



FLAMIN NEWSLETTER



Inner City Muddy Meadows

Derby Runner Cross Country League Race 2: Sunday 6th December Aylestone Meadows, Leicester.

First of all, congratulations must surely go to Mike Stiff for all his efforts in bringing this race to fruition.

Like most people, I had heard of Aylestone Meadows but was unsure of where it actually was. Tucked away from the main road was an inner city cross country race which took many people by surprise. Another strong turn out saw 346 runners finish the race. This included a big section from Wigston Phoenix of 15 men & 7 ladies. I am sure this race will increase in popularity in the coming years. As the orange sunlight broke through the early morning downpour another orange ray of light could be seen in the form of Mike Stiff's fluorescent running top laying out the route. The earlier rain had made for muddy conditions - perfect Cross Country! Unfamiliar to everyone (except Mike!), the first lap of the race

familiarised us all with all the twists and turns.

Rob Pullen improved on his Foremark's position by finishing 22nd, and we were glad to see Paul Hood make his debut for Wigston Phoenix coming in hot on Rob's heels in 34th. A feat made more impressive by the fact he recently became a Dad for the first time (congratulations) and has to get out for a run & sleep when he can now! Another welcome return to racing after a 10 year gap was Paul Rigby who ran the race complete with cool (& matching green) shorts. Phil, Clive & Dave farrired well and new boy Bradley debuted for the Club in 165th position. Sam Winters returned to running for the Club as a 2nd claim member finishing strongly in 7th position. Not too far behind was Sadie, again competing for us as a 2nd claim member & finishing

in 32nd position. Tania was not far behind in 41st. Sandra, Julie, Yvonne & Andrea also braved the mud to give us our biggest ladies XC team for quite a while. Hopefully the support will continue throughout the year.

A big thank you also goes to all the people who volunteered on the day to help out marshalling, & time keeping.

Green shorts

Green Nike shorts are available that are a very near match to our Club vest in colour and design!

Only **£9.99**
(plus postage).
See details at
the Legion.



Chairman Ian Fraser's Christmas message

Wow what a momentous year !!

You will all be aware of change from OWL's to Wigston Phoenix .To achieve this outcome a huge amount of work has had to be done to get us to this stage where we are in finally in charge of our destiny in every sense .

We, as a club owe a vote of thanks to a small group of people who have worked incredibly hard to bring about this change including Ray, Mike, Andy, Carol and last but no means least Mick Jordan who has worked tirelessly and put in a huge number of hours to get us this far.

Like most of us I was initially disappointed not to be able to run in the black and white stripes anymore especially as OWL's had been part of both mine and Janes early running career but the more I have had time to reflect on the change (and now a proud member of Wigston Phoenix) I have realised that the the most important reason we love running is because of yourselves both old and new members.

Running is and always has been , apart from when Les pushes me too hard in training!! always justified I might add, such a pleasure because of your company, friendship, support, encouragement and advice. It has been truly special and that has nothing to do with a name. Its the people that make this club what it is and that club is now called Wigston Phoenix.

I passionately believe it's not the club that makes the people but the people that make the club. You are part of something good and special.

Going forward there is now a small band of enthusiastic members of the Exec committee who have done great job in recent months. All of the above have done great work but I would like to mention Colin, who has got our new website up and running and for those who haven't seen it go to www.wigstonphoenix.co.uk. Its brilliant and will continue to evolve over the coming months. We want to provide you all with the best club you deserve, run for you in every sense. If there are things you would like us to do or not do please, please let us know. I would like however to make a plea to all members, we need as many people as possible to be involved and we would welcome anyone who wants to help. **Wigston Phoenix needs you!!**

Finally can I wish all Phoenix members and their families a brilliant Christmas and happy New Year . Happy running

PS: It was great to see so many runners and helpers turn out for our Derby Runner event last week and I can say that from a spectators perspective the vests are easy to spot.



Turkey Apartment

Manu Patel is offering his Turkish apartment out to let for Club members.

Details: 2 bedroom, 2 bathrooms (1 en-suite), fully furnished / Air conditioning - Turquoise Golf homes. On-site facilities include: 24 hr security, 7 communal Swimming pools, Indoor heated Swimming Pool, Turkish Bath, Mini-Golf, Aqua Park, Ground Chess, Tennis, Volleyball, Beauty Centre, Fitness Centre, Sauna, Shopping centre, Market, Restaurant, Bar, and the Artev Beachclub. There is also a 9 Hole Golf Course (shared with Flamingo Country Club).

Distance: Airport to Turquoise homes: 16 Km, Turquoise homes to Bodrum: 16 Km .

For further details check this link
<http://www.bodrumturquoisehomes.com>

Any enquires: Email: manu_patel@nfmutual.co.uk
Phone number: 07877 484732

Rental prices depending on season:

Low: Oct - Mar £200 week, **Mid:** Apr - Jun £250 week,
High: July - Sept £300 week

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**.

Grand Prix 2010

Coming up in 2010 we will be putting together a Grand Prix race series. This has been discussed in principle by the committee and details will be worked out for early next year and will be put in the newsletter. We will include all Summer League races, excluding the John Fraser 10, and other nominated races. The format will be designed so that runners of all abilities will be given the chance to gain prizes and recognition.

LRRL Amendment

In last month's newsletter, I stated that there was no separate Vets category for Women. This was incorrect - the Women follow the men, in that there is a separate vets competition run within the same race, also with 3 Divisions.

The first League race in 2010 will be the Ashby 5 at Hood Park Leisure Centre, Ashby-de-la-Zouch on Sun 17th January.

Ramon Howe

Cross Country Championships

Early in the New Year, the local, regional and national Cross Country Championships are due to take place, as below:

Leicestershire - Sat 9 Jan at Brockhill, Oadby

Midland - Sat 30 Jan at Stafford Common

National - Sat 27 Feb at Roundhay Park, Leeds

The Midland and National Championships may be beyond us this year, at our stage in development, but it should be our aim to try to enter teams in the future. However, many of you might be keen to enter the Leicestershire, held locally at Oadby. Entry forms are at the club, but note closing date is 21st Dec. For team events, we need 5 Men, 3 Masters (35yrs) and 3 Women / Masters Women.

As always, we have a clash of dates as the Derby Runner (Bagworth Heath) is the next day 10 Jan. Decisions will have to be made!

Should anybody be interested in entering the Midland or the National, please contact me.

Ramon Howe

XC Championships Help

The County XC Championships are coming to Oadby and as the nearest local running Club we would like to help out. Ted Toft is organising the event and is looking for marshals at Oadby on Jan 9th. If you are planning to run the Derby runner on Sunday instead, please come down and help out. Please contact Ted on 0116 286 3916 if you feel you can help out in any way.

news in brief

New Members

Welcome to **Bradley Furniss** who joined the club in November 2009.

Charity Donations

In the last month we have made two donations to charity from club funds. Firstly, we donated towards the Wigston Royal British Legion Appeal. Traditionally we have paid a donation of £50 but this year due to our increased financial independence we have been able to afford a greater amount of £100.

Secondly, the committee chooses an annual charity to receive a donation of £100. This year we chose Menphys as the recipient and Director Peter Coopey was presented with the cheque by Chairman Ian Fraser at the Legion on the 17th November. Menphys is a local charity addressing the needs of local people. Menphys relies upon voluntary and statutory donation from the local community to carry on its work with children with mental and physical disabilities and their families (www.menphys.org.uk)

Legion Training Nights

The Legion will be available for training as usual on Tuesday night over the Christmas and New Year period

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.

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.

2009/2010 fixtures

DECEMBER 2009

- 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)

MARCH 2010

- Sun 7th** Leics Road Running League, race no. 4,
Stilton 7 (10.30 am)
- Sun 7th** Newtons Fraction _ marathon, Grantham (10.30 am)
- Sun 7th** Stafford 20 (10.30 am)
- Sun 14th** Leics Road Running League, race no. 5,
Markfield 10K (10.30 am)
- Sun 21st** Ashby 20, Ashby de la Zouch (10.00 am)
- Sun 21st** Stafford _ marathon (10.30 am)
- Sun 21st** City of Lincoln 10K (11.00 am)
- Sat 27th** Charnwood Marathon, 15 or 26 miles, Quorn (9.00 am)
- Sun 28th** Milford 21, multi-terrain, Cannock Chase (11.00 am)

results // nov/dec 2009

SEAGRAVE WOLDS CHALLENGE 15.7 miles. 14.11.09

(Up to 3 hours only)

69	Keith Markley	2.13.00
95	Rob Gregory	2.19.00
120	Mike Stiff	2.24.00
146	Ron Walton	2.30.00
201	Jane Fraser	2.48.00
204	Ian Fraser	2.49.00

XMAS PUDDING 10K, HEANOR. 15.11.09

29	Rob Nurse	38.35
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DRL 1 XC, FOREMARK RESERVOIR. 22.11.09 (Incomplete times)

Men

27	Rob Pullen	35.29
96	Colin Baxter	
121	Les Chesterton	
152	Phil Bell	
160	Dave Wilmot	
184	Clive Jones	
185	Mike Stiff	
230	Ray Draycott	
248	Bradley Furniss	
255	Stu Fry	
262	Pete Sylvester	
277	Bob Pople	
279	Peter Greer	

Women

8	Alex Bridges	
49	Tania Brandon	

DRL 2 XC, Aylestone. 06.12.09

Men

22	Rob Pullen	32.19
34	Paul Hood	32.59
73	Colin Baxter	34.39
118	Phil Bell	36.54
142	Clive Jones	38.15
156	Dave Wilmot	39.21
165	Bradley Furniss	39.38
169	Ken Piggjn	40.00
171	Mick Jordan	40.10
190	Brian Borrows	41.01
207	Ray Draycott	42.18
208	Mike Stiff	42.30
219	Paul Rigby	43.23
229	Manu Patel	48.26
234	Bob Pople	52.43

Women

7	Sam Winters	37.24
32	Sadie Murphy	41.49
41	Tania Brandon	42.40
60	Sandra Long	45.29
65	Julie Usher	45.58
78	Yvonne Dunmore	47.42
98	Andrea Hulett	51.38

WHETSTONE 5K XMAS RUN. 08.12.09

9	Rob Gregory	19.28
12	Mike Stiff	20.15
22	Ken Piggjn	21.49
24	Ron Walton	22.10
31	Carole Priestley	25.44

TURKEY TROT HALF MARATHON. 13.12.09 (Provisional results)

29	Rob Pullen	1.21.52
43	Rob Nurse	1.23.43
140	Keith Markley	1.33.01
479	Lisa Hallam	1.50.50
782	Graham Garner	2.06.35

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**WIGSTON
PHOENIX**
RUNNING CLUB