

DARTFORD HARRIERS ATHLETICS CLUB



The Dartford Harriers Women's Masters Team (left) won the SCVAC League for the 2nd year running. The final was on the 5th Sept at Ashford's Julie Rose Stadium, the team came 3rd overall and only 2 points away from 2nd place. Great performances were produced with Club Records & PB's thrown in as well. A special mention goes to the 4 x 400m Relay team who smashed the club record.

In the last match of the **Women's Southern League** at Harrow, on Saturday 4th Sept., Dartford Harriers pulled out all the stops to finish 2nd. This was impressive due to some needing to 'take it easy' due to competing in the above on the following day.

However PB's were still produced by Kathryn Sutton 200m 1st 26.5s & TJ 2nd 9.41m, Hannah Sutton 400m 3rd 69.1s & SP 4th 6.35m, Ruth Ward 3k 2nd 11:43.6s, Claire Capon SP 3rd 8.01m.

Other results included Kirstie Taylor 100m 13.6s, 200m 29.1s; Capon 100m 13.2s, 100mH 16.6s, 400mH 73.1s, LJ 4.79m; Stacy Taylor 400m 73.8s, JT 9.95m; Cara Oliver 800m 2:36.8s, DT 18.84m; Ward 800m 3:08.6s, 1500m 5:44.7s; Lynn Morgan 1500m 6:43.9s, 3k 13:49.8s; H.Sutton 100mH 21.2s, 400mH 78.8s; K.Sutton HJ 1.45m; Sandra Campbell LJ 4.27m, JT 18.64m, HT 20.81m, TJ 7.99m; Hayley Hickmott HJ 1.25m; Rosalind Seeley DT 36.31m, HT 32.86m. In the Relays 4x100m 55.1s 1st, 4x400m 4:45.4s 2nd.



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ATHLETE PROFILE

NAME: **HANNAH SEARING**

AGE: **15**

COACH: **PAUL HEAD**

FAVOURITE EVENT: **HAMMER THROW**

FAVOURITE PB: **32.57 FOR HAMMER**

HOW DID YOU GET INTO ATHLETICS:

THROUGH MY FATHER

BIGGEST ACIEVEMENT IN ATHLETICS

SO FAR: **FINISHING 3RD IN THE**

SOUTHERN INTER COUNTIES

CHAMPIONSHIPS

FAVOURITE TRAINING SESSION:

SUNDAY MORNINS IN THURROCK

WITH OTHER MEMBERS OF MY

SQUAD

WHO IS YOUR ATHLETICS HERO: **AT**

THE MOMENT MY COACH PAUL

HEAD, EX OLYMPIAN AND WAS

BRITISH RECORD HOLDER FOR

HAMMER 7 YEARS RUNNING. HE

INSPIRES ME TO ACHIEVE MY

GOALS

WHAT ARE YOUR GOALS AND DREAMS:

MY GOALS ARE TO QUALIFY FOR

ENGLISH SCHOOLS NEXT YEAR

AND BREAK THE HAMMER CLUB

RECORD. MY DREAM IS TO MAKE

THE 2016 OLYMPIC GAMES.

WHO ARE YOUR BIGGEST

SUPPORTERS: **MY MUM AND DAD**

WHO ARE ALWAYS THERE FOR ME

WHAT DO YOU ENJOY DOING OUTSIDE

OF ATHLETICS: **I ENJOY DOING MY**

TAP DANCING AND SOCIALISING

WITH MY FRIENDS WHEN I HAVE

TIME.

ATHLETE OF THE MONTH AUGUST WINNERS

TERESA EADES

HIGH JUMP 1.30 –MASTERS MERIT STANDARD

POLE VAULT 2.30 – MASTERS MERIT STANDARD

LONG JUMP 4.07 –MASTERS MERIT STANDARD

TRIPLE JUMP 8.30 – MASTERS MERIT STANDARD

ROBERT HAMMOND

LONG JUMP 6.04 – GRADE 1 STANDARD

KENT RELAYS

With the Gillingham track now up and running (even if the infield isn't) we had an exciting day running in relay teams. The only gold of the day came from the U/17 Men in the 4x100m. Rob Hammond, David Hall, George Taylor and Alex Bell ran an impressive 45.8. There were 4 silvers, U/20's Dave Stewart, Justin Bailey, Nick Wood and Adam Chalk ran the 4x400m in 3:52.5. U/17 Women Sam Brown, Lucy Hickmott, Casey Porritt and Natalie Hickmott ran 1:47.1 in the 4x200m. The Senior Ladies won 2 silvers with Kirstie Taylor, Jodie Leslie and Claire Capon running both the 4x100m and 200m with Hannah Sutton doing the 1 and her sister Kat doing the 2. The Senior 4x400m team also got a bronze medal with Hannah and Kat running again along with Stacy Taylor and Hayley Hickmott. The U/20 Men also received a bronze for the 4x100m with the same team as above apart from Tim Billings replacing Nick.

Dartford Harriers Hannah Searing and Chelsey Evers competed at the Thanet Open Meeting on the 4th September, where Hannah won the U/17 hammer with 30.51, and Chelsey came second in the U/15 discus, with a personal best of 27.0.

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There were 3 gold medal performances in the **Kent County Combined Events** held at Erith. U/17 **David Hall** won the Octathlon with 4451 points and **Adam Chalk** won the U/20 Decathlon with 5819 points.

U/17 **Lucy Hickmott** received a bronze medal for her efforts in the heptathlon, running 13.40 in the 80m, 26.45 in the 200m, 2:30.13 in the 800m, jumping 1.50 in HJ, 4.53 in LJ and throwing 5.70 in SP and 13.84 in JT.

Lewis Jackson and **Joe Millman** took part in the Pentathlon with Lewis finishing 6th (1645 pts) and Joe 7th (1505 pts).

U/13' and masters also have their own Championships this weekend making a jam packed timetable and naturally more medals were won. U/13 **Callum Ward** was 2nd in the 1500m with 5:02.61 and 3rd in the 800m with 2:22.0. **Isio Orugun** was 3rd in the 75m heat with 10.73. **Teresa Eades** won all 7 of her events, **Anne Goad** won all 4 throws, **Cara Oliver** won the 800m and Discus in the Vet 35 age group, **Pat Halstead** came 1st in the 800m and 2nd in the 1500m, **Christine Clements** was 2nd in the triple jump and 3rd with a pb of 7.42 in the SP, **Rosemary Champion** obtained a 1st and 2 2nds. **Gary Capon** got a CBP for his 1.55 in the HJ, **Mike Nunn** was delighted with his 1st, 3rd and 4th on the track and **Arthur Kimber** in the Vet 70 category got 2 golds.



Congratulations to everyone who took part in the CLUB CHAMPIONSHIPS 2010. It was a windy day where the rain didn't quite hold off for the javelin, which was last on the programme. Well done to the many Dartford Dashers who took part, for many of whom it was their first club champs (hopefully the first of many).

Well done to Gerald Patrick who broke the club record with a throw of 22.09 in the mens 60 Hammer

A big thank you (as always) to all the volunteers, without whom the meeting couldn't and wouldn't take place.

A full set of results along with the other competitions mentioned above can be found at www.dartfordharriersac.co.uk

AGM – 3rd November 2010
Dartford Harriers
Clubhouse