



Phoenix Rising and Descending!

Andy Johnson crosses the border into Wales to tackle the monster marathon in Snowdonia.

Every time I have run in bad weather I have wondered what it would be like if I had to complete a Marathon in those conditions. Well on the 24th October I got to find out! Sure enough as the weather had been forecast, about an hour before the Race was due to begin it started to rain (heavy) and then about 30 minutes before we set off along came the strong winds as predicted. The start was delayed by about 15 minutes due to runners struggling getting to the start, this meant standing around in the pouring rain as there was no shelter and the start is in the middle of nowhere down a dirt track.

Feeling much relieved to get underway the first mile was nice and undulating. Then came the next four miles all up hill to Pen Y Pas a climb of 800 ft with the rain still pouring and the wind trying to knock me off my feet, I was starting to wonder what I had let myself in for. With 21 miles still to go but at mile five it was all down hill for the next four or so miles and then undulating until Beddgelert. At the 12 Mile point where the road reared up again for the next three miles, I am sure they like to make the climbs as long as possible in Wales.

From mile 15 to 21 the road was undulating again even some long spells of downhill and with the wind on my back I was feeling good and still smiling despite the rain, but then came the 21 mile point at Waunfawr. Everybody you talk to who has completed this Marathon before warns of this point and it did not disappoint - four miles of very steep climb 1000 ft approx mostly



Andy working hard on the down hills.

on road but some off road just enough to confuse my legs. At mile 25 my legs felt like jelly but they soon woke up on the final mile into Llanberis a decent of 800 ft off road, words cannot describe what that feels like (not that can be printed anyway).

Crossing the finish line in a time of 3 hrs 57 minutes a huge smile crept across

my face which I still have a week later.

Looking back on the day the Marathon was made better by the bad weather. It made the scenery look more dramatic than it already is. This race is highly recommended if you like a challenge!!

Andy Johnson

Shepshed 7

Sunday 1st Nov saw the running of the 9th Shepshed 7. More multi terrain than road, this course is one of the most interesting in the county. The race is always a sell out, falling between end of summer and start of the cross country season. The persistent early rain gave way to some autumn sun with the odd burst of gale force winds. This race gave the club the opportunity to show off the new strip locally. Phoenix's Robert Nurse ran an outstanding race to finish 30th. Jo Steane and Karen Rogers ran solidly on an undulating course. Myself Ray Draycott and Geoff Merrington brought up the rear representing Phoenix's new pensioners section.

Ray Draycott



Jo Steane & Karen Rogers

Leicestershire Road Running League

The fixtures for 2010 were recently announced and are in circulation within the club and will be shown in the fixtures section of this newsletter. The precise date for the Desford Race has not yet been fixed. Our John Fraser 10 race on 5th September has been awarded League status.

For the new season, the Ladies are to compete in 3 Divisions, in line with the Men.

In this year's series of races, Owls AC competed in Division I of each category and will remain there for 2010. As a new club, Wigston Phoenix will enter on the lowest rung and will compete as a Division III team. This is no bad thing, giving us every chance of finishing in award winning positions by the close of the series and gaining promotion.

It might be helpful, particularly to new members, if we outline how the scoring system works.

TEAMS

The Team competition is based on the results of the combined Winter and Summer Series.

MEN

The men's League is divided into 3 Divisions, from which there is promotion and relegation.

The first 8 Men to finish count in the Wigston Phoenix Team. All men can count for the team, so Men Vets are included in the team score if they finish in the first 8.

A Men's Vets competition is also run within the same race. Again, there are 3 Divisions. The first 4 Men Vets to finish count towards the team score.

WOMEN

The Women, like the men, compete in 3 Divisions.

The number of Women counting for each team is 4. If a club is able to finish 8 or more runners, then the second 4 finishing shall count as a "B" team and score accordingly.

There is no separate Vets category for Women.

INDIVIDUALS

There are separate Winter and Summer League competitions for individuals. In order to qualify, a runner needs to finish in at least 4 of the 5 Winter races, and 4 of the 6 Summer races.

Points are awarded for finishing positions in each race and winners are then declared in each of the age categories to produce a series of Awards for, initially the Winter League, and then for the Summer League.

If a runner competes in all of the 11 races, then they will be entitled to a 100% Award.

Club Presentation Night

The annual Club presentation Night will be held, as before, in the Lounge at Wigston British Legion and will take place at 7.30pm on Thursday 21st January.

As well as the usual club trophies, we will again be issuing the club standard awards and a splendid buffet will be provided. Please make a note of the date in your diaries and join us for the first Wigston Phoenix Presentation Night.

★ LAUNCH & CHRISTMAS PARTY ★

Friday 27th November 2009

Please support your new Running Club by attending our Launch Party. This is to be held at Countesthorpe Conservative Club on Friday 27th November 2009. The entertainment on the night is a really talented singer called Ali. The cost is only **£18** per person and this includes a buffet, with under 18's free. Please note that payment is to be made in full by **Tuesday 24th November**.

A list is available at the legion for members to put their name down and we hope that as many members as possible can attend the celebration to make this a memorable occasion.

For further details please contact Carole Priestley. ★

And if you can't make it to the Club this Tuesday and wish to attend please email Carol by Tuesday night at the latest:

carolepriestley@aol.com

**WIGSTON
PHOENIX
RUNNING CLUB**

Amsterdam Half Marathon

It is very easy to get to Holland as there are lots of flights to Schiphol airport every hour. Once there the trains to Amsterdam are every 10 mins. The public transport of trams & underground take you comfortably to the start & finish (Olympic Stadium). There are a choice of races - Full Marathon, Half Marathon and 7.5K. Picking up your numbers from the morning before at Exhibition (Kit very expensive because of high Euro) it gives you a chance to mingle with the other runners. There are loads of other Brits and the Non-Brits (Dutch, French etc) all speak English

The tart Times staggered which means you can watch the finish of 7.5K and full marathon on big screen and then for real in the Olympic Stadium before going to the start of 1/2 marathon. Proper (policed) starting pens ensure to give good runners a fair start. There is lots of support around course (mostly wide roads and parks in south of city around Olympic Stadium) -along river for Full marathon

At the finish there is a medal for each competitor & Goody bag (T-shirt for full Marathon). To round it off there are Showers/Massage at the end in the Stadium.



Jill struggling at the half way point



Ron's triumphal entry into Olympic Stadium

Club AGM

The first AGM for the new club will be held at 8.30pm on Tuesday 9th February in the Lounge at Wigston British Legion.

This will be your opportunity to express a view on how you think the new club has been set up and to put your points to the committee. All the Officers of the club will be up for re-election and if anyone wishes to be considered for the posts of Chairman, Treasurer or Secretary, they should submit details to the Secretary.

Persons wishing to put forward a Motion for consideration at the AGM should give details to the Secretary at least 2 weeks before the date of the AGM.

news in brief

England Athletics registration

We are still in the process of transferring 1st claim individuals via England Athletic eligibility forms from OWLS AC to Wigston Phoenix RC for regularly competing members. We have had some members successfully transferred following the eligibility meeting held in October and will submit further requests to the November eligibility meeting. We will also endeavour in the near future to register with England Athletics new members that complete regularly so that a registration number can be obtained. It is now becoming apparent that the registration number is being used for many online race entries in order to register as an attached runner. We currently have 112 members in total.

Club Vests

We now have the new club vests from the supplier and they have been distributed to members over the last few Tuesday nights. We are low in some sizes so we are in the process of putting in a further order to the supplier. If you have previously paid for an OWLS vest you will be entitled to one free Wigston Phoenix vest. If you are a new member the cost will be £13.50. Please contact Mike Stiff for further details.

We are still looking into providing technical training tops, both short and long sleeve, and will update members accordingly.

London Marathon Club Entries

We have received three Guaranteed Club Entries for the 2010 London Marathon. A draw will be held as per usual if there are more requests than entries and this will be held at the end of the Christmas Handicap race on the 20th December 2009. Please confirm any rejected entry details to either Mick or Ramon by the 15th. Please note that priority is given to runners who have been club members for over 12 months.

Christmas Fancy Dress Handicap Race

The 6 mile handicap race is to be held once again at Burton Overy. The route is on quiet rural roads and goes via Kings Norton. The first runner will be off at 10.00 am and race awards will be presented afterwards in the village hall. We will be providing refreshments once again thanks to our team of volunteers. An entry form is available at the Legion to register your intention to run. The race entry fee will be £2 and a wrapped Christmas gift to exchange according to your race position. We have traditionally promoted the handicap race as a Fancy Dress run and to encourage participation for this year the best judged outfit will receive free membership for 2010.

New Members

Welcome to **Kerry Jessop** who joined in October 2009.

Feedback from 1st issue

"The magazine looks as good as ever and you guys must have put in a load of work to get the new club up and running, so thanks for all you've done!"

"I think the 1st Flamin News is absolutely brilliant. Love the colour. Well done to you and team."

2009/2010 fixtures

NOVEMBER 2009

- Sun 8th** Rugby 10 (11.00 am)
Sat 14th Seagrave Wolds Challenge 15.7 miles (9.00 am)
Sun 15th Matthew Walker 10K, Heanor (10.30 am)
Sun 15th St. Neots Half Marathon (10.00 am)
Sun 22nd Derby Runner XC, **race no. 1**,
Foremark Reservoir (11.00 am)
Sun 29th Clowne Hlaf Marathon (10.00 am)

DECEMBER 2009

- Sun 6th** Derby Runner XC, **race no. 2**,
Aylestone Meadows - tbc (11.00 am)
Sun 6th Cardington Cracker, 9 mile fell race (11.00 am)
Tue 8th Whetstone 5K Xmas Run, Blaby Boys Club (12.45 am)
Sun 13th Turkey Trot Half Marathon, Keyworth (10.15 am)
Sun 20th Wigston Phoenix Xmas 6 Mile Handicap Race,
Burton Overy (10.00am)
Sat 26th Boxing Day Handicap, 6 miles, Barrow (11.00 am)

JANUARY 2010

- Sun 3rd** Huncote Hash XC, 6 miles (11.00 am)
Sat 9th County XC Championships, Brocks Hill Park, Oadby
Sun 10th Derby Runner XC, **race no. 3**,
Bagworth Heath (11.00 am)
Sun 17th Leics Road Running League, race no. 1,
Ashby 5 (10.30 am)
Thurs 21st Wigston Phoenix RC Club Presentation Night (7.30 pm)
Sun 24th Leics Road Running League, race no. 2,
Barrow 6 (10.30 am)
Sat 30th Midland XC Championships, Stafford Common
Sun 31st Derby Runner XC, **race no. 4**,
Grace Dieu (11.00 am)

FEBRUARY 2010

- Sun 7th** Charnwood Hills Fell Race, 13 miles,
Anstey (10.00 am)
Tue 9th Wigston Phoenix RC Club AGM (8.30 pm)
Sun 14th Derby Runner XC, race no. 4,
Market Bosworth (11.00 am)
Sun 21st Leics Road Running League, race no. 3,
Kibworth 6 (10.30 am)
Sat 27th National XC Championships, Leeds
Sat 27th Belvoir Challenge, 15 or 26 miles multi-terrain
(9.00 am)
Sun 28th Derby Runner XC, Final, Sinai Park,
Burton on Trent (11.00 am)

results // october 2009

STILTON 5. 18.10.09

103	Katy Goult	48.15
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AMSTERDAM HALF MARATHON 18.10.09

1729	Ron Walton	1hr 41.28
7556	Jill Judson	2hr 09.57

SNOWDONIA MARATHON 24.10.09

369	Andy Johnson	3.56.59
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WORKSOP 1/2 MARATHON 25.10.09

97	Julie Lamb	1.29.07
167	Keith Markley	1.33.03
879	Lisa Hallam	1.54.04
1133	Mark Thompson	2.01.51
1373	Alison Wright	2.11.29

SHEPSHED 7 01.11.09

30	Rob Nurse	45.35
227	Ray Draycott	57.47
357	Jo Steane	1.06.01
373	Karen Rogers	1.07.16
414	Katy Goult	1.12.23
466	Geoff Merrington	1.29.40

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