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THE HARRIER

HUNCOTE HARRIERS ATHLETIC CLUB

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Big Harrier Turnout Helps Club To Men's Victory In Wolvey 5

LRRL Winter League Race 1— Wolvey 5—Sunday 18th Jan

Huncote

What a way to start the New Year! The 1st LRRL Sport League race took place on a cold but sunny and calm Sunday morning, perfect Winter running conditions on a course that has been mentioned as a possible PB course. New Years resolutions had obviously kicked in as 40 runners took part for the club and many were rewarded with PB's or course records, others just went home very pleased with their performances. Amongst this group were Nick & Angie Tompkins Mike Tansey, Sandra Stevens and Mick Bradford.

At the top end Paul Richardson ran 24:28 to win ahead of the ever present Gordon Lee 24:45. This maverick runner, turns up at the last moment storms round a clear winner and disappears somewhere back to Loughborough! The Ladies event was won by the newcomer to Leicestershire, Sula Young in 28:17, who did actually run a repetition session with the club in the Autumn and left everybody for dead.

A strong top end helped the club to a win in the Men's event on the day, led especially by, Matty Adcock, Kingsley Cook the aforementioned Mick Bradford and Graeme Slight. Unfortunately Nikki Nealon had represented the County the day before and Annette Nutting was also absent so the Ladies were not as strong possibly as they could have been.

It was though a really upbeat day for the club and was encapsulated by the fact that when Karin Taylor and Angie Tompkins ran in, there must have been 20 Harriers by the rope cheering them in, the day had that sort of atmosphere.

Men

1st	Paul Richardson	Charnwood	24:28
2nd	Gordon Lee	Nuneaton	24:45
3rd	Steve Platts	OWLS AC	25:21

Women

1st	Sula Young	Beaumont	28:17
2nd	Sian Ellison	Birstall	30:17
3rd	Zoe Fleming	Birstall	30:42

12th	Matty Adcock	27:40
20th	Kingsley Cook	28:08
29th	Mike Bradford	28:44
30th	Graeme Slight	28:44
39th	Nick Taylor	29:17
40th	Wlodziu Kula-Przewanski	29:18
44th	Mick Sandford	29:33
51st	Andy Ball	29:50
58th	Colin Bartlette	30:09
78th	Mike Keenan	30:58
89th	Steve Wright	31:32
96th	Nick Tompkins	31:52
97th	Jeff Wickham	31:55
100th	Julian James	32:03
102nd	Adam Tansey	32:07
110th	Mike Tansey	32:25
162nd	Paul Bailey	34:09
165th	Jo Ashmore	34:18
175th	John O'Sullivan	34:33
178th	Mark Hardy	34:35
184th	Sandra Stevens	34:51
194th	Darrell Bradbury	35:18
199th	Julia Sandford	35:33
208th	Mick Butler	36:00
220th	Barry Summers	36:30
231st	David Kirby	37:07
245th	Tony Robinson	37:28
257th	Ken Earp	38:28
264th	Bernadette Owen	38:47
267th	Lesley Tansey	38:55
277th	Kate Astbury	39:25
288th	Sue Dobby	40:07
295th	Sue Edwards	40:33
300th	Jim Bates	41:21
311th	Karin Taylor	43:18
312th	Angela Tompkins	43:22
340th	Clive Alexander	48:45
342nd	Sarah Johnston	49:18
344th	Jane Griffin	54:03
345th	Lee Morrissey	54:04

350ran

But think of the runners missing as well, if the Men's captain could persuade the "real" Craig Sabin to run a couple of races in the League, Eric Carter, a totally fit Mike Keenan & Mark Beeby and Mark Wittering and there is even a rumour that a certain Simon Boulter is living back in the county!!

In terms of the team results they are as follows:

Mens Division 1

1st	Huncote 260	20pt
2nd	Birstall 337	17pt
3rd	Nuneaton 352	15pt

Vets Men Division 1

1st	Huncote 49	20pt
2nd	South Derby 74	17pt
3rd	Stilton 110	15pt

Womens

1st	Beaumont Leys 18	20pt
2nd	Nuneaton 26	17pt
3rd	Wreake 38	15pt
4th	Birstall 40	14pt
5th	Barrow 60	13pt
6th	Huncote	12pt

Huncote Hash –Sunday 28th December 2003

Eric Carter takes podium place

A great run by Eric Carter in a large Hash field saw him gain a very creditable 2nd place. Weather conditions on the day were very good as it was sunny and cold, a sure wake up sign after the Christmas festivities and over indulgences, but a lot of rain over the back end of December made sure that the Hash presented its normal challenges. This didn't deter a very large field taking part and shows how popular the 2 races the club put on during the year are. Organisation was also very professional and so there were no supposed issues similar to last year, the only negative being a suspected broken wrist for one of the competitors.

A satisfying run with over 200 participating. The early pace was set by Richard Whitelegg from Hinckley. After about a mile the leading few chose the harder path and Colin Bartlette took over the challenge. Normality was soon returned with the top three back chasing down Croft Hill. In the end, the stronger runners came through with Martin Cox taking the race in 41:09, the first lady home was Emma Marvin finishing overall 41st in 48:16 with Annette Nutting just missing out on a podium place in a very creditable 4th position in 51:08. The Ladies also saw good finishes for Julia Sandford and Jo Ashmore and a good turnout and effort from many of the Huncote Men.

Hash Results

Men

1st	Martin Cox	OWLS AC	41:09
2nd	Eric Carter	Huncote	41:30
3rd	Richard Whitelegg	Hinck	41:38

Huncote Men

13th	Graeme Slight	43:23
18th	Colin Bartlette	44:40
26th	Mike Sandford	45:42
28th	David Lawson	45:50
29th	Carl Sommer	45:58
30th	Andy Ball	46:26
60th	Steve Wright	50:49
77th	Martin White	53:22
95th	Phil Watts	56:00
110th	Barry Summers	58:56
117th	Tony Robinson	59:14
123rd	Ian Crossley	59:47
139th	Jon Milner	61:48
153rd	Jim Bates	64:38

Women

1st	Emma Marvin	Desford S	48:16
2nd	Rachel Riley	Hinckley	49:08
3rd	Sarah Hargreaves	West End	50:41

Huncote Women

4th	Annette Nutting	51:08
5th	Julia Sandford	52:49
6th	Jo Ashmore	54:33
12th	Sandra Stevens	58:49
26th	Bernadette Owen	63:07
32nd	Lesley Tansey	66:41
36th	Sue Dobby	68:07
45th	Katherine Dean	76:43
198th	ran	

Other Results & News

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

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

THERE ARE SOME MEMBERSHIP FEES STILL OUTSTANDING CAN ENSURE THAT YOU GET YOUR FEES TO STEVE AS SOON AS POSSIBLE AS THEY WERE PAYABLE IN SEPTEMBER!!!!

The Editor made a trip over to Coventry for the Massey Ferguson Festive 5 on Dec 27th clocking 29:35 and taking 30 secs of his course pb to finish in the top 30 in a field of about 200, they have one at Easter too if you fancy a close fast 5.

Leicestershire County Cross Country Championships- — Beaumont Leys—Saturday 3rd January 2004

Huncote Ladies Vets Take County Cross Country Title

Well you cannot keep an old dog down. Simon Cotton regained the title in a dramatic sprint finish from Paul Miles and Ryan Falkner in an all round close finish. Many of the top 10 were also the cream of Leicestershire's current athletic crop so the overall standard was very high. The course turned out to be an excellent circuit, flat, fast a little twisty and well received. In the ladies race, Tara Kryzwicki won convincingly from Sara Maude, with Nicki Nealon finishing a very creditable 3rd.

Huncote produced great team efforts finishing 3rd Vet Male Teams and the Ladies who are very much on the up at the moment triumphed over Harborough to win the Ladies Vets title.

Men

1st	Simon Cotton	Tipton H	31:05
2nd	Paul Miles	OWLS AC	31:06
3rd	Ryan Falkner	OWLS AC	31:10

Huncote

23rd	Kingsley Cook	35:55
34th	Graeme Slight	37:34
38th	Mike Sandford	38:02
43rd	Andy Ball	38:09
55th	Colin Bartlette	39:29
56th	Joe O'Flynn	39:29
81st	Nick Nealon	42:21
103	ran	

Women

1st	Tara Kryzwicki	Charn AC	19:00
2nd	Sarah Maude	CharnAC	20:02
3rd	Nicki Nealon	Huncote	20:26

Huncote

15th	Jo Ashmore	24:11
20th	Julia Sandford	24:48
27th	Martha Slipp	27:22
31st	Sue Dobby	28:38
35	ran	

**Leicestershire County Cross
Country Championships—
Team Results**

Team Men

1st Owls A	50pts
2nd Charnwood	98pts
3rd Harborough A	122pts
7th Huncote	193pts
13 teams	

Team Women

1st Charnwood A	7pts
2nd Charnwood B	20pts
3rd OWLS AC	30pts
4th Huncote	38pts
8 teams	

Veteran Men Team

1st Leicester Coritanians	21pts
2nd OWLS AC	28pts
3rd Huncote	41pts
11 teams	

Veteran Women Team

1st Huncote	16pts
2nd Harborough	18pts
3rd Wreake	34pts
3 teams	

**Midlands Vets Cross Country
Championships—Saturday
18th January—Perry Barr,
Birmingham**

On a bright but extremely cold morning, with the ground partially frost bitten, Nicki Nealon, had an excellent performance to take her first Midland Vet X-Country Title. With relatively small but quality field Nicki had to sit in as Sue Wint took the race on from 1 km. But as the 2 leaders hit the climb to start the 2nd lap at approximately 3km, Nicki broke away to seal a convincing victory. Mick Strange from OWLS AC having just moved up into the 50 category had a fine performance to take silver in his age group, 8th overall.

Veteran Women

1st Nicki Nealon Huncote	19:13
2nd Sue Wint Coventry G	19:29
3rd Wendy Rothenburgh Derby L	19:46

The Keyworth Turkey Trot saw another win for our all conquering women as Nicki Nealon, Annette Nutting and Jo Ashmore with a score of 34 took the 1st Female Team award in the event in December.

**Samsung Dubai 10k—
Friday 9th January 2004**

Well what a change from running in the Leicestershire rain and cold winds as I arrived to register for the 10k and then watch the start of the Dubai Marathon Before warming up (if you call sun bathing in temperatures between 28 and 32 degrees as warming up) The atmosphere was great it was like a carnival with so many different nationalities taking part and Western and Arabic bands and groups playing and dancing.

The race commenced along roads closed off to traffic and camels, on an out and back route with skyscrapers on one side and the desert on the other, leading onto roads lined with palm trees and exotically coloured flowering bushes.

It soon became apparent that most of the runners including myself would be covering more than 10k as we snaked along the route trying to keep in the shade as much as possible.

Unfortunately for one runner not all the camels were kept out as when passing the 6k marker a runner was observed going through the process of a toilet stop clearly showing how good a sun tan he had on most of his body when a camel appeared and took a fancy to his white bits. I have never seen anyone run so fast whilst pulling his shorts up, which must have continued to the end, as he was quickly out of sight and not seen again until after I had finished. Maybe DK could look at introducing shock tactics into his coaching?

I finished in a time of 49.27 better than I thought I would do considering the lack of training, the heat and of course enjoying a very good holiday and was very pleased and surprised that this was good enough for 4th place in my 50-54 age category.

One last thing worth noting was that our club colours were recognised by a guy from Nottingham who had run last year's Keyworth Turkey Trot half.

The tentacles of Huncote Harriers move further and further around the planet, many thanks to Ken Earp out in the Middle East.

As we are short of articles for this month's edition—that's a plug!!

I have asked DK to provide us with something to chew on from:

Coaches Corner

28 Day Training Cycle
Well you heard Glynn Tromans speak about his 'one week in four' at the recent Reebok UK Inter-Counties Championships, so what is this? There are many varying training programs and coaching principles and one is to cycle your training over a 28-day period. The principle here is to allow your body time to recover whilst benefiting from high intensity work. The schedule though can be geared to suit all levels of training and ability.

- Week 1: Normal week
- Week 2: Normal week
- Week 3: Heavy week
- Week 4: Light week

Week 3 may be the standard 10% increase on your previous two normal weeks. Alternatively if you are training for a marathon or an Ultra, you may wish to use this week to run back-to-back long runs at the weekend. This allows you to obtain distance but with out the psychological block of running for 20 miles or more.

Week 4 allows you to drop down the mileage and gives the body a welcome break. A secondary benefit it allows you a week to look forward to, with perhaps some cross training, a couple of days off without experiencing the guilt trip. The above schedule can be adapted to fit the races around the light week because of the taper as the race approaches.

As you progress you can take these 4-week blocks and build them into the yearly plan, with perhaps quarterly targets and annual goals.

Please don't forget if you have any stories about races you have taken part in or even just results just drop an e-mail to my e-mail address on the front of the newsletter or phone or fax me on the number on the front page. Your results may not always get in due to space restrictions but I will try. There must be many of you running in events up and down the country and further afield.

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

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

#Ashby 20 Liz Sanders, 14 Hill St, Ashby-De-La-Zouch Ashby 10am
£12/13 E/D £15 C/D 05/03 www.ashby20.co.uk

Sunday 21st Farmyard Frolics 10k (X-Country & More) Melton M 10.30am
Joanne Killick, LRI, Balmoral Level 1, Leicester LE1 5WW £5 E/D £6

Sunday 28th Desford 10km (WLRRL) (Desford Striders RC) Desford 10.30am

April

Sunday 11th Livingston Relays Lough Univ Campus Morning

Sunday 18th Flora London Marathon—Entries Closed London 9.45am

May

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

June

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

July

Wednesday 7th Hungarton 7 Miles (Wreake R) Hungarton Evening

Sunday 18th Langton 7.5 Miles (Roadhogs AC) Langtons Morning

August

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

September

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

Lets see some really big turnouts for the Winter and Summer League races in 2004. You can even use the races as a training run if your not in top shape!! What about a New Year's resolution—run as many League Races as you can!!

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.