

Roadhogs Leicester A.C.



May/June 2012

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

Masterclass

The London Marathon attracts plenty of celebrities; Nell McAndrew, Gordon Ramsey, Ed Balls, John Stew..... Of the eight Roadhogs with a place, 6 lined up for the start and 5 made it to the finish. Both Valerie and Ludo succumbed to injury in the lead up and Adam pulled up lame at half way (with an injury he picked up in his debut Marathon in Milan the week before). Jerry was the cream of the crop but the greatest feat was that of Dan. Little more than 18 months ago, when Dan was struggling through his first training session with Colin, 26.2 miles would have seemed as distant as the Premier League. Now he has a 4.15 Marathon under his belt and City are.... oh well, there's always next year! Keith was there to impart his wisdom to the youngsters and show that he's still a master Marathoner.



And what of our other Marathon maniac? John completed his fourth London and sixtieth Marathon in total. His first Marathon was London 1984. He recalls that entering was a spur of the moment decision in the days when there was no ballot and you could enter from your local Post Office. How times change!

Secure One Glooston 10K



A reminder that we are staging our Glooston 10K on Saturday 23rd June (start time 6.00 pm). As usual we'll need volunteers to marshal and help out with things on the day.

Please help us to make the event a success by encouraging people to take part. If you have any opportunities to publicise the race, please ask for entry forms or posters. Online entry is available via Runners World. Members who want to run should enter on the day.

LRRL Summer League

13th May: Hinckley Half Marathon
27th May: Swithland 6
4th July: Hungarton 7
1st August: Joy Cann 5
12th August: Hermitage 10K
2nd September: John Fraser 10

There is no block entry for Hinckley (you need to enter yourself, online) but Tom is taking names for Swithland.

Member News

A warm welcome to Barbara and Lucy, who have just joined us.

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Mark Chamberlain

Coach in Running Fitness (C.I.R.F.)

I was 17 years old when I first started running competitively and did my first Marathon when I was 18. I have been a member of Roadhoggs since 1995 and completed many races and Marathons over the years I have been in the club. Over many years the club hasn't had a recognised coach, so I have always been interested in doing coaching and the chance has come up for me to do so. I expect to complete the course in July.

Since the 28th January I have attended three training days in Coventry with 11 others doing the above course as a representative from Roadhoggs AC. There is an assessment day and multi choice questionnaire on the 30th June. I also have to complete a very intensive diary that includes doing training sessions and writing programmes etc. My coach mentor is John Skevington who is known to many clubs around the county.



Mark: Nearly 30 years of experience to share

I have in the past few months learned a lot about all different types of runner as well as different levels of fitness and ability and realising that everyone's goal is more or less the same. TO IMPROVE....

Overall training schedules are difficult because everyone is different, but if you think one will benefit you then let me know and we can work together on it and hopefully achieve the goals you may have.

I also intend to re-start track sessions (maybe on a Saturday morning) with the emphasis on two groups of different levels.

If you would like any more help or information please let me know.

Good luck.

Mark....

Stop Press

Last year we staged a joint training session/social with West End Runners in Abbey Park. In response to popular demand (from members of both clubs) and interest from other clubs, plans are being made for an expanded event. More news soon.....

For the Record

Daffodil Dawdle		
John Stew	44th	5.37
Ashby 20		
Miguel Flores	51st	2.12.04
Adam Clarke	198th	2.30.56
Hitesh Pandya	513th	2.56.19
Dan Bannatyne	530th	2.57.50
Lincoln 10K		
Ceri Davies	103rd	38.31
Friends of Mick and Phil HM		
Fiona Sutherland	137th	1.59.46 (PB)
Leicester "Big 10K"		
Colin Bowpitt	32nd	43.29
Dale Jenkins	33rd (1st VM50)	43.31
Clare Mendes	237th	54.51
The Three Shires Challenge (27 m)		
John Stew		7.36.00
Northampton Festival Half Marathon		
Trudy Sharpe	97th(3rd VF40)	1.57.12
Northampton Festival Marathon		
John Stew	61st	4.40.47
Enigma Good Friday Marathon		
John Heap	23rd	4.10.23
Belvoir Half Marathon		
Peter Sloneczny	44th	1.26.40
Dale Jenkins	109th	1.35.17
Colin Bowpitt	110th	1.35.20
Dan Bannatyne	144th	1.37.52 (PB)
Martin Capell	179th	1.40.33
Hitesh Pandya	212th	1.44.02
Jackie Brown	242nd	1.46.00 (PB)
Clare Mendes	361st	1.57.23 (PB)
Fi Sutherland	393rd	2.00.22
Richard Norton	422nd	2.07.13
Worcester Marathon		
John Stew	151st	4.25.56
Milan Marathon		
Adam Clarke	2766th	4.06.42

Lochaber marathon		
Martin Capell	278th	4.04.56
London Marathon		
Jerry Wilkes	3873rd	3.25.54
Dan Bannatyne	14,660th	4.15.38
John Stew	15,620th	4.20.36
Keith Dakin	15,847th	4.22.30
Hitesh Pandya	16,832nd	4.24.06



No publicity please!

(I saw a spotted woodpecker and Alison heard the call of a green one from our cottage) and the glimpses of deer and other wildlife.



Pont Aven

As well as my usual runs through L'Argoat (the interior) I decided to explore L'Armour (the coastline). I started in the community of Pont-Aven, made famous by painters such as Paul Gauguin who flocked there in the 1880s. Having spotted what looked like a promising footpath, I set out to run down the tidal reaches of the Aven River towards the coast. I quickly realised that this was not going to be either a quick or an easy run. The terrain, through woodland that sloped down to the water's edge, was distinctly challenging; quite similar to the section where you climb through the woods at Grace Dieu. The other problem was that there were numerous inlets and the path skirted each and every one of them! When my Garmin registered its first mile I was only separated from my start point by a narrow strip of creek. Every so often, probably when the shoreline was privately owned, the path would detour inland.

Birthdays

May

7th Sam Jolly
 10th Ludo Renou
 12th Jerry Wilkes
 13th Dan Bannatyne
 14th Rob Taylor
 26th Alison Lodwick
 29th Baz Barratt

June

11th Nick Beer
 20th Colin Bowpitt
 26th Richard Verschoyle

Editor's Blog

The Brittany countryside is great for running (as long as you don't mind hills). The scenery has a lot in common with Cornwall and Ireland. Like those locations, a healthy rainfall means lush greenery. Fields are small and often irregular, bounded by earth banks dotted with trees. Copses and deciduous woods are common and actively managed for fuel. Fences are a rarity; where necessary, the cattle are contained by discrete electric fences. Much of the landscape looks as if it hasn't changed in centuries. There are wild flowers in abundance and the more pungent country smells are tempered by a whiff of wood smoke. One of the joys of the countryside is the volume and variety of birdsong



The river Aven

Brittany is famous for its seafood (the renowned Belon oysters are produced in the next bay) and I saw a large shed where there was a sign advertising 'Coquillages'. As I ran past I could see the huge tanks where the shellfish are kept in clean water to purify them before they are ready for the table. From time to time there'd be ancient lanes with odd bits of stonework; tiny chapels, shrines and the like. At one point a fox (a deeper red and better fed than our urban ones) ambled off the path and in to the woods as I approached. I'd had vague plans to run to a small port and maybe return by road but after 5 miles or so, with the signs saying there were a further 3 miles to go, I yielded to tiredness and turned back.

The route I ran is part of a long distance footpath, the GR34, which traces the Brittany coast. If my first experience is anything to go by, I won't be attempting to run all of it!



Boats on the Aven

Those of you with longer memories may remember a piece I wrote (May June 09) about running a long distance trail in Brittany that followed the trackbed of an old railway. In it I commented on passing a lady standing talking to the trees, in fact I remember she was still doing it when I passed the same spot an hour later. The memory came back to me this year when Alison tackled the same section of trail and afterwards told me that a 'mad French woman' had stopped her and asked her for her Roadhoggs top!



Roadhogg tops: A 'must have item' in France?

Livingston Relay 2012

For a few days before the Sunday the weather forecast was that it was going to be a wet and windy day. But being the ultimate optimist, I was hoping they would be wrong as they usually are. Not this time!!!

Between fourteen hours and 9am on the Sunday morning four men pulled out leaving The Hoggs with two male and one female teams in the event. First to get off were Mark R, Dan B and Ruth S. (Ruth running to the start and thinking of running back home) Mark R handed over to Kim R (last minute replacement) and Dan had a belter after London Marathon handed over to Sam R. Ruth well dressed for the occasion handed over to Rebecca B. Sam R and Kim R came in within seconds of each other and handed over to Peter S and Richard N respectively. Peter had a good one and handed over to Sam J. Richard handed over to Dale J and Ruth handed over to Rachel and after a good battering from the weather we eventually finished.

Well done to you all and a big thanks to Tom who came along and offered to be a reserve despite having a sprained ankle....

Mark....

Roadhogg Ladies	13 th (of 20)
Ruth Stevely	23.33
Bec Bromwich	25.07
Rachel Clark	25.12
Roadhogg Men 'A'	16 th (of 24)
Mark Ramsden	18.12
Kim Richardson	25.53
Peter Sloneczny	20.51
Sam Jolly	19.58

Roadhogg Men 'B'	20 th
Dan Bannatyne	20.48
Sam Richardson	22.53
Richard Norton	25.47
Dale Jenkins	20.24

Leicester Running Shop LRRL Winter League: Markfield 10K

A beautiful spring day; just perfect for tackling such a classic course. From a personal point of view it turned out to be an eventful morning. I arrived with major doubts about whether my injured right foot, which I'd been resting for 10 days, would stand up to the rigours of a league race. On the way from car park to school I inadvertently trod on a piece of wood and got a rusty nail stuck in my left (good) foot (and cut my hand trying to remove it). Of course, as various sympathetic team mates were quick to point out, at least I was now balanced!*



Keith: Note the Marathoner's essential on the dresser

The Markfield course tends to lure one into a fast start with its early downhill sweep. Of course reality arrives swiftly and the short climb up to Thornton rears up like a wall. Short sharp inclines are the feature of this race but thankfully there's a long spell in the middle where you can establish some rhythm.

Nick was first home (14th) followed by Mark R who broke both his recent PB and the top 50 (45th). Ceri (93rd) was the first veteran and Adam (102nd) almost matched his time from Market

Bosworth. Rob M (112th), Neil (113th) and Peter (115th) were separated by just a handful of seconds. Colin B (139th) and Dale (140th) raced like twins again and then we had a couple youngsters setting PB's. Dan (155th) hasn't done a 10K since this race a year ago, so perhaps it wasn't a surprise that he sliced a huge chunk (6 minutes) off his, but Lee's more modest improvement (41 seconds, 158th) was nonetheless impressive coming in the space of just a few weeks (and on a harder course). John D (170th) put in another consistent run but Steve W (195th) hit the heights with a PB.



Hat Night 2012: Some serious athletes

Dave L (207th) limped in just in front of Rob T (211th) with Keith finishing well in 242nd. Richard turned out for his first race of the year and, considering his limited training opportunities, was pleased to make a significant improvement on his time of a year before. That left Barry (303rd) to complete the line-up.

Hoggettes continued to be an endangered species. Captain Jackie had the faithful trio of Trudy, Clare and Alison plus Ruth back to health after recovering from her skiing injury. Jackie (33rd) had a great run, matching her time on the easier Market Bosworth course. Understandably, Ruth (57th) was a bit more tentative but Trudy (62nd) recorded her best 10K time since 2008. Behind this trio, Clare managed 77th and Alison 156th.

*Clearly they could only be referring to my feet; not my mental state!

Leicester Running Shop LRRL Winter League: Kibworth 6

The Kibworth 6 may soon lose its crown as the toughest LRRL race to the Hermitage 10K (I'll leave you to judge that one) but it is undoubtedly one of the hardest in the county. The Roadhogg family were out in force to assist

Race Directors Dave S and Colin S, so we had the luxury of fielding 26 runners in our own race. Most notable among these was a young lad called Nathan, who only took up running in January. What he lacked in experience was more than made up by pedigree; being the son of Neil Adams, who wore a Roadhogg vest with distinction in the early noughties before succumbing to injury. Running the course is quite simple; abandon all thoughts of time, engage low gear and just enjoy the scenery! Everyone remembers Saddington and Gumley Hills but for many, it's the extra ones that you forget that prove to be the killer.



Hat Night 2012: Baz models the new kit line

Despite perfect conditions, the size of the field was a little disappointing; several clashes and the loss of an hour's sleep to the clock change probably contributed. Nonetheless there was still some quality at the sharp end, so Nick's top 10 finish (9th) was a great result. Next up we had two men in the form of their lives; Miguel (30th), showing no ill effects of his holiday in South America, and Mark R (34th). Ceri was making his annual PB attempt in the Lincoln 10K, so these two were followed by Nathan (65th) and Adam (66th), who both impressed by breaking 40 minutes. In terms of potential, Nathan's debut effort speaks for itself but for Adam to drop only 16 seconds from his Barrow time shows how far he has come. Rob M (76th) loves these hills and with young Harry along to support him, he was able to hold off the challenge of Jerry (83rd). Triathlon man Simon (93rd), was having his first outing of the year and looked in good shape (having biked to the race) and Sam J also made the top 100 (99th).

For once, Colin B (101st) managed to put a little daylight between himself and Dale (104th). Hoggs were still coming thick and fast: Lee (110th), Tom (127th), Martin (133rd), Steve W (137th) and Dave (138th), with Steve capping his excellent run with another PB. Following this quintet we

had Rob T (164th), Sam (196th), Ham (203rd) and Keith (206th) to complete the line-up (Barry having decided to sacrifice his enjoyment of those hills to the greater good and marshal instead).

Jackie (30th) was backed up by her stalwart crew and the ranks were swelled by the return of Barbara. Ruth managed 47th, Trudy (maintaining her improved form) 52nd and Barbara 55th. Clare finished 64th and Alison was some way behind in 118th.