



ISSUE 139

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THE OFFICIAL NEWSLETTER OF HUNCOTE HARRIERS ATHLETIC CLUB

THE HARRIER

Marathon & Half Marathon success for Harriers in popular Leicester Loros Charity races

There was a strong turn-out of Harriers in this year's Leicester Charity Marathon and Half Marathon in aid of The Loros Hospice. The course, having altered from last year was generally considered to be an improvement and there were lots of spectators around the course especially in Birstall and parts of the City centre.

Considering the number of runners participating, the quality at the front of the race was poor with Martin Couldwell of Charnwood winning the Half in 1-10-51 whilst the Full Marathon was won in 2-31-21 by Steve Bateson of East Hull Harriers.

For the Harriers, pride of place goes to Martin White, first home in the V60 category with an excellent 1-37-41. Graeme Slight led home the Club with 1-25-56 and Andy Wilford justified a lot of training miles for a 3-32-58 clocking in the Full Marathon.

A notable landmark was passed by Mick Butler competing in his 75th marathon—is this a club record? Mick was quite pleased with his 3-51-08 and plans to keep on running until he takes longer than 4 hours - keep up the good work, Mick!

HALF MARATHON

45	Graeme Slight	1-25-56
61	John Carnegie	1-27-41
93	Paul Guest	1-31-38
121	Andy Woolley	1-33-22
124	Hugh Potter	1-33-48
137	Robert Weston	1-34-26
140	Nick Tomkins	1-34-37
148	Paul Nicholson	1-35-03
153	Tony Siddon	1-35-29
190	Martin White	1-37-41
192	Jeff Wickham	1-37-45
204	Colin Bartlette	1-38-23
205	Martin Siddon	1-38-25

209	Phil Watts	1-38-32
247	Michael Ricketts	1-40-20
249	Stephen North	1-40-28
254	Barry Hibberd	1-40-45
266	John Heywood	1-41-20
280	Nick Cox	1-41-57
323	John O'Sullivan	1-44-20
324	Clint Friskney	1-44-20
353	Tom Corr	1-45-12
419	Mike Tansey	1-47-21
427	Paul Geddes	1-47-43
513	Colin Pickering	1-50-31
530	Gareth Davies	1-57-26
789	Jo Burnett	2-01-07
906	Gary Clark	2-05-02
980	Trudi Unwin	2-08-55
1005	Angie Tomkins	2-10-16
1074	Sarah Smith	2-14-05
1133	Jean Lockhart	2-18-02

FULL MARATHON

136	Andy Wilford	3-32-58
172	Darren Newton	3-40-20
236	Mick Butler	3-51-08
308	Bev Parry	4-09-48
333	Marie Wilford	4-17-42
431	Michael Walton	4-55-11
432	Dave Marvin	4-55-11

Meanwhile.....in the West Midlands.....

COVENTRY HALF MARATHON

A better quality field had assembled for the more lucrative Coventry Half Marathon. The problem was: most of the leading runners were Kenyans—nothing new there then! However, our Nicky Nealon produced a good performance to finish 4th lady and 32nd overall with 1-21-02. Joyce Kandia of Kenya was 1st lady in 1-15-57. Tewodras Shiveraw won the race in 1-02-41 and the first 6 were Kenyan.

Leicestershire Round Relay

Sunday 28th September

A little later this year owing to the Olympic Games in Beijing and the organiser being on holiday there. There were no problems with the hot weather this year and the event took place without any medical issues.

With the departure of the Sabins to Leicester Coritarians and a number of front liners not available it was decided to concentrate on the mixed team category this year and we achieved a fine 2nd place behind a strong Barrow team and 8th place overall.

1st	Leicester Coritavian (men)	8-59-49
2nd	Harborough (men)	9-20-25
3rd	Barrow Runners (mixed)	9-29-47
4th	Leicester Tri Club (men)	9-31-04
5th	Shepshed (men)	9-36-54
6th	OWL's (men)	9-44-26
7th	Wreake Runners (men)	9-53-22
8th	Huncote Harriers (mixed)	9-53-23
9th	West End (mixed)	10-14-59
10th	Hinckley (mixed)	10-20-46
11th	Road-Hoggs (men)	10-29-54
12th	Kibworth & Fleckney (mixed)	10-35-11
13th	Desford (men)	10-36-30
14th	Barrow "B" (mixed)	10-40-24
15th	Birstall (men)	10-40-40
16th	OWL's (mixed)	10-48-47
17th	Huncote Harriers (men)	10-49-59
18th	Huncote Harriers "B" (mixed)	10-56-55
19th	Wreake Runners "B" (men)	11-06-22
20th	Harborough (mixed)	11-12-45
21st	Hermitage (mixed)	11-20-02
22nd	Wreake (ladies)	11-38-09
23rd	Birstall (ladies)	11-43-15
24th	Hinckley "B" (mixed)	11-48-28
25th	Leicester Tri Club (mixed)	11-52-52
26th	West End "B" (mixed)	11-56-52
27th	West End "D" (mixed)	12-02-05
28th	Desford (mixed)	12-19-50
29th	Barrow Runners "C" (mixed)	12-22-07
30th	West End "C" (mixed)	12-23-49
31st	Shepshed (mixed)	12-37-09
32nd	Kibworth & Fleckney "B" (mixed)	12-53-41
33rd	Desford "B" (mixed)	12-57-40
34th	Birstall (mixed)	13-16-56
35th	Wreake Runners "B" (ladies)	14-00-53

Stage 1 Ratcliffe

Andy Ball gave the Harriers an excellent start in 4th place only 2 minutes off leader Mark Rose of Shepshed.

4th	Andy Ball (mixed "A")	44-09
19th	Mike Tansey (men)	50-50
23rd	Nick Tomkins (mixed "B")	52-27

Stage 2 Ashby Folville

Possibly the best stage for the Harriers with Dave Eggington getting second fastest of the stage behind Coritarians' Nigel Stirr and mov-

ing us to 3rd overall behind Coritarians. Darren Newton also had a fine run and his 9th place moved the men's team up to 15th

2nd Dave Eggington (mixed "A")	37-44	3rd overall	1-21-53
9th Darren Newton (men)	43-04	15th overall	1-33-54
32nd Sarah Tresler (mixed "B")	50-13	24th overall	1-42-40

Stage 3 Somerby

The Harriers lost some ground on this stage with the exception of Jo Burnett. Her fine run moved the Harriers mixed "B" up 4 places to 21st. Dave Masser for Hinckley was stage fastest but Michael Godrich kept Coritarians in the overall lead (1-56-17)

Kate Ruffel (mixed "A")	45-46	2-07-29	8th
Colin Staff (men)	46-17	2-20-11	17th
Jo Burnett (mixed B")	50-03	2-32-43	21st

Stage 4 Loddington

Ashley Sabin, now running for Coritarians extended their lead with a great run on a short but undulating stage. A point of interest for the Harriers was Jo Clarke for our mixed "B" team being slightly quicker than Debbie Hulbert for the mixed "A".

Debbie Hulbert (mixed "A")	44-21	2-51-50	12th
Richard Thomas (men)	42-53	3-03-04	17th
Jo Clarke (Mixed "B")	44-04	3-16-47	22nd

Stage 5 Slawston

There wasn't much between the Huncote teams after this stage. Tom Hughs of Leicester Tri Club was stage fastest with a 35-29 clocking but Craig Sabin kept Leicester Coritarians in front with their total time of 3-04-03. Andy Wooley, meanwhile, was moving Harriers mixed "B" up 2 places to 20th and Michael Ricketts was up 2 places for the men's team

Julia Sandford (mixed "A")	47-04	3-38-54	17th
Michael Ricketts (men)	43-59	3-47-03	15th
Andy Wooley (mixed "B")	43-26	4-00-13	20th

Stage 6 Foxton

Paul Guest soon overtook the editor but Chris Talbot was long gone to restore some of the fortunes for the mixed "A" team with the 4th fastest run of the stage behind Sean Fenwick, Gareth Deacon & Richard Bettsworth and an improvement of 8 places.

Chris Talbot (mixed "A")	52-47	4-31-41	9th
Phil Watts (men)	1-03-38	4-50-41	18th
Paul Guest (mixed "B")	1-00-02	5-00-15	20th

Stage 7 Bruntingthorpe

Good legs for all the Huncote runners on this stage with Steve Copeland 4th fastest overall for mixed "A". Stage fastest was again a Leicester Coritavian, Michael Haines with 42-23.

Steve Copeland	46-52	5-18-33	8th
Barry Hibberd	51-02	5-41-43	16th
Bev Parry	54-38	5-54-53	20th

Stage 8 Frolesworth

With the race having passed the half way mark, Rob Sheen extended Leicester's lead on this stage.

Joe O'Flynn (mixed "A")	45-07	6-03-40	8th
Jeff Wickham (men)	49-31	6-31-14	16th
Sue Gardner (mixed "B")	54-18	6-49-11	20th

Stage 9 Burbage Common

Coritarians retained their lead through Dave Saunders and their overall time of 5-53-51 was beginning to look impregnable. Meanwhile Jack Angrave for our mixed "B" team had an impressive run, 39-25, to move up 1 place.

Jo Copeland (mixed "A")	44-14	6-47-54	8th
Paul Geddes (men)	43-04	7-14-18	16th
Jack Angrave (mixed "B")	39-25	7-28-36	19th

Stage 10 Market Bosworth

Pete Swaine for Harborough was fastest on this leg with 45-46 but Dave Pearce kept Coritarians in the overall lead. For Huncote there was only 1 1/2 minutes between our evenly matched runners.

Mark Wittering (mixed "A")	53-29	7-41-23	8th
Mick Sandford (men)	55-04	8-09-22	14th
John Carnegie (mixed "B")	54-18	8-22-54	18th

Stage 11 Markfield

A brilliant leg by our Carl Sommer for equal 2nd fastest on the stage. Also well up were Dave Lawson and Steve Wright. Stage fastest was Nathaniel Walker (Leicester Tri) with 41-49. John Grindey maintained Leicester Coritarians lead now up to 16 minutes over Harborough.

Carl Sommer (mixed "A")	45-23	8-26-46	8th
Steve Wright (men)	54-29	9-03-51	14th
Dave Lawson (mixed "B")	51-14	9-14-08	18th

Stage 12 Beacon Hill

Not an easy stage with the long climb to the summit of Beacon Hill at the end of an undulating leg. Coritarians maintained their lead through their veteran fell runner, Phil Hands. Fastest leg was Tim Hartley (Notts AC) guesting for Barrow Runners mixed "A" with 41-24. Kingsley Cook was 4th fastest with 44-18 a good run to be so close to Hartley and 2 minutes up on Hands.

Kingsley Cook (mixed "A")	44-18	9-11-04	7th
Nick Cox (men)	52-31	9-56-22	16th
Colin Bartlette (mixed "B")	52-28	10-06-36	18th

Stage 13 Mowmacre Hill (The Finish)

Some useful runners on this leg including our own Nicki Nealon. Veteran, Phil Makepeace, still one of the County's great runners, was fastest for Leicester Coritarians with 39-37, but Nicki was well in touch with 6th fastest time.

Nicki Nealon (mixed "A")	42-19	9-53-23	8th
Martin Siddon (men)	53-37	10-49-59	17th
Tony Siddon (mixed "B")	50-19	10-56-55	18th

As always team success depends very much on the team management and back-up. In this respect, Huncote Harriers were fortunate to have the services not only of stalwarts, Gary Ashby and Mike Tansey, who have been a part of previous successes but, also, Andy and Marie Wilford. Our thanks to them for the great support they provided on the day.

CROSS COUNTRY RESULTS

North Midlands League 1 Markeaton Park, Derby

The start of John Heywood's year as President of The North Midlands Cross Country League. Unfortunately a bad cold wrecked his chance of a seasonal debut but useful debuts were made by Carl Sommer and that king of the non-racers, Martin Slipp.

1st	C.Hawkins	Derby A.C.	29-39
47th	Carl Sommer		34-13
173rd	Martin Slipp		42-05
185th	Phil Watts		42-50
240th	James Brewin		50-59

1st Veteran team	Redhill	90 pts
18th	Huncote Harriers	607 pts

North Midlands League 2 West Glebe Park, Corby

Carl Sommer made significant improvement on the first fixture and John Heywood returned to action pushing Martin Slipp most of the way.

1st	Mark Powell	OWL's	31-23
29th	Carl Sommer		34-05
132nd	Martin Slipp		41-50
134th	John Heywood		42-16
155th	Phil Watts		44-01

1st Veteran team	Redhill	116 pts
11th	Huncote Harriers	421 pts

North Midlands League 3 Berry Hill Park, Mansfield

A fast course based next to the Berry Hill Stadium Athletics Track with Martin Slipp consolidating on his recent good form.

1st	C.Hawkins	Derby A.C.	29-43
2nd	Mark Powell	OWL's	30-18
149th	Martin Slipp		41-57
159th	Phil Watts		43-03

Midland "7" Braunstone Park, Leicester.

A good Harriers turn-out for one of the oldest cross country fixtures on the calendar and having championship status. The race was won by Jonathan Thewlis of Notts A.C. in 38-57. The course set out by our John Heywood was about 7.5 miles and was deceptively hard so Thewlis's time was quite a good effort as he won by over a minute.

33rd	Kingsley Cook	45-27
47th	Dave Eggington	47-20
64th	Joe O'Flynn	52-03
69th	Andy Woolley	53-00
71st	Dave Lawson	53-28
74th	John Heywood	53-57
76th	Martin Slipp	54-39
80th	Darren Newton	55-05
85th	Tony Siddon	55-56
93rd	Phil Watts	58-05

Notts A.C. was first team home six runners to count from second placed Halesowen. Huncote Harriers were 8th team out of 10 complete teams.

Shepshed "7"

Sunday 02 November

Derby Runner Cross Country League 1 Bosworth Park

Won by Jason Williams of the OWL/s in 32-42. For Huncote the veterans shone with Andy Ball first home in front of Joe O'Flynn. A great run also for new member Kate Ruffel leading home the ladies in a large Huncote turn-out.

MEN

42nd	Andy Ball	37-10
72nd	Joe O'Flynn	38-50
121st	John Heywood	41-28
144th	Tony Siddon	42-43
185th	Nick Cox	45-07
192nd	Paul Nealon	46-18
198th	Michael Ricketts	45-54
203rd	Colin Staff	46-16
216th	Richard Thomas	47-23

LADIES

28th	Kate Ruffel	46-07
46th	Bev Parry	49-49
48th	Jo Clarke	50-25
50th	Jo Burnett	50-44
96th	Laura Jeffs	63-31

Derby Runner Cross Country League 2 Mount Sinai, Burton.

John Heywood, 1st V60, and Kate Ruffel led home the Huncote teams in the 2nd Derby Runner Cross Country League on the tough hilly course of Mount Sinai at Burton on Trent over 5 1/2 miles.

MEN

1st	Tim Hartley	Barrow Runners	30-46
101st	John Heywood (1st V/60)		40-21
119th	Andy Woolley		41-12
139th	Paul Nicholson		42-06
143rd	Tony Siddon		43-16
158th	Paul Chadwick		44-19
165th	Colin Staff		45-06
197th	Richard Thomas		48-03

LADIES

1st	Kate Ramsey	Barrow Runners	36-45
26th	Kate Ruffel		45-31
38th	Sue Gardner		48-05
53rd	Bev Parry		51-06
58th	Marie Wilford		55-50
82nd	Laura Jeffs		65-07

NORWICH HALF MARATHON

Sunday 30 November

Carl Sommer and Nicki Nealon were in action in this large end of season race in East Anglia. Both had good results with a pb for Carl and 1st F40 for Nicki (3rd lady overall)

1st	Matthew Janes	1-05-44
10th	Carl Sommer	1-15-02

1st Lady	Olivia Walwyn	1-17-29
2nd Lady	Helen Decker	1-17-40

The Shepshed "7" as well as being one of the longer standing fixtures in the Leicestershire calendar is also one of the most popular. There is an entry limit of 500 which usually fills up before the closing date, possibly due to a good prize list and a traffic free course. The ladies' race was probably the most exciting part with a good battle between Gemma Steel, Debbie Marsden and our own Nicki Nealon with less than a minute covering the three. Kingsley Cook was second vet in a magnificent 8th place and Andy Ball wasn't too far behind. The Huncote Ladies just missed the team prize being pipped by West End.

1st	James Douglas (Charnwood)	37-22
2nd	Mark Couldwell (Charnwood)	37-47
3rd	Martin Lewis (Charnwood)	38-19
6th	Mark Rose (Shepshed) 1st Vet	40-53
10th	Gemma Steel (Hermitage) 1st Lady	41-49
13th	Debbie Marsden (Charnwood) 2nd Lady	42-12
14th	Nicki Nealon 3rd lady	42-37

Other Huncote:

8th	Kingsley Cook	41-36
22nd	Andy Ball	43-24
29th	Grame Slight (3rd v/50)	44-25
54th	Steve Copeland	47-49
75th	Andy Wilford	49-41
81st	Jeff Wickham	49-55
86th	Tony Siddon	50-04
88th	Barry Hibberd	50-07
96th	Jason Tomkins	50-27
110th	Claire Naing	51-16
121st	Kate Ruffel	51-45
124th	Michael Ricketts	51-51
152nd	Jo Copeland	53-10
170th	Nick Cox	54-13
175th	Clint Friskney	54-20
185th	Paul Geddes	54-55
191st	Richard Thomas	55-25
207th	Sue Gardner	56-18
241st	Debbie Weeks	58-41
278th	Mick Butler	60-31
281st	Jo Burnett	60-37
282nd	Marie Wilford	60-37

PRESENTATION NIGHT

Huncote Harriers Presentation Dinner took place at The Shires, Peatling Parva on Friday 28th November and a brilliant night it was too. Special thanks to Paul Nealon for again organising an enjoyable social event. The Shires is a great venue for a "bash" with a good menu, not too expensive, and reasonable bar. We were able to have part of the restaurant partitioned off so that we could enjoy our private party.

It was good to see a good mix of old and young members and awards were made to the following:

Presenting the Lady Harrier of the Year Award Ladies' Captain, Andy Wilford, paid tribute to the following:

3rd place Marie Wilford
 2nd place Bev Parry
 1st place Nicki Nealon

A special presentation was also made to Laura Tresler and Laura Jeffs for their performance at the Rugby "10"

Chairman, Graeme Slight presented the other awards:

Male Harrier of the Year:

=3rd place Tony Siddon
 John O'Sullivan
 2nd place Carl Sommer
 1st place Andy Wilford

Best Newcomer:

This is a new award and this year was deservedly won by John Carnegie for making a significant impact in race results and being a regular attender on training nights.

Chairman's Award

Presented this year to John O'Sullivan. A really well deserved award for his efforts with training new members

Long membership Awards:

10 Years Sue Hawkes, Colin Rimmer, Ivan Balchin
 20 Years Jean Alexander, Keith Chambers, Ian Burbage, Chris Hevey

100% Road Race League Attendance:

Andy Wilford, Marie Wilford, Andy Ball, Paul Geddes, Tony Siddon and Mike Tansey

Road Race League Award:

1st Lady Veteran Nicki Nealon

Road Race League:

1st Male Veteran Team: Huncote Harriers. The eight counting individuals were: Andy Ball, John Carnegie, Tony Siddon, Graeme Slight, Jeff Wickham, Andy Wilford, Joe O'Flynn and Mike Tansey. This was based on a tally involving all Huncote veterans in all the League races. However, we should also remember the significant contribution made by our no. 1 veteran, Kingsley Cook, who was first in most of the races in which he participated but missed most of the Summer League races through illness.

Road Runner Standards.

Special awards were made to those who reached a given time standard in certified races during 2008.

Bronze: Bev Parry, Nick Nealon.
 Silver: John Carnegie
 Platinum: Nicki Nealon.

These standards really are worthwhile giving some consideration. They provide a yardstick for every serious road runner to aspire to. Three distances need to be chosen and a given time for each needs to be achieved to qualify for the standard. Copper is the easiest standard to achieve, followed by Bronze being the next easiest, followed by Silver and then Gold. The toughest to achieve is Platinum which equates roughly to international standard. The advantage of the system is that it gives all standards of runners goals to aim at. For details see the Huncote Harriers website. Also there will be more details in the next Newsletter.

Nicki Nealon has enjoyed a fantastic season and has well merited the Platinum award for road racing. A tally of her success is as follows: Number 1 F/40 in Great Britain based on average rankings from 5000 metres to Marathon.

World Masters F40 Half Marathon Champion - Clermont Ferrand.
 European Masters F40 Marathon Champion - Ljubljana.
 European Masters 5000 metres F40 Silver Medallist
 European Masters 10000 metres F40 Bronze Medallist.
 GB vs France vs Belgium Masters 5000 metres 3rd place
 British & Irish Masters X/Country F40 Silver Medallist & Team Gold
 British Masters X/Country Champion - Banbury
 British Masters 10000 metres Champion - Oxford
 British & Midlands Masters 10K Road Champion - Loughborough
 East Midlands Grand Prix Ladies Champion
 Leicestershire Summer League F40 Champion.

An impressive list of achievements from a prolific racer. Congratulations from all Harrier members and from all in Leicestershire athletics.

COMMUNICATION

The essence of all activity. Members need to know what is going on! Obviously this Newsletter does its part in relaying information about the activities within the Harriers. Its coverage is universal. It appears bi-monthly and will be handed to you or posted. This is your magazine - if you have an interesting story to tell, preferably in relation to athletics: an account of a race you took part in is ideal - please let me know. My name is Phil Watts and I run from the Leisure Centre most Tuesdays. If you wish, you can contact me on email at

p.watts034@btinternet.com

For those members who cannot get down to the Club and have access to a computer, please take the opportunity to log on to the excellent Huncote Harriers website at

www.huncoteharriersac.co.uk

Nick Tomkins, Richard Thomas and Bev Parry have created an interesting site full of news, results, photos and fixtures. There is also an exciting new addition to the site in the form of a forum - your chance to air your views in the form of a blog. This is open to all Club members - all you need to do is to register, following the on line questionnaire. Don't forget, as I did, to complete the security box at the bottom of the form. Our moderator, Bev Parry, will check frequently & update your registration.

Christmas & New Year issue

A merry Xmas and a successful New Year to all our members. Don't forget the Xmas fixtures, mainly:

Sunday 21st December - Either pub run/walk or Derby Runner Cross Country League from Thornton

Sunday 28th December - Huncote Hash. If you can't run, marshals are required and help will be required the day before to mark the course

FIXTURES

Sunday 7th December	Santa Run (charity run at Loughborough University)	
Sunday 7th December	Nene Valley "10"	Bretton, Peterboro'
Tuesday 9th December	G.E.C. 5K	Whetstone
Sunday 14th December	Sneyd "10"	Walsall.
Sunday 21st December	Derby Runner X/Country League & Christmas Pub Run (Bagworth)	Bagworth
Sunday 28th December	Huncote Hash Real Cross Country Entries taken on the day	Huncote Leisure Ctr

2009

Sunday 4th January	Winter Road Race League Barrow "6"	Barrow
Saturday 10th January	Leics County X/Country Championship Entries £5 each being taken by John Heywood	Brooksby College
Saturday 17th January	North Midlands X/Country League Final fixture see PhilWatts/John Heywood	Wollaton Pk Nottingham
Sunday 18th January	Midland Veterans X/Country Champs	Alexander Stadium
Sunday 18th January	Derby Runner X/Country League	Grace Dieu
Saturday 24th January	Midland Counties X/Country Champs.	Berry Hill, Mansfield
Sunday 25th January	Winter Road Race League Beaumont 10K	Markfield
Sunday 1st February	Bowline Charnwood Hills Race (12 miles)	Anstey
Sunday 8th February	Winter Road Race League Ashby "5"	Ashby
Sunday 15th February	Derby Runner X/Country League	Hermitage/Ivanhoe
Saturday 21st February	National X/Country Championship	Parliament Hill Fields
Sunday 22 February	Winter Road Race League Kibworth "6"	
Sunday 8th March	Derby Runner X/Country League Relay	
Sunday 15th March	Winter Road Race League Desford 10K	

Fancy a spot of serious training? Ready to move up to the next level? Providing there are no weekend races there is a group doing interval training at Jubilee Park, Narborough (almost opposite the Foxhunter) on Saturday mornings. Warm up starts at 9-30am prompt. When the ground is waterlogged we move to Huncote Leisure Centre. See Phil Watts for details. Repetitions are based on a 600 metres (approx) circuit. ALL WELCOME.

If you have any news for inclusion please contact the Editor, Phil Watts, tel 01455-286326 or by e/mail, p.watts034@btinternet.com

MERRY XMAS