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THE HARRIER

HUNCOTE HARRIERS ATHLETIC CLUB

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## *Merry Christmas and Happy Hashing New Year*

### **Great Performance from the Ladies in British Masters Vets**

#### GLASTONBURY 2003 – GIRLS ON TOUR

Our journey began at 7.45am. We all met at Jo Ashmore's house in the dark! Our dilemma – do we go down the Fosse Way or the M5? After much deliberation, we took Nicki Nealon's reassuring advice and went down the Fosse Way – BIG MISTAKE.

Two hours later, after speed cameras, caravans, lorries, learner drivers, horse boxes, 'old gits' and vomit stops (Team Manager Claire Ashmore didn't appreciate her mums driving!) we started to doubt Nicks 'words of wisdom'. At 10.30am we stopped to refuel and asked the locals the best way to go. They said it would take a further two hours! 'Oh help' the race starts in two hours!!! A decision was made to join the M5 – ANOTHER MISTAKE! – Road works, more caravans, lorries, old gits and horseboxes.

We eventually picked up speed after some nifty overtaking by Jo "shame she can't run as fast as she can drive" Schumacher. We finally left the M5 at 12.00 (having now missed registration) and decided it was time to get changed – in the car – Get your kit off Sandra, you're doing leg 1.

We arrived at race HQ at 12.25pm, flew over several speed bumps 'What speed bumps?' said Jo. Nicki ran to collect race numbers, after pushing to the front of the queue and grabbing the first numbers she could find we were sorted with one minute to spare, just enough time for Sandra to pin on her number and GO!

The course was flat and fast but very twisty. The result was a fantastic, incredible, amazing 4<sup>th</sup>. We were gutted. We were only 38 seconds off 2<sup>nd</sup> place and just 19 seconds off 3<sup>rd</sup>. Nicki ran the fastest time of the day but as one official said 'Shame about the rest of the team!' We had a great day out and was it worth it? – Absolutely, the steaming hot showers were wonderful! Men where were you?

#### **Heanor 10km—Sun 16th November 2003**

A few of the Harriers travelled up to Heanor for a tough 10km, current England international Nicki Nealon and returning Matty Adock amongst them. Both returned creditable efforts in their build up to the New Years Winter League Series. Mark Miles of Belgrave Harriers flew round in a course record 30.43 with Matty finishing in 18th in 37.19 and Paul Chadwick making one of his rare appearances in competition, 59th in 41.07. Nicki kept the clock turning on wins with another, finishing 20th overall in 37.32 out of 392.

#### **Nicki Nealon's strong winter continues with England vest**

Nicki's strong winter continued with an England vest in the British & Irish Masters Cross Country International at Bute Park Cardiff over 6km. Nicki's 2nd trip to Wales of the autumn saw her finish 6th in W35 (21.09) to help England take the Team Gold.. Tracey Morris in her debut for Wales took the W35 Title in 20.06.

Nicki then travelled to my favourite 10km course up in Leeds to represent the Midlands in the inter area championships, unfortunately in a below par performance she finished 11th in 36.14, a renowned fast course (even Ed has done 35.23!) she got off to a fast start but then suffered a leg injury which made her think about pulling out, she continued to help the team and finished as 1st vet 35 and 2nd team scorer.

**Shepshed 7—  
Sun 3rd November 2003**

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This two-lap race always proves popular, even after all sorts of weather conditions pre-race. Both the male and female winners broke the course record.

Tim Hartley brought the male field home in 36.00. This was on a part grass, part road course, muddy, windy and wet.

The previous course record stood at 37.06. This a two-lap race with a bonus prize at the halfway stage. Tim was about 200 metres up on eventual 2nd placer Ricky Wilson 37.29, but by the end of the second lap Tim had opened up a gap of 90 secs to win comfortably in the new course record. Third was Richard Whitelegg in 39.15.

In the womens race though who could stop Nicki Nealon in her quest for 1st places. Again at halfway she was in the lead and won in a time of 42.44, 11th overall, this eclipsed the previous record of 44.08, second was Jill Burke in 45.07 and third was Vicky Hords in 45.59.

Not only that with the help of great runs by Jo Ashmore and Sandra Stevens, they all combined to triumph in the Women's race.

After the race Nicki said she was very pleased with the time considering the conditions on the day.

Andy Ball in one of his 1st races for the club and Colin Bartlette especially, had good runs and it all augurs well for the strength in depth of the team in its challenge for the Winter League title. The organisation was excellent, and all enjoyed the knowledgeable banter from the Race Director at the finishing gantry.

Sandra and Jo can be seen on Tuesday nights parading around in the new training jackets as a result of their team win!!

**Huncote Men**

26th Andy Ball	43.58
27th Colin Bartlette	44.04
54th Paul Chadwick	46.42
55th Nick Tompkins	47.09
78th Paul Bailey	48.33
138th Darrell Bradbury	51.30
159th Mick Butler	53.08
183rd Mark Hardy	54.25
241st Ken Earp	57.02
358th Clive Alexander	67.16

**Huncote Ladies**

125th Jo Ashmore	50.37
164th Sandra Stevens	53.18
221st Sue Edwards	56.05
285th Kathy Astbury	59.37
289th Susan Dobby	59.53
396th Angie Tomkins	68.41

**Midlands 6 & 4 Stage Relay's  
Sutton Park –Saturday 27th  
September 2003**

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In a good effort by a strong men's team and the all vets women's team we had some very creditable performance, especially with the Men who were always picking up on each leg.

**Men**

Mike Keenan (1st leg -63rd)	21:27
Kingsley Cook (2nd-57th)	20:49
Joe O'Flynn (3rd-50th)	21:26
Graeme Slight (4th-44th)	20:59
Mick Bradford (5th-43rd)	20:32
Craig Sabin (6th-37th)	19:53
Huncote 37th 2hrs 5mins 6 secs	

**Women**

Nicki Nealon (3rd)	15:05
Jo Ashmore (17th)	18:54
Bernadette Owen (19th)	19:06
Irene Forty (25th)	20:19
Huncote 25th 1hr 13 mins 24 secs	

**Hartshill Heartbreaker 10-  
Sunday 16th November 2003**

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The general word was that most had run quicker than last year.

Probably due to firmer conditions and the course being a fraction shorter This was Graeme Slight's 12<sup>th</sup> running out of 14.

1st Dave Mansbridge (Tel)	59:52
2nd Mike Johnson (Kenilworth)	60:58
3rd Graham Stevens (U/A)	61:58

**Huncote Men**

11th Graeme Slight	64:36
46th Steve Wright	73:19
64th Paul Bailey	76:35
100th Darrell Bradbury	83:10
138th Tony Robinson	89:20

1st Lucy Aphromor (Sphinx)	67:37
2nd Helen Kenny (Nun H)	74:22
3rd Annette Carlin (Rug & N)	75:47

**Huncote Women**

122nd Sandra Stevens	86:25
141st Sue Edwards	90:05
142nd Irene Forty	90:05

**Everards Leicester Marathon  
& 1/2 Marathon—Sunday 16th  
November 2003**

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**Marathon**

1st Michael Stiff (OWLS)	2:47:04
2nd Didier Oesch (MKAC)	2:51:12
3rd Nick Castledine	2:54:06

**Huncote**

7th Andy Ball	2:58:07
11th Mike Keenan	3:03:59
18th Mike Bradford	3:10:40
168ran	

**1/2 Marathon**

1st Tim Hartley (Charn AC)	69:55
2nd Rickie Wilson (Scar AC)	72:15
3rd Matt Axton (Leic Cor)	75:07

**Huncote**

81st Jeff Wickham	94:04
160th Mick Buttler	101:14
205th Barry Summers	105:47
324th Martin Bradford	114:39
356th Andy Hayto	117:34
535ran	

**Other Results & News**

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In the Rugby 10 on Sunday October 19th Nick Tompkins continued his strong form of the Autumn finishing 54th in a time of 66.52 behind the winner Mike Johnson of the Kenilworth Runners who pipped Garry Payne on the line but was given the same time.

Mike Bradford also had another good run finishing 11th in just over 34 mins in the Daventry 6 on Oct 12th

Huncote also entered a team for the 54 mile London to Brighton run. Carl Sommer continued his great autumn finishing in 8:19 for 30th place followed in by Mark Wheatley (2nd claim 9:32) & the mileage king himself Dave Kirby in 10:24. Dave now supporting the benefits of 100m sprinting!!

**MEMBERSHIP FEES ARE NOW  
DUE TO STEVE WRIGHT!!!  
BEWARE!!!**

Mr S Wright, 21 Chantry Close,  
Huncote, Leicester, LE9 3AE

Don't forget Ivan Balchin's A & L Vests as well for your membership!

**LOCH NESS MONSTER !!****THE LOCH NESS MARATHON SEPTEMBER 28th**

At the end of September, after months of preparation, the trip up north was finally undertaken. The object of this trip was the 2nd staging of the Loch Ness marathon and our participation therein, writes John O'Sullivan. We spread the journey up over two days and enjoyed a pleasant stop over in historic Stirling. On arrival in Inverness on Saturday, after a brief stop to check in to our charming B&B, it's off to registration. This takes place at the local stadium which will also host the marathon finish, registration was efficient and painless but now it all feels a bit real and I'm actually going to run 26 miles through the hills of the highlands. Race day dawns bright and clear, and we gather apprehensively at the stadium to board the buses that will take us the 24 miles up the side of the loch to the start. On the bus we start to feel even more nervous, not only does everyone else seem to have completed about fifty marathons, but we find ourselves sitting next to Ruairidh Campbell last years runner up. Then before you know it we are dropped off in the middle of nowhere along with 800 other runners and 20 portaloos, now there is no turning back the only way back to Inverness is on foot!

The start is handled with the efficiency we have become used to and even has an appearance by Nessie herself. Thanks to the advice received on the bus and the fantastic scenery the first 20 miles pass by very pleasantly despite the numerous ups and downs. That was however when I meet the "Wall" and the final 6 miles into and around Inverness was a big struggle on my part despite encouragement from Mike Tansey. After a mile or so I managed to persuade Mike to save himself and he pushed on to achieve an enviable 3:27.25 (98th). I persevered and eventually arrived in the stadium after 3:31.12 (124th), totally exhausted, but pleased to be back. After a quick shower and something to eat, both provided with the friendly efficiency we've come to expect, we retired to a local hostelry for the post-mortem and some needed re-hydration.

After due reflection we can confirm that the Loch Ness marathon is well worth a visit, stunning views, excellent organisation and very friendly. Even though it is far from flat, PB's were achieved only just on my part but by a good quarter of an hour by Mike. I recommend everyone to take the high road at least once in his or her career

Around 900 started the race but there were only 752 finishers. The winner was Thomas Abyu from Ethiopia in a time of 2 20.59 some 10 mins quicker than last years winner Eric Kiplagat. The course was undulating with a couple of significant hills on 2nd half.

**Greetings Huncote Harriers (from a not very hot but rather cold South Africa).**

During September and my recent UK holiday, the Huncote Harriers AC very kindly allowed me to take part in their training runs, and it would be very churlish of me if I did not express my appreciation of this. I enjoyed the runs very much, and if I have a regret it is that I am such an old fart and could not keep up better (propelled only by my fear that if I lost contact I might never find Enderby Leisure Centre again). I can however say that under the training regime, I did improve, and that nobody has ever had me running any form of interval training before (let alone 5 repeats x 1 km) !!

Through the wonders of Google I have managed to find the Huncote Harriers AC web site, and will continue periodically to follow it with interest. From a web site I can not find again, I have determined that the (3) Huncote H in the London to Brighton (5 October 2003) all got there and that Carl Sommer (who kindly ran with me) had a good run. My heart felt congratulations to them all....

For any who may remember me (or may be interested), after my training with Huncote Harriers whilst "overseas", I ran the East Retford Rugby Club 1/2M at about 1.43.10 and really thought I was getting somewhere, Marathon de Normandie in 4.48.59 with a cold and flu. But I had gone all that way (and spent the money..). The cold and flu have persisted and kept me off the road since my return to South Africa, but I have a 106 km bike ride over the Comrades Marathon course (Pietermaritzburg to Durban) this weekend...My thanks and very best wishes to Huncote Harriers (and now that I think about it, when are you guys going to do the Comrades?). Yours in running, and, Kind Regards, Keith Moger.

**GEC Whetstone 5km—Tuesday 9th December**

A beautiful winters day saw a massive turnout by the Harriers at 12.45pm at the GEC in Whetstone. The course was fast the atmosphere was good, the quality was high and the mince pies and beer were lovely there were 19 harriers out of 47 entrants:

1st Moumin Geele (Leic Cor)	16.28	20th Annette Nutting	20.23
2nd Craig Sabin (Hunc H)	16.55	22nd John O'Sullivan	20.43
3rd Matt Adcock (Hunc H)	17.03	23rd Bernard Cherry	21.05
4th Kingsley Cook	17.15	27th Nick Nealon	21.46
6th Graeme Slight (Whet)	17.43	29th Jo Ashmore	21.51
7th Nicki Nealon	18.08	30th Sandra Stevens	22.19
9th Wlodziu Kula-Przewanski	18.20	39th Susan Dobby	24.05
11th Jack Angrave	19.36	45th Irene Forty	26.06
14th Ivan Balchin	19.54		
17th John Heywood	20.06		
18th Mike Tansey	20.11		
19th Keith Chambers	20.19		

**Harriers Support Required:**

- 1) Huncote Hash—28th Dec at 11am, Marshalling, timekeeping and general race support duties. Lets have a big day out to support the club and watch other people suffering for a change!!
- 2) County Cross Country Championships-Sat 3rd Jan How about running the pies and Turkey off and supporting the club into the bargain at Beaumont Park, Beaumont Leys just round the back of Tesco's.
- 3) Leicester Sports—Winter League—Wolvey 18th Jan—Hinckley are after our title, lets show them and see if we can get 40 to 45 runners out on what is a pretty swift course and then the rest of the Winter series.

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

### December

Sunday 14th	Keyworth Turkey Trot 1/2 Marathon	Keyworth, Notts	10.15am
Sunday 21st	Huncote Christmas Run—Lets see loads there!!	Ashby Parva	10am
Friday 26th	Boxing Day Handicap 6 @ 3 Crowns Pub	Barrow	11.am
Sunday 28th	HUNCOTE HASH	Huncote	tbc

### January

Sunday 18th	Wolvey 5 Miles (WLRRL) (Nuneaton H)	Wolvey	10.30am
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### February

Sunday 8th	Markfield 10km (WLRRL) (Beaumont R)	Markfield	10.30am
Sunday 29th	Ashby 5 Miles (WLRRL) (Sth Derbys RR)	Ashby	10.30am

### March

Sunday 14th	Asfordby 7 Miles (WLRRL) (Stilton Striders AC)	Asfordby	10.30am
Sunday 28th	Desford 10km (WLRRL) (Desford Striders RC)	Desford	10.30am

### April

Sunday 11th	Livingston Relays	Lough Univ Campus	Morning
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### May

Sunday 9th	Market Bosworth 1/2 Marathon (Hinck RC)	Market Bosworth	Morning
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### June

Sunday 13th	Swithland 6 Miles (Birstall RC)	Swithland	Morning
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### July

Wednesday 7th	Hungarton 7 Miles (Wreake R)	Hungarton	Evening
Sunday 18th	Langton 7.5 Miles (Roadhoggs AC)	Langtons	Morning

### August

Wednesday 4th	JOY CANN 5 (Huncote H)	Huncote	Evening
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### September

Sunday 5th	John Fraser 10 Miles (OWLS)	Countesthorpe	Morning
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### 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.