



# FLAMIN NEWSLETTER



# Annual Party & Presentation Night

**27th January 2012**

This was held on Friday 27th January 2012 at the Best Western Leicester Stage Hotel. We had an attendance of 56 on the night that included members and partners. Chairman Pete Sylvester presented the Awards on the night and Sam Stevenson was on hand to give the trophies and certificates to the individual winners.

There were 11 Presentation Evening Awards and 15 Club Standards Certificates issued. For those that have won trophies please note that engraving costs will be reimbursed on production of a receipt to Club Treasurer Mick Jordan. Alternatively trophies can be returned in early January next year for the club to sort the engraving.

Many thanks for Carole Priestley for being the Chief Organiser on behalf of the club.

*We hope to see you next year for the 2012 Awards!*

## 2011 Presentation Evening Awards

Outstanding Female Performance	<b>Julie Lamb</b>
Outstanding Male Performance	<b>Mark Powell</b>
John Fraser Award (O/S Vet )	<b>Andy Peet</b>
Best Newcomer Award Female	<b>Judith Critchley</b>
Best Newcomer Award Male	<b>Tom Drake</b>
Most Improved League Female	<i>Not Awarded</i>
Most Improved League Male	<b>Mike Stiff</b>
Most Improved Marathon	<b>Julie Lamb</b>
Most Improved _ Marathon	<b>Dean Hassall</b>
Liz Mccaffrey Female Merit	<b>Jo Steane</b>
Norman Bennett Male Merit	<b>Dave Wilmot</b>
Chairman's Award	<b>Bob Pople</b>

# Leicestershire Cross Country Championships

## Rotherby Romp, 7th January 2012

A new user friendly course with just one stiff climb on each lap, plenty of room to overtake and fine weather with mostly firm ground did not tempt Wigston Phoenix runners. Only 6 of our runners turned out for the most prestigious cross country event of the year in Leicestershire.

To be fair, several were struck down with injury and illness and Craig Baker and Tom Drake even made it to the warm-up, but were not fit enough to compete.

Those that did run did us proud. In the Senior Men's race, Mark Powell ran one of his best races for a while and looks in ominous form for 2012. He could not stay with Paul Richardson (Owls), but saw off a bunch of young Owls and took 2nd place in the Men's race, and 3rd place overall as U20 newcomer Sam Densham from Charnwood came 2nd.

Congratulations to the Owls Men who won the team trophy for the 23rd consecutive year which is probably a record for any County event countrywide. Captain Paul Miles says they will celebrate when they achieve 25 wins!

Our 3 Men Vets (running as over 35 Masters) had a great race. The 2nd of the four laps saw Alex Webster ahead of Andy Peet but towards the end of the 3rd lap they were neck and neck and Andy gradually pulled ahead on the final lap to finish 6th with Alex 7th. This was good running and I sense a healthy rivalry for 2012 as I quote Alex "I will get him next time!"

Clive Jones performed well in the middle of the pack to finish 26th. As each lap went by, he said to me "soon be on the roads at Barrow". However, the importance of his performance was demonstrated when Wigston Phoenix took 3rd team place, and were only missed out to Charnwood in 2nd on "count back", as we had the same number of points as them.

A mention of Jason Williams, ex Owl and son of our own senior

master, Peter Williams. Jason found himself in a good position and pressed on well to such an extent that he won the Masters event and took the trophy. Well done to him.

And so to the Ladies, and another superb performance by Julie Lamb finishing 5th in the Lady Masters event. Julie had been suffering from a heavy cold, but this course suited her with a sharp climb (twice) and no steep downhills, which, by her own admission, she does not excel at. She pressed hard all the way and was faced with a sprint finish with a fellow Vet and was just piped for 4th place.

Our only other lady was Kirsty Walker, who worked hard lower down the field and did well to finish 14th in the Senior Ladies race.

Maybe next year we will have a better turn-out now that Wigston Phoenix are getting well established. A special mention also of Mike Stiff who worked prodigiously on registration and results – calm and collected whilst chaos reigned all around him!

I spent a hard 2 days setting out the course, acting as Chief Marshal and dismantling the course. This was done partly by me driving the farmer's Land Rover truck around dodgy, slimy paths in twilight and then complete darkness. The farmer was glad to see the truck back in one piece, and so was !! More help from Wigston Phoenix next time maybe.

Ramon Howe.



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## Club Records and 2011 Seasons Best

On behalf of the club Bob Pople has compiled the 2011 road race records for Wigston Phoenix. There are four separate age categories for both men and women (Senior, V40, V50 & V60) and five separate distances (5 miles, 10K, 10 miles, half-marathon & marathon).

The 2011 Seasons Best records show the best five performances per individuals for each category/distance during the year. The Club Records show the best performances and improvements for each category/distance since the club was started in 2009.

The details are on display at the Legion on Tuesday nights and will be distributed by e-mail to those members who elect to receive the newsletter by this method.

Many thanks to Bob for compiling the 2011 figures and he has now handed over the responsibility to Clive Jones for 2012 onwards.

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## 2012 LRRL

Chip timing was successfully introduced to the first Winter League race at Barrow. There were 581 runners for the 6 mile race and 9 men and 10 women competing for Wigston Phoenix.

The Desford 10K on the 12th February has a new venue of Market Bosworth Rugby Football Club. There are limited showers and changing facilities and runners are asked to car share where possible. The route is a one lap undulating course going from Market Bosworth to Sutton Cheney to Cadeby before returning to Market Bosworth.

The Ashby 5 on the 26th February is the same route as previous years from the Hood Park Leisure Centre. There is male and female changing with showers. The course climbs at first with a fast finish.

A reminder that the entry fee for all Winter League races is now £3.50. Registration will be on the day at each race at the Wigston Phoenix club desk. You will be given a chip that will need to be returned after the race. Lost chips will be charged at £10 each to clubs. It is obligatory to wear a club vest.

# Annual General Meeting 2012

**Tuesday 21st February 2012**

You are cordially invited to attend Wigston Phoenix RC's Third Annual General Meeting being held on the above date. It will start at 8.30pm after training.

Reports will be presented by the Chairman, Secretary, Treasurer and Club Captains. The Principal Officers will be elected for 2012.

Please make the effort to come along to support your club and those members who help organise the various club activities on your behalf.

## Track and Christmas Handicap Races 2012

Bob Pople has handed the reins over to Jo Steane for the responsibility of compiling the handicaps for our annual Track and Christmas Handicap races. The Norman Bennett 3 mile Track Handicap will this year take place on Friday 25th May 2012. Please note this date in your diary.

## Newark Half Marathon 2012

With regret the committee of Newark Athletic Club announces that there will not be a Half Marathon in Newark in 2012. Several long standing volunteers have stated their intention to step down from their time consuming Half Marathon roles and this, coupled with the escalating organisational costs resulting from ever increasing regulatory and traffic management requirements, have made the event no longer viable.

Chairman Paul Lynch said "We have made this decision reluctantly as the Newark Half Marathon is a long established, well attended and successful event which acts as a great advert for the town. However it has become an increasing concern financially and organisationally and the club alone cannot sustain it in its current form."

## The Livingston Relays 2012

**Sunday 29th April 10.30am**

This race has been traditionally held on Easter Sunday but has been moved this year to 3 weeks later. The course is at Braunstone Park with car parking, registration and changing at Braunstone Leisure Centre. Men and Vet Men teams are 4 x 3 miles and Ladies teams are 3 x 3 miles.

This is offered as a FREE race to members as the entry fees will be paid by the club (£12 Mens teams and £9 Ladies teams). If interested please speak to Team Captains Carole Priestley and Clive Jones.

## Braunstone Parkrun

We are looking to get as many of you as possible to the Braunstone Parkrun on Saturday 3rd March 2012. As well as it being a great fun event, it is a good way of us publicising the club.

We have had more than 30 different people run at Braunstone - it would be great to see all of them and a few new faces!!

## news in brief

### New Members

Welcome to **Peter Meads** and **Gareth Robinson** who joined the club recently and welcome back to **Jon Burch** who has rejoined the club.

### Membership Update

Membership fees for 2012 are now due and the rate has been agreed by the committee to remain at £18 with a 50% concessionary rate (students, unemployed, over 65) of £9. Payment can be made either on Tuesday nights at the Legion (cash or cheque), by post or via internet banking. Please contact Mick Jordan for further details. Please make cheques payable to *Wigston Phoenix RC*.

### Club Kit

Club vests are available from Mike Stiff at a cost of £13.50.

All other club kit is available from Mark Thompson & Julie Cornes as follows:

<b>Long Sleeve Tops</b>	<b>£16</b>
<b>Short Sleeve Tops</b>	<b>£14</b>
<b>Hoodies</b>	<b>£18</b>
<b>Beanie Hats</b>	<b>£5</b>

### Winter Coaching Session

A reminder that the Leicestershire Vision 2020 Athletics Network practical session 'Shaving off the Seconds' is to be held on Wednesday 15th February at 7.30pm at Saffron Lane stadium. It will include running technique, drills and a coached track session to help you improve your running efficiency. For more information please e-mail [John.skevington@hotmail.com](mailto:John.skevington@hotmail.com) or telephone 0781 769 3777. Everyone is welcome and attendance is entirely free. Coaches and LiRF Leaders are especially encouraged to attend.

### Marathon Coaching Session

A reminder that the Leicestershire Vision 2020 Athletics Network practical session 'Running The London Marathon - The Final Countdown' is to be held on Monday 20th February at 7.30pm at LOROS, Groby Road. It will include tapering your training, fuel for the big day, do's and don'ts for the day. For more information or to register your place please e-mail [John.skevington@hotmail.com](mailto:John.skevington@hotmail.com) or telephone 0781 769 3777. Everyone is welcome to attend and there is no cost.

## Newsletter contacts

[results@wigstonphoenix.co.uk](mailto:results@wigstonphoenix.co.uk)

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## results // january 12

### Braunstone Parkrun 5k. 17th December 2011

40	Dean Hassall	22:40	65	Kerry Granger	25:54
44	Mark Thompson	23:30	113	Judith Critchley	33:59
59	Maxine Powell	24:53	114	Sharon Clark	33:59

### Braunstone Parkrun 5k. 24th December 2011

22	Rob Nurse	19:01	77	Mark Thompson	23:06
25	Rob Gregory	19:13	81	Phoenix Hoyle	23:16
30	Mike Stiff	19:41	90	Pete Sylvester	23:40
35	Les Chesterton	20:19	100	Kerry Granger	25:03 PB
46	Dean Hassall	21:19	121	Dave Muddimer	27:51
49	Tania Brandon	21:24			

### Braunstone Parkrun 5k. 31st December 2011

7	Mike Stiff	20:09	38	Phoenix Hoyle	22:50
33	Dean Hassall	22:30	46	Mark Thompson	23:16

### Gunnersbury Parkrun 5k, London. 31st December 2011

3	Colin Baxter	19:11
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### Huncote Hash. 31st December 2011

MEN			WOMEN		
6	Andy Peet	43:26	251	Pete Sylvester	1:09:39
27	Tom Drake	47:50	256	Dave Muddimer	1:10:15
40	Rob Nurse	49:18	156	Tania Brandon	1:00:09
43	Rob Gregory	49:34	186	Alison Ferguson	1:03:21
47	Clive Jones	50:35	213	Jane Fraser	1:05:57
122	Tim Ferguson	57:02	224	Heidi Rose	1:07:05
158	Ron Walton	1:00:20	286	Sandra Long	1:13:24
214	Ian Fraser	1:05:59	298	Carole Priestley	1:14:35
215	Jon Gunnell	1:06:00			

### Stanwick Half Marathon. 1st January 2012

27	Dean Hassall	01:45:20
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### Leics County XC Champs - 7th January 2012

#### Master Men 10K

6	Andy Peet	41:57
7	Alex Webster	42:37
26	Clive Jones	48:36

#### Senior Men 10K

2	Mark Powell	37:00
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#### Master Women 6K

5	Julie Lamb	27:42
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#### Senior Women 6K

14	Kirsty Walker	00:34:59
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### Braunstone Parkrun 5k. 7th January 2012

7	Mike Stiff	19:47	46	Richard Grant	22:56
37	Phoenix Hoyle	22:23	60	Mark Thompson	23:52
40	Dean Hassall	22:29	83	Richard Pearson	26:48

### Braunstone Parkrun 5k. 14th January 2012

11	Colin Baxter	18:53	53	Richard Grant	22:30
43	Dean Hassall	22:01	60	Mark Thompson	23:04
49	Maxine Powell	22:26			

### Derby Runner Xc Race 5, Grace Dieu, 15th January 2012

#### MEN

1	Mark Powell	:29:22
16	Andy Peet	32:37
17	Jonathan Burch	32:41
32	Alex Webster	33:21
37	Rob Pullen	33:39
106	Clive Jones	37:15
163	Les Chesterton	40:13
196	Mike Stiff	41:48
284	Pete Sylvester	48:52

#### WOMEN

5	Julie Lamb	37:58
104	Carole Priestley	53:34

## 2012 fixtures & club dates

### FEBRUARY 2012

<b>Sun 12th</b>	Leics Road Running League, race no. 2, Desford 10K (10.30 am)
<b>Sat 18th</b>	National XC Championships, Parliament Hill, London
<b>Sun 19th</b>	Derby Runner XC, race no. 6, Hinckley (11.00 am)
<b>Sat 25th</b>	Belvoir Challenge, 15 or 26 miles multi-terrain (9.00 am)
<b>Sun 26th</b>	Leics Road Running League, race no. 3, Ashby 5 (10.30 am)

### MARCH 2012

<b>Sun 4th</b>	Milton Keynes Half Marathon, 10K & 5K (10.00 am)
<b>Sun 11th</b>	Silverstone Half Marathon (12.00)
<b>Sun 11th</b>	Leics Road Running League, race no. 4, Markfield 10K (10.30 am)
<b>Sun 11th</b>	Stafford 20 (10.30 am)
<b>Sun 11th</b>	Retford Half Marathon (10.00 am)
<b>Sun 11th</b>	Newtons Fraction Half Marathon, Grantham (10.30 am)
<b>Sun 18th</b>	Ashby 20, Ashby de la Zouch (10.00 am)
<b>Sat 24th</b>	Charnwood Marathon, 15 or 26 miles, Quorn (9.00 am)
<b>Sun 25th</b>	Leics Road Running League, race no. 5, Kibworth 6 (10.30 am)
<b>Sun 25th</b>	Farmyard Frolics 10K, Brooksby College (11.00 am)
<b>Sun 25th</b>	Stafford Half Marathon (10.30 am)
<b>Sun 25th</b>	City of Lincoln 10K (11.00 am)
<b>Sat 31st</b>	Midland 12 & 6 Stage Road Race Relays, Sutton Park

### APRIL 2012

<b>Sun 1st</b>	Leicester 10K, Abbey Park (9.30 am)
<b>Sun 1st</b>	Derbyshire Building Society 10K & Fun Run, Pride Park, Derby (9.30 am)
<b>Sun 8th</b>	Belvoir Half Marathon & 4.5 mile Fun Run, Hose (10.00 am)
<b>Mon 9th</b>	Stanwick 10K, Northants (10.30 am)
<b>Sun 22nd</b>	London Marathon
<b>Sun 29th</b>	Livingston Relays, Braunstone Park (10.30 am)

### Braunstone Parkrun 5k. 21st January 2012

4	Rob Nurse	17:55	98	Dave Muddimer	25:44
60	Richard Grant	22:51	101	Richard Pearson	25:48
66	Dean Hassall	23:09	133	Gareth Robinson	27:49
71	Mark Thompson	23:19			

### Braunstone Parkrun 5k. 28th January 2012

32	Phoenix Hoyle	21:52	77	Gareth Robinson	25:47
42	Richard Grant	22:23	79	Richard Pearson	25:58
47	Mark Thompson	22:45			

### Barrow 6. 29th January 2012

#### MEN

28	Jonathan Burch	34:06
37	Rob Nurse	34:41
48	Alex Webster	35:09
116	Clive Jones	38:35
161	Mike Stiff	40:42
189	Rob Burgin	41:47
247	Dean Hassall	43:27
265	Phoenix Hoyle	44:13
480	Dave Muddimer	52:32

#### WOMEN

379	Kirsty Walker	47:51
398	Jo Howell	48:39
426	Heidi Rose	49:50
452	Alison Wright	50:53
457	Sandra Long	51:03
462	Judith Critchley	51:22
464	Yvonne Dunmore	51:37
494	Caroline Neal	53:22
500	Mel Prusek	53:35
503	Carole Priestley	53:48