

Charity Cup Cross Country 2009 12th December

Ringstead's Ben Sharman won the Senior Men's event at this year's Kettering Charity Cup for the second year running after a race long battle with Wootton Road Runner Phil Melling.

The pair took up the running in the early stages of the 10km distance over three laps of Wicksteed Park along with the Rugby & Northampton AC duo of Stuart Nelson and Matt Howes. The quartet were locked together after the opening circuit with Howes the first one to slip as Birmingham University student and Birchfield Harrier Sharman and Melling pushed the pace. But soon Nelson found the pace too hot to handle as the leading pair pulled away to battle it out on the final lap.

They were still together going into the last 800m before Sharman made his move which resulted in him crossing the finish line in 34.19 with five seconds to spare over the brave Melling.

A delighted Sharman said: "I'm really chuffed to come back and win again."

Nelson improved one place on last year to take third in 35.17 with Howes keeping the pack at bay to finish fourth in 35.35.

Corby AC's Troy Garrity was next in line and his fifth spot saw him lift the County Master's title from Wootton's Craig Mattocks and Corby-based Danny Keating.

R&N retained the Alexander Cup as top senior team while Corby finished top in the veteran stakes as Garrity was supported by Neal Humphreys and Alex Wright. Unfortunately for Corby AC, R&N won the Masters team title as they failed to field a fourth scorer.

Jonathan Goringe of the host club, Kettering Town Harriers, won the Junior county title ahead of Corby's Simon Franklin.



The Harriers also won the Junior Ladies title when Hayley Munn followed up her excellent run for Oxford University in the Varsity match with another fine effort which saw her win the combined Ladies race over 4.9km. Her front running performance when covering the distance in 18.55 brought her home some 150m clear of fellow Junior Mairead Rocke (Corby AC) who also competed in the Varsity match. The pair were the top two Juniors in the county. Behind the pair Corby's international 800m runner Karen Harewood was the first Senior home ahead of R&N's Jo Pulsford and Louise Thompson. In their wake there was a titanic battle in the Veteran section with Corby's Kate Armstrong just holding off Angela Copson (R&N) by one second to clinch it and take the gold in the County with third place going to Orlingbury-based Maree Jesson.

Corby took the team title from R&N thanks to solid runs from Catherine Wright, Timea Latinovics and Maggie Mulholland. Imogen Stokes just edged out Sophie Munn by three seconds to win the Under-17 race in 21.47.

The Under-17 Men's race over 6.6km was another close race in which Jake Waples (KTH) and Wellingborough School's Guy Marshman dominated the proceedings. The duo were locked together until the final 1km when Waples applied the pressure which resulted in him taking top spot by 14 seconds in 24.02. Consolation for Marshman came when his school took first place in the team race ahead of Northampton School for Boys with the other scorers being Rory Bowe (fourth) and Tom Southern in fifth.

Sam Henry (R&N) produced a strong second half to win the Under-15 Boys event from Liam Kirk who fronted the Kettering squad that won the team event. He was well supported by Daniel Waples (fifth) and Liam Smith (sixth) while Corby's Sam Furey ran his best race to date to clinch fourth spot.

In the corresponding girls event Clarissa Blake (R&N) totally dominated when she came home over a minute ahead of Gina Diaz-Santana (KTH) with Celine Bangay taking the bronze and leading Corby to the team title with support from Lina Parv and Emma MacFarlane.



Ellie Welch came out on top after an intriguing confrontation with Phoebe Ellis (R&N) in the Under-13 Girls' 3km race. At the finish she had five seconds in hand but had to settle for runner-up in the team contest as Corby were defeated by R&N with Natalie Sanz-Dawson and Megan Hunter-Powell the other two counters for Corby.

Over the same distance Jack Murphy won the Under-13 Boys race from his R&N club colleague Matthew Bridges. R&N easily won the team competition from KTH who had Ben Tierney running well for third. Ethan Mehmet and Sebastian Winstone were the other two scorers for the Harriers while Kern Routley in fourth helped Oundle & Kings Cliffe to third in the team stakes.

Fraser Dalby (Corby) went one better than last year to take the Under-11 event from the R&N pair of Haydn Arnall and Cameron Roberts with Corby's Harry Freeman performing well for fourth. R&N were top team ahead of Oundle & Kings Cliffe and Millbrook Junior School.

Joseph Pawson (fifth) and Tristan Kilby (sixth) fronted the Oundle squad while Matthew Weineck (11th) and Gabriel Smith (12th) did likewise for Millbrook. The corresponding girls race was a two horse affair with Constantia Liburd (R&N) just getting the better of Corby's Ruby Goodall in the closing stages. R&N won the team contest ahead of Corby, who had Ellie-May Hathaway in fourth and Dianna Parv (12th) as the other two counters. Tabitha Walford (fifth), Olivia Hearn (ninth) and 13th placed Hannah Winstone scored for the Kettering squad who came third.

Under-11 Girls (2km)

1 C Liburd (Rugby & Northampton AC) 8.05, 2 R Goodall (Corby AC) 8.10, 3 G Wright (R&N) 8.37, 4 E-M Hathaway (C) 8.43, 5 T Walford (Kettering Town Harriers) 8.55, 6 M Mason (R&N) 9.05, 7 N Watson (Harborough AC) 9.06, 8

M Watson (H) 9.08, 9 O Hearn (KTH) 9.09, 10 M Hughes (R&N) 9.10, 11 P Carmichael (R&N) 9.14, 12 D Parv (C) 9.19, 13 H Winstone (KTH) 9.23, 14 L Dodwell (Oundle & Kings Cliffe) 9.26, 15 S Williams (O&K) 9.27, 16 K Woods (R&N) 9.31, 17 E Monson (KTH) 9.36, 18 R Hughes (KTH) 9.38, 19 A Hutchinson (Millbrook Junior School) 9.39, 20 D Gaskell (C) 9.40, 21 C Lodge (R&N) 9.42, 22 K Watson (O&K) 9.43, 23 R White (O&K) 9.50, 24 L Moen (R&N) 9.51, 25 M Davis (KTH) 9.56, 26 A Carter (R&N) 10.06, 27 F Marlow (KTH) 10.07, 28 L Tysoe (Mill) 10.09, 29 C Valentine (R&N) 10.10, 30 M Macrae (R&N) 10.24, 31 E White (R&N) 10.35, 32 K Lewis (Mill) 10.56, 33 G Brierly (Mill) 11.05, 34 T Griffiths (O&K) 11.08, 35 R John (O&K) 11.09, 36 M Mills-Amisshah (Mill) 11.10, 37 C Barr (Mill) 11.10, 38 L Calvert (O&K) 11.17, 39 C Griffiths (O&K) 11.19, 40 C Ashmead (Mill) 11.40, 41 S Bonel (Mill) 11.48, 42 B Tennant (Mill), 43 G Pollard (O&K) 12.24, 44 S Luck (Wellingborough & District AC) 12.33, 45 S Hammerschmidt (KTH) 12.40, 46 M Gamble (Mill) 12.42, 47 J Bird (O&K) 13.09.

Teams

1 Rugby & Northampton AC 10, 2 Corby AC 18, 3 Kettering Town Harriers 27.

Under-11 Boys (2km)

1 F Dalby (C) 7.28, 2 H Arnall (R&N) 7.36, 3 C Roberts (R&N) 7.49, 4 H Freeman (C) 7.50, 5 J Pawson (O&K) 8.08, 6 T Kilby (O&K) 8.32, 7 B White (R&N) 8.42, 8 L Faulkner (R&N) 8.45, 9 T Glennon (R&N) 8.49, 10 S Gilsenan (Woodnewton School) 9.05, 11 M Weineck (Mill) 9.07, 12 G Smith (Mill) 9.15, 13 A Sellars (R&N) 9.22, 14 H Cocker (R&N) 9.25, 15 T Spain (O&K) 9.30, 16 A McNat (Wood) 9.41, 17 J Coxon (Wood) 9.43, 18 R Kenyon (Mill) 9.45, 19 M Shoosmith (O&K) 9.47, 20 T Cheyne (R&N) 9.54, 21 A Cobb (O&K) 9.56, 22 G Bell (Mill) 10.04, 23 D McKay (Mill) 10.12, 24 B Clarke (Mill) 10.22, 25 B Nanyla (Mill) 10.23, 26 G Saroli (R&N) 11.15, 27 L Saroli (R&N) 12.41, 28 L Pillay (KTH) 13.46.

Teams

1 Rugby & Northampton AC 12, 2 Oundle & Kings Cliffe 26, 3 Millbrook Junior School 41, 4 Woodnewton School 43.

Under-13 Girls (3km)

1 E Welch (C) 12.10, 2 P Ellis (R&N) 12.15, 3 V Mobley (Banbury Harriers) 12.18, 4 I Hughes (R&N) 12.24, 5 B Pinto (R&N) 12.38, 6 G Vaughan (KTH) 12.51, 7 A Mobley (Banbury) 12.58, 8 F Ashworth (KTH) 12.59, 9 N Sanz-Dawson (C) 13.22, 10 N Goddard (R&N) 13.36, 11 L Carmichael (R&N) 13.39, 12 M Hunter-Powell (C) 13.42, 13 M Sanders (KTH) 13.47, 14 E Byrd (R&N) 13.56, 15 K Goddard (R&N) 14.09, 16 C Iliff (C) 14.10, 17 M Exley (R&N) 14.16, 18 D Cummings (R&N) 14.21, 19 L Mehmet (KTH) 14.36, 20 H Calvert (O&K) 14.43, 21 A Galleta (KTH) 14.47, 22 E Valentine (R&N) 14.56, 23 C Groom (O&K) 15.03, 24 R Hobday (W&D) 15.09, 25 H Poulter (O&K) 16.35, 26 S Sparrow (O&K) 16.45, 27 P Wells (O&K) 18.26, 28 A Spain (O&K) 18.27, 29 E Dodwell (O&K) 19.32, 30 D Covisbee (O&K) 19.42.

Teams

1 Rugby & Northampton AC 11, 2 Corby AC 22, 3 Kettering Town Harriers 27, 4 Oundle & Kings Cliffe 68.

Under-13 Boys (3km)

1 J Murphy (R&N) 11.44, 2 M Bridges (R&N) 12.08, 3 B Tierney (KTH) 12.45, 4 K Routley (O&K) 12.58, 5 E Mehmet (KTH) 13.16, 6 E Parv (C) 13.28, 7 S Winstone (KTH) 13.32, 8 M Chapman (R&N) 13.38, 9 M Kelley (O&K) 13.44, 10 R Routley (O&K) 13.49, 11 J Adams (O&K) 13.49, 12 A Burton (O&K) 13.53, 13 N Hollowell (R&N) 14.04, 14 T Cardall (O&K) 14.10, 15 A Tait (Wood) 14.32, 16 Z Mason (R&N) 14.34, 17 M Rutter (O&K) 14.36, 18 R Kilgour (O&K) 14.44, 19 R Barrit (Mill) 14.46, 20 H Underwood (Mill) 15.08, 21 R Diadra (O&K) 15.17, 22 R John (O&K) 15.44, 23 P Symonds (O&K) 15.53, 24 A Black (O&K) 16.06, 25 C Henry (R&N) 16.58, 26 G Smithson (O&K) 17.25.

Teams

1 Rugby & Northampton AC 11, 2 Kettering Town Harriers 15, 3 Oundle & Kings Cliffe 23.

Under-15 Girls (4.3km)

1 C Blake (R&N) 18.27, 2 G Diaz-Santana (KTH) 19.31, 3 C Bangay (C) 19.41, 4 C Redden (Wellingborough School) 21.11, 5 L Parv (C) 21.55, 6 E MacFarlane (C) 22.40, 7 D Needs (W&D) 22.43, 8 K Hobday (W&D) 22.47.

Team

1 Corby AC 14.

Under-15 Boys (4.3km)

1 S Henry (R&N) 17.01, 2 L Kirk (KTH) 17.18, 3 J Smith (R&N) 17.22, 4 S Furey (C) 17.41, 5 D Waples (KTH) 17.51, 6 L Smith (KTH) 18.31, 7 A Jarvis (Well Sch) 19.20, 8 D Beharry (Well Sch) 20.10, 9 C Lindley (W&D) 22.41, 10 J Palmer (Manor School) 22.42, 11 W Gant (Manor School) 27.11.

Team

1 Kettering Town Harriers 13.

Under-17 Ladies (4.9km)

1 I Stokes (KTH) 21.47, 2 S Munn (KTH) 21.50, 3 A Kmajuria (Well Sch) 27.00.

Under-17 Men (6.6km)

1 J Waples (KTH) 24.02, 2 G Marshman (Well Sch) 24.16, 3 S Turnell (R&N) 25.19, 4 R Bowe (Well Sch) 25.36, 5 T Southern (Well Sch) 26.04, 6 P Holley (Well Sch) 26.32, 7 C Paltreeman (Well Sch) 26.44, 8 W Wood (Northampton Boys School) 26.56, 9 J Watson (H) 27.06, 10 C Lambert (Well Sch) 27.22, 11 W James (NBS) 29.22, 12 K Materson (NBS) 30.13.

Teams

1 Wellingborough School 11, 2 Northampton Boys School 31.

Junior Ladies (4.9km)

1 H Munn (KTH) 18.55, 2 Mairead Rocke (C) 19.21, 3 K Barnett (KTH) 22.09.

Senior Ladies (4.9km)

1 K Harewood (C) 19.30, 2 J Pulsford (R&N) 20.34, 3 L Thompson (R&N) 20.50, 4 E Whitaker (KTH) 22.00, 5 R Giles (KTH) 23.18.

Senior Men (10km)

1 B Sharman (Birchfield Harriers) 34.19, 2 P Melling (Wootton Road Runners) 34.24, 3 S Nelson (R&N) 35.17, 4 M Howes (R&N) 35.35, 5 B Moen (R&N) 37.38, 6 C Gallagher (WRR) 38.06, 7 V Carroll (R&N) 38.08, 8 C Curtis (C) 38.27, 9 P West (KTH) 38.40, 10 J Goringe (KTH) 38.55, 11 M Armstrong (R&N) 39.03, 12 S Giles (KTH) 39.07, 13 M Fellows (Well Sch) 39.16, 14 L Berrill (WRR) 39.20, 15 S Franklin (C) 39.58, 16 A Brooks (H) 40.30, 17 S Broom (C) 40.47, 18 L Coulson (KTH) 41.26, 19 N Willsher (R&N) 41.40, 20 M Winstone (KTH) 42.23, 21 A Clawson (KTH) 42.56, 22 A Combie (Newark) 47.31.

Teams

1 Rugby & Northampton AC 49, 2 Kettering Town Harriers 90.

Masters Ladies (4.9km)

1 K Armstrong (C) 21.07, 2 A Copson (R&N) 21.08, 3 M Jesson (Northampton Road Runners) 21.25, 4 C Wright (C) 22.38, 5 T Latinovics (C) 22.42, 6 M Mulholland (C) 22.54, 7 M Leach (R&N) 23.06, 8 H Carroll (R&N) 23.23, 9 T Pike (C) 23.28, 10 Y Mehmet (KTH) 23.43, 11 K Wheeler (C) 24.04, 12 E Clawson (KTH) 24.43, 13 L Willis (R&N) 24.55, 14 E Rocke (C) 25.20, 15 D Galletta (KTH) 25.36, 16 V Nix (u/a) 25.43, 17 J Tierney (KTH) 26.28.

Teams

1 Corby AC 10, 2 Rugby & Northampton AC 17, 3 Kettering Town Harriers 37.

Masters Men (10km)

1 T Garrity (C) 36.07, 2 C Mattocks (WRR) 36.47, 3 D Keating (Leicester Coritanian) 37.01, 4 T Egan (R&N) 37.56, 5 N Humphreys (C) 38.02, 6 A Wright (C) 38.43, 7 G Hall (C) 38.59, 8 I Auger (Nene Valley Harriers) 39.41, 9 K Molloy (u/a) 41.11, 10 A Green (Team East Haddon) 41.45, 11 A Mould (R&N) 41.55, 12 R Fletcher (KTH) 42.59, 13 S Willis (R&N) 44.18, 14 P Farley (Well Sch) 44.43, 15 A Rain (KTH) 45.01, 16 P Marlow (KTH) 45.32, 17 J Love (R&N) 46.13, 18 A Griffiths (W&D) 47.33, 19 J Combie (Newark) 48.04, 20 P Sandall (Well Sch) 50.04.

Teams

1 Corby AC 12, 2 Rugby & Northampton AC 28, 3 Kettering Town Harriers 43.