

# PHOENIX

THE PHOENIX FLYER SPRING 2011

## Phoenix in Phoenix

Brian's marathon trip **Page 7**



Under 13 boys are this year's cross-country heroes **Page 4**



Frosty success **Page 10**

**NEW** Phoenix  
**10k**  
July 20 **Page 11**



**Phoenix is a local club but I think we have ambitious members whose dreams reach beyond the boundaries of Brighton and Hove.**

As you can see from our cover, our members race all over the world. Just recently we've had Finn McNally training in Kenya at the Iten High Altitude Training Camp, Charlie Grice training in South Africa and Gus Kennedy training in Melbourne.

Just before Christmas we took a Phoenix team out to Brussels for the Lotto International Cross Cup. We were joined by our US-based GB International Tim Bayley and his wife Priscilla... who is now officially our very first fully fledged All American member! We also had the chance to meet up with one of our German members, Jonas Weinecke, who was running for Berlin.

Every year we have Triathletes who are prepared to travel all over the World to compete in European and World Championships. Phoenix is conquering the World!

This year is Phoenix's 30th Anniversary and we are planning a number of new and exciting events for it. On Wednesday 18 May we are holding an Open Track Meeting in conjunction with the British Milers Club. There will be events for all ages. On another Wednesday, 20 July – put it in your diaries – we are putting on a 10km evening race along Hove seafront. The course is fast and flat for those who want to take advantage of a warm July evening. On 25 September we are running an Aquathlon at Dorothy Stringer pool and fields. In the autumn we will still be putting on the Phoenix Preston Park races but the format will change so watch this space for more news on that. Finally we are going to have a 30th anniversary party and awards night in the early autumn. Phoenix marches on... come and join us!



**Phoenix Flyer** is for and about you. It relies on contributions from coaches, managers and athletes as well as friends and families. Why not send us an article, a photograph, a drawing, a poem or a letter – anything really and we will try and print it in the next edition. The deadline is **31 August 2011**.

Editor: **Jane Edmonds**  
jane.edmonds@btinternet.com  
66 Crescent Road,  
Brighton BN2 3RP  
Telephone: 01273 673063

Layout:  
**Andrew Haig**  
andrew.haig45@gmail.com  
**Lance Bellers**  
freelancelance@netden.demon.co.uk  
Print: **Onedigital**

[www.brightonphoenix.org.uk](http://www.brightonphoenix.org.uk)



## Club Awards 2010

It now seems traditional that the awards ceremony at Withdean should be accompanied by rain – rather a lot of it. Wednesday 29 September was no exception. Our cups were overflowing in another sense with two world champions (Faye and Sophie) and some of our other GB representatives among the prize winners.

Burchell Award for Boys **Theo Algar**  
Burchell Award for Girls **Amber Anning**  
Most Consistent U13 Boy **Archie Davis**  
Most Consistent U13 Girl **Maria Andrews**  
Most Consistent U15/U17 Boy **Will Durkin**  
Most Consistent U15/U17 Girl. Not Awarded  
Best Performance T & F – Male **Charlie Grice**  
Best Performance T & F – Female. Not Awarded  
Best Performance XC / Road – Male **Tim Bayley**  
Best Performance XC / Road – Female **Sophie Coleman**  
Outstanding Team **Six Stage Team** – Pat Davoren, Matt Barrie, James Miles, Finn McNally, Dave Carter, Josh Guilment  
Tough of the Track **Luke Reynolds**  
Shield for Commitment & Enthusiasm **Charlie Pow**  
Volunteers Award **Jackie Tucknott**  
Comeback of the Year Award **Bruce Faulkner**

VETERANS AWARDS  
O40 Men **Andy Bone**  
O50 Men **Mike Collins**  
O35 Women **Rachel Bibby**  
O50 women **Carolyn Austen**

MULTISPORT AWARDS  
Men **Chris Mills**  
Women **Faye McClelland**  
Tri Club Champion – Male **Malcolm Hughes**  
Tri Club Champion – Female **Erica Martin**  
TSC Outstanding Achievement Award **Elisabeth Brama**

CHAIRMAN'S AWARD  
Chairman's Cup **Josh Guilment**

## Sussex Grand Prix

The Sussex Grand Prix features 18 road races (including Phoenix races) throughout the year. Your positioning scores points for the club, for you individually and within your age category. Visit [www.sussexgrandprix.co.uk](http://www.sussexgrandprix.co.uk) for further details, including a list of this year's races.

Phoenix category winners for 2010 were:  
**Bruce Faulkner** 1st V2, **Andrew Haig** 1st V5,  
**Terry Avey** 3rd V4, **Max Pickard** 1st JM, **Tom Holborn** 3rd JM.

Andrew Haig (pictured right) has now won the V5 (60-64) category for all five years. Highest placed women were **Liz Halliday** 5th V3 and **Carolyn Austen** 5th V5. Phoenix were 8th club overall out of the 21 competing.



## UKA competition licence

It's time to renew or apply for your athletics competition licence. The season runs from 1 April 2011 until 31 March 2012. You need to have a licence number to qualify for all championship and league events and to take advantage of affiliation discounts in many other races. The cost is still £5.00 for the year. For some of us this will coincide with our membership renewal and can be paid at the same time. Cheques should be sent to: Nerine Standen, 4 Waverley Court, Cricketfield Road, Seaford, East Sussex BN25 1BU.

# Brussels – snow way to travel

The club outing to Brussels on the weekend of 18-20 December was a great success, not just for the Phoenix athletes but also for the friends from Hastings, Crawley and Brighton and Hove who travelled with us. Despite the snow over that weekend we got there and back with relative ease.

We arrived just four hours late on Saturday evening, to find that Chairman Paul had managed to book us into four-star luxury in the middle of town. Time for a quick meal and just the one glass of beer before an early night (we are athletes after all).

The format for Sunday is that the Iris Lotto CrossCup, an IAAF Permit meeting, takes place throughout the day with races for all age groups run on a 1KM circuit. At 12:30 there is also a two lap 5K/10k event involving 1200+ runners. Both courses were affected by compacted and falling snow and, in the circumstances, everyone ran exceptionally well. These races feature high quality International fields and we fitted right in. In fact, there are a few people who've put themselves in line for England consideration.

Kicking off for Phoenix were **Billy White** and **Robbie Fitzgibbon** running in the Cadets Garçons category (2,500m). Both were in fine form with Billy coming 8th in 8:52 and Robbie 11th in 9:03.

In the Scolaires Garçons category (4000m) **Jake Elliot** came an excellent 7th in 14:15.

All eyes were then on the junior men (6000m) with **Finn McNally** in imperious form for a 20:15 9th placing. His was the best Phoenix run of the day, finishing just behind the England team. He was followed in quick succession by **Charlie Grice** 14th 20:33, and **Max Pickard** 20th 20:59.



The senior men's race was won by nine-times European Cross-Country champion **Sergiy Lebid** (31:27) with just 3 seconds covering the first

members of our party especially the Pickards, the Grices, the Fitzgibbons, Sarah Davey and Josh's girlfriend Elin who had lived in Brussels for several years and was able to help out with local knowledge.

That night, a good time was had by all. The town was looking fantastic with Christmas lights reflecting in the snow and the streets thronged with people.

Because of the snow most of those who made the first train back were reassigned to first class complete with lunch and a free bottle of wine. Travel chaos – what travel chaos?

Finally a big thank you to Chairman Paul, who organised the whole thing. Both he and Robin Fitzgibbon gallantly forfeited their own races while making sure the rest of us made it to the start line.

The trip was a huge success and almost certain to be repeated next year – so watch this space.

three finishers on the 10,500m course. For Phoenix **Tim Bayley** was our lead runner, 39th in 34:33, with **Josh Guilment** coming 49th in 35:27.

While all this was happening, the mass participation 10K/5K race was taking place around the outskirts of the park. In the 10k **James Miles** was 13th in 34:26 and **Andrew Haig** 233rd in 43:03. In the 5k **Liz Durman** ran an excellent 20+ (second woman), and **Priscilla Bayley** ran 22+.

Throughout we had great support from the other

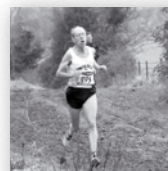


## Meet Hitoshi

Some of you will have already met **Hitoshi Kobayashi**. He has been following our cross-country season with keen interest and taking part in some of our training sessions. We asked him to introduce himself:



*Hello everyone in the Phoenix club. My name is Hitoshi. It's nice to meet you. I'm a 54-year-old Japanese runner (jogger maybe?). I've been studying English at the University of Brighton since last October. I met some members of your club on 8 January at Stanmer Park. After that, thanks to Mr Andrew Haig, I was able to meet and interview three of your members for a Japanese running magazine, I wrote an article about them and about the situation for runners in England. I've been running with your members on Thursday evenings. It's been a fun time to me. I hope to see more members in your club soon.*



Andrew Haig 21



Max Miles



Stanmer Park



全英5.5km Championship (全英5.5km)



全英5.5km League (全英5.5km)



Chris Miles 2

## Go wild in the country



Talent and turning up proved to be the winning formula for the Under 13 Boys team in the Sussex League.

The lads (pictured above), managed with enthusiasm by **Quenton Davis**, took an excellent silver team medal and in doing so set a fine example for their club-mates.

"I think a combination of up-and-coming talent and our commitment to attendance in numbers saw us through," said Quenton.

**Archie Davis, Reuben Hoyte** and **Isaac Wright** were there or thereabouts throughout the four-race season with support from **Matt Berridge, Will Russell, Josh white** and **Joe Lillie**.

After Goodwood in balmy October the team lay in sixth position, with Archie's fourth setting the pace. At chilly Plumpton it was a similar story but things really started to come together at Bexhill in January. Winners on the day, they were in third overall and, although could they not close the gap on Brighton & Hove, they had second-place Chichester in their sights going into the final run at Lancing.

Their efforts were rewarded; the 15-point gap was gobbled up and the silver medal was bound for the mantlepiece.

"This has been an outstanding season for the Phoenix U13 Boys, who are pretty much all in their first season and, with the exception of Will, all eligible in this group again," added Quenton.

### Goodwood Relays

At the season's opener – the Goodwood relays – silver was also order of the day. **Reuben, Matt,** and **Archie** for the U13 Boys and, for the Men's Vets, **Garry Thayre, Daren Eliot, David Powell** and **Malcolm Hughes** put in great performances for their second place.

Bronze went to the Phoenix Women thanks to the Kidger sisters. And Erica Martin led the B Team to fourth. The men had to settle for sixth in spite a fastest overall leg by Josh Guilment.

### Sussex Champs

The new year kicked off at Stanmer where 39 Phoenix athletes turned up for the Sussex Championships.

Team of the day was the U17 men with **Charlie Grice** first, **Jake Eliot** second and **Will Durkin** fifth for an outstanding gold. There was individual gold for U15 Boys' **Billy White** who led team-mates **Robbie Fitzgibbon** (10th) and **Sam Kitchen** (17th) to bronze.

The junior men (**Max Pickard**, second, **Finn McNally** (pictured below), third, and **Sam Wade**, eighth) picked up team silver but the U13 Boys were just one point off second.

### Sussex Masters Champs

At the Sussex Masters XC Champs at Lancing in January, Phoenix walked away from the proceedings with two team medals.

Defending champions, the over 60s had to be content with silver this year. **Andrew Haig, Terry Avey** and **Malcolm Kemp** scored 6th, 7th and 8th respectively.

The over 40s have been just outside the medals in recent years and seemed resigned to a similar position this time but there were big smiles when they realised that the bronze medal was theirs.

The icing on the cake was beating Brighton and Hove into fourth place by just two points. The fast-improving **Bruce Warren** was our lead runner (12th), followed by scorers **David Powell** (15th), **Nigel Herron** (16th) and **Bruce Faulkner** (20th).

There were two impressive runs in the over 50 category. **Phil "I can't run cross country" Hampshire** ran a stormer for 6th place, with **Brian Friend** fresh off the plane from his Arizona marathon and still jet-lagged managing an excellent 15th.

### Sussex Schools Champs

Phoenix runners were among the medals in the Sussex schools champs at Lancing.

Senior Boys: **Charlie Grice** (Cardinal Newman) Silver; Intermediate Boys: **Jake Elliot** (Blatchington Mill) Gold, **Will Durkin** (Ardingly) Silver; Junior Boys: **Billy White** (Patcham) Gold; Senior Girls: **Beth Kidger** (Sussex Downs College) Bronze.

### South of England Champs

No cross country roundup is complete without a mention of Parliament Hill Fields, which staged the Southern Champs.

**Archie Davis** shone out with his 32nd in the U13s; **Liz Durman** was 83rd for the women with **Erica Martin** 90th and **Sonal Chaudhary** 331st. For the senior men, **Dave Carter** was 106th and **Andrew Neighbour** 521st.

Next year this fixture will be at Stanmer Park. Maybe we can look forward to a better turnout and, who knows, some teams!

Last, but no means least, **Josh Guilment** ran the English Championships at Alton Towers and placed a mighty 44th. Josh ran 38:27 with the race won in 35:11. Great performance Josh.

### League



Sussex Champs



www.equipix.biz

Sussex Masters



Goodwood Relays



**STOP PRESS** Inter Counties Championships

Crofton Park, Birmingham 5 March

There were nine Phoenix athletes selected for County representation and eight were able to run with impressive results. For the senior men, **Finn McNally** was 126th and **James Miles** 246th. For the U20 men **Max Pickard** was 36th as part of the third-placing team. In the U15s **Billy White** was 85th and in the U13s **Archie Davis** was 103rd and **Reuben Hoyte** 177th. **Liz Durman** ran 198th in the senior women's race and **Beth Kidger** 118th for the U17s.



Bruce hits the home run



Jim slashes minutes off his PB

## Brighton Half Marathon

Sunday 20 Feb

The organisational problems of last year seem to have been resolved and the weather was kind. There were many outstanding runs by a large Phoenix contingent and the team prize was ours as well.

Ian Leitch was our first man home in second place in a great time of 1:08:30 with previous winner, Dave Carter in 8th (1:12:58) and Darryl Hards 14th (1:19:20). Bruce Warren, Jim Whitelegg and Paul Thomas knocked huge chunks off their previous times.

There was a great turnout too for the junior races. In the 8-11 category Isaac Wright was first and Max Winter second. In the 12-16 category Archie Davis was second.



Keeping Spiderman at bay

Bruce is ready for the Sunday roast



Ian crosses the line



Phil opts for the Phoenix away kit



My, what a big medal...



Ian and Dave compare notes



Nigel keeps it clean

## Marathon running

There seems to be no lessening of interest in marathon running. Has the Brighton Marathon given a new impetus?

### AUTUMN 2010

Season of mellow fruitfulness for some and an opportunity to race big city marathons for others.



Tom Farsides ran in Chicago on 10 October in a handy 3:10:31. Tom has now completed a grand slam of big city marathons



What was that date of the Chicago Marathon Tom?



In Amsterdam a week later Brian Friend recorded a tidy 3:17:44, before moving on to the Phoenix Marathon in January (see page 7).

On the same day in a slightly less major city Mike Whyte chalked up yet another sub-three run with 2:58:24 at Abingdon.



Max-Patrick as seen on TV

Max-Patrick Lippert ran the New York Marathon on 7 November in a time of 3:07:12

### SPRING 2011

Good luck to everybody running in the London and Brighton Marathons.

# Friend and friends in Phoenix



**So there I was sitting on a rock gazing at the awesome beauty of the Grand Canyon, musing on the chance meeting that led me to being there.**

During last year's Sussex Road Relays at Christ's Hospital I was standing with Andrew Haig at the change-over pen when this woman took a picture of us. It turned out to be Andrew's sister Chris who was visiting from Phoenix, Arizona. I said "They have a marathon there". He said "If you want to do it I'm sure she'd put you up." Say no more! Ten months later here I am marvelling at the splendour of one of the seven natural wonders of our planet having run the Arizona marathon two days earlier.

From that chance meeting I was having the time of my life. I've enjoyed my trips to the States in the past, having done the 100th Boston marathon in '96 and the 2008 New York marathon, but this trip would leave me with memories that will last a lifetime. From the moment I was met at the airport by Chris, husband Jerry and grandson Kylan to the time they dropped me off again 10 days later I was treated like royalty. Chris and her two married daughters, Julie and Janet, had worked out an itinerary for me for the whole of my stay!

### Training in the desert

Firstly though, Chris knew I still had training to do before the marathon. I told her that on Wednesday I wanted to do 7 miles with 2 at marathon pace, so Coach Chris devised a route and rode on her bike behind me giving directions – how surreal was this? I was jet-lagged from the previous day's 15 hours flying from our crappy winter and suddenly thrust into running cactus-lined paths in the Arizona desert heat with clear blue skies and mountainous back-drops. Thursday was only 5 and Friday down to 4 to finish the taper. The other surreal thing was getting used to living with a female Andrew Haig! They are like peas in a pod. Having said that, they did come out of the same pod of course – but a few years apart!

My liking for Americana was well and truly indulged before the marathon. On Thursday we did a tour of the Arizona Cardinals NFL stadium (a huge affair with retractable roof and a pitch that they slide outside!) then a college basketball game in the evening. On Friday I went to the biggest musical instruments museum in the world (it is honestly), was treated to a private trip around the local TV news station by Chris's son-in-law Hilton who works there, and in the evening he got us passes for the NBA game between



Not somewhere to forget your energy gels...



7:22, 7:21, 7:20... Keep going...

Phoenix Suns v Portland Trailblazers (2 hours of organised pandemonium – absolutely awesome).

Come Saturday it was time to focus on the marathon with a visit to the expo to pick up the numbers. I went down with Chris's other son-in-law Paul who was doing the half-marathon. All the usual sort of stuff: guest speakers (Frank Shorter, US running legend), loads of free samples and some good merchandise to buy. By now the jet-lag that had been bothering me since I'd arrived had gone, but I was concerned at just how hot it had become for January – even the locals were surprised. This was worrying 'cos me and mid-70's are strange bedfellows; I don't run well when it's hot. Fortunately, the race start was 7.40 in the morning to avoid some of the heat of the day. I reckoned I had 2hrs of running before it would start to get hot.

My goal for the race was to try to sneak under 3:15, which would qualify me automatically for the London/Boston marathons. This meant I had to average 7min 25secs per mile which my training suggested I could do (I had also run 3:17 in Amsterdam 13 weeks ago so I knew it was

possible). But now I had to factor in the heat. I decided the best thing to do was to try to get a couple of minutes in-the-bank before the sun came out and try to hang on as best I could.

### Running to plan

I started very close to the front and settled into my groove straightaway. I divided the race into quarters, which meant that I would let my garmin run for 4 x 6.55miles and I would keep the average pace between 7:20 and 7:25 in order to nick my 2mins. It takes a bit of discipline to stay with your plan when you're being passed by so many people, but I know what can happen at the end



The US knows how to do medals

of a marathon if you get it wrong (I've done 57 of them and I've got some wrong!) So the first quarter went by at an average of 7:22, the second at 7:21 and the third at 7:20 which meant that I had 72secs in-the-bank! That's cutting it fine. It was going to be touch and go to hold onto that for the last quarter of a marathon even without the sun for company.

The last quarter of a marathon is where you can reap the benefits of a well-paced first three-quarters and I was now enjoying the feeling of working my way past lots of runners who had started too fast and were crashing and burning. Then I came across Team Brian (all my hosts) at mile 20 which gave me another lift. However, at about 22miles I got that awful feeling of cramp in my left hamstring AND right calf simultaneously! I thought "no no I haven't got time to stop and sort you out go away". So I tried running straight-legged for a while and it did the trick, I was able to push on cautiously but it wasn't pretty!

Eventually I turned into the finishing straight and I could see the clocks at the finish line had only just gone past 3:14. I dug in as best I could and got "way to go Phoenix" and "good job" all the way to the line in 3:14:44. Ok, I know that it isn't a really fast time and it's half hour outside my pb, but I'm old now and I'm allowed to be happy with it! It turned out to be an O50 pb for me; a London/Boston qualifier and I was 3rd O55 (though I still haven't got my award yet – I must remember to e-mail them about that!)

To run a decent marathon was just the icing on the cake for me. I'd already had a wonderful time in a wonderful place, been looked after royally and made a whole bunch of new friends. And I still had a rendezvous with a rock at the Grand Canyon to look forward to...



The icing on the cake

*I'd like to dedicate this piece with a huge thank you to Andrew's sister Chris and her marvellous family – must do it again some time.*

# Phoenix races Sunday 14 Nov

The Phoenix annual races attracted well over 300 hopeful runners to Preston Park last November despite an endless stream of drizzle and some chilly winds.

Stealing the day were the U17 boys, with **Charlie Grice**, **Will Durkin** and **Jake Elliot** taking the top three places.

This was the first year both men and woman took on a new 5 mile route (four laps). **Finn McNally** gave another fantastic performance, coming second in the senior race in 25.40, beaten only by Jon Pepper of Enfield and Haringey.

The women's results were somewhat dominated by Arena 80 women, led by Caroline Hoyte in a competitive 28.07. The first Phoenix woman to cross the line was **Liz Halliday**, followed by **Gina McGeever** who completed her race just half a minute behind Liz.

The battle for first place between **John Marinko** and **Nigel Herron** in the Friday-ad mile race provided much excitement, with John crossing the line just three seconds before Nigel, in 5.30.

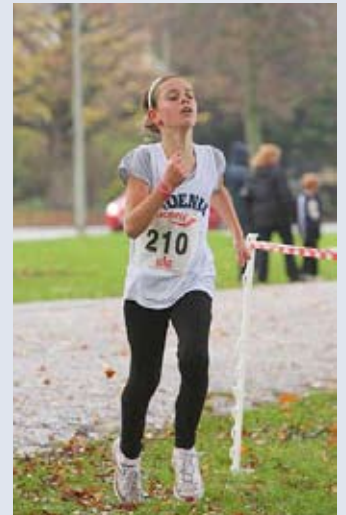
Phoenix juniors put on a great show, taking top positions in the races despite some tough competition with **Samual Betts** winning the under 11s boys race.

Teenagers from all the local clubs, it seemed, had alternative plans on a wet and windy Saturday, and there were fewer runners in the under 15s and under 17s races.

**Jody Mann** was in third in the U15 girls' race, and **Beth Kidger** was second in the U17s. **Billy White** was third in the U15 boys'.

Andy Bone did a fantastic job of organising the event, so thanks to him and all of you who volunteered for marshalling and other duties.

Photos: SussexSport Photography

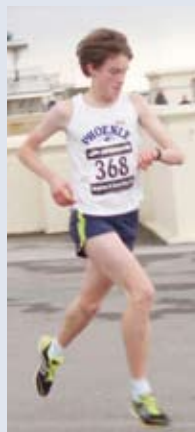


Above: John Marinko and Nigel Herron fought for the lead every step of the way in the Friday-AD Mile with John eventually winning the race by just three seconds. We can safely say that it took a lot out of both of them!

# Brighton 10K Sunday 21 Nov

As ever, there was a great Phoenix turnout for this event and some fantastic performances with quite a few pbs. **Josh Guilmant** was our first runner home, 11th in 31:27, closely followed by **Max Pickard** 26th 33:09 (first U20), **James Miles** 27th 33:11 and **Dave Carter** 31st 33:33. First woman was **Erica Martin** in a time of 38:59.

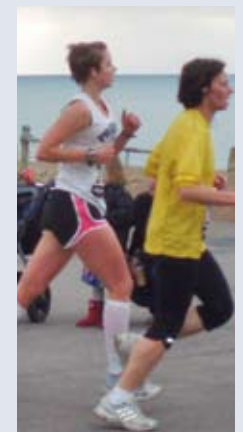
Cub sports photographer **Izzy Whitelegg** was on hand at the Peace Statue and captured these great action shots



Yup – on schedule!



Izzy's dad, Jim, and compatriot Lance squeezing out the opposition.



Determined Michelle

# London to Brighton 56 mile off-road race

It is a classic route for all sorts of reasons – veteran cars, cyclists and, of course, runners. The previous road based ultra-marathon had been organized by the Road Runners Club from 1953 until its demise in 2005, choked to death by traffic and urban sprawl. It had been a world-renowned event with the top ultra runners from here and abroad fighting it out for the prize of being first from Westminster Bridge (in the shadow of Big Ben) to The Level. There was no race in 2006 or 2007 but in 2008 a group of real running enthusiasts plotted an off-road route from Blackheath (the London Marathon start area) to the sea, and resurrected the classic race. You get your money's worth with this event. The road run was a mere 54 miles, the off-road version gives you 2 extra miles, bonus!

The organizers issue a map book in early August giving you about a month to retrace the course. The race instructions recommend that you take a compass, but it's 56 miles and I was not about to subject myself to a map-reading ordeal on top of the effort required to move body and sole from Blackheath to Madeira Drive. So armed with said map book and compass I spent 3 week-ends on a mountain bike searching out the course from what at times seemed opaque instructions. A former member of the club, Sean Ryan, kicked me into action and arranged a mammoth recce one Saturday, we were on the bikes from 8.30 to 5.30, and we covered less than half the course! If you want to do this race, and you don't want to run closer to 60 miles in doing so, then you have to put in lots of time learning the route (or follow me).

My preparation paid off as the map stayed put throughout the whole race, even when the field strung out, and from 25 miles to 40 I saw NO ONE. I hesitated only once but quickly found the right route across the field.

## Cranking up the training

I only entered the race in mid-June so I really didn't have too much time to prepare. I was not going to turn myself into an ultra-runner in a couple of months I thought, but I was wrong, for an ultra-runner I became. Immediately the entry went in I cranked up the training. In the first week I ran 2 hrs on Sunday, 3 hrs Weds and 4 hours on Saturday. I went from 40 miles per week to 60 and 70 instantly. I did a solid month and a half of 60+ miles, one week topped 75. Amazingly I didn't feel tired with this sudden increase in mileage, in fact I felt stronger and stronger. There were just a couple of days when I ran like a sponge. I didn't change my diet, I didn't sleep any more, I worked just as hard at my job, I drank beer and wine, it was business as usual, but with lots of running. I think I stopped reading the paper during this period.

I was learning the route, I was running the miles, but I had not given any thought to nutrition during the race itself. Possibly the most important element was being ignored. Enter Dave Powell on a Thursday club run. He hit me hard with 'Perpetuem', well not literally as he didn't have any and nor did I; which was precisely the problem. Perpetuem, for those who don't know (shame), is the ultra-distance powder that no ultra-distance athlete can do without; thanks Dave. £100 purchase over the internet and I had a box of goodies that could kill a normal man with calorie overload, or save the life of an ultra-man. But how to get the Perpetuem down your neck during the race? No help from the organizers as all they were supplying was water and biscuits at the check-points (and that's all!). I needed to rope in some dedicated assistance in the form of my brother (I only have one), my mate (I only have one) and Dave Powell (there is only one), who were assigned to meet me at strategic points along the way, roughly half-way between the 5 official check-points. This was the last piece of the jig-saw that needed to fall into place. I now had a 'feed strategy'.

## The first miles: great!

6 am on Sunday 5th September 2010 and we were off, and I was ridiculously excited, like a kid at Christmas. What on earth has happened to me developmentally that I feel this sort of delight at the prospect of running 2 marathons and a bit? But it's such a great start, you face the opposite way to the London Mara looking South. One minute before the hooter it is dark, as soon as you start it gets light. The first few miles were for me Shangri-La ('a mystical, harmonious valley, gently guided from lamasery, enclosed in the western end of the Kunlun Mountains'; credit Wikipedia). You run through south London in the semi-dark, knowing the journey that you are on and feeling great.

Keston is a very important place, it is the first check at 8 miles, and it is the end of the roads. From here, for the next 48 miles, you run over wonderful country with hardly a main road to worry about. As you leave Keston and hit the trails you pass a 300-year-old stone bench on your left. STOP, the inscription reads... 'I remember well sitting under the old Oak at Keston, overlooking the village of Down, when I proposed to Mr. Pitt that upon the opening of Parliament we must most urgently introduce a Bill to abolish slavery. William Wilberforce'. There are more important things than constantly pressing on. Surely running is the polar opposite of slavery, we are all abolitionist by nature and would have been even back then, I really hope so, I really do.



# ULTRA MIKE

It is an amazing thing that within two miles you run past the garden of Down House, where Charles Darwin wrote the 'Origin of the Species'. And a mile further on is Biggin Hill aerodrome, where the peace we all enjoy today, throughout Europe, was won at the 'Battle of Britain'.

Do you want to do this run yet?

On and on you run, mile after mile of beautiful countryside, in the company of great runners, or on your own, and all the time you try to relax, drink and conserve. The route is tough, hilly, twisting, rutted in places and littered with stiles to climb over. This race is hard, no two ways.

## 36 miles: doubts set in

Running through Forest Row was for me very important, it's a bit over half way and it's a point of reference. I went through there at exactly 11am. On to Horstead Keynes and the 36 mile check. This was a dangerous moment where, 10 miles over marathon distance, I began to doubt. No longer the feeling of euphoria of those early miles, this was real, and it was deadly serious. I was finished, out on my feet, knackered, TOAST. The marshals knew it and so did I. 'Can you carry on mate?...here sit down...here sit here mate'. Why is 'mate' such a bonding word?

I ran on full of doubt and fear, I really didn't know what to expect next, logic and experience told me that it would be total meltdown, followed by a very long wait, then a trip to St John's. But I was running home, this was my race and f\*\*\* it, I was going to finish, but how? Those were exactly the thoughts that went through my head at that time. For 20 minutes or so I was fighting for survival and thinking like a track runner, using the mind to bully the body, push, push.

HELLO, this is not an 800 metres, I realized after a 20 min period of turmoil that I had to trust in my body, leave it alone, not beat it up, relax and see where we all ended up. After that truly important mind-shift I was still hurting but I was relaxed and had regained some of the feeling of those first few glorious miles, I was calm.

I met Sean at 40 miles, I was in pain but I was confident again that I would finish. Bizarrely I started to phone my wife improving on my ETA, saying I was going well and I would finish under 10 hours, then later I was predicting 9.20, and I even thought I might beat that.

## A special race

Dave was at the top of Blackcap with his two lovely kids. As I ran (yes I ran it) up the side of the Downs I heard him shouting 'is that

Mike, is that Mike', I was bursting with pride, hell yes it was me! To stand atop the Downs after a journey like that is something very special. I was aware, of course, that I had not finished quite yet. I knew that the next 6 miles would hurt, and they did REALLY hurt. But do this race next year, stand at Blackcap and tell me that it's not special, and I'll tell you you're a big fat liar.

The finish at Madeira Drive is unprepossessing, in fact my wife couldn't even find it! There's a finish line of sorts, and a stony beach on which to collapse. Tourists ask you what's going on, and you're proud to tell them. No fanfare, no ceremony, a medal and a heavy cotton 'fruit of the loom' T, and you go home; end of. Well not quite, the next 4 hours weren't pretty, I felt really awful, faint, dizzy and sick. But it passed and by the next day things were no worse than after a 'standard' marathon. See you all next year!

**Next up: Mike Townley is currently training for the Grand Union Canal Race run over the 28/29th May. That's 145 miles along the Grand Union Canal towpath from Birmingham to London. It's the longest 'non-stop' ultra in the UK and it has a cut-off time of 45 hours. Current training is based on 60/70 miles of steady running a week, which Mike hopes is enough. Mike recently 'banked' a 100 mile week in the Alps on what was supposed to be a ski holiday. Win or lose, a report will follow!**

**Welcome to our new multi-sport members. I hope that you all achieve your goals this season.**

First some results from the end of the last one:

## Faye and Liz lead the way

On Sunday 12th September 2010 the largest-ever Paratriathlon took place at the **Dextro Energy Triathlon ITU World Championship Budapest Grand Final**. Faye McClelland and Clare Cunningham finished first and second respectively in the TRI 4 category (arm impairment). Faye finished in 1:14:12, with teammate Clare crossing the line in 1:15:20. Paratriathlon manager, Jonathan Riall, said: "Faye eventually got what she deserves."



**World champion, Faye**

Brighton Phoenix Triathletes Lizzy Brama and Faye McClelland were invited to attend the **British Triathlon Awards ceremony**, held in Hinckley, Leicestershire on Saturday 13th November, in honour of their last season's phenomenal performances.

It was attended by some of the country's greatest athletes, elites and age-groupers alike.

Lizzy Brama was honoured for her achievements, having ranked third in the country after a string of good results in Olympic distance races in 2010.

She said: "After racing the Ironman World Championships in Hawaii I fancied a bit of a change."

The 'bit of a change' seems to have paid off, and she said: "To come away with third place is amazing, and I'm really pleased with this result."

World Paratriathlete Champion, Faye McClelland was nominated for both the 'Paratriathlete of the Year' award and the 'Peter Holmes' award which honours inspirational performances in international competition.

Faye was the only female on an exclusive list of six athletes, which included World Champion Alistair Brownlee, who eventually took the award.

Faye said: "I'm so pleased with how my season has gone, so to be invited to the awards, and receive two nominations has made the year even better. Both athletes that won the awards were absolutely inspirational and thoroughly deserved them."

The evening gave our star athletes a chance to step back and recognise their achievements. Lizzy said: "It's always nice to get recognition for all the hard work that we put in. It was a great evening, and a good chance to catch up with everyone out of the competitive environment."

Faye said, very simply: "Triathlon is such an amazing sport, and I love being part of it."

## Cycling affiliation

Last year Brighton Phoenix Tri affiliated to the ESCA and on Sunday 16 January at the **East Sussex Cycling Association Annual Dinner and Prizegiving** Liz Brama was presented with the Ladies 10 mile cup (24.10) and the Ladies 25 mile cup (1.02.46). Ann Human for ESCA said how pleased she was to see a new club competing and how delighted she was that one of their fastest

cyclists had won two of the Association events in 2010.

Well done Liz

We have affiliated the club to the ESCA again this year. See the forum or ask Liz Halliday for more details on entering cycling events.

## STAR accreditation

The club is working with Triathlon England to get STAR (Senior Triathlon Accredited club) reaccreditation. In order to achieve this:

We have a new level 1 coach join us over the winter. Welcome Dave Powell. He, along with our other coaches Nigel Herron, Sue Hudson, Lizzy Brama and Charlie Pow, are there to help you with your tri-related questions. Anita Jones is on the level 1 course at the moment and should complete soon.

We also have Ananda Mello Costa training to become a British Triathlon Level 1 Referee. She has successfully completed the knowledge tester and now has to do some shadowing to become qualified.

## New Phoenix event

The club is working towards holding an Aquathlon event on 25 September. Thank you to Erica Martin and Andrew Seivewright who have been busy on our behalf. It will be at the pool at Dorothy Stringer School with the run round the playing fields. The swim will be either 400m or 750m with a 5km run.

## Multi-sport champs

Through the year the club has its own Multi-Sport Championship. This is 5 events which are Frosty Aquathlon 6 Mar, Goodwood Du 10 April, Mid-Sussex Sprint Tri 12 June, Worthing standard tri 10 July and Ringmer sprint tri 21 Aug. It is worked out as a points table with your best 3 results to score. There are separate competitions for the men and women. You can find links to these and other local events at <http://www.brightonphoenix.org.uk/fixtures>.

## Summer training

From the beginning of May we use the lake at Southwater near Horsham on Tuesday evenings for open water swim sessions. It is also possible to cycle and run from there for an extra dimension to your training. Again the forum or our coaches will be able to give you more information.

Also from early May on Monday evenings bike/run transition sessions are run at Stanmer Park.

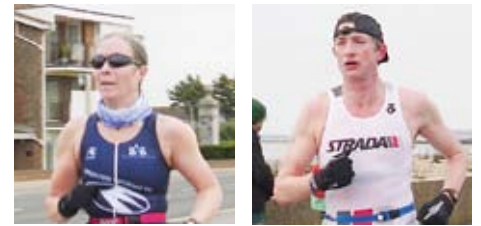
The Friday evening swimming at Brighton College is still continuing, though the predominantly drill-based sessions of the winter have been replaced with more speed and endurance work

## Malcolm Hughes

## Frosty Aquathlon

**It was certainly cold at dawn on March 6. But as the run course is along the seafront promenade, it was good to see it was also dry and calm.**

The first race is the **Frostbite**, a 400m swim and 5k run. The **Frosty**, an 800m swim and 10k run, retains the unusual format of wave pool starts, which means the leading competitors can see where the competition is as they race. The leaders were out of the pool in under 12 minutes but once around the local park and out onto the seafront it was Tom Hopkins from Brighton Phoenix who stamped his authority on the race with the quickest run split of just 34:24 to cross the line first in 46:40, a convincing winner. Erica Martin, Brighton Phoenix, was second female and Debbie Evers from Brighton Phoenix first female supervet. In the team competition Brighton Phoenix once again prevailed. They have an impressive record in the team event, having won it more times than any other club. In the team race Phoenix Phast (Erica Martin, Andrew Seivewright, Tom Hopkins and Malcolm Hughes) took the title.



**Below: Phoenix Phast – phirst.**



# The new Phoenix 10K

## Seafront promenade/road race

### Wednesday 20 July 2011 at 7pm

With our 30th anniversary on the horizon, we have decided to launch a high status event that we hope, in time, will become a key regional fixture. Its main features are the flatness and simplicity of the course on a closed road, a recognised race distance and its mid-week summer evening slot. Chip-timing and online registration bring it up-to-date administratively. The race has already been granted Sussex Grand Prix accreditation in place of the November race.

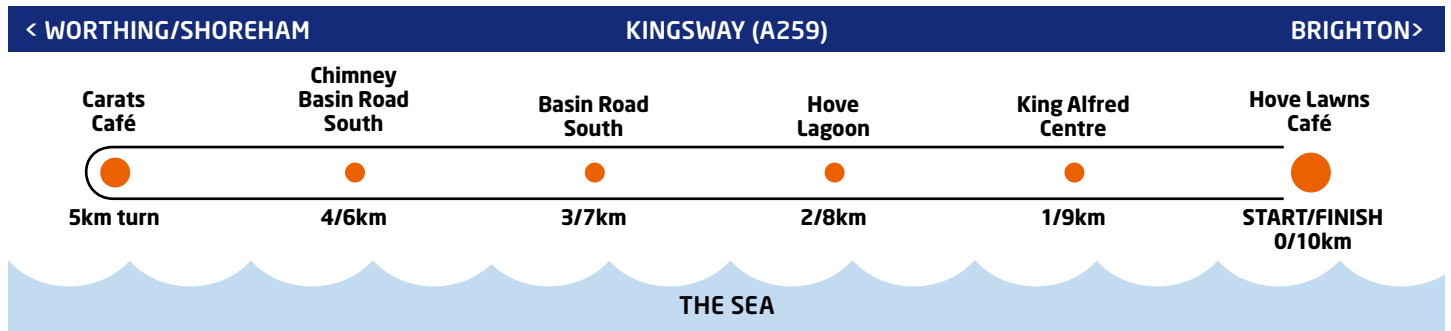
The Phoenix races held in November, while remaining a popular annual event for younger athletes have increasingly become beset by problems, not least of which is the increased interference by traffic in the park. The odd distances, the conflict with Remembrance Day, the proximity of the Brighton 10K, not to mention the possibility of bad weather at that time of year, has meant that it has not developed as a race that befits the status of a club like ours.

All the arrangements for the new race are in place and extensive publicity will soon be rolled out. We hope and expect for this inaugural event that absolutely *everyone* in the club will be involved, by signing up for the race (you can do this online or use the form with this newsletter or on our website) or if you can't run, then by helping out with leafleting and marshalling (contacts: andy@jacksonbone.co.uk or paul.collicutt@virgin.net). The half-way point of the race is at Carats Cafe and the juniors will be out in force there to cheer on the runners and have themselves a party! The race is limited to 400, so get that entry in soon!



Our Charity Partner is the **Clock Tower Sanctuary**, supporting young homeless people in Brighton and Hove. Registered Charity N°: 1070736

Please raise some money for CTS by visiting [www.justgiving.com/theclocktowersanctuary](http://www.justgiving.com/theclocktowersanctuary)



## TRACK & FIELD

This season we haven't had anyone competing indoors but we have had one athlete who headed down under for some sun and a crack at the Australian track season.

Last year **Gus Kennedy** finally got back to racing after a year and a half out with a bad injury. It is a credit to him that he kept up a good level of fitness and was able to put together a few races before he started his winter training, which went well until he suffered two bouts of bronchitis. It is therefore quite remarkable that within the space of three 400m races in Melbourne he has set a new pb.

He started off with a 50.63 win in a B race and then moved on to the Victoria State under-20 championships. He won his heat in 49.70 and went

on to record a brand new pb of 48.75 when coming 2nd in the final the next day. This time puts Gus 4th on the UK under 20 rankings so far this year. Gus is training in Australia until May, when he will return and pick up on the UK track season.



Quenton Davis has done a great job of managing the U13 boys this winter and now has his sights set on track & field.



'I will be looking for an increase in the number of competing athletes at track and field, hopefully as good or better than the cross-country season. I am confident that if we maintain the momentum from the winter season there is no reason why we cannot better our position in the summer league by 2 places if we maintain a good turn out.

Phoenix AC U13 boys now have a recognised presence within the county that we need to use to our advantage at track and field matches and at open meetings.

We should also look to have at least 3 boys selected for the county team this season.'

## Phoenix Nights

If you are over 18 and want to meet other club members away from the trials and tribulations of competing and training (who am I kidding? – that's the main topic of conversation), then why not join us on the last Thursday of each month. We choose a different venue each time, so one day there is a fair chance it will be at your local!

Thus far its been a great success, regularly attracting a dozen or more of us.

Next up: Thursday 31 March at The Park Crescent, 39 Park Crescent Terrace, Brighton BN2 3HE. 8.30pm.

Hope to see you there.



## CONTACTS

### MANAGEMENT BOARD

Paul Collicutt *Chair*  
paul.collicutt@virgin.net  
01273 206418

John Marinko *Vice-chair*  
johnmarinko@waitrose.com  
01273 323215

Andy Bone *Vice-chair*  
andy@jacksonbone.co.uk  
01273 261689

Malcolm Kemp *Coaching Director*  
mkemp\_gn@ntlworld.com  
01273 507633

Paul Thomas *Club Secretary*  
disabledathlete@googlemail.com  
Tel: 07738 664790

Nerine Standen *Membership  
Coordinator*  
nerine.standen@totalise.co.uk  
01323 890769

Sue Hudson *Treasurer*  
sue.hudson@nhs.net  
07854 615064

Malcolm Hughes *Multisport Rep*  
malcolm.hughes77@ntlworld.com  
01273 779761

Liz Halliday *Senior Rep*  
lizhalliday2003@yahoo.co.uk  
01273 890705

### COACHES

Paul Collicutt UKA Coach  
paul.collicutt@virgin.net  
01273 206418

Nerine Standen UKA Coach/  
Child Welfare Officer  
nerine.standen@totalise.co.uk  
01323 890769

Phil Savage UKA Coach  
philmsavage@msn.com  
01273 561750

Chris Isherwood UKA Coach  
stcyprien5@hotmail.co.uk  
07720 409534

Dave Howe UKA Coach  
davehowe1941@hotmail.co.uk  
01444 239672

Colin Simpson UKA Coach  
colin@brighton.ac.uk  
07780 883352

Nigel Herron BTF Coach  
nigel\_herron220@hotmail.com  
07773 196848

Sue Hudson  
BTA level 2/UKA Coach  
sue.hudson@nhs.net  
07854 615064

Jon Bigg UKA Coach  
jbigg@solutions-inc.co.uk  
07850 470989

Andy Fozard UKA Coach  
foz@lineone.net  
01273 733312

Charlie Pow BTF Coach  
charlie\_pow@hotmail.com  
07727 698003

John Marinko UKA Coach  
johnmarinko@waitrose.com  
01273 323215

Andy Bone UKA Coach  
andy@jacksonbone.co.uk  
01273 261689

Dave Powell BTF Coach  
davidpowell87@gmail.com  
01273 509295

### TEAM MANAGERS

*Senior Men* Josh Guilment  
joshjoshg@hotmail.co.uk  
07762 057986

*Senior Women* Erica Martin  
erica\_martin55@hotmail.com  
07976 586214

*Vet Men* Andrew Haig  
andrew.haig45@googlemail.com  
01273 673063

*Vet Women* Anita Jones  
anita.jones@gmail.com  
07753746671

*U13 Boys* Quenton Davis  
quenton.davis@ntlworld.com  
01273 503256/07977906327

*U13 Girls* Brendan Donaghy  
bdonaghy@claddingconsultancy.com  
01273 771921

*U15 Boys and Girls, U17 Boys and  
Girls, U20 Men and Women*  
Paul Collicutt  
paul.collicutt@virgin.net  
01273 206418

*Cycling Rep* Liz Halliday  
lizhalliday2003@yahoo.co.uk  
01273 890705

*Thanks to everyone who contributed photos  
for this edition and apologies for not crediting  
individual pics, but you know who you are!*

## EVENTS

Mar 27	Worthing 20	Sussex Grand Prix
Apr 10	Brighton Marathon	
Apr 10	Sevenoaks Sprint Triathlon	
Apr 17	London Marathon	
Apr 23	Sussex Road Relays, Christs Hospital	
Apr 24	Crawley AC Open T&F Meeting	
Apr 25	Lewes 10km	WSFRL
May 1	Three Forts Challenge – Marathon & Half	
May 1	Steyning Triathlon	
May 2	Tonbridge Triathlon	
May 4	Beach Run, Littlehampton	WSFRL
May 8	Horsham 10k	Sussex Grand Prix
May 8	Uckfield Triathlon	
May 11	Sussex Vets Track League, Eastbourne	
May 15	Portslade Hedge Hoppers 5	WSFRL
<b>May 18</b>	<b>PHOENIX OPEN TRACK MEETING</b>	
May 14/15	Sussex T&F Champs, Crawley	
May 15	Hastings Runners 5 Miles	Sussex Grand Prix
May 18	Trundle Hill, Lavant Village	WSFRL
May 22	Chichester Westgate Open Water	
May 29	Bexhill Lions Triathlon	
May 29	Arundel Triathlon	
Jun 1	Sussex Vets Track League, Eastbourne	
Jun 4	South Downs Way Relay	
Jun 5	Ardingly Triathlon	
Jun 5	Hove Park 5k	WSFRL
Jun 8	Worthing 10k	Sussex Grand Prix
Jun 12	Mid Sussex Triathlon	
Jun 18/19	Southern T&F U20/Sen Champs, Ashford	
Jun 22	Crawley AC Open T&F Meeting	
Jun 25/26	Aviva U23 U20 Trials Champs, Bedford	
Jun 26	Heathfield Mid Summer 10k	Sussex Grand Prix
Jun 26	Saucony Stanmer Park Races	
Jun 26	The Foresterman	
Jun 29	Sussex Vets Track League, Lewes	
Jul 3	Bewl Water 15M	Sussex Grand Prix
July 3	Sussex Triathlon Festival, Ashburham Plac	
Jul 6	Roundhill Romp, Steyning	WSFRL
Jul 10	Wivelsfield Woodland Wobble	WSFRL
Jul 13	Crawley AC Open T&F Meeting	
Jul 16/17	England Athletics Senior Champs	
<b>JUL 20</b>	<b>NEW PHOENIX 10k</b>	Sussex Grand Prix
Jul 25	Sussex Vets Track League, Lewes	
Jul 27	Bexhill 5K Entry	Sussex Grand Prix
Jul 29/31	UK Trials & Champs	
Aug 6/7	Southern U15 U17 Champs, Ashford	
Aug 20/21	England U17 U15 Champs, Bedford	
<b>SEP 25</b>	<b>NEW PHOENIX AQUATHLON</b>	

### Asthma Notice

If you are asthmatic and use an inhaler you may need to register it for competition. Club Secretary, Paul Thomas has the form you need. It is up to you to take individual responsibility to do this. On no account should you stop taking your inhaler without first consulting your Doctor.

### Parents

Please can you collect your children from inside the stadium on a track night and not outside in the car park.

**The views expressed in the newsletter belong to the contributors and do not necessarily reflect those of the club.**

ONE DIGITAL CREDIT



Is it a bird? Phoenix were marshalling the finish at the Brighton Half Marathon. Here they watch a competitor dressed as Superman cross the line.

[www.brightonphoenix.org.uk](http://www.brightonphoenix.org.uk)