



THE HARRIER

The official newsletter of
Huncote Harriers Athletic Club

December 2015
Issue Number 181



THE HARRIERS IN IRELAND

by Graeme Slight

Paul Nealon has organized several trips to Ireland in recent years. This year's event was probably his toughest and most scenic all rolled into one. Eleven Harriers boarded the plane from East Midlands on Friday 5th October and, in less than one hour, we were landing at Belfast George Best Airport. Our self drive mini bus was there waiting and we began our sight-seeing tour at the Titanic Centre just 10 minutes away (if you take the right road!). The group kindly indulged me as I was determined to visit Belfast City Hall to find my great grandfather's name cast on the Titanic Centenary Memorial in memory of the 1512 lost souls.

Paul then led us to the Europa Hotel and treated us to our first Guinness of the weekend. Apparently the Europa is the most bombed hotel in the World and, just to add to the atmosphere, they had a fire alarm test! A quick walk across the road to look at the National Trust's only pub, The Crown, and then we were on our way to The Bayview Hotel at Portbalentrae.

After a walk to the village hall for race registration we retired to the bar and restaurant to tank up for the arduous day ahead. Andy Wilford and Ian Thompson were up early next morning to catch their bus to take them down the coast for the 7-15am start of their 40 miles ultra marathon. Marie, Wendy, Irene & myself had the slightly easier 9-

30am marathon start a short walk away from the hotel. The others would have to catch a bus to take them 13 miles up the coast for the 12-30pm half marathon start. They waved us goodbye as they enjoyed a more relaxed breakfast.

We were blessed with fine dry weather. The marathon followed the coastline north, gentle slopes at first on to the cliff top, then down through the Giant's Causeway gate before a tough climb up a staircase to a cliff top path. Walking the climbs and jogging the flat and downhill sections was tiring as the path constantly twisted climbed and dropped in elevation. However, the stunning scenery did much to distract our minds from our tiring legs. Following a climb through a natural archway we faced a slippery rocky beach section followed by 2 miles of flat sand terminating in a stiff road climb only then to descend back to sea level for half way. After taking on water and cake we saw the remaining Harriers coming down to join us having just arrived on the bus for the start of their half marathon.

We set off on our return leg knowing what was ahead of us. We soon met with Andy and Ian with Wendy and Marie approaching in the opposite direction. As the day warmed our pace slowed and those aforementioned rocks really did break our rhythm. Half marathoners began to come past, not easy on some of those narrow paths. We

cheered up when we recognized the howl that was Chris Unwin, Guinness powered, bounding along and clearly in good form. Later on, Andy and Ian eased by us before we finally heard the party going on at the finish. Fortunately the easy start made for an easy finish and we just managed to get jogging again to cross the line. After running together for a time of 5-49-55 I managed to lose Irene within a minute of finishing. I found her, sat quietly contemplating the arduous challenge we had just completed. A terrific event but not to be under-estimated – it's a toughie!

The day was tainted by England losing to Wales in the rugby but the Harriers carried on the party into the small hours: the local musician being treated to Ian Thompson's break dancing including a forward roll across the dance floor. I was blissfully asleep by this stage but I was told we left our mark in local folklore.

With slightly rigid legs, the next day we toured the local area, Portrush (near the ultra start), Dunluce Castle, the Carrick-a-rede rope bridge (no bouncing, Marie!), Ballycastle, and a closer inspection of the Giant's Causeway itself. The Bushmills Distillery was our final visit before departing on the Monday.

A big thank you to Paul Nealon for organizing the tour and to Marie Wilford for everything else.

Who told Alex Doory they used the EURO? Naughty devils!!

NORTH MIDLANDS CROSS COUNTRY LEAGUE

Race I Markeaton Park

Ben Connor, Derby AC's promising athlete, made easy work of this parkland course to finish almost a minute clear of Ben Livesey of Notts. Charnwood's Juliet Potter also had a comfortable victory in the ladies' race. For Huncote there was a promising turnout with the men finishing 12th out of 32 teams and the ladies, 18th out of 25 teams. Clare Moore has maintained her improvement in the Summer months and was almost 3 minutes clear of Trudi Unwin who is on the comeback trail after a break from competitive running. The men's race was closer: Mark Kendrick made a fast start and was well clear of Mark Gregory and Carl Sommer after the first lap. Carl Sommer ran well in the second half of the race to close the gap but couldn't quite close the gap on Mark Kendrick.

MEN

53. Mark Kendrick	36-10
58. Carl Sommer	36-28
71. Mark Gregory	37-34
116. Chris Talbot	39-13
118. Gareth Chivers	39-25
145. Nick Strange	40-41
150. Graeme Slight	40-59
188. Keith Chambers	43-29
215. James O'Dowd	45-36
222. Chris Unwin	45-59
227. Rob Tate	46-19
233. Phil Thompson	46-29

Winner: Ben Connor (Derby AC) 31-07

LADIES

52. Clare Moore	31-09
87. Trudi Unwin	34-05
116. Sandra Ankers	37-14
120. Julie West	37-50

Winner: Juliet Potter (Charnwood) 23-50

TEAMS MEN

1. Notts AC	24pts
2. Nene Valley Harriers	160pts
3. Corby AC	179pts
12. Huncote Harriers	416pts

(Total 32 teams)

TEAMS LADIES

1. Notts University AC	28pts
2. Notts AC	42pts
3. Charnwood	46pts
18. Huncote Harriers	255pts

(Total 25 teams)

Race II Glebe Pk, Corby

Rain made conditions uncomfortable for the racers, not ideal when a number of our members were making their debuts in this race series. All credit to those taking part. Nice to see Carl Sommer getting back to form to finish 1st Harrier from rival Mark Kendrick. Carl finished in 15th place, one of the highest finishes by a Huncote male runner and within 2 minutes of the leader. Likewise, good running from Sarah Pegg making a return from injury and finishing half a minute clear of in-form Clare Moore.

LADIES (6K)

50. Sarah Pegg	30-31
61. Clare Moore	31-06
69. Wendy Thompson	32-13
83. Trudi Unwin	33-01
85. Sarah Lambert	33-13
90. Jo Ravenhill	33-51
93. Sandra Ankers	34-18

Winner: Aubree Piepmeier (Notts Univ) 23-34

MEN (10K)

15. Carl Sommer	36-52
39. Mark Kendrick	39-25
61. Chris Talbot	40-30
89. Dave Egginton	42-01
112. Graeme Slight	43-20
120. Ian Thompson	44-05
128. Nick Strange	44-43
141. Keith Chambers	45-31

157. Chris Unwin 47-13

Winner: David Bishop (Team Derby Runner) 34-53

Race III Shipley Park

The Xmas season and injuries meant a depleted turnout for the third race but good runs from Mark Kendrick and Clare Moore to lead home the Huncote teams on a windy day.

MEN

39. Mark Kendrick	38-50
101. Chris Talbot	42-46
106. Graeme Slight	43-26
143. Keith Chambers	46-26
190. Rob Tate	52-03

Winner: Danny Hallam (OWL's) 33-19

LADIES

50. Clare Moore	36-09
65. Wendy Thompson	37-52
83. Sandra Ankers	39-48

Winner: Jane Potter (Charnwood) 25-54

TEAMS MEN

1. OWL's	91
2. Notts AC	91
3. Nene Valley Harriers	110
18. HUNCOTE	579

TEAMS MEN OVERALL

1. Notts AC	269
2. Nene Valley Harriers	353
3. OWL's	468
7. HUNCOTE	1311

TEAMS LADIES

1. Notts AC	26
2. Nene Valley Harriers	36
3. Derby AC	64
12. HUNCOTE	198

TEAMS LADIES OVERALL

1. Notts AC	97
2. Charnwood AC	272
3. Nene Valley Harriers	272
14. HUNCOTE	633

Individually, Sandra Ankers leads the way in the Ladies W/60 competition. Let's have a good turnout in the last race at Wollaton Park!

LEICESTER MARATHON & HALF MARATHON

A huge Harrier turnout for our home city marathon and half marathon. For some the culmination of a period of solid training. Only 2 Harriers were confident enough to enter the marathon, Mike McSharry and Lindel Carruthers but more than 40 took part in the Half. Gareth Chivers was first home from rival Jason Tomkins. Mind you! Jason had to sprint hard in the closing 200 metres to hold off evergreen Graeme Slight who can claim to have run in the early Leicester marathon races in the 1980's. Ian Thompson was quite pleased with his 1-31-40 so soon after his recent ultra run. For the ladies Helen Mercer was first home from newcomer Kathryn Evans.

Amongst the entries for the half marathon was Yared Hagos a sub 64 minute half marathoner at his best. In the end he didn't turn out but the race still had Nick Samuels the promising Sale Harrier based at Loughborough. Samuels, in front from the start, had a comfortable win in front of ex Huncote Harrier, Matt Adcock, now running for Hermitage.

HARRIERS MARATHON

214. Mike McSharry 3-57-18
240. Lindel Carruthers 3-59-38
Winner: Matthew Lalor (Unatt) 2-34-39 **1st Lady:** Hannah Oldroyd (Uknetrunner) 2-57-56

HALF MARATHON

67. Gareth Chivers 1-26-48
82. Jason Tomkins 1-28-07

83. Graeme Slight 1-28-09
133. Ian Thompson 1-31-40
182. Hugh Potter 1-34-09
248. Paul McMorran 1-37-44
270. Brandon Gray 1-38-56
277. Martin Towers 1-39-11
287. Robert Burgin 1-39-36
308. Helen Mercer 1-40-40
312. Mark Springthorpe 1-40-51
323. Chris Unwin 1-41-15
330. Duncan Foley 1-41-35
335. Kathryn Evans 1-41-46
389. Lance Rathbone 1-43-19
431. Leonard Symeonides 1-44-09
481. Rachel Trivett 1-45-38
573. Neil Parry 1-48-42
610. John Hart 1-49-30
664. Claire Bryan 1-50-56
692. Chris Green 1-51-40
701. Katherine Dean 1-51-54
717. Ian Longford 1-52-24
756. Michael Collins 1-53-09
775. Gina Blagden 1-53-41
833. Jo Ravenhill 1-55-40
835. Stephen Walker 1-55-40
843. Scott Burgin 1-55-49
859. Tracey Griffiths 1-56-55
918. Jenny Murphy 1-57-19
1013. Trudi Unwin 1-59-08
1033. Kate Parry 1-59-33
1074. Mick Butler 2-00-34
1179. Alex Doory 2-03-02
1327. Louise Wright 2-07-23
1452. Sharon Jackson 2-11-57
1592. Chris Jefferson 2-16-44
1773. Sarah Coop 2-25-06
1775. Stuart Hale 2-25-07
1776. Tracey Morris 2-25-07
1843. Jude McSharry 2-28-28
2031. Simon Harrison 2-59-45
Winner: Nick Samuels (Sale) 1-09-04 **1st Lady:** Anne Holyland (Wraeke) 1-21-41

HUNCOTE HASH

Sunday 3rd January 2016

VOLUNTEERS REQ'D

IF YOU ARE NOT
RUNNING PLEASE COME
ALONG AND HELP ON
THE DAY WITH
MARSHALLING ETC. HELP
ALSO REQUIRED ON
SATURDAY BEFORE WITH
COURSE MARKING

THANK YOU

SNOWDONIA MARATHON

The hardest road marathon in the country runs through some of the most scenic country in North Wales. However, with tough climbs totaling some 1800 feet it is not a course for p.b.'s! Much of the climb is in the first 4.1/2 miles as it ascends the Llanberis Pass to Pen-y-Pas Youth Hostel from the village of Nantperis. To add to the difficulty there is a steep road descent near the finish from the summit of Bwlch-y-Groes to Llanberis which is hard on tiring thigh muscles. Harriers Alastair Orencas, Nick Vernon and Rich Thomas made return visits to sample this popular UK marathon. Unfortunately, torrential rain for much of the race made life miserable for the runners. Alastair Orencas, having completed some hard training in preparation for the race was on for a good time until cramping up in the closing stages. Nevertheless he managed to finish first Harrier home in under 4 hours, thus turning the tables on his rival Nick Vernon who beat him last year. Considering the bad weather, John Gilbert won the race in quite a respectable time although some 5 minutes down on Olympic marathoner Jeff Norman's 1985 course record of 2-28-02

529. Alastair Orencas 3-57-22
828. Nick Vernon 4-17-35
1172. Rich Thomas 4-39-00
Winner: John Gilbert (Kent AC) 2-33-39 **1st Lady:** Tracy McCartney (NVH) 3-08-47

OTHER RESULTS

Birmingham Half Marathon

Two newer members of the Harriers took part in this year's race which was won by European 10,000 metres silver medallist Chris Thompson.

5659 Claire Sceeny 1-54-24

9876 Diane McGrellis 2-26-23

Winner: Chris Thompson (AF&D)

1-03-00 **1st Lady:** Dominkia

Napieraj (Poland) 1-13-39

Bridlington Half Marathon

Nicki Nealon made the long trip to Yorkshire worthwhile with a fine win in 1-22-40 finishing overall in 20th place. First was another Leicestershire athlete, Matt Adcock, in 1-10-45

Lisbon R&R Marathon

Paul McKay finished in 4-58-55 to complete his 68th marathon on his journey to run 100 marathons. At the front, the race was won by Kenyan Asbel Kipsang in 2-09-26

Shepshed "7"

Nicki Nealon was second lady behind Charnwood star, Juliet Potter, in this year's edition of this popular race. Helen Talbot was also successful being first lady in the W/35 race. For the men, Mark Kendrick had a minute and a half to spare over Mark Gregory.

10. Mark Kendrick 41-22

18. Mark Gregory 42-55

26. Nicki Nealon 43-35

31. Chris Talbot 44-38

32. Andy Woolley 44-48

41. Nick Strange 45-57

50. Helen Talbot 46-58

52. Simon Hart 47-05

85. Ian Thompson 49-01

106. Barry Hibberd 50-44

112. Duncan Foley 51-05

128. Kathryn Evans 51-52

132. Rob Tate 51-58

168. Claire Quigley 54-01

169. James O'Dowd 54-13

181. Clare Moore 54-53

190. Mike Percival 55-14

209. Sarah Pegg 56-21

225. Jeff Wickham 57-28

245. Wendy Thompson 58-48

271. Paul Nealon 60-28

278. Kate Parry 60-57

300. Jenny Murphy 61-45

314. Julie West 62-27

318. Sandra Ankers 62-30

319. Keith Chambers 62-31

342. Mick Butler 63-40

430. Helen Bennett 70-30

Winner: Stuart Spencer (Barrow/Notts) 36-58 **1st Lady:** Juliet Potter (Charnwood) 41-29

Beacon Hill Half Marathon Trail Race

A scenic race run over a popular but tough training ground for runners. Nicki Nealon finished third overall and first lady in this race. This was race victory number 299 for Nicki and needs only one more to reach a rare milestone! Alastair Orencas also had a fine run to finish first male Harrier from Ian Thompson who had run the previous day at Corby.

3. Nicki Nealon 1-30-21

30. Alastair Orencas 1-42-17

49. Ian Thompson 1-46-27

56. Andy Wilford 1-48-18

70. Kathryn Evans 1-50-06

71. Will Ravenhill 1-50-24

79. Chris Unwin 1-52-03

92. Lindel Carruthers 1-53-39

133. Kent Butcher 1-59-25

137. Duncan Foley 1-59-46

143. Clare Moore 2-00-41

158. Claire Bryan 2-02-13

163. Nick Vernon 2-03-46

217. Marie Wilford 2-18-01

228. Gina Blagden 2-20-26

229. Julie West 2-20-28

234. Sarah Coop 2-21-45

235. Claire Sceeny 2-21-45

Winner: Josh Hubbard (Ambleside AC) 1-23-46

Wolverton "5"

The fastest 5 mile time achieved by a Harrier for a number of years by Carl Sommer.

23. Carl Sommer 27-27

Winner: Kevin Seaward (Cardiff AC) 24-30

DERBY RUNNER CROSS COUNTRY LEAGUE

I Markfield

A rare but welcome appearance from Seema Patel to lead home the ladies whilst Jason Tomkins was first Harrier home for the men

Men

75. Jason Tomkins 38-21

80. Simon Hart 38-43

132. Ryan Lambert 41-03

161. Andy Wilford 42-39

164. Will Ravenhill 42-45

203. Martin Towers 44-21

208. Chris Unwin 44-33

237. Barry Hibberd 46-09

256. Jonathan Wells 46-53

273. Paul Nealon 47-55

286. Kent Butcher 48-48

Winner: James Walker (Shelton) 32-09

Ladies

76. Seema Patel 49-07

81. Trudi Unwin 49-30

96. Clair Davis 50-36

97. Jenny Murphy 50-38

136. Julie West 54-10

Winner: Rachel McGuinness (Derwent) 36-47

II Bagworth Heath

Ladies

36. Sarah Pegg 36-24

55. Wendy Thompson 59-33

92. Jo Ravenhill 65-49

108. Julie West 68-14

111. Marie Wilford 68-41

Winner: Rachel McGuinness (Derwent) 44-53

Men

100. Nick Strange 47-25

133. Ian Thompson 49-17

144. Alastair Orencas 49-45

167. Duncan Foley 51-17

193. Will Ravenhill 52-45

208. Barry Hibberd 53-25

255. Andy Wilford 56-36

283. Jonathan Wells 58-57

Winner: Steve Gibson (Beaumont) 38-55

HUNCOTE HARRIERS GRAND PRIX

Two new winners go on the trophies this year. Congratulations go to the ladies' winner, Wendy Thompson, who had a close tussle with Julie West. The runaway men's winner was Mark Kendrick who didn't need to run in the maximum number of races to count in the competition. It was tight for second place in the men's league with Ian Thompson just getting the verdict from Nick Strange although Nick ran in one race fewer.

Amongst the newer members with good results, Kathryn Evans for the ladies and Jonathan Oxborough for the men look promising: both had good times in the Leicester Park/Run. Here, junior Nathan Lawson was well clear in first place and Nicki Nealon was first in the ladies' competition.

GRAND PRIX MEN (top 40 positions number of runs indicated in brackets)

1. Mark Kendrick	881 (17)
2. Ian Thompson	784 (18)
3. Nick Strange	783 (17)
4. Andy Wilford	752 (18)
5. Chris Unwin	689 (18)
6. Duncan Foley	662 (16)
7. Graeme Slight	536 (12)
8. Andy Ball	518 (11)
9. Kingsley Cook	465 (9)
10. Jason Tomkins	452 (10)
11. Chris Talbot	448 (10)
12. David Robinson	434 (11)
13. Rob Tate	409 (11)
14. Barry Hibberd	377 (10)
15. Mike Percival	373 (11)
16. Gareth Chivers	368 (8)
17. Jeff Wickham	361 (11)
18. Jonathan Oxborough	335 (7)
19. Paul Nealon	301 (9)
20. Stuart Hale	285 (9)

21. Jonathan Wells	275 (8)
22. Keith Chambers	255 (8)
23. Steve Bloxham	250 (5)
24. Will Ravenhill	242 (6)
25. Mike McSharry	240 (7)
26. Hugh Potter	239 (6)
27. Lee Randall	221 (6)
28. Stephen Snow	185 (4)
29. Simon Hart	184 (4)
30. Lee Cobby	179 (4)
31. Martin Coley	172 (4)
32. Andy Woolley	168 (4)
33. Tom Harris	166 (5)
34. John Hart	165 (5)
35. Mick Butler	156 (5)
36. Nathan Lawson	144 (3)
37. Alastair Orencas	143 (4)
38. Dave Egginton	138 (3)
39. Ryan Lambert	138 (3)
40. Mark Gregory	137 (3)

PARK/RUN MEN (fastest 10 times 5K)

1. Nathan Lawson	16-28
2. Mark Kendrick	17-23
3. Kingsley Cook	18-04
4. Jonathan Oxborough	18-41
5. Gareth Chivers	18-45
6. Andy Ball	18-57
7. Chris Talbot	18-59
8. Jason Tomkins	19-09
9. Darren Valentine	19-19
10. Lee Cobby	19-24

GRAND PRIX WOMEN (top 40 positions number of runs indicated in brackets)

1. Wendy Thompson	845 (18)
2. Julie West	812 (18)
3. Sarah Pegg	744 (15)
4. Marie Wilford	665 (16)
5. Katherine Dean	578 (13)
6. Trudi Unwin	566 (12)
7. Nicki Nealon	525 (10)
8. Jenny Murphy	507 (12)
9. Clare Moore	419 (9)
10. Helen Mercer	395 (8)
11. Kathryn Evans	386 (8)
12. Claire Quigley	295 (6)
13. Sandra Ankers	284 (7)
14. Clair Davis	277 (6)
15. Gina Blagden	255 (6)
16. Irene Forty	215 (5)
17. Jo Ravenhill	209 (5)
18. Kate Parry	198 (5)
19. Claire Bryan	172 (4)
20. Jo Clarke	136 (3)
21. Tina Tosh	129 (3)
22. Helen Talbot	97 (2)
23. Rachel Trivett	92 (2)

24. Bev Parry	89 (2)
25. Seema Patel	86 (2)
26. Sarah Freer	85 (2)
27. Sue Gardner	82 (2)
28. Sarah Butcher	80 (2)
29. Hilary Springthorpe	79 (2)
30. Katrina Wightman	68 (2)
31. Jude McSharry	63 (2)
32. Helen Bennett	61 (2)
33. Jess Upton	52 (1)
34. Leanne Siddon	45 (1)
35. Jo Copeland	45 (1)
36. Louise Wright	44 (1)
37. Sarah Lambert	43 (1)
38. Laura Hderbert	41 (1)
39. Sarah Coop	39 (1)
40. Claire Sceeny	39 (1)

PARK/RUN WOMEN (fastest 10 times 5K)

1. Nicki Nealon	20-36
2. Kathryn Evans	21-19
3. Sarah Pegg	21-30
4. Clare Moore	22-53
5. Katherine Dean	23-55
6. Gina Blagden	24-04
7. Bev Parry	24-16
8. Tina Tosh	24-19
9= Claire Bryan	24-34
9= Jo Clarke	24-34
10. Seema Patel	24-38

PREVIOUS CHAMPIONS

LADIES

2012	Bev Parry
2013	Trudi Unwin
2014	Trudi Unwin

MEN

2012	Barry Hibberd
2013	Andy Ball
2014	Andy Ball

Leading positions in the Grand Prix will be presented with their awards at the Huncote "Bash" in the New Year.

HAPPY XMAS

The Editor would like to wish all members of Huncote Harriers a very happy Xmas, and a successful New Year in their endeavours

FIXTURES

DECEMBER

Friday 4th	Huncote Xmas Social (curry evening)	The Heritage, Narborough	7-30pm
Saturday 5 th	North Midlands X/C League	Shipleigh Park, Heanor	12-00pm
Sunday 6 th	Derby Runner X/C League	Bradgate Park	
Sunday 6 th	Nene Valley Harriers "10"	Cresset Centre, Peterborough	10-30am
Sunday 13 th	Keyworth Turkey Trot Half Marathon	Keyworth, Notts.	
Sunday 20th	Huncote Harriers Christmas Run/Lunch	Reservoir Inn, Thornton	9-30am

JANUARY 2016

SUNDAY 3RD	HUNCOTE HASH X/C	HUNCOTE LEISURE CENTRE	10-00am
Saturday 9 th	Leics County X/C Championship	Burbage Common	12-00pm
Sunday 10 th	Derby Runner X/C League	Allestree, Derby	
Saturday 16 th	North Midlands X/C League	Wollaton Park, Nottingham	12-00pm
Sunday 17 th	Winter LRRL Markfield 10K	Markfield	10-30am
Sunday 24 th	Winter LRRL Barrow "6"	Barrow	10-30am
Saturday 30 th	Midland Counties X/C Championship	Stafford	
Sunday 31 st	Derby Runner X/C League	Gracedieu	

FEBRUARY

Sunday 7 th	Bowline Charnwood Hills Race	Anstey Martin School	10-00am
Sunday 21 st	Derby Runner X/C League	Lutterworth	
Saturday 27 th	National X/C Championship	Castle Donnington, Leics	
Sunday 28 th	Winter LRRL Stilton "7"	Asfordby	10-30am

MARCH

Sunday 13 th	Derby Runner X/C League	Holly Hayes Wood	
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APRIL

Saturday 2 nd	Midland 12-Stage Road Relay Championship (& Ladies 6-Stage Championship)	Sutton Park, Sutton Coldfield	12-00pm
Sunday 24 th	London Marathon		

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