



# THE HARRIER

The official newsletter of  
Huncote Harriers Athletic Club

**December 2016**  
**Issue Number 186**



***Apologies for the delay in the publication of this issue owing to computer problems***

## **LEICS. SUMMER ROAD RACE LEAGUE Race VI John Fraser "10"**

The curtain came down on another Summer Road Race League season at Countesthorpe. Finishing times were a little better than in recent years and there were some good performances from Harriers taking part. Perhaps the run of the day belonged to Kathryn Evans who finished strongly and improved her 10 mile best to 71-59. She was well ahead of her rivals Claire Quigley and Helen Mercer. Paul Featherstone was again first Harrier home and was well under 6

minute/mile pace, a good effort on an undulating course. Jason Tomkins edged closer to 6 minute/mile pace with his run but eye-catching runs too from Paul Nicholson and Hugh Potter with Hugh now in the V/55 age category.

### **HARRIERS**

12. Paul Featherstone	58-15
60. Jason Tomkins	64-29
83. Stephen Snow	68-30
96. Paul Nicholson	68-48
99. Christian Gamble	68-48
114. Duncan Foley	69-19
119. Hugh Potter	69-45
124. Matthew Lester	70-12
125. Graeme Slight	70-15
135. Will Ravenhill	71-10
152. Kathryn Evans	71-59
181. James O'Dowd	73-29
193. Barry Hibberd	74-12
205. Mike McSharry	74-45

218. Claire Quigley	75-03
261. Helen Mercer	77-21
267. David Robinson	77-55
271. Stuart Hale	78-11
275. Wendy Thompson	78-23
291. Tina Tosh	78-58
300. Duncan Smith	79-31
337. Mike Percival	81-47
346. Lindel Carruthers	82-19
357. Jeff Wickham	83-16
372. Rachel Trivett	84-03
377. Seema Patel	84-29
404. Rob Tate	86-21
437. Amy Cunningham	88-20
438. Jenny Murphy	88-20
482. Clair Davis	91-39
512. Mick Butler	95-37
529. Claire Edwards	97-11
536. Jo Ravenhill	97-37
556. Sue Castledine	99-27
634. Amanda Donkin	114-40
635. Amanda Purdie	114-40

**Winner:** Chris Jordan (Leic Cor)  
**54-38 1<sup>st</sup> Lady:** Anne Holyland  
(Wreake Runners) 61-43

Huncote Harriers held its 2016 A.G.M. at Huncote Leisure Centre after training Tuesday 13<sup>th</sup> September. Chairman, Andy Wilford, and team captains Ian

Thompson and Marie Wilford reported on a successful year. Andy also thanked the various officers of the club who have carried out their duties diligently throughout the year. In particular, he confirmed the appointment of the Club Welfare Officer, Sarah Coop, who is going to be responsible for dealing with any personal issues of complaint by members relating to the running of the Club.

Officers of the Club were elected as follows:  
Chairman: Andy Wilford. General Secretary: Nicki Nealon. Treasurer: Tom Harris. Men's Team Captain: Ian Thompson. Ladies' Team Captain: Trudi Unwin (replacing Marie Wilford). League

## **HUNCOTE HARRIERS ANNUAL GENERAL MEETING**

Representative, Nick Nealon. Membership Secretary: Keith Chambers. Race Secretary: Joanne Burnett. (Jo carrying out this position on her own without Jenny Kirk). Social Secretary: Kate Parry. Webmaster: Mike McSharry. Communications Officer: Stuart Hale. Newsletter Editor: Phil Watts. Committee Members: Marie Wilford & Tony Lay

Graeme Slight resigned his role of chief marshal for our races, Joy Cann Memorial 5 Mile Road Race and the Huncote Hash. We are looking for an individual to volunteer and take on this role.

Annual membership subscriptions to remain unchanged although it was noted that with UKA levies increasing over the next few years our subscription may have to be increased next year.

A number of members were critical of the David Lloyd Leisure Centre as the venue for the Club's presentation night, a poor selection of food being the main concern. It was resolved to look elsewhere for an alternative venue with, perhaps, more money to be spent making it a more convivial and prestigious evening: our Club does have a large bank balance and can afford it!

Our Chairman noted the performance by Paul McKay, the first person in our Club to run 100 marathons. Paul and Nick Allars have agreed to help any of our members who wish to take part in marathons on a regular basis in order to become members of "The 100 Marathon Club"

### **Ikano Nottingham Robin Hood Marathon & Half Marathon**

Some useful Harrier performances in the 2016 races. In the full marathon Martin Coley was pleased with his time: likewise, Jo Ravenhill with her marathon debut race. Jonathan Oxborough was first Harrier across the finish line in the Half. Kenyan runners won the men's and ladies' races in the Half although Coventry's Katrina Wootton gave Winifred Moseti a good run for her money in the ladies' race.

### **HALF MARATHON**

77. Jonathan Oxborough 1-23-57  
222. Christian Gamble 1-30-54  
466. Brandon Gray 1-38-08  
573. Leanne Siddon 1-40-23  
731. Clare Surrell 1-43-16  
1563. Lance Rathbone 1-55-23  
2185. Gareth Davies 2-02-38  
2341. Clair Davis 2-04-13  
2841. Stephen Walker 2-09-56  
2873. Amy Cunningham 2-10-18  
**Winner:** Barnaba Kipkoech 1-05-55 **1<sup>st</sup> Lady:** Winifred Moseti 1-12-57 **2<sup>nd</sup> Lady:** Katrina Wootton (Coventry Godiva) 1-13-25

### **FULL MARATHON**

62. Martin Coley 3-16-46  
752. Jo Ravenhill 4-35-40  
**Winner:** Adam Holland 2-37-25 **1<sup>st</sup> Lady:** Joanne Nelson (Darwen Dashers) 2-56-09

---

## **LEICESTERSHIRE ROAD RACE LEAGUE PRIZE PRESENTATION 2016**

The Leicestershire Road Race League held its presentation evening at the County Cricket Ground at Grace Road on Friday 7<sup>th</sup> October. This was the opportunity to celebrate individual winners and team winners in the 2016 Road Race League.

The Harriers had something to celebrate with three individual awards and two team prizes to collect. Huncote Harriers Chairman, Andy Wilford, is also League Chairman and he was pleased to present awards to Helen Mercer 2<sup>nd</sup> lady F/45 and to Wendy Thompson, 3<sup>rd</sup> lady F/45. It was pleasing to see Helen Mercer back on the prize list as, 25 years ago as Helen Cherry, she was a formidable competitor for the Harriers. Wendy Thompson also added to her growing collection of awards. Paul Featherstone was the sole men's winner as he collected 6<sup>th</sup> place in the senior men section – quite good in his first season of serious running.

In the teams section the veteran ladies were in first place, the counters being Helen Mercer, Wendy Thompson and Jenny Murphy. The senior ladies took second place the counters being Kathryn

Evans, Jo Ravenhill, Claire Quigley and Marie Wilford.

However, we still have a long way to go to emulate the period of the late 1980's and the 1990's when Harrier teams dominated the League. Better training is required to improve!

.....

### **GET WELL SOON, JEFF.**

Sad news to report that one of our longest serving members, Jeff Wickham, had to be admitted to hospital following chest pains whilst out training on the Tuesday evening training run. Although he made it back to Enderby Leisure Centre he experienced pains the following day and was admitted to hospital. The good news is that after a remedial operation Jeff is predicted to make a full recovery and will be back running after an enforced 2 weeks layoff.

We all wish Jeff a speedy recovery and hope to see him back running in time for the Christmas festivities.

## OTHER RESULTS

### Ultra Tour of Skiddaw

Huncote ultra man, Kent Butcher, tackled this tough Lakeland trail race involving 44 miles of running and 7150' of ascent. Starting and finishing at Dalston in the north of the Lake District the race includes scaling the 3000 foot summit of Skiddaw. He finished in the top half of the field in 29<sup>th</sup> place completing the course in 10 hours 35 minutes. Winner was Jacob Snochowski (Above 2000) in 7-03-06

### Leics County 10K Track Championship

Although an Olympic event, 10K races on the track are a rarity, Leicestershire being one of the few counties still remaining which puts on a race. Sad to say that owing to a problem with lap counting 2 runners including our own Jason Tomkins didn't complete the distance and couldn't be included in the results. Nevertheless, it was pleasing to see our Sue Gardner win the ladies' first place medal completing the race in 49-42.7. The race was won by ex Huncote man, Matty Adcock in 32-46.2

### Lake Vyrnwy Half Marathon

A popular long-standing race in picturesque mid Wales.

#### HARRIERS

326. Mike McSharry 1-44-37

645. Katrina Wightman 1-57-32

**Winner:** Ryan Holroyd (City of Stoke) 1-7-57 **1<sup>st</sup> Lady:** Jenny Knass (Stockport) 1-26-35

### Equinox 24 – Belvoir Castle

Two Huncote teams took part this year with Sue Gardner's Huncote "A" team running the furthest completing 27 laps of

## OLD PHOTO ARCHIVE



Another old photo circa 1986/7. One of the Huncote Harriers teams in the Midland Counties 6-Stage Road Relay Championship at Sutton Park. L to R. Mick Sandford, Dave Blockley, Mark White, Gary Pollard, Tom Cann and Keith Lock

a 10K circuit in the allotted 24 hours time scale and finishing in 30<sup>th</sup> place. After making a faster start the second team completed 24 laps and finished 63<sup>rd</sup>. Winners were local team Stilton Striders with 34 laps. Paul Featherstone, our current number one, tried his hand at a solo 24 hour run. He managed to run a creditable 90K before dropping out roughly half way through the event complaining of a sore hamstring.

#### HUNCOTE "A"

Sue Gardner, Kathryn Evans, Clare Moore, Nick Vernon, Jonathan Wells, Euan West, Sarah Lambert, Bev Parry.

#### HUNCOTE PUM PITS

Andy Wilford, Chris Unwin, Trudi Unwin, Ian Thompson, Wendy Thompson, Paul Nealon, Alex Doory, Julie West.

#### Rugby "10"

63. Duncan Foley 1-10-59

82. Barry Hibberd 1-12-59

**Winner:** Toby Spencer (Coventry Godiva) 50-53

### Calke Abbey 10K

A good Huncote turn-out in a fun-run starting and finishing in the grounds of Calke Abbey.

#### HARRIERS

14. Stephen Snow 41-19

21. Will Ravenhill 43-22

29. Duncan Foley 44-14

56. Barry Hibberd 46-12

113. Mike Percival 51-25

146. Jo Ravenhill 54-27

**Winner:** Philip Mitchell (34-38)

**1<sup>st</sup> Lady:** Charlotte Shields (42-13)

### Lincoln Half Marathon

1178. Katherine Dean 2-02-29

**Winner:** Matt Bowser (Lincoln Wellington) 1-08-15

### Long Mynd Hike "50"

This is a tough challenge hike around most of the high hills in Shropshire originally designed for senior scouts, and to be undertaken within a 24

hours time scale. Hills climbed during the event include Lawley, Pole Bank, Stiperstones, Pontesford Hill, Corndon, Black Radley, Ragleth and Caradoc giving over 8000 feet of ascent. Although leading runners can get round most of the course during daylight hours the event is designed to test navigation skills and reliability at night. Runners are therefore grouped together for safety when checkpoints are reached as dusk falls. Huncote Harriers have a good reputation in this event having provided 3 race winners over the years. Kent Butcher upheld our traditions improving his best to 12 hours 6 minutes to finish in 31<sup>st</sup> place. Kent had the added satisfaction in finishing in second place in the Scout Staff section for members of the scouting movement. Also competing and running well were Sarah Butcher and Tina Tosh who completed the event in 18 hours 6 minutes and finished 35<sup>th</sup> in the ladies' test.

**Winner:** Simon Adney (Shrewsbury) 8hr.17min.  
**1<sup>st</sup> Lady:** Mel Price (Church Stretton) 9hr.26min.

### Goose Fair Gallop 10K HARRIERS

18. Stephen Snow 42-26  
22. Ian Thompson 43-16  
38. Kathryn Evans 46-46  
48. Wendy Thompson 48-36  
**Winner:** Luke Beresford (Ripley RC) 36-19 **1<sup>st</sup> Lady:** 27. Sarah Pollard (Formula 1 Crew) 43-34

### Stilton Stumble 10K

3. Jonathan Oxborough 37-30  
80. Michael Collins 49-19  
**Winner:** Jason Barton (Stilton Striders) 35-25 **1<sup>st</sup> Lady:** Lisa Deacon (Unatt) 40-36

### Bridlington Half Marathon

Another win for Nicki Nealon in a time of 1-26-18 in this east coast race, finishing in 21<sup>st</sup> place. Times were a little down in this year's race as racers had to contend with high winds and heavy rain for much of the race. Winner was Steve Bateson (East Hull) in 71-59.

### Draycote Water "10"

14. Mark Gregory 67-42  
**Winner:** Mark Powell (Leic Cor) 55-03

### Leicester Marathon & Half Marathon 2016

Another massive Harrier turn-out both racing and supporting. There were a number of excellent Harrier results; the run of the day was by Kathryn Evans who ran a personal best of 1-37-07, a time which puts her 10<sup>th</sup> on the Harriers ladies' all-time top ten list of best half marathon runners. For the men Duncan Shorthose and Jason Tomkins ran p.b.'s to lead home the Harriers. In doing so Duncan was 1<sup>st</sup> V/40 just finishing in front of rival Martin Makin of Charnwood. Lindel Carruthers was the only Harrier to take on the marathon and finished 347<sup>th</sup> in 4-10-08.

### HALF MARATHON

19. Duncan Shorthose 1-20-56  
27. Jason Tomkins 1-23-28  
103. Christian Gamble 1-31-30  
107. Duncan Foley 1-31-45  
123. Hugh Potter 1-33-13  
179. Barry Hibberd 1-37-02  
180. Kathryn Evans 1-37-07

190. Leanne Siddon 1-37-35  
217. Ian Thompson 1-38-40  
219. Lucy Hodgkinson 1-38-45  
254. Claire Quigley 1-40-13  
268. Mike McSharry 1-40-34  
341. Helen Mercer 1-44-16  
372. Lance Rathbone 1-45-10  
387. Tina Tosh 1-45-35  
427. Leonard Symeonides 1-47-27

434. Stuart Hale 1-47-33  
522. Katrina Wightman 1-50-25  
538. Rachel Trivett 1-50-53  
547. Michael Collins 1-51-15  
597. Tracey Griffiths 1-52-44  
698. Jenny Murphy 1-55-38  
837. Graham Smith 1-59-03  
838. Christopher Smith 1-59-03  
851. Claire Bryan 1-59-34  
984. Ian Longford 2-03-04  
1034. Sharon Jackson 2-04-33  
1143. Mick Butler 2-08-00  
1838. Chris Green 2-49-03

**Winner:** Ryan Burling (Luton AC) 1-08-53 **1<sup>st</sup> Lady:** Anne Holyland (Wreake Runners) 1-20-20

### MARATHON

347. Lindel Carruthers 4-10-08  
**Winner:** Chris Millett (Team Derby Runner) 2-37-53 **1<sup>st</sup> Lady:** Catriona Paterson (Unat) 3-01-20

### Snowdonia Marathon

Thirteen Harriers competed in this year's race. First Harrier home was the improving Kent Butcher who got home in front of Ian Thompson after a good tussle. For the ladies, Julie West made a rare but welcome appearance in races this year to finish in front of rivals Bev Parry and Wendy Thompson.

### HARRIERS

318. Kent Butcher 3-44-33  
336. Ian Thompson 3-45-47  
474. Keith Chambers 3-52-52  
487. James O'Dowd 3-55-57  
585. Julie West 4-01-37  
587. Nick Vernon 4-01-43  
588. Bev Parry 4-01-44  
614. Wendy Thompson 4-02-26  
820. Claire Bryan 4-16-19  
1343. Sue Gardner 4-48-43  
1541. Paul McKay 5-03-36  
1714. Claire Sceeny 5-15-42  
2015. Nick Allars 6-07-02

**Winner:** Russell Bentley (Kent AC) 2-25-05 **1<sup>st</sup> Lady:** Andrea Rowlands (Eryri) 3-05-00

**NORTH MIDLANDS  
CROSS COUNTRY  
LEAGUE 2016**

**I Markeaton Park, Derby**

A poor Huncote turn-out for the first race; just 3 men and 3 ladies. As this number was enough to complete veterans' teams and all runners were veteran (master) status we scored the race as veterans. However, there were promising league debuts from Katrina Wightman and Duncan Shorthose

**LADIES**

- 98. Clare Moore 32-48
- 109. Katrina Wightman 33-45
- 121. Sarah Lambert 34-41

**Winner:** S. Cowper (Lincoln Wellington) 24-10

**TEAMS**

- 1. Heanor 21pts
- 11. Huncote Harriers 328pts

**MEN**

- 103. Duncan Shorthose 39-02
- 105. Chris Talbot 39-05
- 168. Ian Thompson 42-43

**Winner:** Joe Rainsford (Heanor) 32-09

**TEAMS**

- 1. Charnwood 114pts
- 4. Huncote Harriers 376pts

**II Wickstead Pk, Kettering**

Another poor turn-out with our Club struggling to raise teams. However, hero of the day was Will Ravenhill who stepped into the breach at the last possible moment to make up the numbers for the male veterans team. Will was at Wickstead to watch his son, James, run for OWLs' in the U/13 race. Realising we were short he bought a pair of shorts from "Derby Runner" and borrowed an already worn vest and then ran a blinder in the race.

**LADIES**

- 66. Clare Moore 30-51
  - 70. Sarah Lambert 31-41
- Winner:** Lucy Holt (Notts AC) 23-16

**MEN**

- 80. Duncan Shorthose 40-17
  - 91. Gaz Chivers 40-47
  - 95. Nathan Adams 41-01
  - 128. Martin Coley 43-51
  - 161. Will Ravenhill 47-18
- Winner:** Alex Pilcher (Derby) 33-12

**OTHER RESULTS/Cont**

**Beacon Trail Half Marathon**

A two lap course around Beacon Hill Country Park is proving a popular but testing race and attracted a big Huncote turnout. Mark Gregory after a time-out with illness and injury just managed to hold off his younger rival, Gaz Chivers. Kathryn Evans was first lady home for the Harriers in a creditable 5<sup>th</sup> place.

**HARRIERS**

- 11. Mark Gregory 1-32-33
- 13. Gaz Chivers 1-33-21
- 27. Martin Coley 1-39-16
- 32. Christian Gamble 1-40-52
- 42. Ian Thompson 1-44-49
- 48. Keith Chambers 1-45-40
- 54. Kathryn Evans 1-46-30
- 80. Nick Vernon 1-52-32
- 98. Wendy Thompson 1-56-45
- 99. Chris Unwin 1-56-46
- 122. Claire Bryan 2-00-52
- 160. Jenny Murphy 2-08-38
- 164. Jo Ravenhill 2-08-58
- 198. Clair Davis 2-16-53
- 235. Kate Parry 2-27-06
- 236. Claire Sceeny 2-27-06

**Winner:** Tony Woodward (Hermitage) 1-21-56 **1<sup>st</sup> Lady:** Nicola Holmes (Poplar) 1-37-33

**Conwy Half Marathon**

If you have time to look at the views this is a picturesque race taking in Great Orme Head and Llandudno. However, it is quite undulating so accounting for slower times.

**HARRIERS**

- 1181. Mike McSharry 2-00-47
  - 1183. Katrina Wightman 2-00-47
- Winner:** Russell Bentley (Eryri) 1-09-47 **1<sup>st</sup> Lady:** Diane McVey (Wilmslow) 1-21-06

**East Midlands Airport  
10K**

A large race having the attraction of being able to run around the confines of East Midlands Airport. The race had over 1700 finishers but with a poor quality entry at the front of the field.

**HARRIERS**

- 138. Claire Quigley 43-49
  - 149. Mike McSharry 44-07
- Winner:** Ben Rhodes 33-50  
**1<sup>st</sup> Lady:** Lisa Deacon 38-23

\*\*\*\*\*

**HUNCOTE HASH**

**Saturday 31<sup>st</sup> December**

**HELP REQUIRED**

It is that time of year again and, part of the Christmas and New Year fare is the "real" cross country Huncote Hash. If you are not running help is required to set up the course the day before, and on the day with marshaling.

Although the course will be well flagged we still require a large number of marshals for key points around the course and the two road crossings, so, please volunteer your services.

## TENERIFE ADVENTURE

by Phil Watts

November is generally a good time to fly to sunnier climes for a winter break. This year proved to be an exception – it was still fairly warm when we departed from East Midlands Airport on the first Saturday in November. However, it was nice to feel the heat of the sun on our arrival in Tenerife on the south side of the island. Mind you, by the time we got to the hotel at Puerto de la Cruz at the northern end of the island it was dark and raining. Our Hotel, Hotel Perla, was built on a mountainside and first impressions as we arrived were a little depressing as we walked along a poorly lit corridor to a rickety lift: Hotel reception was on the 5<sup>th</sup> floor. What a contrast next morning when we awoke to find ourselves above tropical gardens with cocks crowing for a dawn chorus – and the sun was shining! The hotel was built overlooking a “Barranco”, a dried up downhill stream which contained tropical plants like cacti and palm trees still very much in flower – a real delight to behold.

We had to be up early on Sunday morning to board the minibus bound for the race at Santa Cruz about 30 miles distant. Most ran in the Half Marathon whilst Sandra Ankers, Trevor Longman and I braved the 8K race. We had no-one in the Full Marathon. The weather was fairly hot

and, an undulating course, probably accounted for slow times – either that or we are getting old!

### HALF MARATHON

116. Gareme Slight (2 <sup>nd</sup> V/55)	1-39-02
167. Keith Chambers	1-44-31
189. Mark Wittering (1 <sup>st</sup> V/65)	1-46-19
331. Rob Tate	1-55-14
475. Jeff Wickham	2-07-48
501. Irene Forty (1 <sup>st</sup> W/60)	2-10-51
529. Mick Butler	2-15-13
<b>Winner:</b> Jose Martin-Garcia	1-13-02

### 8 KILOMETRES

291. Phil Watts (2 <sup>nd</sup> V/65)	36-20
367. Trevor Longman (3 <sup>rd</sup> V/65)	37-23
535. Sandra Ankers (1 <sup>st</sup> W/65)	40-19
<b>Winner:</b> Ayoze Tejera	23-32

Harrier run of the day was probably Mark Wittering's after a long time out with illness and injury

It was back to the hotel to enjoy the rooftop terrace swimming pool, fortunately not as cold as last year's outdoor pool at Paphos!

The main attraction on Tenerife is the volcano of Mount Teide (pronounced tay-di). Standing at over 3700 metres high it dominates the island and is well worth a visit. We duly arranged a visit hiring a minibus from the hotel driven by the amiable Pablo. The road up the mountain goes only as far as 2600 metres most of the remaining ascent being done via a cable car. However, we were unable to visit the summit. Permits are required for

this and are only given to a small percentage of visitors in the year in order to protect the environment. It was a magical visit nevertheless with most of us feeling slightly “heady” (probably the affect of attaining high altitude without a period of acclimatization).

It has become a tradition on recent trips abroad to arrange a 2K handicap race. We found a circuit near the hotel involving 2 laps with a long climb and descent on each lap making for a tough but interesting course. Trevor Longman kindly did the timekeeping and recording as he claimed to be injured! The event was well won by Keith Chambers for the second year in a row managing to pull the wool over the eyes of the handicapper! The handicapper who also helped to set up the course managed to go the wrong way which contributed to his slow time!

### HANDICAP RESULT WITH ACTUAL TIMES

1. Keith Chambers	8-40
2. Mark Wittering	9-07
3. Joe Boyle (Guest)	9-49
4. Rob Tate	10-08
5. Mick Butler	11-47
6. Graeme Slight	9-08
7. Carol Priestley (Gst)	13-22
8. Sandra Ankers	11-18
9. Phil Watts	11-06
10. Irene Forty	15-19
11. Jeff Wickham	DNF.

All good things come to an end and, once again, special thanks are due to Irene and Graeme for organizing a wonderful holiday.

## HUNCOTE HARRIERS GRAND PRIX

With only 7 more races eligible to count within the series there are two clear leaders in the tables, Paul Featherstone in the men's and Kathryn Evans in the ladies'. Paul Featherstone's lead is virtually unassailable whilst Kathryn Evans still needs to run two races as Wendy Thompson and Helen Mercer can still overhaul her. In this competition 24 races plus fastest park/run result are taken into consideration with the best 15 results counting for each individual.

### MEN

	Pts	Races
1. Paul Featherstone	742	14
2. Barry Hibberd	636	15
3. Stephen Snow	627	13
4. Duncan Foley	599	13
5. Ian Thompson	526	12
6. Will Ravenhill	435	10
7. Chris Unwin	388	10
8. Jonathan Wells	382	10
9. Graeme Slight	364	9
10. Mike McSharry	359	9
11. Andy Wilford	355	9
12. Mike Percival	350	9
13. Jeff Wickham	319	9
14. Gaz Chivers	284	6
15. Graham Smith	262	7
16. David Robinson	244	6
17. James O'Dowd	241	6
18. Kingsley Cook	230	5
19. Martin Coley	211	5
20. Nick Strange	193	4
21. Duncan Shorthose	191	4
22. Kent Butcher	186	5
23. Mick Butler	181	6
24. Mark Wittering	179	4
25. Nathan Adams	147	3
26. Jason Tomkins	145	3
27. Nail Parry	140	4
28. Rob Tate	134	4
29. Christian Gamble	125	3
30. Paul Nealon	123	3
31. Paul Nicholson	122	3
32. Hugh Potter	119	3
33. Guy Stretton	109	3
34. Duncan Smith	107	4
35. John Hart	104	3
36. Stuart Hale	103	3
37. Paul Hood	97	2

38. Chris Talbot	89	2
39. Jonny Oxborough	88	2
40. Warren Bennett	85	2
41. Simon Hart	80	2
42. Matthew Lester	75	2
43. Harry Henery	73	2
44. Scott Burgin	52	2
45. Mark Gregory	52	1
46. Nathan Lawson	50	1
47. Andrew Spare	49	2
48. David Griffiths	47	1
49. Marvin Ryan	42	1
Dave Egginton	42	1
51. Keith Chambers	37	2
52. Lindel Carruthers	35	1
53. Jacob Foley	34	1
Colin Geary	34	1
55. David Lawson	33	1
56. Nick Vernon	28	1
57. Nathan Bonham	26	1
58. Craig Ball	24	1
59. Lance Rathbone	23	1
60. Chris Green	21	1
61. Stephen Best	20	1
62. Simon King	19	1
63. Martin Towers	14	1
64. L. Symeonides	13	1
65. Ben Benson	12	1
66. Mike Tansey	9	1
67. Stephen walker	7	1
68. Jon Stockton	6	1
69. Iain Longford	5	1
70. Gev Jones	4	1
71. Andy Cowley	2	1
72. Simon Harrison	1	1
23. Seema Patel	127	3
24. Sarah Butcher	125	3
25. Amy Cunningham	120	3
26. Clare Surrell	94	2
27. Ceri Williams	91	2
28. Eleanor Dundee	85	2
29. Tracy Griffiths	71	2
30. Nicky Jones	64	2
31. Sandra Ankers	62	2
32. Leanne Siddon	47	1
33. Sarah Pegg	45	1
Lorna Charles	45	1
35. Aimee Browne	39	1
36. Amanda Donkin	38	1
37. Amanda Purdie	37	1
38. Bev Parry	36	1
39. Sue Gardner	35	1
40. Sharon Jackson	33	1
41. Jenny Kirk	30	1
42. Jenny Henery	29	1
43. Suzette Taylor	28	1
44. Bernadette Lawrence	27	1
45. Lesley Tansey	24	1
46. Dorota Griffin	23	1
47. Janet Richardson	22	1
48. Judith Cox-Rogers	21	1
49. Helen Bennett	20	1
50. Toni Fawcett	19	1
51. Polly Tedds	18	1
52. Lucy Richardson	17	1
53. Jane Benson	16	1
54. Wendy Gardner	14	1
55. Sarah Maloney	13	1

### LADIES

1. Kathryn Evans	663	13
2. Wendy Thompson	597	12
3. Jo Ravenhill	585	13
4. Helen Mercer	501	10
5. Jenny Murphy	350	8
6. Marie Wilford	324	8
7. Trudi Unwin	283	6
8. Nicki Nealon	265	5
9. Clair Davis	264	6
10. Claire Quigley	254	5
11. Clare Moore	241	5
12. Sue Castledine	241	6
13. Kate Parry	232	6
14. Rachel Trivett	227	5
15. Claire Sceeny	184	4
16. Tina Tosh	182	4
17. Claire Bryan	172	4
18. Irene Forty	163	4
19. Katrina Wightman	158	4
20. Claire Edwards	139	4
21. Sarah Lambert	138	3
22. Katherine Dean	127	3

### LONDON MARATHON DRAW

Please note the draw for Club places in the London Marathon took place on Monday 7<sup>th</sup> November at The Dovecote Pub, Narborough at 8-00pm.

Congratulations to Nick Vernon and Gaz Chivers who will be the recipients for the 2017 places.

## FIXTURES

### DECEMBER

Saturday 3rd	North Midlands X/C League	Shipleigh Park, Heanor	12-00pm	
Sunday 11 <sup>th</sup>	Derby Runner X/C League	Bradgate Park		
Sunday 11 <sup>th</sup>	Keyworth Turkey Trot Half Marathon			
<b>Friday 16<sup>th</sup></b>	<b>Christmas Curry Social</b>	<b>Heritage Hotel, Narborough</b>	<b>7-30pm</b>	<b>****</b>
<b>Sunday 18<sup>th</sup></b>	<b>Christmas Pub Run (For run please meet in car park)</b>	<b>The Manor, Glen Parva</b>	<b>10-00am</b>	<b>****</b>
<b>Saturday 31<sup>st</sup></b>	<b>HUNCOTE HASH CROSS COUNTRY</b>	<b>HUNCOTE LEISURE CENTRE</b>		

### JANUARY 2017

Saturday 7th	Leics County Championship X/C	Burbage Common	12-00pm	
Saturday 14th	North Midlands X/C League	Wollaton Park, Nottingham	12-00pm	
Sunday 15 <sup>th</sup>	Derby Runner X/C League	Sinai Park		
Saturday 28 <sup>th</sup>	Midland Cross Country Championship	Prestwold Hall, Barrow		

### FEBRUARY

Sunday 19 <sup>th</sup>	Derby Runner X/C League	Allestree Park		
Saturday 25 <sup>th</sup>	National Cross Country Championship	Wollaton Park, Nottingham		

### MARCH

Sunday 5 <sup>th</sup>	Derby Runner X/C League	Market Bosworth		
Saturday 25 <sup>th</sup>	Midland Counties Road Relay Championship (Men: 12 stages. Ladies 6 stages)	Sutton Park, Sutton Coldfield		

**\*\*\*\* Social events. If you require food please advise Kate Parry. Monies required in advance.**

**PLEASE CHECK DETAILS 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 7-00pm Enderby Leisure Centre (Beginners group at 6-00pm)  
Thurs 6-00pm Enderby Leisure Centre  
Improvers – Saturday 9-30am Whetstone Recreation Ground (The Dicken)