



THE HARRIER

The official newsletter of
Huncote Harriers Athletic Club

April 2017
Issue Number 188



ENGLISH NATIONAL CROSS COUNTRY CHAMPIONSHIP 2017 WOLLATON PARK

The English National Cross Country Championship has earned the reputation as the best mass participation race in the world (although it is not open to the general public). Over the years some of Britain's finest athletes have won "The National" including, Gordon Pirie, Basil Heatley, Mel Batty, Ron Hill, Dave Bedford, Eamonn Martin and Mo Farah (at junior level) for the men, and Rita Lincoln (Ridley), Paula Radcliffe and Liz Yelling for the ladies.

Well done to Mick Robinson and his club, Notts AC, for staging another good race. Wollaton Park invariably provides a fair but demanding cross country course which, this year, included a "water feature" in the form of a shallow stream on each lap. A successful day too for Leicestershire runners with 2nd place for Ben Dijkstra (Leicester Coritarians) in the junior men's race, Sam Stabler (OWL's) was 3rd in the senior men's and Charnwood were second team in the senior ladies' race. It was a fine effort by Sam Stabler as he has been in the doldrums through much of 2016 because of illness and injury. He has recently switched coaches and moved to be with Rob

Denmark, the Loughborough University based endurance coach.

Huncote Harriers had a good day as well. Our senior men finished 104th out of 131 teams, slightly down on last year when we were 89th but our ladies finished a complete team and were 69th our first complete team finish since 2014. Well run to Gaz Chivers and Kathryn Evans who were first home in those teams. Gaz Chivers had a real scrap on his hands as Warren Bennett stuck doggedly on his shoulder for the first 2 laps. However, Gaz managed to open up a minute lead on his rival on the last 2 laps with Stephen Snow running well in the closing stages to move up the field. Wendy Thompson ran her usual consistent race to track Kathryn Evans home but, perhaps, the run of the day belonged to Katrina Wightman who has improved enormously during the last year.

HARRIERS LADIES' RACE 8K

348. Kathryn Evans	39-30
442. Wendy Thompson	41-15
507. Katrina Wightman	42-47
679. Irene Forty	48-28

691. Claire Edwards 48-51

Winner: Jessica Judd (Chelmsford) 29-07

TEAMS (4 to count)

1. A.F.&D.	22pts
2. Charnwood	107pts
3. Highgate	154pts
53. Barrow	1507pts
69 Huncote Harriers	1976pts

(Total 93 teams)

HARRIERS MEN'S RACE 12K

722. Gaz Chivers	51-44
807. Warren Bennett	52-45
930. Stephen Snow	54-09
1222. Graeme Slight	58-34
1251. Ian Thompson	58-53
1389. James O'Dowd	61-06

Winner: Ben Connor (Derby AC) 39-35

TEAMS (6 to count)

1. Tonbridge	289pts
2. Morpeth Harriers	293pts
3. Bedford & County	304pts
26. OWL's	1651pts
40. Charnwood	2948pts
47. Hermitage	3396pts
54. Harborough	3782pts
77. Barrow	4775pts
85. Beaumont	5317pts
104. Huncote Harriers	6321pts
117. Nuneaton	7114pts
130. RoadHoggs	8189pts

(Total 131 teams)

It was a satisfactory day for the Harriers but if our Club is going to make a real improvement we need to step up the training. Cross country racing is about speed and strength – longer training runs off-road together with more speed-endurance work are needed to achieve this.

HUNCOTE HARRIERS PRESENTATION EVENING

A change of venue for this year's bash as we moved to Cosby Golf Club. This provided a more congenial room with a more tasty buffet into the bargain. Special thanks to social secretary, Kate Parry, and the committee for the work they did to make it a memorable evening. The beer was good too with Marstons and Timothy Taylors available to the drinkers.

There was plenty to celebrate too as chairman, Andy Wilford, presented the awards. The award for Harrier of the Year is made as a result of votes cast by club members and reflects the popularity of the individuals and can be awarded for achievement, endeavour or for work behind the scenes at the Club. A particular well done to Gaz Chivers for winning the award for 2 years on the trot!

LADY HARRIER OF THE YEAR

1. Kathryn Evans
2. Wendy Thompson
3. Katrina Wightman

MALE HARRIER OF THE YEAR

1. Gareth Chivers
2. Jason Tomkins
3. Ian Thompson

Other major presentations were made as follows:

NEWCOMER OF THE YEAR

Duncan Smith

ACHIEVEMENT AWARD

Katrina Wightman

CHAIRMAN'S AWARD

Stuart Hale

The Club cross country champions also receive their

awards. The race is run in conjunction with the Leicestershire County Cross Country Championship and presentations were made to the following:

MEN

1. Jason Tomkins
2. Gareth Chivers
3. Warren Bennett

LADIES

1. Kathryn Evans
2. Katrina Wightman
3. Clare Moore

The Huncote Harriers Grand Prix is a year long competition where runners win points for achieving high positions in races. The leading finishers were:

LADIES

1. Kathryn Evans
2. Wendy Thompson
3. Jo Ravenhill
4. Helen Mercer
5. Jenny Murphy

MEN

1. Stephen Snow
2. Barry Hibberd
3. Ian Thompson
4. Duncan Foley
5. Chris Unwin

Huncote Harriers, like many clubs try to encourage members to achieve higher running standards and awards are made to runners who achieve certain standards in races. Standards vary according to gender and age but generally the faster you run the higher standard you will achieve. Our club standards are set out on our club web site and are generally in accordance with those laid down by the

Road Runners Club. This year's achievers were:

PLATINUM

Nicki Nealon

GOLD

Sandra Ankers, Irene Forty, Barry Hibberd, Bev Parry, Graeme Slight, Andy Wilford.

SILVER

Gareth Chivers, Kathryn Evans, Duncan Foley, Dave Griffiths, Mike McSharry, James O'Dowd, Claire Quigley, Will Ravenhill, Stephen Snow, Ian Thompson, Wendy Thompson, Jason Tomkins, Tina Tosh.

BRONZE

Tracey Griffiths, Jenny Murphy, Jo Ravenhill, David Robinson, Claire Sceeny, Duncan Smith, Claire Surrell, Rachel Trivett, Trudi Unwin, Marie Wilford.

COPPER

Claire Bryan, Kate Parry, Katrina Wightman

PEWTER

Claire Edwards

LONG SERVICE AWARDS

There are also awards made to members who have remained with our Club over a long period of time. Huncote Harriers came into existence in 1983 so we have been going for over 33 years. Awards were made to the following:

30 YEARS

Bernard Cherry, Irene Forty, Nick Nealon

20 YEARS

Lesley Tansey

10 YEARS

Sandra Ankers, Jo Burnett, Sue Gardner, Rich Thomas, Jason Tomkins, Andy Woolley.

Thanks to our chairman, Andy Wilford, for hosting the evening and making the presentations, also to Nick and Nicki Nealon who provided able assistance.

ECHOES FROM THE PAST By Phil Watts

A recent photograph depicting Leicester Marathon runners in 1982 displayed on our website by Janet Wittering reminded me of one of our Club's most successful runners, Don Randle. Below is an article I wrote for the Newsletter in 1991. After he started track racing he joined Leicester Coritians as a 2nd claim runner in order to race on the track. He remained first claim for Huncote to run in road relays and cross country. Don was a fanatic for training covering 70 miles a week during the winter months. However, during the summer months he dropped his mileage to about 30 miles per week to concentrate on track training sessions

CLUB SPOTLIGHT (Don Randle)

Don Randle started running about 10 years ago and was one of the original members of Huncote Harriers. He was one of a group of people who entered the sport as a result of the running boom in the early eighties and was attracted to the marathon. After achieving some quite ordinary results, running a marathon in 3 hours 25 minutes, he returned to his first sport, rugby union, for a couple of seasons. With encroaching old age and a problem with rugby injuries he came back into running 3 years ago. With training partner, Bill Farrell, he embarked on a structured training programme and road race times improved significantly over the shorter distances.

The Huncote Harriers track

evenings gave him the opportunity to try short track races and he recorded a smart 55 seconds for 440 yards. Fired up with new enthusiasm he decided to have a go at track racing and to concentrate on the 800 metres event, a distance at which he thought he could excel. Regular (track) sessions on Tuesday and Thursday evenings under the guidance of Ted Toft started to produce results. In the 1990 Leics Track and Field Championship Don reached the final of the 800 metres race and narrowly failed to beat 2 minutes, a target he managed to better later in the season.

Since then he has run 52.8 seconds for 400 metres, 1-58.8 for 800 metres, and 4-13.6 for 1500 metres. Out of season Don enjoys the road relays and has achieved one of the fastest times (For Huncote Harriers) on the short stage at Sutton Park (3 miles 8 yards), 15-54. He also runs the odd cross country race during the winter months.

Motivation and enthusiasm are major factors which Don identifies as being the key to success. "You've got to want it badly enough to be good" Certainly enthusiasm is required

in abundance if the body is to stand up to a season long series of hard training sessions. Don claims that squad training sessions help enormously. His regular training partners are Andy Wilkinson (OWL's), a more than useful 800 metres runner and Coritnian sprinter, Leroy Campbell. The advantage with squad training is that there is always someone on a high to encourage and pull the others through when they might be "on a downer". Also, each member of the squad has his own strengths from which others can benefit, for instance, Leroy's 200 metre pace is useful as a sudden injection of pace is so necessary for middle distance running

FACTFILE

Age: 37

Height: 5' 7"

Weight: 10 st 3 lbs

Status: Married to wife Amanda with 2 children, Ruth aged 8, and Rebecca aged 6

Occupation: Male nurse in NHS
P.B.s

400 metres	52.8
800 metres	1-58.9
1500 metres	4-13.6
1 mile	4-33.7
10K (Road)	35-11

SUMMER TRAINING

Please note from Tuesday 25th April our Summer training HQ moves from Enderby Leisure Centre to Huncote Leisure Centre 7-00pm start. (Beginners 6-00pm)

HUNCOTE HARRIERS 35 YEARS OLD!!

Help us celebrate this milestone in our Club's history by taking part in a special event. Our committee have decided on 2 possible events:

1. A 24 hour relay for all members who would wish to take part. To be run around an arranged circuit on the weekend of 19th/20th August. To be followed by a barbecue
2. An anniversary ball with a sit-down meal and entertainment.

A questionnaire is now out to test your opinion.

LEICS WINTER GROAD RACE LEAGUE

II Kibworth "6"

The usual hard course taking in a tough climb from Saddington. Nathan Adams was comfortably first Harrier home from Stephen Snow and the ever improving Kent Butcher. For the ladies Kathryn Evans was likewise a good way in front of Wendy Thompson and Helen Mercer. A Huncote lady to watch is Tina Tosh who continues to move up the field.

HARRIERS

26. Nathan Adams	35-47
78. Stephen Snow	39-06
94. Kent Butcher	40-04
96. Nick Strange	40-13
100. Christian Gamble	40-18
127. Ian Thompson	41-18
152. Graeme Slight	43-02
155. Kathryn Evans	43-08
165. Barry Hibberd	43-37
183. Andy Wilford	44-12
198. Neil Parry	44-47
201. Duncan Smith	44-52
219. Arron Cox	45-30
222. Mike McSharry	45-40
233. Kingsley Cook	46-08
237. Wendy Thompson	46-21
241. Chris Unwin	46-27
244. Helen Mercer	46-32
254. Tina Tosh	46-50
289. Clare Moore	48-21
293. John Hart	48-30
296. Katrina Wightman	48-40
299. Anne Newbery	48-47
313. Claire Bryan	49-32
378. Mike Percival	53-04
391. Claire Edwards	53-59
398. Marie Wilford	54-26
404. Irene Forty	54-51
412. Gev Jones	55-56
422. Nicky Jones	56-30

Winner: Chris Jordan (Leic Cor) 32-38

1st Lady: Anne Holyland (Charnwood) 35-10

III Stilton "7"

It was interesting to see one of the county's top ladies back in action after time out of the sport owing to childbirth. Hannah Doran, or Hannah Whitmore as she was, was formerly a midland cross country

champion. Although not as quick as in her heyday she still managed an excellent 28th place just outside 6 minute/mile pace. For the Harriers, Nathan Adams proved once again he is the man to beat finishing 1.1/2 minutes ahead of Jonny Oxbrough. Kathryn Evans was similarly clear in front for our ladies.

HARRIERS

20. Nathan Adams	42-11
40. Jonathan Oxbrough	43-41
49. Stephen Snow	44-52
64. Nick Strange	46-21
97. Ian Thompson	48-43
117. Barry Hibberd	49-45
139. Jonathan Wells	50-27
148. Andy Wilford	50-55
154. Neil Parry	51-18
167. Mike McSharry	51-41
178. Duncan Smith	51-55
182. Kathryn Evans	52-07
208. Chris Unwin	53-22
217. Wendy Thompson	53-41
219. Helen Mercer	53-44
233. John Hart	55-05
262. Katrina Wightman	56-45
263. Claire Bryan	56-47
271. Anne Newbery	57-14
328. Clair Davis	60-55
372. Claire Edwards	63-57
375. Marie Wilford	64-27
393. Andy Cowley	65-54
419. Sue Castledine	69-38

Winner: Tom Whitmore (Charnwood) 38-29
1st Lady: Hannah Doran (Charnwood) 42-57

IV Markfield 10K

Another big Huncote turnout in the road race league. Nathan Adams and Kathryn Evans were again the Huncote leaders over the finish line. The race was won by prolific winner Gordon Lee, now not far off his 50th birthday. The Leicester Coritanian is still winning races although well outside his best of 10 years ago.

HARRIERS

31. Nathan Adams	36-42
55. Stephen Snow	38-42

76. Kent Butcher	40-00
83. Kingsley Cook	40-20
87. Nick Strange	40-34
96. Christian Gamble	41-09
127. Ian Thompson	42-48
136. Arron Cox	43-03
146. Barry Hibberd	43-30
154. Graeme Slight	43-46
157. Kathryn Evans	43-51
163. James O'Dowd	44-13
165. Neil Parry	44-13
174. Andy Wilford	44-40
184. Mike McSharry	44-56
209. Wendy Thompson	45-59
235. Helen Mercer	46-47
284. Clare Moore	48-43
302. Chris Unwin	49-22
303. Katrina Wightman	49-27
325. Stuart Hale	50-08
331. Anne Newbery	50-33
346. Claire Bryan	51-10
366. Sarah Butcher	51-51
385. Mike Percival	52-43
398. Paul Nealon	53-40
413. Irene Forty	54-37
415. Marie Wilford	54-45
471. Sue Castledine	59-40

Winner: Gordon Lee (Leic Cor) 34-03
1st Lady: Hannah Doran (Charnwood) 38-09

V Desford "5"

A total of 37 Harriers took part in the final winter league fixture from Desford. Nathan Adams made it a clean sweep of Harrier firsts winning from Jonny Oxbrough who was using the race as a sharpener for his assault on the Manchester Marathon. Kathryn Evans also made a clean sweep of Harrier first places for the ladies although she wasn't too far in front of Rachel Trivett.

HARRIERS

25. Nathan Adams	29-20
41. Jonathan Oxbrough	30-15
45. Stephen Snow	30-28
75. Kent Butcher	31-45
81. Kingsley Cook	32-08
84. Nick Strange	32-15
97. Craig Free	32-54
115. Christian Gamble	33-27
121. Arron Cox	33-43
133. Will Ravenhill	34-10
140. Ian Thompson	34-22

141. Barry Hibberd	34-24
153. Kathryn Evans	35-10
166. Neil Parry	35-34
168. Mike McSharry	35-35
172. Rachel Trivett	35-38
181. Jonathan Wells	35-53
200. Duncan Smith	36-21
202. Helen Mercer	36-25
210. Wendy Thompson	36-40
218. Chris Unwin	37-01
219. Tina Tosh	37-04
253. Clare Moore	38-02
258. Katrina Wightman	38-13
279. John Hart	38-52
296. Anne Newbery	39-22
319. Claire Bryan	39-56
351. Sarah Butcher	41-00
368. Jo Ravenhill	41-30
373. Mike Percival	41-40
374. Claire Sceeny	41-40
375. Claire Edwards	41-44
412. Andy Cowley	43-49
417. Gev Jones	43-56
419. Marie Wilford	43-59
433. Sue Castledine	44-49
455. Bernard Cherry	46-01

Winner: Joshua West (Race Hub) 27-22 **1st Lady:** Hannah Doran (Charnwood) 30-27

Winter Road Race

League Final Standings

Quite a successful season for Huncote teams with all our men's and ladies' teams, senior and veteran, near the top of their respective leagues.

Individually, only Wendy Thompson was amongst the prizewinners taking 3rd place in the W/45 category. However, Barry Hibberd finished an excellent 2nd place behind Beaumont's Ray Robinson in the V/60 section.

SENIOR LADIES A TEAMS

DIVISION I

1. Poplar	88pts
2. Hermitage	74pts
3. Huncote Harriers	68pts

(out of 3 divisions & 29 teams)

SENIOR LADIES B TEAMS

DIVISION I

1. Poplar	85pts
2. Huncote Harriers	66pts
3. Team Anstey	66pts

(out of 2 divisions & 29 teams)

VETERAN LADIES "A" TEAMS

DIVISION I

1. Road-Hoggs	85pts
2. Huncote Harriers	73pts
3. West End	70pts

(out of 3 divisions & 29 teams)

VETERAN LADIES "B" TEAMS

DIVISION I

1. Ivanhoe	82pts
2. Wigston Phoenix	71pts
3. Huncote Harriers	68pts

(out of 2 divisions & 29 teams)

SENIOR MEN "A" TEAMS

DIVISION I

1. Hermitage	88pts
2. Huncote Harriers	69pts
3. Wreake Runners	68pts

(out of 3 divisions & 29 teams)

SENIOR MEN "B" TEAMS

DIVISION I

1. Hermitage	71pts
2. Huncote Harriers	70pts
3. Team Anstey	69pts

(out of 2 divisions & 29 teams)

VETERAN MEN "A" TEAMS

DIVISION I

1. Huncote Harriers	74pts
2. Hermitage	72pts
3. Wreake Runners	72pts

(out of 3 divisions & 29 teams)

VETERAN MEN "B" TEAMS

DIVISION I

1. Huncote Harriers	85pts
2. West End	72pts
3. Desford	63pts

(out of 2 divisions & 29 team)

OTHER RESULTS

Aldi Ashby "20"

Jason Tomkins was fastest Harrier with the improving Paul Nicholson not too far behind his mate. For the ladies, Claire Quigley proved she is still a force in Harriers' long distance running finishing almost 6 minutes clear of Wendy Thompson.

HARRIERS

130. Jasopn Tomkins	2-22-33
174. Paul Nicholson	2-27-35
176. Brandon Gray	2-27-46
181. Ian Thompson	2-28-09
211. John Harris	2-30-29
240. Claire Quigley	2-33-58
323. Andy Wilford	2-38-58
328. Mike McSharry	2-39-09
335. Wendy Thompson	2-39-44
376. Tina Tosh	2-42-50

383. Rachel Trivett	2-43-21
433. Guy Stretton	2-47-00
456. Leonard Symeonides	2-48-17
496. Lance Rathbone	2-50-51
521. John Hart	2-53-04
545. Katrina Wightman	2-54-32
564. Trudi Unwin	2-55-55
782. Marie Wilford	3-08-57
783. Clair Davis	3-08-57
784. Martin Coley	3-08-58
828. Kate Parry	3-12-48
928. Tracey Griffiths	3-20-29
986. Claire Edwards	3-24-45
1160. Caity Wilson	3-44-11

Winner: Gareth Lowe (Clowne) 1-54-38 **1st Lady:** Victoria Nealon (R&N) 2-14-29

Manchester Marathon

Jonny Oxbrough ran the first Huncote sub 3 hour marathon for 2 years with a fine effort in this year's race.

HARRIERS

327. Jonathan Oxbrough	2-58-28
1122. Kent Butcher	3-18-35
4252. Katrina Wightman	4-00-28
5607. Kate Parry	4-22-39

Winner: Patrick Martin (Stockport) 2-22-37 **1st Lady:** Georgie Bruinvels (AF&D) 2-37-03

Belvoir Half Marathon

Stuart Spencer showed he is in a class above most local runners as he won this event with some ease, even though he ran a 5.4 mile leg for Notts AC the previous day in the final of the National Road Relay Championship at Sutton Park.

HARRIERS

31. Jason Tomkins	1-28-14
37. Stephen Snow	1-29-22
49. Ian Thompson	1-30-56
50. Paul Nicholson	1-31-02
92. Claire Quigley	1-37-10
119. Kathryn Evans	1-40-00
158. Lloyd Rathbone	1-43-56
185. Chris Unwin	1-47-15
231. Glen Mansell	1-51-52
237. Claire Bryan	1-52-09
269. Rob Tate	1-55-47
335. Marie Wilford	2-04-53

Winner: Stuart Spencer (Notts AC/Barrow) 1-10-03 **1st Lady:** Rosanna Andrews (R&N) 1-26-20

FIXTURES

APRIL

Sunday 2 nd	Manchester Marathon		
Saturday 8 th	National Road Relay Championship Final (Men: 12 stages, Ladies: 6 stages)	Sutton Park, Sutton Coldfield	
Sunday 9 th	Belvoir Half Marathon	Hose	10-00am
Sunday 23 rd	Virgin London Marathon		
Sunday 30 th	Livingston Road Relays (4 x 5K men, 3 x 5k women)	Braunstone Park, Leicester	

MAY

Tuesday 2 nd	EMGP Silverstone 10K	Silverstone Circuit	7-30pm
Sunday 7 th	LRRL Summer League West End "8"	Syston Rugby Club	10-00am
Sat/Sun 13 th /14 th	Leics Track & Field Championships	Pingles Stadium, Nuneaton	
Sunday 14 th	Bosworth Half Marathon	Bosworth Water Park	
Friday 12 th	EMGP Blisworth Friday 5	Blisworth	7-45pm
Wednesday 17 th	EMGP Rugby 6	Rugby	7-45pm
Sunday 21 st	LRRL Summer League Gaddesby "7"	Gaddesby	10-30am
Wednesday 24 th	EMGP Corby 5	Carlton	7-45pm
Sunday 28 th	Edinburgh Marathon & Half	Edinburgh	

JUNE

Tuesday 6 th	EMGP Banbury 5	Banbury	7-45pm
Sunday 11 th	Two Castles 10K (Warwick – Kenilworth)		10-30am
Tuesday 13 th	EMGP Harborough 5	Gartree	7-45pm
Tuesday 20 th	EMGP Weedon 10K	Weedon	7-45pm
Tuesday 27 th	EMGP Milton Keynes 10K	Milton Keynes	7-45pm

JULY

Wednesday 5 th	LRRL Summer League Hungarton "7"	Hungarton	7-15pm
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ALWAYS CHECK DATES & TIMES WITH ORGANIZERS TO AVOID DISAPPOINTMENTS

NEWSLETTER EDITOR

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TRAINING INFORMATION

Tuesday Night: Huncote Leisure Centre 7-00pm
(Beginners Group 6-00pm)

Thursday Night: Enderby Leisure Centre 6-00pm

Saturday Improvers: Victoria Park, Cosby 9-30am