



HUNCOTE HARRIERS

ISSUE 146

FEBRUARY 2010

THE OFFICIAL NEWSLETTER OF HUNCOTE HARRIERS ATHLETIC CLUB

THE HARRIER

LEICS CROSS COUNTRY CHAMPIONSHIP 2010 WIGSTON

Incorporating Huncote Harriers Club Cross Country Championship

Brocks Hill, Oadby - Saturday 9th January

John Heywood carried out some excellent work in helping to organise this year's race. John, together with County AAA stalwart, Ted Toft, designed and set out the courses for all the age group races. John also orchestrated an excellent Club turnout being the best attended Championship for some years. However, the real stars of the day were all the runners who turned out to run in such cold conditions. It was great to see some of our newer members like Alison Adcock and Seema Patel for the ladies, and Colin Pickering for the men making their cross country debuts and running their socks off on such a cold day.

Nicki Nealon was ladies' masters' champion finishing in a fine 7th place overall in the ladies' race. The ladies finished second team in the masters race losing out narrowly to Nuneaton: although both teams had 23pts Nuneaton claimed first place by virtue of a better last counter (3-8-12) as opposed to Huncote (1-9-13). Congratulations to Nicki, Sue Gardner and Bev Parry for making up the team. Well run too by Claire Quigley, first senior lady Harrier home.

The men's race was boosted by the presence of Rory Fraser, on vacation from the University of New Mexico, and one of the best local athletes to emerge for a number of years. Also tipped to do well was Gaz Davies, also from the OWL's which had a great team out bolstered by three highly rated juniors, Danny Hallam, Josh Norman and Sam Stabler. Our top performer was Carl Sommer who had a fine run for 23rd place to more than make up for a disappointing Christmas period, having travelled to two races which were cancelled on the day. Dave Egginton did well to run considering he is on the comeback trail after breaking his arm. Dave coped well with the course but complained his arm was aching afterwards. Nice to welcome back Chris Talbot from Nuneaton Harriers: he will be a boost to the Huncote veteran ranks. Andy Woolley continues to improve and took some more scalps in his upwards progress.

- | | |
|--------------------------------|-------|
| 1. Rory Fraser (OWL's) | 33-19 |
| 2. Geraint Davies (OWL's) | 33-25 |
| 3. Tim Hartley (Notts AC) | 34-28 |
| 23. Carl Sommer | 38-41 |
| 43. Dave Egginton (15th vet) | 41-54 |
| 49. Chris Talbot (18th vet) | 42-33 |
| 52. Graeme Slight (20th vet) | 42-40 |
| 59. Mark Gregory | 44-13 |
| 61. Andy Woolley (25th vet) | 44-29 |
| 62. Andy Ball (26th vet) | 44-36 |
| 65. Paul Guest | 45-09 |
| 70. Joe O'Flynn (31st vet) | 46-13 |
| 81. Mike Tansey | 48-49 |
| 82. Phil Watts (41st vet) | 49-03 |
| 88. Mick Walton | 50-42 |
| 90. Colin Pickering (45th vet) | 50-57 |

LADIES

- | | |
|------------------------------|-------|
| 1. Gemma Steel (Charnwood) | 25-43 |
| 2. Gemma Hillier (Charnwood) | 26-59 |
| 3. Nicola Roder (Leic Tri) | 28-10 |
| 8. Claire Quigley | 32-59 |
| 14. Alison Adcock | 39-35 |
| 15. Seema Patel | 42-46 |

LADIES MASTERS

- | | |
|---------------------------------|-------|
| 1. Nicki Nealon | 29-13 |
| 2. Hannah Eveleigh (Harborough) | 29-58 |
| 3. Mary Hall (Nuneaton) | 31-03 |
| 9. Sue Gardner | 36-03 |
| 13. Bev Parry | 37-51 |

HUNCOTE CHAMPIONSHIP

LADIES

- 1st Nicki Nealon
- 2nd Claire Quigley
- 3rd Sue Gardner

MEN

- 1st Carl Sommer
- 2nd Dave Egginton
- 3rd Chris Talbot

Awards to be made on the Presentation evening on Friday 19th February - see page 5 of Newsletter for details.

HUNCOTE HASH

New course provides a fantastic race for runners and spectators alike as Huncote Hash gets New Year off to a great start.

Nick Nealon designed a new course for this year's race which met with the approval of runners and spectators alike. Instead of the usual route around the Huncote sandpits in the last third of the race, the route included the new nature reserve around the old Huncote Quarry after crossing the Croft Hill road. The race gave spectacular views along the quarry ridge looking across to Croft Hill and provided some great vantage points for spectators on this part of the course.

The only drawback to the proceedings was that two runners, Adam Taylor (Fleckney & Kibworth) and Dave Lipscombe (Leicester Tri), when in the lead, attained the ridge above the old Huncote Quarry too early instead of carrying on to the steps at the end of the nature trail. The race was awarded to popular Hinckley stalwart, Richard Whitelegg after a great performance.

There were some good Huncote performances especially from Andrea Sommer, 3rd lady home in 55th place, and Eric Carter in 7th place overall and first veteran? Andrea has lots of potential as a cross country runner although her main target is Ladies' Football. Eric is making a comeback and could make a big impact on the veteran running scene. Dave Egginton can also be pleased with his progress after recently breaking his arm in a skateboarding accident. Third Harrier home was Simon Fleck in an impressive 19th place.

Further down the field, for the older brigade, Bob King (44th place) got revenge over rival Mick Sandford (49th place) for last year's defeat. Perhaps Mick was feeling the cold after his and Julia's recent trip to

Australia! Martin Slipp continues to get the better of the editor after a race-long tussle, the cold dowsing from the stream getting the better of the editor in the closing stages. Trevor Longman, one of Huncote's all-time greats with fell running victories in the Stretton Skyline, Milford 21, and a successful Bob Graham Round under his belt, made the long journey down from Stockport to do the race and was quite pleased with his effort having made a good recovery from a hip operation. After more than a year away from the sport because of his hip problem Trevor is looking forward to getting back to some real competition in the New Year with some easy fell running in the Derbyshire hills.

For the ladies, it was nice to see Julie Shepherd back in action, Dave being left with important child-minding responsibilities. Jo Burnett and Julie West continue to make steady progress, perhaps the result of outings in the Derby Runner league.

MEN

1st Richard Whitelegg	42-38
2nd Ashley Miles	42-45
3rd Alex Webster	43-15

LADIES

23rd Louise Gibson	47-59
27th Zoe Proctor	48-05
55th Andrea Sommer	51-53

HARRIERS

7.	Eric Carter	45-04
13.	Dave Egginton	45-54
19.	Simon Fleck	46-50
34.	Keith Chambers	49-27
44.	Bob King	50-40
46.	Mark Gregory	51-07
47.	Andy Woolley	51-09

48.	Paul Guest	51-12
49.	Mick Sandford	51-25
52.	Jason Tomkins	51-38
55.	Andrea Sommer	51-53
61.	Mat Bozat	52-22
73.	Paul Chadwick	53-41
74.	Mike Tansey	53-46
85.	Alastair Woollard	54-28
86.	Martin Slipp	54-29
94.	Phil Watts	55-05
99.	Colin Staff	56-09
112.	Nick Cox	57-29
123.	Andy Wilford	58-25
126.	Trev Longman	58-35
129.	Simon Hart	59-02
130.	Martin Siddon	59-04
131.	Tom Corr	59-28
132.	Mick Walton	59-30
133.	Simon Jones	59-35
139.	Tony Siddon	60-30
150.	Julia Sandford	62-38
152.	Sue Gardner	63-01
163.	Jo Burnett	64-50
172.	Jo Clarke	66-35
176.	Sandra Ankers	66-43
181.	Julie Shepherd	66-53
185.	Julie West	67-32
224.	Alison Adcock	74-24
225.	Seema Patel	74-31
235.	Samantha Keames	78-03
239.	Becky Peel	78-50
248.	John O'Sullivan	82-05
256.	Marc Ketnor	84-29

Special thanks to everybody who helped out on the day: the girls on the registration team, Sarah Tresler, Laura Herbert and Laura Jeffs; Graeme Slight, Nick Nealon, Richard Thomas and the team of marshals; Marie Wilford as "sweeper"; and to Bev Parry, as general organiser and for the results update. In addition, Bev Parry, Paul Nealon, and Dave Lodwick (Road-Hoggs) contributed some great photos which can be seen on the Huncote Harriers website.

LEICESTERSHIRE WINTER ROAD RACE LEAGUE

2010

FIXTURE 1 ASHBY "5"

A fantastic start to the new season with a total of 33 Harriers taking part in the opening road race at Ashby. A number of road races in the Midlands have had to be cancelled over the Christmas period owing to bad weather so it was nice to greet the warmer weather which arrived in time for the weekend.

Kingsley Cook, fresh from his warm weather training in the Antipodes led the way from newer members, Graham Fenton and Chris Talbot. It was great to see the return of Steve & Jo Copeland after being sidelined for most of 2009.

1. Tim Hartley (Barrow) 24-57
2. Mark Powell (Wigston) 25-35
3. Alastair Watson (Herm) 26-19
31. Nicola Clay (Stilton) 29-15
44. Clare Mensley (Charn) 29-48
65. Nicola Roder (Leic Tri) 30-52

HUNCOTE

18. Kingsley Cook 28-30
25. Graham Fenton 28-52
51. Chris Talbot 29-58
57. Marvin Ryan 30-31
64. Graeme Slight 30-52
74. Steve Copeland 31-08
88. Andy Ball 31-38
110. Keith Chambers 32-28
125. Jason Tomkins 32-57
167. John Carnegie 34-35
183. Barry Hibberd 34-54
186. Claire Quigley 34-57
198. Colin Staff 35-41
199. Mick Walton 35-42
200. Martin Siddon 35-44
205. John O'Sullivan 35-57
210. Paul Nealon 36-06
224. Simon Jones 36-21
237. Jo Copeland 36-54
264. Richard Thomas 37-50
291. Sue Gardner 39-05
312. Bev Parry 39-51
326. Jo Clarke 40-18
342. Seema Patel 40-58
347. Alison Adcock 41-20
349. Sandra Ankers 41-22

351. Sarah Tresler 41-27
353. Julie West 41-30
420. Rebecca Peel 46-39
421. Helen Bennett 46-44
438. Donna Berry 49-12
444. Laura Herbert 51-16
453. Kelly Holyoake 54-59.

FIXTURE 2 BARROW "6"

An even bigger Huncote turn-out in this race with 42 Huncote finishers. Kingsley Cook again led home the Huncote contingent but he was pushed hard by fast improving Graham Fenton who was only 7 seconds behind on the line. Nicki Nealon was again first Huncote lady (5th lady overall) and Claire Quigley was not far too far behind her. Jason Tomkins is edging closer to 6.1/2 minute miling and Mick Walton is maintaining his improvement, now inside level 7's. For the ladies, Seema Patel continues her improvement after a cold baptism of the County Cross Country Championship.

1. Tim Hartley (Barrow) 31-29
2. Tim Doran (Charn) 31-32
3. Alastair Watson (Herm) 31-36
38. Nicola Clay (Stilton) 35-09
43. Clare Mensley (Charn) 35-32
65. Nicola Roder (Leic Tri) 36-50

HUNCOTE

24. Kingsley Cook 34-28
28. Graham Fenton 34-35
46. Chris Talbot 35-41
70. Graeme Slight 36-58
78. Marvin Ryan 37-23
- 80 Nicki Nealon 37-35
- 129 Keith Chambers 39-19
- 140 Jason Tomkins 39-44
- 155 John Carnegie 40-18
- 163 Claire Quigley 40-36
- 172 Duncan Foley 40-57
- 178 Barry Hibberd 41-17
- 195 Mick Walton 41-53
- 206 Andy Wilford 42-17
- 207 Colin Staff 42-26
- 212 John O'Sullivan 42-34

- 219 Paul Nealon 42-45
- 229 Martin Siddon 43-18
- 253 Nick Tomkins 44-00
- 269 Tom Corr 44-41
- 280 Simon Hart 45-07
- 282 Jeff Wickham 45-10
- 283 Simon Jones 45-12
- 285 Richard Thomas 45-14
- 331 Sue Gardner 46-50
- 340 Bev Parry 47-16
- 350 Julie Shepherd 47-43
- 383 Jo Clarke 49-34
- 387 Sandra Ankers 49-43
- 391 Alex. Carter 49-49
- 394 Trudi Unwin 49-59
- 395 Sarah Tresler 50-00
- 399 Marie Wilford 50-04
- 402 Julie West 50-29
- 407 Alison Adcock 50-48
- 418 Irene Forty 51-40
- 467 Rebecca Peel 55-19
- 470 Helen Bennett 55-29

TEAM STANDINGS AFTER TWO RACES

Senior Men - Division 1

- 1st Barrow 40pts
- 2nd Fleckney & Kib'rth 31pts
- 3rd Huncote Harriers 30pts

Veteran Men - Division 1

- 1st Leicester Coritanian 40pts
- 2nd Huncote Harriers 32pts
- 3rd Barrow 32pts

Ladies - Division 1

- 1st Charnwood 40pts
- 2nd Barrow 34pts
- 3rd Fleckney & Kib'rth 30pts
- 4th Stilton 28pts
- 5th Huncote Harriers 25pts

Ladies - Division 2

- 1st Leic Tri 40pts
- 7th Huncote "B" 22pts

Veteran Ladies - Division 1

- 1st Barrow 40pts
- 2nd Birstall 30pts
- 3rd Huncote Harriers 29pts
- 4th Wreake 29pts

OLD RACE REPRISE

HECKINGTON SHOW 10 MILES ROAD RACE by Phil Watts

During the early years of the Harriers an eagerly anticipated event was at the end of July and the annual "pilgrimage" to the Heckington Show with its 10 miles road race. For the uninitiated, Heckington is a large village in Lincolnshire, not far from Sleaford, which hosts a magnificent show with agricultural exhibits, horticulture, amusements and large scale entertainment in the main show ring. It really is a good weekend out with something for all the family.

For the Harriers the highlight of the show was the 10 miles road race which takes place on the Saturday afternoon starting and finishing in the main show ring. However, our weekend used to start on the Friday evening with a journey over to Chapel St Leonards, near Skegness, and the camping and caravan site known as "Happy Days". Mark and Jan Wittering owned a static caravan on the site, and for this weekend, this was Harriers HQ. It was always a mad scramble to get to the site in good time to pitch the tents and get down to the pub for some alcoholic refreshment before closing time. However, we never overdid it on the Friday in deference to the Saturday race. To round off the night there was the visit to the chip shop for much needed sustenance.

After a leisurely breakfast next day we would travel in a convoy of cars to the Show, quite a drive as it was about 30 miles away on often winding country roads. Having pre-entered the road race, it meant free entry to the show so we were able to park up, have a quick look around the Show and warm up in time for a mid afternoon start. Star of the race was the great John Clark, a top class runner who dominated road and cross country races in the Lincolnshire area for over a decade and

was a former North Midlands Cross Country League Champion. However, to see him arrive at the Show in his tweed jacket and smart trousers he looked more like a gentleman farmer than the top class runner he actually was. Yet, when the starting pistol fired for the start of the race he was soon at the front in the blue and white hooped vest of Grimsby Harriers, towing the field around one lap of the arena, too fast for the early glory boys who wanted their photos taken at the head of the field leaving the show-ground.

The course was a two lap figure of eight circuit taking in some straight fenland roads on a circuit followed by a lap around Heckington. The faster runners would be on the way out on the second lap as the slower runners came back into Heckington on the first. It was always hot and it was generally windy. There was a kind householder who used to stand outside his house with water and hosepipe to cool down us runners as we ran past.

At the end of the race there was time to get changed for the presentations and a last look around the show before heading back to Chapel St Leonards where the celebrations could really begin. Us lads were given the job of preparing the barbecue which merely involved a visit to the local hostelry to down a few beers. Meanwhile, the ladies, fortified with wine, prepared the salads and bread for the barbecue.

Beer and wine always seem to go down well after a good race and what momentous occasions the Heckington weekends were with some great characters in attendance. A regular participant in those days was one Richard Collins, or "Collo" as he was known: a master

of the funny remark, he always went down with a mysterious illness or injury before race day which prevented him from running, but was always in good form in the celebrations afterwards. Another member at the time was Mick Carter, an ex Leicester Coritanian. Mick was the only Harrier who dared to enter the 880 yard race which was run in the main arena on a track that was 5 laps to 1 mile, and which was run before the mass start 10 mile race. Although he finished near the back of the field he recorded a useful 2 mins 10 secs time, not too bad on a grass track that was a little bumpy in places!

The barbecue used to carry on well into the night with the consumption of beer and wine. It was a wonder we woke up at all next morning! However, having breakfasted on campsite tea and toast we used to go on a 12 mile run along the promenade to Skegness and back, a good hangover cure! Then it was time for games on the beach before wending our ways home, shattered from a busy and exciting weekend!

Unfortunately, I only have a couple of result sheets available from the years we were there (up to 1989). The most recent being in 1984 when the Club was in its infancy.

1st J. Goldring (Walthamstow) 51-10

HUNCOTE

42. Trev Longman	60-56
44. Phil Watts	61-17
46. Tom Cann	61-33
75. Bob Watson	66-19

Plus 2 runners who were to later join the Harriers:

19. Bob King (Leic Cor)	57-12
29. Gerry Thomas (GEC)	58-48

BRITISH MASTERS NATIONAL ROAD RELAY CHAMPIONSHIPS

By Phil Watts

This year the national road relay championships for veteran runners are being held at Sutton Park, Sutton Coldfield on Saturday 15th May. The races covering different age groups and men and women's events take place on traffic free roads on a single lap circuit of approximately 3 miles. The events timetable is as follows:

1. W55 x 3 stages	11-00am
2. W45 x 3 stages	11-00am
3. W35 x 4 stages	11-00am
4. M70 x 3 stages	11-00am
5. M60 x 3 stages	11-00am
6. M50 x 6 stages	1-00pm
7. M40 x 8 stages	1-00pm
8. M35 x 4 stages	1-00pm

Everybody who has reached the requisite age category by the day of the race is eligible to compete - **it is not necessary to be a member of Midland Masters to compete in this race.** Also, people in a higher age category may compete in a lower age group race but not vice versa, i.e. an M50 athlete may compete in a M40 or M35 race. An athlete may only compete in one race.

At this point in time I shall be entering a team in the M60 category: I already have sufficient interest (at least 3 runners) to take part. If other Club members wish to be involved please let me know and I will enter teams in other categories if there is enough interest.

At the venue, there will be a variety of caterers supplying food and drink, and Bourne Sports of Stoke on Trent are usually in attendance selling athletic clothing, so it should be a good day out. This could be a worthwhile opportunity to try out the new Club tent!

Closing date for entries is strictly 17th April.

HUNCOTE HARRIERS PRESENTATION EVENING

A note for your diary - Friday 19th February is the date. The venue of this year's presentation is The Royal Oak, Main Street, Kirby Muxloe. There is a buffet and disco for members, family and friends.

The price per head is £10 and is payable in full to Paul Nealon by Tuesday 9th February.

This is the evening the Club presents its championship and Club Standard awards. If you have raced regularly throughout the year you may qualify for a Club Standard award which is based on age related performances at 3 different race distances in road races. To check, please visit the Huncote Harriers web site for details. It is also your chance to vote for the Harriers of the year. Again, check web site for details and voting slips.

MIDLAND COUNTIES CROSS COUNTRY CHAMPIONSHIP

Stafford Common - Saturday 30th January

Team manager, John Heywood, worked hard to assemble a good team for this years championship at Stafford. It was another cold day with the wind ripping across the open fields which make up Stafford Common. Carl Sommer underlined he is the undisputed no 1 at the Harriers with a fine top 100 hundred finish, but, in truth all the team ran well as the Harriers finished 18th out of 34 teams and 2nd out of 3 Leicestershire teams in the premier club cross country event in the Midlands. Club Chairman, Graeme Slight, again set a fine example especially he was out next day at Grace Dieu.

Interestingly, the ladies' race was won by Charnwood's Gemma Steel, a product of the Leicestershire Road Race League.

MEN'S RACE

1. James Walsh (Leeds) 40-25
2. Rob Bugden (Bristol) 40-29
3. Bill Farquharson (Notts) 40-31

HUNCOTE

80th Carl Sommer	47-01
149th Dave Egginton	51-27
178th Graeme Slight	52-52
213th Paul Guest	55-04
228th Jason Tomkins	56-02
233rd Andy Woolley	56-18

TEAMS

1. Coventry Godiva	116pts
2 Notts AC	118pts
3 Tipton Harriers	120pts
5 OWLs	324pts
18 HUNCOTE	1081pts
31 Wreake	1479pts

DERBY RUNNER LEAGUE III GRACE DIEU

MEN

1. G Beetham (Barrow)	31-42
66. Graeme Slight	37-34
83. Richard Freer	38-18
124 Paul Chadwick	40-40
136 Simon Jones	41-30
167 Andy Wilford	43-25
186 Richard Thomas	44-20

LADIES

1 Nicki Nealon	37-06
37 Sue Gardner	45-28
46 Alex Carter	47-42
48 Bev Parry	48-19
50 Deb Hulbert	48-36
53 Marie Wilford	49-17
63 Julie West	51-04
65 Irene Forty	52-05
78 Rebecca Peel	55-11
88 Helen Bennett	59-29

FIXTURES

FEBRUARY

Sunday 7th	Bowline Charnwood Hills Race 13 Miles	Anstey School	10-00am	
Sunday 14th	Derby Runner X/C League	Bosworth Field	10-55am	
FRIDAY 19th	HUNCOTE HARRIERS PRESENTATION	ROYAL OAK	7-30pm	
Sunday 21st	Leics Winter League	Kibworth 6	Kibworth	10-30am
Saturday 27th	English National X/C Championships	Roundhay Pk, Leeds		
Saturday 27th	Belvoir Challenge run/walk	Harby, Leics	9-00am	
Sunday 28th	Derby Runner X/C League	Sion Park	10-55am	

MARCH

Saturday 6th	Wreake Stomp real x/c fun run	Queniborough	2-00pm	
Sunday 7th	Leics Winter League	Stilton 7	Asfordby Mine	10-30am
Sunday 14th	Leics Winter League	Beaumont 10K	Markfield	10-30am
Saturday 20th	Midland AAA 12-Stage Road Relay Champs) Ladies 6-Stage/Masters 6-Stage Champs)	Sutton Park, Sutton Coldfield	12-00pm	
Sunday 21st	Ashby 20	Ashby		
Sunday 21st	Derby Runner X/C League	Finals	Heanor	
Sunday 28th	Leics Winter League	Desford 10K	Desford	10-30am
Sunday 28th	Milford "21"	Cannock Chase		

APRIL

Sunday 4th	Livingston Road Relays	Loughboro' Campus	10-30am
Thursday 8th	Leics County Track 10K Champs	Saffron Ln, Leicester	7-00pm
Saturday 10th	National 12-Stage Road Relay Final	Sutton Park.	
Sunday 25th	London Marathon		

MAY

Saturday 15th	British Masters Road Relay Championships	Sutton Park	11-00am
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Fancy a spot of serious training? Ready to move up to the next level? Providing there are no weekend races there is a group doing interval training at Jubilee Park, Narborough (almost opposite the Foxhunter) on Saturday mornings. Warm up starts at 9-30am prompt. When the ground is waterlogged we move to Huncote Leisure Centre. See Phil Watts for details. Repetitions are based on a 600 metres (approx) circuit. ALL WELCOME.

If you have any news for inclusion please contact the Editor, Phil Watts, tel 01455-286326 or by e/mail, p.watts034@btinternet.com

Catch up with the latest news and chat on the message site. Visit the Harriers website:

www.huncoteharriersac.co.uk