

Nuneaton Harriers Athletic Club

Newsletter 27 – September 2017

We love the track, left turns and straights;

but Autumn's here now, cross country waits.

Our track and field teams - young athletes, seniors and veterans - have been active through the summer, but now as the leaves begin to fall our thoughts turn to the winter season. It's time for cross country:

- o the simplest and friendliest branch of athletics,
- o team competition, everyone counts,
- o the best training there is for everything else.

Whatever your aims - road, track, fell race, get fit, London Marathon, footballer, film star - winter cross country is for you. Yes, there will be mud, hills, varied terrain, sometimes wind and possibly rain. But when spring comes and you run on smooth tarmac or athletics tracks, you will fly.



The winter fixture list is available – look on the noticeboard in the clubhouse or on the club website



Nuneaton 10k is a great success

The inaugural running of this new race proved to be a great occasion. The 200 or so competitors commented on the good course, the slick organisation and the warm reception they received at the Harrier's clubhouse. This looks like an event that's worth putting in the calendar for next year. There was some quality racing at the 'sharp end' with Chris Jordan taking the win in the

men's race and Eleanor Fowler the women's title. Great runs by Sam Howard and Emily Negus saw them quickest in U20 age groups. A full report appears in this newsletter.

An important date for your diary - Friday 17th November

The Nuneaton Harriers Awards 2017 This spectacular gala event will see awards presented to our super-stars of track, field, road and cross-country. Look out for details of tickets – don't miss out!

Volunteers – we need you!

We want to be able to continue to welcome new young athletes to Nuneaton Harriers AC and ensure that we can provide competition teams so our youngsters can enjoy the full experience of club athletics. To do this we need new coaches and volunteers to join our team. We would very much like to hear from any parents who are willing to become qualified parent-helpers/coaching assistants or who are willing to assist in other aspects of running the Club. Support and formal training is available if you wish to pursue it. If you are interested please speak with Nick Wilson or Eric Fowler.

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

August – Imogen Onions – for winning the Midland Counties championship title in the U17W javelin with a personal best throw of 38.52m on August 20th and following that with 7th place in the English national championship on August 27th.

September – Sam Howard – for a great run in the Nuneaton 10k, 8th place in a time of 36:33 well ahead of most of the more senior racers and looking good for the winter season.

London marathon draw – ‘the club place’

Each year the club is eligible for one or two ‘club places’ in the London marathon. These are offered to club runners who have been unsuccessful in the public ballot. A new scheme will be introduced for the draw next year – runners will be able to earn ‘tokens’ by competing in designated events. Athletes with a greater number of token will improve their chance of success when the draw for the marathon place is made – in effect they will have more tickets in the raffle. The full list of qualifying races will be published soon and will include cross-country leagues and championships plus summer athletics and road races where the club has a team entered.

Road racing news

Badgers 10k – Sun 27 August

This popular event is well organised by our local rivals. The course is quite testing and it’s probably 2 minutes harder than a flat route. From the town centre the race is quickly out onto the lanes and through the Merevale Estate for the first time. There’s a tough climb along Merevale Lane that continues to the highest point at about 6k. After that it’s a fast descent back through the Estate and through the town.

There were several Harriers in the prizes; Eleanor Fowler was the first woman with Polly Keen close behind collecting 2nd



position. In the age groups, Eric Fowler was 1st M50, pushed hard by Garry Payne who was 1st M60. Emily Negus also picked up an award for female U20. Polly gained another award as the captain of the winning corporate team from 3M.

Elsewhere in the race there was family interest with Paul and Belinda Negus coaxed to support Emily, and Phil and Amanda Harris both pulling on their race shoes. Some of the newer members were out including Haden Smith and graduates from the 6:30pm training session.

Results – chip times for Harriers and friends

10 th	Eric Fowler	38:40	106 th	Nicky Wall	48:48
12 th	Eleanor Fowler	39:29	121 st	Pete Greenfield	49:46
14 th	Garry Payne	39:45	140 th	Haden Smith	50:40
15 th	Polly Keen	39:46	249 th	Paul Hadland	56:43
41 st	Pete Barzetovic	44:11	278 th	Amanda Harris	58:21
42 nd	Alan Glaister	44:15	279 th	Belinda Negus	58:22
51 st	Phil Harris	45:13	286 th	Melanie Hill	58:19
52 nd	Andy Harris	45:20	337 th	David Windridge	1:02:17
89 th	Emily Negus	47:48	348 th	Cara Cunningham	1:02:42
90 th	Paul Negus	47:48			

Kenilworth ½ marathon – Sun 3rd Sept - Harriers women win!

The Harriers women were back on the podium at Kenilworth. Eleanor Fowler was 3rd female finisher closely followed by Polly Keen in 4th. With Jo Grant finishing as 26th woman the team placed 1st. This is a great result as there is very strong competition from several of the large local rival clubs.

The Kenilworth half follows an undulating route out through the Warwickshire countryside and is well organised by the host club. An additional attraction is the superb cake stall where you can buy a slice of cake nearly as large as your own head! The ever present Pete B had a decent run, new member Haden Smith is getting quicker to clock 1:45. Richard Walker and Paul Hadland also wore the Harriers colours.

Results

Winning women's team		181 st	Pete Barzetovic	1:35:39	
3 rd	Eleanor Fowler	1:23:32	334 th	Haden Smith	1:45:49
4 th	Polly Keen	1:23:36	474 th	Richard Walker	1:53:01
26 th	Jo Grant	1:36:57	630 th	Paul Hadland	2:05:07

Nuneaton 10k – Sun 10th September

The first running of this new event – a joint promotion with NBBC. The course was a mix of roads and footpaths through Riversley Park and drew many favourable comments; two and a half laps, flat and pretty fast with just a couple of tight corners

to negotiate. The finish on the track allowed a good crowd of spectators to gather to cheer in the finishers.

Chris Jordan (a regular visitor to train on the track) was a clear winner in the absence of any real competition at the 'pointy end'. Ian Mansell was quickest of the Harriers a couple of minutes back. Great runs by Sam Howard and new member Steve List brought them in the top ten and below 6-minute mile pace.

Eleanor Fowler was the first female finisher, leading a formation of Harriers comprising returning-to-form Andy Massey and super-vet Garry Payne. Kat Hodgson was delighted to dip below 40 minutes but that threshold once again thwarted Lee Harper. Chris Hamer-Hodges and Michelle Kenny were holding a little back as both were committed to track races in the afternoon at the veterans' league cup. New member Kate Rosamilia showed good progress with a clocking of 54:00.



Results shown below pick up EA registered Harriers (several others had identified themselves on the entry as members).

5 th	Ian Mansell	35:19	30 th	Keith Stevenson	42:35
8 th	Sam Howard	36:33	33 rd	Emily Negus	42:51
9 th	Steve List	36:38	35 th	Pete Barzetovic	43:38
12 th	Eleanor Fowler	37:21	36 th	Paul Negus	43:57
13 th	Andy Massey	37:26	42 nd	Chris Hamer-Hodges	45:01
14 th	Garry Payne	37:39	59 th	Michelle Kenny	47:58
18 th	Kat Hodgson	39:57	71 st	Haden Smith	48:45
21 st	Lee Harper	40:35	73 rd	Martin Swan	48:51
23 rd	Ian Carwardine	41:11	94 th	Melanie Hill	52:39
24 th	Alan Glaister	41:13	109 th	Kate Rosamilia	54:00
26 th	Jon King	41:49			

Midland counties road relays – Sat 23rd September – Sutton Park

A fine days for the relays – isn't it always warm and sunny for the autumn road race? Huge traffic delays didn't help though with a few first stage runners left wondering if they would get to the park on time. There were plenty of clubs racing with 100 complete teams in the women's race and over 120 teams in the men's race. Fastest Harrier laps of the day went to two 'A' leg runners with Polly Keen clocking 15:53 for



the women's 4.33k lap and Ian Mansell running 20:29 for the men's 5.88k lap. James Mason led out the senior men's squad while Michelle Kenny started for the women's 'B' team. In the final reckoning the women finished 9th with a time of 1:06:45. The masters men were also 9th (of the 22 complete masters teams) in 2:16:19. The senior men were 71st in 2:24:04 while unfortunately the women's 'B' was incomplete.

There was a lively run by Kat Hodgson who is coming back to race speed. Garry Payne was making his relays debut – we were all astonished that he hadn't raced here previously – and thoroughly enjoyed the experience. New member Steve List, running under an alias, was quickest in the senior team.

Women 'A' 9th

Polly Keen	15:53
Kat Hodgson	16:38
Helen Talbot	17:02
Eleanor Fowler	17:12

Women 'B'

Michelle Kenny	20:08
Kathryn O'Brien	22:46
Carolyn Dyll	20:44

Senior Men 71st

James Mason	23:54
Lee Harper	23:36
Steve Hargrave	23:26
Chris HH	26:13
Nick Wall	25:22
Steve List	21:33

Masters men 9th

Ian Mansell	20:29
Andy Massey	22:20
Garry Payne	22:29
Mark Treadwell	23:44
Mark Bailey	25:53
Eric Fowler	21:24

Robin Hood half marathon – Nottingham Sunday 24th Sept

A double-up weekend for Eleanor following after the relays. The event was billed as the British half marathon championship attracting some sharp runners. The weather turned warm as the day went on making the conditions quite difficult and Eleanor was disappointed with her run. Andy Harris was using this event as a further stage in marathon training. Eleanor Fowler 1:25:27 (2nd W35) Andy Harris, 1:39:44

Athletics news –

Special Olympics GB – Summer games – Sheffield 7-12 August



Fleur O'Donohue competed in the annual SOGB games held in Sheffield and came away with a gold medal in the F05 category long jump as well as a second place in the F08 100m. The long jump win was the result of a good series with the best of 3.36m coming in the final round.

Midland masters league – cup final – Tamworth 10th September

The Harriers masters were once again contesting the 'B' cup final competition. The clash with the Nuneaton 10k race and a few injury withdrawals meant the team was a little stretched but there was coverage for most events with several people multi-eventing. Ian Mansell, Chris HH and Michelle Kenny nipped across to compete in the afternoon having raced the 10k in the morning. Fastest mover on the day was Mike Aylwin tackling all the sprint distances and leading the relay teams. Pole vault twins Terry and Derek cleared the same height of 3.00m and both won their respective age group competitions. The duo also took on the race walk with Derek completing an unusual individual heptathlon (plus relay) during the afternoon! Geoff Hudson took a win in the M70 200m while Steve Hargrave who has supported the vets and senior team all summer narrowly avoided a foot injury with a javelin 'throw' of 5.55m. Carolyn Dyall was dominant in the women's 2k racewalk, well clear of the other competitors. Emma Jayne and Viv Kirkland as usual did many events to win points but our outstanding star of the day this time was **Kathryn O'Brien** who took on sprinting, race walking and distance races and surpassed even Carolyn for sheer team commitment.

Individual Results

Viv Kirkland	100m, 18.8s SP, 5.54m	200m, 47.2s DT, 12.91m	HT, 14.83m	LJ, 2.20m
Emma Jayne	200H, 38.6s SP, 6.74m	200m, 36.3s JT, 18.60m	LJ, 3.63m	TJ, 8.21
Kathryn O'Brien	100m, 20.4s 1500m, 7:27.6	400m, 99.7s 2k walk, 17:00.4	3000m, 15:13.2	
Carolyn Dyall	800m, 3:04.5 2k walk, 11:10.5	HJ, 1.15m	400m, 72.5s	
Fleur O'Donohue	100m, 16.5	3000m, 12:47.4		
Derek Hateley	100m, 14.8s LJ, 4.24m	PV, 3.00m TJ, 9.04m	HT, 12.83m 2k walk, 16:01.3	DT, 17.73m
Terry Selway	HT, 22.23m 2k walk, 15:36.4	PV, 3.00m	JT, 19.53m	
Mike Aylwin	100m, 14.0	200m, 29.3s	400m, 64.3s	SP, 6.38m
Geoff Hudson	100m, 18.1s	200m, 39.6s	400m, 100.4s	
Steve Hargrave	800m, 2:34.0	JT, 5.55m		
Eric Fowler	1500m, 4:59.3			
Chris H-H	1500m, 5:47.8			
Ian Mansell	3000m, 10:13.5			

Race progression – what's the next step between a 10k and a ½ marathon?

Ian Carwardine may have found just the thing - the **Great Midlands Fun Run**. Originally called the Royal Sutton Fun Run this event is now in its 15th year. It's not only the quirky 8.5-mile length of the Fun Run course that makes it stand out, it's the route itself, which is in three distinct stages. Starting off in Sutton Coldfield town centre amid thousands of spectators, runners climb Trinity Hill to make their way along the historic High Street, before descending past Wyndley and along Monmouth Drive. The runners then head into Sutton Park for the second stage, making their way through Henry VIII's ancient hunting ground to end up at the infamous Cardiac Hill. Then it's stage three - the relief of a downhill sprint to the finish line, through leafy Four Oaks, back to the town centre.

The Great Midlands Fun Run has an atmosphere all of its own. With so many thousands packed into Sutton Coldfield's small town centre, the start of the run has a happy, almost intimate buzz that you won't find in big-city marathons and road races. Along the route, even in the depths of the Park you'll find spectators lining the route, cheering on the runners. And where else would you find householders setting up their hosepipes and garden sprinklers to spray hot runners with cooling water?

7,000 people of all abilities and ages, and from all walks of life take on the challenge each year. Another thing that makes the Great Midlands Fun Run stand out are its four-legged competitors, not many runs of this size allow dogs to enter and the Fun Run pooches always add a little furry fun to the proceedings - and, of course, they all get a medal too! Don't be surprised to see people pushing entire dining tables, complete with chairs and crockery, around the course, baths filled with water, beds, armchairs, boats and bobsleighs. Even the town's firefighters turn out to pull a fire engine around the 8.5-mile course. The Great Midlands Fun Run's novelty runners always raise a smile, as well as charity cash.



It is also a good event for those serious runners amongst us, you need to hustle to the front to avoid being snarled up with kids, dogs and the novelty entries but once you get started there is a clear race unfolding, even though its advertised as NOT a race your chipped bib number is posted to you prior to the event! This year's race was won by Jonathan Carter from Tipton Harriers in 46.23. Ian Carwardine got a PB and finished in 1.00.01 knocking over 6 minutes off last year's time.

If you are interested in taking part next year it will be held on **Sunday 3rd June 2018**. Registration opens on 3rd February. Maybe one to consider if you have done a 10k but don't yet have the confidence to tackle a half marathon.

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