

Roadhoggs Leicester A.C.



November/December 2009

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



Trophy Winners!

Angela and Rob capped a fine week when they received awards at the Leicestershire Road Running League presentation evening. Angela finished 2nd VL45 behind her friend Sue Black of Birstall and Rob was runner up to Geoff Newill of Barrow in the VM50 category. The chairman of England Athletics was there to do the glad-handing and to see the heart of our sport beating strongly at local level. He acknowledged that leagues such as ours are central to athletics and promised that forthcoming initiatives would reflect this. (No Ron, I'm not holding my breath either!)

The week had started with both of them producing superb performances in the wind and rain of the Snowdonia Marathon.

Training Nights

At the recent committee meeting it was agreed that Dave Lodwick would ensure that a 4 mile version of the main run is available at all Manor Road training sessions. This will be led by one of the senior members and will provide an alternative for new runners and those returning after a break.

Resident funster, Keith, has designated training on Wednesday 16th December as 'Pirate Night' so you'd better start working on that costume!

New Members

A warm welcome to Fiona and Stef who have just joined us.



100%ers



Nick, Martin (not pictured), Alison and Dave picking up their 100% awards at the LRRL Presentation Evening. Nearly 200 attended the evening, enjoying the chance to catch up with friends (and rivals) from the different clubs in a relaxed atmosphere.

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Derby Runner Cross-country League

Nov 22nd Foremark Reservoir
Dec 6th Aylestone Meadows
Jan 10th Bagworth Heath
Jan 31st Grace Dieu
Feb 14th Bosworth Battlefield
Feb 28th Sinai Park ('B' final)

A Weekend in North Wales

The Snowdonia Marathon 2009

In an ever changing world it's good to know some things remain constant

- We are still in recession
- Dale Jenkins always retires from marathon running in mid October
- And when Rob Milstead says he's "only going to jog round" it means he's going to run a fast one.

And so it came to pass on yet another wet and windy day in Snowdonia.



Rob 'mountain goat' Milstead

1960 runners entered - 600 showed sense by not turning up - 35 runners did not finish - 1315 did - and Rob stormed round in 03:26:06 to finish 88th overall and 2nd fastest MV50+ in the field, Angela Ladkin fastest F45 at the Kibworth half in September followed up with a fabulous 3rd F45 in 03:43:14, and 223rd place overall.



Angela tries the Bacofoil look

Roadhoggs certainly have two marathon runners to be proud of, who this year have both finished in their respective age group "top ten's" on more than one occasion in Marathons.

But then there's Jon and Me.....who sadly run in the shadows of the above, and get to carry their kit bags home (well Jon does!). Mr Heap narrowly missed out on a sub 4 in 04:01:10, 451st and I was just happy to finish in 04:33:52, 867th.



Jon does his 'double teapot' when Rob suggests going round again

Snowdon blew up a storm again this year to add to the difficulty, but 1350 brave souls lined up for the start (delayed by 20 minutes to make sure all competitors were fully soaked and chilled to the bone) before being released by the gun.

I've never felt so happy running up a 3 mile hill - just to feel my toes again!
The mountain steams were in full flow and even waterfalls appeared, where they had not been last year.



Trudy shows off John's Jelly Baby supply

Trudy manned the Roadhogs feeding station at 11.75 miles with distinction, yet again, handing out jelly babies and gels, and taking in soaked and discarded hats & gloves as we passed by. She then weaved past us between 15 & 20 miles offering words of encouragement on her way. By the time I trailed in a full half an hour after Jon she was soaked to the skin and still smiling.....for the record "I love you".

Snowdonia remains a great race, and truly a personal challenge achieved at whatever time you cross the line. One lady, who finished in 1315th place in a time of 07:36:36, is my heroine of the weekend. She finished alone, in the dark, in gale force winds, and driving rain. We would have been at the finish to welcome her home, but by then we were tucking into our mixed grill and sipping our second glass of Shiraz, blissfully unaware of her tribulations.

There was talk of going to Dublin next October for a flat and fast City Marathon, but when we had had time to reflect, Snowdon is too good to pass up for less...

All Marathon "on Tour" weekends are not complete without getting a flavour of our surroundings. At Edinburgh it was Malt Whiskey, and here we visited a slate mine in Blaenau Ffestiniog, and took the "deep mine tour" to the slate face at 480ft below the mountain. Jon came up with the idea of an underground marathon.....! "we really must get a life"!



I suppose it's one way to get out of the rain!

Thus ends the 2009 marathon season, but the "spring tour 2010" will take us to Cornwall for the Duchy Marathon on 7th March. The race starts

and finishes at a Hotel with swimming pool for recovery, pasta party on Saturday evening included in the two night room rate. Race fee is £12.00 very reasonable - why not put your winter training to the test....."How about it Dale...just one more"!!

John Stew (Sub 4 on a good day)

LRRL AGM October 2009.

The AGM of the Leicestershire Road-Running League took place on Monday 19th October 2009 at Groby.

The main points that emerged from the meeting included the set-up of League Races for 2010 in both the Winter and Summer Leagues and these were agreed as follows :

Winter League

Sunday 17th January Ashby 5 from the Leisure Centre

Sunday 24th January Barrow 6 from Barrow-on-Soar.

Sunday 21st February Kibworth 6 from the High School in Kibworth

Sunday 7th March Stilton 7 from Ashfordby

Sunday 14th March Beaumont 10k from South Charnwood School

Summer League

Sunday 6th June Swithland 6 miler

Sunday 27th June Prestwold 10k

Wednesday 7th July Hungarton 7 using the 2008 course

Wednesday 4th August Huncote 5

Sunday 5th September Wigston Phoenix 10 from Countesthorpe

A further race would be staged by Desford Striders. This would be staged as a Winter League race on 28th March or in May as a Summer League race.

The Hinckley Half would be staged in 2010 but the organisers were looking for a less high profile race in 2010 so they were not looking to include this in the Summer League programme.

West End did not want to stage the 8 mile race from Syston in 2010 and although Wreake volunteered to stage this race this offer was declined as Wreake already had a race in the Summer League programme.

Changes were made to the League Constitution as follows:

The League would support initiatives to encourage younger age groups in the League. The wearing of head-phones etc by runners would be discouraged as a safety issue. Each club should notify their members accordingly. The League stopped short of threatening to disqualify runners who wore these in League races.

The League welcomed 3 new teams to the League for 2010. These are Wigston Phoenix, Leicester University and Charnwood Tri-Club. Owls would remain in the League despite their split with Wigston Phoenix.

In light of the new teams coming into the League new make-up of the Men's and Women's Leagues were needed and these would be decided by an EGM to be held on the Monday before the next first League race.

Dave Swan

25 Years of Roadhoggs

To mark the club's silver jubilee we celebrated with a black tie do at a swanky hotel (or buffet at the rowing club). It was great to share the occasion with both old and new friends. Mark did us proud with the buffet and there was musical entertainment from a Rod Stewart tribute act (who was actually rather good). Swanee managed to spring a surprise by conferring honorary life memberships on Mark (one of the best runners we've ever had and a true clubman) and the bloke who does the newsletters.



Chairman Dave has the audience spellbound



If he'd known all those years ago that it would come to this.....



Nick tucks into his starter



Honorary Life Member: Mark



A proud moment!

Charlotte's kneesy win

Roadhogs are a broad minded bunch but I'm not sure what other runners must have thought as they waited for the start of the Huncote race. Keith was wondering around photographing knees..... I can't imagine what Serena thought - her first race, and only her second time with the club and some bloke she's never met is asking if he can photograph her knees! Digital cameras have saved people a lot of embarrassment over the years. Can you imagine popping into Boots with all the people picking up their holiday snaps and asking for your 25 pictures of runners' knees?



Charlotte protests her innocence

So there we were, a month later, gathered round a montage of knobbly bits struggling to match them to a teammate. Obviously, I'd spent too long looking people in the eye because I hadn't got a clue. I had trouble guessing what sex the owners were and I wasn't even sure which were mine. It's not for me to speculate how anyone spends their idle moments at training or preparing for a race but Keith is obviously not the only 'knee fancier' among us! Step forward Charlotte! It was probably quite fitting that the cash prize was presented in one of those useful gifts that Huncote seem to specialise in, a Minnie Mouse handbag.



Happy Birthday Roadhoggs

Nineteen eighty-four, a year that is forever linked with George Orwell's vision of a totalitarian nightmare, will also be remembered for such momentous events as the Miners' strike, the launch of the Apple Macintosh, Upper Volta becoming Burkina Faso and Swedish band 'The Herreys' winning the Eurovision song contest singing 'Diggi-Loo, Diggi-Ley' (they don't write lyrics like that, anymore). In Leicester too, the world was changing as a group of desperate young men plotted their assault on the newly formed Leicestershire Road Running League. And so, Hogg Robinson Roadhoggs were unleashed onto an unsuspecting world under the leadership of a young tearaway called Kim 'Mud Wrestler' Richardson. In those heady days it seemed even the pop world had caught the athletics bug with hits such as 'Run To You' (Bryan Adams), 'Runaway' (Bon Jovi), 'Run Runaway' (Slade) and 'Running with the Night' (Lionel Richie) caressing the airwaves.

Across the city a young bloke was buying his first pair of running shoes from 'The Leicester Runner' (another child of the eighties running boom) and taking his first faltering strides on the path to his destiny. In fact destiny was somewhat postponed and it was 18 years (and far too many pies to mention) before those shoes were followed by a second pair. Roadhoggs however, went from strength to strength, morphing into Roadhoggs Leicester AC to reflect the change in ownership of the insurance business and the expansion into race walking.

Swanee's zeal for handing out business cards to anyone brave enough to go jogging in the street (especially the pretty ones, it seems) was matched only by Richard Verschoyle's ability to spot a likely runner going about their daily business. It was through Richard that our protagonist was persuaded to enter the Langton Run and re-ignite an affair which shows no sign of flagging, six years and 175 races later.

So, how have things changed 25 years later? Colin has slightly less hair and Kim and Dave lead from a little further back in the field but all that is good remains strong. The beloved blue vest has been replaced by the maroon one that everyone professes to dislike, but at least you can always pick out the next teammate up ahead. The major (and most welcome) change must be the emergence of the 'Hoggettes'. Until recently, only a handful of ladies had represented the club

and never in sufficient numbers, at the same time, to count as a team. Last season 16 ladies ran at least one race for us and we recorded a team in all but the final race.

The league too, has changed - GEC Harriers, Coalville, DEE-LUX, Braunstone Town Joggers, Bowline CC, Lutterworth, Rutland, Burton and Leicestershire CC, have gone the way of Aztec or Marathon bars, by folding, going off to do other things or changing their names.

The Roll of Honour

Two Roadhogs have won the League, Mike Munday in 1999 and Mark Chamberlain twice in 2001 and 2005. Steve Gale finished 1st V40 in both Winter and Summer leagues in 2003 and Dave Swan won the V60 category in 2006. Many thanks to Nick Nealon of Huncote Harriers for collating the data.

2008	Summer	Peter Sloneczny	3 rd V45
2007	Summer	Mark Chamberlain	2 nd V40
		Peter Sloneczny	3 rd V45
	Winter	Mark Chamberlain	2 nd V40
2006	Summer	Dave Swan	1 st V60
		Mark Chamberlain	2 nd V40
2005	Summer	Mark Chamberlain	Overall Champion
		Mike Munday	2 nd V40
	Winter	Mark Chamberlain	3 rd SM
2004	Summer	Steve Gale	2 nd V40
		Mark Chamberlain	5 th SM
2003	Summer	Steve Gale	1 st V40
		Mark Chamberlain	6 th SM
	Winter	Steve Gale	1 st V40
		Mike Munday	4 th SM
2002	Summer	Mike Munday	2 nd SM
		Mark Chamberlain	3 rd SM
2001	Summer	Mark Chamberlain	1 st SM
	Winter	Mark Chamberlain	2 nd SM
2000	Summer	Mike Munday	2 nd SM
		Mark Chamberlain	4 th SM
	Winter	J Garratt?	2 nd VL40?
		Mike Munday	3 rd SM
1999	Summer	Mike Munday	1 st SM
1998	Summer	Mark Chamberlain	3 rd SM
		Neil Adams	3 rd V40
	Winter	Karl Orchard	2 nd SM
		Mark Chamberlain	4 th SM
		Steve Gale	5 th SM
1995	Summer	Mike Munday	2 nd (equal) SM
	Winter	Jamie O'Rawe	3 rd SM
1993	Summer	Steve Clegg	2 nd SM
1988	Summer	Steve Clegg	7 th SM
Data missing for years: 1999, 1997, 1991, 1990, 1986, 1985 (Winter) 2001, 1990 (Summer)			

Birthdays	
November 5 th Caz Canavan is 27 11 th Angela Ladkin is 47 17 th Colin Smith is 73 21 st Angela Thawley is 43 24 th John Hallissey is 30 28 th Fiona Sutherland is 41 29 th Ron Atton is 67 30 th Annemarie Williams is 39	December 15 th Sid Smith is 57 16 th Anita Pabla is 36 30 th Chris Peach is 46

LRRL Race Report

OWLs John Fraser 10

A so to the sting in the tail as another league season comes to a close. What began on a crisp winter's morning in Barrow ended in somewhat warmer but still pleasant conditions in Countesthorpe. The course is one of those where you really earn your time. There is hardly any opportunity to generate any rhythm - you either seem to be going up or down (although you'd swear the laws of physics have been suspended and what goes up doesn't come down). As is often the case when we reach September, we were a little down on numbers. We were missing Mark and Colin to various bugs and we failed to field a full ladies team for the first time since the same race last year (there's a bit of a pattern emerging here, I think).

Angela, who is in storming form over the longer distances, led home our trio of ladies in an excellent 22nd place. Fi claimed 85th and Alison completed her fifth consecutive 100% season in 113th.

Nick capped a real breakthrough year with an outstanding 32nd place in a PB time of 62.23. At this rate, given a flatter course, a sub-1 hour clocking seems a real possibility. Another one who is re-writing his personal record books is Rob and he was second home in an impressive 66.06 PB for 60th place.



Nick is on fire at the moment

Behind these two star performers, there was quite a gap before the 'middle order' came through. Ceri (129th) was 'best of the rest' with 'usual suspects' Dale (135th) and Dave (142nd) not far behind. Neil (151st) slightly ran out of steam in the closing stages but still managed to hold on to break 75 minutes and set another personal benchmark. Paul was another one to enter new territory, finishing in 164th. Chris likes this sort of course and seemed to making good progress but at around 6 miles, engine room suddenly radioed bridge and all systems shut down. As a result he was at least 40 places down on what he might have expected, finishing just in front of Jon (184th) who was running despite suffering from pleurisy. Next pair to arrive were Hitesh (211th) and Dave S (219th), who were followed by Martin (226th), completing his well earned 100% record. Barry (243rd) completed our finishers, but confessed that the longer races are starting hurt a little too much these days.