



Nuneaton Harriers Athletic Club

*Newsletter 15
May 2016*

Club subscriptions for 2016/17 are now falling due – remember that your subscription includes your affiliation to England Athletics. This is important, because from April 2016 for many competitions you **cannot** enter unless your EA licence is up-to-date. For open races the organisers will check whether your EA affiliation is valid to allow you the discounted entry for club runners.

Please pay your subs promptly when requested so your EA licence payment can be made.

In this edition we mark the close of the 2015/16 cross-country season with the inter-counties championship races. This is the event where the best from across Britain come to represent their county and four of our athletes were wearing the Warwickshire or Leicestershire colours.

There's further success and awards for our race walkers. Of particular note is a special award from Leicestershire AA for **Faris Alkhamesi** (see below)

Steve Arnold has nurtured a strong and growing race walk group at Nuneaton and has also coached **Emma Achurch** as she has matured to international level. Steve has been recognised for his commitment and skill as a coach and recently travelled with the England national team to Podebrady in the Czech Republic for a permit meeting where athletes prepared for the forthcoming world championships in Rome. Emma Achurch finished 4th in her 10k race with a time of 47:49 gaining the necessary qualification for the IAAF world race walking team championships.

In schools cross-country there have been some special achievements by young athletes, **Freya Slattery, Tom Dixon, Sam Yates and Emily Negus**.

See the final page for a special offer of a free place in the London 10,000 on 30th May – organised by the London marathon team this is a top quality championship event – and you could be in it!

Special Award by Leicestershire County AA for Faris Alkhamesi

Leicestershire AA has awarded the Jim Sharlett memorial trophy to Faris for his performance at the county Track and Field championships in 2015 – he won the under 13 boys' 2k walk and set a new county record.

The note from Leicester and Rutland county AA reads *"This is an award for the best performance at the Champs and we always take considerable time to decide who is the winner!! For the first time ever the award is being presented to a walker - this is more fitting because the person who gave us the award was a great supporter of Walks in Leicester - Jim Sharlott. The trophy is presented at the Champs in the following year."*

Faris will be presented with the award at the county championships which are to be held on 14th/15th May.

Event reports

School cross-country championships

Four young Harriers have distinguished themselves in schools competitions.

Thomas Dixon won the Harborough schools cross-country and qualified for the country final on 19th March at Belvoir castle. Thomas represented Leicestershire at the race, the first National Primary schools cross-country final. In this inaugural national final Thomas finished 7th.

In Warwickshire **Freya Slattery** and **Sam Yates** competed in the county primary schools cross country trials which were held at Woodside School in Baddesley Ensor on the 8th March. Sam won the boys race and Fraya won the girls race making it 5 wins in a row for both of them and also gaining selection into the Northern Area team. The Warwickshire Primary Schools Cross Country Championships was held in Rugby on 12th March. Fraya and Sam again ran exceptional races with Sam getting 3rd place in the boys race while Fraya won the girls race to become the County Champion. The photos show the athletes receiving medals from Rugby Mayor, Cllr Richard Dodd.



In the English schools cross-country championships **Emily Negus** tidied up the winter season representing Warwickshire in the intermediate girls' age group. Emily finished 65th in this national championship.

Inter counties cross-country championships – Cofton Park - 12th March

This is regarded by many as the most competitive race of the winter season because every representative has been called up from their respective county championship. In addition, teams from Scotland and Wales join the best from England. Unfortunately injuries forced Polly Keen and Helen Talbot to withdraw from the senior women's race so there were just 4 Harriers out; Kieran Coleman-Smith for Leicestershire in the U15 boys race, Emily Negus (Warwickshire) in the U17 girls and Eleanor Fowler and Kat Hodgson in the senior women's race. The course was excellent for spectators with the possibility to see the runners at up to 4 places on each full lap.

Kieran fully justified his selection by finishing as the second Leicestershire runner. Emily Negus also finished as the second county scorer while Eleanor and Kat made it a one-two in their race.

Kieran Coleman Smith U15B	74 th	17:14
Emily Negus U17G	63 rd	22:10
Eleanor Fowler SW	27 th	32:02
Kat Hodgson SW	130 th	35:06

LRRL Stilton 7 – Sunday 28th Feb

Tony Norman had to take a rare second place in this one, just edged out by M65 rival Chris Mason with a chip time difference of just 3 seconds.

86th Tony Norman 46:35 (2nd M65)

LRRL Kibworth 6 – Sunday 6th March

A tough hilly run in some otherwise pleasant countryside. Just 3 Harriers out with Tony Norman claiming honours as the quickest in red and blue and taking 1st place in the M65 age-group.

119 th	Tony Norman	41:46	(1 st M65)
159 th	Andy Harris	43:07	
165 th	Pete Barzetovic	43:31	

Silverstone half marathon – Sunday 13th March

Run on the Grand Prix circuit (twisting about a bit to make up the correct distance), this is a popular event. The motor racing track isn't as flat as you might imagine although there are no 'killer' hills. Judging by the photo our Harriers weren't too battered by the experience. Marathon training clearly coming together for Alan Glaister – edging closer to the magic 90 mins.

Results

Matt Tonks	78 th	83:37
Alan Glaister	422 nd	93:33
Andy Harris	461 st	94:22
Jon King	553 rd	95:53
Martin Swan	886 th	1:40:28



Coniston 14 – Saturday 19th March

This has become Eleanor's signature race, the only occasion she has not won since 2010 is the year that she didn't compete. This is a road race lap of Coniston in the Lake District, a distance of 13.84 miles. The first 3 miles are mainly uphill before a sharp decent back towards the lakeside and crossing over the water at about 6½ miles. On the return side of the lake, miles 7-10 undulate fairly gently before a long steep climb up past Brantwood House. In the final 2 miles is a sharp decent (a

bit tough on tired legs) and then a fast and flat final mile and a half run in. If you lift your eyes from the road the scenery is spectacular, particularly in the second half of the race.

It was a good day out for the Fowler/Greenfields; Eleanor 1st in the women's race, Eric 1st M50 (both with pb times for this course) and Pete 2nd in the M65. Prizes for all of us – which was nice!

Results and chip times

26 th	Eric Fowler	1:27:52	1 st M50
27 th	Eleanor Fowler	1:28:16	1 st woman
270 th	Pete Greenfield	1:47:47	2 nd M65

Ashby 20 – Sunday 20th March

Lots of people use this as a tune-up race prior to a spring marathon. Long enough to get a good feel for the endurance needed to complete a full 26 miles. It attracts a big entry and had over 1000 finishers. For Matt Tonks this was his final appearance in a Harriers vest. Alas for Pete B, a nigging hamstring injury has finally forced him to abandon training for now and defer his London marathon entry. Mark Treadwell (who I'm sure said he didn't like these really long races) picked up Pete's place to run at Ashby. Marathon preparations are obviously coming along nicely for Rachel Chard

50 th	Matt Tonks	2:14:09	327 th	Phil Harris	2:38:17
162 nd	Mark Treadwell	2:24:58	333 rd	Rachel Chard	2:38:46
223 rd	Keith Stephenson	2:29:55	788 th	Rob Wynne	3:06:57
233 rd	Chris Hamer-Hodges	2:30:24	921 st	Bobby Singh	3:17:04
257 th	Tom Collins	2:32:47			

Desford 6 – Sunday 27th March

Now run as an honest 6 (rather than a flattering 10k). Tony Norman was once again the winner of the M65 category to secure a series win.

84 th	Tony Norman	39:15	(1 st M65)
272 nd	Pete Barzetovic	47:14	

Isle of Man – Easter Festival – 25th – 27th March

I like the challenge of a multi-race series and for many years travelled to Guernsey for the Easter runs. Wanting a change and on a recommendation I signed up for the Isle of Man festival and had my brother Neil, Dad and my son William for company.

The events are well supported by teams from a number of universities as well as racers based on the island and many club runners from 'the mainland'. Polly Keen has previously won the women's festival series and in this event still runs for the Cambridge University Greyhounds.

Good Friday has a 10k race, mainly on roads with a section along the seafront in Port St Mary. Prior to the start many of the Uni runners were in high spirits, I saw more than one guy still finishing his pint of beer on the start line. This is the one 'mixed' race and I mean mixed, not just genders but also running 'kit' - there was at least one pantomime camel amongst the fancy dress participants. There are plenty of serious runners and early pace was blistering. The course is mostly gently undulating

although there is a short, steep downhill section about half a mile from the finish which is a bit hard on tired (and elderly) knees. At least we all finished ahead of the camel.

Eric 76th 37:12 (3rd M40) Polly 19th 41:16 Neil 156th 42:47

Saturday has a 3½ mile fell race on Peel Hill, basically up and down the hill twice. That would be tough enough but Storm Katie added sideways rain and very strong windy (yes, headwind on the way up). The last mile is ok as it's on a runnable downhill gradient before a 300m dash around the harbour to the finish. The shame of it – I was out-sprinted by a bloke in an ostrich costume in the final 100m. The women also run on Peel Hill over a slightly shorter course.

Eric 91st 27:11 (4th M40) Neil 159th 31:55 Polly 15th 20:27

Easter Sunday has the final events, a 5k race for the women and a 4x5k relay for the men. It's run 'out-and-back' along the promenade so almost dead flat but alas with the wind blowing a 'hoolie'. Wind behind on the way out, so felt like flying along, wind in the face on the way back, like trying to run into a wall. On the right day this would be really quick, but not this day. For the relay my Dad and son were drafted in to form the 'Fowler Family Fearsome Foursome'. We had a combined age of 198 years so were at a bit of a disadvantage to the lads in the university teams – but we weren't last and made it to the pub HQ in time for the post-race chip butties.

Polly 32nd 21:35

Fowler Family Fearsome Foursome 45th team (Eric 19:04, Neil 21:11, William 22:47, Brian 36:52)

Series positions – aggregate from the 3 races - Polly 17th woman, Eric 3rd M40, Neil 7th M40. All in all this is a fun series, well organised and the atmosphere is a mix of festival and serious competition. The island has plenty of things to see away from the races so it makes for a good mini-holiday.

Upcoming competitions

The track and field season has begun with league matches as well as open meetings. For latest details please look at the fixture list posted on the club website – www.nuneatonharriers.org.uk

The British Masters relays are taking place on 14th May at Sutton Park – we have a team entered for the W35 and M35 race.

FREE PLACES for the London 10,000 on May 30th

Inspired by watching the London marathon? Fancy a race in the capital?

<https://www.vitalitylondon10000.co.uk/>

The race starts on The Mall and finishes on Spur Road opposite Buckingham Palace. Runners follow a clockwise route around the City of Westminster and the City of London. It passes many of London's famous sights.

I have **three** places available **free** for club members as part of the British clubs championships. If you want to be considered please let me know as soon as possible – entries close at the start of May.

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