



THE HARRIER

The official newsletter of
Huncote Harriers Athletic Club

AUGUST 2014

Issue Number 173



LEICS TRACK 10,000 METRES CHAMPIONSHIP – SAFFRON LN

Despite being an Olympic event a track 10K race is a rarity on the calendar these days! In Leics we are lucky enough to have one and Huncote's John Heywood, the County Athletic Association president, has gone to great lengths to promote the event. He was rewarded when a good field took part in this year's race. Huncote Harriers had two representatives in the race with Karen Selby going on to take 1st place in the senior ladies' race.

Stuart Spencer who has improved substantially during the course of the last year perhaps benefitting from running first claim for Notts AC in a higher standard of competition, set off at a fast pace and soon opened a gap on past champion, Gordon Lee. Eventually, a late surge by Tim Hartley took him into second place.

Results

1. Stuart Spencer (Barrow)	31-13.6
16. Dave Egginton	37-11.0
29. Karen Selby	46-11.3



Karen Selby receiving her first place medal from County President, John Heywood.

Nicki Nealon won not only the W/45 category, but the overall ladies championship in the East Midlands Grand Prix series for the twelfth time in her career when she wrapped up a victory in the last race of the series, the Milton Keynes 10K. The early pacemaker in the League series, some good wins in last race at Milton snatch victory by the was was also who triumphed in the previous success in addition, Helen have won her W/35 category had she completed enough races. As it was she was first in her category in four races. Club Chairman, Andy Wilford, has made significant improvements this year and could be in contention for honours in the V/50 group next year if he can maintain and improve his form.

EAST MIDLANDS GRAND PRIX ROUND-UP

Rachel Cave (Higham) with the early races faltered in the Keynes allowing Nicki to narrowest of margins. There success for Graeme Slight V/55 category to add to other age groups. In Talbot would almost certainly

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EAST MIDLANDS GRAND PRIX (continued from p. 1)

RACE 5 – BANBURY “5”

52. Chris Talbot	30-24
75. Graeme Slight	31-44
89. Andy Wilford	32-04
138. Ian Thompson	33-54
191. David Robinson	35-47
194. Chris Unwin	35-50
230. Trudi Unwin	37-18
247. James O’Dowd	38-07
271. Wendy Thompson	39-26
334. Tom Harris	42-46

Winner: Toby Spencer (Coventry Godiva) 25-11 **1st Lady:** Rachle Cave (Higham) 30-18

RACE 6 – HARBOROUGH “5”

37. Nicki Nealon	30-07 (1 st Lady)
42. Nick Strange	30-33
64. Helen Talbot	31-51
65. Graeme Slight	31-53
75. Andy Wilford	32-15
101. Ian Thompson	34-08
130. James O’Dowd	35-09
160. Chris Unwin	36-21
169. Trudi Unwin	36-43
170. Andy Ledwith	36-47
173. Stuart Hale	36-51
216. Wendy Thompson	38-53
225. Tom Harris	39-29
238. Jo Clarke	40-02
244. Lesley Hale	40-21
245. Paul Nealon	40-24
250. Julie West	40-34
275. Kate Parry	42-28
303. Jenny Murphy	44-26

Winner: Richard Simkiss (Kenilworth) 26-09

RACE 7 – WEEDON 10K

32. Nicki Nealon	38-05 (1 st Lady)
40. Chris Talbot	38-43
54. Helen Talbot	39-25 (2 nd Lady)
63. Graeme Slight	40-17
87. Andy Wilford	41-42
120. James O’Dowd	44-32
157. David Robinson	46-49
159. Trudi Unwin	46-54
172. Chris Unwin	47-44

Winner: Michael Aldridge (Wootton) 33-28

RACE 8 – MILTON KEYNES 10K

44. Nicki Nealon	37-19 (1 st Lady)
46. Chris Talbot	37-23
70. Helen Talbot	38-51

146. Ian Thompson	42-28
150. James O’Dowd	42-36
242. David Robinson	45-53
304. Wendy Thompson	48-18

Winner: Michael Aldridge (Wootton RR) 32-21

SERIES RESULTS (5 RACES TO COUNT)

Ladies.

1st Nicki Neallon (& 1st F/45)

F/35

6th Trudi Unwin
1st Helen Talbot (4 races)

F/40

6th Wendy Thompspn

Men.

40th Chris Unwin

M/40

18th David Robinson

M/45

14th James O’Dowd

15th Ian Thompson

M/50

7th Andy Wilford

M/55

1st Graeme Slight

LEICS SUMMER ROAD RACE LEAGUE

RACE 1 SWITHLAND 6

County cross country champion, Sam Stabler (OWLs), on vacation from his Chemical Engineering studies at Lamar University of Beaumont, Texas had an easy run to win this year’s race from Harry Lupton. There was quality too in the ladies’ race with Charnwood’s Juliet Potter having over two minutes to spare from our Nicki Nealon. Kingsley Cook led home the Harriers but wasn’t far in front of Nicki and Andy Ball who nipped in to take the first V/50 spot. Good run, Andy!

HARRIERS

35. Kingsley Cook	36-20
39. Nicki Nealon	36-30

53. Andy Ball	37-30
55. Nick Strange	37-35

59. Mel Evans	37-48
75. Gareth Chivers	39-06
79. Andrew Fox	39-27
82. Andy Wilford	39-41
91. Jason Tomkins	40-07
135. Richard Russell	42-03
147. Keith Chambers	42-35
149. Ian Thompson	42-48
164. Barry Hibberd	43-30
169. Hugh Potter	43-37
202. Claire Quigley	45-00
252. Trudi Unwin	46-26
259. Chris Unwin	46-41
267. Stuart Hale	46-53
269. Jeff Wickham	46-56
279. Mike McSharry	47-12
285. Wendy Thompson	47-20
308. Mike Percival	48-06
329. John Hart	48-47
330. Jo Clarke	48-49
358. Clare Moore	49-41
369. Clair Davis	50-11
380. Lesley Hale	50-28
382. Paul Nealon	50-33
422. Julie West	53-04
438. Tracey Morris	54-16
465. Jenny Murphy	55-50
470. Barry Summers	56-48
482. Mick Butler	57-18
513. Chris Newton	60-07
516. Angie Tomkins	60-10
518. Judy McSharry	60-35

Winner: Sam Stabler 31-15 **1st Lady:** Juliet Potter 34-12

RACE 2 PRESTWOLD 10K

Juliet Potter won her 2nd ladies’ race of the Summer League campaign to finish in 12th place. Kingsley Cook and Nicki Nealon were again first Harriers across the line.

HARRIERS

35. Kingsley Cook	37-15
39. Nicki Nealon	38-02
52. Nick Strange	39-00
58. Andy Ball	39-36
61. Steve Bloxham	39-55
69. Mark Kendrick	40-28
78. Jason Tomkins	40-48
93. Martin Coley	41-27
166. Hugh Potter	44-54
173. Chris Green	45-15
175. Rob Tate	45-16
214. David Robinson	46-56
229. Trudi Unwin	47-37
265. Mike Percival	49-16
282. Jo Clarke	49-53

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303. John Hart	50-43
341. Clair Davis	52-05
370. Julie West	54-36
390. Jenny Murphy	56-32
403. Mick Butler	57-07
435. Barry Summers	59-20

RACE 3 HUNGARTON 7

Charnwood's International athlete, Juliet Potter, won her third race in the Leics Summer Road Race League finishing in an impressive 11th place overall making it a Charnwood double: Harry Lupton winning the men's race. Mel Evans had another good race finishing 3rd lady home and wasn't far behind Kingsley Cook and Nick Strange for the Harriers. Andy Ball's run of V/50 victories came to an end but finished 2nd to Nuneaton's Garry Payne.

HARRIERS

35. Kingsley Cook	43-15
45. Nick Strange	44-10
50. Mel Evans	44-35
52. Andy Ball	44-48
69. Mark Kendrick	45-55
74. Gareth Chivers	46-18
95. Julie Lamb	48-13
119. Hugh Potter	50-06
127. Barry Hibberd	50-37
149. Ian Thompson	51-53
180. Rob Tate	53-07
188. Trudi Unwin	53-35
195. Stuart Hale	53-51
231. Mike Percival	55-44
255. Wendy Thompson	57-08
268. John Hart	57-33
275. Jo Clarke	57-53
299. Clair Davis	59-43
308. Lesley Hale	60-11
324. Julie West	61-43
371. Barry Summers	66-19
373. Mick Butler	67-00

Winner: Harry Lupton 37-03
1st Lady: Juliet Potter 40-35

RACE 4 HERMITAGE 10K

Race times were slower in this race, perhaps due to a hot day and the hard hill early in the race. Winner, Alastair Watson, Hermitage,

was probably over a minute down on his usual times for this distance. Mark Gregory continues to improve and comfortably led home the Harriers. Mel Evans was 2nd lady and Andy Ball resumed his winning ways in the V/50 category.

HARRIERS

29. Mark Gregory	38-29
32. Mark Kendrick	39-13
34. Nick Strange	39-23
35. Mel Evans	39-26
42. Andy Ball	40-12
77. Andy Wilford	43-33
98. Ian Thompson	44-58
106. Duncan Foley	45-22
112. Hugh Potter	45-32
116. Barry Hibberd	45-50
158. David Robinson	47-55
161. Trudi Unwin	48-10
196. Jeff Wickham	49-49
200. Wendy Thompson	50-06
207. Mike McSharry	50-28
213. Jo Clarke	50-49
229. Chris Unwin	51-42
248. Julie West	52-44
290. Lesley Hale	55-30
305. Aimee Browne	56-44
325. Mick Butler	59-16
339. Marie Wilford	60-18
359. Tracey Morris	62-31
389. Helen Bennett	65-51
390. Judy McSharry	65-52

Winner: Alastair Watson (Hermitage) 31-52 **1st Lady:** Emily Ault (Barrow) 37-43

OTHER RESULTS

Rainbows 100 Lap Challenge (40K)

Huncote Harriers had a 20 person team out in this fun-run challenge on the track at Saffron Lane and finished 6th. Each runner was committed to running 5 laps with a 4 lap interval rest between each. Thanks to Keith Chambers and Sandra Ankers for organizing the

team. The junior team of Stilton Striders showed everyone a clean pair of heels as they scorched to an easy win.

RESULT

1. Stilton (Juniors)	2-08-04
2. Desford Striders	2-13-00
3. Wigston Phoenix	2-16-46
4. Stilton Striders	2-19-54
5. Birstall R.C.	2-23-43
6. Huncote Harriers	2-25-17
7. Beaumont R.C.	2-25-21
8. West End	2-27-34
9. Park Run Composite	2-29-09

HARRIERS TEAM & LAP TIMES

Sandra Ankers, 86,93,95,97,100
Mick Butler, 100,102,102,99,99
Mike Percival, 78,83,88,89,84
Rob Tate, 83,85,87,88,87
Louise Wright, 89,86,87,87,86
Ian Thompson, 81,80,79,84,74
W. Thompson, 94,97,98,106,99
Pete McLennan, 74,79,77,69,76
Jenny Kirk, 88,91,88,87,82
Kate Parry, 98,99,97,102,96
Lesley Hale, 87,93,94,94,88
Stuart Hale, 83,80,82,84,84
Mike McSharry, 88,86,87,88,87
J. McSharry, 97,105,107,108,119
Jonathan Wells, 64,73,72,74,61
Ryan Lambert, 63,67,72,72,69
Liz Crowson, 89,97,101,98,87
Tom Harris, 69,77,74,86,80
Irene Forty, 102,99,103,103,103
Graeme Slight. 76,76,75,73,92

Rothley 10K

[This long-standing charity race organized by the Rothley Lions has a large local following and was well supported by the Harriers. Mark Kendrick was first Harrier in front of comeback men, Jason Tomkins and Paul Nicholson.

HARRIERS

41. Mark Kendrick	40-24
45. Jason Tomkins	41-02
48. Paul Nicholson	41-13
89. Keith Chambers	44-08
120. Tony Siddon	45-58
202. Mike Percival	49-43
304. Michael Collins	55-16

Winner: Ashley Sabin (Leic Cor) 33-32 **1st Lady:** Estelle Damant (Ranelagh) 38-44

Arnesby 5 Miles X/C

You have to be "in the Know" to enter this Bank Holiday fun run

- 5. Graeme Slight 33-34
- 32. Irene Forty 46-33

Winner: Ian Murdey (Beaumont) 30-49

Milton Keynes Half Marathon

- 392. Lesley Hale 1-56-50
- 393. Stuart Hale 1-56-52

Winner: Kevin Seaward (Cardiff AC) 1-07-07

Worthington "5"

A popular midweek race in the Burton District League. Mark Kendrick who lives close by had a useful run in the race won by Burton's up and coming junior, Alex Benfield.

- 31. Mark Kendrtick 31-01

Winner: Alex Benfield (Burton) 27-33

Hinckley Town 5K

Newham's John Beattie had a comfortable win in this year's race but Chris Talbot, first in for the Harriers, was inside 6 minute miling.

HARRIERS

- 14. Chris Talbot 18-13
- 54. Rob Tate 21-25
- 56. Stuart Hale 21-45
- 90. Lesley Hale 24-28

Winner: John Beattie (Newham & Essex B) 14-45 **1st Lady:** Hannah Cox (Charnwood) 18-35

Dig Deep Fell Race (12.12 miles 633m ascent)

- Nick Vernon 2-2-15

Winner: T.Beautyman 1-27-21

Kimbolton Half Marathon

Trudi Unwin was just outside her p.b. after this race.

HARRIERS

- 123. Trudi Unwin 1-40-29
- 145. Rob Tate 1-42-07

Winner: Stewart Gregory (HPP) 1-15-04 **1st Lady:** Rachel Cave (Higham) 1-23-46

Race the Train – Tallyllyn

Nicki Nealon paid a return visit to this popular cross country race over 14 miles at Tywyn and ran well finishing 2nd lady in 1-38-01. There was quite a good field with Stockport's Andi Jones winning in a quality time of 1-18-40.

HUNCOTE HARRIERS GRAND PRIX SERIES

This year there are a total of 25 races which count towards the championship. Members can take their scores from their best 18 races to count in their quest for the championship. Included in the championship is your best Park Run time.

Following the Hermitage 10K Summer Road League race 15 races have now been completed (not including Park Runs) there is a runaway leader in the men's competition: Nick Strange has a commanding lead over Andy Wilford and last year's champion, Andy Ball, and is going to be difficult to catch. In the ladies' championship the position is much closer as Jo Clarke has a narrow lead over Julie West with last, year's champion, Trudi Unwin also in contention. Also, there are sufficient races left in the calendar for the Club's top two ladies, Nicki Nealon and Mel Evans, to make an impact in the series.

LADIES TOP TEN

- 1. Jo Clarke 646
- 2. Julie West 639
- 3. Trudi Unwin 573
- 4. Wendy Thompson 464
- 5. Clair Davis 409
- 6. Jenny Murphy 384
- 7. Mel Evans 364
- 8. Nicki Nealon 357
- 9. Lesley Hale 351

- 10. Judy McSharry 351

PARK RUN TOP TEN TIMES

- 1. Julie Lamb 20-44
- 2. Nicki Nealon 21-33
- 3. Sarah Pegg 21-53
- 4. Leanne Siddon 22-02
- 5. Trudi Unwin 22-32
- 6. Wendy Thompson 23-39
- 7. Bev Parry 23-46
- 8. Jo Carke 24-00
- 9. Lesley Hale 25-09
- 10. Claire Bryan 26-06

MEN TOP TEN

- 1. Nick Strange 721
- 2. Andy Wilford 575
- 3. Andy Ball 538
- 4. Stuart Hale 495
- 5. Mark Kendrick 490
- 6. Graeme Slight 472
- 7. Chris Unwin 388
- 8. Ian Thompson 377
- 9. John Hart 332
- 10. Kingsley Cook 309

PARK RUN TOP TEN TIMES

- 1. Kingsley Cook 17-59
- 2. Mark Kendrick 18-28
- 3. Steve Bloxham 18-50
- 4. Mark Gregory 19-24
- 5. Jonathan Wells 19-29
- 6. Andy Wilford 19-30
- 7. Jason Tomkins 19-40
- 8. Barry Hibberd 20-15
- 9. Andy Ledwith 20-24
- 10. Lee Cobby 20-33

JOY CANN MEMORIAL 5 MILES ROAD RACE

Arguably the best ever Huncote Harriers promotion – an immense night for our Club! Not only was the organization faultless with car-parking, start, finish, and course being well marshaled but there were also 52 Harriers competing in the race as well making it, all in all, a huge Club turnout. Thanks are due to Andy Wilford and his committee for the detailed and competent organization.

This year there was a difficulty with a road closure. Also, 2 Winter League road races have had to be cancelled owing to safety concerns which added to worries about our race, so special thanks are due to joint race directors, Jo Burnett and Jenny Kirk, and chief marshal, Graeme Slight for surmounting the problems.

There was success too for the Harriers in the race with Marvin Ryan, Mark Gregory and Kingsley Cook all under 6 minute mile pace. It was nice to see one of the County's leading ladies, Hannah Doran, making a comeback after childbirth. The former Midland Ladies Cross Country champion was first lady home in 29-14. There was a tremendous tussle between our two leading ladies: Nicki Nealon had a lead of about 15 seconds near the halfway mark at Seine Lane but Mel Evans closed it down to a sprint at the finish. Both were under 6 minute miling pace. Great running too from Andy Ball as he was again 1st V50 and Steve Bloxham took a few scalps to continue his improvement.

HARRIERS

24. Marv Ryan	29-01
35. Mark Gregory	29-43
43. Kingsley Cook	29-55
45. Nicki Nealon	29-56
46. Mel Evans	29-59
52. Andy Ball	30-33
55. Steve Bloxham	30-39
73. Andy Woolley	31-33
80. Nick Strange	31-50
83. Gareth Chivers	31-55
103. Warren Bennett	32-42
107. Jason Tomkins	32-49
114. Andy Wilford	33-04
119. Ian Thompson	33-18
127. Cat Taylor	33-33
130. Nick Vernon	33-39
160. Jonathan Wells	34-35
163. Hugh Potter	34-43
166 Barry Hibberd	34-54 180.

Danny Kench	35-19	332. James O'Dowd	39-36
184. Chris Green	35-28	335. Jeff Wickham	39-38
206. David Robinson	36-09	360. Clare Moore	40-21
217 Trudi Unwin	36-30	364. Stuart Hale	40-37
221. Pete McLennan	36-38	370. Clair Davis	40-53
230. Rob Tate	36-49	374. Lesley Hale	41-08
243. Mike Tansey	37-09	406. Sarah Butcher	42-49
261. Sarah Pegg	37-33	408. Clire Bryan	43-01
262. Nick Tomkins	37-33	413. Tina Tosh	43-15
271. Wendy Thompson	37-48	419. Kate Parry	43-25
285. Chris Unwin	38-12	425. Andy Ledwith	43-45
286. Kent Butcher	38-16	430. Liz Crowson	44-09
292. Mike Percival	38-28	433. Mick Butler	44-24
294. Jo Clarke	38-31	485. Jenny Murphy	46-58
310. Bev Parry	38-55	492. Helen Bennett	48-03
323. John Hart	39-24	513. Laura Herbert	50-31
331. Rachel Trivett	39-36		

HUNCOTE HARRIERS ATHLETIC CLUB

ANNUAL GENERAL MEETING 2014

Our Club's annual general meeting takes place on Tuesday 16th September at Huncote Leisure Centre after training at 8-00pm. For this night only training will commence at 6-30pm in the evening.

This is your chance to have your say about the running of the Club. We elect the officers of the Club and view our annual accounts. This is your meeting so please make every effort to attend!

CROSS COUNTRY FIXTUES

With Summer time coming to an end we are not far from the beginning of the cross country season. This year, the county cross country championships are being held on our doorstep at Cosby on the farm which promotes the air show. The North Midlands League fixture dates are now known and are as follows:

Saturday 11 th October	Markeaton Park, Derby
Saturday 8 th November	Wickstead Park, Kettering
Saturday 6 th December	Shiple Park, Heanor
Saturday 10 th January '12	Wollaton Park, Notts
Saturday 3 rd January '12	County Champs. Cosby

FIXTURES

AUGUST

Wednesday 6 th	Summer LRRL Joy Cann Memorial "5"	Huncote Leisure Centre	7-30pm
Tuesday 12 th	Club 10K Championship & Handicap	Huncote S&SC, Thurlaston	7-00pm
Wednesday 20 th	Coventry Godiva 5	War Memorial Pk. Coventry	6-45pm
Sunday 31 st	Burton 10K	Burton-on-Trent	

SEPTEMBER

Sunday 7 th	Summer LRRL John Fraser "10"	Countesthorpe	10-30am
Sunday 7 th	BUPA Great North Run	Newcastle-upon-Tyne	
Tuesday 16 th	HUNCOTE HARRIERS AGM	HUNCOTE L.C.	8-00pm
Saturday 20 th	Midland Counties Road Relay Championship Senior Men/Masters 6-stage Senior Ladies 4-stage	Sutton Park, Sutton Coldfield	10-45am
Sunday 28 th	Robin Hood Nottingham Marathon/Half M	Nottingham	9-30am

OCTOBER

Saturday 11 th	North Midlands X/C League	Markeaton Park, Derby	12-00pm
Sunday 26 th	Leicester Marathon & Half Marathon	Victoria Park	9-15am

NOVEMBER

Sunday 2 nd	Shepshed 7	Shepshed	10-30am
Saturday 8 th	North Midlands X/C League	Wickstead Pk, Kettering	12-00pm

DECEMBER

Saturday 6 th	North Midlands X/C League	Shibley Park, Heanor	12-00pm
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**ALWAYS CHECK DATES & TIMES WITH ORGANIZERS FIRST TO AVOID
DISAPPOINTMENT**

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TRAINING Tues / Thurs 7-00pm
Huncote Leisure Centre
Slow Group - Thurs 6-00pm Enderby L.C.
Improvers – Saturday 9-30am Jubilee Park