

Nuneaton Harriers Athletic Club

Newsletter 16 - May 2016

Annual General Meeting - Subscriptions

On 20th May the club AGM was held and as well as re-electing the club officers the level of member subscriptions was also discussed. The fees have been held at the same level for several years now despite increases in the costs incurred by the club. However, the deficit means that from next April we will have to pass on the higher cost of the England Athletics, county association and League affiliations. We have limited the increase to just £2.50 on each membership class – and the increase will not apply until April 2017. Further detail on how the subscriptions and other sources of income are spent is shown below.

The club subscriptions for 2016/17 are shown below – remember that your subscription to Nuneaton Harriers also includes your affiliation to England Athletics, i.e. your competitions licence. This is important, because from April 2016 for many competitions (U13 age group and above) you **cannot** enter unless your EA licence is up-to-date. For most open races the organisers will check whether your EA affiliation is valid to allow you the discounted entry for club runners. If you have not already done so please pay your subs promptly so your EA affiliation can be validated – if payment is not made by June 1st your competition licence will lapse. If you have any questions about your membership please contact our Membership Secretary, Alison Mills, in the club office.

Membership year 2016/17	Annual subscription (1 st April-31 st March)
Under 11	£30
Over 11, under 18	£35
Over 18	£40
2 nd claim (incl. Tri club)	£25
Over 60	£30
Family (2 adults + 2 children under 18)	£100

International race walking – Emma Achurch and Steve Arnold

Regulars at the Pingles will have noticed a significant race walking school coached by Steve Arnold. Emma Achurch, has risen through the ranks to compete at international level in the Under 20 age group. **Emma's pb of 47:49 for the 10k clocked at Podebrady, Czech Republic in April is the 2nd fastest ever for a UK Under 20 female athlete.**



On 7th May Emma represented Great Britain in the World Race Walking Cup championship in Rome. With a 10k time of 48:58 Emma finished in 23rd place. Emma enjoyed the event and the experience of competing at world class level and will build on this next time. Emma is also looking to take her 10k time below her current pb of 47:49 and claim the UK best outright.

Steve Arnold accompanied the GB team as part of the coaching backup, further recognition of Steve's experience and capability as an endurance coach.

Major events at the Pingles this summer

There are a number of high profile meetings that will be hosted at our stadium in the next few months. Top billing is the Midland area championships that are normally held at the Alexander Stadium in Birmingham. These attract the best athletes from across the midlands right up to National level competitors. The Senior and U20 championships are on 11th and 12th June. Across 13th and 14th August we will host the U17/U15/U13 championships.

This is a fantastic opportunity to come along and watch the championships or even to enter the events and enjoy competing at top level in our home stadium.

The Pingles is also host to the Midland Masters championships on 5th June as well as the Midland Masters league cup final on 4th September. All this in addition to regular league matches.

Road racing news

Manchester marathon – 10th April

The Manchester marathon hit the athletics headlines recently with the revelation that the course used for the last few years was incorrectly measured and was in fact about 400m short. Bad news for all the runners that counted Manchester as their pb race. However, the 2016 route was validated as a full 26.2 miles and three of our ladies completed the distance; Jackie Treadwell clocked a useful 4:18:09 in what I think was a first attempt at this distance. Training partner Hayley Clarke followed and Angie Fisher completed the trio.

5594 th	Jackie Treadwell	4:18:09
7359 th	Hayley Clarke	4:45:50
8631	Angie Fisher	5:19:14

London marathon – 24th April



London was once again blessed with near perfect conditions for the 39,140 finishers – cool and dry. The men's race showed that this is a fast course with winner Eliud Kipchoge clocking 2:05:05, just a few seconds outside the world best set in Berlin.

The first Harrier to finish was Eleanor Fowler taking 19th place in the British championship race. For Eleanor the 26.2 miles went to a plan backed up by a good base of training interrupted only slightly by a hamstring niggle. Having reached half-distance in 1:25



Eleanor pressed on in the closing miles to run a 'negative split' and claim a new pb of 2:49:16.



Marathon debutante Rachel Chard loved the experience and is already thinking about the 2017 race having secured the qualifying standard for a 'good-for-age' guaranteed entry. Rob Wynne also enjoyed the first marathon experience, backed by training with the Harriers 6:30pm run group. Alan Glaister survived a mishap and foot injury when



another athlete cut right in front of him at a drink station.

792 nd	Eleanor Fowler	2:49:16	7844 th	Rachel Chard	3:36:35
4500 th	Garry Payne	3:18:35	22817 th	Rob Wynne	4:33:00
7502 nd	Alan Glaister	3:34:49	34055 th	Martyn Shuttler	5:33:11

Several Harriers have deferred entries carried over from this year or will qualify in other ways. The London marathon organisers have already announced that there was over quarter of a million applications in the public ballot for the 2017 race! Fingers crossed if you were one of them.

Prague Marathon – 8th May



Venturing to the Czech Republic for their marathon debut were Keith Stephenson and Chris Hamer-Hodges. The race starts in the historic old town and takes in many of the tourist highlights including crossing the famous Charles Bridge. In warm conditions the pair, proudly wearing their Harriers colours, ran together through half distance in 1:42:39. At around 18 miles Keith felt strong and pushed on ahead only to suffer hitting the wall in the later stages. Chris was well pleased to have cracked 3:30, Keith finished just over the barrier in 3:34.

Official chip timing

Chris 3:28:24
Keith 3:34:25

Both athletes report that the post-race isotonic drinks were very agreeable.



Bosworth half marathon – 8th May

The conditions turned very warm for this local event with the hottest day of the year so far. In the 1 mile support race Kieran Coleman Smith was a fairly easy winner in a time of 5:26.

The ‘half’ was dominated by Stuart Spencer of Barrow who didn’t seem to be affected by the heat perhaps because he wasn’t out in it so long as he stretched out a lead of over 9 minutes to win. The leading Harrier was Eric Fowler, 12th overall and 1st M50. Tony Norman claimed 2nd place in the M60 class. The persistent injury is keeping Pete B off training and well below his best. Ann Wheeler, race-walking under Leicester Walking Club colours treated this as a long training effort in preparation for the imminent European Masters competition.



12 th	Eric Fowler	1:25:40
68 th	Jon King	1:39:13
70 th	Tony Norman	1:39:40
132 nd	Andy Harris	1:48:26



161 st	Martin Swan	1:51:56
212 th	Pete Barzetovic	1:56:37
497 th	Angie Fisher	2:25:30
570 th	Ann Wheeler	2:39:48

British Masters Athletics Federation road relays – 14th May – Sutton Park

This event is the national championship for masters ages teams. This year the Harriers had a team in the W35 (4 stage) and M35 (6 stage) races.



Helen Talbot has clearly benefited from the heavy training in preparation for a full ironman triathlon. On the 3 mile (undulating) lap Helen clocked a time of 18:09 and was 10th fastest overall. The full team of Carolyn, Adele and Michelle finished 19th of the 26 teams that closed out.

Women’s W35 team race

Helen Talbot	18:09
Carolyn Dyll	22:29
Adele Dixon	24:05
Michelle Kenny	24:30

In the men's race Mark Treadwell was the quickest Harrier clocking 18:43. With some late changes and substitutions to the team (and some runners still recovering from marathons) the squad was a little below par and had to settle for 32nd place with a late substitute taking the final leg and also clocking the second quickest time for the team.

Men's M35 team race

Phil Harris	19:20
Mark Treadwell	18:43
Alan Glaister	19:55
Rob Carvell	20:04
Andy Harris	20:31
Mark Treadwell	19:02



Athletics news

Midland veterans league- 29th April - Kettering

For the first match of the 2016 season the conditions were exceptionally bad, very cold, windy with sleet showers – yes, snow for a track meeting. Between events most competitors huddled in the Kettering Harriers clubhouse. The meeting was brought to a premature end when the floodlights failed and put the stadium in darkness; too dark to run the relays.

Of the performances on the track, new member Steve Hargrave looked good in the 400m M50 race. Terry Morris, one of the walks coaches took to the track in the 2k walk with daughter Sarah Trundley also well placed in the W40 race. Viv covered the most events and nearly had the distinction of a shot put longer than a javelin throw.

Geoff Hudson M70	100m, 18.6s			
Derek Hateley M40	100m, 14.5s	HJ, 1.25m	Javelin, 12.00m	
Nick Wall M35	100m, 14.5s	1500m, 5.21.8		
Steve Hargrave M50	400m, 66.5s			
Terry Morris M60	2k walk 14:24.4			
Eric Fowler M50	1500m, 4:56.2			
Terry Selway M50	Hammer, 20.75m	HJ, 1.30m	TJ, 9.62m	
Viv Kirkland W60	100m, 18.1s	Jav, 7.70m	LJ, 2.50m	Shot, 5.62m
Emma Jayne W35	100m, 16.6	HJ, 1.15m		
Carolyn Dyall W35	400m, 71.9s	1500m, 6:27.8		
Sarah Trundley W40	2k walk, 12:40.1			
Ann Wheeler W50	2k walk, 11:57.0			
Adele Dixon W40	400m, 72.5s			

Youth Development League – Telford – Sunday 1st May

Nuneaton is now half of a composite team with Harborough AC competing in this league. This union is necessary to gather a sufficient number of athletes to fill the range of events because otherwise it would not be possible to provide competition opportunities at this level.

This match, for the higher age group saw only a small turn-out although there were some good individual performances. The first match for the younger age group was cancelled so there are questions to be asked about the viability of the team (and the league at this level) if support by athletes and parents does not improve.

Selected results

Jonathon Mok U17	100m 1 st 11.7s	200m 24.5s	
Thomas Thickbroom U17	100m 11.9s	400m 56.0s	
Obriel Nyambayo U20	Triple jump 1 st 12.98m	Javelin 31.00m	
Emma White U20	100m 13.1s		
Niamh Watson U17	300m 48.8s	800m 2:42.2	1500m 5:26.2

Heart of England league – Stourport – Sat 7th May

A small team of young athletes for this league (where Nuneaton still has a stand-alone team entry). Events range from under 11s competing in the same events used in Quadkids, through to senior women who compete alongside the U20 women.

The Wynne family covered several events, Sam Yates and Robert Currie also showed versatility. Chloe Vinestock and Ellie Haynes collected top points in the U15 long jump winning the 'A' and 'B' string events. Jess Day also posted an impressive 4.04m long jump effort in the U13 girls event.

Results

Abigail Wynne U11	75m, 12.8	Howler, 18.38m	600m, 2:10.7
Robert Currie U13	800m, 2:36.8 (2 nd)	1500m, 5:15.7	LJ, 3.55m
Daniel Oliver U13	100m, 14.4	200m, 29.0 (1 st)	
Sam Yates U13	200m, 30.3 (1 st)	1500m, 5:36.5	LJ, 3.73m
Natalie Wynne U13	1500m, 5:54.0	Shot, 5.37m	
Freya Slattery U13	800m, 2:43.7		
Jess Day U13	LJ, 4.04m		
Michael Wynne U15	1500m, 4:55.7		
Amicia Collett U15	1500m, 6:09.3		
Ellie Haynes U15	100m, 12.4s	LJ, 4.70m (1 st B)	
Chloe Vinestock U15	LJ, 4.73m (1 st A)		
Tamlin Dwyer U15	200m, 27.6 (2 nd)	300m, 43.6s (2 nd)	
Carolyn Dyall Sen	300m, 52.2	800m, 2:52.4	

Midland track and field league – Nuneaton – Sunday 8th May

Despite this being a home fixture there was a 'thin' team representation on the day with other events, injuries and 'no-shows' severely limiting the team's chances. Derek Hateley was our man 'clearing the sticks' with performances over 110m hurdles, 400m hurdles, steeplechase, pole vault (1st place with 3.10m) and a 1500m for good measure. Emma Jayne also multi-evented with long jump, triple jump, shot, discus, hammer and javelin as well as the relay. Carolyn Dyall went for coverage with 100m, 200m, 400m, 800m, Javelin and relay. The Mok brothers Jonathon and Brandon covered the men's sprint events and Tyler Selway managed a brief guest appearance for a 400m, 800m, long jump and javelin. Georgia Parris shines at this level taking a win in the 100m hurdles and the high jump.

New member Amie Moule, taking to the track for the first time since school raced well in the 1500m taking 2nd in 5:42.7 and then ran a good 3000m in 12:39.4 Unfortunately we were denied the top points scored by Obie Nyambayo in the triple jump for a technical infringement of the new affiliation rules. On the day the team finished 5th.

Warwickshire and Leicestershire County championships – 14th / 15th May – Leicester

Several athletes took the opportunity to compete in multiple events across the two days of competition. We have a number of county champions and other medalists and Faris Alkhamesi

broke his own championship record to win the U13 boys 2k walk for the second time. Kieran Coleman Smith had two fine races over 1500m and 800m although both times had to accept the silver medal position. Robert Currie and Sam Yates also battled in the U13 middle distance races. Toby Melville and Obie Nyambayo won their respective county titles in the Triple Jump. Ellie Haynes collected the Leicester U15 girls' county title for Long Jump and High Jump.

Selected results (W)=Warwickshire (L)=Leicestershire&Rutland

Faris Alkhamesi (L) U13 b	2k walk 1 st 11:14.49 (championship record)
Hisham Alkhamesi (L) U15 b	3k walk 1 st 17:39.96
Sam Yates (W) U13 b	1500m 4 th 5:30.6 / 800m 4 th 2:37.66 / LJ 3 rd 3.67m / 200m 5 th 30.65s
Robert Currie (W) U13b	1500m 2 nd 5:09.1 / 800m 3 rd 2:36.90
Kieran Coleman Smith (L) U15	1500m 2 nd 4:25.89 / 800m 2 nd 2:12.94
Daniel Oliver (W) U13b	100m 2 nd 13.89s / 200m 3 rd 29.15s
Jonathon Mok (W) U17b	100m 5 th 12.1s
Toby Melville (W) Sen	TJ 1 st 13.81m / LJ 2 nd 6.16m
Obriel Nyambayo (W) U20	TJ 1 st 13.39m
Freya Slattery (W) U13g	800m 2:44.9
Ellie Haynes (L) U15g	75hur 12.5s / HJ 1 st 1.45m / LJ 1 st 4.71m
Tamlin Dwyer (W) U15g	200m 4 th 27.41s
Katie Daniel (W) U17	100m 3 rd 12.76s
Emma White (W) U20	100m 3 rd 13.01
Amicia Collett (W) U15g	1500m 6:02.82
Chloe Vinestock (L) U15g	100m 2 nd 13.10s
Fleur O'Donohue (W) Sen	200m 33.7s / 100m 16.1s / LJ 2.95m

Midland veterans league – Weds 18th May – Nuneaton

Another home fixture and this time a fairly pleasant evening. We welcomed back Gordon Lee in a Harriers vest for a fast run in the 3000m. Mike Aylwin who is recovering from injury and with only a couple of minutes notice to warm-up managed a very tidy M50 200m in 27.8. Emma Jayne, just past a 'significant' birthday was a winner in the W40 triple jump with 8.70m and also claimed 2nd in the high jump. Carolyn Dyall not only won the W35 2k walk but won the combined men's and women's race outright in a time of 11: 07.1, ahead of Terry Morris and Sarah Trundle walking as a non-scorer.

We welcomed two new members to the veteran's team. Mark Jarvis took 3rd place in the M35 200m and followed that with 3rd in the M40 800m. Deb Walker also 'doubled up' with a useful 800m followed by the 3000m W35 race.

Selected results

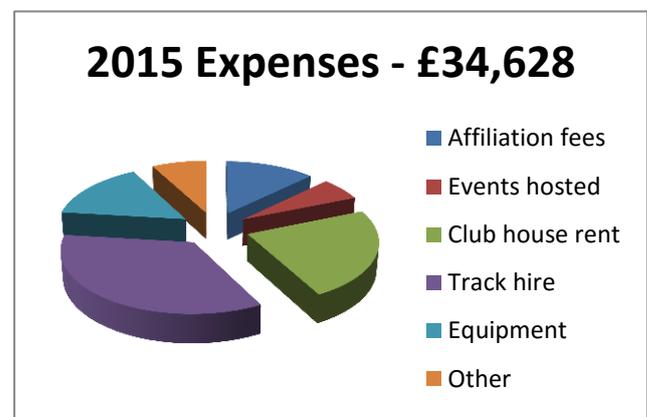
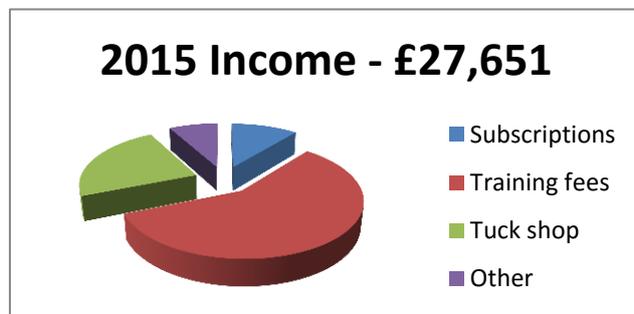
Geoff Hudson M70 200m	37.2s		
Mike Aylwin M50 200m	27.8s		
Derek Hateley M40 200m	27.8s	M40 HJ 1.40m	
Mark Jarvis M35 200m (3 rd)	27.6s	M40 800m (3 rd) 2:26.0	
Nick Wall M35 800m	2:30.1		
Steve Hargrave M50 800m	2:31.8		
Gordon Lee M35 3000m 2 nd	9:18.2		
Eric Fowler M40 3000m	10:29.4		
Terry Morris M50 2k walk	14:17.3		
Paul Hayden M50	Jav 26.94m	LJ 3.55m	Discus 23.53m
Carolyn Dyall W35	200m 32.0s	2k walk (1 st) 11:07.1	Shot 6.22m
Emma Jayne (W40)	Triple jump (1 st) 8.70m	HJ (2 nd) 1.20m	Discus 16.59m

Viv Kirkland (W60)	Javelin 9.51	
Deb Walker (W35)	800m 2:56.8	3000m 13:03.0
Sarah Trundley 2k walk	13:10.9	

How is the club funded?

Nuneaton Harriers relies on a few key sources of income to survive. The greatest source of revenue comes from the training fees collected on club nights -- the charge is £2 per session (£3 for non-members). The profit from the tuck shop (run by Pat Taylor) is the second largest followed by income from annual subscriptions. The 'other' sources include profit from sale of kit and reclaiming the costs for meetings promoted by the club, e.g. league fixtures.

The club does not receive any income from Nuneaton Council and can only obtain grants for specific capital projects – such as the club-house extension. In 2015 the expenses exceeded income and the club's reserve was depleted leading to the decision to raise subscriptions from April 2017.



The expenses are dominated by the costs of using the club-house and the stadium. This includes the rent, rates and utility bills. The club has to pay affiliation fees to England Athletic and the area and county athletics associations. The club also pays to join the various leagues, e.g. the cross-country leagues and the track and field leagues in order to compete. Where the club hosts a competition the costs are incurred although a proportion can be reclaimed from the visitors. The 'other' costs portion captures things such as insurance, postage, stationary and auditors fees.

All the club officers, coaches, officials and helpers are volunteers giving their time for free.

If you could help, even a little, it would be appreciated and could help keep the club afloat. Help would be welcome in the tuck shop and the club office (collecting fees as members arrive). Help is also welcome to keep the clubhouse and stadium tidy and minimise our costs of use. If you can assist please talk to Nick Wilson, Pat Taylor or any other member of the committee.

Upcoming competitions

For latest details please look at the fixture list posted on the club website –

www.nuneatonharriers.org.uk

Or see in the clubhouse for team lists.

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