



Phoenix carries the Olympic Torch

Our very own Olympic torch bearer Martin Hulbert tells his story.



Back in early 2011 I got an email from "The Olympic Torchbearing Committee" telling me that my Mum (bless her) had nominated me to be a torchbearer. Now although I have helped raise money for a local childrens charity since I was widowed in 2004, never, in a million years, did I think that I had done anything worthy enough to be considered as a torchbearer. So I thanked my Mum and dismissed the idea.

Then a couple of months later I received another email, saying that I had passed the first round of selection and could I provide more details about my fundraising, etc. Still not believing it would progress much further I sent back the information and then let it slip from my mind.

This was until last December. I was on the train for a weekend away, bored and checking my emails. Another email from the Torchbearing Committee. This time it said that I had been accepted as a Torchbearer subject to some "background checks". I was also told not to tell anyone until it had been confirmed (so obviously I announced it on Facebook straightaway like excited child I am!!!).

I have now received the final confirmation. I run a leg of the Torch Relay on Tuesday 3rd July in Oakham and I am so excited and proud to be involved first hand in a once in a lifetime opportunity.

If anyone wants to know more about the charity and why I am raising money, or would like to sponsor me to run the London Marathon again then please visit www.justgiving.com/martinhulbert2012.



The Olympic Torch Route

The Olympic torch relay visits Leicester, Leicestershire and Rutland on 2nd and 3rd July - on 2nd, it will pass through Market Harborough, Lubenham, Foxton Locks, Foxton, Kibworth Harcourt, Oadby and stop overnight in Leicester where a celebration is being staged by the city council at Abbey Park. On 3rd, it will leave Leicester and travel through Quorn, Loughborough, Hoton, Wymeswold, Asfordby, Melton Mowbray, Langham, Oakham, Uppingham and Stamford.

The Olympic torch relay will take the flame to within 10 miles of over 95 per cent of the UK population. The journey, starting on 19th May, covers 8,000 miles and involves 8,000 torchbearers.

LOCOG announced that the torch relay dress rehearsal - the only one of its kind in the country - will be staged in Leicester, Leicestershire and Rutland on Friday, 20th April.

The test event will recreate the torch's journey on 3rd July, from Leicester to Peterborough.

The street-level information is available at: www.london2012.com/olympictorchrelay.

2012 fixtures & club dates

APRIL 2012

Sun 8th	Belvoir Half Marathon & 4.5 mile Fun Run, Hose (10.00 am)
Mon 9th	Stanwick 10K, Northants (10.30 am)
Sun 22nd	London Marathon
Sun 29th	Livingston Relays, Braunstone Park (10.30 am)
Sun 29th	Milton Keynes Marathon (10.00 am)
Sun 29th	Shakespeare Full & Half Marathon, Stratford (9.30 am)

MAY 2012

Thur 3rd	County 10K Track Championship, Saffron Lane Stadium (7.30 pm)
Mon 7th	Woodhouse May Day Challenge, 13.5 miles, Woodhouse Eaves (9.30 am)
Wed 9th	Silverstone 10K, East Mids Grand Prix 1 (7.30 pm)
Fri 11th	Notts 10, Holme Pierrepont (11.00 am)
Sun 13th	Hinckley Half marathon, LRR L Summer League 1 (10.30 am) No Block Entry.
Sun 13th	Wymeswold Waddle 5 miles (10.30 am)
Sun 13th	Clawson 10K XC Challenge (11.00 am)
Wed 16th	Rugby 6, East Mids Grand Prix 2 (7.45 pm)
Tue 22nd	Bedford 6, East Mids Grand Prix 3 (7.45 pm)
Fri 25th	Norman Bennett 3 mile Track Handicap, Manor Road (7.15 pm)
Sun 27th	Swithland 6, LRR L Summer League 2 (10.30 am)
Mon 28th	Arnesby May Fayre 5 mile XC (2.00 pm)
Mon 28th	Oaks in Charnwood 6.5 mile XC (2.30 pm)
Wed 30th	Corby 5, East Mids Grand Prix 4 (7.45 pm)

JUNE 2012

Sat 9th	Sherwood Forest 10K multi-terrain, Worksop (9.00 am)
Sun 10th	Woodhall Spa 10K, Lincolnshire (11.00 am)
Sun 10th	Long Eaton 5 (10.00 am)
Tue 12th	Banbury 5, East Mids Grand Prix 5 (7.45 pm)
Tue 12th	Rothley 10K (7.15 pm)
Sat 16th	Wollaton Park 10K & Fun Run (10.00 am)
Sat 16th	Breedon on the Hill 6.5K multi-terrain (3.00 pm)
Tue 19th	Harborough 5, East Mids Grand Prix 6 (7.45 pm)
Wed 20th	Hinckley 5K (7.30 pm) & 1 mile Fun Run (6.45 pm)
Fri 22nd-Sun 24th	Calder Valley Midsummer Madness 3 Day Fell Race Series
Sat 23rd	Glooston 10K (6.00 pm)
Tue 26th	Weedon 10K, East Mids Grand Prix 7 (7.45 pm)

Spring Training Weekend

Friday 18th - Sunday 20th May 2012

The Training Weekend will be at the Hagg Farm Outdoor Education Centre, Snake Road, Bamford, Derbyshire, S33 0BJ which is near to the Ladybower Reservoir. The cost is £55 and a deposit of £20 is required to confirm your place. There are still a few places left so please add your name to the list at the Legion if interested.

Hagg Farm centre is a comfortable high quality residential base for up to 44 people. The centre stands in its own grounds surrounded by forest and moor land. Facilities in the main centre include bunk rooms of 2 - 8 people, fully equipped kitchen, large group/dining room, TV/DVD/video, payphone and fax, group PCs, classroom, library and drying room.

For further information please see the details held on the club website or contact Sid Greer.

Message from the Ladies Captains'

Caroline Neal & Yvonne Dunmore

At the AGM we both volunteered to run as joint Ladies Captain, Yvonne has run with the club for 5 years and Caroline for 2 years. Our contact details are Yvonne, 07976 262675 and Caroline, 07952 746962. Our main role will be to support all the new ladies who join the club and to ensure that we get enough ladies to all the league races.

We are currently building a database of contact details and we will be emailing you all for up to date details, it would be good to know which ladies would be interested in attending the league races.

We have been really pleased with the league races so far, and have had a full team to all but one of the Winter league races, it is really important that we get at least 4 ladies to each event, otherwise we lose points and may be faced with demotion in the league.

We wanted to highlight some of the following news ...

Well done to ...

- Caroline, Jane, Judith and Sharon who have ran for the club for the first time, we hope to see you again soon.
- Katy on completing both the Sleaford and Silverstone Half Marathons.
- Carole for getting the first lady veteran in the Cross Country.
- Maxine for being the first lady in the Braunstone 5k Park run on the 17 March.

We would like to send our warm wishes to Sandra and hope that her daughter Emma makes a full recovery, our thoughts are with her and her family.

We are currently looking at providing a team of 4 ladies to compete in the Livingstone relays to be held on 29 April, you will need to run 3 miles. If you are interested if you could ring either of us or let us know at the club.

And finally, good luck to all of you competing in either the London or Milton Keynes Marathon in April.

Caroline Neal & Yvonne Dunmore

2012 Wigston Phoenix Committee

Pete Sylvester was elected to continue as Club Chairman and Mick Jordan was re-elected as Club Treasurer. We currently have a vacancy for the Club Secretary role. Caroline Neal and Yvonne Dunmore joined the committee as Joint Ladies Captain. Clive Jones is continuing as Men's Captain. Mark Thompson, Mike Stiff, Jon Gunnell, Carole Priestley and Julie Cornes continue with their Officer roles on the committee.

Rules for Wigston Phoenix Club Standards Awards 2012

- 1) In order to qualify for an award you must achieve the same standard (or better) at **three different distances in one calendar year.**
- 2) You can only qualify for the award at one standard level in any one year.
- 3) **Any properly measured and certified road race can count.**
- 4) The time achieved must **equal or better the standard time.**
- 5) **Your time must be taken from the official race results.**
- 6) Once you have achieved a particular standard level within an age group you can only improve upon it by achieving a higher level in a future year.
- 7) When you change age category you may qualify for any standard within your new age group.
- 8) The panel may also decide to provide a distinction award which is discretionary in nature and to be based on an overall recognition of meritorious performance in the absence of a qualifying standard award.

Any queries about the Awards Scheme should be addressed to *Clive Jones or Mick Jordan.*

Norman Bennett Track Handicap

Friday 25th May 2012

The race takes place at Manor Road track, Oadby with a buffet provided afterwards at the new venue of the Cow & Plough, Gartree Road. Prize giving will include awards for the top 3 females, top 3 males, fastest male and fastest female.

We will be confirming numbers for catering in the week commencing 21st May and therefore any additions or deletions need to be made known by Tuesday 22nd May. Any withdrawals after this date will incur the stated cost of either £5 for race and buffet or £4 for buffet only.

We also ask that where possible please make payment by Tuesday 22nd May at the latest. This is so that only a small number of outstanding fees need to be collected on the night of the race during registration.

Registration on the day will be up to 7pm and the 1st runner will set off at 7.15pm. We will also have a group club photo before the first runner sets off, approximately 7.10pm, so please bring your club vest.

We need a number of helpers on the day. If you or a family member is watching the race and can help out then please add the appropriate names to the list of helpers and runners which will be available at the Legion from April onwards.

Hinckley Half Marathon

Sunday 13th May 2012

The first race in the 2012 LRRL summer league will unfortunately have no club block entry available. This is due to the restrictions placed by the host club Hinckley RC. Individual entry is either online (link available on the club website) or by completed application form (copies available at the Legion). There is a closing date of the 27th April but you are advised to enter earlier as the race is likely to be oversubscribed.

news in brief

New Members

Welcome to **Adam Naismith, James Bostock** and **Austin Orwin** who joined the club recently.

Membership Update

Membership fees for 2012 are now due and the rate is **£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 make cheques payable to *Wigston Phoenix RC*. Ramon Howe has been appointed Membership Secretary and is now actively chasing outstanding fees from the relevant members.

Marathon Forum - Network

The marathon forum held on the 21st March with John Skevington was a great success, with 16 people attending. We hope that those who attended found it useful. We will be looking to organise further sessions with the Leicestershire Vision 2020 Athletics Network, both theoretical and practical, over the course of the year. Watch this space for more details.

Thursday night training

Thursday night training sessions will now be at the University Manor Road Track. Speed training is a really good way to boost your performance. Meet by the observatory by the track at 7 pm.

LRRL

Currently the following have completed all of the Winter League races:

Yvonne Dunmore, Phoenix Hoyle, Clive Jones, Dave Muddimer & Mike Stiff.

Good luck to all in trying to achieve the 100% award for 2012 by completing the Summer League races.

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:

Long Sleeve Tops	£16
Short Sleeve Tops	£14
Hoodies	£18
Beanie Hats	£5

Newsletter contacts

results@wigstonphoenix.co.uk

news@wigstonphoenix.co.uk

results // February 12

Corby Brass Monkey 10k. 29th January 2012

2 Tom Drake 33:53 PB

Braunstone Parkrun 5k. 4th February 2012

15 Clive Jones 19:23 36 Richard Grant 22:26
26 Phoenix Hoyle 21:42 42 Dean Hassall 22:57
33 Maxine Powell 22:03

Charnwood Hills 13 mile Fell Race. 5th February 2012

12 Andy Peet 1:43:14 70 Austin Orwin 1:59:25
40 A. Waterfield 1:52:15 99 Rob Gregory 2:04:40
45 Tom Drake 1:53:08 276 Sandra Long 2:55:25
51 Julie Lamb 1:54:43

Desford 10k. 12th February 2012

MEN
49 Rob Nurse 37:30 343 Pete Sylvester 50:09
65 Colin Baxter 38:19 PB 386 Dave Muddimer 52:32
108 Clive Jones 40:16 PB 409 Mike Smith 00:54:22
159 Mike Stiff 42:32 490 Pete Williams 1:04:00
185 Rob Burgin 43:45 **WOMEN**
211 Phoenix Hoyle 44:58 388 Yvonne Dunmore 52:44 PB
288 Dean Hassall 47:37 395 Mel Prusek 53:05
446 Carole Priestley 57:20

Braunstone Parkrun 5k. 18th February 2012

16 Rob Gregory 19:38 39 Maxine Powell 21:55
24 Mike Stiff 20:34 41 Dean Hassall 22:09
34 Phoenix Hoyle 21:31 67 Dave Muddimer 24:27
38 Richard Grant 21:49 71 Peter Meads 24:49

Derby Runner Xc Race 6, Ullesthorpe. 19th February 2012

MEN
1 Mark Powell 30:32 158 Phoenix Hoyle 47:03
12 Andy Peet 34:25 **WOMEN**
73 Clive Jones 40:23 49 Heidi Rose 52:34
142 Mike Stiff 45:31 62 Becky Nixon 54:29
74 Carole Priestley 57:35

Sleaford Half Marathon. 19th February 2012

161 Dean Hassall 1:48:37 327 Katy Goult 2:22:44

Village Bakery Half Marathon, Wrexham. 19th February 2012

62 Colin Baxter 1:26:12

Braunstone Parkrun 5k. 25th February 2012

9 Mike Stiff 19:49 31 Richard Grant 21:53
18 Phoenix Hoyle 20:41 52 Pete Sylvester 23:23

Belvoir Challenge 15 miles. 25th February 2012

1 Tom Drake 1:38:51 153 Dean Hassall 2:26:42
2 Jonathan Burch 1:39:00 207 Jason Tyler 2:34:03
30 Andy Peet 1:59:20 222 Tim Fergusson 2:36:09
36 Rob Gregory 2:00:50 223 Alison Fergusson 2:36:15
47 Keith Markley 2:03:26 254 Heidi Rose 2:41:18
48 Jon Hunt 2:03:36 256 George Rogers 2:41:52
55 Craig Baker 2:04:47 403 Jill Walton 3:19:32
69 John Mason 2:08:17 404 Ron Walton 3:19:39
73 Les Chesterton 2:09:22

Belvoir Challenge 26 miles. 25th February 2012

4 A. Waterfield 3:43:50 11 Austin Orwin 3:53:17

National XC Championships. 25th February 2012

MEN
57 Mark Powell 38:53 **WOMEN**
410 Maxine Powell 39:28

Ashby 5. 26th February 2012

MEN
97 Clive Jones 31:42 363 Jo Howell 40:45
108 Rob Pullen 32:07 372 Yvonne Dunmore 41:13
123 Mike Stiff 33:05 390 Alison Wright 42:17
134 Jon Hunt 33:15 399 Heidi Rose 42:46
161 Adam Naismith 34:01 478 Sharon Clark 56:21
197 Phoenix Hoyle 35:23 479 Jo Steane 56:21
285 Dean Hassall 37:57
384 Dave Muddimer 41:43
471 Bob Pople 51:08

Braunstone Parkrun 5k. 3rd March 2012

6 Andy Peet 17:12 48 Richard Grant 21:34
18 Clive Jones 18:43 66 Dean Hassall 22:24
29 Mike Stiff 20:14 99 Mark Thompson 24:22
33 Phoenix Hoyle 20:34 102 Peter Meads 24:32
45 Maxine Powell 21:23 137 Pete Sylvester 27:29

Milton Keynes Half Marathon. 4th March 2012

659 Dean Hassall 1:41:17 PB

Braunstone Parkrun 5k. 10th March 2012

22 Phoenix Hoyle 20:24 73 Peter Meads 24:24
66 Dave Muddimer 23:47 88 Richard Pearson 25:31

Markfield 10k, 11th March 2012

MEN
21 Alex Webster 36:27 330 Jane Gorman 51:56
87 Clive Jones 40:21 336 Jo Howell 52:24
121 Adam Naismith 42:15 348 Alison Wright 52:39
133 Mike Stiff 42:53 347 Yvonne Dunmore 52:45
146 Rob Burgin 43:23 367 Julie Cornes 54:19
187 Phoenix Hoyle 45:02PB 380 Caroline Neal 55:20
323 Mark Thompson 51:23 387 Becky Nixon 55:57
337 Dave Muddimer 52:24 409 Jo Steane 57:18
447 Bob Pople 1:02:51 426 Carole Priestley 59:21

Newton's Fraction Half Marathon. 11th March 2012

371 Katy Goult 2:33:46

Silverstone Half Marathon. 11th March 2012

31 Tom Drake 1:21:24 3156 Mike Smith 2:05:28

Braunstone Parkrun 5k. 17th March 2012

19 Mike Stiff 20:06 80 Peter Meads 24:20
24 Phoenix Hoyle 20:34 81 Dave Muddimer 24:22
30 Maxine Powell 20:48
PB & 1st Female

Ashby 20. 18th March 2012

1 Mark Powell 1:52:23 409 Rob Burgin 2:47:56
15 Jonathan Burch 2:02:38 656 Dean Hassall 3:08:53
128 Rob Nurse 2:22:50 776 Mike Smith 3:28:55
168 Colin Baxter 2:28:01 833 Katy Goult 3:55:23
203 Keith Markley 2:31:06

Braunstone Parkrun. 24th March 2012

25 Phoenix Hoyle 21:04 52 Mark Thompson 23:15
32 Richard Grant 21:32 PB 56 Peter Meads 23:33
37 Dean Hassall 21:49

Loughborough Half Marathon. 25th March 2012

120 Dean Hassall 1:42:18 529 Keith Fellows 2:51:56
149 Rebecca Parry 1:44:48

Wilmslow Half Marathon. 25th March 2012

193 Colin Baxter 1:26:10

Kibworth 6. 25th March 2012

MEN
10 Jonathan Burch 34:30 247 Pete Sylvester 49:51
39 Rob Nurse 37:52 263 Dave Muddimer 51:23
40 Andy Peet 37:54 353 Bob Pople 1:04:08
60 Paul Hood 39:10 361 Pete Williams 1:10:35
77 Clive Jones 40:33 **WOMEN**
88 Mike Stiff 41:21 280 Yvonne Dunmore 52:56
135 John Mason 43:55 281 Alison Wright 53:03
137 Phoenix Hoyle 44:06 305 Jo Steane 55:10
335 Carole Priestley 59:17