

# Nuneaton Harriers Athletic Club

*Newsletter 19 – September 2016*

## **Absolutely Masterful!**



### **The Nuneaton Harriers Masters team are the Midland veterans league B cup final champions.**

Stunning individual performances across a range of events meant that every single member of the team had at least one event win or 2<sup>nd</sup> place and some had multiple wins. In addition, the relay teams very nearly took maximum points (3 wins and 1 second place finish). The ladies' team took the trophy in the women's match and although the men's team placed 3<sup>rd</sup> in their match the combined score for the Harriers masters was good enough to secure the Cup Final B competition.

*Pictured with the cup final trophy, left to right – Emma Jayne, Helen Talbot, Ann Wheeler, Carolyn Dyall, Viv Kirkland (missing from the photo is Sarah Trundle)*

### **Athlete of the Month - Voted by the coaches and committee**

**July** – Jess Day who is unbeaten in 70m hurdles races this season, outstanding in league and championship competitions.

**August** – Kieran Coleman-Smith for his win in the Midland Counties U15 3000m championships

**September** – Viv Kirkland – scored the most points for the team in the league cup final match

## Women in coaching – success for Emma

**Emma White** (aka 'The Pocket Rocket') has been awarded a bursary by England Athletics to help towards the cost of training and qualifying as an Assistant Coach. Emma applied for the bursary under the scheme 'Women in Coaching' which can grant 50% funding towards a coaching qualification to help enhance their knowledge and coaching expertise. England Athletics see the importance of increasing the number of female coaches to help support the growing numbers of young people and adults becoming involved in athletics and running. Congratulations and thanks Emma for taking this first step towards becoming an athletics coach.

If you would like more information about the scheme see details via the link below;

<http://www.englandathletics.org/coaching---central-to-successful-athletics/women-in-coaching>

## Road racing news

### Badgers - Atherstone 10k - Sunday 28<sup>th</sup> August

This is a friendly and well organised race promoted by local rivals Badgers. Starting on Atherstone Long Street the course climbs out of the town and up into the Merevale estate. The course is hilly, there's a tough climb for about a mile up to Baxterly. The payoff is that the last 2 miles (again cutting through the estate) are mostly downhill and quite quick. There were prizes all round for the Fowler / Greenfield family; Eleanor was 1<sup>st</sup> female, Eric was 1<sup>st</sup> M50 and Pete was 1<sup>st</sup> M60.

A small cluster of Harriers (Andy, Alan and Pete B) huddled together in places 58, 59 and 60 separated by just a few seconds. A good run by Andy Ranson slotted in 72<sup>nd</sup> place. Newer members David Windridge (now graduating from the 'beginners' group) and Mel Hill were round the hilly 10k in just over the hour.

### Results – chip times

7 <sup>th</sup>	Eric Fowler	38:09	74 <sup>th</sup>	Pete Greenfield	47:22
17 <sup>th</sup>	Eleanor Fowler	40:13 (1 <sup>st</sup> woman)	83 <sup>rd</sup>	Nicky Wall	48:00
58 <sup>th</sup>	Andy Harris	45:52	100 <sup>th</sup>	Ian Carwardine	48:48
59 <sup>th</sup>	Alan Glaister	46:00	117 <sup>th</sup>	Martin Swan	50:03
60 <sup>th</sup>	Pete Barzetovic	45:57	314 <sup>th</sup>	David Windridge	62:01
72 <sup>nd</sup>	Andrew Ranson	46:51	341 <sup>st</sup>	Melanie Hill	63:11

There are quite a few photos on the Badgers website and this is a small selection;







### Cardiff 10k – England vs Wales Masters – Sunday 11<sup>th</sup> Sept

Eleanor Fowler finally received the call-up to the England masters team for a road-race match against Wales held within the Cardiff 10k. This is a fast, flat course and enjoyed perfect weather. Despite still nursing a niggling Achilles injury Eleanor welcomed the chance to pull on an England vest and justified her selection by finishing as the 3<sup>rd</sup> scorer in a time of 37:29. In the team match England comfortably beat Wales.



### Lichfield 10k – Sunday 11<sup>th</sup> Sept

Only a couple of Harriers out for this – Jo Harris clocking a new personal best for the distance and finishing as 7<sup>th</sup> woman in the race, showing that all the Thursday evening sessions on the track have been worth it. Pete B continues a careful recovery from injury.

#### Chip times

86 <sup>th</sup>	Jo Harris	43:28
127 <sup>th</sup>	Pete Barzetovic	44:56

### Great North Run – Newcastle – Sunday 11<sup>th</sup> Sept - VIP Harrier

Zubair Alkhamesi was a VIP guest competitor in this year's GNR event. The organisers had sought competitors from as many different countries as possible and Zubair was selected to represent Yeman.

Despite adopting an unconventional approach to training for the half marathon (not doing too much running) Zubair and family were treated to a full VIP reception before the race, mingling with international superstars. It's fair to say Zubair took time to soak up the atmosphere of the event, with a race time of 2:43:42, and then enjoyed a further special guest reception afterwards.

### Midland road relays – Sutton Park – 24<sup>th</sup> Sept

This is the event that marks the transition from summer to autumn. As tradition dictates the weather was warm although rather breezy for the road-relay festival in Sutton Park. Some late substitutions were necessary due to injuries – thanks to all the reserves for stepping in at short notice.

The relay course in Sutton Park is one that rewards the brave – a hard effort on the early climb (killer hill) can easily result in a lap time that’s 30 seconds quicker than otherwise possible. It just takes some confidence to have a blast so early in the race. There was good support around the course – a nice feature of this event, cheers not only from team-mates but also from rival clubs.

The men’s masters’ race was contained within the senior men’s race and it was something of a melee for the first ½ mile as 130 ‘A’ stage runners negotiated the narrow and winding section of the course. Only on the wider path up ‘killer hill’ did the pack thin out. Eric Fowler led out for the Harriers and posted a lively 21:15 for the 5.8k lap, coming back in 4<sup>th</sup> place in the masters’ race and within the top half of senior’s race. Phil Harris carried the (metaphorical) baton on leg 2 and the racing became more complex as the women’s relay started just after the second stage men were underway. Chris H-H carried the 3<sup>rd</sup> stage and Chris Talbot the 4<sup>th</sup>. At one point Helen Talbot (running the final stage in the women’s relay team) closed to just 100m behind husband Chris. Ian Carwardine, first time in this relay event took the 5<sup>th</sup> stage for Pete Greenfield to run the ‘glory leg’. The team finished 11<sup>th</sup> in a depleted masters competition with a total time of 2:26:37.



In the women’s race, there was some very sharp competition including a fastest lap set by Laura Whittle, recently returned from the Rio Olympics where she raced in the 5000m (15:31 in the heats).

Kat Hodgeson led out the ‘A’ team and Sarah Clarke the ‘B’ with 95 teams on the first stage. Kat returned in 16:55 for the 4.3k lap holding 18<sup>th</sup> place. Sarah was home in 20:17 and 60<sup>th</sup>. Eleanor Fowler gained 8 places on stage 2 with a lap that was 5<sup>th</sup> fastest for the 2<sup>nd</sup> leg. Rachel Chard carried the 3<sup>rd</sup> leg before handing to Helen Talbot for a blistering lap that gained 5 places to bring the Harriers ‘A’ team in 8<sup>th</sup> overall, sandwiched between big club competitors Wolverhampton and Tipton. The ‘B’ team included two novices for this event, Kathryn O’Brien and Mel Hill while Sarah ensured that the team closed out in 65<sup>th</sup> place (a respectable finish with 83 teams that completed the event).



### Results and ‘splits’

Masters - 11<sup>th</sup> place 2:26:37

Eric Fowler	21:15	Phil Harris	24:29	Chris Hamer-Hodges	26:00
Chris Talbot	22:21	Ian Carwardine	25:52	Pete Greenfield	26:40

Women A - 8<sup>th</sup> place 1:08:32

Kat Hodgeson	16:55	Eleanor Fowler	16:25
Rach Chard	18:43	Helen Talbot	16:29

Women B – 65<sup>th</sup> place 1:29:06

Sarah Clark	20:17	Kathryn O’Brien	23:26
Melanie Hill	24:00	Sarah Clark	21:23



p.s. good luck to Helen who flies out to Hawaii for the world ironman triathlon championships on 8<sup>th</sup> October.

## Athletics news

### Midland veterans league cup final – 4<sup>th</sup> Sept – Pingles

With an 'end-of-term' feeling, this is the last athletics fixture for many and a home fixture at the Pingles was a great way to round off the season. The cup final is a closely contested match where it's important to cover as many events as possible, ideally with good points finishes. In the final counting a score of 361 points gave a clear victory to the Harriers ahead of Kettering in 2<sup>nd</sup> and Rugby & Northampton 3<sup>rd</sup>.

As headlined in this newsletter, there was a huge selection of great performance from the Harriers and it almost feels wrong to pick anyone out for special mention. EVERYONE in the team had at least one event win or 2<sup>nd</sup> place finish and several also contributed to wins for the relay teams. Elder statesmen, Barry Ewington, Geoff Hudson and Terry Morris (who I'm sure will forgive me mentioning are over 70s) were excellent in the hammer throw, 100m + long jump and 2k walk respectively.

Viv Kirkland proved her extraordinary versatility, tackling 8 events including the 4x100m relay and winning a total of 46 individual points. Emma Jayne was our next highest individual points scorer taking 45 points including four event wins, a 2<sup>nd</sup> and a 3<sup>rd</sup>. Derek Hateley was close behind with 44 points, also with 4 wins, a 2<sup>nd</sup> and a 4<sup>th</sup> place. Terry Selway also multi-vented (3 wins, a 2<sup>nd</sup> and two 4<sup>th</sup>) for 41 points. If contributions to relays are included, these four superstars amassed over half of the total points scored by the team.

There were several season's bests; picking just two, Mike Aylwin back to speed over 200m, Emma Jayne over 200m hurdles. All the women had at least one individual win. Helen Talbot rushed back from a triathlon event to take wins in the 1500m and 3000m, Sarah Trundle and Ann Wheeler dominated the 2k walks and were also drafted in for sprint events, Ann in the 400m and Sarah in the 400m relay.

All-in-all this was a fantastic day to be a Nuneaton Harrier.

### Results – in no particular order

Viv Kirkland	100m, 17.5s	200m, 39.9s	HT, 19.26	DT, 12.05m			
		LJ, 2.51m	SP, 5.56m	JT, 9.92m			
Emma Jayne	100m, 15.0s	200h, 35.7s	HJ, 1.20m	TJ, 8.60m	SP, 6.61m	LJ, 3.97m	
Carolyn Dyall		200m, 31.8s	400m, 71.7s	HT 15.45m			
Helen Talbot		1500m, 5:17.7	3000m, 11:14.7				
Ann Wheeler		400m, 1:40.7	2k walk, 11:12.4				
Sarah Trundle		2k walk, 12:19.5					
Geoff Hudson		100m, 17.0s	200m, 36.3s	LJ, 2.40m			
Terry Morris		2k walk, 14:04.3					
Barry Ewington		HT, 18.94m					

Steve Hargrave	800m, 2:32.6						
Mike Aylwin	200m, 27.3s	400m, 61.8s	SP, 6.88m				
Terry Selway	100m, 13.8s	HT, 20.17m	HJ, 1.25m	DT, 17.89m	TJ, 9.85m	SP, 7.41m	
Derek Hateley	100m, 13.5s	200m, 31.1s	PV, 3.10m	DT, 19.74m	TJ, 9.80m	LJ, 4.84m	
Steve Arnold	2k walk, 11:14.3						
Eric Fowler	3000m, 10:47.6						
Chris Hamer-Hodges	3000m, 12:24.6						

### Changes to the Tuesday and Thursday evening sessions for seniors

From early September a number of changes have been 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.

The Tuesday pack runs will be designed to be more sociable and normally be either;

- a run on a set route with some specific meeting points so the pack can regroup, or
- a run at a set (easy) pace where the aim will be for the group to stick together all the way, or
- a fartlek session.

The benefit of this change will be that more members get to run in a group

The Thursday session will continue to be mostly track-based interval training and in addition will include a time trial once each month – usually on the third Thursday. The time trial (typically 2000m or 2 miles) will give a chance to assess your fitness and if you wish to calibrate the ideal pace for you to be aiming for during training runs.

In addition to the Tuesday/Thursday sessions there will also be a Monday night session for anyone that wants to include some specific hill running. Usually these will be run as repetitions on the hills up from Coton viaduct – great for strength training.

Look on the noticeboard in the clubhouse for more details.

**Take Note - Headphones!** - Generally club runners are sensible enough to understand this new rule



British Athletics introduced a new rule with effect from 1st April 2016 regarding the wearing of headphones:

“The wearing of headphones, or similar devices, (other than those medically prescribed), is not permitted in races on any single carriageway road that is not wholly closed to traffic...”



Please note that any entrant that decides to ignore this rule will:

- (a) Be disqualified and their finishing time not included in the results, nor will it be included in the Run Britain/Power of Ten rankings.
- (b) Not be covered by the Event's Licence Insurance.
- (c) Not be eligible for any prizes given by the Race Organiser/s.

**You have been warned!**

### **Upcoming competitions**

For latest details please look at the new autumn/winter fixture list posted on the club website – [www.nuneatonharriers.org.uk](http://www.nuneatonharriers.org.uk)

### **Cross-country**



Nick Wall says "cross-country is great".

The cross-country racing season will soon be 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 Young athletes' league competition will be at Hatton, near Warwick on Sunday 2<sup>nd</sup> October**

**The first league events for senior men and women are on Saturday 12<sup>th</sup> 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](mailto:eric.fowler@hotmail.co.uk)