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THE HARRIER

HUNCOTE HARRIERS ATHLETIC CLUB

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Men's Seniors and Vets claim Winter League Titles

LRRL Winter League Race 5— Desford 10km—Sunday 28th March

A pleasant start to summer it probably wasn't, certainly the last mile and a half challenges anybody after a fast time but the Desford 10km put the cap on a great Winter performance by the unbeatable Men's Vets team and the Men's Senior Team who also claimed the Winter title. The Men's race was won by Martin Cox in a time of 31:46 and Sula Young continued her domination in the Women's event in a time of 35:52. Another strong turnout from the club helped it to these performances, nearly 30 ran for the club, slightly more than 10% of the field. The question is will there be an event where we get 50 runners out this season, perhaps the Joy Cann in August. The team was ably led again by Matty Adcock who has risen to the challenge from Kingsley Cook who has had a very good 1st winter season for the club. Mike Bradford's sterling improvements along with Graeme Slight's efforts have taken the vets team to the title, we'll have to ask Mike how much his times are down to his new coach a certain John Heywood. Another newcomer to the club Andy Ball has also placed well and scored impressively during the series and it was good to see Jack Angrave back, the training with Mick Bradford obviously paying off. The fact that we got 10 runners inside the 40 min barrier on a tough course shows the clubs current strength in depth and augurs well for the summer series where hopefully we'll have big turnouts again.

Men

1st	Martin Cox	Owls AC	31:46
2nd	Ryan Falkner	Owls AC t	32.01
3rd	Moumin Geele	Leic Corit	32:17

Women

1st	Sula Young	BeaumontL	35.52
2nd	Zoe Fleming	Birstall	38.37
2nd	Emma Marvin	Desford	39.43

Huncote Men

8th	Matty Adcock	34:46
13th	Kingsley Cook	36:05
26th	Mike Bradford	37:22
34th	Nick Taylor	37:44
36th	Andy Ball	37:47
55th	Mike Keenan	38:48
56th	Graeme Slight	38:53
63rd	Julian James	39:23
64th	Jack Angrave	39:26
67th	Wlodziu Kula-Przewanski	39:36
84th	Nick Tompkins	40:54
90th	Steve Wright	41:25
92nd	John O'Sullivan	41:40
93rd	Jeff Wickham	41:46
98th	Nick Nealon	41:54
108th	Ivan Balchin	42:27
119th	Mike Tansey	43:14
133rd	Darrell Bradbury	43:54
146th	Bernard Cherry	44:30
164th	Mick Butler	46:11
170th	Barry Summers	46:39
178th	David Kirby	47:15
180th	Tony Robinson	47:23
202nd	Ken Earp	50:23

Huncote Women

14th	Jo Ashmore	43:54
34th	Bernadette Owen	49:09
46th	Christine Newton	53:09
47th	Angela Tompkins	53:10
49th	Katherine Dean	53:27
291ran		

Team Results Men Division 1

	Score	Pts
Huncote Harriers	291	20
OWLS AC	292	17
Birstall	326	15

Vets Men Division 1

	Score	Pts
Huncote Harriers	63	20
Nuneaton	89	17
Wreake	92	15

Women

	Score	Pts
Beaumont Leys	18	20
Birstall	22	17
Nuneaton	41	14
11th Huncote	94	7

Final Winter League Tables

Men			
		Pts	
1st	Huncote	97	
2nd	Birstall	84	
3rd	Hinckley	68	

The Men's Div 1 title was won with 4 1st's and 1 2nd, from a field of 18 1st & 2nd Division teams

Vet Men

		Pts	
1st	Huncote	100	
2nd	Nuneaton	74	
3rd	South Derby	74	

The Vet Men's title was won with 5 1st's from 5 races, in fact they were so dominant they didn't even have to enter a team for the final race as the title was won after 4 races.

Women

		Pts	
1st	Beaumont Leys	94	
2nd	Birstall	86	
3rd	Nuneaton	74	
6th	Huncote Harriers	59	

Midland 12 Stage Relay—Sutton Park, Birmingham—Saturday 3rd April

Staged at Sutton Park this event stages the Midlands events for Men, Women and Vet Men. The weather conditions weren't as amenable as they could be.

Men

1st	Notss AC	3:59.09
2nd	Telford AC	3:56.28
3rd	Tipton Harriers	3:58.53
5th	OWLS AC	4:07.37
17th	Leicester Corit	4:23.54
30th	Huncote Harriers	4:44.17

Huncote Harriers

Leg 1	Matt Adcock (20)	29:18
	Wlodziu Kula-Przezanski (23)	18:03
	Steve Wright (28)	18:55
	Nick Tompkins (36)	36:10
	Paul Chadwick (36)	19:40
	Nick Nealon (38)	21:30
	Ben Begin (38)	34:50
	Ivan Balchin (37)	19:36
	Jeff Wickham (37)	19:31
	Kingsley Cook (36)	31:23
	Julian James (33)	18:39
	Michael Keenan (31)	16:42

37 teams ran

Veteran Men

1st	Telford AC	2:05.04
2nd	Staffs Moorlands	2:05.09
3rd	Tipton Harriers	2:11.02
6th	Huncote Harriers	2:14.54

16 teams ran

Huncote Harriers

Leg 1	Craig Sabin (10)	32:25
	Joe O'Flynn (8)	17:37
	Andy Ball (8)	17:52
	Steve Copeland (6)	31:29
	Graeme Slight (6)	18:16
	Mick Bradford (6)	17:15

There were good quality runs by Matt Adcock, Joe O'Flynn, Andy Ball, Steve Copeland and Mick Bradford. But special mention must go to Mike Keenan for an absolute flyer, order a drug test immediately!!

Livingston Relays—Loughborough University—Saturday 11th April

Men

1st	Charnwood A	60:32
2nd	Owls A	63:35
3rd	Leicester Coritians	64:18
8th	Huncote Harriers A	69:34
20th	Huncote Harriers B	81:31

25 teams ran

Veteran Men

1st	Mansfield Harriers	67:01
2nd	Barrow	68:39
3rd	Hatton Darts A	68:45
4th	Huncote Harriers A	68:59
11th	Huncote Harriers B	80:31

13 teams ran

Women

1st	Charnwood	54:40
2nd	Owls A	58:03
3rd	Harborough A	59:24
4th	Huncote Harriers A	60:07
11th	Huncote Harriers B	74:18

11 teams ran

Huncote Harriers Senior A

	John O'Sullivan (16)	18:19
	Matt Adcock (7)	15:45
	Mark Wittering (7)	17:36
	Mike Keenan (8)	17:54

Huncote Harriers Senior B

	Nick Tompkins (18)	18:48
	Tony Robinson (22)	21:02
	Darrell Bradbury (20)	20:22
	Mark Hardy (20)	21:19

Huncote Harriers Veterans A

	Mick Bradford (4)	17:01
	Andy Ball (4)	17:43
	Bill Cowie (4)	17:49
	Craig Sabin (4)	16:26

Huncote Harriers Veterans B

	Paul Chadwick (10)	19:12
	Dave Kirby (11)	21:28
	Paul Bailey (11)	20:03
	Nick Nealon (11)	19:48

Huncote Harriers Ladies A

	Nicki Nealon (5)	20:51
	Jill Sharp (2)	17:32
	Sandra Stevens (4)	21:44

Huncote Harriers Ladies B

	Katherine Dean (11)	23:43
	Angela Tompkins (10)	24:06
	Lesley Tansey (11)	26:29

On a side note there was a bit of a Mens B team challenge. Mark Hardy took a 300m lead into the last lap. 15 mins went by, Mark was having a good run and the Dream Team were on their feet....On the last bend Nick took the lead, with a phenomenal last mile.. and took the chequered flag.

The old dogs took the day !!!!

LRRL Summer Series—Race 1—Hinckley Half Marathon -Sunday 9th May

A well organised and well staged race saw wins and course records for Gareth Deacon and Sula Young. Deacon winning in 69:35 and Young winning in 76:45. This didn't stop a big turnout by the Harriers enabling the club to take the Senior Mens, Womens and Vet Mens team races

Huncote Harriers

12th	Matt Adcock	1:17:05
17th	Mike Bradford	1:18:59
18th	Kingsley Cook	1:19:04
29th	Nicki Nealon	1:21:11
31st	Michael Keenan	1:21:28
43rd	Nick Taylor	1:23:16
47th	Andy Ball	1:24:36
70th	Julian James	1:27:24
71st	Simon Boulter	1:27:31
75th	Nick Tompkins	1:27:46
92nd	Steve Wright	1:29:44
96th	Andy Gorton	1:30:06
107th	Paul Chadwick	1:30:41
142nd	Annette Nutting	1:33:35
189th	Mike Tansey	1:35:41
210th	Ivan Balchin	1:36:41
218th	Sandra Stevens	1:37:08
219th	Nick Nealon	1:37:08
263rd	Colin Bartlette	1:39:58
296th	Mark Hardy	1:41:57
304th	Dave Kirby	1:42:32
313th	Joanne Copeland	1:43:20
389th	Jill Sharpe	1:47:44
393rd	Barry Summers	1:48:02
401st	Bernadette Owen	1:49:16
471st	Sue Edwards	1:54:55
489th	Ken Earp	1:56:10
504th	Kathy Astbury	1:57:14
515th	Angie Tompkins	1:58:13
516th	Christine Newton	1:58:19
569th	Vicky Alveston	2:03:22
665th	Michelle Wickham	2:22:36

Womens Team Results

	Score	Pts	Tot
Huncote	26	20	79
Birstall	44	15	101
Beaumont Leys	54	14	108
Nuneaton	63	12	86

Mens Team Results

	Score	Pts	Tot
Huncote	215	20	117
Birstall	406	13	97

Vets Mens Team Results

	Score	Pts	Tot
Huncote	53	20	120
Nuneaton	59	17	91

**Flora London Marathon—Sunday
18th April**

Huncote Harriers

609th Mark Wittering	2:52:26
1097th Andy Ball	2:59:19
Brian Mackey	3:20:58
4088th Mike Tansey	3:27:27
26339th Susan Hawkes	5:11:24
30566th Geoff Balfour	6:14:04

Jill Sharpe ran in the Belvoir Half on the 4th April. This was her first race in Huncote colours in a time of 1:45:35. Jill should be a super addition to the ladies squad going into the summer league....We could still make third place at the end of the year, but lets try for 1st if we win every Summer team race!

Nicki Nealon won the County Track 5000m in 17.20.1 smashing her previous Pb 18.11.4. The County vet record was 22.17.7 (Monica Deacy of Huncote) and senior record held by Kate Ramsey of Charnwood was 18.35.7 (both records set in 2000).

She annihilated both records, and even finished on the same lap as Craig Sabin. (No Male Vets managed to lap her) and rumour has it John Heywood said she was over the hill!

This years club 10km championship will take place at the normal venue of Huncote Sports & Social Club, now newly refurbished on Tuesday 29th June. A barbecue will follow as in previous years so lets have a really big turnout for this years event. All runners have an opportunity to win as the event is normally handicapped, so lets see if we can get over 50 competitors taking part as it is always a well organised supported event, so get there for a 7pm start and bring along what you want to eat.

**East Midlands Grand Prix—
Race 1—Silverstone 10km—
Tuesday 4th May**

Hail, rain and wind...just what you need for a summer evening. Well Nigel Stirk must have enjoyed it. One mile in, he pushes for the lead and no one goes with him, a comfortable win in 31:53. I would say that it is probably the worst conditions that I have ever encountered in a race and just as the starter sent us off round the corner and into a gale! It didn't stop Steve Copeland having a good run either and WKP showing better form finally and Nicki finishing 2nd in the Women's race.

Men

1st Nigel Stirk	Tipton H	31:53
2nd Rob Palmer	Luton AC	32:40
3rd Gary Harris	Headington RR	32:53

Women

1st Allison Hirst	Headington RR	37:03
2nd Nicki Nealon		37:39
3rd Jenny Gray	Luton AC	37:48

Huncote

59th Steve Copeland		37:16
63rd Wlodziu Kula-Przewanski		37:25
95th Andy Ball		38:43
151st Colin Rimmer		40:30
186th Mike Tansey		41:27
189th John O'Sullivan		41:29
271st Dave Kirby		43:34
320th Nick Nealon		44:37
403rd Andrea Sommer		46:23
456th Jill Sharpe		47:47
832 ran		

There was also a very creditable 6th out of 38 teams awarded on time to the 1st 4 finishers male or female.

**Race 2—Rugby 6 –Wednesday 12th
May**

Nigel Stirk's 2nd win in a week over another county athlete, Steve Platts saw the better weather conditions help all competitors including a further improving and course pb for Wlodziu Kula-Przewanski and a very good effort by an enthusiastic Ben Begin, Nicki doing enough to win again in the middle of a heavy race diary.

Men

1st Nigel Stirk	Tipton H	30:25
2nd Steve Platts	OWLS AC	32:40
3rd Colin Deasy	Coventry G	32:53

Women

1st Nicki Nealon		37:30
2nd Sally Baker	Grange Farm T	37:59
3rd Eleanor Greenfield Nuneaton H		38:48

31st Wlodziu Kula-Przewanski	35:03
51st Andy Ball	37:01
55th Ben Begin	37:26
56th Nicki Nealon	37:30
69th Steve Wright	38:24
82nd Colin Rimmer	39:11
124th John O'Sullivan	41:20
159th Nick Nealon	43:19
177th Tony Robinson	44:11
206th Jill Sharpe	45:57

305 ran
Team result 9th out of 14.

No runners from Huncote entered the 3rd race which was at Bedford.

**Race 3—Rockingham 5 –
Wednesday 26th May**

In overcast but good conditions a small Huncote team again put up a good effort on the Motor Speedway track, as Steve Platts went 1 better than at Rugby by finishing 1st as Nicki took 2nd in the Women's race behind Sue Harrison 10 secs in front of Wlodziu with continued good support from Andy Ball and Colin Rimmer.

Men

1st Steve Platts	OWLS AC	25:03
2nd Matt Almond	Coventry G	25:19
3rd D Miles	Birchfield H	25:28

Women

1st Sue Harrison	Leamington	28:28
2nd Nicki Nealon		28:42
3rd Sharon Murphy	Shafts Barnet	28:50

Huncote

40th Wlodziu Kula-Przewanski	28:54
52nd Andy Ball	29:49
83rd Colin Rimmer	31:48
326ran	

The Midlands Vets Relays took place on the 18th April at Sutton Park. The Huncote Ladies had a good day with 2nd place team in the +45 event behind Cannock and a 3rd place team in the +35 event behind Derby and Harborough and just in front of Charnwood. Nicki Nealon completed the fastest female leg with 18.06.

As a result of their efforts the Ladies over 35 team qualified for the National Road Relay event that also took place at Sutton Park on the 22nd May. A great effort saw them finish 9th beating both Charnwood and Harborough into 26th and 28th, the winners on the day were Liverpool Harriers.

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

June

Tuesday 8th	Weedon 10km (EMGP) Mrs J Keech 14 Ashmore, Long Buckby, Northants NN6 7RT £4.50 £6 E/D	(Human Energy AC) Weedon	7.45pm
Sunday 13th	Swithland 6 Miles (LRRL)	(Birstall RC) Swithland	Morning
Tuesday 15th	Banbury 5 (EMGP) Race Sec, 9 Horton Road, Middleton Cheney, Banbury, Oxon, OX17 2LE £4.50 £6 E/D	(Banbury H) Banbury	7.45pm
Saturday 19th	Breedon on the Hill 6.5k Pat Guilford, The Croft, Tonge, Melbourne DE73 1BB £4 £5 E/D	Breedon	3pm
Tuesday 22nd	Market Harborough Building Society 5 (Harb AC) Glenroy, North Road, Sth Kilworth, Lutterworth, Leics, LE17& 6DU £4.50 £6 E/D	Mkt Harboro (EMGP)	7.45pm
Tuesday 22nd	Nottingham Heritage GP 10K Don Wells, 23 Station Terr, Radcliffe on Trent, Nottm NG12 2AH	Holme Pierrepont	7.15pm
Wednesday 23rd	Midsummer 5 Ann Kirkham, Za-Myanco, Washbrook Lane, Allesley, Coventry, CV5 9FH	(Coventry G) Cov Univ	7.30pm
Sunday 27th	Barrow Classic 10 Peter Osborne, 153 Main St, Swithland, Loughborough LE12 8TQ	(Barrow R) Barrow Upon Soar	11am

July

Wednesday 7th	Hungarton 7 Miles (LRRL) J Skevington, 43 Ivanhoe St, Leicester, LE3 9GX, C/D 05/07 £5, £7 E/D	(Wreake R) Hungarton	7.15pm
Sunday 11th	Leicester Race for Life 5k Race for Life, PO Box 50, Crawley, RH10 9WA	Western Park	11am
Sunday 18th	Langton 7.5 Miles See the Mens & Womens Captains	(Roadhoggs AC) Langtons	10.30am

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.