: "what type of an athlete am I, coming all this way, only to end up with a DNF?!" British flag in hand, I did eventually stumble across the finish line, filled with both elation & frustration.

Then I searched for Photographer Husband, whom I hadn't seen on the run at all. Transpired he had miscounted my bike laps, ended up waiting for ages thinking that something had happened and finally running the 5km from the start to the finish, appearing drenched in sweat about 15 minutes after I had finished!



So despite my disappointing run, overall I felt proud to have represented Great Britain, and even my goals had all been achieved: I finished, I didn't come last and even managed 14th amongst the strong British field, though I know this should have been higher had it not been for the calf cramp. The British support was phenomenal, and I now look forward to next year's challenge: the daunting task of training for and completing my first Ironman...

Dates for Your Diary

Team kennet AGM

Monday 28th February	Crookham Common Athletics Track	Thatcham, Newbury	7.30pm - 9.30pm
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Junior Events

Saturday 26th March	Bracknell Open	Bracknell	
Sunday 10th April	Radley Open	Abingdon	
Sunday 17th April	Wessex League	Bournemouth	11:00am
Sunday 12th June	Wessex League	Bournemouth	11:00am
Sunday 10th July	Wessex League	Home Match-Oxford	11:00am
Sunday 24th July	Wessex League	Aldershot	11:00am

Schools Events

Saturday 5th March	West Berkshire Primary Schools Indoor Sportshall Championships 2011	Park House School	9:45am - 2.00pm
Tuesday 5th April	West Berkshire & North Hants Primary Schools Cross Country Championships	Newbury Racecourse	
June 14th	West Berkshire Schools (East) Quadkids Athletics Championships 2011	Theale Green Community School	2:30 - 6:30pm
June 18th	West Berkshire Schools (West) Quadkids Athletics Championships 2011	Park House School	10.00am - 2.00pm
July 1st	North Hampshire Schools Quadkids Athletics Championships 2011	Clere School	10.00am - 2.00pm

Men's Events

Saturday 7th May	Southern Mens League	TBA
Saturday 4th June	Southern Mens League	TBA
Saturday 9th July	Southern Mens League	TBA
Saturday 30th July	Southern Mens League	TBA
Saturday 13th August	Southern Mens League	TBA

Women's Events

Saturday 30th April	Southern Womens League	TBA
Saturday 21st May	Southern Womens League	TBA
Saturday 9th July	Southern Womens League	TBA
Saturday 20th August	Southern Womens League	TBA
Saturday 3rd September	Southern Womens League	TBA

Berkshire Track & Field Champs

Please check Berkshire Athletic Association website for details.

Triathlon Series

Sunday May 15	Salisbury Sprint Triathlon
Sunday May 22	The Swashbuckler Triathlon
Sunday June 19	Marlborough Sprint Triathlon
Sunday July 17	Marlow Olympic River Triathlon
Sunday July 31	Milton Keynes Olympic Triathlon
Sunday August tbc	Concorde Sprint Triathlon
Sunday September tbc	Reading Olympic Triathlon

Membership Renewal 2011

Subscriptions become due annually on 1st January. An administration fee will be charged if payment is not received by 20.02.11.

Please complete fully and hand with the appropriate fee (cheques payable to Team Kennet) to the Membership Secretary or send to: Team Kennet, P.O. Box 5990, Newbury, RG14 2WX

Full Name:

Address:

Post Code :

Tel. No.:

Mobile:

E-mail:

Signature:

Date:

Signature of parent or guardian (if applicant is Under 16 years).

Normal Rate

Senior	£40.00
Junior (U13-U20)	£30.00
Mini (U9-U11)	£25.00
2nd claim member	£15.00
Associate (non-active)	£ 10.00

Reduced rates for 6 months and second or subsequent family members:

Senior	£22.50
Junior (U13-U20)	£17.50
Mini (U9-U11)	£12.50
2nd claim member	£7.50
Associate (non-active)	£ 5.00

Please circle.

Total:

Club Contacts

Chairperson	Nick Bull	01635 31338
Treasurer	Scott Nicholls	01635 41299
Secretary	Averil Hewitt	01635 580172
Membership	Elaine Knappe	01635 600150
Welfare	Ian Killner	01635 565908
CRB Checks	Janet Walter	01635 846867
Athletics	Nick Bull	01635 31338
Cross Country	Colin Price	01635 36915
Triathlon	John Marriott	01635 865606
Schools Liaison	Nick Bull	01635 31338
Officials Secretary	Averil Hewitt	01635 580172
Coach Development	Averil Hewitt	01635 580172
Southern Mens Track Captain	Mark Shepherd	07766 655315
Southern Womens Track Captain	Jenny Eaton	01635 273170



www.team.kennet.com P.O. Box 5990, Newbury, Berkshire, RG14 2WX