



# THE HARRIER

The official newsletter of  
Huncote Harriers Athletic Club

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## THE NATIONAL CROSS COUNTRY CHAMPIONSHIP

For the first time in its history the "National" was held by the side of Donington Park Race Circuit in Leicestershire. It proved to be an ideal venue as it provided a good undulating course; wide enough to avoid bottlenecks caused by large fields of runners, and capable of supplying sufficient amenities and car parking. Amongst the spectators praising the course was 1966 Commonwealth Games Marathon Champion and Olympic runner, Jim Alder, who declared the course to be a really stern test. He was especially pleased as his Morpeth Harriers team carried off the men's championship with two of their six counters, Nick Swinburn and Jonny Taylor finishing in the first six runners home. Morpeth were also first club in the 9 runners to score category. Aldershot Farnham & District proved yet again to be one of the country's top clubs providing the winners of the men's race, Jonny Hay, the ladies' race, Lily Partridge, and the Junior Men's champion, Ellis Cross. In

addition, they won 4 team championships during the afternoon, a fine result for the Surrey club.

The pick of the Harriers was perhaps Nathan Lawson in the Junior Men's race: he finished in 60<sup>th</sup> place and was well up the field. Mark Gregory was first home for the men but not too far behind were Gareth Chivers and the ever improving Warren Bennett. Sixth counter in the Huncote team was Graeme Slight, still going strong in his 14<sup>th</sup> "National". It was sad for the ladies as what looked to be one of their best ever teams was decimated in the weeks up to the race by illness and injury. All credit to Kathryn Evans, Wendy Thompson and Clare Moore for keeping the Huncote flag flying.

### JUNIOR MEN 10K

60. Nathan Lawson 41-04  
**Winner:** Ellis Cross (AF&D) 36-02

### SENIOR WOMEN 8K

379. Kathryn Evans 42-18  
419. Wendy Thompson 43-20  
435. Clare Moore 43-40  
**Winner:** Lily Partridge (AF&D) 30-35

### SENIOR MEN 12K

638. Mark Gregory	55-39
695. Gareth Chivers	56-18
772. Warren Bennett	57-17
852. Chris Talbot	58-10
1075. Dave Egginton	61-37
1085. Graeme Slight	61-43
1166. Keith Chambers	62-50
1292. Martin Coley	64-50
1324. Ian Thompson	65-26
1370. Andy Wilford	66-26
1437. Chris Unwin	68-07
1574. Martin Towers	73-33
<b>Winner:</b> Jonny Hay (AF&D)	42-09

### TEAMS

#### SENIOR MEN (Leading clubs and Leics placings)

1. Morpeth Harriers	130pts
2. Notts AC	307pts
3. Sale Harriers	326pts
17. Charnwood AC	1397pts
18. OWL's	1401pts
42. Barrow	3110pts
64. Beaumont	4320pts
78. Huncote Harriers	5117pts
94. Hermitage Harriers	5845pts

(123 complete teams)

Next year the race returns to the Midlands again and the venue will probably be at Wollaton Park, Nottingham. It would be a good target to try and get a full ladies' team out and improve on our men's team placing of 78<sup>th</sup>, we need runners capable of finishing in the top 500 places!

## BOWLINE CC CHARNWOOD HILLS RACE 2016

Leicestershire's hardest race was run for the thirtieth time this year over the usual "Bradgate" course across Bradgate Park, Lingdale Golf Course, Broombriggs Hill, Beacon Hill and back. With a lot of recent rain to render much of the course a mudbath, this is not the sort of race to undertake when not fit! Brilliant Nicki Nealon, not a noted fan of the mud, ran the race for the first time in a number of years and finished first Harrier across the line

and 2<sup>nd</sup> lady overall in a fine 34<sup>th</sup> place. Jason Tomkins was also well up the field and got a few scalps. Further down the field Andy Wilford, now in the V/55 age group, ran a useful 2-07-28. At the front of the race, Tony Woodward of Hermitage is beginning to establish a winning reputation as he led Hermitage to team success defeating Barrow's Tim Hartley by over 3 minutes. Hermitage, with their two Huncote recruits, Carl Sommer and Mark Kendrick, should be a

team to watch in the future.

### HARRIERS

34. Nicki Nealon	1-51-05
42. Jason Tomkins	1-53-56
102. Nick Vernon	2-06-49
107. Andy Wilford	2-07-28
129. Chris Unwin	2-10-51
130. James O'Dowd	2-10-51
190. Wendy Thompson	2-19-48
215. Claire Quigley	2-26-51
217. Stuart Hale	2-27-32
234. Guy Stretton	2-31-59
244. Tina Tosh	2-35-45
245. Sarah Butcher	2-35-55
259. Paul Nealon	2-42-23
262. Mick Butler	2-42-40
268. Marie Wilford	2-45-09
<b>Winner:</b> Tony Woodward (Hermitage) 1-31-34 <b>1<sup>st</sup> Lady:</b> Caroline Lambert (Wetherby) 1-42-37	

## OTHER RESULTS

### Aldi Ashby "20"

A large Huncote turnout for this race! Gareth Chivers in a rich vein of form was easily first Harrier home from Martin Coley. Nice to see Claire Quigley back to something like her best form: she is well on track for a good London marathon performance. However, perhaps the best result of the day belonged to new member, Clare Surrell, whose Harrier debut run was not too far off 8 minute/mile pace.

### HARRIERS

39. Gareth Chivers	2-12-54
151. Martin Coley	2-23-52
173. Jason Tomkins	2-25-54
217. Andy Wilford	2-29-57
220. Ian Thompson	2-30-15
230. Brandon Gray	2-30-42
259. Claire Quigley	2-33-19
306. Martin Towers	2-37-26
335. David Robinson	2-39-24
339. Chris Unwin	2-39-45
382. Wendy Thompson	2-42-04
419. Clare Surrell	2-44-26
453. Christian Gamble	2-46-16
478. Kent Butcher	2-47-47

506. Rachel Trivett	2-49-41
532. Leonard Symeonides	2-51-15
583. Neil Parry	2-54-17
627. Stuart Hale	2-56-36
669. Tina Tosh	2-59-03
670. Sarah Butcher	2-59-05
677. Scott Burgin	2-59-26
771. Paul Nealon	3-06-37
780. Marie Wilford	3-07-19
813. Claire Bryan	3-10-20
829. Amy Cunningham	3-11-22
850. Mick Butler	3-12-34
858. Aimee Browne	3-13-11
910. Bev Parry	3-17-01
957. Stephen Walker	3-21-40
958. Lance Rathbone	3-21-40
<b>Winner:</b> Gareth Lowe (Clowne) 1-53-45 <b>1<sup>st</sup> Lady:</b> Katie Lomas (Charnwood) 2-17-17	

### Silverstone Half Marathon

An enormous field but poor quality in the leading places for this Spring event.

Success, though, for the Harriers with Nicki Nealon as first lady and good runs from Paul Featherstone and Duncan Shorthose.

### HARRIERS

22. Paul Featherstone	1-19-46
58. Duncan Shorthose	1-22-51
60. Nicki Nealon	1-23-00
511. Barry Hibberd	1-35-12

818. Stuart Hale	1-39-31
<b>Winner:</b> Michael Aldridge 1-13-06	

### Barcelona Marathon

Well done to webmaster, Mike McSharry, being the first Harrier, other than Paul McKay this year, to finish a marathon running 4-01-10.

### N. London Half Marathon

Another big race in the capital, with Kenyan runners to the fore. A useful run from Kathryn Evans who was a little disappointed with her run of 1-42-58. Josphat Kemei won in 62-41 and first lady was Teresiah Omosa in 74-48

### Notts AC Easter 10K

Nicki Nealon was in bank holiday action in this multi-terrain race around Wollaton Park. She finished 15<sup>th</sup> place overall and first lady in a fine 39-58. Former Midland cross country champion, Alastair Watson, won in 33-37.

## HUNCOTE HARRIERS BIG BASH 2016

Chairman Andy Wilford welcomed members and guests to this year's presentation and buffet evening held at the David Lloyd Leisure Complex at Narborough. There were plenty of awards to present starting with our Club's cross country championship ran in conjunction with the County Championship. Presentations were made to:

Ladies:

- 1<sup>st</sup> Place: Helen Talbot
- 2<sup>nd</sup> Place: Julie Lamb
- 3<sup>rd</sup> Place: Sarah Pegg

Men:

- 1<sup>st</sup> Place: Gareth Chivers
- 2<sup>nd</sup> Place: Chris Talbot
- 3<sup>rd</sup> Place: Dave Egginton

Special commendation for the second placed Lady Masters team in the County Championship made up of Julie Lamb, Wendy Thompson and Clare Moore.

In the North Midlands Cross Country League Sandra Ankers was champion W/60 adding to Irene Forty's success of last year.

In the National Cross Country Championship recently at Donington Park our senior men improved to 78<sup>th</sup> placed team from 93<sup>rd</sup> the year before. Nathan Lawson ran well in the Junior Men's race to finish high up in 60<sup>th</sup> place.

On to the performance standards awards beginning with County standards (five different distances need to be run in order to qualify):

### **COPPER**

Sarah Butcher, Stuart Hale and Tina Tosh.

### **BRONZE**

Gina Blagden, Sarah Pegg and Dave Robinson.

### **SILVER**

Ian Thompson

### **GOLD**

Sandra Ankers, Graeme Slight, Andy Wilford and Andy Woolley

### **PLATINUM**

Nicki Nealon

Similarly Club standards (three distances to be run to qualify):

### **COPPER**

Sarah Butcher, Stuart Hale and Marie Wilford.

### **BRONZE**

Helen Bennett, Gina Blagden, Kent Butcher, Neil Parry, Sarah Pegg, Dave Robinson, Tina Tosh, Rachel Trivett, and Jonathan Wells.

### **SILVER**

Irene Forty, Mike McSharry, Bev Parry, Claire Quigley, Ian Thompson, Wendy Thompson, Jason Tomkins and Nick Vernon.

### **GOLD**

Sandra Ankers, Graeme Slight and Andy Wilford

### **PLATINUM**

Nicki Nealon.

The award for Newcomer of the Year was won by Kathryn Evans, well deserved as she has made a sterling contribution to Harrier team performances in just a short time. Similarly the Committee award for achievement was won by Scott Burgin who has made a great improvement throughout the year.

The Chairman's award for Endeavour was won jointly by John Benson and Wendy Thompson for the dedicated work carried out in introducing new members to running and to our Club.

The Huncote Grand Prix is a year-long series of races in which members accrue points for finishing high up in races. Runners take their best 18 races out of a total of 25 to count in the series and the following runners filled the leading positions:

### **LADIES**

- 1. Wendy Thompson
- 2. Julie West
- 3. Sarah Pegg
- 4. Marie Wilford

### **MEN**

- 1. Mark Kendrick
- 2. Nick Strange
- 3. Ian Thompson
- 4. Andy Wilford

### 5. Chris Unwin

Long service awards were made to the following members:

### **30 YEARS MEMBERSHIP**

Gary Ashby.

Special tribute was paid to Gary for his support over the years in the Leicestershire Round Relay and the fact he has had health issues in recent years

### **10 YEARS MEMBERSHIP**

Tom Corr, Barry Hibberd, Darren Newton, Andy & Marie Wilford.

Finally awards were made for the men and lady Harriers of the Year based on the voting by club members not only on the night but before by those who were unable to attend.

### **HARRIERS OF THE YEAR**

#### **LADIES**

- 1. Wendy Thompson
- 2. Marie Wilford
- 3. Nicki Nealon

#### **MEN**

- 1. Gareth Chivers
- 2. Chris Unwin
- 3. Andy Wilford

Thanks are due to Andy and Marie Wilford, and Nick and Nicki Nealon for their work at the presentation and for vote counting the Harrier of the Year awards. Special thanks to Kate Parry for the organization of the evening. As we are quite a big club people need a lot of cajoling and encouragement to attend and Kate worked hard on our behalf.

### **TRAINING NOTICE**

Please note that as from Tuesday 26<sup>th</sup> April our training nights on Tuesday resume from the Huncote Leisure Centre where we meet in the driveway to start running at 7-00pm. Beginners' groups and Thursday training continue from Enderby Leisure Centre as normal.

## HARRIERS ULTRA RUNNERS – SIX OF THE BEST

Ultra running is generally considered to be running distances over marathon length (26.2 miles). Races can be on-road, off-road on paths and trails, and even on the track where perhaps the most common competition is a 24 hour race where racers try to run as far as they can in 24 hours.

Huncote Harriers have a good record at this type of racing and six of our best performers are detailed in this account. However, the list is not complete as other runners in our Club have made good contributions to our reputation: runners like Brian Mackey, Mick Butler, Jim Bates and Nick Nealon who raced yesteryear in events like Haworth Hobble and Long Mynd Hike; not forgetting Derek Milner who was a trailblazer at events on long distance footpaths and 24 hour races. Our ladies, too, have competed with Julie Frearson, Carol Hawkins and Bev Parry being the most notable

### **1. KEITH CHAMBERS (Marathon Best – 2-46-58)**

A laboratory scientist in the N.H.S. Keith brings the same meticulous approach to running as he brings to his day job. He still runs every day and additionally cycles from his home in Croft to work at the Leicester Royal Infirmary more often than not. Keith has one of the best ultra records in the Harriers record book: the London to Brighton road race. In 1991 the race took him 7 hours 24 minutes 8 seconds. The course isn't exactly flat and is roughly equivalent to running two marathons back to back in 3 hours 25 minutes each plus another 4 miles! Although now in his late 50's Keith still competes at a high level recently having run in the 2016 National Cross Country Championship.

### **2. DAVE HAWCROFT (Marathon Best - 2-45-02 )**

Dave used to be a lecturer in Sciences at Leicester Polytechnic, having gained a Ph.D in Chemistry.

Never very quick over shorter distances but very competitive at marathon distance and above. He was something of a character being a keen student of beer drinking: particularly if it was Marstons and the pub was on or close to the A5 main road. His best performance was perhaps his 100K road race record at Lincoln in 1985 where he ran 8 hours 36 minutes 15 seconds. If anyone doubts how fast this is: try running 2 marathons back to back in 3 hours 35 minutes each and then add on another 10 miles for good measure! Training often included running to and from work which meant, as he lived in Sapcote, a round trip of 18 miles. Now resident in the Irish Republic Dave has retired from running

### **3. TREVOR LONGMAN (Marathon Best – 2-33-24 )**

One of the Harriers all-time greats on-road and off-road. Has won Long Mynd 50 Miles Hike on 3 occasions and is the fastest Harrier on that course (9 hours 12 minutes). This is a part night time trail race over most of the highest hills in Shropshire based around the Long Mynd. He is the only Harrier to have successfully completed a Bob Graham Round, a circuit of 42 of the highest Lakeland peaks involving a distance of 66 miles with 29000 feet of ascent. The challenge starts and finishes at the Moot Hall, Keswick and has to be achieved within a 24 hour time limit. In 2000 he completed the circuit in 22 hours 32 minutes. Elsewhere, in 1997 he has won the Ulfkil Stride Race, a tough 33 mile race over Fountains Fell and Whernside in the Yorkshire Dales in a time of 5 hours 12 minutes. Trevor also has victories in the tough Stretton Skyline 20 mile Fell Race and Milford "21" trail race around Cannock Chase. He is a Life Member of the Harriers having been a key player in the establishment of our Club but moved to Stockport in 1998. In recent years a hip operation has curtailed his activities. To compensate he took up riding a bike but as his hip got better he soon

gave it up complaining that it lacked the buzz and excitement of running. These days Trevor is back on the fells doing the sort of running he enjoys in the Derbyshire Peak District and competes with moderate success for his local club, Macclesfield Harriers, in the V/60 age group.

### **4. CARL SOMMER (Marathon Best – 2-42-59)**

Started running ultras at a younger age than usual and received a lot of advice from distance guru, Mark Wittering. Carl has run in some long races: one of the longest events in the country is the Thames Ring "250". As the name suggests it is a 250 mile race around the home counties and a race Carl completed in 2009 when he ran it in 91 hours 7 minutes to finish an excellent 7<sup>th</sup> place. Additionally, Carl has run multi-stage races in Europe, notably the Deutschlandlauf in Germany. This is a 17-stage race over a total of 748 miles. Cumulatively, Carl took 172 hours to complete the race to take 12<sup>th</sup> place out of 29 finishers. This meant a daily average of 44 miles to make even the best of us squirm. Similarly, he has run in the Transe Gaule race across France. Here the 18 stage race took him 144 hours to complete the 716 miles, an average daily mileage of just under 40 miles. Perhaps Carl's best run was competing in the East Hull Harriers 24 hour track race where he managed to cover 125.7 miles within the time limit and finished 2<sup>nd</sup> in a field of 40. This is the Club 24 hour record. Still close to his racing prime Carl has moved from the Harriers to Hermitage Harriers to further his running career.

### **5. MARK WITTERING (Marathon Best – 2-38-08)**

"Witto" is perhaps the most

prolific and successful of all Harrier ultra runners and was one of the founders of the Club back in 1983. Like Trevor Longman he has also won the Long Mynd Hike 50 a total of 3 times and has won other races. In 1991 in the 54 mile North York Crosses race he was joint first in 9 hours 19 minutes with Martin White. One of his best performances was his run in the 2004 Grand Union Canal run of 145 miles in length. In this race he finished 3<sup>rd</sup> in a time of 33hours and 45 minutes and is still amongst the leaders on the race's all-time records' list. Another fine run was in the 1997 Downsman "100". This event runs the length of the South Downs Way plus a bit to make up the distance. In the 1997 race he finished joint 1<sup>st</sup> in 20 hours 17 minutes. Another outstanding run was in the 1998 Grantham Canal Run where he recorded 3-53-38 for the 33 miles course. In local events he has an enviable record in the Charnwood Marathon run organized by the L.D.W.A. where he has six consecutive wins on the trot from 2002 to 2007. Incidentally, marathon-wise, Mark is the only Harrier to complete the Snowdonia Marathon in under 3 hours going round the course in 2-59-47 in 1997! His last major success came in 2007 when he recorded 5 hours 13 minutes with Carl Sommer for second-placed team in the Wilmot Wander, a 32 mile race in Derbyshire.

For training, Mark is very much a Bradgate Park fan. His total mileage around there is probably close to 15,000 having run there regularly on Sundays over a period of 35 years. Mark hardly competes these days but still enjoys running around the Bradgate rough when free from injury.

## 6. MARTIN WHITE (Marathon Best – 2-51-58)

Being of light build and having an economical running action Martin White is the ideal model for ultra running. Another Harrier

with an uncanny ability to keep going over a long period of time, he honed his long distance running ability by training and racing with Mark Wittering. He first competed in the Long Mynd 50 in 1988 and has competed in it 5 times since, his fastest time being 10 hours and 13 minutes. In this event he has been in the leading teams twice in 1990 (with John Cartwright, Mark Wittering, and Joe Faulkner (non Harrier)) and 1992 (with Mark Wittering, Trevor Longman and John Fine (non-Harrier)) He has competed 6 times in the Wuthering Hike (Haworth Hobble) 33 trail mile race over moorland Bronte country his fastest time being 4 hours 50 minutes in 1991. Also in 1991 in the 54 miles North York Crosses race he finished joint 1<sup>st</sup> with Mark Wittering in 9 hours 19 minutes. In 1992 in company with Trevor Longman he failed in an attempt on the Bob Graham Round: it was a baking hot day and they packed it in on top of Pillar after over 19 hours of running suffering from blisters, bruised toes and dehydration. One of his best performances was winning the Cloud 7 Race near Leek in 2000. The 28 mile course over peaks including The Roaches and Hen Cloud took him 6 hours 12 minutes. Nowadays, Martin still runs regularly competing occasionally in local LDWA events, and, maybe, in the occasional parkrun. Now a member of Leicester Tri Club, he takes a keen interest in his son, Mark's triathlon career.

## OTHER RESULTS (continued)

### Manchester Marathon

A large Huncote contingent made up of runners unsuccessful in getting into the London Marathon. For the second year in a row Ian Thompson led home the Harriers with a useful 3-19-52 but probably the run of the day belonged to Rachel Trivett who had an excellent run on her debut at the distance.

### HARRIERS

1138. Ian Thompson 3-19-52

1794. Martin Coley 3-29-46  
2698. Rachel Trivett 3-42-29  
2713. Leonard Symeonides 3-42-48  
3530. David Robinson 3-52-40  
3870. David Griffiths 3-56-01  
3878. Sarah Butcher 3-56-06  
4300. Stephen Best 3-59-31  
4802. Neil Parry 4-07-01  
5435. Marie Wilford 4-15-45  
5647. Tracey Griffiths 4-19-01  
5673. Graham Fallows 4-34-06  
**Winner:** Steven Bayton (Hallamshire) 2-22-34 **1st Lady:** Kelly Crickmore (Stockport) 2-48-04 **2<sup>nd</sup> Lady:** Anne Holyland (Wreake) 2-52-52

### Belvoir Half Marathon

A success for the Harriers!! Another god run by Paul Featherstone and backed up by Mark Gregory, Gareth Chivers and Jonny Oxborough gave the Huncote men first team prize. All-in-all, a good day for the Harriers with Claire Quigley on the comeback trail and a good run from newcomer, Clare Surrell.

### HARRIERS

7. Paul Featherstone 1-20-36  
24. Mark Gregory 1-25-28  
25. Gareth Chivers 1-25-28  
35. Jonathan Oxborough 1-27-58  
74. Jason Tomkins 1-31-45  
79. Brandon Gray 1-32-41  
81. Duncan Foley 1-33-03  
113. Barry Hibberd 1-36-01  
124. Claire Quigley 1-36-59  
158. Clare Surrell 1-40-53  
163. Chris Unwin 1-41-21  
178. Stuart Hale 1-43-05  
202. Kathryn Evans 1-44-47  
248. Lance Rathbone 1-49-05  
272. Paul Nealon 1-51-26  
278. Kanwaljit Claire 1-51-53  
284. Seema Patel 1-52-12  
367. Aimee Browne 1-59-56  
383. Mick Butler 2-01-22

**Winner:** Josh Bull (Derby AC) 1-08-50 **1<sup>st</sup> Lady:** Magda Locker (Charnwood) 1-28-34

Let's see if we can run well in the Summer league races and the Livingston and put Huncote back on the map!

## DERBY RUNNER CROSS COUNTRY LEAGUE

### VI Ullesthorpe

New member, Paul Hood, showed some potential as he finished first Harrier home just in front of Warren Bennett whilst Kathryn Evans was first home for the ladies.

#### LADIES

31. Kathryn Evans	55-47
35. Wendy Thompson	56-33
67. Clair Davis	61-37
86. Marie Wilford	66-28

**Winner:** Anne Holyland (Wreake) 42-57

#### MEN

28. Paul Hood	42-39
30. Warren Bennett	42-41
61. Duncan Foley	45-13
114. Barry Hibberd	49-56
124. Ian Thompson	50-31
137. Jon Wells	51-18
157. Kent Butcher	53-13
182. Chris Unwin	56-39
206. John Hart	59-36

**Winner:** Marl Powell (Wigston Ph) 36-38

## LEICESTERSHIRE WINTER ROAD RACE LEAGUE

### III Stilton "7"

Promising new member, Paul Featherstone, showed his form in the last race was no "flash in the pan" as he was again first Harrier home in the race ahead of Kingsley Cook. Kathryn Evans again was first lady well justifying her Newcomer of the Year award at "The Bash".

#### HARRIERS

28. Paul Featherstone	42-20
33. Kingsley Cook	43-07
77. Duncan Foley	46-16
93. Nick Strange	47-02
95. Stephen Snow	47-06
115. Martin Coley	48-30
128. Andy Wilford	49-28
136. Will Ravenhill	49-36
137. Ian Thompson	49-38
180. Mike McSharry	51-58
184. Chris Unwin	52-12
200. Kathryn Evans	52-57
207. Jonathan Wells	53-13
216. Helen Mercer	53-47

230. Wendy Thompson	54-49
281. Mike Percival	57-22
330. Clair Davis	60-10
333. Jo Ravenhill	60-32
369. Marie Wilford	65-12

**Winner:** Tony Woodward (Hermitage) 37-08 **1<sup>st</sup> Lady:** Anne Holyland 42-28

### IV Kibworth "6"

New men, Paul Featherstone and Nathan Adams, were way in front of other Huncote runners in this race.

Additionally, Paul Featherstone was under 6 minute/mile pace, a barrier which Huncote runners have rarely been able to beat in recent years. This was a good effort on a course which includes the tough climb of Saddington Hill. Kathryn Evans had another good battle with Helen Mercer for first lady home. Graeme Slight nipped in to take first V/55 place.

#### HARRIERS

24. Paul Featherstone	35-49
41. Nathan Adams	36-37
89. Nick Strange	40-05
93. Stephen Snow	40-13
103. Graeme Slight	41-00
113. David Robinson	41-33
124. Ian Thompson	42-07
131. Andy Wilford	42-15
133. Will Ravenhill	42-29
152. Barry Hibberd	43-06
176. Chris Unwin	44-14
213. Kathryn Evans	45-52
217. Helen Mercer	46-01
231. Mike McSharry	46-57
243. Wendy Thompson	47-30
310. Mike Percival	50-11
353. Jo Ravenhill	52-46
356. Ceri Williams	53-04
360. Irene Forty	53-13
410. Marie Wilford	58-56

**Winner:** Mark Powell (Leic Cor) 32-26 **1<sup>st</sup> Lady:** Anne Holyland (Wreake) 36-07

### V Desford "6"

There was still a sizable field for this race in spite of being held on Easter Sunday. Paul Featherstone again ran well

to be first Harrier home almost 3 minutes clear of Gareth Chivers. Kathryn Evans was again first Harrier lady.

#### HARRIERS

19. Paul Featherstone	34-54
58. Gareth Chivers	37-42
78. Stephen Snow	39-02
85. Kingsley Cook	39-16
87. Nick Strange	39-32
106. Duncan Foley	40-06
151. Barry Hibberd	42-05
208. Kathryn Evans	44-51
210. Mike McSharry	44-53
230. Helen Mercer	45-36
260. Jonathan Wells	47-04
310. Claire Sceeny	48-51
331. Clair Davis	49-43
336. Jeff Wickham	50-04
339. Jo Ravenhill	50-10
407. Jenny Murphy	53-41
440. Graham Smith	56-14
453. Sue Castledine	57-07
482. Lorna Charles	59-28

**Winner:** Harry Lupton (Charnwood) 31-44 **1<sup>st</sup> Lady:** Marie Atterbury (Anstey) 38-02

## OTHER RESULTS (continued)

### Loughborough Half Marathon

Clare Moore managed a p.b. in the Loughborough Half Marathon finishing 184<sup>th</sup> in 1-47-35. Winner was Stuart Spencer (Notts AC) 1-12-19.

### Conkers "5"

4. Paul Featherstone	28-35
39. Duncan Foley	33-47
44. Will Ravenhill	34-27
47. Martin Coley	34-45
49. Barry Hibberd	34-50
69. Jonathan Wells	36-55
117. Jo Ravenhill	41-52
181. Trudi Unwin	48-05

**Winner:** Alex Benfield (SDRR) 27-26

### Derby 10K

66. Nicki Nealon (3<sup>rd</sup> L.) 37-41  
**Winner:** Ben Connor (Derby AC) 28-59

# FIXTURES

## APRIL

Saturday 2 <sup>nd</sup>	Midland 12-Stage Road Relay Championship (& Ladies 6-Stage Championship)	Sutton Park, Sutton Coldfield	12-00pm
Sunday 10 <sup>th</sup>	Belvoir Half Marathon	Hose Village Hall	
Sunday 10 <sup>th</sup>	Manchester Marathon		
Saturday 16 <sup>th</sup>	National Road Relay (12 & 6 Stage) Final	Sutton Park, Sutton Coldfield	
Sunday 24 <sup>th</sup>	London Marathon		
Sunday 24 <sup>th</sup>	Shakespeare Marathon & Half Marathon	Stratford-on-Avon	

## MAY

Sunday 1 <sup>st</sup>	Livingston Road Relays (Men 4 x 5k, Ladies 3 x 5k)	Braunstone Park, Leicester	10-30am
Wednesday 4 <sup>th</sup>	EMGP Silverstone 10K	Silverstone Circuit	7-30pm
Sunday 8 <sup>th</sup>	Bosworth Half Marathon		
Wednesday 11 <sup>th</sup>	EMGP Rugby "6"	Rugby	7-45pm
Friday 20 <sup>th</sup>	EMGP Wootton Friday "5"		7-45pm
Sunday 15 <sup>th</sup>	Summer LRRL West End "8"	Syston Rugby Club	10-30am
Sunday 22 <sup>nd</sup>	Summer LRRL Gaddesby "7"		10-30am

## JUNE

Wednesday 1 <sup>st</sup>	EMGP Corby "5"	East Carlton	7-45pm
Sunday 5 <sup>th</sup>	Summer LRRL Swithland "6"		10-30am
Tuesday 7 <sup>th</sup>	EMGP Banbury "5"		7-45pm
Tuesday 14 <sup>th</sup>	EMGP Harborough "5"	Gartree Prison Estate	7-45pm
Tuesday 21 <sup>st</sup>	EMGP Weedon 10K		7-45pm
Tuesday 28 <sup>th</sup>	EMGO Milton Keynes 10K		7-45pm

## JULY

Wednesday 6 <sup>th</sup>	Summer LRRL Hungarton "7"	Hungarton	7-00pm
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### NEWSLETTER EDITOR

Items for inclusion in the Newsletter contact:

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TRAINING Tues / Thurs 7-00pm

Enderby Leisure Centre (Move to Huncote)

Thurs 6-00pm Enderby Leisure Centre

Improvers – Saturday 9-30am Jubilee Park

Beginners: Enderby LC Tuesday 6-00pm