

MARCH
2003



THE HARRIER

HUNCOTE HARRIERS ATHLETIC CLUB

ISSUE NO. 111

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

Telephone: 01162 861334
E mail: wlozduk@
Alphameric.com

Magnificent 8 storm to team victory at Markfield

LRRL Winter League Race 2—
Markfield 10km—Sunday 8th Feb

Huncote

Huncote's great start to the year continued with a dominating Men's team performance at the 2nd Winter League race at Markfield. Led home by Matty Adcock and Kingsley Cook, the next 6 scorers, Mike Bradford, Graeme Slight, Nick Taylor, Mick Sandford, Andy Ball and Wlodziu Kula-Przewanski brought the team a very comfortable win indeed.

It was backed up by another strong turnout from the club in general and a continued sense of optimism for the new Winter season for the team. A very cold and windy day produced not the most favourable conditions but the field battled bravely in the circumstances. Gordon Lee continued his great start following Wolvey to win by a large margin from Dave Pearce of Leicester Coritanians with Ian Murdey of Beaumont Leys coming in not far behind in 3rd place. In the Women's race a returning Nicki Nealon found the League's new star Sula Young too strong on the day by almost a minute with Sian Ellison of Birstall 3rd. I'm sure we'll see plenty of battles between Sula and Nicki this year, shame we couldn't sign Sula up when she came down for a club training night last year!

Matty saw an improved performance following Wolvey and was in a very upbeat mood about the team performance following the race and coined the phrase "magnificent 8". Kingsley Cook, the club's new star was also quite upbeat following his efforts to catch Matty and it was certainly a close run thing. 33 harriers again turned out, lets see if we can get up to 50 for a race this year, maybe the Joy Cann or the last Winter League race at Desford

Men

1st	Gordon Lee	Nuneaton	33:14
2nd	Dave Pearce	Leic Corit	33:59
3rd	Ian Murdey	Beaumont L	34.13

Women

1st	Sula Young	BeaumontL	36.32
2nd	Nicki Nealon		37.41
2nd	Sian Ellison	Birstall	39.33

6th	Matty Adcock	35:46
7th	Kingsley Cook	35:48
18th	Mike Bradford	37:23
20th	Graeme Slight	37:31
23rd	Nick Taylor	37:34
25th	Mick Sandford	37:37
36th	Andy Ball	38:14
38th	Wlodziu Kula-Przewanski	38:17
62nd	Mike Keenan	40:01
65th	Carl Sommer	40:10
67th	Julian James	40:16
79th	Steve Wright	41:17
89th	Mike Tansey	41:50
90th	Jeff Wickham	41:51
118th	John O'Sullivan	42:44
158th	Darell Bardbury	44:54
163rd	Jo Ashmore	45:01
167th	Mick Butler	45:25
169th	Sandra Stevens	45:35
203rd	David Kirby	48:07
206th	Barry Summers	48:15
224th	Paul Nealon	49:38
227th	Irene Forty	49:43
240th	Tony Robinson	50:31
241st	Ken Earp	50:32
247th	Kate Astbury	51:03
255th	Lesley Tansey	51:26
258th	Sue Dobby	51:49
264th	Katherine Deane	52:11
269th	Bernadette Owen	52:52
290th	Angela Tompkins	59:19
340th	Clive Alexander	61:42

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Team Results Men Division 1

	Score	Pts
Huncote Harriers	165	20
Hinckley	253	17
Birstall	338	15

The overall scores after 2 events saw Huncote 1st with a maximum 40pts, Birstall 2nd with 32pts and Hinckley 3rd with 31pts.

Vets Men Division 1

	Score	Pts
Huncote Harriers	35	20
South Derbys	86	17
Nuneaton	103	15

Overall:- Huncote 40pts, South Derbys 34pts and Nuneaton 29pts.

Women

	Score	Pts
Beaumont Leys	18	20
Wreake	37	17
Birstall	45	15
Huncote Harriers	49	14
Nuneaton	55	13

Overall scores are Beaumont Leys 40pts, Wreake 32pts, Nuneaton 30, Birstall 29, Huncote 26.

**LRRL Winter League Race 3—
Ashby 5 Miles—Sunday 28th Feb**

Men

1st Tim Hartley Charnwood	25:24
2nd Gordon Lee Nuneaton	25:36
3rd Robbie Neill Charnwood	25:41

Women

1st Zoe Fleming Birstall	30:39
2nd Sally Newman Wreake	32:02
3rd T Coltman Stilton	33:02

Huncote

10th Matty Adcock	27:40
13th Kingsley Cook	28:26
18th Steve Copeland	28:41
27th Mick Sandford	29:16
29th Mike Bradford	29:28
32nd Nick Taylor	29:38
43rd Andy Ball	30:12
59th Julian James	31:07
65th Mike Keenan	31:22
69th Steve Wright	31:38
90th Carl Sommer	32:41
118th John O'Sullivan	33:50
128th Mike Tansey	34:09
155th Darell Bardbury	35:00
162nd Jo Ashmore	35:24
176th Julia Sandford	35:47
178th Sandra Stevens	35:52
188th Jo Copeland	36:28
199th David Kirby	37:05
211th Tony Robinson	37:47
213th Barry Summers	37:54
227th Ken Earp	38:42
229th Bernadette Owen	38:45
254th Sue Dobby	40:33
265th Karin Taylor	42:35
274th Angela Tompkins	43:09
278th Christine Newton	43:24
340th Clive Alexander	48:10

A beautiful Sunday morning saw the running of this well set race. In the ladies event, the race was open with Sula and Nicki both absent. The honours went to Zoe Fleming in 30:39. The men's saw Tim Hartley beat Gordon Lee by 12 secs to take the race in 25:24. Gordon said after the race, he had been suffering from a cold, so he was happy to be that close to Tim again

A strong turn out by the club again, 28 runners, saw good team performances. The Men's strength in depth continued to score heavily including the team's newest recruit Steve Copeland, who finished a very creditable 18th. Mick Sandford's performances have also continued to improve as the League has continued, following illness in December and January. Julian James, Mike Keenan and Steve Wright were also pushing to be last team scorer. In Nicki's absence Jo Ashmore, Julia Sandford and Sandra Stevens continued their strong support for the Women's team with Jo Copeland.

Team Results

Men Division 1

	Score	Pts
Huncote Harriers	230	20
Birstall	273	17
Hinckley	328	15

The overall scores after 2 events saw Huncote 1st with a maximum 60pts, Birstall 2nd with 49pts and Hinckley 3rd with 46pts.

Vets Men Division 1

	Score	Pts
Huncote Harriers	40	20
Stilton	84	17
Nuneaton	110	15

Overall:- Huncote 60pts, South Derbys 46pts and Nuneaton 44pts.

Women

	Score	Pts
Birstall	20	20
Beaumont Leys	23	17
Wreake	35	15
Nuneaton	41	14
Huncote Harriers	54	12

Overall scores are Beaumont Leys 57pts, Birstall 49pts, Wreake 47pts, Nuneaton 44, Huncote 38.

I have a no of back copies of the Harrier which I will be disposing of, if anybody requires any copies please contact me.

**LRRL Winter League Race 4—
Asfordby/Stilton 7 Miles—Sunday
14th March**

A much smaller field as it tends to be at this event again encountered a windy day and one of the most challenging hills in the Winter League. Huncote still managed to put out over 20 runners though, to score heavily again in the Men's events and to produce a good performance in the Women's event. Jo Ashmore and Sandra Stevens being the bedrock of the Women's challenge. Steve Copeland's results get better as do a rapidly improving Mick Sandford's.

Hopefully we'll have a strong turnout for the last race of the Winter series the Desford 10km, where the Men's titles can be claimed with a flourish.

Men

1st Gordon Lee Nuneaton	36:49
2nd Moumin Geele Leics Corit	36:57
3rd Ian Murdey Beaumont L	38.46

Huncote

8th Matty Adcock	40:11
16th Steve Copeland	41:31
17th Mick Sandford	41:34
28th Mike Bradford	42:41
40th Mike Keenan	44:19
52nd Wlodziu Kula-Przewanski	45:07
69th Jeff Wickham	46:45
71st Nick Tompkins	46:58
72nd Carl Sommer	47:06
94th Steve Wright	48:20
97th Nick Nealon	48:31
98th John O'Sullivan	48:44
121st Paul Bailey	50:21
149th Barry Summers	53:14
159th Tony Robinson	54:09
179th Ken Earp	57:09

Women

1st Sula Young BeaumontL	40:56
2nd Nicki Nealon	42:30
3rd Zoe Fleming Birstall	44:35

Huncote

17th Jo Ashmore	49:52
19th Sandra Stevens	50:42
37th Bernadette Owen	56:27
50th Angela Tompkins	61:48
51st Christine Newton	62:08

**Team Results
Men Division 1**

	Score	Pts
Birstall	253	20
Huncote Harriers	301	17
Nuneaton	383	15

The overall scores after 2 events saw Huncote 1st with 77pts, Birstall 2nd with 69pts and Nuneaton 3rd with 56pts.

Vets Men Division 1

	Score	Pts
Huncote Harriers	47	20
South Derbys	71	17
Stilton	74	15

Overall:- Huncote 80pts, South Derbys 63pts and Nuneaton 57pts.

Women

	Score	Pts
Birstall	15	20
Beaumont Leys	22	17
Nuneaton	34	15
Huncote Harriers	38	14

Overall scores are Beaumont Leys 74pts, Birstall 69pts, Nuneaton 59, Wreake 57pts, Huncote 52.

Nicki Nealon continued her good winter form at the Reading Half on the 7th March. Nicki took third in a high calibre race in a time of 1:18:54. This was always a race that her coach had planned for her, and this time saw her two mins inside her PB.
When will she now move up and tackle the Marathon. With this sort of time, with the right mileage, it would relate to a marathon time of 2:48. This would also give her 3rd GBR at London and would win most other Marathons..... Time maybe to step out of the Shadows so said SimplyRunning.net.

Spring preparations continued apace for the London Marathon and Andy Ball produced a very creditable 42nd place finish in the Ashby 20 on 14th March finishing in a time of 2hrs13min 57 in a field of 443.

Don't forget it's the East Midlands Grand Prix in May lets see a big turnout for these midweek races time to share some lifts together and get to know your fellow Harriers better and Silverstone is a good course to start on and show Michael Schumacher a clean pair of heels as he won't be there, Harbrough & Corby are also close and quick!!

**Huncote Harriers Awards
Dinner at Harby**

The votes were taken for this years Harriers of the Year Awards and its was nice to see some new faces recognised by the members of the club:

Male Harrier of the Year

- 1st Carl Sommer
- 2nd Mike Tansey
- 3rd Matty Adcock

Female Harrier of 2003

- 1st Nicki Nealon
- 2nd Jo Ashmore
- 3rd Sandra Stevens

It was nice to see some new faces amongst those recognised, Carl (London to Brighton, 100% Leicestershire League Award), Mike (Team Manager and helping with the Secretarial duties) and Sandra (Substantial improvements and part of the winning team at Shepshed 7).

The Chairman's Award went to Graeme Slight for his services to the Club in terms of Secretarial duties and representation of the Club.

The Cross Country Awards went to Kingsley Cook (new member since Sept) and Nicki as 1st Harriers home at the County Championships in January.

There were also awards for 10 and 20 year service amongst the recipients were: Tom (20) and Lesley (10) CANN
Mike NEWTON (10)
Bill COWIE (10)
Ian EDWARDS (10)

Standards were also presented (list on noticeboard at the club or speak to Dave Kirby (coaches corner!) as he drew up the idea and presented the awards)
Amongst the recipients were:
Gold Nicki Nealon & Matty Adcock
Silver Nick Nealon
Bronze Mike Tansey
Copper Lesley Tansey

Why not have a word with Dave or look on the noticeboard for the targets to give you something else to aim for in your racing this year.

The presentation went very well with an excellent menu and good organisation.

Belvoir Challenge 28th Feb 2004

15 Mile Race:

Men
Tim Wigley Bourne Town H 1hr48
Huncote

27th	Nick Nealon	2hr00
30th	John Heywood	2hr01
41st	Mike Tansey	2hr06
47th	Carl Sommer	2hr08
143rd	Tim Buckton	2hr42
255th	Jim Bates	4hr40

Female

Sandra Grimes (Owls) 2hr08
Huncote
Lisa Buckton 2hr42

26 Mile Race:

Men
Nick Berrill Bedford & C 3hr40
Huncote
10th Mark Wittering 4hr26
28th Keith Chambers 4hr49

Witto got lost several times otherwise. . . .!!
All good preparation for his Grand Union Canal run its only 145 miles what are his speed reps for that then!!

Female

Anne Wade Fell Runners Asso 4hr42

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

What speed to run your sessions:
As a rule of thumb:
1. For tempo sessions add 30 secs/mile to your race pace
2. For recovery/long runs add 2 mins/mile to your race pace
Note: Every pound you are over race weight, adds 2 secs per mile to your time !!!

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

April

Saturday 3rd	12 Stage Relays		Sutton Park Birmingham	Noon
Sunday 4th	Belvoir 1/2 Marathon # Terence Graveney (01949 860718) £5.50 + 50p/ED		Hose to Vale of Belvoir	10am
Sunday 11th	Livingston Relays		Lough Univ Campus	Morning
Sunday 11th	Massey Ferguson Easter 5 # David Pettifer (01926 779885) £3.50		Banner Lane, Coventry	11am
Sunday 18th	Flora London Marathon—Entries Closed		London	9.45am
Sunday 25th	Shakespeare Marathon & Half Marathon # shakespearemarathon.org.uk £12		Stratford Upon Avon	1pm

May

Saturday 1st	Barrow Bruiser 4 # Peter Osborne (01509 890882) £4		Barrow on Soar	2pm
Tuesday 4th	Silverstone 10km (EMGP) PO Box 5752, Silverstone, Towcester NN12 8ZF C/D 29/4£4.50 E/D £6		Silverstone	7.30pm
Sunday 9th	Market Bosworth 1/2 Marathon	(Hinck RC)	Market Bosworth	Morning

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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Don't forget the East Midlands GP as well cadge al ift with a fellow club member!

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.