



THE HARRIER

The official newsletter of
Huncote Harriers Athletic Club

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Issue Number 172



LIVINGSTON ROAD RELAYS 2014

Road relay racing used to be an important part of British athletics. In recent years traffic congestion and busy roads have seen this side of athletics decline – there are no longer Manchester to Blackpool and London to Brighton relay races. The Livingston disappeared from the calendar because of poor support but was revived two years ago and now includes the east midland area championship.

For the first time in many years the Harriers entered teams and we did rather well with the ladies gaining second place to a strong Charnwood AC team. Huncote star was Mel Evans whose first leg effort was fourth fastest stage of the day behind Charnwood international runner, Jane Potter. With good backing from Helen Talbot and Nicki Nealon the Harriers finished less than a minute adrift of Charnwood. In the men's race Huncote Harriers first team finished 8th, spearheaded by the running of GB Junior Orienteer, Nathan Lawson who just pipped Marv Ryan and Carl Sommer for our club's fastest runner. The veteran team finished 6th fastest in the veteran's section with the fastest leg by Dave Egginton. The vets race was won by a strong Leicester Coritanian team which went on to win the National Masters Road Relay Championship in Sutton Park. However, it was great to see so many Harriers' teams in the event.

SENIOR MEN

1. Heanor R.C. "A" 59-53

Joe Rainsford 14-55
Stuart King 14-51
Dale Annable 14-58
James Mee 15-09

2. Barrow Runners 60-54

Will Clarke 14-42
Ian Cox 16-43
Tim Hartley 14-43
Stuart Spencer 14-46

3. Charnwood "A" 62-20

Mark Couldwell 15-49
Pete Swaine 15-48
Ben Plummer 16-05
Harry Lupton 14-38

8. Huncote "A" 67-35

Darren Valentine 18-08
Nathan Lawson 16-23
Marv Ryan 16-29
Carl Sommer 16-35

21. Huncote "B" 75-17

Warren Bennett 18-48
Andy Ledwith 19-47
Gareth Chivers 18-11
Ryan Lambert 18-31

29. Huncote "C" 82-22

L.Symeonides 20-43
Stuart Hale 21-29
Chris Unwin 20-54
Jason Tomkins 19-16

Huncote "D" ?

Michael Collins 21-35
Duncan Foley 21-54
Chris Thornton 19-54
Barry Hibberd ?

VETERAN MEN

1. Leic Cor. "A" 65-48
Gordon Lee 15-26

Rob Sheen 16-27
Derek Guess 17-52
Chris Southam 16-03

6. Huncote Vets "A" 71-24

Dave Egginton 17-20
Kingsley Cook 17-55
Chris Talbot 17-38
Graeme Slight 18-31

9. Huncote Vets "B" 75-14

Keith Chambers 19-19
Nick Strange 18-26
Andy Fox 18-28
Andy Wilford 19-01

16. Huncote Vets "C" 88-02

Mick Butler 24-56
Mike Percival 22-16
Rob Tate 20-47
Ben Benson 20-03

LADIES

1. Charnwood "A" 53-22

Jane Potter 16-10
Claire Smith 19-15
Claire McKittrick 17-57

2. Huncote "A" 54-16

Mel Evans 17-42
Helen Talbot 18-35
Nicki Nealon 17-59

8. Huncote "B" 61-13

Paula Fletcher 22-13
Julie Lamb 19-39
Cat Taylor 19-21

13. Huncote "C" 65-42

Karen Selby 21-24
Clare Moore 22-28
Trudi Unwin 21-50

15. Huncote "D" 67-04

Katherine Dean 22-53
Sarah Pegg 21-39
Jenny Kirk 22-32

/continued page 2

23. Huncote "E" 72-03
 Lesley Hale 23-27
 Kate Parry 24-24
 Irene Forty 24-12

36. Huncote "F" 80-19
 Helen Bennett 26-26
 Laura Herbert 27-51
 Laura Jeffs 26-02

FASTEST LEGS LADIES

1. Jane Potter (Charnwood) 16-10
 2. Lisa Palmer (Heanor) 16-55
 3. Emily Ault (Barrow) 17-27
 4. Mel Evans (Huncote) 17-42

MEN & VETERAN MEN

1. Harry Lupton (Charnwood) 14-38
 2. Will Clarke (Barrow) 14-42
 3. Tim Hartley (Barrow) (V) 14-43
 4. Stuart Spencer (Barrow) 14-46

EAST MIDLANDS GRAND PRIX ROUND-UP

I SILVERSTONE 10K

Chris Talbot was first Harrier home in front of Andy Wilford whilst Karen Selby was again first lady.

HARRIERS

63. Chris Talbot 37-59
 152. Andy Wilford 41-06
 193. James O'Dowd 42-16
 230. Simon Hart 43-00
 269. Chris Unwin 44-02
 370. Stuart Hale 46-16
 403. Karen Selby 46-48
 426. Trudi Unwin 47-15
 432. Julie West 47-20
 453. Michael Collins 47-48
 592. Deb Hulbert 50-56
 625. Lesley Hale 51-21
 626. Wendy Thompson 51-21

Winner: Ismail Ssenyngage (Skechers) 31-51 **1st Lady:** Anna Folland (Bedford Harriers) 38-16

II RUGBY "6"

Nicki Nealon was first Harrier across the line in front of Nick Strange and Chris Talbot. Graeme Slight set off with the aim of winning the V/55 category and succeeded with another useful run.

HARRIERS

39. Nicki Nealon 36-24
 (1st F45)

43. Nick Strange 36-44
 45. Chris Talbot 36-55
 62. Graeme Slight 38-19
 ((1st V55)
 89. Andy Wilford 39-44
 120. James O'Dowd 41-04
 131. Ian Thompson 41-48
 166. Chris Unwin 43-23
 183. Stuart Hale 44-31
 214. David Robinson 45-50
 215. Trudi Unwin 45-53
 219. Julie West 46-00
 231. Wendy Thompson 46-33
 252. Jo Clarke 47-58
 266. Lesley Hale 48-47

Winner: Michael Aldridge (Wootton RR) 31-46 **1st Lady:** Emily Waugh (R&N) 35-53

III BLISWORTH "5"

Nicki Nealon and Graeme Slight won their age category races for the second race in a row.

HARRIERS

53. Nicki Nealon 30-31
 (1st F/45)
 71. Graeme Slight 31-30
 (1st V/55)
 133. Simon Hart 34-10
 134. James O'Dowd 34-10

Winner: Michael Aldridge (Wootton RR) 24-45 **1st Lady:** Rachel Cave (Higham) 30-05

IV CORBY "5"

Helen Talbot ran her first EMGP race of the year and finished first Harrier home in front of Graeme Slight. Helen was 2nd F/35 and Graeme 2nd V/55 on the night.

HARRIERS

81. Helen Talbot 32-42
 82. Graeme Slight 32-44
 93. Andy Wilford 33-18
 121. Simon Hart 34-46
 129. James O'Dowd 35-04
 132. Ian Thompson 35-22
 151. Chris Unwin 36-06
 165. Trudi Unwin 36-47
 172. David Robinson 37-09
 208. Wendy Thompson 39-46

Winner: Michael Aldridge (Wootton RR) 26-14 **1st Lady:** Rachel Cave (Higham) 30-27

BUPA LONDON 10K

Billed as a UK club 10K championship this race fell way below expectations for a quality running event with only 3 runners inside 30 minutes. Aldershot Farnham & District was one of few clubs to take the race seriously and put out strong teams. They duly won both men's and women's team races, and provided first and second places, Andy Vernon and Chris Thompson. The Harriers, however, did have two useful teams and finished 52nd in the ladies' race and 65th in the men's. Nick Strange, who edges closer to 6 minute/mile pace, and Mel Evans led home the Harriers.

HARRIERS

425. Nick Strange 38-28
 441. Mel Evans 38-43
 473. Andy Ball 39-03
 987. Jonathan Wells 43-00
 1043. Warren Bennett 43-17
 1114. Alastair Orenca 43-38
 1529. Stuart Hale 45-30
 2073. Paul Nealon 47-38
 2823. Alex Doory 49-56
 2621. Lesley Hale 52-15
 7542. Helen Bennett 61-39

Winner: Andy Vernon (AF&D) 29-33 **1st Lady:** Gemma Steel (Charnwood) 32-53

TEAMS MEN

1. AF&D (Andy Vernon, Chris Thompson, Ian Bailey) 1-30-07
 65. Huncote Harriers (Nick Strange, Andy Ball, Jonathan Wells) 2-00-31

TEAMS WOMEN

1. AF&D (Emily Wicks, Georgie Bruinvels, Louise Small) 1-44-21
 52. Huncote Harriers (Mel Evans, Lesley Hale, Helen Bennett) 2-32-37

FELL RUNNING

Ever fancied trying your hand at fell running? There is now a nucleus of members led by Rich Thomas and Nick Vernon who tackle fell races on a regular basis throughout the summer months. They are always looking for other members to join them on their exploits and it's a chance to pool transport arrangements and other costs.

Fell running is generally a tough sport taking place mainly in the north of England with races held in the uplands of Derbyshire, Yorkshire, Lancashire and Lakeland. Courses vary enormously with some events being little more than an arduous cross country race. The Charnwood Hills Race in Leicestershire would fit this category. Some courses are grassy whilst some are extremely rocky. Many of the Lakeland courses are rocky and require a lot of fell running "expertise". To run down a steep rocky descent at speed requires not only good eye and limb coordination but also a strong nerve. Fell running tends to develop different muscles to those used by road runners. In particular, thigh muscles are stronger because these are required to propel the body upwards on ascents and act as brakes on steep downhill descents.

The body governing the sport in this country is the Fell Runners Association (FRA). Races in its calendar are categorized according to length and climb. Length is divided into short, medium and long (S,M,L) where S = less than 6 miles, M = 6 to 12 miles, and L = longer than 12 miles. Climb is designated as A,B, and C where A is an ascent of more than 250 feet per mile of race and less than 20% on road, B is an ascent of more than 125 feet per mile and less than 30% on road, and C is more than 100 feet per mile of ascent and less than 40% on road. A race such as the Wasdale Fell Race in Lakeland is designated as a long A. This race covers some 23 miles and has over 9000 feet of ascent going over some of the highest peaks in the country, Whin Rigg, Seatallan, Pillar, Kirk Fell, Great Gable & Scafell Pike. Entries to

many of the hardest races such as Wasdale are vetted in order to restrict entry only to runners with the experience and capability to run them. In addition such races will have kit carrying requirements which must be followed. The dangers of a runner going astray in wilderness in the mist and suffering from exposure on a cold, wet day are self evident.

In general, fell running is a free and easy sport where there is a great deal of camaraderie – runners like to get together after races for a social pint of beer! However, in recent years the health and safety aspects of the sport have come under scrutiny and the FRA takes very seriously its responsibility to conduct the sport in a safe manner. Individuals and organisers alike have been censured for non compliance of the rules.

RECENT FELL RACE RESULTS

Kinder Downfall (BM) 9.6 miles/2000'

105. Trevor Longman 1-34-26
(2nd V/60)
205. Nick Vernon 1-51-20
257. Rich Thomas 2-05-54
Winner: Ian Mills (ua) 1-11-54
1st Lady: Caitlin Rice
(Glossopdale) 1-21-53

Saddleworth Cake Race (BM) 9.9 miles/1700'

74. Nick Vernon 1-33-55
126. Rich Thomas 1-48-30
Winner: Andy Fleet (ua) 1-05-24
1st Lady: Gaynor Keane
(Saddleworth) 1-22-10

Fairfield Horseshoe (AM) 9 miles/3000'

This race is a Lakeland classic, a blue riband event attracting the country's top fell racers, although not a championship race this year. Some of the all-time greats in British fell running have run here: Jeff Norman, Billy Bland, Dave Cannon and Kenny Stuart to name just a few. In his Lakeland guides to the fells Wainwright describes Fairfield as "a grand mountain with grand satellites in support". The summit stands at 2863' feet and is one of

the highest peaks in Lakeland. Starting and finishing just outside Grasmere the race begins with a steep punishing climb over Nab Scar, then on over Greatrigg Man before a more gradual ascent to the summit of Fairfield itself, then back down over Hart Crag and Dove Crag with panoramic views most of the way, if you have time to stop and look at them! The course record of 1-10-51 was set by Kenny Stuart in 1985 but it seems the race now goes over a different course with Mark Roberts setting the record of 1-15-11 in 2000.

174. James O'Dowd 2-05-07
262. Rich Thomas 2-34-23
Winner: Adam Osborne (Leeds City) 1-22-16 **1st Lady:** Judith Jepson (DPFR) 1-40-23

IMPORTANT DATES

Don't forget! These are important dates for your diary:

Wednesday 6th August

This is Huncote Harriers own race promotion, Joy Cann Memorial 5 miles Road Race. It is part of the Summer League so we need as many runners as possible to take part. However, if you do not wish to run, please volunteer your services to help. We need your help with marshalling, car parking etc.

Tuesday 12th August

This is the Club 10k Road Race Championship and Handicap from Huncote SSC at Thurlaston. This year it is part of the Grand Prix series so there is extra incentive to run. Afterwards there is a barbecue to help you wind down!

CLUB PROFILE

Nicki Nealon.

Not only the most successful athlete within the Harriers but one of the most successful athletes at club level in the country. Few runners can match her success or longevity in the sport. A recent example being her win in the North Midlands Cross Country League - being senior champion again after the 2013/2014 season 20 years after her first victory in 1994 even though she is now a W45 master. Nicki might not have achieved the career highs that athletes like Liz McColgan, Paula Ratcliffe and Sonia O'Sullivan may have enjoyed, but, for having two children and attaining and beating standards that she reached before the birth of her children, her running career is exceptional.

Like many successful runners her career started in her schooldays, in her case, at Sherrier Junior School in Lutterworth. Amongst the teaching staff there were some keen runners and one, Dick Spirett, a good class local runner, suggested she join Leicester Coritanians A.C. Moving to Lutterworth High School Nicki continued with her athletics and, in her first year, won the area 1500 metres title and went on to finish 5th in the County Schools Final whilst still in the lower age group. She soon came to the attention of Coritanians' senior coach, John Price, who moved her up into the Girls' Middle Distance squad. This was a significant step up and Nicki struggled to keep in touch. It should be remembered, at this time, Leicester had an outstanding array of talent with Maxine Newman and Lisa York going on to represent U.K. in the 1992 Barcelona Olympics and Helen Titterington went on to become Ladies' National Cross Country Champion. At the time Leicester Coritanian teams in cross country and road relays were amongst the best in the country.

When she left school Nicki moved on to Warwick University where her running improved greatly. There, she met Lynn Robinson, a prominent Midlands athlete and they trained together at the Coventry Godiva Club. During her fresher year there, she made her first contact with the

Harriers, coincidentally winning the Huncote Wakes 5 Miles Road Race in 1986 in a time of 31-49.

By the time she left University in 1990 her running career had improved but the Leicester Coritanian Middle Distance Group had disbanded with the Club itself in a minor crisis. Her running career then took a back seat as she concentrated on her work as a primary school teacher. However, she was rescued from relative obscurity by our Bernard Cherry, who as a prominent 400 metre runner in his younger days and later becoming a member of the Harriers, knowing of her potential, suggested she join our Club which she did in December 1992.

Her career at Huncote started quietly but there were early indications of greater things to come. In those days our Club undertook camping weekends often taking in a race. A popular venue was Hay on Wye in Herefordshire where we took part in the Offas Dyke 15 mile trail race from Hay on Wye to Kington along the Offas Dyke Footpath. Nicki's first appearance in this race not only resulted in a win but achieved one of the fastest times recorded by a lady – not bad for a young athlete with limited long race experience!

However, Nicki's real forte is in road running and her prowess at the 10K and similar distances meant she was ideally suited to the Leicestershire Summer and Winter Road Race Leagues. During the 90's she became a regular winner in these races adding to her own and our Club's reputation.

1994 was perhaps the breakthrough year for Nicki: in April recording her first victory in a Huncote vest at Stratford on Avon in the half marathon with a time of 1-25-30. The year ended with 14 victories including Offas Dyke, Hartshill (Heartbreaker Trail Race), Hungarton 7 and Huncote Wakes 5, in the process winning her first Leicestershire Summer Road Race League title. Up to 2013 she has 11 overall titles and

6 runner-up positions further testimony to her consistency and longevity in the sport.

1998 was another year of improvement. A run of 8 straight victories through the summer led to Nicki's first midlands vest to run in The Swansea Bay 10K where she finished 7th in 35-17 behind twice Chicago Marathon winner, Marion Sutton (33-08), top Ethiopian, Birhan Dagne (33-36), and Alison Wyeth (34-23). The year also saw an appearance in The Reebok Challenge, a series of top class cross country races around the UK. Nicki started off at Birmingham with a 23rd placing before going to Margate where the European trials were taking place. This was her first race against Paula Radcliffe and, although in 26th position in the race, she was only just over 1.1/2 minutes behind. This led to an invitation to the IAAF Cross Country at Durham in January 1999. This was a nervous start to the New Year as there was full BBC TV coverage and a field of 32 mainly international runners. Starting at the back of the field Nicki managed to work her way up to 22nd position with a time of 24-35 for the 6.5Km course. The race was won by Ethiopian legend Gete Wami, but what a field! This included Paula Radcliffe and Joyce Chepchumba of Kenya and Nicki had taken some good scalps including Mariana Chirila of Rumania.

Around this period Nicki ran at international level a number of times. Her best performance followed at the Reebok Challenge at Cumbernauld where she finished 14th in 22-58 behind winner, Hayley Yelling's 21-14.

In those days Huncote put out useful teams in the main relays and Nicki played an important role. In the 2000 Midland 4-Stage Relay at Sutton Park the Club finished 13th, with Claire Love 18-59, Anna Timney 18-21 and Julia Kendall (Sandford) 18-18 Nicki recorded 14-52 just 2 seconds slower than the fastest time of the day set by Telford's Clare Martin, but in front of Juliet Potter's 14-55.

At the Midland Cross Country Relays at Leamington she ran the first stage and was fastest lap of the day 58 seconds in front of second fastest, Jane Groves (Tipton). Anna Timney was second off for Huncote and held on to the lead with her 31-10. The pressure was then on Lisa Forty but, despite her best efforts the Club dropped to 4th.

The year 2001 was a chance for a break as she gave birth to Chris. Nevertheless, she resumed training 5 days after the birth. When asked why she was not continuing to rest she replied "I've already had 4 days off and I'm bored!" Just over 5 weeks later she was racing again at the inaugural Great Weston 5 Miles race and won in 32-46 starting a 14 year winning streak!

In the year 2003 she reached master (veteran) status and this brought fresh challenges to face. Perhaps her best achievement at this level was winning the World Masters Championship over 10,000 metres on the track at San Sebastian, Spain in August 2005 where she recorded her best track 10K time of 35-45.54.

These paragraphs have just provided a snapshot of her successes. In recent years outright wins have been fewer but she remains a prolific winner within her age category, now W/45. To achieve what she has could not have been done without a great deal of commitment and determination.

Husband, Nick has also provided invaluable support at home and in the matter of training and race preparation. After all these years in the sport Nicki still enjoys her running and still relishes the hard training necessary to reach such high standards. A typical training week (without a race) during her heyday period whilst working in a full-time job might be:

Mon – recovery run 5-6 miles
 Tues – long repetitions 8-10
 Wed – steady run 8-10
 Thur – short repetitions 8-10
 Fri – rest
 Sat – fartlek 4-6
 Sun – Long run (Bradgate) 10-15
 TOTAL: approx. 55 miles/week

Nicki has increased her training in recent years since becoming an F/40 master to something like:

HUNCOTE HARRIERS HALF MARATHON ALL TIME RANKINGS

MEN

1. Bob King	1-09-59	04/86	Loughborough
2. Joe O'Flynn	1-10-00	10/92	Heart of England
3. Richard Heighton	1-10-27	03/93	Belvoir
4. Mick Carter	1-11-30	04/86	Lincoln
5. Malc Moore	1-11-37	04/86	Lincoln
6. Graeme Slight	1-12-41	05/94	Hinckley
7. Sean Heaney	1-12-57	06/89	Great North Run
8. Trev Longman	1-13-02	08/85	Loughborough
9. Mick Sandford	1-13-35	10/91	Heart of England
10. Gerry Brennan	1-13-51	07/88	Loughborough

LADIES

1. Nicki Nealon	1-18-53	02/07	Watford
2. Mel Evans	1-22-48	01/14	York
3. Karen Bull	1-28-34	01/92	Heart of England
4. Annette Nutting	1-28-54	09/03	Northampton
5. Christine Bird	1-29-10	04/93	Belvoir
6. Claire Quigley	1-31-50	04/11	Belvoir
7. Carol Hawkins	1-32-45	10/93	Heart of England
8. Sue Edwards	1-34-30	10/93	Heart of England
9. Monica Deacy	1-34-30	04/98	Huncote
10. Lyn Ludden	1-38-37	01/92	Heart of England

Most of these times were set pre 2000 noticeable especially amongst the men's records. This is perhaps indicative of declining standards within our Club owing to an ageing membership? The decline amongst the ladies is not quite so marked with Mel Evans and Claire Quigley's runs being in the last few years.

IF THERE ARE ANY ERRORS OR OMISSIONS FROM THE LIST PLEASE CONTACT THE EDITOR. TIMES TAKEN ARE GUN TIMES & NOT CHIP TIMES FOR TWO REASONS. 1) GUN TIME RELATES TO WHERE RUNNERS FINISH IN A RACE – CHIP TIMING CAN LEAD TO ANOMALIES. 2) THERE IS A FAIRER COMPARISON WITH OLDER RACES WHEN CHIP TIMING WAS NOT AVAILBLE

Mon – recovery run 5-6 miles
 Tues (AM) – easy run 4-5
 Tues (PM) – long reps 8-10
 Wed (AM) – steady run 8-10
 Wed lunch – swimming 1 mile
 Wed (PM) – fartlek/reps 4-5
 Thur – Short reps 8-10
 Fri – rest
 Sat – steady/fartlek 4-6
 Sun – Long run (Bradgate) 10-13
 TOTAL approx. 60 miles/week

PERSONAL BESTS

5000M (track) 17-20.1
 10000M (track) 35-45.54
 5 Miles 27-27
 10K 34-33

10 Miles 58-52
 Half Marathon 1-18-53
 Marathon 3-00-30 (1st place European Masters Championship, Ljubljana, Slovenia)

To date, Nicki has 315 career victories (282 in Huncote colours) and she shows little sign of slowing down. However, there are further challenges ahead for the Nealon family: son Chris and daughter Rachel are showing a keen interest in the sport. Hopefully, she will still be able to combine her own running and the coaching of her children with the same success and enthusiasm as she has managed up to now.

LEICS WINTER ROAD RACE LEAGUE ROUND-UP

An extended Winter league programme came to an end with the running of the West End "8" at Queniborough on 18th May. Another big Huncote turn-out resulted in a great run from Nick Strange as he led home the Huncote finishers from Kingsley Cook and Andy Ball. Helen Mercer continued on her comeback trail getting home in front of Wendy Thompson and Trudi Unwin.



Andy Ball
1st V/50



Graeme Slight
1st V/55



Helen Mercer
2nd W/45

HUNCOTE HARRIERS

34. Nick Strange	51-01
35. Kingsley Cook	51-12
40. Andy Ball	51-51
47. Graeme Slight	52-25
49. Andy Woolley	52-35
51. Mark Kendrick	52-42
63. Andy Wilford	53-44
71. Gareth Chivers	54-16
76. Jason Tomkins	54-41
119. Ian Thompson	59-00
128. Barry Hibberd	59-46
149. Helen Mercer	62-07
173. Chris Unwin	63-45
177. Rob Tate	63-55
179. Stuart Hale	64-06
185. Wendy Thomsopn	64-34
196. Tony Siddon	65-15
208. Trudi Unwin	66-04
210. Jeff Wickham	66-07
211. Mike Percival	66-10
213. Jo Clarke	66-16
216. Katherine Dean	66-30
224. Julie West	67-24
235. John Hart	68-16
259. Clair Davis	70-33
268. Lesley Hale	71-21
305. Mick Butler	76-15
311. Jenny Murphy	78-42
318. Mike McSharry	81-00
331. Laura Jeffs	84-09
342. Judy McSharry	86-18
344. Marie Wilford	86-20

Winner: Harry Lupton (Charnwood)
42-07 **1st Lady:** Emily Ault (Barrow)
52-31

There were some individual successes in the final Winter League positions. Congratulations to Andy Ball who finished 1st V/50. Graeme

Slight finished first V/55 and Helen Mercer finished 2nd in the W/45 category.

OTHER RESULTS

CROFT HILL RACE

Staged by Bowline CC in memory of Ted Toft, it covers 4.1/2 miles from The Heatcote Arms to run around the nature reserve at Croft Hill.

7. Andy Fox	27-15
10. Jason Tomkins	28-15
11. Gareth Chivers	28-15
16. Keith Chambers	29-28

Winner: Dan Siddons (Shelton)
23-49 **1st Lady:** Nicola Roder (Leic Tri) 26-44

BOSWORTH HALF M.

Mel Evans was first lady and Huncote Harriers was first ladies' team thanks to Mel Evans, Leanne Siddon and Karen Selby. What a great result, and proof of recent improving standards by the ladies in our Club. Good run too from newcomer, Andy Fox!

18. Mel Evans	1-25-10
33. Andy Fox	1-27-34
51. Steve Bloxham	1-30-35
56. Jason Tomkins	1-31-08
65. Paul Nicholson	1-33-22
104. Barry Hibberd	1-37-31
147. Simon Hart	1-41-14

199. Leanne Siddon	1-45-16
215. Karen Selby	1-46-34
224. Tony Siddon	1-47-20
257. Mike Percival	1-50-44
283. Rachel Trivett	1-53-17
299. Ian Longford	1-55-06
304. Claire Bryan	1-55-20
326. Michael Collins	1-57-24
335. Liz Crowson	1-58-06
357. Kate Parry	1-59-43
495. Helen Bennett	2-16-26
502. Annette Willett	2-18-35

Winner: Stuart Spencer 1-10-31

TWO CASTLES 10K

99. Nathan Lawson	40-35
422. Nick Vernon	47-40

Winner: Andrew Savery (Leamington C&AC) 33-26.

KESWICK TO BARROW 40 MILES

Over 2000 runners and walkers in this endurance event run mainly on the road. Euan West competed as part of a Volunteer Reserve team and Irene Forty was following a trail blazed by Graeme Slight a year ago.

51. Euan West	6-25-49
399. Irene Forty	8-47-14

Winner: Grant Johnson 4-53-24

NOTTS "10"

30. Mark Gregory	61-35
34. Nicki Nealon (3 rd L)	62-12

Winner: Toby Spencer (Coventry Godiva) 50-07

FIXTURES

JUNE

Wednesday 4 th	EMGP Corby "5"	East Carlton	7-30pm
Sunday 8 th	Summer LRRL Swithland "6"	Rothley	10-30am
Tuesday 10 th	EMGP Banbury "5"	Banbury	7-30pm
Tuesday 17 th	EMGP Harborough "5"	Foxton	7-30pm
Sunday 22 nd	Summer LRRL Presatwold 10K	Prestwold	10-30am
Tuesday 24 th	EMGP Weedon 10K	Weedon	7-30pm

JULY

Tuesday 1 st	EMGP Milton Keynes 10K	Milton Keynes	7-30pm
Wednesday 2 nd	Summer LRRL Hungarton "7":	Hungarton	7-30pm
Sunday 20 th	Summer LRRL Hermitage 10K	Whitwick	10-30pm

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
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	
Sunday 28 th	Robin Hood Nottingham Marathon/Half M	Nottingham	9-30am

OCTOBER

Sunday 26 th	Leicester Marathon & Half Marathon	Victoria Park	9-15am
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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