



FLAMIN NEWSLETTER



Norman Bennett 3 Mile Handicap Race



Friday 21st May, Manor Road Running Track. Grand Prix Race 1



The first race of the 2010 Grand Prix series took place on a perfect sunny evening at Manor Road track, as 26 runners lined up for the Norman Bennett 3 Mile Track Handicap.

Predicted base time was 27:45, and first off was Pete Greer, who unfortunately was to later succumb to a calf injury. Next off was guest runner Rebecca Griffith 30 seconds later, and the pace that Rebecca set had many on the sidelines already thinking it could be a race for second! The remaining runners set off over the next 9m50s. with Paul

Hood last man away. All down the field there were battles as runners fought for bragging rights and Grand Prix points.

Ultimately as many had predicted, Rebecca was to prove victorious, with an excellent time of 23m49s, well inside her predicted time of 27m15s. Next home, to complete a family double, was Ian Griffith to take the win in the Mens Grand Prix, followed by Mike Stiff and Dave Wilmot, both well inside their predicted times.

Coming home in 6th overall and taking first place in the Womens Grand Prix, was Jo Steane, followed by Carole Priestley and Anne Boulger. There were

many good performances, with half of the field within 35 seconds of their predicted time, thanks to excellent handicapping from Bob!

Fastest man was Paul Hood in a time of 18m05s, and fastest lady was Jane Fraser with 21m08s.

It was a very enjoyable evening, helped greatly by nice Summer weather. Thanks to everyone that took part, and also thanks to everyone that helped out organising the event both beforehand and on the night. Results & info can be found at: www.wigstonphoenixgp.co.uk

Mark Thompson





Brecon Beacons Training Weekend

23rd - 25th April 2010

First problem how were we going to get there? Somehow after a short deliberation on the Tuesday night we seemed to have a plan, easy. At this point I would like to thank those people that volunteered to drive and get us all there.

Friday, so cometh the day, St George's day to be exact, the majority of us set off Friday morning and enjoyed a gentile drive to South Wales. There was a little respite stop at Ross-on-Wye for a little something to eat, and maybe a beer to give us the courage for that final push into Welsh territory. Eventually mid-afternoon we made it to the cottages near Llangynidr. Choosing our rooms should have been easy, with such depleted numbers we could almost have had a bedroom each, but somehow too much choice made the task harder. The accommodation was comfortable, however our hosts were not the most welcoming, but that wasn't going to stop us enjoying ourselves. Once unloaded and unpacked the keener members ventured for a preliminary run, which included conveniently booking us into a suitable hostelry for that evenings repast. Once washed and clean we ventured off to the local village of Llangynidr, taking in the local scenery, eventually arriving at the Red Lion for a very enjoyable meal, and a few beers as well. Here Phil and Soph, late starters, managed to catch up with us. We retired to the cottages, where we spent the remainder of the evening enjoying a few drinks and nibbles, cordially served by Phil. Through the night the numbers dwindled and by 2AM the last of us had made our way to bed, which compared to some training weekends was quite early.

Onto Saturday, the morning was a worry, two key members (Les and Carole) were missing, who would take up the mantle of the tea run first thing? Step forward Mel and Julie, teas were duly served and the day could begin as it should. With low numbers it was decided that we would only have one running group, but once again the issue of no Les raised it head, who would lead this merry band into the wilds of Wales? This time it was Rich's turn to show his leadership skills and navigate our fearless runners over the Brecon hills. So off set Rich, Alison, Tania, Craig, Nigel, John, Soph, Yvonne and, on her first training weekend, Kirsty. On this occasion we had

two walking groups, the hardier group of Julie, Mel and Pete set off for a long and hard trek, whilst Phil, Sid and Imogen drove to the canal and had an amble along the towpath. The amblers were first back, ready to start work on breakfast, followed by the hardier walkers, and after 3 hours the runners were back. All seemed very happy with the run and route, so top marks to Rich. Once back it was time to shower and tuck into a hearty home cooked English breakfast.

With stomachs full it was time to relax. For some this meant a jaunt to the Coach and Horse Inn and the Red Lion to sample more of the local wares. And, for the rest of us it was a lazy afternoon reading, drinking and soaking up the sun, on what was a most glorious day. Early evening we managed to burn a few items on the barbecue, nicely washed down with a bit of wine. An impromptu game of cricket played using a branch as a bat and a chair as

stumps provided the entertainment, and when it was too cold to stay out we retired to the lounge, where John insisted on having music and dancing. There was a notable exception though, we were missing a stalwart party person, Soph had ducked out early, even Imogen stayed up later, an era had passed us by. Once again we partied to the early hours and by 1AM we were safely tucked up in bed.

Sunday was here, our final day. Teas were duly served, and once again the runners set off with Rich at the head. It also saw a second running group, Pete, Mel and Julie, wary of their injuries, had saved themselves for the last day, and duly set off.

Pete's injury would take it's toll on his run, but Mel and Julie made it back very happy with their efforts. The main group, who were meant to be doing a 2 hour run made it back in 3 hours, with mutterings of "Come back Les". A cooked breakfast soon had everyone feeling better, until that sad moment, when as always, we had to pack up and head home.

A big thank you to Alison Wright, Imogen Greer, Julie Usher, Tania Brandon, Kirsty Walker, Mel Prusek, Craig Baker, Nigel Ayres, John Mason, Soph Palmer, Phil Palmer, Yvonne Dunmore, Richard Pearson and Pete Sylvester for a most entertaining and enjoyable weekend.

Next training weekend will be Glossop, in the Derbyshire Peak District, 12-14 November. We have room for 24 people and the list will be going out once the accommodation has been confirmed. A £20 deposit will be required straight away.

Sid.



On Course for Promotion!

Whilst promotion is not determined until the end of the Summer Series, Wigston Phoenix are well on course to achieve their objective of promotional from all 4 Divisions following completion of the five Winter League races.

Carole as Ladies Captain has a vital role to play in the Summer League and that is to ensure we field a minimum of 4 runners for each race, when promotion will be virtually guaranteed. Failure to field a team in any one race could be disastrous and spoil all the good work done over the season. Go for it ladies!

The men's position is under some threat from Desford, West End and Harborough, any one of whom could challenge us for the 2nd promotion spot. The good news is that Mark Powell, Neil Carter and Alex Webster are all able to count for us in the Summer League and this should make a huge difference to our team performances. So, over to Mens Captain Colin to ensure we get out as strong a counting 8 as possible to ensure promotion.

Leading positions after the Winter League:

Men Div III		Men Vets Div III	
Charnwood	80	Charnwood	75
Wigston Phoenix	63	Wigston Phoenix	66
Desford	57	Beaumont	61
West End	57	Desford	56
Harborough	55		

Women Div III		Women Vets Div III	
Wigston Phoenix	91	Harborough	74
Harborough	78	Wigston Phoenix	72
Ivanhoe B	69	Nuneaton	58
Shepshed	65	S. Derbys	54

NB - This does not include the Desford race.

Note from the Secretary

A very quick Hello from me now that I am just about settled in the role of Secretary.

The first and most important thing for me to do is to thank Ramon Howe for many years of service to first OWLS and then Wigston Phoenix as Secretary, and Race Director of the John Fraser 10. And further thanks for the advice and information he has given me to get started...I think I am going to have a tough job living up to his high standards.

As a new club, we have a great opportunity to take the elements that made us successful as OWLS, and supplement them with new, fresh ideas.

The focus of Wigston Phoenix so far has been to set up the infrastructure of the club, but now that is in place we can start looking at ways that we can improve both the social and running environments.

Over the coming months you will hopefully start to see some of these ideas come to fruition, but we need your feedback (good or bad) to ensure that we are giving you what you want and in the way that you want it.

We have a strong committee helping to do this, but ultimately we need your input and support to make it successful.

Looking forward to working with you all, seeing new (and old) faces in the Summer League, the Pub Runs and other social events over the Summer.

Have a successful summer of running!

Mark Thompson

news in brief

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).

Fees have been payable since the date of the AGM, 9th February 2010. Members that have not paid as yet will now be formally asked to pay their outstanding fees or their details will be removed from the membership list and also be unable to compete for the club as an affiliated athlete.

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.**

London Marathon 2011

The time limits for the good for age entries have been increased for 2011. For example men (18-40) are now accepted up to 3.10 and women (18-49) have a qualifying standard of 3.50. Full details of the categories and times are available on the race website www.virginlondonmarathon.com. You will need to provide proof of performance and proof of age by the closing date of 21st August 2010. If you have any questions the London Marathon office can be contacted on 0207 902 0200.

Rainbows 100 Lap Challenge - Friday 16th July 2010, Saffron Lane Sports Centre.

For a team of 20 runners each person will run 5 individual 400 metre laps (e.g. 1, 21, 41, 61 & 81). Or if you enter a team of 15 the number of laps each person will run increases. e.g. (15 x 6) + 10 additional laps.

What better way to remove the frustrations of another England World Cup performance than to blast around a 400 metre running track aiming to set a new event record (2hr 17.08 - Huncote) & bringing home the trophy.

Last year, team spirit was at the forefront of the event, every runner getting encouraged from start to finish. Also families and friends can cheer you on from the grandstand. It is a unique opportunity to view a complete race from beginning to end. Entry to Saffron Lane is free, with ample car parking.

Entries close on 31st May. Please add your name to list if you would like take part in this great team event.

2010 fixtures

MAY 2010

- Wed 26th** Corby 5, East Mids Grand Prix 4 (7.45 pm)
Mon 31st Amesby 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)
Fri 4th King Lears Lake 1 Mile (7.30 pm) & 5K (7.45 pm),
Watermead Park, Thurmaston
Sun 6th Swithland 10K, LRR L 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, LRR L 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

- Fri 2nd** King Lears Lake 1 Mile (7.30 pm) & 5K (7.45 pm),
Watermead Park
Wed 7th Hungarton 7, LRR L 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)
Fri 30th Heanor 5 miles, Shipley Hall (7.30 pm)

JULY 2010

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

results // may 10

Hinckley 1/2 Marathon. 09.05.10

1	Mark Powell	1.10.55
26	Paul Hood	1.24.09
33	Rob Nurse	1.25.04
167	Jane Fraser	1.38.13
168	Keith Markley	1.38.14
298	Ron Walton	1.45.06
591	Carole Priestley	1.57.39
659	Lisa Hallam	2.02.10
699	Mark Thompson	2.03.58
751	Karen Rogers	2.07.02
813	Bina Sargeant	2.12.42

Wymeswold Waddle 5. 16.05.10

78	Maxine Powell	36.04
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Norman Bennet 3 Mile Handicap - Manor Road. 21.05.10

Pos	Name	Time	Handicap	Actual Time	
1	Rebecca Griffith	24.09	0.30	23.49	1st
2	Ian Griffith	25.22	2.30	22.52	2nd
3	Mike Stiff	26.18	7.10	19.08	3rd
4	Dave Willmot	26.55	6.00	20.55	
5	Ron Walton	27.31	6.00	21.31	
6	Jo Steane	27.31	2.35	24.56	
7	Ray Draycott	27.33	6.10	21.23	
8	Carole Priestley	27.33	1.30	26.03	
9	Mark Thompson	27.46	3.30	24.16	
10	Anne Boulger	27.47	3.45	24.02	
11	Rob Gregory	27.48	9.15	18.33	
12	Jane Fraser	27.53	6.45	21.08	Fastest Woman
13	Paul Hood	27.55	9.50	18.05	Fastest Man
14	Jon Gunnell	27.59	3.45	24.14	
15	Dave Muddimer	28.05	3.30	24.35	
16	Clive Jones	28.09	8.30	19.39	
17	Alison Wright	28.19	1.10	27.09	
18	Tim Fergusson	28.38	6.20	22.18	
19	Colin Baxter	28.41	9.30	19.11	
20	Richard Pearson	28.44	4.15	24.29	
21	Ian Fraser	29.05	7.15	21.50	
22	Mick Jordan	29.17	8.15	21.02	
23	Rob Hames	29.17	7.00	22.17	
24	Bob Pople	29.24	0.45	28.39	
25	Ken Piggitt	29.43	7.40	22.03	

DNF Pete Greer 0.00

Base time for handicap - 27.45

Newsletter contacts

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**WIGSTON
PHOENIX**
RUNNING CLUB