



THE HARRIER

The official newsletter of
Huncote Harriers Athletic Club

August 2016
Issue Number 185



HUNCOTE HARRIERS 10K ROAD RACE CHAMPIONSHIP & HANDICAP

Paul Featherstone underlined his ability with a fine win in this year's Club Championship race finishing 2 minutes clear of his closest rivals, Duncan Shorthose and Gaz Chivers. Nicki Nealon won the ladies championship again but there was also some impressive running from Kathryn Evans who was inside 7 minute/mile pace, and Claire Quigley, getting back to something like her form of 6 years ago. Some of the newer lady members also ran well with Tina Tosh getting 4th place scratch and 4th on handicap. A number of runners knocked big chunks off their times of last year to make significant improvements, notably Katrina Wightman with a 9 minutes improvement and Jenny Murphy with 5 minutes. First to finish on handicap was new member Suzette Taylor from Nicki Jones and Christian Gamble. Closest to his predicted handicap finish was James O'Dowd.

CHAMPIONSHIP MEN

1. Paul Featherstone 35-24
2. Duncan Shorthose 37-33
3. Gaz Chivers 37-35
4. Jonbathan Oxborough 38-11
5. Jason Tomkins 38-29
6. Dave Egginton 39-34
7. Stephen Snow 39-58
8. Christian Gamble 40-21
9. Simon Hart 41-10

10. Paul Nicholson 41-28
11. Martin Coley 41-30
12. Duncan Foley 41-46
13. Matthew Lester 41-55
14. Keith Chambers 42-44 (V50)
15. Neil Parry 42-55
16. Barry Hibberd 43-45 (V50)
17. Graeme Slight (V50) 44-05
18. Dave Robinson 44-18
19. James O'Dowd 44-23
20. Harry Henery 44-52
21. Andy Wilford (V50) 45-23
22. Guy Stretton 45-39
23. Mike McSharry (V50) 45-54
24. Stuart Hale 46-25
25. Andrew Spare 46-26
26. Jonathan Wells 47-34
27. Duncan Smith 47-35
28. Stephen Best 48-31
29. Jeff Wickham (V50) 50-35

CHAMPIONSHIP LADIES

1. Nicki Nealon 38-53
2. Kathryn Evans 43-14
3. Claire Quigley 43-42
4. Tina Tosh 47-34
5. Rachel Trivett 48-04
6. Claire Sceeny 49-15
7. Katherine Dean 50-03
8. Claire Bryan 50-12
9. Joanne Ravenhill 50-34
10. Katrina Wightman 51-46
11. Jenny Murphy 51-52
12. Kate Parry 51-59
13. Sue Gardner 52-36
14. Clair Davis 52-55
15. Sandra Ankers 54-29
16. Nicki Jones 54-450
17. Sue Castledine 56-49
18. Jenny Kirk 57-31
19. Jenny Henery 57-48
20. Suzette Taylor 58-07
21. Claire Edwards 59-10

HANDICAP FINISH & TIME

1. Suzette Taylor 56-07

2. Nicki Jones 56-20
3. Christian Gamble 56-45
4. Tina Tosh 56-55
5. Kate Parry 57-18
6. Jenny Kirk 57-31
7. Kathryn Evans 57-34
8. Jenny Henery 57-48
9. Mike McSharry 57-51
10. Jo Ravenhill 58-04
11. Jenny Murphy 58-07
12. Duncan Smith 58-11
13. Claire Quigley 58-14
14. Stephen Best 58-16
15. Sue Castledine 58-23
16. Neil Parry 58-29
17. Jeff Wickham 58-30
18. Guy Stretton 58-32
19. Gaz Chivers 58-32
20. Claire Sceeny 58-36
21. Jonathan Oxborough 58-44
22. Claire Bryan 58-44
23. Paul Nicholson 58-48
24. Martin Coley 58-50
25. Stephen Snow 58-57
26. Stuart Hale 59-05
27. Keith Chambers 59-08
28. Jason Tomkins 59-08
29. Paul Featherstone 59-09
30. Barry Hibberd 59-19
31. Duncan Shorthose 59-20
32. Katrina Wightman 59-22
33. Simon Hart 59-50
34. Matthew Lester 59-52
35. James O'Dowd 59-57
36. Claire Edwards 60-08
37. Sue Gardner 60-12
38. Duncan Foley 60-14
39. Nicki Nealon 60-15
40. Graeme Slight 60-17
41. Katherine Dean 60-20
42. Andrew Spare 60-21
43. Jonathan Wells 60-27
44. Clair Davis 60-31
45. Rachel Trivett 60-44
46. Dave Robinson 60-48
47. Harry Henery 60-51
48. Dave Egginton 61-14
49. Andy Wilford 61-53

Chairman, Andy Wilford, presented awards to the three ladies and men champions and to the handicap winner, Suzette Taylor. Thanks to Nick Nealon for the handicapping - to get all runners across the finish line within a few minutes is the mark of some good handicapping. Thanks also to the recorders and timekeepers. Special thanks to Marie Wilford for putting together the rolls, salad and chips for the bbq afterwards. Finally, thanks to the boys on the bbq: showers made it a difficult job to get started and to keep going.

RAINBOWS 100 LAP CHALLENGE

Huncote Harriers finished 4th in this popular charity fun run at the Saffron Lane track in Leicester. Best run of the night was by Kathryn Evans who ran the fastest ladies' Huncote lap of 73 seconds. Welcome back Mel Evans who was one second slower than Kathryn's lap but had more consistency over her 5 lap stint. For our men, 4 runners had the fastest lap of 65 seconds, Paul Featherstone, Ryan Lambert, Jonny Oxborough and Jason Tomkins although Paul was faster over his 5 laps than the others.

Sprinting 400 metres around a track is not as easy as it sounds – shorter distance does not equate to easier racing: it can be just as demanding or even more demanding than road running.

Special thanks to Ian Thompson for team organization and to Graeme Slight and Keith Chambers for organization and timings on the night.

**RAINBOWS HUNCOTE LAP TIMES
100 x 400 metre laps**

Irene Forty	1-38	1-43	1-41	1-42	1-43
Jo Ravenhill	1-22	1-29	1-32	1-29	1-26
Claire Edwards	1-27	1-26	1-32	1-33	1-32
Mel Evans	1-14	1-15	1-15	1-18	1-16
Mike McSharry	1-20	1-22	1-19	1-25	1-25
Diane McGrellis	1-46	1-26	1-49	1-31	1-31
Paul Featherstone	1-05	1-07	1-06	1-07	1-07
Kathryn Evans	1-13	1-20	1-20	1-19	1-20
Will Ravenhill	1-28	1-20	1-26	1-28	1-32
Ryan Lambert	1-05	1-13	1-15	1-16	1-15
Matt Lester	1-07	1-12	1-15	1-22	1-21
Sarah Pegg	1-47	1-36	1-39	1-45	1-38
Sue Castledine	1-37	1-42	1-47	1-48	1-45
Guy Stretton	1-10	1-17	1-26	1-24	1-19
Sue Gardner	1-28	1-31	1-33	1-34	1-36
Duncan Shorthose	1-11	1-14	1-12	1-16	1-17
Jason Tomkins	1-05	1-09	1-12	1-14	1-12
Jonathan Wells	1-10	1-19	1-23	1-21	1-18
Jonathan Oxborough	1-05	1-10	1-10	1-15	1-09
Claire Bryan	1-35	1-39	1-36	1-38	1-32

OLD PHOTO ARCHIVE



Is this the oldest club photograph in existence? Taken outside the pub on London Road with Victoria Park, the start and finish of the races on the left. Huncote Harriers at the 1983 Leicester Marathon and Half Marathon. Back row L to R: John Winnett, Phil Watts, Mark Wittering, Bill Simpson. Front: Rich Singer, Trevor Longman

DON'T FORGET HUNCOTE HARRIERS ANNUAL GENERAL MEETING IS AFTER TRAINING ON TUESDAY 13th SEPTEMBER AT HUNCOTE LEISURE CENTRE

LEICESTERSHIRE SUMMER ROAD RACE LEAGUE

III Hungarton 7

The weather was a little kinder to runners this year with a much cooler temperature. This was more conducive to running, as opposed to last year with high temperatures.

Huncote number one, Paul Featherstone, ran a blinder to be first Harrier home in one of Leicestershire's classic road races. His 40-31 was way inside 6 minute mile pace on a not-too-easy course and brought him a well-deserved 9th place, well clear of Huncote men Mark Gregory and Jason Tomkins. Kathryn Evans also had a good run for first Harrier lady home collecting some good scalps in the process. Coritanian Chris Jordan won the race but Hermitage Harriers with 8 runners in the first 29 places looked impressive in the team results. Anne Holyland (Wreake Runners) was impressive, first lady only just outside 6 minute/mile pace in 28th place.

HARRIERS

9. Paul Featherstone	40-31
66. Mark Gregory	44-10
68. Jason Tomkins	44-25
89. Stephen Snow	46-00
114. Ian Thompson	47-44
181. Kathryn Evans	50-43
190. Graeme Slight	51-14
194. Claire Quigley	51-21
216. Clare Surrell	52-08
219. Mark Wittering	52-14
222. Barry Hibberd	52-18
224. Paul McMorran	52-20
248. Andy Wilford	53-00
255. David Robinson	53-10
266. Wendy Thompson	53-41
274. Chris Unwin	54-00
283. Stuart Hale	54-22
286. Helen Mercer	54-31
287. Clare Moore	54-33
295. Guy Stretton	55-00
302. Jon Wells	55-22
303. Graham Smith	55-23
319. Duncan Smith	56-07

323. Trudi Unwin	56-12
358. Mike Percival	58-15
367. Sarah Lambert	58-42
412. Jeff Wickham	61-05
413. Irene Scowen	61-09
483. Marie Wilford	66-25
527. Sue Castledine	71-25

Winner: Chris Jordan (Leic Cor) 37-52 **1st Lady:** Anne Holyland (Wreake) 42-08

IV Joy Cann Memorial 5

Stuart Spencer (Notts AC) made easy work of winning this year's race. In the middle of his high mileage build-up for a crack at the Berlin Marathon at the end of September, he didn't need to taper down for our race as he won by almost a minute after taking the lead from the start. There were some good performances from the Harriers too: Paul Featherstone added to his growing reputation with another personal best in 9th place to defeat his younger rival, Nathan Lawson. Duncan Shorthose, Gareth Chivers and Jonny Oxborough were only just outside 30 minutes and continue to improve.

For the ladies, Nicki Nealon was again first Harrier home with 3rd place in the ladies' race but Kathryn Evans and Claire Quigley also finished well up to finish 2nd ladies' team behind Wreake Runners. Quite a good night for the Harriers: we had a total of 54 runners finish the race.

Congratulations to the committee for another well organized race! Special commendation to race directors, Jo Burnett and Jenny Kirk and chief marshal, Graeme Slight. The

whole evening passed without a hitch and we received a clean bill of health from the race scrutineer. A well deserved pat-on-the-back for Club Chairman, Andy Wilford, who presented the awards from an extensive prize list. Thanks too for Marie Wilford, Tony Lay, Nick Nealon, and John O'Sullivan and all the marshals and finish stewards who contributed to the success, a grand all-round club effort. This surely is now the number one road race in the County!

HUNCOTE JOY CANN RESULTS

9. Paul Featherstone	27-46
19. Nathan Lawson	28-37
54. Duncan Shorthose	30-12
57. Gareth Chivers	30-21
63. Jonny Oxborough	30-29
88. Jason Tomkins	31-35
91. Nicki Nealon	31-50
102. Stephen Snow	32-12
117. Warren Bennett	32-52
123. Paul Nicholson	33-08
126. Kent Butcher	33-12
130. Matt Lester	33-29
163. Kathryn Evans	34-42
168. Brandon Gray	34-55
176. James O'Dowd	35-11
189. Claire Quigley	35-26
204. David Robinson	35-58
208. Jon Wells	36-02
209. Barry Hibberd	36-04
219. David Griffiths	36-21
232. Leonard Symeonides	36-44
239. Stuart Hale	36-56
246. Trudi Unwin	37-06
249. Mike McSharry	37-13
251. Helen Mercer	37-17
255. Chris Unwin	37-20
258. Guy Stretton	37-24
265. Mike Tansey	37-41
282. Wendy Thompson	38-17
283. Bev Parry	38-19
287. Clare Surrell	38-26
292. Rachel Trivett	38-35
301. Duncan Smith	38-54
323. Claire Bryan	40-06
337. Claire Sceeny	40-33

346. Katrina Wightman	40-54
352. Jeff Wickham	41-06
360. Scott Burgin	41-24
372. Graham Smith	41-43
374. Paul Nealon	41-44
382. Kate Parry	41-52
385. Tina Tosh	41-54
386. Sarah Butcher	41-55
388. Stephen Walker	42-04
392. Ian Longford	42-10
394. Tracy Griffiths	42-11
409 Amy Cunningham	42-40
411. Eleanor Dundee	42-43
422. Jenny Murphy	43-27
466. Sue Castledine	45-35
481. Claire Edwards	46-25
487. Wendy Mortimer	46-55
488. Lesley Rathbone	46-56
536. Lorna Charles	50-56

Winner: Stuart Spencer (NottsAC) 25-10 **1st Lady:** Anne Holyland (Wreake) 30-38

V Hermitage Carl Rutt 10K

The ladies were the Huncote stars in this Summer road league fixture with Kathryn Evans and Claire Quigley backing up a fine run by Nicki Nealon, the third placed lady, to take first ladies' team prize. There was further improvement for Kathryn Evans who ran only just outside 7 minute mile pace on a far from easy course.

Paul Featherstone and Duncan Shorthose were again first across the line for the men.

HARRIERS

10. Paul Featherstone	35-51
38. Duncan Shorthose	38-22
71. Stephen Snow	40-11
74. Nicki Nealon	40-34
103. Duncan Foley	42-35
107. Graeme Slight	42-49
136. Kathryn Evans	43-57
155. Claire Quigley	45-14
169. David Griffiths	45-40
172. Barry Hibberd	45-45
193. Mike McSharry	46-35
214. Trudi Unwin	47-25
219. Jonathan Wells	47-42
226. Helen Mercer	47-56
244. Rob Tate	48-45
267. Mike Percival	50-21
303. Jeff Wickham	52-02
315. Jenny Murphy	52-24
363. Graham Smith	54-28
378. Tracy Griffiths	55-14
441. Mick Butler	59-20
445. Claire Edwards	59-38

Winner: George Birt (Hermitage) 33-39 **1st Lady:** Anne Holyland (Wreake) 40-00

OTHER RESULTS

Leicester Big 10K

Paul Featherstone was close to winning his first open road race here finishing 34 seconds behind the winner in a useful 35-24. In doing so he helped the Harriers to a team victory

with Duncan Shorthose and Gaz Chivers being the other counters. Kathryn Evans was first Harrier lady home in 4th place.

HARRIERS

4. Paul Featherstone	35-24
9. Duncan Shorthose	38-16
11. Gaz Chivers	38-43
47. Kathryn Evans	44-14
150. Mike Percival	51-55
328. Judith Cox-Rogers	64-39

Winner: Chris Gidlow (City of Stoke) 34-50 **1st Lady:** Marie Atterbury (Team Anstey) 40-59

Leicester City 5K Races (Nice Work) 21st July

Hugh Potter finished 21st in this edition of evening races held around Victoria Park. His time of 21-19 gave him 1st place in the V/55 category. Winner was Leicester Coritanian junior Pascal Bouttier- Butler in 17-25

Desford Sprint Triathlon (400m swim, 20k bike, 5k run)

31. Martin Towers	1-08-50
57. Stuart Hale	1-15-45

Winner: Alex Mead (MVH Tri) 54-41

HUNCOTE HARRIERS ANNUAL GENERAL MEETING

Tuesday 13th September 2016

8-00PM

Huncote Leisure Centre after training

Training starts at 6-30pm instead of 7-00pm so that we can get back in good time for the meeting to start. Please endeavour to attend as this is your opportunity to air your views on how the club is run. This is the time we review the Club's position, review the accounts, and elect the Club officers. In short this is a meeting for you, the members.

Please note that, after this week, we say goodbye to training at the Huncote Leisure Centre: training reverts to Enderby Leisure Centre for the Autumn and Winter months.

AN ORDINARY PERSON DOES THE EXTRAORDINARY

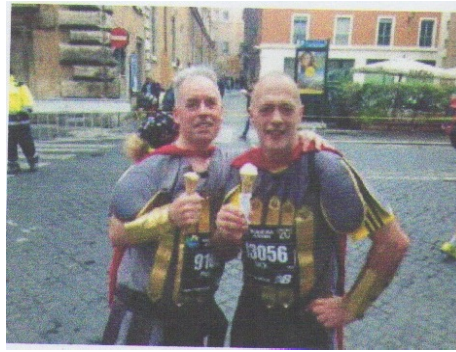
By Mike McSharry

A few years ago a new runner joined the Harriers; one of his aims being to lose some weight. Since then Paul McKay has entertained us with his journal on the way to achieving the amazing record of running one hundred marathons.

His full story is on the Club website and this report will hopefully do his character justice. The first thing Paul will tell you about this achievement is, "Hey, don't forget Nick in all this." We certainly shouldn't. Nick Allars, another Harrier, has run 81 of these marathons with Paul, another staggering achievement.

Paul's first marathon was at Chester in October 2013 when he learned the role of the pacer, a task he rose to in a number of events. Over these few years Paul has clearly made some great friends with people he has met on the way. Clearly, something besides madness binds these people together. Portsmouth was the next event in December 2013: this included a run along the beach.

During this odyssey Paul and Nick seemed to have tried everything including many events registered with the Long Distance Walkers Association. Some of these events are amazingly well organized and some..... The Brighton Trail 29 fell into the "some..." group. Putting this report together it's obvious that Paul pays as much, if not more attention to the quality and quantity of the food stops as the terrain, weather, conditions and the distance to the races. A local event, the Belvoir Challenge, was event 5, notable for the quality and quantity of the cakes, according to Paul. In March 2014 they ran their first marathon abroad, in Rome, which involved costumes and the first of many marathon ice creams – "at mile 20 as we went past an ice cream shop, we thought – why not? – The owner was quite surprised to see 2 centurion runners and gave us free cones"



At Rome, Paul & Nick as centurions suitably attired and with ice creams

This was followed by Manchester which was apparently memorable for breakfast cereals. Marathon 8 was in Stratford where Paul finished by helping drag/carry a first time marathoner across the line.

Northamptonshire was next followed by the first of many trips to Milton Keynes where Paul paced for the 5 hour finishers. The Stroud Trail Marathon and the Leaden Boot which included the blessing of feet with holy water. This was followed by Paul's first official "pacer" run – the Liverpool Rock'n'Roll Marathon. The wonderful Littlehampton Marathon with its full English breakfast was followed by the Holly Challenge which was 31 laps of the same route in Telford.

Races at Malvern and Dorset were followed by another run at Milton Keynes with cake sampling by the Grand Union Canal. Paul's 20th marathon was the 5-4-3-2-1 in Salisbury in August. Leila's Marathon, was held in memory of a Welwyn Garden City runner who had run over 200 marathons but lost her battle against cancer. Still in August was the Sandwell 6 Towns which included 1.3/4 miles with a head torch through the Netherton canal tunnel. To round off August Paul ran the Halifax Marathon and learned how Yorkshire folk describe hills! September saw the Wolverhampton Marathon and the Chesterfield Marathon, where Paul ran his first race as a guide for a blind runner who was on marathon 268!. A week later he was again guiding Paul, the blind marathon runner, this time at Hereford. Paul then ran Nottingham, this time raising money for one of his favourite charities, Scope.

October saw Paul return to Chester where Nick helped fly the Harriers' flag.

As Nick crossed the line the P.A. said, "Here's Nick Allars a runner with Huncote Harriers....how do we know he's a Huncote Harrier? Simple, he's wearing a tutu!" October 2014 was rounded off by the Venice Marathon which included ice cream and red wine on the course! If October had wonderful runs November was slightly different with underpasses in Stevenage and 8 laps of an airfield in Stratford! The theme for the month continued with the Maravan – 7 laps of caravan sites in Cleethorpes, again guiding blind runner, Paul. November ended on a high note with the Broadmeadows Marathon at Stratford-on-Avon. This was marathon 33 and the third of the way target was reached.

December saw the Hardmoors 30 mile trail run in Yorkshire and the Porstmouth Marathon. 2015 started with another trip to Milton Keynes for the Enigma Marathon, 7.1/2 laps around a freezing lake – and he's signed up for the next one!. By the end of January Paul had completed trail marathons in Surrey Essex and Dertbyshire. Marathon 40 was the 30 Mile Punch Bowl Ultra in Surrey. Valentine's Day saw the Valentine's Marathon at Stratford. Then the New Forest Heartbreaker, Cambridge and Chiltern Marathons was followed by another one with "Shakespeare" in the title making Stratford-on-Avon a serious competitor with Milton Keynes for the title of the most visited venue for marathons. Charnwood was followed by the Daffodil Dawdle, and then, pacing at Manchester. Back to Europe, to Paris first of all, and then, marathon 50, pacing for the Madrid Roick'n'Roll.

Marathon 51 was back to Milton Keynes where Paul paced within 2 seconds of his target time. A return to the Leaden Boot with its feet blessing was followed by the

30 miles Mendip Challenge along Cheddar Gorge. The Farthington Foot Fest was followed by more pacer duty, this time at Liverpool – and one second off target time. A trip to Stonehenge was a big detour to get to the Cheltenham



Running for Scope at the Ikano Nottingham Marathon 2014

Marathon.

This was followed by two ultras, the Herts Hobble and “The Here and Back Again” in Northamptonshire. Marathon 60 was the Dorset Roman Invader which proved to be the ultimate for food, goody bags and fancy dress! Paul then returned to Leila’s Marathon to be followed by saunas and nudity in Iceland. Marathon 63 saw Paul return to Sandwell for the 6 Towns (and the Netherton canal tunnel)

Marathon 64 was the Flanders

Fields Marathon at Ypres. Paul’s moving account on the Club web site does the event the justice it deserves.

Next was the Chesterfield where Paul again guided blind Paul. Reaching two thirds of the way towards his target, Paul returned to the Chester Marathon again acting as a pacer. Marathon 67 was at York for another Roman themed marathon again guiding another Paul who was on his 292nd marathon! Then followed Lisbon Marathon and another visit to Stratford, this time commemorating the anniversary of the Battle of Agincourt – of course, fancy dress for the occasion was obligatory for Paul and Nick. Marathon 70 saw a return trip to the 32 lap course near Telford. Enough said! The Sundon Saunter around Woburn Abbey was followed by a return to Stratford and its Broadmeadows Marathon. To even up the scores, Paul returned to Milton Keynes to run around the lake 7 times again. Marathon 74 was at Pisa where Paul guided a blind Italian runner.

Marathon 75 was another milestone and another 7 laps or so of the lake at Milton Keynes. Then followed marathons at Leatherhead, Newcastle, Dymchurch (Kent) and Shoreham. Portland made marathon no. 80 but, seaside runs in the middle of winter? Brrr.!

The final 20 runs began with “The Good, The Bad, and The Ugly” Marathon at Deal, Kent. Then came 2 forest runs, the first from Burley in

the New Forest and then “Longhorn” in Sherwood Forest. These were followed by the Larmar Tree race in Dorset, the “Devonshire Dumpling” at Exeter, the Pewsey Downs-a-Round in Wiltshire, and the Vienna Marathon (in a field of 35,000 runners).

Marathon 89 was a high point. Paul was an official pacer at this year’s London Marathon, an ambition that many runners would like to achieve. Marathon 90 saw a return to Milton Keynes, again as a pacer, and again within one second of target time!

The last ten marathons proceeded with “Marafun” in Kent, Imery’s Trail Marathon at St Austell, and The “Ox” in Dorset. Marathon 94, Paul was pacing again in Liverpool, followed by Stockholm Marathon where the finish was in the 1912 Olympic Stadium. The next “Hampshire Hoppit” resulted in a nasty fall but he managed to finish it and the next one at “Giant’s Head” in Dorset. Then came two marathons over a weekend, the Hamsterley Trail Marathon in Dorset followed a day later by marathon 99 “The Flake”. Race 100 was completed in the Marathon of Wales at Tenby where Paul’s achievements were announced over the P.A. before, during and after the race.

This has been a truly amazing achievement and Paul is continuing to run marathons in order to help his pal, Nick, to achieve his goals, a fine sporting gesture showing the true mark of the man.

NORTH MIDLANDS CROSS COUNTRY LEAGUE

Inspired by the Olympics? Put all that new found enthusiasm and ambition into running the four fixtures in this league. This is club racing at its best as runners count for their teams. It doesn’t cost anything to enter – just turn up on the day with club kit (you will not be allowed to run without it). Courses are generally undulating parkland. Races for ladies (4 miles) start at 1-25pm and the men go over 6 miles at 1-55pm. Recommended footwear is spikes but these are not essential. At the end of the race you will be handed a disc indicating your finishing position – just hand this to me at the end of the finishing funnel.

Training at the improvers’ session at Whetstone Recreation Ground on Saturday morning is geared towards these races and we might move to Western Park to include more appropriate hill training on certain weeks.

Phil Watts

NORTH MIDLANDS FIXTURES

Saturday 15th October at
Markeaton Park, Derby

Saturday 12th November at
Wickstead Park, Kettering

Saturday 3rd December at
ShIPLEY Country Park, Heanor

Saturday 14th November at
Wollaton Park, Nottingham

FIXTURES

AUGUST

Sunday 14 th	Summer LRRL Hermitage 10K	Coalville	10-30am
Thursday 18 th	Leicester Summer 5K Road Races	Victoria Park	7-00pm
Sunday 21 st	Burton 10K	Shobnall Leisure Centre	10-30am

SEPTEMBER

Sunday 4 th	Summer LRRL John Fraser "10"	Countesthorpe	10-30am
Sunday 11 th	Great North Run	Newcastle-upon-Tyne	

TUESDAY 13th HUNCOTE HARRIERS A.G.M.

HUNCOTE LEISURE CENTRE 8-00PM

Wed. 14 th	Leics 10,000M Track Championship	Saffron Lane, Leicester	7-30pm
Saturday 17 th	Equinox 24	Belvoir Castle	
Sunday 18 th	Rutland Marathon & Half Marathon	Rutland Water	10-00am
Saturday 24 th	Midland Road Relay Championship) Senior/Veteran Men 6-stage) Senior Ladies 4-Stage)	Sutton Park, Sutton Coldfield	
Sunday 25 th	Nottingham Robin Hood Marathon & Half	Victoria Embankment	9-30am

OCTOBER

Saturday 15 th	North Midlands X/C League	Markeaton Park, Derby	12-00pm
Sunday 23 rd	Leicester Charities Marathon & Half	Victoria Park, Leicester	9-00am
Saturday 29 th	Snowdonia Marathon	Nant Peris	10-30am

NOVEMBER

Saturday 12 th	North Midlands X/C League	Wicksteed Park, Kettering	12-00pm
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DECEMBER

Saturday 3 rd	North Midlands X/C League	Shipleigh Park, Heanor	12-00pm
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JANUARY 2017

Saturday 7 th	Leics County Championship X/C	Burbage Common	12-00pm
Saturday 14 th	North Midlands X/C League	Wollaton Park, Nottingham	12-00pm

PLEASE CHECK DETAILS WITH ORGANIZERS FIRST TO AVOID DISAPPOINTMENT

NEWSLETTER EDITOR

Items for inclusion in the Newsletter contact:

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Mobile 07807008820

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TRAINING: Tues 7-00pm Huncote L.C.
Beginners: Enderby LC Tuesday 6-00pm

Thurs 6-00pm Enderby Leisure Centre
Improvers – Saturday 9-30am Whetstone
Recreation Ground