

Nuneaton Harriers Athletic Club

Newsletter 18 - August 2016

A relatively short edition with the track season tapering down for holidays.

Headlines – Harriers featuring in the media

Personal bests bagged by Ellie

ATHLETICS

TWO OUT of three isn't bad but it was very nearly a hat-trick for talented Burbage athlete Ellie Haynes.

Competing in the Heart of England athletics league - a competition involving many Midlands clubs - Ellie was hoping to show some form coming back from a break through injury.

In her category, the Under-15s girls age group Ellie was listed in three events. She started the day with a win and a personal best recording 11.7 seconds in the 75m hurdles, giving her the fourth fastest time for a Midlands athlete this year so far.

The second event was the long jump and another personal best of 4.90m, taking second place behind teammate Chloe Vinestock.

The last event saw Ellie equalling her best time of 13.4 seconds in the 100m sprint.

Ellie's coach, Paul Hayden said: "For me, the long jump was the most



Promising young athlete Ellie Haynes from Burbage scored a number of personal bests when taking part in the Heart of England athletics league.

satisfying. It has taken over a year to personal best in this event and it looked like there

was more to come. "Niggling injuries have prevented a good winter prepara-

tion and has affected the early season. Ellie has waited a long time for a day like this."

Taken from the Hinckley Times

Beer Mile International – London – 31st July

Polly Keen was clearly drawn by the subtitle for this event "More keen on beers than miling". (see what they did there?)

As you can probably work out the format involves a mile race and beer; 4 laps of a track, 1 beer at the start of each lap. In the elite women's race Polly finished 3rd in a time of 6:52.71 not far adrift from world record holder Erin O'Mara (6:43). This event received mainstream newspaper coverage as well as lots of attention on social media.

Polly (4th from left) with the other elite women.



Stephen Bates, one of our improving multi-event young athletes (Under 13Boys) has enjoyed a good summer. As well as being honoured for his win in the county championship high jump back in May he has made good progression with his pb going as follows - May 1.47m, June 1.50m and July 1.51m. In the throws his work with the 400 g javelin has gone from 8.01m in May, quickly extending to 25.92m and then in an open meeting at Loughborough on 20th July he threw 27.85m. With the 3.25kg shot Stephen has a best so far of 6.98m.

Thomas Dixon, one of our promising U13 athletes has been selected to represent the East Midlands in the inter-regional triathlon championships that will be held in Scotland on 4th September. Good luck Thomas.

Erratum

In the results of the Midland masters championships held I missed the result for Adele Dixon. 2nd in the W40 400m with a time of 68.3s.

Changes to the Tuesday and Thursday evening sessions for seniors

From early September a number of changes will be introduced for the senior athlete sessions (7:30pm) to better target the coaching and training. These changes will allow everyone to get more from the sessions and also make better use of the extensive experience of the coaching team.

Road racing news

Northbrook 10 - Sunday 10th July

This is a friendly and well organised race promoted by local rivals Northbrook AC. Mostly on country lanes and largely traffic free. The course is described as undulating – and it is. The catch is that the official description says there's a 3k downhill finish – now I'd expected that after the 7k marker it would be easy going. What a surprise to turn a corner and find another climb. Despite that, I was very pleased with my time and second place finish and I know several other members enjoyed the race too.

This is old school timing – no digital chip thingys here so your GPS might be quicker.

Results – Harriers and Eleanor's Get Running group

17 th	Eric Fowler	36:59 (2 nd M45)	411 th	Caroline Denny	61:22
143 rd	Andy Harris	45:30	418 th	Sarah Carvell	62:00
170 th	Deb Walker	46:46	419 th	Martyn Shuttler	62:08
201 st	Pete Barzetovic	48:11	426 th	Melanie Hill	62:41
393 rd	David Windridge	59:09	482 nd	Claire Cairns	75:33

Athletics news

English Schools Championships – Gateshead – 8th July

There was some pretty grim weather for the schools' annual championships. Kieran Coleman-Smith is the only Harrier that I know was selected for the games to run in the 1500m junior boys race. TV coverage of the championships was streamed live over the internet on Vinco. Kieran's heat was first track event and thus with the disadvantage as only the first 3 finishers and 4 fastest unplaced runners would qualify for the final. Despite running to a new pb of 4:18.79 Kieran was the fastest person not to make it to the final. However, the event was a great experience and Kieran hopes to go better next time.

Heart of England league – Pingles – Sun 10th July

A home fixture on a warm day. A good day for Jess with a win over 70m hurdles and a good long jump of 4.16m. The U13 girls 4x100m relay were quick with 60.8. Ellie Haynes and Chloe Vinestock were close in the U15 long jump leaping 4.90m and 4.94m respectively. Ellie also took a win in the hurdles.

Results

Jacob Ryman U11	75m, 10.7s	LJ, 3.81m	
Abigail Wynne U11	75m, 12.6s	600m, 2:12.6	Howler, 15.00m
Lucy Powlsen U11	75m, 11.9s	LJ, 3.3m	
Robert Currie U13	1500m, 5:04.2		
Stephen Bates U13	HJ, 1.45m	SP, 6.52m	JT, 23.05m
Daniel Oliver U13	100m, 14.0s	200m, 29.3s	
Sam Yates U13	200m, 30.0s	LJ, 3.95m	1500m, 5:18.5
Kyle Smith U13	100m, 16.0s	LJ, 2.95m	
Natalie Wynne U13	1500m, 5:41.4	200m, 32.5s	SP, 5.64m
Freya Slattery U13	1500m, 5:24.7		
Jess Day U13	70h, 12.1s (1 st A)	LJ, 4.16m	HJ, 1.25m
Mia Sharkey	100m, 14.9s		
Kelsie Mullineaux U13	70h, 14.0s	100m, 14.5s	LJ, 3.67m
Ellie Haynes U15	75h, 11.7s (1 st A)	100m, 13.4s	LJ, 4.90m
Morgan Roberts U15	75h, 13.1s	HJ, 1.35m	
Chloe Vinestock U15	100m, 13.4s	LJ, 4.94m	
Jonathon Mok U17	100m, 11.8s (1 st A)	LJ, 4.22m	
Brandon Mok U17	400m, 57.0s		
Katie Daniel U17	100m, 12.2s		
Fleur O'Donohue Sen	100m, 15.5s	200m, 33.6s	
Carolyn Dyall Sen	200m, 31.5s	300m, 51.3s	800m, 2:53.4

YDL (U13 and U15) – Sat 16th July - Grantham

In stark contrast to the upper age group (see item below) there was a good team performance by the young Harriers and proof again that in the U13 and U15 age groups we have some talented young athletes. The composite team with Harborough finished in a well-earned second place. I'll pick out Daniel Oliver who scored 2 'A' string wins in the sprints.

Robert Currie U13	1500m, 5:03.8		
Stephen Bates U13	JT, 25.92m	SP, 6.98m	HJ, 1.51m
Daniel Oliver U13	100m, 14.4s (win)	200m, 29.5s (win)	
Sam Yates U13	200m, 30.8	800m, 2:33.2	LJ, 3.98
Natalie Wynne U13	150m, 23.9s	1200m, 4:28.4	SP, 4.95m
Freya Slattery U13	1200m, 4:15.2	JT, 6.01m	
Jess Day U13	70h, 12.4s	75m, 10.8s (win)	LJ, 4.37m
Mia Sharkey U13	75m, 12.0s	JT, 5.07m	
Kelsie Mullineaux U13	70h, 15.7s	SP, 5.00m	HJ, 1.15m
Kieran Coleman-Smith	300m, 41.2s	1500m, 4:30.2 (win)	
Ellie Haynes U15	75h, 12.0	LJ, 4.68m	
Morgan Roberts U15	100m, 14.6	75h, 13.6	HJ, 1.40
Heidi Tanyi U15	1500m, 6:00.1		

Masters inter-area team match – Sun 17th July – Solihull

Several Harriers were selected to represent the Midland Masters in the summer inter-area fixture. Overall the Midlands team finished 2nd. Individual contributions came from;

Derek Hateley	110m hurdles, 20.82s	Pole vault, 3.50m (new pb)
Terry Selway	pole vault, 2.20m	high jump, 1.26m
Carolyn Dyall	1500m, 6:26.93	2k walk, 11:00.33 (win and new pb)
Ann Wheeler	2k walk, 11:31.86	
Viv Kirkland	Shot putt, 6.01m	

YDL (U17 and U20) – Sunday 24th July - Pingles

A staggering result in this league for the older age groups at the Nuneaton home fixture. **ALL of the points attributed to the team were scored as credits for the officials as THERE WERE NO NUNEATON ATHLETES.** Where were you?

Midland veterans league- 27th July – Loughborough

The final evening match of the 2016 season was hosted by Charnwood AC and took place at the sometimes international venue of Loughborough University. The small squad deployed themselves on some different events, for example, Mike Aylwin, clearly back in good sprinting form with 27.5s for 200m also did the 2000m walk (rather more slowly). Terry Selway took a win in the pole vault. Steve Hargrave covered all the track distances with 200m, 800m, 3000m and a relay leg and also posted a (short) javelin throw. Veteran race-walker Terry Morris was pressed into action for a leg in the sprint relay too. Carolyn Dyall took a great win in her 2k walk and matched it with a season's best 200m and a good 800m. Emma Jayne gained maximum points in the triple jump and a second in long jump. Helen Talbot has recovered well from her ironman triathlon and turned a quick 800m and good 3000m for two 2nd places. Viv took a place in the women's relay squad – which was quicker than the men's team.

Steve Hargrave M50	200m, 35.1s	800m, 2:33.5	3000m, 12:04.7	JT, 6.32m
Terry Morris M50	2k walk, 13:53.1			
Mike Aylwin M50	200m, 27.5s	2k walk, 16:16.5	SP, 6.37	
Terry Selway M50	PV, 3.10m (1 st)			
Viv Kirkland W60	200m, 39.8s	DT, 12.34m		
Emma Jayne W40	200m, 32.7s	LJ, 4.16m	TJ, 8.47	JT14.92m
Carolyn Dyall W35	200m, 31.2s	800m, 2:53.3	2k walk 11:14.8	
Helen Talbot W40	800m, 2:32.8	3000m, 11:01.5		

British Masters Decathlon championships – Birmingham – 30th July

This is a full decathlon with the points scores adjusted using age factors. Derek Hateley took on the ten events across the weekend and came away with a score of 4004 points accumulated as follows;

100m, 13.38s	LJ, 5.00m	SP, 6.33m	HJ, 1.37m	400m, 71.3s
110h, 20.23	DT, 21.10m	PV, 3.20m	JT, 13.22m	1500m, 5:59.56

At the same match a special series of track races was put on and Chris Hamer-Hodges took up the invitation to set a pb for a track mile. Alas, somewhat under the weather, Chris was disappointed with his finish in 6:05.13.

Midland track and field league – Tamworth – Sunday 7th August

A local fixture and a much better team turn-out. There were some brilliant performances grabbing maximum points and several athletes multi-eventing. At the final score the team placed 4th – but only just missing 3rd by 2 points. This was the best finish for the year and salvaged a little pride for the Harriers.

Outstanding performances to mention;

Kat Hodgson, taking three wins – 400m 'A', 800m 'B', 1500m 'B' and a leg in the 2nd placed relay team. Polly Keen, 2nd in the 1550m and 3000m and also in the relay. New member Charlotte Ellis, 1st in the long jump, 2nd in 800m 'A', 2nd in high jump and also part of the 4x400m relay team. Fleur O'Donohue took 2nd in the 200m 'B' while Carolyn Dyall and Viv Kirkland tackled a range of field events and the relays. Carolyn nipped under 70s in the 400m for a season's best taking 1st in the 'B' string race.

Best field event for the men was the pole vault with Derek Hateley and Terry Selway taking 'A' and 'B' string wins. In the discus the same pair gained 3rd and 2nd places respectively. At triple jump Jack King took a win in the 'B' string with a leap of 10.32m. On the track, brothers Jonathon and Brandon Mok both finished 3rd in their 200m races. Kieran Dewis was 2nd in the 100m 'B'. Eric Fowler was good over the wood – taking second in the 3000m steeplechase with a time that ranks 4th in Britain for an M50 this year. Steve Hargrave found the combination of 400m hurdles followed almost immediately by an 800m and then a 1500m a bit tough. Good runs by the 'youngsters' brought the 4x100m team into an exciting finish 3rd with a time of 49.6s.

Individual results

Fleur O'Donohue – 100m, 15.7s – 200m, 34.0s

Viv Kirkland – 100m, 17.0s – SP, 4.89m – DT, 12.76m – HT, 15.89 – JT, 8.85

Carolyn Dyall – 200m, 32.6 – 400m, 69.6 – SP, 5.62m – DT, 12.97m – JT, 12.85

Charlotte Ellis – 800m, 2:36.3 – LJ 4.77m (win) – HJ, 1.45m

Kat Hodgson – 400m, 66.7 (win) – 800m, 2:31.5 – 1500m 5:14.9

Polly Keen – 1500m, 5:10.7 – 3000m, 11:01.1

Derek Hateley – 110h, 20.9s – PV, 3.30m (win) – DT, 20.74m – JT, 14.69m

Steve Hargrave – 400m hur, 81.0s – 800m, 3:07.3 - 1500m, 5:40.8

Tery Selway – PV, 2.80m – TJ, 10.37m – DT, 17.65m – HT, 16.93, - JT, 20.46m

Jonathon Mok – 100m, 11.9s – 200m, 25.2s

Brandon Mok – 200m, 26.1s - 400m, 60.0s

Kieran Dewis – 100m, 12.3s

Jack King - TJ, 10.32m – HJ, 1.45m

Eric Fowler – 400m hur, 76.4 – 1500m, 5:17.2 – 3000m s/c 11:55.7

Upcoming competitions

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

www.nuneatonharriers.org.uk

The next event for all ages will be the Midland Counties road relays to be held on Saturday 24th Sept at Sutton Park. There are races for U13, U15, U17, U20, seniors and also masters' age men. Team managers will need to select and enter teams at the start of September so if you wish to be considered please contact your team manager asap.

An autumn/winter fixture list is being prepared and should be available soon as dates are confirmed.

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