

# Roadhoggs Leicester A.C.



November/December 2013

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

## Hoggs Take Over Leicester

The weather was poor and the organisers may have had a few problems (more lost chips than a drunk on a Friday night) but Roadhoggs had a great day. We had a record 42 finishers in the Marathon (14) and Half (28). There were some great runs with no fewer than 13 PBs being consigned to history on the day. Nick may be struggling with his breathing but he's still recording times others can only dream of. His effort in the half was followed by PBs from John D, Sam J, Dan Barnes, Steve W, John H, Emma (a hugely impressive 1.38.14), Vicky, Ash, Ian, Rich and Lucy. It was a big day too for Kirstin, who ran well in her first half. Marathon report, page 3



## LRRL 2014

### Winter League

19 <sup>th</sup> January	Kibworth 6
26 <sup>th</sup> January	Barrow 6
9 <sup>th</sup> February	Markfield 10K
23 <sup>rd</sup> February	Ashby 5
16 <sup>th</sup> March	Stilton 7
6 <sup>th</sup> April	Desford

### Summer League

18 <sup>th</sup> May	West End 8
8 <sup>th</sup> June	Swithland 6
22 <sup>nd</sup> June	Prestwold 10K
2 <sup>nd</sup> July	Hungarton 7
20 <sup>th</sup> July	Hermitage 10K
6 <sup>th</sup> August	Huncote
7 <sup>th</sup> September	John Fraser 10

## Charlotte Conquers Snowdon

Congratulations to Charlotte on her first Marathon. No testing the water here; straight in the deep end with the Snowdonia Marathon, one of the hardest road events around. It only has 3 hills but they last for 3 miles, 2 miles and the 3 miler from mile 22 is a brute!

## He's a Winner!

Ludo notched up his first race victory in the Dartmoor Vale Half Marathon. Hopefully, the first of many. Full report, page 7.

## Member News

Welcome to Vicky and Linda and who've just joined the club.



## The Adventures of Ultra-Man

Chris has been at it again! He may have been timed out after 80 miles of the Caesar's Camp Endurance Run (100 miles) but he still inhabits a different sporting planet to the rest of us.

## In This Issue

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## Reflections from Equinox24, 21st September - 22nd September 2013

The name "equinox" is derived from the Latin *aequus* (equal) and *nox* (night), because around the equinox, night and day are about equal length. The idea was to run a 10km course around Belvoir Castle as many times as possible in 24 hours from 12pm Saturday to 12pm Sunday. Spare a thought for the 44 machines/nutters who ran solo.



Rae, Vicky, Amy, Rich, 'Morgan', Keith, Will, Ian and Dan at the start of Equinox24

The result is much more than a number though. The result was a fantastic atmosphere, great running, dazzling views, brilliant weather, but more than anything else, terrific team spirit. Dan and Rich pitched the tents, gazebos and Roadhogg flag the previous night so we were all ready to go on Saturday. The honour of the first lap went to birthday girl Amy whose idea it was to enter the event. At 12pm the race began.

The course was a tough part road, part trail route with a km long hill thrown in the middle for good measure. Whilst Amy tackled that the rest of us wandered round the bar, café, massage, sport shops and live race results at our leisure. This was a very well-run event.

Ian was our man with a plan, he predicted our race times based on Hermitage 10k. Amazingly though, through day and night we all kept smashing our predicated times. As afternoon turned to evening, with the team spirit and Keith's insistence that we all smiled over the finish line still going strong, it was time for Amy's birthday celebrations. We were treated all weekend to fantastic food provided by 'V and R catering' (thanks Vicky and Rae), followed by birthday cake and champagne as the sun set. We didn't need to be reminded to smile, we were having a great time.



Keith brings Morgan home in style

As night fell and a bright full moon shone down on a clear night, Ian's planning kicked in. After a Roadhogg crossed the line and handed over the 'baton' (a hair band which by this time was very sweaty) to the next runner, the next Roadhogg would go and wake up the next but one runner to get ready and safely walk them to the start/finish line. Sounds complicated, worked beautifully. At 7am on the Sunday, the sun was rising in the East and we had the view to the West of clear blue skies, a fading moon and a gleaming Belvoir Castle. During the run that morning there was a glorious view across Leicestershire, Nottinghamshire and Lincolnshire bathed in the sunshine.

Many Roadhoggs will know Keith's mannequin 'friend' this weekend called Morgan. Keith's final lap was 21 hours in, he ran in a gorilla onesie, carrying Morgan over the line. Rumours are it spurred the solo runners on by trying to avoid him!



Great effort from each and every one of us, proud to be representing Roadhoggs

And so, finishing ahead of time with Will, Vicky, Ian and Dan taking on a 4th lap each, we completed our amazing team effort at 11.40am. Feeling great about our achievement, we cheered Dan over the line for our final lap, collected our medals and checked out the results. We'd been moving between 5th - 8th throughout the weekend and settled for 8th overall out of 14 large teams, having run 280km in 23:41:46. Wigston Phoenix won completing 32 laps taking two minutes longer, and two amazing soloists ran 200km alone.

The weekend finished as it started, with a Roadhogg huddle and team talk by Amy who saw through the idea of entering the event. This was a true team event which went brilliantly - a very proud weekend to be a part of the Roadhogs and a great medal to boot.



*Will Carter*

## Roadhogs' Centurion

In the same way that it seemed pre-ordained that Sir Geoffrey Boycott should score his hundredth century at Headingley, so it just seemed right for John to complete his hundredth Marathon on home turf. There was a little drama along the way; a carefully planned schedule was blown away by the vagaries of the cricket fixture list (catering was about the only thing LCCC did right this year, so they needed him!) and he ended up having to do a 'four in four' to make up the numbers. Although he knew that one or two of us planned to run with him, we managed to keep most of the plans for the 'Stew Crew'

secret. It was great to see his reaction at the start as more and more Hoggs emerged from the crowd, resplendent in their T-shirts. Whilst most of them were the usual suspects, Barbara's participation was a complete surprise to John (a word of advice; never play poker with her!). We ran as a group to about halfway but then only Keith was comfortable at John's pace, so we re-gathered nearer to the finish while Ludo clocked up 30 miles running loop backs and reporting on John's progress.

The finish itself in front of the massed ranks of Roadhogs, was an emotional moment for John (and his six outriders). It was a remarkable achievement for John and the culmination of a staggering feat of willpower and perseverance. I'm not sure the presentation of the much-coveted 100 Marathon Club vest quite matched the occasion (the word graceless comes to mind) but hopefully the love and respect from the members of a quite amazing running club made up for that particular anti-climax. Trudy had excelled herself; cake AND beer (maybe this is the way forward for the Derby Runner?) and a good time was had by all.



A memorable day

In addition to John and his 'crew' we had seven other Marathon runners. Mark Ramsden brushed off illness to record a fantastic 3.00.28 on his debut, Ferrante took his bow with an impressive 3.24.00, Will clocked 3.27.27 and Jon Millett (3.51.05) and Craig Norris (4.07.34) both produced promising first efforts. Hitesh finally slayed his demons with a first sub-4 finish and Steve Palmer supported son Richard to the finish.

### John's Odyssey in Numbers:

Marathons 100;  
Marathons since giving up smoking 99;

Marathons since turning 50 - 98;  
 Marathons in the last 36 months - 79;  
 Laps of a certain lake in MK - 101;  
 Fastest Marathon - 3.37.26;  
 Slowest Marathon 8.37.00 (although there is an epic tale attached!).

## For the Record

Parkrun 21/9/13		
Baz Barratt	212th	31.19
Birmingham Canal Canter		
Dave Lodwick	17th	4.09
Kibworth HM		
Jerry Wilkes	15th	1.31.21
Sam Jolly	41st	1.42.14
Hitesh Pandya	55th	1.45.40
Nottingham Marathon		
Chris Peach	165th	3.36.56(PB)
Barbara Herrman	425th	4.05.22
Nottingham HM		
Ludo Renou	27th	1.14.48(PB)
Nick Cobley	67th	1.21.06
Will Carter	129th	1.26.19
James Dunham	163rd	1.26.49(PB)
Drew Simpson	464th	1.34.21(PB)
Steve Robinson	850th	1.39.11(PB)
Ashley Stannard	2686th	1.53.20(PB)
Rich Norton	4785th	2.05.07
Crossdale 10K		
Rex Stapleford	149th	63.46
Teach First London 10K		
Jackie Brown	154th	47.08
Parkrun 5/10/13		
Ian Bass	95th	23.58
Rich Norton	139th	26.46
Tissington Trail HM		
John Davies	20th	1.27.31
Dan Bannatyne	64th	1.38.35
Martin Capell	133rd	1.45.55
Cardiff HM		
Amy Gasper	3633rd	1.51.56
Mablethorpe HM		
Jackie Brown	51st (3rd lady, 1st vet)	1.37.58
Leicester Marathon		
Mark Ramsden	25th	3.00.28
Ferrante Neri	71st	3.24.00
Will Carter	85th	3.27.27
Jon Millett	215th	3.51.05
Hitesh Pandya	269th	3.58.48(PB)
Craig Norris	306th	4.07.34
John Stew	388th	4.30.56
Keith Dakin	389th	4.30.57
Dave Lodwick	390th	4.30.58
Barbara Hermann	391st	4.30.57
Ludo Renou	392nd	4.30.57
Jon Heap	393rd	4.30.58

Baz Barratt	394th	4.30.58
Steve Palmer	405th	4.36.25
Leicester HM		
Nick Cobley	10th	1.20.10
John Davies	68th	1.29.47(PB)
Sam Jolly	129th	1.34.33(PB)
Tom Martin	144th	1.35.23
Dale Jenkins	155th	1.36.11
Dan Barnes	164th	1.36.17(PB)
Steve Wheeler	168th	1.36.23(PB)
Drew Simpson	186th	1.37.31
John Hallisey	194th	1.37.59(PB)
Emma Raven	195th	1.38.14(PB)
Dan Bannatyne	234th	1.39.21
Jackie Brown	243rd	1.40.14
Vicky Sutton	313th	1.40.46(PB)
Rae Clark	330th	1.43.01(PB)
Steve Robinson	331st	1.43.02
Fabio Caraffini	337th	1.42.11
Martin Capell	417th	1.46.09
Paul Langham	442nd	1.45.15
Rachel Clarke	630th	1.51.23
Ash Stannard	669th	1.52.09(PB)
Ruth Stevely	748th	1.54.21
Kirstin Stevely	749th	1.54.22
Ian Bass	904th	1.58.21(PB)
Rich Norton	1084th	2.00.00(PB)
Lucy McMillan	1161st	2.04.15(PB)
Dave Swan	1382nd	2.11.46
Jerry Wilkes	1668th	2.20.36
Parkrun 19/10/13		
Rich Norton	147th	26.34
Abingdon Marathon		
Jerry Wilkes	189th	3.17.18
Dartmoor Vale Marathon		
Dave Lodwick	51st	3.52.03
Jon Heap	110th	4.36.55
Dartmoor Vale HM		
Ludo Renou	1st	1.16.35
Trudy Sharpe	162nd	2.06.05
Valerie Spezi	202nd	2.20.09
Parkrun 26/10/13		
Baz Barratt	100th	23.40
Snowdonia Marathon		
Charlotte Wood	906th	4.24.01
Rob Milstead	908th	4.24.02

## Gettin' Muddy with Kim

### Derby Runner cross country league race 1: Foremark, 20 October

The cross country season kicked off with a return to Foremark reservoir. Early in the morning it was raining but at race time the weather was dry but quite windy by the lakeside and the Roadhogs transportable hospitality centre had to be held down with extra pegs to stop it from being blown away. This is a popular xc venue,

with scenic views over the lake and a varied course of 2 laps around grassland, muddy trails and a gravel pathway. There are 2 steep and muddy hills in the lap, so you get to do each one twice which makes this course a real challenge.



Nick: Leading by example

First off for Roadhoggs were Alisha and Maya Bromwich in the children's races; they both ran well for first timers and I hope we see them running some more. In the adult race Nick, even after a heavy night before, and Bec who was recovering from an injury, both bagged 13th places. The ladies team was missing captain Jackie who was nursing a calf strain but we had 2 new Vickies as both Vicky Sutton and Vicky Salt made their debuts ... Vicky Sutton ran a great second lap to come through in 20th. Next in for the men was Dale which was a good result for him but, with respect to our more mature runners, we needed a few of you younger guys there to give Nick some closer support. After that we packed pretty well with John H and Ceri (who said he did not enjoy it) leading the pack.



Vicky is improving fast

For the girls Amy came in next and then Ruth, who was reminiscing that she used to make top 20 but now we have so many in the races that it's harder for everyone, also Ruth you are ever

so slightly older now. It's good to see Roadhoggs out there cheering their team mates in. Even if you finish further back you work just as hard and you are all important to the team ... keep on running.

Robin probably ran his last race for us for a while as he prepares to join Clare out in China. We won't see him for six months, but I am expecting to hear news from our new Chinese Loadhoggs.

After the race we enjoyed cakes sent by dear Trudy who was running down in Dartmoor, but didn't let us down. Tucking into her cakes afterwards is a real incentive for our cross country team.

RESULTS (approx 5.5 miles):

MEN: 13th Nick Cobby 35.42, 121st Dale Jenkins (V50) 42.41, 130th John Hallissey 43.07, 133rd Ceri Davies (V40) 43.21, 141st Robin Meynell 43.35, 157th Dan Barnes 44.07, 191st Steve Robinson 45.54, 233rd Hitesh Pandya (V50) 48.24, 251st Ian Bass (V40) 52.12, 253rd Baz Barrett (V50) 52.20, 286 finished.

LADIES: 13th Rebecca Bromwich 43.42, 20th Vicky Sutton 44.39, 50th Amy Gasper 48.48, 59th Ruth Stevely (V40) 49.39, 84th Vicki Salt (V40) 52.03, 89th Grace Robinson 52.42, 95th Barbara Hermann 53.36, 158 finished.

TEAMS: men (dvn 2) 7th, ladies (dvn 2) 3rd, combined (dvn 1) 8th.

## Ian's 'Official' Roadhoggs Trip: Great South Run, Portsmouth, 27th October 2013

Trip members: Ian Bass, Martin Capell, Sharon Capell, Rich Norton, Dan Bannatyne, Amy Gasper, Rae Clark, Ruth Stevely, David Stevely.

The Admiralty Quarters were certainly fit for admiralty with a luxurious feel and little extra touches, like a bottle of wine chilling in the fridge, which set the trip off to a great start.

The location was perfect, both apartments boasted spectacular views of Portsmouth, which the lads enjoyed on Friday. Amy and Rae arrived later that evening and we wandered down to Gunwharf Quays to meet up with Martin, Sharon and Dan for an evening meal.



Rich and Dan make the most of the autumn sun

The food was excellent and the banter flowed with bets being placed on whether Ruth would make it down on Saturday in time for the pre-race dinner at Jamie's Italian.

Saturday's activity began with a tour up the Spinnaker Tower. I'm usually OK with heights, but had to admit to feeling a bit wobbly at the top. Despite turning an ominous shade of green, I managed to appreciate the panoramic views and to get a sense of my bearings for the race.



The Spinnaker Tower

Back on terra firma, we decided to go for a walk around the docks and along the sea front before pausing for a game of Crazy Golf. Sadly, the weather took a turn for the worse and rain

stopped play for me, a fair weather golfer. I retreated to the pub and awaited the results.



Bracing sea air

The winning crazy golfer was Ian, who played a consistent round and kept his cool. Dan on the other hand was given a penalty for damage to the green and swearing in front of young children. Rich put up with the rain and came in a respectable second and Rae won a spot prize on the final green - a free round of crazy golf, go girl!

In the evening we reconvened with Sharon, who told us that Martin had been taken ill and was unable to make it out for dinner. This was a real blow and it put a dampener on his chances for racing the next day. On a positive note, Ruth and David joined us and we all had some pucker tucker at Jamie's. My favourite was the starter option of 'planks' - a selection of meat or vege options to share and served on a plank of wood. The burger I ordered was mighty fine indeed and we were all too stuffed for dessert. Most of the talk on Saturday evening was of the hurricane 'Hogg' winds and rain expected on Sunday. We speculated on whether to continue drinking in case the race was cancelled, but decided on an early night.



The morning of the race was the calm before the storm, we had a leisurely breakfast before heading down to the start. Unfortunately Martin wasn't able to race having been so violently sick the previous day, but he, Sharon and David cheered the Roadhogs on. Rae and I regretted not bringing 'shewee' equipment (Google it, I had to) and were forced to bare all prior to race start. We'd timed it a bit tight and there was no way of getting through the portaloos queue in time for the orange start. Bladders emptied, we hopped over the barriers to join the other 29,998 runners and get ready for the warm up.

Once the elite runners were set off, we began our race. Rae, Dan and I set off first with the orange wave. Ten minutes behind were Ian, Ruth and Rich in white, the fun runners in green were last to go. Ian and Rich started a bit far back and struggled to get going for the first four miles due to the sheer number of runners and size of the race. However, there were some quality performances in difficult conditions. Although predominately flat, the last 2 miles of the race was head on into gale force winds. It felt like you weren't running at all, you really had to dig in and find a positive mantra to get you through to the end. It was the most difficult finish I've ever known, but that made it all the more satisfying in the end. Once all the Roadhogs were gathered in, we headed back for luxurious showers. Then it was time for a celebratory drink at Quayside. On reflection a great weekend, despite the storms and showers. Big thanks to Ian Bass for organising the event.

*Amy Gasper*

## Autumn Marathon Trip

Having previously tried Snowdonia and Beachy Head and with York having sold out in minutes, we alighted on the Dartmoor Vale Marathon. The parallel staging of a Half Marathon and a 10K meant there was something to suit everyone. Jon had, or so I thought, secured rooms in a hotel just a few hundred meters from the start. However, as the Roadhogg convoy, with John and his trusty AA directions at the helm, sped past Newton Abbot I began to have my doubts. As we entered the outskirts of Torquay, visions of Fawcety Towers came to mind and Val, Ludo and I began to wonder if we'd all entered the same race! I think it was possibly the sight in his rear-view mirror of Jon trying drive and hold up a map that gave him a clue that perhaps his ancestry was more clay pigeon than homing

pigeon. Finally admitting defeat, he pulled over, gallantly blamed Trudy and waited for someone less directionally challenged to bail us out.

Newton Abbot turned out to be a bit of a culinary desert; leaving aside 'Takeaway Alley' and Wetherspoon's, there was a small pizza place (rammed out) and opposite, something optimistically called a 'bistro'. Figuring that the absence of even a single diner hardly promised a feast to remember, we slunk back to the chain restaurant attached to the hotel. Our non-running captain (John) and Ludo (who planned to treat the race as a training run) tucked in to the local ale and Valerie decided that a few glasses of red might make up for a lack of quality training!

By the time race day dawned, wet and windy, the red wine prep was looking as sound as an MP's expense claim and Valerie was definitely under the weather. In order to use a common finish funnel, the 3 races started in different places, with the Half Marathon half a mile or so in front of the Marathon. We were counted off by the local MP; we weren't told which party she was from but from the way she spoke I guess she was more familiar with caviar than coleslaw.

Soon after the mile marker we passed the Half Marathon backmarker (half a mile in and already walking, but at least some local hospice was benefiting from her efforts). At 2.5 miles I passed Valerie in her own personal purgatory, feeling like Greta Garbo but forced to engage in conversation because she had her name printed on her running vest and everyone wanted to chat. Fortunately, the metaphorical clouds lifted after 4 miles and she was able to enjoy the rest of her run.

I passed Trudy at the top of the main climb and she was her usual cheerful self, informing me that the Jelly Baby crew (John and Callum) would be waiting around the next corner. The sugar hit never materialised but the news that Ludo had come past with a lead of 50m seemed to give a power boost all the same and I started to pick up places. For several miles, the course is very scenic, running on very narrow roads along a ridge. The problem came when we caught up with a car which was stuck behind some Half Marathon runners. It took more than half a mile before there was sufficient room to squeeze between car and hedge; not something I've ever experienced before.



Relief; only 300m to go

Not surprisingly, lap two was a bit quieter; long periods running solo with just occasional human contact from marshals or runners who'd gone out too quick and were now struggling. Apart from a stiff breeze, the weather had defied the forecast and been quite well-behaved but that all changed as a heavy squall blew in. Think power shower on full or Morecombe and Wise doing 'Singing in the Rain' with someone chucking buckets of water at Eric from the wings. Thankfully, it was short lived and we were left to face the final 4 miles without further climatical challenge. With 3 miles to go, John finally delivered the promised Jelly Baby hit. He also delivered a motivational masterpiece by declaring that sub-4 was looking a bit touch and go. This came as a bit of an unwelcome surprise as I thought I'd been managing my pace well, just enough pain but not too much, but nonetheless I fell for it (like a rookie in a poker school). I decided not to look at my watch and try doing advanced calculus, instead opting to thrash miles 24 and 25 in the hope of getting back on track. At 25 miles I dared to look and in my now exhausted state suffered a sense of humour failure as I discovered the ruse; I had a whopping 18 minutes to cover the remaining 1.2 miles!

The rest of the party had finished, showered and fully recovered by the time I crossed the line. As we waited for Jon, Ludo explained that his plan, to stay with the leaders for 10 miles and then ease off, went out of the window quite early on. He found himself at the front more or less from the off and soon had only one runner (last year's

winner it transpired) on his shoulder. When, after 4 miles, he found himself alone, he decided that he better keep going, eventually winning by about a minute. Amid the confusion of finishing in the middle of the 10K runners, the organisers were a little slow to appreciate that he was the winner (being an outsider can't have helped; shades of *The League of Gentlemen*) only twigging when his name came up on the computer.



Ludo hits the line

The final Half Marathon runner struggled in just 10 minutes in front of Jon; who had completed two Marathons in a week with no meaningful training - just incredible.

## Birthdays

### November



7<sup>th</sup> Vicky Sutton  
12<sup>th</sup> Jess Morris  
16<sup>th</sup> Mike Cummins  
17<sup>th</sup> Colin Smith  
18<sup>th</sup> Grace Robinson  
24<sup>th</sup> John Hallissey  
28<sup>th</sup> Fiona Sutherland  
29<sup>th</sup> Ron Atton

### December

2<sup>nd</sup> Ruth Stevely  
8<sup>th</sup> Robin Meynell  
8<sup>th</sup> Mark Ramsden  
9<sup>th</sup> Morgan Gaylard  
15<sup>th</sup> Sid Smith  
16<sup>th</sup> Anita Pabla  
25<sup>th</sup> Valerie Spezi  
27<sup>th</sup> Jon Millett  
30<sup>th</sup> Chris Peach



## 20 Things

		
A newly qualified nurse in Intensive Care	What do you do for a living?	Store manager at Sainsbury. Was at Oadby but recently moved to open a store in Melton Mowbray
Married to Stuart	Are you Married or Single?	Married to Alison for last 22 years
Since 2010 when I did the Great North Run	How long have you been running?	37 years but did take a short break (27years!!) when I discovered Booze amongst other distractions at university. From age 11 ran with a group of 6 others and a great coach called Ernie Gallagher at Liverpool Harriers. We trained Monday to Friday and travelled all over the country to race at weekends. Punishing training programs and was doing twice a day and close to 100 miles a week by age of 16! Started again in 2010 about 7 stone heavier and much slower to train for the New York Marathon for a local charity.
I'd always wanted to run for a club so typed 'running clubs in Leicester' into the Google search engine and Roadhogs came up first! The rest is history.	How did you become involved with Roadhogs?	After the Marathon carried on running on my own until decided to join a club and Roadhogs had by far the best website so went along in December 2011 and not looked back since.
I'd love to be fit enough to be a Triathlete. I think that combining the running, cycling and swimming would be extremely hard but it would be an amazing achievement. If that failed, I'd love to be a Pro-Surfer. I surfed in Oz a lot and it was really hard. Those guys are seriously fit cool dudes!	If you didn't run which sport would you like to excel in?	Triathlon
Yes, I wanted to be a marine biologist. Don't ask.	Did you ever have any ambitions when at school to do a different job?	Wanted to be a geologist but took wrong A levels as assumed doing geology would get me in to that course at university but needed Chemistry instead. Ended up doing P*** Artist degree (Geography) at Hull.
I back-packed around Australia and New Zealand. Two beautiful countries.	Which is the best Holiday destination you have been to?	New York for the marathon. Loved the atmosphere and went to Niagara falls. Geology interest again!!!
I like all music but really do love my indie and 90s! When I was training for London, the Foo Fighters took up a large part of the playlist. I also really like Dire Straits randomly.	What music do you like most?	Prefab Sprout to calm down and Aztec Camera to pick me up!
As a kid, Home Alone or the Goonies. I really love anything with John Candy, Steve Martin and Tom Hanks	What was your favourite film?	Shawshank Redemption
Mrs Brown, from Mrs Brown's Boys. She's hilarious and she says what she thinks!	If you could be any TV character which one would it be?	Pamela Anderson in her bay watch days. (don't ask why)
2003 VW Passat Estate. I'd would absolutely love a VW Camper Van (sky blue).	What car do you drive and what car would you most like to drive?	A company BMW at moment (never been that excited by cars to be honest)
I love a nice glass of red, preferably a merlot or cab sav. If I have to eat, then it has to be greek...being half Cypriot, you're bought up on meat, meat and a little more meat. Great for protein!	What is your favourite food and drink?	Curry and a pint of Kingfisher
John Cleese, David Jason, Miranda Hart, my best friend Kate and Ruth Stevely	Which 5 people (living or dead) would you most like to invite to your Dinner Party?	Michael my Late Brother Emil Zatopek greatest runner of all time and inspiration for my boyhood running coach's crazy training regimes. Chrissie Wellington. Amazing work ethic and drive to win. Bill Shankly.

		Pamela Anderson in her Bay Watch uniform. For Bill and Emil of course!!!!
Play time. Only kidding, I loved English.	What was your favourite subject at school?	Maths. Like things to be logical.
It's called 'A Million Little Pieces' by James Frey. A dark and intense read, which is a true story about one man's recovery journey from drug abuse. Very tough to read but an excellent book.	What was the best book that you ever read?	As a child The Lord of the Rings. More recently Chrissie Wellington's autobiography.
I really like the Shepshed 7 and yes, 7 is a nice distance! I do really like a half - my favourite so far is Worksop.	What is your favourite local race and your favourite distance?	Barrow 6 despite getting a parking fine last year. Distance 10k. Love the more relaxed atmosphere of all the cross country races including the cakes at end.
Where do I start? The club is really friendly and supportive. Being one of the 'slower' members, I've never felt bad about it and don't compare myself to others as I'm always supported and cheered on, even if I'm coming in last! At training you're never left on your own at the back. The friends I've made in the club are some of my best mates and the support I got running London this year was amazing! Thank you all so much! Oh yeah, and er, Roadhoggs Rock!	What is the best thing about being a Roadhogg?	Friendly, relaxed, and supportive club who cheer on each other's progress no matter how fast or slow. Great website.
Well, a year or so ago, I'd have said more ladies please....but now that's not a problem!	If there was one thing you could change within Roadhoggs what would that be?	Bring back the Retro vest that Mark C runs in as I want one!
A nice (flat) 5 or 6 mile run along the beach (somewhere) and then dinner and drinks with the other half and a movie.	What would be the best way to spend an evening?	A 6 mile run followed by a curry and several pints of Kingfisher with family and Friends. It always tastes better when you think you earned it.
Well, as I've been lucky enough to get a place in next year's VLM, to try and beat last year's time. I'd also consider a triathlon in the future (I'm a very strong swimmer but mediocre Cyclist...and runner!). After London next year, I'd like to concentrate on improving my speed through shorter distances, and to continue proudly representing the Roadhoggs!	Do you have any remaining ambitions either personal or club wise?	Too many too mention but mainly to stay fit and healthy and eventually do a full Ironman when I get more time to train for three sports.