

Roadhogs Leicester A.C.



Spring Newsletter 2007

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

LRRL: Half-time Report

Thanks to our nine 100%ers (Hannah F, Alison, Mark, Mat, Peter, Tom, Dave L, Keith and Dave S) and some good support right through the team, we are keeping our heads above water. The men vets are sitting comfortably in 5th place in division 1 (1st 7 teams stay up). The ladies are lying in 11th, which should be good enough for Division 2 if there's a split for next season. The senior men are battling for a place in the top 4 in Division 2 which will see us stay in the division when the league moves from 2 to 3 divisions next year. After lying in 5th for the first four races our consistency saw us make a decisive move into 4th when one of our rivals failed to field a team at Kibworth. This underlines how important it is to get all of our runners out for the Summer League - not just the quickest ones.

Inside a packed edition:

AGM (Page 2)

Colin goes down memory lane (Page 3).

The great affiliation debate (Page 5)

Mudlarks' musings (Page 7)

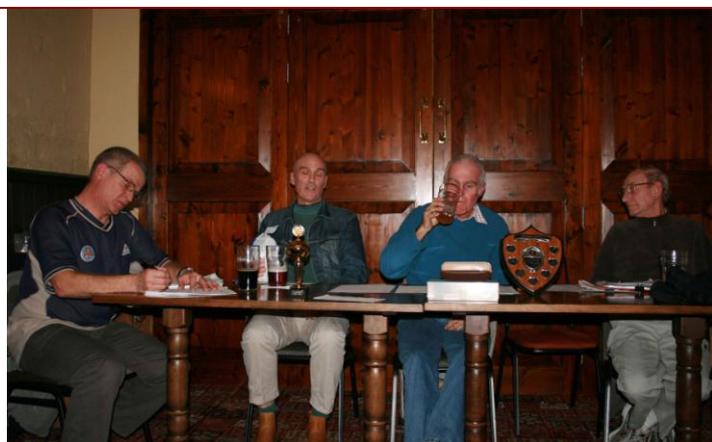
Amy and Peter spill the beans (Page 14)



Aussie ace: Hannah Flannery powers to the finish at Desford.

Welcome to New Members

We are delighted to welcome new members; Hannah, Hannah, Sophia and Mike. If you know anyone who runs please encourage them to give Roadhogs a try.



The brains behind Roadhogs!

Stop Press: Marathon News

Paris Marathon:

Simon 3.42.57

Keith 3.49.34

London Marathon:

Mark 2.45.31

Tom 3.26.15

Jon 3.36.32

Keith 4.00.48

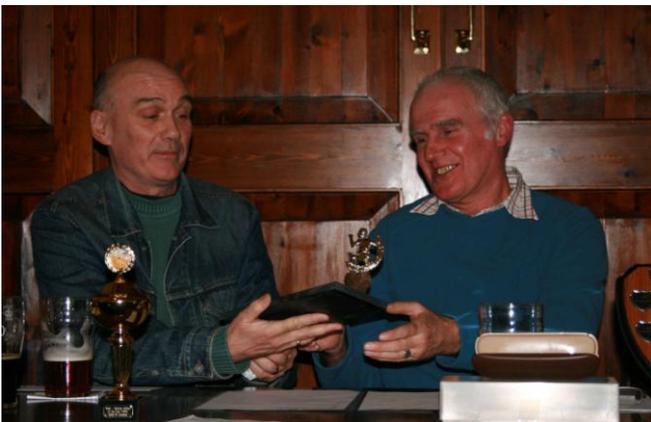
AGM 2007: Picture Special

Award Winners

Road Running Captain's Award	Reem Al-Jayyousi
Cross-country Captain's Award	Chris Mann
Chairman's Award	Keith Dakin
Most Improved Athlete	Jon Heap
Service to Roadhogs Award	Richard Verschoyle
Road Running Captain's Special Award	Dave Swan
Athlete of the Year	Dave Lodwick



Jon Heap: Most improved athlete



Steve makes his special award



Chris Mann: Cross country king

Birthdays

April

6th Tom Martin was 28
6th Mike Munday was 43
9th Laura Rowland was 25
24th Dave Swan is 61
28th Natalie Mee is 16
30th Jon Heap is 38

May

1st Cathy Haward is 33
26th Alison Lodwick is 48
29th Chris Mann is 42
29th Baz Barratt is 47

June

26th Richard Verschoyle is 65

A Brief Running History By Colin Smith

January 1988. I was working for Hogg Robinson and had just finished a yearlong spell of commuting to the London Office on a daily basis. At 51 my footballing days were well behind me and I had lost touch with my tennis partners. Problem - my friend at the time and I needed to do something to keep (or get) reasonably fit. The most unlikely suggestion was to take up running, as both of us were long-term smokers, so obviously we went for that option. The next dark and dismal Thursday lunchtime we donned tracksuits and M&S trainers and set off with no great ambitions. In the event we ran to Abbey Park (about half a mile) walked round the park and ran back. That's how it all started.



Oct 1994 Atherstone Half Marathon

The friend, Mike Langley, moved to a new position shortly afterwards which was a good excuse to pack in and I teamed up with Colin Johnson who had been running for somewhat longer. When I eventually got to the stage where I could keep up with him, we started to do longer runs and in the summer of 1989 we joined Roadhogs which, of course, was based at Hoggs. By this time we were running six miles at eight-minute miles.

Colin had already done a couple of races around his native Melton area when we decided on the Broughton Astley Carnival 10k on a Saturday in the middle of June as my debut. I rested up for a few days before the race but got dragged into a badminton mixed doubles match on the Friday lunchtime (I hadn't played for years). Unfortunately the two girls dropped out and I ended up playing singles for over an hour with the best player in the company. (Some rest). The Saturday was the hottest day of the year and as we lined up for the start, Colin, who suffered from asthma, discovered he had forgotten his inhaler but decided to go ahead anyway. By the time we reached Leire with the tar melting on the road, Colin had to drop out and looking round the only thing behind me was the sweep car. I had to run far too fast to catch the main field and was ready to drop when the 5 marker came in view - what a relief until I realised it was Km and not miles. I managed to complete the race and perhaps it was a good thing I had not got round to getting a timer.



1993/4 Winter League: Markfield

After that things improved and I did the Wigston 7 in the same year-still no times. I first started recording times in 1991 when we did such races as the Swadlincote 10k (45.17) in the Winter League and the Huncote 8 (58.25) in the Summer League. Other races included the Earl Shilton 15k (69.54), Leicester Charities 20k(91.12) and the Worksop (Clumber Park) Half (96.19). My best year by far was the 1992/3 season when I set PBs for 5miles (32.52): 6 miles (39.45):7 miles (46.29): 10miles (69.15): Half (92.40). Also during the period Jan -Apr 93 I did the Charnwood Hills 13 miles: Rutland Water Mini Marathon 17 miles: GEC 20 miles and the

Stratford Marathon. (If the newsletter is ever short of a story - I will do the Stratford 'disaster' for the few new members I have not got round to bor... sorry telling).

After that year it was a gradual downhill although I did manage to pick up a few over 60 prizes in 1997/8 including three Desford Quarter Marathons.



1995 Rutland half marathon

There are a few amusing incidents over the years which come to mind, such as the only race when I finished last, the Beaumont Races held on a Wednesday evening around Beaumont Leys shopping centre. I along with other Roadhogs entered the vets 5k race and as we set off in the dusk there was a cloudburst and soon the road was several inches deep in water. The short distance obviously attracted all the fastest runners in the county and it wasn't long before they were all disappearing into the gloom and I was left with the headlights of the sweep car for company. I nearly caught up by the finish but not quite. I never entered that one again.

On the very first Round Leicester we hired a mini bus and the whole team followed the race round the complete course. There were no restarts in those days and we started at 9am and finished at 9pm. Having fallen a bit behind on the first leg we wanted to encourage our second leg runner, Martin Cockett, to take the shorter cross country option. However, after finding the entry point we noticed a Beware of the Bull notice. Desperate, Kim and I stood in front of it whilst waiving Martin through. Unfortunately, it all backfired as Martin got lost and took even longer to complete the leg.

Then there was the training run, organised by Ade Blyth that went on for so long he had to come back to pick up the stragglers in his car - just managed to get a pint before closing time. At one time, for some reason, I got a reputation

for getting lost on training runs and on one occasion we set off from the White Horse at Birstall. As usual I was the slowest but knew the route like the back of my hand and as soon as I picked up the Town Centre signs I was on my way back. Unfortunately, it was Syston town centre so I had quite a run back in the gathering darkness. When I arrived all the pub customers were in the car park to cheer me in. Looking back over the years, running has been a great hobby and even now that I am very limited I still enjoy doing 'about 7'. So my advice would be to keep going for as long as possible and do as many races as you can, whilst you can.



Castle Hill Cross Country

A big thank you to everyone who helped us stage a first rate cross country event. Kim's organisation and Steve's attention to detail really paid off. Whilst it was fairly heavy under foot, the rain held off. There was a good turnout of runners and most people seemed to enjoy themselves. The wheels nearly fell off when we discovered we were sharing the park with hoards of wild-looking horses but fortunately we managed to avoid provoking a stampede.

Committee News

Affiliation

Road running has reached a crossroads. Clubs and their athletes are now expected to affiliate to the newly formed English Athletics. Fees have been raised this year and are set to rise significantly next year. Over the years road running has seen little benefit from the money paid to the predecessor of EA, UKA. The new EA structure has created a significant number of paid full-time development posts (at least 70 to date) and will be massively more expensive to run. Inevitably, the focus of these posts and the thrust of EA will be the identification and nurturing of elite athletes, especially with 2012 on the horizon. This may bring benefits for the track and Field clubs and those with junior sections, but offers little to clubs such as Roadhogs. In addition, there are clear signs that EA will in future try to undermine the clubs by persuading athletes to affiliate directly rather than doing it through joining a club.

Longstanding disenchantment with UKA and concern that road running will be used as a cash cow to support the new structure, has led to the formation of the Association of Running Clubs (ARC). ARC is offering affiliated clubs insurance comparable to that offered by EA, race permits and minimal paperwork at a lower cost and with a promise that a significant proportion of unattached levies will be returned to clubs organising races. EA have responded with an assortment of threats and vague promises to "ring fence" money for use in supporting road running.

All clubs must now decide whether to affiliate to EA or ARC. Whilst ARC is cheaper, only EA affiliated athletes are able to compete in regional championship events. Where a race is organised under an EA permit, ARC affiliated athletes will have to pay the £2 unaffiliated levy (the reverse is not true for ARC permitted events). In addition, the organisers of the London Marathon (despite their reservations about the new structure) have stated that only EA affiliated clubs will be eligible for club places.

From the discussions at the recent LRRL delegates meeting, it is fair to say that many clubs are undecided. Those that benefit from EA grants and those competing at regional and national level will almost certainly go with the status quo. The others are looking seriously at ARC. So what about Roadhogs? There was a lively and wide-ranging debate on the issue at the recent committee meeting. There was widespread agreement that historically, UKA had failed to support road running adequately and that there was no strong reason to believe that EA would be any better. As a result, there was unanimous support for affiliating the club to ARC. However, if we were to affiliate to ARC alone, our runners would have to pay the £2 levy when competing in non-ARC events (which for this season means the majority). As members have paid their subs in the expectation that they would be exempt, the majority felt that we should also affiliate to EA for this year.

The Old Barn, Glooston 10K

As The Langton Run again failed to achieve league status, we have decided to try something different instead. Ron Atton has put in an enormous amount of work in developing a new 2-lap course based on the village of Glooston. The race will be held on Saturday 16th June, starting at 6.30pm. As ever, the club will be relying on you the members to help make it a success.

Please put the date in your diaries.



Mark, our new Road Running Captain, has joined the committee.

Marathon Master Class?

For all Roadhogs running marathons this year

Here are 5 timesaving tips:

1. On eve of race eat 12 bowls of pasta and a saucepan full of baked beans, meatballs, curry and wash it down with 6 pints of Ansell's "skidmark remover" bitter. Theory: after first 6.5 yards of marathon the rumbles start and a 4 minute mile pace is easily reached between the toilet stops, so if normal pace is 8 minute miles then 26 x 4 mins faster pace saves 104 minutes. This is offset by time spent in 6 official toilet stations round the course. My average relief time is 14 mins. 6 x 14 mins takes 84 minutes. Total time saved 20 minutes.
2. Invest in a set of 4 ultra light titanium safety pins. These are only a sixth of the weight of standard heavy wire pins. The weight saving will save you 3 seconds per mile a total time saving of 1 minute 18 seconds. (Pins are available from safety pins r us - fosse park).
3. Tie your timing chip to an old shoe and then sellotape the shoe onto the end of a 12-foot telescopic fishing rod. When staggering down to the finish of the race, extend fishing rod over the line. As the last 12 feet of a marathon usually takes 25 minutes this could guarantee a PB.
4. "Think" your way to the finish. Imagine as you run to each mile marker there is a fish and chip van on one side of the road and a burger bar on the other side but just as you get near they pull down their shutters with big red "sold out" signs on them. You will automatically run faster to the next mile as hunger sets in. then on the last mile imagine there will be an array of hot dogs, pizzas, burgers and fish and chips. This thought usually inspires a fast sprint finish and using this train of thought can save a good 10 minutes. Also at the finish you can limp off to McDonalds with your medal and a bigger smile as you take delight in ramming the puny energy bar you are given at the finish down the food marshals throat.
5. If in the early stages of the London marathon you find yourself running next to Tom Martin, wait till you are crossing tower bridge before throwing him into the Thames. This will ensure you get some peace and quiet to concentrate on what you are doing in the last 14 miles!

Enjoy your marathons

Keith Dakin

Training Nights

May 2nd Bakers Arms
9th Manor Road
16th Gynsills
23rd Manor Road
30th Great Glen Roadshow
June 6th Manor Road
13th Rothley 10k
20th Houghton-on-the-Hill
27th Manor Road
July 4th Bradgate Arms
11th Hungarton League Race
18th Manor Road
25th Dog & Gun (Kilby)

August 1st Huncote League Race
8th Billesdon Roadshow
15th Manor Road
22nd Griffin (Swithland)
29th Manor Road
Sept 5th Rose & Crown (Thurnby)
12th Manor Road
19th Horse & Trumpet
26th Wheatsheaf (Thurcaston)

Gettin' muddy with Kim

Derby Runner Race 4: Castle Hill

With most Roadhogs on marshalling duty we did well to have 5 in this race, though it will have cost us points for not finishing a full team again. After even more rain the Roadhogs course was mud and water all the way, even the higher ground was wet underfoot and it was hard work for all of the runners. At least it was a bright day and not too cold. Being on duty near the finish, I was amazed how quickly the leaders reappeared again; why can't I be as fast as these guys?

RESULTS: Men: 93 Adrian Stanley 44.04, 99 Chris Mann (V40) 44.18, 130 Jon Heap 47.49, 155 Baz Barrett (V40) 51.44, 179 Rex Stapleford (V70) 63.26, 18 finished.



Adrian, having just spotted the cameraman, is about to abandon his Hippocratic oath

Derby Runner Race 5: Sinai Ridge

This is the race that starts up a steep hill so you are knackered for the whole of the race. Then we ran around the ridge, which was quite muddy and with some difficult cambers so you had to watch your footing. After about 3 miles we came to a long tough climb which was ok to run at the start but in the end you were walking. Then down again which made me wonder if there was more ahead; I was right, we had to climb an even longer hill and I walked this one all the way but didn't lose any places because no one was running. All in all I like this course because it's scenic and there are some fast sections. Still only 5 Roadhogs; Jon is still improving and at one point got past Dave but Dave made a race of it.

RESULTS: Men: 64 Adrian Stanley 40.16, 81 Dave

Lodwick (V40) 41.20, 92 Jon Heap 42.41, 128 Kim Richardson (V50) 45.53, 153 Rex Stapleford (V70) 64.34, 156 finished.

I don't want to mention where the team finished, but everyone else is above us.



Chris keeps his eyes on the prize

Huncote Hash

The hash course was quite wet and muddy this year but it could have been even worse after all the rain. Only 2 Roadhogs made it, Dave covering the 6.5 miles in overall 75th and Kim in 133rd out of 255 finishers. Croft Hill as usual was a real challenge, a long and steep climb followed by a shorter and even steeper downhill. Then there was the run through the brook and round the quarry where your feet sank into a mix of mud and sand for almost a mile. Then there were the vertical sand-heaps which you had to pull yourself up. Oh joy. Really this race is just a good post-Christmas burnout and it's very friendly and good fun. There are always one or two fancy dress runners, and this year I passed a group of blokes in dresses; you wouldn't catch me out in the countryside wearing those colours. The soup after the race was very welcome!!

RESULTS (overall): 75 Dave Lodwick (V40) 52.49, 133 Kim Richardson (V50) 60.18, 255 finished.

Charnwood Hills Race

I thought long and hard before finally putting in my entry for this yearly dose of masochism. In

the end I couldn't quite bring myself to let it pass - you might all think I'd gone soft or something!

The day dawned cold and crisp, in fact some of the early going was still frozen, but you couldn't have asked for better conditions for running. For those of you who haven't been mad enough to try it, the Charnwood Hills Race is about 13 miles of cross-country with real hills - sufficiently extreme to qualify as a category 2 fell race. If this wasn't enough, it is a very competitive race - people come from considerable distances to run it - so there's no let up at all. Jon was in to serious marathon preparation so I just had Baz for company this year.



Baz enjoying the mud at Castle Hill

The race starts on the edge of Anstey, crossing some fields before entering Bradgate Park through a side gate. You run across the park, exiting through the top car park. A short road section, then it's through the plantation and across Roelcliffe golf course (what the Sunday morning golfers make of this invasion is anyone's guess). On the outskirts of Woodhouse Eaves comes the first big challenge: Broombriggs Hill. As soon as you have descended, you are straight into the ascent of Beacon Hill. After completing a circuit of the Country Park it is back to Broombriggs. In their single act of mercy, the organisers send runners around, rather than over, this time. Then it's the long pull up back to Bradgate as the course reverses itself. The section from the top of Bradgate, even though it is downhill, is always hard because everyone hammers it, looking to pick off a few places. This is followed by the potential for chaos as dogs, wobbly kids on bikes and Sunday strollers mix with tired runners trying to overhaul their rivals.

By the time you get back to Anstey the fatigue is really starting to bite - when the brain sends out the signal for the final sprint for the line, the legs have become teenaged (that means they just aren't listening). Then it's inside for tea and cake and the chance to catch up with fellow survivors. For the record, I managed 131st (same as last year) and Baz (suffering with a dodgy back) 326th out of 387 finishers.

Dave Lodwick

Duathlon Virgin

As a self confessed endorphin junky I have always been drawn to extreme activities that provide that little extra adrenalin rush to wash away the stresses of our modern day lives (no dirty jokes Kim). This winter I was reading through the December issue of 220 Triathlon and spotted an event that offered competitors the chance to combine X-Country running with one of my all time favourite activities, Mountain biking.

The Chase Race X-Country, Mountain Bike, X-Country Duathlon was a brand new event on the winter calendar and I decided it was worth a try. For the past 6 months I have been cycling to work and as a result had built up a good level of fitness. My running form was good so I duly entered the event.

Race Day, Sunday 4th February. This was a freezing cold morning with a sharp ground frost and dense fog patches but I had a job to do and at 7:30 am I set off for Lichfield and Cannock Chase.

After sorting out my kit in the transition area I lined up at the start with 100 other nutters, recognising one former Tour de France rider and a World Cup Mountain bike champion in the field. I felt confident as we started the 2.5K run but the fast pace was soon interrupted by a series of steep hills that required a fell running style to overcome. I entered transition after 13 minutes in 23rd place and started the 3 lap 18K bike section. This was a rollercoaster of a ride with some ultra fast technical descents on hard frosty ground and some back breaking climbs that at times could only be accomplished on foot. My daily commute to work on the bike had paid off as I finished the 3 laps in 18th place after over 1 hour in the saddle. A review of the race in the April issue of 220 mentioned one competitor clocking 48mph on the bike.

Now for the sting in the tail. After the bike had been racked I had to run 2 laps of the original run course. This was an extremely hard and at times lung bursting episode that tested fitness of mind and body. Lactic acid had built up in my legs and they now felt more like scaffolding poles than limbs. It took 30 minutes to complete the 5K run and earn a final position of 24th.

My finishing time of 1.47.00 ranks as one of the most demanding periods of non-stop competitive activity I have ever experienced. Some 25 competitors DNF the event.

The 2 identified athletes finished 2nd and 3rd with time of around 1.20.00 but they did have more expensive bikes than mine!

Chris Mann



Chris nears the line at Desford.

LRRL Race Reports

Barrow 6

After the wind and rain of the last week it was a pleasure to wake to a beautiful crisp winter morning. Another year, two new teams and what promises to be a record breaking season got off to a great start with a field of 502 runners. Roadhogs joined in the festivities by fielding 24 runners, our best attendance for the opening race for 5 years (and possibly longer). We also welcomed 5 runners making their league debuts for the club: Hannah, Amy, Sam, Rob and Paul. First lady home in an excellent 14th place (41.54) was Hannah Flannery. Hannah, who is

more used to track running, is over from Australia and has joined us for the year. Next in was Rachel, not quite managing to match last year's time but running well nonetheless. Cathy showed the benefit of her regular training over the winter, slicing more than half a minute off her minute per mile time from Stapleford, and Amy ran well on her league debut to round off the counting four. Alison was another one not quite managing to match last year's time despite running well and Reem, short of miles after her marathon debut in September, followed her in. Mark shrugged off a cold to slip into the top 10, just in front of a course record-breaking performance from Hinckley's Beth Eburne. Next up was Mat (72nd, 37.44) coming in half a minute in front of a slightly out of sorts Peter (89th). Tom was miffed to miss out on the top 100 (101st, 38.43), but on this form he should break 40 minutes for 10K at either Markfield or Desford. Behind Tom, Sam and Simon (132nd) had a good battle with Sam taking the honours (129th, 40.03) in only his second ever race. Dale (153rd) and Dave L (155th) came in in quick succession to make up the counting eight with Ceri (167th) not far behind (despite a heavy session the night before). Next up were Keith (195th), Dave S (209th), Rob (212th), an ailing Jon (228th) and Jerry (229th, 44.43) showing the sort of form we haven't seen for a couple of seasons.

Ashby 5

A pleasant morning if a little wet from all the melting snow. One or two absentees, but still a good turnout. New captain Mark called for 5 men in the top 100 and got 4 but we packed well and the 8 were in the first 130, so he wasn't too unhappy. The ladies did even better with the two Hannahs both running really well. Hannah Flannery improved on her Barrow performance by breaking into the top 10 and Hannah Green marked her debut with an excellent top 20 finish. Rachel provided back up in 43rd and Amy (70th) just held off an improving Reem (72nd). Alison (94th) while not at her best still managed to improve on her previous efforts on this course. Mark led from the front in 7th, with Mat (53rd) just winning the battle with Peter (59th) who is starting to regain his form. Tom 90th was the other one to make it into the 100, with Adrian (110th) and Sam (116th) not far outside. Dave L (122nd) and Dale (128th) again made up the eight but swapped places this week. Ceri was at home nursing the after effects of a virus and Rob was doing a 30K race so it was up to Jon (166th, 35.29), Dave S (182nd, 36.09) and Jerry (190th,

36.28 - continuing his good form) to keep the others honest. Keith (216th) had one of those days when the "motor" just doesn't respond to the "loud pedal", just managing to stay in front of an improving Paul (236th) and Steve (238th).



Mark managing to stay in front of fellow vet Glen North

Markfield 10K

A wet and breezy morning but thankfully the showers held off for the duration of the race. We were pleased to welcome Chris Mann and Mike Price for their seasonal debuts and Michael Adams for his first race in a Roadhogg vest. Another bumper field meant a rather congested start and those of us who failed to pay attention found ourselves struggling to get up to racing speed before Thornton. The ladies kept up their fine run of form finishing well in a larger field than Ashby. Hannah Flannery just failed to make the top 10 (12th) but still treated us to some sub-7-minute miling. Hannah Green put in another encouraging performance for 21st and Rachel (56th) shaved a few seconds off her 2006 time despite not really being "up for it". Amy (84th) and Reem (86th) battled it out for the honour of being 4th counter and Alison (120th) had one of those days when the motor doesn't seem to be running on a full set of cylinders.

Mark showed the benefit of some solid injury-free training, gaining a place from Ashby to finish 6th (34.48). So far this season he has been consistency itself with minute per mile times of 5.36, 5.35 and 5.36. Yet again, there was little difference between Mat (70th) and Peter (71st), but Peter seems to be closing the gap, race by

race. Tom edged closer to the magic 40-minute mark, bagging 81st in the process and Adrian (100th) granted Mark's wish of five in the top hundred. Ceri (137th) also responded to the challenge with a PB (43.14) - 15s off a time set on a considerably flatter course. Perhaps all the cycling and running to work is finally starting to pay off. Dale was out injured and Sam unavailable so it was left to Dave (149th) and Chris (155th), neither at their best, to round out the eight. Next up were Jon (173rd - nearly a minute quicker than last year) Dave S (185th) and Keith (186th). I think Michael Adams (201st) got carried along a little too fast at the beginning but hopefully he enjoyed his debut race and will be back for more. Rob (210th) was next up and then Paul continuing his steady improvement (234th), Mike P (255th - starting his season in good shape) and Barry (293rd).



The evergreen Barry Waterfield at Markfield

Desford 10K

A beautiful spring morning and enough daffodils to make even Wordsworth happy. There were blooming performances as well all through the team. The ladies may have been down to the bare bones but the performances more than made up for it. Hannah Flannery put in a big improvement to move up to 7th (40.42) - we are really starting to see her "track pedigree" coming through as she adjusts to the demands of the longer distances. Hannah Green also made a significant leap forward to 16th in a time (42.39) that would have been good enough for the men's eight. Next up was Sofia Lane, running an assured race on her debut for the club. She ran the first half-mile with Alison and Barry before latching on to a faster group. At 4 miles she

decided to forge out on her own, finishing with a big smile on her face, in 78th (53.51). Final lady and fourth counter was Alison (103rd). Not fast but after a fortnight that included a short stay in hospital with acute appendicitis, just being able to run was a joy.



Ceri on the way to yet another PB

For the men, Mark recorded another fine sixth place finish (34.23). This week Peter (50th, 38.00) finally turned the tables on Mat (57th, 38.18). Tom (71st) fulfilled the promise of his early-season races by beating the 40-minute barrier (39.08). Next up was "man on a mission" Ceri (123rd, 41.29) - two PBs in as many weeks and the scalp of Sam (137th) to boot. Almost a minute in arrears was Dave L (144th) followed by another fast improving athlete, Mike Adams. Mike showed that he had learned the lessons of Markfield and sliced more than 3 minutes off his time gaining 45 places (and a place in the counting eight) in the process. Chris, struggling to shake off the after effects of Flu still managed 7's for 163rd, with Keith (173rd), Dave S (186th) and Rob (205th) evenly spaced behind. Barry followed the trend, going quicker than Markfield for 287th.

There were some startling improvements in performance from Markfield - every single runner was quicker. Other teams reported large numbers of PBs. So is the course short? There were lots of people willing to believe this but the facts don't seem to back them up. Desford, despite being a bit coy in describing the distance as "10km approx", had checked it, the GPS brigade came up with numbers in the right ballpark and digital mapping seems to agree. So enjoy those PBs - looks like you earned them fair and square!



Sam: making an impact

Kibworth 6

I don't know if it was the thought of those hills or the missed hour in bed but only 16 Hoggs made it to the start line. We weren't the only ones looking anxiously for reinforcements - the field was the smallest of the winter. The team might have been small but the performances were anything but. Hannah Flannery continued her assault on the top order with an excellent 5th place, beating Kate Ramsey in the process. Even the knowledge that Kate ran in The British Masters Cross Country Championships 24 hours earlier shouldn't take too much shine off. We were missing Hannah Green so it was a while before the rest of the ladies came in. Amy was next (54th), followed by the welcome sight of Claire (68th), running her first race for the club since the summer of 2005. Reem (72nd) took time off from wedding preparations to complete the four and Alison ran gamely for 80th.



Hannah on the way to 5th

putting in a storming run for 158th (a good 50 places higher than normal) and Dave S steadied the ship with 183rd. Paul had an apparently uneventful run for 206th, sandwiched between two invalids - Keith nursing a dodgy calf in 198th and Steve his long term injury in 235th.

Dave Lodwick



Rob: big performance at Kibworth

Mark lost out to Ian Murdey and Derek Guess in the final stretch but still managed to bag 7th for the team. Peter (60th) won his duel with Mat (67th) and Tom threatened to join the party with a fine 75th. These three were covered by just 40 seconds. Adrian made the top 100 (92nd) despite omitting to train since Desford and Dave L (121st) actually had a decent run for once, taking a minute off his 2006 time. The middle order was a bit depleted but Rob rose to the occasion,

	BARROW 6			ASHBY 5			MARKFIELD			DESFORD			KIBWORTH		
	pos	time	m/m	pos	time	m/m	pos	time	m/m	pos	time	m/m	pos	time	m/m
Reem Al-Jayyousi	132	56.05	9.21	72	42.59	8.36	86	54.20	8.45				72	55.49	9.18
Claire Di Palma													68	54.29	9.05
Hannah Flannery	14	41.54	6.59	9	33.47	6.45	12	42.57	6.55	7	40.42	6.33	5	39.59	6.40
Hannah Green				20	35.55	7.11	21	44.50	7.13	16	42.39	6.52			
Amy Handford	101	51.46	8.38	70	42.47	8.33	84	54.15	8.44				54	51.54	8.39
Cathy Haward	79	49.47	8.18												
Sophia Lane										78	53.51	8.40			
Alison Lodwick	125	54.22	9.04	94	45.39	9.08	120	60.59	9.49	103	60.39	9.46	80	60.17	10.03
Rachel Moyes	63	48.23	8.04	43	39.19	7.52	56	50.46	8.10						
Michael Adams							201	46.15	7.27	156	43.06	6.56			
Jerry Askham	229	44.23	7.24	190	36.28	7.18									
Sam blows	129	40.03	6.41	116	33.26	6.41				137	42.17	6.49			
Mark Chamberlain	10	33.34	5.36	7	27.55	5.35	6	34.48	5.36	6	34.23	5.32	7	34.25	5.44
Keith Dakin	195	42.58	7.10	216	37.30	7.3	186	45.17	7.18	173	44.07	7.06	198	47.50	7.58
Ceri Davies	167	41.32	6.55				137	43.14	6.58	123	41.29	6.41			
Simon Fryer	132	40.15	6.43												
Paul Handford	281	47.18	7.53	236	38.32	7.42	234	47.54	7.43				206	48.13	8.02
Jon Heap	228	44.23	7.24	166	35.29	7.06	173	44.52	7.13						
Dale Jenkins	153	40.50	6.48	128	33.57	6.47									
Dave Lodwick	155	40.54	6.49	122	33.44	6.45	149	43.35	7.01	144	42.28	6.50	121	42.04	7.01
Chris Mann							155	43.48	7.03	163	43.20	6.59			
Steve Martin	289	48.23	8.04	238	38.39	7.44							235	52.40	8.47
Tom Martin	101	38.43	6.27	90	32.23	6.29	81	40.18	6.29	71	39.08	6.18	75	38.58	6.30
Rob Milstead	212	43.43	7.17				210	46.37	7.30	205	45.45	7.22	158	44.03	7.20
Mike Price							255	50.48	8.11						
Peter Sloneczny	89	38.15	6.23	59	31.10	6.14	71	39.43	6.24	50	38.00	6.07	60	38.18	6.23
Adrian Stanley				110	33.18	6.39	100	41.28	6.41				92	40.41	6.47
Dave Swan	209	43.38	7.16	182	36.09	7.14	185	45.16	7.17	186	44.53	7.14	183	46.13	7.42
Matt Topham	72	37.44	6.17	53	31.01	6.12	70	39.40	6.23	57	38.18	6.10	67	38.38	6.26
Richard Verschoyle	305	50.12	8.22												
Barry Waterfield	331	55.38	9.16				293	59.14	9.32	287	58.40	9.27			

LRRL Summer League 2007

13th May Hinckley Half Marathon
 20th May West End 8-mile (Syston)
 3rd June Swithland 6
 11th July Hungarton
 1st Aug Joy Cann Memorial (Huncote)
 2nd Sept John Fraser 10 (Countesthorpe)

20 Things You Didn't Know!

Amy Handford	Question	Peter Sloneczny
Event coordinator at Rockingham Motor Speedway	<i>What do you do for a living?</i>	Chartered Surveyor
Very much single	<i>Are you Married or Single?</i>	Married to Rhonda for 24 Years. We have two children Stefan (19) and Krystyna (16).
Since The Millenium Great North Run	<i>How long have you been running?</i>	7 Years
Mike Price recommended it to my dad and I.	<i>How did you become involved with Roadhogs?</i>	After the Langton Run in 2006 Dave Swan wrote to me suggesting that I should join. I thought that was a nice gesture so I joined up.
Tennis	<i>If you didn't run which sport would you like to excel in?</i>	Cycling
To become an officer in the Army.	<i>Did you ever have any ambitions when at school to do a different job?</i>	I wanted to be a Geologist.
Port Douglas-Australia	<i>Which is the best Holiday destination you have been to?</i>	The Lake District.
Something with a beat or that of my brothers band -The Haize!	<i>What music do you like most?</i>	Rock Music
Top Gun forever	<i>What was your favourite film?</i>	Star Wars (Return of the Jedi).
Lisa from the Simpsons	<i>If you could be any TV character which one would it be?</i>	Uncle Arthur in Dads Army
Mazda MX-5...Aston Martin DB9	<i>What car do you drive and what car would you most like to drive?</i>	BMW 3 Series. I am not that interested in cars. Running shoes and racing cycles are far more exciting.
Food-Italian Drink-Vodka/Water	<i>What is your favourite food and drink?</i>	Indian food and real ale.
Aytron Senna, Kelly Holmes, Andy McNab, Peter Kay, Jamie Redknapp	<i>Which 5 people (living or dead) would you most like to invite to your Dinner Party?</i>	Tom Simpson (former world cycling champ), Lance Armstrong, Pope John Paul 2 nd , Paul McCartney and John Lennon.
P.E	<i>What was your favourite subject at school?</i>	Geology
Bravo two Zero	<i>What was the best book that you ever read?</i>	I find it very difficult to read books but I have read Lance Armstrong's It's not about the Bike and Put me back on my Bike, which is about Tom Simpson.
5ish miles!?! would like it to be more	<i>What is your favourite local race and your favourite distance?</i>	Hungarton 7 or Barrow 10. Favourite Distance is half marathon.
My friends call me a HOGG (being part of a group of people with similar motivation and catching up with my pops).	<i>What is the best thing about being a Roadhogg?</i>	Being with people who have the same interests.
More routes that escape the city.	<i>If there was one thing you could change within Roadhogs what would that be?</i>	Not much - perhaps the colour of the kit.
Spent with people you love, good food and TV that makes you laugh.	<i>What would be the best way to spend an evening?</i>	Some decent beer and food with Rhonda.
To return to 1/2 marathon distance, May/Syston.	<i>Do you have any remaining ambitions either personal or club wise?</i>	Personal would be early retirement. Club wise to complete a 5 or 6-mile race in under 6mins/mile and a half marathon in 80 minutes. Perhaps these are dreams rather than realistic ambitions.