

Roadhogs Leicester A.C.



Newsletter November/December 2008

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

Let's Get Muddy!

If you fancy some good relaxed running then it's time to join Roadhogg's mudmeister, Kim, and yomp through the countryside. There's no PB's and minute-per-mile malarkey, just honest fun. The season kicks off with Market Bosworth on 16/11/08 and continues with Sinai Ridge (Burton) on 30/11/08, Bagworth Heath on 21/12/08, Grace Dieu on 18/01/09 and Hermitage (venue TBA) on 15/02/09. If that's not enough, there's the Farmyard Frolic on 23/11/08, the Hash on 28/12/08, the Charnwood Hills on 1/2/09, and the end of season relays at Huncote on 8/03/09.



Our Newest Member?



Hyam Elizabeth at just 5 days old.

Congratulations to Reem and Adrian on the arrival of baby Hyam Elizabeth.

LRRL Presentation Evening

The Leicestershire Road Running League Presentation Evening will take place on Friday 14th November, at Birstall Social Club. There will be a special guest, buffet and disco. Tickets are a bargain at £5 a head (from Steve). Why not come along and join Peter, John, Jon, Trudy, Dale, Alison and Dave who will be picking up their awards?

A Warm Welcome

We are delighted to welcome Edmund Ward and Caz Canavan who have both joined the club recently. We also have several new runners training with us and hope to be able to welcome them to the fold, soon.

LRRL Role of Honour

Senior Ladies: Trudy 16th, Cathy 21st, Rachel 22nd.
LV45: Alison 13th.

Senior Men: John McD 24th, Nick 27th, Simon 29th, Jon 51st.
MV40: Mark 7th, Ceri 26th.
MV45: Peter 3rd, Dave 13th, Dale 18th, Baz 24th.
MV50: Rob 5th, John S 13th, Martin 17th.
MV55: Steve 9th.
MV70: Colin 3rd.

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Budapest 2008

The weekend began on a very wet Friday in the Hind on London Road. I was first there shortly followed by Baz, who had just been for a wander around the Highcross. We started there with a couple of pints then we were joined by Nick and a little later by Matt. We had about four pints there then we were off down to Luton on the train to meet Andy.



It's either Buda or Pest, not sure which!

We got to the airport with some time to spare and decided to spend that extra time in the bar there. The flight was delayed by half an hour so that wasn't too bad. The flight took about 2 hours and it seemed to go by very quickly. When we arrived at the airport in Budapest they opened the door of the aircraft and the heat hit you. We got a taxi to our hotel and decided who was staying with who. Baz for some odd reason said he didn't mind sleeping with Andy..... So Matt, Nick and myself had the other room. The hotel was fine for us. When we dropped off our belongings we decided to go to the town to look for some food. We ended up in a very nice restaurant and our food was very good. When we got the bill Nick fainted and Matt fell off his chair. It was a bit on the pricey side, but very nice.

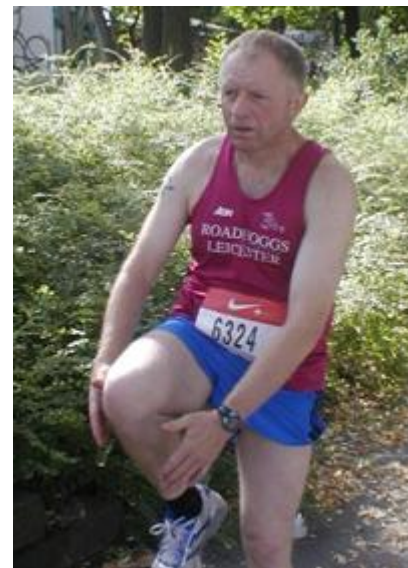
On the Saturday we went on an open top bus around the city to see it a bit better. We got off the bus in Buda the old part of the city and had a good walk around there. It was very hot this day probably about 30 degrees, but we had a good wander around the old part. Later that evening we went for our evening meal to a Pizza Express in the old town, again the meal was a bit on the pricey side. It was about this time I decided that I wasn't going to run. I hadn't run for the

previous 3 weeks because I have been trying to sort out the niggle in my hamstring but Nick, Baz and Matt were still going to run. This also meant I could enjoy myself without worrying about the race. When we first entered I was really hoping to be in good condition for the event... But never mind.



Nick gives a clue about what the weather is like.

On the day of the race (Sunday) I was still in two minds about running but luckily the accommodation we were staying in had a really good selection of foods for breakfast so I indulged in all the good stuff. We set off to the start and I was still thinking about running but convinced myself not to run in the end. The temperature was rising fast. Usually I do like to run when it is hot. The race got going at 10a.m. and by then it must have been at least 30 degrees. By the end it must have been about 34.



Baz gets himself "in the zone".

First to come home was Matt in about 1.45 and looking very tired. Baz and Nick come in together in around 1.55. Nick has had a bad knee for quite a while and did well to get round the course in that heat. After the race we went into a large outdoor swimming baths for an hour or so. Then we met back up with Andy and went for a few beers and food. This time for food we went to one of the local eateries. The food is all displayed in a cold cabinet then heated up in microwaves. A lot cheaper but still adequate for us. They had some baked rice puddings that were lovely.



Spot the athletes!

On the Monday again we started off with a large breakfast and decided to tour the city by foot and local transport. We walked for miles and went on to the island in the middle of the river Danube called St Margaret's. It is quite a large island and we had a good tour round. Then we went to a market square and had some very large refreshments in the shape of lager in a litre glass. Again this day was very warm but not as warm as the previous two. During the evening we got caught in a big thunderstorm but it was still very warm.

On our last day again we made the most of our breakfast and decided to go for another long walk and to go for a cruise on the river. This was very pleasant and interesting. This cost about £12 for an hour and included a couple of drinks as well. After the cruise we had some food and tried to make our way back to the hotel to get a taxi back to the airport. We ended up getting slightly lost but managed to get back in enough time.

Once we got to the airport we found out our plane had been delayed again by 30 minutes and we would be pushing it to get our train from Luton back to Leicester. We touched down about 45 minutes before our train was due. Luckily as we got off the plane and to the baggage collection it was already coming through. So we got a taxi to Luton train station and made it with about 15 minutes to spare. We got back to Leicester at 1a.m.

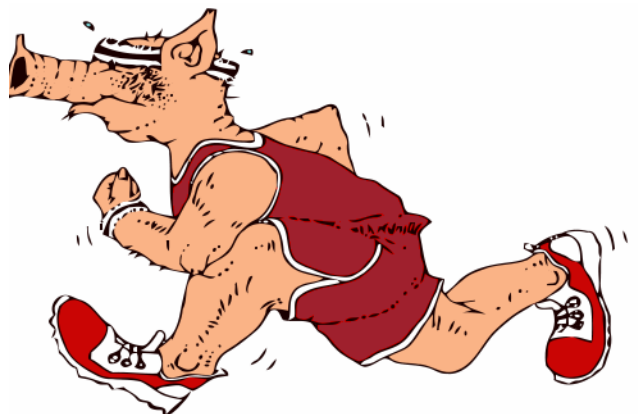


Doesn't Mat look fresh?

The weekend was a great success and hopefully we should be doing something similar next year with a few more coming. If you have any ideas let us know.

Mat: 1.38.08, 761st.
 Baz: 1.48.41, 1801st.
 Nick: 1.48.33, 1800th.

Mark



Following the success of the Roadhogg's Quiz Night...
We present...

SKITTLES NIGHT!!...

The Heathcote Arms - Croft

18/11/08

7-30pm

£5-00 per person – Children under 12 years of age £3-00 each

Friends, Family, Old/New Members Welcome – The more the merrier!!

MENU

- Faggots baked in onion gravy
- Sausages baked in onion gravy
 - Roast Chicken
- Cheesy Vegetable Pasta Bake
 - Curry

**All served with chips, bread & butter
& a choice of either Garden or Mushy Peas**

Please reply with numbers/menus to Keith before 12th November

keithd66@hotmail.com or mobile: 07850357081

Ladies' LRRL Statistics

	BARROW 6	MARKFIELD	ASHBY	WOLVEY	DESFORD	HINCKLEY 1/2	WEST END 8	PRESTWOLD	HUNGARTON 7	HUNCOTE 5	OWLS 10	TOTAL RACES
	m/m	m/m	m/m	m/m	m/m	m/m	m/m	m/m	m/m	m/m	m/m	
Sylvia Bland		10.19		9.19	9.18							3
Emer Brady							8.08					1
Rebecca Bromwich								7.23	7.45	7.05		3
Hannah Green			6.55									1
Fazila Hajat	9.30											1
Cathy Haward	8.13	8.05	7.43	7.37	7.56	9.38	7.54	8.01		8.29		9
Alison Lodwick	9.47	9.41	9.08	9.29	9.26	11.23	9.32	9.19	9.36	9.25	10.01	11
Rachel Moyes		8.40	8.12	8.03		9.39	8.12	8.23	8.35	7.49		8
Surita Sharma	7.28	7.15	7.19	7.07	7.14							5
Trudy Sharpe	7.42	7.28	7.22	7.27	7.48	8.53	7.59	7.52	8.12	8.07	9.06	11
Fiona Sutherland	9.06	8.29	8.08									3
Sally Waterfield	7.57		7.38	7.40	7.55							4

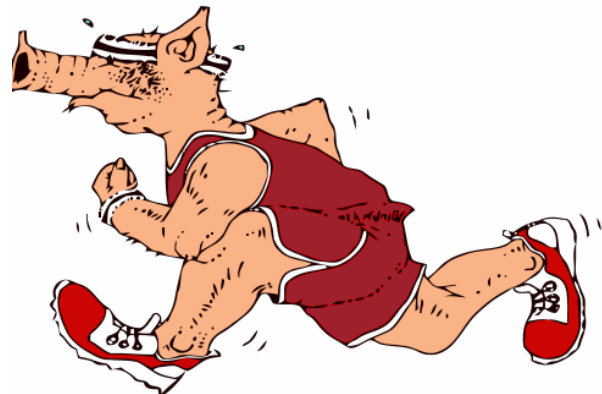
Birthdays

November

17th Colin Smith is 72
 25th Emer Brady is 26
 28th Fiona Sutherland is
 40

December

15th Sid Smith is 56
 30th Chris Peach is 45



The Great Training Night Debate

We need your input, so that we can plan a summer training schedule which suits the most members possible. It is noticeable that numbers drop off in the summer, particularly among the ladies. Now is your chance to tell us if there's anything you'd like done differently. The current proposal is that we alternate between Manor Road and other venues, and that we focus on the more popular runs and also try to keep venues closer to our base, to make travelling easier. Below is a list of the venues and runs that we did this year. It would be great if people could tell us which they like and which they are less keen on.

Foxhunter @ Narborough (Enderby and the old railway line), Horse and Trumpet @ Wigston (Canal), Gynsills (Groby, Newtown and Ansty), White House @ Scraftoft (Covert Lane and Keyham), Hope & Anchor @ Watermead (Watermead Park), Gt Glen Rec Gnd (Burton Overy), Griffin Inn @ Swithland (Swithland 6), Dog & Gun @ Kilby (Fleckney, Saddington or Fleckney, Wistow), Bakers Arms @ Blaby (Mill Lane and Canal), Bradgate Inn @ Newtown (Sharply Hill and Polly Pots Lane), Billesdon (Gaulby, Kings Norton, Illston), Houghton-on-the-Hill (Gaulby, Kings Norton, Little Stretton), Bees Knees @ Meridian (Beggar's Lane), Rose & Crown @ Thurnby (Covert Lane, Houghton), Star & Garter @ Wigston (Brocks Hill, Golf Course, Mere Lane).

Round Leicester Relay

You would have thought it would be easy. After last year's heroics, we only had one team to worry about, but Steve will tell you that these things never run smoothly. First Karl found he had a hot date with the vicar and then Mat failed to recover from injury in time. Luckily Angela and Dale stepped into the breach.



John debuts on the "Dakin leg".

With Mat hors de combat, a last minute change of plan saw yours truly lining up with 35 other hopefuls for the opening stage. From the Mowmacre Centre, the route skirts some football pitches before reaching Thurcaston Lane. Thurcaston Lane, although semi-rural in aspect, is notable for the number of patches of melted tarmac - testament to, I suspect, the number of cars which must have met an untimely end there. Such reminders of the joys of city life are soon behind one, however. From Thurcaston you follow a bridle way across fields, over the Great Central Railway and alongside Rothley Park Golf Course. From Rothley, the course takes you through Cossington and Ratcliffe to the handover point just beyond the village. I thought I'd done a decent time but I handed over to Dale in a rather disappointing 18th place.

Dale's prize for stepping in at the eleventh hour was to be allocated arguably the races's easiest leg. It took him through Thrussington to Rearsby and then onwards to Gaddesby and Ashby Folville. Straightforward it might have been but Dale took no prisoners, recording a fine 11th on

the leg and hauling the team up to 13th. Whilst Dale was scorching across the Wreake valley, I was retracing my steps. The return leg was somewhat slower but I'm sure it did me good and it certainly made the logistics simpler. I got back to the car to find an urgent message from Pat Martin on my phone. Steve and Tom, who were acting as back up for the team, had left Steve's "cherished" (Pat calls it tatty) rucksack (containing the entire day's provisions) on the doorstep. Could I reunite them with it? So it was home for a shower (via Steve's) and off to Somerby for my next job (cleaning up after the "Roadhogs leg").

Leg C (or the "leg of death") has caused us no end of problems in the past so it called for an experienced hand; someone like Baz. The first 4 miles are more or less all uphill, culminating in the scarp of Burrough Hill, so pacing is all important. Some sadist decided it would be a good idea to place a checkpoint (the only one in the whole event) right on the trig point, so the last 50m are almost vertical! The gentle downwards slope of the final 2 miles must come as a blessed relief. Baz duly produced the required steady performance finishing 15th but close enough to keep the team in 13th over all.



Dave storms through leg I.

Next up was the switchback that is Somerby to Loddington. Simon is in great shape at the moment and he delivered an excellent run, making light of his Marathon mileage to record an excellent 8th, moving the team up to 12th in the process. By the time I arrived, the race had long gone and only the directional arrows that Steve had taped or nailed to (almost) every sign or telegraph pole, remained. With the

countryside restored to showroom condition it was off to Slawston. Now where had that race got to?



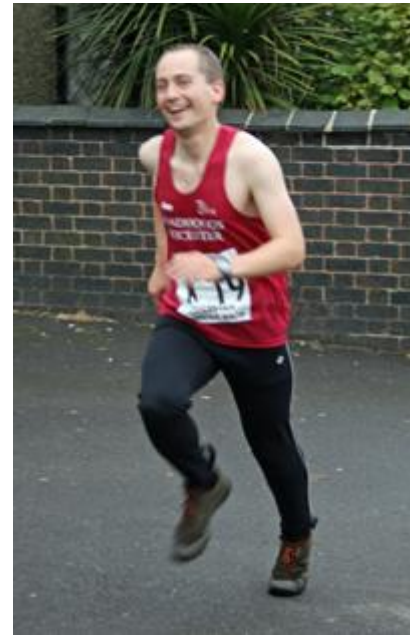
Jon keeps his focus.

Between East Norton and Hallaton I caught sight of a familiar tall, lean figure nearing the top of the second alpine pass on the road to Loddington. Peter had decided to follow the trend set by Dale and myself of adding insult to injury by doing the return leg too. I did detect a moment's hesitation before he politely turned down my offer of a ride for the last couple of miles. He had picked up where Simon had left off, recording a 5th place finish and raising us to the heady heights of 9th.

By the time I reached Great Bowden I saw my first runner emerging from the long traffic-free section from Welham. I passed a few more weary souls before the route descended onto the towpath for the final section to Foxton. Ceri had been safely home for a while, breaking the hour for one of the longest stages of the event (8.5 miles) and keeping us in the top 10.

I finally spotted my first Hogg in full flight when I caught up with John Stew as he sped across Gumley cricket pitch on route for Laughton. I stayed with him until Mowsley before pressing on to Bruntingthorpe. This section of the race tends to get rather spread out so runners are finishing long after the restart has gone away. I completed my mercy dash when I caught up with two very hungry looking chaps (and Keith) at the entrance to the airfield. It hardly seemed any time at all before John came pounding up the hill and we were still in 10th!

Leaving Keith congratulate John, I sped off after Mark. I found myself a race on the road to Dunton Bassett and caught up with the man himself a couple of miles from Frolesworth. He's supposed to be resting his injuries but you'd hardly have guessed it and a 5th placed finish consolidated the team standing. Reaching the next handover point I found Dave C, raring to go but a bit uncertain about the location of a corner-cut along a footpath. So I went ahead, to act as a human signpost. In the event, Dave was fine - it was the OWLs runner who decided the arrow was pointing through an open gate into a farmer's field and had to be called back!



Edmund enjoys himself.

I spent a little too long taking photographs, so Dave was closing on Burbage Woods when I caught up with him. I barely had time to make the detour through Hinckley before he came sprinting across the common and handed over to Jon. Seventh place on the leg was a fair reward for an outstanding run.

Just as Jon took over, we were blessed with a shower of rain - positively unheard of for the Round Leicester - John Skevington must be losing his touch! Leg J is the second longest and involves a significant bit of off road running. Last year, a farmer sabotaged things by ploughing his (rock hard) field after everyone had done their reccy. Anything under an hour is a good performance and Jon duly delivered, lifting us up to 9th.



Angela catches the mood.

Edmund's background as an orienteer meant he was tailor-made for the Round Leicester. Despite his ability to read a map on the fly he'd decided to leave nothing to chance and had done a thorough reccy. I caught up with him in Barlestone, obviously enjoying himself. I spent a few minutes chatting with the Birstall lads, who were "encouraging" their team mates by standing outside the pub and waving their pints around! The next time I saw Edmund was as he approached South Charnwood School and he looked decidedly knackered, having just completed the hill up from Thornton. He'll be relieved to know that the next time he races over that hill (in the Markfield 10K) he'll be going the "right" way (down).

Leg L gave Angela the chance to go head to head with Tim Hartley and is definitely one for the mountain goats. There's the 60 meters of climbing to top Sharply Hill, to get you properly warmed up, before the final 100 meter ascent of Beacon Hill. There was never any doubt that Angela would be equal to the task and she delivered a gutsy performance - not quite breathing down Tim's neck, but good enough to put us in 11th place.

Craig travelled all the way from Bath to maintain the Attons' monopoly on the final "glory" leg. It's a shame that the leg starts on a re-start because the runners don't get to see how hard their team mates have worked to give them the privilege of taking over the baton on top of the biggest hill in Leicestershire! The runners swoop down from the summit, sweeping any

unfortunate dog walkers aside, before launching themselves into the beautiful Charnwood countryside. He couldn't have known it, but the die was already cast. Only a truly heroic or an absolutely disastrous leg would have made any difference to our final position and, to be fair, neither of these were ever likely.



A relaxed Craig, ready for the off.

Craig crossed the line comfortably in the pack and we'd carried the baton safely over 90 odd miles of the County, 28 minutes faster than in 2007. It was a great day and the performances strong, from A to M. On reflection, the weather had been much better for running than that which we normally get in August, but there seemed to be more runners carrying injuries (or out of action altogether) for the later date.

LRRL Summer League

OWLs

The OWLs John Fraser 10 is like the sting in the tail of a long season, one which began back in January at windy Barrow. Whilst a few of the league issues had already been settled many, including the men's senior and vets titles, were still up for grabs. For the Hoggs it was a bit of a race too far. A combination of holidays and injury deprived us of several of our number. For once, the weather was kind on race day; cool, damp and only a light breeze. Peter (33rd) led the men home, slicing a few seconds off his time from the previous year. I'm sure he would have made even better use of the conditions had the long season not already taken its toll. John McD recorded an excellent 67.15 for 75th, despite having to slow due to a muscle strain half way round. Close behind was Simon

20 Things You Didn't Know!

Trudy Sharpe	Question	Rob Milstead
		
School Receptionist.	What do you do for a living?	Decorator.
Not married to fellow Hogg John Stew.	Are you Married or Single?	Was married, now single.
Since October last year - hey 1 year this month!	How long have you been running?	Started running in 2001 for the Kibworth half Marathon.
John bought me my membership for Xmas last year!	How did you become involved with Roadhoggs?	Decided I needed to join a club and found Dave's number.
Something horsey.	If you didn't run which sport would you like to excel in?	Cycling, although I've always fancied pole vaulting.
Vet / Doctor / Engineer.	Did you ever have any ambitions when at school to do a different job?	Can't remember that far back.
Edinburgh during the Fringe.	Which is the best Holiday destination you have been to?	Portugal or North Norfolk.
Most things played on radio 2, but have been known to karaoke to Meatloaf.	What music do you like most?	Frank Zappa.
Depends on mood- James Bond / Indiana Jones/An Officer & a Gentleman.	What was your favourite film?	Probably Will Hay in "Oh Mister Porter!"
Doctor who	If you could be any TV character which one would it be?	Fred Dibnah? or Ned Flanders.
A small red Chevrolet Matiz with big yellow & pink flowers on it. Ditto.	What car do you drive and what car would you most like to drive?	Citroen Berlingo van. Aston Martin van.
Dark chocolate and diet coke (I am an athlete!)	What is your favourite food and drink?	Full English breakfast, curry, chips, treacle sponge and custard. Red wine, beer (and some more chips).
Ian Hislop, Paul Merton, Jeremy Clarkson, Isaac Asimov, Boris Johnson (it would be interesting!)	Which 5 people (living or dead) would you most like to invite to your Dinner Party?	Humphrey Lyttelton, Samuel Pepys, Vinnie Colaiuta, Frank Zappa, Samuel Johnson.
Science.	What was your favourite subject at school?	Art.
Ender's Game by Orson Scott Card	What was the best book that you ever read?	James Woodforde's Diary 1758-1802.
I like the cross countries and half marathons	What is your favourite local race and your favourite distance?	Favourite race - Wellingborough 5. Favourite distance - Marathon.
Friendly (mad?) people that always make me feel welcome.	What is the best thing about being a Roadhogg?	Very friendly and laid back.
Well, they could send a personal trainer round at 6am every morning! Other than that, and maybe some new vests, nothing.	If there was one thing you could change within Roadhoggs what would that be?	I wouldn't change anything.
At the cinema with Daniel Craig (007) or at home with either Doctor Who, Torchwood or a good book!	What would be the best way to spend an evening?	I don't know, but I should think alcohol would be involved.
Get fitter and faster, do a marathon one day (in the future....!).	Do you have any remaining ambitions either personal or club wise?	Take up sailing. To improve Marathon time and stay healthy.