

Roadhoggs Leicester A.C.



January/February 2010

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



LRRL 2009: A Season of Individual Achievement

January is a time for both looking forward and back. As we stand on the cusp of a new LRRL season, it is worth recalling the one which finished just 4 months ago. The fortunes of our teams were largely sabotaged by the frequency with which we lost runners to illness and injury. At the individual level however, there were many bright spots. With a full season free from injury and under Mark's expert guidance, Nick made one breakthrough after another. In the first race of the season, he wasn't even in the top 100 but by the middle he was into the top 50 and by the end he was into the 30's and regularly beating runners with established reputations. Rob was another to repeatedly rewrite his personal record book although he tended to reserve his most outstanding runs for the longer distances. Colin and Barry continued to provide inspiration for us all, each completing 7 races over the season. Charlotte is now starting to believe in herself a bit more and finished the Summer League as 13th Senior Lady, a real achievement. Angela's superb Marathon form led to some wonderful performances over the shorter distances as well, culminating in her taking second in her age division.

LRRL Summer League 2009

SF: Charlotte Wood 13th, Rachel Moyes 24th, Trudy Sharpe 35th
 FV45: Angela Ladkin 2nd, Alison Lodwick 16th
 SM: Nick Cobley 14th, Neil Winkless 49th
 MV40: Ceri Davies 33rd, Paul Langham 44th, Jon Heap 50th
 MV45: Dave Lodwick 21st, Dale Jenkins 27th, Chris Peach 35th,
 MV50: Rob Milstead 2nd, John Stew 13th, Martin Capell 19th
 MV60: Dave Swan 9th, Colin Smith 16th, Barry Waterfield 17th

100% Awards: Martin Capell, Nick Cobley, Alison Lodwick, Dave Lodwick

New Members

A warm welcome to Sumina who has just joined us.



Let's Get Muddy!

Has Kim finally cracked it? Sixteen Hoggs and full teams in each of the first two Derby Runner League races.

Let's see if we can keep it going for the whole season. Next up; Bagworth Heath on Jan 10th, Grace Dieu on Jan 31st and Bosworth Battlefield on Valentines day.



In This Issue

Round Leicester (Page 2)
 Cross Country (Page 4)
 December halves (Page 7)
 LRRL Statistics (Page 8)

LRRL Winter League 2010

Jan 17th Ashby 5
 Jan 24th Barrow 6
 Feb 21st Kibworth 6
 Mar 7th Ashfordby
 Mar 14th Markfield 10K

Round Leicester Relay

As Steve will tell you, putting together a team for the Round Leicester Relay sometimes seems more difficult to achieve than world peace (or an England world cup win). For a club with 40 odd competing members, finding 13 volunteers seems like an easy task. However, when you've subtracted those who are injured (which seems like half the club at the moment - did someone run over a family of black cats?), those who are away and those who just don't fancy it (not a crime in anyone's book), things become a bit more difficult. I'd originally thought that non-playing captain/reserve would be a good role as I know most of the legs but I soon realised that this came into the category of Armani underpants (i.e. a luxury I was never going to afford)! The omens looked good when Dave Cabaniuk unexpectedly materialised at training a week and a half before the race and volunteered for the remaining slot. Dave's place in the team lasted slightly longer than a mayfly (until he took a kick playing football on the Sunday) and by Monday I was short again. What fate took away was just about to be handed back. By chance I was away at a conference when I got the news and one of my fellow delegates was Adrian. He was barely doing any running but he was available and willing (once I'd reassured him that safe passage of the baton was all that was required).



Nick gave everything for the team

I was still touring Leicestershire handing out numbers on the Saturday. To add to my nerves, Simon's address was wrong. A common mistake I was told by a pleasant but bemused householder when I knocked on her door asking for him. There was nobody at home at the correct house and I resolved not to risk putting the precious number through another wrong door.

Sunday dawned bright and clear and I was up and out before what one of my more poetic friends used to call "sparrow's fart". Enacting a plan more cunning than even Baldrick could have managed, I drove to Ratcliffe and chained my bike to a farmer's fence, before returning to Mowmacre Hill for the start. There's something slightly surreal about 40-odd runners lined up, length of plastic pipe grasped tightly in hand, in an unprepossessing street on an estate that has seen better days. Ted released the hounds (as it were) and we were off, through the gap in the barrier and onto the recreation ground. Luckily it was too early for feral youth and good citizen alike and we passed with through without disturbing the local equilibrium. The view from the path which runs past Rothley golf course was beautiful in the soft morning light and we were soon heading for the villages of the Wreake valley. I handed over to Adrian in 20th place, recording a time a minute or so slower than last year, which is all I could have expected given my lack of form.



Adrian: Dependable in a crisis

The end of leg B had been changed because of overhead cable repairs and included an unexpected hill to provide a sting in the tail but Adrian did exactly as he had promised, finishing vertical rather than horizontal and handing over to Baz in 26th. While Adrian was running, I was biking back to Mowmacre to rejoin my car. Once back on four wheels it was off to rescue Adrian and take him back to Ratcliffe. I stopped off at Syston to finally give Simon his number before dashing home to shower. While all this was happening, Baz was putting in his usual dependable performance, tackling Burrough Hill and then descending into Somerby. 21st on the leg left us still in 26th. Mark completed the stage to Loddington in 6th (despite stopping to stretch

his troublesome hamstring) moving the team back up to 20th. Neil made his debut on the hilly leg from Loddington to Slawston. My spies tell me that he took a bit of a detour in the off-road section, but he still managed to finish 18th and move us up a place to 19th.



Clare: too quick for the support crew

By the time Neil was handing over to Nick, I was back out on the road. Parking on the outskirts of Great Bowden, I biked towards Welham hoping that I'd got my timings right. Nick is not one of the best navigators in the club and although we'd biked the route a few days before, I wanted to be on hand just in case. I met him just before the footbridge which blocks Welham lane to through traffic. He was only about 2 miles in, but already there were signs that one of the wheels was loose. I pedalled furiously back to the car to get a drink ready. After he passed I moved the mobile drinks station a bit further on, keeping an eye on his progress through the twists and turns of the village. Fortunately, our reconnoitring had done the trick and Nick avoided the fate which befell the Barrow runner who lost his team a chance of winning the race by taking a wrong turn. There was an anxious wait at the end of the canal section in Gumley, but the wagon was still rolling! Handover complete, it was time to assess the damage. A quick barf (as Mike would call it) in the hedge and some rather green gills aroused the interest of the paramedics, but a few minutes rest seemed to restore much of his equilibrium. He confessed to going off a bit quick trying to chase down a strong runner from another team. Despite his obvious disappointment with his run, he was 9th on the leg and had moved us up to 14th.

Satisfied that Nick was on the road to recovery I swapped 2 wheels for 4 and set off after Clare. I didn't think I'd spent long with Nick and so

expected to see Clare somewhere near the top of Gumley hill. By the time I'd crossed the cricket field I was starting to worry that I'd missed her on the cross country section from Foxton and by the time I got to the second cattle grid I was sure. There was nowhere to turn so I continued towards Laughton, where I could loop back. This turned out to be massive stroke of luck as I passed Clare a couple of hundred metres short of the village. Despite it being her first competitive outing since her long injury layoff, she was absolutely flying. The day had become quite hot so I did my best with the water stops before rushing to Bruntingthorpe.



John: Steady in the midday heat

Leg H is a restart so the field had gone by the time I got there. I set off after them, catching the back markers soon after Peatling Parva and spotting my first 'road rage' of the day as a 4x4 driver made plain his displeasure at having to share 'his' road with all these pedestrians. Clare, meanwhile, was recording 10th best time on Leg G and hauling us up to 12th. I spotted John on the road to Leire and went through the whole drinks station thing again before jumping ahead to see Paul. John was soon with us, and his 10th place lifted us to 11th. Paul had to brave the heat without back up as I was required to ferry John back to Bruntingthorpe.

As I got to Burbage Common I passed Dale, who offered a cheery wave as he shot past. After checking on Paul, who'd finished a creditable 17th, Steve and I made arrangements for supporting Dale. It seemed like only a few minutes had elapsed before we were back on the road but there was no sign of Dale in Barwell. We didn't catch him before Stapleford either - he must be going well, I thought! It was only after I'd spent 20 lonely minutes waiting at Sutton Wharf that an inkling of the truth dawned on me

- he'd made up his own (much longer) route. As Dale had discovered, once you approach 50 you need to remember both the map AND your reading glasses!



Mike climbed like a mountain goat

By the time I'd given up on Dale, Ceri was well into his leg. The trickiest bit of navigation comes early on and as it was a restart leg, Ceri had plenty of company to keep him on the straight and narrow. Leg K includes some good climbs and it was still uncomfortably hot, so there was plenty of work for the support crews to do. I got to Markfield in plenty of time to find Mike champing at the bit. I was a little concerned when I heard him taking route instructions from the Birstall team, but I was confident that most of the leg would be familiar. He was obviously keen to get going, as every time a runner came into view he'd ask if Ceri was the next one. Meanwhile, unbeknown to us, Steve was standing at the changeover fretting that Mike was still to appear!



Simon (or is it 'The Italian Stallion')?

Steve and I waited at the entrance to the plantation near the top of Sharpley Hill. It was a

relief to spot Mike and realise that we'd avoided any sort of navigational calamity. I knew it was him long before I could spot the Roadhogs vest - partly running style, but mainly the fact that no one else could possibly run up a hill that fast! It seemed like only moments later that he appeared at the top of Beacon Hill. On the day, only his old nemesis, Tim Hartley, ran faster and we were back up to 12th.

It was left to Simon to take the 'glory leg' and be an honorary Atton for the day (Craig and Karl have rather made this leg family property over the last few years). When I caught up with him he was emulating Rocky - running along with his trainer (Dad) cycling alongside him, nattering in his ear. The race finish was a bit like an urban version of Glooston with spectators standing in the street sipping pints as they watched the runners arrive. Funnily enough, there weren't as many Beamers and Mercs though. Simon managed an excellent 11th to preserve our 12th place finish. Afterwards, I was pleased to learn that my suggested route variation had contributed to his victory over his mate from the Tri Club.

Gettin' Muddy with Kim

Foremark Reservoir: 22/11/09

The league kicked off at Foremark Reservoir on Sunday, and it was a great start for Roadhogs with 11 men and 5 ladies. What an impressive bunch we all looked as we huddled together in the wind and rain by the doorway to the visitor centre, watching some of the other clubs put up their tents. It's looking a bit like a refugee camp at the league races these days but the demands for a Roadhogs club tent are increasing so I will start to look at what's available.

Anyway, the race itself is 2 laps with 2 really tough climbs each time. I admire anyone who can run up them because I couldn't help walking but never lost any ground as everyone around me was walking as well. These races are getting bigger; over 400 this time. The first lap was cold and wind and rainy. Ahead, in the back order of the race, I could see Baz, John, Hitesh and Emma so I had targets to aim at. I did catch Emma and she chased me round the rest of the race, poor girl. The weather calmed down second time around but we were all already tired. The best part is along straight gravel track at the end of each lap where you can at least try and get going.



Nick improves with every race

At the front our Nick continued his great form with 24th and then Mark came in 39th on his return to cross-country after a few years out. We had good middle order with Jerry also in good form and Dale and Dave right in there as usual. We have scored well in the men's team race. For the girls Claire is also getting better and better and came in 13th with Angela, I think running her first league race for us, not far behind. We also got a good ladies team score and if we keep this up all season we'll be right up there. Stef, Hitesh, Emma and Anita all made their cross country debuts for Roadhogs and I am sure they all had the greatest fun and can't wait for the next race. John and Trudy both fell, but not together which is a good job or they will never have finished the race. Anita also fell but got up to finish. Mrs Baz fell as well and she was only watching!



Dale: Excellent form over the country

Results (most times are missing as they got mixed up at the finish):

Men: Nick Cobley 24th 35.23, Mark Chamberlain (V40) 39th 36.19, Jerry Wilkes (V40) 109th, Dale Jenkins (V50) 126th, Dave Lodwick (V40) 146th, Stef Turner 183rd, Adrian Stanley (V40) 209th,

Hitesh Pandya (V40) 221nd, Baz Barratt (V40) 226th, John Stew (V50) 232nd, Kim Richardson (V50) 246th, 282 finishers.

Ladies: Claire O'Neill 13th, Angela Ladkin (V40) 31st, Emma Klimowicz 56th, Trudy Sharpe (V40) 111th, Anita Pabla 121st, 121 finishers.

Teams: men 7th div 2, ladies 11th div 2, combined 9th div 2.

Aylestone Meadows: 6/12/09

This was a new event in the league. Aylestone Meadows is the open grassland area between the canal and Narborough Road, so this was very central for the Leicester clubs and a nice change from some of the distances we have to travel to the league races. I got there early but Nick was even earlier, as if he had slept in the meadow all night. The weather was very bright after the rain and the course was another 2-lapper, all quite flat with muddy sections here and there and one or two small climbs. There were some stretches of tarmac so you had the choice of spikes which suited most of the course or studs and get a bit of an advantage on the tarmac. We had 16 runners again which was another brilliant turnout from the Roadhogs, thank you. After the 5 league debutants last time we had 2 more with Paul Langham and Hina Patel, clearly the thought of running round the countryside and having to wash your kit in the shower is appealing to more and more of you.



Paul made his XC debut at Aylestone

Nick and Clare led the teams in with storming runs again, well backed up by the usual strong middle order. Baz had a better run than usual. We were pleased to see Fuzzy, Rebecca and Jon back, and Cleggy making his usual once-every-three-years appearance for Roadhogs. Thanks

for cheering us round Trudy, hope your cold gets better soon.

Afterwards we enjoyed some club mince pies on the club tarp.

Results:

Men: Nick Coble 20th 32.08, Jerry Wilkes (V40) 105th 36.14, Dale Jenkins (V50) 119th 36.55, Dave Lodwick (V40) 140th 38.04, Jon Heap (V40) 160th 39.27, Stef Turner 161st 39.29, Baz Barratt (V40) 177th 40.20, Steve Clegg (V50) 179th 40.39, Paul Langham (V40) 182nd 40.50, Hitesh Pandya (V40) 194th 41.08, Kim Richardson 215th (V50) 43.05, 236 finishers.

Ladies: Claire O'Neill 10th 37.50, Rebecca Bromwich 29th 41.06, Emma Klimowicz 33rd 41.58, Fazila Hajat (V40) 101st 52.44, Hina Patel (V40) 102nd 52.48, 110 finishers.

Teams: men 9th div 2, ladies 3rd div 2 (great performance girls), combined 7th div 2.
Teams after 2 races: men 8th div 2, ladies 2nd div 2, combined 6th div 2.

Huncote Hash: 3/01/10

Unusually the annual hash at Huncote took place after New Year as it's normally run in the week after Christmas. But that didn't stop host club Huncote Harriers fielding the usual fancy dressed runners and this time we saw fairies, cowboys and indians, and a gorilla, though two of the indian girls were running in saris which I think was a funny variation on the theme this year.



John: Clocking up the miles

There were 6 Roadhogs all looking splendid in club colours except Baz Barrett who ran all in black like the Milk Tray man. It was icy cold and the course was frosted and hard which made the

running quite difficult (Dale called it dangerous) where the ground was both sloping and icy. There was a change to the previous course as the sand dunes near the end were declared unsafe so the runners had an extra climb up some steep steps even before they got to Croft Hill. As I was unable to run, calf tear still playing up, I watched them run or walk or crawl up Croft Hill and Nick was as usual right up there in about 13th place, even better if you discount the leading two who mistakenly took a short cut and were miles ahead. The brook I'm told was ****ing freezing but at least it was then a shorter run to the finish.

Club photographer Dave 'Jimmy Olsen' Lodwick was out there snapping our runners so there will be good pictures I'm sure on the website. Nick hung on to finish well up, followed by Dale and then John. Paul chased John all the way round, then Baz (and all because ...) complaining that the cowboys and indians kept passing him then slowing down again. And then we waited for Trudy; John was concerned that she would be beaten by the gorilla and sure enough he came in in front of her, but Trudy is not the only Roadhogg to be beaten by an animal this week ... Baz told me he was passed by a man dressed as a cow in the run-in at the Barrow Boxing Day handicap. Anyway all the Roadhogs did well to get round such a tough course on a cold day, and the Huncote Hash continues to be one of the most popular events of the year.



Trudy: No monkey business

Results: Nick Coble 14th 45.54, Dale Jenkins (V50) 66th 52.38, John Stew (V50) 104th 56.20, Paul Langham (V40) 111th 57.15, Baz Barrett (V40) 190th 68.54, Trudy Sharpe (V40) 254th 82.57.

261 finished the full course.

Birthdays	
January 12 th Mike Price is 62 13 th Peter Sloneczny is 49 17 th Martin Capell is 54 19 th Rebecca Bromwich is 32 27 th Sumina Azam is 34 31 st Rob Milstead is 54	February 2 nd Emma Klimowicz is 39 8 th Keith Dakin is 56 23 rd Adrian Stanley is 41 23 rd Matt Topham is 44

December Half Marathons

If the Turkey trot becomes any more popular, they'll have to allocate places by ballot (a la VLM). They've tried increasing the price (ouch!) but still they come - the 2009 race sold out in just two weeks. Despite this, a veritable host of Hoggs had been sufficiently alert to get their names down back in September (or knew someone whose foresight had been rendered redundant by an untimely injury). An attraction of the race, apart from its suitability as a last hurrah before the excesses of the festive period, is the likelihood of nice cool running conditions. I'm sure this is an important factor in the numbers of PBs that are set over a course that is by no means an easy one.

True to form, we started in cold bright conditions with a little dampness under foot, but none overhead. Having warned the first timers of the steep hill at 3 miles, I wasn't surprised to find to find myself shadowed by Stef until we were safely over it. Miles 5 and 6 seemed like hard work but as we approached the turn the sun, which had been starting to make me regret my choice of base-layer, was replaced by rain and things got more comfortable again. When I first did this race, a number of years ago, I remember reading an account of the race which referred to the twin hills at about 10 miles as the "hills of death". Whilst I'm sure a few over-ambitious runs have foundered on these slopes, and they are by no means a welcome sight at this stage of the race, the Indiana Jones-esque description is rather overdone. Having skimped on the long training runs a bit, I was pleased to find I still had some power left and managed to resolve a few long-running duels in my favour as we climbed back up towards Keyworth. The last little bit through a housing estate is always a struggle but even that seemed to pass relatively

quickly and before you knew it you were lining up for the sharp turn into the finish.

Mark had a good race, running as a 'bandit' (no number) peeling off just before the finish funnel. Peter had one of those days (usually cold, damp ones) when the motor just refuses to fire but was still good enough to be the first 'official' Roadhogg finisher. I managed to keep the youngsters at bay (1.34.57), but it was a close run thing. Clare had me in her sights for much of the race, stopping the clock in 1.35.21, her first sub-1.40 Half, and finishing as the 18th lady in a high quality field. Stef did the Leicester Half in 1.43.52 but such has been his improvement, since he started training with us twice a week, that we'd been trying to convince him that he could go sub-1.40. In the event, he stormed home in 1.38.03. He was followed by Charlotte, another one taking massive strides into uncharted territory. She's been training hard recently, and was rewarded with a massive PB of 1.38.36.

Next up were Hitesh and David, running round together and recording a pair of 1.44s. The next two, Dave and Caz, finished together too but Dave didn't know he'd got company until they stopped. Last, but by no means least, was Keith who was running his first race in over a year. Most people would start with a tiddler (and they'd probably do some proper training, as well) but not our 'Marathon Man! He's got his eye on a string of Marathons in 2010 and I, for one, would never bet against him achieving his goals.

The Turkey Trot is the last Half Marathon of the year, but only by 15 minutes. The penultimate is Bedford and four Hoggs tried their luck in this one. A field of 2000 and a narrow first mile made for a slow getaway but there were still some good times. Rob did 1.28.49, Dale (a welcome return to form) 1.35.01, Angela 1.37.34 (a PB?) and Jon 1.40.59.

LRRL 2009

	Barrow	Markfield	Kibworth	Desford	Hinckley	Swithland	Prestwold	Hungarton	Huncote	OWLS	Total Races
	m/m	m/m	m/m	m/m	m/m	m/m	m/m	m/m	m/m	m/m	
Rebecca Bromwich	7.25	7.25		7.58	7.54						4
Caz Canavan					8.30						1
Serena Garnett									8.44		1
Fazila Hajat	9.21	9.32			9.48	9.37					4
Emma Klimowicz					8.39						1
Angela Ladkin					7.35			7.28	7.07	7.34	4
Alison Lodwick	10.02	10.28	10.39	10.18	10.57	10.23	9.35	9.50	9.41	10.12	10
Rachel Moyes	8.18	8.34	8.47	8.28	8.25		8.10	8.36	8.15		8
Clare O'Neil	7.22	7.19									2
Anita Pabla	9.34	9.45	9.59	9.21							4
Trudy Sharpe	9.02	8.57	9.13	9.17	9.44	9.31	9.23	9.51			8
Lindsay Smith						8.04					1
Fiona Sutherland	8.50	8.44			9.48			8.44		9.28	5
Sally Waterfield							7.50				1
Annemarie Williams	9.34	9.20			10.58						3
Charlotte Wood	7.40	7.42	7.51		8.07	7.24		7.38	7.19		7
Craig Atton			6.29								1
David Cabaniuk	7.25	7.33									2
Martin Capell	7.43	8.00	8.02	8.01	8.49	8.06	8.23	8.27	7.46	8.53	10
Mark Chamberlain	5.53	5.59	6.05	5.49				6.17	5.45		6
Nick Cobley	6.29	6.30	6.26	6.14	6.38	6.08	6.07	6.12	5.56	6.14	10
Ceri Davies	6.55	6.59	7.12	7.00	7.50	7.15	6.55	7.13		7.16	9
Simon Fryer	6.42	6.43			6.49			6.42	6.21		5
John Hallissey		7.15	7.20								2
Jon Heap	7.16	7.17		6.56	9.41			7.25	7.07	7.51	7
Dale Jenkins	7.04	6.57	7.02	6.53	7.41	6.59			6.47	7.20	8
Roger Kerridge			7.37	7.11							2
Paul Langham						7.23		7.41	7.03	7.38	4
Dave Lodwick	6.49	7.08	7.02	6.54	7.20	6.56	7.11	7.12	6.55	7.23	10
David Luyt									7.21		1
Steve Martin	7.42							8.58			2
Tom Martin	6.56	6.51						7.28			3
John McDonald		7.09	6.29	6.23	6.42	6.17					5
Rob Milstead	6.33	6.37		6.43	6.48	6.36	6.26	6.39	6.18	6.37	9
Mike Munday						5.44					1
Hitesh Pandya									6.38	8.17	2
Chris Peach					8.05			7.06	6.55	7.50	4
Stuart Power		6.33									1
Colin Smith	9.52	9.41		9.24	10.09	9.51	9.21	9.44			7
Adrian Stanley	6.41			7.09							2
John Stew	7.14	7.18		7.08	7.55	7.19	7.37	8.03			7
Dave Swan	7.44	8.01		7.57	8.48	7.56	7.57	8.13	7.42	8.32	9
Edmund Ward	7.26										1
Barry Waterfield	9.24	9.46		9.25			9.57	9.47	9.23	10.31	7
Jerry Wilkes					7.29						1
Neil Winkless					7.48	7.18	7.00	7.08		7.30	5