

Roadhogs Leicester A.C.



Newsletter March/April 2008

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



Chairman Dave surveys the troops at Barrow

Inside another packed edition:

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.....and a whole lot more!

STOP PRESS:

Rob smashes his PB to win VM50 prize in Draycote Water Marathon, finishing in 15th place in a time of 3.26.50.



Rachel receives the "Chairman's Award" at the inaugural Roadhogs Presentation Evening.

Booming

Things are really buzzing at the moment! We are regularly attracting 20 runners to Wednesday training sessions and there's a great atmosphere. Only a couple of years ago 10 was a good turnout for the colder nights. It is great to see so many ladies enjoying the sessions and to welcome a string of new runners. If you haven't been for a while, why not check out the difference?

Record Roadhogg Racers

The first two Winter league races saw us make and then break the club record for runners in a Winter League race. As well as plenty of familiar faces, we have been delighted to welcome Fazila Hajat, Surita Sharma, Trudy Sharpe, Fiona Sutherland, Sally Waterfield, Sylvia Bland, John McDonald and Nick Cobley who all made their league debuts for the club. It has also been so long since Colin has been able to race that it seemed like we had another debutant!

So far, performances have been on an upward curve, as new runners gain confidence and those recovering from injury rehabilitate. The re-found enthusiasm and growing fitness of the Atton brothers has had the same effect as signing up a couple of quality performers and has been great for the team. At the moment, we are at least holding our own in the men's competitions and improving rapidly in the ladies. However, the leagues are as competitive as ever, so there's no room for complacency!



Another record field for the LRRL Winter League (and for Roadhogs!).

Help Needed!

Derby Runner B Final, 30th March:

Roadhoggs are organising the end of season cross-country relays for the teams that are not going to the national finals. The event will be held at Huncote, using part of the famous "Hash" course and Kim needs your help. The event is for teams of 4 men or 3 ladies, with each runner completing a 2¼ mile lap. Help will be needed for setting up the course and for marshalling.

Please put the date in your diary and let Kim know you are available.

The Old Barn Glooston 10K

Roadhoggs will be staging our annual road race on Saturday 21st June (6.00pm) at Glooston. Last year's race proved popular, attracting runners from 44 different running clubs. We have also had positive feedback from the LRRL clubs, so please help us make this year even more successful.

Caption Competition

Kim ("call me babe magnet") Richardson would have us believe this happens to him all the time!



Suggestions to support@roadhoggs.org.uk
A bottle of wine for the best one.

Ladies' LRRL Statistics

	BARROW 6			MARKFIELD			ASHBY		
	pos	time	m/m	pos	time	m/m	pos	time	m/m
Sylvia Bland				151	64.06	10.19			
Hannah Green							17	34.37	6.55
Fazila Hajat	138	57.02	9.30						
Cathy Haward	61	49.20	8.13	62	50.14	8.05	53	38.36	7.43
Alison Lodwick	150	58.39	9.47	142	60.09	9.41	122	45.38	9.08
Rachel Moyes				102	53.48	8.40	82	40.58	8.12
Surita Sharma	29	44.49	7.28	23	44.59	7.15	30	36.36	7.19
Trudy Sharpe	37	46.10	7.42	31	46.24	7.28	33	36.49	7.22
Fiona Sutherland	122	54.33	9.06	88	52.42	8.29	78	40.42	8.08
Sally Waterfield	49	47.41	7.57				50	38.08	7.38

Ron's outstanding service recognised by special club award



Craig accepts the "Services to Roadhoggs" award on behalf of Ron.

Birthdays

March

10th Mark Chamberlain is 42
10th Kim Richardson is 55
10th Steve Martin is 59
21st Rachel Moyes is 38

April

6th Tom Martin is 29
24th Dave Swan is 62
28th Natalie Mee is 17
30th Jon Heap is 39



A Runner's Tale

I know I had always said I wouldn't do a Marathon unless I had the time to train for it properly. So what happened? I suppose it was a lot of little things. You get tired of answering the question after a while, the road race season had been a bit of a let down (performance wise), John was training for Berlin and most of all, the chance to run in a proper Leicester Marathon seemed too good to miss.

The idea first popped up during the early summer, but there were complications. I was aiming for a fourth successive 100% season and didn't want to do anything to jeopardize that. Also, in each of the previous three seasons I had managed to pick up an injury in either August or September - another reason not to step up the mileage too early. In the end, I didn't manage more than a handful of decent length runs until after the OWLs race at the beginning of September. The following week was the Hermitage race - how could John and I support our Harrier friends and get some miles in? The answer was to do the race and then run the 10 miles back to Anstey. Sounds easy when you say it. The Harriers race proved to be quite a challenge in itself - warm weather and loads of climbing - and I recorded my slowest ever 10K time. The only consolation was the spot prize (a bottle of wine) I received for being out sprinted at the finish. What followed was tough. The first three miles were basically up hill and although I rallied in the middle, by the time we got to Newton Linford it was a struggle to keep putting one foot in front of the other. Good practice but not enough to convince me that 26 miles was possible.



Jon Heap: Beyond the call of duty.

The following weekend John and I headed for Rutland water. We set off keeping our options open, but after 7 miles the time came to make the big decision: do the peninsular and commit ourselves to the full 23 miles or miss it and do a more comfortable 16? I felt I needed to find out if I had a Marathon in me, so the peninsular it was! I proposed a solo suicide mission but John, who had nothing to prove and no need of such a punishing run 2 weeks before Berlin, insisted in joining me in purgatory. Despite the beautiful surroundings, I can't say I enjoyed what followed but I learned the key lesson for the Marathon - how to keep tired legs moving long after the body is convinced it has reached its limit. At 18 miles you run up a hill to the village of Manton. On top of the hill was a pub with everyone sitting outside enjoying a cool pint in the sunshine. I was obviously suffering because even a pint of Fosters looked appealing!



Just 20 meters to go! (Photo: ©AWP)

While John was off in Berlin, I tackled the Kibworth Half Marathon as my final warm up and was encouraged to record my best time over the hilly course. Fortunately, I managed to stay out of trouble for the next fortnight and reach the day of the race in good health. I did manage to make life difficult for myself by leaving my chip at home - forcing Alison to make a mercy dash and ensuring that I had more of a warm up than I was planning! The race itself was pretty uneventful. A bit of a slow start with all the crowds but that was probably no bad thing. John Stew got off to a flier and I didn't catch him until the 4-mile mark. Jerry passed me at the same point and eased his way up the field. Having kept my participation quiet (only a few Hoggs knew) made for some great reactions out on the course. It was wonderful to see the surprised looks on the faces of people I knew from the other LRRL

clubs. The section along Aylestone Road (21 miles) was tough and it was great to reach the Walker's and the section marshalled by the Hoggs. Keith proudly pointed out the banner he had made (hope Pam didn't mind losing one of her best sheets!) and thrust a couple of welcome jelly babies into my hand. New Walk was not as tough as I had anticipated (mind you, it wasn't exactly quick either) and by the time I reached Peace Walk I even managed a sprint for the line.



Jerry sprints for those all-important seconds. (Photo: ©AWP)

Having hoped to break 4 hours and secretly wondered if I could sneak into the 3.40s I was pretty chuffed with my 3.39.31 (chip). Jerry was so determined to break 3.40 that he endured a

'rubber legs' moment after crossing the line. He achieved his objective with an excellent 3.33.42, just seconds outside his personal best.



John shows the disappointment of just missing his target. (Photo: ©AWP)

As I came down Aylestone Road I could see something stuck to a lamppost. As I got closer, I could make out the name "John Stew". Taped underneath was a bag of jelly babies! Unfortunately, the family's sterling support wasn't quite enough for John to achieve his ambition of a sub-4 hour Marathon - he finished just outside (4.05.01). Don't think it'll be long coming though.

Men's LRRL Statistics

	BARROW 6			MARKFIELD			ASHBY		
	pos	time	m/m	pos	time	m/m	pos	time	m/m
Karl Atton	142	40.47	6.48	138	42.35	6.51	103	32.10	6.26
Martin Capell	346	58.20	9.43	320	61.34	9.55	288	40.45	8.09
Mark Chamberlain	35	35.57	6.00	72	39.11	6.19	33	29.28	5.54
Nick Cobley				156	43.34	7.01	123	32.48	6.34
Keith Dakin	271	46.47	7.48	236	48.06	7.45	255	38.08	7.38
Ceri Davies	155	41.21	6.54	109	41.40	6.43	114	32.26	6.29
Simon Fryer				146	43.07	6.57	122	32.44	6.33
Jon Heap	296	48.32	8.05	243	48.17	7.47	260	38.22	7.40
Dale Jenkins	208	43.12	7.12	171	44.30	7.10	186	34.37	6.55
Dave Lodwick	186	42.29	7.05	123	42.00	6.46	121	32.40	6.32
Steve Martin	304	49.02	8.10	257	48.55	7.53	247	37.23	7.29
Tom Martin	222	44.06	7.21	208	46.14	7.27	181	34.32	6.54
John McDonald				129	42.16	6.48	111	32.17	6.27
Rob Milstead	178	42.13	7.02	140	42.49	6.54			
Mike Munday	17	35.07	5.51						
Peter Sloneczny	46	36.31	6.05	44	38.10	6.09	25	29.03	5.49
Colin Smith	344	57.54	9.39	317	59.37	9.36			
Adrian Stanley				193	45.27	7.19			
John Stew	230	44.40	7.27	231	47.59	7.44	227	36.12	7.14
Dave Swan	242	45.13	7.32	289	51.51	8.21			
Matt Topham	77	37.53	6.19	80	39.59	6.26	77	31.05	6.13
Barry Waterfield	347	58.45	9.48				316	47.41	9.32
Jerry Wilkes	196	42.52	7.09						

Roadhogs' Inaugural Dinner and Presentation Evening



Mark and crew put on a 1st class meal



Time to relax before dinner



Kim gets to know "Paula".



Keith gets ready to perform



Chairman Dave takes to the mike



He's behind you!

Gettin' muddy with Kim

Derby Runner League Race 3: Grace Dieu

After all the rain the Grace Dieu course was expected to be wet, and it was soggy and muddy all the way round. It seemed to go on for ever but was I guess between 5 and 5.5 miles. The club's annual dinner the previous evening also didnt help as all of our runners claimed that the beer and wine impaired their performance (any excuse). This is a regular league course but normally 2 laps round a variety of fields and woods, but this time it was a single lap with a long section around a very muddy, rocky and hilly track. In some places it was more like a fell run and a bit dangerous because you had to watch where you were planting your feet with rocks hidden under the deep mud, along with the leading runners coming back down the hillside on the same track you were going up!! Still we had the 8 scorers for the men's team so we are keeping up the much better league performance this season, led in by our newly crowned athlete-of-the-year Peter in 54th.



Mike: Superb 2nd place at Foremark.

We had good middle-order finishers in Dale, Craig and Dave Lodwick, plus Rob Milstead (Swanee: it's not Newstead) in 144th. Behind that came John Stew, Jon Heap on the comeback trail and then me who managed to fall over on the safest section of the course. Another Roadhoggs debutante was Trudy who ran a great 54th in the ladies race ... I hope we will see more of you girls turning out, it would be great if we can start finishing a ladies team as well and finally begin to make our mark in this league.

RESULTS: 54 Peter Sloneczny (MV40) 36.06, 113 Dale Jenkins (MV40) 41.43, 124 Craig Atton 41.53, 135 Dave Lodwick (MV40) 42.27, 144 Rob Milstead (MV50) 43.04, 187 John Stew (MV50) 48.23, 200 Jon Heap 49.33, 209 Kim Richardson (MV50) 51.35, 230 finished.
Team 9th (Dvn 2), overall 8th.
55 Trudy Sharpe 51.30, 92 finished



Nick Cobley: Impressive debut.

Derby Runner League Race 4: Foremark Reservoir

Another good day for Roadhoggs' mudlarks. It was a bright and cold day and the ground was hard. This is a 2-lap course, with each lap starting around the visitor area with lovely views across the reservoir, then 2 steep hills with a steeper downhill in between, then a long run back along a gravel track. We had 9 men running so some poor buggers ran his best but did not score team points. Still, that's another improvement for the club. Mike Munday was first in, making another welcome appearance and leading for most of the race until he was overhauled into 2nd place. Mike continues to amaze because no one sees him train, he just turns up and wins races. Then a great debut run from young Nick Cobley who is looking like a very good prospect for us, chased in by Karl who won the battle of the Attons. Then Dave Lodwick who reckoned that was the fastest he had run in a cross-country, Craig Atton, Dale Jenkins, Chris 'blackbelt' Mann who has made a good recovery from his eye injury, Jon Heap and yours truly.

LRRL Winter League

Barrow 6

A new season begins. The New Year optimism probably lasted until we all struggled out of bed to find it was wet and very windy - definitely not PB weather! Among the brave souls were five ladies making their League debut for the club. Fi and Sally have been training with us for a while, and Sally has even sampled the delights of the Derby Runner League. Trudy was on familiar ground having put in an excellent performance on this same course in the Boxing Day Handicap. Surita only graduated from treadmill to tarmac on Wednesday and Fazila signed up on the day.

Another "new" runner to make the start line was Colin. After a successful reconstruction of a blood vessel in his leg, Roadhogs' answer to Steve Austin was ready to put the surgeon's handiwork to the ultimate test. The stakes couldn't have been higher - failure would mean retirement, and the chairman's dream of a Roadhogg V70 team would be over.



Chris Mann prepares to overtake Darth Vader.

Also a record number of 2 Roadhoggettes ! Hannah Green also made her debut in this league and ran a great 21st followed by Trudy Sharpe who ran well considering she had little time to prepare as I managed to get us so lost on the way there (remember East Midlands Airport, Trudy?). Thanks to everyone who ran; the men's team has climbed another place in the division and the women nearly scored some team points! Just one more lady next time ...

RESULTS: 2 Mike Munday (V40) 31.16, 61 Nick Coble 36.37, 65 Karl Atton 37.14, 77 Dave Lodwick (V40) 37.51, 97 Craig Atton 38.57, 111 Dale Jenkins (V40) 39.54, 116 Chris Mann (V40) 40.00, 134 Jon Heap 41.22, 164 Kim Richardson (V50) 43.56, 197 finished. Team 5th in Dvn 2, overall 7th.

Women: 21 Hannah Green 41.14, 51 Trudy Sharpe 46.55, 85 finished.

Here are the remaining league events this season, all Sunday mornings at 11.00:

17 February - Shelton - Foremark Reservoir
2 March - Hatton - Sinai Ridge
30 March - Roadhogs (B final) - course to be announced (Huncote?)

Kim Richardson



Cathy starts the season with a smile.

Despite the weather a record field of 522 was swelled by 27 Roadhogs (a new club record for the winter league). Several of these were either carrying niggles or were working their way back after illness but were keen to support the team. The big field made the start a bit tricky but it soon thinned out. Most of the first 3 miles were with the wind, but after the turn at Prestwold Hall, things got more difficult, with the final 2 miles run into a 20 mile-per-hour headwind.

Under the circumstances, it was no mean feat that Cathy, Ceri, Rob and Peter managed to beat their times from the previous year.

Mike missed most of 2007 with injury but started 2008 with an excellent 17th place behind a selection of the County's elite (Lee, Sabin, Hartley, Critchlow, Southam, Deacon, Pierce etc.). Mark was suffering with a sore hamstring and had been unable to train for several days. Under these circumstances, many elite runners would stay at home nursing their reputations, but not Mark. The captain's 35th place must have saved the team 150 points. Peter reckoned the wind was harder for featherweights like him but he still made the top fifty (46th). Mat ran well for 77th, completing our vets team.



Dale sprints for the line.

There was a bit of a gap before Karl in 142nd, getting the better of Craig 165th. Ceri split the Attons (makes him sound like a nuclear physicist) in 155th and Rob completed the scoring eight in 178th. Like many others, Dave 186th, Jerry 196th and Dale 208th struggled to make progress into the wind. Tom 222nd, making his way back after injury, managed to stay in front of the fast improving John Stew 230th. Hot on the heels of John was Surita, making a fantastic debut to finish 29th lady and beating the Chairman for good measure.

Trudy couldn't quite match her Boxing Day performance but still managed an excellent 37th. Keith (271st), Jon (296th) and Steve (304th) were just glad to have put injury behind them and got

round in one piece. Sally (49th) came in between Keith and Jon with Cathy (61st) following Steve. Fiona and Fazila made promising starts in 122nd and 138th places respectively. Colin (344th) came through his test with flying colours just ahead of the St Andrews trio of Martin (346th), Alison (150th) and Barry (347th).

Markfield 10K

A beautiful sunny winter day, one that would have been perfect for running with a little less of the bracing westerly. The steep inclines of Markfield didn't attract quite so many as the gentler slopes of Barrow, but the field of 488 was still nearly 50 up on last year. Among these were 28 Roadhogs (another Winter League Record) including new recruits Nick Cobby and Sylvia Bland.



Trudy makes her debut.

Compared to the men, many of who are held together by sticking plaster, the ladies are going from strength to strength. All 5 who have run both races so far have improved their times. Surita led the team home in an excellent 23rd and then said she had felt slow. If a 6 place/13 second-per-mile gain is slow, fast is going to be pretty awesome! Trudy was another to show a big improvement - 8 places/13s/mile - obviously the cross-country racing is working wonders. Third in was Cathy (62nd), putting in her fastest ever performance as a Roadhogg. Final counter, in arguably the performance of the day was Fi (88th), knocking a cool 37s/mile off her Barrow

time and moving up 34 places into the bargain. Rachel was next up, in 102nd, followed by the vets team - Alison (142nd) and Sylvia (151st).



John Stewart: still improving.

Mark (72nd) has a serious hamstring problem so it was left to Peter (who is also suffering the same injury) to lead us home in 44th place. Mat (77th) must have had a far closer view of Mark than he is used to. These 3 were the only ones to crack the top 100, but after them we packed superbly. Ceri grabbed 4th spot (109th) with an improved performance and was followed in quick succession by two more improvers in Craig (115th) and Dave L (123rd). That makes the 2008 Atton series level at one all. Following close on their heels were League debutant John McDonald (129th), last counter Karl (138th), Rob (140th) and Simon (146th). Next up was new recruit, Nick Cobley, in an excellent 156th. Dale, who is struggling to throw off his chest infection, Adrian, who is short (very short!) of training, came in in 171st and 193rd, respectively. Tom (208th) is struggling for fitness at the moment and John Stewart (231st) was hampered by an injury he picked up at the cross-country the week before. Keith (236th), Jon (243rd) and Steve (257th) are all on the comeback trail. Dave S (289th) is battling injury and Martin (320th) is struggling for form. Sandwiched in between these two was Colin (317th), continuing to roll back the years in fine fashion.

Ashby 5

After two windy races, it was a pleasure to race in perfect conditions: cool, bright and still. Ashby is usually one of the less popular races, so

it was wonderful to see 27 Hoggs on the start line. The walking wounded were still walking which was a good start. No new members this week but it was great to welcome back Hannah Green who has been busy being a qualified doctor recently. Hannah was one of eight Roadhogg ladies present, a feat only achieved once before (Barrow, 2005).



Craig battles it out at Barrow.

First home and in his best ever position of 25th was "athlete of the year" Peter (29.03, a PB by 25s if my calculations are correct). Peter achieved all this whilst still being on limited training because of a hamstring problem. Mark's acupuncture must be having a positive effect because he was back up to 33rd and back down below 6m/m. Mat maintained his consistently high standard with 77th. Although these 3 were the only ones to break the top 100 the finish funnel was soon a mass of maroon as 7 of us finished in the next 23 places (covered by just 38s). Karl and Craig, the former benefiting from some warm weather training duelled for the whole race. Karl (103rd) made the final, decisive, move as they came in sight of the Sports Centre. Craig's momentary loss of focus allowed a fast finishing John McDonald to pip him at the line (111th and 112th, respectively). Right behind these two was the steadily improving Ceri (114th). Simon was destined to be the eighth counter until a very mean team-mate (Dave) passed him with just 20m to go. Nick was also homing in on the faltering Simon and must have made it a hat trick of PBs (Dave 32.40, Simon 32.44 and Nick 32.48). At this rate of progress, I will soon be a fast disappearing speck in Nick's rear view mirror. Tom (181st) and Dale (186th) both managed to break the 35-minute barrier (as

did Hannah for the ladies). John Stew's improved performance (36.12) suggests his injury is on the mend. Steve setting his fastest time since 2006 suggests that he may have turned a corner in his long battle with injury. Keith turned in his usual consistent performance to finish just in front of Jon. The slowing of the race-by-race improvement in Jon's times probably had something to do with having run 17 miles the day before!



Martin: Miraculous recovery.

Keith and Jon had barely got their finishing disks before Martin overturned the formbook, making the best comeback since some guy called Lazarus! 9 minute 55 second miling at Markfield became 8 minute 9 second miling at Ashby, form that we haven't seen since 2006. Fortunately, the stewards were convinced that he hadn't been raiding Dwayne Chambers' dustbin. Unfortunately, Swanee had to pull up with injury, so it was left to the ever-dependable Barry to complete the scoring.



Surita: From treadmill to racer.

Hannah (17th) led the ladies with aplomb and was ably supported by Surita (30th) and Trudy (33rd). Sally's 50th place completed the counting four. She and Cathy (53rd) both continue to show a steady improvement in race times. Another big improver was Fi (78th) and it was good to see Rachel (82nd) starting to shake off the after effects of illness. It was also great to see Alison (122nd) showing a big improvement - it could have been even better if she hadn't dropped her drink bottle (she denies throwing it at one her rivals, but I'll leave you to make up your own mind)!

That's all, folks!