

# Roadhogs Leicester A.C.



July/August 2011

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

## Blooming Marvellous!

Roadhogs are experiencing a bit of a baby boom. Steve W became a Dad for the second time earlier in the year, Charlotte is expecting her first in September, Tom's wife Nicola is due in December and now Hannah will follow suit early next year.

If these life-changing events were not sufficient excitement for you, Anita married Andrew, recently.

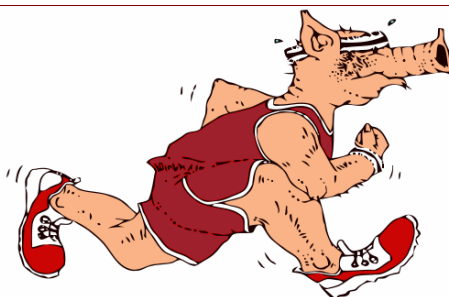
Congratulations and best wishes for the future to you all. Perhaps we'll need to start a junior section!



## EMGP

That harbinger of summer, the East Midlands Grand Prix is over for another year. Eight midweek races stretching from May to early July include some testing courses and several 'classics'. Jon managed 7, Dave 6, John 4, Rob M 3 and Neil just did Silverstone. The series standings are calculated on the runner's best 5 results, which left Jon 23<sup>rd</sup> V40 and Dave 13<sup>th</sup> V50.

At several of the races we caught up with Andy Cooke, who used to run with the club (and set up our original website). Andy, who now runs for Human Energy RC (based in Weedon, Northants), sends his best wishes to all his old Roadhogg friends.



## New Members

A warm welcome to Vicky, Lianne and Janet. We hope you'll enjoy being a Roadhogg for many years to come.

## Joint Training Session

On Wednesday 17<sup>th</sup> August we'll be having a joint session with West End Runners in Abbey Park. The emphasis will be on the social side and Keith will be coming up with some fun ideas. More details to follow.

## LRRL 2011

3rd August      Joy Cann 5  
4th September    John Fraser 10

## In This Issue

Winter League roundup (page 2)  
Glooston 10K (page 2)  
For the record (page 3)  
Cross country (page 4)  
LRRL Reports (page 4)  
20 things (page 7)

## LRRL Winter League 2011

There were no individual awards this time but plenty of good performances, nonetheless. We're just over halfway through the year and already the 'Most Improved Athlete' award is going to cause the committee all sorts of headaches. Our ladies have done some excellent individual races but so far the more consistent improvements have come from the men. Neil is now producing the level of performance that we all believed he was capable of and Ludo just keeps on getting better. Steve W and Roger have never been faster and Richard is really starting to believe in himself. The final pair, and possibly the most remarkable, is Dan and Martin. One has only just started whilst the other has done so many races that he could probably set up a T-shirt stall in the market. They are united, not just by the tumbling times, but by the hard work they've put in to achieve them.

LRRL Winter League 2011		
Based on best 4 of 5		
SL	Amy Rudkin	33rd
VL40	Trudy Sharpe	22nd
VL45	Jackie Brown	8th
VL50	Alison Lodwick	10th
SM	Ludo Renou	16th
	Neil Winkless	34th
	Mark Ramsden	36th
VM40	Ceri Davies	14th
	Colin Bowpitt	16th
	Jon Heap	27th
VM45	Peter Sloneczny	11th
VM50	Rob Milstead	6th
	Dale Jenkins	12th
	Dave Lodwick	14th
	Rob Taylor	26th
VM55	Martin Capell	6th
	Keith Dakin	13th
VM60	Steve Martin	10th
VM75	Barry Waterfield	1st

## Glooston 10K

June 18<sup>th</sup> saw the fifth running of the Glooston 10K. Back in 2007, a housing development in Church Langton meant that we could no longer stage the classic Langton Run, so we needed some inspiration. When Ron first mentioned this 'pudding bowl' of a place called Glooston, hardly anyone knew where it was. Roadhogs have always done things slightly differently (e.g. staggering the ladies and men's starts in the Langton) so we opted for a Saturday evening

race. Whilst this has not proved universally popular, we have hosted many of Leicestershire's finest runners over those five years.



Aaron Scott goes straight to the front

The 2011 edition was won by Aaron Scott of Notts AC. He and Cambridge & Coleridge AC runner Nick Beer broke away from the field right at the start. They ran the first, mainly down hill, mile very quickly. The pace started to prove too much for Nick and he began to drop away in the second mile. By the time Aaron reached the top of Church Hill he'd opened a decisive gap. At the halfway point, Gordon Lee's course record looked under threat but the pace eased a bit on the second lap. As Nick Beer tired, Sean Fenwick of Harborough AC gradually reeled him in, eventually beating him for second.

In the ladies race, Debbie Napier of Harborough AC (who finished 2<sup>nd</sup> in the 2008 edition) had a comfortable win over Lorna Waters and Helen Newbery, both of F&K.



Mark: Male veteran prizewinner

The mixed team competition was won by Harborough AC (Sean Fenwick 2<sup>nd</sup>, Matt Driver 9<sup>th</sup>, Debbie Napier 1<sup>st</sup>, Unity Hamilton-Harding 7<sup>th</sup>) with Fleckney and Kibworth in second. The veterans' prizes went to our own Mark Chamberlain and Kerrie Wilmott-Green of Birstall.

Despite attracting a loyal band of runners, the race has never quite caught on. Over the years we have had 123, 108, 137, 123 and 112 finishers. Operating on a shoestring budget, we can break even with about 125. If anyone has any thoughts on how we can attract greater numbers, I'd be interested to hear them. One possibility would be to switch to Sunday morning. The evening start makes for a great atmosphere but it clearly doesn't suit everyone and only a limited number stay to have a drink and to socialise. The issue was discussed at the recent committee meeting and although a final decision was deferred until October, the consensus at the moment seems to be that we should give Saturday another chance but try to step up our marketing efforts for 2012.

## For the Record

Hinckley Half Marathon		
Ludo Renou	15th	1.21.05(PB)
Colin Bowpitt	74th	1.31.50
Neil Winkless	103rd	1.34.41
Dale Jenkins	126th	1.36.21
Simon Fryer	173rd	1.39.32
Stef Turner	283rd	1.44.46
Rob Taylor	291st	1.45.46
Hitesh Pandya	329th	1.47.44
Dan Bannatyne	432nd	1.52.19(PB)
David Luyt	457th	1.53.38
Amy Rudkin	770th	2.10.21
Valerie Spezi	773rd	2.10.25
Richard Norton	774th	2.10.34
Alison Rudkin	945th	2.28.40
Sarah Saffaf	949th	2.29.11
Shakespeare Marathon		
Rob Milstead	183rd	3.26.56
Jon Heap	347th	3.45.33
John Stew	467th	3.55.33
Rugby 6		
Dave Lodwick	151st	43.48
Jon Heap	157th	44.33
Bedford 6		
Dave Lodwick	119th	42.22
Jon Heap	153rd	44.03
White Peak Half Marathon		
Ludovic Renou	2nd	1.19.10(PB)
Dale Jenkins	21st	1.31.12(PB)
Rob Taylor	44th	1.40.04(PB)
Valerie Spezi	204th	2.07.57(PB)
White Peak Marathon		

Rob Milstead	9th	3.17.47
Leaden Boot Challenge		
Jon Heap	31st	5.57.30
John Stew	34th	6.29.23
A Coventry Way Challenge (40 miles)		
Jerry Wilkes	5th	6.23
Corby 5		
Rob Milstead	105th	33.43
Dave Lodwick	152nd	35.44
Jon Heap	180th	36.47
John Stew	185th	37.02
Buxton Half Marathon		
Ludovic Renou,	17th	1.27.07
Tom Martin	162nd	1.47.41
Valerie Spezi	337th	2.20.05
Banbury 5		
Dave Lodwick	133rd	35.00
John Stew	155th	35.48
Jon Heap	195th	37.33
Baslow Bash		
Jon Heap	17th	5.15
John Stew	58th	6.33
St Albans Half Marathon		
Sarah Saffaf	1848th	2.32.54
Harborough 5		
Rob Milstead	74th	32.55
Dave Lodwick	137th	35.14
Jon Heap	181st	36.50
Weedon 10K		
Rob Milstead	98th	43.09
Dave Lodwick	143rd	45.30
John Heap	156th	46.09
John Stew	158th	46.14
Oaks Fair XC		
Mike Munday	2nd	43.06
Rex Stapleford	81st	80.81
Malvern Midsummer Marathon		
Jon Heap		6.02
John Stew		7.08
Enigma Summer Marathon Double (Sat)		
Jon Heap	10th	3.55.01
John Stew	23rd	4.25.35
Enigma Summer Marathon Double (Sun)		
Jon Heap	7th	4.07.25
John Stew	10th	4.25.27



Karl came south for his annual outing



## Birthdays

### July

2<sup>nd</sup> Ian Bass  
3<sup>rd</sup> Charlotte Wood  
8<sup>th</sup> Sally Waterfield  
13<sup>th</sup> Ceri Davies  
30<sup>th</sup> Trudy Sharpe

### August

2<sup>nd</sup> Sarah Saffaf  
2<sup>nd</sup> Rex Stapleford  
3<sup>rd</sup> Vicky Anderson  
6<sup>th</sup> Dale Jenkins  
12<sup>th</sup> John Stew  
15<sup>th</sup> Roger Kerridge  
17<sup>th</sup> Simon Fryer  
25<sup>th</sup> Mark Jowsey  
30<sup>th</sup> Steve Wheeler



Mike pays tribute to Edvard Munch

## Marathon News

In the two months since the last newsletter there have been 14 Marathon finishes; 6 each to Jon and John and 2 to Rob. All three completed the Shakespeare in good times and Rob followed this up with a top 10 finish (and V50 prize) in the White Peak. The two J's have completed a trio of mega-tough off-road efforts in Staffordshire, the Derbyshire Dales and the Malverns. They followed this up by running their first Marathon Double (Saturday and Sunday) as part of the Enigma Summer Festival.

News has finally filtered through that Jerry decided to run Coventry's answer to the Leicester Round all on his own! He completed the 40 mile course in 6.23 and finished in 5<sup>th</sup>. He was just 10 minutes behind the winner and a mere 2 minutes off second place.

## Off-road Running

Spring Bank holiday always brings a choice of two off-roaders, both run in conjunction with May Fairs. Arnesby is a traditional cross country, whereas the Oaks race styles itself as more of a fell race. This year, I decided to join Nick and Dale in running the nearer and easier of the two; Arnesby. Traditional Bank holiday weather meant lots of mud and the sensation of running in diving boots every time the course crossed a crop field (which it does rather a lot!). After an early navigation error (the course marking is not too hot), Nick decided to stay with former winner; Rob Pullen. Had he not had a session the night before, this strategy might have given him the win. As it turned out, Rob was able to break away in the last half mile, leaving Nick to settle for second. In addition to course marking, results are not the organisers strong suit either, so we still don't know where we finished (suffice to say that Dale was well in front of me).

Two of our most experienced off-roaders tried their luck up in the Charnwood Hills; Mike and Rex. Mike stormed to a brilliant second place, just 8 seconds behind the winner. Rex, who is almost a vet twice over (VM78), took the tough hills in his stride (81<sup>st</sup>).

## Leicester Running Shop LRRL Summer League: Desford QM

In days of yore (when Swanee was in short trousers) the Quarter Marathon was a recognised race distance. Now that we're all modern and continental, we have the 10K which has the added bonus of being a touch shorter. The Desford QM was reintroduced a couple of years ago as a fundraiser for the village school. This year it was staged as a league race to mark the twentieth anniversary of Desford Striders.

While members of some clubs start to lose interest when we get to the Summer League, that doesn't seem to apply to Roadhogs. It's not that our members aren't tempted by the array of more exotic races on offer, they just do those as well. And so it was that Ludo, Valerie, Dale and Rob lined up less than 24 hours after setting PB's in the White Peak Half (obviously no holding back there, then). We were strengthened by the return of Mark (from injury), Ruth (from devotion to the Marathon) and Fi (from having better things to do with her Sunday morning).



Ruth makes it a handicap race

Over the years, Rachel has developed a reputation for getting to races barely 5 minutes before they start. Last year, Anita trumped this by arriving as the race started. Well clearly, both these two are amateurs - a closed road in Whetstone meant Ruth arrived several minutes after the field had departed. Undaunted, she set off, map in hand to chase the race, managing to catch and overtake 11 runners before the finish.

Among those who didn't treat it as a handicap race, Clare was the first of the ladies to make it in, breaking the top ten (10<sup>th</sup>). There was a bit of a gap before Trudy (59<sup>th</sup>) crossed the line but this time it was in a vertical rather than a horizontal state (no fun for the paramedics this week). Fi (77<sup>th</sup>) was third home, followed by Hannah (89<sup>th</sup>), Valerie (90<sup>th</sup>) and Amy (93<sup>rd</sup>). Ruth (115<sup>th</sup>), still motoring on pure adrenaline, led in the final pair of Alison R (117<sup>th</sup>) and Alison L (120<sup>th</sup>).

Our men made an impact at the sharp end with Mike bagging 10<sup>th</sup> and Nick recording his best ever LRRL finish in 13<sup>th</sup>. Despite his injuries, Mark made the top 50 (49<sup>th</sup>) and Ludo was fresh enough to get 52<sup>nd</sup>. Ceri (66<sup>th</sup>) was well up and both Mark R (91<sup>st</sup>) and Colin (96<sup>th</sup>) made the top 100. Neil (102<sup>nd</sup>) and Simon (109<sup>th</sup>) were close behind this pair. Jerry (131<sup>st</sup>) was easing himself back after an injury niggle and Peter (139<sup>th</sup>) had one of those days when nothing works properly. The next pair, Martin (144<sup>th</sup>) and Sam (145<sup>th</sup>), had a right tear up. This time, the verdict went in favour of experience rather than youth. Roger (146<sup>th</sup>) had a fine run, finishing in front of Dave (154<sup>th</sup>) and Dale (155<sup>th</sup>) (who had a good battle

thanks to the handicapping effect of those Derbyshire hills).



Sam puts those track sessions to good use

Steve W (161<sup>st</sup>) is really looking on form at the moment and put in a great run to finish in front of David (167<sup>th</sup>) and Hitesh (176<sup>th</sup>). Rob T (204<sup>th</sup>) was followed by the continually improving Dan (207<sup>th</sup>). Ian (239<sup>th</sup>) was next up, then Colin (260<sup>th</sup>) before former champion race walker Alan King (261<sup>st</sup>) completed the line up.

## Leicester Running Shop LRRL Summer League: Swithland 6

My memories of the old Swithland 6 are of hot summer days and kids with crisps and lemonade in the pub car park that doubled up as race HQ. A falling out with the landlord led to the race adopting a new distance (10K) and a new venue, a short distance from the original circuit. These changes must have upset the ancient Charnwood weather gods because ever since, we've had rain. The race has now returned to its traditional distance and includes a complete circuit of the original course. Whilst rain is actually quite good for racing in, it is not so easy for those recording at the finish. Two years of wet paper, sodden laptops and sundry other calamities convinced the organisers to go for chip timing (or chip and pin as Swanee insists on calling it). It conjures visions of runners being told they can't cross the finish until they enter their secret number correctly - get it wrong three times and you're classified behind Steve Hibben!





Nick: Another great run

One benefit of the new HQ is that it is even closer to Mike's house, so he was on hand to lead our men to some excellent finishes. Mike himself was 9<sup>th</sup> and Nick came in 15<sup>th</sup>, reducing his PB again. Ludo eased up on his pre-race run (a 12 mile training run instead of a competitive half Marathon) and was rewarded with 29<sup>th</sup> and a new PB (35.13). Mark is still in bits but was able to bank some useful points for the team (59<sup>th</sup>). Ceri (82<sup>nd</sup>) came in just in front of a titanic battle between Neil (84<sup>th</sup> and another PB) and Peter (85<sup>th</sup>). Miguel dipped in under a 100 and shaved a few seconds from his PB. That gave us all eight counters in the top 100 for the first time in a long while.



Steve hits top form

On any other day, Rob (104<sup>th</sup>) (who broke 40 minutes), Dale (118<sup>th</sup>), Jerry (121<sup>st</sup>) and Tom (123<sup>rd</sup>) (all under 41) would have expected to

make the top eight - clearly 'good' is no longer enough! Dave (146<sup>th</sup>) continued to race himself back into some respectable form and Roger (160<sup>th</sup>) took another step forward. The 'middle order batting' is looking stronger than ever; Steve W (179<sup>th</sup>) upped the pace still further after his recent improvements and came in ahead of Rob T (181<sup>st</sup>), Hitesh (188<sup>th</sup>) and David (198<sup>th</sup>). Trying desperately to crash this little party was Dan (202<sup>nd</sup>) who managed to knock a cool 5 minutes off his previous 6 mile time.

John S (261<sup>st</sup>), having completed a hilly off-road Marathon the day before was pacing Trudy (I'd love to suggest that he was slowing her down, but unfortunately the clock suggests otherwise!). Dave S (264<sup>th</sup>) completed his first race of the year but had to give best to a fast finishing Richard (262<sup>nd</sup>) - another one making real progress with his running. Martin (268<sup>th</sup>) has been our 'renaissance man' recapturing form that must have been but a distant memory however today he felt like someone had put sugar in the petrol tank and ran like a mere mortal again. Our evergreen duo, Barry (282<sup>nd</sup>) and Colin S (288<sup>th</sup>) came in either side of the hour mark.



After one abortive comeback Bec could have been forgiven for taking it really steady. Whatever demons were in her mind she still found some good speed for 32<sup>nd</sup>. Trudy (81<sup>st</sup>) continued her good run of form (maybe this training lark is not so bad after all), finishing just in front of Ruth (83<sup>rd</sup>, who had done a long bike ride the day before). Amy (104<sup>th</sup>) completed the scoring 4, finishing just in front of Valerie (108<sup>th</sup>) and Alison (134<sup>th</sup>) continued her painful battle with sciatica.

## 20 Things You Didn't Know

Valérie Spezi	Question	Hoggington
		
Part-time librarian at the University of Leicester, part-time researcher at Loughborough University.	What do you do for a living?	Mascot
Neither! French civil partnership (Ludo didn't feel comfortable with the idea of getting married, so we settled on a civil contract; but it is basically the same thing, just another name.)	Are you Married or Single?	Single - I'm not hog-tied!
A year and half with the club, and probably 3 years on a treadmill at the gym before that.	How long have you been running?	Since encountering my first Frenchman with a gun
I got bored with running on a treadmill but I wasn't brave enough to go on the road on my own and Ludo was too fast for me running with him. Rob at the Running shop told us about Roadhoggs.	How did you become involved with Roadhoggs?	I was headhunted (but not they way the French like to do it)
It would be swimming.	If you didn't run which sport would you like to excel in?	Skateboarding or piggy in the middle
I didn't know what to do at school. And I still don't know what I really want to do!	Did you ever have any ambitions when at school to do a different job?	Chairman of the Board
Provence, south of France and hiking in the Lake District (Grasmere).	Which is the best Holiday destination you have been to?	Perigord (where the truffles come from)
Opera and pop music from the 60s and 70s.	What music do you like most?	Hoggy Carmichael
I am no cinephile, sorry!	What was your favourite film?	Babe
Stephen Fry. I wish I was as knowledgeable as him.	If you could be any TV character which one would it be?	Boss Hogg (Dukes of Hazard) seems well fed
I drive a Citroen Saxo. Anything better (more recent) than a Saxo would do. I am not picky with cars.	What car do you drive and what car would you most like to drive?	I don't drive - passing the test might require a few too many porkies!
Australian Shiraz and Ludo's cheese and thyme soufflé or pasta.	What is your favourite food and drink?	Truffles
Emmylou Harris, Linda Ronstadt, Dolly Parton and Nancy Sinatra for an impromptu country/pop music singing dinner. And Roy Orbison so that it makes it a nice quintet!	Which 5 people (living or dead) would you most like to invite to your Dinner Party?	Douglas Hogg (politician), Stan Boardman (comedian), Lester Piggot (tax expert) Tim Piggot-Smith (actor), Dick King Smith (wrote several books with pigs as heroes)
Not sure there was something clearly standing out... But I can tell you that English language was probably my least favourite subject because I could never get the pronunciation right. And here I am living in England!	What was your favourite subject at school?	I liked all the subjects at my boarding school
It's hard to pick one book. But my favourite author is probably Paul Auster.	What was the best book that you ever read?	Pygmalion
I like running half-marathons because I feel I am actually achieving something. My favourite local race would probably be Kibworth.	What is your favourite local race and your favourite distance?	Bagworth Heath XC (lots of mud)
Friendship	What is the best thing about being a Roadhogg?	I would say Keith, but you know what his favourite food is.....
Nothing.	If there was one thing you could change within Roadhoggs what would that be?	More acorns, maybe a hoodie in my size
A glass of red wine and hubby cooking up something nice.	What would be the best way to spend an evening?	Digging up truffles
Changing career again! I don't think I would want to spend my life working in a library.	Do you have any remaining ambitions either personal or club wise?	To fly