



Hot & Humid Huncote 5

Wednesday 3rd August 2011

This popular race always gets a good entry and this year was no exception. 34 Wigston Phoenix runners entered, and 32 appeared on the start line. Weather conditions were good – perhaps a bit too warm for some.

We had some good performances on the day. Perhaps the best was another quality run from Julie Lamb who took the FV45 award, despite being a bit unhappy with her form and claiming to lack her usual zip. *Well done Julie!*

She was backed up by a formidable number of Ladies from Wigston Phoenix – 11 in all, enabling us to field 2 full teams. Jo Howell was next home followed by debutant Alison Fergusson which was a great performance. Just imagine what she would have done if she had not been held back by running with Tim! The top four was completed by Julie Cornes.

Of the remainder, Mel Prusek showed her recovery from knee surgery was complete, and she is on course for the John Fraser 10 and the Leicester Marathon. Kerry Granger was another debutant who did really well and Louise Southall got round in her first race. Sonia Grant likes this race – it's the only one she runs! Well done to all the girls.



Debutant Kerry has a good run at Huncote



Andy and Martin playing cat and mouse

In the Mens race we had some quick times, but, again, pride of place must go to Mike Stiff for carrying off the MV50 award.

Four of our runners got inside 30 minutes. Neil Carter led us home in 28.45, having abandoned his trademark orange shorts for ones in eye catching blue, showing off his fine hairy legs. Martin Hulbert and Andy Peet had another battle, just edged by Martin in the last few hundred yards. Andy was not happy and vowed to get him next time. Rob Nurse is back on form after a year of injury problems and clocked 29.44. Colin Baxter, benefiting from marathon training was next and our counting 8 was completed by Rob Gregory, Mike Stiff and Craig Baker.

Another worthy award winner was Les Chesterton as 2nd MV60 and Phoenix Hoyle continues to improve. Well done to all the other men who ran, and special mention



Rob catching up with the Huncote runner

of George Rogers who has now become a steady 8 minute miler.

Ramon Howe

John Fraser 10

A Race History

The John Fraser 10 was first run in September 1998, then called the Owls John Fraser 10, and was created following the demise of the Wigston 7. This race had been organised by Owls AC for many years and was an established race on the Leicestershire road running calendar. It was run from Guthlaxton College on a route out to Countesthorpe, along the Foston road and back to Wigston via Kilby Bridge.

By 1997 increasing traffic problems meant that the Owls committee deemed the race unsafe and it was decided to look for an alternative route on more rural roads. Largely due to the efforts of Les Chesterton, the present course was planned and adopted as a 10 mile race. The course is quite tough, being largely undulating, but it is regarded as a fair course, and a good test.



At around this time one of our club members, John Fraser, sadly died at the age of 75. John had only started running in his 50's, being encouraged by a neighbour who was an established runner. He quickly became hooked, joined the Owls and went from strength to strength, winning many age group categories in races he entered.

As he entered his 70's, John was high on the National rankings for many distances and he tried his hand at track running as well as road. It was during this period that he actually held the world record for 3000 metres on the track for his age group.

John died just as we were creating the Owls 10 and the club were very happy to formally name the race the Owls John Fraser 10 in memory of a fine athlete and club member.

237 runners finished our first race, and it is interesting to note that 23 finished under the hour, a much greater proportion than is customary nowadays. A young lady from Charnwood, Tara Krzywicki, won the Ladies' event in a time of 58.21, which remained the Ladies record until 2009.

In 1999, 282 finished with Gareth Deacon winning in 53.04, and Nicki Nealon picking up the first of her 5 victories. In 2000, we had a winner from the Owls in Steve Platts, although at the time his first claim club was Morpeth. Steve was to win again in 2004, this time as a fully fledged Owl!

In 2001, we had another Owl winner, this time Nick Mapp and in a very quick time of 52.33 which stood as the course record for several years. Also inside the old record was Steve Platts in 2nd place. Beth Morris from Nuneaton won the Ladies race.

The Mens races continued to be dominated by Owls runners, with wins for Steve Platts in 2004, Gordon Lee in 2006 and the first of two wins for Mark Powell in 2008. In 2009, he triumphed for the 2nd time and was able to break Nick Mapp's course record by clocking 51.53.

In 2008 a new Ladies winner emerged in Gemma Steel and she followed this by winning again in 2009 and smashing the course record with a time of 58.03. Gemma has gone on to gain international recognition.

2009 was the last time the race was run as the Owls John Fraser 10 as in October 2009 the club was split creating the new club of Wigston Phoenix RC and the rights to the race passed to them, hereafter being known as the John Fraser 10.

First winners of the newly named race were Nat Williams (Nth Yorks Moors AC) and Cat Draper (Barrow). The race has gained in popularity and now attracts over 500 runners. Most years, the race also incorporates the Leicestershire 10 Mile Road Running Championships.

Ramon Howe

OWLS JOHN FRASER 10 OWLS FINISHERS – FIRST RACE 1998

Chris O'Neill	59.29
John Lamb	60.14
Jeff Matthews	61.03
Stewart West	62.36
Les Chesterton	63.35
Ramon Howe	65.03
Mike Turner	66.14
Ray Draycott	67.54
Sandra Grimes	68.32
Adrian Stanley	68.39
Mark Whitmore	69.42
Paul Edgson	71.39
Nicola Milner (now Roder)	72.25
Francesca Meakin	73.46
Julie Barfield (now Lamb)	75.57
Dean Weston	76.03
Yvette Jefferson	76.20
Rob Brownhill	77.01
Sue Baker	79.18
Charles Hill	81.20
Dave Muddimer	81.37
Sandra Long	81.49
Jim Hunt	82.06
Paul Hancock	82.40
Geoff Merrington	83.37
Karin Leow	88.44
Ray Geary	89.43
Jill Judson	92.09
Pete Read	93.51
George Mitchell	97.17

Your Club Needs You Sunday 4th September 2011

Volunteers wanted for the annual 10 mile event hosted by Wigston Phoenix on the 4th September. There have been a number of individuals from the club planning the event over the last few months and it is now the turn of club members to register their intention to help on the day. Thanks to those who have already added their name to the list available at the Legion. Even if you are running it is still possible to help out on the car park as organised by Clive Jones. If you are not running then the main jobs of race marshals and water station helpers will be allocated by Chief Marshal Pete Sylvester and we need plenty of people to do this.

Leicester Marathon

Sunday 9th October 2011



The Leicester Marathon is due to be held on 9th October. This is the biggest and highest profile road running event held in Leicestershire and many of you will be planning to run.

As this is a city marathon, the logistics of organising the event require considerable effort and resources. Many city and county based running clubs are allocated Sections to control and marshal, although, perhaps fortunately, this does not include Wigston Phoenix. Nevertheless, we are asked to offer

volunteers to help with the Section from the Space Centre to St Margarets Underpass.

Please be good enough to think seriously about whether you can help. It is a long day and it may be sensible to work in pairs, either to do shifts or allow one to stand down from time to time.

I hope we can provide some help. It is a great way to support Wigston Phoenix runners. Please put your name down at the Club or contact Ramon Howe 0116 270 3154.

Ramon

Round Leicester Relays

Sunday 18th September 2011



Les Chesterton and Mark Thompson are coordinating the teams for this year's event. A list is available at the Legion for individuals to sign up. The cost to the club is £60 per team but this will be offered as a free

race to individuals. If you haven't ran in the event before it is highly recommended as a fun relay event in the Leicestershire road running calendar. It is hoped that we have sufficient numbers for two teams. The event website can be viewed at www.round-leicester-relay.info/

This year the start and finish is in Swithland! Latest info from the website as follows: *As those of you that have run the race over the years already know, the organisers have constantly striven to make improvements to the route. Over the last couple of years, feedback has been less than positive about the start and finish area with comments along the lines of "... we run through the most beautiful parts of Leicestershire and end up at Mowmacre Hill !". Taking these comments on board, I have moved the start and finish to Swithland Village and with the kind support of Peter Osborne have the use of his farm for this purpose.*

news in brief

New Members

Welcome to **Tom Phipps, Louise Southall, Hayley Warrington** and **Paul Wilson** who joined the club recently.

Membership Update

For the remainder of 2011 the Membership Fee will be £9 with a concessionary rate of £5 for students, unemployed and those aged over 65. For existing members who have not paid as yet the cost will remain at £18. 103 members have now paid up.

2011 Summer Pub Runs

Current details are as follows:

Thurs 8th Sep Run at Huncote
food venue to be confirmed

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

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 Mick Jordan.

Loughborough Half Marathon

There will be a Half Marathon taking place next year in Loughborough. It is scheduled for the 25th March and is being organised by a charity.

Ted Toft Mile for Young People

The inaugural Ted Toft Mile for Young People (ages 10-16) will be held on Sunday 9th October 2011 as part of the Leicester Marathon series. The cost is £5 and the race will be held within Victoria Park. Entry forms are available at the Legion.

Website Results Page Update

Our very own Mark Thompson has been busy working on the website and has added a great feature on the results page. There are now 3 "extra" categories to pick from at the top and now you can search for individual results, personal bests and also Club records. I hope you'll agree this is a great feature to have.

Newsletter contacts

results@wigstonphoenix.co.uk

news@wigstonphoenix.co.uk

results // july 11

Hungarton 7. 6th July 2011

39	Andy Peet	43:02	226	Dean Hassall	53:57
42	Rob Nurse	43:08	279	Ron Walton	55:57
46	Martin Hulbert	43:17	284	Jon Gunnell	56:22
71	Colin Baxter	45:16 PB	286	George Rogers	56:34
73	Mike Stiff	45:26	329	Mark Thompson	59:11
84	Rob Gregory	45:56	340	Julie Palmer	59:56
107	Clive Jones	47:17	341	Julie Cornes	59:57
147	Les Chesterton	49:49	364	Jo Howell	1:01:44
171	John Mason	51:00	368	Pete Sylvester	1:01:59
179	Phoenix Hoyle	51:26	386	Sandra Long	1:03:41
181	Nigel Ayres	51:35	390	Heidi Rose	1:04:07
184	Jon Hunt	51:51	398	Carole Priestley	1:04:43
202	Rob Burgin	52:33			

Braunstone Parkrun 5K. 9th July 2011

6	Paul Hood	18:24	17	Clive Jones	19:20
10	Mike Stiff	18:50	31	Dean Hassall	21:50

Sheffield Hallam Parkrun 5k. 9th July 2011

73	Mark Thompson	22:52
95	Julie Cornes	23:47

Watermead Challenge, 5 miles. 13th July 2011

5	Martin Hulbert	28:37	13	Rob Gregory	30:52
6	Rob Nurse	28:39	15	Paul Hood	30:54

Rainbows 100 Lap Challenge. 15th July 2011.

Best Lap Times.

1	Martin Hulbert	01:05	11	Pete Sylvester	01:22
2	Clive Jones	01:10	12	Jane Fraser	01:22
3	Dave Wilmot	01:12	13	Ken Pigginn	01:24
4	Les Chesterton	01:15	14	Tania Brandon	01:24
5	Tim Fergusson	01:16	15	Julie Cornes	01:25
6	Mark Thompson	01:19	16	Ian Fraser	01:26
7	Phoenix Hoyle	01:19	17	Pete Greer	01:27
8	Dave Muddimer	01:20	18	Jon Gunnell	01:35
9	Jason Tyler	01:22	19	Alison Castleman	01:35
10	John Mason	01:22	20	Sandra Long	01:35

Braunstone Parkrun 5k. 16th July 2011

11	Clive Jones	19:12
45	Julie Cornes	22:56
54	Mark Thompson	24:06

Greenwich Parkrun 5k. 16th July 2011

2	Mike Stiff	19:04
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Milton Keynes Half Marathon. 17th July 2011

2	Mark Powell	1:11:55
257	Phoenix Hoyle	1:42:02 PB
395	Ken Pigginn	1:48:29
665	Mark Thompson	1:57:53

Cambs Open 1 Mile Track Meeting. 20th July 2011

3	Tom Drake	04:54
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Braunstone Parkrun 5k. 23rd July 2011

22	Colin Baxter	20:49
38	Dean Hassall	21:59

Braunstone Parkrun 5k. 30th July 2011

4	Andy Peet	17:19 PB	35	Mark Thompson	21:47 PB
12	Colin Baxter	19:20	68	Kerry Granger	25:32
21	Phoenix Hoyle	20:30 PB	82	Jo Steane	26:19
32	Dean Hassall	21:37 PB			

Wellingborough 5 mile race. 31st July 2011

16	Tom Drake	00:29:04
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2011 fixtures & club dates

AUGUST 2011

Sun 28th Moulton 10K, Northants (11.00 am)

SEPTEMBER 2011

- Sun 4th** John Fraser 10, Countesthorpe, LRR L 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)

NOVEMBER 2011

- Fri 4th–Sun 6th** Training Weekend, Dean Field Studies Centre, Forest of Dean
- Sun 6th** Rutland Water Marathon (9.00 am)
- Sun 6th** Shepshed 7 (11.00 am) & Fun Run (10.00 am)
- Sat 13th** Seagrave Wolds Challenge 15.7 miles (9.00 am)
- Sun 20th** St. Neots Half Marathon (10.00 am)
- Sun 27th** Clowne Half Marathon (10.00 am)

DECEMBER 2011

- Sun 4th** Cardington Cracker 9 mile fell race (11.00 am)
- Tue 6th** Whetstone 5K Xmas Run, Blaby Boys Club (12.45 am)
- Sun 11th** Turkey Trot Half Marathon, Keyworth (10.15 am)
- Sun 18th** Wigston Phoenix 6 Mile Xmas Handicap Race, Burton Overy (10.00 am)

Joy Cann 5. LRR L Summer League Race 4. 3rd August 2011

MEN		WOMEN			
26	Neil Carter	28:45	127	Julie Lamb	33:33
33	Martin Hulbert	29:19	349	Jo Howell	41:39
34	Andy Peet	29:25	359	Alison Fergusson	42:15
42	Rob Nurse	29:44	386	Julie Cornes	43:17
75	Colin Baxter	31:21	396	Mel Prusek	43:54
80	Rob Gregory	31:41	409	Kerry Granger	44:26
86	Mike Stiff	31:48	413	Jo Steane	44:36
121	Craig Baker	33:09	417	Sandra Long	44:52
157	Les Chesterton	34:41	430	Carole Priestley	45:47
164	Phoenix Hoyle	34:51	455	Karen Rogers	47:27
170	John Mason	35:01	480	Louise Southall	48:51
196	Rob Burgin	35:44	495	Sonia Grant	51:24
197	Nigel Ayres	35:46			
201	Dave Wilmot	35:52			
220	Dean Hassall	36:27			
283	Mark Thompson	38:24			
319	George Rogers	40:08			
353	Pete Sylvester	41:51			
360	Tim Fergusson	42:15			
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