

# Roadhoggs Leicester A.C.



Autumn Newsletter 2006

Established 10/08/1984  
Affiliated MCAA, LRRL, DRL, RWA.

## Super Swanee's Summer Success

Roadhoggs have another winner! Following Mark's triumph in the 2005 LRRL Summer League, we have another individual success. After losing his 5-year run of unbroken league races at Swithland, Dave bagged the trophy for best MV60 with a string of consistent performances.

Not to be outdone, Mark put a series of niggling injuries behind him to claim 5th spot over all and 2nd MV40.

After Mat's gruesome tale in the last edition, Richard gives us another story involving water but this time with a happy ending (Page 6)

In this issue: Summer League reports, facts and figures, plus all the regular features.

In the second of our fascinating new feature, read about the highlights of Kim Richardson's running career (Page 3).



Picture: Tom Martin

## Welcome to New Members

It is a very great pleasure to welcome our new members; Peter Sloneczny, Cathy Haward, Stuart Favor and Dale Jenkins. Peter and Dale both put in good performances in our own Langton run back in June and we are delighted that they have now decided to join us. Cathy has also competed before and is now looking to regain peak fitness after starting a family. Stuart is just starting on his running career, but has bags of natural ability and will soon be charging through the field. We've also had a number of other runners either running with us or expressing interest in joining us. Hopefully we'll be able to sign some of these up soon, so thanks to everyone for their efforts. Keep up the good work.



Kibworth: Roadhoggs' elite corps are ready for Gumley hill.

Picture: Ron Atton

## News from Nottingham

- Mark sets new PB in the half.
- Chris is best of the rest, in what must be his best time for a while.
- Reem completes her first full marathon in testing conditions

Elsewhere, Ben makes his marathon debut in the New Forest.

## Goodbye to Helen

Helen Gregory is leaving us to move back to Yorkshire. Hope everything goes well, Helen. Keep running and keep in touch. We'll really miss you.

## Small Ad

If you have any trophies etc. in need of engraving, Keith Dakin will do it for free. How's that for an offer!

## Swanee Steps Up

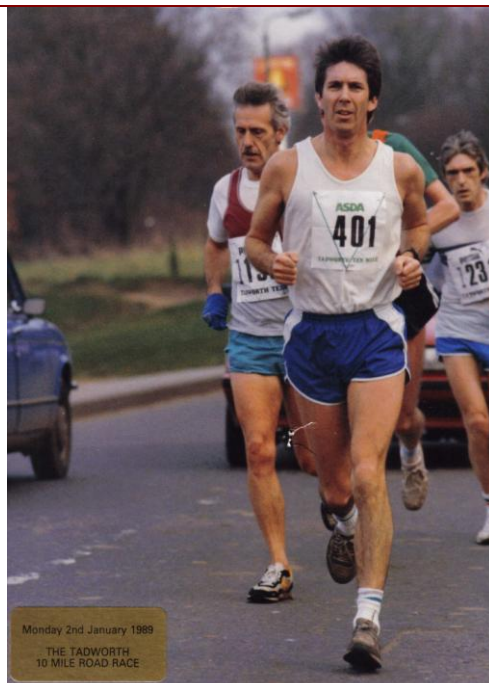
Dave Swan is to become Chairman of The Leicestershire Road Running League for the next year. He takes over this important role from the outgoing Chairman, our own Steve Martin. I'm sure you'd all like to join me in thanking Steve for all his efforts on behalf of the road runners of Leicestershire, and wish Dave good luck for his term of office.

## Race for Life

A big thank you to all those members, friends and family who turned out to help with the "Race for Life" back in July. The Leicester events have raised £300,000, despite only 40% of participants returning sponsorship money. As well as doing your bit for an excellent cause, the superb turnout generated lots of favourable comment for our club.

## Photographs

Photos / images. If anyone has pictures of themselves competing in any event, please let us use them for the newsletter. A big thanks to everyone who has provided pictures for this edition.



Does anyone recognise this fit young athlete? If you need a clue, see page 6.



Discount available to Hogg's on remedial massage. Active Recovery, who are based in Loughborough offer a range of therapies. Contact:

## Birthdays

### October

14<sup>th</sup> James Burrows is 24  
20<sup>th</sup> Malcolm Blyth is 70  
27<sup>th</sup> Dave Lodwick is 46  
31<sup>st</sup> Rachel Evans is 33

### November

9<sup>th</sup> Helen Gregory is 32  
17<sup>th</sup> Colin Smith is 70  
21<sup>st</sup> Derek Wood is 48  
29<sup>th</sup> Ron Atton is 64

### December

15<sup>th</sup> Helen Cooper is 38  
15<sup>th</sup> Sid Smith is 54  
31<sup>st</sup> Claire Di Palma is 36

# A Brief Running History

By Kim Richardson

Way back in the 70s I played football in the Sunday leagues but I was not very good. I played the occasional game, but I was usually a sub but then if someone else turned up I was asked to hand over my shirt! So during the match I used to go for a run and found out I was much better at that. I started to run midweek as well, in the days when early morning runners used to get strange looks from people. I work in the insurance industry and ran a few National Insurance cross-country championships, though I did not return to cross-country until many years later.



Kim enjoying "proper" cross country racing at Brooksby, 1993. *Photo: Kim's Dad.*

Then I watched the first London Marathon in 1981 and I was hooked; I decided to run the event next year and began to train seriously. I took in a few road races on the way and ran a respectable debut time of 3.13 in 1982, just beating Superman to the line. In the early days my training partner was my cousin Mick Feeney (he was a Roadhogg for a while, anyone remember him?) and we did a lot of races together, mainly half and full marathons. I ran lunchtimes from work, and gradually one or two others joined me until we had a small group going and decided to form a club and enter local leagues to see how good we were. So Roadhogs was established in 1984 at the offices of Hogg Robinson Insurance Brokers and was initially open

only to employees. Although we had regular runners such as (here are a few more names from the past) Dave Swan, Ian Rankine, Steve Clegg, Garf Harvey, Chris Durrington, Colin Smith and Ron Brown, we could never raise a full team. So we became an open club and started to scout for new runners. Here's where we picked up Steve Martin, the Blyths, Stef Whitmore, Mick Quilter, Jim McGee, Sid Smith, John Fraser, Mike Walker, Martin Cockett, Rex Stapleford and others. Some of these were race walkers who joined Roadhogs for running, and in the end pulled in a few more like the Attons until we had a race walking team as well!



Finishing the Birmingham Marathon, 1983. *Photo: Kim's Dad.*

We started the pub runs around this time, which I really enjoyed as a social (pub) as well as a training occasion. The courses were always different and out in some nice countryside. It was always the same, we would start off in a group and agree to run steady and stay together, but in the couple of miles someone would kick off and it would become a burnout. Also my lunchtime runs now included speed and hill sessions every week, so all my training was hard and I was breaking pbs all over the place. I never ran a high weekly mileage, even when marathon training, and I got by with plenty of quality sessions and long Sunday runs.



In local races I usually found I was racing in a group with the same guys from other clubs, like a race within a race. I guess that happens when you run your races. I peaked in my early 30s (I know some of you will think I am only that age now) and set my bests of 29:00 for 5m, 35:19 for 10k, 59:01 for 10m, 1:17:22 for half and 2:46:46 for a marathon. In all in I ran over 250 road races but won bugger all, though some of my times would get me quite near the top these days.



St Alban's Marathon, 1991. *Photo: Kim's Dad.*

On holiday in France in 1988 I met and became good mates with Ton, a runner and coach from Rotterdam. Sadly after knowing him a few years he was killed in an accident, but those of you who ran at Rotterdam with me or entertained the Dutch guys over here will remember what a good time we had with them. Also in 1994 I was part of a team which ran in relay from Leicester to Strasbourg, our twin city. It took us 4 days to do the 600 miles, the last 2 days non-stop, but we were received by the Mayor and were guests at the European Parliament, and filmed on French TV!

I was lucky to have many years of injury-free running, but once they start you can never really shake them off. Also getting older meant I was

slowing down, and I lost my enthusiasm for the roads and didn't want to see any more tarmac and mile markers. In the end I turned back to cross-country because it is easier on the joints, but also because it's more friendly and low key. Also I was coaching the local primary schools teams and was a hare for the county primary schools cross-country league, legging it around Western Park or Braunstone Park desperately trying to keep ahead of hundreds of schoolchildren. I still help out at these events but usually helping the stragglers at the back - believe me over a mile some 11-year-olds are fast!



Kim and training partner Mick Feeney warm up for the 400m final at the Commonwealth Games, Edinburgh, 1986.\*

*Photo: Kim's Dad.*

So in the last few years I have restricted myself to cross-countries, and have clocked up another 100 races though running further and further back down the field. But I have achieved my ambitions, now I keep going just to stay fit and keep the weight down. I like 'real' cross-country events, i.e. mud and water rather than fast grassland courses. There is a new Roadhogs now and its good to see loads of new faces with Mark Chamberlain and Mike Munday competing at the sharp end and some younger runners and women runners coming through. Keep running guys.

\* or maybe it was after the closing ceremony, when you could run around on the track and infield.





## Leicestershire Road Running League: Final Results

Roadhogs senior men continued their impression of a yoyo. Twelve months after being promoted as champions we find ourselves back in Division 2. Next season promises to be interesting; there are likely to be two new teams to contend with! The ladies finished in mid table (14th), beaten by a couple of "B" teams from larger clubs, but pretty respectable nonetheless. The veteran men looked in trouble at one point, rooted to the foot of the table, but some storming performances saw us finish comfortably in the middle of Division 1 (6th). Mark and Mat both turning 40 during the season probably helped a bit!

## LRRL Summer League: Individual Results (4 races to qualify)

### Senior men:

Tom Martin 33<sup>rd</sup>  
Ceri Davies 38<sup>th</sup>  
Jon Heap 41<sup>st</sup>

### M40

Mark Chamberlain 2<sup>nd</sup>  
Mat Topham 20<sup>th</sup>

### M45

Dave Lodwick 13<sup>th</sup>

### M55

Steve Martin 6<sup>th</sup>  
Mike Price 11<sup>th</sup>

### M60

Dave Swan 1<sup>st</sup>  
Barry Waterfield 11<sup>th</sup>

### Senior Ladies:

Rachel Moyes 18<sup>th</sup>  
Reem Al-Jayyousi 27<sup>th</sup>

### F45

Alison Lodwick 16<sup>th</sup>

### LRRL 100%ers: It's a family



affair....



Roadhogs at Nottingham. [Picture: Steve Martin.](#)

## Training Nights

Weds 11 <sup>th</sup> October	Manor Road
Tues 17 <sup>th</sup> October	Red Cow (LFE)
Weds 25 <sup>th</sup> October	Manor Road
Tues 31 <sup>st</sup> October	Heathley Park (Groby Rd)
Thurs 2 <sup>nd</sup> November	Old Horse
Weds 8 <sup>th</sup> November	Manor Road
Weds 15 <sup>th</sup> November	Manor Road
Weds 22 <sup>nd</sup> November	Manor Road
Weds 29 <sup>th</sup> November	Manor Road
Weds 6 <sup>th</sup> December	Manor Road
Weds 13 <sup>th</sup> December	Manor Road
Weds 20 <sup>th</sup> December	Manor Road

## Derby Runner League Dates

- Mallory Park (Hinckley) - 29<sup>th</sup> October.
- Swithland (Wreake) - 26<sup>th</sup> November.
- Bagworth Heath (Desford)- 17<sup>th</sup> December
- Castle Hill Park (Roadhogs) - 21<sup>st</sup> January
- Sinai Park (Hatton) - 18<sup>th</sup> February
- B Final @ Grace Dieu (Shepshed) - 4<sup>th</sup> March

## Gettin' muddy with Kim

*Seems like Rex is the only one getting muddy at the moment!*

### Crossdale 10K

Despite the fact that I had only had a couple of training runs, I thought I would have a trot round the Crossdale 10km Trail Run. Apart from the fact that we had heavy rain for the first mile, it was eventually an enjoyable run when the sun came out.

There were 209 runners in the 10km and 171 in the fun run. My time in the 10km was 62.39 (no, I wasn't walking), although extremely slow there were 25 runners behind me.

The most amazing thing about the race was the fact that the first lady was 15-year-old Blue Haywood from Lincoln Wellington AC who finished in a time of 37.51 and was fourth in the race.

*Rex Stapleford*

### Roadhoggs Race at Castle Hill Park

January 21<sup>st</sup> 2007: A red-letter day for your diaries! Roadhoggs will be staging round 4 of the Derby Runner Cross Country League at Castle Hill Park (between Beaumont Leys and Anstey). We staged the event two years ago and put on a great race, dominated by our own Mike Munday. We need everyone to help us, even those of you who don't like getting muddy (no Kim, I can't understand it either!). Kim and Steve would appreciate help with course marking and other jobs in the run up to the event and especially on the day itself. We need large numbers of marshals to ensure that none of the runners takes a wrong turn. Remember, last time one lucky marshal got to carry Megan after she turned her ankle (that should ensure a good turnout from the gentlemen)!

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## A Runner's Tale

It was Sunday March 12<sup>th</sup> and as on alternate weekends, I had escaped from Leicester (not necessarily as some might think to avoid running

a league race, although I do believe it was Desford that morning) and was on the Norfolk coast at Winterton on Sea preparing for my Sunday morning run. Having checked the wind direction, one of the few uses I have found for the local wind farm, I set off to the North running into the wind through the nature reserve and dunes towards Horsey Mill and Sea Palling. After 6 years running along this coast I have learnt always to run with the wind behind you when down on the beach.

For once it wasn't raining just overcast, cold and breezy. After half an hour or so of impressive running (by my standards) mainly because its dead flat, I had reached the full extent of my outward journey and turned through the dunes onto the beach. As usual I struggled through the soft sand down to the waters edge (the sand is a bit firmer although you tend to get the occasional wet foot) and then set off on my return journey.



*Picture: Richard Verschoyle*

After about 5 minutes running I approached the resident grey seal colony (a bit thinned out at this time of year, as breeding is over and most of the adult seals have gone back out to sea). Since the seals hog the beach near the waters edge it means I have to laboriously run through the soft sand higher up the beach to detour round them, always very exhausting. This time, as I approached, I noticed a very young grey seal completely on its own near the waters edge. Since this was unusual, I went closer to investigate. At first, I assumed it was dead, but then suddenly it lifted its head to display an



impressive set of teeth which kept me at a safe arms length. At this point I was able to see the full extent of its problem. Tightly wrapped around its neck was some fine green netting, so tightly, that not only was the seal pup having difficulty breathing, but it also had an injury to the back of its neck about 9 - 12 ins across where the netting had cut through the layers of blubber right down to the vertebrae.

Winterton is a very small, one pub and 2 shops, village, but it has one other facility not often found in other towns and villages: a seal rescue centre. So, although I don't carry a mobile phone when I run, all that was required was for me to find someone with a phone and persuade them to call the seal centre. However, in early March that is not easy as surprisingly the beach is not over crowded. The first person I found, about ½ a mile away, walking a dog, had no mobile phone, so I ran on for another ¾ of a mile and finally located two separate couples walking along the beach. I quickly established that if you rush up to someone and say have you got a mobile phone they tend to get very defensive, probably assuming I was going to mug them and run off with it. However, having told my story both couples assured me that they would obtain the number and ring the rescue centre, while I laboriously tried to described where the seal was which by this time was about a mile away. To add to my uncertainties I was not sure which way the tide was going and the young seal had been quite close to the waters edge. Finally, I decided to be really safe and run to the seal rescue centre myself just in case the phone calls were not made. Although not too far from my normal route this still took me about half an hour. By the time I got there, extremely breathless, I was delighted to establish that both couples had rung in and the rescue Land Rover had already gone out.

And that was it for several weeks, as for various reasons I was unable to find time to visit the seal centre to find out whether my baby seal had been located and rescued.

It was not until the beginning of May before I was again able to visit the seal centre and find out what had happened. So I was delighted to learn that my seal had survived. They had named him Ringo and when rescued he weighed 55lbs and was approx. 3 months old. At the time of my visit he was still recovering from the neck injury so I couldn't see him but having adopted him at a cost of £30 I have since been back, seen him, and established that he is now well on the way to recovery and should be released back into the sea at the end of July.

For the surgeons amongst us I am told you can't stitch up blubber and have to stick wounds

together with sticky tape. However, Ringo now has a permanent 12ins scar across the back of his neck as a reminder of his past. The net was so tight when he was rescued that staff at the centre assume that he probably got tangled up in it when very small and as he had grown so it had got tighter and tighter until by the time I found him he was virtually being decapitated.



Ringo and friend

Hopefully, when I run along the beach this winter I will be able to keep an eye out for a male seal with a large scar on the back of his neck.

For those who are interested, pictures of a number of rescued seals, including Ringo, who as you see is not very photogenic, can be found at [www.saveourseals.co.uk](http://www.saveourseals.co.uk)

*Richard Verschoyle*

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## Burn up at Silverstone (and other stories)

The EMGP is no fuss racing with a lot of similarities to the LRRL Winter League. Entry fees and forms are the same for every race, you keep the same number throughout and the only luxury is a cup of water at the finish! The major difference is that the races are open, so anyone can enter. There are 8 races in the series and runners are judged on their best 5 performances. The races cover quite a large area but with the northernmost being at Corby, the Southeast Midlands GP would seem more appropriate. The first race in the series is also the most popular, with over 1000 runners (including Chris Mann and myself) competing in a 10K round the Silverstone GP circuit. You'd have thought that with a venue used to welcoming 90,000 plus for F1 there would be no problem with traffic jams - wrong! Every car entering the circuit had to stop so that security could eyeball the occupants. From the transporters arriving it looked like the



next event involved motorbikes. Presumably, anyone who looked more like a biker than a runner was given some grief. The race involved 2 laps of the full circuit, starting on the start/finish line and ending in the pits (quite appropriate for the way one usually feels at the end of a race). Disappointingly, there were no red lights at the start and no chequered flag at the finish, but we were treated to the sight of a dozen racing wheelchairs scorching away from the line at the start of their race. All that was missing was Fleetwood Mac playing "The Chain"! Once you get over the novelty of the surroundings, the race is a tiny bit dull, but at least the surface is great and there are plenty of opportunities to overtake - unlike Messers Schumacher et al. The thought that Chris was probably tailing me, lining me up for the killer sprint at the line, pushed me to knock a few seconds off my PB, so it was probably worth the trip.



Some bloke with a "girly" running style squints into the sun at Stathern. *Photo: Kev Mee*

The second race is a 6 miler at Rugby. On a pleasantly warm evening I flew the Roadhogg flag with something less than distinction. With the exertions of Hinckley (3 days before) still in my legs, I faded badly in the second half. Race three took me to Bedford in the pouring rain. In the past, my anxiety dreams involved things like having forgotten my homework or which lecture theatre I was teaching in. Nowadays, they involve not being able to find the start of a race in time. A combination of the wet weather and rush hour meant it took me an age to leave Leicester and when the "clever" route suggested by Multimap let me down, I was

stuck in the wilds of Northamptonshire with time running out and a strong sense that nightmare was about to become reality! At the back of my mind was the knowledge that the race start was three quarters of a mile away from registration and that the car parking was somewhere else entirely. Somehow, with about 25 minutes to go, I reached Bedford. Next problem, find the race venue! I'd come in on the wrong road and it's not quite the same as turning up in Swithland or Hungarton knowing that you can't fail to trip over the race venue. A combination of dead reckoning and guesswork put me in the general sort of area but still no race. With less than 20 minutes left, I had accepted defeat and was heading for a roundabout, with the intention of turning round to go home, when I spotted one of those "Caution Runners" boards. I was still a good distance from the car park but at least I had a chance. Game on! I could see a steady stream of runners making their way to the start but still no car park. After one wrong turn I finally found it and slalomed my way across a very wet playing field. Registration was a further 400 yards down the road but thankfully with my number already pinned to my vest, all I had to do was give my entry form and money to a bemused-looking official and run off. 10 minutes to go.

Fortunately, there were still a few people making their way to the start so with a bit of brisk jogging I even had a chance for the pee I'd wanted almost since leaving Leicester! I reached the start with 1 maybe 2 minutes to spare and the bonus of being fully warmed up, for once. The course is a little contrived. There's only a natural circuit of about 4.5 miles, so the start and finish overlap by a good mile or so and there's an excursion into the park to make up the distance. Despite this, it's quite a pleasant race, although not knowing exactly where the finish was, meant I probably held back my final effort a bit too long and lost some places as a result. Still, the excess of adrenalin meant I managed quite a decent time in the end.

Race 7 was the Harborough 5. The start and finish were at Gartree Prison - not somewhere you'd think they'd be too keen on people doing runners! Despite the competing attractions of the England v Sweden game there was a field of over 300. The course (Gartree-Lubbenham-Foxton-Gartree) takes in some lovely scenery, with a good hill about half way round. For the first time since Silverstone, I had another Hogg for company with Reem turning out for a midweek sharpener. I had a good run and Reem was pleased to continue her run of sub 9-minute mile performances.



Gumley Hill: Laura almost looks as if she's enjoying it, but Dave looks like he's about to grind to a halt. *Photo: Ron Atton.*

With series rankings being determined on the best five races, I was forced to slot a trip to Milton Keynes in between Barrow and Whissendine. Three races in five days is not what they recommend in the coaching manuals, but what the hell! The race starts in the middle of some playing fields and takes place on footpaths and cycle tracks (known to MKites as red ways). Some of these are quite nice, but others are by the sides of featureless roads. At least it is flat - the only inclines are where you cross roads by bridge or underpass. The Milton Keynes club had been superb with their web details and results for the series, but the organisation of their round was less than perfect. We were told at the start that because of heavy rain earlier in the evening there would be no kilometre boards. It would be OK they said, because the numbers were painted on the path. It was 4K before I first noticed a faded inscription, although I did manage to spot numbers 5-9 all right. Marshals were pretty thin on the ground and at least one road crossing had nobody to look after the safety of the competitors. After the race, which I ran in a pretty respectable time considering how badly I'd struggled at Barrow two days before, I noticed a rather disappointed looking Kate Ramsey being consoled by her mother. She had been running superbly and I was pretty certain she had won both the race and the series. I later found out that she was miffed because taking a wrong turn had cost her a PB. It seems that the leading runner had disappeared into the distance, taking the lead car with him, leaving the chasing pack to guess which way to go!

For the record, I finished the series 12th (out of 26 with 5 or more finishes) in my age category.

*Dave Lodwick*

## LRRL Race Reports

### Hungarton

Although described as one of the toughest in the County, this race is consistently among most people's favourites. It's hard to say whether it's the scenery, the relaxed atmosphere or the challenge. Despite the 7.15pm start, the heat of the day had not dissipated, making the challenge just that little bit harder.

In the men's team, we were without Mark, Mike, Steve S and Ben (all injured) and Steve C (saving himself for his holiday) so it was left to the "middle order" to step up. Mat rose to the occasion with an excellent 45.46 (a full minute quicker than last year) for 59<sup>th</sup> in a strong field. There was a fair gap until the 49s when Tom (113<sup>th</sup>), Adrian (running conservatively for 119<sup>th</sup>) and Dave L (129<sup>th</sup>) came in. Baz (138<sup>th</sup>) and Ceri (146<sup>th</sup>) were just behind, with Ceri showing just how much he has improved in the last year, slashing 3 minutes off his 2005 time. Jon was another one moving in the right direction, a 2 minute improvement giving him 171<sup>st</sup>. Dave S made up the counting eight in 198<sup>th</sup>, with Steve M (213<sup>th</sup>) a bit further back. Mike P managed 298<sup>th</sup> and Richard, making his seasonal debut, 356<sup>th</sup>.

Laura was unable to match her superb performance of 2005 but still led the ladies in with 226<sup>th</sup> (32<sup>nd</sup> lady). Rachel put in a good run for 267<sup>th</sup> (42<sup>nd</sup> lady). Reem continued her rapid rise up the standings with 311<sup>th</sup> and Alison (372<sup>nd</sup>), putting the horrors of Barrow behind her, turned the tables on Sarah (373<sup>rd</sup>) to be fourth counter.

### Huncote

In a break with tradition, the rain came to the Huncote 5-miler. In a big way! Can't say I mind running in the rain, in fact I much prefer it to the heat, but I'd rather start dry. The only consolation in standing around in the rain, waiting for the start was watching people vainly trying to shelter under the edge of Dave Mann's Derby Runner "gazebo" and ending up just as wet. Despite the torrents of water, it turned out to be a quick race. The OWLs were out in force - five runners in the top ten, helping them to first



and second in the men's team competition. With so many "glory hunters" several of the usual LRRL contenders were forced out of the top 10. Mark, a bit short of miles with all his niggling injuries, led us in with 18<sup>th</sup> place (27.41). Mat was the only other Hogg to make the top 100 (87<sup>th</sup> in 27.18). Adrian bagged 124<sup>th</sup> followed by Dave L (141<sup>st</sup>), who managed to drag out a PB from somewhere, giving him a rare (probably unique) victory over Tom (145<sup>th</sup>), with Baz (148<sup>th</sup>), hoping in vain for a sign of weakness in the two in front, finishing just behind. Hot on the heels of this trio was Ceri, smashing his PB with a 33.37 effort for 160<sup>th</sup>. Jon, another one to go "sub 7's", rounded out the eight in 195<sup>th</sup>. Dave Swan was slightly off his usual pace in 225<sup>th</sup> and poor Steve M had to pull up with an injury. Keith showed he's well on the recovery trail with 240<sup>th</sup> and then there was a bit of a gap before Martin, who was a bit disappointed with his 356<sup>th</sup>. Richard Verschoyle (400<sup>th</sup>), having given his body to science in the morning, made his second start of the season. We all know how much Richard loves running in the rain, so perhaps it's not surprising that his time was a bit down on last year! Barry, Roadhogs' answer to Duracell, rounded out the team in 420<sup>th</sup>.

In a bumper field of 143 ladies, Rachel (36<sup>th</sup>) was first Roadhogg, shaving a good half-minute off her 2005 time. There was a quite a gap before Reem arrived (76<sup>th</sup>), pouring everything into making up an extra place or two at the finish. Shimul was hot on her heels in 84<sup>th</sup> and Alison (108<sup>th</sup>), enjoying the cooler conditions (although perhaps not the soaking!), was another one to go better than last year.

## Stapleford

And so to the last race of the season. It seems like ages since the previous race (probably because it is). The men's prize went down to the wire with three in with a chance of the overall title. By the time they lined up, it was down to two. OWLs tough new selection policy forcing Matt Adcock to rest up in preparation for Saturday's Midland 6 stage relays. Steve Platts cruised round for the win, leaving the contenders to battle it out for second. At the end of a long summer of racing, the youth of Charnwood's Ashley Sabin triumphed over the experience of Stilton's Chris Southam. Mark came in just behind this pair to earn himself a well-deserved second behind Chris in the VM40 category. Next up for the Hogs was the hugely impressive Peter Sloneczny (38.39), finishing 40<sup>th</sup> in his first

league race for the club. Mat bagged 71<sup>st</sup> but couldn't match his sub-40 feats of earlier in the season. The middle order had a good scrap with Dave L (109<sup>th</sup>) just getting the better of Dale Jenkins (122<sup>nd</sup>), another impressive debutant, and Ceri (124<sup>th</sup>). First of the next trio was Jon, with Dave S and Stuart Favor following behind. Stuart, another one making his debut for the club, found judging the pace a bit of a problem - when I saw him parked by the side of the road after 2 miles, with steam coming from the head gasket, I thought he was a gonner, but obviously the AA got him going again! Keith was a bit down on his usual performance - it's marathon time, so he probably hadn't even got warmed up by the finish!

Fourth debutant and first lady was Cathy Haward (306<sup>th</sup>), putting in an excellent performance including resisting Richard's attempts to re-pass her on the line. Behind them, Martin (313<sup>th</sup>) just missed out on making it a three-way battle. Reem struggled a bit but then, unless you're Keith, running a marathon the week before does tend to take the edge off your 10K performance! Alison and Barry completed the team, with Alison just managing to beat her training partner.



An all too rare sighting this year: Craig powers up Gumley Hill.  
*Photo: Ron Atton*



## SUMMER LEAGUE RACES 2006

	HUNGARTON 7			HUNCOTE 5			STAPLEFORD 10K		
	pos	time	m/m	pos	time	m/m	pos	time	m/m
Reem Al-Jayyousi	60	61.03	8.43	76	42.01	8.25	104	57.38	9.17
Sarah Johnstone	89	69.09							
Alison Lodwick	88	68.46	9.49	108	45.04	9.01	107	59.21	9.33
Rachel Moyes	42	57.16	8.11	36	36.58	7.24			
Laura Rowlands	32	54.37	7.48						
Shimul Haider				84	42.16	8.27			
Cathy Haward							77	54.55	8.51
Baz Barratt	128	50.12	7.10	148	33.18	6.40			
Martin Capell				356	41.03	8.13	313	55.12	8.53
Mark Chamberlain				18	27.41	5.32	4	34.47	5.36
Keith Dakin				240	36.05	7.13	211	47.02	7.34
Ceri Davies	133	50.28	7.13	160	33.37	6.43	124	43.43	7.02
Stuart Faver							185	45.52	7.13
Jon Heap	152	51.22	7.20	195	34.31	6.54	167	45.13	7.17
Dale Jenkins							122	43.34	7.01
Dave Lodwick	120	49.50	7.07	141	32.54	6.35	109	43.09	6.57
Steve Martin	184	54.02	7.43						
Tom Martin	105	49.12	7.02	145	33.04	6.37			
Mike Price	243	59.50	8.33						
Peter Sloneczny							40	38.39	6.13
Adrian Stanley	111	49.30	7.04	124	32.20	6.28			
Dave Swan	172	52.59	7.34	225	35.32	7.06	178	45.34	7.20
Matt Topham	57	45.46	6.32	87	31.18	6.16	71	40.47	6.34
Richard Verschoyle	274	65.30	9.21	400	43.26	8.41	307	54.55	8.51
Barry Waterfield				420	45.16	9.03	347	59.41	9.37

## Race Diary

14th Oct	<a href="#">Waltham Winder</a>	10,16,20 miles	Multi-terrain
15th Oct	<a href="#">Leicester Marathon/Half Marathon</a>	26.2/13.1 miles	Road Race
15th Oct	Rugby 10 (R&N AC)	10 miles	Road Race
22nd Oct	<a href="#">Bestwood Park 10K</a> (Redhill RR)	10Km	Multi-terrain
29th Oct	Mallory Park XC ( <a href="#">Hinckley RC</a> )	5-6 miles	Derby Runner
5th Nov	<a href="#">Shepshed 7</a> (Shepshed RC)	7 miles	Multi-terrain
18th Nov	<a href="#">Seagrave Wolds Challenge</a>	15.7 miles	Multi-terrain
19th Nov	<a href="#">Hartshill Heartbreaker</a> (Sphinx)	10 miles	X-country
26th Nov	Swithland XC (Wreake Runners)	5-6 miles	Derby Runner
3rd Dec	Swithland Relays ( <a href="#">Barrow Runners</a> )	4km	X-country
10th Dec	<a href="#">Keyworth Turkey Trot</a>	13.1 miles	Road Race
17th Dec	Bagworth Heath XC (Desford Striders)	5-6 miles	Derby Runner
26th Dec	Boxing Day Handicap ( <a href="#">Barrow Runners</a> )	6 miles	Road Race
31st Dec	Huncote Hash ( <a href="#">Huncote Harriers</a> )	6 miles	X-country

## 20 Things You Didn't Know!

Laura Rowland	Question	Ben Hocken
I am a trainee solicitor at Shoosmiths in Nottingham	<i>What do you do for a living?</i>	Still occasionally make videos for big horrible corporate companies in between childcare and domestic duties.... someone once said 'domesticity is the enemy of art'.... err, yes!
My boyfriend, Glyn, lives in London	<i>Are you Married or Single?</i>	Neither
I have been running for 4 years	<i>How long have you been running?</i>	Off and on for about 5 years
Roadhogs snapped me up after the 2005 Langtons race!	<i>How did you become involved with Roadhogs?</i>	I looked at the website and just went along to a training run
I would like to excel in dancing	<i>If you didn't run which sport would you like to excel in?</i>	Arm wrestling
When I was at primary school I wanted to be a nurse	<i>Did you ever have any ambitions when at school to do a different job?</i>	Zoo Keeper
Australia, my second home!	<i>Which is the best Holiday destination you have been to?</i>	Scotland
A bit of everything from classical to RnB and bands	<i>What music do you like most?</i>	Link Wray
So many favourites! Urm, A Beautiful Mind, Home Alone(!), Little Women, Love Actually	<i>What was your favourite film?</i>	Kes, After hours, The Apartment, Harold and Maude, Ring of Bright water
Holly Golightly in Breakfast at Tiffanys	<i>If you could be any TV character which one would it be?</i>	Johnny Morris.
Drive Mum's Renault Clio but I would love to drive a BMW Z3, a Dodge Ram or a Nissan Figaro!	<i>What car do you drive and what car would you most like to drive?</i>	A 1974 Series 3 Land Rover is my main ride and I also have an old VW Golf, and a Seat Ibiza which I use for storing land rover parts.... I would like one day not to have any cars!
Sushi, pizza, porridge, Leffe blonde, water and champagne	<i>What is your favourite food and drink?</i>	Tea and toast.
At a dinner party (at which Glyn would be cooking so he doesn't count as one of the 5!) I would invite Audrey Hepburn, Anthony Hopkins, Mummy Rowland, Terry Fox, Brad Pitt.	<i>Which 5 people (living or dead) would you most like to invite to your Dinner Party?</i>	Gerald Durrell, Alfred Wainwright, Delia Derbyshire, Joe Louis and Captain Joshua Slocum
Favourite subject at school was English	<i>What was your favourite subject at school?</i>	Art
Best book I have ever read: Memoirs of a Geisha	<i>What was the best book that you ever read?</i>	The Devils by Fyodor Dostoevsky
Favourite local race is the Langtons. Favourite distance is 7-8 miles and half marathons	<i>What is your favourite local race and your favourite distance?</i>	Gaddesby Gallop
Running with people, being motivated and inspired by others' running stories	<i>What is the best thing about being a Roadhogg?</i>	The friendly faces and support at races.
I would like there to be more road running training sessions	<i>If there was one thing you could change within Roadhogs what would that be?</i>	To be sponsored by Guinness.
Best way to spend an evening would be with Glyn, cooking together, with a bottle of wine and good chats	<i>What would be the best way to spend an evening?</i>	Drinking with friends and family after a days walking in the highlands.
Personal ambitions (running wise) include running a Half in 1hr 30mins, running London, New York and Paris marathons, to keep enjoying running and stay healthy and injury free! Others include continuing to travel, to be successful and happy!	<i>Do you have any remaining ambitions either personal or club wise?</i>	I still dream that there could still be a sub 3 hrs marathon in these legs.... but in truth I would just like to keep running to a ripe old age.