

Roadhogs Leicester A.C.



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

Autumn 2005 Edition

Welcome

Wanted

Photos / images. If anyone has Pictures of themselves competing in any event that you are prepared to share with the rest of us please let us know.

Welcome to the Autumn Newsletter for Roadhogs compiled by Dave Lodwick on this occasion. There has been a lot happening since the last newsletter so I hope you will all enjoy this read and if any of you wish to make contributions to future editions then please let a member of the committee know or contact Dave direct. Don't forget this is your club and your newsletter. We try to bring you all the latest information about events past, present and future so here goes.

Upcoming: Events

- ◆ Sun 20th Nov
Swithland XC
- ◆ Sat 3rd Dec
Swithland XC
relays (4km)
- ◆ Sun 4th Dec
Newbold Heath
XC
- ◆ Sun 11th Dec
Turkey Trot
Half Marathon
- ◆ Sat 17th Dec
Gaddesby
Gallop XC
- ◆ Mon 26th Dec
Barrow Boxing
Day Handicap
6m
- ◆ Sat 31st Dec
Huncote Hash
- ◆ Full fixture list
on the back
page

Chairman's bit

Congratulations to Sharon Chamberlain on the safe arrival of baby Emma in late August thanks to a little helping hand from Mark - to Steve Martin on taking over the Chairman's role in the Leicestershire Road-Running League - to Shimul Haider who cracked the 2 hour time in the Robin Hood half-marathon and then repeated this feat at Leicester - to Marathon Man Keith Dakin for five marathons in seven weeks and two personal bests in that sequence - to Mark Chamberlain overall Men's Champion in the LRRL League - to Mike Munday for second spot in the Veterans Championship - to the Men's Senior team for winning Division 2 and gaining promotion back into the elite teams for 2006 - to Baz Barrett for putting into print what we all probably thought about the aftermath of the Leicester Marathon event - to Rachel Moyes and Ceri Davies who both improved their Great North Run times by around 10 minutes this year - to the seven ever-presents in the LRRL (would have been eight but Angela missed the final race of the series) - to Laura Rowland who representing Roadhogs had a top 10 finish at Hungarton in July, the first top ten finish by a lady runner since the days of Angela Crofts - to Dave Lodwick who has worked hard on the Roadhogs web-site and updated many of the items for the runners benefit - to Andy Cooke for stepping in and taking over the results service at our road-race at Church Langton. Stop press: Congratulations to Jon Heap Sub-4 hour @ New York in his first marathon.

New Members

We are still looking at ways that we can increase the membership of the club via the committee, but there is still a part that each member of the club can play in the future. If any of you know of any runners who are looking for a club to join then please use your influence and persuade them that Roadhogs are the team to join. Just think if every member could introduce one new member to the club we would double our members overnight. When you are out running and you see other runners doing some jogging have a chat with them, give them a Roadhogs business card (if anyone needs a supply then speak to Dave or Steve), tell them about training nights at Manor Road. We have the capacity to grow and grow lets make 2006 our best year yet.

Champions

Roadhogs had a successful night at the recent Leicestershire Road Running League presentation evening. Pride of place goes to Mark, who picked up his trophy for winning the Summer League. A brilliant victory in the sweltering heat of our own Langton Run, to go with 2nd at Syston, 4th at Hinckley and 5th at Hungarton, meant the title was in the bag before the final race, allowing Mark to concentrate on his marathon build up (not to mention the arrival of Emma!).

We had another individual success with Mike Munday picking up second in the V40 category.

We were also able to pick up the trophy for winning the men's Division 2 title - it was almost worth being relegated for (sorry Steve)!



Marathon-Man!



Congratulations to very own Marathon-man, Keith Dakin. I always understood that conventional wisdom holds that you need several weeks rest after a marathon. It seems that Keith thinks otherwise! He has just completed an amazing series of 5 full marathons in just 7 weeks. After suffering slightly in the heat of Wolverhampton (4 hours 15) he put in an amazingly consistent series of runs with PB's at Nottingham (3.34) and again at Leicester (3.29) followed by 3.33 at Cardiff and finally 3.34 at Abingdon.

Talking to *The Leicester Mercury*, Keith said "People say I'm mad, but I just enjoy running marathons. What I like to do is build up for one and then stay up there and run some more."

What comes next? Marathon number 26 - Luton - not quite as glamorous as his first (New York) but it would be a shame to let all that training go to waste.....

Summer League Results

	Hinckley 1/2 Marat		West End 8m		Birstall 6m		Langton Run		Hungarton 7m		Huncote 5	
	pos	time	pos	time	pos	time	pos	time	pos	time	pos	time
Reem Al-Jayyousi			73	72.33	88	52.40						
Claire Di Palma					98	53.44			79	65.59	104	45.29
Helen Gregory					105	55.24	68	82.46				
Shimul Haider		122.00	70	71.23	80	51.04						
Sarah Johnstone					81	51.08					70	42.05
Angela Ladkin		105.18	33	61.59	40	46.04	26	62.48	33	57.06		
Alison Lodwick		132.37	83	77.52	122	62.14	74	88.12	87	68.32	99	45.11
Megan Murdoch		101.55	23	60.31			47	70.21				
Rachel Moyes		104.17	38	62.40			23	62.39			32	37.35
Laura Rowlands									10	51.38		
Neil Adams		92.57	51	52.20	60	38.07	35	52.08	86	47.37		
Jerry Askham												
Craig Atton		98.34	91	55.51	108	40.55	69	56.35			190	35.05
Karl Atton												
Keith Barnes							137	66.46				
Baz Barratt		101.24	106	57.05	127	41.50	155	69.47			141	33.25
Martin Capell											275	39.19
Dan Cashmore					214	47.13						
Mark Chamberlain		74.33	1	44.01	11	33.44	1	42.25	5	38.52	17	27.17
Keith Dakin		101.24	133	60.41	172	44.21			195	54.35	218	36.09
Ceri Davies									182	53.43	189	35.01
Simon Fryer			132	60.33	164	43.48	123	63.18			232	36.57
Steve Gale												
Peter Greaves							75	57.09			123	32.05
Jon Heap		104.36	144	61.59	160	43.43	138	66.46	183	53.48	194	35.02
Dave Lodwick		95.00	96	56.37	129	41.52	108	60.37	123	49.44	131	33.09
Tim Marczylo		109.30	149	63.18	202	46.04	148	68.48	240	59.00		
Steve Martin		102.20	119	59.25	170	44.17	111	61.31	172	52.58	191	35.07
Tom Martin		94.14	68	53.41	103	40.44	37	52.28	95	48.14	109	32.29
Mike Munday			4	45.11	6	32.45	4	44.36	6	39.02		
Mike Price			159	64.51	223	47.43						
Kim Richardson											282	40.27
Sam Richardson											290	41.42
Roger Sharman		111.39							204	55.36		
Nathan Smith		85.21	37	50.59	40	36.55	15	49.11				
Sid Smith		110.46			221	47.25			236	58.22	236	37.04
Steve Smith		91.26	70	53.49			48	54.07				
Adrian Stanley					44	37.08	18	49.32			128	33.04
Rex Stapleford												
Dave Swan		99.48	111	57.56	156	43.33	82	57.49	160	51.58	171	34.26
Matt Topham		91.14	58	52.55	62	38.20	30	51.21	73	46.47	85	31.12
Richard Verschoyle									267	64.08	284	40.58
Barry Waterfield			189	74.39	269	55.24					303	43.56

Winter Training Nights

It has been agreed by your committee that all Winter Training should be run from Manor Road in Oadby. We will still split this up between Tuesday and Wednesday nights but there will be advantages to us as a club to stage this training from one base. There are of course Changing and Shower facilities at Manor Road (£1 for the use) and we will be able to tell any prospective new runners that this will be our permanent home throughout the winter months. As well as Tuesday and Wednesday evening runs we are introducing Thursday evening sessions as an experiment during the winter. We will stage one Thursday evening session per month from the Old Horse pub on London Road. This will be on the same week as the last Tuesday evening run of that month. Actual dates are shown on the Roadhogs web site and are reproduced elsewhere in this newsletter. As well as this we are also doing the Sunday morning training runs. We tried this last year and from a slow start numbers built up and were enjoyed by the runners taking part. We have included with this newsletter a diary of events now that we have the Cross-Country and Winter League dates sorted and between these races we have included one or two Sunday training dates. Most of us do Sunday runs so hopefully some of you will make the effort to join us for one of these sessions that will be near to you.

With Sympathies

It was with much sadness that we learned of the death of one of our old runners Glen Hillier during the summer. Glen died in hospital after a fall at home and although there are not many members around now from Glen's days with the club we couldn't let the opportunity pass without paying our own tribute to him. Glen ran a number of times for us in the early years of our club before along with Ed Bell and Derek Woods they formed a running club of their own called the Ann Oliver Running Club. They used many of the ideas we had put in place in forming Roadhogs, including our constitution details. Within a couple of years the Ann Oliver Running Club changed its name to Birstall Running Club and the rest as they say is history. Glen continued to run or support events over the years always finding time to laugh and joke with old friends. We will miss that smile around the League races in 2006. On behalf of our club we sent a letter of condolence to Birstall and to Glen's family.

2006 and all that.....

For the first time for many years Roadhogs will not be staging any League races in 2006. This year we put on the Today Runner Cross-Country event at Beaumont Leys in January followed by the Summer League race at Church Langton in June. We seem to be allocated a Cross-Country

race every couple of years so we were not entirely surprised to miss out when the 2005/6 races were decided upon. Hopefully we will be able to stage this again in 2007. In the Summer League the delegates have gone for a longer spread of events over the Summer months with just one race in May, one in June, two in July, one in August and one in September (see the diary of events elsewhere). This does not mean that we will not be staging our race in 2006. We will discuss at our next committee meeting and advise members when we have something positive agreed. The event in 2005 took place on what turned out to be the official hottest day of the entire summer. For those that were there on the day it turned out to be a bigger test than we anticipated. We did however make some money on the day, as opposed to the loss that was made in 2004, and we are keen to keep the continuity of the event.

Festive Meal

Steve Martin is organizing a Roadhogs Christmas get together on Friday 9th December at The Rutland and Derby, Millstone Lane, Leicester. We will sit down at 8.30pm for a 3-course meal, at a cost of £20 per head. Steve has copies of the menu available.

If you would like to enjoy a relaxed meal and a few drinks, please let Steve (0116 2354636) know before Monday 28th November.

Training Nights

TUESDAY 15TH NOVEMBER	MANOR ROAD
WEDNESDAY 23RD NOVEMBER	MANOR ROAD
TUESDAY 29TH NOVEMBER	MANOR ROAD
THURSDAY 1 ST DECEMBER (London Rd)	OLD HORSE
WEDNESDAY 7TH DECEMBER	MANOR ROAD
TUESDAY 13TH DECEMBER	MANOR ROAD
WEDNESDAY 21 ST DECEMBER	MANOR ROAD
TUESDAY 27TH DECEMBER	MANOR ROAD
THURSDAY 29TH DECEMBER (London Road)	OLD HORSE

All Runs start at 7 pm

Summer League Race Reports

Hinckley Half Marathon

Typical April weather; sunshine, showers, wind (pity it was May)! Despite Tim's best efforts to miss the start, 21 Roadhogs tackled the longest event in the LRRL. Mark led us home in 4th place and was followed by a flying Nathan Smith (49th). Matt Topham (103rd) and Steve Smith (105th) ran well, but just missed the top 100 and Neil Adams (128th), making a welcome return from injury, eased in front of Dave Lodwick (140th) in the last couple of miles. Tom Martin, having finally run out of excuses for shunning the longer stuff, entered unknown territory at 11 miles to come in a respectable 149th and Craig Atton (208th) completed the counting 8. Dave Swan (235th) showed his improved form by beating the 100-minute mark, followed by Baz (264th), Keith Dakin (266th), Steve Martin (282nd), Jon Heap (318th), Tim Marczylo (401st), Sid (428th) and Roger Sharman (438th). Megan Murdoch (276th), taking a rare but very welcome break from the grind of being a house officer, led the ladies home with Rachel Moyes (314th) and Angela Ladkin (330th) making up the counting 3. Shimul Haider (591st) and Alison Lodwick (672nd) completed the Roadhogs contingent.

West End 8 mile

Twenty-four Roadhogs took to the start line of the West End 8 miler, a new and welcome addition to the league calendar. The course starts at Syston Rugby Club, undulating gently towards South Croxton. At this point the route suddenly becomes vertical. Fortunately, the pain only lasts for about half a mile and after that it is either downhill or flat all the way to the finish. Mark continued the brilliant form that had seen him set a course record in wining at Gaddesby the week before, narrowly missing out to Gary Payne for the victory but leading the LRRL runners home in 2nd place. Mike Munday came in a superb 5th and Nathan Smith underlined what an excellent addition to the club strength he has been with a fine 40th place. Neil continued his rehabilitation with 54th and Matt Topham (61st), Tom Martin (73rd) and Steve Smith (75th) gave our road-running captain the "middle order strength" that he felt we'd been missing. Craig Atton finished in 98th to ensure that the counting 8 all finished in the top 100. Dave Lodwick (104th), Baz Barratt (114th), Dave Swan (119th), Steve Martin (133rd), Simon Fryer (148th - just managing to fall out of bed in time for his local race), Keith Dakin (150th), Jon Heap (164th), Tim Marczylo (170th), Mike Price (184th) and Barry Waterfield (225th) provided the back-up. Megan Murdoch again led the ladies home in 26th, ably supported by Angela Ladkin (37th), Rachel Moyes (43rd), Shimul Haider (88th), Reem Al-Jayousi (91st) and Alison Lodwick (107th).

Swithland 6

Another good turnout with 27 making it for this traditionally popular race. With Mark (11th) suffering from a minor injury niggle, Mike Munday was able to turn the tables with another excellent performance for 6th and the honour of leading the team home. The next few finishers came in in pairs, separated by only a handful of seconds; Nathan (40th) and Adrian (44th), Neil (60th) and Matt (62nd), Tom (103rd) and Craig (108th a welcome return to form), Baz (127th) and Dave L (129th). The next bunch were separated by less than a minute; Dave S (156th), Jon (160th), Simon (164th), Steve M (170th) and Keith D (172nd). Tim (202nd) was followed by Dan (214th, bravely battling against the injury that has ruined his season), Sid (221st), Mike P (223rd) and Barry (269th). Angela continued her consistent run of form, leading the ladies team with 40th. Shimul (80th) and a fast improving Sarah (81st) made up the scoring trio. Reem (88th) managed to beat both Claire (98th) and Helen G (105th), for the first time, and a struggling Alison (122nd) who struggled against illness to preserve her 100% record.

The Langton Run

Never mind the Leicester Marathon, this is the real "Hell of The Midlands"! I thought the previous years had been warm but this year was positively sweltering. Some people seem to cope well with the heat and some of us don't - I'm used to seeing Swanee becoming a dot on the horizon as soon as the mercury rises - but this really wasn't funny. If ever you'd questioned the need for full paramedic cover at races, you got your answer. The sight of good runners laid flat out with oxygen masks and the whole scene looking like something out of "*Casualty*" was very sobering indeed.

The race itself was a success for the club, both organisationally and competitively. Mark made light of the conditions to record a brilliant victory and Mike came home in an excellent 4th overall and second veteran despite a long pit stop at the water station. Probably the only people moving faster than these two were Sid, Lynne and the rest of the team handing out the water! Strong performances from Nathan (15th) and Adrian (18th) meant Roadhogs bagged the men's team prize as well. Matt (30th), Neil (35th) and Tom (37th) all finished well up. Steve Smith (48th) made up the eight with Craig (69th) putting in another solid performance to finish just in front of Peter Greaves (75th), who celebrated his first league race of the summer with the MV60 prize. Dave Swan managed 82nd, but the less said about the rest of the men's team the better with the remaining runners all suffering in the heat. Rachel (23rd) managed to beat the heat and lead the ladies home, closely followed by Angela (26th), whilst Megan (47th), Helen (68th) and Alison (74th) all opted just for survival.

Hungarton 7

And so to Hungarton, for the penultimate race of the season. A smaller turnout this time with just twenty runners. One or two elite runners turned up for the chance to earn the cash bonuses on offer, with Moumin Geele showing Tim Hartley a clean pair of heels to claim victory with a stunning display of 5 minute miling. Mark and Mike finished in creditable 5th and 6th places respectively, separated by only 10 seconds. There was quite a gap before the cavalry arrived in the form of Matt (73rd), Neil (86th) and Tom (95th), and it was left to Dave L (123rd), Dave S (160th) and Steve M (172nd) to complete the scoring eight. Amongst the other

A woman walks into a vet's surgery carrying a duck. "It's my duck", she says, "He doesn't seem to be very well." The vet examines the animal carefully then says, "I'm sorry, but I'm afraid your duck is dead" The woman says "Are you sure? Are you sure he's not just asleep or something?" "Quite sure." Says the vet. The woman is still clearly unhappy. "Can't you do any tests or anything?"

The vet walks over to the door of the consultation room and opens it. In walks a golden Labrador. The dog walks over to the examination table, jumps up, and sniffs the duck carefully all over. It then looks at the vet with sad eyes, shakes its head and quietly leaves the room. The vet turns to the woman and says, "I'm sorry but your duck is definitely dead."

Still, the woman refuses to accept her pet's fate. The vet, who is beginning to look a little irritated, walks over to the door again. This time, in walks a Siamese. The elegant animal walks over to the table, jumps up carefully and scrutinizes the duck in great detail. Eventually, the Siamese looks up at the vet, gives a soulful mew and slowly walks out of the room. "There," says the vet "I'm afraid it is beyond doubt, your duck is dead."

The woman finally seems to accept that her beloved pet is no more and, eventually, asks the vet for his bill. When he hands it to her, she says, "£150 for telling me my duck has died! That's outrageous!" The vet replies "well, if you'd have taken it from me it would only have cost you £30, but with the lab report and the CAT scan, I'm afraid it's now £150."

Birthdays

November

- 5th Steve Blyth was 48
- 9th Helen Gregory was 31
- 17th Colin Smith is 69
- 21st Derek Wood is 47
- 29th Ron Atton is 63

December

- 15th Helen Cooper is 37
- 15th Sid Smith is 53
- 31st Nathan Smith is 30
- 31st Claire Di Palma is 35

January

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

Congratulations to all of the above and should your birthday coincide with a training run then the drinks are on you. I hope that none of you lose your breath blowing the candles out on the cakes.

finishers were Ceri Davies (182nd) and Richard Verschoyle (267th) competing in their first league race of the summer.

Notwithstanding Mark and Mike's excellent runs, the performance of the day came from a lady. Laura Rowlands marked her first race as a Roadhogg by finishing an apparently effortless 10th. Having run 13.1 miles in her wake at Kibworth in September, I am convinced that there is a lot more to come from Laura. Angela put in another strong performance to finish 33rd, with Claire (79th) and Alison (87th) finishing a bit further back.

Huncote

A popular race, although not a personal favourite. The fast men turned up en masse and so Mark was relegated to 17th, but with the title in the bag and Nottingham to come, I doubt he was too concerned. Apart from Mark, only Matt (85th) made it into the top hundred, but there were some strong performances elsewhere. Tom Martin (109th) and Peter Greaves (123rd) had good runs. Adrian Stanley, carrying a significant injury, did his bit for the team by limping round for 128th, finishing in front of Dave Lodwick (131st) who managed to shave a few seconds off his personal best. Baz (141st) and Dave Swan (171st) put in their fastest performances of the season. Ceri (189th), Craig (190th) and Steve M (191st) imitated London buses with Jon (194th), just failing to make it a line of four. Amongst the others there were welcome appearances from Martin Capell and Kim and Sam Richardson (a narrow victory for Dad, although the first draft of the results had him down as Mum!), and a second successive sighting of Richard Verschoyle.

Rachel led the ladies home in 32nd place, followed by a fast improving Sarah. Sarah has improved her minute per mile time by over a minute this year. Alison (99th) celebrated achieving an 100% record with a solid run, finishing in front of an out of sorts Claire (104th).

Altogether, a very successful season: a full ladies team in every race and an 11th place finish overall, a Division 2 title for the senior men and a last gasp escape from relegation for the vets.

WWW.roadhoggs.co.uk

If you visit the club website (www.roadhoggs.co.uk) you'll see that we have started to update some of the pages. The race diary is now up to date and includes links to race websites. There are links to all local clubs, popular race sites and a number of other interesting places. A site that is often worth a visit is Athletics-Leics (www.athletics-leics.com/) which carry race reports, news about local athletes and general athletics news. They are often the first to post a report on the weekend's road and cross-country races. For those of you who don't buy a print copy of the Leicester Mercury, you can read about the local running scene in the on-line edition (www.thisisleicestershire.co.uk/). Like the print version, athletics is covered on Tuesdays and Fridays.

If you come across any interesting web sites or have any ideas or suggestions for things to go on our web site please let me know. Also, if you know of any interesting races coming up drop me a line and I'll add them to the race diary. You can email me at: lodwick@ntlworld.com .

Stop Press: Chairman in mud - Shock!

Chairman and well-known mud-phobe, Dave Swan this week ran a mile round a sodden Western Park. This surprising event was witnessed by several club members (and a few hundred school children). Don't worry, it was all for a good cause and doesn't mean you Derby Runner types will have to stop resting on your laurels.

The Leicestershire Primary Schools Cross Country League is a stunning success. At a time when many are worried that our children are turning into "couch potatoes" record numbers of children are discovering the joys of running. A record 1680 children took part in the first round of races. There eight races in all, starting with Year 3 and ending with Year 6, and boys and girls race separately. The courses range from about a mile to a mile and a half. Roadhogs (past and present) act as hares or back-up runners. Hares run in front of the field to guide the leading runners round the course. Back-up runners round up the stragglers and try to coax them to the finish.

Helping out is immensely rewarding. If Dave can get his trainers muddy, how about you? If you would like to do your bit for the future of our sport, the next meet is on Saturday 3rd December and Kim would love to hear from you.

20 Things you didn't know!

In our regular feature Mike Price and Claire Di Palma reveal 20 things you didn't know (and possibly never suspected)!

AN AMBITION ACHIEVED-ST. IVES TO PENZANCE (AND BACK)

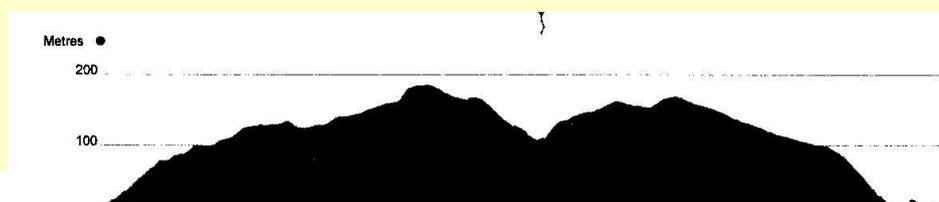
I am sure that some of you at least will be aware that for the last of year or so I have had it in mind to run from St. Ives to Penzance, an idea that came to me when out running whilst on holiday in Cornwall. I noticed that on leaving St. Ives the sign post says 'Penzance 6miles'. 'Yeah, why not, I can get a bus back' I reasoned. So this year, in September, I got around to doing it, the one major difference being that I had decided that I might as well run back as well! I left Pat in bed at about 7.30am and set out, the first objective being to collect a bottle of water from my car, which was parked about 10 minutes and quite a steep climb away, it's an hilly place. First problem, on getting to it I realized I had got the flat keys, not the car keys. There was no way I was going back down to the town for the right ones and then coming back, adding about 20 minutes to the run. So, mistaking myself for a 10 years younger and fitter version, I decided that I would push on without it. There is a sharp drop from the car park to the Zennor road out of town and then it is a steady climb, taking the left hand turn to Halsetown along the B3311 and then following the first sign to Penzance, which says 6 miles. It is still generally uphill and after Hasletown you come to another sign, this time saying Penzance 7 miles! I started to become concerned, would the next one say 8 miles? As I continued to climb mist appeared and I started to approach the small village of Cripplesease, which is really just a few houses. Just before this I passed the remains of a tin mine on my left, and this point probably marked the end of the climb out of St. Ives, 185 metres above sea level but only about 2 miles from the coast as the crow flies. Near this mine there is an old pub, The Engineer, which offered as part of its' menu 'Traditional Cornish Stews'. I made a mental note.

Leaving Cripplesease there is a sharp drop of about 80 metres into the wonderfully named village of Nancledra with the equally wonderfully named Red River running through it. However, there was no John Wayne in sight, but there was a Bethesda chapel and children waiting for the school bus. I knew that Nancledra was about half way to Penzance so attacked the climb out, back up to 164 metres above sea level, with renewed enthusiasm, but I was beginning to feel my right calf tightening up, a recurrence of an old injury. Sure enough, on reaching the top of this hill the road flattened and then started the long descent into Penzance, the sea in view now being the English Channel, not the Atlantic. With no little elation I noticed St. Michaels' Mount to my left. The road signs now said Penzance 1½ miles but I was becoming increasingly concerned about my calf which was getting very painful and working on the assumption that every stride downhill would have to be matched with one uphill on the way back I reluctantly decided to turn around. I started the long trek back up the steady incline, the drop into and climb out of Nancledra and on to Cripplesease. By this time I was having major problems going uphill, although the flat and downhills were not so bad. I kept running, just. At about 10am I got back to St. Ives, not daring to take the hilly car park route, I ran straight into the town centre and along the front, getting back to the flat at 10.15am.

The next day we drove along the route (*see profile below -Ed.*). I was impressed! I reckon that the run was about 14 miles, and tough. We also paid a visit to the Engineers for the vegetable stew and a pint of Marstons Pedigree, consumed in the back yard on a fine, blustery day with a view looking westwards towards Lands End. I think I earned it. The injury has continued to be a problem, though, and I am only now, after 7 weeks, able to run anything like normally again. Roll on next year, one way this time with water and bus fare home!

Steve Martin

London Marathon.



Claire Di Palma	Question	Mike Price
I am a Departmental Secretary and an NVQ Assessor in Business Administration at the University of Leicester	<i>What do you do for a living?</i>	University and school maths teaching/tutoring
Technically still married but separated and getting a divorce!	<i>Are you Married or Single ?</i>	Married
Since May 2003 - trained for the Race for Life and got addicted.	How long have you been running ?	40+ years, but only 4 years with a club (Roadhogs)
Through Dave Lodwick. He bribed me to join as the club was short of ladies!	<i>How did you become involved with Roadhogs?</i>	Baz's stimulus, through Coles Nurseries and my wife Jackie's work
Probably ladies Rugby. I enjoy the rough and tumble of the game!	<i>If you didn't run which sport would you like to excel in?</i>	Badminton
I wanted to be an air hostess and then a vet, but wasn't clever enough to become the latter!	<i>Did you ever have any ambitions when at school to do a different job?</i>	Royal Navy
I would say the USA - Las Vegas and San Francisco.	<i>Which is the best Holiday destination you have been to?</i>	Japan, this year, just before running the London Marathon
All kinds of music, - pop, rock, r&b, classical, world music, contemporary. I don't have a particular favourite.	<i>What music do you like most?</i>	Jazz, R and B, Folk and Baroque, in no order of preference
I've watched so many films it is difficult to choose, but I particularly enjoyed Shawshank Redemption.	<i>What was your favourite film?</i>	Musical, particularly South Pacific, and most recently Ray (Charles)
I would like to play a detective or Sam Burton whom used to play the Forensic Pathologist in Silent Witness.	<i>If you could be any TV character which one would it be?</i>	David Dimbleby
Don't drive at the moment - hoping to learn so that I can have something sporty (like a Ferrari or Porsche!)....in my dreams!	<i>What car do you drive and what car would you most like to drive?</i>	Nissan Micra suits me fine; I don't like driving
Authentic Italian food and Bacardi and diet coke.	<i>What is your favourite food and drink?</i>	Curries and real ales
Paula Radcliffe, Richard Branson, King Henry VIII, Mozart and The Rock for dessert!	<i>Which 5 people (living or dead) would you most like to invite to your Dinner Party?</i>	Jonathan Ross, Humphrey Lyttleton, Ronnie Barker, Kirsty Young, Gabby Logan
German - not biological sciences subjects that the majority of Roadhogg members seem to specialize in.	<i>What was your favourite subject at school?</i>	Maths
I've read so many but my favourites are crime/thrillers and biographies. I particularly like James Patterson and have recently read Paula Radcliffe's autobiography.	<i>What was the best book that you ever read?</i>	Shakespeare plays, particularly Macbeth
I actually liked the Hungarton 7 with a challenging hill! Favourite distance is 6 miles!	<i>What is your favourite local race and your favourite distance?</i>	Hinckley Half Marathon; 7-8 milers
Everyone is so friendly and I get to organise social events. It's great to train as a group for motivational and social purposes!	<i>What is the best thing about being a Roadhogg?</i>	Great mix of people (now of both sexes!) and attitudes to running
The Ladies Vests - sore point!	<i>If there was one thing you could change within Roadhogs what would that be?</i>	Making training in the cold/wet/dark fun; otherwise nothing to suggest
Having a fantastic dinner with a tall, dark and handsome man with stimulating conversation and a few bottles of wine, then dancing the night away afterwards!,....of course, he has to be a good dancer too!	<i>What would be the best way to spend an evening?</i>	Live music, lively people, and good food/drink
To run the Edinburgh marathon next June. To explore my NVQ assessing abilities outside of the University. I would also like to complete another half marathon in under 1 hr 53 which is my personal best. I would also like to go on an adventure expedition and take scuba diving lessons in the Red Sea!	<i>Do you have any remaining ambitions either personal or club wise?</i>	Running half marathons abroad e.g. Prague; generally, keeping fit, traveling in UK and abroad, and continuing to work part-time.

ROUND LEICESTER IN THE RUNNERS OWN WORDS!

This years Round Leicester Relay took place on Sunday, 6th August. The start was moved forward half an hour in an attempt to avoid the problems experienced over the last two years with exceptional temperatures. On the day, however, it probably was not necessary as the day was bright, but often cool, with only occasional hot sunshine, providing ideal running conditions. What follows is an account of the day, written by the runners involved, complete and unexpurgated. You will need a pot of tea.

Leg A- Mowmacre to Ratcliffe-on-the-Wreake by Matt Topham.

I was given the pleasure of the first leg from Mowmacre Hill and was seen off by Steve and Tom at 8.30am, baton in hand. Fortunately the weather was not as warm as last year so it was a fairly comfortable run although there is a nice hill on Humble Lane which drags on a bit. Forty-eight minutes fifty three seconds later (by my watch) I arrived at the change over point at Ratcliffe on the Wreake to pass the baton over to Steve Martin. Home for a fry-up.

Leg B- Ratcliffe to Ashby Folville by Steve Martin.

I ran this leg two years ago on the day the hottest temperatures in Britain ever were recorded. People who witnessed that run said that they had never seen me look so bad at the end of a race (they should have seen me at London in'97). However, there were no such problems this time in cooler conditions. Also, the earlier start ensured that the sun wasn't so high which meant that there was far more shade. It is still a long, straight run from Rearsby to the finish with the added complication of the new Rearsby by-pass but familiarity with the route seems to have tamed it for this runner! I just need to do it a bit faster.

Leg C- Ashby Folville to Somerby via Burrough Hill by Mike Price.

This was my third attempt at leg C and I have gained a minute or two in each year since 2003. This year I had no niggling injuries and the weather was kinder than in 2003 and 2004.

It is a relatively short but tough leg with lots of climbing over the second to fourth miles, including, for me, a very short and steep walk up the side of Burrough Hill to the checkpoint. The last mile was the easiest and fastest for me, but I stupidly missed a shortcut in the village of Somerby and must have lost up to a minute here.

I enjoyed the leg but was a bit disappointed to finish at a restart point. Here there is no opportunity to pass on the baton with a flourish to another Roadhogg; you simply drop it in a box! I like the leg for various reasons: the countryside, the picturesque villages with real ale pubs at both the start and finish and the predominantly up-hill course.

To date I don't know how I or the team performed overall; the website seems to have gone dead but still holds the full results for 2003 and 2004. Perhaps I will know more by 2006!

Leg D- Somerby to Loddington by Angela Ladkin.

I didn't get lost due to Steves' signs and public members (*captains'comment-public members? Surely you mean members of the public. Public members are something quite different and normally illegal. I was wondering what you were smiling about.*) on route-and an appreciated trial run the week before- thanks Steve. I was one of the

restarts and some teams were coming in fast before the start had begun. Short, sharp inclines to begin (first three to four miles). I came to a halt at about four and a half miles when a car and a tractor had words with me right behind, unable to even squeeze by. I appreciated seeing a familiar face half way round and a drink. Hope I didn't let the team down.

Captains' comment-no, you didn't let anyone down. As for the sightings of public members, just so there is no confusion, can I make it quite clear that it wasn't me, honest!

Leg E- Loddington-Slawston by Dave Lodwick.

I suppose giving the leg from Loddington to a Lodwick has some sort of logic to it, six and a half miles of hills with a choice of road or steeplechase to finish. Although the cross country route was shorter, I chose to stick to the tarmac. Some runners chose the scenic route, but one guy got lost and ended up approaching the finish from a very odd angle. One of the nice things about doing the relay is the camaraderie-I used so much breath politely refusing drinks from other clubs back-up teams that I could probably done the leg a minute faster! The whole relay concept does feel a bit strange though- you meet one of your team mates in the middle of nowhere and instead of having a chat, as you normally would, you grunt, thrust a length of plastic pipe into their hand and they hare off up the road! Despite the rather odd feeling that you have when you have done your leg and you go home, having no idea whether you have done well or how the team are doing, it's still a great way of seeing more of the Leicestershire countryside.

Captains' comment-this is quite possibly the toughest leg of the lot , it's a spin up between this and Beacon Hill for that title. Certainly, whenever I drive along in support I always get a feeling of guilt because I have never done it myself. I particularly remember two or three years ago when Sid did it at the last minute. I'll never forget the look on his face as he climbed up from the A47.

Leg F- Slawston to Foxton by Neil Adams.

Leg six and the sun was already high in the sky. But seriously, what happened to the weather this year? The last couple of years have been so hot you could fry an egg on the road.

This was a changed leg. Apparently we can't be trusted to get over the A6 at Kibworth(***captains' comment-damned nanny state***). The route was diverted south starting from Slawston and ending in Foxton, having encountered the A6 near Great Bowden where there is a nice, safe bridge to get across.

Where had all the hills gone? We had a massive downhill at the start and then as much flat as you could want, followed by two plus miles of canal towpath. It was a bit narrow for overtaking, but who wants to do that on a pleasant Sunday afternoon in August?

Captains' comment-complaining about the lack of hills? Leg E for you next year!

Leg G- Foxton to Bruntingthorpe by Keith Dakin.

'Felt good on the start as I had run the route twice the previous Sunday, so I knew where to go. After waiting for over an hour in the warm sun I took the baton from Neil Adams and legged it down the lane, over stiles to a large field. The fast path through the field had gone as the field had been ploughed leaving it like a pile of rock hard bricks.

Gingerly, I tried to run, but it was a joke and soon I was on my arse swearing! At that point two blokes hobbled past me. Luckily I only had a few grazes so I slowly made it over the field and sped up for the rest of the way over the roads and fields, being offered water by supporters as well as water and abuse threw by my wife Pam. I was glad to see the deserted finish of my leg and with the heat and effort jumped in the car with Pam and ditched my plans to run the eight miles home. I enjoyed the day and will do it again.'

Captains' comment-it's a relatively easy task to follow the race for the first five legs, but it seems to disappear off the face of the earth over the two legs from Slawston to Bruntingthorpe, so it is difficult to offer support as much of the race is off road. It doesn't help that these legs do not seem to be marked at all, particularly for the cars following the event. This is my excuse for getting completely lost, for the second year running. We knew we had gone wrong when we started to drive through the middle of Market Harborough! Eventually we got back on course and arrived at Bruntingthorpe for Toms' restart with enough time to spare. I spent August bank holiday Monday driving around this area. Next year I will not get lost.

Leg H- Bruntingthorpe to Frolesworth by Tom Martin.

After some last minute changes, I switched from an early morning leg to an early afternoon one. I spent the morning helping my dad drive through the first part of the race. I did not consider my leg until about an hour before. I read the instructions which said that it was a six and a half mile undulating course. As I was on a restart I decided just to follow, take it easy and see how it goes. The race started and my game plan went out of the window. I started well and found myself in a group of about five runners. As the run continued the weather became quite hot and two of these runners dropped off. By about half way I was in front of the group. This was not a problem because the course was well marked and my dad was keeping an eye on me. My only problem came when I reached a busy road and the traffic lights changed. Whilst I was waiting for the little green man (***captains' comment-no, I don't believe it, either***) the two runners behind me shot across the road (***the cheats***). I spent the next half a mile chasing them again before going by them. Once I was running on my own again I was beginning to wonder when I would get to the end. There seemed to be a lot of hills! I then saw dad waiting to give me water. I thought to myself 'I must be near the end now, I'll wait'. I continued to run hard. After ten minutes, there was my dad with water. Again I declined. After another half a mile I still could see no end and took some water. There was still about a mile left. At the end I was tired but felt that I had run well. I also discovered from another runner that the leg was seven and a third miles long, not six and a half! ***Dads', sorry, captains' comment-I suppose I'll have to put my hand for this one. I did always tell him to wait for the 'little green man'. Seriously though, this was an excellent run from Tom. Nepotism rules.***

Leg I- Frolesworth to Burbage Common by Karl Atton.

The start of the leg heads out of the village and into a tough uphill leg generally. You climb steadily upwards throughout and it was quite a warm day, so the climb seemed perhaps tougher than it actually was. Overall, the leg is demanding but enjoyable. My only criticism is that whilst the leg was well marshalled, the marshals were in places that were self-explanatory and easy to determine the route (***Captains' comment-Karl, there were no marshals***)

The negative part being as you enter the public park near the end of the leg. There were no marshals here and the numerous paths in the park meant it was quite difficult to determine the correct route.

By this stage I had passed 3 runners, all of whom caught me in the park as I had to wait for them to determine the correct way. I asked numerous members of the public in the park but no-one had seen any runners! The time and distance I had gained over the other runners was lost at the end as a result.

Otherwise, a good leg but tough and I would do this section again.

Captains' comment- Karl was a very late substitute for this event which explains the confusion regarding the marshals .Runners have to rely on prior knowledge of the route or the arrow markers. Unfortunately, some legs are not marked as well as others.

Leg J- Burbage Common to Carlton by Sid Smith.

Thank God it's a cooler day. After hanging around for about one and a half hours I started my leg. The first couple of miles on road felt really good, then I went off road across fields and then onto the canal, passing people out for a nice Sunday afternoon stroll, thinking to myself 'I must be bloody mad running'. I come to a bridge that leads on to Sutton Wharf with a nice café on the riverside. As I pass by I almost stop for a cream tea but carry on instead (***Captains' comment-you should have stopped, we wouldn't have minded***). Approached the back end of Bosworth battlefield, feeling a bit leg weary, not enjoying the views like other people (***no public members, then?***). As I run through the battlefield it's all uphill, but as you come to the visitors' centre you come to nice downhill bit on the road. Feeling OK now. As you reach the bottom of the road you cross over into some fields, really working hard now. At long last you reach a gated road. This leads up to Market Bosworth but it is all uphill and I am struggling. As I reach the village I pass a pub with loads of people outside drinking, I think 'you lucky sods'. Turn right at the top of the hill and downhill to the finish half a mile away. As I reach the finish line I try to sprint but have nothing left, crossing the line knackered, but I have done my best. Really enjoyed it Steve, thanks!(only joking).
P.S. enjoyed a few beers later on.

Leg K- Carlton to Markfield by Baz Barratt.

Having ran on familiar territory for the last four years (Somerby-Loddington-Cranoe) I found myself exiled this year to the other side of the world (Market Bosworth). What had I done wrong? I asked myself. Anyway, thinking positive it was different scenery and being a restart in the middle of the afternoon I would have plenty of time to prepare myself (so I thought). The race day came and I had a trip out to my now exiled route to see how my team mates were fairing. I just missed Matt coming into Ratcliffe but caught up with team captain Steve along Gaddesby Lane looking very impressive. Having seen him arrive in Ashby Folville and Mike 'map man' Price take over, my appetite was whetted for my run in the afternoon. I was kindly being given a lift to Carlton by my supporters club (mummy) and arranged to be taken in plenty of time, however mum was late, I got worried. We arrived at Carlton after what seemed like a one hundred mile journey to find captain Steve changed and ready to take my place with about two minutes to the re-start. I got changed and just managed to get to the line(***Captains' comment- I shouldn't have worried, there was all of ten seconds to spare, I reckon. Brinksmanship taken to the extreme. I aged five years between arriving at Carlton and Baz turning up. In case you are wondering, Tom had declined the offer of doing the leg in Bazs' apparent absence***). Off we went and the pace was quite furious. I didn't recognise any of the runners around me and it was becoming apparent why. They must usually be in the front of the races. I started to struggle to keep up and by the time we got to Bagworth, or is it Bageth, I was about cracked. My pace slowed and I began to hear some familiar thoughts going through my head. OLD, FAT, SLOW, OLD, FAT, SLOW. This prompted me to pick up my pace a bit and it was then OLDER, FATTER, SLOWER. However, I was only passed by three people and managed to get to some familiar running territory, the huge hill we normally run down at the Markfield 10k, but I had to go up again. Half way up the hill, the encouraging words 'come on, lad' as a seventy year old sprinted by me. OLD, FAT, SLOW started again, but in the distance a mirage or wasn't it captain Steve encouraging me on. I couldn't let him see me like this and I managed to pick up my pace for the last mile or so to the changeover next to the motorway bridge at Markfield where my mother spent a good five minutes persuading me not to jump onto the M1 traffic below. I decided it wasn't such a bad run and I couldn't wait for next year!

Leg L- Markfield to Beacon Hill by Jon Heap.

From the start there are two options, either turn left after about 200yards or straight on until you turn left at Main Street into the village centre, the first option is up a very steep hill so I chose the second even though it may be slightly further, when you get to the end of Main Street turn right onto Leicester Road then just after you reach the bus stop turn left, this is sign posted Leicester round. For the next few miles the path follows the Leicester round sign posts also passing beneath the A50 dual carriage way which in some places are quite difficult to find and follow so I would recommend running this part of the course a couple of times to familiarise yourself with it. As you leave the path you reach the bottom of Markfield Lane where you turn left and head up Sharply Hill, at this point I met a couple of other runners who came from Ulverscroft Lane, so this must mean there are other routes across the fields to this point. Next a slog up the hill until you reach the rear entrance to Bradgate Park then turn left following this lane for a few hundred yards until you see a footpath sign on the right, as I came down the lane I came upon two strange men bearing water (Steve & Tom) which I was very glad of. The next section of the course takes you through a newly wooded area and across the two parts of Lingdale Golf Club, this is well sign posted with yellow topped posts, after you leave the golf course you cross a field then exit on to a road, as you hit the road turn right and run for about 300 yards the left through a set of double gates sign posted Broombriggs, follow this path keeping the hedge to your left you will soon approach a pair of swing gates, go through both sets and follow the obvious path across the field towards a gate and yellow posts. Once through the gate a short stretch of lane will lead you to a road, cross this road and pass through two sets of gates turning immediately left after the second set. You have now entered the toughest and final part of the course the dreaded Beacon Hill, a three quarter of a mile steep up hill. By the time you reach the summit your body is burning, but the pain all becomes worthwhile, as this is the finish.

The only real problem I found was the vagueness of the route, but, I've got to say, I thoroughly enjoyed this leg. It has a bit of everything, road, off road and hills of both varieties. Overall I found this to be a worthwhile challenge.

Captains' comment- we planned to see Jon at the top of Beacon Hill but for the second time that day we got lost and finished up in Quorn! Don't ask. We decided to call it a day and to head back to the finish to hopefully cheer home last leg man Craig, which we did, pint in hand.

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

Craig, where are you? We have not seen or heard anything of you since this event! It wasn't that bad, was it?

So, there you are, another great Round Leicester day completed. Some love it, others are not so keen. Personally, I think that it is the event of the year, no contest!

Finally, can we take this opportunity to thank Alison, Ron, Zena, Liz, Chris, Mrs Price, Pam, Jon's better half (sorry, but I do not know your name), Matt's dad and last but not least Lin who all helped on the day by ferrying the runners to the start and picking them up at the end of the legs. Quite simply, we could not take part in this event without your help and support

Steve Martin.

ROADHOGGS EVENTS DIARY FOR 2006

<u>Date.</u>	<u>Event.</u>	<u>Status</u>	<u>Information</u>
Sunday 6 th Nov	Shephed 7 miler	Non-League	Steve
Sunday 20 th Nov	X-Country @ Swithland	League Race	Kim
Sunday 27 th Nov	Training Run @ Bradgate	Training	Dave
Saturday 3 rd Dec	4k X-Country Relay Races	Non-League	Kim
Sunday 4 th Dec	X-Country @ Desford	League	Kim
Sunday 11 th Dec	Keyworth Half - Marathon	Non-League	Web-Site
Monday 26 th Dec	Barrow Handicap 6 miler	Non-League	Dave
Saturday 31 st Dec	Huncote Hash	Non-League	Kim
Sunday 8 th January	X-Country @ Shelton	League	Kim
Sunday 15 th Jan	Training Run @ Littlethorpe	Training	Kim
Sunday 22 nd Jan	LRRL 6 miler @ Barrow	Winter League	Steve
Sunday 29 th Jan	X-Country @ Hatton	League	Kim
Sunday 5 th Feb	Charnwood Hills X-Country	Non-League	Steve
Sunday 12 th Feb	LRRL 5 miler @ Ashby	Winter League	Steve
Sunday 19 th Feb	X-Country @ Hinckley	League	Kim
Sunday 26 th Feb	LRRL 10k @ Markfield	Winter League	Steve
Sunday 5 th March	Training Run @ Houghton	Training	Mike Price
Sunday 12 th March	LRRL 5 miler @ Desford	Winter League	Steve
Sunday 19 th March	Ashby 20 mile Road-Race	Non-League	Steve
Sunday 26 th March	LRRL 6 miler @ Kibworth	Winter League	Steve
Sunday 9 th April	Training @ Church Langton	Training	Ron
Sunday 16 th April	Livingstone Road Relays	Non-League	Steve
Sunday 23 rd April	London Marathon	Non-League	None
Sunday 7 th May	Hinckley Half-Marathon	Summer League	Steve
Sunday 21 st May	West End 8 miler @ Syston	Non-League	Steve
Sunday 4 th June	Birstall 6 miler @ Swithland	Summer League	Steve
Sunday 18 th June (prov)	The Langton Run	Non-League	Dave
Wednesday 21 st June	The Rothley 10k	Non-League	Steve
Sunday 2 nd July	Barrow 10 miler	Summer League	Steve
Wednesday 12 th July	Hungarton 7 miler	Summer League	Steve
Wednesday 2 nd August	Huncote 5 miler	Summer League	Steve
Sunday 6 th August	Round Leicestershire Relay	Non-League	Steve
Sunday 3 rd September	Owls 10m @ Countesthorpe	Non-League	Steve
Sunday 17 th Sept	Stilton 10k @Stapleford Park	Summer League	Steve

All these dates are correct at this moment in time but should not be relied on 100% as could be subject to change at a later date. For more details contact the people mentioned.

Steve's phone number is 2354636. For all Winter League races start-time is 10.30 and just turn-up at venue. The club will pay all race fees. Summer League races Steve must know in advance if you wish to run and you should pay him on the day.

Kim's phone number is 2849450. For all League X-Country races start-time is 11.00 and again just turn-up at venue and club will meet costs. All Non-League X-Country contact Kim.

Training runs start at 9.30. Any more information contact either of above or Dave on 2919745.