



Wigston Phoenix Handicap Race

Sunday 17th December

The Annual Christmas Club handicap race was again another fun day with lots of people turning up in some great fancy dress costumes. The winning fancy dress outfit was by John Gunnel who came dressed as Barney Rubble from the Flintstones. For his efforts he was awarded 2 tickets for the Club Patry at the Tigers ground in January.

Another year goes by and another Xmas Handicap is disrupted by the weather. Although the snow wasn't that bad locally as it has been across the region, it was the ice on the roads that made the annual Handicap road race too unsafe to proceed. The rescheduled Derby Runner race due to take place on the same day was also called off. Plan B was quickly put into action and Mike and Les devised an off road course starting and finishing outside the Church Hall. The course consisted of a 2 mile route which took in some frozen muddy fields, a couple of bridges and about 5 stiles. By the time we did the 2nd and final lap a well trodden route had been formed in the snow making it easy to follow. The cold air certainly made hanging around at the start not an option for most, instead seeking last minute warmth from the Church Hall.



The extra layers from fancy dress certainly helped to keep warm.



Meet the Flintstones

The start was delayed slightly to get the marshalls in place, so they didn't have to hang around for too long. Karen Rogers started the race off shortly after 10.45 and was accompanied by Les to lead the way. As Plan B was a last minute solution due to the weather, the handicap times for the intended 6 mile route still stood. Just after 20 minutes Martin was the last runner to set off, chasing the pack. The marshalls on the course did a brilliant job - at least we could keep warm by running!

The race was finished off with a brilliant hot chilli, soup & rolls and a few mine pies thanks to the volunteers in the kitchen.

1	DEAN HASSALL	MV40	1ST MALE
2	KAREN ROGERS	FV40	1ST FEMALE
3	MALC MERRIFIELD	MV40	2ND MALE
4	ANDY JOHNSON	MV40	3RD MALE
5	ANDY PEET	MV40	1ST MV40
6	JO STEANE	F	2ND FEMALE
7	DAVE WILMOT	MV50	1ST MV50
8	GEORGE ROGERS	M	
9	RON WALTON	MV50	
10	MICK JORDAN	MV40	
11	PETE GREER	MV40	
12	JOHN MASON	MV50	
13	MARTIN HULBERT	M	FASTEST TIME
14	KEN PIGGIN	MV50	
15	ROB BURGIN	M	
16	COLIN BAXTER	MV40	
17	CLIVE JONES	MV40	
18	JON GUNNELL	MV40	
19	JANE FRASER	FV50	3RD FEMALE
20	IAN FRASER	MV50	
21	ANNE BOULGER	FV50	1ST FV50
22	JULIE PALMER	FV40	1ST FV40
23	ROB GREGORY	MV40	
24	MIKE STIFF	MV40	
25	ROB NURSE	M	
26	GLEN CONROY	M	



Handicap winner Dean picks up his shield from Chairman Ian.

It's a Kinder Magic

Glossop Training Weekend, November 2010



Twenty four intrepid souls set off to the Autumn training weekend at Glossop. Those who have been to Glossop will know it is a pretty ordinary industrial town, but on the edge of some of the most spectacular parts of the Peak District.

The advance party set off on Friday morning, and indulged in a carbo-loading stop at a café in Baslow...Bakewell Tart and Treacle Tart makes a great pre-run snack!

And after (fairly) successfully locating the accommodation, it was time for the first run. It was meant as a short reccy run, but we soon discovered that dotted lines on maps don't always equate to footpaths in real life. So it may only have been four miles, but it was a very hilly four miles, with a few fences and walls to vault for good measure!

Everyone got back in one piece, and at this point Will decided that he was going to do his post race recovery, strip down to his shorts and submerge himself in the (very cold) outside plunge pool. I hope it did some good, because all anyone else could think were the immortal words of that great philosopher BA Baracus..."You crazy fool"!!

Showered and changed, the advance party did some further reconnaissance, and made one of the great discoveries of training weekend history...a pub! But not just any pub, a pub with a pool table and dartboard, next door to a chippy...and to cap it all a pub that charged £1.42 a pint. Can't actually remember the name of the pub, because all weekend it was referred to by the price of a pint rather than a name!

After eventually dragging ourselves away from cheap beer, it was back to the accommodation for Sid's Pasta Party, which was as plentiful and tasty as always. We are still trying to get him to do a recipe spot for the newsletter!

An evening of beer and wine followed, before all retired at a surprisingly respectable hour. And perhaps it is just as well, because the next thing we knew, most of Cottage 1 were being woken by the sound of Rob "the vomit" Gregory. In his defence, it was illness not alcohol related, but did mean that for Friday night Les and Nigel were playing nursemaid to him!

Unfortunately, that is where Les' compassionate side ended, as next on his agenda was a challenging route around the highest parts of the Peak District...including for some a brief diversion to the top of Kinder Scout! It was 9 miles of hard work, clambering up banks, through (cold) streams, but was rewarded by some fantastic views over the Peak District to Manchester. And a new personal worst mile of 28 minutes! (Although admittedly helped by regrouping and navigational challenges!)

More of Sid's cooking followed, with a post-run-recovery-fryup. I still haven't seen the article in Runner's World about the

benefits, but I'm sure it will be in the next couple of issues!

Saturday afternoon was a chance for people to do their own thing, and whilst some went walking or shopping, rather surprisingly the popular choice seemed to be The £1.42 Inn. Not really sure why...but it was cold, so perhaps people just wanted to keep warm!

Evening meal was a free-for-all. Some opted for the healthy option of a vegetarian meal in Glossop, but more many the lure of the chip shop next to the £1.42 Inn was too much to resist.

Another evening of beer and wine followed, along with assorted games to stir the competitive ones amongst us, but by training weekend standards it was a very quiet weekend. Perhaps the run took more out of us than we thought...or perhaps we are all getting older!

Sunday began as Saturday had begun with more hills. For some, they enjoyed the run so much on Saturday that they decided to do it again on Sunday...this time in reverse. Not sure if they thought it would be easier, but I would have imagined that there would have been just as many hills in the other direction.

For others they decided to take a more leisurely 4.5 mile run...if any run with hundreds of feet of climbing can actually be classed as leisurely! One success from the run though – the personal worst mile of Saturday was obliterated with a truly sensational 32 minute mile. All that speed work has been paying off!

Finally, hard work was over, and all that was left was yet another of Sid's fryups, and people could then wend their merry way home!! Sadly that meant heading back to expensive beer...

A very enjoyable weekend was had by all (even Rob G) as is always the case on these weekends. Thanks to everyone that came along for making it so enjoyable, and thanks to all those that organised, cooked, drove, planned or led routes... in particular Sid for all his hard work beforehand and on the weekend itself. *Mark Thompson*

Club Party

The club has booked the Tigers Bar at Leicester Tigers Football Club for its annual club party for Friday 28th January 2011 7pm -1am. There will be presentations, a 2 course hot fork buffet and a disco.

Tickets have been subsidised by the club and are priced at a cost of £20 per person. A £10 deposit is required by the end of December to secure your place with the balance to be paid by the 25th January 2011.

A list is now available at the Legion on Tuesday nights to put your name down. If you can't make the Legion to do this please contact Mick Jordan (tel. 0116 2230003 or e-mail michaeljordan22@virginmedia.com) and forward the appropriate deposit to secure your place. Payment can also be made via internet banking and details are available from Mick.

Chairman's Christmas Message

Wigston Phoenix has now had its first full year and what a great year it's been on so many levels. Our performances at the LRRL and Derby Runner events have been 1st class resulting in promotion for all teams. The training weekends have always been very popular and continue to be so with oversubscription the order of the day. Thankyou to Sid and his team of organisers. One of the most pleasing features of 2010 has been the ever growing membership, now well over a 100. A warm welcome to all new members and I am sure this will continue during 2011 as people hear what a great club we are.

Once again Phoenix held its annual John Fraser 10 and this was incredibly popular. The organisation was first class and many club members were involved in delivering this challenging event. Thankyou to all

The club kit 'portfolio' continues to be enhanced with the T-shirts proving popular and the new embroidered beanie hats looking great and warm especially in the cold weather. Watch out for the addition of Hoodies very soon.

We have just completed our annual Xmas handicap run at Burton Overy with over 25 competing. A really nice way to enter into the xmas spirit. Well done Les for sorting out an alternative x country course at such short notice. This is one of two handicap events in the year and much of the success of both events is down to the work of Bob Pople in arranging the 'handicapping'. Thankyou Bob.

Ramon has decided to 'retire' this year and step away from the running of the club. Ramon's contribution has been immense over many years and I would like to thankyou on behalf of all members of Phoenix.

My last thankyou has to be to my fellow committee members, Mick, Mike, Mel, Peter, Carol, Colin, Mark, Jon and Ray who work tirelessly to make sure our club runs smoothly and effectively. We couldn't do it without you.

I hope you all have a brilliant Christmas and superb New Year.
Cheers Ian F

Leicestershire Road Running League 2011 fixtures

Sponsored by *LEICESTER RUNNING SHOP*

As there were only 5 nominations for Summer League races, the Series for 2011 will comprise of 5 Winter League races and 5 Summer League. For individual rankings, the best position in 4 out of 5 races will count, for both Winter and Summer.

For winter races the LRRL number provided is to be worn at all races so please retain. Entry is by payment of £2.50 entry fee to club rep on the day at the race. At the finish you will be given a disc showing your position and this is to be given to your club rep.

For the summer races block entry forms will be available for each race and sent in by your club rep. The entry fees (variable costs) are to be paid to the club rep before each race. Alternatively you can enter individually via entry forms stating your LRRL number. Entries are usually accepted on the day (except Huncote 5) but will cost at least £2 extra.

For all races it is requirement that runners wear club vests. These are available from Mike Stiff at a cost of £13.50.

Your club reps for 2011 are Ray Draycott and Mike Stiff.

news in brief

New Members

Welcome to Mariet Cheetham and Benjamin Brewin who joined the club recently.

London Marathon 2011

The following members have received direct places via the ballot for next year's event:

Katy Goult

Sonia Grant

Martin Hulbert (Running for Wishes 4 Kids)

Sara Wilson-Gallaher

The following members have received club places for next year's event:

Dave Muddimer, Ken Piggin, Mark Thompson

Best wishes to everyone with their training for the big day. If we've missed anyone out please let us know and we'll add your name to the next edition of Flamin News.

Club Kit

We have now received further club tops and had them printed with the club logo. Ian Fraser is in charge of distribution and will require payment of £16 for a long-sleeve top and £14 for a short-sleeve top. If you wish to reserve one please contact Ian (ian.fraser19@btinternet.com) with your requirements.

We have also ordered and received fifty beanie hats for distribution. They are available in a range of colours – Bottle Green, Black, Graphite and French Navy. The selling price is £5 and they are now available from Mark Thompson.

England Athletics registration

For members that compete regularly we are required to register their details with England Athletics and a membership card is issued on an annual basis. We have been informed by England Athletics that from April 2011 the individual athlete registration card will be replaced by an e-card.

Athletes will receive a welcome e-mail and Unique Reference Number (URN) immediately upon receipt and processing of the £5 Registration fee which is to be paid by the club. This will enable members to print an e-card from their computer. For those members without an e-mail or access to a computer the club has been asked to act on their behalf and provide the URN and e-card via a club e-mail address.

Up to 2010 the club has provided address details for individuals but not supplied any e-mail addresses or phone numbers. E-mail addresses will become a mandatory field when adding new members in 2011 and need to be completed for all existing registered athletes before making payment in April. The club will therefore need to add e-mail addresses and athletes can log on to their own portal to manage their data held on the system.

Charity Donation

In November the club donated £100 towards the Wigston Royal British Legion Poppy Appeal.

2011 fixtures & club dates

JANUARY 2011

- Sun 2nd** Huncote Hash XC, 6 miles (11.00 am)
Sat 8th Leics County XC Championships, Bosworth Battle Centre
Sun 16th Derby Runner XC, race no. 4, Grace Dieu School, Shepshed (11.00 am)
Sun 23rd Leics Road Running League, Winter race no. 1, **Barrow 6** (10.30 am)
Sat 29th Midland XC Championships, Leamington
Sun 30th Leics Road Running League, Winter race no. 2, **Ashby 5** (10.30 am)

FEBRUARY 2011

- Sun 6th** Charnwood Hills Fell Race, 13 miles, Anstey (10.00 am)
Sun 13th Leics Road Running League, race no. 3, Markfield 10K (10.30 am)
Tue 15th Wigston Phoenix RC Club AGM (8.30 pm)
Sat 19th National XC Championships, Alton Towers
Sun 27th Leics Road Running League, race no. 4, Desford 10K (10.30 am)

MARCH 2011

- Sat 5th** Belvoir Challenge, 15 or 26 miles multi-terrain (9.00 am)
Sun 6th Derby Runner XC, race no. 6, Shelton (11.00 am)
Sun 13th Stafford 20 (10.30 am)
Sun 13th Ashby 20, Ashby de la Zouch (10.00 am)
Sat 19th Midland 12 & 6 Stage Road Race Relays, Sutton Park
Sun 20th Newtons Fraction _ marathon, Grantham (10.30 am)
Sun 20th Leics Road Running League, race no. 5, Kibworth 6 (10.30 am)
Sun 20th Stafford _ marathon (10.30 am)
Sat 26th Charnwood Marathon, 15 or 26 miles, Quorn (9.00 am)
Sun 27th Derby Runner XC, Final, Hatton Darts (11.00 am)

LRRL FIXTURES 2011

2011 WINTER LEAGUE : All starts at 10.30am

1	Sun 23 Jan	BARROW	6 mls
2	Sun 30 Jan	ASHBY (Sth Derbys RR)	5 mls
3	Sun 13 Feb	MARKFIELD (Beaumont RC)	10K
4	Sun 27 Feb	DESFORD	10K
5	Sun 20 Mar	KIBWORTH (F & K)	6 mls

LIVINGSTON RELAY

Sun 24 April BRAUNSTONE PARK

2011 SUMMER LEAGUE: Start times vary

1	Sun 22 May	DESFORD	Quarter Mthn
2	Sun 12 June	SWITHLAND (Birstall RC)	6 mls
3	Wed 6 July	HUNGARTON (Wreake R)	7 mls
4	Wed 3 Aug	HUNCOTE Joy Cann	5 mls
5	Sun 4 Sept	JOHN FRASER 10 (Wigston P)	10 mls

results // oct - dec 10

Braunstone Parkrun 5K. 30.10.10

5 Martin Hulbert 17.51

Worksop Half Marathon. 31.10.10

944 Mark Thompson 1.50.56

Shepshed 7. 07.11.10

1	Mark Powell	37.17	182	Ray Draycott	53.35
6	Alex Webster	41.11	222	Mark Thompson	54.58
38	Rob Nurse	45.03	285	Jo Steane	58.03
106	Maxine Powell	50.17	436	Karen Rogers	66.30
176	Tania Brandon	53.26			

Rutland Water Marathon. 07.11.10

221 Ken Piggitt 04.11.50

Seagrave Wolds Challenge 15.7 miles. 13.11.10

86	Anthony Waterfield	02.15.00	270	Jo Steane	03.16.00
96	Keith Markley	02.20.00	283	Sandra Long	03.25.00
131	Gail Kalsi	02.30.00	292	Ron Walton	03.33.00
236	Jane Fraser	03.02.00	293	Jill Walton	03.34.00
237	Lisa Hallam	03.02.00	299	Karen Rogers	03.36.00

Braunstone Parkrun 5K. 20.11.10

10 Mike Stiff 19.45
21 Mick Jordan 20.45
28 Phoenix Hoyle 21.56

Derby Runner XC 2, Foremark Reservoir. 21.11.10

Men		Women			
1	Mark Powell	30.43	12	Maxine Powell	42.43
43	Paul Hood	36.25	45	Julie Palmer	46.19
130	Mike Stiff	41.40	77	Jo Steane	50.16
156	Dave Wilmot	43.14	101	Carole Priestley	53.34
205	Ray Draycott	46.27	107	Alison Wright	53.50
235	Malc Merrifield	49.07			
260	Peter Greer	62.34			
264	Bob Pople	66.12			

Cardington Cracker 9 mile fell race. 05.12.10

36 Rob Pullen 01.34.42

Whetstone 5K Xmas Run. 07.12.10

3 Neil Carter 17.14
10 Andy Peet 19.31
11 Mike Stiff 19.38
14 Les Chesterton 20.05
16 Mick Jordan 20.30
21 Ron Walton 22.40
32 Jo Steane 25.12

Turkey Trot Half Marathon. 12.12.10

115 Rob Pullen 1.32.41
666 Graham Garner 2.09.46

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**WIGSTON
PHOENIX**
RUNNING CLUB