

Nuneaton Harriers Athletic Club

Newsletter 13 (luck for some!) - January 2016

Firstly a happy, injury free and successful 2016; may there be a spring in your toes and the wind at your back. An Olympic year always has a little extra excitement for athletics fans; will Team GB recapture the highs on London 2012? And will you feel inspired to try a little harder, train with more focus and achieve something a bit special?

The club's training sessions are now available 5 days a week so there should be something to suit everyone. Sessions cater for all ages and beginners and joggers right through to specialist technical coaching in jumps, hurdles, sprints, endurance races and throws. If you'd like more guidance on training and competition then talk to one of the coaches. However, the club relies on volunteers and there are always things that we would like to do if only we had the help. This is especially the case with the young athletes' sessions (6:30pm on Tuesdays and Thursdays) where our coaches really need help to manage the large groups. We would much rather offer athletics opportunities to young people rather than have to turn them away and/or reduce the size of the classes.

If you could spare some time as a helper, working with instructions from the coach, you could keep an eye on the group allowing more time for the coach to work with the athletes so they get more from the session. This wouldn't need to be a huge commitment, all it would require is for the coach to know a few days in advance that you can help so the session can be planned. Better still, if you'd like to gain a coaching qualification the club will pay the costs for your training.

If you would like to contribute to the running of the club, to enhance the opportunities for all our members, then please do speak to one of the coaches or the committee. As a certain supermarket says, 'every little helps'.

In the competition reports we'll cover recent success at the county cross-country championships and also celebrate that **we have an English Champion – Faris Alkhamesi**. Georgia Parris has also mixed with the best in the England indoor pentathlon championships.



Some of our young athletes recently enjoyed the company of a VIP visitor. **Jo Pavey** called in at the Leicestershire primary schools cross-country fixture on 28th November. A great boost to meet such an icon of British athletics.

Thanks to Mark Bailey for posting the photo.

Event reports

Birmingham cross-country league – Aldridge – 5th December

On a mild but very windy afternoon the men ventured out at Aldridge airport. Actually long since abandoned as an airfield it is nevertheless a pretty wide open space – not a good thing when there's a gale blowing. The muddy patch through the woods caught most by surprise but this was no Burbage common and generally pretty quick.

Once again Eric led the Harriers home. We were grateful to have support with a strong run by Jimmy Dewis and a welcome return for Tony Norman. Stephen White closed out the A team squad that finished as 5th team. The B team, headed by Jon King packed closely with just a few places separating each and held 4th position 'B' squad. Nick Wilson, although carrying an injury, wanted to compete to maintain his place in the League's all-timers top three. Now with 138 races (just work that through with 4 races each year) that's an impressive record spanning at least 35 years. Stalwarts Matt Ruff and Alex Bruce were there to pick up the places if any of the scorers faltered.

A team

16 th	Eric Fowler	38:01
41 st	Mark Treadwell	40:16
68 th	Jimmy Dewis	41:49
69 th	Pete Barzetovic	41:51
76 th	Tony Norman	42:07
85 th	Stephen White	42:33

B team

86 th	Jon King	42:35
89 th	Chris Hamer-Hodges	42:41
94 th	Andy Harris	43:01
96 th	Rob Carvell	43:09
102 nd	Nick Wall	43:36
114 th	Nick Wilson	44:42

133 rd	Matt Ruff	46:16	152 nd	Alex Bruce	50:31
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Alas, no team photos this time as we didn't fancy hanging around in the wind. Thanks to our team of Officials, Marjorie, Pat, Alison and race referee Barry without whom we wouldn't be able to race.

Midlands women's league – Cofton Park, Longbridge – 5th Dec

There was barely a scoring team for the second match – come on ladies, what's happening? Last winter you were brilliant!

At Cofton Park in Longbridge this is a peach of a cross-country, ok there's a bit of a hill but it's a great course. International Jess Judd (running for Loughborough Uni) was a clear winner in 22:05. Making a return to racing after a month away recovering from a foot injury, Eleanor was pleased to be not too far back from her usual rivals. Helen Talbot was 44 seconds behind as second scorer. Kat and Sarah closed out the senior team than clings on to 8th place in division 1. The masters score from 3 runners, Eleanor, Helen and Sarah (sorry Kat, you're too young!) and was placed 6th.

A special welcome to new member Melanie Hill appearing at her first race for the Harriers – straight in at the deep end and great to have you in the squad.

14 th	Eleanor Fowler (2 nd master)	24:14
27 th	Helen Talbot	24:58
50 th	Kat Hodgeson	26:08
179 th	Sarah Clark	30:25
343 rd	Melanie Hill	41:44

West Midlands Young athletes league – Warley Woods – Sunday 6th Dec

On the Sunday our young athletes were hosted by Tipton Harriers at Warley Woods near Smethick. This is a good park venue for races in the natural bowls with open grass and woodland. A lack of numbers to make up scoring teams means that although there were some good individual runs the club's overall position is 15th in the league – certainly not truly reflective of the quality of our young athletes. The under 15 boys was the only age-group in which a full scoring team closed out.

Returning carefully after a break to settle a knee niggle, Emily Negus placed 9th in the U17 girls. In the youngest age group (U11) boys, Tom Dixon ran strongly for the best individual place on the day with 5th while team-mate Sam Yates was competitive in 19th. Other top performances came from Kieran Coleman-Smith and Sam Howard taking 8th and 11th respectively in the U15 boys. Ciaran Grant was our other top 20 finisher with 18th place in the U17 boys.



Natalie, Neve and Olivia at the previous race (photo by Mark Bailey)

Results

U11G

64th Abigale Wynne 8:54
70th Ellie Lane 9:02

U11B

5th Tom Dixon 6:52
19th Sam Yates 7:26

U13G

43rd Olivia Bailey 11:29
48th Natalie Wynne 11:38
115th Neve Masters 15:08

U15B (7th team)

8th Kieren Coleman-Smith 12:21
11th Sam Howard 12:30
49th Michael Wynne 14:06
70th Nathan Hunt 15:20
75th Joel Howes 15:43

U15G

78th Ellie Biggs 17:21

U17G

9th Emily Negus 17:31

U17B

18th Ciaran Grant 19:22

Telford 10k – Sunday 13th Dec

This is a race with a justified reputation as a 'quick one'. This is good honest racing; the prizes are very modest, but nevertheless it draws club runners looking to clock a 10k pb knowing that they will be alongside some of the best domestic competition outside a national championship. The event is split with two start waves, the first reserved for competitors expecting to run under 40 minutes. At the 'pointy end' of that elite race was Ryan McLeod who made **29:40** look relatively comfortable. The depth of quality was evident in the also-rans; in 7th place was Lee Merrien (2012 Olympic marathon) just inside 30 mins. If you can't break 31 minutes then you're not going to get a place in the top 20; 100th place was 34:45.

A little further back in 140th, Eleanor smashed half a minute off her lifetime best to tear round in 35:51, taking a number of 'scalps' and finishing 14th woman overall and 2nd in W35 age group (just 1 second on chip time slower than the W35 winner). Eric couldn't live with that pace after seeing 5k in

under 18mins but still held on for 155th and a chip time of 36:17 – the fastest I've run for several years.

Considering neither of us feels 'race fit' at the moment the times were startling. There is something about this race that just 'clicks'. Amazing for a cold, drizzly December morning – if you are hovering around 40 mins and fancy an off-season surprise pb this might be the race to target in 2016.

Keyworth Turkey Trot – Sunday 13th Dec

Four harriers out for this traditional pre-Christmas half marathon. Fancy dress is optional.

166 th	Pete Barzetovic	1:33:37
226 th	Phil Harris	1:37:12
366 th	Amanda Harris	1:44:26
599 th	Anne Grant	1:55:19

Boxing day relays – Riversley Park – 26th Dec (of course)

A record turn-out of 13 teams this year, possibly because it fell on a Saturday and a number of the regular Saturday morning session runners joined in. Good conditions were enjoyed by Namir Batavia (Cov Godiva) who whizzed round to set a new course record of 10:46 for the 2.1mile lap.

Shocks were to follow - the first team to cross the line were not the winners – Alan Glaister managed to find a short cut so was sent back out again to run the full course – shame as this was a potentially winners' team. In the event the pukka winning team included youngster Sam Yates who matched plenty of the seniors over the full course distance.

Eleanor clocked the second fastest lap (and obviously fastest female) with 12:09 despite a running a steady 15miler before breakfast on Christmas Day. Perhaps the speed was partly due to chasing down dad Pete who started the final leg with a couple of minutes in hand – but even this was deceptive as El's team had gained a 'flyer' thanks to Geoff Hudson. There was other family contests with Chris Talbot pushing hard to get round quicker than Helen while Amanda had the better of Phil Harris. Nick Wilson managed to race himself with a first leg for one team and a final leg for another – the second time around was slightly quicker too.

There was one family team racing, brothers Greg and Robbie Jones framing their mum Rosi for a lap – hopefully they were forgiven by New Year's Eve.

Team results – with adjustments made as necessary

1	Simon Earley	12:40	Sam Yates	14:45	Pete Barzetovic	13:49	=41:14
2	Nick Wilson	13:57	Anne Grant	16:31	Pete Greenfield	14:46	=45:14
3	Jon King	13:15	John Gibbs	17:55	Andy Harris	14:38	=45:48
4	Philip Cairns	20:00	Chris Talbot	12:25	Nick Wilson	13:48	=46:13
5	Steve Arnold	15:50	Geoff Hudson	18:31	Eleanor Fowler	12:09	=46:30
6	Helen Talbot	12:59	Amanda Harris	13:52	Alan Glaister	19:50	=46:42
7	Stephen White	14:02	Amanda Earley	18:07	Phil Harris	14:33	=46:42
8	Kathy O'Brien	18:19	Drew Ranson	13:57	Sim Wilson	15:42	=47:58
9	Daniel Oliver	15:19	Martin Swan	14:46	Martyn Shuttler	19:12	=49:17
10	Robbie Jones	15:16	Rosi Yule	22:16	Greg Jones	12:38	=50:10
11	Namir Batavia	10:46	Mark Treadwell	12:58	Janette Smith	26:41	=50:25
12	Carolyn Dyll	16:30	Hazel Beasley	18:31	Sarah Clark	15:51	=50:52
13	Alex Bruce	16:02	Kevin Wright	18:56	Claire Cairns	24:27	=59:25

Huncote Hash – 3rd Jan

A record sell-out meant that entries closed before the day and denied some regular Harriers a chance to run in this popular fixture. However, 17 Harriers made the cut. The heavy rain throughout December guaranteed that conditions would be 'soft' to 'heavy' to downright claggy and the stream would be brim full and quite 'bracing'. During the run a fellow competitor remarked to me that this was "a proper cross-country".

The race was won by Robert Little of Hallamshire Harriers (Seb Coe's old club) in 47:09. Eric was first Harrier in 16th place. Helen Talbot tagged Mark Treadwell and claimed the honours as first woman finisher (52:32) with Amanda Harris 3rd (54:04). As well as the 'regulars' we also had Jackie Treadwell in 191st, new member Melanie Hill 309th, Kathy O'Brien 310th and Lisa Buckton 333rd.

My brother Neil (Crewe and Nantwich AC) was 60th (56:07) and continued his own personal tradition of falling over in the mud – twice during the race.

Selected results

16 th	Eric Fowler	49:33	68 th	Pete Greenfield	56:38
22 nd	Chris Talbot	50:57	81 st	Andy Harris	57:40
32 nd	Mark Treadwell	52:27	90 th	Pete Barzetovic	59:05
33 rd	Helen Talbot	52:32 (1 st woman)	149 th	Cheryl Dewis	65:23
40 th	Jimmy Dewis	53:53	182 nd	Sim Wilson	69:56
42 nd	Amanda Harris	54:04 (3 rd woman)	191 st	Jackie Treadwell	70:36
51 st	Phil Harris	55:19	309 th	Melanie Hill	90:21
55 th	Andy Ranson	55:29	310 th	Kathy O'Brien	90:21
63 rd	Nick Wilson	56:32	333 rd	Lisa Buckton	93:55

England Athletics indoor walks championships – 9th Jan - Sheffield

Faris Alkhamesi has become one of the first English champions in 2016 by winning the combined under 13/under 15 boys 1k walk at the indoor arena in Sheffield. Also competing was brother Hisham who finished third. In the 3k walk Emma Achurch (coached by Steve Arnold and competing for her first claim club Leicester) also became the U20 women's national champion.

1k walk

(U13B) **Faris Alkhamesi** **5:12.79 = National champion**
(U15B) Hisham Alkhamesi 5:28.32

3k walk

(U20W) **Emma Achurch** **14:34.67 = National champion**



Above – Faris with commemorative English champion winner's lion – "Leo"
Left - Faris with other champions - Emma Achurch (U20W), Tom Bosworth (winner of the men's 3k in a new national record) and Suki Ly (U15G)
Right – medalists in the boys walk - Faris (centre) with Hisham (right) and Jack Childs.



England Athletics Combined events championships – 9th Jan - Sheffield

Georgia Parris was competing with 24 other future Jess Ennis contenders in the England under 20 championships indoors at Sheffield. This was a high quality and closely fought competition with the best multi-event athletes looking to capture the first English title of 2016. It also include the Midland championships.

An opening 60m hurdles in 9.39sec was a little off Georgia's best and put her in 11th place after the first event. A good high jump of 1.66m was close to pb and good enough for 5th place in that event and a move up the leader-board. The shot put is hard event for the runner/jumper specialists and 9.17m was Georgia's weakest score in this elite company (16th place) – the consolation being that throw was nearly half a metre off her best so on the right day there is more available. A good long jump of 5.27m (although 30cm short of pb) and competitive 800m of 2:33 gave Georgia 8th place overall with 3397pts. In the Midland championships Georgia is the silver medallist – see photo below (front row, left).



County championships – Saturday 9th January Warwickshire at Warley Woods

Despite having a pitifully small representation there were honours for four of the Harriers women in the Warwickshire champs run in conjunction with the Worcestershire champs. The course was in surprisingly good condition, the organisation faultless and the marshalling by host club Halesowen was worthy of a major championships.

The senior women narrowly missed winning the Warwickshire team title as they were just 2 points adrift of BRAT club. In the 6k race Eleanor set off like a 'stabbed rat' taking the lead from the starting gun. Polly Keen and Kat Hodgeson took close order and on the first lap the trio were holding 1st, 4th and 6th place. As the race went on a battle ensured for the lead position and Chloe Richardson of Birchfield



(Worcestershire) began to establish a margin. Eleanor eventually yielded to Becky Tipping of BRAT and took 2nd individual place in the Warks championships losing out by just 6 seconds. Strong runs by Polly and Kat saw them take 7th and 8th place to put them in contention for selection when the Warwickshire team is picked for the inter-counties in March. The final team scores had BRAT on 15 points and the Harriers on 17 points, tantalisingly close to reclaiming the title they won in 2014.



In the U17 women race Emily Negus at the lower end of her age group and with limited training was still good enough to take 5th place and should be in the county team once again. Amicia Collett (U15 girls) showed real commitment to keep running despite illness and was placed 34th while brother Toby (at the bottom end of his age group) raced hard for 24th place in the U13 boys.

Photo left - Emily Negus

In the seniors and masters men's race, Eric had a good run despite falling over in the slippery mud (again!) to finish 20th in the Warks champs while Pete Greenfield also had a strong run for 100th place.

Individual Results

Toby Collett	(U13B)	24 th	12:50	
Amicia Collett	(U15G)	34 th	20:48	
Emily Negus	(U17G)	6 th	19:51	
Eleanor Fowler (SW)		2nd	21:47	} 2nd senior
Polly Keen (SW)		7th	23:17	} women's
Kat Hodgson (SW)		8th	23:37	} team
Eric Fowler	(MM)	20 th	37:38	
Pete Greenfield	(MM)	100 th	45:01	

Leicestershire championships at Burbage Common

The Common was 'soft' as expected. Nick Wilson was out from 8am setting up the course and still managed to run round in the masters 10k race although somewhat weary. A disappointingly small number of Harriers out for this championship event, especially in the younger age groups.

The masters women claimed third place in their race with a team of Helen Talbot, Sarah Clark and Sim Wilson. Helen picked up 3rd individual place and finished high enough in the mixed senior/masters race to qualify for the Leicestershire team for the inter-counties in March. Kieren Coleman-Smith took 4th in the U15 boys race and should also guarantee his place in the Leicestershire team. Greg Jones, 8th in the U20 men will have to wait to see whether he gains the selectors' favour.

Individual results

Olivia Bailey	(U13G)	21 st	17:35
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Hisham Alkhamesi	(U13B) 20 th	17:03
Kieren Coleman-Smith	(U15B) 4 th	16:11
Greg Jones	(U20M) 8 th	46:06
Helen Talbot	(MaW) 3rd	30:31} 3rd team
Sarah Clark	(MaW) 12th	37:37} women
Simone Wilson	(MaW) 17th	39:17} masters
Andy Harris	(MaM) 38 th	49:52
Phil Harris	(MaM) 41 st	50:57
Nick Wilson	(MaM) 53 rd	57:31



Olivia Bailey at the Burbage Common water feature

Midland women's league – Sat 16th Jan - Gloucester

Small but perfectly formed – that's our senior women's team. Just 5 of our ladies took on the big Midlands clubs and really impressed at the 3rd league meeting hosted by CLC Striders at Blackridge in Gloucester.

Eleanor, back in race fitness and keen to avenge her defeat in the Warwickshire county championships a week earlier was 'on fire'. At one point running with eventual race winner international Jess Judd, Eleanor finished a strong 5th (her best ever placing in the league) well ahead of rival Becky Tipping of BRAT. There was great back-up in the women's team with Helen Talbot, Polly Keen (nursing a sore Achilles) and Kat Hodgson to close the Nuneaton team out in **3rd place** behind Loughborough students and Birchfield. Make no mistake, this is a high quality league with most of the top midland clubs competing. In the masters category Eleanor took 1st place and the team including Helen Talbot and Michelle Kenny was placed 7th.

The women look sure to finish near the top end of division one – although they still must complete a full team at the final fixture on Feb 14th. Ladies, please support this amazing team at the last match.

Results

5 th	Eleanor Fowler	22:24	(1 st W35)
19 th	Helen Talbot	23:43	(5 th W35)
24 th	Polly Keen	24:07	
35 th	Kat Hodgson	24:40	
207 th	Michelle Kenny	32:39	(101 st W35)

Birmingham cross country league – Sat 16th Jan – Droitwich

The men didn't have to travel quite so far for their fixture, just an hour or so to Droitwich. There was a welcome return to the squad for three members of the highly successful 2012 team that topped division three – Scott Hastings-Stuart (left in photo), Andy Massey (2nd left) and Matt Amos (right). Although still suffering a chest infection Nick Wilson was determined to maintain



his extraordinary record in the league, now with 139 appearances.

Matt and Scott finished in the top 10 while Eric, Mark Treadwell, Pete B and Andy Harris made up the rest of the A team scorers. Andy Massey was forced to drop out to avoid aggravating his niggling hamstring injury. Alas with too few runners we did not close out a B team.

The benefit of having Matt and Scott was a close 6th place team score on the day which moves the Harriers up to 4th in the division. The top three teams will be promoted and they have a clear lead. The Harriers need to scrap with Centurion and Aldridge at the next match to keep 4th spot.

Results

4 th	Matt Amos	38:37	95 th	Rob Carvell	47:12
6 th	Scott Hastings-Stuart	39:01	99 th	Chris Hamer-Hodges	47:29
26 th	Eric Fowler	41:44	102 nd	Nick Wilson	47:51
61 st	Mark Treadwell	44:41	175 th	Alex Bruce	56:52
77 th	Pete Barzetovic	45:57			
82 nd	Andy Harris	46:15			

West Midlands Young athletes league – Burbage Common – Sunday 17th Jan

Just a week after the county championships the Common was not in its freshest condition and snow overnight made the conditions particularly unpleasant underfoot – my feet were cold with two pairs of socks and wellies.

In the first race of the day Emily Negus worked steadily through the field after a cautious start and finished with a good 3rd place. The under 11 boys race is always a stampede at the start; our youngest Harriers did well with Tom Dixon taking 3rd, Sam Yates 12th and Toby Collett 24th. The team was closed out by Corey Morris and Ben Walton and overall placed a creditable 6th. In other age groups, Kieran Coleman-Smith had a good run for 7th place in the U15 boys race and all three of the Wynne clan were in action, Abigale in the U11, Natalie in U13 and Michael in U15.

Results

U11G

64 th	Abigale Wynne	8:42
75 th	Ellie Lane	8:58

U13G

37 th	Olivia Bailey	13:50
46 th	Natalie Wynne	14:06

U15G

53 rd	Amicia Collett	16:42
78 th	Ellie Biggs	17:21
85 th	Philipa Burstow	21:40

U17G

3 rd	Emily Negus	19:21
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U17B

28 th	Ciaran Grant	20:56
Dq	Brandon Mok	

U11B (6th team)

3 rd	Tom Dixon	6:29
12 th	Sam Yates	6:54
24 th	Toby Collett	7:15
66 th	Corey Morris	8:05
67 th	Ben Walton	8:05

U13B

60 th	Hisham Alkhamesi	14:26
72 nd	Daniel Oliver	15:06

U15B

7 th	Kieren Coleman-Smith	12:26
47 th	Michael Wynne	14:06
75 th	Joel Howes	15:58
77 th	Nathan Hunt	17:28

Midland Counties indoor open meeting – Alexander Stadium HPC – Sat 16th Jan

Meanwhile in the comparative warmth of the high performance centre in Birmingham some of the sprinters were in action on the first day of the Midland counties open meeting – up to 2 races each. Katie Daniel (U17) clocked the quickest times with amazing consistency on 8.10s and 8.12s. Chloe Vinestock (U15) was sharp taking a race win in 8.33s.

Day 1 results – all races 60m indoors
Chloe Vinestock(U15) 8.33
Megan Smith (U15) 8.97 and 9.13
Katie Daniel (U17) 8.10 and 8.12
Emma White (U20) 8.39 and 8.44

Training advice from the champions

British 100m and 200m record-holder Dina Asher-Smith

“I would say to be persistent and patient! Don’t expect to see goals overnight, as with athletics (and most things in life I guess) it’s all a work in progress. Consistently work hard and don’t give up.”

Decathlete and British indoor heptathlon record-holder John Lane

“Listen to your body. If it’s aching and hurting you before training, then having a day off every now and then won’t kill your training in the long run. But that 24 hours off might just stop niggling injuries turning into bigger problems. The more you train and older you get, the more recovery is key!”

Read more at <http://www.athleticsweekly.com/featured/top-athletes-give-tips-for-sporting-success-37295/#F8tt2GaTyuBBzkLr.99>

Injury time - Physio assessments

We are lucky at the Harriers to have links with a number of physiotherapists and other sports massage practitioners. Our own Kat Hodgson runs a practice in Bedworth with husband Andy. <http://www.bedworth-activehealthclinic.co.uk/home.html>

We also have a link with Steve Alvey at Coventry University. Steve has contacted me with the following offer for a physio assessment at half price – that’s **just £22.50**.

Whilst this isn’t the full biomechanical assessment (i.e. video analysis) that I wrote about in newsletter 11 the majority of things could be covered should it be required. If you are interested in taking up the offer then contact Steve to arrange an appointment;

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If your results are not in this edition – and you’d like to see them reported, or if you have other items that you think may interest your club-mates, then please send your words/pictures to me at eric.fowler@hotmail.co.uk