



THE HARRIER

The official newsletter of
Huncote Harriers Athletic Club

June 2015

Issue Number 178



MARK GREGORY RACES TO LONDON MARATHON BEST

Mark Gregory delivered one of the fastest marathons run by a Huncote Harrier in recent years to be first Harrier finisher in this year's "London". It was the culmination of 4 months of training which, at its peak, topped 90 miles of running in a week, managed 3 weeks before the race. His last three weeks was his taper down to race day. His peak training week consisted of:

Mon. AM 6 miles easy
PM 8 miles easy
Tue, AM 6 miles easy
PM 9 miles (2 sets of 5 x 800metre reps with 400 metres jog between each rep, 800 metres jog between each set 800 metres warm up and warm down)
Wed. AM 6 miles easy
PM 8 miles easy
Thu. AM 6 miles easy
PM 12 miles tempo run
Target pace 6-15min/mile
Fri. Rest
Sat. 10 x 600 metre reps at Jubilee Park warm up and warm down at Park plus slow jog to park and return total 10 miles
Sun. 20 miles easy
Week Total 91 miles.
Mark is now within 7 minutes

of the Huncote Harriers all-time list of top ten marathon runners.

Also inside three hours was Steve Bloxham who had a good run to record 2-56-40. For the ladies Julie West was first Harrier across the line just in front of one of Huncote's most prolific marathoners, Bev Parry.

At the front of the field there was an air of expectation as the new world record holder, Denis Kimitto of Kenya, the first man in the world to run sub 2 hours 3 minutes, was in the race. In the event the race was won by one of the all-time distance running greats, Eliud Kipchoge, multi world championship and Olympic medallist, also of Kenya, who sprinted away from the front of the field in the closing stages to record 2-04-42.

HARRIERS

979. Mark Gregory	2-52-52
1330. Steve Bloxham	2-56-40
2235. Andy Ball	3-03-44
3445. Andy Wilford	3-13-34
6494. Jon. Wells	3-31-33
9464. Chris Unwin	3-45-04
9622. Julie West	3-45-39
9721. Bev Parry	3-46-04
18413. Marie Wilford	4-17-39
21513. Mick Walton	4-29-00
22637. Helen Orencas	4-33-25
32760. Tracey Morris	5-28-21

1st Lady: Tigist Tufa (Ethiopia) 2-23-22

MANCHESTER MARATHON

A fine alternative to the London Marathon taking place a week before on a dead pan flat course, ideal for fast times. Some good Harrier performances with Ian Thompson and Alastair Orencas leading the way. Wendy Thompson had a good run for the ladies, whilst Paul McKay was spot –on as a 5 hour pacemaker. The ladies' race was remarkable for the fact that it was won by the young Georgie Bruinvels in a sparkling 2-37-16 a week after helping her club, AF&D, win the National Ladies 6 Stage Road Relay Championship at Sutton Park. Perhaps she is someone to watch out for in future international marathons!

HARRIERS

1475. Ian Thompson	3-21-29
1813. Alastair Orencas	3-26-34
2682. Wendy Thompson	3-40-23
5081. L.Symeonides	4-11-13
7559. Nick Allars	5-26-28
Pace Paul McKay	5-00-01
Winner: Paul Martelletti (Runfast)	2-17-47

SHAKESPEARE FULL & HALF MARATHON

Another popular alternative to the London Marathon. Simon Hart, an under-rated runner, showed a little of his potential with a fine 3-20-07 on not the easiest of courses; whilst irregular racers, Tina Tosh and Sarah Butcher were way inside 2 hours with their runs in the Half.

MARATHON

59. Simon Hart 3-20-07
Winner: Nick Twomey (Ranelagh) 2-41-42 **1st Lady:** Sue Harrison (Leamington) 2-56-46

HALF MARATHON

535. Tina Tosh 1-51-58
536. Sarah Butcher 1-51-58
Winner: Richard Shephard (Spa Striders) 1-13-54 **1st Lady:** Zoe Chandler (Stratford) 1-21-23

OTHER RESULTS

Belvoir Half Marathon

Jonathan Oxborough and Jason Tomkins renewed their rivalry on this fastish course with Jonathan just getting the verdict. Sarah Pegg was also quite impressive in her half marathon debut.

HARRIERS

29. Jonathan Oxborough 1-26-36
31. Jason Tomkins 1-26-54
40. Graeme Slight 1-28-30
46. Andy Wilford 1-29-07
78. Duncan Foley 1-33-09
145. Jonathan Wells 1-38-34
152. Sarah Pegg 1-39-45
187. Chris Unwin 1-43-29
210. Paul McMorran 1-44-48
257. Julie West 1-50-19
290. Iain Longford 1-53-51
293. Jo Clarke 1-54-15
305. Irene Forty 1-55-30
346. Michael Walton 1-59-31
Winner: Stuart Spencer (Notts AC) 1-10-08 **1st Lady:** Kate Wright (Stratford) 1-26-36

Ted Toft Croft Hill Memorial Race

This is a tough low key mid week race promoted by The Bowline Climbing Club run in memory of Ted Toft, one of the great stalwarts of Leicestershire athletics. It deserves much better support than it gets. However, there was a strong Huncote contingent to contest the 3.1/2 mile race from the quarry car park over and around Croft Hill. Huncote junior, Nathan Lawson, showing the benefit of younger legs, had a fine run to finish second behind a fell running specialist, Jason Williams. Mark Kendrick was a further minute & half behind.

HARRIERS

2, Nathan Lawson 23-22
4. Mark Kendrick 24-51
7, Jonathan Oxborough 26-02
8. Jason Tomkins 26-12
9. Gaz Chivers 26-22
16. Kent Butcher 30-39
17. Lee Randall 31-41
25. Mike McSharry 34-50
Winner: Jason Williams (Hermitage) 21-44

Woodhouse May Day Challenge

Ian Thompson took the challenge more seriously than most to easily finish first Harrier home. Jude McSharry was first Harrier in the walkers' event.

HARRIERS (Runners)

62. Ian Thompson 1-47-40
119. Jonathan Wells 1-58-07
134. Mike McSharry 1-59-50
135. Keith Chambers 1-59-50
151. Wendy Thompson 2-02-42
160. Clare Moore 2-03-30
236. Sarah Coop 2-19-48
240. Julie Shepherd 2-20-24
319. Sue Gardner 2-41-10

HARRIERS (Walkers)

17. Jude McSharry 3-16-12

18. Jenny Murphy 3-16-13
51. Sandra Ankers 3-40-49
55. Julie Frearson 3-44-14

Bosworth Half Marathon

Huncote Harriers were first ladies' team in this race thanks in part to another fine run by Nicki Nealon who was second lady. Leanne Siddon and Rachel Trivett made up the counting runners.

HARRIERS

34. Nicki Nealon 1-26-51
117. Paul Nicholson 1-39-39
118. Leanne Siddon 1-39-39
163. Paul McMorran 1-43-46
201. Darren Newton 1-47-06
207. Stuart Hale 1-47-30
230. Mike McSharry 1-49-22
233. Mike Percival 1-49-38
234. Rachel Trivett 1-49-39
318. Gina Blagden 1-56-25
324. Jo Ravenhill 1-57-22
Winner: Stuart Spencer (Notts AC) 1-10-13 **1st Lady:** Rosanna Andrews (Northampton RR) 1-26-07

Leicester Big 10K

Is Darren Valentine on the comeback trail at last? Possibly, but brother, Anthony, in Bolton United colours finished second. Darren was 20th but a good run from newcomer, Kathryn Evans who was 10th lady finisher

HARRIERS

20. Darren Valentine 39-43
85. Kathryn Evans 45-58
323. David Styring 56-23
Winner: Jamie Short (Leic Cor) 33-57

Burbage Skyline Fell Race 6m/1200'

Huncote Harriers fell running group were in action again in this Sheffield area race organized by Dark Peak Fell Runners.

HARRIERS

157. Nick Vernon 47-07
237. Rich Thomas 55-47
Winner: Tommy Horton (SHUOC) 37-13

/continued on page 5

ANOTHER BIG HARRIER TURN-OUT IN LIVINGSTON ROAD RELAYS

In years gone by road relays used to be an important part of the club athletics scene. The "Livingston" used to be Leicestershire's principal relay with strong teams coming from throughout the Midlands to contest the race. The race dropped off the calendar for a few years, victim of an ever congested fixture list. However, it was revived 2 years ago and, hopefully, will retake its place amongst the key races in our area. This year, men, ladies and juniors contested the same course of 3 miles, the men going over 4 legs with 3 legs for the ladies.

There were some good individual performances in this year's event but we didn't feature in the leading team positions. Fastest of the day by more than a minute was Nathan Lawson from Mark Kendrick but the run of the day probably belonged to Warren Bennett. He has improved significantly this year and got the Huncote "A" team off to a good start with another solid run. For the ladies, Sarah Pegg was again the fastest but fast runs too from Clare Moore, Rachel Trivett and newcomer, Kathryn Evans who made a nonsense of her placing in the "E" team.

HUNCOTE TEAMS

MEN "A" 8th 69-37

Warren Bennett	17-56
Gareth Chivers	17-58

Mark Kendrick	17-26
Nathan Lawson	16-17

MEN "B" 27th 83-39	
Stuart Hale	21-32
Pete McLennon	19-34
Duncan Foley	22-39
Ashley Francis	19-54

MEN "C" 22nd 81-02	
Richard Freer	20-24
Kent Butcher	20-32
Chris Unwin	21-38
Andy Ball	18-28

MEN "D" 33rd 87-57	
Mike McSharry	21-52
Will Ravenhill	21-06
Mike Percival	22-41
Neil Parry	22-18

LADIES "A" 11th 67-00	
Lucy Griffin	23-26
Clair Davis	23-21
Sarah Pegg	20-13

LADIES "B" 13th 68-44	
Clare Moore	21-40
Gina Blagden	23-24
Jo Ravenhill	23-40

LADIES "C" 21st 71-34	
Bev Parry	23-00
Sarah Freer	24-27
Katherine Dean	24-07

LADIES "D" 20th 71-21	
Rachel Trivett	21-36
Kate Parry	24-43
Lesley Hale	25-02

LADIES "E" 19th 70-48	
Jenny Murphy	24-58
Irene Forty	24-44
Kathryn Evans	21-06

VET. MEN "A" 6th 72-59	
Nick Strange	18-30
Kingsley Cook	17-50
Chris Talbot	17-49
Graeme Slight	18-50

VET. MEN "B" 10th 81-40	
Martin Coley	20-00
Dave Lawson	19-26
John Hart	22-00
Alastair Orencas	20-14

VET. MEN "C" 12th 89-03	
Rob Tate	21-06
Mick Butler	24-42

Paul Nealon	23-29
Colin Bartlette	19-46

FASTEST LEGS

LADIES

Sarah Pegg	20-13
Kathryn Evans	21-06
Rachel Trivett	21-36

SENIOR MEN

Nathan Lawson	16-17
Mark Kendrick	17-26
Warren Bennett	17-56

VETERAN MEN

Chris Talbot	17-49
Kingsley Cook	17-50
Andy Ball **	18-28

(** Running in a men's team)

TEAMS OVERALL

SENIOR MEN

1. Heanor "A"	61-56
2. Charnwood "A"	62-03
3. OWL's "A"	64-53

LADIES

1. Charnwood "A"	54-54
2. Barrow "A"	56-33
3. Heanor "A"	56-38

VETERAN MEN

1. Charnwood "A"	65-30
2. Leic Coritanian "A"	65-36
3. Wigston Phoenix "A"	71-05

OVERALL FASTEST LEGS

MEN: Danny Hallam (OWL's) 14-40
LADIES: Leila Armoush (Charnwood) 17-57

Special thanks on the day to our team manager, Andy Ball. Organizing teams for relays is one of the most challenging jobs that officials face in club athletics. Top marks to Andy for generating enthusiasm and support. Thanks also to Mike and Jude McSharry for managing the tents. It is nice to see our Club now has a second tent which can be used to provide changing facilities and a temporary HQ. at races.

EAST MIDLANDS GRAND PRIX ROUND-UP

I Silverstone 10K

The season opener got under way at Silverstone with the 10K road race. Mark Kendrick was first home in front of Simon Hart and Andy Wilford but no ladies made the trip.

HARRIERS

37. Mark Kendrick	37-17
108. Simon Hart	40-20
133. Andy Wilford	41-08
173. Nick Vernon	42-36
206. Ian Thompson	43-29
285. Stuart Hale	45-03
353. Chris Unwin	46-35
447. Rich Thomas	48-38
557. Michael Collins	50-27

Winner: Richard Simkiss

(McCarkiss Elite Project) 33-13 **1st**

Lady: Rosie Keane (Luton) 36-07

II Rugby 6 mile

Welcome back Chris Talbot who had a fair run but a good way behind Mark Kendrick. Sarah Pegg was first Harrier lady.

HARRIERS

33. Mark Kendrick	36-02
60. Chris Talbot	37-27
83. Simon Hart	38-43
88. Graeme Slight	39-08
99. Andy Wilford	39-48
156. David Robinson	42-33
176. Chris Unwin	43-18
182. Sarah Pegg	43-38
246. Paul Nealon	48-04
248. Katherine Dean	48-20
270. Ian Longford	50-07
327. Wendy Thompson	55-57
328. Marie Wilford	55-57

Winner: Richard Simkiss

(McCarkiss EP) 31-53 **1st Lady:**

Emily Waugh (R&N) 36-10

III Wootton 5 mile

21. Mark Kendrick	25-23
112. Ian Thompson	33-55
161. David Robinson	35-21
176. Chris Unwin	36-12

Winner: Toby Spencer (Coventry Godiva) 25-23 **1st Lady:** Rachel Cave (Higham) 29-45

IV Corby 5 mile

Another first man home for Mark Kendrick with another

solid run from Simon Hart. Helen Talbot was first Harrier lady capturing the first W/35 spot on the way. Graeme Slight was second V/55.

HARRIERS

20. Mark Kendrick	29-42
59. Simon Hart	32-09
69. Helen Talbot	32-40
73. Graeme Slight	32-47
92. Andy Wilford	33-46
101. Ian Thompson	34-06
128. David Robinson	35-27
138. Chris Unwin	35-55
200. Wendy Thompson	39-13
250. Paul Nealon	42-55
271. Aimee Browne	44-45
281. Marie Wilford	45-50

Winner: Chris McCarthy

(McCarkiss EP) 27-02 **1st Lady:**

Rachel Cave (Higham) 30-05

IV Banbury 5 mile

A long way to go for a midweek evening race but quite a good Harrier turn-out. An improving Simon Hart was first Harrier finisher in front of Ian Thompson and Andy Wilford. Helen Talbot was first Harrier lady and in the process was **1st W/35**.

HARRIERS

75. Simon Hart	31-51
81. Helen Talbot	32-10
97. Ian Thompson	32-57
100. Andy Wilford	33-09
136. David Robinson	34-48
189. Wendy Thompson	37-25
299. Marie Wilford	43-58

V Harborough 5 Mile

Success!! Our veteran ladies were **1st** team with Helen Talbot **5th** lady overall and **1st W/35** leading the way. Our other counters were Wendy Thompson and Katherine Dean. Well done to them. For the men, another good run by Simon Hart leading the way, and further improvement by Ian Thompson who almost beat Graeme Slight.

HARRIERS

54. Simon Hart	31-56
----------------	-------

63. Helen Talbot	32-27
72. Graeme Slight	33-02
73. Ian Thompson	33-04
93. Andy Wilford	34-00
113. Will Ravenhill	34-58
124. David Robinson	35-20
131. Sarah Pegg	35-45
142. Chris Unwin	36-15
156. Stuart Hale	37-15
168. Wendy Thompson	37-55
196. Katherine Dean	39-03
228. Julie West	40-22
246. Jo Ravenhill	41-17
261. Gina Blagden	42-56
262. Paul Nealon	42-58
270. Marie Wilford	43-31
276. Jenny Murphy	43-56

Winner: Ash Chambers (Liverpool)

DIARY DATE

TUESDAY 11th AUGUST is a date for your diary and is the Huncote Harriers 10K club road race championship and handicap. It is open to all club members whatever your ability. The race is handicapped so everyone has the opportunity to do well.

The race starts from the Huncote Sports & Social Club ground (near the wood yard at Thurlaston). Entry is free of charge on the night only – registration starts at 6-45pm for a race start as soon as possible after 7-00pm.

Afterwards there is an award presentation along with barbecue and licenced bar. Please bring your own meats for the barbecue but chips and salad are free of charge courtesy of the Harriers!

LEICESTERSHIRE WINTER ROAD RACE LEAGUE ROUND-UP

The final race in the 2015 series took place at Syston, the West End "8". There was a good Harrier turn-out with Mark Kendrick and Sarah Pegg in their customary places leading home the Harriers. At the front Stuart Spencer, who has moved up a class since joining Notts AC, was an easy winner.

HARRIERS

25. Mark Kendrick	48-20
31. Kingsley Cook	48-44
60. Nick Strange	50-37
71. Graeme Slight	52-01
81. Andy Ball	52-50
92. Andy Woolley	53-15
99. Andy Wilford	53-32
101. Martin Coley	53-42
104. Duncan Foley	53-59
131. Ian Thompson	56-02
159. David Robinson	57-29
191. Mike McSharry	58-49
201. Sarah Pegg	59-18
205. Rob Tate	59-20
237. Will Ravenhill	60-14
238. Chris Unwin	60-16
247. Helen Mercer	60-40
255. Stuart Hale	61-41
277. Wendy Thompson	63-04
278. John Hart	63-09
308. Jeff Wickham	64-58
331. Katherine Dean	66-33
339. Julie West	66-56
345. Paul Nealon	67-45
351. Irene Forty	68-04
411. Marie Wilford	73-06
412. Jenny Murphy	73-12

Winner: Stuart Spencer (Barrow/Notts) 43-11 **1st Lady:** Katie Lomas (Charnwood) 52-58

Huncote Harriers were not in contention in the team classifications but we did have a number of individual successes: Andy Ball, runner-up in the V/50 category, Graeme Slight was runner-up in the V/55's, whilst Wendy Thompson was runner-up in the W/40 class.

At the first Summer road race league race at Swithland our Club Chairman and League Chairman, Andy Wilford,

presented awards to these runners.

LEICESTERSHIRE SUMMER ROAD RACE LEAGUE

Race 1 – Swithland 6

The season opener took place on a fine summer morning on the usual circuit around Swithland Reservoir. The race provided another fine open road race victory for our Nicki Nealon and proves she is still a force, not just in the masters' ranks.

Mark Kendrick and Kingsley Cook were the first men home, both with sub 6 minute mile runs. Further down the field there was some good competitive running amongst the ladies with Sarah Pegg getting the better of Kathryn Evans and Clare Moore.

HARRIERS

33. Mark Kendrick	35-34
41. Kingsley Cook	35-58
52. Nicki Nealon	37-06 (1st Lady)
56. Nick Strange	37-14
73. Andy Ball	38-17
101. Duncan Foley	39-44
109. Ryan Lambert	40-03
114. Ian Thompson	40-23
122. Andy Wilford	40-41
190. Hugh Potter	42-37
208. David Robinson	43-10
215. Sarah Pegg	43-20
251. Kathryn Evans	44-27
252. Clare Moore	44-31
272. Mike McSharry	45-15
290. Helen Mercer	45-48
302. Wendy Thompson	46-21
316. Mike Percival	46-44
359. Katherine Dean	48-22
360. Jeff Wickham	48-23
363. Jo Copeland	48-25
375. Julie West	48-55
510. Mick Butler	54-34
514. Jenny Murphy	54-42
526. Marie Wilford	55-26

Winner: Andy Maud (Clapham Chasers) 29-49

OTHER RESULTS/continued from page 2

Notts "10"

Echoes of olden times as two men, Ben Livesey of Notts and Toby Spencer of Coventry Godiva managed to break 50 minutes in the race: a rare event these days!

HARRIERS

60. Nicki Nealon 1-02-46
72. Mark Gregory 1-03-56
Winner: Ben Livesey (Notts AC) 49-48 **1st Lady:** Jenny Spink (Bristol & West) 57-33

Market Harborough Half Marathon

Leanne Siddon had a good run to finish third lady in the race. It was a piece of luck she was on the ball as she was missed out of results! With the help of Jude McSharry she managed to claim her rightful 3rd place. Mike McSharry and Rob Tate were also age group winners

HARRIERS

?? Leanne Siddon 1-37-19
46. Mike McSharry 1-38-51
58. Rob Tate 1-42-43
181. Chris Jefferson 2-03-53
Winner: L. Wicks (Unatt) 1-8-22

Kenilworth Two Castles 10K

202. Nick Vernon 43-29
1230. Gina Blagden 56-39
Winner: Patrick Roddy (Kenilworth) 33-18 **1st Lady:** Joanne McCandless (Unatt) 39-08

Edinburgh Marathon

2925. Claire Bryan 4-01-41
Winner: Peter Wanjiru (Kenya) 2-19-36 **1st Lady:** Joan Kigen (Kenya) 2-39-42

Derby Ramathon Half

1314. Gina Blagden 1-57-49
Winner: Tom Doe (Lincoln Wellington) 1-10-25 **1st Lady:** Hannah Oldroyd (UK Netrunner) 1-22-03

FIXTURES

JUNE

Wednesday 3 rd	EMGP Corby 5	Carlton	7-30pm
Sunday 7 th	Summer LRRL Swithland 10k	Rothley	10-30am
Sunday 7 th	Midland Masters T&F Championship	Pingles Stadium, Nuneaton	10-00am
Tuesday 9 th	EMGP Banbury 5	Banbury	7-30pm
Tuesday 16 th	EMGP Harborough 5	Gartree	7-30pm
Friday 19 th	Beacon Hill Solstice Run 5 miles	Beacon Hill	7-30pm
Sunday 21 st	Summer LRRL Prestwold 10K	Prestwold	10-30am
Tuesday 23 rd	EMGP Weedon 10K	Weedon	7-30pm
Tuesday 30 th	EMGP Milton Keynes 10K	Milton Keynes	7-30pm

JULY

Wednesday 1 st	Summer LRRL Hungarton 7	Hungarton	7-30pm
Saturday 25 th	British Masters T&F Championships	Alexander Stadium, Bham	10-00am

AUGUST

Wednesday 5 th	Summer LRRL Joy Cann Memorial "5"	Huncote L.C.	7-00pm
Tuesday 11 th	Huncote Harriers 10K Road Race Club Championship & Handicap	Huncote S&SC Thurlaston	6-45pm
Saturday 15 th	Race the Train	Tywyn, Wales	
Sunday 23 rd	Summer LRRL Hermitage Carl Rutt 10K	Coalville	10-30am

**ALWAYS CHECK DATES & TIMES WITH ORGANIZERS FIRST TO AVOID
DISAPPOINTMENT**

NEWSLETTER EDITOR

Items for inclusion in the Newsletter contact:

Phil Watts: Tel 01455286326

Mobile 07807008820

E/Mail: p.watts034@btinternet.com

TRAINING Tues / Thurs 7-00pm

Enderby/Huncote Leisure Centre

Thurs 6-00pm Enderby Leisure Centre

Improvers – Saturday 9-30am Jubilee Park

Beginners: Enderby LC Tuesday 6-00pm