

March  
2007



HUNCOTE HARRIERS ATHLETIC CLUB

THE HARRIER  
ISSUE NO. 129

## Huncote Vets Team Triumph's in Overall Winter League Series

### LRRL Winter League Race 5 – Kibworth 6 – Sunday 25th March 2007

Gordon Lee and Nicola Clay secured the individual titles at the final race of the LRRL Winter League 2007 with fine victories at the Kibworth 6 mile race. Gordon just held off a back to form Tim Hartley in a great tussle to pick him on the line by 2 secs. Phil Critchlow continued his good season in 3rd place over a minute ahead of 4th. Nicola Clay also won easily by over a minute from Liz Cocks on a nice early Spring day. The hills never get any easier on this course but there were some good performances at the front end, Kingsley saw a 2nd top 10 finish which augurs well for him for the Summer season and Joe O'Flynn who is building up to the Shakespeare Marathon in Stratford at the end of the month is developing a wicked dip finish which accounted for me at Desford and Steve here at Kibworth. There was also a good turnout from a number of the new members of the club and I expect some big Huncote turnouts at some of the Summer League races. Two months of hard training should see everybody ramp it up for the summer.

A superb performance from Jo Copeland sees her take 2<sup>nd</sup> V40 Award for the series. Steve, with a solid run finishes in 3<sup>rd</sup> V45 Award for the Series; Graeme finishes 4<sup>th</sup> and Joe O'Flynn 6<sup>th</sup>.

Kingsley Cook whose form improved as the series went on especially in the last two races just missed out on League Award with 4<sup>th</sup> for the Series. But my performance of the season and perhaps the best by a club member since Nicki's world championship win was Brian Mackey's in taking the Vet 60 overall title, a fantastic performance. Anybody who has run Kibworth will know how tough it is to run 40:42 as a V60, it is an example to us all and this quality was shown over 5 tough Winter races and to come from Staffs to do it as well!!

#### Men

1st Gordon Lee Leicester Owls 31:17      2nd Tim Hartley Barrow 31:19  
3rd Phil Critchlow Beaumont 32:43

#### Women

1st Nicola Clay Stilton 36:15      2nd Liz Cocks Birstall 37:12  
3rd Gemma Steel Hermitage 38:27

#### Huncote Men

|                                    |                            |                             |
|------------------------------------|----------------------------|-----------------------------|
| 10th Kingsley Cook 34:57           | 40th Joe O'Flynn 37:24     | 41st Steve Copeland 37:25   |
| 48th Wlodziu Kula-Przewanski 37:50 | 57th Andy Ball 38:13       |                             |
| 93rd Brian Mackey 40:42            | 107th Nick Tomkins 41:26   | 116th John O'Sullivan 41:51 |
| 122nd Jeff Wickham 42:08           | 130th Barry Hibberd 42:22  | 138th Paul Nealon 42:53     |
| 149th Jason Tomkins 43:31          | 157th Tony Siddon 43:57    | 164th Mike Tansey 44:20     |
| 167th Andrew Woolley 44:55         | 182nd Richard Thomas 46:04 | 185th Tom Corr 46:27        |
| 197th Nick Cox 47:45               | 207th Paul Geddes 48:15    | 217th Colin Pickering 49:23 |
| 252nd Clive Alexander 63:59        | 253ran                     |                             |

#### Huncote Men

14th Jo Copeland 43:24      31st Susan Gardner 47:21      32nd Bev Parry 88ran  
63rd Joanne Burnett 53:36

#### **Overall Men's Teams:**

1 Wreake 91pts, 2 Huncote 76.5pts, 3 Barrow 74pts

#### **Vets Division 1**

1 Huncote 77pts, 2 Barrow 66pts, 3 Wreake 64pts,

#### **Overall Women's Teams:**

1 Barrow 250pts 2 Birstall 231pts, 3 Stilton 214pts, 9 Huncote 192pts, 26 Huncote 'B' 56pts,

Newsletter Editor:  
Wlodziu Kula-Przewanski  
Please submit articles or items  
of news to the Editor.

Telephone: 01162 861334  
E mail: wlodziu.kula-  
Przewanski@  
Torexretail.com or  
sportsmaster50@hotmail.com

**LRRL Winter League 2007**  
**Race No. 2 - Ashby 5 Mile**  
**Sunday 11th February 2007**

Gordon Lee completed two wins out of two at the second race of the Leicestershire Winter Road League, as Stilton's Nicola Clay also produced a dominant performance to take victory at the Ashby 5 event.

In the Men's race Leicester Owls Gordon Lee held off the challenge of Nigel Stirk by a margin of 19 seconds, the 39-year-old crossing the line over the challenging Ashby course in a time of 26mins 28secs. Tipton Harrier, Stirk, representing Desford was second in 26:42, with third place going to Charnwood's Richard Lee.

The 2006 Robin Hood Marathon winner Nicola Clay was virtually unchallenged in the Women's race as the 34-year-old Stilton Strider eased to victory in a time of 29:29, finishing ahead of a spirited performance from Barrow's Kate Ramsey, who continues her full return to the sport following the recent diagnoses of a degenerative disc problem, the 38-year-old crossed the line in 30:17 to lead Barrow to the top of the team standings. Sara Wells representing the Owls was third in 31:11.

**Men**

|     |                       |       |
|-----|-----------------------|-------|
| 1st | Gordon Lee Owls       | 25:44 |
| 2nd | Nigel Stirk Desford   | 26:28 |
| 3rd | Richard Lee Charnwood | 26:42 |

**Huncote Mixed**

|       |                        |       |
|-------|------------------------|-------|
| 16th  | Kingsley Cook          | 29:11 |
| 35th  | Steve Copeland         | 29:57 |
| 36th  | Graeme Slight          | 29:57 |
| 41st  | Wlodzi Kula-Przewanski | 30:22 |
| 49th  | Andy Ball              | 30:52 |
| 79th  | Mick Sandford          | 31:54 |
| 95th  | Keith Chambers         | 32:23 |
| 102nd | Brian Mackey           | 32:45 |
| 129th | Steve Wright           | 33:41 |
| 144th | Jeff Wickham           | 34:16 |
| 166th | Neil Bowles            | 35:09 |
| 167th | Paul Nealon            | 35:12 |
| 169th | Tony Siddon            | 35:14 |
| 172nd | Andy Wilford           | 35:20 |
| 180th | Andrew Woolley         | 35:28 |
| 199th | Jo Copeland            | 35:54 |
| 203rd | Barry Hibberd          | 36:04 |
| 210th | Jason Tomkins          | 36:17 |
| 214th | Nick Nealon            | 36:24 |
| 221st | Tom Corr               | 36:33 |
| 230th | Richard Thomas         | 35:50 |
| 242nd | Phil Watts             | 37:20 |
| 281st | Susan Gardner          | 39:05 |
| 284th | Bev Parry              | 39:14 |
| 292nd | Barry Summers          | 39:34 |
| 34th  | Jo Copeland            | 44.15 |
| 55th  | Bev Parry              | 46.47 |
| 58th  | Irene Forty            | 47.42 |

|        |                 |       |
|--------|-----------------|-------|
| 294th  | Nick Cox        | 39:38 |
| 297th  | Colin Pickering | 39:45 |
| 298th  | Paul Geddes     | 39:49 |
| 354th  | Marie Wilford   | 44:10 |
| 397th  | Clive Alexander | 51:42 |
| 401ran |                 |       |

In terms of Huncote performances it was good to see a big turnout especially many of the new faces. At the top end Kingsley again led the way from Steve and Graeme but there were good scores from Mick Sandford and Brian Mackey 8th scorer as a V60 was great performance. Jo Copeland led the women in with a good finish.

**Overall Team Scores after 2 races**

**Men**

|     |          |       |
|-----|----------|-------|
| 1st | Wrerake  | 37pts |
| 2nd | Huncote  | 35pts |
| 3rd | Nuneaton | 29pts |

**Vets Men**

|     |          |       |
|-----|----------|-------|
| 1st | Huncote  | 40pts |
| 2nd | Wreake   | 35pts |
| 3rd | Nuneaton | 32pts |

**Women**

|      |           |        |
|------|-----------|--------|
| 1st  | Barrow    | 100pts |
| 2nd  | Birstall  | 92pts  |
| 3rd  | West End  | 87pts  |
| 6th  | Huncote   | 81pts  |
| 26th | Huncote B | 27pts  |

\*\*\*\*\*  
 \*

**LRRL Winter League 2007**  
**Race No. 3 - Markfield 10km**  
**Sunday 25th February 2007**

Gordon Lee and Nicola Clay produced a case of deja vu as they repeated their previous round wins at Ashby with impressive and comprehensive victories on the roads surrounding Markfield in the third race Leicestershire Winter Road League Series.

In the Men's race Leicester Owls Gordon Lee completed a hat-trick of victories over the 2007 league campaign as the 39-year-old held off the challenge of Beaumont's Phil Critchlow to cross the line over the 10km course well over a minute clear to take the win in a time of 32mins 31secs. Critchlow was second in 33:34 with Leicester Coritanian's Welsh Masters international Rob Sheen third in 33:51.

Nicola Clay as in Ashby raced away to another fine solo victory as the Stilton Strider claimed her second straight victory to add to her second place finish in

Barrow, finishing out on her almost a minute ahead of the field in a time of 37:19. The ever-consistent Kate Ramsey representing Barrow Runners finished in a well-deserved second place in a time of 38:16, Birstall's Zoe Fleming was third just three seconds adrift in 38:19.

**Men**

|     |                         |       |
|-----|-------------------------|-------|
| 1st | Gordon Lee Owls         | 32:31 |
| 2nd | Phil Critchlow Beaumont | 33:34 |
| 3rd | Rob Sheen Leic Corit    | 33:51 |

**Huncote Men**

|        |                        |       |
|--------|------------------------|-------|
| 14th   | Kingsley Cook          | 36:14 |
| 36th   | Steve Copeland         | 38:05 |
| 38th   | Graeme Slight          | 38:07 |
| 47th   | Andy Ball              | 38:40 |
| 49th   | Wlodzi Kula-Przewanski | 38:44 |
| 54th   | Joe O'Flynn            | 38:53 |
| 65th   | Mick Sandford          | 39:12 |
| 108th  | Brian Mackey           | 41:43 |
| 123rd  | Jeff Wickham           | 42:37 |
| 124th  | Nick Tomkins           | 42:39 |
| 146th  | Neil Bowles            | 43:32 |
| 154th  | Paul Nealon            | 43:44 |
| 170th  | Barry Hibberd          | 44:48 |
| 171st  | Jason Tomkins          | 44:49 |
| 183rd  | Andy Wilford           | 45:13 |
| 190th  | Keith Chambers         | 45:25 |
| 207th  | Tom Corr               | 46:31 |
| 209th  | Bernard Cherry         | 46:37 |
| 233rd  | Darren Newton          | 47:51 |
| 245th  | Nick Cox               | 49:02 |
| 249th  | Paul Geddes            | 49:21 |
| 256th  | Barry Summers          | 51:07 |
| 294th  | Clive Alexander        | 63:48 |
| 296ran |                        |       |

**Women**

|     |                      |       |
|-----|----------------------|-------|
| 1st | Nicola Clay Stilton  | 37:19 |
| 2nd | Kate Ramsey Barrow   | 38:16 |
| 3rd | Zoe Fleming Birstall | 38:19 |

**Huncote Women**

|         |                |       |
|---------|----------------|-------|
| 27th    | Jo Copeland    | 45:22 |
| 90th    | Joanne Burnett | 54:51 |
| 100th   | Marie Wilford  | 56:44 |
| 111th   | Angela Tomkins | 57:59 |
| 133 Ran |                |       |

**Overall Team Scores after 3 races**

**Men**

|     |         |         |
|-----|---------|---------|
| 1st | Wreake  | 54pts   |
| 2nd | Huncote | 48.5pts |
| 3rd | Barrow  | 47pts   |

**Vets Men**

|     |          |       |
|-----|----------|-------|
| 1st | Huncote  | 57pts |
| 2nd | Wreake   | 50pts |
| 3rd | Nuneaton | 49pts |

**Women**

|      |           |          |
|------|-----------|----------|
| 1st  | Barrow    | 150pts   |
| 2nd  | Birstall  | 139pts   |
| 3rd  | West End  | 128.5pts |
| 13th | Huncote   | 109pts   |
| 26th | Huncote B | 27pts    |

**LRRL Winter League 2007**  
**Race No. 4 - Desford 10km**  
**Sunday 11th March 2007**

Kate Ramsey underlined her full return to form and fitness with a very impressive victory over Nicola Clay, as Leicester Coritanian Dave Pearce secured a hard fought and well deserved victory at the Desford 10km.

With Series leader Gordon Lee and winner of the three previous races at Barrow, Ashby and Markfield, absent from the event, the Men's race came down to a three-way battle between a trio of the best male-vet 40 athletes in Leicestershire with Dave Pearce representing the Leicester Coritanian's, Stilton's marathon specialist Chris Southam, and the ever-consistent Ian Murdey running in the colours of Beaumont producing a fine competitive race over the roads surrounding Desford, where the 41-year-old former international Pearce prevailed in a time of 33mins 40secs, out sprinting Southam by 16 seconds to take the victory. Southam finished runner-up in 33:56 with Murdey holding off Barrow's Glen North to take third in 34:09.

For Kate Ramsey representing Barrow, this win in Desford will have produced a very satisfying victory for the 38-year-old international. Ramsey crossed the line over the 10km course in a time of 36:52 to finish twenty-three seconds clear of Clay with Barrow team mate Hannah Spotak taking third place in 39:19. Hermitage's Gemma Steel also broke the 40-minute barrier with a time of 39:42 to finish fourth. Ramsey's fine win combined with Spotak's third place keeps Barrow clear of Birstall at the top of the overall team standings.

In terms of Huncote both Joe O'Flynn and Wlodziu Kula-Przezanski, with his best race of the Winter League so far, in a competitive race to the line managed to get their noses in front of strong running from Steve Copeland, Graeme Slight and Andy Ball. Thus offering good support to Kingsley who managed to claim a top 10 finish. Brian Mackey again scored in the Team event to continue his great winter with a 7th placing for the club, but with 6 finishers in the top 40 where were the scorers to bring the Senior prize on the day? There seems to be a big gap in this 38 to 40 min 10km finishing time section for the club currently.

| <u>Men</u> |                        |       |
|------------|------------------------|-------|
| 1st        | Dave Pearce Leic Corit | 33:40 |
| 2nd        | Chris Southam Stilton  | 33:56 |
| 3rd        | Ian Murdey Beaumont    | 34:09 |

| <u>Huncote Men</u> |                       |       |
|--------------------|-----------------------|-------|
| 9th                | Kingsley Cook         | 35:42 |
| 32nd               | Joe O'Flynn           | 37:08 |
| 33rd               | Wlodz Kula-Przezanski | 37:09 |
| 35th               | Steve Copeland        | 37:17 |
| 36th               | Graeme Slight         | 37:23 |
| 40th               | Andy Ball             | 37:36 |
| 104th              | Brian Mackey          | 40:41 |
| 107th              | Keith Chambers        | 40:49 |
| 117th              | Jeff Wickham          | 41:11 |
| 125th              | Neil Bowles           | 41:35 |
| 148th              | Tony Siddon           | 42:43 |
| 151st              | Barry Hibberd         | 42:46 |
| 153rd              | Jason Tomkins         | 42:54 |
| 162nd              | Matthew Greasley      | 43:17 |
| 183rd              | Bernard Cherry        | 44:37 |
| 187th              | Paul Nealon           | 44:54 |
| 194th              | Tom Corr              | 45:15 |
| 197th              | Richard Thomas        | 45:20 |
| 199th              | Mike Tansey           | 45:24 |
| 212th              | Andrew Wilford        | 46:05 |
| 223rd              | Darren Newton         | 46:34 |
| 255th              | Tom Cann              | 50:42 |
| 275th              | Barry Summers         | 62:02 |
| 289th              | Clive Alexander       | 63:48 |
| 293ran             |                       |       |

| <u>Women</u> |                      |       |
|--------------|----------------------|-------|
| 1st          | Kate Ramsey Barrow   | 36:29 |
| 2nd          | Nicola Clay Stilton  | 36:52 |
| 3rd          | Hannah Spotak Barrow | 39:19 |

| <u>Huncote Women</u> |                 |       |
|----------------------|-----------------|-------|
| 21st                 | Jo Copeland     | 44:31 |
| 36th                 | Susan Gardner   | 47:22 |
| 39th                 | Bernadette Owen | 47:41 |
| 43rd                 | Bev Parry       | 48:46 |
| 72nd                 | Marie Wilford   | 53:07 |
| 82nd                 | Sandra Ankers   | 54:21 |
| 94th                 | Angela Tomkins  | 57:29 |
| 102nd                | Fiona Mason     | 60:19 |
| 113 Ran              |                 |       |

**Overall Team Scores after 3 races**

| <u>Men</u> |         |
|------------|---------|
| 1st        | Wreake  |
| 2nd        | Huncote |
| 3rd        | Barrow  |

| <u>Vets Men</u> |         |
|-----------------|---------|
| 1st             | Huncote |
| 2nd             | Barrow  |
| 3rd             | Wreake  |

| <u>Women</u> |           |
|--------------|-----------|
| 1st          | Barrow    |
| 2nd          | Birstall  |
| 3rd          | Stilton   |
| 10th         | Huncote   |
| 26th         | Huncote B |

During the Presentation Lunch there were also special awards for the following:  
 10 and 20 year award winners:-  
 20 Years:-

Jim Bates, Bernard Cherry, Jim Diaper, Irene Forty  
 10 Years:-  
 Tim Buckton, Gary Clark, Dave Gritton, Bernadette Owen, Dave Shields, Lesley Tansey  
 \*\*\*\*\*  
 \*\*

**Nicki Nealon attains Platinum Standard**

After missing out on the Platinum Award last year by 3 seconds, Nicki has made sure this year by achieving the relevant standard in each of her first 3 races.  
 A 10 mile time of 59.38 at the Fred Hughes, St Albans was followed by a p.b. at the Watford Half Marathon of 1.18.53. On the 25<sup>th</sup> Feb, Nicki set her 3rd fastest ever 10km time of 35.00 (32<sup>nd</sup>) at the Bourton-On-The-Water race.

In a very competitive field Nicki finished 6<sup>th</sup> Lady and 1<sup>st</sup> Vet in the fastest time she has run for 8 years. The race was won by European Jun Champ and World XC Rep Emily Pidgeon in 33.37. 2nd was Cath Dugdale, the 8 times Welsh XC Champ and Commonwealth 10,000m finalist (finishing 9<sup>th</sup>) in 34.32. The course was very flat but had just over 2 miles into a strong headwind.

\*\*\*\*\*  
 \*\*

**Other Results**

Carl Sommer made an appearance in the Draycote Water 35 on the 18th Feb 2007 finishing in 19th place in 4:35.58 behind Brian Cole of the Royal Marines/Stoke AC in 3:42.22.

He continued his build up to the Lochaber Marathon in the Belvoir Challenge, 1st was Stephen Shanks of Home Pierpoint in 4:00.32 but in 4th was Mark Wittering 4:35.46, Carl finished in 12th 4:52.14 and Keith Chambers in 25th in 5:22.00.

On March 4th Carl competed in the Milford 21, won by Philip Hails in 2:17.08, again Mark Wittering finished in 26th 2:38.27 and Carl finished in 54th in a time of 2:56.32.

Carl also appeared at Ashby, here the Huncote order was 53rd Andy Ball in 2:14.42, 81st Carl in 2:19.22, 164th Nick Nealon in 2:30.01, 182nd Amy Smith in 2:33.34, 211th Nick Tomkins 2:36.09, 397th Brian Driver 2:54.05, 546th Dave Kirby 3:10.24 671 ran.

In the Euro Vets Indoor in Helsinki Craig Sabin finished 19th in the final in 4:36.77 and 13th in his heat in the 3000m in 10:00.21.

**SUMMER TRAINING WILL MOVE BACK TO THURLASTON ON 24th APRIL & HUNCOTE ON THURSDAY**

**FIXTURES**

# Contact Details in Runners World or [www.runnersworld.co.uk](http://www.runnersworld.co.uk) Check times & details with organisers to avoid disappointment

**April**

|                   |   |                |
|-------------------|---|----------------|
| <b>Sunday 8th</b> | <b>Livingston Relay</b><br>Loughborough Univ Campus       | <b>10.30am</b> |
|                   | <b>Belvoir Half Marathon</b><br>Ian Smith ifshose@f2s £10 | <b>10.00am</b> |

**May**

|                       |   |                |
|-----------------------|---|----------------|
| <b>Tuesday 8th</b>    | <b>Silverstone 10km (EMGP)</b><br>P O Box 5752, Silverstone, Towcester, Northants, NN12 8ZF £4.50 C/D 1st May   | <b>7.30pm</b>  |
| <b>Sunday 13th</b>    | <b>Market Bosworth Half Marathon (LRRL)</b><br>Hinckley Running Club, C/O Linda Whitelegg, 39 Winchester Drive, Burbage, Leics, LE10 2BA              | <b>10.30am</b> |
| <b>Wednesday 16th</b> | <b>Rugby 6 (EMGP)</b>   | <b>7.45pm</b>  |
| <b>Sunday 20th</b>    | <b>West End 8 (LRRL)</b><br>Syston Rugby Club, Barkby Road, Queniborough<br>Glynn Smith, 24 Edenhall Close, Leicester, LE4 7ZU 01162 669964 £5 E/D £2 | <b>10.30am</b> |
| <b>Wednesday 23rd</b> | <b>Bedford 6 (EMGP)</b>   | <b>7.45pm</b>  |
| <b>Wednesday 30th</b> | <b>Corby 5 (EMGP)</b>   | <b>7.45pm</b>  |

**June**

|                       |  |                |
|-----------------------|--|----------------|
| <b>Sunday 3rd</b>     | <b>Swithland 6 Miles (LRRL)</b><br>Griffin Inn, Main Street Swithland<br>Entries through the Club, £5 or +£2 E/D | <b>10.30am</b> |
| <b>Tuesday 5th</b>    | <b>Weedon 10 km (EMGP)</b>   | <b>7.45pm</b>  |
| <b>Tuesday 12th</b>   | <b>Banbury 5 Miles (EMGP)</b>  | <b>7.45pm</b>  |
| <b>Wednesday 13th</b> | <b>Rothley 10km</b>  | <b>7.15pm</b>  |
| <b>Tuesday 19th</b>   | <b>Market Harborough 5 Miles (EMGP)</b>  | <b>7.45pm</b>  |

**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](http://www.huncoteharriersac.co.uk)**

For further information on the Leicestershire scene and links check out the [Leicesterathletics.net](http://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 01455 888544 or by e-mail at: [Michael.tansey@uk.royalsun.com](mailto: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.