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THE HARRIER

HUNCOTE HARRIERS ATHLETIC CLUB

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Harriers Claim 4th Successive Men's Leicester Round Title

Leicester Round – Sunday 7th August 2005

The feeling was not dissimilar to having had a very large stone deposited in the pit of my stomach. I could tell by the pained expression on Mike's face that he was experiencing the same anguish. There we were, clear of the rest of the field by some eight or nine minutes, and a tantalising two miles from the finish and subsequent victory celebrations. The reason for our despair was the sight of Wlodziu, our anchor leg runner, no longer in flight but crouched on one knee at the side of the road.

The day had begun with the usual buzz of expectancy at the Leicester Round Relay Race HQ on Mowmacre Hill. Admittedly, it was half an hour earlier than previous years but there was a coolness in the air and a lack of humidity, which was a relief to participants and organisers alike. It's funny how the faces do not alter much from year to year, an extra line on the forehead or another grey hair here and there.

With admirable persuasiveness, Mike Tansey had assembled three teams - one Men's and two Mixed, all of them competitive. Notwithstanding mishaps, I sensed a cautious optimism for Huncote in both classifications. Phil Watts, returned from his adventure in the Fens, and Clive Alexander, took charge of the Mixed teams, Mike himself, the Men's.

All credit to Race Organiser, John Skevington, 31 competitors from 15 clubs edged their way nervously towards the start line, our own Steve Copeland amongst them. Despite collecting a Winner's medal in 2004, Steve will remember that particular race for somewhat different reasons. Tackling the same leg this year, some serious demons needed to be confronted. As the venerable Ted Toft shouted "Go!", Steve, baton firmly clutched, set himself to the task in hand.

A relay race cannot be won on the first leg but Peter Swain of Harborough tried his best to disprove that theory, and finished nearly a minute ahead of Barrow's Ian Paramore. Steve, having a real head to head with Mick Strange of Desford, not only dispelled his demons but put them emphatically to rest.

'Fast Eric' Carter took up the chase in sixth place and 3 mins, 16 secs off the lead. It is fair to say that if you can track Eric down, he will always put in a memorable performance. An astonishingly blistering pace was set to acquire Huncote's first fastest leg of the day, gaining almost a minute on Coritanian's Steve Needs.

Moving Huncote seemingly effortlessly from sixth to third, Eric handed over a mere 16 secs behind Harborough and crucially only 40 secs adrift of new leaders, Coritanians.

It was during this second leg that team strategies had been revealed. Barrow and Birstall, for whatever reason, had surrendered the Men's Race in the planning stage, and opted to field very strong Mixed teams. Our own Mixed teams would, therefore, find it hard to achieve top honours against such focused opposition.

On Leg 3, the Burrough Hill leg, Carl Sommer displayed scant regard for the pedigree of Harborough's Chris Webb as he eased Huncote into second place. Meanwhile Coritanians were not extending their lead, the gap being only 53 secs.

When you accept your leg, it is in complete ignorance of whom you may find yourself up against and it was, to some extent, a baptism of fire for race debutant Steve Bloxham. Showing a calm and maturity that belied his lack of relay race experience, Steve held off for some while the surge of Harborough's Mark Davis. Coritanians were maintaining their lead in the familiar guise of Andy Hart. Steve had been up against it!

To hand over the baton at the end of Leg 4 only 3 mins, 30 secs behind the leaders and in a comfortable third place was an achievement not to be underestimated.

Leg 5 was scene of the first of John Skevington's route changes with, like Coronation Street (so I'm told), alternative endings – on road or off road. Not enamoured by, but taking advantage of, the off road finish, Mike Bradford put in a sterling performance to cement Huncote's third place and limit the losses to Nev Francis of Coritarians who inexplicably chose the considerably longer on road route. Harborough, who, like Huncote are always at the vanguard of route finding on the Leicester Round, understandably also opted to run with the cows.

Graeme Slight, confronted with a deficit of 5 mins, 58 secs, set off in his customary full on style. It is a feature of Road Relay Races that there is frequently a requirement to run solo. Graeme excels in the art of maintaining his pace in such lonely circumstances. Training through Countesthorpe has no doubt helped him to achieve this. Slow down there at your peril. You may lose your running shoes!

Leg 6 is another of the 'new' legs and I heard Graeme later describe it as 'boring'. This I find this remarkable because for Mike and me it was arguably the most exciting leg of the whole race. As Graeme pounded the traffic free road between Welham and Great Bowden allow me to slip into real time for just a moment.

12.06: Australia need 4 to win

12.07: Over 62.1. Harmison pitches one up outside off and Lee takes a single to deep cover. 3 to win

12.07: Over 62.2. Slightly fuller from Harmison but blocked away by Kasprowicz. No run.

12.07: Over 62.3. WICKET!

Kasprowicz c G Jones b Harmison 20

A short one angled across the pitch has Kasprowicz taking evasive action and he gloves the ball over leg. G Jones stoops forward and low to his left to scoop the catch.

12.08: England win the Second Ashes Test by 2 runs!

The Huncote team car was ecstatic. England had levelled the Series.

Meanwhile, oblivious to all this excitement, Graeme, suitably bored no doubt, had clocked another fastest leg. Huncote were still third but the Coritarians' grip on the race was slackening. They were now heading Harborough by just 1 min, 14 secs and Huncote by 4 mins, 36 secs.

On Leg 7, another 'new' leg, a free one with several viable alternatives, Harborough's Dan Worley seized the initiative, regaining the lead from Coritarians. By the changeover, Harborough had opened up a 2 mins, 17 secs advantage over Huncote. Andy Ball, with considerably further to run than on the same numbered leg last year, put in another strong performance and kept Huncote in a healthy position close enough to the leaders to launch that decisive attack.

That attack was to come from the younger of the two Sabins, Ashley, on Leg 8. Give him a rabbit and he will chase it and that rabbit was Harborough's Paul Hancock. The gap was too great to bridge but early into his leg it was apparent, barring mishap, that the subsequent leg would see some serious looking over shoulders by the Harborough support crew. As I stopped briefly to chat with Huncote stalwart Jim Diaper, the Coritanian challenge fell away. Conceding over 11 mins to the relentless Ashley, they would have to settle for the bronze position.

As we are coming to expect of Ashley, it was a run of pure quality and the changeover saw Harborough's lead cut to 3 mins, 20 secs. Another fastest leg produced by a Huncote runner!

If Ashley's run was outstanding, then what superlatives can I utter to describe Chris Talbot's efforts on Leg 9? Disguised in dark sunglasses, he simply blew the rest of the field away. The Harborough support had faith in the ability of their Hugh Delargy but they were left in awe as Chris streaked by to yet another fastest leg. Unbelievably, Chris was 1 min, 39 secs faster than the next quickest, Jonathon Burch of Owls and a massive 5 mins, 16 secs faster than Harborough.

Waiting tensely on Burbage Common was Matty Adcock, clad in a not quite regulation orange Huncote tee shirt. What are these superstars like? He had forgotten his yellow one! Last year he had done the chasing. This year he was about to be chased, because standing broodingly to one side was the ominous figure of Sean Fenwick, Harborough's ace in the pack. The 2005 Leicester Round Relay Race was far from over.

Protecting our 1 min, 56 secs advantage was of paramount importance as Matty set off from the Common at his trademark break-neck speed. Leg 10 is long and winding, as they say, and although Matty, on occasions, resembled a dangled carrot, Sean never actually had him in his sights. Huncote's advantage may have been eroded slightly, 41 secs to be precise, but a margin of 1 min, 5 secs had been preserved. Was that Harborough's last throw of the dice?

What you see is what you get with Craig, the older (sorry Craig) of the Sabins. It is all about winning. There is no second. Whatever terrain, whatever gradient, Craig's characteristic leaning gait can be relied upon. It would take an exceptional runner to put a dent in Huncote's advantage and it was no surprise when Craig, in recording another Huncote fastest lap, had extended the lead to 3 mins, 46 secs at the end of Leg 11.

Mike had been meticulous in his selection of runners to 'best-fit' legs and who better than Kingsley Cook to pioneer the 'new free' cross country section from Markfield to Sharpley Hill on penultimate Leg 12. In altering several legs I feel that John Skevington is returning to the free spirit of the early years when good navigational skills and route planning were almost as valuable as the ability to run quickly. And the two teams famed for their route finding are, of course, Huncote and Harborough, the same Huncote and Harborough vying for top spot in 2005.

Kingsley, however, was turning the screw. As he traversed the Charnwood Hills, there was no let up and he passed on the baton with what appeared to be an unassailable lead of 9 mins, 18 secs.

The Leicester Round Relay Race has thrown up some surprises over the years but only under the most bizarre or tragic of circumstances would Huncote relinquish over 9 mins on any leg so, surely, it was engage cruise control and it would be celebration time. Wlodziu Kula-Przezanski still had to perform but realistically it was there to be lost not won. His 12 team mates had set him up perfectly for a leisurely canter back to the Mowmacre Hill on the glory leg.

You never count your chickens, of course, and the relief was palpable when Wlodziu emerged from the potentially hazardous Swithland Woods, running easily and, seemingly, unperturbed. Next came the undulations through Thurcaston – irritating maybe, show stopping, unlikely.

How wrong! Slowing to a standstill and dropping to one knee Wlodziu had caused that stone to be forced into my stomach. Was it all going to end here? In Thurcaston, of all places?

Whilst you ponder upon the tragic image of the stricken Wlodziu slumped at the roadside, I feel now would be an opportune time to relate the sad and yet uplifting tale of the Unhappy Rabbit.

Once upon a time there was a rabbit that was most unhappy because his ears were so long and narrow that he stepped on them all the time. One day a fairy landed on the bunny's head. She lifted up the bunny's ears and crossed them over like an X. Then she put one ear through the bottom of the X and pulled. Next, she made each long ear into a loop and made another X like before. She put an ear under that X and pulled again. From then on the bunny remembered how to tie his ears into a bow, and he lived happily ever after.

Lace now properly fastened, Wlodziu was up and running again. Mike and I simultaneously breathed a huge sigh of relief. The run in from Thurcaston, thankfully, turned out to be a pleasantly uneventful formality.

Huncote, in a time of 09:09:27 and 9 mins, 26 secs clear of their nearest rivals, Harborough, had won for an unprecedented fourth consecutive year, thus maintaining their stranglehold on an event that, hopefully, will remain on the racing calendar for many years to come.

Gary Ashby

Footnotes

Huncote also secured third place in the Mixed category, a highly commendable effort considering the standard of the opposition, behind Barrow A & Birstall

Wreake won the Women's event from Harborough with Owls AC in 3rd.

The Leicester Round Relay Race is always a collective club effort. There are many names, that I have not mentioned, who have contributed in no small measure to the Harriers' success. Runners and helpers alike – give yourselves a pat on the back.

Finally, before every race... Remember the Unhappy Rabbit.

Leicester Round Full Results**Leg 1**

Fastest Leg Peter Swain Harb AC 41:56
 Huncote Men Steve Copeland 45:12
 Huncote Mixed A Nick Tomkins 49:18
 Huncote Mixed B Mick Butler 54:47
 Men 6th, Mixed A 11th, Mixed B 20th

Leg 2

Fastest Leg Eric Carter Huncote M 36:29
 Huncote Mixed A Amy Smith 44:59
 Huncote Mixed B Irene Forty 47:10
 Men 1st, Mixed A 13th, Mixed B 19th
Overall, Men 3rd, Mixed A 14th, Mixed B 18th

Leg 3

Fastest Leg Joe Knowles Leic Cor 37:24
 Huncote Men Carl Sommer 37:37
 Huncote Mixed A Andrea Sommer 43:14
 Huncote Mixed B Tony Lay 48:08
 Men 2nd, Mixed A 14th, Mixed B 23rd
Overall, Men 2nd, Mixed A 13th, Mixed B 19th

Leg 4

Fastest Leg Mark Davis Harb AC 33:05
 Huncote Men Stephen Bloxham 35:53
 Huncote Mixed A Joanna Deason 45:00
 Huncote Mixed B Angie Tomkins 52:15
 Men 7th, Mixed A 24th, Mixed B 30th
Overall, Men 3rd, Mixed A 15th, Mixed B 24th

Leg 5

Fastest Leg Rob Pullen Owls AC 36:30
 Huncote Men Mike Bradford 40:07
 Huncote Mixed A Jack Angrave 40:24
 Huncote Mixed B Andrew Stevens 44:33
 Men 4th, Mixed A 5th, Mixed B 15th
Overall, Men 3rd, Mixed A 12th, Mixed B 22nd

Leg 6

Fastest Leg Graeme Slight Hunc M 50:47
 Huncote Mixed A Nicki Nealon 51:53
 Huncote Mixed B Anil Sood 65:50
 Men 1st, Mixed A 4th, Mixed B 19th
Overall, Men 3rd, Mixed A 10th, Mixed B 21st

Leg 7

Fastest Leg Dan Worley Harb AC 43:05
 Huncote Men Andy Ball 46:47
 Huncote Mixed A Keith Chambers 47:01
 Huncote Mixed B Bernadette Owen 64:20
 Men 4th, Mixed A 5th, Mixed B 24th
Overall, Men 3rd, Mixed A 10th, Mixed B 22nd

Leg 8

Fastest Leg Ashley Sabin Hunc AC 39:02
 Huncote Mixed A Jeff Wickham 47:17
 Huncote Mixed B Lisa Stone 53:15
 Men 1st, Mixed A 9th, Mixed B 20th
Overall, Men 2nd, Mixed A 9th, Mixed B 21st

Leg 9

Fastest Leg Chris Talbot Hunc AC 33:55
 Huncote Mixed A Sandra Stevens 45:16
 Huncote Mixed B Martha Slipp 50:27
 Men 1st, Mixed A 15th, Mixed B 27th
Overall, Men 1st, Mixed A 9th, Mixed B 22nd

Leg 10

Fastest Leg Sean Fenwick Harb AC 47:30
 Huncote Men Matt Adcock 48:21
 Huncote Mixed A Paul Nealon 60:24
 Huncote Mixed B Lisa Stone 62:59
 Men 2nd, Mixed A 12th, Mixed B 16th
Overall, Men 1st, Mixed A 10th, Mixed B 20th

Leg 11

Fastest Leg Craig Sabin Hunc AC 47:58
 Huncote Mixed A Steve Wright 53:53
 Huncote Mixed B Dave Kirby 67:31
 Men 1st, Mixed A 12th, Mixed B 25th
Overall, Men 1st, Mixed A 10th, Mixed B 22nd

Leg 12

Fastest Leg Jon Collingham Wreake AC 41:08
 Huncote Mixed A Nick Nealon 49:44
 Huncote Mixed B Tony Robinson 57:59
 Men 2nd, Mixed A 10th, Mixed B 22nd
Overall, Men 1st, Mixed A 10th, Mixed B 21st

Leg 13

Fastest Leg Bruno Nikoloff Wreake AC 41:32
 Huncote Men Wlodziu Kula-Przewanski 43:34
 Huncote Mixed A John Heywood 47:26
 Huncote Mixed B John O'Sullivan 51:09
 Men 4th, Mixed A 11th, Mixed B 19th
Overall, Men 1st, Mixed A 10th, Mixed B 20th

Again many thanks to all who helped on the day both running and supporting, it is day that represents the true Harrier ideal and I think that is why Huncote is always successful.

2005 League Presentation Night

The 2005 Presentation night takes place on Friday 14th October at Newfoundpool Working Mens Club in Leicester.

Hopefully as many of you as possible will go, tickets from Nick Nealon, to cheer on our many category winners as below:

Matty Adcock 1st Senior + Team Award
Graeme Slight 1st V45 + Team Award + 100% Award
Kingley Cook 5th Senior + Team Award
Carl Sommer Team Award + 100% Award
Jeff Wickham Team Award + 100% Award
Andy Ball Team Award
Mike Bradford 2nd V45 + Team Award
Paul Nealon Team Award + 100% Award
Tony Robinson Team Award + 100% Award
Nick Tomkins Team Award
David Kirby Team Award + 100% Award
Sreve Copeland Team Award
Barry Summers Team Award + 100% Award
Nicki Nealon 1st Senior + Team Award
Amy Smith Team Award
Sandra Stevens Team Award
Angela Tomkins 100% Award
Irene Forty 1st FV50

Tickets are £5 each with a buffet & a good band – apparently...

 **

LRRL Individual League Standings 2005**Senior Men**

1st Mark Chamberlain Road hoggs
 2nd **Matty Adcock Huncote Harriers**
 3rd Ian Murdey Beaumont

Senior Women

1st Diana Lobaceskve Beaumont
 2nd **Nicki Nealon Huncote Harriers**
 3rd Debbie Marsden Beaumont

Mens Vets

M40 Chris Southam Stilton
M45 Graeme Slight Huncote Harriers
 M55 Anthony Norman Nuneaton H
 M60 Terry Vaughan Beaumont

Womens Vets

W40 Sue Black Birstall
 W45 Gina Vaughan Beaumont
W50 Irene Forty Huncote Harriers
 W55 Lesley Griffin Birstall

Huncote Harriers Produce a World Champion!!

Memoirs of a World Champion:

‘Watch out for the heat, Spain in August, you must be mad’; that appeared the warning coming from all quarters prior to the opening events of the World Masters Athletic Championships in San Sebastian.

So lining up for the 8k cross country event on the 23rd at the Lacoste Hipperdrome in 17 degrees, after 3 hours of the most severe rain was not what was expected!!! 4 laps of a rutted horseracing course, which was now a combination of thick grass, mud and surplus water was going to make for an energy-sapping ordeal. We had been to the course the previous day to check out the location and terrain and decide on footwear, I had a jog around the course for a couple of laps. I felt nervous and a bit concerned with the ruts where the horse’s hooves had been.

Nathalie Loubelle of Belgium was the pre race favourite and proved her class by running away from the field in convincing fashion. Having already beaten me twice in the last 2 years at the Interland meetings over 5000 metres, I was always expecting her to be favourite for a hat trick of gold medals, unfortunately for me she was also competing in the 5,000m and 10,000m as well. The race itself was run in conjunction with the W40’s and initially a group of eight athletes broke away, 5 of which were from my age category. Sharon Coyne (W40) was the only other British athlete in the group. Having been beaten on our previous 2 meetings running for England I was hoping to gain some reward by beating her. By the end of the first lap Loubelle was away and Coyne had slipped off the back of the group. There was now four of us fighting for silver and bronze. 200 metres into the final lap the Spaniard and the Italian passed Teresa Nunes of Portugal into the medal positions; I followed but couldn’t keep with the pair of them. Nunes then hung on to me and went past in the final kilometre, leaving me in a lonely fifth. The only consolation was being first Britain and a victory over Coyne.

1st: Nathalie Loubelle – Belgium 30.03
2nd: Nieves Zarza Martinez – Spain 30.32
3rd: Lorella Pagliacci – Italy 30.36

5th: Nicki Nealon – Great Britain 31.01

The 5000 metres was to follow set to be run at 9.15 p.m. on the 25th. Having never run at that time of night before proper preparation was essential, an early morning run to relieve the stiffness in the legs after the cross country. Still a slight question mark over whether I have recovered enough to compete. An afternoon sleep, rearranged eating times, Nick sorting out departure times and route to the stadium.

We were based in Biarritz (France), mainly due to cost, but also to keep more relaxed and away from the pressures of being in San Sebastian.

The evening turned out mild with the threat of more rain. Forty minutes before the off I had to go to the call centre, register and wait to be escorted to the stadium. Whilst the athletes had use of the indoor track facilities to warm up, the rain had started outside with a vengeance. The track was waterlogged but at least the rain had eased somewhat.

The line up produced a number of new faces from the cross country and after a couple of 85 sec laps of which nobody wanted to set the pace, the Irish athlete Annette Kealy took up the pace and opened up an immediate gap. That left 8 of us still tightly bunched and unsure what to do. I felt ok in the group and was keeping an eye on Loubelle. At the start of lap 5 Joanne King went to the front of the chasing group and immediately put in an 82 sec lap. The gap started to close to the Irish athlete, but by the end of lap 7 King had got clear space from the Spaniard Martinez, Loubelle, myself and the Italian Pagliacci. The others were now a spent force. Coming into the finishing straight with one lap to go King caught Kealy and immediately went past just as the bell sounded. At this point Martinez was clear in third and I was on the shoulder of Loubelle with Pagliacci a few seconds adrift.

Into the home straight King led by 10 metres and gradually eased down as she approached the line, unbeknown to her Kealy was sprinting and right on the line surprised King as both athletes crossed the finish together. Martinez finished a comfortable third, whilst I overtook Loubelle in the back straight to move into fourth only for her to shoot right by again in the home straight. I then managed to hold off the fast finishing Italian.

1st: Annette Kealy – Ireland 17.12.21
2nd: Joanne King – Great Britain 17.12.25
3rd: Nieves Zarza Martinez – Spain 17.20.59

5th: Nicki Nealon – Great Britain 17.30.55

Only the 10,000 metres to go, would I get a medal or at least a pb. Nick had felt this was my best chance as training results had shown greater strength and a maintained pace towards the longer distance. Checking the declared field showed that three of the medallist's above were running along with a group of Spanish athletes who had not notified a time for the season but from reports 2 of these had quicker road times than myself. Therefore sixth on paper! Not good enough, tactics had to change.

After discussions with Nick, I was not able to run my race; I had to run the race of the third person. This meant that whatever the person in third did I had to follow, if it was too much then so be it, I had nothing to lose.

The race started with an unknown Venezuelan setting the pace with Nathalie Loubelle, the Belgium favourite, following in close attendance. Then followed a group of 7 of us, bumping and barging as everyone tried to get in position behind Joanne King who led this group. The Venezuelan soon died and her moment of glory was finished. Loubelle now took things on alone and the gap kept increasing. Behind, the group were down to 5, with King leading, the Italian Lorella Pagliacci, myself, Sue Ridley of Britain and Donato Alicia Olazabal of Spain.

From lap 8 the gap stopped and remained constant at about 50 metres, then from lap 10 the gap started to close as King increased the tempo and with it Ridley and Olazabal went out the 'back door' as the expression goes. Now there were 4 of us, the other three had all beaten me in the Championships so far. As we approached the end of lap 15 we had caught Loubelle and for the next 5 laps trailed her with me moving into third. During this period the Italian was finding the pace difficult to hold and a gap started to appear. I was in a medal position!

But I was also suffering at this point; I knew I had to hang on and as the gap to the Italian kept increasing my confidence was starting to rise.

With 10 laps to go Loubelle appeared to be faltering and King moved to take up the pace, I felt better now and confident I had a medal, so followed. The next 5 laps were churned out at 87 secs and we dropped the Belgium, I heard Nick shout from the stand that we were clear and hesitantly glanced back to see Loubelle falling further behind. 'Yes I thought to myself, I've got nothing to lose now.'

At the end of the 20th lap Nick again called for me to take it on, knowing King's 1500m speed, I couldn't leave it to the last lap. So I moved in front, this was now a race for Gold, this is what I enjoy, leading from the front and pilling on the pressure. Another 2 laps at 87 secs, the humidity and heat could now be felt, after lapping the tailenders for the third time I heard Nick shout a gap was appearing, coming to the line with 2 laps to go I had to push it harder. An 84 secs lap got me a 5-metre gap, then the bell, the crowd was screaming but I could still make out Nick and the kids, instructions were to put my head down and go for it.

Coming into the finish straight I felt I was clear but I just kept pushing until I was well past the line. 'Yes' was all I could shout. A pb by over a minute and yes World Champion, who cares if it's only the Masters, it felt incredible.

Having recovered to an extent, I sat on the ground and watched Loubelle finish, a minute behind, revenge was sweet.

1st:Nicki Nealon – Great Britain 35.45.54 WORLD MASTERS CHAMPION

2nd:Joanne King – Great Britain 36.00.46

3rd:Lorella Pagliacci – Italy 36.32.45

Paul Richardson and Kate Ramsey produced superb individual performances to smash the course records at the **Chris Ingram Memorial 10k race at Stapleford Park, Melton Mowbray**, on Sunday 18th September

Richardson running for the Owls AC set a strong pace to stretch out the field around the challenging two-lap course. Applying the pressure he moved clear of the chasing pack to take victory in a stunning new course record time of 31mins 20secs, over a minute faster than the inaugural mark of 32:23 set two years ago.

Tim Hartley finished second in 33:13 and Ian Grime 3rd. In the team event the Stilton Striders gave the event's host club the victory.

The Women's race was dominated by the British Masters international duo of Kate Ramsey and Nicki Nealon. Ramsey, the 37-year-old from Charnwood AC, made a strong start as she began to put distance between herself and Nealon representing Huncote, producing a negative split on the second lap to take victory and set a new pb for the distance of 35:21. Nealon finished 2nd in 37:46 and helped by Amy Smith won then team award for Huncote Harriers. In a field of 213 finishers other Huncote finishers were: 12th Kingsley Cook 36:03, 70th Amy Smith 44:19, 122nd Jo Copeland 48:29, 175th Sue Dobby 55:58, 190th Lesley Tansey 59:01, 191st Mike Tansey 59:01

**LRRL Summer League – Joy
Cann Memorial 5 – Wednesday
3rd August 2005**

Tim Hartley led home a stellar line-up of county athletes at the Joy Cann Memorial 5 mile race Huncote, the sixth and final fixture of the Leicestershire Road Running League summer campaign that took place on a perfect night for road running.

The 37-year-old Charnwood AC runner held off the strong challenge of Leicester Owls Mark Powell, who came into this race in fine form after winning the Heanor 5 the previous weekend. But Hartley's experience and strength saw the Leicestershire Half Marathon champion pull away to take the victory in a time of 24mins 31secs. Powell finished second in 25:16, with Desford's Nigel Stirk third with 25:25.

Such was the quality of the field assembled in this race that the top ten read like a who's who of high class county club runners, with Steve Platts, Matt Adcock, teenager talent Ashley Sabin and the vastly experienced Gareth Deacon all vying for the positions in a fast run competitive race over the one-lap course around the rural roads surrounding the village of Huncote.

In the Women's race, in the absence of Diana Lobacevske, home athlete Nicki Nealon claimed the victory, after having to fend off the challenge of Sutton-in-Ashfield's Lisa Knights. Both athlete's produced a compelling race as they are very experienced athletes in their own right, but it was to be the British Masters international night, with Nealon representing Huncote Harriers crossing the line in 28:55, almost two-minutes clear of the field.

Knights had to settle for second place after fading in the final miles to finish in 30:59, with Sally Newman of Wreake third in 31:10.

The normal massive home turnout again featured in the field of 450 with many of the clubs new members dipping their toes in the competitive waters. This big turnout didn't affect the slick organisation that is always a successful feature of this race and enabled another smooth running of this years edition, Many Thanks to all concerned.

Senior Men

1st Tim Hartley Charnwood AC	24:31
2nd Mark Powell OWLS AC	25:16
3rd Nigel Stirk Desford Strid	25:25

Huncote Men

5th Matty Adcock	25:57
23rd Kingsley Cook	28:15
40th Graeme Slight	29:24
41st Wlodziu Kula-Przewanski	29:32
48th Steve Copeland	29:46
50th Nick Taylor	29:49
66th Andy Ball	30:41
75th Stephen Bloxham	30:54
90th Mike Bradford	31:14
92nd Joe O'Flynn	31:22
119th Nick Tomkins	32:33
121st Colin Bartlette	32:35
129th John Heywood	32:49
131st Steve Wright	32:51
132nd Martin White	32:52
135th Jeff Wickham	32:59
141st Paul Nealon	33:13
144th Mike Tansey	33:16
165th Darrell Bradbury	33:47
193rd Anil Sood	34:39
202nd Tony Robinson	34:51
220th Danny Adcock	35:23
224th Bernard Cherry	35:27
240th Mitchell Hubbard	35:59
242nd Dave Kirby	36:00
257th Jason Scrimshire	36:40
269th Tom Cann	37:05
270th Brian Mackey	37:13
276th Barry Summers	37:20
287th Tony Lay	37:56
378th Keith Chambers	43:06
450th Carl Matthews	54:48

Senior Women

1st Nicki Nealon	28:55
2nd Lisa Knights Sutton In Ash	30:59
3rd Sally Newman Wreake	31:10

Huncote Women

17th Amy Smith	34:56
18th Andrea Sommer	34:57
32nd Sandra Stevens	37:18
40th Bev Parry	38:39
41st Bernadette Owen	38:40
65th Bridget Walker	40:49
66th Leigh Flanagan	40:55
80th Sue Edwards	43:24
91st Angela Tomkins	44:19
93rd Christine Newton	44:27
115th Jillian Tuckwell	47:39
116th Carolyn Acton	47:39
117th Kathy Astbury	47:57
131st Viv Pickering	54:48
451 ran	

**Alliance & Leicester 5km Series –
Sunday 4th September**

At the Alliance Leicester Road Race Series Nigel Stirk won the senior Men's title by leading from start to finish in the 5k event on a course around Carlton Park, Narborough, where the Alliance Leicester have their United Kingdom Head Office. Leicester Owls Gordon Lee was his only challenger as Stirk claimed victory in 15mins 32secs, with Lee second in 15:39.

Nicki Nealon, fresh from winning the World Masters 10,000m track Gold the previous weekend was in fine form with a comfortable victory in the hot conditions winning in a time of 18:34. Laura Johnson representing Charnwood AC was second in 19:31.

Senior Men

1st Nigel Stirk Tipton H	15:32
2nd Gordon Lee Owls AC	15:39
3rd Steve Platts Owls	16:03

Huncote Men

13th Stephen Bloxham	19:13
15th Nick Tomkins	20:26
19th Paul Nealon	21:12
20th Jonathan Milner	21:37

Vet Men

1st Dave Pearce Leicester Corit	16:14
2nd Rob Sheen Leicester Corit	16:20
3rd Garry Payne GES	16:34

Huncote Men

10th Joe O'Flynn	18:48
16th Jack Angrave	19:49
19th Paul Nealon	21:12
20th Jonathan Milner	21:37

Vet Women

1st Nicki Nealon Huncote Harriers	18:34
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Huncote Men

7th Sandra Stevens	23:45
8th Irene Forty	23:56

Minutes of Huncote Harriers AC AGM on Tuesday 13th September 05

Committee Members Present: Tony Robinson, Steve Wright, John O Sullivan, Clive Alexander, Nick Nealon, John Haywood, Darrell Bradbury, Nick Tomkins.

Apologies: Jill Sharpe, Angie Tomkins, Dave Kirby, Mathew Adcock, and Mike Tansey.

Members attending the meeting: Sixteen in total.

Apologies: Pauline Milner, Gary Ashby and Caroline.

Item 1.**Last Years Minutes**

As there was no record of last years meeting due to the vacant Secretary's position we moved straight on to this years agenda.

Item 2.**Club Reports.**

First up was the Chairmen John O Sullivan reporting on the men's team on behalf of Mike Tansey who was unable to attend. John read out Mike's report.

Clive Alexander then reported on the Ladies team for the last time as unfortunately he has chosen to stand down from this role next year.

He reported that in last years Chris Ingram 10K we came in 1st. We also achieved 3rd place in the Swithland cross-country during December and 2nd place in the Summer League.

For the second year we came 4th in the Livingston relays and finished 2nd in the over 35s in the Chasewater relays.

There was an outstanding individual run by Annette Nutting of 3hrs 22mins in the London marathon and Clive also highlighted what a tremendous year it was for Nicky Nealon, which culminated in her bringing back a World title Gold Medal from Spain. Well-done Nicky.

Nick Nealon then reported on the clubs latest financial position, which he stated that we had in the region of 3,000 pounds profit with approx 1,000 pounds to donate to charity after the Joy Cann race. He also announced that he would be standing down as treasurer for next year.

Item 3**Charity Donation**

We discussed potential charity's to donate to from the proceeds from the Joy Cann. The final decision would be agreed at the next committee meeting but this was a good forum to assess member's views. The charity's that were mentioned were as follows.

Huncote Animal Aid (Tony Robinson)	Non-Hodgkin's Lymphoma (Phil Lord, Desford Runner)
Breast Cancer Charity (Carolyn Acton)	Mat Hampsen Trust (Leicester Tigers / Amy Smith)

Item 4**Membership Fee**

Membership fee was announced to be remaining the same as the previous year. We also discussed the HSSC facilities and agreed to pass on our comments to Dave Kirby (our voice on the committee) to let HSSC Committee know of our concerns i.e. cleanliness of Showers, Value for Money, Beer quality and bar staff availability. **TR** to see **DK**.

Item 5**Committee member's resignations/elections**

Resignations from the committee include: Dave Kirby, Matthew Adcock and Jill Sharpe. The Chairmen thanked them for the contribution made over the past year.

Nick Nealon resigned as club Financial Executor.

Clive Alexander also resigned as Ladies Team Captain.

Replacements for the above were voted on.

New committee members are as follows: Phil Watts, Graham Slight and Nicky Nealon.

Ladies Captain: Amy Smith assisted in a back up stance by Sandra Stevens.

Financial Executor (Treasurer); Viv Pickering.

Item 6**AOB**

Next committee meeting date has changed to 27th September 2005.

14th November for the League presentation night **TBC**.

Sunday 18th December for the club Xmas run.

Skittle Night Friday 23rd November. Some places still available, please see Pauline.

Darrell Bradbury to arrange and advise on the Xmas pub-crawl.

Club kit was raised via Nick Tompkins. A discussion took place where Nick advised yet again that he and Angie needed feedback on what members require in the portfolio Samples of fleeces need to be assessed and a decision on what sizes and quantities required for the club needed to be made. Crop tops for the ladies seemed to be high on the list. This would be on the next agenda.

Date for next AGM. 12TH September 2006

Mens Captain's 2005 AGM Report

On the surface it seems that the year has been very much "business as usual". However in many ways the year has been much more difficult.

The positives:

League

The Men secured yet another League victory (Summer and Overall). The Vets were unfortunately pipped at the post and could only manage 3rd in League.

Leicester Round

Superb performance from all our runners (Men & Women) leading to a victory for the Men (despite trailing for much of the race in 3rd position) - thanks to all concerned.

Very promising debut from Stephen Bloxham, who put in a very solid performance. I am sure he will go from strength to strength.

Individuals

Great Year for Matthew Adcock

- Mens Senior Champion in the League
 - Also represented Leics in the Auckland Castles 10km – near pb high quality race. Leics took Silver medal
- Graeme Slight V45 winner
Mick Bradford V45 2nd
Craig & Ashley involved in 2 weeks of the relay across Russia. Effectively Craig ran 2 1/2 Marathons per day and Ashley 2 10km's per day.

East Midlands Grand Prix

Excellent performances for Graeme V45 winner & Craig V40 winner

Other Relays/Championships

Sutton Park Vets 6 Stage Relay, excellent performance in the face of very tough opposition, a top 10 finish.

Alliance & Leicester 5km

Good day for Huncote but not such a good day for the organisers due to another poor turnout.

General

Many key players have not been available, primarily due to injury and (old age & babies re myself not Wlodziu) but it has to be said that it is becoming increasingly difficult to coerce runners to compete, not necessarily because they don't want to run. However, another good year, lets hope things progress from here.

Everards Leicester & Half Marathon – Sunday 2nd October 2005

Glen North won the Everards Leicester Marathon in emphatic style as Leicestershire county athletes dominated the two races with victories for Gordon Lee and Beth Eburne in the Half Marathon on a perfect day for distance running on the rural roads surrounding Desford, Leicestershire.

North the 41-year-old Barrow athlete ran solo from the half-way point to take victory in 2hrs 44mins 36secs, with Andy Ball of Huncote Harriers, the early pace setter second in 2:51.47, a great effort and time which must be close to his pb. In the Women's race Tracey Berry claimed victory in 3:15.33, with Alayne Makin second in 3:26.37.

Gordon Lee and Steve Platts led home the field in the Half Marathon, the Leicester Owls runners finishing in 1:10.14 and 1:10.28 respectively, with victory going to Lee.

Beth Eburne, the 24-year-old Hinckley athlete comfortably won the Women's Half Marathon race in 1:21.57. In fact Eburne, having returned to racing earlier this year after becoming a mother for the first time, was only beaten by nine men overall in the event. Zoe Fleming representing Birstall was second in 1:25.35 with Liz Cocks third in 1:27.29.

A total of 372 took part in the event this year, once again highlighting how difficult it is for race organisers to attract runners to their events with a very busy domestic calendar of races in the United Kingdom and Europe at this time of year.

Huncote Marathon – 2nd Andy Ball 2:51.47, 36th Mick Butler 3:37.05, 60th Bev Parry 4:00.22 86 ran

Huncote Half Marathon – 11th Joe O'Flynn 1:24.32, 18th Simon Boulter 1:25.51, 27th Chris Hevey 1:29.34 93rd Paul Nealon 1:40.56, 142nd Steve Orton 1:48.48 296 ran

FIXTURES

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

October

Sunday 16th	Rugby 10 Ken Marriott Sports Centre, Rugby £6 £8/D www.randnac.org	Rugby	10.30am
Sunday 23rd	Birmingham University 5km £5 £6/D P.J.Hinton@bham.co.uk, www.uni5k.org.uk	Birmingham	11am

November

Sunday 6th	Shepshed 7 Hind Leys Community College, Shepshed, www.shepshedrc.org/uk/ £8 £10/D	Shepshed	11am
Sunday 20th	Hartshill Heartbreaker Hartshill Grant maintained school, I Cunningham, 48 Dennis Rd, Wyken, Coventry, Warwicks CV2 3HP 02476 458744 £6 £8/D	Nuneaton	11am

December

Saturday 3rd	Swithland XC Relay 4km Longlands Farm, Main St, Swithland, Peter Osborne, 153 Main Sr, Swithland, Loughborough, LE12 8TQ. 01509 890882 popsborne@leics.gov.uk , www.barrow-runners.fsnet.co.uk £12	Swithland	2pm
Sunday 11th	Keyworth 1/2 Marathon South Wolds School, Keyworth, Nottingham. Harry Karmazyn, 15 Wynbreck Drive, Keyworth Nottingham. NG12 5FY. www.turkeytrot.org.uk £9 £11/D	Keyworth, Nottm	10.15am
Saturday 17th	Gaddesby Gallop 5 Village Hall, Ashby Rd, Gaddesby. www.gaddesby.org.uk/gallop.htm £4 £5/D	Gaddesby	2pm
Monday 26th	Barrow Boxing Day Handicap 6 3 Crowns Pub, Cotes Rd, Barrow. Mick Ballard, 7 Coniston Rd, Barrow, Leics, LE12 8PS www.barrow-runners.fsnet.co.uk £4 £6/D	Barrow	11am

WINTER LEAGUE SERIES JAN TO MARCH 2006

Running Ahead

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.SimpleRunnng.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 Amy Smith or Sandra Stevens

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.