

Roadhogs Leicester A.C.



January/February 2012

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



Mission Accomplished!

Valérie and Clare both recorded their first sub-2 hour Half Marathons at the Turkey Trot. These days just getting a place is an achievement in itself! Perhaps this explained their determination not to let the opportunity go to waste. For Clare it had come more quickly but for Valérie it was the culmination of a journey that started at Easter 2010 when she completed her first Half at Hose. Things started to accelerate in 2011 as she broke her PB no less than 5 times.

The challenge for 2012 is build on this good base and have a crack at the Marathon. Valerie and training partner Richard are already knocking out 15 mile runs, so the prospects are good.

A Christmas Cracker!



Congratulations to Tom and Nicola on the safe arrival of Amy Florence Elsie Martin, born December 18th 2011.

Science Watch



A recent study showed that epicatechin a flavonoid found in chocolate and green tea boosts the effect of exercise training. In a follow up study the same group of scientists showed that epicatechin could reduce the loss of fitness that occurs when exercise training ceases. The studies, published in well respected scientific journals showed beneficial changes in muscle structure and increased endurance after 2 weeks of treatment. The catch? The studies were carried out in mice and it is unclear how much chocolate a human would have to consume to achieve an equivalent dose of epicatechin. So, should chocolate become part of the athlete's nutritional toolkit? Most commercial chocolate has a low cocoa content and epicatechin levels are reduced further by harsh processing methods, so the detrimental effects of the high fat and sugar content are more likely to dominate. However, a little personal experimentation with some expensive dark chocolate might be in order..... All in the name of scientific progress, of course!

Member News

We're pleased to welcome John, Sara and Adam to the club.

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Marathon Review 2011

Roadhogs ran 67 marathons last year.....Two idiots ran 49 of them.....more on them later!

10 other Hoggs have contributed to the tally, and the quality and not quantity has come from them...

Ludo joined the "Elite Athlete Class" at Nottingham in September by finishing in 2:53:34 and followed that up 7 weeks later with a 3:18:21 on a tough Snowdonia course with no training!!



Rob: Swiss Success

Rob Milstead headed to Zurich for his Marathon performance of the year, and finished in 3:07:14, yet another PB. This now represents a 1 hour and 40 minute improvement to his PB over the past 4 years, which is truly phenomenal. Infact Rob too, as a V55 athlete ranks with the best of his age group in the country.

Paul Langham has been searching for his 1st sub 4 marathon, and has suffered, as many of us do, by missing out by a few minutes on a number of occasions. Barcelona brought him a change of fortune, he ran 3:54:37, and followed that up with another sub 4 in London. Sadly he had some health problems in the middle of the year, but judging by his time on the Huncote Hash on New Years Eve, that is now behind him, and I hope he starts looking for a 3:45:00 which he is capable of!!

Jerry supplied our only true Ultra performance of the year by finishing 5th in 6:23 at the 40 mile Coventry Way Challenge, and followed that up with a solid run at the Leicester Marathon.

Dave Lodwick ran the Birmingham Canal Canter, and even added a few extra miles to make it more interesting, but still finished 18th in 4:45, and went on to run Gt Langdale and Snowdonia in the autumn.

Ruth ran the 26.2 mile distance this year, after recovering from injury sustained in her preparation, and finished sub 4 at London.

Simon and Baz, not new to the Marathon made their appearances at the London and Belvoir marathons respectively.

Angela was 1st Lady at the Gin Pit marathon in March, and I hope she continues her impressive marathon career at her new base in the North!

Hitesh came out and ran Leicester, sadly he chose Jon Heap as his pace maker, which was unfortunate, from my experience telling the time is a struggle for him, never mind average pace! Hitesh narrowly missed 4, but I'm sure he has the ability to break the barrier.



Jon: Powering through another Marathon

Mr Heap and I continue our quest for 100 marathons into 2012, we ran our first of the year on 2nd January, and we now head on to Gloucester and then another 20 or so day trips! I wish everyone well for the 2012 marathon season. I am pleased Valarie and Dan make their debuts over the distance in London, and seeing them both improve so much over the past year, I'm sure they will put in good performances.

If anyone wants to run a marathon at some point in this or any other year, but does not really want to do it alone Jon and I would be happy to run with you.

“Everyone should do at least one Marathon sometime”

....an extract from the teachings of St Dakin....who it is rumoured will be on the streets of London in April....his followers wish him well!!

John Stew

For the Record

Shepshed 7		
Colin Bowpitt	49th	48.01
Dale Jenkins	65th	49.18
Roger Kerridge	77th	49.45 (PB)
Dan Bannatyne	135th	52.59 (PB)
Rob Taylor	160th	54.05
Jackie Brown	172nd	54.55 (PB)
Ruth Stevely	197th	56.29 (PB)
Keith Dakin	236th	58.24
Amy Rudkin	265th	60.00 (PB)
Clare Mendes	273rd	60.48 (PB)
Enigma Poppy Day Marathon		
Jon Heap	18th	3.51.33
John Stew	25th	4.01.55
Seagrave Wolds Challenge		
Valerie Spezi	198th	2.58.22
Rex Stapleford	239th	3.10.18
Luton Marathon		
Jon Heap	256th	3.51.33
John Stew	452nd	4.43.10
Turkey Trot		
Miguel Flores	48th	1.26.24
Clare Mendes	630th	1.58.50(PB)
Valerie Spezi	637th	1.59.07(PB)
Richard Norton	736th	2.06.31
Bedford Half Marathon		
Jerry Wilkes	272nd	1.33.31
Dale Jenkins	478th	1.39.34
Colin Bowpitt	479th	1.39.34
Christmas Enigma Marathon		
Jon Heap	13th	4.15.43
Barrow Handicap		
Simon Fryer	30th	41.04
Dale Jenkins	43rd	42.25
Dan Bannatyne	89th	46.37
Ruth Stevely	88th	47.24(PB)
Jackie Brown	96th	47.42
Clare Mendes	166th	54.12
Richard Norton	171st	55.01
Holly Winter Challenge		
Jon Heap	7th	4.30
John Stew	12th	5.29
Enigma Winter Marathon		
John Stew	23rd	4.06.51
Jon Heap	28th	4.13.28

Birthdays

January

7th Janet Hall
 9th Emma Raven
 17th Martin Capell
 19th Bec Bromwich
 27th Sumina Azam
 28th Miguel Flores
 29th Hamir Godhanian
 31st Rob Milstead

February

2nd Emma Klimowicz
 8th Keith Dakin
 15th Hannah Bishop
 16th Stef Turner
 23rd Mat Topham
 24th Peter Sloneczny

Getting' Muddy with Kim

Derby Runner League Race 3 - Foremark Reservoir 20/11/11

It was cold and foggy at Foremark. But the ground was still quite firm so good conditions to run. We had 17 runners which is another great team effort for Roadhoggs and we filled the club mobile accommodation centre. But first you had to queue to get through the car park barrier; unless you arrived early you had a long wait. In the end the Severn Trent guy lifted the barrier and we all drove through without paying, but once again the race was delayed by the parking queues and I will tell the League that this must be solved next year or we should not use the Foremark venue. Although it was cold, our tough Roadhoggs girls threw off their warm tops and ran in their club vests, but the guys ran in extra layers and long sleeves so were not so tough today. The course is 5.5 miles, two laps starting and ending by the reservoir. There are two wicked hills in each lap which are a real test, but then a long straight on a gravel path to the end so there's an opportunity to pick up the pace. As captain I bravely decided not to run so I could be there to shout encouragement at halfway and at the end.

Nick ran another stormer and another top 10 finish, but ... there was Mike Munday again just in front. It must drive Nick nuts. Rob Taylor had to drop out with a recurring injury. Of the rest, Miguel was next in and then Ceri, Jerry, Dale, Colin (getting closer to Dale) and Dave in close order. Hitesh, Steve and Sam followed. For the girls, Ruth scored a rare win over Jackie, followed by Trudy, Claire and Valerie. Thanks to all, the combined team finished 6th in the top division, beating some of the bigger clubs.

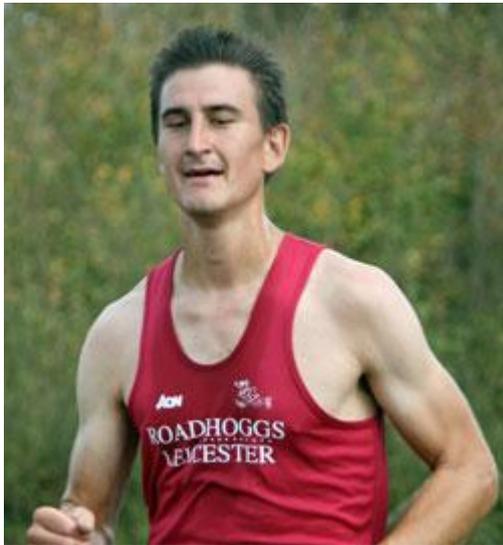
RESULTS:

MEN: 7th Mike Munday V40 32.13, 8th Nick Coble 32.26, 60th Miguel Flores 36.19, 100th Ceri Davies V40 38.15, 116th Jerry Wilkes V40 39.05, 143rd Dale Jenkins V50 40.03, 144th Colin Bowpitt V40 40.05, 150th Dave Lodwick V50 40.27, 237th Hitesh Pandya V40 45.43. 259th Steve Wheeler V40 47.28, 275th Sam Richardson 51.13, dnf Rob Taylor V50, 290 finished.

LADIES: 32nd Ruth Stevely V40 45.08, 39th Jackie Brown V40 45.51, 74th Trudy Sharpe V40 49.53, 78th Claire Mendes 50.18, 97th Valerie Spezi 55.15, 118 finished.

TEAMS: Men (div2) 4th, ladies (div2) 6th, combined (div1) 6th.

TEAMS AFTER 2 RACES: Men (div2) 2nd, ladies (div2) 6th, combined (div1) 6th



Nick: Settled in the top 10

Derby Runner League Race 4 - Allestree Park 4/12/11

It was cold at Allestree Park on Sunday. When you were out in the open the sun warmed you a little, but for the most part there was a cold wind and we were grateful for the hospitality centre so we could get some shelter before and after the race. The car park was a half-hour walk away, not the ten minutes which the hosts Shelton advertised in the race information, so by the time you arrived at the race you had already warmed up. Sam carried the tent for me, which I figured would wear him out when we raced together. The course was very pretty, two laps around Allestree Park and the adjoining golf course. They said there was 'a hill' in each lap, but what they didn't say was that it was three long and steep and muddy hills that came one after the other so you never got a chance to

recover in between them. In fact, each lap was pretty much one-third flat, one-third climbing and one-third downhill. They were long laps too, just over three miles round so the race distance was longer than usual at over 6 miles. And finally we had some mud! After three races on hard ground we had some muddy sections here which was almost a pleasant change.



Mike: Great form over the country

In the race, Mike and Nick further improved their positions in 4th and 6th places, great runs again at the front of the race. Mike stopped before the finish, jumped in the air, and did press-ups. If Nick was close enough he would have stood on him. Next in was Ludo, still not 100% after his marathon injury so his 38th place was fine, especially after falling twice during the race. Miguel was just behind, continuing his improvement with every race. Then Ceri, Dale (who is also improving race by race), Dave and me. Finally Sam trudged up the climb to the finish and collapsed to the ground ... my tent plan had worked. For the girls Ruth got ahead of Jackie again, and Jackie leads Ruth by just one point now in the league table. They were backed up by Trudy, Claire and Valerie who really struggled round as she had ran 15 miles just the day before - you should be pleased with your run Valerie. Hannah was there to take the results for us (thanks Han) and then in true Roadhoggs style we all enjoyed coffee, mince pies and cake before the long walk back to the car park.

Roadhoggs bagged 3rd and 4th in the men's and ladies team positions, and are sitting in the same positions in the overall league after 4 races. Who will finish highest this season? It is becoming a battle between the sexes! My thanks to all who ran, and also to all who helped at the primary schools races at Prestwold on the previous day, and extra special thanks to Dave, Dale, Trudy and Mike who did both.



Ruth is really taking to cross country

RESULTS:

MEN: 4th Mike Munday V40 39.17, 6th Nick Cobley 39.36, 38th Ludovic Renou 44.12, 42nd Miguel Flores 44.40, 81st Ceri Davies V40 47.35, 102nd Dale Jenkins V50 49.12, 107th Dave Lodwick V50 49.52, 191st Kim Richardson V50 61.55, 195th Sam Richardson 62.29, 205 finished.

LADIES: 36th Ruth Stevely V40 56.07, 38th Jackie Brown V40 56.33, 61st Trudy Sharpe V40 61.41, 65th Claire Mendes 62.55, 78th Valerie Spezi 67.34, 98 finished.

TEAMS: Men (div2) 3rd, ladies (div2) 4th, combined (div1) 4th.

TEAMS AFTER 4 RACES: Men (div2) 3rd, ladies (div2) 4th, combined (div1) 6th

Gaddesby Gallop

The Gaddesby Gallop is back. This is a very pleasant and informal 5.25 cross country race across the fields around this lovely village. There were only 100 or so in the race and 8 of them were Roadhogs! But a few of us had the excuse that we were at firms' Christmas parties the night before so were not expecting much. It was all very muddy and uneven and hard to get a grip even in spikes, but at least the weather held out and it warmed up as we ran. I was warned that there were obstacles added to the course but the starter told us that the dewpond was dry so we avoided that. There was a drainage pipe to get through but that was also dry and full of rubble so you just had to stoop and step through carefully. And near the finish there was a stream to wade along; the marshals there kindly told the runners where the shallow sections were, but they were still deep!

Nick as usual stormed round to 4th place, just missing out on the prizes. Dale, Dave (whisky), Sam (gin) and me (wine) followed him in. Ruth led our ladies home; she is really taking to cross country these days, then Jackie (wine) and Trudy (curry). You wouldn't think we were athletes really. Then after the race we sat by an open fire in the village pub for the presentations, which I thought was the best part of the race.

RESULTS:

Nick Cobley 4th, 33.40; Dale Jenkins 18th, 39.59; Dave Lodwick 20th, 40.40; Ruth Stevely 37th, 45.42; Sam Richardson 50th, 49.18; Jackie Brown 54th, 49.55; Kim Richardson 61st, 51.54; Trudy Sharpe 76th, 55.24.



Trudy: If I close my eyes, Dave won't see me

Huncote Hash

Kim would have been proud! Our inspirational leader might have been helping City secure a vital point against Pompey but the mudhogs were out in force. An unseasonably mild day attracted a record field of 339, many of them in fancy dress. The famous gorilla was joined by Buzz and Woody, American footballers, mobsters, pirates and more cross-dressers than a season full of pantomimes. Not to be outdone, our Jackie and Clare M were sporting very fetching tutus. Looking at some of the costumes afterwards, it would have been a good time to have shares in Sketchley's!

Nick was first Hogg home in 8th but will have been less than happy to have been beaten by his friend 'Mr Motivator'. Ludo cruised round, finishing a very respectable 28th while Dale put in his usual consistent performance. Jerry was

taking it easy having emulated the Triathlon Club by biking to the race, easing past Dave in the last mile. It was good to see Paul back racing and great to see ultra man Chris Peach, too. It was also an unexpected pleasure to have Martin tackling the muddy stuff (in road shoes - brave man!). Jackie was the first of the tutu twins back. John was having a loosener between Marathons so he gallantly offered to protect Trudy from marauding gorillas. These two were followed by Clare and her muddy tutu. It was great to see Rex, and Rich (who was also struggling in road shoes) got the opportunity to see a master of the muddy stuff show how it's done.



Clare finally finds some mud at Allestree

RESULTS:

Nick Cobby 8th, 43.56; Ludo Renou 28th, 47.54; Dale Jenkins 66th, 52.06; Jerry Wilkes 74th, 52.56; Dave Lodwick 81st, 53.14; Paul Langham 116th, 55.56; Chris Peach 141st, 58.47; Martin Capell 145th, 59.23; Jackie Brown 179th, 62.47; John Stew 288th, 73.30; Trudy Sharpe 289th, 73.30; Clare Mendes 293rd, 73.46; Rex Stapleford 305th, 75.55; Rich Norton 306th, 76.22.

