

Roadhoggs Leicester A.C.



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

Spring 2005 Edition

Welcome

Wanted

Photos / images. If anyone has Pictures of themselves competing in any event that you are prepared to share with the rest of us please let us know.

Upcoming: Road Events

- ◆ Sun 3rd July
Barrow 10m
- ◆ Wed 6th July
Wissendien 6m
- ◆ Wed 13th July
Hungarton 7m
- ◆ Wed 3rd Aug
Joy Can 5m
- ◆ Sun 7th Aug
Rnd Leicester
- ◆ Sat 3rd Sept
Swinford
Challenge
10.6m
- ◆ Sun 18th Sept
Wolvey 10m

X Country Events

None that we are aware of just yet. But I am sure Kim will be in touch as soon as it is muddy enough.

Here we go again with the spring edition of the Roadhoggs Leicester Newsletter. This edition will include all your favourite bits of news and information, and we hope you will enjoy your read. If you wish to contribute an article yourself please feel free to submit anything that you think may be of interest to other members. Included in this Newsletter we have reports of the Winter Road-Running League Races including the Livingstone Relays compiled by Steve Martin, "A Runners Tale" contribution this time comes from Craig Atton with the story of his recent walk up Mount Kilimanjaro, Alison Lodwick and Tom Martin reveal all in the "20 things you always wanted to know" series and Claire Di Palma and Craig Atton give the latest update on the Social side of the club. There are lots of exciting things happening at the club at the moment as we move towards the warmer weather and the lighter nights and you can read about some of these in the newsletter. Once again many thanks to Andy Cooke for putting everything together and enjoy the read.

A Warm Welcome To Our New Members

It has been a slow start to 2005 in terms of new members. One welcome edition to the men's ranks has been Jon Heap who has run for us in the Winter League series of Road-Races as well as the Livingstone Relays and the Hose Half-Marathon. Jon comes to us from the Monday evening group which continues to run from St Andrews and is a friend of Jim McGee who ran for us some years ago. Jon lives in Anstey and is a double-glazing fitter. He has lots of potential as a runner and I am sure we would like to wish him a long and happy career with our club.

Whilst welcoming new members to the club we are always sorry to see old ones leave for pastures new. So with this in mind we would like to bid a fond farewell to Steve Gale who has decided to throw his lot in with Leicester Coritians in 2005. Steve joined us from Birstall Running Club around four years ago and has represented the club in Road and Cross-Country but having starting training at Saffron Lane on Tuesday evening with training partners from Coritians and Owls he has joined up with the first named club. His main reason is that he would like to participate in different competitions than just League events and we would like to give Steve our best wishes in his future running career.

Winter League Race Results

	Markfield 10k		Barrow 6m		Wolvey 5m		Desford 5m		Kibworth 6	
	pos	time	pos	time	pos	time	pos	time	pos	time
Reem Al-Jayyousi	98	57.21	86	54.05						
Claire di Palma	76	53.40			72	41.49	70	42.45	85	56.25
Helen Gregory	79	54.10	76	52.00					77	54.07
Shimul Haider	84	55.08							84	55.59
Sarah Johnstone	106	58.54	93	55.23						
Angela Ladkin	44	48.46	43	46.14	32	37.19	35	37.32	42	47.38
Allyson Lodwick	99	57.26	88	54.16	86	44.18	80	45.33	99	62.04
Rachel Moyes	55	50.07	45	46.40	22	35.40	33	36.45		
female entries	115		105		107		94		106	
Jerry Askham	171	45.43			167	35.39				
Craig Atton	178	46.13	165	42.35	118	33.46			123	43.29
Karl Atton			123	40.32			102	33.36		
Keith Barnes			185	43.42						
Baz Barratt	121	42.38	158	42.02					104	42.19
Mark Chamberlain	7	33.50	7	32.27	9	27.12	6	27.34	9	35.06
Steve Gale			20	34.40						
Jon Heap	200	47.46	210	45.30	168	34.48			156	46.26
Dave Lodwick	118	42.33	133	40.56	106	33.18	114	34.08	140	45.02
Steve Martin	136	43.35	148	41.38	141	34.39	144	35.11	134	44.33
Tom Martin	95	41.10	113	40.13	99	33.08	101	33.35	95	41.57
Mike Munday							4	27.13		
Mike Price	218	49.27							187	50.39
Roger Sharman							212	40.08		
Nathan Smith	54	38.51	51	36.39	40	29.59				
Sid Smith			223	46.56	193	37.02				
Steve Smith	93	41.07								
Adrian Stanley	65	39.22	61	37.15	49	30.42			55	39.06
Rex Stapleford					241	43.03			198	53.04
Dave Swan	183	46.32	189	43.50	150	34.56	159	36.12	129	44.09
Matt Topham	81	40.23	63	37.24	54	30.58	54	31.14	49	38.39
Barry Waterfield	255	55.50			249	44.44	236	45.12	203	56.48
male entries	265		268		253		243		212	

Wanted

If anyone has Pictures of themselves competing in any event that you are prepared to share with the rest of us please let us know.

They say a picture is worth a thousand words, If that's true it will save Dave and Kim a lot of typing .

If you can let Dave or Kim know or email them to andrew.cooke1@virgin.net.

We will try to get some included in future editions of the Newsletter.

Congratulations

To the Winners of the Annual Awards at the AGM in January. Namely Mark Chamberlain (Athlete of the Year voted for by the members), Alison Lodwick (Road-Running Award), Mike Munday and Dave Lodwick (Joint Cross-Country Award) and Sid Smith (Chairman's Award), - To the Senior Men who lead Division 2 at the end of the Winter League series of races – To Craig Atton who recently celebrated a birthday with a 0 on the end – To Jamie O'Rawe whose partner is expecting a baby at any time now – To Malcolm Blyth who has returned to live in England after a spell living and working in Lanzarote and who we will no doubt be seeing more of over the coming weeks – To the top placed runners in the LRRL Winter programme who were Senior Women Rachel Moyes 14th – Veteran Women Angela Ladkin 11th – Ladies Over 45 Allyson Lodwick 8th – Senior Men Mark Chamberlain 3rd , Matt Topham 18th and Adrian Stanley 19th – Vet Men David Lodwick 23rd – Men over 55 Steve Martin 8th

B'day Honours

A Runners Tale

April

6th Tom Martin was 26
6th Mike Munday was 41
24th Dave Swan was 59
27th Zoe Dilks was 37
28th Natalie Mee was 14
30th Jon Heap was 36

May

4th Julie Underwood was 36
6th Rose French was 41
17th Craig Smith was 36
22nd Doug Gray was 24
26th Alison Lodwick was 46
29th Baz Barrett was 45
29th Chris Mann was 40

June

21st Keith Barnes will be 53
26th Richard Verschoyle will be 63

July

2nd Sarah Johnstone will be 31
13th Ceri Davies will be 38
27th Julie McBrearty will be 36

August

2nd Rex Stapleford will be 73
6th Shimul Haider will be 34
9th Steve Smith will be 44
11th Reem Al-Jayyousi will be 32
27th Simon Fryer will be 27
20th Steve Gale will be 44

Congratulations to all of the above and should your birthday coincide with a training run then the drinks are on you. I hope that none of you lose your breath blowing the candles out on the cakes.

WEEK 1

After a very relaxing week sitting in a jeep just eating and looking at wildlife from big cats to little monkeys and drinking around a camp fire at night, it was time for me to prepare for the challenge I had set myself to CLIMB THE MOUNTAIN.

WEEK 2, DAY 1

Kilimanjaro is 5895m high or 19,340ft for the older people who will be reading this. The night before we stayed in a hotel at the foot of the mountain and was very sensible by having a 3 course meal with only 2 beers and lots of water. Then we had a briefing from our guide who called himself Aronld because he couldn't pronounce his name let alone us!! She told us about people who have not got to the summit and having to be stretchered down with altitude sickness or even some people have died climbing this thing we made sure we had good enough equipment for the trek and then got an early night.

We got an alarm call at 7am had breakfast and then went out into the sun to wait for the bus to take us up to Marungu gate at 1700m the register point. After we had signed our lives away the porters took our rucksacks off us put them on their HEADS! to carry them up for us to the first stopping point at Mandara huts at 2725m. The first part of our trek took us about 4 hours to do approx 7km because we had to go "pole pole" which means "slowly slowly" in African which is what Arnold kept on telling us to do to help our body acclimatise to the altitude. Our first scenes were of magnificent rain forest which habited Blue monkeys and tree frogs mainly and massive crows! I only happened to see a tree frog when I peed on one in the forest!! Finally the first huts came in to view which were very good with mattresses in and quite snug really. The porters were already cooking the food when we arrived so we washed and got ready to eat surprisingly normal food (rice pasta stews etc) considering we were half way around the world and up a mountain!

DAY 2

We start off going "pole pole" again today to do an amazing 10km in about 5 hours and only climbing about 1000m! Not much slower than when I run it on the flat hey? After about an hour just as we thought we were going quite well the porters came running past us with our rucksack on their heads one on their back and carrying water as well which is probably why most of them can run a Marathon in approx 2 hours 15 minutes!! WOW. As we get higher now there is not as much wildlife just a few birds or the odd chameleon and the distant cry of the Blue monkeys that we can still hear below us in the rain forest which we were now out of and trekking through giant clumps of heather and tussock grass surrounded by everlasting flowers where Lobelias and Groundsel occupy the wetter areas. Eventually after chatting about girls and stuff and stuff and girls with Mark who I made good friends with out there we rounded a corner to see the second lot of huts come into view with the clouds weaving their way through them it was a very welcome sight believe me. So we found our hut laid out our sleeping bags and washed with the very luke warm water that was provided between the 2 of us which we were to find out was the only means of washing for the whole week amongst the cold clouds of Kili!

DAY 3

This was the very exciting acclimitisation day which consisted of us taking a 5 hour walk up a 1000m and then just back down to the huts for the rest of the afternoon. Fun hey! We did see some Zebra rocks which were some rocks with black and white stripes down them from the various things that come down the mountain and stains them. Luckily I borrowed a book off these Medical students which we met who were a day ahead of us so I was only bored instead of really bored! These lads claimed they were working out here they had drove a London double decker bus all the way from London right down to Tanzania. Some work hey!

DAY 4

Alarm call by one of the porters banging on the hut door at 7am again with a luke warm bucket of water for 2 in the cold morning clouds of Kili! Today it is a trek of approx 6 hours climbing to Kibo huts at 4700m level with Mawenzi peak which is how much we climbed yesterday but just in the opposite direction! So out of the giant heathers today and into the desert which is relatively flat compared to what we have been doing so far as we go around the mountain instead of straight up it although we are still climbing obviously. Nothing much happened on this day of the trek apart from more talk of stuff and girls and girls and stuff with Mark until finally we arrived at Kibo huts about 3pm after going "pole pole" some more because now we were really noticing the difference with the air as breathing was very heavy from just walking around and gasping alot as if I had just run 6 miles not walked it!. So after me trying to eat but only having 2 biscuits instead of a whole packet due to altitude sickness for me we tried to have a sleep before the final trek which was to start at midnight due to it being warmer at night that high up.

A shepherd was herding his flock in a remote pasture when suddenly a brand-new BMW advanced out of a dust cloud towards him. The driver, a young man in a Brioni suit, Gucci shoes, Ray Ban sunglasses and YSL tie, leans out the window and asks the shepherd, "If I tell you exactly how many sheep you have in your flock, will you give me one?"

The shepherd looks at the man, obviously a yuppie, then looks at his peacefully grazing flock and calmly answers, "Sure. Why not?"

The yuppie parks his car, whips out his Dell notebook computer, connects it to his AT&T cell phone, surfs to a NASA page on the Internet, where he calls up a GPS satellite navigation system to get an exact fix on his location which he then feeds to another NASA satellite that scans the area in an ultra-high-resolution photo.

The young man then opens the digital photo in Adobe Photoshop and exports it to an image processing facility in Hamburg, Germany. Within seconds, he receives an email on his Palm Pilot that the image has been processed and the data stored.

He then accesses a MS-SQL database through an ODBC connected Excel spreadsheet with hundreds of complex formulas. He uploads all of this data via an email on his Blackberry and, after a few minutes, receives a response.

Finally, he prints out a full-color, 150-page report on his hi-tech, miniaturized HP LaserJet printer and finally turns to the shepherd and says, "You have exactly 1586 sheep."

"That's right. Well, I guess you can take one of my sheep" says the shepherd. He watches the young man select one of the animals and looks on amused as the young man stuffs it into the trunk of his car. Then the shepherd says to the young man, "Hey, if I can tell you exactly what your business is, will you give me back my sheep?"

The young man thinks about it for a second and then says, "Okay, why not?"

"You're a consultant." says the shepherd.

"Wow! That's correct," says the yuppie, "but how did you guess that?"

"No guessing required." answered the shepherd. "You showed up here even though nobody called you; you want to get paid for an answer I already knew; to a question I never asked; and you don't know crap about my business."

"...Now give me back my dog."

DAY5

No wash today No breakfast No sleep great preparation for the hardest and final trek! After being sick about 3 times already with no sleep and it being only 5 degrees outside with snow on the ground I wasn't bothered what I looked like just so long as I was warm I know I looked like a geek in my deer hunting hat!! This was tough now the terrain was big rocks covered with snow gravel and mud and my legs were aching from climbing for 4 days and was gasping for breath every step! Stopping about every half hour to get breath back and a rest. Trying to drink water on the way up as well but was sick about every half hour I dint look up just kept my head down trying to stay on my feet as I had already fell over a couple of times in the snow so was leaning on my sticks alot! No time for looking at any wildlife now although I dont think there was any! Afte about 6 hours 2 more falls 2 more times being sick we climbed up and over another big rock to stumble onto the top of Africa!! I just sat on the nearest rock for a good 5 minutes getting my breath back before i looked down only for it to be taken away by the spectacular view of the sun rising up and above the clouds of Kili which were very much below us. So before I fell asleep in the -6 conditions at the top dressed like an Eskimo I had a look around into the crater of Kili and at its magnificent glaciers before Arnold said lets start to descend we had about 30 minutes on the top ready for the 2 hour trek with our tired legs back down over the snowy rocks and through the gravel which gave way under every step back down to Kibo huts. We arrive at Kibo huts to be awarded with a FULL glass of fruit juice only one though! Just as we thought we could have a good long rest as it was oly about 9am Arnold said in 1 hour we would be going down to Horombo huts before we would eat and sleep. That was ok as we had only been trekking for about 9 hours and it was only a further 3 to 4 hours down to Horombo huts.

DAY 6

After a well waited for rest we had a lie in up to about 8am! had a luke warm wash in a bucket for 2 in the cold clouds of Kili it was time for the final trek down to Marangu huts which would only take about 2 hours as we were able to go as fast as we could down passing all those going "pole pole" who were on the way up and got it all to come. So with my appetite almost back to normal as I had managed a bit of breakfast it was time to wait for our rucksacks,board the bus,and go back to the hotel for beers and beers by the pool before a big 3 couse meal followed by some beers and my first shower after 1 week!!

Then Mark says I am climbing everest next year it is going to tak 28 days fancy joing me I very politely said no as this was the hardest thing I have ever done even the London Marathon was easier but I really enjoyed it as hard as it was but never again now as I have got the t-shirt!!

But maybe the hardest thing for me was trying to take my Maleria tablets without being sick!!! Who knows??

Training Nights

TUESDAY 28TH JUNE
 WEDNESDAY 6TH JULY
 WEDNESDAY 13TH JULY
 TUESDAY 19TH JULY
 WEDNESDAY 27TH JULY
 WEDNESDAY 3RD AUGUST
 TUESDAY 9TH AUGUST
 WEDNESDAY 17TH AUGUST
 TUESDAY 23RD AUGUST
 WEDNESDAY 31ST AUGUST
 TUESDAY 6TH SEPTEMBER
 WEDNESDAY 14TH SEPTEMBER
 TUESDAY 20TH SEPTEMBER
 WEDNESDAY 28TH SEPTEMBER
 TUESDAY 4TH OCTOBER
 WEDNESDAY 12TH OCTOBER
 TUESDAY 18TH OCTOBER
 WEDNESDAY 26TH OCTOBER

RATBY
 DOG & GUN (KILBY)
 HUNGARTON LEAGUE
 WHEATSHEAF (THUR)
 PEATLING PARVA
 HUNCOTE LEAGUE
KIRBY MUXLOE
 HOBBY HORSE (SYSTON)
 HOUGHTON-ON-HILL
 MANOR ROAD
 ANSTEY
 MANOR ROAD
 GYNSILLS
 MANOR ROAD
 WHITE HORSE (BIRStall)
 MANOR ROAD
 BAKERS ARMS
 MANOR ROAD

All Runs start at 7 pm

Roadhogs had just 2 runners in this years London Marathon.

Mark Chamberlain had a great run finishing in 2 hours 40 minutes and being the 2nd placed local runner in the event. Mike Price really enjoyed the event and the day although injury prevented him from running as quick as he would have wanted. He did manage to finish however and collect a lot of money for Charity so well done Mike.

One week later a couple of the girls went over to Hamburg to run in their Marathon with Rachel Moyes finishing in 4 hours 24 minutes and Shimul Haider just five minutes behind. I know that the girls put in a lot of effort in their training so well done to them and who knows we may see them doing another marathon next year.

That's all Folks

So that brings the curtain down on another Newsletter. Hope you have all enjoyed the read and as always if you have any comments to make then please let us know. If there are any features you would like to see in future editions then we will listen to any ideas. How about some controversy over any Roadhogs matter that you are particularly interested in. We will print your views and ask for other comments from members. Training Nights, Kit, League races, costs any of these subjects we will explore on your behalf. If you need to get it off your chest then let us know. See you again later in the year

20 Things you didn't know!

In the latest 20 things you didn't know Tom Martin and Alison Lodwick reveal all, Well, quiet a lot. In fact they reveal 20 things that you probably didn't know.

Belvoir Challenge, Harby, 26/02/05

Report from Rex Stapleford: I ran in the Belvoir Challenge Cross Country at Harby last Saturday (26.2.05). So did Baz (formerly known as Clinton Barrett), although I did not see him till after the race. Baz finished in 82nd position with a time of 2hr 56min, and I was 112th in 3hr 17min. The conditions underfoot were grim to say the least. Think of the conditions at Burton the other week and multiply by at least ten. I'M SURE YOU WOULD HAVE ENJOYED IT! In the 15 mile there was a total of 698 competitors, either running or walking. In the 26 mile held in conjunction there was a total of 235 competitors. The results can be seen on www.belvoirchallenge.fsnet.co.uk.

Derby Runner League B final; Cross-country Relays, Bosworth, 06/03/05 Roadhogs managed to enter 2 mens teams in this final event of the Derby Runner league, a relay around a course of almost 3 miles around the Bosworth Battlefield site. It was cold at the beginning but warmed up later on. The course was very boggy in one or two places, with a lovely stretch through Ambion Woods and a couple of climbs at the end of each lap just to kill you off. In the first team Chris Mann ran a good opening leg, then Sam Richardson who struggled round (lack of race fitness) before Adrian Stanley ran a quick anchor leg for 9th place. In the second team Kim Richardson, Kevin Mee and Tim Marczyklo all ran to form and finished 10th.

Natalie Mee was the only runner in the older kids (years 9-12) race but still gave the hare a real workout. This made a pleasant change from the usual end of season event, and our thanks go to Hinckley RC for putting it on and of course to Dave Mann and his helpers for all of the work they do in keeping this league going so well.

Congratulations to Roadhogs' two cross-country league CHAMPIONS this season; Mike Munday took the men's v40 title, in fact he won the league outright with four race wins and a 4th place, easily beating the senior mens winner. Also young Natalie Mee won the years 9-12 girl's title with three race wins and one 2nd place. Well done both !!

Farmyard Frolic, Brooksby, 13/03/05

This is a tough-guy type of event with all sorts of obstacles added to what is already a hard cross-country course. There are piles of muck (I'm being polite), haystacks and tyres to climb over, and plenty of water sections including deep water where you have to swim. It raises money for the Royal Infirmary which I think is a bit ironic as some of the runners look dead at the end. Doug Gray ran this and said the water was very cold and covered in algae in a lovely blue/green colour - maybe he should have eaten some, it's full of protein. Dave Lodwick sent in this report: the 2005 version of the Farmyard Frolic was run in near perfect conditions, which is more than could be said for your correspondent. Fortunately, my team mates Roadhogg Adrian Stanley (9th in 47.40) and Steve Dickinson (18th in 49.35) put in superb runs, so my below par 75th (54.34) was still enough to see us carry off both the mens team prize and the prize for best hospital team. Another Roadhogg taking in the country air was Angela Ladkin who had even persuaded her husband to don his running shoes. I didn't catch exactly what he said at the end but I think the words "never" and "again" featured in there somewhere, so perhaps Roadhogs won't be getting another recruit just yet.

Wreake Stomp, Queniborough, 13/03/05

Chris Mann reporting: I did the Wreake Stomp on Sunday with Baz and a couple of other Roadhogs. Fantastic crisp morning and I think almost 100 runners took part. Very wet first mile in and out of the brook but not as deep as I expected. Good job as I used my Sat Nav and would have looked stupid with my left arm raised high in the air. Felt good all the way round and even managed a chat with a few other runners. Ran into a huge log after about 5 miles but this was my own fault as I wore sun glasses. Triathlon poser git I hear you say. Last mile was very fast as you could see the finish in the distance and it was downhill. After vaulting the final gate and almost landing on a horse, I finished 37th in a time of 1:00:00. As you said Kim this is an excellent event and I look forward to doing it again some time. Baz finished 39th I think and another Hogg finished 41st. The distance was exactly 7 miles. PS I have a massive log shaped imprint on my left knee that I can rub with pride.

Helen Gregory also sent in a quick note to say she had a disastrous run at the Stomp - lets just say they had to hold up a lantern for her to see her way in - but then to be fair she was working at the schools cross-country champs the day before.

20 Things you didn't know

Alison Lodwick	Question	Tom Martin
I work in Personnel - which probably explains my somewhat jaundiced view of my fellow man (and woman).	<i>What do you do for a living?</i>	I work for Leicestershire County Council in the Finance Department.
Married to fellow-Roadhogg, Dave Lodwick, so at least we've got one thing in common.	<i>Are you Married or Single ?</i>	Single
Since Spring 2002 - I gave myself 6 weeks to train for the Race for Life and haven't looked back since.	<i>How long have you been running ?</i>	I have been running since I was 16 and joined Roadhogs when I was 17. One of the reasons I started was because I was always a little over weight at school and was never very good at sports.
Dave joined first and thought that it would be a good way for me to get safe winter training ... but then he hadn't heard about Richard Verschoyle's sense of direction.	<i>How did you become involved with Roadhogs?</i>	My dad had been a member for a few years. I always used to go to the races to support, which inspired my enthusiasm
Formula One motor racing - I'm far too small, but I can dream.	<i>If you didn't run which sport would you like to excel in?</i>	I really enjoy swimming. At some point I plan to try triathlons.
Yes - until about the age of 12 I wanted to be an architect. After that, I wanted to do biological research. I actually achieved that and was a researcher for eight years before moving into Personnel.	<i>Did you ever have any ambitions when at school to do a different job?</i>	I wanted to be a lifeguard which I was for a while
France. We've had short breaks in other countries, but keep coming back to France. I experience culture shock every time I come back to the UK!	<i>Which is the best Holiday destination you have been to?</i>	We went to New York a few years ago. Every time I see Central Park in films I think of the time I ran round it with my dad
Radio 4 - I prefer the spoken word.	<i>What music do you like most?</i>	I have a varied taste. At home I tend to listen to Indie music. My favourite bands are Oasis, The Charlatons and the Jesus and Mary children
This is confession time - Dave and I haven't seen a film all the way through since Anna was born! If I did have time to sit down and watch it would probably be an Ealing Comedy - either <i>Passport to Pimlico</i> or <i>Whisky Galore</i> . I have half-a-dozen on video.	<i>What was your favourite film?</i>	I can be a bit of a film buff. It would be either "The Good, the Bad, and the Ugly" or "Goodfellows
Miss Marple (the Joan Hickson interpretation). I really admire her razor sharp intellect under the gentle, unassuming exterior.	<i>If you could be any TV character which one would it be?</i>	Being Doctor Who would be great as I would be able to travel through space and time with Billie Piper.
I drive a Ford Focus Estate. For years my "aspirational" motor was a Mazda MX5.)	<i>What car do you drive and what car would you most like to drive?</i>	VW Volvo. Kit from Knight Rider. I would not have to drive then
Chocolate and red wine	<i>What is your favourite food and drink?</i>	Pasta. I always have it on a Saturday to help me run faster on Sundays. Beer, which helps me to run slower.
Alistair Cooke (of <i>Letter from America</i>); Pete McCarthy (recently deceased travel writer); Chris Patten (ex-Governor of Hong Kong and current Chancellor of the University of Oxford); Dave Allen (recently deceased comedian); Simon Calder (travel writer for the <i>Independent</i>)	<i>Which 5 people (living or dead) would you most like to invite to your Dinner Party?</i>	Elvis Presley, Paula Ratcliffe, Clint Eastwood, Gary Linekar and Alexander the Great.
Biology, closely followed by Geography (but my best subject was English)	<i>What was your favourite subject at school?</i>	Maths because I was good at it.
<i>Miss Smila's Feeling for Snow</i> by Peter Hoeg	<i>What was the best book that you ever read?</i>	I don't read many books. I'm currently reading Paula Ratcliffe's autobiography
Wolvey 5 miles - because it only has one hill! My favourite distance in probably 6 miles, but lengthening - I'm built for distance rather than speed (well, that's my excuse anyway!).	<i>What is your favourite local race and your favourite distance?</i>	The Round Leicester relays. I enjoy being part of a team and it's always a good day out. I like the shorter / faster races.
Everyone is so friendly and supportive - even when Steve Martin has to wait for me to finish after everyone else has gone home!	<i>What is the best thing about being a Roadhogg?</i>	The members .
More vertically-challenged lady vets - I can't keep up with these young whipper-snappers with super-model inside leg measurements.	<i>If there was one thing you could change within Roadhogs what would that be?</i>	The colour of the vest .
In the summer - glass of chilled rosé in one hand and secateurs, in the other, doing some gentle gardening, followed by a relaxing dinner with Dave.	<i>What would be the best way to spend an evening?</i>	Having the house to myself. I would have a curry and watch a Clint Eastwood film.
To beat Nigel Courtney of West End in a league race!	<i>Do you have any remaining ambitions either personal or club wise?</i>	I will run a Half-Marathon this year. I have never done one. Mark Chamberlain and Dave have been trying to get me to do one for years. I also would like to have a good period training and try to run under 6 minute miles pace.

