

Nuneaton Harriers Athletic Club

Newsletter 28 – November 2017

An important date for your diary - Friday 17th November The Nuneaton Harriers Annual Athletics Awards 2017

This is a social event and the chance to recognise our super-stars of track, field, road and cross-country from 2016 and 2017. There are also special awards for the many people who contribute to the life of the club – dependable team members, helpers, officials and others. Clubhouse doors open 7pm for 7:30pm start. The ticket includes a barbecue and soft drinks will be on sale. Tickets are just £2.50 from the tuck shop. There will also be the draw for the club London marathon place.

Get your tickets now - don't miss out!



Cross country has begun and Harriers are Midland champions



Already we have had the first league fixture for the young athletes and the seniors have been in action in the Midland cross country relays where the senior women ran away as champions. An outstanding run by Polly Keen polished off a stunning team performance with Kat Hodgson and Eleanor Fowler to finish over 2 minutes ahead of the opposition. The women's triumph got coverage and a photo in Athletics Weekly. A full report on those events follows below. Congratulations to all the Harriers who got themselves onto the start lines to represent their club.

In case you are left wondering - Cross country is great because it's;

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

Just get out there and get muddy!

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

October – Travis Scrivens – an outstanding debut performance for the club in the West Midlands Young Athletes cc league - 4th place in the under 11 boys' race at Hatton.

Race walking news – Farris overcomes the DQ demons

Following his DQ while walking for England in Ireland in June, Faris Alkhamesi unfortunately picked up another DQ in the England U15 walking champs in August. Obviously a big disappointment but even the best can come ‘unstuck’ trying too hard; look no further than Tom Bosworth being DQ’d whilst leading the world championships race in London.

After much input and work from coach Andy Flear and Faris himself, he successfully finished his race at the English Schools' Combined Events & Race Walking Championship in September. Mum Mary reports “his smile at the end of the race was bigger than any of his winning races and very lovely to see”. The results show that Farris came 4th in a relatively slow time but more importantly, this was a significant come-back performance, Farris didn’t incur a single warning card. Laura Achurch (Emma’s younger sister who trains at the Pingles) came 7th in her U17 women’s race.

Road racing news

Great North Run – Newcastle – 24 Sept (report by Mary Hall)

Zubair Alkhamesi once again did the Great North Run and again represented Yemen. He clearly over trained last year and managed a 7 minute PB this year in a leisurely 2:37:29 on much reduced training (I think he managed three 7 mile ‘runs’ and then nothing in the weeks before). I reckon it’s the new job – lugging boxes around a warehouse and walking for miles every night – must have had an impact. Anyway he fully embraced the networking aspect of the event again (see photo for new best friend) and I think may now be contributing to world peace in that his second new best friend was ‘Mr Israel’ – yes finally Arabic and Israeli cordialities! Valdemar (Fabien Faria’s Portuguese dad) went and covered all of the South American / Mediterranean side of the socialising while Zubair was picking up the middle-east and Russia/ex-soviet countries. Marvellous!



Chester marathon – Sunday 8th Oct

Andy Harris completed the Chester Marathon in a time of 3:30:31, a new PB. He was 622nd of 2644 and 59th of 211 in the M50 age group. Andy was confident things would go after some positive results in the build-up with – Rock n Roll Dublin Half 1:33:08, in August and the South Cheshire 20 mile 2:35:56 in September.

Andy reports that the marathon went exactly according to plan, a steady start, a quicker 3rd 10k and a good finish, running strong all the way. The pint of Guinness had the night before obviously had no detrimental effect!

Birmingham marathon and half marathon – Sun 15 October

Five Harriers ventured across to Birmingham to compete in the first Birmingham International Marathon. Birmingham has not hosted a marathon since the Peoples Marathon in 1985. Ian Carwardine and Alan Glaister opted for the 8.30am start which was surprisingly quiet allowing a very rare opportunity at a mass event to warm up and stroll up to the start line with ease. The other Harriers decided the 9.30 start was more civilised.

The race started on the track of Alexander stadium with no elite or professional runners as normally seen in the Birmingham Half. Runners headed through a series of underpasses and flyovers into Birmingham City Centre then headed out through Digbeth to pick up the original half marathon route via Cannon Hill park, Edgbaston Cricket ground and Cadburys at Bournville where a couple of sharp inclines awaited. The route then headed back up the Pershore Road towards Birmingham city centre where the second loop of Edgbaston and Bournville began. This is where the problem with this route lies, as the runners who started at 8.30am are at 16 miles and trying to merge in with the 9.30am start runners who are at 7 miles. This means runners who have been running around 7.50 min mile for the last 2 hours and are very settled into that rhythm are joining runners who are running around 9 min miles. Very suddenly it gets too crowded and it is difficult to maintain a steady pace while dodging and weaving from left to right for several miles until the wider sections open out again.

After the second loop has been completed to course peels off from the slower runners and head into the City for the final time, with a nasty uphill finish past the Bull Ring and another uphill to cross the finish line. Several Harriers who were doing the Half Marathon in the afternoon offered much welcomed support for those finishing the full marathon. Ian Carwardine, knocked over 11 minutes of his PB and was then selected to do TV and radio interviews and even managed to get a plug for the Harriers in. Alan Glaister once again made sure that the ambulance people had something to do – well it's nice of them to be there ready for the job.

In the half distance race Martin Swan showed that the fitness is returning.



Results – chip times

Marathon

461st	Ian Carwardine	3:30:02
569th	Alan Glaister	3:35:49
1488	Jon King	4:01:52

Half marathon

1339	Martin Swan	1:48:25
1929	Michelle Kenny	1:53:49
2592	Richard Walker	1:58:29

2846	Andrew Downes	4:37:37	3448	Melanie Hill	2:04:35
4750	Zoe Brown	5:50:53	4614	David Windridge	2:13:10
			5329	Kate Rosamilia	2:18:21

thanks to Ian Carwardine for reporting

Cross-country news

Midland young athletes league – 15th Oct – Hatton Country World near Warwick

This was the first cross-country fixture of the winter season and the nearest we had to a complete Harriers team appeared in the U13 girls' race (well done Abigail Wynne, Elizabeth Pap and Olivia Littlehales). We need many more to complete the teams in the other age groups and gain a more representative score in the overall competition. In this league, if there are not enough runners from a club to complete a full team in an age group then the whole team score is badly affected. With the large number of youngsters turning up at the Pingles to train on Tuesday and Thursday evenings there ought to be full teams in all the younger age groups.

Top performer was **Travis Scrivens** with an outstanding 4th place in the U11 boys' race. Charlie Yates was rather overwhelmed by the event and his 80th place isn't a true reflection of his ability. In the U11 girls Lily Sharkey was ahead of sprinter Jess Tuckley. As in many previous fixtures, the Wynne siblings, Abigail, Natalie and Michael were a core of the team.

Results

U11G

47 th	Lily Sharkey	5:35
86 th	Jess Tuckley	6:04

U11B

4 th	Travis Scrivens	4:36
80 th	Charlie Yates	7:12

U13G

68 th	Abigale Wynne	11:16
70 th	Elizabeth Pap	11:19
86 th	Olivia Littlehales	11:37

U13B

40 th	Sam Yates	9:44
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U15B

52 nd	Fabien Faria	12:07
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U15G

63 rd	Natalie Wynne	14:18
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U17B

39 th	Michael Wynne	18:21
60 th	Joel Howes	20:15

Midland cross-country relays – 21st October, Aldersley Stadium, Wolverhampton

Building on the fun we had last year the Harriers presence was extended to have a young athletes' team as well as teams in the men's and women's races. There were plenty of last minute adjustments to ensure we had a full squad as injuries wiped out several of the scheduled competitors.

In the U15s race Robert Currie tackled the first stage of 3k and was up against some high quality competition – this is after all a Midlands championship. Hisham Alkhamesi ran the 2nd stage for Fabien Faria to take the final leg finishing the team in 10th with a time of 39:28.



The senior women provided the highlight of the day, winning their championship. Eleanor Fowler led out for the 'A' team and secured 4th place by the end of the 6k stage. On leg 2 Kat Hodgson quickly overtook the lead runners and broke away to establish the team in 1st place. Polly Keen was on fire and extended the advantage with a powerful run setting the 3rd fastest time of the day. Polly broke the finishing tape over 2 minutes ahead of any rivals to secure the championship winners' medals for the team.

Michelle Kenny led out for the women's masters team and ran well to hand on to Kathryn O'Brien with Mel Hill taking the 3rd stage run. There were smiles aplenty and the team finished in 16th position.

The men's race was run in parallel with the women although over 4 stages – this added some interest to see whether the women would finish their 3 stages before the men had sent off their final runner. Answer – nearly! Eric Fowler took the first stage (trying to stay ahead of Eleanor). Ian Mansell – arriving just in time – took the second stage with a brisk 22:52 and was the fastest Harrier. Andy Massey (short on sleep after a night shift) managed a useful 25:00 on the 3rd leg for Chris Hamer-Hodges to close out the team in 26th place.

Results

U15Boys	Robert Currie, 12:51	Hisham Alkhamesi, 13:49	Fabien Faria, 12:48	
Women 'A'	Eleanor Fowler, 24:16	Kat Hodgson, 25:08	Polly Keen, 23:40	
W Masters	Michelle Kenny, 31:24	Kathryn O'Brien, 34:54	Mel Hill, 33:58	
Sen Men	Eric Fowler, 24:00	Ian Mansell, 22:52	Andy Massey, 25:00	Chris H-H, 28:55

London marathon non-qualifiers – don't despair

The results of the public ballot were announced in October and many applicants got the 'reject' letter. However, there are a number of Harriers that have secured places via the 'good for age' qualification and others may look for a charity fund-raising place. Helen Talbot joins Eleanor Fowler in hoping to qualify for a place in the Championship race.

It looks as though the club will receive an allocation of at least one 'club place' – if your application for the ballot was rejected you can still try for an entry via the club place. To put your name in the draw simply bring your rejection letter to the club and show Nick or Eric. The name of the 'lucky' winner will be drawn from all those entered on 17th November at the presentation night.

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