



Desford 10k

Sunday 27th February 2011, LRRL race 4



The start of the Desford 10k. Photo courtesy of This is Leicestershire.

There was a distinct difference in the weather in Desford this year compared to 2010. The scorching 25C + heat last May seemed a long time ago as this fixture came back to the familiar time slot of the Winter League. The weather on the day was ideal for racing as it was overcast with a hint of rain in the air. The route was the same as the previous year, starting at the far side of the car park and completing a lap of it before heading out onto the road and around the perimeter of the factory. It wasn't long before the field started to stretch out and we were all getting into our stride. The first 3 kilometres are fairly flat along the pathway behind the factory. Back on to the main road there is then a nice downhill section. Nice until you realise that you have to run back up the same hill on the return. Just before the 5k halfway point there is tough little climb up a lane which last year in the sun was an unbearable sauna of heat. Luckily this year all we had to contend with was a little bit of rain (and steamed up glasses!). The great thing about 10k races are the Kilometre markers and

they help to make the race go quicker. If only the miles would go as quickly! There were a couple more undulations and then "that" hill again. After getting that out of the way there were only a couple more kilometres to go before the finish as the Caterpillar factory came back into sight again. The cruel sting in the tail if you're unfamiliar with this course is the finish. As you turn off the main road back into the factory car park thinking you are about to finish, you then have to do a loop around the outside before you hit the finish line. So it's best to save your final kick till you can see those parking bays.

After a great turnout 2 weeks previously at Markfield, we again had another great team on the day with 18 men and 7 women. Unfortunately Maxine was suffering from a bad cold and was unable to run, although she came along to cheers on Mark and the others. Without Maxine racing, it was up to Tania to head the Ladies home, which she did well finishing in 45.16. Second back was Kirsty with another good time of 48.07. Close on

her heels was Brigitte improving on her time from Markfield a fortnight before, by nearly 30 seconds - a great improvement. Next back was Jo who managed to equal her last 10k time. Fourth lady back was Sandra who was just in front of Heidi (one of our 100% league attendees!).

In the Mens race we had a strong team out on the day lead by Mark Powell who improved on his Markfield time by 1 minute and gained 2 places on his previous outing, by finishing 2nd on the day to ex club mate Gordon Lee. Another solid performance from Neil also saw a minute improvement from Markfield to finish well in the top 20 in 16th position. After cycling all the way from Wigston, Alex Webster showed his fitness by gaining 21st position after an injury niggle had held him back 2 weeks previously. It was great to have Andy Peet back in a Club vest competing for Wigston Phoenix for the first time in the LRRL. After some great Cross Country races he dipped under 38 minutes and was fourth man back in a time of 37.48. Another return to form came from Mike Stiff, who has been steadily regaining his race fitness and starting to make some us work harder again to keep up with him. This race also produced a few PB's from the Men, which early on in the racing season is a great sign of things to come. It was 3 in a row with me coming in with 38.38, then new edition to the Club Tom Drake in 39.39 and certainly not the last time he will get a PB this year! Ever improving Clive was next in and 8th counter in a new PB of 40.26, hopefully it won't be long till he goes sub 40 minutes. Ninth man back and with another great time was Pete Morgan. Again it was great to see some of the new guys at the Club turning up and competing with the regulars, with both Rob and Jon improving on their Markfield times too. *Well done to everyone that raced, Men & Ladies, see you at Kibworth!*

Training Weekend

November Training Weekend – 4th to 6th November 2011

It is proposed we hold this at the Dean Field Studies Centre in the Forest of Dean, Parkend, Nr Lydney, Gloucestershire (www.bristol-cyps.org.uk/services/dean/dean.html) which can accommodate up to 72 people. We have found that previous training weekends have been generally oversubscribed and we have therefore now opted to look at larger premises to accommodate the extra demand.

In order for this to be feasible and provisionally booked we need an initial demand of at least 35 places. If there is not such a demand we will then downsize accordingly to smaller accommodation as before. Currently we have 27 members signed up following recent distribution of the details by e-mail and at the Legion.

If you have not yet signed up but wish to be put on the list please let Sid Greer or Mick Jordan know no later than Tuesday 22nd March.



Club Annual General Meeting, Treasurer's Report 2010

The income of £1,746 raised from membership fees was a £9 decrease on the previous year. We welcomed 25 new members and there were 24 leavers during 2010, giving an overall membership of 114. A number of races were subsidised as free events to members at a cost of £225 to the club. With regards to social events a number of successful events were held during the year and subsidised to the amount of £412.

The John Fraser 10 road race was staged again as a LRR event and realised a record profit of £1,238. The number of race entries dropped from 569 to 515 but expenditure was reduced by £670, mainly on the cost of the race memento. The Sundry Expenses incurred included a club flag (£210), tent (£207), flipchart (£52), postage (£46), coaching (£30) and stationery (£22). The ten issues of the newsletter were produced at a cost of £168.

Affiliation fees of £533 were paid to a variety of athletic bodies, including the main cost of £340 to England Athletics. A loss of £284 was incurred on club vests that represented 21 replacement vests to members in 2010 as agreed by the committee. We introduced long-sleeve tops, short-sleeve tops and beanie hats during the year and incurred a small subsidy of £7.

For the year ahead the opportunity remains for the club to be further developed and for specific items to be subsidised as and when agreed by the Committee.

Mick Jordan, *Treasurer*

Livingston Relays 2011

Sunday 24th April, Braunstone Park, Leicester

Due to the forthcoming Olympics, the Organisers of the Livingston Relays have been denied access to Loughborough University for the 2011 races to be held on Easter Sunday 24th April.

As a consequence a new 3mile course has been devised in Braunstone Park. The nearby Braunstone Leisure Centre have welcomed us and their Sports Hall, Toilet / Changing / Shower and refreshment facilities are excellent and a big improvement on our previous venue. The event will once again incorporate the East Midlands Road Relay Championships.

We hope to field a number on Men's, Men's Vets and Ladies teams. A sheet is on display at the Legion for you to indicate your availability if you would like to run. We will then be able to determine how many teams to enter. If you do not get to the Legion and want to run, phone *Ramon Howe (0116 270 3154)* or *Mike Stiff (0116 246 1443)*

Just as important, if you do not wish to run, is to indicate on the separate sheet if you can help on the day. We need 20 marshals for the safe running of the race so **please seriously consider** whether you can volunteer. The race starts at 10.30am and will be all over soon after 12noon

Ramon Howe

Chairman - Livingston Committee

LRRL Race 5, Kibworth 6

Sunday 20th March 2011

Race number 5 of Leicestershire Road Running League sponsored by Leicester Running Shop. This is the final Winter league race of 2011, so if you haven't entered a League race yet, please head along and support your Club.

Location: Kibworth High School Sports Centre, Smeeton Road, Kibworth, LE8 OLG

Start time: 10.30am

Race fee: £2.50 on the day to Wigston Phoenix League Rep.

Race Number: Your Winter League number is still needed for this race. Please see a Club rep if you have lost it or don't have one.

Car parking: Sports Centre, High School, Kibworth Medical Centre, The Old Grammar School, and Kibworth Cricket Club.

Please car share as spaces will be limited.

Race Route: Kibworth Beauchamp – Smeeton Westerby – Saddington – Gumley – Smeeton Westerby – Kibworth Beauchamp

Post race: Bar at Kibworth Cricket Club open for all runners. Refreshments from Womens Institute (thoroughly recommended!).

Massage: Pre & Post race Massage available to runners but needs to be booked in advance via david.wheeler2@sky.com

news in brief

New Members

Welcome to **Jackie Harrison, Amber Mackay, Pete Morgan, Mark Moseley** and **George Rogers** who joined the club recently.

Inter Counties Cross Country Championships

Julie Lamb has been selected for County team in Inter-Counties XC Championships on Sat 5 March. Quite an honour for her and the club.

Membership Update

For 2011 the Membership Fee has been agreed by the Committee to be kept at £18 with a 50% concessionary rate. This is now payable via Mel Prusek, Membership Secretary and members are asked to renew by the end of April. It is also possible to pay via internet banking, please contact Mick Jordan for further details if you wish to pay by this method.

England Athletics Registration

Competing members that are currently registered with England Athletics will have had their e-mail addresses added to the details held on the club portal for Wigston Phoenix. The £5 registration fee per athlete for 2011/12 is due to be paid by the club in April and athletes will receive a welcome e-mail and e-card containing their individual reference number.

Club Standard Awards

As part of the administration by Bob Pople for the Club Standard Awards information is collated for each individual for races competed in on an annual basis. If anyone wishes to have a copy of their race statistics for 2010 please contact Mick Jordan.

Club Records and 2010 Seasons Best

On behalf of the club Bob Pople has compiled the first set of road race records for Wigston Phoenix. There are four separate age categories for both men and women and five selected differences. There are Club Records showing the best performances and improvements for each category and distance. In addition we have also published the best five performances per individuals for each category/distance during 2010. These details are on display at the Legion on Tuesday nights and will also be distributed by e-mail to those members who receive the newsletter by this method.

Newsletter contacts

colinandalex@sky.com

michaeljordan22@virginmedia.com

Mike.Stiff@alliance-leicester.co.uk

2011 fixtures & club dates

MARCH 2011

Sat 19th	Midland 12 & 6 Stage Road Race Relays, Sutton Park
Sun 20th	Newtons Fraction Half marathon, Grantham (10.30 am)
Sun 20th	Leics Road Running League, race no. 5, Kibworth 6 (10.30 am)
Sun 20th	Stafford Half marathon (10.30 am)
Sun 20th	Farmyard Frolics 10K, Brooksby College (11.00 am)
Sun 20th	Full & Half Kilomathon, Derby (9.00 am)
Sat 26th	Charnwood Marathon, 15 or 26 miles, Quorn (9.00 am)
Sun 27th	Derby Runner XC, Final, Hatton Darts (11.00 am)
Thu 31st	Leics County Open 10K Track Race, Saffron Lane (7.30 pm)

APRIL 2011

Sun 3rd	Leicester 10K, Abbey Park (9.30 am)
Sun 3rd	City of Lincoln 10K (11.00 am)
Sun 3rd	Belvoir Half Marathon & 4.5 mile Fun Run, Hose (10.00)
Sun 3rd	Derbyshire Building Society 10K & Fun Run, Pride Park, Derby (9.30 am)
Sun 17th	London Marathon
Sun 24th	Livingston Relays, Braunstone Park (10.30 am)
Mon 25th	Stanwick 10K, Northants (10.30 am)

MAY 2011

Mon 2nd	Woodhouse May Day Challenge, 13.5 miles, Woodhouse Eaves (9.30 am)
Wed 4th	Silverstone 10K, East Mids Grand Prix 1 (7.30 pm)
Fri 6th – Sun 8th	Spring Training Weekend, Glossop
Sun 8th	Shakespeare Full & Half Marathon, Stratford (9.30 am)
Sun 8th	Hinckley Half marathon (10.30 am)
Tue 10th	Rugby 6, East Mids Grand Prix 2 (7.45 pm)
Sun 15th	Wymeswold Waddle 5 miles (10.30 am)
Tues 17th	Bedford 6, East Mids Grand Prix 3 (7.45 pm)
Fri 20th	Norman Bennett 3 mile Club Track Handicap, Manor Road, Oadby (7.15 pm)
Sun 22nd	Desford Quarter Marathon, LRRL Summer League 1 (10.30 am)
Sun 22nd	Clawson 10K XC Challenge (11.00 am)
Wed 25th	Corby 5, East Mids Grand Prix 4 (7.45 pm)
Mon 30th	Amesby May Fayre 5 mile XC (2.00 pm)
Mon 30th	Oaks in Charnwood 6.5 mile XC (2.30 pm)

results // jan 11 - march 11

LRRL Winter League race 2, Ashby 5. 30.01.11

3	Mark Powell	25.49	211	John Mason	35.00
19	Neil Carter	28.01	226	Phoenix Hoyle	35.26
23	Alex Webster	28.21	266	Jon Hunt	36.31
81	Mike Stiff	30.45	314	Dean Hassall	38.02
97	Colin Baxter	31.25	375	Jo Howell	40.18
110	Andy Johnson	31.55	391	Sandra Long	41.15
121	Tom Drake	32.09	396	Pete Sylvester	41.39
131	Clive Jones	32.38	403	Jo Steane	41.55
143	Rob Gregory	33.05	421	Heidi Rose	42.50
166	Les Chesterton	33.39	429	Carole Priestley	43.17
187	Dave Wilmot	34.18	440	Coral Graham	44.00
190	Maxine Powell	34.23	476	Pat Thompson	47.07
191	Nigel Ayres	34.23	481	Bob Pople	47.25
203	Rob Burgin	34.42			

Braunstone Parkrun 5K. 05.02.11

15	Phoenix Hoyle	20.59	17	Clive Jones	21.12
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Charnwood Hills Fell Race. 06.02.11

36	Alex Webster	1.41.43	128	Mike Stiff	1.56.31
54	Andy Peet	1.45.33	194	Ken Piggin	2.03.35
81	Anthony Waterfield	1.49.40	226	Les Chesterton	2.06.52
83	Julie Lamb	1.49.52	327	Jon Hunt	2.23.24
110	Rob Gregory	1.53.31	380	Heidi Rose	2.34.48

Avalanche Adventure Run 10K. 06.02.11

53	Richard Pearson	49.06	109	Julie Usher	59.52
102	Jane Fraser	59.17	111	Anne Boulger	59.53
105	Tania Brandon	59.46	111	Pete Sylvester	59.53
109	Jon Gunnell	59.52			

Braunstone Parkrun 5K. 12.02.11

45	Phoenix Hoyle	23.28
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LRRL Winter League race 3, Markfield 10K. 13.02.11

4	Mark Powell	33.19	216	Dave Wilmot	45.22
20	Neil Carter	35.51	245	Jon Hunt	46.39
78	Mike Stiff	39.27	280	Malc Merrifield	48.05
79	Alex Webster	39.28	285	Julie Palmer	48.24
89	Rob Pullen	39.53	298	Dean Hassall	48.58
101	Andy Johnson	40.21	346	Brigitte Gaillard	51.09
135	Julie Lamb	42.00	361	Jo Steane	52.32
137	Clive Jones	42.06	371	Tom Muddimer	52.59
150	Pete Morgan	42.40	387	Dave Muddimer	54.11
180	Rob Burgin	43.53	406	Carole Priestley	55.28
198	Maxine Powell	44.57	414	Heidi Rose	55.52
204	Phoenix Hoyle	45.06	460	Bob Pople	61.58

Braunstone Parkrun 5K. 19.02.11

3	Mike Stiff	18.47
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Derby Runner XC 5, Bagworth Heath. 20.02.11

Men		79	Dave Wilmot	40.43	
37	Rob Pullen	36.38	92	Les Chesterton	41.44
40	Andy Peet	36.55	178	Pete Sylvester	54.42
65	Andy Johnson	39.19	184	Bob Pople	68.31
77	Mike Stiff	40.15	Women		
78	Clive Jones	40.28	62	Carole Priestley	56.04

LRRL Winter League race 4, Desford 10K. 27.02.11

2	Mark Powell	32.18	220	Dave Wilmot	44.34
16	Neil Carter	34.52	234	Tania Brandon	45.16
21	Alex Webster	35.16	280	Dean Hassall	46.52
65	Andy Peet	37.48	305	Kirsty Walker	48.07
72	Mike Stiff	38.05	349	Brigitte Gaillard	50.38
83	Colin Baxter	38.38	350	Pete Sylvester	50.40
105	Tom Drake	39.39	383	Jo Steane	52.30
122	Clive Jones	40.26	386	Tom Muddimer	52.50
146	Pete Morgan	41.25	388	Dave Muddimer	52.54
158	Les Chesterton	42.01	389	Sandra Long	52.58
179	Nigel Ayres	42.52	393	Heidi Rose	53.12
183	Rob Burgin	43.04	421	Carole Priestley	55.56
190	Jon Hunt	43.25			

Braunstone Parkrun 5K. 26.02.11

2	Mike Stiff	18.52
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Belvoir Challenge – 26 miles. 05.03.11

8	Anthony Waterfield	3.37.52
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Belvoir Challenge – 16 miles. 05.03.11

14	Andy Peet	2.06.03	133	Jill Walton	2.51.30
21	Craig Baker	2.09.59	246	Malc Merrifield	3.21.52
23	Andy Johnson	2.11.30	247	Julie Palmer	3.22.56
31	Keith Markley	2.14.27	318	Ron Walton	3.45.56
38	Les Chesterton	2.19.06	319	Karen Rogers	3.45.56

Silverstone Half Marathon. 06.03.11

564	Rob Burgin	1.38.23	1831	Mark Thompson	1.50.57
1408	Dean Hassall	1.47.25	2308	Jo Steane	1.54.47