



# THE HARRIER

The official newsletter of  
Huncote Harriers Athletic Club

FEBRUARY 2015

Issue Number 176



## NATHAN LAWSON & SARAH PEGG LEAD HOME HARRIERS IN ANOTHER SUPER HUNCOTE HASH

A cold morning greeted racers in the 2014 edition of the Huncote Hash "real cross country" race. In spite of the frost, the course was muddy in places and spikes were a necessity on the tricky descents, notably coming off Croft Hill. Junior, Nathan Lawson made easy work of the course to finish first Harrier home from Lee Cobby and promising veteran runner, Andy Fox. Jason Tomkins, aka Captain America, and Gareth Chivers also ran well to finish under 50 minutes. But, what a race for Sarah Pegg! Sarah finished 6<sup>th</sup> lady and was 10 minutes in front of our next lady, Taryn Ward. Bedford & County's Andrew McMulkin won the race with some ease finishing some 2 minutes in front of Jack Hall (Barrow).

### HARRIERS

15. Nathan Lawson	44-23
24. Lee Cobby	47-22
43. Andy Fox	49-00
46. Jason Tomkins	49-26
48. Gareth Chivers	49-35
62. Ian Thompson	51-59
65. Duncan Foley	52-27
67. Simon Hart	52-45
84. Tom Harris	54-10
85. Mike Tansey	54-14
99. Andy Woolley	54-58
105. Barry Hibberd	55-09
107. Andy Wilford	55-33
108. Sarah Pegg	55-36
122. Paul Nicholson	57-02
125. Darren Newton	57-29
136. David Robinson	58-18
143. Stuart Hale	59-01
149. Kent Butcher	60-19
162. Sam Grudgings	61-22
167. Jonathan Milner	61-34
183. Alex Doory	63-24
203. Taryn Ward	65-42
205. John Hart	65-47
206. Clair Davis	65-52
212. Seema Patel	66-18
217. Bev Parry	66-48
244. Mick Walton	69-34
312. Mick Butler	80-11
325. Hilary Springthorpe	82-56
<b>Winner:</b> Andrew McMulkin (Bedford & County) 40-05. <b>1<sup>st</sup> Lady:</b> Emma Marvin (Desford) 48-52	

Another great Huncote race. Our race has quite a large loyal following who support the event year on year. It's nice to have a low-key race at the New Year where runners can run off the excesses of Christmas. Reward for all was the hot soup and roll served up afterwards at Huncote Leisure Centre.

Special thanks to race director, Jo Burnett: to Nick Nealon and Andy Wilford for course organization; to Marie Wilford and the registration/results team of Laura Jeffs, Laura Herbert & Wendy Thompson; and to Jude & Mike McSharry for the junior races and to the many who helped out on the day and marking out the course the day before.

2014 was another successful year for the Harriers Grand Prix series with an extended number of races included. This year more cross country races were included with an attempt to use more high profile races like the County Cross Country

### HUNCOTE HARRIERS GRAND PRIX 2014

Championship and the North Midlands League within the fixtures. Another feature this year has been

the inclusion of best Park/Run times to count as one event. This should be beneficial for general club performances as it encourages our members to run faster over a short distance (5K).

Special thanks to Stuart Hale for updating league positions after each race and for keeping tabs on park/run results so that best park/run results can be tabulated from the races throughout the year.

Congratulations to Andy Ball and Trudi Unwin on their wins in their respective men's and ladies' leagues both repeating their successes of one year ago. There was much competitive running throughout the year with Andy Ball, particularly, coming under pressure for the title earlier on in the year from Nick Strange. For Andy it was the icing on the cake as he has run with distinction throughout the year, in the process winning the Winter Road Race League V/50 championship. All this whilst suffering with an intermittent knee injury which has interrupted his season.

## FINAL POSITIONS

### MEN

1. Andy Ball	871
2. Nick Strange	853
3. Mark Kendrick	779
4. Graeme Slight	720
5. Andy Wilford	702
6. Ian Thompson	661
7. Stuart Hale	609
8. Chris Unwin	535
9. Barry Hibberd	533
10. John Hart	482
11. Keith Chambers	436
12. Kingsley Cook	397
13. Rob Tate	385
14. David Robinson	382
15. Mike Percival	359
16. Martin Coley	344
17. Jeff Wickham	328
18. Jason Tomkins	306
19. Mike McSharry	292
20. Jonathan Wells	291
21. Mark Gregory	287
22. Steve Bloxham	287

23. Gareth Chivers	277
24. Duncan Foley	271
25. Paul Nealon	267
26. Warren Bennett	262
27. Alastair Orenacas	260
28. Andy Ledwith	229
29. James O'Dowd	226
30. Mick Butler	221
31. Hugh Potter	220
32. Tom Harris	184
33. Chris Talbot	179
34. Leonard Symeonides	163
35. Nathan Lawson	152
36. Richard Russell	145
37. Chris Green	134
38. Darren Valentine	133
39. Euan West	132
40. Michael Collins	122
41. Kent Butcher	117
42. Barry Summers	111
43. Nick Vernon	106
44. Carl Sommer	100
45. Pete McLennan	100
46. Andy Fox	95
47. Andy Woolley	92
48. Tony Siddon	90
49. Dave Egginton	88
50. Ryan Lambert	88
51. Dave Lawson	76
52. Lee Cobby	73
53. Danny Kench	70
54. Paul Nicholson	69
55. Lee Randall	65
56. Simon Hart	65
57. Nathan Bonham	58
58. John Heywood	57
59. Marvin Ryan	55
60. Andrew Spare	45
61. Wlodziu Kula-P.	41
62. Colin Bartlette	40
63. Ben Benson	30
64. Nick Tomkins	35
65. Richard Freer	34
66. Mike Tansey	29
67. Tony Lay	25
68. Paul McKay	16
69. Iain Longford	15

### LADIES

1. Trudi Unwin	859
2. Wendy Thompson	833
3. Jo Clarke	830
4. Julie West	814
5. Clair Davis	573
6. Lesley Hale	561
7. Nicki Nealon	512
8. Mel Evans	466
9. Helen Bennett	423
10. Jenny Murphy	409
11. Irene Forty	407
12. Marie Wilford	360
13. Karen Selby	326
14. Judy McSharry	316
15. Katherine Dean	313

16. Helen Mercer	265
17. Sandra Ankers	250
18. Sarah Pegg	243
19. Julie Lamb	199
20. Claire Quigley	191
21. Angie Tomkins	150
22. Clare Moore	135
23. Jenny Kirk	129
24. Laura Jeffs	110
25. Helen Talbot	94
26. Leanne Siddon	94
27. Donna Welsh	86
28. Tracey Morris	86
29. Bev Parry	84
30. Kate Parry	74
31. Seema Patel	72
32. Claire Bryan	70
33. Cat Taylor	52
34. Aimee Brown	46
35. Andrea Brewin	45
36. Sarah Butcher	44
37. Sarah Trivett	44
38. Tina Tosh	43
39. Laura Caplain	42
40. Sandra Stevens	41
41. Chris Newton	40
42. Laura Herbert	38
43. Julie Shepherd	36
44. Sue Gardner	33
45. Helen Whitaker	30
46. Jess Upton	25
47. Dorota Griffin	24
48. Samantha Ledwith	23
49. Polly Tedds	22

## TOP TEN PARK/RUN MEN

1. Nathan Lawson	17-23
2. Kingsley Cook	17-54
3. Andy Ball	18-26
4. Mark Kendrick	18-28
5. Steve Bloxham	18-50
6. Gareth Chivers	18-56
7. Mark Gregory	19-24
8. Jason Tomkins	19-26
9. Jonathan Wells	19-29
10. Andy Wilford	19-30

## TOP TEN PARK/RUN LADIES

1. Nicki Nealon	18-40
2. Julie Lamb	20-44
3. Sarah Pegg	21-31
4. Leanne Siddon	22-02
5. Trudi Unwin	22-02
6. Karen Selby	22-30
7. Wendy Thompson	23-02
8. Jenny Kirk	23-10
9. Bev Parry	23-38
10. Jo Clarke	23-44

# LEICESTERSHIRE & RUTLAND COUNTY CROSS COUNTRY CHAMPIONSHIP

The 2014/2015 races took place at Foxlands Farm on the outskirts of Cosby, so close to Huncote, it was as good as being on home turf. It is ironic that Ted Toft, who organized these championships for many years and who lived in Cosby, never realized the potential of this course which was so close to his home.

The course was deadpan flat but heavy rain during the run-up to the event and on the day itself made it a good cross country test with parts of the course under water and mud.

There was some good racing to watch with some of the country's leading athletes taking part in the races. Amongst the runners worth watching was Ben Dijkstra in the U/17 Boys race. Ben is the current National Cross Country and Inter-Counties Champion in his age group and he duly won his race in some comfort. In the Junior/Senior/Masters Ladies race promising Junior, Amy Griffiths, who was defending her championship win of last year also won her race convincingly. Amy was recently part of the victorious junior ladies team which won the European Junior Cross Country Championship in Bulgaria: In that race Amy finished 5<sup>th</sup>. The OWL's, led by defending champion, Sam

Stabler, on vacation from Lamar University in Beaumont, Texas, were comfortable team victors in the men's test.

It was a good day for the Harriers as we had team medals in all four categories we entered – possibly our best ever result. Additionally, Nicki Nealon won 3<sup>rd</sup> place medal in the ladies' masters' race. Run of the day was probably Sarah Pegg's. She had the satisfaction of leading the ladies home to second placed medals with Claire Quigley and Triudi Unwin. Nicki led home the masters to third place medals with Wendy Thompson and Katherine Dean. In the men's race Mark Gregory made a poor start but managed to push up through the field to finish second Harrier home after Mark Kendrick. Nathan Lawson Euan West and Gareth Chivers completed the mens' team which won 2<sup>nd</sup> place medals. The masters were led home by Dave Egginton from Andy Ball and Graeme Slight who got third place team medals. Well done to all. The Huncote Club Championship was won by:

**Ladies:** Nicki Nealon (1<sup>st</sup>) Sarah Pegg (2<sup>nd</sup>) and Claire Quigley (3<sup>rd</sup>)  
**Men:** Mark Kendrick (1<sup>st</sup>) Dave Egginton (2<sup>nd</sup>) and

Mark Gregory (3<sup>rd</sup>)

## Senior Women

- 10. Sarah Pegg 29-17
- 13. Claire Quigley 30-22
- 15. Trudi Unwin 30-43
- 19. Clare Moore 31-51

**Winner:** Lucy Crookes (Leeds City) 24-05. **Overall:** Amy Griffiths (AF&D) 22-58

## Teams

- 1. Barrow 13pts (2,5,6)
- 2. Huncote 38pts (10,13,15)
- 3. Desford 41pts (11,14,16)
- 4. Hinckley 47pts (12,17,18)

## Masters Women

- 3. Nicki Nealon 25-57
- 14. Wendy Thompson 32-02
- 15. Katherine Dean 32-46
- 16. Julie West 33-06
- 18. Sandra Ankers 33-28
- 23. Marie Wilford 36-41
- 24. Irene Forty 36-47

## Teams

- 1. West End 21pts (5,6,10)
- 2. Nuneaton 24pts (4,7,13)
- 3. Huncote 32pts (3,14,15)
- 4. Leic Tri 35pts (2,11,22)
- 5. Wreake 65pts (12,26,27)

## Senior Men

- 18. Mark Kendrick 41-32
- 20. Mark Gregory 42-30
- 23. Nathan Lawson 43-00
- 25. Euan West 43-27
- 29. Gareth Chivers 44-18
- 32. Warren Bennett 45-22
- 36. Duncan Foley 47-59
- 39. Tom Harris 49-24
- 43. Chris Unwin 52-24
- 46. Stuart Hale 54-10
- 47. Lee Randall 55-19

## Teams

- 1. OWL's 22pts (1,2,5,6,8)
- 2. Huncote 115pts (18,20,23,25,29)
- 3. Hinckley 142 pts (15,21,33,35,38)
- 4. Desford 171pts (26,30,34,40,41)

## Masters Men

12. Dave Egginton	41-55
16. Andy Ball	43-37
19. Graeme Slight	44-49
20. Andy Fox	44-55
26. Keith Chambers	46-44
29. Ian Thompson	47-01
30. Chris Talbot	47-16
34. Nick Strange	48-32
38. Andy Wilford	49-09
39. Barry Hibberd	50-27
42. David Robinson	50-58
43. Rob Tate	50-59

**Winner:** Mark Powell (Leic Cor) 36-45

## Teams

1. Leic Cor	16pts (1,6,9)
2. Charnwood	28pts (2,3,23)
3. Huncote	47pts (12,16,19)
4. Harborough	49pts (4,18,270)
5. Wigston Ph	57pts (8,14,35)
6. West End	85pts (11,28,46)

## NORTH MIDLANDS CROSS COUNTRY LEAGUE

### IV Wollaton Park, Notts

Individually, our ladies had chances to win medals in the final fixture in the four race series with Wendy Thompson and Irene Forty both having a chance to win their respective age groups. In the event Irene needed to beat her closest adversary, Eleanor Robinson, by four places and managed to do just that with a determined run where she attacked right from the start. The ever consistent Mark Kendrick was again first Harrier across the line and Trudi Unwin was first for the ladies in front of the improving Clare Moore.

### Ladies (6K)

51. Trudi Unwin	37-46
58. Clare Moore	38-30
81. Wendy Thompson	40-42
82. Julie West	40-42
89. Irene Forty	41-36

96. Marie Wilford 43-13

**Winner:** Leila Armoush (Charnwood) 32-06

## Teams

1. Derby AC	16
2. Sutton	43
3. N.V.H.	46
16. Huncote	190

## Overall Teams

1. Derby AC	204
2. N.V.H.	228
3. Charnwood	234
4. Sutton	253
5. Notts AC	257
6. Leic Tri	484
7. Chesterfield	566
8. Huncote	741
9. Redhill	904
10. Erewash	995

### Men (10K)

50. Mark Kendrick	40-37
84. Chris Talbot	42-39
93. Euan West	43-05
100. Warren Bennett	43-21
113. Graeme Slight	44-15
139. Nick Strange	45-46
150. Andy Ledwith	46-20
162. Lee Randall	47-35
168. Andy Wilford	48-01
184. Jonathan Wells	49-31
192. Tom Harris	49-?
210. Chris Unwin	51-38

**Winner:** Sam Mitchell (Notts AC) 34-24

## Teams

1. Notts AC	22
2. OWL's	101
3. Derby AC	156
8. Huncote	440

## Overall Teams

1. OWL's	332
2. Notts AC	360
3. Derby AC	611
4. Heanor	861
5. Leic University	1368
6. Burton	1593
7. Beaumont	1628
8. Huncote	1734
9. Holme Pierrpoint	1927
10. Charnwood	2075
11. Formula One	2154
12. Newark	3385

## HUNCOTE BASH

**Friday 6<sup>th</sup> March 7-30pm**

Make a note of this date in your diaries as this is our main presentation evening where we parade our champions and celebrate our successes.

Tickets covering presentation, buffet and disco cost £12 each and are available from Kate Parry or any committee member. **Money needs to be paid no later than 24<sup>th</sup> February**

## TIMETABLE

7-30pm Presentation of cross country awards

7-45pm Buffet. Voting for Harrier & Lady Harrier of the Year\*

8-30pm Presentations  
Harriers of the Year & Club Standards awards  
\*\*

9-15pm Disco

\* Voting by ballot will be done on the evening to find the Harriers of the Year. If you are not able to attend you may vote for your favourite people online via the Club website.

\*\*For a club standard award please email your best result over three race distances to Nick Tomkins. This needs to be done before 28<sup>th</sup> February. Please see website for a table of standards/distances by age.



## MIDLAND CROSS COUNTRY CHAMPIONSHIP

A fantastic day for Notts AC as they dominated the senior men's race getting all 6 of their counters in the top ten to finish. They were led home by Alastair Watson, a Leicestershire runner who started out his running career in the Leics Road Race League running for Hermitage. He has developed from being an ordinary club runner to Midland Cross Country Champion and shows what can be achieved with some hard work and determination. The efforts of Notts AC were well deserved especially as the Club, led by the tireless Mick Robinson, hosted the event so well. Despite being parkland, Wollaton Park, Nottingham, can provide some tough cross country courses,

and so it proved on the day with some vicious uphill climbs and muddy sections to break up the rhythm.

Harriers finished 18<sup>th</sup> out of 38 teams in the men's race led home by Mark Kendrick. Our ladies were unable to field a full team but were nevertheless represented with distinction by Katherine Dean and Irene Forty. Come on ladies! Lets give them some support and put Huncote Harriers on the map!

### Senior Men (12k)

119. Mark Kendrick 44-17  
146. Mark Gregory 45-29  
183. Dave Egginton 47-09  
184. Gareth Chivers 47-15  
221. Chris Talbot 48-24  
239. Graeme Slight 49-08  
329. Ian Thompson 53-11

**Winner:** Alastair Watson (Notts AC) 37-01

### Teams

1. Notts AC 27  
2. Tipton Harriers 209  
3. Wolv & Bilston 235  
4. Charnwood 277  
5. OWL's 282  
18. Huncote Harr 1046  
24. Harborough 1337  
25 Beaumont RC 1355  
(38 complete teams)

### Senior Ladies (8K)

175. Katherine Dean 41-18  
214. Irene Forty 43-42

**Winner:** Jane Potter (Charnwood) 27-54

### Teams

1. Bristol & West 38  
2. Charnwood 63  
3. Birchfield 90  
21. Desford 594  
(30 complete teams)

## DERBY RUNNER LEAGUE

### III Mount Sinai

This Derby Runner race clashed with the County Cross Country Championship on the same weekend. Something the organizers of the Derby Runner League would do well to address in an already congested fixture list!

#### Men

25. Mark Kendrick 33-42  
141. Keith Chambers 39-43  
149. Martin Coley 40-22  
151. Alastair Orencas 40-28  
201. Jonathan Wells 43-43  
246. John Hart 48-01  
293. Tony Lay 55-46

**Winner:** Harry Lupton (Barrow) 29-05

#### Ladies

55. Wendy Thompson 49-28  
62. Clair Davis 50-09

63. Sandra Ankers 50-11  
**Winner:** Emily Ault (Barrow) 33-58

### IV Bradgate Park

A larger turnout in this race with Mark Kendrick again well in front of the second Harrier home, Steve Bloxham. Sarah Pegg continues to impress and had another fine run for the ladies. A little surprising the Bradgate Park Trust allowed the race to take place given the difficulties faced by Bowline Club in staging their race over the years,

#### Men

20. Mark Kendrick 35-03  
101. Steve Bloxham 38-42  
108. Lee Cobby 39-02  
123. Ashley Francis 39-53  
154. Ian Thompson 41-03

159. Lee Randall 41-12  
174. Alastair Orencas 41-55  
206. Colin Bartlette 42-53  
209. Richard Freer 42-58  
210. Andy Wilford 43-04  
229. Tom Harris 43-55  
231. Martin Coley 43-57  
252. Chris Unwin 44-53  
260. Jonathan Wells 45-26  
274. Darren Newton 45-56  
345. Michael Walton 50-40  
347. Mike Percival 50-50  
357. Paul Nealon 51-54

**Winner:** Tom Lupton (Charnwood) 31-17

#### Ladies

34. Sarah Pegg 44-00  
56. Trudi Unwin 46-52  
67. Wendy Thompson 48-03  
72. Clair Davis 49-14  
78. Julie West 49-19  
86. Sandra Ankers 49-46  
152. Marie Wilford 55-13

## BOWLINE CHARNWOOD HILLS RACE

The race, billed as the hardest cross country race in Leicestershire, was oversubscribed on the first day of appearance online. Starting and finishing at Anstey Martin School, it takes in Old John Hill, Broombriggs Hill and Beacon Hill incorporating 1200 feet of ascent in a 14 mile race. Over the years winning times have slowed as the race has become more popular. Many use the race as a training run for Spring marathons and consequently they may not be as fit as they should be for such a tough race.

No such problems at the front as highly rated veteran Tim Hartley powered to another win in this race series. Equally impressive was Barrow's Emily Ault who finished 1<sup>st</sup> lady high up the field in 8<sup>th</sup> place. For the Harriers Gareth Chivers had an excellent run to beat his rival Andy Fox, and Jason Tomkins gets

closer and closer to the front with every race he runs. For once Chris Unwin got the better of wife Trudi who was first lady home. Shows what can be done with some training, Chris!

### Harriers

29.	Gareth Chivers	1-48-14
44.	Andy Fox	1-51-01
53.	Jason Tomkins	1-52-56
75.	Paul Nicholson	1-57-25
109.	Andy Wilford	2-02-36
138.	Chris Unwin	2-08-09
181.	Kent Butcher	2-14-54
185.	Trudi Unwin	2-15-39
229.	Stuart Hale	2-23-38
238.	Julie West	2-26-05
273.	Paul Nealon	2-39-21
274.	Bev Parry	2-39-59

**Winner:** Tim Hartley (Barrow) 1-30-29

**1<sup>st</sup> Lady:** Emily Ault (Barrow) 1-41-21

## LEICS WINTER ROAD RACE LEAGUE

### I Barrow "6"

Last year's race was cancelled owing to h&s worries, so better luck this year and there was a good race turn-out with well over 600 finishers. Is this a Winter League record? There was a good turnout by the Harriers. Mark Kendrick continues with his run of good form with another excellent first Harrier home from Kingsley Cook. A promising debut by newcomer Jonathan Oxborough. For the ladies Claire Quigley was first past the post from another promising new member, Jess Upton.

### Harriers

32.	Mark Kendrick	35-31
61.	Kingsley Cook	36-44
85.	Steve Bloxham	37-51
96.	Andy Ball	38-16
99.	Nick Strange	38-26
102.	Jonathan Oxborough	38-31
111.	Ryan Lambert	38-58
121.	Graeme Slight	39-16
129.	Jason Tomkins	39-36
140.	Lee Randall	40-05

149.	Andy Wilford	40-26
154.	Martin Coley	40-37
169.	Ian Thompson	41-14
180.	Alastair Orenkas	41-36
184.	Colin Bartlette	41-43
215.	Duncan Foley	42-39
228.	Claire Quigley	42-57
244.	Jess Upton	43-15
256.	David Robinson	43-37
296.	Tom Harris	44-54
301.	Chris Unwin	45-00
307.	Trudi Unwin	45-10
337.	Helen Mercer	45-53
344.	Nick Tomkins	46-07
365.	Wendy Thompson	46-52
382.	Jeff Wickham	47-22
391.	Mike Percival	47-42
394.	John Hart	47-50
415.	Julie West	48-25
421.	Clair Davis	48-46
438.	Katherine Dean	49-14
501.	Louise Wright	51-41
525.	Paul Nealon	52-56
528.	Mick Walton	53-02
544.	Kate Parry	53-44
548.	Marie Wilford	53-59
624.	Jenny Murphy	58-42

**Winner:** Stuart Spencer (Barrow) 30-49 **1<sup>st</sup> Lady:** Liz Cocks (Leic Cor) 35-11

## OTHER RESULTS

### Keyworth Turkey Trot Half Marathon

63.	Mark Gregory	86-01
91.	Ryan Lambert	89-00
138.	Ian Thompson	92-52
408.	Chris Unwin	106-24
455.	Jonathan Wells	108-19
638.	Claire Bryan	117-19

**Winner:** Tim Hartley (Barrow) 71-31 **1<sup>st</sup> Lady:** Liz Cocks (Unatt) 77-31

### Nene Valley "10"

138 Rob Tate 71-01  
**2<sup>nd</sup> V/60 Race Winner:**  
 Tom Straw (Lincoln Wellington) 53-05

### Braintree Boggle (26m trail race)

56. Paul McKay 5-57-09  
 69. Nick Allars 6-24-50  
**Winner:** Allen Smalls 3-24-24

## FIXTURES

### FEBRUARY

Sunday 1 <sup>st</sup>	Bowline Charnwood Hills Race	Anstey Martin School	10-00am
Sunday 8 <sup>th</sup>	Winter LRRL Markfield 10K	Markfield	10-30am
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
Saturday 28 <sup>th</sup>	Belvoir Challenge (off road trail race)	Harby	

### MARCH

Sunday 1 <sup>st</sup>	Coventry Half Marathon	Transport Museum, Coventry	9-00am
Sunday 1 <sup>st</sup>	Derby Runner X/C League	Holly Hayes, Coalville	
<b>FRIDAY 6<sup>th</sup></b>	<b>HUNCOTE BASH (PRESENTATION)</b>	<b>DAVID LLOYD LEISURE</b>	<b>7-30pm</b>
Saturday 7 <sup>th</sup>	Inter Counties X/C Championship	Cofton Park, Birmingham	12-00pm
Sunday 8 <sup>th</sup>	Winter LRRL Kibworth "6"	Kibworth	10-30am
Sunday 15 <sup>th</sup>	Loughborough Half Marathon		
Saturday 21 <sup>st</sup>	Charnwood Marathon (Walkers & Runners) (Offroad event 26 miles or 15 miles)	Rawlins School, Quorn	8-00am/ 9-00am
Sunday 22 <sup>nd</sup>	Ashby "20"	Ashby de la Zouch	
Sunday 22 <sup>nd</sup>	Reading Half Marathon		
Saturday 28 <sup>th</sup>	Midland Counties Road Relay Championship 12 Stage Men/6 Stage Ladies Men (8 x 3 miles, 4 x 5.4miles laps) Ladies (6 x 3 miles laps)	Sutton Park, Sutton Coldfield	
Sunday 29 <sup>th</sup>	Winter LRRL Desford "6"	Desford	10-30am

### APRIL

Sunday 26 <sup>th</sup>	London Marathon
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<b>ALWAYS CHECK DATES &amp; TIMES WITH ORGANIZERS FIRST TO AVOID DISAPPOINTMENT</b>
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<p style="text-align: center;">NEWSLETTER EDITOR</p> <p>Items for inclusion in the Newsletter contact:</p> <p>Phil Watts: Tel 01455286326 Mobile 07807008820 E/Mail: p.watts034@btinternet.com</p>
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<p>TRAINING Tues / Thurs 7-00pm Enderby Leisure Centre Thurs 6-00pm Enderby Leisure Centre Improvers – Saturday 9-30am Jubilee Park Beginners: Enderby LC Tuesday 6-00pm</p>
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