

Roadhogs Leicester A.C.



May/June 2013

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

Proud!

It wasn't so long ago that having a ladies team was just a glint in the chairman's eye. Now, 5 'Hogettes' have showed how far we've come by making their Marathon debuts; putting months of dedicated training to the test on the streets of London.

Barbara lead the way with a beautifully paced 4.04.41 and Clare (4.28.25), Lorena (4.41.28), Lucy (4.59.28) and Valerie (5.02.25) all found inner

reserves of strength they probably had no idea they possessed. I understand that when, despite all of the crowds, Lucy and Valerie found themselves running together in the later stages there were more tears than a Saturday Matinee!



Ludo's Landmark



Whilst everyone's focus was on the ladies, Ludo was out taking care of business. Fresh from his stint of training in America (his 80 mile a week regime was so gruelling that he lost 4kg in weight), he took London by storm.

His half Marathon PB was not exactly shabby but he consigned it to history. Unlike Mo, he didn't stop there (and run off to the bank, laughing), but stayed strong to record an amazing 2.41.25. That was a PB by 12 minutes and one of the fastest times ever by a Roadhogg.

Ultra Winner



Two years ago Jerry tackled the 'A Coventry Way Challenge' a 40 mile equivalent of the Round Leicester (open to both teams and individuals), finishing 5th. Not satisfied with this, he went back this year; running 47 minutes quicker and winning the race by a whopping 25 minutes!

Member News

A big welcome to Ashley, Drew, Vicky, James and Leah; who've just joined us. We hope you enjoy being part of the club.

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(Boot) Camp America

Ludo has been taking a sabbatical in America, carrying out research at the prestigious Yale University in New Haven Connecticut. Among the discoveries he has made is that the local running club, New Haven Road Runners, is a little different to the Hoggs. They have only 25 members and Ludo found himself the slowest in his training group. In his first race for the club, he ran a very respectable 29.07, finished 17th but wasn't quick enough to count for his club! The race was also notable for being run in -8°C conditions and the marshals having to warn runners of black ice. Afterwards, his new team mates suggested going for a warm down, which turned out to be another 6.5 miles. As he commented, "I should have explained the Roadhoggs philosophy: we do the warm down at the pub".



Ludo maintains his focus

Things didn't get any easier. His group (sub-2.50, sub-2.46 and sub-2.34 Marathon runners) were training for Boston and boy did they mean business; if you couldn't keep up, you'd be left behind in the middle of nowhere. The standard weekly session was called a 'Jack Daniels run', which involved something like warm up, 8 miles marathon pace, 4 miles tempo, 4 miles marathon pace, 2 miles tempo, 1 mile marathon pace, 1 mile tempo. He was so exhausted that he had to resort to afternoon naps after sessions. With a regime like that it was obviously going to be injury or glory and for a while it looked like it was going to be the former but his calf strain cleared up and he started to feel the benefits.

Another club tradition is something called 'The Beer Mile'. I think this is a race over 4 laps of the track with contestants having to down a beer between laps. They obviously took it seriously

because the 2012 champion came back from Princeton to defend his record. You'll be pleased to know that Ludo managed 10.04 (the winner did a staggering 6.48!).



Lean, mean Marathon machine

All the hard work obviously paid off as they report on their website; "Congratulations to Brian, Ludovic, Andrew and Tom on their PR's in spring marathons this past week. At Boston: Tom (2:33:48) kicked hard for a 5 second PR while Brian (2:44:40) edged out Andrew (2:44:44) after a long battle which resulted in a 5 minute and a 30 second PR, respectively. At London Ludovic also set a big personal record with a time of 2:41:25!" Apparently, that puts Ludo third in the club rankings.

Valerie's London

I would like to thank you for all your support, and your contribution to Cancer Research UK. I raised over £840 (inc. gift aid) which will be invested in cancer research.

Running the London Marathon was an amazing experience and I was lucky enough to do it with four fab ladies (Barbara, Clare, Lorena and Lucy - in finishing time order!) and with Ludo (this is hubby... for the new members...). I wanted to be under 5 hrs but it wasn't meant to be on the day, my knee had decided otherwise..., and I clocked 5:02.

The past year has seen me battling with IT Band/knee injuries week after week and I'm glad I actually managed to complete the marathon. I saw many physios, podiatrists, biomechanists... At one point, just before Christmas, I had appointments with one physio, a biomechanist

and a podiatrist in the same week. I think it is fair to say I was really desperate...

Mid-January I started my marathon training. At that time, I couldn't run more than 6 miles without excruciating pain in my knee and without my IT Band flaring up for days. That was not an encouraging start. In the first three weeks I was already well behind and the strict marathon schedule I was supposed to follow was slipping away. I went to see yet again another physio. Luckily this one tried something the others had not tried and it worked; he managed to bring me back into my marathon-training schedule. Thanks Tony! The pain was still there but a lot more manageable. At last I could run, and I could even do long runs ... but I had to rest for a few days after that, which meant that my weekly mileage wasn't high at all. As long as I could do at least one long run a week, I didn't care if I had to rest the whole week after that.

The marathon day was a very special day. First, it was sunny! With fellow marathon runners, we trained during winter months, in the sleet, snow, rain and cold. Getting up early on Saturday mornings to run in the cold wasn't necessarily the best part of it... Other highlight of the day: I discovered female urinals with associated cardboard devices to help direct the flow (yeah, peeing like men...)! Something new to me...

And then the race itself: it is a great feeling to know that you're being part of a crowd of 37,000 runners. The crowd down in London was amazing, very supportive and cheering us on, shouting my name (I had it printed on my vest). It was my one-day of fame, and I loved it! It was also great to have some Roadhogs coming down to London to cheer us on along the course. Seeing them at different points along the course was so uplifting.

Despite the chronic injury problem, I loved the long training runs. It was extremely satisfying. Special thanks go to my training partner Lucy whose friendship, company during the long runs, moral support, and much needed positive thinking when my knee flared up on regular basis, were invaluable. For those who are planning to run a marathon in the future, if I have one piece of advice to give, it is to have a training partner. It does make a difference. Special thanks also go to the man of the day, who did a fantastic run and doubled-up 20 mile runs at weekends at peak training time to run with me when I was visiting him in the US of A. It

is hard enough to run 20 miles, especially when it is a Jack Daniels type training run, but running again 20 miles the day after, albeit at easy pace for his standards but, still, on extremely tired legs, is quite a superb effort, and surely a mark of care and love.



Valérie: Smiling through the pain

Lucy kept saying during our long runs every Saturday mornings "you know what Valérie, this is it, I do it and that's it. Never again, never again, I want my life back!" And she was right. You no longer have a life. Marathon training takes over your life. I have never experienced something so intense as marathon training. It's always here in your mind, every minute of the day and night, and this for four long months. Whatever you do, you weigh the consequences on your training, when you eat, have a glass of wine, go out with friends, stay late at work and wonder how you're going to fit your evening training run. You keep worrying about your weekly mileage; is it high enough? You look at what others do and become worried because you feel you're not doing enough. You become extremely guilty when you skip a run or have a lazy day. There are always twinges and soreness somewhere in your body. You get up in the morning feeling really stiff. Stairs become your nemesis after a long run. Your weekend is gone as you recover from your long run. You have no time to do anything else. You become obsessed with injury and you know that you should stretch a lot more to prevent injury but you keep skipping it and making excuses.... You only talk about your marathon training and your family, friends and colleagues probably can't stand it anymore and can't wait for you to run this bloody marathon!! ... Well, despite all this, a couple of hours after having passed the finish line, while enjoying a beer, I said to Lucy "Lucy, I need to do another one to get under 5. Do you want to

do it all again with me?' and she replied "OK, which one are we going to do? Let's do Paris marathon or something else?" This is the Roadhogs spirit... I tell you what: Roadhogs rock! The best running club in the world!

I loved it and I can't wait to do it again.

Valérie

Marathon Round Up

In all of the Hogette hullabaloo it would be easy to forget the other notable Marathon performances of the spring season. Chris ghosted in to London and set the second Roadhogg PB of the day (3.38.01). Will made a fantastic debut in Manchester (3.06.11), Simon ran his annual 'spring classic' in Paris and John Hallissey finally nailed a sub-4 in Vienna.



Jon: Still smiling after nearly 7 hours in the snow

Jon Heap, back to racing after a long injury lay-off, became the second Roadhogg to complete his 50th Marathon in the arctic conditions of the Charnwood (John Stew and Chris also donned their snow-shoes) and John also ticked off number 90 when the pair completed the Leaden Boot.

For the Record

Cambridge Boundary Run		
John Stew	162nd	5.02.28
Parkrun 16/3/13		
Lee Hubbard	26th	20.34
Great Barrow Spring Marathon		
John Stew	17th	5.43
Ashby 20		
Will Carter	115th	2.18.35
Simon Fryer	223rd	2.30.26
Baz Barratt	513rd	2.53.17
John Hallissey	571st	2.56.18
Barbara Hermann	759th	3.11.03

Clare Mendes	811th	3.16.29
Valerie Spezi	898th	3.28.05
Lucy McMillan	927th	3.35.33
Charnwood Marathon		
Chris Peach	19th	5.36.49
Jon Heap	49th	6.52.08
John Stew	50th	6.52.19
A Coventry Way Challenge		
Jerry Wilkes	1st	5.36
Parkrun 6/4/13		
Lee Hubbard	20th	19.33(PB)
Belvoir Half Marathon		
Dale Jenkins	97th	1.35.36
Jackie Brown	124th	1.38.11
Colin Bowpitt	125th	1.38.22
Steve Robinson	136th	1.39.44(PB)
Dan Bannatyne	159th	1.42.25
Martin Capell	196th	1.45.34
Clare Mendes	381st	2.03.37
Lorena Capell	403rd	2.06.30(PB)
Paris Marathon		
Simon Fryer	3122nd	3.18.06
Regency 10K		
John Davies	97th	40.07(PB)
Northampton Running Festival Marathon		
John Stew	84th	4.56.04
Northampton Running Festival Half Marathon		
Trudy Sharpe	84th	2.02.49
Parkrun 13/4		
Neil Winkless	35th	20.43
Worcester Marathon		
Jon Heap	130th	4.13.37
John Stew	175th	4.36.08
Vienna City Marathon		
John Hallissey	3107th	3.56.29(PB)
Parkrun 27/4/13		
Neil Winkless	25th	19.38
Greater Manchester Marathon		
Will Carter	251st	3.06.11
Derby 10K		
Martin Capell	448th	44.44
Shakespeare Half Marathon		
Trudy Sharpe	930th	1.56.45
Shakespeare Marathon		
John Hallissey	412nd	4.09.05
John Stew	525th	4.27.31
Woodhouse May Day Challenge		
John Davies	30th	1.40.49
Jerry Wilkes	41st	1.44.55
Dale Jenkins	57th	1.50.25
Dan Bannatyne	85th	1.55.43
Rae Clark	102nd	1.57.54
Ruth Stevely	111th	1.59.21
Valerie Spezi	220th	2.21.58
Clare Mendes	240th	2.25.40
Steve Robinson	252nd	2.32.25
Barbara Hermann	253rd	2.32.25
Silverstone 10K		
Chris Peach	210th	42.04(PB)
Jackie Brown	368th	45.18(PB)
Bosworth Half Marathon		

Dale Jenkins	72nd	1.34.01
Jerry Wilkes	101st	1.36.30
Ruth Stevely	213th	1.47.46
Ashley Stannard	324th	1.55.28
Clare Mendes	399th	2.03.38
Phu Quoc Half Marathon		
Dan Bannatyne	23rd	2.09.01
Martin Capell	25th	2.10.14
Halstead Marathon		
Keith Dakin	360th	4.28.13

Thank You!

Markfield was the culmination of a nine and a half year journey. It wasn't premeditated, it just sort of happened. It all began in January 2004 at the Wolvey 5 with a very respectable 33.55 on what has always been a quick course, now no longer used. At some point, someone must have told me that if you completed the full 11 race programme you got an award but I probably would have kept doing them anyway. The wheels nearly fell off in August; I'd been suffering a bit of Achilles tendonitis for a while but after race 10, this developed into plantar fasciitis and even walking became painful. Like many runners before and since, I was indebted to an understanding physio who said that while rest and strapping were the only cure, running the John Fraser 10 would not do any lasting damage. So there I was, on a hot Sunday in September, foot covered in physio tape, hobbling round the lanes of Leicestershire. My only memory of the actual race was Mike Price (who was never the quickest) cheerfully sailing past me after 4 miles. My 1.26.05 represents a PW (personal worst) but the nice little wooden trophy that I got at the presentation evening more than made up for it.



The best club in the land

At the time, Swanny was in the middle of an unbroken sequence of races, so like him, I just kept turning up (I think Dave's run was ended prematurely, in its seventh year when injury stopped him dead in his tracks at Swithland). My luck proved to be better and injury and illness never coincided with a race. Alison joined the club soon after me and racing quickly became a

family thing. Anna came to every race with us and Pat Martin would keep her entertained (although Pat would always maintain that it was the other way around!) and there would usually be some cake involved somewhere.



Trudy excelled herself, as usual

The 100% awards began to mount up (some are still in their boxes, even now), 50 races came and went and suddenly the century looked like a possibility. Setting a target is a bit like looking down from a height; something it is best not to do. Paranoia can easily set in; every niggle can become a full orthopaedic trauma and any slight feeling of ill health can be the early stages of bubonic plague (those of you who've run a Marathon will be familiar with the anxieties that overtake you in the last week). Strangely, the thing that always worried me most was breaking down on the way to a race (the car, not me sobbing into my energy drink; I was never that obsessed!). I remember Keith's car letting him down on the way to Ashby once and from that moment on I was more worried about strange noises from the car than any distress signals from my legs.



The ceremonial cake cutting

For those of the anorak tendency, the 100 races break down as follows: Markfield 10K; 10 times, Barrow 6, Desford 5/10K (two courses), Hungarton 7 (two courses) and Huncote 5; 9 times, Ashby 5 and Swithland 6/10K; 8 times, Kibworth 6, Hinckley HM and John Fraser 10; 7 times, Wolvey 5, West End 8 and Prestwold 10k; 3 times, Asfordby 7 and Langton 7; twice and Barrow 10, Stapleford 10K, Hermitage 10K and Desford QM; once each (a grand total of 685.5 miles).

Road Running

Leicester Running Shop LRRL Winter League: Kibworth 6

Staging a League race can put a strain on the resources of small clubs, such as ours. However, everyone rallied round magnificently and we were able to both organise the race and field competitive teams. Something always manages to get in the way of a big field; last year it was the clocks going forward and the Loughborough Half, this year it was Mother's Day. Nonetheless, we still managed to attract nearly 400 devotees of the Kibworth WI cake stall to the South East corner of the County.



Marshal chic at Kibworth

The promise of some good hills must have attracted Mike and he was in excellent form, leading in the team in 14th, with Nick following in 24th. Mark (74th) just managed to stay in front of the fast improving Harry (75th) and Sam J (81st) got away from Will (85th) in the closing stages. Steve (112th) underlined his new status in the team before Jerry (116th) completed the eight. To be fair to Jerry, he did run to the race from Oadby as part of his prep for an ultra! Dale

(123rd) produced his usual solid finish and then we had Chris (164th), another one who likes his hills. Tom (174th) and Lee (190th) were next up then Dave (193rd) and Simon (194th); the latter having also run to the race as part of his build up for the Paris Marathon. Our final pair were Keith (240th) and Ham (264th).



Will and Sam push for the line

The Hogettes have made a great start to the season and they weren't found wanting on the hills. Bec continued her rich vein of form; recording another top 10 finish (8th). Jackie (15th) and Charlotte (21st) continued the good work and Rae (25th) had a strong run to give us an excellent team score. Ruth (41st) finished well up to ensure our vets score was good too, and she was followed by Trudy (75th) and Alison (125th).

Birthdays

May

7th Sam Jolly
8th Cheryl Small
10th Ludo Renou
12th Jerry Wilkes
13th Dan Bannatyne
14th Rob Taylor
26th Alison Lodwick
29th Baz Barratt
30th Fiona Allen

June

20th Colin Bowpitt
26th Richard Verschoyle