

Roadhogs Leicester A.C.



July/August 2013

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



Hoggettes Hit the Heights

While the famous five were having their great London adventure, Bec and Jackie were taking care of business in the LRRL. Whilst spearheading a great team effort, they both raced to individual glory. Jackie underlined her new found form and confidence, finishing 2nd V45 and Bec mixed it so successfully with the top runners that she finished 2nd Senior. Nick maintained his high standards to secure the trophy for 6th Senior.

In the VL40 category, Charlotte finished 4th and Ruth 7th. Mark R was 13th Senior, Harry was 3rd U20, Steve W was 12th VM40, Dale was 7th VM50 and Keith 12th VM55.

Hardmoors Heroics



Roadhogs' very own Clark Kent has been at it again! Mild-mannered librarian during the week, ultra-marathon superhero at weekends. While most people spent their Bank holiday weekend catching some rays and dusting off the barbecue, Chris was running 110 miles over the North York Moors. He completed this barely imaginable feat in just over 31 hours, finishing 16th. Unsurprisingly, more than a third of the field failed to make it to the finish.

Another Winner!



Nick recorded the biggest win of his career to date, when he triumphed in the Beacon Hill Solstice Run. He completed the 5 miles of trails (including two ascents of the Beacon) in an amazing 30.36.

Member News

A warm welcome to Kirstin and welcome back to Nathan.

In This Issue

Kim gets nostalgic (page 2), Triathlons (page 3), For the record (page 4)
Far East Hogs (page 5), LRRL Reports (page 6), 20 Things (page 8).

Memories of a (used to be keen) runner part 1

I used to be a fit and enthusiastic runner but now I find it hard to get up and run. I have been training and racing for almost 40 years and, no matter what I do now, I am just getting slower and it hurts more. I know that there are people older than me and still running, but I started in my 20s and think that maybe the body has a limited run-time before the limbs and joints start to break down and then the enthusiasm goes. That's my excuse anyway. It doesn't really matter to me now; if I look back I can say that I more than achieved what I set out to do, I have had some brilliant times, I have met some great people, and I can look at Roadhogs with great pride as I have been a part of this club since the beginning. I have some good memories to share.



Those shorts look a bit dodgy

Back in the 1970s I was in my 20s and playing Sunday league football. I was a right back and had plenty of speed and stamina but my ball control skills were not so good. I was often an unused sub and usually did not get to play. So, while the game was on, I would jog around the pitch just to keep fit. After a while I was jogging out of the ground and running around the roads, like Forest Gump. Soon at training nights I could leave them behind as I became a much better runner than footballer. Sometimes, on a weekday morning before work, I would run around my local streets in Aylestone and people at bus stops would stare because runners were thought to be rather a strange people in those days ... how times have changed! At the time I

also played squash, so almost immediately I suffered some knee injuries as running and squash put such different pressures on the joints. So once again I dropped my other sport because I knew I was making better progress with my running.

I never raced much back then, and did not join a club as I thought they would be too elite. Now I'm sure I was wrong about that, as I know how friendly the running fraternity can be and I would have received coaching help. My racing career started with several appearances for my company in the national insurance cross country championships, which was a high standard event and 7-minute miling over the country was normally good enough for me to finish around half way down the field. Once, I entered a local race around the perimeter of Saffron Lane athletic stadium where the only runners to beat me were 3 or 4 fit guys from a cycling club. My only other race of note in the early years was the first Leicester Marathon in 1979. My longest training run was around 18 miles so I was not prepared for it. The course was 3 laps from Victoria Park to Wigston and then back via Oadby and Knighton. At the start of lap 3 at 18 miles, I 'hit the wall' and jogged/walked the rest, but I still finished 74th out of around 400 starters in 4:12 because most of them did not finish!



Kim looking like a ginger Bobby Ball

Then I watched the first London Marathon on the TV in 1981, and I was hooked. I was determined to run there the next year. I increased my training to include much longer runs with my

cousin-in-law Mick Feeney (an original Roadhog who sadly died a few years ago). To get entries for the 1982 London Marathon, we slept all night outside Grantham Post Office in late 1981 to be sure to get our forms in first in the morning. This was not a usual sight in Grantham; people came out of the pubs and asked what we were doing, so we told them we were waiting for Barry Manilow tickets. My entry was accepted but unfortunately Mick's was not. And so I made my marathon debut in 1982 and ran all the way in 3:13. For a few years afterwards, as part of their Marathon broadcast intro, the BBC always showed a clip of Superman finishing on Westminster Bridge in 1981 ... just before he gets to the line, a runner in white just sprints past him. I out-sprinted Superman.

My aim was to run Marathons, so I started to do other road races as a means towards that end. At work a few other guys took up running and we started to train together at lunchtimes, anything from 6 to 9 miles. This group was to become the first Roadhogs: me, Dave Swan, Colin Smith, Steve Clegg and Ian Rankine. Cleggy and Ranks were always the faster runners and would get ahead. Me and Swanee would dig in behind. Colin would drop off the back but then reappear out of nowhere in front of us. We never thought he took short cuts as our routes usually did not allow for that, but we never worked out how he kept doing it. I think he had a car hidden somewhere. We did hill and speed sessions every week as we aimed for quality training rather than quantity. Washing afterwards in the sinks in the gents toilet at work was never very popular with the other people in the office, as for some reason they were reluctant to wash their hands or face where Ranks had just dipped his meat and two veg. After a few complaints, our company (Hogg Robinson) had a shower built for us in the underground car park to keep us out of the way. I also ran alone and became world record holder over many training routes. My weekly average was only 40-50 miles but it was all hard work.

There were one or two other guys in the office who occasionally ran as the lunchtime club caught on. In 1984 we met at work and decided to form a running club so we could compete as a club team. We numbered maybe 10 regular and occasional runners. We drew up a constitution provided by Midland Counties AAA - that quaint one you liked so much Dave. We chose Hogg blue and white as club colours, secured sponsorship from Hogg and registered ourselves as Hogg Robinson Roadhogs AC. An artist in the office

drew the 'running pig' logo for us, which is still Roadhogs' emblem today. Membership was originally only open to employees, but we could not usually raise a team on road league events so we became an open club and dropped the 'Hogg Robinson' from our title.

In the next issue I remember my road racing career, coaching children, and switching to cross country. Don't miss out, order now from your newsagent.

Kim Richardson

Triathlons

The more observant among you will have noticed that Ian has been taking training a bit more seriously of late. Some look to challenge themselves by running a Marathon, while others, like Ian and Dave Bullivant, look to add new skills and go for a triathlon. They both completed the Leicester Sprint triathlon (400m swim, 20K bike, 5K run); Dave in an impressive 1.21.54 and Ian in a very respectable 1.31.03 (87th and 130th out of 169, respectively).



Ian: New challenges

Dave followed this up with the longer Bosworth Sprint Triathlon (750m open water swim, 21K bike, 5K run) in 1.34.23 and a full Olympic distance event (1500m swim, 40K bike, 10K run) in 3.26. The former included a 20.33 5K and the latter a 48.52 10K (on an injured calf).



No, I don't know which one is Dave, either!

Ian has already cashed in on the cross-training by setting 5 mile and 10K PBs and no doubt Dave will be looking for similar dividends in the weeks to come. Maybe we'll have to add burgundy tri-suits to our kit list? Iron man next, perhaps?



A proud moment

For the Record

White Peak Half Marathon		
Dale Jenkins	27th	1.31.11
Jackie Brown	48th	1.37.36
Clare Mendes	155th	1.57.56
Leaden Boot		
John Stew	72nd	7.15
Jon Heap	73rd	7.15
Parkrun 25/5/13		
Harry Jones	9th	18.34
Vicky Sutton	120th	24.46
Baz Barratt	219th	36.52
Arnesby May Fayre		
Dave Lodwick	26th	34.26
Hardmoors 110		
Chris Peach	16th	31.05.08

Delaney Dash (4m)		
Ludo Renou	12th	22.26(PB)
Parkrun 1/6/13		
Vicky Sutton	79th	23.31(PB)
Amica Ironhorse 10K		
Ludo Renou	2nd	35.54(PB)
Sinfin Classic 10km		
Rex Stapleford		59.31
Parkrun 8/6/13		
James Dunham	41st	20.23(PB)
Martin Capell	72nd	21.51
Ruth Stevely	94th	22.36
Vicky Sutton	110th	23.25(PB)
Lorena Capell	173rd	27.22
Baslow Boot Bash		
Jon Heap	64th	6.57
John Stew	65th	6.58
Hickling Corn Dolly 7		
Rex Stapleford	77th	69.51
Loughborough HM		
Will Carter	18th	1.26.24
Dale Jenkins	58th	1.33.24
Steve Robinson	131st	1.42.42
Barbara Hermann	288th	1.54.40
Potter's Arf		
Baz Barratt	659th	1.56.39
Rothley 10K		
Mike Cummins	185th	51.19
Ruth Stevely	313th	58.14
Parkrun 15/6/13		
James Dunham	23rd	19.28(PB)
Drew Simpson	50th	20.59
Vicky Sutton	93rd	22.51(PB)
Ashley Stannard	124th	24.29
Baz Barratt	256th	33.49
Stathern 10km		
Rex Stapleford	87th	59.22
Branford 5		
Ludo Renou	13th	28.19(PB)
Harborough 5		
Dan Bannatyne	194th	37.57
Amy Gasper	240th	40.05
Ian Bass	264th	41.14(PB)
Beacon Hill Solstice Run		
Nick Cobley	1st	30.36
Harry Jones	12th	33.40
Dave Lodwick	48th	40.48
Ruth Stevely	62nd	42.57
Amy Gasper	70th	43.54
Ian Bass	73rd	44.08
Parkrun 22/6/13		
Baz Barratt	61st	22.10
Martin Capell	69th	22.34
South Shields Parkrun 22/6/13		
James Dunham	21st	19.51
Vicky Sutton	50th	22.38(PB)
Parkrun 29/6/13		
Baz Barratt	223rd	34.41
Coombe Abbey Marathon		
John Stew	73rd	5.10.13

Phu Quoc Half Marathon, Vietnam 11th May 2013

The idea started with Dan and myself chatting after Monday training about doing a race somewhere a little different! We had heard how wonderful Vietnam was so we decided Vietnam it was.....

After looking what races were being held and at what time of year we picked an Half Marathon on the island of Phu Quoc. This is in the Gulf of Thailand off Southern Vietnam. We chose May and planned a 10 day trip from North to South Vietnam to take in the usual tourist hotspots after.

The race was organised by a company operating out of Hong Kong called Sporting Republic. They had set up base at the Long Beach Hotel. The race started and finished at this amazing hotel so it was only natural to stay there.



Dan wins the competition for furthest east in a Roadhogg vest

The day of the race came and we had fully prepared ourselves by lying about on the beach all morning! Very stressful!! We took on plenty of water and set off at 3.00pm with the temperature hitting 42 degrees, PHEW!

It wasn't far into the race before we realised there would be no PB's today. The course was mainly on clay roads passing adjacent to the sea. There were a few locals to cheer us on but the majority had a bemused look on their face. You got the feeling that they thought we were mad and they were probably right!

The finish line couldn't come quick enough although the temperature had now dropped a little. The finish was on the beach of the hotel

and what a great backdrop to have at the end of the race! After finishing most of us cooled off in the pool and were treated to an amazing barbecue on the beach.

It was a great atmosphere and most stayed on into the late evening chatting and drinking...heavenly, what a great experience.

For the record there was 118 runners started the half marathon from 34 different countries! Wow! 21 DNF's. Dan came 23rd in 2 Hrs 9 mins 1 sec & I came 25th in 2 Hrs 10 min 14 sec. The times reflect just how hot it was. Sporting Republic also ran a 5 k and 10 k race at the same time so it added to a real fun event. A special commemorative running vest and medal were given to all competitors.

A great event to run my 50th Half Marathon.

Martin & Dan

Road Running

Leicester Running Shop LRRL Winter League: Markfield 10K

Spring made a welcome one-off guest appearance for Markfield. Not surprisingly, this drew the crowds; not just to the race but also to the reservoir and garden centre. The MAMILs* were also out in force, supplemented by competitors in the Desford Sprint Triathlon. Even though several members had half an eye on their spring Marathon appointments we managed an excellent turnout (34). This included debutant Craig and Rachel, Dave B and Dan Ban in their first league outings of the year.



Bec has been on great form and has established herself in the top 10; setting another PB and finishing 7th on this occasion. Jackie continues to improve; a PB performance was good enough for 16th. Charlotte (26th) also got a PB and there was plenty of back up with Rae (33rd), Ruth (50th) and Rachel (51st) all finishing well. Trudy (97th) was next in, followed by a trio of Marathon hopefuls; Barbara (99th), Lorena (101st) and Lucy (118th). Alison (125th) made it a record-equalling eleven finishers for the ladies.

Nick checked in for his customary top 20 finish (17th). Mark R (66th) was feeling his way back from a chest infection, so it was left to Will (63rd) to provide back-up. Harry (73rd) underlined his rapid improvement with a PB and John D (91st) cemented his place in the top 100. Jerry (99th) wasn't too far behind, nor was Sam J (109th). Mr Reliable (Dale, 136th) completed the scoring eight, finishing just in front of Steve W (138th and yet another PB). Chris (156th) showed that all of this endurance training hasn't totally sapped his speed and then the finishers came thick and fast; Tom (187th), Keith (195th), Dan (201st), Craig (203rd), Martin (210th), Dave L (217th) and Dave B (234th). Ham (276th) got in just before the traffic got heavy again with Ian (284th), Steve (285th) and Dave S (293th) following in swift order.



Steve: A man in fine form

Barry (306th) would have expected to be the last to finish but on this occasion that honour fell to Steve R. Steve may never record a slower time but he is also unlikely to put in a more important performance in a Roadhogg vest. A lady walking her dog, trying to cross the road over Thornton dam, had collided with a competitor in the

triathlon. Given the steepness of the hill, the cyclist was probably going very fast at the point of impact. Fortunately for both parties those, like Steve, with medical training quickly switched into 'work mode' and took charge of the situation. Despite the cyclist having been knocked cold, thankfully both casualties were quickly released after being patched up in A&E.

*Middle-aged men in Lycra

Leicester Running Shop LRRL Winter League: West End 8

The inaugural West End race took place in 2004; it was a low-key, friendly affair and I came 22nd out of a field of 94 (those were the days!). The course measured 13.1km; a sort of half kilomathon (years before those Edinburgh Marathon people thought of it). The following year, it settled on an 8 mile distance and became a league race. The pleasant, but challenging course was used a couple of times more before the organisers moved on to other things and the host club lost the race organising know-how. The 2008 edition is fondly remembered for the quality of the running top given to finishers.

Apart from the running top, mention the name West End 8 to any of the longer-standing members of the club and one of the first things they'll talk about is "that hill!" (or that "f####ing hill", as one member* christened it). As the gently undulating first half of the race draws to a close, the road suddenly reaches for the skies. The locals standing in front of their houses must enjoy the sight of all these athletic types puffing like a 40-a-day smoker. You crest a brow and just as your legs are starting to lose that burning sensation, the road turns for the coup-de-grace, another bleep, bleep hill! The final 3 miles are mercifully flat although it always seems like Queniborough must be one of the longest villages in the county.

It was a red letter day for the club with four runners (Ashley, James, Leah and Vicky) making their debuts and a record ladies team of 14. Valerie, Neil and Hitesh made their first starts of the season and we had a welcome guest appearance from local resident and former Hogg, Adrian (still sporting his lucky yellow shorts). We tend to take our members' dedication as read but a special mention is due for Jackie, Clare and Dale who had completed the White Peak Half the day before (apparently,

one of the Desford runners trumped this by doing the full).

Bec (6th) had another great race, battling it out with a pair of Charnwood runners. Captain Jackie (22nd) ignored aching legs to finish well up and Rachel (36th) and Ruth (37th) both went well. Amy (52nd) led in the ladies 'B' team which was soon completed by Vicky (57th), Leah (58th) and Ashley (64th). Barbara (69th) was next before Trudy (80th) completed the vets team with a good run. Then we had a trio of Marathoners; Clare (96th) seemed to manage Ok but Lucy (111th) and, particularly, Valerie (117th), found the transition to shorter distances hard. Alison (123rd) developed a stitch in the first mile which kept her company for much of the race.

Nick (16th) had Mike (19th) to keep him honest and he duly produced an excellent performance. Behind these two, Mark R (27th) recorded one of his best finishes and took some notable scalps into the bargain. Will (65th) and Harry (75th) packed well and John D (93rd) gave us 6 in the top 100. Neil (106th) made a welcome return, giving us a glimpse of what we've been missing, before Steve W (135th) completed the scoring eight. Dale (150th), Sam (153rd), impressive debutant James (160th) and a rejuvenated Hitesh (164th) all beat the hour. Despite a good

run, Steve R (182nd) wasn't quite able to lift the pace sufficiently on the run-in and joined a long line of new members who've been 'Lodwicked' in the finishing straight. Keith (189th) tried valiantly to join the contest but couldn't quite bridge the gap. Ham (225th) was next up, followed by Adrian (227th), who'd enjoyed a relaxed race catching up with old friends, Dave S (250th) and Barry (264th).

*He better remain nameless, in case his kids find out that daddy knows such naughty words.

Birthdays

July

2nd Ian Bass
3rd Charlotte Wood
5th Lorena Capell
7th Will Carter
13th Ceri Davies
16th Rae Clark
16th Rachel Clarke
18th John Davies
27th Lucy McMillan
30th Trudy Sharpe

August

2nd Rex Stapleford
6th Dale Jenkins
11th Craig Norris
12th John Stew
15th Roger Kerridge
17th Simon Fryer
25th Lee Hubbard
25th Mark Jowsey
29th Kirstin Stevely
30th Steve Wheeler

20 Things

Barbara Hermann		Mark Ramsden
		
I work at PepsiCo (aka Walkers) trying to make our products more environmentally friendly. This involves looking at how we grow crops like potatoes, how we produce the crisps (or other products), how we package them and how we get it to customers & consumers. I find it exciting :-)	What do you do for a living?	I work in the NHS as a learning disability nurse in a small respite care home.
Not married	Are you Married or Single?	I am happily married for over 13 years to my wife Claire.
Only started in January 2012	How long have you been running?	On and off for 18 years. This is my second spell at the roadhogs as I first joined when I was 16 in the mid 90`s.
I went into Rob's running shop to buy something and he started to talk me into joining a club - half an hour later Dave L showed up and they joined forces, at which point I had no way out :-)	How did you become involved with Roadhogs?	Through my best friend Tom Martin and his dad Steve. I remember fondly them hill repeat sessions we did every Saturday morning at Western park!!!
So I committed to turning up at Manor Rd the next Wednesday and I ran my first race for Roadhogs 4 days later...		
I don't excel at running either, but all things being equal I'd love to be good at tennis. It's the idea of being able to send someone running across the court like Nadal or Djokovic do.	If you didn't run which sport would you like to excel in?	Football. However, I do feel footballers are all overpaid!!
Mostly I knew what I didn't want to become: a teacher. My parents were both teachers. My first job after graduating from uni was maternity cover for a lecturer at uni, which was essentially teaching... go figure.	Did you ever have any ambitions when at school to do a different job?	Yes wanted to work in sports industry in some capacity.
Bolivia - lovely people and amazing landscape, lots of things to do, very picturesque. No beach. Lovely people who weren't pushy and very honest in spite of being quite poor. This was ages ago though (2001), so I'm not sure it would be the same now.	Which is the best Holiday destination you have been to?	I loved Ireland, for it's tourist attractions and the Guinness of course!!!
Really boring but I'm an 80s and 90s girl.	What music do you like most?	Indie and rock music mainly from the 1990 era but also love a lot of 60`s music such as the who, Beatles and rolling stones.
Possibly 'The Usual Suspects' just because you want to watch it again right after finishing it.	What was your favourite film?	The first godfather film.
Karl Pilkington (from An Idiot Abroad) because he gets to travel the world, meet loads of cool people, do tons of exciting stuff and people love him because he is the grumpiest man in the world while doing it.	If you could be any TV character which one would it be?	Phillip Glennister from ashes to ashes
I drive a very boring Nissan Almera, I'd like to drive a slightly less boring Audi A3 - it's a German thing.	What car do you drive and what car would you most like to drive?	Currently drive a Citroen C1• Would love to drive a Bugatti Veyron!!
Does chocolate count as a food? And dry red wine. The one I miss most is German rye bread.	What is your favourite food and drink?	Hot and spicy Indian food. Favourite tipple real ales!!!
Leonardo da Vinci, Albert Einstein, Martin Luther King Jr., Catherine II of Russia and Aung San Suu Kyi. None of them would stay at the table, I wouldn't have enough time to talk to any of them, but it would be interesting, funny, and most of all inspiring. I did consider Johnny Depp, but decided I'd get too distracted by him so he's out.	Which 5 people (living or dead) would you most like to invite to your Dinner Party?	Kurt Cobain, Steve Claridge, Phillip Glennister, Natalie Imbruglia and Bradley Wiggins
Probably English, because it meant I could read a lot.	What was your favourite subject at school?	P.E.

The God of Small Things by Arundhati Roy.	What was the best book that you ever read?	The hunger games trilogy
I'll assume London isn't local so I can't put down the VLM, in which case it would have to be the Ashbourne HM purely for the scenery, which almost makes you forget the 3 killer hills in it. Favourite distance is a half marathon, because the training for it still allows you to have a life besides running and I'm just not very good at all at short distances.	What is your favourite local race and your favourite distance?	Swithland 6 favourite race, favourite distance so far is a half marathon although May chance my mind once I have completed my first marathon!!
You can do your own thing - if you want advice, support and friendship it's all there. There are loads of people with lots of experience who will happily share it with you but who will also tell you that what works for one runner may not necessarily work for another, so will let you make up your own mind. But also if you just want to turn up and run then that's fine too.	What is the best thing about being a Roadhogg?	The social aspects of all the members as all are so friendly and have a great sense of humour and also they help motivate you to improve.
Is anyone still doing speed sessions? I hate them but am even less likely to do them on my own.	If there was one thing you could change within Roadhoggs what would that be?	Can't think of anything particularly.
A picnic with friends and a good bottle of wine (or two)...	What would be the best way to spend an evening?	Having a nice meal in a country pub followed by watching a good movie.
Save the world, obviously, I'm an environmentalist after all. Other than that, travel a good chunk of it.	Do you have any remaining ambitions either personal or club wise?	Yes to try and keep improving my Times and performances and for the club to carry on going strength to strength.