



THE HARRIER

The official newsletter of
Huncote Harriers Athletic Club

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Issue Number 182



CYPRUS ADVENTURE 2015

by Phil Watts

On the morning of departure, in Leicester the temperature was 2°C and snow had to be scraped off the car before the journey to Cyprus could commence. Quite a contrast, then, to be landing half a day later at Paphos Airport with a temperature in the mid twenties and bright sunshine!

The Louis Phaethon Beach Hotel on the edge of Paphos was most welcoming with drinks awaiting us on our arrival. The rooms were comfortable and the food was first class with plenty of variety and vegetarians well catered for.

Sunday, the day after arrival, was race day and it was warm and sunny. The start and finish at the stadium was only a mile from our hotel so we could easily walk/run to the start. Since my last visit some years ago the stadium has been modernized and now has a smart tartan track, totally different from the hard-baked cinders circuit last time! I was running the 5K fun run with Pauline and Georgina Milner and we set off first, five minutes before the Half Marathon. A straightforward race on an out and back 2.5 K course. We were able to glimpse the half marathoners going in the opposite direction on the way back.

There were only prizes for the first three in the fun run but the Harriers cleaned up in the main race. Andy Woolley was first back in a fine 12th place and scooped 2nd V/50 award. Graeme Slight was 1st V/55, Rob Tate was 3rd V/60 whilst Mark Wittering and Brian Mackey were 2nd in the V/65 and V/70 classes respectively.



"Witto" and "Butler", two of the Harriers' all-time fastest marathon runners of yesteryear, enjoying post-race refreshment in the form of Keo beer at a Paphos harbour restaurant.

No prizes for guessing the winners of the ladies' W/65 race: Irene Forty and Sandra Ankers were 1st and 2nd respectively!

APHRODITE HALF MARATHON

12. Andy Woolley	1-26-57
22. Graeme Slight	1-32-16
97. Rob Tate	1-45-29
146. Mark Wittering	1-54-49
157. Brian Mackey	1-56-02
176. Irene Forty	2-00-41
197. Mick Butler	2-05-49
207. Jeff Wickham	2-08-03
224. Sandra Ankers	2-14-34
225. Keith Chambers	2-14-43
Winner: Pavel Borodin	1-18-09

FUN RUN 5K

27. Phil Watts	24-00
96. Georgina Milner	32-38
128. Pauline Milner	44-20

With the race over we were able

to relax and enjoy the remainder of the holiday. However, being Harriers, there were groups of runners out every morning taking an early morning run before breakfast along the traffic-free seafront into Paphos and back – what a joy it was to run in sunshine, not too hot, with sea breezes coming off the sea!

There was some interesting sightseeing to be done in and around Paphos. In late afternoon, there were some spectacular sunsets to enjoy from a special vantage point on the seafront not far from our hotel. Julie and I took advantage of a hotel excursion into the Troodos mountains to visit the Archbishop Makarios Mausoleum and the Kykkos Monastery close by. The

Archbishop was the first president of Cyprus after it gained independence from Britain and is a highly revered figure in Cypriot history. At the mausoleum there was a 9 metre high bronze statue that was quite impressive. Interestingly, the bronze statue was cast in Britain and is remarkably lifelike.

Football has universal appeal and with Mick Butler, an avid Manchester United fan, and Keith Chambers, an Arsenal supporter, amongst our number, it provided us with a excellent excuse to visit bars with televisions to watch some European cup football, washed down, of course, with plenty of Keo beer!

Mark and Janet Wittering probably produced the surprise of the holiday as they persuaded us to visit the Japanese-style Samisen Teppanyaki Restaurant in Coral Bay just outside Paphos. What a night it was! We all sat in a semi-circle around a cooking area to watch our food being cooked. We were treated to chefs performing juggling routines with kitchen knives and spatulas. There were pyrotechnics on the cooking ranges which added to the drama, if not our nervousness. Before our meal, food tasters were tossed to us, the diners, which we had to catch in our mouths like performing seals! The food, Japanese style, was tasty and excellent, and went down well with the beer!

However, when we left the restaurant the entertainment was not yet over: Mark and Janet took us to a mock rodeo at a fairground close by. We all took it in turns to try to ride the "bucking bronco", a plastic lookalike which the fairground man could operate to move just like a real rodeo. It was quite a challenge to mount the life-sized beast whilst stationary never mind staying on it when moving. Safety rubber foam underneath the mock-up made falling off a painless experience. Provided you could keep your dinner and beer down, it provided some marvelous entertainment to round off the evening.

It is becoming something of a tradition on a Harriers trip to organize a race, a 2K handicap with a bottle of wine donated as a prize for the first to cross the finish line. On the last afternoon after much fanfare, the race was held on quiet roads close to the hotel and Jonathan Milner duly won, well done, Jonno!. His sister, Georgina was a good second. The fact that he was, with the Editor, partly responsible for the handicapping had nothing to do with the result! For the record, Andy Woolley was fastest scratch, and special thanks to Jill Woolley who assisted with the recording/timekeeping.

FINISHING POSITIONS AND TIMES

1. Jonathan Milner	9-06
2. Georgina Milner	11-53
3. Keith Chambers	7-40
4. Rob Tate	8-32
5. Sandra Ankers	9-48
6. Jeff Wickham	9-26
7. Mick Butler	11-33
8. Andy Woolley	7-25
9. Graeme Slight	8-01
10. Irene Forty	10-36
11. Pauline Milner	17-11
12. Brian Mackey	9-44

It was with some sadness that we all mustered at our hotel reception midday on Saturday for the journey home. It had been another great week's holiday. Special thanks to Graeme and Irene for the organization: good flights, fantastic hotel with great food, and amongst good company; what more can you ask for? Thanks also to Mark and Janet Wittering for the entertainment at the Japanese restaurant, a



A Cyprus sunset from Paphos

HUNCOTE HARRIERS BIG BASH

Please note in your diaries the date of Friday 4th March. This is the date for our Club presentation evening which, as last year, will take place at David Lloyd Leisure Complex at Narborough.

All our champions on the road and cross country, the award winners of the Huncote Harriers Grand Prix, and all the runners with club standard awards will be feted at this presentation. It is also your chance to vote for the male and female Harrier of the Year: the person you feel has made an outstanding contribution to the Club either in races or in the running of our Club

In addition, there is a buffet and disco to keep your attention for the rest of the evening. Please feel free to bring along your partners as it should be a night to remember.

The price for the evening is £12 per person and tickets are available online or from our social secretary, Kate Parry

Doors will open, on the night, at 7-00pm with the first presentation being made at 7-30pm

LEICS COUNTY CROSS COUNTRY CHAMPIONSHIP 2016

The 2016 edition moved to Burbage Common, a venue last used in 2007. Heavy rain during the previous weeks meant it was a hard course with a lot of surface water and mud to slow down the competitors. In certain age groups there was some quality running. Pick of the action was Amy Griffiths, now running for Aldershot Farnham and District and still only a junior, won the Ladies' Championship for the third successive year, a remarkable achievement for a junior! Similarly, in the men's race, Sam Stabler completed a hat trick of wins: the expected scrap with rival, Danny Hallam, didn't really materialize although Midland Champion, Alastair Watson, did give him a hard run early on in the race. Hallam was a distant third place

For the Harriers, the race doubles up as our club championship and it threw up some new winners: Gareth Chivers for the men and Julie Lamb for the ladies. We can also salute our ladies' masters who provided our only medalists this year. Congratulations to Julie Lamb, Wendy Thompson and Clare Moore who formed the second finishing team behind West End Runners who were first. There were other notable Harrier performances: Sarah Pegg coming back after injury ran well to beat her rival, newcomer, Kathryn

Evans. Jenny Murphy continued her improvement as she moves up the field in her races. For the men, Warren Bennett almost overhauled Dave Egginton, Dave managing to get away on the last lap

However, if Huncote Harriers are going to finish amongst the leading teams we must treat these races more seriously and do specific training to improve!

SENIOR LADIES 6K

12. Sarah Pegg 34-24
20. Kathryn Evans 36-42

Winner: Emma Neil (Barrow)
30-23 **County Champion:** Amy Griffiths (AF&D) 29-20 (junior)

MASTERS LADIES 6K

5. Julie Lamb 33-22
10. Wendy Thompson 36-50
11. Clare Moore 37-09
14. Sarah Lambert 38-42
15. Katherine Dean 39-15
20. Sandra Ankers 39-54
22. Jenny Murphy 40-19

Winner: Anne Holyland (Wreake) 29-48

SENIOR MEN 10K

31. Gareth Chivers 45-12
37. Warren Bennett 46-27

Winner: Sam Stabler (OWLs) 35-17

MASTERS MEN

21. Chris Talbot 45-30
24. Dave Egginton 46-19
28. Andy Woolley 48-34
31. Graeme Slight 48-50
32. Keith Chambers 49-08
39. Ian Thompson 49-59
46. Chris Unwin 54-22
52. Neil Parry 56-54
61. Mick Butler 67-14

Winner: Mark Powell (Leic Cor) 38-18

CLUB X/C CHAMPIONS MEN

1. Gareth Chivers
2. Chris Talbot
3. Dave Egginton

LADIES

1. Julie Lamb
2. Sarah Pegg
3. Kathryn Evans

HUNCOTE HASH

This year the Hash really was "real cross country" with plenty of surface water and mud around to slow up all but the very fittest of racers. Our Helen Talbot had a fine run to finish first lady in 33rd place. Newcomer, John Durance was first Harrier home with a fine 49-39 in 17th place. Good runs too from Jason Tomkins, Chris Talbot, Duncan Foley and Ian Thompson who weren't far behind.

HARRIERS

17. John Durance	49-39
19. Jason Tomkins	50-25
22. Chris Talbot	50-57
25. Duncan Foley	51-42
28. Ian Thompson	51-58
33. Helen Talbot	52-32
36. Andy Woolley	52-55
46. Stephen Snow	54-26
56. Simon Hart	55-33
58. Chris Unwin	55-50
59. James O'Dowd	55-56
67. Will Ravenhill	56-36
78. Jonathan Wells	57-08
86. Andy Wilford	57-59
87. Martin Coley	58-21
92. Brandon Gray	59-53
96. Kathryn Evans	60-11
97. Lance Rathbone	60-21
98. Neil Parry	60-34
104. Kent Butcher	61-15
112. Wendy Thompson	62-08
119. Nathan Bonham	62-40
122. Duncan Smith	62-54
137. Andrew Spare	63-50
142. Taryn Ward	64-42
143. Guy Stretton	64-52
150. Stephen Best	65-27
155. Mark Springthorpe	66-34
158. Stuart Hale	67-02
164. Leanne Siddon	67-17
165. Paul Nicholson	67-18
180. Scott Burgin	69-35
181. Amy Cunningham	69-50
183. Seema Patel	70-00
194. Clair Davis	70-59
202. Jo Ravenhill	72-01
227. Mick Butler	77-19
237. Michelle Fitzpatrick	78-37
315. Claire Bryan	90-42
322. Sue Castledine	92-39

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Winner: Robert Little
(Hallamshire) 41-51.

Another event of which to be proud for the Harriers. The race organization and marshaling was again superb and we were still able to field 40 runners in the race, evidence of the growing size of our Club. The Huncote Leisure Centre is a good venue for a small race such as ours – there are changing and showers, and the refreshment in the form of soup and roll afterwards is always well received.

NORTH MIDLANDS CROSS COUNTRY LEAGUE

IV Wollaton Park

The fourth and final fixture took place at Wollaton Park in Nottingham on 16th January. Sandra Ankers consolidated her position to win the W/60 race series following on from Irene Forty's win last year. Special thanks to the Ravenhills for running. They turned up to watch their son, James, run in the boys U/13 race, but brought their own running kit just in case. Jo Ravenhill's running in the ladies' race gave us a margin of safety should one of our ladies have dropped out in their race. Well done to Chris Talbot and Clare Moore for leading home our teams.

MEN

65. Chris Talbot 41-40
75. Gareth Chivers 42-29
96. Warren Bennett 43-11

129. Graeme Slight 45-14
148. Keith Chambers 46-09
168. Andy Wilford 47-36
181. Will Ravenhill 48-43
198. Chris Unwin 49-55
215. Phil Thompson 50-37
Winner: Alex Pilcher (Derby AC)
35-12

TEAMS

1. Notts AC 52
2. OWL's 94
3. Corby AC 186
15. Huncote Harriers 513

LADIES

57. Clare Moore 28-05
98. Sandra Ankers 30-48
110. Marie Wilford 31-44
113. Jo Ravenhill 32-01
Winner: Jane Potter
(Charnwood) 20-24

TEAMS

1. Notts AC 18
2. Nene Valley Harriers 25
3. Sutton 61
17. Huncote Harriers 265

FINAL TEAMS MEN

1. Notts AC 321
2. Nene Valley Harriers 561
3. OWL's 562
4. Corby AC 807
5. Leic University 1394
6. Hermitage RC 1536
7. Holme Pierpoint 1743
8. Long Eaton 1814
9. Huncote Harriers 1824
10. Beaumont RC 2069
11. Mansfield AC 2315
12. Beeston AC 2497
13. Trent University 2509
14. Newark AC 2577
15. Formula One 2711
16. Ripley RC 3026
17. Redhill RC 3185
18. Erewash 3229
19. Rolls Royce 3685

FINAL TEAMS LADIES

1. Notts AC 115
2. Nene Valley Harriers 297
3. Sutton 407
4. Ripley RC 419
5. Trent University 447
6. Leic University 623
7. Redhill RC 722
8. Harborough AC 763
9. Beeston AC 770
10. Holme Pierpoint 826
11. Huncote Harriers 898
12. Beaumont RC 1144

LEICS WINTER ROAD RACE LEAGUE

II Barrow "6"

The first fixture at Markfield was cancelled owing to bad weather so a lot of runners were raring to go at this, the second fixture. The Harriers had a large turn-out and two new members, Paul Featherstone and Nathan Adams, ran well to lead home the team. Welcome back Claire Quigley who led home the ladies in front of Wendy Thompson, Kathryn Evans and Rachel Trivett. At the front of the race Gordon Lee of Leicester Coritanians, now not far off his 50th birthday, won yet another League race to prove there is yet hope for us all.

HARRIERS

47. Paul Featherstone 36-32
48. Nathan Adams 36-33
70. Chris Talbot 38-01
74. Gaz Chivers 38-08
94. Kingsley Cook 38-54
104. Paul Hood 39-25
110. Nick Strange 39-30
120. Stephen Snow 39-49
137. Duncan Foley 40-20
141. Graeme Slight 40-26
155. Ian Thompson 40-56
162. Martin Coley 41-06
178. Andy Wilford 41-44
183. David Robinson 41-57
199. Barry Hibberd 42-28
252. James O'Dowd 44-10
263. Claire Quigley 44-23
267. Kent Butcher 44-27
285. Jonathan Wells 44-49
316. Chris Unwin 45-29
338. Wendy Thompson 46-15
342. Kathryn Evans 46-20
343. Rachel Trivett 46-21
350. Helen Mercer 46-45
406. John Hart 48-52
407. Claire Sceeny 48-52
415. Mike Percival 49-10
424. Katherine Dean 49-27
425. Duncan Smith 49-28
438. Jeff Wickham 49-52
475. Clair Davis 50-53
495. Jo Ravenhill 51-35

498. Ceri Williams	51-37
507. Irene Forty	52-05
513. Kate Parry	52-28
531. Katrine Wightman	53-14
532. Jenny Murphy	53-14
574. Mick Butler	55-06
579. Marie Wilford	55-28
589. Graham Smith	56-05
617. Sue Castledine	58-01

Winner: Gordon Lee (Leic Corit) 32-18 **1st Lady:** Anne Holyland (Wreake) 36-38

DERBY RUNNER CROSS COUNTRY LEAGUE IV Allestree Park

Harriers Men

103. Ian Thompson	50-41
117. Alastair Orencas	51-38
138. Andy Wilford	53-06
151. Martin Coley	54-07
234. John Hart	63-17

Winner: Steve Gibson (Beaumont) 40-12

Harriers Ladies

41. Wendy Thompson	59-18
94. Clair Davis	68-38
95. Marie Wilford	68-57

Winner: Anne Holyland (Wreake) 45-55

V Grace Dieu

Warren Bennett made a rare but welcome appearance for the Harriers as he led the men home from the ever improving Duncan Foley. Wendy Thompson was first Harrier home for the ladies.

MEN

32. Warren Bennett	37-31
85. Duncan Foley	41-24
107. Ian Thompson	42-28
126. Martin Coley	43-41
128. Will Ravenhill	43-55
135. Andy Wilford	44-20
141. Barry Hibberd	44-41
143. Chris Unwin	44-49
160. Jonathan Wells	45-33
183. Lindel Carruthers	46-43

Winner: Nathaniel Walker (West End RC) 33-05

LADIES

50. Wendy Thompson	47-23
86. Clair Davis	51-05
97. Jo Ravenhill	52-15
116. Katherine Dean	55-52
120. Marie Wilford	56-15

Winner: Anne Holyland (Wreake) 36-43

MIDLAND COUNTIES X/C CHAMPIONSHIP 2016

Heavy rain at the original venue at Stafford Common forced the organizers to switch to Prestwold near Loughborough. As it turned out, a good switch providing an undulating course in the surround of Prestwold Hall, with plenty of off-road parking on the airfield (used for the Barrow 10K) close by. Well done Chris Talbot, the only Harrier to compete, finishing in 182nd place in 50-05 for the 12K course. Winner was Alex Brecker (City of Stoke) in 37-32 in front of defending champion, Alastair Watson of Notts AC.

OTHER RESULTS

Keyworth Turkey Trot Half Marathon

Ian Thompson was first Harrier across the finish line in front of Alastair Orencas.

137. Ian Thompson	1-31-46
155. Alastair Orencas	1-33-00
245. Mike McSharry	1-38-36
257. Martin Coley	1-39-05
299. Chris Unwin	1-41-38
305. Kathryn Evans	1-42-02
369. Kent Butcher	1-44-57
450. David Styring	1-48-37
477. Stuart Hale	1-50-00
858. Chris Jefferson	2-17-59

Winner: Andrew Fuller (Shepshed) 1-12-58 **1st Lady:** Katie Lomas 1-23-03

Trail Du Maldec 18K

Our man in France, Andy Ledwith, ran his first race on French soil taking part in this trail race just north of Montauban in the south west of France. Looking at

the photo and judging by the gradient map, the course looks more like a fell race!



Andy Ledwith above the clouds at Maldec

61. Andy Ledwith 2-02-49
Winner: Julien Jorro (Team Garmin) 1-27-57 **1st Lady:** Marion Clignet (Team Errea) 1-48-02

Incidentally, Andy and Samantha Ledwith run an activity centre in France which provides an ideal training & holiday base!

Grand Union Canal Half Marathon (Watford)

New member Claire Sceeny journeyed to Watford to follow up her trail half marathon debut at the Beacon Trail Race.

282. Claire Sceeny 1-55-06
Winner: Gary Towers 1-16-32
1st Lady: Emily Antcliffe 1-28-27

Loughborough 10K

71. James O'Dowd 44-23
123. Mike Percival 49-23
Winner: Kurt Heron 32-30
1st Lady: Emma Henshaw 40-19

Tigger Tor Fell Race 9.6 miles/1600'

Nick Vernon opened his fell running season early with a visit to Sheffield for this fell race, quite a hard course on the edge of the Peak District.

167th Nick Vernon 1-50-24
Winner: Steve Franklin (Totley) 1-16-14

INTENSIVE TRAINING

By Phil Watts

When you join an athletics/ running/ jogging club your running performance generally improves. This is because you are probably running in a faster environment and taking part in a more regular training programme. After a period of time there is a tendency, however, to stop improving and your performances start to level out. If you are predominantly a fun runner with limited spare time to commit to running you may be happy to continue at this level – after all, you are keeping fit and presumably enjoying your new found life style. However, if you wish to progress further and become a reasonable club runner/athlete, you will need to ramp up your training in order to reach the next level.

In the October Newsletter there was an introductory article on training which aimed at giving you an insight into how you might improve your running performances. This time, we are going to concentrate on repetitions which are a type of speed endurance training you might like to try. Some of this type of training we already do in certain sessions, on Tuesday evenings in the winter months and on Saturday mornings at the “Improvers” training sessions at Jubilee Park throughout the year.

Repetitions

Repetitions are perhaps the most common type of training used, also known as “reps” or “intervals”; these are often done on a running track over a set distance. A running track is commonly used as it provides an accurate measurement of the running distance, and running times over given distances can be compared from week to week to ascertain progress. Distances often used are over 200/300/400 metres but longer distances are sometimes used especially by runners training for longer events like the marathon.

Using a running track is not a necessity: fields, parkland and roads may also be used as long as the

distances are known and times taken to run the distances can be compared throughout the training cycle.

There are four variables to decide when running reps:

1. Distance of the reps.
2. Number of reps to be run.
3. Time taken to run each rep.
4. Recovery time between each

Your state of fitness and what you are training for should determine the type of session you undertake. An athletics coach should be able to advise you in this respect. The coaches who know their athletes should have an idea about the strengths and weaknesses of their charges and be able to indicate the type of session required.

Pyramids

These are reps done with various distances being run during the same session. So, instead of running, for example, 12 x 400 metre reps with recoveries between each one, you might do a 200 metre rep, then a 400 metre rep and then a 600 metre rep and then back down to 200 metres. Each rep will have its own recovery period. This type of session is generally done to get the athlete running at different speeds: the shorter distances being run at a faster pace than the longer ones.

Progression

As you progress through your training cycle you should, hopefully, be getting fitter. This will enable you to increment your training to make it harder. This can be done by either, a) increasing the number of reps that you run or, b) reducing the recovery time between reps: i.e. If you are taking a recovery of 75 seconds between each rep, then reduce it to 60 seconds each time.

There are important points to bear in mind:

1. The faster you are running

you need to be more meticulous with your warm-up and warm-down. Don't start running reps from scratch – you need to warm-up first; injuries are more likely if muscles are cold before you start. Afterwards, do a slow warm-down run to start the process of lactic acid depletion.

2. Reps need to be practiced rigorously. Probably the most important element of your session is recovery time: if your recovery time is too long you are wasting your time! This is because you are not producing a training effect. Your next rep should be started BEFORE you are completely recovered from the last one.

Recoveries can be static or moving. An example of a moving recovery, if you are using a 400 metre running track (i.e. Saffron Lane), would be a 200 metre rep then a 200 metre jog half way round the track to start again. Or, for 300 metres, start a quarter way round, do the 300 metre rep and jog back to the 300 metre mark to start again.

Hill repetitions

Running reps uphill can be a valuable training tool as they provide a concentrated session to improve your cardio-vascular (heart and lungs) capability and your leg strength. Generally, hill reps should not be too long: around 150/200 metres length is about the maximum, on a hill that is not too steep. Runners should be sprinting up the hill concentrating on good stride length, knee-lift, and using exaggerated arm movement to assist upward momentum. At the top runners turn to jog back down the hill to start the rep again. If the hill is too long runners get badly out of breath and lose control of their running movement. It should go without saying that your warm-up prior to running hill reps should be thorough as you are severely stressing leg muscles and tendons during this exercise!

In a future article I will discuss other methods of speed/ endurance training.

FIXTURES

FEBRUARY

Sunday 7 th	Bowline Charnwood Hills Race	Anstey Martin School	10-00am
Sunday 21 st	Derby Runner X/C League	Lutterworth	
Saturday 27 th	National X/C Championship	Castle Donnington, Leics	
Sunday 28 th	Winter LRRL Stilton "7"	Asfordby	10-30am

MARCH

FRIDAY 4th	HUNCOTE HARRIERS BIG BASH PRESENTATION – BUFFET - DISCO	DAVID LLOYD LEISURE	7-00pm
Sunday 6 th	Winter LRRL Kibworth "6"	Kibworth	
Sunday 13 th	Derby Runner X/C League	Holly Hayes Wood	
Sunday 20 th	Ashby "20"	Hood Leisure Centre, Ashby	
Sunday 20 th	The Peatling Challenge	Peatling Parva, Leics	
Saturday 26 th	I.A.A.F. World Half Marathon Championship	Cardiff	
Sunday 27 th	Winter LRRL Desford "6"	Desford	
Monday 28 th	Notts AC Easter 10K (& 2K Fun Run)	Wollaton Park, Nottingham	

APRIL

Saturday 2 nd	Midland 12-Stage Road Relay Championship (& Ladies 6-Stage Championship)	Sutton Park, Sutton Coldfield	12-00pm
Sunday 10 th	Belvoir Half Marathon	Hose Village Hall	
Sunday 24 th	London Marathon		
Sunday 24 th	Shakespeare Marathon & Half Marathon	Stratford-on-Avon	

**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 Leisure Centre

Thurs 6-00pm Enderby Leisure Centre

Improvers – Saturday 9-30am Jubilee Park

Beginners: Enderby LC Tuesday 6-00pm