

Roadhogs Leicester A.C.



March/April 2009

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

At Last.....He's Done It!

John finally succeeded in getting the monkey off his back (it must have seemed like the full 300lb gorilla, at times) when he smashed the 4-hour barrier in the Draycott Water Marathon. His time of 3.40.41 was 23 minutes inside the best of his string of near (and not so near) misses. After years of trying, John finally found the magic, "quick fix", route to Marathon success - he trained harder than he's ever trained before (and then he trained some more....)! Those of us who have been struggling to keep pace with him on a Monday are not in the least bit surprised at the size of his leap forward. Hopefully, John can use this excellent form to lower a few more of his PBs over the coming months.



Congratulations!

To John and Julieann Hallissey on their recent wedding and to Steve and Pat Martin on becoming grandparents. Oh, and we shouldn't forget uncle Tom either!

A Warm Welcome

We are delighted to welcome Emma Klimovicz and Kelley Wilder to the club.



Perfect 10!

Roadhogs celebrated the start of the league season by fielding a record 10 ladies. Congratulations to; Clare, Anita, Annemarie, Fazila, Rachel, Fiona, Trudy, Alison, Rebecca and Charlotte.

50 Not Out!



Alison completed her 50th consecutive LRRL race at Barrow. She is seen here receiving a commemorative certificate from League sponsor Rob Pullen of Leicester Running Shop.

In This Issue

Presentation Evening (Page 2)
Mud, Mud, Mud (Page 4)
LRRL Reports (Page 7)
Summer training program (Page 9)



Roadhogs' Presentation Evening

Mark, Sharon and their team put on another successful evening for our annual awards dinner. We were also treated to some excellent musical entertainment. Unfortunately, Keith blotted his copybook by actually learning a funny joke, thus forgetting the first rule of alternative comedy! Luckily, our plucky stand-up was saved by the inimitable Paula, complete with baby - surely it can only be a matter of time before social services catch up with her!



Athlete of the Year: Rob Milstead



Road Running Athlete: Nick Cobley



Cross Country Athlete: Dale Jenkins



Most Improved Athlete: Simon Fryer



Services to Roadhogs Award: Colin Smith



Chairman's Award: Craig Atton



Tom accepts the award on behalf of Craig.

Welcome Back Mal

It is a great pleasure to welcome Mal and Carole Blyth back to the fair City of Leicester after their sojourn on the Essex Coast. Mal, patriarch of one of the great Roadhogg dynasties, made his name in the "glory days" of race walking. When he moved to the coast, Ron Wallwork, writing in the *Essex Walker*, gave the following description of his achievements.

"... Mal clocked sub 80 for 10 miles, just over 2.51 for 20 miles, 4.47 and some odd seconds for 50 km and in 1966 qualified as Centurion 384 in 20.26.15. He placed individually in County and area championships and collected a number of national team medals..."

Mal, who used to travel from Clacton to attend the club AGM, has already been seen supporting our runners at the Charnwood Hills and helping out at the recent Kibworth 6.



Birthdays

March

10th Mark Chamberlain is 43
 10th Kim Richardson is 56
 10th Steve Martin is 60
 12th Emily Page is 26
 21st Rachel Moyes is 39
 22nd Craig Atton is 34

April

6th Tom Martin is 30
 6th Mike Munday is 45
 24th Dave Swan is 63
 30th Jon Heap is 40

Gettin' muddy with(out) Kim

Derby Runner League Race 4 - Grace Dieu 18/1/09

Well the girls showed the guys what its all about at Grace Dieu. For the first time we had a full ladies team of 4 with Fuzzy Hajat making her xc debut and supporting Clare, Rebecca and Trudy. It was a bright but cold day, and the course mostly involved climbing up a rocky and muddy trail to the top of the Andes. The finish was at the top of a steep grass bank on the school field, not at the bottom, and our girl runners seemed to appreciate this judging by the language they used as they struggled up it to encouraging shouts from the men. Anyway Clare came in a terrific 10th and Rebecca also had a great run in her bright new shoes to finish 20th. With support from Fuzzy and Trudy the girls team finished 4th, yes 4th, in their division. Well done you girls!



Only one more lap to go!

For the men though it was more disappointing; only 5 of us ran so we did not finish a team for the first time this season. Nick led us in (again), then Dale and Dave having their usual battle with Dale clearly inspired by the Roadhogs Cross-Country award he won at the presentation night a week ago. Then came Edmund, not at full fitness but giving us a last race before he departs for Australia (look out for him on Home & Away) and then me.

After the race we wanted to take pictures of our first ever ladies team in their mud-covered kit to start a club calendar, but Dave's camera overheated.

MEN: 37th Nick Cobley 37.05, 104th Dale Jenkins (V40) 42.02, 113th Dave Lodwick (V40) 42.22,

143rd Edmund Ward 44.55, 193rd Kim Richardson 51.53, team (Dvn 2) unplaced, overall 9th.

LADIES: 10th Clare O'Neill 42.38, 20th Rebecca Bromwich 44.35, 83rd Fajila Hajat (V40) 59.29, 88th Trudy Sharpe 61.41, team (Dvn 2) 4th, overall 7th.

Combined team overall 9th

Derby Runner League Race 5 - Foremark 15/2/09

Last year it was Kim's dodgy satnav sabotaging the team, this year some cunningly placed road works nearly did the trick. We had to drive home in convoys; otherwise the ladies would still be touring the lanes of Derbyshire. An assortment of injuries and the rival attraction of the Stamford 30K meant we failed to get a team, again. Still, due to the intricacies of the scoring system (known only to Stan, the Zen master from Hatton) our 3 ladies were awarded some well deserved points. As for the men, we were rudderless without Captain Kim, who was attending a birthday lunch.



It's those "lucky" shorts again.

The Foremark course is a two-lapper with plenty of variety and a good measure of up and down. Most of the snow and ice had gone, so conditions were fair but with enough mud to make the hills challenging (a bit like running up the "down" escalator). Nick cemented his position as top Hogg with a solid 51st place finish. Best of the rest was Adrian (91st) followed Dave (100th), John Hallissey (102nd) and Dale (104th) who had a good battle on the way round. Rebecca was first Hogette in 27th and was ably supported by Trudy (70th) and Fazila (75th). Five or so miles of mud and hills was obviously not enough for Bec because she had Trudy drop her off at Markfield, on the way back, so she could run home.

MEN: 51st Nick Cobley 38.29, 91st Adrian Stanley 41.36, 100th Dave Lodwick (V40) 42.02, 102nd John Hallissey 42.09, 104th Dale Jenkins (V40) 42.20, team (Dvn2) unplaced, over all 9th.
LADIES: 27th Rebecca Bromwich 45.56, 70th Trudy Sharpe 58.58, 75th Fazila Hajat (V40) 59.58, team (Dvn2) 6th, over all 6th.
Combined team (DVn2) unplaced, 9th over all.

SM: Nick 21st. V40: Dale 28th, Dave 30th. V50: Kim 22nd.
SL: Rebecca 10th, Trudy 19th.

Huncote Hash

You know it's a bad day when you get passed by a nun and a jester. At least the gorilla didn't get me! It's a very strange sensation waiting for a race to start, watching a gorilla go through his limbering up exercises. He was obviously taking it seriously because he had one of those sports drinks with added caffeine! Nick speculated idly/wildly as to who the mystery man/lady might be, for some reason convincing himself that it must be Phil Critchlow. There have always been a few souls brave enough to do the Hash in fancy dress but this year there seemed to be more than ever. Of course, the really brave bit is when you take the muddy costume back to the hire shop afterwards.....



John shows off the famous red shoes

There was an excellent turn out of Hogs but for some reason Kim "hadn't managed to find a slot in his winter race schedule". I'm warned that any idle speculation about the quantities of food and drink he'd consumed over the festive period will be referred to his lawyers. The course is described as "real cross country" and it is certainly not for the faint hearted (i.e. road runners). The section round the quarry seems to be getting slightly easier but by contrast, Croft Hill seems to be getting harder! (Or is that old

age?) As I stood at the start, the guy next to me asked what the course was like. When I had finished, Kim like, extolling the virtues of mud, water, sand and more mud, I looked down at his feet to see the whitest shiniest pair of road shoes you'd ever seen.



If bananas are good enough for Phil the gorilla...

For the third time this season it was Nick (35th) who had the honour of being leading Hogg. As far as he was concerned, the most important thing was that he had managed to out sprint "Rudolph the Red Nosed Reindeer". Rob, who admits he doesn't take cross country completely seriously, nonetheless recorded a creditable 55th. Dale (76th), suffering from his customary chest infection, faded in the last mile finishing just behind Dave (73rd). John Hallissey, his retina-burning red shoes restored to full power, put in another strong performance for 87th, followed by John Stew (96th); who slashed a couple of minutes off his 2007 time. Trudy (203rd) was the only Hoggette to brave the mud, finishing just behind a whole "Sweeney" episode's worth of cops and robbers (Leicester Tri Club in festive mood).



Who's that idiot with a camera?

“And what of that gorilla”, I hear you ask? Well it wasn’t Phil - he won the race by a full minute - and it couldn’t have been Kim (have you ever seen him doing a pre-race warm up)! Penultimate finisher, he still had plenty of time to polish off the post race bananas (well soup and roll, actually) before last man Steve from Desford finished (220th).

Charnwood Hills Race

Seven Hogs took on the biggest challenge that Leicestershire has to offer - the 13.5 mile/470m ascent Charnwood Hills Race - in near zero degree conditions. Snow was falling by the time the last runners made their way to the finish.



Baz rarely misses the chance to pit himself against the challenge of Charnwood

Last year, Nick fulfilled a promise to his late dad by completing the race. It is a measure of how far he has come in the last year that he improved 176 places and over 20 minutes. Karl, Craig and Dale were having their first taste of the “Hills” race. The terrain would have been familiar to the Attons from the Round Leicester but having to run UP Beacon Hill as well as DOWN would have come as a bit of a shock! Both acquitted themselves well; Karl in 94th and Craig 126th (running up all those Bath hills must be keeping him in shape). Dale (running without his club vest to confuse the waiting paparazzi) was 155th and Chris (who probably found the race a bit shorter than he’s used to) broke the 2-hour mark for 178th. Baz really couldn’t get going this time, finishing in 239th - his lowest ever finish he said (he’d obviously erased memories of 2007).

The day after the race, I had an email from a 73-year old ultra/Marathon runner from the Milton Keynes club. He said he’d only been able to finish the race because of the help our final

finisher, who he described as “a credit to your club”, had given him over the final miles. Step forward and take a bow, Fazila!



Our good Samaritan

Congratulations to Nick (62nd) 1.45.34, Karl (94th) 1.49.34, Craig (126th) 1.52.59, Dale (155th) 1.56.51, Chris (178th) 1.59.20, Baz (239th) 2.06.41 and Fazila (390th) 2.43.04.

LRRL Barrow 6

It was great to be back and to see so many smiling faces. A nice cold, dry day with little wind and a record field of 545 lining up for the start of another season - perfect! We had a record 10 ladies in a contingent of 28 Roadhogs. For the first time in over 2 years we were without Peter - hopefully we'll have him back, fully restored, soon.



Clare: Too fast for the cameraman

First lady home was Clare O'Neil (34th) a classy performance in her first road race for the club. Hot on her heels (36th) was Rebecca who came straight from a night shift to set a new PB of 44.27 - how's that for determination? You wouldn't have known it, but our next finisher, Charlotte, was running her first ever race. After a cautious start, she went through the gears to finish in a fantastic 49th (46.02). Skipper, Rachel had to move fast just to get to the start so 83rd was a fair return for our final counter. It was a pleasure to welcome back Fiona (113th), who hasn't raced for a while, and Fazila (140th) whose last outing was the Leicester Half Marathon in October. Splitting these two was Trudy (126th), who is gradually working her way back to full fitness. Next up were Anita (146th) and Annemarie (148th) (hopefully) enjoying their first taste of racing. Alison (158th) just couldn't get going, but she still managed to be the first lady in the club (and who knows, possibly the whole League) to complete 50 consecutive LRRL races, a run which goes back to May 2004. 166 finished.

The men's field was incredibly strong. Coritarians seem to have signed most of the County's quickest vets and several other clubs have strengthened their squads. Mark's sub-6

minute mile performance was easily on a par with the best of his races last year, but here it was only good enough for 37th. Nick put in an excellent run, beating 39 minutes (a PB, I suspect) but still couldn't break the top hundred (114th). Close behind (130th) was a fantastic effort by Rob, who broke his PB by a full minute (39.19). It was great to see Adrian (152nd) regaining some form and, despite claiming not to have run much since his PB in the Leicester Half, Simon (155th) was also not far away from the 40 minute mark.



No pictures! I've got an exclusive deal with "Hello" magazine

Dave (169th) and an out of sorts Ceri (188th) completed both the scoring eight and the four (vets). Tom (194th) put in his best effort since last year's Winter League, ahead of a still ailing Dale (220th). Jon (242nd) had managed to pick up a foot injury over Christmas but it won't have diminished John Stew's pleasure at beating him (240th). John also celebrated his excellent form by lowering his PB by half a minute. David C (260th) was on course for a sub 42 minute clocking until the wheel fell off (or more precisely his knee flared up again) halfway round. He limped in just in front of Edmund (263rd), who has rather taken his foot off the gas since his fantastic Marathon debut in October. Steve (295th), Martin (297th), carrying on where he left off last season, and Dave S (299th) came in in quick succession. Barry 366th was flying and Colin 372nd was delighted just to get round in one piece after the run of injuries he's had. 379 finished.

LRRL Markfield 10K

The forecast looked bad but in the event the front passed early and the rain was gone by the time we gathered. Like Barrow, Markfield

topped the 500 mark (519) and Roadhogs had an entry of 29 (although Steve made it no further than the end of the road). All 10 of our ladies who had turned out at Barrow came back for another go, which was wonderful. The men were strengthened by the welcome return of Stuart Power for his first race in over 5 years and the newly wed John Hallissey. Many congratulations to John and Julieann.



Anita learns from a master

Clare O'Neil (26th) and Rebecca (sleep is for wimps) Bromwich (29th) led the ladies magnificently. These two were ably backed up by Charlotte, who grabbed another top 50 finish (47th). Rachel (96th) completed the scoring four and she was followed by Fiona (106th) and Trudy (116th). Annemarie (136th), Fazila (141st) and Anita (147th) all did well. Anita took the eminently sensible step of latching on to the steady pace of Barry but then rather spoiled it all by deciding to run home! Alison (170th) ably demonstrated that no sleep and precious little training is not a recipe for good race times.



Annemarie: Lost in music

Mark was pleased with his 27th, having been out on the pop the night before. Nick (83rd) jumped into the top 100 as he inched closer to the magic 40-minute barrier and he was followed by Stuart who blew away some of the cobwebs in 91st. Rob (103rd) got close to his PB, set on the flat tarmac of Silverstone, and Simon (117th) continued the form that saw him bag the "Most Improved Runner" award at the recent Presentation Evening.



Happiness is.....the finishing line!

Tom (140th) continued his recent improvement, finishing in front of Dale (151st) and Ceri (164th). Behind the scoring eight were Dave (188th) and John McD (189th), both feeling like the road had been resurfaced in treacle. John Hallissey (199th) made a steady road race debut - not bad for a man who had only got back from his honeymoon in the wee small hours!

This week, Jon (205th) turned the tables on John Stew (208th), catching him in the final kilometre - we look forward to round 3 of this keenly fought contest! David C was next in, still struggling with a dodgy knee. Martin (278th) just managed to get the beat the Chairman (279th) (not sure that would be allowed in some clubs!). Colin (330th) made it one-all in the hotly contested Roadhogs VM70 category, getting the better of Barry (331st).

Kibworth 6

It's a while since Roadhogs got to promote a league race. When I arrived Race Director Colin was not a happy man - the caretaker had done a Lord Lucan and the main car park was still locked! Ron had already had some unexpected extra exercise - someone had decided to block

the road at the foot of Gumley Hill with a load of wood. Fortunately, things soon calmed down and a host of experienced hands made light work of the remaining tasks. The WI were out in force with enough cakes to feed 500. The usual club stalwarts were joined by a cheery crew courtesy of co-hosts Fleckney & Kibworth so we were able to cover all the marshal points nicely. The course is probably the hardest in the County but definitely one of the more picturesque. Once you accept that PBs are out of the question, it's actually quite enjoyable.



Colin enjoys the Winter sunshine

On the competitive side, we were well down on numbers; in addition to those marshalling, several were injured and Jon, Rob and John S were doing the Draycott Water Marathon. Nonetheless, 5 ladies and 10 men made it to the start line. Charlotte (42nd) was first lady, continuing her steady rise up the finishing order. Rachel (78th) and Trudy (95th) continued the run of improved finishes. Anita (124th) was so relaxed that she almost got overtaken on the line (we'll have to replace her chill out music with something a bit more upbeat!) and Alison (136th) seemed happier than of late. Mark gave the men his customary lead with a steady one for 25th. Behind him, the middle order lads really stepped up to the mark; Nick (61st) made light of the hills but was pushed all the way by Craig (64th) and John McD - back on form in 65th. All three were under 6.30m/m.

Craig has obviously benefitted from all those West Country hills he has been running up in preparation for the Bath Half Marathon, next month. Next up were Dave (129th) and Dale (130th) suspending hostilities and carefully checking over their shoulders to make sure there were no "after you Claude" calamities on the line. Ceri (149th) was suffering a bit, but John H produced another good performance to complete the scoring 8. Roger (198th) made a successful return to racing after a very long absence and Martin (225th) virtually matched his Markfield m/m despite the extra hills.

SPRING/SUMMER 2009 TRAINING DATES.

| | |
|--------------------------|--------------------------|
| Wed 1 st Apr | Baker's Arms |
| Wed 8 th Apr | Manor Road |
| Wed 15 th Apr | Horse & Trumpet |
| Wed 22 nd Apr | Manor Road |
| Wed 29 th Apr | White House |
| Wed 6 th May | Manor Road |
| Wed 13 th May | White Horse, Birstall |
| Wed 20 th May | Manor Road |
| Wed 27 th May | Great Glen Rec |
| Wed 3 rd Jun | Manor Road |
| Wed 10 th Jun | Dog & Gun, Kilby |
| Wed 17 th Jun | Manor Road |
| Wed 24 th Jun | Bakers Arms |
| Wed 1 st Jul | Manor Road |
| Wed 8 th Jul | Hungarton League Race |
| Wed 15 th Jul | Bradgate Pk/Inn, Newtown |
| Wed 22 nd Jul | Manor Road |
| Wed 29 th Jul | Houghton Sports Gnd. |
| Wed 5 th Aug | Manor Road |
| Wed 12 th Aug | Huncote League Race |
| Wed 19 th Aug | Bees Knees, Meridian |
| Wed 26 th Aug | Manor Road (Handicap) |
| Wed 2 nd Sep | Rose & Crown, Thurnby |
| Wed 9 th Sep | Manor Road |
| Wed 16 th Sep | Manor Road |
| Wed 23 rd Sep | Manor Road |
| Wed 30 th Sep | Manor Road |

Don't forget, March 25th is Hat Night!