



# Salzburg Ultra

## Rebecca Parry goes long in Salzburg!

In January I received details of a new race in Salzburg which looked like it would be very scenic, going through lovely countryside, surrounded by mountains, out to a lake and back again. Being easily attracted to shiny new things and a person who should not be permitted an internet connection and a debit card I quickly signed up. This was to be my first ultra marathon, since the race was 54km, or about 34 miles. I declined the option to run a second, shorter, lap of the course for a 100km race.

I planned to train for this race off the back of spring marathon training, having run Blackpool and Brighton marathons. In May things went a little wrong when I suffered my first ever running injury, owing to a poor footwear choice during an off-road marathon two weeks after Brighton. I was not sure that I would be able to do the ultra marathon. Thankfully it was not a significant injury and spending hours on the exercise bike kept my fitness going even if it was rather tedious. By the end of May I was able to run again and over Jubilee weekend I did a hilly half marathon on the Sunday, in Seaford, and the next day a marathon in Kent. I was fit and ready.

I was able to fly direct to Salzburg and as the plane landed I saw lots of mountains. I knew from the course profile that the first seven miles of the race were mostly uphill and hoped we would not be going up any of those.

The race started next to a statue of Mozart and there were a couple of violinists there to play as we started. It made a change from "Proud" by Heather Small that you get at lots of UK races. I was also glad that the organisers had chosen Mozart rather than Salzburg's other musical association, the Sound of Music.

We ran out of the city, beside a river and we soon reached some woods with a lovely path through them. I deliberately restricted my pace in these miles to about 9.30 per mile, knowing that there was a long way to go, and kept my heart rate to around 70% of maximum. After a few miles we were out into lovely countryside, with rolling hills and pastures, like an advert for Milka chocolate but without the purple cows. We started to meet increasingly tough hills until eventually there was one that was like a wall of mud. Another strategy was to walk up hills where it would be just as quick as running them. This also enabled me to keep my heart rate at the level I wanted it.

This was a well organised race without the teething troubles that are common with inaugural events. The route was generally well marked, with the direction marked with spray painted arrows or signs. They had well stocked refreshment stations after 10km and then every 5km with an array of different drinks. There was even alcohol-free beer on offer, although I stuck to the Coca Cola. For those wanting solid food there were various fruits, bread and butter and cake. Not wishing to find myself under-fuelled during the race (and being a bit of a pig) I opted for the cake at the first refreshment station and one subsequent one. I also had four of my own gels during the course of the race.

After about 15 miles we got to the top of a hill and then had a panoramic view of the lake, Fuchslsee, which was looking spectacular in the sunshine. The best bit of the race then followed as we ran next to the lake on an undulating path made of lovely tarmac. After all the climbing and running on trails it was nice to be able to properly run this bit. Then it was into the second half of the



Photo by [www.Fotohorst.at](http://www.Fotohorst.at)

race and the return to Salzburg by a different route.

I had thought that with the last seven miles being mostly downhill I would be able to make up some time. Downhill does not always equal faster, however, and some of these descents were really rather tricky. Plus I am pretty rubbish at running downhill. The last five miles or so were particularly nasty, with long bumpy downhill paths, a horrible one of which was through some woods on an evil, twisty, narrow, stony, tree-rooty, slippery dirt path. After the woods there was then another long downhill, this time with a staircase of narrow stairs. Truly wicked. I felt sorry for the 100km people having to negotiate that on tired legs and with tired brains.

I was still feeling pretty comfortable and I picked up the pace once we were back onto tarmac. We were soon into the city and had a couple of major roads to cross. There was a particularly frustrating wait inside the last mile at a pedestrian crossing. Just before that we had had to run along a busy shopping street and I had found this very stressful, dodging the shoppers and desperately looking for the direction signs amidst a sea of shop signs. I was almost in tears at then having to wait for the traffic, so close to the finish. Once I was across the road and the river I thought I would then have to dodge tourists along the river promenade but thankfully there was almost immediately a direction sign for the finish.

This had been a good first ultra for me in terms of distance although it was not an easy race by any means. My finishing time was 6.20, so I had done the race with an average of 11 minute miles. Not at all fast but a lot of the race had been on trails and I achieved 20th place out of 54. Best of all I had managed not to fall over at any point. Overall it was a good experience and I have already entered next ultra.

*Rebecca Parry*



Volunteers & runners line up in the sunshine!

# Norman Bennett 3 Mile Handicap

**Friday, 25th May 2012**

On the date of what would have been Norman's 65th Birthday the club held the annual 12 lap slog around the cinder track. Spectators, outnumbering runners for a change, were treated to a warm evening with a slight breeze as the race unfolded. We had a few runners making their debut in this race and they no doubt discovered the incline down into the first bend before climbing all the way up the back straight before going downhill again to the start area. Fern Barrell, starting 2nd, moved to the front and won by just over a minute. Yvonne Dunmore then made it a 1-2 for the ladies before the trio of Ray Draycott, Clive Jones and

Colin Baxter were the first 3 men across the line. Caroline Neal completed the awards as 3rd Lady.

Afterwards we retreated to the Cow & Plough as the new venue for the provision of food and drink. Thanks to Helen, Rob & Liz Bennett for their attendance and for presenting the awards. Finally thank you to all those who helped to put the successful event together.

NORMAN BENNETT 3 MILE TRACK HANDICAP 2012					
POS.	NAME	ACTUAL TIME	HANDICAP	CLOCK TIME	AWARDS
1	Fern Barrell	28:54	02:03	30:57	1st F
2	Yvonne Dunmore	24:32	07:30	32:02	2nd F, Fastest F
3	Ray Draycott	23:32	08:38	32:10	1st M
4	Clive Jones	19:01	13:32	32:33	2nd M
5	Colin Baxter	18:00	14:37	32:37	3rd M, Fastest M
6	Phoenix Hoyle	20:13	12:31	32:44	
7	Adam Naismith	19:42	13:18	33:00	
8	Pete Sylvester	23:01	10:08	33:09	
9	Mike Stiff	20:22	12:53	33:15	
10	Rob Gregory	19:22	13:56	33:18	
11	Caroline Neal	26:39	07:07	33:46	3rd F
12	Peter Meads	24:17	09:34	33:51	
13	Sharon Clark	34:54	00:00	34:54	



Winners Caroline, Yvonne, Ray, Fern, Clive & Colin





Wigston Phoenix get ready for the 100 Lap Challenge at Saffron Lane

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## 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 details at the Legion on Tuesday nights where you can sign up and help your club.

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## Charity Curry Night - Jonathan Burch

**10th September 2012**

To be held at Cuisine of India Restaurant, Kelmarsh Avenue, Wigston. 7.30pm for 8.00pm start. Buffet Meal (with vegetarian options) for £16 plus charity raffle. Advance purchase of a ticket is required for entry to this event. If you would like to come, please contact Jonathan Burch on 07532375181 or Judith Critchley on 07581075103. Proceeds from the ticket sales for this event will go towards Jonathan Burch's fund-raising efforts in support of Mind, the mental health charity. Jonathan is taking part in the Berlin Marathon on Sunday 30th September 2012, in aid of this charity. Contributions to Jonathan's fundraising efforts can also be made online at: [www.virginmoneygiving.com/jonathanburch](http://www.virginmoneygiving.com/jonathanburch)

Many thanks for your support.

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# Manor Mile

**Friday 7th September 2012**

One of the real benchmarks of running is how fast can you run a mile?? Yet very few of us actually try to run just one mile on its' own. So to change all that, we are organising a new event for the Wigston Phoenix calendar, the Manor Mile.

It will take place at 6:45pm on Friday 7th September at Manor Road track, and entry will be £2, which goes towards the prizes. There will be 3 different mile races - one for men who can run sub 7 minute miling for 5k, another for men of 7 minute miling and over, and a ladies race. It will double as the inaugural club 1 mile championship, and there will be a prize for the winner of each category.

At the minute there are no plans to organise any food afterwards, but if there is enough interest we can look at options, or we can just go out afterwards informally for a drink or two! We have done the track and Christmas handicaps for several years, but this is a new event and we hope that you will support it.

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## Pub Runs 2012

The last date and venue for the 2012 Summer Pub Runs is: **6 September - The Red Lion, Huncote**. Meet 6.45pm ready to run 7.00pm, approx 45 minutes cross country run and all running abilities welcome

Signing form & menu to be made available at the Legion

Contact Jon Gunnell [jag37@leicester.ac.uk](mailto:jag37@leicester.ac.uk)

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## Newsletter contacts

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

## results // June - July 2012

### Braunstone Parkrun 5k. 19th May 2012

26	Mike Stiff	20:25	65	Peter Meads	23:27
33	Richard Grant	20:53	79	Dave Muddimer	24:48
37	Dean Hassall	:21:12			

### Braunstone Parkrun 5k. 26th May 2012

11	Mike Stiff	20:27	20	Richard Grant	21:20
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### Edinburgh Marathon. 27th May 2012

3350	Dean Hassall	4:09:38PB	3351	Rob Burgin	4:09:38 P
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### Swithland 6. 27th May 2012

MEN		115	Mike Stiff	42:25	
23	Andy Peet	35:19	123	Phoenix Hoyle	42:43 PB
40	Rob Nurse	37:16	133	Les Chesterton	43:09
57	Rob Pullen	39:09	307	Pete Sylvester	49:50
77	Rob Gregory	40:20	375	Dave Muddimer	53:23
107	Clive Jones	42:09	433	Mark Thompson	58:26
114	Nigel Ayres	42:24			

### WOMEN

327	Jane Gorman	50:45	384	Alison Wright	54:02
371	Yvonne Dunmore	53:10	422	Carole Priestley	57:11

### Braunstone Parkrun 5k. 2nd June 2012

9	Colin Baxter	18:21 PB	80	Peter Meads	23:45
31	Mike Stiff	20:57	93	Mark Thompson	25:15
35	Richard Grant	21:05			

### Braunstone Parkrun 5k. 9th June 2012

35	Dean Hassall	21:29	91	Dave Muddimer	27:24
74	Peter Meads	24:57			

### Brueton Parkrun 5k. 9th June 2012

56	Mark Thompson	00:23:57			
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### Rothley 10k. 12th June 2012

122	Rob Burgin	45:05	238	Ray Draycott	50:47
134	Dean Hassall	45:55	396	Sandra Long	59:02
176	Tim Fergusson	47:55			

### Sphinx AC 5. 13th June 2012

31	Colin Baxter	30:19 PB			
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### Braunstone Parkrun 5k. 16th June 2012

57	Pete Sylvester	23:00	80	Mark Thompson	24:13
79	Julie Cornes	24:13	91	Peter Meads	25:11

### Hinckley 5k. 20th June 2012

12	Rob Nurse	18:01			
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### Wicken Hill Whizz 3. 22nd June 2012

35	Clive Jones	32:06	39	Rob Gregory	32:46
37	Keith Markley	32:16	43	Les Chesterton	34:08

### Braunstone Parkrun 5k. 23rd June 2012

37	Richard Grant	21:10	80	Mark Thompson	24:11
54	Dean Hassall	22:15	147	Peter Meads	30:52

### Glooston 10K. 23rd June 2012

9	Rob Nurse	38:31	85	Alison Fergusson	52:05
49	Tim Fergusson	46:35	94	Julie Cornes	53:36
51	Dean Hassall	47:00	101	Mark Thompson	54:41
76	Ray Draycott	50:48			

### Reservoir Bogs 7.5. 23rd June 2012

28	Clive Jones	1:37:54	36	Tania Brandon	1:46:17
32	Les Chesterton	1:45:37	37	Rob Gregory	1:46:40
35	Keith Markley	1:46:10			

### Tom Tittiman 4. 24th June 2012

34	Rob Gregory	38:24	43	Les Chesterton	39:57
36	Clive Jones	38:52	45	Tania Brandon	40:22
38	Keith Markley	39:25			

### Braunstone Parkrun 5k. 30th June 2012

31	Dean Hassall	21:12	62	Phoenix Hoyle	23:29
36	Richard Grant	21:27			

## 2012 fixtures & club dates

### AUGUST 2012

**Sun 19th** Burton 10K Hatton Darts, Snobnall Leisure Complex (10.30 am)

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

**Mon 27th** Grimsthorpe Castle 10K (11.00 am)

**Thurs 30th** The Leicester City Summer 5K Series, Victoria Park (7.30 pm)

### SEPTEMBER 2012

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

**Fri 7th** Manor Mile Club Handicap (6.45 pm)

**Sun 9th** Round Leicester Relay (8.15 am)

**Sun 16th** BUPA Great North Run (10.40 am)

**Sun 16th** National Forest 10K, Conkers, Leics (10.15 am)

**Sun 30th** Robin Hood Full & Half Marathon, Nottingham (10.05 am)

### OCTOBER 2012

**Sun 7th** Shelton Striders 10K (9.45 am)

**Sun 14th** Coventry Half Marathon (9.30 am)

**Sun 14th** Leicester Full & Half Marathon (9.30 am)

**Sun 14th** Great Eastern Run Half Marathon, Peterborough (10.10 am)

**Sun 21st** Birmingham Half Marathon (10.00 am)

**Fri 26th** The Skeleton 5, Night trail run, Beacon Hill (7.00 pm)

**Sun 28th** Worksop Halloween Half Marathon & Fun Run (10.30 am)

### Hungarton 7. 4th July 2012

#### MEN

12	Jonathan Burch	41:28	137	Les Chesterton	51:15
41	Rob Pullen	44:33	189	Dean Hassall	54:00
48	Colin Baxter	44:58 PB	223	Phoenix Hoyle	55:44
78	Will Mason	47:40	259	John Mason	57:30
84	Rob Gregory	47:46	292	Pete Sylvester	59:28
97	Clive Jones	49:12	434	Mike Smith	1:11:36
110	Nigel Ayres	50:07			

#### WOMEN

254	Rebecca Parry	57:11	389	Yvonne Dunmore	1:07:23
300	Jane Gorman	59:58	394	Sandra Long	1:07:37
321	Alison Wright	1:01:04	401	Carole Priestley	1:08:17
323	Julie Cornes	1:01:10	412	Judith Critchley	1:09:45
360	Heidi Rose	1:04:45			

### Northampton Parkrun 5k. 7th July 2012

30	Phoenix Hoyle	22:14	70	Mark Thompson	27:31
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### NSPCC Milton Keynes Half Marathon. 8th July 2012

274	Rob Burgin	1:44:20	284	Dean Hassall	1:45:20
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### Watermead Challenge 3 miles. 11th July 2012

32	Sharon Clark	33:59			
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### Watermead Challenge 5 miles. 11th July 2012

3	Tom Drake	28:55	8	Colin Baxter	30:09 PB
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### Braunstone Parkrun 5k. 14th July 2012

33	Richard Grant	21:27	39	Mick Jordan	22:10
34	Phoenix Hoyle	21:28			

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

22	Richard Grant	21:00			
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### Concord Parkrun 5k. 28th July 2012

12	Mark Thompson	25:44			
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### Braunstone Parkrun 5k. 28th July 2012

7	Colin Baxter	18:26	70	Peter Meads	25:30
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