



THE HARRIER

The official newsletter of
Huncote Harriers Athletic Club

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VIRGIN LONDON MARATHON 2017

Dave Bedford and past race directors of the London Marathon have generally produced some mouth-watering prospects as far as elite running is concerned and this year proved to be no exception. For the ladies, past winner, Mary Keitany of Kenya, was reputed to be in form and out to run a new World record. Likewise, Kenenisa Bekele of Ethiopia, arguably the greatest distance runner of all time, was out to add the men's World Marathon record to the 5000 and 10000 metres records he already holds – he already has the second fastest marathon time ever recorded.

Mary Keitany set out at an unbelievably fast pace and was soon clear of the field without the help of any pacemakers and was over a minute up on world record pace at half way. She was unable to maintain that fast pace but, although she slowed in the second half of the race, she was able to hold off the fast finishing Tirunesh Dibaba at the end of the race – a remarkable piece of front running. Bekele was also up with world record pace at half way but he went through a bad patch and dropped out of the leading group. However, in the best traditions of a

fantasy comic story, he recovered and started to catch the leaders. Going into second place he relentlessly pulled back the Kenyan leader Daniel Wanjiru and got to within 8 seconds. The Kenyan was able to raise his game in the closing miles and, with a last mile of 4-27, he held off the great Ethiopian distance runner.

For Huncote Harriers there was as much excitement with a big group of runners taking part and a large contingent of followers in the capital to offer support. Gaz Chivers, who had prepared assiduously for the race, ran well to be first Harrier home but failed narrowly to beat 3 hours. Only Jonny Oxbrough has managed to beat this target in the last 2 years. Andy Woolley was not far behind and was just 11 seconds slower than his Liverpool marathon time set in 2016. Claire Quigley, who has the second fastest marathon time for a Harrier (behind

Nicki Nealon) was fastest Harrier lady and was pleased with her effort being her fastest marathon for 6 years.

However, the run of the day probably belongs to Rachel Trivett. Her 3-39 puts her only 6 minutes off being on the Harriers all-time list of best 10 marathoners – a fine run on her debut at the distance.

HARRIERS

Gareth Chivers	3-01-18
Andy Woolley	3-02-28
Mark Gregory	3-06-59
Ian Thompson	3-22-11
Claire Quigley	3-27-25
Rachel Trivett	3-39-01
Tina Tosh	3-41-24
Leonard Symeonides	3-43-18
Julie West	3-43-50
Wendy Thompson	3-47-11
Trudi Unwin	3-50-22
Claire Bryan	4-02-52
Claire Edwards	4-48-40
Winner: Daniel Wanjiru (Kenya) 2-05-48	
1st Lady: Mary Keitany (Kenya) 2-17-01	

A good story for club running was the result of Swansea Harrier, Josh Griffiths. This young runner was first Briton home beating all of the established stars winning himself a place to run in this year's World Championship.

NATHAN LAWSON CRACKING RUN IN 2017 LIVINGSTON RELAYS

Huncote Harrier Nathan Lawson produced a stunning performance to run third fastest time of the day, 15-14, behind Joe Rainsford (Heanor) with 14-55 and Eddie Highton (OWL's) 15-04. This run which was just outside 5 minute/mile pace over a course of 3 miles is arguably the best performance by a Huncote runner for a good number of years. In other teams, V/60 Barry Hibberd had a fine

run with his 19-51 clocking in the "C" team. The Harriers had a good number of runners across the various races but the team performances were perhaps a little disappointing with the ladies 8th, veteran ladies 9th, veteran men 10th and men 12th being the best performances in their races. We did have a number of our faster runners missing from

the teams which probably accounts for these results. Special thanks to Ian Thompson and Trudi Unwin for organizing our teams – it's a difficult task getting runners out for relays.

SENIOR MEN 4 x 3 Miles

1. Heanor RC "A" 62-55

Ben Rhodes 15-21, Joe Rainsford 14-55, Cory Parker 16-48 Shane Rice 15-51

2. Hermitage "A" 63-18

Michael Trott 15-27, Matt Adcock 15-54, Gavin McDermott 16-01, Alex Percy 15-56.

3. OWL's 63-48

Ed Highton 15-04 Tom Mahon 15-37 Tom Bell 15-57 Max O'Sullivan 16-18

12 Huncote Harriers "A" 70-58

Nathan Lawson 15-14 Nathan Adams 16-38 Christian Gamble 19-30 Arron Cox 19-36

23 Huncote Harriers "C" 79-16

Kent Butcher 18-29 Will Ravenhill 19-43 Tony Nichols 21-17 Barry Hibberd 19-51

40. Huncote Harriers "B" 92-37

Mike McSharry 22-00, Andy Cowley 24-32, John Hart 22-23, Mike Percival 23-42

VETERAN MEN 4 x 3 Miles

1. Leicester Ciooritanian 65-38

Gordon Lee 15-22, Andy Robinson 16-42, Gareth Deacon 16-32, Chris Southam 16-55

2. Wigston Phoenix "A" 70-19

Alex Webster 18-07, Martin Hulbert 16-42, Andy Peet 17-00, Clive Jones 18-30

3. Heanor RC 71-14

Gordy Smith 16-59 Ashley Deeming 17-07 Tony Weatherson 18-17 Paul Winfield 18-51

10. Huncote Harriers "A" 79-11

Stephen Snow 18-01, David Lawson 20-17, Graeme Slight 20-08, Keith Chambers 20-45

15. Huncote Harriers "B" 81-25

Neil Parry 20-13, Andrew Spare 20-36, James O'Dowd 20-02, Duncan Smith 20-34

SENIOR LADIES 3 x 3 Miles

1. Hermitage 59-55

Claire Smith 18-24 Zoe Sewter 21-04 Joanne Matthews 20-27

2. West End "A" 60-21

Joanna Male 17-49 Lauren Elmore 20-27 Emily Hall 22-05

3. Hinckley "A" 61-50

Bethan Padbury 20-07 Kate Perkins 20-53 Rebecca Gould 20-50

8. Huncote Harriers 65-29

Kathryn Evans 19-50 Sarah Butcher 23-03 Katrina Wightman 22-36

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VETERAN LADIES 3 x 3 Miles

1. Harborough AC 59-33

Jacqui Hanmer	18-53	Karen Brooks	21-07	Jill Postlewaite	19-33
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2. Stilton "A" 64-17

Vicki Lowe	21-16	Julie Bass	21-03	Liz Goodbourne	21-58
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3. Poplar RC 64-23

Joanne Spencer	20-10	Helen Carss	22-39	Anna Harding	21-34
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9. Huncote Harriers "E" 73-31

Katherine Dean	23-20	Sandra Ankers	26-30	Jo Ravenhill	23-41
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13. Huncote Harriers "C" 76-12

Sue Gardner	23-04	Joanne Goddard	28-36	Kate Parry	24-32
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14. Huncote Harriers "D" 76-59

Janet Richardson	28-17	Irene Forty	25-02	Claire Sceeny	23-40
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15. Huncote Harriers "B" 77-10

Claire Edwards	23-47	Nicki Nicholls	28-01	Trudi Unwin	25-22
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16. Huncote Harriers "A" 81-18

Liz Hill	22-47	Millie Stretton	27-34	Sue Tildesley	30-57
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FASTEST LEGS

SENIOR MEN: Joe Rainsford (Heanor) 14-55, VETERAN MEN: Gordon Lee (Leic Coritanian) 15-22

SENIOR LADIES: Joanna Male (West End) 17-49 VETERAN LADIES: Jacqui Hanmer (Harborough) 18-53

DERBY RUNNER LEAGUE

VI Allestree Park

MEN

42. Gaz Chivers	45-24
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50. Jason Tomkins	46-10
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100. Jonathan Wellls	50-13
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133. Ian Thompson	52-10
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140. Barry Hibberd	52-55
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142. Kent Butcher	53-34
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246. Mike Percival	66-36
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Winner: Tony Hogan (Rolls Royce)

38-35

LADIES

38. Wendy Thompson	57-19
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89. Anne Newbery	66-36
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96. Liz Hill	67-36
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Winner: Claire Fitzpatrick (West End)

46-30

VII Bosworth

MEN

28. Gaz Chivers	41-56
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41. Jason Tomkins	42-57
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115. Jonathan Wells	47-59
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132. Martin Coley	49-38
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136. Will Ravenhill	49-48
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137. Arron Cox	50-10
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139. Barry Hibberd	50-17
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232. John Hart	68-20
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Winner: Tony Hogan (Rolls Royce)

36-05

LADIES

22. Kathryn Evans	50-31
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77. Joanna Ravenhill	60-58
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94. Liz Hill	64-46
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113. Clair Davis	68-36
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Winner: Claire Fitzpatrick (West End) 42-53

After seven races the final tables are out.

Congratulations to Barry Hibberd who finished in a fine 2nd place in the V/60 age group. Team-wise, results were disappointing: the Harriers are in the second and lowest division of all three leagues in the Derby Runner League. In the combined teams with men and ladies to score we were 8th out of 15 teams; in the men only we were 9th out of 15 teams and in the ladies we were 10th out of 17 teams.

DISCUSSION POINT

Is it worthwhile for Huncote Harriers to continue to participate in this league?

Wouldn't time be more profitably spent training in doing long Sunday runs. For novice runners the long Sunday run is necessary to build up running competence. For our faster runners, the long Sunday run is an essential training tool and a cornerstone to get them to the next level. For all who are training for spring time marathons the long run is essential preparation. The Derby Runner League has now expanded to 7 races and has become something of a distraction: in effect 7 fun runs instead of quality mileage! If running standards are to improve we need to encourage runners to do some consistent training through the winter months. Something to perhaps consider for next year?

EAST MIDLANDS GRAND PRIX

I Silverstone

The eight race evening series of races got under way as usual at the Silverstone race circuit with a useful Harrier turnout. Jonny Oxbrough had almost a 2 minute advantage over rival Gareth Chivers who probably had the aftermath of his London marathon still in his legs

HARRIERS

61. Jonny Oxbrough	37-57
108. Gareth Chivers	39-40
201. Jonathan Wells	42-25
224. James O'Dowd	42-52
348. Mark Larratt	45-46
407. Michael Collins	48-11

Winner: Michael Aldridge (Wootton RR) 33-30 **1st Lady:** Katie Synge (Charnwood) 37-03

II Blisworth "5"

Super Nathan Lawson racked up his first open road race victory with a terrific run in this Friday evening race. Nathan has made a big improvement this year and has won selection to race in the junior British team in the World Orienteering championships in Tampere, Finland in July. It would be interesting to see him run against the likes of Toby Spencer of Coventry Godiva Harriers who dominated last year's races in the series and who has the capability of running at 5 minute/mile pace. Wendy Thompson was first lady home for the Harriers leading home a good field of Huncote runners.

HARRIERS

1. Nathan Lawson	26-40
51. Jonny Oxbrough	30-33
89. Gareth Chivers	32-05
111. Ian Thompson	33-12
123. Jonathan Wells	33-43
131. James O'Dowd	34-11
166. David Lawson	35-27
193. Neil Parry	36-12
224. Chris Unwin	37-11

231. Wendy Thompson	37-16
247. David Robinson	37-55
256. Trudi Unwin	38-17
278. Clare Moore	39-04
288. Katrina Wightman	39-20
337. Claire Sceeny	41-32
1st Lady: Hayley Munn (Northampton RR) 29-16	

III Rugby "6"

Welcome back Helen Talbot! The first claim Nuneaton Harrier was 1st W/40 runner and first lady harrier across the line. Jonny Oxbrough resumed his number one Harrier slot getting home 3 minutes in front of new recruit Mark Deary. However, run of the night was probably by Clare Surrell with a fine 42-57. With Trudi Unwin on her way back with another good run after injury Huncote Harriers finished as 2nd best ladies' team – this is much more like it!!

HARRIERS

37. Jonny Oxbrough	36-42
61. Helen Talbot	38-28
81. Mark Deary	39-44
88. Ian Thompson	39-59
101. James O'Dowd	40-54
138. Clare Surrell	42-57
152. Mike McSharry	43-31
167. Chris Unwin	44-08
171. David Robinson	44-39
187. Trudi Unwin	45-38
191. Katrina Wightman	45-47
196. Clare Moore	46-01
213. Wendy Thompson	47-00
235. Claire Sceeny	48-48

Winner: Hywel Davies (McCarkiss EP) 32-21 **1st Lady:** Hayley Munn (Northampton RR) 48-48

IV Corby "5"

A warm summer evening on a fastish but undulating course. Helen Talbot was again 1st W/40 to lead home the Harrier ladies who finished in 3rd place in the veterans team race. For the men, Stephen Snow was first across the line from Ian Thompson.

HARRIERS

39. Stephen Snow	31-51
48. Helen Talbot	32-15
75. Ian Thompson	33-37
105. James O'Dowd	35-36
130. Neil Parry	36-50
146. Chris Unwin	37-43
160. Wendy Thompson	38-41
183. Trudi Unwin	39-39
185. Clare Moore	39-43
229. Katrina Wightman	41-51
240. Claire Sceeny	42-24

Winner: Dominic Jones (Rugby & Northampton) 27-11
1st Lady: 18th Hayley Munn (Northampton RR) 30-04

V Banbury "5"

Another fine run by Helen Talbot, first home for the Harriers, 3rd lady overall and 1st F/40. In doing so she led the Huncote ladies to second place with Wendy Thompson and Trudi Unwin backing up well. For the men, Gaz Chivers was first Harrier home with Ian Thompson running well, not too far behind.

HARRIERS

56. Helen Talbot	31-17
58. Gareth Chivers	31-21
86. Ian Thompson	32-48
105. James O'Dowd	34-00
131. Neil Parry	35-09
139. David Robinson	35-22
169. Chris Unwin	36-35
182. Wendy Thompson	37-24
196. Trudi Unwin	38-00
209. Katrina Wightman	38-41
239. Claire Sceeny	40-05

Winner: Steven Tuttle (Marshall Milton Keynes) 26-10
1st Lady: Hayley Munn (Northampton RR) 29-04

LEICESTERSHIRE SUMMER ROAD RACE LEAGUE

I West End "8"

Stephen Snow added to his growing club reputation by leading the Harriers home in the first summer road league fixture. Nick Strange was a little adrift of that whilst Barry Hibberd was 3rd V/60 in his age category. Kathryn Evans was first lady but rival, Claire Quigley, was not too far behind. Claire also finished 2nd F/40 in the race.

HARRIERS

45. Stephen Snow	50-39
64. Nick Strange	52-14
71. Craig Free	52-38
89. Mark Deary	53-44
95. Ian Thompson	54-08
103 Arron Cox	54-35
105. Hugh Potter	54-40
112. Will Ravenhill	55-33
116. Christian Gamble	55-48
128. Barry Hibberd	56-21
132. James O'Dowd	56-42
143. Kathryn Evans	57-11
150. Claire Quigley	57-49
166. Duncan Foley	58-43
173. Mike McSharry	59-00
182. Clare Surrell	59-23
192. Duncan Smith	59-52
215. Tina Tosh	1-01-03
222. Helen Mercer	1-01-21
246. Chris. Smith	1-02-40
291. Sue Gardner	1-05-11
312. Mike Percival	1-06-26
316. Anne Newbery	1-06-41
327. Graham Smith	1-07-28
328. Jo Ravenhill	1-07-31
357. Claire Edwards	1-10-01
375. Tracey Griffiths	1-11-53
378. Gev Jones	1-12-07
385. Andy Cowley	1-12-31
473. Helen Bennett	1-21-19

Winner: Matt Adcock (Hermitage)
44-12 **1st Lady:** Joanna Male (West End) 49-21

II Gaddesby "7"

Almost a rerun of the previous race over a similar course. Stephen Snow was again first Harrier home but, this time, from Mark Gregory. However, for the ladies Claire Quigley got her revenge over

Kathryn Evans and was again 2nd F/40.

HARRIERS

48. Stephen Snow	45-06
59. Mark Gregory	45-55
60. Nick Strange	46-02
80. Arron Cox	47-53
95. Hugh Potter	49-18
97. Barry Hibberd	49-22
117. Christian Gamble	50-08
145. Claire Quigley	51-35
162. Kathryn Evans	52-41
165. Mike McSharry	52-44
187. Helen Mercer	54-03
211. Tina Tosh	55-10
261. Claire Bryan	57-11
284. Graham Smith	58-20
299. Paula Jennings	59-05
324. Anne Newbery	1-00-56
327. Jenny Murphy	1-01-07
329. Jo Ravenhill	1-01-13
417. Sue Castledine	1-08-05

Winner: Matt Adcock (Hermitage)
38-50 **1st Lady:** Joanna Male (West End) 42-51

III Swithland "6"

This scenic race around Swithland Reservoir has an awkward section of stony road on one side of the reservoir. It did not stop Jonny Oxbrough making a fine return to road racing to be first Harrier across the line in front of Nathan Adams, who was returning to running following the recent distraction of his wedding! Kathryn Evans was first lady harrier over the line leading a strong ladies' team including the ever improving Tina Tosh. The race was won by Michael Coltherd, an unattached runner with a fast growing reputation. He was over a minute clear of class V/50 veteran Tim Hartley of Barrow/Notts. Full marks to Hermitage Harriers – even with a number of their top men missing they had 9 runners in the top 30 places: a

performance similar to Huncote Harriers in our heyday.

HARRIERS

40. Jonny Oxbrough	36-33
48. Nathan Adams	36-51
54. Stephen Snow	37-15
78. Mark Gregory	38-28
79. Nick Strange	38-37
84. Arron Cox	38-55
86. Mark Deary	39-02
126. Hugh Potter	41-00
134. Will Ravenhill	41-29
138. James O'Dowd	41-37
155. Barry Hibberd	42-16
(3 rd V/60)	
166. Kathryn Evans	42-46
234. Helen Mercer	45-13
240. Tina Tosh	45-23
255. Clare Moore	45-54
264. Mike McSharry	46-21
267. Katrina Wightman	46-32
326. Mike Percival	49-03
339. Paula Jennings	49-38
343. Claire Bryan	50-00
351. Anne Newbery	50-12
382. Kate Parry	51-24
494. Mick Butler	55-53

Winner: Michael Coltherd 30-13 **1st Lady:** Joanna Male (West End) 36-12

CONGRATULATIONS

Huncote Harriers, Nathan Adams and Ceri Williams were recently married back in their home county of Cheshire.

Congratulations to them both. We all wish them well and every happiness for their future time together.

OTHER RESULTS

Belvoir Challenge

This trail race over the paths and fields of north east Leicestershire based at the village of Harby provides a demanding challenge: the 26 miles course is undulating and, invariably, muddy. Kent Butcher underlined his reputation as an up and coming distance runner with a fine run in this year's race finishing over an hour in front of next Huncote man, Brandon Gray. Tina Tosh and Sarah Butcher ran well for the Huncote ladies.

HARRIERS

15. Kent Butcher	3-47-35
87. Brandon Gray	4-54-28
179. Tina Tosh	5-40-11
180. Sarah Butcher	5-40-12

Winner: Stephen Shanks (VPH) 3-20-28
1st Lady: Kit-yi Greene 4-04-54

Notts Easter 10K

Not a road race but a trail race around Wollaton Park using much of the traditional cross country courses. Jonny Oxbrough using his fitness from his London Marathon build-up was first Harrier home but Stephen Snow was not far behind. Nicki Nealon was first home for the ladies.

HARRIERS

13. Jonny Oxbrough	37-58
21. Stephen Snow	38-42
34. Nicki Nealon	39-57
84. Jonathan Wells	42-06
132. Kathryn Evans	44-54

Winner: Joe Rainsford (Heanor) 32-24
1st Lady: Lucy Holt (NottsAC) 37-10

Bosworth Half Marathon

A great run by the improving Stephen Snow to be first Harrier across the line. Also running well was Arron Cox who managed to beat the 1.1/2 hour barrier. After a period of little racing Nicki Nealon returned to winning ways

finishing in first place in the ladies' race. Last year's winner, Stuart Spencer, had a tough race on his hands this year and was just beaten by Michael Coltherd. These two were a long way clear of third place.

HARRIERS

23. Stephen Snow	1-26-56
29. Nicki Nealon	1-29-32
35. Arron Cox	1-29-45
63. Graeme Slight	1-34-51
76. Will Ravenhill	1-36-38
96. Mike McSharry	1-38-58
104. Neil Parry	1-39-32
112. Christian Gamble	1-40-36
145. Lance Rathbone	1-44-32
202. Sue Gardner	1-49-19

Trent "5"

Nicki Nealon, after a troublesome back injury, returned to racing action in this Wednesday evening race organized by Beeston AC in the south of Nottingham. Her 31-51 was good enough to be first lady home in 26th place overall. Race winner was Matthew Williams (Notts AC) in 25-51.

Welsh 1000 Metre Peaks Race

This race used to be one of the hardest races on the FRA calendar and was often used as one of the long championship "A" races. In 1984 this race featured an epic struggle between fell running legends, John Wild and Kenny Stuart, who raced it hard all the way to the finish line. It was discontinued, probably through difficulty of organization and lack of support. In the 1980's the race was over the 4 1000

metre summits in Wales, Carnedd Llewellyn, Carnedd Daffydd, Crib – y-Ddysgol and Snowdon a distance of 20+ miles with an ascent of 9000 feet. The race was revived in the new millennium but now includes a fifth four thousander, Glyder Fawr. This mountain has recently been resurveyed and found to be 1001 metres. The old race went past Llyn Ogwen and climbed to a lake overlooking it, Llyn Caseg Fraith. Now the route goes from Ogwen to the top of Glyder Fawr before proceeding to Pen-y-Pass youth hostel. The distance is about the same but there is extra ascent going over the mountain summit. The Harriers latest ultra star, Kent Butcher, ran in this year's edition and recorded an excellent 6-29-52 for the course. The race starts at sea level on the shore line at Aber on the North Wales coast. It's then upwards most of the way to the first checkpoint on the summit of Carnedd Llewellyn at 3499 feet, much of the route barely runnable. After a fairly easy ridge run around to Carnedd Daffydd there is a steep awkward descent to Llyn Ogwen. After negotiating Glyder Fawr and cross country trails to Pen-Y-Pass there is a sting in the tail in the climb up to Snowdon Summit visiting Crib-y-Ddysgol (Carnedd Ugain) on the way.

FIXTURES

JUNE

Sunday 4 th	LRRL Summer League Swithland "6"	Rothley	10-30am
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
Wednesday 21 st	Leics Track 10,000 Championship	Pingles Stadium, Nuneaton	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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AUGUST

Wednesday 2 nd	LRRL Summer League Joy Cann "5"	Huncote	7-00pm
Sunday 13 th	LRRL Summer League Hermitage 10K	Coalville	10-30am
Saturday 19 th /Sunday 20 th	Club 24 Hour Relay ??		

SEPTEMBER

Sunday 3 rd	LRRL Summer League John Fraser "10"	Countesthorpe	10-30am
Sunday 10 th	Great North Run	Newcastle-upon-Tyne	9-30am
Sunday 17 th	Calke Abbey 10K	Calke Abbey	
Sunday 24 th	Nottingham Marathon & Half Marathon	Nottingham	

OCTOBER

Sunday 15 th	Leicester Marathon	Victoria Park	9-15am
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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: Victory Park, Cosby 9-30am