



# Berlin Half

30th Vattenfall Berlin Half Marathon on 28 March, 2010.



*Lisa, Keith, Jane, John, Ann, Tania and Ian.*

A group of seven of us recently completed the Berlin half marathon. We arrived on Thursday to sunshine and made our way to Charlottenburg where we were staying in a fantastic four-bed apartment that Jon had booked for us.

We then headed off on the underground to the expo which was on the grounds of the former Tempelhof Airport. After half an hour of wandering around we finally found the entrance and picked up our race numbers and climalite Adidas event T-shirt, which we were all very impressed with (easily pleased).

The following couple of days we spent visiting the major highlights on a jump-on and jump-off open-top bus tour - Berlin Wall, Checkpoint Charlie, Reichstag, Brandenburg Gate, etc. We also took the lift to the panorama platform of the Fernsehturm TV Tower at 1,207 ft and looked out across the eastern and western halves of the city. Anne spotted

a poster for an art exhibition of Dali's work which we went to view. I found it fascinating, although a bit disturbing, and it was one of the highlights of the trip for me.

Our German was far from fluent but gave us a good laugh. Ian confidentially ordered what he thought was a German wheat beer and was rather shocked when the waitress asked if he would like red or green, the drink arrived in a small tumbler along with a straw and tasted like a children's strawberry fizzy pop. He tried to convince us all it was a fruit beer! Jane kept it simple by just adding a 'z' to every word, when she nearly got left behind on the city tour she shouted to the driver "stopez ze buz". The rest of us stuck to the basic key phrases, and like typical Brits, talked a bit louder and v.e.r.y s..l..o..w..l..y, if that failed we resorted to pointing or acting out what we wanted.

Our pre-race night preparations followed the usual training weekend format with plenty of fluids including a healthy grape drink in the form of a bottle of red, white and rosé!

## Race day

The weather was cool, so perfect running conditions. After dropping off our bags and queuing for the toilets we made our way to the start. Keith managed to jump over the railing and pushed his way through the crowds towards the front. The rest of us clambered over the railing and stood squashed amongst a mass of 26,000 people. The race started at 10.45am but it took 12 minutes before I reached the start line. I spent the first few kilometers weaving through the crowds trying to avoid being poked, pushed or tripped up. The atmosphere was terrific with live music along the way and people lined the street shouting encouragement (well I hope that's what they were saying), I enjoyed running through the Brandenburg gate and passing Checkpoint Charlie, towards the end I kept looking up hoping to see Berliner Fernsehturm - Germany's tallest structure, but for something so big it really managed to hide itself well! The course is totally flat but none of us managed to get a PB, Keith crossed the line at 1.35.02, followed by Jane 1.40.11, then Tania 1.45.39, Ian 1.48.45, Ann 1.52.23, Lisa 1.56.33 and Jon, who had injured his leg climbing the railing, hobbled in at 2.05.37. I had thoroughly enjoyable weekend although Berlin half marathon isn't a race I would rush back to do again (but hey, I say that about most races!)

*Auf Wiedersehen, Lise Hallam*



*Livingston Relays start 2010*

# Livingston Relays

The Livingston Relays this year were again a success with 60 teams competing. Weather conditions at Loughborough University were good for racing – dry, cold and not too breezy.

Owls AC brought two quality squads this year with their Senior Men’s and Men’s U20 teams. First leg was a virtual dead heat with Mark Powell, running for 2nd claim Wigston Phoenix, edging Leicester Coritnian Vet Gordon Lee, but Owls U20 runner Lewis Smart was close behind in third.

The race unfolded on Leg 2 with Owls starting to dominate. U20 runner Sam Stabler quickly took the lead with a great run of 14.54 and Paul Miles pulled Owls Men up alongside Coritnians Vet Gareth Deacon to gain 2nd place. Owls U20 were still ahead after the 3rd leg but Wayne Walker had saved the best to last when Geraint Davies (Owls Senior Men’s team) stormed round in 14.36 to win the coveted Livingston Trophy. This time was only 3 secs slower than Paul Richardson’s lap record.

Owls U20 took their title and Coritnians were winners of the Vets trophy.

The Ladies race was more straightforward, with Tara Kryswicki putting Charnwood totally in charge with a time of 16.42, despite feeling unwell before the start. Her team mates Laura Johnson and Katie Lomas duly saw them home to retain the title. Perhaps the best run of the day was an anchor run by Emily Ault of Barrow (18.15) which pulled them up from 3rd to 2nd ahead of Charnwood “B”.

Charnwood Ladies completed a successful days racing by retaining the ladies U29 title.

The performance of Wigston Phoenix men was very creditable. In the Senior Men’s event, Mark Powell was right there at the finish and edged us in front. Captain Rob Nurse had taken the responsibility of the 2nd leg, knowing he would be pitched in right amongst the quick guys. He duly got his head down and ran his own race to such a degree that only 2 Senior Men got by him and he ran well under 6 minute mileing to record 17.46.



*Alex*



*Nigel, Dave, Ray & Ian*

Likewise, Paul Hood, in the middle of marathon training, pushed hard with a time of 18.02 and kept us in touch in 6th place. We then had the comfort of debutant Alex Webster on the final lap who held 6th position in 17.09.

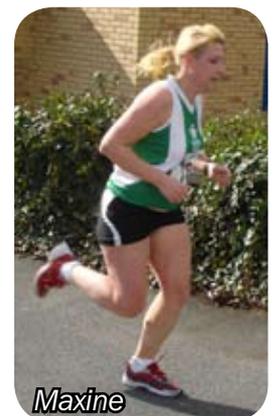


*Rob*

Men’s Vets “A” team were 4th, just outside the medals which was a great performance. Rob Gregory had a good steady run to gain 6th place and Les and Clive kept us in close order, just dropping one place to 7th. Captain Colin then got his head down and went for it, despite marathon training, and clocked 18.28 to bring us up to 4th. Well done!

The “B” team also did really well to finish 8th. Nigel settled in to a good quick pace to finish 9th, a position held by Dave Wilmot on the 2nd leg. Captain Ray then pushed on and gained a position to 8th to be followed by anchor man Ian who brought us home in that position.

A good day for Wigston Phoenix, only spoiled by the Ladies inability to field a team so that in the event Maxine Powell had to do a solo effort to finish a creditable 10th out of 18 on the first leg. Next year I am sure we will do better – all abilities are welcome in what is always an interesting and absorbing day.



*Maxine*

*Ramon Howe 05 04 10*

# Norman Bennett 3 mile handicap



Our popular 3 mile handicap in memory of Norman Bennett takes place at 7.15pm on Friday 21st May. As before, the venue is Manor Rd Track with a buffet provided at Oadby Golf Club.

The buffet will be nicely enhanced this year, at no extra cost to you, courtesy of Wigston Phoenix RC. Prizegiving will be at the Golf Club, with awards and prizes for the winners.

There is a sheet out at the Legion and all you have to do is put your name down if you can run, and handicapper Bob Pople will do the rest. As well as runners, we need helpers to set up the race and act as timekeepers and lap counters, so please put your name on the list if you can help.

This race is the first in the new Grand Prix Series devised for club members, so this is an extra incentive for you to run. Please put your name down, and lets make this a successful event.

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## Desford 10k Sunday 23rd May 2010

The final race of the LRRL Winter League (*not a typo by the way, even though it will be late spring!*) takes place at the popular venue of the Caterpillar Works in Desford. We hope you have hung onto your Winter League number as you will need this. As it is a closed race there is no pre entry and you just turn up on the day and pays your £2.50. Last year's race saw a slight extension to the course of about 100m after being remeasured. We are in a tight position in our division and just about holding onto 2nd place in Division 3. A good turn out should help our position and give us a healthy starting point for the impending summer league.



**ORGANISERS** Desford Striders

**DISTANCE** 10 K

**VENUE** Caterpillar Works, Peckleton Lane, Desford

**DIRECTIONS** Approaching from Enderby – at traffic lights on A47, go left. Do not take B582 into Desford. Take 2nd right towards Desford. Caterpillar Works is on your left.

**ENTRY** £2.50 on the day. There is no pre-entry.

**REGISTRATION** Go to the Wigston Phoenix Desk in the Registration Hall. Ray Draycott will record your name.

The number given to you is for all Winter League races is needed for this first summer race. Bring it with you!

It is obligatory to wear your club vest. – See Mike Stiff if you need one

**FINISH** At the finish, you will be given a disc showing your finishing position. Take this to the Wigston Phoenix desk, and make sure your position is recorded.

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## news in brief

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### Club name for races

It has become apparent in recent races, most notably the Belvoir half marathon at Hose, that members are submitting a variety of club names when submitting applications for races.

Please note that the official name of the club is Wigston Phoenix RC and this should be used when applying to all races so that it is easier to find race results and to avoid mistakes in the calculation of team results.

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### New Club Secretary

In the February 2010 newsletter it was stated that Ramon Howe reported at the AGM that he wished to step down from the post of Club Secretary. Subsequently Mark Thompson put himself forward for the position and this was confirmed at the committee meeting held on the 9th March. Mark will provide further details to club members in the next newsletter.

Ramon has served as Club Secretary for Wigston Phoenix and previously as Legion Secretary for OWLS AC since 1998 and has undertaken numerous duties on behalf of the club. On behalf of the members the committee thank Ramon for his hard work and dedication over the years. Ramon is providing co-ordination of the 2010 John Fraser 10 road race to be held on the 5th September and therefore has agreed to stay on the committee until the end of September.

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### Summer Pub Runs

The following are proposed as dates and venues for the 2010 Summer Pub Runs:

**Thursday 3 June**, Rose & Crown, Thurnby

**Thursday 8 July**, The Shires, Peatling Parva

**Thursday 5 August**, The Bell, Burton Overy

**Thursday 2 September**, The Red Lion, Huncote

Further details will be made available at the Legion on Tuesday nights.

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### Feature Races

If anyone is competing in a race further abroad, or in another county, or not listed on the fixtures list let us know. We like to have photos from our members to show off in the Newsletter. If you are feeling creative, maybe you could give us an account of your race good or bad or even just the atmosphere on the day. It's your Newsletter to tell us your stories.

## 2010 fixtures

### MAY 2010

<b>Tue 4th</b>	Silverstone 10K, East Mids Grand Prix 1 (7.30 pm)
<b>Sun 9th</b>	Hinckley Half Marathon (10.30 am)
<b>Wed 12th</b>	Rugby 6, East Mids Grand Prix 2 (7.45 pm)
<b>Sun 16th</b>	Wymeswold Waddle 5 miles (11.00 am)
<b>Tue 18th</b>	Bedford 6, East Mids Grand Prix 3 (7.45 pm)
<b>Fri 21st</b>	Norman Bennett 3 mile Handicap, Manor Rd (7.15 pm)
<b>Sun 23rd</b>	<b>Desford 10K</b> , Summer League 1 (closed race) (10.30 am)
<b>Sun 23rd</b>	Clawson 10K Challenge (11.00 am)
<b>Sun 23rd</b>	Lady Godiva Coventry Half marathon (10.30 am)
<b>Sun 23rd</b>	Great Daffodil 10K Run, Kelmarsh, Northants (10.15)
<b>Wed 26th</b>	Corby 5, East Mids Grand Prix 4 (7.45 pm)
<b>Mon 31st</b>	Arnesby May Fayre 5 mile XC (2.00 pm)
<b>Mon 31st</b>	Oaks in Charnwood 6.5 mile XC (2.30 pm)

### JUNE 2010

<b>Tues 1st</b>	Weedon 10K, East Mids Grand Prix 5 (7.45 pm)
<b>Fri 4th</b>	Notts 10, Holme Pierrepoint (7.15 pm)
<b>Sun 6th</b>	Swithland 10K, LRRL Summer League 2 (10.30 am)
<b>Sun 6th</b>	Woodhall Spa 10K, Lincolnshire (11.00 am)
<b>Tues 8th</b>	Banbury 5, East Mids Grand Prix 6 (7.45 pm)
<b>Sat 12th</b>	Wollaton Park 10K & Fun Run (10.00 am)
<b>Sun 13th</b>	Long Eaton 5 (10.00 am)
<b>Sun 13th</b>	Corn Dolly Challenge 6.75 & Fun Run (10.00 am)
<b>Tues 15th</b>	Rothley 10K (7.15 pm)
<b>Tues 15th</b>	Harborough 5, East Mids Grand Prix 7 (7.45 pm)
<b>Fri 18th-Sun 20th</b>	Calder Valley Midsummer Madness 3 Day Fell Race Series
<b>Sat 19th</b>	Glooston 10K (6.00 pm)
<b>Sun 20th</b>	Wicksteed Midsummer 10K (11.30 am)
<b>Sun 20th</b>	Stathern Festival 10K (11.00 am)
<b>Sun 27th</b>	Prestwold 10K, LRRL Summer League 3 (10.30 am)
<b>Sun 27th</b>	Mansfield Half Marathon & Fun Run (10.00 am)
<b>Tue 29th</b>	Milton Keynes 10K, East Mids Grand Prix 8 (7.45 pm)

### JULY 2010

<b>Wed 7th</b>	Hungarton 7, LRRL Summer League 4 (7.15 pm)
<b>Thu 8th</b>	Whissendine 6, Oakham (7.30 pm)
<b>Sun 11th</b>	Desford _ Marathon (10.30 am) & Kids races (10.45 am)
<b>Sun 11th</b>	British 10K London Run (9.35 am)
<b>Sun 18th</b>	Milton Keynes _ Marathon (10.00 am)
<b>Fri 30th</b>	Hearon 5 miles, Shipley Hall (7.30 pm)

## results // march - april 10

### Charnwood Marathon – 15 miles. 27.03.10

3	Paul Hood	1.55.27
11	Rob Gregory	2.16.52
12	Anthony Waterfield	2.17.01
55	Ron Walton	2.52.25
92	Jill Judson	3.51.35
94	Karen Rogers	3.54.43
95	Bina Sargeant	3.54.49

### Berlin Half Marathon. 28.03.10

<b>Men</b>		
1,568	Keith Markley	1.35.02
5,088	Ian Fraser	1.48.45
10,133	Jon Gunnell	2.05.37

### Women

188	Jane Fraser	1.40.11
365	Tania Brandon	1.45.39
823	Anne Boulger	1.52.23
1,308	Lisa Hallam	1.56.33

### Livingston Relays – 4 x 3 miles. 04.04.10

#### Senior Men – A Team 6th Position - 68.07

1	Mark Powell	15.10
3	Rob Nurse	17.46
6	Paul Hood	18.02
6	Alex Webster	17.09

#### Vet Men – A Team 4th Position – 76.34

6	Rob Gregory	18.46
7	Les Chesterton	19.35
7	Clive Jones	19.45
4	Colin Baxter	18.28

#### Vet Men – B Team 8th Position – 84.32

9	Nigel Ayres	20.31
9	Dave Wilmot	20.57
8	Ray Draycott	21.40
8	Ian Fraser	21.24

#### Senior Women

Incomplete team		
10	Maxine Powell	21.41

### Belvoir Half Marathon, Hose. 11.04.10

15	Alex Webster	1.18.44
16	Mark Bridges	1.18.50
30	Rob Nurse	1.21.01
46	Paul Hood	1.23.13
76	Rob Gregory	1.26.12
166	Keith Markley	1.34.43
169	Ken Pigginn	1.34.47
395	Lisa Hallam	1.52.25
458	Kerry Jessop	1.56.58
505	Katy Goult	2.01.37
507	Sandra Long	2.01.44
571	Graham Garner	2.09.30

### Brighton Marathon. 18.04.10

394	Will Mason	3.27.16
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### London Marathon. 25.04.10

3,178	Colin Baxter	3.22.10
14,881	Sandra Long	4.15.34
23,900	Katy Goult	4.49.39
26,384	Jill Judson	4.59.59

### Shakespeare Half Marathon. 25.04.10

816	Carole Priestley	2.00.59
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### Sheffield Half Marathon. 25.04.10

3,293	Mark Thompson	2.10.39
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## Newsletter contacts

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**WIGSTON  
PHOENIX**  
RUNNING CLUB