

Roadhogs Leicester A.C.



March/April 2013

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



Staying Up!

After a hard-fought campaign, we managed to keep our place in Division 1 of the combined competition (based on the best 7 men and best 3 ladies). During the season, we averaged 22 finishers a race and 40 different people (12 ladies and 28 men) donned a Roadhogg vest and got muddy. All of this athletic effort was fuelled by fantastic spirit and an unending supply of

delicious cakes, courtesy of 'Cake Coordinator' Trudy and her excellent helpers. Cross country started as a bit of a minority pursuit for club members (Kim could once have held team meetings in a phone box) but now it seems we can't get enough of the squishy stuff.

Kim at 60



I know it will come as a surprise to many, given his youthful looks, but our founding Chairman has qualified for his bus pass! Hopefully, the urge for cocoa and fascination with cardigans is a little way off yet.

Kim shares his birthday with Steve Martin and Mark Chamberlain; several other members share birthdays, too. Maybe there's something about the arrangement of the planets that leads to that unique Roadhogg quality?

LRRL Update

After three races, our veteran ladies have built up a handy lead in Division 2 and our senior ladies have a narrow lead, also in Division 2. Our veteran men are bobbing along in the middle of the table (Division 2) and our senior men have just sneaked out of the relegation spots in Division 1 (but only on goal difference). There's plenty to play for in the remaining fixtures:

April 14 th	Markfield 10K
May 19 th	West End 8
June 2 nd	Swithland 6
June 30 th	Prestwold 10K
July 10 th	Hungarton 7
July 31 st	Joy Cann 5
August 11 th	Hermitage 10K
September 1 st	John Fraser 10

Member News

A warm welcome to Lorena, Rae, Mike, Morgan, Harry, Robin, Jon, Steve and Craig.

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The All England Gurning Championships looks like a foregone conclusion this year!

AGM 2013

Twenty five members of the club gathered in the upstairs room at The Cricketers to uphold the democratic traditions of the club. The club was felt to be in good health both financially, thanks to Colin's skilful stewardship and Secure One's generous sponsorship, and competitively. Both road running captains spoke of good turnouts at races and the cross country captain was positively purring at the support he is now getting!

There were two major pieces of business; the adoption of a new constitution and the creation of a pair of Welfare Officer posts. Our constitution hadn't been updated in years; the only one we could find dated from the 80's when we were 'Hogg Robinson Roadhogs' and your year's running cost you about two quid! In those days, if you didn't pay your subs your name would be placed in a 'black book' held by the Midland Counties AA. Whether or not this was followed by a visit from masked men with baseball bats was not specified!

Our new constitution (based on an England Athletics template) outlines our values and also gives us a roadmap with which to navigate the occasional storms that waylay even the best run and friendliest clubs. As part of our modernisation, John Stew and Alison Lodwick have agreed to act as club welfare officers. These posts are something that our governing bodies expect us to have and have the additional benefit of allowing us to open our doors to members who are under 18. Whilst we have no intention of starting a formal junior section it was felt that it would be a pity if we were forced to turn away 16-17 year olds or the

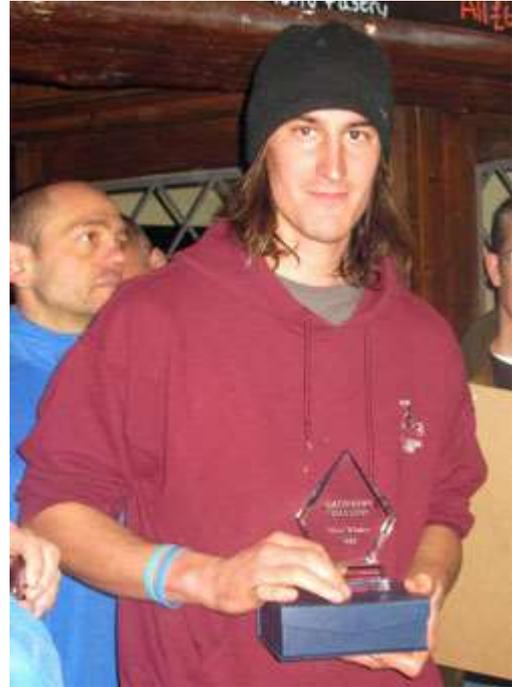
children of current members who might want to share in some of our activities.

For the Record

Barrow Boxing Day Handicap		
Simon Fryer	30th	40.32
Peter Sloneczny	37th	42.17
Dale Jenkins	38th	42.28
Dan Bannatyne	94th	47.17
Ruth Stevely	98th	47.32
Clare Mendes	134th	51.07
Trudy Sharpe	139th	51.34
Grace Robinson	146th	51.56
Jerry Wilkes	165th	53.15
John Stew	193rd	56.17
John Heap	194th	56.17
Parkrun 29/12/12		
Amy Gasper	61st	24.02
Huncote Hash		
Nick Cobley	5th	39.25
Jerry Wilkes	59th	47.16
Dale Jenkins	83rd	48.55
John Hallissey	92nd	49.45
Colin Bowpitt	106th	50.40
Steve Robinson	137th	52.13
Craig Atton	149th	53.32
Dan Bannatyne	156th	53.45
Jackie Brown	158th	53.53
Amy Gasper	199th	58.07
Barbara Hermann	200th	58.14
Clare Mendes	234th	61.18
Ian Bass	255th	63.36
Trudy Sharpe	264th	64.32
Rich Norton	308th	73.33
Lucy McMillan	319th	74.41
John Stew	320th	74.41
Parkrun 1/1/13		
Rich Norton	100th	26.14
County XC Champs		
Nick Cobley	21st	46.02

Enigma Winter Marathon		
John Stew	49th	4.58.22
Parkrun 2/2/13		
John Davies	13th	19.20(PB)
Charnwood Hills		
Nick Cobley	8th	1.39.03
Bec Bromwich	119th	2.06.14
Dale Jenkins	133rd	2.08.05
Jackie Brown	136th	2.08.20
Colin Bowpitt	153rd	2.10.14
Simon Fryer	184th	2.13.27
Baz Barratt	221st	2.20.41
Paul Langham	241st	2.24.01
Rae Clark	259th	2.28.21
Amy Gasper	270th	2.30.17
Hitesh Pandya	309th	2.41.17
Clare Mendes	310th	2.41.23
Parkrun 16/2/13		
Martin Capell	64th	23.15
Belvoir Challenge (26 Mile)		
Jerry Wilkes	13th	3.37.18
Baz Barratt	137th	5.06.00
Jon Heap	203rd	6.20.33
John Stew	204th	6.20.38
Belvoir Challenge (16 Mile)		
Dale Jenkins	79th	2.15.29
Colin Bowpitt	80th	2.15.31
Ruth Stevely	161st	2.35.06
Clare Mendes	235th	2.48.26
Valerie Spezi	308th	3.06.34
Parkrun 2/3/13		
Martin Capell	43rd	21.46
Nitin Surti	152nd	29.21

Satnav let him down again, as he led the field on a minor detour of the course, but he was still able to run away from the field to register his first victory, which on a serious note, I am sure the whole club echos my congratulations for his success. Ludo recovered from his “backward two and a half twists” in the Dew Pond to finish a fantastic 7th place. John Hallissey, Dan and Ian ran well, Clare brought the ladies home assisted by Robin, and Valerie and John brought up the rear.



Rampant Roadhogg: Not a Corro in sight!

The awards presentation was taken over by Roadhogs: Nick took away the winner’s trophy, Dan won a gallon of beer in the raffle, and the Leicester Mercury reporter quoted every word uttered by Clare at her post race press conference. Sadly, Robin did not get a mention when she thanked her “backroom” staff.

RESULTS: 1st Nick Cobley 41.41, 8th Ludovic Renou 43.59, 33rd John Hallissey 49.56, 42nd Dan Bannatyne 52.10, 75th Clare Mendes 61.10, 76th Robin Meynell 61.10, 78th Ian Bass 62.16, 97th Valerie Spezi 71.47, 98th John Stew 71.48, 108 finished.

Huncote Hash 30/12/2012

“Croft Hill under Water”

17 Roadhogs joined a record field of 348 brave runners for the annual pre-new year Huncote Hash. Due to the wet conditions (there’s a surprise!) the course had to be modified this year to remove the nature reserve and the run along the back of the quarry. Sadly due to the

Gettin’ Muddy with Kim

(With supplementary reporting by John Stew)

Gaddesby Gallop 22/12/2012

“Nick walks on water at Gaddesby”

Days of torrential rain left the annual pre-Christmas Gaddesby Gallop course fit for ducks... Those of you who ran in 2011 will remember the Dew Pond was bypassed, because it was empty, and the small detour into the brook near the end did not require the Lizard Point Lifeboat! 2012 was very a different story, the Dew Pond was full, and Ludo’s entry into the water could have pushed Tom Daley out of the medals at the Olympics!

Roadhogs were again out in force for yet another cross country event, and 8 plus “you know who’s” personal coach took to the start line in drizzle. Nick Cobley’s North Korean

depth and force of the water, the stream was also taken out of the event.

Nick again continued his fine cross country form by finishing in 5th place, there were great performances from Jerry, Dale, John Hallissey, and Colin for the men and Jackie bringing home the Ladies, with Amy and Barbara locked in a titanic struggle all the way round the course, and only split by 4 seconds at the finish. Ian and Richard again ran well, split by Trudy. I am pleased to report that the majority of Hogg's kept to the "Spirit" of the event by running through the stream, but sadly, dear reader, I have to report one amongst us chose not to do so...! This may well have had to do with instructions from her coach, or the Sat link with NBC world sport in New York, but Clare and indeed the Gorilla failed to dip their toes "in the drink"

Clare, the less furry of the two, cited unpredictable water currents, and the potential damage to the "midnight pink" nail varnish she is reportedly sponsored to wear.



Lucy conducting her love in with the camera

The John /Trudy household was rocked again by defeat to the Gorilla. John in his long winded defence of the situation stated that he felt let down by Lucy's continuous posing for David (Bailey) Lodwick's camera. This clearly produced better results than those of himself, but did give the "Silver back" an unfair advantage!

RESULTS: 5th Nick Coble 39.25, 59th Jerry Wilkes 47.16, 83rd Dale Jenkins 48.55, 92nd John Hallissey 49.45, 106th Colin Bowpitt 50.40, 149th Craig Atton 53.32, 156th Dan Bannatyne 53.45, 199th Amy Gasper 58.07, 199th Barbara Hermann 58.14, 234th Clare Mendes 61.18, 235th Robin Meynell 61.19, 255th Ian Bass 63.36, 264th Trudy Sharpe 64.32, 308th Richard Norton 73.33, 319th Lucy

McMillan 74.41, 320th John Stew 74.41, 348 finished.

Derby Runner League Race 3 - Bagworth 13/1/13

We returned to the popular course at Bagworth Heath for the 4th event in this season's cross-country league. This is always a wet and muddy course, and as the sun melted the frost it was just as wet and muddy as ever. Dave Lod was still recovering from his ankle injury at Sinai Park so elected to be photographer for the day rather than risk further injury on the mud and camber. It adds an extra dimension for the Roadhogs runners as they wonder where Dave will spring from with his camera. He would probably get arrested for it anywhere else. Speaking of getting arrested, Ruth, Clare and Rebecca all came close when they scared the children in the junior race - you will have to ask them how.



Bec breasts Old John on her way to a high finish in the CHR

From the start point where I was you saw the race pass by twice and could also see the runners on top of the ridge in the middle of the course. I was able to be a really good captain and cheer our runners by as I guarded Trudy's cake. Nick led the team in as usual with another fine 8th place. At halfway he was in 7th so held on to his place. He was in his usual lucky race shorts which unlike Nick are now beginning to wear out a bit. Rob topped Nick's style though in a very interesting combination of shorts, trackies

and hidden strapping. Next in was Jerry, and then John D who had his best xc race and broke into the top 100 for the first time. Robin was pushing ahead on his own for the first time as he only usually runs with Clare, and dug in after a fast start to stay just ahead of John H and Colin. Robin and Morgan, both newcomers, finished well up and I think we have more to come from them. Also it was good to see Chris Peach back once again. For the girls Rebecca was first home although she has been unwell recently. Then Jackie, having twisted her foot, limped to the finish like a brave Hogglette. Ruth, Amy and Barbara had their own race. And I must mention Jess who struggles round near the back but does not give up ... keep going Jess and you will improve. The course was very slippery everywhere ... John S and Clare both fell, but not together.



Jess enjoying some winter sun

Some of the men's results have been amended by one place as a runner (not a Roadhogg) went through the funnel without taking a disc.

Steve Robinson, Morgan, Jess and Robin have all signed up to Roadhogs this year because they love running through the pretty countryside so much.

RESULTS ('just over 5m'):

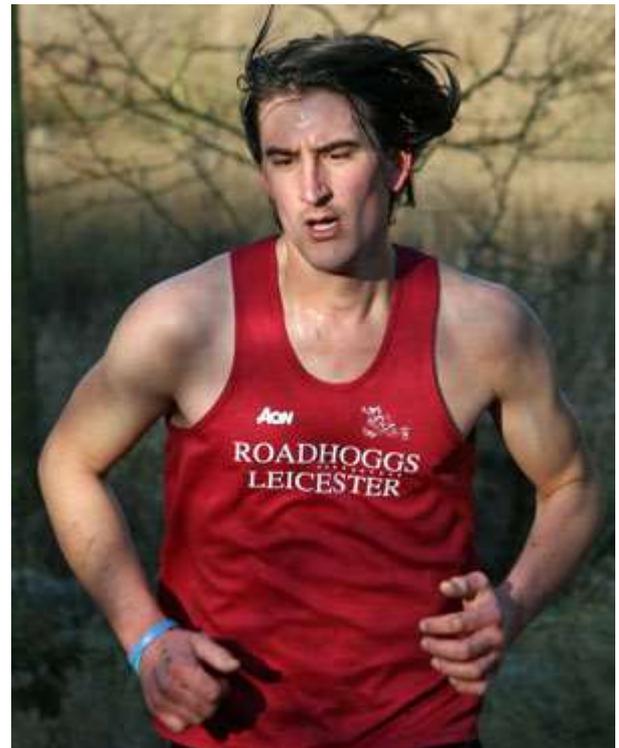
MEN: 8th Nick Cobby 33.01, 85th Jerry Wilkes (V40) 38.57, 98th John Davies (V40) 39.44, 113th Robin Meynell 40.20, 114th John Hallisey 40.23, 116th Colin Bowpitt (V40) 40.34, 117th Dale Jenkins (V50) 40.50, 135th Chris Peach (V40) 41.23, 169th Morgan Gaylard 43.19, 172nd Steve Robinson 43.37, 178th Baz Barrett (V50) 44.04, 202nd Steve Wheeler (V40) 45.48, 213th Craig Atton 47.01, 225th Rob Taylor (V50) 48.50, 245th Ian Bass 52.21, 251st John Stew (V50) 54.16, 259 finished.

LADIES: 16th Rebecca Bromwich 41.46, 32nd Jackie Brown (V40) 44.32, 54th Ruth Stevely (V40) 47.44, 57th Amy Gasper 47.57, 67th Barbara Hermann 49.42, 73rd Clare Mendes 50.41, 90th Trudy Sharpe (V40) 52.58, 137th Jess Morris 64.10, 138 finished.

TEAMS: Men 4th dvn 2, ladies 3rd dvn 2, combined 8th dvn 1. TEAMS AFTER 3 RACES: Men 4th dvn 2, ladies 3rd dvn 2, combined 9th dvn 1. TEAMS: Men 4th dvn 2, ladies 5th dvn 2, combined 9th dvn 1.

Derby Runner League Race 4 - Foremark 10/2/13

It was cold, rainy, wet and muddy at Foremark. At least we could see the reservoir, unlike last year when it was foggy. The Roadhogs team was smaller than we have enjoyed recently, we managed a good men's team but the ladies were one short so we used up our once-a-season awarded last place. This is a 2-lap course with a couple of tough hills in each lap. With the mud it was near impossible to get up the second hill without using your hands to get a grip. At least with this race you get a mile long flat straight along a gravel path after the hills, but then comes a sharp downhill with a very tight turn at the bottom where several runners slipped over.



Nick finished a brilliant 4th over all in the DRL

Jackie's hamstring was not up to the race after Charnwood Hills a week ago but she was there to encourage her team mates. We watched our

runners go by 4 times during the race, so I was also able to shout encouragement to keep going and a few compliments about good body shape.

Colin and Dave Lod both ran with injuries. Nick led the men in again, swearing as he does as he sprints to the line. Then a welcome return from Sam Jolly and great runs from John D and Dale. Robin, Colin and Dave Lod had their own race and chased each other in, followed by Steve, Baz and Ian, who was still smiling at the end. Ruth was first girl home and then Trudy, who fell but got up and carried on. Clare had a hard time but still got to the finish like a good Roadhogg. The men's team climbed from 4th to 3rd in the division, but the ladies dropped from 3rd to 4th.

Thanks Trudy and Clare once again for the cakes, they are much enjoyed by our cold and tired runners. Back at home I am drying out the club tent and tarp, so they will be ready again for Fosse Meadows this coming Sunday.



Ian has been an ever-present in this year's league

RESULTS: (5.5m)

MEN: 11th Nick Cobley 35.36, 73rd Sam Jolly 41.52, 79th John Davies (V40) 42.07, 91st Dale Jenkins (V50) 43.02, 109th Robin Meynell 44.40, 110th Colin Bowpitt (V40) 44.43, 113th Dave Lodwick (V50) 44.55, 120th Steve Wheeler (V40) 45.26, 154th Baz Barrett (V50) 48.18, 189th Ian Bass 55.35, 197 finished.

LADIES: 48th Ruth Stevely (V40) 52.25, 77th Trudy Sharpe (V40) 58.09, 79th Clare Mendes 58.29, 97 finished.

TEAMS: Men 3rd dvn 2, ladies 5th dvn 2, combined 8th dvn 1. **TEAMS AFTER 3 RACES:** Men 3rd dvn 2, ladies 4th dvn 2, combined 9th dvn 1.

Derby Runner League Race 5 - Fosse Meadows 17/2/13

It was a bright and sunny morning, and just a little cold. After a depleted team last weekend, Roadhogs came to answer the call. Lynne and I stood at the club preparation and recovery centre and stared across the field at Fosse Meadows, looking in the distance for burgundy tops coming our way. They came in their twos and threes and in the end 14 Hogs and 6 Hoggettes stood at the start. As well as plenty of runners, Craig, Jess and Valerie also came along to support the team, and Valerie became our photographer for the day. We welcomed Rae Clark to her first cross-country race for Roadhogs.



Morgan has made a promising start

This was a course which has been used before, but not for a few years. It is quite pretty and flat, but long at almost 6 miles. You would think that a flat course would be easier running but this was not, there was a lot of standing water so it was wet and muddy underfoot as usual. In fact, there was a section of almost a mile across ploughed fields which should have been the most difficult part of the course but in fact it was the easiest, as here the mud had been compacted. We stood by the brook because it's always entertaining watching the runners go through the water; some leapt in and charged across, and some picked their way more carefully and risked being splashed by someone else trying to get by. Amy took a splashing from some big guy and threw some water back at him as well, go Amy. Everyone said that a 'puddle' out on the grassland was deeper than the brook ... you were in it over your knees if you ran through the middle!



Many happy returns, Kim

Nick just missed out on the top 10 again, followed in by Jerry and John D and then by John H and Dale. John D and Morgan continued their race by race improvement, and Steve Wheeler had his best run for us so far. For the girls Jackie stormed round in 15th, her best ever placing. Then came Rae on her debut and then wet Amy who is also improving with every race. And what is John Stew doing way back there? I am worried that he is wandering off out in the countryside before finding his way back to the race again. Or does he know what Trudy is putting in her cakes? In the combined league dvn 1 we climbed a place to 8th. Afterwards, as an early celebration for my forthcoming 60th birthday (I know you don't believe it) we went to the pub and enjoyed some birthday cake and a drink together. Thanks guys, I appreciated that.



It's great to have Chris back in the team

RESULTS: (5.75m)

MEN: 12th Nick Cobley 36.01, 70th Jerry Wilkes (V40) 41.48, 72nd John Davies (V40) 42.00, 108th John Hallisey 44.08, 109th Dale Jenkins (V50) 44.09, 117th Morgan Gaylard 45.10, 123rd Steve Wheeler (V40) 45.27, 126th Colin Bowpitt (V40) 45.33, 131st Steve Robinson 46.16, 134th Dave Lodwick (V50) 46.35, 153rd Baz Barrett (V50) 48.24 160th Dan Bannatyne 50.17, 189th Ian Bass 55.13, 204th John Stew (V50) 61.45, 211 finished.

LADIES: 15th Jackie Brown (V40) 46.48, 51.29 Rae Clark 51.29, 43rd Amy Gasper 52.01, 53rd Ruth Stevely (V40) 53.50, 55th Barbara Hermann 54.02, 69th Trudy Sharpe (V40) 58.12, 102 finished.

TEAMS: Men 4th dvn 2, ladies 3rd dvn 2, combined 6th dvn 1. TEAMS AFTER 3 RACES: Men 4th dvn 2, ladies 3rd dvn 2, combined 8th dvn 1.

Derby Runner League Race 6 - Holly Hayes 3/3/13

The last race of this season's league was at Holly Hayes woods, a brand new venue near Whitwick. It was sunny and mild. The refugee village was a bit crowded due to limited space but that made for some good banter between the clubs. The course was shorter than advertised, more like 4.5 than 5 miles; around three laps of the Holly Hayes woods and trails. It was muddy in some places and included 3 stream crossings to splash through. From the centre of the course you could see the runners close by on two sides, which was great for spectators but hard on the runners who could see other runners finishing just yards to their left whilst they still had another mile to go! It was a nice venue and I hope we use it again. Before the race Amy's friend Katharina, who was visiting from Frankfurt, took a photo of Amy surrounded by all the Roadhogs men. I think this was for a German celebrity magazine.



Jackie: prize winner in the CHR

The girls answered Captain Jackie's call and came out strongly. Rebecca landed a brilliant 7th place with Jackie not far behind in 12th. Then came Amy and Rachel who both had best finishing positions, followed by Ruth and then Barbara and Trudy pushing each other round the course. The girls finished 2nd in the division today. For the men Nick told me he started too quickly, he was 4th after the first lap and lost some ground after that but hung on to finish 8th. Young Harry, in his debut race, led Sam for most of it but Sam hauled him in on the last lap. Dale was next, having a much better race and right up there with runners much, much, much younger than him. Jerry was close behind, then Steve who took another scalp in Colin, then Chris who has just about recovered from being knocked off his bike a few weeks ago. Mind you, after seeing one guy today running with a broken arm in a sling I will not accept any injury excuses from Roadhogs in future. Ian and Hamir, also in his first race, closed the team in. Ian is also slowly working his way through the field; we have seen some terrific personal improvements in the Roadhogs team this season.



Baz has been on good form this season

Dave Lod helped as timekeeper for the race, and Katharina cheered everybody by and took photos. Afterwards we scoffed Trudy's cakes again with the smell of bacon coming from Barrow's tent next door, mmmm. We made a presentation to Trudy for the cakes she has brought along all season.

Thanks to everyone who ran in all the league races this season. We held our place with 8th in division 1 of the overall league, and the men were 3rd and the ladies 4th in division 2, a great result all round considering we are competing with the bigger clubs. And in Roadhogs it's all so friendly and relaxed, which makes each event all the more enjoyable.

RESULTS (4.5m):

MEN: 8th Nick Cobley 27.16, 59th Sam Jolly 30.09, 65th Harry Jones (U20) 30.24, 92nd Dale Jenkins (V50) 32.156, 94th Jerry Wilkes (V40) 32.31, 116th Steve Wheeler (V40) 33.31, 126th Colin Bowpitt (V40) 34.12, 137th Chris Peach (V40) 35.12, 176th Ian Bass (V40) 39.34, 183rd Hamir Godhanian 40.14, 2056 finished.

LADIES: 7th Rebecca Bromwich 33.06, 12th Jackie Brown (V40) 34.19, 38th Amy Gasper 37.55, 43rd Rachel Clarke 38.34, 49th Ruth Stevely (V40) 39.47, 68th Barbara Hermann 42.31, 71st Trudy Sharpe (V40) 42.47, 93 finished.

TEAMS: Men 3rd dvn 2, ladies 2nd dvn 2, combined 7th dvn 1.

TEAMS AFTER 6 RACES (FINAL POSITIONS): Men 3rd dvn 2, ladies 4th dvn 2, combined 8th dvn 1.

Road Running

Leicester Running Shop LRRL Winter League: Barrow 6

The first race of the new season is always a chance to catch up with old friends (and rivals) and to welcome a crop of new Hogs to the Leicestershire Road Running League. After all of the snow it was a relief to swap husky racing for road running. Of course the sudden thaw and overnight rain meant the Soar had burst its banks and blocked some approach roads; something Dale found to his cost (he should have remembered that 'Lodstradamus' predicted this sort of watery mayhem in his almanac). Having avoided snow-mageddon (the race would have been cancelled if the thaw had arrived 24 hours later that it did), the race only took place because of council incompetence. How so, I hear you ask? Well, an hour or so before the race a truck full of plant pulled into the car park of the Three Tuns. Fortunately, the race director happened to be nearby so he asked the driver what was happening. The driver duly announced that he was setting up traffic lights on the junction at the end of Cotes road as a precursor to digging the road up. The race was only saved because it subsequently transpired that someone at the council had ordered the wrong gear and they were unable to start work.

It was great to see Zorro (Mike Munday) ride out of the west and we also welcomed Will, Harry, Robin, Steve R and Rae for their first league outings; hopefully the first of many. Jackie had a great second half to the 2012 season, regularly setting new personal bests; it looks like 2013 is going to be no different as she stormed to 28th in a new PB time. Almost matching her was Charlotte (29th), just 5 seconds behind. These two were well backed up with Ruth (58th) (closing out a great vets team score) and Rae (an impressive 62nd) completing the scoring four. Amy (78th) finished in front of Barbara (89th) but Barbara had a PB for consolation, before Clare (128th) came in a bit down on her usual, courtesy of some impressive Marathon miles the day before. Trudy (132nd) was nursing a bad back and Lucy (172nd) and Alison (173rd) crossed the line together. Whenever two Hogs finish together, Kim always accuses them of chatting instead of racing; on this occasion I have no doubt that he would have been right!



The return of Zorro

As the first race of the season, Barrow always attracts a quality field so Nick (19th) did well to kick off with a top twenty finish. Mike had intended to make the fairly short trip across the fields from Mountsorrel but when he found that that would involve a significant amount of swimming he was forced into a circuitous route and a much more challenging 'warm up' than he'd planned. In the circumstances, his 36th place was a great result. Mark R scooped the 'most improved' award at the recent presentation evening but shows no sign of resting on his laurels; not only did he hit the top fifty, he also set another PB. For Will, this is all uncharted territory; by the look of his highly impressive 102nd, he's in no need of a map! Mark C (11th) is feeling his way back after a long injury lay-off but John D (124th) is the form of his life; here he produced a PB run to see off Jerry (126th). Needing one more for the eight we got a pair, with Harry (133rd) impressively pipping John H (134th) by a solitary second (John set a PB and followed this by running back to Leicester - the joys of Marathon training). Sam J (149th) got his season off to a solid start with a PB finishing before Dale (166th), who had managed to put a bit of distance into Colin B (187th) and Tom (209th).

Lee (220th) seemed to be suffering but the sight of Dave L (221st) drawing level just gave him the prod necessary to make the line first. These two were followed by a pair of debutants; Robin (244th) and Steve R (245th) coming through in front of Steve W (249th). Baz (273rd) was next up, with John S (328th), Ian (331st) and Richard (352nd) following in a while later. Barry (371st) continues to amaze and our tail-gunner was Keith, who had to walk after his hamstring went 'ping' on the way round.

Leicester Running Shop LRRL Winter League: Ashby 5

Perhaps with a month's gap since the last race, it was no surprise that Ashby attracted a record field. The mercury was barely breaking zero, and there was a cold north-easterly but it was nice and dry under foot; perfect for fast times. Even with the technical section close to the end the course can be covered quickly, and so it proved. Dale and Ruth decided to add to the task by completing the 16 mile Belvoir Challenge the day before. John, of course, had to go one better; he'd done the full 26 miles. In addition to these seasoned campaigners, we were pleased to welcome Morgan, Lorena and Jess for their LRRL debuts.



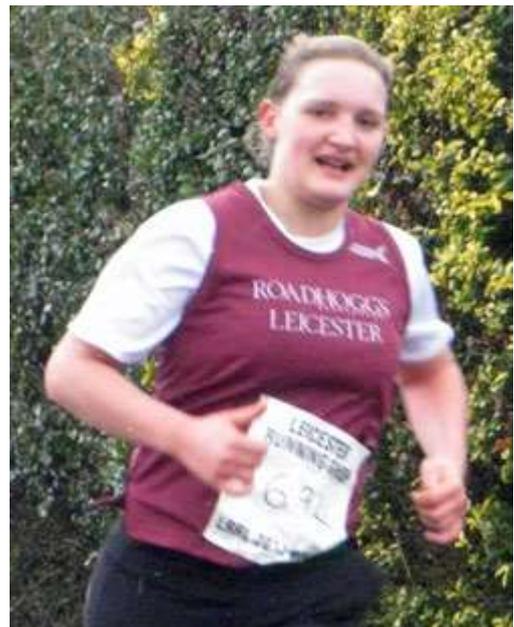
Steve is hitting the form of his life

Nick (24th) seemed to take an 'OK, but no cigar' attitude to his run but in fact he only missed his PB by 3 seconds. Mark R (41st) nailed yet another PB and Will (87th) made a big step forward from Barrow (19s/mile quicker). Mark C (107th) managed to hold off the challenge of the fast improving Harry (108th) and John D (119th) smashed yet another PB. Sam J (134th) also registered back to back PBs before we had Morgan (154th) completing the scoring eight with an impressive run. Next up was Steve W (164th) who had one of those 'where did that come from?' runs; a PB and a sub-35 was always on the cards, but a sub-34 was something else altogether. Despite his exertions, Dale (176th) wasn't far behind (still sub-35) and Lee (178th) was on his tail. Tom (184th) was the last of the dozen men who broke 35 minutes.



Harry has made a big impact

Roger (227th) was back making his first start after a brief injury layoff and looked in good shape finishing in front of Martin (248th). Keith (293rd) finished Barrow on one leg, so it was a pleasant surprise to see him back finishing right on Ham's tail (292nd). John (302nd) may have had a 26 mile warm up the day before but he still had too much for Ian (305th) and Dave (306th) (but at least we still beat the gorilla!). Our final pair, Steve (331st) and Dave S (333rd), have given years of service to both the club and the League so it was good to see them back in action.



Rae: A welcome addition to our ladies

Captain Jackie led from the front at Barrow but here she was forced to chase Bec (15th) who stormed to an awesome sub-35 PB. Not that Jackie (16th) will be complaining about the PB she added to her burgeoning collection. Charlotte (29th) may not be getting much opportunity to train but she is certainly going well; taking her chance to grab a PB. Ruth, our

fourth counter took a little longer than usual to knock off the 5 miles but 21 miles is a good weekend's work in anyone's book. Trudy gave it her best shot, but that dam gorilla had too much of a finishing kick! Our debutants, Lorena (110th) and Jess (135th) both went well, and that left just Alison (145th) to complete the finishers.

Birthdays

March

7th David Luyt
 10th Mark Chamberlain
 10th Steve Martin
 10th Kim Richardson
 16th Rich Norton
 18th Hitesh
 22nd Craig Atton

April

5th Sam Richardson
 6th Tom Martin
 6th Mike Munday
 15th Steve Robinson
 23rd Neil Winkless
 24th Dave Swan
 26th Jackie Brown