

Roadhogs Leicester A.C.



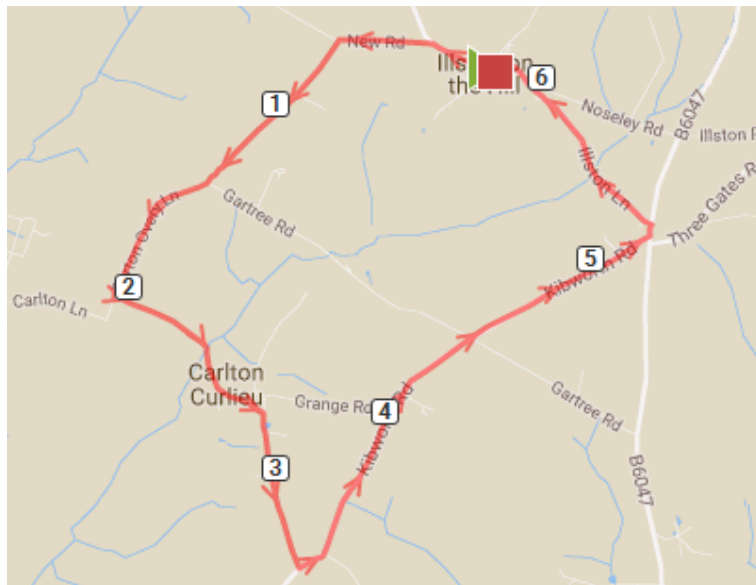
September/October 2016

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

10K Handicap: New Names on the Trophies

The club handicap returned to the sleepy village of Illston on the Hill. What the locals must think when a flash mob of people wearing shorts materialise in the middle of their village is anyone's guess; fortunately, they don't seem to mind the annual invasion. The weather was unusually warm despite the stiff breeze; not a day for fast times, but an equal handicap for all. Twenty one members

and two guests toed the line, each with a carefully calculated handicap score. Handicaps are usually received with the all the enthusiasm of Boris Johnson taking a call from Michael Gove and accompanied by mutterings along the lines of 'why am I starting behind so and so'!



The weather proved the winner and only two runners managed to beat their handicap. One of them was 'dark horse' Graham (men's winner) and the second was our vice-chair, who had greeted his handicap time as if he'd been asked to give Mo Farah a head start. Bronze medal went to Mark Ramsden who put in a superb run (even beating his time from the flat Abbey Park 10K, the weekend before). A special mention too, for two-time defending champion Steve Palmer who, despite being a marked man, came in only a minute outside his bogey time. For once, Keith really struggled and hearing that he'd missed the mobile fish and chip van must have really put the tin lid on it.

The ladies' race produced a good contest with Amy overhauling Liz at the end to claim the trophy. The battle for bronze was an evenly contested fight between Charlotte and Jackie, with the latter taking the verdict at the end.

We retired to the village pub for rehydration and the presentation of prizes by MC Keith and must have produced quite a blip in the weekly graph of bar takings.

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Member News

A big welcome to new recruits Rachel, Gummi
and Dipika.

Handicap Times

	Time	Net	Delta	Pos
Graham Walker	66.22	52.22	-3.38	1
John Stew	67.55	51.55	-2.05	2
Mark Ramsden	70.08	38.08	0.08	3
Shaun Heaphy	70.57	59.57	0.57	4
Steve Palmer	71.03	47.03	1.03	5
Amy Gasper	71.10	54.10	1.10	1
Dave Pearce (g)	71.26	39.26	1.26	6
Roger Kerridge	71.30	49.30	1.30	7
James Thurman	71.34	44.34	1.34	8
Liz Butler	71.38	65.38	1.38	2
Chris? (g)	71.58	43.58	1.58	9
Jackie Brown	72.07	47.07	2.07	3
Charlotte Wood	72.27	47.27	2.27	4
Ruth Stevely	73.09	62.09	3.09	5
Hitesh Pandya	73.21	49.21	3.21	10
Hilary Buckley	73.33	65.33	3.33	6
Jeannette Franklin	74.00	65.00	4.00	7
Alison Lodwick	75.10	69.10	5.10	8
Barry Waterfield	75.39	75.39	5.39	11
Marcus Shaikh	75.39	56.39	5.39	12
Baz Barratt	75.39	52.39	5.39	13
Ian Bass	79.12	69.12	9.12	14
Keith Dakin	79.12	59.12	9.12	15

Memories of a Long Distance Runner: Part 3.

Characters

Many years ago you could enter the Turkey Trot Half-Marathon on the day of the race but these days the race is sold out a long time before race-day. One of the features of that race was always the runner who took his dog along with him and he would always run with a bib on with the number K9. Reminds you of Mark and Leo today. They were quite quick as well. Another race I remember was from Ashby Leisure Centre. I was jogging along pretty well when suddenly one of the runners came by me pushing a pushchair with his young child inside it. He obviously wanted to do the race but couldn't find a baby sitter, but it came as a big surprise to me on the day.

Raced against a few footballers over the years. Lord Birchenall always did the Rothley 10k

until age took over. Jon Sammels ex Arsenal and City was a member of OWLs for many years doing all the League races. Muzzy Izzet did the Hungarton race one year. In the last but one year of Filbert Street I was lucky enough to do the Charity Run with Alan Birchenall around the pitch before the start of the final home game of that season. Tottenham were the visitors that day and a few of their players joined in and mixed in with the runners. Paul Ramsey and Ali Mauchlan two old City Stars joined in along with Roy Cropper of Roys Rolls fame in Coronation Street. It was certainly an unforgettable experience especially as you neared kick off time and the Kop began to fill up and they gave the runners a terrific ovation.

Met some terrific characters within the club over the years. I could mention a lot of these runners but have decided against that because I would almost certainly leave somebody out and that could cause myself some heartbreak. I have loved meeting and running with everybody within the club and I dearly wish that I could run with you all in the coming years. Problem is you are all faster than me now. But the main thing is the club itself. It is in safe hands at the moment and the future is as bright as it has ever been.

Dave Swan

For the Record

From Here to There and Back		
Sophie Noble	21st	6.17
Whissendine 6		
Baz Barratt,	58th	44.38
Bpr 9/7/16		
Baz Barratt	88th	24.32
Max Barratt	118th	26.03
LVpr 9/7/16		
Richard Curtis	26th	21.34
Charlotte Wood	28th	21.38
Marcus Shaikh	54th	24.12
Jacqui Dean	112th	30.02
Jacqui Womersley	113th	30.03
Valerie Spezi	119th	30.59
Wakefield Thornes pr		
James Thurman	7th	21.01
Pegwell Bay pr		
Brian Feldman	92nd	31.37
Great Hucklow		
Dave Lodwick,	69th	1.04.37
Worthington 5		
Peter Sloneczny	61st	35.22
Windmill Fell Race		
Dave Lodwick	29th	44.45

Terry Woodhouse	51st	48.45
Baz Barratt	56th?	49.46?
Bpr 16/7/16		
James Thurman	22nd	20.32
MHpr 16/7/16		
Rob Milstead	16th	21.03
Steve Barnes	53rd	24.25
LVpr 16/7/16		
Igor Burbela	9th	20.19
Shaun Heaphy	66th	27.37
Jeannette Franklin	78th	28.52
Keith Dakin	88th	29.43
Brian Feldman	109th	31.42
Wei Han	126th	34.34
Fairlands Valley Challenge		
Sophie Noble	42nd	5.43.48
Brooksie's Bash		
Dave Lodwick	32nd	1.21.04
Brian Feldman	132nd	2.04.52
Leicester's Big 10K		
Mark Ramsden	10th	38.23
James Thurman	38th	43.36
Ben Milsom	62nd	45.20
Race to the Stones 100km o/n		
Baz Barratt	128th	14.41.06
Summer Series 5K		
Richard Curtis	26th	21.55
Chris Willmott	50th	25.57
Bpr 23/7/16		
James Thurman	31st	21.23
Baz Barratt	47th	22.17
Ben Milsom	74th	23.39
Chris Willmott	115th	25.28
Max Barratt	157th	27.18
LVpr 23/7/16		
Igor Burbela	6th	20.19
Charlotte Wood	18th	21.32
Richard Curtis	20th	21.41
Marcus Shaikh	47th	25.29
Shaun Heaphy	73rd	27.57
Janet Hall	95th	29.20
Ayr parkrun 23/7/16		
Jackie Brown	12th	24.22
Pegwell Bay pr		
Brian Feldman	72nd	31.02
Deal Dinosaur 10K		
Brian Feldman	240th	1.06.07
Grim Reaper 40		
Sophie Noble		9.24.56
Bpr 30/7/16		
Ben Milsom	41st	21.40
Chris Willmott	113th	25.00
Jacqui Dean	210th	28.44
MHpr 30/7/16		
Rob Milstead	13th	20.42
Steve Barnes	61st	24.33
LVpr 30/7/16		
James Thurman	11th	20.47
Richard Curtis	19th	22.15
Marcus Shaikh	33rd	23.25
Rachel Dearden	59th	25.06

Janet Hall	78th	27.19
Brian Feldman	115th	30.41
Liz Butler	116th	31.01
Wellingborough 5		
Rob Milstead	56th	33.59
Bpr 6/8/16		
Edd Smissen	64th	21.40
Kathryn Evans	68th	21.51
Ben Milsom	76th	22.12
Rachel Dearden	106th	22.57
Valerie Spezi	227th	27.33
Jeannette Franklin	255th	29.19
Shaun Heaphy	256th	29.20
Brian Feldman	284th	30.29
MHpr 6/8/16		
Charlotte Wood	23rd	21.19
Steve Barnes	57th	23.43
Rutland Water pr		
James Thurman	14th	20.08
Richard Curtis	21st	22.00
Marcus Shaikh	33rd	24.07
Liz Butler	88th	29.27
Gloucester Marathon		
Sophie Noble	506th	4.59.55
St Neots 10K		
Liz Butler	352nd	1.06.55
LVpr 13/8/16		
Richard Curtis	21st	22.32
Emma Raven	27th	22.56
Janet Hall	62nd	27.04
Wei Han	106th	31.31
Rachel Dearden	116th	33.37
MHpr 13/8/16		
Steve Barnes	61st	24.11
Bpr 13/8/16		
James Thurman	26th	20.44
Ben Milsom	39th	21.16
Baz Barratt	64th	22.53
Max Barratt	132nd	25.55
Salisbury 5-4-3-2-1		
Sophie Noble	141st	5.23.42
Bpr 20/8/16		
Ben Milsom	39th	20.53
James Thurman	42nd	20.58
Edd Smissen	80th	23.14
MHpr 20/8/16		
Charlotte Wood,	26th	21.41
Steve Barnes	66th	24.28
Pegwell Bay pr		
Brian Feldman	97th	29.58
Tooting Common pr		
Kathryn Evans	71st	23.14
Rutland Water pr		
Terry Woodhouse	15th	21.23
Holkham pr		
Baz Barratt	21st	22.40
LVpr 20/8/16		
Jame Boyd	2nd	18.12
Igor Burbela	9th	20.25
Emma Raven	20th	21.45
Richard Curtis	22nd	22.00

Rachel Dearden	33rd	23.03
Marcus Shaikh	46th	24.03
Shaun Heaphy	74th	26.42
Ruth Stevely	80th	28.03
Jeannette Franklin	85th	28.24
Valerie Spezi	92nd	29.10
Wei Han	104th	30.54
Liz Butler	114th	32.44
Pilsley Fell Race		
Dave Lodwick	59th	51.35
Bpr 27/8/16		
James Thurman	25th	20.17
Ben Milsom	32nd	20.40
Baz Barratt	51st	21.33
Max Barratt	148th	25.14
Drew Simpson	199th	26.41
Ashley Simpson	250th	29.00
Tooting Common pr		
Kathryn Evans	90th	23.41
MHpr 27/8/16		
Rob Milstead	21st	20.57
Steve Barnes	73rd	24.27
LVpr 27/8/16		
Igor Burbela	10th	20.42
Richard Curtis	22nd	22.43
Shaun Heaphy	68th	26.12
Marcus Shaikh	69th	26.35
Janet Hall	71st	26.59
Brian Feldman	118th	30.14
Sandwell 6 Towns		
Sophie Noble		
Rugby Rover 30k		
Chris Peach	154th	3.42.46
Atherstone 10k		
James Thurman	45th	44.33
Marcus Shaikh	176th	53.37

On the Fell

Great Hucklow (6.2 miles/1115ft)

By some unfortunate quirk of scheduling, there was a choice of fell races less than 6 miles apart (obviously, they don't talk). Having tried the Peak Forest race last year, it was time to give Great Hucklow a go. The showers had been replaced by sunshine by the time we assembled for the start. I was joined by a group of Stilton Striders and a couple of other county runners, with those in the know promising 'a good race with a bit of everything'. When you know there's plenty of climbing to come, a downhill start is a bit like spending your wages before you've earned them. After half a mile or so, we were into the first climb and payback had begun. Unlike many races, which follow rights of way, much of this one was across private land

(something like 6 landowners had had to grant permission for the race to take place). For one section a path had been cut and strimmed through the undergrowth, making it quite a challenge just to stay upright. The strength of local support is illustrated by the fact that each year, one of the farmers dismantles part of a dry stone wall to allow runners through and then rebuilds it afterwards.

Over all, it was a proper challenge with the uneven ground every bit as sapping as the climbs. The post-race cup of water was supplemented by bananas and flapjack (the perfect pick me up) and we waited for the last of the county runners to finish. This took longer than expected because as he'd been running through bushes, a branch had caught his glasses and flicked them off. Unable to see to find them he'd had to begin a finger-tip search of the undergrowth. Fortunately he was able to continue after a following runner had come to his assistance.



I'd had my eye on doing a double by adding an afternoon race about 20 miles north, but a waterlogged parking field had put paid to that. We retired to a local café for tea and chip butties but I declined an invitation to the 'saltiest pub in the peaks', an establishment called the Three Stags Heads (3 stag skulls are displayed on the front), where a request for anything other than bitter is met by a death stare (and you thought Royston Vasey was fictional)! 69/155

Windmill Fell Race (5 miles/950ft)

One of the disadvantages of being a Leicestershire fell runner is the distance you are forced to travel to events. Whilst the Charnwood

Hills Race and the Bradgate XC fit the bill, that's basically your lot. Kudos then, to Mark Lambell and West End Runners for adding a new event to the county calendar; the Windmill Fell Race. This low-key Wednesday evening event was limited to 100 entries but included all the essential elements; no frills, cheap entry, great atmosphere, nice scenery and some lung-busting climbs. Baz and Terry also managed to get their names on the list before the inevitable sell-out. Starting at the bottom of Mill Road in Woodhouse Eaves, the 5 mile course comprised two circuits of Windmill Hill and Broombriggs. The course was a proper challenge, spoilt only by the number of gates that had to be navigated. 29/90(DL), 51/90(TW), 56/90(CB)

Brooksie's Bash

Not a fell race but off-road and lots of fun, nonetheless. Ten miles of footpaths and tracks set in some lovely countryside on the Leicestershire/Derbyshire border. Organised by one of the Derby Runner clubs, Shelton Striders, the race was a fundraiser for Derbyshire MIND. Brian joined me for what proved to be an excellent event. Race HQ was in the very grand surroundings of Foremarke Hall, which is now the prep school for nearby Repton. The race started and finished in front of the Hall itself and it made a wonderful setting. The glorious weather just added to the sense of well-being as I warmed up around the pristine sports pitches.



This was my third race in 8 days and I was feeling a little weary. Of course the weariness only lasted for the first half mile and all thoughts of 'just a steady one' went out of the window (as they always seem to). The route, which took us past some colourful names like

Hangman's Stone, Bleak House and Seven Spouts, included barely 400m of road. There was plenty of variety in the terrain and the views, plus some welcome shade as we ran through little patches of woodland. At the finish, I was able to bask in warm sunshine while Brian enjoyed the last section; the beaming smile on his face as he finished was the most eloquent of race reviews.

The race looks set to grow in popularity and both of us will be looking for it again next year. 32/144(DL), 132/144(BF)

Pilsley (6.1 miles/804ft)

Parking was in the car park of the Chatsworth Farm Shop, which sits on a hilltop opposite the estate. We registered under an event shelter on the small village green and the race started outside the front door of the pub. A damp evening became damper still shortly after we headed for the fields but it hardly matters once you've got going; it's much harder for the marshals, stuck in the middle of nowhere. The course was all runnable and not too challenging; the highlight being a long section through Chatsworth Park with the house visible on the other side of a shallow valley. The cattle weren't too impressed with the extra company but fortunately they did their stampeding just below us rather than trying to join in the race. The race concluded with a climb back up to Pilsley and a return to the village green. By now the rain was quite heavy, so I didn't linger to find out my finishing position. 59/191

Birthdays	
September 8 th Ashley Simpson 16 th Steve Palmer 19 th Clare Mendes 21 st Amy Barnes 28 th Dan Barnes 28 th Kathryn Evans	October 2 nd Naomi Dickens 3 rd Paul Langham 5 th James Boyd 19 th Barbara Hermann 24 th Dave Bullivant 27 th Nick Cobley 27 th Richard Curtis (V55) 27 th Dave Lodwick 31 st Mark Coulson

