

Roadhoggs Leicester A.C.



Winter Newsletter 2007

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

Winter League: Are You Ready?

At the end of the 2007 season the mens senior and veteran leagues will be reformed into 3 divisions, with divisions 1 and 2 each having 7 clubs. As a result, we really need to maximise our scores in every race. We will need to win our division and have a better record than the team finishing in 7th in Division 1 to be promoted. If that wasn't enough, we'll be up against Leicester Triathlon Club, who have just been admitted to the league. Don't forget, the first race is the Barrow 6 on Sunday 14th January.

Inside a packed edition:

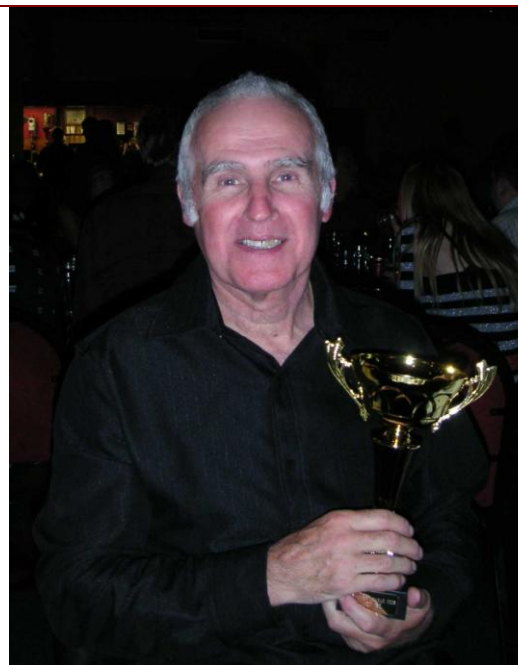
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Dave Swan proudly displays the MV60 trophy at the LRRL presentation evening.

Welcome to New Members

We are delighted to welcome new members; Paul, Amy, Rob, and Sam. Whilst we haven't quite met ambitious Kim's Challenge from the AGM, 2006 was a good year for recruitment. Keep up the good work in 2007!



Roadhoggs' finest! Memories of the GEC 10.

Picture: Rex Stapleford

Castle Hill Cross Country

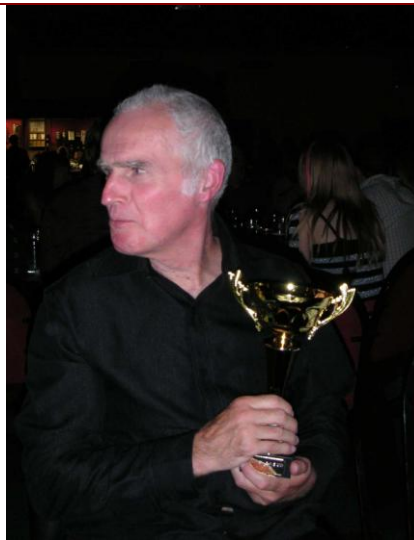
Kim needs your help and you don't even have to get muddy if you don't want to! The club desperately needs volunteers to help marshall our race in the Derby Runner League on Sunday 21st January. Two recent cross country events have been marred by foul-ups over the route so please let us get as many people out as possible and make the race memorable for the right reasons! Please recruit family, friends, passers by - anyone you can persuade to bring their wellies and enjoy a pleasant Sunday morning in the fresh air.

LRRL Presentation Evening: Picture Special

The senior men may have been relegated but we still managed to pick up a few "gongs"!



Steve fails to notice that someone has nicked his trophy...



"....well he's not having mine!"



No prizes for guessing which one is the Olympic finalist. Alison Wyeth keeps smiling - only 34 more awards to go!



Steve is relieved that his year as league chairman is over. No more speeches and no more tricky names to pronounce!

Birthdays

January

12th Mike Price is 60
17th Martin Capell is 51
31st Rob Milstead is 51

February

8th Keith Dakin is 53
13th Paul handford is 53
23rd Matt Topham is 41
23rd Adrian Stanley is 38
24th Peter Sloneczny is 46

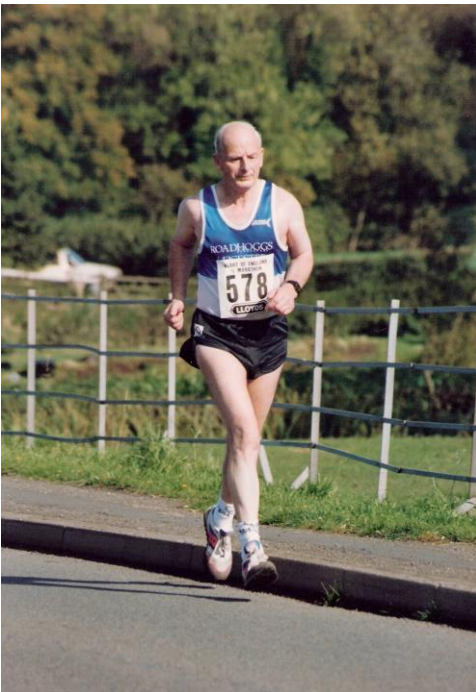
March

10th Steve Martin is 58
10th Kim Richardson is 54
10th Mark Chamberlain is 41
21st Rachel Moyes is 37
22nd Craig Atton is 32
24th Kev Mee is 47
31st Tim Marczylo is 38

A Brief Running History

By Rex Stapleford

Your editor Doc Dave has asked me to pen something about my running and race walking experiences for the newsletter. The main reason I started race walking and subsequently running was to keep fit and since at 74 I am still running (that's what you call it!!!) perhaps it has worked, or is it in the genes.



Oct 1994 Atherstone Half Marathon

About three years after "my wife and I" got married we moved back to the Midlands (at the time we were living in Hampshire). I am a Leicestershire lad and my wife Maureen comes from Notts (well I had to get one from somewhere). A few weeks after we had moved, I think it was at the beginning of 1965, I decided that I needed to get fit, and as a result of this I joined the Hinckley College Athletic Club. I think at the time there were about half a dozen members.

One of the members of the College Club, and also a teacher at the College was Roger Cobley whose brother had competed in the modern pentathlon at the 1956 Melbourne Olympics. He had started a race walking section, mainly in connection with a local yearly 15 road walk sponsored by a local hosiery company Glamour Girls Stockings (don't get excited). From this

race we got about half a dozen walkers. My first competitive walk was the Wigston 7 mile which my brother Peter (a member of the Leicester Walking Club) won and I finished last. What an introduction!

After a couple of years Roger left the district and I took over the secretary's job. Apart from a yearly series of walks for schoolboys, youths and juniors, our main claim to fame was staging the Midland 10 mile walk and the 1966 National 20 mile race walk from Hinckley College. After about nine years a few of the members joined other clubs and the College Club packed up through lack of interest, consequently I joined the Royal Sutton AC Club's walking section. I was a member of the club until 1989.

During my walking years I competed in about 300 walks, covering distances from 2 to 100 miles. The 100 mile walk, which I did twice, was organised by the Leicester Walking Club. It started at Victoria Park and finished at Skegness. In order to qualify for the Centurions Club the walk had to be completed in less than 24 hours. Because of traffic problems the race was subsequently changed to a local route, and has not taken place for a number of years. The Leicester to Skegness race used to start at 4 pm so you were walking along the A47 in the dark (is that weird or not!). My best time for this was 22 hr 19 min



Aug 1966 My first Leicester to Skegness 100 mile Walk Finish (couldn't walk for a week!)

A quick look at my records show that I competed in forty five races at 7miles, seventy seven at 10

miles, twenty at 15 miles, thirty three at 20 miles, and fifteen at 50km. In addition, I did the 52 mile Manchester to Blackpool walk six times , the 53 mile London to Brighton once, and the 33 mile Bath to Weston-Super Mare once. I could write a book about my race walking experiences, but I don't want to send you to sleep (assuming you are not asleep already).

Now on to the running mullarkey, how did I get started and who am I going to blame. From about 1989, due to lack of interest, my race walking was tapering off and I was only competing in about five races a year. In February 1989 when I finally packed up I had only competed in three races. It was about this time that I thought I would have a bash at the London Marathon.



Dec 91 St Albans Marathon (Chased Steve Martin home)

In September 89 I duly entered for the London and was accepted. It then slowly dawned on me what I had done and started to train. It is no word of a lie when I say I couldn't sustain running between two telegraph posts. However, little by little I started to run a bit further. I didn't start serious running training until the beginning of 1990, and rather foolishly, I competed in the Midlands Vets X-C Champs at Wollaton Park in January and finished last but one. It took me until the first week in March to run for about 6 miles without stopping.

In order to get some more race experience I competed in the National Vets X-C at Harrow, a 8 mile road race at Waltham, a 7.5 mile run around Sutton Park and finally the Rutland Water 16 run. Duly I lined up for the London on the 22nd of April 1990 and completed the course in about 4 hours actual running time.

I had told my wife that this would be my last athletics competition, but unfortunately, Mal Blyth who I had met during my walking years had asked me if I would like to join a running club. Mal and his three sons, Adrian, Steve and Richard also ex-walkers had all joined the Hogg Robinson Roadhogs as it was then called. So I can squarely lay all the blame on Mal. For those who don't know, Mal Blyth is also a member of the Centurions Club, with a much quicker time than I achieved.



May 1991 St Neots Half Marathon

I actually paid my Roadhogs subs and entered for the club's 15 km race two days before the London, so there I was at 57+ years old well and truly hooked. My first training run with the Hogs was in the first week of May, when we met at the Bull pub in Ratby and did a loop through Ratby Burroughs, Botcheston and Newtown Unthank. I will never forget the way everybody surged away with no prisoners taken. I was last back at the pub and followed Colin Smith all the way.



Oct 1991 Stilton Half Marathon (en route to fastest)

By the end of 1990 I had competed in 26 races which include the Hinckley, Loughborough, Stilton and Turkey Trot half-marathons. In 91,

92, 93, 94, 95, 96 I did 35, 27, 17 (injured for a couple of months), 23, 24 and 24 races, respectively. Unfortunately, 1997 was a blank year for me since I was diagnosed with gallstone problems, which necessitated an operation and meant that I didn't do any more running until the early part of 1998.

After the year out, it took quite a while to get going again and I never regained the pace that I had beforehand, although by this time I was 65 years old. However, although slow, I still enjoy running, particularly cross-country, and to date I have competed in 286 runs, so Mal Blyth has got a lot to answer for.

The following is a summary of my road races:

Distance	Number of Races	Best Time
5 km	4	18.20 (58) 7.5.91 Beaumont Leys
5 mile	11	32.33 (60) 2.1.93 LWC Walkers v Runners
6 mile	18	39.41 (58) 3.2.91 Barrow
10 km	21	40.57 (59) 23.2.92 Winter League, Wreake Valley
7 mile	13	46.30 (59) 2.2.92 Winter League, County Hall
15 km	7	64.25 (59) 22.5.91 Roadhogs
10 mile	22	69.01(60) 16.8.92 Whetstone
Half-Marathon	42	89.32 (59) 27.10.91 Stilton
20 mile	3	2.36.27 (60) 28.3.93 Ashby
Marathon	5	3.37.30 (59) 1.12.91 St Albans
Other Distances	40	
Total No. of Road Races	183	

Note: numbers in brackets denote age at time of race

It can be seen from the table that the half-marathon was my favourite distance and my average time for all 42 races was 101 minutes. Selecting particular races in addition to my fastest; my times for the St Neots was 90.24, Hose 90.31, Atherstone 90.36, Hinckley 92.23, Turkey Trot 92.45 and Minehead 94.10.

In addition to the above road races I have competed in 15 track races and 88 cross-country or multi-terrain races covering distances between 5 and 26 miles. My best times on the track, which were all veterans events, were 5.40 for 1.5km, 20.56 for 5 km and 43.30 for 10 km, all in the 60-65 age group. For these races I competed on the tracks at Exeter, Jarrow, Bedford, Solihull and Edinburgh.

With regard to the multi-terrain races I competed in nine over the marathon distance, which includes two of the 33 mile Nottingham to Grantham Canal races.

I was interested in Steve Martin's comments in his 'running history' in a recent newsletter, when he referred to the runs we used to do from the Old John car park to the Jubilee Woods and the Outwoods and back. I used to look forward to dashing home from work on a Friday night and running with Steve, Jim McGee, and sometimes Mick Quilter. In the winter we sometimes used to do the run early on Sunday mornings. I well remember a freezing morning on the top of Beacon Hill.

Of course when I joined the Roadhogs I felt at home because of all the ex-walkers who were or became members. As already mentioned there was the Blyths, Stef Whitmore, Sid Smith, Ron Atton, and the Trigg brothers. Finally, I would like to say that it has been a pleasure being a member of the Roadhogs and I hope the club continues. As Kim said in his 'running history', keep running guys, and most of all enjoy..



A Runner's Tale

Rachel and Dave do Cologne

I have to say, a 5am alarm call is generally not my favourite way to start a Sunday morning, but with a 9am kick off to the Cologne half marathon and an hours train ride away, we rolled out of bed with something almost like enthusiasm. Unbelievably, four hardy supporters did the same thing, (I thank you Mike, Cathrin, Tim and Tanya) and shared with us my joy and confusion at arriving for a race over AN HOUR EARLY! What are you supposed to do with all that spare time? Anyway, we filled it getting to the front of our start section and then slowly backing up as more and more 7ft German elite athlete types appeared, looking as though they would run over us (me in fact) as the gun went off. This would be the appropriate point to put in a 'and that was just the women' line, but there were really hardly any in sight and I almost got the 'I'm going to be last' fear of my first race. Still, the gun went off, we survived the stampede and within a minute or so were running over the bridge with a lovely view of Cologne's famous cathedral.

The course was nicely laid out with a big part of it in the shape of a three-leaved clover, which provided a good viewing spot for the hardy supporters with the England flag. There were also a couple of those lengthy 'up one side of the road then back down the other' bits which feel quite depressing as you're watching runners obviously miles ahead of you as you start, but then slowly become quite reassuring and smug inducing as you realise how many people are behind you. Our plan was to maintain an eight-minute mile, (it took half the previous evening to convert that to five-minute kilometres) and we did pretty well for the first 9 miles, when the lack of training and the previous night's wine finally kicked in. A final cheer from hardy supporters in the last mile kept us going and we finished in a fairly respectable 1hr 46mins 30secs, nothing to be ashamed of but not a personal best for either Dave or me. What I can tell you is that if you want your morale boosting, ladies in particular, Cologne is the half marathon for you. That time somehow got me 97th lady out of 1808!!!! I can only assume that the thousand odd runners that are usually in front of me were

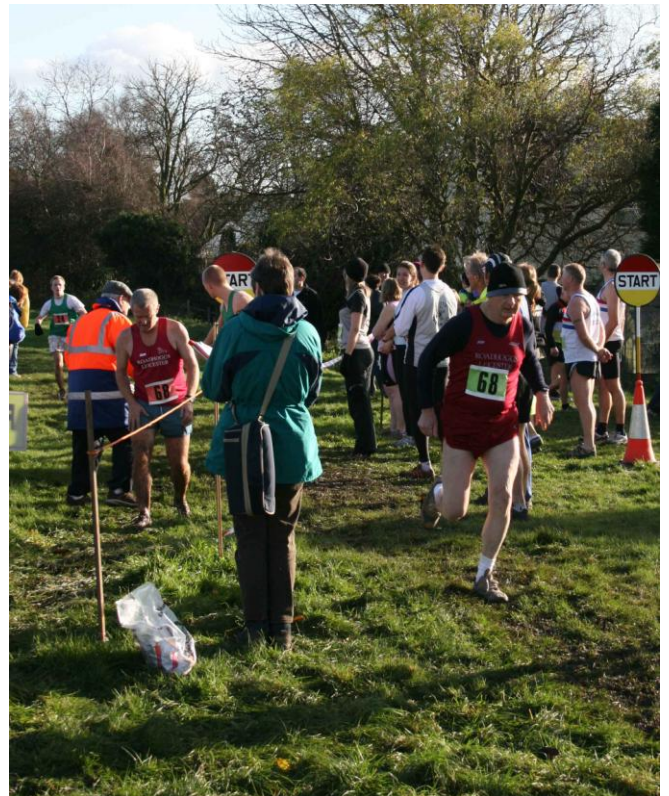
entering the marathon later that day instead.



Happiness is.....

Anyway, we crossed the line, finished, got our space blankets and walked into what felt like heaven. Stall after stall serving water, apple juice, tea, red bull, coke, lager (alcohol free admittedly) and fruit tea. And food, so much food, bananas, muesli bars, brown bread and onion butter (delicious), bratwurst, cakes, chocolate and doughnuts. All free. I know you can't normally eat straight after a run (*Keith can! - Ed*), but we didn't leave the enclave for an hour and so made the most of it. So, that was it, a brilliant race, followed by an afternoon sitting in a pub garden eating yet more food and being shown the delights of Cologne's local beer Kolsch, by the four hardy supporters. I heartily recommend it, if you don't mind getting up at 5am that is.

Rachel Moyes



Swithland Relays: Kim, job done (I was going to say "leg over"...ooh er!), sucks in some air whilst Rex sprints off looking to regain some lost places. [Report on page 9](#)



Athlete of the Year

If you are not going to make it to the AGM on Tuesday 23rd January you can still have a say in who gets voted "Athlete of the Year".

Who are your top Hoggs? Send your 1,2,3 to support@Roadhoggs.org.uk or write them down and give them to a committee member.

Our Newest Member!

Karl and Joann Atton had the arrival of Katie Ann Atton on the 28/10/06 at 05:30am weighing in at 6lbs 6oz. All now doing well with Katie ready to be measured up for her first training shoes, as she is already rather lively!.

Of bigger concern is granddad Atton's (Ronnie) return to baby talk as he often 'coochy coos' when visiting and is ruining our house by filing down any sharp corners on the furniture and putting away loose objects. He is now seriously considering applying for a health and safety role too, as whilst doing these safety jobs he is wearing his Roadhogs vest and 'Sam Brown' reflective belt.

Not much running since Katie's arrival but if she does get up in the night, I am contemplating training by pushing the multi-terrain pram around Belper in the small hours.

Karl Atton



Uncle Craig wants to know if Katie is old enough for pies yet!

Marathon Madness

2006 must be the year of the marathon. No doubt inspired by the exploits of Keith "marathon man" Dakin, no fewer than six Hogs made their debuts over 26-miles. Helen, Karl, Mat and Sarah had their initiations at London, Reem at Nottingham and Ben in the New Forest. Veteran marathoners Mark and Keith completed London and Bungay, Wolverhampton, Mablethorpe, Leicester, Abingdon and Luton respectively. Jon continued his quest to run the five "World Marathon Majors" by ticking off Chicago, obliterating his personal best in the process. It looks as if this collective enthusiasm will continue for 2007. Jon will be adding London this year and will (fitness permitting) have Tom, Baz, Mark and Keith for company. Simon has entered Paris and will have Keith on hand to show him the ropes.



Jon Heap: Quest for the "World Marathon Majors"..

Training Nights

Wednesday nights at Manor Road, until Easter!

Derby Runner League Dates

- Castle Hill Park (Roadhogs) - 21st January
- Sinai Park (Hatton) - 18th February
- B Final @ Grace Dieu (Shepshed) - 4th March

Gettin' muddy with Kim

Derby Runner Race 1: Ullesthorpe

There was a new venue for the first race of the new cross country season and it was not quite like any that I had come across before. It was run from Manor farm at Ullesthorpe. The parking, certainly for the early arrivals, was in the farmyard and surrounding areas and my own place was up against the cow shed where the occupants were enjoying a late breakfast. The walk to the start then took you by the pig sties and into a field which gave the spectators a great view of much of the race because of its elevated position. I did not run due to my continuing injury problems so I watched the race unfold beneath me, when I wasn't showing Baz's Louis the cows and pigs, rather like King Richard watched the battle of Bosworth Field from his vantage point nearby. I suppose it could be said that Roadhogs had an equally bad day. The troops who did turn up, Chris, Baz, Jon, Dave L and Rachel fought valiantly over a good course on a bright autumnal day but they were swamped in a massive field of 302. However, I am sure that the fab five will not be put off by such poor support and will live to fight another day, particularly Rachel who has invested in a snazzy pair of cross country shoes. Personally, I hope we see this course again.

RESULTS

76 Chris Mann (V40) 44.40, 111 Dave Lodwick (V40) 47.51, 136 Jon Heap 50.22, 150 Baz Barrett (V40) 51.47 - 204 finishers
53 Rachel Moyes 58.48 - 102 finishers

Steve Martin

Derby Runner Race 2: Swithland

Mike Munday is back !! On a bright day we all set off but after just a few minutes, with the race strung out down a field edge, somebody shouted that we were all going the wrong way !! So the race stopped and we all trudged back from different directions to a restart. We were asked to be honest and position ourselves more or less where we were before the race stopped, which was a bit of a bummer because I could have restarted in front of Mike - in fact he came to the restart as last Roadhogg but he still got back to the front and WON the race ! The course was 2 laps, not hilly but very wet and very very very muddy. There were few sections which were not

deep and soggy mud, so it was all hard work. There were queues at the early stiles and brook crossings so you could have a bit of a breather. We only had 5 guys again, plus dear ole' Rachel who is our entire ladies team. Once again we are struggling as a club and propping up the league. Where are the rest of you girls and guys? Don't you like getting dirty on a Sunday morning? Speaking of that, Chris Mann did contact me to say he was in France on a dirty weekend but would be thinking of us ... ooh er.

RESULTS

1 Mike Munday (V40) 35.26, 119 Dave Lodwick (V40) 47.24, 143 Jon Heap 49.43, 185 Kim Richardson (V50) 54.35, 220 Rex Stapleford (V70) 68.45 - 224 finishers.
56 Rachel Moyes 58.31 - 117 finishers.



Mike Munday: Comeback win.

Swithland Relays

We were back at the Swithland course just a week after the league race for the cross-country relays, organised by Barrow Runners. Same course, still wet and muddy. Roadhogs had a bit of a makeshift mens team. Jon Heap set off first

around the 2.5 mile loop (it seemed a very long 2.5 miles to me!) and reappeared at the changeover whilst Dave and me were still chatting! Jon later confessed he and a few others had taken a wrong course, and I think the organisers added time to the last runners to compensate for this, either that or Dave Lodwick had a crap day. I set off on leg 2, handed over to Rex for leg 3 and finally Dave had the glory leg. We didn't do too bad, finishing 26th out of 35 teams. These relays make a nice change, there is always someone to chase and you have to work hard round the shorter distance.

LEGS: Jon Heap 21.04, Kim Richardson (V50) 25.22, Rex Stapleford (V70) 32.15, Dave Lodwick (V40) 27.36 (adjusted time)

Derby Runner Race 3: Bagworth Heath

We returned to the popular Bagworth course for the next league race. Another bright and cold day, another wet and muddy slog but this time it was splashy rather than clingy mud. Some of our regular runners were unavailable but some other Roadhogs returned to the team so we ended up with just 5 men again, and this time no Rachel. We welcomed back Steve Gale, after 7 months without racing, and Adrian Stanley, another quality runner (creep creep). Chris Mann returned from his French nuptials, cycled to the race, ran, and cycled home - tough guy! All 5 were pleased with their runs round a testing course, lots of hills and slopes to fall down.

RESULTS:

34 Steve Gale (V40) 37.04, 101 Chris Mann (V40) 41.54, 109 Jon Heap 42.41, 110 Adrian Stanley 42.48, 141 Kim Richardson (V50) 45.12, 189 finishers.

The Grim

Greetings Roadhogs. Last year I entered the Grim in Aldershot for the first time having read an article in Runner's World. The event is an 8 mile trail, run over MOD land with the promise of substantial water features (Triathlon habits die hard even in winter), strategically located cargo netting and steep heavily rutted inclines. As a self confessed mad Mann I decided that the 05 event had not lived up to its name and promised to try it again in 06.

Well what a difference a year makes. Torrential rain all the way down the M1 and M25 set up what was according to the race starter 'the

wettest ever Grim event'. Water in places was suggested to be at a depth of 4 feet and some sections had been taped off to avoid depths in excess of 5 feet. Having left the wetsuit at home I along with many other runners had the feeling that this year's event was going to be a little more demanding than last time out.

The weather at the start was now beautiful and in a way this softened us up for what would prove to be a real shock to the system. 1800 runners started the race and the pace was brisk to start with as everyone tried to find their own space and rhythm. The ground was saturated but firm underfoot which enabled me to make a confident start and I was soon running at a comfortable pace. Then with everything going *swimmingly* I had a watery moment that will linger forever in my running blood. Remember those comedy sketches where people walk through water barely ankle deep only for one person to drop out of sight like a stone. Well it does happen in real life and it's not very funny. As I plunged into the icy water time stood still as I found the art of breathing rather more difficult than normal. For the first time ever in a pure running event there was a real need to swim. After establishing a relationship with the ground again I continued to make progress but my weight had increased slightly so my progress was now a little slower. We continued to encounter further deep water but these were far less aquatic and I slowly managed to find my land legs and pick up the pace again. Last year I almost lost my Garmin at one cargo net obstacle but this time I was ready to take evasive action but in doing so I accidentally turned it off and did not realise for almost half a mile. Don't you love Technology?

The Grim had now living up to its reputation and it felt good to be punished in that twisted way we all look for from time to time. Don't we? Well I crossed the finish line in 161st place in a time of 1:06:00, which was slightly better than last year and given the damp conditions it felt like a good day's work or should I say swim.

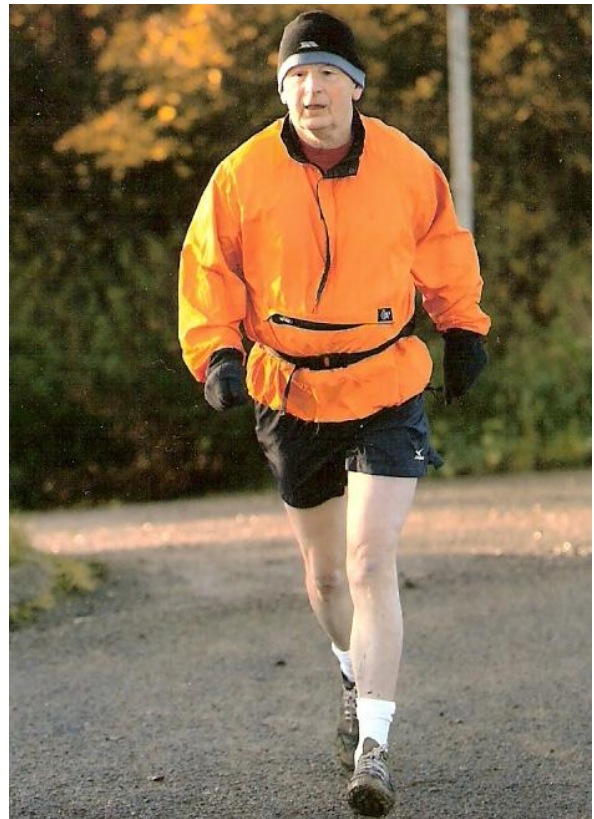
Chris Mann

Seagrave Wolds Challenge

This was my first attempt at one of these challenge type events. The start, 9 o'clock on a Saturday morning, was a bit of a shock but I soon forgot about that. Registration was in the village hall and helpers were already handing out cups of tea and bringing round trays of hot sausage

rolls - a bit of a change from your average Derby Runner event! Although we were assured that the course was well marked, each competitor was given a map of the course and there were several large-scale maps dotted around the hall. Hearing that there was a narrow section soon after the start, I made sure I was well up and managed to get a fairly clear run. Apart from a cold wind it was quite a pleasant morning although the recent rain had made it a bit sticky underfoot. Everything went fine until we'd done about 4 miles, then the markers seemed to dry up. It turned out that the first 30 or so runners had all missed a sharp turn in the course and were now lost. Nobody was particularly keen on retracing our steps so we struck off in the direction of Wymeswold and the first checkpoint. I managed to handicap myself by remembering the country code and running around the farmer's field rather than diagonally across it like everyone else. Baz later told me that the farmer got quite irate, so perhaps it wasn't such a bad call after all. We managed to find a lane leading to the village and eventually regained the course although I later worked out that we'd done more than a mile extra. The first checkpoint was a revelation. There were drinks, bananas, cakes, Mars bars and jelly babies on offer! From Wymeswold, we followed a stream and then climbed up on to the Wolds and were treated to an excellent view of Stanford Hall. The second checkpoint was in the grounds of Prestwold Hall and as well appointed as the first. After Burton and Walton, the course became more difficult with heavy mud to slow our progress. I was getting pretty tired by now, but the sight of people in front who seemed even more knackered than me spurred me on. After 16.8 miles the finish was a welcome site. Competitors were plied with plentiful supplies of tea, coffee, biscuits, cake, soup and apple crumble with custard by a band of cheerful village ladies. Baz took a while to arrive having adopted a different approach "three 5-mile runs with a good feed after each" was how he described it. Since I mentioned this at training, Keith has already booked his place for next year! Apart from Baz, the other Hogg you'd expect to find at an event like this is Rex and he didn't disappoint - the harder and muddier it gets, the more he seems to like it. Of course he was far too sensible for unnecessary detours and stuck to the route. The event was obviously a huge success with easily 150 runners and nearly as many walkers joining in.

Dave Lodwick



Rex - out for a stroll at Seagrave

Shepshed 7

Here's one to tell the grandkids when I'm old(er) and grey(er): how I beat Mark Chamberlain! I'd like you to think that it was all down to superior athletic ability, but Mark being well and truly crocked probably had more to do with it. Having picked up an injury a few days before, most runners, particularly the elite type would have stayed at home. Only Mark would turn out to support his teammates (and jog round to qualify for his commemorative T-shirt). He did turn up in disguise though (old T-shirt, joggers and woolly hat). There was a good turnout from Roadhogs and Peter scorched round the mixed terrain two-lap course for an excellent 43rd (44.52). Next was Dave Lodwick (132nd, 50.07), dusting off the ancient runner's excuse of having a cold to explain a slow performance. Keith (151st, 51.13) and Rob (158th, 51.25) were not far behind, with Mark hobbling in after them - at least the T-shirt was a good one! Paul was next (301st, 57.28) and Amy comfortably got under the hour in 59.13 for 333rd out of 528 finishers.

Dave Lodwick

Race Diary

14th Jan	Barrow 6 (Barrow Runners)	6 miles	LRRL
21st Jan	Castle Hill (Roadhoggs AC)	6 miles	Derby Runner
4th Feb	Charnwood Hills (Bowline CC)	12.5 miles	Fell Race
11th Feb	Ashby 5 (South Derbyshire RR)	5 miles	LRRL
18th Feb	Sinai Park (Hatton Darts)	5-6 miles	Derby Runner
25th Feb	Markfield (Beaumont RC)	10km	LRRL
4th Mar	Grace Dieu (Shepshed RC)	Relays	X-country
11th Mar	Desford 10K	10km	LRRL
18th Mar	Ashby 20 (Ivanhoe)	20 miles	Road Race
25th Mar	Kibworth 6 (OWLs)	6 miles	LRRL
1st Apr	Belvoir Half	13.1 miles	Road Race
8th Apr	Livingstone Relays		Road Race
22nd Apr	London Marathon	26.2 miles	Road Race
13th May	Hinckley Half (Hinckley RC)	13.1miles	LRRL
20th May	West End	8 miles	LRRL
3rd Jun	Swithland 6 (Birstall RC)	6 miles	LRRL
1st Jul	Barrow Classic 10 (Barrow Runners)	10 miles	Road Race
11th Jul	Hungarton (Wreake Runners)	7 miles	LRRL
1st Aug	Joy Cann (Huncote Harriers)	5 miles	LRRL
2nd Sep	OWLs John Fraser 10	10 miles	LRRL
?16th Sep	Robin Hood	13.1/26.2	Road Race
?16th Sep	Chris Ingram (Stilton Striders)	10km	Road Race
30th Sep	Great Kibworth Run	13.1 miles	Road Race

20 Things You Didn't Know!

Reem Al-Jayyousi	Question	Colin Smith
Doctor - Consultant Kidney Specialist	<i>What do you do for a living?</i>	Now retired, but previously with Aon.
In-between	<i>Are you Married or Single?</i>	Married
5 years	<i>How long have you been running?</i>	Started in 1987 aged 51.
Attended with Adrian	<i>How did you become involved with Roadhogs?</i>	In 1987, Aon was Hogg Robinson, the 'home' of Roadhogs so I have always been involved with them.
Swimming	<i>If you didn't run which sport would you like to excel in?</i>	Football, without a doubt.
I wanted to be either a pilot or a geneticist	<i>Did you ever have any ambitions when at school to do a different job?</i>	I always wanted to play football professionally but, unfortunately not big enough or good enough.
Damascus	<i>Which is the best Holiday destination you have been to?</i>	New Zealand, even though I was living there rather than on holiday.
Classical Arabic	<i>What music do you like most?</i>	Classical when in the mood but otherwise sixties.
Scent of a Woman	<i>What was your favourite film?</i>	Not a great cinema fan so nothing recent. Probably Camelot.
The Vicar of Dibley	<i>If you could be any TV character which one would it be?</i>	Sharpe (Sean Bean)..
I drive a black VW Golf 1.4 and I would like to drive a VW Golf 2.8 GTi	<i>What car do you drive and what car would you most like to drive?</i>	I drive a Vauxhall Corsa but would love a Mini Cooper. (Not much difference)
Food - manakeesh (bread with cheese baked in a clay oven) Drink - salt lassi	<i>What is your favourite food and drink?</i>	Any kind of fish and the occasional beer!!!!
Lord Balfour; Um Khatlout (famous late Arabian singer); Vicar of Dibley; Robert Redford & James Bond	<i>Which 5 people (living or dead) would you most like to invite to your Dinner Party?</i>	Patrick O'Brian, Lonnie Donegan, Eric Morecambe, Alma Cogan, Julie Andrews.
English Literature	<i>What was your favourite subject at school?</i>	English language (I think - it's going back a long way)
The Life of Pi	<i>What was the best book that you ever read?</i>	Any of the Patrick O'Brian, Aubrey/Maturin series.
Local Race: West End 8 mile Favourite Distance: 8 miles!	<i>What is your favourite local race and your favourite distance?</i>	Rothley 10K - very laid back. Favourite distance used to be Half Marathon.
Running with Colin	<i>What is the best thing about being a Roadhogg?</i>	Very friendly fellow members.
More speed training sessions to suit all abilities	<i>If there was one thing you could change within Roadhogs what would that be?</i>	Can't think of anything significant.
Cinema and dinner with my future husband	<i>What would be the best way to spend an evening?</i>	A meal out with the family after a day walking or cycling.
I would like to be able to run consistently between 8-9 minute-miles up to half marathon distance	<i>Do you have any remaining ambitions either personal or club wise?</i>	Would like to complete the Winter League after three and a half years out..