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THE HARRIER

HUNCOTE HARRIERS ATHLETIC CLUB

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Hot Weather plays havoc at the Langtons Race

LRRL Summer 4 – Langtons 7.5 Miles – Sunday 19th June 2005

Diana Lobacevske won her third consecutive LRRL race at the Langton Run finishing in a time of 45mins 25secs in very demanding and stifling conditions that reached 30C on the hottest day of the summer so far this year, with many athletes requiring attention afterwards and two having to receive Hospital treatment suffering from heat exhaustion.

In the women's race 27-year-old Lobacevske of Beaumont finished over two minutes ahead of her nearest challenger Nicki Nealon of Huncote Harriers who was second in 47:37. Third place went to Gina Vaughan of Beaumont with 52:52.

Mark Chamberlain of the host club Roadhogs claimed the men's title, this after Nuneaton's Garry Payne and Chris Southam of Stilton Striders had broken away in the early stages with Chamberlain running more conservatively back in third, however with two miles to go the Leicester athlete had timed his run perfectly to pull away to take the win in a time of 42:25. Payne finished second in 43.59, with Ian Murdey of Beaumont third in 44.00.

There was a strong turn out from the Harriers and good efforts all round for the longest LRRL race of the year in by far the worst conditions. It was an achievement just to get round as many competitors walked parts of the course. Unfortunately there was also only one water stop when a 2nd at the 5 mile onwards point might have been very helpful.

This didn't stop good efforts from Kingsley Cook, Graeme Slight and Andrea Sommer for the women. David Lawson also produced a good time in the conditions along with Nick Tomkins and Jeff Wickham and Andy Ball on his return from an operation. Amy Smith and Jo Anderson supported a good effort by the Women's team.

Event organiser Kim Richardson praised the medical team for their efforts in coping with the athletes who suffered with the effects of the heat during and after the race.

Huncote finished 3rd Men's team on the day behind Roadhogs and Wreake and the Women's team finished 2nd for the 3rd race in a row. The Vets were 2nd on the day and may now be too far behind to bridge the gap in the final two events of the season.

Leading Results:

Men

1st Mark Chamberlain (Roadhogs) 42:25 2nd G Payne (George Elliot, M40) 43:59 3rd Ian Murdey (Beaumont) 44:00 8th Kingsley Cook (Hunc) 46:57 9th Graeme Slight 46:59 24th Mike Sandford 50:22 36th Wlodziu Kula-Przewanski 52:16 40th David Lawson 52:44 45th Mike Bradford 53:47 51st Nick Tomkins 54:15 55th Jeff Wickham 54:50 62nd Carl Sommer 55:52 78th Andy Ball 57:16 87th Paul Nealon 58:06 95th Jack Angrave 58:50 98th Steve Orton 59:16 106th Mick Butler 60:27 112th Ivan Balchin 61:31 118th Paul Bailey 61:56 119th Dave Kirby 62:15 149th Tony Lay 68:53 153rd Tony Robinson 69:29 165th James Swann 71:12 166th Barry Summers 71:19 173rd Andrew Heywood 72:37 175th Tom Corr 73:38 177th Jason Scrimshire 75:09 192nd John O'Sullivan 77:44 205th Clive Alexander 87:57

Women

1st Diana Lobacevske (Beaumont) 45:25 2nd N Nealon (Hunc, W35) 47:37 3rd Gina Vaughan (Beaumont) 52:52 12th Andrea Sommer 57:36 17th Amy Smith 60:18 28th Joanna Anderson 63:06 38th Julia Sandford 67:27 40th Bernadette Owen 67:38 52nd Sandra Stevens 72:17 58th Bev Parry 76:12 59th Irene Forty 77:12 72nd Angela Tomkins 83:40

LRRL Summer 5 – Hungarton 7 Miles – Wednesday 13th July 2005

Moumin Geele produced another brilliant performance to set a new course record and increase his growing reputation as one of the best young talents currently competing on the British road running scene.

Geele's time of 35mins 16secs gave him an impressive victory in a new course record time that also gave him the cash bonus on offer over this very tough LRRL seven mile event that took place in difficult hot oppressive conditions around the village at Hungarton. Hartley was second in 35:56 with Steve Platts of Leicester Owls completing an impressive line-up of talent by finishing third in 38:05. In the women's race it was just another day at the office for Diana Lobacevske, the 27-year-old Lithuania born athlete representing Beaumont, who has yet to be beaten on the road over the summer months since she made such an impressive debut in the LRRL at the West End 8 back in May. Although here she was made to work hard for the victory by Nicki Nealon of Huncote Harriers who made a late challenge over the closing mile, but was eventually beaten by Lobacevske's stronger final sprint finish as she crossed the line in 42:20 to take the victory narrowly missing the course record by just five seconds, with Nealon, the British Masters international, second in 42:48 and Sandra Grimes of Leicester Owls, another very experienced athlete third in 46:50.

For Huncote Matty had a very strong run to finish in 7th place as he builds up towards the Cardiff Marathon. It was good to see Nick Taylor back out on the road and Andy Ball continuing his comeback. Mark Wittering was also a top 8 scorer following his trials and tribulations in the Grand Union 145. It was good to see a turnout of 30 in this race and Jason continues to turn out on a regular basis and Martha was making another appearance in a LRRL race. Steve Orton a new member also had a good run. Andrea Sommer also continued her good recent form for the Women's team and finished up as the 2nd Women's scorer behind Nicki just in front of Sandra Stevens.

Senior Men

1st Moumin Geele Leicester Corit	35:16
2nd Tim Hartley Charnwood	35:56
3rd Steve Platts Owls	38:05

Senior Women

1st Diana Lobacevske Beaumont	42:20
2nd Nicki Nealon	42:48
3rd Sandy Grimes Owls AC	46:50

Huncote

7th Matt Adcock	39:25
18th Kingsley Cook	42:05
25th Graeme Slight	43:16
37th Wlodziu Kula-Przewanski	44:12
41st Nick Taylor	44:27
64th Carl Sommer	46:05
82nd Andy Ball	47:05
83rd Mark Wittering	47:10
104th Paul Nealon	48:34
110th Jeff Wickham	48:41
117th Martin White	49:00
140th Nick Nealon	50:31
149th Ivan Balchin	50:48
151st Steve Orton	51:05
157th Mike Tansey	51:21
160th Darrell Bradbury	51:33
208th Tony Robinson	54:10
209th Andrea Sommer	54:12
216th Andrew Stevens	54:23
225th Sandra Stevens	55:02
243rd Barry Summers	56:12
248th John O'Sullivan	56:47
263rd Dave Kirby	57:26
265th Tony Lay	57:34
271st Tom Corr	58:04
289th Bev Parry	59:33
323rd Martha Slipp	61:53
358th Jason Scrimshire	66:34
371st Angie Tomkins	68:50
376th Clive Alexander	70:05

Huncote 10km Club Championship – Sunday 10th July 2005

Many thanks to everyone who attended this year's event, the weather was too good, the BBQ eventually got going and was enjoyed by all. Its a good job Harriers always have a plan "B" for when the gas runs out!!!! Thanks especially to Huncote S&SC for use of the facilities, Clive for timekeeping, Gary Ashby for the water on route, Pauline and Jean for the salad and chips.

Congratulations to the winners Ashley Sabin and Sandra Stevens.

(Courtesy Steve Wright)

Handicap Results

Ashley Sabin	60:54.00
John Heywood	61:08.00
Ivan Balchin	61:11.00
Tony Lay	61:26.00
Matt Adcock	61:29.00
Carl Sommer	61:46.00
Jeff Wickham	62:02.00
Colin Bartlette	63:15.00
Mike Tansey	63:17.00
Sandra Stevens	63:32.00
Colin Rimmer	63:35.00
Bernadette Owen	63:51.00
Daniel Adcock	63:54.00
Andy Ball	64:01.00
Andrew Stevens	64:28.00
Tom Corr	64:40.00
Steve Wright	65:11.00
Bev Parry	65:50.00
Angie Tomkins	68:11.00

Mens Result

1st Ashley Sabin	34:49.00
2nd Matt Adcock	35:59.00
3rd Carl Sommer	40:01.00
4th John Heywood	42:08.00
5th Andy Ball	42:31.00
6th Jeff Wickham	42:38.00
7th Colin Rimmer	44:05.00
8th Ivan Balchin	44:51.00
9th Steve Wright	46:01.00
10th Colin Bartlette	46:30.00
11th Mike Tansey	46:32.00
12th Andrew Stevens	50:03.00
13th Tony Lay	50:56.00
14th Dan Adcock	51:40.00
15th Tom Corr	51:40.00

Womens Result

1st Sandra Stevens	50:02.00
2nd Bernadette Owen	51:41.00
3rd Bev Parry	53:35.00
4th Angie Tomkins	65:11.00

 Congratulations also go to Mike & Lesley Tansey and the birth at the end of June of their son James Michael, the Men's 2015 captain, he already looks quicker over the last 400m than Mike & his famed bursts!
 I would also like to thank Charlotte for making me miss the club 10km champs, I felt confident of putting Ashley and Matty under pressure this year but not as much pressure as when I had to deliver Lauren Katie myself – well it'll look good on the CV under Hobbies & Interests!!
 Best Wishes to all.

EMGP 7 – Harborough 5 Miles – Tuesday 21st June 2005

This race was always going to be a big ask following 2 days after the vicious heat of the Langtons 7.5 Miles. It had cooled though since the Sunday and many of the athletes were chasing a quick time on a good course and people were starting to jockey into position for overall prizes, this being the case with some of the Harriers in the race.

Moumin Geele and Nicki Nealon completed well-earned victories at the Harborough 5 event on a very hot evening on the roads surrounding Market Harborough in this the seventh and penultimate round of the East Midland Road Running Grand Prix.

Men

1st Moumin Geele Leicester C	24:48
2nd Gordon Lee Owls AC	25:49
3rd Steve Platts Owls AC	25:54

Women

1st Nicki Nealon	29:24
2nd Eleanor Greenfield Nuneaton	31:06
3rd Sian Ellison Leicester Corit	31:15

Huncote

11th Craig Sabin	27:37
25th Graeme Slight	29:09
32nd Wlodziu Kula-Przewanski	29:37
85th John Heywood	32:42
117th Martin White	33:42
118th Paul Nealon	33:42
135th Nick Nealon	34:42
142nd Darrell Bradbury	34:44
175th Ivan Balchin	35:53
204th Sandra Stevens	36:57
209th Tony Robinson	37:01
231st Irene Forty	38:28
269th Tom Corr	40:06
358 ran	

In the team events on the night in the Senior Men's event the Harriers finished 6th behind Leicester Coritians out of 7 teams. In the Senior Women's event Huncote were 3rd out of 7 teams. In the Vets events the Men finished 2nd out of 9 teams behind Rugby & Northampton and the Women were also 2nd out of 6 teams behind the same club.

Steve Platts and Gordon Lee completed a well deserved double for the Owls in the eighth race at the Milton Keynes 10km. Platts crossed the line to take the victory in 31mins 55secs, with team mate Lee producing another consistent performance to finish just 13 seconds behind in 32:08,

Men

1st Steve Platts Owls AC	31:55
2nd Gordon Lee Owls AC	32:08
3rd David Macharia Kent	32:34

Women

1st Vicky Pincombe MKAC	37:04
2nd Michelle Lee MKAC	37:43
3rd Sian Ellison Leicester Corit	38:15

Huncote

28th Graeme Slight	36:38
106th Paul Nealon	40:41
110th John Heywood	40:53
157th Nick Nealon	42:37
227th Sandra Stevens	45:47
310th Tricia Allen	50:41
397ran	

Overall Grand Prix Results

Senior Men

1st Gordon Lee Owls AC	7pts
2nd Michael Aldridge Wootton RR	12pts
3rd David Pearce Leicester Corit	22pts
34th Paul Nealon	250pts

Senior Women

1st Eleanor Greenfield Nuneaton H	7pts
2nd Sian Ellison Leicester Corit	9pts
3rd M Kirkham Coventry God H	19pts

Vets 40 Men

1st Craig Sabin Huncote H	6pts
2nd Brian Summers Rugby & N	9pts
3rd Stephen Gale Leicester Corit	15pts
31st Wlodziu Kula-Przewanski	35pts

Vets 45 Men

1st Graeme Slight	9pts
18th Nick Nealon	120pts

Vets 55 Men

5th John Heywood	21pts
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Vets 35 Women

1st Nicki Nealon	6pts
5th Sandra Stevens	27pts

Overall Grand Prix Team Results

Senior Mens Team

1st Rugby & Northampton	5pts
2nd Wootton RR	10pts
3rd Milton Keynes AC	17pts
6th Huncote Harriers	31pts

Vet Mens Team

6th Huncote Harriers	31pts
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If we had a team score from the last race we would have finished 2nd.

Barrow Classic 10 – Sunday 3rd July 2005

Matt Smith of Tipton Harriers secured an excellent victory at the Barrow Classic 10 mile race, the 30-year-old Loughborough based athlete ran a near perfect race in the warm conditions over the challenging course to cross the line in 50mins 43secs.

Both Matty and Kingsley produced good sub 60 mins workouts, Jeff Wickham also produced a good effort beating John Heywood by 4 mins. Jo Anderson had a good run in the Women's event.

Nicki Nealon continued her impressive form on the road over the summer months by winning the Women's race in 1:03:32. This victory for the 37-year-old follows on the back of her consistent performances in the East Midland Grand Prix Series and her recent appearance for the Great Britain team at the Masters International against France and Belgium in Ashford, Kent, the previous week, where she finished runner-up in the 5,000m and won the 3,000m.

Senior Men

1st Matt Smith Tipton Harriers	50:43
2nd James Lawler Bedford H	52:56
3rd Gordon Lee Owls AC	54:02

Senior Women

1st Nicki Nealon	63:32
2nd Jacqui Massey Mansfield H	64:45
3rd Sharon Orridge Nottm Univ	65:38

Huncote

7th Matty Adcock	58:12
13th Kingsley Cook	59:24
50th Mike Bradford	68:19
63rd Jeff Wickham	69:58
86th John Heywood	73:08
147th Jo Anderson	80:23
160th Tony Robinson	81:28
163rd Barry Summers	82:38
282 ran	

FIXTURES

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

August

Sunday 7th	Leicester Round Relay	Leics	9-6
Wednesday 17th	Hubert Bancroft Memorial 4	Thringstone	7.30pm

September

Saturday 3th	Swinford 10.6 Challenge Run & 5.3 Community Run £6 Entry Fee, Lutterwoth see www.swinford2000.co.uk	Swinford	10.30am
Sunday 4th	Alliance & Leicester 5km races Alliance & Leicester Head Office, Narborough Look out for entry forms for all manner of 5km events, Men's, Women's, Vet Men's & Vet Women's & Junior Event and at 10.30am an Open family event, get your friends in for this one e.g Race for Life entrants, Fun Run entrants etc.	Leics	10.30am
Sunday 4th	Owls John Fraser 10 Incorporating Leicester 10 Mile Champs	Countesthorpe	10.30am
Sunday 11th	Sweatshop Robin Hood Nottm Marathon & Half Marathon Check website & Running Magazines for details	Nottingham	10.05am
Sunday 18th	Wolvey 10 Same course as the Wolvey 5 but 2 laps. Chris Ingram Memorial 10km & 5.3km Fun Run Stapleford Park £5, £6 E/D, see Stilton Striders website	Wolvey M Mowbray	tbc am 11.00am

Running Ahead

Looking further ahead from September onwards events to keep an eye out for are:

Midland 6 Stage & 4 Stage Relays in Sutton Park
Leicester Marathon & Half Marathon now run in early October
North Midlands Cross Country race series
Daventry 6 miles Road Race
Hartshill heartbreaker in Nuneaton
18th Sept BUPA Great North Run

Please take time out if you have internet access to check out the continually excellently updated Huncote Harriers website, its continually updated information by Nick Tomkins has made it one of the best sites of all the Leics Road Running clubs. It has information on Spotlight for the week, 2005 Fixtures, Social Events, Races & Results back to the beginning of 2004 (and some great photos of many members in many races) the LRRL and tables, Club Kit (there are currently some retro, old style vests on sale), links to other Leics sites. There is also Training venue news and Committee minutes and details about the annual Club Standards.

A lot of hard work is spent updating this site, if you have access, please take the opportunity to pick up your club information there.

www.huncoteharriersac.co.uk

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.

For further information on the Leicestershire scene and links check out the Leicesterathletics.net site which provides good local information.

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.