



THE HARRIER

The official newsletter of
Huncote Harriers Athletic Club

August 2015

Issue Number 179



LEICESTERSHIRE SUMMER ROAD RACE LEAGUE

Race II Prestwold 10K

Yarel Haggos, the Wallsend athlete based at Loughborough University was too quick for midland cross country champion, Alastair Watson (Notts AC/Hermitage) as he ran to an easy victory in race 2 of the Summer Road Race League. Nicki Nealon was 6th lady overall but first veteran in a keenly contested ladies' race whilst Kingsley Cook was first Harrier home from Jonathan Oxborough. There was a delay in producing the official results because of an error in the chip timing equipment: Kingsley Cook being missed off on the first publication of results. Happily, errors seem to have been sorted now.

HARRIERS

51. Kingsley Cook	37-19
73. Nicki Nealon	38-36
76. Jonathan Oxborough	38-44
78. Nick Strange	38-59
94. Gareth Chivers	39-38
95. Andy Ball	39-40
106. Jason Tomkins	40-00
142. Ian Thompson	41-25
145. Duncan Foley	41-31
254. David Robinson	45-11
262. Sarah Pegg	45-23
267. Kathryn Evans	45-34
293. Chris Unwin	46-20
300. Wendy Thompson	46-41
322. Rob Tate	47-33
326. Mike Percival	47-44

364. Katherine Dean	48-49
481. Jenny Murphy	54-06
509. Mick Butler	55-18
575. Julie West	60-02

Winner: Yarel Haggos (Wallsend) 30-35 **1st Lady:** Emily Whitmore (Charnwood) 35-34

RACE III Hungarton "7"

The sun always seems to shine at Hungarton and there was another hot evening at this year's race. Luckily, a new course tried last year with the race going out to White's Barn and then looping around Cold Newton and Lowesby before returning to Hungarton was not quite as severe as the original course over Billesdon Coplow. There were a number of casualties owing to heat exposure including our own Helen Mercer and Wendy Thompson. Thankfully, all were ok soon after the race finished.

The race was won easily by Matt Adcock taking the lead from the start with his clubmate, Jason Williams. Nicki Nealon continues to amaze and was first lady overall in the ladies' race and was only beaten by Nick Strange and Mark Kendrick amongst the Huncote men. It was a good run by Nick who has put together a good set

of results after losing much of the winter to injury.

HARRIERS

34. Nick Strange	45-41
38. Mark Kendrick	45-49
43. Nicki Nealon	46-12
47. Kingsley Cook	46-44
67. Stephen Snow	48-47
79. Jason Tomkins	49-33
91. Ian Thompson	50-29
140. Duncan Foley	54-01
151. Hugh Potter	54-39
176. Rob Tate	56-03
180. David Robinson	56-14
198. Mike Tansey	57-03
217. Clare Moore	57-51
229. Chris Unwin	58-27
231. Mike McSharry	58-34
246. Paul McMorran	59-17
274. Wendy Thompson	60-34
300. Mike Percival	62-21
301. Katherine Dean	62-30
305. Stuart Hale	63-00
321. Julie West	63-58
327. Sandra Ankers	64-10
328. Keith Chambers	64-11
404. Marie Wilford	71-53

Winner; Matt Adcock (Hermitage) 38-39

By way of comparison the following is the result of the 1989 Hungarton 7 race held on 19th July that year, characterised by heat wave conditions. In those days the course started outside the village hall and went southwards: an immediate stiff climb out of the village followed by a sharp downhill stretch

to the Coplow Road. From there the road climbs most of the way to Billesdon Coplow finishing with a very steep climb to the Tilton Road. From there it is undulating back to Hungarton via Sludge Hill. The race was won by course record holder Joe Masterson in 36-20 (the night was hot but Joe's course record was 34.1/2 minutes)

HARRIERS

14. Graeme Slight	39-13
19. Bob King	39-24
23. Phil Watts	39-44
25. Tom Cann	40-05
27. Bill Farrell	40-19
30. Gerry Brennan	40-36
31. Trevor Longman	40-38
32. Mark Wittering	40-41
39. Keith Lock	41-31
42. Don Randle	41-38
45. Dave Blockley	41-45
51. Dave Strange	42-08
54. Ian Burbage	42-15
62. Malc Pantling	42-31
66. Jeff Underwood	42-53
75. Keith Chambers	43-21
81. Mick Bradford	43-43
84. Bob Hall	43-49
86. Joe O'Brien	43-53
103. Mike Newton	44-49
111. John Shade	45-14
122. Jeff Wickham	45-41
127. Rod Gray	46-11
135. John Thomas	46-32
138. Steve Hawkins	46-40
153. Dave Marshall	47-55
160. Mick Fontana	48-21
166. Geoff Balfour	48-36
180. Derek Milner	49-26
190. L. James	49-54
213. Jim Diaper	53-12
228. Terry Kemble	55-02
231. Phil Tyler	55-27
232. Jim Bates	55-35

Winner: Joe Masterson (Leic Cor) 36-20

LADIES

10. Irene Forty	51-38
17. Julie Frearson	53-59
31. S. Skinner	56-50
33. Monica Deacy	58-23
36. Debbie Quilter	59-20
37. Amanda Randle	59-45

Winner: Sue Clarke (Charnwood) 47-03

Also running that night were a number of people who were to join the Harriers and go on to better things in later years, namely, Mick Butler (Beaumont Leys) 42-23, Jack Angrave (Thurnby) 42-28, Mick Quilter (Road-Hoggs) 48-01 and Sue Edwards (Dee-Lux) 51-03.

In comparing the two race results the decline in standards for the men from the 1989 race to the 2015 race is staggering! In 2015 only 8 runners in the race were able to run inside 6 minute/mile pace. In 1989 the number was 49 including 11 from Huncote Harriers. Nick Strange was first Harrier to finish in 2015 with a time of 45-41 – in 1989 there were 21 Harriers quicker than that time, and on a harder course! Interestingly, Nick Strange was 3.1/2 minutes slower than his dad in the 1989 race. It should also be noted that 502 runners completed the race in 2015 as against 302 runners in 1989. Much of the difference in race numbers between the two years is explained by increased participation by ladies in recent years: there were only 48 ladies in the 1989 race. Ladies' standards are roughly comparable with Nicki Nealon being faster in the 2015 race than Sue Clarke's winning time in the 1989 race. However, all our ladies in the 1989 race finished inside one hour whereas 5 ladies were outside one hour in the 2015 race.

EAST MIDLANDS GRAND PRIX ROUND-UP

VII Weedon 10K

Helen Talbot cemented her position at the top of the F/35 rankings with a fine second place run to lead home the Harriers. Ian Thompson was first male Harrier home in front of his rival, Andy Wilford.

HARRIERS

70. Helen Talbot	41-19
88. Ian Thompson	42-30
131. Andy Wilford	45-11
162. Chris Unwin	47-09
205. Wendy Thompson	50-01
311. Andy Wilford	59-39

Winner: Matt Adcock (McCarkiss EP) 33-51 **1st Lady:** Rachel Cave (Higham) 37-49

VIII Milton Keynes 10K

44. Mark Kendrick	38-09
92. Helen Talbot	40-50
127. Simon Hart	42-25

Winner: Michael Aldridge (Wootton RR) 33-14 **1st Lady:** Gill Fullen (Bedford Harriers F/50!) 37-16

FINAL STANDINGS

Well done to Helen Talbot for finishing top of the F/35 table with 4 firsts and a second place to her credit. In doing so she led the Huncote Veteran ladies to second place in the team standings.

HARRIERS TEAMS

Senior Men (4 to count) 11th
 Senior Ladies (3 to count) 5th
 Veteran Men (4 to count) 4th
 Veteran Ladies (3 to count) 2nd

ON THE FELLS

Great Hucklow Fell Race (6 miles/1115')

Rich Thomas continues to fly the flag for the Harriers in fell races and took part in this race near Buxton. For a while he found himself in front of Huncote Life Member, Trevor Longman, now running for Macclesfield Harriers, but Trevor managed to power past on the last hill to win the

duel.

98. Trev Longman 1-07-34
103. Rich Thomas 1-08-13
Winner: Jack Ross (Staff Moorlands/Mark Burton (Pennine FR) 46-48 **1st Lady:** Caitlin Rice (Glossopdale) 53-00

OTHER RESULTS

Beacon Hill Solstice Run

Leicestershire's equivalent of a fell race took place at Beacon Hill over approximately a 5 mile course. Mark Gregory was first Harrier home in a fine 5th place whilst Claire Bryan led home the ladies.

5. Mark Gregory 31-15
37. Kent Butcher 37-14
40. Will Ravenhill 37-25
92. Claire Bryan 42-46
95. Tina Tosh 43-03
109. Gina Blagden 44-13
118. Sarah Butcher 45-14
119. Aimee Browne 45-14

Cheltenham Marathon (off-road)

103. Paul McKay 5-20-38
Winner: Ewan Dunlop (Steyning) 3-14-29 **1st Lady:** Nicki Davies (Bristol & West) 3-54-06

Rugby Half Marathon

A promising Harriers debut by Stephen Walker and welcome back Laura Herbert!

218. Stephen Walker 1-50-57
233. Karen Selby 1-52-49
251. Lindel Carruthers 1-53-35
279. Lance Rathbone 1-55-52
553. Chris Jefferson 2-16-27
715. Laura Herbert 2-35-52
Winner: Toby Spencer (Coventry Godiva) 1-08-56 **1st Lady:** Amy Sarkies (Rugby Tri) 1-28-15

Notfast 10K Newark

Nicki Nealon was 1st lady in the race

12. Nicki Nealon 38-39
63. Rob Tate 44-46
Winner: Adam Baker (Lincoln Wellington) 35-02

Worthington "5"

This Burton & District Road Race League race is a local favourite for our prolific racer Mark Kendrick who managed to squeeze under 6 minute/miling pace.

14. Mark Kendrick 29-41
Winner: Tim Hartley (Notts) 26-45

Hornton "6"

A weekend Harriers camping trip to Oxfordshire including this race on a hilly course. Godiva's Toby Spencer made easy work of the course for a fine win.

31. Ian Thompson 42-03
42. Andy Wilford 43-42
64. Chris Unwin 46-47
72. Wendy Thompson 47-21
119. Marie Wilford 58-05
Winner: Toby Spencer (Coventry) 31-42 **1st Lady:** Diane Moore (Headington) 38-12

Wellingborough "5"

31. Steve Bloxham 30-25
Winner: Toby Spencer (Coventry) 24-43 **1st Lady:** Gill Fullen (W/50) (Bedford H) 28-56

Rainbows 100 Lap Charity Race – Saffron Lane Track

Huncote Harriers finished 3rd in this charity fun run around the Saffron Lane track. 20 runners are required to run 5 laps apiece around the 400 metre track with 4 laps rest (done by other runners) in between each lap. Stilton Striders runners maintained their success rate in this event with their senior team just getting the better of their juniors. The Huncote Harriers time for the 100 laps (40K) was 2 hours 22 minutes 30 seconds. Special thanks to Andy Ball for organizing our team.

SPECIAL NOTICE

At the Dovecote, Narborough, on Monday 7th September 7-30pm

Have you ever wondered how runners can run so fast? Top Leicester runner and coach, Alan Maddocks, will be conducting a multi-media presentation of why Kenyan runners produce such extraordinary results, with emphasis on the marathon. His analysis looks at their training methods and will be followed by an opportunity to ask questions. There is no charge to attend but the evening is being held as a fund raiser for the Bodie Hodges Foundation so a charitable donation on the night would be appreciated. To attend please advise Kate Parry. The entry is limited to 40 people, first come, first served!

CONGRATULATIONS

A big "well done" to Jenny Kirk and Pete McLennon on the birth of their son, Freddie. His birth was premature and he needed some life support but Freddie is now doing fine. Jenny and Pete would like to thank everyone at the Club for their kind support. Of course, Jenny was very much involved with the organization of our Joy Cann Road Race and was co-race director with Jo Burnett.

JOY CANN MEMORIAL 5 MILES ROAD RACE

Huncote Harriers promoted race IV in the Leicestershire Summer Road Race League and made it a resounding success. There was slight panic for the organizing committee two weeks before the race because joint race director, Jenny Kirk, had to be rushed to hospital to give birth to her baby which arrived somewhat prematurely. Not to worry, Chris Green stepped up to the plate with quiet assurance and the race passed off without any hitch. Many congratulations to all the committee for all the hard work that goes into organizing the race – getting the detail right and trying to foresee possible snags are secrets in promoting a successful race. Thanks also to all the race marshals and helpers at the finish. Even though we had so many marshals and helpers we still managed to put 47 runners into the race which illustrates the sort of support our Club gets.

With around 600 race entries our race is just about as big as it can possibly get: with more runners car parking and traffic around the Leisure Centre is likely to become a major issue with which we might find difficulty in coping.

Charnwood's Harry Lupton dominated the race and won by well over a minute but the winning time was the slowest in the history of the event. There was a good run by Nicki Nealon to finish 2nd lady but she had to concede victory to her close rival, Emily Ault (Barrow). Mark Gregory was first Harrier home and was inside 30 minutes as he finished almost a minute clear of Nick Strange. Amongst our new



Charnwood's Harry Lupton just past 3 miles, already with a big lead and on his way to victory

members who ran, Robert Fox and Stephen Snow ran good times and look to have potential.

HARRIERS

30. Mark Gregory	29-53
52. Nick Strange	30-49
54. Nicki Nealon	30-53
74. Andy Ball	31-50
78. Simon Hart	31-57
81. Lee Cobby	32-09
86. Andy Woolley	32-19
87. Robert Fox	32-20
93. Stephen Snow	32-31
101. Jason Tomkins	32-45
123. Nick Vernon	33-28
141. Steve Copeland	34-09
146. Brandon Gray	34-21
147. Paul Nicholson	34-21
156. Hugh Potter	34-43
178. Christian Gamble	35-21
187. Rob Tate	35-41
191. David Robinson	35-45
197. Kent Butcher	35-54
201. Chris Unwin	35-58
214. Claire Quigley	36-19
224. Mike McSharry	36-33
233. Stuart Hale	36-51
237. Kathryn Evans	37-00
247. Sarah Pegg	37-14
253. Lance Rathbone	37-24
266. Neil Parry	37-52
269. Wendy Thompson	37-57
276. Rachel Trivett	38-09
293. Paul McMorran	38-41
305. Stephen Walker	39-08
324. Jeff Wickham	39-36

358. Mark Springthorpe	40-46
362. Julie West	40-49
364. Michael Collins	40-52
371. Tina Tosh	40-54
374. Sarah Butcher	41-04
376. Claire Bryan	41-09
381. Gina Blagden	41-20
382. Andy Wilford	41-20
393. Joanna Ravenhill	41-43
435. David Styring	43-19
464. Kate Parry	44-23
467. Mick Butler	44-38
479. Jenny Murphy	45-30
482. Hilary Springthorpe	45-32
530. Helen Bennett	49-08

Winner: Harry Lupton (Charnwood) 25-42 **1st Lady:** Emily Ault (Barrow) 30-37

The prize list at our race is extensive and it enabled our ladies to collect third placed team on the night behind Charnwood and Barrow; Nicki Nealon, Claire Quigley and Kathryn Evans made up the counters. Individually, we had Nicki Nealon as 2nd lady and Claire Quigley nipped in to take third place in her age category.

FIXTURES

AUGUST

Wednesday 5 th	Summer LRRL Joy Cann Memorial "5"	Huncote L.C.	7-00pm
Tuesday 11th	Huncote Harriers 10K Road Race Club Championship, Handicap & Barbecue	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

SEPTEMBER

Sunday 6 th	Summer LRRL John Fraser "10"	Countesthorpe	10-30am
Monday 7 th	"Why do Kenyans run so fast?" Multi-media Presentation by Alan Maddocks	Dovecote, Narborough	7-30pm
Sunday 13 th	Great North Run	Newcastle-upon-Tyne	
Saturday 19 th	Midland Road Relay Championship Men 6 Stage x 3.6 miles Ladies 4 Stage x 3 miles	Sutton Park, Sutton Coldfield	12-00pm
Saturday 26 th	Causeway Marathon/Half M/Ultra Run	Portstewart, Co Londonderry	

OCTOBER

Saturday 10 th	North Midlands X/C League	Markeaton Park, Derby	12-00pm
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NOVEMBER

Saturday 14 th	North Midlands X/C League	Corby	12-00pm
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Don't forget the Club Championship and Handicap 10K!

Afterwards there will be a barbecue and presentation at The Huncote Sports & Social Club at Thurlaston. Bring your own meat for the barbecue but the Club will supply salad and chips. You will be able to purchase drinks from the licensed bar.

Please aim to get there for 6-45pm to enable Nick Nealon to sort out your entry and handicap. Race will start as soon as possible after 7-00pm

NEWSLETTER EDITOR

Items for inclusion in the Newsletter contact:

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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