

# Roadhoggs Leicester A.C.



May/June 2011

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

## In Kim We Trust!

We may have finished 6th of 6 but it would have taken surgery to remove the smile from Kim's face. Not only did we field a full team in every race, we also won our division. The 'National Final' included the champions of Leagues from Hampshire, West Yorkshire, Nottinghamshire and Derbyshire/Leicestershire. It turns out that we were the only Second Division team there.



The course was as hilly as usual but was the driest we've ever encountered, so times were quick. Nick excelled again with 5th and the way our ladies have battled with illness and injury through the season was epitomised by Valerie's determination to come back from injury and make sure we finished a team in the final. Well done everyone!

## Round Leicester Relay

Sunday 18<sup>th</sup> September

In recent years we've only fielded one team in this wonderful event. It would be great if more people were able to experience the unique atmosphere and enjoy some of the best that scenery Leicestershire has to offer.

Mark and I will be organizing the teams this year. In order to encourage participation and to give ample time for practicing and reconnoitering, we'll be asking for expressions of interest in the next month or two. This doesn't commit you to running.

If you are not familiar with the Round Leicester Relay, there's a feature on the next page.

## New Members

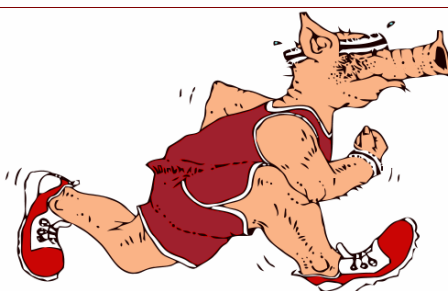
A warm welcome to Sam, Sarah, Resham, and Clare. We hope you'll enjoy being a Roadhogg for many years to come.

## Glooston 2011

Don't forget, the Glooston 10K is on Saturday 18<sup>th</sup> June, start 6.00 pm. We'll need both helpers and runners, so please make sure you have the date in your diaries.

## LRRL 2011

22nd May	Desford 1/4 Marathon
12th June	Swithland 6
6th July	Hungarton 7
3rd August	Joy Cann 5
4th September	John Fraser 10



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## Round Leicester Relay

John Skevington, the organiser, likes to describe this event as “Leicestershire’s Festival of Running”. There’s certainly no doubt that both the event and the atmosphere are unique.



John manages to get his leg over!

The route, which is divided up into 13 legs, follows the Leicestershire Round footpath - sometimes exactly and sometimes in spirit - over the course of almost 90 miles. Legs vary in terrain from all road to largely off-road with most offering a bit of both. Lengths vary from just under six to over eight miles. From the start at Mowmacre Hill in the north of the city the route arcs out through Rothley and Rearsby to the ancient fort at Borough Hill. From there it takes in Somerby and Loddington, before crossing the A47 at East Norton. Hallaton and Slawston are followed by Great Bowden as the Grand Union canal provides a brief moment of relief from the hills of East Leicestershire. From Foxton it is up onto the ridge at Gumley and onwards through Loughton and Mowsley to Bruntingthorpe. Peatling Parva, Ashby.Magna, Dunton Bassett, Leire and Frolesworth - the next section is like a lexicon of Leicestershire’s unique place names. The wonderfully named Aston Flamville is followed by the wide open spaces of Burbage Common. From the Iron Age of Burrough Hill things take in a pivotal event of more recent English history, the Battle of Bosworth, as the route starts to sweep northwards. The industrial heritage of NW Leicestershire comes into focus through the villages of Bagworth and Thornton before rising up into the ancient Charnwood Hills at Markfield. The penultimate leg finishes on Beacon Hill with all of North Leicestershire and

South Nottinghamshire spread out at your feet. Then, after 10 hours of collective effort, the heights of the Charnwood Hills are exchanged for the wooded slopes and a dash through Woodhouse Eves, Swithland and Thurgarton brings you back to the city and the finish.



Ludo concentrating hard

### Route descriptions

Leg A: Mowmacre Hill to Ratcliffe-on-Soar (7.3 miles). Mostly road but with a pleasant off-road section between Thurgarton and Rothley.

Leg B: Ratcliffe to Gaddesby (6 miles). All road, fairly flat apart from the last mile.

Leg C: Gaddesby to Somerby (6 miles). Mixed terrain. Includes the “Bermuda Triangle” (aka Burrough Hill) - more Hoggs have got lost on this one than any other. Only the Ancient Mariner (Baz) seems to know the way to avoid the sirens that lure unsuspecting runners astray. Seriously, this one does need reconnoitring but Baz, Dave and Heapy all know the way and would be happy to show you.



Dave should have given me leg C!



Leg D: Somerby to Loddington (restart, 5.65 miles). Straightforward, if hilly, road section with good waymarking (provided by Roadhogs).

Leg E: Loddington to Slawston (5.7 or 6.2 miles). Some challenging hills, road with the option of an off-road short cut at the end. If you are going to take the off-road option you'll need to check it out. It works out slightly quicker but people have been known to go astray.

Leg F: Slawston to Foxton (8.5 miles). The longest, but also the flattest leg. A mixture of road and canal towpath.

Leg G: Foxton to Bruntingthorpe (6.7 miles). A scenic but slightly tricky leg, with two off-road sections and some decent hills.

Leg H: Bruntingthorpe to Frolesworth (restart, 7.05 miles). Undulating, all road.

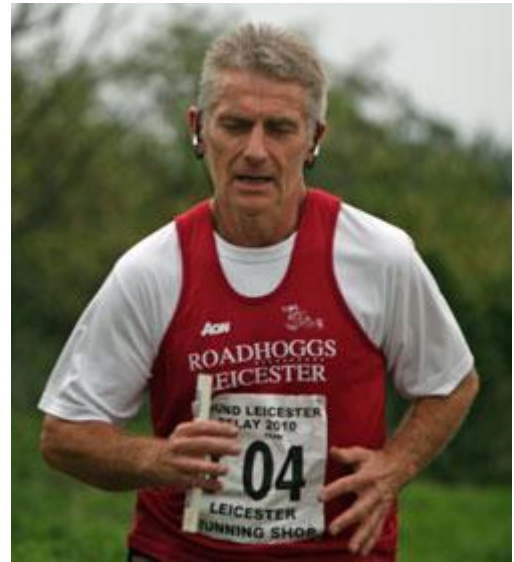
Leg I: Frolesworth to Burbage common (5.95 miles). Mostly road but with a short section of footpath early on and an off-road finish. The road sections are straightforward but the final bit across the common needs sussing out in advance.

Leg J: Burbage Common to Market Bosworth (7.85 miles). A tough and tricky leg with lots of off-road sections. Research is essential, but your reward is history and some nice scenery.

Leg K: Market Bosworth to Markfield (restart, 7.5 miles). An off-road start, then the remainder is all road. Some decent hills in the second half. Not too difficult to follow, particularly as you will run the off-road section with everyone else.

Leg L: Markfield to Beacon Hill (6.7 miles). Mostly off-road, beautiful but challenging, with a hill top finish. Part of the route will be familiar to devotees of the Charnwood Hills Race but practice is essential for this one.

Leg M: Beacon Hill to Mowmacre Hill (restart, 7.5 miles). Multi-terrain with one or two route options. Craig is our expert on the "glory leg" - he's already booked his spot for 2011!



Groovin' on a Sunday afternoon....

### Restarts

Traditionally, the relay was held in early August to ensure there was sufficient daylight for the event to be completed safely. Even then, the popularity of the event and its inclusiveness meant that changes had to be made to avoid teams finishing in the dark. The differences in speed between the elite and less elite runners meant that the whole event got very spread out. The winners were already at home polishing their trophies as the final teams battled through the gathering gloom. Although the legs are not marshalled, the changeover points are manned, there are paramedics following and a team of timekeepers moving from leg to leg. To make all of this work, and to improve the paramedic cover, a series of restarts was introduced. The first 3 teams carry the same baton through the entire circuit. For the rest, at 4 designated points runners start together, without having to wait for their previous leg runner to finish. Net times are calculated at the finish.



Ceri contemplates the joys of a new student intake

*So what is it like to run?* The first difference is that you have a baton in your hand (actually a piece of plastic pipe!). The second is that you may run for some distance on your own. This has two consequences; firstly, you have to set your own pace and secondly, you need to know where the route goes. Most of the routes are easy to follow but markings may be sparse, or even non-existent. For each route there is a map and notes but it really pays to have a look beforehand. Every year, someone acts out the parable of the hare and the tortoise by trying to wing it and getting lost - running the right way at a moderate pace always trumps running the wrong way, however fast you do it! It may seem a little strange running without your team mates but the camaraderie between teams makes up for this. Most teams have people out on the route and support teams providing drinks at regular intervals. This support is rarely exclusive, with drinks or words of encouragement being offered to any runner who passes.

*What happens if I can't complete my leg?* In recognition of the unique character of the event and avoid the risk of spoiling everyone's day with a disqualification, there is a rule to cover runners who have to drop out during their leg (usually as a result of illness or injury). Here, the team is credited with the slowest time recorded on the leg, plus 1 second.



Mat enjoys the first leg

*What time do I need to be at the start of my leg?* For the start and the re-start legs, this is quite easy (but don't cut it too fine - the race referee has been known to change things on the fly). For the rest, I will let you know an estimate

(based on experience and previous year's times) in advance.

*How do I get back from the end of my leg?* Hopefully, you'll be able to persuade a friend or relative to help you with this one. An alternative is to organise something with someone running the same (if we have two teams), the previous or the following leg. Another option is to put a bike in the back of the car and park one at either end. Of course, those training for a Marathon can just run back to the start!

## For the Record

Belvoir Challenge (26 miles)		
Baz Barratt		5.14
Barcelona Marathon		
Paul Langham	6954th	3.54.37 (PB)
Gin Pit Marathon (Saturday)		
Angela Ladkin	6th, (1st Lady)	3.40.16
Gin Pit Marathon (Sunday)		
Jon Heap	5th	3.46.06
John Stew	9th	3.59.22
Ashby 20		
Simon Fryer	159th	2.27.32
Neil Winkless	202nd	2.30.39 (PB)
Rhyader 20		
Jon Heap	105th	2.40.08
Charnwood Marathon		
Jon Heap	20th	4.24.25
John Stew	24th	4.26.14
Belvoir Half Marathon		
Ludovic Renou	18th	1.21.14(PB)
Peter Sloneczny	30th	1.24.08
Simon Fryer	81st	1.31.09
Dale Jenkins	123rd	1.34.22
Dave Lodwick	187th	1.39.47
Rob Taylor	226th	1.42.57(PB)
Hitesh Pandya	277th	1.47.13
Dan Bannatyne	370th	1.54.13(PB)
Sarah Saffaf	588th	2.32.07
'Big' 10K		
Colin Bowpitt	30th	41.25
Tom Martin	31st	42.16
Jackie Brown	112th	47.54(PB)
Ian Bass	210th	52.55
Lincoln 10K		
Ceri Davies	128th	38.27(PB)
Bungay Black Dog Marathon		
Jon Heap	68th	3.37.55
John Stew	94th	3.46.53
London Marathon		
Simon Fryer	3715th	3.28.22
John Stew	8492nd	3.56.48
Paul Langham	8812th	3.57.59
Ruth Stevely	9061st	3.58.55
Zurich Marathon		
Rob Milstead	353rd	3.07.14(PB)

Enigma Good Friday Marathon		
John Stew	33rd	4.39.54
Woodhouse May Day Challenge		
Ludovic Renou	4th	1.28.59
Colin Bowpitt	17th	1.39.31
Dale Jenkins	34th	1.45.28
Dave Lodwick	66th	1.51.07
Rob Taylor	93rd	1.57.01
Rex Stapleford	182nd	2.25.18
3 Forts Marathon		
Jon Heap	81st	4.31.33
Silverstone 10K		
Neil Winkless	156th	41.11
John Stew	231st	42.57
Jon Heap	282nd	44.07



Puffed, but proud....

Challenge (the challenge is 3,400ft of climbing up the South Downs and an extra 0.8 of a mile). Having spent my formative years roaming over those very same hills (kids were ‘free range’ in those days) I can testify to their steepness. John has gone from the smallest events (less than a hundred) to the biggest (London) in his quest for the magic distance. The fever peaked before Easter with a series of 3 in 13 days (even Keith never had it that bad!).

Apart from these two hard cases, there have been plenty of notable performances. Angela was first lady at the Gin Pit (Lancashire, I think). Ruth trained like a mad woman and was rewarded with a sub-4 hour Marathon at the first attempt. Paul was another one to get the reward for putting in the hard miles, going sub-4 in Barcelona and then showing that it was no fluke by repeating it in the capital. While everyone’s eyes were on London, Rob headed for Zurich and scorched to the fastest time of the year. Normally Simon has something to say in this little contest, but not this time. Finally, there was Baz indulging his passion for the off-road challenge event (the ones where they feed you on the way round) with the highly popular Belvoir race.



Caption censored (No pie jokes while he beats me)

### Birthdays

**May**

- 7<sup>th</sup> Sam Jolly
- 10<sup>th</sup> Ludo Renou
- 12<sup>th</sup> Jerry Wilkes
- 14<sup>th</sup> Rob Taylor
- 26<sup>th</sup> Alison Lodwick
- 29<sup>th</sup> Baz Barratt
- 30<sup>th</sup> Fiona Turner

**June**

- 20<sup>th</sup> Colin Bowpitt
- 26<sup>th</sup> Richard Verschoyle

### Spring Marathons

By my reckoning, there have been 21 Hogg Marathons so far this year. John and Jon have done 13 between them. They’ve crossed the line together once or twice and have completed 4 Marathons together. Just in case anyone starts talking, they’ve also racked up a string of solo outings too. Jon recently completed the 3 Forts

### Derby Runner Cross-country league race 5 - Bosworth, Sun 6 March

It was a very pleasant morning at Market Bosworth as we all gathered in the field behind the smart country hotel. For the last race of this league I was hoping that we would once again have full teams in both the men’s and the ladies’ races to help us stay in second place overall in our division (2) and make the National Plate Final. Well we did better than that, we won the



division. The guys turned up in numbers again but we were struggling with the girls as sore hips and sore heads depleted the team down to just Jackie and Trudy. Then someone said they had seen Claire and Anita sitting in a car to keep warm, and minutes before the start they arrived to save the day. Jackie thought about wearing her new spikes but they were so long that she could run up trees and buildings with them like Spiderwoman, so she decided to wear her usual off road soles instead.



Roadhogs' mobile hospitality unit

The course was 5.5 miles of soft fields and grassland with some water crossings and extra muddy areas to get through. I passed one poor girl who had lost her shoe in deep mud and was shouting for a marshal to come and get it out!

Nick again led the men's team home in a fine 10th, but Ludovic is getting closer. Then Jerry, and Ceri making his annual cross-country appearance. We packed well in the men's race with all 8 scorers inside the first 100. For the girls, Claire scored some good points for us then Jackie and then ever-so-reliable Trudy. We waited for Anita ... it was like the scene in Apollo 13 where there is that long and tense wait before the lunar module breaks through the clouds and everyone cheers because they have made it safely home. We all cheered to see Anita coming out of the woods and completing our ladies team.

As the division 2 leaders Hermitage did not finish a full men's team, we bagged enough points to win the division, and our combined team should be promoted to division 1 next season. Thanks and well done everyone.

#### RESULTS:

MEN: 10th Nick Copley 35.57, 25th Ludovic Renou 38.07, 45th Jerry Wilkes (V40) 40.52, 50th Ceri Davies (V40) 41.22, 53rd Colin Bowpitt (V40)

41.56, 63rd Miguel Flores 43.01, 66th Craig Atton 43.38, 85th Dave Lodwick (V40) 45.24, 104th John Stew (V50) 47.29, 108th Rob Taylor (V50) 47.56, 130th Hitesh Pandya (V40) 50.52, 143rd Kim Richardson (V50) 53.49, 156 finished.



Colin has made a big impact over the country

#### LADIES

22nd Claire O'Neill 47.34, 40th Jackie Brown (V40) 52.04, 65th Trudy Sharpe (V40) 59.45, 83rd Anita Pabla 72.42, 83 finished.

TEAMS (div 2): Men 1st, Ladies 4th, Combined 1st.

TEAMS AFTER RACE 6 (final league positions): Men 3rd, Ladies 4th Combined 1st.

### Leicester Running Shop LRR Winter League: Kibworth 6

Last year's edition of this little tester was lost when we woke up to find Gumley hill resembling the Cresta Run. This year we were presented with perfect conditions - dry, little breeze and just enough nip in the air to make it comfortable. I'm always conscious, when describing a race for those that haven't done it before, that too much emphasis on the challenges might put people off but equally, ignoring them would mean not being trusted in future. I thought I was honest but whether it is an indication of the toughness of our recent intake or of the attractions of the promised scenery, I wasn't expecting a record turnout. Thirty three Hoggs made it to the line. Sam made his debut and there were seasonal first starts for Bec (back from injury), Hannah and Steve W. Not content with a managerial record that will soon have Sir Alex looking over his shoulder, Roadhogs' Cross Country supremo, Kim, came along to help us get to grips with this road running lark.

Clare had a strong run, leading the team with a 14th place finish and Jackie's consistency was rewarded when she broke the top 50 for the first time (49th). Bec set out intending to be sensible and not hinder her recovery from injury by being too competitive. By and large, she was the model of self restraint, finishing in 63rd and contributing valuable points to the team. Trudy (78th) continued her good form and along with Amy (86th) managed the difficult task of running Kibworth faster than their previous race. Hannah (101st) showed the benefit of all that cross country running when it comes to talking the hills. Valerie (127th) was tentatively feeling her way back after injury and Alison (133rd) still counted as walking (or running) wounded.



Sam enjoying his debut race



'Sideshow Bob' tracks Beaumont's Ian Murdey on Gumley Hill

With Mark still in bits, we were pleased to have Mike (11th) to lead the line. Nick (16th) showed that he was back to his best and Ludo (38th) continued his advance. Peter (47th) had a strong race, giving us four in the top fifty. Ceri (78th) and Rob M (91st) added a couple of top hundred finishes and we didn't have long to wait to complete the team. Mark R (114th) earned the bragging rights in a three way tussle with Colin B (116th) and Jerry (117th).

Craig (131st) has been working his way up the pecking order but Tom (120th) managed to maintain a respectable advantage, for another race at least. Dale (147th) was suffering the post holiday blues and found it hard going. He did however, keep Dave L (153rd) in his place and in fact, Dave had more than enough on his hands keeping out of range of Martin's (155th) killer sprint. Baz (172nd) was followed by Jon (178th) - marginally slower than usual, but completing the Rhyader 20 the day before probably had something to do with it! Paul (195th) made it home safely before Sam (200th), completed his first race - talk about 'in at the deep end'! David (208th) showed Hitesh (221st) a clean pair of heels, then Steve W (243rd) eased in ahead of Dan (245th - his highest finish, so far). We finished up with three novices (not) in Steve (265th), Kim (273rd) and Barry (290th).



Kim enjoying Mt Kilimanjaro



## 20 Things You Didn't Know

Clare O'Neill	Question	Jerry Wilkes
		
I'm a NHS Research Governance manager	What do you do for a living?	Currently teach at Lancaster Boys.
Single	Are you Married or Single?	For our 20th wedding anniversary last June Sue and I walked the Norfolk Coastal Path stopping at 2 B & Bs and catching a bus all the way back to the start at Hunstanton - great fun.
On and off for 15 years	How long have you been running?	My earliest memory of running is haring round the block when I was 7 in South London.
I ran with Hinckley running club for a short time before I moved to Leicester and was looking for a club a bit closer to home. I found out about Roadhogs from the website.	How did you become involved with Roadhogs?	A stray link to the excellent website.
Swimming or cycling	If you didn't run which sport would you like to excel in?	Badminton - it has a ferociousness that I just love.
Not really, I never had a clue what I wanted to do!	Did you ever have any ambitions when at school to do a different job?	At school my only thought was I never want to be a teacher!
Hard to say but Venice is pretty amazing	Which is the best Holiday destination you have been to?	Sitting on the dunes of Embleton Beach with Dunstanburgh on the horizon.
I love lots of different types, it could be anything from dance to acoustic guitar depending on my mood	What music do you like most?	I have phases - currently I'm back onto Led Zep.
Withnail and I	What was your favourite film?	Serious Jerry : "The Thin Red Line"; Fly Jerry : "Ferris Bueller's Day Off"
?	If you could be any TV character which one would it be?	Don't watch much, but I love Dan Walker's cheery presentation of Football Focus
Honda Jazz/ Audi Spyder V8	What car do you drive and what car would you most like to drive?	T Reg Ford Galaxy with corks for locks - Car I would most like to drive : Colin Bowpitt's
A medium rare steak with a good glass of red	What is your favourite food and drink?	Spag Bol and red red wine
I'd love to be able to meet my great grandparents on my mother's side - the stories she tells about them are fascinating; I would also invite my father.	Which 5 people (living or dead) would you most like to invite to your Dinner Party?	Aung Sang Suu Kyi, Martin Luther King Jnr., Janusc Korczak, Kelly Holmes and (just for laughs) Eddie Izzard
Biology (but had we studied psychology at school it would have been that)	What was your favourite subject at school?	Chemistry - organic
The Time Traveler's Wife by Audrey Niffenegger	What was the best book that you ever read?	Gormenghast by Mervyn Peake
Kibworth 6 is a good race and 10k is more than enough.	What is your favourite local race and your favourite distance?	26.2 miles - the Robin Hood Marathon in Nottingham is well organised and supported
Great team spirit and the famous Roadhogs hoodies!	What is the best thing about being a Roadhogg?	The friendship!
If there are any other Roadhogs who like to cycle it would be great to get a cycling group going	If there was one thing you could change within Roadhogs what would that be?	Can't think of anything, really
With friends, food and wine sitting outside on a warm summer night	What would be the best way to spend an evening?	Doing woodwork in the shed with football on 5 Live and a glass of red wine
I haven't completely given up hope of running a marathon one day	Do you have any remaining ambitions either personal or club wise?	To run my own dairy farm.