

Nuneaton Harriers AC News

Edition 4 - June 2014

In this edition we'll celebrate the start of the summer season, we have personal reflections on the London marathon from Ian Carwardine which is a great read, pick up news from the club's AGM, there's an invite to join a Loughborough University research project and we cannot fail to mention a very special diamond jubilee or two....

A special Diamond anniversary

On 6th May 1954, Roger Bannister became the first person to run a mile in less than 4 minutes. On a blustery evening on the cinder track at Iffley Road in Oxford the student doctor clocked 3:59.4. The story of the attempt – and all that went before – is brilliantly captured in the book *The First Four Minutes* which I'm happy to lend if anyone fancies the read. Here's a fact, more people have been to the top of Mount Everest than have cracked the four-minute mile. It remains a tantalising challenge for top middle distance racers.



Only a month after Sir Roger's triumph a further bit of history was made; on 3rd June 1954 Barry Ewington joined Nuneaton Harriers. In his 60 years with the club Barry has competed at high level, coached athletes to international success, officiated and for over 30 years has been the lynch-pin of the club's committee serving in several of the roles, latterly as our President.

To celebrate and thank Barry for his huge contribution to the success of the club a surprise reception was held after training on 3rd June. Of course there was a cake!

Colin Turner led the tributes and Barry cut the cake – fittingly just in front of one of the “Inspire a Generation” banners. Thanks Barry.

AGM and membership fees for 2014/15

The club AGM was held on 1st May. This was also the day that Nuneaton Harriers Community Association began to operate. If Nick Wilson looks a little frazzled it's because he carries the responsibility now for running the stadium and ensuring it remains financially viable. This is really important for the club; the Pingles is the base for most of our activities. It's up to Nuneaton Harriers to show that we care about having this as our home venue. If you can spare **any** time to help keeping the place tidy then please do offer.

The level of membership fees was decided; we've held the level that the club collects for itself but had to pass on the increase in the affiliation levy charged by England Athletics. This is a mandatory charge – and this year it will increase (up £5 from last year) to £15 for every member over 11 years old and be £10 for all under 11's. The membership fees also pay for the club's insurance, for affiliation to the various leagues and athletics associations and fees for championship race entries, etc.

Membership category	Annual fee
Under 11 years	£30
Over 11 & under 18	£35
Seniors	£40
Over 60's	£30
2nd claim (incl members of Nuneaton Triathlon club)	£25
Family membership(2 adults + 2 children)	£100

Please pay your renewal promptly. The training fee remains at £2 per session for members.

So to the race reports and we start with a personal account from Ian Carwardine.

Three Carwardine Brothers run the London Marathon 2014

I started running seriously in 2012 as my two elder brothers were members of the Centurion Running Club and my family claimed I couldn't run a tap let alone a marathon! So challenge on, I started building up the mileage and entering various races including fun runs and the Birmingham half marathon, the thought of then doubling that distance seemed impossible.

London?

Mark my eldest brother had yet again secured a 'good for age' entry for London, Andy and I had applied for ballot places and were both rejected, so both applied for club places. Andy was successful in gaining a Centurion place but I missed out on gaining a Harriers place (now there's another story), so with two out of three of us having an entry I had to choose if I was going to watch it on the TV or travel to London and watch it live; I was truly gutted. At this time my father in law was being treated for Prostate cancer and being supported by the charity Prostate cancer UK. After a family discussion it was agreed that I would apply for one of their charity places. Although initially I was turned down the charity contacted me a few weeks later to say they had changed their minds and would like to now offer me a place. I was delighted but now the daunting tasks of raising sponsorship and training began.

The 3 of us were going to be competing in the event.

Training

A very technical training plan was devised – to do as much as I could as often as I could. (Copies of this plan are available for a small fee). Fortunately the weather was kind and the training went well, even doing my first cross-country season (now there's yet another story). I was slowly building up the distance but the pace was not really improving. After lots of long boring lonely runs and a few 20 mile plus runs I felt in good shape and ready for the event.

Marathon weekend

On Saturday morning Andy and I travelled to our hotel in Woolwich whilst Mark headed to accommodation in central London. As we approached our hotel we turned onto the marathon route and under the one mile marker, this was the first of many great moments over the weekend, I could now picture myself running on this very road in less than 24 hours time and it all now seemed very real.

After checking into the hotel it was on the DLR to excel centre to collect our numbers and timing chips. It was great to be at the exhibition with my number now in my hands. My start area was red, Andy's was blue and Mark was in the blue elite starting area with Mo! On return to the hotel it was time to pin the number to my prostate cancer vest and start laying all my gear out ready for the next day. An evening meal at Nando's and an early night was next on the agenda and I was surprising calm but excited. A reasonable sleep was interrupted by my 5am alarm.

Marathon Day – Sunday 13th April 2014

The day started with breakfast and getting my running gear on with a few plasters placed in strategic places.

A short train journey to Blackheath and a short walk to meet Mark at the Centurions' base camp hotel, now the atmosphere was really starting to kick in. Today was the day I had been working towards for months, a steel band was playing outside the hotel and as I looked across to the start area I was recognizing landmarks I had seen whilst watching the event on TV so many times before. After meeting Mark and other Centurions at the hotel for a photo call and bumping into Fred Heath who had come down to watch, Team Carwardine walked out of the hotel doors to make our way to the start; it really felt like walking onto the pitch at Wembley with the England team.



As we wished each other good luck we split and went our separate ways, I was now on my own and the panic set in. When I got into my start pen I found I was very close to the front; it would be a left turn and within a few yards I would be across the start line. I had watched this race so many times on the television, wondered what it would be like to take part and thought how frustrating it would be to take so long to cross the line. But here was I right at the front. I turned around and jumped up; what a sight - a sea of thousands of people behind me, another moment I will never forget.

The start time was getting closer and I heard the elite runners being introduced so I knew this was it, a few last minute kit adjustments then we were off. I was very soon out of the park gates and turning left towards the start line which I crossed 3 minutes after the start gun.

The first thing that surprised me was how many men were heading for the bushes for a quick wee a few yards past the start line. I soon settled into the race and got into a nice rhythm of 8-minute miles, which would see me finish in 3 hours 30 minutes, which was an ambitious target, but well worth a try. The crowds were amazing even in the early stages, the sheer number of people was incredible and it seemed most of them were shouting my name from my vest. As the red route met the blue route just before 3 miles each stream of runners was 'booing' the other,

very strange but all in good fun. I was happily maintaining the pace with ease, it was tempting to speed up but I had Mark's voice in my head telling me not to and stating that it should feel easy for at least the first half.

I wanted to see the leaders and Mo Farah coming towards me as course doubles back between the 13 and 14 mile points. There is only a short distance of opportunity to see them and I had worked out that I would need to cross the start line soon after the start time and maintain the 8 minute mile pace to have any hope of achieving this.

I had forgotten about running around the Cutty Sark at 6 miles but was soon enjoying this sight and I was feeling really good, it really was feeling easy. As I ploughed on through Deptford, Rotherhithe and Bermondsey all was still good so my next landmark was crossing Tower Bridge. I was now worried that I would be stopped by the BBC for an interview but I needn't have worried; I was not dressed as a superhero or carrying a fridge so I was quite safe. An hour and a half in and I was now feeling that things were no longer so easy; I was having to work a bit to keep at the pace. As I was now on the section where the leaders would be coming towards me, and I was trying to work out if I had missed them or not, I got over to the left hand side of the road and before long I could see the lead vehicles coming. It was a great sight to see the front runners but there was no sign of Mo! However, I knew he was coming as a wall of sound rose from the crowds as he approached. I put my hands above my head clapping and joined them shouting "come on Mo", the hairs on the back of my neck stood up – what an amazing moment. This gave me a boost to stick at it and keep the pace. I passed the half way point at 1.45.28 – Bang on target.

By mile 16 I dropped towards 8.25 minute miles, now it was starting to feel tough and I was also getting fed up of people shouting my name so I hid in the middle of the pack so I couldn't be seen. I tried to pick up the pace and Canary Wharf with its famous tall buildings was a bit of a blur. At mile 19 I was now at a pace of 9.19 and things were not looking good, so now I needed to pull things together. I had another push and mile 20 was back down to mid 8's; so now only 6 to go - just a short training run and then it would be all over.

I started to feel very slight cramp pains in both calves, I hoped and prayed this would not get any worse, lots of people were now staggering to the barriers on either side, people were lying in the road and stretching their legs. I was thinking 'why am I still going?' and 'when will it be my turn to fall down?' Then during mile 20 I got unbelievable cramp pain in both calves, it felt like two tennis balls trying to pop out of my legs. I knew this was bad news with 6 miles to go. The last thing Mark had said to me before the start was "You have come to run the London Marathon, not to run/walk it". These words were now in my head, I also remembered my father in law Ron who sadly passed away a couple of weeks before this, I was doing it for him. I also started thinking about all the people who had sponsored me to raise money for Prostate Cancer UK so I was not about to join the many runners now walking, lying on the floor or leaning on the crowd barriers. I slowed down and continued to run although it was really painful.

Little did I know at this time that Andy was one of those runners who had stopped; he had been very slightly ahead throughout the whole race, even just a few seconds at one point, it wouldn't be long before I would pass him but I didn't see him and he didn't see me.

Mile 21 – 24 was a real struggle, I was thirsty as it was a very hot day but drinks just made me feel sick so I couldn't get any fluids on board. The tank was empty and I just wanted it to end now! My family was waiting opposite the London Eye so that was my target to focus on, as I counted down the miles to when I would see them. As the London Eye got nearer I tried to pull myself together so I looked good when I ran past. This must have worked as my dad said afterwards how well I was running. Mile 25 was a second under 9 minute miles, so with just 1.2 miles to go a sharp right turn at Big Ben saw me heading towards Buckingham Palace. This was the longest 1.2 miles of my life, my pace was now at mid 9's and it was just a case of now crossing the line. When I spotted the 400 metres to go sign I thought "No, not a lap of track!" I crossed the line at 3.41.20. Quite a way off the 3:30 but still very pleased with that time.

After crossing the line it's quite a long process having your photo taken, removing your chip, collecting your medal – now that was an amazing moment too, then collecting your bag. By this time I was ready to collapse, I lay face

down on the dusty floor with the heat blasting down on me and tried to recover. The medical people wanted to get me in the tent but I just wanted to be left alone, I knew I was ok and would come round in my own time. After a few minutes I managed to walk to find my family then make it to the hotel near Trafalgar Square where the charity had a post race reception. This was followed by a challenging journey back to our hotel in Woolwich.

Mark's finish time was 2.52.21 and Andy finished in 3.47.48 and said he would never run a marathon again. Would I do it again? Well guess what - I have entered the ballot for 2015.

It was an amazing experience, it is much more than the day itself, it is an adventure from securing a place, then all the training, then the planning and preparation then the whole "London Marathon weekend Experience" was something you have to try even if its only once in your lifetime.

Many thanks to everyone who sponsored me, encouraged me, trained with me or gave me advice as you all played your part in this event. I hope you have enjoyed reading my story and maybe you have been inspired to give it a try. If you would like to donate please visit



<http://uk.virginmoneygiving.com/IanCarwardine>

Ian Carwardine

Silverstone 10k (East Midlands Grand Prix series) 7th May

Fast and fairly flat, this race around the grand prix circuit normally has a big entry. Four Harriers motored their way round; the ladies doing well in their respective age categories.

233 rd	Chris Hamer-Hodges	43:01
816 th	Eddie Hansen	55:54
817 th	Kathryn O'Brien	55:55 (4 th in age grp)
953 rd	Jeanne Hansen	60:56 (4 th in age grp)

Bosworth half marathon – 11th May

On a typical changeable spring morning the quickest runners were finished just before the rain but others will have been caught in a 'refreshing' shower. Team Carwardine were out again but top honours to our more senior members; Garry Payne (nearly a Harrier) won the M50 class, Tony Norman won M60 and Geoff Hudson was first M70.

8 th	Garry Payne	1:21.03
80 th	Pete Barzetovic	1:24.54
102 nd	Tony Norman	1:37.29
114 th	Ian Carwardine	1:38.45
229 th	Simone Wilson	1:47.27
258 th	Anne Grant	1:50.21
318 th	Claire Allen	1:56.01
338 th	Matt Ruff	1:58.03
371 st	Geoff Hudson	2:00.03
381 st	Hayley Clarke	2:01.11



Rugby 6 (East Midlands Grand Prix series) 14th May

Second race in this series and a pattern emerges... Well done Jeanne on category win.

329 th	Eddie Hansen	54:40	
330 th	Kathryn O'Brien	54:40	(4 th in age grp)
346 th	Jeanne Hansen	58:10	(1st in age grp)

Blisworth Friday 5 (East Midlands Grand Prix series) 23rd May

Top honours this time to Kathryn – picking up the age-group win. And well done Eddie on pace-making.

350 th	Eddie Hansen	45:15	
351 st	Kathryn O'Brien	45:18	(1st in age grp)
369 th	Jeanne Hansen	47:22	(3rd in age grp)

Corby 5 (East Midlands Grand Prix series) 4th June

Running without the usual support team for this one, Kathryn was still good enough for 2nd spot.

285 th	Kathryn O'Brien	45:54	(2 nd in age grp)
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Midland track and field league – Leamington – 4th May

The most startling appearance for this season opener was the new club tent. Well actually it's the senior women's team tent – kindly provided by Decathlon in Coventry. This accommodation comes packed up in a tidy circular bag – but unfasten the restraining strap and it 'pops' up and it's HUGE.

Several good performances during the day and people having a go at multiple events. A good fun atmosphere as usual and El made cakes. Packing up at the end of the day provided a fine source of entertainment for on-lookers. Folding the tent to get it back into its bag requires a certain 'technique'. Or alternatively, about 20 minutes of brute force and a lot of swearing.

Warwickshire and Leicestershire County Championships – Pingles 17th & 18th May

Several Harriers competed in the county champs across a sunny weekend. We have a number of county champions and there were some excellent middle distance races, especially well run by the ladies.

Amicia Collet showed great tactical running in the under 13 girls 1500m race and collected a very well earned silver medal. Emily Negus, let's remember still in the u15 girls, is already a highly experienced racer and also collected a county silver over the same distance. Kat Hodgson, in her first serious track race produced an impressive 2:22.61 for 800m and a senior title.

Toby Melville produced a pb for 100m with 11.00s. Katie Daniel (u15G) and Megan Smith (u13G) took on the sprint double and Hisham Alkhamesi walked away with a win in the u13 boys 2k racewalk.

In the field events Georgia Parris cleared 1.60 for 2nd place in the u17 high jump. Greg Jones threw out to 41.76m in the U20 javelin for the Leicestershire county title. Douglas Stilgoe leapt to 4.63 in the U20 long jump and Toby Melville claimed the (almost) inevitable U20 Warwickshire title in triple jump.

Full results are available on this link - <http://www.lraa.org.uk/results.aspx>

Two castles 10k – 8th June

Just four harriers in this now very (over?) popular run. Looking at the differences between gun and chip times it obviously took a while for those further back in the pack to actually get started.

231 st	Chris Hamer-Hodges	43:26
1408 th	Zoe Wilkin	53:42 (welcome back Zoe!)
1837 th	Hayley Clarke	57:58
2468 th	Angela Fisher	64:17

Forthcoming events (Home fixtures highlighted – even if you're not competing come along to support)

Youth development league U13 / U15

Sun 22 Jun Daventry
Sat 19 Jul Tipton

Youth development league U17 / U20

Sun 29 Jun Pingles, Nuneaton
Sun 27 Jul West Notts

Midland Track and Field league (juniors & seniors)

Sun 6 July Pingles, Nuneaton
Sat 2 Aug Kidderminster / Stourport

Midland Masters league (Over 35s, evening matches)

Weds 25 Jun Rugby
Weds 30 Jul Nuneaton

Championships

11/12 Jul English Schools T&F Champs Alexander Stadium
9/10 Aug BMAF national champs Alexander Stadium
16/17 Aug Midland U17/U15 champs Alexander Stadium

East Midlands Grand Prix series (EMGP evening races) www.emgp.org.uk

Tues 17 Jun Harborough 5
Tues 24 Jun Weedon 10k
Tues 1 July Milton Keynes 10k

Leicester Road Running League

Sun 22 Jun Prestwold 10k
Wed 2 Jul Hungarton 7
Sun 20 Jul Hermitage 10k
Wed 6 Aug Huncote 5
Sun 7 Sept John Fraser 10

Warwickshire Road Race League - http://www.warwickshirecountyaa.co.uk/wrrl_site/index.htm

Wed 18 Jun Sphinx AC 5mile Coventry Memorial Pk

Sun 22 Jun Arden 9mile Hampton in Arden
Sat 28 Jun Stratford 6mile Stratford on Avon
Sun 13 Jul Northbrook 10km Coventry
Wed 23 Jul Ryton Pools 5 mile Ryton
Wed 13 Aug BRAT 5km Rowheath, Birmingham
Wed 20 Aug Coventry 5mile Coventry Memorial Pk

Loughborough University study – chaps, you can participate!

Ross Beaumont is looking at the effects of caffeine habituation on endurance exercise performance and recruiting active males aged 18-40 who drink on average 1 caffeine containing beverage per day habitually. For taking part individuals will receive a £25 Amazon/iTunes voucher, dietary advice, and all of their personal physiological/performance data from the study. If you are interested in joining this study contact Ross Beaumont at Loughborough University by email on R.E.Beaumont@lboro.ac.uk



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Don't forget the summer competition - Where has your Harriers vest been seen?

Most of us like to include a run in a holiday break. A few even combine a holiday with competing abroad so how about a competition for the furthest / most exotic place where you've run wearing your Nuneaton colours?

To qualify you'll need to provide a photo and a short description of where you were (or what event you were in). Entries by 1st September and a suitable prize will be awarded.

If you've raced and want to tell others about it, or have something you'd like to see included in the newsletter then please let me know. Other members will be interested in your race reviews.

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