

# Roadhoggs Leicester A.C.



Summer Newsletter 2006

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

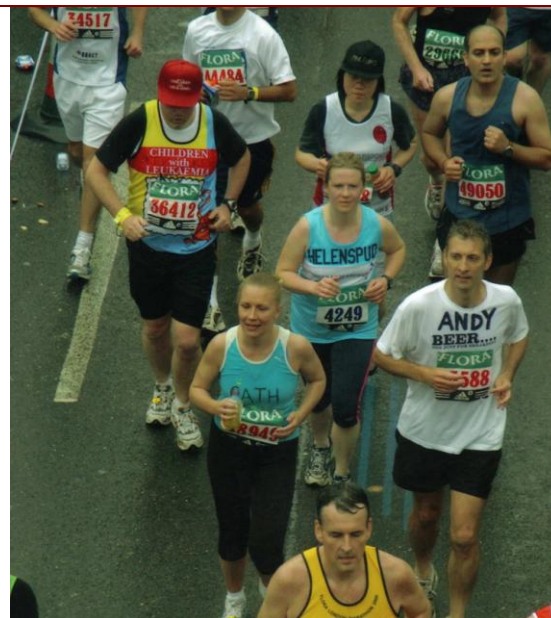
## Hoggs Go Marathon Mad!

Roadhoggs seem to be suffering from a dose of "Marathon Madness" (also known as Dakin Disease). So inspiring was Keith's autumn marathon master class that so far this year five Hoggs have completed their first marathons. I know of two others who have firm plans for September and others have started talking of possible events in the new year. London: Mark 2.52.22, Karl 3.18.39, Mat 3.19.05, Helen 4.42.52, Sarah 5:25:07, Edinburgh: Claire 4.52.25.

In depth London feature, pages 6-8.

In this issue: Summer League reports, facts and figures, triathlon, plus all the regular features.

In a brand new feature, read about the highlights of Steve Martin's running career.



Picture © MarathonFoto.com

## Crock Watch

I know several Roadhoggs are nursing injury at the moment. We've just heard the alarming news that Craig has broken both his arms. Initial reports suggested he sustained these injuries when he came off his motorbike, but a very well placed source revealed "that he actually injured both arms lifting an enormous pie to his mouth". Going on to say that "this is the worst injury he has done since commencing his new laid back, 'eat as much as you can' diet regime". Seriously though, we're all thinking about you Craig. Get well soon mate.

Swanee's recent calf injury brought his magnificent unbroken run of league races to an end after more than 5 years, but hopefully he's on the mend now. Steve Smith also lost his 100% record to injury. Keith Dakin had to give up on Edinburgh, and Claire's knees are feeling the effects of completing the same race. Colin is going in for his re-bore, so hopefully he will soon be back running and able to re-join our VM70 team!



The Langton Run 2006: Winner Nicki Nealon is already leaving the field trailing.

## Welcome to New Members

We are delighted to welcome Ben Hocken, Andrew Chadburn (Chad) and Graham Walker to the club. Ben is an established runner with some impressive performances under his belt. He made his league debut for the club at Swithland giving a welcome boost to our "middle order" (as Steve would have it). Chad and Graham are both fairly new to running but with a bit of encouragement, it won't be long before they start to develop their talent.

Don't forget the Kim Challenge!

When Sarah stopped coming to races, we thought she must be working or maybe, ill. In fact she was secretly training for the London Marathon. *Read what our "dark horse" thought of the whole experience on page 6.*

## Photographs

Photos / images. If anyone has pictures of themselves competing in any event, please let us use them for the newsletter. A big thanks to everyone who has provided pictures for this edition.

## The Langton Run 2006

A big thank you to everyone who helped make it such a great event. With Nicki Nealon making the Langton Run her 200th race victory we got some good press coverage as well.

### Feedback:

Dear Dave,

I just wanted to say a huge THANK YOU to everyone involved in organising the 2006 Langton Run. It was very enjoyable event: beautiful course and pleasant weather. Thanks especially to the course marshals who were so encouraging to us stragglers!

From "Team Warrington" (the last two ladies home...!).

### Comments from Runners World:

"First time I ran this race and I will do it again. The hill at the end was not as bad as expected."

"Well organised, majority club runners, last 0.5 mile a killer."

"Good local event for myself, well organised and excellently marshalled."



Laura celebrates being 6th lady in the Wollaton Park 10K

## [www.roadhoggs.org.uk](http://www.roadhoggs.org.uk)

Our new website is now up and running. Our homepage now features the latest Roadhoggs news. Other features include race reports, training nights (with multimap links to help you find the right venue) and a race diary with links to organising clubs etc.

Thanks for all of your positive comments. Remember, if you have any breaking news or suggestions for improvements to the site, please let me know. *Dave Lodwick*

## July

2<sup>nd</sup> Sarah Johnstone was 32  
13<sup>th</sup> Ceri Davies is 39  
27<sup>th</sup> Julie McBrearty is 37

## Birthdays

### August

2<sup>nd</sup> Rex Stapleford is 74  
6<sup>th</sup> Shimul Haider is 35  
9<sup>th</sup> Steve Smith is 45  
11<sup>th</sup> Reem Al-Jayyousi is 33  
17<sup>th</sup> Simon Fryer is 28

### September

14<sup>th</sup> Karl Atton is 35  
16<sup>th</sup> Jerry Askham is 49  
20<sup>th</sup> Rachel Harris is 38  
22<sup>nd</sup> Jai Maisuria is 37  
25<sup>th</sup> Phil Swales is 34  
30<sup>th</sup> Barry Waterfield is 71



## **A Brief Running History**

**By Steve Martin**

I started running in 1990 for the usual reasons. I was becoming unfit due to my work in an office and my reliance on a car to get me to that office. Initially, I was jogging around the neighbourhood in Doc Martens, but only when it was dark! After a while 400 yards became a mile, then 2 miles, then 4. By now the Docs had been discarded and replaced by trainers, albeit cheap ones. Around this time fate intervened in the form of Dave Swan, who worked at the same place and needed one more runner to make up a corporate team for the Nottingham Half Marathon. After being put under relentless pressure I agreed to run and finished in 1hr 38m, not bad for a first attempt. About a week later I agreed to run the full marathon the following year with a friend from Leeds and also joined the Roadhogs.

I have few records from these days but I do recall waking up on the morning of my first Winter League race, 1991 it would be, and hearing what seemed to me to be a hurricane blowing outside. I decided to stop in bed thinking that no one would be daft enough to run in those conditions. Little did I know. My other early memories relate to several runners taking me under their wing to get me up to marathon standard, namely Jim McGhee, Stef Whitmore and Mick Quilter, and long runs through fields, forests, woodlands and swamps. Anywhere, in fact, that didn't look like a road. If you got lost, all the better! I completed the Nottingham full in 3.28 and thanks are due to Jim McGhee on the day, who ran with me and kept me going. I also ran the Atherstone half in 1.30 that autumn. I was hooked.

The following three years, 1992 to 1994, brought further improvements in performance, due in part at least to regular Friday night training sessions with Rex Stapleford over the Charnwood Hills course. I

competed in marathons at Stoke, St. Albans, Stratford and Nottingham and halves in Yorkshire at Masham, Leeds and Stamford Bridge. The mind numbing GEC 20 at Whetstone, 6 laps of 3 and a bit miles each was also entered on two occasions. Once should have been enough! However, my main goal, to run a 3hr marathon, was proving difficult to achieve. Despite running up to 80 miles some weeks in training, I had only managed a best of 3.08. I needed to look at things differently and the help and guidance I needed to do this came from Phil Smillie, then a member of the club who was a qualified coach.



Steve and Jim McGhee at Nottingham (1991)

The years 1995 and 1996 were undoubtedly my best in terms of performance and this was down to the previous few years workload, 40 to 50 miles almost every week, plus the introduction by Phil of more quality training in my schedule. I ran the Belvoir half marathon in 80 minutes and finally cracked 3 hours for the Nottingham full marathon, finishing in 2.58. Probably my best run was at the Potteries marathon where I did 3.05 over a far tougher course than Nottingham. The improvements carried over into the shorter distances and running at less than six minute miling became the norm for a year or so. However, it was difficult to sustain the level of

commitment needed and as 1996 progressed the times started to go out a bit and the PB's dried up.

1997 and 1998 were still good but I couldn't match the times of the previous years. One of my major disappointments as a runner was the London marathon in '97. My training suggested that would do about 3.10, but I actually did 3.29 and walked a few miles as well and that remains the last marathon that I did. Whether or not it I'll manage another remains to be seen. I haven't given up hope!

During 1999 I became aware of a problem in my right knee and eventually I had to stop running altogether and have an operation to sort it out. This cost me a year or so but I kept reasonably fit by cycling. Since then I have just been happy to be able to run, with the odd good performance treated as a bonus. 7-minute miling is the target now! As for the future, I just want to keep injury free and carry on as long as possible.



Steve and Jim McGhee at Nottingham (1991)

### **Key races**

- 1990 Nottingham Half Marathon- 1hr38
- 1991 Nottingham Full Marathon- 3hr28  
Atherstone Half Marathon- 1hr30
- 1993 Stratford Full Marathon- 3hr28

Potteries Full Marathon- 3hr24 (a brilliant event in those days.)

- Nottingham Full Marathon- 3hr19
- 1994 Potteries Marathon- 3hr17
- Nottingham Full Marathon- 3hr08
- Atherstone Half Marathon- 1hr22
- 1995 Belvoir Half Marathon- 1hr20 (my PB over this distance)  
Potteries Marathon – 3hr05 (probably my best run ever over a very tough course, but not a PB)
- Nuneaton 10m- 61.26 (PB. I should have done better but foolishly ran a relay race the day before.)
- Nottingham Full Marathon- 2hr58 (PB)
- Shepshed 10K-37.17 (PB and my first time under 6 minute miling)
- 1996 Hinckley 6m-35.46 (PB)
- Roadhoggs 7m-41.37 (PB)
- Nottingham Full Marathon-3hr06
- 1997 Stafford 20m-2hr20 (PB)
- London Marathon-3hr29



15 years later: Still going strong!

## Hello from James

Hi all,

Sorry I haven't emailed sooner, as you can imagine it has been a bit hectic since moving into a new house, in a new town with a new job, everything has settled down a bit now and have been able to squeeze a few runs in although it can be a bit of an adventure sometimes when you don't really know where your going and how far it is. Have looked into finding a club down here but now I'm settled I want to concentrate on getting my fitness to a level I am happy with then look at joining a club.

I hope the season is going well and everyone is injury free. How did you do in the London Marathon; a friend from Uni said he had problems with the tube and had to run about 5 miles to the start line before he even started.

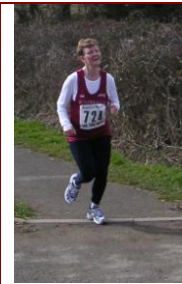
Work is going well, although there is a lot to learn. The people have been very nice and accommodating. The company is huge, which is a bit daunting being a very small cog in a big engine, but am sure I will adjust. I have made some new friends at work and people I live with etc, who have been keeping me entertained.

Anyway I should really get back to work, just thought I would say hello and check everyone was ok and just let you know I'm still running (not as much as id like however).

Kind Regards,

James Burrows

LRRL 100%ers: And then there were three.....



## Training Nights

Weds 12 <sup>th</sup> July	Hungarton Race
Weds 19 <sup>th</sup> July	Manor Road
<b>Tues 25<sup>th</sup> July</b>	<b>Family Night</b>
Thurs 27 <sup>th</sup> July	Old Horse
Weds 2 <sup>nd</sup> Aug	Huncote Race
Tues 8 <sup>th</sup> Aug	Houghton on the Hill
Weds 16 <sup>th</sup> Aug	Dog and Gun (Kilby)
Tues 22 <sup>nd</sup> Aug	Griffin Inn (Swithland)
Thurs 24 <sup>th</sup> Aug	Old Horse
Weds 30 <sup>th</sup> Aug	Manor Road

## Summer League Dates

- Hungarton 7m- 12<sup>th</sup> July.
- Huncote 5m- 2<sup>nd</sup> August.
- Stapleford 10k- 17<sup>th</sup> September

Steve Martin will be making block entries to these races on behalf of the club and will be contacting you in advance of each race. There are links to the organising clubs on our website, but if you have any doubts or need further information then please contact Steve on 0116 2354636. Remember the Huncote race gets full so make sure you get your entry in early.

## Family Night: 25th July

Training on Tuesday 25th July is going to be different! We are inviting family and friends to join us for a picnic in Bradgate Park (meet at the Cropston car park, 7.00pm). Those who wish to run, can enjoy the wide range of scenic routes available before relaxing with a well earned drink and something to eat. Those who are feeling less energetic can just relax in beautiful surroundings. To keep things simple, this will be a do it yourself affair (no RSVP required), so you'll need to bring your own picnic.



## Marathon Special: What Was it really Like?

### Helen

What was the best bit?

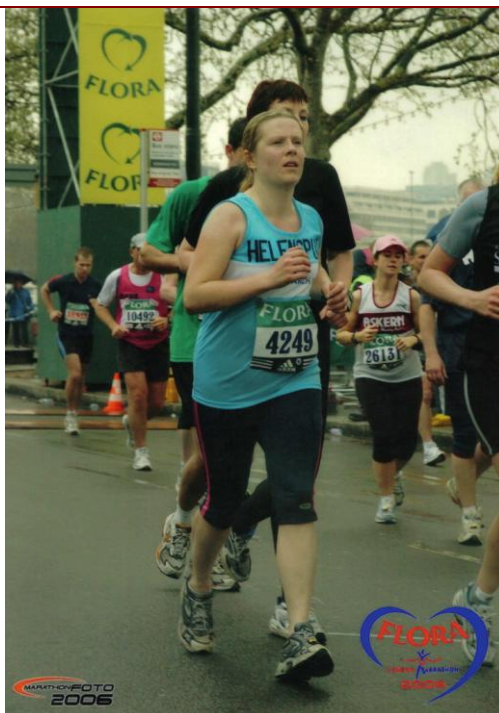
*I really enjoyed looking up as I ran past Big Ben because it's the first time I recognised where I was and I knew the finish was only a few more miles away.*

What was the worst bit?

*The second to last mile where my running style turned into a stagger and I kept feeling waves of emotion and had to fight back the tears!*

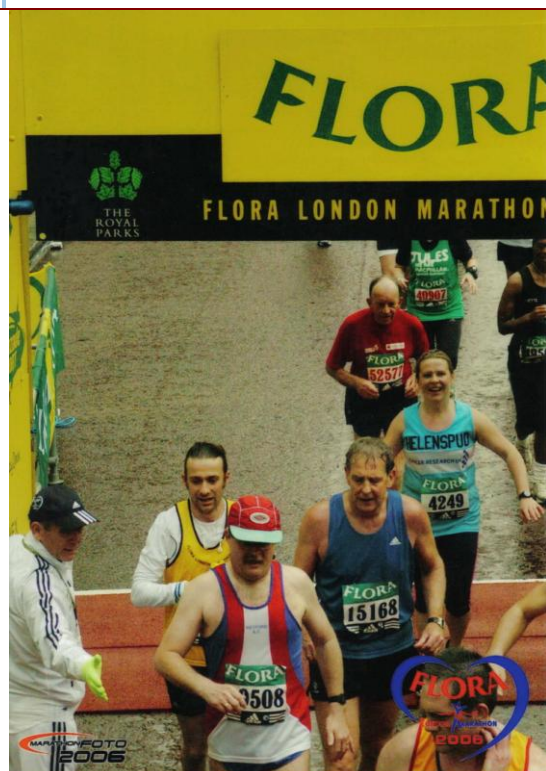
Would you consider doing it (or a different marathon) again?

*I am definitely going to do London again.*



Rapt concentration

Picture © [MarathonFoto.com](#)



Helen starts to feel the emotion

Picture © [MarathonFoto.com](#)

Was it harder or easier than you thought?

*It was hard because I had never run more than 7.5 miles before but if you want something enough it is always achievable.*

Do you think your training schedule prepared you properly?

*Yes I was happy with the Sam Murphy training plan and as it was relatively minimal so I could fit it into my life easily. You do have to get some distances under your belt, they cannot be avoided.*

Does London live up to the hype?

*It was really well organised and I will remember it as an enjoyable and inspirational day.*

## Sarah

*The London marathon has always been on my 'to do list' its was an event that proved a real challenge both physically and emotionally. I ran primarily for myself and the great sense of achievement I have gained but also for Loros to raise as much money as possible. I found the whole experience incredibly exhilarating, rewarding and fun (as well as exhausting). Running in memory of my dad and step dad (who both were in Loros) spurred me on even when I hit the wall at 22 miles (I have raised £1864 to date). I cried many times during the day and knew as soon as I crossed the finish line that I want to run the London marathon again some day.*

## Karl

What was the best bit?

*The finish! The last 4 miles is really where it all happens and is the focal point for the emotion of the day. The organisation of the overall event was outstanding; plenty of toilets, open space, access to the start and facilities, baggage handling – it was very well organised. The feelings though approaching the last 4 miles when the crowds grew much larger, with the anticipation of finishing was really the best bit.*

What was the worst bit?

*I don't think much of the overall course! Apart from the last 4 miles and the main sight of Cutty Sark, the course is really a drag through housing and industrial estates. Whilst I didn't notice much and the crowds were very good throughout the course, you wouldn't choose the majority of it for a training run.*

Would you consider doing it (or a different marathon) again?

*Definitely another marathon although not London. I really enjoyed it and hope I did justice to my Roadhogg spot but its someone else's turn next time and I wouldn't do London again. I have half an eye on Nottingham but failing that, any other 'world' marathon would be good. I have walked NY twice and I would have to say it beats London on the majority of issues.*

Was it harder or easier than you thought?

*About what I expected. I had trained up to 20 miles and was expecting a tough patch there – which I got at about 18-21 miles. The course itself was flat and I can see why fast times are run there. I recovered from 21 miles though so that helped and I did conserve a little to ensure the journey home wasn't too hard, so I reckon 3-15 on the day could have been possible. I was surprised how narrow everything was for at least 7 miles though and even at Cutty Sark I was chopping my stride because of numbers.*

Do you think your training schedule prepared you properly?

*Yes. I averaged around 40 – 45 miles a week and the w/e was back-to-back 10 and 18-mile sessions. I was lacking some speed and was ill for a couple of weeks around 4 weeks before the race so may have lost something there, but I think the walking background and endurance experience helped in not panicking on the day. A good 12 weeks training is required beforehand though I would say.*

Does London live up to the hype?

*'ish'. It's a great day, very well organised and the crowds are amazing – there is no let up for the 26 miles of cheering, waving and encouragement. The course is dull apart from the last 4 miles but there are plenty of drinks, support and facilities and it's a great achievement that I would still recommend.*

*I would like to say a huge thanks to all the Roadhogs who came and supported too. I heard 'go on Karl' and 'come on the Roadhogs' so many times around the course and it was obvious lots of people had made a huge effort to come down and support. That really made a difference and I am very grateful. Thanks.*

## Mat

*It being my 40th year I decided it was the right time to have a crack at doing a marathon and I was fortunate enough to get one of the two places offered to Roadhogs for the London Marathon on April 23rd.*

*My aim was to run the whole way so I followed a training plan tailored for the first time marathoner who wants try and run the full distance.*

*I took it pretty steady but around 18-20 miles I started to feel it in my legs and noticeably slowed over the last 6 miles. I started to get shots of cramp though I managed to maintain a form of running to the end, crossing the line in 3 hours 19 minutes.*



*Once I had collected my medal and goody bag both my legs simultaneously seized up with cramp and I couldn't move for a couple of minutes. I also felt a bit un-well and my vision got a bit blurry but after I had got some sports drink inside me I began to feel better.*

*The best bit, for me, was that evening after the the run. Looking back over the day I got a nice feeling of satisfaction knowing that, after all the training, I had achieved what I set out to do. The worst bit was a) the training and b) the day and night before the race. I found it daunting waking up on Saturday mornings knowing that I had to go out and run for 2 1/2 hours. The training manuals say, the day before, you should try and stay off your feet as much as possible but because you have to pick up your number you end up having to trek over London and stand in queues. I was pretty nervous about what lay ahead and that evening I think only I got about 2 hours sleep.*

*It was a terrific occasion and even though the weather was a bit miserable (though ideal for the runners) thousands of people turned out to give their support. There is a constant wall of noise all the way around as the supporters cheer you on.*

*While I was running the last few miles, and for the rest of the day, I vowed I would never put myself through that again which is probably what most first-timers say. However there is now a part of me that would like to give it another go as I think with a modified training schedule I may be able to get around a bit quicker. We'll see.*

**Pictures © MarathonFoto.com**





## Gettin' muddy with Kim

Not much mud around at the moment, but plenty of water!

### Arnesby May Fair Cross Country

This is a race where it pays not to be in the leading group. It seems to be something of a tradition for the front-runners to take a wrong turn. Fortunately, none of the Roadhogs contingent were quick enough to fall foul of the poorly marshalled course, although at one point your correspondent was joined by four runners doubling back who obviously had. The hail showers held off for the duration of the run, which took us across the fields to Shearsby and Bruntingthorpe before returning to Arnesby. Although mostly dry, despite the recent rain, the course was quite demanding - more of a steeplechase than a cross-country. Dave L (11<sup>th</sup> in 34.12) was first to make it back to the finish by Arnesby church, with Richard Verschoyle (58<sup>th</sup> in 42.17) and Rex (70<sup>th</sup> in 46.04) following a little later. The Roadhogg challenge was completed by Kim and his daughter Danielle, jogging in together a few minutes later. Overall, a nice little race for a Bank Holiday afternoon - even if it did take longer to get out of the car park than it took to run the race!

### New: Triathlon

#### **They call it sprint!** **By Tom Martin**

In the build up for the London triathlon, Simon decided that he wanted to do a couple of sprint triathlons. As this is something that has always appealed to me, I was easily persuaded. The event we decided to do was the flash man challenge in Lutterworth. After all, the distance seemed very manageable. A 400 metres swim, barely ten minutes in the water I thought. A 20K bike ride, well my Dad covers that most work days, how hard can that be? And a 5k run, well Keith would not bother putting on his trainers for that small distance! As I would discover, doing all three disciplines together is quite an endurance test.

The week before the event, I received the rules. The two that stuck out were no swearing and no nudity!

On the day of the event, we arrived early. This was so we could get a look at how everything works and set up our bike area. Given that it was

raining, it also gave time for a few nerves to kick in.

Simon and I started at the same time for the swim. In our start, some of the lads looked very fit. As soon as the race started, I swam off as fast as I could. After a few lengths I found my rhythm and did a strong swim. On leaving the pool, puffing and panting, I put on my trainers and made my way to the bike area. This was a 500 metre run in just my trunks. Simon finished his swim over one minute before me. At the bike area I found Simon was still changing into his bike gear. While he faffed around (checking hair etc), I popped on my t-shirt and jumped on my Bike (Well Simons' Dads - Cheers Chris). I had to smile to myself as I started the bike ride in front of him.

This lead would not last long. After about a mile he passed me, and, remembering the rules, I refrained from communicating with him. Cycling was my weakest event and I did find it tough. The course was quite hilly and this was not helped by the wet and windy conditions. A real low point was when a steward said I was half way, at this point I was tiring and the thought of another 6 miles was not good. A few competitors did overtake me and most of them offered encouragement when they did. I was very pleased to finish the bike ride.

When starting the run, I found the tops of my legs were very tired and it felt like I was not moving very fast. This lasted for about half a mile. On the run you could see the other competitors on their way back from the halfway point. It was clear to see that everyone was tired but working hard. This was when I realised that strength is important in an event like this. I was also impressed that the event was not very competitive and everyone was helping each other. Once I got to the halfway point, I found my second wind. I managed to feel like I was running the last mile, although feeling very tired.

Once I finished the event, all I wanted to do was get dry and warm. On later reflection I realised that I had really enjoyed it. I may even purchase my own bike! So if anyone fancies joining us, there may be a Roadhogg team at future Triathlon events. Also, I wish good luck to Simon for London, it's only twice the distance.

Simon 51/94 - 1.19.01, Tom 59/94 - 1.21.29.

*Tom Martin.*

## Grantham Sprint Triathlon

Chris Mann, Simon Fryer and Tom Martin all competed in the recent Grantham Sprint Triathlon. When it comes to triathlon it seems that experience counts. You might not back Chris to beat Tom over a straight 5k run, but throw in a 400m swim and a 22km bike ride beforehand and it's a different story. With Simon enjoying a slight advantage in the pool (SF: 6.32, CM: 6.42, TM: 7.13), it was the bike ride that proved decisive. Whilst Chris opened a commanding lead over Simon, Tom suffered from his inexperience on a bike, trailing in well behind (CM: 41.54, SF: 48.33, TM: 59.22). Perhaps Tom needs to ask his Dad for some tips (or maybe get him to take those stabilisers off). Our trio were much more evenly matched in the run with Chris taking the honours from Tom and Simon (CM: 21.22, TM: 21.42, SF: 22.11). Over all finishing positions: Chris 20th, Simon 48th, Tom 87th (115 finishers). Tom actually had the distinction of beating the event winner both in the pool and in the run, but if you can ride a bike like Chris Boardman it obviously doesn't matter about the rest!

## A Runner's Tale

On the morning of Saturday the 8th April I was out on a training run following the canal out of Leicester towards Aylestone. Just approaching the Walkers Stadium I noticed a coat floating about a foot below the surface of the water, however I carried on running. Having reached Aylestone I doubled back and thought I would check out the coat again as I felt a bit un-easy about it. Upon closer inspection of the coat I noticed what looked like a foot and the more I looked the more I became convinced it was a body. At this moment I spotted a rower heading my way and, having got his attention, I asked if he could have a look. The rower confirmed he could see some hands and said he believed it was a man's body.

We agreed that he would return to his rowing club and report it to the police. I continued on my run and once home I called the police myself to check that the rower had indeed reported it, which he had. The body was later recovered and the incident was reported on the front page of the Leicester Mercury that night. The following Monday it was further reported that the body was that of a 33 year old male dressed in a Leicester City shirt. It was believed that he had attended the Leicester vs Crystal Palace match

on the Friday night and accidentally fallen into the canal on his way home. *Mat Topham*

## Gaddesby Half Marathon

Despite coming only six days after Hinckley, there seems to be no shortage of runners willing to take up the challenge of the long climb up to Burrough on the Hill and some other notable inclines. When Mike Munday left Market Bosworth after the "Dog and Hedgehog" complaining of an injury niggle we didn't really expect to see him on the start line at Gaddesby. Mike obviously had other ideas, pulling off a comfortable win to keep the title in Roadhogg hands after Mark's effort the previous year. Behind Mike (a long way behind, mind) Dave Lodwick bettered his Hinckley effort for 33rd, despite the extra hills and having squeezed in an additional race during the week. Baz was a solid 44th, finishing in front of Simon (60th) and Steve (72nd). Reem, another one going for a double dose of halves, managed to get to the start on time this time and was rewarded with her second PB of the week (2.03.45). With this rate of improvement the 2-hour barrier is looking vulnerable!



Mike sprints for the line at Hinckley.

*Photo: [www.primephotography.co.uk](http://www.primephotography.co.uk)*

# LRRL Race Reports

## Hinckley Half Marathon

Roadhogs veterans were in good form at the Hinckley Half Marathon, round 1 of the LRRL Summer League. Mark showed that he is regaining his form with an excellent 6th place (1.15.45). With fellow vets Gary Payne (George Elliot Striders) and Chris Southam (Stilton Striders) picking up 1st and 2nd overall, Mark also got his hands on the prize for first veteran. Mark was pushed hard by Barrow's Glen North and our own Mike Munday (1.15.58), putting in yet another superb run for 8th. Behind these two was Steve Clegg, a runner who will be unfamiliar to some of our newer members. Before giving up competitive running a few years back, Steve was one of our fastest runners. He showed that he's still keeping himself fit with a 1.24.59 run which was good enough for 54<sup>th</sup>.

Steve Smith had a good run, completing the veteran quartet in 112<sup>th</sup> (1.30.41). Dave Lodwick was next in (154<sup>th</sup>, 1.34.16). The youngsters finally got on the scoreboard with Simon in 173<sup>rd</sup> (1.35.50) and Jon Heap 220<sup>th</sup> in a PB of 1.38.48. Dave Swan (224<sup>th</sup>, 1.38.59) won the race to be final counter from Steve Martin (230<sup>th</sup>, 1.39.14) by just 15 seconds. Mike Price (420<sup>th</sup>, 1.50.39) and Martin Capell (531<sup>st</sup>, 1.57.57) completed the Roadhogs finishers.

Five ladies braved the rain to keep the Roadhogg flag flying. Laura put her calf troubles aside to record a magnificent 1.38.14. Rachel was second home in (1.50.49). Reem (2.07.57) and Alison (a PB 2.09.35) made up the scoring four, with Julie coming in just behind (2.11.12).

## Swithland 6

Mike Munday was surprised to be listed as one of the favourites for the Swithland 6 but it didn't stop him putting in a superb performance. The 6 in front of him included a record-breaking run from Martin Cox of Bristol and West and read like a who's who of top class local talent. Despite the heat, behind Mike there were several excellent performances. Matt returned to his pre-London form in 70<sup>th</sup> and Steve Clegg completed the running leg of his personal duathlon in 92<sup>nd</sup> (he cycles to races). Behind these two was new recruit Ben Hocken, making a mark on his debut in 127<sup>th</sup>. Tom (131<sup>st</sup>) was followed in by Simon,

finally putting in the sort of race performance we all knew he was capable of in 141<sup>st</sup>. With Steve Smith out injured, it was left to Dave L (158<sup>th</sup>) to make up the 4 vets and Jon (191<sup>st</sup>) rounded off the counting 8. Steve M bagged 215<sup>th</sup> and Keith hobbled round for 259<sup>th</sup>. Rachel had the honour of leading the ladies home in 298<sup>th</sup> in a time that suggests she is regaining the form she had last season. Mike P in 338<sup>th</sup> was followed by Reem (453<sup>rd</sup>) and Sarah (457<sup>th</sup>). The battle of the septuagenarians went with age, Barry (462<sup>nd</sup>) registering a rare win over Rex (468<sup>th</sup>). Rachel Evans (470<sup>th</sup>) and Alison (498<sup>th</sup>) completed the team.

## Barrow 10

Some like it hot....or so they say! This race was simply not funny - a vindaloo with extra chillies on the side. Baz was probably the only one to get his race strategy right. He stayed at home! The rest of us raced to get water on board faster than we were losing it and in most cases, failed miserably. Mark, breaking the hour for 7th place, and Mat (60<sup>th</sup>), beating 70 minutes, probably coped best. Ben 87<sup>th</sup> and Tom 89<sup>th</sup> put in decent runs, but everywhere else it was a tale of woe. Adrian thinks he remembers finishing (he did! - 96th) but woke up in an ambulance, able to remember little more than his name. Steve Clegg (120<sup>th</sup>) was ahead of Tom until he hit the wall at about 7 miles. Ceri (149<sup>th</sup>) had to resort to walking towards the end, but still managed to fulfil a season's ambition to wipe the smile off Dave Lodwick's face (153<sup>rd</sup>). With Ceri punching his weight, Simon (171<sup>st</sup>) (another one to hit the wall) missed out on a place in the counting eight for once. Jon (178<sup>th</sup>) and Steve Martin (180<sup>th</sup>) kept it steady, finishing comfortably in front of Dave Swan (204<sup>th</sup>) who had to contend with his dodgy calf as well as the heat. Mike Price put in a solid run for 266<sup>th</sup> and Barry settled into his usual good rhythm for 386<sup>th</sup>.

Laura had the honour of being first lady Hogg home in 191<sup>st</sup> (25<sup>th</sup> lady) with Rachel Moyes (274<sup>th</sup>) providing back up. The ever-improving Reem bagged a solid 317th and it was left to Rachel Evans (369<sup>th</sup>) to make up the four. Sarah settled into her marathon pace for 387<sup>th</sup>, leaving just Alison (399<sup>th</sup>) to finish. Alison's time included several minutes standing at the second water station debating whether or not she could preserve her 100% record without making herself too ill to go to work in the afternoon. Oh and did I mention sending a text message as well?



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## Belvoir Half Marathon

Six Roadhogs joined a field of nearly 600 for the first half marathon of the year. The race, a well-established event, is run from the village of Hose in the Vale of Belvoir. It is not necessarily the most scenic of courses (the drag past Langar airfield is particularly tedious) but it is certainly the flattest - a real "PB course". There was a chilly wind blowing which added to the challenge, particularly in the exposed sections, but the conditions were pretty good for running. Steve Smith was the first home (94<sup>th</sup>, 1.30.29), finding plenty of time for a chat before cruising away into the distance. Behind Steve, Baz (108<sup>th</sup>, 1.31.44) and Dave Lodwick (110<sup>th</sup>, 1.31.48) battled it out for "second home". Baz proved stronger, making the decisive move with about a quarter of a mile to go and leaving Dave with the small consolation of knocking 85 seconds off his PB! The next pair were Jon Heap (223<sup>rd</sup>, 1.38.55) and Dave Swan (229<sup>th</sup>, 1.39.15) with Jon taking the honours. Mike Price completed the line up in 379<sup>th</sup> (1.49.42).

## SUMMER LEAGUE RACES 2006

	HINCKLEY 1/2			SWITHLAND 6			BARROW 10		
	pos	time	m/m	pos	time	m/m	pos	time	m/m
Reem Al-Jayyousi	614	127.57	9.46	132	56.41	9.27	76	96.42	9.40
Rachel Evans				144	58.18	9.43	98	107.09	10.43
Sarah Johnstone				135	57.00	9.30	109	110.12	11.01
Alison Lodwick	625	129.35	9.53	162	64.39	10.46	117	117.47	11.46
Julie Mcbrearty	631	131.12	10.00						
Rachel Moyes	423	110.49	8.27	50	47.12	7.52	51	90.16	9.02
Laura Rowlands	213	98.14	7.29				25	81.20	8.08
Martin Capell	531	117.57	9.00						
Mark Chamberlain	15	75.45	5.46				7	59.47	5.59
Steve Clegg	54	84.59	6.29	86	39.06	6.31	109	74.30	7.27
Keith Dakin				223	45.29	7.34			
Ceri Davies							134	77.14	7.43
Simon Fryer	173	95.50	7.18	131	41.27	6.55	152	79.05	7.54
Jon Heap	220	98.48	7.32	170	43.01	7.10	157	79.48	7.59
Ben Hocken				117	40.47	6.47	81	71.57	7.12
Dave Lodwick	154	94.16	7.11	144	41.56	6.59	137	77.43	7.46
Steve Martin	230	99.14	7.34	190	43.55	7.19	158	79.53	7.59
Tom Martin				121	40.55	6.49	85	72.04	7.12
Mike Munday	8	75.58	5.47	7	33.37	5.36			
Mike Price	420	110.39	8.26	275	49.04	8.10	220	89.01	8.54
Steve Smith	112	90.41	6.55						
Adrian Stanley							90	72.25	7.15
Rex Stapleford				327	58.06	9.41			
Dave Swan	224	98.59	7.33				177	82.59	8.18
Matt Topham				66	38.12	6.22	55	69.17	6.56
Barry Waterfield				325	57.18	9.33	280	110.10	11.01

## Livingstone Relays

We entered two teams for this years event, a senior men and a mens vet. Unfortunately, we were unable to find three ladies who could turn out for us. It was a cool day with little wind, ideal running conditions. Around sixty teams took part in the race, a fast four leg event, each leg being three miles around the Loughborough University campus. It is a short but quite tough course, but I'm sure we all enjoyed it! Steve S did the fastest leg, Simon also got under 20 minutes and Thomas made his return to competitive running after an injury-ridden winter.

*Steve Martin*



Club	Leg1			Position	Split 2			Position	Split 3			C	Leg 3			Position	Split 4			D	Total	Time	Final Pos
	A				B																		
ROADHOGGS																							
THOMAS					CRAIG					SIMON					JON								
	20	39	18		20	05	40	44	17		19	55	60	39	17		20	23		81	02	17	
ROADHOGGS VETS																							
STEVE S					STEVE M					JERRY					BARRY								
	19	01	11		21	09	40	10	13		21	23	61	33	15		26	37		88	10	16	

## 20 Things You Didn't Know!

Rachael Evans	Question	Simon Fryer
Doctor at Glenfield Hospital. Currently training in Respiratory Medicine	<i>What do you do for a living?</i>	Computer Programmer
Have a boyfriend in Liverpool	<i>Are you Married or Single?</i>	Single
2-3 yrs with a bit of a break last year!	<i>How long have you been running?</i>	Two years, I started after my Dad kept on going on about how fast he used to be. I have yet to beat his times.
Tagged along with Reem	<i>How did you become involved with Roadhogs?</i>	I known Tom for years and I decided to join with another friend Jay but he couldn't hack it.
Unlikely to excel in any! Would love to be a better climber.	<i>If you didn't run which sport would you like to excel in?</i>	Swimming. I swam when I was younger but was never really that good.
Hairdresser aged 5 then doctor aged 7 (no idea why the change of heart, but lucky for many a head of hair)	<i>Did you ever have any ambitions when at school to do a different job?</i>	Aircraft pilot
Probably still the lake district - automatically makes me smile.	<i>Which is the best Holiday destination you have been to?</i>	Cancun, Mexico. Seeing the pyramids was great.
Bob Dylan	<i>What music do you like most?</i>	Moorcheba and Moby but like pop music when I go out drinking.
Life is beautiful - only ever watched it once as so upsetting yet still has the most uplifting main character	<i>What was your favourite film?</i>	Braveheart
Hamster from creature comforts	<i>If you could be any TV character which one would it be?</i>	James Bond because of all the gadgets and you always get the best looking woman.
Little Rover - one that is 100% reliable and fairly bouncy on the corners or with it's own chauffeur!	<i>What car do you drive and what car would you most like to drive?</i>	Ford Fiesta but would like an Aston Martin
Curry and chocolate (not together). G+T	<i>What is your favourite food and drink?</i>	Nice cold beer and an Indian curry.
Ooo tricky. Eddie Izzard, Nelson Mandela, Joe Simpson, Stephen Fry and Jo Brand But really, 5 good friends that I'd actually join with!	<i>Which 5 people (living or dead) would you most like to invite to your Dinner Party?</i>	Lance Armstrong, Mark Forster, Rachel Stevens, Haile Gebrselassie and Eric Cantona
Loved everything except French	<i>What was your favourite subject at school?</i>	Maths
Probably Long Walk to Freedom or Touching the Void	<i>What was the best book that you ever read?</i>	Have just finished Lance Armstrong's book Every Second Counts
Erm ...enjoy the finish line or end of any run!	<i>What is your favourite local race and your favourite distance?</i>	Turkey Trot but prefer shorter distances like 10K
Meeting up and getting support from the girls.	<i>What is the best thing about being a Roadhogg?</i>	Friendly crowd and pub runs.
Occasionally some of the team to be there when us slow ones finish the race ... after all we have run for longer!	<i>If there was one thing you could change within Roadhogs what would that be?</i>	More females to join the club.
To be anywhere with a sunset, water and mountains	<i>What would be the best way to spend an evening?</i>	Having a BBQ with my friends.
To run (wobble-jog) a half marathon in under 2hrs at some point! Continue to climb mountains and see pretty/wild places. Touch my toes!	<i>Do you have any remaining ambitions either personal or club wise?</i>	Would like to go on safari, complete an Ironman triathlon and to beat my Dads best times at running, if only for some peace and quite.