

# Roadhogs Leicester A.C.



May/June 2009

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

## Marathon Maestro!

Rob underlined the huge progress he has made in the last 2 years by lowering his Marathon PB twice in quick succession. Since recording 04:07:50 in the 2007 Shakespeare Marathon Rob has improved by over 50 minutes. Such are the benefits of running laps of the Kibworth 6 course (Gumley Hill and all!), 2008 saw him pick up the MV50 prize at Draycott, finish 4<sup>th</sup> MV50 at Mablethorpe and in the top 10 over 50s in the Snowdonia Marathon. His next challenge will be the 2009 Edinburgh event.



## Wear Your Hogg with Pride!

Following the huge success of the "Hogg hoodie", we are looking to expand the range. See page 5 for possible new lines.



**ROADHOGGS  
LEICESTER**

## Welcome, Neil

We are delighted to welcome Neil Winkless to the club.

## Don't Forget Glooston

The Glooston 10K will be on Saturday June 20<sup>th</sup> (start 6.00 pm). We'll need lots of helpers and marshals, so please make sure you (and friends and family) have got it in your diaries.

## Summer 2009 Training Dates.

Wed 13 <sup>th</sup> May	White Horse, Birstall
Wed 20 <sup>th</sup> May	Manor Road
Wed 27 <sup>th</sup> May	Great Glen Rec
Wed 3 <sup>rd</sup> Jun	Manor Road
Wed 10 <sup>th</sup> Jun	Dog & Gun, Kilby
Wed 17 <sup>th</sup> Jun	Manor Road
Wed 24 <sup>th</sup> Jun	Bakers Arms
Wed 1 <sup>st</sup> Jul	Manor Road
Wed 8 <sup>th</sup> Jul	Hungarton League Race
Wed 15 <sup>th</sup> Jul	Bradgate Pk/Inn, Newtown
Wed 22 <sup>nd</sup> Jul	Manor Road
Wed 29 <sup>th</sup> Jul	Houghton Sports Gnd.
Wed 5 <sup>th</sup> Aug	Manor Road
Wed 12 <sup>th</sup> Aug	Huncote League Race
Wed 19 <sup>th</sup> Aug	Bees Knees, Meridian
Wed 26 <sup>th</sup> Aug	Manor Road (Handicap)
Wed 2 <sup>nd</sup> Sep	Rose & Crown, Thurnby

## Crocks Corner

We seem to be suffering a surfeit of injuries at the moment. Best wishes for a speedy recovery to Peter, Clare, Roger, John Hallissey, Mark, Keith, Chris Mann and anyone else who is struggling.

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## Ligne 3: A Railway Odyssey

We have been spending Easter in rural Brittany for something like 15 years now. The countryside is quiet, unspoilt and very green (they see their fair share of rain in these parts). The running is good but very challenging, on account of the hills - imagine East Leicestershire/Rutland with no flat bits.



This particular odyssey started four years ago on our usual Easter Sunday morning visit to the patisseries of the local town, Scäer. After a turn up the main street we stumbled across a disused railway line that had been turned into a bridleway. Like most small boys, I grew up with an interest in trains (fortunately not the potentially unhealthy type of interest; the type involving an anorak and a notebook) so I was struck by the urge to explore further. We soon discovered that it extended for many kilometres, so it seemed like a perfect route for running. I was later able to trace about 23km on our large scale map. To make things simple, I parked the car, ran the 12km to the southern end of the line (in a town called Rosporden) did a circuit of a lake and then retraced my steps. The gravel surface is fine for running but is quite sapping as you don't get the bounce you are used to from tarmac. A couple of days later, I followed the line north until I reached the edge of the map. These sort of out and back runs inevitably end up being rather long because you have to judge when to turn around and there is always that next corner, that might just reveal something interesting, to tempt you further than you intended!

### Ligne 3

The main SNCF railway hugs the more populated coastline (L'Armor) of the Brittany peninsula. At the end of the 19<sup>th</sup> century a series of single-track lines were built in the shape of a star, with the town of Carhaix at its centre, to serve the communities of the interior (L'Argoat). As the traffic on these lines was lower, they were built in a narrower gauge (1m instead of the usual 1.4m). Line 3, finished in 1897, linked the paper mills of Scäer, the kaolin pits of Guiscriff and the quarries of Gourin. It lasted as a working line until 1967 - looks like France had its very own Dr Beeching - but thankfully has now been reborn as an excellent public amenity.



The following year, I bought another map and was able to trace another section. Again, my run took me to the edge of the map (and through a supermarket car park) but apparently not to the end of the line. Last year's instalment (complete with yet another new map) was completed in driving rain (obsessive, moi?) and this section came with helpful signposts telling you the distance to the next landmark.



This year, I finally reached the northern end of the line in a town called Carhaix. The final 10km was particularly interesting, running along a steep wooded valley before following, and finally crossing, the Nantes-Brest canal on a viaduct. This section included the only two short deviations from the track bed in the whole 50km; once where an unsafe bridge had not been replaced and again where some kind soul had plonked a factory on the original path. The end, when it came, was a bit of an anti-climax. Next to the station in Carhaix is an old steam engine. A fitting landmark for the end of the path, you would think, but no, that peters out in a cinema car park about 500m from its original terminus. For long stretches, the running is peaceful and quite solitary. You pass the occasional cyclist (the path is particularly well suited to mountain bikes) and a few dog walkers and family groups in the vicinity of the towns. Doing an out and back run, you often get some amused reactions when you encounter someone for the second time. This year I passed the same group of horse riders three times and also, in the middle of nowhere, a lady who was talking loudly to no one in particular!



For much of its length the line is flanked by coppiced trees; mostly beech, but also hazel. There are wild flowers on the banks; primroses, red and white campion, violets, celandine, forget-me-nots and broom, and often, the only sounds to be heard are the birds singing or the water in the streams and rivers.

*Dave Lodwick*

## Spring Marathons

Simon got the spring season underway - where else would you want to be in the springtime than

Paris? As you would expect from Roadhogs' "most improved runner" he put in a PB performance of 3.19.42. Had the wheels not comprehensively come off in the final miles, it might have been even better.

Nearer to home, Rob completed the wonderfully named Bungay Black Dog Marathon, somewhere in deepest Suffolk, I'm told. He has really been putting in the miles over the last few months and was rewarded with a PB time of 3.17.17, agonisingly close to the 3.15 that would have given him a "good for age" place in the London Marathon.

We had a big showing in the London Marathon. In addition to the two club places, several people had been successful in the ballot. Fortunes in the race itself, were somewhat mixed. Mark had to pull out at 16 miles - a combination of heavy legs and pain from the groin problem he has been carrying for a while. First to finish was "honorary Hogg" Angela Ladkin, recording a superb 3.35.34. Training partner Jon was not far behind in 3.38.04. Jerry Wilkes had to pull out of last year's race with an injury and struggled for many months afterwards. Though not at his very best, it must have been a great relief to come home in a very respectable 3.50.42, just in front of Stuart Power (3.52.57). Baz loves London and he achieved his sub 4 hour target (3.57.34), so I'm sure the post race pint(s) tasted particularly sweet!



Baz, in his element. Photo: Nicola O'Connor

Ceri was making his debut, both at London and over the distance. He made steady progress until mile 19 when the cramp, which had been threatening for a couple of miles, arrived with a vengeance. Hopefully, having survived the experience (4.07.10), he will add a few more 20-milers to his training schedule and have another crack.



Ceri, showing the strain. Photo: Nicola O'Connor

Emma Klimowicz joined us from the Cannons club at the beginning of the year and was having her second go at London. She was a bit disappointed with a below par 4.14.45, which was half an hour outside her target of 3.45. She described the experience thus; "When I started running I just knew it was going to be one of those days. I never seem to do good times when it is hot and by mile 4 my legs felt really heavy and were reluctant to go any faster than 9 minute mile pace. Perhaps my lack of speed was down to the fact that I had missed so many sprint sessions or because I had had to taper early because of a sore right calf and blisters. Who knows? Anyhow, I had no choice but to forget the time and just concentrate on enjoying the atmosphere and making it to the finish. For most of the way I was chasing the bottle of London Pride, the Adidas shoe and the Holiday Inn mascots. However when I spotted the Houses of Parliament, I thought enough was enough.... I didn't want the added humiliation of them beating me and being ribbed about it at the next training session so I gritted my teeth and managed to slip past them."



Jon, back on form.

Down in Stratford, revenge was in the air. Last year's Shakespeare Marathon was a major let down for John Stew, when unhelpfully warm weather thwarted his attempt to beat 4 hours. I know it rankled because he has been going on about my headline "Beaten by the Bard" for most of the year! This time it was the great playwright who got the kicking as John (3.47.49) proved that Draycott was the shape of things to come, rather than a one off. However, John's efforts were well and truly overshadowed by Rob. The textbooks say a week is too short to recover but like Keith before him, Rob had other ideas as he scorched round in a fantastic 3.13.47 and back-to-back PBs - bring on London 2010!

At the end of May Roadhogs will be heading north of the border. Rebecca will be making her Marathon debut in Edinburgh, where she will be joined by Marathon addicts Rob, Jon, John and Angela.

## Committee Meeting April 2009.

### *Report by Dave Swan, Chairman*

The first Committee Meeting of 2009 was held on Tuesday April 28<sup>th</sup>. All the Committee members, with the exception of Kim and Barry who were both on holiday, were in attendance. The Chairman especially welcomed Malcolm Blyth to the meeting as this was his first appearance on the Committee.

The Chairman commenced proceedings on a sad note with news of the death of Mick Feeney. Mick was a member of the club many years ago, and was well known and highly thought of by everyone within the club who had known him. A message of sympathy had been sent to Mick's family by the club.

Club Treasurer Colin reported on the finances and announced that the club had around £2,100 in the bank. Subscriptions had been received from the members and a profit of £333 had also been made from the Winter League race at Kibworth in February. Outgoing monies included Winter League and Cross-Country entry fees, Presentation evening in January, purchase of new kit and subscriptions to the various affiliated bodies including the £5 per head to English Athletics. As a result of this it was expected that EA Membership Cards would be on their way to members in the very near future.

Mark, the Road-Running Captain, congratulated everyone who had run and completed the London and Stratford Marathons the previous weekend. 24 members had been accepted in the first Summer League race the Hinckley Half-Marathon. After the Winter League the various teams were bottom of Division 1 in the Vet Men's League, Mid-table in Div 2 of the Senior Men, and outside the top 4 of the Ladies Div 2 table. However now that the Marathons were out of the way some recovery was expected in the Summer League.

Roadhogs were due to stage 3 races in 2009. The first at Kibworth as part of the Winter League programme had been a great success giving the club a profit as stated earlier. The Chairman especially thanked Ron and Colin for all the hard work they had put in to make the event such a success. He also wished to thank everyone who gave their time to Marshall the event and play their part on the day. The second event was the Cross-Country Finals at Huncote in March. Again special thanks for all the hard work on the day were made to Kim and to all the Marshalls who had helped on what had turned out to be a wet, windy and cold day. A profit was expected to be made from the race but no details were available at the meeting. The third race of the year was the Glooston 10k in June. Things were proceeding very well with Ron reporting that everything was ok with the venue, Colin had advised all authorities of the race and Dave Lodwick advised that entry forms were available and entries were already coming in. Souvenirs had been ordered and agreement reached with the Leicester Running Shop run by Rob Pullen to partially sponsor the race. A further meeting involving the main organisers of the race would be held nearer the race-date.

Social matters had been very successful in 2008 and Keith had plans in place for 2009. A Quiz night would be staged in June and the club were looking at a venue to hold this event. Other events would include a Skittles night, a picnic evening in the Summer after a training run, a handicap event in late August at Manor Road and a themed run in the Summer similar to Pirates night.

As this was our 25<sup>th</sup> Year an Anniversary event was planned for late summer. Mark was handling arrangements for the event which would include a buffet, live Music (arranged by Ron), raffle and would be open to past and present members and their partners/families. Ticket prices would be kept to a minimum with the club meeting some

of the costs of the event. More details would follow as and when venues and dates had been finalised.

Rachel reported that Membership currently stood at 45. She was having a look at members that had not renewed their 2009 membership and would chase these up where necessary.

It was also agreed by the Meeting that a report of what had been discussed would be included in the next Newsletter.

The next Meeting was set for the last Tuesday in July.

## Gettin' muddy with Kim

A big thank you to everyone who helped make the Derby Runner Relays such a success, particularly those who risked hypothermia, standing out in the open. We even managed to field a team as well. We've not seen any results yet, but suffice it to say that we didn't bother sticking around for the prize giving! From a runner's perspective, the course was great - a proper challenge, but fast and without too much clingy mud. Dave led us off, handing over to Jon in about 10<sup>th</sup> place. Considering that Jon had already completed a long training run only an hour earlier, his was a fantastic effort. Dale took up the baton (metaphorically at least) before handing over to our secret weapon; youth, in the form of Nick, for the final leg.

For those who fancy a bit of competitive off-road running, there are a couple of races on the Bank Holiday Monday. You could join Kim for a gentle 4 miler at Arnesby or if you are braver, take on Tim Hartley at the Oaks in Charnwood Fell Race. This latter one takes in some great scenery but includes some tough climbing.

## Club Kit

### 1. *25th Anniversary running vest.*

This would be the usual colour but with a special logo and white panel down the sides. The manufacturer will only sell in multiples of 4 of a size (men's 36", 38", 40", 42", 44", ladies 34", 36", 38", 40"), so it may not be possible to proceed with this one if demand is light. Price estimate

£12-15.

2. *Sports cap.*



These would be ideal for summer running and would be white with the club logo embroidered in Burgundy. One size. Price estimate: £8-10.

3. *Fleece hat.*



These would be great for keeping warm on those winter training runs and would be black with the club logo embroidered in white. One size. Price estimate: £8-10.

4. *Technical T-shirt.*



These are made from a wicking (polyester) material (like the Shepshed 7 T-shirts) and is comfortable for summer runs. We would order white with the club logo in burgundy and possibly Roadhogs on the back as well (depending on which option is more popular). Sizes: S(34/36"), M(38"), L(40"), XL(42"), XXL(44/46"). Price estimate: £9.

5. *Track bottoms.*



These polyester "supalites" come in black, with the club name down the side of the leg. Sizes: S(30"), M(32"), L(34"), XL(36"). Price estimate: £15.

I will see if there is sufficient demand to go ahead with any of these. If you have ideas of your own, please let me know.

## From our Bath Correspondent

CRAIG IN THE BATH HALF.

Hi Craig here ....

just to let everyone know I am still alive and in Bath and did the Bath half 2009 on 15<sup>th</sup> march...the weather was beautiful for spectators and runners.....about 15 degrees...maybe a little too warm as most of my training through the winter months has been in my leggings hat and gloves and jacket.....have lost nearly if not a stone since being down here ...not all from training for the half ..since becoming a student again and not having the money to go to the pub twice a week ...and not living on a road with 4 nice pubs!!..and takeaways and working in a butchers.....bacon ,etc...anyway like I said the bath half 2009 was the most successful one yet in its 28 year history ..despite traffic and parking problem for runners and spectators,, which delayed the start for half an hour,, good job it was bloody warm!....estimated my time on my entry form for sub 1 hr 30 pace so was in the area just behind all the elite athletes..thinking had I made a mistake??....eventually we went off any way and soon caught most of the elite athletes and overtook them!! ...thinking have I gone off too fast?? but kept going anyway .....shit or bust ..I was thinking.....first hill which was like just going over a bridge over a canal which is what all the 3 hills were like really ...yes I think it is the flattest half in the country! SO WHAT! so kept running and overtaking elite runners??...supposedly....done the first lap didn't see my dad as he had apparently gone climbing up a wall to get a good view but missed me altogether!.....so started the second lap ..went through 10k in 43 .22 ...so was thinking ooooooo should be able to break the 90 mins.....but half way round the second lap with about 4 miles to go people started passing me well only a few ....maybe them real elite runners?.....kept going anyway more lucozade sport please...water ....glug glug splutter.....last 3 miles was feeling it a bit seen mum dad and Sarah with about 2 miles left could hardly wave only one thing on my mind ...would I beat 90 mins??? kept going was hurting now.....rounded the last corner and swore as I seen the clock tick over saying 1hr 30 something I said b!?"@#%ks,,, but then remembered it took me about 2 mins to get over the line and thought I've done it!!! pushed a little more for last 200 meters.....stopped my own watch .....1.28,42.....very pleased.....and so I thought I would let the good Roadhoggs know ..just another couple of facts..out of the 15,000 entries only 11,400 run,,,180 were taken to hospital with exhaustion or heat stroke or from not training enough ,,,and I came 521st!... See you all soon from a fitter Craig .....See some of you in the Leicester half??



Cheers Craig

## Birthdays

### May

1<sup>st</sup> Cathy Haward is 35  
12<sup>th</sup> Jerry Wilkes is 45  
26<sup>th</sup> Alison Lodwick is 50  
29<sup>th</sup> Baz Barratt 49

### June

3<sup>rd</sup> Fazila Hajat is 45  
26<sup>th</sup> Richard Verschoyle is 67

## LRRL Desford 10K

Desford has given us all sorts of adverse weather in recent years, driving rain last year and snow the year before, so it was lovely to be greeted by a beautiful spring day. This race has seen many PB's over the years, which is a surprise because it is by no means flat. There have been questions over the length of the course but this year we were assured that it would be accurate. What with injuries and pre-London long runs we were slightly down on the high turnouts of the first two races but we still managed to field 20 runners.



Roger: A big step forward.

Mark has been getting in some good Marathon training recently and this was reflected in his quickest time since last summer as he led us in with an excellent 24<sup>th</sup> place. Behind him Nick started to fulfil some of his undoubted promise as he obliterated the 40-minute barrier. His time of 38.45 was a full 94 seconds inside his PB and earned him 71<sup>st</sup>. John McD also lowered his best (39.37) and comfortably made the top 100 (88<sup>th</sup>). Rob put the disappointment of missing out on Gumley hill behind him and returned a steady 137<sup>th</sup> place (41.41). Dale (159<sup>th</sup>) and Dave L (162<sup>nd</sup>) had another one of their battles with Dale proving the strongest in the last 200m. Before the race John S had been planning his race strategy for taking the lead in his "grudge match" with Jon. Jon (167<sup>th</sup>) had other ideas though, making such an improvement that he nearly gate crashed Dale and Dave's party. However, John (192<sup>nd</sup>) did have the not insignificant consolation of another massive PB (44.16) as he came in behind 8<sup>th</sup> counter Ceri (179<sup>th</sup>). Adrian (198<sup>th</sup>) struggled to get going and was nearly run down by Roger (200<sup>th</sup>) who took a significant step forward from his debut at Kibworth. This week, Dave S (273<sup>rd</sup>) managed to turn the tables on Martin (277<sup>th</sup>) and Colin (314<sup>th</sup>)

won a titanic battle with Barry (315<sup>th</sup>) for the VM70 bragging rights.



Colin and Barry battling it out.

Bec, suffering from a cold and still being careful with her Achilles, declared her intention to take it steady and "run round with the old men". Not sure the Chairman would be too pleased with that description but she duly finished a respectful distance behind him (65<sup>th</sup>). Rachel (90<sup>th</sup>) was next up, followed by Trudy (120<sup>th</sup>), Anita (123<sup>rd</sup>) and Alison (145<sup>th</sup>). Anita was rightly pleased with her morning's work and the steady improvement that she is making from race to race.

## Belvoir Half Marathon - Sunday 12<sup>th</sup> April 2009



Dale: "Mr Half-Marathon".

Overcast skies and cool conditions greeted the 561 runners for the 27<sup>th</sup> Belvoir Half Marathon from Hose Village on Easter Sunday. Simon Fryer, fresh from a top 10% finish in Paris, led 7 Roadhogs home. Many readers will be both surprised and shocked to learn that he obtained a new crisp white T Shirt (ironed!) from



the French capital, and broke with tradition by not running in the “yellow one” which has graced thee highway’s and byway’s of Leicestershire for all of the Millennium and some of the last one!



Simon, sporting the “infamous” yellow T-shirt.

Simon came home in 1:31:21, which gave him 92<sup>nd</sup> place, at sub 7min/ml pace.

Jon Heap was next in a “probable” PB of 1:34:29 (131<sup>st</sup>) Records are sketchy, but Jon has not run this quick since the last century. John S followed in 1:37:18 (166<sup>th</sup>) delighted with an over 6 minute improvement to his PB, but exasperated with the fact that the quicker he goes Jon Heap does the bloody same! Angela was next in 1:38:18 (187<sup>th</sup>) looking in good shape for London. Dale struggled with a knee injury, which robbed him of two weeks

training, but finished in 1:40:30 (215<sup>th</sup>) far from his best, but another Half completed to add to his long list of finishes.



Bec: Putting in the hard miles for Edinburgh.

Rebecca came home in 1:45:02 (280<sup>th</sup>) a great run returning from injury, and with 6 weeks to Edinburgh will be ready for her 1<sup>st</sup> Marathon. Trudy completed the 7 in 2:05:50 (508<sup>th</sup>) achieved with little training, due to a long standing and painful knee injury.

For those of you who have not done the Belvoir Half it is well worth putting in your diary, a well organised event, a good course with only gentle undulation, and bacon butties at the finish.

*John Stew*