



London Marathon Race Report

By Martin Hulbert

As Martin Luther King once said "I have a dream". Well my dream was to run a marathon in less than 3 hours. For the last year I have told everyone that this is my target. This is what all of my running had been geared towards. I also promised my wife that if I finished in less than 3 hours I would retire from racing marathons. No pressure then!!!

After the best part of 4 months near perfect training I came to run my last long run. After 7 miles I felt a pain in my left calf. Being 6 miles away from home I had to gently nurse it while running back. Not good. After 2 weeks of physio and cycling I was given the all clear to run again. Just one week before race day. I managed to get in a few short runs in the final week although my pre-injury confidence had waned somewhat. Would my legs survive 26.2 miles?

Race day arrived and walking over to the start line I was pleased at how cool and overcast it was. Not the sunny 20 degrees that the weatherman had predicted. I was running off of the "Fast Good for Age" start, meaning that I was in a small enclosure with some "serious" looking runners and getting some funny looks. At this point I should point out that I painted myself purple for charity (Wishes4Kids).

9.40 came and we were all herded onto the front of the red start. Nerves started to kick in a little but I had two plans and was determined to run my own race. The gun fires and we are off. Despite being close to the front it was not as fast a start as I was worried about. In fact the first mile was slower than I wanted. The 2nd & 3rd miles were too fast and then by the end of mile 4 I had settled into a comfortable pace.

I think it was at that point that the sun came out and the temperature rose considerably. Rubbish!!!! Over the next couple of miles it was decision time. Do I slow down a little and go for my "B" target or do I go for my "A" target and risk the potential of missing out all together on breaking the 3 hour barrier?

By the time it came to mile 8 my legs were already feeling a bit tired. Coupled with the heat this was not good. I decided that Plan B was the only way to go. I slowed down by a few seconds per mile. A guy in the crowd shouted out "Mr Purple you are a legend". I smiled and out of all of the shouts and support I received that voice stayed with me all race, spurring me on (even though I am far from being a legend).

Tower Bridge came and went and crossing the Thames meant a lovely cool breeze for a few seconds. I hit halfway in 1.28.23 (almost perfectly paced). I was happy, but starting to feel it.

I knew that Mrs H would be waiting for me soon and seeing a familiar face would be good. By the time I reached mile 16 I realised that I must have missed her. Not a happy chappy. 10 miles to go and it was "head down, mind over body" territory. My mind felt strong but my legs weak!!! I was now passing a lot of good club runners, wilting in the heat. The further we went on the more roadside casualties were passed. I knew that as long as each mile was now under 7.00m/m pace I was ok. I ticked off each mile in less than 7 minutes.

20 miles completed in just over 2.15. 10k left to run in around 44 minutes. I laughed to myself as I realised that I have never actually raced a 10k!!!!

I had completed 4 London Marathons prior to this so I knew that unless my legs gave way completely or I collapsed then I would be ok. Along the Embankment and I passed a friend who was aiming for 2.40. He was hunched over vomiting. Poor bloke.

Big Ben came into sight. It was at that point I felt a sharp pain in my left foot. Phew.... it was "only" a blister. Not far to go now. I can increase the pace a bit.

I knew that once I turned onto Birdcage Walk the guys from the charity (Wishes 4 Kids) would be there cheering. Big smile and a wave for their cameras and then once past them it was head down, grimacing and a sprint for the line. 800, 600, 385



yards to go. Turning right onto The Mall and seeing the clock above the finish line saying 2.58.xx brought a massive grin to my face. I saw a guy in front of me that I had been talking to earlier. He had to be beaten!!! I know that it wasn't, but as I ran for the line it felt like the fastest I had ever ran. Arms out, big smiles for the cameras.....and done.

2.58.37. and 915th place. I was ecstatic. I had given my all and ran the best race that I could have on the day. I should also have raised about £1,200 for Wishes4Kids.

I turned to congratulate the guy I had just beaten and then on to collect my medal and kit bag (no can of beer). On the way round the park to meet Mrs H and the rest of my family I was stopped to give an interview and have my photo taken by a Chinese tourist (bizarre)!!!

My biggest lessons taken from the day? Know when to change to Plan B before your body or conditions get the better of you. And don't pour water over your head when painted purple. It makes your eyes sting!!!!

I am now officially retired from racing marathons. But I shall be back at London next year in fancy dress running slowly and enjoying the atmosphere.

Livingston Relays Race Report

The Livingston Relays this year were re-located to Braunstone Park due to Loughborough University "clearing the decks" ready for the Olympics. Thus we had a new 3 mile lap partly round the perimeter of the course and partly within the park. Comments from runners and officials were favourable, and it seems likely that the move will become permanent.

Owls AC brought two quality squads this year with their Senior Men's and Men's U20 teams. Paul Richardson ran the fastest leg of the day in 14.13 which, with strong performances from Paul Miles, Tom Mahon and Josh Norman, gave them a clear victory. Owls U20 men also gave a strong performance and retained their trophy.

In the Vets race, Leicester Coritanians again had a powerful team running and won their event but there was a surprise in the Ladies race as a young Leicester Coritanians team beat Charwood who had held this trophy for many years

The performance of Wigston Phoenix teams was very creditable. Special mention must go to the Ladies "A" team who finished 5th and, in particular, Julie Lamb whose time of 19.22 was fastest by a lady vet on the day. She took over from Maxine and pulled back 2 positions to hand over in 5th to Tania Brandon who brought us home in style.

After failing to field a ladies team last year, it was good to see us turning out 2 teams this time with Jo Steane, Jo Howell and

Carole Priestley running for us. Jo Howell's time of 23.15 was excellent after a spell on the sidelines with injury.

In the Senior Men's event, Mark Powell put us in 2nd place on a strongly contested first leg. Mike Stiff took over and did well bearing in mind his admin duties on the day. He was followed by fine runs from Alex Webster and Andy Peet to bring us home 6th.

Men's Vets "A" team were 4th, again just outside the medals which was a great performance. Rob Gregory had the quickest time of our quartet, pulling us up from 5th to 4th followed by Clive Jones, Craig Baker and Les Chesterton. Well done the Vets!

The "B" team also did really well to finish 7th. John Mason settled in to a good quick pace and was followed by Dave Wilmot, just back from an operation, Ian Fraser and Malc Merrifield. Ian was the biggest mover, pulling us up from 9th to 7th in a time of 21.16

A good day for Wigston Phoenix, with all teams performing well. My job as Race Director was made easier by a fine turn out of marshals and my particular thanks to all the Wigston Phoenix members who helped on the day.

Ramon Howe

Parkrun Braunstone

Saturday, 25th June 2011 *Race Report courtesy of Braunstone Parkrun*

The 37th event took place at the weekend (25 June), attracting 149 runners to the weekly timed 5k race at Braunstone Park.

In one of the tightest finishes in the event's history, the race was eventually won in 17:32 by David Pearce, making only his second appearance in the series. Just three seconds separated Pearce from Martin Hulbert in second place. Hulbert was one of a large contingent of Wigston Phoenix runners that competed on Saturday as part of a club initiative to introduce more of its members to the event. The three time runner recorded his second second-place finish and was just 1 second shy of the PB that he set in April.



Braunstone parkrun debutant, Carys Morgan of Dulwich Runners, took the women's crown in 23:00 dead, just 4 seconds ahead of Julie Cornes. The Wigston Phoenix athlete, completing her third parkrun, shaved 20 seconds of her PB to secure second place, her highest ever finish in the event. Cornes' clubmate Brigitte Gaillard secured third place in her parkrun bow with a time of 23:26.

<http://www.parkrun.org.uk/braunstone/home>



Website

Over the coming weeks, you will see a few changes to the website. There will be no major overhaul to the look and feel, just a few cosmetic changes and a few extra features. We want to try and keep things up-to-date for you, and make the more current and important information easier to find.

However to help make it more current, we need more input from you the members, rather than relying on the same handful of people. To make this easier, we have set up a couple of general e-mail addresses to make sure the right information gets to the right place.

results@wigstonphoenix.co.uk - for any results of races you have completed outside the normal local area.

news@wigstonphoenix.co.uk - for any race reports, gossip from social events and photos.

Additionally, we are going to add the ability for you to search on individual performances and club records, to satisfy the statistic addicts amongst you. Other items we hope to add include route maps and an improved photo gallery.

If you have any feedback or suggestions for the website, please let Mark T know.

Leicestershire Vision 2020 Athletics Network

The club has applied to join the Leicestershire Athletics Network in order to help develop the club for existing and new members. There are a number of initiatives available and these will be explored in the coming months. There is no cost

to the club but we have been asked to help with the new Run England scheme to recruit individual member registrations. We therefore plan to use members' current details to register them and if anyone wishes to opt out of the registration please let us know no later than the 31st July 2011.



Chairman's Message

Well summer is with us (hopefully) so it is time to get in these nice evening runs. I hope many of you will be joining in the pub runs. For those of you who are new to the club these are a once a month social event which includes a short run with a meal and drink afterwards. Feel free to bring wife/husbands/partners along (they don't have to do the run). There will be 2 or more groups depending on who knows the route. The next run will be on the 21st July at the Queens Head Billesdon. (See list and menu at the Legion). It also means that the evening league races start and we had a good turn out at Hungarton. With the Joy Cann race being only 5 miles (Weds 3rd Aug) I hope to see a good turnout so we can keep chasing promotion to Division One. Whatever you decide to do on these summer evenings - run safe. *Pete Sylvester*

news in brief

New Members

Welcome to **Liam Neale** who joined the club recently.

Membership Update

For 2011 the Membership Fee is £18 with a 50% concessionary rate of £9 for students, unemployed and those aged over 65. This is now payable via Mel Prusek, Membership Secretary and members are asked to renew immediately. It is also possible to pay via internet banking, please contact Mick Jordan for further details if you wish to pay by this method. Two-thirds of members have now paid up so final reminders will be sent out in June.

Round Leicester Relay – 18th September 2011

The start and finish will now be at Swithland. Maps are in the process of being updated and will be made available on the event website.

4th – 6th November Training Weekend

Deposits of £20 are now required to secure your place following the initial list that was drawn up. Please give to either Sid Greer or Mick Jordan.

Wollaton Park race – 11th June 11

The race at Wollaton Park was originally meant to be 10K but due to incorrect marshalling the race ended up being 8.7K. Julie Lamb recorded a time of 36.40 and was 1st Lady.

Condolences

The club extends its condolences to both George Mitchell and Geoff Merrington whose wives passed away recently. George's wife Irene was 87 and Geoff's wife Lynda was 71.

2011 Summer Pub Runs Fixtures

The date for the July pub run has been amended from the 14th to the 21st and the venue changed to Billesdon.

Current details are as follows:

- Thurs 21st July** The Queens Head, Billesdon
- Thurs 11th Aug** The Old Black Horse, Houghton on the Hill
- Thurs 8th Sep** The Red Lion, Huncote

Meet at 6.45pm, ready to run at 7pm. Steady run for approximately 50 minutes, ready to eat at 8.30-8.45pm.

Newsletter contacts

results@wigstonphoenix.co.uk

news@wigstonphoenix.co.uk

results // june 11

Braunstone Parkrun 5K. 28th May 2011

9	Pete Morgan	18:50	82	Julie Cornes	23:24	PB
15	Clive Jones	19:25	83	Mark Thompson	23:24	
33	Phoenix Hoyle	20:39				PB

Arnesby May Fayre 5 mile XC. 30th May 2011

1	Rob Pullen	30:41	10	Les Chesterton	35:01
4	Andy Pee	32:24	24	Pete Sylvester	43:50
6	Craig Baker	33:53	26	Mel Prusek	51:50
7	Mike Stiff	33:56			

Braunstone Parkrun 5k. 4th June 2011

7	Rob Nurse	17:32	PB	35	Phoenix Hoyle	21:02	
16	Colin Baxter	18:38		54	Dean Hassall	22:18	
21	Clive Jones	19:19		59	Mark Thompson	22:37	PB
27	Les Chesterton	19:50		78	Andy Peet	24:27	

Braunstone Parkrun 5k. 11th June 2011

7	Mike Stiff	18:36	34	Dean Hassall	22:15	PB
18	Phoenix Hoyle	20:40				

Wollaton Park 8.7K. 11th June 2011

17	Julie Lamb	36:40	1st	Lady	
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Swithland 6. 12th June 2011

MEN

2	Mark Powell	30:38	146	Mark Moseley	40:56	
34	Andy Peet	35:24	191	Phoenix Hoyle	42:46	
46	Martin Hulbert	35:59	214	John Mason	43:46	
61	Mike Stiff	36:56	238	Andy Hummel	44:15	
73	Colin Baxter	37:35	PB	276	Dean Hassall	45:10
75	Rob Gregory	37:37	298	Mark Thompson	45:46	
112	Clive Jones	39:14	299	Ian Griffiths	46:07	
115	Craig Baker	39:31	317	Malc Merrifield	46:33	
119	Les Chesterton	39:50	382	Dave Muddimer	50:04	

WOMEN

211	Tania Brandon	43:35	364	Julie Palmer	49:10
313	Brigitte Gaillard	46:51	406	Sandra Long	51:28
355	Julie Cornes	48:45	432	Mel Prusek	53:52

Corn Dolly Challenge 6.75. 12th June 2011

11	Andy Johnson	49:23			
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Harborough 5. 14th June 2011

88	Julie Lamb	33:20	1st	F45	
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Wicken Hill Whizz - 3 miles. 17th June 2011

36	Anthony Waterfield	27:07	66	Rob Gregory	30:07
47	Craig Baker	28:23	84	Tania Brandon	32:25
51	Clive Jones	28:43	85	John Mason	32:34
54	Will Mason	29:13	93	Stu Fry	34:21
58	Keith Markley	29:29	96	Pete Sylvester	36:00
63	Les Chesterton	30:05	102	Carole Priestley	43:00

Reservoir Bogs - 7.5 miles. 18th June 2011

26	Will Mason	1:40:00	61	John Mason	1:58:43
27	Craig Baker	1:40:05	74	Carole Priestley	2:43:21
28	Clive Jones	1:40:13	75	Mel Prusek	2:43:22
36	A. Waterfield	1:42:20	76	Pete Sylvester	2:43:25
37	Keith Markley	1:42:47	78	Julie Palmer	2:58:32
38	Rob Gregory	1:42:51	79	Malc Merrifield	2:58:35
44	Les Chesterton	1:46:07	80	Stu Fry	2:59:23
60	Tania Brandon	1:58:11			

Braunstone Parkrun 5k. 18th June 2011

7	Mike Stiff	18:25	49	Mark Thompson	22:55
25	Phoenix Hoyle	20:46			

Breedon on the Hill 6.5K. 18th June 2011

8	Mike Stiff	25:40			
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Glooston 10k. 18th June 2011

13	Martin Hulbert	38:30	65	Dean Hassall	48:44		
24	Mike Stiff	41:46	1st	M50	77	Julie Cornes	52:20
45	Phoenix Hoyle	45:44	78	Mark Thompson	52:20		
49	Rob Burgin	46:29					

Stathern Festival 10K. 19th June 2011

1	Mark Powell	31:30	6	Rob Nurse	36:36
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2011 fixtures & club dates

JULY 2011

Wed 13th	Watermead Challenge 5mile race (7.00 pm)
Fri 15th	Rainbows 100 Lap Challenge, Saffron Lane Stadium (7 pm)
Sun 17th	Milton Keynes Half Marathon (10.00 am)
Sun 17th	Sherwood Pines 5K & 10K, Mansfield, Nottinghamshire (11.30 am)
Fri 29th	Heanor 5 miles, Shipley Hall (7.30 pm)
Sun 31st	Wellingborough 5 (10.30 am)

AUGUST 2011

Wed 3rd	Huncote Joy Cann 5 (7.30 pm)
Fri 5th	Blisworth 5, Northants (7.30 pm)
Sun 14th	Newark Half Marathon (10.30 am)
Sun 15th	Hermitage 10K, Whitwick (11.00 am)
Sun 28th	Moulton 10K, Northants (11.00 am)

SEPTEMBER 2011

Sun 4th	John Fraser 10, Countesthorpe, LRR Summer League 5 (10.30 am)
Sun 11th	Robin Hood Full & Half Marathon, Nottingham (10.05 am)
Sun 18th	Round Leicester Relay (8.15 am)
Sun 18th	BUPA Great North Run (10.40 am)
Sun 18th	National Forest 10K, Moira, Leics (10.15 am)
Sun 25th	Great Kibworth Run Half Marathon (11.00 am)
Sun 25th	Great Kibworth Run One-Third Marathon (11.00 am)

OCTOBER 2011

Sun 2nd	Coventry Half Marathon (9.30 am)
Sun 9th	Leicester Full & Half Marathon (9.30 am)
Sun 9th	Great Eastern Run Half Marathon, Peterborough (10.10 am)
Sun 9th	Shelton Striders 10K (9.45 am)
Sun 23rd	Birmingham Half Marathon (10.00 am)
Sun 23rd	Rugby 10 (11.00 am) – Provisional date
Fri 28th	The Skeleton 5, Night trail run, Beacon Hill (7.00 pm)
Sun 30th	Worksop Halloween Half Marathon & Fun Run (10.30 am)

Tom Tittiman - 4 miles. 19th June 2011

27	A. Waterfield	35:31	49	Keith Markley	38:48
32	Will Mason	36:35	60	Tania Brandon	41:05
33	Craig Baker	36:37	83	John Mason	50:17
34	Rob Gregory	36:42	85	Pete Sylvester	54:03
38	Clive Jones	37:25	86	Carole Priestley	54:44
44	Les Chesterton	38:33			

Rothley 10K. 21st June 2011

133	Phoenix Hoyle	46:48	493	Anne Boulger	1:08:29
156	Dean Hassall	47:47			

Hinckley 5k. 22nd June 2011

10	Tom Drake	17:38	63	Phoenix Hoyle	21:26
12	Rob Nurse	17:42			

Heanor 5. 24th June 2011

12	Mike Stiff	31:57			
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Braunstone Parkrun 5k. 25th June 2011

2	Martin Hulbert	17:35	45	Julie Cornes	23:04	PB
8	Mike Stiff	19:09	46	Mark Thompson	23:05	
10	Clive Jones	19:23	49	Brigitte Gaillard	23:26	
17	Les Chesterton	20:09	65	Andy Peet	24:36	
35	Dean Hassall	22:36				

Mansfield Half Marathon. 26th June 2011

1	Mark Powell	1:12:43	Tipton H	47	Julie Lamb	1:31:43	1st	F45
38	Mike Stiff	1:28:41	3rd	M50	159	Phoenix Hoyle	1:43:34	PB

Sphinx 5 Coventry. 29th June 2011

15	Martin Hulbert	29:13	PB			
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Conkers Parkrun 5k. 2nd July 2011

22	Phoenix Hoyle	21:00	25	Mark Thompson	22:28
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