

THE HARRIER

The Official Newsletter of Huncote Harriers Athletic Club

Issue Number 222

October – November 2024

Editor: Graeme Slight



A Place in the Sun – The Fuengirola Half Marathon & 5k gets underway

Huncote Hash – Sunday 29th December 2024

We will be asking for volunteers to help marshal our own event, please contact Tony Nicholls to offer your support. Always great fun to watch and see out the old year in style.

Leicestershire & Rutland County XC Championship – Burbage Common Saturday 4th January 2025

Some of our runners could be challenging for medals and most certainly everyone is in with a chance of a team medal. So many have been lost in the past due to our failure to field a complete team.

Please consult your Ladies & Men's Captains; Trudi Unwin and Ian Thompson

2024 Summer LRRL – Individual Results

Champions – Men & Ladies

C	Mo Hussein	Roadhogs	Gemma Steel	Charnwood AC
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Seniors – Men & Ladies

1	Mo Hussein	Roadhogs	Gemma Steel	Charnwood AC
2	Matt Scarsbrook	Badgers	Claire Frankland	West End Runners
3	Declan Cox	West End Runners	Sophie Edge	Wreake & Soar Valley

U23 – Men & Ladies

1	Jayjay Rathod	Huncote Harriers AC	Rachel Nealon	Huncote Harriers AC
2	Joe Matthews	Wreake & Soar Valley	Olivia Bailey	Hinckley RC
3	Toby Ward	Hinckley RC	Amelia Cook	Beaumont RC

V40 – Men & Ladies

1	Lee O'Connor	Shepshed RC	Kim Blount	Birstall RC
2	Graham Peacock	Charnwood AC	Katie Howard	Huncote Harriers AC
3	John White	Wreake Runners	Laura Storer	Birstall RC

V45 – Men & Ladies

1	Chris Horton	Badgers	Anita Beeby	Desford Striders
2	Neil Russell	Badgers	Nadine Michael	Birstall RC
3	Gurmit Singh	Roadhogs	Donatella Querzoli	Beaumont RC

V50 – Men & Ladies

1	Martin Hulbert	Wigston Phoenix	Kathryn Evans	Roadhogs
2	Richard Wayman	OWLS	Tina Tosh	Huncote Harriers AC
3	Dan Poultney	Wigston Phoenix	Mika Mihell	Wigston Phoenix

V55 – Men & Ladies

1	Phil Chritchlow	Beaumont RC	Nicki Nealon	Huncote Harriers AC
2	David Pearce	Roadhogs	Kathy Robinson	Barrow Runners
3	Nigel Smith	Poplar RC	Vicki Lowe	Stilton Striders

V60 – Men & Ladies

1	Andy Green	Huncote Harriers AC	Elisa Whittlestone	Birstall RC
2	Ben Benson	Huncote Harriers AC	Jackie Brown	Roadhogs
3	Ian Robinson	Barrow Runners	Sue Gardner	Huncote Harriers AC

V65 – Men & Ladies

1	Mark Whitmore	Charnwood AC	Elaine Elliott	West End Runners
2	Rob Baser	Wigston Phoenix	Christina Heerey	Stilton Striders
3	Tony Davis	Hinckley RC	Dee Nurse	Birstall RC

V70 – Men & Ladies

1	Brian Moran	Desford Striders	Liz Moss	Poplar RC
2	Peter Meads	Wigston Phoenix	Erica Fisher	Hinckley RC
3	Stuart Coe	Beaumont RC		

V75 – Men

1	Raymond Draycott	Shepshed RC
2	Peter Greenfield	Badgers
3	Andrew Goodman	Birstall RC

2024 Summer LRRL – Team Results

Mens		Mixed		Ladies	
Senior League					
Division One					
1	Badgers	1	West End Runners	1	West End Runners
2	West End Runners	2	Hinckley RC	2	Huncote Harriers AC
3	OWLS	3	Badgers	3	Birstall RC
Division Two					
1	Hinckley RC	1	Wigston Phoenix	1	Wreake & Soar Valley
2	Hermitage Harriers	2	Hermitage Harriers	2	Roadhogs
Division Three					
1	Beaumont RC	1	Shepshed RC	1	Wreake Runners
2	Shepshed RC	2	Wreake Runners	2	Anstey Amblers & Runners
B Division					
1	Badgers			1	Hinckley RC
Veterans League					
Division One					
1	Badgers			1	Huncote Harriers AC
2	Huncote Harriers AC			2	Birstall RC
3	Roadhogs			3	Hinckley RC
Division Two					
1	Wigston Phoenix			1	Poplar RC
2	Shepshed RC			2	Ivanhoe Runners
Division Three					
1	Desford Striders			1	Wreake Runners
2	Anstey Amblers & Runners			2	Anstey Amblers & Runners

Charnwood 10 Mile Challenge – Sunday 6th October 2024

Leading Runners

1	01:06:19	Ben Plummer	SM	Long Eaton Running Club
1	01:25:47	Amy Freeman-Hughes	SL	Poplar Running Club

Huncote Harriers

51	01:39:55	Jason Tomkins	SM
57	01:42:13	Mark Wittering	MV
78	01:53:40	Jenny Murphy	LV
99	02:02:43	Sue Gardner	LV
134 Finishers			

NMXC – Race 1 – Markeaton Park, Derby Saturday 12th October 2024

The first XC of the new season opened with the regular Markeaton Park, Derby fixture. The Harriers managed to get a full Ladies team together but sadly fell two short in the senior men's. Unfortunately, it was the Run Leicester event the following day which could have impacted attendance. Good to see both Kathryn Evans and Shiela Pearce making a return to XC racing.

Leading Men

1	00:26:57	Soloman Okayo-Smart	U20M	Absolute Tri
2	00:26:58	Edward Buck	SM	Newark AC
3	00:27:53	Jake Richardson	SM	Mansfield Harriers

Huncote Harrier Men

95	00:35:20	Stephen Snow	SM	
103	00:35:57	George Rogers	SM	
169	00:40:46	Steve Nash	SM	
220 Finishers				

Leading Ladies

1	0:24:16	Libby Coleman	SL	Mansfield Harriers
2	00:24:50	Elin Griffiths	SL	University of Nottingham
3	00:25:05	Sarah Bourne	SL	Derby AC

Huncote Harrier Ladies

9	00:25:48	Rachel Nealon	SL	
81	00:33:36	Kathryn Evans	SL	
98	00:35:36	Sheila Pearce	SL	
128 Finishers				

Chicago Marathon – Sunday 13th October 2024

Ruth Chepngetich of Kenya won the Chicago Marathon in an incredible time of 02:09:56, a new world best. She broke the previous best time of 02:11:53, run by Tigist Assefa of Ethiopia at the Berlin Marathon in 2023 by 01min 56sec.

The Chicago Marathon is now the site of the existing men's and women's marathon world best times. Kelvin Kiptum set the men's mark of 02:00:35 in Chicago in 2023. Sadly, Kiptum died in February in a car accident in Kenya, at the age of 24. The race paid tribute to him with a moment of silence before the start.

Huncote's Huw Davies ran sub 03:30, one of the best Harrier men's marathons in recent times.

Leading Runners

1	02:02:44	John Korir	SM	Kenya
1	02:09:56	Ruth Chepngetich	SL	Kenya

Huncote Harrier

8675	03:28:23	Huw Davies	MV45	Huncote Harriers AC
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Rugby Half Marathon – Sunday 20th October 2024

Congratulations to Katherine for achieving third LV50

Leading Runners

1	01:11:26	Daniel Clarke	SM	Coventry Godiva Harriers
1	01:29:41	Natalie Bhangal	SL	Leamington Cycling & AC

Huncote Harrier Lady

87	02:08:09	Katherine Dean	LV50	Huncote Harriers A
253 Finishers				

Run Leicester Half Marathon – Sunday 13th October 2024

There was a very anxious 24 hours before the event for the race organisers as this event was in serious danger of being cancelled due to flooding around the Watermead Park area. If rain had continued in to Saturday the plan was to have the whole field transfer to the 10k event which runs concurrently and could have continued without any difficulties. Fortunately, a dry spell followed and the affected area was cleared.

This was a golden opportunity for the Mighty Mo to be challenged by runners from outside of the Leicestershire area but sadly no one of Mo's quality could offer any competition. Danny Hallam tried hard but could not close on Mo who opened up a sizeable gap early in the race. Mo was just a few seconds down on his 01:06:59 clocking from last year and has remained in excellent form all season.

For the Harriers Jayjay Rathod returned to where he ran his first half marathon last year and improved on his time by just over a minute. Ben Benson I'm sure would have been delighted with his 01:24:05 clocking and winning the MV60 category. 'Big' Joe Mawby also ran well to duck under the 1h 25 min barrier just behind Ben.

Veteran, Emma Styles won the Ladies race by over two minutes from Hinckley's Olivia Bailey. Styles had a minute over Rebecca Randell at half way with Bailey another half a minute behind in third. Baily and Randell tied for third place back in 2022 but this time the Shepshed athlete had to let Bailey take the runners up spot.

Gill Bland returned to serious distance running with a bang with a fine top 10 performance taking second LV40 in the process. Jasmine Nicholls had another good run, following her excellent Joy Cann '5' performance, just dipping under the 90-minute barrier. Other stand out performances were Tina Tosh who was fifth LV50 and Kerry Griffiths who celebrated one year of racing by knocking off 9 minutes from last year. Our Ladies squad is really in good shape if we could only get them out all at the same time for the big events

Leading Men

1	01:07:28	Mo Hussain	SM	Roadhoggs Leicester AC
2	01:09:52	Dan Hallam	SM	Wreake & Soar Valley
3	01:11:33	Daniel Brewer	SM	Highgate Harriers

Leading Ladies

38	01:20:29	Emma Styles	LV40	
51	01:22:56	Olivia Bailey	SL	Hinckley RC
56	01:23:36	Rebecca Randell	SL	Shepshed RC

Huncote Harrier Men

11	01:15:08	Jayjay Rathod	SM	
59	01:24:05	Ben Benson	MV60	
65	01:24:54	Joe Mawby	SM	
130	01:28:59	Craig Free	MV50	
330	01:38:27	Hugh Potter	MV60	
589	01:47:00	Liam Gibbs	MV40	
655	01:49:26	Andrew Spare	MV50	
790	01:52:45	Tony Nicholls	MV50	
956	01:58:08	Stephen Best	MV50	
1223	02:05:48	Graham Smith	MV50	
1473	02:17:58	Ian Longford	MV60	
1508	02:20:08	Michael Walton	MV50	
1633	02:30:38	Michael Lashbrooke	MV40	
1800 Finishers				

Huncote Harrier Ladies

8	01:28:25	Gill Bland	LV40
12	01:29:59	Jasmine Nicholls	SL
40	01:38:17	Tina Tosh	LV50
67	01:45:11	Jessica Noake	SL
76	01:46:25	Katie Howard	LV40
128	01:52:30	Katrina Wightman	LV40
151	01:54:21	Jenny Murphy	LV50
192	01:56:58	Lorna Brown	LV40
193	01:56:58	Lucy Hodgkinson	LV40
220	01:58:43	Bethan Kench	SL
238	01:59:36	Kerry Griffiths	LV40
319	02:03:56	Lisa Winkless	LV40
321	02:04:05	Kate Parry	LV50
621	02:20:47	Claire Penn	LV40
867	02:37:50	Clare Surrell	LV40
1050	03:16:27	Nicki Nicholls	LV50
1056 Finishers			

Run Leicester 10k – Sunday 13th October 2024

As previously mentioned, the 10k event ran concurrently with the Half Marathon but it cuts off before Watermead Park, surprisingly there were far fewer participants for the shorter distance. Well, if you can't beat Mo Hussain then choose another race and win that one instead, and that is what Matt Scarsbrook appeared to do as he has lived in Mo's shadow all season. Breaking News; the second claim Badger was confusingly, actually wearing the colours of his new Club, Newham & Essex Beagles having left Birchfield Harriers seven days ago. I wish runners would respect the rules and run in the Club colours they have actually entered under. Matt finished over a minute clear of Aldershot's Caleb Stephenson who was just under 30 secs up on Alex Percy of Hermitage Harriers.

Another one of our MV60 stars, Steve Jones, led the Harrier men home, including a welcome return by Stuart Hale.

The Ladies race was very clear cut with Gemma Steel winning by over five minutes from Louise Winterton of Wreake Runners.

Huncote's Sue Gardner has had a good season with moderate successes along the way so she must have been delighted to take the LV60 prize today, well done Sue!

Leading Men

1	00:31:22	Matt Scarsbrook	SM	Badgers
2	00:32:27	Caleb Stephenson	SM	Aldershot
3	00:33:00	Alex Percy	SM	Hermitage Harriers

Leading Ladies

1	00:35:20	Gemma Steel	SL	Charnwood AC
2	00:40:55	Louise Winterton	LV40	Wreake Runners
3	00:41:15	Julie Green	LV40	

Huncote Harrier Men

82	00:47:32	Steve Jones	MV60
306	00:58:48	Mike Percival	MV60
421	01:05:50	Gev Jones	MV60
454	01:08:13	Stuart Hale	MV40
510	01:12:12	Dave Wadsworth	MV40
615 Finishers			

Huncote Harrier Ladies

24	00:49:02	Sue Gardner	LV60
135	01:00:53	Julie Brown	LV50
137	01:00:54	Leanne Rowe	SM
169	01:02:41	Vicki Orton	LV50
691 Finishers			



Steve Jones – Photo Patrycja Swietochowska



Sue Gardner – Photo Patrycja Swietochowska

Geoff Capes (23 August 1949 – 23 October 2024)

Geoff Capes represented England and Great Britain in field athletics, specialising in the shot put, an event in which he was twice Commonwealth Champion, twice European indoor Champion, and competed at three Olympic Games. As of October 2024, he still holds the British record for the shot put from 1980 when he putted it 21.68 metres (71 ft 2 in). He was famous in the UK in the 1980s for his sporting prowess and appearances on television in shows such as Superstars and the World's Strongest Man.

As a strongman, he won World's Strongest Man twice, and World Muscle Power Classic twice, along with numerous other titles including Europe's Strongest Man and Britain's Strongest Man.

Geoff Capes is worthy of a mention here because he was given the honour of opening the brand new Huncote Leisure Centre on 9th February 1980, a new facility where the Harriers were conceived and registered as their Headquarters.



Marathon Eryri – Saturday 26th October 2024

This year's Marathon Eryri (or Snowdon if you're not quite au fait with the language) celebrated its 40th running and was completed in near perfect conditions cultivating several event records. More than 2,300 runners completed the race, the highest number in the event's history and included its oldest ever finisher, 83-year-old, Stephen Roper, who has now completed all 40 editions.

The men's race was won by Andy Davies of Maldwyn Harriers in a terrific time of 02:28.41; becoming the first man to dip under 2 hours 30 minutes on the current course.

The time was narrowly outside Jeff Norman's race record of 02:28:02 set in 1985, which is rated as one of the great marathon performances of the past four decades in the UK.

Davies' achievements include representing Wales at the Commonwealth Games twice, as well as Great Britain at the 2017 World Athletics Championships in London.

Runner-up was another Wales and GB international Michael Kallenberg (Swansea Harriers), replicating his second-place finish of 2015. Michael Young (West Cheshire Athletic Club) was third.

This year's race attracted more than 1,000 female runners for the first time in its history.

The women's race was won by Louise Flynn (Les Croupiers), who followed up her third place at the Welsh Half Marathon Championships in Cardiff recently, crossing the line in 02:59.27. Flynn, who was fourth last year also became only the third female to run under three hours on the current course.

This year's runner up was Ellie Kirk, who represented Wales over 5000m at the 2014 Commonwealth Games. Antoinette Rose (Llswerry Runners) was third.

This marathon has been popular with the Huncote Harriers since its inception and we were well represented today with three men and two ladies. Ian Thompson just ducked under last years' time while wife, Wendy, completed the distance just months after a medical procedure. Natalie Mee' 03:41:35 was arguably the run of the day, just 10 minutes outside Meg Ribton's terrific 03:30:25 from last year, this course seems to bring out the best in our lady competitors.

Leading Men

1	02:28:41	Andrew Davies	MV40	Maldwyn Harriers
2	02:33:40	Michael Kallenberg	SM	Swansea Harriers
3	02:37:25	Michael Young	SM	West Cheshire Athletic Club

Leading Ladies

1	02:59:27	Louise Flynn	LV40	Les Croupiers
2	03:04:41	Elinor Kirk	SL	Swansea Harriers
3	03:06:44	Antoinette Rose	SL	Llswerry Runners

Huncote Harrier Men

369	03:55:39	Ian Thompson	MV55
835	04:38:26	Huw Davies	MV45
1022	04:56:04	Jason Tomkins	MV40
1487 Finishers			

Huncote Harrier Ladies

32	03:41:35	Natalie Mee	SL
409	05:02:33	Wendy Thompson	LV50
868 Finishers			

DRXC – Race 1 – Bagworth Heath Sunday 27th October 2024

The new DRXC season got under way at Bagworth Heath in near perfect running conditions, pleasant sunshine, little wind and no mud worth mentioning adding up to some fast running. Harry Robinson set his stall out from the gun but the Hinckley Runner was keenly chased by last year's runner up, Alex Percy of Hermitage Harriers. There was only half a minute between the two at the end but as Percy tried to apply pressure on the leader, he in turn had pressure on himself as Wreake & Soar Valley's Joe Matthews was only seven seconds in arrears.

Huncote men were a little light for a full team but you can always rely on Steve Snow and Phil Woods to be in the thick of the racing and both tried hard today. It is always a titanic struggle between these two and Phil just edged it today by nine seconds, a good start by our Brian Mackey Muddy Boots Champion. Good to see Jon Wells making a return to some xc racing.

Claire Frankland is very strong on the mud and she proved it yet again by finishing 10th in the whole field. She should be a strong contender for the Championship unless Gemma Steel decides to enter the fray.

Very sad to say only two Huncote Ladies turned out today which is amazing as our Ladies squad is so strong at the moment, why are you not running? Shiela Pearce returned to XC racing in the recent NMXC at Markeaton and was out again today, be like Shiela, run more cross countries! Kerry Griffiths is also becoming a Club stalwart over all surfaces.

Leading Men

1	00:30:03	Harry Robinson	SM	Hinckley Runners
2	00:30:34	Alex Percy	SM	Hermitage Harriers
3	00:30:41	Joe Matthews	MU20	Wreake & Soar Valley

Leading Ladies

1	00:32:19	Claire Frankland	SL	Westend Runners
2	00:34:40	Sophie Edge	SL	Wreake & Soar Valley
3	00:37:25	Gracie Rose Walters	LU20	1485 Tri Club

Huncote Harrier Men

59	00:36:45	Phil Woods	MV40
61	00:36:54	Stephen Snow	MV50
75	00:37:59	George Davenport	SM
176	00:44:30	Neil Parry	MV50
264	00:54:13	Jonathan Wells	MV45
300 Finishers			

Huncote Harrier Ladies

89	00:51:14	Sheila Pearce	LV50
112	00:53:56	Kerry Griffiths	LV40
208 Finishers			



Neil Parry

Leicestershire 10k – Prestwold Hall Sunday 3rd November 2024



While a large contingent of Harriers were over at the Shepshed '7' Adam Walker decided to try this 'Runthrough' event as a comeback race after a lengthy injury. Not a bad effort either, I'm sure we're going to see some great times from this young man next year. Entry fee £28.00, you've gotta be kidding? The NMXC are free to affiliated Clubs, a massive bargain compared to this one.

Leading Runners

1	00:31:16	Daniel Haymes	SM	Derby AC
1	00:36:38	Ashleigh Walters	SL	Corby AC

Huncote Harrier

14	00:39:22	Adam Walker	SM
171 Finishers			

Photo by 'Runthrough'

Shepshed 7 – Sunday 3rd November 2024

Huncote Ladies Take Team Prize

The Harriers turned out in force, this race being the last in the Clubs GP competition. A well organised popular event, £18.00 entry fee but includes a quality long sleeve tee shirt, take note 'Runthrough'. A tricky two lap circuit involving a selection of running surfaces, my advice to Matt Brown was take two pairs of shoes!

The first two men passed me at two and a half miles and both Harry Robinson and Matt Horrocks had that steely glaze on their faces as they no doubt tried to push the pace along the better tarmac surface. The OWL's Simon Allen was in that horrible 'no man's land' between the leaders and fourth place, all alone but trying to maintain speed.

On the second lap near 6 miles the Hinckley Runner had broken his chaperone and everyone was now alone in single file and the finishing order settled.

Steve Snow ran a good race but despite finishing 20th was 8th MV50, a very competitive category indeed. I don't know if Matt Brown took my advice about shoes but he also ran well keeping Nicki Nealon close by.

It took the men a whole lap to settle the finish order whereas the Ladies race was settled much quicker with late entry, Gemma Steel, moving ahead from the gun. Rachel Nealon was chasing hard but was unlikely to catch the former European XC Champion. I later learned Rachel was suffering with a cold which explained why she appeared to be labouring in the latter stages.

One lady who should have been labouring but wasn't was Natalie Mee, just a week after her excellent run in the Marathon Eryri she showed no signs of tiredness just hanging back from fifth placed Nicki Nealon. Nicki, a multi time winner of this race, was first LV55 and completed the winning Ladies team. Tina Tosh also finished inside the top ten.

Just a reminder about the importance of wearing your Club vest when there are team competitions. If you don't wear Club colours you could be disqualified from the team or worse still have the whole team disqualified. If you are without your vest for any reason, please report it to the Race Referee before the start of the race so they are aware in case of any protest. Most importantly a Club vest helps the photographer pick you out more easily!!

Leading Men

1	00:38:25	Harry Robinson	SM	Hinckley RC
2	00:39:25	Matthew Horrocks	SM	Roadhogs
3	00:40:11	Simon Allen	SM	OWLS

Leading Ladies

1	00:41:42	Gemma Steel	LV35	Charnwood AC
2	00:46:08	Rachel Nealon	SL	Huncote Harriers AC
3	00:47:14	Nicola Stevenson	SL	Shepshed RC

Huncote Harrier Men

20	00:46:02	Stephen Snow	MV50
38	00:48:41	Matthew Brown	MV40
50	00:50:42	Ian Thompson	MV50
57	00:51:48	Neil Parry	MV50
96	00:56:29	Andrew Spare	MV50
146	01:02:55	Dean Nutting	MV60
161	01:05:40	Mike Percival	MV65
190 Finishers			

Huncote Harrier Ladies

2	00:46:11	Rachel Nealon	SL
5	00:48:39	Nicki Nealon	LV55
6	00:49:39	Natalie Mee	SL
8	00:52:22	Tina Tosh	LV45
12	00:54:38	Katie Howard	LV35
30	00:58:16	Sue Gardner	LV60
46	01:00:38	Joanne Stark	LV55
53	01:01:18	Lorna Brown	LV45
57	01:02:12	Annette Nutting	LV60
71	01:04:18	Kate Parry	LV45
78	01:05:30	Kerry Griffiths	LV35
103	01:09:06	Julie Brown	LV55
159 Finishers			

Rachel Nealon and Steve Snow pick up the pace along the autumnal Garendon Park





Katie Howard



Matt Brown

Fuengirola (Costa del Sol, Spain) Half Marathon & 5km Sunday 10th November 2024

A group of Harriers and friends have regularly made an overseas trip around November/December time to tackle a Half and or a Full Marathon. I was just a youngster when I made my first trip to run the Benidorm Half in 1989, now I compete in the MV65 classification, I say 'compete' loosely as it's been over two years since I donned the Huncote vest and today it was to run 5km, not a Half marathon. We have had great successes over the years throughout the veteran classes but time has taken its toll, we're older, slower, no longer running and sadly one or two of our friends are no longer with us. However; we have had an injection of new blood from our friends at Wigston Phoenix so it was quite an eclectic mix that met at East Midlands Airport on Saturday morning, 16 in fact, enough for a party.

After trips to Benidorm Spain, Cyprus, Malta, Majorca, Tenerife and Gran Canaria we found somewhere we'd never been before, Fuengirola on the Costa del Sol, southern Spain. It was hosting a Half Marathon and a 5k. The entry fee was ridiculously cheap compared to some races in the UK. Just 9 Euro for the 5km and 15 Euro for the Half. For that the half marathoners got a quality tee shirt, sports sun glasses, socks, arm warmers, energy bars, a finishers medal and a plate of paella at the end. It was nice too, I had Irene's!!

The race was based at the Fuengirola Fair Ground, a huge sports hall just a short distance from the race start and finish. This was the seventh edition and the organisers received a record number of entries including a record number of ladies, 350 of which were foreign nationals. The Fuengirola Half Marathon is the biggest sporting event on the calendar for the Costa del Sol town, and this year Fuengirola Council decided to donate all of the proceeds to charities supporting the victims of the flooding in Valencia.

We had based ourselves in the resort of Nerja, about a one-hour drive along the coast which did mean an early start Sunday morning to be ready for the 9.30am start.

Two runners, Carole Priestley and myself tackled the 5k event which started at the same time as the half and followed the same route until it branched off to the finish. Annoyingly it was quite obviously short at only 2.8 miles as recorded on my Garmin but hey, it's a start! Even non-runner Irene recorded a time, the result of walking too near the finish gantry with her unused chipped number in her bag.

Local runner, Rafael Lopez Ordóñez did not hang about today, running under 65 minutes on what was quite a warm day, around 20 deg.C in the shade. Andy Meeks (Wigston Phoenix) led in our contingent. Mark Mark Wittering Wittering (Witto obviously having issues with the Spanish on-line entry system) managed to beat the two-hour mark closely followed by Jenny Murphy. Paul Nealon had no idea how he was going to get on with minimal training after a long-term injury. We waited near the finish wondering if Paul or the sweep vehicle would come round the corner first, it was Paul, with time to spare.

With the race done it was time to relax and enjoy the sun but Wednesday evening several waves of Extreme Weather Alerts rang out on our phones, were the Spanish over reacting to the recent flooding in Valencia? The following morning, we gathered at 8.00am for our regular run along the coast path. Yes, it was windy, grey sky and the sea was a little choppy but nothing to alarm us. By lunchtime one or two tiles were flying off the roofs, time to retreat to the hotel, good choice as by 5.00pm the heavens opened and it was torrential rain until the following morning. Reports of flooding in nearby Malaga, would our flight home be affected? Maybe those alerts were not an overreaction after all.

Jon Milner has organised a 2km handicap race, based on race times, for the last 10 years or more and it has become a regular closing feature of the holiday. The only time I could give Jon was my slow, baulked, Fuengirola 5k time, consequently I won the handicap with ease.



2k Handicap
Runners –
Jon Milner,
Irene Forty,
Jeff Wickham,
Graeme Slight,
Andy Meeks,
Paul Nealon,
Christine
Fowler,
Rob Gregory,
Carole
Priestley &
Mark Wittering



He made it! Paul Nealon beats the sweep vehicle

Fuengirola 5km

Leading Men

1	00:14:44	Benjamin Dolva	U/A
2	00:14:50	Kaupo Sasmin	U/A
3	00:15:04	Damian Murphy	West Waterford
112	00:25:54	Graeme Slight	Huncote Harriers AC
181 Finishers			

Leading Ladies

1	00:16:59	Noa Aguilera Duarte	Trops Cave of Nerja
2	00:17:17	Sissel Moeller	U/A
3	00:17:38	Olga Morinigo	Unión Atlética Benalmádena
221	00:42:37	Carole Priestley	Wigston Phoenix RC
229 Finishers			

Fuengirola Half Marathon

Leading Men

1	01:04:44	Rafael Lopez Ordóñez	Fuengirola AC
2	01:08:02	Alejandro Cañas Del Palacio	Malaga AC
3	01:09:39	Cristobal Ortigosa Couple	Trops Caves of Nerja
216	01:38:20	Andrew Meeks	Wigston Phoenix RC
351	01:44:04	Robert Gregory	Wigston Phoenix RC
657	01:59:50	Mark Wittering	Huncote Harriers AC
850	02:16:46	Jonathan Milner	Huncote Harriers AC
933	02:45:39	Paul Nealon	Huncote Harriers AC
937 Finishers			

Leading Ladies

1	01:21:20	Nazha Machrouh	Trops Caves of Nerja
2	01:23:41	Amanda Lanetoft	U/A
3	01:25:08	Rocío Ortega Pérez	Capol
131	02:04:24	Jenny Murphy	Huncote Harriers AC
185	02:14:26	Christine Fowler	Desford Striders
252 Finishers			

NMXC – Race 2 – Glebe Park, Corby Saturday 9th November 2024

Leading Men

1	00:29:33	Thomas Atkinson	SM	Nottingham Trent University
2	00:29:36	Alex Hampson	SM	Mansfield Harriers
3	00:30:01	Paul Wright	SM	Mansfield Harriers

Huncote Harrier Men

86	00:37:33	Stephen Snow	SM
116	00:40:30	Arron Cox	SM
138	00:43:01	Steve Nash	SM
179 Finishers			

Leading Ladies

1	00:21:15	Aimee Seager	SL	Charnwood AC
2	00:21:22	Elin Griffiths	SL	University of Nottingham
3	00:21:53	Hayley Gill	LV45	Mansfield Harriers

Huncote Harrier Ladies

5	00:22:05	Rachel Nealon	SL
90	00:30:10	Sheila Pearce	SL
114 Finishers			

Leg it Round Lathkill (7.1 Miles) – Over Haddon, Peak District – Sunday 10th November 2024

Leading Runners

1	00:43:50	Daniel Haworth	SM	Matlock AC
1	00:49:50	Abbie Pearce	SL	Steel City Striders
(new course record)				

Huncote Harriers

221	01:22:57	Wendy Thompson	LV50	Huncote Harriers AC
222	01:22:59	Ian Thompson	MV50	Huncote Harriers AC
258 Total Finishers				



Benidorm Half Marathon – Saturday 23rd November 2024

1	01:07:23	Luis Agustín Escriche	SM	C.A. ALBACETE - DIPUTACIÓN
1	01:16:35	Laura Méndez Esquer	SL	U/A
64	01:43:55	Julie West	LV50	Huncote Harriers AC

Back in the Day

Leicester Charities Marathon – Sunday 23rd Sept 1984

Hilary Johnson put the 10 days old Market Harborough Athletic Club on to a winning marathon map at Victoria Park, Leicester, yesterday by breaking the course record in the sixth charities race.

The 39-year-old Robert Smyth school teacher became the first woman to break three hours on the two-lap course, in 02:59:48. Coming off London Road Hilary could see the digital clock on the gantry over the finish line some 300 yards in the distance. Flanked on both sides by a big cheering crowd Hilary galloped to glory, possibly establishing a record that will not be beaten.

The first runner home was Neil Featherby of Norfolk, winning in convincing style after a lengthy lay off from running through injury. Next year the marathon moves to Saffron Lane Stadium, ending its popular perch on the corner of Victoria Park.

The Leicestershire & Rutland AAA title was also claimed by Hilary, who resumed running four years ago after being away from it for nearly a decade while she had children.

Unchallenged throughout, Hilary, miles ahead of the next woman, had only the clock as a target and many hundreds of men.

Recently Hilary has been representing Solihull & Small Heath AC but on the information of the new Club in Market Harborough, she immediately joined.

Neil Featherby of Norfolk Olympiads, aged 26, injured and away from long distance competition for nearly 12 months in 1983 enjoyed a clear-cut victory. At the halfway stage Featherby was 200 yards up on Coritainian, Phil Hands, having gradually drawn clear from 4 miles. Tom Glare of Woodstock, seventh in Leicester in 1982 improved on that appearance by 15 minutes, to take second place with a sustained bid in the closing stages. Then Gareth Heslop (Verlea), a former Coritainian, also overtook Hands, and as the first local home, was awarded the County Title and the City of Leicester Cup.

Jim Sharlott (Leicester Mercury)

Leading Men

1	02:25:01	Neil Featherby	Norfolk Olympiads
2	02:30:00	Tom Glare	Woodstock Harriers
3	02:30:30	Gareth Heslop	Verlea

Leading Ladies

1	02:59:48	Hilary Johnson	Harborough AC
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Huncote Harriers

16	02:45:02	Dave Hawcroft
42	02:55:55	Tom Cann
157	03:26:14	Jeff Wickham
189	03:33:08	G Fox



Results and photographs are hard to come by for 1984 but here is one of the 1985 Marathon (I think) just after the start as they run along Victoria Park Road having started from a similar location to the modern start only going in the opposite direction and going around the edge of the park.

Featured here on the left is Bob King, a future Huncote Harrier legend and Pete Leach in yellow, a Harborough AC legend.

North Midland XC League – 1994

HARRIERS WIN NORTH MIDS CROSS COUNTRY LEAGUE IN TWO DIVISIONS

Huncote Harriers have had their best ever season in their 1994 North Midland Cross Country campaign; two team victories in the Ladies and Veteran Men's divisions; and individual titles in the Ladies and Veteran Men's divisions, Nicki Lee (Nealon) in the Ladies, Dave Blockley (Veteran V40) and John Heywood (Veteran V45). They have received some good support with Carol Hawkins, Julie Robbins (Shepherd) and Julia Gilbert (Sandford) counting for the Ladies and John Heywood and Brian Mackey being the scoring counters for the Vets. However, throughout the series there has been some good support from the Harriers. The North Midlands League is now almost in its 50th year and over the years some top-quality athletes have graced the league fixtures. The Harriers can feel justly pleased to be part of the history of the League.

The climax came with the last fixture at Corby on Saturday 3rd December. What a turnout as the results will show, and what a superb finish to the series, especially in the Ladies race.

NMXC – Race 4 – Corby – Saturday 2nd December 1994

A great finale to this year's League. Probably the climax was the Ladies race which featured an exciting finish involving Nicki Lee and Sharon Orridge of Notts AC. Nicki Lee had to beat rival Philippa Leach of Sutton in Ashfield preferably by more than one place. The race got under way and the above three were soon in a breakaway group ahead of the main pack. As the race progressed Nicki and Sharon got away. Coming in to the last field Sharon got a couple of yards advantage but Nicki fought back and coming in to the final straight it looked as though she might just have the edge over the Notts AC girl, but with great determination she managed to hold off Nicki in a fine sprint finish. If that was close, it took the League Officials some time to declare the overall Ladies League winner. Nicki Lee and Philippa Leach, who had finished third, were level not only on League placings but also on aggregate times. Nicki won the Championship by virtue of two second places to one by Leach!

The Ladies were fortunate to be able to count on Carol Hawkins, who ran in spite of a tendon injury, and Sue Edwards who anchored the team with a real gutsy performance.

For the men it was nice to see some of the 'stars' turning out; Graeme Slight with an excellent run and welcome back to Carl Hanney who at last seems to be over his serious Achilles tendon problems.

Phil Watts

Leading Men

1	Andy Tarry	Redhill Road Runners
2	E. Hyland	Redhill Road Runners
3	I. Ward	Derby AC

Leading Ladies

1	Sharon Orridge	Notts AC
2	Nicki Lee	Huncote Harriers AC
3	Philippa Leach	Sutton in Ashfield Harriers

Huncote Harrier Ladies

2	Nicki Lee
11	Carol Hawkins
25	Sue Edwards



Huncote Harrier Men

40	Graeme Slight
43	Dave Blockley
52	John Heywood
66	Carl Hanney
78	Jack Angrave
96	Trev Longman
99	Gerry Thomas
105	Brian Mackey
114	Keith Lock
134	Phil Watts
199	Jim Diaper
200	Jim Bates
202	Keith McNulty

NMXC Veteran MV45 Champion
John Heywood

Shepshed '7' – Sunday 7th November 2004

Nicki Nealon secured a superb hat trick of victories at this seven-mile event that took place over the testing two lap course around the picturesque Garendon Park estate in North West Leicestershire. Nicki, who is due to represent England at the Masters event in Croydon at the end of November, broke clear after the first mile and ran a virtually solo race to take victory in 00:42:50. A time, that despite the wet autumnal weather which made the under-foot conditions very heavy going, coupled with the fact she has just recovered from a calf injury, was only six seconds outside her own course record set here last year. Second place went to the experienced Jill Burke of Derby Ladies in 00:44:23, with Nealon's fellow England Masters team mate for the upcoming Croydon meeting, Kate Ramsey of Charnwood, finishing third.

The Men's race was dominated by Rickie Wilson of Scarborough AC, runner up here last year, but on this occasion produced a dominant performance to pull clear of the field after an 18-minute first lap split to win in a time of 00:37:07. This was well over a minute ahead of second placed athlete, Chris Powner of Cannock & Staffs, but outside of the 00:36:00 course record set by Tim Hartley last year.

Wlodziu Kula-Przewanski

Leading Men

1	00:37:07	Rickie Wilson	Scarborough AC
2	00:38:23	Chris Powner	Cannock & Staffs
3	00:39:04	Mark Chamberlain	Roadhogs AC

Leading Ladies

1	00:42:50	Nicki Nealon	Huncote Harriers AC
2	00:44:23	Jill Burke	Derby Ladies
3	00:45:49	Kate Ramsey	Charnwood AC

Huncote Harriers

8	00:40:11	Kingsley Cook	
17	00:42:21	Steve Copeland	
28	00:44:03	Andy Ball	
122	00:50:39	Amy Smith	L
165	00:52:14	Jo Copeland	L
179	00:52:56	Mick Butler	
217	00:54:34	Bernadette Owen	L
237	00:55:06	Jo Anderson	L
261	00:56:29	Pam King	L
308	00:58:08	Bev Parry	L
389	01:02:16	Robert Steele	
404	01:03:25	Angie Tomkins	L
405	01:03:25	Chris Newton	L
469	01:07:59	Clive Alexander	
535 Finishers			



Jo Anderson



Kingsley Cook

Leicester Marathon & Half Marathon

Sunday 26th October 2014

Runners always like to run in their home City Marathon races and this year's races were well supported by runners and spectators alike. Pride of place was earned by Matty Adcock, a former Huncote Harrier, who powered home to victory in the marathon. In the half marathon, Yared Hagos made the long trip down from Wallsend on Tyneside to win the race by eight minutes. Otherwise, the standard at the front of the field was a bit disappointing, possibly due to the lack of prizes for the top runners.

In the Half Marathon a big Harrier turn-out, nevertheless, with Kingsley Cook getting the better of Mark Gregory who has been enjoying a recent run of good form. In 47th place, Mick Butler, fortified by a rejuvenation process and a sex-change operation (was it Cat Taylor?) ran an impressive 1:28:10 to rank 3rd on the Huncote Harriers Ladies all-time list of fastest times for the half behind Nicki Nealon and Mel Evans. Incidentally, Leanne Siddon wasn't too far off making it into the top ten with her 1:39:44 run! A little further back, Sarah Pegg showed her potential with 1:41:35.

Mike McSharry was the only taker in the Marathon race and was pleased with his run after a long layoff (from marathon running). Huncote's John Heywood, in his role as County Athletic Association President, presented the awards to the winners of the County Championship in the Marathon.

Phil Watts

Leading Men - Marathon

1	02:35:18	Matt Adcock	SM	Hermitage Harriers
2	02:37:01	Robert Affleck	MV40	Preston Harriers
3	02:40:25	Adam Holland	SM	Notfast

Leading Ladies - Marathon

1	03:07:55	Kate Wright	LV50	
2	03:15:20	Sarah Fraser	SL	
3	03:15:51	Gill Hoole	SL	Scunthorpe & District Ac

Huncote Harrier - Marathon

254	04:03:51	Michael Mcsharry	MV50	
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Leading Men – Half Marathon

1	01:07:35	Yared Hagos	SM	Walsend
2	01:15:43	Anthony Woodward	SM	Hermitage Harriers
3	01:18:23	George Gurney	SM	

Leading Ladies – Half Marathon

1	01:26:03	Victoria Carter	LV40	Serpentine RC
2	01:26:37	Stacey Voss	LV40	
3	01:29:17	Joanne Birtwistle	SL	Notts AC

Huncote Harriers – Half Marathon

10	01:20:17	Kingsley Cook	MV40
14	01:21:37	Mark Gregory	SM
32	01:25:52	Andrew Woolley	MV40
45	01:28:02	Paul Nicholson	MV40
47	01:28:10	Butler Mick (Cat Taylor)	MV60
64	01:29:35	Jason Tomkins	SM
127	01:34:52	Ian Thompson	MV40
129	01:34:59	Duncan Foley	SM
130	01:35:08	Barry Hibberd	MV50
225	01:39:44	Leanne Siddon	SL
263	01:41:19	Leonard Symeonides	SM
272	01:41:35	Sarah Pegg	SL
302	01:43:01	David Robinson	MV40
330	01:43:58	Chris Unwin	SM
363	01:45:26	Lee Randall	SM
395	01:46:06	Tony Siddon	MV50
411	01:46:31	Wendy Thompson	LV40
418	01:46:40	John Hart	MV40
423	01:46:52	Andrew Ledwith	SM
446	01:47:35	Jeff Wickham	MV50
460	01:47:55	Thomas Harris	SM
481	01:48:29	Andrew Spare	MV40
581	01:51:42	Nathan Bonham	SM
608	01:52:13	Ian Longford	MV50
700	01:54:50	Rachel Trivett	SL
850	01:58:10	Claire Bryan	SL
893	01:59:30	Michael Collins	SM
1316	02:08:44	Kate Parry	LV40
1529	02:13:40	Laura Jeffs	SL
1590	02:15:13	Mel Evans	SL
1734	02:19:55	Richard Russell	SM
1863	02:24:36	Tracey Morris	SL



Mark Gregory



John Hart & Ian Longford



Barry Hibberd & Duncan Foley

900 Races & hopefully I'm not quite done yet.

Not strictly 900 'races' but certainly 900 'organised' running events, not a bad achievement for 45 years of running, some as a GEC Harrier but mostly wearing the emerald green and yellow of Huncote Harriers AC.

Included are one or two track races and one or two 'Fun' Runs although if memory serves me correctly, there was some fierce competition in the name of fun, and more recently quite a few Park Runs which is where I'm at right now as I try to perpetuate my failing running career.

My first ever race was a lunchtime event at my place of work; the GEC Christmas Race (3.3 Mile Handicap) held on 6th January 1982; it should have been in December 1981 but bad weather forced a postponement. I won it! (on handicap). I remember my colleague, Mick Carter, warning me of sharks in the field, little did he know I was that shark!!

My second event was just a couple of months later, another lunchtime event, the GEC Field Relay, 3 x 1.2 Miles around the perimeter of the sports field. Our office got a team together and we won, I was beginning to think this running malarky was pretty easy.

My fourth race was the GEC '20' and my eighth was the Leicester Marathon, I did quite a decent time too considering I was only running 20 – 30 miles per week at that time. I only ever ran seven marathons, five of those in London, I was never a marathon devotee, I tried hard but felt I could not 'race' over that distance as I always faded towards the end. Half Marathons were another proposition, I've run 71 of those, these I could run hard and still have a little bit of something left at the end.

Longevity makes for a lot of repetition; I've been running longer than the LRRL and have always enjoyed the league races. One of my favourites was the now defunct Hungarton '7' which I ran on 27 occasions, not always the same circuit though as it altered several times but the format was always the same, a midweek race on a hot July evening with plenty of fly's and hills followed by a much-needed pint in the 'Black Boy'.



My tenth race was my first XC race, the Leicestershire & Rutland County XC at Oakham which I naively entered thinking I could get round in road shoes – wrong! The conditions were muddy, very muddy, and my Reebok Aztecs had no grip at all, I finished 79th/101 and promised myself I'd purchase a pair of spikes ASAP.

With the sure-footed confidence that spikes give you I went on to complete another 27 County XC's plus 17 Midland XC's and 15 National XC's

Eventually my heart began to tell me enough was enough, racing at maximum revs was taking its toll so I backed off but before I could start to enjoy a more passive running career my knee's joined in the revolt and I was forced to quit altogether although after a long spell of zero running I have just started to gently 'jog' once more thanks to the C25K Programme. At one stage I was hoping to claim 1000 races; may be another 100 Park Runs perhaps but I'd really like to do a road race or cross country at some point but age is against me, I don't remember running being this hard at 21 years old! The 900th was Victoria Park Run on 19th Oct '24.

Saturday 8th January 1983 – Oakham – County XC
Well spotted – No Club vest!!