

# Nuneaton Harriers AC News

## Edition 9 - April 2015 – Mara–fun ?

Spring is sprung, the grass is ris.... I wonder where the runners is?

Lots to report this time as it's been a while since the January edition. The ladies team has been very impressive through the winter and finished on a high. Huge turn-outs for some of the road league races and we've also had athletes competing on the indoor circuit. And by the time you read this a number of club-mates will be toe-ing the start line for a 26.2 mile sightseeing trip around London on 26<sup>th</sup> April.

### First - Indoor athletics news

You've probably seen indoor athletics on the television; the indoor facilities are great for high quality competition in the middle of the winter. The Harrier's sprinters and jumpers have worked hard through the cold winter season outside and in the new club-house extension and the dedication of the athletes and their coaches, Gary, Terry, Viv and Paul has been rewarded.

Georgia Parris has been the most prolific and successful, taking 10<sup>th</sup> place in the English National indoor pentathlon championships held at Sheffield on 10<sup>th</sup> January. Combining a 60m hurdles in 9.45s, High jump of 1.62m, Shot putt of 8.72m, Long jump of 5.12 and finishing with 800m in 2:29:48.

Georgia– centre of picture in pink - pictured with the other national competitors subsequently took new personal best performances at the National championships with 60m hurdles down to 9.25 and high jump up to 1.69m.



### Birmingham Games 7<sup>th</sup> - 8<sup>th</sup> Feb

Ellie Haynes U/15 age group has also had a good indoor season coming 2nd in the hurdles with a time of 10.09s and setting a long jump p.b. of 4.31m.

Fleur O'Donohue, competing in the senior events clocked 9.71 for 60m and 32.76 for 200m.

Georgia was close to but not quite on top form with a high jump of 1.65, long jump of 5.06m and 60m hurdles of 9.44.

Chloe Vinestock competed in the U15 long jump posting 4.41m.

Tamlin Dwyer (U15) set a new p.b. of 29.31s to take 1<sup>st</sup> in her heat over 200m.

### Midland Counties championships - 14<sup>th</sup> February

Georgia Parris claimed the title of Midlands champion with a winning high jump of 1.65. In the same weekend Georgia also clocked 9.37 for 4<sup>th</sup> place in 60m hurdles.

### **National indoor championships – Sheffield - 28<sup>th</sup> Feb**

At the English national indoor championships held on the weekend 28<sup>th</sup> Feb / 1<sup>st</sup> March, the 'Pocket Rocket' Emma White clocked 8.28s in the U17W 60 metres sprint. Georgia was in great form again taking silver medal in the U20 high jump with a clearance of 1.69 (a new p.b.) and only missing out on the gold on count-back. There was also that new p.b. for the 60m hurdles.

Toby Melville competed in his specialist event, the triple jump, with 14.02m for 5<sup>th</sup> place in the U20 competition, just shy of his outdoor personal best of 14.16m.

### **England Athletics Masters Inter-Area match 1<sup>st</sup> March**

Some of the slightly older members of Nuneaton have been in action as well at the Masters Inter Area match held at Lee Valley Stadium. Representing the Midland Masters were: Emma Jayne who was selected to compete in the W35 high jump, gaining 1st place with a leap of 1.32m, 3rd in triple jump and 5th in long jump. Carolyn Dyall, also W35, competed in the 2k walk gaining 1st place, 5th in 400m and 3rd in the 3000m. Ann Wheeler (returned to the Harriers) was 1st in the W50 2k walk. Also selected were Terry Selway 4th in the pole vault at 2.80m, and 7<sup>th</sup> in the Shot with 7.54m and Viv Kirkland 5th in the Shot with 5.76m and was also a member of the relay team which came 3rd. The Midland masters team finished 3<sup>rd</sup> overall.

### **Midland counties open meeting – 28<sup>th</sup> / 29<sup>th</sup> March**

There were lots of the Harriers using this meeting as a final sharpener for the early outdoor season. Obriel Nyambayo (U20) who competed a number of times in the senior team last year ran a sharp 7.72 for 60m and leapt 5.79m (just off his p.b.) long jump and 13.10 triple jump. Georgia Parris competed in 60m hurdles 9.45s, 100m in 15.53s and long jump 5.12m. Emma White (U17) doubled 60m in 8.27s with 100m in 13.36s. Katie Daniel (U15) claimed 8.04s and 12.82s while Chloe Vinestock (U15) doubled for 8.55s and 13.65s. Chloe also long jumped 4.93m. Derek Hateley competing in the V35 pole vault matched his p.b. with clearance at 3.30m.

And back outdoors....

### **Saturday 24<sup>th</sup> Jan - Midland Area Championships – Wollaton Park, Nottingham**

Good conditions for the Midlands and mostly firm underfoot – just one boggy stretch that was tough going, especially for the men after all the other races had chopped it up nicely. A few of the youngsters racing but alas not sufficient to close out teams.





In the women's race Polly started fast but in the later stages Eleanor's winter endurance paid off to ease ahead. The pair were impressive taking 16<sup>th</sup> and 22<sup>nd</sup>. The depth of the women's team was impressive again with 11 athletes running and taking 11<sup>th</sup> team place. Carolyn enjoyed it being a more local venue rather than having to commute to join the team. Good running by track specialist Fleur to place in the middle of the squad.

The four men were never going to trouble the trophy secretary. Eric made heavy work of the boggy section by falling over on the first of four laps and rolling about in the mud. The side-story with this is that my mud-covered kit got left as 'lost property' and only returned 2 months later – nicely 'ripened'.

### Results

U13boys	84 <sup>th</sup>	Nathan Hunt	12:52	99 <sup>th</sup>	Hisham Alkhamesi	13:16
U15boys	28 <sup>th</sup>	Ciaran Grant	14:41	57 <sup>th</sup>	Brandon Monk	15:56
U20men	28 <sup>th</sup>	Greg Jones	29:19			

### Women

16 <sup>th</sup>	Eleanor Fowler	30:46	22 <sup>nd</sup>	Poly Keen	31:04
76 <sup>th</sup>	Amanda Harris	35:11	126 <sup>th</sup>	Sarah Clark	37:32
140 <sup>th</sup>	Mary Hall	38:26	174 <sup>th</sup>	Carolyn Dyall	41:06
179 <sup>th</sup>	Fleur O'Donohue	41:28	197 <sup>th</sup>	Michelle Kenny	42:38
207 <sup>th</sup>	Gowan Miller	43:12	228 <sup>th</sup>	Hayley Clarke	45:26
260 <sup>th</sup>	Angie Fisher	52:15		Team finished 11 <sup>th</sup>	

### Men

144 <sup>th</sup>	Matt Tonks	45:24	167 <sup>th</sup>	Eric Fowler	46:36
305 <sup>th</sup>	Phil Harris	52:01	396 <sup>th</sup>	Pete Greenfield	57:55

### Sunday 25<sup>th</sup> Jan – Leicester road league - The Barrow 6

The first in the winter series with a testing uphill stretch before the last ½ mile run-in. Rafa was the first Harrier back. Phil and Amanda Harris and Carolyn Dyall all doubling-up after Midland championships race on the day before.

### Results (chip times)

37:40	78 <sup>th</sup>	Raaela Almeida (3rd woman)
39:05	107 <sup>th</sup>	Nick Wilson
40:35	146 <sup>th</sup>	Tony Norman
40:45	168 <sup>th</sup>	Pete Barzetovic

42:00 204<sup>th</sup> Phil Harris  
 45:07 326<sup>th</sup> Amanda Harris  
 48:24 429<sup>th</sup> Sim Wilson  
 50:02 476<sup>th</sup> Carolyn Dyall

**Nuneaton Harriers masters women are the Midland women's league champions!**

**Saturday 7<sup>th</sup> February - Midland women's league – Aldersley Stadium, Wolverhampton.**

The dry-ish week led us to expect firm conditions underfoot but overnight frost made the ground a bit tricky in the places where there were ruts. The ladies were out in force for the season finale and with a great team spirit that has marked out this squad right through the winter and contributed to their best ever finish. The masters were already well placed in the league and despite taking 5<sup>th</sup> team place on the day they collected the league champions prize. The senior team also consolidated their place in division 1 of the league.



**Results**

Eleanor Fowler	14 <sup>th</sup>	24:05	Sim Wilson	187 <sup>th</sup>	32:14
Polly Keen	21 <sup>st</sup>	24:27	Michelle Kenny	201 <sup>st</sup>	33:21
Helen Talbot	50 <sup>th</sup>	25:58	Gowan Miller	228 <sup>th</sup>	34:44
Sarah Clark	142 <sup>nd</sup>	29:41	Claire Allen	241 <sup>st</sup>	35:44
Carolyn Dyall	173 <sup>rd</sup>	31:17	Angela Fisher	264 <sup>th</sup>	38:02

**Saturday 7<sup>th</sup> February - Birmingham men's league**

A small and below full-strength men's team of just 7 had to accept the inevitable result to finish bottom of the division and thus face relegation for next season. The dead-cat bounce as we drop back to D3.

**Results**

121 <sup>st</sup>	Eric Fowler	37:19	209 <sup>th</sup>	Matt Ruff	43:42
151 <sup>st</sup>	Nick Wilson	38:39	226 <sup>th</sup>	Pete Greenfield	47:13
183 <sup>rd</sup>	Pete Barzetovic	40:08	232 <sup>nd</sup>	Gareth Parker	51:40
188 <sup>th</sup>	Chris Hamer-Hodges	40:30			

**Sunday 8<sup>th</sup> Feb – Leicester road league race 2 – Markfield 10k**

The undulating Markfield course was a test for 10 Harriers with just Sim, Carolyn, Nick and Pete doubling up from the Saturday cross-country. The entry for the Leicester races has steadily got bigger with 594 finishers for this event.

**Results (chip times)**

27 <sup>th</sup>	Matt Tonks	36:28	(2 <sup>nd</sup> M40)	337 <sup>th</sup>	Lois Thorne	48:01
69 <sup>th</sup>	Alex Bruce	38:47		383 <sup>rd</sup>	Cheryl Franklin	49:47

130 <sup>th</sup>	Nick Wilson	41:04	393 <sup>rd</sup>	Sim Wilson	50:05
161 <sup>st</sup>	Pete Barzetovic	42:06	419 <sup>th</sup>	Adele Dixon	51:12
170 <sup>th</sup>	Jimmy Dewis	42:26	451 <sup>st</sup>	Carolyn Dyall	53:00

### The Matt Tonks feature

After bashing out his 100<sup>th</sup> marathon in December Matt is now aiming to go faster. Recent results show it's there;

7 <sup>th</sup> Feb	Kingsbury parkrun – 1 <sup>st</sup>	17:12
11 <sup>th</sup> Feb	Leicester 5k – 4 <sup>th</sup>	17:35
15 <sup>th</sup> Feb	Wrexham ½ marathon	79:53
14 <sup>th</sup> Mar	Shakespeare marathon	2:54:34 – new p.b. 5 <sup>th</sup> overall, 1 <sup>st</sup> M40

That marathon clocking moves Matt up to rank 10<sup>th</sup> on the 2015 RunBritain list as an M40.

### Saturday 21<sup>st</sup> Feb – The English National Cross Country championships – Parliament Hills, London

The grand-daddy of all cross-country races at the classic venue. A fantastic event to watch. Although the weather was ok the ground was definitely 'soft' making this a tough challenge. Unfortunately Polly Keen had to withdraw before the start due to an injury. A few of the youngsters including Hisham made the trip down to London for the U13 boys race. Greg Jones had a run out in the Junior men's race and Pete Greenfield was the only senior man to race.

#### U13 boys

109 <sup>th</sup>	Kieran Coleman-Smith	13:42
191 <sup>st</sup>	Nathan Hunt	14:18
346 <sup>th</sup>	Hisham Alkhamesi	16:13

#### Junior men

142 <sup>nd</sup>	Greg Jones	41:29
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#### Senior women

41 <sup>st</sup>	Eleanor Fowler	33:25
534 <sup>th</sup>	Mary Hall	45:26
665 <sup>th</sup>	Gowan Miller	49:42
731 <sup>st</sup>	Hayley Clarke	52:18

#### Senior men

1699 <sup>th</sup>	Pete Greenfield	1:04:43
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### Coventry Half marathon – Sunday 1<sup>st</sup> March

A different course for this popular local event has more running in the town centre before looking around Allesley. Gary Payne was highest placed of the Harriers taking 24<sup>th</sup> overall as the first in the M55 age group. Lucy Marchi managed to drag her dad Andy round.

#### Results (chip times)

24 <sup>th</sup>	Gary Payne	1:18:22	1 <sup>st</sup> M55	2040 <sup>th</sup>	Andrew Downes	2:01:59
287 <sup>th</sup>	Chris Hamer Hodges	1:32:30		2041 <sup>st</sup>	Hayley Clarke	2:01:59
292 <sup>nd</sup>	Pete Barzetovic	1:32:53		2162 <sup>nd</sup>	Gareth Parker	2:04:19
309 <sup>th</sup>	Keith Stephenson	1:33:17		2411 <sup>th</sup>	Lucy Marchi	2:08:53
1163 <sup>rd</sup>	Anne Grant	1:49:22		2413 <sup>th</sup>	Andy Marchi	2:08:53
1220 <sup>th</sup>	Adele Dixon	1:50:24		2713 <sup>th</sup>	Angie Fisher	2:15:41
1377 <sup>th</sup>	Rob Matthews	1:51:46		2714 <sup>th</sup>	Suzanne Harris	2:15:42
1810 <sup>th</sup>	Gowan Miller	1:57:18		3208 <sup>th</sup>	Zoe Brown	2:32:04

### **Saturday 7<sup>th</sup> March – Inter-counties cross-country Cofton Park**

Just 3 of the Harriers selected to represent their counties this year as Warwickshire regular Emily Negus missed out due to injury. Very high quality competitions, possibly even higher standards than at the nationals as these are the best of each county across Britain.

U13 girls	Amicia Collett	299 <sup>th</sup>	16:44	Warwickshire
Junior men	Greg Jones	140 <sup>th</sup>	28:04	Leicestershire
Senior women	Eleanor Fowler	62 <sup>nd</sup>	28:11	Warwickshire (6 <sup>th</sup> county team)

### **Sunday 8<sup>th</sup> March – Leicester road league race 3 – Kibworth 10k**

You've got to like hills to like this one, some 'proper' climbs to take the spring out of your legs. Another big entry (508 finishers) and what must be a record number of Harriers (with some triathlons smuggled in too).

#### **Results (chip times)**

28 <sup>th</sup>	Kurt Hatwell	36:09	271 <sup>st</sup>	Lois Thorne	47:43
45 <sup>th</sup>	Alex Bruce	37:13	280 <sup>th</sup>	Ian Newbury	48:12
90 <sup>th</sup>	Mark Jarvis	40:00	289 <sup>th</sup>	Wayne Blythe	48:22
105 <sup>th</sup>	Nick Wilson	40:54	325 <sup>th</sup>	Sim Wilson	49:09
111 <sup>th</sup>	Ciaron Grant (u20)	41:00	337 <sup>th</sup>	Alex Bruce	49:47
122 <sup>nd</sup>	Lee Harper	41:20	365 <sup>th</sup>	Michelle Kenny	51:34
126 <sup>th</sup>	Nick Wall	41:23	366 <sup>th</sup>	Lee Annis	51:34
148 <sup>th</sup>	Pete Barzetovic	42:26	411 <sup>th</sup>	Gareth Parker	54:17
179 <sup>th</sup>	Helen Talbot	43:55	439 <sup>th</sup>	Rob Wynne	56:43
263 <sup>rd</sup>	Amanda Harris	47:28	466 <sup>th</sup>	Martin Shuttler	59:32
264 <sup>th</sup>	Phil Harris	47:28	471 <sup>st</sup>	Angie Fisher	60:49

### **Silverstone ½ marathon – 15<sup>th</sup> March**

Return of a stranger – Matt Amos was first of the Harriers on the Grand Prix circuit.

#### **Results**

7 <sup>th</sup>	Matt Amos	1:15:57
346 <sup>th</sup>	Martin Swan	1:31:15
381 <sup>st</sup>	Pete Barzetovic	1:31:59
1030 <sup>th</sup>	Alan Glaister	1:41:26

### **King Richard's 10k – 15<sup>th</sup> March Market Bosworth**

A small local event to commemorate the King Richard 3<sup>rd</sup> connections with the area. No comment on whether our two harriers asked for a horse on the way round.

Alex Bruce (jnr) was 2<sup>nd</sup> overall in 37:17 and a nice result for Amanda to pick up a prize as the 2<sup>nd</sup> woman finisher clocking 46:55.

### **Overseas results !**

While in Australia I managed a couple of parkruns with my Dad and brother to qualify as parkrun tourists. On 21<sup>st</sup> Feb (just 8 hours after arriving in Melbourne!) team Fowler ran in the Albert Park event. On 28<sup>th</sup> Feb (Dad's 75<sup>th</sup> birthday) we raced in the Sydney parkrun. Pictured in our respective club vests afterwards.



### **Coniston 14 – 21<sup>st</sup> March**

After missing the 2014 event this was a return for Eleanor to a race that she has made her own in recent years. The first 3 miles from the start in

Coniston drag uphill on the road to Torver village before a steep decent back down to the lakeside to cross over the water at Water Yeat. Thereafter the route undulates along the east side of the lake until the challenging climb at 11 miles past Brantwood house. Another steep decent then the final flat run in back to Coniston. All very scenic if you care to take in the views.

Once again Eleanor claimed the 1<sup>st</sup> place ladies prize clocking 1:29:01 a clear 3 minutes ahead of 2<sup>nd</sup> place. Eric was 3<sup>rd</sup> M50 clocking 1:28:45 and Pete Greenfield was 2<sup>nd</sup> in the M65 category with 1:48:46. So prizes for everyone – nice!

### **Saturday 28<sup>th</sup> March – Midland road relays – Sutton Park**

Two women's teams entered for the 6-stage race and a full team for the men's 12-stage race. The showery weather cleared just in time to give us a perfect afternoon for the relays. The adjustments to the course make it slightly longer (most people measuring the 3-mile stage as something more like 5k) and adding in a bit more of a climb. Now I can't recall ever running that course and thinking that it really needed more hills. The extra distance showed with the finishing times, even the top teams some way off previous clockings – so don't compare these results too closely with previous years.

International junior racewalker Emma Achurch took first stage for the women's 'A' team and put in a strong performance to come back in 11<sup>th</sup> place at 18:45. Rafa continued the good work and is clearly coming back to full race fitness, pulling the team up to 8<sup>th</sup> place with 18:49. Eleanor on 3<sup>rd</sup> stage claimed 4 more places to bring the team up into 4<sup>th</sup> place with 18:47. Note all three women separated by just 4 seconds! Rachel Chard 21:55, Amanda Harris 21:37 and Helen Talbot 21:01 closed out the team to finish in a very respectable 12<sup>th</sup> place with a total time of 2:00:54.

Emma Achurch, 18:45

Rafaela Almeida, 18:49

Eleanor Fowler, 18:47

Rachel Chard, 21:55

Amanda Harris, 21:37

Helen Talbot, 21:01



The women's 'B' team welcomed a few new faces to road racing. Gemma Mills – noted as a sprinter and one of the club's best field event athletes – taking on the distance. Amy Casey dropped into the squad for the 3<sup>rd</sup> stage and late sub Paige closed out. The team finished 45<sup>th</sup> in 2:31:22.

Gemma Mills, 22:45  
Michelle Kenny, 24:40

Adele Dixon, 25:19  
Sim Wilson, 24:09

Amy Casey, 23:15  
Paige, 31:14

The men's team was led out by Matt Tonks taking the 5½ mile 'long' stage followed by Alan Glaister taking the 5k short 2<sup>nd</sup> stage. Greg Jones salvaged some pride on the 4<sup>th</sup> stage to be the fastest Harrier on the day with 18:41, just slightly quicker than the girls. Long and short stages alternated until the 8<sup>th</sup> turn and then all were short. After the lead teams had finished the remaining runners were set off in a mass start at 4:15pm leaving Steve White and Martin Swan in a mob race. The total time of 5:04:33 placed the team 41<sup>st</sup>.



Matt Tonks, 32:52  
Alan Glaister, 21:57  
Nick Wall, 37:15  
Greg Jones, 18:41  
Eric Fowler, 33:47  
Nick Wilson, 20:32  
Pete Barzetovic, 37:35  
Tyler Selway, 19:11  
Chris Hamer-Hodges, 20:36  
Mark Jarvis, 19:42  
Stephen White, 21:18  
Martin Swan, 21:07



### Sunday 29<sup>th</sup> March – Leicester road league race 4 – Desford 6

Tired legs from the previous day's relay didn't deter Matt, Pete, Stephen and Sim from racing at Desford in quite horrible weather conditions with strong wind and rain.

29 <sup>th</sup>	Matt Tonks	35:54
148 <sup>th</sup>	Pete Barzetovic	41:54
178	Stephen White	43:08
307	Simone Wilson	48:36
381	Rob Wynne	52:25



### Air Products 10k – Crewe – 5<sup>th</sup> April

Another Fowler family outing on the fast, flat course at the Manchester Metropolitan University campus. We usually try to find a race for a family get-together around 6<sup>th</sup> April to commemorate Mum’s birthday. Cathy Fowler didn’t take up running until age 40 and with some steady training worked through to a good club standard with a half marathon p.b. of 1:35 and a 20 mile time of 2:41 (back in 1987) as preparation for the London marathon.

The shock result on the day at Crewe came not from Eric or Eleanor but from Will Fowler – who claimed no training at all – with a run of 40:36.

### Results

30 <sup>th</sup>	Eric	36:56
39 <sup>th</sup>	Eleanor	37:49
81 <sup>st</sup>	William	40:36
88 <sup>th</sup>	Neil	41:15
172 <sup>nd</sup>	Christopher	46:12

### Centurions grand prix series – race 6 – Solihull 12<sup>th</sup> April

The final race in the 2014/15 series of these friendly and well organised 5-mile races. Although Eleanor had to sit out the race due to a back twinge she had already captured the series prize as the top woman (best of 4 races count). On the day Kathryn O’Brien collected a prize for 3<sup>rd</sup> in the W55 category. Eric ran to a plan and clocked 30:02 to finish as the 3<sup>rd</sup> M40 and collect the series prize for the same. Will Fowler says he doesn’t much like running but pulled on trainers again and battled with regular club racers to clock 32:54. Richard Walker has been training with us regularly for a while now and raced round in 40:26.

### Brighton marathon – 12<sup>th</sup> April

Oh we do like to be beside the seaside.... Pete B made the long trip South to race in the Brighton marathon and his training regime (that is not actually training for the marathon) is clearly paying off. With a chip time of 3:37:48 Pete ripped over 20 minutes off his previous p.b. set in the Nottingham marathon last September.

### Caption competition winner

Pete B was pictured in the stream during the Huncote Hash back in December.



My favourite suggestion for a caption was;

**“Pete shocked as he’s told he’s disqualified for old vest.”**

Well done Steve White

## **Forthcoming events**

Track and field athletics restarts this month with the Midland league on Saturday 25<sup>th</sup> April and the Midland veterans on Wednesday 29<sup>th</sup>.

London marathon – on the telly – Sunday 26<sup>th</sup> April

## **Leicestershire and Warwickshire county championships for track and field athletics**

Saturday 23<sup>rd</sup> and Sunday 24<sup>th</sup> May

Pingles stadium

Compete or come along to support

**If you've raced and want to tell others about it, or have something you'd like to see included in the newsletter then please let me know. Other members will be interested in your race reviews.**

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