

Nuneaton Harriers AC News

Edition 10 - June 2015 - Summa-fun

Summer's here We've come from the London marathon at the end of April to the heat of the track and field season. And some road racing too. The veteran women have been particularly impressive, taking an unprecedented 2nd place in the Midland masters league.

But before we start I've reproduced a recent article from the parkrun website. Some inspirational thoughts shared by a local Coventry lad...

Parkrun – why I run interview



On a spring morning in 1985 I did what around 300 people now do every Saturday. I wandered from my home in Coventry to the Memorial Park, and I went for a run.

It was a far cry from three years earlier in a packed Bislett Stadium in Oslo when I had one of those moments that runners occasionally have. I felt like I was flying, like running was just so easy. On that day I broke the 5,000m world record in a time of 13:00.41.

But in Memorial Park I was alone. I'd been injured, had an operation in Germany, and hadn't run for months. I was about to take my first steps on the long road back to fitness. I only ran for 100 yards, but it was one of the most enjoyable 100 yards I have ever run. In that solitary moment I learned to love running again.

That run was my first since the Los Angeles Olympics the previous year, which was one of the low points of my athletics career. I had gone into the 5,000m final with a groin injury and was relying on cortisone injections to manage the pain. Despite my best efforts, I finished last - by a long, long way!

As I crossed the finish line I was using words like 'disaster' and 'tragedy' in my mind. I knew these words were totally inappropriate - we all know what disasters and tragedies are and losing a race isn't one of them - but that's how I felt. I was devastated. I didn't want to run, and I couldn't run because of the injury. But even though it was one of my worst experiences as an athlete, it was one of my most powerful as a person.

That final act at the Olympics rekindled why I run and why I love it so much. I needed that awful experience of coming last in an Olympic final and then being unable to run for a long time because of injury to remind myself of why I loved running - which is purely because I can.

I have been running since I was 11 and it underpins who I am as a person. For a period of my life trying to win became almost an obsession, but the more balanced me now knows that the running, not winning, was my primary motivation. Running gave me confidence and helped me recognise my weaknesses. It's certainly a great leveller.

Our sport is unique in that anyone can toe the same start line as greats such as Paula Radcliffe in a mass participation event, and having top-level athletes getting involved in a grassroots movement like parkrun is really special. All different people at all different levels can share the same experiences at the same time at the same venue. For all of us, no matter what pace we run, it

often takes a long-term injury or illness to make us realise how lucky we are to do this thing we call running. It's the most natural of human movements, it's what we are born to do, and we should never take it for granted.

David Moorcroft

Midland track and field league – Leamington – 25th April

Carolyn Dyll stepped in as team manager for the first match of the season and clearly roused a great team performance. The final score for 3rd place was only 20 points away from a win.

Individuals to pick out; Jonathon Mok in his first match for the senior team competed in the 100m and 200m. Brother Brandon was also in action over 400m. Terry Selway and Derek Hateley took maximum points in the pole vault with 'A' and 'B' string wins. Obriel Nyambayo popped out 5.54m in long jump and 13.27m triple jump while coach Terry skipped out to 10.31m. Greg Jones showed versatility with 1500m, high jump and a winning javelin throw of 41.40m. Tyler Selway maxed out on events on both track and field. Younger women, Georgia Parris and Emma White doubled up 100m and 200m. Carolyn, Emma Jayne and Anne Wheeler tackled all sorts of events and captured a hatful of points. A win in the 4x100m relay must have been a highlight of the day.

Marathon memories – London marathon - 26th April

This was my first London and the atmosphere was special with this being Paula Radcliffe's farewell top-flight race. There was family connection too; both my Mum and Dad had raced London and Joyce Smith, twice winner of the race and one of the celebrity starters, used to babysit me when I was small. In the weeks prior to the race we had counted up over a dozen Harriers with entries and the performances of Pete B in the Brighton and Martin Swan Manchester marathons were an added inspiration.

Eleanor and I went to our respective start areas about an hour before the off – El to the Championship start and me to the 'fast good-for-age' pen at the front of the red start. I found a spot next to the fence to huddle and shelter from the drizzle until it was time to warm-up. It was reassuring to meet up with Matt Tonks – the marathon machine – for a chat before going to the start line. The marshalling area gradually filled up as the start time drew closer and athletes loaded their kit onto the baggage wagons.

The moment to line up arrived; 6 months and over a thousand miles of training would be distilled into the next 26 miles. It took me nearly a minute to walk forward to cross the timing mats and we were away, it was hard to keep a lid on the excitement but the sage advice to stay calm and settle into the race helped. After a couple of miles Matt wanted to push on at a slightly quicker pace and so we wished each-other luck and parted.

I spotted Nick Wilson just after passing Cutty Sark and we swapped a few words of encouragement. Nick had decided to reverse the usual marathon technique of running twenty miles and then 'hanging-on' for the last six. Nick's special formula was based on running 10k quite hard and then hoping for best over the next 20 miles. Sounds painful!

Arriving at Tower Bridge is every bit as exciting as you would expect it to be. An iconic landmark packed with cheering crowds and pretty much half way. Still feeling ok, taking regular drinks at the well-staffed feed stations, all going to plan; on schedule.

I caught up with El at 15 miles and we shared a bottle of isotonic. The shout-out from the Harriers supporters club (Debbie Suffolk and chums) was a great boost at that point. I spotted Matt Amos at about 22 miles (that Harriers vest is so easy to pick out in a crowd of runners). On towards the Embankment and the final push, past Parliament, Birdcage Walk and right turn into the Mall. In my mind it was a sprint finish over the last 200m but I bet it didn't look like that to anyone else. Across the finish line and what a relief it was to stop running. Within a minute I spotted El in the finish area and also Garry Payne and straight away we were swapping stories.

For both El and me this had been an event we'd anticipated for many months and we were delighted to come away with the mission accomplished. What a day, what an event!

Other Harriers have contributed their thoughts;

Matt Tonks - This was my 2nd time at London, Having a GFA place is a god send, I went through the ballot one year and it was a waiting game. Having done a few marathons in the past , I can say London is my favourite, The best bit is Tower Bridge where I feel so lucky to be part of an amazing event.

Amanda Harris - My marathon in retrospect was best compared to childbirth - the training had its ups and downs, the race started off not bad with pace all on target. Pain kicked in at mile 18 and by 25 was all consuming. The crowd carried me along, I finished hand in hand with a Swiss bloke called Dave. 3.38.15 just 17 seconds short of my pb, vowing never again! By the next day of course the agony was a distant memory and I can't wait to do it all again next year.

Garry Payne – not happy as his timing chip failed to register. He was round in about 2:57.

Fred Heath – taking this as an easy training run as the London marathon is a bit short and flat.

Matt Amos – disappointed that disrupted training didn't allow him to clock the time we know he's capable of doing. He's already thinking about a multiple marathon challenge for next year.

Results

Matt Tonks	2:53:23 pb	Amanda Harris	3:38:15 pb
Eric Fowler	2:56:50 pb	Fred Heath	3:40:51
Garry Payne	2:57 estimate	Jared Wilson	3:50:41
Eleanor Fowler	2:57:56 pb (60 th woman)	Sim Wilson	3:54:24
Matt Amos	3:03:45	Les Horton	4:02:45
Nick Wilson	3:19:09	Claire Allen	5:01:12
Monika Lampart	3:29:47		

Midland masters league – Leamington - April 29th

It's early in the year for the first track meeting and a cool and damp Wednesday evening greeted the most 'ahem' senior athletes to blow the cobwebs off their racing spikes. Stand-out performances:

Geoff Hudson	2 nd M70 100m	17.2s	
Mike Aylwin	1 st M50 400m	60.9s	
Viv Kirkland	1 st W60 100m	17.8s	
Carolyn Dyll	2 nd W35 100m	15.4s and 2 nd W35 400m	71.2s
Helen Talbot	1 st W35 1500m	5:26.0	
Mary Hall	1 st W40 1500m	5:41.1	

Midland Race Walking Track Championships - Tamworth - May 10th

Nuneaton Walkers took 8 medals at the Midland Counties AA Walks including second claim members. Coach Steve Arnold came out of retirement to win the senior men's 10k beating the hour despite limited training due to his coaching commitments. Faris Alkhamasi won the U13 boys' 2k in 11:44 ahead of his bother Hisham 12.10 and Kyle Smith completing a medal clean sweep in 14:06.

Elizabeth Pap won her 1k to add to her impressive list of victories in 6:13 ahead of club mate Emily Powells 6:22

In the senior women 5k second claim member Ann Wheeler returning to competition after a long injury took silver in 30:47 ahead of Charlotte Finney from Birchfield who is the Midland Road Champion. Finally Ben Allen who is another member of the Steve Arnold stable won the u15 boys in 15:44 just outside his PB.

Syston 8 - May 17th

A gorgeous day, perfect conditions on the prettiest race on the Leicester road league winter calendar. 4 miles gently uphill, a steep double dipper then a marvellous 3 miles descending back to the finish.

Nick Wilson	54.59
Phil Harris	55.52
Pete B	56.43
Jimmy Dewis	57.57
Amanda Harris	62.34
Sim Wilson	63.25

Midland masters league – Leicester - May 20th

A better evening for the second fixture and a much stronger Harriers team surprised local rivals with some great individual performances. The ladies shone particularly brightly finishing as the 2nd placed team. Top performances included;

Geoff Hudson	3 rd M70 200m 35.3s
Mike Aylwin	3 rd M50 200m 27.2s and 2 nd M50 800m 2:30.4
Paul Hayden	3 rd M35 walk 12:52.6
Colin Turner	1 st M50 walk 11:07.2
Terry Selway	1 st M50 Long jump 4.84m
Viv Kirkland	3 rd W60 200m 45.3s and 3 rd W60 shot 9.16m
Carolyn Dyall	1 st W35 200m 30.6 and 1 st W35 walk 11:40.3
Sarah Clark	3 rd W35 800m 3:02.3
Adele Dixon	3 rd W40 800m 2:52.6
Anne Wheeler	1 st W50 walk 11:28.8
Helen Talbot	1 st W35 3000m 11:41.0
Mary Hall	3 rd W40 3000m 12:12.1
Emma Jayne	1 st W35 Triple jump 8.74m and 2 nd W35 shot 6.75m

The women's relay team (Carolyn, Mary, Adele, Sarah) won a thrilling 4x400m in 5:03.0

Quote of the night came from Paul Hayden explaining the difference caused by a recurring piriformis muscle injury was... “normally my buttocks are like fillet steak”.

County championships – Pingles - 23rd / 24th May

A rather disappointing number of Harriers entering for this home fixture. Among those who did compete there were some pleasing performances. Setting the tone from the start were two of our best female distance runners in the 5000m. Polly Keen set the pace for nearly the whole race and was only run into 2nd place on the final lap. In her first attempt at the distance Emily Negus ran a controlled race, setting a new championship record and winning the U17 category.

In the javelin Greg Jones won the Leicestershire U20 title. Obriel Nyambayo won the Warwickshire U20 triple jump. Toby Melville took the Warwickshire U20 title for 100m. Pole Vault master and pupil, Terry Selway and Derek Hateley respectively, competed in the pole vault.

Faris Alkhamasi added to his growing list of walking victories in the U13 boys 2k walk taking the Leicestershire title and setting a new championship record.

Midland track and field league – Pingles – 6th June

Another ‘thin’ team, this time with Eleanor as the team manager (Eric busy on results and announcer duty). Particularly noticeable in absence were the middle and long distance male runners. However, there were some good individual performances and several people went multi-eventing and showed quite a bit of talent in the other disciplines.

Tyler held his own with the sprinters clocking 24.7s for 200m and 5.90m for long jump. Obie, even when now quite at best, (12.91m for triple jump) is still plenty good enough to win. Derek and Terry once again cleared maximum points in the pole vault. Greg Jones showed again that he’s a good thrower of the javelin with an ‘A’ string win at 39.24m.

Polly Keen was game for a run at 400m hurdles and then did 1500m and 3000m and a 400m relay leg. It was great to have Gemma Mills back in the team to multi-event (HJ, Shot, Discus, etc.) with Carolyn. Monika Lampart (recent of London marathon) clocked 15.9s for 100m and 71.8s for 400m. Georgia Parris took wins in 200m and high jump. Emma White 12.8s for 100m is close to English Schools qualification. The women were exciting in the relays taking 2nd in both the 4x100m and 4x400m. Third place team again but this time not a close finish.

Midland masters league – Rugby - June 20th

The highlight of the evening was an absolutely nail-biting women’s medley relay won by the Harriers ladies with Helen Talbot on the anchor leg.

Midland Masters championship

An all-day event operated at a rather leisurely pace. Like the county champs there was a disappointingly thin entry list which is a shame as this event is an opportunity of the veteran athletes to compete among their peer group.

East Midlands Grand Prix series

This is a tough series of eight road races all 5miles/10k distance spaced over just xx weeks. All are on weekday evenings and are well marshalled and efficient results service. Entry was just £7 which is starting

to look like good value with many 10k races now charging double that amount. There's no goodie bag or pointless medal nonsense which no doubt keeps the costs down.

Weedon 10k

19 th	Eric Fowler	37:25	1 st M50
45 th	Eleanor Fowler	39:22	1 st F35
70 th	Helen Talbot	41:19	2 nd F35 (running 2 nd claim for Huncote)
94 th	Peter Barzetovic	42:38	9 th M50
155 th	Peter Greenfield	46:42	3 rd M65
206 th	Sarah Clark	50:08	7 th F35

Forthcoming events

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

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.

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