



November/December 2016

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

LRRL Revue 2016

After the successes of 2015, this year has had difficult written all over it. Our senior and veteran men's teams, having flirted with relegation on previous occasions, finally consummated the deal and dropped into Division 3 (for the first time, as far as I'm aware). In the end, despite many people running their hearts out, we just lacked the strength in depth to pull off the great escape. The challenge for our ladies was even greater as both teams had been promoted to Division 1 in 2015. Individually, our lady vets did brilliantly with Charlotte being 2nd V40, Emma 1st V45 and Jackie 2nd V50 in the Winter League and Jackie went one better by winning the V50 category in the Summer League. With help from the ever present Trudy and others, and after even leading for some of the season, the vets' team rallied to secure 2nd place in the final race; the highest ever finish by a Roadhogg ladies' team. Our senior ladies' team battled hard but in vain and will start 2017 looking to bounce back.



Leicestershire Road Running League 2017

Winter League

Barrow 6	29 th January
Kibworth 6	12 th February
Stilton 7	26 th February
Markfield 10K	12 th March
Desford 5	26 th March

Summer League

West End 8	7 th May
Gaddesby 7	21 st May
Swithland 6	4 th June
Hungarton 7	5 th July
Joy Cann 5	2 nd August
Carl Rutt 10K	13 th August
John Fraser 10	3 rd September

Cross Country Fixtures

Derby Runner League

Bagworth Heath	27 th November
Bradgate Park	11 th December
Mount Sinai	15 th January
Allestree	19 th February
Bosworth	5 th March

Championships

Leicestershire	7 th January
Midlands	28 th January
National	25 th February

Local Races

Gaddesby Gallop	17 th December
Huncote Hash	31 st December

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Picture credits: Dave Pearce, Stephen Lee

Member News

Congratulations to Caroline and Edd on the safe arrival of Charlotte Grace and to Ruth and Tim on their engagement.

Changes to LRRL Winter League

I wanted to bring you up to date with the changes agreed at the last LRRL meeting. The main difference is that the Winter League is moving to pre-entry only, with entries being made individually online in advance. Race directors will be expected to publicise the date on which entries will open in advance (typically 4 weeks). All race directors have set limits that should accommodate all those wanting to race, with the exception of Stilton (expected to be in the region of 400). The 100% award has been discontinued because of the pressure it puts on entries (there being no appetite to guarantee entries to those chasing it). Many of us regret the scrapping of the super-relaxed turn up and run system that has served us well for years but the increased numbers attending races meant delegates felt they had no choice. With race limits being specified in licence applications but no way of knowing until after the race how many had run, there has been an increasing risk of limits being breached and insurance invalidated (this has already happened once). Some race directors have tried to avoid this by raising race limits but this is unsustainable. If a particular number is submitted in a licence application, then there have to be facilities to accommodate that number of runners (whether they are actually expected or not). The fire limits on most of our venues are lower than the numbers using them and increasingly, hirers are taking a keener interest in how their facilities are being used.

Stato's Corner: LRRL 2016

18 ladies and 43 men ran a total of 286 races, with the ladies averaging an extra race each, when compared to the men. There were 5 100%ers (Alison, Ben, Dave, Marcus and Trudy) and 15 'one hit wonders'. Our average number of runners per race was 26 (highest 34 (Swithland), lowest 19 (Hermitage)). Youngest runner was Max Barratt at 15 and oldest was Barry at 80.

Beachy Head Marathon

I was brought up on the South Downs, a few miles from Eastbourne where the Beachy Head Marathon is based. These hills were my

playground in the days when kids were 'free-range' and allowed to roam. The local council have obviously recognised the out of season economic benefits of the running market and have taken on the promotion of the race. In fact, they try to make you fill in a detailed questionnaire when you buy your not inexpensive entry; I ended up lying and saying I was only coming for a day trip because they wanted to know exactly how much I intended to spend on hotels, restaurants and any number of other things.

We were staying in a hotel about a mile from the start so, having registered the evening before, we left it late and took an easy stroll to the race HQ. When we arrived, there were toilet queues everywhere and an even longer one for the bag drop; this one stretched down several sets of stairs, through lobbies and eventually ended in a sports hall. We emerged with just 10 minutes to spare, leaving a lot of people facing the prospect of a late start. I was joined on the start line by John and Trudy. After a 5-minute delay because of the crowds, we were off! You are granted about 50m of gentle tarmac before the fun starts in earnest. The eastern end of the South Downs towers above you and the route just ploughs straight up it (325ft climb in 0.5 miles). There can't be too many Marathons where almost everyone is forced to walk within 100m of the start! With 26 miles and over 4000ft of climb to go it's important to resist the adrenaline rush and avoid the urge to overtake the people in front. As is traditional, there was a piper serenading the runners and adding to the atmosphere at the top of the climb. Thankfully, after this the route levels off a bit as it turns north along the top of the scarp.

For those unfamiliar with the geology of the South Downs, they are made of chalk (fairly soft) and flint (incredibly hard); the northern face (scarp) is ridiculously steep and the Southern side mostly slopes gently (dip) towards the sea, ending in the famous white cliffs.

After a while, the chalk grassland gives way to the deciduous delights of Friston Forest before we start to climb again towards Windover Hill. Below us, although out of sight, is the chalk cut figure of 'The Long Man of Wilmington'; previously thought to be Neolithic but probably 16 -17 century. From Windover there's a long and punishing descent down to cross the Cuckmere River at Alfriston; the loose rock and very unforgiving nature of the flint make this quite challenging (chalk becomes slippery in the

wet, so we were fortunate it was dry). Alfriston is a pretty village, popular with tourists, and there was plenty of support for the runners as we darted through the narrow streets and dodged the snarled up traffic.

From Alfriston (which is almost at sea level) the track ramped up again with a very steep start to a 2 mile climb that saw us top Bostal Hill (626ft), the highest point of the race. We should have been treated to wonderful views across the Weald to the north but we had climbed into the low cloud and were greeted by a gentle mizzle instead. After heading broadly west since the beginning, the route now turned south and we approached the halfway point. Despite the difficult climbs, I was still on schedule and had even managed to bank a couple of minutes. I felt good and took advantage of some flatter terrain to gain a bit more time before we turned east and descended to re-cross the Cuckmere at Litlington.

In previous years, the refreshment stop in Litlington (serving tea and teacakes) has featured a band but all was quiet as I came through. From here, the terrain becomes more difficult, particularly for tired legs; the climbs are much smaller but sharper and the descents are too steep for speeding or recuperating. As we neared the top of the first one, we ran through a field with horses. We were separated by a low electric fence but a horse was leaning over it to reach some tasty foliage and was completely blocking the path. I had to gently grab the horse's neck and manoeuvre its head out of the way to get past. I understand from Trudy that a later runner must have fed it teacake, thus encouraging it to expect the same toll charge from subsequent runners! People had to resort to crossing and re-crossing the fence to get round the equine obstacle.

At this point, the route features two climbs with long flights of steep steps and these really take away any momentum you may have left. I was running this section with a guy from Desford and when we compared notes I admitted that my strategy was to set what I feared was a 'suicide pace' and try to tough it out over the concluding miles; he too, was expecting the wheels to become detached at some point soon. From Exceat, the route follows the Cuckmere quite closely but rather than take the direct and level track alongside the river, you are made to climb a significant hill only to plunge back down to sea level again. It was on this hill (18 miles) that I passed the pit crew (Alison and Callum).

Unfortunately, Alison was concerned about the weather and proffered a running jacket, rather than the jelly babies I was expecting, and I sped past like the White Rabbit in 'Alice'.

The final 8 miles take you along the top of the Seven Sisters, a series of distinct chalk cliffs and then the long climb up to Beachy Head. After an extended initial climb there are a series of very sharp dips and climbs in between each of the Sisters; by this stage, most people's quads have taken sufficient punishment to make it really quite difficult. As I was having to walk the steepest bits of the climbs, I didn't really need my mile splits to tell me that I was probably losing too much time, but I focussed on my target and kept the pressure on as best I could. The local coastguard provide an extra drink stop on the top of the final 'sister' and at the time the beautifully chilled water tasted better than anything I could imagine. I managed to rally a bit as we ran through Birling Gap and started the final 450ft climb to Beachy Head. Sadly it didn't last, my energy levels dropped again and I was walking short sections of relatively benign hills; whilst I sensed that my target had gone, I didn't want my watch to administer the coup de grace and avoided looking at it.

What goes up really does come down and the final mile ends with a precipitous descent down the first hill (with fantastic views over Eastbourne and Pevensey Bay). I used my fell descending skills to good effect and must have seemed sufficiently in control not to alarm the marshals (unlike last time when I got told off for going too fast). Sadly, a 7-minute mile wasn't sufficient and the race clock ticked past 4.02 as I sprinted for the line. Sixteen minutes faster than 2012 but no cigar. Bugger!

With everyone nursing battered quads it was a bit like a John Wayne convention at the finish and the never-ending stairs down to the baggage store had to be taken sideways and very, very slowly. Although the only bling you get is a medal, you do get very well fed afterwards (hot drinks, cake, baked potato, sausage & beans, with rice pudding and fruit cocktail for pudding). By the time I had waddled back to the finish area, John was already in; adding a sub-5 (his target) to his Leicester sub-4 and completing leg 2 of his autumn triple. He was not only pleased with his time but also the fact that he'd managed to avoid any falls or cracked ribs this time!

I perched myself at the foot of the final hill and watched the runners coming in to the finish and it wasn't long before Trudy came into sight. As usual, she'd run at a well-judged pace that meant she could enjoy the run and finish with a smile.

Dave 158th 4.01.32, John 637th 4.58.20 (84 mins quicker than 2012), Trudy 965th 5.33.19 (1712 finished).

For the Record

MHpr 3/9/16		
Steve Barnes	62nd	23.30
Tooting Common pr		
Kathryn Evans	172nd	25.17
Bpr 3/9/16		
Ben Milsom	21st	20.35
James Thurman	38th	21.30
Max Barratt	80th	23.14
Baz Barratt	87th	23.27
LVpr 3/9/16		
Igor Burbela	8th	20.04
Terry Woodhouse	21st	21.25
Keith Dakin	80th	26.07
Wei Han	118th	29.54
Valerie Spezi	129th	30.53
Liz Butler	142nd	32.40
Bpr 10/9/16		
Ben Milsom	30th	20.19
LVpr 10/9/16		
Sam Jolly	4th	20.14
Edd Smissen	20th	21.58
James Thurman	22nd	22.07
Baz Barratt	53rd	24.51
Marcus Shaikh	96th	30.11
Wei Han	98th	30.14
Alison Lodwick	134th	45.21
Birmingham Canal Canter 26m		
Jon Heap		
Birmingham Canal Canter 17m		
Dave Lodwick	2nd	2.18.48
Tooting Common pr		
Kathryn Evans	108th	24.01
MHpr 17/9/16		
Rob Milstead	19th	20.59
LVpr 17/9/16		
Igor Burbela	19th	20.20
Richard Curtis	30th	21.48
Emma Raven	32nd	21.51
Bpr 17/9/16		
Baz Barratt	70th	22.30
Max Barratt	102nd	23.39
Calke Abbey 10K		
Janet Hall	188th	56.29
Hampstead Heath pr		
Igor Burbela	14th	21.57
Bpr 24/9/16		
Ben Milsom	37th	20.45

James Thurman	40th	20.54
Edd Smissen	78th	22.38
Baz Barratt	82nd	23.04
MHpr 24/9/16		
Charlotte Wood	24th	21.23
LVpr 24/9/16		
Gurmit Singh	6th	19.33
Richard Curtis	23rd	21.53
Marcus Shaikh	48th	23.31
Keith Dakin	66th	24.52
Janet Hall	71st	25.28
Shaun Heaphy	98th	27.27
Wei Han	139th	30.16
Sukhi Dehal	177th	44.27
Robin Hood Marathon		
Lee Hennell	553rd	4.09.39
Robin Hood HM		
Drew Simpson	1156th	1.45.56
Ashley Simpson	3368th	2.03.53
Jacqui Dean	3625th	2.07.24
Dewsbury pr		
James Thurman	5th	20.49
Stratford pr		
Tim Parry	65th	24.27
Bpr 1/10/16		
Ben Milsom	59th	21.37
Edd Smissen	61st	21.41
Kathryn Evans	132nd	24.46
Max Barratt	389th	41.08
LVpr 1/10/16		
Gurmit Singh	13th	19.24
Igor Burbela	20th	20.22
Emma Raven	30th	21.29
Richard Curtis	34th	21.48
Marcus Shaikh	46th	23.20
Dan Bannatyne	74th	25.07
Keith Dakin	75th	25.07
Janet Hall	81st	25.33
Shaun Heaphy	97th	26.20
Wei Han	159th	30.15
Cardiff HM		
Lee Hennell	3940th	1.47.45
Mablethorpe Marathon		
Rob Milstead	116th	4.23.22
Jon Heap	134th	4.37.05
Bpr 8/10/16		
Ben Milsom	25th	20.12
James Thurman	36th	20.51
Tooting Common pr		
Kathryn Evans	98th	23.02
LVpr 8/10/16		
Gurmit Singh	8th	19.07
Igor Burbela	13th	20.14
Emma Raven	25th	21.28
Richard Curtis	26th	21.29
Max Barratt	49th	23.14
Marcus Shaikh	53rd	23.33
Shaun Heaphy	86th	25.52
Rachel Dearden	98th	26.53
Wei Han	113rd	27.54
Ruth Stevely	123rd	28.19

Liz Butler	173rd	31.34
Brian Feldman	183rd	32.34
Tamworth 10K		
Jacqui Dean	321st	1.06.55
Atlantic Coast Challenge Day 1		
Sophie Noble	141st	6.08.59
Atlantic Coast Challenge Day 2		
Sophie Noble	141st	6.29.15
Atlantic Coast Challenge Day 3		
Sophie Noble	108th	8.26.40
Great Eastern Run		
Jackie Brown	554th	1.36.16(PB)
Charlotte Wood	658th	1.38.37(PB)
Pegwell Bay pr		
Brian Feldman	102nd	30.57
Bpr 15/10/16		
Ben Milsom	27th	20.11
James Thurman	28th	20.11
Emma Raven	53rd	21.40
Max Barratt	138th	25.35
MHpr 15/10/16		
Steve Barnes	52nd	23.02
LVpr 15/10/16		
Gurmit Singh	8th	19.23
Igor Burbela	15th	20.41
Terry Woodhouse	17th	21.15
Richard Curtis	21st	21.50
Marcus Shaikh	36th	22.44
Shaun Heaphy	89th	25.28
Valerie Spezi	130th	28.42
Jeannette Franklin	135th	29.02
Liz Butler	145th	29.40
Wei Han	149th	29.52
Great Birmingham Run (HM)		
Jon Heap	3630th	1.52.30
Stilton Stumble 10K		
Janet Hall	130th	53.19
Palma de Mallorca Marathon		
Jacqui Dean	918th	4.56.55
Bpr 22/10/16		
Edd Smissen	46th	21.58
Baz Barratt	85th	23.50
Max Barratt	92nd	24.08
Marcus Shaikh	106th	24.37
Janet Hall	143rd	26.00
Kathryn Evans	178th	27.18
Jeannette Franklin	197th	27.52
Wei Han	266th	31.43
Brian Feldman	272nd	32.03
Leicester Marathon		
Kathryn Evans	146th	3.31.55
Ben Milsom	195th	3.39.19
Richard Curtis	199th	3.38.51
John Stew	298th	3.55.26
Jon Heap	385th	4.17.31
Sophie Noble	443rd	4.23.35
Lee Hennell	453rd	4.25.17
Barbara Hermann	519th	4.35.16
Leicester HM		
James Thurman	143rd	1.34.34(PB)
Dale Jenkins	162nd	1.35.36

Terry Woodhouse	192nd	1.37.18
Steve Palmer	353rd	1.42.15
Ferrante Neri	563rd	1.48.18
Afra Kelsall	582nd	1.50.54
Drew Simpson	605th	1.50.55
Chris Willmott	856th	1.57.10
Paul Langham	921st	1.56.52
Keith Dakin	1083rd	2.02.58
Ruth Stevely	1254th	2.08.38
Ashley Simpson	1413th	2.17.36
Brian Feldman	1530th	2.20.20
Liz Butler	1585th	2.22.33
Andover pr		
Dale Jenkins	15th	20.49
Bpr 29/10/16		
James Thurman	33rd	21.13
MHpr 29/10/16		
Steve Barnes	48th	22.46
LVpr 29/10/16		
Igor Burbela	7th	20.17
Max Barratt	41st	22.30
Lee Hennell	55th	23.47
Baz Barratt	68th	24.14
Rachel Dearden	86th	25.24
Janet Hall	97th	25.37
Kathryn Evans	105th	26.07
Valerie Spezi	157th	29.46
Wei Han	158th	29.54
Liz Butler	171st	31.00
Beachy Head Marathon		
Dave Lodwick	158th	4.01.32
John Stew	637th	4.58.20
Trudy Sharpe	965th	5.33.19
Snowdonia Marathon		
Rob Milstead	366th	3.49.38
Coalville 10K		
Janet Hall	72nd	54.30
Keith Dakin	157th	1.14.59

Getting' Muddy with Kim

Derby Runner League Race 1 - Holly Hayes 30/10/16



The joy of cross country!

What a great start to the new season; 25 Roadhogs stood on the line at the start of the first Derby Runner League race at Holly Hayes woods. In fact it was a league record field all round as 620 finished the race! Gurmit, James, Marc and Tim (Ruth's partner) made their debuts for the guys and Helen, Wei and Sam had their first xc runs for the girls. In Helen's case, it was not exactly her debut as she previously ran for Roadhogs more than 20 years ago so it's taken a long time for her to come back to us, but she does intend to do more races for us now. Speaking of comebacks, none other than Mike 'Zorro' Munday appeared out of the mist at the start, was first Roadhogg to finish (at 50 years of age!), and then disappeared into the mist again. I guess he had to go and rescue a maiden somewhere.

The weather on the day was a little damp but not cold. The tent zone and finish area were in a different place and there were some changes to the course, but the start was the same and I watched the runners make the short uphill to the first corner and set off around the woods. The route was 6 miles around a short lap, long lap and short lap again. The finish area was a good location to see your team go by, but it was narrow and quite crowded! Holly Hayes is a course with plenty of tree roots and rocky paths around the woods, so the runners needed to be careful.

Gurmit was next Roadhogg in after Mike, but did not enjoy the difficult underfoot conditions ... other courses will be softer and more giving Gurmit so don't give up on us yet. Sam Jolly had a great run and was next Roadhogg in, followed by Ben who was blocked at the start and spent most of his race fighting his way through the field to make up some places. John and Terry were next, followed by James and Marc scoring team points for us in their first races - keep it up guys! For the girls, our debutante Sam was in the top 20 at halfway but then a previous calf injury flared up and she stepped out of the race rather than risk making it worse on this course. So Clare was our first girl home, and then Ruth and Barbara with Helen completing the team on her return to the club.



Marcus concentrating hard

Marcus said he enjoyed the race. Barbara and Steve celebrated their first wedding anniversary by running the race, holding hands every now and then I should think. Clare and Rob also ran together to help each other round. Wei did not enjoy the water crossings, also she found that she still had the small lap to do when she thought she had finished, but kept going until the end and now understands cross-country running. Tim was another who did not find it easy but did not give up and made it round. Afterwards we enjoyed a chocolate cake made for the team by Ben, who was standing in for our usual team baker Trudy who was unable to make it. Ben did a good job at both baking and running, showing that men can multi-task too.



Wei having a paddle

RESULTS:

MEN: 24th Mike Munday (V50) 38.30, 88th Gurmit Singh 41.57, 91st Sam Jolly 42.10, 180th Ben Milsom 47.53, 200th John Davies (V50) 49.09, 229th Terry Woodhouse (V40) 50.49, 238th James Thurman 51.41, 240th Marc Draycott (V45) 51.43, 251st Steve Robinson (V40) 52.43, 266th Hitesh Pandya (V50) 54.33, 286th Steve Wheeler (V45) 56.44, 298th Marcus Shaikh (V40) 57.34, 301st Rob Meynell 57.56, 319th Dan Bannatyne 60.12, 343rd Shaun Heaphy 64.39, 366th Brian Feldman (V65) 72.18, 368th Tim Lishman (V50) 80.28, 368 finished.

LADIES: 98th Clare Mendes 57.55, 165th Ruth Stevely (V45) 65.58, 172nd Barbara Hermann 67.03, 211th Helen Arthur (V45) 70.30, 219th Jacqui Dean (V45) 72.01, 220th Jeanette Franklin (V55) 72.04, 239th Wei Han 76.40, dnf Sam Winters (V45), 252 finished.

TEAMS (all division 2): Men 11th, Ladies 13th, Combined 11th.

Derby Runner League Race 2 - Markfield 13/11/16

After a thoroughly wet and miserable Saturday it was a relief to wake up to a dry, sunny morning. The woods below South Charnwood School and running down to the Thornton Reservoir were resplendent in their autumn finery. Conditions underfoot were ideal for cross country and a large field assembled for the usual split start. Someone must have had their calculator out because, once we'd had 2 minutes of Remembrance Day reflection, we were informed that the ladies would be starting exactly 6 minutes after the men. This, we were told, would minimise the delays where the inward and outward courses converged.



Sam is in great form

Ludo (alas not a team counter) was first back in 8th place, followed by Sam, who is running really well. Ben used his previous experience of the course to get the drop on James T at the finish. Our middle order continued to pack well with Marc, Dale, Dave, Terry and John D completing the scorers. Graham made light of only having road shoes and did well to finish in front of Hitesh and Steve W. Marcus produced his usual strong finish and then we had the pleasure of welcoming Lee Hubbard back to the XC fold, before Dan, Shaun and Brian completed an impressive line-up.



Ben plotting to keep James at bay

Rachel marked her first race for the club with an impressive 46th place finish (with thanks to 'Uncle Steve R' for babysitting Tom during the race). Captain Amy ran strongly, with Trudy and Barbara finishing close behind. These three were followed by Helen, Jeannette, Valerie (who coped well with a close encounter of the livestock kind) and Wei.

RESULTS (5.3 miles):

MEN: 8th Ludo Renou (V40) 32.32, 89th Sam Jolly 37.11, 163rd Ben Milsom 40.22, 164th James Thurman 40.25, 170th Marc Draycott (V45) 40.43, 172nd Dale Jenkins (V55) 40.58, 192nd Dave Lodwick (V55) 41.53, 210th Terry Woodhouse (V40) 42.36, 230th John Davies (V50) 43.29, 245th Graham Walker (V50) 44.12, 262nd Hitesh Pandya (V50) 45.34, 285th Steve Wheeler (V45) 46.42, 301st Marcus Shaikh (V40) 47.54, 317th Lee Hubbard 49.50, 341st Dan Bannatyne 52.48, 360th Shaun Heaphy (V55) 56.48, 369th Brian Feldman (V65) 59.34, 370 finished.

LADIES: 46th Rachel Dearden 43.07, 148th Amy Barnes 52.06, 155th Trudy Sharpe (V45) 52.39,

157th Barbara Hermann 52.47, 194th Helen Arthur (V45) 56.34, 208th Jeannette Franklin (V55) 58.32, 210th Valerie Spezi (V40) 59.24, 217th Wei Han 60.53, 240 finished.

TEAMS (all Division 2): Men 8th, Ladies 14th, Combined 9th.

TEAMS AFTER 2 RACES: Men 9th, Ladies 14th, Combined 10th.

Seagrave Wolds Challenge

This popular local race, now in its twelfth year, has tried to keep things fresh by varying the 16 mile-ish route each year. When I did the second edition, it was nearly all cross country but the search for alternative routes has meant using more sections of road to link the interesting bits. The overnight rain had persisted into the morning, so it was no surprise that well over a hundred entrants looked out of the bedroom window and suddenly realised that they had another pressing engagement! Jerry was the only other Roadhogg to take the challenge this year and it was good to have a brief catch up as we waited for the pre-race briefing.

We skirted Seagrave Golf Course and then made our way down the back of Ratcliffe College to Cossington. At one stage the runner in front of me missed his footing when jumping to avoid a puddle and proceeded to do a neat barrel-roll through the following one. Luckily, he seemed only to have dented his pride a bit. From Cossington we made our way across the flood plain to Mountsorrel; fortunately the Soar was within its banks and it didn't get too muddy. On this section I was overtaken by several guys whose speed suggested they'd missed the start and were now playing catch-up. At Mountsorrel, we made the steep climb of Castle Hill and then skirted the quarries as we headed for Swithland Reservoir. With the Markfield race the following day, I had resolved to take things steady; several

times I had to consciously rein myself in and avoid chasing after people.

After Swithland Reservoir, we took the path to Quorn that runs by the stream from the reservoir. I had memories of this being a real mud-fest when it was part of the Charnwood Marathon but it was still manageable this early in the winter. The route took us down all manner of little jitties as we weaved our way through Quorn and then across the A6 and the Soar and on to Barrow. We briefly followed the start of the Barrow 6 course before following a footpath towards Walton on the Wolds. With only a couple of miles left to run, the prospect of getting out of the rain and tucking into the famous apple crumble caused me to speed up (it was nothing to do with spotting a big group of runners 200m in front, honest). Racing those final miles after holding back was actually quite fun and I managed to make up about ten places before the finish.

I didn't sample the refreshments out on the course (although there seemed to be slightly less than I remembered from 10 years before) but there were drinks and jelly babies for those in a hurry and tea and cake for those who were happy to linger a while. Back at the village hall there was soup and hot drinks, biscuits, cake and the aforementioned crumble.

Birthdays	
November	December
7 th Victoria Sutton	2 nd Ruth Stevely
11 th Igor Burbela	8 th Robin Meynell
16 th Mike Cummins	8 th Mark Ramsden
17 th Colin Smith	15 th Tim Parry
28 th Fiona Sutherland	15 th Sid Smith
29 th Ron Atton	24 th Rachel Dearden
	25 th Valerie Spezi
	29 th Liz Butler
	30 th Chris Peach

