

MARCH  
2003



HUNCOTE HARRIERS ATHLETIC CLUB

THE HARRIER

ISSUE 105

Newsletter Editor:  
Wlodziu Kula-Przewanski  
Please submit articles or items  
of news to the Editor.

Telephone: 01162 861334  
E mail: wlozduk@  
Compass-software.co.uk

## Matt Adcock gains 1st Triumph

Matt Adcock continued his great improvements of the last 6 months to triumph by a minute in the Daffodil Half Marathon.

Matty Adcock took the honours in the half marathon in a race that included a 10km as well at the scenic venue of Castle Ashby, Northamptonshire by kind permission of Earl Compton.

The 10km male race was won by Matt Amos (Nuneaton) in 32.14, 2nd was Charles Herrington (Belgrave H) 32.29 and 3rd Gareth Deacon (Coventry G) 33.45, the ladies race was won Louise Day (Stamford H) 38.27

Matty getting faster and faster in his attempts at the half, and finally realising his full potential won in 1:14.03. In the ladies race there was also a great effort by Annette Nutting who finished a very creditable 3rd in 1:28.52.

The course was an undulating 6 mile loop of the local countryside. The half course ran a small 1 mile lap, then 2 laps of 10km. The organisation did well to deal with 1000 or so runners on the day. Times varied due to the fresh winds and the hilly course.

Matty Adcock ran with Nick Berrill for the first lap of 10km before he pulled away to win by a comfortable margin and get a very rewarding result.

### Half Marathon Men

1st	Matty Adcock	1:14.03
2nd	Nick Berrill (Bedford H)	1:15.04
3rd	A Wilson (Team E Had)	1:16.02

### Huncote

73rd	Carl Sommer	1:31.51
79th	Nick Nealon V	1:33.12
117th	David Kirby V	1:37.12
230th	Paul Bailey V	1:45.21
278th	Tony Robinson V	1:47.55
280th	Mike Barton	1:47.55

### Half Marathon Women

1st	Anna Berrill (Bedford H)	1:22.54
2nd	I Thornburgh (Mkac)	1:24.30
3rd	Annette Nutting V	1:28.54

### Huncote

14th	Jo Ashmore V	1:40.15
23rd	Christina Tebbutt	1:44.11
75th	Yvonne Ingham V	1:57.44
230th	Paul Bailey V	1:45.21
278th	Tony Robinson V	1:47.55
280th	Mike Barton	1:47.55

### Daffodil 10km

1st	Matt Amos (Nun)	32-14
2nd	Charles Herrington (Bel)	32-29
3rd	Gareth Deacon (Cov G)	33-45

### Huncote

504th	Clive Alexander	1:00.05
749th	Pauline Milner	1:09.36

\*\*\*\*\*

## LEICESTERSHIRE ROAD RACE WINTER LEAGUE

### Race 2

### Ashby 5 Miles—Sunday 9th February 2003

Ashby followed a similar pattern to the 1st league race of the winter with the 2nd and 3rd spots occupied by the same runners, Gordon Lee and Matty Adcock finishing 2nd and 3rd respectively, into the winners enclosure came Paul Richardson from Charnwood with a winning time of 25.52.

The Harriers also saw a shortfall on the numbers for the 1st race at Wolvey. There were some good efforts for the Ladies and strong packing from Annette Nutting, Jo Ashmore, Christina Tebbutt and Bernadette Owen.

### Men

1st	P Richardson (Charn)	25-52
2nd	G Lee (Nuneaton)	26-17
3rd	Matty Adcock	26-37

**Huncote**

15th	Michael Keenan	28-21
21st	Graeme Slight	V 28-51
64th	Colin Bartlette	31-02
82nd	Steve Wright	V 31-53
91st	Carl Sommer	32-08
107th	Phil Watts	V 32-51
115th	Jeff Wickham	33-10
119th	Michael Tansey	33-23
129th	David Kirby	V 33-54
131st	John O'Sullivan	V 34-05
134th	Paul Bailey	V 34-12
159th	Jonathan Milner	36-09
162th	Tony Robinson	V 36-17
236th	Clive Alexander	V 48-00

**Women**

1st	Sally Newman	V (Wre) 30-18
2nd	Francine Bray	32-08
3rd	Sara McDowell	(Birs) 32-18

**Huncote**

11th	Annette Nutting	34-03
18th	Jo Ashmore	35-11
22nd	Christina Tebbutt	35-25
27th	Bernadette Owen	36-50
45th	Sue Edwards	38-48
58th	Lesley Gunby	40-39
69th	Sue Dobby	42-39
88th	Angela Tomkins	46-44
89th	Michelle Wickham	46-44

**Race 3**

**Leicester Sport LRRL—Desford  
10km—Sunday 23rd February  
2003**

A demanding course and windy conditions made for another tough winter league race.

The conditions and the 3 hills at the end made it hard for much of the field, but this did not stop Gordon Lee winning in 32.43 with Richard Whitelegg running his best race of the season ahead of Matty Adcock taking 3rd place again.

**Men**

1st	Gordon Lee	32-44
2nd	Richard Whitelegg	33-32
3rd	Matt Adcock	33-57

**Huncote**

14th	Michael Keenan	35-58
15th	Graeme Slight	V 36-07
26th	Nick Taylor	37-31
49th	Mike Bradford	V 39-07
60th	John Heywood	V 39-52

78th	Colin Bartlette	40-48
80th	Nick Nealon	V 40-53
83rd	Phil Watts	V 41-02
90th	Nick Tomkins	41-18
92nd	Carl Sommer	41-24
100th	Jeff Wickham	41-42
124th	Paul Bailey	43-30
128th	B Cherry	43-49
131st	Jonathan Milner	44-10
137th	David Kirby	V 44-31
152nd	Tony Robinson	46-16
174th	Barry Summers	48-19
216th	Clive Alexander	V 60-42

**Women**

1st	Sally Newman	V (Wre) 39-27
2nd	Sara McDowell	(Birs) 40-38
3rd	Sarah Terry	(Barr) 40-56

**Huncote**

4th	Annette Nutting	41-15
18th	Christina Tebbutt	44-56
30th	Sue Edwards	48-10
39th	Lesley Gunby	49-59
62nd	Karin Taylor	55-50
70th	Angela Tomkins	61-14

**Race 4**

**Leicester Sport LRRL—  
Beaumont/Markfield/Thornton  
10km—Sunday 9th March 2003**

A strong field turned up for the 4th race in the Winter League, again on a hilly course on a very windy day. Ryan Falkner from the Owls turned in a superb performance with a win in 31.46. He was followed in by Gordon Lee in 32.08 and Nigel Stirk in 32.46, Matt Adcock turned in another good performance for a very creditable time of 33.22. He was ably backed up by good club performances by Michael Keenan, Graeme Slight, Nick Taylor and Colin Bartlette's best place of the winter league.

**Men**

1st	Ryan Falkner (Owls)	31-37
2nd	Gordon Lee (Nuneaton)	32-08
3rd	Nigel Stirk (Desford)	32-46

**Huncote**

5th	Matt Adcock	33-22
13th	Michael Keenan	35-37
18th	Graeme Slight	V 36-16
27th	Nick Taylor	37-19
49th	Colin Bartlette	38-48
62nd	Wlodziu Kula-Przewanski	39-51
68th	Steve Wright	V 40-14

71st	Carl Sommer	40-23
79th	Phil Watts	V 40-39
95th	Jeff Wickham	42-04
97th	Nick Tomkins	42-07
104th	Mick Newton	42-33
142nd	Mike Barton	46-04
146th	Tony Robinson	46-41
148th	Paul Nealon	46-50
156th	Barry Summers	47-21
197th	Clive Alexander	58-57

**Women**

1st	Sarah Terry (Barrow)	40-21
2nd	Emma Cox (Desford)	40-52
3rd	Sara McDowell (Birs)	41-15

**Huncote**

18th	Jo Ashmore	45-30
37th	Bernadette Owen	48-45
44th	Sandra Stevens	50-23
63rd	Michelle Wickham	58-37

**LRRL Team Scores after 4  
races**

**Women**

1st	Birstall	80pts
2nd	Nuneaton	59pts
3rd	Barrow	54pts
4th	Beaumont	53pts
5th	Wreake Runners	52pts
6th	<b>Huncote</b>	<b>47pts</b>
7th	Hinckley	45pts
7th	Owls	45pts
9th	Desford	43pts

**Men**

1st	Nuneaton	77pts
2nd	Birstall	61pts
3rd	<b>Huncote</b>	<b>60pts</b>
4th	Owls	57pts
5th	Stilton	54pts
6th	Beaumont	52pts
7th	Wreake	43pts
8th	Roadhoggs	41pts
9th	South Derby	39pts
10th	Desford	32pts

The men could still win 2nd place with a good performance in the last race of the series the Stilton Striders 7 Miles.

Don't forget the Clubs Training Nights move back to Huncote Leisure Centre on **Tuesday 15th April at 7pm.**

\*\*\*\*\*

**OTHER RESULTS**

**Craig Sabin European Indoor Vets Finalist**  
 Craig Sabin has been making a concerted attack on the Vets indoor circuit this winter, taking part in both the UK Vets Indoor championships at 3000m at the NIA in Birmingham where he finished 5th in a time just outside 9 mins, and also in the European Vets championships in San Sebastian, Spain, 16th Mar.

Craig had to run 2 races in the space of 3 hours due to the large entry and he finished 2nd in his heat, 1 of 3 from which the 1st 4 qualified with the 4 fastest losers. In the final he finished a praiseworthy 12th in a time of 9:13.17 a p.b. He also ran in the 1500m, qualifying from the heat but getting knocked out in the semi final but still managing a further p.b. of 4:26.6 even better with a temperatures of 82-88f in the stadium. He is looking forward to put this speedwork to good use in the East Midlands GP.

**Matty & Mark at the Wuthering Hike**

Matty Adcock and Mark Wittering finished a creditable 9th at Yorkshire's Wuthering Hike on the 16th March. Their time was 4.37 for the 31 mile fell race with over 4400ft of climbs, pleasing them both in a strong field.

**17th Charnwood Hills Race — Sunday 2nd February 2003**

Another tough Charnwood Hills race saw John Heywood continue his good winter form and that man of the country Nick Nealon finish not far behind

**Results**

1st	M Yelling (Bed)	1:21.28
2nd	M Munday (RdHoggs)	1:24.06
3rd	M Johnson (Knilworth)	1:24.34

**Huncote**

39th	John Heywood	1:37.58
54th	Nick Nealon	1:40.12
129th	Chris Hevey	1:48.53
202nd	Julia Sandford	2:00.27
203rd	Tim Buckton	2:00.28

**Wreake Stomp—Traditional Cross Country Race —Sunday 16th March 2003**

**Results**

1st	M Munday (RdHoggs)	45:17
2nd	R Whitelegg (Hinckley)	46:19
3rd	J Franklin (Owls)	47:45

**Huncote**

16th	Colin Bartlette	54:31
80	ran	

**Ashby 20—16th March 2003**

**Results**

1st	T Hartley (Shepshed)	1:49.56
2nd	G Payne (G Eliot Str)	1:53.34
3rd	W Speake (Notts AC)	1:53.48

A very creditable performance by Ivan.

**Huncote**

44th	Ivan Balchin	2:12.24
462	ran	

\*\*\*\*\*

The Editor would like to join everybody from the club in offering Mike Tansey and Lesley Gunby all the very best wishes following their marriage in Edinburgh on the 15th March. Hopefully Mike will have been able to keep with Lesley (so to speak!!) as she was using the honeymoon to continue her training for the London Marathon.

There is an **OWL's vs Huncote H skittles match** taking place at the Red Lion in Huncote on **Friday 25th April**, it is 20 per team and there is a Hot Supper with Veggie option for £5. Contact Graeme Slight for details on 0116 2812792 or [graeme.slight@alstec.com](mailto:graeme.slight@alstec.com).

**HUNCOTE HARRIERS - 20th ANNIVERSARY 2003 BASH**

**Date - SAT 17th MAY 2003**  
**Venue-LEICESTER ROWING CLUB, UPPERTON ROAD.**

The tickets are **only £5** each as the club is subsidising the event and the evening will consist of amongst others: A live band or disco, a buffet and display of memorabilia. The presentation of Harriers of the Year, Chairman's award, 10 years awards and now 20 years awards. Cheques payable to Huncote Harriers AC & send to: Pauline Milner, 7 Denman Lane, Huncote, Leicester. LE9 6AL

**WHO WANTS TO ALMOST BE A HUNCOTE HARRIER MILLIONAIRE**

**Date - MONDAY 31ST MARCH 2003**  
**Venue-REGENTS ROAD CLUB, LEICESTER**  
 This is your chance to nearly win that much in a General Knowledge Quiz being organiser by the editor (Bamber).

It is your chance to prove your mental as well as physical capabilities, all members of the club are invited and can bring friends or family to form teams of 3 or 4. The entry fee is £1 person and I have already had a number of enquiries. Lets see you all down there, my contact details are on the front page.

Keep abreast of all things Running and Athletic at David Kirby's website on [WWW.SimplelyRunnng.Net](http://WWW.SimplelyRunnng.Net)—'The Midlands Top Online Magazine for Running and Coaching. Recent updates include all the winter race results and it has regular updates on races and he'll even do your coaching for you!!!

**Men's Team Captain**

For information on races please contact the Men's Team Captain Mike Tansey on 0116 2753425 or by e-mail at: [Michael.tansey@uk.royalsun.com](mailto:Michael.tansey@uk.royalsun.com)

**Women's Team Captain**

For information on races please contact the Women's Team Captain Clive Alexander on 0116 2883229

**FIXTURES**# Contact Details in Runners World or [www.runnersworld.co.uk](http://www.runnersworld.co.uk)

Always check times &amp; details with organisers to avoid disappointment

**APRIL**

<b>Sunday 13th</b>	<b>#Flora London Marathon</b>	London	<b>AM</b>
<b>Sunday 20th</b>	<b>Massey Ferguson Easter 5 miles</b> Banner Lane, Coventry ( <a href="http://www.masserferguson.co.uk">www.masserferguson.co.uk</a> )	Coventry	<b>AM</b>
<b>Sunday 27th</b>	<b>#Shakespeare Marathon &amp; 1/2 Marathon</b> c/d 14/4, Marathon £8, 1/2 Marathon £7	Stratford Upon Avon	<b>1.00pm</b>
<b>Sunday 27th</b>	<b>Royal British Legion Annual Run</b> entry fee £5, Nuneaton Harriers	Nuneaton	<b>11.00am</b>

**MAY**

<b>Monday 5th</b>	<b>#Godiva May Day 5</b> Coventry War Memorial Park, Kenilworth Road	Coventry	<b>11am</b>
<b>Tuesday 6th</b>	<b>Silverstone 10km (EMGP)</b>	Silverstone	<b>7.30pm</b>
<b>Sunday 11th</b>	<b>#Hinckley Dog &amp; Hedgehog 1/2 Marathon (LRRL)</b>	Market Bosworth	<b>10.30am</b>
<b>Wednesday 14th</b>	<b>The Provident Rugby 6 Miles (EMGP)</b>	Rugby	<b>7.45pm</b>
<b>Wednesday 21st</b>	<b>#The Rockingham Motor Speedway 5 Miles (EMGP)</b> c/d 15/5, £4, John Thomas 01536 267297 Corby	Rockingham	<b>7.45pm</b>

**JUNE**

<b>Sunday 1st</b>	<b>Swithland 6 (LRRL SUMMER)</b>	Swithland	
<b>Tuesday 3rd</b>	<b>Bedford 6 Miles (EMGP)</b>	Bedford	<b>7.45pm</b>
<b>Tuesday 10th</b>	<b>Weedon 10km (EMGP)</b>	Weedon	<b>7.45pm</b>
<b>Tuesday 17th</b>	<b>Banbury 5 Miles (EMGP)</b>	Banbury	<b>7.45pm</b>
<b>Tuesday 24th (tbc)</b>	<b>Mkt Harboro Building Society 5 Miles (EMGP)</b>	Market Harborough	<b>7.45pm</b>
<b>Wednesday 25th</b>	<b>NP Aerospace Godiva 5</b>	Coventry	<b>7.45pm</b>
<b>Sunday 29th</b>	<b>Barrow 10 (LRRL SUMMER)</b>	Barrow	<b>tbc</b>

**JULY**

<b>Tuesday 8th</b>	<b>Milton Keynes 10km EMGP)</b>	Milton Keynes	<b>7.45pm</b>
<b>Wednesday 9th</b>	<b>Hungarton 7 (LRRL SUMMER)</b>	Hungarton	<b>tbc</b>
<b>Sunday 20th</b>	<b>Langton 7.5 Miles</b>	Langtons	<b>tbc</b>

**AUGUST**

<b>Wednesday 6th</b>	<b>JOY CANN MEMORIAL 5 (LRRL SUMMER)</b>	<b>HUNCOTE</b>	<b>tbc</b>
----------------------	--	----------------	------------

**Sweatshop/UK Athletics Road Running Grand Prix**

At a meeting in January of the Leicester Road Race League it was agreed that a team representing the county had been accepted to take part in this event. This means that the winning Mens and Womens teams after the Winter/Summer programme will be entered at no cost to themselves in the competition held within the Nottingham Half Marathon in September 2003. This provides a further incentive for all members to come out and support the LRRL race series.