

Roadhogs Leicester A.C.



July/August 2014

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

Jerry: A Goal Postponed



Sometimes, the planets just refuse to align and we're unable to achieve our goals. The dream was long held, the planning was meticulous, the training exhaustive, the fitness was prodigious and the willpower was incredible but all of this was swept away by that wasp at the picnic of the runner's life; injury.

Jerry, without underestimating the scale of the commitment necessary to contemplate a challenge of this magnitude, when you've picked yourself up from the canvas and you're ready to go again, we'll be there supporting you, running every mile with you.

Member News

We're saying goodbye to Rae who is going back to her native north east. We wish you all the best in your new career as a hospital doctor in Newcastle. Congratulations too to Amy, who is now a doctor twice over, and to Grace who achieved a First in her Medical Sciences degree. And finally, well done to Fabio who, subject to some thesis amendments, will soon be Dr Caraffini.

County Standards

So far, 15 members have qualified for County Standards; congratulations to Mark R (gold), James D and Dale (silver), Dave B, Will and Ferrante (bronze), Rae, Vicky Sutton, Fabio and Steve R (copper) and Barbara, Trudy, Ashley, Dan Ban and Ben (pewter).

Turn to page 6 to find out how you're doing, so far.

Congratulations



Many congratulations to Miguel and Sara on their recent wedding. We are proud to think that Roadhogs played a part in bringing them together! We wish them every happiness in their new life together and hope the move south went well.

The Adventures of Ultra Man

Ultra-Marathon enthusiast Chris Peach has been at it again, completing the 145 mile Grand Union Canal Race (60th in 43.55.00). To put that in perspective, that's five and a half Marathons back to back!

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Editor's Travels

I have always enjoyed racing and particularly like doing new and unusual races; I know that's a bit strange coming from someone who's done the Huncote 5 eleven times, but I didn't claim to be normal! The wanderlust kicked in in 2005 (my third year with the club) and peaked in 2006 when I managed 40 races in the year. I've never enjoyed track sessions, so some of my best runs have come from the 'speed endurance' training I've gained from doing regular races. Life has caught up with me in the last few years and I've got noticeably slower but I'm not ready to hang up my racing shoes quite yet!

My first 'away race' of 2014 was the Titchmarsh 10K. I'd seen it advertised over the years but never really bothered to find out where Titchmarsh was (for some reason the Titfield Thunderbolt*, rather than the eponymous TV gardener, always came to mind). It turns out to be on the other side of Kettering and the race is well worth a visit; an out and back course over closed rural roads, with a couple of reasonable hills to make it interesting. It's the sort of community event where the whole village seems to turn out and it starts and finishes outside one of the village pubs. I clocked my best time of the season to that date and decided that maybe a few extra races was just what the doctor ordered!

*Younger readers will have to Google that one!

Flushed with (relative) success I headed for the Clawson 10K. As it happens, it's a cross country race and it's not a 10K either (but more of that later). There were heavy showers in the Vale of Belvoir so everyone stayed in the village hall until it was time for the off. Half a lap of the recreation ground wasn't really enough to spread us out so the first stile brought the inevitable queue but things soon settled down as we climbed up onto the ridge. There was plenty of mud and some quite tricky contouring, so XC shoes proved to be a real advantage. The sun had come out and pleasant farmland, with views across the Vale, gave way to a magnificent bluebell wood; there are a lot worse ways to spend your Sunday morning. The last half mile was the reverse of the first, complete with a superfluous lap of the recreation ground, obviously designed to bring the distance to exactly 10.3km..... Post-race provision was excellent with soup, freshly made baguettes and cakes on offer.

The demise of the Glooston 10K provided an opportunity to re-visit the Stathern 10K, which usually coincided with the morning after sleep in. I did the race back in 2006 and had memories of a flat course and having to overtake horses on the way round. The 2014 version started in a pub car park and looped round the village before heading towards Plungar. I pushed reasonably hard from the start and, apart from a stiff easterly, conditions weren't too bad. After about 6K, as I was starting to make up places, a guy came past me and urged me to work with him, so we pushed each other for a while until I started to lose touch in the last kilometre. By this stage I was hanging on somewhat, but the gap was only 50m so I kept pushing. The finish is somewhat unique, with more side-steps than Phil Bennett* in his prime; along an alleyway, sharp right to the playground, sharp right and sharp left through the narrow gate, left between the swings and the slide then a tight arc to the right and over a covered wooden footbridge to finish in the organiser's marquee! The result of all this effort was a 'silver standard', my best race pace for 3 years and an improvement of 10 seconds over 2006.

*Legendary Llanelli and Wales fly half whose brilliance sparked the greatest try in rugby history.



Lodwicked!

The last Sunday in June saw me heading for the Peak District and The Great Bakewell Pudding Race. Having expected a low key event, I arrived to see army cadets parking hundreds of cars in a field. It took a few moments before the penny

dropped and I realised that there was a massive dog show going on next door to the race. I'd driven through squally showers on the way and one timed itself perfectly for my arrival. Registration was in the municipal park with competitors huddling under a rudimentary market stall, trying to fill in soggy forms with pens that were reluctant to work; form and payment were exchanged for numbers through the organiser's car window! Fortunately, by the time the race briefing came around the clouds had lifted a bit.



Bakewell pud: British heritage

The Fell Race and Junior event started together so things were a bit crowded for the first section; round the park, a narrow bridge over the river and out in to the countryside. We climbed through mature woods to the top of the hill in two instalments, separated by a flat traverse. A mixture of mud, wet rocks and tree roots ensured that everyone concentrated on their feet. We emerged into an upland meadow, running the gauntlet of a herd of rather jumpy cows. As we turned for the first descent, they decided to stampede across our path; I arrived after the majority had passed but made the mistake of crossing just as a cow that had become isolated decided that she simply had to re-join her mates. There's nothing like a ton of beef, head down, charging towards you to help you find your inner Usain Bolt!

There followed a technical descent (more slippery rocks), a long slightly uphill traverse through the woods and a final tricky descent. Having come through these safely, there was a mile and a half thrash along farm tracks and through meadows back to Bakewell. Just to spice things up a bit (and to weed out any remaining soft southerners), they made you wade through the fast-flowing river before the final 400m dash for the line. The no nonsense theme continued with water being dispensed into plastic cups

from a hosepipe (no H&S nonsense allowed here) and Bakewell Puddings wrapped in brown paper bags (a pleasant change from the ubiquitous banana). If you've not had a 'proper' Bakewell Pud, then you've really missed out; rich, buttery and nothing remotely like the Mr Kipling abomination!

I am a miler.

I ran my first mile race, while in the US. The mile is mystical as a racing distance; giants of middle distance running, like Nurni, Bannister, Coe, Ovett, Cram, El Guerrouj, are inextricably associated with the distance. It is also beautifully symmetrical: four laps, four phases, four paces, four rhythms. The first quarter is a spring: you start as hard as you can, and hope that you won't die too soon. I was already feeling the lactic acid accumulating after 300m. The second quarter may be the easiest part: you maintain as hard a pace as sustainable, but fall into a rhythm. The third quarter is definitely the hardest part of the race: your legs are burning, your lungs are burning, pain is immense, and you still have a quarter to go. The last quarter is all or nothing: you go for the kick with all the energy you have left, and pray that you can make it. I was told that four P's describe the mile: Push, Pace, Position, and Pray. There is definitely another P for Pain. It was the hardest race I ever ran. Yet, I am eager to do it again. It is a nice event to race.



Ludo in full flow

As a preparation, I also ran a beer mile: four beers, four laps. The idea is to chug a beer, run a lap, and repeat it four times, as fast you can. This year, the race was immensely competitive, with four runners under 6.45. To be a good beer miler, you need to chug your beers pretty fast (under 30s each is not uncommon). I definitely need to practice my chugging for next year (and also to improve my ability to run, while burbling!!!) To get an idea how serious the beer mile is across the pond, imagine going to the track on Manor road with cans of fizzy drinks and do 10 * 400 m, with a can in between each lap. Or imagine chugging a beer as fast as you can after every run you do. That is what they do for weeks before the race. In fact, on my first day back in New Haven, Tom, Eugene and I went for an easy 8 miler in the morning and chugged a couple of beers right after the run; it was not 10am yet!!!

For the record, I did 4.32 for the mile and 9.57 for the beer mile (5.22 for the mile).

Ludo

Marathon Round Up

After being (almost literally) blown off course in Blackpool, Will picked himself up and took care of the unfinished business in Liverpool; he now has a sub-3 hour Marathon on his CV and a place in the VLM as a bonus. Liverpool proved a happy hunting ground for Hoggs, with Ferrante grabbing a PB and Fabio recording an excellent debut.

Meanwhile in Edinburgh, Steve R got close to 3.30, Barbara defied her lack of training, Dan Ban broke his PB and Stuart dispensed with the 'warm up', and started his racing career with the big one.

Off road, Jerry was 11th in the White Peak Marathon and Jon Heap added another Baslow Boot Bash to his burgeoning total.



Ferrante: Marathon PB

For the Record

Worcester Marathon		
John Stew	241st	5.38.35
Worcester HM		
Trudy Sharpe	420th	2.04.37
Woodhouse May Day Challenge		
Colin Bowpitt	87th	1.53.01
Dale Jenkins	88th	1.53.01
Stuart McMillan	182nd	2.09.02
Ruth Stevely	215th	2.16.09
Lucy McMillan	278th	2.26.10
MK Marathon		
Paul Langham	774th	3.59.08
Silverstone 10K		
John Davies	144th	40.53
Chris Peach	318th	45.06
Ted Toft Croft Hill Race		
James Bostock	2nd	24.02
Becca Bostock	29th	31.59
Parkrun 10/5/14		
Ben Milsom	60th	22.36
Clawson 10K Challenge		
Dave Lodwick,	34th	54.23
Bosworth HM		
Dale Jenkins	84th	1.35.17
Dave Bullivant	151st	1.41.15
Steve Palmer	209th	1.45.37
Keswick to Barrow (40 miles)		
James Bostock	5th	5.06.30
White Peak Marathon		
Jerry Wilkes	11th	3.16.07
White Peak HM		
Dale Jenkins	32nd	1.36.32
Leicester's Big 10K		

James Boyd	4th	37.20(PB)
Dave Bullivant	62nd	44.24
Parkrun 24/5/14		
Stephen Dunne	21st	19.32
Rich Norton	226th	30.37
Edinburgh Marathon		
Steve Robinson		3.33.29
Barbara Hermann		4.12.27
Dan Bannatyne		4.12.47(PB)
Stuart McMillan		4.41.48
Edinburgh HM		
Ludo Renou		1.16.47
Valerie Spezi		2.04.08
Liverpool Rock 'n' Roll Marathon		
Will Carter	32nd	2.56.41(PB)
Ferrante Neri	192nd	3.19.42(PB)
Fabio Caraffini	676th	3.48.39
Arnesby May Fayre		
Dale Jenkins	7th	34.23
Dave Lodwick	9th	36.05
Grand Union Canal Race (145 miles)		
Chris Peach	60th	43.55.00
Parkrun 31/5/14		
Stephen Dunne	20th	19.01
Ben Milsom	102nd	22.44
Southend HM		
Natasha Eastwood	1380th	2.12.05
Parkrun 14/6/14		
Ben Milsom	79th	22.52
Baslow Boot Bash		
Jon Heap	31st	6.36
Spring Street Mile		
Ludo Renou	18th	4.32
Stathern 10K		
Dave Lodwick	24th	42.52
Rex Stapleford	87th	58.18
Harborough 5		
James Dunham	81st	32.45
Dan Bannatyne	193rd	37.42
Rae Clark	246th	40.25
Amy Gasper	269th	41.50
Rich Norton	319th	47.11
Rothley 10K		
Mike Cummins	128th	46.29
Fi Sutherland	382nd	60.06
Beacon Hill Solstice Run		
Nick Copley	10th	33.58
Sam Jolly	40th	38.07
John Hallissey	47th	38.58
Great Bakewell Pudding Run		
Dave Lodwick	85th	53.24

Birthdays

July	August
2 nd Ian Bass	1 st Natasha Eastwood
3 rd Charlotte Wood	2 nd Rex Stapleford
5 th Lorena Capell	6 th Dale Jenkins (V55)
7 th Will Carter	10 th Ben Milsom
13 th Ceri Davies	11 th Craig Norris
16 th Rae Clark	12 th John Stew
16 th Rachel Clarke	15 th Roger Kerridge
18 th John Davies	17 th Simon Fryer
27 th Lucy McMillan	25 th Lee Hubbard
30 th Trudy Sharpe	25 th Mark Jowsey
	30 th Steve Wheeler

Race Licences/Permits

Road and cross country events are staged under governing body licences or permits. These are designed to enhance event safety by promoting (in some cases ensuring) minimum standards and usually provide appropriate insurance (for both competitors and the public). Road races are run under the auspices of either UKA (through 'Run Britain') or ARC (Association of Running Clubs). For off-road events, these two are supplemented by the FRA (Fell Running Association), the TRA (Trail Running Association) and the LDWA (Long Distance Walking Association).

Like most runners, I have always taken it as read that anyone advertising a race will have obtained a licence/permit from one of these organisations. Recently though, I have done a few events that clearly hadn't bothered. Whether or not this is a problem depends on your attitude to risk. Most of us are fairly accepting of the risks of our sport but equally, we tend to pay less attention to safety when we are in a competitive environment. Possible problems include:

1. No obligation to carry out a risk assessment.
2. No minimum medical standards (although each of the races I did, appeared to have made provision).
3. No insurance; community fairs/festivals will probably have public liability cover but it is highly questionable whether this would cover them for a race.
4. In the case of road races, no certificate of course accuracy.

Reputable races usually advertise their permit number in race publicity. You can also check online.

County Standards												
	Category	5K	5 m	6 m	10K	7 m	8 m	10 m	HM	20 m	M	Award
Rebecca Bostock	SL				C							
Jackie Brown	V45/V50								G			
Rae Clark	SL		C	B	B	B	C					C
Natasha Eastwood	V35			P	P				P			
Amy Gasper	V35		C	C								
Barbara Hermann	V35			C	P	P	P		P		C	P
Afra Kelsal	V40				C							
Alison Lodwick	V50/V55			P	P	C	NC					
Lucy McMillan	SL			P					P			
Vicky Salt	V45			B	B		C					
Trudy Sharpe	V40			B	C	P	C		C		P	P
Valerie Spezi	V35			P					P			
Ashley Stannard	SL			C	C	C	P				P	
Ruth Stevely	V40			B	B	C	C					
Fi Sutherland	V45			C	C							
Victoria Sutton	SL			B	B	C	P			B	C	C
Dan Bannatyne	SM		C	C	C		P				P	P
Dan Barnes	SM			C								
Ian Bass	V45	C										
James Bostock	SM			S	S	S						
Colin Bowpitt	V40			C								
James Boyd	SM				S							
David Bullivant	V40	B		B	B	C			B	B	C	B
Martin Capell	V55			B	C	C						
Fabio Caraffini	SM			C	C	C	C				C	C
Will Carter	SM			S	B		S		S		S	B
Nick Cobley	SM			S	S							
Mike Cummins	V40			B	B	C			C			
Keith Dakin	V60			S	B	B						
John Davies	V45	G		S	S		S					
James Dunham	SM		B	S	S	S	B			S	S	S
Stephen Dunne	SM	S										
John Hallissey	SM			C	C	C						
Chris Haward	V45										C	
Jon Heap	V45										P	
Lee Hubbard	SM			C	P	P	NC					
Dale Jenkins	V50			S	S	S	S		S			S
Sam Jolly	SM			B	S				B			
Mark Jowsey	SM					P						
Roger Kerridge	V45			B								
Dave Lodwick	V50			B	S	B	B					
Tom Martin	SM			C	C	C						
Stuart McMillan	SM										NC	
Jon Millett	SM			B	B							
Ben Milsom	SM	C		C	P	P	P					P
Mike Munday	V45/V50			PT	D							
Ferrante Neri	SM			B	B	B	B				B	B
Craig Norris	SM				C							

Richard Norton	V40	NC				NC		P	NC	NC	
James O'Rawe	V40		B								
Steve Palmer	V60							S			
Hitesh Pandya	V50		S	B	B	B					
Chris Peach	V50		S	B	C						
Mark Ramsden	SM		G	G	G	G			D		
Ludovic Renou	SM							D	PT	D	
Steve Robinson	SM/V40		B	B	B	C		C		B	C
Drew Simpson	SM		C	C						P	
John Stew	V55		C		P				C	P	
Dave Swan	V65		C	C							
Barry Waterfield	V75		C		P						
Steve Wheeler	V45		S	S	B	S					
Jerry Wilkes	V45		S							G	
Key	Platinum	PT									
	Diamond	D									
	Gold	G									
	Silver	S									
	Bronze	B									
	Copper	C									
	Pewter	P									
	Not classified	NC									

Standards are age-graded and based on 'official' race times i.e. gun times. Awards are given for achieving a level (or better) at 5 different distances (9 for a distinction). To find out what times you need to do to achieve or increase your level, see the tables on the website.

Continued.....

20 Things

Vicky Sutton 		Dan Bannatyne 
Geotechnical engineer (do foundation designs and investigations for foundations and contaminated land).	What do you do for a living?	My Full time job Centre attendant (lifeguard) but do casual work as a Swimming Instructor, Bar work, Play scheme Leader and training Duty officer
Single	Are you Married or Single?	I'm am single (but have a girlfriend)
About 5 years	How long have you been running?	I have been running for about 4/5 years now
Wanted to join a club and Roadhogs had the best name	How did you become involved with Roadhogs?	Mark Chamberlain introduced me to the running club
Cycling	If you didn't run which sport would you like to excel in?	I would say swimming as I've been swimming nearly all my Life
A vet	Did you ever have any ambitions when at school to do a different job?	I always wanted to be a swimming instructor when at school
Canada	Which is the best Holiday destination you have been to?	I would have to say Vietnam and with the Half marathon on the island of Phu Quoc
Kings of Leon/The Doors	What music do you like most?	Listen to most music but I like Hedkandi and Dance music
Last of the Mohicans	What was your favourite film?	The Rambo movies
Jess from New Girl	If you could be any TV character which one would it be?	Wentworth Miller (Michael Scofield) In Prison Break
Renault Clio at the moment but probably something boring and colourful like a Mini.	What car do you drive and what car would you most like to drive?	I drive a Fiesta ST and would like to drive an Aston Martin
Fish fingers and chips and Diet Coke.... top runners diet	What is your favourite food and drink?	I love a homemade corn beef hash as for the drink I like my lager enjoy a Carling
Jim Morrison, Daniel Day Lewis, David Attenborough, Ridley Scott and Emma Watson.	Which 5 people (living or dead) would you most like to invite to your Dinner Party?	Mum, Dad, Brother, Sister My Uncle Robert Bannatyne
Maths	What was your favourite subject at school?	Geography and Sports
Harry Potter	What was the best book that you ever read?	Karl Pilkington An Idiot Aboard. I don't normally read only on holiday really
Hungarton and 6 miles will do me just fine	What is your favourite local race and your favourite distance?	Can you call Tissington Trail half marathon local as I enjoy that race? If not May Day Challenge and my distance; Half Marathon's.
All the lovely Roadhogs	What is the best thing about being a Roadhogg?	Being Part of a great Club
Cakes after road races too ☺	If there was one thing you could change within Roadhogs what would that be?	Nothing
Chilling with friends scoffing food	What would be the best way to spend an evening?	Chilling out in a lovely country pub garden
Marathon time under 4hrs and a fell run which I'm doing in September	Do you have any remaining ambitions either personal or club wise?	To walk the Inca Trail in Peru and get a Sub 4hr Marathon