

Nuneaton Harriers Athletic Club

Newsletter 24 – April 2017

Volunteer(s) needed

We start with an urgent plea – there is a need for a volunteer (or volunteers) to manage the young athletes' team for the summer league matches. Unless someone (a parent maybe?) steps forward then our young athletes will not have opportunities for competition this summer. The role could be shared between parents. Help and support will be provided if you are prepared to volunteer. Please speak with Viv, Terry or Nick.

Athlete of the Month – voted for by coaches and the committee;

March – the judges' unanimous choice is **Geoff Hudson** who won a silver medal in the M75 class 60m sprint at the British Masters indoor championships held at Lee Valley on 11th March. Geoff is still training hard and certainly few would correctly guess his age as 77 years. Congratulations Geoff.

Polly Keen also deserves a mention for winning the Milton Keynes 20 mile road race and temporarily claiming the top place in the British Rankings.

2017-2018 membership

A reminder that **club membership subscriptions are now due**. Please pay promptly because your club membership also covers your affiliation fee to England Athletics. If your affiliation lapses then so does your competition licence and that could prevent you entering championships or competing in league events and mean that you would have to pay the additional road race fee for unaffiliated runners.

The membership rates for 2017-18 are as follows;

Membership category	Subs.
Under 11 years old	£22.50
Over 11 & under 18	£37.50
Seniors	£42.50
Over 60's	£27.50
2nd claim (incl. NTC affiliates)	£27.50
Family (2 adults + 2 children)	£110

A copy of the membership/renewal form can be downloaded from the club website www.nuneatonharriers.org.uk If any of your details have changed please complete a renewal form.

You can pay your subs with cash or a cheque at the club office or by online banking. If you use online banking you can transfer the relevant fee to the club account and quote your EA registration number as a reference.

Nuneaton and Bedworth Sports Forum awards

The Harriers scooped a load of awards at a presentation night hosted at Bedworth civic hall. **Katie Daniel** and **Emma White** both received Passport to performance sponsorship awards for their sprinting, Katie also gaining the Junior sports scholarship award.

Georgia Parris was voted the Senior Sports personality of the Year for, amongst other things, gaining selection to the England U20 team, and

The **senior women's cross-country team** was selected as Team of the Year – Eleanor Fowler, women's team manager, received the trophy which is now on display in the clubhouse.



Polly wins the Milton Keynes 20

Polly Keen, preparing to run the Manchester marathon in early April, showed outstanding form to win the MK20 in a time of 2:08:49. That time puts Polly as the top ranked female athlete in BRITAIN for the 20 mile road-race distance.

Apology/correction

An apology to **Hisham Alkhamesi** – I missed him from the results of the National cross-country championship reported in the last newsletter. Hisham was 357th in the U15 boys race with a time of 20:11.

Indoor athletics

British Masters championships – Lee Valley – 11th/12th March

Geoff Hudson (our athlete of the month) competed at the masters national championships. Racing in the over 75s age group Geoff won the silver medal for a performance of 10.27s over 60m. In the 3000m walk **Carolyn Dyall** took first place in the W35 category with a leading time of 17:15.59.

National U17 indoor combined champs - EIS Sheffield – 11th March

Charlotte Ellis entered for the national multi event championships. After a disappointing first event and slowest time for 2 years (60m hurdles 10.24), Charlotte picked herself up and got on with the remaining 4 events. High Jump (1.52m), Shot (9.41m) and a pb long jump (4.92m) to finish with 800m (2.34.79). That added up to sufficient points to take 22nd place overall out of 49 starters and 5th place in the Midland County AA regional awards.

Midland indoor open meeting - 11th/12th March

Several of the sprint squad were making an appearance at the 3rd Midland meeting with most of the Harriers tackling at least a couple of events. Events are 'seeded' to draw athletes of comparable standards together to encourage close competition. The stand-out performances fell to **Jess Day** with clear wins in the Long Jump and 60m hurdles and a good run out in the 70m hurdles. **Jonathon Mok** was the fastest Harrier clocking 7.55s for 60m and 12.02 for 100m. **Katie Daniel** was also fairly

sharp with 7.92s and 12.75s respectively. Derek Hateley was yet again jinxed in the pole vault, clearing his 'usual' height of 3.20m.

Results

Derek Hateley	SM Pole Vault	3.20m	
Jonathon Mok	U20 60m	7.55s	100m = 12.02s
James Smyth	U17 60m	8.06	100m = 12.86s
Sam Jephcote	U15 60m	8.34s	100m = 13.40s
Daniel Oliver	U15 100m	14.41s	
Georgia Parris	SW High jump	1.65m	60m = 8.19s
Sarah Winchester	U17 60m	8.68s	100m = 13.55s
Mihaela Todorova	U17 60m	8.79s	100m = 13.67s
Chloe Vinestock	U17 long jump	4.93m	100m = 13.95s
Katie Daniel	U17 60m	7.92s	100m = 12.75s
Jessica Day	U13 long jump	4.31m	
	U13 60m hurdles	9.9s	70m hurdles = 12.04s

Outdoor athletics – Leicester University open meeting – 18th March

Charlotte Ellis decided to go for an early season outdoors at the Leicester University open meeting held at Saffron Lane stadium in Leicester. In breezy and drizzling weather, the high jump was below par with only 1.45m but Charlotte came back with a season's best in the 200m of 27.58s

Race walking news – reported by Chris Smith

Nuneaton based walkers Ben Allen and Faris Alkhamesi both won their age-group races at the Molly Barnett Grand Prix meeting. Ben won the U17 5k walk in a time of 29:43. Faris won the U15 3k in a time of 17:24.

Road racing news

Centurion Grand Prix series – Sunday 5th March – Chelmsley Wood

Eleanor made more of an effort to race this month using this as a test ahead of the inter-counties cross-country. A time close to 31 mins was good enough to win the women's race by nearly 5 minutes. There were places for the other Harriers too with Pete B finishing as the 1st M55 and Pete Greenfield 1st in the M65 category.

8 th	Eleanor Fowler	31:04 (1 st woman)
26 th	Pete Barzetovic	34:41 (1 st M55)
59 th	Pete Greenfield	37:27 (1 st M65)

Coventry half marathon – Sun 19th Mar

Garry Payne was the best of the nine Harriers competing in the Coventry half marathon in blustery conditions. In a time of 1:24:20 Garry was the well clear to finish in the over 60 age category. Mark Jarvis claimed a new personal best time with 1:24:27 and finishing 59th. Deb Walker, paced round by training buddy Trevor and raising money for Myton Hospice, used the race as preparation for the Blackpool marathon and was happy with a 1:44:27 clocking. Paul Hadland, training for the London marathon was pleased to set a new pb with a time of 1:49:45.

Results

56 th	Garry Payne	1:24:20 (1M60)	623 rd	Deb Walker	1:44:27
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59 th Mark Jarvis	1:24:27	893 rd Richard Walker	1:49:32
272 nd Ian Carwardine	1:35:39	907 th Paul Hadland	1:49:45
385 th Chris H-H	1:39:30	1648 th Mel Hill	2:05:27
449 th Rob Carvell	1:40:36		

Ashby 20 – Sun 19th Mar

Used by many as a test-run for their spring marathon effort this is a hard test. The 2 lap course is undulating and on the day the strong westerly winds won't have helped. Alan Glaister was the quickest Harrier finishing in 2:32:36. Alan was chased all the way by Pete Barzetovic (2:32:57) and Phil Harris (2:35:30).

Results

228 th Alan Glaister	2:32:36	795 th Anne Grant	3:08:39
234 th Pete Barzetovic	2:32:57	1041 st Angela Fisher	3:27:57
260 th Phil Harris	2:35:30	1261 st Zoe Brown	4:04:24
794 th Andrew Downes	3:08:39		

Coniston 14 – Sat 25th Mar

The annual trip to the Lake District for the Fowler/Greenfield family was blessed with perfect running weather. Cool, calm and sunny – and that was just how we felt.

The race is a lap of Coniston Water, the roads undulating, close and away from the waterside. The course is just short of 14 miles (actually 13.83) but that's close enough on a hilly run round. The scenery is spectacular, more so this time with snow still on the peaks.



There were prizes for all the

Harriers - Eleanor stuck to a plan to run on marathon pace and ignore getting into a 'race', using this outing as preparation for London next month. The 'training run' was still sufficient to take 2nd place in the women's race.

Results

16 th Eric Fowler	1:27:12 (1 st M50)
40 th Eleanor Fowler	1:31:28 (2 nd woman)
214 th Pete Greenfield	1:48:41 (3 rd M65)

Midland U15/U17 5k championships – Sat 25th March – Sutton Park

A new event attached to the senior relays and run on the roads inside Sutton Park.

Three of our best young athletes entered in a race that combined U15 and U17 male and female with category prizes determined after the finish. Those familiar with Sutton Park know that this is a course that rewards experience (and bravery) to start hard on the climb up 'Cardiac Hill'. Midland medals awarded to 2 of our 3 athletes and Sam in a very creditable (but unrewarded) 4th in age group.

4 th Kieren Coleman Smith	16:56	(2 nd U15B)
7 th Sam Howard	18:07	(4 th U17B)
18 th Emily Negus	19:35	(2 nd U17G)

Centurion Grand Prix series – Sunday 2nd April

The last one for the 2016/17 series – prizes are determined on the best 4 individual race finishes from the 6 race series. Eleanor, with 6 race wins was untouchable at the top of the women's rankings.

New to the Harriers is **Ian Mansell** who officially joined the team at the start of April. Ian has raced the Centurions series and finished this race in 4th place running a useful 28:12 for the 5 miles. With consistent previous races Ian took 2nd place overall for the series. Consistency also paid off for the Petes – Barzetovic and Greenfield.



4 th	Ian Mansell	28:12 (2 nd place in series)
13 th	Eleanor Fowler	32:17 (1 st in race & series)
18 th	Pete Barzetovic	34:41 (1 st M55) (1 st M55 in series)
20 th	Ian Carwardine	34:01
59 th	Pete Greenfield	36:54 (1 st M65) (2 nd M65 in series)

Manchester marathon – Sunday 2nd April

It bills itself as the "flattest, fastest and friendliest" marathon in Britain. Coming 3 weeks before London it offers a few benchmarks for the season. A couple of Harriers were out for the (full length this year) race. At half distance **Polly Keen** was placed 10th in the women's race, had clocked 1:26 and looked to be comfortable for a 'sub-3' run. **Martin Swan** was through 13.1 miles in around 1:50. However, the later miles can hurt (a lot !) and as conditions warmed up both Harriers slowed. At the finish Polly placed a creditable 17th but will have been a bit disappointed with a muscle twinge that forced a walk after 18 miles. Polly finished with a still respectable time of 3:01:11 for a marathon debut. Martin finished with 4:20:12.

Cross-country news

Inter-Counties championships – Sat 11th March – Prestwold Hall

Only the select few are invited to represent their county. The course at Prestwold Hall was similar to that used for the Midland champs in January, the race distances were rather more 'honest' though.

The highest individual places on the day came to two of our young athletes, **Kieren Coleman-Smith**, representing Leicestershire, 33rd in the U15 boys and **Emily Negus** for Warwickshire taking 51st in the U17 women's age group. Also racing for Warwickshire, in team that finished 10th in the senior women's event, were Eleanor Fowler and Helen Talbot.

Results

Kieren Coleman-Smith	33 rd (U15B -4.5k)	16:35
Emily Negus	51 st (U17W – 5k)	22:03
Eleanor Fowler	71 st (SW – 8k)	33:14
Helen Talbot	135 th (SW – 8k)	35:20

English Schools championships - 18th March – Norwich

Emily Negus finished off a very busy schedule of championship races representing Warwickshire. In schools competitions Emily is now in the senior girls age group and took 45th place in a sprightly 14:26.

7 Pools run – Sutton Park - 19th March

New member Ian Mansell competed in this 10k off-road event wearing the Harriers colours and took a comfortable win in a time of 38:09. Ian seen in the photo taking the finish line tape.



Upcoming competitions

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

County track and field championships - Leicestershire and Warwickshire

No excuses – the champs will be at the **Pingles on 13th and 14th May**. All athletics events on the programme. Get entered for the bragging rights that you've competed in a county competition. Championships are all about who turns up to compete – be there! Entry on line – further details on the noticeboard in the clubhouse.

London 10000. Bank holiday Monday 29th May – free places available

This event is run by Vitality (same as the London marathon). It's a quality race, pretty fast and flat around the city starting and finishing on the Mall (just down from Buckingham Palace. I still have some free places for club members (otherwise entry is £28). If you would like one please let me know asap. It's possible to get a National Express coach from Coventry to Victoria station which is only about a mile from the start and the return fare is about £10 rtn.

Athletics leagues

There are further details of the leagues including age groups etc. See the noticeboard in the clubhouse.

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