

Roadhoggs Leicester A.C.



November/December 2011

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



Jon: 25 miles and still smiling!

Storm Chasers

Snowdonia would be a challenge on any day; but driving rain and 30mph winds certainly don't make it any easier. Although conditions like these seem to be the norm it's a race that people keep coming back to; year after year. One veteran runner was back for his 29th attempt. If anyone were compiling a list of 'races to do before you hang up your running shoes', this one would surely be near the top.

The first 5 miles to Pen y Pas, which include a 3 mile climb, must be among the most spectacular of any UK roadrace; with majestic mountains towering over the course. Given the remoteness and the weather, the public support is superb, as is the organisation. It's also one of the friendliest races you can do, with plenty of chat going on. You can read about the exploits of the Hogg runners on page 3.

LRRL Fixtures 2012

The major changes for 2012 are the return of the popular Hinckley Half and the inclusion of the Hermitage 10K. We may even have a new course for the Ashby race.

Winter League

January 29	Barrow 6
February 12	Desford 10k
February 26	Ashby 10k
March 11	Markfield 10k
March 25	Kibworth 6 (Roadhoggs)

Summer League

May 13	Hinckley Half
May 27	Swithland 6
July 4	Hungarton 7
August 1	Joy Cann 5
August 12	Hermitage 10k
September 2	John Fraser 10

STOP PRESS

The LRRL clubs have voted overwhelmingly to adopt chip timing for the 2012 Winter league and most probably the Summer League as well (the decision over whether or not to use the system rests with the organising club for each race). We will most likely see other races, like the Shepshed 7, taking this route as well. Race fees may rise by £1 but same-day results should become the norm and most races will be able to provide 'chip' times as well as 'gun'.

Member News

A big welcome to Hamir and Dan who joined us recently. We hope you'll enjoy your time with the club.

Congratulations to Colin who has just celebrated his 75th birthday

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Chairman's Report

Hi everyone. Let's start the report for this Magazine by sending my congratulations to Charlotte and Rob on the birth of Harry the youngest Roadhogg. I hope he is not achieving too many PB's in "the keeping the parents awake competitions". Hope that everyone is doing well and we look forward to seeing you all at some future races.



Harry George Milstead

September was a busy month with races almost every week and many outstanding performances from our Athletes. We managed to field two squads in the Round Leicester Relay as well as competing at Countesthorpe in the final League race, at Nottingham, and at Kibworth. Moving on into October and it was the turn of Leicester, Worksop and Snowdonia which seems to have attracted the runners from our club. Some great running from everyone and although there were some remarkable solo efforts it is a collective well done to all who performed and collected good times in the process. As well as these there was also the start of the Cross-Country League as Kim's girls and boys hope to build on the success of last year.

The club held its final Committee Meeting of the year in October and we were able to welcome our two new Committee Members Jackie and John Stew. We were faced with some tough decisions which will affect everyone in the club. The main one being that next year we will be increasing the Membership subscriptions from £25 to £30. This was not a decision taken lightly in view of the present economic conditions but

we feel still represents great value for money. Fees in the Derby Runner Cross-Country League have already increased whilst we are expecting the LRRRL fees to increase from £2.50 to £3.50 in 2012. We will continue to meet these increases in costs out of the subs paid so that runners who continue to support the club in appearances will continue to benefit. By running in 5 X-Country and 5 Winter League Races your Membership Fees will be absorbed before we start thinking about UK Athletic subscriptions. We debated the future of our Glooston race long and hard on the night and have eventually decided to continue in its present format although we may tinker around with the date so that we do not clash with other races staged around that time. More news will follow.

The Leicestershire Road-Running League held its AGM in October and our own Dave Lodwick took over as Chair for 2011/12. With Steve Martin continuing in the role of League Treasurer the club has a strong representation in the League. Roadhogs application to stage a Winter League race at Kibworth on March 25th was accepted by the League which will bring a little much needed revenue into the club. It does however bring with it some responsibilities regarding the staging of the race, so please everyone put this date in your New Year diaries that Santa will no doubt bring you, and come along on the day, as if you can't run then we will need lots of Marshalls and Helpers to put on a race of this size. The League is also considering introducing Chip Timing for all Winter League races which will be paid for by the increase to £3.50 of the race day subs as mentioned earlier. At the time of writing this has not been finalised 100% but my prediction would be that we will see this in most of the races next year. This will replace the disc system currently being used.

You will have seen the details of the AGM and the Presentation Night in recent E-Mails and we are looking forward to both these events being well supported. Last year we tried to incorporate both events on the same night but we felt that this experiment did not work as well as we wanted it to. So we have gone for separate nights but Mark has been able to organise more central locations for each event. The food options for the Presentation Evening should also cater for all options and there will be our resident stage comedienne appearing once again by public demand although whether Paula can also appear you will have to find out on the night. Keith has one or two ideas for games for the evening so should once again be a good

night. We will of course have our “Athlete of the Year” trophy to give out voted for by you the members so put your thinking caps on for that one.

We had to say a fond farewell to two of our Lady Members in the second half of 2011 as Lianne moved to Germany and Isabella went home to Italy. Together with Amy and Alison Rudkin seeking pastures new in 2012 and Rachel nowhere near a comeback, we are looking a bit thin on the ground in the Ladies Teams for next year. Whenever I am out there appears to be no shortage of Ladies out running the streets of Leicester but we need some more on board our club to help in team competitions and League tables. So if any of you can help out in bringing new faces to the club then please feel free to invite them along to a Wednesday evening session and there will be a number of people around like Keith, Steve or myself who will happily jog around with them.

Finally can I wish each and every one of you a very Happy Christmas and New Year. Trust Santa will have been along to the Running Shop on Clarendon Park Road and he will have sacks of running goodies for you all.

Entente Cordiale in Snowdonia

The first Roadhogs Anglo-French expedition to the Snowdonia marathon took place on the last weekend in October. I am pleased to report that although Agincourt was mentioned a couple of times, I think we got away with it.!

So.....

Ludovic & Valérie

Bienvenue pour ce premier “Roadhogs (UK) week-end marathon. Je parle pour Dave, Jon, et moi-même quand je dis un grand “Merci” à Valérie pour être restée sous la pluie pendant deux heures et pour nous avoir encourager quand nous avions le plus besoin. Aussi pour m’avoir donné un paquet de Jelly babies. A Ludovic, que puis-je dire...Pas d’entraînement véritable en six semaines et sur un terrain difficile avec un temps pourri, faire 3h18 n’est pas mal! Félicitations à tous les deux!

So there you have it, I’m not a Euro sceptic, just someone who runs an idiotic number of marathons!



Pre-race: Note who has the only soft drink!

Back to the report... Friday afternoon was another case of “déjà vu” we crossed the Welsh Boarder in bright sunshine, the distant mountains were clear of cloud and the autumnal colours on the hillsides of Llangollen were beautiful to behold...but at 07:24:26 on Saturday morning it began to rain. Sorry to be so precise, but standing under a sky light window in the Hotel bathroom I had a clear view of the key feature of the days weather. It always rains for the Snowdonia marathon the only difference year on year is the volume and how strong the winds going to be! On both counts above average for race day!



Ludo experiences a little Welsh rain!

The organisers have made some changes to the course since my last visit, and I believe for the better. A new start half a mile from Llanberis, and a new finish, which removes the soul destroying half mile hilly loop we all dreaded. A three mile section of dangerous road has been replaced by a farm track, so eyes in the back of your head no longer required.



Rob dreaming of an undisturbed night

The rest of the course remains a challenge as it always has, still the amazing 4 mile climb from the start up the Llanberis Pass, with its steep granite and slate sides rising to 2000ft. The nasty 3 mile climb out of Bedgelert and finally the marathon's "piece de resistance" the climb at 22 miles from Waunfawr with the added cross wind back to Llanberis.

Another highlight of the weekend was the Family firm of Milstead & Son making their appearance. I think Rob and Charlotte may have required a few days to recover, because young Harry decided his parents were not going to get much sleep before the race, and about the same again the night after!



Dave watches his footing on the final descent

As far as the race was concerned we all gave it our best shot...

Ludo continued his fine form and remarkably with no real running for six weeks finished in 3:18:21 a Roadhogs record for the new course.

Rob fresh from no sleep came home in 3:42:34 I'd almost take up insomnia if I could run that sort of time! Dave finished in 3:48:18 only 11 secs different to last year, pure consistency! Jon trudged home in 4:04:02, given he had run a marathon on Thursday this was yet another fine example of how well he has been running since I took him under my wing...No, as ever a gutsy performance even if it chokes me to say so! I brought up the rear, as I always do at Snowdonia. 4:29:55, sadly my doctor tells me I am not genetically designed for hilly courses, I guess we all have our crosses to bear!

Valerie was the star of the weekend for her support at mile 15, which has to be one of the most miserable places on earth on a wet day. There she was full of smiles and well wishes, and I know I speak for everyone, it was the lift we all needed.



26 miles - it's all in a day for John

Marathon Review of 2012 in the next edition!

John Stew

Warwickshire Triathlon

It's been a year of highs and lows. It all started very well with two sub four hour marathons and I was planning my Autumn challenges, when my body had other ideas. A long layoff followed and try as I might, running was simply too demanding. But having spent years getting fit I wasn't about to let it slide just like that and started cycling and swimming.

Cycling and swimming are not as hard as running but I did manage to maintain some level of fitness. Then sometime shortly afterwards a friend (Tom Hinds Hermitage Harrier) said (half joking, half serious) ‘fancy doing a triathlon?’ At this point my swimming was limited to the breaststroke and my front crawl was more doggie paddle than dolphin; but I can’t resist a challenge. So having thrown down the gauntlet it wasn’t long before I was drawing up a training schedule and looking for suitable events. The Warwickshire Triathlon in Stratford-upon-Avon seemed to fit the bill.

After eight weeks of gentle training and some suitably timed swimming lessons - I was ready for the big day.

The event itself centred around Stratford Leisure Centre. It started with a 400m pool swim, a 23km bike ride and a 5k run - the sprint version of the discipline the poster said. Some sprint. We registered and collected our numbers. So far just like a standard road race. But, in addition to the vest number, we had our numbers written on our legs and arms. Now I felt like a proper triathlete.



At least you don't need safety pins!

The next challenge was to find a spot in the transition area. The place was full of bikes, plastic boxes, shoes and two novices wandering round like Saturday shoppers trying to park in the Shires just before Christmas, but we soon got the idea and squeezed in where there was an inch of daylight. Now it was time to layout our kit. The websites and books describe how to do it properly, yeah - in an ideal world. Here you just do the best you can.



Too late for second thoughts, now

The race itself started in 15 sec intervals based on your predicted swim time. We all lined up in numerical order as if about to walk the plank. My predicted time was pre swimming lessons so I hoped I'd be faster. As soon as I took off, I felt the water glide over my swimming cap (having never worn one before) and thought ‘this is going to be quick’. And indeed it was. My predicted time was 13:45, I came in at 8:54. Where did that come from, maybe I'll suffer on the bike ride.

Transition was un-eventful, although I was the only competitor running round the paddock with their goggles still on. Being short sighted and with prescription goggles, it was the only way I could find my bike.

The bike section meandered into the Warwickshire countryside before heading down the A46 and back into Stratford. By now it was getting really hot; who'd have thought October 1st in Stratford would be hotter than Turkey? and I dug in for another quick phase - 48:20. Had I saved enough for the run?

The run was a bit cross country. The pre race literature described it as a 2.5 km oval, which you ran twice. It turned out to be an out and back (run twice). This really threw me and I struggled over the first 2k. But once I knew where we were going I got into my stride and finished in 1:23 (Tom finished in 122:48) - I had

just hoped to break 1:45. This also accounts for the lack of finish photos. We finished before my wife and friends (with camera) were at the finish line



The event itself was brilliantly organised and great for a beginner, despite one marshall's attempt to send me on a third loop of the run. If you are interested the website is 'fun2tri.co.uk' and believe me it was fun to tri.

Paul Langham

For the Record

Great North Run		
Neil Winkless	831st	1.30.48(PB)
Great Barrow Trail Marathon Day 1 (26.8M)		
John Stew		4.49.32
Great Barrow Trail Marathon Day 2 (28M)		
John Stew		5.28.58
Great Langdale Marathon		
Dave Lodwick	46th	3.58.51
Jon Heap	72nd	4.17.26
Kibworth Half Marathon		
Nick Copley	4th	1.20.52
Miguel Flores	19th	1.32.00
Jerry Wilkes	22nd	1.33.07
Colin Bowpitt	23rd	1.34.24
Dale Jenkins	40th	1.39.28
Rob Taylor	69th	1.46.49
Baz Barratt	85th	1.50.08
Valerie Spezi	137th	2.02.04(PB)
Kibworth Third Marathon		

Jackie Brown	17th	1.05.28
Clare Mendes	54th	1.17.50
Mablethorpe Marathon		
John Stew	154th	4.15.46
Jon Heap	197th	4.38.53
Leicester Marathon		
Jerry Wilkes	34th	3.20.16
John Stew	142nd	3.58.34
Jon Heap	159th	4.03.13
Hitesh Pandya	215th	4.21.59
Leicester Half Marathon		
Nick Copley	7th	1.19.46
Miguel Flores	23rd	1.25.22(PB)
Simon Fryer	59th	1.29.45
Ceri Davies	63rd	1.30.04
Colin Bowpitt	87th	1.32.41
Mark Ramsden	96th	1.33.39
Tom Martin	133rd	1.36.25
Dale Jenkins	154th	1.37.42
Sam Jolly	212th	1.40.13
Emma Raven	315th	1.43.47
Rob Taylor	327th	1.44.16
Martin Capell	353rd	1.45.12
Dan Bannatyne	405th	1.46.26
Baz Barratt	514th	1.50.13
Ruth Stevely	531st	1.50.46
Keith Dakin	556th	1.51.47
Trudy Sharpe	686th	1.55.51
David Luyt	830th	2.00.15
Richard Norton	939th	2.03.18(PB)
Clare Mendes	946th	2.03.39
Alan King	1568th	2.39.27
Great Birmingham Run		
Simon Fryer	401st	1.30.03
Tom Martin	668th	1.34.03
Hitesh Pandya	2938th	1.49.14
David Luyt	5052nd	1.59.01
Snowdonia Marathon		
Ludovic Renou	75th	3.18.21
Rob Milstead	255th	3.42.34
Dave Lodwick	326th	3.48.18
Jon Heap	548th	4.04.02
John Stew	882nd	4.29.55
Endcliffe Park 10k		
Miguel Flore	19th	40.13
Worksop Half Marathon		
Neil Winkless	222nd	1.33.23
Colin Bowpitt	278th	1.35.01
Dale Jenkins	280th	1.35.12
Rob Taylor	990th	1.54.17
Pumpkin Half Marathon		
Baz Barratt	56th	1.53.13

Chips off the old block?

The eagle-eyed among you may have noticed a marked deterioration in Hitesh and David's half marathon performances recently. This is no cause for concern or evidence of accelerated ageing; they've been helping the next

generation of runners achieve their personal goals. Congratulations to Raj Pandya and Jessica Luyt on breaking 1.50 and 2 hours, respectively, in the Great Birmingham Run.

Birthdays

November

17th Colin Smith
28th Isabella Parlatore
28th Fiona Sutherland
29th Ron Atton

December

2nd Ruth Stevely
3rd Alan King
8th Mark Ramsden
15th Sid Smith
16th Anita Pabla
25th Valérie Spezi
26th Resham Singh

Getting' Muddy with Kim

The joy of cross country running

So what's so great about cross country running? If you are used to training and racing on the roads, why would you go off the road and start running across the grass and trails? Why would you want to run through mud and water, in the cold? Well let me try to explain why I was converted and why I think you would be too.



Cross country running has history. It must be one of the oldest sports of all. People would run along paths and tracks just to get from one place to another. I can imagine that people ran to school or market when there was no other way of getting there. Then races across the countryside began to take place during village festivals, and the harrier tradition was born. Sometimes a lead runner (hare) would set off early and leave a trail of paper for the chasing runners (hounds) to follow, something I don't think the anti-litter campaign would allow these

days. Britain has a long and proud tradition of cross country running, because it's a sport you can do in our bad winter weather. British runners used to dominate the International Cross Country Championships, before it became the World Championships and dominated by the East Africans.

It builds strength and stamina. These days the best distance runners (like me) use cross country running through the winter to build strength and stamina for the road and track races in the summer. Coaches build it into training programs to supplement the winter road or track work. You have to work harder to run at pace on the grass, so you will achieve more than if you ran the same distance on a hard surface. But at the same time the softer surface does give your knees and ankles some chance to recover from the pounding effect of tarmac.

All of my Sunday runs these days are based on off-road routes. There's a lot of lovely scenery around where I live and I enjoy it more when I get to the public footpaths across the fields. There are lots of options to run around my part of Leicestershire, and I plan my runs with a couple of mates based on a running time rather than a distance. I also meet running fellows in town sometimes and we hit the parks or canal towpaths. There are natural breaks (you might call them obstacles) when you are running off road. A stile, a gate or a ditch will break your stride but gives you a moment to get a breather before you have to get going again. Cows can crowd around field gates but they will usually give way as you approach them so they do not bother me. A couple of weeks ago I was running with Sam along the towpath when we came across a loose bull blocking our way. I knew what to do ... I made sure that Sam was between me and the bull as we walked slowly by.



El Sam: Matador

Cross country racing is quite a different challenge to racing on the roads. It is certainly harder to 'dig in' when you are racing cross country because the terrain is never flat. The hills can be real killers. You might even have to jump into a brook. It's a different skill to run through mud and on uneven ground. Sometimes you have to pick your way with care and concentrate on keeping your balance, and sometimes you have to pick your time to overtake where the route is wider. The better cross country runners may not be faster, but better at running off road. In fact it does give a little advantage to the slower runners, because the faster runners are slowed down more by the cross country conditions. It's also more low key and friendly than road racing. You are not under so much pressure as there are no mile markers and no exact distances, so you don't need your watch and you just run as you can.



Kim sucks in some of that fresh country air

The scenery is better and the air is fresher as you are out in the open countryside. There's no traffic to bother you, and the only people you are likely to meet are other off road runners, rambblers, and dog walkers. I don't run with an iPod myself, but I'm sure you can do so quite safely when you are away from the roads. Finally you can enjoy getting your kit and shoes dirty, it doesn't matter when you are running off road. You can also enjoy getting into the shower with your kit. After a muddy race, I leave my socks in the shower tray for days until they are finally clean enough to put into the wash, but the smell does stay around so you do need an understanding partner to do that.

Have I persuaded you? If you have not yet tried the different challenge of cross country running, then come and try it out at a league race or at one of the local races through the winter

months. The league races in which Roadhogs competes are enjoying a surge of interest at the moment with numbers up to 400 - come and join us!

Derby Runner XC League race 1, Markfield, 2nd October

On a glorious sunny day, not at all like cross country weather, we met at South Charnwood school for the first race of this season's xc league. Sunglasses and suntan lotion were worn instead of warm t-shirts and gloves, and road shoes were preferred to spikes as the ground was so hard. It was a nice grassy and scenic 5.6m course but with plenty of ups and downs and everyone seemed to be suffering in the heat. We had 15 Roadhogs starting, but let me say straight away that I dropped out like a wuss early into the race, leaving the other 14 of you to bag the points. We welcomed Clare Mendes and Neil Winkless making their Roadhogs cross country debuts, and Ceri turned out several months early as he usually starts his xc season around February. Ronnie was there to supervise us, Hannah took the results, and Ludo and Dave Lod also came along to give support even though they were injured out. Mike Munday had an eventful journey to the race; he cycled from the north, had a puncture and hitched a lift, and he still came in 10th! Nick was close behind but not so pleased with his run. Jackie fell, but in a dignified way, and got up to finish our top girl. Ruth wondered why she was doing this and then remembered it was for the joy of cross country running. Everyone who ran did really well to get round on such a hot day, especially Mike, Dale and Trudy who hared at the schools xcs on Saturday and still ran for the team on Sunday !



Clare wonders where all the mud's gone

RESULTS:

MEN: 10th Mike Munday V40 33.29, 15th Nick Cobleby 34.14, 72nd Ceri Davies V40 39.01, 81st Jerry Wilkes V40 39.24, 88th Neil Winkless 40.04, 105th Colin Bowpitt V40 40.58, 110th Dale Jenkins V50 41.15, 160th Rob Taylor V50 45.25, 220th Sam Richardson 51.29, DNF Kim Richardson V50, 245 finished.

LADIES: 30th Jackie Brown V40 47.05, 43rd Ruth Stevely V40 49.33, 71st Valerie Spezi 53.45, 72nd Trudy Sharpe V40 53.52, 78th Clare Mendes 54.47, 117 finished.

TEAMS: Men (div2) 4th, ladies (div2) 4th, combined (div1) 8th

Derby Runner League Race 2 - Bagworth 23/10/11

It was good to be back at Bagworth Heath after last year's race there was cancelled twice because of snow. But no such weather this time; it was sunny and pleasant although not as hot as the previous race at Markfield. But it was warm enough that the course was very dry and in places quite uneven hard ground where we are more used to splashing and slipping through deep mud. I decided not to use the club mobile hospitality centre as it didn't seem worth it, but I wish that I had because we gathered around in the open and several of the guys started applying anti-chafing cream on their inner legs and I don't think that was a pretty sight for the public walking about on the heath. Whilst we had 10 runners and scored a brilliant 2nd team place in the men's race, the ladies were down to just 2 until Ruth came along, and so with a last place given by the league we were just able to score ladies points as well. But we are only allowed that lifeline once so hope to see more of you girls running next time and I promise that the hospitality centre will be there for you.

The course itself is 5 miles around 2.5 laps of heathland. There is a long and tough climb early on in each lap. But after that there is a glorious long and gradual downhill as you come down off the ridge, so you do get chance to recover and get going again. Mike and Nick pushed each other to a terrific 9th and 10th place and were given the same time. Miguel, who only last season was aiming to finish inside 100, continued his fine form in 56th. Ceri, Jerry, Dale, Colin and Dave Lod packed well and completed the rest of the scoring team. Sam and Kim brought up the

rear with Sam starting to improve and winning the family race these days. For the ladies we welcomed back Rebecca who came in 29th, and then Ruth who is quite determined to improve in this league, and of course ever-so-reliable Trudy. The times were quite quick, so although the organisers said the course was a little over 5 miles I think it was a little under.



Ruth: Hitting the country

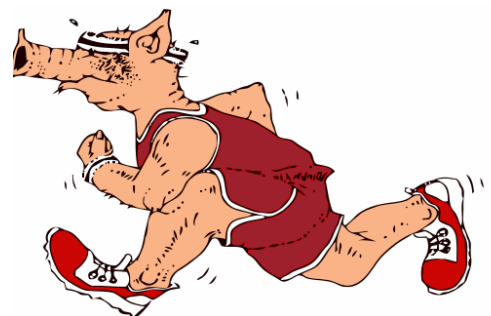
RESULTS:

MEN: 9th Mike Munday V40 30.37, 10th Nick Cobleby 30.37, 56th Miguel Flores 34.44, 82nd Ceri Davies V40 35.54, 95th Jerry Wilkes V40 36.27, 110th Dale Jenkins V50 37.34, 119th Colin Bowpitt V40 37.50, 124th Dave Lodwick V50 37.55, 215th Sam Richardson 44.01, 228th Kim Richardson V50 45.51, 247 finished.


LADIES: 29th Rebecca Bromwich 41.06, 40th Ruth Stevely V40 42.32, 77th Trudy Sharpe V40 47.28, 113 finished.

TEAMS: Men (Div2) 2nd, ladies (Div2) 7th, combined (Div1) 5th.

TEAMS AFTER 2 RACES: Men (Div2) 2nd, ladies (Div2) 6th, combined (Div1) 7th



20 Things

Paul Langham 		Hannah Bishop 
IT Manager for Hinckley and Bosworth Borough Council	What do you do for a living?	I am a teacher for adults with learning difficulties in a sixth form college in Leicester. I really enjoy my job - never a dull day!
Married to Emma	Are you Married or Single?	I've been married since March 2010 - I think my Dad thought he would never get rid of me. He'd spent the wedding fund on a Saab.
I always wanted to run but struggled with motivation. I.e. I'd run for a couple of weeks then stop for several years. The motivation finally came in 2007 when I signed up for the Leicester half, and I haven't stopped running since.	How long have you been running?	This time round - for about four or five years. But I used to do it when I was a kid. My dad used to drag me out on a Saturday morning and I did the schools cross country.
I'd just run Paris Marathon which I really enjoyed, and I thought if I was to do more I need to join a club. Roadhoggs were my local and met on a Wednesday. Perfect for me and has exceeded all my expectations.	How did you become involved with Roadhoggs?	See family connection!
I'd LIKED to have excelled at Tennis or Golf. Still enjoy them both but excel in neither	If you didn't run which sport would you like to excel in?	I quite like watching ice-skating so maybe that. It looks a bit more glamorous than running though mud and rain in the winter cross country races!
Astronaut	Did you ever have any ambitions when at school to do a different job?	I've always been a bit of a drama queen and wanted to be an actress for a while. I even got a job with a Loughborough theatre company one summer (not exactly the West End I know!) but swiftly realised that I would only be earning about £50 a week if I was lucky - so decided to be a teacher. Hollywood doesn't know what they're missing.
Greek Islands	Which is the best Holiday destination you have been to?	If I was going to be soppy I would say Ireland, where I went for my honeymoon. It was beautiful! But 6 years ago I also managed to get to Japan to see some friends who lived there. It was really interesting - we travelled round from Tokyo to Hiroshima and visited all sorts of places (and ate all sorts of bizarre food!)
My collection stretches far and wide, but probably The Jam and The Smiths	What music do you like most?	I'm quite keen on a bit of rock music - mainly from the 80s and 90s. But there are a few sneaky Take That CDs at home. I loved them when I was 12 (thanks for driving me to the concerts Dad! Do you still have the "Flash Git" key ring I bought you to say thank you?) and still love them 20 years later. And I can still do the "Could it be magic" dance routine.
Groundhog Day....	What was your favourite film?	It depends what mood I'm in. I like Judd Apatow comedies when I'm in a daft mood but I really like "Life is Beautiful" as well. I also like old classics like "Mary Poppins". I've never grown out of that one.
Dr Who	If you could be any TV character which one would it be?	I don't know if this is the one I would want to be, but most people who know me call me Monica from Friends due to my obsessive need to tidy up all the time, and probably for being a bit bossy too!
Volvo V50. Would love a Mercedes Vito Sport	What car do you drive and what car would you most like to drive?	I've recently bought a Honda Jazz - dull and reliable but good. I'm not really interested in cars but I do like the old Beetles so maybe one of those. I don't think my husband would let me have one though.
Curry washed down with a cold lager	What is your favourite food and drink?	My all time favourite meal is a nice medium rare steak, with a stilton sauce and a glass of red wine - all stuff you can't have whilst pregnant! The day after the baby is born I'm having all three.

Harry Wilson (Steve Overt's coach), Mark Moore (Business Guru), Derren Brown, Cameron Diaz and Penelope Cruz	Which 5 people (living or dead) would you most like to invite to your Dinner Party?	Any of the Bronte sisters (love the books), the singer/comedian Steve Lynch (so he could entertain us with inappropriate but amusing songs), Professor Brian Cox (just to get him to say those science words), and the Hairy Bikers (to do the cooking).
Didn't really have a favourite but was best at maths	What was your favourite subject at school?	I was a bit of a geek at school (still am really) so I didn't really have a favourite as I got on with work in all my classes. I did have a "worst" though - my French teacher wasn't very nice so I used to dread those lessons which is a shame as I really wanted to learn French well.
I'm not a great reader so my choice is limited - I really enjoyed 'Black Swan Green' by David Michell. It reminds me of being a lad.	What was the best book that you ever read?	Wuthering Heights - hands down favourite. Been reading it repeatedly for years. I bought a 60 year old copy in an old book shop over the summer.
My favourite local race is the Leicester Half - my first race. My favourite distance is the Marathon. I'm not a natural runner so the Marathon is a real challenge - I like a challenge.	What is your favourite local race and your favourite distance?	Just because I thought there was no way I would ever be able to do it and I've managed it 3 times now - I love the Leicester Half Marathon. I've beaten my time each year. I didn't do it this year though - I sat on a stool at the top of New Walk eating and marshalling instead. It is my "getting my fitness back" target for next year after the baby is born.
Running with like-minded people	What is the best thing about being a Roadhogg?	I love being a Roadhogg, my Dad was one of the founders back in the eighties so I've always known about them. I feel that they are such a supportive group and are pleased with you however you do. A friendly, encouraging bunch.
Can't think of anything	If there was one thing you could change within Roadhoggs what would that be?	I would like to be a faster runner - that is the only thing I would change within the club.
With my wife and friends enjoying a good meal	What would be the best way to spend an evening?	I've got a lovely bunch of friends and I really enjoy it when we all get together either at a pub for dinner or pile round someone's house for a home-cooked meal. There's normally wine and some good chat involved. It's nice that even though some of us have kids now we still manage to get together regularly - people just bring the kids along!
Loads - that's the beauty of running, there are so many races. I really enjoy the big city marathons so I'm spoilt for choice. It also helps that my wife enjoys mini breaks	Do you have any remaining ambitions either personal or club wise?	I did have one of those "things to do before I die" lists when I was young and I'm slowly ticking things off. I've ran my marathon now (do 2 half marathons make a full one?) and seen Stonehenge. I would love to see the Northern Lights and write a book. Maybe one day! To try to be a good mum would also be something good to aim for!