



Coventry Godiva Harriers Newsheet



Items taken from the Committee minutes of 9th February 2010

The Jim Spencer Trophy donated by the Spencer family has been purchased and will be presented by Mrs Ann Spencer to the Boys U13 Sprint Award winner, Jason Broome, at the Annual Dinner Dance.

The Weights room now been thoroughly cleaned by Ian Peglar, a Club member.

The paper re the 'Track & Gym Use' is in its final draft following some input from members. When complete it will be distributed to all Club Coaches, with a copy put on the Club Notice Board.

Results:

16/01	3 rd Birmingham League	Team 1 st – 45 pts. 2 nd overall 3 RYAN KENNEY 27:06 5 MATT ALMOND 27:11 7 MATT LOLE 27:14 9 STEVE EMERY 27:16 10 BEN JONES 27:17 11 MATT ARMSTRONG 27:24 31 SCOTT HAZELL 28:26 33 JOB KING 28:29 56 TOM MADDEN 29:22 75 DAMIAN CARR 29:51 83 TOM BARK 30:11 87 NIGEL MARLEY 30:29 92 EMERSON COMBSTOCK 30:34 101 IWAN JONES 30:53 107 AARON BODYCOTE 31:06 135 JAMES PARROTT 32:25 151 TOBIAS GEHRKE 33:04 162 MIKE PETERS 33:40 182 ANDREW POLANDO 35:19
16/01	3 rd Bettmann Handicap	1 st Matt Lole 7pts. 2 nd Ben Jones 6pts. 3 rd Emerson Combstock 5pts. 4 th Job King 4pts. 5 th Tobias Gehrke 3pts. 6 th James parrott 2pts. 13 athletes with 1 point Overall: 1 st Steve Emery 13 pts. 2 nd Tom Madden, Aaron Bodycote, Tom Bark 9pts.

		5 th Matt Lole 8pts. 6 th Tobias Gehrke, Ememerson Combstock, Ben Jones 7pts. 9 th Scott Hazel 6pts. A further 15 athletes have 5pts down 1pt.
16/01	MCAAA WXC Race 3	1 st 21:35 Finishers 162 Team 2nd 3 rd Tina Brown 22:08 6 th Celia Brown 22:40 9 th Sarah Simmons 23:01 15 th Frances Briscoe 23:38 17 th Myshola Kirkham 23:48 50 th Sam Anderson 25:53 56 th Sally Olorenshaw 26:19 76 th Jayne Mumford 27:31
17/01	WMYA XC League	Under 15 Boys 1 st 11:53 Finishers 74 13 th Jack Vilette 12:40 18 th Nathan Udall 12:51 19 th Tom Ridding 12:51 Under 13 Boys 1 st 8:49 Finishers 87 18 th Jeremy Barnes 9:48 41 st Dan Vilette 10:16 49 th Finlan Carey 10:24 58 th Kieran Warmington 10:47 U13 Girls Finishers 107 1 st Sian Rainsley 9:37 13 th Penny Oliver 10:30 54 th Lianne McKeown 11:22 106 th Ella Bury 15:22 U11 Girls 1 st 7:26 Finishers 90 24 th Katerina Jackson 8:21 25 th Briony Wilson 8:26 26 th Bethan Hinett 8:26 38 th Alice Rainsley 8:40 74 th Kirstan Udall 9:33 88 th Samantha Atkins 10:31
23/01	Antrim Cross Country	23 rd Tina Brown 21:13
23- 24/01	1 st Midland Open meeting	Senior Men 60m Dwight Fenton 7.19 & 7.19 Long Jump 6 th Michael Thompson 5.96m Triple Jump 4 th Michael Thompson 11.93m High Jump 7 th Karl Robbins 1.98m Under 20 Men 60m Aiden Twomey 7.18 & 7.11 U17 Men High Jump 2 nd Anthony Moxham 1.55m
24/01	Oxfordshire C C Champs.	1 st Frances Briscoe
24/01	Romsey 5 Miles Road Race	2 nd Jo Emery 30:01
24/01	Telford 10k	17 th Iwan Jones 34:07

		49 th Myshola Kirkham	37:32 (6th female)
30/01	Midland Cross Country Champs.	Senior Men 1 st 40:25	312 finishers
		Godiva 1st team	
		10 th Matt Armstrong	41:27
		11 th Matt Almond	41:31
		12 th Ryan Kenny	41:36
		18 th Ben Jones	42:14
		19 th Matt Lole	42:25
		46 th Richard Taylor	44:13
		49 th Scott Hazell	44:26
		56 th Damian Carr	45:06
		67 th Alistair Smith	45:59
		69 th Jon White	46:05
		77 th Emerson Combstock	46:39
		97 th Aaron Bodycote	48:02
		99 th Harvey Rose	48:05
		104 th Harvey Speed	48:33
		119 th Danny Clarke	49:36
		U20 Men 1 st 27:15	54 finishers
		13 th Tom Madden	29:07
		U17 Men 1 st 23:34	92 finishers
		4 th Matt Rose	24:27
		17 th Daniel Hillman	25:50
		U15 Boys 1 st 14:14	121 finishers
		Godiva 1st team	
		5 th Michael McKeown	14:43
		9 th Joe Shail	14:53
		19 th Nathan Udall	15:16
		34 Dan McKeown	15:44
		53 rd Tom Ridding	16:18
		63 rd Jack Pegler	16:27
		U13 Boys 1 st 9:45	117 finishers
		Godiva 12 th team	
		30 th Jeremy Barnes	10:50
		56 th Daniel Villette	11:18
		58 th Cameron Innes	11:19
		75 th Fintan Carey	11:41
		85 th Mitchell Pierce	11:56
		92 nd Kieran Warmington	12:07
		104 th Adam Keir	12:28
		Senior Women 1 st 31:35	137 finishers
		8 th Frances Briscoe	33:36
		19 th Myshola Kirkham	35:23
		62 nd Jayne Mumford	40:22
		U15 Girls 1 st 15:56	95 finishers
		10 th Naomi Richardson	17:07
		U13 Girls 1 st 10:36	124 finishers

		4 th Sian Rainsley 10:53 40 th Penny Oliver 11:57
30/01	North Wales C C Champs	3 rd Iwan Jones (1 st V35)
30/01	London Open Walks – 10k	1 st Brendan Boyce 42:49 (p.b.) 26 th Glyn Jones 62:02 Godiva team 3 rd
06/02	British Universities Cross Country Champs.	23 rd Matt Atmstrong 28 th Steve Emery (last scorer in 3 rd team – Loughborough)
06-07/02	Birmingham Games (Indoor)	Senior Men Long Jump 2 nd Jamie Blundell 7.09m 13 th Michael Thompson 5.84m Pole Vault 4 th Freddie Pask 4.30m High Jump Mark Brown 1.85m U20 Men 60m Aidan Twomey 7.02 (pb) 200m David Lee 24.09 800m Richard Bowman 2:08.41 U17 Men 60m Josh Potter 7.56 200m Josh Potter 25.89 Senior Women 200m Nicky Robinson 26.50 U20 Women 800m 1 st Rowena Cole 2:08.4 U15 Girls 200m Jenna Hulme 27.97 Natasha Barnes 28.55 Long Jump 2 nd Ebony Wake 4.56m
07/02	Alsager 5	34 th Job King 26:19; 47 th Iwan Jones 27:32; 91 st (9 th female) Jo Emery 29:30
07/02	Irish Indoor Champs, Dublin (5k walk)	Brendan Boyce 20:18 p.b.

Very well done to all the runners who took part in the Midland XC races. The teams, especially the Seniors, who won the Cup for the first time since 1990 and the Under 15 Boys, did extremely well

Fixtures

13/02	4 th Birmingham League incorp. 4 th Bettmann H'cap	Northampton
13-14/02	World Indoor Trials & UK Indoor Champs	EIS, Sheffield
13-14/02	Midland Indoor Champs	NIA, Birmingham
20/2	RWA/UK 10mile championship race walks	Pickets Lock
21/02	Midland Indoor Open	NIA, Birmingham
27/02	National Cross Country Champs.*	Roundhay Park, Leeds
27-28/02	England Indoor Age Group Champs.	NIA, Birmingham
6/3	Molly Barnett/Inter Counties race walks	Coventry

*** 25 seats available on the coach – sharing with Sphinx – leaving car park at the Coventry Athletic Track at 7a.m**

Team matters:

a) Performance awards. Performance awards based on 'Power of 10' rankings have been decided. 27 were names looked at and categorised within the framework agreed by the working group. 6 cross-country runners are also included as the ranking lists do not "cater" for Cross Country Six more people than last year have been given awards, 33 in all, so the amounts received will be a little less. The criteria for the awards was based on level of performance and ability to improve from their present level.

A letter to those who paid subs. this year to remind them that the forthcoming year's Subs need to be paid by 1st April 2010. If not paid, track access swipe cards will be deactivated.

Coaching:

Carol Parker, Richard Taylor and Brian Darby are near completion of their relevant technical modules for qualification as Level 2 coaches

The Lyng Hall coaches and Sally Eldridge who look after 'Godiva Kids' still have their required work to be organised and assessed.

There is a Level 1 coaching course coming up in March at Alexander Stadium.

On The England Athletics website there are four questionnaires which as many people as possible are asked to complete ;

The four online surveys can be found as follows:

1. Athlete survey (for all athletes across all disciplines)
www.englandathletics.org/athlete-survey
2. Club volunteer survey (for everyone involved in running and supporting an athletics club)
www.englandathletics.org/volunteer-survey
3. Coach survey (for qualified coaches)
www.englandathletics.org/Coach-Survey
4. Officials survey (for everyone involved in officiating)
www.englandathletics.org/officials-survey - note this survey has a later deadline

Officials:

Kay Adcocks attended an Officials Endurance course on the 7th February and has applied for her License.

Working Party Reports:**Dinner/Dance - 27 March**

The Menu was agreed, Goat's Cheese tartlet, Tornado of English Pork and Rich Dark Chocolate & White Chocolate Torte.

The speeches: Roger and Pat Medwell are our Chief Guests. The Chairman will welcome them along with our other Guests; Mrs Spencer, Rowena Cole, Jamie Blundell and Mark O'Kane, and Mr & Mrs Murphy. Roger will respond on behalf of the guests.

A further 'Coaching Award' be presented, this going to Dave Dix.

Delegates Reports: Midland Road Running - for the West Midlands Team for the London mini marathon, the Midlands will select the team using the results from the county schools cross country championships.

The Bristol 10k is being considered as the Midlands inter area fixture for 2010.

The Midlands road race championships are still to be considered but the following are being approached to host the champs. within their races: Notts 10k – 5th April; Silverstone 10k 4th May; Birmingham Half marathon 10th October.

Midland Cross Country – dates for 2011 confirmed as: National 21st February, Alton Towers; Inter Counties 7th March; World Champs 21st March. The rest of the fixture list will now be decided, working back from these dates. For the Home Countries International (27th March) the Regions have also been asked to provide teams. The results from the Midland Championships will be used as the basis for selection.

Warwickshire: views were wanted in respect to staging an U11 boys and girls race at the County Cross Country championships. Concern was expressed by Committee that 9 years was too young. It was thought that Primary Schools could encourage more competition for that age group. What we do for Godiva Kids – letting them experience all events without pressure was considered to be a good thing. After discussion it was agreed we were NOT in favour of introducing this event to the programme.

Another question we were asked to comment on – was the moving around the County of the venues for the Cross Country Championships. The Committee agreed this was a good idea providing suitable courses can be found. It was also suggested that more Clubs be asked to provide marshals so taking some pressure off whatever club is the organiser.

County Under 11 T&F League: The AGM would take place on 1st or 8th March. Last year the Club did not take part, but the ‘GK’ coaches will be consulted to see if they thought we might participate this year.

International Childrens Games: This year the Games were in Bahrain on 28th June. Six girls and six boys had been selected, plus 3 coaches.

New Members

Jack Beaird	16/04/1996	Joseph Devlin	26/12/1959	Ian Pegler	13/01/1969
Gary Tomlinson	28/07/1957	Laetitia Goldberg	19/01/1995	Haley Richards (CU)(SC)	

Any Other Business

Discussion took place on who was able to coach on Club nights. It was pointed that all Coaches have a Licence which incorporates a number, which means they are CRB accredited, unless their Licence has expired. All coaches should therefore have a licence which is valid. All who are CRB checked should show to Mike Cosser or AK their accreditation form, so that a list could be compiled so that everyone would be aware of the status of all coaches. It was thought a good idea if Coaches wore their ‘Licence’ in a holder around their neck and feasibility and costs will be looked at.. It was agreed that Coaches who joined the Club need to show us their ‘Licence’ before the Club allows them to coach.

Charlie Kelly and Bill Adcocks had had a meeting with the University’s Head of Estates and Terry Monnington regarding the possible building of a new Clubhouse. They were quite amenable to the proposal and would look into a new site licence. Contact with the Contractors who have quoted a price will be made to enquire as to whether they will hold their price on their original Quote. It is still being considered whether the project is feasible, but unless the project can come in at a cost that is viable, we shall be back to square one.

A request from Job King, for the Club to consider support for the use of the track by disabled athletes, but not on Club nights, and whether we would be prepared to introduce a ‘wheelchair’ section. This would be further considered at the next meeting.

Date of next Meeting : Tuesday 9th March at 8p.m