

Nuneaton Harriers AC News

Edition 5 - August 2014

In this the summer season edition, we have accounts on some of the road races where Harriers have picked up prizes and athletics results for some of our young senior and ahem 'rather more senior' members.

East Midlands Grand Prix series

In the early fixtures of this series, Kathryn O'Brien and Jeanne Hansen both tasted success, clearly liked it and went back for more. Helen Talbot (running in disguise as a Huncote Harrier – tut,tut) also enjoyed success in age group.

Harborough 5 - 17th June

64 th	Helen Talbot	31:51	(1st in age grp)
317 th	Jeanne Hansen	46:45	(2 nd in age grp)

Weedon 10k - 24th June

54 th	Helen Talbot	39:25	(1st in age grp)
265 th	Kathryn O'Brien	58:12	(1st in age grp)
274 th	Jeanne Hansen	47:22	(3rd in age grp)

Milton Keynes 10k - 1st July

Starting and finishing on the playing fields of the Open University this mostly flat 10k disorientates as it follows the complex link roads around Milton Keynes. Two age group top spots for our girls!

70 th	Helen Talbot	38:51	(1st in age grp)
427 th	Jeanne Hansen	57:46	(1st in age grp)

The overall series results are announced after the Milton Keynes 10k and Jeanne was the series winner in the W60 category (best of 5 races) and Kathryn was 2nd in W55. Well done both of you!

Midland track and field league

7th June - Hereford

A very small team travelled all the way down to Hereford. The most impressive performances probably came in the jumps. Derek was in fine form with the pole, clearing 3.10m and taking a win. Obie Nyambayo revealed an amazing talent as a jumper (and last summer we thought he was a pretty gifted middle distance racer). Obie won the high jump with a height of 1.68m, and took 'B' string wins in the long jump (5.52m) and triple jump (11.92). Toby Melville took 'A' string triple jump win (13.12) and 2nd in the long jump (6.17).

Tyler edged a little closer to the 2-minute barrier for 800m with a front-run race effort for 2:02.3. The lads also made a good effort taking 2nd in the 4x100m relay.

Rachel Chard made a very welcome return to the track team for a run over 1500m and 3000m.

6th July – Nuneaton

This a home fixture so we were bound to pack out a good team – and so it was that we gained our best finish of the season finishing 2nd.

There was some serious multi-eventing going on. Tyler Selway, Carolyn Dyll, Yasmin Bunting and Emma Jayne all tackling a variety. Kat Hodgeson had an impressive individual win in the 800m with 2:26.6. In the men's 800m there was a double win, Tyler taking the 'A' string and Jake Waples taking the 'B' race. Greg Jones impressed with an intriguing double, 2nd in the 1500m and a good win in the Javelin – with another pb at 45.75m.

Toby and Obie repeated their domination of the triple jump with another win double (14.16 and 12.83 respectively). Derek Hateley was close to pb form in the 110m hurdles with 20.8. Georgia Parris in a rare senior appearance dominated the women's high jump with a win at 1.60m. Viv as usual alternated between officiating and competing.

2nd August – Stourport

Another thin-cut team with many people away on their hols. But this time we had our secret weapon, the 'Pocket rocket' Emma White in the ladies sprints. The few of us at Stourport had a good day dodging the rain showers. Emma Jayne and Carolyn once again did the 'multi'. Chris Hamer-Hodges tackled the middle distance double of 1500m and 3000m. Greg Jones was once again impressive with that 800m and javelin double. It's unconventional – but it works.

Oh and we've really sorted out the technique for packing up the team tent. It's down to about 5 minutes and there's a lot less swearing from yours truly.

At the end of the season we've avoided finishing bottom of the division – ok, so that's not a great brag. Better effort next year?

Midland Masters league

For those who haven't been part of this series – it's great. Of course there will be plenty of members who can't participate – the minimum age is 35. We have a number of Harriers who have excelled in the league. Colin Turner in the walks (we'd expect no less from our World Champion), Viv multi eventing on sprints and field events. Emma Jayne and Carolyn Dyll have been absolute stars in the W35 age-group. Derek Hateley has now moved ahead of coach Terry Selway in the pole-vault. Mike Aylwin (one of our second claim members from Whetstone) is still racing well over 200/400/800m distances as M50.

What we lack is a few more ladies in the 50 and 60 age group, especially in the longer track races. Where we have competitors we do well but the gaps where we can't cover events push us back in the team scores. The age bands are at 35, 40, 50 and 60. An athlete can compete in a younger age event but cannot move 'up' an age group. I did my first M50 race soon after my birthday and was out-sprinted at the end of a 1500m. The competition is good – but it's not like getting whooped by a 20 year old.

The league cup final is on 31st August at Stoke and the Harriers have qualified for the 'B' final. This is a good performance as all three divisions are sending teams this year. Fingers crossed for the end of the month.

Thanks to all the officials who have supported the team through the summer

Track and field athletics cannot go ahead without officials and judges. In some competitions we are awarded extra points for providing officials so the success of our club is shared. Thanks again.

Road racing roundup

Off on a 'foreigner'

Pete B has tried to find some more obscure races and clocked up two half marathons in June

Isle of Skye half - 14th June

Pete finished in 1:40:57

Torbay half marathon – 29th June

Finished in 1:35:17

Dorridge Fun Run :- Ian Carwardine writes about another recruit for Team Carwardine

After the long marathon mileage I am keeping the legs turning over with some shorter races. My youngest daughter Hannah is now enjoying running on Tuesdays and Thursdays at the Harriers but wanted the experience of a race. So we entered for the Dorridge fun run as it had a 3.5 mile option which was an ideal starter for Hannah and an 8.2 mile course to make it interesting for me. Hannah was thrilled when her first running number landed on the door mat.

Dorridge has a challenging course but Hannah completed her 3.5 miles in a very respectable 32 mins and I completed the 8.2 miles in 57.55 finishing 21st overall. Mark Treadwell came 6th in 53.23.

Arden 9 – Sunday 22nd June

Team Carwardine were out again for the Arden 9. It was a once again a very hot day. After registration a 2 mile warm up was requested by our team captain Mark. Prior to the race start an emotional 1 minute round of applause was conducted in memory of veteran Midland athlete and official John Walker.

My brother Andy started slightly ahead and was in sight for the first few miles. About 4 miles a nice long downhill gave me the chance to catch Andy we ran together for another 3 miles or so. I felt I had a bit more in the tank and pushed on but off-road terrain around Barston lake at 8 miles didn't suit me and I slowed down. At this point Pete B eased pass me and I noticed Andy was also now catching me. I dug in and tried to chase Pete; on the last steep uphill back in to Hampton I managed to close on Pete and that dragged me ahead of Andy.

Results :-

Mark Carwardine	1st Male 45-54	13th Overall 53.38
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Pete Barzetovic	94th 63.39	
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Ian Carwardine	100th 64.01	
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Andy Carwardine	118th 65.38	
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Stratford 6 – Saturday 28th June - Garry's back!

This is an evening race on a tough course near Stratford on Avon. Garry Payne, our recent and very welcome returnee to the Harriers, is back to race fitness and blistered round in 34:50 (yes that's under 5:50 mile pace). Garry was 14th in the race and well clear in his M55 age group.

Garry Payne	14 th 34:50	1 st M55
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Northbrook 10k - Sunday 13th July

The Carwardines fielded a different team from the stable for this one, with Mark away competing in the Wales marathon and coming 3rd (2nd in his age category) in an excellent 2:54 on very hilly course. Two of the junior team competed in the Northbrook 2k race before the main event. Jack Carwardine came 12th in 7.46 and Hannah made her debut and came 21st in 8.33, two up and coming Carwardine's to watch for the future, well done both of you.

The main event kicked off on a warm but dull day. Five Harriers tackled the hilly 10k course; it is basically 5k up then 5k down. Keith Stephenson has been a regular for some time in the Thursday intervals and can now claim a team place. For Ian this was a huge improvement on last years run:-

Pete B	108th	42.24
Keith Stephenson	119th	42.53
Ian Carwardine	137th	43.39 (8 minutes quicker than last year).
Andy Carwardine	192nd	45.58 (Centurion)
Ian Walker	318th	51.14 (Harrier newcomer)
Angie Fisher	392nd	56.04

Carwardine team photo attached.



Recently sighted at a Thursday training night – Lee Carey

Back from the USA after college. (Lee for those who don't know was an England junior international in the cross-country team). If he's back and fit then our winter team has suddenly become awesome.

Best wishes to Moshin – recovering from long awaited surgery to repair ruptured knee ligaments. Hope the repair has worked well Mos, we really missed having you in the athletics team this summer.

Forthcoming events

Club championships - if you do nothing else then support this event.

To be run across three training nights
Monday 8th September

Tuesday 9th September
Thursday 11th September

If you wouldn't normally dare tackle a track or field event come down and have a try amongst friends. This is for fun although I'm sure there will be some friendly rivalry.

Badgers Atherstone 10k – 31st August

A new event being promoted by local rivals badgers.

Leicester Road Running League

Sun 7 Sept John Fraser 10

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

Wed 20 Aug Coventry 5mile Coventry Memorial Pk

Midland relay championships

Sat 20th Sept. All age groups including separate 6-stage relay for masters men.

London calling?

How many members have already secured or are in the ballot for a place in the 2015 marathon? It seems to me that several people already have April 26th in their training plans. If there is enough interest we could set up a small training group to tackle those tedious longer runs.

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.

Ian Carwardine writes - My vest ended up on the Greek island of Rhodes recently, as the first Olympic games were held in Greece I found a replica of the acropolis to run from, but at 48 degrees it was a little hot.



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.

Mail to eric.fowler@hotmail.co.uk or leanorgreenfield@hotmail.com

Membership fee reminder

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.