

# Roadhogs Leicester A.C.



March/April 2011

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



Ocean's nine?

## African Adventure

Roadhogs abandoned the cold British winter and headed for warmer climes. Eurohogs became Afrohogs as we made our assault on the Marrakech Half marathon. You can read Mark's account of this epic trip in our feature article.

Thanks to Valerie for providing the pictures.

## Stop Press: Champions!



Roadhogs cross country team have won the trophy for combined teams in Division 2 of the Derby Runner League. Full report in the next newsletter.

## New Members

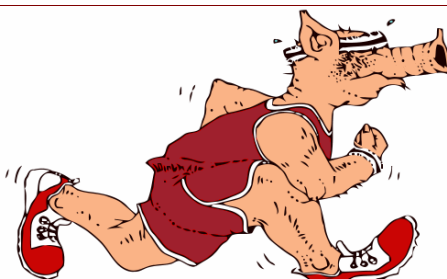
A warm welcome to Dan, Richard, Colin, Amy, Alison, Mark, Pav and Ian who have all joined us for 2011. We hope you'll enjoy being a Roadhogg for many years to come.

## Hat Night

The ancients had their rituals to mark the coming of Summer and so do we. Chief druid, Keith, will be leading the traditional celebration of the end of winter training. Please look out your best hat/fancy dress and join us for a night of merriment on Wednesday 23<sup>rd</sup> March. As usual, we'll be running to the clock tower and then repairing to the Cow & Plough for chip butties.

## LRRL 2011

20th March	Kibworth 6
22nd May	Desford 1/4 Marathon
12th June	Swithland 6
6th July	Hungarton 7
3rd August	Joy Cann 5
4th September	John Fraser 10



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## Marrakech, February, 2011

It was during June last year when we first decided that Marrakech was going to be our latest destination for the now annual Roadhogs half marathon away from Blighty. To begin with you don't know what the interest will be, but as long as we have a hardcore group the rest falls into place. During June and early July the interest was very good and 14 of us were booked to go. From the club we had Matt, Dan, Tom, Craig, Ludo, Nick, Baz, Martin, Stef, Valerie and me. Joining us we had probably one of the best athletes in the local running league over the past 15 years, Dave Pearce from the Corry's. We also had Andy and Scott (Martin's son).

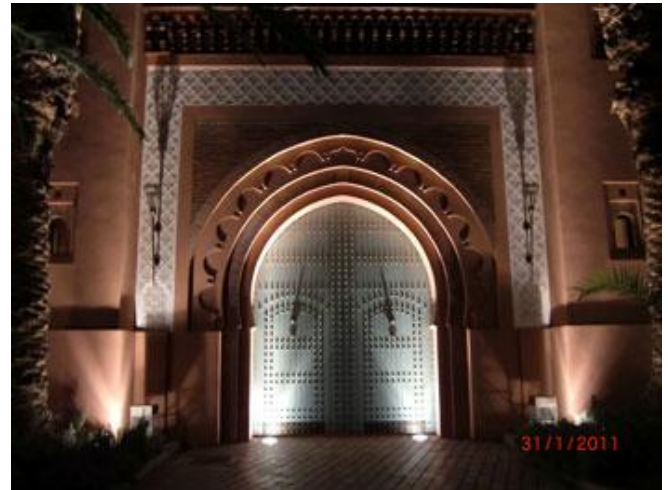


On Friday 28<sup>th</sup> January we met up at The High Cross and were soon on our way to Gatwick. The journey there was excellent with no traffic problems on any of the roads, unlike last year going to Luton. We got to the airport with plenty of time to have a bevy or five and then off we were to Morocco.

We arrived at our hotel and sorted out our accommodation and stayed there for our evening meal. It was an entrée meal where you just went up and helped yourself. This was disappointing because it was £20 and there was very little to choose from. We later found a bar five minutes walk from the hotel and finished the evening off there. (The local beer was working out at about £6 a pint).

On the Saturday we woke up to glorious sunshine and went to have breakfast. Again it was help yourself with plenty of variety including pancakes, fruits, eggs, salads, cereal, croissants, breads etc. (They catered very well for the vegetarian). We later broke off into groups and went to the main square for one of the most

valuable experiences I have ever witnessed. It was here I got a good picture of Baz with a snake around his neck. The square was busy with locals going about their daily business, which was surreal. We ate in the local restaurants and many of us had Tajine's (which was chicken or lamb with choices of vegetables and/or cous cous cooked in local spices. A three course meal was about £7.



That evening before the race we got our numbers and went for a swim in the hotel pool, before going back to our local for a pre-race refreshment. As the night wore on we were all in good spirits and the £6 drinks kept coming and coming and coming. One of our group who we shall name 'The Dark Horse' attracted the attention of a local lady and was getting on very well with her indeed. They went to a nightclub with one of her friends and the rest kept drinking until 2.30am. I'm led to believe that 'The Dark Horse' got to his room around 4.30am after having a good time dancing.



At 7.15am on the Sunday we were up for a spot of breakfast with the race starting at 8.30am. Luckily our hotel was 300 metres from the start

and finish. We set off and I was jogging along with Baz and after 15 minutes I had to pull up and walk back. I got back to the hotel in time for more breakfast and then we went outside to see people finishing. Ludo and Valerie both got PBs.



Later we went to the square, market and another restaurant. In the evening we went to our local and later went back to the disco in our hotel, listening and dancing to African music.

On Monday we had decided to go to the Atlas mountains, so nine of us bartered with the local taxi drivers to take us. We paid about £12 each return with the drivers waiting for us for four hours or so. We acquired a guide who took us all higher up to see a waterfall and fabulous views over ankle breaking territory. He really looked after us all and was very sincere regarding our safety. Even Andy made it up too. We paid the guide about £14 for this and some of us found it in our hearts to give him an extra 80p tip. We stayed in the mountains and had a lovely three course meal for £8 and then returned to our hotel.

Later in the evening we went to a different part of the city and all 14 of us went for another meal. Then it was back to the local and African disco in our hotel. Whilst still in the local Andy was suffering and for the first time in all the years I have known him he decided to have an early night. 'The Dark Horse' kept his eyes only on his beer and food for the remainder of the time we were there.

On Tuesday we still had the majority of the day to do things and again we split up into groups and went to buy our W & G's little bits and bobs from the souks. Baz and Stef were buying hats and scarves by the bucket load. We popped into a dodgy looking hotel and had a few pre flight bevvys on a terrace overlooking the crazy roads in the area. I was also buying a few things for my family and was impressed with my purchases including a t-shirt, cobra and African drum for Emma and a mirror, bracelet and The King's Speech dvd for the Mrs. We all met up at 5pm and got taxi's to the airport. The flight left a little early and soon enough we were back at Gatwick in the cold and fog awaiting the arrival of our minibus, which soon arrived. Then back to Leicester and Baz, Stef and I went for a TJs to see off the experience at 2am.



I woke up at 9.30 on Tuesday morning thinking about the trip and really happy that it was a great success. At 1.30pm I thought I would put my feet up to watch The King's Speech with a cup of tea and ham and cheese baguette I'd bought at Marrakech airport. To my horror the film is dubbed in bloody FRENCH..... (can I have lessons please Ludo)?

Mark.....

### For the Record

Gloucester Marathon		
John Stewart	125th	3.39.45
Marrakech Half Marathon		
Nick Cobley	217th	1.22.04
Ludovic Renou	248th	1.24.06 (PB)

Matt Topham	519th	1.34.41
Tom Martin	829th	1.40.31
Craig Atton	1104th	1.46.29
Stef Turner	1199th	1.48.43
Martin Capell	1323rd	1.50.37
Baz Barratt	1365th	1.51.49
Dan Bannatyne	2082nd	2.06.29 (PB)
Valerie Spezi	278th	2.08.41 (PB)
Charnwood Hills		
Nick Coble	14th	1.37.24
Ludovic Renou	58th	1.46.54
Jerry Wilkes	77th	1.49.08
Dale Jenkins	130th	1.56.47
Jon Heap	179th	2.01.30
John Stew	236th	2.08.07
Paul Langham	241st	2.08.31
Baz Barratt	268th	2.12.15
Enigma Marathon		
John Stew		3.55.55
Busselton Half Marathon		
Clare O'Neill	72nd	1.42.12

## Birthdays

### March

7<sup>th</sup> David Luyt  
 10<sup>th</sup> Mark Chamberlain  
 10<sup>th</sup> Steve Martin  
 10<sup>th</sup> Kim Richardson  
 16<sup>th</sup> Richard Norton  
 18<sup>th</sup> Hitesh Pandya  
 21<sup>st</sup> Rachel Moyes

### April

3<sup>rd</sup> Pavan Hundal  
 6<sup>th</sup> Tom Martin  
 6<sup>th</sup> Mike Munday  
 23<sup>rd</sup> Neil Winkless  
 24<sup>th</sup> Dave Swan  
 26<sup>th</sup> Jackie Brown  
 30<sup>th</sup> Jon Heap

## Leicestershire Vision 2020 Athletics Network

At the beginning of 2011, Roadhogs joined the Leicestershire Network. Before explaining what this means it is probably worth providing some background (feel free to skip this bit).

Historically, each year England Athletics, our governing body, took money from road running clubs and used it for the benefit of elite athletics, track & field and to provide jobs for retired elite athletes. About 5 years ago, as a result of the Foster Report, UK Athletics (of which EA is part) effectively dissolved the (nominally) democratic County Associations, centralised power and hiked affiliation fees. They also gave jobs to even more ex athletes as administrators. This provoked a revolt among road running clubs and led to the formation of an alternative governing body The Association of Running Clubs, who offered the core services (insurance and race permits) for a much cheaper

price and with minimal bureaucracy. Over 120 clubs (including Roadhogs) affiliated to ARC but many, like us, kept a foot in both camps by also affiliating to EA (the reasons for staying with EA are complex but include avoiding the £2 unaffiliated charge in EA permitted races and the desire not to miss out on guaranteed London Marathon places). The threat of losing control of the road running 'cash cow' has prompted EA to offer some concessions to clubs. Many of the ills remain (like a permitting system designed by the big races - VLM, GNR etc. - for their own benefit) but some money is now being returned to the 'grass roots', albeit with more strings attached than Pinocchio.

Currently, EA won't make grants to individual clubs directly but will channel funding for specific projects through groups of clubs called networks. Two networks were formed locally, to take advantage of this; a county network and one based in the City. Initially, the County Network focussed on clubs with strong junior sections (Wreake, Stilton, Ivanhoe, Charnwood and F&K) but rapidly expanded to include adult only clubs like Hinckley, Barrow and Desford. The City Network involved Coritainians, OWLs and the City Council. When funding was granted the understanding was that the remaining City clubs would be invited to join the City Network. Those of you familiar with the politics of the local athletics scene will not be surprised that the invitation never came. Those who know the personalities involved will also not be shocked to learn that the union lasted about as long as one of Liz Taylor's marriages! The demise of the City Network has removed the completely artificial divide between city and county and allowed the formation of a truly countywide alliance in which Beaumont, West End and ourselves have joined forces with the remaining network.

So what are the objectives of the Network and how do they affect us? Much of the work is directed towards juniors; providing suitable competitive opportunities for kids, coaching and outreach activities in schools. However, the remaining aims; to develop club structures, to develop athletes and to bring more people into clubs, are all relevant to us.

1. Developing athletes: The Network is providing bursaries towards the costs of training leaders and coaches. This is coinciding with EA finally providing courses aimed at endurance rather than track and field. Alison and Mark have

already taken advantage of this to train as 'Leaders in Running Fitness' and we are hopeful that Mark will be able to go on to do the advanced course (Coach in Running Fitness) when it is launched later this year. The Network will set up a mentoring scheme for coaches and leaders. They are also funding visits by specialist coaches and experts to work more widely with club members. So far, sessions included nutrition (seminars given by the guy who looks after the British Triathlon Team) and Strength and Conditioning.

2. Developing Club Structures: I'm not quite sure how this one is going to work (there's a seminar coming up!) but it's about helping clubs organise themselves better and spread the load more evenly.
3. Recruitment: The main initiative here is setting up 'Run in England' groups. These are 10 week courses aimed at beginners. The idea is that everyone reaps the health benefits and that at least some of the group members gain sufficient confidence to join the club itself.

None of this need affect us if we don't want it to. Whether or not members decide to take advantage of what is on offer is entirely up to them. Some of these activities will be organised jointly with other clubs and there is likely to be increased collaboration, but whatever happens the core values and identity of Roadhogs are not under threat.

## Derby Runner Cross-country league race 4 - Bagworth, Sun 20 February

It was a cold morning at Bagworth and the Roadhogs mobile event centre (tent) is proving very popular with the runners as a place to shelter from the cold wind. Also, thanks to the girls, we needed it to store all the flapjacks and cakes which will be waiting for us after the race. I do wonder whether some of the team are there for the race or for the flapjacks (no contest, flapjacks win) but who cares it's working this season with full teams again and 15 Roadhogs' runners in all.



Nick challenges Hatton's 'Mr Motivator'

At the 4th attempt, Desford Striders finally got a race started at Bagworth Heath. This is a true course, 2.5 laps of very VERY muddy pathways that were deep in parts. It was hard to keep your balance on some of the tight corners and little slopes. On the first lap you tried to find your way around the mud but on the second lap it was somehow easier just to run straight through it. There is also a long climb to the top of the ridge which you have to run twice; it levels out a bit in the middle but that's just to give you a breather before you have to tackle the second half of the hill. We welcomed Colin Bowpitt making his Roadhogs xc debut and already he finished well up and scored good points for us. Nick and Ludo both told me that they did not enjoy this course, but I think that really they did because they were our top scorers with Nick right up front and Ludo getting the better of Jerry on the day. Dave Lod and Baz had good runs, everyone ran well and we finished 6 in the top 100.



Kim hiding his walking stick from the camera

The ladies team was sick and lame and I am grateful that they turned up and ran 'for the team'. Jackie was fine and led them in. but then came Trudy (coughing), Hannah (suffering a cold and overdressed) and Sumina (dodgy hip) ... what fine girls you are. Valerie still has a problem with her knee ligaments but was there to take the results for us, and also the famous Ronnie Atton came along to inspire the runners to try harder.

#### RESULTS:

##### MEN:

13th Nick Cobleby 34.32, 35th Ludovic Renou 36.35, 62nd Jerry Wilkes (V40) 39.09, 68th Colin Bowpitt (V40) 39.47, 94th Dave Lodwick (V40) 42.09, 100th Craig Atton 42.37, 116th Baz Barrett (V50) 44.18, 137th Rob Taylor (V50) 46.12, 143rd John Stew (V50) 46.47, 171st Kim Richardson (V50) 52.21, 181st Rex Stapleford (V70) 58.14, 185 finished.

##### LADIES

36th Jackie Brown (V40) 49.11, 60th Trudy Sharpe (V40) 55.40, 63rd Hannah Bishop 56.59, 67th Sumina Azam 57.17, 82 finished.

TEAMS (div 2): Men 3rd Ladies 4th Combined 2nd

TEAMS AFTER RACE 5: Men 3rd Ladies 4th Combined 2nd



Ludo in full flow

## Leicester Running Shop LRRL Winter League: Barrow 6

As ever, the first race of the season was a time for making new acquaintances and greeting old friends. Five runners; Alison R, Amy, Colin B, Dan and Richard made their debuts and Rob made his comeback after a year spent concentrating on the Marathon (that and painting the world magnolia). A good testing

course and experienced organisation mean that Barrow is always a popular race and there were 30 Hoggs in a field of 533. The cool weather meant that many chose to sport the new long sleeve running tops, so we were a particularly smart bunch this time.

Mike was absent and Mark too injured to run, so it was left to the rest to step up and support Nick. The newly crowned 'Athlete of the Year' duly delivered with 25<sup>th</sup> (an improvement of 31s on 2010) against a strong field. Ludo produced one of the performances of the day, slashing more than 5 minutes off last year's time and registering his best ever finish (63<sup>rd</sup>). Not a bad advertisement for the benefits of Mark's speed sessions! It was great to see Peter (74<sup>th</sup>) enjoying his racing again and 2010's 'Most Improved Athlete', Ceri (88<sup>th</sup>), simply carried on where he left off. Rob (115<sup>th</sup>) was straight back into the groove but he'll have to watch out for Miguel (117<sup>th</sup>) who made another huge leap forward. Neil's race performances have been a bit of an enigma but today he ran much more like the natural athlete we know from training (132<sup>nd</sup> and under 40 minutes). Right on his tail was Colin (136<sup>th</sup>) - making a big impact in his first ever race. Dale (152<sup>nd</sup>) put in his usual solid performance, comfortably good enough to see off Dave L (177<sup>th</sup>) but for once, not quite good enough for the counting 8. Jon (233<sup>rd</sup>) went well but then again he had to, because Martin (242<sup>nd</sup>) was having an absolute stormer. We knew he was in good shape after Ceri and I recently spent 3 miles vainly trying to catch him in training, but here was the proof - 3.5 minutes quicker than 2010 and his fastest race in well over a decade (16 years, to be precise). Next up were Rob T (249<sup>th</sup>), Hitesh (256<sup>th</sup>) and Paul (257<sup>th</sup>, on the back of 17 miles the day before). Dan (308<sup>th</sup>) showed how far he has come since he's been with us, as did Richard (338<sup>th</sup>). Sandwiched in between these two were Steve (316<sup>th</sup>) and Keith (317<sup>th</sup>). Barry (346<sup>th</sup>) did us proud in his first outing as a V75 (the only one in the race) and Colin battled with his sciatica for 350<sup>th</sup>.

Clare (20<sup>th</sup>) got the season off to a great start with a fine display of sub 7-minute miling. Angela too, showed she'd retained her fine form of last autumn finishing 37<sup>th</sup>. Charlotte (52<sup>nd</sup>) started to rebuild a little confidence after a long injury lay-off and Jackie (69<sup>th</sup>) started the new season well. Valerie (133<sup>rd</sup>) showed that it is not just the quicker men who can benefit from track work, knocking a cool 4 minutes off her 2010 time. She was followed in by Amy (137<sup>th</sup>) in her first official race as a Roadhogg. Alison L (159<sup>th</sup>)

led in Anita (161<sup>st</sup>), and Alison R (172<sup>nd</sup>) did well despite not having done much running recently.

## Leicester Running Shop LRRL Winter League: Ashby 5

Ashby was a test of our strength. After a promising start at Barrow the rival attraction of exotic Marrakech meant there were some key absentees. It was a great relief therefore, to see that man 'Zorro' emerge from the crowd. We also had former member Mark Ramsden making his comeback and Jerry, one of last year's 'form horses' taking his seasonal bow, so things were starting to look up. There's nothing in the terrain to cause much of a problem but the twists, turns and narrow sections mean good times take a little earning.

What can you say about Mike? He turns up, knocks out a top twenty finish (18<sup>th</sup>) then disappears into the mist before most have us have even sighted the finishing line! Peter (73<sup>rd</sup>) is not quite hitting his top form but is going well, nonetheless. Ceri (89<sup>th</sup>) produced another good performance before the real battle developed. Miguel (106<sup>th</sup>), Jerry (108<sup>th</sup>), Colin B (109<sup>th</sup>) and Neil (115<sup>th</sup>) were separated by a mere 12 seconds as they surged to a quartet of personal best performances. That left us just one short but we didn't have long to wait before Mark R finished the job in a fine 131<sup>st</sup> place.

Dale (142<sup>nd</sup>) had an even better run than the week before but it still didn't count. Dave made a very slow start, leaving it late to overhaul John S who showed that Marathons and fast 5-milers are not incompatible with a PB and a first time under 35 minutes. Jon (215<sup>th</sup>) continued his improving form and Rob T (228<sup>th</sup>) got the better of Paul (229<sup>th</sup>) who is using the races to top up his Marathon mileage. Hitesh (246<sup>th</sup>) was well up with his best of 2010, Keith (303<sup>rd</sup>) continued his rehabilitation, turning the tables on Steve M (306<sup>th</sup>). Barry (337<sup>th</sup>) had an excellent race, trying to keep up with Anita, and recorded his best time for a couple of years, while Colin (341<sup>st</sup>) struggled with his sciatica.

Once again, we were short of ladies but those that made it didn't let us down. Jackie got close to her PB, leading us home in 59<sup>th</sup>. Trudy (104<sup>th</sup>) started the season off in style, recording her best time since 2008 and Amy (118<sup>th</sup>) was not far behind, taking an impressive 40s per mile off her Barrow pace. Anita (151<sup>st</sup>) and Alison R (168<sup>th</sup>) both improved by 20s per mile. Alison L (172<sup>nd</sup>)

took to the line with sciatica and was glad just to reach the finish.

## Leicester Running Shop LRRL Winter League: Markfield 10K

It was a wet and windy morning on the slopes above Thornton Reservoir but spirits were high. We'd lost Nick to the bright lights of Budapest, Peter to the Lakes and Colin to sciatica but we had Craig and Roger back after injury and Ian making his debut. Twenty five Roadhogg men was a great turn out but sadly only five ladies were able to join them.

Charlotte is still feeling her way back after a long injury lay off but still gave us a good start with 38<sup>th</sup>. She was followed by Jackie (battling with a 'throat like barbed wire', 60<sup>th</sup>) and Amy (maintaining her form on a tough course, 118<sup>th</sup>). The team was completed by a double A; Alison R (156<sup>th</sup>) just getting the better of Alison L (157<sup>th</sup>).

For the second race in a row it was Mike who took the honours, with an excellent 21<sup>st</sup>. He was followed by Ludo with an unbelievable performance; breaking the top 50 for the first time (46<sup>th</sup>) and coming in under 38 minutes. Ceri (87<sup>th</sup>) broke 40 minutes for the second time and on an infinitely harder course than the first. Fortunately, unlike the 'Manager of the Month' award, being Roadhoggs' 'Most Improved Athlete' doesn't seem to be the kiss of death! We then had a bit of a convoy with Neil (109<sup>th</sup>), Colin (112<sup>th</sup>), Rob M (113<sup>th</sup>) and Miguel (116<sup>th</sup>) separated by only 15 seconds. Dale (137<sup>th</sup>) finally managed to make the counting eight but had to battle past Mark R (138<sup>th</sup>) to secure the honour.



Chests out, lovely boys!

Tom (155<sup>th</sup>) put in a good steady run on his first outing of the year and Dave L (164<sup>th</sup>) managed to overhaul Craig (169<sup>th</sup>) in the closing stages, when his lack of training caught up with him. Martin

(180<sup>th</sup>) is simply flying - his fastest 10K since 1989 - and pushed Jon (177<sup>th</sup>) all the way. Baz (214<sup>th</sup>) is starting to look like his old self again, just pipping Roger (215<sup>th</sup>), with Rob T (219<sup>th</sup>) not far behind. Hitesh (232<sup>nd</sup>) and David (233<sup>rd</sup>) must have gone across the line virtually holding hands because they were credited with the same time. Dan (265<sup>th</sup>) continues to reap the benefits of the hard work he is putting into training with a race to race improvement. Keith's steady progress continued (283<sup>rd</sup>), leading in Ian (292<sup>nd</sup>) and Steve (304<sup>th</sup>). Richard found the early hills a bit of a challenge, but stuck with it to finish in 321<sup>st</sup> and Barry followed him in 322<sup>nd</sup> to complete the line up.

### Leicester Running Shop LRRL Winter League: Desford 10K

What with the distractions of half-term and enough injuries to keep MASH fully stretched, we were a little depleted at Desford. Fortunately we had our own 'Hawkeye' (Keith) to make sure spirits remained high. It was one of those cold and wet days that are fine for racing but not so good for the waiting around bit. The course at Desford has gone through a few refinements over the years and has now settled on a figure of eight with start and finish safely away from any traffic. There are some demanding slopes but somehow they seem easier than Markfield, something that is borne out by the quicker times run.



Jackie tries to escape a heavy breather

For the first time in a while, we failed to finish a full ladies' team. Jackie was sufficiently recovered to post her best performance of the season, so far (56<sup>th</sup>). Trudy (110<sup>th</sup>) was also fully restored and carried on where she left off at Ashby. Alison L (150<sup>th</sup>), who was still hamstrung by sciatica, just concentrated on getting round without anything falling off.

Nick managed to shrug off the after effects of two holidays (and the excellent Budapest beer) to finish 30<sup>th</sup>. He can't rest on his laurels however, because Ludo is on his tail! Another superb PB performance propelled him to 43<sup>rd</sup> and a second successive top 50 finish. Peter was back from holiday and he edged further up the standings with 64<sup>th</sup>. Rob M (108<sup>th</sup>) is getting back to his best and narrowly missed dipping under 40 minutes. Another one threatening this psychological barrier was Neil (112<sup>th</sup>) who ran a 40.10 PB and it is now surely just a matter of finding the right course. Mark R (124<sup>th</sup>) put in another quality performance and then we had Tom (151<sup>st</sup>) who is quietly working his way back into form. Craig (164<sup>th</sup>) continued his rehabilitation, making the eight and putting Dave L (170<sup>th</sup>) back in his box.



David bemoans the lack of windscreen wipers

There was an all mighty scrap for the honour of being fourth vet between Jon (who was fitting the race into the middle of a Marathon training run) and the new 'super improved' Martin. Jon (179<sup>th</sup>) got the nod by a mere 2 seconds with Martin (181<sup>st</sup>) a second away from breaking a PB set when Nick was probably still in nappies (no wisecracks please!). Baz (194<sup>th</sup>), Roger (201<sup>st</sup>), Rob T (215<sup>th</sup>) and David (216<sup>th</sup>) should all have felt satisfied with their work but John (230<sup>th</sup>) probably felt he should have remained on his sickbed. Keith (256<sup>th</sup>) continued his race by race improvement but the man of the moment was definitely Richard (299<sup>th</sup>). After the nightmare of Markfield came the dream of Desford and an improvement of over 9 minutes. Steve (300<sup>th</sup>) and Barry (317<sup>th</sup>) both improved on Markfield and Colin (320<sup>th</sup>), who set off more in hope than in expectation, made it safely back in one piece.



## 20 Things You Didn't Know

Jackie Brown	Question	Baz Barratt
		
Customer service advisor for Next.	What do you do for a living?	Tree production manager @ James Coles.
Single with two teenage children who, promise everything but deliver nothing and bleed you dry! Only joking!	Are you Married or Single?	Girlfriend (Andrea) and 3 boys from ex-partner (Lesley).
I have been running for about 7 years. Only started pushing myself since April 2010 when I started coming to Roadhogs.	How long have you been running?	Started running in 1982 to lose weight (11 stone). 29 years later I'm almost 13 stone!
Dale Jenkins. I have known Dale and Mandy for years as I worked with Mandy and she is my sons godmother (Lucky Mandy, its time you and Dale spent more time with him!). Mandy knew I liked running so she suggested, why not go along with Dale? And so I did and pleased I did because everyone is so nice and friendly.	How did you become involved with Roadhogs?	Joined Roadhogs after St Andrews folded (previously with Beaumont RC and Thurnby Harriers)
That a tricking one. Probably netball.	If you didn't run which sport would you like to excel in?	Would love to play better golf.
Not really. Before the children I was an assistant stores manager and also did marketing.	Did you ever have any ambitions when at school to do a different job?	Anything to do with stamps/coins or antiques.
I really enjoyed Lanzarote. The Timanfaya National Park with its volcanoes were fascinating, we even went on a camel ride!	Which is the best Holiday destination you have been to?	Oregon USA and Scotland.
Mixed really. Love Phil Collins and Genesis and last year I went to see Take That, even though I wasn't into them when I was younger, I was a brilliant production. I don't mind up to date music as I have no choice but to hear it with the kids blasting it out!	What music do you like most?	At present, love Absolute Eighties Radio but love all music except Jazz and folk - ugh!
An Officer and a Gentleman.	What was your favourite film?	Shawshank Redemption, Das Boot, Cape Fear and loads more.
Kelly Adams from the series Hustle.	If you could be any TV character which one would it be?	Would love to be intelligent enough to host Question Time. D Dimbleby is awesome!
Ford fiesta. I would love an Audi A3, Black.	What car do you drive and what car would you most like to drive?	Drive Toyota Hi Lux at work, Jeep Cherokee out of work and would like a Grand Cherokee.
Ice cream and a glass of red Shiraz but not at the same time.	What is your favourite food and drink?	Tea (honest!). Mum's Sunday roast.
Peirs Morgan, Amanda Holden, Colin Firth, Kate Middleton and James Corden.	Which 5 people (living or dead) would you most like to invite to your Dinner Party?	Would love to sit around a table with all of my grandparents again.
Home Economics and PE.	What was your favourite subject at school?	Loved Chemistry and recently been learning to speak French with Stef! (Avez vous une cuppa?)
I like autobiography books and each are interesting in their own rights.	What was the best book that you ever read?	The Long Walk, Slavomir Rawicz (recently turned into a film; 'The Way Back'.
Hungarton7, it was hard but lovely countryside and the first evening race I had done. Only thing was that the finish was never coming as I think we ended up running about 7.23 miles because of the road works! Not worked out which distance I enjoy yet.	What is your favourite local race and your favourite distance?	Love The London Marathon, Charnwood Hills, Hungarton 7.
Everyone is really friendly. For me it is all about team work.	What is the best thing about being a Roadhogg?	Nice people, no prima donnas, great camaraderie.
More social events to get to know everyone better.	If there was one thing you could change within Roadhogs what would that be?	Have been great improvements, especially Dave's website (Brill!), spend more time with beginners (Run in England)?
A nice meal and glass of wine with good company.	What would be the best way to spend an evening?	Any night out with Andrea (pass the sick bucket!).
To improve my running and time if possible and to try some half marathons.	Do you have any remaining ambitions either personal or club wise?	To run a decent Marathon and stay injury-free.