



LRRL Presentation Night 2011

Friday 28th October 2011



Gemma Steel & Nicki Nealon

After a hugely successful month, Gemma Steel returned to where it all began athletically for her when she accepted an invitation to jointly present the trophies at the Leicestershire Road Running League Annual Awards Ceremony at Birstall Social Club writes Tom McCook.

John Graves, the Executive Chair of England Athletics, who shared the task of handing over the awards commented, "It is a pleasure to attend this awards ceremony for LRRL. This league is a perfect example of what is good about our sport; a league that caters for nearly 1,800 runners of all abilities and for all ages." He continued, "I must congratulate the league on an excellent organisation that contributes so much for the athletes of Leicestershire. It was an honour to be asked to present the awards. I look forward to watching the league as it goes from strength to strength."

Women's title

Huncote Harriers Nicki Nealon (pictured top) was the winner of the Women's overall title for a record eleventh occasion as well as the Masters Over 40 title. The mother of a son and daughter, aged 10 and 8 respectively, has enjoyed a long

and successful athletics career which included two international appearances in 1999 as Nicki Lee prior to her marriage. Subsequent highlights on the international stage include winning a silver medal in the 2008 European Masters Marathon at Ljubljana in Slovenia when she came within 30 seconds of the three hours barrier. She followed this with a bronze medal in the 2009 World Masters 5,000 metres in Finland. Nicki finished third in the 2004 Reading Marathon. Two years later, she won the British Masters 10 Miles Road title at Lytham St. Annes. In consecutive days in July 2007, Nicki won both the 5,000 and 10,000 metres track titles at Birmingham's Alexander Stadium. She also won the British Masters Cross Country titles in both 2008 and 2009. At the age of 43, Nicki enjoys running as much as she ever did when she was younger having recorded seventeen victories so far this year in Veteran races. Remarkably the 43-year old former international Cross Country runner recently notched up her 251st victory in Open competition races at the Coventry Half Marathon on 2 October. Nicki commented, "The Leicestershire Road Running League is brilliant and very well organised. The races are always highly competitive but they are also enjoyable social occasions."

Men's title

The Men's Individual and Masters Over 40 Champion is Barrow Running Club's Tim Hartley who, by coincidence was born three months after Nicki Nealon in 1968. However unlike his female contemporary,

Hartley did not join an athletic club until his late 20s. He explained, "My brother bought me a running vest along with a club membership form as a Christmas present when I was 28. If I had started running competitively when I was younger, I might have run faster times. However I greatly enjoy running the League races which are local and are very well organised."

The 43-year old self employed Furniture Designer and Manufacturer began this year by winning the Leicestershire Cross Country title at Bosworth. He recorded further Masters victories at the Barrow 6, Swithland 6 and the Mansfield Half Marathon. Hartley led Barrow Running Club to victory in the East Midlands Road Relays at the historic Livingstone Road Relays in April. Tim played a pivotal role in Notts AC finishing in the silver medal position at the Midland Men's Six Stage Road Relay's at Sutton Park in September. The Veteran recorded the fastest third stage time on the stage in the process of moving Notts AC up from fourth to their eventual second place.

Other titles won

Birstall Running Club's Veronica Powell was declared the Senior Women's Champion with the Senior Men's trophy going to Charnwood AC's Mark Couldwell. The Women's Under 20 Award went to Charnwood AC's 16-year old Kim Jalland with Wreake Runners Jim Payne winning the equivalent Junior Men's Award. Leicester Coritarians were crowned the Men's Division One League champions as well lifting the Veterans Men's League title. Charnwood AC's A team won the Senior Women's Division One League title. Barrow runners were runners up in both the Men and Women's Division One competitions. Birstall R.C. ran the winners of the Veteran Women's Division One League with Barrow Runners in the bridesmaid's role once again.

Report & photo courtesy of England Athletics website.



Club Kit

Club Hoodies are currently on order and hope to be delivered mid-November. They are Navy in colour with green logo and printing. The cost will be £18 and hoodies will be available from either Julie Cornes or Mark Thompson.

Annual Party & Presentation Night

Friday 27th January 2012 7pm-12pm

This is to be held at the Best Western Leicester Stage Hotel. The cost is £20 per person (discounted rate). A list is now available at the Legion to put your names down and to pay a £10 deposit.

Starter:

Leek & Potato Soup
Marinated Seafood Salad on Dressed Leaves
Chicken Liver and Cranberry Pate with Cumberland Sauce

Main Course:

Roast Turkey with Chipolata and Bacon Roll
Grilled Salmon with Hollandaise Sauce
Roasted Vegetable Filo Purse with a Tomato and Basil sauce
Served with Christmas Vegetables and Potatoes

Dessert:

Christmas Pudding with Brandy Sauce
White Chocolate & Raspberry Cheesecake
Lemon Tart with Fruit Sauce

Braunstone Parkrun Mass Participation

**Braunstone Parkrun – Sat 3rd December 2011 9am-
Mass Participation Event**

Parkrun is a free, weekly, timed 5km run. It is open to runners of all abilities. You don't need to enter in advance, you just register once and can then choose to turn up whenever you like!



A number of our members have already taken part and we are now repeating a mass participation event that we held earlier in the year in June.

Hopefully you will enjoy it, and will go back regularly for more! If you want to run, go to the Parkrun website to register. Print off your barcode, bring it with you on the day, run 5K and they will do the rest for you. You will be emailed your result, and as you do more events stats will be collated to show your progression.

To register, or to find out more, go to the Parkrun website (<http://www.parkrun.org.uk/braunstone/home>)

If you have any questions that the website doesn't answer speak to either Mark Thompson or Mike Stiff who will be able to help. We hope to get at least 20 people running on the day and already have 30 registered runners who have competed in the event.

LRRL Fixtures 2012

WINTER LEAGUE

Sun 29th Jan	BARROW 6 mls
Sun 12th Feb	DESFORD 10K
Sun 26th Feb	ASHBY (Sth Derbys RR) 5 mls
Sun 11th Mar	MARKFIELD (Beaumont RC) 10K
Sun 25th Mar	KIBWORTH (Roadhogs) 6 mls

LRRL Number (provided by club rep) to be worn at all 5 races – PLEASE RETAIN. Entry is by payment of £3.50 entry fee, including chip timing, to club rep on the day at the race.

LIVINGSTON RELAY

Sun 29th April	BRAUNSTONE PARK 3 mile Relay
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SUMMER LEAGUE

Sun 13th May	HINCKLEY 1/2 Mthn
Sun 27th May	SWITHLAND (Birstall RC) 6 mls
Wed 4th July	HUNGARTON (Wreake R) 7 mls
Wed 1st Aug	HUNCOTE Joy Cann 5 mls
Sun 12th Aug	HERMITAGE 10k/6 mls
Sun 2nd Sept	JOHN FRASER 10 (Wigston P) 10 mls

Block Entry forms will be available for each race, sent in by your club. Entry Fees (variable) to be paid to the club rep before each race. Otherwise, entry by normal individual entry form, stating your LRRL number. Entries are usually accepted on the day, but will cost at least an extra £2.

ALL RUNNERS MUST WEAR CLUB VESTS. SEE MIKE STIFF YOUR CLUB REPS FOR 2012 ARE CLIVE JONES & MIKE STIFF

Wigston Phoenix Christmas Handicap

Sunday 18th December

First runner is to set off at 10.30am. Based at Burton Overy Village Hall, Rectory End. Car Parking is along Main Street. The best Fancy Dress Outfit will receive a free ticket for the annual club party. Refreshments are to be provided. Please bring a wrapped Christmas gift to exchange per race position. If you are not running please consider volunteering. A list is available at the Legion for both runners and volunteers. Friends and family are also welcome.

2012 London Marathon Draw

We have applied for the usual Guaranteed Club Entries and have been given two entries for 2012. A draw will be held if there are more requests than entries and this will be held at the end of the Christmas Handicap race on the 18th December 2011. Please confirm any rejected

entry details to either Mark Thompson or Mick Jordan by the 6th December. Please note that priority is given to runners who have been club members for over 12 months.

news in brief

New Members

Welcome to Perry Smith who joined the club recently and a belated welcome to Kerry Granger who joined back in July.

Membership Update

For the remainder of 2011 new members can join for free. For existing members who have not paid as yet the cost will remain at £18. 115 members have now paid up for 2011. Membership fees for 2012 will be due from January and has been agreed by the committee to remain at £18 with a 50% concessionary rate of £9.

Thursday Training

A reminder that this is currently held at Victoria Park at 7pm and includes Speedwork, Intervals etc.

Meet at the entrance next to Wyggeston & Queen Elizabeth I College.

Members Contact Details

If you have changed any of your contact details (address, telephone, e-mail) within the last 12 months please let either Mel or Mick know so that the details held by the club can be updated accordingly.

Baby Carter

Rosie gave birth to William Carter on Thursday 3rd November 2011. Congratulations to both Neil & Rosie.

Charity Donation

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

Derby Runner Race 3, Foremark Reservoir

The third Derby Runner Cross Country race takes place this Sunday (20th Nov) at Foremark Reservoir, near Asbhy. Entry on the day is £3. Please note : there is a charge to enter the car park - £2.50. It is an automated machine which does not provide change - please car share if possible. We need 8 Men and 3 Ladies to make up the team. So if you haven't done a Cross Country race before this is a good opportunity. There are normally 400 + runners taking part and a good atmosphere makes them very popular. *See you there.*

Newsletter contacts

results@wigstonphoenix.co.uk

news@wigstonphoenix.co.uk

results // august 11

Braunstone Parkrun 5k. 17th September 2011

12	Phoenix Hoyle	20:08 PB	70	Kerry Granger	26:11
27	Dean Hassall	22:04	71	Rob Nurse	26:11

Great North Run. 18th September 2011

2715	Ken Piggjn	1:39:56
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Braunstone Parkrun 5k. 24th September 2011

11	Colin Baxter	18:38 PB	132	Richard Pearson	26:55
51	Dean Hassall	21:57	155	Judith Critchley	29:01
60	Mark Thompson	22:25			

Great Kibworth Half Marathon. 25th September 2011

MEN			WOMEN		
1	Mark Powell	1:12:48	126	Mike Smith	1:58:45
8	Rob Pullen	1:24:04	165	Graham Garner	2:11:43
14	Rob Gregory	1:28:17	17	Julie Lamb	1:29:10 1st
35	Keith Markley	1:38:07		Lady	
48	Phoenix Hoyle	1:41:52	54	Tania Brandon	1:43:30
48	Dean Hassall	1:41:52	107	Lisa Hallam	1:54:56
106	Mark Thompson	1:54:42			

Great Kibworth One Third Marathon. 25th September 2011

MEN		WOMEN			
23	Ray Draycott	1:08:17	44	Jo Howell	1:15:38
43	Ian Lauder	1:15:24			

Braunstone Parkrun 5k. 1st October 2011

13	Phoenix Hoyle	20:21	41	Mark Thompson	22:47
20	Dean Hassall	21:05 PB			

Derby Runner XC, Race 1 – Markfield. 2nd October 2011

MEN			WOMEN		
2	Mark Powell	30:11	139	Phoenix Hoyle	43:26
16	Neil Carter	34:20	219	Ray Draycott	51:10
22	Andy Peet	35:16	227	Pete Sylvester	52:10
82	Clive Jones	39:26	22	Tania Brandon	46:03
87	Mike Stiff	39:57	85	Carole Priestley	55:55
107	Les Chesterton	41:10			

Braunstone Parkrun 5k. 8th October 2011

4	Mike Stiff	19:03	29	Mark Thompson	22:40
14	Dave Wilmot	20:55	73	Judith Critchley	28:28 PB

Chester Marathon. 9th October 2011

491	Colin Baxter	3:36:32
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Leicester Half Marathon. 9th October 2011

MEN		WOMEN			
15	Rob Nurse	1:24:01	626	Alison Fergusson	1:54:07
112	Pete Morgan	1:35:07	886	Sandra Long	2:01:47
155	Keith Markley	1:37:44	889	C. Priestley	2:01:51 1st FV60
168	Les Chesterton	1:38:27	917	Alison Castleman	2:02:47
207	Paul Wilson	1:40:00	1038	Yvonne Dunmore	2:07:09
285	Rob Burgin	1:42:51	1041	Caroline Neal	2:07:14
455	Mark Thompson	1:48:06	1042	Mel Prusek	2:07:16
479	Jon Gunnell	1:48:57	1048	Andrea Hulett	2:07:35
574	Ron Walton	1:52:33	1201	Jill Walton	2:13:34
846	Mike Smith	2:00:46	1333	Karen Rogers	2:19:24
1252	Dave Muddimer	2:15:50	1573	Linda Humphreys	2:40:07
			1596	Mariet Cheetham	2:46:38

Leicester Full Marathon. 9th October 2011

MEN		WOMEN			
12	Mike Stiff	3:06:48	196	Dean Hassall	4:16:27 PB
39	Rob Gregory	3:24:09	13	Julie Lamb	3:06:53 1st
82	Ken Piggjn	3:42:35	261	Jo Steane	4:38:24
87	Jon Hunt	3:43:20	300	Heidi Rose	4:57:06
147	Phoenix Hoyle	3:59:44			

Great Eastern Run Half Marathon. 9th October 2011

55	Tom Drake	1:17:55 PB	66	Andy Peet	1:19:08
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Braunstone Parkrun 5k. 15th October 2011

22	Dave Wilmot	20:54	52	Dean Hassall	:23:21
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Leeds Parkrun 5k. 15th October 2011

144	Kerry Granger	00:26:37
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Resolution 10k Hyde Park. 16th October 2011

165	Judith Critchley	01:03:43
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2011 fixtures & club dates

NOVEMBER 2011

Sun 20th St. Neots Half Marathon (10.00 am)

Sun 20th Derby Runner XC, race no. 3,
Foremark Reservoir (11.00 am)

Sun 27th Clowne Half Marathon (10.00 am)

DECEMBER 2011

Sat 3rd Braunstone Parkrun – Wigston Phoenix (9.00am)

Sun 4th Cardington Cracker 9 mile fell race (11.00 am)

Sun 4th Derby Runner XC, race no. 4,
Allestree Park (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)

Sat 17th Gaddesby Gallop, 5.25 miles XC (11.00 am)

Sun 18th Wigston Phoenix 6 Mile Xmas Handicap Race,
Burton Overy (10.00 am)

Sat 31st Huncote Hash XC, 6.5 miles (11.00 am)

JANUARY 2012

Sat 7th Leics County XC Championships, Rotherby,
near Melton Mowbray

Sat 14th Ted Toft Memorial Croft Hill Race, 4.5 miles (11.00 am)

Sun 15th Derby Runner XC, race no. 5, Grace Dieu (11.00 am)

Sat 28th Midland XC Championships, Nottingham

Sun 29th Leics Road Running League, winter race no. 1,
Barrow 6 (10.30 am)

FEBRUARY 2012

Sun 5th Charnwood Hills Fell Race, 13 miles, Anstey (10.00 am)

Sun 5th Avalanche Adventure Run 10K, Sibbertoft,
Market Harborough (11.00 am)

Sun 12th Leics Road Running League, race no. 2,
Desford 10K (10.30 am)

Sat 19th National XC Championships, Parliament Hill, London

Sat 19th Derby Runner XC, race no. 6, Hinckley (11.00 am)

Sun 26th Leics Road Running League, race no. 3,
Ashby 5 (10.30 am)

Greenwich Parkrun 5k. 22nd October 2011

4	Mike Stiff	00:19:06
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Braunstone Parkrun 5k. 22nd October 2011

4	Andy Peet	17:21	80	Dave Muddimer	5:03
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Derby Runner XC, Race 2 – Bagworth. 23rd October 2011

MEN			WOMEN		
1	Mark Powell	28:00	93	Alex Webster	36:19
15	Neil Carter	31:38	102	Mike Stiff	37:32
22	Andy Peet	32:12	121	Les Chesterton	37:52
49	Colin Baxter	34:21	151	Dave Wilmot	39:15
79	Rob Gregory	35:49	229	Ray Draycott	45:55
84	Clive Jones	35:57			
			83	Carole Priestley	48:21

Great Birmingham Run. 23rd October 2011

4499	Dean Hassall	1:56:34	4963	Mark Thompson	1:58:39
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The Skeleton Run. 28th October 2011

MEN		WOMEN			
14	Clive Jones	37:23	61	Sam Winters	44:44
24	Rob Nurse	39:40	108	Jane Fraser	50:17
108	Richard Pearson	50:17	108	Anne Boulger	50:17
108	Jon Gunnell	50:17			

Braunstone Parkrun 5k. 29th October 2011

14	Jon Hunt	20:30	75	Judith Critchley	26:02 PB
28	Dean Hassall	21:47	82	Heidi Rose	26:24

Snowdonia Marathon. 29th October 2011

515	Paul Wilson	4:00:08
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Workshop Half Marathon. 30th October 2011

2	Mark Powell	1:10:01	1036	Mark Thompson	1:55:12
669	Dean Hassall	1:46:57			