

Nuneaton Harriers Athletic Club

Newsletter 26 – August 2017

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. We need some new volunteers to help run the shop. If you think this is a way you could contribute then please speak with Pat who currently manages the tuck shop to find out what it involves.

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

June – Jack King – outstanding performances in triple jump finishing 3rd in the mason Trophy match and 2nd in the county schools.

July – Carolyn Dyall – winner of the British Masters W35 walks title, set a new pb in the Midland masters match at Kettering and competed in the European masters championships in Denmark

Fred Heath goes wild - again

Fred Heath has featured in this newsletter before – last time for his epic Everest marathon. That being a bit 'tame' Fred has this summer taken on the Amazon jungle ultra; a 230km foot race split into 5 stages of suffocating jungle undergrowth, river crossings and cloud shrouded mountain valleys. The race notes say runners should expect "choking humidity, deep mud and heavy rain. There may also be periods spent running in darkness, following the marked route by head torch. Runners must be self-sufficient carrying their own kit including food, safety equipment and a minimum of 2.5 litres of water". So, a bit different to doing the usual club runs... Fred's training to carry a rucksack was made more difficult as he recovered from a serious shoulder injury.



Each day was tough, but the final day especially so with a 5am start in the dark. Over the five days Fred clocked up 37hours 47minutes of running, jogging, walking and sliding through rivers, swamps and forest. Did we mention the leeches and insects?

Well done Fred – what's next?

Athletics news – featured young athletes

Imogen Onions U17W – Javelin specialist

Back on form in April this year with early season javelin throws of 29.04m, rapidly improving to 32.01ms and then 33.22m in the County champs. Then followed a massive improvement to 38.16m in the schools Mason Trophy resulting in a late call up to the ESAA Champs and gives her a ranking of 2nd place in the West Midlands.

Charlotte Ellis U17W - Heptathlete

After an injury that wiped out half last year's season, Charlotte's winter training has paid off with a good start this year bringing long jump performances just over 5m. This improved to 5.16m in the county champs in May and again improved to 5.29ms in the English Schools AA regional heptathlon at Bedford on 25th June. In the 80m hurdles Charlotte started the season with 13.44s and improved this with a new PB of 12.5s in the ESAA regional Heptathlon ranking her the 9th best in the west midlands. With the 3 Kg shot the season started with solid low 9m distances, steadily improving to a massive PB of 10.71m in the Heart of England league in May giving her a 6th place in the rankings for the w.mids. These PB's are great to see in their own right but the rankings are against purists in each event so achieving so highly across a range of disciplines shows the versatility and skill that a good multi-eventer must have to succeed.

Heptathlon - Due to the long injury period last year, the ESAA regional round was Charlotte's first full heptathlon and with strength across events it was good enough to place her 5th in the west mids rankings. Charlotte Ellis (left) pictured with training partner Neve Grimes happy to receive the multi-events "pink slip" confirming her place in the ESAA heptathlon finals in Sept this year, both athletes go forward to represent Leicestershire schools.



Stephen Bates U15B

Moving up to U15 this year, Stephen has maintained distances in the javelin despite the weight increase to 600g and has earned good points for the club in the YDL with a 600g PB of 27.53m.

In the High Jump, Stephen is always looking for a PB and this year the first came with 1.53m in early May. The County Championships saw this improve to 1.55m which was again achieved in the YDL (18/6/17). In the club champs the bar was calibrated and Stephen cleared 1.56 m and whilst another PB this may not go to P of 10 but was again a good indication of form and the 1.55m still gives him a west mids ranking of 11th.

YDL lower age group - Nuneaton – 18th June

The home fixture for the younger athletes but very few Harriers competing. The team is a composite with Harborough AC and thanks to their contribution they finished second on the day although still remain stuck at 5th in the division. There were some good individual performances though with the U15 girls winning the 4x300m relay.

| | | | | |
|------|---------------|-------------|---------------|-----------|
| U13G | Jess Day | 70h, 12.0s | LJ, 4.31m | SP, 7.59m |
| | Abigail Wynne | 150m, 23.9s | 800m, 2:58.7 | |
| | Lucy Poulson | 70h, 14.4s | 75m, 11.7s | LJ, 3.88m |
| U13B | Sam Yates | 100m, 14.4s | 1500m, 5:29.7 | SP, 4.98m |
| U15G | Mia Sharkey | 100m, 14.4 | JT, 9.69m | |
| | Hannah Burton | 100m, 13.9s | 75h, 13.1s | LJ, 4.27m |
| | Ella Smyth | 200m, 32.5m | LJ, 3.52m | |
| | Natalie Wynne | 300m, 49.8 | 800m, 2:43.6 | SP, 5.62m |
| U15B | Sam Jephcote | 100m, 13.1s | 200m, 28.1s | |
| | Stephen Bates | 300m, 43.3s | JT, 26.76m | |

YDL upper age group - Tipton – 25th June

A quick scan of the results sheet for the match shows that this is a league suffering a severe problem. Several events have no competitors entered and many have only one or two athletes – hardly a competition. Four Harriers were out to play, Kieren Coleman-Smith showing some pace over 400m and the Mok brothers doubling up on sprints. Michael Wynne did the middle distance special to also shot put.

| | | | |
|------|----------------------|---------------|---------------|
| U17B | Kieren Coleman-Smith | 400m, 54.5s | 3000m, 9:46.2 |
| | Michael Wynne | 1500m, 4:47.6 | SP, 6.39m |
| U20M | Jonathon Mok | 100m, 12.5s | |
| | Brandon Mok | 100m, 12.6s | 200m, 25.3s |

Heart of England league – Witney – 2 July

The third match in Division 4. The U13 girls were the only age group to put together a relay team. Hannah Burton and Mia Slattery formed a useful double-act in the U15 girls' events tackling hurdles, 100m and long jump. Charlotte Ellis dominated the shot put and also increased her long jump pb to 5.32m.

| | | | | |
|------|----------------|----------------|--------------|------------|
| U11G | Jess Tuckley | Howler, 22.08m | LJ, 3.16m | 75m, 11.8s |
| U13G | Jess Day | 70h, 12.2s | LJ, 4.15m | SP, 7.11m |
| | Abigail Wynne | 800m, 3:04.1 | 200m, 34.8s | HJ, 1.10m |
| | Lucy Poulson | 70h, 14.1s | 100m, 15.7m | LJ, 3.59m |
| | Freya Slattery | DT, 13.69m | | |
| U13B | Sam Yates | 200m, 30.1s | 800m, 2:35.6 | LJ, 3.68m |
| U15G | Hannah Burton | 75h, 13.5s | 100m, 13.9s | LJ, 4.26m |
| | Mia Slattery | 75h, 15.4s | 100m, 14.9s | LJ, 3.72m |

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|------|----------------------|-------------|---------------|-------------|
| | Natalie Wynne | 300m, 50.1s | 800m, 2:45.9 | SP, 5.40m |
| U15B | Sam Jephcote | 100m, 13.7s | 200m, 28.1s | |
| U17W | Charlotte Ellis | SP, 9.20m | LJ, 5.32m | |
| U17M | Jack King | 100m, 13.7s | | |
| | Michael Wynne | 100m, 14.0 | 1500m, 4:54.6 | SP, 7.01 |
| | Kieren Coleman-Smith | | 1500m, 4:26.3 | 400m, 56.1s |

Midland league (senior) matches:

3rd June – Telford - Probably best summed up as something of a low point as a team. With just 4 (yes you read that correctly – FOUR) athletes competing this was obviously going to be a bit of a struggle. Carolyn Dyall did 6 individual events and collected over half of the total points scored by the team.

Chris Hamer-Hodges 1500m, 5:50.1; 3000m, 12:59.5

Ian Mansell 3000m, 9:45.7

Fleur O'Donohue 100m, 16.1s; 200m, 34.0s; LJ, 3.18m

Carolyn Dyall 100m, 15.4s; 400m, 79.4s; SP, 5.58m; DT, 12.79m; HT, 11.72m; JT, 12.22m

15th July – Pingles - From ridiculous to sublime. A strong team for the home gig and a welcome to a number of the younger athletes having this intro to the senior league. The team total score of 388 points was the best for a long time. There were several event wins and some notable double acts including Terry and Tyler Selway. Polly Keen won the two middle distances races and the women won an exciting sprint relay. Reported below are just some of the performances from the day where Harriers placed in the top three.

A big thank you to our officials including several that recently qualified. A couple of clubs arrived without their proper share of officials – those who stepped up to assist helped ensure that the match was a success that kept to timetable.

Selected results

Jonathon Mok 100m, 11.6s

Emma White 100m, 13.8s

Brandon Mok 200m, 24.6s

Mary Hall 1500m, 5:44.9

James Smyth 200m, 25.3s

Ian Mansell 5000m, 16:41.5

Chloe Vinestock SP, 7.09m; DT, 19.55m

Heidi Tanyi 200m, 27.1s; LJ, 4.47m

Ellie Haynes 200m, 30.0s; LJ, 4.64m

Jack King LJ, 5.55m; TJ, 12.52m

Derek Hateley 110h, 21.4; PV, 3.00m

Polly Keen 1500m, 5:07.4; 3000m, 10:43.5

Tyler Selway 400h, 74.3s; LJ, 5.52m; HT, 31.28m

Terry Selway TJ, 9.96m; PV, 2.80m; HT, 19.17m

Georgia Parris 100h, 17.3s; HJ, 1.60m; JT, 27.15m; SP, 8.66m

6th August – Tamworth – out with a bang! A pretty full squad with a number of additions and athletes keen to do their bit. Thanks to all the younger athletes and some new members for strengthening the squad. We had teams for all the relays and some very exciting finishes. There was even a non-scoring team for the men’s 4x400m relay that beat the scoring team by 0.3seconds! The total score of 428.5 points is the best we’ve had for years and gave us a match win on the day.

There were too many great performances to mention them all; other than to say we had several ‘family acts’ out to play with Jonathon and Brandon Mok, Helen Talbot and sister Michelle Kenny, Eric and Eleanor Fowler and collecting plenty of field event points, Viv Kirkland and daughter Emma Jayne.

Selected results – event winners

Kieren Coleman-Smith 3000m, 9:27.5
 Karl Leddington SP, 10.26m; HJ 1.70m
 Charlotte Ellis 400m, 64.6s; LJ 5.22m
 Polly Keen 1500m, 5:05.2; 3000m, 10:38.6
 Eleanor Fowler 3000m 10:53.0

Derek Hateley PV, 3.20m
 Terry Selway PV, 2.80m
 Carolyn Dyall 400m, 69.5s
 Mary Hall 1500m, 5:44.8
 Ellie Haynes LJ 4.86m

**Midland masters league
 Match 2 - Rugby 7th June**

The team tent was pressed into action as the skies opened just after 7 o’clock and the small squad managed to shelter from the rain. Race walker Sarah Trundley was coaxed into doing a 3000m race while runner Steve Hargrave tried out the 2k walk - I think I heard words to the effect of ‘never again’ from



both athletes. Mike Aylwin is still fleet of foot as a 54 year old – clocking 27.4 over 200m. Phil Harris had another dabble with a short race – this time an 800m and Viv and Derek were the multi-eventers picking up points on the track and in the field.

Individual Results

| | | | | |
|---------------|--------------|----------------|-----------|-----------|
| Derek Hateley | 200m, 29.3s | JT, 17.48m | HJ, 1.25m | PV, 3.00m |
| Viv Kirkland | 200m, 44.7s | JT, 9.06m | LJ, 2.47m | |
| Helen Talbot | 800m, 2:38.9 | 3000m, 11:10.2 | | |
| Laura Matkin | SP, 7.48m | DT, 19.49 | | |

Steve Hargrave 800m, 2:30.3 2k walk, 14:16.6

Carolyn Dyall 2k walk, 12:24.1

Sarah Trundley 3000m, 16:13.5

Mike Aylwin 200m, 27.4s

Fleur O'Donohue 800m, 3:20.9s
 Nick Wall 200m, 31.2s
 Terry Morris 2k walk, 13:54.9
 Ian Mansell 3000m, 9:45.5

Geoff Hudson 200m, 37.8s
 Eric Fowler 800m, 2:23.5
 Phil Harris 800m, 2:29.5
 Chris H-H 3000, 12:36.7

Match 3 - Leamington 28th June

The team tent was on standby under dark skies but we stayed dry. Back to the shorter distance races at this fixture and the chance for a few athletes to try alternative events. Sarah Trundley took a well-deserved race win in the 2k walk and Helen and Mary made an impressive double act in the 1500m. At the conclusion of the match the women (pictured l-r Helen, Fleur, Emma, Carolyn) won a very exciting medley relay.



Individual Results

| | | | |
|-----------------|------------------|---------------|------------|
| Carolyn Dyall | 400m, 70.9s | DT, 13.72m | HT, 11.50m |
| Mike Aylwin | 100m, 13.8s | 400m, 62.1s | SP, 7.89m |
| Viv Kirkland | 100m, 18.1s | HT, 19.56m | |
| Geoff Hudson | 100m, 17.9 | 400m, 1:40.2 | |
| Emma Jayne | 100m, 15.9s | LJ, 3.41m | |
| Helen Talbot | 400m, 71.0s | 1500m, 5:24.2 | |
| Chris H-H | 1500, 5:41.1 | DT, 14.35m | |
| Ian Mansell | 400m, 66.6s | 1500m, 4:35.9 | |
| Fleur O'Donohue | 100m, 16.1s | | |
| Sarah Trundley | 2k walk, 12:11.0 | | |
| Terry Morris | 2k walk, 13:36.3 | | |
| Mary Hall | 1500m, 5:51.9 | | |
| Eric Fowler | 1500m, 5:09.6 | | |
| Andy Harris | 1500m, 5:46.9 | | |

Match 4 - Kettering 19th July

A breezy evening for the most easterly fixture in the series. Alas, short of numbers we couldn't put out relay teams. Andy Harris had another try at track racing and appreciated the sharp contrast with marathon running. The highlight of the evening must be Carolyn Dyall in the 2k race-walk as she won the mixed race outright and set a new PB – a useful confidence boost just before heading off for the European Masters Championships.

Individual Results

| | | | |
|----------------|------------------|------------|------------------|
| Derek Hateley | 200m, 28.2s | TJ, 10.27m | PV, 3.20m |
| Viv Kirkland | JT, 9.14m | SP, 6.04m | DT, 12.17 |
| Carolyn Dyall | 200m, 30.6 | LJ, 3.08 | 2k walk, 10:54.2 |
| Mike Aylwin | 200m, 27.7s | SP, 6.66m | |
| Eric Fowler | 800m, 2:26.2 | | |
| Michelle Kenny | 800m, 3:09.1 | | |
| Steve Hargrave | 3000m, 11:14.9 | | |
| Andy Harris | 3000m, 11:49.2 | | |
| Eleanor Fowler | 3000m, 11:02.3 | | |
| Terry Morris | 2k walk, 14:16.6 | | |

As a result of the team scores throughout the season the Harriers masters will contest in the 'B' cup final to be held at Tamworth on 10th September. There is more than pride at stake – last year the Harriers won the cup final match.

Race walking news – featuring Carolyn Dyall and Ann Wheeler European Masters athletics championships – Aarhus, Denmark



Carolyn Dyall (pictured in the red, white and blue GB Masters kit) and Ann Wheeler travelled to the European championship held 27th July to 6th August. The championships featured in the media including a mention on the BBC website.

Carolyn competed in the 5km track walk in Aarhus on 31st July and finished 6th in the W35 age group in a time of 28.35. Ann, who has been nursing a hamstring injury, did not compete in the 5 km track walk in order to concentrate on the 10k road walk. Carolyn reports – “Ann provided me with excellent encouragement for my first international competition even to the extent of a 'coach off' with the Belgium coach during my warm up”.

The 10km road walk was held in the morning of 3rd August and was a mass start with over 102 athletes in all age categories from W35 right up to W90. Carolyn finished 7th in the W35 race with a new pb of 59:46 - nearly 5 mins quicker than her previous best. Carolyn was part of a W35 GB team which finished 5th.

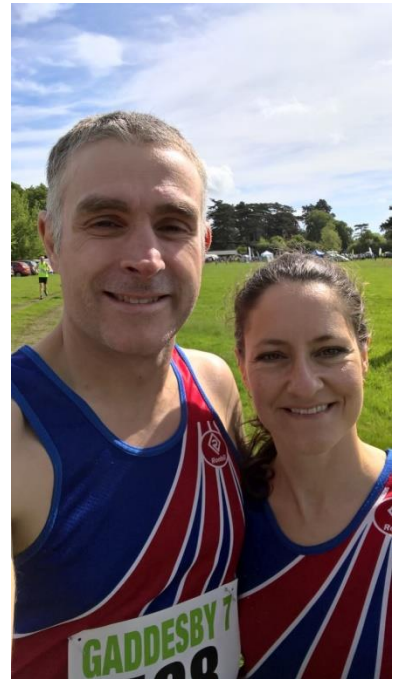
Ann came 6th in the W60 age category in a time of 1:07:03 and was part of the gold medal winning GB team in the W55 age category which was an amazing achievement despite being in pain throughout the race from a long term injury which had been causing issues prior to the competition.

Road racing news

Gaddesby 7 – 21st May

Amanda and Phil Harris were the only Harriers racing in the Leicestershire Road Leagues Gaddesby 7 mile race on 21st May. The Gaddesby 7 is a new race in the LRRL series, hosted by Team Anstey. Like the other races in north Leicester it will no doubt come to be described as 'undulating'. It's by no means flat! The steep downhill at the end is reminiscent of the finish at Hungarton.

In a field of 500 athletes Phil achieved a best ever LRRL finish of 108th overall in a time of 49:38 (not sure if that's because he's getting faster or the field is getting weaker) with Amanda clocking 55:45 to finish 47th female. The Harris couple were also carrying the flag for the Harriers at the Kegworth Long Lane Dash (5 miles is a long dash!) on a sticky Friday evening Phil finished 19th overall in 34:09 and Amanda 16th female in 39:46 with both coming 2nd in their age groups. Amanda even managed to fit in a pit-stop at the ambulance to collect an icepack for her injured leg and then carry on to finish!



Joy Cann 5 – Huncote - Weds 2nd Aug

This is a 5 mile road race through Huncote, Narborough and Enderby. The race was established in 1993 and is run in the memory of Huncote Harrier club runner Joy Cann. Pete B was the only Harrier – finishing in 119th place with a time of 33:54.

Warwickshire Road Race League

Two Castles Kenilworth to Warwick – 11th June

New member James Dewell was the quickest Harrier chased in by James Mason. Pete B has been building a portfolio of races in this series.

| | | | | | |
|------------------|--------------|-------|-------------------|--------------------|-------|
| 69 th | James Dewell | 39:23 | 224 th | Pete Barzetovic | 43:35 |
| 90 th | James Mason | 39:57 | 411 th | Chris Hamer-Hodges | 46:59 |

Sphinx 5 – Coventry Memorial Park - Weds 14th June

A relatively rare race appearance for Jo Grant was rewarded with 18th place in the women's race listings.

| | | | | | |
|-------------------|-----------------|-------|-------------------|----------|-------|
| 109 th | Pete Barzetovic | 34:36 | 145 th | Jo Grant | 35:59 |
|-------------------|-----------------|-------|-------------------|----------|-------|

Arden 9 – 18th June

Warm weather for the Solihull fixture, mostly road race but with a section of trail running. Another one where Pete B was the leading Harrier. Mel Hill continues to progress.

| | | |
|-------------------|-----------------|---------|
| 80 th | Pete Barzetovic | 1:05:00 |
| 93 rd | Ian Carwardine | 1:06:19 |
| 264 th | Melanie Hill | 1:25:58 |

Northbrook 10k – 9th July

Ian Mansell was happy with his 35-something clocking on the hilly Northbrook course.

| | | |
|-------------------|-----------------|-------|
| 7 th | Ian Mansell | 35:46 |
| 135 th | Pete Barzetovic | 44:13 |
| 418 th | Melanie Hill | 57:30 |

Stratford 6(mile) – 22nd July

Pete B in yet another WRRL race – consistency across the races has put Pete in 5th place in the overall series rankings for the M55 category.

| | | |
|------------------|-----------------|-------|
| 96 th | Pete Barzetovic | 41:18 |
|------------------|-----------------|-------|

And Finally..... More Keen on beers than miling?

Few people know that we have a British and European record holder – **Polly Keen** set the British and European beer mile records in August last year at 6:52.2. The format for a Beer Mile is simple – 4 laps of an athletics track with a bottle of beer to be consumed ('chugged') before each lap. The total time is taken for the 4 beers and 4 laps. Regurgitating any beer incurs a penalty extra lap to be run.

From the official beer mile web-site "*Last year Polly gave Erin O'Mara a really tough race. Some improved technique should see her improve upon her 3rd place from last year. She owns a modest 4:55 1500m PR, but showed true grit in her chugging ability.*"

The 2017 championships were held on 12th August in London and received coverage in Athletics Weekly and with a live web-stream video. In the elite women's race Polly made a quick start and took the early lead with the first beer and had completed a lap in around 1:24. As the race progressed fellow Brit Laura Riches (who has a 'normal' mile pb of 4:49) went through into the lead tailed by American favourite Allison Grace Morgan. At the start of the final lap (5:13 on the clock) Polly looked to be in a safe 3rd place but drama was to follow. Video replay showed that both Laura and Allison had 'coughed a bit back up' so incurring the extra lap penalty which left Polly to cross the finish line in a time of 6:32. Further drama followed though and joy turned to despair, the post-race analysis of the 'empties' found a bit too much beer froth left in one of Polly's bottles leading to a technical disqualification.

Better luck next time – and remember, drink sensibly.

Upcoming competitions

As the summer draws to a close, thoughts will start to turn to the cross-country season. Several fixtures are still to be confirmed and a winter fixture list will be produced as soon as possible and posted on the club website.

More immediately – The Nuneaton 10k will be on Sunday 10th September. This is a first running of a new race – starting by the town hall and running around around and through Riversley Park to finish at the stadium. If you're not running then come along to support.

The Midland relays will be run on 23rd September in Sutton Park. Always a great event and the Harrier's women's team looks especially good this year.

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