



## Coventry Godiva Harriers Newsheet



### Items taken from the Committee minutes of 8<sup>th</sup> December 2009

CRB checks – UKA have confirmed that volunteers in the Hungry Harrier do not need to have CRB clearance and neither do parents who assist at the Young Athletes Leagues. All team managers should have CRB clearance.

Three London Marathon entry forms have been received and those for the National and Midland Cross Country Champs.

### Results:

7/11	2 <sup>nd</sup> Midland Winter League Race Walk	5k George Chaplin 34:45
15/11	Brighton 10k incl. Inter-Regional match	1 <sup>st</sup> C Davies 29:03 Running for Northern Athletics 4 <sup>th</sup> Matt Armstrong 30:25 14 <sup>th</sup> Ben Jones 31:17
22/11	Shakespeare Raceway 10km	1 <sup>st</sup> Ryan Kenny 32:11
22/11	Tipton Coseley 5km	1 <sup>st</sup> 15:42 3 <sup>rd</sup> Scott Hazell 16:05
22/11	Coombe Winter 8	1 <sup>st</sup> Harvey Speed 44:20; 2 <sup>nd</sup> Alistair Smith 45:28; 20 <sup>th</sup> Matt Timothy 55:04 156 finishers
22/11	3 <sup>rd</sup> Midland Winter League Race Walk	1km Development - 1 <sup>st</sup> Kirsten Udall 6:30
28/11	Euro Trials & Liverpool Challenge	Men 1 <sup>st</sup> 28:36 53 <sup>rd</sup> Matt Armstrong 30:42; 101 <sup>st</sup> Job King 32:00; 130 <sup>th</sup> Tom Madden 33:07 Women 1 <sup>st</sup> 26:26 157 finishers 30 <sup>th</sup> Tina Brown 28:44
28/11	Midland 7 & 5	<b>Men</b> 1 <sup>st</sup> Tim Dalton 36:53 Team 1 <sup>st</sup> Coventry Godiva Harriers 112 finishers 6 <sup>th</sup> James Griggs 38:47; 9 <sup>th</sup> Damian Carr 39:22; 10 <sup>th</sup> Nigel Marley 39:42; 17 <sup>th</sup> Henry Hammond 41:19 19 <sup>th</sup> Emerson Combstock 41:29; 29 <sup>th</sup> Harvey Rose 42:27 <b>Women</b> 1 <sup>st</sup> 32:24 34 finishers 5 <sup>th</sup> Sarah Simmons 33:28; 25 <sup>th</sup> Jayne Mumford 41:14
5/12	2 <sup>nd</sup> Birmingham League & 2 <sup>nd</sup> Bettmann H'cap	1 <sup>st</sup> 30:41 236 finishers Team Godiva 1 <sup>st</sup> 67 points 3 <sup>rd</sup> overall 6 MATT ARMSTRONG 31:24

		<p>8 RYAN KENNEY 31:39  9 STEVE EMERY 31:41  10 MATT ALMOND 31:44  11 RICHARD TAYLOR 31:48  25 BEN JONES 32:31  36 SCOTT HAZELL 32:50  38 TOM BARK 32:54  40 MATT LOLE 33:06  41 JAMES GRIGGS 33:09  53 JOB KING 33:40  54 TOM MADDEN 33:41  74 HARVEY SPEED 34:14  82 NOEL EDWARDS 34:33  89 DAMIAN CARR 34:49  96 NIGEL MARLEY 35:05  115 AARON BODYCOTE 35:42  132 EMERSON COMBSTOCK 36:26  162 JAMES PARROTT 38:01  178 TOBIAS GEHRKE 38:59</p> <p><b>Bettmann Handicap</b>  1. Tom Bark 7pts; 2. Steve Emery 6pts;  2. Richard Taylor 5pts; 4. Harvey Speed 4pts;  5. Aaron Bodycote 3pts; 6. Tobias Gehrke 2pts  14 at 1 point</p> <p><b>Overall</b>  Steve Emery 12 pts  Tom Madden/Aaron Bodycote/Tom Bark 8 pts  Scott Hazel/Harvey Speed/Richard Taylor 5 pts  Tobias Gehrke 4 pts  Mike Peters 3pts  James Griggs/Emerson Combstock/Nigel Marley/  Matt Armstrong/James Parrott 2pts  13 athletes at 1 point</p>
5/12	2 <sup>nd</sup> Midland Women's CC League	<p>1<sup>st</sup> 23:17 193 finishers  Team 5<sup>th</sup>  11<sup>th</sup> Sarah Simmons 24:26  26<sup>th</sup> Myshola Kirkham 26:08  52<sup>nd</sup> Sarah Rowton 27:47  70<sup>th</sup> Sam Anderson 28:32  87<sup>th</sup> Jayne Mumford 29:20  130<sup>th</sup> Zarinda Kirkham 31:34</p>
5/12	Irish 30k Race walking Champs. Dublin	<p>2<sup>nd</sup> Brendan Boyce 2:18:02  20k Antonio Cirillo 1:52:00</p>
6/12	WM YA XC League	<p><b>U15 Boys</b> 1<sup>st</sup> 12:35 70 finishers  10<sup>th</sup> Jack Vilette 13:14; 18<sup>th</sup> Nathan Udall 13:25;  23<sup>rd</sup> Tom Ridding 13:55  <b>U13 Boys</b> 1<sup>st</sup> 9:14 80 finishers  22<sup>nd</sup> Jeremy Barnes 10:17; 28<sup>th</sup> Dan Vilette 10:27;  76<sup>th</sup> Ryan Elliott 12:39; 77<sup>th</sup> Tom Cox 12:42;  80<sup>th</sup> Finlan Carey 14:21  <b>U13 Girls</b> 112 finishers  1<sup>st</sup> Sian Rainsley 10:03  <b>U11 Girls</b> 1<sup>st</sup> 7:39 96 finishers</p>

		23 <sup>rd</sup> Katerina Jackson 8:18; 52 <sup>nd</sup> Birony Wilson 9:07
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## Fixtures

19/12	Club Festive Cross Country	Warwick Uni
03/01	New Year 5	Warwick Uni
03/01	Reebok Manchester Indoor Open meeting	Sportcity, Manchester
09/01	County Cross Country Champs	Leamington, Newbold Common

Concerning the Festive Cross Country event, Pete Banks would try and ascertain the number of athletes who might run. If the number is low then the event will not take place.

## Team matters:

2009 T & F Awards - Senior/Junior men/ Young athletes (male) are still to be decided.  
Performance Awards - A sub-group will meet in January to consider possible recipients. The awards will be made before the end of the financial year, 31<sup>st</sup> March.

## Coaching:

The recent coaching saw the successful completion by a number of Club members with 5 of the attendees due to complete their assessment with the Godiva Kids groups.

The next challenge centres around getting the various coaches to work together as part of Team Godiva.

A draft document – Guidance on Track and Weights Room use - has been produced by Zara Hyde Peters and feed back on it will enable final agreement, at the January meeting, to be agreed.

Concern with the general state of the weights room and the general conduct of some users of the facility was again expressed. A protracted discussion ensued with the Committee agreeing that the facility was being abused resulting in some members not wanting to use it. A new signing in sheet format has been agreed by Aiden Twomey and it was agreed that this would be the format of a new signing in book. It would enable, if completed, to ascertain when misuse was taking place.

It was agreed that persons directly interested in the use of the facility should consider further ways forward and report back to Committee.

**Dinner/Dance** - the Disco has been booked. Same as last year, No 1 CD Disco, at a cost of £200.00

**Delegates Reports:** WCAA AGM - the new constitution which recognises the changed status of the county was agreed. The County is now a competition provider and does not have responsibility for coaching and development.

A new award has been instigated, The Ellis Trophy, which is to be awarded annually to the County athlete who has achieved the most significant performance of the year. The first recipient is Marlon Devonish (CGH).

Midlands League AGM (Men and Women combined) – the dates for next season were set as:

- |                    |                    |
|--------------------|--------------------|
| 1. Saturday 1 May  | 2. Sunday 6 June   |
| 3. Saturday 3 July | 4. Sunday 1 August |

There will be, once again, clashes with the Women's National League dates with the

exception of the first fixture.

### **New Members**

Martyn Brunt (SC)	03/08/1968	Luke Cowie	10/07/2001	Thomas Honniball	09/05/1979
Ben Lees (SC)	29/08/1993	Tony Paplauskas	21/09/1958	Andrew Pollando	23/03/1987
Shaun Rathbone (SC)	16/06/1991	John Spelman	04/05/2000	Innocent Tsoli	27/03/1993
Samantha Atkins	28/12/1998	Grace Bradford	24/05/1963	Julie Emmerson	16/03/1996
Jesse Lee	29/11/2001				

Consideration is to be given to including on the membership form the coaching group in which the new member will be based. Adjustments to the membership form but coaches will be asked to submit the names of the athletes who are in their groups at present.

**Date of next Meeting :** Tuesday 12<sup>th</sup> January at 8p.m