

Roadhogs Leicester A.C.



July/August 2010

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



Glooston 2010

The fourth running of the Glooston 10K will go down as a key day in Roadhogg history. Not only did we promote another successful race but we witnessed Clare gain a debut race victory. Not content with this, she also set a PB and took pride of place in a winning Roadhogg team, along with Ruth, Nick and Mark.

It was great that so many members and supporters were able to help us stage the race - it certainly made the Race Directors' days much easier! Thanks to everyone who gave their time and to sponsors; Leicester Running Shop,

Swithland Spring Water, and Total Office Maintenance. Special thanks to everyone who baked cakes for our well stocked refreshment stall.

Do you want to improve your race performances?



Mark is offering speed sessions on Saturday mornings at Saffron Lane track (start 10.30 am). These short, hard sessions are the key to getting the best out of your ability in races. Everyone trains at their own level of intensity and pace, so you don't have to be able to keep up with Mark to benefit! Entry to the track costs £3.20.

New Members

It is a pleasure to welcome to Jackie, Celine, Hannah, Miguel and Isabella. We hope you enjoy running with us.

Scaling the Heights



John Stew has been in the best form of his life in the last few months. He has set something like 5 personal bests in 2010 and achieved an age-group ranking of 9th in the recent East Midlands Grand Prix Series.

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Barcelona and London

In the last newsletter you all read Charlotte's fab report on the Barcelona event. Apart from the weather it was brilliant. We'll be looking to do another half marathon early next year. If you have any suggestions please let Matt and me know.



On the 3rd March my mum's partner Norman passed away and on the 23rd my mum also passed away. It was quite difficult to concentrate on my preparation for the marathon but I managed to get some routine back.

Nick and myself were going to do a 17 mile run and two 20 mile runs and hopefully that would be enough to see us through, as well as doing the league races. We did the 17 and Nick struggled towards the end of it. (he did have a few beers the night before). We did our first 20 over an undulating course in 2h 10m and both were pleased with that. Two weeks before the marathon we did the same course in the same time so both of us were feeling quite happy.

Nick, Keith, Matt and I went down to London on the train on the Saturday morning, found our hotel (which wasn't the best) and went to pick up our numbers. We spent the afternoon at a bar on the Thames as the weather was nice. We went for our pre-marathon meal at an O'Neills bar. In the evening we went to a bar near our hotel.

On marathon day I had some cereal for breakfast and then we were on our way to the start. We got to the start with enough time to spare. Half an hour before we were off the heavens opened and it went cold. We had to go into our pens to start then a strong feeling of emotion came over me. I was doing the London marathon for the

ninth time and this is the first time I wouldn't be able to tell my mum how I got on. Then at 9.45 we were off. I was telling myself just take it easy. I got to 5 miles and my knee was beginning to lock, I stretched for a minute or so and managed to carry on. Nick caught up with me and we ran together until 15 miles. I saw him veer off to the side and start to stretch. I got to 16 miles where I pulled out last year and thought it wasn't going to happen again. I got to 21 and then it was really starting to hurt, but I knew I was going to finish. The last couple of miles were agony but I managed to do it in 2h 57m 39s. I was happy to get under 3 hours considering March was a bad month.



I waited for Nick at the finish and we met up with Matt and Andy and went to meet Phil Critchlow at a bar. Keith met us there and Baz's family and Nick's mum and Liz came to the bar as well. Early evening there was Phil, Matt, Nick, Andy and I left so we found a belting pub in Covent Garden for some wholesome food. Matt's brother Paul came out for a few bevvies too. We had a really good evening around Covent Garden showing off our medals and t-shirts.

On Monday morning we went to Covent Garden to buy some souvenirs and made our way back towards St Pancras, popping in a bar for food and drink before our train journey back. We are all looking forward to next year.

Mark Chamberlain

Glooston 10K

Two of Leicestershire's finest; Gordon Lee and county half Marathon champion Mark Powell went head to head at the Glooston 10K. Garry Payne's course record looked set to be consigned to the history books, and so it proved. The pair surged away from the start, Gordon setting a

scorching pace as they went through the first mile in 4.41. A second mile of 4.50 was too much for Mark and he gradually lost touch. The Coritanian athlete eased his pace a little on the second lap but by this time both victory and course record were assured. Finishing in 31.59, he slashed more than 2 minutes off the 3-year old mark set in the inaugural race. So good was the field that the first four runners all bettered the previous mark.



Gordon Lee

There were 15 Hogs in the race and some great performances. Nick set a PB in finishing 8th and Craig won the annual Atton challenge with 40.50 (although Karl (42.58) was looking in good shape, too). We were also pleased to welcome Haseeb Ahmad, a blind elite para-triathlete (L. Tri Club) who set an impressive PB of 39.23.

Despite only attracting a modest sized field, the race seems popular with those that run it. Here are some quotes from participants:

"I really enjoyed it"

"Great event on Saturday"

"Just wanted to say what a fab race it was on Saturday - great organization and marshals were brilliant"

One person reviewed the race on Runner's World, saying *"Would totally recommend"*

For the Record

Regular users of the website will know that I try to keep a record of your achievements. Many of you let me know when you've been out and about, doing races around the county and beyond. As an aid to posterity, I'm now going to

include your performances in the newsletter as well. If I miss anything, please let me know - I don't always know when you've done a PB, for example.

| Uttoxeter Half Marathon | | |
|-------------------------|--------|--------------|
| Peter Sloneczny | 22nd | 1.24.30 |
| Silverstone 10K | | |
| Neil Winkless | 170th | 40.55 (PB) |
| John Stew | 236th | 42.40 (PB) |
| Hinckley Half Marathon | | |
| Peter Sloneczny | 37th | 1.26.11 |
| Jerry Wilkes | 52nd | 1.28.59 (PB) |
| Simon Fryer | 66th | 1.30.51 |
| Stef Turner | 182nd | 1.38.40 |
| Fiona Turner | 980th | 2.38.02 |
| Rugby 6 | | |
| John Stew | 137th | 42.17 (PB) |
| Angela Ladkin | 172nd | 43.56 |
| Jon Heap | 199th | 45.18 |
| Bedford 6 | | |
| Dave Lodwick | 123rd | 41.20 |
| John Stew | 129th | 41.50 (PB) |
| Corby 5 | | |
| John Stew | 134th | 35.11 (PB) |
| Chester Marathon | | |
| John Stew | | 3.46.46 |
| Weedon 10K | | |
| Dave Lodwick | 101st | 44.03 |
| Angela Ladkin | 161st | 49.27 |
| Jon Heap | 178th, | 50.16 |
| Banbury 5 | | |
| Dave Lodwick | 102nd | 34.12 |
| John Stew | 124th | 35.32 |
| Hickling Corn Dolly | | |
| John Stew | 15th | |
| Baz Barratt | 55th | |
| Sumina Azam | 63rd | |
| Rothley 10K | | |
| Mike Munday | 6th | 35.12 |
| Mark Chamberlain | 12th | 36.41 |
| Peter Sloneczny, | 33rd | 39.47 |

Birthdays

| July | August |
|----------------------------------|---------------------------------|
| 3 rd Charlotte Wood | 2 nd Rex Stapleford |
| 8 th Sally Waterfield | 6 th Dale Jenkins |
| 13 th Ceri Davies | 12 th John Stew |
| 30 th Trudy Sharpe | 15 th Roger Kerridge |
| | 17 th Simon Fryer |
| | 30 th Steve Wheeler |

Getting Muddy with Kim

Not much mud to speak of, but a couple of off-roaders registered on the Roadhogg radar.

Woodhouse May Day Challenge

This was only the second running of this community fundraiser but it is already attracting significant numbers of runners and walkers. Roadhoggs' off-road specialist, Dale joined me on this one. The field was a mixture of familiar faces, triathletes, off-road specialists and novices. There was one young lad running in cargo shorts and a pair of baseball boots.

From Woodhouse village the course headed for the edge of the Outwoods and then up the steep climb of Dean's Lane (a bit of a wake-up call, so near to the start). After Beacon Hill we followed the familiar 'Charnwood Hills' route to the Hunt's Hill entrance to Bradgate Park. We ran down the edge of the park to the Newtown entrance, then back along the road, dodging the dogs and kids on bikes. There was a feeding station at the end of the park with everything from cakes to jelly babies. We then set off across the fields to Swithland.

Beyond Swithland, we headed towards the Great Central Railway. Further footpaths and quiet country lanes took us on the final long loop back to Woodhouse. By this stage, we were running in strong May sunshine although there was a cold headwind for the second half of the race. The course finished with a lap of a sports field and a welcome from the man on the PA. There was a full spread in the village hall and emergency supplies of cake at the finish in case anyone might be too weak to make it there. It's one of those events where you could quite easily consume more calories than you burnt off in the race. For the record, I just managed to overhaul 'baseball boots' in the final mile, finishing in 33rd (1.45.46). Dale (struggling with a blister) made it in 36th (1.46.18).

Arnesby May Fayre

Dale Jenkins 14th in 32.58
 Jackie Brown 25th and 3rd lady in 37.58
 Ruth Stevely 26th and 4th lady in 37.59
 Rob Taylor 27th in 38.35.

Leicester Running Shop LRRL Summer League: Desford 10K

There was some confusion over whether the race was a Winter League race or a Summer League race (it was a SL race run under WL rules). The weather gods however, decreed it to be summer (and no messing)! We've run this race in snow and all sorts of weather, but never 26 degree heat before. There was an excellent turnout from the men but the ladies' line-up was a little more select. We had no new runners but with Roger running his first race after a long injury lay off, we had the next best thing. When the mercury rises there are some things that you can rely on; queues on the M5, a hosepipe ban, a nationwide shortage of electric fans and Dave L, Dale and Baz running like donkeys.



Mike: Chilled out in the heat

First home, in a superb 12th place, was Mike. Mark (22nd) was less than 30s behind and Nick (24th) followed his 'coach' at a respectful distance. So quick, and untroubled, were these three that you wondered if the laws of physics work differently when you run that fast. Peter (57th) found it more of a struggle but he still managed to secure a good finish for the team. Ludovic made it five in the top hundred, finishing in 99th. The rest of the counting eight looked a little different from usual. John Stew (128th) is not a great fan of the heat but such is his terrific form at the moment (4 PB's in a month) that he completed the veteran's team and led in Paul (135th) and Roger (139th) for the seniors.

Dave L (149th) and Dale (153rd) ran true to form, whereas Steve W continued his race by race improvement in 170th. He was followed by Keith (171st), Hitesh (172nd) and David (194th). Baz (200th; who hates the heat) just managed to

finish in front of Dave S (202nd; who loves it). Steve M (221st) turned the tables on Martin (222nd) and Colin overcame his recent injury problems in 238th.



Sumina looking reflective

Clare (another one who seems to thrive in these conditions) led the ladies in with a magnificent 14th place, ably supported by Sumina (65th). Trudy (95th), Valerie (102nd) and Alison (111th) all battled bravely in the heat.

Leicester Running Shop LRRL Summer League: Swithland 10K

The journey to the race brought back memories of last year's downpour but fortunately the race managed to dodge the showers. When the sun finally peeped through, the humidity soared but otherwise, conditions were good for racing. We had a massive turnout of 29, including Jackie (fresh from her excellent 3rd place at Arnesby) and Ruth making their league debuts. There were modifications to both the start and the finish of the race but the traditional loop, which makes up the bulk of the course, was unchanged.

It was a fantastic day for the Hoggettes. Clare produced a magnificent PB performance to finish a heady 7th. Bec matched her PB for 18th and with Angela only two places behind, we had 3 in the top 20. We didn't have to wait long for the final counter, with Charlotte bagging 26th despite a shortage of miles since recovering from injury. Next up were Ruth (36th) and Jackie (41st) and that made 6 in the top 50. Valerie (102nd), Trudy (103rd) and Alison (114) completed the team. The highest individual placing since Aussie Hannah, the lowest ever team score and a full veteran team. Not a bad morning's work!

The men weren't too shabby either! Mike continued to lead the way with 11th but the fiercest battle was just a little further back. Mark and Nick have had a little side bet on who would win the majority of their personal battles over the course of the league season. The score stood at 5:0 to Mark with 5 races to go (dormy as they say in golf), so it was now or never for Nick. Perhaps the prospect of parting with a tenner was just the extra incentive needed, because when Mark stopped briefly to stretch his troublesome hamstring, Nick seized the advantage and held it to the end. It finished with Nick setting a new PB and breaking into the top 20 for the first time (17th). Mark had to settle for 21st.

Peter was struggling with injury niggles but still bagged us some useful points with an 81st place finish. Behind Peter there was another battle going on. Simon (96th) has been on good form since he took up triathlon but he was pushed all the way by Neil (97th), and Tom (102nd) was only seconds from gate crashing the party. We needed one more for the eight and Dale (126th) duly delivered, even if he did have to watch Clare cruise past in the final mile.



Who ordered this weather?

Dave L (135th) struggled in the middle of the race but managed run down form horse John S (139th) in the final stages. Paul put in another solid performance before Keith (171st) and Hitesh (173rd) came through with their best performances of the season. In fact, Keith is now back to where he was before his long injury lay off. Steve W (201st) continued his improvement with another good run but Baz (218th) was having a bit of a quiet one. Jon (234th) has been suffering from a mystery illness that has sapped his power and only his legendary toughness got him through this one.

Dave S (237th) looked on fine form but Martin (249th) struggled a bit. Colin (263rd) and Barry (266th), flying the flag for the V70's, completed the finishers.