



THE HARRIER

The official newsletter of
Huncote Harriers Athletic Club

June 2016
Issue Number 184



LIVINGSTON ROAD RELAYS 2016

This race is named after Leicester industrialist and sporting benefactor, S.H.B. Livingston. The relays had dropped off the calendar until a few years ago after local athletic administrator, Ted Toft, found the trophy whilst clearing out his loft and Ramon Howe thought it would be a good idea to reinvent the race.

For the men, Heanor, an up and coming club from Derbyshire sent along a strong team and duly won the men's race in some comfort spearheaded by Chris Rainsford. He now runs first-claim for Highgate Harriers who recently won the men's national 12-stage relay final and he duly ran the anchor leg for Heanor with the fastest time of the day of 14-35. Heanor took the double by winning the Ladies' relay as well, their Hannah Viner was fastest of the day with 17-04

Huncote Harriers had some useful teams competing and were not far off medals in the Ladies, Vet Ladies and Vet Men's races. For the Harriers most of the fireworks took place on the opening leg. Duncan Shorthose was fastest Harrier of the day with 17-40 for the Huncote Harriers Veteran "A" team. He had a good battle with Jonny Oxborough of the

Huncote Men's "A" team just 5 seconds adrift. The Huncote men swept into the lead over the vets thanks to third fastest Harrier run of the day from Gaz Chivers. Mel Evans was fastest Harrier lady in the Huncote ladies "A" team whilst running the first leg and was 3rd lady overall with her 18-40 clocking. Further back and just as exciting was Rachel Trivett who was 2nd fastest lady veteran on the first stage with her 21-20. There was a keen scrap on the final leg between the Huncote men and veteran men. Jason Tomkins was handed a sufficient lead for veteran Dave Egginton not to catch him on perhaps the most exciting leg for the Harriers.

SENIOR LADIES (3 x 3 miles)

1. Heanor RC 58-22
4. Huncote Harriers "A" 61-55 (Mel Evans 18-40, Kathryn Evans 21-06, Clare Moore 22-09)
20. Huncote Harriers "B" 77-52 (Claire Bryan 23-25, Trudi Unwin 30-27, Amy Cunningham 24-00)

VETERAN LADIES (3 x 3 miles)

1. Poplar RC 64-55
4. Huncote Harriers "A" 68-34 (Rachel Trivett 21-20, Jo Ravenhill 23-24, Claire Sceeny 23-50)
6. Huncote Harriers "B" 70-16 (Katherine Dean 22-30, Sarah Lambert 23-24, Irene Forty 24-22)
8. Huncote Harriers "C" 73-53 (Sue Gardner 23-45, Jenny Murphy

25-10, Sue Castledine 24-58)

SENIOR MEN (4 x 3 miles)

1. Heanor RC 60-01
 10. Huncote Harriers "A" 73-48 (Jonny Oxborough 17-45, Gaz Chivers 17-48, Ryan Lambert 19-36, Jason Tomkins 18-39)
 21. Huncote Harriers "B" 79-30 (Martin Coley 19-43, Duncan Foley 19-50, Rich Russell 19-48 Keith Chambers 20-09)
 24. Huncote Harriers "C" 80-48 (Harry Henery 20-01, Barry Hibberd 20-21, Will Ravenhill 20-04, Neil Parry 20-22)
- ### VETERAN MEN (4 x 3 miles)
- 1 Leic Coritanian 65-41
 5. Huncote Harriers "A" 73-53 (Duncan Shorthose 17-40, Graeme Slight 19-24, Andy Woolley 18-13, Dave Egginton 18-36)
 11. Huncote Harriers "B" 84-16 (Jon Wells 21-02, James O'Dowd 20-57, Mike McSharry 21-09, Rob Burgin 21-08)
 13. Huncote Harriers "C" 88-43 (Lance Rathbone 21-58, Duncan Smith 21-32, Scott Burgin 22-19, John Hart 22-54)

A good turn-out but our runners need to run faster if we are to get in the medals! Special thanks to Ian Thompson and Marie Wilford for juggling the teams – their team appraisal was spot-on – a fine achievement considering the number of runners we had running.

LONDON MARATHON

Kenyan Eliud Kipchoge ran the second fastest marathon of all time to win an exciting London Marathon. Kipchoge, an Olympic medallist, and World Champion at 5000m in 2003, will start amongst the favourites to win the 2016 Olympic marathon in Rio. Incidentally, the fastest marathon runner in the World, Dennis Kimetto, was also in the field and finished 9th in 2-11-44.

Graham Fenton was fastest Harrier in this year's race finishing not far outside the 3 hour mark and atoning for a disappointing run of two years ago. Club chairman, Andy Wilford, was another star man in the race: now in the V/55 category his entry to the race was accepted in the "good for age" group and he duly recorded an excellent 3-21-52. Perhaps even more impressive was Clare Surrell's marathon debut for the Club as she recorded 3-37-20 and shows a lot of potential. Another stand-out performance was by Tina Tosh who was well up the field with her 3-47-24. Well done too, for Helen Bennett, after years of trying to enter the race and getting round ok.

HARRIERS

2244. Graham Fenton 3-01-52
4967. Andy Wilford 3-21-52
7975. Clare Surrell 3-37-20
8699. Wendy Thompson 3-40-38
9042. Brandon Gray 3-42-15
9418. Claire Quigley 3-43-44
9955. Chris Unwin 3-45-41
10386. Tina Tosh 3-47-24
11750. Kent Butcher 3-52-23
12801. Stuart Hale 3-55-57
19234. Christian Gale 4-19-32
19235. Aimee Browne 4-19-32
19862. Paul Nealon 4-21-50

20522. Amy Cunningham 4-24-16
30549. Helen Bennett 5-08-22
31707. Paul McKay 5-15-38
Winner: Eliud Kipchoge (Kenya) 2-03-05 **1st Lady:** Jemima Sumgong (Kenya) 2-22-58

SHAKESPEARE MARATHON & HALF

Not so many Harriers competing this year: the race tends to attract rejected London marathon entrants but the race marked Mick Butler's return to marathon running whilst the Ravenhills ran the half.

MARATHON

508. Mick Butler 4-30-27
Winner: Adam Holland (Notfast) 2-34-52 **1st Lady:** Josie Hinton (London Heathside) 3-14-41

HALF MARATHON

269. Will Ravenhill 1-42-49
802. Jo Ravenhill 1-59-13
Winner: Alastair Russell (Kendal) 1-10-39 **1st Lady:** Kate Wright (Stratford) 1-23-42

BOSWORTH HALF MARATHON

A poor quality entry in this year's race with only Stuart Spencer (Barrow/Notts AC) ploughing a lonely furrow at the front of the race. He was out of sight after less than a mile and won the race by almost 10 minutes! The first summer sunshine contributed to some poor performances and an array of slow times – runners not being used to its heat or, perhaps, not being as fit as they should be!

However, there were some good Huncote results: Nicki Nealon was 1st lady, Paul Featherstone was 3rd in the county championship (5th overall), Duncan Shorthose

was third V/40 and Hugh Potter was 2nd V/50. Additionally Huncote was second team in both the ladies' and men's races (Nicki Nealon, Kathryn Evans and Rachel Trivett for the ladies and Paul Featherstone, Duncan Shorthose and Gaz Chivers for the men)

HARRIERS

5. Paul Featherstone 1-23-36
13. Duncan Shorthose 1-25-50
16. Nicki Nealon 1-26-25
33. Gaz Chivers 1-29-42
70. Hugh Potter 1-39-46
72. Stephen Snow 1-40-06
82. Will Ravenhill 1-41-32
84. Simon Hart 1-41-44
110. Neil Parry 1-45-17
152. Kathryn Evans 1-51-25
176. James O'Dowd 1-53-15
182. Kent Butcher 1-54-03
187. Mike McSharry 1-54-37
246. Rachel Trivett 2-00-57
294. Sarah Butcher 2-05-28
328. Scott Burgin 2-08-29
332. Graham Smith 2-08-51
386. Eleanor Dundee 2-14-48
398. Kate Parry 2-16-02
426. Amy Cunningham 2-19-33
471. Jo Ravenhill 2-24-05
472. Aimee Browne 2-24-05
552. Colin Geary 2-39-54

Winner: Stuart Spencer (Barrow/Notts AC) 1-11-15

CLUB 10K & HANDICAP

Don't forget our club 10k and handicap on Tuesday 12th July. See next page for details.

Barbecue after – bring your own meat for bbq. but salad/chips/bread provided.

Free entry to race

LEICESTERSHIRE SUMMER ROAD RACE LEAGUE

Race I West End "8"

Not the easiest of courses with a tough climb through the village of South Croxton to knock the stuffing out of the racers. There was a shock in store for the Harriers as Kathryn Evans needed to be hospitalized after being overtaken by heat exhaustion during the race. On the bright side Kathryn was given the all-clear after a 24 hour stay during which time exhaustive cardiac tests concluded she had a clean bill of health and there was no discernible reason for her collapse other than heat exhaustion and over exertion. Special thanks to Mike and Jude McSharry for their help in her hour of need.

Duncan Foley took the opportunity to finish first for the Harriers getting home in front of Ian Thompson, Andy Wilford and Will Ravenhill. Wendy Thompson was first lady, just, in front of Helen Mercer.

HARRIERS

93. Duncan Foley	54-36
101. Ian Thompson	55-21
108. Andy Wilford	55-21
154. Will Ravenhill	55-44
154. Barry Hibberd	57-50
155. James O'Dowd	57-52
192. Mark Wittering	59-53
226. Wendy Thompson	1-01-42
232. Helen Mercer	1-02-00
238. Chris Unwin	1-02-23
306. Sarah Butcher	1-06-43
307. Tina Tosh	1-06-43
345. Jo Ravenhill	1-09-24
346. Mike McSharry	1-09-26
376. Jenny Murphy	1-11-42
377. Marie Wilford	1-11-46
395. Sue Castledine	1-14-37
402. Graham Smith	1-15-50

Winner: Tony Woodward (Hermitage) 43-51 **1st Lady:** Anne Holyland (Wreake) 49-16

Race II Gaddesby "7"

A new race on the calendar promoted by a newly formed club, Anstey Amblers & Runners. Nicki Nealon was back to something like her best form again and was first lady home and there were some encouraging runs from other Harriers too. Paul Featherstone and Gaz Chivers were way in front of the next men home, and Clare Moore had a fine run to finish second lady. On the comeback trail is Mark Wittering. Now in the V/65 age group, Mark is on the way back after a troublesome knee injury and could make a significant impact in his age category!

HARRIERS

17. Paul Featherstone	42-02
42. Gareth Chivers	43-54
43. Nicki Nealon	44-04
83. Stephen Snow	47-16
92. Duncan Foley	48-02
107. Will Ravenhill	48-42
112. Ian Thompson	49-06
125. Andy Wilford	49-50
159. Kent Butcher	51-39
166. Barry Hibberd	51-52
197. Mark Wittering	53-38
204. Clare Moore	53-51
209. Helen Mercer	54-03
216. Wendy Thompson	54-19
241. Rob Tate	56-14
255. Mike Percival	57-13
266. Chris Unwin	57-44
304. Jeff Wickham	59-45
307. Claire Bryan	59-48
312. Sarah Lambert	60-14
323. Jo Ravenhill	61-19
324. Jenny Murphy	61-26
329. Marie Wilford	61-32
383. Graham Smith	65-56
386. Mick Butler	66-16

Winner: Mark Couldwell (Charnwood) 37-41

Race III Swithland 6

Nicki Nealon had another fine run to finish first Harrier across the line and finished 2nd lady overall. Further down the field there were some useful Harrier performances: Mark

Wittering amongst the men continues to improve on his comeback and nice to see Trudi Unwin and Seema Patel on the upwards march after layoff.

HARRIERS

47. Nicki Nealon	36-51
56. Paul Featherstone	37-24
79. Stephen Snow	38-35
113. Ian Thompson	40-06
122. Duncan Foley	40-38
153. Andy Wilford	41-47
158. Barry Hibberd	41-55
189. Graeme Slight	42-54
210. Harry Henery	43-28
232. Mark Wittering	44-26
250. Guy Stretton	44-58
256. Chris Unwin	45-12
257. Wendy Thompson	45-14
280. Clare Moore	46-01
284. Helen Mercer	46-11
297. Mike McSharry	46-45
299. Trudi Unwin	46-47
323. Mike Percival	47-46
354. Seema Patel	49-02
367. Sarah Lambert	49-35
412. Paul Nealon	51-06
417. Jeff Wickham	51-19
422. Jenny Murphy	51-28
440. Irene Forty	51-57
503. Mick Butler	55-14
539. Kathryn Evans	56-22

Winner: George Birt (Hermitage) 32-33 **1st Lady:** Anne Holyland (Wreake) 35-52

DIARY DATE

Tuesday 12th July is a date to note in your diary. This is the date for our Club 10K road race championship. The race also incorporates a handicap and is open to all Club members and is free to enter. There are prizes for scratch and handicap times with a barbecue to follow. Race entry on the night at Huncote Sports & Social Club at Thurlaston. Registration is at 6-45pm aiming to start the race as soon as possible after 7-00pm

EAST MIDLANDS GRAND PRIX ROUND-UP

Race I Silverstone 10K

220. Andy Wilford	42-40
325. Chris Unwin	45-08
712. Marie Wilford	52-24
720. Deb Hulbert	52-41

Winner: Toby Spencer (Coventry Godiva) 31-24 **1st Lady:** Alice Burgin (Bedford & County) 36-56

Race II Rugby 6

88. Ian Thompson	41-30
110. Andy Wilford	42-52
114. James O'Dowd	43-10
135. Chris Unwin	45-05
151. Wendy Thompson	46-22
207. Paul Nealon	49-19
228. Marie Wilford	51-02
294. Trudi Unwin	64-48

Winner: Toby Spencer (Coventry Godiva) 30-50 **1st Lady:** Emily Waugh (Rugby & Northampton) 37-31

Race III Blisworth 5

108. Ian Thompson	33-45
120. Andy Wilford	34-25
130. James O'Dowd	35-04
131. Neil Parry	35-05
173. Chris Unwin	36-41
221. Wendy Thompson	38-39
314. Marie Wilford	43-25
375. Trudi Unwin	50-09

Winner: Toby Spencer 24-48
1st Lady: Hayley Munn (Northampton Road Runners) 29-35

Race IV Corby 5

79. Andy Wilford	34-55
81. James O'Dowd	35-00
94. Neil Parry	35-55
112. Chris Unwin	36-47
126. Wendy Thompson	37-46
193. Marie Wilford	43-02
238. Trudi Unwin	53-14

Winner: Toby Spencer 24-43
1st Lady: Rachel Doherty (Higham Harriers) 29-07

Race V Banbury 5

Ian Thompson ran a sparkling race to record a fine p.b. defeating his rival, Andy Wilford, by two minutes. Good run too by James O'Dowd also inside 7 minute/mile pace.

HARRIERS

69. Ian Thompson	32-55
105. James O'Dowd	34-46

109. Andy Wilford	34-56
146. Chris Unwin	36-53
233. Paul Nealon	41-50
239. Marie Wilford	42-11
255. Wendy Thompson	43-46
312. Trudi Unwin	52-27

Winner: Toby Spencer (Coventry Godiva) 24-39 **1st Lady:** Hayley Munn (Northampton RR) 29-10

Race VI Harborough 5

In the Huncote Harriers Grand Prix, there was a good turn-out for this race and resulted in another good race for Ian Thompson, first Harrier home from the improving James O'Dowd. Further encouraging news is the improvement made by Trudi Unwin on her way back after a year out with injury: she led home the ladies with a useful 37-26.

HARRIERS

73. Ian Thompson	33-17
89. James O'Dowd	34-40
107. Neil Parry	35-33
111. Barry Hibberd	35-40
129. Chris Unwin	36-42
130. Graeme Slight	36-45
136. Will Ravenhill	36-56
146. Trudi Unwin	37-26
158. Wendy Thompson	37-57
212. Claire Sceeny	40-21
229. Jo Ravenhill	41-34
238. Paul Nealon	42-06
240. Katrina Wightman	42-18
248. Eleanor Dundee	43-21
251. Kate Parry	43-39

Winner: Steven Horton (Bedford H) 27-13 **1st Lady:** Anna Folland (Bedford Harriers) 30-59

OTHER RESULTS

Imery's Trail Marathon – St Austell

99. Paul McKay 5-45-39
Winner: Oliver Jones (East Cornwall) 3-33-06

Ox Marathon – Salisbury

Marathon number 93 for Paul McKay on his quest to run 100 marathons.

132. Paul McKay	6-10-38
167. Nick Allars	7-54-29

Winner: David Fletcher (unatt) 3-29-37

Liverpool Marathon

Andy Woolley just missed his target as he narrowly failed to beat the 3 hours barrier in this year's race.

Nevertheless, it was a fine run by Andy, now in the V/50 age category.

Marathon

32. Andy Woolley	3-02-17
1973. Paul McKay	5-01-17
2435. Nick Allars	5-48-50

Winner: Robert Pope 2-27-14
1st Lady: Joanne Nelson 3-09-53

Half Marathon

1339. Sarah Butcher	1-51-40
1340. Tina Tosh	1-51-40
2009. Gina Blagden	1-57-40

Winner: Degene Gezimu 1-09-42
1st Lady: Helen Sahgal 1-25-17

Market Harborough

RunFest

Half Marathon

HARRIERS

8. Nicki Nealon (1st Lady)	1-25-33
10. Mark Gregory	1-26-34
199. Irene Forty	1-59-27

Winner: Gareth Wood (Harborough) 1-17-08

10K

HARRIERS

238. Chris Green	1-14-05
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Winner: Ludovic Renou (Leic Cor) 34-40

Rothley 10K

A strongish Harrier team with Paul Featherstone running to a fine 5th place in this year's Rothley Lions race.

HARRIERS

5. Paul Featherstone	36-17
12. Duncan Shorthose	38-24
19. Jason Tomkins	39-41
30. Stephen Snow	40-54
76. Keith Chambers	43-39
82. Christian Gamble	44-04
139. Guy Stretton	47-15
204. Duncan Smith	50-19
254. Scott Burgin	51-52
283. Stephen Walker	53-30
323. Aimee Browne	55-17
415. Sue Castledine	58-17
466. Lance Rathbone	60-49

Winner: Stuart Spencer (NottsAC) 32-19 **1st Lady:** 9th Anne Holyland (Wreake) 38-02

FIXTURES

JUNE

Wednesday 1 st	EMGP Corby "5"	East Carlton	7-45pm
Sunday 5 th	Summer LRRL Swithland "6"	Rothley	10-30am
Tuesday 7 th	EMGP Banbury "5"		7-45pm
Tuesday 14 th	EMGP Harborough "5"		7-45pm
Wednesday 15 th	Mattioli Woods Rothley 10K	Rothley	7-15pm
Tuesday 21 st	EMGP Weedon 10K		7-45pm
Tuesday 28 th	EMGP Milton Keynes 10K		7-45pm

JULY

Wednesday 6 th	Summer LRRL Hungarton "7"	Hungarton	7-00pm
Tuesday 12 th	CLUB 10K ROAD RACE CHAMPIONSHIP HANDICAP & BAR-B-Q	Huncote SSC Thurlaston	6-45pm
Sunday 17 th	Leicester "Big 10K"	Abbey Park, Leicester	
Wed. 20 th	Notts "5"	Victoria Embankment	7-30pm
Saturday 30 th	Heckington Show 10	Heckington, Lincolnshire	10-00am

AUGUST

Sunday 14 th	Summer LRRL Hermitage 10K	Coalville	10-30am
Sunday 21 st	Burton 10K	Shobnall Leisure Centre	10-30am

SEPTEMBER

Sunday 4 th	Summer LRRL John Fraser "10"	Countesthorpe	10-30am
Sunday 11 th	Great North Run	Newcastle-upon-Tyne	
Saturday 17 th	Equinox 24	Belvoir Castle	
Sunday 18 th	Rutland Marathon & Half Marathon	Rutland Water	10-00am
Sunday 25 th	Nottingham Robin Hood Marathon & Half	Victoria Embankment	9-30am

PLEASE CHECK DETAILS WITH ORGANIZERS FIRST TO AVOID DISAPPOINTMENT

NEWSLETTER EDITOR

Items for inclusion in the Newsletter contact:

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TRAINING: Tues 7-00pm Huncote L.C.
Beginners: Enderby LC Tuesday 6-00pm

Thurs 6-00pm Enderby Leisure Centre
Improvers – Saturday 9-30am Whetstone
Recreation Ground