

Roadhogs Leicester A.C.



March/April 2010

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

The Lighter Nights are Coming



Summer training will commence on Wednesday 31st when we'll run from the Baker's Arms in Blaby. To make full use of the light, we'll run down the canal to St Andrews and return by road. Of course, the week before (24th) we'll be celebrating the end of winter training with one of our famous 'hat nights'. No doubt Keith will find a prize for the most amusing headgear and we'll be off to the Cow & Plough for some of their 'doorstep' chip butties.

Many of the usual favourites have made it into the summer programme, but there'll be a few changes to keep you on your toes and we'll have well-defined shorter routes (usually 4-4.5 miles) for those that want them. The routes (and maps) will be posted on the web in advance so you can print them off, if you get lost easily (not mentioning any names!).

Snow Stops Play

Only a couple of LRRL races had ever been cancelled before (because of foot and mouth restrictions) but we've now lost two in 12 months. Add the Derby Runner round at Bagworth and it's enough to have the global warming deniers putting another patio heater in the back of the 4x4. It was a shame for Fleckney & Kibworth to lose their debut promotion but Gumley Hill would have been doing a fair imitation of the Cresta run on Sunday morning.

New Members

A warm welcome to Steve who joined us in January.

LRRL Winter League

Mar 7th Asfordby
Mar 14th Markfield
May 23rd Desford

Remember to keep your number.

Thwarted!

Kim so nearly achieved his target of fielding full teams in every race. In the end, we were one lady vet short in the last two races, but we still had one of our best seasons over the country.

You can read about the two final outings of the season in Kim's report on page 4.

Nick Comes of Age



There's just no keeping him off the front page! Nick celebrated his first top 10 finish in the Charnwood Hills race (see page 6).

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A little Light Relief (Courtesy of Kim)

I got stopped for speeding yesterday!
I thought I could talk my way out of it, until the officer looked at my dog in the back seat.....
(see page 7)

My Running Career

Mark Chamberlain: 1980-Present

I realised from the age of about 12 that I could be a good runner because when we used to play footy behind our houses, I inevitably used to smash Mr and Mrs Hitchen's greenhouse window and was always the fastest getting away. Around the age of 14 at school we used to play five-a-side football for 45 minutes and then had to do a x-country run. At that age I used to beat 16 year olds and from then on I used to hate to be beaten.



In 1982 I left school and continued to play five-a-side in a local league. Then in September 1983 I went to watch the Greater Manchester Marathon which started and finished in Bolton and had about 7000 entrants in it. I said to my parents that I was going to do it next year. I started to train the day after and I joined Bolton Harriers to keep me motivated. I trained hard and really improved. There is a hill on one of my Bolton routes called Smithills Dean Road, it just goes on for a very long 9 minutes or so. When you reach the top there are fab views. Coming down is so fast. I also used to run to Bury and back which is about 13 miles over an undulating course.

Early September 1984 I was on the start line for the marathon and really felt good. I got to about 19 miles and blew up, I eventually got back running again and finished in 3h 11m and finished 311th. I think I would have done around 2h 50m if I hadn't blew up. I did the same marathon the year after but didn't train properly. For the next few years I didn't do much training.

In 1991 I came to live in Leicester because I have a couple of mates here. I lived in Blaby and started to work at The Belmont. During this time

I was only playing football occasionally and was putting on loads of weight. I decided to give up footy and concentrate on running. Then one day I went to Saffron Lane track and started to train with some top Leicester Corry boys including Joey Masterson, Phil Makepeace, John Grindey and Rob Sheen. They were too fast for me at the time and I got introduced to Phil Smillie and Steve Martin. They asked me to train with Andrea and Jock. I joined the club in 1995 and really focused on what I could achieve. Over the next few years I was improving all the time. One of the highlights was doing Nottingham Marathon in 2h 39m. Steve M passed me a banana with a few miles to go, that seemed to do the trick. That time is still my PB for that distance.



In 2001 after finishing in various top 6 positions in the winter and summer leagues I actually won the LRRL summer league. I couldn't believe it because before the last race, The Nuneaton 10, I was in 3rd place overall. The other two ahead of me didn't turn up and I was champ.



For the next few years I was always finishing in the top 5 in winter and summer leagues and concentrating on doing London and Nottingham marathons. One year I did 2h 40m in both events. I really wanted a PB for the distance but still haven't done it. During one Nottingham marathons I went into the lead at 17 miles and stayed there until 23 miles then just blew up. I

would have loved to have won this race and this was my best chance to do so. A few weeks later I did the Leicester Marathon from Desford and finished 3rd.

2005 was my best year. At 39 years old I won The LRRL summer league again. This time I won a couple of races and finished well in the others. During this time I was doing some very intense training with Matt Adcock and Ian Murdey, (probably a bit too intense). In September 2006 I won the Male 40 category at Nottingham Half Marathon and won £200 as well in a time of 1h 13m. Since then my career has gone downhill.



Champion!

Over the last 4 years I have struggled with a niggling hamstring that has affected my training. Its now January 2010 and I'm really looking forward to doing The Barcelona Half marathon next month with Nick, Matt, Anita, Charlotte and Claire from Roadhoggs and Ian Murdey and Phil Critchlow from Beaumont joining us. Andy who was my best man is coming along to talk us to death. Then in April it's my all time favourite event 'The London Marathon' I hope to finish it this year after pulling out at 16 miles last year. I still think I can run it in 3hrs, if I do so I get an automatic entry for the next couple of years. I've always loved doing the local road races and this year I want to steadily improve my performances. I enjoy training and advising Nick and really impressed in the way he's improved over the past couple of years. If anyone else wants to join us on Saturday mornings for a track session, you're more than welcome. (we won't train the day before a league race). I can help you to improve too!

Being in Roadhoggs has been great with so many friends made over the years. It is an honour to be club captain and I look forward to the coming years. It's great to have so many long term members, but it would be better if when we get new people they give it a go for more than a couple of weeks

Mark

The Gloucester Marathon

The ice age finally ended in Gloucestershire 3 days before the race, and was duly replaced by flooding....acres and acres of it! Fortunately, Quedgeley the venue for the Marathon, nestling on the banks of the River Severn was unscathed. Over the past two years the Runners World Forum has been rife with criticism of this race, everything from total lack of organisation, to its disjointed start and finish lines, some mile apart, and neither at the race HQ!

Not deterred by the negative press the three disciples of Saint Dakin, (not the comedian...the other one!) duly turned up at the appointed hour, and were pleased to have done so. The Gloucester marathon was exactly what it said on the tin. A gently undulating course, which included 3 x 7 mile, loops of beautiful Cotswold countryside. This race is for the Marathon runner; it attracts the purists from all over, and offers little for the fun runner. The Marshalling and feed stations were first class, you got what you needed and no more.



The mood was a little pensive before the start, Rob felt under prepared, Jon's knee had been playing up for weeks, and I was desperate to get back under 4 hours after injury. On all counts our fears were unfounded, Rob, after toying with the

race for the first 3 miles, put his skates on and carved his way through the field to finish 1st M50 and 32nd overall in 3:21:30. He also took away a pair of Stewart Crystal Champagne glasses by way of prize. Jon, feared he maybe out in the countryside for a very long time, but as it turned out 3:44:43 (98th) was yet another magnificent result. Near the finish I passed a runner with the slogan “Pain is just weakness passing out of the body” on his back. If you cut Jon in half you would find that sentiment running right through him! As for me, 3:37:26 (73rd), another Pb, .the perfect day!



January may not be everyone’s cup of tea for running a marathon, but Gloucester is well worth the effort. It has clearly learnt from its mistakes, it offers a well balanced course with some hills, and gentle down slopes to compensate. Good first aid and police support, you feel safe and looked after on very quiet country roads. The only hint of criticism I will level at the event was the fact we had to pay for a cup of tea and cake at the end, which should have been more than covered by our entry fee. Then again .. Jon paid for the lot, so why complain!



The Marathon Tour moves on to Cornwall in March for the Duchy Marathon so, until then dear reader.....

John Stew

Gettin’ Muddy with Kim

Grace Dieu: 31/01/10

The morning was bright but very cold. I was wondering how many would run for us today as I had not had many replies, and with the cancellation of the Bagworth race it had been a long time since the last league race way back in early December. But one by one the Roadhogs strolled up and we had a full men’s team to maintain our record numbers this season. The ladies were one short so we used up our ‘one last place given’ option which we are allowed once each season. We even had two more new runners; Hannah Richardson, of the famous Richardson running dynasty, came along with her training partner Phil Norman to try out a league race as I had been banging on about it for ages. I am hopeful we will get them back for another one, but Phil has got to get some proper shorts to run in and not his beach ones. We stood around on our club tarp amongst the club tents and decided it was so bloody cold and Roadhogs should to buy us a tent as well.



The men’s race started first and the ladies 10 minutes later which gave them their own race plus the incentive of catching up with any men. The Grace Dieu course was the same as last two years, which includes the long climb at the start, the long and steep rocky scramble up to the top of Broad Hill, a steep climb in the last half mile and then the ‘travelator’ right up to the finish line. Its one of the toughest courses in the league but at least the ground was generally hard rather than wet and muddy which makes all the running so much harder.

Nick as usual led Roadhogs in and broke into the top 20, backed up by Jerry and the rest. Dave and Paul both had really good runs. In the girl’s race Rebecca and Emma raced all the way round

with Rebecca just shading it in the end, though Emma is moving up with every race. As a team we are slowly moving up the division ... thanks guys lets keep this up!

Results:

Men: Nick Coble 15th 34.08, Jerry Wilkes (V40) 98th 39.20, Dave Lodwick (V40) 114th 40.09, Mark Chamberlain (V40) 118th 40.18, Dale Jenkins (V50) 127th 41.07, Paul Langham (V40) 153rd 42.21, Baz Barratt (V40) 170th 43.38, Hitesh Pandya (V40) 202nd 46.20, 223rd Phil Norman 48.56, 244 finishers.

Ladies: Rebecca Bromwich 21st 43.57, Emma Klimowicz 23rd 44.09, Hannah Richardson 71st 53.55, 100 finishers.

Teams: men 7th div 2, ladies 4th div 2, combined 4th div 2.

Teams after 2 races: men 7th div 2, ladies 3rd div 2, combined 4th div 2.

Bosworth Battlefield: 14/02/10

On a bright and cold morning we assembled by the Bosworth Battlefield Visitor Centre for the final league race this season (unless they re-arrange the cancelled race from January which I can't really see happening now). As it was Valentines Day the Roadhogs told me how much they loved running cross country on these chilly mornings, so much nicer than staying in a warm comfy bed.



As some Roadhogs were in Barcelona for a running weekend we were a bit depleted but still finished a full men's team so for the first time ever we had full men's teams in every league race. But the girls were just one short so they finished a full team in every race except this one.

The course itself was a bit longer than usual; 5.35 miles around farm tracks and woodland paths, and the loops kept returning back to the visitor centre so there were some good spectator points. Although there weren't any steep hills some said it was tougher than Grace Dieu because of the long gradual climbs.



The mens team packed pretty well with everyone just about in sight of each other, led by Jerry who overhauled the fast starting Craig midway through the race. Still it was good to have Craig back, plus another of Hannah's men friends Simon Dodds making his debut. Dale had another great run, followed by Dave, Paul who is improving race by race, Baz, Simon and Hitesh. For the girls Rebecca made the top 20 for the first time with Emma chasing her in and Hannah steadily improving further back.



Overall the teams finished the league, division 2,

in 7th (men), 4th (girls) and 5th (combined), our best ever so thanks a lot all of you we are looking up!

Only one other thing; as I have been out injured these last 2 races I am surprised that the team has done so well without me. We must have some other really good runners.

RESULTS sorry no times as they did not coordinate times with positions:

Men: Jerry Wilkes (V40) 74th, Craig Atton 87th, Dale Jenkins (V50) 99th, Dave Lodwick (V40) 115th, Paul Langham (V40) 129th, Baz Barratt (V40) 144th, Simon Dodds 167th, Hitesh Pandya (V40) 170th, 207 finishers.

Ladies: Rebecca Bromwich 19th, Emma Klimowicz 30th, Hannah Richardson 78th, 110 finishers.

Teams: men 6th div 2, ladies unplaced, combined unplaced.

Teams after 4 races: men 7th div 2, ladies 4th div 2, combined 5th div 2. Well done girls!

Over all Positions

Only runners who have done at least 3 of the 4 races this season have been given a position. Roadhogs have had our best ever season, thanks to everyone:

Men senior (45 positions): Nick Coble 10th, unplaced: Stef Turner (2 races), Craig Atton, Phil Norman, Simon Dodds (1 race).

Men V40 (66 positions): Jerry Wilkes 28th, Dave Lodwick 35th, Paul Langham 48th, Baz Barrett 53rd, Hitesh Pandya 60th, unplaced: Mark Chamberlain (2 races), Adrian Stanley Jon Heap (1 race).

Men V50 (40 positions): Dale Jenkins 11th, unplaced: Kim Richardson (2 races), Steve Clegg, John Stew (1 race).

Ladies senior (30 positions): Rebecca Bromwich 13th, Emma Klimowicz 14th, unplaced: Claire O'Neill, Hannah Richardson (2 races), Anita Pabla (1 race)

Ladies V40: unplaced: Angela Ladkin, Fazila Hajat, Hina Patel, Trudy Sharpe (1 race).

Charnwood Hills Race

When the usual start was ploughed up by the farmer, the organisers decided to be kind to the runners by making the course even longer! Two laps round the sports field and a charge along a narrow muddy track were added to the usual ration of hills and bogs.



Having suffered from cramp in each of his two previous attempts at this local classic, Nick took the conservative approach. He timed his surge over the last two miles to perfection, reeling in tiring runners to finish in a fantastic 8th place. Whilst some of the local glitterati had chosen to stay away, this race attracts good runners from far and wide and you only had to look at the names of some of the runners he beat to realise what a special performance this was.

Simon showed the improved stamina that comes from all that triathlon training, with a top 100 finish (86th). Dale, who never seems to miss a race these days, was 147th and John S was 218th. Paul (272nd), who is developing a definite taste for the muddy stuff, came in a couple of minutes in front of Baz (289th), who never seems to miss the opportunity to take on those hills again.

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A man in a hot air balloon, realizing he was lost, reduced altitude and spotted a woman below. He descended further and shouted to the lady "Excuse me, can you help me? I promised a friend I would meet him an hour ago, but I don't know where I am"

The woman below replied, "You're in a hot air balloon, hovering approximately 30 feet above the ground. You're between 40 and 41 degrees north latitude and between 59 and 60 degrees west longitude."

"You must be in IT," said the balloonist.

"Actually I am," replied the woman, "How did you know?"

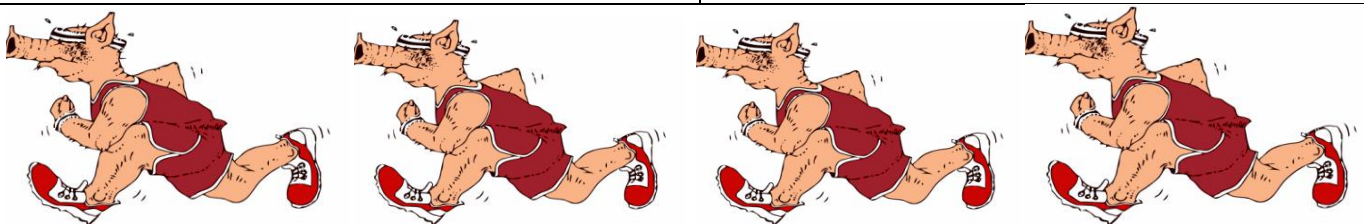
"Well," answered the balloonist, "everything you have told me is technically correct but I've no idea what to make of your information and the fact is I'm still lost. Frankly, you've not been much help at all. If anything, you've delayed my trip."

The woman below responded, "You must be in Management."

"I am," replied the balloonist, "but how did you know?"

"Well," said the woman, "you don't know where you are or where you're going. You have risen to where you are due to a large quantity of hot air. You made a promise, which you've no idea how to keep, and you expect people beneath you to solve your problems. The fact is you are in exactly the same position you were in before we met, but now, somehow, it's my f***ing fault..."

Birthdays	
March 7 th David Luyt is 53 10 th Mark Chamberlain is 44 10 th Kim Richardson is 57 10 th Steve Martin is 61 18 th Hitesh Pandya is 48 21 st Rachel Moyes is 40 22 nd Craig Atton is 35	April 6 th Tom Martin is 31 6 th Mike Munday is 46 23 rd Neil Winkless is 37 24 th Dave Swan is 64 30 th Jon Heap is 41



Leicester Running Shop LRR L Winter League: Ashby 5

For a long while it looked possible that lightning (or in this case snow) would strike twice. It normally takes something dramatic, like foot and mouth disease, to derail the Leicestershire Road Running League but last year the Ashby 5 fell victim to the snow. Perhaps opting for mid-January rather than late March was tempting fate but on the other hand given that the British weather's only predictable feature is its unpredictability, we should have expected to be in the middle of a heat wave. As it was, the race was only declared on two days before and even then a question mark over the final half mile meant there was a danger of it becoming the Ashby 5.12.

Ashby has a special place in Roadhogg history for it was here in 2004 that the club fielded a complete ladies team for the first time (that's not to suggest that before that our ladies were lacking anything, just that there weren't enough of them). Of the four responsible for this landmark, only Alison is still pounding the roads in a Roadhogg vest. Rebecca was the pick of the 2010 vintage, easing herself back into racing with 39th. Emma made it two in the top 50 with 49th before Rachel (80th) and Fi (87th) completed the scoring four. Alison (127th) and Trudy (131st) completed the team. Trudy had taken extreme measures to avoid grappling with any gorillas (see Huncote Hash) but must have got the concepts of blood doping and blood doning mixed up and was short of at least an arm's worth of red cells.

Mark continues to struggle with his hamstring but having had a wager with Nick over who'd finish first, he had to be on his mettle. He was equal to the occasion finishing 20th, his best result for 18 months. Nick started 2010 where he finished 2009, on the verge of the top 30 (31st). Peter was recovering from a virus, so a return of 73rd was a good solid result. After these three there was a bit of a wait before the burgundy vests started arriving in numbers. First of the bunch was Dave L (140th) with Neil (147th), Tom (152nd) and Dale (163rd) all breaking 35 minutes. For Neil, his 34.25 was a PB and we soon had another as John Stew (177th) crossed the line in 35.24, honouring his status as 'most improved runner of 2009'. We had Baz back after a sizable absence from the roads and he celebrated with an excellent 189th.

David Luyt (205th) was next in, getting the better of Paul (208th) who is starting to pick up speed again. Hitesh was on his own in 232nd but then we had Keith (254th), Steve (258th), Dave S (264th) and Martin (271st) in quick succession. Evergreen Colin kicked off another season with 298th and Barry had to battle round for 311th.

Leicester Running Shop LRR L Winter League: Barrow 6

Barrow always seems to be the most popular race of the Winter League. Catching people before the early season enthusiasm is tempered by reality certainly helps but a good course and excellent organisation must also play their part. Whilst not quite equalling last year's record, the field of 524 was nonetheless an impressive turn out and we were greeted with yet more perfect racing weather. For Roadhoggs it was another milestone - a whopping 30 runners - a Winter League record and equalling the all time best, set at Huncote in 2004. Not surprisingly, there were some new faces and it was a pleasure to welcome Fiona, Sumina, Ludovic and Valerie. The men's teams are both in tough divisions, so it was great to have a flying visit from Craig and to have Mat back in the team.

Charlotte celebrated her first race of the season with a superb 23rd place in a PB time of 42.41. It can't be long before she breaks the 7min/mile barrier. Both Bec (46th) and Emma (48th) improved on their Ashby pace and another steady run from Rachel (101st) saw the ladies score well, despite the bigger field. Fi was next (109th) before we had the first of our debutants, Sumina (117th), powering to the line. The next two runners were both relieved to break the hour, Valerie because it was her first race and Alison because she was suffering with a virus. After Anita (169th) got home, our final debutant, Fiona (175th), finished with a smile on her face, well in front of the back markers.

Mark produced another good performance to finish 27th with Nick 38th, both pushed back a few places by the quality of the field. Peter (88th) continued his rehabilitation before Barrow witnessed the return of Roadhogg stalwart Mat (108th). Simon (120th) was next up, with Craig showing us how well Bath is suiting him in 130th, as they both broke 40 minutes. Jerry (136th) missed that barrier by just a handful of seconds but it was a fine run nonetheless. Tom (166th) managed to turn the tables on Dave (169th) to

grab the final counting spot, before Dale (174th) just managed to hold off a fast finishing Ludovic (175th). As this was Ludovic's first race I'm sure there will be plenty more to come as he gains in experience and confidence. Baz (202nd) continued his renaissance with Paul (208th), another improver, and David (225th) not far behind.

Hitesh came in 266th with Keith, looking happier than he's been since pork pies were last on special, continuing to regain his form in 272nd. Martin (286th) produced a significant improvement to turn the tables on Steve (290th). Dave S suffered an injury, limping in 325th, not far in front of last man Colin (331st).