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THE HARRIER

HUNCOTE HARRIERS ATHLETIC CLUB

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## Huncote Under Challenge in the Winter League

### LRRL Winter 2 – Barrow 6 Mile – Sunday 30th January 2005

TIM HARTLEY won a comfortable race for the Charnwood athlete in this the second fixture of this season's campaign, run on a bright crisp morning in perfect weather for running around the country lanes of Barrow-upon-Soar.

In the absence of Moumin Geele, who had taken victory in the first race the previous week at Markfield, Hartley cruised to an easy win over the hilly and challenging six-mile course to finish in 30mins 36secs, second place went to Gordon Lee of Owls in 30:55 and third place went to Robbie Neill of Charnwood in 31:52. Birstall took the team prize.

Nicki Nealon continued her successful run with another straight victory in the women's race, crossing the line in 35:53, almost half-a-minute ahead of fellow British masters team mate Kate Ramsey, the Charnwood athlete finishing second in 36:20 having also run at the Midland Championships 24 hours earlier. Sally Newman of Wreake made this a clean sweep for the veterans by finishing third in 36:52. Fourth placed Gina Vaughan led Beaumont to the team victory. Again there was a good Huncote turnout but with Matty pulling out with an injury before the beginning a Huncote victory was denied by 10pts.

Leading details:

1 Tim Hartley Charn AC 30min 36sec, 2 Gordon Lee Owls AC 31.52, 3 Robbie Neill Charn AC 31.52

Huncote 12th Craig Sabin 33.34 14th Kingsley Cook 33.38 26th Graeme Slight 35.00 30th Steve Copeland 35.31 41st Andy Ball 36.00 50th Mike Sandford 36.34 51st Mike Bradford 36.36 88th Nick Tompkins 38.18 90th Stephen Bloxham 38.26 94th Carl Sommer 38.37 100th Steve Wright 39.08 121st Adam Tansey 40.14 132nd Jeff Wickham 132nd 40.33 154th Mike Tansey 41.29 201st Mick Butler 43.08 203rd Paul Nealon 43.13 208th Tony Robinson 43.20 218th Dave Kirby 43.52 239th Barry Summers 45.10 307th Tony Lay 49.41 363rd Clive Alexander 57.27

Women: 1 Nicki Nealon 35.53, 2 Kate Ramsey Charn 36.20, 3 Sally Newman Wreake Run 36.52 151st Amy Smith 41.23 237th Sandra Stevens 45.02 257th Bev Parry 46.05 353rd Angel Tomkins 54.35 370ran

Team Scores: Men 1st Birstall 294pts 2nd Huncote 304pts 3rd Barrow 328pts

Women 1st Beaumont Leys 18pts 2nd Nuneaton 35pts 3rd Huncote/Birstall 45pts

### LRRL Winter 3 – Wolvey 6 Mile – Sunday 20th February 2005

PAUL RICHARDSON turned the tables on team mate Tim Hartley to win the third race of the Leicestershire Winter Road Running League season, in a course record, over the five-mile course at Wolvey on a very cold day on the Leicestershire border. Richardson pulled away from the field to finish in 24mins 24secs, well ahead of Tim Hartley who set a new PB of 25:02 with Gordon Lee third in 25:46. Though there was a strong Men's turnout it wasn't enough to beat Stilton on the day in the Senior Men's event. The Vets also found themselves beaten by Stilton and Barrow. Graeme Slight continued his good recent form by running Kingsley Cook very close and the Editor's one winter league race saw him following up with Steve Copeland and Andy Ball both finishing close behind.

In the absence of series leader Nicki Nealon, race victory went to Sally Newman of Wreake in 30:35 to claim a comfortable win by over two-minutes ahead of Sandie Grimes of Owls and third placed Gina Vaughan of Beaumont Leys. Amy Smith, Sandra Stevens both produced good performances on a day made for fast times. There was a slight breeze coming back but generally conditions were very good.

**Wolvey Results**

**Senior Men**

1 Paul Richardson Charn	24:24
2 Tim Hartley Charn	25:02
3 Gordon Lee Owls	25:46

**Huncote Men**

22nd Kingsley Cook	28:54
24th Graeme Slight	29:00
31st Wlodziu Kula-Przewanski	29:18
34th Steve Copeland	29:28
37th Andy Ball	29:48
41st Mike Bradford	30:16
60th Carl Sommer	31:14
75th John Heywood	32:22
89th Steve Wright	32:47
104th Jeff Wickham	33:10
156th Mick Butler	34:41
161st Paul Nealon	34:48
177th Tony Robinson	35:17
186th Anil Sood	35:36
208th Dave Kirby	36:32
213th John O'Sullivan	36:42
221st Barry Summers	37:02
240th Brian Driver	37:56
253rd Jason Scrimshire	39:02
258th Tony Lay	39:18

**Mens Team Score**

1st Stilton	317	20pts
2nd Huncote	322	17pts
3rd Nuneaton	328	15pts

**Vets Mens Team Score**

1st Barrow	38	20pts
2nd Stilton	46	17pts
3rd Nuneaton	49	15pts

**Senior Women**

1 Sally Newman Wreake	30:35
2 Sandie Grimes Owls	32:25
3 Gina Vaughan Beaumont Leys	32:29

**Huncote Women**

124th Amy Smith	33:40
204th Sandra Stevens	36:23
211th Andrea Sommer	36:38
254th Bernadette Owen	39:07
264th Debra Hulbert	39:33
265th Nicola Briers	39:35
287th Bev Parry	40:37
296th Jill Sharpe	41:10
299th Christine Newton	41:13
306th Angela Tomkins	41:40

**Womens Team Score**

1st Beaumont Leys	12	25pts
2nd Birstall	44	22pts
3rd Wreake	57	20pts
6th Huncote	68	16pts
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**LRRL Race 4 – Desford 5 Miles**  
**Sunday 27th February 2005**

Nicki Nealon returned to league action to continue her winning streak in the Leics Winter RRL. After missing the previous event at Wolvey Nicki made the break in the early miles over a new and hilly course around Desford to pull away from the chasing pack led by the Charnwood duo of Kate Ramsey and Claire McKittrick, the vet British international then applied the pressure to cross the line to win the race in a time of 29mins 27secs, with Ramsey, despite suffering from a cold, finishing second in 29:54. Sally Newman of Wreake, the previous winner at Wolvey was third in 30:26.

In the men's race the fourth fixture of the league season also witnessed the fourth different individual race winner with Martin Cox of the Owls who claiming a dominant victory in Desford. Having led virtually from the start, Martin, a member of the British Mountain-Running squad, representing his second claim club in this race, really put in the effort to leave the rest of the field in his wake as he ran solo to cross the line in 25:05, almost two minutes clear of the second placed runner, Ian Murdey of Road Hogs, who finished in 27:01, with Chris Southam of Stilton third in 27:05.

The new course was windy, hilly and a little slower than the Wolvey 5 reflected in the times that were produced. The Harriers were weakened on the team scoring front by a number of withdrawals and absences and so the Mens & Vets Mens scores were hit which would damage their challenge for the Winter League title. The return of Nicki in the Women's event saw the club return to the podium and finish 2nd.

**Senior Men**

1 Martin Cox Owls AC	25:05
2 Ian Murdey RoadHogs	27:01
3 Chris Southam Stilton	27:05

**Huncote Men**

11th Matt Adcock	28:33
12th Kingsley Cook	28:43
26th Graeme Slight	29:29
27th Steve Copeland	29:35
34th Andy Ball	29:55
54th Carl Sommer	31:01
71st Mick Bradford	32:00
75th Nick Tomkins	32:10
86th John Heywood	32:50
93rd Steve Wright	33:07
115th Jeff Wickham	33:48
157th Paul Nealon	34:55
173rd Mick Butler	35:26
189th Tony Robinson	36:19
206th Anil Sood	36:40
214th Dave Kirby	37:22
224th Barry Summers	38:00
236th Brian Driver	38:33
240th Jason Scrimshire	38:45
275th Tony Lay	40:44

**Mens Team Score**

1st Barrow	270	20pts
2nd Stilton	285	17pts
3rd Huncote	295	15pts

**Vets Mens Team Score**

1st Barrow	30	20pts
2nd Stilton	43	17pts
3rd Huncote	76	15pts

**Senior Women**

1st Nicki Nealon	29.27
2nd Kate Ramsey Charn	29.54
3rd Sally Newman Wreake	30.26

**Huncote Women**

25th Nicki Nealon	29.27
129th Amy Smith	34.16
195th Jo Copeland	36.26
247th Jo Anderson	39.27
250th Debra Hulbert	39.38
264th Bev Parry	40.16
294th Angela Tomkins	42.05

**Womens Team Score**

1st Beaumont Leys	20	25pts
2nd Huncote	43	22pts
3rd Barrow	49	18.5pts
3rd Birstall	49	18.5pts

**LRRL Race 5 – Kibworth 6 Miles Sunday 20th March**

On a crisp, damp morning the local winter league took a trip to the picturesque village of Kibworth. With a strong field and some still conditions the race was looked on with great anticipation. Tim Hartley didn't disappoint finishing a minute in front of second placed Gordon Lee.

Nigel Stirk showed his form is returning following an injury lay off, capturing a solid third place. In the woman's race, Kate Ramsey was first. A good turn out on a difficult undulating course, and another successful addition to the winter league. Barrow, inspired by Glen North who finished 5th, looked strong for the team award, packing the leading runners with the red and yellow that has become synonymous with their club. The club again suffered from a number of top end runners not taking part and could only finish 5th on the day in the Men's team event and 4th in the Vets. This did a number of club members the opportunity to be part of the scoring teams.

The Ladies without Nicki in attendance finished in 6th place but with continued god runs by Amy Smith, Sandra Stevens and Debra Hulbert. For the Men Graeme Slight has been a solid performer turning out for all races and finishing 1st in the overall M45 Winter category along with Carl Sommer in the Seniors and Nick Tomkins who has also been a regular. Steve Copeland and Andy Ball have been this years stalwarts in the Vets Team and both produced good overall results for the M40 class along with Jeff Wickham, Tony Robinson and Anil Sood. Mick Butler and Barry Summers also had good overall results in the M50 category with Mick finishing 13th.

Unfortunately the Men missed out on the overall Winter title by 1 pt which over 5 races is a tough result, even the all dominating Vets Mens Team were beaten into 2nd by Barrow and the Women finished a creditable 5th. The overall title can still be claimed with a good Summer League turnout, but there is work to be done!

**Senior Men**

1st Tim Hartley	31.18
2nd Gordon Lee	32.19
3rd Nigel Stirk	33.09

**Huncote Men**

17th Matt Adcock	35:48
31st Andy Ball	37:23
32nd Graeme Slight	37:26
46th Carl Sommer	38:25
55th Stephen Bloxham	38:52
66th Robert King	39:34
71st Nick Tomkins	39:58
83rd Steve Wright	40:46
125th Jeff Wickham	42:34
127th Paul Nealon	42:42
165th Mick Butler	44:35
168th Anil Sood	44:48
178th Tony Robinson	45:25
184th Dave Kirby	45:45
193rd John O'Sullivan	46:19
201st Barry Summers	47:08
244th Tony Lay	50:23
254th Jason Scrimshire	50:51
299th Clive Alexander	59:00

**Mens Team Score**

1st Barrow	303	20pts
2nd Owls AC	336	17pts
3rd Nuneaton	348	15pts
5th Huncote	378	13pts

**Vets Mens Team Score**

1st Barrow	103	20pts
2nd Stilton	171	17pts
3rd Nuneaton	179	15pts
4th Huncote	198	14pts

**Senior Women**

1st Kate Ramsey Charn	36.35
2nd B Eburne	38.20
3rd Sally Newman Wreake	38.57

**Huncote Women**

128th Amy Smith	42:47
203rd Sandra Stevens	47:17
218th Debra Hulbert	48:27
220th Bernadette Owen	48:36
259th Christine Newton	51:41
285th Angela Tomkins	55:31

**Womens Team Score**

1st Beaumont Leys	21	25pts
2nd Nuneaton	33	22pts
3rd Birstall	35	19.5pts
6th Huncote	102	13pts

**LRRL Winter League Final Team Standings**

**Mens Team Score**

1st Barrow	83pts
2nd Huncote	82pts
3rd Stilton	75pts

**Vet Mens Team Score**

1st Barrow	92pts
2nd Huncote	84pts
3rd Stilton	82pts

**Womens Team Score**

1st Beaumont Leys	122pts
2nd Birstall	95.5pts
3rd Nuneaton	93pts
5th Huncote	88.5pts

**LRRL Winter League Final**

**Individual Standings**

**Senior Men**

6th Kingsley Cook	1962
19th Carl Sommer	1868
25th Nick Tomkins	1836
34th Paul Nealon	1762
44th Matt Adcock	1480
63rd Jason Scrimshire	1263
80th Stephen Bloxham	921
101st Adam Tansey	871
103rd Brian Driver	864
104th Mike Tansey	858
123rd Nick Taylor	483
151st Danny Adcock	425

**Vets Men**

**M40**

6th Steve Copeland	767
9th Andy Ball	762
18th Jeff Wickham	688
28th Tony Robinson	644
52nd Anil Sood	482
54th John O'Sullivan	474
58th Craig Sabin	395
73rd Wlodziu Kula-Przewanski	193

**M45**

1st Graeme Slight	800
6th Mike Bradford	779
11th Steve Wright	760
20th Dave Kirby	702

**M50**

13th Mick Butler	742
20th Barry Summers	707
25th Tony Lay	678
47th Robert King	198
53rd Tom Spencer	179

**M55**

26th Mick Sandford, 27th John Heywood	
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**M60**

22nd Clive Alexander	
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Don't forget the Club's 1st Social event for a while the Quiz which will take place on Friday 29th April at the Huncote Sports & Social Club out new Summer Training venue from the 18th April. If you want further details please speak to a member of the committee but we are looking for teams of 3 or 4.

**Senior Women**

3rd Amy Smith	784
13th Sandra Stevens	727
22nd Nicki Nealon	600
29th Debra Hulbert	533
75th Jo Copeland	185
76th Andrea Sommer	185

**Vets Women**

<b>W40</b>	
16th Angela Tomkins	719
25th Christine Newton	544
32nd Jo Anderson	377

<b>M45</b>	
4th Bev Parry	770
21st Bernadette Owen	390
27th Jill Sharpe	189

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**Minutes of Huncote Harriers AC Committee Meeting on 23<sup>rd</sup> February 2005**

**Present:** Tony Robinson, Darrell Bradbury, Steve Wright, Mike Tansey, Nick Tomkins, Angie Tomkins, John Haywood, Nick Nealon

**Apologies:** Mathew Adcock, Dave Kirby, Jill Sharpe, John O Sullivan and Clive Alexander.

CC Wlodziu Kula-Przewanski

**Everyone agreed that the previous minutes from 11<sup>th</sup> Jan 2005 were a true record. Outstanding Actions From those minutes:** Latest news on the Prostaïd donation: Tony reported to the committee that we were trying to get exposure for both Huncote and the charity within the Leicester Mercury's section for charity work called **"Do The Right Thing"**. As the Prostaïd charity had recently had a high amount of exposure we have decided to put the presentation on hold until later on in the year. One idea was to arrange the presentation for the actual Joy Cann race this year and ask David Rae to be the official starter for the race. Any views on this then please pass comments onto Tony Robinson who would welcome any ideas to maximize the potential publicity.

**Item 1.**  
**Review of the presentation evening:** Everyone agreed that the evening format worked well and the food represented good value for money. It was agreed that a date of Jan 27<sup>th</sup> 2006 would be acceptable for next year. Venue TBA. Possible that a guest speaker would be introduced but it was agreed that we all must start organising the format during Septembers meeting so we can be more professional with regard to allocating voting slips for ALL members to vote.

**Item 2.**

**Joy Cann Race:** Items to organise include:

The date, which was agreed to be **3<sup>rd</sup> August 2005.**

Sponsorship issues- Nick Nealon and Nick Tomkins (talk to Derby Runner, Everards Brewery)

Tape-John Haywood  
Race Limit looks likely to be 500 –Nick Nealon.

Risk Assessment- Mike Tansey.

Inform the Leisure Centre and liaise with them as to what they intend to do for the fun run, burger stall etc- Tony Robinson (include Hash details, race set for Saturday 31<sup>st</sup> December)

2.00 pound entry for unaffiliated runners. Entry forms to be circulated and put on Webb site- Nick Tomkins.

Marshall's need to be allocated (how many and who) refers to previous meeting.

Race Permit- Mike Tansey.

**Item 3.**

Social Events linked with **Huncote Sports and Social Club:** Dave Kirby suggested that some form of social functions could be organised for the club members such as Games Evenings (pool, darts, Poker)? Guest speaker evenings and Buffet? Sunday runs from the club and drinks after? And Quiz nights?

To get the first function off the ground we have decided to go for a quiz night to run during April, confirmed 29th however this depends on are quizmaster Wlodziu.**Item 4.**

The availability of kit for new runners was again raised and after a discussion it was felt we needed to source a more corporate branded image, with fleeces etc and try and establish a "Welcome to Huncote AC" pack which would include all the information a new club runner would require to not only feel welcome but also would be presented with a more professional feel for the club.

Nick Nealon kindly volunteered to investigate the possibility of the kit with Running Bear and explore possible cost implications.

As the welcome pack is a larger issue this would be discussed at the next meeting. Contact with Sue is required for some sort of stock evaluation / infantry.

Further to the Prostaïd donation Tony Robinson adds "Just to keep you all informed about the donation that we agreed to send out to Prostaïd. I will be attending a charity Drumathon where originally I had planned to hand over our cheque to David Rae (my ex colleague) however he would like us to hold that back for a while so that he can register the name "Prostaïd" as at the moment the charity is officially called the "Leicester Royal Cryosurgery appeal", does not exactly roll off the tongue?. I believe David is aiming to have some sort of launch of the name Prostaïd in the near future and would like to tie the cheque handover at that time.

I will endeavour to keep you all informed of the progress as and when I know. In the meantime can I please draw your attention to the leaflet involved concerning information on what they are hoping to achieve at the Royal and would ask you to pass on the info to friends and family members.

Many thanks for your support on this one as it means a lot to me personally and I am very grateful that we as a club can make a difference within our own community. Thank you. "

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Matty Adcock turned out at the Alsager 5 (one of the quickest courses in the country) and finished 26th in a time of 26.39  
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On the same weekend Nicki retained her British Masters Indoor title over 3000m in a very competitive race in a time of 10.18.59, 10 secs down on last year. Considering her recent illness Nicki was extremely pleased to win on only her 2nd ever visit to the boards. The race consisted of 3 age groups W35, W40 and W45. Nicki led from the gun and was immediately tracked by 5 / 6 athletes, but turning out 41 sec laps the competitors gradually faded away. With 5 laps to go (10 completed) the race was down to 4, a further lap later 2nd and 3rd blew up allowing Jane to come through from 4th to eventually take runner up spot. The final 3 laps saw Nicki clear, lapping athletes and increasing the gap. The only concern was had she got a big enough gap for the last lap when the fast finishers would show their colours. But even though there was a great finish for 2nd, Nicki had plenty in hand.

2nd W35 Diane Behan	10.48.00
3rd W35 Caroline Steven	11.01.14
1st W40 Jane Pidgeon	10.28.13
1st W45 Denise Farnham	10.30.81

**FIXTURES**

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

**April**

<b>Saturday 2nd</b>	<b>Midland 12 Stage /6 Stage Relay</b>	Sutton Park	<b>pm</b>
<b>Sunday 10th</b>	<b>Midlands Vets Road Relays</b>	Chasewater	<b>tbc</b>
<b>Sunday 17th</b>	<b>London Marathon</b>		<b>9.30am</b>

**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.

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

**June**

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

**July**

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

**August**

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

Keep abreast of all things Running and Athletic at David Kirby's website on [WWW.SimpleRunnng.Net](http://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](mailto: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.