

Roadhogs Leicester A.C.



November/December 2012

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



Photos by Lynn Shepherd, Ashbourne People

Indian Summer

Late summer and early autumn have seen a huge upsurge in Roadhogg racing. It seems that every weekend, there are club vests turning up all over the place. Clare seems to have been on a mission to do every Half going and Dale never needs a second invitation. There have been 18 Marathons (only 7 of them by John) and 56 halves in about 6 weeks. It's not just been quantity, there's been quality too; no fewer than 23 PBs.

Summer League Results

Individuals

Senior Ladies: Clare Mendes 18th, Barbara Hermann 20th, Lucy McMillan 27th.

VL45: Jackie Brown 3rd.

VL50: Alison Lodwick 9th.

Senior Men: Nick Cobley 6th, Mark Ramsden 14th, Lee Hubbard 25th, Sam Jolly 26th, John Hallissey 33rd, Tom Martin 34th.

VM40: Richard Norton 26th.

VM50: Dale Jenkins 6th, Dave Lodwick 14th, Roger Kerridge 17th, Rob Taylor 22nd.

VM55: Martin Capell 6th, Keith Dakin 7th.

Teams

Senior Ladies: A, 3rd (Div 2) and B, 6th (Div 3)
Veteran Ladies: 3rd (Div 2)
Senior Men: 2nd (Div 2)
Veteran Men: 7th (Div 1)

LRRL Races 2013

January 27 th	Barrow 6
February 24 th	Ashby 5
March 10 th	Kibworth 6
April 14 th	Markfield 10K
May 19 th	West End 8
June 2 nd	Swithland 6
June 30 th	Prestwold 10K
July 10 th	Hungarton 7
July 31 st	Joy Cann 5
August 11 th	Hermitage 10K
September 1 st	John Fraser 10

Member News

A big welcome to Nitin who has joined us, recently.

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The Beachy Head Marathon

The sea off Beachy Head has been a happy hunting ground for the French over the years. In 1690 Admiral Tourville scattered the Anglo Dutch navy, In 1704 it was the turn of Admiral Claude de Forbin to play havoc with our merchant fleet, and on a very cold and wind packed day Ludo finished 6th out of a field of over 1300 at the Beachy Head Marathon. 03:20:08 is his slowest marathon time, but given the conditions and course this was a fantastic performance. Dave Lodwick ran 4:17:34 in 203rd place, a great result, which adds to his growing list of quality runs on difficult courses.

Your correspondent has previously argued the merits of Snowdonia, being as tough as it gets, but after Saturday my mind has been changed forever. Beachy Head offers a course of continuous climbs and descents, on difficult trails, through the South Downs and Seven Sisters chalk cliffs. We all agreed that apart from a couple of miles of relative even track, the rest required total concentration. In places the chalk and flint was slippery, very uneven, and from painful experience brought tears to your eyes quite literally!

The race started at the base of Beachy Head at 9am. The field was packed with club and fell runners from all over the country, and a group of New Yorker's who were looking for something different to their home city marathon, and found it in East Sussex!



The start was pretty brutal!

The circular course takes you up Beachy Head, and across Eastbourne Downs Golf Club. I am not an expert at the game, but a 60ft pitching wedge shot at Glen Gorse required at least a 5 iron here! At 5k we climbed Willingdon Hill with panoramic views across the South Downs. Ludo and Dave had long gone, but I was pleased with my efforts and the downhill to Jevington and checkpoint 1 let me gain the places I had lost on the way up.



Ludo lording it over his ancestral possessions.

The route then snaked through Friston Forest, continuing to undulate steeply in places, until the final sharp climb to Wentover Hill, which turned out to be prophetic, because on the 1k drop down to checkpoint 2 I did exactly that!.....grazing knees, elbows, hip, and ribs, all part of the occupational hazard, and economical foot lift, better suited to the late Mr Jackson's moonwalk or Swanee if you have ever observed him closely from the rear!!

St Dakin never prepared me for this....pushchairs and pork pies yes, Ribs no...!

Beachy Head is a friendly race, and although everyone was there to do their best, many stopped to help me up, offer words of encouragement, and run with me to the checkpoint to make sure I was ok. Fortunately the route dropped down to the beautiful village of Alfriston over the next mile or so, and was easy going, but the long climb that followed to Bostal Hill was a killer. The wind whipped into you, and made the going

tough. After checkpoint 3 at 20k the course turned back towards Eastbourne, and was easier for a few miles.

At Littlington, I stopped for a hot cup of tea and fruit bun, which was most welcome..... (You see, Ludo misses out on these traditional English niceties, by running too damn quickly!)

A mile and a bit later at West Dean we climbed a long timber staircase through the woods, to the soulful call of a lone Piper. I've never found "Flower of Scotland" the least motivational, but today it helped. We again reached the coast near Cuckmere Haven at 32k, and then up in front began the "Seven Sister's" a series of chalk cliffs, totally exposed to the elements, each one dropped away and a fresh climb was required to top the next..



Wonderful views but like a rollercoaster.

Trudy, Valarie, and Callum were at the final checkpoint at 35k. Given my fall and natural speed! They had been waiting for hours and looked as cold as me. The Jelly Babies were welcome (eat your heart out Ludo!) Cullum's observations that I was "completely mad" seemed to spur me on and I set off into the icy drizzle, and the second half of the Sister's.

Finally I was at the top of Beachy Head, where the wind was brutal, and cut through you to the very core. Then, at long last the final descent to the finish. Undoubtedly the toughest day I can remember over 26 miles, but the sense of achievement was all the more special, because of it.

As always, the autumn marathon away weekend included a few beers, some enjoyable meals, good conversation (Ludo telling us he ran too conservatively in the first half..... God it makes you sick!) and lots of laughter! Sunday saw us visit the ancient town of Lewes, pronounced LEWIS Trudy!! As Dave a former

resident of this parish explained, and guided us through the Norman Keep, Anne of Cleeves House, and the 11th century Priory also built by the French!

Finally it was time for home, but this had to include a detour to view the new Brighton and Hove Albion Football Stadium....rumour has it a brick in there has Dave's name on it...lucky brick!!



Dave: well wrapped up for the biting wind.

Next year the autumn trip will be to a new destination with another challenging marathon....watch this space

John Stew

For the Record

Parkrun 15/9/12		
Mark Ramsden	8th	17.50
Martin Capell	38th	21.18
Great North Run		
Grace Robinson	19,219	2.07.30
Ashbourne Half Marathon		
Dale Jenkins	70th	1.39.42
Colin Bowpitt	86th	1.41.46
Barbara Hermann	189th	1.57.27
Clare Mendes	243rd	2.08.38
National Forest 10K		
Rex Stapleford	229th	59.17
Great Barrow Challenge		
Day 1		
John Stew		5.19.50
Day 2		
John Stew		5.28.10

Day 3		
John Stew		5.53.25
Day 4		
John Stew		4.58.11
Parkrun 22/9/12		
Dale Jenkins	25th	19.38(PB)
Martin Capell	48th	21.13(PB)
Richard Norton	141st	26.54
Parkrun 29/9/12		
Martin Capell	29th	20.59(PB)
Nottingham HM		
Mark Ramsden	70th	1.20.33(PB)
Simon Fryer	251st	1.28.49(PB)
Dale Jenkins	331st	1.30.28(PB)
Tom Martin	527th	1.34.46
Colin Bowpitt	616th	1.35.41
Jackie Brown	764th	1.36.58(PB)
Rebecca Bromwich	777th	1.37.17
Ruth Stevely	2054th	1.49.06
Barbara Hermann	2151st	1.48.50(PB)
Clare Mendes	3151st	1.58.27
Richard Norton	3974th	2.02.52(PB)
Grace Robinson	4074th	2.02.58(PB)
Lucy McMillan	5006th	2.12.51(PB)
Berlin Marathon		
John Davies	9627th	3.43.43(PB)
Miguel Flores	10510th	3.46.52
Mablethorpe Marathon		
Ludo Renou	5th	2.54.43
John Stew	208th	4.41.14
Leicester Half Marathon		
Nick Coble	8th	1.18.12(PB)
Mark Ramsden	15th	1.20.26(PB)
Dale Jenkins	96th	1.31.35
Tom Martin	151st	1.35.34
Colin Bowpitt	158th	1.35.12
Emma Raven	198th	1.37.04(PB)
Jackie Brown	202nd	1.36.37(PB)
Rebecca Bromwich	239th	1.38.37
Dan Bannatyne	326th	1.41.49
Steve Wheeler	386th	1.43.17(PB)
Ruth Stevely	430th	1.45.01(PB)
Paul Langham	594th	1.48.39
Hamir Godhania	602nd	1.48.49
Barbara Hermann	665th	1.50.29
Amy Gasper	711th	1.51.24(PB)
Rachel Clarke	745th	1.51.50
Mark Jowsey	796th	1.54.02(PB)
Clare Mendes	830th	1.54.31(PB)
Grace Robinson	939th	1.57.48(PB)
Rich Norton	1043rd	2.00.59(PB)
Fi Sutherland	1287th	2.07.18
Lucy McMillan	1309th	2.10.16(PB)
Martin Capell	1316th	2.08.50
Ian Bass	1407th	2.13.33
Alison Lodwick	1424th	2.13.21
Rob Taylor	1436th	2.13.05
Leicester Marathon		
Jerry Wilkes	54th	3.15.51
Richard Scott	127th	3.34.58(PB)
Dave Bullivant	240th	3.55.10

Keith Dakin	290th	4.03.04
Steve Palmer	333rd	4.12.47
Baz Barratt	370th	4.20.07
John Stew	425th	4.37.42
Parkrun 27/10/12		
Dan Bannatyne	29th	20.28(PB)
Beachy Head Marathon		
Ludovic Renou	6th	3.20.08
Dave Lodwick	203rd	4.17.34
John Stew	984th	6.22.31
Worksop Half Marathon		
Dale Jenkins	238th	1.33.25
Colin Bowpitt	339th	1.36.57
Jackie Brown	393rd	1.38.21
Martin Capell	485th	1.40.51
Keith Dakin	533rd	1.42.30
Ruth Stevely	746th	1.48.00
Dan Bannatyne	780th	1.48.45
Clare Mendes	1077th	1.56.42
Grace Robinson	1180th	1.59.33
Lucy McMillan	1397th	2.10.02(PB)
Run To The Beat Half Marathon		
Cheryl Small	11,057th	2.36.52
Fiona Allen	11,062nd	2.36.56

Marathon Round up

John may not produce the fastest Marathons around but he certainly piles them high. Some members of the club come over all faint at the idea of a single Marathon, John has now done 4 in 4 days (and all off-road, to boot). If that wasn't sufficient challenge for his aching bones, he camped each night as well!



Richard: Nearly a minute per mile improvement.

Two Roadhogs hit the streets of Berlin for the popular Marathon. For Miguel it was his first and did really well to clock 3.46, considering he developed a knee problem in the run-up. John

Davies' build up was hardly textbook; his early summer was blighted by injury and if he hadn't booked a holiday around the race, he probably would have pulled out. Remarkably, a very curtailed and conservative training schedule yielded a big 3.43 PB run.

Ludo ran his second sub 3 hour Marathon at Mablethorpe. At 23 miles he was on for a PB but then he discovered 'the wall'.



Dave B: A perfectly judged debut Marathon.

Leicester always persuades a few Hoggs to abandon caution and go for the full 26.2. Jerry was first in (3.15) and then it was the turn of Richard Scott (3.34), who slashed his previous best like George Osborne tackling a council budget. Dave Bullivant went sub-4 at the first attempt and Steve Palmer also put in an assured debut over the distance. Baz somehow persuaded his back to get him to the finish and John clocked up number 77. That just leaves Keith, who was making his comeback to Marathons after a long injury break. It wouldn't be Keith without the odd disaster and he didn't let us down! At 14 miles he was flying, at 20 miles he was still going well and a big sub-4 was on the cards but as he entered Birstall fate had other ideas. He told me he wasn't concentrating and the next thing he knew, someone emerged from a door with a pushchair, he tried to hurdle it and found himself lying in a shop doorway. He has subsequently confessed that actually, he was concentrating; not on where he was going, but on the fish and chip shop on the other side of the road!

Birthdays

November

17th Colin Smith
28th Fi Sutherland
29th Ron Atton (V70)

December

2nd Ruth Stevely
8th Mark Ramsden
15th Sid Smith
16th Anita Pabla
25th Valérie Spezi
30th Chris Peach

Tissington Half Marathon

A trail race on an old railway line; beautiful scenery, a good flat surface and all with a gentle downslope. What's not to love? Clare seems to be on a mission to do a half marathon every week at the moment (even Dale doesn't love them that much) but this one sounded like fun. Race HQ was in Ashbourne which meant starting at an ungodly hour of the morning. Fortunately, we were expertly chauffeured by Colin B and the miles seemed to fly by. The race was point to point so we had signed up for the coaches to the start laid on by the organisers. This allowed us to get a few glimpses of the trail as we admired the scenery and got acquainted with our fellow competitors. As soon as the coach door opened there was a stampede of ladies trying to get a good place in the queue for the loos (we didn't see Valerie and Clare again until 5 minutes before the race started).



The ladies were queuing for the loo!

We had 20 minutes to pose for the local press photographer, enjoy the scenery and admire Colin's 'bin bag chic' before being called forward for the start. It was all quite narrow for 250 runners but everyone was very relaxed and there was no crush. Dove Dale was resplendent in the sunshine and the combination of cool morning air and lack of wind made for perfect conditions as we set off from Parsley Hay. The

surface was pretty good; there were some puddles to dodge but as soon as the field spread out this became easy to accomplish. The old railway embankments gave a great vantage point for surveying the scenery and the cuttings provided a spectacular rocky backdrop for the plants that had reasserted their right to the landscape and were encroaching on the edge of the trail.

The first 4 or 5 miles take you across the open moor and are essentially flat but then the trail starts a gentle descent towards Tissington and Ashbourne. The edges of the trail are lined with trees and from time to time you catch a glimpse of fields through the curtain of leaves. At Tissington the water station had supplemented the basic rations of its predecessors with cups of coke and other goodies to provide runners with a kick for the final 4 mile push. The mile markers had started slightly late and had steadily got worse so it was a surprise when we reached the finish. It was all slightly confusing seeing the crowds but not being able to see where the finish was. The marshals did their best and before you'd really had a chance to open up a sprint, it was all over as we finished in the shadow of a huge railway tunnel.



Martin had a great morning.

While the rest of us fifty-somethings are reluctantly accepting the vagaries of time, Dale seems determined to be more like vintage claret and get better with age. One week on from breaking his PB at Nottingham he had the satisfaction of dipping under the 1.30 mark, which was good enough for 12th place. Despite a suspect knee and little opportunity to train, Colin continues to knock out the sort of excellent performances that make you wonder what heights he could achieve in better

circumstances. Here he came in 17th, less than 2 minutes behind Dale. Dave managed 31st after losing a hatful of places in the last 4 miles and Martin came in 39th. He'd had a great morning and already had a smile on his face when he finished but it was soon to get even broader when he realised that he'd won his age category, too. Dan followed in 47th and we all got stuck into the goodies while we watched the other finishers. Both Clare (111th) and Valerie (150th) were delighted with their runs, so it was a happy group that made its way through the tunnel, emerging in the centre of Ashbourne next to race HQ.



Valerie and Clare perfect their blanket sharing technique.

No one was under any illusions that it would have been a very different experience with freezing rain coming horizontal across the valley (not unheard of in these parts) but there's no doubt that this is race with a future and we'll certainly all be back next year.



All smiles at the end.