

Roadhogs Leicester A.C.



March/April 2015

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

Spring Marathon Fever

All the hours of training have been put to good use by our Spring Marathoners. The result; a string of personal bests and for some, the chance to say 'I raced a world record holder and distance running icon!'

Full report on page 3



Baby Boom!

The Roadhogg family is growing; literally. Congratulations to Tom and Nic on the birth of Daniel and Anita and Andrew on the birth of Dylan.



LRRL Races 2015

West End 8: Sunday 17th May (Winter League)
Swithland 6: Sunday 7th June
Prestwold 10K: Sunday 21st June
Hungarton 7: Wednesday 1st July

Joy Cann 5: Wednesday 5th August
Carl Rutt Memorial 10K: Sunday 23rd August
John Fraser 10: Sunday 6th September
LRRL Presentation Evening: Friday 2nd October

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Member News

This time we are delighted to welcome Lee, Rebecca, Kate, Marcus and Karen. That brings current (renewed) membership to 89 (including 15 honorary).

A training night experience

As part of its commitment to customer service Roadhogs took part in a mystery shopper exercise to test the welcome available at our training nights..... Well perhaps not, but we did have a 'mystery guest'! Kim has been such a regular at training that some members would have been less surprised if Lord Lucan had arrived riding pillion behind Elvis, with maybe a fly past from Buddy Holly for good measure! Here are the thoughts of the club's founding father on what he found.

Going to my first Roadhogs training night for a few years I think qualifies me as a 'new runner', though I am an old Roadhogg really. The last time I turned up at Manor Road, the new sports building wasn't there so firstly I was impressed with the modern facilities that Roadhogs can use by agreement with the University. Second, when I was a regular we tended to set off together and run the same route which was agreed on the night, but we would separate as each ran at their own pace. And we were self-coached. Not any more ... Roadhogs now has trained running leaders and paced groups are organised so no-one runs alone, whether you are a beginner or a speed merchant. And the route is planned in advance.

I decided to go along because it was 'hat night'; the annual occasion where, according to Dakin's Law, you have to run in a silly hat to welcome the lighter evenings after the clocks go forward. I borrowed one of Lynne's fashionable headgears and just showed up. This surprised a few and for a while I took some ribbing about 'doing my annual road run' and 'must have thought it was cross country night', but I deserved that as I have been missing from club training nights for a long while. The other hats included Dave Lod's orange diddyman or mad hatter, hats which were clearly stolen from children, a Santa, Keith's wig and Salvation Army ensemble, a beak, a trilby and an Easter bonnet.

As we set off in our groups, me with the slower runners on a 5-mile route, it was grey and cold with light rain. Other groups were running 6 miles, some at a faster pace. Each group had a responsible runner. It was good to run in a group for a change and enjoy a managed pace and some friendly chat, and the newer runners all said that this is what motivates them to come along and up their training. We all re-met at a halfway point on Queens Road, then a brief rest

and some jolly banter before we set off in our groups again, on our different routes back to Manor Road.

During the run, I chatted to a few new (to me) faces and threatened them all with the cross country season. At the end, we all stood together to welcome everybody back. Then a quick shower in the Uni Sports Centre and down to the pub for the chip butties which Keith had arranged. Here I learned that there were prizes for the best hats but, according to another Dakin's Law, you had to be in the pub so if you had other urgent business then you were out of the competition, tough. The prizes went to Dave Lod and Vicky Sutton, both proud winners of something to do with Peppa Pig.

I enjoyed the training run. It was planned and organised, but also sociable. I adjusted to the pace and felt better for it. I have fallen into a routine these days of running not very often from home, or getting on the treadmill whilst watching Pointless. So I will try to do better and get along to a few more, and think about re-launching my racing career.

Kim

Livingston Relays

We had 3 teams in the annual 3-mile relay competition, staged in Braunstone Park. Captain Rambo was unable to run through illness but he assembled two teams of young hopefuls. It was great to see Neil back after so long out with injury and Dave B making his first start of the season. Captain Jackie had also rallied the troops, so we had a ladies' team, too.



Rambo and Jackie's finest (minus Will and Neil)

Roadhogs Men A	17 th (34 teams)
Fabio Caraffini	20.38
Will Carter	18.16
Nick Coble	18.45
Ferrante Neri	21.14
Roadhogs Men B	29 th (34)
Dave Bullivant	20.46
Neil Winkless	20.30
Baz Barratt	22.22
Ben Milsom	20.48
Roadhogg Ladies	10 th (43)
Jackie Brown	21.38
Clare Mendes	22.34
Vicky Sutton	21.41

Spring Marathons

Jon Heap and Dave L kicked things off with the Challenging, but beautiful Charnwood (trail) Marathon. Jon and John 'Yorkshire will be my last Marathon' Stew also took on the 'Groundhog Marathon'; an apt name for a track Marathon (although the 'lobotomy lapper' might have been more appropriate!). Both are somewhat coy about their result but I did hear a rumour that Jon finished first, having put in some hot laps while John was visiting the loo.



Groundhog day

Somewhere in his spring sequence was Jon's 75th Marathon; a notable achievement.

Chris added the very hilly Haworth Hobble ultra to his list of achievements although sadly he was timed out at 70 miles in the Thames Path 100; just imagine how that feels!

While other people were targeting Ashby and Belvoir, Will headed off to do his 20 miler at the Spring Shakespeare. This plan came off the rails when he felt so full of running that he completed all 26.2 miles in record time. Fortunately, he managed to sweet talk the organisers into changing his entry post-hoc, so his PB could be official.

The first of the 'big city' events was Manchester. Afra and Paul both took advantage of a course with a reputation for producing quick times and recorded significant improvements to their PBs (3.45.07 and 3.36.03 respectively). That makes three sub-4 Marathons out of three for Afra.



Will: Two Marathon PB's in a month

And so to London; the one that everyone seems to want to do. Will and James D both got 'good for age' entries and ensured that they'd be back by breaking the 3-hour barrier again. They ran almost identical times all the way, with James edging it by just 33 seconds as they both recorded impressive PBs (2.50.10 and 2.50.43 respectively). Michael recorded an excellent 3.33.40, which must be a Scrappy Jogger record. Martin and Ruth, recipients of the club places, both ran well and Lucy took a big chunk off her PB despite finding running in a crowded part of the race and the volume of noise a bit wearing.

We had a trio of Hoggettes running the somewhat lower key Shakespeare Marathon. According to Clare, the second lap got quite lonely at times; quite a contrast to London. Nonetheless, conditions were perfect and lack of crowds meant you could concentrate on your running. Clare led the way with an amazing 40 minute improvement which almost gained her a 'good for age' time. Trudy and Valerie's gains

were slightly smaller but they were both rightly chuffed with their PBs.



Clare: Super improver

For the Record

parkrun 7/3/15		
Ben Milsom	75th	23.41
Llanelli HM		
Dan Barnes	643rd	1.58.51
Amy Gasper	644th	1.58.51
Sihanoukville HM		
Martin Capell	33rd	2.28.38
parkrun 14/3/15		
Fabio Caraffini	59th	21.08(PB)
Baz Barratt	77th	21.52(PB)
Ben Milson	109th	23.09
Jeannette Franklin	261st	28.57
Haworth Hobble (32m)		
Chris Peach	274th	7.33.04
Spring Shakespeare Marathon		
Will Carter	4th	2.52.56(PB)
Loughborough HM		
Mark Coulson	218th	1.45.15(PB)
Paul Langham	250th	1.46.49
Caroline Evans	689th	2.33.10
parkrun 21/3/15		
Fabio Caraffini	40th	21.06(PB)
Ben Milsom	74th	22.35
Coniston 14		
Jackie Brown	276th	1.49.20
Charnwood 15m		
Vicky Sutton	30th	2.42.13
Charnwood Marathon		
Dave Lodwick	29th	4.33.47
Jon Heap	62nd	5.34.13
Ashby 20		
Dale Jenkins	295th	2.39.26
Colin Bowpitt	313th	2.40.10
Baz Barratt	607th	2.59.19
Valerie Spezi	816th	3.17.57(PB)
Lucy McMillan	903rd	3.28.59(PB)
Reading HM		
Natasha Eastwood	5878th	2.02.37(PB)
parkrun 28/3/15		

Ben Milsom	127th	25.02
Jeannette Franklin	219th	28.35(PB)
parkrun 4/4/15		
Ben Milsom	103rd	23.43
Jeannette Franklin	238th	28.55
Caroline Evans	292nd	32.08
parkrun 11/4/15		
Baz Barratt	75th	22.48
Caroline Evans	255th	30.38
Alice Holt pr		
Jeannette Franklin	138th	30.42
Belvoir HM		
Dale Jenkins	90th	1.33.43
Robin Meynell	100th	1.34.20
Fabio Caraffini	119th	1.36.23
Michael Vaughan-Smith	125th	1.36.53
Colin Bowpitt	154th	1.39.42
Jackie Brown	174th	1.41.57
Mike Cummins	184th	1.42.54
Paul Langham	186th	1.43.05
Dan Bannatyne	188th	1.43.15
Clare Mendes	248th	1.48.55(PB)
Vicky Sutton	250th	1.49.01(PB)
Baz Barratt	267th	1.50.53
Martin Capell	284th	1.52.55
Caroline Evans	486th	2.30.21
parkrun 18/4/15		
Baz Barratt	89th	22.57
Caroline Evans	225th	28.23
Fulham Palace pr		
Jackie Brown	91st	22.07
Manchester Marathon		
Paul Langham	2386th	3.36.03(PB)
Afra Kelsall	3077th	3.45.07(PB)
parkrun 25/4/15		
Ben Milsom	58th	22.13
Baz Barratt	67th	22.34
London Marathon		
James Dunham	791st	2.50.10(PB)
Will Carter	831st	2.50.43(PB)
Michael Vaughan-Smith	6895th	3.33.40
Martin Capell	18063rd	4.16.16
Ruth Stevely	18161st	4.16.41
Lucy McMillan	22950th	4.34.38(PB)
Shakespeare HM		
Robin Meynell	104th	1.32.06(PB)
Shakespeare Marathon		
Clare Mendes	225th	3.47.21(PB)
Trudy Sharpe	429th	4.23.49(PB)
Valerie Spezi	474th	4.34.54(PB)
Masson Hill Race		
Dave Lodwick	97th	43.54

RACE REPORTS

Masson Hill Race

As I have been joining James in encouraging everyone to try fell racing, I thought I'd better start doing a few more myself. With the more

local Croft race clashing with training, I decided to try my hand at the Masson Hill Race, a proper 'A category' event (340m of climb in 6.5km), from Matlock Bath in the Peak District. Like many of these races it was enter on the day and the atmosphere was nicely relaxed. People were still queuing up to register 5 minutes before the official start time, so there had to be a bit of a delay. Unsurprisingly, it was mostly Derbyshire clubs in attendance although I recognised the odd face from previous races. I'd cracked my ribs a week before, was unsure of how good my legs were and had no idea of how bad the climbing was going to be, so I started conservatively. This proved to be a mistake as within 300m I was in a queue waiting to attack the first climb. No doubt the frontrunners ran the whole way but the rest of the field were quite prepared to walk when the gradient got too much. We ran up and across steeply sloping woods past wild garlic and other spring flowers before emerging into rough meadows. By this stage it was mostly runnable but the terrain was always tricky and there were frequent stiles and narrow gaps in stone walls to squeeze through.

The halfway point, and the end of the hard slog, came when we reached the top of Masson Hill. It can be pretty bleak up there at times; to the east there's nothing bigger until you reach the Urals! Although there was a cold wind, everything was bathed in evening sunshine and it felt great to be out running. I would have liked to have enjoyed the extensive views but the race was calling and I wanted to make sure I had someone to follow as the first part of the descent went past old mine workings. After the initial decent from the top we contoured for a bit and then began the steep drop back down into the valley. What followed was just pure exhilaration; it was as dry as a bone underfoot, so you could just let yourself go. It was all over in what seemed like seconds and then there was a short run in to the finish. One to do again.

Leicester Mercury LRRL Winter League Race 3: Kibworth 6

Staging a successful race promotion and combining this with fielding full teams can be a difficult balancing act; even more so, when you are one of the smallest clubs in the League. It is great credit to the friends, family and members of the club that we managed it so well. This year, we had the added complication of using traffic management and a Temporary Traffic Management Order to bring course safety into

line with modern standards. Nonetheless, we still managed 31 finishers. These included a debut from Edgar Mata, a League debut from Terry Woodhouse and first appearances of the year by Emma, Janet, Mike C, Steve P, Drew and Jerry.

Birthdays	
May	June
7 th Gianluca Capelli	5 th Nathan Adams
7 th Sam Jolly	7 th Michael Vaughan-Smith
10 th Ludo Renou	20 th Colin Bowpitt
12 th Jerry Wilkes	20 th Caroline Evans
13 th Dan Bannatyne	22 nd Ferrante Neri
17 th Afra Kelsall	26 th Richard Verschoyle
19 th Jeannette Franklin	
26 th Alison Lodwick	
29 th Baz Barratt (V55)	

With Mark R boosting shares in clotted cream and Cornish ale, it was left to James Boyd (50th) to register a Roadhogg presence at the front of the field; something he did with aplomb. Compared to Barrow, the hills seemed to barely slow him at all, so he's obviously on an upward curve. Will was away and James D, who is Marathon training, opted for a recovery run so it was good to see Nick (76th) scoring some good points for the team. Third home was Edgar (109th), then Dale (115th) continuing his fine form and bagging the only gold standard of the day. Robin (129th) and Steve W (133rd) battled well and Peter (149th) enjoyed the best race of his comeback, so far. Ferrante (155th) completed the scoring eight and then we packed well with Sam (162nd), Tom (171st), Fabio (174th), James D (178th), Jerry (179th); having run from Oadby) and Terry (184th).



Ferrante channelling Jack Nicholson in 'The Shining'

Ben (200th) led in the next quartet, with Mark C (203rd), Mike C (208th) and Drew (216th) following closely. Steve B (240th) and Steve P (249th) recorded similar chip times but must have been well separated at the start. Chris (256nd) was limbering up for his latest epic and Dave L (281st) was skiving after illness.

It was great to see Emma doing her first Winter League race and she came home in an impressive 25th place. Next up were Jackie (34th) and Vicky (50th). Clare (76th) was our fourth counter, underlining her rapidly improving form by upgrading the standard she set over the flatter Barrow course. Trudy (105th) completed the vet's team and she was followed by Janet (127th), making a strong return to racing following the birth of Fraser. Natasha (145th), Valerie (161st) and Alison (170th) completed the team.

Leicester Mercury LRRL Winter League Race 4: Desford 6

This one has been in the calendar, in various guises, for as long as I've been running league races. The beginning and end are pretty flat but the middle third includes some pronounced undulations. This year it was wet and windy with a strong headwind for the first half and again at the finish. Usually it seems like you get the tailwind (if any) when you're fresh, so it made a pleasant change to have it on the return leg; just a shame about the run in to the finish!



Vicky: Coming into form

Despite the unprepossessing weather, an impressive 37 Roadhoggs took to the startline. Emma (19th) backed up her excellent run at Kibworth, improving by over a minute; sadly she missed out on a deserved Gold Standard by a single second. Vicky (25th) put in her strongest

run of the season to finish in front of golden girl Jackie (32nd). The team was completed by Clare (51st) who set a PB and went under 8 minute miles for the first time as her season of achievement continued. Louise battled well for (88th) and then Janet (117th) was our third scoring vet. Lucy (155th) and Trudy (159th) topped up their Marathon mileage before Barbara (181st) and Alison (182nd), with her fastest race of the season, completed the team.

Mark (14th) continued to set the standards by shaving a couple of seconds off his PB, while James Boyd (40th) recorded his quickest race of the season in what is probably a PB time. Steve W (98th) is bang in form and knocked out another PB to keep Edgar (104th) at bay. Peter (111th) had an even stronger race than Kibworth, finishing in front of Dale (119th) and Michael (126th). Robin's three 6 milers this year have differed by just 4 seconds; this consistency was worth 134th and a finish in front of Will (139th) and Ferrante (148th). Fabio (163rd) set a new PB before Dave L (173rd) just managed to stay in front of an improving Tom (176th). Ben (179th) continued his outstanding progress with another PB but Steve R (183rd) was a bit off his normal pace.



Fabio: PB at Desford

Terry (188th) and Mike (204th) both improved on their Kibworth times then Hitesh (206th), in his first race of the season, pipped Baz (208th) and Mark C (211th). Steve P (219th) and Chris (236th) both had stronger runs, finishing in front of the very consistent Steve B (240th). Martin (249th) looked in good nick ahead of his Marathon and Keith (306th) was in 'smelling the roses'. Marcus, a graduate from our beginner running programme finished strongly for 314th in his first race and Barry (very much not a beginner) came home in 317th.

County Standards 2015

		5K	6 mile	10K	HM	20 mile	Marathon
Jackie Brown	V50		G	G	G		
Naomi Dickens	SL		P	P			
Natasha Eastwood	V35		P	P	P		
Caroline Evans	V35		P	P			
Hannah Ferrington	SL		C	C			
Amy Gasper	V35				C		
Janet Hall	V40		C				
Barbara Hermann	V35		T				
Louise Jarvis	SL		C	C	C		
Alison Lodwick	V55		C	C			
Afra Kelsall	V40						B
Clare Mendes	SL		B	C	C		B
Lucy McMillan	SL		P	T		P	P
Emma Raven	V45		S				
Trudy Sharpe	V45		C	B			C
Valerie Spezi	V40		P			C	P
Ashley Simpson	SL		P				
Ruth Stevely	V40		C	C			C
Victoria Sutton	SL		B	B	C		
Dan Bannatyne	SM				C		
Dan Barnes	SM				P		
Steve Barnes	V55		B	B			
Baz Barratt	V50		B	B	C	B	
Colin Bowpitt	V45		S	S	B	S	
James Boyd	SM		S	S			
Martin Capell	V55		B		B		C
Fabio Caraffini	SM		B	B	B		
Will Carter	SM		S	S			G
Nick Cobby	SM		B				
Mark Coulson	V45	B	B	B	B		
Mike Cummins	V45		B		B		
Keith Dakin	V60		S	S			
James Dunham	SM		C	S			G
Brian Feldman	V65		B	B	B	S	
John Hallissey	SM		C				
Jon Heap	V45						T
Lee Hubbard	SM		P				
Dale Jenkins	V55		G	G	G	G	
Sam Jolly	SM		C	C			
Dave Lodwick	V50		S	S			P
Tom Martin	SM		C	C	C		
Edgar Mata	SM		B				
Robin Meynell	SM		B	B	B		
Ben Milsom	SM		C	C			

Ferrante Neri	SM		B	B		
Tim Olsen	SM			B		
Steve Palmer	V60		B			
Hitesh Pandya	V50		B			
Chris Peach	V50		B	C		
Mark Ramsden	SM		G	G	G	
Steve Robinson	V40		B			
Drew Simpson	SM		C			
Peter Sloneczny	V50		S	B		
John Stew	V55		C	C		
Michael Vaughan-Smith	SM		B	B	B	C
Barry Waterfield	V75		C			
Steve Wheeler	V45		S	S		
Jerry Wilkes	V50		B			
Terry Woodhouse	V40		C			
		KEY				
		Gold				
		Silver				
		Bronze				
		Copper				
		Pewter				
		Tin				