



# The Big One - John Fraser 10

Sunday 5th September, 2010, Countesthorpe.



*10.30am and the race heads off.*



*Jon & Jill in the hot seat sorting out the results*

By 8.00am on Sunday 5th September, the Wigston Phoenix well oiled machine was underway. The College was opened up and the team started arriving to commence their various tasks. Unusually, we did not seem to have any crises and the mammoth task of setting up the course, the college and the finish area was put in hand.



*In Countesthorpe, the one armed man is king*

Some 30 members performed varied functions on the day and all are to be commended for turning up to help out. The weather was admirably suited both for the runners and also the helpers as it remained dry but was pleasantly cool and only a light breeze.

Wigston Phoenix performance of the day must go to Julie Lamb who, although not totally satisfied with her run, took the FV40 award. Well done Julie. Due to demands on the club on the day, we are generally short of runners in the actual race, so it was good to see 7 Ladies turning out. Tania Brandon finished as our 2nd lady and Jo Steane had a great run over this demanding 10 mile course, followed by Carole. Back up was from Julie Cornes, Sandra Long and Karen Rogers, ensuring our promotion from Div III as Champions. Well done ladies.

The withdrawal of Mark Powell due to work commitments, put further pressure on our men's team, but the boys did well! Neil Carter and Alex Webster had a real battle, with Neil just shading it at the finish. Martin Hulbert again confirmed what a great

acquisition he is for the club by getting home just ahead of Paul Hood. Rocket Rob Gregory came next, close to the 65mins mark, and Mike Stiff had a fine run considering he was heavily involved in admin matters at the College until a few minutes before the start, and then hurried to the College to help with the results.

It was good to see Anthony Waterfield racing for us again and very helpful it was too as he finished just ahead of Clive Jones so that these two completed a very respectable counting 8, which confirmed our promotion from Div III.

11 more Phoenix runners completed the course which was a great performance. Special mention to Colin Baxter who got to the line despite feeling quite ill, necessitating two unscheduled stops, and also to debutants Richard Grant and Dean Hassall. We hope they enjoyed their first race for Wigston Phoenix – well, at least the finishing straight!

Well done to everybody.

*Ramon Howe*

# Phoenix Rises for the Huncote 5

**Wednesday 4th August 2010.**

We had a record entry of 45, with 42 actually running, for the popular 5 mile race at Huncote. Why is it so popular? Well, it's only 5 miles, relatively flat and, as luck would have it, the weather was not too hot or windy.

Our entry was swollen by a number of debutants for the club – Martin Hulbert, Phoenix Hoyle (yes, Phoenix is his name), Julie Cornes, Coral Graham and Sonia Grant. Hope they all enjoyed the run and will compete for us many times in the future. We also welcomed back to racing Mick Jordan and Tom Muddimer and it was good to see Rob Pullen starting back again. A midweek race allows Tim Fergusson to step down from the pulpit so good to see him also.

Wigston Phoenix were close to putting out their best possible Men's team. Only Rob Nurse (injured) was absent from our top runners, and, of course, Rob Pullen will be up there with the quickest when he is fully fit again.

Mark Powell, Alex Webster, Chris Manning (another welcome fleeting visit) and Neil Carter were our top 4 counters and well done to them. Paul Hood, Martin Hulbert, Colin Baxter and Will Mason completed the counting 8, all well inside the first 100. Will pipped Rob Gregory by 4 seconds thus continuing the battle for supremacy between these fine athletes – Rob is determined to reverse the result at the next opportunity. Will he do it? Martin will clearly be a great asset for the club.

Another batch of our men's team came home in close order, including Treasurer Mick – how did he get to be wearing No 1? Must have bribed the organisers!

Our Ladies also turned out in numbers, and our top 4 were as strong as we can hope for at present. Julie Lamb had a really good run as 10th lady and 2nd LV40 so well done to her. Ever improving Maxine Powell was next in, soon followed by Jane Fraser (nicely under 35 mins) and then Tania Brandon completed the counting 4.

Julie Cornes had a fine debut, realising after a while she could go quicker so she pulled ahead of Jo and nearly caught Carol. Coral Graham also kept going well at the end and thanks to Pete Sylvester, who did as he promised and made sure that Sonia made it to the finishing line.

Well done to all that ran – a good day for the new Wigston Phoenix

*Ramon Howe*



*The Summer Pub Run at The Red Lion, Huncote*

# Hungarton 7

**Wednesday 7th July 2010.**

The Hungarton 7 is probably the most challenging race on the LRR calendar, but to make it a bit more testing, roadworks meant a change to the start and finish, and an increase to about 7.25 miles!!

Despite this, there was a very good Phoenix turnout of 20 men and 8 ladies.

The men's race was won by Gordon Lee of Leicester Coritanian in a time of 37:05, and leading lady was Nicki Nealon of Huncote in 44:13.

Leading Phoenix man was Colin Baxter in 83rd place, in an excellent time of 48:10, followed closely by Mike Stiff in 97th and Craig Baker in 116th.

Julie Lamb was first woman home for Phoenix, in 113th place overall, and second FV40 behind overall winner Nicki Nealon.

Next woman finisher was Jane Fraser in 185th place overall, followed by Gail Kalsi in 187th and 1st FV50. Sadly for Jane, she didn't turn 50 until a few days after the race!!

There were good performances from many runners, some of whom were on the comeback trail after injury and illness (they could have picked an easier race).

The terrain took its toll on some, and there were a few walking wounded at the end...but I think they sort of enjoyed it and will be back for more races!

*Ramon Howe*

## 100 Lap Challenge

The 100 Lap Challenge raised **£2,150** for Rainbows this year. The event now seems well established with much interest for next year already.

## Rainbows 5k Challenge

The Rainbows 5k for 17th October 2010 is progressing well. The Children's Fun Run at 10:30 and the 5K is at 11:00. Venue: Alliance & Leicester, Carlton Park, Narborough, Leicester, LE19 0AL. Marshals are required for the event, please contact Dave if you are available. For further details and an entry form contact David Muddimer. Email: [david.muddimer@btinternet.com](mailto:david.muddimer@btinternet.com).

## Derby Runner XC 2010/2011

<b>3rd October</b>	Sth Charnwood High School, Markfield West End Runners
<b>21st November</b>	Foremark Reservoir Ivanhoe Runners
<b>5th December</b>	Bagworth Heath (tbc) Desford Striders
<b>16th January</b>	Grace Dieu School Shephed RC
<b>20th February</b>	To be confirmed Hinckley RC
<b>6th March</b>	To be confirmed Shelton Striders

Each race is **£2** to enter and club vests must be worn. For the first event at Markfield the entry fee will be paid by the club for all paid up members so you can have a *free race* on us.

## LRRL League 2010 Final Tables

Congratulations are in order to all the runners from Wigston Phoenix who have competed in the LRRL this season. In our first season as a new Club and in Division 3 we have achieved promotion in our first year to Division 2 in the Mens, Vet Mens, Womens and Veteran Womens leagues. *Well done everyone!*

### MEN DIVISION 3

Position	Team	Points
1	Charnwood AC	197
2	Wigston Phoenix	166
3	Desford	148
4	West End	142
5	Harborough	129
6	Whetstone	111

### VET MEN DIVISION 3

Position	Team	Points
1	Charnwood AC	190
2	Wigston Phoenix	166
3	Desford	148
4	Beaumont	138
5	Leicester Tri	136
6	Whetstone	106

### WOMEN DIVISION 3

Position	Team	Points
1	Wigston Phoenix	233
2	Charnwood AC B	168
3	Harborough	163
4	Roadhoggs B	155
5	Hinckley B	152
6	Wreake B	150.5

### VET WOMEN DIVISION 3

Position	Team	Points
1	Wigston Phoenix	181
2	Harborough	169
3	Nuneaton	133
4	Shepshed	90
5	S. Derbys	68
6	Whetstone	26

## Leicestershire Road Running League Presentation Evening

This is to take place on Friday 29th October 8pm at Birstall Social Club. The cost of £5 per ticket will be paid from club funds. There will be the presentation of Individual Summer League awards, Winter & Summer 100% awards and Winter & Summer Team awards. Clive Jones, Dave Muddimer and Mike Stiff will receive 100% awards. We will receive awards for all our teams who will be promoted from Division 3 to Division 2 as follows:

**Men (2nd):** C Jones, N Carter, R Gregory, L Chesterton, M Stiff, C Baxter, R Nurse, C Baker

**Men Vets (2nd):** R Gregory, M Stiff, C Baxter, C Baker, L Chesterton

**Women (1st):** C Priestley, M Powell, T Brandon, J Steane

**Women Vets (1st):** C Priestley, T Brandon, S Long

A list is now available at the Legion to book your place.

## news in brief

### New Members

Welcome to Dean Hassall, Robert Burgin, Richard Grant and Bill Cowie who joined the club recently.

### 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. There are currently 105 club members.

### Club Kit

We will be ordering more long-sleeve and short-sleeve club tops as they have proved very popular. Please put your name on the list available at the club. We are also considering other types of kit to order such as tracksters, legging, tracksuits etc so please put forward any ideas you may have to the committee members.

### Round Leicester Relay

The event is to take place on Sunday 26th September 2010 and the team entry is being sorted by Craig Baker. Thanks to Carole Priestley who will be sorting the route marking out for Leg H Bruntingthorpe to Frolesworth on behalf of Wigston Phoenix.

### National Forest 10K – Marshals required

This new event is being held at Conkers Discovery Park on Sunday 19th September and is requesting help with marshalling. There will be a memento for each helper and Marshals will be allowed into the park after the event for half price and each child free with one full-paying adult. If anyone can help please contact Andy Buck at the following e-mail address: andy-buck@ntlworld.com

### Skittles Evening

This has been booked for Friday 15th October at the Rose & Crown in Thurnby. A notice will be put out at the Legion for members to sign up to.

### End of Year Event

It has been decided that instead of a Christmas event in December we propose to hold a celebration end of year event in January. We are still to decide on an appropriate format. Please fill in the questionnaire at the Legion or contact either Pete Sylvester or Carole Priestley to put forward any views that you have.

### Leicester Full & Half 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. Entry is now only available online via the website ([www.leicestermarathon.org.uk](http://www.leicestermarathon.org.uk)) and there is an additional service cost of £2.40. There is also the opportunity to purchase a Technical T-Shirt for £10. The race is included as a 2010 Grand Prix race.



## 2010 fixtures & club dates

- Sun 19th** BUPA Great North Run (10.40 am)  
**Sun 19th** National Forest 10K, Moira, Leics (10.15 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 3rd** Derby Runner XC, race no. 1,  
South Charwood High School (11.00 am)  
**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 17th** Running for Rainbows 5K Challenge, Carlton Park,  
Narborough (11.00 am)  
**Sun 17th** Cornerstone East Carlton 5, Northants (11.00 am)  
**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)  
**Sun 31st** Rugby 10 (11.00 am)

## NOVEMBER 2010

- Sun 7th** Rutland Water Marathon  
**Sun 7th** Shephed 7 (11.00 am) & Fun Run (10.00 am)  
**Sat 13th** Seagrave Wolds Challenge 15.7 miles (9.00 am)  
**Fri 12th – Sun 14th** Training Weekend, Glossop,  
Derbyshire Peak District  
**Sun 21st** Derby Runner XC, race no. 2,  
Foremark Reservoir (11.00 am)  
**Sun 21st** St. Neots Half Marathon (10.00 am) - Entry now full  
**Sun 28th** Clowne Half Marathon (10.00 am)

## DECEMBER 2010

- Sun 5th** Derby Runner XC, race no. 3,  
Bagworth Heath (tbc) (11.00 am)  
**Sun 5th** Cardington Cracker 9 mile fell race (11.00 am)  
**Tue 7th** Whetstone 5K Xmas Run, Blaby Boys Club (12.45 am)  
**Sun 12th** Turkey Trot Half Marathon, Keyworth (10.15 am)  
**Sun 19th** Wigston Phoenix 6 Mile Xmas Handicap Race,  
Burton Overy (10.00 am)

## results // august - sept 10

### Huncote 5. 04.08.10

#### Men

4	Mark Powell	25.52	290	Tom Muddimer	37.16
19	Alex Webster	28.12	305	Ian Fraser	37.34
29	Chris Manning	28.45	323	Phoenix Hoyle	38.29
31	Neil Carter	28.48	381	Mark Thompson	40.09
74	Paul Hood	30.42	383	Dave Muddimer	40.26
80	Martin Hulbert	30.57	390	Rhys Davies	40.51
83	Colin Baxter	31.04	426	Graham Garner	42.47
95	Will Mason	31.22	529	Dave Manship	49.45
96	Rob Gregory	31.26	540	Pete Sylvester	51.10
113	Mike Stiff	32.07			
126	Clive Jones	32.42			
139	Les Chesterton	32.55			
158	Mick Jordan	33.30			
169	Rob Pullen	33.51			
170	Nigel Ayres	33.55			
185	John Mason	34.24			
215	Craig Baker	35.10			
225	Dave Wilmot	35.27			
246	Ken Pigginn	36.09			
255	Ray Draycott	36.25			
287	Tim Fergusson	37.10			

#### Women

145	Julie Lamb	33.05
201	Maxine Powell	34.48
211	Jane Fraser	34.56
237	Tania Brandon	35.47
411	Carole Priestley	41.52
412	Julie Comes	41.58
417	Jo Steane	42.16
452	Sandra Long	43.42
465	Karen Rogers	44.18
485	Coral Graham	45.33
539	Sonia Grant	51.10

### Hermitage 10K. 15.08.10

8	Paul Hood	38.51
24	Rob Gregory	41.51
57	Ray Draycott	46.28
80	Phoenix Hoyle	49.27

### Moulton 10K. 29.08.10

170	Keith Fellows	53.26
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### John Fraser 10. 05.09.10

#### Men

17	Neil Carter	59.24	352	Dave Muddimer	87.52
18	Alex Webster	59.30	363	Dean Hassall	89.39
43	Martin Hulbert	63.11	411	Mark Thompson	96.35
49	Paul Hood	63.24	425	Manu Patel	99.19
69	Rob Gregory	65.09	436	Graham Garner	101.07
97	Mike Stiff	68.06			
128	Anthony Waterfield	70.03			
129	Clive Jones	70.18			
136	Les Chesterton	70.40			
142	Colin Baxter	71.31			
163	Ken Pigginn	73.06			
181	Ray Draycott	74.34			
277	Ron Walton	80.29			
317	Richard Grant	84.09			

#### Women

120	Julie Lamb	69.32
242	Tania Brandon	78.06
340	Jo Steane	86.40
361	Carole Priestley	89.34
376	Julie Comes	91.25
390	Sandra Long	92.52
398	Karen Rogers	94.16

### Robin Hood Half Marathon. 12.09.10

35	Alex Webster	1.21.02
150	Rob Gregory	1.29.04
1383	Phoenix Hoyle	1.48.29
2059	Mark Thompson	1.55.33
2754	Rhys Davies	1.59.06
2847	Carole Priestley	2.01.50
4370	Steve Priestley	2.15.27

## Newsletter contacts

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**WIGSTON  
PHOENIX**  
RUNNING CLUB