

Roadhogs Leicester A.C.



January/February 2015

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

Cross Country Special

A Rip-roaring Success!

Roadhogs have just staged the most successful race in the history of the Derby Runner Cross Country League. Record numbers of runners turned out to enjoy almost perfect weather in the beautiful surroundings of Bradgate Park. Feedback has been amazing and this is testament to the vision of Kim and the brilliant support provided by members of the club, friends and family.



LRRL 2015

Winter League

Sunday 25th January: Barrow 6
Sunday 8th February: Markfield 10K
Sunday 8th March: Kibworth 6
Sunday 29th March: Desford 6
Sunday 17th May: West End 8

Summer League

Sunday 7th June: Swithland 6
Sunday 21st June: Prestwold 10K
Wednesday 1st July: Hungarton 7
Wednesday 5th August: Joy Cann 5
Sunday 23rd August: Hermitage 10K
Sunday 6th September: John Fraser 10

Kibworth 6: Help Needed

We'll be staging the Kibworth 6 LRRL race on Sunday 8th March. Dave Swan and Colin will be in charge on the day. This will be our first race with a road closure, so we'll need plenty of help to make sure everything goes smoothly. We'll also need to field competitive teams, too. If you can persuade family or friends to help out too, that would be great.

County Standards

Certificates are now on order and should be with us soon.

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Picture Credits

SL Images, Keith Tonks, Dave Lodwick

Member News

A big welcome to our new members Gianluca, Shaun, Jeannette, Nathan, Caroline, Naomi and Terry. The membership department is very busy at the moment, so I'm sure there'll be plenty more to report in the next edition!

We're also delighted to welcome back Peter and Neil who have re-joined.

Congratulations to Barbara and Steve, Amy and Dan on their respective engagements, and Ash and Drew, Nic and Tom on their upcoming family additions.

Bradgate Feedback

“Congratulations Roadhoggs on staging a brilliant event today, perfectly organised in inspirational surroundings at the spiritual home of Leicestershire Running. You even managed to organise perfect weather. The size of the field says it all and hopefully it can be a regular race on the calendar. Well done again.”

“Thanks to Roadhoggs Leicester A.C. for putting on a fantastic event today. Great marshalling and support, superb!”

“Great course - challenging, hills and good support”

*“Fantastic race love all of it
Thanks from all the badgers”*

“Thank you for such an awesome race today.. it tested quite a few runners. Well organised and good support.”

“Well done guys - cracking course!”

“Thank you Roadhoggs - we have had fantastic feedback from all of our runners this morning!”

*“Great race, well organised
I never get bored of running in Bradgate Park”*

“A smashing race today; a toughie but really enjoyable. Thank you.”

“Well done Roadhoggs! Hard but good course.”

“Best race and atmosphere of the series, ever!”

“Great course, really tough!”

“Excellent work, thank you”

“Brilliant course. Thanks for organising the weather as well.”

“Love, love, loved it, thanks Roadhoggs from Hatton Darts”

“Fantastic course, thanks Roadhoggs”

“Thanks Roadhoggs my favourite xc race so far.”

“Brilliant course. Really tough but beautiful in the Winter sun. Until next year...”

Getting' Muddy with Kim Derby Runner League Race 2 - Bagworth 7/12/14

Last year on the Bagworth Heath course a marshal was briefly missing and a single runner took a wrong turn and came in from the wrong direction to win the race by about 10 minutes! (he didn't count in the end). This year a marshal was missing bigtime and everyone took a wrong turn and came in from the wrong direction! However the results will stand as everyone followed the same route, although a little shorter than advertised at 5.7 instead of 6.2 miles.

It was a cloudy and breezy day. We welcomed cross country debut runner Ben Milsom, who had not run xc since school, and who turned up with brand new bright blue shoes that were less bright blue at the end of the race. After we were one short of a full team in the last race, but the good people of Roadhoggs answered the call and 13 guys and 6 girls gathered around our mobile hospitality centre with some jolly chat about running and cakes.



Becca: Leading the way over the country

The runners set off up the long slow hill at the start. The ground was muddy in some parts but quite OK in others. The climb up to the ridge was from the other direction to usual and there were other course changes from last time with different loops which at least adds some variety, but in one narrow section some runners on a previous loop held up a good number of other top-half runners who had lapped them and had to pick their way by. For Roadhoggs, once again

the Bostocks ruled as James and Becca lead home our men's and ladies teams. Not to be outdone, the Simpsons were contesting the middle of the race and Stewsharpes positioned themselves at the rear to make sure that all the Roadhogs were safely home. James Dunham and Vicky Sutton were second in for each team, a good performance from both, and the ever reliables Amy and Ruth, and Dale, Steve Wheeler, Dave Lod, Drew and Jerry filled up the teams before Ben completed the men's scoring team on his first xc run for us. Hitesh, Chris, Dan, Baz and Ashley followed home, though Dan suffered from a cold and struggled round and Ashley ran with extra care because she is carrying a future Roadhogg for us.



Ashley: Precious cargo

Afterwards we had a full selection of Trudy's wonderful cakes, too many for the 19 of us but we did our very best with them. I will work on getting even more runners out next time. And just so you know, for once I did a quick run myself as the banner blew away and I had to sprint after it. It was only around 50 yards but all at high speed.

RESULTS:

MEN: 16th James Bostock 36.31, 71st James Dunham 40.38, 145th Dale Jenkins (V50) 44.58, 156th Steve Wheeler (V40) 45.34, 185th Dave Lodwick (V50) 47.31, 190th Drew Simpson 47.40, 221st Jerry Wilkes (V50) 49.56, 252nd Ben Milsom 51.40, 255th Hitesh Pandya (V50) 52.01, 259th Chris Peach (V50), 52.17, 270th Dan Bannatyne 53.30, 281st Baz Barrett (V50) 55.07, 317th John Stew (V50) 64.31, 324 finished.

LADIES: 43rd Rebecca Bostock 50.01, 58th Vicky Sutton 52.42, 107th Amy Gasper 58.08, 145th Ruth Stevely (V40) 62.00, 153rd Ashley Simpson 63.33, 158th Trudy Sharpe (V40) 65.44, 178 finished.

TEAMS: Men (dvn 2) 8th, Ladies (dvn 2) 9th, Combined (dvn 1) 9th.

TEAMS AFTER 2 RACES: Men (dvn 2) 9th, Ladies (dvn 2) 8th, Combined (dvn 1) 9th.

Gaddesby Gallop

This pre-Christmas burn up has been going, on and off, since 2002 and usually attracts a few Roadhogg mud-lovers. The course, which has been fixed for a few years now, is what you would call 'proper cross country' and includes features such as the dewpond (the deep sucky mud claimed a few shoes this year), the drainage pipe and the brook (shallower than previous years, but still plenty cold enough).



Robin and Dale battling it out at Huncote

To spread a little Christmas cheer, the organisers hand out Santa hats to all competitors and there were also a couple of elves too. Not for the first time, Dale led the way with Dave, Colin, Vicky and Ian following some distance behind. After a quick rinse off with the hosepipe and some warm clothes it was off to the village pub for a festive drink; a great way to start the holiday season.

Huncote Hash

It was a bright but cold day for this year's Hash. Roadhogs turned out in numbers for the popular

annual Christmas burnout, which as usual included some runners in fancy dress. There are now junior races before the main event and it's always encouraging to see the youngsters having a go. The course looked quite muddy and with Croft quarry ridge quickly followed by Croft Hill in the middle section, is certainly a challenge.

John Stew reported: The Perfect Christmas Recipe ... take 1 icy hill! Add muddy farmland, 100 meters of flooded sub-zero track, 85 steps on a "stairway to heaven" and followed up by a slippery, with a camber, run across the side of the quarry, and panoramic views almost to the centre of the earth, finished with a bright sunny day, and garnished with the annual 50 meter wade through icy knee-deep water. The Huncote Hash, maybe an acquired taste, but whether a fast or slow runner it's one of the highlights of the Leicestershire running year. It should be noted all Hoggs and Hoggettes finished in front of the Gorilla, and Clare will not have to go into exile again as she ran the stream - honour restored.....!



A thoughtful Clare contemplates the terrors of the stream

I helped to haul the runners out of the stream and watched the different styles through the water. Some ran through, some walked, some laughed as they splashed each other and one or two even sat down in the middle just to show they could take a complete soaking. Some of the Roadhoggs runners ran together and helped each other around the course ... whilst the runners at the front end were racing all out for the fastest times, most of the field just aimed to get around and enjoy the day.

RESULTS: 96th Robin Meynell 54.57, 97th Dale Jenkins 54.57, 98th Steve Robinson 54.58, 104th Dave Lodwick 55.08, 120th Colin Bowpitt 56.50, 159th Dan Bannatyne 61.08, 160th Chris Peach 61.13, 188th Jackie Brown 63.38, 198th Martin Capell 65.16, 267th John Stew 72.56, 290th Ruth Stevely 76.03, 308th Clare Mendes 78.52, 321st Trudy Sharpe 82.39, 322nd Natasha Eastwood 82.45, 358 finished.

Derby Runner League Race 3 - Sinai 4/1/15

It was icy cold and foggy out in Burton-On-Trent but 26 hardy Roadhoggs came to run on what is usually the toughest course in the cross-country league. Harry Mullen, Dave Pearce and Fabio Caraffini made their debuts for the Roadhoggs xc team, and Martin Capell, Clare Mendes and Valerie Spezi returned to the league after an absence. We also had 4 brand new pairs of cross country shoes making their first appearance as Clare, Robin, Harry and Fabio wore their dazzling footwear which could be seen from the space station. Baz and Martin ignored the freezing conditions and stripped down to their vests and stood there like a pair of hairy yaks. The Sinai course is 5+ miles, starts up a hill, has a short steep hill in the first half and two longer and steeper hills which come close together in the second half. There are plenty of other ups and downs as well, though the last mile is pretty flat and then a mad downhill dash to the finish. There are also some awkward cambers and turns, and as the frost melted it was hard to keep your balance in the mud.



Harry Mullen makes an impressive debut

Young Harry Mullen led the team home in his first race for us, chased in by Ludo and Dave Pearce. Ludo and Dave did really well considering they ran the County Championships for Leicester Coritanians the day before, but sadly we cannot count them as they are second claim members of Roadhogs. James Dunham, Dale, Jerry, Robin, Steve Robinson, Dave Lodwick and Steve Wheeler completed the scorers. Rebecca led the girls home again, putting her ahead of hubby James as 'first Roadhogg' as he was skiing out in Austria. Jackie, Vicky and Amy completed the scoring team. Although Barbara and Steve recently announced their engagement, I do not believe that they held hands around the course though maybe Steve could have been there to haul Barbara up the hills. We are currently 10th in the combined division one, the dreaded relegation position, but with this terrific support from everyone who ran and such a great team spirit I hope we can climb out of this and keep our place in the top division. Thanks to everybody who came out and ran today.



James in his element

NB Barbara and Steve's news started me thinking; if you got points for running couples then Roadhogs would surely win the league as in our cross-country squad we currently have Amy & Dan, Ashley & Drew, Barbara & Steve, Clare & Rob, Jackie & Dave, Rebecca & James, Trudy & John and Valerie & Ludo!

RESULTS:

MEN: 42nd Harry Mullen 34.29, 56th Ludovic Renou 35.05, 66th Dave Pearce (V40) 35.51, 82nd James Dunham 36.32, 147th Dale Jenkins (V50) 40.10, 169th Jerry Wilkes (V50) 41.31, 176th Robin Meynell 42.07, 186th Steve Robinson (V40) 42.52, 187th Dave Lodwick (V50) 42.53,

206th Steve Wheeler (V40) 44.15, 214th Drew Simpson 44.49, 219th Colin Bowpitt (v40) 45.08, 223rd Fabio Caraffini 45.32, 224th Dan Bannatyne 45.34, 225th Ben Milsom 45.35, 267th Baz Barrett (V50) 50.44, 270th Martin Capell (V50) 51.27, 307 finished.

LADIES: 27th Rebecca Bostock 44.47, 44th Jackie Brown (V50) 47.52, 53rd Vicky Sutton 49.25, 90th Amy Gasper 54.23, 116th Clare Mendes 57.52, 119th Ashley Simpson 58.22, 123rd Barbara Hermann 59.13, 125th Trudy Sharpe (V40) 59.25, 139th Valerie Spezi 61.52, 153 finished.

TEAMS: Men (dvn 2) 8th, Ladies (dvn 2) 6th, Combined (dvn 1) 10th.

TEAMS AFTER 3 RACES: Men (dvn 2) 7th, Ladies (dvn 2) 8th, Combined (dvn 1) 10th.



Fabio: Enjoying this cross country lark

Derby Runner League Race 4 - Bradgate 18/1/15

It was a frosty start to this league race which was hosted by Roadhogs at Bradgate Park, but the sun came out and by the end of the morning it was nice and bright but still cold. Bradgate is a fantastic location for running and the Mecca of local runners, but this was the first time that it had been used for a league cross-country race. We thought it would be popular, but it exceeded our wildest expectations as more than 600 runners came to race, a new league record! There were plenty in the junior race as well. As for Roadhogs, even with many helping rather than running, we still had 34 running including 8 debutants, which was almost a club record as well. All of this caused a nightmare in the

Newtown Linford car park and our parking marshals filled every space and in the end had to close the gate and leave the queue outside to find space in the village, and then they dashed to join the race! We will learn from this for next time.



Mark transferred his excellent road form to XC

The senior race start was delayed because of the parking problems, and we set the men off before the ladies as the first part of the course narrows pretty quickly. The route is very hilly but also very scenic with some terrific views from the high points which I'm sure were appreciated by the runners once they got there. We had designed a 2-lap course of 5.4 miles, with an uphill start to lap 1, then plenty more hills plus a mountain to climb up to the Monument, and finally a nice downhill run-in on lap 2. There are some tight turns and with the slippery conditions several runners fell; one broke a finger but was treated by the medics. James Bostock led our men's team in again, chased home by Mark Ramsden making his league debut, and the team was completed by Nathan Adams (also debut) and regulars James Dunham, Jerry Wilkes (a much better run Jerry), Dale Jenkins, Robin Meynell and Steve Wheeler. For the ladies Vicky Sutton managed to get ahead of Becca Bostock for the first time this season, with Afra Kelsall and Ruth Stevely completing the team. Our other debutants were Tim Olsen, John Ladd, Brian Feldman, Natasha Eastwood and Jessica Gigg (guesting), plus a welcome return from Peter Sloneczny.

Drew Simpson was in the last mile and running towards the point where some runners were still making the turn to start lap 2, just seconds after

Ashley Simpson had made the turn. To be fair, the men did have a 10-minute start and Ashley is being careful as she is carrying a potential future Roadhogg. I'm sure that Drew would have been gallant and stayed back if he was any closer. Nearly all of the Roadhogs finished within sight of each other, and some finished together, which shows what a great team spirit we have as our runners encourage each other out on the course.

Finally, thanks to all of you who helped with marshalling, car parking and finish line duties. Particularly Dave Lod, Ian Bass and John Stew for being out there early to set out the course. James and Mark hared the first lap of the junior race as their warm up but, as the children ran by to start their second lap, I saw them both dropping to the ground from their efforts ... that's 2 more who now know just how quick a fast 11-year-old is over a mile. And several of these juniors also ran the main race including an 11-year-old girl! Bec Bromwich handed out finishing discs whilst balancing on her crutches. Trudy, Valerie and Natasha stayed and tried (not very successfully) to help me take down the tent.



Vicky: A strong run over the Bradgate hills

Sorry for not mentioning everyone who ran or helped and thanks to all of you who represented the club so well. We have had a lot of good feedback about the event from the other clubs and I hope we will be back at Bradgate Park.

RESULTS (5.4m):

MEN: 13th James Bostock 33.55, 17th Mark Ramsden 34.51, 76th Nathan Adams 37.37, 86th James Dunham 38.02, 164th Jerry Wilkes (V50) 41.32, 173rd Dale Jenkins (V50) 41.54, 184th

Robin Meynell 42.16, 195th Steve Wheeler (V40) 42.35, 204th Tim Olson 42.49, 225th Drew Simpson 43.39, 234th Sam Jolly 44.04, 242nd Steve Robinson (V40) 44.28, 245th Colin Bowpitt (V40) 44.34, 247th John Ladd (V50) 44.40, 258th Fabio Caraffini 45.18, 259th Peter Sloneczny (V50) 45.19, 265th Terry Woodhouse (V40) 45.38, 266th John Hallissey 45.39, 279th Dab Bannatyne 46.14, 292nd Ben Milsom 47.03, 325th Chris Peach 49.16, 354th Hitesh Pandya (V50) 51.34, 387th Brian Feldman (V60) 55.51, 405 finished.

LADIES: 69th Vicky Sutton 48.07, 79th Rebecca Bostock 49.22, 103rd Afra Kelsall (V40) 50.53, 135th Ruth Stevely (V40) 53.47, 166th Clare Mendes 57.02, 177th Jessica Gigg (V50) 58.38, 178th Barbara Hermann 58.43, 180th Ashley Simpson 59.31, 195th Trudy Sharpe (V40) 61.39, 196th Valerie Spezi 61.40, 198th Natasha Eastwood 62.05, 221 finished.

TEAMS: Men (dvn 2) 4th, Ladies (dvn 2) 8th, Combined (dvn 1) 9th.

TEAMS AFTER 3 RACES: Men (dvn 2) 6th, Ladies (dvn 2) 9th, Combined (dvn 1) 10th.

For the Record

Mile End Parkrun		
Jackie Brown	54th	23.31
Broadmeadow Marathon		
Jon Heap	51st	6.21.34
Parkrun 6/12/14		
Ben Milsom	78th	24.05
Parkrun 13/12/14		
Ben Milsom	96th	23.45
Cannon Hill Parkrun		
Jackie Brown	129th	24.32
Turkey Trot HM		
Steve Wheeler	192nd	1.36.01(PB)
Chris Peach	279th	1.39.55
Hitesh Pandya	374th	1.44.50
Ruth Stevely	781st	2.07.55
Trudy Sharpe	803rd	2.09.29
Parkrun 20/12/14		
Steve Wheeler	28th	20.21(PB)
Ben Milsom	82nd	22.49
Gaddesby Gallop		
Dale Jenkins	23rd	41.05
Dave Lodwick	49th	45.38
Colin Bowpitt	69th	48.25
Vicky Sutton	80th	50.34
Ian Bass	132nd	64.05
Parkrun 25/12/14		
Ben Milsom	47th	22.22
Shaun Heaphy	145th	27.21
Barrow Handicap		

Dale Jenkins	56th	41.20
Robin Meynell	106th	45.08
Dan Bannatyne	112th	45.23
Jon Heap	195th	52.19
John Stew	205th	52.52
Ruth Stevely	224th	54.47
Clare Mendes	227th	54.59
Trudy Sharpe	236th	55.46
Colin Bowpitt	275th	59.45
Parkrun 27/12/14		
Ben Milsom	36th	23.31
Steve Wheeler	138th	30.31
Huncote Hash		
Robin Meynell	96th	54.57
Dale Jenkins	97th	54.57
Steve Robinson	98th	54.58
Dave Lodwick	104th	55.08
Colin Bowpitt	120th	56.50
Dan Bannatyne	159th	61.08
Chris Peach	160th	61.13
Jackie Brown	188th	63.38
Martin Capell	198th	65.16
John Stew	267th	72.56
Ruth Stevely	290th	76.03
Clare Mendes	308th	78.52
Trudy Sharpe	321st	82.39
Natasha Eastwood	322nd	82.45
Parkrun 1/1/15		
Ben Milsom	48th	22.37
Shaun Heaphy	155th	29.25
Parkrun 3/1/15		
Ben Milsom	114th	24.24
Shaun Heaphy	226th	28.20
Winter Enigma Marathon		
Jon Heap	33rd	4.46.45
parkrun 10/1/15		
Ben Milsom	103rd	24.28
Neil Winkless	146th	26.20
Shaun Heaphy	206th	28.26
parkrun 17/1/15		
Ben Milsom	102nd	24.15
Ranscombe Challenge		
John Stew	40th	6.30.15

Birthdays

January

5th Stephen Dunne
 9th Emma Raven
 16th Hannah Ferrington
 17th Martin Capell
 18th Fabio Caraffini
 19th Bec Bromwich
 22nd Steve Barnes (V55)
 25th Chris Haward
 27th Vicky Salt
 31st Rob Milstead

February

3rd James O'Rawe
 8th Keith Dakin
 15th Drew Simpson

Christmas Quiz Answers

	Mike Price		Matt Topham		Steve Clegg		Helen Gregory
	Chris Mann		Karl Atton		Steve Blyth		Peter Sloneczny
	Rachel Moyes		Edmund Ward		Anne-Marie Williams		Rob Taylor