

Roadhogs Leicester A.C.



January/February 2013

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

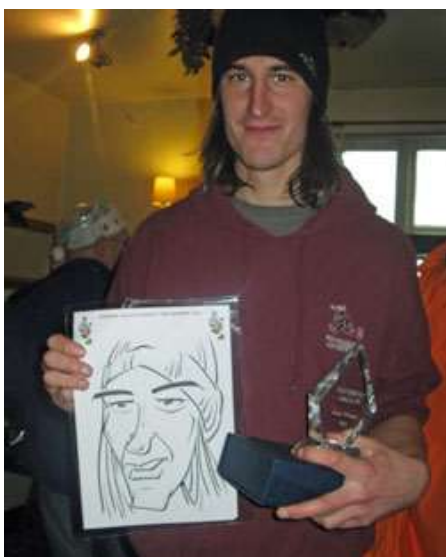
Kim's Dream Team*



And this wasn't even the entire team; some hadn't made it to the venue in time for the photo! Cross country is becoming so popular that the traditional venues will struggle to cope. The queues for a stile at Markfield moved slower than the M5 on a Bank Holiday weekend. Even the long trek to Burton for race 2 didn't discourage the runners; keen to enjoy racing over the countryside.

*With apologies to Charlton Athletic and thanks to Sam Rose for the photograph

Nick's a Winner!



Nick proved unbeatable in the mud and rain of this year's Gaddesby Gallop, capping an excellent year with a well-deserved winner's trophy and one of the more unusual prizes on the County circuit. Hopefully his Mum likes it!

LRRL Races 2013

January 27 th	Barrow 6
February 24 th	Ashby 5
March 10 th	Kibworth 6
April 14 th	Markfield 10K
May 19 th	West End 8
June 2 nd	Swithland 6
June 30 th	Prestwold 10K
July 10 th	Hungarton 7
July 31 st	Joy Cann 5
August 11 th	Hermitage 10K
September 1 st	John Fraser 10

Member News

A big welcome to new members Will and Jess and congratulations to Miguel on the award of his PhD. Well done Dr Flores!

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Hoedown with the Hogs!

Roadhogs' cowboy-themed presentation evening must go down as one of the best ever. Mark supplied the food, Keith and the 'East Clintwood Band' supplied the entertainment and the lovely Leisure Centre staff kept the booze flowing. The decision to leave the partied-out and empty-pocketed doldrums of January and move the event to late November seemed to pay off. Another positive decision was to utilise the performing talents of members, rather than hire a band.



The East Clintwood Band in full flow

Several members have had memorable years and others have made valuable contributions to the life of the club; a few of these were recognised by the award of trophies. Athlete of the Year, the most prestigious award - decided by popular vote - went to John Stew, whose year included all those important Roadhogg touchstones; athletic feats aplenty, determination, good humour and just a touch of insanity. The award for 'Most Improved Athlete' could have been awarded to any one of several members but no one would deny that Mark Ramsden was a worthy winner who, having started from a high base, made a big leap forward and set 8 impressive PBs during the year.



Most Improved Athlete: Mark Ramsden

Other awards went to Clare Mendes (Lady Captain's Award), Richard Norton (Men's Captain's Award), Colin Bowpitt (Cross Country Captain's Award) and John Stew (Chairman's Award). The final award, for 'Services to Roadhogs', went to Keith. Not only does Keith take a lead in organising our social activities but his constant good humour and down-to-earth nature keeps the wheels of the club turning. He also goes out of his way, week after week, to make newcomers feel welcome in the club.



Keith is saluted for 'Services to Roadhogs'

The club was also pleased to award honorary life membership of the club to Richard Verschoyle, Sid Smith and Rex Stapleford. Richard served as Vice-Chairman of the club for several years (before retiring to the Norfolk coast) and as an indefatigable recruiter was responsible for bringing many runners to the club. Sid, another longstanding member, who sadly can no longer run, is always the first to volunteer when anything needs to be done and he and his wife Lyn are fixtures at our races. Rex took up race walking in his early thirties and switched to running at the young age of 57. Now 80 and in his 24th year as a member of Roadhogs, he is still a regular racer and an inspiration to all of us. During his race walking days he gained entry to the exclusive 'Centurion Club' of walkers who completed the 100 mile Leicester to Skegness race in less than 24 hours (22.19).



John checks for Mo Farah's name on the trophy



Lady Captain's Award: Clare Mendes

2012 in Numbers

55: Marathons completed

27: Number of those Marathons completed by John Stew

11: Half Marathons completed by Clare

31: Record number of Roadhogg runners in a Derby Runner race

36: Roadhogs who ran at least one DRL race

61: Roadhogs who ran at least one LRRL race

19: Lowest LRRL turn out

36: Highest LRRL turn out

28: Runners in the Leicester HM

85: Recorded PBs

12: PBs in the Leicester HM

9: PBs by Clare

For the Record

Shepshed 7		
Martin Capell	144th	51.08
Bec Bromwich	159th	51.42(PB)
Dan Bannatyne	165th	51.49
Steve Wheeler	176th	52.45
Keith Dakin	187th	52.58
Ruth Stevely	232nd	55.03
Grace Robinson	316th	59.07
Clare Mendes	371st	62.00
Lucy McMillan	416th	65.19
Rex Stapleford	453rd	68.41

Seagrave Wolds Challenge		
Nick Cobley	2nd	1.51.54
Ludo Renou	8th	1.58.43
Jerry Wilkes	36th	2.14.08
Simon Fryer	80th	2.26.57
Jackie Brown	119th	2.38.40
Colin Bowpitt	121st	2.38.50
John Hallissey	122nd	2.38.52
Dale Jenkins	124th	2.39.00
Clare Mendes	212th	3.02.50
Baz Barratt	213th	3.02.54
Rex Stapleford	270th	3.26.54
Robin Hood 10K Trail Run		
Nitin Surti	386th	58.40
Parkrun 17/11/12		
Mark Ramsden	8th	18.00
Martin Capell	43rd	21.58
Parkrun 24/11/12		
Lee Hubbard	21st	19.40
Dale Jenkins	28th	20.12
Martin Capell	126th	26.26
Richard Norton	149th	29.20
Florence Marathon		
Paul Langham	3754th	3.50.33(PB)
Parkrun 1/12/12		
Nitin Surti	103rd	28.02
Richard Norton	126th	32.00
Parkrun 8/12/12		
Nitin Surti	96th	26.50(PB)
Rich Norton	108th	28.19
Turkey Trot		
Ludo Renou	17th	1.22.03
John Davies	175th	1.36.24(PB)
Martin Capell	277th	1.41.39
Steve Wheeler	296th	1.42.21(PB)
John Hallissey	332nd	1.44.15
Keith Dakin	377th	1.46.17
Dan Bannatyne	393rd	1.46.52
Amy Gasper	514th	1.53.00
Barbara Hermann	543rd	1.54.04
Trudy Sharpe	572nd	1.55.20
Rich Norton	676th	2.02.18
Clare Mendes	687th	2.03.13
Lucy McMillan	797th	2.17.00
Enigma 12/12/12 Marathon		
John Stew	24th	4.52.55
Parkrun 15/12/12		
Rich Norton	111th	26.33
Gaddesby Gallop		
Nick Cobley	1st	41.21
Ludo Renou	8th	43.59
John Hallissey	33rd	49.56
Dan Bannatyne	42nd	52.10
Clare Mendes	75th	1.01.10
Robin Meynell	76th	1.01.10
Ian Bass	78th	1.02.16
Valerie Spezi	97th	1.11.47
John Stew	98th	1.11.48

Gettin' Muddy with Kim

Derby Runner League Race 1 - Thornton 18/11/12

The sun shone bright at Markfield and a record 31 Roadhogs came along to run the first XC league race this season. There was a huge field of over 500 runners which caught the organisers by surprise and meant that there were queues of several minutes in some places around the course. This gives an advantage to runners in front of you as you have to wait while they get away. Also, some of the ladies, who are of course slim and light, said they were pushed around a bit in the crowded race by the heavier men. It wasn't intentional but there were just too many in the race; the organisers have already said they will look in starting the men and ladies separately if there are so many runners next time. Apart from the congestion, this was a scenic and pleasant 5.6 mile route through grassland, woodland and lakeside. In places it was muddy and wet as the morning frost had melted so it was hard to keep your balance. But what a turnout from Roadhogs! We had 7 men and 4 ladies making their debut for the cross-country team: Dan Bannatyne (only 2 years late), Dan Barnes, Martin Capell, Morgan Gaylard, Chris Herber, Lee Hubbard, Sam Jolly, Lorena Capell, Rachel Clarke, Amy Gasper and Jess Morris. Also we welcomed back some runners who we have not seen for a while, such as Craig Atton, John Hallissey-Prosecuting and Chris Peach, and of course most of the regular muddy Roadhogs were there to make this our best ever team. I counted 5 pairs of nice shiny new running shoes, which didn't stay shiny for very long, and an outstanding pair of shorts on Clare which she cleverly used to dazzle anyone running behind her.



Sam: Tremendous debut

Nick and Ludo led the men home. It's good to see Ludo back to his old form. They were followed by Sam J with a great debut run as those long legs bounded over hills and trees. And then Lee, also in his first run over the country. Then came Dale, Jerry and Colin just to show that the more mature runners can still hack it. For the girls Bec and Jackie led the way, which was a surprise to Bec as she didn't expect to run so well. Behind these, all the Roadhogs came charging in to the finish, to the cheers and applause of their team mates. It was hard for me to keep up with the finishing positions, and Trudy is going to have to make more cake (I hope you got some Valerie). Thanks to Richard for taking the photos. Thanks to everyone who ran, bring on the next race!



Bec: Fantastic form

RESULTS (5.6m):

MEN: 10th Nick Cobby 34.44, 20th Ludovic Renou 36.44, 79th Sam Jolly 40.44, 119th Lee Hubbard 43.36, 134th Dale Jenkins (V50) 44.43, 135th Jerry Wilkes (V40) 44.52, 157th Colin Bowpitt (V40) 46.21, 162nd John Hallissey 46.28, 200th John Davies (V40) 48.54, 201st Dave Lodwick (V50) 49.07, 219th Ceri Davies (V40) 50.51, 233rd Morgan Gaylard 52.01, 236th Daniel Barnes 52.07, 238th Chris Peach (V40) 52.30, 248th Dan Bannatyne 63.36, 250th Baz Barrett (V50) 53.41, 253rd Craig Atton 53.56, 282nd Rob Taylor (V50) 56.21, 286th Chris Herber 56.40, 315th Sam Richardson 62.41, 332nd Ian Bass (V40) 65.25, 340th Martin Capell (V50) 71.36, 349 finished.

LADIES: 12th Rebecca Bromwich 48.06, 23rd Jackie Brown (V40) 50.44, 72nd Amy Gasper 61.01, 94th Clare Mendes 64.23, 110th Rachel Clarke 66.20, 113th Trudy Sharpe (V40) 139th 66.37, Lorena Capell 71.18, 144th Valerie Spezi 72.13, 154th Jess Morris 77.00, 166 finished.



John: A welcome return

TEAMS: Men 4th dvn 2, ladies 5th dvn 2, combined 9th dvn 1.

Derby Runner League Race 2 - Sinai 2/12/12

This race is a bit of a journey for Roadhogs as Sinai Park is in Burton-On-Trent. But as the Derbyshire clubs who compete in this league do most of the travelling (most of the races are in Leicestershire), we have to make the long trip sometimes. I expected that fewer Roadhogs would make the trip to the more distant venue, but I was wrong; once again we turned out in great numbers and no less than 27 (16 men, 11 ladies) stood at the line at the start. We had 3 more first-timers in Grace Robinson, Steve Robinson and Barbara Hermann, and it was Ruth's birthday so as an extra treat to herself she came along to run the race. Dale had been poorly with serious man-flu during the week, and Chris Peach did not make it as he has hurt his back (ask him how). Some sheep wandered around the tents before the start ... either they were impressed by our new club banner or they were looking for Trudy's cakes.



Ludo: Back on song

This is a regularly used venue for the league; this time the host club Hatton made some course changes but they still kept the uphill start and the double climb up, down and back up onto Sinai ridge which is so hard on the legs. There were plenty more hills around the course, and in places it was hard and rutted after the overnight frost, but where the sun melted the frost it was muddy and wet. Nick and Ludo led the Roadhogs charge again with a brilliant 6th and 14th in the men's race, and Rebecca surprised herself again with a brilliant 6th in the ladies! Jackie and Ruth finished well up in the order and several in the team finished higher up than Markfield, even accounting for the smaller field, eg Jerry, John, Dave Lod, Dan, Amy, Trudy, Jess and Valerie. Amy just edged out Barbara to complete the ladies scoring team, and Craig finished just ahead of Martin to complete the men's scores. Jess and Valerie sprinted together for the finish with Jess just getting ahead at the line. Dave Lod turned his ankle as he sprinted to the finish; it is now swollen and sore and I hope it gets better soon Dave. The ladies finished 2nd team in division 2. Afterwards Ruth's husband took her away to get her cleaned up and take her out for a birthday dinner. Thanks to all who ran, and special thanks to John Stew, Jerry Wilkes and Richard Norton who helped at the primary schools races on Saturday as well.



John: Really hitting form

RESULTS (5.3m):

MEN: 6th Nick Cobley 33.11, 14th Ludovic Renou 34.55, 99th Jerry Wilkes (V40) 41.33, 109th John Davies (V40) 42.47, 125th Colin Bowpitt (V40) 43.35, 127th Dale Jenkins (V50) 43.40, 149th Dave Lodwick (V50) 45.15, 169th Craig Atton 47.12, 170th Martin Capell (V50) 47.17, 182nd Dan Bannatyne 48.32, 194th Steve Robinson 49.46, 199th Baz Barrett (V50) 50.20, 208th Rob Taylor (V50) 51.38, 242nd John Stew (V50)

61.00, 244th Richard Norton (V40) 62.00, 247th Ian Bass (V40) 63.25, 251 finished.



Amy lining them up at the finish

LADIES: 6th Rebecca Bromwich 43.15, 22nd Jackie Brown (V40) 48.39, 27th Ruth Stevely (V40) 49.47, 55th Amy Gasper 55.41, 58th Barbara Hermann 56.15, 64th Grace Robinson 57.17, 77th Rachel Clarke 59.40, 85th Trudy Sharpe (V40) 60.32, 87th Clare Mendes 60.59, 103rd Jess Morris 63.57, 104th Valerie Spezi 63.58, 113 finished.

TEAMS: Men 4th dvn 2, ladies 2nd dvn 2, combined 9th dvn 1. TEAMS AFTER 2 RACES: Men 4th dvn 2, ladies 3rd dvn 2, combined 9th dvn 1.



Keith has just spotted the plate of pork pie

Old Lod's Almanac

January

Rain

Nick misses out in the Barrow 6 after losing his hairgrips in a flooded section.

City council cancels cross country over fears that a runner might get their Christmas trainers dirty. East Clintwood band sign record deal.

February

Still raining

Charnwood Hills replaced by bog snorkelling.

Lee's secret double life as part of band 'One Direction' exposed in tabloid scoop; East Clintwood plunged into crisis.

Triathletes use their superior swimming to sweep the board at local road races.

Clare and Callum release charity single in aid of Leicestershire Flood Relief.

IAAF sanction use of flippers in races.

March

Kibworth 6 cancelled after Saddington reservoir has burst its banks and washes away road.

Desperate Chancellor decides to tax road runners for wearing out the highway.

Alistair Brownlee beats Mo Farah in the 10,000m when Mo punctures his water wings.

Rob Pullen to re-stock with wetsuits and flippers.

Clare and Callum displaced from number 1 when Sam's heavy metal version of 'The Theme from the Waltons' goes viral.

Birthdays

January

9th Emma Raven
17th Martin Capell
19th Bec Bromwich
28th Miguel Flores
31st Rob Milstead

February

8th Keith Dakin
15th Hannah Bishop
24th Peter Sloneczny

April

Spring finally arrives; it stops raining for 10 minutes.

Keen to defend his World title, Mo Farah announces he's taking swimming lessons.

England Athletics insist race organisers must provide ropes and a tractor in case John gets stuck in any more bogs.

Nick loses a race; complains that someone had trodden on his hair.
East Clintwood split; Ruth goes off to paint and play accordion in an artists' collective in Paris.

May

After a week without rain, Severn Trent are worried that reservoir levels won't be able to cope if Nick decides to wash his hair.
Race cancelled because the pollen count is too high.
John trips over blade of grass; council to investigate possible breach of 'maximum grass height regulations'.
Ruth returns, denouncing French attitudes to vegans; East Clintwood to re-form.

June

First drought warning.
East Clintwood signed to headline Glastonbury.
Rare bird found nesting in Nick's hair.

July

Hosepipe ban comes into force
Keith comes second in national pram hurdling championships.
Race winner Nick says he only ran so fast because someone told him the other runners were carrying hair clippers.

August

Torrential rain signals an end to water rationing.
Council ban safety pins; cite injury suffered by local runner.

Lord Lucan found hiding in Nick's hair.
East Clintwood break America.

September

Turkey Trot places to be allocated by ballot.
Council experts demand scuba divers at all cross country stream crossings.

October

Keith wins Leicester Marathon despite stopping twice for chips.
Cross country cancelled because of rain; Council say runners might catch a chill.
Nick celebrates League success by clearing presentation night buffet.

November

New safety regulation: Handrails to be provided on all gradients steeper than 1 in 10.
Nick now banned from every 'all you can eat' restaurant in town.

December

EA increase individual affiliation rates to £100 "as nobody will notice because after the last increase nobody pays them anymore".
East Clintwood announce split; cite creative differences over Christmas single.
No one allowed to run cross country without a letter from their Mum.