

Roadhogs Leicester A.C.



Christmas Newsletter 2007

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



Peter receives his trophy from the top man at the Leicestershire AAA

Inside another packed edition:

Barry's Running History (Page 3)
Chris hits the trail (Page 5)
Hoggs on the road (Page 6)
Minutes-per-mile table (page 10)

.....and a whole lot more!

A big thank you to all our contributors and special thanks to Sam Richardson for sprucing up our logo.

Prize Winners

Roadhogs were well represented at the Leicestershire Road Running League presentation evening at the beginning of November. The formula is tried and tested - once the multitude of trophies have been handed out, there is a raffle in which everyone seems to win a prize (although nobody seemed to want the vibrator!), the sort of buffet that would give Dr Atkins a fit and some musical entertainment (this year it was line dancing). The usual suspects (Dave S, Dave L and Alison) were joined by Mark and Peter in receiving 100% awards. Mark made his annual trip to the front to pick up an award (2nd VM40) and was followed by Peter (3rd VM45) and Rob (4th men's handicap).

LRRL Winter League 2008

13th January Barrow 6
17th January Markfield 10K
10th February Ashby 5
24th February Wolvey 5
16th March Desford 10K

LRRL Summer League 2008

11th May Hinckley Half
1st June West End 8
29th June Prestwold 10K
9th July Hungarton 7
6th August Huncote 5
7th September OWLs 10

The Winter League is Here!

In 2008, with a new three-division structure and new teams, the LRRL will be more competitive than ever. The senior men will have to raise their game to survive in Division 2 and the vets will need to match last year's superb performance to stay among the elite of Division 1.

The ladies competition has also gone divisional and we'll be looking to start moving up the table.



Dave sprints for the line at Barrow in 2007.
Photo courtesy of Ivanhoe Runners

Aussie Ace Bids Adieu

Dear Dave, Colin and all the Roadhogs,

It is now only two weeks until I fly back to the land of Aus after an incredible year! Although I would have loved to see everyone at a race before heading home, travels and duty weekends have not matched the league schedule. I just wanted to thank you all for being so incredibly welcoming this year! When I arrived in January, the Roadhogs helped me so much to find my feet, break into the British running world and explore the Leicestershire countryside! I'll definitely inform any runners from home who plan on coming over that Roadhogs is THE club-if you are in search of a bunch of genial and jovial English roadrunners! I will be back to visit and race in the years ahead! I want to particularly thank you for all the Sunday lifts and all the encouragement as we all beasted around the courses. Although I haven't been a very committed Roadhogg since summer, I've been training and racing with a squad at Loughborough university- now prepared to go home and get straight into the summer track season.

- > Again thank you so so much.
- > Keep loving running!
- > Cheers,
- > Hannah Flannery xo



Hannah in action at Kibworth
Photo courtesy of SDRR

Leicester Running Shop

As many of you have already discovered, Rob Pullen of OWLs has finally achieved his dream of opening a dedicated running shop in Leicester. The shop is on Clarendon Park Road and opens til 6.30 on weekdays and 8.00 on Wednesdays. He already has a decent stock of running gear, but will have even more once the new Spring/Summer ranges are delivered. No club discount at present, but I think you get a free pair of running socks when you buy some shoes.

London Marathon

Congratulations to Rob Milstead who won the ballot for the club's Marathon place. He will be joining Mark (direct entry), Baz (deferred from last year) and ex-Hogg Angela Ladkin on the start line in April.
Good luck with the training!

Presentation Evening 2008: Saturday 19th January

In a new venture, Roadhogs are instigating a presentation evening, complete with a 3-course meal and entertainment. The whole event is being organised by Mark, who will also be cooking the meal.

The formal AGM will take place on Tuesday 29th January at the Cow & Plough.

Birthdays

December

3rd Sam Blows was 25
12th Adam Taylor was 23
15th Sid Smith was 55
15th Helen Cooper was 39
30th Chris Peach is 44
31st Claire Di Palma is 37

January

12th Mike Price is 61
16th Mike Adams is 19
17th Martin Capell is 52
22nd Hannah Green is 25
31st Rob Milstead is 52

February

8th Keith Dakin is 54
13th Paul Handford is 54
23rd Adrian Stanley is 39
23rd Mat Topham is 42
24th Peter Sloneczny is 47

My 25 Years as a Runner!

I started to run in 1982, when I was 47 years old, so I am now in my 25th year! I suppose my inspiration came from watching the London Marathon on TV, and my desire to do some form of exercise. I had done Cross-Country races when I was at school, but since then, apart from during my National Service in the RAF, I hadn't done anything at all.



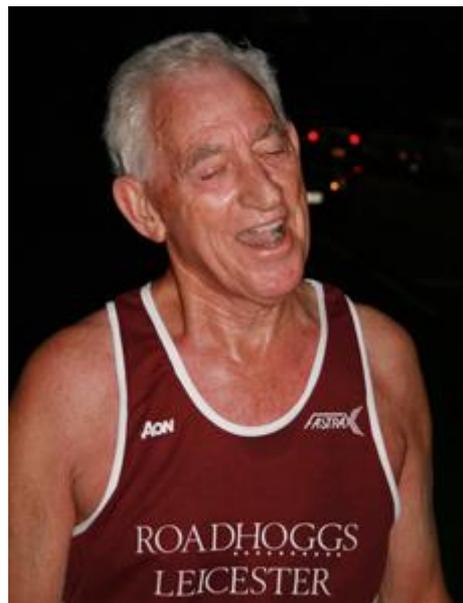
I started to run by myself, but I made the usual mistake of running too quickly and being constantly out of breath! So I decided to join the Braunstone Town Runners who met at the Civic Centre on Kingsway. The Club then moved to the Riverside Clubhouse on Braunstone Lane East in 1987.

Then in 1989, we moved to St. Andrew's Sports & Social Club, Canal Street, and changed our name to the St. Andrews Running Club, at which time we had 40 members! However, the numbers dropped to 12, and in 1999, we amalgamated with Roadhogs, and took on their name.

In 1995, when I was 60, I ran the Nottingham Marathon in a time of 4hrs.20m. I have also run the Nottingham Half Marathon 6 times, with a best time of 1hr45mins. This is my favourite course.



Other Half Marathons have been Leicester x 1, Derby x 1, Loughborough x 1, Braunstone Town Runners x 2, Turkey Trot x 6, and the Rutland Water run which was 17 miles.



I am now in my 73rd year, and still enjoy running very much - especially the League races - although over the last few years, my running times have been getting slower.

Barry Waterfield

Leicestershire Road Running League Presentation Evening



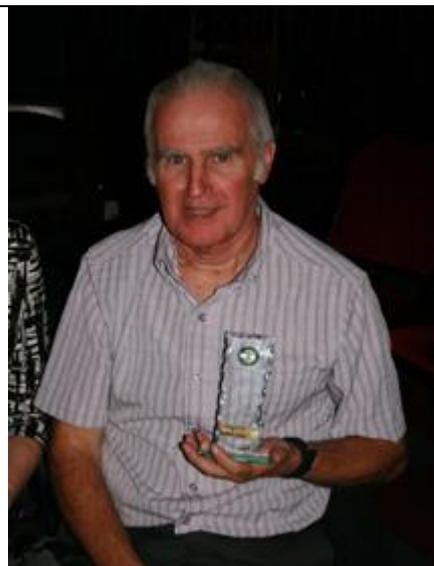
Mark receives his trophy from the president of the Leicestershire AAA



Time to reinforce the sideboard



Peter: 3rd MV45



Dave: after last years injury hiccup, normal service is resumed



Rob: Handicap heroics



Rob caps a very successful debut season with a well deserved award

Trail Running

Since swapping training on roads for the trails to ease the pounding on my joints I've become a trail addict. I always train across the footpaths around Lutterworth when I can. I've also entered some trail races that I thought you might like to know about. Don't worry, they're no way near as muddy as the cross-country league races.

The White Peak Half Marathon May 2007

<http://www.matlockac.org.uk/wpmara.htm>

Keith ran the full marathon and has my admiration because that must have been tough. I think the half is a real treat. You run along the high peak trail in Derbyshire and finish in Cromford Meadows in Matlock. It's very well organized. There's plenty of parking at the finish and you get bussed to the start. There are loos at the start and you can strip off your outer layers and your kit gets transported to the finish. Just as the kit van left we got hit by one of those icy showers you only get up north. The trail is surfaced with compacted limestone and cinders so you can run in road shoes. It is bordered by dry stone walls which made it a bit crowded at the start but it soon thins out. It seemed to me that we were climbing slightly for most of the race but the views did make up for it. There were about four drinks stations and although the support was sparse, the race was pleasantly different. The finish is very exciting though: two scary descents that rip your quads apart but give you an adrenaline rush to compensate. I loved this race and got a pb but not sure it counts because of those rapid descents.

Belper Rugby Rover August 2007

<http://www.belperrugbyclub.co.uk>

This has got to be my favourite race of all time. 30k and 2500 feet of ascent on the hills around the Derwent Valley! It wasn't actually as hard as it sounds. The terrain was more varied than the White Peak race, which made it more interesting, and the killer steep ascents where you are forced to walk are quite short before they mellow out into something more manageable. More importantly the big hills were over by halfway and then it was mostly downhill.

This is a really friendly race. You get lots of encouragement from fellow runners and the views are simply stunning. I would love to run it with some Roadhogs next year. It's not far to Belper from Leicester and the race is very well organized with hot showers at the finish. It's more treacherous underfoot though but I managed in my road shoes.



5 to go Trail Marathon

http://www.parentsforchildren.org.uk/pages/trail_marathon_details.html

I have been longing to run a sub 4-hour marathon ever since I completed my first at Nottingham in 4.31. Since joining Roadhogs I'd improved a lot thanks to the competitive races and mid week tempo runs. I was confident that I could do it. I needed to run on a trail, as a harder surface would aggravate my I.T. band so this race looked promising: a flat course following the River Lea from Hertfordshire into East London on compacted gravel. In a few years the organisers hope to finish this race at the new Olympic stadium. We would have to settle for Hackney Marshes this year. The start was reminiscent of school cross country runs. We were told to line up between the tree and the bin and run twice round the playing field before joining the towpath. The route by the river was pleasantly scenic but got a little monotonous and the field spread out so I was on my own for a lot of the time. Nonetheless, I was going well until mile 17 when the dreaded I.T. band injury struck. I was

forced to walk/run the rest of the way very slowly! To add insult to injury when I approached the finish I was directed around a playing field again! I finished in 4.14 which is still a pb but I have to report the course was about half a mile short. I'll have to find a marathon run on an even softer surface. The organization had its teething troubles but next year it would be an unusual marathon to run. Maybe I missed the point with this race. Trail races should allow you to forget about the time and just enjoy the experience.



The Future

I've already pencilled in some new trail races for next year. There's the Milford 21 run along Cannock Chase near Stafford on March 9th. Then there is the Exe to Axe (20.3m) in Dorset on March 30th. I'm on holiday there at the time so it will be hard to resist although the hills in that part of the world are something else. If I survive that I'm hoping to run the Neolithic Marathon on May 4th. The race starts at Avebury and finishes at Stonehenge, with the small matter of Salisbury plain in between.

Please let me know of any trail runs you have enjoyed. Hopefully we'll run some together in the future.

Chris Peach



"Four Bored Boys in Benidorm" The Benidorm full & half Marathon.

Certificate PG - (Editor)

Starring in alphabetical order:-

Craig Atton
Baz (Clinton) Barratt
Mark Chamberlain
Mat Topham

Saturday - 24th November

It was 4.45 a.m. and Mat was getting a bit concerned. He had expected Mark to call, as planned, around 4.30 a.m. saying that the taxi containing himself, Craig & Baz was on its way to pick him up from Birstall. He thought it best to ring Mark's mobile and, as suspected, they were running late. Even with the Arctic Monkeys blasting out from Craig's alarm clock they had failed to stir at the allotted time. Nothing of course due to the 6 pints they had each consumed on Queens Road, the previous night, before all retiring to Craig's flat at 1.00 a.m.

The taxi finally pulled up at the bottom of Mat's road not long after 5.00 a.m. and we were on our way to East Midlands Airport for our 7.00 a.m. flight to Alacante. Our mission - to run the Benidorm Half-Marathon the next morning introducing the way of the Roadhog on the unsuspecting European community.

P.S. One slight problem - we hadn't actually entered the race yet.

Once at the airport and whilst checking-in Craig caught a glimpse of Baz's passport:

Craig. Who's Clinton?

Baz. Me.

Craig. I didn't know your name was Clinton.

So Craig, having been a member for "God knows how long", became one of the last people in the whole of Roadhogs to discover that Baz's real name was Clinton. Pleased with his new discovery Craig proceeded to call Baz "Clint" for the next couple of hours.

Baz (or as Craig would say - "Clint") was feeling a bit rough so he settled himself with a pint of Guinness just before take-off.

Following a thankfully un-eventful flight we landed in Alacante and then took the half-hour taxi ride to Benidorm.

Checking in at the hotel "Sol Penicarnos" it was discovered that there was a problem with the booking. We only had one room booked instead of two. After what seemed an age they managed to book us an additional room but unfortunately this came with a double bed. Mat paired up with Mark while Craig was delighted to be sharing with his new friend "Clint" and to cap it all they ended up with the double bed.

We now needed to get to the town hall to enter the race but it was only open until 1.00 p.m. and, with the problem at the hotel, we were too late. However they opened again at 7.00 p.m. so all was not lost.

In the meantime it was decided to get something to eat and we ended up at a café just down the road from the hotel where we were served by a rather attractive but fed up looking English waitress. It appeared that the Spanish air had got to her brain cells:

Baz: Can I have the Yorkshire pudding with beef?
Waitress: Sorry, the Yorkshire pudding isn't on.
Baz. OK, I will have the sausages.
Waitress: Fine, would you like that with Yorkshire pudding?

Much to Mat's disappointment it was noticed early on that it was mainly lager on offer - not a real ale to be found. In particular it seemed to be "Amstal" lager. Mark took the opportunity to impress his comrades with his deep knowledge of the brewing trade informing them that this lager was named after its place of origin - Amstaldam in Holland.

It was at this point that we decided that for the remainder of the "tour" we would have a "kitty" from which to pay for food and drink. The most grown-up and sensible member of the group, who shall remain nameless (but it wasn't Mark,

Craig or Baz) was elected to be in charge of this "kitty".

The rest of the afternoon was spent wandering around the Benidorm streets. From a personal point of view, I found the part of Benidorm where we were staying a bit of an ugly looking place. Full of high-rise concrete buildings and obviously set up for the benefit of the English. Loads of dodgy looking establishments advertising Full English Breakfasts and cheap lager. However, as we soon discovered, there was the "old town", about 20 minutes walk away, which was a lot nicer and a place where you could indulge in a bit of the local culture.

At 7.00 p.m. we arrived at the town hall to enter our names for the race. Our hearts instantly sank when we were informed at the desk that the closing date for entries had long since passed. Fortunately, the bright spark of the group, who shall remain nameless, (but it wasn't Mark, Craig or Baz) had a few days earlier rang up and spoken to one of the race organisers "Pedro" explaining we were coming over. Luckily Pedro was there and, after a few words, he allowed us to enter. Phew!!!

As the race was the next morning and we were tired from the early morning start and the flight (not to mention the Friday night excesses in some cases) we did what any dedicated Roadhogg would do - we headed for the bars.

However, we were conscientious enough to get something to eat first at another local café at which Mat was served the most rock solid chocolate mousse in history. He queried this with the waiter who with a shrug explained unhelpfully that "it was frozen". Well thanks, that's a great help, don't have a blow torch handy do you?

We then moved on to a couple of bars. The final bar of the night became one of our regulars (if you call going to it 3 times regular). This was "Morgan's Bar" which was just down the road from our hotel so a handy last stop. It provided live entertainment and on our first visit included a Michael Jackson look-a-like who doubled up as a magician, part of his act being to produce a live snake out of thin air. Also on over the course of our stay were a soul group (the "Soul Family"), a Westlife tribute band (though Baz thought they

were the original band) and a comedienne who ended up getting barracked by the audience - "you're boring".

Sensibly, we called it a night at about 11.00 p.m.

Sunday - 25th November - the day of the race!!!.

After a bit of breakfast we walked from our hotel down to the Town Hall where the half-marathon was due to start at 10.00 a.m. The full marathon had kicked off at 8.30 am so we saw the leading runners go by. Like the day before the weather was cool, but a bit windy, which suited us fine.

The race itself was over a pretty flat course weaving through the "old town" and with a long stretch along the front. There were a few parts that "dragged out a bit", especially when against the wind, but it was well organised and well supported.

Our finishing times were:

Mark: 1 hour 17 minutes
Mat: 1 hour 31 minutes
Craig: 1 hour 34 minutes
Baz: 1 hour 39 minutes

After collecting our bags we had a couple of coffees and then returned to the hotel.

Following a restful afternoon we went out at about 8.00 p.m. for something to eat and a few drinks. However, the primary purpose of the evening was to witness a performance by the legendary "Sticky Vicky" who we had established was appearing at "The John Lennon Bar" at 11.00 p.m. For the un-initiated she is a woman of approximately 70 years of age who, after stripping naked, retrieves various objects, including razorblades on a length of string, from part of her nether region. Her final trick was to utilise this part of her anatomy to remove the top off of a beer bottle. Impressive, however we suspected she had a bottle opener hidden somewhere (use your imagination).

Monday - 26th November

After breakfast we all ended up going for a bit of a walk which took us out of the town. On our way past an orchard of orange trees Baz and Craig risked life and limb clambering up over a wall to do a bit spot of "scrumping" (however if they had walked on a further 10 yards they would have come across an open entrance where they could have just walked in and helped themselves.) Also on our travels we came across a pile of "naughty" DVDs dumped next to the road. Unfortunately, someone had taken the discs and just left the cases - could have made a nice Christmas present.

This turned out to be the warmest day of all so we had a little stroll down the beech (not at all influenced by the number of girls doing a spot of top-less sun-bathing) and wandered into the "old town" throwing in a couple of bar cafes along the way. Here we ran into Tim Hartley who had also done the race having come over with runners from the Shepshed club. Other well known Leicester runners who ran were Ashley & Craig Sabin and Nicola Clay who Mark saw on the plane going out.

Later in the afternoon we met up with Mark's mum and her partner for a few drinks in their adopted bar. They had rented an apartment until March of next year and were having a great time.

For our evening meal we decided to go "Mexican" where Baz (who must have consumed 6 pints already that afternoon) fell in love with the waitress. We then went looking for a bar which was showing the "Leicester vs Cardiff" game and came upon "The Western Bar". Here they also had some live bands on including an electric violinist who Craig enjoyed and an accompanying guitarist who Mat felt was the best he had seen performing ever in a pub environment.

After leaving the "Western Bar" we arrived at a pole-dancing club at which we were told by the bouncers that it was free entry. Having had a few beers we decided to go in. Mat went to the bar with the "kitty" at which point it became clear why it was free entry. We ordered 2 bottles of Heineken and 2 Jack Daniels and coke and it came to EUR 40 (that's about £ 30) -

ouch!!! Anyway, we got to see a few dances. We also got approached by one of the girls for a one-to-one dance at EUR 30 a time but we wisely declined (we hadn't got the money even if we wanted to). We couldn't afford to stay long and Mark and Craig, still hungry, grabbed a curry before meeting up with Mat & Baz at "Morgan's Bar". By this time we all had had pretty well enough to drink and shortly afterwards Mat & Mark left to go back to the hotel, finally hitting the pillow (though not the same one I hasten to add) at about 3.00 a.m. Baz & Craig followed shortly after.

Tuesday - 27th November

The events of the previous few days, and especially the previous night, finally took their toll. Baz and Craig only just managed to get down to breakfast in time (they finished serving at 10.30 a.m.).

The day was spent with us mainly doing our own thing. Mat went for a walk around the town. Craig & Mark when out separately for a run while Baz, after breakfast, went back to bed, not to surface again until 2.00 p.m.

At it was our last night Mark wanted to spend part of his last evening with his mum while Mat, Baz & Craig decided to go to the "old-town" and find a tapas bar. As we all walked from the hotel it became evident that it really was about time for Mark to go home:-

Mat: Mark, what time shall we meet up with you later?
Mark: Say about 9.30 in the "Western Bar?"
Craig: Yes, 9.30 will be OK.
Baz: 9.30 sounds good
Mark: OK, see you at 10.00 then (as he walks off into the distance).

It was minutes later that the low-light of the trip occurred. Mat, Baz & Craig were heading towards the "old town" when from about 100 yards behind they heard the screech of breaking tires followed by a loud bang and screams. A pedestrian, while looking to cross the road, had been hit by a car. From where we were standing we could see the pedestrian lying on the ground but could see little sign of life. There were

people already at the scene so we carried on walking feeling a bit shook up to say the least.

Mat, Baz and Craig found a nice little Tapas bar for something to eat before meeting up with Mark as (kind of) arranged at the "Western Bar". This was followed by our last visit to Morgan's and then we returned to the hotel bar for a nightcap.

Here at the hotel bar we agreed that the trip had been good fun and well worth doing, if maybe perhaps one night too long. We also thought it would be a good idea to consider arranging something like this every year but in different destinations around Europe. Perhaps more Roadhoggs would be interested and we could travel under the touring name of "Eurohoggs" (or something like that).

Wednesday - 28th November

Our flight home was at around 11.00 a.m. so after an early breakfast we were on our way by taxi to the airport.

After checking in we sat around drinking coffee and, as we had been asked if we would do a report on our trip for the next Roadhogg's newsletter, we compiled a list of things we felt should be included. Mat had volunteered to do the write-up. Whilst doing this a man with a moustache and "shiny" bold head walked past us on crutches. "That looks like Willie Thorne" we cried, and sure enough, it was. He was on the same flight back to East Midlands Airport as us.

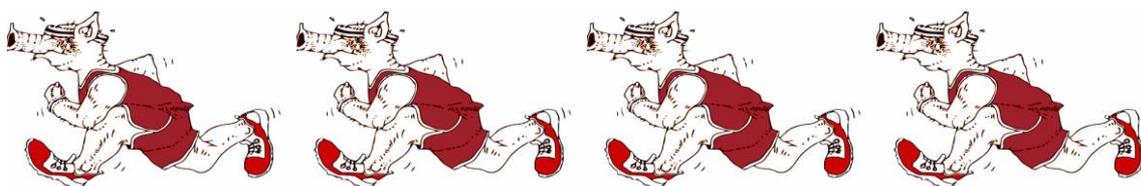
After another un-eventful flight we touched down at East Midlands, and upon collecting our bags, were lucky enough to get a bus almost straight away back to Leicester and then home.

The End



LRRL 2007 Minutes-per-Mile Times

	Barrow	Ashby	Markf	Desf	Kibw	Hinckley	West E	Swith	Hung	Hunc	OWLs
	6 mile	5 mile	10Km	10Km	6 mile	13.1 mile	8 mile	6 mile	7 mile	5 mile	10 mile
Reem Al-Jayyousi	9.21	8.36	8.45		9.18		9.29		8.59		9.18
Claire Di Palma					9.05		9.03	8.45	9.03		
Hannah Flannery	6.59	6.45	6.55	6.33	6.40			6.38			
Hannah Green		7.11	7.13	6.52		08:15					
Amy Handford	8.38	8.33	8.44		8.39						
Cathy Haward	8.18						8.26	8.11		8.14	
Sophia Lane				8.40							
Alison Lodwick	9.04	9.08	9.49	9.46	10.03	10:26	9.31	10.38	10.02	9.16	10.25
Rachel Moyes	8.04	7.52	8.10				8.14	8.11	8.29	7.49	8.54
Michael Adams			7.27	6.56							
Jerry Askham	7.24	7.18									
Craig Atton									6.58	6.29	
Baz Barratt						7.46	7.01	7.03	7.06	6.55	7.53
Sam Blows	6.41	6.41		6.49		6.52					
Martin Capell										8.38	
Mark Chamberlain	5.36	5.35	5.36	5.32	5.44	5.53	5.58	5.44	5.51	5.35	6.01
Keith Dakin	7.10	7.3	7.18	7.06	7.58	7.31	9.31	7.22	7.39	7.35	
Steve Blyth							8.32	8.37			
Ceri Davies	6.55		6.58	6.41			7.09	7.01		6.29	6.57
Simon Fryer	6.43					7.10	6.59	7.14	7.11		
Paul Handford	7.53	7.42	7.43		8.02						
Jon Heap	7.24	7.06	7.13			7.26		7.10	7.11	6.53	
Dale Jenkins	6.48	6.47				7.22	7.06	7.07	7.06	6.47	7.36
Dave Lodwick	6.49	6.45	7.01	6.50	7.01	7.15	7.10	7.12	7.05	6.54	7.32
Chris Mann			7.03	6.59							
Steve Martin	8.04	7.44			8.47					7.49	
Tom Martin	6.27	6.29	6.29	6.18	6.30	7.08	7.52				
Rob Milstead	7.17		7.30	7.22	7.20	8.15		7.06	7.01	6.36	7.05
Chris Peach									7.13	7.02	7.15
Mike Price			8.11				8.21	8.25			10.00
Peter Sloneczny	6.23	6.14	6.24	6.07	6.23	6.27	6.17	6.14	6.11	5.54	6.18
Adrian Stanley		6.39	6.41		6.47	7.55	6.49		7.01		
John Stew									7.45		8.26
Dave Swan	7.16	7.14	7.17	7.14	7.42	7.39	7.23	7.22	7.33	7.08	8.06
Adam Taylor										6.57	
Matt Topham	6.17	6.12	6.23	6.10	6.26				6.29	6.06	6.49
Richard Verschoyle	8.22										
Barry Waterfield	9.16		9.32	9.27						9.29	10.29
Jerry Wilkes										7.15	



Gettin' muddy with Kim

Derby Runner League Race 1: Fosse Meadows

Kim is simply not going to believe this! When he released that the first Derby Runner race clashed with his nookie weekend, he probably thought he wouldn't be missing much - it is two seasons since we have scored a point. I'm not sure which he will find the most shocking - the fact that we fielded 13 runners or the fact that one of them was Swanee!

When a spell of cold weather turns wet, you normally expect the temperature to rise a bit. Unfortunately, we all woke to strong wind and cold driving rain - hardly the weather for encouraging our Derby Runner debutants. I had been secretly hoping we might just manage a team, despite regulars Chris Mann and John Heap being injured, but nobody could have expected 13 runners. It was a pleasure to welcome Mike Munday back after a long time out with a very serious injury. The course was a really nice one, with a bit of everything. Much to most people's relief, there were no hills to speak of (just a couple of gentle slopes). The car park was a bit of a challenge, particularly for those with rear wheel drive BMWs, and that was just getting in! Fortunately, there seemed to be plenty of people on hand to push stricken cars.

Mike led us home in 10th and then there was a bit of a gap but we packed superbly. Adrian ran a well-judged race to finish "best of the rest" in 82nd. Karl (90th), benefiting from training with his second claim club, Belper Harriers, continued to hold sway over brother Craig (108th) with Dave L (112th) not far behind. Peter felt unwell after a mile and so took it steady (127th), just holding off a fast finishing Jerry (128th). Dale (134th) completed the eight with Baz a bit further back in 145th. Despite losing Chris, who pulled up with an injury after a mile, we still hadn't finished. John S came in 211th and Dave S 248th. Both Dave S and Jerry were wearing road shoes so they must have found it particularly tough in the conditions. Sally (74th) was the only lady to swap the duvet for a running vest and hopefully after she has thawed out, she'll persuade some of the others that this cross-country lark is actually rather fun (provided you don't mind peeing in a hedge)!

So Kim, I can't offer you photographic evidence (too wet for cameras) but if you look at the results you'll definitely see "248 Dave Swan V60" and I'm sure he'll gladly show you his muddy trainers if you still have any lingering doubts!

Dave Lodwick



Baz enjoying the mud.

Derby Runner League, Race 2: Bagworth Heath

The day started wet and windy (reminds me of our Chairman) but I was looking forward to another Roadhogs team in double figures, not least because I was trying to get out of running this myself as my Achilles was a bit sore again. Well we had 6 before the start so with first 8 to score it would not have made any difference if I ran well or not, so I ran anyway and was ok.

The day brightened up during the race, though it was very muddy underfoot and there were plenty of places to fall over. This is a two-and-a-bit lap course with a tough climb up to the top of a ridge in each lap. The number of runners is also up this season, so you have more runners to race against wherever you are down the order. Some of the track was narrow so it was difficult to overtake (or be overtaken) and so you tended to settle into a pace, but it was still all a hard slog. Apart from coming down off the ridge and a long grassy straight near the end of each lap there are no easy sections to get your legs back.

Roadhogs were led in by Mike Munday in 6th place, a great performance considering he hared all 8 primary schools' races on Western Park the day before. Then Peter Sloneczny ran another

stormer to finish 27th. Behind that we packed quite well, Dave and Craig must have been chatting because they finished 122nd and 124th (in truth Dave caught Craig just at the end), then Dale Jenkins in 132nd, Chris Peach in 146th, Baz Barrett in 170th and then me. That makes 8!! I wasn't aware that Chris had ran until after the race but it made my brilliant 208th so important.



Mike Munday

As this was the last league race before Christmas, we enjoyed some mince pies and coffee afterwards. The league is becoming ever more popular and there are more clubs now, split into 2 divisions with Roadhogs in the 2nd. It was good to see some new cross-country runners in our team, and to finish another full team and earn league points. We must be doing better than ever, no longer stuck to the bottom of the table and we have the incentive to get promoted. We just need some of you girls to turn up now, so we will have to think of something to tempt you. Thanks Guys, I hope we can keep this going.

Here are the remaining league events this season, all Sunday mornings at 11.00:

20 January - Shepshed - Grace Dieu
17 February - Shelton - Foremark Reservoir
2 March - Hatton - Sinai Ridge
30 March - Roadhogs (B final) - course to be announced (Beaumont Leys?)

Kim Richardson

Road Race Reports

Turkey Trot

Nine Hogs pitched up in Keyworth for the last half Marathon of the year. Each year the race seems to fill up in shorter and shorter times. Soon it'll be like getting tickets for a Madonna concert (but probably a bit cheaper and a lot more fun).

Our fit runners all put in good performances. Mark secured his Christmas dinner for a second year running and Peter just missed out on a PB. Dave faded at the finish but still got close to his best Keyworth time and John McDonald made a promising debut over the longer distance. Having never run more than 10½ miles (and that was the weekend before) he took it steady for the first half, but still managed to beat 1.36. Dave Swan just missed out on his sub 1.40 target, but still put in a good performance.

For the walking wounded, the news was a bit more varied. Dale has been troubled by a respiratory infection but managed a solid performance and Keith was positively delighted to get round with no adverse reaction from his troublesome foot. Chris was severely hampered by his troublesome knee but got round. Jon, who probably shouldn't have started, managed just 3 miles before his calf decided it didn't want to play any more. Fortunately, he managed to get a lift back to the base but it looks as if he'll be out for a while.

That's all, folks!