

# THE HARRIER

**The Official Newsletter of Huncote Harriers Athletic Club**

**Issue Number 223**

**December 2024 – January 2025**

**Editor: Graeme Slight**



Steve Snow, Jayjay Rathod, Duncan Smith, Alastair Cosbie, Steve Nash, Phil Woods & Ian Thompson make ready for the Men's County XC at Burbage Common

This edition of 'The Harrier' is dominated by Cross Country racing, our own Huncote Hash, The Leicestershire and Rutland County XC Championships, the last of the North Midland XC League and the on-going Derby Runner XC League.

I for one have been saddened by the lack of participation at some of these races. I have attended many of these to offer my support and take photographs but it has just been a small hard-core group of members who have regularly taken part.

As a long-standing member my memory is long, if not a little foggy sometimes, but I can remember groups of 15+ regularly turning out with Paul Chadwick (aka The Chemist) providing homemade soup with croutons. We even needed two tents at one stage to cope with the numbers. Hopefully with the new road race league dates just being released we shall see yellow vests flocking back to the start lines. Fingers crossed!

## Huncote Harriers Christmas Run, Walk & Lunch Sunday 1<sup>st</sup> December 2024



The seasonal activities kicked off with our annual pub run/walk at the Pig in Muck at Claybrook Magna. There was an offroad run and a walk followed by a carvery and a well-earned beer (or two). The Pig Pub Brewery produces a good range of ales on the premises for the real ale aficionado's, I particularly liked the Pale Ale. Our new Social Secretary, Leanne Rowe, got off to a flying start and even provided Christmas Crackers to get everyone in a seasonable mood.

## NMXC – Race 3 – Shipley Country Park, Heanor Saturday 7<sup>th</sup> December 2024

Storm Darragh was kicking up a fuss on this particular weekend but cross country running goes ahead regardless. Three intrepid Harriers made it to the start line, a good day to do it perhaps as you have to complete all four races to gain a league position and surely some would fail to attend today. All three had sacrificed their individual veteran status and run as Seniors to help encourage Seniors to complete a team. Sadly, the support has not been reciprocated but thank you to Snowy, Steve and Shiela for your continued participation.

### Leading Men

1	00:34.52	Edward Buck	SM	Newark AC
2	00:34.54	Alastair Watson	MV45	Notts AC
3	00:35.49	George Hatton	SM	Newark AC

### Leading Ladies

1	00:29.04	Elin Griffiths	SL	University of Nottingham
2	00:29.33	Aimee Seager	SL	Charnwood AC
3	00:30.34	Sarah Bourne	SL	Derby AC

### Huncote Harrier Men

83	00:45.49	Stephen Snow	SM
144	00:54.22	Steve Nash	SM
174 Finishers			

### Huncote Harrier Lady

91	00:42.54	Sheila Pearce	SL
115 Finishers			

## Turkey Trot Half Marathon – Keyworth Sunday 8<sup>th</sup> December 2024

### Leading Runners

1	01:11:18	William Lunn-pigula	SM	Long Eaton RC
1	01:22:45	Rebecca Randell	SL	Shepshed RC

### Huncote Harrier Man

98	01:38:43	Ian Thompson	MV50	Huncote Harriers AC
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351 Finishers

### Huncote Harrier Ladies

19	01:43:46	Tina Tosh	LV50	Huncote Harriers AC
34	01:49:31	Paula Jennings	LV40	Huncote Harriers AC

192 Finishers

## Roseberry Topping Half Marathon Sunday 8<sup>th</sup> December 2024

Kent picked up his Hardmoors 1000 Mile Club award after this event. That's a lot of hard miles to amass over the fells. Well done, Kent.

### Leading Runners

1	01:55:09	Ian Rowan	SM	Esk Valley Fell Club
18 (1)	02:21:26	Sarah Duffy	SL	U/A

134 Finishers

### Huncote Harrier Man

77	03:03:13	Kent Butcher	MV50	Huncote Harriers AC
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## Lee Valley '10' – Saturday 21<sup>st</sup> December 2024

Great result for Tina Tosh finishing third Lady. The first Lady, Marius Thies finished second overall. Winner, Furgo Joyce, was the only person to break the hour, very poor standard.

### Leading Runners

1	00:59:30	Furgo Joyce	SL	
2 (1)	01:00:59	Marius Thies	SM	London Frontrunners

70 Finishers

### Huncote Harrier Lady

3	01:16:34	Tina Tosh	LV55	Huncote Harriers AC
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## Gaddesby Gallop – Saturday 21<sup>st</sup> December 2024

### Leading Runners

1	36:10:00	George Phillips	M	Unsanctioned Athletics
15 (1)	44:01:00	Molly Uren	L	Unsanctioned Athletics

255 Finishers

### Huncote Harrier Ladies

237	01:32:31	Kelly Palfreyman	L	Huncote Harriers AC
238	01:32:40	Janine Dellar	L	Huncote Harriers AC



## Huncote Hash – Sunday 29<sup>th</sup> December 2024

Three men would have been looking down from above and smiling on us today, the venerable Ted Toft, former Leicestershire County AAA's President, Jim Diaper, former Huncote Harrier Chairman and Tony Lay, Hash devotee. It was way back in 1986 when Ted floated the idea of getting a back-to-basics XC competition up and running in Leicestershire. Four Clubs answered the call by organising races, the OWLS, Wreake Runners, Stilton Striders and of course, Huncote Harriers. The Harriers landed the plum date between Christmas and the New Year and it subsequently became cast in stone as the traditional event to help blow away the festive excesses.

The character of the event has gradually changed since its inception in 1987. It started as a very competitive event for the hardened (or is that soggy?) cross-country runner. In fact, many a runner has subsequently had a poor County XC race after trying just a bit too hard in the Hash just a week prior to the County. Today's winner, Tom Mahon admitted that it was tough. There were still some runners trying very hard today but the majority were taking it 'easy' and enjoying the traditional festive blow out, many in fancy dress creating a carnival atmosphere. The Hash is fun, but it's not a 'Fun Run' per se, it is hard and there were a few who found out just how hard this morning, it is not to be underestimated.

Tom Mahon started to open up a good lead as he approached the Nature Reserve and looked in control as he continued to climb over Croft Hill. Meanwhile just a little way behind there was a great tussle developing between Nuneaton's Chris Jordan and the OWL's Ed Heighton. It was Heighton who got up Croft Hill first but Jordan eventually proved too strong and advanced to the runners up spot behind Tom Mahon who improved on his third-place last year.

What is it about the Huncote Ladies recently? They disappear for ages and then pop up out of nowhere and win a race. It was Meg Ribton last year and this year Jasmine Nicholls resurfaced to keep the Huncote flag flying for a hard-fought victory. Jasmine looked to be struggling as she climbed up Croft Hill but there was a determined look about her that kept driving her on to finish 24<sup>th</sup> overall. Badgers' athlete Liberty Underhill was chased all the way by Nuneaton's Katherine Spencer but neither could get close to Jasmine.

For the Harrier men, Adam Walker finished a fine 13<sup>th</sup> place and looked strong on the climb to Croft Hill with veteran Andy Green not too far adrift.

Katie Howard finished just outside the top 10 and looked comfortable, there is more to come from this lady, I'm sure.



Wigston Phoenix in Party Mode

**Leading Men**

1	00:40:00	Tom Mahon	M	Wreake & Soar Valley
2	00:40:46	Chris Jordan	M	Nuneaton Harriers
3	00:40:59	Edward Highton	M	Owls AC

**Leading Ladies**

1	00:46:28	Jasmine Nicholls	L	Huncote Harriers AC
2	00:48:44	Liberty Underhill	L	Badgers
3	00:49:10	Katherine Spencer	L	Nuneaton Harriers

**Huncote Harrier Men**

13	00:44:03	Adam Walker	M
18	00:45:52	Andy Green	M
26	00:46:37	Stephen Snow	M
28	00:47:10	Aaron Dann	M
43	00:50:15	Matthew Brown	M
58	00:52:48	Mark White	M
60	00:52:54	Neil Parry	M
61	00:52:54	David Lawson	M
67	00:54:44	Phil Hodgkins	M
78	00:56:37	Barry Hibberd	M
82	00:57:21	Liam Gibbs	M
89	00:59:29	Jason Tomkins	M
91	00:59:43	Mark Wittering	M
172	01:18:45	Paul Eadie	M
190 Finishers			

**Huncote Harrier Ladies**

1	00:46:28	Jasmine Nicholls	L
11	00:57:19	Katie Howard	L
17	01:01:20	Sheila Pearce	L
25	01:02:55	Joanne Stark	L
26	01:03:17	Kerry Griffiths	L
35	01:06:11	Lorna Brown	L
59	01:11:26	Bethan Kench	L
62	01:12:54	Julie West	L
121 Finishers			



True Grit - Jasmine Nicholls



Barry Hibberd

# Leicestershire & Rutland County XC Championships

## Burbage Common – Saturday 4<sup>th</sup> January 2025

The annual County XC Championships is probably one of the most important races of the XC season, if not the most important local race full stop. It is a chance for the average runner or good Club runner to get up close and personal to some of the best runners in the County. There are realistic chances to win team medals, I may have mentioned that in 27 attempts I have only won three team medals and one individual Masters silver back in 2001. Huncote's participation has been littered with incomplete teams just missing out on glory, such a shame. With only a few days to go it looked like our participation in this year's races was going to be one of our poorest turnouts in the Clubs history. Fortunately there was a late rally to get entries in and I salute those who stepped up to the plate and entered but I wonder why so many of our members chose not to run in this great event. I always used to put the big races in my diary and everything else had to fit in around them, Club first.

The Ladies U/20, Senior and Masters race set off at 12.35pm.

As the runners got under way the top three soon moved to the front, looking relaxed and controlling the rest of the field. Our three ladies were also moving well in the middle order. By the end of the first short lap Gemma Steel and Olivia Mathias were running side by side and clear of third placed Kat Matthews. My money would always be on Gemma but Olivia was a world class triathlete and last year's runner up so Gemma was giving her deserved respect. Half way around the first of two large laps Gemma began to turn the screw and opened up a 20m gap, could the Newark athlete respond? Burbage Common is not a hilly course but the soft and muddy ground can be exhausting and you can easily fade towards the end. In to the last lap and Gemma's face showed she was really driving for home, not an expression we've seen very often in her recent road races. She was now a good 60m clear but could not afford to ease back too much as Mathias was still working hard. Gemma Steel took her fifth County Championship title by 12 seconds from Olivia Mathias who was runner up for the second consecutive year. Third place went to Kat Matthews who, just several weeks ago, finished second in the Ironman 70.3 World Championship in New Zealand.

Our ladies showed great spirit all the way round but you could read in their eyes they were tiring on the last lap, never the less a superb team effort. Barrow, Birstall and Wigston Phoenix took the team awards with Julie, Sheila and Kerry finishing fifth.



### Leading Senior Ladies

1	00:31:17	Gemma Steel	SL	Charnwood AC
2	00:31:29	Olivia Mathias	SL	Newark AC
3	00:33:54	Kat Matthews	SL	Thames Hare & Hounds
17 Finishers				

### Leading Masters Ladies

1	00:38:15	Kate Ramsey	LV	Charnwood AC
2	00:39:06	Kirsty Hillier	LV	Barrow Runners
3	00:40:02	Joanne Sanders	LV	Wigston Phoenix RC

### Huncote Harrier Masters Ladies

16	00:46:10	Julie West	LV
21	00:48:52	Sheila Pearce	LV
25	00:50:25	Kerry Griffiths	LV
33 Finishers			



It was now time to prepare for the Men's U/20, Senior and Masters Race, starting at 2.15pm. Pearl & Beryl were pressed in to service and Captain Thompson crashed the mince pies.

I was now refreshed and ready to go again but what about our athletes?

It was pointed out to me that Olivia Mathias' boyfriend was watching from the sidelines, a certain Olympic Triathlete, Alex Yee. Ian Thompson began to get very excited at the prospect of competing against an Olympic Champion and putting him through his paces however Mr Yee was spotted before the men's race munching on a very tasty looking bacon cob from the café. Had the Olympian taken a leaf out of the Mark Wittering book of sports nutrition or was he not running at all? It was the latter; Ian was off the hook.



Kerry Griffiths



Shiela Pearce

The men's race set off at a blistering pace and it was the U20, Wreake & Soar Vally athlete, Charlie Neece who was pushing to the fore with his team mate, Daniel van Aardt at his side. After about 1-1/2 miles another W&SV athlete had taken over the lead; it was Danny Hallam and he was looking good. A posse of runners followed; Chris Pereham (Poole Runners), Club mate, Daniel van Aardt, Harry Lupton (Charnwood AC) and Tom Mahon (W&SV). At this point it was a chance to see how our men were fairing. Jayjay was first to show and looking strong, then came the Snowman who had the bit between his teeth and was working hard, Phil was not too far behind but I suspect he knew his rival was going to be too strong for him today. Towards the back of the field Alastair Cosbie was making steady progress but in danger of not finishing in the cut-off time.

By lap two Danny Hallam had the victory in the palm of his hand, he looked strong, fast and confident of lasting the distance. A battle for second and third was being fought out some way behind. Harry Lupton was second, Daniel van Aardt third, Chris Perham fourth and Luke Pollard fifth, all were in close contention and it looked like this could be fought out all the way to the line. Jayjay and Snowy were still racing hard. Phil and Ian were still running well with Steve and Duncan some way back. No sign of Alastair!!

The spectators started to migrate towards the finishing straight to witness Danny Hallam take the 98<sup>th</sup> Men's County title by 50 seconds but who was going to take the runners-up places? It was Hallam's team mate, Daniel van Aardt followed by Charnwood's Harry Lupton, 15 seconds further behind. Jayjay, Steve and Phil all came through strongly and then who should pop up out of the woods but Alastair Cosbie. Al made his way down the finishing straight only to move to the right and start his final lap. He knew he was last but that did not deter him from going for the whole distance, well done Al, great strength of character. Our Captain, Ian, was next to finish with Duncan and Steve completing the team. Everyone looked tired but it had been a great day's racing and we finished a Masters Team all be it in sixth place behind Hermitage Harriers, Hinckley RC and Beaumont RC.

Wreake & Soar Valley had four runners in the top 13 places but they only had four runners in total so missed a team title, it just goes to show if you can finish a team, you have a shout at a County medal, sadly Huncote were missing some of their best runners today.

#### Leading Senior Men

1	00:36:19	Dan Hallam	SM	Wreake & Soar Valley
2	00:37:09	Daniel van Aardt	U20M	Wreake & Soar Valley
3	00:37:24	Harry Lupton	SM	Charnwood AC

#### Huncote Harrier Man

13	00:41:06	JayJay Rathod	U20M	Huncote Harriers
41 Finishers				

#### Leading Masters Men

1	00:39:09	Tim Don Masters	MV	Barrow Runners
2	00:41:39	Stephen Jelley	MV	Race Hub
3	00:41:45	Gurmit Singh	MV	Roadhogs Leicester AC

#### Huncote Harriers Masters Men

13	00:46:07	Stephen Snow	MV
20	00:49:00	Philip Woods	MV
23	00:51:36	Ian Thompson	MV
33	00:54:36	Steve Nash	MV
41	01:00:37	Duncan Smith	MV
43	01:10:04	Alastair Cosbie	MV
43 Finishers			



Steve Nash



Still going – Alastair Cosbie



## Huncote Harriers XC Championship – Burbage Common Saturday 4<sup>th</sup> January 2025

The Huncote Harrier XC Championships used to be a Club only race ran around the back of the Leisure Centre but in 1999 it was incorporated in to the County XC Championships so therefore we can announce our winners.

HHXC Champion	Jayjay Rathod	Julie West
Runner-up	Steve Snow	Shiela Pearce
Third	Phil Woods	Kerry Griffiths

This is Jayjay's second HH Championship victory in three years but spare a thought for Steve Snow, his fifth second place in eight years (not to mention two third places), no one deserves praise more than the Snowman who has been the backbone of our XC campaigns for the last eight years.

This was Julie West's first title, a lady who has been with us for quite a few years now, deservedly taking the opportunity to lead the ladies home.

All the winners will be awarded and rewarded at our forthcoming presentation evening.



Julie West



Jayjay Rathod

# 2024 Huncote Harriers Grand Prix Series – Results

Here are final results for our 2024 Grand Prix series.  
A big congratulations to Rachel Nealon and Jamie Strange who are the 2024 Champions, and will receive their well-deserved trophies at our upcoming awards night.  
A big thank you and well done to everyone who took part, you are all amazing!!!  
Ian Thompson

Men – 1. Jamie Strange, 2. Ben Benson and 3. Phil Woods

Ladies – 1. Rachel Nealon, 2. Nicki Nealon and 3. Tina Tosh

Gender	Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	Best	Total	Races Completed
		24th March Kibworth 6	14th April Stilton 7	1st May Silverston 10K	12th May Westend 8	19th May Bosworth Half	2nd June Switthland 6	11th June Harborough 5	23rd June Prestowld 10K	30th June Steve Morris 5	6th July Smalley 5 Bel	17th July Rugby 6	15th August Club 10K	29th Sept Rotherby 8	1st Sept Markfield 10K	3rd Nov Shepshed 7	16th Nov Park Run			
1	M Jamie Strange	47	47		47	50	47		50	47			50	47	47			473	473	10
2	M Ben Benson	45	45	50	45	47	42	47	43	42			45	36			39	445	441	11
3	M Philip Woods	41	41		42	44	44	50	43	41			45	44	44		38	430	430	10
4	M Matthew Brown				37	41	41	43	43	39		50	43	43	42	47	40	429	466	11
5	M Stephen Snow	38	40		41	43	40	44	40	38		47	41	40	41	50	35	427	578	14
6	M Nick Strange	40	42		43	45	43		42	40			44	41	43			423	423	10
7	M Jagaj Rathod	50	50		50		50		50				50	50			50	400	400	8
8	M Joseph Shuter				34		38	42	38	33		45	39	37	40		33	379	379	10
9	M Ian Thompson	34	39		35	40		35	38	35		35	34			45	31	359	400	11
10	M Neil Parris	33	36	45		36	33	36	30			43	35	32		44	28	368	386	11
11	M Huw Davis		32	44	31	37	32	41	37	36							34	360	360	10
12	M Andrew Spare		33	43		35		35	32			42	31	37		43	26	357	357	10
13	M Andy Green	44	44		44		45		45	43				45			42	352	352	8
14	M Mark Larratt	35	37		29		36	37	36	32			30	35			25	332	332	10
15	M Hugh Potter		38		33	38	31		34	29		31	33	39			24	330	330	10
16	M Mike Percival	29	30		24		24		29	26				29	36	41	15	283	283	10
17	M Craig Free				40		39	45					42	42			37	245	245	6
18	M James Knight	42	43		38								37	39			41	240	240	6
19	M Joe Mawby								44	44					45		44	224	224	5
20	M Ben Foster			47	32		35					44	34				30	222	222	6
21	M Barry Hibberd	32	35				29		33	31							27	215	215	7
22	M Aaron Cox				36	39			39	37								188	188	5
23	M Anthony Nicholls	31	34				30						32		38		23	188	188	6
24	M Steven Mills	43								45			40				43	171	171	4
25	M George Davenport						34						38	38			36	146	146	4
26	M Liam Gibbs				27	34	27						30				22	140	140	5
27	M Duncan Smith	30			26		28		39			27					29	139	139	5
28	M Matt Patten	36			30													134	134	4
29	M Aaron Dunn	39			39	44														
30	M Chris Unwin		31				26	34									20	111	111	4
31	M Steve Nash							40					33				32	105	105	3
32	M Stirling Green								47								47	94	94	2
33	M Dean Nutting								30							42	19	91	91	3
34	M Chris Bell								41								45	86	86	2
35	M Danny Kench				25					27							21	73	73	3
36	M Paul Eadie						23			25							16	64	64	3
37	M James O'Dowd								31				29				18	60	60	2
38	M Andy Willford						42						26				14	44	44	2
39	M Mark White																12	42	42	1
40	M Al Cosbie	28															14	42	42	2
41	M Grev Jones						25										17	42	42	2
42	M Dave Robinson	37																37	37	1
43	M Steve Bland									35								35	35	1
44	M Mike McSharry					33											33	33	1	
45	M Steve Jones												28					28	28	1
46	M Graham Smith												25					25	25	1
47	M Ian Longford												24					24	24	1

Gender	Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	Best	Total	Races
		24th March	14th April	1st May	12th May	19th May	2nd June	11th June	23rd June	30th June	6th July	17th July	15th August	1st Sept	29th Sept	3rd Nov	Best	10 Total	Total	Completed
		Kibworth 6	Stilton 7	Silverston 10K	Westend 8	Bosworth Half	Switthland 6	Harborough 5	Prestowld 10K	Steve Morris 5	Smalley 5 Bel	Rugby 6	Club 10K	Rotherby 8	Markfield 10K	Shepshed 7	Park Run			
1	F Rachel Nealon	50	50		50		50	50	50	50			50	50	50	50	50	500	600	12
2	F Nicki Nealon	47	47		47		47	47	47		47		47	50	47	47	47	473	567	12
3	F Tina Tosh	44					44		44	47		50	45	47	44	44	42	451	451	10
4	F Sue Gardner	42	43		43	45	40		42	45			44	44	42	42	41	432	513	12
5	F Lorna Brown		42		42	43	38	44				47	42	43		40	40	427	465	11
6	F Katrina Wightman			50		42	39	45	41		45		43	42	40		37	424	424	10
7	F Katie Howard		44		45		47	45		45				45	45	43	45	404	404	9
8	F Kate Parry			47		38	37	42	39	40	44			41		38	35	401	401	10
9	F Kerry Griffiths	39				41	36	43	37	42			41	40	39	37	31	395	426	11
10	F Julie Brown		39			36	34	40	36	39					37	36	34	331	331	9
11	F Trudi Unwin	45	45		44	50	42							43			44	313	313	7
12	F Leanne Row			45	38			39	35			45		38	36		32	308	308	8
13	F Claire Penn	38	40		39		35		38				39	38			28	295	295	8
14	F Joanne Stark	40	41						49							41		309	309	5
15	F Wendy Thompson	41			40	37	45			41							36	195	195	5
16	F Paula Jennings					44	41		43								27	155	155	4
17	F Wendy Marsden							38				44			35		26	143	143	4
18	F Vicki Orton				35	33											30	98	98	3
19	F Laura Smith				34	31											23	88	88	3
20	F Natalie Mee																			
21	F Kathryn Evans	43					43										39	92	92	2
22	F Bethan Kench									43								86	86	2
23	F Jenny Murphy													41			38	79	79	2
24	F Emma Smith							41									33	74	74	2
25	F Lisa Winkless				39												29	68	68	2
26	F Marie Willford												40				25	65	65	2
27	F Kelly Palfreyman						32										24	56	56	2
28	F Eleanor Dundee				40													40	40	1
29	F Annette Nutting															39		39	39	1

## A Date for your Diary

The Presentation evening will be held on Friday 28th February at Cosby Golf Club  
7pm start, with a 2-course meal served during the evening.  
The cost for the evening is £10 per person. Please transfer payments to the Huncote Harriers account (Sort Code: 40-35-37 Account Number: 51068342) to confirm your place, leaving your name as the payment reference!

# NMXC – Race 4 – Bulwell Park, Nottingham

## Saturday 11<sup>th</sup> January 2025

This weekend was particularly nasty, thick fog covered the East Midlands combined with freezing conditions, staying indoors seemed the most sensible option. Runners are not like that though, they will go out regardless, particularly if they have already completed three races and need just one more to get that precious league placing. And so it was that Shiela Pearce, Steve Nash and Steve Snow travelled up the motorway to Nottingham to run the last North Midland XC race of the season.

Conditions were described to me as being horrible, cold rutted frozen ground making running difficult and yet there was still a sizeable field to contest the final race. As mentioned in previous reports, all the Huncote Vets ran as Seniors in a bid encourage others to join the team, but very few did. I would therefore advise these veteran athletes to return to their Vet status next term as both Steve Snow and Shiela Pearce could have been in contention for third places in their respective vet categories.

Harry Hewitt (PANVAC) won today's men's contest but strangely, neither he nor any of the other podium placed men in any of the races ended up as overall champion, that distinction went to Nathan Bunting (also PANVAC and third overall last season), who won with an 8<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> and a 4<sup>th</sup> place and that is why it is important to complete all four races.

The Ladies contest was a slightly different story, Elin Griffiths (University of Nottingham) took the title with a win and three second places, Charnwood's Jusline Anthony beating her today. This was Elin's second consecutive title having edged out our own Rachel Nealon last season. Well done to our hardy 'team' today, let's hope we'll get better support next season.

### Leading Men

1	00:27.34	Harry Hewitt	SM	PANVAC
2	00:27.41	Alex Hampson	SM	Mansfield Harriers
3	00:28.02	George Hatton	SM	Newark AC

### Huncote Harrier Men

112	00:37.16	Stephen Snow	SM	
148	00:41.14	Steve Nash	SM	
179		Finishers		

### Leading Ladies

1	00:22.15	Jusline Anthony	SL	Charnwood AC
2	00:22.35	Elin Griffiths	SL	University of Nottingham
3	00:22.39	Kayleigh Longfoot	SL	Yaxley Runners

### Huncote Harrier Lady

77	00:30.51	Sheila Pearce	SL	
105		Finishers		

### Overall Standings - Men

1	Nathan Bunting	SM	PANVAC	25 points
2	Matthew Williams	SM	Notts AC	32
3	Samuel Soles	SM	University of Nottingham	39
11	Stephen Snow	SM	Huncote Harriers AC	376
18	Steve Nash	SM	Huncote Harriers AC	599

### Overall Standings - Ladies

1	Elin Griffiths	SL	University of Nottingham	7
2	Hayley Gill	LV45	Mansfield Harriers	25
3	Beatrice Munro	SL	Unsanctioned Athletics Racing Collective	31
15	Sheila Pearce	SL	Huncote Harriers AC	356



## DRXC – Race 2 – Martinshaw Woods

### Sunday 12<sup>th</sup> January 2025

Ravenstone was originally Race 2 but has been cancelled twice and has now been rescheduled for Race 5.

Not quite as 'horrible' as the previous day's NMXC but conditions were still uncomfortable for some of the runners. The field near the start and finish had a frozen, harrowed, knobbly surface which pummelled the soles of the feet, better tread lightly then.

Tom Shardlow did just that, in fact he was flying when I saw him approaching mile two, I noted he was wearing spikes, probably a good choice. Tom was being chased by a determined pack of three, Barrow's Will Clarke and Tim Don and Race Hub's Steve Jelley. There was a massive procession behind until all was quiet and we waited for the ladies who had started 10 minutes behind. The start order had been reversed from last year as the leading men had found it difficult to pass some of the ladies on the single-track wooded paths and some men were not very courteous. However, Claire Frankland had a different sort of challenge as a couple with four loose dogs proved to be a tricky obstacle, but she skipped round without difficulty and I'm glad to say the dogs were gathered in and placed on leads. Claire was streets ahead at this point; Emily Smith, Rebecca Miles, Kirsty Hillier and Gracie Walters all together but not in Frankland's class.

Huncote men George Davenport and Phil Woods were running close to each other at this point and it was good to see Jason Tomkins returning to the rough stuff.

Just two ladies today, Jenny Murphy who likes this one as it's on her door step and Shiela Pearce running her second xc in two days, she was moving well too, inspiring stuff.

The course had been changed to avoid some frozen sections so the return to the finish involved a large circumnavigation of the aforementioned harrowed, knobbly field. In truth it was not too bad around the edge where the runners were guided.

Tom Shardlow had held his lead and was looking comfortable leaving the Barrow Boys to fight it out for second and third.

George and Phil were still close together and looking comfortable, as was Ian Thompson. Jason less so as he was being closed down by Duncan.

Claire Frankland still looked strong in the final mile while Smith and Miles were each running a solo pursuit. Well done to Shiela who again chalked up yet another xc.

#### Leading Men

1	00:34:55	Tom Shardlow	SM	Hinckley RC
2	00:35:11	Will Clarke	SM	Barrow Runners
3	00:35:14	Tim Don	MV45	Barrow Runners

#### Huncote Harrier Men

47	00:41:36	George Davenport	SM
49	00:41:47	Phil Woods	MV40
112	00:47:11	Ian Thompson	MV55
160	00:50:37	Jason Tomkins	MV40
165	00:50:51	Duncan Smith	MV55

237 Finishers

#### Leading Ladies

1	00:38:59	Claire Frankland	SL	Westend Runners
2	00:40:11	Emily Smith	SL	Guest
3	00:41:27	Rebecca Miles	SL	Desford Striders

#### Huncote Harrier Ladies

68	00:54:41	Sheila Pearce	LV50
102	00:57:36	Jenny Murphy	LV50

178 Finishers



Jenny Murphy follows Shiela Pearce approaching two miles



Ian Thompson



Jason Tomkins



## DRXC – Race 3 – Grace Dieu – Sunday 26<sup>th</sup> January 2025

Grace Dieu, and Holly Hayes Wood are arguably the most technical courses in the DRXC fixture list, meaning lots of twisty sections through woods complete with roots and stones and a multitude of ups and downs, the runner has to be on top of their game when they race these. Of course, it is much easier for the athlete if there is no one in front blocking your field of view and so Poplar's Sam Martin did the right thing in hitting the front early on and build up a nice cushion over the chasers, who not only had to pick their way through the course but at the same time be aware of each other as passing places are few and far between around the two lap course.

Claire Frankland did not have the luxury of a 'ladies only' start so was in amongst the men from the start. However, Claire is now an experienced runner and battled hard to get as far forward as she could, giving herself a relatively clean run. This was Claire's third consecutive DRXC victory and looks unopposed for the remaining races. The men's competition looks less clear with a another different three taking the podium, interestingly Claire's husband, David, got in the top three for the first time.

For Huncote it was a continuing theme of a strong core keeping the flag flying. Once again thanks to Ian Thompson for bringing the tent, Club flag and hot drinks and biscuits, rewards for our Club Men's Captain have been few and far between this season.

Yet again there was very little to separate the Snowman and the Woodsman, Steve just edging it today although Phil has been nursing a sore achilles for some time now. Like wise Jason and Duncan are never far from each other.

Since recovering from injury, Shiela Pearce has been racing XC at every opportunity, even if it has meant doubling up over a weekend, she is a Club Captain's dream. Jenny is also becoming a more regular competitor, spurred on by her twin sister Chrisie who runs for Desford.



Steve Snow



Phil Woods



**Leading Men**

1	00:34:56	Sam Martin	SM	Poplar RC
2	00:35:55	Stephen Jelley	MV40	Race Hub Tri
3	00:36:09	David Frankland	SM	West End Runners

**Leading Ladies**

1	00:36:23	Claire Frankland	SL	West End Runners
2	00:42:26	Gracie Rose Walters	LU20	1485 Tri Club
3	00:42:53	Katie Houghton	LV45	Stilton Striders

**Huncote Harrier Men**

39	00:41:12	Stephen Snow	MV50	
40	00:41:41	Phil Woods	MV40	
94	00:46:05	Ian Thompson	MV55	
159	00:51:42	Jason Tomkins	MV40	
151	00:51:10	Duncan Smith	MV55	
238 Finishers				

**Huncote Harrier Ladies**

61	00:53:54	Sheila Pearce	LV50	
81	00:56:47	Jenny Murphy	LV50	
157 Finishers				



Trudi Unwin, Phil Woods, Steve Snow, Shiela Pearce, Duncan Smith, Jason Tomkins,  
Ian Thompson & Jenny Murphy

There are still three more Derby Runner Cross Countries to go and we would love to see a few more of you taking part. There is always a great atmosphere at these events. A hard race for those wishing to test themselves or a 'just run round and have fun' group.

Sunday 9<sup>th</sup> February                      Holly Hayes Wood

Sunday 23<sup>rd</sup> February                      Ravenstone

Sunday 9<sup>th</sup> March                          Bosworth Battlefield

As always please consult your Club Captains, Trudi and Ian for any further information

## Dates for your Diary

### The 2025 Leicestershire Road Running League

R1	Kibworth '6'	Sunday 16 <sup>th</sup> March
R2	Desford '6'	Sunday 6 <sup>th</sup> April
R3	Stilton '7'	Sunday 13 <sup>th</sup> April
R4	Bosworth Half Marathon	Sunday 11 <sup>th</sup> May
R5	Watermead 10k	Wednesday 21 <sup>st</sup> May
R6	West End '8'	Sunday 1 <sup>st</sup> June
R7	Swithland '6'	Sunday 8 <sup>th</sup> June
R8	Steve Morris '5'	Sunday 29 <sup>th</sup> June
R9	Joy Cann Memorial '5'	Wednesday 6 <sup>th</sup> August
R10	Markfield 10k	Sunday 28 <sup>th</sup> September
R11	Rotherby '8'	Sunday 12 <sup>th</sup> October

The League competition will be a single League this year for both individuals and teams (no split Spring / Summer competition).

Individuals	Best 7 of 11 races to count
Teams	Best 8 out of 11 races to count

#### Team Sizes

Men (6), Ladies (4), Vet Men (4), Vet Ladies (3) & Mixed (8 - 5 Men & 4 Ladies)

### The 2025 East Midland Grand Prix Series

We had a low attendance in this league last season; however, it is still worth pencilling a couple of these dates as they really are terrific races, notably the Harborough '5' which is on our doorstep at Foxton Locks, the Rugby '6' just the other side of Lutterworth and the Corby '5' just the other side of Market Harborough.

The Silverstone 10k has become a big mass participation race but the others are relatively small bringing in 300 – 400 entries.

R1	Silverstone 10k	Tuesday 6 <sup>th</sup> May
R2	Blisworth '5'	Friday 16 <sup>th</sup> May
R3	Banbury '5'	Tuesday 20 <sup>th</sup> May
R4	Harborough '5'	Tuesday 3 <sup>rd</sup> June
R5	Weedon 10k	Tuesday 17 <sup>th</sup> June
R6	Corby '5'	Wednesday 25 <sup>th</sup> June
R7	Milton Keynes 10k	Tuesday 1 <sup>st</sup> July
R8	Rugby '6'	Wednesday 16 <sup>th</sup> July

Individuals	Best 5 of 8 races to count
Teams	Best 8 out of 8 races to count

Plan your races carefully as there are a lot of road races in May and June. As always consult with your Men's and Ladies Captains to see what the Club is concentrating on. Enjoy.

## 'Back in the Day'

In this edition of 'back in the day' I've gathered a variety of race reports from the old Newsletters and the Leicester Mercury of what was typically going on around December and January, 10, 20, 30 and 40 years ago. Two important cross countries, the opening race in the Leicester Road Winter League and an unusual handicap where Road Walkers took on Road Runners in a rather unique 5-mile race.

1984 was a time when a huge running boom was taking place and no doubt the Walking Club were inundated with runner's keen to have a go over the seasonal holiday period, I certainly was. Walkers were usually very good at predicting their race time, runners less so. Runners could knock minutes off their time if they were feeling good where as a walker could only shave off seconds. Never the less it was a good test, the general public must have wondered what the hell was going on as mad men and women darted up and down the Humberstone area.

John Heywood won this event as a walker back in 1974 and was set up nicely in 1983 to become the only person to win this event twice, once as a walker and once as a runner. However, his glory was taken from him close to the finish line when his Huncote Harrier team mate, Wes Lewis, overtook him and relegated John in to second place.

### Leicester Annual Runners v Walkers Saturday 29<sup>th</sup> December 1984

Vicki Barnes of Leamington AC and former police athlete became the first woman to head the mixed Runners v Walkers senior field in the annual five-mile event from Haynes Road on Saturday. Staying in the city with friends from her constabulary days, Barnes, who gave up running to have a baby a year ago, was perfectly handicapped, for she won by 8 seconds, just taking Barry Bishop (Walkers) on the last stretch. A record sized field in which more than 100 finished, was catered for by moving the finishing area in to Humberstone Park. Instead of finishing in Saltersford Road, the athletes were routed in to the park where on a wide hard surface area, scores of competitors and spectators could mingle safely. There were brilliant individual performances all down the list. Top marks went to Olympic walker Phil Vesty who although crossing the line in 81<sup>st</sup> place, reduced his own course record from 00:33:13 to 00:32:52. On the running side, a quartet of rear markers put up splendid times. County Road Running League individual Champion, Mick Strange (OWLS), ran 00:24:31, a time which has been beaten only by John Offord, who clocked 00:24:22. Des Martin was much involved in taking on Strange, both putting in surges before Martin (00:25:06) was outkicked by his clubmate. Most of the Clubs in the County had representation, from Charnwood in the North to Huncote in the South. Team result was a win for the Runners, their fourth in succession.

Jim Sharlott (Leicester Mercury)

#### Leading Athletes

1	00:52:07	00:38:07	Vicky Barnes	R	Leamington
2	00:52:15	00:47:15	Barry Bishop	W	Ind
3	00:52:16	00:47:16	B Allen	W	Ind

#### Huncote Harriers

9	00:55:11	00:28:31	K Love	R
20	00:55:45	00:28:41	John Heywood	R
33	00:56:08	00:26:18	Trev Longman	R
55	00:56:53	00:30:23	P Rachael	R
60	00:57:05	00:27:55	Mick Carter	R
66	00:57:22	00:28:42	Richard Sharman	R
72	00:57:29	00:28:39	Wes Lewis	R
101	01:02:06	00:37:36	Clive Alexander	R

103 Finishers





1984 - Mick Carter



1995 – Bill Cowie

## LRRL Winter League – Race 1 – Barrow ‘6’ Sunday 8<sup>th</sup> January 1995

Heather Jennings broke the course record as Beaumont Leys achieved a brilliant team double in the Barrow six-mile race. Jennings was winning this event for the fifth time in eight years. She cut her previous best, set in 1989, by six seconds as she clocked 00:34:34 for the tough undulating circuit which has an uphill climb of about half a mile in the closing stages. The runner up was Rona Makepiece, the inaugural winner in 1988 when she was a Coritainian. This time she was wearing Charnwood colours on her first County Road Running League outing since spending three years in Australia and having a baby. Beaumont Leys, with a supporting spearhead of Sarah Horsey, Gina Vaughan and Bev Ritchie, won the team race from Shepshed and South Derbyshire.

In the Men's test Beaumont Leys edged ahead of Charnwood and Roadhogs. In the individual race, runner up Simon Cotton almost brought off a surprise when finishing only 5 seconds behind Leicester Coritainian Champion John Grindley. Grindley, whose career has all too often been checked by injury, is back to his best and Cotton whose headway over the last two years has been astonishing, has his sights on the top spot. City resident Ian Mant, making his league debut for Charnwood, was third. Coritainian Joey Masterson was fourth and the return of Andy Hart strengthened the Club's squad as they had five in the top 22. But they need eight to score and it is here that Beaumont Leys shine because they have great depth. Barrow's victory in the Men's division two contest was pleasing for their administrative stalwart Mick Ballard. Stilton Striders, led by Nicola Mesiuda, beat Wreake and Hinckley in the Women's second division race.

Jim Sharlott (Leicester Mercury)

### Leading Men

1	00:30:42	John Grindley	SM	Leicester Coritainian
2	00:30:47	Simon Cotton	SM	Beaumont Leys RC
3	00:31:03	Ian Mant	SM	Charnwood AC

### Leading Ladies

1	00:34:34	Heather Jennings	SL	Beaumont Leys RC
2	00:35:57	Rona Makepiece	SL	Charnwood AC
3	00:35:57	Nicola Misiuda	SL	Stilton Striders

### Huncote Harrier Men

15	00:32:41	Bill Cowie	MV40
17	00:33:04	Graeme Slight	SM
20	00:33:08	Mike Sandford	MV40
63	00:36:09	Graham Swann	SM
71	00:36:25	Colin Bartlette	SM
76	00:36:34	Mick Butler	MV40
88	00:36:58	Trev Longman	MV40
94	00:37:04	Mike Newton	MV40
103	00:37:43	Mick Bradford	SM
141	00:39:08	Steve Wright	SM
197	00:41:44	Mark Lester	SM
246	00:44:21	Jim Timmins	MV40
277	00:51:12	Roger Kyle	MV40
288 Finishers			

### Huncote Harrier Ladies

4	00:36:22	Nicki Lee	SL
20	00:42:42	Carol Hawkins	LV35
21	00:42:55	Irene Scowen	LV35
30	00:44:22	Julie Robbins	SL
41	00:45:58	Sue Edwards	LV35
70 Finishers			



Colin Bartlette

## Huncote Hash Sunday 2<sup>nd</sup> January 2005

A great day for a race, wet under foot and muddy in places. Mark Powell from OWLS hammered the course, winning by a mile. Sally Newman won for the Ladies. Over a difficult and testing six-mile course, made even harder by the heavy rainfall over the previous 24 hours, both continued to show the recent good form of the winter season in to the New Year. Powell, the Leicester OWLS athlete, ran virtually unopposed to take victory by a massive three-minute margin in 00:39:00, while second placed Dave Pearce of Leicester Coritainians and third placed Ian Paramore of Barrow were left to compete in what seemed a separate race for the runner up positions. Such was the strength and depth of squad that were representing OWLS, their Men's team filled six of the top eight positions at the finish. Sally Newman was in equally dominating form in the Women's event, the Wreake Valley athlete pulled away from the start to win by a huge gap of five minutes in 00:46:38, well ahead of runner up Eleanor Greenfield of Nuneaton Harriers and Newman's team mate from Wreake, Philly Glover who was third.



On the Huncote front a very fine effort from Graeme Slight saw him take a top 10 place leading home Kingsley Cook, Andy Ball and John 'Mudlark' Heywood. Amy Smith led the Huncote Ladies home ably supported by Bev Parry, Lisa Buckton, Sandra Stevens and Bernadette Owen.

Wlodziu Kula Przezowski

Tony Robinson, Tom Corr, Mike Tansey & Adam Tansey



**Leading Men**

1	00:39:00	Mark Powell
2	00:43:13	Dave Pearce
3	00:43:26	Ian Paramore

OWLS  
Leicester Coritainians  
Barrow Runners

**Leading Ladies**

1	00:46:38	Sally Newman
2	00:51:44	Eleanor Greenfield
3	00:52:03	Philly Glover

Wreake Runners  
Nuneaton Harriers  
Wreake Runners

**Huncote Harrier Men**

9	00:44:48	Graeme Slight
17	00:45:52	Kingsley Cook
26	00:46:55	Andy Ball
29	00:47:43	John Heywood
31	00:48:03	Keith Chambers
49	00:51:13	Ian Burbage
51	00:51:28	Bob King
76	00:53:52	Brian Mackey
77	00:53:54	Trev Longman
94	00:55:51	Mike Newton
106	00:57:10	Tony Robinson
152	01:04:01	Tony Lay
155	01:04:33	Barry Summers

**Huncote Harrier Ladies**

125	00:59:31	Amy Smith
150	01:03:46	Bev Parry
153	01:04:08	Lisa Buckton
161	01:05:08	Sandra Stevens
165	01:06:07	Bernadette Owen

188 Finishers



The much-missed Tony Lay



Martha Slipp



Bev Parry



# Leicestershire & Rutland County XC Championship

## Cosby – Saturday 3<sup>rd</sup> January 2015

The 2014/2015 races took place at Foxlands Farm on the outskirts of Cosby, so close to Huncote, it was as good as being on home turf. It is ironic that Ted Toft, who organized these Championships for many years and who lived in Cosby, never realized the potential of this course which was so close to his home. The course was deadpan flat but heavy rain during the run-up to the event and on the day, itself made it a good cross-country test with parts of the course under water and mud. There was some good racing to watch with some of the country's leading athletes taking part in the races. Amongst the runners worth watching was Ben Dijkstra in the U/17 Boys race. Ben is the current National Cross Country and Inter-Counties Champion in his age group and he duly won his race in some comfort. In the Junior/Senior/Masters Ladies race promising Junior, Amy Griffiths, who was defending her Championship win of last year also won her race convincingly. Amy was recently part of the victorious junior Ladies team which won the European Junior Cross Country Championship in Bulgaria: In that race Amy finished 5th. The OWL's, led by defending champion, Sam Stabler, on vacation from Lamar University in Beamont, Texas, were comfortable team victors in the Men's test.

It was a good day for the Harriers as we had team medals in all four categories we entered – possibly our best ever result. Additionally, Nicki Nealon won 3rd place medal in the Ladies' Masters' race. Run of the day was probably Sarah Pegg's. She had the satisfaction of leading the Ladies home to second placed medals with Claire Quigley and Trudi Unwin. Nicki led home the Masters to third place medals with Wendy Thompson and Katherine Dean. In the Men's race Mark Gregory made a poor start but managed to push up through the field to finish second Harrier home after Mark Kendrick. Nathan Lawson, Euan West and Gareth Chivers completed the Men's team which won 2nd place medals. The masters were led home by Dave Eggington from Andy Ball and Graeme Slight who got third place team medals.

Well done to all.

Phil Watts

### Senior Ladies

1	00:24:05	Lucy Crookes	Leeds City AC
2	00:24:11	Emily Ault	Barrow Runners
3	00:24:41	Lucy Smith	Thames Valley Harriers

### Huncote Senior Ladies

10	00:29:17	Sarah Pegg
13	00:30:22	Claire Quigley
15	00:30:43	Trudi Unwin
19	00:31:51	Clare Moore

28 Finishers

### Senior Ladies Teams

1	Barrow Runners
2	Huncote Harriers AC
3	Desford Striders



Sandra Ankers, Trudi Unwin, Julie West, Wendy Thompson and Katherine Dean make ready.

Nicki Nealon is at the far end.

**Senior Men**

1	00:33:40	Sam Stabler	OWLS
2	00:34:15	Dany Hallam	OWLS
3	00:35:22	Frank Baddick	Newham & Essex Beagles

**Huncote Senior Men**

18	00:41:32	Mark Kendrick
20	00:42:30	Mark Gregory
23	00:43:00	Nathan Lawson
25	00:43:27	Euan West
29	00:44:18	Gareth Chivers
32	00:45:22	Warren Bennett
36	00:47:59	Duncan Foley
39	00:49:24	Tom Harris
43	00:52:24	Chris Unwin
46	00:54:10	Stuart Hale
47	00:55:19	Lee Randall
49	Finishers	

**Senior Men's Teams**

1	OWLS
2	Huncote Harriers AC
3	Hinckley RC

**Masters Ladies**

1	00:25:25	Claire Smith	Heanor RC
2	00:25:26	Claire Shea-Simmons	Leicester Tri
3	00:25:57	Nicki Nealon	Huncote

Harriers AC

**Huncote Masters Ladies**

14	00:32:02	Wendy Thompson
15	00:32:46	Katherine Dean
16	00:33:06	Julie West
18	00:33:28	Sandra Ankers
23	00:36:41	Marie Wilford
27	Finishers	

**Masters Ladies Teams**

1	West End Runners
2	Nuneaton Harriers
3	Huncote Harriers AC

**Masters Men**

1	00:36:45	Mark Powell	Coritainians
2	00:36:58	Mark Couldwell	Charnwood
3	00:38:33	Gary Burnett	Charnwood

**Huncote Masters Men**

12	00:41:50	Dave Eggington
16	00:43:37	Andy Ball
19	00:44:49	Graeme Slight
20	00:44:55	Andy Fox
26	00:46:44	Keith Chambers
29	00:47:01	Ian Thompson
30	00:47:16	Chris Talbot
34	00:48:32	Nick Strange
38	00:49:09	Andy Wilford
39	00:50:27	Barry Hibberd
42	00:50:58	Dave Robinson
43	00:50:59	Rob Tate
50	Finishers	

**Masters Men's Teams**

1	Leicester Coritainians AC
2	Charnwood AC
3	Huncote Harriers AC



Chris Talbot



Euan West