

Roadhoggs Leicester A.C.



March/April 2012

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

Vive La France!

Since joining the club two years ago, Valérie and Ludo have won our hearts and now they've walked off with our silverware too! At the Annual Presentation Evening, Valérie received the *Lady Road Running Captain's Award* in recognition of her dramatic improvement over the half Marathon distance (and all round contribution). Ludo took the *Chairman's Award* for his many achievements and was voted *Athlete of the Year* by his fellow runners.

Dale received the *Men's Road Running Captain's Award* for contribution to the club and his superbly consistent performances over many disciplines. Such was the strength of the field, we had to have two *Most Improved Runner Awards*; congratulations to Dan and Miguel, who both had fantastic years. Trudy was a popular winner of the *Cross Country Captain's Award* and despite what she may think; it was made for efforts as an athlete, not her baking skills (appreciated though they are)!



Bloomin' Marvelous



Congratulations to Hannah and Stuart on the birth of Rose Madalaine Bishop. Rose was born on February 22nd 2012 and weighed in at 8lb 1oz.

Science Watch

We hardly need convincing that our favoured sport is good for you, but scientists have recently discovered one of the mechanisms. They have discovered a new hormone, irisin, which is released from muscle when we exercise. This hormone stimulates white fat cells to behave like brown fat cells. Why does this matter? Brown fat cells can burn energy to make heat. This means that exercising burns more than just the calories that we need to power the muscles, keeping us lean and also helping to regulate our blood glucose better (which reduces the likelihood of developing diabetes).

Member News

We're pleased to welcome David to the club.

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A Year of Running

2011 was my second year of running. It all started with the Huncote Hash, a lovely cross-country, on the 2nd of January and ended with.....well the Huncote Hash too. What a better way to start and end the year than with mud, streams to cross, hills to climb and a chat with friends around a warm soup and bread rolls? That is running at its best.



Derby Runner National Final

Altogether, I ran 26 races, just to be on a par with the number of marathons John has run!! And it culminated with my first marathon. That was a strange experience. I was so tired towards the last few miles that the only idea (rather an obsession) I had in mind was to cross the finish line and walk. It was really taxing. And I do not speak about the 16 weeks or so of preparation. I was doing nothing else than work (well, you still need to earn money) and run. Fortunately, Valerie was very supportive, even carrying bottles of drinks on her bike during my long run. (OK, it did happen than she left home too late so that she never caught it up with me.)

Overall, I am quite happy with the season. With the cross-country team, we finished top of the combined second division and did the grand final. That was a superb performance by all of us. Anecdotally, I also improved my PB at all distances; I was very pleased with that. And, of course, I was voted "Athlete of the year." It was a great pleasure for me. Roadhogs is like family and it is always very pleasing to see your achievements appreciated by your family.

My two favourite races have been the Buxton half-marathon and the Snowdonia marathon (many thanks to John, Jon, Dave and Rob). Both

events were extremely well organized, offered breathtaking views (not only because you have to run uphill for miles before enjoying those views), were very well supported despite their relative remoteness, and there is no chance to improve your PB on those races. And this is great, as it makes the running experience all the more enjoyable. Running after time is fine, but all too demanding. It takes the fun out of running.



Snowdonia 2011 (Photo: Al Tye, Fell Running Pictures)

So, what will my 2012 be? Well, I hope to do more of those scenic races. England has such a wonderful countryside; running is certainly a great way to explore it. Above all, I want to put back the fun into running and focus less on time.

Ludo

For the Record

Gloucester Marathon		
Chris Peach	122 nd	3.40.46 (PB)
John Stew	225 th	4.03.14
Jon Heap	277 th	4.19.13
Charnwood Hills Race		
Nick Cobby	2 nd	1.39.41
Jerry Wilkes	65 th	1.58.47
Dave Lodwick	102 nd	2.04.54
Chris Peach	152 nd	2.13.57
Hitesh Pandya	226 th	2.33.52
Enigma Quadzilla (Race 3)		
John Stew	22 nd	4.15.02
Jon Heap	22 nd	4.15.02
Cotswold Marathon		
John Stew	92 nd	4.30.34
Leap Year Marathon		
John Stew	20 th	4.26.57

Birthdays

March

7th David Luyt
 10th Mark Chamberlain
 10th Steve Martin
 10th Kim Richardson
 16th Richard Norton
 18th Hitesh Pandya
 22nd Craig Atton

April

3rd Pav Hundal
 6th Tom Martin
 6th Mike Munday
 10th Lianne Underwood
 23rd Neil Winkless
 24th Dave Swan
 26th Jackie Brown

Getting' Muddy with Kim

Derby Runner League Race 5 - Grace Dieu 15/1/12

On a cold and frosty morning we assembled in the club hospitality centre on Grace Dieu Prep School playing fields. There are so many club hospitality centres at each league race now that it looks like a disaster relief centre. I was hoping we would have enough Roadhoggs to keep up our good league placing this season and was really pleased to see so many of you once again. At least it meant that I did not have to run and could stay behind to look after Trudy's cakes.



Colin: A reliable member of the 'Mud Hoggs'

The Grace Dieu course is about 5 miles of pretty scenery but with a long and rocky climb in the middle, someone said they passed some Japanese mountaineers and some yetis on the way up. Nick led us home with another top 10 placing and now ranks 3rd in the league overall. Ludo had a problem with his laces, they kept coming undone which meant he had to stop to re-tie them. As a good captain and father-figure I will tie Ludo's laces for him next time. Miguel was right behind Ludo, then came Ceri, Colin, Dave and Dale (having a bad day) and our 8th

team scorer was John Davies in his debut race - great start John! Sam and Steve and Ian, back after a long injury absence, followed in. For the girls Ruth and Jackie both fell but got up and carried on, with Ruth just getting the better of Jackie again. Both finished in just about the same positions as the last race at Allestree Park but had better runs this time as there were more in the race. Claire stayed on her feet, she has really taken to cross country running this season, and Trudy twisted her ankle but as always just keeps going. It was really interesting to see the different running styles getting up the steep bank (the travelator) at the finish, most just got their heads down and dug deeply to reach the top but Nick roared like a bear and Jackie did a really good Groucho Marx impression.



Dale: Mr Reliable

RESULTS:

MEN: 7th Nick Cobley 31.19, 62nd Ludovic Renou 34.49, 63rd Miguel Flores 34.53, 107th Ceri Davies V40 37.16, 129th Colin Bowpitt V40 38.33, 136th Dave Lodwick V50 39.04, 158th Dale Jenkins V50 39.52, 219th John Davies V40 42.33, 256th Steve Wheeler V40 45.46, 266th Sam Richardson 46.31, 299th Ian Bass V40 52.43, 301 finished.

LADIES: 36th Ruth Stevely V40 43.45, 39th Jackie Brown V40 44.02, 80th Claire Mendes 48.56, 90th Trudy Sharpe V40 50.58, 127 finished.

TEAMS: Men (div2) 7th, ladies (div2) 6th, combined (div1) 8th. TEAMS AFTER 5 RACES: Men (div2) 4th, ladies (div2) 4th, combined (div1) 7th

Derby Runner League Race 6 - Ullesthorpe 19/2/12

On a bright but cold day we gathered at the refugee camp on the hill at Manor Farm in

Ullesthorpe for the final league race of this season. There was a cold breeze on the hill and no one wanted to come out of the tent. Only Nick and Jackie came out in their vests; everyone else had shirts and sleeves underneath, which shows that Nick and Jackie are well 'ard. A smaller than usual field charged off down the hill and ran a very pleasant but tough 5.65 miles around fields and through pretty woods and around lakesides, and with plenty of long slow hills where you had to work hard to keep going. Even the finish was back up the same hill we started down so everyone dragged themselves up as the watching crowd would not let you walk even if you wanted to. There were 2 stream crossings, the first of which was deeper than you expected and it came up above my knees and poor Clare was almost submerged! We welcomed Sara and Fiona making their league debuts as kindly volunteered by Jackie and Trudy, and they both had good runs and said they would love to do more cross country races ... at least that is what I heard but maybe not quite what they said. Nick led the men in finishing just outside the top 10 and capping the great league he has had this season. Ludo and Miguel are both away but Ceri, Jerry, Dale and Colin were all inside the top 100. There were much improved runs from John Davies and Steve Wheeler. For the girls Jackie is getting back to her best, then Sara on her debut race and then dripping wet Clare. Altogether we had 18 runners, equalling the club record in this league, and I do thank everyone who ran on this long and hard course.



Jerry: Smooth progress

We gave Trudy some flowers to show our appreciation for the cakes she makes and brings to each cross country race, and also to make sure she will still do that for us next season.

RESULTS:

MEN: 11th Nick Cobby 34.23, 77th Ceri Davies V40 40.37, 86th Jerry Wilkes V40 41.35, 96th Dale Jenkins V50 42.42, 97th Colin Bowpitt V40 42.43, 120th Dave Lodwick V50 43.42, 127th John Davies V40 44.13, 155th Steve Wheeler V40 46.43, 160th Hitesh Pandya V40 47.17, 175th Rob Taylor V50 48.50, 186th Sam Richardson 50.57, 198th Kim Richardson V50 54.30, 206th Ian Bass V40 60.16, 207 finished.

LADIES: 33rd Jackie Brown V40 48.46, 44th Sara Benedi 51.42, 54th Clare Mendes 52.54, 65th Trudy Sharpe V40 54.38, 68th Fiona Sutherland V40 56.03, 88 finished.

TEAMS: Men (div2) 4th, ladies (div2) 4th, combined (div1) 6th. Our final league positions after all 6 races are: Men (div2) 4th, ladies (div2) 4th, combined (div1) 7th. Thanks everyone for great team performances this season, we have held our own in the top division!

Charnwood Hills Race

It's been 5 years since I last did the Charnwood Hills Race. It wasn't the hilly, 14 mile, off-road course that made me think twice but the full-on nature of the racing. Each time I've attempted it I've ended up in a furious battle over the last 4 miles. Having had a good autumn and lots of lovely off-road miles over Christmas, I thought it was time to have another go. Of course, no sooner had my race number landed on the mat than my body started to fall apart and I had to back off the training.

The sensible thing would have been to withdraw gracefully but any chance of that disappeared with a fall of snow. No way could I miss it now! The organisers always say "if you can get here, the race is on!" Despite a good 4-6" of snow overnight, 300 hardy souls did just that and they were richly rewarded. The scene that greeted us was like something out of a Christmas card - crisp snow, bright sunshine and beautiful scenery. I was joined by Nick, Jerry, Chris and, ever the glutton for punishment, Hitesh in his first CHR.

For the first mile we ran mostly in a line, as everyone got used to the unusual conditions. Running on the loose snow was hard work but the further back you were, the more your fellow runners had compacted it for you. Nick and the other leaders had no such luxury, having to blaze a trail for the rest of us. With the snow holding firm in the cold air, there was surprisingly good

grip; the icy stiles were the only real hazard. For much of the race you could hear the happy cries of children as they gave sledges their first proper outing of the winter. I think it's fair to say that we were having just as much fun!



Nick: Almost king of the hills

This race is special for the Cobley family and Nick pulled out a performance to match; winning a hard-fought duel with Tom Yates of Barrow for second place (behind Pete Swaine of Charnwood AC). If there was a cup for second place, like the old Jules Rimet Trophy, it would surely now be Roadhogs' to keep; Mike Munday having been bridesmaid in this race too often to count. Jerry came in 65th and I lost out by a short head to a guy from Shepshed after racing him all the way from Old John. Chris and Hitesh made it safely home in 152nd and 226th places, respectively.

Leicester Running Shop LRRL Winter League: Barrow 6

A crisp windless morning, perfect for running, attracted a Winter League record field of 580. Roadhogs made a full contribution by fielding 35 runners (our own WL record). Adam Clarke, John Davies, Hamir Godhania and Sara Benedi made their league debuts. As well as the record attendance, this was a landmark race for the Leicestershire Road Running League for another reason; it was the first WL race to use chip timing. The chosen system uses 'active' chips (meaning they contain a battery) which have the benefit of giving a very high 'read rate'. In practical terms, this means they will still work even if carried in a pocket (one runner even carried his in his hand). Only one runner forgot to carry his chip (fortunately he wasn't a

Roadhogg!) and everything worked well. Race times and positions are determined by 'gun to chip times' but the chip to chip times give runners, particularly those starting towards the rear of the field a more accurate guide to their true performance, so these are the times I will be adopting for calculating pace (minutes per mile) and PBs.

Barrow is usually one of the more competitive races but nonetheless, we had some interest at the sharp end. Nick Beer made his usual strong start and managed to hold on for 9th place. Behind him, Nick Cobley (21st) finally managed to beat the old master; Mike (25th). Behind this trio were a couple of runners making strong statements at the beginning of the 2012 season. 2011's 'Most Improved Runner' Miguel (85th) and Mark Ramsden (91st) both took significant chunks off their previous 6-mile bests. Ceri and Jerry (sounds like a good name for an ice cream business) ran well for 111th and 129th, respectively. Hot on Jerry's heels was our first debutant, Adam (136th), announcing himself with an impressive sub-40 run. Colin (141st) and Tom (143rd) both picked up where they left off, last year. Dale (more reliable than a Volkswagen) came in 171st, just in front of Lee (175th) who impressing in his second race, and Rob M (183rd) who had young Harry along to cheer him on.



Lee: Really finding his feet

Dan (202nd), our other 'Most Improved of 2011', raced with great determination and no little speed (3 minutes off his PB), to put another couple of old stagers (Dave, 203rd and Peter 205th, still recovering from his serious bike crash) on his 'kill list'. Martin (211th) and Roger (213th) came in just in front of John Davies (221st) another making an impression on his first start. Sam (255th, delayed by a touch of the

'Paula's') led in David (258th) and Hitesh (266th). Steve W (279th) was up next, followed by Sam R (294th) in his first League race since 2004, and John S (296th, finding this short stuff a bit too fast for Marathon legs). Ham (301st) comfortably beat his target time, Keith (313th) looked in good nick and Rob T (324th) was happy to be back after injury. Last, but never least, was Barry (384th) 76 years young and still pounding the streets like a good'un.

Captain Jackie was ill and Bec was injured, so it was left to Ruth to inspire the troops. She didn't disappoint; taking 2 minutes off the PB she set on Boxing day and placing 38th. Clare (97th) was also in fine form lowering her PB by almost 4 minutes. Not far behind was debutant Sara (107th) and she was followed by Fi (116th), Trudy (119th) and Alison (183rd).

Leicester Running Shop LRRRL Winter League: Market Bosworth 10K

Problems with Caterpillar meant the Desford 10K became the Market Bosworth 10K. Kim had fond memories of running with Ady Blyth and coming second on this course (sometime in the last century!) but for everyone else, it was a new experience. It turned out to be very scenic and fair course and proved popular with the athletes. However, with League fields around the 500 mark, a lot of the traditional venues can no longer cope. Traffic and parking problems gave the officials a bit of a headache, leading to a delayed start, and safety concerns at the finish. We were a few down on the magnificent turnout at Barrow but we were able to welcome Neil, Mark and Jackie for their first races of the new season.

It was a dull cold day but by no means a bad one for racing. Jackie (44th) showed she was in fine fettle by shaving a few seconds off her PB. Clare (76th), despite managing an even faster run than Barrow, lost out to Sara (75th) who went even better. Trudy (81st) and Fi (83rd) also showed good early season form. Alison (154th) struggled to get the legs to obey orders.



Neil: Comeback at Bosworth

Nick led the men in with 21st and a decent time to go with it. Miguel continued his hot streak with another PB (37.39) and a high placing (55th). Mark C (64th) had another of his injury-affected runs but Mark R (78th) is matching Miguel PB for PB. Sam J (114th), running non-stop this time, and Adam (118th) set impressive benchmarks in their first outings over 10K. Neil (124th) got his season off to a solid start and Colin (134th) and Dale (137th) both went well. Tom (154th) was suffering the after effects of a tangle with an errant dog but still had too much in the final mile for Dave (163rd) and Peter (164th). John D (179th) managed to improve from Barrow, turning the tables on Martin (182nd) and Roger (186th). Lee (189th) had a day to forget (not helped by an over-enthusiastic attempt at the famous Chamberlain race prep the night before!). This week it was Hitesh's turn to beat David (209th v 217th) with Steve (231st) following them in again but still setting a PB. Ham (264th) was a little disappointed to only match his pace from Barrow but I'm sure he'll kick on from here. Neither Keith (301st) nor Barry (329th) could quite match their previous efforts.

Leicester Running Shop LRRRL Winter League: Ashby 5

Perfect weather, pity about the lack of scenery! The Ashby 5 will never win any beauty contests and the traffic humps, chicanes and assorted other obstacles mean you can never relax. Nonetheless, we had plenty of good performances. We were missing a whole top eight's worth of runners but in true Roadhogg style, there were plenty of others ready to step up. We welcomed Barbara and Kylie in their first

runs for the club and Paul for his first of the season.



Paul: Good form at Ashby

It was a big field, considering it was Ashby and the third race of the season. In this context, Nick did really well to get 20th and (on chip time) shave a second off his PB. There was a bit of a wait for our next two but Adam (112th) and Sam J (131st in a new PB time) both ran really well. They were soon joined by Colin (138th) and Tom (141st), who beat Dale (142nd) by a short head. Lee (165th) was back on form, pulling out a PB, and Dave (169th) completed the scoring eight (never a good sign for the team!). Roger (178th) had to produce a PB to stay in front of the fast improving John D (182nd). Peter (194th) finished just in front of Paul (196th) who demonstrated what good shape he's in by running back to Coalville after the race.



Rob: Regaining form after injury

Rob T (244th) showed he's starting to regain form and Keith (259th) had a stormer, showing that the last race was just a blip. Sam R (270th) and Ham (278th) finished in front of John S (279th) who was preparing for a midweek

Marathon by chaperoning Trudy through the badlands of downtown Ashby.

Once again, Jackie (35th) led from the front with another excellent PB and Trudy (75th) made full use of her pace-maker to record her best time since 2008. Fi (79th) was also recapturing old form, shaving a couple of seconds off her PB. Clare (91st) recorded the biggest improvement, taking 6 minutes off the 5-mile time she set at Huncote. Kylie (102nd) and Barbara (109th) both looked the part on their debuts and Alison (161st) had to contend with a return of the sciatica that laid waste to 2011.