

# Roadhogs Leicester A.C.



January/February 2014

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

## Cross Country Special

It's been a great cross country season, so far; we've had big turn outs, new faces and some great performances, culminating in our first ever team medals in the County Championships (well done Vicky Salt, Jackie Brown and Ruth Stevely). There've been so many races that Kim has been kept busy trying to chronicle them all. Why not make yourself a cup of tea and sit back and read the reports; whether you're a cross country-lover (and I don't mean a libidinous door-to-door salesman) or think they're mad; you can still admire the heroic feats in the mud.



## LRRL 2014

### Winter League

19 <sup>th</sup> January	Kibworth 6
26 <sup>th</sup> January	Barrow 6
9 <sup>th</sup> February	Markfield 10K
23 <sup>rd</sup> February	Ashby 5
16 <sup>th</sup> March	Stilton 7
6 <sup>th</sup> April	Desford

### Summer League

18 <sup>th</sup> May	West End 8
8 <sup>th</sup> June	Swithland 6
22 <sup>nd</sup> June	Prestwold 10K
2 <sup>nd</sup> July	Hungarton 7
20 <sup>th</sup> July	Hermitage 10K
6 <sup>th</sup> August	Huncote
7 <sup>th</sup> September	John Fraser 10



Ludo's list of achievements now includes the title of County Veteran 10 Mile Champion after his top ten finish in the John Fraser race in September (County HQ only caught up with him in November). He followed this up with an even more valuable trophy at the presentation evening.

## Well Done Nick!

Defending champion Nick had another good run in the Gaddesby Gallop, securing the runners up spot (and thus avoiding the dreaded caricature).

## Member News

Congratulations to Lorena on the birth of Maddox Arlo. A big welcome to Afra and Natasha; hopefully we'll have more new signed up members to name-check in the next edition.

## In This Issue

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Picture credits: Dave Pearce, John Stew, Keith Tonks (Flashlight2012), f stop event photography, Dave Lodwick.

## Presentation Evening



After the success of last year's cowboy themed event, we got in touch with our Gallic side; more striped tops, moustaches and dodgy accents than an 'Allo, Allo' convention! John and team decked LCCC out in red, white and blue, and put on a menu full of French classics. Creative Director, Keith, twisted a few arms and lined up an array of musical talent; Will and his trumpet, Callum and his flute, Ruth & Jerry's French classics and of course Baz Hendrix and his mighty band 'In Seine'. If that wasn't enough, we had the Can Can girls flashing their fishnets.



There were plenty of sporting achievements to celebrate as well. In a nice touch of symmetry, we had a French winner too; Ludo was deservedly voted 'Athlete of the Year' for the second time. There were many names mentioned in dispatches, but the worthy winners were:

Road Running Captains' Awards; Steve Wheeler and Bec Bromwich  
 Cross Country Captain's Awards; Nick Cobley and Jackie Brown  
 Most Improved Runners; John Davies and Vicky Sutton  
 Chairman's Award; Ruth Stevely.

There was also a special presentation to our victorious LRRL Hoggettes and mementos for John (100 Marathons) and Alison and Dave (100 consecutive LRRL races).



## Leicester University Relays

This was a new event in the calendar, organised by the university athletics club. The completion involved a series of 3K legs of a course round Victoria Park including several sharp turns. None of us is used to such a short distance but plenty of Hoggs were willing to give it a try. In the end, with a little help from one of the Corries finest, we managed to field 5 teams to race against the generally (much!) younger students.

Although running flat out for 3K is hard work, at least it is over quickly! The ladies and mixed teams went in the first race (over 3 legs) and we got off to a good start, finishing 1<sup>st</sup> (Jackie, Mark C and Dave P) and 3<sup>rd</sup> (Dave L, Ruth and Dale). Our ladies finished a gallant 5<sup>th</sup>.

Having provided lots of encouragement for their team-mates, it was now the turn of the men to strut their stuff. Some impressive running saw us bag 3<sup>rd</sup> (Sam, James, Ludo and Nick), 5<sup>th</sup> (Ferrante, Drew, Dave P and Will) and 10<sup>th</sup> (Fabio, Mike C, Lee and John H). Nick recorded the 3<sup>rd</sup> fastest individual leg and Ludo the 5<sup>th</sup> (Dave P; 6<sup>th</sup> and 11<sup>th</sup>).

The students laid on a great cake stall and there was a fun atmosphere. The only shame was that, apart from a single team from Wigston Phoenix, we were the only LRRL club to support the event.

<b>Mixed Teams</b>		
1st	Crocodile Rockers	
	Jackie Brown	12:31
	Mark Chamberlain	11:31
	Dave Pierce	09:47
3rd	Roadhoggs Mixed	
	Dave Lodwick	11:39
	Ruth Stevely	14:07
	Dale Jenkins	11:33
6 entered		
<b>Ladies</b>		
5th	Roadhogg Ladies	
	Ashley Simpson	12:19*
	Valerie Spezi	16:54
	Lucy McMillan	15:17
	*Went wrong way!	
5 entered		
<b>Men</b>		
3rd	Roadhoggs	

	Sam Jolly	11:00
	James Dunham	10:32
	Ludo Renou	09:38
	Nick Cobley	09:30
5th	Roadhoggs 1	
	Ferrante Neri	11:36
	Drew Simpson	11:51
	Dave Pearce	10:02
	Will Carter	11:06
10th	Roadhoggs 2	
	Fabio Caraffini	12:05
	Mike Cummins	12:29
	Lee Hubbard	12:41
	John Hallissey	11:12
12 entered		

## Marathon News

While John has been doffing his cap and raising his bat to the crowd, there's not been much Marathon action to report. In fact the only thing to mention is that Barbara capped off an impressive year of Marathon running in the challenging Portsmouth Waterfront event in a howling gale (her 4<sup>th</sup> Marathon of the year).



'Happy the dwarf' emerging from the mines (Gaddesby, page 8)

## For the Record

Workshop HM		
Dale Jenkins	318th	1.36.31
Great South Run		
Rae Clark	1625th	1.17.31
Dan Bannatyne	2405th	1.20.27
Amy Gasper	3677th	1.24.42(PB)
Ruth Stevely	5372nd	1.29.29
Ian Bass	5913th	1.30.58
Rich Norton	6126th	1.31.29(PB)
Parkrun 2/11/13		
Baz Barratt	116th	24.12
Ian Bass	130th	24.38
Shepshed 7		
Steve Wheeler	98th	50.29
Dan Barnes	105th	51.00
John Hallissey	116th	51.37(PB)
Bec Bromwich	17th	51.52
Keith Dakin	123rd	52.22
Steve Robinson	138th	53.09
Drew Simpson	144th	53.37
Vicky Salt	62nd	57.53
Ash Simpson	102nd	1.01.50
Fi Sutherland	147th	1.08.12
Rex Stapleford	269th	1.08.47
Seagrave Wolds Challenge		
Ludo Renou	2nd	1.41.05
Nick Cobley	4th	1.42.05
Jerry Wilkes	25th	1.58.00
Sam Jolly	67th	2.12.12
James Dunham	80th	2.14.59
Vicky Sutton	99th	2.19.01
Drew Simpson	100th	2.19.08
Bec Bromwich	104th	2.20.00
Dale Jenkins	105th	2.20.11
Ash Simpson	168th	2.37.07
Jon Heap	176th	2.38.32
John Stew	276th	3.17.02
Valerie Spezi	277th	3.17.05
Parkrun 9/11/13		
Ian Bass	87th	23.52(PB)
Rich Norton	126th	25.29
Baz Barratt	243rd	37.59
Parkrun 16/11/13		
Baz Barratt	228th	32.58
Rich Norton	248th	35.58
Shakespeare Raceways HM		
Chris Peach	61st	1.34.52(PB)
Parkrun 23/11/13		
Ian Bass	83rd	23.11(PB)
Rich Norton	156th	26.03
Baz Barratt	243rd	34.28
Matthew Walker Plum Pudding 10 km		
Rex Stapleford	663rd	60.18
Clowne HM		
Jerry Wilkes	55th	1.29.25
Dale Jenkins	94th	1.34.17
Parkrun 30/11/13		
James Dunham	15th	18.38(PB)
Jackie Brown	75th	22.24

Baz Barratt	163rd	26.07
Rich Norton	171st	26.34
Turkey Trot HM		
Dale Jenkins	170th	1.34.36
Chris Peach	206th	1.36.59
John Hallissey	240th	1.38.03
Vicky Sutton	321st	1.43.05
Keith Dakin	362nd	1.44.41
Parkrun 14/12/13		
Baz Barratt	134th	26.05
Gaddesby Gallop		
Nick Cobley	2nd	34.14
James Bostock	6th	35.32
James Dunham	7th	35.41
Dale Jenkins	28th	42.30
John Hallissey	46th	43.57
Dave Lodwick	47th	43.58
Jackie Brown	60th	46.40
Ian Bass	93rd	51.55
Whetstone Christmas 5K		
Tom Martin	16th	21.28
Parkrun 21/12/13		
Baz Barratt	113th	25.49
Portsmouth Coastal Waterside Marathon		
Barbara Hermann	694th	4.24.17
Barrow Boxing Day Handicap		
Will Carter	23rd	38.39
Dale Jenkins	52nd	42.17
Dan Barnes	79th	44.52
Dan Bannatyne	107th	46.33
Amy Gasper	135th	48.11
Ruth Stevely	150th	49.40
Kirstin Stevely	153rd	50.01
John Stew	159th	51.05
Trudy Sharpe	173rd	52.27
Rich Norton	177th	52.51

## County Standards

Leicestershire Vision 2020 Athletics Network (part funded by England Athletics) have developed a set of county standards, covering distances from 5K to Marathon, designed to give runners of any ability targets to aim for. The standards, which have been devised by Jon Shaw from Hermitage Harriers build on those that have been used by a number of local clubs. In a joint venture with the LRRL, the Network will be awarding certificates to athletes who qualify for the various levels from 'pewter' to 'rhodium' by achieving the relevant times at 5 different distances. If you're really keen you can go for a 'distinction'; 9 distances. The hope is that this scheme will be both good fun and provide an incentive for runners to train a little harder, and aim a little higher, in the hope of achieving the 'next level'. You can find the tables on our website.

If members want advice on training techniques and planning, Mark C is a qualified endurance coach and Alison, Baz, Dave L, John S and Trudy are qualified run leaders; all of them would be happy to help. There are coached sessions at Saffron Lane track on a Monday (run by Mark and Hannah from West End) and there are other Network coaches and 'Flying Coach' events available to assist you in achieving your goals. Whether you're fast, slow or in between, all that matters is that you have the desire to improve.

## Editor's Blog

Almost every weekend of the year, there's a choice of several races; new events are popping up left right and centre. Some are good, some are OK and occasionally, some are a complete disgrace. If a race has been run before, odds are there'll be some useful information out there; other club members may have done it (or heard about it) or it may have been rated on Runner's World (although beware of the serial complainers). For the others and the first time events, how do you spot the rogue ones?

1. Look for a 'race permit'. Whether this is issued by UK Athletics, ARC (Association of Running Clubs), FRA (Fell Running Association) or TRA (Trail Running Association) it will mean that the race promoter has to adhere to certain minimum standards e.g. public liability insurance and first aid.

2. Look for a certificate of course measurement. All road events should have one of these. Distances for off-road events sometimes need to be taken with a pinch of salt, so if it matters to you e.g. you're aiming for a PB, check it out first.

3. Don't be fooled by a flash website and 'professional race organiser' spiel. Some of these people have little clue.

4. Events run by running clubs are usually a safe bet and those raising money for charity are often fine (if sometimes less well organised) but charitable donations are sometimes used by commercial operators as a way of recruiting marshals (for free) and encouraging public-spirited entrants. Check how much actually gets handed over; if the organiser's 'expenses' are high, the charity may see very little direct benefit.

I have done events organised by Scout Groups, PTAs, Village Fetes, Rotary Clubs, Charities,

enthusiastic amateurs and professionals; rarely have I failed to enjoy my run. However, I know others haven't always been as lucky. What constitutes fair value really is down to the individual entrant. Costs vary so widely that a £25 city-based race with road closures may be making less than a £12 'local' race. The longer a race is, the harder it is to organise and the more likely that a small organiser will over-stretch themselves; a safely run half Marathon requires a lot of marshals.

Some of the most enjoyable events are those staged for both walkers and runners; challenge-type events. Here the bargain is different; distances are only approximate, there are relatively few marshals, it's self-navigation, there may be no paramedics and race times are to the nearest minute. On the other hand, they're relaxed, inexpensive and you're always well fed.

## Gettin' Muddy with Kim

### Derby Runner cross country league race 2: Thornton

Race 2 was from South Charnwood High School, the only xc race with indoor changing in a hall. The pre-race information sheet said 'no changing facilities' but the hall was open and runners were changing into and out of their race kits with the usual abandon. Some more hardy clubs had still pitched their tents outside, but I bagged a bench in the hall so that our delicate and sensitive Roadhogs (ha ha) could prepare and recover in the warm and dry. Ash and Drew, with new runner James in tow, were pushing their luck though as they arrived quite late and had to change on the start line! The day was dry but cloudy and cool. This course is a scenic 5.5 miles down to Thornton Reservoir and back ... with good downhills to enjoy on the way out (woo hoo) and tough climbs on the way back (boo). We had 27 runners in the main race, and there were over 500 running altogether. Like last year this is a very popular event so this time they staggered the start and set the ladies off 10 minutes after the men, which helped to reduce the queuing at some points around the course. But they still ran out of discs in the men's race, then ran out of spare discs as well and the last few runners had to remember their finishing positions!

In the men's race, Ludo in 8th got the better of Nick in 11th. Next in was James Dunham in his debut race, then Sam J, John D, Jerry, Dale and Steve W completed our scoring 8. It was good to see Rex back racing again, at the grand old age of 81. Jackie led in the girls like a good captain, and then Vickie ran with more confidence and finished just ahead of Amy and Ruth to complete the scorers. Further back we thought Barbara had dropped out somewhere, but she came in and explained she was not pushing it too much as she had only given a blood donation a day before. Some other Roadhogs had also taken part in the University relays on the previous day but still came and ran the xc ... what a team! Thanks very much everyone.



Ludo wearing half of Brocks Hill

John S pointed out runners in a black kit with the name 'Badgers'. They are in the results so must be a new or re-named club this season. I will try to find out. It's a good job this wasn't Somerset or they would have been culled.

Before the race, John Heywood of County AA presented Ludo with a medal for 1st v/35 in the County 10m championships held with the Fraser 10 a few weeks ago. Well 4th v/35 actually as the previous 3 finished in 1st to 3rd places overall. It's still good Ludo that you are a champion.

I would like to mention young Liam Wheeler, only 6 years old, who ran his first race in the junior mile. He wasn't at the front but tried his best and was smiling all the way round. Mum and Dad Wheeler were quite proud. The Bromwich girls pulled out this time but I am sure we will see them racing again soon, also Bec could not run as she is suffering another DVT, so dad Rich was the only Bromwich who ran though he does not count for us as he ran for Leicester Tri Club. Maybe one day he will be good enough to join Roadhogs.



James trying to stay upright

RESULTS (approx 5.5 miles):

MEN: 8th Ludovic Renou 34.12, 11th Nick Cobley 35.42, 80th James Dunham 38.43, 105th Sam Jolly 39.53, 107th John Davies (V40) 39.59, 121st Jerry Wilkes (V40) 40.42, 155th Dale Jenkins (V50) 42.34, 176th Steve Wheeler (V40) 43.32, 187th John Hallissey 44.02, 204th Ceri Davies (V40) 44.58, 222nd Dan Barnes 45.52, 232nd Drew Simpson 46.37, 241st Dave Lodwick (V50) 46.58, 246th Steve Robinson 47.19, 264th Hitesh Pandya (V50) 48.29, 334th Ian Bass (V40) 53.51, 345th John Stew (V50) 55.33, 358th Rex Stapleford (V70) 59.04, 364 finished.

LADIES: 31st Jackie Brown (V40) 45.11, 88th Vicki Salt (V40) 49.47, 90th Amy Gasper 50.02, 92nd Ruth Stevely (V40) 50.06, 110th Ashley Simpson 51.41, 121st Grace Robinson 52.44, 158th Trudy Sharpe (V40) 56.20, 167th Barbara Hermann 57.41, 178th Valerie Spezi 59.09, 194 finished.

TEAMS: men (dvn 2) 3rd. ladies (dvn 2) 7th, combined (dvn 1) 8th.

TEAMS AFTER 2 RACES: men (dvn 2) 3rd. ladies (dvn 2) 4th, combined (dvn 1) 8th.

## Derby Runner cross country league race 3: Bagworth

It was a nice bright morning at Bagworth Heath. But after the club presentation event the night before, which finished quite late, I was a little worried that our cross country runners might not make it to the start line or be suffering from effects of alcohol and lack of sleep. But most did make it, and altogether 23 Roadhogs turned up at Bagworth Heath. I was pleased to see them and tried to tell the few with sore heads that the run would be good for them ... fresh air, lovely countryside ... but I don't think they believed me. It was good to see Chris Peach making a rare appearance. After a few wee trips into the woods the Roadhogs team joined the start and set off up the hill. It was at this point that I learned from a marshal that the course was not as advertised; instead of the usual one small and two large laps it turned out to be one small and one very large lap, so I shouted this change at as many of our runners as I could, as they went by after the small lap. I think some heard me but anyway the single long loop will have been a nice surprise. Certainly it was for the men's winner from Derby Tri, who came home after about 20 minutes (5+ miles ?????) from the wrong direction so had obviously missed a marshal somewhere.



A welcome opportunity to wash the mud off

In the race proper, the young bucks Nick, James and Sam led the men's team, with James improving on his previous race at Markfield. They were chased in by older buck Dale and Steve Wheeler and one or two aged and weary but still highly tuned runners. A little further back Steve Robinson and Drew are slowly but steadily improving. For the girls our debut runner Amanda was inspired by a Roadhogs vest and was our first girl in 12th with Vicki S and captain Jackie not far behind. Rae and Vicki S had their own race, and poor Ashley fell badly and grazed her leg but got up and bravely carried on to the finish. It was hard to separate the mud from the blood on her leg but new husband Drew took charge and got her cleaned up by the medics. Ruth, Barbara and Trudy can-canned their way round the course. Even without Amanda's score (as she is second claim), the girls still finished top division 2 team in the race.

Afterwards we enjoyed Trudy's homemade cakes, which are such a great reward to enjoy after a race. By the way, the Hoggs only just outnumbered the Hoggettes by 12 to 11 ... watch out guys, here come the girls and soon they will take over and be in control.

RESULTS (advertised as 5+ miles but was short):  
 MEN: 18th Nick Cobleby 30.16, 43rd James Dunham 31.45, 119th Sam Jolly 35.11, 121st Dale Jenkins (V50) 35.20, 148th Steve Wheeler (V40) 36.42, 174th Steve Robinson 38.13, 175th Chris Peach (V40) 38.25, 180th Dave Lodwick (V50) 38.45, 190th Drew Simpson 39.10, 222nd Hitesh Pandya (V50) 41.15, 271st John Stew (V50) 48.29, 276th Rex Stapleford (V70) 52.05, 278 finished.

LADIES: 12th Amanda Harris (V40) 36.57, 22nd Vicki Sutton 39.05, 25th Jackie Brown (V40) 39.29, 40th Rae Clark 40.52, 42nd Vicki Salt (V40) 40.55, 71st Ruth Stevely (V40) 44.13, 85th Amy Gasper 45.44, 87th Ashley Simpson 45.57, 117th Barbara Hermann 48.50, 121st Grace Robinson 49.29, 129th Trudy Sharpe (V40) 50.19, 158 finished.

TEAMS: men (dvn 2) 5th, ladies (dvn 2) 1st, combined (dvn 1) 9th.

TEAMS AFTER 3 RACES: men (dvn 2) 5th, ladies (dvn 2) 3rd, combined (dvn 1) 8th.

## Gaddesby Gallop

*Report by Dave Lodwick*

Another fun canter through the countryside; Nick couldn't quite defend his title, but he probably didn't want another caricature (first prize)



anyway. The runaway leader took a wrong turn and ended up 4th (Nick, whose path-finding hardly rivals Tonto's, seemed surprised at this!). The regulars were joined by James, who has recently decided to join us.

I first ran the 'gallop' in 2003, the inaugural race with just 71 finishers. It encapsulates all that is good about cross country and is one of those races you keep going back to. Even though the field has doubled, it has lost none of its friendly relaxed feel. The course has remained largely unchanged over the years and there are a trio of obstacles thrown in to put the speed merchants off their stride; the dew pond, the drainage pipe and the brook. Being water-based hazards, these vary according to the weather, so you never quite know what to expect; there have been some spectacular 'pratfalls' over the years. Gaddesby seems a happy hunting ground for the Hogs; Nick was defending the title he won last year and Mike and Mark are previous winners of the excellent half Marathon they used to stage there in the summer. On this occasion, last year's runner-up turned the tables beating Nick into second place. The biggest loser was the clear early leader who added his own private loop and ended up fourth. Strangely Nick, whose path finding hardly rivals Tonto's, seemed surprised at this! Roadhogg interest at the sharp end was maintained by excellent finishes by James B, an experienced fell runner, and James D who is showing a real aptitude for cross country (6th and 7th, respectively). Dale, resplendent in his 'bah humbug' hat, was next, followed by John H who had just enough left in the tank to avoid being 'Lodwicked' at the finish. Jackie maintained Hoggette honour and Ian checked out the local real estate.

## Huncote Hash

I was unable to make it to the Hash this year so this report is mainly from notes taken for me by Dave Lodwick, thanks Dave. It was a beautiful crisp morning and the ground was still slightly frozen in the shade (including the ascent of Croft Hill) but soft elsewhere. Runners broke the ice on the many puddles as they passed. The Hash is a very popular post- Christmas calorie burner and a real cross country test but with a bit of fun. Dave said that he had not enjoyed a run so much in a long time. As usual, runners were encouraged to wear costumes and there were cowboys, Indians, policewomen, nuns, cats and men in drag running the 6.5 miles of muddy tracks and hill climbs. Trudy ran in her can-can

costume and I am sorry I missed that but I can imagine it is now covered in mud.

Almost 400 runners started the race, including 17 Roadhogs. Afra Kelsall ran her first race for the club and her first cross country ... what an event to choose for a debut! Nick took a wrong turn (for a change) along with several others, but still finished 10th. Sam J was up there as well in 50th. Ian fell over in the first bit through the woods and received the full beauty treatment; mud from head to toe. He could only see out of one eye for much of the race. Steve Robinson had a good run considering he had been on-call the night before.



Oh yes she can (can)!

Of our more mature athletes, those who can remember when Croft Hill was a complete hill before the quarry took a chunk out of it, Dale and Jerry ran really well as ever. Dave thought he was running ok until another runner alongside mentioned that he was usually several minutes behind.

Ruth tried out her new XC shoes; she bought them online and was surprised to find they were spikes and was unsure about them, but they seemed to work for her and she had a really good run and was our first girl home, followed in by Amy and Afra. Trudy managed to beat the gorilla and, as she came to the finish, her team mates all lined up and did a can-can in her honour. I'm sorry I missed that as well.

RESULTS (overall positions only): 10th Nick Cobley 45.16, 50th Sam Jolly 49.47, 58th Jerry Wilkes (V40) 50.27, 81st Dale Jenkins (V50) 52.59, 105th Steve Robinson 55.15, 109th John Hallissey 55.41, 119th Chris Peach (V40) 56.08, 123rd Dave Lodwick (V50) 56.24, 172nd Dan Bannatyne 62.01, 181st Ruth Stevely (V40) 63.00, 188th Paul Langham (V40) 63.29, 194th Amy Gasper 63.41, 214th Afra Kelsall 65.31, 235th Ian Bass (V40) 67.42, 301st John Stew (V50) 73.13, 305th Richard Norton (V40) 73.43, 312th Trudy Sharpe (V40) 74.26, 381 finished.

## Leicestershire Cross Country Championships

For the first time, Roadhogs entered senior and masters (veterans over 35) teams in the county cross-country championships, mainly thanks to Jackie getting the girls interested. The day at Brocks Hill Country Park in Oadby was wet wet wet and the course was like a swamp all the way round. Even the easier flat or downhill sections were tough running because of the ground conditions.



"How did we get roped in to this?"

The men's (10k) and ladies (6K) courses were around short and long laps, but the laps were around figure-8 routes. This was good for spectators, but for the runners it's difficult to keep count of your loops and laps when you are working so hard, and some found they still had more to do when they thought they were finishing. There were races throughout the day, from u/13s to masters, and I must say a big thanks on everyone's behalf for the race and course officials for being out there all day in the rain and cold (including our own Dave Lod who was one of the timekeepers). Watching the leading runners makes you realise just how fast

some of these guys are; a group of OWLS youngsters ran away in the men's race and took most of the top few places, and a junior Coritanians runner also won the ladies race by a good distance.



Vicky: Leading our victorious 'masters' home

Our Roadhogs teams ran their dirty socks off; in the ladies race Vicky Sutton was first in and then Vicky Salt got ahead of Jackie late in the race but Jackie hung on and was close behind at the finish. Ruth and Ashley were next in, and then Trudy and Valerie who know they will struggle at the back of the race but they do not quit and keep giving 100% time after time. For the men Drew did not feel so good and had to drop out early on ... no problem Drew, we have plenty more races for you. Ludo led Nick again but suffered a stitch in the second half and lost some ground, but Nick was also suffering from over-distance. James and Sam J were next, it's good to see more of our younger runners coming through, followed by the old(er) reliables John H, Dale and Chris in close order, and then Steve W. Once the results were split between seniors and masters (o/35s) our masters finished full teams but our seniors did not. The mature men finished 8<sup>th</sup> team and the mature ladies were 3<sup>rd</sup>, so all respect to our masters.

Only Chris and Steve said that they liked the course, but I'm sure that all of our runners enjoyed being tired and cold and covered in wet mud but just forgot to tell me.



Ruth added to her collection of awards

## RESULTS

Senior men: 20<sup>th</sup> Nick Coble 43.59, 25<sup>th</sup> James Dunham 45.13, 35<sup>th</sup> Sam Jolly 47.54, 41<sup>st</sup> John Hallissey 51.10

Masters men: 7<sup>th</sup> Ludovic Renou 42.32, 52<sup>nd</sup> Dale Jenkins 51.31, 54<sup>th</sup> Chris Peach 52.07, 64<sup>th</sup> Steve Wheeler 53.30, team 8<sup>th</sup>  
 Senior ladies: 13<sup>th</sup> Victoria Sutton 31.49, 18<sup>th</sup> Ashley Simpson 39.25  
 Masters ladies: 9<sup>th</sup> Vicky Salt 32.44, 10<sup>th</sup> Jackie Brown 32.53, 23<sup>rd</sup> Ruth Stevely 35.24, 35<sup>th</sup> Trudy Sharpe 39.45, 39<sup>th</sup> Valerie Spezi 44.08, team 3<sup>rd</sup>

## Birthdays

### January

9<sup>th</sup> Emma Raven  
 17<sup>th</sup> Martin Capell  
 18<sup>th</sup> Fabio Caraffini  
 19<sup>th</sup> Bec Bromwich  
 27<sup>th</sup> Vicky Salt  
 28<sup>th</sup> Miguel Flores  
 29<sup>th</sup> Hamir Godhania  
 31<sup>st</sup> Rob Milstead

### February

3<sup>rd</sup> James O'Rawe  
 8<sup>th</sup> Keith Dakin (V60)  
 15<sup>th</sup> Drew Simpson  
 15<sup>th</sup> Hannah Bishop