



THE HARRIER

The official Newsletter of
Huncote Harriers Athletic
Club

Issue No. 169

DECEMBER 2013



THE LOROS LEICESTER CHARITY MARATHON & HALF MARATHON

There is something special about running one's home city marathon: there is the excitement in the build-up within the Club; and there are always supporters who know you around the course giving you extra support. This year there were quite a number of new members eager to make an impression. However, a timing problem with the chip timing system almost spoiled the day and led to total disaster. The organizers, to their credit, were quick to spot the seriousness of the situation and a credible result sheet has been produced which appears to be satisfactory for most of the runners.

The Harriers had another large turnout for the races with 31 in the Half Marathon and another 3 in the Full. Junior, Ryan Westley had an outstanding run to lead home the team in 13th place with a time of 1 hour 21 minutes and underlines the tremendous potential he has. There was a good scrap in the ladies' race with Paula Fletcher just gaining the upper hand over the fast-improving Karen Selby. In the Full Marathon Steve Bloxham was fastest Harrier in front of Simon Hart with Claire Bryan making an encouraging debut.

HALF MARATHON

13.	Ryan Westley	1-21-00
17.	Kingsley Cook	1-22-58
37.	Andy Woolley	1-25-57
132.	Andy Wilford	1-34-59

254.	Ian Thompson	1-40-45
288.	Paula Fletcher	1-42-04
301	Jeff Wickham	1-42-18
339.	Leonard Symeonides	1-43-55
344.	Paul Nicholson	1-44-03
345.	Tony Siddon	1-44-03
347.	Karen Selby	1-44-04
414.	Chris Unwin	1-46-28
496.	Wendy Thompson	1-48-33
512.	Ashley Francis	1-49-04
563.	Duncan Foley	1-50-48
586.	Stuart Hale	1-51-23
603.	Iain Longford	1-51-52
622.	Aimee Browne	1-52-22
648.	Gareth Davies	1-53-05
852.	Liz Crowson	1-58-10
920.	Mick Butler	1-59-50
1131.	Kate Parry	2-04-56
1191.	Martha Moger	2-06-41
1192.	Marie Wilford	2-06-42
1263.	Lesley Tansey	2-09-34
1297.	Jenny Murphy	2-10-31
1392.	Hilary Springthorpe	2-13-10
1395.	Jenny Richardson	2-13-14
1421.	Helen Bennett	2-13-56
1483.	Jonathan Wells	2-15-50
Winner:	Dan Allinson (Leic C)	1-12-35
1st Lady:	Emma Lambert (Hinckley)	1-25-39

FULL MARATHON

56.	Steve Bloxham	3-19-37
119.	Simon Hart	3-34-39
383.	Claire Bryan	4-33-19
Winner:	Chris Jordan (Hinckley)	2-38-30
1st Lady:	Samantha Kelly (W.Bassett)	3-12-22

NORTH MIDLANDS CROSS COUNTRY LEAGUE

1. Markeaton Park, Derby

For the first time in many years we managed to field a ladies' team and what a result they achieved. Nicki Nealon powered home to win the race, in the process defeating one of her closest rivals, Nicola Roder. Her win brought back memories of her League victory back in 1994 when she defeated her close rival at the time, Philippa Leach of Sutton-in-Ashfield, by the narrowest of margins to win the Championship in the 4-race series. At the same time she led the Harriers to victory in the senior ladies' team championship, arguably the Harriers best ever performance.

It was a good ladies' performance all round with Sandra Ankers and Marie Wilford racing at Markeaton and the following day in the Derby Runner League, no mean feat!

For the men Dave Egginton, worried about his recent fitness, ran well and was only just behind Harrier leader, Darren Valentine. There were promising League debuts too by Tom Harris and Andy Ledwith.

LADIES

1.	Nicki Nealon	25-47
50.	Paula Fletcher	32-32
68.	Sandra Ankers	33-46
73.	Aimee Browne	34-42
86.	Marie Wilford	38-03

TEAMS

1.	Notts AC	26 pts
2.	Charnwood AC	35 pts
3.	Nene Valley H.	52 pts
7.	Huncote Harriers	119 pts

(15 teams)

MEN

67.	Darren Valentine	38-35
71.	Dave Egginton	38-42
86.	Chris Talbot	39-30
87.	Mark Gregory	39-30
110.	Euan West	41-12
137.	Keith Chambers	43-05
151.	Tom Harris	44-16
171.	Andy Ledwith	46-34

TEAMS

1.	OWLs	50 pts
2.	Charnwood	91 pts
3.	Notts AC	94 pts
9.	Huncote Harriers	421 pts

(21 teams)

2. Glebe Park, Corby

Another good club turn-out with Nicki Nealon remaining on course to win the Ladies league championship. In this race she finished second to Katie Mellor of Leicester University. Karen Selby and Trudi Unwin made up the counting ladies' team. For the men, welcome back Carl Sommer after holiday resuming his position as club number one. Improvement by Mark Gregory finishing 2nd Harrier home. Special thanks to Vicky Gregory for collecting the finish discs.

LADIES

2.	Nicki Nealon	23-00
36.	Karen Selby	26-56
45.	Trudi Unwin	27-34
50.	Paula Fletcher	29-09
57.	Wendy Thompson	30-07
64.	Marie Wilford	32-31

Winner: Katie Mellor 22-52

TEAMS

1.	Notts AC	24pts
2.	Charnwood	45pts
3.	Nene Valley H	45pts
6.	Huncote Harriers	83pts

OVERALL

1.	Notts AC	50pts
2.	Charnwood	80pts
3.	Nene Valley H	97pts
5.	Huncote Harriers	202pts

(9 teams)

MEN

44.	Carl Sommer	35-25
61.	Mark Gregory	36-41
78.	Dave Egginton	37-22
81.	Chris Talbot	37-39
90.	Euan West	38-13
119.	Andy Wilford	41-02
127.	Andy Ledwith	41-46
148.	Ian Thompson	44-38
153.	Chris Unwin	45-20
162.	Mike Percival	47-15

Winner: James Mee (Heanor) 30-34

TEAMS

1.	OWL.s	48pts
2.	Charnwood	82pts
3.	Heanor	131pts
9.	Huncote Harriers	354pts

OVERALL

1.	OWL.s	98pts
2.	Charnwood	173pts
3.	Notts AC	257pts
9.	Huncote Harriers	775pts

(16 teams)

DERBY RUNNER CROSS COUNTRY LEAGUE

1. Foremark Reservoir

The leaders of the Huncote Harriers Grand Prix series were keen to underline their places at the top of the table. For the men, Andy Ball was first Harrier over the line to collect maximum points. In the ladies' test Trudi Unwin was third Harrier home; this puts both in strong positions to win the Grand Prix series. Otherwise, Graeme Slight was well pleased with his run being first V55 over the line - in fact he was also first V50, and had a close race with Andy Ball.

Harriers Men

44	Andy Ball	37-43
45.	Graeme Slight	38-01
82.	Keith Chambers	40-26
100.	Andy Wilford	41-16
138.	James O'Dowd	43-32
162.	Richard Russell	44-24
167.	Rob Tate	44-50
172.	Ian Thompson	45-02
182.	Kent Butcher	45-36
212.	Paul Nealon	47-36
215.	Chris Unwin	47-41
218.	Mike Percival	47-58
219.	Mike Walton	48-08

Winner: Dan Allinson (Hinckley) 32-04

Harriers Ladies

4.	Mel Evans	38-39
17.	Karen Selby	44-00
24.	Trudi Unwin	45-33
57.	Wendy Thomapson	49-33
61.	Sandra Ankers	49-55
72.	Julie West	50-40
78.	Katherine Dean	51-37
140.	Marie Wilford	58-24
144.	Helen Bennett	60-46

1st Lady: Nicola Roder (Leic Tri) 36-38

2. Markfield

What a great run by Mel Evans as she almost pulled off victory in the ladies' race. Immediately after the start, Emily Ault raced into the lead and was soon joined by Mel as they vied for the lead for most of the race with Emily just getting the better of her opponent in the closing stages. Good runs too for Karen Selby and Trudi Unwin. Trudi's effort underlined her victory in the Huncote Harriers Grand Prix. Likewise, Andy Ball confirmed his status as the men's Grand Prix champion.

Harriers Men

74.	Andy Ball	38-29
87.	Graeme Slight	39-02
125.	Steve Bloxham	40-54
126.	Ryan Lambert	40-55

128.	Keith Chambers	40-57
148.	Andy Ledwith	42-08
152.	Andy Wilford	42-24
165.	Tom Harris	43-02
174.	Simon Hart	43-28
180.	Nick Vernon	43-42
188.	Alastair Orencas	44-06
196.	James O'Dowd	44-33
203.	Richard Russell	44-55
205.	Rob Tate	45-02
216.	Chris Unwin	45-37
218.	Leonard Symeonides	45-45
237.	Jon Wells	46-46
242.	Colin Bartlette	47-07
285.	Mick Walton	49-34
294.	Mike Percival	50-15
303.	Paul Nealon	51-01
324.	John Heywood	52-49

Winner: Alex Benfield (Hatton) 32-17

Harriers Ladies

2.	Mel Evans	37-16
19.	Karen Selby	43-22
32.	Trudi Unwin	45-20
62.	Jo Clarke	47-42
64.	Wendy Thompson	47-51
73.	Katherine Dean	48-45
89.	Julie West	49-52
97.	Seema Patel	50-27
128.	Irene Forty	53-13
184.	Helen Bennett	61-48

CHAMPIONSHIP CROSS COUNTRY RACES

Our Club reputation is enhanced when we participate in the championship races. The following important dates are coming up:

Leics County Championship at Brocks Hill, Oadby (Parklands Leisure Centre)
Saturday 4th January 2014

Midland Counties Championship at Newbold Comyn Park, Leamington
Saturday 25th January 2014

English National Championship at Wollaton Park, Nottingham on Saturday 22nd February. Any aspiring club runner should run the "national" at least once in their career!

I shall be taking entries for all of these races in the coming weeks. Hopefully we can get both men's and ladies' teams out for all of these races.

Phil Watts

CLUB PROFILE

Trevor Longman

One of the first members of Huncote Harriers and, performance-wise, one of the all-time greats. Trevor was in his early thirties when he decided to pack up football. He had reached a good standard playing senior league but injuries sustained meant that his football playing days were numbered.

Trevor started with marathon running, being attracted to the London Marathon. Regular weekend training with friends led to the formation of the Huncote Harriers.

Early fixtures enjoyed by the Harriers were mainly road races a lot of which were outside the county: events like Tipton "10", Notts "10", Nene Valley "10" were typical races on the menu. In the first two years of our existence two races stand out for Trevor: the 1985 London Marathon where he recorded 2-33-24 and the Tipton "10" in the same year when he finished with 53-35 (still the club record). However, he was beginning to find off-road races more interesting. He was a keen cross country runner and was a regular in our assault on the North Midlands League but he had also taken a shine to running on the fells. There are a number of races around Church Stretton in Shropshire based on the Long Mynd and Trevor became a regular race-goer there. These expeditions were not without success as in 1985 he pulled off a great win in the Stretton Skyline Fell Race, a tough 20 mile race climbing the peaks of Ragleth, Caradoc, Lawley and Pole Bank a total ascent of 4500 feet, completing the race in 2 hours 29 minutes 44 seconds, an impressive run by most standards! There were other successes too, the most notable being at Milford on Cannock Chase. This is a 21 mile trail race around the Chase and in 1995 Trevor won the race in 2-09-47.

Trevor was experimenting with other races and was trying ultra-distance events. One such challenge was the Long Mynd 50 Mile and in the company of like minded Harriers, Mark Wittering and John Cartwright, achieved successes there.

Perhaps it was inevitable that, with his interest in ultra distance and fell running, sooner or later, the Bob Graham Round would show up on the Longman radar. The BGR is a long distance fell running challenge to complete a circuit of 42 of the highest peaks in Lakeland within a 24 hour timescale starting and finishing in Keswick. This involves a total distance of 66 miles and an ascent of some 29000 feet.

In 1993 it became too much of a challenge to resist and Trevor together with another good Harrier ultra

runner, Martin White, on Friday June 26th set off at 6-00pm from The Moot Hall in Keswick on an attempt at a clockwise Bob Graham Round. Another Harrier, Jim Diaper, went along with them for support on the first leg over the mountains, Skiddaw, Great Calva and Blencathra to the first road crossing at Threlkeld. Success or failure often depends on the vagaries of Lake District weather: it can be wet and windy, and low level cloud and mist can make navigation very difficult, even when runners supposedly know the terrain. This attempt was totally different; it was a baking hot day! The problem was keeping hydrated as the hot sun reflected off the open mountainside, and with little or no shade, caused some problems. Missing the summit of Dollywaggon Pike in the Eastern Fells between Helvellyn and Fairfield and having to go back didn't help their cause. By Wasdale Head campsite they were starting to fall behind the clock, the steep rocky landscape around Scafell Pike making life very uncomfortable. The ascent out of Wasdale up Yewbarrow is hard and with Pillar and Great Gable to follow they needed to call on their mental fortitude to continue. However, falling further behind schedule and with blistered feet they decided to call it a day further on in the region of Green Gable, not too far from Honister Pass, the last road crossing. It was a valiant attempt but, in year 2000, Trevor successfully completed the challenge. His work at British Gas meant relocating to Manchester and with the support of members of his new club, Macclesfield Harriers, he managed to complete the round in 22 hours 32 minutes.

Trevor has recently taken early retirement and still runs, at quite a high level too: competing in Peak District fell races he still features regularly in the V/60 prize lists. A hip operation several years ago did not dull his enthusiasm for running: for a while afterwards he started riding a bike but soon found it lacked the excitement and went back to running. At his Macclesfield club there is a nucleus of supervets who run regularly over the Peak District hills and trails.

He still keeps in touch with the Harriers as well he might: he was the first of three people in our Club to be made honorary life members. At the recent 30 year anniversary celebrations he was there to cut the cake, and he often competes in the Huncote Hash taking the opportunity to visit family and friends over Christmas and the New Year.

PARK RUN NEWS

Congratulations to **Simon Boulter** on his V55 Park Run record. On 10th August Simon set a new V/55 best of 18-16. Is this the first Huncote Harrier to set a Park Run Best?

THE MALTA EXPERIENCE

(The Editor reprises the trip he made to Malta 12 years ago)

Malta is probably an island you will either love or hate. On the plus side it is nearly always sunny and hot; the people are friendly and hospitable; and there is plenty of history and antiquity to satisfy most. On the minus side Malta is almost all built-up with little greenery and open space; the island is predominantly limestone and the buildings tend to crumble with the action of rain water, consequently there are building works almost everywhere.

We didn't have much time to settle in before the race: we arrived at our hotel in the evening just in time to catch last serving in the buffet restaurant and we were up before 6-30am next morning to board the bus going to the race venue, Zurrieq, towards the south of the island. The race was due to start in the main square at 8-00am and it was already starting to get hot as we got changed in the local primary school.

With only about 200 starters the Malta Half marathon is small by international standards. The first mile or so of the race was interesting as the course twisted through the narrow back streets of Zurrieq before heading out on wider roads to Malta Luqa Airport. Personally, I didn't feel too good although plentiful water, fruit drink and sponge stations made the race bearable. Graeme Slight was easily the first Harrier home from Keith Chambers. There was an eagerly awaited scrap between our two star W/60 ladies, Sandra Ankers and Irene Forty. Sandra easily won that one being much closer to the top of her form than Irene.

Graeme Slight was first V/55, Sandra won first W/60 and I easily won first V/65 (I was the only one in the race!). Somehow the ladies won the 3rd team prize even though Jude McSharry didn't finish the race - that was a mystery we didn't solve!

HALF MARATHON RESULTS

19th Graeme Slight	1-29-43
41st Keith Chambers	1-37-10
56th Rob Tate	1-40-26
86th Phil Watts	1-47-55
119th Jeff Wickham	1-54-37
122nd Sandra Ankers	1-55-19
135th Irene Forty	2-00-33
157th Mike McSharry	2-10-57
158th Mick Butler	2-11-13
173rd Jon Milner	2-18-57

Winner: Andrew Grech (Mellieha AC) 1-13-38 **1st Lady:** Carmen Hili (St Pats) 1-26-42

We boarded the bus to spend the rest of the day relaxing in our hotel. One of its features was the rooftop terrace and swimming pool with marvelous views over Sliema harbour looking across the water to Valletta. Although the water in the pool was cold, it was nice to relax tired muscles followed by an ice cold beer at the terrace bar!

Now the holiday could really begin. Monday was a good day - we all caught the ferry across the harbour to go to Valletta. We split into groups to sightsee, shop, etc before meeting up in one of the squares for lunch. The restaurant we chose was under awnings resembling a small market - the sun was at its hottest as it was around midday. Jeff Wickham had the right idea ordering a seafood salad and an ice-cool beer. When his plate arrived we were all drooling at the large plateful of prawns and other seafood topped off with crisp fresh salad.

The night life was quite good with plenty of bars in close proximity to our hotel. Mick

Butler soon found the right place, Tony's Bar, about half a mile up the road - it had a large TV on the wall, Manchester United were playing a European Champions League match! Devoted M.U. fan that he is Mick, complete with his M.U. tee-shirt shanghai'd us all into watching the game and the beer certainly went down well that night. Arsenal were playing next night so we all went with Keith Chambers to see that game as well.

Most of us took a trip to to the south of the island where we revisited the pretty town of Marsaxlokk formerly a fishing village. A nice lunch in the market place rounded off the trip perfectly.

Another day we visited the old capital of Malta, Mdina. The narrow streets, largely, traffic-free, were particularly interesting. Just outside Mdina was the glass factory which we were able to visit and see colourful glass artifacts being blown and shaped by craftsmen.

Jonathan Milner had the brilliant idea of turning the week into something of a running festival and dreamt up a 2km handicap race based on the half marathon results. The race took place at 8-30am on Friday morning before the heat of the sun took hold. Most of us had run the course before on our early pre-breakfast runs throughout the week - it was on quiet roads around Sliema harbour by foreign embassies. Keith Chambers was the star of the day being first back over the finish line and had the fastest scratch time as well.

SCRATCH TIMES H'cap

1. Keith Chambers	7-13	1st
2. Graeme Slight	7-19	5th
3. Jonathan Milner	8-16	3rd
4. Jeff Wickham	8-33	2nd
5. Rob Tate	8-52	6th

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 6.Phil Watts 8-52 8th
 7.Sandra Ankers 9-08 4th
 8.Mick Butler 9-57 7th
 9.Irene Forty 10-07 9th

However, all good things come to an end. As we mustered in the hotel lobby after breakfast on the Saturday morning we reflected on the glorious sunshine we had during the week and pondered over the cold misty weather we were about to return to in England.

We must thank Graeme and Irene for organizing the week's holiday - it all ran smoothly and without a hitch, a tribute to all their hard work and planning. They literally thought of everything to make our time in Malta special.

OTHER RESULTS

Shepshed "7"

Nicki Nealon easily won the ladies' race and, in so doing, led the Huncote ladies to victory in the team race with great back-up by Helen Talbot in a fine second place and the fast improving Karen Selby in 15th to close out the team. This was the penultimate race in the Grand Prix Series. Andy Ball, second man home for the Harriers behind Chris Talbot, and Trudi Unwin, 4th home for the ladies, cemented their positions at the top of the leader board.

MEN

22. Chris Talbot 44-13
 24. Andy Ball 44-42
 32. Andy Woolley 45-11
 51. Steve Copeland 46-58
 57. Andy Wilford 47-30
 97. Andy Ledwith 50-24
 108. James O'Dowd 51-07
 114. Nick Vernon 51-27
 135. Chris Unwin 53-04
 147. Mike Percival 53-49
 177. Paul Nealon 55-58
 256. Barry Summers 65-59

LADIES

1. Nicki Nealon 43-43

2. Helen Talbot 45-27
 15. Karen Selby 51-27
 23. Trudi Unwin 52-26
 29. Claire Quigley 53-37
 Katherine Dean 55-44
 47. Jo Copeland 56-04
 49. Jo Clarke 56-23
 60. Julie West 57-40
 110. Claire Bryan 63-03
 118. Marie Wilford 64-12
 148. Helen Bennett 68-21

World Masters Athletics Championships

Supervet John Heywood made the long trip to Porto Allegre in Brazil to sample this year's World Championships. Struggling with injuries and not being any near his best John only competed in the cross country event and finished 28th in the V/65 class of the 8km cross country race in 43-11. The race was won by old rival Gregor Fuchs (Israel) in 30-20. John used the trip to travel to other countries and went to Uruguay and Argentina whilst there.

Leicester Winter 5K Series Victoria Park 13th November

Run on behalf of the council by Nice Work Events.
 36th Helen Bennett 27-48
Winner: Ian Mansell 17-41

Leg'it Round Lathkil Fell Race (7.1 miles/950ft)

Rich Thomas made a return visit to this popular Derbyshire fell race in company with Ian Thompson.
 88th Ian Thompson 63-29
 175th Rich Thomas 73-55
Winner: Tom Saville (DPFR) 46-01

Norwich Half Marathon

Personal bests to all the Harriers taking part in this race!
 299. Andy Ledwith 1-37-13
 395. Trudi Unwin 1-40-16
 440. Chris Unwin 1-41-27
Winner: Ben Russell (Liverpool Harriers) 1-10-20 **1st Lady:** Daisy Glover(Ely Runners) 1-17-25

LONDON MARATHON NEWS

Huncote Harriers have three places for people to take part in the 2014 London Marathon. On a recent Sunday Bradgate Park run the three lucky recipients in the draw were:

Jo Clarke
 Andy Wilford
 Chris Unwin

Congratulations to them but commiserations to those unlucky to lose out - there were a lot of club members with rejection notices this year!

HUNCOTE HARRIERS GRAND PRIX

Congratulations to the winners of the 2013 series, Andy Ball and Trudi Unwin. They were in the leading places for most of the year and finished worthy winners. A full table and round-up to appear in the next newsletter.

CLUB PROFILE (from page 4)



Trevor Longman running a leg in the Midland 12-stage road relay at Sutton Park.

OBITUARY

Jim Bates

It is sad to record the recent passing away of one of our members, Jim Bates, following a fall last Christmas time from which he never recovered.

Jim came into running almost coincidentally through his daughter, Helen, who was a promising junior at the Leicester Coritanians club. Perhaps he saw the health benefits that running can bring and the camaraderie of its participants. Together with an old friend of his, Glyn Calow, whose daughter, Sophie, also ran for Coritanians, they joined the Harriers in the Club's early days and quickly became part of the fabric of our Club. Jim was never one of the faster runners but he was one of the most enthusiastic and enjoyed most aspects of competitive running especially off road.

He was a regular member of our North Midlands cross country teams but took a particular liking to the longer events like the 33 miles Haworth Hobble (now Wuthering Hike) race across the moorlands of the South Pennines. Jim suffered from diabetes which can make any endurance activity difficult to deal with but Jim had an innate stubbornness which never deterred him from competing in this type of race. In one of these races he partnered Julie Frearson in the mixed pairs class of the Haworth Hobble. Before reaching Todmorden (about a third of the way round) he had a diabetic episode and needed food. Fortunately a feed station checkpoint was close where he could get sustenance. Unfortunately, soon afterwards, one of his shoes came apart at the sole, yet he completed the race with the sole flapping underneath the shoe and with bloodied feet. Most runners

would have thrown in the towel after such adversity - not Jim!

Jim was a skilled patternmaker, a trade allied to the engineering industry, and was consequently a good engineer. His pride and joy was his Westfield kit sports car which he lovingly built and maintained. The Westfield was often a feature of some of the early Harrier camping weekends. How he got to the camp with Yvonne and all his camping gear, not to forget Bert, the irascible family pet Pug dog, packed into such a small two seater sports car still remains one of life's great mysteries. Jim was at his best on the social side of the Club. After training on a summer Tuesday night we would often adjourn to the Red Lion pub in Huncote. As well as beer Jim would often order a meal, with an extra portion of chips which we all would be invited to share. That was Jim - always sharing, always with a smile, and always with an interesting yarn to tell.

He is survived by his wife Yvonne and children, Tom and Helen. We will all miss you, mate! You were one of the best!

Long time running friend and, more recently, walking companion of Jim's, Jim Timmins, adds a personal reflection:

As many of you will be aware Jim Bates passed away on 5th November. He had been unconscious since an accident at home before Christmas 2012.

Jim had been a Harrier since 1987 and, for many years, was well known as the man with the green Reliant Robin. He was also well known as the man who was never quite on time for any race or even training.

He took part in many races in Leicestershire and across the country. He ran and finished 4 London Marathons (not always

running as himself) and competed in many and varied cross country events ranging from the Hartshill Heartbreaker to the Long Mynd 50, via Offas Dyke, Belvoir Challenge and Wuthering Hike. He also participated in countless winter and summer league races.

Jim was an only child. His dad was a leicester man and his mum was from the east end of London. In fact she lived on the same street as, and knew, the Kray family. At school, in addition to his studies he played rugby and sang in the choir. Later he was a member of the county youth orchestra playing clarinet and was the county junior discus champion. Unfortunately he was unable to pursue this talent at senior level as the senior discus was larger and his hands were too small to hold it properly. For a couple of years he was also a stalwart of the Leicester Rowing Club.

Motor bikes were a passion with Jim from his early teens, and he spent many hours building and tuning a variety of machines. Naturally he wanted to test them to the limit. He was a well known amateur racer until an accident at Mallory Park left him with a broken shoulder. This ended his racing career but his love of motor bikes eventually morphed into a JZR kit car, naturally with a Honda motor bike engine. For many years Jim and Yvonne could be seen in their matching, and rather fetching, white crash hats in the bright blue JZR.

Latterly Jim and Yvonne spent their summers in Bulgaria returning to UK. during their hard winters. Jim would start training again, normally getting up to speed just as they were about to leave for Bulgaria the following year.

All in all, Jim had a considerable record of achievements to look back on.

FIXTURES**DECEMBER**

Sunday 1st	Derby Runner X/C League III	Bagworth Heath	11-00am
Sunday 1st	Cardington Cracker	Cardington, Shrops	
Saturday 7th	North Midlands X/C League III	Shiple Park, Heanor	12-00pm
Sunday 8th	Keyworth Turkey Trot Half Marathon	Keyworth, Notts	10-15am
Wednesday 11th	Leicester Winter 5K Series	Victoria Park	7-30pm
Sunday 22nd	HUNCOTE HARRIERS XMAS PUB RUN		10-00am
Sunday 29th	HUNCOTE HASH X/C	Huncote Leisure Centre	10-30am

JANUARY 2014

Saturday 4th	County X/C Championship	Brocks Hill, Oadby	12-00pm
Saturday 11th	North Midlands X/C League IV	Wollaton Park, Nottingham	12-00pm
Sunday 12th	Derby Runner League IV	Grace Dieu	11-00am
Sunday 19th	Midland Masters X/C Championship	Wolverhampton	
Saturday 25th	Midland Counties X/C Championship	Newbold Comyn Pk Leamington	12-00pm
Sunday 26th	Winter LRRL Barrow "6"	Barrow	10-30am

FEBRUARY

Sunday 2nd	Bowline Charnwood Hills Race	Anstey School	
Sunday 9th	Winter LRRL Markfield 10K	South Charnwood H.S.	10-30am
Sunday 16th	Derby Runner League V		
Saturday 22nd	National X/C Championship	Wollaton Park, Nottingham	

MARCH

Saturday 1st	Belvoir Challenge X/C Walk/Run	Harby	
Saturday 15th	Midland Counties Road Relays Men 12-Stage/Ladies 6-Stage	Sutton Park, Sutton Coldfield	
Sunday 16th	Winter LRRL Stilton or Desford		
Sunday 30th	Winter LRRL Kibworth 6		

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TRAINING TIMES
 Tuesday: 7-00pm Enderby Leisure Centre
 Thursday: 6-00pm Enderby Leisure Centre
 Improvers: Saturday 9-30am Jubilee Park