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THE HARRIER

HUNCOTE HARRIERS ATHLETIC CLUB

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# Nicki Nealon wins the East Midlands GP again

Nicki Nealon put up a remarkable effort to win the East Midlands GP title again with her 1st win coming just 4 weeks after she had her 2nd child, and improvements from that point all the way through the series.

Nicki has also won her 7th Leics Summer Road Race League Title in 10 years and 6th in the last 7 years.

## Race 2— Provident Rugby 6— Wednesday 6th May 2003

Just 4 weeks after she gave birth to her 2nd child Nicki Nealon was back on the way to 200 race wins with a remarkable victory in the Rugby 6.

### Men

1st	M Geele (Una)	32-04
2nd	Garry Payne (GES)	32-08
3rd	C G Palmer (Team Solent)	32-11

### Huncote

62nd	Ivan Balchin	38-14
108th	John O'Sullivan	41-12
128th	Peter Kirby	42-08
161st	Tony Robinson	44-14
171st	Mike Barton	44-50

Ivan Balchin with a storming run completed a great PB for the 6 miles finishing just behind Nicky overall.

### Women

1st	Nicky Nealon	37-52
2nd	Sally Barker (Una)	38-03
3rd	Heather Fiddament-Harris (RN)	40-13

## Race 3— Rockingham 4.75— Wednesday 21st May 2003

Gordon Lee wins again in 24:07 for the 15th fastest time in the UK this year over 5 miles. Craig Sabin was first vet with 11th, but Nicky Nealon did not have it all her own way finishing third lady, but first vet 35. The course was re-graded to 4.75miles from 5 miles due to a measuring out error.

### Men

1st	Gordon Lee (Nuneaton H)	24-07
2nd	M Geele (Una)	24-24
3rd	Sean Fenwick (Tipton H)	24-26

### Women

1st	Sue Harrison (Leam'ton AC)	27-09
2nd	Louise Day (Stamford H)	28-14
3rd	Nicky Nealon	28-34

349ran

### Huncote

11th	Craig Sabin	25-15
103rd	Ivan Balchin	30-12
125th	Nick Nealon	30-55
130th	Peter Kirby	31-05

## Race 4— Bedford 6 Miles— Tuesday 3rd June 2003

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### Men

1st	R Palmer (Luton Utd)	31-27
2nd	C Deasy (Coventry G)	32-47
3rd	M McKay (Rugby & North)	33-11

### Women

1st	L Day (Stamford H)	37-03
2nd	Nicky Nealon	37-07
3rd	C Rooney (MKAC)	40-01

### Huncote

86th	Peter Kirby	40-52
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## Race 5— Weedon 10km— Tuesday 10th June 2003

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### Men

1st	M McKay (Rugby & North)	33-21
2nd	M Geele (Una)	33-21
3rd	G Harris (Headington)	33-54

### Women

1st	V Pincombe (MKAC)	37-42
2nd	Nicky Nealon	38-46
3rd	L Day (Stamford H)	39-17

### Huncote

83rd	Ivan Balchin	41-25
115th	Nick Nealon	43-26
121st	John O'Sullivan	43-46
173rd	Paul Nealon	46-36

324ran

# Official health Warning - 24 hours of Running in 85 Degree Heat, Its Not Good For You!!

## Hull 24hr race 2003— The venue was the Costello Stadium, Hull 12/13 July 2003

Matty Adcock and myself had planned to run this as a build up for a longer Ultra next year. Either Badwater or the Birmingham to London canal run.

.....Car packed with club tent, we arrived at the stadium at 8.30pm on the Friday night. Peter my son was driving and would help during the race. (He had been my handler in the London to Brighton a couple of years ago). Already on site were competitors with tents erected along side the track. Dave Annandale and wife Emma were there setting up all the administration and co-ordinating the vast array of volunteers. This is their third year, and it was superbly orchestrated. We pitched our tent and introduced ourselves to our neighbour, Dan Coffey (This was his 34th 24hrs race), an absolute legend.

The race was to start at 10 in the morning on the Saturday. We all seemed to sleep well and awoke to the gentle noise of preparation. By 10 there were 32 starters from the 34 registered toeing the starters line. This was to be run on a 400 m track, and every 4hrs reversing the direction. The race favourite and no 1 was Stuart Buchan (143 miles last year). Matty and I ran the first 4 hrs together totalling about 21 miles. This positioned us mid pack, and with our lack of experience, seemed about right. Peter was giving us fluid every 20 mins and food every hour. Matty then started to ease away in to a more natural stride and I kept chugging around. The laps were being counted by an army of volunteers who held up a board with your number on after each lap.

By 4pm the temp was above 25c and getting hotter, I needed an ice cream, just get my core temperature down. additional food and drinks were being provided from Dave and Emma, and some of the racers were unsupported, just a chair on the side of the track, and an array of personalised drinks and food. During the next few hours everyone continued to churn out the laps, with Stuart Buchan looking absolutely superb running towards another great total. The general aim was to hit 100 miles, and people had their own schedules designed to achieve this mark.

During the evening Matty's sister and brother-in-law arrived to help, and allow Peter a few hours sleep. Amy and Ben had not seen anything like this and were amazed at the efforts people were going through. By 10 in the evening it was still extremely hot, and I had started to amass a few blisters, plus I thought I had applied enough vaseline, but alas my backside did not think the same and continued to cause concern throughout the race. Matty was still running well and had moved up into 5th place.

I had been running 20 laps and walking one, this now changed and I started to race walk as the night approached, my theory was, if I could keep over 4mph during the dark hours, it would set me well for the closing 4 hours. Just after 1.30 am Matty decided to take a break after 78 miles. His legs were playing up, and he felt a few hours in the sleeping bag could do the trick. Along side the track was a massage facility, which at 2 am was heaven (at least I wasn't running).

Every hour we tried to arouse Matty, but the sleeping bag had possessed him. Amy did though manage to get him up around 4am for another 2 miles to hit the 80 mark. I was still walking along, 11 blisters and a rather sore backside, speed though was down to 3mph. I was remaining about half way on the leader board, although it was fascinating seeing all the other competitors with differing styles. Some took short breaks at the side of the track, some a sleep in their car. Others just kept a steady pace up throughout.

During the night the temperature really dropped, and most of us put jackets on. You could see your breath as you ran. By 5.30 it was light and the temperature was beginning to rise. The top few were already in to the hundred plus miles. Some (like me) were content to keep going and what ever I achieved was ok. One man just camping down from us had the support of his wife and family. He was targeting 100 miles, his wife had the written schedule in her hand and was encouraging him all the time. With about 4 hours to go he had done 91 miles but could not run another step. He sat down with his wife and she talked to him. They had a cuddle and a little cry and he promised to go on. He got back on the track and with 30 mins to spare he hit the hundred mark.

This was not an isolated incident and seemed to capture the mood and spirit of the event. The race t-shirt said "there is no finish line"...how right that is.

....Well we both finished with Matty coming back out on the track to run the last 30 mins. Matty ended up with 81.25 miles and myself with 83.75 miles.

Will we do it again? I think so.

David Kirby

**East Midlands GP Results Cont**

**Race 6— Banbury 5 Miles—  
Tuesday 17th June 2003**

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Men	
1st	M McKay (Rugby & North) 25-30
2nd	R Robinson (Aldershot & D)25-32
3rd	G Harris (Headington) 26-07

Women	
1st	Nicky Nealon 29-46
2nd	L Day (Stamford H) 30-21
3rd	S Baker (Una) 32-07

Huncote	
114th	Nick Nealon 33-18
159th	Peter Kirby 34-46
346ran	

**Race 7— Harborough 5 Miles—  
Tuesday 24th June 2003**

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Men	
1st	M McKay (Rugby & North) 25-24
2nd	S Platts (Morperth H) 25-25
3rd	M Geele (Una) 26-07

Women	
1st	S Harrison (Leam) 29-28
2nd	Nicky Nealon 30-06

Huncote	
36th	Mick Bradford 29-31
54th	Jack Angrave 30-19
72nd	Ricky Barrows 31-16
85th	Ivan Balchin 31-45
88th	Carl Sommer 32-00
120th	Peter Kirby 33-22
129th	John O'Sullivan 33-35
132nd	Paul Chadwick 33-45
156th	Nick Butler 34-48
173rd	D Bradbury 35-23
191st	Tony Robinson 36-16
210th	Paul Nealon 37-32
294ran	

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**Leicestershire Summer  
League Races**

**Swithland 6—Sunday 1st  
June 2003**

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On a very hot day the results saw 2 of the county's favourite runners finish 1st and 2nd in the mens race. Followed closely in by great runs from Craig Sabin & Matt Adcock who topped a great turn-out of 36.

**Men**

1st	Gareth Deacon (Cov God) 31-21
2nd	Phil Makepeace (Leic C) 31-38
3rd	Simon Cotton (Nun H) 31-47

**Women**

1st	Sally Newman (Wreake R)37-28
2nd	Sarah Terry (Barrow RR) 37-38
3rd	Nicky Nealon 37-57

**Huncote**

5th	Craig Sabin 32-50
6th	Matt Adcock 33-42
22nd	Grame Slight 35-34
24th	Nick Taylor 35-56
27th	Michael Keenan 36-25
47th	Joe O'Flynn 37-43
60th	Keith Chambers 38-27
61st	Robert King 38-30
66th	Carl Sommer 38-41
83rd	Rick Barrows 39-36
103rd	Steve Wright 40-25
108th	Ivan Balchin 40-34
117th	Nick Nealon 41-00
120th	Phil Watts 41-03
124th	Colin Bartlette 41-16
125th	Nick Tompkins 41-17
130th	Mike Newton 41-31
142nd	Peter Kirby 42-16
153rd	Mick Butler 43-15
180th	Tony Robinson 45-03
181st	Mike Barton 45-04
182nd	Paul Nealon 45-13
196th	Julia Sandford 45-52
199th	Andrew Stevens 45-59
201st	Ken Earp 46-07
222nd	Barry Summers 47-32
237th	Irene Forty 48-26
245th	Tony Lay 48-59
250th	Lesley Tansey 49-26
257th	Jim Timmins 49-50
267th	Sue Edwards 50-35
270th	Jim Bates 50-54
282nd	Julie Shepherd 52-07
283rd	Karin Taylor 52-07
320th	Clive Alexander 58-25
331ran	

**Barrow 10—Sunday 29th  
June 2003**

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What a scorcher...sun, hills and an excellent field. Kevin Farrow came through to win the mens race in 51:55, with Tim Hartley second in 53:06.

In the ladies it was a closer affair, with Jacky Massey beating Nicki Nealon by 57 seconds.

Matt O'Dowd turned up 90 secs late for the start and hammered through the field to take fourth place in 53:51.

**Men**

1st	Kevin Farrow (Derby AC) 51-55
2nd	Tim Hartley (Shepshed RC)53-06
3rd	Gareth Deacon (Cov G) 53-11

**Women**

1st	Jac Massey (Mansfield Harr)63-46
2nd	Nicky Nealon 63-49
3rd	Sally Newman (Wreake R) 65-07

**Huncote**

6th	Matt Adcock 57-55
21st	Grame Slight 61-51
25th	Mick Bradford 62-26
36th	Joe O'Flynn 63-28
66th	Carl Sommer 66-46
67th	Michael Keenan 66-54
89th	Jeff Wickham 69-10
96th	Ivan Balchin 69-35
106th	Nick Tompkins 70-20
129th	Colin Bartlette 71-21
130th	Nick Nealon 71-26
143nd	Peter Kirby 71-12
173rd	Dave Kirby 75-02
174th	Jo Ashmore 75-05
219th	Barry Summers 78-27
246th	Mike Barton 79-43
300th	Paul Neilson 83-15
305th	Tony Robinson 83-30
340th	Paul Nealon 86-05
343rd	Lesley Tansey 86-18
380th	Ken Earp 90-02
398th	Sue Edwards 92-01
458th	Clive Alexander 103-19
483ran	

**Hungarton 7—Wednesday 9th  
July 2003**

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Hot & humid, good field but without the icing that the cash, that the organisers had put up, had hoped for. Gary Payne won with Ian Murdey second and Dave Pearce third.

In the ladies race, Tara Krzywicki, the new British record holder for 2000m Steeplechase, first in 42:30 & Nicki Nealon second in 43.30.

**Men**

1st	Kevin Farrow (Derby AC) 51-55
2nd	Tim Hartley (Shepshed RC)53-06
3rd	Gareth Deacon (Cov G) 53-11

**Women**

1st	Jac Massey (Mansfield Harr)63-46
2nd	Nicky Nealon 63-49
3rd	Sally Newman (Wreake R) 65-07

**Huncote**

17th	Grame Slight	42-38
18th	Nick Taylor	43-07
34th	Mark Wittering	44-57
48th	Carl Sommer	46-22
51st	Robert King	46-29
53rd	Ivan Balchin	46-35
54th	Keith Chambers	46-46
55th	Rick Barrows	46-56
57th	Colin Bartlette	47-11
62nd	Nick Tompkins	47-42
63rd	Martin White	47-44
86th	John O'Sullivan	49-18
91st	Michael Keenan	49-36
92nd	Ken Earp	49-37
103rd	Jeff Wickham	50-22
110th	Wlodziu Kula-Przewanski	50-51
123rd	Jo Ashmore	51-53
127th	Paul Bailey	52-12
139th	Andrew Stevens	53-24
154th	Tony Robinson	54-21
175th	Peter Kirby	55-40
184th	Barry Summers	56-16
206th	Mike Tansey	57-52
182nd	Paul Nealon	58-02
223rd	Sue Edwards	58-45
224th	Bernadette Owen	59-10
236th	Lesley Tansey	60-23
241st	Jim Bates	61-40
263rd	Karin Taylor	64-04
283rd	Sue Dobby	67-38
290th	Caroline King	69-19
292nd	Clive Alexander	69-47
299ran		

**Langtons 7.5m—Sunday 20th July 2003**

The Langtons 7.5 Mile road race saw a low turnout both for the race and the harriers for a race run during the Leicester holiday fortnight, the result was crucial as Birstall moved closer to the Harriers in the chase for the Leics road race title. A fine performance by 'flying' Mick Bradford wasn't enough to help the harriers to a win on a hot sunny morning.

**Men**

1st	Gareth Deacon (Cov G)	39-49
2nd	Garry Payne (GES)	40-59
3rd	Ian Murdey (Bea Leys RC)	41-01

**Huncote**

9th	Mick Bradford	44-38
12th	Graeme Slight	45-01
34th	Carl Sommer	48-27
36th	Mike Keenan	48-32
39th	Wlodziu Kula-Przewanski	49-07
43rd	Nick Tompkins	49-36
60th	John O'Sullivan	50-58
78th	Nick Nealon	53-16
101st	Andy Stevens	56-07

114th	Mick Butler	57-30
138th	Dave Kirby	61-15
166th	Clive Alexander	71-43
171ran		

**Women**

1st	Nicki Nealon	47-46
2nd	Beth Morris (Hinckley RC)	49-08
3rd	Sandra Grimes (Owls)	51-03

**Huncote**

21st	Irene Forty	60-40
30th	Jo Ashmore	63-32
58 ran		

**Huncote Harriers Club Championships & Handicap—Tuesday 1st July 2003**

Congratulations to Matty and Nicki, the new Club Champions for 2003. Due to favourable conditions, some good performances were achieved, especially from those who competed in the Barrow '10' on the previous Sunday. From the Handicappers point of view there was a totally unpredicted time from Dave Kirby and the final 6 competitors appeared to be finding life difficult. Cathy struggled in the later part of the race with a leg injury, whilst Mike managed to take a wrong turn in Thurleston! Simon I haven't seen for quite a while and John, well what can WE SAY! Apologies to Angie and Graeme, I obviously overestimated your levels of fitness. Other than that the handicapper managed to get everyone else in within 2 1/2 minutes.

**10KM CHAMPIONSHIP**

**Men**

1	Matty Adcock	34.16
2	Mike Bradford	37.34
3	Graeme Slight	37.58
4	Mark Wittering	38.27
5	Ricky Barrows	38.41
6	Jack Angrave	38.50
7	Carl Sommer	38.50
8	Steve Wright	39.56
9	Ben Began	40.09
10	Colin Bartlette	40.26
11	Nick Tomkins	40.32
12	Ivan Balchin	40.40
13	Jeff Wickham	40.51
14	John O'Sullivan	41.01
15	Paul Chadwick	42.03
16	Peter Kirby	42.03
17	David Kirby	42.18
18	Bernard Cherry	43.52
19	Tony Robinson	44.17
20	Daryl Bradbury	44.36
21	John Heywood	46.45
22	Simon Peat	48.29
23	Tony Lay	48.33
24	Gary Clark	48.41
25	Mike Tansey	49.22
26	Jim Bates	52.06

**Women**

1	Nicki Nealon	38.07
2	Jo Ashmore	45.29
3	Lesley Gunby	50.55
4	Sue Dobby	53.29
5	Cathy Astbury	60.24
6	Angie Tomkins	63.48

**Handicap**

1	David Kirby	57.03
2	Carl Sommer	58.20
3	Tony Robinson	58.22
4	John O'Sullivan	58.26
5	Nick Tomkins	58.47
6	Jim Bates	58.56
7	Sue Dobby	58.59
8	Gary Clark	59.01
9	Tony Lay	59.03
10	Jeff Wickham	59.06
11	Colin Bartlette	59.11
12	Steve Wright	59.11
13	Matty Adcock	59.11
14	Ricky Barrows	59.11
15	Paul Chadwick	59.18
16	Peter Kirby	59.43
17	Daryl Bradbury	59.46
18	Lesley Tansey	59.55
19	Jo Ashmore	59.59

**BASE TIME 60.00**

21	Mark Wittering	60.27
23	Jack Angrave	60.30
25	Bernard Cherry	60.52
27	Graeme Slight	61.43
29	Cathy Astbury	65.24
31	Angie Tomkins	66.53

## **Huncote Harriers A.G.M—Tuesday 9th September at Huncote Leisure Centre -8.15pm**

This years AGM sees 4 positions on the committee becoming vacant and a time of great change for the club.

Next year **Steve Wright** will continue as **Membership Secretary** but will not continue as a committee member, **Pauline Milner** and **Caroline Gibbard** are not seeking re-election.

After 10 years on the committee **Graeme Slight** is standing down as **Secretary** , 2 as Men's Captain and the last 4 as Secretary, this is due to the fact that Graeme has decided to take a break from Club activities.

Although the position of Secretary is not a too demanding role, it is an essential one for the smooth running of the club as all correspondence comes through this position. The main duties include, organising and minuting committee meetings, communicating with other Clubs etc. and being the main contact for the Club. To aid these duties the Club has a PC complete with scanner, printer and CD Writer.

**If you would like to offer your services to the club please inform the secretary. Please remember it is your club and it needs you and your support to function properly. Please give these duties serious consideration. Any proposed changes to the constitution or other proposals should be forwarded in writing to the secretary before the meeting.**

**The following week we return to Enderby for 'winter' training - Tuesday 16th September 2003**

### **The end of an era and Goodbye to Phil Watts & Julie King**

After learning of the departure of Phil Watts at the Hungarton 7 miles, I thought it only right that as the previous incumbent of the Newsletter Editor's role for nearly 80 issues and a greatly supportive member of the club I sought out his views on his time as a member of the club and of course his athletic abilities, his coaching advice has so far been you're not working hard enough!!

"Julie & I are moving to Gedney Dyke in Lincolnshire, not far from Wisbech and Holbeach. In fact, we are only 4 miles from the coast at The Wash. We are taking over a general store and post office which we hope to run until I retire.

As you can imagine, we are very sad to be leaving as we have both been with the Harriers since the early years of the Club, and of course, we met through the Harriers. However, we are not far away and we shall doubtless be able to support some weekend events and some of the socials.

Over the years we have enjoyed some great occasions with the Harriers. During the early years we used to go on a regular "pilgrimage" to Heckington Show in Lincolnshire for the 10 miles road race late in July. We used to combine it with a camping weekend not far away at Ingoldmells, where Mark and Jan Wittering had their caravan. The race was on a Saturday afternoon, so, afterwards, we could always enjoy the pub near the campsite and pile back for a barbecue! Happy days! Similarly, we used to camp at Hay-on-Wye in June for the Offas Dyke "15" Fell Race. As far as I can remember, the weather was always scorching hot on all of those weekends. Particularly memorable, was when we celebrated my 40<sup>th</sup> birthday at Ingoldmells that year and I bought a barrel of beer for us to consume. Similarly we celebrated my 50<sup>th</sup> birthday and Sue Edwards 40<sup>th</sup> at our own caravan at Happisburgh, Norfolk, now 6 years ago – how time flies – I shall have to start planning my 60<sup>th</sup> soon! More recently, this year, Julie celebrated her 50<sup>th</sup> birthday with a bash in Thurlaston Village Hall, with plenty of Harriers present.

We have also enjoyed numerous camping trips, last year we went to Stainforth in the Yorkshire Dales and had a marvellous time especially as it coincided with the Football World Cup – with the consequent extended opening time at the local pub! For these camping trips the Lake District has provided some great venues for walking and running but we have also visited Somerset, The Malverns, Shropshire and Yorkshire.

Finally, there have been the overseas holidays with the Club which have always been well organised by Graeme and Irene. I have been to Mallorca, Cyprus and Malta and Julie has also been to Benidorm. We have greatly enjoyed them all.

With regard to athletic achievement it was nice to be a part of the Harriers League successes of the late '80s and early '90s and it's nice to see so many of my team-mates then still running well today!

PB's: 5k (road) 15-41; 5 miles 26-29; 10k (road) 33-37; 10 miles 55-03; Half Marathon 73-53; Marathon 2-46-17

Julie's PB's: 5 miles 34-35; 6 miles 42-17; 7 miles 50-13; Half Marathon 1-37-48 Lowther Multi-Terrain Half Marathon 1-46-00.

Julie has the further distinction of being the longest serving Harrier lady member and is the only Harrier lady to have competed in The Long Mynd "50" in Shropshire.

Phil."

Keep abreast of all things Running and Athletic at David Kirby's website on [WWW.SimpleRunning.Net](http://WWW.SimpleRunning.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!!!  
Don't forget to keep up to date with the clubs information on our own Huncote Harriers website.

### 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 2883054

## FIXTURES

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

Always check times & details with organisers to avoid disappointment

### AUGUST

<b>Wednesday 6th</b>	<b>JOY CANN MEMORIAL 5 (LRRL SUMMER)</b> It is vital that the club has a big turnout for this as the Road Race championship will be decided here. <b>Can as many memebers turn up as possible to marshall please.</b>	<b>HUNCOTE</b>	<b>7.30pm</b>
<b>Friday 8th</b>	<b>The Merry's Blisworth Friday 5</b> If you want a 5 Mile PB this is the course that's local c/d 04/08 <a href="http://www.woottonroadrunners.co.uk">www.woottonroadrunners.co.uk</a>	Blisworth Football Club	<b>7.30pm</b>
<b>Sunday 10th</b>	<b>Round Leicester Relay</b> Try and get out to support a very strong Huncote team to try and retain the title.	Leicestershire	<b>9.00am</b>
<b>Wednesday 13th</b>	<b>Chris Ingram 10km</b> C Genes, 43 Tamar Road, Melton Mowbray, LE13 0DR try and retain the title. c/d 08/08	Stapleford Park,	<b>7.30pm</b>
<b>Friday 29th</b>	<b>NP Aerospace Midsummer 5</b> Race Secretary, Za Myanco, Washbrook Lane Allesley, Coventry CV5 9FH c/d 21/08.	Coventry War Memorial Park	<b>7..05pm</b>

### September

<b>Sunday 9th</b>	<b>OWLS John Fraser 10Miles</b> See the Club Captains	Countesthorpe	<b>10.30am</b>
<b>Sunday 16th</b>	<b>Robin Hood Nottingham Marathon &amp; Half Mar</b>	Nottingham	<b>tbc</b>

### Bradgate Park Sunday Long Run

Club members meet at the Newtown Linford end of Bradgate Park at 9.30 every Sunday if no race is on. All standards welcome, Clive takes Ladies and those out for a shorter slower run. Graeme & Nicki tend to go between 10 and 15 miles, other Groups in between also turn up.

### Huncote Club Standards

The club is introducing a club standards scheme. The full explanation to the scheme can be found on the SimplyRunning website. In summary there is a 12 month qualifying period (from Jan 1st to Dec 31st) and there are a number of standards that can be attained over a number of standard distances from 5km upwards including 5 miles, 10 miles, 1/2 marathon and Marathon (check details) and you have to record times in 3 of these distances within the calendar year for your age group. Speak to Dave Kirby if any further information is required or check out the website and all the certificates will be presented at the annual dinner, early each new year, further incentive to race, the EMGP is on now!!