

Nuneaton Harriers Athletic Club

Newsletter 38 – April 2019

It's been quite some time since the last newsletter so there are lots of things to include in this one. Read on, there's bound to be something of interest! World class medals, cross-country battles, an odyssey down under, Midland medals indoors and a bit of Harriers history.

World class walking

Carolyn Derbyshire has worked hard under the coaching of Ann Wheeler to take her race-walking onto the highest stage. On 10th February Carolyn competed in the British indoor championships, which was shown live from Birmingham on national television. In the 5k walk Carolyn finished 4th with a time of 29:39.17.

A few weeks later Carolyn claimed the title as British Masters (W40) indoor champion by winning the 3000m BMAF race at Lee Valley in a time of 16:24.75. The icing on

the cake came on 26th March when Carolyn raced in the World masters indoor championships at Torun in Poland. Pushed to a much faster pace Carolyn won the bronze medal with a new personal best time of 15:58.50.



Couch to 5k is huge success



No-one training at the Pingles can have missed the huge squad of new runners that joined the Couch to 5k programme in January. Our run leaders, Martin Swan, Ian Carwardine and Alan Glaister were almost overwhelmed by the 75 new starters that appeared for the first session. With lots of encouragement that kept them going through some

wintery weather the new starters progressed through their 10-week programme concluded with a 'graduation' on Thursday 7th March. The 5k finale was the parkrun at Bedworth on 9th March. For those who couldn't make it to the parkrun there was a 5k time-trial on the track.



The club is not just about runners, jumpers and throwers...

The success depends upon our supporters, not just the obvious ones like coaches and team managers but just as much on helpers in the clubhouse, parents who ensure youngsters get to fixtures and volunteers in the café. If you'd like to say you're a Harriers supporter then please do step forwards. Just an hour or two a month could make a big difference.

A thank you to our cross-country race officials

Thank you to our team supporters who were sometimes volunteered in at short notice to assist with official duties. For each race the team is obliged to provide officials to assist with the finish area – without officials there are no results and would be no race. So, a big thank you to John O'Brien, Bob Wheeler, Steve Howard and Steve Hargrave's partner Linda.

Membership – it's time to renew

Renewal forms are available now from the clubhouse. You should do this as soon as possible to ensure that your competition licence (your EA affiliation) doesn't lapse. The membership rates have been frozen despite the England Athletics affiliation fee going up. When you renew you'll get a new style membership card – don't lose it!

Membership category	Annual fee
Under 11 years	£22.50
Over 11 & under 18	£37.50
Seniors	£42.50
Over 60's	£27.50
2nd claim	£27.50 (includes affiliate members of Nuneaton Triathlon club)
Family membership	£110 (2 adults + 2 children)

Cross-country racing news

Midland women's league – Sat 12th Dec – Burton Dassett Hills

For the second fixture in a row the men and women were racing at the same venue. The ladies were missing a three of the regular team; Eleanor with an achilles injury, Polly Keen back in America and Emily Negus away. That put team manager Kat Hodgson in the prime role to lead the scoring with a captain's run for 18th place. We did welcome back Helen Talbot who finished as the second scorer Lucy Arkinstall closed out the team chasing Carolyn Derbyshire. Sim Wilson and Kathy O'Brien ensured there was a master team score.

Results

18 th	Kat Hodgson	23:12	141 st	Sim Wilson	41:38
43 rd	Helen Talbot	23:39	147 th	Kathy O'Brien	46:17
98 th	Carolyn Derbyshire	34:42			
99 th	Lucy Arkinstall	34:43			

Birmingham cross-country league – Sat 12th Dec – Burton Dassett Hills

There was a much-reduced team with not even enough runners to close a 'B' team. With notable absentees it was left to Eric to lead the Harriers very senior team (we reckoned that the average age was 49½ !!!). Chris Talbot made a return in a Harriers vest to finish as second scorer. Avowed hater of hills Steve Hargrave had travelled all the way from Mansfield to race and earned a spot as 4th scorer.

Two other runners making a return to the Harriers team were Stephen White who raced despite being 'full of the lurgy' and Alex Bruce. Welcome back gents. Three and a bit laps of the hilly course were a really tough test – more like a fell race than many of the cross-countries we're used to.

Team scores show the Harriers in 13th and therefore almost certainly facing the drop back to D3!

Results

69 th	Eric Fowler	40:14	158 th	Jon King	47:35
104 ^h	Chris Talbot	42:30	163 rd	Pete Barzetovic	48:15
107 th	Lee Harper	42:49	185 th	Steve White	51:34
149 th	Steve Hargrave	46:16	198 th	Alex Bruce	62:07
150 th	Alan Glaister	46:17			
155 th	Chris Hamer-Hodges	47:09			

West Midlands Young Athletes cross-country League – Northampton – Sunday 13th Jan

This is another good venue for spectators with the runners visible as they race round the large playing fields section of the course. The older harriers were absent so the work had to be done mainly by the U11 and u13s. The best performances on the day came from the girls. There was also a great run by Travis Scrivens who was on a 'double header' having raced in a schools competition on the Saturday.

Evie Caffrey led the U11 girls and Lucy Hornby had an outstanding run to finish much higher than in previous league races in 61st place. Olivia Bailey was the highest placed individual Harrier with a really impressive run in the U15 girls; Olivia was always in the leading group and at one point felt confident enough to push the pace and lead the pack. The brave running paid off and Olivia finished in 5th.



Results

U11G

35 th	Evie Caffery	8:58
61 st	Lucy Hornby	9:26

U11B

40 th	Charlie Yates	8:17
74 th	Ewan Thomas	8:48
94 th	Harvey Gregg	9:40

U13G

96 th	Abigale Wynne	14:11
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U15G5th Olivia Bailey 14:42**U13B**21st Travis Scrivins 11:2047th Mason Crabb 12:1449th William Bonner 12:1877th Jack Hiatt 14:24**Midland championships _ 26th January, Newbold Comyn, Leamington**

A new course for this year using the old golf-course. It made for lots of open running on firm ground although the traditional ditch was retained as was a stiff climb up Beacon Hill. With illness and injury we did not have a full team in any age group, a shame as it was a good afternoon for racing despite the cold wind (which nearly blew the club tent away). The highlight of the day was a 4th place finish for **Emily Negus** in the U20 women.

U13 boys - 65th Travis Scrivens, 13:5177th Mason Crabb, 14:1485th Will Bonner, 14:28U15 girls - 92nd Lucie Budge, 23:19U20 women – 4th Emily Negus, 25:45U17 men - 63rd Hisham Alkhamesi, 27:30Senior women – 35th Kat Hodgson 34:53173rd Mell Hill 45:08Senior men – 121st Eric Fowler 48:33288th Andy Harris 57:42**Birmingham league 9th Feb – Park Hall nr Stoke**

The final league race was another hilly one, this time hosted by Trentham at Park Hall country park near Stoke. Each of the three laps consisted of a fast and winding decent for about a mile followed by a long drag back up the hill. Although there was a theoretical chance to avoid relegation this was pretty much a 'dead rubber' for us so it was good to have sufficient runners to close a B team. Steve Hargrave once again put aside his dislike of hills and earned a 'A' team scoring place. In the event, the team finished 13th on the day and so relegation back to division 3 will follow.

56th Sam Howard 41:10155th Andy Harris 49:2365th Eric Fowler 41:47157th Pete Barzetovic 49:3093rd Andy Massey 43:14158th Chris Hamer-Hodges 49:33143rd Lee Harper 48:00168th Stephen White 51:01147th Steve Hargrave 48:21184th Martin Swan 55:40148th Jon King 48:28186th Steve Randal 57:07192nd Alex Bruce 61:18

The individual highlights from the series (taken as the best 3 finishes), Sam Howard was ranked 2nd in the junior men and 44th overall and Eric Fowler also gained a place in the top 100 for the series at 58th.

National cross-country – Harewood House, Yorkshire - 24th Feb

A long trip for the National this year hosted by northern Counties. On a lovely sunny day and in a spectacular setting around the grounds of the stately home. The men’s race was unusual in that it had just 2 laps (each of 6k).

Results included for 2 honorary members – Olivia Bailey ran under her 1st claim colours for Wreake and my brother Neil Fowler was the sole representative for his club Crewe and Nantwich.



U13 boys (3k)	211 th	Travis Scrivens	12:03	291 st	William Bonner	12:41
U15 boys (4k)	741 st	Sam Yates	16:27			
U15 girls (4k)	124 th	Olivia Bailey	17:22			
Sen W (8k)	129 th	Eleanor Fowler	33:50			
Sen M (12k)	785 th	Eric Fowler	47:31	1550 th	Andy Harris	55:45
	1430 th	Neil Fowler	54:04	1562 nd	Chris Hamer-Hodges	55:58

English schools – Temple Newsam Park, Leeds, Leeds – 16th Match



Many consider that for the younger age-groups the ‘schools’ is a higher-standard race than the English national champs. This year it was particularly tough with wind and rain that quickly turned the site into a mud



bath. Two Harriers were selected to represent their county. **Olivia Bailey** raced for Leicestershire in the Intermediate Girls event, finishing 260th as the 6th scorer for the county. **Sam Yates** was the fourth Warwickshire finisher in the Junior boys race in 290th place.

Road racing

Midland Counties - Spring road relays 23rd March – Sutton Park

On a bright spring afternoon the Harriers women raced well in the 6-stage event to finish 11th overall. Polly Keen, freshly returned from a work posting in America took the long (5.4 mile) first stage and returned in 6th place. Emily Negus had the quickest turn on the short stage for the 4th leg.

The rest of the team backed up strongly and launched super-reliable Kathy O'Brien for a final stage run to close out the team.

Polly Keen	31:56
Kat Hodgson	20:06
Eleanor Fowler	33:17
Emily Negus	19:32
Helen Talbot	20:31
Kathy O'Brien	26:56

Unfortunately, there were too few men to put out a team for the 12-stage race.



Two Harriers youngsters raced in the Midland 5k championship; this is longer than the usual distances for U13s so makes for a good test, especially on the tough Sutton Park hill. **Mason Crabb** finished 12th in a time of 21:04 and **William Bonner** was close behind in 14th with 21:15.

Fred goes under - Alps to Ocean Ultra marathon – New Zealand



Fred Heath went to the other side of the world to take on his latest ultra-challenge, a 200-mile run from the base of New Zealand's highest mountain, Mount Cook on the West coast of the Southern Island to the small, historic town of Oamaru on the East coast. This rugged 200-mile race passed eight lakes, took in valleys, rivers and diverse terrain and pushed competitors to the limit, especially on the long stage!

- Day 1 - 28 miles – 5h 44m
- Day 2 - 32 miles – 6h 22m
- Day 3 - 57 miles (Long Stage) – 15h 16m
- Day 5 - 32 miles – 6h 56m
- Day 6 - 34 miles – 7h 09m
- Day 7 - 18 miles – 2h 50m

110 competitors started - 98 competitors completed the race. Fred finished 28th with a total time of 44h 18m. Fred is pictured above with about 200m to go through the streets of Oamaru after 200 miles.

Athletics

Midland counties championships (indoor) 9th Feb – Birmingham

Two young Harriers were on the podium indoors at the Birmingham high performance centre.

Stephen Bates reached new heights to win the U17 high jump championship with a clearance of 1.75m. In the U17 women's pole-vault, **Lili Oravec** cleared 2.63m and claimed the silver medal in a closely contested competition.

A bit of Harriers history

Lorraine Cullen has donated a copy of a photograph taken in 1916. The original is owned by Lorraine's aunt who is now 88. The photo shows Lorraine's granddad, William Grubb (second row from front second on the right) alongside his brother Frank on his right (left as you look at photo) in a Harriers team photo.



Lorraine writes that her aunt says "William and Frank loved the club as they wanted to get fit to join the army to serve for the First World War. They both went to France in 1918 and happily both came back safely. My aunt is sure that a lot of the young men on this photo joined up and my granddad used to get upset looking at it as I imagine some did not come back.

They were both born and raised in Stockingford in a large family. My granddad moved to Coventry in the 1920's when he married my grandmother & became a miner at the pit. He died in 1971.

The photo donated by Lorraine will be put up in the clubhouse.

Summer fixtures

The summer fixtures are now posted on the calendar pages of the new club website. Copies of the fixture list are also posted up on noticeboard in the clubhouse.