



Milton Keynes Marathon

Sunday 29th April, 2012

I entered this race way back last August when an ad for it appeared on my Facebook page. I had pencilled in doing a spring marathon so decided to snap up a place immediately worried it would fill up. I need not have worried – in the end 4,500 runners entered but the race had a capacity of about 6,000. Sunday 29th April 2012 became a date engraved in my mind, and as I began my training for it during the freezing days of January and February I consoled myself that enduring the winter weather would be worth it come race day, when a glorious English spring would be in full bloom.

Sadly, that was not the case. The wettest April on record ended with a weekend of torrential downpours, that resulted in the local Shakespeare Marathon being cancelled as the runners were on the line (they could only do the Half), and various running/sporting events being cancelled across the country. I never envisaged having to do the race wearing a hat, gloves, and a shirt under my vest. As irritating as this all was I reminded myself that it was the same for everyone, and that I didn't want to waste all my training by wimping out at the last minute.

After a painful experience at the Silverstone Half Marathon in March when I went off far too fast and destroyed my pacing plans, I was anxious not to make the same mistake. The advice always given with marathons is to try and get negative splits (i.e. run the second half faster than the first), and on top of this I decided to make my first mile my slowest one. So after suppressing the adrenaline to open with a 6.43 I settled into a consistent 6.05-6.20 pace.

It remained wet and cold during the race but fortunately the strong wind that was predicted didn't materialise. However, many parts of the Redway cycle route the race took part on were waterlogged, resulting in much puddle negotiation, or even having to move onto the sodden grass at the side to avoid puddles of up to 20 meters.

Holding back at the start proved to be a sensible move. As the race progressed I found myself gradually overtaking others and feeling more strong. At around 18 miles someone said I was in 7th place. To know I was in the top 10 buoyed my confidence further, and still feeling good I decided to see how many more places I could gain. As planned, at 20 miles I put my foot down and was delighted to find I could maintain long-5 minute miling at this stage in the race.

I edged into 3rd place at 25 miles, and being told that 2nd wasn't too far ahead managed a 5.48 mile and 5.17 pace for the final 0.5 mile (as my GPS got it). The delight and elation at finishing was immense and my spontaneous yelling that accompanied these emotions echoed around the MK Dons stadium. At the time I thought I had just missed out on sub-2 hours 45 minutes, but the official results got my chip time at 2 hours 44 minutes and 59 seconds. I had also managed the negative splits I wanted with 1 hour 23 mins/1 hour 21 mins, which was pleasing.



3rd place Tom (far right)

Before the race I would have snapped up 3rd place, but after it I was left thinking 'What if...?' Another mile and I would have caught 2nd place (why hadn't I gone for it a mile earlier?!). And speaking to the winner at the presentation I discovered he had only been told about the event on the Thursday (entries had closed a few weeks previous) when his sponsors Mizuno bypassed the official entry procedure.

But overall a memorable and positive experience that bodes well for the future. I'm sure the race will become a permanent fixture in the running calendar, and that the entry numbers will increase yearly (like, for example, the Brighton Marathon). I would recommend the race to other Wigston Phoenix runners as it was strongly organised, the course was flat and well marshalled, and there is surely no way that hideous weather can strike the event twice!

To have also gained a club record is an added bonus – especially when you're in the same club as Mark Powell! Mark has mentioned his intention to do an Autumn marathon, where I hope he fulfils his potential and obliterates my time. But at the present moment it is the only distance he has yet to conquer, and this has allowed Martin Hulbert and myself the pleasure of registering new records in recent weeks.

Tom Drake

Livingston Relays Report 2012

This year, the race was held away from the Easter period. Bad decision! The weather was absolutely foul – wet, cold and windy. My sincere thanks to all who helped and ran on the day. Out on the course on marshalling duty were Karen, Mel, Dave Muddimer and Malc Merrifield. Karen was faced with warning approaching runners of a sharp bend, bollards and floods and finished up hoarse! Ray Draycott and Pete Sylvester were lucky – they were pulled off marshalling duties to run!

Clive Jones and Jo Steane (Ladies Captain for the day) did really well to field teams as the number of last minute withdrawals increased. In the event, Wigston Phoenix put out 2 Men's teams, 2 Men Vets and 1 Ladies and all acquitted themselves well.

The men's "A" team got off to a great start with relative newcomer James Bostock running 17.09 which was our fastest time of the day. He was supported by Andy Peet (17.18), Colin Baxter and Jonathan Burch to finish a very respectable 7th. Our "B" also got away well with a great run (17.21) from Martin Hulbert who was still in recovery mode after his brilliant effort in the London marathon a week earlier. Best run in our two Vets teams came from Captain Clive, a remarkable achievement considering all the pressure he had been under over the preceding days!

Clive's view is that next year is we adopt a different strategy and really go for a high placing in the Vets category. With Jonathan Burch, Andy Peet, Alex Webster all going well and with Martin destined to be a Vet next year (I think), we should have a really good chance. What about a trial run in the 6 man Sutton Park Relays in October!

Also, well done to the 3 Ladies who made it to the start line. Consistent running from all 3 got us safely home, and special mention of Jo Steane who was quickest of the three (just!). Jo will be looking at all the times as a marker for the Norman Bennett handicap, but don't be fooled by everybody's time Jo! A special thank you to Pete Meads and Gareth Robinson, pulled in at the last minute to make up the teams.

Ramon Howe; 07 05 12

John Fraser 10 - Volunteers Required

This year's event is to take place on Sunday 2nd September 2012. In order to put on the club's annual 10 mile road race a number of volunteers are required on the day. We will need race marshals, water station helpers, start and finish marshals, car park helpers and a number of other selected roles. If you can provide us with your time we will provide you with a role, even if you wish to run in the race. Please put the date in the diary and also consider volunteering your family and friends. Please look out for further details later in the year where you can sign up and help your club.

Club Website

A number of members are involved to keep the club website www.wigstonphoenix.co.uk updated. Colin Baxter was instrumental in putting together the foundations and we also paid a consultant for some of the work. Now almost 3 years later we have a network of members who volunteer their time on behalf of the club to provide an up to date and interesting website. You too can help by providing additional information to news@wigstonphoenix.co.uk. The duties are currently split as follows:

Home page & General areas	Mark Thompson
Results	Jo Steane
Photos	Julie Cornes
Fixtures & Social Events	Mick Jordan

Pub Runs 2012

The dates and venues for the 2012 Summer Pub Runs are as follows:

7 June - The Rose & Crown, Thurnby

5 July - The Curzon Arms, Woodhouse Eaves

9 August - The Old Black Horse, Houghton on the Hill

6 September - The Red Lion, Huncote

Meet 6.45pm ready to run 7.00pm

Approximately 45 minutes cross country run

All running abilities welcome

Signing form & menu to be made available at the Legion

For further details contact Jon Gunnell
jag37@leicester.ac.uk

Aylestone Games 2012



The day before the Olympic torch comes through Leicester, Aylestone's churches (with our own Tim Fergusson and Jill Walton providing a lead) have arranged Aylestone 2012, a community event that takes place on the afternoon of Sunday 1st July at Aylestone Hall Gardens. Alongside our very own torch relay, cricket, tennis, children's games, mass Zumba etc, is a 5K Fun Run starting at Midday from the Canal Street car park on Aylestone Meadows, LE2 8LX. Please join us if you can. The fun run costs £5 to enter and all proceeds go to two charities: Matt Hampson Foundation and Hope Academy. The rest of the day is free. There's a treasure hunt in the Meadows for any more sedate relatives who would like to join you! Entry forms are at the club or see www.aylestone2012.com

A Fairy Good Record?

Virgin London Marathon, 22nd April 2012

After racing round the 2011 London Marathon I can remember promising that I wouldn't race another. I would just wear a fancy dress costume and jog round and enjoy the occasion. I'm not sure anyone actually believed me!!!

Fast forward to 2012 and I was looking for a costume to wear. Caroline (very kindly) suggested that I dress as a fairy so that I can grant Wishes 4 Kids (the name of the charity I run for). Once this got public, some kind person had a look at the Guinness World Record for the fastest running of a marathon dressed as a fairy; 3:10.56. That would be achievable and tie in nicely with renewing my GFA time for 2013.

As I got to the middle of March my training was coming along really well, even without a goal target in mind. Then people started telling me I was in good form and I would be mad not to try to better my time from last year. I tried so hard to ignore them but the seed was planted. I upped the speeds of my training in the last few weeks and decided I'd have a crack at 2.55.

Race day came, I was feeling good and I was getting a lot of good luck wishes (and strange looks) from people. On the start line I decided to head off at 2.50 pace and see how long I could hold it, fully expecting to fade and end up with a "comfortable" 2.55. However, soon into the race I got a bit distracted. The crowd could see me coming from distance, their noise increased as I approached, so it would be rude not to give them a few waves of my wand. This continued to half way, and the louder the crowd got, the more I played up to them (such a show-off)! I got to halfway in 1.24.26 and was just knocking off the miles. I started to struggle a little at around the 16 mile mark and I began to lose a bit of time. Coming around into Canary Wharf suddenly gave me renewed life. I saw my wife, Jo, the streets were packed and loud, so the wand began to wave again. I looked at my pace band at 20 miles and I was still on for about 2.50.

Everything was still going well and at 23 miles I did some final calculations...3.2 miles in 21 minutes and I would get sub-2.50...EASY!!! At this point I started to obsess about my time. I'd got so close I wasn't going to waste the opportunity. So, I put my foot down and started to push on a bit.

Mile 24 was good, 6.25, but mile 25 was bad!!! I was running at 6.30 pace but had to weave to avoid others who were now slowing or walking. Mile 25 measured very long and was 6.44....GULP!!! However, I still felt good. I ran by everyone from my charity with 1000m to go, smiled, waved and then sprinted (or it felt like it anyway) as fast as I could.

I crossed the line, 2.49.44!! Relief, surprise, happiness; I'm not sure I can really describe how I felt. A girl from Guinness World Records pulled me aside, congratulated me and stuck a framed certificate in my hand. Then it was photographs, TV interviews and more photographs. They then took the certificate back (to give to the next person, mine will come in the post) and I was free to go.

A brilliant day and thank you to everyone who convinced me to race instead of run. I couldn't have done it without you!!!



Guinness World Record holder Martin - Fastest marathon dressed as a Fairy

news in brief

New Members

Welcome to **Fern Barrell** who joined the club recently.

Annual Subscriptions

There are a number of members who have not responded to requests for payment of their annual subscription. Names are shown below - we do not want to lose you as members, but unless we hear from you we will have to assume you wish your membership to lapse. Otherwise, we look forward to your payment.

Alison Castleman

Mariet Cheetham

Glen Conroy

Andy Dunn

Eamon & Helen Furey

Coral Graham

Ian Griffiths

Jon Hunt

Amber Mackay

Chris Manning

Mark Moseley

Tom Phipps

Perry Smith

Louise Southall

Kirsty Walker

Hayley Warrington

Paul Wilson

Club Kit

Further hoodies are on order so get yours now whilst stock last, price is **£18**. See Julie Cornes or Mark Thompson.

Newsletter contacts

results@wigstonphoenix.co.uk

news@wigstonphoenix.co.uk

results // April 2012

Lincoln 10k. 25th March 2012

5	Mark Powell	31:15
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Braunstone Parkrun 5k. 31st March 2012

12	Phoenix Hoyle	19:57	PB	42	Peter Meads	22:50
20	Richard Grant	21:21	PB	43	Mark Thompson	22:58
28	Dean Hassall	21:56		49	Dave Muddimer	23:30

Leicester's Big 10k. 1st April 2012

3	Andy Peet	36:29	93	Rebecca Parry	47:40
46	Phoenix Hoyle	44:50	163	Mark Thompson	50:28
92	Richard Grant	47:34	175	George Rogers	51:22

Oakley 20. 1st April 2012

781	Mike Smith	3:33:33
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Braunstone Parkrun 5k. 7th April 2012

37	Richard Grant	20:54	PB	89	Richard Pearson	25:53
54	Colin Baxter	22:16		119	Phoenix Hoyle	28:49
64	Mark Thompson	22:55				

Belvoir Half Marathon. 8th April 2012

4	Tom Drake	1:15:32	PB	123	Rob Burgin	1:36:12	PB
7	Jonathan Burch	1:17:17		161	Phoenix Hoyle	1:39:10	PB
12	Andy Peet	1:18:42	PB	167	Dean Hassall	1:39:52	PB
61	Rob Gregory	1:29:05		413	Mike Smith	2:04:26	
107	Keith Markley	1:34:54					

Braunstone Parkrun 5k. 14th April 2012

28	Phoenix Hoyle	20:01
74	Dean Hassall	23:00
85	Pete Sylvester	23:58

Paris Marathon. 15th April 2012

2096	Colin Baxter	3:10:43	PB
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Braunstone Parkrun 5k. 21st April 2012

4	Andy Peet	17:21	76	Peter Meads	23:17
16	Clive Jones	19:15	85	Dave Muddimer	23:48
62	Dean Hassall	22:22			

London Marathon 22nd April 2012

511	Martin Hulbert	2:49:44	WR CR PB
1855	Rob Nurse	3:08:06	
32866	Mike Stiff	5:48:08	

WOMEN

17144	Jane Gorman	4:24:27
20523	Caroline Neal	4:37:27
32702	Katy Goult	5:46:15

Braunstone Parkrun 5k. 28th April 2012

24	Phoenix Hoyle	20:15	50	Dean Hassall	22:14	
34	Richard Grant	20:52	PB	73	Peter Meads	23:54
41	Mike Stiff	21:46				

Milton Keynes Marathon. 29th April 2012

3	Tom Drake	2:44:59
2344	Yvonne Dunmore	4:58:00

Shakespeare Half Marathon. 29th April 2012

454	Dean Hassall	1:50:36
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Leic & Rutland AA County 10k Champs. 3rd May 2012

3	Tom Drake	33:21
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Braunstone Parkrun 5k. 5th May 2012

11	Colin Baxter	18:28	PB	39	Dean Hassall	21:52
25	Mike Stiff	20:48		57	Pete Sylvester	22:40
28	Richard Grant	20:53		80	Pete Meads	24:03

Woodhouse May Day Challenge. 7th May 2012

29	Pete Morgan	1:45:41
118	Dean Hassall	2:09:41

2012 fixtures & club dates

MAY 2012

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)

Wed 13th Sphinx 5, War Memorial Park, Coventry (7.45 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)

22nd - 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)

JULY 2012

Sun 1st Aylestone 2012 5K Fun Run + Other events (10.45 am)

Tue 3rd Milton Keynes 10K, East Mids Grand Prix 8 (7.45 pm)

Wed 4th Hungarton 7, LRR Summer League 3 (7.15 pm)

Sun 8th Notfast Open 10K, Newark (10.30 am)

Sun 8th Milton Keynes _ Marathon (10.00 am)

Wed 11th Watermead Challenge, 5miles. Watermead Park

Fri 13th Rainbows 100 Lap Challenge,
Saffron Lane Stadium (7.00 pm)

Fri 13th Whissendine 6, Oakham (7.30 pm)

Fri 13th Heanor 5 miles, Shipley Hall (7.30 pm)

Sun 22nd Sherwood Pines 5K & 10K, Mansfield,
Nottingham (11.30 am)

Sun 29th Wellingborough 5 (10.30 am)

AUG 2012

Wed 1st Huncote Joy Cann 5 (7.30 pm)

Fri 3rd Blisworth 5, Northants (7.30 pm)

Sun 12th Hermitage 10K, Whitwick (11.00 am)

Sun 26th Moulton 10K, Northants (11.00 am)

SEPT 2012

Sun 2nd John Fraser 10, Countesthorpe,
LRR Summer League 5 (10.30 am)

Braunstone Parkrun 5k. 12th May 2012

11	Mike Stiff	20:38	57	Peter Meads	24:13
12	Richard Grant	20:52	58	Gareth Robinson	24:14
13	Phoenix Hoyle	20:53	77	Julie Cornes	26:12
19	Dean Hassall	21:20	78	Mark Thompson	26:12

Hinckley Half Marathon. 13th May 2012

MEN		184	Mike Stiff	1:36:56		
1	Mark Powell	1:10:10	206	Phoenix Hoyle	1:37:18	PB
11	Jonathan Burch	1:16:47	PB	366	Dean Hassall	1:45:22
17	Andy Peet	1:19:31	438	George Rogers	1:48:27	
29	Rob Nurse	1:22:57	693	Jason Tyler	1:58:54	
59	Colin Baxter	1:27:48				
81	Rob Gregory	1:29:25				
96	Will Mason	1:30:35				
97	Pete Morgan	1:30:50	PB			
153	Les Chesterton	1:35:28				
176	Clive Jones	1:36:24				
181	Keith Markley	1:36:46				

WOMEN

85	Julie Lamb	1:29:39	
757	Jo Steane	2:02:00	
798	Caroline Neal	2:04:27	PB
802	Yvonne Dunmore	2:04:32	
900	Carole Priestley	2:10:29	