



FLAMIN NEWSLETTER



John Fraser 10

Sunday 4th September 2011

Wigston Phoenix members turned out in strength, thus ensuring that the race was well organised and marshalled and we had a good contingent of runners. Our thanks to everybody involved, and for all the hard work that goes with organising the premier 10 mile race in the County, which, again this year, incorporated the Leicestershire 10 Mile Road Championships.

The weather was a bit miserable for those setting up the course, but the rain abated before the start so that conditions were ideal for the runners – cool and calm. As in recent years, we had over 500 entries and 474 actually crossed the finish line.

This was the final race of the Winter and Summer League series and consequently there was a lot at stake in terms of our teams gaining promotion from Div II to Div I. In particular our Men had to field a strong team to try to overhaul Ivanhoe and take 2nd place in the league. We certainly had an excellent first 8 and could only have improved our scoring if the injured Alex Webster had been available

Mark Powell ran a strong race in 4th place followed by Neil Carter and Chris Manning finishing inside 60 minutes. Martin Hulbert, Andy Peet and Rob Nurse were

not far behind followed by Rob Pullen and Mike Stiff to give us a team performance good enough to beat Ivanhoe but, sadly, we finished on the same number of points as them in the overall League standings and missed promotion on “countback”.

Colin Baxter was next home followed by Rob Gregory and 9 other Phoenix men so we had an excellent turn-out bearing in mind the other demands on our time. The Men Vets performance ensured promotion from Div II.

Probably the best performance on the day was in the Ladies race where Julie Lamb ran a personal best of 67.45, finishing strongly to take the 3rd Ladies prize. Julie is running consistently well at the moment and this was another excellent performance. Further down the field, debutant Jackie Harrison ran well to get ahead of the ever improving Julie Cornes and our 4th lady was Jo Steane. 4 other lady finishers ensured we again had 2 teams counting. Well done ladies – the vets finished as Champions of Div II to gain promotion.

Another successful running of our race so well done to all and thanks to our sponsors for their support.

Ramon Howe



Mike sprinting for the line



Soph handing out well earned water



3rd woman home Julie



Clive & Ramon on duty



Dean heading for the finish

LRRL Presentation Night

Friday 28th October, Birstall Social

The League annual Presentation Night will be held on Friday 28th October at the Birstall Social Club. Many of you will know this is an excellent Social Night, with buffet and disco after presentation of the awards for the season 2011. Making it even better is that it is free to Wigston Phoenix members, as the cost is met by the club.

There is a list at the Club and we hope for good support for our award winners after another successful season in the League. All our teams competed this year in Div II, having achieved promotion last year from Div III. Our Lady Vets team had an outstanding year and finished up as Div II Champions, thereby getting promoted to Div I. The Men Vets team also did extremely well and also get promoted to Div I, by virtue of finishing runners-up.

The Mens team came agonisingly close to promotion by finishing with the same number of points as Ivanhoe, but missing out on promotion as runners-up by virtue of "countback". However, let us not be too disappointed as next year should enable us to build on this performance and perhaps finish as Div II Champions.

Our Ladies did well to finish the season mid-table after a slow start but the good feature is we are now consistently fielding 6 or 8 runners in each race.

The League awards go to the Wigston Phoenix runners who finished in the counting 4 for Men (counting 3 for Women) the most number of times and they are:

Men Vets: Mike Stiff / Colin Baxter / Andy Peet / Alex Webster

Women Vets: Julie Cornes / Julie Lamb / Maxine Powell

Finally, 100% awards go to Mike Stiff and Dean Hassall who competed in all the Winter and Summer League races in 2011.

Ramon Howe

Braunstone Parkrun 1st Birthday

The 49th race of the series takes place next Saturday (24 September), starting at 9am in front of the old stable block at Braunstone Park. The race is free to enter but first-time runners must register beforehand online at www.parkrun.org.uk/braunstone.

Saturday's race will mark the event's **first birthday** and runners - old and new - and their families are invited to join in the celebrations after the regular race.

The Braunstone parkrun men's course record, set in week 3 by Cardiff AAC athlete Kevin Seaward, still stands at 15:14. The ladies' course best of 16:15 set in week 19 by GB Olympian, Lisa Dobriskey, also remains unbeaten.



LEICESTER RUNNING SHOP - LRRL LEAGUE 2011

Men - Division 2

| Position | Team | Total |
|----------|-----------------|-------|
| 1 | Charnwood AC | 200 |
| 2 | Ivanhoe | 153 |
| 3 | Wigston Phoenix | 153 |
| 4 | Roadhoggs | 143 |
| 5 | Hinckley | 141 |
| 6 | Stilton | 120 |
| 7 | OWLS | 44 |

Vet Men - Division 2

| Position | Team | Total |
|----------|-----------------|-------|
| 1 | Charnwood AC | 182 |
| 2 | Wigston Phoenix | 177 |
| 3 | Hermitage | 145 |
| 4 | Fleckney | 141 |
| 5 | West End | 132 |
| 6 | Stilton | 132 |
| 7 | Harborough | 89 |

Women - Division 2

| Position | Team | Total |
|----------|------------------------|------------|
| 1 | Wreake | 156.5 |
| 2 | Ivanhoe | 151.5 |
| 3 | Hermitage | 148.5 |
| 4 | Hinckley | 145 |
| 5 | Charnwood AC B | 144.5 |
| 6 | Wigston Phoenix | 132 |
| 7 | Birstall B | 118 |
| 8 | West End | 105 |
| 9 | Huncote B | 100 |
| 10 | OWLS | 0 |

Vet Women - Division 2

| Position | Team | Total |
|----------|------------------------|------------|
| 1 | Wigston Phoenix | 171 |
| 2 | Desford | 166 |
| 3 | Fleckney | 143 |
| 4 | Roadhoggs | 139 |
| 5 | Harborough | 138 |
| 6 | West End | 137 |
| 7 | Stilton | 81 |
| 8 | OWLS | 0 |

Derby Runner Cross Country 2011/12

Below are the dates for the 2011 - 2012 Derby Runner Cross Country League. More details to follow near the time. If you are new to the Club and enjoyed the summer runs over the fields with the Club, well this is the same expect a bit more muddy! Races tend to be well supported by other Clubs and the routes tend to vary between 5 or 6 miles. Any questions can be answered by Mike Stiff at the Legion on a Tuesday night.

| | |
|-----------------------|-------------------------------------|
| 2 October 11 | Markfield (West End) |
| 23 October 11 | Bagworth (Desford) |
| 20 November 11 | Foremark (Dave Mann) |
| 4 December 11 | Allestree or Foremark (Shelton) |
| 15 January 12 | Grace Dieu (Shepshed) |
| 19 February 12 | tba (Hinckley) |
| 4 March 12 | National Final Sinai (Hatton Darts) |

Entry fee this year is £3 per race for adults and £1 for junior races.

Chairman's Message

Firstly a big thank you to all those who helped out at the John Fraser 10 (especially people whose mum/dad/wife etc. gave them little choice) without whose help the race could not take place. The race was very well received with only good comments so far and it should help keep next year's membership subs low.

Unfortunately the JF10 means the end to nice warm long Tuesday evening runs out in the countryside, track sessions & pub runs. It also means a break from league races till after Christmas and the mud monkeys can get started on the Derby Runner cross county races. If you have not tried this type of race before you should try it as it is great fun and as always the more runners (are you ready to run ladies) we turn out the better the team's chances are. On the downside it will be colder & darker so a reflective vest or top should be worn on training nights. Remember to run safely.

Pete Sylvester

Interested in Old Running Magazines?

Tom Drake has hundreds of old Athletics Weekly magazines – some editions from the 70's and 80's, almost complete set from the 90's, and quite a few from the 00's. He also has some editions of Athletics Today from 89-93. They are all in good condition and if you are interested please contact Tom on 07845 941849.

news in brief

New Members

Welcome to **Judith Critchley** and **Sharon Clark** who joined the club recently.

Membership Update

For the remainder of 2011 the Membership Fee will be £9 with a concessionary rate of £5 for students, unemployed and those aged over 65. For existing members who have not paid as yet the cost will remain at £18. 106 members have now paid up for the year.

4th – 6th November Training Weekend

Deposits of £20 are now required to secure your place following the initial list that was drawn up. Please give to Mick Jordan or Sid Greer.

Wigston Phoenix Christmas Handicap Race, Sunday 18th December 2011

Be prepared for anything as the last couple of years have been snowy! The first runner to set off at 10.30am and others to follow at set times depending on your handicap, club members race only.

Based at Burton Overy Village Hall, Rectory End. Car Parking along Main Street, please share a lift if you can and park sensibly.

Best Fancy Dress Outfit to receive free tickets for the annual club party. Refreshments to be provided. Please bring a wrapped Christmas gift to exchange per race position.

Leicester Marathon – Sunday 9th October 2011

This is a reminder from Ramon that marshals are required for the race. We currently have 3 people available but more help would be appreciated, even if for just part of the day. Please put your name down on the list at the club. *Thank you.*

Newsletter contacts

results@wigstonphoenix.co.uk

news@wigstonphoenix.co.uk

results // august 11

Hungarton 7. 6th July 2011

| | | |
|-----|-------------|-------|
| 203 | Jane Fraser | 52:34 |
| 217 | Ian Fraser | 53:25 |

Braunstone Parkrun 5k. 6th August 2011

| | | |
|----|---------------|-------|
| 7 | Craig Baker | 19:46 |
| 27 | Mark Thompson | 22:12 |

Braunstone Parkrun 5k. 13th August 2011

| | | | | | |
|----|--------------|-------|----|---------------|-------|
| 13 | Mike Stiff | 19:23 | 38 | Phoenix Hoyle | 21:37 |
| 19 | Colin Baxter | 19:54 | | | |

Hermitage 10k. 14th August 2011

| | | | | | |
|----|---------------|-------|-----|--------------|-------|
| 14 | David Navarro | 39:56 | 61 | Dean Hassall | 47:50 |
| 19 | Mike Stiff | 41:16 | 114 | Mike Smith | 54:55 |

Newark Half Marathon. 14th August 2011

| | | | | | |
|----|-------------|---------|-----|---------------|---------|
| 3 | Mark Powell | 1:11:29 | 283 | Phoenix Hoyle | 1:45:03 |
| 35 | Rob Nurse | 1:23:30 | 419 | Mark Thompson | 1:51:40 |
| 72 | Rob Gregory | 1:28:02 | | | |

Braunstone Parkrun 5k. 20th August 2011

| | | | | | |
|----|---------------|-------|-----|----------------|-------|
| 6 | David Navarro | 17:29 | 62 | Julie Cornes | 23:26 |
| 10 | Paul Hood | 18:22 | 67 | Pete Sylvester | 23:50 |
| 13 | Mike Stiff | 18:51 | 117 | Phoenix Hoyle | 29:23 |
| 42 | Dean Hassall | 21:41 | | | |

Braunstone Parkrun 5k. 27th August 2011

| | | |
|----|------------|-------|
| 6 | Mike Stiff | 19:03 |
| 59 | Jo Steane | 25:48 |

Braunstone Parkrun 5k. 3rd September 2011

| | | | | | |
|----|------------|-------|----|---------------|-------|
| 11 | Paul Hood | 18:19 | 19 | Phoenix Hoyle | 20:23 |
| 13 | Mike Stiff | 18:52 | 49 | Mark Thompson | 23:20 |

John Fraser 10. 4th September 2011

MEN

| | | |
|-----|-----------------|---------|
| 4 | Mark Powell | 54:24 |
| 22 | Neil Carter | 59:53 |
| 25 | Chris Manning | 59:59 |
| 28 | Martin Hulbert | 1:00:30 |
| 31 | Andy Peet | 1:01:24 |
| 40 | Rob Nurse | 1:02:27 |
| 59 | Rob Pullen | 1:04:32 |
| 68 | Mike Stiff | 1:05:29 |
| 80 | Colin Baxter | 1:06:49 |
| 83 | Rob Gregory | 1:07:08 |
| 146 | Les Chesterton | 1:12:29 |
| 173 | Phoenix Hoyle | 1:14:15 |
| 183 | Rob Burgin | 1:14:58 |
| 222 | Dean Hassall | 1:18:14 |
| 298 | Ron Walton | 1:23:06 |
| 347 | Mark Thompson | 1:27:55 |
| 375 | Malc Merrifield | 1:30:53 |
| 385 | Dave Muddimer | 1:32:09 |
| 413 | Graham Garner | 1:36:34 |

WOMEN

| | | |
|-----|------------------|---------|
| 89 | Julie Lamb | 1:07:45 |
| 351 | Jackie Harrison | 1:28:37 |
| 353 | Julie Cornes | 1:28:55 |
| 361 | Jo Steane | 1:29:23 |
| 395 | Sandra Long | 1:33:09 |
| 398 | Mel Prusek | 1:33:28 |
| 403 | Carole Priestley | 1:34:35 |
| 423 | Karen Rogers | 1:38:25 |
| 436 | Heidi Rose | 1:38:41 |

2011 fixtures & club dates

SEPTEMBER 2011

- Sun 25th** Great Kibworth Run Half Marathon (11.00 am)
Sun 25th Great Kibworth Run One-Third Marathon (11.00 am)

OCTOBER 2011

- Sun 2nd** Coventry Half Marathon (9.30 am)
Sun 2nd Derby Runner XC, race no. 1, Markfield (11.00 am)
Sun 9th Leicester Full & Half Marathon (9.30 am)
Sun 9th Great Eastern Run Half Marathon, Peterborough (10.10 am)
Sun 9th Shelton Striders 10K (9.45 am)
Sun 23rd Derby Runner XC, race no. 2, Bagworth (11.00 am)
Sun 23rd Birmingham Half Marathon (10.00 am)
Sun 23rd Rugby 10 (11.00 am) – Provisional date
Fri 28th The Skeleton 5, Night trail run, Beacon Hill (7.00 pm)
Sun 30th Worksop Halloween Half Marathon & Fun Run (10.30 am)

NOVEMBER 2011

- Fri 4th–Sun 6th** Training Weekend, Dean Field Studies Centre, Forest of Dean
Sun 6th Rutland Water Marathon (9.00 am)
Sun 6th Shepshed 7 (11.00 am) & Fun Run (10.00 am)
Sat 13th Seagrave Wolds Challenge 15.7 miles (9.00 am)
Sun 20th St. Neots Half Marathon (10.00 am)
Sun 20th Derby Runner XC, race no. 3, Foremark Reservoir (11.00 am)
Sun 27th Clowne Half Marathon (10.00 am)

DECEMBER 2011

- Sun 4th** Cardington Cracker 9 mile fell race (11.00 am)
Sun 4th Derby Runner XC, race no. 4, Allestree or Foremark (11.00 am)
Tue 6th Whetstone 5K Xmas Run, Blaby Boys Club (12.45 am)
Sun 11th Turkey Trot Half Marathon, Keyworth (10.15 am)
Sun 18th Wigston Phoenix 6 Mile Xmas Handicap Race, Burton Overy (10.00 am)
Sat 31st Huncote Hash XC, 6.5 miles (11.00 am)

JANUARY 2012

- Sat 7th** Leics County XC Championships, Rotherby, near Melton Mowbray
Sun 15th Derby Runner XC, race no. 5, Grace Dieu (11.00 am)
Sat 28th Midland XC Championships, Nottingham

Braunstone Parkrun 5k. 10th September 2011

| | | |
|----|----------------|-------|
| 8 | Paul Hood | 18:20 |
| 41 | Julie Cornes | 23:10 |
| 42 | Mark Thompson | 23:17 |
| 52 | Pete Sylvester | 24:09 |

Robin Hood Full Marathon. 11th September 2011

| | | |
|-----|------------|---------|
| 519 | Ken Piggin | 4:00:19 |
|-----|------------|---------|

Robin Hood Half Marathon. 11th September 2011

| | | |
|------|----------------------|---------|
| 279 | Sara Wilson-Gallaher | 1:36:07 |
| 508 | Rob Burgin | 1:40:48 |
| 746 | Dean Hassall | 1:44:23 |
| 1414 | Phoenix Hoyle | 1:52:13 |
| 2348 | Mark Thompson | 2:00:03 |
| 2588 | Carole Priestley | 2:02:50 |

Ashbourne Half Marathon. 11th September 2011

| | | | |
|----|------------|---------|----------|
| 11 | Julie Lamb | 1:32:16 | 1st Lady |
|----|------------|---------|----------|