



November/December 2017

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

Queen Charlotte

Congratulations to Charlotte, who was crowned Athlete of the Year by her fellow runners. She also walked away with trophies for Lady Road Running Captain's Award, Chairman's Special Award, 100% Award and a voucher from Leicester Running Shop. There were also Chairman's Special Awards for Emma Raven and Jackie Brown.

The Men's Captain's Award went to James Thurman and the Most Improved Athlete awards went to Jeannette Franklin and Marcus Shaikh. The Cross Country Captains' Awards went to Rachel Dearden and Sam Jolly.

As well as Charlotte, there were 100% Awards for Emma Raven, Dale Jenkins, Dave Lodwick, Ben Milsom, Marcus Shaikh and James Thurman. County Standards certificates were also presented to many of those present. Well done to all of our winners!



Derby Runner League 2017-18

10th Dec: Roadhoggs - Bradgate
21st Jan: Derwent - Allestree (Derby)
18th Feb: Shepshed - Grace Dieu
11th Mar: Hinckley - Bosworth

Championships

6th Jan: Leics & Rutland (Rotherby)
27th Jan: Midlands (Nottingham)
24th Feb: National (Parliament Hill)

Other Races

23rd Dec: Gaddesby Gallop
31st Dec: Huncote Hash (opens 1/12/17)

LRRL 2018

25 Feb: Stilton 7 (provisional date)
4 Mar: Kibworth 6
25 Mar: Desford 5
13 May: Bosworth HM
3 Jun: Swithland
24 Jun: Prestwold
8 July: Hungarton (provisional)
1 Aug: Joy Cann 5
12 Aug: Carl Rutt 10K
2 Sep: John Fraser 10

Stilton, Kibworth and Desford are closed races. There are no separate Winter and Summer awards this year, 7 best scores to count.

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Picture credits: Les Brewin, V&M Images, Amy.

Member News

A very warm welcome to new members Stevie, Sam, Prab, Amy, Tom, Jade, Hilary and Lee.

Congratulations to Amy and Dan on the birth of Ben Michael Thomas Barnes (6lb7oz)

Equinox 24 Solo - This Girl Runs 99 Miles.



This year, my 'A' race was Equinox as a solo. After 5 years of team 'Wildhogs' competing (and socialising) at the event, Equinox doesn't need much of an introduction. For the last 3 years, we've also had an array of solos, pairs and this year, a small team from our Scraftoft sister club. It's a 10km lap, on and off road, "slightly" undulating and the goal is to run as many laps as you can between Sat 12:00 and Sun 12:00. The challenge is therefore either to keep going, if you're running it solo, or to manage the stop-start nature of the event if you're in a pair or team.

Steve and I ran as a pair last year, completing 10 laps each, and even before the race was finished I had decided I wanted to give the solo a shot in 2017. Running as a pair was a great stepping stone to a solo attempt: One of my big lessons was that I didn't eat enough and ran out of energy as I just didn't fancy eating any of the food I had brought. No surprise then that my training for Equinox partly consisted of trialling what food I could eat while on a run, or at least that was my excuse.

This year there were over 400 solos running, and they could roughly be divided into two camps: the #wingingit socialites who were mainly there to meet up, have fun and run a bit in between, and the somewhat more prepared #goingforit group, who wanted to run an ultra in a safe environment. The #wingingits dominate the Facebook conversations, probably because the #goingforits are out training. There's then also a handful of experienced ultra runners who make 100 miles look easy.

I had a race plan - or rather a number of them. My 'official' target was to run 12 laps, which is just short of 3 marathons. Given that my training had gone reasonably well, I knew this was a little conservative - but it was my first foray into ultrarunning and I knew there were a lot of things that could go wrong. In a moment of optimism I had worked out what lap times I would need to get to 17 laps (the elusive 100 miles) - but with very little fade in these lap times, and a buffer of only 5 mins, I knew deep down that this was unrealistic. Once the race started I didn't look at any of them.

The first lap was great, I ran with Trudy starting at the back of the field, chatting all the way round. We separated just before the finish straight when I decided not to stop for a sweaty hug with Dale, who had flown by earlier. On the second or third lap I remember walking up 'that hill' thinking "can I really do this another 10 times?" and then quickly banishing that thought. I focussed on not running too fast and refuelling after each lap and the first 6 hours passed relatively quickly with lap times around the 1h20' mark.

The race then really starts when it gets dark. The course feels more empty and more silent, you don't recognise anyone with their torches shining in your face and energy levels drop, so there's little encouragement outside of camp. The most notable exception is probably, Equinox celebrity, Sid who runs in a morphsuit each year to raise money for charity - a remarkable feat given he can hardly see where to put his feet. He got lots of encouragement each time I saw him, particularly at night because the morphsuit is recognisable even in the light of a headlamp, and it feels really nice to be cheering someone on.

One of the few details I do remember is overtaking Jerry during an early night lap which totally confused me. I soon convinced myself that he'd already lapped me and I was just

temporarily reducing his lead - if you've ever seen his legs (and mine) you'll know why. He eventually lapped me in the morning, looking strong. And I take my hat off to him: he managed the same number of laps completely unsupported, and in a much faster time. I can only imagine how much harder that would have been.

The view of all the headlamps bobbing along the fields of Equinox is a race highlight, even more so this year with the higher number of runners. I was still running well until about midnight, with lap times slowly creeping up to 1h40'. My lower back was giving me grief and with my running form being far from perfect, I decided to try using walking poles around 2:30 am, completely breaking the rule of 'never try something new on race day'. They meant I walked more and ran less, they also made a rather annoying clinking noise when I carried them while running (shuffling) but my back problems disappeared. Happy days.

I was extremely lucky with things coming together for my night running - Bridie (my personal trainer) and Rachel (a friend who runs for Barrow) had both offered to run with me, they kept me entertained and were incredibly patient with my deteriorating pace. I had completely underestimated how much of a difference having companions would make! The unsung hero in this story is Steve who was crewing for me. He made hot drinks, filled up water bottles, cooked porridge, encouraged me, ran a night lap with me, and even taped up blisters on my smelly feet after >9 hrs of running! All in between running his own laps for team Wildhogs.

Setting off on lap 13 was the hardest part - I was alone, camp was still really quiet with lots of runners asleep in their tents, I had hit my official goal of 12 laps, and anyway I'm not a morning person. So many people had told me that the arrival of dawn gives you a boost, but I'm still waiting for it now. I should have known that most runners have a dark patch at some point during an ultra, but it is a bit ironic that mine came at daybreak.

The atmosphere changed again a little later - initially because a lot more runners came out onto the course once it was daylight, and around 11:00 it became a big party with solos and teams finishing and celebrating their achievements. As is now tradition, Johnny Nicol, one of the organisers, stood at the finishing line from about

11 onwards to try to convince runners to do #onemorelap. When I started my last lap (#16) at around 11:30 he seemed almost disappointed that he didn't have to convince me to do it. But then again, I've always been a bit stubborn :). I finished the race with a big smile and in my Roadhogs vest, but lacking the energy to make a great finishing pic. The timing system told me I had come in 7th lady, later corrected to 5th as one of the timing mats had cut out. I had hoped beforehand to end up in the top 20 but even that is so far off where I normally place in races that I didn't really dare to believe in it. So to be in the top 5 (and 16th overall) is totally amazing!

To anyone wanting to try out ultra running: yes, if I can do it, then you can too. It's a great event, very friendly and supportive, and it would be great to see more Roadhogs (and Scraftoft Joggers) out there.

For the numbers people among you:

Miles run in the race - 99.

Miles run in training - 40 per week for the last 9 weeks (training plan said 50, but see top tip below).

Food consumed - Porridge, baked beans, lots of naked bars, gels when nothing appealed.

Drinks consumed - Tea, coffee and lots of energy drink (Tailwind).

Calories consumed on the day - not enough.

Calories expended on the day - my Garmin produced an error message, this apparently happens when you go beyond 9,999 calories.

Pairs of shoes worn in the race - 3

Pairs of shoes in training - Finding the right shoes took a while... Steve now calls me Imelda Marcos.

Top tip - Don't get a new job 120 miles away from home 3 months before the event.

Barbara Hermann

Some Musings on a Historic Season

The year started with Kibworth. As opening lines go, that perhaps lacks hint of promise but little did we know it was the start of something special. With the demise of the Barrow 6, and other race directors looking to avoid any chance of snow or ice by delaying their races, we found ourselves organising the first fixture of the season. We also had the dubious privilege of

being the first to introduce the new system of pre-entry.

I pushed the school as far as I could and managed to secure a limit of 600 entries (almost 100 more than had ever done the race in the past). However, the popularity of the League, FOMO (Fear of Missing Out) and a sudden surge of interest from previously indifferent clubs, led to a sell out in less than 24 hours. This took everyone by surprise; races had sold quickly before but never like this and many runners, used to being able to just rock up and race, took to their keyboards to express their rage.



When you've given everything.....

Whilst little of the flack was directed at us, we did dodge a rather nasty bullet. Roadhogs, like the majority of clubs, register competing members with England Athletics; two clubs in particular, don't. The league goes along with this (as long as these individuals pay the £2 extra) but the Run Britain entry system was not playing. UKA rules say that a closed race i.e. one limited to members of a group of clubs (Winter League races have always been closed) can't, by definition, have unaffiliated entrants (something no one had considered). Had the system worked as intended, these two clubs would have seen their members refused entry and all hell would have broken loose. To our immense good fortune, a software update had let loose some bugs in the system and instead of rejecting anyone without a valid registration (URN), it gave them free entry. It comes to something when having to chase 60-odd people for payment is the first prize but when unpicking the unpickable (conjuring race entries out of thin air) is the second prize; you'll understand why it seemed that way.

I have never taken so much interest in weather forecasts as I did in the days leading up to the race; BBC, Intellicast, Apple, I consulted them all; minute by minute. Visions of the Gumley Hill turning into a Leicestershire version of the Cresta Run and the race having to be cancelled (600 refunds, anyone?), were not conducive to baby-like sleeping. In the event, a cold damp day with a bit of sleet in the air was a welcome sight. Thanks to our army of helpers, the morning passed without a hitch and many a compliment was paid to the hardy souls who had donned fluorescent jackets and stood so cheerfully in the elements, supporting the runners.

Of course there was also the small matter of league points to be fought over. Senior ladies teams had been increased to six counters but with the veterans still counting just 3, we were in with a chance. To be honest though, to have hoped for even a repeat of the previous year's runners up spot would have been cheeky, so surely going one better was out of the question? Jackie obviously had faith in her fellow runners though, arranging a holiday to coincide with the first race. In her absence, Emma and Charlotte placed well and with Janet also having a good run, we ended up a creditable second.



.....and more

The revived Stilton 7 struggles with the restricted size of the venue. A race limit of only 500 meant we needed to be 'quick on the buzzers' but thankfully, we managed to get a good number in. One of the solutions to the capacity problem was to provide a space for

teams pitch their tents as mini race HQs. Have you ever gone to a do where everyone had been saying it would be great to turn up in fancy dress and found yourself the only one (and felt like an idiot)? It was a bit like that when we discovered that we were the only ones who had pitched their tent; in a lonely field, down a muddy track and next to the additional toilets. At least we were first in the queue. In the race, Charlotte and Emma both recorded PBs and Jackie made it 3 in the top 10 vets; enough for the victory and top spot in the division.

Having fallen victim to the weather in 2016, Markfield had been moved to a later date. Conditions tuned out to be quite favourable and plenty of Roadhogs took advantage and filled their boots. Among the five PBs was another one for Charlotte as she led in Jackie and Emma, stretching our lead to a healthy 8 points. Was the seemingly impossible now actually becoming possible?

The final race of an abbreviated Winter League was Desford. Responding to previous problems with runners returning to the venue impeding those still to finish, the organisers had shortened the normal 6 miles to 5 and reversed the finish. This had the added bonus of providing a bit of variety, there not having been a 5 mile Winter League race since the demise of the Ashby 5. Charlotte made it a hat-trick of PBs and our golden trio padded their lead a bit more.

Whilst Charlotte had been the strongest in the winter races, Jackie greeted the warmer weather by storming to the front (all that warm weather training bearing fruit); illustrated by the 12th place, Diamond Standard and age group prize that she bagged at the West End 8. Our trio's efforts were reflected in Winter League silverware; Charlotte 2nd V45, Jackie 2nd V50 and Emma 3rd V50.

Neither a warm day nor the demanding course at Gaddesby could slow the team, with Jackie once again to the fore. A fifth straight win pushed the advantage beyond a full race worth of points and the possible was looking probable but would injuries, holidays, work commitments or any number of other pitfalls conspire against us?

The momentum continued at Swithland with Charlotte returning to the front as both she and Jackie set PBs and Emma continued to finish well placed. By the time we got to Huncote, it was just a case of working out at what point the dream would become reality. With a single

finisher at Hermitage, in any position, sufficient and the bookies long since having paid out, you might have forgiven our ladies for taking a well-earned rest. Not a bit of it; with individual prizes to be won, there was no let up here or in the final race.



Satisfaction at the end of a long journey

When I joined the club in 2003, we rarely had more than one lady in a race and the idea of even a full ladies team was but a pipedream for Chairman Dave Swan. Things started to change in 2004 and Dave's concerted efforts to welcome ladies to the club began to bear fruit with no fewer than 15 ladies representing the club in at least one race and Alison running 10 of the 11 rounds. Charlotte joined us in 2009 and Emma and Jackie two years later (both making their debuts at Huncote). And the rest is history, you might say, but it would be far more accurate to say that the rest is hard work, over a number of years. Whilst it is possible to make an impact in a relatively short space of time, reaching your full athletic potential requires years of application and there is no doubting how much hard work has been necessary to achieve this historic result for the club.

LRRL Season in Numbers

Vet ladies

Races: Emma 11, Charlotte 11, Jackie 10
 First Roadhogg finishes: Charlotte 5, Jackie 3, Emma 1
 Team first places: 10
 Season's points: 239/242
 Winning margin: 44 points
 Individual prizes: 6

As a club

Number running at least one race: ladies 18, men 37

Number of race finishes: ladies 96, men 175

Most finishers: 31 (Hungarton)

Fewest finishers: 20 (Kibworth)

100%: 7 (Emma, Charlotte, Dale, Dave, Ben, Marcus, James T)

Highest finish: ladies 6th (Rachel), men 24th (Mark R)

Fastest m/m: Charlotte 6.54, Mark 5.56

Individual awards: Charlotte 2, Jackie 2, Emma 2, Rachel 1, Dave 1

Final positions: ladies 3/8 Div 2, lady vets 1/8 Div 1, men 7/8 Div 2, vet men 8/8 Div 2, mixed 7/29

B teams: ladies 5/19 Div 2, lady vets 7/10 Div 1, men 2/19 Div 2, vet men 7/10 Div 1

For the Record

Bpr 16/9/17		
Martin Capell	180th	26.52
Wolverhampton pr		
Harry Short	239th	31.59
Maldon Prom pr		
Emma Raven	23rd	22.03
Chippenham pr		
Richard Curtis	30th	22.42
LVpr 16/9/17		
Gurmit Singh	5th	18.18
Ian Aldridge	12th	19.30(PB)
Valerie Spezi	124th	27.55
Liz Butler	180th	31.19
Brian Feldman	187th	31.47
Hardmoors 60		
Chris Peach	136th	17.39.10
Rutland Water HM		
Mark Ramsden	5th	1.25.31
Aruna Bhagwan	171st	1.58.51(PB)
Janet Hall	283rd	2.09.16
MHpr 23/9/17		
Steve Barnes	80th	24.34
Forest Rec pr		
Harry Short	169th	34.05
Pegwell Bay pr		
Brian Feldman	129th	31.09
Rutland Water pr		
Jacqui Dean	97th	27.58
LVpr 23/9/17		
Nathan Booker	21st	20.12
Janet Hall	135th	26.08
Liz Butler	280th	32.05
Nottingham HM		
Charlotte Wood	362nd	1.37.45(PB)
Jackie Brown	409th	1.39.36
Sam Jolly	472nd	1.41.06
Berlin Marathon		
Kathryn Evans	836th	3.27.59

Swindon pr		
Richard Curtis	58th	22.35
Bpr 30/9/17		
Kathryn Evans	88th	23.02
Baz Barratt	128th	24.28
Martin Capell	194th	26.43
Maldon Prom pr		
Emma Raven	27th	21.45
Keswick pr		
Liz Butler	139th	33.23
LVpr 30/9/17		
Nathan Booker	21st	20.55
Terry Woodhouse	55th	22.50
Marcus Shaikh	56th	22.52
Lee Hennell	85th	24.28
Janet Hall	126th	26.13
Jeannette Franklin	128th	26.18
Shaun Heaphy	132nd	26.27
Alison Lodwick	240th	32.25
Swindon pr		
Richard Curtis	44th	22.14
Bpr 7/10/17		
Ben Milsom	30th	20.40
MHpr 7/10/17		
Steve Barnes	105th	24.53
Porthcawl pr		
Ceri Davies	20th	20.54
Holkham pr		
Baz Barratt	19th	24.52
LVpr 7/10/17		
Gurmit Singh	4th	18.29
Nathan Booker	11th	19.47(PB)
Harry Short	86th	24.18
Shaun Heaphy	138th	26.18
George Barratt	173rd	27.45
Valerie Spezi	210th	29.19
Brian Feldman	255th	32.48
Beacon Hill Trail HM		
Marcus Shaikh	85th	1.57.34
Peterborough HM		
James Thurman	384th	1.33.17(PB)
Tissington Trail HM		
Martin Capell	198th	1.58.24
Yorkshire Marathon		
Charlotte Wood	653rd	3.39.00(PB)
Rob Milstead	716th	3.41.13
Jon Heap	1703rd	4.08.53
Chicago Marathon		
Kathryn Evans	4533rd	3.31.45
Oxford HM		
Chris Willmott	3343rd	1.58.28
Bpr 14/10/17		
Marcus Shaikh	56th	22.57
Tooting Common pr		
Kathryn Evans	218th	25.27
Shipley Country pr		
James Thurman	4th	21.09
Rachel Dearden	58th	28.05
MHpr 14/10/17		
Steve Barnes	95th	25.00
Melton pr		

Richard Curtis	30th	23.22
Birmingham Marathon		
Terry Woodhouse	4693rd	5.46.16
Leicester Marathon		
Kathryn Evans	54th (3rd F)	3.29.42
Igor Burbela	95th	3.39.57
Steve Palmer	159th	3.55.12
Richard Curtis	197th	3.58.51
Baz Barratt	359th	4.37.59
Brian Feldman	498th	5.48.49
Leicester HM		
Gurmit Singh	59th	1.29.52
James Thurman	100th	1.33.42
Dale Jenkins	130th	1.35.36
Sam Jolly	151st	1.36.42
Emma Raven	304th	1.43.07
Hitesh Pandya	397th	1.45.05
Leah Boatman	442nd	1.48.06
Harry Short	641st	1.53.36
Aruna Bhagwan	685th	1.53.47(PB)
George Barratt	864th	1.58.44
Ian Loke	882nd	1.59.13
Janet Hall	975th	2.02.01
Martin Capell	1271st	2.11.39
Marianne Beatson	1923rd	2.37.48
Liz Butler	1931st	2.39.16
Colwick pr		
James Thurman	15th	21.09
Rachel Dearden	271st	53.15
Swindon pr		
Richard Curtis	60th	23.04
Tooting Common pr		
Kathryn Evans	188th	24.33
Bpr 21/10/17		
Harry Short	297th	32.50
MHpr 21/10/17		
Steve Barnes	85th	25.10
Fell Foot pr		
Janet Hall	131st	29.20
LVpr 21/10/17		
Gurmit Singh	3rd	18.44
Leah Boatman	56th	23.23
Lee Hennell	93rd	25.16
Baz Barratt	101st	25.28
Stevie Beeby	146th	27.41
Sophie Noble	147th	27.42
Valerie Spezi	164th	28.44
Usha Goyal	250th	34.04
Prab Chauhan	262nd	35.33
Stevenage HM		
Hitesh Pandya	142nd	1.45.20
Swindon pr		
Richard Curtis	64th	22.30
MHpr 28/10/17		
Steve Barnes	95th	25.01
Maldon Prom pr		
Emma Raven	28th	22.47
Rushcliffe pr		
James Thurman	12th	19.47
Rachel Dearden	135th	25.13
Bpr 28/10/17		

Kathryn Evans	41st	22.02
Baz Barratt	144th	26.01
LVpr 28/10/17		
Nathan Booker	22nd	20.28
Igor Burbela	25th	20.44
Marcus Shaikh	58th	23.12
Jeannette Franklin	118th	26.50
Shaun Heaphy	135th	27.37
Usha Goyal	223rd	32.22
Prab Chauhan	230th	33.40
Leah Boatman	237th	34.35
Snowdonia Marathon		
Rob Milstead	397th	3.51.53
Workshop HM		
Lee Hennell	1019th	1.52.37
Rugby HM		
Chris Peach	236th	1.56.24
Swindon pr		
Richard Curtis	64th	22.22
Winter Series 5K		
Stevie Beeby	33rd	26.02
Bpr 4/11/17		
James Thurman	28th	21.00
Harry Short	228th	31.15
LVpr 4/11/17		
Lee Hennell	60th	24.22
Baz Barratt	74th	24.51
Stevie Beeby	103rd	26.45
Prab Chauhan	181st	34.50
Shepshed 7		
Harry Short	154th	54.59(PB)
Marcus Shaikh	165th	55.24
Janet Hall	321st	1.05.02
New York Marathon		
Kathryn Evans		3.31.14

Getting Muddy with Kim

Derby Runner League Race 1 - Bagworth 22/10/17

We started the new season with some new runners, making their Roadhogs xc debuts alongside our regular cross country runners. Aruna Bhagwan, Julie Dutton, Harry Short, Igor Burbela and John Noble all completed their first muddy runs for us, though Julie and John are second-claim for Roadhogs and so sadly did not count towards our team scores. The day was cold and grey and the wind whipped around the tents and banners in the refugee village. Our 10 girls and 14 guys all tried to stay warm with some huddling and jolly banter.

In the junior race Mya Bromwich continued where she left off last season, and she was joined by young Katie Short around the junior course, proud parents cheering them to the

finish. Then the seniors race got under way up the long drag from the start. It was wet and muddy all the way round so it was tough work just to keep running. The course should have been a shorter lap followed by two longer laps, but a marshalling error sent runners around the short loop twice before completing a single long lap. This meant that the run was shorter than the advertised 6.5 miles, but it still included three times up that damn hill at the start of each lap, plus once up onto the ridge. Only one or two runners (not Roadhogs) did not complete the same distance as they were misdirected, but they have now been taken out of the results.



Big Sam: To the fore once again

Dave Pearce led our guys home, but he's another non-scoring second-claimer. Next in was big Sam, with Dave Lod getting past Dale and Ben as he continues his great form. Jackie and Bec led the girls. Aruna, Igor and Harry all scored team points on their XC debuts. Our other scorers were Barbara, Terry and Marcus, but all of the Roadhogs gave 110% on what was a very challenging course. Hats off to Terry, Igor, Brian and Baz who all ran marathons just a week ago!

Afterwards we all enjoyed the usual cake-fest from Trudy, so very appreciated after a hard run. We are off to a good start to the season, let's keep this up!

RESULTS:

MEN: 110th Sam Jolly 40.17, 144th Dave Lodwick (V55) 41.34, 145th Dale Jenkins (V55) 41.35, 154th Ben Milson 42.02, 175th Igor Burbela (V55) 42.58, 195th Terry Woodhouse (V40) 44.22, 218th Marcus Shaikh (V40) 45.37, 261st Harry Short (V40) 47.44, 280th Steve Robinson (V40) 48.40, 316th

Baz Barrett (V55) 51.53, 366th Shaun Heaphy (V60) 57.33, 384th Brian Feldman (V60) 64.30. 2nd claim: 29th Dave Pearce (V50) 35.47, 207th John Noble (V55) 45.09. 389 finished.



Aruna: Looking pensive

LADIES: 31st Jackie Brown (V50) 45.39, 60th Bec Bromwich 48.24, 132nd Aruna Bhagwan (V55) 56.22, 153rd Barbara Hermann 57.43, 155th Jeanette Franklin (V60) 58.06, 168th Natasha Eastwood 59.12, 173rd Helen Arthur (V45) 59.37, 182nd Valerie Spezi (V40) 60.26, 195th Trudy Sharpe (V45) 62.39. 2nd claim: 94th Julie Dutton (V55) 52.36, 224 finished.

TEAMS AFTER 1 RACE (all division 2): Men 9th, Ladies 9th, Team 8th.

Comment from Brian:

"For those of you who have only run cross country in Leicester you may not have recognised the unique camaraderie that enhances the local races. Bagworth, today, was a perfect example because not only did I get encouragement from every member of Roadhogs, who passed me as I was toiling along at the back, but a number of front runners of other clubs also gave me friendly words of support. I was the last Roadhogg home and was cheered by the whole team as I "sprinted" for the finish line. 'Isn't that what happens elsewhere?' I hear you ask, and the answer is a definite negative. In London I was a member of an old (1877) and well-established club, but there was never the same esprit de corps that I have experienced here since joining Roadhogs, nor were runners of other clubs as friendly as

they are in Leicester. So treasure and enjoy the spirit of friendly rivalry in Leicester."

Derby Runner League Race 2 - Prestwold 12/11/17

The second race in this season's XC league was moved to Prestwold Hall from the original venue at Markfield to avoid some trouble with a local farmer. But anyway Prestwold Hall is a fine venue for cross-country running; the primary schools league races are regularly run there so it can cope with the numbers, and it has unlimited parking on the disused runway!

On a cold but bright day we welcomed more debutants to the Roadhogs muddy runners team: Usha Goyal and Siobhan Ridgeway tried out for the girls, and Richard Garnet and Sam Crouchman joined the men. The Prestwold course was 6.7 miles of grassland with a few ditches to cross, a puddle the size of Lake Michigan, and a brand new traveller (remember the old finish at Grace Dieu?) up to an earth bank.



Gurmit: Looking speedy over the country

Our speedy couple Dave Pearce and Jackie Brown led in Roadhogs guys and girls, though unfortunately Dave is second-claim so doesn't count in the team scores. For the men it was good to see Mark Ramsden back, and with Gurmit, Richard (a V60!), James T, Dave Lod, Sam, Dale and Ben we achieved our best score in the men's race for some time. Julie, Helen and Trudy followed Jackie in the ladies race, though Julie is currently transferring first-claim to Roadhogs and so Valerie scores for us. Ben and Marc Draycott have both been injured recently, and Dave Pearce and Julie ran in the North Mids league and Sam Seagrave the day before, and

everyone gave their best on the day so thank you all for going the extra mile for Roadhogs!



Helen: 2nd counter

Thanks also to Dave for being men's captain for the day, and to our ladies captain Amy who is heavily pregnant but still came along to collect the discs.

RESULTS:

MEN: 41st Mark Ramsden 43.45, 49th Gurmit Singh 44.07, 87th Richard Garnet (V60) 47.01, 103rd James Thurman 47.37, 134th Dave Lodwick (V55) 49.29, 163rd Sam Jolly 50.40, 175th Dale Jenkins (V55) 51.27, 182nd Ben Milsom 51.48, 211th Terry Woodhouse (V40) 53.56, 213th Marcus Shaikh (V40) 54.06, 234th Marc Draycott (V45) 55.08, 243rd Harry Short (V40) 56.17, 244th Sam Crouchman 56.18, 251st Steve Wheeler (V45) 57.13, 2545th Hitesh Pandya (V55) 57.16, 355th Brian Feldman (V70) 80.02.

2nd CLAIM: 17th Dave Pearce (V50) 42.21.
357 finished.

LADIES: 35th Jackie Brown (V50) 54.07, 155th Helen Arthur (V45) 68.33, 174th Trudy Sharpe (V45) 72.07, 177th Valerie Spezi (V40) 72.43, 202nd Usha Goyal (V45) 84.56, 203rd Siobhan Ridgeway (V40) 85.02.

2nd CLAIM: 111th, Julie Dutton (V55) 62.19.
205 finished.

TEAMS: Men 5th, Ladies 14th, Combined 5th.

TEAMS AFTER 2 RACES: Men 7th, Ladies 11th, combined 6th.

