



FLAMIN

NEWSLETTER



Phoenix Christmas Handicap Race

Sunday 18th December 2011, Burton Overy.



Fancy Dress in Burton Overy

The Annual Christmas Handicap Race took place at Burton Overy on a cold and frosty Sunday morning. We even had a small snow shower early in the morning to festively decorate the course. However, for the first time since 2008 we were able to hold the race on the original 6 mile route rather than an alternative back-up route. There were a number of fancy dress outfits and the winning entry was Tania Brandon who came as a Christmas Tree and a fast one at that. A total of 23 runners took part in the annual challenge and were led off in the handicap by Mel Prusek. Bernie Baggott and Pete Williams, who next year should surely dress up as pantomime dames for the occasion, did a great job again in setting off each individual runner and recording their times and positions at the end.

The race was won by Mel who led all the way, closely followed by Ron Walton and Jo Howell in 2nd and 3rd place respectively. The fastest Female time of 45:16 was recorded by 'Christmas Tree' Tania and the fastest Male time of 35:26 was achieved by Tom Drake, who was just 4 seconds quicker than Andy Peet. Judith Critchley, in her Christmas Handicap debut, secured 3rd

Female place and 4th position overall in a time of 50:56. Rob Nurse and Rob Burgin created a dilemma for the organisers by finishing in the same handicap position and time for 2nd and 3rd Male positions. However, it was decided that due to the larger handicap Rob Nurse was duly awarded the 2nd Male shield ahead of Rob Burgin who was 3rd Male.

We hope that the runners who competed this year enjoyed the occasion and it was good to see a number of spectators braving the cold as well. Many thanks to the race marshals on the course for keeping the runners on track around Burton Overy. A big thanks to the kitchen volunteers Margaret Pople, Jill Walton and Jackie Sylvester for providing the hot food and drink which was greatly enjoyed by all.

Finally thanks to Bob Pople who once again compiled the handicap statistics and results. He is stepping down from this responsibility in the New Year and the club and members greatly appreciate the work that Bob has done for this event. He was also presented with a festive prize at the event.



MEN

2	Ron Walton	54:02 - 47:37
8	Rob Nurse	56:16 - 36:51
9	Rob Burgin	56:16 - 44:11
10	Andy Peet	56:20 - 35:30
11	Craig Baker	56:27 - 40:27
12	Dean Hassall	56:33 - 44:38
15	Tom Drake	57:06 - 35:26 (FM)
16	Rob Gregory	57:19 - 40:14
17	Dave Muddimer	57:21 - 52:01
18	Clive Jones	57:27 - 40:22
19	Rob Hames	57:29 - 47:19
20	Mick Jordan	58:14 - 43:44
21	Mike Stiff	58:50 - 41:30
22	Dave Wilmot	58:53 - 46:53

WOMEN

1	Mel Prusek	53:54 - 53:54
3	Jo Howell	54:05 - 49:15
4	Judith Critchley	54:16 - 50:56
5	Heidi Rose	54:25 - 51:50
6	Sandra Long	54:25 - 52:00
7	Tania Brandon	55:41 - 45:16 (FF)
13	Carole Priestley	56:37 - 54:17
14	Sam Winters	56:37 - 54:17
23	Julie Palmer	1:01:30 - 52:30

Wigston Phoenix Annual Party & Presentation Night

Friday 27th January 2012, 7.00pm - 12.00pm

This is to be held at the Best Western Leicester Stage Hotel. The cost is £20 per person (discounted rate). A list is now available at the Legion to put your names down and to pay a £10 deposit by the 31st December. Payment can be made via online banking, please contact Mick Jordan for further details.

Starter:

Leek & Potato Soup
Marinated Seafood Salad on Dressed Leaves
Chicken Liver and Cranberry Pate with Cumberland Sauce

Main Course:

Roast Turkey with Chipolata and Bacon Roll
Grilled Salmon with Hollandaise Sauce
Roasted Vegetable Filo Purse with a Tomato and Basil sauce
Served with Christmas Vegetables and Potatoes

Dessert:

Christmas Pudding with Brandy Sauce
White Chocolate & Raspberry Cheesecake
Lemon Tart with Fruit Sauce



Winter Coaching Sessions

Following the setting up of the Leicestershire Club Network Coaching coordinators forum, please see below some exciting additions to our winter coaching sessions which are open to all Network club members.

Wednesday 18th January 7.30 - Saffron Lane

Practical session - Maximising the Energy Systems

Wednesday 15th February 7.30 - Saffron Lane

Practical session - Shaving off the seconds

For more information or to register your place please email John.skevington@hotmail.com or telephone 0781 769 3777

Paris Marathon 2012

A big thank you to all those that voted for me online in the Runner's World Asics Paris marathon competition. I'm pleased to say I got selected and have already started my training - first day was on Boxing day, but a good excuse to burn off those Xmas day calories. Along with the other selected candidates, we had a BUPA assessment a couple of weeks ago in London which looked at heart rate, blood pressure and lung capacity. There is a thread set up for all the candidates (www.runnersworld.co.uk/forum - look for the spring marathon) and with various ranges of paces from sub 2.45 to sub 4.30, there's loads of tips to be found.

Cheers, Colin.

A view from the Chair

A Merry Christmas to you all.

As my year as Chairman draws to a close it only seems right to thank all members for the support they have given the club over the last year, either by running in the leagues, coming on a Tuesday night, or supporting social events. Especially with a big thanks to all on the committee, without them the club could not run.

There have been many good events again this year. Training weekends just get better and more popular (many thanks to Sid for both great breakfasts and his organisation of the events). Hopefully there will be two Training Weekends next year.

We had a good showing in both winter & summer leagues in 2011, many have tried the park runs, and hopefully next year there may be some away days to races we have not done before (suggestions & Organiser needed). A winter pub lunch run will be going ahead early in the New Year and pub runs will again be held in the summer. The two handicap events have been successfully run during the year. We also now have some members who have taken the first steps in coaching and if you feel this would benefit you see Mark Thompson to see who can help. Who knows you may have a record or two waiting to be run with the right training.

The BIG EVENT is still to come. I talk of course about the Annual Party & Presentation Evening to be held at THE STAGE HOTEL. This is a great evening and close to home for most, I hope to see you all there.

Remember if you do get that new pair of running shoes you will be seconds quicker, new kit only makes you look good.

Have a great Christmas.

Pete Sylvester, Chairman

Update from Alex & Mark Bridges



As you can imagine it has taken a while to settle down after moving house and country with a new baby. We were very naive! However we are having a great adventure in France. Samuel was born on 4th September in Sutton Coldfield and on 4th October we set off for France. It is a 2 year secondment with Mark's work. It is an amazing opportunity. Our French is improving all the time and we are enjoying getting to know more about the French culture. We are based in the South East near Aix en Provence. It is a beautiful location. The house has a view of Cezanne's famous mountain. But being in the foothills of a mountain means that running for us is incredibly hilly! There is no option but to run up hill for half your run and then downhill for the other half. The hills are so steep and it is all off road so if you want to admire the view it is best to stop. This has done nothing for our speed but maybe our hill running will be better when we return. We have managed to compete in one race each since we have been here. We miss the competitive running but without the essential grandparents we are a bit stuck. Sam is now 14 months, nearly walking and nearly talking - French or English we are not sure!

We are coming back for Christmas and will be based relatively close by in Rugby. We are planning to run the Huncote Hash on 31st December. We hope to bump in to a few familiar faces there. I had been on the Wigston Phoenix website looking for races and noticed how well the club is doing. You seem to have attracted a good number of new members and there is a lot of activity. We were both pleased to see this.

Please say hello to everyone from us. We often think about you all and hope one day we will be back in the Midlands and have some time to compete in some of our "old favourites".

There are many aspects of French life which are good - but we miss many aspects of English life!

news in brief

New Members

Welcome to Rebecca Parry and Jane Gorman who joined the club recently.

Membership Update

Membership fees for 2012 will be due from January and has been agreed by the committee to remain at £18 with a 50% concessionary rate of £9.

2012 London Marathon Draw

The two club places have been allocated to Sandra Long and Mike Smith. Good luck to all those who have a place in next year's event.

Charity Donation

We did not make a charity donation last year so we have made up for it by having two nominated charities for 2011. Chairman Pete Sylvester nominated Menphys and Secretary Mark Thompson nominated Wishes 4 Kids. Both charities received cheques for £100

JF10 Flasks

The club donated via Ramon Howe JF10 flasks for selling to Oadby Golf Club members. This has raised £24 for the Captain's Charity which is the Air Ambulance. The Golf Club has thanked Wigston Phoenix for the donation and we will provide further flasks to be sold. If individuals wish to purchase any flasks these can be obtained from Stu Fry for £2 each or with a drawstring bag for a total of £2.50 each.

Tuesday Training notice

Please note that Tuesday training nights at the Legion at 7pm will continue as normal during the Christmas and New Year holiday period.

Derby Runner Race 5, Grace Dieu

The fifth Derby Runner Cross Country race takes place in the grounds of Grace Dieu school near Shepshed. This is a scenic course taking in the grounds of the school and nearby woods and for memory a small stream near the end. Last time we didn't have a Ladies team, so it would be good to see us all out in force for the New Year.

Newsletter contacts

results@wigstonphoenix.co.uk

news@wigstonphoenix.co.uk

results // november 11

Leeds Parkrun 5k. 5th November 2011

129 Kerry Granger 25:42

Forest of Dean Parkrun 5k. 5th November 2011

10 Simon Cooper 22:02	32 Richard Pearson 26:27
14 Mick Jordan 23:21	48 Jo Steane 28:43
24 Mark Thompson 25:15	49 Carole Priestley 28:56
29 Pete Sylvester 25:34	54 Sonia Grant 33:25
31 Julie Cornes 26:24	

Braunstone Parkrun 5k. 5th November 2011

22 Jon Hunt 20:51

Shephed 7. 6th November 2011

1 Mark Powell 36:41 98 Dean Hassall 50:47

Braunstone Parkrun 5k. 12th November 2011

20 Phoenix Hoyle 20:58 72 Richard Pearson 25:43
27 Mick Jordan 21:22

Leamington Parkrun 5k. 12th November 2011

31 Mark Thompson 23:44

Leeds Parkrun 5k. 12th November 2011

13 Rob Nurse 18:26 180 Kerry Granger 26:49

Conkers Parkrun 5k. 12th November 2011

1 Tom Drake 16:52 CR

Seagrave Wolds Challenge 15.7 miles. 12th November 2011

18 Andy Peet 1:57:35	161 Lisa Hallam 2:44:25
56 Clive Jones 2:13:07	171 Heidi Rose 2:47:31
61 Jon Hunt 2:14:18	284 Ron Walton 3:33:44
100 Tania Brandon 2:23:54	295 Jill Walton 3:47:05
137 Dean Hassall 2:35:07	296 Karen Rogers 3:47:12

Braunstone Parkrun 5k. 19th November 2011

1 Tom Drake 16:51	58 Mark Thompson 23:09
15 Jon Hunt 19:54	75 Pete Sylvester 24:09
23 Phoenix Hoyle 21:11	78 Dave Muddimer 24:24
32 Dean Hassall 21:42	99 Richard Pearson 25:38

Heanor Pudding Run 10k. 20th November 2011

12 Rob Nurse 37:07 411 Kerry Granger 54:02

Derby Runner Xc Race 3, Foremark Reservoir. 20th Nov 2011

MEN
204 Dave Wilmot 43:19
272 Ray Draycott 50:34

1 Mark Powell 30:09	WOMEN
19 Alex Webster 33:37	19 Tania Brandon 43:36
70 Colin Baxter 36:49	59 Klrsty Walker 48:14
87 Rob Gregory 37:48	77 Heidi Rose 50:07
119 Mike Stiff 39:15	87 Carole Priestley 51:53
153 Jon Hunt 40:40	92 Jo Steane 53:07
154 Les Chesterton 40:45	
200 Dean Hassall 43:06	

Wolverton 5. 26th November 2011

18 Tom Drake 27:49

Braunstone Parkrun 5k. 26th November 2011

10 Rob Gregory 19:07 69 Richard Pearson 24:36 PB
43 Mark Thompson 22:42

Braunstone Parkrun 5k. 26th November 2011

10 Rob Gregory 19:07 69 Richard Pearson 24:36 PB
43 Mark Thompson 22:42

Clowne Half Marathon. 27th November 2011

39 Colin Baxter 1:30:52

Braunstone Parkrun 5k. 3rd December 2011

20 Clive Jones 19:40	51 Richard Grant 22:39
24 Martin Hulbert 20:20	64 Ray Draycott 24:09
34 Mick Jordan 21:17	75 Richard Pearson 25:55
42 Dean Hassall 21:34	79 Maxine Powell 26:34

Derby Runner Xc Race 4, Allestree. 4th December 2011

MEN
142 Jon Hunt 53:13

17 Alex Webster 41:36	154 Dean Hassall 54:14
91 Clive Jones 48:27	194 Phoenix Hoyle 1:02:15
101 Mike Stiff 49:09	196 Ray Draycott 1:03:19
140 Dave Wilmot 52:53	

2012 fixtures & club dates

DECEMBER 2011

Sat 31st Huncote Hash XC, 6.5 miles (11.00 am)

JANUARY 2012

Sat 7th Leics County XC Championships, Rotherby, near Melton Mowbray

Sat 14th Ted Toft Memorial Croft Hill Race, 4.5 miles (11.00 am)

Sun 15th Derby Runner XC, race no. 5, Grace Dieu (11.00 am)

Sat 28th Midland XC Championships, Nottingham

Sun 29th Leics Road Running League, winter race no. 1, Barrow 6 (10.30 am)

FEBRUARY 2012

Sun 5th Charnwood Hills Fell Race, 13 miles, Anstey (10.00 am)

Sun 5th Avalanche Adventure Run 10K, Sibbertoft, Market Harborough (11.00 am)

Sun 12th Leics Road Running League, race no. 2, Desford 10K (10.30 am)

Sat 19th National XC Championships, Parliament Hill, London

Sat 19th Derby Runner XC, race no. 6, Hinckley (11.00 am)

Sat 25rd Belvoir Challenge, 15 or 26 miles multi-terrain (9.00 am)

Sun 26th Leics Road Running League, race no. 3, Ashby 5 (10.30 am)

MARCH 2012

Sun 4th Milton Keynes Half Marathon, 10K & 5K (10.00 am)

Sun 11th Silverstone Half Marathon (12.00)

Sun 11th Leics Road Running League, race no. 4, Markfield 10K (10.30 am)

Sun 11th Stafford 20 (10.30 am)

Sun 11th Retford Half Marathon (10.00 am)

Sun 11th Newtons Fraction Half Marathon, Grantham (10.30 am)

Sun 18th Ashby 20, Ashby de la Zouch (10.00 am)

Sat 24th Charnwood Marathon, 15 or 26 miles, Quorn (9.00 am)

Sun 25th Leics Road Running League, race no. 5, Kibworth 6 (10.30 am)

Sun 25th Farmyard Frolics 10K, Brooksby College (11.00 am)

Sun 25th Stafford Half Marathon (10.30 am)

Sat 31st Midland 12 & 6 Stage Road Race Relays, Sutton Park

Cardington Cracker 9 miles. 4th December 2011

72 A. Waterfield 1:36:01	195 Les Chersterton 1:53:34
128 Rob Gregory 1:43:42	211 Tania Brandon 1:56:13
131 Keith Markley 1:44:06	240 Jane Fraser 2:03:04
166 Sam Winters 1:49:23	241 Ian Fraser 2:03:06

Nene Valley 10. 4th December 2011

2 Mark Powell 52:35

11 Tom Drake 57:22

21 Andy Peet 59:57

Percy Pud 10k, Sheffield. 4th December 2011

739 Mark Thompson 51:21

740 Julie Cornes 51:22 PB

Whetstone 5k Xmas Run. 6th December 2011

17 Dean Hassall 22:33

19 Ron Walton 23:18

Braunstone Parkrun 5k. 10th December 2011

29 Dean Hassall 22:34

37 Mark Thompson 23:33

Turkey Trot Half Marathon. 11th December 2011

8 Rob Nurse 1:19:31 PB 352 Rob Burgin 1:45:46

68 Rob Gregory 1:29:06 462 Mark Thompson 1:50:38

114 Keith Markley 1:32:51 498 Lisa Hallam 1:52:08

292 Dean Hassall 1:42:27 606 Rebecca Parry 1:57:17