

# THE HARRIER

The Official Newsletter of Huncote Harriers Athletic Club

Issue Number 194

March 2020



2019 Harriers of the Year..... Ian Thompson and Sophie Cook

Details of our Award winners plus the start of the Spring Leicestershire Road Race League

## **Return to Huncote Tuesday 28<sup>th</sup> April 2020**

The Tuesday 6.00pm and 7.00pm Training sessions will return to the Huncote Leisure Centre from Tuesday 28<sup>th</sup> April 2020 for the duration of the summer. The Thursday 6.00pm Training sessions will continue at the Enderby Leisure Centre

Well, that was the plan but recent events make this highly unlikely, please check the Harriers web page, facebook page and look out for email updates

## Naseby 1645 (16.4 Miles) – Sunday 16th February 2020

One event that Storm Dennis did not affect was the Naseby 1645. This road race provides a suitable distance under race conditions for those building up to a spring marathon such as the London Marathon (26th April 2020). A fair amount of rain and gusting winds provided a challenging environment, there was also the challenge of Dicks Hill at the 10 mile marker.

### Leading Runners

1	1:36:23	Nicholas Ost	SM	U/A
10	1:53:18	Claire Fitzpatrick	SF	West End Runners

### Huncote Harriers

11	1:54:15	Martin Beadle	SM
62	2:08:17	Barry Hibberd	MV60
114	2:17:18	Lucy Hodkinson	SF
141	2:21:11	Sophie Cook	SF
167	2:23:48	Stefan Brakes	SM
277	2:39:06	Lorna Gurr	SF
289	2:40:09	Bev Parry	FV60
338	2:45:52	Andy Wilford	MV50
346	2:46:36	Marie Wilford	FV40
518 Finishers			



Lucy Hodkinson feeling Happy!

## Derby Runner Cross Country – Race 5 – Bagworth Heath

**Sunday 16th February 2020**

Race Cancelled

Dennis the Menace screwed up this one. With approach roads and car parks flooded the organisers decided it was wise to cancel with 24 hours' notice.

## Congratulations

Some good news in these uncertain times. Congratulations to Lauren and Kieran Flannery on the recent birth of their baby boy, Casper

## English National Cross Country Championship – Wollaton Park, Nottingham

**Saturday 22nd February 2020**

Stefan Brakes I salute you. If you did not hear the tale, Stefan actually entered the National XC by mistake thinking it was part of the North Midland XC Series. An amusing but understandable mistake for the 'novice' runner. To his credit Stefan got out there and did it and shamed everyone else in the process that missed out on this epic event. Judging by the pictures it looked an absolute mud bath, hope you enjoyed it.

1      0:43:36      Calum Johnson      Gateshead Harriers and AC

1151    1:14:28      Stefan Brakes

1710 Finishers



Stefan Brakes completes the National

## Leicestershire Half Marathon – Prestwold Hall

**Sunday 23rd February 2020**

This Half Marathon is traffic free and is basically a convoluted circuit around the Prestwold Hall estate and the adjoining airfield. Luke Woods obviously found it to his liking as he recorded a personal best which was not really a surprise as I'd noted in previous newsletters he was improving with every race. Sub 1:20 by the end of the year Luke? No pressure! Congratulations also go to Claire Percival and Lisa Winkless for completing their first Half Marathons.

### Leading Men

1	01:09:46	Sam Stabler	SM	
2	01:11:22	Daniel Soltys	MV35	Stone Master Marathoners
3	01:11:25	Adam Peers	SM	

### Leading Ladies

48	01:25:25	Natalie Bunce	SL	Holme Pierrepont
57	01:26:48	Natasha White	LV35	Northbrook AC
65	01:28:04	Rhiannon Baxter	SL	Wreake Runners

### Huncote Harriers

	01:24:35	Luke Woods	
114	01:32:49	Ian Thompson	MV50
191	01:39:11	Kevin Higham	MV40
276	01:43:40	Paula Jennings	LV40
320	01:46:33	Andrew Spare	MV50
322	01:46:38	Wendy Thompson	LV45
409	01:50:12	Scott Madden	MV35
771	02:07:08	Dawn West	LV45
772	02:07:15	Mike Percival	MV60
879	02:15:03	Lisa Winkless	LV40
1042	02:29:25	Claire Percival	LV35

1179 finishers



Paula Jennings

## Leicestershire Spring Road Race League – Race 1

### Stilton 7 – Sunday 23rd February 2020

This race is now an established 2 lap course in the Spring LRRL series. We were warned of surface water but it turned out to be a little more than we bargained for.

Jamie Strange started the new Road Running League campaign off with a top 20 position, running 43 seconds quicker than last year. Rachel Trivett headed the ladies team, pipping our XC Champion, Kathryn Evans to the line. The ladies (Rachel, Kathryn, Sophie & Tina) grouped well gaining 12<sup>th</sup>, 16<sup>th</sup>, 22<sup>nd</sup> & 24<sup>th</sup> positions.

Some of our Veteran runners also got off to a flying start, Rachel Trivett 3<sup>rd</sup> LV40, Tina Tosh 1<sup>st</sup> LV50, Steve Snow 2<sup>nd</sup> MV45, Hugh Potter 3<sup>rd</sup> MV55 and Barry Hibberd 1<sup>st</sup> MV60

Unfortunately the race ended very quickly for Irene Forty, who barely ran 30m before being accidentally tripped at the start causing her to fall, hitting her head and shoulder as she went down on the hard surface. Fortunately her friend, Samantha Beeby, was close by to protect



her from being trampled on by those behind. The result was a broken clavicle (Collar Bone) and a bruise to the head. Collar bones cannot be repaired easily. LRI gave her an X-Ray before placing her arm in a sling and prescribing the necessary drugs for the acute pain. She can now barely walk because of jarring her shoulder, can't drive and won't be running for months. The 'gentleman' concerned did apologise but continued to run on. No doubt he is continuing his normal life whereas poor Irene will be struggling for the foreseeable future. If you ever wondered why some races have strict entry limits, this is the reason why, some roads are just not big enough to take the number of runners. Please take care during these mass starts and respect those around you by not trying to barge through.

### Leading Men

1	00:36:52	Tom Whitmore	SM	Charnwood AC
2	00:38:46	Luke Ingram	SM	OWLS
3	00:39:16	Simon Allen	SM	OWLS

### Leading Ladies

1	00:45:15	Charlie Nurse	SF	Wigston Phoenix
2	00:45:32	Nicola Stevenson	SF	Poplar RC
3	00:45:42	Amber Lester	SF	Barrow Runners

### Huncote Harriers

19	00:43:09	Jamie Strange	MV40
22	00:43:15	Stephen Snow	MV45
28	00:43:47	Jonathan Oxbrough	SM
37	00:44:37	Gareth Chivers	SM
50	00:45:25	Nick Strange	MV45
57	00:45:48	Jason Tomkins	SM
63	00:46:44	Craig Free	MV50
79	00:48:04	Neil Parry	MV45
86	00:48:36	Mark Larratt	MV45
93	00:49:07	Barry Hibberd	MV60
105	00:49:54	Hugh Potter	MV55
109	00:50:04	Duncan Smith	MV50
123	00:50:33	Rachel Trivett	FV40
139	00:51:56	Kathryn Evans	SF
153	00:52:31	Sophie Cook	SF



Craig Free

158	00:52:36	Tina Tosh	FV50
176	00:53:28	Anthony Nicholls	MV50
239	00:57:11	Katrina Wightman	FV40
305	01:01:39	Jeff Wickham	MV55
363	01:07:03	Helen Mercer	FV50
402	01:12:35	Nicola Nicholls	FV45
DNF		Irene Forty	
DNF		Graeme Slight	
455 Finishers			



Jeff Wickham



Strange goes on... brothers Jamie & Nick demonstrate the art of sprint finishing

## 10 years ago..... Stilton 7 – 7th March 2010

The Asfordby road circuit has been well established for many years. It used to be the venue for the Livingston Relay, a much more challenging circuit than its current venue around Braunstone Park. The 7 mile race has been run many times but not always with the current Start and Finish. In past years this has been at the entrance to the current car park and also at the bottom of the hill where the Asfordby Pit was located (some of the best showers I've ever used), never the less the two lap circuit along Welby Road and Welby Lane has remained unchanged although I swear the hills are getting steeper.

The irrepressible Gordon Lee led home the field 10 years ago, just 2 seconds faster than this year's winner, Tom Whitmore. Eight runners went under 40 minutes that day compared to only three this year. Charnwood's Clare Mensley would have been streets ahead of this year's winner, Charlie Nurse, in fact the top 6 ladies would have been quicker. We've debated the declining standards many times recently, it's an observation and a fact but no one has an answer as to why.

Thirty Huncote Harriers completed the race and no one fell over, although there were 100 less finishers than this year. Interesting to see Ashley Payne in 107th place, he was 16th this year, now running for Desford Striders, we must have been holding him back.

Jason Tomkins, Mr Consistent, 45:49 in 2010 and 45:48 this year, what can we say?

### Leading Men

1	36:50	Gordon Lee	MV40	Leicester Coritainian
2	37:19	Alastair Watson	SM	Hermitage H
3	38:05	Philip Critchlow	MV40	Beaumont RC

### Leading Ladies

1	41:54	Clare Mensley	SL	Charnwood AC
2	42:24	Nicola Clay	SL	Stilton Striders
3	42:58	Nicki Nealon	LV40	Huncote Harriers

### Huncote Harriers

21	41:19	Graham Fenton	MV40
38	42:54	Eric Carter	MV40
39	42:58	Nicki Nealon	LV40
41	42:59	Marvin Ryan	SM
52	43:34	Graeme Slight	MV50
61	44:25	Chris Talbot	MV40
82	45:49	Brett Melhuish	SM
83	45:49	Jason Tomkins	SM
93	46:53	Keith Chambers	MV50



Graham Fenton



107	47:17	Ashley Payne	SM
111	47:36	John Carnegie	MV45
124	48:19	Claire Quigley	SL
138	49:28	Duncan Foley	SM
150	50:07	Andy Wilford	MV45
156	50:28	Mick Walton	MV40
164	51:13	Mike Tansey	MV40
167	51:20	Jeff Wickham	MV45
176	51:44	Paul Nealon	MV40
181	52:05	Simon Jones	SM
182	52:06	John O'Sullivan	MV45
225	54:24	Richard Thomas	MV50
244	55:44	Bev Parry	LV50
255	56:33	Sue Gardner	LV45
259	56:59	Deb Hulbert	LV40
275	58:27	Sarah Tresler	SL
278	58:41	Alex Carter	SL
288	59:50	Marie Wilford	SL
293	60:06	Julie West	SL
341	68:59	Seema Patel	SL
350	71:58	Laura Herbert	SL
358 Finishers			



Claire Quigley



Julie West

### Derby Runner Cross Country – Race 6 – Bosworth Battle Field Sunday 1st March 2020

Another race cancelled due to heavy rain; if cross countries are getting cancelled then it must be getting serious.

### Benidorm Media Marathon – Saturday 29th February 2020

1	01:09:29	Quais Zitane	Alejandro Sanz Rickysporteam
470	01:45:04	Mark Wittering	
1411	02:25:39	Paul Nealon	
1590 Finishers			



## **The Vitality Big Half – Sunday 1st March 2020**

Ethiopia's Kenenisa Bekele broke Mo Farah's course record in the men's Vitality Big Half race in London with a time of one hour and 22 seconds.

Bekele shaved 1:18 minutes off the record set in 2019 by GB's Farah, who missed out with an Achilles injury.

Britain's Lily Partridge won the elite women's race for the first time with a time of 1:10:50.

5311 1:50:43 Lance Rathbone

9468 2:06:51 Lesley Rathbone

## **The Huncote Harriers Presentation Evening – Friday 6<sup>th</sup> March 2020**

Chairman, Andy Wilford, once again compered the Annual Club Presentation and began by thanking all those involved in the organisation and running of the Club. Andy concluded his opening remarks by emphasising the need to look out for one another's wellbeing and reminding everyone that our Welfare Officer, Kate Parry, is our go to person should anyone need someone to talk and confide in.

### **Huncote Harrier Club XC 2019 Championship**

**Ladies** – 1st Kathryn Evans, 2nd Sophie Cook and 3rd Lucy Carveth

**Men's** – 1st Nathan Lawson, 2nd Steve Snow and 3rd Martin Beadle

### **The Muddy Boot Challenge 2019**

**Ladies** – 1st Kathryn Evans, 2nd Sophie Cook and 3rd Wendy Thompson

**Men's** – 1st Steve Snow, 2nd Martin Beadle and 3rd Arron Cox

### **Huncote Harrier Club 10k Championship 2019**

**Ladies** – 1st Nicki Nealon, 2nd Ella Pearce and 3rd Rachel Trivett

**Men's** – 1st Kieran Flannery, 2nd Jon Oxborough and 3rd Steve Snow

### **County Standards 2019 (Five Distances)**

**Pewter** Nicola Nicholls (LV40)

**Copper** Lorna Gurr (SL)

**Bronze** Jenny Gurr (LV40), Katrina Wightman (SL), Mark Larratt (MV40) and Tony Nicholls (MV45)

**Silver** Arron Cox (SM), Kathryn Evans (SL) & Duncan Smith (MV45)

**Gold** Craig Free (MV50), Sue Gardner (LV55), Nick Strange (MV45), Ian Thompson (MV50), Graeme Slight (MV60), Tina Tosh (LV45) and Helen Mercer (FV50)

**Diamond** Barry Hibberd (MV60)

**Platinum** Nicki Nealon (FV50)

### **County Standards with Distinction 2019 (Nine Races)**

**Copper** Sophie Cook (SL)

**Bronze** Paula Jennings (LV40)

**Silver** Rachel Trivett (LV40)

### **Huncote Harrier Club Standards 2019**

**Pewter** Liz Hill (SL) & Nicola Nichols (LV40)

**Copper** Lorna Gurr (SL) & Katie Howard (SL)

**Bronze** Paula Jennings (LV40), Lucy Carveth (SL), Jenny Gurr (LV40), Katrina Wightman (SL), Mark Larratt (LV40), Sophie Cook (SL) and Kate Parry (LV45)

**Silver** Sue Gardner (LV55), Rachel Trivett (LV40), Duncan Smith (MV45), Arron Cox (SM), Kathryn Evans (LV35), Wendy Thompson (LV45) and Ian Thompson (MV50)

**Gold** Graeme Slight (MV60), Tina Tosh (LV45), Helen Mercer (LV50), Craig Free (MV50), Barry Hibber (MV60) and Nick Strange (MV45)

**Platinum** Nicki Nealon (LV50)

### **Huncote Harrier Grand Prix series 2019**

**Ladies** – 1st Nicki Nealon, 2nd Rachel Trivet and 3rd Tina Tosh

**Men's** – 1st Steve Snow, 2nd Arron Cox and 3rd Nick Strange

### **Huncote Harrier Long Service Awards**

**10 Years** – Mark Gregory and Julie West

**30 Years** – Julie Shepherd and Sue Edwards

### **2019 Newcomer of the Year – Martin Beadle**

Martin Beadle made a significant impact on the racing scene last year becoming one of the leading runners either in XC or on the road. We look forward to seeing Martin progress even further in the coming season.

### **2019 Committee Award for Achievement – Arron Cox**

Arron Cox really kicked on last year with good performances in XC and on the road, no doubt spurred on by increasing competition from Martin Beadle, Luke Woods & Co.

### **2019 Chairman's Award for Endeavour – Tom Harris**

To most of us the role of Treasurer goes largely unnoticed in the background and yet it is a vital position within the Committee structure, fortunately our Chairman has had a first class view of what Tom Harris has contributed to the Club these last few years and this year was justifiably recognised.

## **2019 Huncote Harriers of the Year**

**Ladies** – 1st Sophie Cook, 2nd Rachel Trivett and 3rd Wendy Thompson

**Men's** – 1st Ian Thompson, 2nd Tony Lay and 3rd Jason Tomkins

The Harrier of the Year is a much coveted award as it is voted for by our piers, friends and Club colleagues. Sophie has improved so much over the last 12 months; she attends most training sessions, works hard and supports the Ladies team in so many events. Congratulations Sophie thoroughly deserved.

Likewise Ian Thompson is an ever present, and with his wife Wendy they do so much to support us all by bringing and erecting the Club tent, ensuring Pearl & Beryl are fully charged to provide tea and coffee and sometimes some sweet treats. Oh yes, and he runs a bit too. Thank you Ian (and Wendy), congratulations.

This was the last Club Presentation compered by our Chairman, Andy Wilford. After succeeding me as Chairman back in 2011/12. Andy has overseen a great many changes within our Club.

Our training schedules now have a far better structure with Run Leaders and Coaches being trained to take our runners on various routines to improve our speed and endurance. The beginners groups have flourished in recent years bringing new blood in to the membership. So many changes have happened regarding the organisation of our races. Risk Assessments, Medical cover, Road Closures and improved signage are now routine requirements. The pressure of car parking has had to be dealt with and the introduction of on-line entries are now common place. The creation of a Welfare Officer and better protection for our members are now in force.

Obviously this is not all down to Andy alone, a Committee and an amazing army of volunteers have helped to leave the Club in a very strong place moving forward. I would like to thank Andy of behalf of everyone for his leadership and guidance over the last 8 years, although I have to say his jokes leave a lot to be desired

## **Kibworth 6 – Sunday 8<sup>th</sup> March 2020**

A slight blustery wind, mild temperature and blue sky made for an almost perfect day for racing, just a pity it was on one of the hilliest courses in the racing calendar. Alex Percy and Stephen Parkes were neck and neck returning through the village of Smeeton Westerby, the Hermitage Harrier managed to win by a 4 second margin. Nicki Nealon only ran to support her daughter, Rachel, but found herself in third place as she approached mile 5 and was able to push on and gain a creditable 2nd place. While Nicki also claimed first LV50, Tina Tosh was performing well in her new category to grab 2nd LV50, well done Tina. Barry Hibberd was back to his best form and beat his MV60 rival, Charnwood's Mark Whitmore by 39 seconds. Hugh Potter also put in another solid performance for 3rd MV55. It was good to see Jo Ravenhill get back to some racing after a long term injury, and having never failed to complete a race in 40 years, I dropped out for the second race in a row, I hope it's not the start of a new trend.

### **Leading Men**

1	00:34:01	Alex Percy	SM	Hermitage Harriers
2	00:34:05	Stephen Parkes	SM	West End Runners
3	00:34:29	Matieus Fraga Martinez	SM	Birstall RC



## Leading Ladies

85	00:41:17	Sarah Purser	VF40	West End Runners
103	00:42:11	Nicki Nealon	VF50	Huncote Harriers
107	00:42:21	Natalie Teece	VF40	Stilton Striders

## Huncote Harriers

22	00:36:55	Jamie Strange	VM40
29	00:37:41	Arron Cox	SM
41	00:38:23	Gareth Chivers	SM
57	00:39:16	Jason Tomkins	SM
59	00:39:31	Nick Strange	VM45
89	00:41:28	Neil Parry	VM45
100	00:42:01	Mark Larratt	VM45
103	00:42:11	Nicki Nealon	VF50
115	00:42:36	David Robinson	VM45
124	00:43:08	Barry Hibberd	VM60
125	00:43:11	Ian Thompson	VM50
131	00:43:22	Kevin Higham	VM40
133	00:43:25	Hugh Potter	VM55
138	00:43:35	Duncan Smith	VM50
171	00:45:23	Tony Nicholls	VM50
172	00:45:25	Sophie Cook	SF
174	00:45:30	Tina Tosh	VF50
214	00:47:12	Andy Wilford	VM55
310	00:51:46	Sue Gardner	VF55
352	00:53:43	Jeff Wickham	VM55
372	00:54:30	Gev Jones	VM60
385	00:55:30	Jo Ravenhill	VF50
393	00:56:33	Marie Wilford	VF45
396	00:56:46	Nicky Jones	VF50
415	00:58:54	Helen Mercer	VF50
422	00:59:43	Paul Nealon	VM50



Paul Nealon

Apologies if you find this picture offensive!



Gaz Chivers

460	01:04:32	Nicki Nicholls	VF45
DNF		Craig Free	VM50
DNF		Graeme Slight	VM60

501 Finishers

And that is where everything has kind of stopped. As the week progressed we heard of cancellation after cancellation. The Ashby 20, London Marathon, Manchester Marathon, Desford 5, Bagworth XC (AGAIN), Park Runs and worst of all, Club Nights.

It is such disappointing news for those of you who have been putting in big mileages for a Spring Marathon or had ambitions of LRRL glory.

At this current time we are still free to go running and I would certainly encourage everyone to continue as long as it is within the guidelines. Andy Wilford mentioned our mental wellbeing at our recent Club Presentation Evening. In my opinion, running is the best therapy for relieving stress and getting your head straight after a tough day.

I'm not sure when the next Newsletter will be issued or what it will contain. May be I'll have to dig out some old races and bore you with stories about Harriers that few of you will remember.

In the meantime, try to stay fit and healthy and look out for one another.



All ready for the Kibworth 6

Kevin Higham, Ian Thompson, Duncan Smith, Dave Robinson, Tony Nicholls, Craig Free, Paul Nealon, Andy Wilford, Jeff Wickham, Mark Larratt, Jo Ravenhill, Marie Wilford and the Ladies at the front, Helen Mercer, Tina Tosh, Sue Gardner, Nikki Nicholls and Sophie Cook.