



# Belvoir Challenge

26 miles & 15 miles Cross Country. 27th February 2010, Harby, Leicestershire.



Rather than the normal run over a line & finish, it was a case of, turn off the road and up the steps and into the village hall to finish! This was quickly forgotten as we tucked into the freshly made soup & rolls finished off by a fine selection of homemade desserts.

Ken Piggen was the only one brave enough from Wigston Phoenix to rise to the challenge of the 26 mile course and finished in 27th in a very respectable time of 4.15.04. In addition to Ken there were 10 other Phoenix runners in the 15 mile race aking it a good turnout for the Club.

Colin Baxter

Nine o'clock on Saturday mornings are usually spent having a relaxing bacon butty at home and not usually associated with a cross country race. Another capacity event enticed 1200 runners and walkers to the middle of the North East Leicestershire countryside and into the village of Harby. Warming up with a cup of tea beforehand and attaching an identity tag rather than number we headed off at 9.00am prompt. The early start was to accommodate the walkers completing the 26 mile route.

After weaving through the village it wasn't long before we turned off the small road and into an abyss of mud and freshly broken up branches. It made for an interesting boggy start. It is a hard race to judge pace as most cross country race tend to be 6 miles. Starting off steady was the name of the game. After about 3 miles the 15 & 26 mile routes split (which was well marshalled!). This led the 15mile route up a steep hill through a field in the direction of a stile & wood. The wood hid

a secret. A very steep and very muddy hill. No shame for those that had to walk up it - me included! The scenery is great in this race with a combination of open fields, woods, trails, country roads & villages. There were 2 checkpoints on the 15 mile race where your number was taken, so that the organisers could keep a track on everyone passing through. For the weary these checkpoints also had cups of tea and cakes available as well - a good reason to stop and give them your number! As the race opened up the space between competitors also opened up as well. On one occasion while entering a field via a stile, I made my way in the direction of the other runners in front who were just about to leave the field by another stile only to find them frantically retreating and running diagonally across the field to another stile in the opposite corner. A classic case of the blind leading the blind, but in reality it was a badly signposted race direction.

The only negative point was the finish.

## Summary of Awards for 2009 :

### **Emerald Awards**

Julie Lamb	Julie	Female 40-44
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### **Gold Awards**

Ed Brougham		Male 50-54
Louise Gibson		Senior Women
Chris Manning		Senior Men

### **Silver Awards**

Craig Baker		Male 45-49
Colin Baxter		Male 40-44
Tania Brandon		Female 40-44
Ray Draycott		Male 60-64
Rob Nurse		Senior Men
Ken Piggin		Male 55-59
Carole Priestley		Female 60-64

### **Bronze Awards**

Graham Garner		Male 65-69
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### **Copper Awards**

Manu Patel		Male 55-59
Alison Wright		Female 40-44

# LRRL - Ashby 5 & Barrow 6 - January 2010

The new league road running season has started, with Wigston Phoenix competing, as a new club, in the lower Divisions of all the Leagues. This is no bad thing - it gives us chance to find our level and gives us every opportunity to achieve promotion.

The first two races were over familiar territory - the Ashby 5 on 17th January and the Barrow 6 a week later. Conditions were pretty good for both races, although Ashby was "touch and go" for a while, until the thaw can just in time.

## PHOENIX MEN

Although not yet counting for us in the team event, it was a real bonus for us to have new recruits Mark Powell and Neil Carter competing in Phoenix colours. Mark pushed Tim Hartley close at Ashby to take 2nd place and Neil was highly placed in both races. They will make a real difference when their "transfer" is ratified.

Jonathan Burch was right behind Neil at Ashby, and just a little further adrift at Barrow but going really well again. Rob Pullen was 34th At Ashby, and a bit further down at Barrow. Good runs also from Paul Hood, Rob Nurse and Rob Gregory, so things are looking promising for the Men.

Perhaps the best feature was that we had 17 men turn out at Ashby followed by a remarkable 22 at Barrow. Let's hope we can keep this up. Even old stalwarts Graham Garner and Geoff Merrington made the start line (and the finishing line!) at Barrow.

## PHOENIX WOMEN

The women also made a promising start, with a good turn out at both races, especially at Barrow where our Ashby team of 6 increased to a splendid 9 giving us strength in depth.

Maxine Powell was first home at Ashby, getting ahead of Kirsty Walker. Maxine is working really hard, and improving each time she runs. The familiar names of Carole and Sandra completed the counting 8, with new member Jo Steane just ahead of Sandra.

At Barrow, we were strengthened by the arrival of top two Jane and Tania - Jane just made it arriving 2 minutes before the start but a lack of any warm up did not affect her as she finished 25th, with Tania 53rd and Maxine breathing down her neck only one place behind. \$th counter was Sandra. Good to see Katy Goult and Andrea Hulett turning out for this race.

## TEAM POSITIONS

A great start - men are 2nd after 2 races behind the formidable Charnwood team, but watch West End who pipped us at Barrow and are equal on points.

Our Women are currently top of the League, but only just as Harborough have an equal number of points, but as Mike Stiff compiles the tables, he has put us top!

Ramon Howe

# Paris Half Marathon Sunday 7th March 2010

I have never ran a race abroad so this was a long standing ambition. Registration and the race start was at the Parc de floral, Vincennes which is east of Paris.

The weather was 2c, sunny with a slight icy wind. It was perfect running conditions.

I lined up with 23,000 other runners, warming up to French rock music. The course is flat and takes in Town Hall, Bastille, Seine then returns back to the Parc. We were cheered on by many people plus several drum bands.

I finished in my target time of 1hr 41 53.(chip). For me the race and organisation was brilliant, however a couple of Brits I spoke to on the metro after were not so happy. A back log at the finish meant it took them 3 mins too long. There was an apology on the website that night stating it wouldn't happen again.

For myself a very enjoyable event. Ray Draycott.



## Marathon Talk

For those technologically savvy people, there is a very interesting running related weekly Podcast called "Marathon Talk". It is an interesting mix of training advice, news and interviews and it is both serious and light-hearted.

You can listen to it online at [www.marathontalk.com](http://www.marathontalk.com) or if you have iPods or iPhones, you can subscribe to it via iTunes.

## Nike Wigston Phoenix Technical T-shirts



Stand out from the crowd with your own bespoke Nike Technical T-shirt with the Wigston Phoenix logo screen printed on it (front & back). We have managed to source some white Nike Technical T-shirts with a green side detail. They come in Short Sleeve and Long Sleeve and of course in Men & Ladies style. Cost for the Short



Sleeve t-shirt is **£15.00** and the Long Sleeve is **£17.00**. Sizes for both are S, M, L and XL.

There is an order sheet at club on a Tuesday or alternatively you can email Ian Fraser your order. Let us know if there any other items of clothing you would like to buy with our logo on it.

Ian's email is: [ian.fraser19@btopenworld.com](mailto:ian.fraser19@btopenworld.com)

# Wigston Phoenix Grand Prix 2010



We are trying something new this year...a season long Grand Prix series, with points accumulated over a series of races.

Each race will be handicapped, and for the purposes of the Grand Prix, "finishing positions" will be decided by how far away from your predicted time you actually finish.

Some of the races are our existing handicaps, others are open races to which we will add an element of handicapping!

The races confirmed for the series are:

<b>23rd May</b>	<b>3 Mile Track Handicap</b>
<b>6th June</b>	<b>Swithland 10Km</b>
<b>4th August</b>	<b>Joy Cann 5</b>
<b>10th October</b>	<b>Leicester Half Marathon / Marathon</b>
<b>TBC</b>	<b>Christmas Handicap</b>

Additionally in the summer we are hoping to add a further event, our own running of the John Fraser 10 course. This means that those people helping out on the day of the actual race will still get an opportunity to run the course and get a 10 Mile time...and have a fun club day as well!

This is the first time we have tried this, so 2010 is very much a pilot year. We need your feedback to ensure that both this year and future years run as successfully as possible. Please pass on any thoughts to Mark Thompson or Mike Stiff...good or bad!

We will have a section on the website where you can see the rules, handicaps, results and standings, and where we will add any news or changes on the way! *Mark Thompson.*

## Coaching

One of our aims for this year is to put in place the foundations of a formal coaching structure for the club. We have a number of people who already hold coaching qualifications, and others who are currently working towards them.

The first step for us is to put together a list of coaches, so if you do already have a qualification, please could you pass on the details to Mark Thompson.

If you are interested in taking the first steps into a coaching qualification, or have a lapsed/expired qualification that you wish to renew, again please see Mark Thompson.

We are talking with England Athletics to find out how they can support us in this goal, but it is hoped that over the coming months we will be able to offer some more structured and varied training sessions, as well as advice or training plans to people who have a specific race or target in mind.

We hope people will support this plan, as it is a two-way street. Coaches will hopefully help runners to improve, but it is only by getting more actively involved that the coaches themselves can improve their coaching skills. *Mark Thompson.*



*Ken, Pete & Ray volunteering at the Sport Relief Mile at Leicester Race course.*

## news in brief

### New Members

Welcome to **Caroline Neal, Bina Sargeant** and **Alex Webster** who joined the club at the end of February 2010. We also welcome back Malcolm Sargeant.

### Membership Update

With regards to the 2010 membership fee the Committee has agreed to keep the cost at **£18** with a 50% concessionary rate of £9 (students, unemployed, retired). This represents great value at less than 35p per week.

Fees have been payable since the date of the AGM, 9th February 2010. Members are requested to renew by the end of April 2010 before final formal letters and e-mails are sent out by the Membership Secretary during May. Renewal forms are now available at the Legion as a useful reminder and will have also been sent out by e-mail as part of this issue's newsletter distribution. Almost half the membership has now paid so please check the list on display at the Legion if you are unsure if you have paid or not.

Payment can be made in the following ways:

- 1) Send by post to the Membership Secretary Mel Prusek at 3 Southfield Close, Scraftoft, LE7 9UR.
- 2) Direct payment at the Legion on Tuesday training nights.
- 3) Internet banking transfer - bank details for the club are available on request from Mel or Mick.

Please make cheques payable to **Wigston Phoenix RC**. New membership cards have been printed and are now being distributed. Thanks to Les for the printing of the cards.

### Round Leicester Relay 2010

The date for this year's event has been confirmed as Sunday 26th September by the Race Director John Skevington. The 2010 date is yet to be shown on the race website [www.round-leicester-relay.co.uk](http://www.round-leicester-relay.co.uk) but here you can remind yourself of the routes and timings on the day. We hope to enter 2 teams and will take part for the first time as Wigston Phoenix RC.

### Message from Sara Wilson-Gallaher

I gave birth to Hugo on 17th March, he weighed 8lbs 7. Mother and baby are doing well and looking forward to getting back to running.

I will come to the club with Hugo when possible.

Love to everyone

*Sara, Julian and Hugo*

# 2010 fixtures

## APRIL 2010

- Sun 4th** Livingston Relay, Loughborough University (10.30 am)  
**Mon 5th** Stanwick 10K, Northants (10.30 am)  
**Mon 5th** Easter 10K Run, Wollaton Park, Nottingham (11.00 am)  
**Sun 11th** Belvoir Half Marathon & 4.5 mile fun run, Hose (10.00 am)  
**Sun 11th** Derbyshire Building Society 10K & Fun Run, Pride Park (9.30 am)  
**Sun 11th** Rosliston Forestry Off Road Race, approx. 6 miles (10.30 am)  
**Thu 15th** Leics County Open 10K Track Race, Saffron Lane (7.30 pm)  
**Fri 23rd – Sun 25th** Training Weekend, Brecon Becons  
**Sun 25th** London Marathon  
**Sun 25th** Shakespeare full & Half Marathon, Stratford (9.30 am)

## MAY 2010

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

## JUNE 2010

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

# results // feb - march 10

## Belvoir Challenge – 26 miles. 27.02.10

Men		
27	Ken Piggin	4.15.04

## Belvoir Challenge – 15 miles. 27.02.10

Men		
11	Colin Baxter	1.59.19
15	Will Mason	2.01.08
30	Keith Markley	2.07.06
37	Les Chesterton	2.08.56
38	Craig Baker	2.09.04
43	Andy Johnson	2.12.20
84	Ron Walton	2.26.27
Women		
9	Tania Brandon	2.26.14
106	Jill Judson	3.31.19
107	Karen Rogers	3.31.23

## Stilton 7 miles. 07.03.10

Men		
27	Chris Manning	41.52
57	Rob Nurse	43.52
88	Rob Gregory	46.18
105	Craig Baker	47.11
116	Les Chesterton	47.54
121	Mike Stiff	48.09
141	Clive Jones	49.33
191	Dave Wilmot	52.23
201	Ron Walton	52.57
290	Dave Muddimer	59.57
333	Graham Garner	66.32
357	Geoff Merrington	86.46
Women		
211	Tania Brandon	53.24
301	Carole Priestley	61.47
308	Jo Steane	62.33
336	Yvonne Dunmore	67.46

## Newtons Fraction Half Marathon. 07.03.10

307	Katy Goult	2.11.01
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## Markfield 10K. 14.03.10

Men		
23	Neil Carter	36.30
38	Rob Pullen	37.32
65	Rob Nurse	38.54
97	Rob Gregory	40.37
118	Craig Baker	41.30
145	Les Chesterton	42.40
149	Mike Stiff	42.46
175	Clive Jones	44.18
202	Dave Wilmot	45.47
210	Ray Draycott	46.14
297	Dave Muddimer	51.15
344	Graham Garner	56.48
Women		
261	Maxine Powell	49.16
281	Jo Howell	50.30
324	Carole Priestley	54.06
326	Jo Steane	54.12
360	Yvonne Dunmore	58.25

## Retford Half Marathon. 21.03.10

24	Colin Baxter	1.26.22
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## Ashby 20. 21.03.10

31	Paul Hood	2.12.16
82	Will Mason	2.23.38
106	Rob Gregory	2.27.05
160	Keith Markley	2.33.59
549	Lisa Hallam	3.05.02
620	Sandra Long	3.12.25
705	Carole Priestley	3.25.26
732	Katy Goult	3.30.32
756	Bina Sargeant	3.37.50
780	Karen Rogers	3.47.17

## Newsletter contacts

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**WIGSTON  
PHOENIX**  
RUNNING CLUB