

# Roadhogs Leicester A.C.



September/October 2014

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

## The Special Ones!

### Jerry the Pacemaker



He did it! Defying both the odds and the elements, Jerry returned to deal with unfinished business. The full Leicestershire Round is a rare feat, but there is still an unofficial record. Jerry is now the fastest in history! Previous holder, John Collingham, knows just how hard it is and was quick to send his congratulations.

### The Power of 10



John earned his place in Roadhogg history as the first to complete 100 Marathons. He has just added another chapter by being one of just 15 runners who completed the first multi-terrain 10 Marathons in 10 days. He says that after the Yorkshire Marathon he'll be hanging up his boots; I don't suppose that Trudy is holding her breath, quite yet.

### Derby Runner XC League 2014-15

Sun 16 Nov: Westend - South Charnwood HS  
Sun 7 Dec: Desford - Bagworth Heath  
Sun 4 Jan: Hatton Darts - Sinai Ridge  
Sun 18 Jan: Roadhogs - Bradgate Park  
Sun 15 Feb: Hinckley - TBA  
Sun 1 Mar: Hermitage - Holly Hayes Woods

Remember, paid up members race for free!  
Mud, cake and companionship; what's not to like?

### Roadhogs Presentation Evening and 30<sup>th</sup> Anniversary Bash

'A kick up the eighties'; re-live the joys of power dressing and the decade when greed was good! Saturday 29<sup>th</sup> November @ The Charles Palmer Suite LCCC.

### A Debut to remember

Congratulations to Afra on a great run in the Loch Ness Marathon. Sub-4 at the first attempt is a brilliant effort!

### The Adventures of Ultra Man

For most people, an all-nighter would suggest epic partying, but for ultra-marathoner Chris Peach it reflected another addition to his impressive running CV; he has just completed the 86 mile Ridgeway Challenge in 23 hours and 9 minutes.

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## Jerry's Round Leicester Challenge

Some people simply have different horizons to the rest of us; John and his 100 marathon quest, Chris and ultra-distance events and then there's Jerry. The only Roadhogg I know of to win an ultra, he came up with his own personal challenge to run the whole of the Leicester Round. To have followed the route of the relay (usually covered by teams of 13) would obviously have been too easy, so he determined to follow the actual footpaths (a total of 102.5 miles) and just to make it interesting, set himself a target of 24 hours! The complete round had been done before but not in a single day.

Aside from the, not inconsiderable, feat of athleticism such an undertaking requires other disciplines; the Leicestershire Round is an incredibly complicated route to navigate and of course a significant part had to be covered in darkness. The three qualities necessary to contemplate the task came together in one man; athletic talent, determination and obsessive attention to detail. Each section was practised multiple times, including at the time of day they would be run and timings were honed with scientific precision. The support crew knew exactly what food and drink were required at every point and where they should be.



Ready for the off

The plan was to go in July, soon after the solstice, to maximise daylight. The event was to raise funds for local charity 'The Bodie Hodges Foundation', set up by a work colleague in memory of his lost son. The pressure of publicity and planning meant that although Jerry had

picked up a calf injury, there was no question of postponement. The original plan had other runners (mostly members of the club) running with him for each of the legs. I joined him at Rearsby (about 12 miles in) and by mile 16 he was having to take painkillers. By the time we reached Ashby Folville, it was clear that he just couldn't continue. For those of us with little investment, it was easy enough to see that the logical thing was to avoid the risk of long term damage and retire, but for Jerry it was an emotionally charged decision and head and heart took a long time to be reconciled.

What followed was a month of intensive physiotherapy as Jerry fought to get running again. We had agreed that once he was over his injury, the decision to launch the second attempt should be based on how he felt, rather than some fixed date. Having heard from Dale that Jerry had had to cut short an attempted training run, I was surprised to get the call only a week later. Not only did he have to contend with a month of virtual inactivity, limited availability of back up meant he was going to have to run the night section carrying his supplies on his back and that night section was now about an hour and half longer.



Frisby (17 miles) and still smiling

The following is an account of the event through the eyes of those club members who were privileged to share a little of the journey with him.

Old John to Ashby Folville (mile 22): Will Carter.

First 22 miles was very comfortable in glorious sunshine with a slight cooling breeze. It was a perfect day for a steady run. What I wasn't quite expecting was that this wasn't any old 102 mile run, it was one that included climbing fences, hurdling newly cut wheat (sure that's not the word), and to my utter amazement running through at least 4 fields with bulls/cows.

One field included Jerry running straight through the middle of the pack, with almost a faceoff between bulls and two runners. One runner taking it in his stride, one runner petrified!

Jerry was in complete control, talking the whole way through about the different animals, farming, fields, directions, running psychology, football, you name it....it was a wonderful 4 hours. A complete privilege. I left Jerry at mile 22 in great shape.

Belton (mile 36) to Foxton (mile 50): Dale Jenkins and Colin Bowpitt

Colin Bowpitt and I were driven by Sue, Jerry's wife, to Belton in Rutland for 7.00, to chaperone Jerry on 2 stages ending in Foxton at 10.00. While Colin and I were admiring the real estate in this beautiful village Jerry ran into view and over to where, Peter, his Father, and Sue had a car boot full of various drinks, food and spare clothing and changes of shoes that had followed him around for most of this epic run.

My first reaction was that he did not look like a guy who could run another 65 miles. He had done brilliantly to get to this point but as he sat in the road forcing a banana down him he didn't seem to have it in him. He seemed spent .How wrong can you be?

We set off at the required rate over the A47, through Allexton and over the undulating fields. The weather was perfect and only a slight breeze, but the farmers had chosen to roughly plough up most of the fields around this area, and it was impossible to run across them so we had to walk for a good stretch. We soon got going again to the next checkpoint at Glooston at 8.30 and Peter had supplies and a few encouraging words.

If you know Jerry then you will know that he is a frustrated Farmer. So if you ask him questions about farming he will happily tell you about milk yields, grass growing rates and crop rotations. So that's how we kept his spirit up and his mind off

of his tiring body; by asking dumb farming questions.

As we ran across the Langtons it was getting gloomy. Just before I left home I picked up a very small Bike light that would fit into my pocket. It was a good job I did, because although it was a full moon there were no breaks in the clouds. We already had sore tingling legs from all of the Nettle stings but without the torch I'm sure we would have ended up in one of the many ditches between the fields.

It was noticeable that as darkness came Jerry seemed to get stronger. The fatigue that he had previously had disappeared. Maybe it was because he was approaching the half-way point or perhaps he was fed up with me and Colin asking dumb questions and wanted to get to Foxton and rid of us.



Ashby Folville (22 miles); a pleasant afternoon run

With about a mile and a bit to Foxton we had to do a brief stint on the road. I don't think Colin was ready for the change in terrain because within a few yards he turned his ankle and went down like a sack 'o' spuds. To his credit he jumped up straight away and, with a bleeding knee and a limp, said he was fine, and hobbled off across the A6 and the final stretch of fields. I was glad that we were at the end of our shift as running cross country when it is pitch black is no fun and very hard work. It would be dark for another 7 hours so Jerry and his next partner, Dave L, would have it a lot worse than we did. A short respite in Foxton with a very welcome Tomato soup and a roll. Colin and I were starving and very thirsty. We had done about 14 miles

and would shortly be on our way home. It seems pathetic compared to what Jerry had already achieved and what lay ahead. I e-mailed Colin the following day to say it made me feel inadequate.

As Sue drove back towards Oadby and Dave and Jerry had ran off towards Shearsby, it's started raining. A lot.

Foxton (mile 50) to Dunton Bassett (mile 64):  
Dave Lodwick

We set off along the canal and at first Jerry struggled to get his legs going again. Before long, our head torches picked up the rain, slanting across us as we ran. The challenges started when we crossed a footbridge and set off across the fields towards Gumley. I thought I knew the way, having run this path several times before, but it is so much more difficult in the dark; you have to guess the correct angle to run across the field because the stiles and gates only come within the range of the head torch when you are quite close. Although Jerry hadn't been able to recce the section in the dark, he proved quite adept at finding the right point. An element of the challenge that most people possibly don't consider are the number of stiles and gates. I resolved to run in front to open gates wherever I could, just to save Jerry whatever effort I could. We soon settled into a rhythm; as we entered each field he would instruct me on the correct angle to run, often pointing to the silhouette of a distant tree to help me. Frequently, in the middle of a field, I would glance round to see the light of Jerry's head torch on a slightly different path and I'd have to speed up and change course to get to the gate before him.

Ridge and furrow field cultivation and long tussocky grass are not a great combination and I ended up getting far more up close and personal with the vegetation than I intended; fortunately I bounce. We encountered lots of livestock that had rather mixed feelings about sharing their fields but knowing I had 'farmer' Jerry for company was a source of comfort. It did get rather hairy at one point when we entered a large paddock and Jerry announced that he was 'afraid that we were going to spook the horses'. It's a strange feeling hearing thundering hooves but not being able to see where the owners are or more to the point which direction they're heading in! Farm dogs are the other hazard but fortunately we didn't encounter any loose, hungry ones.

By the time we reached Bruntingthorpe, Jerry's blood sugar level was getting seriously low so we walked while he had a banana to refuel. Some of the turns from road to footpath were so well hidden I ran right past them; even though I was using my torch to look for them. Jerry, of course, never wavered; the benefits of practice and planning. Running through a field on the way to Willoughby, Jerry warned me about a dangerous bridge. Ironically, in the next field, I heard an exclamation and turned to see him in a heap on the ground. What had appeared to be just a patch of mud in a cow field turned out to be a wide hole (about 9" deep). Fortunately his ankles were OK and he just brushed off the worst of the cowsh\*t and carried on!

We reached Dunton Bassett and I must confess, I was starting to feel tired; even though I'd only done about 14 miles. Jerry sat on the wet curb, eating an energy bar, and refilled his water bottle from the one I'd left in my car. He left me at 1.20am, looking tired, and with the worst of the night section and the tail-end of hurricane Bertha still to come. He'd done brilliantly just to get that far but I did wonder how he was going to get all the way to Bradgate.

Thornton (mile 96) to Old John: Chris Peach

I met Jerry in the pouring rain at Thornton, 6 miles from the finish. He was sitting at the back of his car, eating a sports bar and drinking coffee and he looked knackered! When he got up to start the last leg he staggered a little and I thought, this is going to take a while. But, after a few uncertain paces he got into his stride and you couldn't tell he'd run 95 miles. He ran with an easy grace. Conditions underfoot were horrendous: muddy and slippery but this did not deter him. All the recceing he'd done paid dividends as he led the way without hesitation.

The conditions were terrible: torrential rain. It must have been really energy sapping given the terrain. It didn't seem to take long until we reached Bradgate Park. You should have seen Jerry bounding up the last hill to Old John as if he were just starting up. It was very impressive.

He finished and his family arrived shortly after. He seemed quite overcome by it all. 22 hours 41 minutes, an awesome time considering the conditions and the terrain. His wife had arrived too late to see him finish but he refused to go back down the hill and run up again for a photo! Can't think why!



I was very impressed with his performance. Despite his exhaustion he dug deep and ran quickly and without fuss, despite the horrendous conditions. Hats off, Jerry!

## On the Fell

There's a lot of fun to be had venturing into the hills. Now we have some fell running enthusiasts in the club, maybe more members will give it a try. This month we start what I hope will be a regular feature.

### Nine Edges Fell Race.

In September four Roadhogs competed in the Nine Edges Fell Race in the Peak District. The race starts by climbing the hills above Ladybower Dam (think Dam Busters) and then follows Stanage Edge, Froggatt Edge and Curbar Edge across to Baslow.

The race is classed by the Fell Running Association as a Cat B Long race...  
 Cat B : An average of 25 - 49m of ascent per km, with at least 70% of the route off road.  
 Long : Not less than 20km (it was actually 20 miles).

None of the route was way-marked, so while it would theoretically have been possible to run and navigate at the same time, in reality all the competitors seemed to be relying on a mix of local knowledge, gained by running the route during training, and a bit of judicious following where another runner was visible in front. A further catch was that for much of the course you were allowed to follow any route you chose between check points. Minutes could be gained (or lost in the case of the author) by choosing an efficient route across the moors.

Being a FRA sanctioned event there were a number of rules regarding kit, so in accordance with the rules we all carried the following....

- Waterproof jacket with hood.
- Waterproof trousers.
- Hat and gloves.
- Map and compass.
- Plastic survival bag and whistle.
- Food and water.

With posh lightweight kit it is possible to fit the above into a bum bag or 'ultra marathon race vest', alternatively competitors with less posh kit

(and a happier bank manager) had the option of carrying their gear in a small rucksack. If you want to know what an 'ultra marathon race vest' is you had probably better ask Google.

The Nine Edges route features the occasional peat bog to catch the unwary. I took the precaution of asking my Mum and Barbara to wait for me with a change of socks and shoes after the worst bog, this was a good move, as I did indeed prove to be one of the unwary.

The UK Athletics profile of the winner (David Palmer, Steel City Striders) tells me that he ran a 2 hour 30 min marathon this year, I mention this because it gives an idea of the difficulty of the 20 mile Nine Edges course, which also took him 2 hours 30 mins to complete. Not far behind was our very own James Bostock, who finished in a very impressive 4th (2:49). Other Roadhogs competing were Steve Robinson (82nd 3:45) and Vicky Sutton / Becca Bostock (93rd and 94th 3:50).



As I think our times will show, the Nine Edges is a tough race, it is however well worth training for. And if, like us, you are lucky enough to run the race under a clear sky, I can guarantee that the image of a long line of runners, snaking through the purple heather on the slopes of Lost Lad, is a running memory that will stay with you for ever.

*Steve Robinson*

## For the Record

Watermead Challenge		
Dan Bannatyne	64th	37.01
Parkrun 12/7/14		
Fabio Caraffini	32nd	21.32

Parkrun 19/7/14		
Rich Norton	132nd	28.13
Parkrun 2/8/14		
Rich Norton	217th	29.17
Dovedale Dipper		
Chris Peach	48th	5.32
Parkrun 9/8/14		
Ben Milsom	107th	24.23
Ridgeway Challenge		
Chris Peach	43rd	23.09
Pathfinder Marathon		
John Stew		5.39
Old Dalby Hill Race		
Dave Lodwick	11th	37.57
Parkrun 30/8/14		
Will Carter	12th	18.34(PB)
Rich Norton	289th	30.16
Great North Run		
Mike Cummins	3714th	1.43.28
Fi Sutherland	29460th	2.32
Nine Edges		
James Bostock	4th	2.49
Steve Robinson	82nd	3.45
Becca Bostock	93rd	3.50
Vicky Sutton	94th	3.50
Parkrun 13/9/14		
James Dunham	19th	19.19
Rich Norton	294th	34.21
Lake Vyrnwy HM		
Mike Cummins	258th	1.36.56(PB)
Great Barrow 10 in 10 Marathons		
John Stew		6.55
John Stew		5.40
John Stew		6.50
John Stew		5.44
John Stew		6.34
John Stew		5.47
John Stew		6.14
John Stew		5.16
John Stew		5.21
John Stew		7.23
Parkrun 20/9/14		
Ludo Renou	3rd	17.20
Bristol HM		
Mike Cummins	1825th	1.43.08
Drew Simpson	7144th	2.27.42
Parkrun 27/9/14		
Ludo Renou	4th	17.01
Nottingham HM		
Dale Jenkins	318th	1.31.33
Steve Robinson	734th	1.38.39
Drew Simpson	1288th	1.45.23
Chris Peach	2316th	1.52.40
Loch Ness Marathon		
Afra Kelsall	712nd	3.52.28
Cardiff HM		
Dan Barnes	1624th	1.37.28
Amy Gasper	4166th	1.50.21
Tissington Trail HM		
Dan Bannatyne	93rd	1.43.59
Martin Capell	98th	1.44.28

## Birthdays

### September

8<sup>th</sup> Ashley Simpson  
 16<sup>th</sup> Steve Palmer  
 19<sup>th</sup> Clare Mendes  
 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  
 10<sup>th</sup> Harpreet Dogra  
 19<sup>th</sup> Barabara Hermann  
 20<sup>th</sup> Mal Blyth  
 24<sup>th</sup> Dave Bullivant  
 27<sup>th</sup> Nick Cobley  
 27<sup>th</sup> Dave Lodwick



County Standards (updates in bold)												
	Category	5K	5 m	6 m	10K	7 m	8 m	10 m	HM	20 m	M	Award
Rebecca Bostock	SL				C							
Jackie Brown	V45/V50								G			
Rae Clark	SL		C	B	B	B	C	G	B			B
Natasha Eastwood	V35			P	P				P			
Amy Gasper	V35		C	C				C	C			
Barbara Hermann	V35			C	P	P	P		P		C	P
Afra Kelsal	V40				C						B	
Alison Lodwick	V50/V55		C	P	P	C	NC	C				P
Lucy McMillan	SL			P					P			
Vicky Salt	V45			B	B		C					
Trudy Sharpe	V40		C	B	C	P	C	P	C		P	P
Valerie Spezi	V35			P					P		P	
Ashley Simpson	SL			C	C	C	P				P	P
Ruth Stevely	V40			B	B	C	C	C				C
Fi Sutherland	V45			C	C							
Victoria Sutton	SL		B	B	B	C	P	C		B	C	C
Dan Bannatyne	SM		C	C	C	P	P	P			P	P
Dan Barnes	SM		C	C					B			
Ian Bass	V45	C										
James Bostock	SM		S	S	S	S		S				S
Colin Bowpitt	V40		C	C				C				
James Boyd	SM				S			S				
David Bullivant	V40	B		B	B	C		C	B	B	C	B
Martin Capell	V55		C	B	C	C		C				C
Fabio Caraffini	SM			C	C	C	C				C	C
Will Carter	SM	S	S	S	B		S		S		S	S
Nick Cobley	SM			S	S							
Mike Cummins	V40		B	B	B	C		B				C
Keith Dakin	V60		S	S	B	B		S				B
John Davies	V45	G		S	S		S					
James Dunham	SM	S	B	S	S	S	B			S	S	S
Stephen Dunne	SM	S						B				
John Hallissey	SM			C	C	C						
Chris Haward	V45										C	
Jon Heap	V45										P	
Lee Hubbard	SM		C	C	P	P	NC	C				P
Dale Jenkins	V50/V55		G	S	S	S	S		G			S
Sam Jolly	SM			B	S				B			
Mark Jowsey	SM					P						
Roger Kerridge	V45			B								
Dave Lodwick	V50		B	B	S	B	B	B				B
Tom Martin	SM		C	C	C	C						
Stuart McMillan	SM										NC	
Jon Millett	SM		C	B	B							
Ben Milsom	SM	C	P	C	C	P	P					P
Mike Munday	V45/V50			PT	D			D				
Ferrante Neri	SM		B	B	B	B	B	B			B	B
Craig Norris	SM				C							

Richard Norton	V40	NC					NC		P	NC	NC	
James O'Rawe	V40			B								
Steve Palmer	V60		S					S	S			
Hitesh Pandya	V50		B	S	B	B	B	B				B
Chris Peach	V50		B	S	B	C		B				C
Mark Ramsden	SM		G	G	G	G	G	G		D		G
Ludovic Renou	SM	G							D	PT	D	
Steve Robinson	SM/V40		B	B	B	B	C		B		B	B
Drew Simpson	SM			C	C				C		P	
John Stew	V55			C		P				C	P	
Dave Swan	V65			C	C							
Barry Waterfield	V75		P	C		P						
Steve Wheeler	V45			S	S	B	S					
Jerry Wilkes	V45			S								G
Key	Platinum	PT										
	Diamond	D										
	Gold	G										
	Silver	S										
	Bronze	B										
	Copper	C										
	Pewter	P										
	Not classified	NC										

Standards are age-graded and based on 'official' race times i.e. gun times. Awards are given for achieving a level (or better) at 5 different distances (9 for a distinction). To find out what times you need to do to achieve or increase your level, see the tables on the website.