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THE HARRIER

HUNCOTE HARRIERS ATHLETIC CLUB

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Huncote Hash rings in the New Year with a Tough Challenge

Huncote Hash — Sunday 2nd January

A great day for a race, wet under foot and muddy in places. Mark Powell from Owls hammered the course winning by a mile. Sally Newman won for the ladies.

Over a difficult and testing six-mile course, made even harder by the heavy rainfall over the previous 24 hours, both continued to show their recent good form of the winter season into the New Year. Powell, the Leicester Owls athlete ran virtually unopposed to take victory by a massive three minute margin in 39:00, while second placed Dave Pearce of Leicester Coritarians, and third place Ian Paramore of Barrow were left to compete in what seemed a separate race for the runner up positions. Such was the strength and depth of squad that were representing Owls, their men's team filled six of the top eight positions at the finish.

Sally Newman was in equally dominating form in the women's event, the Wreake Valley athlete pulled away from the start to win by a huge gap of five minutes in 46:38, well ahead of runner up Eleanor Greenfield of Nuneaton Harriers and Newman's team mate from Wreake, Philly Glover who was third.

On the Huncote front a very fine effort from Graeme Slight saw him take a top 10 place leading home Kingsley Cook, Andy Ball & John "Mudlark" Heywood. Amy Smith led the Huncote ladies home ably supported by Bev Parry, Lisa Buckton, Sandra Stevens and Bernadette Owen.

Leading details:

1 Mark Powell Owls AC 39min 00sec, 2 Dave Pearce Leicester Corit 43.13, 3 Ian Paramore Barrow Runners 43.26

Huncote 9th Graeme Slight 44:48 17th Kingsley Cook 45:52 26th Andy Ball 46:55 29th John Heywood 47:43 31st Keith Chambers 48:03 49th Ian Burbage 51:13 51st Robert King 51:28 76th Brian Mackey 53:52 77th Trevor Longman 53:54 94th Michael Newton 55:51 106th Tony Robinson 57:10 152nd Tony Lay 64:01 155th Barry Summer 64:33

Women: 1 Sally Newman Wreake Run 46:38, 2 Elenor Greenfield Nuneaton H 51:44, 3 Philly Glover Wreake Run 125th Amy Smith 59:31 150th Bev Parry 63:46 153rd Lisa Buckton 64:08 161st Sandra Stevens 65:08 165th Bernadette Owen 66:07 188 Ran

Swithland Cross Country Relays – Saturday December 4th 2004.

CHARNWOOD A.C.'s highly successful winter season continued at the inaugural Swithland Cross Country Relays, with impressive team victories in both the senior men's and women's events.

In the senior women's event Kate Ramsey running the third leg produced the fastest time of the day with 15:44 to give Charnwood an impressive victory by a massive nine minute margin from the second placed team of Barrow.

It was to be a repeat performance in the men's race with Charnwood, despite being half-a-minute down on the first leg, racing away to take the title in 57:18. The Huncote squad, which was led by great efforts by Matty Adcock and Kingsley Cook, finished second, ably helped by Craig Sabin and Grraeme Slight with Leicester Coritarians dropping back to third.

Mens Team Results:

1st Charnwood Seniors 57m18s 2nd Huncote A 58:26 3rd Leic Corit 58:49
8th Huncote B 63:13 19th Huncote C 70:03 24th Huncote D 74:58
30 Mens teams took part

Mens Team Results:

1st Charnwood AC 49m02s 2nd Barrow 1 58:02 3rd Huncote 3 58:31
5th Huncote 2 63:45 16 Womens teams took part

**Swthland Cross Country
Relays – Cont**

It was a great effort by both Captains and all concerned to get that many teams from the club, and an even better effort by 2 of the teams to come in the first three. The Men's team finished 2nd due to the efforts of Craig Sabin, Graeme Slight, Kingsley Cook and Matty Adcock. The women also deserve special mention for their podium place for Annette Nutting, Jo Copeland & Sandra Stevens.

**Whetstone Harriers Christmas
Run Tuesday 14th
December**

Another well organised event saw another reasonable days weather (expectations must be lowered in the middle of December), though there was a tough headwind. I have run this event twice now and can recommend it highly, a great opportunity to take a long lunch or have half a day and do a bit of Christmas shopping and really blow those cobwebs out on a possible pb course. Its flat and quick and the last mile is gradually downhill along roads many of you will have trained on before. Moumin Geele turned up from the Coritians to put a lot of distance between him and Huncote's 2nd claim Ashley Sabin running for Charnwood on the day. The 'old man' coming in 3rd as first finisher from the club. In a field of 49, 11 of the runners were from Huncote with 5 finishing in the top 10.

Results

1st Moumin Geele Leic Corit	15.59
2nd Ashley Sabin Charnwood AC	16.40
3rd Craig Sabin Huncote H	16.57

Huncote	
4th Kingsley Cook	17.41
6th Graeme Slight	17.48
7th Wlodziu Kula-Przewanski	17.52
9th Nicky Nealon	18.21
12th Keith Chambers	19.38
15th Jack Angrave	20.04
16th John Heywood	20.21
19th Nick Nealon	20.38
21st Ivan Balchin	20.47
28th Bernard Cherry	22.17
49ran	

In the Bolsover 10km Matty finished on the podium in 3rd and Nicki finished 2nd. Nicki also took the North Mids Cross Country title Vets event and finished 3rd overall.

**Leicestershire County Cross
Country Championships
Western Park, Leicester
Saturday 15th January 2005**

Paul Miles and Hannah Whitmore led the way with comfortable victories over a cold and windy Western Park course to become two of the youngest ever winners of the senior event in the 79-year-history of the Leicestershire County Championships, and underline their positions as the pre-race favourites. Miles's clubmate Mark Powell winner of the Hash finished 2nd, with Steve Platts 3rd. Whitmore finished ahead of clubmates Kate Ramsey and Emma O'Dowd

Senior Men

1st Paul Miles Owls AC	35.37
2nd Mark Powell Owls AC	36.02
3rd Steve Platts Owls AC	36.15

This also doubled at the Huncote Cross Country championship

Huncote Men

13th Matt Adcock	39.07
16th Kingsley Cook	39.29
44th Graeme Slight(1st male Vet H)	42.24
62nd Joe O'Flynn	45.23
64th Andy Ball	45.33
65th Keith Chambers	45.55
67th John Heywood (2nd in Cat)	46.19
74th Steve Wright	47.27
104 ran	

Senior Women

1st Hannah Whitmore Charn	27.31
2nd Kate Ramsey Charn	28.11
3rd Emma O'Dowd Charn	28.20

Huncote Women

5th Nicky Nealon	28.31
29 Sandra Stevens (1st Lady Vet H)	36.41
38 ran	

**Southwell 10km – Tuesday
28th December 2004**

Some Harriers tried to burn off the Christmas pudding at various races over the Christmas period including this one in Nottinghamshire that advertises itself as having the flattest 10km course in the country. This certainly helped Matty Adcock post a new PB and take his form to a new level that he has now taken into the Leics Winter League.

Nicki was also out there seeking another win but unfortunately had to settle for 2nd on this occasion.

Senior Men

1st Chris Warburton Notts	31.15
2nd Chris Shelton Chesterfield	31.30
3rd Matty Adcock	33.18

Senior Women

1st Michelle Lee MKAC	35.56
2nd Nicky Nealon	37.01
3rd Zoe Tucker Unatt	37.59

Huncote

112th John Heywood	41.06
216th Danny Adcock	45.08
294th Dave Kirby	47.42
611 ran	

Craig Sabin blew off his cobwebs at the Barrow Boxing Day Handicap 6 (an event that I have had a go at before and can recommend to get rid of the Turkey!) he finished 6th in 34.54 over a hilly course with Ashley in 2nd place.

*

**LRRL Race 1 – Markfield 10km
Sunday 23rd January**

New Year and normal service resumed as the Harriers started the new Winter League with an emphatic Men's victory at a cold and sunny Markfield 10km. This time the performance was driven by the club's top end performers who all produced very impressive runs. Moumin Geele carried on his good form to finish first in a time of 32.05 followed in by Gordon Lee and Steve Platts for the Owls in a time of 32.16. This didn't deter strong packing from the Harriers who placed 11 runners in the first 100 and this could not be beaten. Matty Adcock produced a brilliant performance to clock 33.36 which was only just outside his PB to finish 4th. This was ably backed up by very good performances by Kingsley Cook in 10th, Craig Sabin 14th, Nick Taylor 22nd & a rejuvenated Graeme Slight in 26th.

Senior Men

1st Moumin Geele Leics Corit	32.05
2nd Gordon Lee Owls AC	32.16
3rd Steve Platts Owls AC	32.16

Huncote Harriers AC Meeting 11th January 2005

Present: Tony Robinson, Darrell Bradbury, Jill Sharpe, Mike Tansey, Nick Tomkins, Angie Tomkins, John O Sullivan, Clive Alexander, John Haywood. **Apologies:** Nick Nealon, Steve Wright, Mathew Adcock, and Dave Kirby.

Everyone agreed that the previous minutes from 23rd Nov 2004 were a true record. No Outstanding Actions From those minutes.

Item 1.

Nominees were invited, through the committee members for the clubs charity donation of approx 800 pounds. It was discussed that we should try and donate to a local charity if possible and two charities were put forward, both very worthy causes. One was Rainbows, the children’s Hospice and the other was Prost Aid, which is connected to the Urology clinic for prostate cancer at the Leicester General hospital. Tony Robinson explained to the committee the background of Prost Aid.” Recently a friend and ex work colleague of mine, called David Rae has been diagnosed with terminal prostate cancer. David himself is actively fund raising for the clinic by holding a “Drummerthon” in Leicester on Sunday 23rd January and I thought it would be a good idea for Huncote to lend its support to such a worthy cause. It also seems fitting as David is an ex runner and in his capacity at Everards as marketing manager he did support the Joy Cann race by allowing the donation of the bottles of Everards beer for each race entrant”

After a brief discussion the committee voted in favour of a charity donation to Prostaid. Tony Robinson agreed to coordinate this with a view to gaining some publicity for the charity and Huncote Harriers possible in the Leicester Mercury.

Item 2.

The Hash Review. We discussed the organisation of the Hash so that we could iron out any teething problems. On the whole it was viewed that the race went really well and the committee wishes to thank all those members of the club who gave up their time and effort to help make the race both enjoyable and safe for those taking part. **Thank you all!**

It was aired that the marking on the ground was a great benefit although some leading runners were confused over one of the bridges to be crossed on the way to Croft Hill.

Helpful tips for next years race were that, one committee member should be responsible for organising the Marshall’s and that we should agree on a minimum number of Marshall’s required for the race. Also, allocation of the” last Marshall” needs to be nominated so as to pick the last runner.

One other action to note was for the Joy Cann we need to start organising this race during Junes meeting.

AOB

The presentation night on Friday 21st January.

Nick to provide voting slips on the night for Harrier of the year. There was talk of a guest speaker but everyone thought this maybe now to late to organise. Members who have attained 20 years service had all been invited to the night and only two were unable to attend. We shall look forward to seeing them on the night. A big thanks went to Darrell for helping to put this night all together at fairly short notice! **Date of Next Meeting** – Tuesday 15th February 2005

Senior Women		225th Mick Butler	47.04
		226th Danny Adcock	47.12
1st Nicki Nealon	37.07	242nd Dave Kirby	48.00
2nd Kate Ramsey Charn		243rd Barry Summers	48.03
	37.36	270th John O’Sullivan	49.41
3rd Claire Tomkinson Charn	37.40	312th Tony Lay	52.11
		377th Clive Alexander	62.46
Huncote Men		Huncote Men	
4th Matt Adcock	33.36	162nd Amy Smith	43.58
10th Kingsley Cook	35.18	241st Sandra Stevens	47.52
14th Craig Sabin	35.30	246th Jo Anderson	48.23
22nd Nick Taylor	36.31	277th Bev Parry	50.03
26th Graeme Slight	36.45	326th Christine Newton	54.00
49th Andy Ball	38.05	339th Angela Tomkins	55.15
52nd Mick Sandford	38.32	380 ran	
64th Mike Bradford	39.15	*****	
89th Nick Tomkins	40.40	**Harrier of the Year Awards	
93rd Steve Wright	40.59	Men	
105th Carl Sommer	41.18	1 st Nick Tomkins	
119th Jeff Wickham	42.19	2 nd Mike Tansey	
180th Adam Tansey	44.52	3 rd Kingsley Cook	
203rd Tony Robinson	45.51		
211th Paul Nealon	46.15		
224th Mike Tansey	46.57		

Female
 1st Nicki Nealon
 2nd Angie Tomkins
 3rd Sandra Stevens
 The Chairman’s Shield was awarded to Nicki Nealon. This was due to her twice being a British champion in 2004 Indoors at 3000m and outdoors at 5000m. She was no. 1 in Britain for all Vet categories at 5000m last year. Nicki also completed the 2nd, 3rd & 5th fastest times by a Vet 35 during the year so it was an all around good year, sprinkled with her normal number of wins.

Please Contact Mike Tansey or Nick Nealon about taking part in the 3 Relays listed on the back page. That is the Livingston relays at Easter, The Midland 6 Stages at Sutton Park & the Midland Vets Road Relays. Lets have a number of teams out for these events.

FIXTURES

Contact Details in Runners World or www.runnersworld.co.uk Check times & details with organisers to avoid disappointment

February

Sunday 6th	Charnwood Hills Race—12.5m X Country	Charnwood	tbc
	Alsager 5	Stoke on Trent	11am
	www.alsager5.co.uk—a definite 5 mile PB course		
Saturday 12th	Midlands Womens League - Malvern Common 6km		2pm
Sunday 20th	LRRL—Winter League Race 3 - Wolvey 5 Miles		10.30am
Sunday 27th	LRRL—Winter League Race 4 - Desford 5/6 Miles		10.30am
	New Course from Sport in Desford		

March

Sunday 20th	LRRL—Winter League Race 5 - Kibworth 6 Miles		10.30am
	Organised by the OWLS AC		
Sunday 27th	Livingston Relay— Loughborough University Campus		11am?

April

Saturday 2nd	Midland 12 Stage /6 Stage Relay	Sutton Park	pm
Sunday 10th	Midlands Vets Road Relays	Chasewater	tbc
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

Keep abreast of all things Running and Athletic at David Kirby's website on WWW.SimpleRunnng.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 vastly improved & up to date 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

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.

FIXTURES

Contact Details in Runners World or www.runnersworld.co.uk Check times & details with organisers to avoid disappointment

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 pm	Hubert Bancroft Memorial 4	Thringstone	

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.