

# Roadhogs Leicester A.C.



Sept/October 2010

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

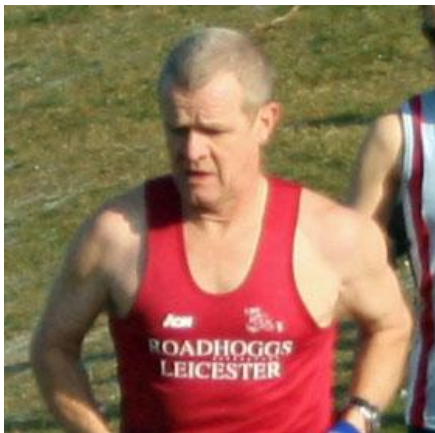


## Conquering the Jungfrau

The Jungfrau Marathon, now in its 18<sup>th</sup> year, is not your average PB-friendly affair. The first 10K have a flat profile, but the next 30K require you to climb over 1800m. For those of you that like your horrors in old money, that's nearly 6,000ft (or two Scafell pikes, one on top of the other)! If that wasn't enough, the organisers enforce a tough cut-off policy to keep the race within a 6 hour time limit. Who in the club would have the strength, not to mention the iron will, necessary to contemplate such a feat? Step forward Rob Milstead and Jon Heap! Rob, who described it as "the hardest thing I've ever done" finished 798<sup>th</sup> in 4.42.48, Jon 1114<sup>th</sup> in 4.54.41.

## Are you Ready to Get Muddy?

It's that time of year again. The nights are drawing in, it's getting chilly in the mornings and your inbox is full of messages from some bloke called Kim!



Your Captain Needs You!

Less pressure than road racing (no mile markers, no PBs, no timing - often) and a whole lot more scenic (usually), it really makes a refreshing change. It doesn't matter whether you're elite or an also ran, you still end up covered in mud!

This year, we've up-graded from Kim's trusty tarp' and got a tent (like everyone else) so your gear will be dry, even if you aren't! Kim usually manages to find some coffee to warm us up afterwards, too.



## Angela goes Fast in the Forest

Angela has had a great year of Marathons, so far, and she added a second PB in the New Forest event. Her time of 3.25.59 saw her finishing 1<sup>st</sup> lady vet, 2<sup>nd</sup> lady and 50<sup>th</sup> over all.

## Derby Runner Cross Country 2010-11

Sun 21 November, at Foremark, hosted by Hermitage

Sun 5 December, at Bagworth Heath (probably), hosted by Desford

Sun 16 January, at Grace Dieu, hosted by Shepshed

Sun 20 February, at Bosworth (probably), hosted by Hinckley

Sun 6 March, 'B Final', venue tba, hosted by Shelton

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## Birmingham Black Country Half Marathon

### "Something a little different"

I recently completed the Black Country Half and enjoyed it so much I thought I would tell you a little about it. Celine had originally told me about the race and as my son lives near to the finish at Brindley Place, Birmingham, it seemed like a good opportunity to meet up with him.



The course starts at the Boatyard in Wolverhampton and follows the towpath along the canal to Brindley Place. Arguably, it is a downhill route with the only "lumps" being the locks and bridges that cross intersections. These "lumps" do get more frequent towards the latter stages of the run, making a little tougher than it may seem. The 360yd tunnel at Coseley is an "entertaining" feature. It's about the 4 mile mark and definitely one to remember!

The course is completely off road and traffic free. The surface varies from well tended gravel paths and brick paving to un-kept surfaces - largely what you would encounter on any off road run. As the weather was hot and dry the paths were perfect - perhaps if it had rained it would have been another story!

There were frequent drink stations - most of them "floating" i.e. barges and it was very well marshalled. The towpath was not closed so respect was given to the walkers, fisherman and killer geese! There was no congestion on the route as you were given a start slot between 9.00 and 12.00 Saturday morning and sent off at intervals. Timing was by chip sealed in your race number.

The finish at Brindley Place, Birmingham is a very busy, thriving area totally rebuilt since the decline of the industry along this part of the

canal. It is full of Cafe, Bars, Restaurants, Gallery's and the race actually finishes next to the Sea Life Centre. It is well worth a visit to this area just to see how they have regenerated it.

By the way Celine decided not to run the race in the end so I did wonder what I had let myself in for!

For the record there was just over a 1000 runners and I toddled in about half way in just over 2 hours. It was my 200th competitive race and 41st half Marathon and probably one of the most enjoyable.

All the Best, Martin

### For the Record

MK 10K		
John Stew	148th	45.01
Jon Heap	175th	46.35
Notfast 10K		
Ceri Davies	20th	39.28 (PB)
Desford Quarter Marathon		
Dale Jenkins	20th	45.57
Jackie Brown	48th	51.53
Rob Taylor	51st	52.26
Hermitage 10K		
Neil Winkless	45th	44.33
Bristol Half		
Paul Langham		1:40:11 (PB)
Jungfrau Marathon		
Rob Milstead	798th	4.42.48
Jon Heap	1114th	4.54.41
Robin Hood Marathon		
Jerry Wilkes	109th	3.18.37 (PB)
John Stew	453rd	3.50.27
Robin Hood Half		
Neil Winkless	242nd	1.32.54 (PB)
Charlotte Wood	831st	1.43.59
Trudy Sharpe	3627th	2.09.36
Great North Run		
Rebecca Bromwich	3217th	1.42.55
New Forest Marathon		
Angela Ladkin	50th	3.26.07 (PB)



## Birthdays

### September

1<sup>st</sup> Clare O'Neill  
14<sup>th</sup> Karl Atton  
30<sup>th</sup> John McDonald  
30<sup>th</sup> Barry Waterfield

### October

3<sup>rd</sup> Paul Langham  
20<sup>th</sup> Mal Blyth  
27<sup>th</sup> Nick Cobley  
27<sup>th</sup> Dave Lodwick

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

When you're thinking of appropriate punishments for over-paid, over-hyped and over-matched England footballers, running Prestwold on a hot summer day would be high on the list. While Fabio's boys were still dreaming of unrealistic World Cup glory, the brave runners of Leicestershire were flogging round an airfield trying to convince themselves that they do this for fun! Fortunately, everyone put survival ahead of glory and there were no Roadhogg casualties. In fact, things looked better than they did at Desford. Despite the conditions and the unpopularity of the race, we still managed 23 finishers and were pleased to welcome Celine in her first race for the club.



Mark's troubled hamstring gave Nick the opportunity to keep their bet alive, but he still had to pull out a PB performance to do it, finishing 18<sup>th</sup> (to Mark's 25<sup>th</sup>) in a high quality field. Peter finished in 57<sup>th</sup> and Ceri produced an excellent 40.27 (a PB, I think) for 75<sup>th</sup>. Simon came in 93<sup>rd</sup> and John McD (107<sup>th</sup>) probably wished he'd been blessed with easier conditions for his first race of the season. Neil (124<sup>th</sup>) was the last of the finishers to break 7-minute miles and there was a bit of a gap before Dale (149<sup>th</sup>) struggled in to complete the eight.

John S (157<sup>th</sup>) gained a rare (at the time, at least) victory over Dave L (159<sup>th</sup>), remembering Dale's advice and making his move with a kilometre to go. Hitesh (196<sup>th</sup>) was another one to find the heat a challenge but Dave S (206<sup>th</sup>) seems to flourish when the mercury rises and produced his quickest race of the season. For Baz (218<sup>th</sup>), Martin (229<sup>th</sup>) and Keith (237<sup>th</sup>, carrying an injury) it was just a case of damage limitation.

For the ladies, Rebecca (22<sup>nd</sup>) took the honours, overtaking Clare (24<sup>th</sup>, who was feeling the heat) towards the end. These two were ably supported by Ruth (38<sup>th</sup>) and Jackie (44<sup>th</sup>). Celine took her bow in 58<sup>th</sup> and Trudy ran well for 99<sup>th</sup>. Valerie (107<sup>th</sup>) and Alison (113<sup>th</sup>) were the others to brave the conditions.

## Leicester Running Shop LRRL Summer League: Hungarton 7

There are many things to give race organisers sleepless nights but seldom do they wake up to find someone has dug up the course! Unlike the Oval, all those years ago, this was Severn Trent, rather than the friends of George Davis. Hasty modifications to the course ensued and the Hungarton 7 became the Hungarton 7.2. We needn't have worried though - they managed to keep all the hills we love so much! For the Hoggs, there was a bumper turnout with Miguel, Emma and Rob T making their debuts and Adrian running his first race of the season.

Clare led the ladies in with an excellent 15<sup>th</sup> and Angela was well up in 24<sup>th</sup>. Emma made an assured debut, finishing in 27<sup>th</sup>, and Ruth completed an impressive team showing with 32<sup>nd</sup>. Jackie (38<sup>th</sup>) ran another good race to ensure that we picked up plenty of points in the veteran league as well. Trudy (92<sup>nd</sup>) was the best of the rest but Valerie (95<sup>th</sup>) and Alison (105<sup>th</sup>) both ran well, too.





Nick (20<sup>th</sup>) bagged a top twenty finish and bragging rights over Mark (25<sup>th</sup>). Peter banked some useful points with 72<sup>nd</sup> before Ceri and Jerry underlined their recent good form in 77<sup>th</sup> and 92<sup>nd</sup>, respectively. Ludo (111<sup>th</sup>) and Dale (119<sup>th</sup>) both had good runs. When Miguel was seeking advice on how best to approach the race, we all said “steady first half, then if you feel good, go for it”. He followed these instructions so well that he ended up as eighth counter, with a magnificent 138<sup>th</sup> place.



Dave (143<sup>rd</sup>) had a reasonable race, but came under pressure from John S (150<sup>th</sup>) and a resurgent Jon, who announced his recovery from a debilitating illness with a strong run for 152<sup>nd</sup>. Paul (157<sup>th</sup>) coped well with the hills, leading in Stef (177<sup>th</sup>), Adrian (187<sup>th</sup>) and Hitesh (198<sup>th</sup>). Neil struggled in 222<sup>nd</sup> after suffering from stomach cramps halfway round. The next three finished in quick succession, Baz (226<sup>th</sup>), Keith (227<sup>th</sup>) and Rob, 231<sup>st</sup>, on his league debut. Dave S (248<sup>th</sup>) got the better of Martin (253<sup>rd</sup>) and Barry was tail-gunner in 286<sup>th</sup>.

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

The course is nothing special but this race always seems to be a firm favourite with runners. Perhaps it was no surprise then, in a season when we fielded greater numbers than ever before, that the club record should be broken here. Thirty two Roadhogs made it across the line, the ranks of regulars supplemented by the League debuts of Isabella and Hannah. There are often glitches at the finish of this race but a look at the results shows how challenging things can be for the officials in such a short event. During the peak finishing period (31-40 minutes) runners were crossing the line, on average, every 2 seconds.

Clare led from the front, grabbing 17<sup>th</sup> place in a strong field. She was well backed up by Angela (26<sup>th</sup>) and Rebecca (34<sup>th</sup>). Angela even picked up a prize for 3<sup>rd</sup> FV45 to add to her collection. Jackie (54<sup>th</sup>) put in her fastest run of the season to complete the scoring four. Isabella put down a marker with 90<sup>th</sup> and Sumina produced a season's best for 101<sup>st</sup>. Valerie (120<sup>th</sup>), Hannah (121<sup>st</sup>) and Alison (125<sup>th</sup>, a season's best) all had good runs and it was good to see Fiona (161<sup>st</sup>) back racing.



Nick's fight back continued but, such is the competition at this race, he had to settle for 26<sup>th</sup> place (with a PB for consolation). Mark (42<sup>nd</sup>) continued to struggle with niggling injuries but Ceri (74<sup>th</sup>) was flying - recording another PB. Peter (85<sup>th</sup>) led home another improver in Ludovic (89<sup>th</sup>) before Dale joined the PB party in 127<sup>th</sup>. Simon (153<sup>rd</sup>) was next up with the fast improving Miguel not far behind. Chasing these two was Renaissance man Jon (164<sup>th</sup>), with his first sub-7 clocking in over a year. Dave L (173<sup>rd</sup>) was somewhat off the pace and Stef (208<sup>th</sup>) couldn't quite convert his training form into race result.



Baz (219<sup>th</sup>) produced his best form of the summer, Hitesh (221<sup>st</sup>) and Steve W (230<sup>th</sup>) their fastest of the season. Hard on the heels of these three was David (232<sup>nd</sup>) with Rob (252<sup>nd</sup>) a little further back. Keith (259<sup>th</sup>) and Martin (260<sup>th</sup>) almost staged a dead heat, with Dave S (262<sup>nd</sup>) right on their tails. Steve M was on his own in 280<sup>th</sup> before our V70s rounded things off by battling it out to the line - Colin getting the judge's verdict by a second in 306<sup>th</sup> to Barry's 307<sup>th</sup>.

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

Traditionally, the turnout for this end of season 10-miler is low. Apart from the distance, the course has more proper hills than it has miles and the camber of the roads is uneven. Despite all this, and Dave S, Colin and Steve taking care of business at the "Big Fun Run", we still managed a magnificent 29 finishers. Coming into the race, the veteran men had the Division 2 title more or less sewn up but the ladies, timing their run to perfection, were in a promotion position by a solitary point. Added to this, we had four athletes vying for individual honours, so it was all to play for.



Unusually for this race, conditions were good for running. Mike led us home, breaking the hour, for 11<sup>th</sup> place. Behind him, it was the race of truth between Mark and Nick - could Nick make it 5:5 and hang on to his tenner? In the event, the contest never really got going - Mark's injury niggles proving more of a handicap than Nick's tight calves. The only disappointment for Nick (18<sup>th</sup>) was finishing 9 seconds over the hour. Mark had to make do with 50<sup>th</sup>. Ceri continued his superb form with a 66.51 PB for 68<sup>th</sup> and Jerry completed the veteran foursome with a

handy 86<sup>th</sup>. Neil (94<sup>th</sup>) broke both the top hundred and the 70-minute barrier, which is no mean feat on this course. Dale (120<sup>th</sup>) was his usual steady self but Jon (124<sup>th</sup>) was positively on fire, finishing as eighth counter and just in front of an ailing Peter (125<sup>th</sup>).

John S (140<sup>th</sup>) led in Stef (143<sup>rd</sup>, and having a great race until the gas ran out), Dave Luyt (147<sup>th</sup>, his best race of the season) and Dave L (148<sup>th</sup>, less said.....). Steve W continued his steady improvement in 168<sup>th</sup>, getting the better of Hitesh (179<sup>th</sup>) and Rob T (194<sup>th</sup>). Baz was in safely in 207<sup>th</sup> and Keith, trying to convince himself that Marathon number 50 was still on, completed the line up. There should have been one more. Martin stood on the brink of a third successive 100% award but a diary malfunction in the Capell household meant he was on holiday instead!



Could the ladies do it? Clare had a bit of a bug but she wasn't about to give in, leading from the front with an excellent 11<sup>th</sup> place. Angela capped a fine summer with 15<sup>th</sup>, cementing her place as 2<sup>nd</sup> V45. Charlotte is still easing her way back after injury but managed a creditable 20<sup>th</sup>. So that left us needing one to complete the scoring four. Jackie was feeling ropey but she dug deep to come home in 41<sup>st</sup> - would it be enough? In the event, only two Division 1 teams; the big guns of Charnwood and Barrow, managed to better our score.



This year is actually the first time we've had a complete ladies' team in this event but they weren't finished by a long way! Isabella (67<sup>th</sup>) was next, with Fi (77<sup>th</sup>), Hannah (80<sup>th</sup>) and Valerie (84<sup>th</sup>) giving us a B teams as well. Then we had Trudy (training is for wimps) Sharpe (89<sup>th</sup>), Alison (98<sup>th</sup>, pulling out a fast finish to hold off a group of 5 chasers) and Fiona (115<sup>th</sup>, building up nicely for the Leicester Half).