

# Nuneaton Harriers Athletic Club

## Newsletter 17 - July 2016

Some of our masters have been in action at the European championships and have returned with shiny medals.

### European masters championships - Monte Gordo, Portugal 20-22 May

Colin Turner and Ann Wheeler represented British Masters at the European Masters Non-stadia event at Monte Gordo in Portugal – comprising race-walking, road and cross country, so as the name suggests no track events !

Colin reports – *“despite the warm weather around 20/ 25°C the start of the race walk at 8.30am was in cool windless conditions. We male M60 + athletes joined the W35+ age women over 10k consisting of 5 laps each of 2K. Many of the ‘younger’ women were faster than us old men so we got to see them at work! The course was a little ‘different’ - at the end of each lap we were directed into a car park and then through a marquee in which 10 or 12 stalls were selling local foods and crafts; we didn't have time to purchase anything.”*



Colin won the M70 age group individual gold with a time of 1:00:02 and was also part of the M60 team of 3. *“on the 4<sup>th</sup> lap one of our team reminded me that the team position depended on the aggregate times (not positions) so ‘get a move on Colin’. Well naturally I speeded up but despite that we lost out to the French and got a silver (to go with my gold). To shorten the ceremonies only half of the national anthems were played but we Brits (and the Italians) just carried on singing to the end with gusto. How dare they disrespect the Queen !”*

(Ed's note - Incidentally, the first British M60 finisher was Steve Allen who was a former training partner of mine at Barnet and District AC)

Ann Wheeler raced in the 10k and the 20k events which were held on consecutive days. Ann won an individual silver in the 10k (1:04:22) and was 5<sup>th</sup> in the 20K while the W55 team picked up a gold team medal. Kate Donaldson trains at the club occasionally and she too got a medal in the 10K.

### Major events at the Pingles this summer

In June we successfully hosted the Midland area senior championships that are normally held at the Alexander Stadium in Birmingham. Across 13<sup>th</sup> and 14<sup>th</sup> August we will host the U17/U15/U13 championships. This is a fantastic opportunity for the younger athletes to enter the Midland champs events and enjoy competing at top level in our home stadium.

### Late news – Helen qualifies for world triathlon championships

Helen Talbot clocked a stunning time of 10:22:29 in the Austrian ironman triathlon on 26<sup>th</sup> June to earn a place in the World Championships to be held in Hawaii in October. Helen finished in 3<sup>rd</sup> place in the W40 age category. Helen's times were; Swim (2.4miles) 1:06:23, Bike ride (112 miles) 5:32:32, Marathon run 3:32:51.

## **Athlete of the month**

Each month the club coaches, team managers and committee pick out one athlete to be recognised as our athlete of the month. As well as looking for exceptional performances the team also look out for special commitment or dedication in competition, particularly in team events. The winners so far in 2016 are;

**January - Kieran Coleman-Smith** – 4<sup>th</sup> in cross-country county championships and a series of good races in the young athletes league

**February - Kat Hodgson** – great cross country races including selection for the Warwickshire team for the inter-counties

**March - Tom Dixon** – 7<sup>th</sup> place finish in the inaugural National primary schools championships

**April - Eleanor Fowler** – London marathon 19<sup>th</sup> place in the British championship race in a personal best time of 2:49:16.

**May – Stephen Bates** – recognised for best performance in age group award at the Warwickshire county championships with a high jump of 1.45m

**June – Georgia Parris** – High jump PB of 1.71m at Bedford on 28<sup>th</sup> May and gaining selection for the England U20 team.

### **County champion Kieran bound for the English Schools champs**

After becoming South Leicestershire area champion Kieran ran in the Leicestershire county schools championships on the 11<sup>th</sup> June at Saffron Lane where he won the 1500m with the time of 4.22.4 and became Leicester schools county champion. With the benefit of that result Kieran has been selected to run 1500m at the English Schools Championship in Gateshead in July. Good luck.



## **Road racing news**

### **Derby 'ramathon' half marathon – Sunday 5<sup>th</sup> June**

Set on a fairly flat course this had potential for quick times. Although the conditions were kind for the early start, when the clouds broke and the sun came through it quickly turned very warm. Eleanor Fowler held on for 2<sup>nd</sup> place but was disappointed to slip away from going under 80 minutes finishing with 1:20:19. Deb Walker finished 440<sup>th</sup> and clocked 1:39:32.

### **The Two castles 10k – Sunday 12<sup>th</sup> June**

Just two Harriers in for this ever popular event. Not a fast course due to the steady climb from Warwick to Leek Wooton and in the final mile up to the finish in Kenilworth castle. Andy Harris was 327<sup>th</sup> in 45:41 and Pete Barzetovic, still struggling with injury, was 770<sup>th</sup> in 51:42.

## **The Arden 9 – Sunday 19<sup>th</sup> June**

Run on the lanes around Hampton in Arden and part of the Warwickshire Road race series this is an unusual distance – so game on for a pb. Again, just two Harriers out, Pete Greenfield finished 113<sup>th</sup> with 1:05:24 and Ian Carwardine 145<sup>th</sup> with 1:08:49.

## **Athletics news**

### **Midland track and field league – Burton – Saturday 4<sup>th</sup> June**

Second fixture at Burton and a few athletes tackled multiple events to salvage some points for the team. A good day for Derek Hateley taking a win in the pole vault, Polly Keen taking two wins and a second on the track, Carolyn Dyall and Viv Kirkland multi-eventing. The ‘pocket rocket’ Emma White ventured into throwing a javelin and Eric Fowler posted a couple of season bests at 400m and 800m. Obie Nyambayo made a special guest appearance to win the triple jump.

Derek Hateley – 100m, 13.9s – 110h, 21.7s – LJ, 4.71m – PV, 3.20m (win) – DT, 18.19m

Viv Kirkland – SP, 5.50m – DT, 12.07m – HT, 16.07 – JT, 10.32

Carolyn Dyall – 100m, 16.4s – 200m, 31.9s – 800m, 2:51.3 – HT, 13.36m – LJ, 2.98m – SP, 5.95m

Polly Keen – 800m, 2:33.3 (2<sup>nd</sup>) – 1500m, 5:11.2 (1<sup>st</sup>) – 3000m, 10:56.7 (1<sup>st</sup>)

Adele Dixon – 400m, 69.5s

Obriel Nyambayo – TJ, 13.03m

Emma White – 100m, 13.3s – 200m, 28.6s - JT, 7.09m

Eric Fowler – 400m, 62.8s - 800m, 2:19.8

### **Midland Masters track and field championships – Pingles – Sunday 5<sup>th</sup> June**

Just Viv, Emma, Carolyn, Ann and Geoff competing in these age-group championships. For a change Carolyn doing just one event to concentrate on the 5k walk.

Geoff Hudson M75      100m, 17.4s      200m, 36.0s

Emma Jayne W40      LJ, 3.93      TJ, 8.83m

Viv Kirkland W65      LJ, 2.54m      SP, 5.94m      HT, 19.11m      100m, 18.8s

Carolyn Dyall W35      5k walk, 29:20.9

Ann Wheeler W60      5k walk, 31:01.6

### **Midland Area senior and U20 track and field championships – Pingles 11<sup>th</sup> and 12<sup>th</sup> June**

One of the big fixtures being hosted by the club this year, the area championships have previously been held at the Alexander Stadium. The Pingles provided a great atmosphere for the event albeit the setting up and packing away (in rain on Sunday evening) was hard work. Weather across the weekend was ‘changeable’.

There were medals for several Harriers. Georgia Parris didn’t need her best to take the U20 high jump title to add to third place in the 100m hurdles. Similarly, Derek Hateley was some way from his pb height to win the pole vault title.

Georgia Parris U20      100m hurdles 3<sup>rd</sup> 15.06s      High jump 1<sup>st</sup> 1.65m

Fleur O’Donohue T20      200m 34.48s

Obie Nyambayo U20      Triple jump 2<sup>nd</sup> 12.93m

Derek Hateley Sen      Pole vault 1<sup>st</sup> 2.75m

### **Heart of England league – Corby – Sun 12<sup>th</sup> June**

A strong team in the U13 boys contested this match with some real versatility shown. I’ll pick out Faris Alkhamesi, probably better known as a race walker, who scored in the 200m, Long Jump and

Discus. Robert Currie took a win in the U13B 1500m just ahead of Sam Yates (non-scoring) in second place. In the 800m the places were reversed. Stephen Bates matched his county championship high jump of 1.45.

In the U13 girls Jess Day and Mia Shancey claimed double wins in the 70h. Jess also improved her long jump out to 4.28.

### Results

Abigail Wynne U11	Howler, 18.52m	LJ, 2.45m	600m, 2:11.3
Robert Currie U13	1500m, 5:15.7	800m, 2:38.5	
Stephen Bates U13	100m, 14.6	HJ, 1.45m	SP, 5.88m
Daniel Oliver U13	100m, 14.4	200m, 29.4	
Sam Yates U13	800m, 2:33.8	LJ, 3.83m	1500m, 5:16.1
Faris Alkhamesi U13	200m, 31.9s	LJ, 3.72	DT, 13.05
Natalie Wynne U13	1500m, 6:05.0	Shot, 5.36m	
Freya Slattery U13	1500m, 5:39.3	800m 2:53.6	
Jess Day U13	70h, 12.6s (1 <sup>st</sup> A)	LJ, 4.28m	
Mia Shancey	70h, 16.3s (1 <sup>st</sup> B)	100m, 15.5s	LJ, 3.42m
Kelsie Mulineaux U13	HJ, 1.26m	SP, 3.86m	
Michael Wynne U15	1500m, 5:33.6		
Nathan Hunt U15	800m 2:40.9	100m, 14.3	
Hisham Alkhamesi U15	800m, 2:42.2	DT, 8.77m	
Ellie Biggs U15	800m, 2:36.2 (1 <sup>st</sup> )	300m, 48.9	
Tamlin Dwyer U15	300m, 51.1		
Carolyn Dyall Sen	800m, 3:10.9	1500m, 6:05.3	SP, 6.68

### Midland veterans league- 15<sup>th</sup> June - Rugby

For the third match of the 2016 season the masters' circus descended on Rugby. The events were similar to those in the match at Kettering although without the snow this time virtually every performance was better. Derek and Terry took a clean sweep in the pole vault and Terry also won the M50 triple jump. Carolyn had a good win over 400m in the W35 race with 69.5s. Alas, we had no ladies in any of the 1500m races and only Chris HH (with marathon legs) in the men's races where points were going 'spare'. Mike Aylwin dropped down to the M35 age race over 100m and still took 2<sup>nd</sup>. The Viv and Emma Kirkland double act cleared a lot of points on track and field, Emma enjoying being young again in the W40 category.

Geoff Hudson M70	100m, 17.5s		
Derek Hateley M40	100m, 13.6s	LJ, 4.77m	PV, 3.00m (1 <sup>st</sup> )
Steve Hargrave M50	100m, 14.6s		
Terry Morris M60	2k walk 14:06.7		
Mike Aylwin M50	100m, 13.7s	400m, 63.5s	SP, 7.42
Terry Selway M50	PV, 3.00m (1 <sup>st</sup> )	TJ, 9.78m	
Chris Hamer-Hodges	1500m, 5:23.7	DT, 14.32m	
Viv Kirkland W60	100m, 17.7s	HT, 19.89m	
Emma Jayne W40	100m, 15.6s	LJ, 3.95m	HT, 15.74m
Carolyn Dyall W35	100m, 15.2s	400m, 69.3s (1 <sup>st</sup> )	DT, 13.51m
Sarah Trundley W40	2k walk, 12:24.3		

### YDL (U13 and U15) – Sunday 19<sup>th</sup> June - Grantham

Proof again that in the U13 and U15 age groups we have some fine young athletes. The composite team with Harborough is settling now and scoring very well, this time in a good second place. In this format there are opportunities for athletes to mix up their track and field events – and in some cases

discover new talent. Stephen Bates improved his high jump taking a win at 1.50m and also threw the javelin and did shot putt. Our middle distance runners also have a chance to 'dabble' with short races and jumps/throws. It was a good afternoon for Jess Day and Natalie and Michael Wynne as ever, stalwarts of the team. Natalie, Jess and Freya formed  $\frac{3}{4}$  of the 4x100m relay team that delivered an impressive 60.8s 2<sup>nd</sup> place finish.

Robert Currie U13	1500m, 5:03.8	100m, 16.0s	
Stephen Bates U13	HJ, 1.50m	SP, 6.10m	JT, 23.48m
Daniel Oliver U13	100m, 15.3s	200m, 30.2s	
Sam Yates U13	200m, 31.1s	LJ, 3.91m	800m, 2:32.3
Natalie Wynne U13	150m, 24.3s	Shot, 4.66m	1200m, 4:25.8
Freya Slattery U13	1200m, 4:18.2		
Jess Day U13	70h, 12.3s	LJ, 4.31m	HJ, 1.25m
Kieran Coleman-Smith	300m, 40.6s	1500m, 4:32.0	
Michael Wynne U15	1500m, 4:49.7	SP, 6.16m	
Ellie Biggs U15	800m, 2:45.7		

#### **YDL (U17 and U20) – Sunday 26<sup>th</sup> June - Dudley**

In the lower divisions this league is beginning to look unsustainable with so few athletes that many events are cancelled and those that do occur have insufficient competitors to make for any real competition.

Jonathon Mok U17	100m, 11.9s	TJ, 10.34m
Thomas Thickbrook U17	100m, 12.0s	200m, 24.5
Brandon Mok U17	400m, 57.2s	
Emma White U20	100m, 13.5s	200m 28.6s
Katie Daniel U17	100m, 12.7s (1 <sup>st</sup> )	

#### **Midland track and field league – Hereford – Sunday 3<sup>rd</sup> July**

A long trip down to Hereford seemed to put people off so plaudits to Steve Hargrave who travelled all the way from Mansfield for this one. Derek Hateley was the star tackling 7 events and earning nearly half the points total including an outright win in the pole vault. Viv Kirkland was also multi-eventing with 6 appearances. The 'pocket rocket' Emma White once again ventured into throwing a javelin. Eric Fowler posted a season's best at 5000m.

Derek Hateley – 100m, 13.5s – 110h, 21.0s – LJ, 4.52m – HJ, 1.40m – PV, 3.20m (win) – DT, 18.46m – JT, 19.12m. (scoring 42 points in total)

Viv Kirkland – 100m, 17.7s – LJ, 2.49m – SP, 5.43m – DT, 11.96m – HT, 15.50 – JT, 10.25

Steve Hargrave – 400m, 92.5s – 800m, 2:47.6

Emma White – 100m, 13.1s – JT, 7.56m

Eric Fowler – 800m, 2:19.8 – 5000m, 17:56.4

#### **Running style**

Maintaining good posture is key to efficient and fast running - Many of the athletes coached by Barry will have heard him say 'keep your head up and eyes looking ahead on the track'. Other technical coaches also advise looking ahead and constantly varying between looking far ahead and just ahead. There is considerable value in using the eyes in this way. Firstly, it provides runners with information about their direction of travel, and secondly it tells them where their feet are about to land.

Maintaining a wide visual field (including peripheral vision) relies on keeping the head up which in turn helps maintain an upward lengthening of the neck muscles which facilitates good head poise, triggering an up-thrust along the spine and a sideways expansion of the springy, supportive back

musculature. This prevents side-to-side movement or over-rotation and allows the legs and arms to move freely with the minimum amount of energy expenditure. For a real example have a look at the photo below of Tirunesh Dibaba.

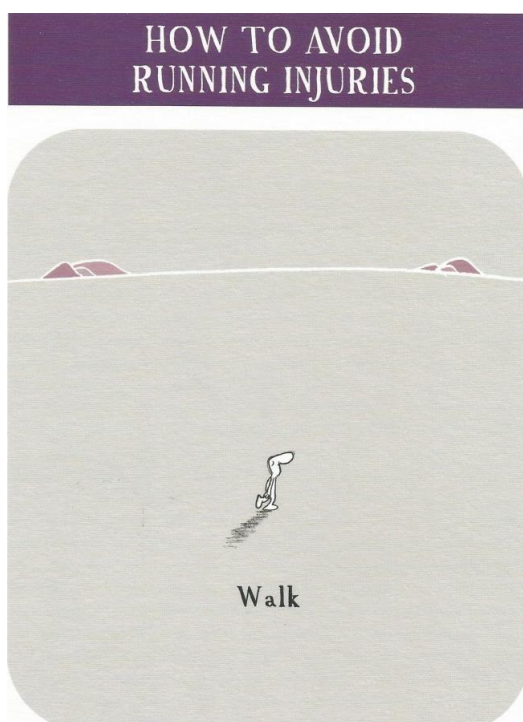


There are several reasons why athletes like Dibaba look as though they are floating across the ground and are experiencing a feeling of buoyancy rather than heaviness as they run. She possesses a particularly well connected primary control with her head and neck lengthening out of a supportive back. (This comes from having strong core muscles in the torso and practicing good poise). Her head remains balanced on top of her spine even when she looks behind or up at a stadium screen to monitor what competitors are doing. She is remarkably symmetrical. Her pelvis remains on a level plane and her arms release away efficiently from the chest

wall, opening and closing around a 90-degree angle at the elbows. Unless she is sprinting, her elbows do not reach beyond her torso. The arm drive is back and not exaggerated forward. The distance between the crown of her head from her feet is kept at maximum stretch. The 'tall' posture (not bending forward at the waist) means that her hamstrings are free for a long extension to give a strong forward push with every stride – look at the long leg extension and toe-off.

Read more at <http://www.athleticsweekly.com/featured/analysis-head-poise-and-speed-42352/#FH8MwQpkCKX5jG29.99>

### Injury advice and treatment



*From a birthday card given to me by my son*

### Upcoming competitions

For latest details please look at the fixture list posted on the club website – [www.nuneatonharriers.org.uk](http://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](mailto:eric.fowler@hotmail.co.uk)**