

Nuneaton Harriers Athletic Club

Newsletter 20 – November 2016

Emma Achurch sets a new British U20 record for 20k



At the Race Walking Association Festival of Race Walking / International Competition held at Hillingdon Cycle Circuit on October 2nd Emma Achurch broke the British junior record for the 20k distance and set a new performance of 1:43:26.

Emma pictured racing in her first claim colours of Leicester Walking Club

Midland silver medalists

The Harriers senior women's team of Eleanor Fowler, Kat Hodgson and Helen Talbot won silver medals at the Midland Counties cross-country relays on 22nd October. On the testing 6k course at Wolverhampton the women were always towards the front of the race, chasing down a very strong team from Telford AC – see full feature below.



Helen Talbot – ironwoman

We don't usually cover triathlonists but I'll make an exception as this is something special - Helen competed in the World championship ironman triathlon in Kona Hawaii on October 8th. Helen finished in a time of 11:52:24 and 66th in her age group despite difficult conditions and suffering some 'tummy trouble' (Helen posted a rather more agricultural description on Facebook). *Helen pictured here during the 112 mile bike ride.*

Athlete of the Month - Voted by the coaches and committee

October – Emma Achurch – for breaking the British U20 record for the 20k racewalk.

2016 Awards presentation night

Will be held on Friday 18th November in the clubhouse. Awards for winter and summer season performances and also the club athletics championships. The draw for the club London marathon place(s) will also be made. Tickets are just 50p with all money collected going to charity. A light buffet will be provided.

Road racing news

English road relays – 8th October – Sutton Park

The young athletes represented the Harriers in this national championship event with teams in the under 13 girls, under 13 boys and under 15 boys races. The teams did well and the stand-out performance came once again from Kieren Coleman-Smith who clocked a lap of 12:54 which was 11th fastest of all over the distance. In the under 13 boys race Tom Dixon led out on the first lap and made a very positive start, confidence high after recent success at triathlon. At times the races were hard to follow as they overlapped with 'A' leg runners mingling with 'C' leg runners from the previous event.

There's some strength in the Harriers young athlete team, I hope that they are supported well by team mates through the winter cross-country season.

Photos from Bryan Dale's Racephotos website – it looks like Callum evaded the photographer



Results and 'splits'

U13 Girls – 39th place

Freya Slattery 15:59	Natalie Wynne	17:43	Olivia Bailey	17:01
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U13 Boys - 26th place

Tom Dixon 14:30	Sam Yates	15:35	Robert Currie	14:59
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U15 Boys – 26th place

Kieren Coleman-Smith 12:54	Michael Wynne	14:44	Callum Connolly	14:59
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Tamworth 10k – Sunday 9th October

A relatively low key event just along the A5. Three Harriers out to give it a try. Pete B is making steady progress back from long term injury. Mel Hill and David Windridge happy to go comfortably under the hour.

22 nd	Pete Barzetovic	42:34
210 th	Melanie Hill	57:33
213 th	David Windridge	57:40

Birmingham half marathon - Sunday 16th October

Firmly established in the Great Run franchise this has become a huge event – with all the trappings of a big city race – including a stiff entry price. It was not looking good on the way into Birmingham along the M6 due the very heavy rain; the start has been moved away from the NIA so there's no indoor changing facilities which meant a soaking was inevitable before the race. As the start time got closer a collection of Harriers gathered wearing plastic bags to try and keep dry. Fortune smiled and the rain stopped just before the start of the race on a course that was referred to on the television coverage many times as "brutal" due to those hills at the end.

The Harriers were well represented although Eleanor had to withdraw from the elite women's race as the niggling Achilles injury persists. Garry Payne was the first of the Harriers. Ian Carwardine lopped over 6 minutes from his pb and now has the magic 90 mins in sight.

Results (chip times)

148 th	Garry Payne	1:24:56	2457 th	Amie Moule	1:46:47
800 th	Andy Harris	1:35:27	2565 th	Martin Swan	1:47:20
898 th	Ian Carwardine	1:36:18	7343 rd	Ann Wheeler	2:09:55
1061 st	Alan Glaister	1:37:53	8536 th	Laura Matkin	2:16:43
2021 st	Jon King	1:44:25	8611 th	Melanie Hill	2:17:07
2255 th	Dave Tait	1:45:39	9174 th	Angie Fisher	2:20:39
2375 th	Chris Hamer-Hodges	1:46:19	9736 th	David Windridge	2:24:28



Chris, Martin, Alan and Jon – the 'after' photo

London marathon qualifiers – don't despair

The results of the public ballot were announced in October and many applicants got the 'reject' letter. However, there are a number of Harriers that have secured places via the 'good for age' qualification and others may look for a charity fund-raising place. Eleanor Fowler hopes to qualify again for a place in the Championship race.

It looks as though the club will receive an allocation of at least one 'club place' – if your application for the ballot was rejected you can still try for an entry via the club entry. To put your name in the draw simply bring your rejection letter to the club and show Nick or Eric. The name of the 'lucky' winner will be drawn from all those entered on 18th November at the presentation night.

Cross-country news

Midland young athletes league – 2nd Oct – Hatton Country World near Warwick

The first cross-country fixture of the winter season there were good teams in the U11 girls, U13 boys and U15 boys races although we need more to complete the teams in the other age groups and gain a more representative score in the overall competition. In this league, if there are not enough runners from a club to complete a full team in an age group then the whole team score is badly affected. With the large number of youngsters turning up at the Pingles to train on Tuesday and Thursday evenings there ought to be full teams in all the younger age groups.

Abigail Wynne, in her second year competing in this league, showed progress leading the U11 girls team to 9th place and was closely followed by Elizabeth Pap and Lily Sharkey. Matty Randle was the sole representative in the U11 boys race. In the U13 boys Robert Currie got the better of Tom Dixon, taking a 10 second advantage. The U13 boys also closed out as 9th team in their age group. Heidi Tanyi – more familiar as a sprinter - showed some talent at distance races too in the U15 girls finishing just ahead of Amicia Collett. In the U15 boys race Kieren Coleman-Smith made a good start to the season with a 3rd place finish.

Results

U11G

58 th	Abigale Wynne	7:30
68 th	Elizabeth Pap	7:36
79 th	Lily Sharkey	7:47
107 th	Freya Sweet	8:33

U13G

45 th	Olivia Bailey	11:04
46 th	Natalie Wynne	11:05

U15G

75 th	Heidi Tanyi	16:43
82 nd	Amicia Collett	17:23

U11B

75 th	Matty Randle	7:12
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U13B

11 th	Robert Currie	9:25
15 th	Tom Dixon	9:35
33 rd	Sam Yates	10:12
68 th	Toby Collett	11:11

U15B

3 rd	Kieren Coleman-Smith	11:43
32 nd	Michael Wynne	13:23
33 rd	Joel Howes	13:27

U17B

42 nd	Brandon Mok	20:28
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Midland cross-country relays – 22nd October, Aldersley Stadium



There was a welcome surprise for the senior women in the Midland relays in the form of a second place team finish and silver medals. Run over a 6k distance made up from two laps of the undulating Aldersley stadium course this was an early-season test that indicates the Harriers may do well in the Midland league this winter.

Eleanor Fowler led out for the 'A' team and secured 4th place by the end of the stage. On leg 2 Kat Hodgson quickly passed the runners from Notts AC and Wolves and broke away to establish the team in 2nd place. Helen Talbot, still tired from her recent Ironman triathlon, was strong enough to maintain the gap and secure the championship medals for the team.

Sarah Clark led out for the women's 'B' team and ran well to hand on to Carolyn Dyall with Kathryn O'Brien taking the 3rd stage run. The 'B' team finished in 24th position.



The men's race was run in parallel with the women although over 4 stages – this added some interest to see whether the women would finish their 3 stages before the men had sent off their final runner. Answer – they did! Alan Glaister took the first stage, before Greg Jones – on a flying visit back from university in London – ran the 2nd. Greg was the fastest Harrier clocking 24 mins. Andy Harris was strong on the 3rd leg for Chris Hamer-Hodges to close out the team in 44th place.

Results

Women 'A'	Eleanor Fowler	24:49	Kat Hodgson	25:52	Helen Talbot	25:45
Women 'B'	Sarah Clark	31:38	Carolyn Dyall	32:39	Kathryn O'Brien	35:43
Men	Alan Glaister, 28:29	Greg Jones, 24:00	Andy Harris, 27:49	Chris H-H, 29:38		

Changes to the Tuesday and Thursday evening sessions for seniors

By now most of the seniors training on Tuesday or Thursday will have experienced the new format sessions – the feedback is generally good. Notes outlining the general structure and coaching plan are pinned up in the clubhouse. In addition, the plan for the week's sessions is usually posted on the 'seniors' noticeboard in the clubhouse. We hope soon to extend the plan horizon so that the schedule for the whole month is available in advance.

Tuesday – hill sessions

To introduce an emphasis on strength and technique training from mid-October the Tuesday sessions will begin to include hill repetitions – coached by Barry. These will happen on alternate weeks with a traditional 'pack run' continuing as now on the non-hill weeks.

The Thursday time trial in September included a 2000m run and results are on the noticeboard. The October time trial was 2 miles and from this provisional VDOT scores have been derived. These assessments can be used to target optimum pace for different training sessions.

Look on the noticeboard in the clubhouse for more details of the new coaching strategy and seasonal training structure.

Awards presentation night

Get the date in your diary – Friday 18th November – at the clubhouse. Doors open 7pm for 7:30 start. Light buffet – 'nibbles' provided. Tickets are just 50p from the tuck shop. There will be presentation of awards to seniors and young athletes for winter 2015/16 season, summer 2016 season, club championships and the draw for London marathon place.

Upcoming competitions

For latest details please look at the new autumn/winter fixture list posted on the club website – www.nuneatonharriers.org.uk

Cross-country advice

The cross-country racing season is underway. A note with some straightforward advice for cc novices has been prepared and is available in the clubhouse and on the website under the 'Useful Stuff' tab.

The first league events for senior men and women are on Saturday 12th November

Women will race at Newbold Comyn, Leamington

Men will race at Burbage Common

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