

Roadhogs Leicester A.C.



May/June 2010

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

Marathon Master



Sunday 25th will go down in Roadhogg history. No less than 12 Hoggs completed the classic 26.2 mile distance - that's a whole quarter of our competitive membership. Achievements were legion; Nick and Neil made their debuts, Mark set the benchmark again, Ceri laid the ghosts of 2009, and Rob, Angela and Paul set personal bests.

For many, these towering achievements were overshadowed by that of Keith, the 'godfather' of Roadhogg Marathon running. Hoggs ran Marathons before Keith joined but there is no doubt that the joy he showed in running them has inspired many of us to pit ourselves

against the ultimate running challenge. Such is his love of Marathons; he once completed a staggering 5 in 7 weeks (including 2 PBs in that sequence).

Imagine the frustration he must have felt in the last couple of years, barely able to run to the end of his street. His build up to London has hardly been textbook; whole weeks without running due to pressures of work, missed long runs and to cap it all, two falls on the day before the race. To bounce back with a 4 hour Marathon under those circumstances is quite amazing.

Keith was not the only one to prove the mastery of spirit over flesh. Jon spent the bulk of the spring Marathon season nursing an injury. The first time he managed to run without breaking down was about 3 weeks before the race and he was only up to 13 miles a week before. We all recommended deferral as the only sane course of action, but if you can run Edinburgh and Gloucester on one leg and Berlin with a broken toe.....

If Carlsberg made running territory.....



Sumina reports on running (and croissants) Kiwi style (page 6)

Mark Chamberlain 2.57.39
Rob Milstead 3.11.19 (PB)
Nick Cobleby 3.17.31
Angela Ladkin 3.26.21 (PB)
John Stew 3.44.54
Ceri Davies 3.52.10 (PB)
Keith Dakin 4.00.33
Paul Langham 4.02.10 (PB)
Neil Winkless 4.04.02
Jon Heap 4.12.09
Emma Klimowicz 4.16.21
Shimul Haider 4.25.42

New Members

A warm welcome to Jen and Emma who joined recently. We hope you enjoy running with us.

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Barcelona Half Marathon 2010

February 14th

Roadhogs present: Mark, Nick, Matt, Anita, Clare & myself and two honorary roadhogs for the duration of the trip, Phil Critchlow & Ian Murdey from Beaumont RC not forgetting Andy, Mark's mate who met us at Luton airport.

Day 1 - Friday 12th February



A relaxing drink in The Hind waiting for our taxi van

Journey to airport

After meeting up in The Hind bar on London Rd we set off for Luton airport with, in hindsight, a slightly optimistic expectation for the journey time on a Friday afternoon.

The M1 was a disaster zone and it was clear from the offset that we were in trouble as we crawled along the M1 grid locked with traffic. We could see that it was going to be an incredibly close call when some of the men (no names mentioned) decided they desperately needed a toilet stop. As the men piled back into the taxi van there was an uncanny silence that descended upon everyone with the realisation that we were quite possibly going to miss the flight and our dreams of Barcelona glory dashed forever! We drove up outside Luton airport at exactly 3:50pm, the same time as our check-in was to be closed. It was everyman for himself, as with cases and bags flying we all ran like lunatics into the departures terminal scanning around for our check-in desk which had now just closed. Luckily a young Easy Jet operative called out for any final passengers for Barcelona with which we all breathed a huge sigh of relief as we dashed to the front of the queue. The stress didn't end there, as we had to get through security and reach the boarding gate with the flight already having been called, Matt deserves a medal as he managed to sneak us to the front and fast track us through security.

I don't know quite how, but we all made it onto the flight, just!

Arriving in Barcelona

Our apartment was situated within a pedestrianised area in the Gothic Quarter, slap bang next door to 'The Manchester' bar. The Manchester turned out to be a very popular drinking establishment amongst the local alcoholics and general dropouts of society, so we fitted in really well. Back to the apartment though, on closer inspection we realised we were a bed short so Ian kindly volunteered to take the sofa in the main living area. Having sorted out the sleeping arrangements we all headed off on mass to find food and drink. We found a local little café and settled down to some classic Spanish fare of pizza and chips for the girls and I think egg, gammon and chips for the boys. Watered and fed we were all looking forward to a good nights sleep after the stresses of the day, unfortunately this was not to be as no sooner had our heads hit the pillow, the volume began to escalate outside. We were clearly positioned right in the middle of 'party central' so all's I can say is 'thank God for earplugs', with which I managed a half decent nights sleep.

Day 2 - Saturday 13th February

Looking slightly bleary eyed and not at all like elite athlete types, we went off to collect our race numbers and goodie bag. Clare was able to collect her goodie bag even though she wasn't racing, due to injury, which she was happy about. Goodie bag consisted of an asics performance t-shirt (his and hers rather than the usual unisex shapeless number) which was very nice. We split up after that, Clare, Anita and myself went off for a bit of retail therapy and in search of a tapas lunch and the boys did a bit of sightseeing.



Picking up our goodie bags at the Barcelona Expo centre

We re-convened at the apartment in the evening for a carbo-loading pasta extravaganza (courtesy of Mark) and a few hands of cards. Not one to boast, but I did leave the card table that evening and subsequent evening somewhat fuller of wallet than when I began, much to Phil's frustration.

Day 3 - Sunday 14th February 'Half-Marathon day'

After yet another poor night's sleep courtesy of 'The Manchester' bar, I was one of the first up at about 6am, nothing comes between me and my porridge. We all headed to the race start together, on the way there it started snowing and felt absolutely freezing. Clare & Andy were our official cheerleaders as we found our starting positions along with the 5000 other runners. The course itself was pretty flat so ideal for PB's. It took a route through and around the city centre passing down la Rambla and other well known areas, then heading out of the centre into a slightly more industrial zone then along the coast before heading back to the centre, finishing below the Arc de Triomf by where we started. I managed ok once I'd warmed up but was pretty un-prepared for the freezing temperatures being hat and gloveless unlike a large proportion of the runners.



Our times and positions were:

Phil Critchlow	(32 nd)	1:12:09
Ian Murdey	(81 st)	1:16:47
Mark Chamberlain	(105 th)	1:18:27
Nick Coble	(109 th)	1:18:35 PB
Matt Topham	(991 st)	1:33:37
Charlotte Wood	(1508 th)	1:38:15 PB
Anita Pabla	(4023 rd)	2:14:55 PB

That evening we all went out together for a few beers and then Clare, Anita and myself went off to find a good Spanish restaurant whilst the boys

settled for the café we'd eaten at on our first night. We found a fabulous restaurant that served the best paella I've ever had, a truly bliss meal!



Fabulous tapas bar on La Rambla

Day 4 - Monday 15th February 'Party night'



Ian & Phil clearing up after Anita's magnificent curry

Having fully recovered from the half, we decided to make a full day of it by sightseeing on the morning; we went to la Sagrada Familia & Park Guell, all on foot, which is a fair trek. Anita had offered to cook one of her gorgeous chicken curries for dinner, so we all headed back to the apartment looking forward to that about 6 o'clock ish. Clare and I decided on a pre dinner pint first which I would come to regret some time later. Anita's homemade curry was lovely and we all had plenty to eat and drink. We then headed out for further drinks, splitting up into two groups. The girls went for cocktails with Phil and Ian where they confessed that they'd had more units of alcohol in the past four days than

they'd had the previous year. We were on a real role now; as we headed over to the Manchester where we met up with the other half of our group. We stayed here drinking more cocktails until I realised that perhaps I'd over indulged and staggered back to the apartment with Clare in tow. I won't elaborate further, needless to say I haven't touched cocktails since that night.

Day 5 - Tuesday 16th February 'Major hangover and home'

As Clare, Anita and myself all lay in bed nursing hangovers from hell, Ian & Phil got up and went for a run!!! Just don't know how they did it. I managed to drag myself out of bed about lunchtime, knowing that food was the only possible hope for feeling better again. Lunch did the trick as I began to feel human once more. We arrived at Barcelona airport 5hrs before our flight was due to depart, all desperately keen to make sure we didn't have a repeat performance of our departure from Luton. All in all, we had a really fun, memorable trip and Clare, Anita & myself are already looking forward to the next one!

Charlotte Wood

The Duchy Marathon Cornwall

We all at sometime in our running career have that moment when we can do no wrong...! This feeling dawned on me just after 10:30am on a bright, but cold Sunday morning in Cornwall.

8 miles into the Duchy Marathon - 1:00:05 on the clock - I had never felt so good. "Was I going too fast?"... "No" my breathing was even and not laboured - I was relaxed and feeling strong! I did the maths in my head 4 minutes inside 3:30 pace. I had covered the three miles of the high cliffs road and it had been calm. The locals said this was where the weather pulls the runner apart...it had not!

Today I was going to move my way up the Roadhogs all time Marathon list, Messer's Jenkins and Lodwick were in my sights...maybe even Heap could be overtaken...."No" life could not be that good!!! Then I turned the corner at "The Devils Mouth Café" and a severe reality check greeted me...I ran into a wall of wind - no gusts, just constant in your face air pressure! When combined with an uphill climb, it almost brought me to a standstill. In the space of the next 5 miles into the headwind all my time

gained was gone and replaced with a deficit that could not be recovered, because I had to bloody go round again!... Don't pass go...don't collect £200!!!

The Duchy Marathon is a challenging two lap, undulating course, incorporating beautiful views of the North Cornwall coastline, and from my sad experience has the potential to be the wind farm capital of the world!

East Cornwall AC, the organisers of the event are to be congratulated for a most professional managed race, with excellent marshalling in some very exposed places. £14 was the charge almost half the price of most races, and still included a medal and a very tasty hot Cornish pasty at the finish. - St Dakin would approve!

The Marathon forms part of the 15 race Cornwall Grand Prix Series, the equivalent of our LRRL winter and summer road races. However, they include two Marathons, in March the Duchy, and end the season with the Cornish Marathon on Bodmin Moor in November, which the locals say is as testing as Snowdonia.

The 34th running of the Duchy Marathon (second oldest in the UK) was therefore well supported by local club runners from all over Cornwall, with a sprinkling of outsiders including Rob and me making the field 201 runners, and combined with the Duchy 20 mile the start swelled to nearly 400.

The race appealed to us, because it started and finished at the Penventon Park Hotel, which offered a good Marathon weekend package of 2 nights B&B and a pre Marathon pasta party. With 30 minutes to the start we were relaxed and watching The Simpson's on TV - no stress trying to find somewhere to leave our bag or queuing for the loos!

Rob, unaffected by the wind (probably because he weighs a few grams less than me!) ran a superb race finishing in 3:19:12, 22nd overall, and 3rd MV50. I finished 75th, and 6th MV50 in 3:46:54, humbled by my experience - pride and falling comes to mind!

Rob moves on to London as an age / time qualifier and I am banished to Stratford to pick up the pieces...The weekend closed in Padstow at Rick Stein's Seafood Restaurant where our recovery meal included Langoustine, Monkfish,

and Passion Fruit Pavlova. Marathon running is a dirty job, but someone's got to do it!

John Stew

The Equinox 2010 - 14.2miles

When looking for your next race, you sometimes have to dig deep. Dale did just that when he unearthed one of Northamptonshire's best kept secrets "The Equinox Race"

Staged in support of Rainbows Children's Hospice, it attracted a very diverse field offering a 14.2 mile ramble for the keen country walker, a cycle ride for the enthusiast, a 14.2 mile road race for us, and "the combined" a 7 mile run followed by 7 miles on the bike.! A field of 72 full and 8 run/riders stood on the line for the 10am start.

This is an A to B race, which I know can be terribly off putting when you have to arrange transport, or get a car at either end of the race. The organisers put on a coach to ferry back entrants, which was almost as quick as our own transport.

The centre piece of this event is the course itself. Starting at Elkington Lodge Farm, 2 miles south of Welford, situated on the "watershed of England." To the east land drains into the River Welland and the North Sea. To the west it flows into the Avon and out into the Atlantic via the Severn.

The course takes you on a journey through some idyllic villages and countryside, I lost count of how many houses I would buy, when I win the lottery, give up work, take up running full time, and train with Paula in Albuquerque in the winter!.....No! Not HER... the other one!

Four miles was reached at Stanford-on-Avon, and the course then headed north over the Avon towards South Kilworth and Leicestershire. At five miles you go "off road" heading for Gravel Hill, the organisers advised us to stay to the left of the path to avoid the mud. Left and right looked pretty much the same to me, so I went through the mud in the middle!

Finally we regained a metalled road, shortly before the half way mark near the village of Walcote, where the Run / riders bikes were parked ready for the change over.

We crossed the Lutterworth - Market Harborough Road with caution, and then headed to Gilmorton turning left at the Old "Stubby" Windmill onto the undulating lane for Peatling Parva. On leaving Peatling Parva the road climbs uphill past "The shires" just as you leave the village we past a sign sighted by the race organisers that said "Pimms Bar1Mile"- nearly there!!

The road drops gently downhill to the crossroads you will remember from the "Owls 10", and then uphill into Peatling Magna itself, and the finish line just past the Cock Inn.

Roadhogs had a quartet of runners entering on the day. Dale and Dave L had their regular battle for "world domination", which I was able to watch from afar, because the roads were so straight over the first four miles. Dale edged it on the day and finished 9th in a time of 1:43:37 Dave L not far behind in 1:43:53 for 10th place. I finished in a very creditable 1:49:51(if I say so myself!) for 14th place, not too far in front of Hitesh who rose to the challenge, and came home in 1:57:55 for 24th place.

The Village Hall was open for tea and cake for all finishers, together with a goody bag of superior quality to most other races I've been in. The race organisation was very professional, and friendly. Drink stations were located where you needed them, and the race marshals were first class, and were backed up by St John Ambulance paramedics.

The Equinox run ended for me as a race at about five miles, with world domination out of reach, the last nine were about enjoying the scenery, it's a gently undulating course with no big hills, but I can't remember a better morning, after losing an hour in bed, on the day the clocks go forward!

It truly was a great start to spring. Well worth putting in your diary for next year, I have!

John Stew

LRRL League

May 23rd Desford (Winter League number)
 June 6th Swithland
 June 27th Prestwold
 July 7th Hungarton
 Aug 4th Huncote
 Sept 5th Phoenix

Birthdays

May

1st Cathy Haward
 10th Ludovic Renou
 12th Jerry Wilkes
 26th Alison Lodwick
 29th Baz Barratt (50)
 30th Fiona Turner

June

3rd Fazila Hajat
 26th Richard Verschoyle

Round New Zealand South Island in 12 Runs

And so it started.....

After days of being cooped up in cars, coaches, planes and airports, New Zealand fresh air was moments away. But first I had to brave biosecurity customs.

“Anything to declare?” I think he could see the guilt in my face.

“I have trainers I run in.....occasionally I go across a few fields.....”.

He smiled. “Right, let’s see them”.

My trainers were confiscated on the spot and I was told to go and wait whilst they were decontaminated. They arrived 10 minutes later looking like they had gone through a bleaching machine.

And so, started my 3 week trip round New Zealand South Island.

We travelled around in a campervan and I would run in the mornings before setting off to the next camp site. I managed 12 runs over the holiday - all short (2 to 5 miles) and all very relaxing (10 minute miles).



Run 1: Hagley Park, Christchurch

My first run in a week. Hagley Park is a tranquil haven in the middle of Christchurch, with a pitch and putt golf course, stream, lake, and lovely tree lined paths. It was a perfect first day on terra firma. I ran as if on springs, finally able to stretch my legs. It was a cool morning and mist was rising over the lake. I realized that with so much to look at, this was not the time to start the dreaded speedwork.



Kaikoura beach

Run 2: Kaikoura

A 4 mile gentle run from the campsite to the town centre and back again. Kaikoura is a mix of sea and mountain, where people flock to go whale and dolphin watching. Running along the coast rewarded me with the sight of an epic cloudscape. The smell of freshly made croissants brought me to the bakery on the way back - perfect breakfast!

Run 3: Hanmer Springs

My 3 mile run at the Spa town of Hanmer Springs was through the woods of Dog Stream Recreation Park. Here I encountered dappled sunlight and no one in sight. The rain from the night before had made everything feel fresh. I turned off my music to hear the stream and the wind rustling the trees. This was truly beautiful running country.

Run 4: Lake Tekapo

I’ve never seen a blue such as that of Lake Tekapo. My 3.5 mile run along the shores of Lake Tekapo was spent mesmerized by the glacial waters, which looked more like the Caribbean. I saw a couple of runners out, who were both going at a fair pace, making me momentarily pick up my speed.

Lake Tekapo is home to Mount John Observatory - a place worth visiting during both day and starlight hours. Our night sky tour led by local experts meant that we could see the milky way, shooting stars and the Southern Cross.

Run 5: Mount Cook

How to describe Mount Cook? Imagine a glacial lake leading to snow capped mountains with the mighty Mount Cook towering above. Awe inspiring doesn't quite cover it.

My 3 mile gentle jog became extremely hazardous as I ran head craned towards the mountains. Keas (cheeky mountain parrots) were squawking above, oblivious to my stares. Could things get much better than this?



Mount Cook

Run 6: Glentanner

A few miles south of Mount Cook is Glentanner Holiday Park, set in the woods next to Lake Pukaki. I ran along the main road to a bridge over a creek and stopped to listen to the water and watch the sun climbing. I could stay here.....

Run 7: Wanaka

Wanaka is a "cool" town - the kind of place with a cinema with sofas and vintage cars to watch from and home made cookies in the intermission.

I had a 5 mile run, which was briefly interrupted by finding a bakery with suitable croissants for breakfast. Running along the shores of Lake Wanaka was an adventure - rainbows over the hills on the other side of the Lake and ducks that insisted on crossing the road and managing to stop the morning traffic.

Run 8: Te Anau

The tiny town of Te Anau is in the south west corner of the South Island. The area is well known for the 60km Kepler Challenge Mountain Run - a run through the mountains with a total 15.7km uphill running to a height of 1,350m. The course record is an unbelievable 4:37:41. I settled for a run along the shore of Lake Te Anau, occasionally stopping to watch a sea plane take off or to read information boards scattered along the lake side. And of course I managed to find a bakery with excellent croissants.

Run 9: Fox Glacier

Along the west coast, Fox Glacier is well known for its huge glacier that carves its way into a temperate rain forest. There were low clouds with mountain peaks that were only occasionally visible. A 3 mile run in the mist and rain along a straight road was worth getting soaked for and as with every other run; I wouldn't have missed it for the world.

Run 10: Jackson's Retreat

This is arguably the best campsite in New Zealand, hidden away along the State Highway 73. A waterfall and glow worms can be found in the back garden woods, and sheep and a river out front. I managed to get up early enough to run along the highway before the lorry traffic started. The highway runs across the width of the South Island and this section was up in the hills, making my 3 mile run more lungs burning than usual. Sunlight breaking through the clouds took what little breath I had left.

Run 11: Christchurch Town Centre

Back in civilization and the traffic. I decided to run to the town centre and back, looking at the shops on the way. I spotted a multitude of cafes perfect for spending the last few days in.

Run 12: Hagley Park, Christchurch

My last chance to run before my flight later that day. I ran around the park, retracing my first run 3 weeks before. Children cycled past on their way to school and there were runners all running in the opposite direction to me (did they know something I didn't?).

I had only run (some might say ambled) for a few miles, but each one of those miles made me smile then and keeps me smiling now.

Sumina Azam

Leicester Running Shop LRRL Winter League: Asfordby 7

Asfordby hasn't featured in the LRRL programme since 2004. My memories are of treks from the car park to the venue, to the start and back from the finish. I also remember the venue being a bit small and Steve Gale taking the mick when he saw me supping a 'sports drink' (no performance enhancing substances allowed in those days). So what of Asfordby 6 years on?

Well the walks are still there and the venue is now definitely too small but fortunately the weather was kind to us and a lot of people spent time enjoying the sunshine. We were a bit short on numbers - Peter had flown to Spain to deal with a family medical emergency, Emma had a bug and the marathoners were either doing long runs, running actual Marathons or crocked. On the plus side, we did have Steve Wheeler making his debut and the very welcome return of Mike.

Poor Swanee only managed one lap, before a recurrence of his injury stopped him in his tracks. He did have the consolation of seeing the final stages of the battle for Roadhogg honours, though. Mark and Mike came through together with Nick close enough to be able to watch the battle developing. Dave called it right, that Mike had a little more left in the tank and so it proved as he finished 18th to Mark's 20th, with Nick bagging 26th. Three Hoggs in the top 30 - riches indeed.

Jerry produced another excellent performance for 89th. Dale (112th) ran well but had to give best to Ludovic who broke the 7-minute/mile barrier to finish in 108th. Dave managed 127th and Baz completed the counting eight in 144th with another good run. Hitesh was next up, finishing a little in front of Keith, who is really starting to look like his old self again. Martin (214th) had one of those days when it feels like the downhill outnumbered the uphill, whereas for David (222nd) and Steve M (225th) the reverse must have been true. Steve W marked his debut with a steady 233rd and Colin, nursing a muscle pull completed the finishers in 247th.

Four ladies made it to the start but five made it across the finish line. The discrepancy was down to Anita's attempt to beat Rachel's record of arriving with just 5 minutes to spare. The equivalent of a contestant in that old music quiz offering to 'name that tune' before the first note had been played! Bec has been running well

this season but managed to surpass herself with a superb 26th place. Not bad for someone who should have been tucked up in bed after a hard nightshift on the ward! Rachel (65th) was next, followed by the fast improving Valerie (90th). Despite missing the start, Anita made up ground to finish 99th, leaving Alison to nurse a sore hamstring (and assorted other bits) round for 105th.

Leicester Running Shop LRRL Winter League: Markfield 10K

Markfield is a challenging course at the best of times, with four short sharp hills to keep you honest. Much of it is quite exposed, so add a strong wind and the challenge is magnified. Impending Marathons kept a few preoccupied elsewhere but we were strengthened by a second successive appearance from Mike and the return of Peter.

Bec showed what she can do with a decent night's sleep producing a brilliant run for 22nd and notching a PB in the process. Emma put her bug behind her with a PB performance and a season's best finish of 35th. Rachel (57th) was another one to record her best run of the season and this week Anita (100th) arrived just in time to complete the scoring four. Valerie (102nd) and Alison (112th) completed the finishers.

Mike moved on to another level, finishing a magnificent 11th. Mark (22nd) and Nick (31st), both suffering from bugs couldn't quite match their performances from the week before, but still finished well. Peter (131st) had one of those days when the motor refuses to fire, so Ludovic (118th) was next in, conjuring up another 6 second/mile improvement. Tom (137th), Dale (139th) and Dave (140th) kept each other in sight for most of the race with Tom proving to have the edge in the final mile. John S (163rd), showing that all that Marathon running has left him in great shape, produced one of his fastest 10K times.

The next two were slightly disappointed with their runs - Baz (189th) dipped from his recent consistent standard and Keith (240th), who had done a 12 miler the day before, handicapped himself further by doing a 'Paula' on the way round. There wasn't too much separating Martin (243rd), Steve M (244th) and a fast improving Steve W (249th). Colin (264th) fared better than the previous week and Barry (269th) made a welcome return after injury.