

Nuneaton Harriers Athletic Club

Newsletter 35 – October 2018

Half marathon meltdown

Sunday 14th October proved to be a special date for two of our senior women;

- **Polly Keen goes sub-80**

Polly Keen followed up her impressive win in the Kenilworth half marathon with a blistering run in Manchester. Polly ripped a minute and a half from her previous best time to finish in 1:19:22, cracking the 80-minute barrier and taking 9th place in a top-quality race.

- **Alison Taylor climbs the podium in Birmingham**

Alison Taylor (who finished second behind Polly in Kenilworth) raced the Birmingham half and also ran to a new pb, slicing nearly 2½ minutes from her Kenilworth time. From the elite women's start in rainy Birmingham Alison finished 3rd and had a well deserved moment of honour on the podium.

Cross-country season – off to a damp start

Our young Harriers have taken to the field of battle in the first West Midlands Young Athlete Cross-Country League fixture held at Hatton Country World just north of Warwick. In miserable weather it was a test of character, especially for those appearing at their first proper cross-country; training nights at the Pingles can only go so far in preparing for the real experience. Well done to all those who raced.

Athletes of the Month – these awards are voted for by coaches and the committee and acknowledges achievements in competition, progress in training and outstanding team spirit.

October junior athlete – Lucy Hornby – always keen and working hard in training, really concentrating to doing the technical exercises well. Lucy ran in the league cross-country in the pouring rain at Warwick and is looking forward to the next one.

October senior athlete – Garry Payne – for a marathon run in Chester that not only won the British Masters championship race but also puts Garry at the top of the British rankings this year in the M60 age group.

Christmas party and Awards presentation night - Friday 30th November - Clubhouse

Our annual awards ceremony will be a Christmas party and also a presentation night where we will recognise the best of Nuneaton Harriers from the last year. Everyone is welcome to enjoy an evening in the clubhouse. Tickets are **free** for NHAC members and just £1 for their guests – with a barbecue included!



Road racing news

Tamworth 10K - Sunday 7th October

Andy (Hard Man) Harris has struggled back from injury and is easing his way back into races. At the Tamworth 10k Andy finished strongly with a time of 43:57, 73rd of 614 and 5th in age group. That's several minutes quicker than in the Nuneaton 10k in September.

Birmingham half marathon – Sunday 14th Oct

On a very wet morning in Birmingham six harriers were out to try the revised route for the half marathon. Alison Taylor has been going well in training and had hopes to run around 1:23. The conditions didn't seem to spoil the plan and Alison zipped through 10k in 38:46 on her way to a finish time of 1:22:27 that placed her 3rd in the elite women's race - Alison pictured with winner Nicola Sykes and 2nd Chloe Richardson (and the mayor).



Results

63 rd	Alison Taylor	01:22:27 (3 rd woman)
2316 th	Melanie Hill	01:51:55
3633 rd	Warren Clamp	02:00:39
4236 th	Barry Yates	02:05:52
6072 nd	Ann Wheeler	02:23:38
6117 th	Carolyn Derbyshire	02:24:22

Manchester half marathon – Sunday 14th Oct

Meanwhile in Manchester – where it rains a lot – around 14,000 people braved the rain throughout the morning as the remnants of Storm Callum passed across the north west. Polly Keen was out for a fast 'un; Polly showed she meant business with an opening 5k in 18:52 and then sped up to hit 10k in 37:28. The third 5k split was faster still at 17:39. A finishing time of 1:19:22 is a new personal best and well inside the 80-minute threshold used to identify 'elite' level female runners. Polly finished 9th in the women's race packed with top-flight racers.



Leicester Half Marathon - Sunday 14th Oct

Andy Harris was out for the 'local' city half and finished in a time of 1:40:13, 290th of 2214. Andy says "my run was going well until I suffered pain in my right calf again in the last mile, ascending New Walk. I continued running but had to ease off, frustrating as I had plenty of energy for a good finish."

Stroud half marathon – Sunday 21st Oct

Mark Styles travelled south for the Stroud half, a race with a reputation for being quick. Mark finished just ‘the wrong side’ of 80 minutes with 1:20:03. Mark explained his ‘schoolboy’ error as running in new shoes and suffering a blister after about 6 miles that forced him to slow down. Mark finished in 26th place.

Cross-country racing news

West Midlands Young Athletes cross-country League – Hatton – Sunday 14th Oct

After a very warm (but windy) Saturday, Sunday dawned with heavy grey skies and rain. Lots of rain. It must be cross-country season again! Hatton Country World offered nice running on the top field and through the woods for the short and medium laps and some more traditional muddy goo for the athletes that had to run the long lap.

There was pretty good representation from the boys and places for a few more of the girls. Our only complete scoring team of 5 appeared in the U11 boys’ race, Charlie Yates leading the charge with Ewan Thomas having a good first race for the club. Hisham Alkhamesi braved the longest race of the day in the U17s. Abbie Wynne was the solo Harrier in the U13 girls and Lucy Budge in the U15 girls. Sam Yates had a good run in the U15 boys’ race having moved up to this age group, the hard work through the summer showing benefit. The U13 boys nearly had a team with Travis Scrivins leading the squad having just moved up to this age-group.

Results

U11G

35 th	Evie Caffery	7:11
80 th	Lucy Hornby	7:56

U13G

93 rd	Abigale Wynne	12:23
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U15G

42 nd	Lucie Budge	13:28
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U11B

37 th	Charlie Yates	6:42
60 th	Ewan Thomas	7:02
87 th	Harvey Gregg	7:38
88 th	William Haynes	7:39
104 th	Harvey Butler	8:04

U13B

49 th	Travis Scrivins	10:38
70 th	Mason Crabb	11:08
73 rd	William Bonner	11:12
100 th	Jack Hiatt	13:11

No photos – it was just too wet

U15B

28 th	Sam Yates	11:36
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U17B

46 th	Hisham Alkhamesi	18:48
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The next fixture for the young Harriers will be at Warley Woods, Smethwick on 18th November.

Midland cross-country relays – Sat 20th Oct – Wolverhampton

The senior women were the defending champions for this event but this year some of the other midland clubs wheeled out their 'big guns'. Charnwood fielded the two Potter sisters, both have raced at international level. Bournville had Nicola Sykes, last week winner of the Birmingham ½ marathon and Birchfield, BRAT and Wolverhampton were out in force. Another contrast to last year (and even last weekend) was the weather, it was a glorious sunny and warm afternoon, perfect for a brisk cross country. The relay is run as two laps each of about 3k which can make it quite confusing in the later stages as slower teams are lapped.

Kat Hodgson took the first 6km stage and returned in 8th place to hand on to **Mary Hall**. Against some of the racing snakes it would be a tough ask and Mary returned holding 17th place. **Polly Keen** set off in hot pursuit of Nicola Sykes (who recorded the fastest female stage) and as a result of a blistering lap was hauled through the peloton to finish the team in 7th place and to clock the 4th fastest time of the day.

The Harriers women put out a 'B' team; the first leg was run by **Carolyn Derbyshire**; **Lucy Arkinstall** took the middle stint and **Michelle Kenny** finished off. The ladies managed extraordinary consistency as their stage times varied by just 11 seconds.

A Team		B team	
Kat Hodgson	23:13	Carolyn Derbyshire	29:04
Mary Hall	28:23	Lucy Arkinstall	29:16
Polly Keen	21:29	Michelle Kenny	29:15

The men had to race as seniors as 'masters' are categorised as over 40's for this race. The men were racing at the same time as the women and set a challenge – to complete their first 3 stages before the women finished their (3-stage) race. **Eric Fowler** took stage 1 and got off to a flyer - returning in 28th place with a stage time of 21:55. **Andy Massey** was off second and held position. Master's team regular **Steve Hargrave** on stage 3 slipped back just 3 places, but crucially was finished before the women – we have to look for these small 'victories'. **Andy Harris**, nursing a sore calf muscle took care to close out the men's squad and finish in 41st.

Eric Fowler	21:55
Andy Massey	23:18
Steve Hargrave	24:33
Andy Harris	28:05

British masters cross-country relays – Sat 27th Oct – Long Eaton

The more, ahem, 'senior' men nipped up the M1 to Long Eaton for the Masters relays. Another change of weather this weekend – biting cold wind and showers that threatened sleet. With deference to the age of many of the competitors the relay stages are short, just 3k and around flat playing fields. Flat and short, on firm ground means 'fast' or at least the best approximation of that available to older bodies. Two Harriers teams were fielded – one for over 55's and another for over

35'. Andy Massey led out the M35s and Pete B had first stage for the M55 and fittingly both clocked the fastest time in their respective squads. The short stages mean that the change-overs come around quickly and the whole race was done in just over an hour. Our summary, quite a good fun event to do, a nice 'sharpener' before the first league match.

Results

Andy Massey	11:19	Pete Barzetovic	12:23
Chris Hamer-Hodges	12:36	Steve Hargrave	12:29
Alan Glaister	13:21	Mark Bailey	13:09
Andy Harris	13:17	Nick Wilson	13:24
Eric Fowler	11:24		

Dina Asher-Smith launches campaign to inspire 10,000 new coaches

Dina Asher-Smith has launched England Athletics' #gocoach national campaign to bring 10,000 new people into the enjoyable world of athletics and running coaching by 2020.

Having trained with the same coach, John Blackie, since she was a nine-year-old at Blackheath & Bromley Harriers Athletics Club, Dina Asher-Smith is someone who understands the importance of great coaches in the sport. Dina says: "The relationship between any coach and athlete, whether at elite or beginner level, is pivotal in enabling you to be the best version of yourself both on and off the track. The launch of #gocoach is a great reminder of all the hard work and support that coaches and run leaders provide – often voluntarily – to help others. I hope the campaign will inspire people of all ages and backgrounds to think about becoming a coach or run leader. Our fantastic sport wouldn't survive without them."

The launch of the #gocoach campaign follows the huge increase in the popularity of the sport since London 2012, and provides an opportunity for everyone to get involved. There can be a misconception that you must have a sporting background to become a coach, and while for many people it is a way of widening their enthusiasm for sport, people of all ages, backgrounds and aspirations can get involved in coaching. Whatever their inspiration, it is a way of giving back to the local community by sharing their knowledge and their desire to see others enjoying an active involvement in athletics and running. Whether you are a university student, grandparent or simply someone with a little spare time, becoming a licensed volunteer coach or leader can be a life changing role.

If you would like to get involved then please speak with any of the club's coaches or committee.

New winter season fixture list out now

Pinned up on the noticeboards in the clubhouse and available on the club website.

Cross-country is the best preparation for spring and summer racing. Get out and get muddy!

If you have news the send it to eric.fowler@hotmail.co.uk