



Coventry Godiva Harriers Newsheet



Items taken from the Committee minutes of 8th September 2009

The meeting started with One Minute's Silence in remembrance of Jim Spencer, who died on 17 August after a short illness.

Mark Powell has attained his Level 2 Coaching award and will now help out for a period of time with Godiva Kids.

An application had initially been made for the "paper match" for the British Men's League but subsequently due to a clash of fixtures and a number of injuries to prospective team members, it was decided to rescind the application.

A letter had been received from Jim Spencer's wife, Ann, thanking the Club for its kindness and the cards, also the tributes paid. The family have asked if the Club could arrange a Memorial Trophy in Jim's name, which they would like to donate. Suggestions as to its format are being sought and will be considered at the next meeting.

Results:

09/08	SEAA 8 Counties Senior match	Women 400m 1 st Laura Langowski 55.23
15/08	McCain UK Challenge Final & BMC GP Final	Men 100m 5 th Joel Fearon 10.93 Long Jump 3 rd Jamie Blundell 7.51m (+5.6) Women 400m 3 rd Emma Williams 55.80 800m 4 th Celia Brown 2:02.87
22/08	BAL Fixture 4	Team 2 nd on the day 5 th overall. Godiva results attached
03/09	UKA McCain Walks	2 nd Brendan Boyce 5K - 21.19.6 (pb) - Leeds Met
04/09	Autumnal 5	1 st Ben Jones 25.12 4 th James Griggs 26.10 5 th Alastair Smith 26.28 10 Harvey Speed 28.08 16 Aaron Bodicote 29.00 22 James Parrott 29.49 29 Daniel Hillman 30.41 56 Richard Gould 32.35 57 Pete Banks 32.42 1 st Women: Jo Emery 30.25 82 Sam Anderson 34.50 2 nd Glyn Jones – Race Walk
05/09	UKA 10K Champs	1 st Brenda Boyce – 44.30 – Leicester Abbey Park

06/09	Bristol Half Marathon	33 Scott Hazell 70:53 45 Nigel Marley 72:34 95 Iwan Jones 77:48 Matt Lole (dnf suffered with lower chest cramps)
06/09	Cardiff 10k	14 Mat Almond 31.09 pb (representing Midlands) 18 Ryan Kenny 31.34 (representing Midlands) 30 Damian Carr 33.01
06/09	Owls John Fraser 10 miles	1 Ben Jones 52:06 pb (debut)

Fixtures

19/09	MCAA Men's 6 and Women's 4 Stage Road Relays	Sutton Park
19/09	English Schools Race Walking Champs	
20/09	MCAA Young Athletes' Road Relays	Sutton Park
26/09	Inter Area Race Walks	Doncaster
03/10	MCAA Cross Country Relays	Wolverhampton
04/10	West Midlands YA CC League	Pype Hayes, Birmingham
11/10	IAAF World Half Marathon and Birmingham Half Marathon	Birmingham
11/10	1 st Winter League Race Walks	Nuneaton??

Team matters:

It was pointed out that in the old separate Women's and Men's T&F League if a club was relegated from the National league you automatically went into the First Division of the Midlands League but that now under the combined league this no longer applies and we will be in Division 2 of the Midland League for the 2010 season.

Representation will be made to ask that when the League AGMs take place that National and Midland dates do not clash.

Coaching:

Zara Hyde peters has managed to agree a Level 2 Coaching Course with EA for the full weekend of 26/27 September with added half a day technical module (which could be held at Coventry Athletics Track).

There are 10 coaches that the Club will support at 50% of the course cost and a further 2 who will assisted by NP Aerospace. The Coaches are from Sprints, Endurance and Godiva Kids. Zara was thanked for her hard work in putting it all together.

Working Party Reports:

Dinner/Dance 2010. The date was set for 27 March 2010. Possible venues would be looked at by Kay Adcocks. Lists of the awards for the summer should be compiled as soon as possible.

New Members

Joel Ellis	20.07.2000	Edward Fennell	06.06.1991	Callum Finch	23.04.1998
Roisin Green	09.09.1996	Lisa Gosling	10.10.1994	Anna Hills	13.05.1994
Cameron Innes	27.09.1997	Matthew Kavanagh	15.06.1995	Liam McSorley	06.09.1999
Wayne Morant	12.06.1969	Marguerite Okpoti	08.01.1968	Dimple Patel	07.09.1999
Heenal Patel	07.09.1999	Hemal Patel	07.09.1999	Esme Sharry	03.01.1998
Jack Sharry	21.05.1995	Cara Stuckey	08.02.2000	Sophie Zgraja	07.10.1996
Ella Bury	09.01.1997				

15. Any Other Business

The death of Gabrielle Carpenter – a former athlete back in the 1960's was reported.

As from 1st October the car park would be 'pay and display' from 8a.m to 6p.m weekdays, no charge at the weekends. Cost to be confirmed but thought it £1.50p per 4 hour and £3.00 for the day.

Two tops from Vince Clisham (Coventry Runner) were presented for consideration. Both are Red with white inserts at the side, with the Club logo. Long sleeve version is £18 and the short sleeve one is £16. It was agreed that a trial run should be given and Gordon Horne will take orders and supply from the Hungry Harrier.

As from Thursday 1st October Godiva Kids will be taking place at the Xcel indoor area for the Thursday evening session.

There were 198 finishers at the Autumnal 5 miles on 4th September. Thanks were given to the team of organisers. There had been some concerns from athletes that they were unable to open the programme to see the results on the Club web site. Nick Winch will be contacted to see if the format could be changed.

Monday 21 September at 6.30p.m, Zara has had permission from the University to have one lane in the swimming pool at the central sports hall available for 'aqua jogging'. On Wednesday 23 September, 7.00 to 9.30p.m Bill Adcocks is to give a talk on distance running – how he trained and how he was motivated etc.

The ongoing problems encountered with use of the Weights room was again discussed. It is being used as a meeting place and for 'stretching'. There are also empty bottles left in the room and some of the equipment is not returned to its proper place. It was suggested that Coaches to talk to their athletes. On the matter. Zara Hyde Peters told the meeting she has some issues re track use and was happy to include the weights room problem in her draft 'Code of Conduct' and will bring a copy to the next meeting.

Date of next Meeting :

Tuesday 13th October