



# THE HARRIER

The official newsletter of  
Huncote Harriers Athletic Club

DECEMBER 2014

Issue Number 175



## LEICESTER CHARITIES MARATHON & HALF MARATHON

Runners always like to run in their home city marathon races and this year's races were well supported by runners and spectators alike. Pride of place was earned by Matty Adcock, a former Huncote Harrier, who powered home to victory in the marathon. In the half marathon, Yared Hagos made the long trip down from Wallsend on Tyneside to win the race by eight minutes. Otherwise the standard at the front of the field was a bit disappointing, possibly due to the lack of prizes for the top runners.

In the Half Marathon a big Harrier turn-out, nevertheless, with Kingsley Cook getting the better of Mark Gregory who has been enjoying a recent run of good form. In 47<sup>th</sup> place, Mick Butler, fortified by a rejuvenation process and a sex-change operation (was it Cat Taylor?) ran an impressive 1-28-10 to rank 3<sup>rd</sup> on the Huncote Harriers Ladies all-time list of fastest times for the half behind Nicki Nealon and Mel Evans. Incidentally, Leanne Siddon wasn't too far off making it into the top ten with her 1-39-44 run! A little further back, Sarah Pegg showed her potential with 1-41-35.

Mike McSharry was the only taker in the Marathon race and was pleased with his run after a long layoff (from marathon running). Huncote's John Heywood, in his role as County Athletic Association President, presented the awards to the winners of the County Championship in the Marathon.

### HALF MARATHON HARRIERS

10.	Kingsley Cook	1-20-17
14.	Mark Gregory	1-21-37
15.	Marvin Ryan	1-22-03
32.	Andy Woolley	1-25-52
45.	Paul Nicholson	1-28-02
47.	?? Cat Taylor??	1-28-10
64.	Jason Tomkins	1-29-35
127.	Ian Thompson	1-34-52
129.	Duncan Foley	1-34-59
130.	Barry Hibberd	1-35-08
225.	Leanne Siddon	1-39-44
263.	Leonard Symeonides	1-41-19
272.	Sarah Pegg	1-41-35
302.	David Robinson	1-43-01
330.	Chris Unwin	1-43-58
363.	Lee Randall	1-45-26
395.	Tony Siddon	1-46-06
411.	Wendy Thompson	1-46-31
418.	John Hart	1-46-40
423.	Andy Ledwith	1-46-52
446.	Jeff Wickham	1-47-35
460.	Tom Harris	1-47-55
481.	Andrew Spare	1-48-29
581.	Nathan Bonham	1-51-42
608.	Ian Longford	1-52-13
700.	Rachel Trivett	1-54-50
850.	Claire Bryan	1-58-10
893.	Michael Collins	1-59-30
1316.	Kate Parry	2-08-44
1529.	Laura Jeffs	2-13-40
1590.	Mel Evans	2-15-13
1734.	Richard Russell	2-19-55
1794.	Laura Herbert	2-22-01
1863.	Tracey Morris	2-24-36

**Winner:** Yared Hagos (Wallsend) 1-07-35  
**1<sup>st</sup> Lady:** Victoria Carter (Serpentine) 1-26-03  
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## MARATHON

### HARRIERS

254. Mike McSharry 4-03-51

**Winner:** Matty Adcock

(Hermitage) 2-35-18

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### SNOWDONIA MARATHON

This is now probably the toughest road marathon in the country after the demise of the Three Forts Marathon over the South Downs. Six Huncote Harriers, having survived recent higher mileage training regimes, braved the course in fairly benign weather conditions to record useful times. James O'Dowd was fastest a good way in front of Nick Vernon whilst Jenny Kirk was our fastest lady. Welsh runners from the local club, Eryri Harriers, provided the winners of the races.

### HARRIERS

459. James O'Dowd 3-53-33

568. Nick Vernon 4-01-05

758. Alastair Orencas 4-13-40

1006. Jenny Kirk 4-25-57

1150. Sue Gardner 4-39-08

1269. Rich Thomas 4-49-58

**Winner:** Alun Vaughan (Eryri)

2-40-10 **1<sup>st</sup> Lady:** Andrea

Rowlands (Eryri) 3-08-52

### LONDON MARATHON BALLOT

Congratulations to the following successful members who were drawn out of the hat to take part in the 2015 marathon: Michael Walton, Jonathan Wells, and Marie Wilford. Two reserves were also drawn in case any of the three are unable to take part and they were Alastair Orencas and Paul McKay. Well done to all!

### MIDLAND CROSS COUNTRY RELAY CHAMPIONSHIP

Walsall Arboretum provided an interesting if rather flat course for this year's race. The format for senior men was 4 x 6 km laps. The Harriers had a strong team out and finished a creditable 22<sup>nd</sup> out of 50 teams. Fastest for the Harriers was Carl Sommer who is returning to reasonable form after a year riddled with injury. As always we had a close tussle with our rivals, Harborough, just losing out on the last leg. Wolverhampton & Bilston AC, boosted by the defection of a number of athletes from Tipton, were pushed hard in the early part of the race by the OWL's from Leicester, but won comfortably in the end.

### RESULT

1. Wolves 1-18-26

2. OWL's 1-19-50

19. Harborough "A" 1-31-21

22. HUNCOTE 1-31-58

39. Harborough "B" 1-41-56

### HARRIERS LAP TIMES

Gareth Chivers 23-59

Carl Sommer 21-36

Mark Kendrick 22-35

Dave Egginton 23-48

### FASTEST LAP

Phil Nicholls (Wolves) 18-58

### NATIONAL CROSS COUNTRY RELAY CHAMPIONSHIP BERRY HILL, MANSFIELD

The race was run on what was largely the same course as used for the North Midlands League races. The Harriers fielded the same men's team as in the Midland relays and finished 89<sup>th</sup> out of

144 teams. Andy Heyes of Hallamshire Harriers set the fastest lap of the day on the first leg but Stockport Harriers, without their recent National Cross Country Champion, Steve Vernon, won from the fast finishing Morpeth Harriers from the north east, anchored by Jonny Taylor.

### RESULT

1. Stockport Harriers 1-01-10

2. Morpeth Harriers 1-01-34

28. OWL's 1-06-25

35. Charnwood "A" 1-07-29

71. Leic Coritanian 1-12-16

89. HUNCOTE 1-14-47

94. Beaumont "A" 1-15-32

100. Harborough "A" 1-16-51

120. Charnwood "C" 1-22-04

130. Beaumont "B" 1-25-16

144. Harborough "B" 1-35-08

### HARRIERS LAP TIMES (5K Lap)

Dave Egginton 19-09

Carl Sommer 17-32

Gareth Chivers 19-39

Mark Kendrick 18-25

### FASTEST LAP

Andy Heyes (Hallamshire) 14-51

### BRITISH & IRISH MASTERS X/C INTERNATIONAL

Huncote Harrier, Nicki Nealon, won selection to represent England in this home country international race run recently on 22<sup>rd</sup> November at Wollaton Park. In the ladies' 6K race she finished a creditable 9<sup>th</sup> in 22-10 and took some good "scalps" including that of Clare Elms the top ranked W/50 in the country. More importantly, she was second in her W/45 age group behind Julie Briggs (England) and helped England to a 1/2/3 win in this age category. Winner was Telford's Claire Martin (W/40) in 21-14.

## OTHER RESULTS

### Bozzie 10K

Andy Ball in his local race led home the Huncote contingent in 5<sup>th</sup> place from an improving Martin Coley.

### HARRIERS

5.	Andy Ball	39-00
8.	Martin Coley	40-41
33.	Rob Tate	45-26
44.	Clair Davis	49-18
64.	Kate Parry	54-16
69.	Tracey Morris	55-44

**Winner:** Ryan Pegg (Desford) 36-11

**1<sup>st</sup> Lady:** Nicola Roder (Leic Tri) 38-44

### Beacon Half Marathon

This local race gaining in stature takes the form of a trail race around the Beacon Hill Country Park at Woodhouse Eaves. Mark Gregory came close to winning his first open race with a fine 3<sup>rd</sup> place. Nicki Nealon was first lady with 15 minutes to spare over the second placed lady!

### HARRIERS

3.	Mark Gregory	1-28-27
10.	Nicki Nealon	1-32-52
76.	Graham Fallows	1-53-33
179.	Claire Bryan	2-22-57

**Winner:** Dan Leake (Unatt) 1-26-30

### Norwich Half Marathon

Ian Thompson led the Harriers home in this popular Autumn race won by Shaftesbury's Daniel Watts making the journey up from North London.

### HARRIERS

198.	Ian Thompson	1-33-49
318.	Andy Ledwith	1-38-45
493.	Trudi Unwin	1-44-04
494.	Chris Unwin	1-44-04
545.	Wendy Thompson	1-45-54

**Winner:** Daniel Watts (Shaftesbury Barnet) 1-08-08

### Keyworth Turkey Trot Half Marathon

### HARRIERS

63.	Mark Gregory	1-26-01
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91.	Ryan Lambert	1-29-00
138.	Ian Thompson	1-32-052
408.	Chris Unwin	1-46-24
455.	Jonathan Wells	1-48-19
636.	Claire Bryan	1-57-19
829.	Helen Bennett	2-14-24
<b>Winner:</b> Tim Hartley (Notts) 1-11-31		
<b>1<sup>st</sup> Lady:</b> Liz Cocks (Birstall) 1-17-31		

## NORTH MIDLANDS X/C LEAGUE ROUND-UP

### I - Markeaton Park, Derby

The curtain raiser at Markeaton Park saw the biggest ever turn-out by Huncote ladies in this league. Trudi Unwin was first Harrier home in the ladies' race thus consolidating her lead at the top of the Huncote Grand Prix standings. A good men's turnout too with Carl Sommer getting home in front of the improving Mark Gregory and Mark Kendrick.

### HARRIERS (LADIES RACE)

53.	Trudi Unwin	30-41
64.	Claire Quigley	31-50
68.	Wendy Thompson	32-00
74.	Clare Moore	32-37
98.	Julie West	35-04
106.	Irene Forty	36-05
112.	Marie Wilford	37-33

**Winner:** Jane Potter (Charnwood) 23-41

**14<sup>th</sup> Huncote Harriers 185pts**

**1<sup>st</sup> Charnwood 25pts**

### HARRIERS (MEN'S RACE)

43.	Carl Sommer	36-00
60.	Mark Gregory	37-10
68.	Mark Kendrick	37-46
80.	Chris Talbot	38-33
109.	Darren Valentine	39-52
111.	Euan West	39-54
116.	Dave Egginton	40-01
134.	Graeme Slight	41-22
136.	Martin Coley	41-33
162.	Ian Thompson	43-26

**Winner:** Danny Hallam (OWL's) 31-42

**7<sup>th</sup> Huncote Harriers 360pts**

**1<sup>st</sup> OWL's 49pts**

## II Wickstead Pk, Kettering

Trudi Unwin made it two Harrier first places in a row with another fine run from Wendy Thompson and Clare Moore. Mark Gregory led the men home with the welcome return of Andy Ball not much further back.

### HARRIERS (LADIES RACE)

57.	Trudi Unwin	28-26
66.	Wendy Thompson	29-36
68.	Clare Moore	29-59
80.	Lesley Hale	31-28
86.	Irene Forty	32-38

**Winner:** Sophie Cowper (Lincoln Wellington) 22-35

**14<sup>th</sup> Huncote Harriers 191pts**

**1<sup>st</sup> Nene Valley Harriers 26pts**

### HARRIERS (MEN'S RACE)

63.	Mark Gregory	39-37
93.	Andy Ball	40-58
97.	Euan West	41-15
115.	Martin Coley	41-54
125.	Graeme Slight	43-04
127.	Warren Bennett	43-08
155.	Ian Thompson	45-04
162.	Colin Bartlette	45-50
184.	Rob Tate	49-02
199.	Stuart Hale	51-19

**Winner:** Ben Livesey (Notts AC) 33-37

**13<sup>th</sup> Huncote Harriers 473pts**

**1<sup>st</sup> Notts AC 78pts**

## III Shipley Park, Heanor

We just managed to field complete teams for the third race in the series. Welcome back Carl Sommer to lead home the men's team whilst Wendy Thompson headed home the Huncote team in the ladies' test. Wendy Thompson (in the W/40) and Irene Forty (in the W/60 section) are well placed to win their sections when the last race is run at Wollaton Park on January 10<sup>th</sup>.

### HARRIERS (LADIES' RACE)

47.	Wendy Thompson	35-23
52.	Clare Moore	36-00

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## BENIDORM 2014

This was the fourth Harriers' trip to the resort on the Costa Blanca on the Spanish Mediterranean coast. It is always nice to get away from the cold climate of England at the end of November to soak up the sunshine on the "Med". The main reason for the visit was to take part in the Benidorm Half Marathon and, this year, there was the added attraction of a shorter 10K race for those so inclined.

The flight out on Saturday, the eve of the races, passed without problems and we arrived at the airport in Alicante at dusk. After a half hour coach trip we arrived at the four star "Diplomatic Hotel" in time for evening dinner. Fortunately, we didn't have to worry about collecting race numbers as Mark & Janet Wittering, who had arrived a day earlier, had kindly collected them from race control during the day.

Race day dawned bright and sunny but not as hot as last year's trip to Malta. A bonus was that the race start and finish point was within half a mile of our hotel so we were able to walk/run to the start without having to worry too much about carrying kit. The 10K race started half an hour before the Half Marathon and used much of the same course so racers were able to shout their support to their counterparts in the other race as they passed by on the opposite side of the road.

In the 10K race, Trevor Longman, who doesn't race on the roads at all these days, concentrating on fell running, made a conservative start but was still good enough to finish first Harrier home. However, there was success for Sandra Ankers: up with Trevor to about half way she managed to finish not much further back and was first W/60 lady.

In the Half Marathon, it was good to see Mark Wittering back in action after years out of the spotlight and was well up the field in the early stages. However, Graeme Slight had the better level of fitness to finish first Harrier. The ladies again had the last word as Irene Forty was quick enough to collect third place trophy in the W/60 age group. Are the W/60 ladies

the only Harriers winning things at the moment?

With the racing over it was time to concentrate on the holiday! Some of us relaxed by the Hotel pool – mind you, it was very cold and only the brave got in the water. The Hotel was however very comfortable and the food plentiful, varied and tasty. Most of us were unable to resist the sweets and went back for seconds – thirds – fourths!

During the rest of the week we visited the market taking a bus excursion to nearby Altea. The Spanish produce excellent value leather goods so there were plenty of bags, belts, purses and the like purchased there. There was also a market in Benidorm itself where it was very easy to spend hard earned money. Later in the week, a few of us took the train to visit Denia just along the coast. As well as being a ferry terminal for traffic to the Balearic Islands the town has an interesting castle overlooking the town.

There was training too! A magnet for runners is the Cross atop the hill overlooking the town at one end of the bay. A round trip of five miles from our hotel incorporating a steep 1.1/2 mile climb, made it a favourite early morning run for the group. But, not everyone made it to the summit without walking (including the editor)!

The night life at Benidorm is one of the attractions and it is still lively at the end of November. Highlight for the Harriers was the trip to the Benidorm Palace which was enjoyed by everybody. The programme consisted mainly of dance routines from flamenco style to "riverdance" and the show was comparable to some of the professional dance routines seen on "Strictly Come Dancing". With an illusionist and comedy, the show was excellent value for the 6 euros we all paid. Of course, a visit to Benidorm is not complete without seeing "Sticky Vicky" in action at The Red Lion bar. Now probably in her sixties/seventies she still performs her striptease show but is passing her act on to her daughter. At the same show we witnessed an act by a hypnotist comedian, Gareth Fulton. We were all uneasy as he



walked around the audience to size up punters suitable for hypnosis. Crafty Rob Tate made sure he was on his way to the lavatory when he came near us!

Just down the road from our hotel was the "Larry Haddock" English fish & chip bar, which, later in the week, became an impromptu meeting place for the Harriers during the day. There, we managed to consume numerous pots of tea, fish & chip snacks & "snake & pygmy pud" English style.

Once the weekend was over the rest of the week just flashed by and it was soon time for the journey home. Again, we owe a debt of gratitude to Graeme & Irene. There is a lot of hard work involved in organizing and booking a group holiday. Not only did they make it happen but more happy memories were added to our memory bank.

## RESULTS HALF MARATHON

78.	Graeme Slight	1-27-58
185.	Keith Chambers	1-34-04
273.	Mark Wittering	1-37-39
296.	Rob Tate	1-38-53
907.	Irene Forty	1-57-38 (3 <sup>rd</sup> W60)
1217.	Helen Bennett	2-13-04
<b>Winner:</b> Pablo Lopez-Sanchez 1-06-56		

## RESULTS 10K

155.	Trevor Longman	47-34
	Jeff Wickham	?
314.	Sandra Ankers	52-22 (1 <sup>st</sup> w/60)
464.	John Heywood	56-21
Mick Butler (dsq. Entered Half M but finished in 10K no time given)		
<b>Winner:</b> J-M Martinez-Gil 33-00		

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76. Irene Forty 39-36  
**Winner:** Caelidh Ross (Leic Cor) 27-47  
**13<sup>th</sup> Huncote Harriers 175pts**  
**1<sup>st</sup> Derby AC 36pts**

### HARRIERS (MEN'S RACE)

24. Carl Sommer 35-20  
 47. Mark Kendrick 37-18  
 105. Warren Bennett 40-45  
 142. Ian Thompson 43-34  
 143. Nick Strange 43-43  
**Winner:** Ed Highton (OWs) 32-25  
**10<sup>th</sup> Huncote Harriers 461pts**  
**1<sup>st</sup> Notts AC 54pts**

### PLEASE NOTE:

Fourth and final race at Wollaton Park, Nottingham on Saturday 10<sup>th</sup> January! The Midland Counties X/C Championship is at Wollaton Park early next year on Saturday 24<sup>th</sup> January so it will be a good opportunity to try out the course!

### DERBY RUNNER LEAGUE ROUND-UP

What a cross country debut by Sarah Pegg! She has been a

revelation in these races being first lady Harrier home in each race and has real potential. There was a welcome back for Bev Parry who has been missing from the racing scene for some time. She had a fine run for third placed lady Harrier home at Bagworth Heath. For the men, Mark Kendrick was first Harrier home in both races.

### I – Markfield

#### HARRIERS MEN

23.	Mark Kendrick	35-07
42.	Nathan Lawson	36-24
79.	Andy Ball	38-26
80.	Martin Coley	38-32
89.	Warren Bennett	38-46
123.	Nick Strange	40-40
129.	David Lawson	41-05
130.	Keith Chambers	41-10
157.	Ian Thompson	42-24
159.	Andy Ledwith	42-30
185.	Richard Freer	43-49
199.	Barry Hibberd	44-34
239.	Rob Tate	46-53
244.	Tom Harris	47-15
249.	Jon Wells	47-36
253.	Mike Tansey	47-52
261.	Chris Unwin	48-19
<b>1st:</b> Chris Perham (Barrow) 32-31		

### HARRIERS LADIES

38.	Sarah Pegg	46-00
44.	Trudi Unwin	47-03
49.	Wendy Thompson	47-23
52.	Jo Clarke	47-43
89.	Clair Davis	50-40
121.	Sandra Ankers	51-34
121.	Sandra Stevens	53-45
156.	Irene Forty	56-31
162.	Angie Tomkins	57-23
183.	Helen Bennett	60-36
<b>1<sup>st</sup> Emily Ault (Barrow) 36-45</b>		

### II – Bagworth Heath

#### HARRIERS MEN

23.	Mark Kendrick	37-27
67.	Andy Ball	40-30
93.	Lee Cobby	41-53
123.	Keith Chambers	43-56
137.	Duncan Foley	44-03
141.	Alastair Orenkas	44-51
143.	Ian Thompson	44-56
159.	Andy Ledwith	45-47
162.	Jon Wells	46-07
196.	David Robinson	47-49
203.	Chris Unwin	48-18
265.	Stuart Hale	52-43
269.	John Hart	53-29
275.	John Heywood	54-28
<b>1<sup>st</sup>:</b> David Bishop (T.D.R.) 33-47		

#### HARRIERS LADIES

33.	Sarah Pegg	48-06
65.	Jo Clarke	52-20
78.	Bev Parry	55-10
88.	Sandra Ankers	56-03
111.	Clair Davis	58-29
<b>1<sup>st</sup>:</b> Emily Ault (Barrow) 37-50		

## FIXTURES

### DECEMBER

Saturday 6 <sup>th</sup>	North Midlands X/C League	Shiple Park, Heanor	12-00pm
Sunday 7 <sup>th</sup>	Derby Runner X/C League	Bagworth Heath	
Sunday 14 <sup>th</sup>	Keyworth Turkey Trot Half Marathon	Keyworth, Notts.	10-15am
Friday 19 <sup>th</sup>	HUNCOTE CURRY NIGHT	HERMITAGE, NARBOROUGH	7-30pm
Sunday 21 <sup>st</sup>	HUNCOTE HARRIERS PUB RUN	BOSWORTH WATER TUST	10-00am
Sunday 28 <sup>th</sup>	HUNCOTE HASH REAL CROSS COUNTRY	HUNCOTE LEISURE CENTRE	10-30am

### JANUARY 2015

Saturday 3 <sup>rd</sup>	Leics County X/C Championship	Cosby	12-00pm
Sunday 4 <sup>th</sup>	Derby Runner X/C League	Mount Sinai, Burton	
Saturday 10 <sup>th</sup>	North Midlands X/C League	Wollaton Park, Nottingham	12-00pm
Sunday 18 <sup>th</sup>	Derby Runner X/C League	Bradgate Park	
Sunday 18 <sup>th</sup>	Midland Masters X/C Championship	Aldersley, Wolverhampton	11-00am
Saturday 24 <sup>th</sup>	Midlands X/C Championship	Wollaton Park, Nottingham	12-00pm

### FEBRUARY

Sunday 1 <sup>st</sup>	Bowline Charnwood Hills Race	Anstey Martin School	10-00am
Sunday 15 <sup>th</sup>	Derby Runner X/C League	T.B.A.	
Saturday 21 <sup>st</sup>	English National X/C Championship	Hampstead Heath, London	12-00pm

### MARCH

Sunday 1 <sup>st</sup>	Derby Runner X/C League	Holly Hayes, Coalville	
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**ALWAYS CHECK DATES & TIMES WITH ORGANIZERS FIRST TO AVOID  
DISAPPOINTMENT**

**IN NEXT ISSUE: RESULTS OF COUNTY X/C CHAMPIONSHIP & HUNCOTE  
HARRIERS GRAND PRIX FINAL PLACINGS**

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TRAINING Tues / Thurs 7-00pm  
Enderby Leisure Centre  
Thurs 6-00pm Enderby Leisure Centre  
Improvers – Saturday 9-30am Jubilee Park