



John Fraser 10

Reminder

LRRL Summer League Race 6. Sunday 5th September 2010 - 10.30am, Countesthorpe College



An early reminder that the John Fraser 10 takes place on Sunday 5th September this year. This is the most important day in the Wigston Phoenix calendar and our biggest revenue earner.

The race is the 6th race in the LRRL Summer League series and incorporates the Leicestershire 10 Mile Road Championships. As a consequence, our ability to organise and control the race will be under special scrutiny.

Obviously, we would like as many of you as possible to enter the race but equally important, those who are not running are needed to help with marshalling, water stations, car parking and all the other duties essential to the smooth running of the race on the day. Please put a note of the date in your diaries and be available to help. We had good support last year, but even so, we were a little under strength in some areas so we need even more volunteers this year.

We are making one small change this year. The runners will be routed down the right hand side of the playing field as they approach the finish. This will avoid the dangers caused by persons exiting the field crossing the line of the in-coming runners.

Ramon



Foxton '5' June 15th

After falling out with local Gartree residents (not the prisoners) the organisers moved the venue to Foxton Locks. This gave runners much better parking but sadly at the loss of one of the County's greatest courses.

The new route took in most of the old course but ran in reverse. And the new changes made this a very hard 5 miler. Colleagues will remember that Gartree started with a one mile downhill sprint, this is now uphill and longer, probably running for one and quarter miles. The race finishes on grass similar to our own John Fraser 10. Its a tougher race but never less most enjoyable. My time 38.05

Ray Draycott

Swithland 10k

LRRL Summer League Race 2. Race report by Mark Thompson.

The second race of the LRRL Summer League, the Swithland 10K, took place on Sunday 6th June.

After the monsoon conditions of last year, organisers and runners alike were waiting to see what was in store for this year. Luckily the heat and humidity of the previous day and the thunder storms of the previous night were gone, and we were left with pretty good conditions...thankfully!!

A healthy Wigston Phoenix turnout of 18 men and 5 ladies took on the undulating course, which starts and finishes in Mountsorrel, taking in a loop of Swithland Reservoir and the surrounding scenery.

The men's race was won by our very own Mark Powell in an excellent time of 32:34, comfortably ahead of the second place runner. Good runs from Alex Webster in 18th and Neil Carter in 31st provided the basis for a good team performance from the men.

There were also good performances from Colin Baxter with an excellent time of 40:25, just getting the better of Rob G, in a reverse of the result from Desford.

But the battle of the race was between Dave Wilmot and Andy Hummel, with Dave pipping Andy by just 2 seconds in a sprint for the line.

There was a great debut from new recruit Glen Conroy, with a time of 48:27. Mixing it with the fast boys on a Tuesday night has clearly paid dividends. We all knew he could break 50 minutes...just that Glen wasn't so sure. We told you so!!

The regular rivalry between Dave M and Mark T was going on further back, with Mark taking it this time. But no doubt Dave will be gunning for revenge at Prestwold!

It was also good to see a return to club racing scene for Rhys Davies, just breaking 55 minutes, but after seeing him in training at the club, it won't be long before that time is smashed.

The ladies race was won by international athlete Gemma Steel of Charnwood, in a time of 34:24, finishing in an amazing 12th place overall.

Leading Phoenix lady was Maxine Powell, who improved by over 2 minutes from Desford, finishing in 172nd place in a time of 44:34.

In a rare race outing, Julie Palmer showed that she is in great form, finishing in just outside 48 minutes...despite feeling the effects of excesses the night before. Now if we can only get her to race more regularly, and use a more orthodox preparation...

Solid runs from Jo Steane and Sandra Long meant that we put in another good team performance.

In our first LRRL season as Wigston Phoenix, we are second in Division 3 for Men, Women and Veteran Men, and leading for Veteran Women.

All of these positions will see us promoted if we finish there at the end of the season.

To make sure that we consolidate our positions, we need to ensure a good turnout for all races. It will be nice to see some new faces taking part, as well as continued racing from the usual suspects. Details of future League races are on the website, or at the Legion on a Tuesday night. If you need a lift to any of the races, see Colin, Carole or Mark T and we will sort something for you.

The Swithland 10K was also the second race in the Wigston Phoenix Grand Prix. Mark Thompson took the honours and overall lead for the men, with Maxine Powell taking the honours amongst the ladies...with Jo Steane retaining the overall lead. Full results and standing at

www.wigstonphoenixgp.co.uk

LRRL LEAGUE 2010 TEAMS AFTER SWITHLAND

MEN - DIVISION 3

Position	Team	Points
1	Charnwood AC	120
2	Wigston Phoenix	97
3	West End	86
4	Desford	86
5	Harborough	79
6	Whetstone	66

VET MEN - DIVISION 3

Position	Team	Points
1	Charnwood AC	115
2	Wigston Phoenix	98
3	Desford	87
4	Beaumont	85
5	Leicester Tri	79
6	Shepshed	69

WOMEN - DIVISION 3

Position	Team	Points
1	Wigston Phoenix	136
2	Harborough	110
3	Ivanhoe B	97
4	Nuneaton	96
5	Charnwood AC B	93
6	Hinckley B	90

VET WOMEN - DIVISION 3

Position	Team	Points
1	Harborough	106
2	Wigston Phoenix	104
3	Nuneaton	98
4	S. Derbys	68
5	Shepshed	59
6	Whetstone	26

Hungarton 7

The 4th race in the LRRL Summer Series is the 7 mile race at Hungarton on Wednesday 7th July starting at 7.15pm, organised by Wreake Runners. This is generally regarded as the toughest road race in Leicestershire but, despite this, continues to be very popular and well supported, and I know that all Wigston Phoenix runners are keen to enter. This year the race will revert back to the 'original' course. Leaving Hungarton, heading towards Keyham and Billesdan Coplow and taking in the lovely downhill of Sludge Hill.

A Block Entry form is out at the Legion for you to enter your details. If you cannot make the Legion, let someone on the committee know. This Block Entry will close on Tuesday 29th June.

For those not familiar with the location, approach through Scraftoft and Keyham or cross the A47 at Houghton-on-the Hill and go straight on. Refreshments afterwards, most welcome, are available at the Black Boy pub.

Club Records

We are now collating new club records for Wigston Phoenix thanks to our resident statistician Bob Pople. Records are to be collated for the following distances:

5 miles

10K

10 miles

Half marathon 13.1 miles

Full marathon 26.2 miles

The age categories for both men and women are to be recorded as follows:

Seniors, Vet 40, Vet 50, Vet 60.

Race Predictor

At Hermitage Harriers, they have been keeping a little known feature of their website to themselves, but now they are happy to release it to the wider world.



The image shows a screenshot of the Hermitage Harriers website. At the top, there is a banner image of a group of runners. Below the banner, there is a table with columns for 'Race', 'Date', 'Time', and 'Predicted Time'. The table contains several rows of data, including race names like '10K', '10 miles', 'Half marathon', and 'Full marathon', along with their respective dates and predicted times. The website also features a navigation menu on the left side.

Over the last few years, they have obtained many hundreds, even thousands of results from LRRL races. The results from each race have been analysed, and by using some very clever maths, they have been able to apply difficulty ratings to each race. From that, we are able to pretty accurately predict race times for upcoming LRRL races. As new results come in, the predicted times are recalculated.

So, if you would like to see your predicted times for the remaining LRRL races, then simply visit the website, select the results from any previous 2010 LRRL race, then click on the appropriate name, the predicted times will be displayed on the left side of the screen.

www.hermitageharriers.co.uk

news in brief

New Members

Welcome to **Patricia Thompson** and **Glen Conroy** who joined the club recently. We also welcome back **Gail Kalsi** who was last a member in 2008.

Race cancellation

Please note that the 2nd and 3rd races in the series around King Lears Lake in Watermead Park have been cancelled due to lack of numbers in the first race. These races were scheduled for the 2nd July and the 3rd September.

Rainbows 100 Lap Challenge – Fri 16th July

We have now confirmed an entry of one team for this fun but competitive event. The race entry fee of £80 is to be paid by the club so this is a FREE event for runners. We need between 15 and 20 runners to take part so that individuals run between 5-7 laps to make 100 laps in total. We currently have 13 runners and it is first come first served so please get your name on the list or contact your club captains Carole Priestley or Colin Baxter. There will be free entry to Saffron Lane stadium and there is ample car parking.

Alex and Mark Bridges

It is with regret that we have decided not to renew our Wigston Phoenix membership. This is based on the fact that from October we will be living in France for two years. With our baby due in August and Mark currently travelling a lot with work the opportunity to compete for the club has become limited.

We are excited about our new adventure but we will miss joining in on some of the activities which we have enjoyed so much in the past with Wigston Phoenix. We hope to find a welcoming running club in France when we have settled. If we hear of any good races we will let you know in case some members are tempted!

We will keep in touch and when we return, depending on location, we will definitely come back to support you. We do plan to get across to say good bye before we leave in October. In the meantime good luck with the summer league races!

Many thanks, Alex and Mark

Runners wedding celebrated in Runners' way

Ron Walton & Jill Judson are getting married on Saturday 3rd July 2010, and all are welcome to celebrate with them with an early Morning Run in Bradgate Park.

Meet 7:30am Newtown Linford entrance. A choice of routes will be available. Meet back in car park at 9:30am for breakfast. Please bring flask of tea or coffee. We'll provide pastries, cakes etc.

Ron & Jill

2010 fixtures

JUNE 2010

- Sun 27th** Prestwold 10K, LRRL 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)

JULY 2010

- Wed 7th** Hungarton 7, LRRL Summer League 4 (7.15 pm)
Thu 8th Whissendine 6, Oakham (7.30 pm)
Sun 11th Desford Quarter Marathon (10.30 am)
& Kids races (10.45 am)
Sun 11th British 10K London Run (9.35 am)
Wed 14th Watermead Challenge 2010, 5 mile run,
Watermead Park (7.00 pm)
Fri 16th Rainbows 100 Lap Challenge,
Saffron Lane Stadium (7.00 pm)
Sun 18th Milton Keynes Half Marathon (10.00 am)
Wed 21st Notts 5, Victoria Embankment, Nottingham, 7.30pm
Fri 30th Heanor 5 miles, Shipley Hall (7.30 pm)

AUGUST 2010

- Sun 1st** Wellingborough 5 (10.30 am)
Wed 4th Huncote Joy Cann 5 LRRL Summer League Race 5
(7.30 pm)
Fri 6th Blisworth 5, Northants (7.30 pm)
Sun 8th Newark Half Marathon (10.30 am)
Sun 15th Hermitage 10K, Whitwick (11.00 am)
Sun 29th Moulton 10K, Northants (11.00 am)

SEPTEMBER 2010

- Sun 5th** John Fraser 10, Countesthorpe, LRRL Summer League 6
(10.30 am)
Sun 12th Robin Hood Full & Half Marathon, Nottingham (10.05 am)
Sun 19th BUPA Great North Run (10.40 am)
Sun 26th Round Leicester Relay (8.15 am)

results // june 10

Edinburgh Marathon. 23.05.10

58 Alex Webster 2.55.50

Desford 10K. 23.05.10

Men

2 Mark Powell 32.48
18 Neil Carter 36.17
55 Rob Nurse 39.42
66 Rob Gregory 40.21
89 Mike Stiff 41.37
106 Colin Baxter 42.48
115 Les Chesterton 43.26
127 Clive Jones 44.06
146 Andy Johnson 45.35
161 Ray Draycott 46.34

165 Andy Hummel 46.42
187 Dave Wilmot 48.16
314 Dave Muddimer 59.30
354 Bob Pople 67.56

Women

166 Maxine Powell 46.42
220 Tania Brandon 50.11
246 Jo Howell 52.30
297 Carole Priestley 57.33

Chester Marathon. 30.05.10

37 Paul Hood 2.58.34

Swithland 10K. 06.06.10

Men

1 Mark Powell 32.34
18 Alex Webster 35.44
31 Neil Carter 36.42
81 Colin Baxter 40.25
83 Rob Gregory 40.37
102 Mike Stiff 41.22
115 Les Chesterton 41.49
151 Clive Jones 43.32
167 Andy Johnson 44.29
209 Dave Wilmot 46.23
211 Andy Hummel 46.25
264 Glen Conroy 48.27

344 Mark Thompson 52.06
349 Dave Muddimer 52.44
365 Richard Pearson 53.55
377 Rhys Davies 54.58
483 Geoff Merrington 84.27

Women

171 Maxine Powell 44.34
261 Julie Palmer 48.15
352 Jo Steane 53.17
405 Sandra Long 56.45
468 Katy Goult 66.05

Harborough 5. 15.06.10

200 Ray Draycott 38.05

Midsummer Madness – Wicken Hill Whizz. 18.06.10

36 Keith Markley 28.34
38 Craig Baker 28.37
42 Rob Gregory 28.54
43 Les Chesterton 28.55
47 Clive Jones 29.18

62 John Mason 31.43
71 Stu Fry 37.59
72 Sandra Long 38.37
74 Carole Priestley 40.28

Midsummer Madness – Reservoir Bogs. 19.06.10

39 Craig Baker 1.31.54
41 Keith Markley 1.32.02
42 Les Chesterton 1.32.10
54 Clive Jones 1.34.12
55 Julie Palmer 1.34.45

66 John Mason 1.42.28
77 Rob Gregory 1.47.46
84 Carole Priestley 2.23.45
85 Sandra Long 2.23.45
86 Stu Fry 2.23.45

Midsummer Madness – Tom Tittiman. 20.06.10

48 Keith Markley 38.07
50 Craig Baker 38.27
52 Clive Jones 38.42
56 Rob Gregory 39.04
62 Les Chesterton 39.48
70 Julie Palmer 40.50

86 John Mason 44.45
99 Sandra Long 50.40
102 Carole Priestley 53.37
103 Stu Fry 53.56
104 Pete Long 58.00

Midsummer Madness – Series Positions

21 Keith Markley 125 pts
22 Craig Baker 127 pts
23 Les Chesterton 147 pts
25 Clive Jones 153 pts
29 Rob Gregory 175 pts
36 John Mason 214 pts
44 Sandra Long 256 pts 10th Lady
45 Stu Fry 260 pts
45 Carole Priestley 260 pts 11th Lady

Newsletter contacts

colinandalex@btinternet.com
michaeljordan22@virginmedia.com
Mike.Stiff@alliance-leicester.co.uk



**WIGSTON
PHOENIX**
RUNNING CLUB