

Nuneaton Harriers Athletic Club

Newsletter 29 – November 2017

Annual Athletic Awards special edition

The awards for track, field, road and cross-country from 2016 and 2017 were presented on Friday 17th November by our club President, Barry Ewington BEM. The ceremony was also ‘broadcast’ live to the world via the club’s facebook page. A full list of our celebrated members is included below. Special awards were presented to many of the unsung heroes who contribute to the life of the club. The club’s London marathon place was ‘won’ by Ian Carwardine.

2016 cross-country season award winners

Trophy	Name	Trophy	Name
U11G	Abigail Wynne - consistency across all 5 cc league races - always the first NHAC finisher.	U11B	None
U13G	Olivia Bailey - usually the best of a strong team with Freya Slattery and Natalie Wynne. Led the team in the National cc.	U13B	Robert Currie - best of 11 th in cc league, 10 th in county champs and 76 th in Midlands.
U15G	None	U15B	Kieren Coleman-Smith - took win in YA league race, 2 nd in Leicester county champs, 14 th Mids, 43 rd National. Progressed strongly.
U17F	Emily Negus - 2 nd in Warks champs and 5 th in Midland champs. 36 th in National. 51 st inters, 45 th in English schools	U17M	Sam Howard - top 20 places in YA league, 29 th in Mids cc champs 4 th in Midland road 5k in April
Senior Female	Polly Keen - 4 th in Warks and 8 th in Midland champs. 6 th in Midland 5mile champs. 79 th National Winner MK 20 - ranked 3 rd in GB	Senior Male	James Mason - new to the club and straight into the 'A' team squad. Good performances in leagues and cross-country champs.
Vet Female	Eleanor Fowler - 1 st vet in Midland league. 2 nd in Warks, 61 st National. 71 st inter-counties. Winner Centurion winter 5 series	Vet Male	Eric Fowler - top Harrier in league (best of 6 th at Burbage) Highest placed senior man in National cc and London marathon
Merit	Helen Talbot - (member of winning county team) 15 th in Midlands champs, 3 rd vet in Midland league Natalie Wynne - competed in all 5 league matches plus county and national champs.	Merit	Nick Wilson - reached 143 rd appearance in Birmingham cc league Outstanding sportsmanship in the London marathon assisting another athlete to get to the finish.

Most Improved	Kathryn O'Brien - moved up from the 'joggers' group to join the senior team and had a ball.	Most Improved	Michael Wynne - stepped up performance, competed in all 5 YMYACCL races and 6 th in Leics champs to earn county vest.
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2017 athletics season winners

Trophy	Name	Trophy	Name
U9G	None	U9B	Charlie Yates - first summer competing in quad kids events. Enthusiasm in training.
U11G Joint winners	Jess Tuckley - performances in HoE league Lily Sharkey - first year in league - great performances	U11B	None
U13G	Jess Day - outstanding hurdles performances. County record of 11.41s and a win in the LJ with 4.30m. League performances in sprints and field events.	U13B	Sam Yates - range of events in league matches and county champs, sprints, distance, jumps.
U15G	Natalie Wynne - Performances in YDL and HoE leagues and Charnwood open series.	U15B	Stephen Bates - PB with heavier Javelin on 27.53 in YDL and 1.55m High Jump 2 nd in County champs. Special mention for KCS - track racing over 400m-3000m. New pb under 9 mins in Midlands champs in Aug and 34 mins for 10k.
U17F	Charlotte Ellis - commitment to training and appearances in league and open comps - several podium performances incl county wins. Impressive improvements in LJ and SP. Making English schools heptathlon final as top scoring Leics athlete	U17M	Jack King TJ - 3 rd in Mason Trophy match and 2 nd in county schools. Appearance in Senior league with event win at Tamworth. LJ pb of 5.55 and TJ improved to 12.52
U20F	None	U20M	Brandon Mok - competed in YDL and senior league, clocked 2 new pbs this summer at 100/200
Senior Female	Polly Keen - track wins in league, often in a formation finish of Harriers.	Senior Male	Ian Mansell - track races 400m-10000m. 5 th in British masters 5000m. Road racing performances.
Vet Female	Carolyn Dyall - multi eventing	Vet Male	Steve Hargrave . Competing in

	(vets league and Mid league), track, field, sprint, walks		senior and masters league. Willing to have a go at lots of events.
Merit	Abigail Wynne raced 75m-1500m in HoE and YDL and also did HJ, LJ, JT. Lots of pbs this season Sarah Trundle - race walking in masters league	Merit	Jacob Ryman - showed promise when training in the YA groups. Converted to competitions with good performances over 100m and 200m and a dabble with LJ in HoE league.
Most Improved X2	Imogen Onions (U17) - Javelin Significant improvement in technique and results at English schools and National level. Set PB of 38.52m and won Midland counties title. Lucy Poulson (U13G) - competing in YA leagues, steady improvements and part of the team.	Most Improved	James Smyth U17 B - took 400m pb down from 57.3 to 54.8. Made a welcome appearance in senior league at Pingles
Special Recognition X3	All 'Team players' Kathryn O'Brien - willingness to have a go in masters league and win extra points. Heidi Tanyi - junior and senior league competitions. Natasza Bielecka - competed at 75m, LJ, SP, JT in YA leagues	Special Recognition X2	Geoff Hudson - still competing hard at 78. 2 nd in British Masters indoor 60m. Vets league appearances Jonathon Mok - early season pb indoors of 7.55s and also appeared in YDL and senior league over 100 coming back from serious illness.

Race walking award winners

Race Walking Girl	None	Race Walking Boy	Farris Alkhamesi - English champion indoors.
Race Walking Female	Carolyn Dyall - winner British masters champs. 6 th in European champs in Aarhus. Progress made under coaching of Ann Wheeler	Race Walking Male	Terry Morris - vets league walker - dropping down the age groups to race.

Special awards winners

Most prolific racer	Pete Barzetovic - proud to wear the Harriers vest most often - up to November had done 36 parkruns, at least 34 other races, set a marathon pb in London, raced for the club in league cc races,
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	National cc, Relays, etc.
Most improved official	Rob Wynne - qualified as a judge and has already progressed to the second level official.
Contribution to the club	Pete Greenfield - helps clean the clubhouse and changing rooms every week ready for our use.
Volunteer staff	Paul Day and Barry Yates - synchronised raking of the long jump sand brought joy to many watching athletes.
Chef of the year	Craig Mills - services to barbecuing (at club events)
Long and valued service to the club	Pat Taylor - many years as an official, committee member, running the tuckshop and much more.

Results service

Road racing news

Centurion Grand Prix – race 1 – 5th November

Ian Mansell started this friendly series with a bang taking 5th place. Eleanor Fowler was well clear to win the women's race and Pete Greenfield was 1st over 70 year-old. This is an excellent winter race series with six races each on the first Sunday of the month. The course is flat and pretty quick and there's always a good atmosphere – well worth the trip across to Solihull if you fancy something different to a parkrun.

Results

5th	Ian Mansell	28:24
11th	Eleanor Fowler	30:39
65th	Pete Greenfield	38:23

Race results - Senior Harriers start strongly over the country

On 11th November we had the first league fixture for the seniors and on Armistice Day there was an outbreak of excellent running by the women and the men. The women finished well in their Division 1 Midland match despite the absence of two of the regular 'first team' members. The men arguably went better still taking 3rd team place in their division 3 match at Gloucester with Ian Mansell in an individual 2nd place and super-veteran Garry Payne in 13th place. For both teams these are very promising starts to the winter season; there's a long way to go, many miles still to be run, but things are looking good.

In case you are still 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!

Midland women's cross-country league – 11th Nov, Coundon Park, Coventry

The senior women opened their league account at Coundon Park in Coventry and were treated to perfect weather conditions and a course that was mainly flat with only short patches of mud. There was a record 426 finishers in the race which incorporated both Division 1 and 2 clubs.



Nine ladies made the start line for the Harriers and with the majority of the team being masters, it was good to see young Emily Negus making her debut in this senior women's league. It was also great to have Mary and Sim making a return to cross-country racing after a few years absence.

For once the course was an honest 4 miles and despite the rain in the lead

up to Saturday, conditions underfoot were pretty good. A quick start was needed in order to avoid the bottle-neck in the woods, although this came as a relief to some, as it gave them chance to catch their breath.

With 4 to score in the main senior race it was fantastic to have the first 3 Harriers all finishing close together. Eleanor and Helen showed their experience finishing strongly were followed in by Emily, who had a very impressive race, considering it was her first time against senior competition in cross-country and also that it was a mile longer than she is used to running. Emily finished in 10th place out of the juniors.



It was interesting to see who would then make up the scoring team. That honour went to the dark horse, Mary, who surprised herself by having a storming race, (and to think that before the race she was concerned that she might get lapped!). The ever present stalwart, Carolyn put everything into her race, showing great determination after having a couple of weeks where her training has been hampered due to work and travelling. Mel continues to improve and her performance shows that all the training she has been doing is now paying off. Adele did well to battle on despite being affected with a knee injury and Kathy, who continues to get stronger with each race, had another great performance. Making a welcome return to cross-country, Sim was relieved to be back racing again and feel no ill-effects after a lengthy time out with injury.

The Harriers are in Division 1, of which there are 15 clubs in total. With some runners missing due to injuries and two of the fastest runners away for the first fixture, a 9th place finish (just 2 points behind 8th) was a good result, up against such stiff competition. In the masters' competition, the Harriers finished in 5th place out of 11 teams, just 7 points behind 4th place, so this shows an improvement compared with last year's results. The outlook for the rest of the season is optimistic, based on the strong performances and knowing that there are runners to come into the team, it will be interesting to see how everyone fares at the next fixture in Stratford.

Results

15 th Eleanor Fowler	25:35 (1 st Master)	167 th Melanie Hill	36:13 (85 th Master)
23 rd Helen Talbot	26:48 (3 rd Master)	171 st Adele Dixon	36:40 (86 th Master)
31 st Emily Negus	27:46 (10 th Junior)	177 th Kathy O'Brien	37:14 (91 st Master)
123 rd Mary Hall	32:46 (51 st Master)	190 th Sim Wilson	39:13 (102 nd Master)
134 th Carolyn Dyall	33:38 (60 th Master)		

Birmingham cross-country league – 11th Nov, Plock Court, Gloucester

The senior men had the long haul to Gloucester for their first fixture on the flat and fast (and rather dull) Plock Court playing fields. An excellent turn-out of 16 Harriers was a formidable sight and the squad had a good mix of new members, 'old hands' and returning stars. Special credit is due to Ian Mansell in his first appearance for us pushing hard for 2nd place.



Garry Payne admitted he hadn't raced cross-country for some years but powered round to take 13th place – and humbled athletes twenty, thirty and even forty years younger than himself! Good to have Andy Massey coming back to form – not quite there yet but strong enough for 28th. Rob Carvell must have worked hard in 'secret training' for his return to the squad which saw him close out the 'A' team. The team total of 487 couldn't match the mighty effort of Newcastle who were runaway winners with just 90 pts but a good 3rd place on the day sets us up very nicely for a promotion battle with Severn AC and Aldridge.



Great strength in depth meant the 'B' team were unstoppable; Mark Bailey led in with 69th place and close packing meant just 36 spots later Jon King closed out the team score total of 487 to win the 'B' competition. In among the 'C' scorers was Nick Wilson making his 144th appearance in the league.

Pete Barzetovic leading a Harriers charge for 'B' team glory

Results

2 nd Ian Mansell	32:34	69 th Mark Bailey	39:48	115 th Matt Ruff, 42:44
13 th Garry Payne	35:28	72 nd Mark Treadwell, 39:54		128 th Nick Wilson, 44:23
15 th Eric Fowler	35:38	73 rd Pete Barzetovic, 39:56		131 st Pete G'field, 44:36
28 th Andy Massey	36:35	78 th Alan Glaister	40:08	152 nd Martin Swan, 47:14
57 th James Mason	38:53	90 th Nick Wall	41:10	
63 rd Rob Carvell	39:10	105 th Jon King	42:13	

Midland young athletes league – 19th Nov – Warley Woods

The second cross-country fixture of the winter season and the nearest we had to a complete Harriers teams appeared in the U11's races. 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.



Race distances were slightly longer than at the first fixture – a more testing challenge. Top performer once again was **Travis Scrivens** with an outstanding 4th place in the U11 boys' race. Charlie Yates improved his account and finished in 62nd place and Sam Hateley completed the squad. In the U11 girls Lily Sharkey led the team, well ahead of Ellie Allen and Jess Tuckley. With Michael away playing rugby it was up to

his Wynne siblings, Abigail, Natalie to represent the family. Toby Collett made a welcome return in the U13 boys' race with Jack Hiatt making his first appearance for the club.

Results

U11G

46 th	Lily Sharkey	9:02
86 th	Ellie Allen	10:34
115 th	Jess Tuckley	10:51

U11B

4 th	Travis Scrivens	7:29
62 nd	Charlie Yates	8:32
125 th	Sam Hateley	9:55

U13G

90 th	Abigale Wynne	14:15
99 th	Olivia Littlehales	14:38

U13B

41 st	Toby Collett	11:36
83 rd	Jack Hiatt	13:19

U15G

81 st	Natalie Wynne	18:17
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U15B

52 nd	Fabien Faria	14:54
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U17B

65 th	Joel Howes	24:15
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The next fixture for the young Harriers will be at Perry Park in mid December.

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