

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 26th 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 10th place in the English National indoor pentathlon championships held at Sheffield on 10th 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 7th - 8th 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 1st in her heat over 200m.

Midland Counties championships - 14th 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 4th place in 60m hurdles.

National indoor championships – Sheffield - 28th Feb

At the English national indoor championships held on the weekend 28th Feb / 1st 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 5th place in the U20 competition, just shy of his outdoor personal best of 14.16m.

England Athletics Masters Inter-Area match 1st 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 7th 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 3rd overall.

Midland counties open meeting – 28th / 29th 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 24th 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 16th and 22nd. The depth of the women's team was impressive again with 11 athletes running and taking 11th 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 th | Nathan Hunt | 12:52 | 99 th | Hisham Alkhamesi | 13:16 |
| U15boys | 28 th | Ciaran Grant | 14:41 | 57 th | Brandon Monk | 15:56 |
| U20men | 28 th | Greg Jones | 29:19 | | | |

Women

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

Men

| | | | | | |
|-------------------|-------------|-------|-------------------|-----------------|-------|
| 144 th | Matt Tonks | 45:24 | 167 th | Eric Fowler | 46:36 |
| 305 th | Phil Harris | 52:01 | 396 th | Pete Greenfield | 57:55 |

Sunday 25th 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 th | Raaela Almeida (3rd woman) |
| 39:05 | 107 th | Nick Wilson |
| 40:35 | 146 th | Tony Norman |
| 40:45 | 168 th | Pete Barzetovic |

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

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

Saturday 7th 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 5th 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 th | 24:05 | Sim Wilson | 187 th | 32:14 |
| Polly Keen | 21 st | 24:27 | Michelle Kenny | 201 st | 33:21 |
| Helen Talbot | 50 th | 25:58 | Gowan Miller | 228 th | 34:44 |
| Sarah Clark | 142 nd | 29:41 | Claire Allen | 241 st | 35:44 |
| Carolyn Dyall | 173 rd | 31:17 | Angela Fisher | 264 th | 38:02 |

Saturday 7th 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 st | Eric Fowler | 37:19 | 209 th | Matt Ruff | 43:42 |
| 151 st | Nick Wilson | 38:39 | 226 th | Pete Greenfield | 47:13 |
| 183 rd | Pete Barzetovic | 40:08 | 232 nd | Gareth Parker | 51:40 |
| 188 th | Chris Hamer-Hodges | 40:30 | | | |

Sunday 8th 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 th | Matt Tonks | 36:28 | (2 nd M40) | 337 th | Lois Thorne | 48:01 |
| 69 th | Alex Bruce | 38:47 | | 383 rd | Cheryl Franklin | 49:47 |

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

The Matt Tonks feature

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

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

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

Saturday 21st 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 th | Kieran Coleman-Smith | 13:42 |
| 191 st | Nathan Hunt | 14:18 |
| 346 th | Hisham Alkhamesi | 16:13 |

Junior men

| | | |
|-------------------|------------|-------|
| 142 nd | Greg Jones | 41:29 |
|-------------------|------------|-------|

Senior women

| | | |
|-------------------|----------------|-------|
| 41 st | Eleanor Fowler | 33:25 |
| 534 th | Mary Hall | 45:26 |
| 665 th | Gowan Miller | 49:42 |
| 731 st | Hayley Clarke | 52:18 |

Senior men

| | | |
|--------------------|-----------------|---------|
| 1699 th | Pete Greenfield | 1:04:43 |
|--------------------|-----------------|---------|

Coventry Half marathon – Sunday 1st 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 24th overall as the first in the M55 age group. Lucy Marchi managed to drag her dad Andy round.

Results (chip times)

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

Saturday 7th 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 th | 16:44 | Warwickshire |
| Junior men | Greg Jones | 140 th | 28:04 | Leicestershire |
| Senior women | Eleanor Fowler | 62 nd | 28:11 | Warwickshire (6 th county team) |

Sunday 8th 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 triathlonists smuggled in too).

Results (chip times)

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

Silverstone ½ marathon – 15th March

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

Results

| | | |
|--------------------|-----------------|---------|
| 7 th | Matt Amos | 1:15:57 |
| 346 th | Martin Swan | 1:31:15 |
| 381 st | Pete Barzetovic | 1:31:59 |
| 1030 th | Alan Glaister | 1:41:26 |

King Richard's 10k – 15th March Market Bosworth

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

Alex Bruce (jnr) was 2nd overall in 37:17 and a nice result for Amanda to pick up a prize as the 2nd 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 21st Feb (just 8 hours after arriving in Melbourne!) team Fowler ran in the Albert Park event. On 28th Feb (Dad's 75th birthday) we raced in the Sydney parkrun. Pictured in our respective club vests afterwards.



Coniston 14 – 21st 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 1st place ladies prize clocking 1:29:01 a clear 3 minutes ahead of 2nd place. Eric was 3rd M50 clocking 1:28:45 and Pete Greenfield was 2nd in the M65 category with 1:48:46. So prizes for everyone – nice!

Saturday 28th 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 11th place at 18:45. Rafa continued the good work and is clearly coming back to full race fitness, pulling the team up to 8th place with 18:49. Eleanor on 3rd stage claimed 4 more places to bring the team up into 4th 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 12th 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 3rd stage and late sub Paige closed out. The team finished 45th 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 2nd stage. Greg Jones salvaged some pride on the 4th 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 8th 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 41st.



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

Air Products 10k – Crewe – 5th 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 6th 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 th | Eric | 36:56 |
| 39 th | Eleanor | 37:49 |
| 81 st | William | 40:36 |
| 88 th | Neil | 41:15 |
| 172 nd | Christopher | 46:12 |

Centurions grand prix series – race 6 – Solihull 12th 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 3rd in the W55 category. Eric ran to a plan and clocked 30:02 to finish as the 3rd 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 – 12th 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 25th April and the Midland veterans on Wednesday 29th.

London marathon – on the telly – Sunday 26th April

Leicestershire and Warwickshire county championships for track and field athletics

Saturday 23rd and Sunday 24th 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.

Mail to eric.fowler@hotmail.co.uk or eleanorgreenfield@hotmail.com