

Nuneaton Harriers Athletic Club

Newsletter 25 – May 2017

Marathon magic

Headlines from the club's AGM – Subscription rates held, training fees up

The meeting on 18th May welcomed four new members to the management committee; we will benefit with ideas and input from Paul and Sharon Day, James Mason and Alan Glaister. On club subscriptions we have decided to keep the membership fees at their current level despite the increases in affiliation fees being levied by England Athletics. This means that the current rates will apply until March 2019! However, the costs for using the stadium and facilities are going up and the subsidy that the club receives from the local authority is being squeezed. This means that the training night fee must increase. To keep it clear and simple the new rates will apply from 1st June; £3 for club members and £4 for non-members.

Volunteers needed to run the tuck shop

The tuck shop in the clubhouse is for many a place to get a drink or snack; it also raises vital income for the club that helps us keep the membership fees down. Pat Taylor and friend Sheila currently manage the shop but Pat will be moving away at the end of this year so we will need some new volunteers to take over serving. If you could help run the shop – a great way to meet people – then please speak with Pat to find out what it involves. Ideally, with several volunteers we have a rota so the job is shared.

Towering achievements – London marathon reflections

The marathon is a curious event – it seems to create memorable stories in a way that few other races can match. Whilst at the very front of the race there is competition for positions, for most runners the challenge is personal – the contest is with oneself, to conquer the distance and possibly to improve on a previous time. Runners in a marathon recognise this shared aim and will help fellow 'competitors'; words of encouragement are shouted and if someone cannot get across the stream of bodies to reach a drinks station then water bottles are shared.



The distance of 26 miles is very unforgiving of mistakes – an ill-judged fast start will almost always be punished in the later stages of the run. It takes a steely resolve to stick to a plan throughout, holding back in the early stages when the running feels comfortable and hanging-on in the last few miles when it can get really tough. Getting the plan correct in the first place also demands a hefty slice of realism –

carefully reading the signs from the training runs and races in the build up to the event and then taking into account the conditions such as the weather on the day.

The news coverage of the London marathon highlighted the camaraderie of runners with TV shots of one competitor helping another to finish. Although not mentioned in the BBC coverage, Nick Wilson was one such hero. Nick surrendered his chance for a faster time to help a struggling runner to complete the last half mile of the course, almost carrying him across the line to the waiting St Johns staff. Nick – we're proud of you and the great example you set.

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

April – Nick Wilson - A unanimous vote this month, the award goes to Nick for demonstrating all that's best about the sportsmanship in athletics.

May – Jessica Day – an outstanding performance in the county championships to win the 70m hurdles setting a new championship record and also currently ranking 3rd in Britain.

Manchester marathon – Sunday 2nd April

Polly Keen and Martin Swan ventured north for the Manchester marathon, reckoned to be a fast one (and this time correctly measured!). Following on success at Milton Keynes, Polly started her debut marathon well and was through half distance in 10th place and 1:26:17, on schedule for a time in the low 2:50's. However, a niggle muscle injury made itself felt at 18 miles and forced Polly down to walking pace that dropped her to 18th place woman and 3:01:11 at the finish.

After finishing this run in 5494th place with 4:20:12 Martin has decided to concentrate on shorter distances.

London marathon - Race report – Sunday 23rd April



Over 39,000 participants finished the race in conditions that got gradually warmer as the day went on. 'London' threw a few surprises with a new world best for Mary Keitany (in a women only race) and the World Championships qualification place as first Britain going to Josh Griffiths of Swansea who wasn't even entered in the elite race as this was his first marathon attempt. There was a welcome and very popular win for David Weir too.

Eric Fowler was the quickest Harrier with a pb time of 2:54:46 in 1229th place. Eleanor Fowler, with training badly compromised by hamstring twinges couldn't match the blistering pace set in 2016 but still got a 'sub-3' with 2:58:16. Gary Payne

gained the highest age-group placing for the Harriers finishing 15th in the over M60 category. Phil Harris had an impressive debut with a time of 3:24:57, with Mark Stokes also ducking under 3:30. Pete B sliced an impressive 7 minutes off previous runs to claim a pb of 3:31:47. Rachel Chard trimmed a couple of minutes off her 2016 result, this time clocking 3:34:37 to again qualify as 'good for age'. Amanda Harris, nursing "knackered knees" just missed the GFA qualification with 3:51:07.

Alan Glaister who had the 'club' place in the race entry took a tumble at mile 18 that destroyed any hopes of a quick time. Off hardly any training, Nick Wilson was always going to find it tough but Nick's generous help for a fellow athlete was spotted on the TV coverage.

Harriers results

1229 th	Eric Fowler	2:54:46
1617 th	Eleanor Fowler	2:58:16
3638 th	Gary Payne	3:14:17
5329 th	Phil Harris	3:24:57
11457 th	Alan Glaister	3:53:53
15717 th	Anne Grant	4:10:42
17892 nd	Nick Wilson	4:19:31



To accompany the marathon festival young athletes competed in a 3-mile 'mini-marathon' race that was run prior to the main event along the Embankment through to the finish on the Mall. **Kieren Coleman Smith** had won selection to represent the East Midlands and finished 43rd in the U15 boys race with a time of 16:01.



Blackpool marathon – Sunday 23rd April

On the same day, Deb Walker raced in the Blackpool marathon. Deb's run was part of a personal mission to raise funds for Myton Hospices as a tribute to her late father-in-law Harry Walker. With training having to fit around work and family commitments Deb finished on a high with a time of 3:55:13.

Athletics news

Birchfield open meeting – 11th March

Charlotte Ellis one of our U17W multi-eventers tackled three disciplines in an early season warm-up fixture. The track races used an electronic starting gun that was very hard to hear with the wind and other noises. Charlotte did not hear the "gun" in the 80m hurdles and reacted to the start of the



other athletes. Being slow out of the blocks Charlotte was disappointed to be 0.2s off her best time.

Things improved as Charlotte's Long Jump was a credible 4.99m and secured the bronze medal. The Shot Put was 9.37 m (4cm short of her pb).

At the same meeting **Imogen Onions** who is a javelin specialist tackled the shot put and came away with a pb of 8.17 m but there are signs that she is capable of 9m+. Imogen's javelin throws did see her increase her pb to 29.04m placing her in 6th place in the west midlands.



YDL lower age group - Banbury – 22 Apr

The first league match for the younger athletes – a full programme of events so there are plenty of opportunities for youngsters to represent the club and gain invaluable experience of competition.

In the under 13 age groups, three athletes were multi-eventing. **Sam Yates** with 200m (30.6s) and long jump 3.64m. **Abigail Wynne** ran 75m in 12.4s and the 150m in 24.2s and high jumped 1.10m. **Jess Day** had a useful afternoon with a 70m hurdles win in 12.1s a long jump of 4.06m and a shot put of 5.96m.

In the under 15s, **Daniel Oliver** ran 14.5s and 29.1s for 100m/200m, **Robert Currie** clocked 52.2 for 300m, **Mia Sharkey** had 14.9s for 100m and **Natalie Wynne** took 50.2s for 300m and made a shot put of 5.79m.

YDL upper age group - Telford – 30 Apr

Charlotte Ellis scored good points in first place in the Long Jump equalling her SB of 4.99m. Charlotte's hard training on Shot Put was rewarded with a win and a PB of 9.93m (also ranking her 7th in the west midlands). **Katie Daniel** joined in taking the win in the 'B string' shot with 7.23m. **Kieren Coleman Smith** took a win in the 3000m with 9:38.8 and tried some quicker work with a 400m in 55.6s. **Jack King** was top in the triple jump with 11.20m while Katie Daniel took a win in the U17W 100m with 13.1. **Heidi Tanyi** competed in the 200m and 300m races clocking 28.9s and 47.1s.

Heart of England league – Leicester – 7 May

Charlotte Ellis put in (pun intended) a massive shot pb of 10.71m and another pb in the LJ at 5.15m.

Midland league – 7th May – Sutton in Ashfield

A very, very small team travelled up to Mansfield for the 1st match of the season. However, there were some heroic performances to note. A warm welcome back to **Tyler Selway** who individually scored 40 points. That total was matched by **Carolyn**

Dyall who tackled 7 events in the women's team (Carolyn and Viv). Family honours to the Selways as Terry collected 35 points to give a family total of 75.

Best individual performance came in the Triple Jump where young athlete **Jack King** won the 'A' competition and in the men's hammer throw where Tyler won the 'A' and Terry won the 'B'. There was a comedy spectacle in the men's shot put where Eric Fowler achieved a lifetime best with the senior weight (7.26kg) implement by narrowly avoiding dropping it on his own feet. Thanks are due to Ann and Bob Wheeler who officiated and thus also contributed to our points score.

Midland masters league – Pingles 10th May

It was a great evening for the Nuneaton masters women who finished as 2nd women's team among strong opposition. The result was nicely set up with event wins for Ann Wheeler and Sarah Trundley in the 2k walk and Helen Talbot in the 1500m. There was an exciting 2nd place in the women's relay. A great team spirit saw Harriers in most events gathering valuable points meaning that the combined men and women's score placed us 3rd overall.

Steve Arnold took a win in the men's 2k walk while Phil Harris began his post-marathon challenges with a 100m run and found it a bit fast after months of distance work. Ian Mansell found the pace quick in the men's 1500m.

Individual Results

Viv Kirkland	100m, 18.2s	JT, 9.08m	LJ, 2.38m	SP, 5.37m
Emma Jayne	100m, 16.0s	HJ, 1.20m		
Ann Wheeler	2k walk, 11:56.5	1500m, 8:04.1		
Sarah Trundley	2k walk, 12:07.9			
Fleur O'Donohue	100m, 16.2s			
Carolyn Dyall	400m, 71.6	1500m, 6:23.3		
Adele Dixon	400m, 71.3			
Helen Talbot	1500m, 5:22.7			
Laura Matkin	SP, 6.68m			
Derek Hateley	100m, 13.7	HT, 16.36m	HJ, 1.25m	TJ, 9.71m
Mike Aylwin	100m, 13.6s	400m, 61.9s		
Steve Arnold	2k walk, 11:16.9			
Steve Hargrave	400m, 65.8s			
Geoff Hudson	100m, 17.7s			
Nick Wall	400m, 69.8s			
Terry Morris	2k walk, 13:47.1			
Bob Walker	shot put, 7.78m			
Phil Harris	100m, 15.1s	1500m, 5:13.7		
Ian Mansell	1500m, 4:38.3			

County championships – 13th & 14th May

The joint Leicestershire/Warwickshire championships were held at the Pingles. There were several Harrier winners, most notable Kieren Coleman Smith who had a solo run

at the front of the U17 boys 3000m and Jessica Day who won the 70m hurdles setting a new championship record.

YDL lower age group - 20 May - Banbury

Some interesting combination events tackled on this day. **Sam Jephcote** ran 13.2 for 100m, 27.2 for 200m and a relay leg. **Stephen Bates** tackled favourite events of high jump 1.40m and javelin 27.53m. **Mia Sharkey** U15G had a 100m of 15.0s, 75m hurdles in 16.2s a long jump of 3.63m and a relay leg while **Natalie Wynne** contested a 300m in 49.2s, 800m in 2:44.4 and shot put of 5.42m.

In the u13 there was more of a mix; **Sam Yates** took 14.8s for 100m, 29.9 for 200m and 2:36.4 for 800m. **Jess Day** was 10.6s over 75m, 12.0s for 70m hurdles, threw 6.16m shot put and ran a relay leg. **Abigail Wynne** matched that 4 events with 75m in 12.1, 150m in 23.0 high jump of 1.10m and the relay. **Lucy Poulsen** was 11.5s for 75m, 5.24m shot put and took a turn in the relay. Race walker **Elizabeth Pap** clocked 3:21.6 for 800m, 16.7s for 70m hurdles and high jumped 1.10m

YDL upper age group – Sutton Coldfield – 28 May

There were very few Harriers out for this fixture. **Brandon Mok** ran in the U20 100m (12.2s) and 200m (24.6s). **James Smyth** ran U17 200m (25.2s) and 400m (57.3). **Michaela Todorova** ran U17W 100m in 13.4s and **Heidi Tanyi** clocked 45.3s for 300m. Meanwhile, **Charlotte Ellis** had another useful afternoon with an 80m hurdles run of 13.5s, a win in the shot put with 9.91m and an endurance run over 800m clocking 2:36.4.

Race walking news – reported by Ann Wheeler

The Midland counties track championships – 7th May - Tamworth

In very warm conditions the 5k race saw Carolyn Dyall take 1st in 29.20 with Ann Wheeler 3rd in 30.54 and Sarah Trundly 4th in 31.44. Ann was also awarded a trophy for being 1st Midland walker in the National 10k held in Coventry the week before. In the younger age group race U13 girl Elizabeth Pap came 2nd in 13.34 despite having played netball earlier in the day. Faris Alkhamesi (U15 boys) finished 1st in 17.41. Ben Allen who trains with the Nuneaton Squad also finished 1st in the U17 boys with a time of 28.49

Road racing news

Bosworth half marathon – Sun 14th May

On a warm day, but nowhere near as hot as the 2016 race, the 'Ghost' Pete Barzetovic struck once again, moving past Ian Carwardine to take 71st place. Andy Harris used Bosworth as a 'tune up' in preparation for his marathon effort in May. Melanie Hill was credited with 452nd place but no chip time recorded. A fair estimate would take about 1 minute off her 'clock' time of 2:09:56. Ann Wheeler, who regularly uses a section of the course for training, made a race-walk effort to clock 2:28:32.

Results

71 st	Pete Barzetovic	1:35:37	360 th	Paul Hadland	2:01:01
72 nd	Ian Carwardine	1:35:54	447 th	David Windridge	2:08:34
78 th	Andy Harris	1:36:33	452 nd	Mel Hill	2:09:56 (gun time)
234 th	Andy Cheshire	1:50:59	560 th	Ann Wheeler	2:28:32

British Masters road relays – Sat 20th May – Sutton Park

Injury and absence reduce the Harriers representation to just two teams, one in the M55 race and the other in the M45 event. The course for this event goes from the start straight to the bottom of 'Cardiac Hill' and measures at an exact 3 miles. The M55 team was led out by Pete B pulled along in the surge to a respectable time of 19:34. Having turned 70 on the Thursday, Pete Greenfield took the middle stint and then Steve White, also celebrating on Thursday and only just old enough to compete in this age group took the anchor leg. Mark Treadwell led out the M45 team with a very polished 18:24. The rain began just as Phil Harris started the third stage and by the time Mark Bailey took the baton a downpour was in full flow.



M55 relay – finished 20th

Pete Barzetovic	19:34
Pete Greenfield	22:09
Steve White	20:50

M45 team – finished 28th

Mark Treadwell	18:24
Eric Fowler	17:47
Phil Harris	19:27
Mark Bailey	20:07

Warwickshire road race league

Ian Mansell has bagged a couple of 4th places in the league. In the Massey tractors 10k on 16th April Ian clocked 35:04. In the Ryton Pools 5 mile on 25th May Ian was 4th again in 28:32. Pete B also raced at Ryton taking 98th place in 34:44.

Edinburgh marathon – 28th May

Provision results just in show Andy Harris in 720th place with a time of 3:34:20.

London 10000 – Mon 29th May

It was a warm and muggy morning for this 10k British championship road race around some of the famous landmarks of the capital. Nine Harriers took up the free club places and were part of the mass of over 12,400 runners that finished. Out at the front, Andy Butchart won in a time of 29:18 while Jo Pavey took a popular win in the women's race with 32:57. Pete Greenfield marked his recent 70th birthday by placing 3rd in the 70-74 age category with a sprightly 47:00. James Mason ran just inside 40 minutes, Phil Harris clocked a pb while Emily Negus ran with dad Paul, using this to gain experience of a big city event.



Due to a timing chip failure Amanda Harris does not (yet) show up in the official results.

Results

367 th	Eric Fowler	37:13	(10 th M50)
615 th	Eleanor Fowler	39:46	
628 th	James Mason	39:52	
950 th	Phil Harris	42:25	
1306 th	Stephen White	44:23	(26 th M55)
1592 nd	Emily Negus	45:35	
1593 rd	Paul Negus	45:35	
1939 th	Peter Greenfield	47:00	(3 rd M70)

2017-2018 membership

A reminder that **club membership subscriptions are now overdue.**

If you haven't already paid then you will find that your England Athletics competition licence is now showing as invalid. That could prevent you competing in athletics 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.

Upcoming competitions

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

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