



Prestwold 10k in the Heat

LRRL Summer League Race 3, 27th June, 2010

We were all flagging in the heat!



The Wigston Phoenix sail-flag, designed and produced by Colin Baxter, made an effective debut at the Prestwold 10K on 27th June. A small, but select band of WP runners began to assemble by Mike Stiff's car, attracted by the fine flag and a full water container in his boot..

The morning was fine and sunny, but by 10 o'clock it was already very hot, with little or no wind. The course, largely on the site of an old air-field, is notorious for its lack of shade. Clearly,

the conditions deterred some of our runners from turning up and, whilst we had a full squad of men, we only had 3 Ladies as start time approached. Thankfully, the call went up that Jo Howell had arrived and we had a full complement of 4.

Alex Webster was present and led our team home in a time of 36.04, exactly the same as last year when conditions were more favourable. We were without Mark Powell, Rob Pullen, Rob Gregory, Paul Hood and Neil Carter

for this race, so a chance for others to get into the counting 8. Rob Nurse was next in, but he struggled a little as he is still troubled by injury and was not feeling great. Colin was next in but perhaps the best performance was by Clive Jones who looked at one stage as if Les might catch him, but he then pressed on and swept ahead of Mike Stiff. Clearly, Fell racing at Hebden Bridge is good for him!

Completing the counting 8 were fine runs from Nigel Ayres and Ray Draycott. Further back, but finishing well in a cloud of steam, was Mark Thompson and Rhys Davies has fitted neatly into the sweeper role since rejoining the club. He had picked up a fading Jo Steane and helped her over the line. Chivalry is not dead! The tough conditions did not prevent Bob Pople and Pete Greer from completing the course. Well done fella's.

The ladies team was led home by Tania Brandon in a good time of 48.31 and she was followed home by Jo Howell – another good performance from her and a major contributor to the team. Captain Carole, ever reliable, was not far behind and the team was completed by the aforementioned Jo Steane, ushered over the line by Rhys.

As I write this epistle, team results are not yet available but our performances should keep us well on course for promotion in all categories. Well done to everybody in very difficult conditions.

Ramon Howe 04 07 10

Ron, Jill and Tim



Ron & Jill's Wedding Run

July 3rd, 9.30am Bradgate Park

Phoenix & Wetstone Harriers turned out in their numbers for Ron and Jill's pre-wedding breakfast. In brilliant sunshine runners enjoyed the Charnwood countryside for a good one and half hour run before returning for coffee and cakes. Later in the day the wedding ceremony was conducted by our own Tim Ferguson. *Congratulations to Ron and Jill.*



Howard Baker

Many of you in the club will remember Sue Baker, a long serving member of Owls AC who was a keen runner and competitor, and ran many races for us, right up to the LV60 category. Sadly, I have learnt that her husband Howard died on the 7th July after a short illness. I have sent Sue our condolences on behalf of the club. Howard was very supportive of Sue in her athletics and always helped us on John Fraser race day, usually as an efficient director of traffic at the College gates. Sue wished to be remembered to club members, is keeping fit and will perhaps get to the club again in the future.

Huncote 5

Mick Hall photography attended the Huncote 5 race and given that we had 41 finishers in the event there are quite a few photos available of Wigston Phoenix runners. The prices start from £6.95 for a 6x8 print. The details can be found on the following website:

www.mickhall-photos.com

As we go to press there seems to be a number of discrepancies with the provisional results for the Huncote 5 race. We will therefore include the finalised set of results in the following newsletter.

Watermead Challenge

14th July, 2010. 5 miles

After the cancellation of the 5k summer series around this course I turned up expecting 50 or so runners in this midweek event. To every ones surprise, as few pre-entries, over 130 runners lined up. The race attracted some of the counties leading runners.

Watermead is one of the most scenic course to run, its fast, flat and traffic free. A definite PB course.

Congratulations to Wreake Valley rotary, I hope this becomes an annual run.

Ray Draycott



Ray, Paul & Dave at the Desford Quarter Marathon



A perfect baton change at the 100 lap challenge.

Leicester Fun Run

On Thursday 29th July 2010 at Victoria Park, Leicester, I participated in the 'Leicester Fun Run' organised by OWLS AC and the Leicester Athletics Network. There were two events – the 'Magic Mile' which took place at 7.30pm where some of Leicester's top athletes were in action and this race was by invitation only. I was grateful for this as had I took part I would have been in fear of being lapped several times! There was a staggered start for this race which was a three lap parkland course and in my opinion not ideal terrain to run a fast mile.

At 7.40pm the 'fun run' started over a 5K parkland course consisting of two laps. I felt much more 'at home' in this event although 5k is a bit on the quick side for me. The course was mildly undulating as far as Victoria Park can be and the route took us through a football pitch where a team were practising for the new season. Wayne Walker, who led the race on his bicycle warned them as he went by that they were to be imminently invaded by race participants and 'on queue' the race passed through the middle of the pitch! This was entertaining to say the least! The footballers did not seem too concerned about this; I think they quite enjoyed being in the spotlight as it certainly wasn't something which they had ever encountered before or likely to again!

The conditions on the night were ideal for racing as it was quite a cool evening with a light breeze.

The winner of the staggered start 'Magic Mile' was Alistair Watson with the fastest time going to Danny Hallam (OWLS) in 4 mins 35.2 secs.

The 5km 'Fun Run' was won by Carl Voisey in a time of 17.26.

I finished second in a time of 18.34 which was quite respectable for me after only just having recovered from my exertions at Royal Ascot!

Rob Gregory

Whissendine 6

8th July, 2010

This year sees the 25th anniversary of this race. It's set in Rutland and attracts mainly Cambridgeshire based clubs. Its 10 years since I last ran here, my only memory being a bottle of ruddles beer for finishing.

The course starts up a hill, runs down to the village centre, climbs sharply and then downhill for 2 and half miles.

With the easy bit out of the way you run a seriously undulating return. A steward told me they would like to grow the race to 400 runners but as it clashes each time with Hungerton it will be hard to do. Highly recommended.

Leicester Marathon

This year's event is to take place on Sunday 10th October. The cost is £24 for the Marathon and £20 for the Half Marathon. The closing date is earlier this year and is stated as the **10th September**. Entry is either by completing an entry form (available at the Legion) or online via the website (www.leicestermarathon.org.uk). Please note that there will be no club block entry this year. This is included as a Grand Prix race for 2010.

news in brief

New Members

Welcome to **Coral Graham, Julie Cornes, Brigitte Gaillard, Steven Blackwell, Martin Hulbert** and **Phoenix Hoyle** who joined the club recently. We also welcome back former club member **Rhys Davies**.

Membership Update

New members can join the club now for £9, 50% of the annual cost. Existing members should have now paid their fees for the year to Mel Prusek, Membership Secretary or Mick Jordan, Treasurer. Any unpaid membership fees will result in individuals being removed from the membership list and therefore be ineligible to compete for the club.

Race Cancellation

Please note that the Countesthorpe 10 (members only race) has been cancelled due to lack of numbers on the block entry. This race was scheduled for the 15th August and was due to be the 4th race in the Grand Prix series. A replacement race to be included in the 2010 Grand Prix will be added after due consideration.

John Fraser 10 – 5th September 2010

This is a reminder for volunteers required for the most important day in the Wigston Phoenix calendar. Many specific jobs have already been allocated to a small number of helpers and we now need general help on the day. A list is now available at the Legion for signing up. We require helpers for marshalling and providing drinks on the course. Even if you plan to run the race we can also use you as car park helpers before the event.

Club Kit

The distribution of long-sleeve and short-sleeve club tops is now well underway. Ian Fraser is distributing the tops according to the order list and receipt of payment. The cost is £14 for a short-sleeve top and £16 for a long-sleeve top. Cheques are to be made payable to Wigston Phoenix RC. There are a small number of spares that may also be purchased. We are also planning to introduce new items in the near future and will update members accordingly.

Round Leicester Relay

The event is to take place on Sunday 26th September 2010. A list is now available at the Legion to sign up for the event and to indicate any leg preferences. We will definitely enter 1 team and may enter 2 teams if there are sufficient numbers to run and help on the day.

2010 fixtures & club dates

AUGUST 2010

- 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)
Wed 22nd Hinckley 5K (7.30 pm) & 1 mile Fun Run (6.45 pm)
Sat 25th Midland 6 Stage Men & 4 Stage Ladies Road Relay Champs
Sun 26th Round Leicester Relay (8.15 am)

OCTOBER 2010

- Sat 2nd** Midland XC Relays, Melton
Sun 10th Leicester Full & Half Marathon (9.30 am)
Sun 10th Great Eastern Run Half Marathon, Peterborough (10.10 am)
Sun 17th Amsterdam Marathon
Sun 24th Birmingham Half Marathon (10.00 am)
Fri 29th The Skeleton 5, Beacon Hill (7.00 pm)
Sun 31st Worksop Halloween Half Marathon & Frightful Fun Run (10.30 am)

NOVEMBER 2010

- Sun 7th** Rutland Water Marathon
Sun 7th Shepshed 7 (11.00 am) & Fun Run (10.00 am)

results // june - august 10

Prestwold 10K. 27.06.10

26	Alex Webster	36.04	378	Mark Thompson	54.19
80	Rob Nurse	39.53	391	Jo Howell	55.07
108	Colin Baxter	41.09	397	Dave Muddimer	55.27
129	Clive Jones	42.13	405	Carole Priestley	55.58
134	Mike Stiff	42.24	422	Rhys Davies	57.21
148	Les Chesterton	43.02	423	Jo Steane	57.23
187	Nigel Ayres	44.54	493	Bob Pople	65.03
228	Ray Draycott	46.37	512	Peter Greer	68.48
275	Tania Brandon	48.31			

Hungarton 7 (measured at 7.25). 07.07.10

Men		Women			
79	Colin Baxter	48.10	307	Stu Fry	64.15
92	Mike Stiff	49.13	309	Mike Taylor	64.28
109	Craig Baker	49.59	321	Richard Pearson	66.46
111	Les Chesterton	50.06	332	Graham Garner	69.59
115	John Mason	50.25	339	Bob Pople	74.17
121	Clive Jones	50.41	344	Geoff Merrington	99.29
147	Andy Johnson	52.13	7	Julie Lamb	49.54
151	Nigel Ayres	52.30	18	Jane Fraser	53.51
159	Mick Jordan	53.17	19	Gail Kalsi	54.00
173	Ray Draycott	54.06	82	Sandra Long	65.17
231	Ian Fraser	57.48	86	Jo Steane	66.19
263	John Gunnell	60.19	87	Carole Priestley	66.21
295	Mark Thompson	62.43	102	Bina Sargeant	71.09
304	Dave Muddimer	63.49	108	Jo Howell	72.01

Whissendine 6. 08.07.10

0	Ray Draycott	44.47
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Desford Quarter Marathon. 11.07.10

6	Paul Hood	41.46
33	Dave Wilmot	48.59
35	Ray Draycott	49.23
102	Dave Manship	68.58

Watermead 5. 14.07.10

Men		Women		
10	Paul Hood	31.11		
33	Ron Walton	36.22		
35	Ray Draycott	36.48		
25	Jill Walton	46.57		

100 Lap Challenge. 16.07.10

1	Stilton Striders Jnrs	2.05.11	6	Birstall RC	2.20.10
2	Stilton Striders Snrs	2.13.16	7	Next Generation	2.20.56
3	Huncote Harriers	2.14.18	8	Roadhogs Leicester	2.21.07
4	Beaumont Runners	2.16.29	9	West End Runners	2.25.38
5	Wigston Phoenix	2.19.04			

Individual - Average lap times

1	Clive Jones	1.12	11	Tania Brandon	1.23
2	Rob Gregory	1.12	12	Jane Fraser	1.24
3	Tim Ferguson	1.13	13	Peter Greer	1.27
4	Les Chesterton	1.14	14	Ray Draycott	1.27
4	Dave Wilmot	1.14	15	Gail Kalsi	1.31
6	Glen Conroy	1.14	16	Ian Fraser	1.32
7	Mick Jordan	1.17	17	Sandra Long	1.36
8	Tom Muddimer	1.18	18	John Gunnell	1.38
9	John Mason	1.22	18	Bina Sargeant	1.38
10	Mark Thompson	1.23	20	Jo Steane	1.41

Milton Keynes Half Marathon. 18.07.10

541	Mark Thompson	1.55.00
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Notts 5. 21.07.10

35	Paul Hood	30.33
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Leicester 5K Fun Run. 29.07.10

2	Rob Gregory	18.34
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Newark Half Marathon. 08.08.10

111	Rob Gregory	1.30.48
257	Keith Markley	1.41.10
335	Ken Piggin	1.45.06
614	Lisa Hallam	1.58.28
703	Mark Thompson	2.03.03
900	Graham Garner	2.20.23

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**WIGSTON
PHOENIX**
RUNNING CLUB