

# Team Kennet

## TRIATHLON & ATHLETICS CLUB

Team Kennet

Newsletter 2020-2022 April



CHAIRMAN'S REPORT	2
OPEN ATHLETICS	5
WESSEX LEAGUE	7
QUAD KIDS	12
OXFORD LEAGUE	14

CROSS COUNTRY	15
TRIATHLON	19
JUNIOR CHAMPIONSHIPS	20
VIRTUAL CHAMPIONSHIPS	20
SEASON PRESENTATION	21

MAD MILE	22
GREEN PARK	22
DATES FOR YOUR DIARY	23
SPARTAN	23
CONTACTS & RENEWALS	24

## The Team Kennet Newbury Duathlon

Run 5k  
Cycle 25k  
Run 5k

Sat 9th April 2022

enter online at:

[www.teamkennet.com](http://www.teamkennet.com)

## The Team Kennet MAD MILE

Crookham Common  
Athletics Track

Wednesday 15th June

Race 1 7.35pm female u9-u13

Race 2 7.45pm male u9-u13

Race 3 7.55pm female  
u15 to seniors/vets

Race 4 8.10pm male  
u15 to seniors/vets

To Enter follow Team Kennet  
on Facebook or by contacting  
Nick Bull.

## The Team Kennet Newbury Triathlon

Swim 300m  
Cycle 22k  
Run 5k

Sun 4th September 2022

enter online at:

[www.teamkennet.com](http://www.teamkennet.com)

# CHAIRMAN'S REPORT



Hi Everyone,

Well where do I begin? It's great that we can again produce a newsletter so all existing and new members can see what has been happening in the club over the past two years.

It has been quite a roller-coaster ride for the club, after a successful 2019 and the club having over 400 members, 2020 looked like being a superb year for us. That was until COVID forced us all to lock down for four months, wiping out the whole Athletics Calendar, Triathlon Series and even the nations parkruns and most importantly put our whole training structure on hold. We did our best to put structures in place and to get most junior and senior athletes back training again, but unfortunately the main club nights had to wait a further two months, unsurprisingly the club lost 125 athletes that year. We have since seen that bounce back a little with around 30 new members joining the club.

2021 we thought should be a much more normal year but under restrictions, we managed to compete in both Junior League competitions but pulled out of the senior league due to restrictions and non league competition. Triathlon restarted back and later in the year and local parkruns returned, we as a club managed to get 80% of all presentations done and even ran a Club Championship Athletics event for the Juniors. Membership went up massively bringing in 100 new athletes while only losing 30 or so. We are in a much better place now with membership back up to 350 and an increase in TK Volunteers. A big thank you everyone who has helped the club through these difficult two years, helped to keep us all safe and to all our athletes who have had to put up with the past two years being a bit on and off, let's hope 2022 will continue to improve in a safe way and that nothing gets cancelled so we can rebuild fully.

**Nick Bull**  
Chairman & Vice President

## Club Clothing and Team Kennet Merchandise

We have the following items of clothing available for sale. Please ask at reception on club nights if you wish to order any items.

**Hoodies:** Sizes 7-8, 9-11, 12-13, S, M, L, XL, XXL – All at £23.50

**Zipped Hoodies:** only in S, M, L, XL, XXL

**Club Running Vests (normal):** £20.00

**Club Lycra Running Shorts:** £5 SPECIAL OFFER till gone

Ladies Waist: 22/24 = Small, 26/28 = Medium, 30/32 = Large, other sizes on request  
Mens Waist: 26/28 = Small, 30/32 = Medium, 34/36 = Large, 38/40 = Ex. Large.

**TK Training Hats:** £12.50

**TK Bobble Hats:** £15

**Competition Warm up Cooltex T-shirts:** (club vests must be worn at competitions) are free to all competing athletes ask reception.

**Club T-shirts:** are FREE on request on club nights.

# OPEN ATHLETICS



The under 17s Harry Booker just missed the 40m mark to throw 39.11 and Oliver Gregory 23.44, Both Athletes teamed up in the Shot where Booker threw 11.72 and Gregory 11.31.



## Lee Valley Open

Team Kennet's Ben East took part in the Lee Valley Open at the weekend, in the under 17 event The javelin Ben Threw a massive 73.04m to extend his own club record but to put him in 5th overall in the under 17 all Comers list and topping the UK rankings so far this year, Bens training partner Liam Cawley also took part in the same event throwing just over 55m, Liam who picked up a serious ankle injury in February had to have an operation on his foot, he turned around all odds to get back throwing this year and start his campaign to throw over 60 metres before the season finishes, Both Athletes are coached by Luke Angell and part of his Javelin Academy at Team Kennet.

Oliver Humphrey took part in the Lee Valley Hurdles meeting in the under 15 boys 80mH he clocked 12.5 a new personnel best time.

## UK Javelin Championships

Held at Lee Valley were Ben East won yet another title throwing in the under 17 age group with a best throw of 69.91, and team mate Liam Cawley threw a personnel best to finish 6th place with a throw of 55.89.

Phoebe Hoaen took part in the under 20 womens event and earned herself a Runners Up place and breaking the clubs u20 record with a big throw of 42.63.

## Portsmouth Track Open

Team Kennet Zoe Allen took part in the Portsmouth track open meet in the under 13 girls she ran 10.89 for the 100m and 29.99 in the 200m.

## Portsmouth Invitational Throws

Team Kennet had Eight Athletes invited to Portsmouth City Invitational Throws meeting. Ben East made it another win in the under 17 Javelin event throwing 68.92 winning by just over 2m, Liam Cawley threw 55.73 just missing out on a personnel best. Phoebe Hoaen threw past the 40m mark by 92cm, and their Coach Luke Angell threw a seasons best to put him in the top 20 UK rankings 56.38. The Discus Throw under 15 Seb Simpson threw a massive personnel best of 32.96 with a lot more to come yet, Sam Dennis threw 24.41.



## South of England Championships

Held at Chelmsford, in the under 17 mens age group Harry Booker came 6th in the Shot with a throw of 12.13 and Oliver Gregory just behind in 7th 11.87. Both teamed up again in the Discus Booker throwing for 10th place with 39.94 and Gregory was 13th with a throw of 30.07.

Charlotte Booker came 14th in the under 20 Discus with 21.95 In the Senior Womens 400m Team Kennet's Hayley Steward took part in the 400m she came 4th in her heat 61.17 to qualify for the finals as fastest loser, but sadly had to withdraw due to a calf strain.

## Swindon Open

Two Team Kennet athletes took part in the Swindon Open track meet, Father Phil Murphy V40 and Son Eliot Murphy u13 took part in both 800 and 1500m races, Phil coming third in his heat of the 800m in 2.13.95 breaking the club Vet 40 record and Eliot running 2.34.66 in his 800m, both teamed up together in their heat of the 1500m with Phil winning the heat in 4.43.8 another club record for Vet 40 and Eliot coming third with 5.09.7.

## South of England Field Academy Festival

Team Kennet Throwers ended the Track and Field Season taking part at Portsmouth in the South of England Field Academy Festival, it was a brilliant day for the club as the season wrapped up with 2 athletes being UK Number one spot in the Javelin, Ben East threw 66.24m in the u17 age group, while much younger under 13 James Fenner went straight to UK number one with a throw of 37.50m, Liam Cawley in the under 17 mens threw a personnel best of 56.97 to put him UK Number 4, and Phoebe Hoaen threw 42.23 to leave her UK number 5 in the under 20 age group. Luke Angell also competed with his athletes in the same pool. His best throw of the day was 54.73.

In the Discus Oliver Ford in the under 17s threw 38.03 and Harry Booker 38.05 both boys in the top 22 UK rankings, Seb Simpson threw 32.96 in the under 15 boys Discus to make the top 30 in the UK.

The Shot saw Ford throw 12.02, and Simpson 9.99, and Coach Cheryl Angell in the vet 55 age group threw Shot 7.11 and Discus 13.63, Finally the Hammer Charlotte Booker in the u20 womens threw 24.90

South of England Track & Field Academy Sports Pro Event Some of Team Kennet's throwers took part in the South of England Track and Field Academy Sports Pro Event held at Portsmouth on a very blustery damp Sunday, best results came in the Javelin Ben East opening his season with a 58.44 in the under 20 age group, while his coach Luke Angell threw in the seniors 52.83.

Oliver Gregory also in the under 20 age group threw 10.79 in the Shot and Harry Booker u20 threw 33.09 in the Discus. Club Coach Cheryl Angell threw in the vet 55 age group in the Shot 6.59, Discus 13.36 and Hammer 18.85



## Other Open Meetings

Team Kennet Had several Athletes take part over the weekend in various Open Meets around the South of England.

Phoebe Hoaen (u20) travelled to Loughborough to take part in the Javelin to stamp a mark in the ground with a throw of 39.33, which put her in 6th place in the UK Rankings at the moment.

At Aldershot Emma Davies took part in the under 15 girls 800m to clock 2.40.3 for a P.B., Noah Kemp took part in the longer 1500m struggling with Speed Endurance but clocking 5.11.9 in the under 17 age group, while in the younger under 11 Noah Lauder – Clarke took part in the 100m 16.8 and 800m 3.20.3.

Swindon also held an Open Meet in the under 15 girls Javelin Alanna Smith threw 29.50 a new P.B. which ranks her top 10 in the UK so far, and team mate Clare McGonnell threw just over 27m, the 1000m races saw under 13 Elliott Murphy clock a fast 3.16.44 and father Phil Murphy clocked 2.58.88 in his race setting a new club Vet 40 record.



## South of England Championships

Team Kennet had three athletes compete in the under 20 South of England Championships at Bedford.

Ben East came away with a Silver Medal in the Javelin in the men's category throwing a personnel best and breaking his own club record with a throw of 61.34m, keeping him 4th in the UK rankings, in his first year in this age group. Harry Booker just missed out on a medal in the Discus finishing 4th with his best throw his opener 35.16 which gained him a personnel best and new club record as well.

In the u20 Ladies Phoebe Hoaen finished 5th in the Javelin throwing 39.14m



## England U20 Championships

Team Kennet's Ben East came 4th in the England Championships in the under 20 age group in the Javelin at Bedford on Saturday throwing 61.35m, Ben just moved up to this age group was one of a few throwing in his first year on moving up.

## England Athletics Championships

Team Kennet Athlete Nathan Gillis took part in the English Athletics Senior Championships over the weekend in a very hot Bedford Stadium, Nathan made it to the 800m final where he finished in 5th place with a time of 1.52.47 just running out of steam in the last 50m.



## South of England

Team Kennet had Several Athletes compete in the South of England Track and Field Championships at Kingsmeadow Stadium in Kingston.

Team Kennet Claimed three medals, and Seb Simpson was crowned under 15 South of England Discus Champion throwing 38.89, but to cap this he also took a Bronze Medal in the Hammer throwing 34.10 and finished 5th in the Shot 11.34. Another Medal came from George Down in the same age group in the Long Jump breaking his own club record leaping to 6.21 and taking a bronze medal.

Charlotte Absolom also broke the clubs under 17 womens Triple Jump record coming 6th with 9.93.

Under 13 Elliot Murphy came 5th in his 800m heat clocking 2.28.4 and Eliska Simpson in the u13 girls Shot came 8th.

## Kettering Open

Team Kennet's Athletics Javelin coach Luke Angell, took to the road, to take part in the Kettering open in Northamptonshire on Saturday to continue his fight against fitness and came away with a well-deserved 2nd place and a season's best of 57.91, behind his former colleague from Loughborough Benji Pearson. Luke has consistently made progress this season to improve his throwing fitness since injuring his back when at Loughborough a few years ago.

## County Championships

Team Kennet's Hayley Steward took part in the Somerset County Track and Field Champs at the weekend, she took two County titles in the Senior Age Group, firstly in the Shot with 11.46m throw and then the Long Jump 5.20m.

## Berkshire Championships

Team Kennet Athletes thrived at the Berkshire Track and Field Championships held at Eton over the Weekend claiming some 22 medals and 10 County Champions over the two days.

The under 13 Boys Elliott Murphy took his first County Title in the 1000m in a great race just missing out on the clubs record clocking a fast 3.08.7 and then following day claimed a new club record in the 600m being pipped on the line for 4th place with a time of 1.43.67, in the same age group but Girls Eliska Simpson is fast learning the discus and moving up to 14th in the UK rankings at her first year in this age group by also taking the Berkshire Title throwing 18.43, she claimed a handful of medals as she came runners up in the Shot 6.67 and taking 3rd place in the Javelin. Amber Stiles also grabbed a County Title in the High Jump clearing 1.25m and in a close race in the 1000m she clocked 3.31.95 to take runners up.

The under 15 Age Group saw Claire McGonnell claim the Javelin title throwing 27.87 and also bronze in the 300m 46.7 and reaching the 100m final coming 7th 14.1, the Boys age group Seb Simpson claimed himself two County Titles first his main event the Discus throwing 35.67 and then in the Hammer 28.25, He earned a Bronze Medal in the Shot 10.34 and just missed out to take 4th place in the Javelin 21.51.

Jo Hoaen also took part in the Discus coming 4th with a throw of 21.88

The under 17 age groups also saw County Champions, Charlotte Absalom winning the Triple Jump 9.53, Oliver Ford threw 39.93 to win the Discus with Tom Wells winning the Bronze 26.82, Ford also took Runners up spot in the Shot 12.28, while Bronze Medals came from Oliver Humphrey in the 100m hurdles 15.02 and Gabriel Warley 1.75 in the High Jump with Matthew Jones taking 4th 1.70m

The under 20 age group Phoebe Hoaen claimed her first title in this age group in the Javelin 35.23 and a cluster of Silver medals came from Oliver Bazin in the long jump 5.51, Harry Booker in the Discus 36.29 and Oliver Gregory in the Shot 11.01, Booker just missed out in the Shot taking 4th place 10.67

The only club senior athlete taking part was Luke Angell after many years battling injury went out full of confidence in the Javelin to throw 57.62m to take the Senior title

## Radley Open

Team Kennet's own throws coaches, Cheryl, and Luke Angell took a short journey up to the Radley open at Abingdon on Sunday, and both came back with great results!

Cheryl took on Javelin and Hammer and came 2nd in both disciplines breaking her own club records with 14.49 & 20.21 respectively: she also won her age group V55.

Luke continued his journey back to fitness, winning the men's senior Javelin competition, with yet another increase in distance of 60.30.



## Inter Counties

Team Kennet had 7 Athletes Represent Berkshire at the u15/20 Inter Counties Match at Horspath in Oxford.

Ben East won the under 20 Javelin with a personnel best throw of 61.53 increasing his own club record, while in the Same age group Oliver Bazin came 3rd in the Long Jump 5.92, Harry Booker 3rd in the Discus 36.33 and Phoebe Hoaen also 3rd in the Womens Javelin 38.00

In The Under 15 age group George Down won his Long Jump with 5.98, and another Win came from Seb Simpson in the Discus 38.39, Claire McGonnell came 2nd in the Javelin with a new personnel best of 30.87

## Indoor Track and Field

Team Kennet had several athletes take part in the London Games last weekend.

George Down now in the under 17 age group broke the club Indoor record taking it to 6.33m, Oliver Humphrey clocked a fast 8.98 in the 60m hurdles.

Zoe Allen took part in both Track and Field, in the Shot threw 9.85 while on the track 60m time was 9.08 and in the 300m 47.96

Josh Ladds took part in the u13 boys breaking the clubs 60m record with a 9.33seconds and also the 200m clocking just over 33 seconds.

# WESSEX LEAGUE

## Match 1

Team Kennet Junior Athletes were back in League action after 20 months, in a thrilling Wessex Young Athletes League match that saw Team Kennet in their NEW club vests lead all through the match till the Relays. The final match score was:

SWINDON	496
<b>TEAM KENNET</b>	<b>494</b>
SOUTHAMPTON	189
POOLE AC	163
ANDOVER	138
DORCHESTER	DNA

Under 17 age group won on the day that saw Oliver Ford break the club Shot putt record throwing 13.17m, Ford went on to win the Discus with 41.29m just missing the club record, in a very tough Javelin Competition Ford had to settle for 4th place with 40.01m, Brandon Carter won the B string Javelin 39.55, Tom Wells winning the B string Discus 27.38 and Jonah Briggs winning the B shot. The High Jump saw another Double win from Euan Avery 1.73 and Matt Jones 1.70, in the Long Jump Matt Jones 5.42 and Oliver Humphrey 4.82 both finished second in their strings, on the Track Humphreys won the 100m hurdles in 14.99. In the longer race of the day 1500m Toby Clark was 3rd 4.36.6 and Noah Kemp won the B string 5.04.2, The Sprints Avery clocked 12.5 in the 100m for 4th A and Briggs 13.1 for same position in the B, both teamed up in the 200m for 2nd and 3rd places.



The 4 x 100m team also came in 2nd place just clocking over 51 seconds.

The under 15 girls also won their age group dominating the field events, Twins Mia Wright and Neve Wright secured a double win in the high jump both clearing 1.40m, in the Shot another Double win came from Zoe Allen 9.60m and Claire McGonnell 6.92, The Discus another Double win Annabel MacClean 20.12 and Kirsten Fraser 14.74, and Also in the Javelin Alanna Smith 25.72 and McGonnell 25.04, Octavia Thomas came 2nd in the Long Jump 4.27 and another B win for Neve Wright 4.15.



On The Track best performance came from Emma Davies in the 800m winning with a fast 2.25.3 and Smith taking 2nd B 2.44

Kirsten Fraser won the longer distance 1500m in 4.58.8, Fraser later went on to win the A string 300m 45.7 and Davies the B string 48.2, in the 200m Allen 28.9 and MacClean 29.9 both finished 2nd place, but in the shorter sprint a fantastic win in the 100m from Octavia Thomas 13.8 and B win from Allen 14.1

The 4 x 100m relay quarter came back from no where to almost win just missing out to take 2nd place in 55.8.

All the other age group took second places in their age groups, with best performance on the track on the day came from under 13 boys 1500m race where Rory Barclay-Watt stole the show with 4.46.1 to go top 8 UK ranking with a superb victory and team mate Elliott Murphy clocking 5.03.93



second home but B string win, Ethan Kuijten clocked 2.36 in the 800m for 3rd place matched by Aaron Carter in the b string, Kuijten taking 2nd b in the long jump, Kuijten 2nd A string in the Shot and Charlie Todd winning the B string, best of the throws.





The under 15 boys Ivan Chekmazov came 2nd in the 1500m 5.18.2, on the Field best result came in the High Jump Jacob Avery winning with 1.47 and Jacob Bangs winning the B string 1.45, Seb Simpson had a good day on the throws winning the Shot 34.28 and 2nd in the Shot 9.76, Joseph Hoan teamed up with Simpson in the Shot for 2nd B and Winning the Discus B 21.38 and in the Javelin James Fenner won this with 29.33 and Hoan taking his 2nd B string win of the day 21.20



The under 13 girls just missed out winning their age group, in the throws a great double win came from Eliska Simpson 16.20 and Suki Humphreys 13.68 in the Discus, In The Shot the two teamed up Simpson 2nd A string 6.71 and Humphreys winning the B string 6.46. the high jump secured another double win Bethany MacClean winning A string 1.25 and Amber Stiles 1.25 winning the B string.

On the track a great race developed in the 1200m which came down to the last 100m Amber Stiles was just out sprinted in to 2nd place with 4.16.2, in same race Lilia Gale was 3rd B string, MacClean came 2nd in her 800m 2.49

The under 17 women Aimee Dickson came 2nd in the A string 80m hurdles and B string win from Charlotte Absolom 13.9, Shot saw a double win from Absolom 9m and Dickson B string 8.14, Annabel Todd won her Discus 18.60, on the track best result came in the 300m Todd 2nd A and Dickson 2nd B.

## Match 2

Team Kennet were in action again in the second round of the Wessex Young Athletes League at Swindon on Sunday. In a tough match and slightly reduced club numbers TK still managed rack up over 400pts to finish 2nd place on the day. Match Score:

Basingstoke	558
<b>Team Kennet</b>	<b>424.5</b>
Salisbury	256
Marlborough Athletics	254.5
Woking	237
Bournemouth	166

Two Team Kennet records were broken on the day, Firstly Rory Barclay-Watt broke the clubs 1500m under 13 boys record and winning the race by nearly 200m with a time of 4.43.9 keeping him 9th in the UK rankings. Later in the day Harry Booker who holds several Wessex League Record broke the club Discus Record in the under 20 mens age group throwing 35.37m.

The Under 15 Girls won their match again and top the age group table, a double win came early in the day in the High Jump from Twins Neve and Mia Wright both clearing 1.40m, Another Double win came from Alanna Smith 30.92 and Claire McGonnell 30.34 in the Javelin, both girls throwing over 10m in front of the rest of the field, again in the Throws another Double win came in the Shot Zoe Allen throwing over the 10m mark for the first time 10.04 and Annabel MacClean 9.21, The long jump saw two 2nd places in their strings Octavia Thomas 4.32 and Carly Chisholm 3.93.



On the track Kirsten Fraser took full control to win the 1500m in 4.55, in the shorter 800m Emma Davies had to settle for 2nd A string 2.31 and Alanna Smith took a B win in 2.41.7, the sprints saw some good competition Zoe Allen in the 100m 14.0 took 4th place, and matched that in the 200m 28.5 and the B string Thomas came 3rd B in the 100m 14.1 and 2nd B in the 200m 28.6.

The 4x100m Quartet of Allen, Thomas, McGonnell and Chisholm came 3rd in 56.7

The under 13 Girls took a age group win as well, Double Win came in the Shot from Eliska Simpson 6.64 and Suki Humphries 5.94, in the Discus only 60cm separated 4 athletes, both TK Girls coming 2nd place in their strings Simpson 16.55 and Humphreys 16.34, The high Jump saw Bethany MacClean take the win 1.24 on count back and Amber Stiles coming 2nd B with 1.15. on The Track best result of the day came from Ava Brade in the 100m B string coming 2nd in 14.8 and 4 x100m team coming 3rd 61.2 made up of Brade, Maclean, Erin Gosney and Emelia Lunn.

The under 17 women a double win came from Charlotte Absolom 14.5 and Aimee Dickson 15.1 in the 80m Hurdles, both teamed up in the Shot Dickson taking 2nd A 8.99 and Absolom winning the B string 8.44

The under 17 men just missed out by 2 pts on an age group win, again it was the field that scored high, in the Long Jump Matt Jones and George Mackie won both their strings 5.17 and 4.74, both teamed up in the High Jump Jones clearing 1.65 and Mackie 1.50 to take another double win, in the Throws Oliver Ford was fired up throwing 13.16 in the shot to win, taking the Discus win earlier in 41.49, With Tom Wells winning the B string 25.69, and in the Javlein Ford had to settle for 2nd A string 40.29 and Brandon Carter winning the B 36.08

On the track Toby Clark came 2nd in the 1500m 4.35.9 and Noah Kemp 2nd B 5.03.8, Kemp also tackling the 800m finishing 2nd

The 100m Both TK boys Euan Avery 12.5 and Mackie 12.9 came 2nd, Oliver Humphrey won the 100m hurdles 14.8

The under 15 Boys Seb Simpson threw well winning his Discus 36.88 and Joe Hoaen 21.2 taking the B win, Hoaen won his B Javelin 21.81 with Simpson taking 2nd A string 23.03, and in the

Shot Simpson came 2nd 9.61 and Hoaen making it a hatricket of B wins 5.47.

George Down won the Long Jump with 5.82 just missing the club record and Edward Mackie taking 2nd B 4.18. Mackie won the 80m Hurdles best result on the track with good 2nd places coming from Down in the 200m 25.8 A String and Jacob Avery 14.2 in the B 100m.

TK struggled to get u13 boys out but with the four of them they earned the club good points, Ethan Kuijten won the B string 1500m 5.24.9, Elliot Murphy came 3rd in the 800m 2.27 and Will McDonald 4th B string 2.56 best on the track, best on the field came from Elliot in the B string long jump coming 2nd place 3.46





## Match 3

Team Kennet took part in Oxford for the Third Round of the Wessex Young Athletes League on Sunday, with school holidays and apps pinging the club suffered major losses in numbers, but a strong team effort on the day saw the Yellow/Blue vests finish 3rd place. Match Score:

Oxford City	483
Slough Juniors	432
<b>Team Kennet</b>	<b>370</b>
MADJA	246
Portsmouth City	244
Dorchester	DNA

High light of the day came from George Down in the under 15 Boys long Jump leaping 5.98 to win by over a metre and break the clubs record held for 10 years. The clubs Teams battled well with the under 17 men just being edged out in to second place by just 2pts but keeping them top of the u17 mens league, Oliver Ford picked up a hattrick of wins on the day in the A string winning the discus 39.07,



Shot 12.65 and B string Javelin 40.02, The A String Javelin was won by Brandon Carter smashing his best with 40.14. Tom Wells won the B Discus 26.65 and Jonah Briggs taking 2nd B in the Shot. George Mackie picked up B string wins in the High Jump 1.45 and Long Jump 4.72, Matthew Jones taking 2nd A in the high Jump 1.65 and 3rd A in the Long Jump 5.41. The Track saw a few wins Oliver Humphrey remaining unbeaten in the 100m hurdles clocking 15.1, Noah Kemp doubling up in the 1500m 2nd and 800m 4th, in the sprints Jonah Briggs and Oliver Humphreys gained valuable points from their runs.

The under 15 Girls are also equal top of their league, but finished 2nd on the day, but joint leaders also finished second in their match, on the Field the best points came from the Throws, Annabel Maclean winning the discus 24.12 to take her in to top 20 UK rankings and Kirsten Fraser taking B string win 17.73, Another Double win came from middle distance runners in the Javelin Eve Brown 20.71 and Emma Davies 14.28, Maclean had to settle for 2nd A in the Shot with 8.82m, The Track picked up good points Maclean taking 2nd place in the 75m hurdles 14.2, Fraser winning from the front in the 1500m 4.56.8, the shorter 800m Emma Davies taking 2nd 2.32 and Eve Brown winning the B string 2.34.8, Fraser took 2nd A string in the 300m 45.4 and Emma Davies just won the B string clocking 46.9 in a very close race by all athletes. Emily Richardson and Carly Chisholm added points to the clubs tally.

The under 13 girls were also 2nd team lying in 4th place in their league they beat table leaders to put them within one point of the top, The TK throwers are thriving in the club and Suki Humphreys made sure shes in the top UK 20 by throwing 17.47 to win the Discus and team mate Eliska Simpson won the B string 16.96, in the Shot Eliska got the better as both won their Strings 6.73 from Simpson and 6.36 from Humphreys, both teamed up in the Javelin Humphreys taking 3rd A and Simpson making it a hattrick of wins winning the B string 11.92. The High Jump saw Amber Stiles take 2nd place and Bethany Maclean winning the B string. On the Track the first event saw a double win from Ellie Ross and Amber Stiles in the 70m hurdles, a Double 2nd place came in the 800m Stiles 3.02 and Leilah Gaye 3.08. Maclean took 2nd A string in the 200m, while in the 100m improving Ava Brade won with 14.3 and Emelia Lunn 2nd B string 14.9, in the 4 x 100m (Maclean, Lunn, Brade and Stiles) it was down the the last 30m where TK came home 2nd place 60.6.



The under 15 boys came 3rd on the day, with only four club athletes able to take part, George down after winning his Long Jump made sure of a hattrick of wins in the 100m 11.9 and 300m 41.7, Edward Mackie won the B string 100m 13.4 and came 2nd in his 200m A string 27.1 and matching same position in the 300m 46.2. James Fenner had to settle for 2nd place in the Javelin 33.02, with Seb Simpson 19.66 in the B for 2nd place, Simpson in his favourite event the Discus went out to win with 34.95 and then went on to win the Shot 10.08, Fenner took 2nd B string in the Long Jump. And the 4 of them all teamed up in the 4 x 100m to take the win on the line 54.4

The under 13 boys also only had 4 athletes but also managed 3rd place due to the strength of the four, Harry Fenner won his High Jump 1.25 and the Javelin B string 22.81, William McDonald was 2nd A in the Javelin 23.08, Archie Gordon and James Simmons made up rest of the points and the four of them ran a great 4 x 100m relay to come 2nd place.





## Match 4

Team Kennet finished of the Junior Athletic Season in the Wessex Young Athletes League by finishing 2nd place at Swindon over the weekend to ensure a top 5 overall league position, while the under 15 girls won the under 15 age group league. Match score:

Swindon	510
<b>Team Kennet</b>	<b>368</b>
Salisbury	288
Andover & Overton	114
Fleet	87

The under 15 Girls were out in force for the club again to ensure they won there age group, the day started with the High Jump Neve Wright winning and smashed her own personnel best and claiming the high jump club record by clearing 1.58m putting her 21st in the UK Ranking, her Twin sister won the B string with 1.30, Neve came 2nd in the Long Jump 4.08 and Carly Chisholm took the B string win 4.02, Another Double win came in the Javelin Alanna Smith 30.03 and Claire McGonnell 27.59, in the Discus Kirsten Fraser came 2nd and Alanna Smith winning the B string. Both girls teamed up in the Shot for Fraser taking 2nd A string and Smith 3rd B string.

On the Track first event was the 75m Hurdles McGonnell came 2nd 13.68 and Amelie Ross also taking 2nd place. In the 800m both girls came 2nd in their strings Emma Davis 2.31 and Mia Wright. The 4 x100m saw another 1st place best of the track events clocking 57.35.

The under 17 men won their age group on the day to secure 3rd place overall in the age group league, Double event wins coming from Oliver Ford 40.58 and Tom Wells 30.38 in the Discus, Ford 13.04 and Brandon Carter 7.51 in the Shot, Euan Avery 1.60 and Matt Jones 1.55 in the High Jump, Jones 5.52 and Oliver Humphrey 4.77 in the Long Jump, an individual wins coming from Oliver Humphrey in the 100m hurdles with a new personnel best time of 14.71, Avery in the 200m 24.5, Avery finishing 2nd in the 100m 12.3, two good 2nd places came in the 400m Jones 60.1 and Noah Kemp, Kemp tackling the longer distances finishing 3rd in both, the best result came in the 4 x 100m as the quartet of Avery, Jones, Kemp and Carter took a convincing win with a time of 52.2

The Under 15 Boys came 3rd in their age group George Down continued his amazing season with 3 wins again coming in the 200m 25.1 and 300m 39.38 and his favored event the long jump 5.86, Seb Simpson won two of his events as well, Shot 11.11, Discus 35.55 and settling for 2nd place in the Javelin 24.84, William Appleby secured good 2nd and 3rd places in the B string on the Field

The under 13 boys also came 3rd William McDonald throwing 25.69 to take 2nd place in the Javelin, he came 4th in the Long Jump 3.85 in the B string James Simmons came first, he matched this in the 100m with a great race to win in 14.4 but had to settle for 2nd in the longer 200m 29.4

The under 13 Girls were 2nd on the day, first time this season the TK throwers didn't dominate the throws, in the Discus Eliska Simpson came 2nd 15.10, but Suki Humphreys won the B string 15.09, the Shot Simpson was 2nd again 6.85 and another win from Humphreys 5.88, in the Javelin Simpson had to retire due to injury taking 3rd place with Humphreys 2nd B string. Amber Stiles won the High Jump with a new best performance with a 1.30 clearance, Ellie Ross came 2nd in the 70m hurdles, in the longest event 1200m Stiles came 2nd 4.33.8, the 100m Sophie Moores came 2nd B string 14.1 and Emelia Lunn 4th A string 14.8, Moores came 3rd A string in the 200m 29.9.

Tara Hogan was the clubs only under 17 girl on the day where she came 2nd in the 800m 2.35 and 3rd in the 300m 48.8



## WESSEX MEDALS

Team Kennet under 15 girls were crowned joint age group winners in the Wessex League age group tables this season, only losing one match all season, the under 17 men also came third place overall in their age group league, again only losing one match all season. Picture of some of the 25 u15 and u17s that were at the recent training night to collect their medals.



## WESSEX QUAD KIDS

### Wessex Quadkids 1

Team Kennet under 11s made there welcome return to league competition in the Wessex Young Athletes league at Swindon on Sunday, overall the Host club managed to come out on top.

SWINDON	1578
<b>TEAM KENNET</b>	<b>1471</b>
POOLE AC	1005
ANDOVER	931
SOUTHAMPTON	883
DORCHESTER	DNA

The Boys won their section with some extremely good performances , Austin Ambrose won the boys section outright scoring 235pts, His 75m was just short of the club record clocking 11.00, he also just missed out on taking the clubs long jump record leaping 3.85m, to top this he ran a 2.08 600m and threw the vortex over 25m

Team mate Noah Lauder-Clarke came 3rd overall his best performance was Vortex throwing over 36m and clocking 12.1 in the 75m, Ben Daley only a year 4 came 10th overall with his 75m sprint 12.7, long jump 3.15 and vortex over 26m best

of his events, other boys taking part were Reuben Kuijten, Kaan Tugcetin, Rufus Davies

The Girls came 2nd overall, Anna Hall was clubs best scorer 200 pts (5th overall) with her 600m in 2.03 her best event and long jump 3.18 her next best. Ella Cronk ran a 2.04 600m finishing just behind Anna and 12.25 in the 75m, Emma Long making 10th overall with her Vortex throw of 30m pushing her up the rankings, other girls taking part were Holly Lockett, Olivia Rayfield.





## Wessex Quadkids 2

Team Kennet Quadkids Team (u11s) finished third at Swindon in the Wessex Young Athletes league match Round two on Sunday.

Bournemouth	1481
Marlborough	1455
<b>Team Kennet</b>	<b>1413</b>
Basingstoke	1361
Woking	854
Salisbury	499

Noah lauder Clark finished 2nd best Boy on the day with 221 points, clocking 12 seconds for the 75m , 3.32 in the long jump, 31.74 in the Vortex and 2.08 in the 600m, Ben Daley was hot on his toes in the 600m matching Noah's Time , and throwing vortex over 30m. Joshua Ladds ran his best in the 75m clocking 12.1, Rufus Davies also his sprint best 12.4, other boys were Harry Barnett and Oscar Larkin

The girls Anna Hall led the way in the 600m with a time of 2.06.3 and throwing vortex 27.67, Ella Cronk was fastest of the TK girls in 12.3 for the 75m, Olivia Rayfield was the girls best long jumper 3.00m, other girls who took part were Jess McCurtin, Mia Kearney and Maja Cotton.

## Wessex Quadkids 3

Team Kennet U11s kept up their pressure with the leaders in the Wessex Young Athletes League in a close match at Oxford.

Slough Juniors	1555
Portsmouth	1511
Oxford City	1470
<b>Team Kennet</b>	<b>1457</b>
MADJA	1219

Anna Hall came 2nd overall in the girls age group picking up 214 points, her 600m 2.01.8 was her best event and Vortex throw 27.94 giving her big points, she also ran a fast 75m in 12.6 which was matched by Maja Cotton but just a bit quicker was Ella Cronk 12.5, Harriet Saunders also took part.

Aiden Fleming led the Boys team coming 4th overall he clocked a fast 11.5 in the 75m, jumped 3.56 in the long jump and ran 600m in 1.58.

Austin Ambrose clocked a fast 11.2 in the 75m and leapt 3.64 in the Long Jump, but had to pull out after Vortex due to Blisters. Noah Lauder Clarke also had a good couple of events in the 75m clocking 11.8 and also jumping 3.31 in the long jump , he was the best of the vortex throwers in the TK boys throwing 28.03, Ben Daley best event was his Vortex just under 28m and Oliver Striven made a debut for the club as well.

## Wessex Quadkids 4

Team Kennet under 11s ended their League matches of the season in the Wessex League with their best result of the season, by finishing 2nd place behind the host club but the boys winning there section. Match Score:

Swindon	1666
<b>Team Kennet</b>	<b>1543</b>
Andover & Overton	1159
Salisbury	618
Fleet	189

The Boys winning the Boys team score saw Aiden Fleming 2nd indiviual on the day, clocking a fast 11.6 in the sprint, a very fast 600m of 1.54.1 which took the club u11 record, 3.56 in the long jump

and a 28.68 vortex throw, just behind him was Noah Lauder Clark 3rd overall himself clocking a fast 11.9 in the 75m, a 3.30 in the long jump, 2.04.7 in the 600m and best of all 38.47 in the Vortex. Josh ladds clocked a 12 seconds in the 75m, Ben Daley throwing 30.53 in the vortex, other athletes taking part Oliver Striven and Reuben Kuijten.

The Girls came 3rd on the day, Anna Hall finishing 6th overall her best event 600m 2.02.4 and a below par vortex throw of 23.62, Ella Cronk was just behind in 7th place clocking a fast 12.1 in the 75m sprint, a superb 2.00 in the 600m, Emerald Hill-Sawyer was the fastest sprinter on the day with a fast 11.7 and also ran a fast 600m 2.09, other girls taking part were Harriet Saunders, Maja



# OXFORD LEAGUE

Team Kennet took part in the only one off Oxford Junior Track and Field League match over the weekend at Horspath Athletics Track in Oxford, The Club faired well coming 3rd overall out of 9 clubs, winning 3 out of the 10 age groups.

Three Club records were broken on the day George Down continuing to improve his Long Jump taking it to 6.25 in the under 15 age group, Charlotte Absolom slightly increasing her own Triple Jump record in the under 17 women 9.99 and Aiden Fleming in the u11 boys Long Jump 4.05.

The Under 17 age group won their match, Brandon Carter winning the Javelin 39.17, a Double win came from Tom Wells 28.68 and Noah Kemp in the Discus. Euan Avery had one of his best jumps of the season finishing 2nd with 1.74m. On the Track Best Result came from Oliver Humphrey in the 100m hurdles winning with 15.0, in the sprints Avery had to settle for 6th in the 100m 12.5 and 5th in the 200m 24.9, while in the B string Jonah Briggs took two wins 100m 12.8 and 200m 26.7. Noah Kemp gained a 3rd place in the 1500m and 2nd in the 400m.



The under 15 boys came a close 3rd place in the team, George Down stole the under 15 performances to match his winning long jump he made sure it was a hat trick of wins on the day winning both 100m 12.0 and 200m 24.9, on the Field TK Vests only dropped 1 pt in the throws, double wins came from Seb Simpson 38.72 and Joseph Hoan 21.27 in the Discus, Simpson 11.05 and Hoan 6.0 in the Shot and in the Javelin Simpson had to settle for 2nd with 24.81 and Hoan winning the B with 24.23.

Jacob Avery came 3rd in the High Jump 1.45, elsewhere Isaac Mitcham came 6th

in the 1500m 5.19.8.

The under 13 Boys did well with their small squad, William McDonald won the Javelin 27.05 with Harry Fenner taking 2nd B string 21.41, Fenner later matching the position in the High Jump 1.21 and in the Long Jump came 3rd with 4.03 and McDonald taking a second win in the B string 3.91.

Rory Barclay-Watt kept his unbeaten run all season in the 1500m clocking 4.48, in the sprints James Simmons came 3rd in the 100m 14.2 and 4th in the 200m 29.3.

The under 15 girls came in 2nd in their age group Best results coming from the Field events, specially the High Jump with a double win coming from the twins Neve Wright clearing 1.50 and Mia Wright 1.35, Alanna Smith won her Javelin 31.56 and 3rd in the Discus 13.54 in the Shot Smith came 5th A string 6.65 and Mia Wright won the B string 5.65.

The Long Jump Neve Wright had to settle for 7th A string 4.05 and Carly Chisholm 2nd B string 4.03.

Best Result on the Track came from the 4 x 100m relay quartet finishing 2nd place, Claire McGonnell taking part on the track for all her events had to settle for 3rd in the 75m hurdles 14.0 and 2nd in the 200m 29.0,

Emma Davis ran well in the 800m to come 3rd place and Carly Chisholm clocking 15.1 in the 100m for 5th place.

The under 13 girls again picking up most of the points from the Field, The Reliable Eliska Simpson winning all three of her events Javelin 16.58, Shot 7.38 and Discus 18.06, Zoe Dickson supported her in the B string coming 2nd in the Javelin and Discus and 3rd in the Shot.

Amber Stiles and Bethany Mclean both cleared 1.25 in the high jump for 2nd and 1st places in their strings.

On the track Stiles came 2nd in the 70m hurdles 14.3, she matched the placing in the 800m 2.50.6, In the sprints Emelia Lunn came 3rd in the 200m 30.2 with Maclean 3rd B string 31.3.

The under 17 women Aimee Dickson came 2nd in the A string Discus, in the Shot Charlotte Absolom came 2nd A with 9.31 and Dickson winning the B string 9.08, Absolom Earlier won the 80m hurdles 14.0.



The Quadkids team won overall on the day with some strong performances from a small team of athletes, the under 9 girls won their match with Penelope Lyth best of the girls from TK clocking 13.1 for the 75m, Isla Ladds just behind clocking 13.3 Ella McDonald and Edith Evans made up rest of the team.

The under 11 Boys when they get the best of the clubs boys together they are unbeatable this proved the point on Sunday as they won their match, Aiden Fleming scoring 254pts overall, 11.3 for 75m. 4.05 for long jump, 1.57 for 600m and 27.42 for vortex to win overall, Noah Lauder-Clarke came 4th overall with 236pts, 11.8 for 75m and 37.01 for vortex best of his 4 events Reuben Kuijten and Ben Daley also took part in the winning team.

The Under 11 Girls were just pipped for 2nd team, Anna Hall came 3rd overall her best event 600m 2.05, Emma Long throwing Vortex 31.70, Maja Cotton clocking a fast 12.3 in the 75m and 2.11 in the 600m, Emerald Hill-Sawyer clocking 12.0 in the 75m and Holy Lockett also took part she clocked 12.4 in the 75m her best event on the day.



# CROSS COUNTRY



## Basingstoke

Team Kennet took part in their first Cross Country Race for 2 years, the Juniors are now taking part in the Destination Basingstoke Junior Cross Country League, which covers league formats for all junior age groups, Round 1 took part in Basingstoke that sees clubs from the M4 and M3 Corridor, The TK under 9s were the first race to go and it was Ella Larkin first home for the club with a sprint finish for first place but Ella was just pipped in to 2nd place by 1 second, Isla Ladds came home in 5th place with Maisie McCurtin 10th bringing home the A team in first place overall, Elora Murray was 14th, Sophie Cox 15th and Evie Kearney 16th bringing home the B team in 6th place.

The Under 9 boys went next and it was Malik Gaye that took the only club victory in the races by a massive margin in a big field, Joshua Kuijten was 17th and Alfie Cronk 20th as TK came 2nd overall

The under 11 Girls saw another top3 finish this time by Anna Hall coming home in a great 3rd place, Ella Cronk was next home in 11th and then Harriet Saunders 17th bringing the A team home in 2nd place behind Aldershot Farnham & Dist. Emerald Hill-Sawyer led the B team in 18th with Mia Kearney 26th and Amelia Rehill 29th for 8th team place overall, Jessie McCurtin was the final scorer for the club in 30th.

The under 11 Boys found a tough race with the biggest field of the day, Ben Daley ran really well to stay with the leaders but had to settle for 6th place with Oscar Larkin 9th and Frank Edwards 14th to bring home the team in 3rd place, next home was Luke Stiles 23rd then Joshua Ladds 28th followed by Flynn Murray 31st for 10th team overall, Rueben Kuijten was next home in 32nd

The under 13 Girls saw Amber Stiles first home for the club in 14th just ahead of team mate Leilah Gaye in 15th with Lilia

Gale 20th brought the club home in 3rd place, Lola Mitcham was 23rd

The under 13 boys Ethan Kuijten led home the TK vests in 8th place followed by Aaron Carter 11th and then Jacob Hopkin 22nd for 5th place team.

Isaac Mitcham was the only under 15 taking part for the club in the boys race he came 3rd.

## Rushmoor

Team Kennet Juniors kept up there Challenge in the Basingstoke Junior Cross Country League held at Rushmoor in Aldershot, a Bitterly cold Afternoon saw 44 Team Kennet Juniors compete, The Best Result came from Under 15 Girls where Emma Davies took full control to lead the girls home in a well deserved 1st place.

The under 9 girls who were leading the team placings, saw a good turn out of 10 girls from the club, knowing another good result would pull them away in their age group league, they secured their four scorers in the top 9 to win the team again, Ella Larkin came home in 2nd place to secure 2nd overall, Penelope Lyth ran a superb race to finish 4th, Maisie McCurtin just behind in 5th and Ella McDonald was the 9th scorer.

The B team came 4th overall as these girls packed in well, Isla ladds 11th, Milly davis 15th, Gracie Cooke 16th and Evie Kearney 18th. Elora Murray was 22nd and Rose Bell 23rd.

The under 9 Boys saw only 3 turn out Joseph Rayfield was 13th, Joshua Kuijten 19th and Alfie Cronk 24th for 6th Team placing.

The under 11 Girls were hoping to better there 2nd team placing from the last match, again Aldershot athletes packed in well,



keeping the Team Kennet under 11s team to 2nd place again, Anna Hall lead the way with 4th place, Ella Cronk 10th, Harriet Saunders 15th and Mia Kearney 23rd, Amelia Rehill 31st, Olivia Rayfield 32nd and Tillie Beaumont 33rd brought the B team home in 10th.

The under 11 boys had the biggest turn out for the club of 11 runners in a field of over 60 runners, probably toughest age group in the league, Noah Lauder Clarke came home in 7th, With Ben Daley just behind in 8th, Frank Edwards was 16th and Henry Bell 23rd bringing the A team home in 4th place, Luke Stiles lead the B team home in 24th, Harry Barnett 26th, Elliot Bell 28th and Flynn Murray 36th for 7th Team, Charlie Adams 38th lead the C team with Matthew Iles 40th and Reuben Kuijten 44th.

The under 13 Boys Elliot Murphy gave it a good go to stay with the leaders, he settled down in the race to come home in an excellent 4th place, Ethan Kuijten 9th, Max Adams 10th and Will McDonald 18th brought the team home in 2nd place. Aaron Carter was 19th and Jacob Hopkin 22nd.

The under 13 girls Amber Stiles came home in 13th place and Lola Mitcham 29th and in the under 15 boys Matthew Nocton was 5th running a good solid race and Isaac Mitcham 11th, in the same race in the u17 men Arthur Lane was 1st u17 runner home and Noah Kemp came home 2nd u17 man.



## Down Grange

Team Kennet Juniors took part in the Third of the Destination Basingstoke Cross Country League on Sunday at Down Grange organised by Fleet, Under 9 girls going in to this match were top of the league, a win would seal them as league winners going in to the last match, they made sure they packed up the front well, Ella Larkin led the way to also secure herself a top two finish at end of the season by coming 2nd place again, then the TK girls packed in for 6th place Isla Ladds, 7th place Ella McDonald and 8th place Penelope Lyth to ensure a team victory and for the club the under 9 girls are unbeaten in any competition for nearly 3 years. Milly Davies was next home in 15th and Gracie Cooke 16th.

The under 13 boys are now pushing also to win the team title, they secured a team victory by just 1 point, Elliot Murphy was clubs first runner home in 3rd place moving him in to 3rd individual overall, Ethan Kuijten was next in 6th followed by Max Adams 7th and Aaron Carter in 14th for the Team, William McDonald also ran and came 16th.

The under 9 Boys also secured a 3rd team finish with Malik Gaye coming 2nd place, keeping him 2nd overall individual, Joshua Kuijten was next home 22nd followed by Alfie Cronk 25th

The under 11 girls were also 3rd placed team led By Anna Hall who has secured 2nd place overall in the individuals, Ella Cronk was next in 15th followed by Harriet Saunders 21st and then Amelia Rehill 31st.

The biggest field of the day and with Team Kennet Numbers was the under 11 race, very tough age group and again the u11s were placed 3rd in the teams, Noah lauder-Clarke was 9th and just behind was Oscar Larkin 10th, Ben Daley was next in 14th and Harry smith made up the team with 17th place. The B team was led by Frank Edwards 18th, Elliot Bell 26th, Luke Stiles 28th and Henry Bell 30th saw the B team 7th placed, Next home Joshua Ladds 31st and Rueben Kuijten 43rd

The under 13 girls Amber Stiles came home in 15th and Leilah Gaye 16th while in the u15 Boys Isaac Mitcham was 4th and under 15 girls Olivia smith 5th place.



## South of England XC Champs

Two Team Kennet Athletes travelled to Beckenham for the South of England Cross Country Championships.

Anna Hall in the under 13 age group came 135th with two more years still in this age group. And Emma Davies came 79th in the under 15 girls age group

## Sherfield Loddon

Team Kennet Athletes secured a Clutch of Medals and Trophies at the last Cross Country match of the Season in the Destination Basingstoke XC League held at Sherfield Loddon.

Malik Gaye in the under 9 Boys ran a superb race to hold off some strong competition to make sure he won 3 of his four races to secure overall winner and also helping his team to secure 3rd place overall.

The Under 9 girls were pipped for second team place on the day but they had done enough to secure League Winners for the season, Maisie McCurtin was the clubs first runner home in 5th place with Isla Ladds 7th, Ella McDonald 9th and Penelope Lyth 13th, Ella Larkin led the B team home in 14th but with her previous races she earned herself 2nd u11 girl overall, Gracie Cooke was 15th, Evie Kearney 22nd and Elora Murray 26th were 5th team and Rose Bell was 27th.

The under 13 boys had their best run of the season Ethan Kuijten came home in 4th place with Elliot Murphy 5th, Max Adams 8th and Aaron Carter 13th saw the team home in 2nd place which lifted them up to Runners up spot overall.

Isaac Mitcham also had his best run of the season in the u15 boys coming home in 4th place which lifted him up to 2nd place overall in the standings.

The under 11 Girls were depleted in numbers due to illness Ella Cronk came home in 12th, Harriet Saunders 18th, Mia Kearney 25th and Amelia Rehill 26th saw the team home in 6th place but they to secured a 2nd Team Overall, Anna Hall who didn't run luckily secured herself a 3rd place overall.

The under 11 boys saw a huge turn out from TK, 12 athletes in total, Noah Lauder – Clarke was 6th place having his best run of the season, Oskar Larkin 11th, Ben Daley 16th and Harry Smith saw the team home in 3rd place but just not enough to get in the team awards finishing 4th overall. The B team was led by Frank Edward 18th, Elliot Bell 19th, Harry Barnett 20th and Euan Jones 21st coming home in a brilliant 4th place, The C team was led by Luke Stiles 25th, Harry Bell 26th, Flynn Murray 31st and Reuben Kuijten 39th for 8th Team.

The under 13 Girls was led home by Amber Stiles in 12th place, Leilah Gaye just behind in 13th and Lola Mitcham 20th for 4th place team

The other under 9 boys were Joseph Rayfield 12th, Josh Kuijten 21st and Alfie Cronk 23rd



## OXFORD LEAGUE SENIOR XC

Team Kennet had a good turn out at the Oxford Cross Country League for Seniors on Sunday at Henley on Thames.

Overall over the season on average 5 athletes turned up per match, this was for seniors only this season with 2022/23 season going to be for u15/17 and Seniors only



# 2021 – 2022 Cross Country Individual Results

## U9 Girls

	M1	M2	M3	M4	Score	Rank
Ella Larkin	1	1	1	5	57	1
Isla Ladds	2	5	2	2	54	2
Maisie McCurtin	3	3		1	50	3
Penelope Lyth		2	4	4	47	4
Ella McDonald		4	3	3	47	4
Gracie Cooke		7	6	6	38	6
Elora Murray	4	9		8	36	7
Evie Kearney	6	8		7	36	7
Milly Davies		6	5		27	9
Rose Bell		10		9	19	10
Sophie Cox	5				14	11

## U9 Boys

	M1	M2	M3	M4	Score	Rank
Malik Gaye	1		1	1	54	1
Joshua Kuijten	2	2	2	3	54	2
Alfie Cronk	3	3	3	4	51	3
Joseph Rayfield		1		2	35	4

## U11 Girls

	M1	M2	M3	M4	Score	Rank
Ella Cronk	2	2	2	1	55	1
Anna Hall	1	1	1		54	2
Harriet Saunders	3	3	3	2	52	3
Amelia Rehill	6	5	4	4	47	4
Mia Kearney	5	4		3	45	5
Emerald Hill-Sawyer	4				15	6
Olivia Rayfield		6			13	7
Jessie McCurtin	7				12	8
Tillie Beaumont		7			12	8

## U11 Boys

	M1	M2	M3	M4	Score	Rank
Noah Lauder-Clarke		1	1	1	54	1
Ben Daley	1	2	3	3	54	2
Oskar Larkin	2		2	2	51	3
Frank Edwards	3	3	5	5	49	4
Luke Stiles	4	5	7	9	44	5
Elliot Bell		7	6	6	38	6
Henry Bell		4	8	10	35	7
Flynn Murray	6	8		11	32	8
Reuben Kuijten	7	11	11	12	31	9
Harry Smith			4	4	30	10
Harry Barnett		6	7		25	11
Joshua Ladds	5		9		24	12
Charlie Adams		9	10		19	13
Matthew Ives		10			9	15
Euan Jones				8	11	14

## U13 Girls

	M1	M2	M3	M4	Berks	Score	Rank
Amber Stiles	1	1	1	1	Y	62	1
Leilah Gaye	2		2	2		51	2
Lola Mitcham	4	2		3		48	3
Lilia Gale	3					16	4

## U13 Boys

	M1	M2	M3	M4	Berks	Score	Rank
Ethan Kuijten	1	2	2	1	Y	61	1
Elliot Murphy		1	1	2	Y	58	2
Aaron Carter	2	5	4	4	Y	55	3
Max Adams		3	3	3		48	4
Jacob Hopkin	3	6				29	5
Will McDonald		4	5			29	5

## U15 Girls

	M1	M2	M3	M4	Berks	Score	Rank
Emma Davies		1			Y	23	1
Olivia Smith			1			18	2

## U15 Boys

	M1	M2	M3	M4	Berks	Score	Rank
Isaac Mitcham	1	2	1	1		57	1
Matthew Nocton		1				18	2

## U17 Men

	M1	M2	M3	M4	Berks	Score	Rank
Arthur Lane		1				18	1
Noah Kemp		2				17	2

## Snr Women

	OM1	OM2	OM3	OM4	OM5	Berks	Score	Rank
Sue Francis	1			1	1		54	1
Charlotte Aitken	3			2	2		50	2
Claire Kemp	2						17	3

## Snr Men

	OM1	OM2	OM3	OM4	OM5	Berks	Score	Rank
Mitch Poustie	1	1		1	1		72	1
Paul Kemp	2			2	3		50	2
Simon Hockaday		2			2		34	4
Simon Gale		3		3	4		47	3
Bradley Thomas						Y	5	5

Where the final results show a tie then races where the athletes have raced head to head are taken into consideration to decide the overall winner.

# TRIATHLON



## UK Ultimate Triathlon

Team Kennets George Westall took part in the UK Ultra Triathlon only a handful of triathlons able to take place this year, George finished his epic Triathlon in a total time of 5hours and 6 minutes and 45 seconds, he Swam 1.2 miles in just under 40 minutes, rode his Bike 56miles in 2hrs 38mins and ran a half marathon in 1 hour 45mins, on his way round he was stopped by cows and Heavy rain slowed him down on the last 20miles of his bike Ride



## Oldbury White Horse Kids Tri

Two Team Kennet Girls took part in the Oldbury White Horse Junior Triathlon last weekend.

In Tri Star 1 Millie Davies came home 17th Female in a time of 23.33 with a Swim of 4.38, Cycle of 10.48 and run time of 4.34. In Tri Star 2 Anna Hall finished in 15th place in Females in a time of 23.46, her Swim was 4.43, Bike 11.23 and Run time of 5.50



## Milton Keynes Duathlon

Team Kennet Family of Boys The Kuijters took part in the Milton Keynes Duathlon on Sunday. Ethan 7th, 6th male overall in the u13 age group, Reuben 15th, 13th male in Tri Star 2, and Josh 4th- 3rd male in Tri Star 1

## MHS GoTri

Team Kennet Junior triathletes have been out competing in several events, The Kuijten Brothers travelled to Leatherhead to take part in the MHS Go Tri, in the Tri Start boy race Josh came in 1st place, while older brother Reuben took part in the Tri Star 1 age group coming home in 6th place and oldest Brother Ethan in the Tri Star 2 ag group battled his way through to take another win for the Kuijten Family.

## Barnes Eton Dorney Kids Triathlon

At Dorney Lakes, it was the Girls that took part in the Barnes Eton Dorney Kids Triathlon, Kirsten Fraser was the best placed club athlete in the Tri Star 3 age group coming home in 6th place in 26.02 which comprised of a 300m lake swim, 5km Bike and 2.4 Km Run, Emma Davies came home in 26th place in a time of 33.52

Anna Hall took part in the Tri Star 2 age group coming home in 16th place with a time of 27.33



# JUNIOR CLUB CHAMPIONSHIPS 2022

## Under 9 Girls

- 1st Milly Davies  
2nd Isla Ladds  
3rd Emily Keen

## Under 9 Boys

- 1st Freddie Simpson  
2nd Lucas Durbridge  
3rd Luke Stiles

## Event Winners

- 75m Edith Evans/Lucas Durbridge  
400m Rose Bell/Isla Ladds/Freddie Simpson  
Long Jump Milly Davies/Seb Clarke  
Vortex Milly Davies/Alexander Crosse

## Under 11 Girls

- 1st Jess Carter  
2nd Amber Stiles  
3rd Anna Hall

## Under 11 Boys

- 1st Aiden Fleming  
2nd Austin Ambrose  
3rd Jack Brooke-Taylor

## Event Winners

- 75m Jess Carter/Tillie Beaumont/Aiden Fleming  
400m Amber Stiles/Aiden Fleming  
Long Jump Jess Carter/Harry Fenner  
Vortex Anna Hall/Will McDonald

## Under 13 Girls

- 1st Clare McGonnel  
2nd Zoe Allen  
3rd Erin Gosney

## Under 13 Boys

- 1st James Fenner  
2nd Conor Jordan  
3rd Ivan Chekmazov

## Event Winners

- 100m Clare McGonnel/Zoe Allen/Conor Jordan  
800m Clare McGonnel/Ivan Chekmazov  
Long Jump Clare McGonnel/James Fenner  
Howler Clare McGonnel/James Fenner

# VIRTUAL CLUB CHAMPIONSHIPS

Team Kennet Athletes took part in a Virtual Club Championships Lock down Challenge in their Gardens, local park or even in the road during mid June.

There were seven events for athletes to tackle, Standing Long Jump, Standing Triple Jump, 10m x 10m sprint, Toilet Roll High Jump, Chest Push, Speed Bounce and Overhead behind throw.

Highest age group to declare results were under 11s, Event winners Amber Stiles and Harry Fenner scored well throughout, Amber bouncing 80 times in 30 seconds in Speed Bounce, while Harry best was his Overhead behind throw of 13.60m, William McDonald controlled the jumps by winning these 1.95 in long and 5.56 in triple and even jumping 7 toilet rolls high.

Under 13s saw another good entry Zoe Allen winning the girls with a 2.14 long jump and 6.70 triple jump best of her events, Bethany MacClean bouncing a very impressive 90 speed bounces in 30 seconds, James Fenners 8 toilet roll jumps was his best.

Under 9 age group Isla ladds would of won whole age group, very impressive throwing and another good speed bounce of 70 in 30 seconds boys winner was Luke Stiles with his overhead Behind Throw 7.18 his best event

The Seniors saw Martine Stiles win the females another good speed bounce of 83 in 90 seconds and Steve MacClean winning the male section wit ha huge 20.29 Overhead behind throw. Hayley Steward lept 9 Toilet Rolls on her best event and clocking 27.2 in the 10x10m finishing runner up in the females, male runner up went to Jonjo Stiles his best event 10 x 10m 26.8

Only two girls took part in the under 15s Annabel MacClean came out on top over Aimee Dickson, Maclean jumping 2.14 in standing long jump and bounding 86 speed bounces, Aimee best was Chest push throwing 9.80m

## Team Kennet Virtual Club Championship Results

### Under 9 Girls

- 1st Isla Ladds 20  
2nd Millie Davies 13  
3rd Ella McDonald 10

### Under 9 Boys

- 1st Luke Stiles 21  
2nd Ned Sturmey 11  
3rd Josh Kuijten 11

### Under 11 Girls

- 1st Amber Stiles 33  
2nd Ella Cronk 23  
3rd Holly Lockett 23

### Under 11 Boys

- 1st Harry Fenner 50  
2nd William McDonald 44  
3rd Austin Ambrose 44

### Under 13 Girls

- 1st Zoe Allen 26  
2nd Clare McGonnel 21  
3rd Bethany MacClean 16

### Under 13 Boys

- 1st James Fenner 26  
2nd Connor Jordan 18  
3rd Oliver Lloyd 15

### Under 15 Girls

- 1st Annabel MacClean 11  
2nd Aimee Dickson 10

### Senior Athletes Female

- 1st Martine Stiles 10  
2nd Hayley Steward 9

### Senior Athletes Male

- 1st Steve MacLean 11  
2nd Jonjo Stiles 9



## TEAM KENNET END OF YEAR PRESENTATION

Team Kennet Athletics held its end of the year presentation at the Club House at Crookham Common Athletics Track last night as members of the club signed in to train within their own bubble groups.

The club were honored to announce TWO new Life time Members to the club as Cheryl Angell and Colin Price were awarded their achievements by club Chairman Nick Bull, both Coaches have racked up 1000 Coaching Sessions in the club and produced so much Volunteering in many other ways.

Athlete of the Season went to Ben East for his massive throw of 73 metres in the Javelin. Other major awards went to Bart Kuijten winning the Terry Baker award for best active Volunteer in the club, and the New Club Award the Canning most Valued Club Official in Memory of David Canning who sadly passed away this year who was one of the original founder members of the club went to Cheryl Angell who competed and officiated this year at some of the events that took part.

The Club Volunteer of the Year went to Kate Booker for all her work on Reception helping the club athletes sign in and car park patrol as well as a club covid support person during the clubs sessions.

The Chairman's award went to Luke Angell for his Coaching in his Athletes and achieving two athletes at UK Number 1, Luke also qualified as a Club Level 2 Coach in Lockdown.

## TEAM KENNET VOLUNTEERING AWARDS

Special Awards have gone to the following and a big Special CONGRATULATIONS to these two on getting LIFE MEMBERSHIP and earning their Diamond Award at Team Kennet for 1000 coaching sessions.

- Cheryl Angell
- Colin Price

### OTHER CLUB AWARDS

#### Gold Award (400 sessions)

- Simon Hockaday
- Andrew Russell

#### Bronze Award (100 sessions)

- Steve Maclean
- Bart Kuijten
- Ruth Jones
- Simon Gale
- David Johnston
- Nikki Absolom

## GREEN PARK CHALLENGE

New Team Kennet members, Henry and Elliot Bell took part in the 2021 Green Park Challenge came 3rd and 4th in the U10 category (28th and 31st out of 421 runners). Congratulations to both boys.



## MAD MILE

Team Kennet held its Annual Night of the Mad Miles now in its 18th year on a warm summer evening, with superb conditions saw some great times in the 4 races.

First Race to take part was the u9/u11 female race, the winner who lead from the start was Anna Hall who clocked a very impressive 6min 23secs to put her 4th in the overall top 50 leaderboard, Ella Cronk came across the line to take runners up place in 6.51 and third place going to Bella Meir with a time of 7.03, all these girls are under 11, in 4th place was the first under 9 girl Ella McDonald clocking a fantastic 7.06

The Second race saw u9/u11 males, Aiden Fleming led again from the start but had to push in the last 600m to make sure he won the race in 6.12 which puts him 6th in the Top 50 rankings of the event, Oscar Larkin gave it a good go to keep with the leader clocking 6.20 and Luca Meir just pipped Noah Lauder-Clarke to take third place both clocking 6.34, the first under 9 across the line was Malik Gaye in 6.48

Race 3 saw the females from ages u13 up to vets, Emma Davies led again from the start and pushed herself to win in great time of 5.40mins putting her 8th in the leaderboard top 50, Alanna Smith came home in 2nd place 6.01 followed by Claire McGonnell 6.02 all being under 15s.

Amber Stiles was the first under 13 home in 6.22, while in the Senior race it was Club Coach Martine Stiles first home in 6.33mins, followed by Claire Kemp and Emily Copeman

Race 4 which was same as race 3 but males saw a brilliant run under 5 mins from Bradley Thomas clocking 4.54 with Jonjo Stiles taking runners up place 5.37 and Bart Kuijten third place 5.39 the latter two being club veterans.

In the younger race it was Rory Barclay-Watt (u13) who actually came home in second but won the under 15 age group with 2nd fastest time in the leader board with 5 mins 11 seconds which would actually rank him in top in the UK, 2nd place went to Ethan Kuijten 5.44 and William McDonald taking 3rd place 6.36

Most improved athlete award went to Penelope Lyth (u11) who was over 1 minute faster than last years time.

## TK WINTER PARK RUN CHALLENGE

### Male

Bart Kuijten 73.87  
Chris Hall 73.72  
Richard Dunbabin 73.09  
Bradley Thomas 71.48  
Harry Smith 69.79  
Noah Lauder-Clarke 69.68  
Arthur Lane 69.66  
Ethan Kuijten 68.04  
George Westall 66.55  
Neil Atherton 64.05  
Steve Robinson 63.79  
Josh Ladds 62.22  
Daniel Wright 61.95  
Simon Hockaday 61.83  
Phil Cowhig 61.41  
Mitch Poustie 61.03  
Paul Kemp 59.89  
Roger Davis 59.48  
Nick Bull 58.29

Noah Kemp 57.07  
Evan Alderman 56.15  
Scott Roots 40.34

### Female

Emma Davis 74.15  
Petra Kubesova 68.52  
Kirsty Bennet 67.12  
Alanna Smith 67.07  
Emelia Lunn 65.35  
Helen Preedy 63.57  
Claire Kemp 63.27  
Katie Reynolds 62.47  
Clare McGonnell 54.26  
Isla Ladds 51.95  
Cheryl Angell 50.67  
Junior Park Run Challenge  
Harry Smith 67.83  
Mia Kearney 60.66  
Evie Kearney 57.78

# Team Kennet Road Running Series 2020/21

## MENS DIVISION 1

1st BEN SCHIFFER-HARTE 46  
2nd NOAH KEMP 34  
3rd SIMON GALE 31

## MENS DIVISION 2

1ST GEORGE WESTALL 60  
2nd MITCH POUSTIE 30  
3rd GARETH WILLIAMS 18

## MENS DIVISION 3

1st RICHARD DUNBABIN 27  
2nd GAVIN McLAUGHAN 20  
3rd SIMON HOCKADAY 20

## LADIES DIVISION 1

1st CHERYL ANGELL 65

## LADIES DIVISION 2

1st CLAIRE KEMP 35  
2nd KATIE REYNOLDS 20

# Dates for Your Diary

## Junior Events

Sunday 24th April	Wessex League	Swindon
Sunday 1st May	Oxford League	Oxford
Sunday 29th May	Wessex League	Andover
Sunday 26th June	Wessex League	Oxford
Sunday 17th July	Wessex League	Winchester
Sunday 14th August	Oxford League	Banbury
Sunday 4th September	Oxford League	Tisbury Park or Oxford

## Senior Events

Sunday 22nd May	Southern Athletics League	Swindon
Sunday 12th June	Southern Athletics League	Swindon
Saturday 16th July	Southern Athletics League	Andover
Saturday 13th August	Southern Athletics League	Winchester

## Schools Events

Tuesday 22nd March	West Berkshire & North Hants Primary Schools	Newbury Showground
	Cross Country Championships	
	Primary Schools Athletics Championships	Park House School
	West Berkshire Primary Schools	Park House School
	Indoor Sportshall Championships	

## Championships

(TBC)

## Road Running

(TBC)

## Senior Triathlon

Sunday 1st May	Oldbury White Horse (Calne) Sprint Tri	Sprint
Sunday 22nd May	Cotswolds Sprint (Lake 32)	Sprint
Sunday 12th June	Oxfordshire Triathlon Series No.1	Sprint
Sunday 19th June	West Bay Triathlon (Dorset)	Standard
Sunday 10th July	Oxfordshire Triathlon Series No.2	Sprint
Sunday 17th July	Andover Tri 3/4 Standard	
Sunday 7th August	Oxfordshire Triathlon Series No.3	Sprint
Sunday 11th September	Reading Triathlon Standard	



## SPARTAN RACE KIDS WORLD CHAMPIONSHIPS

Team Kennet athlete, Josh Ladds (10), has qualified for the Spartan Race Kids World Championships in Abu Dhabi in his first year of competitive obstacle course racing.

Spartan race is an off-road running race in which competitors have to complete 20+ obstacles on the way to the finish line including rope climbs, cargo net crawls, 6 foot walls, heavy sandbag and bucket carries, monkey bars and more. It is one of the only events that integrates running and cross-functional strength which tests both your mental and physical endurance.

Josh and his sister Isla (9), also a Team Kennet athlete, have been doing obstacle course racing since they were 4 years old, travelling up and down the country with their team The OCR Juniors – a squad of promising young athletes who are hoping to take on kids around the world in one of the fastest growing sports. The sport is governed in the UK by UKOSF who are working with FISO, the World governing body, to get OCR to the Olympics!



Both kids took part in the final race of the UK and Ireland National Series at the Glanusk estate in Wales over half-term. Josh secured his place at the Kids World Championship event by placing 2nd in the competitive race which sees runners aged 10-14 from around the country race head to head over 2.5 miles. Isla, who races in the 7-9 year old age group, was first girl over the line and 2nd overall in both the Saturday and Sunday championship races. Isla is hoping to follow in her brother's footsteps and qualify for the World Championship race next year when she is old enough to take part in the competitive series.

# Club Contacts

Chairperson	Nick Bull	chairman@teamkennet.com
Vice Chair	Cheryl Angell	complaints@teamkennet.com
Senior Treasurer	Scott Nicholls	treasurer@teamkennet.com
Junior Treasurer	Vicki Hockaday	junortreasurer@teamkennet.com
Secretary	Jon Dennis	secretary@teamkennet.com
Membership	Kate Booker	membership@teamkennet.com
Welfare Officer	Cheryl Angell	welfare@teamkennet.com
Assistant Welfare Officer	Jenny East	
Tuckshop Co-ordinator	Joanne Gale	
Cross Country Co-ordinator	Colin Price	crosscountry@teamkennet.com
		xc.tk@hotmail.co.uk
Junior Cross Country Captain	Bart Kuijten	
Senior Cross Country Captain	Simon Gale	
Road Running	Nick Bull	
Triathlon	Ron Stephenson	
Newbury Triathlon		triathlon@teamkennet.com
Schools Liaison Nick Bull		
Officials Secretary	Simon Hockaday	officials@teamkennet.com
CCAT Committee	Cheryl Angell, Sarah Dickson and Ron Stephenson	
Senior Athletics Team Manager	Nick Bull	
Female Team Captain	Hayley Steward	
Male Team Captain	Vacant	
Junior Athletics Team Manager	Nick Bull	
Female Team Captain	Nick Bull	
Male Team Captain	Cheryl Angell	
Under 9/11 Quadkids Co-Ordinators	Ian Killner/Nick Bull	quadkids@teamkennet.com
Team Manager	Matthew Scaplehorn	
Team Captain Girls	Matthew Scaplehorn	
Team Captain Boys	Julia Gaye	
Other Committee Members	Andy Russell	

## The 25th Annual Newbury Town Civic Awards

The presentation took place at Newbury Town Hall on Wednesday 16th March 2022. The awards presented included the Newbury Town Civic Award, the Newbury Town Young Person's Civic Award, the Newbury Town Business Civic Award and the Newbury Town Environmental Contribution Award. The awards recognise the town's unsung heroes who go above and beyond to help make an exceptional contribution to the Newbury community on a voluntary basis.

The Mayor of Newbury, Cllr Billy Drummond, said "We received so many fantastic nominations for this year's awards. All nominees showed dedication and commitment to their voluntary causes, and the variety of nominations show what a wonderful town we live in where people are willing to give their time and energy helping the community"

For this years awards Team Kennet and Nick Bull each received a nomination. Team Kennet in the Business Civic Award category for providing children and adults access to exercise, promoting a safe and welcoming environment, following Covid restrictions. Nick Bull in the Newbury Town Civic Award category for Organising the yearly Primary School Cross Country competition for the past 20 years.

Unfortunately TK and Nick didn't win on this occasion however this is a fantastic achievement for both the club and Nick to be recognised.