



Inter-Counties Cross Country Championships

Cofton Park, Birmingham 5th March 2011

Held on a dank, grey and uninspiring day, this year's Inter-Counties Cross Country Championships also served as the trial for the World Cross Country Championships to be held later this month in Spain. This of course meant that it effectively served as the UK championships and every fit and able elite athlete was competing.

This year Julie Lamb had been selected to run for Leicestershire having in previous years made the squad but not the actual team. Needless to say, nerves were to play their part in everyone's performance but the excellent team camaraderie prior to the event helped to settle Julie's nerves.

The parkland course was soft underfoot with some decidedly gooey patches and plenty of surprisingly testing hills. Officials held up the start of the race which did nothing to calm the athletes penned in at the cramped start.

Finally they were off, to be greeted by a ~400m long uphill slog. The race distance was only 8Km (5miles) which is a bit on the short side for Julie. Later, Julie said that her legs felt like jelly at the start but she quickly seemed to settle down and for the rest of the race was making up ground with every stride on the two Leicester girls in front of her.

Although Julie herself did not feel she had had an 'inspired' run, all things considered, she had put in her usual solid performance and easily merited her selection.

Leicestershire eventually finished in 10th place with outstanding runs from Gemma Steel and Hannah Whitmore in 4th and 6th respectively.

John Lamb



Livingston Relays

BRAUNSTONE PARK - 24/4/11

MARSHALS

Those who have kindly offered to marshal, will need to attend a briefing meeting outside Braunstone Leisure Centre at 9.30am prompt. Chief Marshal is Everard Robinson and he may well be in touch with you beforehand.

RUNNERS

First Leg starts at 10.30am prompt. All runners need to be on the Campus by 10.00am at the very latest.

Team Captains will need to determine running order and declare this, on the form to be provided, to Registration in the Sports Hall in the Leisure Centre on the day, when numbers will be available (front & back).

There are drinks and snacks available for purchase from the Leisure Centre.

Thanks for your support, Ramon

London Marathon 2011

Dave Muddimer relives his 9th London Marathon

Can't believe it after training had gone so well & I was really confident of a respectable time I was hit with this stomach virus that is going around at about 16.00 on Saturday. I struggled to Boots and got some medicines and rehydration fluids. I went to bed at 20.00. I couldn't sleep. I had a high temperature. I got up at 04.00 and was violently sick. Sorry to be so graphic but all my carbs (Pasta) went down the toilet one way or another. I was unsure what to do, so much preparation in ruins.

Tom came at 05.15 & we decided I would make my way down there hoping things may get better. Tom drove down. We parked up at Luton Airport Parkway and got the 7.09 to London Bridge which connected with a train to Blackheath (arriving 08.40). Of course this didn't arrive until 08.55. I was getting bad stomach cramps but temperature seemed normal. Decided I would give it a go & review at half marathon point (if I could make it to there). The buzz of the day was all around, different characters, different accents, and foreign voices, got ready & got in my Pen (number 5) with about 10 minutes to go. Didn't hear the gun but soon we were going over the start line.

The first mile was stop & start as usual. I knew that my body would be low on carbs & I was worried about hydration (didn't need a pee). As an added bonus the sun was already starting to break through so I had to review my pace. My mind was working overtime. My strategy was still to get half way, see how I felt & then possibly withdraw. I didn't think my body would have the energy to get me much further recalling memories from previous marathons when I had felt well. The miles started to clock by. I got a welcome cheer from Ron, Jill & Karen at around 7 miles.

My pace was a good 2 minutes/ mile down on what I expected but I was still going. 10, 11, 12 went by. Passed a Lucozade point somewhere in that area & to my annoyance some guy stood on a full bottle and covered my legs & shoes in it. Luckily there were showers coming up. Next target was Tower Bridge. Turned the corner & there it was. The crowds & noise were incredible. I could feel other runners pace increase around me running over there, but in my opinion when you leave that bridge that is when the real test begins. Soon you are past half marathon distance which I totally missed. Next thing I was running by 14 miles so I had passed my goal in a way. I decided to keep going.

I must admit the next 6 miles were not good I was anticipating a total loss of energy at any time. I knew I wasn't right and my pace dropped even further. On top of everything I was starting to blister on the soles of my feet. I took my socks off, ran a mile, and didn't feel right. The damage was already done. Found a St Johns at 19 miles. Applied Vaseline to both my feet re-applied socks and got back on with it. At this point I started to notice there was a little bit more space than in 2005 and the people around were a little bit more laid back in how they would achieve the distance. Also I started to notice more runners who had got it wrong. They were propped up against various walls & pillars in Canary Wharf. I couldn't help wondering if one or two of these had lifted their pace across Tower Bridge.

I was beginning to enjoy my new company & decided to do something new. Ring home. It is bizarre to be in an event like this and get advice & support from people 100 miles away. However it was just the injection I needed. 6 miles to go and I had a renewed determination. I must admit I was running and walking. But the running was getting stronger & I was starting to pass runners, only to be re-passed when I started to walk. I must have run by some lady who was trying to save something in South Africa a dozen times. Soon I was coming out of the underpass (24 miles) & coming on to the Embankment.

The next mile I would plan my strategy for running from 25 to the finish without stopping. I walked for the 200 metres up to the 25 mile marker & started to run. Nothing would stop me running that last mile & a bit (unless I collapsed). A runner's dignity has to be maintained. 800, 600, 400 metres to go. Turn that bend & the finish is in sight. You cross that line, knowing on the day that you could have given little more & if you had the consequences could have been severe.

I think I have discovered that running London is not really about the time because even if you are 100% fit & everything is spot on there are incidents along those 26.2 miles which will affect your performance. But it is being part of a fantastic event, following class athletes & most importantly getting that medal around your neck. As an individual, whatever the circumstances, only you know that you have earned it. I would like to thank Wigston Phoenix for given me the opportunity to complete my 9th London Marathon. 20 years on from my first in 1991 (I think that's why I had to go no matter what).

Bernie Baggott

As many people will know Bernie was taken into hospital in the first week of April. He had an operation to have a pacemaker fitted on the 6th April and was subsequently allowed home. He has had a number of visitors from the club and we have sent him a get well card. We wish Bernie all the best with his recovery and look forward to seeing him back at the Legion on Tuesday nights.



John Fraser 10

Runners & Volunteers required

An early reminder that the John Fraser 10 mile road race takes place on Sunday 4th September 2011 at 10.30am. This is the most important day in the Wigston Phoenix calendar and the race will once again be the final event in the Leicestershire Road Running League (LRRL) Summer League series.

We obviously would like a number of members to enter the race to represent the club, but equally important we need a substantial number of volunteers to help on the day with a wide range of duties. Even if you are running the race we can allocate appropriate tasks either before or after the race. Please put a note of the race date in your diary and be available to help the club. Further information will be made available in due course.

We have set up a separate JF10 committee for this year and this met for the first time this month to begin the preparations for the 2011 event. This comprises of Pete Sylvester, Mike Stiff, Clive Jones, Colin Baxter and Mick Jordan. The committee will either take on tasks or delegate to others as required during the coming months.

John Fraser 10 sponsorship

We currently have four companies who sponsor the John Fraser 10. EAS Windows is our main sponsor but we also have three sponsors who provide an extra income of £50 each and these are Coles Plant Centre, Bathroom Solutions and Hair & Beauty @ Whitters.

We are looking to increase our number of £50 sponsors and if you know of a company that would be interested please contact Mick Jordan for an informal discussion. If interested please respond to Mick by the end of April so that sponsorship details can be finalised in early May.

The details of the sponsors are included on the race entry forms that are circulated. We would need to be provided with contact details and any other relevant information including logos. We can also send out details with the pre-race information pack. We are also planning to put the details of the sponsors on our website as part of the race information.

Norman Bennett 3 Mile Club Track Handicap

Friday 20th May 2011

Our popular 3 mile track handicap in memory of Norman Bennett takes place at 7.00pm on Friday 20th May 2011. As before the venue is Manor Road track with a buffet provided afterwards at Oadby Golf Club. Prize giving will be at the Golf Club with awards for the top 3 and fastest male and female.

There are sheets now out at the Legion on Tuesday nights for both runners and volunteers to sign up for the event. The race is 12 laps of the track and runners will be set off according to the handicapping estimated by Bob Pople. We need a number of volunteers to count the laps of the runners and to record the finishing times. If you are available and can help the club with the event please add your name to the list.

The race will cost £1 to enter and the buffet will be £4, making a total of £5 for both race and buffet. Children under 14 will be free of charge for the buffet. Please sign up for the race and also volunteer now so that we can plan for numbers in plenty of time and confirm arrangements with both the handicapping and catering.

Mike Stiff and Jon Gunnell are jointly in charge of the event so please direct any queries that you may have to them.

news in brief

New Members

Welcome to **Ali Ferguson** who joined the club recently.

2011 Principal Club Officers

The principal Officers of the Club for 2011 can now be confirmed as follows:

Chair	Pete Sylvester
Secretary	Mark Thompson
Treasurer	Mick Jordan

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.

Parkrun Victory

Congratulations to **Mike Stiff** on his victory at the Greenwich Parkrun 5K on the 16th April in a time of 19.02. Mike has also been a regular competitor at the Braunstone Parkrun 5K where he has competed 8 times in finishing positions between 2nd and 10th.

Summer Pub Runs

The provisional schedule for this year's pub runs are as follows:

- **Thurs 16th June 6.45pm** White House, Scraptoft
- **Thurs 14th July 6.45pm** Staff of Life, Mowsley
- **Thurs 11th August 6.45pm** Venue to be confirmed
- **Thurs 8th September 6.45pm** Red Lion, Huncote

Please put the dates in your diary so you don't miss any. Details for each run and the relevant pub will be put out at the club 4 weeks before the run giving you plenty of time to select your food.

See Jon Gunnell, Mike Stiff or Dave Muddimer for more details.

November Training Weekend – 4th to 6th November 2011

It can be confirmed that this will be held at the Dean Field Studies Centre in the Forest of Dean (<http://www.bristol-cyps.org.uk/services/dean/dean.html>) which can accommodate up to 72 people. Currently we have 36 members signed up following recent publicity of the event. If you have not yet signed up but wish to be put on the list please let Sid Greer or Mick Jordan know.

Newsletter contacts

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2011 fixtures & club dates

APRIL 2011

- 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 Notts 10, Holme Pierrepoint (11.00 am)
Sun 22nd Clawson 10K XC Challenge (11.00 am)
Wed 25th Corby 5, East Mids Grand Prix 4 (7.45 pm)
Mon 30th Arnesby May Fayre 5 mile XC (2.00 pm)
Mon 30th Oaks in Charnwood 6.5 mile XC (2.30 pm)

JUNE 2011

- Sun 5th** Woodhall Spa 10K, Lincolnshire (11.00 am)
Tue 7th Banbury 5, East Mids Grand Prix 5 (7.45 pm)
Sat 11th Wollaton Park 10K & Fun Run (10.00 am)
Sun 12th Swithland 6, LRRL Summer League 2 (10.30 am)
Sun 12th Long Eaton 5 (10.00 am)
Sun 12th Corn Dolly Challenge 6.75 & Fun Run (10.00 am)
Tue 14th Harborough 5, East Mids Grand Prix 6 (7.45 pm)
Fri 17th Calder Valley Midsummer Madness 3 Day Fell Race Series
-Sun 19th
Sat 18th TLC in the Park 6K, Abbey Park (10.00 am)
Sat 18th Breedon on the Hill 6.5K multi-terrain (3.00 pm)
Sat 18th Glooston 10K (6.00 pm)
Sun 19th Wicksteed Midsummer 10K (11.30 am)
Sun 19th Stathern Festival 10K (11.00 am)
Tue 21st Rothley 10K (7.15 pm)
Tue 21st Weedon 10K, East Mids Grand Prix 7 (7.45 pm)
Fri 24th Heanor 5 miles, Shipley Hall (7.30 pm)
Sun 26th Mansfield Half Marathon & Fun Run (10.00 am)

JULY 2011

- Tue 5th** Milton Keynes 10K, East Mids Grand Prix 8 (7.45 pm)
Wed 6th Hungarton 7, LRRL Summer League 3 (7.15 pm)
Thu 7th Whissendine 6, Oakham (7.30 pm)
Fri 8th Beacon Hill Trail Run 5 miles (7.30 pm)
Fri 15th Rainbows 100 Lap Challenge, Saffron Lane Stadium (7 pm)
Sun 17th Milton Keynes Half Marathon (10.00 am)

Braunstone Parkrun 5K. 16.04.11

15	Clive Jones	19.20	47	Phoenix Hoyle	22.50
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Greenwich Parkrun 5K. 16.04.11

1	Mike Stiff	19.02
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London Marathon. 17.04.11

915	Martin Hulbert	2.58.37
4038	Ken Piggan	3.30.33
5276	Sara Wilson-Gallaher	3.39.35
13798	Dean Hassall	4.20.13
18296	Mark Thompson	4.37.59
27377	Dave Muddimer	5.21.58
29797	Sonia Grant	5.39.23

results // march - april 11

Silverstone Half Marathon. 06.03.11

2430	Glen Conroy	1.55.39
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Derby Runner XC 6, Market Bosworth. 06.03.11

Men

16	Rob Pullen	37.30
28	Andy Peet	38.43
48	Clive Jones	41.15
61	Dave Wilmot	42.38

155	Bob Pople	65.55
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Women

17	Maxine Powell	46.18
64	Carole Priestley	59.24

Braunstone Parkrun 5K. 12.03.11

8	Clive Jones	19.10
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21	Dave Wilmot	20.36
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Ashby 20. 13.03.11

84	Julie Lamb	2.18.13
92	Martin Hulbert	2.19.02
157	Rob Gregory	2.27.23
212	Keith Markley	2.31.54

265	Will Mason	2.36.27
415	Tania Brandon	2.49.35
507	Dean Hassall	2.57.18
668	Lisa Hallam	3.11.52

Retford Half Marathon. 13.03.11

38	Colin Baxter	1.25.50
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Braunstone Parkrun 5K. 19.03.11

5	Mike Stiff	18.15
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Newton's Fraction Half Marathon. 20.03.11

78	Ken Piggan	1.35.56
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Kibworth 6. 20.03.11

1	Mark Powell	31.33
13	Neil Carter	34.35
24	Alex Webster	35.38
46	Andy Peet	37.10
55	Mike Stiff	37.30
79	Rob Pullen	38.42
121	Clive Jones	41.02
153	Mark Moseley	42.51
156	Rob Burgin	42.55

159	Nigel Ayres	42.58
185	Dave Wilmot	43.58
198	Maxine Powell	44.45
294	Kirsty Walker	49.06
297	Dean Hassall	49.12
314	Brigitte Gaillard	50.23
322	Jo Steane	50.51
412	Bob Pople	60.42

Braunstone Parkrun 5K. 26.03.11

8	Paul Hood	18.27
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32	Maxine Powell	21.08
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Charnwood Marathon – 26 miles. 26.03.11

15	Ken Piggan	4.01.35
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Charnwood Marathon – 15 miles. 26.03.11

4	Andy Peet	2.00.58
6	Anthony Waterfield	2.01.16
7	Craig Baker	2.01.59
12	Clive Jones	2.05.56
17	Keith Markley	2.08.47

20	Andy Johnson	2.11.41
22	Rob Gregory	2.12.17
23	Les Chesterton	2.12.31
82	Sandra Long	3.08.23
84	Dave Muddimer	3.08.37

Liverpool Half Marathon. 28.03.11

1933	George Rogers	1.45.49
2010	Ron Walton	1.46.28

4622	Karen Rogers	2.07.23
4859	Jill Walton	2.20.54

10,000m County Track Championships. 31.03.11

3	Mark Powell	31.54.7
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17	Tom Drake	38.30.0
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Leicester 10K. 03.04.11

7	Andy Peet	37.37
109	Kirsty Walker	47.47
175	Brigitte Gaillard	51.22

183	Richard Pearson	51.43
408	Mariet Cheetham	64.47

City of Lincoln 10K. 03.04.11

3,313	Katy Goult	1.01.40
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Belvoir Half Marathon, Hose. 03.04.11

204	Keith Markley	1.41.08
205	Tania Brandon	1.41.11

290	Dean Hassall	1.47.49
437	Sandra Long	2.00.31

Braunstone Parkrun 5K. 09.04.11

7	Mike Stiff	18.25
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10	Clive Jones	19.10
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Brighton Marathon. 10.04.11

428	Colin Baxter	3.28.23
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