



ISSUE 147

APRIL 2010

THE OFFICIAL NEWSLETTER OF HUNCOTE HARRIERS ATHLETIC CLUB

THE HARRIER

MARK GREGORY & JASON TOMKINS BATTLE IT OUT AT THE BOWLINE

CHARNWOOD HILLS RACE - Sunday 7th February

There was a good tussle for first placed Harrier between Mark Gregory and Jason Tomkins in this tough 14 mile fell race around Bradgate Park. The Bowline race is billed as the hardest race in Leicestershire, and is the only race in the county on the F.R.A. calendar. This year the race was a lot muddier in the opening and closing miles and, therefore, harder than the firm going of last year and most runners looked in a state of exhaustion as they crossed the line.

Jason Tomkins continues his improvement and knocked 5 minutes off his last year's time to run Mark Gregory close. Mark had a fine run and looked more comfortable than most when he crossed the finishing line. Joe O'Flynn improved on recent races and ran well to beat the 1 hour 50 minute barrier. Perhaps the race revelation as far as the Harriers were concerned was Simon Jones who chased Mike Tansey home to finish just outside 2 hours - just reward for some hard training in recent months.

For the ladies, Bev Parry impressed as she turned the tables on her rival, Sue Gardner, managing to get away in the closing stages. Well done too to Jo Burnett and Marie Wilford for

coping with the conditions well.

1. Pete Swaine (Charnwood) 1-27-22
2. J.Jameson (Unattached) 1-27-53
3. C.Mattocks (Wootton RR)1-31-34
26. K.Jenkins (Wootton RR) 1-40-25
48. E.Ault (Barrow) 1-45-44
51. Sally Newman (Calder) 1-46-16

HUNCOTE

- | | | |
|-----|----------------|---------|
| 54 | Mark Gregory | 1-46-32 |
| 61 | Jason Tomkins | 1-47-11 |
| 68 | Joe O'Flynn | 1-48-30 |
| 164 | Mike Tansey | 1-59-54 |
| 166 | Simon Jones | 2-00-03 |
| 186 | Paul Nealon | 2-02-25 |
| 200 | Tom Corr | 2-03-40 |
| 219 | Edwin Van Dijk | 2-06-17 |
| 243 | Andy Wilford | 2-08-51 |
| 249 | Richard Thomas | 2-09-49 |
| 281 | Nick Cox | 2-13-57 |
| 307 | Bev Parry | 2-17-24 |
| 310 | Sue Gardner | 2-17-57 |
| 356 | Jo Burnett | 2-25-28 |
| 358 | Marie Wilford | 2-25-35 |
| 365 | Mick Butler | 2-26-51 |

Lesley Cann to tackle London Marathon for charity

Huncote Harriers' Membership Secretary, Lesley Cann, is stepping out for charity in this year's London Marathon and hopes to raise a large amount of money for the Huncote Animal Aid Centre, a "pet" charity of hers, if you will pardon the pun! Lesley already has pledges for over £1000 and wants to raise more. This is a local charity which the Harriers, as a club, has supported many times in the past and is well deserving of our help as it relies on voluntary support.

Lesley is still taking pledges and can be contacted via e/mail: lesley.cann@westleigh.co.uk

Open 10,000m Track Race Saffron Lane Sports Stadium

Thursday 15th April - 7-00pm

The Leics & Northants Athletic Associations are promoting their annual 10k track championship at Saffron Lane, Leicester. County medals are up for grabs for male and female juniors, seniors and masters. Qualifying age for masters is 35+ for ladies and 40+ for men.

There are not many opportunities to run 10k on the track, so this is your chance! Our John Heywood is taking entries, and enquiries can be made to John via e/mail as follows:

John.heywood@hotmail.co.uk or by phone 01162841519 or in person on club nights

PRESENTATION NIGHT

Royal Oak, Kirby Muxloe.

On Friday 19th January, Huncote Harriers held its annual presentation evening incorporating a buffet and disco at the Royal Oak, Kirby Muxloe. What a great night it was with the event attracting good support amongst members. A big thank you goes to social secretary, Paul Nealon, and the committee for the organisation. Special thanks to Viv Pickering and Lesley Cann for sorting the service awards and prizes. The disco started a little slowly, as it generally does, but a quiet word in the d.j.'s ear to advise him that we were not a lot of old fuddy-duddies did the trick and everybody was soon on the floor!

Graeme Slight and Andy Wilford presented the awards as follows:

Club Cross Country Champions (held in conjunction with the County Championship)

MEN

1st Carl Sommer
2nd Dave Egginton
3rd Chris Talbot

LADIES

1st Nicki Nealon
2nd Claire Quigley
3rd Sue Gardner

Congratulations to the ladies for finishing 2nd team in the County ladies race (Claire Quigley, Seema Patel and Alison Adcock being the counters) and for finishing 2nd in the masters race (Nicki Nealon, Sue Gardner and Bev Parry the counters).

The Club Standard awards are becoming more popular - it is a good incentive to improve personal running standards and is a fair way of assessing performance across different sexes and age groups.

Copper

Julie West
Mick Walton

Bronze

Jo Burnett
Tom Corr
Nick Cox
Paul Guest
Richard Thomas
Jason Tomkins

Silver

Sandra Ankers
Sue Gardner
Claire Quigley
Bev Parry

Gold

Graeme Slight
Phil Watts

Platinum

Nicki Nealon

Long Membership Awards

10 Years

Barry Summers
Mike Tansey

20 Years

Sue Edwards
Pauline Milner
Julie Shepherd

Andy Wilford commented on the success achieved by the ladies during the year and it was particularly fitting that the best newcomer award was won by Seema Patel. However, special mention was also made of Alison Adcock, Helen Bennett and Claire Quigley for their efforts.

LEICESTERSHIRE WINTER ROAD RACE LEAGUE 2010

Unfortunately, freezing weather led to the cancellation of the third fixture in the league at Kibworth. The League season resumed at Asfordby with fixture 4.

STILTON "7" Asfordby Mine Sunday 7th March

There were some reasonable times recorded on the course in spite of the hills.

This is a good classic road race course with 2 laps to run of a tough circuit with a steep climb by the church and another climb out of Asfordby on each lap most people's times were slightly down on recent races. Nevertheless, Graham Fenton, produced a good performance to underline recent progress. Great to see fast Eric running again as he just got the better of Nicki Nealon on the run in to the finish. Further down the field, Brett Melhuish and Jason Tomkins also had a ding-dong finish. A warm welcome too for Ashley Payne who was on his first race for the Club and who looks to have some potential.

1st Gordon Lee (Leic Cor) 36-50
2nd Alastair Watson (Herm) 37-19
3rd Phil Critchlow (Beaumont) 38-05

28th Clare Mensley (Charnwood) 41-54
33rd Nicola Clay (Stilton) 42-24
39th Nicki Nealon (Huncote) 42-58

HUNCOTE PLACINGS

21	Graham Fenton	41-19
38	Eric Carter	42-58
39	Nicki Nealon	42-58
41	Marvin Ryan	42-59
52	Graeme Slight	43-24
61	Chris Talbot	44-25
82	Brett Melhuish	45-49
83	Jason Tomkins	45-49
93	Keith Chambers	46-53
107	Ashley Payne	47-17
111	John Carnegie	47-36
124	Claire Quigley	48-19
138	Duncan Foley	49-28
150	Andy Wilford	50-07
156	Mick Walton	50-28
164	Mike Tansey	51-13
167	Jeff Wickham	51-20
176	Paul Nealon	51-44
181	Simon Jones	52-05
182	John O'Sullivan	52-06
225	Richard Thomas	54-24
244	Bev Parry	55-44
255	Sue Gardner	56-33
259	Debra Hulbert	56-59

/continued page 4

ENGLISH NATIONAL CROSS COUNTRY CHAMPIONSHIP

Roundhay Park - Leeds Saturday 27th February

John Heywood managed to coax a useful team out for this year's National Cross Country Championship at Leeds. The 12K course was generally quite good without any bottlenecks but was very muddy in parts making it a hard but fair test. Race winner, Andy Vernon of Aldershot, Farnham & District with a recent indoor 3000m victory over Mo Farah justified his favourite status (in the absence of Mo Farah) by winning the men's race from ex Leicester Coritanian, Moumin Geele, now running with Mo Farah for Newham & Essex Beagles.

Huncote Harriers had the only complete team from Leicestershire in the men's race and finished 93rd out of 107 teams. Dave Egginton again led home the Harriers but special thanks to Paul Guest and John Heywood who stepped in at the

last minute to cover for Harriers who were unable to run on the day, thereby making up the team.

1. Andy Vernon (AF&D) 38-01
2. Moumin Geele (Newham) 38-10
3. Steve Vernon (Stockport) 38-20
4. Neilson Hall (Bedford) 38-44
29. Tim Hartley (Notts AC) 40-28
(first Leics athlete)

HUNCOTE

- | | | |
|------|---------------|-------|
| 633. | Dave Egginton | 50-46 |
| 832 | Mark Gregory | 53-30 |
| 850 | Jason Tomkins | 53-42 |
| 901 | Paul Guest | 54-34 |
| 935 | Andy Woolley | 55-08 |
| 1287 | John Heywood | 63-04 |

TEAMS (6 to count)

- | | | |
|------|------------------|---------|
| 1st | AF&D | 182pts |
| 2nd | Leeds City | 208pts |
| 3rd | Bedford & County | 291pts |
| 93rd | Huncote | 5438pts |

Interestingly, in the ladies' race, Steph Twell won for AF&D and gave her Club a good chance to win a men's and Ladies' team double. However, some great packing by Charnwood's girls, even in the absence of Tara Krzywicki, managed to rob AF&D of top spot. Another great result for Gemma Steel (16th place), who with Jane Potter (11th), Hannah Whitmore (12th) and Sarah Maude (34th), won the gold medals for Charnwood. This caps a fine season for Gemma with individual wins in the County and the Midland Championships and team wins in the County and National.

OLD RACE REPRISÉ

By The Editor

After a fairly successful cross country season by the Club it started me thinking about the early days of cross country by the Club. One of my early memories of cross country was the 1985 County Championship, the first "county" in which the Harriers participated. I am indebted to John Heywood for supplying a copy of the result sheets which make interesting reading.

The racing took place on a very cold January Saturday afternoon at Loughborough University on the playing fields. In the week prior to the race there had been snow and parts of the course were very icy. My only memory of the race is falling headlong in the first 50 metres in the icy conditions. Fortunately, no harm was done and I was up and running again

straightaway. The episode did lead to my purchasing a pair of spikes from Dave Lem's "Running Shop" at the earliest opportunity!

Looking through the results, the quality of the field in some of the races was exceptional and probably amongst the best ever Leicestershire County Championships to take place. The junior ladies' race was a good example:

- 1st Maxine Newman (GB representative 1992 Barcelona Olympics at 800 metres).
- 2nd. Lisa York (GB representative 1992 Barcelona Olympics at 1500 metres)
- 3rd. Helen Titterington (later to become England senior ladies cross country champion). Back in 14th place was Davina Manship, 1 minute and 40 seconds behind, later to become a senior county champion.

In the combined ladies' senior and intermediates' race there was one Nicki

Nealon (nee Lee) then running for Leicester Coritanians in 13th place (6th intermediate)

The senior men's race was almost as good with Jack Buckner (European Games 5000 metres champion 1986) in front of Adrian Royle (American Collegiate Champion) and Dick Callan of Harborough who was a GB 5000 metre international. John Heywood showed his prowess over the country finishing in 20th place and beat some good runners including Bob King, then in Leicester Coritanian colours, and multi marathon winner, Roger Edwards, also of Coritanians. Other runners to figure in the senior men results were George Gandy (a UK national coach) in 38th place (4th vet) and our own Graeme Slight, then running for GEC, in 86th place (44-19).

HUNCOTE HARRIERS

- | | | |
|------|--------------|-------|
| 20th | John Heywood | 40-10 |
|------|--------------|-------|

31st Trevor Longman	40-58
57th Tom Cann	42-33
60th Mick Carter	42-49
76th Phil Watts	43-46
87th Mark Wittering	44-21
97th Keith Lock	44-52
98th Malc Pantling	44-58
129th John Hemingway	47-06
139th Paul Rachael	48-39
145th Kevin King	48-57
159th Jeff Wickham	50-51
165th Brian Mackey	51-50

Winner: Jack Buckner (Charnwood AC 35-24)

A marked difference in the races of those days compared with those of today was the shortage of veteran runners who took part. The first veteran in the 1985 race was the great Ron Grove back in 14th place (39-30). Nowadays veterans tend to dominate the races in the numbers taking part and are also prominent nearer the front, probably not good for the sport as it is evidence of declining standards.

In the youths race that year was one Eric Carter, then running for Lutterworth School, and later to become one of the top Huncote Harriers. Eric finished in 11th place behind winner, Trevor Hodgkinson of Leicester Coritanians, Andy Bourne and Nick McCaffrey.

ASHBY "20"

A very large Huncote turnout faced the starting pistol for this year's race which has grown in importance over recent years as a fitness test for aspiring London marathoners.

Mark Gregory showed he has sub 3 hour marathon potential by finishing in a fine 2-19-57 not far in front of Paul Guest. Paul did exceptionally well as he had quite a hard training session the previous morning at Jubilee Park! Claire Quigley was first Huncote lady home in 2-32-19 and is returning to her form of last year

when she produced her outstanding Edinburgh Marathon result.

1st Richard Kay (Notts AC)	1-52-48
2nd Phil Critchlow (Beaumont)	1-56-13
3rd James Ellis (Clapham)	1-57-30
20th Lou Collins (Formula 1)	2-08-07
38th Jane Ovington (MK)	2-14-24
46th Jenni Muston (Charnwood)	2-15-50

HUNCOTE

65.	Mark Gregory	2-19-57
73.	Paul Guest	2-21-36
81.	John Carnegie	2-23-31
124.	Alastair Woollard	2-29-17
150.	Claire Quigley	2-32-19
172.	Andy Wilford	2-35-34
235.	Colin Staff	2-40-32
269.	Stephen North	2-42-56
331.	Paul Nealon	2-47-35
361.	Tom Corr	2-49-31
394.	Richard Thomas	2-52-02
464.	Marie Wilford	2-57-46
487.	Lee Turner	2-59-34
488.	Gareth Davies	2-59-34
507.	Sue Gardner	3-01-20
569.	Bev Parry	3-07-15
570.	Simon Jones	3-07-15
608.	Jo Clarke	3-10-48
687.	Seema Patel	3-22-22
749.	Chris Newton	3-35-24
750.	Angie Tomkins	3-35-24

Leicestershire Winter Road Race League Stilton 7 results/continued from page 2

275	Sarah Tresler	58-23
278	Alex Carter	58-41
288	Marie Wilford	59-50
293	Julie West	60-06
341	Seema Patel	68-59
350	Laura Herbert	71-58

Markfield 10K Sunday 21st March

The last fixture in the League and an-

other good Huncote turnout with Graham Fenton again leading home the Huncote finishers. Brett Melhuish had another good race whilst the Saturday morning training regulars, Paul Guest, Jason Tomkins and Andy Woolley continued their improvements. In the ladies' race, Nicki Nealon had a great battle with Clare Mensley, one of Charnwood's crop of young stars, and narrowly missed out on victory by a mere 5 seconds.

1st Alastair Watson (Herm.)	33-12
2nd Phil Critchlow (Beaumont)	33-40
3rd Gareth Deacon (Leic C)	34-02
41st Clare Mensley (Charn.)	37-35
42nd Nicki Nealon	37-40
54th Catherine Draper (Barrow)	38-21

HUNCOTE

14.	Graham Fenton	35-55
20.	Kingsley Cook	36-09
42.	Nicki Nealon	37-40
55.	Graeme Slight	38-24
61.	Brett Melhuish	38-39
63.	Chris Talbot	38-49
80.	Paul Guest	39-41
85.	Jason Tomkins	39-54
88.	Andy Woolley	40-03
111.	Ashley Payne	41-09
113.	Keith Chambers	41-11
115.	John Carnegie	41-18
168.	Colin Staff	43-53
173.	Duncan Foley	44-04
174.	Mick Walton	44-12
187.	John O'Sullivan	45-01
203.	Paul Nealon	45-47
207.	Jeff Wickham	46-04
230.	Tom Corr	47-03
234.	Richard Thomas	47-16
270.	Bev Parry	49-42
300.	Alex Carter	51-24
311.	Marie Wilford	52-42
318.	Julie West	53-28
325.	Seema Patel	54-06
351.	Jo Clarke	57-20
358.	Helen Bennett	58-08

**DERBY RUNNER CROSS
COUNTRY LEAGUE ROUND-
UP**

**Market Bosworth
Sunday 14th February**

The ladies turned out in force to lay claim to the season long championship. Led home by first placed Nicki Nealon and with Claire Quigley also well up, it was a successful morning for the Harriers.

1st Mark Powell (Wigston Phoenix)
1st Nicki Nealon

HUNCOTE LADIES

- 1. Nicki Nealon
- 18. Claire Quigley
- 45. Sue Gardner
- 54. Jo Burnett
- 59. Bev Parry
- 60. Debra Hulbert
- 64. Marie Wilford
- 68. Alison Adcock
- 90. Beccy Peel
- 100. Helen Bennett
- 104. Laura Herbert
- 106. Laura Jeffs

HUNCOTE MEN

- 35. Graeme Slight
- 63. Paul Guest
- 111. Simon Jones
- 130. Paul Chadwick
- 143. Andy Wilford
- 171. Nick Cox

OTHER RESULTS

Alsager "5"

Almost 1000 runners contested the Alsager "5", widely acknowledged to be one of the fastest courses in the country. International, Nick McCormick (Morpeth Harriers) won in 23-33. Carl Sommer finished with an excellent 27-56 in 53rd place

**British Masters Cross Country
Championship**

John Heywood, although recovering from injury, made the long journey to Belfast to compete in the Masters National Cross Country championship. He had entered the race and booked his travel and accommodation months earlier and was only going for a few days holiday. However he made a snap decision on the day to run and finished 19th in his V/60 age group with 36-48 on an 8K course.

At the Reading Half Marathon two of our new members improved on their best times. Duncan Foley ran 1-40-57 and Helen Bennett finished in 2-06-23

Two other new members took part in the "Farmyard Frolic" at Brooksby, a tough multi terrain race. Ashley Payne finished 9th in 52-16 and Alex Carter recorded 66-00

**Silverstone Half Marathon
Sunday 14th February**

A big field headed by Bedford and County's Liz Yelling took part in this race around the F1 grand prix circuit. She finished 3rd overall in the race. Her time of 1-15-50 was only beaten by two men. Toby Lambert (Winchester & District) won in 1-07-26 from Leeds City's highly rated veteran, Darran Bilton, 1-09-50

HUNCOTE HARRIERS

- 711 Stephen North 1-42-22
- 995 Simon Jones 1-45-39
- 1261 Gareth Davies 1-48-27
- 1261 Lee Turner 1-48-27

**NOTTS/DERBY KILOMATHON
Sunday 14th February**

The inaugural race over a new distance, the kilomathon, or 26.2 kilometres, which translates into 16 3/8 miles. The race was run from Nottingham University Campus to Alvaston Park, Derby. There were special transport arrangements involving shuttle buses to get runners from finish to start and vice versa.

Claire Quigley was there and was fastest Harrier home in 1-56-22 11th lady and 212th overall, a good effort in a well supported race. Edwin Van Dijk ran 2-18-49, and Trudi Unwin ran 3-19-00 but with sore muscles from the previous week. Ouch!

Race winner was Martin Williams (Tipton Harriers) in 1-26-00. First lady was Sarah Harris in 13th place overall in 1-39-17.

**Newtons Fraction Grantham Half
Marathon Sunday 7th March**

Well done to veteran Mick Butler on his 1-52-00 half marathon time. A personal best also for Trudi Unwin who improved to 1-57-17

*****R

**Rushcliffe 10K Nottingham
Sunday 7th March.**

70th Alastair Woollard 42-53

Race winner: Tom Doe 31-03!

This was a council run fun run where the winner was 4 minutes clear of 2nd place. Well run by Alastair!

SPRING & SUMMERTIME

Spring is now with us and it will soon be shorts and tee-shirt weather!

Don't forget to look at the fixture list. There are plenty of races and events coming up if you fancy having a pop!

FIXTURES

APRIL

Sunday 4th	Livingston Road Relays	Loughborough University	10-30am
Thursday 8th	Leics AAA 10K Track Championship	Saffron Lane, Leicester	7-00pm
Saturday 10th	National Road Relay Finals	Sutton Park, Sutton Coldfield	12-00pm

TUESDAY 20th SUMMER TRAINING HQ RETURNS TO HUNCOTE LEISURE CENTRE

Sunday 25th	London Marathon		
Sunday 25th	Stratford upon Avon Marathon & Half Marathon		9-30am

MAY

Sunday 2nd	Uttoxeter Half Marathon	Uttoxeter	11-00am
Monday 3rd	Great Weston 5 Miles	Weston Park, Telford	10-00am
Tuesday 4th	EMGP Silverstone 10K	Silverstone, Northants	7-30pm
Sunday 9th	Hinckley Half Marathon	Bosworth Water Park	10-30am
Wed 12th	EMGP Rugby "6"	Rugby	7-45pm
Saturday 15th	BMAF Road Relay Championships	Sutton Park, Sutton Coldfield	11-00am
Tuesday 18th	EMGP Bedford "6"	Bedford	7-45pm
Sunday 23rd	Coventry Half Marathon		
Wed 26th	EMGP Corby "5"	Corby	7-45pm

JUNE

Tuesday 1st	EMGP Weedon 10K	Weedon	7-45pm
Sunday 6th	LRRL Summer Birstall 10K?	Mountsorrel	10-30am
Tuesday 8th	EMGP Banbury "5"	Banbury	7-45pm
Sunday 13th	Midland Masters T&F Championships	Saffron Lane, Leicester	
Tuesday 15th	Harborough "5"	Gartree	7-45pm
Sunday 27th	LRRL Summer Prestwold 10K	Prestwold, Loughborough	10-30am

Fancy a spot of serious training? Ready to move up to the next level? Providing there are no weekend races there is a group doing interval training at Jubilee Park, Narborough (almost opposite the Foxhunter) on Saturday mornings. Warm up starts at 9-30am prompt. When the ground is waterlogged we move to Huncote Leisure Centre. See Phil Watts for details. Repetitions are based on a 600 metres (approx) circuit. ALL WELCOME.

If you have any news for inclusion please contact the Editor, Phil Watts, tel 01455-286326 or by e/mail, p.watts034@btinternet.com

REMINDER

RETURN TO SUMMER HQ AT HUNCOTE LEISURE CENTRE - TUESDAY 20th APRIL!!!