



# THE HARRIER

The official Newsletter of  
Huncote Harriers Athletic  
Club

Issue No. 171

APRIL 2014



## THE NATIONAL CROSS COUNTRY CHAMPIONSHIP

Probably the best ever turn-out by Huncote Harriers in this annual race. This year the races were hosted in the Midlands and host club, Notts AC, led by Mick Robinson, put on a first class fixture at Wollaton Park. There were 10 races during the afternoon across all age groups from u/13 to senior men and women with a total of some 7700 runners.

There were some memorable Leicestershire performances during the afternoon: Gemma Steel looked comfortable winning the Ladies Senior race from her rival Steph Twell (AF&D) and helped Charnwood to second placed team medals; Ben Dijkstra (Leicester Coritanians) won the boys u/15 race; Leicester's Amy Griffiths, the County senior ladies cross country champion, and representing AF&D, was second in the junior ladies' race, and Charnwood won 1st place medals in the u/13 boys'.

For the Harriers, Julie Lamb is proving a great capture for our club and was first across the line. Another battle between Karen Selby and Trudi Unwin went to Karen Selby. For the men, Carl Sommer has put last year's injury disappointment behind him for another fine run and there



Chris Unwin tails former Midland cross country champion, Phil Nicholls 8455 (Tipton Harriers) on the third lap. Pic. Mudrunner Sports

was a promising National debut from Chris Unwin who closed out the men's team

### RESULTS LADIES (8K)

214.	Julie Lamb	35-23
393.	Karen Selby	38-55
443.	Trudi Unwin	40-04
481.	Julie West	41-15
595.	Irene Forty	45-08

**Winner:** Gemma Steel (Charnwood)

### TEAMS

1. Aldershot Farnham & District.	21pts
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2. Charnwood AC	102pts
3. Rotherham AC	127pts
14. Nuneaton Harriers	450pts
48. Harborough AC	1516pts
<b>49. Huncote Harriers</b>	<b>1531pts</b>
75. Desford Striders	2182pts
(Total 83 complete teams)	

**RESULTS MEN (12K)**

333. Carl Sommer	42-48
617. Dave Egginton	46-30
907. Euan West	49-47
998. Graeme Slight	50-47
1166. Keith Chambers	53-11
1431. Chris Unwin	58-12

**Winner:** Steve Vernon (Stockport Harriers)

**TEAMS**

1. Bedford & County	265pts
2. Notts AC	296pts
3. Leeds City	301pts
10. OWL's	739pts
37. Charnwood AC	2388pts
76. Nuneaton Harriers	5270pts
<b>79. Huncote Harriers</b>	<b>5452pts</b>
99. Harborough AC	6161pts
119. Desford Striders	7044pts
(Total 127 complete teams)	

All in all, a great afternoon which was blessed with fine weather (for the time of year). It was good to see a band of Huncote Harriers who came along to support. Special thanks again to Andy & Marie Wilford for the tent and their support,



Dave Egginton was 2nd Harrier in the National. Pic. John Heywood



Keith Chambers tracks old North Mids rival, Martyn McHale 7885 (Redhill RR) Pic. John Heywood



Karen Selby on her way to second Harrier home (pic. John Heywood)



Graeme Slight competing in his 12th "National"

## HUNCOTE HARRIERS ATHLETIC CLUB PRESENTATION BASH

This year's "bash" was held at the David Lloyd Leisure Centre in Narborough and was well supported by members. The format was presentation, buffet and disco. A brilliant night although the disco could have been livelier - there were hardly any dancers on the floor. Was it the music or are we all getting older?

Andy Wilford, Club Chairman, presented the awards and was assisted by club dignitaries. Our roll of honour includes the following:

### Lady Harrier of the Year

1. Trudi Unwin
2. Marie Wilford
3. Karen Selby
- =4. Mel Evans
- =4. Julie West

### Male Harrier of the Year

1. Andy Wilford
2. Phil Watts
3. Andy Ledwith
4. Chris Unwin
5. Andy Ball
6. Paul Nealon

### Newcomer of the Year

Tom Harris

### Chairman's Award

Paul Nealon

### Life Membership

Graeme Slight

### Club Grand Prix Ladies

1. Trudi Unwin
2. Julie West
3. Katherine Dean
4. Nicki Nealon
5. Jo Clarke
6. Marie Wilford

### Club Grand Prix Men

1. Andy Ball
2. James O'Dowd
3. Rob Tate
4. Andy Wilford
5. Paul Nealon

6. Mike Percival

### Long Service Awards

#### 30 Years

Trevor Longman, Phil Watts, Rich Singer, Jeff Wickham, Mark Wittering

#### 20 Years

John O'Sullivan, Lesley Cann, Mick Butler.

#### 10 Years

Paul Nealon, Andrea Brewin, Andy Ball, Kingsley Cook, Jo Copeland, Steve Copeland

### Club X/C Champions

#### Ladies

1. Nicki Nealon
2. Mel Evans
3. Julie Lamb

#### Men

1. Carl Sommer
2. Dave Egginton
3. Euan West

Additionally, John Heywood presented Nicki Nealon with her award for being the Ladies' Champion in the North Midlands Cross Country League. A remarkable achievement as there was a gap of some 20 years since her other victory in 1994, a tribute to her longevity at a high level in the sport!

The draw was also made for runners to take part in our Club's allocation of places for the forthcoming London 10K. Those lucky enough to win the ballot were: Seema Patel, Helen Bennett, Mel Evans, Karen Selby, Ryan Lambert, Alastair Orencas, Andy Ball, Warren Bennett, Nick Strange and Alex Doory.

Another great night with thanks to Social Secretary Aimee Browne and the committee. Special thanks to our host for the evening, Chairman, Andy Wilford, and of course to Marie Wilford. for the photographs

## DERBY RUNNER CROSS COUNTRY LEAGUE

### V Bosworth Battle Field

A fine run by Mel Evans to lead home the Harriers just getting home in front of partner, Richard Russell. Mel wasn't far behind County ladies' cross country champion, Nicola Roder to finish 2nd.

#### MEN

43. Richard Russell	39-23
69. Andy Ball	41-06
72. Graeme Slight	41-19
96. Keith Chambers	42-51
99. Nick Strange	42-58
100. Warren Bennett	42-59
128. Andy Wilford	45-02
148. Chris Unwin	47-06
153. Leonard Symeonides	47-37
170. Kent Butcher	48-49
188. Paul Nealon	50-48
190. John Hart	50-50
207. Stuart Hale	53-17

**Winner:** Alex Benfield (Hatton) 33-03

#### LADIES

2. Mel Evans	39-22
31. Karen Selby	49-02
36. Trudi Unwin	50-40
46. Julie West	53-33
48. Sandra Ankers	53-52
49. Jo Clarke	54-03
52. Clair Davis	54-19
53. Donna Welsh	54-28
74. Irene Forty	58-47
100. Helen Bennett	69-43

**Winner:** Nicola Roder (Leic Tri) 38-46

### VI Holly Hayes Wood

Mel Evans was again first Harrier home, this time finishing third in the ladies' race. She finished over a minute down on race winner Emily Ault of Barrow blaming tired legs on a hard week of training for the London Marathon. Karen Selby who is running well on "the

country” at the moment was again second lady whilst Richard Russell was first man home in front of Graeme Slight.

**MEN**

54. Richard Russell	36-50
55. Graeme Slight	36-51
71. Andy Ball	37-44
83. Keith Chambers	38-26
86. Nick Strange	38-31
101. Andy Wilford	39-12
129. Chris Unwin	41-28
140. Alastair Orencas	42-27
141. Nathan Bonham	42-38
190. John Hart	50-38

**Winner:** Alex Benfield (Hatton)  
30-41

**LADIES**

3. Mel Evans	36-35
22. Karen Selby	43-18
44. Julie West	46-26
45. Jo Clarke	46-30
61. Sandra Ankers	48-46
67. Irene Forty	50-15
73. Clair Davis	50-50
88. Marie Wilford	55-42
98. Helen Bennett	60-20

**Winner:** Emily Ault (Barrow)  
35-12

A fairly successful season for the Harriers with a number of runners collecting awards for the series. Star was Mel Evans who was second lady overall behind Emily Ault, and who in most of the Derby Runner League races, beat all the Huncote men. There were also awards for our veteran runners: the ever-improving Karen Selby was 2nd W/40, Graeme Slight was third M/50 whilst Sandra Ankers, Irene Forty and Helen Bennett were 1st, 2nd & 4th respectively in the W/60 category.

## LEICESTERSHIRE WINTER ROAD RACE LEAGUE

The Winter League programme has been disrupted this year because of road safety concerns and two races at Ashby and Barrow have been cancelled. There are certainly signs that road racing in this country could face problems in the near future. Stilton “7” thus became the third race to count in the series.

**III Stilton “7”**

New member Mark Kendrick led home a substantial Harrier turnout in this race leading home veterans Chris Talbot and Graeme Slight. Helen Mercer was 1st Harrier lady in front of Karen Selby.

**HARRIERS**

41. Mark Kendrick	45-26
42. Chris Talbot	45-31
50. Graeme Slight	45-55
58. Nick Strange	46-27
67. Andy Wilford	47-08
107. Martin Coley	49-49
114. Warren Bennett	50-14
146. Alastair Orencas	52-24
152. Barry Hibberd	52-36
155. Helen Mercer	52-42
172. Karen Selby	54-02
183. Mike McSharry	54-34
195. Stuart Hale	55-05
204. Jeff Wickham	55-33
217. Julie West	56-40
228. Jo Clarke	57-13
239. Mike Percival	57-59
280. John Hart	62-13
281. Clair Davis	62-20
322. Jenny Murphy	67-30
328. Helen Bennett	68-24
330. Judy McSharry	68-34

## VIRGIN LONDON MARATHON 2014

One of the best Harriers performances for many a year in this year’s London. Two runners, Carl Sommer and Mark Gregory achieved sub 3 hour clockings with Mark achieving a well deserved p.b.. Carl was just outside his best but had a good run considering his build-up was hampered with a bad cold.

There was some disappointment for Mel Evans as she failed to reach her sub-3 target but her run was still creditable, being the 4th best performance ever by a Huncote Harrier - only two runs by Nicki and one by Mel herself being better. Chairman, Andy Wilford weighed in with another exceptional run achieving another p.b. with 3-15-24. Further down the field, another fine London run for the second year on the trot was achieved by Julie West. Her 3-37-10 was a sizeable chunk off her best and moves her just outside the Huncote all-time top 10 best marathon runners. With some promising marathon debuts, all-in all a good club performance

In the elite race, Mo Farah had a great run to finish 8th in 2-08-21, the fastest debut marathon time ever by a British runner and not much further back was Chris Thompson who also had a fine marathon debut.

Kenya won the battle of the African countries providing first and second in both the men's and ladies' races

**HARRIERS**

431. Carl Sommer	2-46-55
825. Mark Gregory	2-54-23
2454. Mel Evans	3-11-22
2978. Andy Wilford	3-15-24
4909. Claire Quigley	3-29-19
6244. Julie West	3-37-10
9013. Chris Unwin	3-50-02
12345. Jo Clarke	4-02-27
12570. Wendy Thompson	4-03-36
16860. Sarah Coop	4-21-29
24845. Simon Kellock	4-56-05
25402. Laura Jeffs	4-58-29
26404. Liz Crowson	5-04-04
27876. Ruth English	5-13-04
27878. Tracey Morris	5-13-04

**Winner:** Wilson Kipsang  
2-04-29 **1st Lady:** Edna Kiplagat 2-20-21

**HUNCOTE ALL-TIME TOP 10 MEN MARATHON**

4/94 Richard Heighton	2-30-29
4/85 Trevor Longman	2-33-24
2/90 Graham Swan	2-37-48
4/93 Mark Wittering	2-38-08
4/88 Gerry Brennan	2-38-42
4/90 Joe O'Flynn	2-39-55
5/87 Joe O'Brien	2-40-13
4/95 Graeme Slight	2-42-46
4/08 Carl Sommer	2-42-59
4/86 John Heywood	2-43-44

**HUNCOTE ALL-TIME TOP 10 LADIES MARATHON**

7/08 Nicki Nealon	3-00-30
4/13 Mel Evans	3-07-04
5/09 Claire Quigley	3-17-26
4/94 Carol Hawkins	3-21-01
4/05 Annette Nutting	3-22-35
4/00 Emma Chamberlain	3-29-36
4/90 Marie Wilson	3-30-34
4/90 Sue Edwards	3-30-57
5/84 Sue Payne	3-33-47
5/87 Irene Forty	3-33-56

Please advise the Editor or John Heywood if there are mistakes/ omissions in these records which need to be corrected

**OTHER RESULTS****Aldi Ashby "20"**

Andy Wilford had a great race to lead home the Harriers in this race which many people use as a stepping stone to running springtime marathons. The higher running mileage Andy has achieved in recent months has reaped some rewards. It was also nice to see Claire Quigley leading home the ladies after a troublesome achilles tendon problem.

**HARRIERS**

134. Andy Wilford	2-24-32
273. Claire Quigley	2-38-42
317. Graham Fallows	2-41-20
327. Chris Unwin	2-42-27
340. Paul McKay	2-43-10
345. Julie West	2-43-28
438. Jo Clarke	2-49-57
482. Leonard Symeonides	2-50-49
491. Wendy Thompson	2-53-16
641. Gareth Davies	3-06-07
657. Pete McLennon	3-06-42
708. Simon Kellock	3-11-53
748. Claire Bryan	3-15-10
753. Liz Crowson	3-15-25
845. Marie Wilford	3-24-51
980. Laura Jeffs	3-45-48
1047. Nick Allars	4-13-51

**Winner:** Ben Livesey (Birchfield) 1-49-28 **1st Lady:** Sarah Rose (Coventry Godiva) 2-14-56

**Milton Keynes Half Marathon**

34. Mark Gregory	1-22-01
553. Karen Selby	1-45-11
1215. John Hart	1-59-42
1216. Clair Davis	1-59-42

**Liverpool Half Marathon**

496. Andy Ledwith	1-35-09
623. James O'Dowd	1-36-50

**Winner:** Andrew Davies (Maldwyn) 1-09-52

**Belvoir Half Marathon**

This has been a popular low key race for a number of years and serves as a build-up for the London Marathon. The course from the village of Hose runs through attractive countryside on a mainly flat course. Mark Gregory was first Harrier home but Mel Evans was not far behind and was first lady.

**Harriers**

14. Mark Gregory	1-21-45
19. Mel Evans	1-23-29
40. Andy Wilford	1-27-32
90. Jonathan Wells	1-34-04
91. Ian Thompson	1-34-09
95. Jason Tomkins	1-34-38
98. Paul Nicholson	1-34-51
118. Rob Tate	1-37-34
145. Chris Unwin	1-39-58
177. Stuart Hale	1-43-07
182. Julie West	1-43-27
188. Wendy Thompson	1-44-03
230. Joanne Clarke	1-49-05
243. Simon Kellock	1-51-24
268. Paul Nealon	1-55-32

**Winner:** Dan Allinson (Leic Coritanian) 1-11-52

**Stanford Hall Marathon**

A substantial prize list in this race and a rare but welcome appearance by Paula Fletcher who carried away the 1st W/40 award

**HARRIERS**

91. Paula Fletcher	1-42-02
101. Rob Tate	1-43-03
102. Karen Selby	1-43-15
125. Kent Butcher	1-45-37
197. Michael Collins	1-51-30
233. Claire Bryan	1-55-19
264. Rich Thomas	1-58-17
315. Mike McSharry	2-03-14
316. Jenny Murphy	2-03-15

**Winner:** Richard Simkiss (Kenilworth) 1-13-18 **1st Lady:** 38th Bonita Robinson 1-33-22

**Stanford Hall 10K**

Sarah Butcher led home the Harriers in this race but Helen Bennett nipped in to take the first W/60 award.

**HARRIERS**

- 109. Sarah Butcher 54-27
- 156. Helen Bennett 57-42
- 175. Judy McSharry 58-53

**Winner:** Anthony Hatswell 35-17  
**1st Lady:** Elaine Morris 44-33

**Manchester Marathon**

Quite a big field in this race and a battle at the front between recent Liverpool Half Marathon winner, Andrew Davies and Andi Jones with Andi Jones getting the verdict in 2-16-59. Harrier Graham Fallows made the journey to the race and ran a useful 3-47-48.

**Connemara Marathon and Half Marathon**

A sizeable Harrier contingent led by Paul Nealon journeyed to the west coast of Ireland to join these races. Bad weather and an undulating course made for difficult conditions and only Marie Wilford was brave enough to tackle the marathon. There were a few more takers for the Half with Andy Wilford first home for the Harriers using the race as a blow-out before London whilst, in the battle of the Unwins, Trudi got the better of Chris by over 8 minutes.

**Marathon**

- 502. Marie Wilford 4-51-43

**Winner:** Philip Harty 2-29-16

**1st Lady:** Janice White 3-21-23

**Half Marathon**

- 52. Andy Wilford 1-35-38
- 221. Trudi Unwin 1-47-48
- 418. Chris Unwin 1-55-49
- 419. Julie West 1-55-50
- 726. Paul Nealon 2-04-17
- 804. Alex Doory 2-06-52
- 1185. Sue Gardner 2-22-29

**Winner:** Peter Brandon 1-09-46

**1st Lady:** Niamh NiChuaig 1-30-47

**Masters World Indoor Athletics Championships 2014 Budapest**

Supervet John Heywood made the pilgrimage to the Hungarian capital to take part. Although he didn't run inside on the "boards" he took part in the World Vets X/C Championship which took place at the same time. Unfortunately he had to drop out of the race with foot problems but it was a great experience and provided him with a chance to catch up with old pals.

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**PHOTO ARCHIVE**

This archive photo is from 1990 and shows the Vets team which took part in the Vets National 10 Mile Road Race Championship at Oswestry, Shropshire. L to R: Phil Watts, Malc Pantling, Brian Mackey, Tony Penn & Martin White. Kneeling at the front is Joe O'Brien

**FIXTURES****APRIL**

Sunday 6th	Winter LRRL Desford 10K	Sport-in-Desford	10-30am
Sunday 13th	London Marathon		
Wednesday 23rd	Leics & Northants Track 10K Champs	Saffron Lane Stadium	7-00pm
Sunday 27th	Livingston Road Relays	Braunstone Park	10-30am

**MAY**

Wednesday 7th	EMGP Silverstone 10K	Silverstone Race Circuit	7-30pm
Sunday 11th	Bosworth Half Marathon	Market Bosworth	
Wednesday 14th	EMGP Rugby 6	Rugby	7-45pm
Sunday 18th	Summer LRRL West End "8"	Queniborough	10-30am
Friday 23rd	EMGP Blisworth 5	Blisworth	7-45pm

**JUNE**

Wednesday 4th	EMGP Corby 5	East Carlton	7-45pm
Sunday 8th	Summer LRRL Swithland 10k	Rothley	10-30am
Tuesday 10th	EMGP Banbury 5	Banbury	7-45pm
Tuesday 17th	Harborough 5	Foxton	7-45pm
Tuesday 24th	Weedon 10K	Weedon	7-45pm

**JULY**

Tuesday 1st	EMGP Milton Keynes 10K	Milton Keynes	7-45pm
Sunday 20th	Summer LRRL Hermitage 10K	Coalville	10-30am
Tuesday 29th?	HUNCOTE HARRIERS CLUB 10K?	Thurlaston	7-00pm

**AUGUST**

Wednesday 6th	Summer LRRL Joy Cann 5	Huncote Leisure Centre	7-30pm
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PLEASE CHECK DETAILS WITH ORGANIZERS FIRST TO AVOID DISAPPOINTMENT
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**TRAINING TIMES SUMMER**

Tuesday: Huncote Leisure Centre 7-00pm  
 Thursday: Enderby Leisure Centre 6-00pm (beginners)  
 Saturday: Jubilee Park 9-30am (Improvers - speed/endurance)