

Roadhogs Leicester A.C.



September/October 2009

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



Happy Birthday Roadhogs!

Roadhogs celebrated their silver jubilee with a well attended 'do' at Leicester Rowing Club. Mark did his usual excellent job with the catering and general organisation and Keith staged his own version of a knee fancier's convention. Rod Stewart's 'little brother' provided some excellent songs and Chairman Dave created his own surprise by announcing two new honorary life members.

No birthday should be without a cake and Rebecca made sure we were able to celebrate in style. Founding member Kim and new member Paul (a sort of alpha and omega of Roadhogs) had the honour of cutting the cake.

Full report in the next newsletter.

LRRL Presentation evening

The Leicestershire Road Running League will be holding its annual presentation evening at Birstall Sports and Social Club on Friday 30th October. Tickets, which are a steal at £5 and include a buffet, are available from Steve. Prizes will be presented by John Graves, Chairman of England Athletics. It's a good chance to have a drink with the people you've spent the year trying to beat in races - some of them scrub up surprisingly well!

New Members

We are delighted to welcome Serena Garnett, Hitesh Pandya and David Luyt to the club.

News from the LRRL

The meeting to vote on the league races for next year will be held on 19th October. If you have views on which races you would like to be included (or not), please let Dave or Steve know. Due to LRRL rules, 3 of next season's winter league races have already been decided. These are; the Ashby 5, the Ashfordby 7 and the Kibworth 6 (which this time will be organised by Fleckney & Kibworth, with assistance from Roadhogs). There is also likely to be a specific ruling to ban the use of headphones during races. Apart from compromising the runner's safety, the use of headphones is not allowed under the terms of England Athletics race permits and invalidates the race insurance. At the recent delegates meeting Dave Swan raised members' concerns over the poor value offered by certain races and expressed the hope that Race Committees would take account of the current economic climate when setting their entry fees.

In This Issue

Launceston Half (Page 2)
Club Handicap (Page 2)
LRRL Reports (Page 4)
20 Things (Page 6)

Next Edition

LRRL: End of Season Report
LRRL Presentation
25th Anniversary

Cornish Creamed

After a week in the surf, gentle walking and relaxing on North Cornwall's wonderful beaches, you would think that I would be ready for a nice steady half marathon in and around the gentle rolling countryside around Launceston - otherwise known as "The real beast of Cornwall".

So I awoke on the middle Sunday of our 2 weeks hols and left for the 30 mile drive, in what I thought, was plenty of time. I arrived in sunny Launceston about 75 minutes before the start but still had to register. I drove around the streets that were near to the Leisure centre that was the venue, but every parking space was taken. I ended up in the town centre not knowing how much of a walk I had just to register and starting to feel a bit agitated.

My plan was now to register, come back to the car and change into my running gear and then get back for the start.

On my way to the Leisure centre I was starting to realize I had misjudged this as I was going to have to make the journey back to the car to change, and then get back to the start line. About 3 miles before I even started racing. When I finally got to registration the queue was out of the door. All of these runners had pre-registered and were picking up their numbers and I would have to join the end of the queue, and I was still dressed in my civvies.

I had to make a decision whether to wait, get my number then go back to the car or go back now get changed and return before the start and hope I it wasn't too late. I did the latter. So I jogged the mile back to the car, now I was cursing everything in sight, got changed, and decided to drive towards the Leisure centre and hope a parking space had now been vacated. First bit of luck today. I found one ¼ mile from the start. It was now 15 mins to the gun. I grabbed a bottle of water and ran to see if they were still accepting entrants. 2nd bit of luck, they announced that they would not start until all runners had registered. So I scribbled out an entry form which I could hardly read without my glasses, and walked out of the door to the start line looking like I would normally at the finish. After a 2 ¼ mile warm up I was in no mood to do anymore running.

I had 1 minute to calm down before the gun went and I was off again with Cornwall's finest. The

first mile or so was all steep down hill through the next village which was good in a way but as always there is a price to pay. And I wasn't let down because that's just how it was.

Some of the hills just seemed to go on forever and the clever runners in the middle of the pack slowed or even walked then left me standing when it levelled off. Because we were inland it was also muggy and what little breeze there was, was kept away by the hedges and banking on the narrow roads. At some point there was a brief shower but it just evaporated on my overheated head.



Photo by Hazel Maclaren

No, this is not the front of the race!

We finally ran back into Launceston which was again up steep hills By this time I was no faster than walking pace, until eventually we arrived back at the finish at the Leisure centre. My time was my worst ever, but considering the terrain I was just happy to be upright, and I was on holiday after all. The race was well marshalled with loads of water and sponges, and with a chunky medal, tee shirt and a bottle of beer at the finish it seemed well worth the fee. I just wish I had have got there earlier - or stayed on the beach.

Dale Jenkins

Club 10K Handicap

With the club handicap race taking place in August, you'd have thought that any last minute adjustments to the handicap times would have been because of excessive heat but no, with half an hour to go I found myself adding time to make up for the muddy nature of the field path! Given

the circumstances, it probably wasn't surprising that only 13 lined up for the start. It was a pleasure, however, to welcome back Baz and Clare after long injury layoffs.

To any one passing, the scene would I'm sure have provoked bemusement. A group of runners standing at a bus stop in the drizzle, watching the oldest of the group run down the footpath. A few soggy minutes later, another one detaches herself from the group and follows. Eventually there are just four left, then suddenly they all try to run down the narrow path at once! Initially, the line of runners would have stretched over about a mile and a half.



In a perfect scenario (accurate handicaps, everybody trying) the gaps should gradually close until everyone reaches the line together! Barry was hoping to get to the field on the way back before he got caught but such was the heat of the battle in the final group (well three quarters of it) that he was overhauled in Stoughton. First to the line was Chris Peach, 1.36 inside his handicap time. Evenly spaced behind him were Neil and Dale, both also beating par. Rachel finished in 4th, showing that the handicap format gives everyone a shot at glory. Clare showed that she has lost little of her speed, just pipping the

Chairman for 5th. Hitesh was the last of this quartet who all finished within a minute of their predicted time. John was another making the handicapper look like he knew what he was doing, just 1.07 behind. That just left us with the poor handicap/not trying hard enough rump of Dave, Jon, Barry, Steve and Baz (to be fair, Baz was running from memory).



Last year's winner Dave Cabaniuk is "visiting Lord Lucan" at the moment and so missed handing over the trophy to Chris. As ever, nothing fazes Keith and so Chris was inaugurated as the first winner of the "sacred" Tango can! Now that we have such a rare and valuable trophy (not sure how Keith intends to engrave it though), I'm sure the competition will be even hotter next year!

Stop Press: Dave (and the trophy) are alive and well!

Birthdays

September

1st Clare O'Neil was 35
 14th Karl Atton was 38
 16th Jerry Askham was 52
 30th John McDonald is 32
 30th Barry Waterfield is 74

October

3rd Paul Langham is 42
 8th Dave Cabaniuk is 25
 20th Mal Blyth is 73
 27th Nick Cobley is 23
 27th Dave Lodwick is 49

LRRL Race Reports

Hungarton 7

Having celebrated its 25th birthday last year, this time the Hungarton 7 reverted to its original course. Apparently, the old route was abandoned due to concerns over the speed of traffic on Tilton Lane. However, with Melton and South Croxton Roads becoming more attractive to the “boy-(and girl-) racer tendency, the switch to the new one was looking ever more like something from the “out of the frying-pan...” school of decision-making.

Tactically, the equation looked much simpler; instead of agonising whether or not to hold something back for the challenge of Baggrave Hill; it was just a case of surviving to the top of Tilton Lane, then starting to race. After a switch-back first mile to banish any forlorn thoughts of establishing a steady rhythm, mile 2 was all up. An all too brief moment of relief was swiftly followed by the north face of the Eiger (oh well, the west face of Billesdon Coplow, if you must). Just as you were starting to wonder whether there are any UKA rules about providing oxygen masks along with the mandatory drinks station, the road suddenly turned and started to plunge downwards. Relief at the end of the mountaineering was tempered slightly by the speed at which all that hard-earned height was lost but everything that remained answered to the name of undulation and it was time to regroup. A selection of small quiet lanes brought us once more to the familiar sight of the Black Boy and the fastest finish going.



After the skeleton crew at Prestwold, it was great to see a much healthier turnout of 23 for the most popular race in the calendar. Mark

(45th) was back, but he was forced to play second fiddle to his young protégé, Nick recording a fantastic 37th place and establishing a home in the top 50. Rob (82nd) produced another quality performance (it must have reminded him of his favourite Gumley Hill) and Simon (89th) put broken rib and subsequent loss of training behind him to crack the top 100 again.



There were some solid performances in the middle order with Chris (134th) showing his love of the hilly stuff to lead in a quartet including Neil (138th), Dave L (143rd) and Ceri (146th). Jon (171st) was another to show some returning form, followed by Tom (176th), making his first start since the depths of winter. Next up was Paul (197th), then a struggling John S (225th) - the spring's series of PB performances must seem like a distant memory! These two were followed by Dave S (236th), Martin (247th) and Steve (257th), making a welcome return to racing after a long layoff). In the battle of the VM70s the generous helping of hills was always likely to tip the balance in favour of Colin (267th), and so it proved as he eked out a small advantage over Barry (269th).

Angela has been enjoying superb form and she powered to an excellent 28th place. Charlotte (33rd) was another to produce a strong performance and we had Rachel (73rd) and Fi (80th) to make up the counting four. Alison (112th) and Trudy (113th) were the last of the mountaineers to put down their ice axes.

Joy Cann (Huncote) 5

For some reason (possibly not unconnected to a weighty prize list) the Huncote 5 attracts the speed merchants. The first half mile or so is pretty chaotic but after that it's quite a quick course. The first 5 all got under 26 minutes and to score in the top 100 over all required better than 31.12. The weather was damp and pretty favourable for running. A short shower before the race had everyone heading for cover but by the time everyone lined up for the start, things had settled down.



It seems like Mark has been struggling with injuries for a couple of years now, so it was good to see him able to put in a more competitive performance. He was still a good minute down on his usual Huncote pace, but was able to start mixing it with some of his old sparring partners. There was no repeat of Hungarton and Nick (46th) was reminded that Mark (31st) is still “the boss” but he had a first ever sub-30 clocking (29.41) as more than ample compensation. Rob (96th) continued his run of good form with a PB (31.32), just getting the better of Simon (101st) who has moved on to another level since he started to be serious about triathlon. Dale (163rd) chipped another bit off his PB (33.53) before Chris (184th in a 34.35 PB) and Dave L

(185th) arrived in close succession. Paul (196th) completed the counting eight, edging close the magic 35 minute mark (a 35.16 PB).

Jon produced a solid run for 202nd and then we had the first of our debutants, David Luyt with a creditable 232nd. Our second, Hitesh Pandya (257th), also did well coming in just in front of Dave S (262nd) and Martin (268th). Colin was on holiday so Barry (307th) had the V70 category all to himself and he produced his fastest pace for over a year.



Again, we were short of ladies but the ranks were swelled by Serena Garnett who despite only having trained with us once was keen to get stuck in to racing. Angela led the team in with a classy effort for 31st and was ably backed up by Charlotte (41st). Rachel (86th) was next to finish, followed by our third debutant, Serena (114th) and Alison (146th).

20 Things You Didn't Know

Sally Waterfield	Question	Martin Capell
		
Hospital Play Specialist	What do you do for a living?	Telecoms Engineer
Married	Are you Married or Single?	Married to Sharon
About 2 years	How long have you been running?	21 Years (15 of them jogging!)
A friend (Sam Winters) who used to 'gatecrash' some Roadhoggs runs told me about the club.	How did you become involved with Roadhoggs?	St Andrews RC amalgamating with Roadhoggs
Swimming	If you didn't run which sport would you like to excel in?	Motor Racing
Forensic Scientist (like Quincy!)	Did you ever have any ambitions when at school to do a different job?	Vet (put off by death of many ,many pets)
Lake Garde, Italy	Which is the best Holiday destination you have been to?	Peru
A complete mixture but not heavy rock or R&B	What music do you like most?	R "n" B and Dance
Mississippi Burning + One Flew Over the Cuckoo's Nest	What was your favourite film?	Gladiator
Tabitha from 'Bewitched' - the one who had magical powers when she twitched her nose!	If you could be any TV character which one would it be?	DCI Gene Hunt.. Life on Mars/Ashes to ashes
An Audi A6 Estate (kids!). A 1950's American classic with lots of chrome and big fins!	What car do you drive and what car would you most like to drive?	Saab Convertible / Ferrari 430
Everything	What is your favourite food and drink?	Curry / Bacardi and coke
Jack Nicholson, Russell Brand, Jo Brand, Stephen Fry and Daniel Craig (for eye candy)	Which 5 people (living or dead) would you most like to invite to your Dinner Party?	Audrey Hepburn, Marilyn Monroe, Beyonce, Gerry Anderson, Ayrton Senna
Science - Chemistry + Biology but not Physics	What was your favourite subject at school?	Geography
I only ever get to read on holiday. The last book I read was 'Let Me Go' - My mother and the S.S. by Helga Schneider.	What was the best book that you ever read?	Angels and Demons / Dan Brown
ME RACE!!!!	What is your favourite local race and your favourite distance?	Huncote 5 (They all seem too far now!)
Being part of a team, support and encouragement, and the beer and chips.	What is the best thing about being a Roadhog?	Having my profile used for club badge
Different coloured vests!	If there was one thing you could change within Roadhoggs what would that be?	Brighter, flashier kit
An evening picnic at Bradgate Park with good friends, good food and wine.	What would be the best way to spend an evening?	Night in with friends, good food and a bottle of wine....or 2
Learn to scuba dive, walk the Great Wall of China, cycle round France.	Do you have any remaining ambitions either personal or club wise?	Visit all 7 Wonders of the modern world and finish one more London Marathon