

THE HARRIER

The Official newsletter of Huncote Harriers Athletic Club

Issue Number 192

November 2019



The beautiful Langdale Pikes viewed from Blea Tarn. Pike O'Stickle, Harrison Stickle and Pavey Ark dominate the skyline but if you look very carefully you may spot Huncote's Wendy Thompson in the foreground.

Thank You

Thank you to everyone who has given me such great feedback on the rebirth of The Harrier. I initially intended to publish quarterly, but because of the amount of material available I have decided to go bi-monthly. I think it has been a great way to share everyone's results and make the Club more inclusive. However I have only picked up on some of the results by being nosey and trawling facebook. Please send your results in to members@huncoteharriersac.co.uk and I will endeavour to publish them.

Thanks also to Brathay Running and Adrian Royle for giving me permission for using their photographs.

Tissington Half Marathon – Saturday 28th September 2019

This is a point to point race from Parsley Hay to Ashbourne in Derbyshire along the traffic-free Tissington Trail.

Rachel Trivett set a new personal best, possibly aided by the slightly downhill trail, finishing 4th lady and 22nd overall. Good job Rachel, all the hard work is paying off.

Leading Male & Female

1	01:18:14	Mathias Nicolas Fraga Martinez	Birstall
7	01:28:38	Caroline Warrington	Bromsgrove and Redditch

Huncote Harriers

22	01:36:08	Rachel Trivett
170	01:59:54	Kate Parry
172	02:00:04	Elizabeth Hill

Robin Hood Half Marathon – Sunday 29th September 2019

I would have liked to have witnessed this finish, only 2 seconds separating Anthony Woodward and Daniel Bagley in a sprint finish to the line. Samantha Harrison knocked 10 minutes off her last years' time to win the Ladies title and finishing 7th overall.

Just a handful of Harriers in this one compared to previous years.

Top Men

1	01:12:19	Anthony Woodward	Notts AC
2	01:12:21	Daniel Bagley	Holme Pierrepont
3	01:13:47	Oliver Harredence	Sutton Coldfield AC

Top Ladies

1	01:14:39	Samantha Harrison	Notts AC
2	01:24:43	Joni Wildman	Holme Pierrepont
3	01:25:09	Polly Keen	Nuneaton

Huncote Harriers

96	01:27:46	Jonathan Oxbrough
304	01:36:55	Hugh Potter
688	01:45:39	Lucy Carveth
920	01:49:57	Lucy Hodkinson
1056	01:52:09	Nikki West

Berlin Marathon – Sunday 29th September 2019

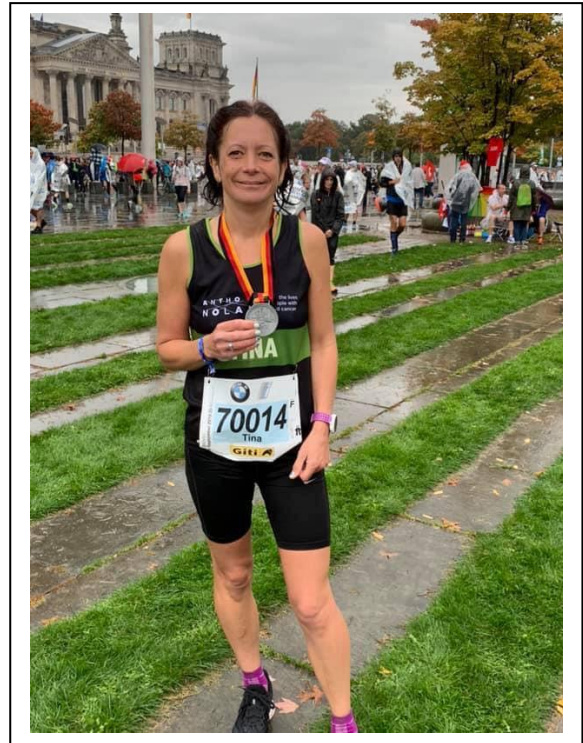
Ethiopia's Kenenisa Bekele fell just two seconds short of the world marathon best.

The former Olympic and World 5,000m and 10,000m champion, missed out on Kenyan Eliud Kipchoge's 2:01:39, set in the same race last year.

Ashete Bekere won the women's race in 2:20:14, beating fellow Ethiopian Mare Dibaba by eight seconds in a sprint finish.

Meanwhile our own Tina Tosh managed a respectable sub 4 hour finish. Gut Gemacht Tina

	02:01:41	Kenenisa Bekele
	02:20:14	Ashete Bekere
1161	03:51:43	Tina Tosh



Leicester Half & Full Marathon – Sunday 6th October 2019

This race was cancelled due to flooding around the Watermead Park area

Cross Country Season Kicks Off!

North Midland Cross Country – Race 1

Markeaton Park, Derby - Saturday 12th October 2019

A sunny, mild day and soft ground made this a perfect day for XC running. A good turnout of 8 Ladies and 9 Men competed in the first XC of the 2019-20 season. An excellent run from Kathryn Evans led home the Ladies but a special mention to new members Nikki West and Joanne Stark who threw themselves in to the deep end and survived, hopefully enjoying themselves in the process.

Meanwhile Tom Corby continued his comeback from injury by leading home the Men. Behind him Ian Thompson had a battle royal to hold off team mate, Nick Strange, while Huncote's flying super vet, Barry Hibbard was undone on this occasion by his old club mate and rival Graeme Slight.

Leading Ladies (5.0km)

1	23.55	Martha Coyle	S	University of Nottingham
2	24.25	Michelle Willcocks	S	Sutton Harriers
3	24.28	Bethan Hudson	U20	Derby

Huncote Ladies (6.0 km)

45	28.54	Kathryn Evans	S
77	30.41	Nikki West	S
79	30.55	Sophie Cook	S
89	31.20	Katrina Wightman	V35
106	32.16	Wendy Thompson	V45
107	32.21	Julie Banton	V45
143	35.02	Elizabeth Hill	V35
188	39.35	Joanne Stark	V50



Kathryn Evans

Leading Men (9.0km)

1	30.30	Sam Moakes	U20	Sutton Harriers
2	31.00	Dan Haworth	S	Matlock
3	31.18	Harry Holmes	S	Matlock

Huncote Men (9.0km)

52	35.13	Tom Corby	S
145	39.34	Ian Thompson	V50
147	39.42	Nick Strange	V45
156	40.10	Gareth Chivers	S
172	41.13	Graeme Slight	V60
189	41.57	Steve Nash	V45
218	43.30	Barry Hibbard	V60
258	46.50	Chris Unwin	V40
280	49.05	Darren Fitzjohn	V50



Taped up – Tom Corby

Goose Fair Gallop 10k – Nottingham – Sunday 6th October 2019

1	37:18	Anthony Hatswell	M	Long Eaton RC
6	40:00	Arron Cox	M	Huncote Harriers
18	45:13	Sophie Eadsforth	L	Beeston AC

Dark Peaks 30 Ultra Trail – Saturday 12th October 2019

Around 6000ft of ascent over 30 miles of the Derbyshire Fells seems like a nice day out, or at least that's what our Ella Pearce thought. The race starts from the village of Hope and goes directly up to Win Hill and back down and across to Bamford Edge and Stanage Edge. The route then winds its way round and down to the Ladybower Reservoir only to go back up Win Hill again just for fun. The course then seems to follow the Edale Skyline route in reverse. The Edale escarpment is well known for its bog sucking qualities. Well done to Ella for finishing 2nd Lady.

1	5:21:04	James Carr
14	6:25:04	Emma Pughe
15	6:33:19	Ella Pearce

There were 49 finishers

Langdale Half Marathon – Saturday 19th October 2019

Starting and finishing at the Stickle Barn in Great Langdale, this must be one of the most scenic and toughest Half Marathons all rolled in to one. Triangular road signs showing 33% gradients would unnerve some motorists never mind road runners.

The tale is quite a familiar one now but we remember back in August Wendy taking a bad fall in the Derbyshire Peak District resulting in a fractured arm and badly bruised back. So she thought this would be a good idea for her comeback, one week before tackling the Snowdon Marathon. Wendy, in my opinion, you are mad and far tougher than I am.

1 st Man	1:22:53	Lewis Hinchcliffe	Rochdale Harriers
1 st Lady	1:39:08	Lucy Foreman	Cambridge Harriers
13 th Lady	1:59:06	Wendy Thompson	
34 th	1:42:46	Ian Thompson	

Asda Foundation Yorkshire Marathon – Sunday 20th October 2019

Trudi Unwin has been in the wilderness for some time recovering from injury. Great to see her back in action recording a very respectable time of 3:27:41

1 st Man	2:21:42	Mark Buckingham
1 st Lady	3:25:29	Charlene Jacobs-Conradie Luton AC

Snowdon Marathon – Llanberis, Wales – Sunday 27th October 2019

Starting under grey skies, chilly temperatures and in steady rain, a record number of starters headed out of Nant Peris for the 37th running of this classic event

The last miles of this race are a huge undertaking as they head to the highest point of the race at mile 24, almost 380 metres above sea level and an ascent of over 200 metres in just 1 mile!

Salford Harrier, Callum Davidson, won in 2:34:14, just 36 seconds outside of the course record and for the second fastest-ever time on this course

Andrea Rowlands and Anna Bracegirdle, winner in 2018, duelled all the way, but by 23 miles Rowlands had a crucial one minute lead and won in 3:09:18 and is now a two-time Snowdonia Marathon winner after her victory in 2014

Leading Men

1	2:34:14	Callum Rowlinson	Salford Harriers
2	2:38:26	Daniel Connolly	Mercia Fell Runners
3	2:41:18	Martin Green	NWRRC

Leading Ladies

1	3:09:18	Andrea Rowlands	Eryri Harriers
2	3:09:54	Anna Bracegirdle	
3	3:13:23	Danielle Higham	

Huncote Harriers

57	3:28:26	Jason Tomkins
197	3:35:01	Ian Thompson
527	3:59:10	Julie West
585	4:03:11	Leonard Symeonides
707	4:10:28	Mark Wittering
736	4:12:11	Wendy Thompson
1298	4:44:04	Mike Walton



Jason Tomkins contemplates lifting the trophy but goes for the cheesy grin instead.

Dublin Marathon – Sunday 28th October 2019

A record number 22,500 took part in this year's event

Othmane El Goumri of Morocco won in 02:08:05 and Motu Gedefa of Ethiopia took the Women's title with a time of 02:27:48

Huncote Harrier, Karen Selby added another big City Marathon to her growing collection recording 05:08:25 (pos.15104)

Huncote Men take Shepshed Team Prize

Shepshed 7 – Sunday 3rd November 2019

The 19th Edition of this race was as popular as ever, well organised and traffic free being part of its attraction, oh yes, and a long sleeve shirt made a welcome change. Main pre-race discussion was about shoes. On a dry day it's a no brainer, road shoes as 2/3 is good road but after the wet weather the field section looked decidedly dicey. In the end it was not too bad, only the Start & Finish area was xc like, the rest was manageable with care. Jamie Strange managed to keep his feet and head as he captured a top 10 placing as did Nicki Nealon, 9th in the Ladies race despite feeling under the weather. Ella Pearce and Tina Tosh supported well in 11th and 12th positions respectively but failed to take the team prize from West End Runners by a solitary point.

First 3 Men

1	00:38:50	Simon Birch	M	Hinckley Running Club
2	00:39:27	Mark Couldwell	MV40	Charnwood A C
3	00:39:43	Simon Allen	M	

First 3 Ladies

1	00:42:11	Rachel Felton	FV35	Shaftesbury Barnet Harriers
2	00:42:34	Juliet Potter	FV35	Charnwood A C
3	00:46:18	Charlie Nurse	F	Wigston Phoenix RC

Huncote Harriers

9	00:43:10	Jamie Strange	MV40	
16	00:44:07	Steve Snow	MV40	
21	00:45:09	Arron Cox	M	
32	00:46:37	Martin Beadle	M	
43	00:47:38	Craig Free	MV50	
46	00:48:15	Nick Strange	MV40	
51	00:48:50	Mark Deary	MV40	

Mark Deary



56	00:49:46	Graeme Slight	MV60
62	00:50:18	Nicki Nealon	FV45
69	00:50:57	Barry Hibberd	MV60
73	00:51:13	Ella Pearce	F
76	00:51:19	Duncan Smith	MV50
81	00:51:42	Rachel Trivett	FV35
116	00:54:08	Tony Nicholls	MV50
118	00:54:16	Tina Tosh	FV45
145	00:55:36	Sophie Cook	F
158	00:56:49	Paula Jennings	FV35
190	00:59:05	Katie Howard	FV35
198	00:59:36	Jenny Gurr	FV35
244	01:02:14	Mike Percival	MV60
260	01:03:00	Kate Parry	FV45
267	01:03:27	Lorna Gurr	FV35
331	01:06:53	Gev Jones	MV60
335	01:07:30	Irene Forty	FV65
355	01:08:21	Nicky Jones	FV45
371	01:09:58	Claire Percival	FV35
430	01:15:56	Nicki Nicholls	FV45

526 Finishers

Just 10 years ago.....

Shepshed 7 – Sunday 1st November 2009

Nearly 500 runners tackled the 2009 edition of the Shepshed 7 in horrendous weather conditions.

Tim Hartley of Barrow Runners who took the honours around the two laps of Garendon Park clocking 36mins 57secs.

Hartley was followed home by Beaumont Leys' Phil Critchlow (39.41), Mark Rose of Shepshed (41.55), Brian Stout of Ivanhoe Runners (41:57) and James Ruskin of Loughborough Students (42:08). Shepshed took the Men's Team title.

Nicola Clay of the Stilton Striders was the first lady home as her team took the Ladies title in a time of 42.59.



Martin Beadle

Zoe Smith of Rutland AC was second in 48.45 ahead of third placed Angela McWilliam of Charnwood AC in 49.57.

In the veteran classes Andy Ward of Clowne Runners was top runner over 40 in 37.02, Graeme Slight of Huncote Harriers clocked 44.36 to be the top runner over 50 and for the over 60s Christopher Mason came first for South Derbyshire in 45.59.

For the ladies, Nicki Nealon of Huncote Harriers clocked 46:16 to be the top veteran over 35, Linda Whitelegg was first veteran over 45 in 52.04 and Lesley Griffin was first home over 55 for Birstall Running Club in 54:13.

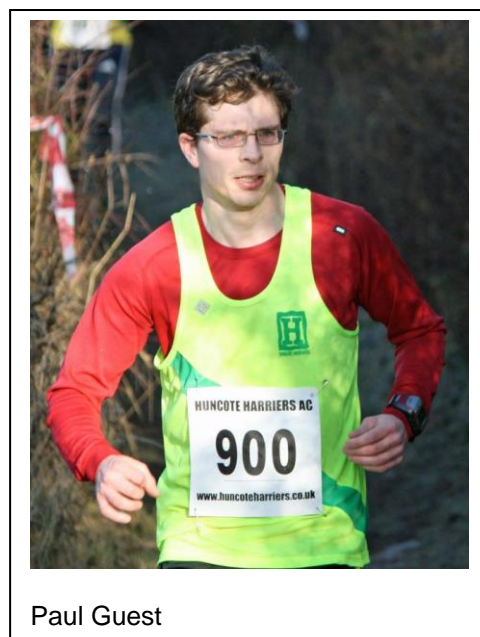
Kingsley Cook, our flying Kiwi, was first of a large contingent of Huncote Harriers

Huncote Harriers

10	00:42:44	Kingsley Cook
19	00:43:57	Tom King
22	00:44:36	Graeme Slight
31	00:45:50	Andy Ball
38	00:46:16	Nikki Nealon
56	00:47:46	Keith Chambers
58	00:47:54	Paul Guest
59	00:47:56	Jason Tomkins
61	00:48:01	Mark Gregory
71	00:49:11	Stuart Richardson
83	00:50:23	Claire Naing
95	00:51:06	Barry Hibberd
97	00:51:10	John Heywood
100	00:51:27	Nick Tomkins
117	00:52:25	Paul Nealon
134	00:53:02	Alastair Woollard
141	00:53:40	Nick Cox
144	00:53:49	Stephen North
145	00:53:50	John O'Sullivan
148	00:53:55	Michael Walton
160	00:54:22	Andy Wilford
181	00:55:06	Simon Jones
191	00:55:40	Richard Thomas

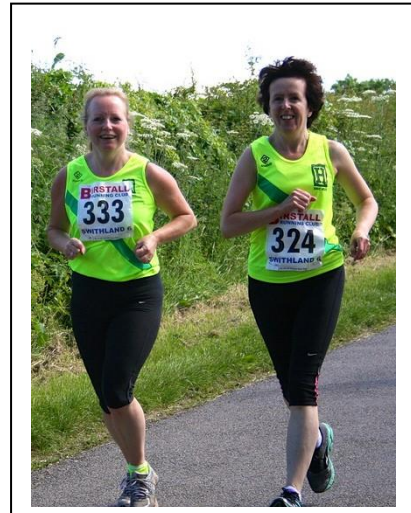


Keith Chambers



Paul Guest

222	00:57:22	Bev Parry
228	00:57:50	Sue Gardner
301	01:01:41	Julie West
321	01:03:25	Sandra Ankers
349	01:05:20	Marie Wilford
406	01:10:52	Laura Jeffs
407	01:10:59	Helen Bennett
411	01:12:00	Caroline Scrimshaw
416	01:12:47	Christine Newton
420	01:13:17	Angie Tomkins



Angie Tomkins & Chris Newton

Welfare Officer – Kate Parry

Welfare covers a range of issues such as anti-bullying, equity, poor practice in coaching and disciplinary and grievances matters. Welfare is essential to contribute to good practice within the sport, develop performance and to ensure the safety and enjoyment of athletes, coaches, officials and volunteers.

The role of the Welfare Officer is to support our running club members. If you have a sensitive issue which you wish to discuss with someone from the club you should contact the welfare officer. Any conversations will be treated in confidence and with discretion. The safety, mental health and well-being of all our members is extremely important and all issues will be listened to.

The Welfare Officer will make all reasonable efforts to contact members who have been absent from the club for a long period of time to offer assistance in their return if needed (if they have given permission for this contact to take place).

To arrange a chat please speak to Kate directly at the running club or by emailing kateparrysid@gmail.com

HUNCOTE HASH – Sunday 29th December 2019

VOLUNTEERS NEEDED

Our Club survives on many people giving up some of their spare time to help organise Club activities. The success of the Huncote Hash depends on many volunteers to help set up the course, a little bit of car parking duty and marshal the course to ensure the safety of all of our competitors. Please offer your services to Tony Nichols, who is acting as Chief Marshal for the very first time so we need to support him and make his job nice and easy.

North Midland Cross Country – Race 2

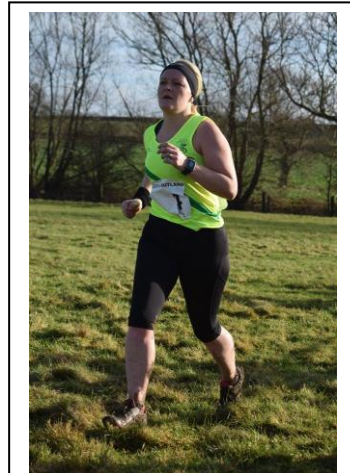
West Glebe Park, Corby – Saturday 9th November 2019

Ladies

1	20.55	Lauren McNeil	U20	University of Nottingham
2	20.59	Kiri Marsh	Sen	University of Nottingham
3	21.10	Nikki Bartlett	Sen	Race Hub

Huncote Ladies

53	25.54	Kathryn Evans	Sen
82	27.45	Sophie Cook	Den
115	29.33	Jenny Murphy	V45
117	29.42	Wendy Thompson	V45
135	30.47	Katrina Wightman	V35
146	31.46	Liz Hill	V35
164	35.10	Joanne Stark	V50
167	35.37	Simona Salajan	V35



Katrina Wightman

Men

1	30.30	Tom Timbe	Sen	Lincoln Wellington
2	31.22	Alex Hampson	Sen	PANVAC
3	31.33	Josh Cara	Sen	Kettering

Huncote Men

66	35.46	Tom Corby	Sen
122	38.50	Martin Beadle	Sen
123	38.52	Arron Cox	Sen
140	39.41	Gareth Chivers	Sen
156	40.37	Ian Thompson	V50
162	41.00	Nick Strange	V45
207	45.09	Andrew Spare	V50
214	46.20	Chris Unwin	V40
221	46.34	Mike McSharry	V55
230	47.22	Darren Fitzjohn	V50



Andrew Spare



Back for more, new lady Joanne Stark picks her way through an autumnal West Glebe Park, with debutant Simona Salajan not far behind.

Leicester Road Running League (LRRL) 2020 Fixture List

The LRRL is split in to two competitions, the Spring LRRL (formerly the Winter LRRL) and the Summer LRRL.

Individual prizes for all categories (Male, Female, Seniors & Veterans) for the Spring and for the Summer Leagues. You're best 4 out of 5 races to count for the Spring and you're best 5 out of 6 races count for the Summer.

There are Team competitions. These are the best 10 scores out of 11 races from both the Spring and Summer Leagues combined

Prizes for the Spring LRRL are usually presented at the first Summer LRRL Race. The Summer LRRL Prizes and over all Team prizes are awarded at a special Presentation Event towards the end of the year.

The old Winter League used to be turn up and enter on the day. Those days seem to be long gone as due to the popularity of running we now have a mad scramble to enter on-line in advance. Our Club Captains will give you fair warning as to when the races are due to open on-line.

The Spring LRRL is a 'Closed' League only for Clubs registered in the LRRL.

The Summer League races are 'Open' races. All that means is that there may be a few runners from outside the County competing, they of course do not count for a LRRL placing.

Confused? Have a chat with your Club Captains and hopefully they can explain

Spring League Races:

23 February	Stilton 7	Asfordby, Melton Mowbray
08 March	Kibworth 6	Smeeton Westerby
15 March	Markfield 10K	South Charnwood High School
29 March	Desford 5	Sport in Desford
03 May	Bosworth Half Marathon	Bosworth Water Park

Summer League Races:

17 May	West End 8	Queniborough
07 June	Swithland 6	Mountsorrel
21 June	Prestwold 10K	Prestwold Hall
05 August	Joy Cann Memorial 5	Huncote
23 August	Carl Rutt memorial 10K	Whitwick
06 September	8 Mile Race	Details TBC

Draycot Water 10k – Sunday 10th November 2019

1	00:35:04	Thomas Keenan	SenM Coventry Godiva Harriers
5	00:37:55	Rafaela Fonseca	SenF

Huncote Harriers

151	00:58:24	Susannah Griffith	FV50
201	01:02:39	Carol Maguire	FV50
202	01:02:45	Jane Benson	FV50

Conwy Half Marathon – Sunday 17th November 2019

The start & finish is on the quayside in front of the 700+ year old Conwy Castle. The route runs along the road adjacent to the Conwy River as it proceeds towards Deganwy beach and the West Shore of Llandudno, from there it goes along Church Walks towards Llandudno Pier, then around the Great Orme taking in views of the Isle of Anglesey, Puffin Island and the surrounding North Wales coastline, then back to Conwy and the finish line.

1	68:25	Gary Priestley	Salford Harriers
36	81:02	Anna Bracegirdle	
453	1:45:57	Rachel Trivett	
780	1:51:09	Katrina Wightman	

Derby Runner Cross Country League – Race 1

Holly Hayes Wood – Sunday 17th November 2019

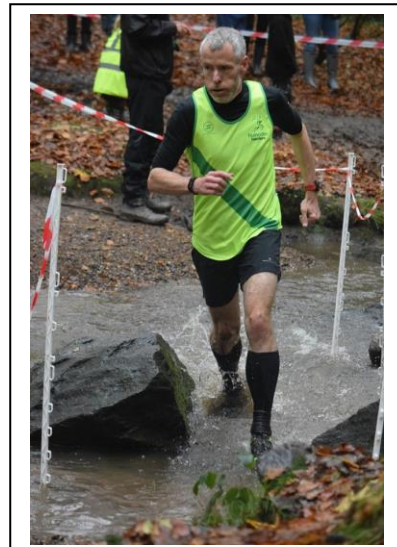
Holly Hayes Wood is a narrow twisty technical circuit and with the extra mud and water it proved to be a challenging day. Separate starts for Ladies and Men for safety reasons. The Snowman showed his strength leading in a host of Senior Harriers. Some new names in the mix today, very good to see. The ladies fared well but with only four running it was important everyone finished to count for the team. No times available at time of going to press.

Huncote Men

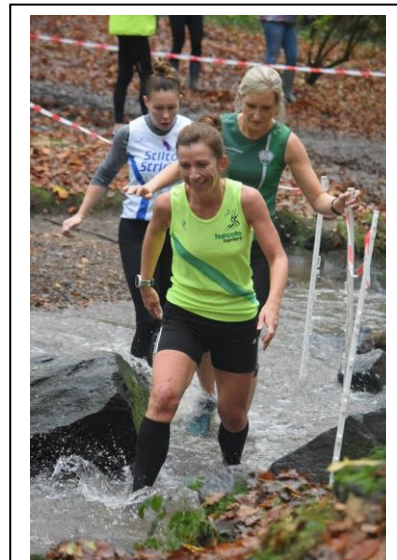
60	Steve Snow	MV45
64	Arron Cox	SENM
75	Jason Tomkins	SENM
88	Martin Beadle	SENM
92	Luke Woods	SENM
109	Neil Parry	MV45
146	Ian Thompson	MV50
147	Duncan Smith	MV45
156	Barry Hibberd	MV60
182	Dave Harry	MV40
187	Phil Woods	SENM
195	Tony Nichols	MV45
200	Robin Cawser	SENM
238	Chris Unwin	MV40
296	Steffan Brakes	SENM
343	Paul Eadie	MV55

Huncote Ladies

19	Kathryn Evans	SENL
42	Sophie Cook	SENL
58	Trudi Unwin	LV40
59	Wendy Thompson	LV45



Tony Nichols



Trudi Unwin

Next time.....More Cross Country including the County Championships and the Huncote Hash. Plus tales from Gran Canaria and anything else I get to hear about.

See you the other side of Christmas....have a good one