



Coventry Godiva Harriers Newsheet



Items taken from the Committee minutes of 10th March 2009

There was still concern over the state of the Men's and Women's changing rooms, they were dirty, some lockers had no locks or the doors were permanently locked. As a result of discussion with the University it was pointed out that the cleaners were not permanent staff of the University, and they cleaned first thing in the morning, so by the time we came to use them we got the rough end of the stick. The matter will be taken up with the University again.

Results:

14/02	4 th Birmingham League	<p>Team 1st on the day - 42 points, 2nd Tipton 109 pts. and 1st overall 293 pts. 2nd Birmingham Uni. 565 pts. (1st win since 1990)</p> <table> <tbody> <tr><td>2</td><td>MATT</td><td>LOLE</td><td>34:42</td></tr> <tr><td>3</td><td>MATT</td><td>ALMOND</td><td>34:59</td></tr> <tr><td>4</td><td>BEN</td><td>JONES</td><td>35:05</td></tr> <tr><td>5</td><td>RYAN</td><td>KENNEY</td><td>35:16</td></tr> <tr><td>11</td><td>RICHARD</td><td>TAYLOR</td><td>35:56</td></tr> <tr><td>17</td><td>SCOTT</td><td>HAZELL</td><td>36:26</td></tr> <tr><td>28</td><td>JON</td><td>WHITE</td><td>37:14</td></tr> <tr><td>34</td><td>HENRY</td><td>HAMMOND</td><td>37:34</td></tr> <tr><td>36</td><td>HARVEY</td><td>SPEED</td><td>37:37</td></tr> <tr><td>38</td><td>NOEL</td><td>EDWARDS</td><td>37:47</td></tr> <tr><td>59</td><td>JAMES</td><td>GRIGGS</td><td>38:50</td></tr> <tr><td>66</td><td>RICHARD</td><td>BURMAN</td><td>39:00</td></tr> <tr><td>76</td><td>DANNY</td><td>CLARKE</td><td>39:32</td></tr> <tr><td>88</td><td>IWAN</td><td>JONES</td><td>40:03</td></tr> <tr><td>122</td><td>JAMES</td><td>PARROTT</td><td>41:53</td></tr> <tr><td>140</td><td>MIKE</td><td>PETERS</td><td>44:05</td></tr> <tr><td>156</td><td>AARON</td><td>BODYCOTE</td><td>45:54</td></tr> </tbody> </table>	2	MATT	LOLE	34:42	3	MATT	ALMOND	34:59	4	BEN	JONES	35:05	5	RYAN	KENNEY	35:16	11	RICHARD	TAYLOR	35:56	17	SCOTT	HAZELL	36:26	28	JON	WHITE	37:14	34	HENRY	HAMMOND	37:34	36	HARVEY	SPEED	37:37	38	NOEL	EDWARDS	37:47	59	JAMES	GRIGGS	38:50	66	RICHARD	BURMAN	39:00	76	DANNY	CLARKE	39:32	88	IWAN	JONES	40:03	122	JAMES	PARROTT	41:53	140	MIKE	PETERS	44:05	156	AARON	BODYCOTE	45:54
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	Bettman Handicap	<p>1st Iwan Jones 7pts., 2nd Henry Hammond 6pts., 3rd Noel Edwards 5 pts., 4th James Parrott 4pts., 5th Harvey Speed 3pts., Dan Clarke 2pts., 11 athletes with 1 point.</p> <p>Overall (1 race to go)</p> <p>1st James Griggs 16 pts., 2nd Jon White 14 pts., 3rd James Parrott 13 pts., 4th Matt Lole 10 pts., 5th Aaron Bodycote 9 pts., 6th = Ben Jones, Ryan</p>																																																																				

		<p>60m Obu Anyanwu 8.25</p> <p>Senior Women</p> <p>800m Laura Langowski 2:12.30</p> <p>U20 Women</p> <p>60m Shauna Lawton 8.04</p> <p>200m Shauna Lawton 25.95</p> <p>400m Kellie Bewick 61.12</p> <p>60m H Molly Bagworth 9.78</p> <p>U17 Women</p> <p>60m Rosie West 8.16</p> <p>200m Mary Okpoti 26.88; Rosie West 27.14</p> <p>300m Kirsten Carter 45.45; Emily McNiece 45.82</p> <p>U15 Girls</p> <p>200m Whitney Barker-Richardson 27.41</p> <p>U13 Girls</p> <p>Midland Champs. Quadrathon</p> <p>2nd Ebony Wake 1400pts (8.99; 7.20m, 4.17m; 1.29m)</p> <p>5th Annabelle Pask 1240pts (9.40; 6.17m; 4.25m; 1.26m)</p> <p>11th Karen Okpoti 1012pts (9.15; 6.10m 3.24m; 1.20m)</p>
01/03	West Midland YA Cross Country League	<p>U15 Boys 68 finishers</p> <p>1st Matt Rose 1st overall for the season</p> <p>U13 Boys 82 finishers</p> <p>4th Nathan Udall</p> <p>20th Dan McKeown</p> <p>54th Nathan O'Shea</p> <p>U11 Boys 87 finishers</p> <p>53rd Mitchell Pearce</p> <p>57 Ryan Elliott</p> <p>U13 Girls 123 finishers</p> <p>4th Sian Rainsley 3rd overall for the season</p> <p>U11 Girls 105 finishers</p> <p>61st Lilly Martin</p> <p>88th Samantha Powell</p>
07/03	UKCAU InterCounties Cross Country Champs. & World Trials	<p>Senior Men 1 Andy Vernon (Hampshire) 37.23</p> <p>30th M Almond 39:37, 47th Ben Jones 39:56,</p> <p>105 Ryan Kenny 41.27, 164 Chris Bannon 42.44</p> <p>U20 Men 1 Nick Goolag (Middlesex) 25.40</p> <p>150 Matthew Timothy 32.47</p> <p>U15 Boys 1 Conor Robinson (Cornwall) 15.01</p> <p>16 Matthew Rose 15.31, 17 Michael McKeown 15.32</p> <p>U13 Boys 1 Adam Howard (Gt Manchester) 12.36</p> <p>33 Nathan Udall 13.15, 205 Daniel McKeown 14.13</p> <p>Senior Women 1 Stephanie Twell (Hampshire) 28.15</p> <p>87 Rachel Buxton 32.10</p> <p>U17 Women Lauren Proctor (Yorkshire) 17.53</p> <p>12 Rowena Cole 19.21</p> <p>U15 Girls 1 Emilia Gorecka (Surrey) 14.22</p> <p>31 Naomi Richardson 15.59</p> <p>U13 Girls 1 Loren Bleaken (Gloucestershire) 13.31</p> <p>32 Sian Rainsley 14.14</p>

07/07	Shakespeare Raceway 10k	1 st Scott Hazell 33:05 1 st Helen Taranowski 39:26
08/03	Lugano Race Walking meeting	Junior 10k 5 th Mark O’Kane 44:54 (pb)
08/03	Milton Keynes Half Marathon	3rd Matt Lole 70:20
08/03	Fradley 10k	7th Richard Burman 33:43 2th Jo Emery 37:24 pb
08/03	Gloucester 20	2nd Emerson Combstock 1:57.05
08/03	British Masters Indoor Champs	2nd Zara Hyde Peters 10:16.20 6 th Mike Peters 10:50.95

Commented was made on the superb turnout for the last Birmingham League, which Godiva won and the League overall also. Nine athletes scored through the season and 3 additional plaques have been ordered. Well done to all.

Fixtures

14/03	Midland Senior 20k & Mids/Warks Younger Age Group Race Walking Champs	Abbey Park, Leicester
14/03	Final Bettmann Handicap	Westwood Business Park
21/03	English Schools Cross Country Champs.	Stamford Hall, Leics.
04/04	Midland Men’s 12 and Women’s 4 Stage Road Relays	Sutton Park, Sutton Coaldfield
4/04	Molly Barnet Walks & Inter Counties	Coventry

Coaching:

WA had received notification from Dave Dix in respect to the Third Endurance Academy on 29 March. NP mentioned a 2-hour meeting for coaches and parents on 25 March re nutrition, pre and post race – to take place in the upper room in reception area of University

Delegates Reports:

CSW –There is now a new structure under Paul Bearman. Leonie Lightfoot is responsible for Coventry, Warwickshire, Solihull set up for Clubs and Coaches. The Forum has no Chairman or Secretary. A network application has been updated based on David Boughey’s Development Plan. Comment was made that their Plan had broken up the Warwickshire County and the new one was not geographically sensible. WA has received a letter from Nuneaton Harriers, who after they had studied the Plan, decided that there were still so many questions that need asking. They are, however, in favour of co-operating with other Clubs. Some attendees stated that they were quite happy for a new and perhaps younger persons to attend these meetings instead of themselves. Perhaps they could understand the new development plan as it was not easy to see and understand the rationale behind it! Consensus was – what is the point of it all!! Also funding is only available for three years, after which we would have to raise the finance ourselves.

New Members

Charlie Cook	15/04/1994	Terry Lalley	12/11/1949
Harry McLanaghan	10/04/1999	Thomas Whitfield	18/04/2000
Kirsten Carter	17/05/1993	Alexandra Williams	10/01/1992

Any Other Business

It has been reported that there are problems in the Weights room with athletes failing to put the equipment back in its rightful place after use, and to tidy up the room afterwards. The riot act is to read to the users. It is to be pointed out that the equipment is not the property of the users but is there for the benefit of all users so everyone should return it to its proper place. It was also pointed out that the lights and heating are still being left on – which is costing the Club unnecessary money.

Date of next Meeting : Tuesday 7th April 2009 at 8.p.m