



# FLAMIN

## NEWSLETTER



## Grace Dieu Cross Country

Derby Runner Cross Country League Race 4:  
31.01.10, Grace Dieu, Whitwick, Coalville.

A cold, crisp morning enticed 17 Men & 1 Lady from Wigston Phoenix to the grounds of Grace Dieu Manor for the 4th Derby Runner XC race. The grounds to the Manor are spectacular, although it seemed we were running through the woods for most of the time. The conditions underfoot were slippy and the course was challenging as we made a series of steep climbs and descents within the woods. The path twisted & turned through the trees and then through the stream for the first time. A shock to the system brought on by the ice cold water made most of us shout out. A sound that could be heard through the wood as one by one others had the same experience!

Ron Pullen put in another good run to finish 21st and our only lady runner Kirsty did really well to finish 31st lady. Thanks to Mike for the final tables. Unfortunately, no room in this issue to show them, so look out at the Legion for the results.



### Desford 10k - NEW Date

The Desford 10K Summer League 1 race has been moved from Sunday 28th March to **Sunday 23rd May** following consultation between Desford Striders and the Leicestershire Road Running League (LRRL). This will still be a closed event as previously advertised and the normal winter league race entry fee of £2.50 will apply. Runners will also be required to use their **Winter League race number for the event** so you are asked to not discard your number after the Markfield race.

### Norman Bennett 3 Mile Track Handicap

Our annual handicap in memory of Norman will be held at Manor Road Track on Friday 21st May. Full details of the event - ie the location of the venue after the race - are yet to be decided, so at this stage, this is one for your diaries. Please make a note, so we get a good turn out for this special, and different, event.

### Rothley 10K - 15th June 2010

2010 is the 25th anniversary of the holding of the Rothley 10K and the organisers have decided that the first 500 runners who enter before the 1st June will receive free commemorative tee shirts. Entry forms are available at the Legion.

# 2009 Financial Report to the AGM

The club split during 2009 had a major impact on the use of financial resources of the former Legion Section of OWLS AC. A surplus of £3,431 was made in 2009 and mainly supported by the amount of £3,598 received for the distribution of OWLS club funds as negotiated and agreed. Extra costs were incurred as a result of the club split, mainly losses on kit of £1,748 and affiliation costs of £550, but a major saving was made by not having a Section Levy of £1,500.

The subscription fees income increased by £115 during the year due to the rate increasing from £15 to £18. We welcomed 16 new members and there were 27 leavers during 2009. A further net amount of £51 was received in donations from individual members.

The Round Leicester Relay and Livingston Relays were subsidised as free races to members in 2009. Many thanks again to Ramon Howe and Mike Stiff for organising the collection of individual race fees from Legion members for the block entries submitted by the club. The holding of the Derby Runner cross country race in November resulted in an income of £140.

With regards to social events a number of successful events were held during the year. There were two training weekends, a Christmas Handicap race, a Track Handicap race, a Presentation Evening, and a Christmas and new club launch party. The £60 ticket cost of attending the LRRL Presentation Evening was subsidised in November.

The John Fraser 10 road race was staged again as a LRRL event. A best ever net profit of £1,131 was made from a record entry of 570 runners. The main expenditure for the event was 600 sports socks as race mementoes and accounted for £2,250 of the overall expense of £3,706.

The Sundry Expenses of £144 was mainly incurred by the Secretary and Treasurer. This reflected the increased communication required during the year. Thanks to the newsletter team for their ongoing support to the production and distribution of the club newsletter which cost £215, including one colour issue. Publicity of £137 was incurred for forms and a banner.

The money spent on trophies and engraving remained high due to the necessary updating and refurbishing as organised by Ramon Howe. The facilities used at the Legion were provided free of charge during 2009 but an increased donation of £100 was given to the Poppy Appeal.

The annual £100 charity donation was made to Menphys. A payment of £57 was made to Rainbows following income collected at the Xmas Handicap for food donated by members.

The membership rate for 2010 has been agreed by the Committee to be kept at £18. For the year ahead the financial independence now attained provides opportunity for the new club to be further developed and for specific items to be subsidised as and when agreed by the Committee.

*Mick Jordan, Treasurer*

# Wigston Phoenix AGM February 2010

**Perhaps this year's AGM can be summed up by the comments of Bernie Baggott at the end when he said "that was the most enjoyable AGM we have had for some years – no arguments and no aggro!"**

The general atmosphere was that, as a new independent club, we are now masters of our own destiny and free to make decisions which will be in the interests of our members.

The only motion on the table was the adoption of the club Constitution but unfortunately copies of this were not available to the meeting so it was not possible to vote on it. The constitution will be on display at the Legion in the near future and members will be free to comment on it. Subject to any comments, the committee were empowered to adopt the Constitution.

The Chairman gave his opening address, outlining his objectives and aspirations, the Secretary reported on progress so far, including discussions with Oadby & Wigston Council and with England Athletics on the Network Bid, and the Treasurer gave his financial report, confirming that club finances are in a healthy state. (Full details are elsewhere in this Newsletter)

The Chairman and Treasurer were re-elected unopposed. The Secretary, Ramon Howe wished to stand down but will remain in place until the position is filled. He will remain on the committee until 30 September 10.

All other members of the committee wished to continue. Some responsibilities are being re-allocated and a full list of the committee and their duties will be in the next newsletter.

Finally, Men's captain Colin Baxter and Ladies' captain Carole Priestley reported on the club's position in competitions and gave their thoughts on their role for the future.

The AGM simply confirmed what we all know – Wigston Phoenix is well and truly "up and running", with a pro-active Chairman, a strong committee, an enthusiastic and growing membership and a sound financial base.

*Ramon Howe 20 02 10*

## Livingston Relays

The Relays this year are being held on Easter Sunday 4th April at the same venue at Loughborough University. The 3 mile course is on traffic free roads largely within the University campus. Those of you who were there last year saw a change in the start / handover point, but we are reverting to the original position this year.

The relays present a different and interesting challenge, generating a team spirit quite unlike a normal road race as each member of a team runs very much for each other. I am hoping Wigston Phoenix will enter several teams this year to make our mark on the event. Each lap is 3 miles, men's teams comprising 4 runners and ladies 3.

Details will be at the Legion shortly, asking you to enter your names if you are interested in running. Give it a go!

*Ramon Howe*



Rob Nurse



Tania Brandon

## Wigston Phoenix 2009 Presentation Evening Awards

1. Outstanding female performance	Louise Gibson
2. Outstanding male performance	Paul Hood
3. John Fraser award (o/s vet )	Julie Lamb
4. Cross Country runner	Tania Brandon
5. Best Newcomer award female	Louise Gibson
6. Best Newcomer award male	Rob Nurse
7. Most improved league female	Jane Fraser
8. Most improved league male	Rob Pullen
9. Most improved marathon	Ken Pigginn
10. Most improved half marathon	Jane Fraser
11. Liz mcaffrey female merit	Jill Judson
12. Norman bennett male merit	Colin Baxter

## LRRL Race 3 - Stilton 7 Sunday 7th March 2010

**Date:** Sunday 7th March

**Start Time:** 10:30am

**Location:** THE STUTE (Holwell Sports Club) Asfordby Hill, Nr Melton Mowbray, LE14 3RD

The next LRRL race is the Stilton 7 on Sunday 7th March at 10.30am. Hoping for serene, spring-like weather!

The race is held at Asfordby Hill, near Melton Mowbray. Whilst this venue has not been used for a number of years, the 2 lap course will be familiar to many of you. For some years, it was used for the Livingston Relays. It includes quite a tough climb and, of course, you have to do it twice. Good for spectators!

Go up the A46 to Six Hills Hotel, take B676 then A6006 and go through Asfordby to the village of Asfordby Hill. Go left and in 100 mts marshals will direct you to parking. The Registration is at The Shute (Holwell Sports Club) LE14 3RD. Remember your number!

## news in brief

### New Members

Welcome to **Simon Cooper** who joined the club in February 2010.

### 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.

This is to be payable from the date of the AGM, 9th February 2010 onwards. Members are requested to renew by the end of April 2010 or their membership will have deemed to have lapsed.

Payment can be made in the following ways:

- 1) Send by post to the membership secretary (details available upon request)
- 2) Direct payment at the Legion on Tuesday training nights.
- 3) Internet banking transfer – bank details for the club are available on request.

Please make cheques payable to **Wigston Phoenix RC**.

The Committee have also agreed that anyone receiving a LRRL 100% award during 2010 will be given Honorary Membership for the following year.

New membership cards are due to be printed and will be distributed in due course.

### Mark Powell / Neil Carter

You will be aware that these two quality runners have joined us from Owls AC and we are delighted to welcome them on board. They have each joined us on a different basis.

Mark, who as you will know is an elite athlete and one of the best in the County, has joined Tipton Harriers first claim. With Tipton, he expects to compete in all the major national and regional championships and he comes to us as a second claim member. This will enable Mark to run for Wigston Phoenix in local cross country and road running leagues and other events where he will be a major asset.

The transfer of an athlete from one club to another can become protracted if the club holding the athlete's registration objects, as was the case with Mark. However matters are now resolved and Mark will be free to run for Tipton and Wigston Phoenix from 1st April 2010.

The bonus with Mark is that he was preceded at the club by Maxine Powell (British 1500mts runner at the Barcelona Olympics 1992) and she is already doing great things for us.

Neil's case should be more straight forward. His is a simple case of changing first claim membership from Owls to WP. However, the matter has also become rather protracted as paperwork does not seem to have reached England Athletics. However, as we go to print, this is being chased and we hope to have Neil competing for us soon.

# 2010 fixtures

## FEBRUARY 2010

- 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)  
**Sat 20th** Midland 12 & 6 Stage Road Race Relays, Sutton Park  
**Sun 21st** Ashby 20, Ashby de la Zouch (10.00 am)  
**Sun 21st** Stafford Half marathon (10.30 am)  
**Sun 21st** City of Lincoln 10K (11.00 am)  
**Sun 21st** The Beacon Easter Bunny 10K Run, Beacon Hill (12 noon)  
**Sat 27th** Charnwood Marathon, 15 or 26 miles, Quorn (9.00 am)  
**Sun 28th** Milford 21, multi-terrain, Cannock Chase (11.00 am)

## 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)  
**Fri 16th – Sun 18th** Training Weekend, Peak District  
**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 \_ 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)

# results // jan 10

## Barrow 6 miles. 24.01.10

19	Neil Carter	34.08	322	Dave Wilmot	46.29
29	Jonathan Burch	34.39	329	Ron Walton	46.47
47	Rob Pullen	35.48	354	Ian Griffiths	47.57
59	Paul Hood	36.34	385	Sandra Long	49.38
92	Rob Gregory	37.48	412	Carole Priestley	51.13
154	Craig Baker	40.17	416	Richard Pearson	51.37
170	Les Chesterton	40.50	422	Jo Steane	51.54
180	Clive Jones	41.20	426	Dave Muddimer	52.09
188	John Mason	41.34	431	Mark Thompson	52.32
208	Mike Stiff	42.27	442	Yvonne Dunmore	53.37
223	Jane Fraser	42.58	452	Graham Garner	54.25
266	Ray Draycott	44.33	464	Andrea Hulett	55.19
303	Ian Fraser	45.48	479	Bob Pople	56.17
311	Tom Muddimer	46.06	512	Katy Goult	62.56
315	Tania Brandon	46.14	522	Geoff Merrington	69.55
317	Maxine Powell	46.16			

## DRL 4 XC, Grace Dieu. 31.01.10

### Men

21	Rob Pullen	34.55
77	Rob Gregory	37.58
82	Colin Baxter	38.17
100	Craig Baker	39.36
126	Clive Jones	41.04
130	Phil Bell	41.19
149	Les Chesterton	42.01
179	Mike Stiff	44.02
192	Dave Wilmot	44.50
204	John Mason	46.53
206	Stu Fry	47.12
207	Andy Hummel	47.14
210	Ray Draycott	47.22
225	Richard Pearson	49.06
227	Paul Rigby	49.39
234	Dave Muddimer	53.25
242	Bob Pople	63.27

### Women

31	Kirsty Walker	44.47
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## Charnwood Hills Fell Race. 07.02.10

79	Will Mason	1.49.57
85	Julie Lamb	1.50.42
271	Ray Draycott	2.12.36
405	Sandra Long	2.35.42

## DRL 5 XC, Market Bosworth. 31.01.10

No times available on provided results

### Men

1	Mark Powell	
79	Rob Gregory	
97	Les Chesterton	
104	Clive Jones	
119	Dave Wilmot	
134	Mike Stiff	
168	Ray Draycott	
186	Stu Fry	
196	Dave Muddimer	
198	Pete Sylvester	

### Women

7	Sam Winters	
40	Tania Brandon	
80	Carole Priestley	

## Newsletter contacts

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**WIGSTON  
PHOENIX**  
RUNNING CLUB