

Roadhogs Leicester A.C.



May/ Jun 2014

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

Men on the Run



Ludo: 2.33.25
Virgin London
Marathon



Jerry: 1st
A Coventry Way
Challenge.
3rd Charnwood
Marathon



Will: 2nd
Northampton Running
Festival HM



James: 2nd
Ted Toft Memorial
Croft Hill Race

Member News

It is a pleasure to welcome James Boyd, Stephen Dunne and Hilary Buckley to the club.

Livingston Relays

Despite the recent rash of injuries and the distractions of the Shakespeare Marathon and HM, we still managed to field teams in the Livingston Relays. There was a record entry of 109 teams this year. Well done to all of our runners:

Roadhogs 'A' men 12th (37 teams): Mark Ramsden 16.50, Sam Jolly 18.44, James Dunham 17.59, James Bostock 16.57.

Roadhogs 'B' men 35th (37 teams): Dan Bannatyne 21.22, Rich Norton 26.31, Ben Milsom 20.44, Lee Hubbard 21.50.

Roadhogs women 11th (39 teams): Vicky Salt 23.06, Amanda Harris 20.07, Becca Bostock 21.46.

Roadhogg/Corrie Merger Announced



Sheriff Dave has landed his squaw

A headline to strike terror into Baz's heart! Fortunately for him, it is not the clubs that are destined to head up the aisle; congratulations to Jackie Brown and Dave Pearce on their recent engagement. Hats off to Dave for planning everything, including the correct sized ring, without spoiling the surprise (who says romance is dead?).

Everyone in the club wishes you both the very best for your future together.

In This Issue

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News from the East

For those new to the club, Clare has been on a sabbatical from the club, teaching English in Beijing, where she has been joined by fellow Roadhogg, Robin. When she left last summer, members bought her an entry to the Great Wall of China Half Marathon.

Dear Roadhoggs,

I hope you are all well and injury-free. So I completed the run on the Great Wall of China!!! Woo!



Cheap Roadhogg vests will soon be flooding the market!

I managed to get myself very worked up beforehand and decided I was far too unfit to run the half marathon (I blame the Chinese smog!). As a result, I dropped down to the 10km race (bizarrely it is the same price to do the 5km, 10km, half and full marathons). The other factor that made me doubt my ability to do the half was the fact that the race started at 6am. We needed to be at the hotel to get the bus (a three hour journey) to the wall at 2am, which meant getting up at 1am (totalling three hours sleep!). I know I managed the Riga half on very little sleep but that did not involve 10,000 steps. Even more alarmingly, I discovered that the previous female winner of the half did it in over

5 hours which made me think that I would end up struggling to finish. Apparently the previous winner of the 10km finished in just under two hours. Well, Robin and I finished the 10km in 1 hour 54 (according to my watch and the clock at the end, although my chip somehow recorded 1 hour 56...boo!) Anyway, needless to say, having finished 6th out of the ladies and 4th out of the men, it wasn't the most competitive of fields. However, you live and learn!



Not an event for those suffering from vertigo

I just wanted to email to say thank you again for giving me the opportunity to do the race at all (I would certainly not have been able to afford it on my paltry teacher's salary). It was such an amazing experience. I would recommend it to any of you who are considering a visit to China. There is now 10 hour time limit for the full marathon. It was extended (from eight) for this year as last year only a fifth of those who entered the marathon completed it. It is certainly a challenging course. The whole thing is run on wall and there are sections where the steps are so big you have to go on your hands and knees. For a short-arse like me it was like rock climbing! There are several run down sections that Robin dragged me down where the ground crumbles beneath your trainers and you feel like you're going to fall flat on your face (I almost did!) However, every time I felt my legs burning I simply looked over at the stunning views and felt energised.



Despite being very Chinese in its organisation (it was supposed to start at 6am but of course they had closed the roads for the public holiday and although the bus tried to two wheel it around some home-made traffic cones, we still didn't arrive at the wall until 7am) it is an amazing thing to say that you have ran across one of the seven wonders of the world, sporting a Roadhoggs vest (I had a few cheers for Leicester).



Robin looks like he's not even raised a sweat

I have attached some photos to show you some highlights. Robin took them as he skipped ahead, barely out of breath, while I huffed and puffed very slowly behind (he was rather miffed to have discovered that, had he run on his own, he would have stood an excellent chance of winning the men's 10km and taking home a trophy...it's a conversation that I have now banned!)

I also have photos on my blog:

<http://claruuu19.tumblr.com/>

Anyway, sorry that this has turned into an essay (can you tell I have a mountain of work to do?) I'll stop now.

Take care all. I can't wait to see you guys when I return :)

Clare

Celebrating Shakespeare's 450th Birthday

Bright and early on the morning of Sunday the 27th April, and having fitted in many hours of training alongside busy schedules, we set off to the birth place of Shakespeare to run the Shakespeare Marathon and Half Marathon. This was to be Vicki's Marathon Debut and she earned herself a very respectable time. The course took its toll on some of the runners, not least of all Men's captain Keith, who has been suffering with injury since his return to cross country running.

Women's captain, Jackie and her new fiancé, Dave came to support while celebrating Jackie's birthday and spurred us on during the first half of the marathon. Most of us felt strong over the first half of the marathon but the undulating course, and especially the more challenging hill at mile 8 and 18 proved hard work.

I would like to thank Keith for motivating Drew, Vicki and myself in our training for this marathon and it turns out the never ending stretch of Great Central Way, where we ended our training runs did put us in great stead for the 6 mile stretch along the Green Way embankment in Stratford!

Ashley Simpson

For the Record

Parkrun 8/3/14		
Ben Milsom	188th	26.16
Ashby 20		
Ludo Renou	7th	1.56.56
Mark Ramsden	20th	2.03.54
James Dunham	119th	2.21.51
Dave Bullivant	389th	2.45.34
Vicky Sutton	477th	2.51.58
John Stew	932nd	3.33.31
Rich Norton	967th	3.40.50
Parkrun 15/3/14		
Ben Milsom	73rd	22.28(PB)
Charnwood Marathon		
Jerry Wilkes	3rd	3.46.56
Dave Lodwick	38th	5.07.51
Jon Heap	49th	5.28.09
John Stew	86th	6.43.53
Charnwood 16.5m		
Steve Robinson	15th	2.27.38
Liverpool HM		
Jackie Brown	652nd (3rd FV45)	1.38.15
Stanford Hall HM		
Dale Jenkins	53rd	1.35.38
Mark Jowsey	282nd	1.58.36
Loughborough HM		
Will Carter	26th	1.25.15
Mike Cummins	234th	1.44.02
Belvoir HM		
Ludo Renou	3rd	1.13.21(PB)
Sam Jolly	62nd	1.30.56(PB)
Dale Jenkins	74th	1.32.45
Steve Robinson	212th	1.46.36
Barbara Hermann	328th	2.02.21
Rich Norton	346th	2.05.35
Parkrun 5/4/14		
Ben Milsom	76th	23.18
Blackpool Marathon		
Will Carter	45th	3.16.10
Manchester Marathon		
James Dunham	176th	2.58.37
Paul Langham	2102nd	3.48.38(PB)
A Coventry Way Challenge (40 miles)		
Jerry Wilkes	1st	5.51
Parkrun 12/4/14		
Ben Milsom	61st	22.19
London Marathon		
Ludo Renou	67th	2.33.25(PB)
Mark Chamberlain	4174th	3.24.57
Dave Bullivant	8491st	3.47.53(PB)
Chris Haward	11370th	3.58.34
Rich Norton	30372nd	5.30.52
Parkrun 19/4/14		
John Davies	20th	19.22
Ben Milsom	73rd	21.55(PB)
Compton Downland Challenge (40 miles)		
Chris Peach	73rd	7.51.46
Northampton Running Festival HM		
Will Carter	2nd	1.31.09

Parkrun 26/4/14		
Ben Milsom	81st	23.49
Scrabster Trail Race		
John Davies	4th	41.38
Shakespeare Marathon		
Jerry Wilkes	38th	3.06.26(PB)
Drew Simpson	364th	3.56.41
Vicky Sutton	416th	4.05.50
Jon Heap	469th	4.14.08
Ash Simpson	558th	4.27.12(PB)
Trudy Sharpe	610th	4.35.12(PB)
Shakespeare HM		
Will Carter	30th	1.24.55
Valerie Spezi	1233rd	2.05.55
Lucy McMillan	1350th	2.07.30
Parkrun 3/5/14		
Ben Milsom	69th	22.04
Titchmarsh 10K		
Dave Lodwick	44th	46.00

Birthdays

May

7th Sam Jolly
 10th Ludo Renou
 12th Jerry Wilkes (V50)
 13th Dan Bannatyne
 17th Afra Kelsall
 26th Alison Lodwick

June

1st Stuart McMillan
 20th Colin Bowpitt (V45)
 20th Amanda Harris
 22nd Ferrante Neri
 26th Richard Verschoyle

Spring Marathons

Having missed out on a top 10 finish at Belvoir, Jerry claimed an impressive 3rd place in the challenging Charnwood Marathon; a race that takes in many of the highest summits in the area. He travelled to and from the start in Quorn by a combination of bike and bus and was probably safely home in Oadby in the time it took Dave, Jon and John to finish.

Will has a 3-hour Marathon in him and for a while it looked like he would record the magic mark in Blackpool. However, he ended up being thwarted by the strength of the wind in the last few miles along the sea front. James D fared better; choosing the super-fast Manchester course and recording a brilliant 2.58.37 at his first attempt. Paul also had a good day in Manchester, setting a new PB.

Ludo, Jack Daniels' most ardent disciple, dedicated his whole effort to peaking for the VLM. He trained with great discipline and was

rewarded with a simply stunning time of 2.33.25 (that's within a minute per mile of Mo Farah!). Copies of the Daniels Running Formula have been flying off the shelves in Leicester ever since. Mark C seemed well on course for a good-for-age time until he was slowed by a foot problem in the latter stages. Dave Bullivant fared a lot better, setting a new PB, but was a little disappointed not to have gone faster. Chris Haward was forced to reassess his goals after picking up a calf injury during his training but he was still able to produce an even-paced sub-4 time in his debut Marathon. Finally, we had Richard; a man completing a remarkable journey from hospital bed to Marathon man in little over 12 months.

London Marathon Entry

As well as the public ballot and the club places (hopefully we'll be back to two again this year), people can gain entry by dint of their performances in other events. Championship entries are reserved for the very quickest but 'good for age' entries are a possibility for several members of the club. Times last for 2 years and application dates will be published in the summer.

Good for age			
Men	Time	Women	Time
Age 18-40	sub 3:05	Age 18-40	sub 3:45
Age 41-49	sub 3:15	Age 41-49	sub 3:50
Age 50-59	sub 3:20	Age 50-59	sub 4:00
Age 60-64	sub 3:45	Age 60-64	sub 4:30
Age 65-69	sub 4:00	Age 65-69	sub 5:00
Age 70-75	sub 5:00	Age 70-75	sub 6:00
76+	sub 5:30	76+	sub 6.30
Championship Entries			
Men	Time	Women	Time
Full marathon	sub 2.45	Full marathon	sub 3.15
Half marathon	sub 1.15	Half marathon	sub 1.30

To be included in the club ballot, you need to be paid up member, have been rejected in the public ballot and have completed 5 qualifying races for the club (LRRL, DRL and Livingston/RL relays) in the preceding 12 months.

Leicester Running Shop LRRL Winter League, Race 3: Stilton 7

With the loss of two races so far it was great to be back running a winter league race again,

though warm sunshine and blue skies made the Stilton 7 at Asfordby seem more like a summer league race without the flies. The two lap course included a long downhill section and a couple of energy sapping hills, so with the heat, the hills and the rumour of an escaped lion on the last hill made it a challenging run. Mark R flew up and down the hills to finish first Roadhogg home with an excellent 5th place, followed in by Nick putting in a good effort despite his aches and pains in 34th place. Good finishes from Will in 78th, Sam 83rd, Ferrante 91st followed closely by John D in 95th gave us six top 100 finishers. Dale 122nd put in another reliable effort followed by the in form Hitesh in 141st. Steve R 144th, Dan Ban 154th and Drew 185th put in good times followed in by Dave L 193rd with a steady run. Keith 215th was followed by Ben 233rd who recovered well from suffering after the first lap. It was good to see Jon H 251st running a league race again. Next to finish on his knees was Lee 284th who sped off at a good pace before realising he had hardly trained for months. John S 287th put in a steady run with Dave S 335th gritting his teeth to finish well to earn his half cup of water. Then it was inspiring to see Barry 354th despite his recent injury getting round the course and finish with a smile.



Sam: Now a very consistent performer

Most of the ladies on the start line were taking a break from marathon training with captain Jackie 161st leading in her team. Vikki Sutton 210th had a steady run followed home by Barbara 290th pleased to get round as part of her injury recovery. Ashley 296th and Trudy 313th ran good races with Alison pacing herself well to finish in 351st place.

Most of the Roadhogs said after that they enjoyed the 2 lap course and they all managed to outrun the lion.

We still have fifteen runners going for 100 per cent awards.

Afterwards the Roadhogs drinking club enjoyed a refreshing beverage sitting in the sun outside the Bell Inn at Frisby

Keith Dakin

Leicester Running Shop LRRL Winter League, Race 4: Desford 6

A new venue and a few tweaks but essentially the usual race; Peckleton hill was as steep as ever (you'd have thought that with all that earth-moving equipment around at CAT they could have flattened it out a bit!). Despite the number of orthopaedic calamities and the distractions of Spring Marathons, we managed an excellent turnout of 27. Our ranks were boosted by Natasha and Fabio who were making their debuts.

It all felt rather strange; for the first time in 3 years (stretching back over 32 races) we were without Nick. He's kept turning out for the team, despite a catalogue of injuries but eventually he's had to listen to his body and take a rest. All the best Nick, we're all looking forward to having you back and seeing you kicking butt at the sharp end of races, again.

Mark R has really stepped up, and once again he showed what good form he's in by bagging 15th place. John D (86th) was our only other top 100 finisher but we packed well after that. Jon M (112th) was chased home by Steve W (115th) and then we had Ferrante (121st) and Dale (130th). Steve R (152nd) just failed to break 7's, then our fourth vet; Hitesh (172nd) was followed by Drew (175th) and Mike C (184th); in his first race of the season. Fabio made his mark in 201st, finishing in front of Dave L (220th), Roger (223rd) and Dan Ban (233rd).



John: Back in the top 100

Lee (256th) just managed to turn the tables on Ben (257th) in a tight finish. Keith (309th) and Dave S (359th) let the youngsters get on with it and Barry (401st) must have felt like a salmon swimming upstream as he had to battle past crowds of people heading back to the venue (something the race organisers have promised to fix for next year).

Our ladies have been struggling with injury but Captain Jackie managed to rally the troops and with Fi and Lucy answering the call, making their first starts of the year, we fielded two complete teams. Vicky Sutton (41st) led the team in and then came Ashley (72nd), Barbara (85th) and Fi (87th). Lucy (101st) followed Trudy (100th), before Natasha (103rd) and Alison (123rd) rounded off the scoring.