

Roadhoggs Leicester A.C.



July/August 2009

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



Inspirational Roadhoggs (Official!)

I'd like to say a big thank you to everyone who has supported us so magnificently in the last few weeks. I know the requests for runners, helpers etc. are pretty incessant at the moment and none of us have uncomplicated lives, but we do appreciate you giving up your time.

On the competitive front, there have been some fantastic achievements. Rebecca recorded a debut sub-4 hour Marathon at Edinburgh. "I bl**dy done it!" was the joyful text message to her fellow Hoggs afterwards. Nick has broken the LRRL top 40, Neil is setting PBs almost every time he runs and Rob has joined the sub-40 10K club.

Finally, as you'll read on page 4, Roadhoggs are truly inspirational!

Glooston 10K



The headline performance came from Gemma Steel who smashed Tara Kryzwicki's course record with a classy and determined effort which saw her finish 2nd over all. Coritanian Gareth Deacon surged away from the field right from the gun and steadily built his advantage over the field, finishing with a lead of almost 3 minutes.

New Members

We are delighted to welcome Paul Langham and Lindsay Smith to the club.

Round Leicester Relay

The round Leicester Relay will be held on Sunday 20th September. Ever the optimist, it would be great if we could manage to field 2 teams this year! If you've not done it before, the atmosphere is really special and there's a great camaraderie between runners and supporters.

Summer 2009 Training Dates.

Wed 22 nd Jul	Manor Road
Wed 29 th Jul	Houghton Sports Gnd.
Wed 5 th Aug	Manor Road
Wed 12 th Aug	Huncote League Race
Wed 19 th Aug	Bees Knees, Meridian
Wed 26 th Aug	Manor Road (Handicap)
Wed 2 nd Sep	Rose & Crown, Thurnby

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A Weekend in Scotland

The Edinburgh Marathon 2009

For the followers of Football the name Dennis Bergkamp will always conjure up all that is great about our national sport. His ability to score with either foot, or ghost past defenders as if they were never there was amazing.

The name Rob Milstead is now linked forever to Dennis, not for his football prowess, but their shared Aerophobia! Flying is not a Milstead pastime, and as our Boeing 737 climbed high over Nottinghamshire, Rob would have clearly preferred to be elsewhere. Angela kept him company while Jon Heap and I pondered the stupidity of running a marathon whilst under the influence of anti inflammatories and physio treatment, but what the hell.... A marathon hurts anyway!



We arrived in Scotland's capital in glorious sunshine, as we banked into final approach; The Forth Rail Bridge came into view along with the Royal Yacht Britannia in Leith Harbour. Edinburgh for those who have not had the opportunity to visit is well worth the trip. It is vibrant without the hassle you find in other capital cities. The restaurants and bars are plentiful, but so too are peaceful parks and monuments of interest. So Saturday afternoon was taken up on a five mile tour of the city on foot! The highlights being a visit to the last resting place of "Greyfriars Bobby" still a key feature of the Milstead library, and Jenners department store in Princes Street where Jon browsed the make up and lingerie counters... Finally a walk up to the Marathon HQ in Waterloo Place to take a look at the start line, and for Rob

to blag his way to three free bus tickets for after the race (like an idiot I paid £1.99)



A site of pilgrimage for Rob

The marathon course is a strange one, it starts in Regent Road near Holyrood Park, and in the first mile you pass Holyrood Palace and the Scottish Parliament building. Then its 4 miles through the suburbs to the Firth of Forth coastline, and then run along the Promenade to 9 miles where you pass the "finish line" at Musselburgh Racecourse. The route then goes slightly inland, but retains views of the sea to 17 miles, before you enter a 1 mile loop which brings you back running the opposite side of the road for 8 miles to the finish. You then need to catch a bus for the 9 mile journey back to the start!



Race morning started early at 6am, with the race due to commence at 9am it had to. Our B&B was pleasant and well furnished, but our host lacked any form of “customer care” which included no interest in providing breakfast before 7:30, reduced to 7:00 on protest, but only continental! Rob and Jon must have porridge before a marathon, so with a lot of lateral thinking (for them) and improvisation porridge production was undertaken in our “bedroom kettle” I did advise against it, but was overruled. Porridge was made if a little undercooked, but sadly we were left with an “Ex-Kettle” that no longer boiled anything...

We reached the start line area with 50 minutes before the race, found the baggage trucks, which were as good as London. Then it was time for a final trip to the loo! This took 45 minutes; I have never seen queue's like it! We got in our starting pen with 5 minutes to spare and a little disgruntled.



The temperature at 9am was 20°C, with not a breath of air. Given the course was billed as the fastest in the UK, because of its downhill start and virtual flatness, we planned to start out at normal pace to the coast, pick up the sea breeze and recover. We said our final prayer to St DAKIN of marathon runners and we were on our way. Rob took off, as always, and Angela, Jon and I ran together. Surprisingly at 4 miles we caught up with Rob who stayed with us for a mile and then chased off after Angela, who had grown tired of her second rate company.

At 8 miles the heat was getting to me, no sea breeze materialised at the coast, and so I stopped at the drinks station, had 2 full bottles of water and a gel. Over the next 2 miles I began to recover catching Jon at 11 miles as we started up a hill, although gentle lasted for 5 miles, and on a hot day felt a lot worse. Jon slipped back

with his leg injury playing up, but his natural determination remained in abundance as always. At 14 miles the leaders ran past heading for 21. All along this stretch people were dropping out and sitting by the side of the road. In all 10 people were taken to hospital and, 161 were treated by paramedics at the roadside. 13104 were entered for the race, I'm sure many showed sense and did not turn up on the day, but only 8257 finished.

At 18 miles the course looped back I was pleased to reach 30k slower than I hoped, but given the conditions better than I could hope for. Over the last 8 miles my energy and pain killers ebbed away, but with a last mile flourish I crept inside 4 hours by 15secs!.....2009 record in tact!

Rob and Angela ran together to 22 miles, where Rob dumped her, as he does with all the girls! Rob finished in 3:28:29 for 774th place and 50th over 50, Angela clocked 3:30:52 for 879th place and a fantastic 10th over 45F.....that's high class running. Rebecca in her first marathon sailed past me at 22 miles and finished. In 3:53:10 which was a fabulous effort. Jon finished in 4:19:19 which took a lot of guts and the rare ability/stupidity to shut out pain for 4 hours.

On reflection we were all pleased to finish, but unlike Snowdon last year we will not be rushing back to Edinburgh. Apart from the first mile there is little of interest to see apart from a power station,, it's a pity that more of the city could not be used, and run out over the Fourth road bridge, which would give magnificent views of the coastline.



Our post marathon dinner was held at The Hard Rock Café, where cocktails and lager made up for the fluid loss. The evening was memorable for sitting outside cafes and bars listening to live

music in the cool evening sunshine. Finally Rob and I found a juke box to die for, and after too many Islay malts I made friends with "Archie" we put the world to rights for half an hour or so and the next thing I remember it was morning!!



Jon's the only one who hasn't pulled.....not sure about Rob's though!

A great weekend, a beautiful city, with lots of laughs....That's what running is all about!

John Stew

Rainbows' 100 Lap Challenge

When I first heard of the Rainbows' 100 Lap Challenge, I thought "nice idea, but we'll never get 20 runners out". Knowing how many things we've been asking you to volunteer for this year, I didn't give it another thought. Two things changed my mind. The first was the persistence of the organiser; Dave Muddimer of OWLs. The second was reading how a firm of "professional" fundraisers had trousered £44K whilst raising precisely zero pounds and zero pence in sponsorship for the Special Olympics (the co-beneficiaries of the Challenge).

I knew from the outset that some of us would have to do a few extra laps to make up for being short of a full team but I had Mark and Nick and anyway, how hard could running 400m be? Things didn't get off to a brilliant start when Mark was forced to work instead and I was left hoping there were no more calamities.

Alison and I arrived first and entered the team. The rules required us to specify which laps would be run by which runner before the start. Not knowing for sure who would turn out or when they would arrive meant this was impossible, so we reached the only deal possible. We would

record our own laps, as we did them, but wouldn't be counted in the competition proper. That would be left to the teams from OWLs, Birstall and Huncote.

By the time we were ready for the off, we had a team of 12. Nick took the first leg and proceeded to pull out a Usain Bolt style lead (without the showboating, I hasten to add) by the time he completed the lap. Taking the baton in the lead was not what I was expecting but I went as hard as I could, all the time waiting for the sound of footsteps behind me. Surprisingly, they never came and I was able to hand over to Charlotte with the lead still intact. In fact it wasn't until after Alison took over that the other teams, who had opened with their male runners, finally caught us. After our brief moment of glory, it seemed just a case of seeing how many laps we could do before everyone had gone home. By now, our ranks had swelled to 13 with arrival of Emma. Nobody seemed prepared to settle for anything less than full on effort and soon the laps started to mount up.

When we reached the final half hour our numbers were depleted but Nick, Neil, Alison and I resolved that we'd keep going until the end. John and Trudy had been "leaving" for about half an hour but in the end they did more farewell tours than the Rolling Stones, seeing us to within sight of the finish. Huncote had finished first, followed by OWLs which left just us and Birstall. Just as John was warming to the idea that we might actually finish third, I was forced to come clean. "What do you mean we're not in the competition?" From the look on his face, I thought I might have to put in my fastest run of the night just to avoid a thumping!

Nick had the honour of completing the 100th lap a fitting end to an evening of supreme effort. The sight of him powering down the straight as I waited for the baton had really been something to behold. Seeing his level of commitment meant there was never any chance of me giving it any less than my best shot, every time, and I'm sure the others felt the same way. For the record, we finished about 3 minutes before Birstall. Fortunately with only 4 teams entered, like the best kids' parties, there were enough prizes to go round! The "Inspiration" award had been intended for an individual performance but in the end it was awarded to a team who had epitomised the spirit of the occasion. Fellow Roadhogs, I salute you!

The cast (in order of appearance): Nick Cobley (11 laps), Dave Lodwick (10), Charlotte Wood (6), Alison Lodwick (10), John Stew (9), Trudy Sharpe (8), Barry Waterfield (6), Neil Winkless (9), Fazila Hajat (6), Aileen Collins (Fleckney & Kibworth,

6), Fiona Sutherland (6), Euan Sutherland (7) and Emma Klimowicz (6).

Birthdays	
<p>July 3rd Charlotte Wood was 38 8th Sally Waterfield was 42 13th Ceri Davies was 42 30th Trudy Sharpe is 40 30th Kelley Wilder is 38</p>	<p>August 2nd Rex Stapleford is 77 6th Dale Jenkins is 50 11th Reem Al Jayyousi is 36 12th John Stew is 52 15th Roger Kerridge is 51 17th Simon Fryer is 31</p>

LRRL Race Reports

Hinckley Half Marathon

Traditionally, we struggle for numbers at Hinckley and we have never had more than 5 ladies competing. All that was to change, as we fielded our largest ever team at the event, including a record 11 ladies. We also had three runners making their league debuts for the club - talk about a baptism of fire! The course had been modified and was said to be flatter and quicker, but I'm not sure it really felt either. Still, the modifications and the introduction of chip timing meant that the field could be expanded to 1300 which certainly took the pressure off getting an entry.



Welcome back Angela!

The forecast was for heavy cloud and the possibility of rain for the later stages of the race, but it didn't turn out like that. As I applied the sun tan lotion, my thoughts went back to the 2008 race, run on one of the hottest days of the year, which ended up like an ambulance drivers' convention as runners swooned like Victorian heroines. Fortunately, we weren't in for a repeat, although it certainly turned out hotter than many of us would have liked.

It was fantastic to be able to welcome Angela back to the club and she continued the excellent form she showed in the London Marathon to lead the ladies home in 1.39.21 for 22nd place. Rebecca (30th) continued her build up for Edinburgh with 1.43.31 and was followed by Charlotte (36th) - surprising herself (but not the rest of us) - with an outstanding effort of 1.46.19 in her first Half Marathon. Next up were skipper Rachel (50th) and a pair of our debutants; Caz (55th), improving on her showing in the Turkey Trot, and Emma (66th), fresh from her efforts in the London Marathon. Trudy (109th) was pleased that her troublesome knee was improved from Belvoir and she was followed by Fuzzy (112th) who went well until 10 miles but struggled a bit over the later stages. Fortunately, she had Fi (111th) to encourage her when the going got tough. Alison (134th) seems to have temporarily lost some of her speed but determination was never in short supply as she survived the Half Marathon for another season. Just behind Alison was Annemarie (135th), making a great effort in her first Half, despite the conditions being a bit warm for her liking.

We lost Mark to the injury he sustained at London, but fortunately the fast boys rallied to the cause. Nick grabbed a great PB (44th LRRL/66th over all) to beat John McD (50th/78th) to the honour of first home. Behind them, Rob (57th/95th) and Simon (60th/100th) made sure we had 4 in the over all top 100 as they too broke the 1.30 barrier. Dave (110th LRRL) struggled for speed, ending up with a 1.36, a couple of minutes in front of Jerry (125th). Dale (148th) has been struggling with a knee problem which has restricted his training, so he was delighted to have a pain-free run. We had a new name rounding out the counting eight with Neil (159th) celebrating his debut by slicing a huge chunk off his PB.



Man in form: Nick

For Ceri (162nd), after his battle with cramp at London, Hinckley was a race too far and the wheels came off at 10 miles when he was still on course for the mid 1.30's. Behind him were John S (169th), who couldn't quite match his daring deeds of recent times, and Chris P (182nd), Roadhogs' off-road ultra-distance specialist. Chairman Dave (233rd) should have been pleased with his efforts because he hasn't done the long stuff for quite a while and Martin (234th) was barely 4 hours off the plane from holiday, so his body could be forgiven for not knowing what country it was in. Jon (258th) pulled up with a hamstring injury after 5 miles and walked much of the remaining 8 - some people just never give up!

There's no doubt that the best was left til last. As many of you will know, Colin had to endure two operations and a lot of pain to get back running. On Sunday he did himself, the club and

his surgeon proud when he completed his first half marathon in 6 years. He stopped the clock in 2.12.58 (a smidgeon over 10min/mile) and looked as smooth in the last mile as he did in the first (no doubt he'll say it didn't quite feel like that!).



Jon just doesn't know when to give up

Swithland 10K

Rather like Doctor Who, the Swithland 6 has died and regenerated into something new but still comfortingly familiar. Normally it is the scorching sun that has runners, metaphorically, hiding behind the sofa but a new race brought new meteorological challenges. There was so much rain, before, during and after the race that the organisers might have gone the whole hog, added a bike section and called it a triathlon. We also had a cross country challenge on the way to the start for good measure. So far was the start away from the finish that Gordon Lee was probably cruising through Swithland by the time Ted Toft had completed the return journey. The decision of the organisers to give out towels as race souvenirs represents one of the best bits of prophecy since Nostradamus was in short trousers. For those that kept dry at home, the course bears a striking resemblance to the original, only the start and finish have been altered to protect the innocent. With such familiarity, it was necessary, at various stages of the race, to remind oneself that the reason it didn't feel as difficult as usual was because you hadn't run as far.



Zorro: The Sequel

Mark was away at a family wedding, but Zorro came to our rescue. He didn't so much materialise out of the mist as squelch across the field, but he was a welcome sight nonetheless. Mike rarely races these days on account of the fact that his body tends to fall to bits every time he attempts one but he never fails to remind us what genuine talent really means. Race-ready or not, 15th place in 35.34 was a superb effort. Nick has made a big improvement this year and his PB performance had him breaking the top 50 (48th). John McD (60th) is also improving and is now consistently beating 40 minutes for 10K. Rob (94th) was one of 10 runners to be credited with the same time - it would have been some finish - a symptom of the havoc the conditions wreaked with the finish recording. There was a bit of a gap before Dave L (137th) came in ahead of Dale (141st) who had lost time stopping to adjust his flippers in one of the water sections. For Ceri (173rd) it was a case of "getting back on the bike" after the strain that London and Hinckley had placed on his legs. Neil put in another PB performance to finish between Ceri and John S (183rd). Fortunately; Neil (180th) had his teammates as witnesses because his name was missing completely from the first draft of the results. Next up was Paul Langham (190th) making a very promising debut for the club. Dave S (232nd) and Martin (242nd) then splashed across the line before Colin (284th) just failed to beat the hour (must have forgotten his water wings).

Charlotte was first lady home, underlining the strides she has made this year with an excellent 25th place. Behind Charlotte was Lindsay (55th), not just making her debut for the club, but running her first ever race. Not even the heavy rain could spoil Lindsay's delight at making such an impressive start to her career. Trudy (133rd)

and Fuzzy (135th) gamely battled through the elements to complete the scoring four before a rather blue Alison (149th) rounded off the soggy Hoggy finishers. Other teams have fancy tents to shelter from the elements. We had Dale's huge fishing umbrella to provide a welcome bit of sanctuary while we waited for the stragglers - there's style for you!

Prestwold 10K

Flaming June on the barren desert landscape of Prestwold airfield. Sound inviting? No me neither - no wonder we struggled to get a team out! To be fair, we seem to have more injury and illness than Holby City on a slow plot day. As it turned out, conditions were not too bad - high humidity, but only a breeze of the cooling variety rather than the sort that makes you feel like one of the kites they fly there. The sun did make an appearance late in the race leaving me half expecting to encounter a Bedouin camel train.....or maybe I was hallucinating by then?

With Charlotte having "taken one for the team" (a muscle strain that is) at the Rainbow's 100 Lap Challenge on the Friday and Rebecca having succumbed to a chest infection we were left carefully counting our lady entrants. Fortunately Sally, never one to follow convention, had chosen Prestwold for her first race in over a year. She'd even been doing some sneaky training and she had the honour of being first home (41st) in a time which compares favourably with her previous races. After missing Swithland with illness, Rachel (61st) was back to provide the second counter. Trudy (106th) and Alison (116th) had run a large number of fast laps on the Friday (10 and 9, respectively) but despite a few aches, did us proud to complete the team showing.



Neil: Rapid improvement

Nick (36th) is on fire at the moment - not even the after effects of Friday's "speed session" (all 11 flat out laps of it) could stop him taking advantage of the flat course to break 38 minutes for the first time. Rob (76th) suffered a bit of a dip in form after his spring Marathon exploits but here he roared back with a PB and a landmark sub-40 clocking. Ceri (127th) took another positive step in his post-marathon rehabilitation. Neil has been growing in confidence as he has gained race experience. This time he had the courage to make his effort earlier and was

rewarded with a big step forward (143rd) and a first ever sub-7m/m finish.

Dave L (161st) and John S (195th) survived to do their bit for the team, before Dave S (218th) and Martin (233rd) completed the scoring eight. Colin (256th) goes from strength to strength but for Barry (265th), a recent back problem and the after effects of Friday's sprinting made it somewhat of a struggle.

20 Things You Didn't Know

Rebecca	Question	Ceri
		
I am a nurse	What do you do for a living?	Student Union Director
I am married to Richard with 2 little girls, Mya and Alicia.	Are you Married or Single?	Married to Jan
Running since 2007.	How long have you been running?	About 5 years
Got chatting to Dave Swan in Sainburys.	How did you become involved with Roadhogs?	I joined after attending a club 'roadshow' in the village where I live.
100 metre sprint/ or heptathlon.	If you didn't run which sport would you like to excel in?	Cycling
To become a pharmacist, but found chemistry to hard.	Did you ever have any ambitions when at school to do a different job?	I always thought journalism sounded an interesting career.
Brazil and Cuba (honeymoon).	Which is the best Holiday destination you have been to?	Italy
R'n'B and hiphop	What music do you like most?	Heavy Rock and lots of other stuff too!
Fav film is Dusk till dawn.	What was your favourite film?	Gregory's Girl
If was a character on TV I would be Tazmanian Devil, because he just like me, rushing around and can't sit down.	If you could be any TV character which one would it be?	One of the Duke brothers from the Dukes of Hazzard or Hong Kong Phooey
The car that I drive is a Peugeot 206, and I would love a TVR Tuscan.	What car do you drive and what car would you most like to drive?	I have a dreadful Seat Arosa which I bought to teach my son to drive in. An Alfa Romeo GTV would be good.
Seafood, cake, and crème brulee. Fav drink- pina colada.	What is your favourite food and drink?	Chicken Dhansak and a golden coloured real ale
5 people to a dinner party- the hubby and the girls, Michael Johnson 200m/400m runner, Tina turner.	Which 5 people (living or dead) would you most like to invite to your Dinner Party?	Nelson Mandella, , Phil Lynott, Ola Jordan, Jeremy Clarkson, Emmylou Harris
Fav subject at school- cooking and P.E.	What was your favourite subject at school?	Geography
Fav book at minute is Planet Cakes, sorry it is great.	What was the best book that you ever read?	Catch 22 by Joseph Heller
Fav local race Huncote 5, best distance 10k and 1/2 marathons.	What is your favourite local race and your favourite distance?	My favourite race is the Hungarton 7 and I like races between 5 and 7 miles.
Best thing about being a Roadhogg is that we are so down to earth.	What is the best thing about being a Roadhogg?	I like the relaxed, easy going culture within the club.
I would change the colour of the race tops and hoodies, more colourful, maybe a colour for the boys and seeing there is more girls, one for the girls. Sorry for you ever picked it.	If there was one thing you could change within Roadhogs what would that be?	Things have improved since Swanee stopped guessing the distance of the training runs. It's all good now!
Best way to spend an evening is a night out, having dinner with hubby/ kids or boogying with the girls.	What would be the best way to spend an evening?	Cycling on a summer evening in the sun with a breeze at your back for the entire journey followed by some beer and a lift back to the start into the wind for me and the bike
Remaining ambition to open a little cake shop or tea room in the county and of course to be rich and happy.	Do you have any remaining ambitions either personal or club wise?	I would like to run a sub 1:30 half marathon.