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THE HARRIER

HUNCOTE HARRIERS ATHLETIC CLUB

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Mens Team Victory in the Joy Cann 5 wraps up League Title

Loughborough based Ian Grime made a rare foray onto the county roads to triumph on a hot August night, being the only competitor to break 25 mins out of the 364 entry. He finished in 24min 58 secs—37 secs outside Carl Thackery's 1996 course record— but well clear of the chasing pack.

Nicki Nealon landed her 5th women's victory in the event with a fine performance that put her in front of all but the top 26 men.

The calibre of the field for the final race in the "Leicester Sport" Summer Road running League was emphasised by the fact that Ian Murdey and Gary Payne, respectively winner and runner up in the previous months Hungarton 7 could only finish 7th & 8th.

In the women's race, Nicki had to pull back an early lead carved out adventurously by Birstall's Sian Ellison. But, once into her stride, the 35 year old League champion finished strongly for the 27th spot overall in 29.33, 44 secs outside her course record.

There was a fine turnout by the Harriers at their home race, both men and women. A couple of new Harriers made it their 1st race in team colours and this enabled the men to beat Birstall and so win the Leicester Sport Road Running League title again. One of the prizes for this was to represent the County at the Nottingham Half Marathon in the Sweatshop/UKA Grand Prix Final.

Mike Bradford continued his improvement and current good form by finishing as 1st Harrier in 22nd place, edging out Nick Taylor and Graeme Slight, like a good wine he seems to be improving with age and his new coaching regime from John "Coach" Heywood. Richard Addy, Eric Carter and Simon Boulter travelling up from the South, Joe O'Flynn, Jack Angrave & Clive Hodges also produced good scoring runs.

Joy Cann 5—Wednesday 6th August 2003

Men

1st	I Grime (Newham & Essex)	24-58
2nd	Ryan Falkner (OWLS AC)	25-22
3rd	Gareth Deacon (Cov G)	25-24

Huncote

22nd	Mike Bradford	28-48
26th	Nick Taylor	29-17
28th	Graeme Slight	29-28
31st	Richard Addy	29-34
32nd	Eric Carter	29-35
43rd	Simon Boulter	30-09
46th	Joe O'Flynn	30-23
59th	Jack Angrave	31-04
60th	Clive Hodges	31-09
68th	Carl Sommer	31-25
69th	Colin Bartlette	31-31
70th	Wlodziu Kula-Przewzanski	31-32
77th	Keith Chambers	31-55
78th	Ben Begin	31-59
89th	Brian Mackey	32-48
95th	Paul Bailey	32-53
97th	John O'Sullivan	32-57
99th	Paul Chadwick	33-01
105th	Martin White	33-21
108th	Jeff Wickham	33-35
116th	Pete Beaman	33-54
122nd	Nick Nealon	34-05
129th	Bernard Cherry	34-20
133rd	Darren Deacon	34-29
137th	Andy Gorton	34-50
152nd	Mark Hardy	35-44
158th	Darrell Bradbury	35-56
165th	Mick Butler	36-17
166th	Ian Burbage	36-28
173rd	Barry Summers	37-07
213th	Gary Clark	40-11
244th	Ian Edwards	47-46
245th	Clive Aleaander	48-43
251	ran	

Women

1st	Nicki Nealon	29-23
2nd	Sian Ellison (Birstall AC)	31-03
3rd	Beth Morris (Hinckley AC)	31-45

Huncote

22nd	Jo Ashmore	36-09
43rd	Alison Hardy	39-09
47th	Sue Edwards	39-37

49th Irene Forty	40-01
55th Julie Shepherd	41-11
60th Bernadette Owen	41-36
68th Sue Dobby	43-23
69th Vicky Alveston	43-47
71st Karin Taylor	44-01
91st Caroline King	47-01
99th Angela Tomkins	49-13
102nd Cathy Astbury	49-42
104th Sarah Brandon	50-53
105th Michelle Wickham	51-02
113ran	

Huncote	
14th Joe O'Flynn	17-56
15th Mike Sandford	18-06
19th David Lawson	18-29
24th Keith Chambers	18-57
27th John O'Sullivan	19-19
30th Nick Nealon	20-01
37th Bernard Cherrt	20-28
39th Phil Watts	20-58
53ran	

**Robin Hood Marathon—
Sunday 14th September 2003**

The Huncote Harriers had the honour of representing the county following their victory in the Leicester Sport Road Race League. This manifested itself in an entry for the UKA/Sweatshop Grand Prix final held within the Robin Hood Half Marathon, last year over 15 counties turned out but this time it was a paltry 6. There were good efforts all round by the 5 selected on another warm day, including a big PB by Carl Sommer.

The race was won by Australian Phil Sly in a time of 65mins 31 secs missing out on a car by 40 secs.

Huncote/Leicestershire	
37th Graeme Slight	79:03
118th Carl Sommer	84:36
121th Mike Keenan	84:43
133th Wlodziu Kula-Przewanski	85:15
177th Nick Tompkins	87:51
The Team finished 5th	

Jo Ashmore also took part finishing in a time of 98.42 and finished 45th.

The winning mens time in the marathon was 2:25.15

Huncote	
18th Mike Bradford	2:55.16
54th Andy Ball	3:08.07

**Alliance & Leicester 5km Relay
Events—Sat 30th August 2003**

This was the inaugural event organised by Dave Muddimer from the A&L for charity. The course was set in the picturesque grounds of the Alliance & Leicester building, a course many of us use for our Tuesday night winter rep sessions. It was a traffic free, well organised event for a number of categories though not with a large turnout. Hopefully it will remain on the calendar and grow in stature as Leics 5km's are few & far between.

Junior Girls 3km	
1st Aimi Knight (Owls AC)	12-20
4 ran	

Junior Boys 3km	
1st Rory Fraser (Owls AC)	9-48
3 ran	

Senior Ladies	
1st Tara Kryzwicki (Charn)	17-16
12 ran	

Senior Men	
1st Robbie Neill (Charn)	15-25

Huncote	
14th Kingsley Cook	17-28
27th Wlodziu Kula-Przewanski	18-34
33rd Mike Tansey	20-14
37th Paul Nealon	23-09
39ran	

Veteran Ladies	
1st Nicki Nealon	17-48

Huncote	
6th Julia Sandford	21-51
7th Jo Ashmore	22-03
9th Bernadette Owen	22-24
13th Joanna Anderson	23-45
16th Kathy Astbury	26-50
18th Christine Newton	26-51
19th Angela Tompkins	28-26
21 ran	

Veteran Men	
1st Garry Payne (CGES)	16-23

Huncote	
3rd Craig Sabin	16-41
8th Mike Bradford	17-18
12th Graeme Slight	17-45

**John Fraser 10—Sunday 7th
September 2003**

Ian Grime the Joy Cann winner cruised to victory in a time of 53-29. Second place went to Gareth Deacon who out-sprinted Garry Payne in the finishing straight with last years winner Paul Hayward 4th. Nicki Nealon continued her golden autumn with victory again over Sally Newman. A much reduced Harrier entry from last year saw Wlodziu & Nick use it as a warm up for their county vest and Graig also using it as a training run.

Men	
1st Ian Grime (Newham & E)	53-29
2nd Gareth Deacon (Cov G)	54-31
3rd Garry Payne (GES)	54-35

Women	
1st Nicky Nealon	62-58
2nd Sally Newman (Wreake R)	64-31
3rd Debbie Russell (Hinckley)	67-48

Huncote	
22nd Wlodziu Kula-Przewanski	63-57
35th Colin Bartlette	66-53
37th Nick Tompkins	67-04
57th Craig Sabin	72-26
85th Barry Summers	79-13
158 ran	

Congratulations are due to Lisa & Tim Buckton with the birth of their son Thomas at the start of September. The Editor would also like to congratulate Charlotte on the birth of Joseph on the 19th September, very much like my running recently, he was a day late!!! I would like to thank all those who showed interest and sent their best wishes, especially Nicki & Nick, Mike T, Graeme & Steve W.

Other Results

Nicki Nealon finished 5th in the KRUF Cardiff 10km in a quick 35-13 beating British Steeplechase record holder Tara Kryzwicki in the process.

The Hubert Bancroft 4 miles saw a rare appearance in competition from Paul Chadwick, along with Clive Alexander, Craig Sabin finished 4th behind Garry Payne, with Nicki Nealon winning again.

The Chris Ingham Memorial 10km saw Mr Chadwick competing again and Nicki finishing runner up to Tara and a weeknight appearance by Mike and Lesley Tansey.

Men's Team Complete 2nd Prestigious win in a week with Triumph in the Leicester Round

Leicester Round 2003—Sunday 10th August 2003

It was great to see 29 Teams compete in this years race and Huncote once again excelled with tremendous performances from all our teams an effort that was capped by a marvelous victory for our A team in the open race.

This year's race proved to be more challenging than usual due to a variety of reasons. The usual problems with regard to injuries, illness and general unavailability were of course present. However, this year we also had several leg changes to contend with and the most horrendous heat and humidity on the day. Runners from Hinckley, Birstall and Market Harborough fell victim to these conditions - I understand that all of those affected have now fully recovered. It is against this backdrop that our performances in this years race must be viewed.

Leg 1. Mowmacre to Ratcliffe on the Wreake.

Michael Keenan (one of the heroes of the victorious 2002 campaign) led the team off from Mowmacre.

Due to a lack of training and an unplanned bout of sunstroke 4 days before the race, Michael was under strict orders from his Captain to take it easy for the first 3 or 4 miles. It was evident within the first 400 metres that he had ignored these wise words and was placed in the leading pack! His time of 47 mins 22 secs left the team handily placed in 6th position.

Ian Paramore for Barrow took the spoils with the fastest time of the day 42 mins 52 secs.

Huncote B - Steve Wright ran a time of 51.14 giving the B team 12th place.

Huncote Ladies – Recently returned to action, Irene Forty produced a time of 58.24 giving the ladies an overall placing of 19th (3rd Ladies team)

Leg 2. Ratcliffe on the Wreake to Ashby Folville.

Eric Carter ran like a demon for us on leg 2 and finished with the second fastest leg of the day in a time of 37 mins 25 secs just 3 seconds behind Andy Mawdsley from Beaumont Leys. Eric's run catapulted us to second place overall, 14 seconds behind Hinckley. After this Eric can once again regale under the name "Fast Eric" contrary to his own request (before the race) to be known as "Eric the Snail"!

Huncote B - John O'Sullivan was 9th fastest with a time of 45.13 Retaining 12th place overall.

Huncote Ladies – Julie Shepherd finished the leg in 17th place in a time of 51.20 (3rd ladies team)

Leg 3. Ashby Folville to Somerby.

After Eric's splendid run on leg 2 the pressure was certainly on Carl Sommer to maintain the momentum. He coped admirably and managed a very tidy run finishing with the 3rd fastest time of the day – 39mins 21 secs. Perhaps it was due to the "assistance" from Matt Adcock who unwittingly released some of the farm animals from the farm that the leg traverses, including a Horse that was galloping after Carl for a few hundred yards. The race was shaping up now with Hinckley leading us narrowly by 1 minute and 20 seconds. Leicester Coritians were placed 3rd a further 7 minutes adrift.

Huncote B—Phil Watts's time of 44.58 kept the team in 12th place and gave Phil the 11th quickest time of the day.

Huncote Ladies – Jo Anderson ran the leg in a time of 55.07 (3rd Ladies Team).

Leg 4. Somerby to Cranoe.

Jack Angrave phoned me the night before to inform me that he had developed a "mysterious" hamstring injury but he would be "okay" if we couldn't replace him. Suffice to say Jack ran through the pain and even managed to give us the lead after the leading team's runner (Hinckley's Adam Smith) collapsed a couple of miles from the finish. It is thought that the overbearing humidity combined with the pressure of leading the race were the main reasons for the collapse. Jack's time of 37 mins 21 secs was only the 10th fastest of the day but as already mentioned it was good enough to give us the lead for the first time in the race. The overall situation now saw Coritians in 2nd place (3 mins 38 secs behind us) after the fastest time of the day 33.58 from Andy Hart.

Peter Kirby ran a time of 40 mins 35 secs to keep the B team in 12th place.

Andrea Sommer making her debut for Huncote Ladies in this event posted a creditable time of 45.04.

Leg 5. Loddington to Cranoe.

Colin Bartlette had never heard of Loddington until a few days before the race. After a brief phone call and a quick look at the course on Friday, Colin was easily persuaded to run this leg. It must go down as one of Colin's best runs in recent times as he managed the 6th fastest time of the day in 41.56. Excellent running over a hilly course in extremely testing weather conditions. Our lead was now just under 6 minutes from Birstall, with the Coris a few seconds behind them.

Bob King ran for the B team and produced a time of 42 mins and 4 secs. Good enough to move the B team into 11th place. Julia Sandford ran this leg in a time of 48.13 (Team 4th overall)

Leg 6. Cranoe to Gumley.

For a variety of reasons this was the leg that caused us the most problems. It was one of 3 legs that was changed but it was then changed again less than 2 weeks before the race. Not good news for those detailed to run the leg. Nicki Nealon was given the task of taking the baton from Colin Bartlette. She ran superbly, possibly inspired by the sight of Leicester Coritnian Pete Davis warming up before the race - a Superman tattoo doesn't necessarily make you faster you know! Nicki's time of 49 minutes dead was the 4th quickest of the day and improved our overall position. Our lead was now 4 mins 30 secs but importantly we had a 15 minute cushion over Leicester Coritnians.

Ivan Balchin ran in a time of 1hr 6 mins 32 secs for the B team which meant the B team slipped back into 12th place. Bernadette Owen spared from the horror of having to run 2 legs this year finished in an excellent time of 1.08.14.

Leg 7 Gumley to Bruntingthorpe.

Another tremendous run here from Huncote superstar Mike Sandford. He ran a time of 31 mins 43 seconds for the 2nd fastest time of the day. We tried to get Mike to run a different leg but he said he liked the scenery on this one. Nothing to do with the fact it was the shortest leg then!

Overall position at this stage saw us leading by over 7 minutes from Birstall. Bernard Cherry ran a very respectable 35 mins 31 secs to elevate the B team into 10th position. For the Ladies team Karin Taylor ran a time of 52.28.

Leg 8. Bruntingthorpe to Frolesworth.

This leg was run by the elusive Simon Boulter (his 2nd race for Huncote in 5 days !). Although still not running at his best, Simon ran extremely well and posted a time of 44 mins and 4 secs which was the 4th fastest of the day. This also increased our overall lead to 11 minutes from Birstall.

Jeff Wickham had a brilliant run for the B team finishing in 47 mins and 51 seconds (7th quickest of the day). Overall team position 11th. Caroline King finished with a time of 1.09.36 (Ladies 6th overall)

Leg 9. Frolesworth to Burbage Common.

The weather finally cracked on this leg with a brief but vicious storm, which in light of the humidity probably helped rather than hindered the progress of all of the runners. Keith Chambers took the baton for the A team and managed another good run finishing with the 3rd fastest time of the day (37 mins 23 seconds) to further improve our lead.

Paul Bailey completed the course in 40 mins 15 secs, which gave the B team their highest overall placing of the day (9th). Sue Edwards running back into some form, completed the leg in a time of 47.20 which narrowed the gap on the teams above.

Leg 10 Burbage Common to Market Bosworth

With Steve Needs running this leg for Leicester Coritnians Nick Taylor seemed to develop a very nervous, almost paranoid, habit of looking over his shoulder and anxiously asking us at every opportunity "is he catching me?" Well, he did make up some ground on Nick, but not enough to seriously affect the leader board. Nick's time of 54 mins 15 secs was the 6th quickest of the day. The quickest time (47 mins 59secs) was run by Richard Malin for Bromsgrove, managing to beat Steve Needs by over 1 ½ minutes!

Nick Nealon ran a time of 1hr 1 minute and 22secs to leave the B team in 11th place. Marathon Queen Jo Ashmore carded a more than respectable time of 1.08.40 and in the process lifted the team into 5th place.

Leg 11 Market Bosworth to Markfield.

This turned out to be Huncote's only leg victory (there were none last year), provided by star veteran Craig Sabin. Craig had certainly done his homework here and he was happy to take a couple of cross-country routes not favoured by the majority of the pack. Craig's time was 46 minutes and 20 seconds leaving the other main contenders in his wake.

The overall position with 2 legs to go was that we had a lead of 15 minutes and 42 seconds over Birstall. Coritarians were in 4th nearly 21 minutes behind us.

Dave Kirby completed the course in 1 hr and 52 seconds ensuring that the B team remained in 11th place. Caroline Gibbard ran for the ladies and arrived at Markfield in a time of 1.09.26.

Leg 12. Markfield to Beacon Hill.

With hindsight the situation was very comfortable for us. However, we had no idea at the time what our lead was. All other teams had been subject to 1 or more restarts and more importantly we were mindful that the situation could change very quickly and there was always the possibility of a runner succumbing to the still very difficult weather conditions.

Graeme Slight certainly didn't suffer any of those type of problems and he managed the third fastest time of the day in 44 mins 26 seconds. Our lead over Birstall was now 15 minutes with Coritarians in 3rd just over 20 minutes behind us.

Mike Newton ran a time of 53 mins 42 seconds to improve the B teams overall position to 10th. Lesley Tansey ran one of the hardest legs of the day and finished in a good time of 1.03.05.

Leg 13. Beacon Hill to Mowmacre Hill.

Mike Bradford kindly agreed to take the responsibility of running the anchor leg for us this year. Mike has been running fantastically well of late and this form was demonstrated once again in this race. His time of 43 mins 59 seconds was 3rd fastest of the day and secured an overall Huncote victory by nearly 17 minutes from Leicester Coritarians. Matt Axton ran the last leg for the Coris in an incredible 40 mins 24 seconds.

Nick Tomkins produced an excellent time of 47 minutes 44 secs which enabled the B team to finish in a very healthy 9th place overall and the highest placed B team.

Mrs Nealon's 2nd outing of the day resulted in an amazing time of 45.57 (5th fastest time overall). The ladies finished in 6th position

Final Results**Open Race**

1) Huncote A 9hrs 14mins 35 secs 2) Leicester Coritarians 9:31.29 3) Birstall AC 9:32.03 9) Huncote B

Women's Race

1) Birstall AC 11hrs 23mins 05 secs 2) Hinckley 11:31.11 3) Wreake 11:53.55 6) Huncote

Huncote AGM—2nd September 2003

The committee was reformed following new elections at the AGM at Huncote Leisure Centre, the committee is now as follows: John O'Sullivan (Postal contact and distribution of information) & Matty Adcock (Minutes and preparation of Agenda for Committee Meetings) to share Secretary duties on a Temp basis, following Graeme Slight standing down—the position is still available should anybody be interested!! Nick Nealon—Treasurer, Other members are: Tony Robinson, Nicki Nealon, Mike Tansey, John Heywood, Clive Alexander, Dave Kirby, Ivan Balchin.

This year's League Presentation will take place on Friday 7th November at the Newfoundpool W.M.C. Tudor Road, Tickets are £4.00 In Advance (Tickets from Nick Nealon), £6.00 On Night.

Individual Winners include Nicki Nealon's 6th Title in last 7 years, Graeme Slight 3rd V40. The Teams were champions for both Senior Men and Vets, 100% awards also go to Carl Sommer and the Ladies captain Clive Alexander.

As a result of Joy Cann Memorial Race £1000.00 will be donated to RAINBOWS in a joint presentation with the Alliance & Leicester, with an additional contribution from A & L as part of there Relays.

Keep abreast of all things Running and Athletic at David Kirby's website on 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

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 Check times & details with organisers to avoid disappointment

October

Saturday 11th	North Midlands Cross Country	Derby	tbc
Sunday 12th	Midlands Women's League Cross Country Daventry Doc 6# B Goadsby, 1 The Green, Flore, Northampton, NN7 4LG £5, £6 on day c/d 07/10	Cheltenham Daventry	tbc 11am
Saturday 25th	National 6 & 4 Stage Relays Sutton Park	Birmingham	

November

Saturday 1st	Reebok X Country Challenge incl Midlands Women's League Birmingham		
Sunday 2nd	Dovedale Dash # C Challinor, The Old Orchard, Thorpe, Ashbourne DE6 2AW Shepshed 7# Hind Leys Community College, S Carruthers, 6 Seward St Loughborough, LE11 3BU £6.50 c/d 24/10 NO E/D	Derbyshire Shepshed	11am 11am
Sunday 16th	Everards Leicester Marathon & 1/2 Marathon Bob Budge 45 Church St, Thurmaston LE4 8DQ, Mar £12, 1/2 £9.50 c/d 07/11 No E/D Hartshill Heartbreaker I Cunningham, 48 Dennis Rd, Wyken Coventry, CV2 3HP £5, +£1 E/D	Mallory Park Nuneaton	10am 11am
Saturday 29th	North Midlands X Country	Mansfield	
Sunday 30th	Midlands Women's League X Country Leeds Abbey Dash 10km A definite PB course!! Claire Jones, Events Dept, Help the Aged 207-221, Pentonville Rd, London N1 9UZ c/d 01/11 NO E/D £8	Northampton Leeds	
Sunday 9th	OWLS John Fraser 10 Miles See the Club Captains	Countesthorpe	10.30am

December

Sunday 14th	Keyworth Turkey Trot 1/2 Marathon	Keyworth, Notts	10.15am
Sunday 28th	HUNCOTE HASH	Huncote	tbc

PROVISIONAL WINTER 2004 LEAGUE DATES—JAN 18th, FEB 8th, FEB 29th, MAR 14th, MAR 28th.
Put the dates in your diaries now and lets see the numbers out that we saw at Huncote & Hungarton this year and Ashby in 2003. You can even use the races as a training run if your not in top shape!!

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.