

Roadhogs Leicester A.C.



January/February 2011

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



LRRL: Review of 2010

There were so many records broken last year that even the late Roy Castle would have been impressed (apologies to our younger readers, who won't get that one!). Over the season, 19 ladies and 33 men represented the club. Out of a total membership of only about 60, that must make us the most active club in the League. We broke our record for a single race (set in 2004) when 32 turned out at Huncote and averaged 26 for the season. Sumina, Celine, Hannah, Jackie, Isabella, Emma, Valerie, Ruth, Fiona T, Miguel, Ludo, Rob T, Stef, and Steve W all ran their first race for the club and Valerie was an ever-present, thereafter (9 races). Baz, Mark, Nick, Keith, Dale, Alison and Dave L all went one better, completing the full house of ten.

Mark and Nick had a little bet on which of them would win their personal race within a race and

Nick mounted the best comeback since Tom Jones topped the charts, when he came from 5-0 down to square the series. Nick finished the Summer League a magnificent 7th in the Senior Men standings and Mark, despite having to stop and stretch in every race, got the award for 3rd VM40. Clare capped a superb season with the prize for 5th Senior Lady and Angela added to her burgeoning collection of awards with 2nd in the VL45 category (Jackie was 6th in her first season).

Our veteran men, boosted by the return of Mike and the consistency of Mark, stormed to the Division 2 title. These two were ably supported by Peter (giving of his best even when not feeling it), Jerry and Ceri (our renaissance men), Dale (Mr Reliable) and a couple of other 'old codgers'. For many years fielding a ladies team was just Swanee's pipe dream and there have been many races when it was just Alison and Rachel or Trudy flying the flag. Now, not only do we manage at least one team in every race, but we've been promoted too. We've had the talent before but never in sufficient numbers to make up for the fact that many of our ladies are imaginative enough to occasionally think of other things they'd like to be doing on race day. Bec and Clare laid the foundations and Emma K, Rachel, Angela, Ruth and Charlotte helped build the momentum and several others chipped in the odd vital point here and there.

Missing Person Update

Now safely back home in Syston, Simon is reported to be offering guided tours of Borough Hill Park to unsuspecting tourists. Rumours that John Skevington has approached him to redesign next year's route have been denied by Relay HQ.

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The Cornish Marathon, Pensilva

....“On wound the road across the dark and silent land, with never a light to waver for an instant as a message of hope to the traveller within the coach. Perhaps there was no habitation in all the long one-and-twenty miles that stretched between the two towns of Bodmin and Launceston; perhaps there was not even a poor shepherd’s hut on this desolate highway; nothing but the one grim landmark that was Jamaica Inn”...



A Cornish Pirate!

[Pictures courtesy of St Austell RC]

Daphne Du Maurier’s description of Bodmin Moor maybe a little harsh, but the Cornish Marathon, run from Pensilva, takes you on a tough undulating journey through the very canvas of Ms Du Maurier’s epic tale.

The Cornish Marathon is the final leg of Cornwall’s Grand Prix series, which stretches across the year into 14 races, including 2 marathons and 1 half marathon in its portfolio. From listening to conversations, the race was pivotal to the final outcome of The Cornish Club Championship for 2010.

The start line was outside the Pensilva Millennium Hall on a crisp November morning, we held a minute silence for our absent companion, Rob, who could not sadly be with us,

he “got a life” in 2010, and we all wish Charlotte the very best, and hope her favourite colour is indeed Magnolia!



Dave safely in the pack at the start

The mood was a little edgy, Jon, Angela, Dave and I drove the course the previous afternoon, it became apparent we were in for a “day of toil” the hills were not as long as Snowdon, but some of the climbs were going to be punishing on steep and tight narrow lanes, where you were going to live in fear of oncoming traffic, at every corner!

The race commenced with 2 x one mile loops of Pensilva, a tiny hamlet perched on top of a hill, boasting one pub, one shop, a cemetery, and a 300ft TV mast! We then headed out of town climbing gently to the main Liskeard road, before plunging down hill to the “Crows Nest” a tiny village at the bottom of the valley.



The strain of being ‘leading Hogg’, starts to tell!

After nearly 4 miles I held a tiny lead on my fellow Hogg’s, as is normal - I’m virtually unbeatable over the first few miles - shame about the other 22!! Then Dave passed me looking strong, as he effortlessly pulled away on the next climb. At 5 miles Angela passed by, and within a minute the noise I feared most of all,

the “Beast of Bodmin” himself, Mr Heap appeared!



The ‘Beast of Bodmin’

We ran together for the next few miles, down Redgate Hill, which we would face through mile 23 (and did not like the look of one little bit!) and then crossed the river heading to Golitha Falls. As is my problem, Jon began to get the better of me on the ascents, and I used the descents to catch him up, he finally lost me when everything appeared to go uphill only!



Angela coming strong in the second half

At 12 miles, we reached the top of the Moor, the course flattened out, passing Colliford Lake. Turning into the wind, no longer protected by the high Cornish hedgerows, I followed the course through Farming communities, which appeared remote and isolated, and I did not envy their winter heating bills. At just under 16 miles came the sign for Bolventor and in front of me stood “Jamaica Inn”, clearly weather beaten, and exposed to the storms that rip through Bodmin on a regular basis, but not as cold and imposing as Du Maurier’s book, because

from our visit the day before there was a bar, with a warm log fire, and a beer tap full of “Tribute” just waiting for..... then we turned right and the Inn was no more!

In a hundred yards we turned right again, and began the journey home through a gentle valley of little undulation, and followed the river bed and the hedgerows. Clearly the river had burst its banks during the Cornish floods of the previous Monday, which for 24 hours could have caused the cancellation of the event.



Dave, dreaming of that pasty at the finish

At 22 miles we left the valley, and turned toward Pensilva, with the full knowledge of 2.5 miles of hilly challenges ahead. I love the Marathon, don’t know why but I do. However, even my limited sanity comes into question when you face this type of finish. Every muscle in your body wants you to walk, but you know if you give in to the temptation, it will be the last step you run that day. We all “dug in” reaching the first summit at 23.5miles, and then suffered the steep down hill, which seems to hurt more! Then the final climb begins at 24 miles, it slowly twists and turns ever upward, I said a prayer to St Dakin for the next bend to be the last, but my plea fell on deaf ears. Finally you pass the 25 mile marker and up in front the road widens and begins to flatten out, and all the pain seems to vanish, there are no more hills!

You are at the top of the umpteenth climb of the day, and from here it’s all down hill to the finish, which sadly comes a fraction too late for me 4:00:49sec where is St Dakin when you need him?...probably on the Holy Pork Pies! News was better from the rest of my travelling companions, Dave finished in 3:39 completing a memorable double of this race and Snowdon in sub 4’s. There is a very small percentage of the

marathon fraternity who can lay claim to that achievement.



Angela powers to the finish

Angela, as ever put in a strong performance in 3:44, which ends a year when she has again qualified for London as right of time, and achieved so many high placed finishes in her category.

The Beast of Bodmin came home in 3:51, which when added to his Jungfrau exploits rounds off a brilliant year for Jon, at midsummer even I had grown tired of beating him. Today I was put in my place, and quite right too, you will not find a more resilient or gutsy runner anywhere.

So thus ends another Marathon year, and I feel it's a year Roadhogs should be proud of;

- Simon ran a great time at Blackpool, as he always does in his annual marathon outing.

- Rob running two memorable Marathons back to back at Bungay and London, and then a top 25% finish at the Jungfrau, probably the toughest marathon in Europe.

- Jerry who has suffered many injury set backs in recent years, "went for it" on a warm day in Nottingham, smashing his PB, and then going even better at Leicester.

- Nick opened his marathon account at London and I'm sure with more experience will follow his Mentor into the sub 3 club, of genuine elite athletes.

- Lots more of us took on the challenge of the marathon, and fought our own Demons out on the roads, maybe not in the times we wanted, but we reached the finish, for which on any day, we should be proud of.

Almost forgot there is time just for one more marathon this year in Liverpool, managed to talk Jon into the trip on new years eve! "heads and gas ovens comes to mind"



John, already thinking of his next Marathon

2011 starts with the Gloucester Marathon on January 23rd its cool weather, reasonably flat, and has PB potential, perfect for breaking the 4 hours. My former companions have all abandoned me to my own form of insanity, so if anyone wishes to join me they are most welcome.

John Stew

For the Record

Barrow Boxing Day Handicap		
Ceri Davies	23 rd	39.23
John Stew	48 th	42.20
Ruth Stevely	126 th	49.30
Richard Norton	180 th	58.02
Liverbird Marathon		
Jon Heap	13 th	3.42.12
John Stew	14 th	3.42.12
Turkey Trot		
Mark Chamberlain	17 th	1.20.28
Miguel Flores	171 ^s	1.36.46
David Luyt	235 th	1.41.17
Dave Swan	396 th	1.50.11
Hitesh Pandya	458 th	1.54.02
Sumina Azam	558 th	2.00.45
Dan Bannatyne	661 st	2.09.31
Bedford Half Marathon		
Dale Jenkins	268 th	1.34.49
Cornish Marathon		
Dave Lodwick	57 th	3.39.44
Angela Ladkin	69 th	3.44.23
Jon Heap	85 th	3.51.01

Jon Stew	113th	4.00.49
Seagrave Wolds Challenge		
Jerry Wilkes	20 th	1.59
Ludovic Renou	30 th	2.01
Dale Jenkins	77 th	2.12
Charlotte Wood	266 th	3.15
Rob Milstead	268 th	3.15
Shepshed 7		
Craig Atton	58th	47.42
Dale Jenkins	75th	48.38
Roger Kerridge	124th	51.35
Angela Ladkin	154th(1st V45)	52.48
Baz Barratt	163rd	53.05
Rob Taylor	180th	53.31
Jackie Brown	254th	56.31
Rutland Water Marathon		
John Stew	86th	3.41.40
Jon Heap	112th	3.47.33
Workshop Half Marathon		
Dale Jenkins	269th	1.33.48 (PB)
Neil Winkless	880th	1.50.22
Snowdonia Marathon		
Dave Lodwick	305th	3.48.07
Abingdon Marathon		
Rob Milstead	160th	3.14.17
John Stew	355th	3.41.01
National Forest 10K		
Dale Jenkins	32nd	43.56

waited half an hour. Also they closed off one of the car parks. This meant that the start was delayed a while. But the weather was quite bright and a little cold, so the new Roadhogs mobile changing and storage facility (tent) made its debut and we joined the other clubs in the tented village.



Jackie: 2nd lady Hogg

The races are getting bigger. Over 400 lined up at the start, including 15 Roadhogs. Ruth Stevely, Valerie Spezi and Ian Bass made their first cross-country appearances for us, and it was nice to see Rex back after 2 years out. I am not able to run at the moment so I watched the race set off then back again as they completed the first small loop by the reservoir. This course is 2 laps and returns to the start four times so there are good opportunities to see how your runners are doing. There are 2 really steep hills in the middle of this course with muddy pathways in between and tight turns everywhere. Nick was 11th at halfway but in touch with runners ahead of him and finally passed the 9th runner in the last mile. Jerry was nursing an injury but still went for it. Dale is getting better as he gets older, by the time he is 90 he will be winning races. Miguel is improving race by race. Then the middle order of Stefan, Paul and Hitesh and then Ian and Rex. Stick with it Ian, you will improve.

New girl Ruth led the ladies in then Jackie and Sumina closely followed by Trudy who was having her best race in a long time, then Hannah and Valerie.

Thanks for the muffins Trudy.

We need more, faster, young men out there.

RESULTS:

Birthdays

January

9th Emma Raven
17th Martin Capell
19th Rebecca Bromwich
23rd Jen Ratcliff
27th Sumina Azam
28th Miguel Flores
31st Rob Milstead

February

2nd Emma Klimowicz
8th Keith Dakin
15th Hannah Bishop
16th Stefan Turner
23rd Adrian Stanley
23rd Matt Topham
24th Peter Sloneczny

Derby Runner Cross-country league race 2 - Foremark, Sun 21 November

Another good Roadhogs team performance best sums up the day. Getting into the Foremark race was the first obstacle; there is an automated barrier (one of those bollards that goes up and down) at the entrance, which Severn Trent Water did not switch off despite being asked. So a long queue formed on the road as everyone had to wait their turn to put the money in and make the bollard sink into the ground ... we

MEN:

9th Nick Cobleby 33.48, 92nd Jerry Wilkes (V40) 39.34, 106th Dale Jenkins (V50) 40.32, 102nd Miguel Flores 41.02, 176th Stef Turner 44.54, 197th Paul Langham (V40) 46.10, 208th Hitesh Pandya (V40) 46.45, 250th Ian Bass (V40) 56.03, 261st Rex Stapleford (V70) 64.23, 266 finished.

LADIES:

47th Ruth Stevely 46.21, 67th Jackie Brown (V40) 48.51, 94th Sumina Azam 52.34, 96th Trudy Sharpe (V40) 52.46, 112th Hannah Bishop 54.31, 129th Valerie Spezi 58.31, 147 finished.

TEAMS (div 2):

Men 10th, Ladies 5th, Combined 9th

TEAMS after 2 races:

Men 5th, Ladies 5th, Combined 5th

Huncote Hash, Sun 2 January

Roadhogs were out in force at this year's Hash. The fancy dress theme this year was fairies so a few Huncote runners were dressed up with wings and pretty dresses, and that was just the men. Also the gorilla was back, and a 'pink ladies' team from the Grease film. Roadhogs were properly turned out in club colours. The course was soft but not too wet. The middle section is tough, millions of steps up to the quarry ridge, a run along a steep camber where it was hard to keep your balance, then a long and very steep climb up Croft Hill. The brook near the finish was cold and shin deep.



Hannah keeping one of the fairies at bay

Nick as usual flew round and bagged another top ten place, Ludo and Jerry were not far behind and finished together, but I didnt see if they were holding hands. Then Kelly, just ahead of

Dale and further back John, Jon, Rob and Jackie. Valerie moved ahead of me and Hannah about half way and kept her pace all the way. We brought up the rear but neither of us has run for a while or we might have won it. The Hash is always an enjoyable race, a tough run but not too serious, and the soup and bread afterwards is really appreciated.



Rob enjoying his New Year detox

RESULTS (252 finished, overall positions):**MEN**

10th Nick Cobleby 43.48, 35th Ludovic Renou 48.49, 36th Jerry Wilkes (V40) 48.51, 61st Kelly Wilder 52.38, 63rd Dale Jenkins (V50) 52.53, 107th John Stew (V50) 57.20, 117th Jon Heap (V40) 58.19, 120th Rob Taylor (V50) 58.31, 219th Richard Norton (u/a) 73.41, 229th Kim Richardson (V50) 78.29

LADIES:

148th Jackie Brown (V40) 62.28, 214th Valerie Spezi 72.31, 228th Hannah Bishop 78.29,