

# Roadhogs Leicester A.C.



Newsletter July/August 2008

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

## Southam Goes Solo

Stilton Strider Chris Southam recorded a gun to tape victory, running solo for almost the entire race. It is a measure of the quality of his performance that he was only 1 second outside of Garry Payne's course record of 34.19, a time which was set in last year's highly competitive race.

Behind Chris, the race was a lot closer. A small group, including John Grindley of Coritainians, our Mark and Jason Weetman of Wreake got away early on. John opened up a small gap on the first ascent of Church Hill but Mark closed him down on the descent into Glooston. On the second lap, again, John was stronger on the climb and this time the break was decisive. Peter made it a good day for the Hogs, picking up the male vets prize.



After last year's star studded line up, the ladies race was a bit more low key. However, it provide a moment in the spotlight for Lorraine Porter of West End who has been a regular on the County scene for a while. Debbie Napier (formerly of OWLs) was second and Trinity Booth of Hogweed Trotters (from Gloucestershire, since you ask) was third.

## The End of an Epic Quest



Dave, Rob and Jon, who along with ex-Hogg Angela, completed all 8 East Midlands Grand Prix races. Report to follow in the next edition.

## Welcome Rebecca

A warm welcome to Rebecca Bromwich who joined us recently, making an impressive debut in the Prestwold 10K.

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## Karl, Craig, Tom and a Rucksack in The Lakes

Sorry it has took so long for a report on the trip to the lakes but Craig was given the task of writing up the escapade and we have just been told he has just finished unpacking his rucksack of approximately 40 kg!!! Just for a 4 day minimalistic trek around the first 2 legs of what is called the Bob Graham round. Bob Graham was a shepherd in the lakes who spent all his working life on the fells in the lakes, and in 1932 devised a round of 76 miles which took in 42 peaks of the lakes, and he completed it in 24hrs. A couple of his shepherd friends thought he had made it up and the time and the route so had a go themselves and also did it in 24 hrs and so on ...and so was born the Bob Graham challenge. only approximately 1600 people have completed this challenge from 1932 as 1 in 4 attempts fail...Craig and Karl completed the 1st 2 legs (Tom wussed out after the first one )...which to be fair took in 3 of the toughest peaks in the lakes.



Leg 1: the route down from Blencathra

Craig met Tom at the train station and Tom didn't say anything about the huge size of Craig's rucksack at the time as Craig had given Tom advice on what to take and Tom thought "shit I've not brought enough". That was until they were in Derby to meet Karl on their second pint in a pub opposite the station and Karl texted Tom and said "where are you, the train is just pulling into the station?" They ran over the bridge and onto the train with plenty of seconds to spare. Then Tom looked at Karl's rucksack and his own and realised Craig was a fool in bringing , a flask, a whole fruit market, a wash basin, biscuits, Nutri grain bars (about 50 of them), a tent, kitchen sink, shower,.....basically a little too much. Much to the amusement of Karl and Tom for the next 3 days.

So arriving in Keswick to the hotel for preparation .....6 beers and steak and ale pie and chips...(Craig essential diet to the lakes) Tom got off the train and said "what's that on the top of the peaks?...it sint snow is it? are we going up there?? phwoar its a bit cold innit?" Craig replied "well its not icing sugar on top of the peaks and yes we will be going over the top of them ...and welcome to the sunny Lakes". So up early the next morning for full English ...I think Karl had salmon or poached egg ...puff?...or I don't think he's allowed full English any more .....Craig shared his fruit market out to make his back pack a shade lighter...but much to the others amusement, it looked like he was going to walk on the moon with an oxygen tank his back. We walked down to Keswick town hall touched the railings to start the first leg in which Karl said "look at my wicked new little bum bag can fit everything in it ....bargain out the basket at the front at Millets ..reduced from 23 pound to 7 pound ..bargain!" So off we went and after 5 minutes there was a rip ...Jaffa cakes, glasses, a compass, socks, plasters, spilled out on the floor...!"!?!?!" said Karl as his bum bag had ripped open.

....."Mmmmmmmmm Jaffa cakes I'll have them" Tom said picking them up.... "no wonder it was reduced" said Craig ..."u only get what u pay for." Meanwhile Karl was still swearing. So after about 1hr and a half with Craig a good 10 mins behind, due to him carrying half of his belongings up with him, they reached the summit of Skiddaw...in shin deep of snow.... "Now where do we go??" "Well we should go straight down there if I remember" said Craig "but can't even see the floor I'm snow blind!" Karl got the compass and map out put it on top of the trig point, all 3 of us holding it down in the snow gale. Karl said "oh no the compass ain't working!" ...Tom said "eh ur joking!!".....Craig "oi uncle knobhead...that's because you've got it on the trig point and it made of metal, derr!!!" "Oh yeah" ...Karl said so then we headed off back into the snow blinding gale and downwards.

After a couple of hundred metres the snow had completely gone the sun was out and Craig and Karl were sweating buckets virtually running down towards the next peak. Stopping at the bottom Craig got out his fruit market for himself and Karl and started to have a feast whilst waiting for Tom , who had turned into a girl and was coming down in high heels and wearing lipstick about 10 mins behind . They carried on through knee high wet boggy heather, Craig fell over into the bog and shouted, "help get me out me bags pulling me under!!" ....Then was a slog

up to the second peak with Craig lagging behind with his flat in his rucksack.

After snacks , coffee, more fruit, choccy bars, drinks , at the top that Craig produced out his bag they started the descent down off the second peak down onto the moor to climb up to saddle back or Blencathra. All was well until the fast flowing river at bottom Karl went over ...just getting his toes wet, Craig went over just getting his feet wet, and Tom went over, literally getting almost all of him wet....and losing his lipstick. So then up over the moor before the last climb up to Blencathra, with Craig trailing behind sweating buckets with his flat on his back . Tom and Karl just laughing waiting for him and Craig just said ....."\$%\$-off!!" ...Karl whispered to Tom "I think he knows he's brought too much stuff now"..and on they went .



Leg 2: Lower Man to Helvellyn

Successfully reaching Blencathra ..Karl was flagging and was glad of a cup of coffee and cake and biscuits and flapjacks from out of craig house on his back, and so had a good 10 mins on top of Blencathra before the descent into Threlkeld where the first B&B awaited with showers ...and a pub down the road to carbo load for next day on 6 pints and steak and ale pie.

The next day after about 10 ins and Tom 10 mins behind, Karl and Craig waited for Tom...and said "look we've got to go up there" tom said "\$%\$!!" and threw his lipstick down and took his high heels off and said it's not for me ...so then he kindly took Craig's house back with him to get a bus to the next B&B and Karl and Craig started the next 12 peaks over and through the snow to reach the B&B.

Off they went and after 10 mins Tom's rucksack split open nearly spilling everything out which made Craig say "oh damn!!", but was just glad

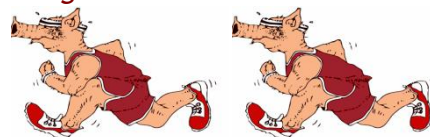
he didn't have his flat on his back any more . Karl and Craig made good ground up navigating the next leg successfully and reaching the end just some 35 mins off pace for the 24 hrs which wasn't bad considering they had never done the peaks before and off the beaten track and with a back pack on whether big or small.



Leg 2: the route down Nethermost Pike

They got to the B&B to meet Tom and have 8 pints this time and more pie..and a very heated discussion on politics and laziness ..as they were all drunk , a little, but a good time had by all 3 and no one fell out really too much ..and so then 1 more full English and one puff had salmon again oooooooooo!! So healthy and good Karl.. and then the train journey back where the jokes still hadn't stopped about Craig's rucksack....Craig is currently in Peru at the moment doing Machuu Pichuu trek ..the Inca trail, 13,770 feet, and on loading his back was quite surprised that when packed for a fortnight with a sleeping bag in as well didn't weigh any heavier than the rucksack he had for 3 days in the lakes ....but don't tell anyone he wanted to keep that to himself ....Craig's next adventure, in Peru...coming soon to a newsletter near you!! Bye for now ...keep running, training, trekking, walking, sleeping or anything you wish to do ..Cheers

*Craig Atton*



## Glooston 2008: Prize Winners



Top row; Chris Southam, John Grindley, Mark Chamberlain and Peter Sloneczny.  
Bottom row; Lorraine Porter, Debbie Napier and Trinity Booth.

## Ladies' LRRL Statistics

	HINCKLEY 1/2			WEST END 8			PRESTWOLD		
	pos	time	m/m	pos	time	m/m	pos	time	m/m
Emer Brady				59	1.05.06	8.08			
Rebecca Bromwich							349	45.51	7.23
Cathy Haward	520	2.06.06	9.38	42	1.03.08	7.54	457	49.47	8.01
Alison Lodwick	776	2.29.04	11.23	122	1.16.12	9.32	614	57.49	9.19
Rachel Moyes	528	2.06.24	9.39	65	1.05.47	8.12	521	52.05	8.23
Trudy Sharpe	385	1.56.20	8.53	51	1.03.56	7.59	430	48.50	7.52

## Birthdays

### July

8<sup>th</sup> Sally Waterfield is 41  
13<sup>th</sup> Ceri Davies is 41  
30<sup>th</sup> Trudy Sharpe is 39

### August

2<sup>nd</sup> Rex Stapleford is 76  
6<sup>th</sup> Dale Jenkins is 49  
7<sup>th</sup> Sylvia Bland is 41  
11<sup>th</sup> Reem Al Jayyousi is 35  
12<sup>th</sup> John Stew is 51  
17<sup>th</sup> Simon Fryer is 30



## Gettin' Muddy with Kim

### Oaks in Charnwood

Having raced twice a week since the beginning of May and with another race to follow on the Wednesday, I fancied the gentle 4-miler at Arnesby. Jon, had other ideas, insisting on the "Oaks" race. For those of you who haven't experienced it, the Oaks race Leicestershire's second fell race (The Charnwood Hills race is the other) and one of its most scenic. The ultimate in low key racing, the field of about 70 signs up on the day, for the princely sum of £2. Jon and I were joined on the start line by Nick and Angela (testing the ankle injury that forced her out of London). Tino Valentino (aka Tim Hartley) announced his intentions for the race by lining up sporting a Hawaiian necklace. Apart from Tim, the front end of the field looked ominously strong.

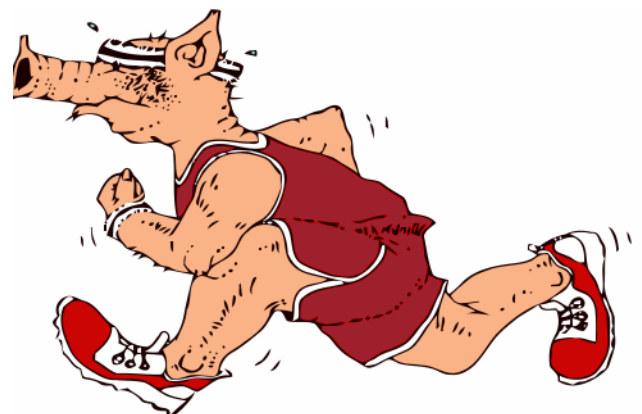


From the fair in the field above Oaks in Charnwood church, the route goes first up the hill, then down the hill, then up again and finally, down to the stream. Just as you're starting to appreciate how the Grand Old Duke of York's soldiers must have felt, you get to the fun bit - Ives Head. There's no path, you just make your way uphill through the, none-to-short, grass and thistles of a cow field. If you ever had time to look at it, the view from the top is probably quite spectacular. Coming down from the summit, Jon must have decided that it was all too easy following a couple of lost runners half way down into the valley before belatedly wondering why none of "the course" looked familiar. By the time he climbed back up to the real route, he'd covered an extra half a mile and given Mr Hartley a bit too much of a start.



From Ives Head, the route descends to Lubcloud Farm then has another GODOY moment before finally returning the valley again. Crossing to the South side, you skirt Cat Hill and Burrow woods before climbing towards Birch Hill. Fortunately, once you have regained all the height you lost descending Ives Head, the climbing is finally over and you turn for the return to the finish. The final two miles of flat or downhill paths is run at a hell of a pace. During this section I was surprised to see two runners coming the other way but not half as surprised as I was to meet a pick-up truck on the steep descent of a narrow track. The driver obviously saw truck against runner as a no contest and kept his foot to the floor. Just as I was resigning myself becoming a bonnet ornament, I spotted a gap in the hedge and was able pull off a Phil Bennett-style sidestep to safety.

Results: 18<sup>th</sup> Nick Coble 51.18, 28<sup>th</sup> Dave Lodwick 54.37, 44<sup>th</sup> Angela Ladkin 1.02.37, 46<sup>th</sup> Jon Heap 1.02.47.



## LRRL Summer League

### Hinckley Half Marathon

The Hinckley race seems to specialise in extreme weather. In recent years we've had torrential rain, hail and thunder to contend with. This time they must have borrowed John Skevington's weather hat, because it was real 'Round Leicester Relay weather' - nudging 80° by the middle of the morning. Unsurprisingly, numbers were down on the peak we achieved during the Winter League. A combination of injury, illness, holidays and lack of long runs saw us reduced to 16 brave souls.

Despite the increased field (862 finished and a good few must have fallen by the wayside), the start seemed to work well. Perhaps people were already settling for survival and keen not to go too fast, too early. Peter and Simon were the only ones to get within a minute of their 2007 times, which was an amazing achievement. A measure of this feat was that Peter finished 30 places higher and Simon 70 places higher.



Picture courtesy of West End Runners

Peter led us home in a fine 26<sup>th</sup> place with Mark (27<sup>th</sup>), uncharacteristically trailing in a few seconds behind. Nick showed the benefit of the quality work he's been putting in with Mark to record an 88<sup>th</sup> place finish, with Simon (93<sup>rd</sup>) half a minute behind. Behind these, runners who normally hit the low 1.30s were struggling to duck under the 1.40 mark. Rob (129<sup>th</sup>) managed it comfortably in the end (1.38.05) but Craig (149<sup>th</sup>) and Dave (150<sup>th</sup>) only made it by a handful of seconds. That left us needing one for the eight and Dale (232<sup>nd</sup>) duly delivered. Jon Heap (319<sup>th</sup>)

and John Stew (339<sup>th</sup>) emerged from their own private hells before Baz (442<sup>nd</sup>) and Martin (459<sup>th</sup>) completed the role call of survivors.

Trudy made light of a lack of long runs to be first Lady Hogg in 385<sup>th</sup>. Cathy (520<sup>th</sup>) was also short of miles having struggled to shake off a persistent chest infection but like Rachel (528<sup>th</sup>), she stuck to the task gamely. That left us needing just one more, the ever reliable Alison, battling through to 776<sup>th</sup>.

### West End 8

After the tropical tribulations of Hinckley it is a pleasure to report that the weather was perfect for running. The improved conditions led to some excellent performances and it was a pleasure to see an improved turn out. We were pleased to welcome Emer, making her debut, Swanee, Tom, John McD and Karl making returns from injury and Chris taking his seasonal bow.



Picture courtesy of West End Runners

Mark put in a much improved performance finishing 14<sup>th</sup> and taking a step towards his rightful home in the top 10. Peter managed a solid run for 32<sup>nd</sup>. With a couple of miles to go, Nick (80<sup>th</sup>) was looking to be third Hogg home, but first Karl (76<sup>th</sup>) and then John McD (77<sup>th</sup>) showed him a clean pair of heels. Simon (93<sup>rd</sup>), finally showing the sort of form we knew he was capable of, and Rob (99<sup>th</sup>) made it 7 Hoggs in the top 100. Fortunately this great effort was not wasted, Dave completing the scoring eight in 107<sup>th</sup>. Ceri was next in (probably 108<sup>th</sup>) but West

End decided he should be Cerys and placed him among the elite ladies! To add to the embarrassment, the Leicester Mercury made sure that this momentous event (a “Hogette” in the top 5) was duly recorded for posterity. Dale (140<sup>th</sup>) and Baz (145<sup>th</sup>) both put the trials of Hinckley behind them to record solid times. Chris (169<sup>th</sup>), who has been training for distance rather than speed, and Jon (189<sup>th</sup>) both comfortably kept it under the hour. John Stew (189<sup>th</sup>) was not far behind. Tom (231<sup>st</sup>) and Dave S (240<sup>th</sup>), easing their way back after injury joined Martin (245<sup>th</sup>) in breaking 8s. Colin (290<sup>th</sup>) thought 8-miles was about his limit, but he finished looking like he'd barely broken sweat.



Nick puts in a flying finish

It was Cathy's turn to be first “Hogette” this week 42<sup>nd</sup> in an excellent time of 1.03.08. Trudy (51<sup>st</sup>) was just in front of Emer (59<sup>th</sup>) and Rachel (65<sup>th</sup>) soon completed the scoring four. Alison (122<sup>nd</sup>) continued to be a solo lady vets team, enjoying the cooler conditions on the way to a good time.

## Prestwold 10K

The Prestwold course is billed as a PB course. It is certainly not hilly but the exposed nature of the route makes it very vulnerable to the wind and offers no protection from the sun. The fact that the racetrack shares the venue with a kite and kite-boarding centre gives you a clue as to how often conditions are good for running. If the sun and wind don't get you, surely the boredom

will. After a barrage of criticism last year we were promised a new improved course. What we got was better, but not much - the monotony of the airfield was broken by a couple of welcome kilometres of country lane.



Peter just keeps getting better

Sunday was humid and windy but thankfully, the sun stayed behind the clouds for most of the race. It can't be often that Mark (52<sup>nd</sup>) fails to make the top fifty (despite breaking 36 minutes) but the event had attracted lots of runners from out of county and the field was also swelled by a large number a extremely rapid veterans contesting the national 10K championships. Behind Mark, Peter (61<sup>st</sup>) showed us what fantastic form he's in, slicing more than a minute off his PB (36.29). John McDonald (159<sup>th</sup>) was another one to put in a top class performance, breaking 40 minutes for the first time (39.59). Nick (193<sup>rd</sup>) was next up, followed by Rob (215<sup>th</sup>) and Ceri (235<sup>th</sup>). We were short of a few of our quicker runners, so it was left to Dave (243<sup>rd</sup>) and Dale (281<sup>st</sup>) to complete the scoring eight. Next up was Jon (319<sup>th</sup>), starting to enjoy his running again after a long battle with injury. Baz (341<sup>st</sup>) led in John Stew (352<sup>nd</sup>, who managed to shave 3 seconds off his PB), Steve (381<sup>st</sup>), Dave (388<sup>th</sup>) and Martin (425<sup>th</sup>). Colin (661<sup>st</sup>) was on the way back from a nasty virus so Barry (611<sup>th</sup>) won the V70 battle with ease.

We had a new lady Roadhogg and Becky wasted no time in making her mark. She ran her second ever 10K 10 minutes quicker than her first, recording a fantastic 45.51 for 349<sup>th</sup>. Trudy (430<sup>th</sup>) turned the tables on Cathy (457<sup>th</sup>) this week and Rachel completed the scoring in 521<sup>st</sup>. Our solo lady vets team, Alison, rounded things off with 614<sup>th</sup>.

## Men's LRRL Statistics

	HINCKLEY 1/2			WEST END 8			PRESTWOLD		
Craig Atton	149	1.39.52	7.37						
Karl Atton				76	52.39	6.35			
Baz Barratt	442	2.00.34	9.12	147	56.57	7.07			
Martin Capell	459	2.01.30	9.16	249	1.03.48	7.59	425	48.41	7.50
Mark Chamberlain	27	1.25.18	6.31	14	47.15	5.54	52	35.58	5.48
Nick Cobley	88	1.34.15	7.12	80	52.50	6.36	193	40.57	6.36
Ceri Davies				110	54.44	6.51	235	42.02	6.46
Simon Fryer	93	1.34.44	7.14	93	53.43	6.43			
Jon Heap	319	1.51.27	8.30	191	59.19	7.25	319	44.49	7.13
Dale Jenkins	232	1.45.52	8.05	141	56.33	7.04	281	43.16	6.58
Dave Lodwick	150	1.39.53	7.37	108	54.38	6.50	243	42.14	6.48
Steve Martin							381	47.04	7.35
Tom Martin				234	1.02.55	7.52			
John McDonald				77	52.42	6.35	159	39.59	6.26
Rob Milstead	129	1.38.05	7.29	100	54.17	6.47	215	41.31	6.41
Chris Peach				171	58.22	7.18			
Peter Sloneczny	26	1.25.06	6.30	32	49.04	6.08	61	36.29	5.52
Colin Smith				292	1.15.20	9.25	661	1.03.05	10.10
John Stew	339	1.52.48	8.37	199	1.00.06	7.31	352	45.57	7.24
Dave Swan				244	1.03.12	7.54	388	47.26	7.38
Barry Waterfield							611	57.38	9.17

### Training Runs

Wed 9 <sup>th</sup> July	Hungarton League Race
Wed 16 <sup>th</sup> July	Bradgate Inn (Newtown)(LE6 0AE)
Wed 23 <sup>rd</sup> July	Billesdon (LE7 9FL)
Wed 30 <sup>th</sup> July	Manor Road
Wed 6 <sup>th</sup> Aug	Huncote League Race
Wed 13 <sup>th</sup> Aug	Houghton-on-the-Hill (LE7 9)
Wed 20 <sup>th</sup> Aug	Bees Knees (Meridian)(LE19 1XT)
Wed 27 <sup>th</sup> Aug	Manor Road (Handicap)
Wed 3 <sup>rd</sup> Sept	Rose & Crown (Thurnby)(LE7 9PN)
Wed 10 <sup>th</sup> Sept	Star & Garter (Wigston)(LE18 1DS)
Wed 17 <sup>th</sup> Sept	Old Horse Pub Roadshow (LE2 1NE)
Wed 24 <sup>th</sup> Sept	Manor Road

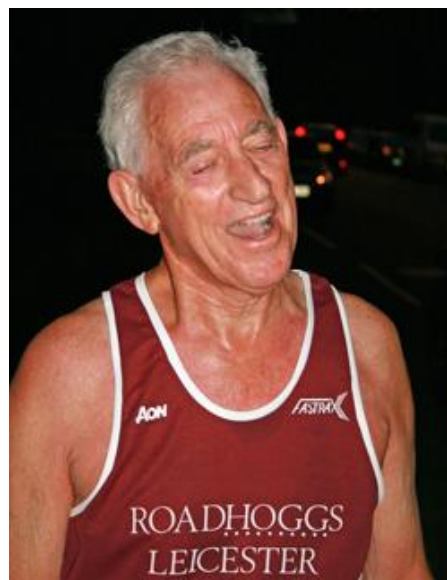
### Quiz Night

Tuesday 29th July, the Wheatsheaf Arms at Croft

### In the Next Edition:

Round Leicester Relay preview  
EMGP  
20 Things

### Club Handicap: Wed 27<sup>th</sup> August





Can you steal Barry's crown?

### LRRL Summer League Races

9 <sup>th</sup> July	Hungarton (7 mile)
6 <sup>th</sup> August	Joy Cann Memorial (5 mile)
7 <sup>th</sup> Sept	John Fraser (10 mile)



## 20 Things You Didn't Know!

Cathy Haward	Question	Rob Milstead
		
Police Sergeant in the City Volume Crime Unit.	<b>What do you do for a living?</b>	Decorator.
Married to Chris and we have two kids, Libby and Thomas.	<b>Are you Married or Single?</b>	Was married, now single.
I started running very reluctantly at about 15 to improve my fitness when I was doing competitive gymnastics. I tried to get into it properly when I joined the police 13 years ago but never had the motivation to keep at it, so it has always been a very on/off thing until I joined Roadhogs in 2006.	How long have you been running?	Started running in 2001 for the Kibworth half Marathon.
After having my second child I entered the Nottingham half marathon to get out running and lose the wobbly bits that had taken over my body! After doing the race I lost my motivation so decided to find a local club to give me the kick I needed. I searched the internet and found the Roadhogs.	How did you become involved with Roadhogs?	Decided I needed to join a club and found Dave's number.
If I had more free time (and childcare) I'd love to be able to play squash with Chris.	If you didn't run which sport would you like to excel in?	Cycling, although I've always fancied pole vaulting.
I wanted to be the British gymnastics coach.	Did you ever have any ambitions when at school to do a different job?	Can't remember that far back.
I love Italy - the people, the food, the lakes, the mountains but closer to home the Lake District is beautiful.	Which is the best Holiday destination you have been to?	Portugal or North Norfolk.
My taste in music is quite wide. From the Chilli Peppers and Nickleback, James Blunt and Katie Melua to Frank Sinatra and Neil Diamond!! Anything that I can sing along to.	What music do you like most?	Frank Zappa.
I don't think I have a favourite but the films I really don't like are scary horror films, sci-fi, or ones with too much fighting or martial arts.	What was your favourite film?	Probably Will Hay in "Oh Mister Porter!"
Miss Marple - no crime goes unsolved!	If you could be any TV character which one would it be?	Fred Dibnah? or Ned Flanders.
Toyota Corolla Verso but my dream car would be an Aston Martin DB9.	What car do you drive and what car would you most like to drive?	Citroen Berlingo van. Aston Martin van.
You can't beat a melt in the mouth, rare fillet steak and a good bottle of red wine.	What is your favourite food and drink?	Full English breakfast, curry, chips, treacle sponge and custard. Red wine, beer (and some more chips).
Gordon Ramsey to do the cooking, Jack Dee to make us laugh, Tanya Byron to look after the kids, Eva Cassidy for the background music and my husband Chris to do the washing up.	Which 5 people (living or dead) would you most like to invite to your Dinner Party?	Humphrey Lyttelton, Samuel Pepys, Vinnie Colaiuta, Frank Zappa, Samuel Johnson.
English Literature.	What was your favourite subject at school?	Art.
I enjoyed The Da Vinci Code because I couldn't put it down, I love the language of Pride and Prejudice and The Harry Potter books and Lord of the Rings etc are just great fantasy.	What was the best book that you ever read?	James Woodforde's Diary 1758-1802.
All the races are pretty awful until I get to the end! Favourite distance is probably 10k as the shorter ones are a bit quick.	What is your favourite local race and your favourite distance?	Favourite race - Wellingborough 5. Favourite distance - Marathon.
Going out for lovely runs through the countryside on a summer's evening and running with a group of really friendly people.	What is the best thing about being a Roadhogg?	Very friendly and laid back.
More women so we're not quite so outnumbered.	If there was one thing you could change within Roadhogs what would that be?	I wouldn't change anything.
A balmy summer's evening with all my friends, a sizzling BBQ, flowing wine, good conversation and the kids happily playing on the lawn.	What would be the best way to spend an evening?	I don't know, but I should think alcohol would be involved.

To see as much of the world as possible, to keep on reducing my m/m, run a marathon and still be able to run when I'm past retirement age!	Do you have any remaining ambitions either personal or club wise?	Take up sailing. To improve Marathon time and stay healthy.
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