



May/June 2016

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

Leicestershire Heartsafe Runners

As many will be aware, a runner suffered a cardiac arrest in a recent Derby Runner race. To his good fortune, the runner immediately behind knew what to do; administering CPR so that he was able to benefit from defibrillation when the paramedics arrived. Her prompt action, backed by other runners, quite simply saved his life. Although she was medically qualified, the skills she used are easily taught and CPR can be administered by anyone. The bottom line is that countries that routinely train members of the public to perform CPR have much higher survival rates than the UK. Once someone goes into arrest, their chances of survival drop with every minute that passes before they receive defibrillation, so it's really not something we can leave to others. Runners are, by definition, fit people but cardiac events do sometimes occur (there was also a successful resuscitation at the inaugural Market Harborough parkrun), so the running community has got together with local charity Heatsafe Leicestershire to try to get as many runners as possible trained in CPR and AED use. By doing this we'll maximise the chances that next time someone needs help, they'll get it.



Several members of the club have been trained and Amy is leading our efforts to cascade this training to more members.

Winners



Congratulations to Charlotte (2nd V40), Emma (1st V45) and Jackie (2nd V50) on their well-deserved Winter League awards.

County Standards

Certificates for 2015 are on their way (apparently our claims got lost). So far in 2016, Fabio was the first to complete 5 distances, followed by Brian, Dale, Clare Emma, Valerie, Baz, Ben, James T and Terry.

For a full set of results for the year, so far, see page 9.

Member News

A warm welcome to new members Igor, Wei and Sukhi. We hope you enjoy running with us for many years to come.

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Picture Credits

Les Brewin, Adam Eales, Dave Lodwick.

Memories of a Long Distance Runner: Part 1.



Dave running Swithland, one of his favourites

As I sat at home on my 70th birthday watching the 2016 London Marathon I thought it might be good to share some of my memories of Marathons, Local races etc with you all before Father Time sets in and the memories fade. The sport has been great for me and for all you members out there and we all have different stories to tell of our own escapades so here are some of mine which I hope will interest you.

Marathons,

The London Marathon has always been the one that most people will strive to complete at least once in their running career. I have been lucky enough to run the race 4 times, starting in 1985 when my name was drawn out in the club draw. My memories are of the race 20 years ago and I understand times have changed but you the readers will have to bear with me. My wife and daughters have always come down to London with me and we would go on the Saturday, find our B&B, collect our race information, and spend the rest of the day in Oxford Street or walking round the capital. Not ideal preparation, I think you will agree, but it was a weekend for all the family. Whilst I was running they would find a spot around a mile from the finish, within sight of the Houses of Parliament, and watch the celebrities and top runners on their way to the finish. Meanwhile I would have made my way to Liverpool Street Station at 7.30 in the morning to catch the train to the starting point, along with the thousands of excited runners in the wonderful atmosphere that is so much a feature of the day. In the early years the race itself was fine up to Tower Bridge which was around the 13 mile point and then it was into the derelict area

which is now Canary Wharf. There was very little support on that part of the course until you reached the Tower Hotel and then it was onto the cobbles which are no longer a feature of the race. We didn't have Chip Timing in those days so everything was done on the finishing times. One year I will never forget took place in the early 1990's. Two other Roadhogs, one being our esteemed Cross-Country Captain Kim, the other Mick Quilter, were also running on the day but they were drawn in different starting places than yours truly. The idea was that we would run around together, but to do that we needed to start alongside each other so the other two persuaded me to start the race from the wrong starting station. This wasn't of course allowed and you could have been thrown out before you had even started. Now you may wonder how you could have been discovered starting from the wrong place but your running number gave you away as one set was allocated to one spot and a completely different set was allocated to the other. So there I was on the wrong start and as soon as I pinned my number to my chest the game would be up. So I waited to the last possible moment, thinking I would be found out at any time, when to my rescue came a black bin-liner discarded by a fellow runner. I donned the bin-liner, pinned the number to my vest and took off with the rest of the pack only discarding the bag shortly after the two groups of runners merged around the 3 mile mark. Needless to say we never managed to run together in the race as there were so many participants we just lost each other.



Jazz hands in London

I remember passing Kim around the 14 mile mark and despite his storming finish I managed to finish about a minute clear and we celebrated after the event with our loved ones in Horseguards Parade. I can't remember what

happened to Mick apart from him finishing the race around the three and a half hour time. I was just happy it was all over.

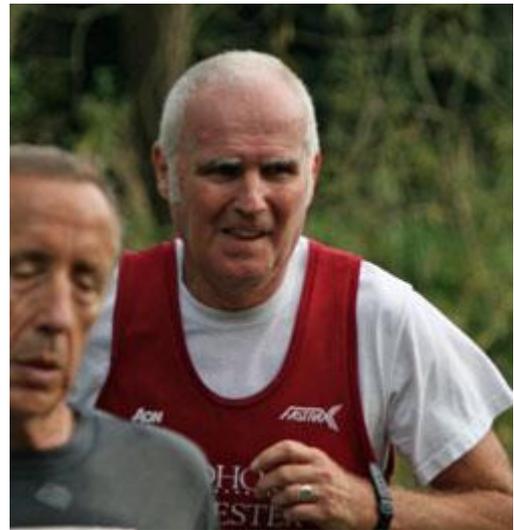
In the early days of Roadhogs our top two runners were Steve Clegg and Ian Rankine who worked alongside Kim and myself at Hogg Insurance Brokers on Vaughan Way. One day we were planning our next running venture and Ian came up with the idea that we should run the Wolverhampton Marathon as a Corporate Team instead of a Running Club as we would stand a better chance of success in the team competitions. This was a good idea except that Steve had not done as much training as everyone else and was unsure that he could perform to a good standard. So we came up with a plan that we thought would help us on the day. Ian would go for it from the word go and I would nurse Steve around the first half of the course in an effort to seeing him do a reasonable time to give us a chance of success. The cunning plan seemed ok in theory but in practice it turned out a nightmare. Steve was a really good runner finishing in the top 10 in League races on a regular basis and although not quite up to his best form he was much too good for a plodder like me. As part of the plan he stayed with me for 13 miles before disappearing into the distance leaving me to finish as best as I could.



Driving for the line at Desford

We had run the first half in 85mins which was very close to a PB for me but I had nothing left for the second bit. I knew I would have to finish for the team aspect but I ground to a halt around the 20 mile mark. I am sure there are many runners out there who have walked in a long distance race but it was new to me. I stupidly thought that I would walk a bit then

carry on running but it doesn't quite work that way. You do start running again but then you stop again and run even less until eventually you do more walking than running. I was even passed by Jimmy Saville and his entourage in that race before finally the finishing line came into view but I didn't have the energy to run over the line. Needless to say despite Steve and Ian posting impressive times the Corporate Trophy went elsewhere, Steve overtaking Ian before the end. It was the last time I would run a Marathon with another runner; from then on my other attempts would be solo ones.



Sizing up the opposition

Before reciting my next Marathon experience I will apologize in advance to Kim who has listened to this story so many times he could write the tale instead of me. Anyhow there might be some members from the Land of Zog who are hearing this for the first time, so here goes. A friend had told me that a good course for a marathon PB would be the Abingdon Marathon so I entered the race on my own, did the necessary training, and looked forward to the day. I left myself plenty of time to make the journey but driving along the M69 the car started to splutter and cough, and lose some power so pulling onto the hard shoulder I contacted the AA to receive some roadside assistance. Being a Sunday morning the help was not too long in coming and having diagnosed the problem as nothing more than some poor petrol, I was then left with the dilemma of whether to turn round and go home or to try and reach Abingdon for the race. Naturally I chose the latter and sped towards my goal but all the time it was becoming later and later. I eventually arrived at one of the designated car parks just as the marshal was leaving, but very kindly he offered to take me in his car to the starting point of the race, which was at a school, because there was no way I could have made it otherwise. We

arrived just as the runners set off and as the marshal explained to the officials what had happened on my journey I rushed into the changing rooms to change into my running gear and use the facilities. Fortunately the officials gave me permission to race even though it was around 3 minutes since the runners had left, and after around a mile I caught up with the back markers and my race had begun. As it turned out the reports about the race were pretty accurate because after a very pleasant tour of the Oxfordshire countryside I returned to the school in a time of 2 hours 56 minutes according to the official clock but I always maintain that my time was much better than that. 12 months later I returned to Abingdon with Ade and Sid but I couldn't repeat my time of the previous year. If only you could remember what it was that you had done before that gave you such a good race you could repeat it but running is not like that. You have good days and not such good days and you just have to go with it.

Other memories include chasing Steve Clegg in the Leicester Marathon through Countesthorpe and then overtaking him just beyond Foston as Steve stopped to be ill over the hedge. He recovered to finish the race but it was one of the few times I claimed a victory over him. I remember beating Seb Coe in the London Marathon but he refused to accept my challenge for a series of races over 800m and 1500m. I also completed the Shakespeare Marathon as well one in St Albans. I was never as prolific as John Stew and Keith and I take my hat off to both of these giants of the Marathon distance. I always wanted to be in the best condition I could be before tackling the distance because if you are not then 26 miles is a long way.

Livingston Relays

It was a pretty good day for running and two quartets of Roadhogs took on the annual relay-fest as part of a record field of 392 runners. Roadhogs A (James Boyd 17.41, Baz Barratt 20.54, Mark Ramsden 18.06 and Ben Milson 19.31) finished 16th and Roadhogs B (Tom Martin 20.57, Dan Bannatyne 23.09, Max Barratt 24.59 and Mike Cummins 21.12) finished 32nd out of 35 teams.

For the Record

| Holkham Hall pr | | |
|-----------------|------|-------|
| Rob Milstead | 14th | 21.51 |
| Charlotte Wood | 16th | 22.01 |

| Bath HM | | |
|-------------------------|--------|-------------|
| Mike Cummins | 2375th | 1.44.38 |
| Spring Shakespeare | | |
| Steve Robinson | 9th | 3.33.32 |
| Keyworth Trail Run 30km | | |
| Chris Peach | 65th | 3.56.41 |
| Keyworth Trail Run 15km | | |
| Valerie Spezi | 105th | 1.46.27 |
| Bpr 19/3/16 | | |
| Ben Milsom | 26th | 20.04 |
| Baz Barratt | 48th | 21.03 |
| LVpr 19/3/16 | | |
| Terry Woodhouse | 18th | 20.24 |
| Richard Curtis | 27th | 21.27 |
| Mike Cummins | 39th | 21.59 |
| Charlotte Wood | 41st | 22.12 |
| Emma Raven | 42nd | 22.13 |
| Marcus Shaikh | 85th | 25.25 |
| Liz Butler | 141st | 30.49 |
| Brian Feldman | 142nd | 31.17 |
| MHpr 19/3/16 | | |
| Steve Barnes | 60th | 25.26 |
| Charnwood Marathon | | |
| Jon Heap | 44th | 5.13.22 |
| North London HM | | |
| James Thurman | 626th | 1.36.59 |
| Ashby 20 | | |
| Fabio Caraffini | 170th | 2.24.40 |
| Dale Jenkins | 387th | 2.41.01 |
| Clare Mendes | 469th | 2.46.14 |
| Afra Kelsall | 642nd | 2.56.25 |
| Valerie Spezi | 944th | 3.19.12 |
| Palace HM | | |
| Jacqui Dean | 2195th | 2.10.05(PB) |
| Peatling Challenge | | |
| Ben Milsom | 12th | 1.49.45 |
| Folkstone 10 | | |
| Brian Feldman | 560th | 1.43.41 |
| Bpr 26/3/16 | | |
| Ben Milsom | 33rd | 21.17 |
| Ian Bass | 208th | 28.29 |
| Max Barratt | 276th | 31.33 |
| Caroline Evans | 277th | 31.35 |
| Edd Smissen | 278th | 31.36 |
| Kathryn Evans | 282nd | 31.39 |
| Baz Barratt | 283rd | 31.40 |
| LVpr 26/3/16 | | |
| Rob Milstead | 20th | 21.59 |
| Valerie Spezi | 87th | 28.46 |
| Pegwell Bay pr | | |
| Brian Feldman | 123rd | 31.01 |
| MHpr 26/3/16 | | |
| Steve Barnes | 78th | 25.32 |
| Dewsbury pr | | |
| James Thurman | 17th | 21.58 |
| Maldon Prom pr | | |
| Emma Raven | 34th | 22.16 |
| Cardiff HM | | |
| Lee Hennell | 3910th | 1.47.45 |
| Stanwick 10K | | |
| Rob Milstead | 76th | 46.08 |

| | | |
|---------------------|--------|-------------|
| MHpr 2/4/16 | | |
| Steve Barnes | 72nd | 25.07 |
| Bpr 2/4/16 | | |
| Ben Milsom | 15th | 19.56 |
| James Thurman | 31st | 21.12 |
| Baz Barratt | 41st | 21.37 |
| Max Barratt | 158th | 26.17 |
| LVpr 2/4/16 | | |
| Igor Burbela | 10th | 20.22 |
| Richard Curtis | 19th | 21.25 |
| Charlotte Wood | 28th | 22.14 |
| Emma Raven | 29th | 22.15 |
| Paul Langham | 39th | 22.49 |
| Lee Hennell | 55th | 24.34 |
| Marcus Shaikh | 75th | 26.15 |
| Brian Feldman | 122nd | 31.04 |
| Liz Butler | 130th | 31.33 |
| Loughborough HM | | |
| Rob Milstead | 141st | 1.43.32 |
| Paul Langham | 171st | 1.46.11 |
| Warwick HM | | |
| Valerie Spezi | 854th | 2.01.07 |
| MHpr 9/4/16 | | |
| Steve Barnes | 77th | 24.58 |
| Bpr 9/4/16 | | |
| Edd Smissen | 18th | 20.38 |
| Max Barratt | 163rd | 27.28 |
| Ashley Simpson | 164th | 27.29 |
| Caroline Smissen | 308th | 33.47 |
| LVpr 9/4/16 | | |
| Igor Burbela | 10th | 20.27 |
| Terry Woodhouse | 12th | 20.44 |
| James Thurman | 20th | 21.07 |
| Rob Milstead | 29th | 21.55 |
| Valerie Spezi | 90th | 27.50 |
| Brian Feldman | 122nd | 30.17 |
| Belvoir HM | | |
| Igor Burbela | 78th | 1.31.52 |
| Dale Jenkins | 115th | 1.36.03 |
| Mike Cummins | 151st | 1.39.59 |
| Clare Mendes | 180th | 1.43.16(PB) |
| Terry Woodhouse | 199th | 1.44.07 |
| Baz Barratt | 211th | 1.45.29 |
| Ben Milsom | 227th | 1.46.52 |
| Colin Bowpitt | 230th | 1.47.11 |
| Manchester Marathon | | |
| Fabio Caraffini | 1413th | 3.24.45(PB) |
| Paul Langham | 4134th | 3.58.14 |
| Sheffield HM | | |
| Steve Palmer | 1260th | 1.44.54 |
| Bpr 16/4/16 | | |
| James Thurman | 23rd | 20.24 |
| Ben Milsom | 37th | 20.59 |
| Edd Smissen | 39th | 21.10 |
| Baz Barratt | 58th | 22.12 |
| Fabio Caraffini | 69th | 22.41 |
| Caroline Smissen | 341st | 35.16 |
| MHpr 16/4/16 | | |
| Steve Barnes | 60th | 24.43 |
| Rutland Water pr | | |
| Neil Winkless | 8th | 21.22 |

| | | |
|----------------------|---------|---------|
| LVpr 16/4/16 | | |
| Charlotte Wood | 27th | 22.18 |
| Emma Raven | 32nd | 22.43 |
| Valerie Spezi | 79th | 26.53 |
| Ruth Stevely | 94th | 28.53 |
| Jeannette Franklin | 99th | 29.22 |
| Shaun Heaphy | 104th | 30.08 |
| Liz Butler | 124th | 32.05 |
| Brighton Marathon | | |
| Richard Curtis | 883rd | 3.29.27 |
| Lee Hennell | 3021st | 4.06.33 |
| Sophie Noble | 1058th | 4.18.20 |
| Brian Feldman | 5717th | 5.09.21 |
| Bpr 23/4/16 | | |
| Ben Milsom | 16th | 20.00 |
| James Thurman | 17th | 20.01 |
| Baz Barratt | 34th | 20.55 |
| Max Barratt | 96th | 23.30 |
| MHpr 23/4/16 | | |
| Steve Barnes | 75th | 24.13 |
| LVpr 23/4/16 | | |
| James Boyd | 4th | 18.35 |
| Rob Milstead | 24th | 21.26 |
| Emma Raven | 31st | 22.06 |
| Valerie Spezi | 96th | 27.36 |
| Liz Butler | 127th | 30.12 |
| Wirksworth Incline | | |
| Dave Lodwick | 53rd | 33.34 |
| Shakespeare HM | | |
| Charlotte Wood | 313th | 1.41.27 |
| London Marathon | | |
| Mark Ramsden | 2202nd | 3.01.21 |
| Igor Burbela | 3932nd | 3.14.50 |
| Kathryn Evans | 7644th | 3.35.38 |
| Jackie Brown | 7886th | 3.36.53 |
| Dale Jenkins | 11648th | 3.52.05 |
| Afra Kelsall | 12399th | 3.54.48 |
| Jerry Wilkes | 13076th | 3.56.48 |
| Bassetlaw Bash 26.7m | | |
| Chris Peach | | 5.13 |
| MHpr 30/4/16 | | |
| Steve Barnes | 71st | 24.12 |
| Bpr 30/4/16 | | |
| James Thurman | 24th | 20.26 |
| Edd Smissen | 31st | 20.44 |
| Ben Milsom | 40th | 21.22 |
| Dave Lodwick | 45th | 21.39 |
| Baz Barratt | 52nd | 22.03 |
| Max Barratt | 168th | 26.11 |
| Alison Lodwick | 316th | 32.05 |
| Kathryn Evans | 349th | 34.31 |
| Caroline Smissen | 350th | 34.33 |
| LVpr 30/4/16 | | |
| Igor Burbela | 12th | 20.27 |
| Terry Woodhouse | 15th | 20.43 |
| Rob Milstead | 18th | 21.01 |
| Emma Raven | 26th | 21.37 |
| Shaun Heaphy | 99th | 27.40 |
| Ruth Stevely | 106th | 28.18 |
| Brian Feldman | 142nd | 31.40 |
| Wei Han | 151st | 33.40 |

| Great Birmingham 10K | | |
|-----------------------------|--------|-----------|
| James Thurman | 165 th | 42.37(PB) |
| Hayley Yarnell | 2267th | 56.18 |
| MK Marathon | | |
| Richard Curtis | 560th | 3.53.22 |
| Sophie Noble | 1076th | 4.21.21 |
| Woodhouse May Day Challenge | | |
| Ben Milsom | 100th | 1.56.46 |
| Lee Hennell | 117th | 2.00.16 |
| Dan Bannatyne | 191st | 2.11.47 |
| Steve Robinson | 253rd | 2.25.28 |
| Barbara Hermann | 254th | 2.25.29 |
| Burbage Skyline | | |
| Dave Lodwick | 215th | 1.00.54 |
| Bpr 7/5/16 | | |
| Ben Milsom | 19th | 20.02 |
| Baz Barratt | 82nd | 22.58 |
| Caroline Smissen | 348th | 35.05 |
| Edd Smissen | 249th | 35.23 |
| LVpr 7/5/16 | | |
| Rob Milstead | 29th | 21.03 |
| James Dunham | 23rd | 21.31 |
| Emma Raven | 40th | 22.16 |
| Dave Lodwick | 42nd | 22.23 |
| Marcus Shaikh | 75th | 24.48 |
| Valerie Spezi | 93rd | 26.22 |
| Shaun Heaphy | 110th | 27.39 |
| MHpr 7/5/16 | | |
| Steve Barnes | 71st | 24.12 |

Getting Muddy with Kim

Derby Runner League Race 7 - Foremark 13/3/16

It was a warm and sunny morning as we assembled by the reservoir at Foremark, the one which was over-chlorinated which resulted in some water supply to the local area being stopped for a few days this week. It may not be safe to drink but it certainly looked very pretty and provided a scenic backdrop to the club tents going up on the shoreline. Foremark replaced Holly Hayes Woodlands at short notice as the woodland managers did not want any damage caused to the early bluebells. As John Davies had carried our tent more than a mile from the car park to the race start (and back) at the Allestree event in January, I thought it was only fair that I carry it this time so I parked about 20 yards away from the start and carried it all the way there. Our runners came along in their groups. Young Laurie Gibson came to run for us again; he did the first and last races of this season so all we need to do now is to get Laurie to run all the races in between. And we welcomed back Ian 'Turbo' Bass after a long break from cross-country racing, during which he has been doing

Wolf Runs and working on his strength and stamina.

The Foremark course is 5.5 miles around 2 laps, starting by the lakeside and including 2 steep climbs in each lap before the run back along a mile of gravel path. Ben was first home for the men, with Dale not far behind, then Fabio and then Baz who had his best XC run in ages and was our fourth scorer. Laurie's injured knee was hurting but he made it round. For the girls Clare had another terrific run, with Amy coming home next, both in the same positions as the last race! John, Marcus and Keith were in the points. Brian, Ian and Trudy all found the going tough but just hung on in there and never gave up.

Overall we improved our team positions in the last event of the season. We finished a full men's team but still down on the numbers we have been achieving in this league, and sadly the girls team lost points again as there were only 3 of them. But it's the end of the season now so we have to work on getting more runners out next season and get Roadhogs back to the top where we belong.



Trudy: Team stalwart and cake baker extraordinaire

Trudy and Clare bought plenty of home-made cakes along which we all enjoyed like a picnic on the grass and in the sunshine. Fabio was the winner here with a score of 5 cakes. We also presented Trudy with a token of appreciation for the fabulous cakes she brings to every race. Thanks to all of you who ran in the cross-country league for Roadhogs this season, you are a hardy bunch.

RESULTS (5.5m):

MEN: 90th Ben Milsom 41.33, 100th Dale Jenkins (V50) 42.29, 131st Fabio Caraffini 44.49, 151st Baz Barrett (V50) 46.20, 166th John Davies (V50)

48.16, 193rd Laurie Gibson (U20) 52.25, 197th Marcus Shaikh (V40) 52.50, 203rd Keith Dakin (V60) 53.35, 215th Brain Feldman (V60) 58.22, 219th Ian Bass (V50) 66.47, 219 finished.

LADIES: 36th Clare Mendes 46.44, 79th Amy Gasper 53.10, 120th 123rd Trudy Sharpe (V40) 61.20, 134 finished.

TEAMS (all division 2): men 6th, ladies unplaced, combined 7th.

TEAMS AFTER 7 RACES (FINAL POSITIONS): men 7th, ladies 11th, combined 7th.

| Birthdays | |
|-------------------------------------|-----------------------------------|
| May | June |
| 7 th Sam Jolly | 20 th Colin Bowpitt |
| 10 th Ludo Renou | 20 th Caroline Smissen |
| 12 th Jerry Wilkes | 22 nd Ferrante Neri |
| 13 th Dan Bannatyne | |
| 17 th Afra Kelsall | |
| 19 th Jeannette Franklin | |
| 26 th Alison Lodwick | |
| 29 th Baz Barratt | |

| LRRL Summer League | |
|------------------------|----------------------------------|
| West End 8 | Sunday May 15 th |
| Gaddesby 7 | Sunday May 22 nd |
| Swithland 6 | Sunday June 5 th |
| Hungarton 7 | Wednesday July 6 th |
| Joy Cann 5 | Wednesday August 3 rd |
| Carl Rutt Memorial 10K | Sunday August 14 th |
| John Fraser 10 | Sunday September 4 th |



Marcus: Race face at Kibworth

LRRL Winter League Race 4: Kibworth

Well the hills were still there; unmoved by threats involving the use of bulldozers and high explosives! A cold wind failed to spoil what was a perfect morning for running and a handy crop of Hoggs turned out to pit themselves against one of the toughest courses in the County. We welcomed Tim to his first road race for the club and Ashley, James B and Edd to their first league starts of the year. I'm sure that like me, others felt it was nice to rock up at Kibworth High School as just a runner or supporter for a change, rather than a race official or marshal. Mind you, I did get called away at one point to show the officials where the start and finish were supposed to be!

Charlotte (21st) was first in for the ladies, cheered on by Harry and Rob (who is known to be partial to the odd Gumley Hill or three). The team packed brilliantly with Emma (22nd), Clare (23rd) and Jackie (26th) completing both veteran and senior counters. Clare even managed to record a PB! Skipper Amy (78th) was next, followed by Ashley (124th). Janet (148th) was sandwiched between our high-mileage heroines; Valerie (142nd) and Trudy (151st). Caroline was 168th and Alison 179th, leaving us just one short of a full C team.



James: A good start to the season

Whilst not at his quickest on this course, Marathon training is obviously not doing Mark R (33rd) any harm. James B (51st) too, looked in good nick on his first outing of 2016 and young Ben (114th) bettered 7 minute miles for the third race running. After that there was a steady stream of finishers with Fabio (128th), Dale (135th) and the fast improving James T (147th) before Dave L (154th) and Ferrante (155th)

completed the scoring eight by duking it out in the final sprint for the line. Tom (164th) continued his renaissance and it was good to see Edd (169th) back racing after injury. Baz (184th) put in another good run and Steve W (187th) took another step on the road back to full fitness. Tim (245th) had a good debut, gaining a small advantage over Marcus (249th). Our final two were Keith (269th) and Brian (281st).

LRRL Winter League Race 5: Desford

On the face of it, Easter Sunday seemed like an unfortunate day to hold a race but there were sufficient prepared to postpone the serious business of religious observance or excessive cocoa consumption (depending on affiliation) and the turnout was easily as good as normal (537). The Roadhogg ranks were swelled by new members Igor and Wei; we also welcomed comebacks from Fi and Dave S, who was making his final appearance as a V65.



Keith shows Wei the dimensions of his dream pork pie

Mark put in his usual quality run, finishing 29th. Ben was up next, followed by Igor (124th), Fabio (135th) and Dale (154th); there will plenty more to come from the latter trio when they capitalise on the solid base provided by their Marathon work and add some speedwork. There was good competition between Ferrante (162nd), Terry (166th), Tom (171st) and Mike (177th, also taking time off from Marathon prep). Baz (193rd) got the better of Hitesh (197th) and they were followed by Steve P

(216th) and Dan (229th). Marcus (274th) showed how far he has come, taking nearly 2 minutes per mile off his 2015 time (his first race for the club). The performance curve may be threatening to point in the opposite direction for those that followed but I'm sure Keith (292nd), Dave L (316th), John S (320th), Dave S (330th) and Barry (337th) all have other ideas.



Emma: Another fantastic season

Charlotte (15th) was first in once again, but this time Jackie (16th) finished in front of Emma (21st) as our vet ladies continued to lead the way. Valerie (133rd) completed the scoring four before being joined by Trudy (147th), Fi (151st) and Janet (168th). The next pair Alison (180th) and Liz (181st) almost finished together, with Wei (195th), stepping up to 6 miles for the first time, completing the finishers.

County Standards: May 2016

| | | 5K | 6 m | 10km | 7 m | 8 m | 10 m | HM | 20 m | Mara | Standard |
|--------------------|-----|----|-----|------|-----|-----|------|----|------|------|----------|
| Jackie Brown | V50 | | G | | G | | | | | G | |
| Liz Butler | SL | | | | T | T | | | | | |
| Jacqui Dean | V45 | P | | | | | | C | | | |
| Caroline Evans | V35 | P | P | | | | | | | | |
| Kathryn Evans | V40 | T | | | | | | | | S | |
| Jeannette Franklin | V55 | | | | C | | | | | | |
| Amy Gasper | V35 | | C | | C | | | | | | |
| Janet Hall | V40 | | P | | | | | | | | |
| Barbara Hermann | V35 | | P | | P | P | | | | | |
| Afra Kelsall | V40 | | | | | | | | | B | |
| Alison Lodwick | V55 | C | C | | C | C | | | | | |
| Clare Mendes | SL | | B | | B | B | | B | B | | B |
| Sophie Noble | V50 | | | | | | | B | | B | |
| Emma Raven | V45 | S | S | | S | S | | B | | | B |
| Trudy Sharpe | V45 | | P | | P | B | | | | | |
| Valerie Spezi | V40 | | C | | P | P | | C | C | | P |
| Ashley Simpson | SL | | P | | | P | | | | | |
| Ruth Stevely | V45 | | C | | P | | | | | | |
| Jacqui Womersley | V55 | P | | | | | | | | | |
| Charlotte Wood | V40 | | S | | | | | S | | | |
| Dan Bannatyne | SM | | C | | | P | | | | | |
| Steve Barnes | V55 | | B | | | | | | | | |
| Baz Barratt | V55 | G | S | | S | S | | B | | | B |
| Max Barratt | U20 | C | T | | | | | | | | |
| Colin Bowpitt | V45 | | B | | | | | C | | | |
| James Boyd | SM | | S | | | | | | | | |
| Dave Bullivant | V40 | | | | | B | | | | | |
| Igor Burbela | V55 | | G | | | | | G | | G | |
| Martin Capell | V60 | P | | | | | | | | | |
| Fabio Caraffini | SM | | B | | B | | | C | S | B | C |
| Nick Cobley | SM | | C | | | | | | | | |
| Mike Cummins | V45 | | B | | | | | B | | | |
| Richard Curtis | V50 | | | | | | | | | S | |
| Keith Dakin | V60 | | B | | | B | | | | | |
| Brian Feldman | V65 | | C | | | C | C | C | C | P | C |
| John Heap | V45 | | P | | | | | | | | |
| Lee Hennell | V40 | | | | | | | C | | P | |
| Dale Jenkins | V55 | | G | | G | S | | G | G | B | B |
| Roger Kerridge | V55 | | | | | S | | | | | |
| Dave Lodwick | V55 | S | S | | S | S | | | | | |
| Tom Martin | SM | | C | | B | B | | | | | |
| Ben Milsom | SM | B | B | | B | B | | C | | | C |
| Rob Milstead | V60 | | | S | S | | | S | | | |
| Ferrante Neri | SM | | B | | B | | | | | | |
| Steve Palmer | V65 | | G | G | G | | | G | | | |

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| Hitesh Pandya | V50 | | S | | B | | B | | |
| Tim Parry | V55 | | B | | | | | B | |
| Chris Peach | V50 | | | | | | | | |
| Mark Ramsden | SM | S | G | | G | | | | S |
| Steve Robinson | V40 | | B | | | | | | |
| Marcus Shaikh | V40 | | C | | P | | P | | |
| Peter Sloneczny | V50 | | B | | | | | | |
| Edd Smissen | SM | B | C | | | | | | |
| John Stew | V55 | | P | | | | | | |
| Dave Swan | V70 | | C | | | | | | |
| James Thurman | SM | B | C | B | | B | | B | |
| Barry Waterfield | V80 | | C | | | | | | C |
| Steve Wheeler | V45 | | B | | B | | | | |
| Jerry Wilkes | V50 | | | | | | | | C |
| Chris Willmott | V45 | | | | | | P | | |
| Terry Woodhouse | V40 | B | B | | B | B | | C | |