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HUNCOTE HARRIERS ATHLETIC CLUB
 THE HARRIER
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Huncote Team Triumph's in the 1st Winter League race at Barrow

LRRL Winter League Race 1 – Barrow – Sunday 14th January 2007

Gordon Lee and Beth Eburne produced top class performances as they cruised to comfortable victories at the opening race of the Mick Yeoman Physiotherapy sponsored Leicestershire Winter Road League, held on a bright crisp sunny morning over the challenging 6-mile course at Barrow.

In the absence of defending champion Tim Hartley, Lee faced the challenge of the inform Ashley Sabin, the teenager here running for second claim Huncote Harriers.

However, as the race unfolded the strength and experience of the Leicester Owls athlete began to shine through as 39-year-old Lee pulled clear over the difficult final mile to power home to victory in a time of 31mins 21secs. Sabin had to settle for second place despite producing a solid performance finishing in 31:33, with Stilton Striders marathon specialist Chris Southam third in 32:09.

Beth Eburne was in fine form, the 25-year-old Hinckley athlete produced a stellar performance to take a fine solo victory in the Women's race. With the main threat coming from Stilton's Nicola Clay, Eburne took control of the race to complete a comprehensive victory crossing the line just over a minute clear of the field in a time of 33:48. The fast finishing Clay, who has been in tremendous form over the winter months claimed second place in 34:51.

Defending league champion and winner of the race last year, Kate Ramsey, produced a spirited performance as the 38-year-old British Masters finished in third place in 36:09.

With Ashley out at the front the Men's Senior Team and the Vets team both triumphed in their races and surprisingly perhaps Barrow were a distant 4th in the Men's Senior race. This was with a number of top end athletes missing as well, including Craig Sabin, Mike Bradford, Dave Eggington, Mark Crofts, Christian Hanney, Eric Carter, Nick Taylor and Carl Sommer, it augurs well for the rest of the Winter season.

There were a number of good performances by Ashley of course and Kingsley Cook, Steve Copeland and Graeme Slight still churning out the good runs when the serious races start.

There were also a number of new faces out in the early New Year race worth a mention, Tony Siddon, Jason Tomkins getting one over on a slowing Uncle!! Andrew Woolley, Richard Thomas, Nick Cox, Paul Geddes, and Michael Ricketts, now that they have had a go at a League race they know what they can try to work towards for the other four Winter League races.

This year two new clubs were invited to participate in the LRRL with the inclusion of Ashby Ivanhoe and Leicester Tri, bringing the total to 21 in the league that was formed in 1984, there was a massive field of 502 runners in the Barrow race, which explained why many finishers thought they had run well but then found that their actual score wasn't as good as they expected it to be.

Men

1st Gordon Lee Leicester Owls 31:21	2nd Ashley Sabin Huncote 31:33
3rd Chris Southam Stilton 32:09	

Women

1st Beth Eburne Hinckley 33:48	2nd Nicola Clay Huncote 34:51
3rd Kate Ramsey Barrow 36:09	

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Huncote Men

13th	Kingsley Cook	34.16
31st	Steve Copeland	35.42
45th	Graeme Slight	36.20
52nd	Andy Ball	36.56
53rd	Joe O'Flynn	36.59
65th	Wlodz Kula-Przewanski	37.24
106th	Mick Sandford	38.56
118th	Keith Chambers	39.27
138th	Colin Bartlette	40.25
141st	Steve Wright	40.31
174th	Brian Mackey	41.45
178th	Paul Nealon	42.10
183rd	Tony Siddon	42.29
194th	Jason Tomkins	42.58
200th	Nick Tomkins	43.08
202nd	John O'Sullivan	43.11
207th	Mike Tansey	43.29
221st	Andrew Woolley	44.00
226th	Tom Corr	44.21
235th	Barry Hibberd	44.37
238th	Richard Thomas	44.40
254th	Mick Butler	45.44
268th	Nick Cox	46.32
283rd	Barry Summers	47.32
293rd	Paul Geddes	48.50
307th	Jim Timmins	50.19
310th	Michael Ricketts	50.45
319th	Jim Bates	51.23
340th	Clive Alexander	61.49
344ran		

Huncote Women

19th	Amy Smith	42.24
34th	Jo Copeland	44.15
55th	Bev Parry	46.47
58th	Irene Forty	47.42
61st	Susan Gardner	48.11
99th	Joanne Burnett	51.28
103rd	Sandra Anhers	51.57
129th	Angela Tomkins	55.06
158ran		

Men's Teams

Senior Men

1st	Huncote 367	20pts
2nd	Wreake 429	17pts
3rd	Stilton 466	15pts
4th	Barrow 500	14pts
5th	Owls 519	13pts
6th	Nuneaton 531	12pts

Vet Men

1st	Huncote 72	20pts
2nd	Wreake 85	17pts
3rd	Barrow 92	15pts
4th	Nuneaton 126	14pts
5th	Stilton 140	13pts
6th	Roadhoggs 186	12pts

Senior Women

1st	Barrow 16	50pts
2nd	Hinckley 75	47pts
3rd	Birstall 81	45pts
4th	Owls 102	44pts
5th	Stilton 106	43pts
6th	West End 112	42pts
8th	Huncote 166	40pts

*

Huncote Hash

Sunday 31st December 2006

Following a number of days of heavy rain over the Christmas holidays the course presented its normal questions of the competitors but just a bit wetter. Conditions on the day were good and helped an excellent performance by Christian Hanney in finishing 4th just missing out on a podium place. Tom Meakin of the Owls took a victory by over half a minute from Chris Jordan from Hinckley. Sula Young took victory for Beaumont runners in the Women's event, there was also a good turnout by Huncote runners in the event with good runs by Keith Chambers, John Heywood and a returning Colin Bartlette and Trevor Longman.

Men

1st	T Meakin Owls	41.07
2nd	Chris Jordan Hinckley	41.40
3rd	Phil Makepeace Leic Corit	42.19

Women

1st	Sula Young Beaumont	45.42
2nd	Gemma Steel Hermitage	50.36
3rd	F Juka Glen	51.26

Huncote

4th	Christian Hanney	42.27
35th	Keith Chambers	49.04
36th	John Heywood	49.11
60th	Colin Bartlette	51.43
61st	Trevor Longman	51.51
64th	Brian Mackey	51.58
99th	Martin White	55.31
112th	Neil Bowles	57.08
123rd	Richard Thomas	59.06
151st	Nick Tomkins	62.57
161st	Phil Watts	64.21
173rd	Bernadette Owen	66.02
174th	Sue Gardner	66.04
178th	Brian Driver	66.40
186th	John O'Sullivan	67.54
189th	Barry Summers	68.16
201st	Tom Cann	70.17
211th	Jim Bates	73.17
231st	Julie King	78.52
236th	Angie Tomkins	80.52
240th	Sandra Ankers	83.21
243rd	Clive Alexander	84.36
255 ran		

GEC Christmas 5km

Tuesday 12th December 2006

Ashley Sabin and Kate Ramsey defied the blustery conditions to show their class and dominate the annual Whetstone Harriers 5km road race taking fine victories. Sabin, the 19-year-old Notts AC athlete led home the field in a time of 16mins 24secs, a superb performance given the challenging conditions, however, this was outside of the impressive mark of 15:59 set by Leicester Coritanian Moumin Geele back in 2004. Sabin's performance was still one of the quickest in the twenty four years that the event has taken place.

Kate Ramsey, who is still working her way back to full fitness returned to form to finish in third place overall to take the women's title in a time of 17:49.

The Leicestershire county cross country champion representing her new club Barrow Runners for the first time on the road, following her decision to leave Charnwood AC, finished 21 seconds ahead of fellow British Masters international Nicki Nealon, the winner of the event for the previous five years.

Huncote Harrier, Nealon, recorded a time of 18:10 which gave her fifth place overall, a superb effort from the 38-year-old especially as this came only 48 hours after she finished third behind race winner Issy Menzies at the Bedford Half Marathon.

Men

1st	Ashley Sabin Notts AC	16.24
2nd	Ian Paramore Barrow	17.40
3rd	Mark Crofts Huncote	17.50

Huncote

6th	Carl Sommer	18.15
7th	Andy Ball	18.30
8th	Graeme Slight	18.35
11th	Jack Angrave	19.00
13th	Mike Bradford	20.06
14th	Andy Wilford	20.24
15th	Steve Wright	20.30
16th	John Heywood	20.35
19th	Nick Tomkins	21.19
20th	Neil Bowles	21.27
21st	John O'Sullivan	21.29
22nd	Nick Nealon	21.59
23rd	Barry Hibberd	22.06
26th	Paul Nealon	22.21
29th	Bernard Cherry	22.40

Women

1st	Kate Ramsey Barrow	17.49
2nd	Nicki Nealon	18.10
3rd	Barbara Etoe Beaumont	24.36
51 ran		

**Leic XC Champs 2007 -
Brocks Hill Country Park,
Oadby
Saturday 6th January 2007**

Mark Powell claimed his first senior Leicestershire County Cross Country title with a brilliant and determined performance as he won a thrilling and compelling battle with defending champion Tim Hartley in the very wet conditions at the Brocks Hill Country Park in Oadby. In conditions under-foot that mirrored last year's championships at Burbage, Powell really made his intentions apparent from the start, the 28-year-old Leicester Owls athlete looked determined and focused on the start line and matched Hartley's early fast pace over the opening lap of the 10km course, at the halfway point Powell running just off his shoulder chased him down and moved ahead to make a decisive break as the second lap began to pull away clear to sprint over the line in a time of 34mins 37secs to take the victory, despite producing a fine competitive performance Hartley looked resigned to the runners-up place as he eased over the final metres to record a mark of 34:42. Third place went to the hugely talented team mate of Powell at the Wigston based club, Rory Fraser finished behind Hartley with a time of 36:31 as the Owls comfortably won the team event with Steve Platts in fourth (37:09) followed by the winner of the recent Huncote Hash, Tom Meakin in fifth (37:28).

Junior Races

In the Junior 10km race **Christian Hanney** representing **Huncote Harriers** claimed the title as he finished ahead of Leicester Coritanian Michael Godrich with a time of 40:42.

Women's Race

Hannah Whitmore of Charnwood AC took victory in the Women's 7km event.

Men

1st	Mark Powell Owls AC	34.37
2nd	Tim Hartley Notts AC	34.42
3rd	Rory Fraser Owls AC	36.31

Huncote

18th	Kingsley Cook	41.01
45th	Graeme Slight	44.26
58th	John Heywood	46.13
68th	Keith Chambers	48.21
72nd	Nick Nealon	48.47
81st	Neil Bowles	53.05
86th	Phil Watts	57.27
90	ran	

Further Results

Nicki Nealon's Autumn tour took her up to Leeds at the end of November for the Leeds Abbey Dash in a field approaching 5000. In very good conditions for this time of year in a race where many PB's were set Nicki raced into 9th place in the Women's race in a time of 36.24 and on the 1st weekend of December Nicki Nealon finished 3rd in the Bedford Half Marathon in a time of 83.52 and on the same weekend Kingsley Cook was the 2nd M40 Vet home in the Keyworth Turkey Trot Half Marathon in a time of 79.01.

Just to give you an idea of how you become a World Champion the biggest change to Nicki's training is the increase in mileage from an average of 40 to 50 miles per week. This was done to increase strength over the longer distance's, giving her the opportunity to reduce her 10 mile and half marathon p.b.'s. This is an additional run of approx. 4 miles on a Tues & Weds along with increasing the longer Sunday run by a couple of miles. Weekly Schedule is: Mon 5-6 mile easy recovery run. Tues a.m. 4-5 miles easy, p.m. longish reps with Club. Weds a.m. 7-8 miles steady run, p.m. 4-5 miles easy. Thurs short reps and Fri a rest day. Weekends, if racing Sunday will do easy 4-5 Saturday, if not will have 4-7 miles fartlek with an 11-14 mile long run on the Sunday. The intensity of the reps will depend on whether raced the Weekend before or have a race the following weekend.

In the Gaddesby Gallop on Saturday 23rd December John Heywood finished 28th out of 111 runners in a time of 39.13 in a race won by Mark Rose of Shepshed in 33.12 for the 5 Mile event.

In the Barrow Boxing Day Handicap Wlodziu Kula-Przezanski was the 19th fastest runner in a time of 38.34 for the 6 Mile course that goes from the 3 Crowns pub in the opposite direction to the Winter League race.

2006 Club Standards

GOLD
Andy Ball
SILVER
David Hollingshead
Andy Wilford
BRONZE

As a result of voting at the Club Presentation the Committee are very pleased to announce the results of the Harrier of the Year Awards:

Men

- 1st Jeff Wickham
- 2nd Mike Tansey
- 3rd Andy Ball

Ladies

- 1st Nicki Nealon
- 2nd Andrea Sommer
- 3rd Bev Parry

It is great to see some new individuals being recognised; Andy and Bev have both had a tremendous year with their marathons, culminating with superb times at the Leicester Marathon. Andrea has made the breakthrough in terms of League status at the Hungarton '7' with a top 10 finish. She has also moved up to the top group in training and the extra effort has proved worthwhile. Mike appears to have taken the world upon his shoulders with the dual role of Men's Team Manager and Part Time Secretary as well as being ever enthusiastic to compete. Nicki has again had a fantastic year with a 10 mile p.b., Leicestershire Summer League Title and also taking victory in the British & Irish W35 Masters International, all this after having 6 months of struggling with a back injury. Jeff has now been with the Club in excess of 12 years, his enthusiasm and commitment is endless. He try's to participate in all events; if he can get a lift he will be there. Jeff has also participated in races on numerous trips abroad with the Club over the years. He must now be regarded as a stalwart of the Club.

Apologies must go out to Club members who were unable to attend the presentation and therefore on this occasion were unable to vote. You missed a very good meal and a pleasant Social get together.

The Chairman's Shield was given out by John O'Sullivan (in his last term in office) to Mike Tansey for his total commitment to the Harriers in terms of his role as Team Manager and from September taking on the burden of Secretary. Mike's enthusiasm in cajoling individuals to participate has led to participation in numerous local, area and national events.

The Committee

FIXTURES

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

February

Sunday 11th	Ashby 5 Miles LRRL Winter League 2 Hood Park Leisure Centre, North street, Ashby De La Zouch £2.50	10.30am
Saturday 24th	Belvoir Challenge 15 or 26 Miles Harby Primary School, Harby, Melton Mowbray, www.belvoirchallenge.co.uk £10 C/D 10/02	9.00am
Sunday 25th	Markfield 10km LRRL Winter League 3 South Charnwood High School, Broad Lane, Markfield £2.50	10.30am

March

Sunday 4th	Farmyards Frolics Brooksby, Melton Mowbray	10.30am
Sunday 11th	Desford 10km LRRL Winter League 4 Caterpillar Sport in Desford, £2.50	10.30am
Sunday 18th	Ashby 20 £14, £18 E/D Hood Park Leisure Centre, North Street, Ashby-de-la-Zouch, LE65 1HS	10.00am
Sunday 25th	Kibworth 10km LRRL Winter League 5	10.30am
Saturday 31st	Midlands 12 & 6 Stage Relay Sutton Park, Birmingham	pm

April

Sunday 8th	Livingston Relay Loughborough Univ Campus	10.30am
	Belvoir Half Marathon Ian Smith ifshose@f2s £10	10.00am

May

Tuesday 8th	Silverstone 10km (EMGP) P O Box 5752, Silverstone, Towcester, Northants, NN12 8ZF £4.50 C/D 1st May	7.30pm
Sunday 13th	Market Bosworth Half Marathon Hinckley Running Club, C/O Linda Whitelegg, 39 Winchester Drive, Burbage, Leics, LE10 2BA	10.30am
Wednesday 16th	Rugby 6 (EMGP)	7.45pm

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.