

Roadhoggs Leicester A.C.



Summer Newsletter 2007

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

Glorious Glooston!

On June the 16th, a new race was born. For 2 happy hours, the population of Glooston trebbled as runners decended from all parts of the region. There were representatives from 44 different running clubs all keen to run a brand new course, brainchild of "Rocket" Ronnie Atton. Coming as it did in the middle of the British monsoon season, we were fortunate that the rain held off for the duration of the event. We ended up with a cracking mens race, won on the line by former Langton winner Garry Payne and a star-studded ladies race with no less than three GB international battling it out.

The quality of the racing got us some great press coverage and in general, the event seemed to be popular with runners. All 8 who rated us on Runners World said they'd like to come back next year (see page 7 for their comments).

Inside a packed edition:

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Dave Pierce is starting to feel the strain as eventual winner Garry Payne and runner-up Phil Critchlow start to close him down.



Craig in Secret Training Shock!

Prodigal son, Craig Atton, returned to the roads at Glooston, putting in an impressive performance. Known recently more for buffet clearing than athletic feats, Craig turned the annual family grudge match into a no-contest. Karl who trailed in almost 5 minutes behind was last seen rushing off to draw up a training schedule.

As Craig unveiled his new slim line physique, pie makers up and down the country were reported to be hanging themselves from lampposts. Seriously, it's great to see him back on form in time for the second half of the Summer League season.



Leicester Marathon is back in the City

October 14th 2007

Read all about the new high profile course on www.leicestermarathon.org.uk

Organisers, Birstal RC, will be looking for lots of support. So if you don't fancy running either the half or full Marathons, please volunteer as a marshal.

Training Nights

July 4th Bradgate Arms
11th Hungarton League Race
18th Manor Road
25th Dog & Gun (Kilby)
August 1st Huncote League Race
8th Billesdon Roadshow
15th Manor Road
22nd Griffin (Swithland)
29th Manor Road
Sept 5th Rose & Crown (Thurnby)
12th Manor Road
19th Horse & Trumpet
26th Wheatsheaf (Thurcaston)



Garry Paine helps himself to another piece of Roadhogs silverware.

Coming in the next edition: Dave Swan tells us how it all began.



News from Helen Gregory

I have now moved back to sunny Yorkshire and am working at Askham Bryan College in York. Moving back was a big change and I managed to forget all about running for many months.

I finally returned to training about 8 weeks ago and have joined the Nidd Valley Runners in Harrogate. They are a good bunch (nearly as friendly as Roadhogs) and about 30 runners attend Tuesday speed and hill sessions and Thursday long runs. I struggled at first but am gradually getting my confidence back.

I completed my first half marathon at Leeds last weekend in 1:51:44 I am really pleased with that. Thinking about doing Paris marathon next year.

It seems strange to think of someone who's done a Marathon not having done a half before, but it seems like the "heavy duty" training is paying off. Nice one, Helen!

July

2nd Sarah Johnstone is 33
13th Ceri Davies is 40
27th Julie McBrearty is 38
31st Hannah Flannery is 19

Birthdays

August

2nd Rex Stapleford is 75
6th Dale Jenkins is 48
6th Shimul Haider is 36
9th Steve Smith is 46
11th Reem Al-Jayyousi is 34
12th John Stew is 50
17th Simon Fryer is 29

September

8th Ben Hocken is 38
14th Karl Atton is 36
16th Jerry Askham is 50
26th Amy Handford is 25
30th Barry Waterfield is 72

ROUND LEICESTER IN THE RUNNERS OWN WORDS!

Last year's Round Leicester Relay took place on Sunday, 6th August. There were one or two last minute alterations to the team due to an injury incurred by myself on the Monday before the race. (I haven't been able to run properly since but, as desperate as I am, I will not be following Keith's' advice).

Fortunately, Adrian was able to step in. Generally the weather was fine but we did have the usual early morning problems with the sun. What follows is an account of the day, written by some of the runners involved, complete and unexpurgated.

Leg A- Mowmacre to Ratcliffe-on-the-Wreake . Matt Topham.

This was a good solid opening leg from Matt.

Leg B- Ratcliffe to Ashby Folville by Adrian Stanley

Firstly, I must say that I wasn't looking forward to the run after visiting my colleagues in the A&E Department a few weeks previously. Nevertheless, I promised myself to take it easy and almost did. The day was forecast to be overcast and cool, but the sun appeared from behind the clouds just before I started running and it warmed up pretty quickly.

This was only the second leg and to my surprise I ran alone for most of the race. The first section, before reaching the dual carriageway at Rearsby, was flat and uneventful. Then it became a little uncomfortable: 3 miles, uphill, straight, heading into a low sun and 'searing' heat. I was offered great support from the Martins and Reem and wisely took my foot off the accelerator. No one overtook me and I passed a couple of other teams - so I was pleased with a reasonable time, avoidance of flashing blue lights and intravenous cannula!

There always seems to be problems on this leg. It is probably tougher than it might appear, especially with the early morning sun and lack of cover.

Leg C- Ashby Folville to Somerby via Burrough Hill .Mike Price.

Mike had problems on this leg after getting lost and finished up having to go to the Infirmary. He was put under some pressure by our unexpected high position after the first two legs.

Leg D- Somerby to Loddington . Ben Hocken

I think that Ben enjoyed this but I cannot be certain because I haven't seen him since!

Leg E- Loddington-Slawston . Baz Barrett

This was a good steady leg from one of our most reliable runners.

Leg F- Slawston to Foxton by Dave Lodwick

Having had the "Alps" last year (Loddington to Slawston) Steve took pity on me and gave me "The Netherlands" (flat with canals). The leg starts with a steep down hill and is then more or less flat for the remaining 8 or so miles, with the last 3 following the canal. I had a bit of a surprise as I waited for the baton to come in when I looked down the road and saw Reem running determinedly up the hill towards me. Had there been a late change of plan? Had Baz fallen by the wayside? As she got nearer, I was reassured by the fact that she seemed to have neither a Roadhoggs vest or (more importantly) a baton. It turned out she was running a chunk of the course as part of her build up to Nottingham. Baz duly appeared a little later and the ordeal began. It wasn't by any means the hottest day of the year but the

midday sun was easily as much as I wanted to handle. When I'd done part of the leg a couple of weeks before the tarmac had been literally melting and I was reduced to walking. Fortunately, today it was only gas mark 6 and I managed to keep going, taking drinks whenever I could get them. By and large it was pretty lonely; I got overtaken once and overtook one myself. I managed a sprint at the end to hold off a fast finishing lady from Harborough and almost immediately wished I hadn't! Once I'd recovered I spent an enjoyable half an hour in the runners refugee centre (the garden of the local pub) commiserating with the other withered souls.

Time for a pint? I must be doing something wrong.

Leg G- Foxton to Bruntingthorpe by Keith Dakin

Hi Steve - hope your leg's on the mend; if it is still giving you grief then try putting it in a vice and whacking it with a mallet for two hours then spreading half a jar of crab paste over the most painful area and then try sleeping with your leg in a fish tank full of water snails - it worked for me once. Anyway, here's my account of my Round Leicester

Same leg as previous year so I knew where I could get away with tripping up other runners and leaving them in a ditch full of stingers I ran the leg there and back the previous Sunday when it was very hot so was hoping for a cool day on race day. Waiting in the lane at Foxton with Pam and mark the midday sun was quite warm. I know how much hard work and organisation Steve had put in to the day so could understand the panic on his face when he saw me and Pam gassing to other runners and no mark around, then quickly found him sunbathing up the lane and dragged him off to get to the next leg. After waiting a good hour took the baton off Dave Lodwick and ran off in the hot sun. The first one and a half miles are the hardest on this leg and I huffed and puffed through the fields and hills through Gumley where I was overtaken by a bloke who was going so fast I could not get close enough to leg him over. Met Pam at 2 miles with a welcome bottle of water and got my foreign legion hat off of her to protect me from the heat as I was so knackered at that point. From that point to the finish despite hardly any shade from the sun I managed to feel stronger as the miles passed by, Pam's water handouts helped and I passed 3 runners in the last mile, sprinting as the sun went in 50 yards from the finish nearly falling headfirst into a water bucket full of sponges as I crossed the line. Enjoyed following the last few legs, including the mile trek with mark up beacon hill and back and making it to the finish in time for a couple of pints.

Ditto!

Leg H- Bruntingthorpe to Frolesworth by Tom Martin

Well, we managed to get lost between Foxton and Bruntingthorpe again. I can only assume that all the signposts were removed during the war to in case the Germans invaded and have never been replaced. Another good run from Tom, though.

Leg I- Frolesworth to Burbage Common by Ceri Davies

I had not participated in the Leicester Round Event previously so was unsure what to expect. I arrived in Frolesworth with time to spare having checked out some of the route beforehand in the car. The village steadily filled with runners and supporters and it wasn't long before the leading teams arrived. Tom, who looked as if he had run a very warm leg indeed, passed me the baton. The first part of my leg was heavy going. It was a baking day, but of greater concern was that the early yards of the race were through the twisting main street of the village. Not a single other competitor could be seen at this point, so there was no one to aim at or to help establish a pace. When I emerged from the village onto the straight open road, the runners in front were some considerable distance away. After completing just over a mile however, other runners were close enough to enable me to develop some sense of pace. Sadly this was not just a result of me slowly catching one or two runners in front but also three or four runners catching me!

On route, both Steve Martin and my family engineered a couple of impromptu water stops, and some verbal encouragement, which were very welcome indeed in the conditions. The final part of the leg, down a quiet country lane and across the common, was picturesque, but the cross-country surface of the Common was energy sapping on such a hot day.

I greatly enjoyed my first attempt at a leg of this event, and would be keen to join the team next year.

An excellent debut.

Leg J- Burbage Common to Carlton by Kim Richardson

It was a nice sunny day and I was waiting at Burbage Common for the incoming Roadhogg, really keen to get off to a good start and looking forward to a leg I have done before; it's an interesting run over roads and fields, through Ambion Woods and across the Battlefield site. Well I started out ok, through Barwell and Stapleton and off down the lane towards Dadlington. Lynne was there with a drink for me bless her. Then over the fields and I began to struggle. At the canal I briefly turned the wrong way (did I say I had done this leg before?) but got it right again and came over the bridge at Sutton Wharf and off through the woods. It was quite hot and I was slowing down badly now and came out onto the Battlefield really knackered. I think I can say I died on Bosworth Battlefield. After that it was a case of hanging on. I walked a couple of stretches, including the long climb into Market Bosworth where some supporters of another runner gave me some water, which was so welcome! In the town I saw some of the Birstall guys having a beer outside the pub, they gave me some cheery encouragement and I gave them the swivel finger. Finally I got going along Carlton Road knowing it was the last mile and mainly downhill. At the changeover the outgoing Roadhogg had already gone in the restart. I sat down to recover, disappointed with my time, but then I saw coming in 3 runners who passed me on the climb into Market Bosworth then took a wrong road!! So I didn't do so bad after all.

The old master returns! No doubt it wasn't as muddy as Kim would have liked but we did give him a leg with a lot of cross country. Thanks for filling the gap, Kim.

Leg K- Carlton to Markfield by Mark Chamberlain

The Round Leicester Relay is a great event. The support by both competitors and supporters is fantastic. I do feel slightly annoyed though about the re-starts. On Tom's leg the start was about 10 minutes late. Later on in the day when I was due to start my leg again it was about seven minutes later than the official start time.

I did get the impression that Ted Toft wanted to let teams like the Corri's have a psychological advantage over the others by delaying the re-starts. Making up seven minutes over seven or so miles is a tall order. I did have a word with T.T. about this, saying that others wanted a decent race as well.

There was also another incident when T.T. ordered everybody to move out of the way for a car near the entrance/exit to the tennis club. I said to him get us on our way and there wouldn't have been a problem.

I did enjoy my run and thanks for the support from Baz (and family) and yourself and Tom. On the actual run as you know I was on my own. On the cross-country section I did have to slow down for a tractor that wasn't for slowing down, then later on the road I was nearly taken out by a car. (It might have been the loony woman who got the arse earlier in the day).

Typical northern bluntness from our captain. Tell it like it is, Mark. Anyway, on the day Mark was absolutely on fire and it proved difficult to keep in front of him. This was a superb run!

Leg L- Markfield to Beacon Hill by Jon Heap.

This was another good run from Jon over a very tough leg and due to Mark's fast previous leg we actually got to see Jon finish at Beacon Hill.

Leg M- Beacon Hill to the finish by Karl Atton.

I got the glory leg! - Beacon Hill to the end and happy to say a few words for the newsletter, unlike Craig who ran last year and no-one has seen him since; other than in the cakes aisle at Morrisons. Started off at Beacon Hill 30 minutes later than advertised because they like to give the fast teams some more glory! Down the hill, through the fields, up the odd track but lovely to run through Bradgate Park and my sort of terrain.

Learnt from my 'cock up' last year by running the route with Craig a couple of days before and learnt what I thought was the 'crafty cockney' route that gave me knowledge of all the short cuts and easy bits... according to Craig. As I sneaked through the backwaters and alleyways, I bumped into all the other runners armed with the same knowledge! Out of the fields near Thurcaston and made up some good places as a couple of others faded in the warm day sun. Worked hard up past the Wheatsheaf and onto the glorious finish... all round lovely Leicestershire countryside and fields to finish in the middle of a housing estate!?...

Nice leg apart from the end, had a cold water rub down in the car park, an ice cream and watched my mum do her Lucinda Green impression, helping a horse into its box at Bradgate Park!

This was a steady final leg from Karl and we had a well-earned pint as we watched him finish.

So, it was another great day out and thanks are due to all the people who helped, supported and ferried people about on the day. We couldn't do it without you.

We are hoping to put out two teams this year because Reem has said that she wants to put as close to a full ladies team out as she can manage. So if you are interested then please let either Reem or myself know as soon as possible. Time is beginning to run short!

Steve Martin.

LRRL Update

SENIOR MEN	Division 2							
	Winter	D&H		West End		Swthland		
	Points	Score	Points	Score	Points	Score	Points	TOTAL
Ivanhoe	100	200	20	328	20	320	20	160
Desford	77	690	17	632	15	594	17	126
West End	74	691	15	646	14	840	15	118
Roadhogs	70	746	14	622	17	882	14	115
Shepshed	63	899	13	(4)	13	(7)	13	102
Whetstone	49	(6)	11	(3)	11	(5)	11	82
South Derbs	59	967	12	(2)	10			81
Coritanians	43	(3)	10	(3)	12	(5)	12	77
L TRI	51	(1)	7			(2)	10	68
Harborough	57	(3)	9					66
Charnwood	37	(1)	8	(1)	9	(1)	9	63
VETERANS	Division 1							
		D&H		West End		Swthland		
	Points	Score	Points	Score	Points	Score	Points	
Huncote	97	53	20	41	20	71	17	154
Wreake	81	65	17	66	17	78	14	129
Barrow	80	105	14	69	15	62	20	129
Nuneaton	76	(1)	8	(2)	8	(1)	8	100
Roadhogs	63	177	12	139	14	182	10	99
West End	55	102	15	169	11	139	12	93
Stilton	55	(3)	9	157	13	75	15	92
Hinckley	51	153	13	239	10	134	13	87
Desford	51	192	11	166	12	178	11	85
Beaumont	40	344	10	307	9	290	9	68

Glooston 10K, as rated by Runner's World members

In short: The run was well organised. Two laps around the local scenery. Very steep hill within the lap. Finishes at a pub.

In short: quickish 2 lap course with testing hill

In full: undulating course through pleasant countryside. I will be back next year better prepared for that hill.

In short: An enjoyable run, despite the hill that seemed to go on for ever!

In full: This was only the second 10k event that I have competed in, so I don't have much to compare it with.

Despite the heavy rainfall over recent days, the field parking was well organised and didn't cause any problems. As with any events such as this, it's easy to feel like a fish out of water when you don't know anyone and are quite new to taking part, but people were generally very friendly and supportive before, during and after the race.

The route was pleasant, with very little traffic and a few sheep bleating us along the way. In addition the marshalls were very encouraging to us plodders at the back. :)

The hill towards the end was a bit challenging, but it felt good to reach the top!

Overall, the event was well organised and am pleased that I took part. For me it was a new PB, but as it was only my second 10k event, then I guess that's no surprise!

Hope to be back next year and do a little better.

In short: Lovely low key race, hill is a killer but good fun

In short: Good course, good steep hill completed twice on the two lap course.

In short: lovely race, very friendly and because of the early evening start and finish at a pub makes it a perfect saturday night out.

In short: Good Saturday evening entertainment - good support by marshals and supporters alike on a challenging 2 lap course

In short: More hilly than I was led to believe, atmosphere more than made up for the pain!

In full: Directions from a little further out would be useful. It was only once you were very near the race that you found signs. Great organisation otherwise. The marshalls were excellent and it was great to see them prepared to brave what could have been a very wet evening. The mug was a nice touch, much better than a t-shirt that gets dumped in the wardrobe. Thanks for an enjoyable evening, (if painful)!!



Runner up: Phil Critchlow



Runner up: Kate Ramsey



First lady Vet: Julie Lamb



First male Vet: Mark

Gettin' muddy with Kim

Not many muddy races this time!

Oaks in Charnwood

So how would you spend a Bank Holiday afternoon? A nice relaxed lunch with a couple of glasses of something chilled? Or maybe you'd rather spend it flogging through wind rain and mud, all in the name of sport? While the Richardson clan opted for a gentle 4 mile jog round the fields of Arnesby (Kim 33/48 45.02, Sam 34/48 45.03), Jon had something a little more serious in mind - a fell race! The previous time I entered the Oaks race, the ground was so hard and rutted that I aggravated my Achilles. This year road shoes and trail shoes were jettisoned in favour of full on cross-country shoes. As we stood on the start line I looked around for likely winners. I knew Ian Paramore would be there or thereabouts but who was that slim chap lurking at the back? After about a mile, as we were on the lower slopes of Ives Head (the biggest climb) the mystery man eased his way through the field. It's not often you find yourself racing in front of Tim Hartley (for it was he) so I guess you should enjoy it while you can!



Jon: funny holiday this!

The scenery was spectacular, the weather challenging and the footing treacherous. At one

stream crossing we ran past a runner who had slipped on a wet rock and gashed his ankle. Jon got ahead early on and was coming back to me towards the end, but never fast enough. We finished in a downpour. When we scrutinised the results T. Hartley was nowhere to be seen, but some bloke called Tino Valentino finished 3rd! I later read that Tim had completed the Buxton Half Marathon (one of the toughest in the country) the day before.

Jon 17/51 56.39, Dave 20/51 56.52

Dave Lodwick



Who needs training when you've got the "lucky" yellow shorts?

LRRL Race Reports

Hinckley Half

Bosworth Water Park greeted us with the now traditional Dog & Hedgehog weather (clue: it makes ducks happy). 16 Hoggs lined up for the new time-zoned start ready for the usual fight to get over the line before Tim Hartley completes his first mile. Wow! The zoning actually worked and we were off with minimal delay. At 1 mile I drew alongside Tom who was doing a passable

imitation of a 40-a-day man and predicting an imminent retirement. Fortunately, he soon rallied and started to ease away. As we started to near Dadlington, home of the eponymous Dog & Hedgehog, I spotted Mat, hazards on, by the side of the road. After a 10-yard jog, just to confirm that the wheel had really fallen off, he was a DNF and off to find a lift home. At around 11 miles I passed Adrian who was realising that doing your first half Marathon in nearly 4 years, on no training to speak of, asks questions that the body tends to answer with gestures of the two-fingered variety! Next up was Dale whose fast time at Silverstone, earlier in the week, had taken more out of him than he'd expected. What next: Peter in a ditch? Mark in the canal? Fortunately, I didn't see another teammate until I crossed the line. Mark (13th) and Peter (59th) were safely in, as was Sam (107th), smashing his PB by 6 minutes and going sub-1.30 into the bargain. Tom (155th) had got it together sufficiently to beat Simon (165th) before it was my turn to cross the line (185th). Dale managed 214th in front of Jon, who set a 1.37.30 PB for 234th and Keith, who got 255th. Dave S missed his target of 1.40 by just 10s and then came Baz (302nd), another one who was short of miles, but just glad to be injury free. Adrian, having got bored with walking, jogged in next and then Hannah G (setting a PB of 1.48.07) and Rob came in together. That just left Alison, whose lack of long runs, guaranteed the slowest of her 4 half Marathons to date.

West End 8

After the rain of Hinckley and some pretty grotty weather forecasts, it was a pleasure to enjoy almost perfect conditions. The wind had subsided and the sun was pleasant rather than scorching. The close scheduling of the races meant there was little opportunity for those with a Dog & Hedgehog hangover to recover. We were without Mat and Hannah G but Adrian, Alison and Tom volunteered for further punishment. The West End course is almost universally popular - nice scenery and flat or downhill from halfway.

Mark was out of sorts so he had to settle for a place towards the bottom of the top 20. To counteract the crocked and the absentees we needed to pack well and Mark's men rose to the challenge. Peter recorded his best finish of the season in 37th and Adrian went from zero to hero in 87th. Simon broke 7s for 113th with Baz (another one to leap through the field this week)

showing that he really is back in business, in 117th. No sooner did a Hogg finish than the next one was rounding the final corner - Dale 127th, Ceri 136th and Dave L 138th. Dave S (165th) was pleased to comfortably break the hour, and then there was a gap before an ailing Tom made it home (205th). Rachel led the ladies in with 235th before Mike P (249th), Cathy (260th) and old boy Steve Blyth (266th), making one his rare "guest appearances". Claire came in 297th before the final trio came in one after the other. Reem led the way with 309th, followed closely by Alison (310th, another one showing a dramatic improvement in the week) and Keith (311th). Keith likes to test himself but even he was probably wondering if he'd misplaced his marbles by the end. The West End 8 was acting as his "recovery run" after a tilt at the White Peak Marathon the day before.



Keith trying not to look at the pub as he runs past.

Swithland 6

Swithland was another race not to break with tradition. If a demanding course wasn't enough, the sun always seems to be cracking the flags'. As usual this was the cue for Dave L to slide back through the field. Apart from Simon, everyone else seemed to be made of sterner stuff. We were a bit short at the sharp end - Mat and Tom are both nursing injuries, Adrian was working and Sam was AWOL.



Mark: Always our number one!

On paper, Mark's 11th place finish might not seem that special (although given the way he felt at West End, he'd probably have settled for it) but when you consider that those in front of him included at least two internationals, a fast Kenyan and a certain Mr Hartley you get an idea of how well he ran. Peter provided able back up with a 37.24 PB for 51st over all. Tom was a spectator, so next up was Hannah Flannery 92nd over all and 12th lady in a really class field.



Rachel: Happiness is..... not having to run up Church Hill again.

There was quite a gap before the rest of the men's team started to come in. Ceri (150th) was first, followed by Baz (161st) and a fast improving Rob (168th) - those EMGP races seem

to be doing the trick nicely. Dale (175th) didn't enjoy the heat but Jon (188th) didn't seem to notice. That left Dave L (192nd) to take the final place in the eight as Simon (196th) withered in the final mile. Dave S (214th), who never seems to mind a bit of sunshine, was followed at a respectful distance by Keith (217th, who'll run in any kind of weather).

Cathy (318th) and Rachel (319th) were only separated by a second. As Kim would say, "were you chatting girls?" Mike Price (344th) and Steve Blyth (371st) rounded things off for the men, leaving Claire (385th) and Alison (481st) to complete the team.

Dave Lodwick

Other Road Races

Rothley 10K

The popularity of some events seems to fly in the face of logic. The Rothley route is more housing estate than countryside, the mile markers inaccurate and the course is significantly longer than the advertised 10km. Nevertheless, it's a real community event with half of the village turning out and I guess that is its enduring appeal.

The evening began in slightly bizarre fashion with the early arrivals being pressed into action as extras for East Midlands Today. Since the disappearance of Madeleine McCann, anything happening in Rothley is news. To satisfy the producer, some West Enders were persuaded to do their stretches in the square and other runners instructed to walk across behind the presenter as she did her piece to camera.

As well as all the usual faces you get lots of young men who may be reasonably fit but have no idea how to pace a run. This means it gets very crowded at the start but after a mile or so you are overtaking people for the rest of the race as reality overcomes enthusiasm. At the start it pays to be patient, unless you have Baz's uncanny knack of joining the field late but then miraculously appearing at the front. As soon as you have started to run freely the route makes a sharp turn and heads up a steep hill. Frustration at a slow start can tempt one to push too hard and before you know it you're already in oxygen debt.

There were a whole host of Hoggs among the 399 finishers. It was great to see Mat back after

injury and going pretty well for a first race. Peter was only a handful of seconds away from a place in the top 20 and Ceri added another rapid 10K to his collection. It was also good to see new member John Stew joining in the fun.

Mark: 8th, 36:22, Peter: 22nd, 38:48, Mat 47th, 40:56: Hannah F 50th, 41:23, Ceri 60th, 42:01, Adrian: 80th, 43:10, Simon: 88th, 43:24, Baz: 89th, 43:25, Dave L 97th, 43:57, Rob: 110th, 44:23, Dave S 199th, 48:45, John: 210th, 49:18, Reem: 350th, 59:18.

Results:

	HINCKLEY 1/2			WEST END 8			SWITHLAND 6		
	pos	time	m/m	pos	time	m/m	pos	time	m/m
Reem Al-Jayyousi				309	1.15.55	9.29			
Claire Di Palma				297	1.12.27	9.03	89	52.31	8.45
Hannah Flannery							12	39.48	6.38
Hannah Green	389	1.48.07	08:15						
Amy Handford									
Cathy Haward				260	1.07.30	8.26	53	49.09	8.11
Sophia Lane									
Alison Lodwick	717	2.16.37	10:26	310	1.16.08	9.31	146	1.03.50	10.38
Rachel Moyes				235	1.05.56	8.14	54	49.10	8.11
Michael Adams									
Jerry Askham									
Baz Barratt	302	1.41.50	7.46	117	56.11	7.01	138	42.20	7.03
Sam Blows	107	1.29.55	6.52						
Mark Chamberlain	13	1.17.08	5.53	19	47.43	5.58	9	34.21	5.44
Keith Dakin	255	1.38.28	7.31	311	1.16.10	9.31	188	44.12	7.22
Steve Blyth				266	1.08.15	8.32	293	51.44	8.37
Ceri Davies				136	57.09	7.09	129	42.05	7.01
Simon Fryer	165	1.33.50	7.10	113	55.56	6.59	170	43.24	7.14
Paul Handford									
Jon Heap	234	1.37.30	7.26				164	42.59	7.10
Dale Jenkins	214	1.36.37	7.22	127	56.43	7.06	152	42.39	7.07
Dave Lodwick	185	1.34.54	7.15	138	57.19	7.10	166	43.12	7.12
Chris Mann									
Steve Martin									
Tom Martin	155	1.33.30	7.08	205	1.02.59	7.52			
Rob Milstead	390	1.48.07	8.15				145	42.31	7.06
Mike Price				249	1.06.50	8.21	278	50.27	8.25
Peter Sloneczny	59	1.24.35	6.27	37	50.14	6.17	45	37.24	6.14
Adrian Stanley	336	1.43.49	7.55	87	54.32	6.49			
Dave Swan	282	1.40.10	7.39	165	59.05	7.23	186	44.09	7.22
Matt Topham									
Richard Verschoyle									
Barry Waterfield									

LRRL Summer League 2007

11th July Hungarton
 1st Aug Joy Cann Memorial (Huncote)
 2nd Sept John Fraser 10 (Countesthorpe)