

# Roadhogs Leicester A.C.



September/October 2012

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

## End of Term Report

The Leicestershire Road Running League is over for another year. There have been some great individual performances but for our teams it's been a mixed year. With Mark and Mike only managing a single race each, the veteran men's tenure in Division 1 was more doomed than a Leicester City promotion push, so no surprises there. On the other hand, the senior men provided an unexpected boost. Lying in an unthreatening 4<sup>th</sup> place for much of the season, they produced a late run to promotion, only missing out on the divisional title in the last race.



For our ladies it was a season of 'what ifs'. With two races to go, our veteran ladies (3<sup>rd</sup> Div. 2) had promotion in their sights but then they all decided to take their summer holidays at the same time and the chance was lost. Our senior ladies also faltered at the crucial time, missing out by a single point.

Seven members showed tremendous staying power; completing all 11 races. Congratulations to Clare and Lee (in their first full seasons), Alison, Dale, Dave, Keith and Nick.

## Round Leicester Relay

Leg	Mixed		Men	
A	Dan Ban	50.22	Dave L	49.51
B	Dan B	44.20	Barry	62.50
C	Barbara	53.34	Ian	59.44
D	Valerie	57.38	Mark C	39.57
E	Ruth	54.15	Neil	45.02
F	Nick	51.42	Steve W	71.18
G	John S	68.40	Hitesh	62.22
H	Lee	53.52	Richard N	71.06
I	Alison	64.49	Colin S	60.48
J	Chris	61.49	Rex	88.32
K	Mark R	49.38	John D	62.25
L	Jerry	45.20	Sam R	63.06
M	Grace	52.38	Morgan	43.57
	11.48.37		13.00.58	

Thanks to everyone who made the day a success.

Report, page 5.

## LRRL Presentation Evening

Friday 2<sup>nd</sup> November, Birstall Social Club

Tickets £6 including buffet from Steve Martin

Come and celebrate the season with your fellow runners.

## Member News

A big welcome to new members Cheryl, Richard and Grace, and a warm welcome back to Fiona, who has re-joined.

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## Roadhogs in Riga (Part 2)

### Majori

Cocky from our success in finding the bus station on Saturday, we strove into the centre of town towards what we thought was the train station...an hour later and me, Dale and Rob had lost the rest of the group (too busy looking at funny T-shirts) without a phone between us and considerably slower; Rob was still suffering from cramp and my calves were aching. Somehow, we managed to locate the train station with its phallic clock tower (that's probably what helped us to locate!) and the rest of the group eventually sidled up. Buying tickets was another complex and intricate business but, once more proof that British rail is a complete rip off as we managed to wangle returns to Majori (about 25km from Riga) for 2 lats (about £2.30). However, the trains are rather more rickety than the ones East Midlands have to offer. They also seem to only account for the tall, lithe Latvian builds and have insanely large steps to access them. Once more it was carry Clare time! As we were clambering up the steps we realised the essential missing link to our motley crew: Baz! But it was too late. The train had pulled away from the station with a screech and a puff of smoke and no amount of desperate scanning of the platform made the lone Hogg appear!



Life's a beach

### Beached Hogs

So once more we were without Baz and once more we were scorned by the locals who at once recognised our intrusive foreignness. Munching on post-race nuts and jelly babies (and getting a much needed nap) the 30 minute journey went by quickly and we were soon back in the sun, our pace quickening at the sight of signs to the beach. Jackie, Mark and I stopped into the toilets on the way, wherein Mark had a run in

with the attendant who did not take kindly to him trying to dodge the 20 santími fee (about 30p).

Another group photo shoot at the beach and who should come strolling up but Baz! Upon realising he had been abandoned he'd taken a taxi, although at a steeper rate than the train, being stung at 20 lats (about £23). But the main thing is that we were all finally in one place together! The more hardy members of the group stripped down to swimwear and dove into the sea (I say hardy but I think some of them just needed the loo...\*cough\*Richard\*cough!). It was certainly Baltic, in both senses of the word, and a 10 minute dip sufficed before we retired back to the sand to build castles! Well that was the idea anyway but lack of a bucket and spade made this difficult. Dan was even sent out in search of one but to no avail! Instead we dug a hole and buried me! I think this cheered the group up considerably as it kept me quiet for five minutes...although the process of digging the hole did not impress certain members, particularly Jackie and Ruth who experienced showers of sand every few minutes!



Ruth keeps a wary eye on the kids

Bored of being buried and building sand boobies (to keep Dan entertained of course!) we moved on to the worst toenail competition. Now, bear in mind that the more gross your toenails are, the better runner you are - it has been scientifically tested, I swear. Jackie was appointed to chief judge. I'm not sure who won in the end actually. I think some people misinterpreted it so we quickly moved on to beach yoga and wheelbarrow races (well, not really races, it was basically just me and Jackie).

Once more, we realised that Baz had wandered from the group as we headed to the town centre for lunch. Luckily, when he eventually located us at the restaurant he took the following picture to show to people in case he lost us again.





Al fresco dining

Lunch was fairly uneventful: Ruth ate a meadow worth of salad, Dan and Ian ate the cheese from Ruth's cheese sandwich while Baz ate the bread...thrilling stuff! The real drama transpired on the journey back as we stood at the train station and belatedly realised that we were missing a Ruth! (The buddy system really had failed us! I'm still not entirely sure who my buddy was!) Like the gentleman he is, Richard stayed behind and saved our vegan damsel (who, it has recently transpired, had informed Craig she was going to the toilet but he had decided not to tell anyone this!). On the journey back I received a much needed education in running as Phil gave me some invaluable pointers about training, reminding me once more about the reason for coming to Riga in the first place!



Dessert sushi looks better than crisp pizza

### Last Night \*SOB\*

Once back in Riga we readied ourselves for the evening ahead and took a sedate walk through the park (well, sedate only after Dale had tried to throw Dan off a bridge!). To commemorate our last night in Riga (well, half the group's last night anyway) we tracked down a rooftop restaurant, oddly located at the top of a shopping centre! Here we enjoyed good food and wine (the wine compliments of Dave Swan. Cheers Dave!). Dan and I discovered another awesome end to the dinner: dessert sushi!

Some soppy speeches and several poser pictures later were followed by more drinking at the Victory Bar, which by now had begun to feel like our local! The men experienced the joys that Latvia has to offer in the basement of the bar, whilst Ruth and I were indignant about being excluded from following them by the burly security man (sexist!) Meanwhile, a local man offered several lats for Jackie but after some brief consideration by the guys his offer was declined. I managed to rope Ruth and Dan into drinking flaming Sambucas with me after which I was really seeing things...Keith had somehow travelled from Leicester to work behind the bar! I called out to him before realising that it wasn't Keith but, rather, Keith's Latvian doppelganger...spooky!



Baz asks 'Latvian Keith' about his Marathon record

The evening's hijinks included hi-jacking the jukebox and recreating the barrel dance around a chair as well as several more Sambucas and some Jaegerbombs, thrown in for good measure. After attacking Dan with a snooker cue, Ruth was escorted back to the hotel by Craig, Dale, Ian, Rob and Richard (at least we thought she had been. Turns out they took her to a 'gentleman's club' instead!) The rest of us moved on to the Kiwi Bar where Nick boasted his powers of mediation as well as his awesome ability to drink copious amounts of booze and still remain a most chilled out individual! Jackie got a second wind and props go to her for being the party animal of the night! It was me who failed at the all-nighter, eventually suggesting, with great yawns, that we go back to the hotel at 5.30am. With Nick propped up by Jackie and Dave (Mark suggested that they let him sleep it off in the street!), I held up an equally unsteady Dan. Let me tell you, in heels and on cobbled streets this was no mean feat! However, we

made it back in one piece and even managed a further hour's sleep to add to the four we'd obtained over the weekend!

## Day 4: Hogs are coming home! (well half of them are...)

A sigh of relief swept across the ladies' room in the morning when we realised that we'd no longer have to subsist on the merest amount of sleep: back to Leicester for us! The awesome ladies were joined by Dale, Rob, Richard, and Ian. We waited eagerly on the steps of Hotel Riga, on the lookout for that little yellow mini bus to take us to the airport...over half an hour later and still no sign of it but we did watch the non-Roadhogs put us to shame as Craig and Phil turned up after their morning run. The others were nowhere to be seen, sleeping off hangovers and blissfully unaware that the best part of the group were leaving (in my humble opinion, anyway!) In the end we decided to call taxis and were just climbing into them as a dishevelled Baz stormed up, suitcase in hand. Always one to make an entrance Baz had decided to make a swift exit back to the UK. So we piled into two taxis. In our car, Ruth, Rob, Dale and I enjoyed the contrapuntal experience of Brotherhood of Man's 'Save All Your Kisses For Me' booming from the stereo as our crazed driver sped through the streets, breaking just about every rule in the Highway Code! Just the way to end a relaxing holiday!

We only barely made it to the airport but luckily enjoyed a relatively stress-free trip through security (apart from my bra causing havoc with the metal detector!) We headed straight for Costas while Richard did some last minute shopping in duty free. The return plane journey was far quieter than the outbound one, with most of us dozing the whole way back. It was Rob whose holiday ended on a high as his 'lady friend' appeared at the airport to whisk him home. On that romantic note the rest of us trundled into the minibus and headed to our respective homes to sleep off the after effects of a most AWESOME holiday.

*Clare Mendes*

## Riga Continued

Since doing our trips away this was the first time that half our group come back home earlier (on the Monday) and the rest of us stayed until the Wednesday. We had Dan, Nick, Adam and myself from the club who lasted the distance joined by

Phil Critchlow, Dave Pearce and Craig Austin who stayed.

On the Monday it was quite a surprise to see half our group weren't there, so we all spent the majority of the day around the old town of Riga and went around a few local bars in the evening.

Tuesday came and we all decided to do something, so we went to the Television Tower which is 300m high. We went and got up to the point of 100m and the views over Riga were fantastic and well worth the visit. A bit later in the day we went on a boat trip which lasted an hour and that took us near the TV Tower again, but to see it from a different perspective was great too. In the evening we went the Skyline bar and had a relaxing bevvvy 26 storeys up.

Wednesday morning arrived and it's time to come home. So we all met up at breakfast and headed back.

On reflection, the trip to Riga has probably been the best place we have been (so far). I would definitely recommend it for a nice weekend. We were very lucky with the weather and the cost of living there was very good too.

*Mark....*

## For the Record

Parkrun 14/7/12		
Mark Ramsden	7th	18.10
Tom Martin	29th	21.07
Coventry Northbrook 10K		
Rex Stapleford	335th	60.56
Enigma Summer Marathon Race 1		
John Stew	41st	5.14.45
Enigma Summer Marathon Race 2		
Jon Heap	16th	4.22.24
John Stew	32nd	5.09.47
Madeyarun around the reservoir		
John Stew	25th	4.42
Parkrun 28/7/12		
Mark Ramsden	4th	17.46(PB)
Jackie Brown	39th	21.52
Clare Mendes	77th	26.29
Leicester City 5K		
Jackie Brown	14th	23.32
Ruth Stevely	19th	24.41
Parkrun 4/8/12		
Dale Jenkins	17th	19.50
Jackie Brown	36th	21.46(PB)
Clare Mendes	74th	25.45(PB)
Parkrun 18/08/12		
Mark Ramsden	13th	18.19
Dale Jenkins	20th	19.47(PB)

Tom Martin	33rd	20.49(PB)
Dan Bannatyne	35th	21.00(PB)
Barabara Hermann	94th	24.56
Clare Mendes	107th	24.44(PB)
Parkrun 25/08/12		
Mark Ramsden	4th	17.58
Leicester City 5K		
John Hallissey	13th	21.02(PB)
Jackie Brown	26th	22.50
Clare Mendes	48th	26.30
Enigma Gold Marathon		
John Stew	35th	5.09.30
Pathfinder Marathon		
John Stew		5.46.00
Wolverhampton Marathon		
John Stew	227th	5.13.59
Jungfrau Marathon		
Rob Milstead	99th	5.00.30
Grunty Fen Half Marathon		
Dale Jenkins	124th	1.40.55
Jackie Brown	125th	1.41.15(PB)
Colin Bowpitt	184th	1.42.02
Keith Dakin	269th	1.53.50
Clare Mendes	344th	2.02.56
Lucy McMillan	487th	2.22.27

## Marathon Round up

John has endured many indignities in his quest for 100 Marathons. He long ago gave up worrying about being passed by little old ladies and moving slower than a Post Office queue but maybe he just hit rock bottom:

*A Leicester man had to be rescued on Sunday during the annual Dovedale Dipper Challenge, when he became stuck to his waist in mud. A spokesman for the event said “we have had severe weather conditions in Derbyshire over the past 10 days, and the volume of water running off the Dales has been above the normal average.*

*John Stew, 54, of Aylestone became imbedded in a hollow whilst attempting to cross boggy ground 8 miles into the event. Fellow runners and walkers spent 30 minutes trying to free him, using a combination of walking poles and brute strength.*

*Mr Stew was finally freed by lying flat on his back in the mud, and quite literally having his legs pulled out one by one.*

*After walking the last mile to the next checkpoint, Mr Stew was hosed down by local volunteers, before setting off to complete the event.*

*His arrival at the finish was received with much laughter and applause; everyone appeared to have been told of “The Runner in the Bog”*

For the record, he’s now into the seventies (and that’s not just his taste in clothes).

Whilst John was hogging all the Marathons, Jon was allowed one and Rob M returned for a second go at the Jung Frau (which basically means running up a mountain with some of the fittest people in the world.....words fail me!).

## Birthdays

### September

6<sup>th</sup> Sara Benedi  
14<sup>th</sup> Karl Atton  
16<sup>th</sup> Steve Palmer  
19<sup>th</sup> Clare Mendes  
19<sup>th</sup> Barbara Hermann  
21<sup>st</sup> Amy Gasper  
28<sup>th</sup> Dan Barnes  
30<sup>th</sup> Barry Waterfield

### October

3<sup>rd</sup> Paul Langham  
6<sup>th</sup> Adam Clarke  
20<sup>th</sup> Mal Blyth  
24<sup>th</sup> Dave Bullivant  
27<sup>th</sup> Nick Cobley  
27<sup>th</sup> Dave Lodwick

## Round Leicester Relay

This year’s round didn’t get off to the best of starts. By the time I’d realised that the date had been brought forward from its usual slot, several of the people I was expecting to rely on had signed up for the Grunty Fen Half. Fortunately, the rest of the club rallied round and on a wing and a prayer, we managed to field two teams. This year, more than ever, the emphasis was on having fun and we had no ‘A team’. I’m sure we had the distinction of fielding the team with the highest average age and certainly, no other team could boast three runners over 75! Hot weather is something of a tradition for the round, whatever month it is held in. If you were planning an outdoor event and wanted to guarantee the weather, you could do worse than asking John Skev which date he’d chosen for the Round!

Dan Bannatyne and Dave L got things started with the opening leg from Swithland to Ratcliffe and probably enjoyed the best conditions of the day (apart from having the low sun full in their faces for most of the run). Dan Barnes, making his debut for the club, and Barry took over for the dash eastwards to Gaddesby. For once, we passed through the Bermuda triangle without



mishap; both Barbara and Ian having taken the precaution of practicing the leg beforehand.



Barbara means business

At Somerby, there was a change of plan. Ludo had spent the last few days ill in bed, so we patched Mark C together and he set off on a journey into the unknown (his longest run for many weeks). Valerie, suffering from the after effects of the John Fraser wasn't confident about her ability to get to the end in one piece, either. Fortunately, they both reached Loddington unscathed. Neil, a late call up to the squad set off for Slawston, followed a little later by Ruth. By now it was getting seriously hot and the support teams were kept busy dispensing drinks by the roadside.

Steve W set off from Slawston on the longest leg of the day with a decent lead on Nick but he must have spent most of the run expecting to hear pounding feet behind him. In the event, despite Nick putting in a good time (with Mark riding behind him like the trainer in *Rocky*), Steve was the first to leave the canal and reach the changeover at Foxton. By the time he arrived, John S and Hitesh had already gone (after an early restart). Whilst John suffered in the heat, Hitesh had a great run; although he put so much effort into it that it looked as if he was going to stage a sit down protest when he reached the crowd gathered outside the airfield and discovered that the actual finish was still another 100m down the road!

Richard started from Bruntingthorpe with the advantage but Lee is in such good form that he soon wiped out the deficit and started to forge ahead. As luck would have it, Richard had an enjoyable run after finding himself running side by side with his sister, who was turning out for West End. As we waited in Frolesworth, John D

reminded me that he'd never met Rex (who was handing over to him) and I realised that neither of our Leg J runners had ever met our Leg K runners! Fortunately, I was able to show John a picture of Rex on our website; potential disaster averted.

From Frolesworth, as Alison suffered in the heat, Colin closed but could not eliminate the mixed team's advantage. Meanwhile, the club's top navigators (Mark and Nick) had set off to cycle from Foxton to Frolesworth to offer encouragement to their team-mates. They finally arrived (via Harborough, I believe) about half an hour after the runners had departed!



Steve: The strain starts to show

Leg J is one of the trickiest to navigate (as Dale has previously found to his cost) so we went for local knowledge, in the form of Rex (who lives in nearby Barlestone) and the off-road navigation skills of Chris. Rex suffered somewhat in the heat but these two handed over safely to Mark R and John D, whose leg included a real sting in the tail with the climb from Thornton up to South Charnwood School.

Despite being emasculated by the removal of Beacon Hill from the route, the penultimate leg still represents a challenge; it's mostly off road, tricky to follow and contains more gates and stiles than any other leg. Jerry had done the leg before but Sam R was experiencing the relay for the first time. His bad luck began when he reached the point at which the leg should have ended. For some unknown reason, the timekeepers had set up the handover point 50m down the track, necessitating a right turn. Sam having been told by Kim that the leg ended on the top of Beacon Hill, turned left and started climbing. I'm not sure how many minutes he ran

for, before it dawned on him that nobody was following, but it certainly did some damage to his time. When he finally did reach the finish, insult was added to injury by the long wait for Kim, who was standing on top of the Beacon wondering why it was so quiet!



Ruth enjoying the sun

Craig has an affinity with the last leg of the relay but this year he was unable to run because of a chronic pie problem. However, ever the team man, he lined us up with a more than adequate substitute in the person of his friend Morgan. To complete an all new line up we had Grace who gamely stepped in at the last minute to save Trudy from doing further damage to her injured leg. Both acquitted themselves extremely well providing a finishing flourish for the teams in front of an enthusiastic group of supporters.

After over 90 miles of racing our mixed team finished 17<sup>th</sup> and our men 24<sup>th</sup> (26 teams entered).

## Leicester Running Shop LRRL Summer League: Hungarton 7

The Roadhogg love affair with the hills of East Leicestershire continues. Despite the poor weather in the run up and the subsequent problems with parking, we had 36 finishers (just one down on our all-time record). Ludo and Valerie made their league come-back and Steve Palmer, Amy Gasper and Richard Scott all made welcome debuts for the club. In the end, it was quite a decent evening for running; the temperature wasn't too high and the promised rain only made a half-hearted attempt.

Charlotte (19<sup>th</sup>) was completing just her second league race of the year but already, she seems to be in fine form, finishing just 2 seconds outside of her previous best for the race. Ruth (35<sup>th</sup>) also ran well before Amy (59<sup>th</sup>) and Barbara (63<sup>rd</sup>) came, in just over the hour, to give us a counting four. Next up were Clare (74<sup>th</sup>) and Trudy (79<sup>th</sup>). Valerie (109<sup>th</sup>) eased herself back in to racing before Lucy (114<sup>th</sup>), improving race by race, and Alison (130<sup>th</sup>) completed the team.



Hitesh: Cool in the sun

The return of Ludo (21<sup>st</sup>) meant that Nick (14<sup>th</sup>) had to be on his mettle to continue his run of finishing first Hogg. This he managed by a half minute or so with Mark R (32<sup>nd</sup>) a further minute back. Neil (77<sup>th</sup>) led in Sam J (89<sup>th</sup>) and Simon (94<sup>th</sup>) before we registered our first veteran in Dale (104<sup>th</sup>). Tom (116<sup>th</sup>) completed the eight before Dave (132<sup>nd</sup>) gave Richard S (133<sup>rd</sup>) the now traditional welcome by 'Lodwicking' him in the run to the line. There then followed a steady flow of burgundy vested runners; Lee (139<sup>th</sup>) was going well but slightly ran out of steam, then Dan (143<sup>rd</sup>; starting to get his form back), Roger (152<sup>nd</sup>), and Martin (160<sup>th</sup>), just getting the better of John H (161<sup>st</sup>). Dave B (175<sup>th</sup>) and debutant Steve Palmer (178<sup>th</sup>) finished in close order, putting in some solid 8-minute miles. Then there was heavy traffic with Hitesh (189<sup>th</sup>), Rob T (195<sup>th</sup>), Ham (198<sup>th</sup>) and Keith (199<sup>th</sup>) all finishing in quick succession. Sam R (228<sup>th</sup>) was followed first by John S (230<sup>th</sup>), then Ian (239<sup>th</sup>) and Steve M (241<sup>st</sup>). Our final pair was Richard N (248<sup>th</sup>) and Barry (251<sup>st</sup>).

## Leicester Running Shop LRRL Summer League: Joy Cann 5

Huncote may not be the prettiest of courses but it generally turns out to be a quick one and the midweek staging always seems to attract a good

crowd. It turned out to be a great evening for the club with members helping themselves to fast times like Nick at a buffet! The man himself (18th) wasn't quite there but form man, Mark R (30th), smashed his PB (getting close to the 30-minute barrier in the process). Simon ran well for 70th but behind him Lee (74th) slashed an impressive 2 minutes off his previous mark. Dale (86th) sprained his ankle in the warm-up and for a while it looked like his 100% record might be under threat, but so desperate was he to finish and bring an end to the pain that he nearly broke his PB! Another couple of men on form were Sam J (89th) and John H (102nd), who recorded his quickest ever race. Tom (117th) completed the eight, with Roger (140th), Martin (149th) and Steve P (154th) following behind (and completing the veteran team).



If Lee ever discovers training.....look out world!

Keith (172nd) led in Dave L (177th; opting for an easy race) and Hitesh (185th). Sam R (196th) ran his fastest 5-miler since he was in short trousers (2004) and Ham (214th) missed his PB by just a single second. Richard N (243rd) also joined in the PB party before Colin (248th) and Barry (252nd) came home to complete the team.

Were our ladies going to sit back and let the men grab all the glory? Not on your life; Bec, who is really starting to enjoy her running again after an injury layoff, went out really fast. Jackie's efforts to stay with the pace meant that by the time Bec (17th) shook her off, a 19th placed finish and PB were as good as in the bag. Ruth (58th) too, was flying and she added to the list of PBs. Barbara (89th) and Clare (90th; putting last year's nightmare race behind her) battled for the honour of being fourth counter before Lucy (124th) and Alison (143rd) came in to round off the team.

## Leicester Running Shop LRRL Summer League: Hermitage 10K

The Hermitage 10K mixes the mundane (housing estates) with the magnificent (Mount St Bernard and the Charnwood Hills) and throws in plenty of climbing for good measure. 2012 marked its debut as a league race and there were subtle changes to the route to accommodate the anticipated increase in numbers. Jon Heap, Chris Mann and I had run it in its inaugural year (2007) but such is my memory of suffering on those hills, I hadn't ventured back since.

Summer holidays meant we were a little light on numbers but there was one notable addition to the team. Most people would celebrate turning 80 with something a little less strenuous (a game of dominoes and a cup of cocoa perhaps), but Rex is not most people. He has celebrated the milestone by adding road races to his usual diet of long off-roaders. This was his first League race since 2006 but the smooth style that characterises his running was still much in evidence.

Bec (14th) was in a class of her own and it was a long time before she had any team mates for company. Barbara (71st) was best of the rest, and then came Clare (75th), Lucy (76th; belying the difficulty of the course by setting a PB) and Alison (103rd), completing the quintet.

## Leicester Running Shop LRRL Summer League: John Fraser 10

And so to the last race of the season. Whilst the fate of most of our teams had already been decided, the senior men still had it all to play for. A win on the day would make us champions and a top two finish would be good enough for promotion. There was also some personal pride at stake with 7 100% records to be defended. We also had the return to racing of Fiona A and the debut of new girl Cheryl (talk about baptism of fire!). Conditions were relatively favourable despite a bit of humidity. Ten miles is a classic distance and not used so often nowadays but it is still probably the best test of an endurance runner's ability; there's nowhere to hide and it requires strength and speed in equal measure.

Since suffering a stress-fracture at the beginning of the year Ludo has had to re-model his running style and rebuild his fitness very patiently. Like



Steve Austin (The 6-Million Dollar Man, for younger readers) he seems to have come back "better, faster, stronger"! Today he came 8th (6th LRRL runner), recorded a 58.46 PB and beat Nick (10th) for the first time. It is a long time since we had two men in the League top 10 and even longer since neither of them was Mike Munday or Mark Chamberlain.

The fast men were well backed up by Neil (60th), Jerry (63rd) and Dale (74th). Lee (92nd), starting to get the hang of the longer distances, and Colin (100th) made it seven in the top hundred. The eighth counter was Chris (106th) making a welcome and timely return to league racing; all this ultra-racing has obviously left him in great shape. Dave L knocked out a standard John Fraser performance for 115th, and then we were treated to a great battle with Dan Ban (126th) 'Lodwicking' John H (127th) on the line.

Keith (144th) is starting to look 'Marathon ready' again and got the better of Martin (149th). These two were followed by John D (155th), easing himself back to fitness ahead of the Berlin Marathon at the end of the month, and Rob T

(158th). Our final pair were Ham (193rd; his longest race to date) and limping in, having pulled up with a groin-strain, Sam J (209th).

Jackie underlined her terrific run of form with 9th (3rd lady vet) but she didn't have things all her own way with Charlotte (12th) actually bettering her on chip time. Not surprisingly, both of them obliterated their PBs. Behind these two there were more good performances from Rachael (50th), Amy (56th) and Clare (63rd; and a PB). Valerie (97th), found it all rather tough, before we had Lucy (102nd; another one attempting her longest race to date) and Alison (110th). Cheryl (117th) put in a great effort, finishing in front of Fiona (118th) in her first ever race.

Sadly, the efforts of our men were not sufficient to win the title but we had the not inconsiderable consolation of finishing as runners up and gaining promotion to Division 1. We also had the 'Return of the Magnificent Seven' to celebrate, with Alison, Clare, Dale, Dave, Keith, Lee and Nick all qualifying for 100% awards.