

# Roadhogs Leicester A.C.



Spring Newsletter 2006

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

## Rex Reaps his Reward!

Evergreen Rex Stapleford has had a great season over the country. Ever present in the Derby Runner Cross Country League, he ran away with the MV70 prize. Category wins at Foremark, Sinai and Bosworth, coupled with second places at Swithland and Newbold Heath were enough to see off the opposition.

Rex has also competed in several longer multi-terrain events, like the Belvoir Challenge. So, when it came to the Cross Country Athlete of the Year award at this year's AGM, there could only be one winner.

*Full cross-country reports, pages 6-8.*



Rex, pictured with Dave (Chairman's Award) and Mark (Road Running Athlete and Athlete of the Year) at the AGM.

*In this issue: Full Winter League reports, facts and figures; plus all the regular features.*

## Kim's Challenge

One of the problems of the club in 2005 was the lack of growth when comparing 2004 against 2005. The meeting was looking at ways that we could address that problem and out of it came the Kim Challenge to all members in 2006. What Kim asked of each member was that they should each try and recruit one new member never previously on our books during the year. If everyone was able to achieve this we would quite naturally double our membership by the end of the year. So everyone please have a go this year. If you know someone who runs but is not in a club tell them about Roadhogs. If you meet unattached runners at road-races tell them about Roadhogs. If you talk to runners when they are out training tell them about Roadhogs. Together we can make this club larger and more successful than ever before. But we need everyone to pull together and achieve the Kim Challenge in 2006. Perhaps at our next Committee Meeting we can discuss incentives for the members that participate in the Kim Challenge. *Dave Swan*

## Summer League Dates

- Hinckley Half- 7<sup>th</sup> May.
- Swithland 6m- 4<sup>th</sup> June.
- Barrow 10m- 2<sup>nd</sup> July.
- Hungarton 7m- 12<sup>th</sup> July.
- Huncote 5m- 2<sup>nd</sup> August.
- Stapleford 10k- 17<sup>th</sup> September

Steve Martin will be making block entries to these races on behalf of the club and will be contacting you in advance of each race. There are links to the organising clubs on our website, but if you have any doubts or need further information then please contact Steve on 0116 2354636.

## Reminder: Summer League Starts Sunday 7<sup>th</sup> May

The men's vets have lifted themselves out of the relegation zone, but the senior men need to improve. If we are to stay in the top division, we will need to field strong teams at every race.

## Photographs

Photos / images. If anyone has pictures of themselves competing in any event, please let us use them for the newsletter. A big thanks to **Tom Martin** who has acted as club photographer for the last couple of races. Hope your foot mends soon, Tom - we need you in front of the camera rather than behind!

## Sponsorship News

As many of you will know we enjoy a wonderful relationship with Withers Sports in Market Street. They have sponsored and supported our road-race "The Langton Run" for a number of years and they have supported our club in this time as well. As a measure of the good relationship that we share Withers have agreed to increase the exclusive discount that Roadhogg members can enjoy from 10% to 15%. When purchasing goods from Withers you should make it known that you are a member of Roadhoggs. This offer is only available to fully paid up members of the club and can be used at any time to obtain shoes or other road-running equipment.



Barry, on his way to a magnificent 11<sup>th</sup> MV60 in the LRRL Winter League. Isn't about time there was a MV70 category? *Photo: Tom Martin*

## Lady Roadhoggs: Your Captain Still Needs You!

We have had some great support from the ladies, but we failed to field a full team at Desford and there's no room for complacency. There are some great races coming up so hopefully, more of you will be tempted to join the regulars

## [WWW.Roadhoggs.co.uk](http://www.Roadhoggs.co.uk)

Our website is being developed. Our homepage now features the latest Roadhoggs news. Other features include race reports, training nights and a race diary with links to organising clubs etc.

If you have any breaking news, or suggestions for improvements to the site, please let me know. *Dave Lodwick*

## Birthdays

### April

6<sup>th</sup> Tom Martin is 27  
6<sup>th</sup> Mike Munday is 42  
24<sup>th</sup> Dave Swan is 60  
28<sup>th</sup> Natalie Mee is 15  
30<sup>th</sup> Jon Heap is 37

### May

26<sup>th</sup> Alison Lodwick is 47  
29<sup>th</sup> Baz Barrett is 46  
29<sup>th</sup> Chris Mann is 41

### June

21<sup>st</sup> Keith Barnes is 54  
26<sup>th</sup> Richard Verschoye is 64

## Swanee is Highest Placed Hogg in Winter League Age Categories

Chairman Dave Swan was the best placed Roadhogg in the 2006 LRRL Winter League with an excellent 8<sup>th</sup> place in the MV55 category. Road Running Captain Steve Martin was also well up, finishing 10<sup>th</sup>. For the ladies Rachel was 18<sup>th</sup> and Shimul 25<sup>th</sup> senior lady, and Alison was 11<sup>th</sup> FV45.

In the Senior men, Matt was 14<sup>th</sup> and Jon 50<sup>th</sup>. Steve S was 27<sup>th</sup> in the competitive MV40 category with Dave L and Jerry, 13<sup>th</sup> and 28<sup>th</sup> respectively; in the MV45s. Marathon man Keith Dakin was 16<sup>th</sup> in the MV50s.



Swanee battles it out at Desford. *Photo: Tom Martin*



## Caption Competition

What is Dave saying to Tom? A bottle of wine for the best caption. Entries to Dave Lodwick by 30<sup>th</sup> April.



## Road-Race @ Langton2006

Don't forget this year's road-race at Church Langton on Sunday 18<sup>th</sup> June. We need YOUR support on the day to help us make this an occasion that runners will want to come back to year after year. But we need your help. We don't plead too often for help and assistance but this is your chance just to give us two or three hours of your time. You can bring your loved ones with you we will find something for everyone to do. Don't agree to go to work that morning. Don't go out running somewhere on your own. Don't stay in bed that day. Join us in the lovely village of Church Langton for the 2006 "Langton Run". If it's anything like 2005 it should be a nice warm sunny day.

## News of Members

Last month we said farewell to James Burrows. James had only been with the club for a short while but had started to turn out regularly for us. Unfortunately for us, James has secured a new job in Surrey and can no longer run for us. We wish you all the best, James. On a more positive note, Ceri Davies has a new job in Leicester so we should see more of him. Mark too has a new job, so if you fancy sampling his cooking you'll have to hot-foot it to the Field Head. Mark has been having a bit of a bad time with illness and injury recently, so we hope the summer brings him better luck.

On the injury front, you might not be aware that Tom Martin's foot problem has been diagnosed as a broken bone. The good news is that since having the foot properly strapped, he has made rapid progress and it hopefully shouldn't be long before he is running again.

**Withers**  
INTERSPORT

**Leicester's**  
PREMIER SPORTS  
STORE

## Annual General Meeting

The AGM was held in January and there was once again a good turnout from the members. It was especially pleasing to see Malcolm Blyth, with his wife Carol, who had travelled over from Clacton to be with us on the night and journeyed back after the meeting closed.

The Committee all agreed to offer their services for a further 12 months and in addition Dave Lodwick was added to the numbers as the Web-Site/Newsletter co-ordinator which is a new role for the club.

The winners of the club awards on the night went to:

Athlete of the Year (voted by the members)	- Mark Chamberlain
Road-Running Athlete of the Year	- Mark Chamberlain
Cross-Country Athlete of the Year	- Rex Stapleford
Chairman's Award	- Dave Lodwick

The Summer Training programme was discussed at the meeting and it was agreed to continue with the Roadhogs Roadshow in an effort to attract new members to the club. Mike Price agreed to continue in this role although he wished to have some input into the areas where we would be operating in 2006. It was agreed that we would continue to meet at Manor Road on a Wednesday evening but we would continue with the pub runs on a Tuesday's and the Roadshows would be held on those evenings.

Kim explained to the meeting the problems we were having in ordering new kit. The official colours of our main sponsors Aon were unobtainable but we would continue to seek a manufacturer who could produce something that was as close as we could find. Much debate took place regarding the draw for London Marathon places in 2006. The previous system of first out of the hat providing the person had entered the Marathon and not been accepted was rejected. The new system would reward those members who had run consistently for the club in competition. *Dave Swan.*

**LRRL  
100%ers  
so far....**



## Training Nights

Weds 12 <sup>th</sup> April	Manor Road
Tues 18 <sup>th</sup> April	Manor Road
Thurs 20 <sup>th</sup> April	Old Horse
Weds 26 <sup>th</sup> April	Manor Road
Tues 2 <sup>nd</sup> May	Gynsils
Weds 10 <sup>th</sup> May	Manor Road
Tues 16 <sup>th</sup> May	Foxhunter
Weds 24 <sup>th</sup> May	Manor Road
Tues 30 <sup>th</sup> May	<u>Rose &amp; Crown (Thurnby)</u>
Thurs 1 <sup>st</sup> Jun	Old Horse
Weds 7 <sup>th</sup> Jun	Manor Road
Tues 13 <sup>th</sup> Jun	No training
Weds 21 <sup>st</sup> Jun	Manor Road
Tues 27 <sup>th</sup> Jun	Bradgate Arms

Thurs 29 <sup>th</sup> Jun	Old Horse
Weds 5 <sup>th</sup> July	Hungarton Race
Tues 11 <sup>th</sup> July	<u>Roadshow (TBA)</u>
Weds 19 <sup>th</sup> July	Manor Road
Tues 25 <sup>th</sup> July	Family Night
Thurs 27 <sup>th</sup> July	Old Horse
Weds 2 <sup>nd</sup> Aug	Huncote Race
Tues 8 <sup>th</sup> Aug	Houghton on the Hill
Weds 16 <sup>th</sup> Aug	Manor Road
Tues 22 <sup>nd</sup> Aug	Griffin Inn (Swithland)
Thurs 24 <sup>th</sup> Aug	Old Horse
Weds 30 <sup>th</sup> Aug	Manor Road

## News from our London Marathon Runners

Helen

The training is going well. I am following one of Sam Murphy's 16 Week Plans in her Marathon book. I have found it fairly tough but I am surprised how quickly you can increase your distances. I ran 18 miles last Sunday so I am slightly ahead of schedule. I am averaging 10 min miles and I am hoping to finish in under 4 hours 30 mins. I have chosen cancer research as my charity. I have received lots of support from my family and friends especially my brother in law who has cycled round with me on longer routes. Also lots of good advice and encouragement from Baz.

I am looking forward to doing some more sensible distances, such as Swithland 6, this summer.

*Editor's note: Helen sent this report on the 8<sup>th</sup> of March. She has since done a 20 mile run and reports that training is going well.*

Karl

Training is going pretty well - I'm quite pleased up to now as some of the distances I've reached I haven't run that far before!

Typical week:

Mon - Easy 5 miles

Tue - Rest or Fast 4 miles

Weds - (am): easy 3 miles (pm): brisk 3 miles + 1 hour of yoga (yes -yoga!)

Thurs - Rest or 1 hour brisk walk

Fri - Fast 4 miles

Sat - Long Run: anything from 13 miles to 18 miles steady

Sun - Steady 10 miles to 13 miles

Average weekly mileage = about 45 miles

I have got up to 18 miles in training and am planning to run the Ashby 20. I have a planned 22 miles in there somewhere too. I am finding the mental approach quite easy with the walking distance background, but running the distance is a challenge. I would like to think this is the fittest I've been for a couple of years!

Target time: I don't want to be too ambitious but training times on the longer runs suggest 3:30 could be feasible. Anything under that would be a bonus and I would be really pleased. However, there's lots to do yet!

At this stage in the preparation I'm generally satisfied, with some longer and harder sessions to do which would really boost my confidence. Obviously a good Ashby 20 would help a lot too and act as a guide.

*Editor's note: Karl sent me this on the 7<sup>th</sup> of March. Since then he has recorded an excellent 2.25.54 (121<sup>st</sup>) for the Ashby 20.*

Matt

I am working on a 16 week training schedule constructed from the advice given in a book I have bought called the "The Competitive Runner's Handbook". I have built up my long runs starting at 10 miles and then increasing each week to 12, 14, 16 & 18 miles. I am now at the 20-mile stage, which I intend to do every 2 weeks. So far I have done 2 of these runs (the most recent being last Saturday morning) and I hope to do 4 in all before tapering my mileage down over the final 2-3 weeks. As far as weekly mileage goes I don't intend to go much beyond 40 miles, which incorporates 2 rest days. My goal is to try and run it all the way but taking into account how I have felt during the last couple of miles on my two 20 mile runs I don't know how I am going to get through the last 6 miles. I am trying not to think too much about time but if I do somehow manage to run it all the way I think I may be around the 3 hour 15 minute region.

*Editor's note: Matt sent this on the 6<sup>th</sup> of March.*

## Gettin' muddy with Kim

### DERBY RUNNER LEAGUE RACE 5 - MARKET BOSWORTH 19/02/06

It was freezing cold standing in the field at the start, but warmed up once you got running. The Bosworth course is a single lap, mostly grassland but with some long gradual climbs and 3 brook crossings. At the last I helped a young lady out of the mud where she was stuck fast. But there were some good downhill sections where you could get going so all in all quite a fast course. We had 7 this time, it was good to see Adrian Stanley back and he led us in in 56<sup>th</sup> place, backed up by the usual solid runs from Chris Mann and Dave Lodwick. Jon Heap seems to be enjoying cross-country running in his first season though he admitted he takes corners like an oil tanker. In the junior race, Natalie Mee set off again with her rival from Shelton and gave her best but had to pull out. Never mind Nat, when you run well you are a winner.



Not far now! ©Sleepmonsters.com

RESULTS: 56<sup>th</sup> Adrian Stanley 34.32, 87<sup>th</sup> Chris Mann (V40) 36.38, 89<sup>th</sup> Dave Lodwick (V40) 36.46, 120<sup>th</sup> Jon Heap 39.22, 127<sup>th</sup> Kim Richardson (V50) 40.10, 151<sup>st</sup> Sid Smith (V50)

44.54, 159<sup>th</sup> Rex Stapleford (V70) 48.43, 166 finished, team 12<sup>th</sup>, overall 14<sup>th</sup>. Juniors Natalie Mee dnf.



When the going gets tough.....

©Sleepmonsters.com

### CHARNWOOD HILLS RACE - 5/02/06

*Report by Dave Lodwick:* Despite the almost drought-like weather, the organizers still managed to find plenty of sticky mud (I lost my shoe halfway round). They also managed to find some extra mileage, taking the scenic route around Beacon Hill. By the time the runners had struggled back to Anstey they had completed 13.5 miles (by GPS), rather than the advertised 12.5. At the sharp end, there was a Lodwick in 40<sup>th</sup> place. Unfortunately, it wasn't the one wearing a Roadhogg vest - he was back in 132<sup>nd</sup> (having lost a shoe halfway round)! Lost shoes seemed to be the order of the day – the battle of the previous winners was settled in Tim Hartley's favour when Martin Yelling lost both of his in the first serious bit of mud. As

usual, a tough race brings out the best in Baz and he bettered last year's effort by a cool 91 places (154<sup>th</sup>). These two serial offenders were joined by Jon Heap (228<sup>th</sup>). At least Jon didn't have far to stagger home!

### **DERBY RUNNER LEAGUE RACE 4 - SINAI PARK 29/01/06**

Race 4 saw us back up on Sinai Ridge overlooking Burton-On-Trent. It was a bright but cold morning up there, and the view over the Coors brewery was quite impressive. We were only 5 this time, Dave Lodwick was ill and Sid was on another nookie weekend (I am beginning to think he prefers this to cross country running). The course was very hilly, especially in the second half which includes a long and steep climb followed by steps, also it was muddy and mostly on a camber so you had to watch your footing. Chris Mann led us in, Jon lost a shoe somewhere and I nearly caught him in the last mile but he had enough left. Steve followed me in and then came Rex, fresh from winning the club cross-country runner of the year award at last weeks AGM.

RESULTS: Men: 66<sup>th</sup> Chris Mann (V40) 39.07, 105<sup>th</sup> Jon Heap 43.36, 108<sup>th</sup> Kim Richardson (V50) 44.00, 118<sup>th</sup> Steve Martin (V50) 45.45, 139<sup>th</sup> Rex Stapleford (V70) 49.35, 145 finished, team 15<sup>th</sup>, overall 14<sup>th</sup>.



It's not quite New York, is it?

©Sleepmonsters.com

### **BELVOIR CHALLENGE**

*Report from Rex:* Another Harby School Belvoir Challenge completed!!!!. Conditions very muddy and a strong very cold wind. In other words the usual struggle.

I was about the same time as last year, in fact one minute faster at 3hrs 16mins (163 out of 373 male finishers). I also note from the results that Baz did the full Marathon distance in 5hrs 10mins (46 out of 144 male finishers). I did not see Baz at the start, but since there was a total of 786 starters, it is not surprising.

This was my 6<sup>th</sup> Challenge and since 1993 I have completed, three 26 miles and three 15 miles.

26-mile times: 4.07 (1993), 4.50 (1994), 4.48 (1996)

15-mile times: 2.41 (2004), 3.17 (2005), 3.16 (2006)

One of the main reasons I support this race is that all the proceeds go to the school that my mother attended, as did her sisters and brothers, cousins, etc. Although I lived in Harby from 1945 to 1959, I did not attend the village school (no I wasn't in prison).

### **FARMYARD FROLICS - 5/3/06**

*Report by Dave Lodwick:* We were blessed with a beautiful crisp winters day with the sun gradually melting the overnight frost and light dusting of snow. This year's frolic had a new test for the runners at the front of the field – breaking the ice on the pond so that they could wade through it! Not only was the pond suitable for polar bears, it was deep too – Shim would have needed a snorkel if she'd been running! Although the field was a little down on previous years, the organisers still had plenty of challenges for the runners. As well as the traditional dip in the pond and the 400m section through Rearsby Brook, there were plenty of "horse jumps", hay-bale towers, the tyre heap and some good old fashioned mud. Our team comprised two Roadhogs, one ex-Roadhogg and one possible recruit. Adrian managed a highly creditable 7<sup>th</sup> with support from Dave (17<sup>th</sup>) who managed to overhaul Richard Baines (18<sup>th</sup>) in the last mile and Steve Dickinson

(35<sup>th</sup>). This proved good enough to win the prize for teams from the hospital (Adrian's fourth in a row) and for second team over all. The winners looked like their combined ages would barely add up to more than half our team's, so it probably wasn't too much of a disgrace!



"Chests out....lovely boys!" *Photo: Rex*

### **DERBY RUNNER B FINAL - RELAYS, GRACE DIEU, 06/03/06**

Another cold but sunny morning out near Shepshed. The relays were 3 to a team and there were 5 of us, but luckily we heard the announcement asking if any team was short as a Desford runner was on his own, so we snapped him up and promoted him straight into our first team. The course was one lap of the popular course at Grace Dieu school, very scenic with the toughest section a long drag uphill at the start of the lap. Steve Gale made a rare Roadhogs appearance and ran a great opening leg to hang over in third place to Chris Mann (don't worry Steve I will not tell anyone that first in ahead of you was Jane Potter who still recovered enough to run the third leg as well!). Chris hung on gamely for fifth, chasing in 3 runners just ahead of him, then our guest runner Steve Humber set off and managed to catch one of them to bring us in 4th - our best finish all season !! Even better when you consider that both Steve and Chris are vets. In the all-older-vets team Kim went off first and handed over to Sid, who handed over to Rex for the glory leg. We all ran fine, the short distance doesn't really suit us and you are usually chasing a lot

of younger runners. All in all a pleasant day, nice and friendly, these end-of-season relays are quite different and I hope they continue.

RESULTS (provisional): Steve Gale (V40), Chris Mann (V40), Steve Humber (guest) 15.50, position 4th, time tba Kim Richardson (V50) 19.55, Sid Smith (V50) 20.48, Rex Stapleford (V70) 22.12, position tba, time 62.55

# LRRL Race Reports

## Barrow 6

It was a perfect day for running and a massive field of 451 runners finished the first race of the season. Mark was absent, suffering from a bad case of the "turkey trots", so it was left to Matt Topham to lead the Roadhogs home, 59<sup>th</sup> in a superb 37.06, improving on his 2005 time by 18 seconds. Steve Smith (40.33) suffered for his lack of training but still proved just too good for Dave Lodwick (40.34). Karl Atton (41.19) headed Tom Martin (41.32), with Dave Swan (42.14) next, starting the season in great shape, a minute and a half better than last year. Keith Dakin (43.17) and Jon Heap (43.52) made up the scoring eight with Steve Martin (44.30) following them home. There was a welcome return from injury for Jerry Askham (47.48), a league debut from James Burrows (49.14) and another classy run from Rex Stapleford (53.46). Rachel Moyes (47.48) led the ladies home, ably supported by Sarah Johnstone (51.52 - an improvement of three and a half minutes over 2005), Julie McGrearty (53.00) and Alison Lodwick (53.34).



Chris is back on the roads! *Photo: Tom Martin*

## Ashby5

For the first time in a while, we had a wet League Race – a bit of a surprise considering

the weather we've been having recently. What with injuries and marathon training, quite a few of our quicker men runners were missing. The ladies, on the other hand, were out in force. Rachel led the team home in 50<sup>th</sup>, followed by Shimul in 76<sup>th</sup>. Sarah 88<sup>th</sup> and Julie 89<sup>th</sup> made up the scoring four, followed by Alison in 101<sup>st</sup>.



Matt, on the way to another PB at Desford. *Photo: Tom Martin*

Matt (59<sup>th</sup> again) took advantage of Mark's continued absence to be first Roadhogg home, finishing in front of Steve Smith (starting to move up the standings) in 121<sup>st</sup>. Chris Mann (129<sup>th</sup>), rallying to the cause and making a welcome appearance on the roads, was not far behind. Behind Dave L (139<sup>th</sup>), Ceri showed evidence that he has started to transfer his form in training into race performance, beating the 35-minute mark in 152<sup>nd</sup>. The dependable trio of Dave S (156<sup>th</sup>), Steve M (169<sup>th</sup>) and Sid (204<sup>th</sup>) made up the scoring eight. James (226<sup>th</sup>) improved a little on his showing at Barrow and Barry (253<sup>rd</sup>) did his bit for the MV70s.

## Markfield 10K

On a day when a stiff northeasterly wind made fast times difficult, there were four stand out performances. Probably most

impressive of all was Matt Topham who went sub 40 for 10Km for the first time, reducing his 2005 time by 49 seconds and gaining 25 places in the process. Shimul improved by 1.24 (15 places), Dave Swan by 1.53 (40 places) and Jon Heap recorded the biggest gain of the day with 1.59 (42 places).



Shimul prepares to turn on the afterburners at Kibworth. *Photo: Tom Martin*

Elsewhere, Mark was back and in the circumstances his 6<sup>th</sup> place was a good result. Matt came in 56<sup>th</sup> and Steve Smith made the top hundred for the first time this season. This week it was Dave Lodwick's turn to finish in front of Chris Mann, with Dave Swan and Jon Heap not far behind. Steve Martin, recovering from illness and short of training, put in a captain's performance to make up the scoring eight in 166<sup>th</sup>. Jerry Askham continued his rehabilitation from a long-term injury in 187<sup>th</sup> with Sid following in 199<sup>th</sup> and Barry in 234<sup>th</sup>. For the ladies, Shimul's starring effort in 69<sup>th</sup> was backed up by solid runs from Rachel (51<sup>st</sup>), Julie (86<sup>th</sup>) and Alison (89<sup>th</sup>).

## Desford 10K

The men's team have struggled to make an impact in the winter league, until now. Desford saw the arrival of the cavalry. Mark, fresh from celebrating becoming a vet, led us

in with 12<sup>th</sup> followed by the very welcome return of Mike Munday (16<sup>th</sup>). Matt (66<sup>th</sup>) lowered his PB for 10K for the second race running and was followed by Adrian Stanley (89<sup>th</sup>) making his first league start of the season. Another welcome return, not just to the LRRL but also to form, came from Baz (116<sup>th</sup>), who recorded his fastest run for some time to just get the better of Steve Smith (117<sup>th</sup>). With Dave Lodwick (133<sup>rd</sup>) and Chris Mann (135<sup>th</sup>) continuing to imitate twins, the eight counters were in the top 135 places. Dave Swan, Jon Heap, Steve Martin, Keith Dakin, Jerry Askham and Barry Waterfield also braved the snow flurries, giving Roadhogs their best turnout of the year so far. Let's hope we can keep it going.

With Rachel in New York, for the first time this year, the ladies failed to muster a full team. Shimul (68<sup>th</sup>) was first home, improving on her Markfield time by 41s. She was followed by an excellent performance from Reem (74<sup>th</sup>), whose new training regime is obviously paying dividends, and the ever-reliable Alison (93<sup>rd</sup>).



Steve focuses on the finish line at Kibworth. *Photo: Tom Martin*

## Kibworth 6

This is without doubt, the toughest 6 miler around. 158 meters of climbing, including a 1 in 7 gradient. To put that in perspective,

Barrow has just 94 meters. To add to the fun there was a strong headwind for much of the race. The ladies team was strengthened by the addition of Laura Rowlands, who ran for us at Hungarton, last year. Despite finding the race tough (didn't we all), Laura led the team home in an excellent 19<sup>th</sup>. Behind Laura, Rachel toughed it out for 50<sup>th</sup> (despite feeling unwell) Shimul managed a final sprint to gain an extra place (60<sup>th</sup>) and Alison put in an excellent run to beat the hour mark (76<sup>th</sup>).



Mike is almost too fast for the cameraman! *Photo: Tom Martin*

For the men, Mike Munday led us home with a superb 9<sup>th</sup> place and second vet (Mark was busy cooking Mothers' day lunches for half the County). Matt made the top 50 (48<sup>th</sup>) and Steve Smith comfortably in the top 100 (82<sup>nd</sup>), with Baz (102<sup>nd</sup>) and Dave Lodwick (105<sup>th</sup>) just outside. Craig showed off the effects of his beer and chip diet in 130<sup>th</sup>, with Jon (138<sup>th</sup>) and Steve Martin (141<sup>st</sup>) making up the scoring eight. Dave Swan (151<sup>st</sup>) just got the better of Keith Dakin (152<sup>nd</sup>) although both of them looked past caring by the finish – it wasn't a day to be anything less than your best. Jerry, Sid and Mike Price were next, with Sid paying the price of a night on the razz. Barry showed a lot of considerably younger men how it is done with a fine 215<sup>th</sup> place to complete the team.



Keith and Jerry sprint it out at Desford. *Photo: Tom Martin*



"Am I supposed to be enjoying this?" Rachel grits it out at Kibworth. *Photo: Tom Martin*

## 20 Things You Didn't Know!

Rachel Moyes	Question	Kim Richardson
Technical Inspector for a Pest Control company. I spend much of my time crawling around food factories finding and sorting out their pest problems. Its very glamorous	<i>What do you do for a living?</i>	I try to resolve old insurance claim issues, mainly from overseas
Single, living with Dave	<i>Are you Married or Single?</i>	I am divorced and with an new partner now
Around 4 years	How long have you been running?	I started jogging in the 70s (when most people thought it was weird) but took up serious running after watching the first London Marathon on TV, 1981 I think
I was approached by Steve and Dan on Welford Road while they were running with Julie on her first training night! Finally made it to a training night after a 'quick chat' with Swannie about a month later.	<i>How did you become involved with Roadhogs?</i>	I helped start the club in 1984, when it was only open to employees of Hogg Insurance Brokers (we had about 8 members!)
Gymnastics, used to do a lot of it but not bendy enough these days	<i>If you didn't run which sport would you like to excel in?</i>	Football I suppose, I was a fairly crap Sunday league player in my younger days
Surprisingly I hadn't discussed pest control with my careers officer, I was thinking more along the lines of Physiotherapy or Teaching	<i>Did you ever have any ambitions when at school to do a different job?</i>	I wanted to be a bus driver
I had three weeks in South Africa, Zimbabwe and Botswana a few years ago and absolutely loved it. Brilliant wildlife, scenery and people	<i>Which is the best Holiday destination you have been to?</i>	Venice
Guitar music, from Paul Kelly to The Lost Prophet	<i>What music do you like most?</i>	The CD I play most is called Notting Hillbillies, its Mark Knopfler and old college friends
Don't Look Now or Dirty Dancing, depending on how cheesy I'm feeling	<i>What was your favourite film?</i>	I have 2, Raising Arizona and My Cousin Vinny, both really funny
Penelope Pitstop with her unique running style!	<i>If you could be any TV character which one would it be?</i>	David Attenborough, he has the most fascinating job in the world!
Renault Scenic and I love it. I would settle for an E type Jag though	<i>What car do you drive and what car would you most like to drive?</i>	I have an old Range Rover, I would like a new Range Rover Sport
Where do I start.... I love a curry, Indian or Thai, Italian, anything that Nigel Slater would like to cook for me, all with a nice glass of red wine	<i>What is your favourite food and drink?</i>	Mussels and red wine
Bob Geldof, Tanni Grey Thompson, Jack Dee, Nelson Mandela and Linda Smith	<i>Which 5 people (living or dead) would you most like to invite to your Dinner Party?</i>	Seb Coe (running hero), Spike Milligan (cracks me up), Jamie Oliver (to cook), Sharon Davies (always fancied her), oh and my partner Lynne (to wash up)
Biology	<i>What was your favourite subject at school?</i>	I think it was geography
Papillon by Henri Charriere. Found his strength of character and determination not to give up inspirational	<i>What was the best book that you ever read?</i>	Lord Of The Rings
It's definitely not Kibworth! Quite like the Huncote 5 cause its short and sweet	<i>What is your favourite local race and your favourite distance?</i>	I used to like the Belvoir half marathon, these days I am slower and like the Huncote Hash cross country
Really nice, mixed group of people	<i>What is the best thing about being a Roadhogg?</i>	Its friendly, fairly low key
Later start time for training night. Or maybe I should get a new job!	<i>If there was one thing you could change within Roadhogs what would that be?</i>	More women members and juniors please
Family, friends, food and a bottle of wine or two	<i>What would be the best way to spend an evening?</i>	Dining out
To run another marathon a bit faster this time. Had a great time doing the Hamburg marathon last year, it just took ages!	<i>Do you have any remaining ambitions either personal or club wise?</i>	To retire as soon as I can and enjoy life