



THE HARRIER

The official Newsletter of
Huncote Harriers Athletic
Club

Issue No. 170

FEBRUARY 2014



HUNCOTE HASH 2013

Blessed with fine weather the Hash passed off almost without incident. Recent rain meant that the course was waterlogged on some stretches which meant that runners in ordinary road shoes were sliding around on some parts. This led to a nasty accident to one of our members, Christian Hanney, who slipped and fell badly whilst descending from the picnic seat to the woodland thicket just below Croft Hill. Thankfully, our Chairman, Andy Wilford, as he came by, was able to enlist the help of an emergency paramedic to take him back to the Leisure Centre to await transportation to hospital.

Other than this, the race was a success with a record turn-out of runners. Dave Egginton was first Harrier home in 13th place just over two minutes behind the winner, Ashley Miles of the Coventry Sphinx club. The improving Mark Gregory was not far behind in 20th place. Mel Evans was second lady home behind Emma Gould of West Bromwich Harriers.

RESULT

1. Ashley Miles (Sphinx)	43-23
21. Emma Gould (W.Brom.)	46-26
13. Dave Egginton	45-34
20. Mark Gregory	46-20
35. Mel Evans	48-16
52. Keith Chambers	49-57
70. James O'Dowd	52-04

71. Jonathan Wells	52-10
77. Nick Vernon	52-43
83. Harry O'Dowd	53-17
87. Graham Fallows	53-50
92. Ian Thompson	54-12
93. Andy Wilford	54-20
101. Simon Hart	54-50
102. Leonard Symeonides	54-51
113. Alastair Orencas	55-52
124. Jason Tomkins	56-26
129. Mike Tansey	57-09
134. Duncan Foley	58-17
139. Kent Butcher	59-04
141. Trudi Unwin	59-16
151. Darren Newton	60-15
155. Wendy Thompson	60-40
159. Tom Harris	60-53
165. Jonathan Milner	61-42
195. Brian Mackey	63-44
210. Alex Doory	65-06
221. Leanne Siddon	66-00
222. Tony Siddon	66-03
223. Pete McLennon	66-03
224. Stuart Hale	66-04
255. Mick Butler	68-48
260. Sue Gardner	69-20
262. Claire Bryan	69-35
264. Clare Moore	69-38
274. Simon Kellock	70-21
292. Andy Ledwith	72-16
310. Aimee Browne	74-16
324. John O'Sullivan	75-50
355. Barry Summers	83-55
362. Amanda Laurence	84-59

NORTH MIDLANDS CROSS COUNTRY LEAGUE**III Shipley Park, Heanor**

Another brilliant win for Nicki Nealon makes her a clear favourite to win the League championship for a second time, a 20 year gap from when she first won in 1994! In a two lap race she had a 15 seconds deficit on leader, Laura Day of Notts AC. However, in the second lap she turned that deficit into a 12 second victory. But! C'mon ladies! Where were you? Nicki and Marie cannot do it all on their own - they need your support.

For the men's race there was a buzz around the park as Derby AC had managed to secure the services of Spanish track star, Alberto Sanchez, a sub 4 minute miler. It didn't take him long to hit the front and his long stride seemed to sweep effortlessly over the soft ground. However, OWLs, Eddie Highton, and Danny Hallam were not too far behind in an enthralling race. For the Harriers, Carl Sommer is on his way back taking a few scalps.

LADIES

1. Nicki Nealon	27-42
64. Marie Wilford	40-57

TEAMS

1. Notts AC	67pts
10. Huncote Harriers	140pts

(15 teams)

MEN

32. Carl Sommer	35-50
58. Chris Talbot	37-55
70. Darren Valentine	38-42
89. Euan West	39-59
133. Andy Wilford	43-58
145. Rob Tate	45-53

Winner: A.Sanchez 31-40

TEAMS

1. OWL's	47pts
8. Huncote Harriers	382pts

IV Wollaton Park, Nottingham

A good Huncote turn-out for the last race and a great result for Nicki Nealon. Her third placed run was good enough to secure the League championship for the second time in her career. Behind her, Trudi Unwin got the better of her close rival, Karen Selby in what was a much better turn-out by the ladies. Mark Gregory led home the Huncote men's team which contained some promising performances from some of our newer members.

LADIES

3. Nicki Nealon	22-14
53. Trudi Unwin	26-47
61. Karen Selby	27-13
66. Wendy Thompson	27-40
69. Katherine Dean	27-50
79. Julie West	28-44
93. Marie Wilford	30-25

Winner: Nicola Roder (Leic Tri) 21-46

TEAMS

1. Nene Valley Harriers	25pts
6. Huncote Harriers	117pts

FINAL TABLE

1. Notts AC	99pts
2. N.V.H.	157pts
3. Charnwood	218pts

4. Derby AC	307pts
5. Huncote Harriers	459pts
6. Mansfield AC	466pts
7. OWL's	667pts
8. Harborough AC	761pts

MEN

50. Mark Gregory	39-47
79. Darren Valentine	41-38
103. Mark Kendrick	43-12
112. Keith Chambers	43-46
115. Andy Wilford	44-22
144. Andy Ledwith	46-58
149. Jon Wells	47-16
155. James O'Dowd	47-59
177. Chris Unwin	50-06

Winner: Alastair Watson (Notts AC) 33-51

TEAMS

1. Notts AC	67pts
7. Huncote Harriers	459pts

FINAL TABLE

1. OWL's	219pts
2. Notts AC	469pts
3. Heanor	570pts
4. Charnwood	676pts
5. N.V.H.	929pts
6. Burton	1015pts
7. Huncote Harriers	1616pts
8. Leicester Univ	1701pts
9. Long Eaton	2093pts
10. Leic. Tri	2205pts
11. Ripley RC	2604pts
12. Rolls Royce	3015pts



Nicki Nealon seals Championship win at Wollaton Pk.

Leicestershire County Cross Country Championship

The championships returned to Brocks Hill, Oadby after a gap of 3 years and proved to be a popular venue. Recent rain meant the course was waterlogged in parts but it provided some good racing.

For the Harriers, the best performance of the day came from the ladies who won the masters team race courtesy of Nicki Nealon, Julie Lamb and Trudi Unwin. The ladies' race was quite a thriller being dominated as it was by Amy Griffiths of Leicester Coritanians. Last year, Amy won the Inter-Counties Cross Country Championship in the under 17 age group. This year, as a first season junior she ran away from the field to win her race by almost two minutes and underlined her potential as one of the finest prospects in British distance running. Behind her, Nicola Roder, on her way back to something like her best form held off Nicki Nealon who was first master. However, Huncote performance of the day probably belonged to Mel Evans who managed to finish just 5 seconds behind Nicki with a brilliant run. Her 4th place was not only 2nd fastest run on the day by a senior but secured her an invitation to represent Leicestershire in the forthcoming inter-counties race at Cofton Park, Birmingham. Julie Lamb also won selection for this race.

The men's race was also exciting. Sam Stabler, on Christmas vacation from his American college, Lamar University, of Beaumont, Texas took the lead immediately and with his OWLs' team-mates looked set to dominate the race. Alastair Watson had other ideas and mounted a brief challenge but a strong last lap by Stabler

secured a comfortable win. Carl Sommer, returning to his best form was easily first Harrier home from Dave Egginton, but there was a great battle for third place as Euan West just got the better of Mark Gregory after tracking him for most of the race.

JUNIOR/SENIOR/MASTERS LADIES

- 3. Nicki Nealon (1st M) 26-35
- 4. Mel Evans (2nd S) 26-40
- 7. Julie Lamb 28-41
- 24. Trudi Unwin 31-55
- 30. Julie West 33-13
- 31. Wendy Thompson 33-22
- 42. Karen Selby 34-38
- 46. Katherine Dean 34-50
- 58. Irene Forty 37-24
- 62. Marie Wilford 38-07
- Winner: Amy Griffiths 24-33**

JUNIOR/SENIOR/MASTERS MEN

- 19. Carl Sommer 35-43
- 39. Dave Egginton 43-09
- 50. Euan West 44-10
- 51. Mark Gregory 44-11
- 63. Darren Valentine 46-20
- 73. Graeme Slight 47-04
- 78. Andy Ball 47-35
- 87. Keith Chambers 48-38
- 89. Nick Strange 48-58
- 97. Andy Wilford 50-32
- 110. Ian Thompson 52-15



- 113. Danny Kench 52-44
- 117. Rob Tate 53-08
- 137. Paul Nealon 58-42
- 145. Stuart Hale 61-46

ABOVE: Carl Sommer is first Harrier home in the men's race. Pic by Alastair Orenkas.

BELOW: Trudi Unwin & Nicki Nealon receive their 1st place medals from the Mayor of Oadby & Wigston, Mr Frank Broadley. Missing is Julie Lamb. Pic by John Heywood.



MIDLAND COUNTIES CROSS COUNTRY CHAMPIONSHIP LEAMINGTON SPA

Newbold Comyn is a testing venue for a championship race providing a "water feature", a steep climb over the beacon hill and plenty of mud because of recent rainfall. The senior men's race was a bonanza for Notts AC who easily won the team championship. After struggling to field strong teams in the North Midlands League races they came back with a bang in this race and, with the first three runners across the line, laid the foundations for a comprehensive team win. Huncote Harriers finished 24th out of 34 counting teams (6 to count) in the men's race. What a race for Mark Gregory as he finished first Harrier home. He tracked Dave Egginton for the first half of the race and then was able to open up a small gap which Dave wasn't quite able to close in a fast finish. Euan West confirmed his recent return to form with another good run. Special praise to Graeme Slight for another solid run - he has been a regular counter in Huncote teams in the County, Midland & National for over 20 years, a tribute to his prowess and longevity in the sport.

In the ladies' race the Potter twins from Charnwood set off in a determined fashion but Kate Holt (City of Stoke) spoilt the party by managing to split the pair before the finishing line. Bristol & West with better packing won the ladies' team race (4 runners to count) from Westbury and Charnwood. It was nice to see two ladies representing our Club at this level - we have not been represented in this event for many years, so, well done Julie Lamb and Irene Forty!

MEN (12K)

129. Mark Gregory	49-00
130. Dave Egginton	49-04

135. Euan West	49-12
209. Graeme Slight	52-27
273. James O'Dowd	56-46
342. Rob Tate	64-13

Winner: Jonny Thewlis (NottsAC) 39-18

TEAMS

1. Notts AC	57pts
2. OWL's	146pts
3. Tipton	314pts
11. Charnwood	609pts
24. Huncote	1218pts
30. Nuneaton	1627pts
32. Desford	1658pts
33. Harborough	1675pts

LADIES (8K)

70. Julie Lamb	38-45
193. Irene Forty	51-20

Winner: Jane Potter (Charnwood) 31-50

TEAMS

1. Bristol & West	37pts
2. Westbury AC	80pts
3. Charnwood AC	95pts
17. Harborough	416pts

A big thank you to Andy & Marie Wilford for supplying the tent and, more importantly, their support. This proved crucial as, later in the afternoon, during most of the men's race, there was a violent thunder storm with heavy rain.



Pics: Top Julie Lamb at the bottom of the steep beacon hill climb. Below: Irene Forty at the bottom of the beacon hill.

HUNCOTE HARRIERS BIG BASH

An important date for your diaries is Friday 28th February. This is the night we present our trophies and awards. Venue is at David Lloyd Leisure Centre and starts at 7-30pm.

Tickets costing £12 each, include buffet & disco, are available from social secretary, Aimee Browne, or through the committee. Members' family and friends are cordially invited to join in.

You have the opportunity to cast your vote for the Harriers of the year, men and women, people you believe have done the club proud by their achievement or by work "behind the scenes". You may also apply for your own individual achievement awards through the club performance standards. Apply with times for your 3 best distances to Nick Tomkins.

CHARWOOD HILLS RACE 2014

A month of constant wet weather produced a course which was quagmire for much of the way. This was reflected in the finishing times with relatively few runners beating the 2 hour mark in comparison with previous years. Winner, Tim Hartley, made light of the conditions and won by almost 4 minutes, a great run for a V/45 veteran!

Huncote star was Jonathan Wells: he managed to get a late entry and flew around the course in a little over 2 hours despite carrying a load of kit on his back - without being encumbered with that he might have broken 2 hours! Trudi Unwin was first lady home but had to eat humble pie, as for once, hubby Chris was well in front!

RESULT

1. Tim Hartley (Barrow)	1-31-46
26. Emily Ault (Barrow)	1-47-48
86. Jonathan Wells	2-00-57
116. James O'Dowd	2-06-32
123. Paul Nicholson	2-08-00
148. Jason Tomkins	2-11-08
161. Andy Wilford	2-12-45
171. Simon Hart	2-13-47
173. Chris Unwin	2-14-02
187. Nick Vernon	2-16-47
232. Trudi Unwin	2-22-15
237. Kent Butcher	2-23-48
255. Paul Nealon	2-27-06
263. Julie West	2-28-57
285. Brian Mackey	2-32-08
300. Karen Selby	2-35-03
302. Michael Collins	2-35-22
307. Rich Thomas	2-36-16
311. Mick Butler	2-36-54
360. Jenny Kirk	2-54-29
362. Sue Gardner	2-54-32

DERBY RUNNER X/C LEAGUE III Bagworth

Mel Evans came close to winning the ladies' race being only 4 seconds down on Emily Ault (Barrow). There is tremendous rivalry between up and coming ladies, Karen Selby and Trudi Unwin. This time Karen getting the verdict by just 2 seconds in front of her buddy. Graeme Slight headed the men.

RESULT

MEN

56. Graeme Slight	32-36
100. Keith Chambers	34-25
129. Richard Russell	35-42
137. Jonathan Wells	36-07
150. Andy Ledwith	36-44
183. Chris Unwin	38-53
253. John Heywood	46-03

Winner: Alex Benfield (Hatton) 28-07

LADIES

2. Mel Evans	31-47
19. Karen Selby	38-47
20. Trudi Unwin	38-49
60. Jo Clarke	43-24
64. Julie West	43-58
67. Wendy Thompson	44-05
79. Sandra Ankers	45-06
94. Irene Forty	46-38
148. Helen Bennett	53-42

Winner: Emily Ault 31-43

IV Grace Dieu

Another close finish for Mel Evans at the top of the ladies' race. Afterwards Mel admitted to tired legs, perhaps the result of her high mileage marathon training. It can't be long before she wins one of these races! Graeme was again first Harrier home but this time from Club chairman, Andy Wilford.

RESULT

MEN

78. Graeme Slight	36-18
138. Andy Wilford	39-59
173. Danny Kench	41-16
192. Jonathan Wells	
195. Kent Butcher	
224. Leonard Symeonides	
228. Rob Tate	
229. Keith Chambers	
263. Chris Unwin	
264. Michael Walton	
Winner: David Bishop (Team Derby Runner)	30-01
(no times available after 175th)	

LADIES

2. Mel Evans	36-06
50. Trudi Unwin	44-50
56. Jo Clarke	45-20
66. Wendy Thompson	45-58
71. Julie West	46-15
82. Sandra Ankers	47-42
111. Irene Forty	50-54
134. Marie Wilford	54-57
158. Helen Bennett	59-30

LEICESTERHIRE WINTER ROAD RACE LEAGUE

I Kibworth "6"

Welcome back Marvin Ryan with a good top twenty run. For the ladies 2 of our newer members led the way, Julie Lamb getting home first from Cat Taylor. Welcome back also to a star of yesteryear, Helen Mercer. Hopefully, Helen is on the comeback trail and made a promising start with a 47-07 clocking.

RESULT

19. Marvin Ryan	35-40
84. Graeme Slight	39-13
89. Steve Bloxham	39-32
95. Nick Strange	39-41
97. Andy Ball	39-45
101. Mark Kendrick	40-08
102. Ryan Lambert	40-10
128. Andy Wilford	41-18
136. Warren Bennett	41-40
137. Julie Lamb	41-40
156. Cat Taylor	42-21
183. Keith Chambers	43-11
190. Paul Nicholson	43-26
191. Wlodziu Kula-P	43-30
206. L. Symeonides	44-15

217. Jason Tomkins	44-38
220. Kent Butcher	45-02
229. Jonathan Wells	45-11
253. Jeff Wickham	46-31
264. Julie West	46-52
265. Wendy Thompson	46-55
270. Helen Mercer	47-07
298. Katherine Dean	48-21
301. Mike Percival	48-34
303. Stuart Hale	48-40
319. Jo Clarke	49-26
341. Sandra Ankers	50-41
354. Michael Collins	51-25
372. Irene Forty	52-36
424. Jenny Murphy	57-38
426. Helen Bennett	57-45
430. Mike McSharry	58-01
432. Judy McSharry	58-09

II Barrow 6

Race Cancelled

III Markfield 10K

A brilliant run by Mel Evans secured her first Leics Road Race League victory by almost a minute from her close rival Emily Ault (Barrow). Ault has beaten Mel in recent Derby Runner League X/C races so it is sweet revenge for the Huncote Harrier who is in the middle of her marathon build-up for London. Junior, Nathan Lawson, was first Harrier home but further down the field, Chairman Andy Wilford, had a good result by just beating stalwart, Graeme Slight, in a thrilling finish.

37. Nathan Lawson	36-51
71. Mel Evans	38-46
90. Andy Ball	39-44
102. Steve Bloxham	40-02
107. Nick Strange	40-13
114. Mark Kendrick	40-35
133. Andy Wilford	41-25
136. Graeme Slight	41-26
195. Warren Bennett	43-52
221. Jason Tomkins	44-45
246. L.Symeonides	45-38
252. Ian Thompson	45-51

256. Kent Butcher	45-59
257. Helen Mercer	46-01
287. Trudi Unwin	47-17
292. Paul Nealon	47-27
296. Stuart Hale	47-35
301. Julie West	47-45
303. Jeff Wickham	47-50
331. Pete McLennon	48-46
350. Jo Clarke	49-44
363. Michael Collins	50-16
387. John Hart	51-28
392. Donna Welsh	51-41
394. Clair Davis	51-43
459. Sarah Butcher	56-41
469. Tina Tosh	57-41
472. Jenny Murphy	58-05
484. Marie Wilford	58-48
492. Helen Bennett	59-43
493. Jude McSharry	59-44

OTHER RESULTS**SNOWDONIA MARATHON**

Alastair Orencas was the only Huncote Harrier in this year's race and achieved his ambition of a sub 4 hour time finishing 522nd in 3-58-04. Winner, Rob Samuels (Eryri Harriers), added to his winning streak in this event with a time of 2-42-50 although a long way down on course record holder, Jeff Norman's sub 2.1/2 hour time.

CARDINGTON CRACKER

There was a useful Huncote presence in this popular winter fell race promoted by Telford AC near Church Stretton. With 2600 feet of ascent in 9 miles this is not an easy race.

126. James O'Dowd	1-47-20
149. Ian Thompson	1-50-34
239. Rich Thomas	2-14-51
Winner: Jon Bowie (Mercia FR)	1-14-27

CANNOCK CHASE TRIG POINT RACE.

This 16 miles race around Cannock Chase has attracted club members for a quite a few years. Younger Nick Vernon just got the better of Supervet Trev Longman in this year's race.

80. Nick Vernon	2-26-23
89. Trevor Longman	2-28-40
145. Rich Thomas	2-58-21
Winner: Robert Little (DPFR)	1-44-22

WHETSTONE XMAS 5K

Thirty seven runners faced the starter in this year's edition of the "last of the last GEC 5K races". Coventry Godiva's Steve Emery, quite a useful performer and on a works secondment to the factory site, easily won the race from Leicester's Dave Pearce. Nicki Nealon in 4th place was first lady home beating long time race supporter, Graeme Slight. Graeme now has difficulty in remembering how many of these lunchtime races he has run - it must be well over 20! This must also be the best value race on the calendar, £3 to enter and everyone a prizewinner.

HARRIER RESULTS

4. Nicki Nealon	18-39
5. Graeme Slight	19-15
7. Wlodziu Kula-P	19-54
10. Andy Wilford	20-16
15. Rob Tate	21-22
23. Sandra Stevens	24-07
28. Irene Forty	25-38
30. Bernard Cherry	26-20
32. Helen Bennett	27-06
Winner: Steve Emery	15-36

FIXTURES**FEBRUARY**

Sunday 2nd	Bowline Charnwood Hills Race	Anstey Martin School	10-00am
Sunday 9th	Winter LRRL Markfield 10K	South Charnwood H.S.	10-30am
Sunday 16th	Derby Runner XC League	Bosworth Battle Field	10-30am
Saturday 22nd	National Cross Country Championship	Wollaton Park, Nottingham	11-00am
Sunday 23rd	Winter LRRL Ashby "5"	Hood Leisure Centre, Ashby	10-30am
FRIDAY 28th	HUNCOTE HARRIERS BIG BASH PRESENTATION BUFFET & DISCO	DAVID LLOYD LEISURE NARBOROUGH	7-30pm

MARCH

Saturday 1st	Belvoir Challenge	Harby Village School	9-00am
Sunday 2nd	Derby Runner XC League	Holly Hayes Wood	10-30am
Sunday 9th	Aldi Ashby 20		
Saturday 15th	Wuthering Hike (Haworth Hobble)	Haworth, W Yorks	9-00am
Sunday 16th	Midland AAA Road Relays) Men 12 Stage/ Ladies 6 Stage)	Sutton Park, Sutton Coldfield	
Sunday 16th	Winter LRRL Stilton		10-30am
Saturday 22nd	Charnwood Marathon (15 or 26miles)	Rawlins School, Quorn	8-00/9-00am
Sunday 30th	Belvoir Half Marathon	Hose Village Hall	9-00am

APRIL

Sunday 6th	Winter LRRL Desford	Sport-in-Desford	10-30am
Sunday 13th	London Marathon		
Wednesday 23rd	Leics & Northants Track 10K Champs.	Saffron Lane, Leicester	7-00pm

MAY

Sunday 11th	Bosworth Half Marathon	Mkt Bosworth	
Sunday 18th	Summer LRRL West End "8"	Queniborough	10-30am

NEWSLETTER EDITOR

Phil Watts

E/Mail: p.watts034@btinternet.com

Phone: 01455286326

Mobile: 07807008820

HARRIERS TRAINING

Enderby Leisure Centre: Tuesday 7-00pm

Enderby Leisure Centre: Thursday 6-00pm

Improvers: Jubilee Park: Saturday 9-30am

