

# Roadhogs Leicester A.C.



January/February 2017

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



## Mud Glorious Mud!

It's proving a good year for mud and lots of Roadhogs have been out there enjoying it. With the first race of the Winter League being cancelled, cross country has virtually been the only game in town. As well as being fantastic fun in its own right, cross country is great for building up strength ahead of the new road season. In the Ovett, Coe, Cram and Elliott golden era for British middle distance, winter cross country was always an important part of the top athletes' training programmes.

In addition to the steady diet of Derby Runner fixtures, members have competed in the Seagrave Challenge, The Gaddesby Gallop, The Huncote Hash and the County Championships. We will soon be fielding a team in the Nationals for the first time ever.

### Leicestershire Road Running League 2017

#### Winter League

Kibworth 6	12 <sup>th</sup> February
Stilton 7	26 <sup>th</sup> February
Markfield 10K	12 <sup>th</sup> March
Desford 5	26 <sup>th</sup> March

#### Summer League

West End 8	7 <sup>th</sup> May
Gaddesby 7	21 <sup>st</sup> May
Swithland 6	4 <sup>th</sup> June
Hungarton 7	5 <sup>th</sup> July
Joy Cann 5	2 <sup>nd</sup> August
Carl Rutt 10K	13 <sup>th</sup> August
John Fraser 10	3 <sup>rd</sup> September

All races are now by individual online pre-entry.

### Cross Country Fixtures

#### Derby Runner League

Allestree	19 <sup>th</sup> February
Bosworth	5 <sup>th</sup> March

#### Championships

National	25 <sup>th</sup> February
----------	---------------------------

#### Local Races

Charnwood Marathon	18 <sup>th</sup> March
--------------------	------------------------

### In This Issue

Uni relays (page 2), Standards (page 2), For the record (page 2), Cross Country (page 5).

Picture credits: Dave Lodwick, Stephen Lee

### Member News

We are pleased to welcome new members Aruna and Sam W, and to welcome back Sam J, Leah and Stephen.

## Leicester University Relays

Concentrating, as we do, on longer distance events, racing 3K is a bit of a novelty. Whilst the growth of parkrun has meant more of us running a high tempo, the annual relays organised by the students take things up a further notch. Publicity was a little patchy this year, so there were fewer club teams to supplement those of the students themselves. We had had a men's team entered well in advance but also managed to put together a mixed team at the last minute. There was also Roadhogg involvement in a scratch team with Igor and Gummi teaming up with a parkrun regular.

The course, in and around Victoria Park is mostly fairly flat until right at the end when runners have to run down and then up the entire length of Peace Walk. In previous years, we'd only had to tackle about a third of the slope but the building work on the new avenue and car park had necessitated a change. Gummi led off for the mixed team and, considering he had a leg in the men's relay an hour later to look forward to, gave it a good go before handing over to Barbara in 5<sup>th</sup> place. Barbara had been concentrating all her training on steady and long for the Equinox, so what she made of a 3K sprint I'm not sure. Most of the other teams had gone for a two men one lady combination, so it was no surprise that Barbara wasn't able to hold on to that position; handing over to Rachel in 9<sup>th</sup>. Rachel managed to pretty much hold her own against the men and brought the team home 10<sup>th</sup> of 14 complete teams.

With Hermitage likely to be mixing it with the students, it was clear that the target for the men's team would be to finish ahead of the two West End teams (and Igor's irregulars). Ben led off and did well to lose only 10 seconds to the strongest of the West End runners (9<sup>th</sup>). Dave managed to make up the deficit in the first kilometre and then built up a useful cushion; those Tuesday sessions certainly made Peace Walk seem less painful (7<sup>th</sup>). James increased the advantage over West End but Gummi showed his powers of recovery by only losing 2 seconds to his earlier time and thereby dragging his team back into contention. Fortunately, a fresh Sam proved too strong for Igor (who was running both legs 1 and 4) and we won the battle for 7<sup>th</sup> with a bit to spare.

Mixed	Leg Time	Team Position
Gurmit Singh	10.46	5 <sup>th</sup>

Barbara Hermann	15.28	9 <sup>th</sup>
Rachel Dearden	12.42	10 <sup>th</sup> of 14

Men	Leg Time	Team Position
Ben Milsom	11.40	9 <sup>th</sup>
Dave Lodwick	11.33	7 <sup>th</sup>
James Thurman	11.30	7 <sup>th</sup>
Sam Jolly	11.23	7 <sup>th</sup> of 10

## County Standards 2016

Gold: Jackie Brown, Igor Burbela, Dale Jenkins, Steve Palmer.

Silver: Emma Raven, Charlotte Wood, Baz Barratt, Dave Lodwick, Rob Milstead, Mark Ramsden.

Bronze: Kathryn Evans, Clare Mendes, Trudy Sharpe, Dave Bullivant, Keith Dakin, Ben Milsom, Tim Parry, James Thurman, Terry Woodhouse.

Copper: Jeannette Franklin, Alison Lodwick, Valerie Spezi, Fabio Caraffini, Brian Feldman, Tom Martin, Ben Milsom (Distinction), Marcus Shaikh, Chris Willmott.

Pewter: Brian Feldman (Distinction), Shaun Heaphy.

Tungsten: Liz Butler.

## For the Record

November Nightmare Day 3		
John Stew	2nd	4.35.32
Bpr 5/11/16		
Ben Milsom	45th	21.30
Max Barratt	58th	21.51(PB)
Baz Barratt	116th	24.28
MHpr 5/11/16		
Steve Barnes	42nd	23.01
Tooting Common pr		
Kathryn Evans	204th	25.32
Pegwell Bay pr		
Brian Feldman	107th	29.33
LVpr 5/11/16		
Gurmit Singh	5th	19.17
James Thurman	14th	20.34
Igor Burbela	17th	20.54
Richard Curtis	26th	21.40
Emma Raven	30th	22.10
Rachel Dearden	73rd	25.09
Valerie Spezi	133rd	30.03
Shepshed 7		
Dale Jenkins	111th	50.40
Jackie Brown	128th	51.59

John Davies	136th	52.13
Clare Mendes	185th	54.10
Jon Heap	235th	56.55
Chris Willmott	274th	59.21 (PB)
Janet Hall	287th	59.59
Ruth Stevely	337th	1.03.02
Tim Lishman	456th	1.15.53
Bonfire Burn 10K		
Sam Jolly	52nd	40.51
Deal Castle 5		
Brian Feldman	190th	49.07
Rockingham 10		
Neil Winkless	96th	1.19.44
Bpr 12/11/16		
James Thurman	23rd	21.00
Ben Milsom	54th	22.53
LVpr 12/11/16		
Igor Burbela	9th	20.55
Richard Curtis	23rd	22.30
Max Barratt	34th	23.15
Baz Barratt	43rd	24.14
Rachel Dearden	88th	28.43
Brian Feldman	110th	31.11
Tooting Common pr		
Kathryn Evans	85th	24.34
Canterbury pr		
Emma Raven	15th	22.43
Seagrave Wolds Challenge		
Dave Lodwick	66th	2.20.08
Jerry Wilkes	202nd	2.49.47
Autumn Shakespeare HM		
Chris Willmott	93rd	1.55.31
Autumn Shakespeare Marathon		
Lee Hennell	60th	4.05.40
Sophie Noble	79th	4.39.42
Bpr 19/11/16		
Ben Milsom	54th	22.28
Baz Barratt	74th	23.23
LVpr 19/11/16		
Igor Burbela	16th	20.33
James Thurman	17th	20.39
Rachel Dearden	35th	22.17
Richard Curtis	38th	22.32
Marcus Shaikh	74th	25.09
Janet Hall	78th	25.23
Valerie Spezi	140th	28.33
Brian Feldman	199th	33.12
Richard Norton	219th	40.17
Beacon Trail HM		
Dale Jenkins	57th	1.47.38
Tooting Common pr		
Kathryn Evans	79th	22.05
Bpr 26/11/16		
James Thurman	27th	19.45
Max Barratt	86th	22.55
Baz Barratt	119th	24.31
Dan Bannatyne	125th	24.46
Martin Capell	205th	29.05
MHpr 26/11/16		
Steve Barnes	52nd	23.43
LVpr 26/11/16		

Igor Burbela	16th	20.10
Emma Raven	32nd	22.05
Rachel Dearden	50th	23.41
Valerie Spezi	116th	28.30
Sukhi Dehal	123rd	29.00
Brian Feldman	140th	31.12
Liz Butler	141st	31.13
LVpr 3/12/16		
Marc Draycott	15th	20.47
Terry Woodhouse	16th	20.53
Richard Curtis	29th	22.11
Steve Robinson	30th	22.18
Marcus Shaikh	47th	23.30
Valerie Spezi	112th	28.21
Sukhi Dehal	115th	28.27
Dave Lodwick	149th	34.35
Alison Lodwick	159th	40.12
MHpr 3/12/16		
Steve Barnes	56th	23.36
Long Eaton pr		
James Thurman	24th	19.50
Rachel Dearden	40th	21.23
Bpr 3/12/16		
Ben Milsom,	29th	20.39
Max Barratt	56th	21.32
Baz Barratt	115th	23.40
Bpr 10/12/16		
James Thurman	21st	20.08
Max Barratt	25th	20.33
Baz Barratt	83rd	24.10
Kathryn Evans	152nd	26.52
Caroline Smissen	273rd	37.35
Rugby pr 10/12/16		
Richard Curtis	49th	22.47
LVpr 10/12/16		
Emma Raven	21st	22.06
Rachel Dearden	26th	22.44
Brian Feldman	106th	30.27
Turkey Trot HM		
Sam Jolly	143rd	1.32.35
Bpr 17/12/16		
Dan Bannatyne	117th	25.13
Keith Dakin	118th	25.15
Tooting Common pr		
Kathryn Evans	109th	24.02
Porthcawl pr		
Ceri Davies	35th	21.24
LVpr 17/12/16		
Richard Curtis	17th	21.43
Lee Hennell	35th	23.46
Marcus Shaikh	40th	23.57
Brian Feldman	92nd	30.13
Gaddesby Gallop		
Sam Jolly	15th	39.09
Dale Jenkins	29th	42.08
Lee Hubbard	36th	43.57
Max Barratt	43rd	44.32
Baz Barratt	64th	49.21
Bpr 24/12/16		
Ben Milsom	29th	20.26
Dale Jenkins	30th	20.28

James Thurman	53rd	21.34
Max Barratt	70th	22.18
Baz Barratt	114th	23.37
LVpr 24/12/16		
Igor Burbela	13th	20.25
Richard Curtis	29th	22.16
Marcus Shaikh	43rd	23.16
Janet Hall	80th	26.03
Liz Butler	149th	32.19
MHpr 24/12/16		
Steve Barnes	80th	24.17
Tooting Common pr		
Kathryn Evans	36th	22.31
Whitstable pr		
Jacqui Dean	153rd	30.03
Bpr 25/12/16		
Ben Milsom	17th	20.45
Igor Burbela	18th	20.48
Baz Barratt	104th	25.19
Kathryn Evans	108th	25.29
Brian Feldman	203rd	30.48
Boxing Day Handicap		
Dale Jenkins	40th	41.52
Bpr 31/12/16		
Ben Milsom	25th	19.40
Max Barratt	69th	22.39
Baz Barratt	87th	23.18
Caroline Smissen	336th	36.05
MHpr 31/12/16		
Steve Barnes	60th	23.57
LVpr 31/12/16		
Terry Woodhouse	19th	21.27
Emma Raven	23rd	21.50
Richard Curtis	25th	21.59
Brian Feldman	132nd	30.34
Heaton Park pr		
James Thurman	23rd	19.56
Huncote Hash		
Sam Jolly	47th	51.12
Dave Lodwick	49th	51.18
Dale Jenkins	59th	52.28
Marc Draycott	86th	54.31
Jackie Brown	112th	56.56
Steve Robinson	119th	57.48
Marcus Shaikh	161st	1.03.29
Igor Burbela	178th	1.04.29
John Stew	215th	1.07.49
Natasha Eastwood	249th	1.13.13
Barbara Hermann	267th	1.15.00
Trudy Sharpe	274th	1.16.31
Liz Butler	333rd	1.30.01
LVpr 1/1/17		
Ben Milsom	21st	20.56
Marc Draycott	25th	21.09
Igor Burbela	35th	21.30
Dave Lodwick	37th	21.33
Richard Curtis	56th	22.29
Max Barratt	60th	22.38
Steve Barnes	97th	24.44
Baz Barratt	167th	29.44
Brian Feldman	199th	32.26

Bpr 1/1/17		
Max Barratt	28th	20.52
Igor Burbela	78th	23.29
Ben Milsom	99th	24.40
Steve Barnes	130th	26.00
Brian Feldman	254th	32.55
Bpr 7/1/17		
Ben Milsom	16th	19.43
Max Barratt	19th	19.56(PB)
James Thurman	22nd	20.09
Rachel Dearden	93rd	23.41
Dan Bannatyne	143rd	25.07
Ian Bass	247th	29.31
MHpr 7/1/17		
Steve Barnes	62nd	23.43
LVpr 7/1/17		
Sam Jolly	9th	21.13
Igor Burbela	21st	22.08
Steve Wheeler	49th	25.22
Shaun Heaphy	88th	28.56
Jeannette Franklin	113th	30.51
Bpr 14/1/17		
Max Barratt	16th	20.08(PB)
Ben Milsom	24th	20.58
Marcus Shaikh	77th	23.41
Stretford pr		
Kathryn Evans	124th	24.07
MHpr 14/1/17		
James Thurman	7th	19.43
Steve Barnes	50th	23.32
Rachel Dearden	98th	25.16
LVpr 14/1/17		
Sam Jolly	10th	21.04
Igor Burbela	13th	21.29
Richard Curtis	28th	22.47
Emma Raven	35th	23.22
Keith Dakin	88th	26.22
Brian Feldman	162nd	32.04
Liz Butler	180th	33.12
LVpr 21/1/17		
Terry Woodhouse	23rd	21.48
Richard Curtis	33rd	22.56
Steve Wheeler	50th	24.31
Keith Dakin	69th	25.47
Amy Barnes	108th	28.14
Alison Lodwick	197th	35.16
MHpr 21/1/17		
Steve Barnes	24th	23.02
Bpr 21/1/17		
Max Barratt	23rd	19.19
James Thurman	24th	19.23
Ben Milsom	44th	20.52
Rachel Dearden	48th	21.13
Marcus Shaikh	92nd	23.22

## Getting' Muddy with Kim

### Derby Runner League Race 3 - Bradgate 11/12/16

After all the rain the day before, the sun came out for us at Bradgate Park as Roadhogs hosted the 4th event of this season's league. We clashed with the Turkey Trot half-marathon at Keyworth, but the excellent venue and spectacular scenery at Bradgate still pulled in over 500 runners. Roadhogs answered the call and our members and their families and friends came along to be marshals, car parkers, course setters, funnel checkers and all the other jobs needed on the day to enable the race to happen, not to mention helping to clear up afterwards ... a big thank you to all of you for giving up your time.



We said goodbye to Wei

To say the course is tough is something of an understatement; it's very scenic but there are long and steep climbs all over the 5.25 miles, ending with the brutal 'monument hill' just before the downhill charge to the finish. Dave and team have cleverly designed a route of 2 different laps over the same ground, so that it varies for the runners and, from the vantage point at the start, you can see the race going on in different places at the same time. There were 532 runners in the men's and ladies' races, plus another 50 or more in the junior races. The men set off 10 minutes before the ladies, but it was amazing how quickly the leading ladies caught up with the men and, by the time they were passing the start & finish area at around halfway, these fast girls were already weaving their way through the back half of the men's race. Although quite a few of our number were helping rather than running, we did manage to

get full teams out including a stronger than usual ladies team.

Liam Phelan contacted me the week before, saying he was not a member of a local club but would like to run at Bradgate, so he guested for us and was first guy home! Liam said he will checkout our website, and I hope we get him back sometime soon. We also welcomed back Natasha Eastwood after a long break from cross-country, but sadly this was Wei Han's last race for us as her visa has expired and she must return to China. I really hope we see you again Wei. Next in for the men was James, already much improved since the beginning of the season, then Dale still keeping up with the boys, and then Ben. Sam W led the girls home with Jackie and Emma close behind. I have to say that everyone gave 110% and several of our guys and girls were on their knees at the end. We missed some of our quicker men today but the girls came in an excellent 5th in the team race, go girls! Apart from James, our other big improvers so far this season are Steve W, Brian, Helen, and Jeanette, demonstrating that you can still improve your running at any age.



Terry showing the strain at Bradgate

Afterwards, back at the club's mobile hospitality unit, we enjoyed some delicious post-race carbo-loaded refreshment from our master runner-bakers Trudy and Ben.

#### RESULTS (provisional):

MEN: 114th Liam Phelan 39.17, 127th James Thurman 40.05, 153rd Dale Jenkins (V55) 41.16, 160th Ben Milsom 41.32, 190th Marc Draycott (V45) 43.14, 197th Terry Woodhouse (V40) 43.42, 251st Steve Wheeler (V45) 46.45, 257th Lee Hubbard 47.17, 274th Marcus Shaikh (V40) 48.48, 322nd Shaun Heaphy (V55) 55.56, 327th Brian Feldman (V65) 59.59, 329 finished.  
LADIES: 33rd Sam Winters (V45) 43.24, 47th Jackie Brown (V50) 44.10, 50th Emma Raven

(V45) 45.12, 140th Natasha Eastwood 54.06, 165th Helen Arthur (V45) 56.32, 169th Trudy Sharpe (V45) 56.47, 180th Jeanette Franklin (V55) 60.22, 196th Wei Han 67.53, 203 finished.  
TEAMS (all division 2): Men 9th, Ladies 5th, Combined 9th.  
TEAMS AFTER 3 RACES: Men 9th, Ladies 10th, Combined 9th.

## Derby Runner League Race 4 - Sinai 15/1/17

After the long trek out to Burton-On-Trent, past all those speed cameras on the A50, we assembled on the hill at Sinai. The weather was cold and cloudy, and with rain showers all morning, so the whole occasion was, in a word, wet. But the Roadhogs were there in our mobile hospitality unit, including xc league debutants James Boyd, Leah and Liz. For both James and Leah this was the first cross-country run since schooldays, although Liz did run the Hash at the end of the year.

The Sinai course is tough: A steep uphill start and more ups and downs most of the way round the 5 miles. In the second half there are 2 very steep climbs and most runners, even those who ran up the first hill, had to walk the second, pushing the thighs down with the hands like a mountain runner. The last mile is the easiest part of the course, quite flat and with a run to the finish down the same steep hill as they ran up at the start. But after 5 miles of running, with the rain making the conditions muddier and muddier, the runners had to concentrate on staying upright as they ran down towards the line.



James rediscovering cross country

Our young bucks James B, Sam, and James T were first home, James taking to cross-country again like he had never left it. Then came our

Chairman Dave Lodwick who is enjoying a real purple patch at the moment. I don't know what he is on, most probably the result of some hard training rather than anything else, but it's good to see him getting back to his previous form again. Ben was close behind, with Dale, Steve and Hitesh completing the team score. For the girls Rachel ran a stormer coming in 16th, and supported by Leah and Amy. Further back, Marcus, Shaun, Brian and Liz gave their 100% and just about everyone said how hard it was today, once they had recovered and could talk. Marcus in particular was covered all over in wet mud, as if he had not just fallen but rolled around in it - he must really enjoy the countryside.



Amy getting stuck in

Back in the tent, there was no carbo selection (cakes) from Trudy this time but Ben stepped up with a selection of his own which the team devoured. Amy and Leah asked for a photo showing how muddy they were; you might see it on the website soon.

The ladies team were missing the vet required to complete the team results, but anyway all 3 Roadhogs teams improved their position in the division and in the combined men and ladies team we moved up a couple of places - let's keep this up guys!

### RESULTS (provisional):

MEN: 65th James Boyd 38.07, 91st Sam Jolly 39.45, 107th James Thurman 40.26, 108th Dave Lodwick (V55) 40.28, 111th Ben Milsom 40.42, 134th Dale Jenkins (V55) 42.18, 208th Steve Wheeler (V45) 48.58, 223rd Hitesh Pandya (V50) 50.33, 231st Marcus Shaikh (V40) 51.06, 266th Shaun Heaphy (V55) 61.14, 267th Brian Feldman (V65) 61.20, 274 finished.

LADIES: 16th Rachel Dearden 43.06. 75th Leah Boatman 52.32, 94th Amy Gasper 55.47, 148th Liz Butler 71.36, 154 finished.

TEAMS (all division 2): Men 4th, Ladies 7th, Combined 3rd.

TEAMS AFTER 4 RACES: Men 6th, Ladies 8th, Combined 7th.

## Huncote Hash

It was a cold but bright day at this year's Hash, much better than last year's cold and driving rain. This annual cross-country race around the Huncote countryside is an opportunity to burn off some Christmas calories and prepare yourself for more food and drink on New Year's Eve. The Hash is a traditional cross-country event that goes back almost 30 years and is still one of the most popular off road events of the year.

The course is 6.5 miles around very mixed terrain including grassland, muddy trails, woodland, a wade through the brook and, after 4 miles of tough running, the stairway to heaven followed by followed by a mountain climb. In the early part of the course it's too narrow to overtake in most places but you get plenty of opportunity later on; Dave Lod said that you have to run hard round the sportsfield at the beginning to get a good position in the queue at the start of the narrow path through the woods. The trickiest section of the course is the steep camber along the top of the ridge between the stairway and the mountain, where you have the additional challenge of staying upright.

Another feature of this race is the fancy dress runners; I saw a team of zebras and a team of super-heroes plus the usual selection of fairies and animals. Our own Trudy wore a glittery cocktail dress, looking like a million dollars. At Croft Hill, two thirds into the race, I stood and encouraged the Roadhogs and other runners up the toughest part of the course. I was complimenting Barbara on how athletic she looked as she ran by, when I realised at the last second that Trudy was running with her and I almost missed the opportunity to compliment Trudy too!



Sam is on great form

Former Roadhogg Ludo made the top ten again, we miss you Ludo. Sam Jolly was first Roadhogg home but chased all the way by Dave Lod who had the best xc run he's had in a long time. Dale was in touch with them up the hill but struggled after that and hung on to be our third runner home. Mark Draycott, our Roadhogg / Scraftoft Jogger, was next. Then came our champion Jackie, followed by Steve Robinson who was with Jackie up the hill but dropped back a bit after that. Further back there were terrific runs on this tough course from Marcus, Igor and John Stew. Behind Jackie, our girls Natasha and Barbara had excellent runs on the day, followed home by Trudy who still had a glowing complexion at the end, though that might have been a mixture of glitter and sweat. Finally a word of praise for Liz, making her cross-country debut and not sure what to expect. Liz found the whole course hard going but, like a true Roadhogg, never quit.

Afterwards the runners are provided with hot soup in the sports centre, probably the most welcome soup of the year after all that hard work.

### RESULTS:

MEN: 47th Sam Jolly 51.12, 49th Dave Lodwick (V50) 51.18, 59th Dale Jenkins (V50) 52.28, 86th Mark Draycott (V45) 54.31, 119th Steve Robinson (V40) 57.48, 161st Marcus Shaikh (V40) 63.29, 178th Igor Burbela 178th, 215th John Stew 67.49,

LADIES: 112th Jackie Brown (V50) 56.56, 249th Natasha Eastwood 73.13, 267th Barbara Hermann 75.00, 274th Trudy Sharpe (V45) 76.31, 333rd Liz Butler 90.01.

341 finished

## Leicestershire & Rutland County XC Championships

Some Roadhogs got together and decided to run the County Champs, and it paid off because our masters (vets) girls came away with the bronze team medals! The event was at Burbage Common, same venue as last year but this time without the cold and rain. Burbage Common is a very good venue, very open with a choice of routes, good spectator points, decent parking, and a café on site! There were age group races throughout the morning from u/13 up to u/20, and combined senior and masters' races for both men and women. In the championships you are running with the best cross-country runners in the county and even our ex- Roadhogg Ludo, now running for Coritarians, found that the pace was pretty quick at the front end, though he still managed 5th in the masters race.



Two thirds of our medal-winning trio (Emma had gone)

On the day the weather stayed calm and not too cold. The course is a mix of grassland and woodland fairly good underfoot at first but getting more and more muddy as one race followed another round the same laps. For

Roadhogs, James was first home in the men's race, followed by our masters Terry, Richard, Marcus and Brian. For Richard this was the first cross country race since childhood, what a comeback! In the ladies race, Rachel led the charge with Emma and Jackie close behind and pushing each other all the way round. It was good to hear the announcement that they won the masters team bronze, by the narrowest of margins from a new team called 'Race Hub', and matching the Roadhogs masters team bronze by Jackie, Ruth, and Vicky at Parkland three years ago. Credit to all Roadhogs for running and competing at that level.

### RESULTS:

**MEN (3 laps, 6 miles): SENIOR:** 64th James Thurman 50.58. **MASTERS:** 67th Terry Woodhouse 53.26, 72nd Richard Curtis 55.42, 75th Marcus Shaikh 57.21, 79th Brian Feldman 70.17.

**LADIES (2 laps, 4 miles): MASTERS:** 13th Rachel Dearden 32.56, 16th Emma Raven 34.19, 17th Jackie Brown 34.43.

Birthdays	
<b>January</b>	<b>February</b>
5 <sup>th</sup> Stephen Dunne	8 <sup>th</sup> Keith Dakin
7 <sup>th</sup> Janet Hall	11 <sup>th</sup> Shaun Heaphy (v60)
8 <sup>th</sup> Marcus Shaikh	15 <sup>th</sup> Drew Simpson
9 <sup>th</sup> Emma Raven	16 <sup>th</sup> James Thurman
10 <sup>th</sup> Brian Feldman (v70)	24 <sup>th</sup> Peter Sloneczny
15 <sup>th</sup> Terry Woodhouse	
17 <sup>th</sup> Martin Capell	
18 <sup>th</sup> Fabio Caraffini	
19 <sup>th</sup> Bec Bromwich	
22 <sup>nd</sup> Steve Barnes	
31 <sup>st</sup> Rob Milstead	
31 <sup>st</sup> Chris Willmott (v50)	

