



# Desperate Conditions - Desperate Measures

**Snow and fiercely low temperatures preceded the annual Christmas Handicap race, due to be held on Sunday 20 December, to the extent that the running of the race was brought into question.**

At 8.30am on Saturday 20th, I drove out to Burton Overy where temperatures of -9 degrees were recorded. The main part of the course and the road immediately approaching the village hall were untreated and icy and clearly dangerous. I immediately took the decision to abandon the race on this route, but was able to plan an alternative route, on treated roads, of just over 31/2 miles, which, with 2 laps, gave total distance of just over 71/2 miles.

The ladies excelled themselves again by serving hot soup and chilli to the finishers as they returned to the Hall. Special thanks to Tracey, Jill, Jackie and Margaret and all who helped provide the welcome nourishment.

We had a record entry of 46 for this event, but the chilling weather deterred many, and, in addition, a small group decided to do an off-road run as an alternative to racing. As a result, we had just 25 runners ready to go.

The longer distance meant that the quicker runners had a better chance of catching those starting at the front of the field. The race started with Geoff Merrington moving slickly away, and then, after a decent interval, the rest were steadily despatched to give chase.

As the race unfolded, it was clear that Rob Nurse was giving it a real go and he was moving through the field. One or two "unknowns" like Mike Smith, Kerry Jessop, Jo Steane and Phil Bell were taking advantage of their handicaps and going well. But the man who was clearly the one to beat was John Mason, who was back to something like full fitness

after injury problems throughout the year. Whilst anxiously looking over his shoulder in the last mile, he held off Rob Nurse to take the cherished trophy.

It was a tough course and tough conditions and many were labouring under the handicap of running as phoenix's, turkeys, cabaret girls, Father Christmas, Captain Hook, bandits and other assorted beings. Well done to all of them!

Thanks also to Bernie Baggott and Peter Williams who acted as timekeepers with hands so cold they could hardly write. Thanks also to Handicapper

Bob Pople, who had to consider an extra large entry this year.

Next year we need to consider having an alternative off-road route planned in case the club prefers to run the race differently, particularly if weather conditions are similar to this year.

Ramon Howe



*Ian (centre) borrowed some of Jane's clothes, and yes you guessed right, Jane borrowed some of Ian's clothes.*



*It's a shame Keith didn't wear any fancy dress!*

# Christmas Handicap 2009 - Award Winners

Distance 7.5 mls approx.

1st Male	John Mason	53.20
2nd	Rob Nurse	48.45 (fastest time)
3rd	Mike Smith	64.50
1st Female	Julie Usher	63.26
2nd	Kerry Jessop	67.02
3rd	Jo Steane	71.11
1st MV40 thereafter	Mike Stiff	55.12
1st FV40	Sandra Long	74.27
1st MV50	Les Chesterton	51.50
1st FV50	Carole Priestley	68.39



## County XC Championships

**Brockhill County Park, Saturday 10th January**

With more snow on the Friday, it looked like tough conditions were in store at the County Cross Country Championships at Brockhill on Saturday, and there was!

In the Ladies race the U20, Seniors & Master all went out together and Julie Lamb was our only entrant. After braving the conditions she finished well in a strong field to finish 5th in her Masters age group and 13th overall.

The Senior Mens race again included the U20 Men and also the Masters Men which made a field of nearly 100 runners. The standard of runners was very high and the fast downhill start opened up the leading pack very quickly. Following the perimeter of the nearby fields the first lap was a short one which was then extended further for 2 more longer laps around more exposed and windy fields. The worst part was having to negotiate a ploughed field which was rock solid and uneven. We then entered the park through a gap in a hedge and had to make our way through the trees with lots of twists & turns. 10k felt a lot further in these conditions when being used to running the same distance on the road. Lots of support from other Phoenix members spurred us on though. All our men entered were in the Masters age group and Jonathan Burch had a great race & finished 9th in the Masters age group. Craig and Les battled it out with each other and a sprint finish from Craig just piped Les at the end. New boy Mick Jordan continues to improve and hopefully we'll see him running in some of the LRRL road races?

## LRRL Race 2 - Barrow 6 Sunday 24th January 2010

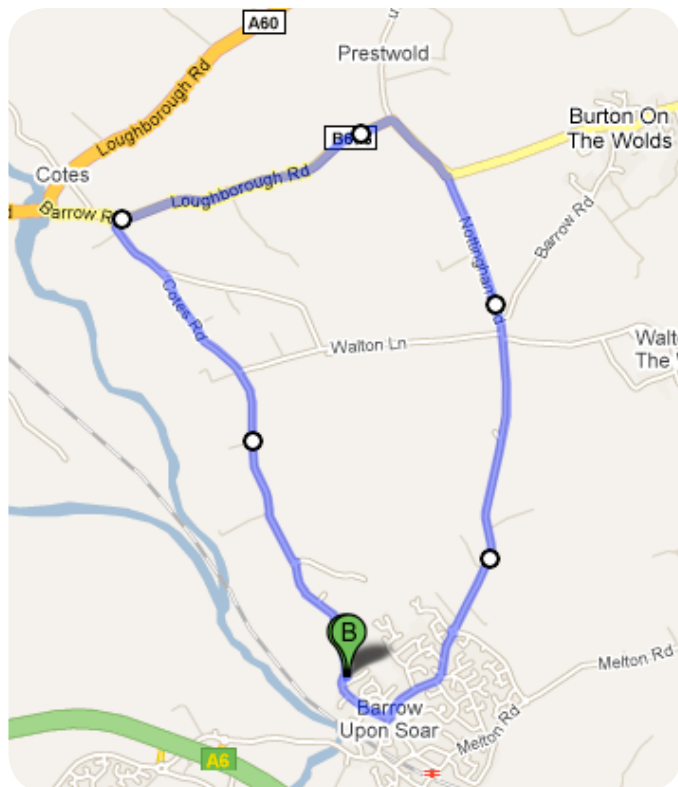
**Date:** Sunday 24th January

**Start Time:** 10:30am

**Location:** Humphrey Perkins School, Cotes Road, Barrow Upon Soar

Once again Barrow Runners will be hosting the Barrow 6 race as part of the LRRL Winter season. The route is unchanged from previous years and also unchanged will be the supply of tea, coffee and cake at the finish!

After a great start at Ashby we need another good turn out in Barrow to keep up the momentum.



## LRRL LEAGUE 2010 After Ashby 5

MEN - DIV. 3	Points	WOMEN - DIV. 3	Points
Charnwood AC	20	<b>Wigston Phoenix</b>	25
<b>Wigston Phoenix</b>	17	Ivanhoe B	22
West End	15	Wreake B	20
Desford	14	Harborough	19
Whetstone	13	Hermitage B	18
Harborough	12	Hinckley B	17
Sth Derbys	11	Nuneaton	16
Shepshed	10	Shepshed	15
L University	9	L. Tri B	14
Charnwood Tri	8	Whetstone	13
Nuneaton	7	Wigston Phoenix B	12
		Roadhoggs B	11
		Stilton B	10
		Harborough B	9
		West End B	8
		S. Derbys	7
		L University	0
		Charnwood Tri	0

# Club AGM

**The first AGM for the new club will be held at 8.30pm on Tuesday 9th February in the Lounge at Wigston British Legion.**

This will be your opportunity to express a view on how the new club is being run and to put your points to the Committee. All the Officers of the club will be up for re-election and if anyone wishes to be considered for the posts of Chairman, Treasurer or Secretary, they should submit details to the Secretary, Ramon Howe.

Persons wishing to put forward a motion for consideration at the AGM should give details to the Secretary, Ramon Howe, by Tuesday 26th January which is two weeks before the date of the AGM. We will be putting forward a motion to adopt a new constitution as a draft copy has been in use since the club was officially approved by England Athletics in September 2009.

There will be a variety of reports presented on the night by Committee members including financial statements for 2009, club activities during the year and aims for 2010. Please take an interest in your club by attending.

## Derby Runner XC Update

**Race 4** is organised by Shepshed and takes place at Grace Dieu Manor School, Thringstone LE67 5UG on 31st January. Start time for juniors is 10:15, men 10:55 and women 11:05. Course is a single lap of about 5 miles and studs are recommended because of some rocky ground. A good course and a decent amount of free parking available.

**Race 5** is put on by Hinckley and takes place at Bosworth Battlefield Visitor Centre on 14th February. Juniors off at 10:30 and adults at 11:00. Special parking for runners at a cost of £1. Course is 1 long lap and 1 short lap making a total of 5.35 miles. Toilets available at the visitor centre.

Entry fee for each race is £2.50 payable on the day to either Mike Stiff, Bob Pople or Pete Williams.

Check out the website for more details:  
[www.derbyrunnerleague.co.uk](http://www.derbyrunnerleague.co.uk)

## Club Presentation Night

The inaugural Wigston Phoenix RC Presentation Night will be held in the Lounge at Wigston British Legion at 7.30pm on Thursday 21st January 2010. The cost is £3 per person and includes one free raffle ticket for which the top prize is a **£40 gift voucher** from Rob Pullen's Leicester Running Shop. We have requested that Committee members donate additional prizes and members are also welcome to provide other voluntary gifts. Proceeds from the raffle will be donated to a nominated charity.

As well as the usual club trophies for performance and contribution, we will again be issuing the club standard awards for 2009 and a splendid buffet will be provided. Please make a note of the date in your diaries and join us for the club's first social event for 2010.

## news in brief

### New Members

Welcome to ex-OWLS members **Mark Powell** who joined the club second claim in December 2009 and to **Neil Carter** who joined first claim in January 2010

### Membership Updates

We had 113 paid up club members during 2009. This represents a net loss of 11 members during the year represented by 27 people not renewing their membership and 16 new members joining.

With regards to the 2010 membership fee the Committee has agreed to keep the cost at £18 with a 50% concessionary rate. This is to be payable from the date of the AGM, 9th February 2010 onwards. Further details will be made available in the next newsletter and members will be asked to renew by April 2010 or their membership will have deemed to have lapsed.

### On Display

A new notice board has been purchased for use on Tuesday nights at the Legion. The intention is to use for dates of next races, names of new members, formal meeting dates and other variable information as required on a weekly basis. Entry forms, results, race information, newsletters and other club information will continue to be made available on the pool table for general viewing.

### Club Kit

Members will be aware that we have run out of certain sizes of club vest from the initial order of 100 that was provided. We have a further 22 vests on order comprising of size 10 for ladies and L, XL and XXL for men. Our suppliers have informed us that delivery is expected by the end of January. You will be entitled to a free vest if you previously owned an OWLS vest but for new purchases the cost will be £13.50 and are available from Mike Stiff. We continue to research the options for other club kit that we will make available during 2010.

### Menphys Walk

This annual event takes place on Sunday 9th May 2010 from 8am at Wigston Liberal Club. There are 3 different distances and walk 3 of 14 miles may be attractive to members to use as a running route as in previous years. Further details are available from the website [www.menphys.org.uk](http://www.menphys.org.uk)



# 2010 fixtures

## JANUARY 2010

- Thurs 21st** Wigston Phoenix RC Club Presentation Night (7.30 pm)  
**Sun 24th** Leics Road Running League, race no. 2, **Barrow 6** (10.30 am)  
**Sat 30th** Midland XC Championships, Stafford Common  
**Sun 31st** Derby Runner XC, **race no. 4**, Grace Dieu (11.00 am)

## FEBRUARY 2010

- Sun 7th** Charnwood Hills Fell Race, 13 miles, Anstey (10.00 am)  
**Tue 9th** Wigston Phoenix RC Club AGM (8.30 pm)  
**Sun 14th** Derby Runner XC, race no. 5, Market Bosworth (11.00 am)  
**Sun 21st** Leics Road Running League, race no. 3, **Kibworth 6** (10.30 am)  
**Sat 27th** National XC Championships, Leeds  
**Sat 27th** Belvoir Challenge, 15 or 26 miles multi-terrain (9.00 am)  
**Sun 28th** Derby Runner XC, Final, Sinai Park, Burton on Trent (11.00 am)

## MARCH 2010

- Sun 7th** Leics Road Running League, race no. 4, **Stilton 7** (10.30 am)  
**Sun 7th** Newtons Fraction Half Marathon, Grantham (10.30 am)  
**Sun 7th** Stafford 20 (10.30 am)  
**Sun 14th** Leics Road Running League, race no. 5, **Markfield 10K** (10.30 am)  
**Sun 21st** Ashby 20, Ashby de la Zouch (10.00 am)  
**Sun 21st** Stafford \_ marathon (10.30 am)  
**Sun 21st** City of Lincoln 10K (11.00 am)  
**Sat 27th** Charnwood Marathon, 15 or 26 miles, Quorn (9.00 am)  
**Sun 28th** Milford 21, multi-terrain, Cannock Chase (11.00 am)  
**Sun 28th** **Desford 10K**, Summer League 1 (closed race) (10.30 am)

## APRIL 2010

- Sun 4th** Livingston Relay, Loughborough University (10.30 am)  
**Mon 5th** Stanwick 10K, Northants (10.30 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)  
**Fri 16th – Sun 18th** Training Weekend, Peak District  
**Sun 25th** London Marathon  
**Sun 25th** Shakespeare full & Half Marathon, Stratford (9.30 am)

## results // dec 09 - jan 10

### Christmas Handicap Race, 7.5 miles, Burton Overy. 20.12.09

1	John Mason	53.20	1st Male
2	Rob Nurse	48.45	2nd Male / Fastest time
3	Mike Smith	64.50	3rd Male
4	Les Chesterton	51.50	1st MV50
5	Mike Stiff	55.12	1st MV40
6	Clive Jones	56.10	
7	Ken Piggin	56.15	
8	Colin Baxter	51.34	
9	Mick Jordan	55.56	
10	Julie Usher	63.26	1st Female
11	Rob Gregory	51.49	
12	Jon Gunnell	64.34	
13	Phil Bell	55.34	
14	Stu Fry	61.20	
15	Kerry Jessop	67.02	2nd Female
16	Jo Steane	71.11	3rd Female
17	Manu Patel	68.53	
18	Carole Priestley	68.39	1st FV50
19	Will Mason	55.33	
20	Pete Sylvester	69.01	
21	Bob Pople	76.10	
22	Sandra Long	74.27	1st FV40
23	Geoff Merrington	95.12	
24	Richard Pearson	73.21	
25	Pete Greer	87.41	

### Barrow 6 mile Boxing Day Handicap. 26.12.09

199	Graham Garner	57.38
240	Geoff Merrington	67.30

### Huncote Hash XC, 6 miles. 03.01.10

5	Jonathan Burch	44.09	
15	Paul Hood	45.59	
23	Louise Gibson	47.59	1st Lady
42	Rob Gregory	50.29	
67	Les Chesterton	52.47	
179	Richard Pearson	66.47	
216	Pete Sylvester	73.13	
223	Carole Priestley	74.16	
231	Dave Muddimer	75.24	

### County XC Championships, Brocks Hill Park. 09.01.10

<b>Masters Women (6K)</b>			
5	Julie Lamb	31.27	

### Masters Men (10K)

9	Jonathan Burch	39.58
27	Colin Baxter	44.49
30	Rob Gregory	46.09
38	Craig Baker	47.44
39	Les Chesterton	47.47
40	Mick Jordan	48.38
44	Nigel Ayres	50.36

### Ashby 5 miles. 17.01.10

2	Mark Powell	25.35	257	Ray Draycott	37.40
16	Neil Carter	28.14	258	Maxine Powell	37.40
17	Jonathan Burch	28.20	278	Kirsty Walker	38.16
34	Rob Pullen	29.20	284	Dave Wilmot	38.45
67	Rob Nurse	30.56	308	Ian Griffiths	39.36
85	Rob Gregory	31.35	356	Sandra Long	42.03
102	Colin Baxter	32.01	363	Dave Muddimer	42.21
145	Craig Baker	33.42	377	Carole Priestley	43.42
160	Clive Jones	34.27	382	Jo Steane	44.00
188	Mike Stiff	35.02	397	Yvonne Dunmore	45.09
233	Ron Walton	36.44	434	Bob Pople	48.17

## Newsletter contacts

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**WIGSTON  
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RUNNING CLUB