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HUNCOTE HARRIERS ATHLETIC CLUB

THE HARRIER
ISSUE NO. 121

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Best Wishes for Christmas & the New Year

Shepshed 7 – Sunday 6th November 2005

Tim Hartley and Nicki Nealon cruised to comfortable victories at the Shepshed 7 mile race, despite having to contend with appalling weather conditions as the course around the Garendon Park Estate was lashed by driving rain and high winds making the under foot conditions very difficult.

For Hartley though this made very little difference as the 37-year-old Charnwood AC athlete ran a solo race from the start going through the half-way point in 18mins 14secs over 45 seconds ahead of Scarborough's Rickie Wilson, the 21-year-old Loughborough University student and defending champion. Maintaining the gap Hartley crossed the line in a time of 36:26 to complete a confident and positive victory.

Due in part to the difficult conditions his winning time was outside of his own course record of 36:00 set back in 2003. Wilson had to settle for a second place finish as he did in the 2003 race with a time of 38:10. Chris Southam finished third in 38:40 as he led Stilton Striders to the Men's team title.

Nicki Nealon was in a class of her own easily retaining her title of twelve months ago with a confident performance after a recent break from racing. Claiming victory in a very impressive time of 43:38 considering the severity of the weather conditions.

This was Nealon's fourth Shepshed title, but as with Hartley in the Men's race her winning time was outside of her 2003 course record of 42:44. The experienced Jill Burke representing Derby AC finished second in 45:46, with Debbie Marsden third in 47:10, her performance helping Beaumont Running Club to the team title.

This was the twentieth anniversary of the event that originally started out as a 10km race back in 1985, but had to be changed to the seven-mile distance in recent years due to the growing traffic problems on the original course.

Huncote saw good performances from a rejuvenated Andy Ball and Nick Tomkins and Amy Smith recorded another good effort.

Senior Men

1st Tim Hartley Charnwood AC 36:26 2nd Rickie Wilson Scarborough Ath AC 38:10
3rd Chris Southam Stilton Striders

Huncote Men

23rd Andy Ball 43:47 57th Nick Tomkins 47:17 126th Anil Sood 51:29
172nd Tony Robinson 53:51 210th Ken Earp 56:07 400th Clive Alexander 66:43

Senior Women

1st Nicki Nealon Huncote Harriers 43:38 2nd Jill Burke Derby AC 45:46
3rd Debbie Marsden Beaumont 47:10

Huncote Women

117th Amy Smith 51:01

Bestwood Park 10km – Sunday 9th October 2005

Graeme Slight continued his recent good form by finishing 15th in a time of 38:54 in a race won W Speake of Notts AC 34:13.

The Poppy 5 Mile Run – Sunday 13th November 2005

Craig Sabin finished in 6th place in the 5 Mile race run in Boston in a time of 27:29 behind his son Ashley who was 3rd in 26:13. But a great effort also came from Carl Sommer who finished 23rd in a PB of 30:03 just missing out on going sub 30.

Swithland XC Relays – Saturday 3rd December 2005

Barrow Runners on their home XC course at Swithland took the top honours in the Mens and Ladies sections. There were teams of 4 male runners, 3 in the Ladies Teams and 3 in the Over 60s. The course of 5 ½ kilometres runs over farmland and through 3 small woods with a water hazard and crossing.

Barrows first team of Pingu and Friends led from the start with Ian Paramore setting the pace with the fastest leg of the day. Leicester Cycling team came in second dividing another Barrow team Klingons who came third. Katie North set the standard in the Ladies section of Barrow Lovely Legs team and never lost their lead. Huncote Harriers came in second; third member, Nicki Nealon, who ran the fastest leg of ladies teams, couldn't make up the time. Club Chairman, Mick Ballard, said he was delighted with the turnout especially with so many events taking place this weekend.

Carl Sommer continued his excellent recent form with a cracking 2nd leg helping the A team to 4th place, Wlodziu ran a slow first leg, with Simon Boulter on the 3rd leg and Mick Sandford on leg 4. The ladies produced an excellent performance for 2nd.

Senior Men

1st	Barrow	66:26
2nd	Leics Cycling	70:02
3rd	Barrow	71:04
4th	Huncote 'A'	73:34
Leg 1	Wlodziu Kula-Przewanski	19:21
Leg 2	Carl Sommer	17:32
Leg 3	Simon Boulter	18:20
Leg 4	Mick Sandford	18:21
8th	Huncote 'B'	79:09
14th	Huncote 'C'	84:47
30th	Huncote 'D'	Leg Short

Senior Women

1st	Barrow	61:08
2nd	Huncote 'A'	63:18
3rd	Stilton Striders	65:03
6th	Huncote 'B'	72:55

Stortford 10 Mile (inc BMAF Championships) – Sunday 20th November

Nicki Nealon, the World Masters 10,000m track Gold medallist and winner of the recent Shepshed 7 won the Womens Vet 35 race title at the Bishop Stortford 10 Mile event in Hertfordshire that also incorporated the British Masters Championships. The 37-year-old Huncote Harrier finished in second place overall in a time of 61mins 48secs with Sharon Gannon representing Ware Running Club winning in 61:43 to secure a hat-trick of victories in the Masters event. This was Nealon's second British Masters title of 2005 having won the 3,000m indoor track Gold at the UCIW Arena in Cardiff at the start of the year

Nicki finished 13th and 2nd vet behind Sonia O'Sullivan in the BUPA Great South Run at Portsmouth in a p.b. time of 59.29 (1st time under the hour). Nicki was representing the Midlands and the team finished 2nd behind South, whilst Nicki was 1st Midlander and 2nd Individual behind Birhan Dagne in the Inter Area Event. The race was won by Derartu Tulu of Ethiopia in 51.27.

Nicki's England cross country campaign finished slightly disappointingly in Dublin at the weekend finishing 4th 3 seconds off the bronze medal position, but being second England counter helped the team to Silver Medals behind Ireland. The winner was Annette Kealy (World Masters 5000m Champion from San Sebastian). Nicki has been suffering slightly from a chest infection, its just one of those things with the timings.

Minutes of Huncote Harriers A.C. Committee Meeting

held on Tuesday 27th September 2005

Roles and Responsibilities:

Steve Wright produced the list of roles and responsibilities that were agreed by the previous committee. It was felt that committee members needed to feel that they were making an active contribution to the running of the club, hence the list. Each role was considered and people's names were added. A full list will be produced and distributed as soon as Steve

returns from Holiday.

Action – Steve W to update roles list and distribute to committee members.

Club Kit:

Nick Tompkins reported that Angie had sold over £100 worth of kit since taking over the role. Nick also brought a sample of a Disney Fleece, which retails at £12.99 + Vat. Quality was felt to be good. There would be an Embroidery set-up charge of about £180 which would add about £3 to £4 to the cost. Nick also reported that Andy Ball was looking into a potential source as well. Crop tops were also still being looked into.

Action – Nick/Angie Tomkins to report back on progress at the next meeting.

Charity Donation

Of the four nominations it was felt that the Matt Hampson Trust was high profile and not local. The race was set up to benefit local charities and good causes, especially cancer charities. The committee felt that more information was required on the Animal Aid, i.e. was it about to close? The other nominations were considered and a possible 3 way split may be considered depending on the future of the Animal Aid centre.

Action – Tony R to find if a contribution was made would it still be likely to close.

Huncote Hash

Nick Nealon produced the Permit Application form, which needs to be filled in and sent off as soon as possible. **Action – Tony R to fill in application and post to MCAA.**

Race date is to be Saturday 31/12/05, Nick provided an entry form.

Huncote Leisure Centre needs to be contacted to confirm price and availability.

Action – Tony R to contact Huncote LC to confirm availability and Price.

Entry forms will be distributed at the League Presentation night of the 14th October.

Action – Nick N to arrange copies for distribution.

Nick Tomkins confirmed that numbers are available for the race.

Social Nights and Forthcoming events

18th December was decided upon for the Christmas pub run, venue to be the Hollybush.(Now Griffin Inn Swithland) Details to be put on Website and included in Newsletter.

Christmas drink (Pub Crawl) was proposed to be on Saturday 3rd December at pubs in the Narborough area.

Action – Nick T to publicise events on the Web site.

Club Presentation Evening

Provisional Date was fixed to be Saturday 14th January, subject to suitable venue being available. Darrell we believe is seeking alternative venues to the HSSC, also Graeme volunteered to get a quote from the caterers who provided food for the 20th Anniversary evening. Dialogue needs to take place outside of committee meeting to resolve the venue.

Action - Graeme to get quote for catering for about 50/60 people.

Action – Darrell to provide details on alternative venues.

Action – “ALL” Decision on venue needs to be sorted as soon as possible.

Issues on HSSC

The committee was unsure how to proceed on this matter, as we have not been informed as to what observations have been raised. Therefore no discussion took place on the subject – **Ongoing for inclusion in next meeting**

Letters for Attention

A letter and voting form has arrived from UK Athletics asking all Athletic Clubs to vote on four questions. Nick Nealon and John Heywood supplied background information.

The consensus of opinion was that we should answer “NO” to all the questions, as they appear to be trying to squeeze as much money as possible out of road running to help support potential “Gold Medal” hopes in “Track and Field” at the 2012 Olympics.

Action - Tony R to fill in voting form and post it back by the 25th October.

AOB

League AGM takes place on Monday 17th October. The Joy Cann 5 is to be nominated for inclusion in the 2006 LRRL Summer race series. Nick Nealon has drafted a letter of nomination and will attend the meeting.

Action - Nick N to Attend meeting and report back to committee.

Date of next meeting was confirmed as being 29th November at Enderby LC at 8:30pm.

Further Club Updates

Christmas Pub Run

The annual Christmas Pub Run takes place on Sunday 18th December at the Griffin Inn at Swithland.

People whom are intending to run should meet at 10am in the Pub car park.

Those wishing to partake in Lunch only should arrive at 12pm.

Please contact Mike Tansey for you food requirements on: -

0116 2753425 or Mobile: 07774 176968.

Or e-mail him at michael.tansey@uk.royalsun.com

Club Presentation Evening

The club presentation takes place on Saturday 14th January, 7:30pm until late.

Venue is the Aylestone Park Football Club, Dorset Avenue.

Tickets are £8 each and include a Disco and Buffet.

Tickets are available from committee Members.

Voting for the Male and Female Harrier of the year will take place on the night. But if you are unable to attend a voting slip has been provided with this newsletter. Please return it as soon as possible to the address on the voting form (see page 2)

Hash

The annual Hash cross-country race takes place on Saturday 31st December at 11am. Entries predominately on the day but an entry form is available on the web site.

If you are not intending to run then please come an assist with the marshalling and timekeeping. This year Phil Watts will co-ordinate the marshal's so please advise him of your availability.

London Marathon Entries

This year we have 3 guaranteed entries for the 2006 London Marathon and a draw will take place after the Hash.

To be included in the draw you must be: -

- A first claim member with a rejection slip for the race.

If we do not get at least 3 nominations then it will be opened up to: -

- A Second claim member with a rejection slip.

If we still do not get sufficient nomination then it will be opened up to: -

- Any members that would like an entry.

If you meet one of these criteria then please advise Tony Robinson on 01455 274658 or e-mail him at tonerobinson@hotmail.com

Membership fee's are now due.

£10 Full Membership, £7 Second Claim.

Fee's to be sent to :-

Mr S. Wright
Membership Secretary
21 Chantry Close,
Huncote,
Leicester.
LE9 3AE.

Many Thanks

Steve Wright
Membership Secretary
Huncote Harriers A.C.

As you may be aware the club's Awards night is Sat 14th Jan from 7:30pm at the Aylestone Park Football Club, Dorset Road. Tickets £8 from the club inc. Disco and buffet.

This year, the club is accepting votes submitted before the event to ensure as many members as possible have the chance to vote. This can be done by either printing and posting/handing in a form available on the web site, or use the web-site to submit your vote.

FIXTURES

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

December

Saturday 17th	Gaddesby Gallop 5 Village Hall, Ashby Rd, Gaddesby. www.gaddesby.org.uk/gallop.htm	Gaddesby £4 £5/D	2pm
Monday 26th	Barrow BoxingDay Handicap 6 3 Crowns Pub, Cotes Rd, Barrow. Mick Ballard, 7 Coniston Rd, Barrow, Leics, LE12 8PS www.barrow-runners.fsnet.co.uk	Barrow £4 £6/D	11am
Saturday 31st	Huncote Hash – Approx 6 Miles £3/£5 Huncote Leisure Centre race Entries on website or to Nick Tomkins If you are not running, any stewards would be greatly appreciated and much needed.		11am

January

Saturday 14th	County X Country Championships Burbage Common Hinckley in conjunction with Warwicks		pm (tbc)
Saturday 22nd	Barrow 6 Miles (LRRL Winter League 1) Humphrey Perkins School, 74-78 Cotes Road, Barrow Upon Soar	£2.50	10.30am

February

Sunday 5th	Charnwood Hills Race Martin High School, Link Road, Anstey, Leicester	£8, Bowline Climbing Club	10.00am
Sunday 12th	Ashby 5 Miles (LRRL Winter League 2) Hood Park Leisure Centre, North street, Ashby De La Zouch	£2.50	10.30am
Sunday 26th	Markfield 10km (LRRL Winter League 3) South Charnwood High School, Broad Lane, Markfield	£2.50	10.30am

March

Sunday 12th	Desford Striders 5 Miles (LRRL Winter League 4) Sport in Desford, just down from Caterpillar		10.30am
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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.SimpleRunngg.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.

Huncote Harriers A.C.

Harrier of the Year

Voting Slip

Male Harrier of the Year:.....

Runner up:.....

Female Harrier of the Year:.....

Runner up:.....

Please send your completed voting slip to: -

**Mr T. Robinson
59 Long Street,
Stoney Stanton,
Leicestershire.
LE9 4DQ.**

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

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