

Roadhoggs Leicester A.C.



September/October 2013

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

Clean Sweep

Our Roadhogg ladies were involved in three divisions this year: Senior 2, Senior 3 and Veteran 2. After narrowly missing out last year, a single promotion would have been cause for celebration but Jackie obviously had her sights set a bit higher. Not only did our teams gain promotion but they all won their divisions, too! These happy results are the culmination of some excellent running; both fast and tenacious.

2013 Hoggette Champions: Jackie, Bec, Ruth, Vicky, Amy, Charlotte, Rachel, Rae, Trudy, Barbara, Leah, Ashley, Kirstin, Alison, Clare, Grace, Lorena, Jess, Lucy and Valerie.



Congratulations to Clare



Charlotte, Rob and Harry were present to witness the marriage of former Roadhogg Clare O'Neill to Paul Rook. Clare is keeping up her running; making use of the many off-road opportunities around her home in the New Forest. We wish them every happiness in their new life together.

Derby Runner XC League 2013-14

- Sunday 20th October, Foremark Reservoir
- Sunday 17th November, Markfield,
- Sunday 1st December, Bagworth Heath
- Sunday 12th January, Grace Dieu
- Sunday 16th February, TBA (Hinckley)
- Sunday 2nd March, Holly Hayes Wood

Member News

Congratulations to Lorena who is expecting her second child in December and Sam J, who recently proposed to girlfriend Maria. He did it in a hot air balloon, high above the plains of Africa; how's that for romantic? Not surprisingly, she said yes....and you ladies thought they didn't make them like that anymore.

A big welcome to Ferrante and Fabio who've just joined us.

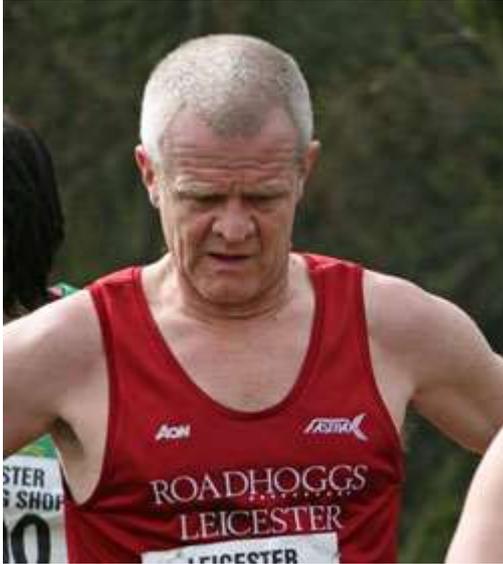


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Another helping of nostalgia from Kim (page 2), Martin's 25 years on the road (page 4), For the record (page 5), Prague (page 7), Alison's 100th (page 8), 20 Things (page 9) and lots more.

Memories of a (used to be keen) runner part 2

In the last issue I talked about how I changed from a failed footballer into a regular runner, and how Roadhoggs was started. By now I was well into road racing and my running continued to improve.



Kim still turns out to show us how it should be done....

We joined the Leicestershire winter and summer road leagues and I raced both league and open races through the 1980s and 90s. My marathon times came down as well. I used a few road league races as my hardest marathon training; run there, race, run back. I hit my best years in my mid 30s. For a while, every race seemed to be a PB. I used to love the 'pub run' training nights which were different routes all over the county, a hard training run followed by a beer and laugh afterwards. A great way to train, I'm sure it still is. My best 10ks were 35 minutes, 10 miles in under 1 hour, half marathons under 1:20 and marathons under 3 hours. My fastest half was 1:17 at Hose in the Vale of Belvoir in 1985; this was always the race I put first in my diary as I loved the village event and flat countryside course. My marathon best was 1987 London in 2:47 for 1009th place ... if I had known that I only had to pass 10 people to get in the top 1,000 I would have done it as I was running well at the end. My longest training run for this marathon was 28 miles as I trained over distance so that 26 miles on the day was within my limits. That is the only time I did this because of the amount of training required, but it worked. Superman would not have lived with me that day. But when I finished, I went to the wrong meeting point and missed the OWLs bus. After a couple of hours of waiting on my own I gave up and, still in race kit and marathon number and

with no money, I took the tube and train back to Leicester by jumping barriers and blagging the train guard.

My only marathon abroad was at Rotterdam in 1989 in 3:01. This was because in 1988 I met a guy from Rotterdam on holiday in France, Ton Bijl, and we quickly became good friends and visited each other (with our wives, don't get the wrong idea) and raced together a few times. Ton was a coach at the AVR Rotterdam club and gave me some good advice and some interval schedules for marathon training. He also got me a Rotterdam marathon vip entry. Like London, the course at Rotterdam is quite flat and for a few years was the world record course. Our friendship ended sadly in 1993 when Ton was hit by a car crossing the road and was killed.



You could be forgiven for thinking Kim doesn't take his racing so seriously any more....

During local races I found that I was racing the same guys most of the time. In Roadhoggs there were the Blyth brothers, Swanee and Stef Whitmore. I had rivals in the Coritarians, Dick Willingale and John Alcock, also Dave Unwin from Bowline and the 2 Mick Carters; one from GEC and one from Stilton. We had our own race-within-the-race and if I could beat some or all of these guys I had a good race. I became Roadhoggs representative to the road league and then chaired the league for a couple of years. We also started to organise our own events, first the 'Roadhoggs 15k' from Groby College and then the 'Roadhoggs 7m' using the GEC course from Whetstone. We put a lot of work into these races and they were regular league fixtures so I think we did ok. More recently, Roadhoggs has staged the Langton Run and the Kibworth 6m

which are also well run events. We are good at doing that now. I am happy to do something to help, but let someone else take on the role of race director!

I started to coach local schoolchildren to run in the primary schools cross country league, mainly to get my own children running but in the end I was coaching regular weekend sessions on the local park for many years, and having the district and county schools league races; that's a great speed training session! Whatever I have achieved with my own running and working with Roadhogs, it is small compared to what George Smolinski and Dave Dewdney have achieved in establishing this primary schools league. It is far and away the biggest in the UK and so many successful local athletes, including some Olympians, started out by running for their primary school around Western Park. These days it is run by a committee headed by John Skevington, and I am a tortoise rather than a hare, but it's still good to be a part of it and see upwards of 1,500 schoolchildren running on a Saturday morning. A lot of people owe a debt of gratitude to George and Dave. I did have some success with my coaching: a local lad called Jamie Webster was league champion for 3 years, then he discovered girls and that was the last I saw of him. Another, Tom Mahon, is now part of OWLs elite squad. My own children, Hannah, Danielle and Sam, are all adult now but they all still jog or run, and Han and Sam have both competed for Roadhogs. So I could say that my work is done.



Kim and Hannah at the top of Gumley Hill

I stayed injury free for years, but beyond 50 it all caught up. Aches and pains in both knees and

ankles made me think about getting off the roads and onto softer ground. I had done the occasional cross country race, e.g. Huncote Hash or Charnwood Hills, but in the mid- 1990s I decided to start taking cross country seriously. I found it more low key and informal than racing on the roads, plus the courses are more interesting and scenic. There are no mile markers and no two courses are the same distance or terrain, so you just run as you feel. I think I had enough road racing, and I enjoyed the countryside and the mud and water. Roadhogs joined the 'Derby Runner' Leicestershire & Derbyshire League and for the first couple of years we were combined with Littleover RC as the 'newcomers team'. Just as in the early years of road league, we really struggled to raise full teams for the first few years and often there were just 2 or 3 of us. But slowly it has come together. Nowadays Roadhogs continually attracts new members and so as XC captain I have more victims to persuade to run cross country for us. We put out plenty of men and lady runners these days so I don't have to run myself but just enjoy and appreciate the hard running from the Roadhogs and the support for each other, right through the field. We also have some jolly banter before and after the race, and get to enjoy Trudy's cakes in the club hospitality and treatment centre (tent). At this point I would like to say that, as cross country team captain, I think I am entitled to comment 'nice arse' providing I am not choosing any favourites and providing that it's meant in a sporting context to encourage the ladies to keep going. It seems to work. But I have no plans to shout it at the men.

Roadhogs has become so successful, but has never lost its friendly non-elitist spirit. We have had (and still do have) some great runners and race walkers over the years, and some great team players and hard workers for the club. Being part of Roadhogs has helped me achieve my best performances. To date I have run 263 races on the roads and 117 over cross country. I think my best races were not always the fastest: I ran the Market Harborough half marathon in 1987 in 1:20, finished 9th out of 250 on a hot day and hilly course and beat a number of runners I had not beaten before or since. The Hinckley 10k in 1986 in 35:30, the Gartree 5m in 1985 in 29:20, and the Wrangle 10 on a flat course in 1985 in 59:01 (that was my fastest 10m). I ran 18 marathons and think my best was 2:54 in 1986 finishing 21st on the old Leicester course which included the wicked hills on Welford Road, twice. Over the country I always

liked the Grace Dieu course when it was 6.5 miles over 2 laps, and ran 48:30 for 22nd there in 1998 which is 7:15 miling speed.



60th celebrations with Lynne and the Roadhoggs

In the last few months, I have suffered a painful foot when running which has just about brought me to a stop. I am cycling more than running. The podiatrist says it is 'plantar flexion first rae' which means my big toe is out of alignment from years of running so I am now wearing daytime orthotics which may help, and in the meantime I am drinking wine to maintain my fluid levels. I hope the orthotics work and I am able to get back to some running, but anyway I will be part of whatever the club is doing and I will be at the next cross country season to support the team. Keep running guys.

Kim Richardson

25 Years on the Road...

It all started after giving up football in 1988, I needed some sort of exercise to keep my weight down. I have never been one for the gym so along with my Dad, we entered the old Wigston 7 (21st June 1988. Now John Fraser 10) and we were hooked!

Soon after, we joined Braunstone Town Runners. They were in the process of moving to St Andrews Football Club which remains to this day as one of the club's training sites. Unfortunately my Dad had to give up in 1992 due to injury. The club was thriving at this time with approx 45 members and I had met many new friends. The highlight of 1992 was a club trip to Dublin for the City Marathon, my first Marathon...what a great tour.

1993 saw us change our name to St Andrews RC to tie in with St Andrews Social Club.

Unfortunately our numbers had started to dwindle due to people moving away and internal politics, ugh! By 1999 our members had dropped to about 10 with only half turning out for training on a Monday. We were offered the chance to amalgamate with Roadhoggs and haven't looked back since. Barry Waterfield, Baz Barratt and myself are the only survivors of that era!



Martin: Still going strong

I have been very lucky with injuries over the years with only recurring back problems side-lining me from time to time.

Running as definitely had a resurgence of late with many new runners joining Roadhoggs. I have been very happy to be part of a very vibrant and active club and meeting many new friends. Here's to the next 25 years!

For the record I have run in close to 250 races of which 10 are Marathons and exactly 50 Half Marathons of which the recent Phu Quoc Marathon in Vietnam was my 50th!

Keep on Running....

Martin Capell

Triathlons

Just the one to report this time. Ian got a bit more wear out of his tri-suit by completing the Desford Tri (400m swim, 18K bike, 5K run) in 1.23.04.



For the Record

Parkrun 6/7/13		
Dale Jenkins	23rd	20.03
Ruth Stevely	130th	24.57
Clare Mendes	182nd	27.23
Robin Meynell	183rd	27.23
Baz Barratt	284th	41.06
Enigma Summer Marathon		
John Stew		5.39.08
Lakeland Trails Marathon		
Jon Heap	239th	5.49.04
MK Half Marathon		
Trudy Sharpe	510th	2.07.45
Osmotherley Phoenix 33		
Chris Peach	59th	7.33
Wyre Forest HM		
Grace Robinson	139th	2.18.04
Parkrun 20/7/13		
James Dunham	24th	19.22(PB)
Vicky Sutton	71st	22.01(PB)
Madeyarun around the reservoir		
John Stew		5.35.22
Parkrun 27/7/13		
James Dunham	16th	19.24
Rich Norton	167th	28.02
Parkrun 3/8/13		
Rich Norton	206th	30.25
Rushcliffe Parkrun		
Harry Jones	3rd	19.22
Dovedale Dipper		
Jon Heap	83rd	6.02
Parkrun 10/8/13		
Baz Barratt	88th	22.15
Ruth Stevely	116th	23.18
Salisbury 5-4-3-2-1 50K Trail		
Chris Peach	50th	4.55.47
Parkrun 17/8/13		
Mark Ramsden	6th	18.19
Drew Simpson	69th	21.46
Ashley Stannard	124th	24.14
Parkrun 24/8/13		
Drew Simpson	53rd	21.45
Baz Barratt	73rd	22.40

Ashley Stannard	118th	24.38
Pathfinder Marathon		
John Stew		5.53
Parkrun 31/8/13		
Rich Norton	165th	26.53
Great Barrow Challenge		
Day 1		
John Stew		5.42
Day 2		
John Stew		5.32
Day 3		
John Stew		5.10
Day 4		
John Stew		5.06
Parkrun 7/9/13		
James Dunham	15th	19.14(PB)
Will Carter	17th	19.19
Drew Simpson	38th	20.50(PB)
Baz Barratt	95th	23.25
Ash Stannard	148th	25.25
Prague 10K		
Nick Cobley	97th	37.44
Mark Chamberlain	376th	43.25
John Hallissey	449th	44.05
Sam Jolly	532nd	45.12
Harry Jones	565th	45.27
Lee Hubbard	1166th	49.50
Calke Abbey 10K		
Dale Jenkins	51st	43.53
Robin Meynell	73rd	46.31
Jackie Brown	76th	46.45
Baz Barratt	128th	50.38
Rex Stapleford	274th	62.02

Marathons and Ultras

The usual suspects were at it again; John had to resort to doing all four days of the Great Barrow Challenge to get to 99 in time for Leicester and Jon added the Lakeland Trails and Dovedale (again) events to his impressive list of tough challenges.

Chris doesn't seem to get out of bed for anything less than an Ultra, these days. He did the Osmotherley Phoenix 33 (sounds proper Northern; all flat caps and whippets) and the Salisbury 5-4-3-2-1 (50K) events; describing the latter as really well organised and going through some lovely countryside. Man of the moment though, must be ex-member Karl Atton (see below).

Karl's Lakeland 100

Karl Atton a former member, now running for Belper Harriers, completed the Lakeland 100 (actually 105.7 miles) on the 26th and 27th July.

His brother Craig and his father Ronnie were both helping throughout the night of Friday as it started at 6pm with a 40 hour limit. A very successful dibbing method (time dibber) every time he dibbed at a checkpoint it sent a text message to his wife Jo`s mobile and his father`s to keep an update on his progress and also for safety reasons so everyone knew which checkpoint he went through last. His mother Susan and other members of his family were all following his progress online (mother was having kittens and no sleep, as his brother and father were woken up from trying to grab a couple of hours in the bleakness of the lakes at 3am by his mother ringing them saying where is he?? is he alright??

His experience in 50k race-walking and maybe slight insanity creeping in finally got him round the whole course finishing in a time of 27hrs 47mins and 50 secs coming in at 21.48 hrs on Saturday evening, which was great as the rain came down at 11pm after the weather was a stifling 22 degrees through the Saturday and a warmish 12 degrees in the night; warm for the lakes.



Karl: King of The Lakes

Many more were still out on the course through the Saturday night though but many still managed to finish despite the weather, proving maybe you have got to be a bit insane to even start it let alone finish it.

All are very humbled at his achievement and the race was very well organised and all had an awesome weekend. Karl finished 23rd out of 124 finishers after 310 started. Congratulations from all your friends and family. Brilliant!

Craig Atton

Roadhogs 5 mile Handicap



Rae was first to the pub

Over a new course and a brand new distance of five miles instead of the 10k we have done in previous years. We had our handicap around Victoria Park. The evening was a great success from our club members with over 30 taking part. Once again we had a winner who I think has been doing secret training and won easily. Rae Clarke was the overall winner and Richard had a fantastic run to retain his trophy from last year. The times were based on the Huncote 5 with exception from those who didn't run and then I looked at previous races to see who finished near who. I could only find a cross country race Rae had run and it is obvious she has improved over the last six months and was a deserved winner of the handicap. Next year Richard can set off with Ludo and Nick.

Keith and I decided to go to The Old Horse so that the majority would come along and not go straight home. It was noisy because they had a leaving do on and there was about 150 of them who attended, but we managed to present the trophies and a few had food...



James and Will enjoying the handicap

Prague 2013

Once again the time we had in Prague was a great experience. Although it was only a 10k race, for me it was great to be back running again (albeit slowly) after the best part of 6 months off and missing out on running in Marrakesh and Riga too, having entered the half marathons there.

This year we had Sam, Nick, Harry, John, Lee and myself from Roadhoggs along with Craig Austin, Dave Pearce, Matt Poynton from The Corry's and Phil Chritchlow from Beaumont RC.

We arrived in Prague on the Friday evening and had a few drinks in a local bar. Thanks to John and Google we found where we needed to pick up our race numbers and had a look around Wenceslas Square where the race was starting from. The race was at 7.30pm on the Saturday evening. Before the race I was having a chat to Gemma Steel who is a local girl and has competed in the LRRL and is now one of the best female runners in the world. The race was hard work due to cobbled streets and not being in the best condition, but we all completed it and received our medals. There was over 5000 in the race with 80% coming from the Czech Republic.

A few of us went for a 5 mile run on the Sunday followed by some sightseeing. In the evening we went for a meal and on to a 'Cabaret' at a lovely place called Darlings. Lee needed ID and had to return to our hotel in the club limo with Matt going with him for the ride.

On Monday some of us climbed about 700 steps to go to the top of a replica Eiffel Tower in Prague and once at the top there was brilliant views over the city. The evening was followed with a nice meal and a few bevvy's.



Steve powering through Leg C

Once again going to another foreign city and running there is a great experience. It is great to see so many other nationalities who run too.

Round Leicester Relay

We were warned that the weather was going to be horrendous for this year's event. When Dan and I started our legs the weather was ideal and we both got to Ratcliffe in one piece and passed on to Will and Keith. Will overtook six other runners on his leg and handed over to Steve W.

The event was going well and everything seemed in place for the A Team to get into the top 10. The weather started to deteriorate when we saw Ian B near Burrough Hill. Mark Ramsden had a good run but decided to have an argument with a stile and some barbed wire. Jerry had cycled from Oadby to Woodhouse Eaves, ran a few miles and started his leg in Markfield and did a great run too. On the final leg we had Jackie for the A Team and Drew (who had returned from Bristol from his stag do) in the B Team. The wind got up and the monsoon came whilst they were running. A large branch missed Jackie and a Birstall geezer on their route. When they finished they were completely soaked but proud of their performances through that weather.



Mark kicked off for the 'A team'

The A Team finished 7th and The B Team were 19th out of 24. We didn't have Mike M, Ludo and Rebecca for the relay too. I think we could've pushed for a top 5 place with them in the team and a few others (inc me) in better condition after getting over injuries.

Well done to everyone who ran and thanks for making my job as team manager for both teams a lot easier by getting on with it and checking out your legs beforehand.

Mark.....

... and a big “thank you” from me, too

Re-reading Dave’s piece on his 100 consecutive LRRL races (May-June 2013 newsletter) reminded me (again) of how differently memory works in different people. Dave and I used to take it in turns to go to home games at the Tigers - and he used to get so frustrated that I couldn’t give him a pass-by-pass account of each try that I’d (supposedly) watched. In the same way, I think he has remembered huge chunks of most of the races he has run in the last 10 years, whereas I can’t accurately remember the course of a race that I’ve run 10 times! So my reflections on my 100 consecutive LRRL races are just like my memories - sporadic, fragmented and somewhat random.



Chairman Dave salutes a fellow LRRL stalwart

Wolvey 5 2004: My first league race on a crisp, frosty Sunday in January. It was flat and I couldn’t believe how slow I was compared to everyone else!

Hinckley Half-Marathon 2005: My horror when I discovered, in my second season, that if I wanted to be 100%, I would have to run it. I believe my reaction was “You cannot be serious!”

Hungarton 7 2004 *et al*: My reaction to my first, and every subsequent, experience has been “Those s*****g hills!” (but I love the downhill finish).

West End 8 2005: ditto (but at least that one isn’t a league race very often!)

John Fraser 10 2004 *et al*: my silent plea every year has been “please, please, please don’t let me be last!”



Trudy (Mary Berry with trainers) was on top form, again

Huncote 2008: Coming home with Anna from the LRI after a cycle of chemo, barely an hour before the race started. Our dear neighbours Pat (and her late husband, Syd) gladly volunteered to look after her so that Dave and I could both stay 100%. I had hardly slept the previous three nights and fell asleep in the car before the race.

Asfordby 2010: Towards the end of the first lap one of the young Army cadets who were marshalling called out “Well done, ma’am!” - I felt very, very old.

Summer League 2013: I got round each race on a banana and two ibuprofen but no training because I’d strained a hamstring tendon at Swithland and it was slow to heal. After 9 and half years - if I could walk, I was going to race. John Fraser 2013: My 101st consecutive LRRL race, and I almost enjoyed it!

Even though it was an entirely personal target I feel immensely proud to have completed 100 consecutive LRRL races, and deeply grateful to the following, without whom it would have not been possible: Dave and Anna Lodwick; Pat and Steve Martin; Pat and Syd Marsden.

Birthdays

September

8th Ashley Stannard
14th Karl Atton
16th Steve Palmer
19th Clare Mendes
21st Amy Gasper
28th Dan Barnes
30th Barry Waterfield

October

3rd Paul Langham
12th Leah Boatman
19th Barbara Hermann
20th Mal Blyth
24th Dave Bullivant
27th Nick Cobley
27th Dave Lodwick

20 Things

	Amy Gasper 
What do you do for a living?	I'm a mature student studying medicine, about to start final year
Are you Married or Single?	Single
How long have you been running?	My first half marathon was Sheffield in 2002, but was always a keen XC runner back in my school days
How did you become involved with Roadhogs?	Rob (Leicester Running Shop) kept suggesting Roadhogs was the club for me, by the 3rd time of asking I thought I'd give it a go
If you didn't run which sport would you like to excel in?	MotoGP
Did you ever have any ambitions when at school to do a different job?	It's always been medicine, but A level results prevented me from applying straight from sixth form. I worked as an academic Doctor for several years, but the calling to be a medical Doctor never went away
Which is the best Holiday destination you have been to?	Western Australia, swimming with an 18m whaleshark
What music do you like most?	Very eclectic taste, 1st CD I bought was Def Leppard, last tune I downloaded was Treasure by Bruno Mars
What was your favourite film?	Love the Bond films, but Pulp Fiction is an all time favourite
If you could be any TV character which one would it be?	Abby from ER , because hard workers do make it in the end
What car do you drive and what car would you most like to drive?	Renault Clio Dynamique 1.2 with a sun roof and rainsensitive windscreen wipers - cool eh? Definitely 2 wheels here, Ducati Monster all the way. I was gutted to have to sell my ER6-n when I came to Leicester
What is your favourite food and drink?	Mmm depends... I eat pretty much everything except offal (but then again I'm rather partial to pork scratchings, as Keith will testify, and they might as well be offal). Drinkwise, a pint of real ale usually hits the spot
Which 5 people (living or dead) would you most like to invite to your Dinner Party?	Dinner Party? C. S. Lewis, Hippocrates, Ghandi, Vincent Van Gogh, Valantino Rossi
What was your favourite subject at school?	Chemistry
What was the best book that you ever read?	The BFG by Roald Dahl
What is your favourite local race and your favourite distance?	Hungarton 7, favourite distance 8 or half
What is the best thing about being a Roadhogg?	Fellowship over a beer after a hard training session or race
If there was one thing you could change within Roadhogs what would that be?	Luxury heated changing room facilities at XC
What would be the best way to spend an evening?	Lovely meal, good company, cosy roaring fire, pint of beer
Do you have any remaining ambitions either personal or club wise?	Loads, but currently to pass finals and to climb to Everest base camp with Rae on our elective to Nepal