

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 2nd 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 3rd 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 28th 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 1st female, Eric was 1st M50 and Pete was 1st M60.

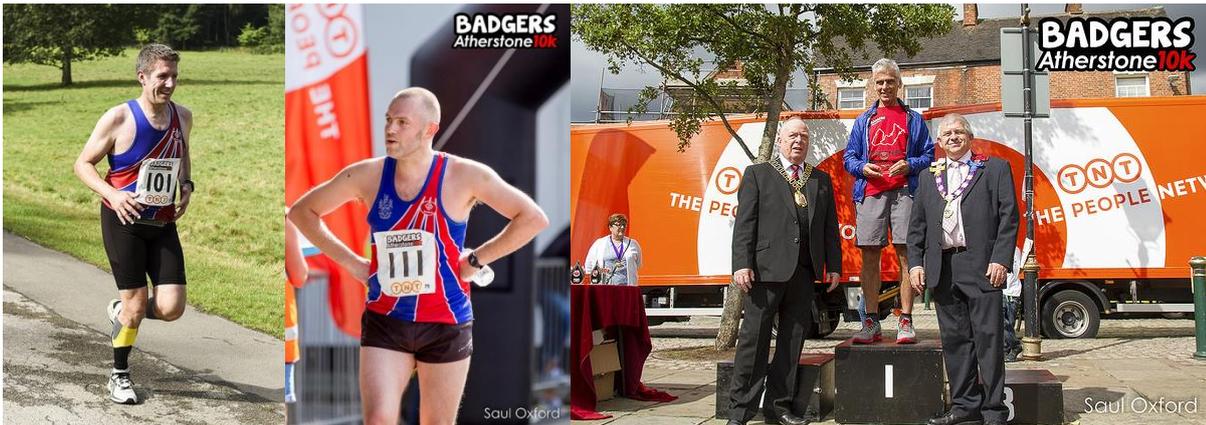
A small cluster of Harriers (Andy, Alan and Pete B) huddled together in places 58, 59 and 60 separated by just a few seconds. A good run by Andy Ranson slotted in 72nd place. Newer members David Windridge (now graduating from the 'beginners' group) and Mel Hill were round the hilly 10k in just over the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

Results – chip times

| | | | | | |
|------------------|-----------------|-------------------------------|-------------------|-----------------|-------|
| 7 th | Eric Fowler | 38:09 | 74 th | Pete Greenfield | 47:22 |
| 17 th | Eleanor Fowler | 40:13 (1 st woman) | 83 rd | Nicky Wall | 48:00 |
| 58 th | Andy Harris | 45:52 | 100 th | Ian Carwardine | 48:48 |
| 59 th | Alan Glaister | 46:00 | 117 th | Martin Swan | 50:03 |
| 60 th | Pete Barzetovic | 45:57 | 314 th | David Windridge | 62:01 |
| 72 nd | Andrew Ranson | 46:51 | 341 st | 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 11th 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 3rd scorer in a time of 37:29. In the team match England comfortably beat Wales.



Lichfield 10k – Sunday 11th Sept

Only a couple of Harriers out for this – Jo Harris clocking a new personal best for the distance and finishing as 7th 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 th | Jo Harris | 43:28 |
| 127 th | Pete Barzetovic | 44:56 |

Great North Run – Newcastle – Sunday 11th 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 – 24th 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 4th 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 3rd stage and Chris Talbot the 4th. 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 5th stage for Pete Greenfield to run the ‘glory leg’. The team finished 11th 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 18th place. Sarah was home in 20:17 and 60th. Eleanor Fowler gained 8 places on stage 2 with a lap that was 5th fastest for the 2nd leg. Rachel Chard carried the 3rd leg before handing to Helen Talbot for a blistering lap that gained 5 places to bring the Harriers ‘A’ team in 8th 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 65th place (a respectable finish with 83 teams that completed the event).



Results and ‘splits’

Masters - 11th 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 - 8th place 1:08:32

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

Women B – 65th 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 8th October.

Athletics news

Midland veterans league cup final – 4th 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 2nd and Rugby & Northampton 3rd.

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 2nd 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 2nd and a 3rd. Derek Hateley was close behind with 44 points, also with 4 wins, a 2nd and a 4th place. Terry Selway also multi-evented (3 wins, a 2nd and two 4th) 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

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 2nd October

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