

Roadhogg News



Endless Winter?

When I wrote about running in the snow for the previous edition, I didn't imagine that anyone would get the opportunity to put the advice into practice this side of December. How wrong can you be, as we faced an unprecedented third round of cancelled fixtures? Nor was the irony lost on me that I should find the only patch of black ice in Knighton on Saturday and end up very much the worse for wear!

Time to put those cross country shoes away

The cross country season finally drew to a close, with the final race at Bosworth proving a real mud-fest. For most people, that will be it until October. However, if you like off-road running there are plenty of events during the summer if you look for them e.g. May Day Challenge, Arnesby Fayre, Long Clawson 10K, Brooksie's Bash or Beacon Solstice. Further afield, there are countless fell races in the Peak District (ask me if you're interested).

To prevent you mud lovers going 'cold turkey', Kim and Brian, our cross country correspondents, round up the last two events of a packed season on pages 4 and 5.

Summer Training

The clocks go forward on Sunday 25th March and that heralds the start of our summer training schedule. Wednesday sessions will alternate between Manor Road and locations in the Leicestershire countryside (usually with a pub not too far away). Make sure you check the website/weekly email so you know where to go each week.

March 2018



Take me home, country roads

Stilton report, page 7

SHORTS

Congratulations to ex-members Caroline and Edd Smissen on the safe arrival of Alexander James.

A big welcome to Cath, who has just joined us.

Picture credits: Helen York, Clive Kent.

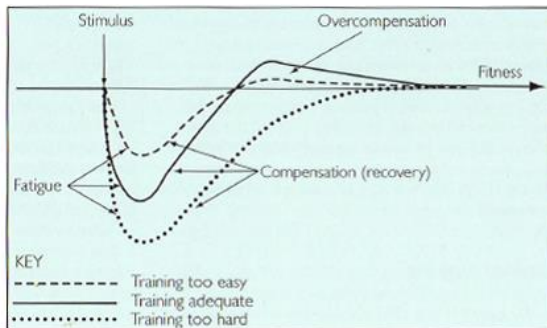
Coach's Corner

Undoubtedly, the most common mistake made by runners is to do all of their runs at the same pace (usually, close to full effort). Being a better runner requires improvements in both biomechanical and biochemical efficiency i.e. making the same amount of effort produce improved performance. A vital part of the recipe for making these improvements is increased mileage and most crucially, sustained increases in mileage over an extended period of time. Runners of any age take years to reach their peak but that doesn't mean that very satisfying improvements in performance can't be achieved over much shorter timescales.

So where does the speed of runs come in? The faster you run, the more strain you place on the body, the more likely you are to suffer an injury and the longer it takes to recover. Whilst the stimulus of fast running is a crucial part of getting quicker, I want to address the other issues first. If consistency is our goal, then injury is its enemy. It's no good training like a demon for a month if you have to take the next one off because you've over done it and something has broken or you have a niggle. The aim should always be to find a weekly mileage that both body and lifestyle can tolerate over an extended period of time. Recovery is a frequently overlooked element of a successful training programme. The purpose of training is to produce a physiological stimulus by causing an overload. If this stimulus is appropriate in size, the body will respond by making adaptations so that if the stimulus is repeated it is better able to cope. The size of the stimulus is important; too small leads to a minimal response, too great causes damage and a pathological response.

Beneficial response requires time (recovery) and repeating the stimulus too frequently prevents adaptation. Another reason for not smashing every run is that it reduces the frequency of our runs. If every run seems hard and leaves us feeling fatigued, then going for a run starts to feel like too much effort and we start finding it difficult to get out of the front door. If we run less frequently, we do less miles. If you find it hard to motivate yourself to run slowly, set yourself a weekly mileage target (an excellent aim in its own right) and celebrate the fact that each run, whatever speed, brings you closer to meeting it. Ignore the temptation to get competitive on Strava; only you know what the purpose (and therefore appropriate pace) of a particular run

was and improvement doesn't necessarily mean doing it faster than the previous time. Race day is when it



High Performance Long-Distance Running (D Sunderland) Adapted from Yakovlev

really counts; a PB or good performance beats a bit of empty kudos any day!

Setting and meeting a sensible weekly mileage target over an extended period will provide important benefits and a great foundation; a well baked cake. Speed work (to covered in a later edition) will provide the icing.

Changes to Wednesday Training

All running clubs have to deal with the fact that their members run at different speeds. A solution used by some clubs is to have frequent regathering stops but this can mean the faster runners getting cold and leave the slower ones feeling like they are being a burden, making everyone wait for them. Others, particularly those with large numbers of members, instigate pace groups. In some cases, these can be very formal with designated pacers and strict rules about not running ahead of the group or moving down a group if you were dropped the previous week. Such regimented schemes have always seemed out of keeping with the free-spirited Roadhogg ethos but the result is that people often end up running on their own. Sometimes, where a runner chooses not to slow or speed up (if they can) to match the pace of others, this can be said to be personal choice. However, a prime motivation for people seeking to join a club is to ‘run with others’, whether this is for social, safety or performance reasons. At the recent AGM members asked if Wednesday training could be changed so that there was more group running.

Now that Tuesday sessions, offering an opportunity to push oneself, have become an established part of the club offering, there seems no barrier to making Wednesdays a little more social and inclusive. For a trial period, we will run the first part of each run all together as a group, before allowing everyone to run at their preferred pace. We will also have more frequent loop-back and out-and-back runs, which tend to boost interaction.

AGM 2018

The AGM was well attended (thanks to John for hosting). Members heard reports from the Chair, Treasurer and Captains. Financially, the club is in good shape (small surplus in 2017 and a healthy working balance). Various topics were discussed, with the changes to Wednesday Training (above) and Data Protection being the most significant. The committee for 2018 will be as follows: Dave Lodwick (Chair), John Stew (Vice Chair and Welfare Officer), Steve Wheeler (Hon. Secretary & Treasurer), Dave Swan (President, ex officio), Jackie Brown (Ladies’ RR Captain), Tom Martin (Men’s RR Captain), Kim Richardson (XC Captain), Alison Lodwick (also Welfare Officer), Amy Barnes, Brian Feldman, Barry Waterfield, Richard Garnett, Dan Bannatyne, Barbara Herman, Terry Woodhouse.

English National Cross-Country Championships 24th February 2018

In cold and windy weather the Senior Men's National Cross Country Championships, at Parliament Hill, Hampstead, began with a Braveheart-like charge up the hill, except that at the top the course narrowed so much that most runners were at a standstill, like the French at Agincourt, and forced to walk through the gap, allowing those of us who took a more leisurely pace to catch up. After that the course tumbles downhill, but having been preceded by 9 races the ground was churned up into a sea of mud, which only got worse after each of the three successive laps.

Parliament Hill is the home of the National and it is a hard, challenging run with hills, mud, and more mud. The weather was a dry cold with blue skies, so there were more spectators than usual cheering us on and thanking their lucky stars they didn't have 12km to run, but it was good to have the support of Jackie Washington Brown and Dave Pearce, after he had finished his race. Richard Garnett ran a fine time in his first National, and Brian did better than last year leaving 11 hardy runners in his wake. A record field of 2328 runners competed in the men's race, and all but one of the other races had record numbers.

Roadhogs keep the Leicester flag flying in the Nationals so let's aim to have teams in both the men's and ladies' races next year. It is a great event and a wonderful atmosphere to race in. I will circulate details of the County, Regional and National races later this year.

Richard Garnett 1558th. 59:40; Brian Feldman 2317th. 1:28:35 The winner, Adam Hickey of Southend on Sea AC, sped across the mud in 39:35!



Brian Feldman

Derby Runner Leics/Derbys Cross-country League: race 6, Bosworth Battlefield, Sunday 11th March

The finale of this season's cross-country league was at the Bosworth Battlefield site on a cool and calm morning. The sky was grey but it didn't rain. Our Roadhogs arrived in their little groups at our mobile preparation and recovery centre (tent). We welcomed back Igor, who made us laugh by standing on a stool for a photo call with Sam J. We also welcomed Dave Lod's brand new bright blue and yellow spikes and Sam C's brand new blue and black trail shoes ... they looked so outstanding though they would soon be that dirty brown colour that all cross country shoes are destined to become. Speaking of shoes, one of Helen's was split and flapping loose at the front so she set off with Bec to find something to bind it with and returned with it taped together by the medics! Whilst we were all gathered together, we presented dear Trudy with some flowers in appreciation of the wonderful cakes she brings along to the xc league races.

Young Mya Bromwich ran in the junior race again, Mya has competed in most of the races this season and is learning and improving all the time ... she is a future Roadhogg in the making. Both Sam C and Sam J had competed in the St George's 'Tower Run' in town just the day before, a leg busting race up 20 floors of stairs, so showed great Roadhogs spirit by being there to race through the mud on the next day! The Battlefield course was 5.5 miles of field and woodland with plenty of mud everywhere after the recent snow and rain, a real cross-country course to test strength and stamina once again. The senior men gathered for the start, in which they were supposed to set off a few minutes before the ladies, but the start was delayed by the junior presentations and the men stood waiting for several minutes and then it was decided to start everyone together as all were there and ready. We had 10 guys running but only 3 girls which meant that we had to use our one given last place for the season but, as it was the last race anyway, that didn't really matter.

Gurmit ran an excellent race to be our first guy home ... though numbers were less as it was the last race, he still chased the leaders all the way and this was his best muddy run for us so far. Sam J, Richard and Chairman Dave were next to finish in fairly close order, and then Sam C, Igor, Steve W and Marcus completing the scoring positions with Baz and Brian following them home. Julie led the way for the girls, followed round by Helen and Trudy. Everyone worked so hard through miles of mud and soft ground; it was tough just to keep going and our tent filled up afterwards with exhausted runners who were made to enjoy



Julie: 1st Hoggette

coffee and cakes as a vital part of their recovery.

As Bosworth was the final league race of the season, I would like to report on Roadhogs' overall individual positions which are based on best 4 of the first 5 races. We had 12 runners who ran the required 4; for the guys Sam Crouchman was a fine 40th senior in his first xc season, whilst in the V40s Harry Short also in his first season came in 18th and Marcus Shaikh 22nd. In the V45s Steve Wheeler finished 23rd, and in the V55s Dale Jenkins came in 4th and Hitesh Pandya 6th. For the girls, in the V45s Helen Arthur finished 11th and Trudy Sharpe 13th. These are all brilliant performances and the results of so much hard work throughout the season. However, I must especially mention that Roadhogs had 2 category winners and 2 runners-up! Dave Pearce and Richard Garnett were runaway winners of the men's V50 and V60 categories, and Dave Lod and Julie Dutton bagged second places in both of the V55s. In the overall team results (division 2), our men finished in the same place as last season, a very creditable 5th, the ladies a bit down in 9th and, in the combined results, we improved a place to 5th ... room for further improvement next season!



Box-fresh no longer

Thanks to all who ran in the league and other cross country races this season, you all do your club proud.

Kim Richardson

RESULTS:

MEN: 29th Gurmit Singh 41.11, 67th Sam Jolly 43.59, 77th Richard Garnett (V60) 45.06, 84th Dave Lodwick (V55) 45.37, 102nd Sam Crouchman 46.47, 109th Igor Burbela (V55) 47.17, 182nd Steve Wheeler (V45) 56.42, 189th Marcus Shaikh (V40) 58.19, 216th Baz Barratt (V55) 72.23, 217th Brian Feldman (V70) 74.29, 222 finished.

LADIES: 77th Julie Dutton (V55) 61.00, 102nd Helen Arthur (V45) 66.24, 103rd Trudy Sharpe (V45) 66.58, 127 finished.

TEAMS (ALL DIVISION 2): Men 3rd, Ladies 9th, Combined 6th.

FINAL TEAM POSITIONS AFTER ALL 6 RACES: Men 5th, Ladies 9th, Combined 5th.

Stilton 7

We woke to blue skies and sunshine but the already chilly temperature was made positively icy by a strong easterly wind. The first race of the season always generates a buzz and this was no exception; the race for a golden ticket had caused the Run Britain server to go into meltdown, so there was a sense of privilege if you were able to run. It was cheering to see that, even after some late withdrawals, we still had 21 runners on the start line. It was a Roadhogs debut for Andrew and a first LRR race for Stevie and Sam C. It was also a first opportunity for Julie to wear burgundy in a road race. Each of the two laps features a pair of hills, the second of which is a bit of a slog, particularly at the end of the race when legs are tired. Nonetheless, there are long sections where one can settle into a rhythm and push the pace along.

We were missing Charlotte, Jackie and Emma but Leah (26th), who has been putting in some high quality training, really stepped up to the mark in leading the team home. Stevie (52nd) made an impressive debut and Janet (66th) got her reward with a new PB. Julie (80th) bagged a Silver Standard, with Jeannette (146th), Liz (160th) (a PB and 3 mins quicker than 2017) and Alison (181st) completing the finishers.



Leah: Quality run



Stevie: Digging deep

Mark's Marathon training seems to have been going well and he demonstrated that he still has what it takes over the shorter distances as well, finishing in an excellent 22nd place. Gurmit hasn't managed as much training as he would have wanted but still registered an impressive 55th place finish. Dave (76th) put his increased training to good use in recording his highest ever finish and first PB in nearly 10 years. Sam C and Harry had run the Belvoir Challenge the day before, but that didn't stop Sam (83rd) making a hugely promising top 100 debut and Harry (129th) recording his first Bronze Standard. Marc (138th) and Terry (148th) ran well to complete the veteran four with Steve W (153rd) not far behind and completing the senior eight. Andrew (172nd) showed how far he has come in just a few short months and Lee Hennell (204th) and Marcus (205th) must



Andrew: Great debut

have had a good battle.

It was good to see Mike C (216th) and Chris W (234th) back racing. If Brian (267th) was a little steadier than usual, it could have had something to do with his having completed the National XC Champs at Parliament Hill the day before!

Ladies: 26th Leah Boatman 52.54, 52nd Stevie-Jade Beeby 57.19, 66th Janet Hall 59.04 (PB), 80th Julie Dutton 1.01.04, 146th Jeanette Franklin 1.08.11, 160th Liz Butler 1.11.34 (PB), 181st Alison Lodwick 1.22.00 (189 finished).

Men: 22nd Mark Ramsden 42.20, 55th Gurmit Singh 46.08, 76th Dave Lodwick 47.29 (PB), 93rd Sam Crouchman 48.31, 129th Harry Short 51.13, 138th, Marc Draycott 51.37, 148th Terry Woodhouse 52.16, 153rd Steve Wheeler 52.39, 172nd Andrew Fuller 53.46, 204th Lee Hennell 57.34, 205th Marcus Shaikh 57.35, 216 Mike Cummins 59.24, 234th Chris Willmott 1.02.16, 267th Brian Feldman 1.20.05

(267 finished).

Teams: Vet Women 7/8 (Div 1), Women 6/8 (Div 2), Vet Men 2/12 (Div 3), Men 2/12 (Div 3), Mixed 6/8 (Div 1).

B Teams: Vet Women 10/10 (Div 1), Women 4/18 (Div 2), Vet Men 8/10 (Div 1), Men 7/10 (Div 1).