



Amsterdam Marathon

Sunday 17th October 2010

On a cold Saturday morning, if you could call it morning, some could still class it as night, seven intrepid travellers ventured to East Midlands Airport for a 7:30 flight to Amsterdam. At Schiphol (Amsterdam) airport the eighth member hooked up with the gang and we all caught the train to Amsterdam South.

It was then a tram ride to the sports venue Zuid to pick up our numbers and view all the exhibitions. Or, we would have viewed the exhibitions if we weren't dragging our cases round. Note to self, this was not good organising, get rid of cases next time.

We then took the tram to our accommodation, which took an hour and 3 trams to do a journey you can do in 25 minutes walking. The apartment was very good, comfortable with 4 double rooms. Hold on! There should have been a room with two singles, it was looking like Sid and Mark would be sharing a double bed (not for the first time admittedly) but our hosts put out an additional single bed and we were saved. Thanks to Amsterdam City Apartments who were very accommodating.

In the evening we had our own Pasta Party, with the usual forms of running club beverage, which Sid and Mark



steered clear of for once, shockingly, this was serious. Then it was an early night.

Race day. Another early rise and a hearty breakfast prepared us for the days events. First off it was Sid and Mark in the Marathon, with a 09:45 start. The start was from within the Olympic Stadium and wound its way through Vondel Park, back to the Olympic Stadium, and out into the streets of Amsterdam, with a lovely scenic jaunt along the Amstel river. Water/energy stations at every 5K, the latter ones included banana, which went down well. Finally returning to the Olympic Stadium through Vondel Park.

Mark had an excellent run completing in 4:10 and Sid did a "get me round" of 5:14... although less time posing for cameras and he could have broken 5 hours!

Special thanks to Alison and Imogen for the support in the last kilometres.

Next off were Craig, Mel and Malc in the 8K, with a 10:25 start. The start was outside the Olympic Stadium and followed the marathon route through Vondel Park and back to the Olympic Stadium. The routing allowed the marathon runners and 8K runners to pass each other and shout encouragement to each other. Nice! In the preceding weeks Craig had mentioned on several occasions how he would enjoy being the holder of the clubs 8K record, but on the day Malc was to throw a spanner in the works and take the title, with a time of 41.55. Craig and Mel came in together in a respectable 46.24. This was an excellent run from Mel who has had to overcome several upsets in the past year.

Craig has already started his training programme for a serious assault on the club record next year...but in the meantime he is looking for other odd distance races to get his name in the record books somehow!



Floating on air, Mark nears the finish line.

And finally, with a 13:30 start, off went Julie, our solitary entrant in the Half Marathon. This course set off from outside the Stadium and headed straight out into the streets of Amsterdam following the marathon route, minus the outwards Vondel Park. Eventually gunning down some of the latter marathon runners, like Sid, for a finish through Vondel Park into the Olympic Stadium. Julie finished with a great time of 1:47.30.

All three races were well supported and the organisation was excellent, we would recommend this race to anyone wishing to compete in a capital city outside of our shores, and don't want to have to endure a lottery to get a place.

The only downside was the chaos dropping off bags for the marathon...so they were left in the stadium instead... and we fell victim to the world's most energetic robber, who stole 2 energy bars, a couple of gels and an apple! Hope he had a good run!!!

Post race we retired to the local "Brown Cafe", which had some excellent beers, and was frequented a lot during our stay. Thanks to everyone for making this an enjoyable trip.

Sid & Mark

Leicester Marathon

Sunday 10th October 2010

The marathon and half marathon returned to the city again this year with another rise in entries. With over 3,300 entered it was clear this race has gained in popularity year on year since it's return from Desford.

The conditions on the day were brilliant with it being mild and dry although weather reports had predicted 18c. This year the baggage handover was outside which saved a trek inside to the University building. However, my only grumble was not being given a baggage tag to attach to my bag prior to the day, so more queuing for pens and then table space to write on the details. In the end mine fell off and took ages to be found at the end - rant over! Another great team performance on the day by Wigston Phoenix and another great turnout with 33 runners from the Club in the Half marathon and 3 in the full marathon.

Newboy Martin put in a streling performance gaining a new PB by over 4 minutes and also the first Phoenix runner home in a splendid time of 1.22.57. Next back was Rob Nurse who is just getting back to fitness following injury and in a very respectable time of 1.25.48. Rob Gregory followed next 1.27.44. Another good performance was had by Clive who got a new PB of 1.32.13 rounding off a great year of running - must have been that 100% attendance in the league that helped! First home for the Ladies was Tania in 1.42.29 followed closely by Gail in a great time of 1.43.22. A welcome return to running for the Club came from Sara who had a baby boy earlier this year. All those training runs pushing the pushchair around through the park has certainly paid off - welcome back Sara!

In the marathon Alex Webster dipped under 3 hours with 2.56.09, running the first half in a na incredible 1.21.xx. Missing a few key training runs due to injury niggles still makes this a superb run, although Alex was hoping for slightly quicker! Ken Piggan showed good form and made it look easy completing the full course in a respectable 3.37.51. Julie Lamb was our only Lady in the marathon and she toughed it out to get a great time of 3.24.49.

Well done to all those that ran see you back there next year!

Rainbows 5k Challenge

Sunday 17th October 2010

Beaumont's Phil Chritchlow stormed to an impressive win in the Running for Rainbows 5k Challenge.

On a new and testing course at Carlton Park, Narborough, Chritchlow crossed the line in a time of 16min 45sec.

Wigston Phoenix's Alex Webster was almost a minute behind in 17.31 but still produce a good run.

Third place went to Hinckley's Beth Eburne, winner of the women's Leicester Marathon, who demonstrated her versatility by covering the shorter distance in 17.54.

The first team home in the inaugural Prohuban Team Challenge were the Hinckley Hopefuls of Eburne, Jason Brotherhood (18.07) and Simon Early (18.12).

Organiser Dave Muddimer said: "It is estimated the event will raise in excess of £1,000 for Rainbows.

"In addition, the team challenge brought in more than £300 for the charities chosen by the first three teams.

"The aim is to develop the race even more next year and really look to add to the quality of the field and make it one of the best 5k races around."

Derby Runner XC - Foremark Reservoir - 21st November

The location is approximately 2 miles west of Ticknall on the road to Milton. There is a charge to enter the car park of £2.50 and the correct change is required. Please car share where possible.

There are NO changing facilities but toilets are available at the visitors centre. The senior race is a 2 lap course of approximately 5.5 miles on a mixture of grassland and hard bridle path. There are some steep gradients so spikes or studs are recommended.

Derby Runner XC - General Instructions

Aim to arrive by 10.15 for an 11.00 start. Find a club rep, likely to be Mike Stiff, Bob Pople or Pete Williams and register with them to run. There is a £2.50 entry fee to pay.

All senior runners should wear club colours. If you don't have a vest please see Mike Stiff to purchase one. The race distance is usually between 5 and 5.5 miles.

After the finish of the race you will be given a disk which indicates your position. You must return this to the club rep so that your position can be recorded and the results compiled.

There is also an opportunity for children to take part in junior races that start at 10.30am. Any child in school years 1-12 can take part for a £1 entry fee. They do not have to belong to a club and can run in any suitable clothing.

Derby Runner XC 2010/2011

21st November	Foremark Reservoir, Ivanhoe Runners
5th December	Bagworth Heath (tbc), Desford Striders
16th January	Grace Dieu School, Shepshed RC
20th February	To be confirmed, Hinckley RC
6th March	To be confirmed, Shelton Striders

Each race is **£2** to enter and club vests must be worn. For the first event at Markfield the entry fee will be paid by the club for all paid up members so you can have a *free race* on us.



Round Leicester Relay 2010

The event took place on Sunday 26th September 2010 and Wigston Phoenix entered one mixed team under the captaincy of Craig Baker who once again did a fine job for the club. Thanks also to Carole and Steve Priestley who sorted the route marking out for Leg H Bruntingthorpe to Frolesworth on behalf of the club and provided marshalling duties at Bruntingthorpe. We also had Mike Stiff out on the 91 mile course as an official timekeeper.

The team was a mix of 8 Men and 5 Women overall. There were no changes required on the day and everyone was counted in and counted out to the relief of the Team Captain. Rob Gregory got the team off to a flying start with 10th position to Ratcliffe-on-the-Wreake. John Mason completed the next leg to Gaddesby followed by Jane Fraser following on to Somerby.

Rob Pullen, who also sponsored the event through his Leicester Running Shop, ran a creditable 5th place in the leg to Loddington. Tania Brandon took over the reins to Slawston before handing over to Alex Webster. Alex matched Rob's 5th place position to put the team in an overall position of 9th at Foxton, the team's highest placing on the day. Clive Jones maintained the team's 9th position to Bruntingthorpe and Carole Priestley ran on familiar territory to Frolesworth and even ran home afterwards as well.

Julie Palmer then took over the baton to Burbage Common followed by Nigel Ayres completing the longest leg to Market Bosworth which put the team in 12th place. Sam Winters had a good run to Markfield putting the club briefly in 11th place. Andy Peet completed the uphill leg to Beacon Hill before handing over to Mick Jordan who undertook the final leg to the finish at Mowmacre Hill, closely followed by Dave Moorcroft who was a guest runner for Loughborough University.

The team finished a very creditable 12th overall in a time of 10:38:44 and was the 4th mixed team. It is to be noted that we were just over 6 minutes behind the mixed team of West End who obtained their 3rd place awards with a time of 10:32:38. We should look forward to the 2011 event with great optimism.

Mick Jordan

news in brief

New Members

Welcome to **Malc Merrifield** and **Heidi Rose** who joined the club in October.

Membership Update

New members can join the club now for £9, 50% of the annual cost. Existing members should have now paid their fees for the year. There are currently 111 club members.

Turkey Trot – Sunday 12th December 2010

Please note that race entries are now full.

London Marathon Club Entries

We have applied for the usual three Guaranteed Club Entries for the 2011 London Marathon. A draw will be held if there are more requests than entries and this will be held at the end of the Christmas Handicap race on the 19th December 2010. Please confirm any rejected entry details to either Mark Thompson or Mick Jordan by the 14th December. Please note that priority is given to runners who have been club members for over 12 months.

Parkrun Braunstone

The popular national Parkrun weekly time trials have landed in Leicester and take place every Saturday morning at Braunstone Park. The weekly free 5k timed run starts promptly at 9.00am. To enter the event you need to register by 6.00pm on Friday at the latest (don't leave it too late to be disappointed!).

To do so just go to www.parkrun.org.uk/braunstone/Home.aspx and follow the instructions on the home page. You get sent a barcode which you print out and bring along on the day. This will be needed each time to run.

ROUND LEICESTER RELAY 2010 FINAL TIMES & POSITIONS

TEAM NAME	TEAM TIME	Prizes	TEAM NAME	TEAM TIME	Prizes
1 CORITANIANS MEN	8:54:58	1st Men	18 FLECKNEY & KIB. MIXED	11:18:24	
2 BARROW MENS A	9:08:43	2nd Men	19 BARROW MEN B	11:37:30	
3 HINCKLEY MEN	9:09:00	3rd Men	20 HUNCOTE LADIES	11:39:40	1st Ladies
4 HUNCOTE MENS A	9:28:14		21 SHEPSHED MEN B	11:43:09	
5 CHARNWOOD MIXED	9:30:28	1st Mixed	22 BIRSTALL LADIES	11:47:14	2nd Ladies
6 LEICESTER TRI MIXED A	9:33:51	2nd Mixed	23 STILTON STRIDERS MIXED	11:58:27	
7 HARBOROUGH MEN	9:37:02		24 BARROW LADIES	12:05:16	3rd Ladies
8 WREAKE MENS A	9:46:15		25 SHEPSHED LADIES	12:07:01	
9 SHEPSHED MENS A	10:08:33		26 LEICESTER TRI MIXED B	12:09:46	
10 WEST END MIXED A	10:32:38	3rd Mixed	27 HINCKLEY LADIES	12:21:59	
11 BIRSTALL MEN	10:34:00		28 OWLS MIXED A	12:28:25	
12 WIGSTON PHOENIX MIXED	10:38:44		29 HINCKLEY MIXED	12:36:31	
13 HUNCOTE MENS B	10:44:42		30 WEST END MIXED C	12:40:02	
14 ROADHOGGS MEN	10:47:41		31 WREAKE LADIES A	12:44:10	
15 L'BOROUGH UNI MIXED	10:52:28		32 WEST END MIXED B	12:53:00	
16 WREAKE MENS B	11:01:49		33 WREAKE LADIES B	14:02:57	
17 BEAUMONT MIXED	11:06:04				

2010 fixtures & club dates

NOVEMBER 2010

- Sun 7th** Rutland Water Marathon
- Sun 7th** Shepshed 7 (11.00 am) & Fun Run (10.00 am)
- Sat 13th** Seagrave Wolds Challenge 15.7 miles (9.00 am)
- Fri 12th – Sun 14th** Training Weekend, Glossop, Derbyshire Peak District
- Sun 21st** Derby Runner XC, race no. 2, Foremark Reservoir (11.00 am)
- Sun 21st** St. Neots Half Marathon (10.00 am) - *Entry now full*
- Sun 28th** Clowne Half Marathon (10.00 am)

DECEMBER 2010

- Sun 5th** Derby Runner XC, race no. 3, Bagworth Heath (tbc) (11.00 am)
- Sun 5th** Cardington Cracker 9 mile fell race (11.00 am)
- Tue 7th** Whetstone 5K Xmas Run, Blaby Boys Club (12.45 am)
- Sun 12th** Turkey Trot Half Marathon, Keyworth (10.15 am)
- Sun 19th** Wigston Phoenix 6 Mile Xmas Handicap Race, Burton Overy (10.00 am)

JANUARY 2011

- Sun 2nd** Huncote Hash XC, 6 miles (11.00 am)
- Sat 8th** Leics County XC Championships, Bosworth Battle Centre
- Sun 16th** Derby Runner XC, race no. 4, Grace Dieu School, Shepshed (11.00 am)
- Sun 23rd** Leics Road Running League, Winter race no. 1, **Barrow 6** (10.30 am)
- Sat 29th** Midland XC Championships, Leamington
- Sun 30th** Leics Road Running League, Winter race no. 2, **Ashby 5** (10.30 am)

Leicester Full Marathon. 10.10.10

14	Alex Webster	2.56.09	147	Ken Piggin	3.37.51
83	Julie Lamb	3.24.49			

Robin Hood 10K Trail Run. 10.10.10

62	Mark Thompson	47.16
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Running for Rainbows 5K. 17.10.10

2	Alex Webster	17.31
23	Julie Cornes	23.10
33	Coral Graham	26.32

Amsterdam Marathon. 17.10.10

5442	Mark Thompson	4.10.23
6708	Peter Greer	5.14.38

Amsterdam Half Marathon. 17.10.10

3164	Julie Palmer	1.47.30
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Amsterdam 8K. 17.10.10

658	Malc Merrifield	41.55	1348	Mel Prusek	46.24
1347	Craig Baker	46.24			

results // sept - october 10

Robin Hood Half Marathon. 12.09.10

2798	Richard Grant	2.00.53
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Robin Hood Full Marathon. 12.09.10

373	Ken Piggin	3.42.55
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National Forest 10K. 19.09.10

78	Phoenix Hoyle	49.35
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Hinckley 5K. 22.09.10

3	Mark Powell	15.57	29	Rob Gregory	19.06
27	Rob Nurse	18.56	69	Phoenix Hoyle	21.57

Braunstone 5K Parkrun. 25.09.10

20	Jo Steane	24.58
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Round Leicester Relay. 26.09.10

10	Rob Gregory	46.53	Leg A
19	John Mason	43.33	Leg B
17	Jane Fraser	46.32	Leg C
5	Rob Pullen	34.34	Leg D
19	Tania Brandon	45.09	Leg E
5	Alex Webster	51.07	Leg F
11	Clive Jones	49.24	Leg G
28	Carole Priestley	59.17	Leg H
19	Julie Palmer	44.28	Leg I
22	Nigel Ayres	60.15	Leg J
13	Sam Winters	54.31	Leg K
19	Andy Peet	52.49	Leg L
15	Mick Jordan	50.12	Leg M

Braunstone 5K Parkrun. 02.10.10

2	Clive Jones	19.13
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Derby Runner XC 1, Markfield. 03.10.10

Men		203	Andy Dunn	52.37	
26	Rob Pullen	35.05	207	Malc Merrifield	55.57
59	Clive Jones	37.14	211	Bob Pople	62.25
68	Andy Peet	38.16	Women		
82	Les Chesterton	39.23	9	Sam Winters	41.02
115	Mike Stiff	41.36	21	Tania Brandon	45.05
131	John Mason	43.08	43	Julie Palmer	49.20
195	Stu Fry	49.50	48	Julie Cornes	49.59
198	Dave Muddimer	52.07	49	Jo Steane	49.59
202	Pete Sylvester	52.30	63	Carole Priestley	52.44

Braunstone 5K Parkrun. 09.10.10

5	Sam Winters	20.43
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Leicester Half Marathon. 10.10.10

24	Martin Hulbert	1.22.57	644	Phoenix Hoyle	1.49.34
43	Rob Nurse	1.25.48	678	Nigel Ayres	1.50.29
55	Rob Gregory	1.27.44	690	Lisa Hallam	1.50.41
69	Colin Baxter	1.29.01	784	Julie Cornes	1.52.28
113	Clive Jones	1.32.13	814	Jo Steane	1.53.17
117	Les Chesterton	1.32.19	915	Dave Muddimer	1.55.28
127	Anthony Waterfield	1.32.56	932	Richard Grant	1.55.57
164	Keith Markley	1.34.55	975	Carole Priestley	1.57.00
167	Craig Baker	1.35.04	1193	Dean Hassall	2.01.24
203	Mick Jordan	1.37.00	1381	Patricia Thompson	2.06.43
208	Andy Johnson	1.37.09	1413	Coral Graham	2.07.32
372	Tania Brandon	1.42.49	1443	Manu Patel	2.08.30
388	Gail Kalsi	1.43.23	1622	Jill Walton	2.15.02
494	Tom Muddimer	1.46.16	1679	Karen Rogers	2.17.36
505	Sara Wilson-Gallaher	1.46.39	1852	Janet Long	2.25.25
535	Ron Walton	1.47.20	1989	Bernie Baggott	2.40.50
559	Steve Brutnall	1.47.44			

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**WIGSTON
 PHOENIX**
 RUNNING CLUB