

Roadhogs Leicester A.C.



November/December 2014

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

Happy Birthday Roadhogs!

From humble beginnings, Roadhogs has risen to be one of the most recognisable clubs in the county; not bad considering we nearly didn't make it beyond our first birthday (we were down to just 7 members)! Over the years, we've provided 4 LRRL Chairmen and two LRRL Champions. We've been longstanding supporters of the award-winning Leicestershire Primary Schools Cross Country series. Members have competed in diverse events from the USA to China and over distances from 1 mile to 142. Here's to the next 30!



LRRL 2015

Winter League

Sunday 25th January: Barrow 6
Sunday 8th February: Markfield 10K
Sunday 8th March: Kibworth 6
Sunday 29th March: Desford 6
Sunday 17th May: West End 8

Summer League

Sunday 7th June: Swithland 6
Sunday 21st June: Prestwold 10K
Wednesday 1st July: Hungarton 7
Wednesday 5th August: Joy Cann 5
Sunday 23rd August: Hermitage 10K
Sunday 6th September: John Fraser 10

Club Races: Help Needed

We'll be staging two races in 2015; a Derby Runner League cross country at Bradgate Park (18th January) and the Kibworth 6 LRRL race (8th March). We'll need plenty of help for both (we need to field full teams as well), so please make sure you've got them in your diaries. If you can persuade family or friends to help out too, that would be great. Kim will be in charge of the XC and Dave Swan the road race.

Leicester University Relays

No medals this year but Dave (11.51), Ruth (15.10) and Jon M (10.55) finished a respectable 6th (out of 15 teams).

County Standards



Congratulations to the following, who have now achieved county standards: Ludo (gold), Keith (silver), Steve W (bronze), Amy, Ruth and Tom (copper). James D has added a bronze distinction to his silver by completing 9 different distances.

Member News

A big welcome to Steve Barnes and Gary Waterhouse who have just joined us.

Congratulations to Jon and Ruth Millett on the arrival of baby Florence.

In This Issue

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“Burn rubber - be a Roadhogg”

Roadhogs, like many local clubs, has its origins in the running boom of the eighties; which many attribute to the popularity of the London Marathon (first staged in 1981). In those days, it was not unusual for companies to have their own sports clubs and teams. At the time, a number of people working for the insurance broker Hogg Robinson used to run at lunchtimes, so it was a logical step when a young buck named Kim Richardson proposed that they should form a club and enter the Road Running League. Kim gained backing from the company and called all interested parties to a meeting.



Roadhogs' finest; ready for the GEC 10

“Providing sufficient numbers are interested, it is proposed to establish a roadrunning/athletics club for all Hogg Robinson Insurance, Services and Travel employees in Leicester, affiliated to Midland Counties AAA. Anyone interested in joining, and/or willing to assist with administration (a formal committee will be required in accordance with AAA rules), please attend a meeting in the First Floor Canteen, Insurance House, Vaughan Way on Friday, 10th August (12.30) or contact Kim Richardson (Insurance House X350) or Simon Lucas (X302) before that date.” [A copy of this historic document, in Kim’s hand, is lodged in the Roadhogg archives.]

Officers were elected, a constitution was written, and an application for affiliation was made to the Midland Counties AAA in October 1984. Membership of ‘Hogg Robinson Roadhogs’ cost just £2 (in part due to generous sponsorship from the company) and was open only to employees. In fact the membership fee only rose

to £4 in 1984 when the now familiar ‘all you can eat’ inclusion of free Winter League races appeared for the first time.



Kim indulging in a spot of budgie smuggling

The sport was quite different in those days as this excerpt from the constitution illustrates:

“The Committee shall have the power to expel any member whose subscription is six months in arrears, provided a month’s notice in writing shall have been sent to such member by a registered or recorded delivery letter, addressed to his/her last known address, informing him/her of the proposed action of the Committee.

The name and address of any person so expelled from the Club shall be sent to the Hon. Secretary of The Midland Counties AAA who shall enter the name in a book (called “The Black Book”) kept for that purpose. Every person whose name has been entered in The Black Book shall be suspended from competing at any meeting held under AAA laws until the liability causing the said expulsion, which shall not exceed one years (sic) subscription, shall have been discharged.”

By the end of March the following year the membership stood at 13. Following the first full year of operation the club crowned its inaugural ‘Athlete of the Year’; Mike Walker, who went on to achieve a time of 2.31 in the 1987 London Marathon (still a club record) before moving

away to pursue a career in acting. Struggles to field full teams in the Road Running League led to the rapid abandonment of the 'company only' policy and from then on, membership rose steadily.

The now sadly missed Round Leicester Relay was introduced in 1990 and Roadhoggs' 1991 team contained one or two familiar names; S Whitmore, M Cockett, J McGee, S Blyth, M Feeney, J Earley, R Blyth, A Blyth, D Swan, K Richardson, C Smith, C Barrows and R Stapleford finished a respectable 5th (of 12 teams). In that same year the club changed its name to Roadhoggs Leicester AC to reflect the broadened membership.

For a number of years we had an exchange with a large club in Holland; AVR Rotterdam. This included our runners doing the Rotterdam Marathon and theirs doing the Corby 10 (I think we got the better of the bargain!). Other attempts at international diplomacy included taking part in a relay carrying the European flag from Leicester to the European Parliament in Strasbourg (eat your heart out UKIP!).



Colin: secretary, treasurer, administrator, race director....

Kim stepped down from the role of Chairman in the early 90s and was made the club's first honorary life member in 1994. The chairmanship passed to the capable hands of Dave Swan who, apart from a brief sabbatical when Adrian Blyth held the reins for a couple of years, has fulfilled the role for 20 years (you get less for murder these days!). Dave became a life member in 2004, at the time of the club's 20th Anniversary.

In 1997, the club swapped its blue and white colours for the burgundy of sponsors The Aon

Group, who had taken over from Bain Hogg. Company sponsorship finally ended in the mid-noughties, after 20 years of generous support. For some reason, Aon decided that sponsoring some minor football team (Man U) was better for their profile (even though they sell insurance, not prawn sandwiches).

In 1999 the club merged with St Andrew's RC (formerly Braunstone Town Runners) and retains St Andrew's FC as its Monday training base, to this day. The merger also brought us Barry, Martin and Baz; who have all proved excellent clubmen over the subsequent years. The club had been largely nomadic for its first 20 years, training from a different venue each week (throughout the year). In the mid-noughties, to make it easier for new runners to join up with the club, we adopted Manor Road as our winter training base and fixed our main club night as Wednesday (previously, we had added to the confusion by alternating between Tuesday and Wednesday).

Getting' Muddy with Kim Derby Runner League Race 1 - Thornton 16/11/14

Bostocks rule!

At the first race of this season's league, James Bostock led home the mens team and Becca Bostock was our leading lady. It was a grey day at South Charnwood High School as the runners gathered for the start, but the rain held off until after the race. There are some stiles and gaps on this course where queues can form, so the ladies were started 10 minutes after the men which gave them their own race and an incentive to catch up with the men ahead. The route down to Thornton lake and back is quite pleasant, and conditions underfoot were not too bad, but the second half of the race is tougher than the first and so it was a case of hanging on in there until you came back onto the playing field and run to the finish. The leading ladies were a bit miffed to be held back for a few seconds at a stile where the men's race was coming back 'to let the leading male runner through' and made it clear to the marshal that it was their race too! The only answer here is to not have runners from different directions trying to get through the same point, but sometimes that cannot be avoided.



Unfortunately for us, this race clashed with the Beacon half marathon and with other Roadhogs committed elsewhere we just managed a full ladies team but were one runner short in the men's team. We are given a last league place just once each season so already we have used that up and I will try hard to get full teams out at the remaining races. And apart from young James, the men's team was suffering from old age as they were all veterans! Soon we will have to put out course directions in large print. We welcomed new runner Terry Woodhouse who enjoyed the race and has a history of fell running so was quite happy amongst the mud and hills. And Jerry came back from Yorkshire for what was, for him, a quick sprint. Steve Wheeler ran his dirty socks off to be 2nd man in, and our mature team was completed by Dave Lod, Hitesh and Baz. For the girls, Vicky raced Rebecca for most of the race but lost ground towards the end, and Barbara and Trudy worked together to complete the team. Liam Wheeler, age just 7, ran the junior race again ... a budding Roadhogg for the future.



They ran out of men's discs again, so from 276 onwards they started with a new set which tested my maths a bit ($275 + \text{disc number}$). I found out later that the second set of discs also ran out at 355 and runners after that were told their places and had to try and remember them! Anyway all this delayed my greeting the real stars of the Roadhogs cross country team - Trudy's cakes - but I caught up afterwards and was even allowed to take some home by pretending they were for Lynne.

RESULTS:

MEN: 15th James Bostock 34.07, 164th Steve Wheeler (V40) 42.55, 229th Dave Lodwick (V50) 46.20, 241st Terry Woodhouse (V40) 46.59, 283rd Jerry Wilkes (V50) 49.46, 296th Hitesh Pandya (V50) 50.24, 331st Baz Barrett (V50) 53.08.

LADIES: 41st Rebecca Bostock 46.28, 51st Vicky Sutton 47.42, 177th Barbara Hermann 59.18, 180th Trudy Sharpe (V40) 59.44.

TEAMS:

Combined; 10th (Div 1), Men; 10th (Div 2), Ladies; 10th (Div 2)

For the Record

Round Ripon Ultra 35		
Jerry Wilkes	11th	5.50.12
Parkrun 11/10/14		
Ludo Renou	3rd	17.14
Mark Chamberlain	24th	19.42
Lee Hubbard	59th	21.54
Great Eastern HM		
Will Carter	155th	1.23.45(PB)
Rae Clark	840th	1.41.01(PB)
Yorkshire Marathon		
Valerie Spezi	2634th	4.37.28(PB)
John Stew	2635th	4.37.28
Parkrun 18/10/14		
Ben Milsom	132nd	25.39
Parkrun 25/10/14		
Ludo Renou	2nd	17.03
Ben Milsom	98th	24.27
Leicester Marathon		
Mark Ramsden	25th	3.04.14
Ferrante Neri	142nd	3.39.37
Craig Norris	186th	3.48.46(PB)
Fabio Caraffini	187th	3.48.38(PB)
Afra Kelsall	229th	3.57.05
Leicester HM		
James Dunham	24th	1.23.52(PB)
Will Carter	29th	1.24.31
Stephen Dunne	60th	1.29.00
Dale Jenkins	95th	1.32.13

Jon Millett	98th	1.32.06(PB)
Dan Barnes	152nd	1.35.46(PB)
Colin Bowpitt	166th	1.37.03
Steve Wheeler	173rd	1.36.52(PB)
Tom Martin	298th	1.42.43
Drew Simpson	328th	1.42.33(PB)
Keith Dakin	397th	1.44.53
Steve Palmer	407th	1.44.56
Hitesh Pandya	425th	1.45.38
Emma Raven	461st	1.46.44(PB)
Martin Capell	498th	1.48.27
Paul Langham	540th	1.48.33
Amy Gasper	630th	1.51.30
Steve Barnes	924th	1.56.39(PB)
Mark Jowsey	931st	1.56.53
Hannah Ferrington	959th	1.59.36
Ruth Stevely	1321st	2.06.02
Lucy McMillan	1652nd	2.14.08
Parkrun 1/11/14		
Ludo Renou	1st	17.12
Steve Wheeler	55th	21.28
Ben Milsom	124th	24.31
Hannah Ferrington	169th	25.51(PB)
Draycote Water 10		
Chris Peach	55th	1.22.24
Shepshed 7		
Dan Barnes	124th	51.36
Emma Raven	164th	53.55
Keith Dakin	195th	54.57
Amy Gasper	297th	60.49
Lucy McMillan	384th	67.32
Parkrun 8/11/14		
Steve Wheeler	26th	20.45(PB)
Ben Milsom	137th	25.17
Seagrave Wolds Challenge		
Ludo Renou	4th	1.47.00
Trudy Sharpe	226th	2.55.20
Leicester City 5K Winter Series (1)		
Jon Millett	13th	20.10
Parkrun 15/11/14		
Ben Milsom	91st	23.17
Hannah Ferrington	107th	24.06(PB)
Amy Gasper	119th	24.36
Autumn Shakespeare Marathon		
Will Carter	53rd	3.44.43
Autumn Shakespeare HM		
James Boyd	17th	1.23.40(PB)
Stephen Dunne	23rd	1.25.01(PB)
Steve Robinson	69th	1.36.10(PB)
Beacon Hill Trail HM		
Dale Jenkins	42nd	1.47.58
Colin Bowpitt	43rd	1.47.58
Keith Dakin	104th	1.58.09
Mark Jowsey	153rd	2.12.41
Ruth Stevely	184th	2.25.28
Leeds Abbey Dash 10K		
Ludo Renou	219th	33.52(PB)
Shillington Shuffle Trail Marathon		
Chris Peach	26th	5.12
Parkrun 22/11/14		
Ben Milsom	108th	23.21

Parkrun 29/11/14		
Ben Milsom	137th	24.34
Hannah Ferrington	141st	24.43
Amy Gasper	159th	25.19
Shaun Heaphy	160th	25.23(PB)

Birthdays	
November	December
7 th Vicky Sutton	2 nd Ruth Stevely
16 th Mike Cummins (V45)	8 th Mark Ramsden
17 th Colin Smith	8 th Robin Meynell
18 th Grace Robinson	15 th Sid Smith
24 th John Hallissey	25 th Valerie Spezi
29 th Ron Atton	27 th Jon Millett
	30 th Chris Peach



County Standards (updates in bold)												
	Category	5K	5 m	6 m	10K	7 m	8 m	10 m	HM	20 m	M	Award
Rebecca Bostock	SL				C							
Jackie Brown	V45/V50								G			
Rae Clark	SL		C	B	B	B	C	G	B			B
Natasha Eastwood	V35			P	P				P			
Hannah Ferrington		C			C	C			C			
Amy Gasper	V35	C	C	C		C		C	C			C
Barbara Hermann	V35			C	P	P	P		P		C	P
Afra Kelsal	V40				C						B	
Alison Lodwick	V50/V55		C	P	P	C	NC	C				P
Lucy McMillan	SL			P		P			P			
Vicky Salt	V45			B	B		C					
Trudy Sharpe	V40		C	B	C	P	C	P	C		P	P
Valerie Spezi	V35			P					P		P	
Ashley Simpson	SL			C	C	C	P				P	P
Ruth Stevely	V40			B	B	C	C	C	C			C
Fi Sutherland	V45			C	C							
Victoria Sutton	SL		B	B	B	C	P	C		B	C	C
Dan Bannatyne	SM		C	C	C	P	P	P	C		P	P
Dan Barnes	SM		C	C		C			B			
Ian Bass	V45	C										
James Bostock	SM		S	S	S	S		S				S
Colin Bowpitt	V40		C	C				C	B			
James Boyd	SM				S			S	S			
David Bullivant	V40	B		B	B	C		C	B	B	C	B
Martin Capell	V55		C	B	C	C		C	S			C
Fabio Caraffini	SM			C	C	C	C				C	C
Will Carter	SM	S	S	S	B		S		S		S	S
Nick Cobley	SM			S	S							
Mike Cummins	V40		B	B	B	C		B				C
Keith Dakin	V60		S	S	B	S		S	S			S
John Davies	V45	G		S	S		S					
James Dunham	SM	S	B	S	S	S	B		S	S	S	S
Stephen Dunne	SM	S						B	S			
John Hallissey	SM			C	C	C						
Chris Haward	V45										C	
Jon Heap	V45										P	
Lee Hubbard	SM	C	C	C	P	P	NC	C				P
Dale Jenkins	V50/V55		G	S	S	S	S		G			S
Sam Jolly	SM			B	S				B			
Mark Jowsey	SM					P			C			
Roger Kerridge	V45			B								
Dave Lodwick	V50		B	B	S	B	B	B				B
Tom Martin	SM		C	C	C	C			C			C
Stuart McMillan	SM										NC	
Jon Millett	SM	B	C	B	B							
Ben Milsom	SM	C	P	C	C	P	P					P
Mike Munday	V45/V50			PT	D			D				
Ferrante Neri	SM		B	B	B	B	B	B			B	B

Craig Norris	SM					C						C
Richard Norton	V40	NC						NC		P	NC	NC
James O'Rawe	V40			B								
Steve Palmer	V60		S					S	S			
Hitesh Pandya	V50		B	S	B	B	B	B	B			B
Chris Peach	V50		B	S	B	C		B				C
Mark Ramsden	SM		G	G	G	G	G	G			D	G
Ludovic Renou	SM	G				D				D	PT	D
Steve Robinson	SM/V40		B	B	B	B	C			B		B
Drew Simpson	SM			C	C					C		P
John Stew	V55			C			P				C	P
Dave Swan	V65			C	C							
Barry Waterfield	V75		P	C			P					
Steve Wheeler	V45	S		S	S	B	S			B		B
Jerry Wilkes	V45			S								G
Key	Platinum	PT										
	Diamond	D										
	Gold	G										
	Silver	S										
	Bronze	B										
	Copper	C										
	Pewter	P										
	Not classified	NC										

Standards are age-graded and based on 'official' race times i.e. gun times. Awards are given for achieving a level (or better) at 5 different distances (9 for a distinction). To find out what times you need to do to achieve or increase your level, see the tables on the website.

Christmas Quiz

One for the more longstanding members; test your knowledge by identifying these former Roadhogs. Answers will be in the next edition.



