

## 2009/2010 fixtures

### OCTOBER 2009

- Sun 18th** Stilton 5, Melton (10.30 am)  
**Sun 25th** Running for Rainbows 5K, Enderby (10.45 am)  
**Sun 25th** Worksop \_ Marathon (10.30 am)  
**Fri 30th** The Skeleton 5, Beacon Hill (7.00 pm)

### NOVEMBER 2009

- Sun 1st** Shepshed 7 (11.00 am)  
**Fri 6th-Sun 8th** Training Weekend, Brecon Beacons  
**Sun 8th** Rugby 10 (11.00 am)  
**Sat 14th** Seagrave Wolds Challenge 15.7 miles (9.00 am)  
**Sun 15th** Matthew Walker 10K, Heanor (10.30 am)  
**Sun 15th** St. Neots \_ Marathon (10.00 am)  
**Sun 22nd** Derby Runner XC, **race no. 1**,  
Foremark Reservoir (11.00 am)  
**Sun 29th** Clowne Hlaf Marathon (10.00 am)

### DECEMBER 2009

- Sun 6th** Derby Runner XC, **race no. 2**,  
Aylestone Meadows - tbc (11.00 am)  
**Sun 6th** Cardington Cracker, 9 mile fell race (11.00 am)  
**Tue 8th** Whetstone 5K Xmas Run, Blaby Boys Club (12.45 am)  
**Sun 13th** Turkey Trot \_ Marathon, Keyworth (10.15 am)  
**Sun 20th** 6 Mile Handicap Race, Burton Overy  
(Details to be confirmed)  
**Sat 26th** Boxing Day Handicap, 6 miles, Barrow (11.00 am)

### JANUARY 2010

- Sun 3rd** Huncote Hash XC, 6 miles (11.00 am)  
**Sat 9th** County XC Championships, Brocks Hill Park, Oadby  
**Sun 10th** Derby Runner XC, **race no. 3**,  
Bagworth Heath (11.00 am)  
**Sun 31st** Derby Runner XC, **race no. 4**,  
Grace Dieu (11.00 am)

## welcome

Over the next few months we will be introducing some new features to the Newsletter, including training tips, recipies & more! As always this is your Club newsletter so if there is anything you would liek to see in here just let us know. Alternatively, if you are competing in a race & have any photos, pease send them in.

## Newsletter contacts

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## results // september 2009

### GREAT KIBWORTH HALF MARATHON - 27.09.09

9	Paul Hood	1.28.41
19	Keith Markley	1.33.44
32	Ken Piggjn	1.39.19
124	Lisa Hallam	2.00.34
133	Carole Priestley	2.02.13
146	Sandra Long	2.07.55

### GREAT KIBWORTH 1/3 MARATHON - 27.09.09

16	Ray Draycott	1.06.45
38	Pete Sylvester	1.12.06

### LEICESTER MARATHON - 11.10.09

223	Ken Piggjn	3.34.30
351	Andy Johnson	3.52.12
384	Tania Brandon	3.56.37

### LEICESTER HALF MARATHON - 11.10.09

13	Chris Manning	1.18.47
33	Louise Gibson	1.22.46
38	Rob Nurse	1.24.29
61	Colin Baxter	1.27.26
121	Les Chesterton	1.31.48
131	Keith Markley	1.32.19
141	Craig Baker	1.33.04
193	Nigel Ayres	1.36.11
281	Jane Fraser	1.40.38
282	John Mason	1.40.38
315	Clive Jones	1.42.24
392	Ian Fraser	1.45.35
489	Ron Walton	1.48.36
527	Kirsty Walker	1.49.44
633	Lisa Hallam	1.52.39
673	Dave Muddimer	1.53.45
686	John Gunnell	1.54.06
695	Ted Taylor	1.54.16
840	Manu Patel	1.58.36
915	Mark Thompson	2.00.45
921	Carole Priestley	2.00.58
1040	Alison Wright	2.04.26
1062	Yvonne Dunmore	2.04.56
1168	Andrea Hulett	2.09.32
1258	Jo Steane	2.13.25
1303	Karen Rogers	2.15.38
1357	Jill Judson	2.18.19
1471	Steve Priestley	2.25.43
1555	Katy Goult	2.36.17
1556	Linda Humphreys	2.36.17



**WIGSTON  
PHOENIX**  
RUNNING CLUB



# FLAMIN

## NEWSLETTER



# Wigston Phoenix Debut Race 2009

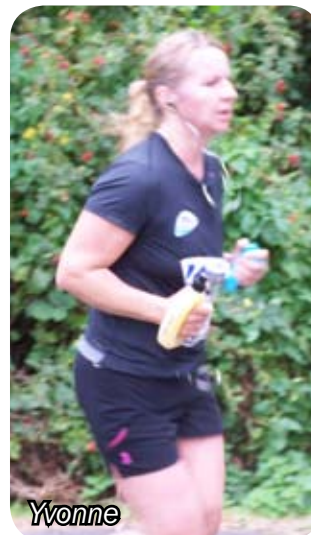
The Leicester Marathon on 11th October 2009 saw the first outing for our new club, with nearly a third of our members taking part.

With months of planning behind us we finally made our debut as a new Club at the Leicester Full & Half marathon. It was strange turning up for a race and not having Club colours to wear and it made recognising other members even more harder. The black & white stripes used to stand out quite well. Conditions on the morning for the early 9.15 start were great. The rain held off and the wind was rather gentle. The popularity of this race is steadily growing and numbers were greatly up on last year's with around 2,350 in both the full & half.

the magical 4 hour mark at the same time with the help of Andy Johnson who used the race as preparation for the Snowdonia marathon in 2 weeks time. New Walk should be renamed *New Crawl* - it doesn't get any easier no matter how many times you run it in training!



Congratulations to all our runners who ran on Sunday, especially to Louise Gibson who produced a stunning run of 1.22.46. That superb time not only gave her 38th position overall but very impressively first female on the day. Well done Louise. In the marathon Ken Pggjn continued his fine form with a great time of 3.34.30. Tania broke her PB in 3.56.37 and also



# Wigston Phoenix New Club Update

## England Athletics

At the beginning of September we were officially accepted by England Athletics and the committee have been working hard to put the necessary steps in place for the transition from OWLS AC (Legion Section) to the new club. We are in the process of transferring individual England Athletic registration from OWLS AC to Wigston Phoenix RC for regularly competing members. We currently have 109 members whose subscriptions have now transferred to Wigston Phoenix RC.



## Leicestershire Road Running League

Wigston Phoenix RC has been officially accepted by the league and will compete in the lowest divisions for all categories for 2010. We have submitted the John Fraser 10 to be considered as a summer race for 2010 and all races will be confirmed at the AGM to be held on the 19th October 2009.

## Affiliations

We are currently affiliated to England Athletics, Association of Running Clubs (ARC), Association of GB Athletic Clubs (ABAC), Leicestershire & Rutland AA (L&RAA), Leicestershire Road Running League (LRRL) and Derby Runner XC League (DRL).

## Races

All races are to be entered now by members as Wigston Phoenix RC.

## Publicity

We will be publicising the new club in the Leicester Mercury in the near future.

## Club Kit

We currently have 100 club vests on order from the supplier. They are known to be in transit so will hope to have them soon. If you have previously paid for an OWLS vest you will be entitled to one free Wigston Phoenix vest.



We are also looking into providing technical training tops, both short and long sleeve, and are currently researching suppliers.

## London Marathon Club Entries

We have applied for Guaranteed Club Entries for the 2010 London Marathon. A draw will be held as per usual and will hopefully be held at the end of the Christmas Handicap race on the 20th December 2009. Please confirm any rejected entry details to either Mick or Ramon. Further details will follow in the next newsletter.



## Launch Party

This is to be held at Countesthorpe Conservative Club on Friday 27th November 2009. The cost is to be finalised as yet. A list is available at the legion for members to put their name down.

## Website

We have registered the domain [www.wigstonphoenix.co.uk](http://www.wigstonphoenix.co.uk) and it is at a draft stage currently. Work will be undertaken during October and we hope to have a fully functional website by early to mid November.



## LRRL Awards

Owls men finished the 2009 season as 2nd Mens Team, and as such will receive 8 awards at the Presentation Night on Friday 30th October.

We have always given these awards to the runners who have finished most times in the counting 8 for the Owls in the 10 Winter / Summer League races.

For 2009, those runners were:

Colin Baxter (9 times) Jason Williams (8) Rob Pullen (7) Rob Gregory (7) Mark Powell (6) Mike Stiff (5) Neil Carter (3) and Les Chesterton (3)

Please also note that Ray Draycott finished in all 10 races and therefore, once again, gains a 100% award from the league.

Hopefully, all these runners will be able to attend the Presentation Night.

Ramon Howe

# Running for Rainbows 5k Challenge Fun Run

**Rainbows Children's Hospice are welcoming runners who would like to enter their 5k Challenge Run (3.1miles).** The run starts from the Enderby Leisure Centre ( LE19 4LX ) on Sunday 25th October. Start Time 10:45. The number of entrants will be limited to 500.

Event organiser **Dave Muddimer** comments. *"This event is designed to encourage all types of runners who would like to have a go at completing this popular distance. It can be achieved by running / jogging (walking) or a bit of both. Maybe you have completed in a similar event earlier this year? Here's the opportunity to renew your achievement, or why not challenge a family member or friend to have a go with you? Become their Personal Trainer & get them to the Start Line with you. There is plenty of time to train & get ready for the big day".*

*"Every person who takes part will be a winner, for you will be supporting the Children of Rainbows and their families by your participation in the event".*

**Emma Lovegrove**, Community Fundraiser for Leicestershire at Rainbows adds *'We are encouraging as many people as possible to take part in this run as it is a fantastic challenge and a great way to support Rainbows. The money that is raised at this event is going towards maintaining the specialised 24 hour care our children and families so desperately require'.*

All proceeds from the event will be donated to the "Rainbows Children's Hospice". So, please come along, enjoy the day, encourage your family and friends to have a go at completing the distance or set your self a personal goal to achieve.

Entires and any volunteers for marshalling should contact Dave Muddimer.

A map of the course is available at:  
[http://gb.mapometer.com/en/running/route\\_244187.html](http://gb.mapometer.com/en/running/route_244187.html).



Jane Fraser - Leicester Half 2009

## news in brief

### New Members

Welcome to **Jo Steane** who joined the club in September 2009.

### A note from Sara Wilson-Gallaher

Thanks for emailing me the monthly OWLS mag. Good to see all the familiar faces. Could you kindly pass on to everyone that I am 4 months pregnant and as it has taken a long while to get pregnant have been advised not to run. I will pop in one Tuesday to say hi and will be back eventually!

A big hi to everyone.

Sara

### Cardington Cracker - 9 mile fell race

This year the Cardington Cracker is on Sunday 6th December at 11.00 am. Entry is on the day or pre-register. Anyone interested in running 9 miles and 2,600 feet of hell please see Stu Fry or Les Chesterton (it's got to be worth it just for the carrot soup and a few pints of Shropshire Lad!). More details are also available at the Legion.

### Dates for your diary

We are looking to hold the annual Presentation Night in the third week of January 2010 and the AGM in the second week of February 2010. Details will be published later once the room bookings have been confirmed with the Legion.

### Ray Geary

We have to sadly report that Ray Geary passed away on Wednesday 7th October. He was 76 and had been a club member since 1985. Bernie is in touch with Ray's family and we will let people know any funeral arrangements when further information is available.

### Ed Brougham via email...

Good to hear Wigston Phoenix is up and running. I've just started training with Ilkley Harriers now we are settled in Menston, West Yorkshire. If you are ever racing in Leeds we are 20 minutes by train from the centre so any "Phoenix" can come and stay with us (up to 6 if my sons are at college), it would be great to see you. I went out on Tuesday and I am still recovering from my first "Hill reps." session. There is no breaking beginners in easily here, first a fast paced 3 mile warm up then 3 reps. Not reps we are used to in Leicestershire, 800m (yes!) up a 1 in 3 hill called Curly Hill. Every bend you think it is the end and it bloody isn't. But on the plus side the scenery and even the streetlamped roads are attractive and within easy reach. Please give everyone my best wishes,

Regards Ed