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HUNCOTE HARRIERS ATHLETIC CLUB

THE HARRIER
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Strong Team Performance in the Barrow 6 not enough to bring win

Barrow 6 – Sunday 22nd January 2006

Tim Hartley won a very tough race at the opening fixture of the Leicestershire Road Running League, the 37-year-old Loughborough based Notts AC athlete representing Barrow as a second claim runner followed Gordon Lee early on here over the undulating roads of Cotes on a cold frosty morning, Lee, the county 10,000m track champion from the Leicester Owls club set a very fast pace from the start with Hartley having to use all his experience to work hard to stay in contention.

This set the pattern for the early part of the race, and it took until the four-mile point when Hartley, winner of the race twelve months ago, finally broke the resistance of Lee to move ahead and take the lead over the tough last two-mile section on the return into the village of Barrow towards the finish. Applying the pressure he crossed the line to take the win in 30mins 22secs, an excellent time considering the challenge placed on him by Lee over the difficult six-mile course.

Lee the defending LRRL champion had to settle for a second place finish in 30:34, with Ashley Sabin representing Charnwood AC third with another strong run in 32:00.

The Women's race also produced a competitive tussle between Zoe Fleming of Birstall and Nicola Rowland representing Stilton Striders, with Fleming, taking the victory by just four seconds after a terrific race in a time of 36:02. Rowland was a close second in 36:06 and Sarah Terry taking third place for Barrow Runners in 37:04.

Huncote had a strong turnout at the 1st Winter race of the season with good performances by a number of runners but it was not enough to win the Men's Team or Vet team on the day as Barrow triumphed.

Senior Men

1st Tim Hartley Barrow AC 30.22 2nd Gordon Lee Owls AC 33.34
3rd Ashley Sabin Charnwood AC 32.00

Huncote Men

15th Craig Sabin 34.07 21st Kingsley Cook 34.37 31st Steve Copeland 35.26
34th Graeme Slight 35.39 36th Joe O'Flynn 35.43 42nd Mike Bradford 35.51
43rd Wlodziu Kula-Przewanski 35.52 55th Nick Taylor 36.34 84th Carl Sommer 38.12
93rd Colin Bartlette 38.29 112th Christian Hanney 39.24 114th Jeff Wickham 39.29
121st Nick Tomkins 39.39 126th Anil Sood 51:29 157th Paul Bailey 41.06
161st Paul Nealon 41.09 172nd Mike Tansey 41.46 179th John O'Sullivan 42.10
208th Mick Butler 44.12 230th Tom Corr 45.28 235th Andrew Stevens 45.37
240th Phil Watts 45.50 253rd Tony Lay 46.55 255th Barry Summers 47.08
257th Jason Scrimshire 47.14 263rd Jim Timmins 47.30 311th Clive Alexander 58.34

Senior Women

1st Zoe Fleming Birstall 36.02 2nd Nicola Rowland Stilton Striders 36.06
3rd Sarah Terry Barrow Runners 37.04

Huncote Women

17th Amy Smith 41.50 27th Jo Copeland 43.00 53rd Bernadette Owen 46.16
60th Sandra Stevens 47.25

Mens Team Division 1

1st Barrow 20pts 2nd Huncote 17pts 3rd Leicester Owls 15pts

Mens Vets Team Division 1

1st Barrow 20pts 2nd Huncote 17pts 3rd Wreake 15pts

Womens Team:

1st Birstall 50pts 2nd Barrow 47pts 3rd Leicester Owls 45pts

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Whetstone Harriers Christmas 5km run – Tuesday 13th December 2005

Gareth Deacon and Nicki Nealon both completed comfortable victories at the annual Christmas 5km Race hosted by Whetstone Harriers. Deacon representing Coventry Godiva Harriers claimed victory in the Men's race in a time of 16mins 48secs, finishing ahead of Ian Paramore of Barrow, second in 17:57.

Nicki Nealon ran a virtually solo race over the fast 5km course at GEC in Leicester, the Huncote Harrier recorded a time of 18:41 to take the win.

This race has been run for at least 30 years and probably more and was first intended as a Christmas lunch time bit of fun for members of the Whetstone Harriers, or as it was known GEC Harriers members, most of whom worked at the adjacent factory of GEC. However over the years it has gained popularity with local running clubs and is so popular that 44 runners both ladies and men took place. The course is flat and fast and takes in the villages of Littlethorpe, Cosby and Whetstone. For 72 year old Mick Morris this was his 27th consecutive event and he completed the race in 25.35 minutes in 40th position. But the Harriers provided a blanket of finishers in the top 10 but it is a lovely race to do in the run up to Christmas and I would advise anybody who has the time or inclination to put it in their race diary for 2006.

Senior Men

1st	G Deacon (Cov)	16:48
2nd	I Paramore (Barr)	17:57
3rd	Mick Bradford (Hunc)	17:19

Huncote

4th	Andy Ball	18:14
5th	Nick Taylor	18:17
6th	WlodziuKula-Przewanski	18:19
8th	Carl Sommer	18:41
12th	Jack Angrave	20:05
13th	Paul Nealon	20:31
15th	John O'Sullivan	20:50
17th	John Heywood	21:12
19th	Tom Corr	21:52

Senior Women

1st	Nicki Nealon	18:41
2nd	E Alcock (Owls)	22:34
3rd	Irene Forty (Hunc)	22:59

Hartshill Heartbreaker 10 X/C Nuneaton – 20th November 2005

Won by Paul Andrew of Northbrook AC, Graeme Slight continued his ever present record at this race with a very good performance to finish 16th. There was a good turnout of the Huncote Mudlarks following Graeme in. Graeme finished in 66:43 and was followed in by:

64th	John Heywood	77:08
89th	Paul Bailey	80:18
131st	Amy Smith	86:03
159th	Tony Robinson	90:24
163rd	Barry Summers	91:01
183rd	Jim Timmins	95:09
195th	Jim Bates	100:49
222	ran	

A Great Year as World Champion sees Nicki finish 2nd in the Leics Sports-woman of the Year – Many congratulations from all at the Club.

Victory 5 – Portsmouth – Sunday 4th December 2005

The Father and Son running partnership of Craig and Ashley Sabin competed in the Victory 5 Mile Race, Ashley (2nd claim) finished in 38th place in a time of 26mins 57secs. Craig Sabin recorded 27:48 as the Huncote Harrier finished in 49th place overall, a position that gave him third place in the Vet 40 category.

Mortimer Forest Hill 10 Mile – Sunday 11th December 2005

Nicki Nealon finished second at the Mortimer Forest Hill 10 Mile, an event that consisted of a multi-terrain race with 1800 feet of ascent that was staged at Overton in Shropshire.

The 37-year-old Masters international and World 10,000m track champion crossed the line in a time of 1hr 22mins 37secs to finish behind event winner Anna Barlett of Shrewsbury who won in 1:22.18.

Midland Men 12 Stage (Inc. Veterans 6 Stage) / Women's 6 Stage Sutton Park Sat. 25th March.

The Club would obviously like to put Teams out in this prestigious event, anyone interested in competing please contact Mike Tansey and Amy Smith as soon as possible. Closing dates come around fast, don't leave it to the last minute.

Barrow Boxing Day 6 – Monday 26th December 2005

Kate Ramsey comfortably retained the title she won twelve months ago crossing the line with a time of 34mins 30secs to take the victory and lower her own course record by almost two-and-a-half minutes.

Tim Hartley repeated the feat of Ramsey in the Men's race by also breaking the course record. With the handicap system employed in this race Hartley set off at the back of the field moving swiftly through to take the win and slice 40 seconds off the record finishing in a time of 31:47. Wlodziu Kula-Przewanski produced a creditable performance following the previous days Xmas Pud for 11th out of 159 in 37:59 and Lesley Tansey finished 55th in the Ladies field in a time of 54:10 out of 80 runners.

Midland 7 & 5 Mile Cross Coun- try Championships 2005 Bramcote Park, Nottingham Saturday 17th December 2005

Juliet Potter won the Midlands Women's 5 Mile Cross Country Championship title crossing the line in 27mins 37secs to cruise to victory ahead of Kim Green of Telford and Gemma Marrs of Coventry Godiva Harriers.

Nicki Nealon the British Masters international was fourth, the Huncote Harrier recording 31:24, a position that along with Amy Smith, Jo Copeland and Sandra Stevens also gained the Huncote club the third place in the team event.

In the Men's 7 Mile race victory went to Rob Birchall of Notts AC in 35:14, with Josh Lilly of Severn AC second in 35:33 and Birchall's team mate Matt Blunden third in 35:55. Notts AC also comfortably won the team title.

Huncote Men

26th	Steve Copeland	42:12
37th	Andy Ball	43:34
40th	Carl Sommer	43:52
52nd	John Heywood	47:03
54th	Nick Nealon	48:02

Huncote Women

4th	Nicki Nealon	31:24
18th	Amy Smith	35:33
24th	Jo Copeland	36:25
32nd	Sandra Stevens	40:17

Womens Team

1st	Notts AC	40pts
2nd	Holme Pierpoint	52pts
3rd	Huncote Harriers	78pts

Well Done Ladies!!

Huncote Hash – Saturday 31st December 2005

World Masters Mountain Running champion Sally Newman rounded off 2005 with a comfortable victory at the Huncote Hash, the well established and popular Christmas holiday multi-terrain event held over a tough and demanding course surrounding the village of Huncote in Leicestershire that includes a section through a stream and a climb over the daunting Croft Hill.

Newman, the 44-year-old Wreake Valley athlete cruised to victory in this race making good use of the perfect weather conditions and her vast experience to finish in a time of 47mins 34secs, almost three minutes clear of Eleanor Greenfield representing Nuneaton Harriers who was second in 50:35, with Alex Caven of the Leicester Owls club third in 51:40.

Simon Wurr representing the Thames Hare & Hounds Club based in South West London won the Men's race well ahead of the chasing pack in time of 39:58, crossing the line over two-and-a-half minutes ahead of Hinckley's Richard Whitelegg, second in 42:36, and Philip Critchlow of Beaumont Running Club who was third in 42:38.

The excellent Sports Leisure Centre was the venue for what is arguably the hardest six mile cross country race in the calendar. The 211 runners, many of whom were dressed for the New Year celebrations found that the course didn't allow much by way of celebration for it can be described as a race of two halves, the first very hard and the second very, very hard. With a small cop-pice just after the start by the Sports Centre the first 3 miles crossed a number of ploughed fields which were very muddy and difficult to negotiate but had a 'Kick in the Tail' with the steep ascent of the local eminence Croft Hill. The second half started benignly with the sharp descent down Croft Hill and across many of the fields crossed in the first half but with the added 'pleasure' of the stream followed by the Sand Quarry with its massive banks of wet sand and about a mile of flat but incredibly thick and gelatinous wet muddy sand. Runners were rewarded for their efforts by a nice cup of steaming hot soup and crusty bread at the finish. This was a splendid way to finish the year!

Again there was a big turnout from the club both in the race and in terms of support and stewarding and many thanks must be passed on for that. Christian Hanney and Dave Lawson both produced very good performances along with Julia Sandford and Martha Slipp.

Senior Men

1st	Simon Wurr	Thames Hares & H	39:58	2nd	Richard Whitelegg	Hinckley	42:36
3rd	Philip Critchlow	Beaumont RC	42:38				

Huncote

18th	Christian Hanney	45:27	22nd	David Lawson	46:15	24th	Mick Sandford	46:25
28th	Joe O'Flynn	46:56	31st	Mark Wittering	47:28	41st	Colin Bartlette	49:13
45th	John Heywood	49:51	90th	Paul Nealoon	56:04	95th	Jack Angrave	56:43
107th	Ivan Balchin	58:12	112th	Mike Tansey	58:37	119th	Tony Robinson	59:35
123rd	Adam Tansey	60:14	130th	Tom Corr	61:08	139th	Jason Scrimshire	62:29
157th	Tony Lay	65:29	194th	Derek Smith	75:55			

Senior Men

1st	Sally Newman	Wreake Runners	47:34	2nd	Eleanor Greenfield	Nuneaton	50:35
3rd	Alex Caven	OWLS AC	51:40				

Huncote

109th	Julia Sandford	58:26	142nd	Martha Slipp	63:06	160th	Bev Parry	65:59
162nd	Bernadette Owen	67:18	193rd	Amy Smith	75:28	198th	Lesley Tansey	76:54
199th	Julie Shepherd	76:54	211 ran					

Cyprus Aphrodite Half Marathon – Sunday 27th November 2005

After training in cold biting winds for the last two weeks, the change to racing in 23/24 degree's was a shock to the system, but I guess that is why we came, for the good weather.

The new starting point was based at a newly built athletic stadium, the new track felt very spongy under our feet, unlike the old shale circuit just down the road.

From the word go I knew it was going to be tough, fortunately our support team (Julie, Pauline, Jane, Jim, Jean & Anna) were on the course with much needed water and encouragement. One desperate German runner actually barged in and tried to take water off Pauline but she bravely fought to get the bottle back again. You don't mess with Pauline!

It was a long and lonely run back but there was some nice support from bemused tourists who were now spilling out of their hotels after finishing their full English breakfasts.

After finishing I lay on the comfy track with a bottle of water and watch the others come in, some on their knees while others sprint with each other, madness.

The KEO van opens up and Zorba the Grumpy Greek hands out free beer, wine, water and fruit juices while next to the van there is a table full of fresh oranges and banana's, Cyprus' finest. The results appear on the board thick and fast. I'm second V45, I can handle that but a V50 and a V55 also beat me, which is not OK. The first Lady has also destroyed me but I'm used to that with Nicki back home.

Irene finishes well up in the field and wins her category easily. We expected Clive to do well in the V70 category but there were some fit guys out there and it was not to be. So once again Irene and I had the embarrassment of standing on the medal podium. Her trophy was bigger than mine was; she'll be hell to live with now!

Results

1	Poulios Konstantinos (Gre)	1:06:59
16	Graeme Slight 2 nd V45	1:22:02
54	Jeff Wickham	1:34:54
89	Mick Butler	1:41:57
101	Irene Forty 1 st LV55	1:45:21
118	Andy Clark	1:50:51
152	Jon Milner	2:00:03
188	Clive Alexander	2:16:27

A coach took our party back to the Atlantica Golden Beach Hotel where we showered and had a complementary lunch with all the other British runners who had come over with David Wright's organisation.

The evening meal was also enjoyed to the full as now the beer and wine could flow. We retired to the ballroom where the Thomson Reps made their usual attempt to entertain us but they had not met the Harriers until now and we were about to hit the Stage with full force leaving everyone with a night to remember.

Juke Box Jury

Tom's (Thomson Rep) first mistake was to pick Jane and Irene to be our team Captain's on stage, two of the strongest willed females on the planet. The couple for the opposing team looked quite timid by comparison.

Tom, wearing his judge's wig, divided the room in two. The Surfers one side and the Rockers our side.

If the Beach Boys music came on they had to surf, and if the Quo came on we had to rock. There were points at stake for participation. Around all this a quiz was taking part, our captains had to get us up dancing and write down the name of the group, the title and the year for whatever came on.

And so it started, some surfers jiggled about a bit and all the Harriers stood to a man on our side.

Points were duly awarded but we were losing out, as couples sitting all around us were not rocking – that was about to change. Tom played the audience very well, goading us to try and out perform each other. We rocked on the tables and Jeff rocked on the stage. We jeered at the surfers and they booed back.

A surfer removed his shirt on stage so Mick dropped his trousers. Meanwhile Irene and Jane constantly objected and complained about anything and everything.

Tom was now nervous, had he wound us up too far?

And so it went on, the next task was to sing to the music being played by 'Two's company', the female pianist and male drummer on stage. Andy and I conceived our plan and leapt on stage and sang directly in front of the pianist making her stop playing completely while the drummer flustered behind his drum set as Anna danced seductively in front of him.

We won of course and everyone had a ball. Folks around us, who would normally sit quietly and politely all evening, got up and participated and loved it.

The Thomson Reps said it was the best night they'd had for ages.

It would not be our last performance on stage as Jon, Anna and Andy constantly won competitions throughout the week beating our new 'friend' Terry (Surfer) in to second place. He was always second and it became the standing joke amongst us.

One evening Anna fell flat on her face when collecting her award so it was only natural that next day our winning quiz team should be called the 'Stage Divers'. The dive was re-enacted by all three of us. Huncote Harriers will not be forgotten for some time.

For most of the week we ambled in and around Paphos but on the Wednesday David Wright organised a walk up in the mountains. It was an excellent day walking on good track all gentle downhill through green farmlands with Orange groves, Almond and Pecan Nut trees, grapefruits and lemons. It was a side of Cyprus I had not seen before and it was gorgeous.

The walk ended up hill finishing at a Taverna over looking the reservoir we had previously walked by. The incentive of a cold bottle of KEO made the effort all worth while.

Never travelled abroad with the Harriers before?

You really don't know what you are missing!

The Rocker

County Cross Country Burbage Common 14th Jan 2006

A very muddy / quagmire of a course was to greet those few but intrepid Harriers who took part in this combined Leicestershire and Warwickshire event. In places it took all of one's efforts to stay upright let alone move forward, this was a real challenge and certainly not a fun run.

Kate Ramsey of Charnwood took victory in the Senior Women's event, as her main rival Tara Krzywicki lost a shoe early on and couldn't get back in contention. Whilst in the Men's Tim Hartley took a comfortable victory over Chris O'Neil of OWL's.

Leicestershire Men's Results:

1 st	Tim Hartley Notts AC	36.05
2 nd	Chris O'Neil OWL's	37.14
3 rd	Gordon Lee OWL'S	37.31

Huncote Men

28 th	Steve Copeland 10 th V40	45.24
30 th	David Lawson 12 th V40	45.46
36 th	Andy Ball 17 th V40	46.53
39 th	John Heywood 4 th V50	47.13
51 st	Nick Nealon 32 nd V40	49.11
62 nd	Paul Nealon	52.56
69 th	Tony Robinson 47 th V40	58.00

Leicestershire Ladies Results:

1 st	Kate Ramsey Charnwood	26.43
2 nd	Tara Krzywicki Charn	27.09
3 rd	Hannah Whitmore Charnd	28.16
17 th	Sandra Stevens 8 th V35	39.09
20 th	Bev Parry 10 th V35	39.28

Race Report from Trig Point Race, Cannock Chase 15 miles fell race 7th Jan. 2006

A bitterly cold day with continuous snow flurries greeted the smallish but quality field for the re-emergence of this excellent race. A small band of Harriers joined life member Trevor Longman on the start for this challenge where route choice can be paramount to success. The start was quite a swift affair considering the uphill nature of the first mile and as a result Trevor had forged a gap on Mark Wittering and Nicki Nealon, who due to Nicki's lack of navigation skills were staying together. Chris Hevey then followed with Martin White in close attendance, all members being in the top half of the field. On leaving the rifle range (check point 1), Trevor made a navigational error, drifting too far south, thus allowing Mark and Nicki to move ahead as all runners linked up with the Heart of England Way footpath. At the half way point (checkpoint 3) all 3 where in the top 15 and going well, but after registering at check point 4 the fun begins.

The option of partly retracing your steps and staying on a solid track or navigating the dense woodlands, would be crucial. All the Harriers being the adventurous sort opted for the more difficult but shorter route, without the knowledge that felling had been going on in the woods and all paths had either been covered or blocked by trees. Trevor being more adapt to the terrain pushed on leaving Nicki struggling whilst Mark was having to bide his time. As they hit the clearing and descended rapidly to the track it was noticeable that Trevor coming out slightly further North had picked a better route. A reference to Bambi on Ice seemed appropriate to Nicki as she tip toed / slid down the steep embankment to rejoin the track, with Mark waiting at the bottom laughing. Trevor was now on a surge whilst Mark and Nicki had lost time and also a couple of places.

The penultimate checkpoint is an interesting one, being partially hidden from the main tracks by bushes and trees and with a number of ways to get to it. Trevor hit it right on and was now up to 10th, whilst Mark and Nicki struggled to locate even with the help of a fellow athlete. Final Placings:

1st Tim Werrett 1.33.17 2nd Pete Vale 1.33.53 3rd Rob Little 1.40.25 9th Kate Burge 1.52.08 1st Lady
 10th Trevor Longman 1.52.18 1st V50 17th Nicki Nealon 1.54.04 2nd Lady 18th Mark Wittering 1.54.07 4th V50
 43rd Chris Hevey 2.05.24 14th V50 46th Martin White 2.08.17 15th V50

FIXTURES

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

February

Sunday 12th **Ashby 5 Miles (LRRL Winter League 2)** **10.30am**
 Hood Park Leisure Centre, North street, Ashby De La Zouch £2.50

Sunday 26th **Markfield 10km (LRRL Winter League 3)** **10.30am**
 South Charnwood High School, Broad Lane, Markfield £2.50

March

Sunday 5th **Farmyard Frolics 10km** **10.30am**
 Brooksby College, Melton Mowbray
 joanne.killick@uhl-tr.nhs.uk, £10 0116 258 8656

Sunday 12th **Desford Striders 5 Miles (LRRL Winter League 4)** **10.30am**
 Sport in Desford, just down from Caterpillar £2.50

Sunday 19th **Ashby 20 Miles** **10.30am**
 Hood Park Leisure Centre, North street, Ashby De La Zouch £14 07793 278 471

Sunday 26th **Kibworth 6 Miles (LRRL Winter League 5)** **10.30am**
 £2.50

April

Sunday 9th **Belvoir Half Marathon** **10.00am**
 Hose Village Hall, Vale of Belvoir, Melton Mowbray
 Terence Graveney £9 01949 860 718

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

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.