

November  
2004

THE HARRIER

HUNCOTE HARRIERS ATHLETIC CLUB

ISSUE NO. 115

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

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

## A Happy Christmas & Fast New Year to all Huncote Harrier Members.

### Everards Leicester Marathon & Half Marathon—Sunday 21st November.

Another fantastic day, apart from the weather which was cold & frosty, superb facilities at Caterpillar, saw two excellent races.

The marathon was won by Colin Deasy of Coventry Godiva in a course record time of 2:33:18, a time so quick it surprised the finishing officials, coming in 10 minutes before the expected winning time and knocking over 1 minute off the previous best set by Vincent Schmitt in 1971, second was Garry Payne who had led the race for the first 20 miles. First lady home was Debbie Russell of Hinckley in 3:08:39, the fastest time by a local lady.

The Half was won in 1:16:21 by Ish Ahmed, of Birstall, who had led all the way, followed by unattached runner Damian Carr from Kettering. First lady was Elaine Walker of Derby AC in 1:21:59, a new ladies half marathon course record.

Though a small turnout there were also some excellent runs from Huncote Harriers, especially Andy Ball who managed an excellent 9th at the full distance. Andy who has been carrying a leg injury for the most of the year put in an excellent performance on a course where much of it is spent running by yourself, he managed to overcome this tough mental challenge and put together an excellent time of 2:54.08 which he was very pleased with. Not far behind was the old warhorse, just out for a jog no doubt in his preparation for his next 145 miles jaunt, Mark Wittering who just missed the 3hr barrier by 25 secs. There was also a PB for Mike Tansey in the Half, and the normal good run from Joe O'Flynn & a very good time from Chris Hevey.

Leading details:

Marathon: 1 Colin Deasy Coventry Godiva Harriers 2hr 33min 18sec, 2 Garry Payne GES 2.43.42, 3 Mark Chamberlain Roadhogs 2:44.10

Huncote 9th Andy Ball 2:54.08 16th Mark Wittering 3:00.25 169ran

Half Marathon: 1 Ish Ahmed Birstall 1.16.21, 2 Damian Carr 1.18.02, 3 David Bell Nottm Uni AC 1.18.25,

Huncote 20th Joe O'Flynn 1:24.49, 47th Chris Hevey 1:30.15, 69th Ian Burbage 1:32.24, 70th Mike Tansey 1:32.24, 236th Bev Parry 1:45.46, 313th Bernadette Owen 1:50.46, 397th Christine Newton 1:57.41, 551 ran

### Hartshill Heartbreaker—Sunday 21st November.

On the same day the mudlarks were out in force for the Hartshill Heartbreaker, Greame appearing in over 10 runnings and "coach" John Heywood was trying to get his picture in Runnersworld again. They led a strong Huncote turn out on a testing old fashioned Cross Country course. I even noticed amongst the finishers another George Eliot Strider—so Garry's not the only one!!

1st John Muddeman Leamington C & AC 1:00:01, 2nd Mike Munday Roadhogs 1:00:22  
3rd Nathan Holmes Northbrook AC 1:00:41

Huncote : 19th Graeme Slight 1:06:49, 78th John Heywood 1:17:59, 111th Paul Bailey 1:21:56, 155th Amy Smith 1:28:17, 176th Barry Summers 1:31:00, 177th Tony Robinson 1:31:05, 220th Jim Timmins 1:44:28, 226th Angela Tomkins 1:45:25, 228th Jim Bates 1:47:25 246 ran

**Shepshed 7—Sunday 7th  
November 2004**

NICKI NEALON secured a superb hat-trick of victories at this seven-mile event that took place over a testing two-lap course around the picturesque Garendon Park Estate in North West Leicestershire. Nicki who is due to represent England at the masters event in Croydon at the end of November broke clear after the first mile and ran a virtually solo race to take the victory in 42:50. A time that despite the wet autumnal weather which made the under foot conditions very heavy going, coupled with the fact that she has just recovered from a calf injury, was only six seconds outside her own course record set here last year. Second place went to the experienced Jill Burke of Derby Ladies in 44:23, with Nealon's fellow England Masters team-mate for the up coming Croydon meeting, Kate Ramsey of Charnwood finishing third. The team trophy went to the Leicester based club of Beaumont Leys with Huncote 2nd in the Men's & Women's events.

The men's race was dominated by Rickie Wilson of Scarborough A.C., runner-up here last year, but on this occasion produced a dominant performance to pull clear of the field after an 18 minute first lap split to win in a time of 37:07. This was well over a minute ahead of the second placed athlete, Chris Powner of Canock & Staffs, but outside of the 36:00 course record set by Tim Hartley last year.

**Men**

1st Rickie Wilson Scarb AC 37:07  
2nd Chris Powner Cann & Staffs 38:23  
3rd M Chamberlain RoadHoggs 39:04

**Women**

1st Nicki Nealon Huncote 42:50  
2nd Jill Burke Derby 44:23  
3rd Kate Ramsey Charnwood 45:49

**Huncote**

8th Kingsley Cook 40:11  
17th Steve Copeland 42:21  
28th Andy Ball 44:03  
122nd Amy Smith 50:39  
165th Jo Copleand 52:14  
179th Mick Butler 52:56  
217th Bernadette Owen 54:34  
237th Joanna Anderson 55:06  
261st Pam King 56:29  
308th Bev Parry 58:08  
389th Robert Steele 62:16  
404th Angela Tomkins 63:25  
405th Christine Newton 63:25  
469th Clive Aleaxander 67:59  
535 ran

**Bestwood Park 10km—Sunday  
10th October 2004**

MATT ADCOCK of Huncote Harriers won this event in a close race over a hard and undulating course at the Bestwood Country Park, Nottingham. Leading from the gun he broke away with a leading group of four runners, but by the half way point Adcock had made his break, leaving Paul Newton of Redhill and Chris Southam of Stilton to battle for the second place. Adcock's winning time of 35mins 19secs was eleven seconds ahead of the field, but well outside of Charnwood's Tim Hartley's course record set last year. In the team event the Shepshed squad of Mark Rose, John Mould and Pete Whitehead took the honours, with Barrow in second.

\*\*\*\*\*

**Boston 5 mile (14.11.04):** This was the Boston Poppy Run, held at an excellent venue on a very flat course:

- Carl Sommer: 30:23 (PB)

- Nick Tomkins 30:48 (PB)

The winner came in 25:13.

An excellent performance from both Carl & Nick

\*\*\*\*\*

**North Midlands Cross Country  
League – Markeaton Park,  
Derby. 9<sup>th</sup> October**

Conditions fairly firm underfoot, gently undulating parkland.

**Ladies Race 4.7 km,**

Nicki Nealon 4<sup>th</sup> Overall, 1<sup>st</sup> Vet 35, 15 mins 34 secs,

1st Jane Potter, Charnwood 14.36

2<sup>nd</sup> Hannah Whitmore, Charnwood 15.07

3<sup>rd</sup> E. Stevens, Derby Ladies 15.16

A very pleasing performance for the first cross country of the season.

**Mens Race 10km,**

Nick Nealon 154<sup>th</sup> Overall, 41 mins 42 secs

**Daventry 6 Miles 10<sup>th</sup> October**

Conditions cool with strong winds

Nicki Nealon took a comfortable victory in a new Course Record time of 36.20 reducing the previous record by 32 secs. (Set by Nicki in 2002) finishing 12<sup>th</sup> overall, Nicki followed Graeme Slight home, who had an excellent run to finish 10<sup>th</sup> overall and 1<sup>st</sup> V45 in a time of 35.50.

**Huncote Harriers Meeting 23rd  
Nov 2004**

The location for the club presentation was still to be confirmed with a date and time by Darrell Robinson and John O'Sullivan.

There are 3 London Marathon places available, if you want to enter the draw for places contact Mike Tansey or Nick Tomkins and the draw will take place the day of the Hash.

There are also £900 of charity funds available to be allotted to a suggested charity, so if anybody has any specific suggestions or requests please contact Tony Robinson.

Thirdly the Hash takes place on Sunday 2nd Jan and the more marshals the better, it also reflects well on the club if the race is well marshalled and if you're not racing why not give something back for 30/45 mins.

Further can anybody help with marking the Hash course on New Years Day at 1pm (blow the cobwebs off!) - please contact Nick Nealon in advance.

\*\*\*\*\*

Nicki took a fine individual bronze & team gold in the W35 event at the British & Irish International Masters Cross Country (results even in the Sunday Times Sports section!). In cold, raw conditions on a testing undulating course, Nicki completed the 6km run in 23.32. The cistor was Scottish athlete Sue Ridley (22.59) the current British Masters Cross Country Champion. 2nd Place went to Sharon Coyne the Cornish athlete in 23.20. England comfortably won the Team event with 9 points followed by Eire & Scotland both on 22 points.

\*\*\*\*\*

There has been a lot of Cross Country activity this Winter and the opportunity for some more takes place on Saturday the 15th January at Western Park in Leicester, the club will be looking for participants and entrants for the County Cross Country championship, the county's biggest & most prestigious event off road. So give it some serious thought as we will be looking to put out a couple of strong teams.

### **Huncote Harriers EGM at Enderby Leisure Centre Tues 7th Dec 8.30pm**

As a result of the recent AGM an EGM has been called to discuss the following issue:

**“ The moving of the Club Headquarters and summer training base from Huncote leisure Centre (HLC) to the new Huncote Sports & Social Club (HS&S) Facilities.”**

The EGM will take place in the Function Room at Enderby Leisure Centre after training on Tuesday 7th December at 8.30pm and will last no longer than 1 hour.

The format will be as below:

8.30pm	Introduction by Club Secretary	Tony Robinson
8.40pm	Question & Answer Session	
9.20pm	Vote	

For your information the following points were raised at the AGM:

- The Facilities at the HLC have declined significantly recently.
- HS&S Club is a brand new facility offering modern facilities.
- SLM who run HLC are not renewing their contract, which expires in Dec '05.
- Enquiries at Blaby District Council have not provided clear evidence on the Leisure Centre's future.
- Winter Training remains at ELC
- There is a cost involved in moving to HS&S Club. The intention is to raise this money from club funds or a slight increase in race fees. This situation will be kept under review by the committee and any changes brought to the AGM.
- HLC do significantly support The Joy Cann 5 & Huncote Hash. There is a possibility that there may be some increased costs involved in running these events as SLM could withdraw their support.

The meeting is the members chance to have their say, as a vote will take place at the end of the evening.

If anybody is unable to attend and they have any views or issues they would like to raise please write to or contact Tony Robinson @ 59 Long St, Stoney Stanton, Leicester. LE9 6DQ.

### **Huncote Harriers AC Meeting 19th Oct 2004**

John O'Sullivan (chairman) formally welcomed the new committee members to the meeting and thanked those who have helped on last year's committee for their efforts.

Nick Nealon reported back from the Leagues AGM that the new sponsors for the league next year would be the Leicester Mercury. Age categories would be changing to take into account each 5 year block for vets starting at 40 for both Men & Women.

Also Nick suggested the Hash date should be on 2nd Jan 2005 from the usual location at the HLC and that a race permit was required but saw no problems obtaining one in the near future. All members agreed the date.

An open discussion then took place as to how the mechanics of this new committee would take shape and how various tasks could or should be carried out. The general feeling was that now formal minutes would be taken at each meeting, this would serve as a reminder for allocated roles.

Darrell Bradbury suggested to the committee a venue for the club presentation as Aylestone Park FC. Ideas were discussed of either an evening function on Fri 21st Jan or an afternoon one on Sun 23rd Jan. Any other ideas & a final decision will be made at the next meeting.

On the social side, **the Christmas Pub Run will be held on the 19th Dec at the Holly Bush Ashby Parva. The Christmas night out will be Saturday 11th Dec starting at The Pump & Tap @ 8pm.**

John will continue to update the club noticeboard & the committee members will keep the website & newsletter up to date.

Clive Alexander stated that the Leicester Round was looking for a sponsor next year & Tony Robinson will arrange dates & agendas for the next meeting which will take place on Tuesday 23rd November.

## FIXTURES

# Contact Details in Runners World or [www.runnersworld.co.uk](http://www.runnersworld.co.uk) Check times & details with organisers to avoid disappointment

### December

<b>Saturday 4th</b>	<b>Swithland XC Relay 4km</b> 4 legs male, 3 legs female Peter Osborne, 153 Main St, Swithland, Loughborough, LE12 8TQ, Male Teams £12, Female Teams £9 +£5 E/D Longlands Farm, Main Street, Main Street, Swithland	Swithland	<b>2pm</b>
<b>Tuesday 14th</b>	<b>GEC Christmas 5k</b> Warwick Road, Whetstone—Well Worth Supporting!! Entry on the Day is normally small, prizes to most, PB course If you work nearby take a long lunch, or do the race and have the afternoon off for Xmas Shopping!!	Blaby Boys Club	<b>12.45pm</b>
<b>Sunday 26th</b>	<b>Barrow Boxing—Day Handicap 10km</b> 3 Crowns Pub Cotes Road, Barrow on Soar Mick Ballard, 7 Coniston Road, Barrow on Soar, Loughborough, Leics, LE12 8PS c/d 19/12 £2.50 +£1.50 E/D		<b>11am</b>

### January

<b>Saturday 1st</b>	<b>New Years Day Hangover 5 #</b> David Denton, 5 Swinney Lane Belper, DE56 1EF £3 Runnersworld Mag or Website or <a href="http://www.runningwithdavid.com">www.runningwithdavid.com</a>	Belper, Derby	<b>11am</b>
<b>Sunday 2nd</b>	<b>Huncote Hash</b> Huncote Leisure Centre, If you're not running why not marshall/steward, your help will always be greatly appreciated and it is very rewarding.	Huncote	<b>tbc am</b>
<b>Saturday 22nd</b>	<b>Midlands Womens League—Coventry 6km</b>		<b>2pm</b>
<b>Sunday 23rd</b>	<b>LRRL—Winter League Race 1 - Markfield 10km</b> Charnwood High School, Beaumont Leya		<b>tbc am</b>
<b>Sunday 30th</b>	<b>LRRL—Winter League Race 2 - Barrow 6 Miles</b> Humphrey Perkins School, Barrow On Soar		<b>tbc am</b>

### February

<b>Sunday 6th</b>	<b>Charnwood Hills Race—12.5m X Country</b>	Charnwood	<b>tbc</b>
	<b>Alsager 5</b> <a href="http://www.alsager5.co.uk">www.alsager5.co.uk</a> —a definite 5 mile PB course	Stoke on Trent	<b>11am</b>
<b>Saturday 12th</b>	<b>Midlands Womens League - Malvern Common 6km</b>		<b>2pm</b>
<b>Sunday 20th</b>	<b>LRRL—Winter League Race 3 - Wolvey 5 Miles</b>		<b>tbc am</b>
<b>Sunday 27th</b>	<b>LRRL—Winter League Race 4 - Desford 5/6 Miles</b> New Course from Sport in Desford		<b>tbc am</b>

### March

<b>Sunday 20th</b>	<b>LRRL—Winter League Race 5 - Kibworth 6 Miles</b> Organised by the OWLS AC		<b>tbc am</b>
<b>Sunday 27th</b>	<b>Livingston Relay— Loughborough University Campus</b>		<b>11am?</b>

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

### April

Saturday 2nd	Midland 12 Stage /6 Stage Relay	Sutton Park	pm
	Normally actioned by the Club		
Sunday 17th	London Marathon		9.30am

### May

**East Midlands Grand Prix**—Races at various locations in Leics, Northants, Warwicks & beyond on Tuesday or Wednesday nights. 8 races, 5 to score, lets try and get a male team out for 5 or 6 of the races this year as we used to have 10 to 15 runners in many of the races. During May & June beginning with the Silverstone 10km.

Sunday 8th	LRRL Summer League 1—Market Bosworth Half Marathon		tbc am
Sunday 22nd	LRRL Summer League 2—West End Runners 8	Syston RFC	tbc am

### June

Sunday 5th	LRRL Summer League 3—Swithland 6	Swithland	tbc am
Sunday 19th	LRRL Summer league 4—Langtons 7.5	Church Langton	tbc am

### July

Sunday 3rd	Barrow 10 Miles	Barrow	tbc am
Wednesday 6th	Whissendine 6	Rutland	7.30pm
Wednesday 13th	LRRL Summer league 5—Hungarton 7	Hungarton	7.15pm

### August

Wednesday 3rd	LRRL SL 6 -Joy Cann Memorial Huncote 5 Miles	Huncote	7.30pm
Sunday 7th	Leicester Round Relay	Leics	9-6
Wednesday 17th	Hubert Bancroft Memorial 4	Thringstone	pm

### Racing & Travelling ahead

Looking further ahead, Irene and Graeme would like to know if any members of the club would be interested in a **trip to Cyprus** next year and the chance to run in the **Aphrodite 1/2 Marathon** on Sunday 20th November 2005. Based in Paphos for a weeks holiday arriving Saturday 19th November and leaving on the 26th November.

They have both run it 3 times and can recommend both the event and the resort.

If they can get a decent sized party together they would be willing to organise the trip—at this point they have no idea of prices.

These trips used to be very popular up to the last year or two so it would be great to get a party going out there again and an in depth article for next years newsletter.

### 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.