

July
2007

HUNCOTE HARRIERS ATHLETIC CLUB

THE HARRIER
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Big Huncote Turnout at Hungarton

LRRL Summer Race 4 Hungarton 7 – Wednesday 11th July 2007

Tim Hartley and Jane Potter won the Hungarton 7 mile race, the latest round of the 2007 Leicestershire Road-Running Summer League campaign.

Hartley (39) representing his second claim club Barrow Runners held off the challenge of Leicester Owls Gordon Lee to take the win over what is regarded by many as the toughest course in the county by a margin of 15 seconds in a time of 35mins 46secs. Lee's team mate Steve Platts was third in 37:03 with Derby Runner Cross Country champion Phil Chritchlow fourth in 37:48.

Jane Potter winner of the previous round at Swithland prevailed in the Women's race ahead of Leicestershire's top two British Masters internationals Nicki Nealon (Huncote) and Kate Ramsey (Barrow).

Potter representing Charnwood won in a time of 39:47 with Nealon, who secured the East Midland Road Running Grand Prix Series title at Milton Keynes the previous week, second in 40:58, and Ramsey third in 41:29.

Senior Men

1st Tim Hartley Barrow AC 35:46 2nd Gordon Lee Owls AC 36:01
3rd Steve Platts Owls AC 37:03

Senior Women

1st Jane Potter Charnwood AC 39:47 2nd Nicki Nealon Huncote 40:58
3rd Kate Ramsey Barrow AC 41:29

Huncote All

15th Kingsley Cook 40:56 33rd Dave Eggington 42:15 43rd Andy Ball 43:27
44th Graeme Slight 43:29 53rd Mike Bradford 43:58 57th Wlodziu Kula-Przewanski
44:08 89th Keith Chambers 46:13 93rd Nick Taylor 46:25
106th David Hollingshead 47:16 129th Brian Mackey 48:32 135th Neil Bowles 48:45
161st Paul Nealon 49:27 167th Jeff Wickham 49:34 176th Tony Siddon 49:46
177th Martin White 49:47 178th Barry Hibberd 49:48 187th Paul Guess 50:03
196th Jason Tomkins 50:25 208th Andy Wilford 51:03 235th Mike Tansey 52:34
243rd Tom Corr 53:02 245th John O'Sullivan 53:09 247th Nick Cox 53:14
283rd Paul Geddes 54:59 297th Duncan Foley 55:42 298th Sue Gardner 55:43
318th Jane Taylor 56:48 323rd Bernadette Owen 57:08 325th Richard Thomas 57:11
344th Bev Parry 58:24 383rd Marie Wilford 60:57
451 ran

In the team events the Mens Teams finished 6th and the Women's Team 7th on the night.

EAST MIDLANDS GRAND PRIX – Race 4 – Corby 5 – Wednesday 30th May 2007

Gordon Lee and Beth Eburne secured their first individual victories of East Midland Road Running Grand Prix Series as Leicestershire athletes dominated the latest round at the Corby 5 in Northamptonshire. Lee, the 40-year-old defending Series champion and winner of the race in 2006 led home the field of 320 runners as he and fellow Leicester Owls team mate Steve Platts completed a 1-2 in the race with Lee winning by a margin of ten seconds in a time of 26mins 08secs. Matthew Almond representing Rugby & Northampton AC was third in 26:40.

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British marathon international Beth Eburne returned to form to complete a comfortable victory having finished runner-up at the opening race at Silverstone, the 25-year-old representing Hinckley Running Club crossed the line in a time of 28:43 virtually out on her own ahead of the winner of the previous two races in the series, Huncote's prolific road-racer Nicki Nealon.

The 39-year-old British Masters international who by finishing second (29:30) consolidated her position at the top of the overall standings with three races to go, Kirsty Whigham of Wootton Road Runners was third in 30:13.

Huncote

14th	Craig Sabin	29:25
15th	Nicki Nealon	29:30
36th	Wlodziu Kula-Przewanski	30:43
135th	Mike Tansey	35:29
149th	Nick Nealon	36:16
227th	Deb Hulbert	40:12

EMGP Race 5 – Weedon 10km – Tuesday 5th June 2007

Nicki Nealon virtually guaranteed herself the overall individual EMGP title by winning the Weedon 10km in Northamptonshire.

Having finished runner-up to Bedford's Jo Wilkinson in the race last year, Nealon claimed a fine victory in a time of 37mins 25secs, finishing seventeen seconds ahead of Kirsty Wigham from Wootton RR, with Coventry Godiva H Myshola Kirkham taking third in 38:43.

Matthew Almond representing Rugby & Northampton AC, third at Corby last week, was victorious in the Men's race finishing in a time of 33:19, crossing the line almost a minute clear of Wootton's Phil Melling, second in 34:12, with Northbrook's Nathan Holmes taking third just five seconds adrift in 34:17.

Huncote

14th	Nicki Nealon	37:25
125th	Paul Nealon	43:59
131st	Mike Tansey	44:18
170th	Nick Nealon	46:38
234th	Sarah Tresler	51:19
302nd	Laura Tresler	64:48
305th	Laura Jeffs	66:57

EMGP Race 6– Banbury 5 Miles – Tuesday 12th June 2007

Simon Cotton and Nicki Nealon secured solid second place finishes at the Banbury 5 in the latest round of the EMGP Series. Cotton (39) representing the Leicester Owls crossed the line in a time of 26mins 56secs to finish runner-up to Matthew Almond by a margin of 31 seconds, as the Northampton athlete gained his second victory of the 2007 eight-race series following his win at Rugby, the 25-year-old produced a fine solo performance to win in 26:56. Northbrook's Nathan Holmes was third in 26:59, just three-seconds adrift of Cotton.

In the Women's race Huncote's Nicki Nealon, chasing her seventh individual overall title having previously won in 1999, 2000, 2002, 2003, 2004 and 2005, also secured second place in the race dominated by Leamington's Sue Harrison.

The 35-year-old eased to comfortable victory in 28:16, well over a minute clear of Nealon, however, Nealon still holds a strong lead in the series. This was her second runner-up position having secured three race victories at Rugby, Bedford and in Weedon the previous week.

Huncote

14th	Craig Sabin	28:50
19th	Nicki Nealon	29:20
129th	Paul Nealon	34:28
168th	Nick Nealon	35:47

EMGP Race 7– Harborough 5 Miles – Tuesday 19th June 2007

Gordon Lee and Nicki Nealon secured victories at the Golden Wonder Harborough 5, the penultimate leg of the 2007 EMGP.

In warm humid conditions Lee representing Leicester Owls crossed the line in a time of 26mins 05secs to take a comprehensive win finishing over 41 seconds ahead of second place Nathan Holmes of Northbrook. Wootton's Phil Melling was third in 26:50.

In the Women's race Nicki Nealon, the six-times Grand Prix champion, sealed title number seven with another dominant performance, winning ahead of her closest rival in the standings, Wootton's Kirsty Wigham, in a time of 29:07.

Huncote

18th	Nicki Nealon	29:07
42nd	Mike Bradford	30:11
50th	Graeme Slight	30:22
121st	Neil Bowles	33:31
122nd	Paul Nealon	33:36
123rd	Jeff Wickham	33:37
165th	Nick Nealon	34:50
199th	John Heywood	36:19
207th	John O'Sullivan	36:26
269th	Bernadette Owen	38:46
286th	Sarah Tresler	39:28
321st	Deb Hulbert	41:05
407th	Laura Jeffs	52:05
409th	Laura Tresler	52:55

EMGP Race 8– Milton Keynes 10km – Tuesday 3rd July 2007

Nicki Nealon completed her seventh EMGP championship success in real style with victory at the Milton Keynes 10km, securing her fifth individual win of the eight-race series.

The 39-year-old Huncote Harrier crossed the line in Milton Keynes in a time of 36mins 22secs to take victory ahead of her closest rival for the championship, Wootton's Kirsty Wigham who finished 2nd in the race with a time of 36:53, which gave her the runner-up position in the overall standings. In the Men's race Matthew Almond representing Rugby & Northampton won in a time of 32:20 ahead of Leicester Owls Steve Platts (32:27), with Nathan Holmes of Northbrook third in 33:00.

Huncote

17th	Nicki Nealon	36:22
131st	Paul Nealon	43:00
139th	Nick Nealon	43:15

Overall EMGP Results

<u>Senior Women</u>		
27th	Sarah Tresler	106pts
32nd	Laura Jeffs	215pts
42nd	Laura Tresler	187pts
<u>V35</u>		
1st	Nicki Nealon	5pts
<u>V40</u>		
13th	Deb Hulbert	38pts
<u>Men</u>		
<u>V40</u>		
22nd	Paul Nealon	129pts
<u>V45</u>		
13th	Nick Nealon	92pts
32nd	Craig Sabin	tba

Teams

Huncote Senior Women 8th & Men 15th.

**Prestwold 10km
(Incorp. Leics County 10km RR
Champs), Prestwold Hall, Leics
Sunday 1st July 2007**

Tim Hartley and Tara Krzywicki were the winners of the inaugural Prestwold 10km race that incorporated the Leicestershire County Championships held at The Everyman Motor Racing Circuit in the grounds of Prestwold Hall on the outskirts of Loughborough.

Tara Krzywicki crossed the finished line to take the chequered flag in a time of 35mins 45secs. Second place went to another prolific road-racer, Huncote's Nicki Nealon, finishing in 36.58 to take Silver with fellow British Masters international Kate Ramsey claiming Bronze in fifth place in 38:49. Marathon specialist Jane Preen representing Milton Keynes was third overall in 37:16.

Tim Hartley representing Notts AC, recovering from a cold, won the Men's race as the 39-year-old Loughborough based athlete finished ahead of Coventry Godiva Harrier Scott Hazell having past him at the 7km point to pull clear of the field and take victory in a time of 32:00.

Martin Whitehouse was third for Notts AC in 32:39 with Charnwood's Mark Couldwell (33:09) in fourth place taking the Silver medal in the Leicestershire championships as Beaumont's ever-consistent Phil Chritchlow finished fifth in 33:50 to take Bronze. Mike Bradford, Wlodziu Kula-Przewanski & Paul Nealon also took part for Huncote.

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**Old Barn 10km at Glooston -
Glooston Leics –
Saturday 16th June 2007**

Tara Krzywicki's rich vein of form on the roads continued with another fine victory at The Old Barn 10km held for the first time over a two-lap course surrounding the village of Glooston in Leicestershire. Krzywicki crossed the line clear of the field by a margin of 13 seconds to take a fine win in a time of 36mins 27secs to compete her fourth race victory in five weeks.

Second place went to Barrow's Kate Ramsey in a time of 36:40. Nicki Nealon finished 3rd in a time of 37.55.

In the Men's race a pack of five athletes made the early pace over the opening stages with a group that had Leicester Coritanian Dave Pearce and Beaumont's Phil Chritchlow well to the fore going

through the opening mile with a split time of 5:14.

Pearce opened up a small gap at Church Hill with Chritchlow in pursuit, however, the threat was to come in the shape of George Elliot Strider Garry Payne.

The destination of the race victory came down to the final tough and demanding steep climb out of Cranoe as Payne and Chritchlow went past Pearce to built an unassailable 30 metre advantage which they were to hold until the finish line as Payne after a sprint finish completed victory by just one second ahead of Chritchlow in a time of 34:19.

The early leader Pearce had to settle for third place in 34:48.

Race organiser Dave Lodwick was pleased with turnout of 123 for the inaugural event especially with the high level of Leicestershire's top female international athletes in the field.

Men

1st	Garry Payne GES	34:19
2nd	Phil Chritchlow Beaumont	34:20
3rd	Dave Pearce Leic Corit	34:48

Women

1st	Tara Krzywicki Charn	36:27
2nd	Kate Ramsey Barrow R	36:40
3rd	Nicki Nealon	37:55

Huncote

18th	Andy Ball	38:54
19th	Mike Bradford	38:57
20th	Graeme Slight	38:59
61st	Paul Nealon	44:12
69th	Andy Wilford	45:35
77th	Tom Corr	46:35
83rd	Colin Pickering	48:18
92nd	Irene Forty	51:39
105th	Marie Wilford	55:12

Team

1st	Charnwood	43pts
2nd	Beaumont	45pts
3rd	Huncote	50pts

Team Heywood have figured in a number of races in the last few months and here are the details:

Kenilworth Runners Hilly Challenge 11km
Garry Payne was 1st in 36:59 followed in by Mick Bradford in 15th place in 41:50 and 1st MV50 and John Heywood 1st MV60 in 45:37.

Wreake Stomp

The winner Matt Giles finished in 46:04 followed in 12th by John Heywood in 55:14.

County Track 10000m

Won by Mark Powell of the Owls in 30:13.3 followed in 13th by Mick Bradford in 37:46.0

**Midlands Masters Track & Field Champs –
Solihull**

Mick Bradford and John Heywood both won Gold for the 5000m at MV 50 & MV60 respectively in times of 18:01.2 and 21.04.1

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Wlodziu Kula-Przewanski also took in a number of Midlands road races over the Summer. Coventry Midsummer 5 on Weds 27th June finishing 44th out of 323 in 30:16. He followed this up with 25th in the Warwickshire Midsummer 6 on Sat 7th July out of 235 in 36:55. Then the Notts AC 5 on Weds 26th July in 29:47 for 31st place in a field of 288.

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**Rothley Lions 10km –
Wednesday 13th June 2007**

Gordon Lee and Kate Ramsey were the individual winners of the 22nd staging of the Rothley Lions 10km held in rainy humid conditions.

The 39-year-old Ramsey representing Barrow Runners crossed the line in a time of 36mins 27secs to take victory, just four seconds outside of the course record set by Beaumont's Diane Lobacevske in 2005. In the Men's race Leicester Owls Gordon Lee ran virtually solo to take a comfortable victory in 32:51 to finish well over half-a-minute ahead of runner-up Ashley Sabin (33:28) representing Notts AC. Charnwood's Mark Couldwell was third in 33:44.

Huncote Harriers 10km Club Championships & Handicap – Tuesday 26th June 2007

A complete contrast to last year with temperatures only around 14 degrees rather than the 30 degree heatwave of last year. Congratulations to Dave and Andrea, for taking the Club Championship Titles; in both cases it is their first Title for the Club. The biggest turnout for at least 6 years made it an enjoyable evening, even though a little stressful for the Handicapper with so many new faces.

It was interesting to note that a number of people were running times substantially quicker than in the League races; does the Handicap format make people more competitive?

There were a number of very good performances; but the best on the night must go to Phil Watts, who improved on last years time by a massive 6 mins 47 secs and Marie Wilford who reduced her last years time by 6 mins 16 secs. Other notable improvements were from John O'Sullivan (4.43), Darren Newton (4.34), Bev Parry (4.23) and Nick Cox (4.12). What chance had the Handicapper got! Last years Champion Kingsley had to accept the runners up spot with a time 4 secs slower, he is the only person to run slower than 2006, it must be because he didn't have Nicki to chase! Or maybe he just prefers the excessive heat! Mike Bradford took a fine 3rd place, this follows his hat trick of runner up positions (2002,2003 & 2004) since the Handicap system commenced.

I have to just mention the impressive run by Carl, less than a month after his successful completion of the Grand Union Canal Run, 145 miles in distance! - 10 km is not worth getting changed for!

With Andrea setting a cracking time for the Ladies, it was left for a much tighter fight for the runners up position with Bev (47.18), also runner up in the Handicap itself, getting the better of newcomers Sue Gardner (47.58) and Sarah Tresler (48.46).

The first back across the line was another newcomer Paul Nicholson, who took the Handicap Title running a strong race and looks a good asset to the Club.

Lastly the nearest to Handicap Time was Angie Tomkins who ran according to the script and was only 1 sec outside her allotted time.

Thanks to all helpers, it was much appreciated, especially the well laid out food.

One final thing linked to the Leicestershire Road Running League; Huncote have almost certainly won the Vets Title, but we would also like to take the Overall Title as well. To do so we need to win the final 2 events. Team results consist of the top 8 men (all ages count); therefore I would encourage all those that took part in the Handicap to have a go and give the Club a chance.

The Ladies also have a chance to get inside the top 3, so same encouragement applies. Races remaining are :

Joy Cann 5 Miles Wed. Aug. 1st (Our own race from Huncote Leisure Centre) OWL'S John Fraser 10 Miles Sun. Sept.2nd, Enter Individually or through Mike Tansey (Team Manager).

HANDICAP TIME

BASE TIME 60.00

1	Paul Nicholson	56:46	
2	Bev Parry	57:18	
3	Marie Wilford	57:48	
4	Steve Seal	57:50	
5	John O'Sullivan	58:05	
6	Neil Bowles	58:14	
7	John Heywood	58:16	
8	Nick Cox	58:24	
9	Paul Geddes	58:40	
10	Carl Sommer	58:41	
11	Dave Eggington	58:42	
12	Martin Slipp	58:44	
13	Duncan Foley	58:48	
14	Paul Guest	58:54	
15	Richard Thomas	58:55	
16	Paul Nealon	58:57	
17	Jo Burnett	58:58	
18	Tony Siddon	58:59	
19	Jeff Wickham	59:15	
20	Sarah Tresler	59:16	
21	Sue Gardner	59:28	
22	Barry Hibberd	59:40	
23	Darren Newton	59:45	
24	Andy Wilford	59:49	
25	Steve Wright	59:55	
26	Angie Tomkins	60:01	
27	Jason Tomkins	60:02	
28	Andrea Sommer	60:05	
29	Mike Bradford	60:07	
30	Graeme Slight	60:10	
31	Phil Watts	60:12	
32	Keith Chambers	60:44	
33	Dave Hollingshead	60:45	60:45
34	Kingsley Cook	60:56	
35	Laura Jeffs	61:32	
36	Nick Tomkins	61:34	
37	Laura Tresler	61:46	

10KM CHAMPIONSHIP MEN

1	Dave Eggington	36:27	
2	Kingsley Cook	36:51	
3	Mike Bradford	37:57	
4	Graem Slight	38:10	
5	Carl Sommer	38:11	
6	David Hollingshead	39:45	39.45
7	Keith Chambers	40:14	
8	Neil Bowles	40:54	
9	Paul Nealon	41:47	
10	Jeff Wickham	42:05	
11	Paul Guest	42:09	
12	Paul Nicholson	42:16	
13	Tony Siddon	42:19	
14	Nick Tomkins	42:34	
15	Steve Wright	42:40	
16	Darren Newton	42:55	
17	Barry Hibberd	43:00	
18	Jason Tomkins	43:17	
19	John O'Sullivan	43:45	
20	John Heywood	43:46	
21	Andy Wilford	43:59	
22	Martin Slipp	44:44	
23	Phil Watts	46:12	
24	Duncan Foley	46:18	
25	Nick Cox	46:24	
26	Paul Geddes	46:50	
27	Richard Thomas	50:10	
28	Steve Seal	53:20	

LADIES

1	Andrea Sommer	42:20
2	Bev Parry	47:18
3	Sue Gardner	47:48
4	Sarah Tresler	48:46
5	Marie Wilford	51:48
6	Jo Burnett	51:58
7	Angie Tomkins	57:01
8	Laura Jeffs	63:42
9	Laura Tresler	63:46

FIXTURES

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

August

Sunday 5th	Leicester Round – see Mike Tansey/Nick Nealon Alternatively look at the website, any supporters helpers greatly excepted.	All Day
Friday 10th	Formula 1 Jagermeister 10km Nottingham Univ Campus, John Tidmarsh, raceinfo@formulaonecc.co.uk , £7, £9/D	7pm
Sunday 12th	Newark Half Marathon Market Place Newark, Kate.else@tiscali.co.uk £10, £12/D	10.20am
Wednesday 22nd	Hinckley Area Charity Fun Run 5km Mallory Park Race Track, Kirkby Mallory £6, LOROS Hospice, Groby Road, Leicester LE3 9QE	6.30pm

September

Saturday 1st	Swinford 10.6 Challenge Run & 5.3 Community Run £6 Entry Fee, Lutterwoth see www.swinford2000.co.uk	Swinford	11am
Sunday 2nd	Owls John Fraser 10 (LRRL) M Stiff, 40 Cranesbill Rd, Hamilton, Leicester LE5 1TA £6, £8/D	Countesthorpe	10.30am
Sunday 9th	Hemitage 10km Hermitage Leisure Centre, Silver Street, Whitwick, LE67 5EU, £6		11am
Sunday 16th	Sweatshop Robin Hood Nottm Marathon & Half Marathon Check website & Running Magazines for details £22.50	Nottingham	10.05am

Looking further ahead from September onwards events to keep an eye out for are:

Leicester Marathon & Half Marathon Mid October 2007 9.15am Victoria Park – Half will be full!!

North Midlands Cross Country race series

Daventry 6 miles Road Race

Hartshill heartbreaker in Nuneaton

Septemner 30th BUPA Great North Run

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, 2006 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.