



THE HARRIER

The official newsletter of
Huncote Harriers Athletic Club

APRIL 2015

Issue Number 177



LEICESTERSHIRE 2015 WINTER ROAD RACE LEAGUE ROUND UP

II Markfield

Another huge field took part in the second race in the series on the usual undulating Markfield course from South Charnwood High School. Midland Cross Country Champion, Alastair Watson, running for his second claim club, Hermitage Harriers, showed his class by winning the race in some comfort from his Notts AC clubmate, Stuart Spencer running second claim for Barrow.

A good turnout too for the Huncote Harriers with 40 finishers in the race. Mark Kendrick continues to dominate the Huncote rankings with another good win in under 6 minute/mile pace from Kingsley Cook. Gareth Chivers and Steve Bloxham were not much further back. Just behind them, Andy Ball, the current Winter League V/50 champion was first V/50 and seems on course to defend that title. For the ladies, Claire Quigley is returning to form and beat rival Sarah Pegg.

Harriers

22. Mark Kendrick 36-16
41. Kingsley Cookj 37-24

66. Gareth Chivers 38-48
75. Steve Bloxham 38-57
79. Andy Ball 39-02
80. Lee Cobby 39-03
89. Jon Oxborough 39-20
100. Nick Strange 39-53
102. Graeme Slight 39-58
105. Chris Talbot 40-07
120. Jason Tomkins 40-58
138. Ian Thompson 41-24
149. Andy Wilford 41-48
159. Lee Randall 42-05
171. Colin Bartlette 42-31
184. Duncan Foley 43-00
210. David Robinson 43-50
218. Barry Hibberd 44-09
235. Chris Green 44-50
237. Claire Quigley 44-50
251. Sarah Pegg 45-18
264. Rob Tate 45-52
269. Chris Unwin 46-02
284. Trudi Unwin 46-22
300. Jon Wells 46-51
304. Stuart Hale 47-03
314. Wendy Thompson 47-19
330. Tom Harris 48-09
331. John Hart 48-10
338. Julie West 48-22
350. Clair Davis 48-31
358. Jo Clarke 48-56
366. Helen Mercer 49-11
370. Mike Percival 49-19
377. Jeff Wickham 49-49
415. Paul Nealon 51-28
418. Mick Walton 51-38
433. Irene Forty 52-27
490. Marie Wilford 55-20
553. Jenny Murphy 60-30

III Kibworth

The Winter road race league returned to Kibworth for the third race in the series. Another first Harrier place for Mark Kendrick although he was just outside 6 minute miling, perhaps owing to the usual tough course with the climb above Saddington Reservoir. Sarah Pegg was first lady but not far behind her was Trudi Unwin.

Harriers

25. Mark Kendrick 36-02
34. Kingsley Cook 36-26
56. Lee Cobby 38-06
61. Chris Talbot 38-26
64. Gareth Chivers 38-33
70. Andy Ball 38-44
76. Jon Oxborough 39-22
78. Graeme Slight 39-30
94. Jason Tomkins 40-24
99. Martin Coley 40-36
107. Ian Thompson 40-53
124. Andy Wilford 41-29
146. Barry Hibberd 42-27
152. Duncan Foley 42-51
168. David Robinson 43-24
169. Andy Ledwith 43-24
180. Rob Tate 44-03
185. Sarah Pegg 44-18
192. Trudi Unwin 44-37
202. Chris Unwin 45-03
218. Tom Harris 45-46
242. Wendy Thompson 46-40

- 247. Helen Mercer 46-49
- 250. Stuart Hale 46-50
- 272. John Hart 47-46
- 283. Clair Davis 48-18
- 292. Julie West 48-40
- 310 Katherine Dean 49-11
- 315. Mike Percival 49-16
- 320. Jeff Wickham 49-23
- 325. Jonathan Wells 49-40
- 347. Gina Blagden 50-59
- 351. Paul Nealon 51-02
- 373. Irene Forty 52-02
- 443. Marie Wilford 57-18

Winner: Tim Hartley (Barrow)
 32-22 **1st Lady:**
 Amber Lester (Charnwood)
 38-20

.....

**DERBY RUNNER CROSS
 COUNTRY LEAGUE**

**V Bosworth
 Harriers Men**

- 13. Mark Kendrick 37-03
- 79. Ian Thompson 42-59
- 86. Nick Strange 43-15
- 96. Duncan Foley 44-25
- 108. Martin Coley 45-07
- 109. Barry Hibberd 45-08
- 126. Lee Randall 46-20
- 127. Richard Freer 46-20
- 130. Chris Unwin 46-33
- 223. Mick Walton 55-59

Winner: Jordan Wildrienne
 (Tm. Derby Runner) 37-46

Harriers Ladies

- 21. Sarah Pegg 47-40
- 29. Trudi Unwin 49-05
- 40. Wendy Thompson 50-32
- 61. Julie West 53-52
- 72. Sarah Freer 55-29

Winner: Emma Marvin
 (Desford) 41-26

**VI Holly Hayes Wood
 Harriers Men**

- 20. Mark Kendrick 34-06
- 115. Ian Thompson 40-23
- 124. Richard Freer 41-06
- 135. Andy Wilford 41-49
- 138. Barry Hibberd 41-58
- 171. Jonathan Wells 44-29
- 253. David Styling 54-31

Winner: Chris Nichol
 (Derby Tri) 30-39

Harriers Ladies

- 25. Sarah Pegg 43-47
- 30. Trudi Unwin 44-35
- 44. Julie West 47-50
- 46. Jo Clarke 47-55
- 54. Clair Davis 49-10
- 57. Sarah Freer 49-28
- 72. Gina Blagden 51-41
- 84. Katherine Dean 53-35

Winner: Christina Cooper
 (SDRR) 37-38

Final Standings

- Huncote Harriers
- Ladies 8th Division I
- Men 5th Division II
- Overall Team 5th Division II

Individually, many congratulations to Sandra Ankers on winning the ladies W/60 championship. Our W/60 ladies have really pulled out the stops this year and scored a unusual double with Irene Forty winning the North Midlands W/60 title!

.....

OTHER RESULTS

**Belvoir Challenge
 26 Miles**

- 179. Kent Butcher 5-48-56
- 195. Tina Tosh 5-57-11
- 196. Sarah Butcher 5-57-18

Winner: Adam Holland
 (Notfast) 3-15-00

15 Miles

- 44. Mark Wittering 2-17-01
- 53. Mike Tansey 2-19-09

Winner: Gordy Smith
 (Heanor) 1-48-00

**Loughborough Half
 Marathon**

Not an easy course for the reincarnation of a once popular race. It didn't prevent Nicki Nealon

chalking up another overall victory.

Harriers

- 16. Nicki Nealon 1-23-47
- 153. Richard Freer 1-39-45
- 157. Chris Unwin 1-40-15
- 399. Claire Bryan 1-56-53
- 439. Sarah Freer 1-59-14

Winner: Stuart Spencer
 (Notts AC) 1-09-55

Aldi Ashby "20"

Martin Coley led the Harriers charge at this popular pre-London race. Andy Wilford also achieved a p.b. and Wendy Thompson ran well to be first Harrier lady home.

Harriers

- 83. Martin Coley 2-17-40
- 126. Andy Wilford 2-23-22
- 163. Ian Thompson 2-27-25
- 238. A. Orencas 2-35-23
- 302. Jon. Wells 2-40-06
- 321. L.Symeonides 2-40-57
- 323. Chris Unwin 2-41-07
- 338. W.Thompson 2-41-45
- 644. Claire Bryan 3-02-51
- 732. Marie Wilfdord 3-10-04
- Helen Orencas 3-15-

Winner: Matt Adcock
 (Hermitage) 1-49-11 **1st Lady:** Emily Ault (Barrow)
 2-09-58

Reading Half Marathon

New member Helen Whitaker took part in this prestigious race and finished with 2-09-35. There was a good ladies' field with National Cross Country champion, Lily Partridge (AF&D) winning with an excellent 70-31. Also running was Olympic athlete Helen Clitheroe who had to be content with second place with her 73-03. Race winner was Amos Kiplagat (Kenya) in 63-10.

THE NATIONAL CROSS COUNTRY CHAMPIONSHIP

Parliament Hill Fields on Hampstead Heath has become the spiritual home of English cross country running – some of the all-time greats of British cross country and distance running, Frank Sando, Basil Heatley, Mel Batty, Dave Bedford and Brendan Foster, have all won here. However, it can be notoriously muddy after a spell of wet weather and this was the reality this year: a week of some heavy rain reduced much of the course and parkland to a quagmire – so different from the summery conditions three years ago.

The outlook for racing looked promising with some outstanding names amongst the entries, Olympic triathletes, Jonny and Alastair Brownlee of Bingley Harriers were down to run; there was the prospect of an intriguing battle between Gemma Steel (Charnwood) and the up-and-coming Emelia Gorecka (AF&D) in the ladies' race; whilst Mo Farah (still to win a senior men's national cross country championship) was penciled in to run for Newham. None of these runners actually started but, as it turned out, Mo Farah was in the country and was 100 miles away at Birmingham breaking the world indoor 2 miles record!

Our ladies, again without the number for a full team, ran well and were led home by the improving Clare Moore but Sandra Ankers and Katherine Dean were not too far behind and were well up the field. For our men, Mark Kendrick was the strongest and came

home our first counter in front of Dave Egginton, Gaz Chivers and Darren Valentine. Our two highly regarded vets, Graeme Slight and Andy Ball also ran well especially given Andy

Leics. runners ran well in the race with Danny Hallam (OWLs) in an excellent 8th place and Alastair Watson figuring in the winning Notts AC team.



Mark Kendrick, flying through the mud near the finish, was 1st Harrier home

Ball's dislike of muddy conditions; and, for Graeme, this was his 13th National, a marvellous achievement at this level of competition!

In the team race it was a little disappointing as we lost out to Beaumont but we did beat Barrow and had enough runners to count in the 9 to finish table. It was another golden day for Notts AC. Capitalising on their victory in the Midland Championship they won the event in both the 6 to count and 9 to count categories to round off a great season for them. It was a fitting finale for the Notts AC supremo, Mick Robinson, a success that is richly deserved.

In the Ladies' race, Aldershot Farnham & District, even without Gorecka, Steph Twell, and Charlie Purdue, still won comfortably from Bristol.

LADIES (8k)

560. Clare Moore	46-22
647. Sandra Ankers	48-45
685. Katherine Dean	50-26

Winner: Lily Partridge (AF&D)
30-07

TEAMS

1. AF&D	38pts (1,2,4,31)
---------	------------------

MEN (12K)

624. Mark Kendrick	50-49
811. Dave Egginton	52-38
962. Gaz Chivers	54-13
982. Darren Valentine	54-27
1110. Graeme Slight	55-56
1173. Andy Ball	56-42
1292. Keith Chambers	58-08
1367. Colin Bartlette	59-00
1429. Nick Strange	59-56

Winner: Charlie Hulson (Sale Harriers)
39-12

TEAMS (6 to count)

- 1. Notts AC 213pts
(23,24,32,39,41,54)
 - 2. Bedford 265pts
 - 3. Leeds City 355pts
 - 25. OWL's 1593pts
 - 62. Beaumont 4178pts
 - 93. Huncote 5662pts
 - 113. Barrow 6980pts
- Finishing teams 145.

TEAMS (9 to count)

- 1. Notts AC 534pts
 - 55. Huncote 9750
- (only Leics club 74 teams)

On the downside it was sad to see that once great Black Country club, Tipton Harriers, struggling to finish a good team. In fact they were absent from the team results of most categories, as were Birchfield Harriers from Birmingham.

A special thank you to John Heywood who organized the coach to get not only the Harriers to the event but also Desford, Beaumont and Nuneaton.

OTHER RESULTS / continued from page 2)

Coventry Half Marathon

- 1658. Kate Parry 1-59-53
- Winner:** Tom Doe (Lincoln Wellington) 1-10-22 **1st Lady** 64th
Emma Styles (Hinckley RC) 1-23-37

Naseby Battlefield Half Marathon

Claire Quigley finished 3rd lady in this event just 6 minutes behind 1st lady, Julie Dixon (Wootton RR) 15th Claire Quigley 1-36-43
Winner: Daniel Mould (R&N) 1-17-29

Hampton Court Palace Half Marathon

Nice to see Karen Selby back racing again after injury problems and running well in quite a big

CYPRUS 2015

Do you fancy a trip to Cyprus for a week in November to get away from the onset of British winter? Irene Forty and Graeme Slight are once again organizing a Harrier holiday week away from it all. We fly out on Saturday 21st November to Paphos and return from there on the Saturday 28th.

There is the option to run in the Aphrodite Cyprus Half Marathon the day after arrival on Sunday 22nd but that is not compulsory. If you wish you can just relax and enjoy the Winter sunshine and the convivial company. There may be the odd organized trip and, of course, there will always someone with whom you may enjoy a training run.

The cost is likely to be £388 per person and will be an all-inclusive type of deal. The hotel chosen is the Louis Phaethon Beach at Paphos. Flight will be from East Midlands Airport. All Harrier members and families are cordially invited to join – singles, couples and families are most welcome. These trips are always a lot of fun and provide the chance to make good friends amongst your fellow runners.

Please feel free to talk to Graeme and Irene if you would like further information. Already 12 members have registered an interest in the trip. This is not an official club outing and is organized outside the auspices of the committee.

In order to take advantage of the prices found Irene needs to make an early booking and so needs to know the number travelling by week ending 12th April. So, if you are interested please let her know immediately.

field of runners.
484th Karen Selby 1-50-33
Winner: Ryan McLeod (Tipton) 1-07-49 **1st Lady (3rd)** Jenny Spink (Bristol & West) 1-16-22

Barcelona Marathon

Andy Ledwith was pleased with his effort in this springtime big city marathon.

4528th Andy Ledwith 3-36-11
Winner: Philip Cheruiyot Kangogo (Kenya) 2-08-16

OTHER NEWS

Notts AC made it a springtime treble by adding the Midland 12 Stage Road Relay Championship to the Midland and National Cross Country Championships won earlier. Come on, Harriers, we ought to be competing in this!!

HUNCOTE HARRIERS PRESENTATION NIGHT

Huncote Harriers recorded the achievements of its star members in style on the occasion of our presentation evening held at the David Lloyd Leisure Centre in Narborough. Club Chairman Andy Wilford welcomed members and feted our successful runners.

Presentations were made to the following runners who were successful in the County Cross Country Championship at Cosby. Our senior ladies team comprising Sarah Pegg, Claire Quigley and Trudi Unwin won second placed medals. Likewise our senior men comprising Mark Kendrick, Mark Gregory, Nathan Lawson, Euan West and Gareth Chivers were also second. Our ladies were third in the masters race with Nicki Nealon Wendy Thompson and Katherine Dean as the counters whilst our men were likewise third in the masters' race courtesy of Dave Egginton, Andy Ball and Graeme Slight. The County race also provides the Huncote Club championship and Nicki Nealon (1st) Sarah Pegg (2nd) and Claire Quigley (3rd) stepped up to collect their awards. For the men, it was Mark Kendrick (1st) Dave Egginton (2nd) and Mark Gregory (3rd) who won the awards. Our two outstanding supervets, Sandra Ankers and Irene Forty were also congratulated on their success in the W/60 age categories in the Derby Runner League and the North Midland League respectively.

Awards in the Huncote Harriers Grand Prix were presented to the following runners:

1st Trudi Unwin
2nd Wendy Thompson
3rd Jo Clarke
4th Julie West
5th Clair Davis
and for the men:
1st Andy Ball
2nd Nick Strange
3rd Mark Kendrick
4th Graeme Slight
5th Andy Wilford

As the Grand Prix races are spread over an entire year it requires a concerted effort to produce successful results over this period of time to win, so special congratulations to both Trudi Unwin and Andy Ball for retaining the titles they both won last year!

The most promising newcomer of the year award was made to Gareth Chivers, well merited as he has performed well in the bigger races.

The award for endeavour was made to Mark Kendrick as he has been consistently finishing first for the Harriers in road and cross country league races throughout the year.

Long service awards were made to the following:

10 Year

Deb Hulbert, Bev Parry and Martin Slipp.

20 Year

Sue Clark

30 Year

Clive Alexander, Julie Frearson, John Heywood and Brian Mackey

The voting for Harriers of the Year resulted in presentations to the following:

Ladies.

1. Wendy Thompson
2. Trudi Unwin
3. Sarah Pegg

Men

1. Ian Thompson
2. Andy Wilford
3. Phil Watts

To round off the presentations the Chairman's award was made to Marie Wilford for her sterling work behind the scenes. She has worked hard on our behalf being involved with race organization and training nights amongst other things.

It was another great Harriers "bash" with a tasty buffet which everyone seemed to enjoy. One noteworthy observation – there were not many people on the dance floor enjoying the disco, a sign, maybe, that the club membership is getting older!

Our committee, especially our social secretary, Kate Parry, deserves a vote of thanks for the organization and to Andy and Marie Wilford and Nick and Nicky Nealon for their hard work during the evening.

FIXTURES

APRIL

Saturday 11 th	National Road Relay Championship Finals	Sutton Park, Sutton Coldfield	12-00pm
Sunday 26 th	London Marathon		
Tuesday 28 th	SUMMER TRAINING RESUMES AT HUNCOTE LEISURE CENTRE		7-00pm

MAY

Sunday 3 rd	Livingston Road Relays	Braunstone Park	10-00am
Wednesday 6 th	EMGP Silverstone 10K	Silverstone Circuit	7-00pm
Sunday 10 th	Bosworth Half Marathon (County Champs)	Bosworth Water Park	
Wednesday 13 th	EMGP Rugby 6	Rugby	7-30pm
Sunday 17 th	Winter LRRL West End 8	Queniborough	10-30am
Friday 22 nd	EMGP Wootton Friday "5"		7-30pm
Sat 23 rd / Sun 24 th	Leics Track & Field Championship	Pingles Stadium, Nuneaton	

JUNE

Wednesday 3 rd	EMGP Corby 5	Carlton	7-30pm
Sunday 7 th	Summer LRRL Swithland 10k	Rothley	10-30am
Tuesday 9 th	EMGP Banbury 5	Banbury	7-30pm
Tuesday 16 th	EMGP Harborough 5	Gartree	7-30pm
Sunday 21 st	Summer LRRL Prestwold 10K	Prestwold	10-30am
Tuesday 23 rd	EMGP Weedon 10K	Weedon	7-30pm
Tuesday 30 th	EMGP Milton Keynes 10K	Milton Keynes	7-30pm

JULY

Wednesday 1 st	Summer LRRL Hungarton 7	Hungarton	7-30pm
---------------------------	-------------------------	-----------	--------

**ALWAYS CHECK DATES & TIMES WITH ORGANIZERS FIRST TO AVOID
DISAPPOINTMENT**

NEWSLETTER EDITOR
Items for inclusion in the Newsletter contact:
Phil Watts: Tel 01455286326
Mobile 07807008820
E/Mail: p.watts034@btinternet.com

TRAINING Tues / Thurs 7-00pm
Enderby/Huncote Leisure Centre
Thurs 6-00pm Enderby Leisure Centre
Improvers – Saturday 9-30am Jubilee Park
Beginners: Enderby LC Tuesday 6-00pm