

Roadhogs Leicester A.C.



Winter Newsletter 2006

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

Times Tumble at Turkey Trot!

Personal bests were an endangered species at Keyworth, with no fewer than 4 Roadhogs improving on their previous marks. Congratulations to Keith Dakin (*pictured right, at Shepshed*) (1.36.34), Simon Fryer (1.35.45), Dave Lodwick (1.33.13) and especially Matt Topham (1.28.37) who also beat the 1.30 barrier for the first time.

A sleepless night meant Mark Chamberlain (1.14.27) was below his best, finishing outside of the top 5 and having to buy his own Christmas turkey this year. Also running were Tom Martin (1.32.46), Dave Swan (1.38.32), Martin Capell (2.03.09) and Barry Waterfield, celebrating V70 status with a solid 2.11.41.



Picture: [Event Photos](#)



New Running Vest

Mark gave the new Roadhogs club vest its first outing at the recent Shepshed 7.

If you'd like to get your hands on one of these stylish new vests, contact Steve Martin.

Race report on page 7.

STOP PRESS: Craig wins Award!

Craig Atton has been chosen as the winner of the inaugural "Helen Gregory Award" (for outstanding lateness) after he submitted his contribution for the "Leicester Round" race report 3 days after the Autumn Newsletter went to press.

Read about Craig's leg on page 8.

Winter League Dates

- Barrow 6m- 22nd January.
- Ashby 5m- 12th February.
- Markfield 10k- 26th February.
- Desford 5m- 12th March.
- Kibworth 6m- 26th March.

These events should be well known to most of you and as far as we are aware are all being run from the usual venues with a 10.30am start. If you have any doubts or need further information then please contact Steve on 0116 2354636 closer to the actual date of the race concerned.

Steve Martin

Urgent Reminder: Winter League Starts Sunday 22nd January

This year, Roadhoggs mens senior and veteran teams are both in Division 1 of the Leicestershire Road Running League. If we are to stay in the top division, we will need to field strong teams at every race.

Wanted

Photos / images. If anyone has pictures of themselves competing in any event, please let us use them for the newsletter. Don't be bashful; otherwise you'll end up with more pictures of *The Editor*. Don't say you haven't been warned!

Calling Lady Roadhoggs: Your Captain Needs You!

There has been a change to the rules concerning the ladies. From now on four need to finish to constitute a scoring team, not three, and any club that can put out eight then is considered to have entered a 'B' team. It is possible that under these changes a club like Huncote could finish first and second in the league with an 'A' and 'B' team but the change should encourage more ladies to run as some clubs felt that there was no incentive for more than three to take part in any race, which is a valid point.
Steve Martin



What has Rex been up to? See page 3.
Picture: [Alan Worth Photography](#)

London Marathon Draw

Congratulations to Matt Topham and Karl Atton, who were the lucky ones drawn out of the hat.

Comiserations to Keith and Baz, who miss out this year.

WWW.Roadhoggs.co.uk

Our website is being developed. Our homepage now features the latest Roadhoggs news. Other features include race reports, training nights and a race diary with links to organising clubs etc. In the new year, I hope to start adding photographs and also more information about the club.

If you have any breaking news, or suggestions for improvements to the site, please let me know. *Dave Lodwick*

January

12th Mike Price is 59
17th Martin Capell is 50

Birthdays

February

4th Dan Cashmore is 25
9th Neil Adams is 48
14th Roger Sharman is 49
18th Megan Murdoch is 25
23rd Matt Topham is 40
23rd Adrian Stanley is 37

March

10th Steve Martin is 57
10th Kim Richardson is 53
10th Mark Chamberlain is 40
21st Rachel Moyes is 36
22nd Craig Atton is 31
31st Tim Marczyklo is 37

Gettin' muddy with Kim

DERBY RUNNER LEAGUE RACE 1, SWITHLAND
20/11/05

The league kicked off later than usual this year with the first race over the course used for last year's relays at Swithland. It was a bright but cold day and the 9km course was quite flat and not too muddy, though twice round was a bit of a drag. We had 9 runners, not bad for starters but we were short at the front of the race with only Mark getting amongst the leaders and this is shown in the team results where we finished 13th out of 15. I think that most of us ran as expected and the older Roadhogs had to give way to the younger guys. Adrian is still recovering from injury but he would run on one leg anyway, and it was good to see Rex back and Ceri starting off his cross-country career - plenty of improvement to come there. No ladies turned up at all (was it too cold for you girls?) except in the junior race where Natalie had to run hard to finish runner up in the older girls race.

RESULTS:

Mens: 17th Mark Chamberlain 31.58, 80th Adrian Stanley 36.38, 97th Dave Lodwick V40 37.23, 127th Simon Fryer 39.25, 129th Ceri Davies 39.47, 159th Steve Martin V50 42.25, 161st Kim Richardson V50 42.41, 172nd Sid Smith V50 44.40, 194th Rex Stapleford V70 53.03, Team 13th.

Juniors: 2nd Natalie Mee.

DERBY RUNNER LEAGUE RACE 2, BAGWORTH
HEATH 04/12/95

A poor Roadhogs turnout for the second league race, only 6 of the guys. I know Steve was unwell, Chris was running elsewhere (see his report) and Sid was on a nookie weekend. We had no girls again, they must all have stayed in bed. For those of us who ran, we were treated to a real muddy and boggy 5m+ course, 2 laps with a long (steep) and short (steep) hill each time. Mark ran a great race to finish 8th, especially considering some of the tight turns involved which he couldn't have seen very well. Adrian and Dave continue to run well and stay inside the top 100, Dave coming in the same position as race 1 but a better run considering he was haring the kids races with Ceri at Western Park the day before. Good to see Baz back as well, and I wish Rex would stop grinning. We hung on in 13th place again but we should be doing better than this. Natalie Mee turned the tables in the junior

race and WON after a long slog 3 times round a very boggy field. Good on you Nat.

RESULTS:

Mens: 8th Mark Chamberlain 37.13, 82nd Adrian Stanley 43.22, 97th Dave Lodwick V40 44.40, 120th Baz Barrett V40 46.39, 140th Kim Richardson V50 49.34, 169th Rex Stapleford V70 56.19. Team 13th, overall 13th.

Juniors: 1st Natalie Mee.

THE GRIM, ALDERSHOT 04/12/95

Report from *Chris Mann* who took part in this 8 mile X-Country/Adventure race over a tank testing ground in Aldershot (before the race Chris sent in his goodbyes in case he was run over by a tank): I had a good race in Aldershot finishing 169th out of 1854 runners in a time of 1:06:39 for 8 miles. A top 200 finish was what I hoped for in advance. The course was saturated in parts (3 feet deep at its worst) I almost lost my Garmin in the cargo net section and lost some time trying to find it as did another runner from London who lost his at the same time. Quite a few runners ended up almost swimming in some sections after stumbling on hidden tank tracks. Lots of teams entered which created a good atmosphere and I will certainly do it again next year as a Roadhogs team member if any other runners are interested. As for it being Grim well the weather was fantastic and I would say the Bowline is far more difficult so all in all not as grim as expected but worth the 300 miles round trip. Grim web page has full set of results and photo's to follow. My number is 1685.

GADDESBY GALLOP

Report from *Rex Stapleford*. Last Sunday (17/12) myself and Mike Price competed in the Gaddesby Gallop. This comprised the usual features of the dew pond, the 'pipe' and a wade down a stream. The weather was good, and for Mike it was his first attempt at the event. We both enjoyed it (honest!).

More from Rex on page 7

HUNCOTE HASH, 31/12/05

The last day of the year turned out nice and bright and not too cold, but the rain over the last few days made the Huncote course quite muddy. This is always a popular local event and over 200 ran, though I didn't see any in fancy dress this time. This course is long - I reckon 6.5 miles - and includes Croft Hill (you try running up it), a

deep brook to wade along, a field made of mud mixed with sand, then near the end some sandheaps which are just about vertical and you have to scramble up and down. Dave Lodwick led the Roadhogs in with a fine run, I had an unusually good race and beat Sam which meant he paid our entry fees, followed by Rex who just keeps going like a Duracell. The soup and roll afterwards were very welcome!!

RESULTS:

Overall: 66th Dave Lodwick (V40) 52.50, 117th Kim Richardson (V50) 59.19, 178th Sam Richardson 1.10.27, 182nd Rex Stapleford (V70) 1.12.39, 211 finished.

DERBY RUNNER LEAGUE RACE 3, FOREMARK RESERVOIR 08/01/06

We got 8 out this time, cheers guys, though Sid Smith and me nearly didn't make it as we took a wrong turning as neither of us could read the map. Foremark is another 2-lap course with 2 steep climbs on each lap. There are lovely views over the reservoir if you can be bothered. The conditions were soft rather than muddy though there were one or two difficult patches if you didn't have spikes or studs. We missed Mark Chamberlain this time, Dave Lodwick was again first Roadhogg in, and it was good to see Chris Mann, Karl Atton and Kev Mee back, plus a good debut from John Heap though he was in road shoes and spun off at a corner! Well done Natalie for winning the junior race again.

RESULTS:

Men: 94th Dave Lodwick (V40) 41.09, 99th Chris Mann (V40) 41.23, 136th Karl Atton 44.04, 148th Jon Heap 45.18, 152nd Kim Richardson (V50) 45.50, 171st Sid Smith (V50), 48.24, 180th Kev Mee (V40) 50.01, 188th Rex Stapleford (V70) 53.35, 197 finished, team 13th, overall 14th. Junior girls: 1st Natalie Mee.

Committee News

November 2005.

The last Committee Meeting of 2005 took place at the Cow & Plough pub in November. The meeting was very well attended by the members with only one absentee, due to work commitments, missing from the meeting.

As the Langton Run has not been accepted by the LRRL as a League race in 2006 much discussion took place as to whether we should continue

with the event or should change the format, date, race time etc in an effort to continue the interest in the event. It was finally agreed that we should not change anything with the event in 2006 in the hope that we receive League status once again in 2007 and firmly establish the event in the Leicestershire road-race calendar.

It was also agreed that we would peg the club membership fees at the 2004/5 level with the discounted amounts for the pensioners and students as we have in the past.

The date and venue for the AGM was set at 7.45 Wednesday 25th January 2006 at The Plough in Littlethorpe with notices and 2006 membership forms to be sent out in advance of the meeting. You should all have received these by now.

Discussions on the kit issue took place and this matter will rumble on until the next meeting.

Dave Swan

Training Dates

Wednesday 18 th Jan	Manor Road
Tuesday 24 th Jan	Manor Road
Thursday 26 th Jan	Old Horse
Wednesday 1 st Feb	Manor Road
Tuesday 7 th Feb	Manor Road
Wednesday 15 th Feb	Manor Road
Tuesday 21 st Feb	Manor Road
Thursday 23 rd Feb	Old Horse
Wednesday 1 st Mar	Manor Road
Tuesday 7 th Mar	Manor Road
Wednesday 15 th Mar	Manor Road
Tuesday 21 st Mar	Manor Road
Thursday 23 rd Mar	Old Horse
Wednesday 29 th Mar	Manor Road

A Non-league Odyssey

Gaddesby

My quest to avoid weekend training runs took me first to Gaddesby for the Half Marathon. In a bid to boost attendance, the organisers experimented with a Saturday teatime start. Whilst many people seemed unsure about this innovation it didn't stop them turning out in record numbers (201), despite the race taking place only six days after the Hinckley Half. A good contingent of Roadhogs made it to the start line with most of us, mindful of the hilly nature of the course, just looking for a comfortable workout. I declined an offer to "jog round" with Adrian, Nathan and Steve Smith and settled down to my own pace. The route took us through Ashby Folville and Thorpe Satchville, skirting Burrough on the Hill and heading North to Great Dalby. After a lap of the village we returned to Gaddesby via Ashby Folville. The reward for all the climbing (277 meters in total) is an almost mile long down-slope which comes at about 11 miles - a opportunity for those of us with good knees to get some time back. The "joggers" (Nathan 1.30.04, Adrian 1.30.10, Steve 1.32.23) had all been home several minutes when I arrived, but my 1.35.28 was still good enough for 51st. Baz and Steve Martin both made the top 100 and Reem took her Walkman on a very respectable 2.10.10 "training run". At the sharp end of the field, things were a bit more competitive. Mark set off in a group with Chris Southam and Dave Pierce. This elite group was soon down to two as Chris jarred his ankle and decided to pull out. Dave Pierce made his move about a mile from home, initially getting an apparently decisive gap. Mark worked his way back up and then forged ahead. The expected response never came and he ended up winning by 20 seconds in a course record 1.14.39.

Corn Dolly 8

A small item in *The Mercury* led me to a country fair in the small village of Hickling (to the East of the A46, just over the border into Nottinghamshire). In a bid to drum up some trade for the fair, they were staging an 8-mile race and a shorter fun run. Having just arrived "in the middle of nowhere" I was surprised to be greeted by the sight of another Roadhogg jacket as I entered the refreshment tent. To be fair, I think Claire was equally surprised that her plan to sneak in a bit of racing on the quiet had come unstuck. The field was small (about 60) but there were a few familiar faces. I was slightly surprised to see Nicki Nealon arrive but for once, she was

just there to look after the kids while husband Nick ran. The race winner was easy to pick, even before the start, with Chris Southam turning out for what must be his local race. The course of just over 8 miles is lovely and flat (only 74 meters of climbing) and takes you through the village of Long Clawson before returning to Hickling along a canal towpath. The latter stages of the course presented a few unusual hazards. Apart from ducking under canal bridges and dodging fun runners, we had to run the gauntlet of a swan that had decided to build her nest in the middle of the towpath. Having observed her lunge at the runner in front, I opted for a touch of cross-country in order to give her a wide berth. Despite the unusual hazards it was a thoroughly enjoyable race and I was able to take advantage of the small field to record my first (and probably only) top 10 finish (10th in 54.46).



Picture: [Sam Winters](#)

The Whissendine 6

For once, this popular race didn't clash with any league races. The result was a bumper field, much to the chagrin of the landlord of the local pub. The organisers made the mistake of advertising the pub toilets as the official race facilities without consulting "mein host" first. By the time a hundred runners had made the tortuous trek through two bars to the loos, he lost sight of the potential post-race boost to his profits and went into full Basil Fawlty mode.

Unlike most races, this one is not run from a village hall or school - the entry desk is a table set up on a traffic island! The rain started just before the start and came down heavily during the race. This was where the organisers' second mistake came home to roost. The race numbers were made out of thin card and they simply dissolved. As a consequence, I have yet to see a set of results. I think Mark came 3rd and I know that I did something like 40.59 and I think that Baz, Keith Barnes and Mike Price were somewhere behind me. To be quite honest though, team solidarity went out of the window - as soon as I finished I dived for the car to get out of the pouring rain.

Swinford Challenge

Swinford is a little village about a mile from junction 19 of the M1. As part of their village celebrations they run one and two lap races over a scenic 5.3-mile course including a mixture of road, farm track and grass. I seemed to struggle a bit and seemed to be gradually losing places over the first circuit. I realised it probably wasn't going to be my day when two lady runners overtook me whilst deep in conversation! I briefly got in front of them again when the conversation obviously got so interesting that they slowed down for a moment, but this finally convinced them that, yes it was actually a race, not a training run and they pulled away for good. The only thing to happen on the second lap was my calf going ping. By this stage I reckoned I was about 18th. I managed to get to the finish without dropping any further places and was surprised to find that six of the people in front of me had only been doing the one lap race so I ended up 12th. My 75.24 seemed quite quick for 10.6 miles until I got home and measured the course at only 10.36 miles. Fortunately, the calf strain wasn't too serious, but it still cost me my planned run at Nottingham.

Bestwood Park 10Km

The Bestwood Park 10Km is a well-established and popular event run in the North Nottingham suburb of Arnold. The course takes you on road and forest trails through a country park. Multi-terrain certainly, but nothing to scare the road runners. The event regularly attracts fields of

500 and this year 454 finished the race. The setting is lovely, the race well organised and some beautiful early October weather made for a very enjoyable event. For the record I managed 45.02 (87th) over what is quite a hilly and demanding course.

Worksop Half Marathon

This race is billed as "the scenic one" and I thought the chance to run through Clumber Park with the leaves on the turn too good to miss. Also, unusually for such a popular race, they were accepting entries on the day. The weather was fine for the journey up (about 70 minutes from Leicester) but 10 minutes before the start, the rain came. The race starts in the market place in the centre of Worksop. First problem: 2000 runners, one set of public toilets and a handful of Portaloos. Second problem: 2000 runners, one narrow street and 500 people who think they'd give Paula a run for her money (no I'm not talking about toilets any more - do keep up!). Having checked the previous year's finishing times I lined up 2-300 from the front (or so I thought). The gun went and we all stood still. There was no discernable movement in front so I wrongly assumed it had been a false start and stopped my watch. Almost a full minute later we finally started to move off. After barely 100 meters there is a right-angled bend and I rounded this to be greeted by the sight of more than 500 runners stretching up the road in front of me. I can only assume that all the latecomers had joined at the front. The first mile is all up hill and then there are a couple more undulating miles of closed public road before you enter the park itself. The scenery is certainly nice, but the rain and the need to plot a path past the hundreds of optimists in front meant I didn't enjoy it to the full. After Clumber, the course weaves its way through Worksop College and then returns to town. Fortunately, what goes up must come down so the last mile is a welcome relief for weary runners. A chip time of 1.35.33 and 394th out of 1873 finishers was nothing to write home about but I felt like I'd had a good workout. Almost as soon as I left Worksop the sun came out and the trees looked spectacular again. Despite the race having outgrown its start, it is still one I'd consider doing again (the nice orange T-shirt helped). *Dave Lodwick*

Roaming with Rex

Now that the golf and other summer activities have finished, my senile thoughts have turned to running. Just to try and get some fitness before attempting the cross-country races, I recently competed in a couple of multi-terrain races, with hardly any training.

Sunday 2nd October: Clarendon Way Run.
(www.Clarendon-Marathon.co.uk)

You have the choice of a full-marathon (Winchester to Salisbury) or a half-marathon from the halfway point at Broughton to Salisbury. I competed in the half (2hr 21min). In this run there is transport available via coach from finish to start, before and after the event. The run was very well organised, and is very popular, with the 1000 limit on entries usually reached.

Saturday 8th October: Waltham Winder
(<http://www.walthamwinder.co.uk/>)

The following Saturday I competed in the Waltham Winder. You have the choice of 10 16 and 26 mile

distances. I did the 16 again as I did last year (2hr 55min). All runs start from the village hall in Waltham (which is situated on the Melton Grantham road) and they complete loops towards the Vale of Belvoir.

On both of these days the weather was excellent. Now I am going to lie down since the thought of all this running has made me tired!

Sunday 11th December: Santa Fun Run.

Just before Christmas, I competed in the 6km Santa Fun Run at Loughborough, as did Baz Barrett. The run was organised by the Rotary Club of Loughborough to raise money for the Loughborough Christmas Shelter. The run started on the University running track, and after completing one and a half laps of the track, runners left the campus and headed for the town centre. One lap of the town square then back to the university and one lap of the track to finish. All this was carried out in a full Santa outfit. To say it was warm in the outfit would be an understatement.

Race Report

Shepshed 7

Four of us turned out for this popular two-lapper. The different surfaces (playing fields, rough tracks and tarmac) make it an interesting challenge. Overnight rain added to the fun, making choice of footwear tricky - a bit like formula one! Mark opted for rain-tyres (studs) whilst the rest of us stayed with slicks (road shoes). We started between showers but the last couple of miles were run in a torrential downpour. By the time I got to the finish there were pools of water on the playing field. It was so wet it was a bit like a triathlon without the bikes! Result: Mark Chamberlain 5th (39.19), Dave Lodwick (right) 92nd (49.36), Keith Dakin 106th (50.44), Mike Price 266th (58.22).



Shepshed: Before the flood!
Picture: [Event Photos](#)

Shape up with Shimul!

The following is taken from Nottingham City Council's newsletter:

"Later this month City Council Project Manager, Shimul Haider, will be donning her running shoes to compete in the Robin Hood Half Marathon. But it shouldn't prove an overwhelming challenge for this human dynamo.

Shimul has already competed in a full marathon in Hamburg, finishing the 26 miles in just four hours and 29 minutes. But this is just one way that Shimul keeps in tip-top condition. "



Picture: Nottingham City Council

It really doesn't take a great deal of will power to stick to my routine as exercise and physical activity seem to be ingrained in me, it's just part of my everyday life now," says Shimul. "I've always loved food so my activity level allows me to eat whatever I like. I just think exercise is good for my physical and mental health and that life is too short to just throwaway."

Every work day Shimul cycles to the train station in Leicester (where she lives) gets the train into Nottingham Station, then walks to her office in the Guildhall, repeating the routine on her way home. She also runs eight miles every other day as well as a run at lunchtime, and does circuit training as part of her fitness regime.

Being physically fit is crucial to her military training within the Auxiliary Airforce. Shimul is a part of 504 (County of Nottingham) Squadron where she is regularly tested for her fitness, stamina, strength and endurance. As if that's not enough, she also belongs to a running club, where she competes in league races, a sub-aqua club and plays squash, badminton and golf."

ROUND LEICESTER IN THE RUNNERS OWN WORDS (Continued)!

Leg M - Beacon Hill to the finish by Craig Atton.

I did the last leg on the Round Leicester from Beacon hill to the finish. The event is fantastic I think though the start and finish could be in a little bit more of a glamorous place. I also feel if everyone learnt their leg a bit better we might do better as a team also more support perhaps for the runners. The only thing wrong with my leg is that they say a restart every year at 5.30pm and then we still wait for the first runner to go through making us about 20 mins late every year but I am used to that now. Any way it is still a great event and I will still do my leg next year fit or not.

20 Things You Didn't Know!

Sarah Johnstone	Question	Keith Dakin
Deputy sister on a respiratory ward specialising in patients who have lung cancer.	<i>What do you do for a living?</i>	I run my own industrial engraving and printing business
Married	<i>Are you Married or Single?</i>	Married to Pam
I joined Roadhoggs in the summer of 2004, prior to that I only ever jogged now and then!	<i>How long have you been running?</i>	As an overweight lump, I started running to the end of the road in 1997
Heard about the group from an advert in the local magazine so thought I would give it a go.	<i>How did you become involved with Roadhoggs?</i>	Found Roadhoggs on the internet after I started talking to myself, cows, drain covers, trees... on my long runs.
I used to swim competitively until I was 12 but then gave it up..... its one of my regrets in life.	<i>If you didn't run which sport would you like to excel in?</i>	Would love a crack at the tour de France, but not sure if they let you enter on a bike with stabilisers.
I wanted to be a pop star!	<i>Did you ever have any ambitions when at school to do a different job?</i>	When I was at school I wanted to be an inventor because I was good at inventing ways of not going to school.
Corfu for the crystal clear water.	<i>Which is the best Holiday destination you have been to?</i>	Disney world Florida - great fun
Love 80's music, pop and rock.	<i>What music do you like most?</i>	Mostly 60s and 70s stuff. Favourite track - faces, stay with me
A Knights tale.	<i>What was your favourite film?</i>	Airplane can always make me laugh
A judge on the X factor because I would love to sit through all those first round auditions.	<i>If you could be any TV character which one would it be?</i>	Basil Fawlty
I drive a Ford Mondeo but would love to drive something incredibly fast and powerful.	<i>What car do you drive and what car would you most like to drive?</i>	Vauxhall Astra and I wish I had time to waddle up the roads on a horse, looks so less stressful and enjoyable than a car.
Love G & T, bit addicted to diet coke and chocolate.	<i>What is your favourite food and drink?</i>	Bacon sandwiches and dandelion and burdock
My dad (who died when I was 14), Dawn French to add a bit of humour, Gordon Ramsay (he can do the cooking!), Fern Britton and Johnny Depp.	<i>Which 5 people (living or dead) would you most like to invite to your Dinner Party?</i>	Tommy cooper, spike Milligan, Groucho Marx, Robin Williams and the Queen just to watch her facial expressions.
Geography.	<i>What was your favourite subject at school?</i>	P.E. I'm sure my brain did not begin to work till I left school
Loved all the Harry Potter books.	<i>What was the best book that you ever read?</i>	Favourite serious book - Its not about the bike , Lance Armstrong Favourite crazy book - Lady Chaterleys Lover according to Spike Milligan
I've not done too many races but probably the 5 mile Huncote race as it was my debut and meant such a lot to me.	<i>What is your favourite local race and your favourite distance?</i>	I have done the owls 10 a few times as its where I do the bulk of my training runs .. So I know every cow, tree, drain cover ... and I always enjoy the finish line at a marathon best of all
Being able to run safely in a group. All the encouragement and support.	<i>What is the best thing about being a Roadhogg?</i>	Running with a friendly group makes training and races much more enjoyable
I honestly can't think of anything!	<i>If there was one thing you could change within Roadhoggs what would that be?</i>	Maybe change the occasional summer training run to a park and have a game of some sort like rounders, go for a run and finish off with some cold drinks and a nosebag of some kind.
Relaxing meal out in a top restaurant.	<i>What would be the best way to spend an evening?</i>	Sitting on a warm beach with a cool beer watching a brilliant orange sunset over a calm horizon.
To run more races and keep improving. To go to Australia. To write a book.	<i>Do you have any remaining ambitions either personal or club wise?</i>	Always wanted to and maybe one day will learn to play the piano. Also I have a new design of drain cover in my head. As for running, just to stay free from injury and carry on running.

2005: A Year of Roadhogg Success

2005 was an outstanding year for both the club and its members. The senior men's team were LRRL Division Two champions having headed the table all year, the veteran men's team somehow avoided relegation in the last race of the season and the ladies fielded a full team in every race, building on the previous year's successes.

As individuals, the achievements ranged from Championship winning performances to smaller more personal things like PBs, triumphs over injury or maybe just gutsing it out and finishing a race when feeling like death. To my mind, it is one of the strengths of running in general and our club in particular that we celebrate all these personal milestones alike. This year we have seen Mike Munday dominate the Derby Runner League, add to his collection of Charnwood Hills runners up trophies and put in regular top ten finishes on the road. Mark was LRRL Summer League champion, won the Gaddesby and Langton races (setting a course record at Gaddesby) and put in an excellent performance at London, coming in as the second Leicestershire athlete home. Natalie Mee won her age group in the Derby Runner League and looks set to repeat the feat this year. Then there were the "Magnificent Seven" (Alison, Dave S, Dave L, Mark, Matt, Steve and Tom) who proved their tenacity by finishing every league race including Dave Swan who hasn't missed a League race in 5 years. Angela would have joined them but for an unfortunately timed holiday. Matt Topham and Tom Martin have both had great years; 100% in the league and improved performances across the board the result, no doubt, of some committed training. Matt achieved the milestone of beating 1.30.00 for the half at Keyworth and Tom looks set to emulate him soon, despite not having tackled a half before Hinckley. Congratulations to those Roadhogs who have run their first Marathons this year, Rachel Moyes, Shimul Haider and Jon Heap, and to Keith Dakin who ran his 26th, just weeks after completing an astonishing series of 5 marathons in 7 weeks (including 2 personal bests). Congratulations also to Angela who ran every league race except the last and represented the club on several other occasions. Now that it has turned muddy, V70 star Rex has put away his golf clubs and run every race in sight. It was also good to see Barry celebrating V70 status with a half marathon at Keyworth. These two have continued to show that running isn't just a sport for youngsters and remain an inspiration to us all. And finally, there is the runner who completed over 30 races in a Roadhogg vest during 2005 (whether that's an achievement or cause to summon the men in white coats, I'll leave you to judge).

So what of 2006? Anyone who has been to training recently will have noted the promise shown by the likes of Simon Fryer, Ceri Davies and Keith Dakin, now he has regained full fitness, so we can look forward with anticipation to the Winter League races. Here's to another successful year!

Membership Renewal

Just to remind everybody that it's time to renew your subscription (£20 or £10 concessions). Please let us have your personal bests as well. It makes the newsletter more interesting when we can make a fuss of you when you beat your all-time or age-group bests. In case you've lost the one Kim sent you, there is another copy of the membership form below.

ROADHOGGS LEICESTER A.C.



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Established 10/08/84

Affiliated UKA, RWA, MCAA, LRRL, DRL

Chairman : Dave Swan

Please reply to:

Insurance House
125-129 Vaughan Way
Leicester LE1 4SB

Tel : 0116 280 7243

Fax: 0116 280 7266

Email: kim.richardson@aon.co.uk

MEMBERSHIP APPLICATION / RENEWAL

Name:

Tel No (Day):

Address:

(Home):

(Mobile):

Email:

Sex M/F:

Date Of Birth:

First Claim Club (If Applicable):

What is your occupation? :

Membership Period – From: To: 31/12/06.

Subscription (payable with application): £20.00, Concessions £10.00

I declare that I am an amateur under UKA / AAA Law.

Signed:

Date:

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PERSONAL BESTS:

Please would you include with this form any personal bests which you would like to go into club records; they can be any standard distance and any age group as long as you were a Roadhogg!

Last year we received a few bests, but we would like to hear from all of you to get a full record together.