

Northern League Match 3 – Costello Stadium

YOUR CLUB NEEDS YOU! That is the shout out from all the clubs coaches, team managers and club officials from KuHAC after a rather disappointing team performance at the 3rd Senior League Match of the 2010 season at Rotherham's Herringthorpe Stadium. It wasn't the athlete's performances on the day that was the problem; it was the lack of competitors and too many gaps in the competitions and races.

Going into this match, Kingston were in 2nd place and just 1 point behind the leaders Lincoln Wellington. Sadly Kingston now find themselves in 4th position after this match and are in serious danger to be relegated down a division, should the team not perform well at the final league match of the season in Scunthorpe at the end of the month.

The competition in Rotherham as always got off with the Men's Hammer with **Dave Smith** finishing in 2nd position in the A competition with a best throw of 45.59m and **John Twiddle** also finishing in 2nd place in the B event with a best throw of 35.29m. All Pole Vaulters competed together with double success in the Ladies event. **Beth Arundle** won the Women's A competition with a best vault of 2.90m and **Clare Blunt** winning the B string event with a best vault of 2.70m. **Liam Holiday** finished in 2nd position in the Men's A event with a best vault of 3.90m and **Sean Rose** also finishing in 2nd place in the B event with a best vault of 3.40m. Then in the Women's Hammer event, it saw another double success for team Kingston with **Abbi Carter** winning the A competition convincingly with a best throw of 54.53m and **Lisa Kenney** winning the B competition with a best throw of 36.27m.

The track events then started with the 400m Hurdles for Women, with **Sonia Santos** finishing in 2nd position in the A competition in a time of 66.2. In the Men's 400m Hurdles A race, **Danny Holiday** finished in 2nd place with a time of 58.7 and **Mark Cage** finishing in 6th position in the B string event with a time of 70.1. The Women's 800m race was next on the track with **Lauren Havercroft** finishing in 4th place in the A race with a time of 2.40.9. **Howard Thompson** finished 5th in the Men's A race with a time of 2.08.0 and **Stuart Singleton** finishing in 4th place in the B competition in a time of 2.09.2.

Back in the field events and **Steve Richardson** finished 3rd in the Men's Long Jump A competition with a best jump of 5.94m and **Steve Wymark** finishing 4th in the B competition with a best jump of 5.20m. **John Twiddle** then finished 5th in the Men's Discus A competition with a best throw of 35.28m and **Dave Smith** finishing 3rd in the B competition with a best throw of 34.77m. Then in the Women's Shot Putt, **Lois Earl** finished 2nd in the A competition with a best putt of 12.28m and **Abbi Carter** finishing 2nd in the B competition with a best putt of 10.36m.

The 100m races next took place on the track, with a double success for Kingston in the ladies races. **Megan Houlton** won the Women's A race in a time of 12.6 and **Emma Jackson** winning the B race in a time of 13.4. In the Men's A race **Steve Richardson** finished in 2nd place in a time of 12.0 and **Amr Abdel-Hafiz** finishing in 5th place in the B race in a time of 12.6. The Women's 100m Hurdles then took place with **Lydia Parker** finishing in 2nd position in the A race with a time of 15.8. In the Women's 3,000m, **Laura-Jane Day** finished in 3rd position in the A race in a time of 11.03. The Men's 110m Hurdles then took place with **Mark Cage** finishing in 3rd position in the A race with a time of 21.1.

Back with the field events and **Rebecca Cope** won the Women's Triple Jump A competition with a best jump of 10.98m. In the Men's Shot Putt, **John Twiddle** finished in 3rd place in the A competition with a best putt of 11.62m and **Dave Smith** finishing in 4th position in the B event with a best putt of 8.48m. Whilst in the Women's Discus, **Abbi Carter** finished in 2nd place in the A competition with a best throw of 37.70m and **Lois Earl** finishing in 6th place in the B competition with a best throw of 18.83m.

Back on the track it was then the turn of the 400m races. No competitors from Kingston in the ladies races. In the Men's race, **Stuart Singleton** finished 6th in the A race in a time of 57.3. The 1500m race is the only race where the men race before women. In the Men's race Josh Rowe finished in 4th place in a time of 4.26.5 and **Tom McKee** also finishing in 4th place in the B race with a time of 4.35.3. In the Women's race **Michelle Stone** finished in 3rd place in the A race with a time of 5.05.3.

In the final few field events, **Steve Wymark** finished 5th in the Men's A string Triple Jump with a best jump of 10.86m. In the Women's Javelin, **Lisa Kenney** finished 5th in the A competition with a best throw of 33.00m and **Lois Earl** winning the B competition with a best throw of 21.91m.

The 200m then followed on the track which saw **Emma Jackson** finish in 4th place in the A competition in a time of 28.0. In the Men's race **Steve Richardson** finished in 3rd place in the A competition with a time of 24.1 and **Amr Abdel-Hafiz** finishing in 6th position in a very close B race in a time of 25.3. The final track race before the relays saw the Men race 5,000m which saw **Matty Pye** finish in 6th place in the A race in a time of 17.14.9 and **Andy Lyons** finishing in 5th position in the B race in a time of 17.28.0.

Then onto the relays. In the Women's 4 x 100m Relay, the team consisting of **Megan Hault, Emma Jackson, Sonia Santos** and **Lydia Parker** won the race in a time of 50.2. Whilst in the Men's 4 x 100m Relay, the team consisting of **Tom McKee, Danny Holiday, Steve Wymark** and **Steve Richardson** finished in 5th position in a time of 51.8. There was no Women's team in the 4 x 400m relay. In the Men's 4 x 400m Relay race, the team consisting of **Josh Rowe, Danny Holiday, Tom McKee** and **Howard Thompson** finished in 5th position in a time of 3.51.5.

So a lot of hard work for team Kingston to do in the last Senior League match of the 2010 season at Scunthorpe, at the end of the month, if they are to survive another season in League 2EC. But well done to everyone who competed in Rotherham.