

# PHOENIX

THE PHOENIX FLYER WINTER 2009



Luke Reynolds, Matt Morrish, Billy White and Robbie Fitzgibbon celebrate winning silver at Bexhill in the Sussex Cross Country League

Gold at the Phoenix Races, Gold at the Sussex XC Relays, Silver in the Sussex XC League, Bronze in the Sussex XC Champs...no wonder we've put the under 13 boys on the front cover!

FOCUS 4 U

**gig**  
Geneva Investment Group

**saucony**

## Positively positive!

I feel very optimistic about Phoenix as we enter the new year. For a start we have had three athletes produce exceptional performances. Sophie Coleman won individual silver and team bronze for Great Britain in the Australian Youth Olympics and then went on to represent Great Britain at cross country in the International Championship in Lisbon, where she came second, and now has her eyes on a place in the GB team for the world XC champs in Jordan. Savannah Echel Thompson dominated her event at the South of England Indoor Champs, and Tim Bayley is once again knocking on the door of a sub four minute mile with some great performances in the USA. Other notable performers have been Charlie Grice and a resurgent Finn McNally and, of course, our cover stars: the Under 13 boys team.

What especially pleases me this year is that we have sorted out some of the best training groups we have had for years – groups that are now good enough for athletes to travel large distances to attend. We have run a very successful boot camp at Merthyr Mawr in Wales and we are going to run another one in April. Our circuit sessions are up and running and there are numerous groups training together at weekends. Phoenix coaches are putting on these sessions and it is now up to the athletes to take advantage of them. As always we need volunteers to help us out with coaching – maybe you don't want to coach but might be able to hold a stopwatch or help in some other way. Right now we are looking for volunteers to help marshal parts of the Brighton Half Marathon on 22nd February. This event provides us with some sponsorship money – with this we help run the club.

I'm looking forward to seeing how 2009 turns out for all our athletes on the road, the country, the track and in the triathlons. Good luck to us all!

Last november Phoenix coaches Jon Bigg and Paul Collicutt ran a two-day training camp in Wales. This was something we had not done for quite a long time and turned out to be a great success.

We were based at a youth hostel in the Brecon Beacons but the training was at Merthyr Mawr and Ogmore by Sea. This did entail a drive of just under an hour to get there, but in fact it proved very useful as it gave everyone time to wake up, digest their breakfast and get inspired as we drove through the beautiful Brecon Beacons.

We had four international athletes in our group of 26: Joel Kidger, Jon Bigg, special guest star Rachel Ogden and – also – Britain's most successful ever female athlete, the European, Commonwealth, World and Olympic gold medalist and former world record holder Sally Gunnell!

The training was based on the sessions both Paul and Jon had done with Steve Ovett and the national squad under the supervision of national coach Harry Wilson way back in the 1980s. The first morning comprised a 20-min warm-up run followed by an all-out 10-min effort on a looping sand dune course. Then there were sets of short hills up the sand dunes, followed by a run up the infamous Big Dipper – the tallest and longest sand dune in Europe, and, some might say, the toughest! The afternoon session took place at Ogmore beach on the flat sands, just before the tide came in. Two sessions were on offer: runs over 200m or runs over 300m. And don't even try to think they were going to get away with just a few reps!

The next day it was back to the sand dunes. After a lovely run through them to the beach, the group had to slave over a number of runs over an undulating sandy course that culminated in – yes, you guessed it, a hill! The session was followed up with zig-zag acceleration runs on the beach at Merthyr.

Everyone who came on the trip acquitted themselves well, which was just what we expected. Finlay Bigg excelled by completing every session the seniors did and beating his mum up the Big Dipper as well!

We plan to run another training camp, this time in Tenby in April, and also to repeat the November one again. Everyone is welcome.



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 **30 June 2009**.

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Thanks to **AntBliss** for many of the Photographs in this Flyer. They are identified with this logo.



Most of the others have been supplied by **Phil Savage** and **Paul Collicutt**

## Club Awards 2008

The Annual Club Awards were presented at Withdean Stadium on 19 November. Congratulations everybody!

*Burchell Memorial Cups for Dedication & Perseverance (U13s or younger)*  
Boy **Alex Marinko**  
Girl **Mario Andrews**

*Most Consistent Performance by an U13 Athlete*  
Boy **Billy White**  
Girl **Hannah Donaghy**

*Most Consistent Performance by a Young Athlete (U15/U17)*  
Male **Charlie Grice**  
Female – No award this year

*Best Performance in Track and Field (by result)*  
**Savannah Echel-Thomson**

*Best Performance in Cross-country and/or Road (by result)*  
Male **Dave Carter**  
Female **Sophie Coleman**

*Shield for Commitment and Enthusiasm*  
**Josh Guilmant and Erica Martin**

*Outstanding Team Trophy*  
**Men's Sussex Road Relay Team**

*Highest Placed Athlete in Sussex Grand Prix*  
Male **James Miles**  
Female **Erica Martin**

*Veterans Awards*  
O40 Men **Gary Thayre**  
O50 Men **Andrew Haig**  
O35 Women **Anita Jones**  
O50 Women **Sue Hudson**

*Multisport Awards*  
Male **Nigel Herron**  
Female **Debbie Evers**

*TSC Outstanding Achievement Award*  
**Liz Halliday**

*Tri Club Champion*  
Male **Bob Novis**  
Female **Liz Brama**

*Volunteers Award*  
**Ian Reynolds and Brendan Donaghy**

*Chairman's Award*  
**Luke Reynolds**

## Bounce-back blues

Changed your email address? Thought so – we've been getting quite a lot of bounce-backs recently. If you want to be kept up-to date with club events, upcoming fixtures and training information then make sure that we have all your correct details including address and phone number. Contact membership coordinator Nerine Standen ([nerine.standen@totalise.co.uk](mailto:nerine.standen@totalise.co.uk)).

## UKA affiliation

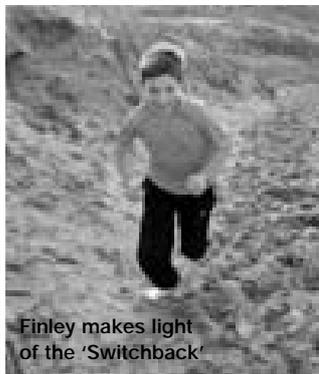
You need to be registered in order to compete in all local, regional and national events held under UKA rules. Phoenix automatically registers its members (the cost is included in your membership fee) and you should have a plastic card with your unique number on it. Check out your personal details at [www.englandathletics.org/editmyprofile](http://www.englandathletics.org/editmyprofile).

# Phoenix Boot Camp

## Merthyr Mawr



Steph, Sundai and Alice lead the way



Finley makes light of the 'Switchback'



Whew that was tough! Rachael, Megan, Beth, Sundai and Steph in recovery mode



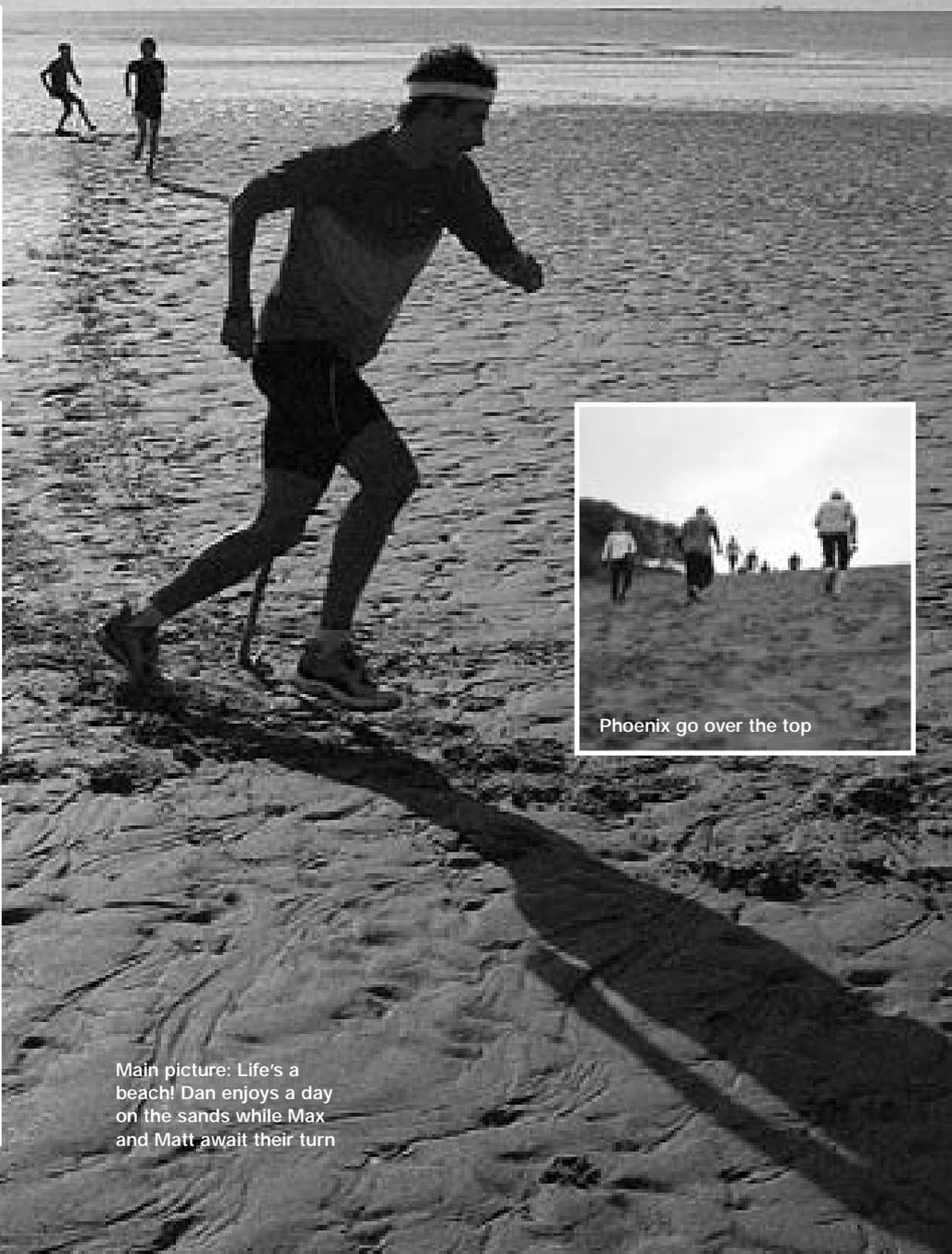
Synchronised running. Emma, Sara and Rachel in fine style



Sally and Dan stay neck and neck on the 'Switchback'



Taming the 'Big Dipper'



Phoenix go over the top

Main picture: Life's a beach! Dan enjoys a day on the sands while Max and Matt await their turn

## Phoenix Races Preston Park

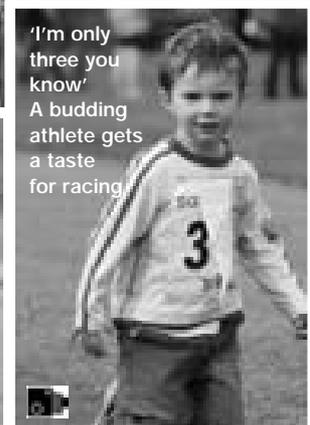
Our races in November had a record entry due to a substantial increase in the number of young athletes signing up to run. There were gold medals for several Phoenix teams – U13 boys, U15 girls, U17 boys and senior men – and silver for our senior women.



The U9 boys start off at 100 miles an hour in their attempt to overtake lead bike Malcolm Kemp



Finley Bigg, 3rd in U11 boys (leading Phoenix runner)



'I'm only three you know' A budding athlete gets a taste for racing



Jodie Mann, 14th in U13G (leading Phoenix runner)



Eloise Crockett, 12th in U15 girls



Phoenix were at the fore at the start of the men's race and eventually took the team award

## Sussex Grand Prix

For those unfamiliar with the format, this is a league-based series of races held throughout Sussex over distances from 5 to 20 miles.

The first male and the first female are awarded 500 points, the second 499 etc (for members of participating clubs). There is an open category as well as vet leagues for each 5-year age group, so if you do eight races (two of which should be 10 miles or longer) you stand a good chance of featuring in the awards. The 2009 races are listed below and you can keep up with information on our forum under the Sussex Grand Prix topic. You'll also find further details on the races via the Sussex Grand Prix website [www.sussex.gp.co.uk](http://www.sussex.gp.co.uk) – and the Sussex Races website [www.sussexraces.co.uk](http://www.sussexraces.co.uk).

At the recent AGM a new committee was elected to take the Grand Prix forward and hopefully speed up results. A couple of changes were agreed to the format, the main one being that there will NOT be a separate Senior category in the results for 2009, just the Open and the Vets (Seniors should beat Vets!). 16-year-olds and over-70s need not do the longer races but can count eight 10-kms or less. For everyone else it remains eight races to count, two of which must be over 10km. Ages are as at 1st January for the whole season.

It would be nice to see more support for the series this year - Phoenix won the series overall several times in the past and we could easily do so again if just a few more of our runners targeted 8 of these races during the year.

Sue Hudson Grand Prix Rep

### 2009 SERIES

- Feb 22nd Sussex Beacon Half Marathon
- March 1st Eastbourne Half Marathon
- March 15th Hastings Half Marathon
- April 5th Worthing 20 mile
- April 19th Hastings 5 mile
- May 10th Horsham 10k
- June 3rd Worthing 10k
- June 28th Heathfield 10k
- July 5th Bewl Water 15 mile
- July 29th Bexhill 5k
- August 30th Will Page (Newick) 10k
- Sept 13th Hellingly 10k
- Sept 20th Hove Prom 10k
- Oct 4th Lewes Downland 10 mile
- Oct 11th Chichester 10k (tbc)
- Nov 1st Barns Green Half Marathon
- Nov 8th Phoenix Races
- Nov 15th Brighton 10k
- Nov 29th Crowborough 10k

### PHOENIX AWARD WINNERS 2008

- Erica Martin 5th Senior League
- Liz Halliday 3rd V2 and 6th Vet League
- James Miles 4th Senior League
- Andrew Haig 1st V5 and 19th Vet League
- Terry Avey 2nd V4
- Nigel Herron 14th Vet League

## Austen Power

**Liz and Kate Austen** (former enthusiastic Phoenix members) were among the many Phoenix runners, plus families and friends, who took part in the Boxing Day race in Preston Park. Liz has just returned from nine months in Japan where, in November, she ran the Kobe half Marathon in a time of 1hour 33mins. This was good training for the Boxing Day race! She is now living back in Manchester where she continues to be Product Manager for Asics.



Kate is living in Ashford, which means she qualifies for the Kent County Champs. She ran the cross country in Detling in January and was a creditable 11th in the senior women's race. This was thanks to a good training regime – including, of course, the race on Boxing Day.



Finn, Dan, Josh, James and Gary at Aldershot. Dave completed the team.

## Sussex Road Challenge

2009 sees the start of an initiative by Sussex Athletics to improve the standard of road running in the county. A 10k challenge will be run in an initial simplified format and if successful will be expanded upon in future years.

Sussex Athletics will be working in partnership with well respected and established road races for the 2009 challenge. The following four races will make up the challenge:

**Bognor 10k (May)**  
**Heathfield 10k (June)**  
**Hellingly 10k (September)**  
**Brighton 10k (November)**

These are the award categories:

4 Race Series Individual  
(Best 3 races count)  
Men & Women – 1st £400, 2nd £250, 3rd £50 (Plus County Medals)

Fastest 10k In Series  
Men & Women - £50

4 Race Series Teams  
Men & Women – County Medals  
(first 3 in each team per event to score)

## South of England Road Relays Aldershot

Racing against South of England teams is a real education (the mighty Belgrave Harriers won the senior men's race in a time of 1:50:24 for the six x 6K race). So Phoenix kept their eyes on the only other Sussex team and traditional rivals Brighton & Hove. What a battle that proved to be! After a modest opening leg Phoenix started moving up the field until on the fourth lap Dave Carter took the team up to 42nd place to head the Sussex clubs. This position was short lived, however, as Andrew Donno, with 19:35, moved up eleven places to hand over in 41st place, just one ahead of Phoenix's Gary Judd. Both Chris Thomson (Brighton & Hove) and Josh Guilment (Phoenix) made up five places on the final circuit with Chris clocking 19:46 to finish 36th and Josh 19:11, the fastest time by a Sussex runner, to take 37th place with just 15 seconds separating the two teams. Phoenix were the only Sussex club in the 4-lap veterans (O40) event and finished in 15th place out of 23 complete teams, with Gary Thayre running fastest lap.

# Best Marathon?

**London and New York both lay claim to being the best marathon in the world. Last year Brain Friend ran them both. So which does he think is the best?**

The first thing to say about these two races is that they have a lot in common. They both have about 39,000 starters, running fast flat courses through some very famous places, cheered on by very enthusiastic large crowds.

The first real difference between them is the location of the starts. Whereas London's start is in a very pleasant accessible central position, New York's is out in the middle of nowhere at an army base. Getting 39,000 people out there in time means that you have to start bussing and ferrying at a very early hour – 4 o'clock in my case! My bus arrived 5 hours before the race was off, and sitting around at a dark, dank and cold army base isn't best preparation for a marathon.

Start line shenanigans were a contrast: in New York some fat bloke sang the national anthem, then the boss-lady of the New York Road Runners (who host this bash)

proclaims "the world awaits you, New York awaits you, are you ready?" Someone fires a cannon and we're off as Sinatra belts out New York, New York. Such panache. In London Ronan Keating drops a flag and a faulty air-horn goes off!

Generally speaking, in both events you're running a very uplifting gauntlet of 26.2 miles of sights and sounds, although in New York there is no crowd for the first 2 miles as you're running across a very long road bridge. This was beneficial as I could just concentrate on running easy and trying to thaw out after the long time spent at the start. The enthusiasm of the crowds at these big city races never ceases to amaze me. Sometimes the noise quiets down in places while at others it reaches a quite moving cacophony. Plenty of sightseeing on the way round both runs, and it's easy to get carried away with the partying going on at the side of the road. Loads of bands playing, people holding out bananas, oranges, jelly babies and tissues! New York could also boast a couple of wonderful gospel choirs in full

swing on their church steps, and even a few street preachers being completely ignored.

London was way ahead as far as the mile points were concerned; lovely big arches of balloons with a large digital clock on a gantry that you couldn't miss. New York, however, was confusing as they had a water/Gatorade station at every mile with just a metre-square mile marker on the side of the road and a small digital clock, but not always together. You could miss it completely if you weren't careful.

There are wow moments on both courses where the crowds are just mental. Coming off the Queensboro Bridge at 17 miles into Manhattan was bedlam, then you look up to see your next 3 miles ahead, along 1st Avenue! In London I was lucky enough to be running down The Highway at about the halfway point,

when the gods of marathon running were coming back the other side headed by the media truck tooting its horn, whipping the crowd up into more of a frenzy. It's easy to lose focus at these times but you wouldn't want to miss them.

Both races build to a climax as you approach the finish. Running along The Embankment into Birdcage Walk then up The Mall is just as

incredible as going up 5th Avenue and into Central Park. The crowds are immense and that feeling of it all being over soon and I can stop hurting is quite delicious. At 18 miles in both races I was doing the same time, but whereas in London I was able to hold it together for 3:14:51 (making me an automatic qualifier for this year), in New York the wheels fell off and I went out to 3:27:12 (disappointing but not really the end of the world).

London's finish area is a much better experience. Baggage reclaim is right to hand whereas in New York I had to walk over a mile to get my stuff back. A nice goody bag in London but just an apple and a bottle of water in New York. Both medals are worth having but the New York t-shirt is far superior.

So, which is the best? As you can see there's not much between them, they're both fantastic occasions that bring out the best in runners and crowds alike. Both well worth doing, but for my money I feel good about having the best marathon in the world just up the road.

**Brian Friend**



London. 18M and still smiling

**STOP PRESS: 08/02/09**  
**Josh Guilment wins Ashford**  
**10k in pb time of 31:08**

## Time to start tri-ing

The multisport section of the club continues to attract new members – so a warm welcome to all our new recruits.

Last season ended with **Jason Benniman** finishing 2nd in his age group in the national ranking series and **Debbie Evers** finishing 3rd in her age group. **Anita Jones** also achieved a notable 2nd AG at the Hong Kong Triathlon in November.

The notoriously difficult Ballbuster duathlon last autumn saw **Andy Field** achieving 1st in his age group and **Bob Novis** take 3rd in his AG in a race held in atrocious wet and windy conditions.

A few Phoenix members have already qualified for the European Tri Champs in Holland in July with possibly more at the last qualifier in April. **Anita Jones**, **Debbie Evers**, **Sue Hudson**, **Jason Benniman** and **Malcolm Hughes** have qualified already.



Anita with Hong Kong Gong

The new season kicks off with the Frosty Aquathlon in Littlehampton on 1st March which is usually well named!! – we hope to have a couple of teams to defend our good record in this event. Thanks to Debbie Evers who is organising the teams.

Swim coaching continues at Brighton College pool on Friday evenings (7-8pm) and continues to be well attended although there is still room for a few more. We hope to continue this up to Easter at least before we take to the open water again to try out those new skills. Tuesday evening open-water swims at Southwater Lake should start again around May, so watch the forum for details.

Cycling time trials usually start in March – always a good way of gaining a little speed for the coming season. We are affiliated to the CTT so you can enter events as Brighton Phoenix. One of the first local events is the Lewes Wanderers Circuit of Laughton on 8th March (12.5 miles). You'll find information on time trial events on the opposite page. If you want to find out more, see the CTT website or speak to Liz Halliday or one of the tri coaches.

There have been a few injuries and mishaps over the winter with Liz Brama still nursing a leg injury and Anita parting company with her bike one cold dark morning. We hope that both recover well, especially as **Liz Brama** has qualified for the Ironman in Kona this year.

**Liz Halliday** completed her multisport endurance challenge with her final effort at the Beachy Head off-road marathon in October, getting inside her target of 4 hours by a mere 12 seconds!!

Finally, a big thank you from the multisport section to **Nigel Herron** for all his work over the last few years for the Triathlon/ Duathlon side of the club, as he has decided not to stand for re-election as the Multisport rep. at the AGM in March. We hope that someone else will take over this position as soon as possible.

**Sue Hudson**

## Ironman UK Hildi's

The experience started with awful weather during registration and the race briefing on Friday and Saturday, and things generally weren't exactly going well – Sharon (Young) got stung by a wasp Saturday night and 3 of our family (thankfully not me) were up all night with a stomach bug.

Fortunately (husband) Jon dealt with all that. Anyway, at 3am Sharon and I got up after a fitful night to make our way with supporters Jon and Teresa Dray to transition. I felt reasonably calm. "Just another triathlon," I kept repeating to myself.

### Swimming before dawn

Having got into our wetsuits, I started to feel nervous, though, as I realised that usually when we do a mass start I am in with other women – not 1400 massive men! (1,609 registered, only 160 women). We got into the dark water before dawn. Sharon was very cold but luckily I am a bit fatter so I was OK. It was a shock putting my face into the black water though – zero visibility (not helped by my tinted goggles!). Start was slightly delayed. Set off in the usual washing machine. Couldn't find any clear water and was a bit worried, especially as my arm has not quite been right and I didn't fancy a longer swim than 1:20. Got pushed and goggles slipped a bit and got kicked in face and chest by a massive bloke doing breast-stroke, but after that got some space. Every so often hit some 'traffic', but I was able to swim well in between. It was a long thin lap x 2. Coming back down each time was better as there was more space. The sun rose, beautifully, during the swim – felt amazing.

### Adrenaline rush on the bike

Out of the swim, and I saw a few supporters on my way into T1. Put on arm warmers and my Colemans of Norwich top (which got me a few more shouts of support en route) and headed out onto the bike. Took the hill out of Sherbourne really easy (saw loads of blokes on fancy bikes changing punctures almost immediately - thankfully I don't do fancy racing tires so I was OK). After the hill it was my favourite bit of the course: South towards Dorchester. After my triumphs in Lanzarote the previous month I got a bit over excited and raced and chased down the big blokes in pointy helmets. Such an adrenaline buzz over taking them! On my tri-bars all the way except for Lyon's Gate Hill which I did have the sense to take steady.

Sharon caught me 2/3 of way into lap 2 but I got the bit between my teeth and she was struggling with a bad back so couldn't get aero, and I raced off a bit again to start lap 3 ahead of her. But then I paid the price for my thrill-seeking and started to feel it in my back and knees. Also, all my supporters were round the first part of the lap, so I started to feel a bit tired and despondent. Kept plugging away, though, and nutrition seemed OK. I had 2 bars and some peanuts and 2 gels which was on the light side for me but all I fancied. I washed it down with gallons of Gatorade though.

### Pain on the run

T2 was a sight! People in all sorts of states! I took my time and stretched. Also applied ibuprofen gel to legs in case the IT band was a problem. It was! After 50 metres I was in pain. I wondered if I had enough time to walk an entire marathon and whether I'd cope with the boredom. Also felt frustrated as I had plenty of energy and felt tip-top in all other respects. Saw Anita Jones and Kurt Charnock, which gave me renewed optimism, and took a couple of ibuprofen which were in my pocket. Still in pain so decided to walk 1/2 an hour to give the drugs time to work. This was a good strategy as I was then able to run/jog the rest of lap 1 and lap 2. It hurt with every step! Every time I saw any supporters though it really helped.

In the town section of the run, Teresa Dray and Chris Thomas kept me going but at the end of lap 2 I knew I'd have to walk most if not all of lap 3. I was in so much pain running that I was having a horrid time but at that stage I could walk with no pain at all so it seemed a good option. Nutrition was fine. I stuck to my plan of gels, water and salt tabs only and had a couple of bananas just for something to do. Felt great except for the knees!

## COMING UP SOON

### Off-road Duathlon

*Kings Wood Mountain Bike Duathlon* 08/03/2009 [www.ashfordtriclub.co.uk/kwd-mar09.htm](http://www.ashfordtriclub.co.uk/kwd-mar09.htm)

*Monsterman IV* 14/03/2009 Bordon, Hants [www.gearsandtears.com](http://www.gearsandtears.com)

### Duathlon

*Steyning Duathlon* 13/04/2009 [www.rawenergypursuits.co.uk](http://www.rawenergypursuits.co.uk)

*Goodwood Duathlon* 19/04/2009 Goodwood Motor Racing Circuit

[www.portsmouthtriatletes.co.uk](http://www.portsmouthtriatletes.co.uk)

### Triathlon

*Sevenoaks Sprint Triathlon* 19/04/2009 [www.7oakstriclub.co.uk](http://www.7oakstriclub.co.uk)

*New Forest Triathlon* 03/05/2009 [www.racenewforest.co.uk](http://www.racenewforest.co.uk)

*Steyning Triathlon* 03/05/2009 [www.rawenergypursuits.co.uk](http://www.rawenergypursuits.co.uk)

*East Grinstead Triathlon* 17/05/2009 [www.egtri.com](http://www.egtri.com)

*Arundel Triathlon* 31/05/2009 [www.rawenergypursuits.co.uk](http://www.rawenergypursuits.co.uk)

*The Urban race Sussex Triathlon* 31/05/2009 Ardingly College [www.urbanrace.co.uk](http://www.urbanrace.co.uk)

*Mid Sussex Triathlon* 14/06/2009 [www.midsussextriclub.com](http://www.midsussextriclub.com)

*NOKIA Windsor Triathlon* 14/06/2009 [www.humanrace.co.uk](http://www.humanrace.co.uk)

*BananaMan team time trials* 12/7/09 Eton (we entered 2 teams last year)

[www.humanrace.co.uk](http://www.humanrace.co.uk)

### British Championships 2009

Sprint Distance: *Big Cow Trifest* 7th June 2009

Standard Distance: *Northumberland Triathlon* 21st June 2009

Middle Distance: *Bala Middle Distance* 14th June 2009

Duathlon: *Big Cow Duathlon* 5th April 2009

Aquathlon: *Wakefield* 18th July

Disabled: *Rother Valley* 7th June 2009

Club Relays: *Holme Pierrepont, Nottingham* 22rd August 2009

# Race Report

By half-way through lap 3 I was a bit fed up, despite the camaraderie of the other competitors and the wonderfully up-beat water station volunteers. I decided that if I couldn't run I could at least keep smiling and had a running joke with the volunteers at the end of the deer park track about them getting me a gin and tonic. So even though there was a little misery in between, at least at every aid station and every time I saw my supporters (and a few others that seemed to have adopted me), I was truly cheerful.



## Reaching the end

Entering town for the final time I teamed up with a couple of other walkers: Colin from Eastbourne and Nick from Norwich (my home town - I'd already met him at the swim start) and we walked the rest together. Colin stopped feeling sick 1 mile before the end so we packed him off, but Nick and I had many comedy moments trying to run on our knackered legs! At 5 mins to 15 hours we desperately tried to run to get in 15 hours but had to give up. Eventually we managed an impression of a run with about 100 m to go! But we were there!!! Heard the magic words, "You are an ironman!", hugged Nick, hugged everyone, especially hubbie Jon and burst into tears! Absolutely amazing!

In the night I did feel a bit sick and, while I expected to feel ravenous for the first week I actually had to force food down as I was not hungry. I wasn't too badly dehydrated though. I hardly slept during the first night but I was tired. Not too tired not to consider doing it again though! I think I need to see if I can run a proper marathon without the IT band/knee issues and then if I can I will try another IM to see if I can do the run properly and feel truly proud. If not I will accept I am not a marathon runner and leave it at that.

Will I do it again? If Jon lets me and if I can finally run a decent marathon. If not I'll stick to swimming.... fancy the Channel anyone?!

**Hildi Mitchell**

## January 2009: Update 5 months on

I'm finding it hard to motivate myself for anything. I have no idea how I managed to do it. This year I cannot get out of bed for 5am running in the cold! Would have loved to have signed up for this year but they have moved the venue and, as it took them 3 years to get the course right before, it is not a gamble I am prepared to take. Also would have had to have fought Jon off as he misses the whole thing too. Am trying to throw myself into developing as a swim coach with Brighton Swimming Club and put a bit of time into the family, but it feels like something is missing. It definitely won't be a once in a lifetime thing... Would like to do it again once Elsie starts school but this time with Jon! Plan to cycle the Lanza bike course in the summer... watch this space!

Brighton Phoenix Triathlon Club is affiliated to the RTTC, the governing body for cycling time trials in the UK, for the 2009 season. This enables our members to participate in time trials as affiliated members. For more information about the RTTC, see [www.ctt.org.uk](http://www.ctt.org.uk) or ask Liz Halliday. We have copies of the RTTC handbook for 2009. Our club falls within the London South district of the RTTC and its website is [www.lsd.org.uk](http://www.lsd.org.uk)

Locally the East Sussex Time Trial Association has a time trial programme of 8 open events on courses in East Sussex. For details please speak with Liz Halliday, Sue Hudson or Debbie Evers. Entries usually need to be with the organiser at least two weeks in advance for these events, and for most other open events.

Most of the local cycling clubs hold more low-key events, mainly for their own members but they often allow on-the-day entries if you arrive in good time (because places are limited).

Lewes Wanderers (<http://www.leweswanderers.co.uk/>) hold a series of 'evening 10s' over a ten-mile course with HQ in East Hoathly:

- May: 5th (Tue) - 11th - 18th - 26th (Tue)
- June: 1st - 8th - 15th - 22nd - 29th
- July: 6th - 13th - 20th

First rider starts at 7.15 pm

HQ: East Hoathly Sports Pavilion

For more detail speak to Liz, Sue or Debbie.

Other local evening 10s are on courses near Washington and Steyning. Nigel Herron and Liz Brama are regulars at these and could give more information. Sussex Nomads (<http://www.sussexnomads.org.uk/index.ph>) also do an evening 10 every other Friday on the lanes near Albourne. If anyone is interested, I'll find out venue and dates.

The RTTC operate quite strict rules about clothing when participating in time trials. Brighton Phoenix cycle shirts are what members should wear with either plain shorts or our shorts. If you don't have a club shirt then another plain cycle shirt is good but it must not have any form of advertising on it. Please note you will not be allowed to race with any sleeveless top, so no tri-suits.

Audax events make for good winter training. For more info, including event entry forms, see <http://www.aukweb.net>

Some local events coming up are:

- 14/02/09 Worthing Winter Warmer 100km
- 21/02/09 Mad Jack Fuller's 120km

Road Racing: please note our club is not affiliated to the British Cycling Federation (BCF), which is the body governing cycle road racing (mass bunch racing). If you want to give this a try, you can buy a day licence for a particular event or apply for an annual licence as an individual. Speak to Liz Halliday for more information about road racing.

**Liz Halliday**

## Endurance 2008 Challenge Update

Our last newsletter displayed a report of the first three of my four endurance challenges which I undertook to raise money for the charity *Right To Play*.

I only now need report on my concluding challenge, the Beachy Head Marathon, a hilly off-road event on the South Downs with 3,500 feet of ascent. I'd done this event before in gale force winds and knew just how tough it was. Some of my sponsors had pledged extra if I could beat 4 hours so of course I set out to try.

I was blessed with dry weather and light winds. They increased during the morning, but mercifully they were from the west and so were at my back for the final 8 miles. All went well and I kept on schedule for the first 10 miles. The next six felt OK but

were into the increasing wind, just enough to lose a couple of minutes. At 19 miles I was 4 minutes down with the toughest part of the course to do. I couldn't afford the loss of 4 minutes and concluded I was unlikely to

meet my target. I knew no good would come of despondency so I relaxed and did what I could over the Seven Sisters. On the brow of the last realised I had four miles to go and only 30 minutes to do it. I knew I could run 4 miles in 30 minutes. I dismissed the thought of the previous 22 miles and told my legs to "get on with it". I crossed the finish line in 3:59:48 and felt great.

I've achieved what I set out to do and through the generosity and support of very many people I've raised over £4,900 for Right To Play. I've also had a fantastic time in the process, enjoying the events and the training. Right To Play wishes to thank all those that have been so very generous. The money will be used in their work to improve health, build life skills, and foster peace for children and communities affected by war, poverty and disease, through the use of specially-designed

sport and play programmes. For more information see [www.righttoplay.org.uk](http://www.righttoplay.org.uk)

**Liz Halliday**

18 December 2008



## Sophie Coleman has just returned from Australia where she competed for GB in the Australian Youth Olympic Festival, picking up a silver medal in the individual race and a bronze medal in the team event.

**H**ere's how it all happened...I was sitting in my car about to head off for a run when I had the call to say I was selected to race in Australia for GB at the Australian Youth Olympic Festival (AYOF). To say I was quite excited would be an understatement and I certainly ran with an extra spring in my step after receiving the news! A few weeks later I travelled to Eton to attend the kit hand out. The GB team was sponsored by Adidas who supplied us with absolutely everything we needed – over 50 items!

In the weeks leading up to the trip, training continued as usual. I competed in the European cross-country qualifying race in Liverpool where I had a good run and came 8th. I also went on a week-long training camp in Lanzarote before Christmas where I logged a solid 4-5hrs of training each day. It wasn't until I walked into the airport on January 2nd with my flight socks and GB tracksuit on and said goodbye to my parents that it really hit me – I was actually going to Australia!

### Training on the Gold Coast

I had been advised to try and set my body clock to Australian time as quickly as possible so I stayed awake through the first 12-hour flight and then tried to get some shut eye on the second 10-hour flight. We arrived in Oz – at the Gold Coast – on Monday 4th at 9am and by the afternoon we were stood on the beach in our run shoes and shorts ready for an easy 20-min jog.

The team consisted of four girls (Lucy Hall, Elinor Thorogood and Olympian Hollie Avil), four boys, three coaches (one head coach, one cycling, and one strength and conditioning), a physio and team manager. We were staying in self-catered apartments that overlooked a canal in which we were told not to swim due to the risk of sharks!

The next day everyone woke up around 5am. We had been told to expect this for the first few days whilst we adjusted to the 10-hour time change. The first training session was a relatively easy 4200m swim (about 1hr15). When I got to poolside I couldn't believe what I was seeing – two open-air 50m pools right next to each other! It's no wonder the Aussies are such awesome swimmers – they have as many 50m pools in one town, as we have in the whole of the UK! After the swim we went out on the bike for an easy 70-min spin followed by a jog, stretching and core session in the afternoon.

The next few days of training included open water swim sessions in a beautiful lake and a couple of trips to an outdoor cycling track where we worked on our bike skills. We were also lucky enough to have a lesson from retired elite triathlete Craig Walton who taught us how to surf waves and use the rip. Having these skills could give us a huge advantage in a race situation where you have to swim in and out of large waves. To begin with I wasn't very confident and after a few failed attempts

I was beginning to feel like I'd been thrown out of a washing machine! However by the end of the hour I was managing to catch and surf waves all the way into the shore.

As the week progressed the intensity of training increased. Every day we were monitoring our hydration levels (yep...that means peeing into a pot every morning!) and keeping a track of how tired, irritable and generally jet lagged we felt. This was on top of the information I usually record in my training diary - general fatigue, muscle soreness, resting heart rate, sleep hours and quality of sleep. When we weren't training we would relax in the cool of our apartment (time in the sun drains your energy so no sunbathing!) Most evenings we had to cook up dinner in our apartments which was very entertaining!



The week flew by and as our time on the Gold Coast drew to an end I started to focus on the upcoming race. It is unusual to be racing at this time of year as it is currently the triathlon off-season. This means I am currently mid-way through winter training where I am working on endurance and not speed. The Australians, however, are mid-way into their race season so I was expecting fierce competition from the locals.

On Tuesday 12th we left for Sydney, and we arrived at the GB holding camp late afternoon. Both of our races were being held at the Olympic regatta centre where we would be swimming 750m in the lake and then cycling 4 laps (20k) and running 1 lap (5k) around it in the individual race. In the team relay we would each be completing a shorter triathlon of 300m swim, 10k bike and 3k run. On the Wednesday all training had to be done by midday as we had to attend the Opening Ceremony that



afternoon. It was a good experience to see all the athletes from the different competing countries and to meet some of the other people on the GB team. However, it was not ideal race preparation as it was a very long day. I felt pretty drained and was glad we didn't have to compete the next day. On the Thursday I did a very easy swim and ride and lots of stretching whilst carbo loading up for the day ahead!

### Race Day

I was up at 4.45am the next day for breakfast and by 6.30am we were at the race course. I set up transition and then headed to the race briefing. By 8am all the competitors were in the water and the race started.

I had planned to go out hard in the swim to try and exit the water as near to the front as possible. I tried to swim on people's feet and hips as this creates a drafting effect, and managed to exit the water in the second pack. I had a good first transition onto the bike, and a chase pack of ten athletes quickly formed. The lead pack were already 45s down the road so we needed to work well together to catch them. Unfortunately, the group did not work properly and by the final lap the gap had opened to 60s. This left it all down to the run. I was in 8th place but could see all the girls in front and as I started running I could see I was catching them. After 2.5k I had moved into 4th position and was quickly closing the gap to 3rd. With 2k to go I passed 3rd. I was really starting to suffer and could feel the heat but the second girl was not far ahead and I could see the finish in the distance. I gave it everything I had and with 1k to go I ran past 2nd and crossed the line just 21s behind the Australian Holly Aitken. I was really pleased with my performance and enjoyed my moment on the podium!

As soon as I had my medal, I was into full recovery mode with long warm down and an ice bath. We wanted to optimise recovery, especially as I would be racing in the team relay the following day.

On the Saturday racing kicked off again at 10am with 7 men's and 7 women's teams on the start line. Lucy Hall took the first leg for GB and handed over to Elinor Thorogood in 5th position. Eli then

dropped back slightly and handed over to me for the 3rd and final leg in 6th place. I exited the swim with a one minute deficit on 5th place. After one lap of the bike I had reduced this to 20s and with 3k of the bike left to go I overtook the Canadian. It was then down to the run again. I could see the 4th girl 200m in front and 3rd was 1minute ahead. Just before the halfway turning point I overtook 4th and focused on chasing down a medal for the team. I was really hurting and didn't think I could catch the Japanese girl in time, however I dug in deep and with 100m to go I ran past her to finish 3rd and claim my second medal.

It was a brilliant experience and I hope to re-visit Australia again later in the year for the World Triathlon Championships! For now its back to winter training and cross country in which I will be competing for GB once again in February in Lisbon, Portugal. **Sophie Coleman**

## Tim Bayley runs 4:01 indoor mile

Tim Bayley is aiming for a sub 4mins mile this indoor season. Based in the States. Tim still wears his Phoenix vest on every outing and we couldn't be prouder of him.

So far he has run 4:10.69, coming 3rd in Seattle behind Us Olympian Galen Rupp. Then he moved to the famous Armoury track in New York for a 4.01.83 clocking and a 5th place. The next weekend he was back in Seattle for a 4:01.59 in 4th place. This is a time only seven Sussex athletes have ever bettered.

Tim Bayley won a 1km race in 2:26 and then swiftly followed it with a 49.1 win over 400m in California second week February. His last indoor race is a mile in Seattle as we go to press.

The club indoor record for the mile is 3.58 held by Johan Boakes, a former world junior record holder for 1km and world junior silver medalist over 1500m. The outdoor record is still held by Steve Ovett and used to be the world record.

## Sav and Gus excel indoors

At the first weekend of the South of England indoor champs at Lea Valley in January, Phoenix had two good performances.

Competing in the U20 men's age group Gus Kennedy (still just 16 on the day) made the final of the 800m. Gus is a relative novice at this event, having so far concentrated on the 400m. Last year he won the Sussex U17 title and ending the year with a 51.8 pb. He had one run out on the boards just before Christmas and recorded 2:04. In his heat he ran strongly to come 2nd and run a pb of 2.00.01 – if he had coughed he would have broken 2mins. In the final he came home in 5th in 2:06. He was the youngest by some distance and this effort bodes well for the summer season.

Savannah Echel Thompson was taking no prisoners in the U20 women's 400m. Right from round one she dominated the competition. Running from the front all the time she laid her cards on the table and challenged all comers to beat her if they could. She ran 57.74 in the first round when all the other qualifiers ran over 60 secs. In her semi she broke the Championship Best Performance with 57.29 and still had strength to front-run the final in another CBP and indeed a pb indoors or out for her of 56.77. Interesting to note that she ran faster than the winner of the senior women's race.

A truly awesome day for Sav! This time currently ranks her 3rd in the UK for U20s and 14th overall.

Sav is looking forward to the UK indoor champs in February and Gus is heading back to the mud for some cross country.



Tim Bayley in great form at the Armoury track in New York



Gus Kennedy runs a 2.00.01 pb in his 800m heat at Lea Valley



Job done! Savannah after her victory in the 400m

# Core Stability

It seems as though everyone is talking about core stability these days. The core is in the middle of the body around the trunk and pelvic area, and the job of the muscles here is to maintain posture and resist gravity both at rest and during movement.

Without going in to too much detail, if these muscles are weak then it affects other muscles and your posture is likely to be poor, which can then affect your running technique or lead you to be prone to injury. It is therefore important that the group of muscles in this area are strong to stabilise the spine and pelvis. There are two types of core stability exercises you can do, low load and high load. At this stage we are going to illustrate the low load exercises. These low load exercises will help to improve posture and stability. They can be performed as a warm up before you run or first thing in the morning and on as many days as you can manage or have time for.

## Low load core exercises

### 1. SETTING THE CORE

This is the most important of the core exercises as it builds the foundation for a strong core and helps engage the right muscles. It is best to do these exercises on a yoga mat or soft surface such as a carpet to enable your body to feel more comfortable and relaxed.

#### Step A

Get down on your hands and knees with your hands below the shoulders and the knees below the hips. Keep your spine straight (not arched or rounded) and let your tummy relax



#### Step B

To engage the core pull the pelvic floor muscles up and in, draw up the lower part of the tummy keeping everything else perfectly still. Hold this for 10 seconds and remember to keep breathing freely. Repeat this 10 times.

**Tip** Contracting the pelvic floor should feel as if you are stopping yourself from going to the toilet.

### 2. BENT KNEE FALLOUT

This exercise works on the hip stabilisers, aiding pelvic alignment in running.

#### Step A

Lie on your back with your knees bent and feet on the floor. Relax the ribs and draw in the lower tummy. You will feel the rib cage rise slightly.



#### Step B

Lower one knee slowly out to the side while keeping the pelvis still while maintaining the contraction. Don't let the pelvis rotate with the leg. Repeat 10 times and then repeat with the other leg



#### Tip

You can place your hands on the pelvic bones to detect any unwanted movement.

Continued overleaf

### 3. KNEE LIFT

This exercise works on stabilising the pelvis while the legs move.

#### Step A

Lie on your back with your knees bent and feet flat on the floor and core engaged.



#### Step B

Pick one foot of the floor and lift your leg (keeping it bent). Stop lifting as soon as the pelvis starts to move or twist. Lower and repeat 10 times and then the same with the other leg.



#### Tip

If it is difficult to do this without the pelvis moving, start with both knees already lifted off the floor. Then lift one leg until there is movement in the pelvis.



### 4. CLAM

This exercise activates the gluteus medius, an important hip stabiliser, and switches off a hip muscle called the tensor fasciae latae (TFL) which can cause lots of problems when overactive.

#### Step A

Lie on your side with your spine in a neutral position and the legs stacked one on top of the other. Bend your knees and your hips to 45 degrees.



#### Step B

Keeping the feet together, lift the top knee 5cm (2 inches) and hold for 10 seconds. Repeat 5 times. Turn over and repeat on the other side 5 times.



#### Tip

Feel the muscle at the front of your hip bone (TFL). Try and keep this relaxed. If it starts to contract, lower the knee slightly.

#### Malcolm Kemp

Coaching Directot

Text based on *Running Well* by Sam Murphy & Sarah Connors (Kyle Cathie, £14.99)

## CROSS COUNTRY

# ...of mud and

The 2008/09 season is all but over and Phoenix's enthusiasm for the country is unabated. We have had good representation at all of the key County and South of England events and have met with significant individual and team success. League manager Malcolm Hughes gives the run down.

### Sussex XC Relay Champs Goodwood 05.09.08

This was the first race of the Cross Country season and there was a pretty good haul of medals.

The senior men took gold (Matt Barrie, Finn McNally (U17), Dan Stepney, Josh Guilment).

The U13 boys took gold (Luke Reynolds (3rd fastest lap), Billy White, Robbie Fitzgibbon).

The senior women took silver (Sarah Tomlins, Jodie Oliver, Erica Martin).

The U15 girls took bronze (Megan Kidger, Angel Collins, Beth Kidger).

The U15 boys also took bronze (Charlie Grice (fastest lap) Jack Donaghy, Sam Sharp).

Put these medals together with good performances from the U13 girls and the vet men as well as B teams, and we can see this was a good day out for Phoenix.

### South of England Champs Hillingdon 24.01.09

Some excellent results from a scattering of Phoenix athletes. The only full team was the U13 boys, who registered a creditable 13th out of 26 complete teams, led in by Billy White in 58th place. Robbie Fitzgibbon (78th), Luke Reynolds (102nd) and Matt Morrish (137th) completed the line-up.

In the senior men's race Josh Guilment recorded an excellent 42nd place with Dave Carter (88th) and James Miles (187th) also doing well. Matt Barrie came a fine 31st in the junior men's race. Finn McNally (10th in the under 17s) and Charlie Grice (9th in the under 15s) put in the day's best performances.

Terrific showing too by Liz Durman (64th) and Erica Martin (96th) in the senior women's event.

### Sussex Schools Champs Stanmer Park 31.01.09

There were quite a few Phoenix athletes representing their schools and some notable performances:

#### JUNIOR BOYS

Robbie Fitzgibbon 8th 16:51

#### INTERMEDIATE BOYS

Charlie Grice 1st 22:32

Max Pickard 6th 23:34

#### SENIOR BOYS

Finn McNally 3rd 25:07

Sam Wade 6th 26:22

#### INTERMEDIATE GIRLS

Beth Kidger 6th 14:31

Angel Collins 7th 14:44

Thanks to Malcolm Kemp, Andy Bone and family and Paul Collicutt who laid out the course at 7 in the morning.



Cover stars the U13 boys celebrate their gold medal



The U15 boys show off their bronze medals.

### South of England Masters Champs Biggleswade 31.01.09

Just two Phoenix runners made it to this race. Gary Thayre (43rd) and Malcolm Hughes (58th) had good times round a fast 10 km course in the over-40 race.

Sophie Coleman ran a brilliant race for the Great Britain junior team in Lisbon on 2 February. Sophie placed second with the team taking the first four places to whitewash the opposition.

Sophie will be donning the Sussex vest in Inter-counties and World Championship Trials at Nottingham next month with the intention of gaining selection for the World Championships.

# medals

## SUSSEX XC LEAGUE

The under 13s complete their league after three races, so congratulations to the under 13 boys who took the team silver.

With one more race to go: the under 15 girls are 3rd, the under 15 boys are 5th and Charlie Grice has got the individual gold sewn up with two wins and a 2nd. The under 17 men are 4th with Finn McNally in the hunt for an individual medal. As are Emma Satterly and Josh Guilmant in the senior categories.

In the men's league, both the seniors and vets are in 4th though the vets are only 3 points from 3rd.



Lee Sawicki, Plumpton



Katherine George, Bexhill



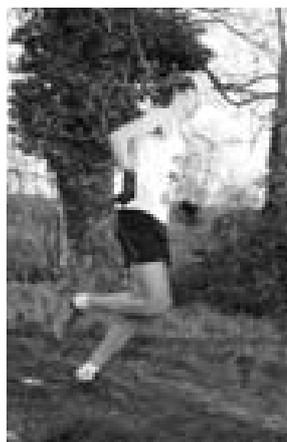
Emma Satterly, Plumpton



Daren Elliot and Nigel Herron dig in at Plumpton



Max Pickard and Finn McNally prepare for battle at Bexhill



Josh Guilmant in full flight at Plumpton

## Sussex Champs Stanmer Park 03.01.09

Another successful championship for Phoenix. There were complete teams for most categories. Our only under-20 woman Sundai Boulton came an excellent fourth. There were complete A and B teams for the senior women, and A, B and the makings of a C team for the men. And how about this for a medal haul:

Under 13 boys: Billy White, Robbie Fitzgibbon and Matt Morrish won team bronze. Under 15 girls: Beth Kidger won individual bronze, and

team gold with Angel Collins and Megan Kidger.

Under 15 boys: Charlie Grice ran a perfectly judged race for individual gold and with Charles McCulloch and Thomas Mann took team bronze.

Under 17 boys: Finn McNally sprinted to the finish for individual gold and with Max Pickard and Gus Kennedy won team silver.

The senior men were in bronze position, Tom Naylor taking individual bronze in a fiercely fought race. The other scorers were Josh Guilmant, Patrick Davoren, James Miles, Gary Thayre and Andy Bone.



Vets Andy Bone and Gary Thayre scored for the men's team



Beth Kidger leads the U15 girls to team gold



Charlie Grice won individual gold and team bronze



Tom Naylor ran himself and the team into bronze position



Tom Mann plays his part in the U15 team bronze

### STILL TO COME

**Feb 21st**  
National XC Champs  
Parliament Hill

**Feb 28th**  
Sussex XC League (4 of 4)  
Lancing

**Mar 7th**  
Inter Counties XC Champs  
Wollaton Park, Notts

## Asthma Notice

If you are asthmatic and use an inhaler you may need to register it for competition. Club Secretary **Jackie Tucknott** 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 new track entrance is at the bottom of the finishing line end of the home straight.

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

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

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#### U17 boys and girls

#### U20 men and women

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## FIXTURES

Feb 21st  
Feb 22nd  
Feb 28th  
Mar 1st  
Mar 8th  
Mar 14th  
Mar 15th  
Apr 4th  
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Jul 20th  
Jul 26th  
Jul 26th  
Jul 29th

National XC Champs  
Sussex Beacon Half-Marathon  
Sussex XC League (4 of 4)  
Eastbourne 1/2 Marathon  
Kings Wood Mountain Bike Duathlon  
Monsterman IV Bordon (off road Du)  
Hastings Half-Marathon  
SoE 12 & 6 Stage Road Relays  
Worthing 20 Miler  
Sussex Road Relay Champs  
Crawley AC Open Meeting  
Steyning Duathlon  
Lewes 10k  
Nat 12 & 6 Stage Road Relays  
Goodwood Duathlon  
Sevenoaks Sprint Triathlon  
Hastings Runners 5m  
Portslade HedgeHopper 5 Miles  
London Marathon  
Three Forts Marathon/Half M  
New Forest Triathlon  
Steyning Triathlon  
Sussex Masters League T&F 1 of 4  
Horsham Joggers 10k  
Bognor Prom 10k  
East Grinstead Triathlon  
Trundle Hill  
Crawley AC Open Meeting  
Sussex Masters League T&F 2 of 4  
Arundel Triathlon  
The Urbanrace Sussex Triathlon  
Worthing 10k  
South Downs Way 100M Relay  
Hove Park Road Races  
Mid Sussex Triathlon  
NOKIA Windsor Triathlon  
Crawley AC Open Meeting  
Beach Run  
Heathfield 10k  
Roundhill Romp  
Bewl 15  
Sussex Masters League T&F 3 of 4  
Wivelsfield Wobble  
Crawley AC Open Meeting  
Sussex Masters League T&F 4 of 4  
Jack & Jill 5 Mile  
30 Mile Downland Challenge  
Bexhill 5k

Parliament Hill  
Sussex Grand Prix  
Lancing  
Sussex Grand Prix  
[www.ashfordtriclub.co.uk](http://www.ashfordtriclub.co.uk)  
[www.gearsandtears.com](http://www.gearsandtears.com)  
Sussex Grand Prix  
Milton Keynes  
Sussex Grand Prix  
Christ's Hospital  
  
[www.rawenergypursuits.co.uk](http://www.rawenergypursuits.co.uk)  
WSFRL  
Sutton Park  
[www.portsmouthtriathletes.co.uk](http://www.portsmouthtriathletes.co.uk)  
[www.7oakstriclub.co.uk](http://www.7oakstriclub.co.uk)  
Sussex Grand Prix  
WSFRL  
  
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'Where is everybody?' James Miles at Plumpton



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