

Roadhoggs Leicester A.C.



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Affiliated MCAA, LRRL, DRL, RWA.

Club 10K Handicap: David Does it!

The annual handicap was contested by 18 runners. After a painstaking evening's research I had come up with a handicap for every member who could possibly turn up. Not an easy task, given that a couple had never run a 10K before! I arrived at Manor Road to be confronted by Ian, Ben and Anne-Marie who were attending their first training session and Edmund who was only on his third. Ian (who knew him of old) and Ben reckoned that Baz would be a good yardstick. So that was easy, then?

We're none of us consistent but Baz can run like a shire horse (steady and dependable) one week and a thoroughbred the next and I'm not sure even he can predict which one it is going to be! Edmund, who is a natural, showed impeccable manners by volunteering for a testing target time. Anne-Marie was more concerned about getting back before it was dark, so she set off with Baz (as guide) at the same time as Colin.

Running a handicap is an odd experience, a bit like running the Round Leicester Relay. You have to judge your pace carefully (with no other runners to act as markers) and if the handicapper has done his job properly, you won't see a soul until the end. It wasn't quite the blanket finish that it was supposed to be but in the end David Cabaniuk managed to hold off John McDonald by the slender margin of 3 seconds, with Ben only a further 18s adrift. That's now two runners up spots for John. Rachel and Charlotte finished, as they had started, together. Now Kim, had he been there, would probably have accused them of chatting but I'd rather just put it down to good handicapping! In the end, 17 runners were covered by just 5 minutes.



Au Revoir to Craig

Longstanding member, Craig, is taking up an exciting new opportunity in the lovely city of Bath. The total immersion course in "yokel" having been successfully completed, he has bid his fond farewells to Leicester. Those of us who like to make the occasional joke at Craig's expense will be relieved that his cleaver (shame on those of you who thought of a more appropriate word - this is a family publication!) and all those sharp knives have been placed in retirement. Unfortunately, we'll still have to watch our step because he's swapping them for a hammer and chisel. Craig will be training to be a stonemason and hopes to move into restoration carving once he has completed the course. Good luck, mate. We'll look forward to some colourful reports from our new foreign correspondent in the land of scrumpy and smocks.



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Elmhurst 4 on the 4th, 04/07/2008

These days I do most of my running off road because my knees and ankles ache. But a few weeks ago I had told a business buddy in Chicago that I was on holiday near there during the beginning of July. My idea was to meet up with him for a beer, but during the emails he mentioned he had took up running again (I didn't know he used to be a runner) and his club, Elmhurst Runners, were hosting a 4-mile road race on 4th July. And so my friend Colin entered me in the race.

With my partner Lynne and family Mark & Jackie we arrived at Colin's house on 3rd July and stayed over. We had dinner at a local Mexican; I suppose that beer and chilli peppers the night before a race probably wasn't the best preparation but it pretty much guaranteed me a following wind the next morning. The next day we were up at 5.30 because the race started at 7.15 (!!). Colin explained that this was because they need to clear the roads for their 4th July parade, but also it does get quite hot this time of year so they usually start early anyway for the runners' sake. After a coffee and a scone fresh out of the oven (mmm) we jogged to the start which was less than a mile away. Lynne and the others strolled along later in time to watch the start; for some reason they were not really keen to be dragged out of bed at that time of the day.



At the start area my chip timer was strapped to my ankle, very impressive. The event could accommodate up to 1,000 runners and by 6.30 am the area was buzzing. I went for a warm-up run to check out the gradual downhill start and could see that it would be fairly quick from the off. My target was 32 minutes, but realistically I was expecting 33 or so because I find 8-minute miles hard work these days though years ago I would have bombed round this course at 6's. Colin was hoping to break 28 minutes but was

only just recovering from a cold so was also expecting a minute or two slower. Before the start, a local girl sang the 'stars and stripes', she sang it beautifully while everyone stood still and in due silence. These people are so patriotic. I wished Colin and his Elmhurst teammates good luck and wandered further back amongst the waiting runners because I prefer to start further back.

After the start siren there is usually a few seconds of waiting, then you start to walk and then jog over the start line but by the time I got there the race ahead of me had stopped and hundreds of runners were pushing their way back ... there had been a false start and recall !! I have never known that in mass race before. The starter settled us all down again (baah baah) and we set off. It was an out-and-back course with the only hills being the one at the start/finish and one through an underpass, quite a flat course really. The downhill start was quick but I was ok, then a couple of turns and we were running back up a parallel road. At the first mile I was feeling good and enjoying it though I was already sweating well in the heat. There were club supporters around the course shouting at everyone and ringing cowbells.



Then I passed the leaders coming back. This was good I thought, the turnaround must be just up the road and I would soon be on my way back as well, but I hadn't worked out that I was only at 1.5 miles, the turn was still half a mile away, and they were already a mile ahead of me! In the lead group of 4 was a woman holding her own with the men; I learned later that she had finished 4th in the US Olympic trails just a week before so that gives you some idea of the competition I was up against ha ha. In the end she finished 11th overall in 21.34 which was just over 5-minute miling.



I turned at 2 miles and came back though the underpass, and on to mile 3 in just over 24 minutes so my target of 32 was on. I was really working and sweating now but the last mile was a gentle down before the final turn by the railway track then up the long climb to the finish, cowbells everywhere. I pushed it to the end, hoping that Lynne and Jackie saw me and took photos. I finished in a chip time of 31.53, target achieved and the quickest I had run for a long while. Colin did 30.22 which he was a bit disappointed with but not bad recovering from a cold. There were 801 finishers and I was 354th overall (top half!!) so I was really pleased with my run. The winning time was 19.26 with the first 4 under 20 minutes including a 15 year old, phew.



Photos courtesy of Elmhurst Runners and Jackie Ratcliffe

The race entry cost is \$22 (£12) but the goodie bags were great; race t-shirt, drinks bottle, notebook, food, toiletry bag and lots of flyers so it's worth it. I saw in the provisional results that I had been placed 5th in the woman's 50-54 results ... this has happened to me before because of my name so I know what its like Ceri. The organisers put this right after I emailed them a couple of days later, taking my word for it though I was willing to go back and take a sex test. Back at Colin's house we swapped club vests as souvenirs and I also gave him a Langton Run t-shirt so soon we should be receiving race enquiries from USA. Then came a moment I was not looking forward to; the ceremonial dumping of the shorts. I have some green shorts which I have raced in for years and they are very dear to me. But I had to accept that they were full of rips and holes underneath and I was beginning to flash when I did my stretching. I was made to put them in Colin's trashbin and I stood and bowed my head in due respect. Now I have to buy some more in photos for the cross country season.

Later we watched the 4th July parade in Elmhurst then went to downtown Chicago, it was steaming hot all day so I was pleased we ran so early. The event organisation and support on the course was first class, 3 drink stations (in a 4-miler!) and help from the local scouts. Also there were policemen and patrol cars out stopping traffic and leading the race, so different from our local races where the police will not help. Maybe one day we'll get some Elmhurst runners over here. It was a very enjoyable day and made a change from running here in the rain, but I still wouldn't make a habit of road racing because it still hurts. *Kim Richardson*

Social Events

Official “funmeister”, Keith has been busy. First there was an excellent quiz and then there was a picnic and rounders evening. Despite Keith’s (wrong village) and my (wrong pub) best efforts on the publicity there was a bumper turnout for the quiz evening. Our chairman thought up some devilish questions and his glamorous assistant did the maths. At the end of a hard fought contest, “Dave’s Divas” (Charlotte, Rebecca, Alison, yours truly and secret weapon, Anna) just pipped “Last to Arrive” (Rachel, Dave, Shimul and partner). The Heathcote Arms put on some excellent food (better than the usual “bowling supper”) and everyone seemed to have a great time. The one disappointment was that Paula was too busy with her last-minute Olympic preparations to make it along for the evening.



Hot on the heels of the quiz was the “fun and games night” in Knighton Park. A smaller turn out for this one but great fun, nonetheless. A vigorously contested game of rounders was followed by an impressive spread of food. We were treated to fairy cakes decorated by Callum, Anna’s chocolate cake and all sorts of other goodies. Even though Trudy seemed to have brought half the stock from the cake shop where she works, Keith still insisted on doing a “chip run”. I’m not sure the “Dakin Diet” (pork pie and chips) will catch on much outside of Leicestershire.



Ladies' LRRL Statistics

	HUNGARTON 7			HUNCOTE 5		
	pos	time	m/m	pos	time	m/m
Rebecca Bromwich	28	54.17	7.45	25	35.25	7.05
Cathy Haward				76	42.23	8.29
Alison Lodwick	90	1.07.09	9.36	108	47.03	9.25
Rachel Moyes	65	1.00.07	8.35	52	39.06	7.49
Trudy Sharpe	49	57.26	8.12	62	40.34	8.07

Birthdays

September

14th Karl Atton is 37
 16th Jerry Askham is 51
 30th John McDonald is 31
 30th Barry Waterfield is 73

October

20th Malcolm Blyth is 72
 27th Nick Cobley is 22
 27th Dave Lodwick is 48



Round Leicester Relay

This year, the Round Leicester Relay takes place on Sunday September 28th (Start 8.15 am). Following the success of last year, I am hoping that we will again be able to enter two teams (1 men's and 1 mixed). For anyone who is unfamiliar with the event, it is a 13-stage relay which loosely follows the course of the Leicester Round footpath through the Leicestershire countryside. The legs vary from less than 6 to just over 9 miles. Some are completely on roads and others are a mix of road and cross country. For some stages there is a fixed route, whilst others may offer some free choice (although most runners seem to follow the suggested routes). Descriptions and maps of each stage can be found on the RLR website at: <http://www.round-leicester-relay.co.uk/>



If you are interested in joining in, please let Dave or Steve know. It would help with planning, if you could indicate whether you have a preference for a particular stage, time of day or segment of the compass e.g. an Eastern or a Southern stage. Don't worry about speed (or lack of it), as far as we are concerned, the emphasis is on enjoying one of the best, and friendliest, events in the Leicestershire running calendar.



Gettin' Muddy with Kim

Arnesby May Fayre

Not much mud this month, but Kim is claiming some sort of record having now completed this race with all three of his offspring.

For those of you anxiously awaiting the new Derby Runner fixtures, they should be out in the middle of the month.

If you want to do something to raise your spirits and make you feel good about life, why not come along and help Kim with the Primary Schools cross country races? Whether you hare (at the front) or tortoise (at the back) you'll find it an uplifting experience seeing 2000-odd kids give a lie to the "Play Station generation" tag.

East Midlands Grand Prix Series 2008

The East Midlands Grand Prix is a series of 8 midweek races dotted around the South-Eastern part of the Midlands. The series is very well established and the opening race, the Silverstone 10K was celebrating its 25th anniversary. A recent development has been the possibility of entering the whole series for a single payment (£35 for 8 races). Although the series ratings are based on a runner's best 5 results, once you've signed up for this bargain offer you feel obliged to do the whole lot! I was joined in this mad quest by Jon, Rob and ex-Hogg Angela Ladkin. To add to the interest of our epic quest, various other Hoggs put in guest appearances from time to time.

The best I can say about Silverstone is that it is marginally more interesting than Prestwold! Fortunately, it is more sheltered and so represents a good bet for a PB. Despite Rob having done his usual Marathon training run (3 laps of the Kibworth 6 course) two days before, it took me nearly the whole 10km to catch him and we battled it out at the death, ending up a second apart and each with a PB for the scrapbook. Jon was still suffering with injury but Angela recorded an excellent result finishing 3rd in her age group.

The Rugby 6 came 3 days after the horrors of Hinckley but fortunately no one was feeling any after effects. Rugby council did their level best to sabotage the event by changing the locks to

the playing field where everyone parks and where the race finishes. Fortunately, there was sufficient space on the surrounding streets for parking and a swift restyling of the finish saved the day. John MacDonald joined us to show the old men how it's done, recording a sub 39 minute PB. I had another good day, lowering the PB and breaking 40 minutes for the first time. Rob decided to take it easy but ended up having a sprint out with an old guy with a beard. As soon as Rob's adversary crossed the line he started wincing, staggering and was soon doubled up and apparently in considerable discomfort. Jon (who had finished just behind) and I didn't know whether to laugh or call an ambulance so we scolded Rob for pushing the guy too hard instead! Fortunately, there seemed to be no lasting damage.

Bedford is a bit of a trek, but the Bedford 6 is usually a good opportunity for a quick time and a high finish. After the dramas of my last minute arrival on the previous occasion that I ran this race I was determined to avoid a repeat. Jon and Angela got us off to a shaky start by getting stuck on Soar Valley Way but fortunately, that was the only delay and we made it with sufficient in hand. The race was pretty uneventful apart from another few seconds off the PB and another performance from Rob's "friend". It was like something from a game that was popular when I was a kid. One boy would pretend to shoot another who would then proceed to stagger and collapse, like a true Hollywood hero about to breathe his last.



The run of PBs came to an abrupt halt at Corby. The race is based at East Carlton Country Park and the course is very scenic. However, the start is lower than the finish and the final mile is all up hill so quick times are out of the question.

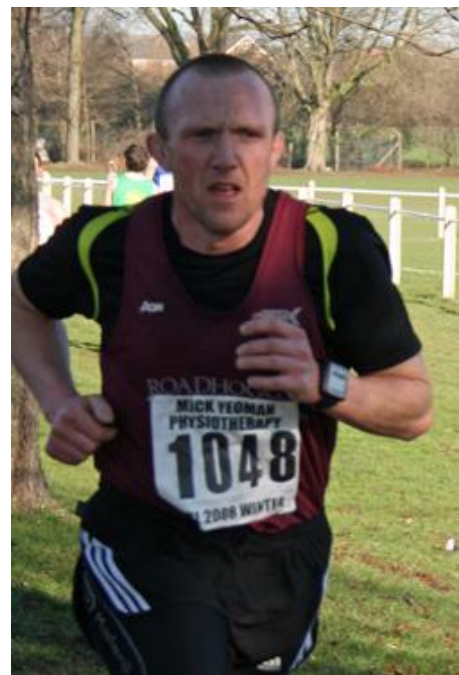
This time the regulars were joined by someone called John Stewart (presumably the organisers thought John was too lazy to write his whole surname on the form and helpfully completed it for him).



Heavy downpours had quite an impact on the Weedon 10K. The organisers were seriously worried that we'd all get stuck on the recreation ground they were using as a car park and the path to the race HQ had become a stream. At the start of the race we were warned about surface water and at one point the course was completely blocked by a giant puddle. It's a lovely course but a real challenge, with a couple of big hills. I got into a duel with a lady from Huncote (who'd narrowly beaten me at West End) which meant I hammered it virtually the whole way round. At the finish, Rob and I couldn't resist striking up a conversation with our theatrical friend - it turns out the regular dying swan act is the result of an old war wound (well, hernia scar really). Later on I was approached by a local resident, someone who will be familiar to many of you, Andy Cooke. Andy was a member of the club when I first joined and was responsible for dragging the club into the 21st century by using his IT skills to introduce new-fangled things like newsletters and websites. He's obviously still keeping himself fit (even though he wasn't actually racing) and was very keen to hear news of the club.

Banbury was where the wheel started to fall off for me. The start was pretty inauspicious - a long drive from Leicester with only a vague idea of where the race actually was. Finding the course proved relatively easy but finding the car park was a real challenge. I've been to some poorly organised races but this was probably the worst. No signs and no marshals. After driving up and down course aimlessly for a while, I finally found

the school which was being used as HQ (which turned out to be nowhere near either the start or the finish of the race. Car parking was a free for all (not a marshal in sight). The only way to find the start (about half a mile away in the middle of a housing estate) was to follow the crowd and hope you didn't end up in Tesco's. The race itself didn't improve things (for me at least). My ambitious racing schedule had finally caught up with me and suddenly it felt like I was going backwards. Jon too had a race to forget, being forced to back off completely as his troublesome calf threatened to do something spectacular. Rob, who despite his talent for the Marathon seems to thrive on 5-milers, knocked out another good one.



At Harborough, the four musketeers were joined by Mark and Dale. Rob, Dale and (remarkably, after the previous week) Jon, all had good ones on a course which starts and finishes under the wall of Gartree nick. Gives a whole new meaning to the phrase "do a runner"! Fortunately, the bit in the middle is a bit more green and pleasant. And so to the final race, the MK 10K. I did the race a year or two back, but absence hasn't made the heart grow any fonder. It's a flat course so you'd think it would be quick but there's too much dodging in and out of underpasses and other twiddly bits, so you never generate any rhythm. I died after 4k (4K!!!) and ran the rest from memory (the memory of once being a runner). Rob took the honours, again, but it wasn't a day for sparkling performances.

Series standings: SM; Jon 46th, MV45; Dave 7th, MV50; Rob 7th, FV45; Angela 4th.

LRRL Summer League

Hungarton 7

Welly boots were the order of the day at Hungarton, for the spectators at least. Actually, it might even things up a bit if Mark Powell, Tim Hartley, Gordon Lee et al. were forced to wear them! On the way to the village I was more concerned about how we were all going to get out of the car park (field) than about the race itself. The Hungarton 7 is billed as the toughest road race in the County but it is also many people's favourite. Thankfully, the rain was not too heavy beforehand and for the actual race itself conditions were pretty good (if you ignored the strong breeze).

Mark (19th) led us in, just managing to keep below 6-minute miling. Peter (27th) put in another fine performance, finishing only 20 seconds behind (although he was disappointed to lose places on the final descent). John McD was running incognito (having forgotten his vest) but there was nothing low key about his run, finishing 67th in 45.46. Nick (96th) had a steady one, finishing just in front of Simon (99th), who despite getting his excuses in beforehand, ran a stormer. Rob (108th) put in a solid run but faded towards the end, giving a fast finishing Dave (110th) a glimpse of glory before closing the door. That left us needing one more for the eight. Ceri (124th) had been closing on Dave at the top of the hill but lost his killer instinct in the final mile, getting mugged for a few places by faster finishers into the bargain. Dale served notice that he is starting to regain his edge with a good performance to bag 139th. Chris (181st) just managed to out sprint a fast improving Jon (184th). Tom is struggling for form after a series of injuries, but should have been pleased with his run for 197th, a marked improvement on his West End effort. Steve (264th) led in Baz (271st) and John Stew (281st). Colin was not running, so that just left Barry and he duly obliged with 399th.

For the second race in a row, it was Rebecca (28th lady) who led the team home with an excellent 54.17. Trudy managed to break the top 50 (49th) and Rachel was her reliable self (65th). For the first time this year, Cathy was unavailable so it was left to Alison (90th) to complete the four as well as banking the vet points.

It's fair to say that Rachel sometimes times her arrival at races quite finely. On Wednesday however, she was made to look like a right amateur by one of the OWLs. This lad arrived so late he had to run without a number. The organisers were actually quite relaxed about this, but not so happy with where he abandoned his car - 20m from the finish - forcing 400 odd runners to dodge round it as they sprinted for the line!

Huncote

If you set out to design a course for 500 runners there is no way you'd chose the Huncote course but established races are generally forgiven when they outgrow their setting. The first mile involves a mad chase through a housing estate dodging parked cars left, right and centre. I often wonder how many wing mirrors are left on the road after the runners have passed. Apart from a switch from the left side of the road to the right side at mile 4 the rest of the route is pretty safe and uneventful. Aside from the rather high humidity, conditions were pretty good for running. The generous prize fund makes sure that the race always attracts a strong field so finishing positions don't always match the quality of the individual performance.

Rebecca continued her rapid improvement clocking a superb 35.25 for 25th place - the 7min/mile barrier is looking distinctly vulnerable. Next up was Rachel (52nd in 39.08) - some snazzy new trainers and a bit of sneaky training leading to her best performance since the same race last year. Trudy (62nd) and Cathy (72nd) completed the four, whilst a sleep-deprived Alison was a bit off the pace in 108th.

Neither Mark (40th) or Peter (69th) were at their best, both well down on their efforts of 12 months before. Nick was disappointed with his 92nd but he is struggling with the consequences of a back problem, so he shouldn't be too hard on himself. Rob's solid run for 104th left us needing another four finishers and they duly arrived, almost in convoy. Craig and Dave overhauled Dale in the final half mile and by the time a ding-dong battle had gone the way of Dave they caught up with Ceri too. It finished Ceri 124th, Dave 125th, Craig 127th and Dale 129th, but Dale had a PB to celebrate so he was happy anyway. Another happy Hogg was Chris, grabbing a PB barely more than a week after completing a 30 mile race - Huncote must have seemed like a sprint! Baz finished hot on Chris's heels,

recording his best result since the Winter League. Jon 198th and John S (220th) are both well in to their Marathon training so they were probably barely warmed up by the finish. Martin (233rd) was a whisker away from his quickest race of the season, finishing just in front of Steve

(234th). Colin 291st produced the best performance of his come-back (so far), whilst Barry was 2 minutes adrift, nursing a sore knee, in 295th.

Men's LRRL Statistics

	HUNGARTON 7			HUNCOTE 5		
Craig Atton				127	33.34	6.43
Baz Barratt	271	55.22	7.55	165	34.56	6.59
Martin Capell				233	38.12	7.38
Mark Chamberlain	19	41.54	5.59	40	29.50	5.58
Nick Cobley	96	47.31	6.47	92	32.15	6.27
Ceri Davies	124	48.44	6.58	124	33.30	6.42
Simon Fryer	99	47.39	6.48			
Jon Heap	184	51.02	7.17	198	36.00	7.12
Dale Jenkins	139	49.30	7.04	129	33.36	6.43
Dave Lodwick	110	48.19	6.54	125	33.30	6.42
Steve Martin	264	55.03	7.52	234	38.17	7.39
Tom Martin	197	51.22	7.20			
John McDonald	67	45.46	6.32			
Rob Milstead	108	48.15	6.54	104	32.39	6.32
Chris Peach	181	50.58	7.17	163	34.52	6.58
Peter Sloneczny	27	42.14	6.02	69	31.00	6.12
Colin Smith				291	44.51	8.58
John Stew	281	56.30	8.04	220	37.27	7.29
Barry Waterfield	399	1.08.38	9.48	295	47.19	9.28

Training Runs

Wed 10th Sept Star & Garter (Wigston)(LE18 1DS)
 Wed 17th Sept Old Horse Pub Roadshow (LE2 1NE)
 Wed 24th Sept Manor Road

Then every Wednesday at Manor Road until the Spring.

Caption Competition: What's Pam saying?



Is she describing the one that got away (husband that is)? Or is she showing Mark how wide Keith will be if he can't run another Marathon soon?

Leicester Marathon

The rejuvenated Leicester Marathon will once again be starting and finishing in Victoria park. Much of the course has been altered from last year. It is certainly flatter and looks like it will be fun too. From the start, the route goes through the City centre before following the Melton Road all the way to Syston. The Full and Half courses split at the Hope & Anchor on the far side of Watermead Park. This time, the Marathon loop takes in Barkby, Queniborough, East Goscote, Rearsby, Thruslington and Ratcliffe. After rejoining the Half, the course goes through the park and into Birstall. From there it follows the Soar down to Abbey Park. An underpass takes runners back into the City centre and towards New Walk. This time, the finish will be in front of De Montfort Hall, thus avoiding last year's tough finish.