

# Roadhoggs Leicester A.C.



November/December 2015

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



## Dale's Double (or is it 007's....)

At a glittering ceremony Roadhogg stalwart Dale Jenkins was crowned 'Athlete of the Year' by his fellow runners. He had already won 'Male Road Running Athlete of the Year', a clear indication that Captain Rambo had his finger on the pulse.

During the season, Dale set PBs at 6 miles (40.18), 10K (41.32), 10 miles (1.10.39) and Half Marathon (1.29.41). Science says you get slower as you get older; clearly Dale knows better!

He also hit Gold Standard at all distances up to 20 miles with the exception of 7 miles (even he couldn't overcome the heat at Hungarton!). He obviously doesn't even get tired after races; his 8 mile standard was set the day after his Half Marathon PB!

His performances brought him a string of age-group prizes, nicely topped off by his first LRRL award; 2nd V55. Of course one must never mention 'the one that got away' i.e. the Harborough Half where he was misdirected by a dopey marshal.

### Cross Country 2015/16 (closing date)

19<sup>th</sup> Dec: Gaddesby Gallop  
3<sup>rd</sup> Jan: Huncote Hash  
9<sup>th</sup> Jan: Leicestershire Champs (27/12/15)  
10<sup>th</sup> Jan: DRL Allestree Park  
30<sup>th</sup> Jan: Midland Champs (6/1/16)  
31<sup>st</sup> Jan: DRL Grace Dieu  
21<sup>st</sup> Feb: DRL Hinckley  
27<sup>th</sup> Feb: English National Champs (13/1/16)  
13<sup>th</sup> Mar: DRL Holly Hayes Wood

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### Picture Credits

Mandy Jenkins, Anon

### LRRL Fixtures 2016

#### Winter League

Markfield 10K	January 17 <sup>th</sup>
Barrow 6	January 24 <sup>th</sup>
Asfordby 7	February 28 <sup>th</sup>
Kibworth 6	March 6 <sup>th</sup>
Desford 6	March 27 <sup>th</sup>

Individual = best 4 races

#### Summer League

West End 8	May 15 <sup>th</sup>
Gaddesby 7	May 22 <sup>nd</sup>
Swithland 6	June 5 <sup>th</sup>
Hungarton 7	July 6 <sup>th</sup>
Huncote 5	August 3 <sup>rd</sup>
Hermitage 10K	August 14 <sup>th</sup>
John Fraser 10	September 4 <sup>th</sup>

Individual = best 5 races

## Presentation 2015

As much fillet steak, chicken, shepherd's pie and veggie curry as you can eat, not to mention the finger food and five deserts; how good does it get? If that wasn't enough there was some classic British comedy as well. A big thank you to John and his staff for the food and welcome, and to Keith and the rest of the helpers/performers for a fun evening. There were some strong contenders in the fancy dress competition but the prize went to Barbara and Steve (Michelle and Herr Flick from 'Allo 'Allo).



Awards 2015: Blackadder, Queenie, Herr Flick and Michelle

## Award Winners

Emma Raven was captain's pick for Female Road Runner of the Year. We're all delighted that Emma decided to do more races this year and she put in a string of great performances including a couple of Gold Standards. Her 7 league races made a significant contribution to our successful promotion pushes.

Clare was our 'most improved lady' in 2015. She says that the smog prevented her from doing much running in Beijing but from the moment she returned, she's been on an upwards curve. She set PBs at 5k (23.39), 5 miles (38.37), 6 miles (46.53), 10K (48.19), 7 miles (58.34), 8 miles (1.05.25), 10 miles (1.21.45), Half Marathon (1.44.02) and Marathon (3.47.21).

For the men, Ben beat off strong competition from Fabio and others. Ben hasn't missed a LRRL race since he joined us two years ago and he's become a mainstay of the cross country team as well. He's registered PBs at 5 miles (35.56), 6

miles (43.53), 10K (45.34), 8 miles (1.00.16), 10 miles (1.17.55) and Half Marathon (1.40.37).

The cross country awards were won by James and Becca Bostock. Sadly for us, they have moved back to Yorkshire. Gone, but not forgotten.

Finally, there was a 'Chairman's Award' for Trudy Sharpe in recognition of her solo Equinox (thus confirming her place in the pantheon of Roadhogg ultra runners) and her culinary contribution to the success of our cross country teams.

## Running Physiology

I have always been rubbish in the heat. I re-confirmed this with a particularly awful time at Hungarton in July, although I did at least manage to stay upright. The latest science suggests that in a race, our bodies monitor the rate at which our core temperature is rising and calculate whether or not it will become 'critical' before we reach the finish. If the result of the calculation is not favourable, the brain will reduce the recruitment of muscle units (power) and thus cause you to slow down.

It will come as no surprise that the longer the race, the more likely your performance is to suffer (at any given temperature). However, because it is a 'managed' process, the point at which you start to slow will be largely independent of race distance.

What practical use is this information? Easy; if it's hot, start slow and speed up later (if you can). Don't do what I did at Hungarton; start at normal speed and end up having to walk!

## For the Record

parkrun 24/10/15		
Kathryn Evans	93rd	24.14
Baz Barratt	157th	27.16
Ian Bass	232nd	30.47
Caroline Evans	245th	31.35
Snowdonia Marathon		
Jackie Brown	384th (2nd V50)	3.47.42
Leicester Marathon		
Kathryn Evans	102nd	3.30.00
Chris Peach	375th	4.35.02
Jon Heap	382nd	4.39.51
Lucy McMillan	398th	4.43.52
Leicester HM		

Mark Ramsden	20th	1.20.16
James Boyd	44th	1.24.03
Ceri Davies	137th	1.31.49
Fabio Caraffini	146th	1.30.24(PB)
Dale Jenkins	153rd	1.32.45
Ferrante Neri	205th	1.32.57(PB)
Tom Martin	208th	1.35.30
Terry Woodhouse	254th	1.37.11(PB)
Edd Smissen	258th	1.37.16(PB)
Michael Vaughan-Smith	271st	1.38.05
Colin Bowpitt	298th	1.39.39
Ben Milsom	334th	1.40.37(PB)
Hitesh Pandya	369th	1.40.40
Emma Raven	409th	1.42.39(PB)
Steve Palmer	412th	1.42.11(PB)
Paul Langham	450th	1.44.05
Clare Mendes	494th	1.44.58
Mark Coulson	710th	1.51.10
Lee Hennell	787th	1.52.21
James Thurman	927th	1.55.00
Hayley Yarnell	1083rd	1.58.18
Baz Barratt	1197th	1.59.57
Martin Capell	1311th	2.06.02
Ash Simpson	1387th	2.06.21
Naomi Dickens	1480th	2.09.06
Jacqui Womersley	1500th	2.11.14
Jacqui Dean	1501st	2.11.14
Ruth Stevely	1645th	2.15.37
Keith Dakin	1670th	2.16.25
Hannah Price	1790th	2.22.38
Caroline Evans	1876th	2.27.40
Rebecca Willday-Riley	2020th	2.49.44
Spooky Sprint 10K		
Richard Curtis	6th	43.48(PB)
Shepshed 7		
Dan Bannatyne	193rd	54.46
Keith Dakin	284th	1.00.25
parkrun 7/11/15		
Ben Milsom	78th	23.17
James Thurman	102nd	24.20(PB)
Baz Barratt	111th	24.46
Caroline Evans	198th	29.06
Edd Smissen	199th	29.07
Valerie Spezi	209th	29.34
Trudy Sharpe	215th	30.01
Brian Feldman	251st	32.36
Seagrave Wolds Challenge		
Fabio Caraffini	42nd	2.07.10
Dale Jenkins	74th	2.15.47
Colin Bowpitt	108th	2.21.34
Jerry Wilkes	117th	2.23.27
Rex Stapleford	340th	3.38.17
Hayley Yarnell	447th	5.28.52
Market Harborough parkrun 14/11/15		
Nathan Adams	1st	18.11
Steve Barnes	41st	23.44
Braunstone parkrun 14/11/15		
Ben Milsom	51st	23.08
Leicester Victoria parkrun 14/11/15		
Steve Robinson	51st	21.59

Emma Raven	59th	22.17
James Thurman	78th	23.38
Steve Wheeler	111th	25.36
Edgar Mata	143rd	28.19
Liz Butler	188th	31.27
Brian Feldman	189th	31.30
Rebecca Willday Riley	218th	35.24
Autumn Shakespeare Marathon		
Dave Bullivant	32nd	3.41.16(PB)
Autumn Shakespeare HM		
Richard Curtis	50th	1.36.57
Beacon Hill Trail HM		
Fabio Caraffini	50th	1.46.45
Dale Jenkins	73rd	1.50.52
Colin Bowpitt	74th	1.50.52
Clare Mendes	121st	1.57.47
Braunstone parkrun 21/11/15		
Ben Milsom	52nd	23.12
Leicester Victoria parkrun 21/11/15		
Emma Raven	32nd	23.19
James Thurman	33rd	23.21
Steve Barnes	40th	24.24
Steve Wheeler	43rd	24.38
Valerie Spezi	81st	30.15
Caroline Evans	87th	30.54
Edd Smissen	88th	30.55
Brian Feldman	93rd	31.30
Clowne HM		
Valerie Spezi	527th	2.05.22
Loughborough 10K		
Jacqui Dean	273rd	58.45(PB)
LVpr 28/11/15		
Kathryn Evans	31st	22.22
Emma Raven	37th	22.43
Lee Hennel	44th	23.32
Valerie Spezi	100th	28.32
MHpr		
Nathan Adams	2nd	18.03
Edd Smissen	16th	21.37
Steve Barnes	37th	23.54
Baz Barratt	39th	24.06
Caroline Evans	98th	29.53
Bpr 5/12/15		
Edd Smissen	25th	21.34
Ben Milsom	40th	22.46
James Thurman	42nd	22.55(PB)
Baz Barratt	65th	24.14
Caroline Evans	151st	30.34
LVpr 5/12/15		
Steve Wheeler	15th	23.37
Brian Feldman	64th	32.38
MHpr 5/12/15		
Nathan Adams	2nd	18.30
Steve Barnes	40th	24.36
Bedford HM		
Mike Cummins	352nd	1.46.16
Clare Mendes	366th	1.47.22

## Getting Muddy with Kim

### Derby Runner League Race 2 - Bagworth 22/11/15

It was an icy cold but still day as we assembled in our transportable race preparation and recovery module at Bagworth Heath. One or two hardy runners got ready to race in just the club vest and shorts, whilst others wore t-shirts and track pants, or hats and gloves. We welcomed Marcus and Shaun for their debuts in the XC league, and it was good to see John Davies starting back after a long-term back injury. I noticed the bright and shiny shoes that Marcus, Shaun, Emma, Vicky and Amy were wearing, compared to Baz's and Drew's which were still carrying some mud from the last race. It didn't matter really because at the end of the race, all shoes will be the same muddy brown. Before the race, Dale was posing inside the tent like a male model, Emma was worrying about just how muddy it was going to be, and poor Trudy was recovering from a cold and coughing outside. Ben 'Zatopek' Milsom showed how fit he was by running the Parkrun on Saturday, then a leg for Roadhogs in the University relays, and then was there for the cross-country race on Sunday!

The course was a bit longer than usual; 6.5 miles over 2 laps with a long slow climb at the start of each lap and that steep hill up to the ridge later on. Bagworth is a nice course through open heathland, but there are no easy sections and you just hang in there and try to maintain your pace. You can see runners on top of the ridge from where we stood at the start. Much of the track was narrow and muddy which meant that you had to pick your moment to overtake anyone, or just hang on to the runner in front. The sun did try to come out and warm the air up as the morning went on, and some hats and gloves were thrown at me at the lap change as our runners warmed up in the race. Mark was back to lead in the men's team, but then there was a wait before Dale and Fabio led in the rest. After that we packed pretty well but, and with respect to the older guys on the day who always give 110% for the team, we still need more of you younger and quicker runners to back up Mark, Fabio, Ben etc and get the Roadhogs men's team back up to where we should be. The girls again did better; Emma and Vicky had a good race with each other and finished close together, and were well supported by our new brides Amy and Barbara and our slightly older

bride Trudy. Our most recent newlyweds Barbara and Steve both had better runs at Bagworth than at the first race in Markfield, proving that love makes you run faster.

I must add that the Roadhogs cross-country team at the moment includes some big guys, who are not natural cross-country runners and have to work even harder to drag themselves through the mud and up the hills ... such great effort from John, Marcus and Shaun. Both teams improved on the first race, but the girls are outscoring the boys and beginning to move ahead in the league. Come on you guys, there is still time to fight back, don't let the girls rule!

#### RESULTS:

**MEN:** 35th Mark Ramsden 42.40, 150th Dale Jenkins (V50) 49.55, 196th Fabio Caraffini 52.50, 210th Ben Milsom 53.27, 211th Dave Lodwick (V50) 53.30, 234th Steve Robinson (V40) 55.22, 251st John Davies (V50) 56.15, 279th Drew Simpson 58.41, 291st Baz Barrett (V50) 59.32, 296th Dan Bannatyne 60.09, 320th Marcus Shaikh (V40) 64.29, 341st Shaun Heaphy (V50) 72.32, 342nd Brian Feldman (V60) 74.22, 348 finished.

**LADIES:** 62nd Emma Raven (V40) 60.48, 64th Victoria Sutton 60.53, 83rd Amy Gasper 63.56, 121st Barbara Hermann 71.56, 136th Trudy Sharpe (V40) 74.58, 167 finished.

**TEAMS (all division 2):** men 11th, ladies 7th, combined 9th.

**TEAMS AFTER 2 RACES:** men 12th, ladies 8th, combined 10th.

Birthdays	
<b>November</b> 7 <sup>th</sup> Vicky Sutton 13 <sup>th</sup> Hayley Yarnell 16 <sup>th</sup> Mike Cummins 17 <sup>th</sup> Colin Smith 24 <sup>th</sup> John Hallissey 24 <sup>th</sup> Karen McCurdy 27 <sup>th</sup> Jon Millett 29 <sup>th</sup> Ron Atton 30 <sup>th</sup> Chris Peach	<b>December</b> 2 <sup>nd</sup> Ruth Stevely (V45) 8 <sup>th</sup> Robin Meynell 8 <sup>th</sup> Mark Ramsden 15 <sup>th</sup> Sid Smith 25 <sup>th</sup> Valerie Spezi 29 <sup>th</sup> Edgar Mata



		5K	5M	6M	10K	7M	8M	10M	HM	20M	Mara	Stan'	Dist'
Jackie Brown	V50	G	G	G	G	S		G	D		S	G	
Naomi Dickens	SL			P	P		P		P				
Natasha Eastwood	V35			P	P				P				
Caroline Evans	V35	P	P	P	P	T	P		T			P	
Kathryn Evans	V40						S				S		
Hannah Ferrington	SL			C	C								
Jeannette Franklin	V55	C	C	C	B	P		C				C	
Amy Gasper	V35		C		C		C		C		P		
Janet Hall	V40			C	C		C						
Barbara Hermann	V35			T			P		P		P		
Louise Jarvis	SL			C	C				C				
Alison Lodwick	V55	C	C	C	C	T	P	C				C	
Afra Kelsall	V40										B		
Clare Mendes	SL	B	B	B	B	C	C	C	B		B	B	C
Lucy McMillan	SL			P	T					P	P		
Hannah Price	SL		P	P	P			P	T			T	
Emma Raven	V45	G		G	S	B	S	S	S			S	
Vicky Salt	V45												
Trudy Sharpe	V45		C	B	B	P	C	C	B		C	C	
Valerie Spezi	V40	C		C	C		C	C	P	C	C	C	
Ashley Simpson	SL		T	P					P				
Ruth Stevely	V40	C		C	C		C		P		C	C	
Victoria Sutton	SL		B	B	B		B	C	C			C	
Rebecca Willday-Riley	V35				T								
Dan Bannatyne	SM		C		C	C			C				
Dan Barnes	SM								P				
Steve Barnes	V55			B	B	C	B						
Baz Barratt	V50			B	B	P	B	P	C	B		C	
James Bostock	SM				S	S							
Colin Bowpitt	V45			S	S		B		B	S		B	
James Boyd	SM		S	S	S	B	S	S	S			S	
David Bullivant	V40		B	B	B	C	B	B			C	B	
Martin Capell	V55		B	B	B			C	B		C	C	
Gianluca Capelli	V40	C			C								
Fabio Caraffini	SM		B	B	B	C	B	B	B		B	B	
Will Carter	SM		B	S	S	B	S				G	B	
Nick Coble	SM		S	B	S	B		S				B	
Mark Coulson	V45	B		B	B	C	B		B		T	B	
Mike Cummins	V45			B					B				
Richard Curtis	V50	S			S	B			S		S	B	
Keith Dakin	V60		B	S	S	B	B	S	P		C	B	
John Davies	V45												
James Dunham	SM			S	S		S				G		
Stephen Dunne	SM												
Brian Feldman	V65		P	B	B		C		B	S		C	
Emilio Garcia	SM		B										
John Hallissey	SM			C									
Shaun Heaphy	V55		C		C	T		C					
Lee Hennell	V40		C	C		T			C				
Lee Hubbard	SM			P									
Dale Jenkins	V55	G	G	G	G	S	G	G	G	G		G	S
Sam Jolly	SM			C	C								
Mark Jowsey	V50												
Roger Kerridge	V55						S						

Dave Lodwick	V50	S	S	S	S	C	B	S				S	
Tom Martin	SM		P	C	C				B				
Edgar Mata	SM			S	B								
Robin Meynell	SM	B	B	B	B	C		B	B			B	
Ben Milsom	SM		C	C	C	T	C	C	C			C	
Ferrante Neri	SM	B	B	B	B	C	B	B	B			B	
Tim Olsen	SM				B								
Steve Palmer	V60		S	B				B	G				
Hitesh Pandya	V50		S	S	S	B	S	B	B			B	
Chris Peach	V50		C	B	B	T	C	P	P		P	P	
Mark Ramsden	SM		S	G	G	S	S	G	G			S	
Steve Robinson	V40			B					T		T		
Marcus Shaikh	V40		P	C	P		P	C				P	
Drew Simpson	SM			C	C			P	P				
Peter Sloneczny	V50			S	S	C	S	G					
Edd Smissen	SM			B	C	T	C		B			T	
John Stew	V55			C	C								
Dave Swan	V65												
Michael Vaughan-Smith	SM			B	B	C	C		B		C	C	
Barry Waterfield	V75		C	C		P	C						
Steve Wheeler	V45			S	S		B						
Jerry Wilkes	V50			B									
Neil Winkless	V40			B	B	C		B					
Terry Woodhouse	V40	B		B	B	C	C	B	B			B	