



# THE HARRIER

The official newsletter of  
Huncote Harriers Athletic Club

October 2015

Issue Number 180



## HUNCOTE HARRIERS 10K ROAD RACE CHAMPIONSHIP & HANDICAP

A record entry for this year's race meant a slight headache for our handicapper, Nick Nealon, as he had to sort out entries and handicaps in the short time before the race started. His handicapping proved to be quite accurate as well which meant the officials at the finish had to deal with a rapid influx of finishers – at one time they were overwhelmed! We were thankful to have Marie Wilford on hand with her tablet to video the finish. As a result we were able to re-run the finish to determine the accurate finish order. Perhaps next year we may have to consider using a funnel.

Rob Burgin managed to confound the handicapper and finished some way ahead of the field to win the handicap. Club champion was junior, Nathan Lawson, despite going the wrong way around the P shaped course. He had almost 2 minutes to spare in front of second placed Dave Egginton and Gareth Chivers. Inevitably, Nicki Nealon won the ladies' race for the 13<sup>th</sup> time – a record

that is never likely to be surpassed! Nice to see Claire Quigley back again in racing action to take second place in front of promising newcomer Kathryn Evans in third.

Andy Woolley was first veteran man and Andy Wilford nipped in to take the prize for being closest to the base 60 minutes time standard. Incidentally, Andy Wilford ran pretty well considering his 50K ultra run at the weekend before; obviously recovering quickly after such a long race!

### HANDICAP TIMES

1. Rob Burgin	49-36
2. Jenny Henery	55-31
3. Wendy Mortimer (G)	57-01
4. Rob Tate	57-52
5. Lesley Tansey	58-15
6. Colin Bartlette	58-17
7. Scott Burgin	59-00
8. Annette Willett (G)	59-03
9. Richard Freer	59-16
10. Tina Tosh	59-18
11. Brandon Gray	59-19
12. Gareth Chivers	59-22
13. Paul McMorrان	59-29
14. Mike McSharry	59-34
15. Christian Gamble	59-46
16. Mark Springthorpe	59-48
17. Stuart Hale	59-49
18. Neil Parry	59-51
19. Stephen Snow	59-51
20. Chris Unwin	59-52

21. Lee Cobby	59-52
22. Jeff Wickham	59-53
23. Andy Woolley	59-56
24. Andy Wilford	59-59
25. Kate Parry	60-06
26. Hugh Potter	60-07
27. Stephen Walker	60-25
28. Nick Vernon	60-27
29. Lance Rathbone	60-29
30. Will Ravenhill	60-31
31. Kent Butcher	60-33
32. Nathan Lawson	60-37
33. Claire Quigley	60-39
34. Dave Egginton	60-42
35. Mike Percival	60-43
36. Kathryn Evans	60-44
37. Nicki Nealon	60-48
38. Jason Tomkins	60-52
39. Hilary Springthorpe	61-05
40. Joanne Ravenhill	61-17
41. Jenny Murphy	61-20
42. Andrew Fox	61-21
43. Rachel Trivett	61-26
44. David Lawson	61-37
45. Keith Chambers	62-53
46. Colin Geary	63-16
47. Jonathan Wells	64-51
48. Mark Wittering	65-26
49. Katrina Wightman	66-56
50. Katherine Dean	73-12

### CHAMPIONSHIP MEN

1. Nathan Lawson	36-15
2. Dave Egginton	38-27
3. Gareth Chivers	39-02
4. Lee Cobby	39-57
5. Andy Woolley	40-07
6. Stephen Snow	40-14
7. Jason Tomkins	40-50
8. Brandon Gray	41-47
9. Nick Vernon	42-11
10. Andrew Fox	42-13
11. Andy Wilford	42-27
12. Colin Bartlette	42-47
13. David Lawson	42-50

14. Hugh Potter	43-24
15. Christian Gamble	43-28
16. Rob Tate	43-57
17. Richard Freer	44-16
18. Will Ravenhill	44-32
19. Mike McSharry	44-43
20. Chris Unwin	45-01
21. Keith Chambers	45-02
22. Kent Butcher	45-05
23. Mark Wittering	45-37
24. Stuart Hale	46-07
25. Neil Parry	46-33
26. Lance Rathbone	46-46
27. Rob Burgin	46-56
28. Paul McMorran	47-01
29. Mike Percival	48-34
30. Stephen Walker	48-53
31. Jeff Wickham	49-05
32. Jonathan Wells	50-06
33. Mark Springthorpe	50-14
34. Scott Burgin	54-49
35. Colin Geary	59-36

### LADIES

1. Nicki Nealon	39-20
2. Claire Quigley	45-42
3. Kathryn Evans	46-24
4. Rachel Trivett	48-33
5. Tina Tosh	49-57
6. W.Mortimer (Guest)	52-01
7. Joanne Ravenhill	53-04
8. Kate Parry	54-59
9. Jenny Murphy	56-51
10. Hilary Springthorpe	57-25
11. Lesley Tansey	58-15
12. A. Willett (Guest)	59-03
13. Katrina Wightman	60-16
14. Katherine Dean	62-24
15. Jenny Henery	65-31

Special thanks to the committee for the organization, particularly Marie Wilford for the provision of chips and buffet for the barbecue, and to Nick Nealon for the adept handicapping - no easy feat to calculate with all entries taken on the night!

### LEICESTERSHIRE ROAD RACE LEAGUE ROUND-UP Race V Hermitage 10K

With many of the county's top runners absent (holidays?), the appearance of International athlete, Gemma Steel, made the race more interesting. Could she,

as a top class female athlete, win this open road race? In the event she finished second just 21 seconds behind race winner Chris Jordan but her best performance this year is some 3 minutes quicker which suggests she probably could have if she was really bothered. This race is on a tough course and times were correspondingly slower as a result. Mark Kendrick was back to being fastest Harrier whilst Nicki Nealon led home the ladies with newcomer Kathryn Evans impressive as second lady home.

### HARRIERS

29. Mark Kendrick	38-27
57. Nicki Nealon	40-20
58. Andy Ball	40-33
60. Steve Bloxham	40-43
61. Gareth Chivers	40-48
73. Stephen Snow	41-31
76. Graeme Slight	41-43
81. Nick Strange	42-04
92. Andy Wilford	42-47
116. Ian Thompson	44-02
144. Hugh Potter	45-11
159. Duncan Foley	45-44
184. Kathryn Evans	46-58
201. Rob Tate	47-42
207. Chris Unwin	47-52
212. Helen Mercer	48-02
220. Mike McSharry	48-27
231. Claire Quigley	49-05
243. Sarah Pegg	49-35
244. Wendy Thompson	49-40
275. Mike Percival	50-57
325. Jeff Wickham	53-23
327. Claire Bryan	53-28
380. Julie West	56-15
387. Jenny Murphy	56-47
390. Mick Butler	57-01
423. Marie Wilford	59-35
451. Barry Summers	61-55
<b>Winner:</b> Chris Jordan (Leic Cor)	
34-22 <b>1<sup>st</sup> Lady:</b> Gemma Steel (Charnwood)	34-43

### Race VI John Fraser "10"

This year summer time seems to have flown by.

This race, the last of the Leicestershire Summer Road Race series, always signals the end of Summer and the start of Autumn. This year Aaron Scott (Notts AC) turned up to add some quality to the race. He won easily having a minute in hand over Matty Adcock in second. A new lady from Wreake Runners, Anne Holyland, won the ladies' race and is likely to be a name to watch out for in the future. However, what a good run by our Kingsley Cook! Reaching the V/50 milestone seems to have given him a boost as he finished 2<sup>nd</sup> V/50 in the race as he led home the Harriers. Further down the field, Sandra Ankers was 2<sup>nd</sup> in W/65 ladies' category.

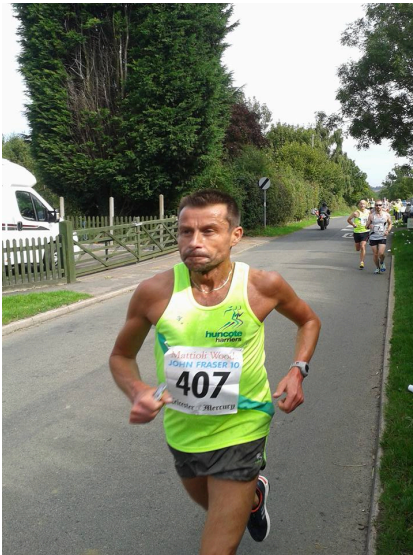
We say a sad farewell to Andy Ball who ran his last race as a Huncote Harrier. He is concentrating his efforts at Desford Striders, a club with which he is heavily involved. He has contributed much to the Harriers in his 11 years with us both in his race performances and as Club Captain, a role in which he has inspired our members at races. We wish him well.

### HARRIERS

31. Kingsley Cook	61-48
65. Nicki Nealon	64-52
68. Steve Bloxham	65-07
77. Jonathan Oxbrough	66-18
84. Jason Tomkins	66-57
86. Graeme Slight	67-08
90. Nick Strange	67-28
94. Stephen Snow	67-35
99. Andy Ball	67-45
101. Andrew Fox	67-48
128. Andy Wilford	69-18
144. Hugh Potter	70-55
179. Duncan Foley	73-01

197. Paul Nicholson	74-03
231. Helen Mercer	75-41
256. Kathryn Evans	76-50
269. Chris Unwin	78-03
270. Rob Tate	78-04
275. Neil Parry	78-16
277. Lance Rathbone	78-20
283. Wendy Thompson	78-53
308. Lindel Carruthers	80-26
321. Mike Percival	81-34
333. Rachel Trivett	82-19
363. Jeff Wickham	84-18
382. Tina Tosh	85-27
384. Gina Blagden	85-30
386. Sarah Butcher	85-36
408. Mike McSharry	87-05
409. Claire Bryan	87-05
444. Sandra Ankers	85-45
445. Keith Chambers	88-45
460. Julie West	90-12
483. Jenny Murphy	92-21
493. Hilary Springthorpe	93-49
494. Mark Springthorpe	93-49
509. Sue Gardner	94-52
516. Marie Wilford	95-21
593. Jude McSharry	107-22

**Winner:** Aaron Scott (Notts AC)  
53-54 **1<sup>st</sup> Lady:** Anne Holyland (Wreake) 61-48



Andy Ball – last race for Huncote Harriers (photo: Jo Ravenhill)

## LEICS ROAD RUNNING LEAGUE FINAL TEAM STANDINGS

### Veteran Ladies Div.1

1. Barrow	211
2. Huncote Harriers	179.5
3. Ivanhoe	170.5
4. Birstall	158

(8 teams in 3 divisions)

### Senior Ladies Div.1

1. Barrow	200
2. Charnwood AC	178

3. Hermitage	157
4. Huncote Harriers	151
5. Barrow 'B'	139
6. Hinckley RC	129

(10 teams 3 divisions)

### Veteran Men Div.1

1. Hermitage	208
2. Leic. Cor	165
3. Huncote Harriers	163
4. Barrow	152

(7 teams 3 divisions)

### Senior Men Div.1

1. Hermitage	206
2. Charnwood AC	170
3. Barrow	166.5
4. Huncote Harriers	155
5. Leic. Cor.	151
6. Wigston Phoenix	137
7. Beaumont RC	136.5

(7 teams 3 divisions)

In conclusion, quite a good season. Our Club is in the top flight in each category and might have done even better considering many of our top runners were absent through injury and other commitments!

Congratulations to Nicki Nealon on securing yet another ladies league championship which she managed to win after a close finish with Barrow's Emily Ault. Wendy Thompson was our only other individual success, 3<sup>rd</sup> in her W/40 category whilst Wendy and Julie West secured 100% participation awards

## OTHER RESULTS

### Weymouth Challenge Ironman Triathlon

Martin Coley became one of the very few Harriers to have competed in an "ironman" triathlon when he completed the Weymouth event in September. The race consisted of 2.1 mile swim, 112 miles on the bike and

finishing off with a marathon distance run. Martin completed the course in 12 hours 28 minutes and 17 seconds and finished 230<sup>th</sup>. For interest his splits were 1-33-29, 6-27-16, and 4-10-21 with transition times of 9-24 and 7-46 between. It was quite an impressive effort especially his marathon time which was done after he had already been racing for 8.1/4 hours. Winner was Marek Jasolka, a professional, in 8-42-32.

### Great North Run

A great race to watch on the TV with Mo Farah and Mary Keitany, two of the biggest names in distance running, emerging as worthy winners of the largest half marathon in the world. However, Mo Farah really had to dig deep for his win as he was pushed hard in the last 5 miles by Kenya, Stanley Biwott.

176. Mark Gregory	1-21-13
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**Winner:** Mo Farah 59-22 (new national best performance) **1<sup>st</sup>**

**Lady:** Mary Keitany (Kenya) 1-07-32

### Longshaw Fell Race (6m/1000')

63. Trevor Longman	57-06
82. Rich Thomas	61-54

**Winner:** Steve Franklin (Totley AC 41-34) **1<sup>st</sup> Lady:** Jackie Lee (Eryri) 50-09

### Lichfield 10k

182. Neil Parry	47-15
243. Rachel Trivett	49-08
460. Kate Parry	54-59

**Winner:** Matt Adcock (Hermitage) 33-37 **1<sup>st</sup> Lady:** Melissa Woodward (AF&D) 38-03

### Calke Abbey 10K

The picturesque Calke Abbey run by The National Trust provided a pleasant backdrop to a new race on

the fixture list. Nicki Nealon was first lady overall and Mark Gregory was first Harrier home.

6. Mark Gregory 39-08  
8. Nicki Nealon (1st Lady) 39-29  
51. Kent Buther 47-57  
54. Lance Rathbone 48-39  
119. Claire Bryan 53-48  
123. Gina Blagden 53-59  
143. David Styring 55-50  
229. Helen Bennett 63-13  
**Winner:** Jack Hall (Barrow) 36-22

### Nottingham Robin Hood Marathon & Half Marathon

This race is now one of the most popular mass participation races in the country and there was a useful Huncote presence. In the Half Marathon, Nicki Nealon again ran well to lead home the Harriers and was 5<sup>th</sup> lady across the line but 1<sup>st</sup> F/45. Kathryn Evans made a good half marathon debut whilst for the men, Andy Woolley was first man home for the Harriers in front of Gareth Chivers. Kenyan runners dominated the race with 2 runners way in front of third placed Alastair Watson of Notts AC and Hermitage. In the full marathon Huncote runners Brandon Gray and Christian Gamble made their debut.

#### HALF MARATHON

88. Nicki Nealon 1-22-24  
113. Andy Woolley 1-24-09  
153. Gareth Chivers 1-25-33  
256. Jonathan Oxbrough 1-28-43  
331. Duncan Foley 1-30-17  
368. Alastair Orenca 1-31-43  
399. Nick Vernon 1-32-52  
576. Paul McMorran 1-36-57  
688. Kathryn Evans 1-39-20  
1889. John Hart 1-54-58  
2231. Clair Davis 1-58-55  
3244. Stephen Walker 2-09-10  
3710. Scott Burgin 2-14-10  
4396. Mike McSharry 2-22-46  
4571. Amy Cunningham 2-25-04  
4662. Katrina Wightman 2-26-08  
7072. Simon Harrison 3-20-28  
**Winner:** Morris Gachaga 1-02-34

#### 1st Lady: Sharon Barlow (1-19-32) MARATHON

445. Christian Gamble 4-02-25  
446. Brandon Gray 4-02-26  
**Winner:** Christopher Zablocki (USA) 2-24-22  
**1st Lady:** Sarah Davis-Foxon (Northampton RR) 3-04-10

### Causeway Coastal Running Festival

A group of Harriers flew over to Northern Ireland for a long weekend break and to compete in this running extravaganza. The scenery along this stretch of the coast is magnificent, if you had the time to look at it during the race! There was a choice of four races to have a crack at: 10K, Half Marathon, Marathon and an Ultra Race over 39 miles. The courses were mainly off-road on trails and by the sea-shore, quite tricky in places as rocky outcrops had to be negotiated. The real treat, however, was the post race hydration and the Guinness!

#### HALF MARATHON

67. Chris Unwin 2-04-38  
337. Paul Nealon 2-51-39  
338. Trudi Unwin 2-51-39  
339. Alex Doory 2-51-39  
340. Julie West 2-51-40

**Winner:** Liam Dunne 1-31-20  
**1st Lady:** Karen O'Hanlon 1-46-17

#### MARATHON

132. Irene Forty 5-49-55  
133. Graeme Slight 5-49-55  
139. Marie Wilford 6-07-51  
**Winner:** Matthew Jones 3-16-36  
**1st Lady:** Amy-May Garvey 4-02-02

#### ULTRA MARATHON

26. Andy Wilford 7-32-43  
30. Ian Thompson 7-42-47  
**Winner:** Jonny Steede 5-01-08  
**1st Lady:** Jacqi Toal 6-43-06

### Lake Vyrnwy Half Marathon

243. Mike McSharry 1-37-22  
**Winner:** Ben Fish (Blackburn) 1-07-54

## HUNCOTE HARRIERS

### A.G.M.

The Huncote Harriers 2015 annual general meeting took place at Huncote Leisure Centre after training on Tuesday 15<sup>th</sup> September with 28 members present. Officers elected were:

Chairman: Andy Wilford  
Secretary: Nicki Nealon  
Treasurer: Tom Harris  
Membership Sec: Keith Chambers  
Social Secretary: Kate Parry  
Men's Captain: Ian Thompson  
Ladies' Captain: Marie Wilford  
Race Secretaries: Jo Burnett & Jenny Kirk  
Webmaster: Mike McSharry  
News Editor: Phil Watts  
Committee Members: Tony Lay, Graeme Slight, Trudi Unwin.

Additionally, Stuart Hale was elected as Communications Secretary to improve the dissemination of information around the Club.

There was discussion about membership fees. To comply with increased fees from England Athletics the Club membership fee will increase to £30. Hopefully this will include admission to Huncote and Enderby Leisure Centres on training nights (this is still to be negotiated for 2015/2016) There will still be a late payment fee of £5 if membership is renewed after 30<sup>th</sup> November!

Our Leics Road Race League delegate, Nick Nealon, advised there had been a proposal at the last league meeting to increase the number of races from 6 to 10. This was because more clubs in the league wished to put on races to boost their own funds. This idea was not well received: it was felt that there were already too many races in the calendar. The Huncote feeling was that the number of races should remain at 6 even if there was a possibility that our Joy Cann Memorial "5" race might not get League status. It was therefore proposed that Nick Nealon as our delegate should vote to keep the number of races at six.

## **TRAINING WHERE DO I GO NEXT?**

**By Phil Watts**

Well! You've run Park/Run; you've joined the Harriers and started to run on a regular basis; you've probably entered the odd race or two and you might be asking the question, "how can I make a significant improvement?" There may also be runners in our Club who are not novices, but are stuck at a certain level who also wish to improve and reach the next level.

There is another incentive to do well: being a member of Huncote Harriers Athletic Club affords you the opportunity to take part in competitive club athletics. For us, this is principally road and cross country running. This means racing against other club runners/athletes and trying to beat them – it is not just a matter of getting round the course. Training is an important factor in improving your performance thereby making a contribution to our Club's success and reputation. It will also give you a "feel good" boost which helps to make your running worthwhile.

The bad news is that, if you wish to rise above the pile and be amongst the leading finishers, or, for older runners, be competitive in your age group, then you must be prepared to commit to some hard training, not just on an occasional basis when you might be preparing for a marathon, but all the time, i.e. it is a life style choice. There are no secrets to achieving success: it is all down to hard work! Furthermore, there are no short-cuts; self discipline and mental fortitude are required to maintain both the volume of training required and to cope with the intensity. The higher up the ladder you progress the harder the training becomes!

### **Running the miles**

An important component of training for road and cross country running is running

enough training miles at an easy pace. Easy pace means being able to hold a conversation with a fellow runner. There are no hard and fast rules for the quantity of miles you should run: much depends on the individual – age, gender and type of racing to be undertaken are significant factors in determining training mileage. It will probably help if you can establish a regular routine. The key element of running enough training miles is generally the long Sunday run. For most runners the Sunday run is almost a religious ritual. Sunday is the day most people do not have to work and affords time to spend with family and doing sport. Use it wisely and build up the training miles especially through the winter months – don't get bogged down by running too many trivial races!

The good news is that Leicester runners have in their locality some of the best training there is anywhere in the country – Bradgate Park. This venue provides an infinite number of training routes, mainly off road over trails which provide enough hills, and, in the winter time, mud, which are ideal for distance runners. The tough uneven terrain around Bradgate Park makes for harder running and is better for building strength and stamina than merely running on the roads. In addition, the softer ground of Bradgate is less likely to lead to impact injuries caused by continuously road running (although care has to be taken to avoid falls and twisted ankles!). From Newtown Linford car park, a circuit around the immediate park including the summit of Old John is around 4 miles. From there you can run around Cropston Reservoir, Swithland Woods, Buddon Wood, Lingdale Golf Course, Broombriggs Hill, Windmill Hill, Beacon Hill, The Outwoods and it is possible to link all the

major hills in the County out to Bardon Hill to get a mileage of 20 miles plus. Bradgate Park has been the preferred venue of weekend running for many generations of runners from our Club, and from other leading local clubs, Leicester Coritarians, Charnwood & OWL's.

There is a very important point to note about mileage: **DO NOT INCREASE YOUR MILEAGE TOO QUICKLY** (that is jump from nearly nothing to 20 miles in a few runs)! Increment your training miles gradually. This way you are less likely to get injured; you will not get too tired; and you are more likely to enjoy the training and not become disillusioned! Little and often is best for beginners – then gradually build up the mileage. Also, aim to run continuously – do not keep stopping and starting.

### **Intensive training**

Provided that runners have enough easy training miles in their legs the next stage of development is to consider doing more intensive training. This should not be undertaken by novices – it would be akin to running a race without doing any training! Intensive training can take a number of different forms; intervals (repetitions) done on the flat or uphill, pyramids, fartlek, tempo runs; all of which may be described under one heading: speed-endurance training. Basically, they involve running at a faster pace (generally faster than race pace) over shorter distances than the race. The aim is to reproduce the stresses encountered in race conditions (breathlessness and aching limbs) but over a much shorter time scale. Ideally, speed endurance training should be tailored to the individual to take into account age, gender, ability, state of fitness at the time, and the type of races to be undertaken. For example, a runner returning from injury requires an easier training load than one who is almost ready to

race! To give you a taster, on certain Tuesday nights during the winter months Nicki Nealon and Andy and Marie Wilford take out groups to do this type of training, also on Saturday mornings the improvers group run repetitions around Jubilee Park.

Training is about overloading your body and tiredness is the inevitable outcome of that process but the overload should not be debilitating – if you are not recovering very quickly, you might be overdoing it!

The basic rule of distance running is easy to understand: the further you run, the slower is the average pace you will be able to run at. Therefore, if you wish to run a marathon inside 3 hours you will need to be able to run a half marathon at least in under 1.1/2 hours – ideally well under, say at least 1 hour 25 minutes! To run a half marathon at that pace you will need to run 10K in under 39 minutes and, therefore, 18.1/2 to 19 minutes for 5K, and so on down the distances. In short, if you are unable to run fast over short distances you will be even slower over the longer ones! Thus running fast is an important element in being able to run quicker times. By incorporating some intensive training into your schedule it should help to maintain your speed and improve your racing performances.

### **Race ethos**

Racing is about competition but only a small percentage of runners will be in contention to win the races in which they compete. Nevertheless, for club runners it is still desirable to beat your rivals and be amongst the best in your age and gender groups. Good club runners/ athletes train to race and have a good race ethos. Whenever they race they like to be fully fit and ready to compete to the best of their ability - there is pride

at stake in not being beaten by rivals and doing the best possible for the sake of their club. Do you train to race? Or are you doing it the other way round – racing to train? Today, there are so many races, it has become too easy to lose focus and use races as training runs in preparation for say, a marathon in a few months time. This results in declining performances for the individual and for the club. Concentrate on the race and prepare properly: this includes tapering down mileage and training in the days just before so that you arrive on the start line fresh and ready to go – not with leaden legs tired from a hard training run the previous day!

Warming up before the race and warming down post race are important facets of good race ethos. Warm-up involves getting muscles ready for a high work load in the race to come. It involves very easy running. This is especially true for cross country running: it is beneficial to run a lap around the course beforehand to check if there are any hazards and to assess conditions underfoot (What footwear? What length of spikes to wear?) After this, a quick strip down into racing gear and some last minute “strides” will get you “into the zone” and ready for the off. Strides are mini-sprints over a distance of up to 100 metres done at a fairly quick pace but not flat out: the idea is to prepare heart and lungs for hard work in the forthcoming race.

Post race warm-down is also important: lactic acid build-up in the muscles is a by-product of hard exercise and causes tiredness and stiffness. By running slowly after the race an athlete speeds up the dispersal of the lactate thereby speeding up recovery. Do not run too fast as you will cause a further build-up of lactic acid. Stretching can be done but with caution: it is easy to traumatize muscles

which have already been worked hard during the race.

### **Having a plan**

Most people have a rudimentary training plan when they are preparing for a marathon. However, having a more long term plan is likely to bring about a general improvement in your racing. It is important to understand the element of rest in your plan. Training and racing over a long period of time can easily lead to staleness resulting in a decline in performances and perhaps even injury. Plan your races over a year and build in rest periods. Plan your training cycle up to race day and gradually increment the volume and intensity of your training as you get closer to race date, subject, of course, to tapering down immediately prior to the race. It may not be just a single race you are preparing for but a series of races eg. the Leicestershire Summer Road Race League. Getting to peak fitness as race day(s) approaches is known as “peaking” and is a concept familiar with all international athletes but applies at club level too.

Hopefully, by adopting some or all of the above will give you an edge over most of your fellow runners and improve your performances. Remember! Running is a competitive sport and a race is a competition. It is about beating other competitors – it is not just about getting round the course.

### **HARRIERS XMAS BASH**

Don't forget the Harriers Xmas Bash on Friday 4<sup>th</sup> December at The Exchange in Leicester! Details from Kate Parry.

## FIXTURES

### OCTOBER

Sunday 4 <sup>th</sup>	Rugby "10"	Rugby	10-00am
Saturday 10 <sup>th</sup>	North Midlands X/C League	Markeaton Park, Derby	12-00pm
Sunday 11 <sup>th</sup>	Derby Runner X/C League	Markfield	
Saturday 24 <sup>th</sup>	Snowdonia Marathon	Llanberis	10-30am
Sunday 25 <sup>th</sup>	Leicester Marathon & Half Marathon	Victoria Park	9-00am

### NOVEMBER

Sunday 1 <sup>st</sup>	Shepshed "7"	Shepshed	10-00am
Saturday 14 <sup>th</sup>	North Midlands X/C League	Glebe Park, Corby	12-00pm
	12-00pm		
Saturday 21 <sup>st</sup>	Midland "7" Ladies "5" X/C	Aldersley, Wolverhampton	
Sunday 22 <sup>nd</sup>	Derby Runner X/C League	Bagworth	

### DECEMBER

Friday 4 <sup>th</sup>	Huncote Xmas Social	The Exchange, Leicester	
Saturday 5 <sup>th</sup>	North Midlands X/C League	Shiple Park, Heanor	12-00pm
Sunday 6 <sup>th</sup>	Derby Runner X/C League	Bradgate Park	
Sunday 6 <sup>th</sup>	Nene Valley Harriers "10"	Cresset Centre, Peterborough	10-30am
Sunday 27 <sup>th</sup>	Huncote Hash Real Cross Country	Huncote Leisure Centre	10-00am

### JANUARY 2016

Saturday 9 <sup>th</sup>	Leics County X/C Championship	Burbage Common	12-00pm
Sunday 10 <sup>th</sup>	Derby Runner X/C League	Allestree, Derby	
Saturday 16 <sup>th</sup>	North Midlands X/C League	Wollaton Park, Nottingham	12-00pm
Saturday 30 <sup>th</sup>	Midland Counties X/C Championship	Stafford	
Sunday 31 <sup>st</sup>	Derby Runner X/C League	Gracedieu	

### FEBRUARY

Saturday 27 <sup>th</sup>	National X/C Championship	Castle Donnington, Leics	
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#### NEWSLETTER EDITOR

Items for inclusion in the Newsletter contact:

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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