

November
2006



HUNCOTE HARRIERS ATHLETIC CLUB

THE HARRIER
ISSUE NO. 127

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Nealon's Awesome Autumn Continues

Cabbage Patch 10 – Twickenham – Sunday 15th October 2006

British Masters international Nicki Nealon set a brilliant new personal best in the Women's event at the high calibre Cabbage Patch 10 mile race held in the London borough of Twickenham.

In the Women's race Nicki Nealon was once again on top form as the 38-year-old Huncote Harrier smashed her personal best by a huge margin of 35 seconds to finish in a time of 58:54 to take fifth place behind winner Olga Kimaiyo, the Kenyan international who finished in 9th place at the recent BUPA Great North Run, here claiming victory in a time of 55:46. Nealon's excellent performance witnessed her finish just 15 seconds behind Ireland's Sonia O'Sullivan, the 1995 World 5,000m Champion and Sydney 2000 Olympic Silver medallist, this after they ran side-by-side from the four-mile point.

Nealon commented afterwards: "I'm pretty happy at present I actually caught Sonia up at 4 miles and went past around the 5 mile mark. But then she came back and after a further attempt to get away she came back once again and moved away at about 8 miles, I was then hanging on. "I'm over the moon to have been alongside somebody of that standing for around 6 miles."

British Masters 10 Mile Championships – Lytham St Annes, Lancs Sunday 1st October 2006

Nicki Nealon produced her finest performance since winning the World Masters 10,000m track Gold in San Sebastian, Spain, in 2005 when the 38-year-old international claimed overall victory at the British Masters 10 Mile Championships held in difficult windy conditions at Lytham St Annes, Lancashire.

The Huncote Harrier claimed victory in the overall event in a time of 59mins 43secs, only the second time she has ran under the hour mark in her career having set her personal best of 59:29 at last year's BUPA Great South Run in Portsmouth.

Angela Allen of Horwich lined up as the pre-race favourite going into the event that also incorporated the Northern Veteran Championships, but having tried to stay with Nealon over the opening miles Allen then dropped off the pace as Nealon clocked 30:17 at the half-way point, she then went clear out on her own with a 1:55 lead at 7 miles and then pushed on feeling quite strong. Gaining the advantage helped by running with a group of three men she had to work hard to stay with them in the strong head wind over the closing miles to cross the finish line in 59:29 to take an excellent and well-deserved victory, Allen had to settle for second place in 1:02.59.

Admiral Swansea Bay 10km Race – City of Swansea Sunday 24th September 2006

Nicki Nealon ran an excellent race at the Admiral Swansea Bay 10km held in warm but windy conditions in the Welsh coastal city, the 38-year-old British Masters international who recently won the overall individual title in the 2006 LRRL Summer Road League recorded a time of 36mins 06secs to finish in fourth place overall in the race won by Kenyan Caroline Cheptanui, the winner of the Experian Robin Hood Half Marathon earlier this month, who clocked 33:50 to win by over 90 seconds ahead of the chasing field.

Nealon's excellent performance placed the Huncote Harrier in the Silver medal position in the W35 British Masters event that was incorporated into the race. Her time combined with third placed Birchfield Harrier Debbie Walters also helped the Midlands team take victory in the Inter-Area match.

**Shoe Zone Leicester Full & Half
Marathon 2006
Desford, Leicestershire
Sunday 15th October 2006**

Michael Johnson and Lisa Barry were the individual winners of the Shoe Zone Leicester Marathon held on the rural roads surrounding the Caterpillar Plant in Desford, Leicestershire, as David Stevens and Liz Cocks both claimed fine victories in the Half Marathon event.

Johnson representing Kenilworth AC, produced a brilliant debut performance to win the Men's Marathon with a time of 2hrs 36mins 40secs as he ran virtually solo finishing over seven minutes clear of Stilton's Chris Southam.

Southam finished second in 2:44.16, with the inform Huncote Harrier Andy Ball, improving his PB from last months Robin Hood Marathon by nearly four minutes, taking third place in 2:46.45.

In the Women's event Lisa Barry faced a strong challenge from Karen Dunford to hold on for victory as the Cambridge athlete crossed the line in a time of 3:17.42 to take first place. Dunford was second in 3:19.08 as Thameside Harrier Paulette Charlery claimed third place in 3:33.00.

The Men's Half Marathon produced the race of the day as David Stevens recorded a superb time to take victory in 1:14.21, the Staffordshire Fireman was pushed all the way by Shephed's Mark Rose and Huncote's Kingsley Cook as they finished in second and third places with times of 1:16.00 and 1:18.44 respectively.

Liz Cocks representing Birstall finished in a time of 1:23.15 to take the win ahead of the experienced Lisa Knights of Sutton Harriers, taking second in 1:26.01, with West End's Lorraine Porter third in 1:31.00.

There was a very high turnout of 676 runners in the two races.

Men

1st Michael Johnson Kenilworth 2:36.40
2nd Chris Southam Stilton 2:44.16
3rd Andy Ball Huncote Harriers 2:46.45
10th Mark Wittering 3:01.15
41st Mick Butler 3:35.17
126 ran the Mens Marathon

Women

1st Lisa Barry Cambridge TC 3:17.42
2nd Karen Dunford 3:19.08
3rd Paulette Charlery Thameside 3:33.00
9th Bev Parry Huncote Harriers 3:55.58
20 ran the Womens Marathon

Men

1st David Stevens Staffs F & R 1:14.21
2nd Mark Rose Shephed RC 1:16.00
3rd Kingsley Cook Huncote Harr 1:18.44
94th John O'Sullivan 1:43.21
250 ran the Mens Half Marathon

Women

1st Liz Cocks Birstall 1:23.15
2nd Lisa Knight Sutton 1:26.01
3rd Laraine Porter West End 1:31.00
8th Amy Smith Huncote Harriers 1:38.11
100 ran the Womens Marathon

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**Midlands 4 X 6km XC Relay
Champs-Brooksby Coll, Melton
Sunday 7th October 2006**

Owls AC were 1st in 1hr 28:06
Huncote 'A' were 13th in 1hr 42:52.
Dave Eggington 25:38
Graeme Slight 26:46
Christian Hanney 25:26
Kingsley Cook 25:02
Huncote 'B' were 28th in 1hr 57:57
Dave Lawson 26:51
Mike Sandford 27:31
John Heywood 29:45
Phil Watts 33:50

**North Midlands XC League –
Heanor – 14th October 2006**

73rd Christian Hanney 39:50
115th Keith Chambers 43:29
125th John Heywood 43:59
156th Jeff Wickham 46:37

**2nd North Midlands XC League
– Markeaton Park, Derby 6**

Miles – 11th Nov 2006
148th John Heywood 40:38
193rd Colin Rimmer 43:00

**Midlands 7 XC Champs –
Bramcote Park, Nottm – 18th
November 2006**

50th John Heywood 47:02
68th Phil Watts 55:31

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**Caesar's Camp 100/50-Mile
Endurance Race
Aldershot, Hampshire
Saturday 7th October 2006**

The world of ultra-distance running is one of the toughest challenges that an athlete can face, the requirements and stress exerted on the runner is enormous pushing the boundaries of human endurance to the limit so Ian Murdey's fifth place finish in the Caesar's Camp 50-mile Endurance Race staged in Aldershot was an exceptional performance as the Beaumont Running Club athlete crossed the line in a

Green in a stunning time of 6:45.

Huncote Harrier Carl Sommer, competing in his sixth ultra-distance race, finished in 9th place in 9:22 and team mate David Kirby finished in 14:27.

The course consisted of a 10-mile loop, completed 5 x for the 50 and 10 x for the 100 miles, all in the same direction on the grounds of the British Army base at Caesar's Camp.

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Craig Sabin running in the same race as his son finished 13th in the Birmingham Univ 5km on Sunday 15th Oct on the campus in a time of 16:48 64 secs behind his son Ashley who was 2nd in 15:44.

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**BUPA Great South Run 2006
Portsmouth**

Sunday 22nd October 2006

Britain's Jo Pavey became the first British winner of the BUPA Great South Run for eight years with a dominant display in atrocious weather in Portsmouth.

Huncote Harriers British Masters international Nicki Nealon for the second consecutive week went under the hour mark to finish in 17th place in 59:16, which placed the 38-year-old in 82nd place overall. This performance follows on from her brilliant personal best time of 58:54 set at the Cabbage Patch 10 in Twickenham, London, seven days ago. A field of over 18,000 took part in the race around a totally flat circuit that takes the runners past many of Portsmouth's historic landmarks.

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**Nike National AAA Men's 6 Stage
Road Running Relays
Championships**

**Sutton Park, Birmingham
Saturday 21st October 2006**

In the Men's event Newham & Essex Beagles stormed to victory as Britain's European 5,000m Silver medallist Mohammed Farah anchored them home setting the fastest individual leg time of 17mins 02secs as the London based team crossed the line in 1:44.46 to finish clear of Tipton Harriers, second in 1:46.24, and the third placed Bristol & West with 1:47.01.

There was disappointment for Leicester Owls as they finished in 16th place looking to improve on last year's 8th place finish. Leicestershire's other team competing were Huncote Harriers with their team of Dave Eggington 20:53, Andy Ball 21:37, Eric Carter 21:56, Nick Taylor 21:36, Mark Crofts 22:49 and Craig Sabin 20:37 finish-

**Shepshed 7, Leicestershire
Sunday 5th November 2006**

Defending champion Tim Hartley and the Robin Hood Marathon winner Nicola Clay both completed high quality victories at the sixth edition of the annual Shepshed 7 mile race that was held in dry clear conditions on a breezy day over the picturesque Garendon Park two-lap course.

Over the opening lap, Hartley, the 38-year-old Notts AC athlete was made to work hard as Phil Makepeace pressed the defending champion as they both went through half-way point with just metres separating them. Over the second lap Hartley's class began to show through as he made the break to put distance between him and Makepeace, slowly building a lead that had stretched to 37 seconds by the finish as Hartley crossed the line out on his own in a time of 37mins 19secs to complete his third straight victory in the event.

Makepeace with a very solid performance finished in a well-deserved second place in 37:56, with Critchlow consolidating his third position in 38:20 as he finished eight seconds ahead of Sheen.

In the Women's race the very impressive Nicola Clay was virtually unstoppable as here in Shepshed with excellent underfoot conditions she was a class apart from the rest of the field as she breezed to a comfortably victory in a time of 41:42. A trio of Leicestershire's top British Masters athletes followed Clay over the line, with Huncote's defending champion Nicki Nealon taking second place in 42:10, and Sally Newman finishing in third place for Wreake in 44:09.

Men

1st	Tim Hartley Notts AC	37.19
2nd	Phil Makepeace Leic Corit	37.56
3rd	Phil Critchlow Beaumont	38.20

Huncote

7th	Kingsley Cook	40.45
24th	Andy Ball	42.59
68th	Keith Chambers	47.10
79th	John Heywood	47.55
100th	Nick Tomkins	48.57
127th	Andy Wilford	49.53
183rd	John O'Sullivan	52.36
187th	Neil Bowles	52.40
192nd	Mick Butler	52.48
245th	Barry Hibberd	55.09

Women

1st	Nicola Clay Stilton	41.42
2nd	Nicki Nealon	42.10
3rd	Sally Newman Wreake	44.09

Huncote

247th	Sandra Stevens	55.13
357th	Sandra Ankers	60.25
362nd	Katherine Dean	60.38
414th	Angela Tomkins	63.43
436th	Marie Wilford	65.32

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**British & Irish Masters International – Falkirk Sunday
19th November 2006**

Nicki Nealon took a fantastic Individual gold in the W35's, with Kate Ramsey taking the Silver and Angela Allen (also England taking Bronze), for an easy team gold.

On a 6km course of 2 laps, a very unexpected Scottish cross country course. 50% trails of flat stoney tracks the rest parkland with a couple of good climbs, short cut grass and very runnable.

The race consisted of all women and Vet 65 and 70 men, Overall winner was Niamh O' Sullivan vet 40 for Ireland. This was her 3rd overall victory on the trot. Niamh has competed in the last 2 Senior World Cross Champs and was a class apart. By two thirds of 1st lap a group of 5 had broke away, Niamh, Noleen Porter (also Ireland previous overall winner), Margaret Deasy (Vet 40 England, 2nd Overall 2004), Nicki with Kate on her shoulder. Noleen was dropped on the big climb finishing the 1st lap and Kate fell off the back on the climb to start lap 2. Niamh was well clear on the 2nd lap with Margaret hanging on in second. Nicki realising she had a gap on those behind started to close and on the flat pathways used her road speed to good effect and moved alongside. They spent the last 3/4 mile neck and neck, with fast finishing Jane Clarke (England vet 45) closing rapidly unbeknown to both athletes. Once they hit the final path for a flat 100 metre sprint it was anybody's, with Nicki not renowned for sprint finishes it looked a lost cause. But with Nicki's new found strength she pipped Margaret on the line.

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**3rd North Midlands XC League
– Berry Hill Park, Derby 6 Miles
– 11th Nov 2006**

143rd	John Heywood	38:25
233rd	Phill Watts	45:41

**Berlin Marathon – 24th September
2006**

When I entered the Berlin Marathon back in April I had high hopes of breaking my 4 hour barrier, as the course was reputed to be practically flat with good pb potential. However what I hadn't expected was the temperature being in the high 20's. This year's marathon was the warmest race day ever in Berlin. So that's my excuse and I'm sticking to it!

Berlin is a wonderful city to visit, full of history but with lots of exciting new development at the same time. The weather was perfect for a sightseeing weekend, visiting places such as the Olympic Stadium, Checkpoint Charlie, the Brandenburg Gates, and a relaxing boat trip along the river supping German beer (carbo loading).

Race day started with a gentle 2 mile walk to the start area (easier than cramming onto the underground trains). The organisation at the start was excellent and seemed to go like clockwork, given that well over 30,000 runners were starting from the same place. Despite a sensible pace for the first few miles, I soon began to wilt in the bright sunshine, trying to grab any bit of shade that I could. The water stations were absolute chaos as the helpers were filling up cups from buckets and just couldn't keep up with the demand. My legs began to get heavy after about 8 miles – not a good sign. The crowd was very enthusiastic as you would expect with the usual variety of bands trying to gee us all along. The last few miles just got longer and longer and I just plodded on ticking off each km marker. Eventually I saw the welcome sight of the Brandenburg Gates in the distance, although someone kept moving it further and further away. It was 4 hours and 13 minutes when I eventually passed the finishing line, disappointing at the time, but having read later on the website that there was a high dropout due to the temperature, I was just pleased to have finished. Funny it didn't seem to affect Haile Gebrselassie. I was feeling so ill at the finish that I missed the free beer stall!

All in all Berlin was a great marathon to take part in, just a shame it couldn't have been a good few degrees cooler. Oh well, on to the next one!

Bev Parry

The newsletter just wants to take this opportunity to wish all club members and readers a Merry Christmas & PB laden Happy New Year!!!

FIXTURES

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

December

Tuesday 12th	Whetstone 5km Christmas Run Blaby Boys Club near GEC £2/D	12.45pm
Sunday 17th	Club Christmas Pub Run!!!!!! Chequers Swinford near June 19 M1 – Contact Paul Nealon	10am
Saturday 23rd	Gaddesby Gallop 5.5 Village Hall, Ashby Road, Gaddesby Leicester £4 E/D Only www.gaddesby.org.uk/gallop.htm	11am
Tuesday 26th	Barrow Boxing Day Handicap 6 3 Crowns Public House Cotes Road, Barrow On Soar, Loughborough www.barrow-runners.fsnet.co.uk	11am
Sunday 31st	Huncote Hash Marshall & Stewards are still required including a Chief Marshall – so if you are around and not racing that day how about helping the club out.	11am

January

Monday 1st	New Year New 5 Coventry Track/Warwick Univ Kirby Corner Road Coventry £6.50 £8/D www.coventry-godiva-harriers.co.uk	11am
Saturday 6th	Leicestershire Cross Country Championships Parklands Leisure Centre, Oadby	
Sunday 14th	Barrow 6 Miles LRRL Winter League 1 Humphrey Perkins School, 74-78 Cotes Road, Barrow Upon Soar £2.50	10.30am

February

Sunday 11th	Ashby 5 Miles LRRL Winter League 2 Hood Park Leisure Centre, North street, Ashby De La Zouch £2.50	10.30am
Sunday 25th	Markfield 10km LRRL Winter League 3 South Charnwood High School, Broad Lane, Markfield £2.50	10.30am

March

Sunday 11th	Desford 10km LRRL Winter League 4 Caterpillar Sport in Desford, £2.50	10.30am
Sunday 25th	Kibworth 10km LRRL Winter League 5	10.30am

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 2007 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.