

# Roadhogs Leicester A.C.



Newsletter May/June 2008

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



Chris: The end of a quest (see page 4).

Inside another packed edition:

Mark's Marathon Tale (Page 2)

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Cathy and Dale in the spotlight (page 10)

.....and a whole lot more!

**The Glooston 10K**  
Saturday 21<sup>st</sup> June 2008 at 6.00pm  
Volunteers needed.

## Here Comes Summer!

The nights are becoming lighter and something is happening in the Leicestershire countryside. Walkers are being treated to the sight of a hoard of happy hogs as we take our training into the highways and byeways of our beautiful county.

## Winter Wonders

We've had record numbers of runners turning out for the Winter League races and as things stand, were at least holding our own.

The ladies are locked in a tight battle with Hermitage and Fleckney for the second promotion place from Division 2.

Our senior men are just shading Birstal for second in Division 2 and our veteran men are fifth in Division 1, but the division is so tight that we are only 3 points behind the second place team.

## Warm Welcomes

We are delighted to welcome Emily Page and Charlotte Wood to the club. We are always on the look out for new members, so keep spreading the word about Roadhogs and the buzz of running!



A bunch of 'serious runners'. Photo courtesy of Keith.

## Dakin Does it Again!

Keith organised a hat themed training session to celebrate the end of winter training. Not surprisingly, Baz won the prize for best outfit (or should that be bravery?).

After the run, it was off to the Cow & Plough for chip butties.

## The London Marathon Experience

Hi Everyone,

This is just a little story of our time leading up to The London Marathon 2008.

Those lucky enough to get into the event were Baz (with his deferred entry from last year, Rob who got the club entry and myself through doing 2h45m31s last year. Baz and Rob have both put in some serious training since New Year and the benefits were there for all to see. I have struggled with little niggly injuries all year, I think the cause has been the kind of shoe's I have been wearing. Hopefully I have sorted out the problem and now I can get in some decent training.



Ten days before the marathon I was running with Peter and Nick from the Foxhunter and half way round I was in pain and I had more or less totally given up on doing the marathon. I did not run again for 7 days, and only did 2 miles with no pain. The next day I did 5 miles and felt knackered. I did nothing for the last two days before the marathon and just thought I would run it as much as I could.

On the Saturday morning Rob, Matt and myself met at the cafe at St. Maggy's, then went on our way down south. We met up with Andy there and booked in at the accommodation then went for our numbers. We had a few beverages and some smashing grub to see us through.

On the morning of the race I was still in two minds whether to run, and once I got off the train at Maze Hill, there really wasn't any going back. At the start I was jogging along and did the first mile in 10m 40s, but felt fine. After reaching half way the heavens opened and I have never felt that cold before doing a marathon. When I got to 17 the rain had stopped and I was still jogging. I got to 20 in 2h40m. A couple of years ago I did 2h40m for the 26.2. I still managed to keep jogging until 22 and then that was it, all I could do was walk the majority of the way. I did see Big Gordon Ramsey a couple of times and The Massai Warriors at the beginning. I ended up crossing the finishing line in 4h 1m 20s, a lifetime personal WORSE. Rob and Baz had both finished, Rob in 3h 19m (a P.B.) and Baz did 3h 44m.



After the event we went to our usual haunts in Covent Garden to drown my sorrows and congratulate Rob and Baz. Jon Heap and his partner were there as well.

Although I wasn't prepared to do the event I am happy I did. I'm in it again next year and hopefully I will keep buying the proper running shoes. On the Sunday evening Matt and Andy took Rob and myself around Soho, where we saw some sights.

*Mark Chamberlain*



## EUROADHOGG'S 2008

Hi Everyone,

After the success of last years Benidorm Half Marathon in which Baz, Matt, Craig and myself took part a few members have expressed an interest in doing another race that is different than what we are used to. Below I have compiled a list of half a dozen that start from the beginning of September, they are:

1. Amsterdam Marathon and Half on the 19th October.
2. Calvia Majorca Half and Full on the 14th December.
3. Aviemore Half on the 19th October.
4. Aldernay Half on the 6th September.
5. Budapest Half on the 7th September.
6. Rotterdam Half on Tuesday 9th September.

This is just a selection of events, if you have any preference from September then let me know.

We will give it to the end of May to decide which event we are going to go for and then we will have enough time to train and save up. The more the merrier. I will get the relevant information about flights and accommodation when a decision has been made.

*Mark*

## Ladies' LRRL Statistics

	BARROW 6			MARKFIELD			ASHBY			WOLVEY			DESFORD		
	pos	time	m/m	pos	time	m/m	pos	time	m/m	pos	time	m/m	pos	time	m/m
Sylvia Bland				151	64.06	10.19				118	46.34	9.19	125	58.48	9.18
Hannah Green							17	34.37	6.55						
Fazila Hajat	138	57.02	9.30												
Cathy Haward	61	49.20	8.13	62	50.14	8.05	53	38.36	7.43	49	38.05	7.37	60	49.18	7.56
Alison Lodwick	150	58.39	9.47	142	60.09	9.41	122	45.38	9.08	122	47.27	9.29	124	58.34	9.26
Rachel Moyes				102	53.48	8.40	82	40.58	8.12	72	40.17	8.03			
Surita Sharma	29	44.49	7.28	23	44.59	7.15	30	36.36	7.19	30	35.37	7.07	30	44.58	7.14
Trudy Sharpe	37	46.10	7.42	31	46.24	7.28	33	36.49	7.22	44	37.14	7.27	51	48.25	7.48
Fiona Sutherland	122	54.33	9.06	88	52.42	8.29	78	40.42	8.08						
Sally Waterfield	49	47.41	7.57				50	38.08	7.38	51	38.22	7.40	58	49.11	7.55

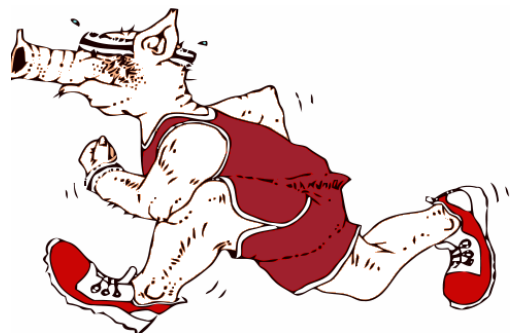
## Birthdays

### May

1<sup>st</sup> Cathy Haward is 34  
 26<sup>th</sup> Alison Lodwick is 49  
 29<sup>th</sup> Baz Barratt is 48  
 29<sup>th</sup> Chris Mann is 43

### June

3<sup>rd</sup> Fazila Hajat is 44  
 26<sup>th</sup> Richard Verschoyle 66



# Runner's Tales

## Quest for the sub 4 Marathon

Once I'd completed my first marathon: Nottingham 2005 (4hrs 31min), I started to dream of breaking four hours. I'd proved to myself I could complete the distance, now it was time to run it as quickly as I could. My times at shorter distances suggested it should be possible. Accordingly I filled out the entry form for the 2006 London Marathon and amazingly, got in. It was destined not to be. I got an iliotibial band injury, which stopped me running over ten miles on road for two years.

During this time all of my training except for club nights was being done off road. I had bought an online map of the area around Lutterworth from Anquet and was able to plan runs on footpaths, print off the maps and use my Garmin to log the miles. I reasoned that this training would strengthen me and generally toughen me up, making a marathon on road seem easier going: a twenty mile training run cross country has got to be harder than one on road. This sounds straightforward. In reality I spent an awful lot of time getting lost but I now have a great selection of beautiful routes.



I finally got an appointment to see a consultant at the Leicester General Sports Injury Clinic in January 2008. I had been seeing various specialists and had lots of treatments including steroid injections for the previous two years so did not hold out much hope but incredibly the doctor examined me, identified knots of tension in the band, gave me some acupuncture treatment and told me to massage these knots if they returned. That weekend I did a twenty-mile

training run on the road at 8.45 pace without a twinge. A miracle! Now I thought I could run a road marathon. I chose to have a go at the Draycote Water Marathon.

Sunday February 17th 2008 dawned bright, still and very cold. I got up early and had breakfast but felt a little queasy. I put it down to pre race nerves, put on my kit including my new Roadhoggs vest. When I arrived the water was breathtakingly beautiful, absolutely still, perfect pb conditions. The race involves five circuits of the Draycote Water reservoir, mostly flat but with a couple of sharp hills. I managed the first circuit at my planned 8.30/8.45 pace, running with John Stew. Rob had bounded off to set a pb. Towards the end of the second circuit my stomach was still churning but more worryingly I was losing speed, costing me lots of effort to achieve 10-minute miling. At the end of the second circuit, I decided to call it a day. I could have probably finished but I would have exhausted myself and run a slow time so I cut my losses, feeling pretty upset. I must praise Rob and John for doing that race, it must have been mentally tough to keep doing the same circuit and some entrants were running seven times round for a 35 mile ultra!

I went home and straight to bed feeling very ill but that evening I was on the Runners World website, looking for a new marathon. The only likely looking one was called the Cambridge Boundary Run: a small event, with a flat multi-terrain course, involving some navigation. It would be held in a couple of weeks' time. I signed up for it straight away.

The pre race information was brilliant. I was sent a written description of the course with photos and there was a Google maps route online so I could run a virtual marathon a few times. I was worried about getting lost but was assured that there would be signs along the course as well. 230 runners lined up at the start outside a gym on an industrial estate. Just 84 of us would be running the marathon. We ran through some pleasant suburbs out into the country and then up the only real hill on the entire course which gave us some lovely views of Cambridge. Reassuringly there were arrows chalked on the pavement and tied to lampposts. We then went on to a woodland path. I'd gone a few hundred yards before alarm bells began to ring. I was sure we shouldn't be going so far away from the road at this stage. A few runners stopped and we consulted the instructions, sure enough we

were going the wrong way. We doubled back and soon found the route again. Apparently some idiots had taken the signs down in the wooded section and once one person had gone the wrong way, everyone followed. From then on I followed the instructions religiously. We ran through some pretty villages, the most scenic part being alongside the river through Grantchester Meadows. At the half marathon finish there was some confusion about where the marathon route continued and I had to stop and ask but soon found my way. I was quite pleased with my pace now 8.10-20 and was feeling comfortable and even passing people at regular intervals. I ran a long stretch across some fields and then it got less pretty: industrial estates and scruffy urban paths. I'd been fuelling myself with wine gums and I'm convinced they helped stop me hitting the wall as I only began to feel uncomfortable at mile 24 when I ran out and my pace dropped dramatically. It didn't help that I was skirting the fence of an airfield and the wind was blowing directly in my face. But with only a couple of miles to go I wasn't too discouraged. Arriving at the finish I was pleased with my reception. About half a dozen race officials made as much noise as they could to cheer every runner home. I was thrilled with my time: 3:48:47, well inside my target and the i.t. band had behaved all the way round.



Chris spots the ice cream stall on his way from Exe to Axe.

Of course it didn't take long before I started thinking, 'I could beat that time.' But I'd already signed up for a couple of off road events which wouldn't lend themselves to pbs. The first was the very hilly but beautiful Exe to Axe, a twenty mile fell race following the coastal path in Devon which I staggered through, narrowly

avoiding bursting into tears on the tough bits. I also managed to get lost again and, to my mortification, two people followed me. I finished in almost exactly the same time as it took me to run the Cambridge Marathon. I'm not sure whether that's good going or not. The second event is the Neolithic Marathon in May which is unlikely to give me a pb but I think I prefer the races which are challenging and where there is a sense of adventure, although I nearly always get lost. So if you hear over the bank holiday weekend of a man gone missing on Salisbury Plain, you'll know who he is.

*Chris Peach*

### The Belvoir Challenge

The Belvoir Challenge is an annual 15 and 26-mile walk/run around the heart of the Vale of Belvoir. The event is organised and run from Harby village school and last year raised over £9K for the school. The course varies year from year and this year took us to Plungar, Belvoir Castle estate and woods, Woolsthorpe, Denton and reservoir, Croxton Kerrial, Branston Ironstone works, Eaton, Stathern and back to Harby. The 15-mile route was a reduced size loop in the opposite direction, we ran past them in the spectacular Belvoir castle grounds.



Do you feel lucky, punk? ©Alan Worth Photography

There were about 1000 walkers/runners in both events, and some years I can remember being near to 2000. There are four checkpoints in the 26-mile and two in the 15-mile event. At each checkpoint there are refreshments; tea coffee, squash, flapjacks, cake and pizzas. The Wood Lane checkpoint often has barbecued sausages etc. It must be one of the few events where you put on weight!

Although you might expect a flat course there are some stonking hills and climbs, the one onto

the 'Jubilee Way' on the Belvoir Castle grounds the toughest. The Vale is a maze of footpaths, bridleways and tracks, and is very unspoilt (I only saw one dumped fridge on route).



Baz in yomping mode. Photo ©Sleepmonsters

I ran/yomped around the course in 4 hours 30 minutes, which I was very pleased with, and gave me some much needed confidence for the forthcoming London Marathon. I cannot recommend this event highly enough - I hope some of you give it a go next year.

*Clinton Barratt A.K.A. Baz*

P.S. Forgot to mention the most important bit - soup + roll, apple crumble + custard to all finishers!

## Gettin' muddy with Kim

### Derby Runner League Race 5: Sinai

Well I have to be pleased that Roadhogs made good progress in the league this season, with full men's teams in every event except this last one. We had six men and two ladies (well done girls), so just one more guy and we would have been given points. On a bright and dry Sunday morning we looked down on the breweries of Burton-On-Trent. This is the race that starts up a steep climb so it takes you a while to recover from that, then it's a very scenic course with plenty more up and down all the way round including two monster hills that sort out the wheat from the chaff - in the car coming home we agreed it's impossible to run up them, so we were all chaff.

There was a long final stretch along an undulating track which was probably the fastest mile on the course, before hurtling back down the hill to the finish. Dave Lod chased Peter all the way before just getting in front in the end. Dale Jenkins and Rob Bedstead also raced each other round, then came Jon Heap and then me. For the girls it was good to see Hannah and Trudy yet again; Hannah ran a blinder and Trudy is proving so reliable for us. If just one or two more of you will join in then we have a ladies team next season as well.

Ronnie was there to collect the results for us as he often is; cheers Ron, we do appreciate you being there and telling us how good you are with computers.

**RESULTS:** 64 Dave Lodwick (V40) 38.57, 67 Peter Sloneczny (V40) 39.05, 88 Dale Jenkins (V40) 40.48, 93 Rob Milstead (V50) 41.13, 116 Jon Heap 42.51, 128 Kim Richardson (V50) 45.14, 153 finished, team unplaced.

**Women:** 13 Hannah Green 41.14, 47 Trudy Sharpe 50.05, 66 finished, team unplaced



Jon burns off a couple of ramblers.

So at the end of the League this season we finished in the lofty positions of: MEN 8th, LADIES unplaced, and COMBINED 9th, all out of 13 clubs in division 2.

That's our best, thanks everyone, next season I am aiming for European qualification.

*Kim Richardson*

## Men's LRRL Statistics

	BARROW 6			MARKFIELD			ASHBY			WOLVEY			DESFORD		
	pos	time	m/m	pos	time	m/m	pos	time	m/m	pos	time	m/m	pos	time	m/m
Craig Atton	165	41.34	6.56	115	41.48	6.44	112	32.18	6.28				96	40.50	6.35
Karl Atton	142	40.47	6.48	138	42.35	6.51	103	32.10	6.26						
Baz Barratt													133	42.02	6.46
Martin Capell	346	58.20	9.43	320	61.34	9.55	288	40.45	8.09	239	38.15	7.39	239	48.03	7.44
Mark Chamberlain	35	35.57	6.00	72	39.11	6.19	33	29.28	5.54	30	29.27	5.53	25	36.22	5.51
Nick Cobley				156	43.34	7.01	123	32.48	6.34	90	31.51	6.22	92	40.32	6.32
Keith Dakin	271	46.47	7.48	236	48.06	7.45	255	38.08	7.38	217	36.44	7.21	203	45.29	7.19
Ceri Davies	155	41.21	6.54	109	41.40	6.43	114	32.26	6.29	88	31.50	6.22	101	40.58	6.36
Simon Fryer				146	43.07	6.57	122	32.44	6.33						
Jon Heap	296	48.32	8.05	243	48.17	7.47	260	38.22	7.40	210	36.29	7.18	194	44.59	7.15
Dale Jenkins	208	43.12	7.12	171	44.30	7.10	186	34.37	6.55	141	33.53	6.47	147	42.37	6.52
Dave Lodwick	186	42.29	7.05	123	42.00	6.46	121	32.40	6.32	118	32.53	6.35	119	41.38	6.42
Steve Martin	304	49.02	8.10	257	48.55	7.53	247	37.23	7.29	235	37.57	7.35	217	46.20	7.28
Tom Martin	222	44.06	7.21	208	46.14	7.27	181	34.32	6.54	136	33.40	6.44			
John McDonald				129	42.16	6.48	111	32.17	6.27						
Rob Milstead	178	42.13	7.02	140	42.49	6.54				105	32.29	6.30	102	41.00	6.36
Mike Munday	17	35.07	5.51												
Peter Sloneczny	46	36.31	6.05	44	38.10	6.09	25	29.03	5.49	23	28.58	5.48	85	40.18	6.29
Colin Smith	344	57.54	9.39	317	59.37	9.36				291	45.52	9.10	299	60.07	9.41
Adrian Stanley				193	45.27	7.19							142	42.24	6.50
John Stew	230	44.40	7.27	231	47.59	7.44	227	36.12	7.14	221	36.59	7.24	221	46.37	7.30
Dave Swan	242	45.13	7.32	289	51.51	8.21									
Matt Topham	77	37.53	6.19	80	39.59	6.26	77	31.05	6.13	73	31.20	6.16	78	39.51	6.25
Barry Waterfield	347	58.45	9.48				316	47.41	9.32	292	45.59	9.12	296	59.24	9.34
Jerry Wilkes	196	42.52	7.09							158	34.31	6.54			

### Training Runs

Wed 30 <sup>th</sup> April	Manor Road
Wed 7 <sup>th</sup> May	White House (Scraptoft) (LE7 9SE)
Wed 14 <sup>h</sup> May	Hope & Anchor (Wanlip Rd,LE7 1PD)
Wed 21 <sup>st</sup> May	Gt Glen Rec Gnd (LE8 9FA)
Wed 28 <sup>th</sup> May	Manor Road
Wed 4 <sup>th</sup> June	Griffin Inn (Swithland) (LE12 8TJ)
Wed 11 <sup>th</sup> June	Dog & Gun (Kilby) (LE18 3TD)
Wed 18 <sup>th</sup> June	Manor Road
Wed 25 <sup>th</sup> June	Manor Road
Wed 2 <sup>nd</sup> July	Bakers Arms Roadshow (LE8 4FQ)
Wed 9 <sup>th</sup> July	Hungarton League Race
Wed 16 <sup>th</sup> July	Bradgate Inn (Newtown)(LE6 0AE)



Baz takes his audition for the Spice Girls reunion tour.

### Sunday Runs

Sun 25 <sup>th</sup> May	@ Houghton (Playing Fields)
Sun 15 <sup>th</sup> June	@ Rutland Water
Sun 20 <sup>th</sup> July	@ Knighton Park
Sun 17 <sup>th</sup> August	@ Church Langton

### LRRL Summer League Races

11 <sup>th</sup> May	Hinckley Half Marathon
1 <sup>st</sup> June	West End 8
29 <sup>th</sup> June	Prestwold 10K
9 <sup>th</sup> July	Hungarton (7 mile)
6 <sup>th</sup> August	Joy Cann Memorial (5 mile)
7 <sup>th</sup> Sept	John Fraser (10 mile)

## LRRL Winter League

### Wolvey 5

After a gap of 3 years, the Winter League returned to Wolvey. The race, which is largely flat, is considered a good PB course although the exposed nature of the roads means the wind can be a problem. So it proved, this year, with a stiff Southwesterly breeze making the first 2 miles harder than usual. I have painful memories of a similar breeze costing me a sub-70 clocking (by just 12 seconds) in the 10-mile race Nuneaton Harriers run over 2 laps of the same course, a while back.



Rachel raises the tone.

The field continued its downward trend but 440 is still fantastic for the 4th race in the series. Despite the proximity of London, Baz was the only one of our 'Marathon men' to stick with the long Sunday run. A line up of 24 Hoggs seemed pretty good, anyway.



Soul Sister Surita.

The presence of some quick ladies meant that Surita finished 30th again even though she knocked almost a minute off her PB. Trudy (44th) slipped back slightly but Cathy (49th) continued her steady improvement. Sally (51st) completed the scoring four. Rachel (72nd) moved a bit closer to the 40-minute barrier. Sylvia (118th) showed a big improvement from her first race at Markfield, finishing in front of Alison (122nd).

After 'water bottle hurling' in the last race, Alison found a new way to lose time and places. This time she stopped for a chat between the line and the recorders, losing 3 places and 38 seconds in the process!

Mark continues to take it sensibly, so it was left to Peter to lead us home. Yet again, Peter broke new territory going sub-29 minutes for the first time and reaching his highest placing of 23rd. 'Sensibly' equated to 30th place for Mark and useful points for the team. Mat continued to be 'Mr Consistent' (73rd) but there can be no resting on laurels because Ceri (a second successive PB for 88th) and Nick (a fantastic 90th) are closing in fast. Ron was the only Atton present, so it was left to Rob (showing his versatility with a fantastic run for 105th), Dave (118th) and Tom (a welcome step up to 136th) to round out the counting eight. It was great to see Dale (141st) starting to put some pressure on the men in front and good to see Jerry (158th) taking a break from the long runs and comfortably going sub-7s.



Ceri auditions for U2.

There were steady runs from Jon (210th), Keith (217th) and John (221st) (who, like Rob, had completed the Draycote Water Marathon the previous Sunday). Jon's performance was a significant step forward from Ashby - maybe he should try racing with a hangover more often! Steve (235th) put in another solid one, just finishing in front of 'come back king' Capell! I have records going back 6 years but there's nothing to compare with the 38.15 Martin produced here. Colin's strength on the hills was enough to take him past Barry (293rd) on the final slope up to Wolvey, an advantage that he held to the line.

### Desford 10K

Two years ago we were greeted by snow. This year it was driving rain and 20 miles-per-hour



winds. In the circumstances it's amazing that 446 souls dragged themselves out of bed to brave the elements. Twenty-four Hogs made it to the start line - once someone had bothered to tell the starter where it was! Any chance of a swift start disappeared in the confusion. Mind you, staying in the pack (and out of the wind) did have its consolations! It's a nice enough course and the thoughtful locals had even laid on a burned out pick-up to make us City folk feel at home, so one shouldn't complain.



Pippi Longstocking?.

Mark led us home in 25th, his best finish of the season - not bad considering he is still troubled by his hamstring. He was backed up by Mat (78th), Peter (85th) and Nick (92nd, firmly establishing himself in the top 100). We continued to pack well, with Craig (96th), Ceri (101st and a fourth successive PB) and Rob (102nd). Sadly there was a bit of a gap before the final counter, Dave in 119th, but our middle order are definitely on their mettle at the moment. Baz (133rd) took time off from his Marathon training to show us what good shape he's in. He was followed by Adrian (142nd) and



Dale (147th). Eleven men in the first 150 - how's that for strength in depth? Jon Heap (194th) continued his steady improvement, despite a week mostly spent on the razz! Steve (217th) was bracketed by the Marathon men Keith (203rd) and John S (221st), all three completing a full set of Winter League races. Martin continued his good form in 239th. This week it was Barry (296th) who turned the tables on Colin (299th), although Colin was still feeling the after effects of his recent tumble in training.



Jon tries the Kevin Keegan look.

Surita led in the ladies, showing her consistency by picking up disc number 30 for the third race in a row (perhaps they'll let her keep it?). Trudy (51st), Sally (58th) and Cathy (60th) battled bravely through the wind to complete the scoring four. Alison put in a much-improved performance for 124th (2 minutes quicker than last year), just managing to get the better of Sylvia (125th).

## 20 Things You Didn't Know!

Cathy Haward	Question	Dale Jenkins
		
Police Sergeant in the City Volume Crime Unit.	<i>What do you do for a living?</i>	Team leader at Cromwell tools.
Married to Chris and we have two kids, Libby and Thomas.	<i>Are you Married or Single?</i>	My partner Mandy has put up with me for 25 years.
I started running very reluctantly at about 15 to improve my fitness when I was doing competitive gymnastics. I tried to get into it properly when I joined the police 13 years ago but never had the motivation to keep at it, so it has always been a very on/off thing until I joined Roadhogs in 2006.	<i>How long have you been running?</i>	19 years. I started when I was 29.
After having my second child I entered the Nottingham half marathon to get out running and lose the wobbly bits that had taken over my body! After doing the race I lost my motivation so decided to find a local club to give me the kick I needed. I searched the internet and found the Roadhogs.	<i>How did you become involved with Roadhogs?</i>	After taking part in several races around Northamptonshire I felt I would perform better with a club. So, after running the local Roadhogs race at Church Langton I thought I would inflict myself on them.
If I had more free time (and childcare) I'd love to be able to play squash with Chris.	<i>If you didn't run which sport would you like to excel in?</i>	Football mostly, but as I like most sports I would like to have been proficient in any of them.
I wanted to be the British gymnastics coach.	<i>Did you ever have any ambitions when at school to do a different job?</i>	It seems such a long time ago but it was probably an Astronaut, Cowboy or Pirate.
I love Italy - the people, the food, the lakes, the mountains but closer to home the Lake District is beautiful.	<i>Which is the best Holiday destination you have been to?</i>	France. We have been there three times and I like the laid back lifestyle, but I still have a soft spot for Cornwall.
My taste in music is quite wide. From the Chilli Peppers and Nickleback, James Blunt and Katie Melua to Frank Sinatra and Neil Diamond!! Anything that I can sing along to.	<i>What music do you like most?</i>	A bit loud and a bit brash normally. The Clash, Rancid, The Pogues.
I don't think I have a favourite but the films I really don't like are scary horror films, sci-fi, or ones with too much fighting or martial arts.	<i>What was your favourite film?</i>	Pulp Fiction or The Wickerman.
Miss Marple - no crime goes unsolved!	<i>If you could be any TV character which one would it be?</i>	D.C.I. Gene Hunt.
Toyota Corolla Verso but my dream car would be an Aston Martin DB9.	<i>What car do you drive and what car would you most like to drive?</i>	Ford Mondeo. I would like to try the Bugati Veyron. Within the legal speed limit of course!
You can't beat a melt in the mouth, rare fillet steak and a good bottle of red wine.	<i>What is your favourite food and drink?</i>	Chilli, most Pasta dishes, Roast Chicken, Cold rice pudding. Any decent Beers.
Gordon Ramsey to do the cooking, Jack Dee to make us laugh, Tanya Byron to look after the kids, Eva Cassidy for the background music and my husband Chris to do the washing up.	<i>Which 5 people (living or dead) would you most like to invite to your Dinner Party?</i>	Paul Merton, Ian Botham, Joe Strummer, David Attenborough and err Nigella Lawson.
English Literature.	<i>What was your favourite subject at school?</i>	Woodwork, just ahead of Geography.
I enjoyed The Da Vinci Code because I couldn't put it down, I love the language of Pride and Prejudice and The Harry Potter books and Lord of the Rings etc are just great fantasy.	<i>What was the best book that you ever read?</i>	Mad, bad and dangerous to know, by Ranulph Fiennes or Margrave of the marshes, by John Peel.
All the races are pretty awful until I get to the end! Favourite distance is probably 10k as the shorter ones are a bit quick.	<i>What is your favourite local race and your favourite distance?</i>	The Belvior half marathon. Which is also my favourite distance at the moment. I have also taken a liking to cross-country.
Going out for lovely runs through the countryside on a summer's evening and running with a group of really friendly people.	<i>What is the best thing about being a Roadhogg?</i>	The friendly atmosphere and camaraderie.
More women so we're not quite so outnumbered.	<i>If there was one thing you could change within Roadhogs what would that be?</i>	One colour vest for all. And maybe a little bit darker.
A balmy summer's evening with all my friends, a sizzling BBQ, flowing wine, good conversation and the kids happily playing on the lawn.	<i>What would be the best way to spend an evening?</i>	I like summer evenings. Eating and drinking outdoors with the family.
To see as much of the world as possible, to keep on reducing my m/m, run a marathon and still be able to run when I'm past retirement age!	<i>Do you have any remaining ambitions either personal or club wise?</i>	To stay fit and healthy. And I would like run just one race as well as I do in training.