

# Roadhoggs Leicester A.C.



Christmas 2008/January 2009

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

## Marathon Madness!

There seems to have been an explosion in enthusiasm for the Marathon at Roadhoggs. We're used to Keith's mad schemes and Mark has always tried to notch up Spring and Autumn outings over the classic distance but now the disease seems to be spreading. Of the experienced marathoners, John Stew seems to be doing one every couple of weeks, Rob is not far behind, Jon is adding to his usual Autumn big City outing, Baz has got the bug again and Chris is doing his over the country. This year we've had Dale and Edmund making their debuts (see below) and Dave "I'm not sure if I'll ever do one" Lodwick doing his second. Now Ceri "I'll never do a Marathon" Davies is up for London, Bec's off to Edinburgh and Tom's going for second helpings of Flora. All in all, as bad an outbreak of "Dakin's Disease" as you're likely to see! In honour of this widespread enthusiasm for the ultimate test, we're pleased to present our "Marathon Special".



## Dale Greets his Fans



Dale and groupie (sorry, wife Mandy) celebrate his Marathon triumph.

## A Warm Welcome

We are delighted to welcome Angela Thawley, Annemarie Williams, Anita Pabla, Roger Kerridge Clare O'Neil and John Hallssey to the family. We hope you enjoy your running as much as we do.

## The Winter League is Here

4/1/09 Barrow (Barrow Runners)  
25/1/09 Markfield (Beaumont RC)  
8/2/09 Ashby (South Derbyshire RR)  
22/2/09 Kibworth (Roadhoggs)  
15/3/09 Desford (Desford Striders)

## London Marathon

The lucky winners of the club places are Ceri Davies and Jon Heap. They will be joined by Tom, who was successful in the public ballot, Mark and Jerry (deferred from last year - assuming he recovers in time). Ex-Hoggs Angela Ladkin and Stuart Power will also be lining up. Good luck to all of you.

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## Leicester City Marathon and Half Marathon 2008

### Why???

Having always had a vague intention to 'try a marathon someday', it was with a mixture of excitement and dread that I discovered that the Leicester Marathon would start and finish on Victoria Park, only 500m from my house. Unable to come up with a valid reason not to take part, I duly entered, and three weeks later found myself trotting across the park into the unknown, to join a friendly pack of some 2000 runners.



Dale reaches the end of his quest (© AWP)

### Where...

Despite the convenient location, I nevertheless felt obliged to stick to my pre-race routine and was up 3 hours before the start, and was able to watch as October 19<sup>th</sup> dawned cold, bright and breezy, making it good conditions for at least the first (northward) halves of the pleasant courses. The half-marathon headed out through the city centre before heading out NNE through Thurmaston before heading back through Watermead and Abbey Country Parks, and past the new Highcross Centre before tackling the final grueling mile up New Walk. The marathon route split off half-way for an additional loop along country lanes through Barkby, Rearsby and East Gostcote before rejoining the half-marathon route.

### The technical bit...

As this was my first marathon, I was determined not to put too much pressure on myself, and was just aiming to make sure I got round at all. But the competitive side of me had also got in on the pre-race planning, inputting my training times

and shorter-distance race times into some of the hundreds of online pace calculators to estimate my 'theoretical' marathon time of around 3h:20m. Based on this, I decided I'd aim to run the first half at a comfortable pace aiming for 1h:45m, and then, if I was feeling strong, aim to run an even or negative split to finish sub-3h:30m.



19 miles - and the wheels are starting to come off! (© AWP)

### The race!

After some family photo-calls, I arrived at the back of the starting line-up with only moments to spare before the gun, leaving little time for nerves before the off. Starting at the back of the pack had always been my intention to avoid getting drawn along too quickly by some of the half-marathon crowd, but it also made for a very rewarding race - I found it a real psychological boost to only be overtaken by a handful of people during the entire race. After a slow first couple of miles, I settled into a steady rhythm, and soon found myself at the half-way point in 1h:47m, just two minutes behind my target, and having enjoyed every minute! Runners, spectators and marshals alike were all full of enthusiasm and kind words, and it was good to chat to fellow Hogs Trudy and John while out on the course.

Heading back towards Leicester, the southerly wind began to make its presence felt but, apart from the occasional heavy gust, did little to dampen the spirits. Stealing an occasional glance at my watch revealed that pushing up the effort was keeping my mile splits pretty steady, but there were still plenty of diverting views and runners on the horizon to pick off, so I kept on plugging away. Rejoining the half-marathon course, I began to wonder if I'd catch any of the

half-marathoners? The answer, as far as I could tell, was no!

### Roadhogs' Results

#### Marathon

Dale Jenkins 134th, 3.31.24 (PB)  
 Dave Lodwick, 135th 3.31.42 (PB)  
 Edmund Ward 142nd, 3.31.05 (PB)  
 John Stew 302nd, 4.03.44 (PB)

#### Half Marathon

Simon Fryer 67th, 1.28.16 (PB)  
 Ceri Davies 149th, 1.34.45  
 David Cabaniuk 161st, 1.35.06 (PB)  
 Baz Barratt 293rd, 1.41.59  
 Hannah Green 328th, 1.42.44  
 Amy Hanford 443rd, 1.46.57  
 Trudy Sharpe 985th, 2.08.13  
 Fazila Hajat 1045th, 2.11.41

Looking back, it's easy to block out the negatives... but I can honestly say that I enjoyed the whole race up until about the 25<sup>th</sup> mile. I put that down to not focussing on my splits, and just running how I felt comfortable. Around the 24<sup>th</sup> mile though, a bit of mental arithmetic implied that with a monumental push I might still make sub-3h:30m. Unfortunately, my exhausted brain had forgotten to allow for the extra 0.2miles at the end [note to self: next time remember the marathon is 26.2 miles] and in the end I didn't quite have the legs for it, even with the assistance of some jelly beans just before the push up New Walk [thanks Keith!].



John "Robocop" Stew heads for the finish (© AWP)

I still felt good coming through mile 22, putting on a bit of a push and waving to my family who were standing at a road-crossing chatting with the marshal. She was somewhat bemused at my arrival; apparently my grandad had described me as 'tall, dark, and incredibly handsome' so it's no wonder she thought my family were cheering on the wrong runner!



Edmund enjoys the moment (© AWP)

### Well done all!

Congratulations to all those Hogs who ran in both the Half and Full Marathons - results and chip timings are below! And thanks to the Hogs and many others that gave up their Sundays to marshal or come along and shout their support. The whole event was extremely well organised, a joy to run, and I'd recommend it to everyone for next year!

*Edmund*

### Top-5 marathon memories:

- The face of fellow debut-marathoner Dale, collapsed at the finish, whose expression revealed relief, exhilaration, and a triple helping of pain!
- The incredible support from Hogs, family, friends, and the hundreds of others camped out in their gardens or standing by the course cheering everyone on.
- Reaching the second level crossing secure in the knowledge that there wouldn't be a train for at least another hour, thanks to Dave L's meticulous research... thanks Dave!
- The young boy standing in Birstall handing out orange segments to every runner.
- The scar on my left ankle, which looks set to be a permanent reminder of the race, and the face of the woman at the finish when I handed over my blood-encrusted timing chip. Please, be warned, learn from my mistake, and always wear your chip over a sock!

## A weekend in North Wales

### The Snowdonia Marathon 2008

As I drove across the Welsh border in bright sunshine, stillness fell upon my travelling companions. From my rear view mirror I could clearly see their expressions. Jon Heap gleefully counting sheep! and Rob Milstead practising his latest Emile Zatopek pose!!

Trudy, the last of the Snowdonia 2008 team, was sleeping peacefully. The fact she had chosen to miss out on the Marathon in the morning greatly aided her slumber.

The forecast all day had predicted rain and gale force winds for the morning, and looking out at the Welsh hills, bathed in autumn sunlight, did not prepare us fully for what was to come.



Flat here isn't it!

Saturday morning arrived, and through the darkness we could hear the wind and the unmistakable sound of water hitting glass, repeatedly!

Our accommodation was wonderful, and our hostess admitted she had never made porridge in her life, but she was prepared to risk everything, including we are certain, a night's sleep. To send us out with our pre marathon meal consumed.

To save us from rain and also to provide valuable support during the race, Trudy acted as our chauffeur to the start line, a mile outside Llanberis. In the car confusion rained, did we go with long or short sleeved vests? Did we need gloves? Where's my hat?...

Jon put his arm out the rear window to check on the wind, and very nearly had it ripped off at the Shoulder! Rob told another story about his Rock & Roll years which made us laugh and calmed the nerves.

It was time to step out into the elements and find out why the Snowdonia Marathon is considered to be the toughest in the U.K.

We lined up together half way down the 1200 field, we said "Hi" to some guys from Wreake & Harborough AC and prayed the gun went quickly as it was by now bloody freezing !

I can only describe the race through my own experiences, and I am sure I will be unable to do it real justice.



Last of the summer wine - but which one's "Foggy"?

The gun goes off, and I begin to run. Rob vanishes quickly, the Zatopek side step takes him though the field. Jon and I run the first mile together, and then the first 3 mile hill starts. The race commenced at 250 ft above sea level after 4 miles we were at 1270 ft! I was now alone, but at least warmed up. At the water station at Pen-y-Gwryd I looked back at the snake of runners making their way up the pass. Knowing I am not last always cheers me up!!!!



A sight for sore...feet!

The next 4 miles were down hill and I was flying (well, for me anyway!) The course at 9 miles levels out, but we turn into the eye of the wind, and progress is hard work. At 12 miles Trudy comes into view, hands full of Jelly Babies and gels for the second half, we are all grateful to

see her, and a big “Thank you” because she was soaked through and probably a lot colder than us.

At Bedgellert we reach half way 1hr 57min, sub 2hrs, I was happy!

Then a right turn wiped the smile off my face. The hill in front quite literally went for miles, well 3 anyway. This was starting to hurt and I was still a long way from the finish. Fortunately I got into a conversation with a bloke from Liverpool, who told jokes for the next half an hour which lifted my spirits.



Rob “EPO” Milstead - looking far too fresh!

At 16 miles the course flattened out and the wind dropped a little. As if by magic it actually stopped raining too. I was able to look round and realise the beauty of the landscape. Undoubtedly this was to be the most impressive countryside I have ever run in and the views, if slightly shrouded in low cloud sustained me to 21 miles.

Then as I happily turned right at a Marshals instruction, I entered **The Road to Hell!!**

It stretched steeply upwards, I was in a group of three first timers and everyone expressed their feelings differently, none of which can be quoted!

For the first mile I ran, but then realised to keep going I would have to drop to a run/walk and after another 1½ miles walking was now the only option. The road gave way to a farm track, which in turn became a footpath that snaked ever upwards. By now the rain was travelling side ways, a tree had blown down across the path, and I was cold and going slower. I finally saw the plateau ahead, but then realised there was yet another climb to the summit.

I was there!! After 3 ½ of the toughest miles I have ever travelled. I wobbled over the top and looked down at Llanberis way below. The path down was uneven and very slippery. One of the

Serpentine Club runners thought fell running was the only option, but then he lost his footing and slid across the mud and stones for a full 10 meters.



Three wise monkeys?

A tarmac path emerged and I was running again and feeling good. I began to overtake as other runners suffered cramp, probably caused by the extremes of climbing and then the sharpness of the downhill.

I reached the town and could see the finish area. When with the point of a finger from a Marshal I was directed away in the opposite direction. A voice inside shouted “They are taking the piss now!!!” after half a mile loop I finally crossed the finishing line, soaked through, tired, but elated at finishing a truly remarkable marathon.



Of course my race had lasted 4 ½ hours, my running partners took considerably less to complete the 26.2 miles. Rob “EPO” Milstead had been back to the guest house, grabbed a coat, eaten all the Bourbon biscuits at the finish line, and still had time to write the next chapter of his autobiography before I had finished! 3 hours 35 minutes was a truly tremendous achievement, beating his last year’s time by a massive 47 minutes. Jon finished in 3 hours 48 minutes, which was a superb way to end the marathon season, given he started the year struggling to recover from a nasty injury, and suffered the

humiliation of being beaten by me in the early league races.



Some lovely Welsh weather - they're all "Foggy" now!

So after food, beer, more beer, and a good night sleep we were ready for a light recovery

workout. Some would do a light jog, to loosen the muscles, not us! We walked up Snowdon! At the top the visibility was zero, and the wind almost took Rob and Jon off the trig point! So we ran 26.2 miles round it and now walked up to the summit too.

On the way down our thoughts turned to next year and maybe it would be good to run Snowdon again!.....

If you are looking for a challenge, and a chance to run in the most picturesque countryside- why not join us!?!.....

*John Stew*, Marathon Runner +4(still!)

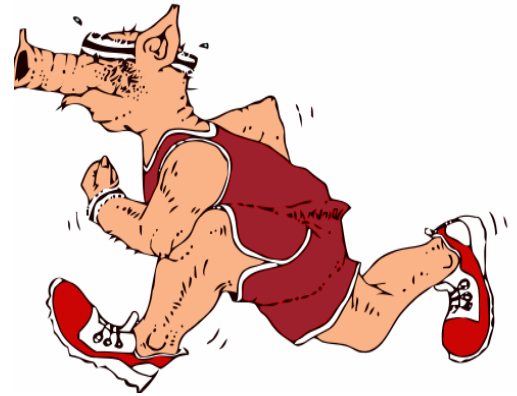
## Birthdays

### January

8<sup>th</sup> Surita Sharma is 27  
12<sup>th</sup> Mike Price is 62  
17<sup>th</sup> Martin Capell is 53  
19<sup>th</sup> Rebecca Bromwich is 31  
31<sup>st</sup> Rob Milstead is 53

### February

8<sup>th</sup> Keith Dakin is 55  
23<sup>rd</sup> Mat Topham is 43  
23<sup>rd</sup> Adrian Stanley is 40  
24<sup>th</sup> Peter Sloneczny is 48



## 2009: A Big Year for Roadhogs

2009 is going to be a busy year for Roadhogs. We celebrate our 25<sup>th</sup> anniversary in August but before then, we will be promoting no less than 3 races. First up is the Kibworth 6, part of the Winter league and a first for the club. We have been looking for a suitable course for a Winter League race for some time. These races pretty much guarantee a respectable income but with none of the stress involved in handling entries, marketing and organising prizes that a summer race brings. OWLs, who used to stage the race, have decided to concentrate on the John Fraser 10. We had anticipated that Fleckney & Kibworth would be keen to take over but their committee felt they lacked the necessary experience. So when it transpired that only 4 races had been put forward for this year, Steve and Dave decided that we should step in. This decision will no doubt make Rob Milstead very happy as the race takes place on his favourite stretch of road anywhere in the world. Well, it must be – he's run it so often there's a groove worn in the tarmac!

Following this will be the Derby Runner cross country relays at Huncote. A combination of a lack of volunteers and smooth organisation by Kim and his team of helpers last year, meant we were asked to stage the event once again. Hopefully, with a bit more publicity, we can attract a few more teams this time around. Kim tells me there was some debate over whether or not we should include the water hazard again. Fortunately, the wimps lost!

Finally, there is the 3<sup>rd</sup> running of the Glooston 10K. In each of the first two years we have had lots of positive feedback but rather small fields. Hopefully, this year we'll finally be blessed with some weather appropriate for the middle of summer.

## Gettin' muddy with Kim

### Derby Runner League Race 1 - Market Bosworth 16/11/08

The season opened with a 5.6 mile race from the country park at Market Bosworth. On a pleasant sunny morning no less than 15 Roadhogs turned out which is a great start for us. The course was muddy in parts but mostly flat, in fact the toughest part was a short section of ploughed field in the second half which clung to your feet like clay and was harder work than the uphill. Mike arrived just before the start, having done the Seagrave Challenge only the day before (*he finished 12<sup>th</sup> - Ed*), ran a great race to finish 6th, and then disappeared again into the mist like Zorro. Behind him both Peter and Nick finished inside the top 100, followed by new dad Adrian. Further back there seemed to be a battle between Rob, Jon and Baz as they all came in together, either that or they are really close friends.



Zorro

This season the league is trying out starting the ladies race 15 minutes after the men's to ease congestion at some points on the course, which meant that I had to fight a lone rearguard action to hold off the women and give the other Roadhogs men a clear run. For the girls Rebecca made her cross country debut and finished well up, and Trudy ran her usual solid race.

We scored well in the men's and mixed race. If only we had one more girl we would have scored in the ladies team race as well, how about it next time girls?

MEN: 6th Mike Munday (V40) 34.05, 49th Peter Sloneczny (V40) 37.31, 56th Nick Coble 37.58, 106th Adrian Stanley 40.54, 128th Dale Jenkins (V40) 41.50, 143rd Dave Lodwick (V40) 42.40, 153rd Ceri Davies (V40) 43.18, 164th Rob Milstead (V50) 43.57, 165th Jon Heap 43.58, 167th Baz Barrett (V40) 44.09, 183rd Chris Peach (V40) 45.01, 187th John Stew (V50) 45.10, 232nd Kim Richardson (V50) 49.50, 260 finished.  
LADIES: 35th Rebecca Bromwich 47.35, 79th Trudy Sharpe 56.04, 102 finished



Nick is starting to motor over the country

### Race 2 - Sinai Ridge 30/11/08

Race 2 of this season's league was out in the Alps above Burton-On-Trent. The start is up a hill and its like that all the way round; steep hills, wet mud, and uneven everywhere so you can't get a grip. It was cold but not freezing. We just about finished a men's team but sadly with Trudy out ill we still only had the 2 girls and needed 2 more. New girl Clare O'Neill made a great debut, racing all the way with old girl Rebecca Bromwich (not an old girl really, it's just that this is her second cross-country race) and they finished well up the order in 29th and 30th. As neither were in spikes they did well to stay on their feet. In the men's race, Nick Coble was first in then we packed well in the middle order. It was good to have Chris Mann back. We finished 7 men which means that the league grants an 8th place and so we scored a team. Thanks to everyone who made it to this race; I appreciate that Burton is in another country but it's a Derbyshire club which organises it there.

**RESULTS:**

**MEN:** 61st Nick Cobley 37.49, 109th Chris Mann (V40) 40.35, 121st Dale Jenkins (V40) 41.19, 127th Dave Lodwick (V40) 41.58, 179th Baz Barrett (V40) 45.41, 191st John Stew (V50) 47.11, 200th Kim Richardson (V50) 49.02, 223 finished.

**LADIES:** 29th Rebecca Bromwich 45.59, 30th Clare O'Neill 46.00, 86 finished

**TEAMS (Dvn 2):** Overall unplaced, Men 9th, Ladies unplaced.

**Race 3 - Bagworth Heath 21/12/08**

League race 3 was around the open heath near Bagworth. It was a nice bright morning but with a cold breeze. The going was mud, not clinging mud, not Mud the pop group, but wet, splashy, deep and smelly mud. Two of our runners turned up in new shoes which looked really cool at the start but brown and mucky like all the rest at the end. We had 9 men which was great but again 2 ladies when we need 4 to score; come on you girls what's holding you back? Why don't you come and join us and see how much fun this is?



Would you mess with this man?

The course was the same as last season, a short lap followed by 2 long laps with a steep climb each time. It was hard work with lots of places to slip, not like this easy stuff you do on the roads. Nick was again the first Roadhogg, then Adrian and then John Hallissey making his debut in the brightest orange shoes I have ever seen; when he was on the ridge you could see them from Norway. Then Dale and Rob, then Clare who started at the back and bombed round wearing my vest which is the fastest that vest has gone in years. Further back were both Chris's, Baz, me and Trudy. Some of our times were similar to the last race at Sinai, which was a bit strange as Sinai was a bit longer and

certainly more hilly! It must be the mud that slowed everybody down.

Afterwards we enjoyed some coffee and Christmas mince pies on the new club tarpaulin.



Dale: Ever present.

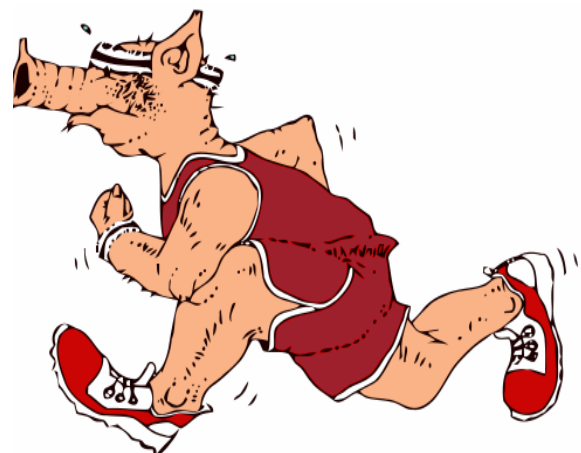
**RESULTS:**

**MEN:** 68th Nick Cobley 37.38, 88th Adrian Stanley 39.25, 127th John Hallissey 41.52, 130th Dale Jenkins (V40) 42.00, 142nd Rob Milstead (V50) 42.55, 165th Chris Mann (V40) 44.08, 174th Baz Barrett (V40) 44.54, 185th Chris Peach (V40) 45.41, 195th Kim Richardson (V50) 47.45, 226 finished.

**LADIES:** 19th Clare O'Neill 43.06, 81st Trudy Sharpe 59.44, 84 finished.

**TEAMS (Dvn 2):** Overall unplaced, Men 8th, Ladies unplaced.

**TEAMS SO FAR (Dvn 2):** Overall 9th, Men 8th, Ladies unplaced.





## LRRL Presentation Evening

Several of us attended the Leicestershire Road Running League presentation evening in November. The prizes were to have been presented by former Commonwealth Gold medallist Geoff Capes but he pulled out at the last minute - perhaps he was worried that all these quick runners would beat him to the buffet! Everyone managed to hide their disappointment and had a really good evening. A rather quiet year for Roadhogs but Peter picked up the trophy for 3<sup>rd</sup> MV45 and there were a host of 100% awards; Jon, Dale, Alison, Dave L, Trudy, Peter, John S and (with a little help from his friend) Martin.



Peter receives his trophy from LRRL Chair Carole Fossard

## Dave Little

As some of you will know, Dave Little died suddenly at the beginning of November. His funeral was so well attended that there were at least 40 stood round the walls of the chapel. For those who didn't know Dave, he was in charge of registering runners and compiling results and tables for the LRRL (and other athletic events). As a dedicated crossword buff and an all round polymath, he relished the problems of sorting out ties and other intricacies of the scoring. Dave worked incredibly hard to ensure not only that the results and tables were accurate but also that they were released as quickly as possible after the race. His widow Nikki, who runs for Beaumont (as did Dave in his younger days), recounted that Dave would not even allow

her to have a post-race shower before she had helped him do the results!

## Keyworth Turkey Trot



For many, The Turkey Trot is the race that marks the end of the road running season. There were fewer Hoggs this year - Peter and Colin had succumbed to injuries. Conditions were perfect and Tim Hartley of Barrow recorded his sixth win, trimming the longstanding course record for good measure. Rob also took advantage of a cool, still day to end a highly successful year with another PB (1.30.53). Dale recorded a good 1.34.25 and Jon paced Angela to a huge PB (1.38.02). Behind this group was Caz (1.53.38), getting herself a taste of road racing.



## 20 Things You Didn't Know About The Atton Brothers!

Karl	Question	Craig
		
Building Contracts Manager	What do you do for a living?	Have just become a full time student in Bath working for a diploma in stonemasonry.....gave up full time butchery for it.
Married to Joann, little Katie is 2yrs	Are you Married or Single?	Not married but do have a girlfriend.....Sarah
All athletics since 7 years old, so 30 years!	How long have you been running?	Been involved in sport since about 11...race walking and then running since about age of 21
Splinter group from Leicester Walking Club wanted to do other things, so a few of us joined RH's	How did you become involved with Roadhogs?	Race walking team went to them as Leicester race walking club was going downhill and Roadhogs seemed more relaxed and open to new sports and associations, so started running through them as well.
Motorcycling	If you didn't run which sport would you like to excel in?	Golf...tour the world playing golf fab. Especially the 19 <sup>th</sup> hole
Architect	Did you ever have any ambitions when at school to do a different job?	No just wanted to leave to start earning money .that's why I became a butcher
Sri Lanka (our wedding)	Which is the best Holiday destination you have been to?	Oooo so many ...but probably Egypt for the carvings, culture and history, everything I love.
Anything really but I like a bit of thrash!	What music do you like most?	Real music mainly ...guitars and drums, Led Zepp, Black Sabbath, Kasabian, Metallica
Star Wars	What was your favourite film?	Would have to be star wars ...George Lucas a pure genius.
Clint Eastwood in the Spaghetti Westerns	If you could be any TV character which one would it be?	Harrison ford? He's played so many good rebel roles...everyone loves a rebel even princess Leia.
VW Passat, Aston Martin DB7 Vantage	What car do you drive and what car would you most like to drive?	Mainly my girlfriend's Toyota at mo or my Mum or Dad's.....but now as a student walk, run or cycle everywhere, good training, but when I'm earning big money will be an Aston Martin or TVR
Curry & real ale	What is your favourite food and drink?	Good old tea is always good as well as pint of traditional bitter...with and a toss up between English or Italian food.
Suzi Perry, Victoria Beckham, Flavia (Strictly Come Dancing pro), Pamela Anderson, Rhianna	Which 5 people (living or dead) would you most like to invite to your Dinner Party?	Isambard Kingdom Brunel, Ozzy Osbourne, Ade Edmundson, Rik Mayall, and Julia Bradbury mmmmmmmmmm
Physics	What was your favourite subject at school?	P.E. as I found that the easiest
Lord of the Rings	What was the best book that you ever read?	The rats, by James Herbert .....or George's marvellous medicine by Roald Dahl.
Glooston 10km / Marathon or any long-distance trail/fell race	What is your favourite local race and your favourite distance?	Fav distance is 10k...but fav race is probably round Leicester relay as a big team event.
Relaxed acceptance by members that I live miles away	What is the best thing about being a Roadhogg?	The relaxed atmosphere in the club and the social side and friends I have made in the club
Not having to work so hard to beat Craig	If there was one thing you could change within Roadhogs what would that be?	When I was in Leicester , more flexibility in training runs with other members as everyone likes to train at different times so at least could train with someone a couple of times a week.
Curry, beer and then my dinner party of above, otherwise a good meal with Jo and Katie and then bar billiards at the Cross Keys in Belper	What would be the best way to spend an evening?	Nice pub , nice company, nice meal , nice area, etc etc
A sub 3 hr marathon and complete the Bob Graham Round in sub-24hrs in the Lakes	Do you have any remaining ambitions either personal or club wise?	Always to get fitter and faster, stay in front of my brother, and just to become a master mason now.