

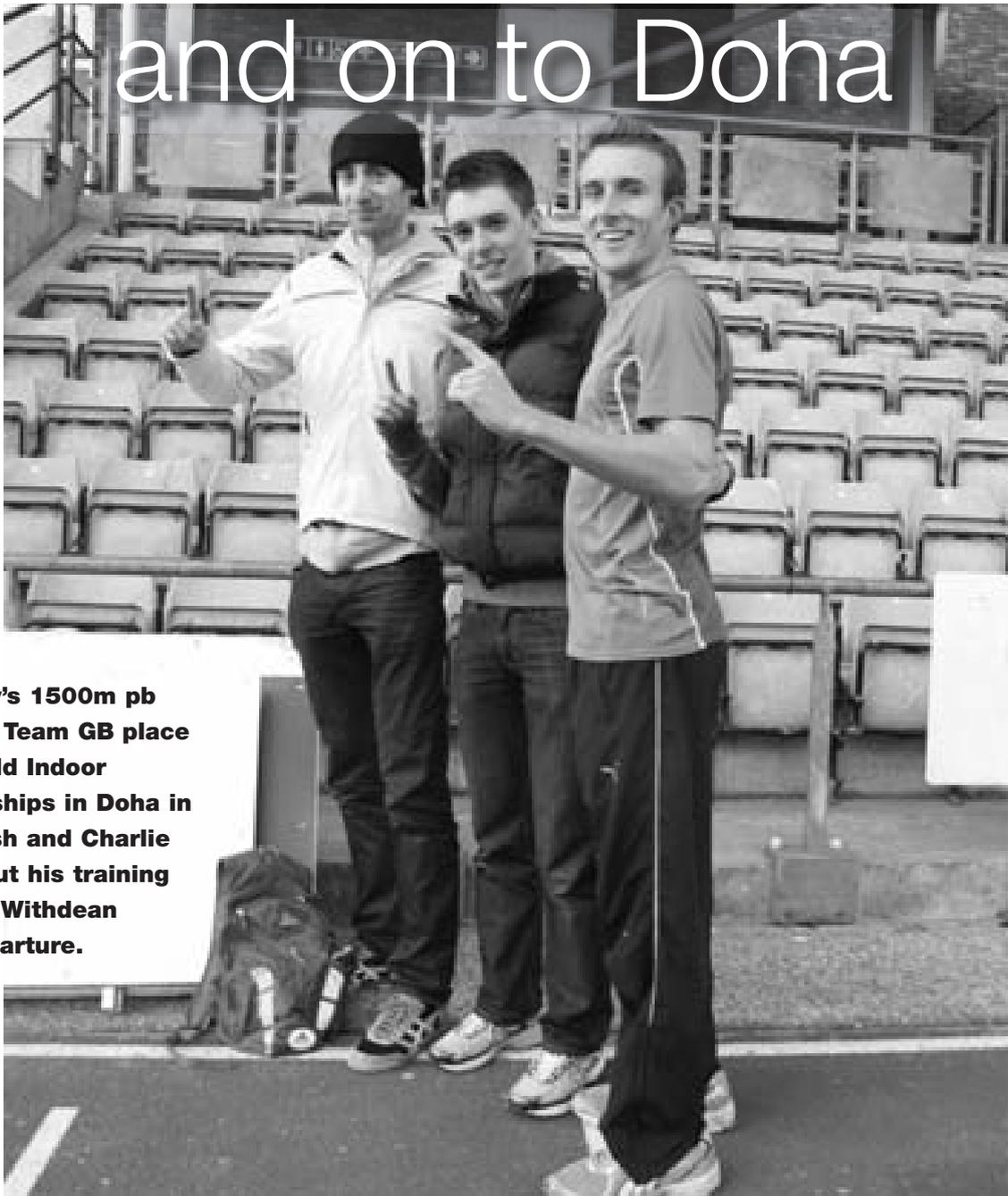
PHOENIX



THE PHOENIX FLYER SPRING 2010

3:40:16

and on to Doha



Tim Bayley's 1500m pb won him a Team GB place at the World Indoor Championships in Doha in March. Josh and Charlie checked out his training session at Withdean before departure.

In this newsletter I would like to focus on three major topics.

Firstly our cover story is about our number one middle distance man Tim Bayley who represented GB at the world indoor champs over 1500m. In order to get there he had to run a pb of 3:40:16 for the 1500m. This time is the new Phoenix club record for 1500m indoors – taking Johan Boakes' former record of 3:40:53 by mere hundredths of a second. Now make no mistake whatsoever, it is a BIG thing to break a club record at Phoenix, especially a 1500m record. Someone once told me that if you wanted to break club records go join another club but obviously nobody told Tim. Good luck to Tim as the outdoor season approaches.

Secondly I would like to highlight the article opposite by Paul Thomas. Here is an athlete who has had to fight for the right to be treated inclusively in our sport. He not only refused to be treated like a second class citizen but he has also been instrumental in helping UKA and England Athletics forge a new inclusivity policy. Well done to Paul. With his actions he has brought great credit to the club.

Finally I am not going to let pass a milestone in Phoenix history as Jackie Tucknott steps down as our glorious club secretary. It seems like Jackie has been secretary forever... and I'm sure she must think that too! Jackie will still be part of the Wednesday evening set up, meeting and greeting the club members. Later on in the newsletter we talk about performances by seniors like Josh Guilmant. He recently commented that when he was a junior, it was Jackie's greeting and looking after him when he first turned up that made him feel so welcome at the club. Jackie has been, and will carry on being, I'm totally sure, one of the most integral parts of our club. We all know that the real reason she has stepped down now is that she feels she needs a good few years' build-up to the Olympic marathon in 2012... good luck Jackie!



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 2010.**

Editor: **Jane Edmonds**
jane.edmonds@btinternet.com

Layout: **Andrew Haig**
andrew.haig45@googlemail.com

66 Crescent Road,
Brighton BN2 3RP
Telephone: 01273 673063

Print: **Onedigital**

Club awards for 2009



Much postponed because of bad weather, the club awards ceremony was finally held at a rainy Withdean stadium on 13 February. And the winners are...

Burchell Award for Boys
MATT BERRIDGE

Burchell Award for Girls
JESS BONE

Most Consistent U13 Boy
JACK FOSTER

Most Consistent U13 Girl
JODY MANN

Most Consistent U15/U17 Boy
ROBBIE FITZGIBBON

Most Consistent U15/U17 Girl
BETH KIDGER

Best Performance T & F Male
CHARLIE GRICE

Best Performance T & F Female
SOPHIE COLEMAN

Best Performance XC / Road Male
JOSH GUILMANT

Best Performance XC / Road - Female
SOPHIE COLEMAN

Outstanding Team
U13 BOYS TEAM: Robbie Fitzgibbon, Billy White, Luke Reynolds, Matt Morrish

Tough of the Track
MAX PICKARD

Shield for Commitment & Enthusiasm
PAUL THOMAS

Volunteers Award
ANDY BONE

Come-Back of the Year Award
PAT DAVOREN

VETERANS AWARDS

O40 Men
DAREN ELLIOTT

O50 Men
BRIAN FRIEND

O35 Women
ANITA JONES

O50 Women
SUE HUDSON

MULTISPORT AWARDS

Multisport Awards Men
NIGEL HERRON

Multisport Awards Women
ANANDA MELLO COSTA

Voted for by Tri Section:

Tri Club Champion Men
MALCOLM HUGHES

Tri Club Champion Women
RACHEL BIBBY

CHAIRMAN'S AWARD

JOEL KIDGER

Time up!

As I lined up in the disgusting weather conditions for the start of the Sussex Beacon Half Marathon a few weeks ago, it started to cross my mind that I may be a little underdressed in just my Phoenix vest. Had I seen a different weather forecast to everyone else? All around me were runners kitted out in waterproofs, woolly hats and tights, and I was annoyed with myself that I hadn't packed a bin liner to pull on. As the rain intensified, the start line began to look like Week 3 of a dustman's strike, with human bin bags huddling together for warmth while awaiting the starter's orders.

A few more Phoenix mustered and I was pleased to see I wasn't the only vest-dressed person. We were soon joined by Mr Hampshire who had pushed his way into the pen to deliver a Churchillian team talk. "Don't think that the conditions mean you can't get a fast time: you can run a PB today. It's only a bit of rain..." "...and wind," he muttered as he disappeared back into the crowd. The five of us smiled nervously at each other; we didn't expect anything else from Phil.

For months - probably years - a couple of more experienced running friends have been telling me to commit to races right from the start. "Races are what you train for so why run them like a training session?" finished off with, "There's no such thing as going out too fast." Ignoring this advice, I've always been very careful not to start too fast, checking my watch, easing myself into a race. Start slowly and then increase your speed ran my mantra. I can't be the only one to reach the first km or mile marker, look at my watch and think, "That's a bit quick!" I've often had conversations with other runners about our pace - chats that have lasted well into the next mile.

I have a heart rate monitor but rarely, if ever, wear it. Never having read the manual from cover to cover, maximum heart rate just sounds like something out of ER. And running to bpm is even harder than watching minutes and seconds. I know what I could do: buy a Garmin, so it can bleep and beep at me to keep me on track. But as that book of words is even bigger, I think it's probably best left alone. Stand away from the keyboard and don't press 'place order.'

So, for every race I still wear my trusty Nike 100 Lap watch. Press START when you set off, then every km/mile marker press LAP and when you cross the finish line, press STOP. Press SAVE for later recording in my logbook. Easy. My timepiece is like the lucky underpants that footballers wear - my racing talisman but ultimately my crutch.

The frustrating thing for me in a race is when I look at my stopwatch and realise I'm not running fast enough: the seconds are speeding away but I'm not. How depressing to have to try and run faster, harder, because the plastic thing strapped to your wrist tells you to. Whether bleeping or flashing, it is saying, "Too slow, pull your finger out." Or perhaps worse, if you've been going 'too fast', it chides, "You've done it know, you'll regret that later."

Ditch the watch?

Then someone made an outrageous proposition. Ditch the watch. Run without it. I wasn't entirely convinced, so I tried a couple of races wearing it, but promising myself I wouldn't peek. Impossible! As I ticked off the miles, the temptation became too great and before I knew it I was pressing the lap button as each mile marker slipped by, already calculating my estimated finish time.

Until last year, on another day of awful weather, I finally made the transition. I lined up on the start line of the Barns Green Half with my watch stowed in the car boot. No concerns about pressing buttons, no nervous glancing at the seconds, no calculating pace or finish times. Just running on feel. How can you go off too fast if you don't know how fast you are going? I just concentrate on my pace and form, and what a difference it's made. The last two half marathons I have run, I've had no idea of my time until the finish. Two halves, two PBs - one by three minutes. Result!

I still train with a timepiece and religiously record all the interval and tempo runs in my log. But when I'm racing, I do without the watch, and I feel a lot freer. Is it down to coincidence? Who knows? But I'm going to keep racing without a watch. It may not work for you but I urge you to give it a try. You never know, it maybe be as liberating for you as it has been for me.

Andy Bone



Some of the award winners, clockwise from top left: Ananda Mello-Costa, Andy Bone, Matt Berridge, Paul Thomas, Max Pickard, Jody Mann, Daren Elliott, Jess Bone, Rachel Bibby, Malcolm Hughes, Nigel Herron, Beth Kidger. Photos by Andrew Haig

Disabled *not* Unable



2009 was a strange year; it went from being invited to represent GBR in an international triathlon to being DQ in one race and being banned from three cross country races. On top of that, I was called a health & safety (H&S) hazard in a road race and at a petrol station. What a difference in culture there is between triathlon and other sports compared to athletics.

Telling me that I cannot do something was like waving a red rag to a bull. To ban a disabled athlete from racing under H&S, the race organiser needs to justify their decision. In all of these negative experiences, officials could not and would not justify their decisions, they just

discriminated and presumed that I would get in the way. Should I take them to court for discrimination or do something positive? I chose to get involved and get athletics to change this negative culture.

In my research I found that discrimination was not just in Sussex, and this was due to a lack of knowledge and information about inclusion within England Athletics. In all cases, there was discrimination and a real reluctance to change and accept that disabled athletes want to take part in traditionally grass-roots able-body races.

If you are a professional disabled athlete, then under UKA you are catered for and looked after under international regulations. At a grass-roots level there is no information, advice, guidance or inclusion policy for race organisers, county amateur athletic associations, clubs and disabled athletes to follow.

To start with, no one wanted to talk to me, but after a while I met with Sussex AA where I volunteered to write an inclusive policy. I submitted this to Sussex AA, UKA and England Athletics and this resulted in a meeting with representatives from UKA and EA, where we discussed my policy. With a few amendments this policy should be used nationally as their Inclusive Policy. The next step will be getting race organisers and county AA to accept and use it, which I intend to get involved with.

Paul Thomas

Sussex Grand Prix

The Sussex Grand Prix is a series of road races throughout the year competed for by all the major county clubs. Points are awarded according to your finishing position, and are allocated to the club and to you in your individual and age group category. The best of eight are used to score, of which two should be 10 miles plus. If you can't run eight, the points of the ones you do manage still count, so don't forget to register as a Phoenix AC runner.

Remaining Grand Prix races this year:

March 28th	Worthing 20 mile
May 9th	Horsham 10k
May 16th	Hastings 5 mile
June 9th	Worthing 10k (Wed)
June 27th	Heathfield 10k
July 4th	Bewl 15 mile
July 28th	Bexhill 5k (Wed)
August 29th	Will Page 10k, Newick
September 12th*	Hellingly 10k
September 19th	Hove Prom 10k
October 3rd*	Lewes 10 mile
October 31st	Barns Green Half M
November 14th	Phoenix Races
November 21st	Brighton 10k
December 5th	Crowborough 10k

2009 Results

The Sussex Grand Prix results for 2009 have just been published. Given a somewhat patchy involvement by Phoenix athletes, we haven't done too badly. In the team competition we came 8th out of the 20 Sussex teams involved. In category terms this was aggregated from the men 8th and the women 9th. Vet men made 6th spot and vet women 11th.

Standout individual results are **Ananda Mello-Costa** with an excellent 4th place for senior women. Also in the top 20 **Erica Martin** 9th and **Faye McClelland** 15th. **Liz Halliday** was 7th in the V3 category and **Carolyn Austen** 4th in V5.

In the men's competition **Andy Bone** made 12th in the V1s, **Lance Bellers** was 5th in the V2s, **Terry Avey** was 3rd in the V4s and **Andrew Haig** 1st in the V5s (for the fourth year running).

You can see full results at
www.sussexgrandprix.co.uk

5K time-trial news

Josh Guilment is still course record holder, both at Hove Park and the newly instituted Finsbury Park event.

There have been some notable Phoenix performances recently – not least a win by **James Miles** on 5 December in a time of 16:24 which knocked a whopping 18 seconds off his previous best. **Dave Carter** chalked up his fourth victory on 3 March in a time of 16:26.

It was the turn of the under 20s on March 13 with **Charlie Grice** winning in 15:59, **Max Pickard** third in 16:39 and **Sundai Boulton**, first woman in 19:58. All recorded pbs.

The trials take place at Hove Park every Saturday at 9am. New runners should register the day before at:

www.parkrun.org.uk/brighton

Sussex Beacon Half Marathon 21 February 2010

It was cold, wet and windy, and with race organisation that had problems, possibly a result of too fast an expansion of competitors (6000+ finishers). Fortunately, Phoenix's traditional role of lead bikes and start line organisation went pretty smoothly and it was also a successful day for us athletically. To quote *The Argus*:

...Dave Carter helped Phoenix scoop the team prize ahead of Brighton & Hove City. Carter came seventh with Bruce Faulkner, Darryl Hards and Max-Patrick Lippert making up the victorious quartet...

Their winning performances were: Dave Carter 7th 1:13:29, Bruce Faulkner 28th 1:18:02, Darryl Hards 34th 1:18:49, and Max-Patrick Lippert 36th 1:18:45 (chip times).

Not only that but **Archie Davis** won the junior 800m race (3:13) and **Max Pickard** the junior 1M event (4:32).

STOP PRESS: Reading and Hastings

The London and Brighton Marathons are approaching fast and these two half-marathons both run on 21 March are useful indicators of training progress. Hastings is hilly and tough and Reading is fast and furious. Both have huge fields and great atmospheres.

Reading attracted eleven Phoenix Athletes all performing well. Josh Guilment was our first finisher – 15th in 1:10:12 with Dave Carter (1:12:24), James Miles (1:15:55) and Garry Judd (1:18:09) making the top hundred in an event that attracts 12,000+ runners. Andy Bone broke the 80 minute barrier for the first time with a pb 1:19:54 followed by Tom Farsides (1:25:49), Erica Martin (1:25:47), Lance Bellers (1:30:23), Anita Jones (1:34:40), Malcolm Kemp (1:35:27) and Marc Huws (1:48:25).

Hastings (4,000 finishers) was the destination of four Phoenix athletes. Andrew Neighbour was first home in 1:29:45 followed by Terry Avey (1:37:07), Faye McClelland (1:47:04) and Debbie Evers (1:56:05).

Sussex 10k challenge

The aim of this challenge, initiated by Sussex AAA, is to improve the standard of road running in the county. The following five 10k races constitute the challenge:

Chichester (Feb) - Heathfield (Jun) - Hellingly (Sep) – Bexhill (Sep) - Brighton (Nov)

Qualifying times have been set for each course, based on previous years' results, which you must meet to score as an individual. The first 3 score for a qualifying team irrespective of finish time.

Chichester Men 35m 30s / Women 39m 30s
Heathfield Men 37m 15s / Women 41m 0s
Hellingly Men 36m 0s / Women 40m 0s
Bexhill Men 36m 0s / Women 40m 0s
Brighton Men 35m 15s / Women 39m 0s

Individual Awards M/W

(All prizes will be awarded after Brighton 10k)

- First 3 receive county medals (must score in 3 events).
- 1st Sussex Affiliated place in each event £50 (must meet qualifying time)
- 2nd Sussex Affiliated place in each event £25 (must meet qualifying time)
- 4 win bonus of £300 for Sussex Affiliated runners (must meet qualifying time on each occasion)
- Fastest 10k In Series £50

Team Awards M/W

County medals to first 3 teams. Only complete teams scoring in 4 events will count.

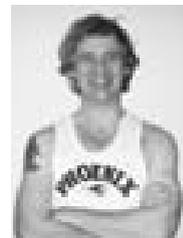
Club colours must be worn in every race

Mike Whyte sets the pace in Barcelona

Vet **Mike Whyte** has set the pace for all those in the club hoping to run under three hours in the spring marathons. Coming off the back of 1:23 at the Beacon Half in February, he knocked an extraordinary 11 minutes off his marathon pb to record 2:57:11. at the Barcelona Marathon on Sunday 7 March. This for an excellent 423rd placing.

Mike writes, "I was very pleased that I ran nearly even splits because starting out too fast has been a problem for me on previous occasions; 1st half approximately 1.28.30 and 2nd half approximately 1.28.45.

Weather conditions were perfect and the crowd support was great. This was one of my favourite marathons and very well organised. I'm running Edinburgh in May and will definitely be shooting for a sub 2.55."



Pacers needed for Brighton Marathon

Brighton Marathon are looking for pacers at: 3.00, 4.00, 4.30 and 5.00 hours. Contact Tom Naylor (tom@brightonmarathon.co.uk) if you can help. The pacers get free running shoes of their choice and Saucony gear.

Phoenix Races 8 November 2009

Photographs by Lance Bellers,
Reg Richardson, Andrew Haig and
Sussex Sports Photography (Ant Bliss)

We were also unlucky with the weather at our own race but numbers held up and the day went smoothly. Andy Bone took on most of the detailed organisation and much of the credit should go to him. The *Friday-Ad Mile* was an exciting addition to the programme and looks like it may be a regular feature.

61 Phoenix athletes took part during the day and very successful they were too.

Our award winners were:

U11 boys: 1st **Archie Davis** 7:26

U13 boys: 1st **Billy White** 6:37 course record. 2nd team (**White, Foster, Russell**)

U17 girls: 1st **Beth Kidger** 6:57, 2nd **Megan Kidger** 7:20

U17 boys: 1st **Charlie Grice** 11:42

Senior men: 1st **Josh Guilmant** 22:38. 1st team (**Guilmant, McNally, Carter**). 1st B team (**Miles, Pickard, Faulkner**)

Senior women: 1st **Erica Martin** 13:58

Friday-Ad Mile: 1st **Dan Stepney** 4:41, 3rd **Ray Matthews** 5:14, 1st woman **Sundai Boulton** 5:40

The race coincided with the Youth in Action initiative and resulted in a fantastic spread in *The Argus* with a headline majoring on Billy White's course record.



Malcolm Hughes reports

The winter time is the off season for most of us in the multi-sport world so there are only a few results to report from the end of last year.

In the Club's Multi-Sport Championship **Rachel Bibby** and **Malcolm Hughes** were the victors in the 2009 championships.

British Triathlon Federation's National Ranking Series:

In Duathlon **Nigel Herron** was 2nd in his age group (45-49).

In Paratriathlon **Faye McClelland** was the female winner in category T6 and **Paul Thomas** 2nd male in T6.

In Triathlon **Malcolm Hughes** was 1st age group (45-49) and 8th overall.

We had two women racing IronMan Triathlons.

Rachel Bibby completed Challenge Barcelona in October in a time of 12 hrs 03 min 25 sec, an excellent time for her first ironman.

At the IronMan World Champs in Hawaii **Elisabeth Brama** was 8th in her age group with a time of 10:51:04

Looking forward to the 2010 **Phoenix Multi-Sport Championships** there will be only 5 races:

Frosty Aquathlon 07/03/10
Steyning Duathlon 05/04/2010
East Grinstead Triathlon 16/05/2010
Mid Sussex Triathlon 13/06/2010
Worthing Triathlon 18/07/2010

These races are all local and thereby accessible to all. There will be one competition for male and one for female. Points are awarded simply in overall place order out of the Brighton Phoenix Tri members. For each person we use the total of their best three scores.

In the event of any tie, we'll have to look at the head-to-head positioning of those involved.

We will keep everyone up to date with the results and standings via the club forum <http://www.brightonphoenix.org.uk/forum>

The coached swimming sessions on Fridays at 7.00 pm at Brighton College have continued through the winter and look set to continue through the spring. They are found to be very helpful by all of us that attend.

For the cyclists out there the club has affiliated to the East Sussex Cycling Association for this year as well as CTT. This allows club members to enter the points competitions that run through the year.

Frosty success

At this year's Frosty Aquathlon, held on a chilly but sunny morning on Sunday 7 March, Brighton Phoenix Tri managed to regain the team title.

The race is an 800m swim followed by a 10km run, and the **Phoenix Phlyers**. Liam McNally (11:53/37:50) 49:43 3rd, Malcolm Hughes (13:03/37:52) 50:55, 6th, Dr James Hayward (13:23/41:18) 54:41, 15th, and Erica Martin (15:27/40:35) 56:02 19th, beat off the challenge of the Tuff-Fitty team to win by 10 minutes in an aggregate time of 03:31:21.

Liam was 2nd senior male and Erica was 3rd female.

Debbie Evers was the 1st female senior vet in a time of 1:06:27

We also had a second team (in fact there were only three teams entered). The **Phoenix Phavourites** were Andrew Seivewright, Elisabeth Brama, Rachel Bibby and Ananda MelloCosta.

Also being run was the Frostbite – half the distance of the Frosty – in which Faye McClelland came 10th and was 5th female.



Coming up locally

Steyning Duathlon 05/04/2010
Uckfield Community Triathlon 18/04/2010
Steyning Triathlon 02/05/2010
Goodwood Duathlon 09/05/2010
25th East Grinstead Triathlon 16/05/2010
Bexhill Lions Triathlon 23/05/2010
Arundel Triathlon 30/05/2010
Mid Sussex Triathlon 13/06/2010
L'hampton Boat House Aquathlon 06/07/2010
Newhaven Triathlon 11/07/2010
Chichester Triathlon 18/07/2010
Worthing Triathlon 18/07/2010
Bexhill Sprint Triathlon 22/08/2010
Ringmer Community Tri 22/08/2010
Southwater Sprint Relays 05/09/2010
Esporta Triathlon 12/09/2010
Late Summer Triathlon 26/09/2010

www.rawenergypursuits.co.uk
www.gpatriathlon.co.uk
www.rawenergypursuits.co.uk
www.GoodwoodDuathlon.co.uk
www.egtri.com
www.bexhill-triathlon.co.uk
www.rawenergypursuits.co.uk
www.midsussextriclub.com
www.rawenergypursuits.co.uk
www.gpatriathlon.co.uk
www.chichester.gov.uk/index.cfm?articleid=8220
www.rawenergypursuits.co.uk
www.teamlifestyle.co.uk
www.gpatriathlon.co.uk
www.a2tri.com
emailalc@ultimaterallyworld.com
www.crawleytriclub.co.uk

Bag yourself some kit

Our very smart triathlon and cycle kit made by Italian manufacturer Giordana is still available. All enquiries should go to Liz Halliday, who can be contacted on 01273 890705. Liz can also be seen at the Withdean track most Wednesday evenings and is at lizhalliday2003@yahoo.co.uk



Ironman World Championship Hawaii

Pre-race

The 10th of October 2009 started at 3.30am after a fairly good night's sleep. Over some nervous chat in the kitchen I consumed my breakfast of a few of those wonderful small bananas, a Snicker, 2 bags of power bar gel shots and 2 espressos. An hour later we caught one of the many free shuttles going down Alii Drive and arrived at transition with plenty of time to spare. After having our race numbers printed on our arms, getting the bikes ready and dropping off the pre-swim bags, we still had over an hour to the start – time for nerves to kick in!

The gun for the pros went off just as the sun appeared over the mountains – giving them a 15-min headstart. I went into the water just after and swam to the start line to make sure I got into a good position – much too early as I ended up treading water for what seemed like an eternity.

The swim

It only needs two words to describe the experience: washing machine. For the first mile I was swimming with my head up just trying to escape alive. I got kicked, scratched, swam over. People tried to pull open my speedsuit, and I was glad I'd just invested in a new pair of goggles to replace my usual swedes for the race after receiving a healthy blow to my face. The only good thing was that because of all the fighting you didn't notice whether the sea was choppy or not. After that I finally found some clear water and got my heart rate down somewhat. I

reached the turnaround after 32 minutes. I tried to draft a few people on the way back, but many don't know how to swim in a straight line, so eventually I figured I was better off swimming on my own. I had a few more small fights but emerged from the water after 1:03:27 and in one piece.

Transition 1

A quick rinse of the face to get the salty water off, a few wasted seconds because the zip of my speedsuit got stuck, then a volunteer handed me my cycle kit bag and I ran to the change tent. I had a clear plan on what to do in what order, so the overzealous volunteers (4 of them at once!) threw me completely. They nearly started stuffing my wet speedsuit into my bag when I hadn't yet extracted my salt tablets, causing me to reverse putting on my white long-sleeved top to have a hand free to stop them. I also forgot to put a piece of tape on my right foot to prevent a certain blister from my bike shoes and to put sunscreen on my hands, which would later be the only sunburned skin on my body.

The bike

There is a small loop in town before you head out on the out and back section along the highway to Hawi. It was so busy that I barely dared to go down on the aerobars. It was a nice little warm-up and before I knew it, I was going up Palani road. The first stretch of road until we hit the 'climb' (gentle incline?) up to Hawi followed a very simple pattern. Pack after pack of men and the occasional woman went past me. I was riding at a comfortable pace, but a little harder than in my last IM having faith in the large amounts of muscular endurance training I had done.

I had to ease off occasionally to avoid drafting, and I'm pleased to say there were plenty of draft busters and athletes stopping at penalty tents. It did get a little tedious with some people cutting past me giving me virtually no room or re-overtaking without dropping back first and similar. And at some point I really thought that surely there couldn't be anyone left behind me. However, I somehow wasn't really as bothered about it all as at IM Austria two years ago.

Other than my left hamstring feeling a bit tight (I found a way of stretching it while riding, which probably looks absolutely ridiculous...), everything was great. I felt strong, and was getting through my Snicker, gels, salt tabs, and water ok. The aid stations were so frequent that I could barely finish my bottles off, so I powered through a few, and just enjoyed riding my bike in the sunshine.

At the turn up to Hawi I finally had a bit more space around me. The gradient and the headwind meant small chain ring for the first time since Palani, slipping back on the saddle but aerobars none the less. In fact, other than when I went out off the saddle and at the turns, I barely left my aerobars. I loved the bike course. The turn came much quicker than anticipated and gave me a bit of an estimate of my pace. I didn't have a bike computer, which later turned out to be a great thing, but more of that in a bit.



The crosswinds the island is known for were relatively mild this year, so the descent was lots of fun: biggest gear, down on the aerobars and it was almost like flying! Past the turn at Waikoloa (about 60k to go) things got a bit more uncomfortable: an unusually strong and constant headwind, and by now it really was getting quite warm. But I had no idea of how slow I was going due to the lack of bike computer, so it really didn't bother me. I felt at home in the wind, and kept cool by spraying ice-cold water into my aerohelmet and over my back on every aid station. I also suddenly thought how amazing it was that my knee, which had given me some trouble in the last few weeks before the race, still wasn't complaining.

Before I knew it, I passed the 90-mile marker, and my quads still felt fresh, so I played cat and mouse with some of the athletes around me. The last 22 miles did drag on a bit just as I had anticipated after a tour of the bike course the previous week, but this could never spoil my mood. Despite 5:47 being quite a bit longer than what I had hoped for, it felt like it went by really quickly. In retrospect I probably could have gotten away with pushing a bit harder, but better to be safe than sorry.

Transition 2

This time I told the volunteer to leave me alone, and just did my stuff. Timing chip off, compression socks on, chip back on, Energicer wrist bands on, one gel in each trouser leg, run shoes on, cap on and off! Much better!

The run

After not being able to run for 8 months until July 2009, I only had 370 km of running under my belt in preparation for the marathon. So I was very very cautious from the off. I set off thinking about quick feet, and while my legs didn't hurt, they felt pretty heavy. Aid station number one couldn't come quickly enough. I took my time, stuffed ice cubes into my bra, and under my hat, drank a cup of coke, and took off again. After 5 km my legs started to loosen up. I can't put into words how relieved I was, and then the memory came back that this, too, had happened at IM Austria. It felt like I was back in Kona and past 10 miles in no time. Unfortunately with soaking wet shoes because people on Alii Drive didn't understand that I didn't want water sprayed over me. But I can now report that Nike Lunaracers don't squeek when wet. Maybe I just didn't hear them because of the clanking of the ice cubes in my bra?

When I headed up Palani Road, Chrissie was running down towards her 3rd win, so I walked up to enjoy the moment, and because running wouldn't have been much faster anyway. Running

along the highway towards the energy lab was uneventful. Run, walk aid stations, distribute ice cubes in my clothes, drink coke, repeat. Apparently it was a particularly hot day, but I thought it very manageable. The 'Energy Lab' wasn't any worse than the highway, but the uphill out of it (mile 18/19 ish) was the first time I started to feel my quads hurting. But with only one training run over 25 km that was to be expected.

Rebekka, who I was sharing an apartment with in Kona, caught

me about then, and we run together for a few miles until I had another 'picnic', as she called it, at an aid station. However, I was just so happy for her to be running at all after she crashed into a car just 3 days prior to the race, that I really didn't mind that she overtook me. I knew I had the daylight finish (that's 11:03 hours race time) in the bag by then. I came down Alii Drive when the sun was a huge orange ball over the pier. The atmosphere was electric and I just took it all in, clapped people's hands, and crossed the line with THE biggest smile on my face for a 10:51 hr finish.

My run time was 3:52:55 and pretty evenly paced, which given the course, conditions, and shocking training stats is incredible and a marathon PB for me. In my age group I was 13th out of the water, 12th after the bike and 8th after the run! Not bad for a swimmer. And 76th female overall...

This race ranks as my best Ironman experience yet. Superb organisation, great weather, and I had an amazing time. I felt so good afterwards, I even had the energy to come back out for the finish-line party. Can't wait to go back in a few years!

Liz Brama

The season started in October with the **Sussex Cross-Country Relay Champs** at Goodwood race course, and Phoenix came home with gold medals for the senior women's team of Erica Martin, Sundai Boulton and Liz Durman. There were also silver medals for the senior men's team of Dave Carter, Charlie Grice, James Miles and Finn McNally.

Further success came at the **Sussex Masters Cross-Country Championships** in December with the over-60 men's team of Andrew Field, Andrew Haig and Pat Kearney finished 2nd, 4th and 10th respectively to retain the title they won last year. The over 50s and over 40s put in strong performances to register 4th places in their races.

On Saturday, 2 January 2010, in brilliantly sunny but freezing conditions, a terrific turn-out by the seniors at the **Sussex Cross-Country Champs** saw Phoenix with A and B teams scoring for both the men's and women's races. We did well to take bronze team medals in both events.

In the junior races, Will Durkin won individual silver in the U15 boys, and the team silver with Robbie Fitzgibbon and Thomas Mann. In the U17 boys, Charlie Grice won individual gold, and the team bronze with Max Pickard and Tom Holborn. Beth Kidger took individual bronze for the U17 girls and Finn McNally silver for U20 men. Sophie Coleman (second in the senior women's race) took gold for U20 women.

In the **Sussex Cross-Country League** a distinct lack of numbers meant that only one of our teams featured in the medals (the U15 boys were bronze medallists). However, there were two individual medals: in the U13 boys Billy White won the bronze, and for the U20 men, Finn McNally won silver.

SEAA Cross-Country Champs Parliament Hill

Traffic chaos prevented some runners from reaching Parliament Hill, but there were some good performances, notably by Max Lippert 220th, James Miles 295th (senior men); Liz Durman 68th, Erica Martin 79th (senior women), Finn McNally 23rd, Sam Wade 56th (U 20 men), Charlie Grice 25th U17 men; Robbie Fitzgibbon 127th, Luke Reynolds 183rd U15 boys; U13 Archie Davies 42nd U13 boys.

At the **National Intercounties Cross-Country Champs** at Birmingham on 13 March, Will Durkin had the standout run for a Phoenix runner in a Sussex vest, with a splendid 17th in the Under 15s age group. Also running for Sussex were Billy White, Robbie Fitzgibbon and Beth and Megan Kidger. Finn McNally came 60th in the U20s.

The following weekend saw the **English Schools XC Champs** at wet and muddy Heaton Park in Manchester. Phoenix once again had athletes running for Sussex. Robbie Fitzgibbon and Beth Kidger both came in the first third of the field with solid runs. In the senior boys Finn McNally had to retire with back problems when he was well placed. Sam Wade came through in that event with his best run of the season.

In the intermediate boys, Will Durkin had a great race, placing well within the top 100 in his first year in the age group. Run of the day came from Charlie Grice, who came an excellent 9th, making him first reserve for the England team for the Home Countries International.

Sussex Masters Champs 6.12.09



SEAA Champs 30.01.10



We make no excuses for using this fantastic image as large as possible. Taken by Jane Edmonds it shows the start of the men's race at the county championships in Stanmer Park on 2 January. Josh Guilman, Pat Davoren, Finn McNally and Sam Wade are in the leading group.

Other photographs by Jane Edmonds, Andrew Haig, Phil Savage and Paul Collicutt

Sussex Champs 2.01.10



Sussex League 2009/10



South Downs Way 100M Relay 5 June

Teams of six runners run 18 legs between Eastbourne and Winchester – a fine day out in some of Britain's most beautiful countryside. Phoenix can enter up to four teams. Interested women should contact Liz Halliday lizhalliday2003@yahoo.co.uk. Men should contact Andy Bone andy@jacksonbone.co.uk



Phoenix's indoor season this year was mainly about two middle-distance runners.

Tim Bayley had a splendid season, breaking 4mins for the mile twice – 3.59.58 in Seattle and 3.59.75 in Boston. He also ran a 1.49.71 800m in Seattle before heading over to the UK for the UK Champs where he came 2nd in a criminally slow 1500m, leaving him with the option of having to run inside the World Champs qualifying time in Birmingham or not be on the plane to Doha and the World Indoor Champs. He did this in some style, clocking 3.40.16, which, as it turned out, broke Johan Boakes' club indoor 1500m record. In Doha Tim ran 3.42.57 for his second fastest time of the season but missed out on the final. Congratulations to Tim on earning his place on the GB team and we wish him many more international vests to come.

Dan Stepney got back into racing after a long absence through injury. He started slowly with a steady 1500m in the Southern Champs – 4.04.10 – but got going soon with a series of good 800ms. His best times were 1:53.64 in the London Games and a 1:53.82 in the heats of the UK Champs. Perhaps his best result was winning the Birmingham Games 800m. He won all 3 rounds, clocking 1.58.01, then 1.54.80 in the semi and 1.55.37 in the final.

Also running indoors this year was **Savannah Echel Thomson**, who ran 57.71 and 57.61 for the indoor 400m at the UK Champs in Sheffield for 5th in the B final. Sav is soon switching her first-claim status to Blackheath but will stay 2nd claim with us. Good look Sav and thanks for all the great runs you have turned out for us over the years.



Letter from Haiti

Hello all

Some of you may be aware that I recently deployed with MapAction (www.mapaction.org) to the humanitarian response for the Haiti earthquake. I have now returned and finally managed to catch up and get off my backside to let you know a little of what I was involved in.

I deployed a few days after the first team flew out. They were on a DFID chartered flight loaded with Search and Rescue (SAR) teams, including dogs and cutting equipment while I travelled on Air France, less exciting but the in-flight meal and food was much better. On my arrival the Search and Rescue phase was coming to an end and the focus was changing to the management of the survivors. With more than 120 survivors being rescued, this is seen as one of the most successful SAR operations in recent history.

As with all MapAction deployments, greetings and briefings were brief and concise and then I was immediately put to task to help with the data and mapping requirements within the UN On-Site Operational Coordination Centre (OSOCC) along with the several other MapAction volunteers. The majority of the first week was spent working in a cramped tent (no AC, no fans but plenty of dust and heat) near the front desk. This is the area where all the Non Government Organisations (NGOs) and UN organisations come to collect and pass on any relevant information which would aid the coordination effort. The working environment deteriorated as we moved into a larger tent (orange instead of white) which attracted the heat of the day, the thermometer maxed out at 41 degrees with 67% humidity. Taking ones laptop and standing in front of

the only AC unit on the airfield was required daily in order to cool them down enough to function at anything faster than a BBC micro circa 1980s.

The long days, 18-20 hours, starting to blur together, with most of us losing awareness of what day it was or even how long each volunteer had been in country. Luckily, emails from MapAction support base reminded us when our departure flights were booked. The normal niceties of decent food and a beer were few and far between. The food provided was functional and filling with the US military ration packs being the best for breakfast and also had the best extras such as tabasco, while the European ones were best for lunch (chicken curry cooking instructions: pierce can, place in sun for 30 minutes, open and eat a nicely warmed lunch). Only after being in Haiti for 3 days did decent coffee make an appearance. Maybe one of the aid flights had a little space left over for a coffee machine and bags of coffee (Dominican Republic coffee is pretty nice).

The accommodation situation had improved since my arrival with the construction of a large sleeping tent which housed 16 snoring guys 150 metres from the end of a very busy runway. I now understand why people don't want any further runways at Heathrow. The noise of a C130 taking off at 2am is enough to wake an elephant, although I managed to sleep through a few as the long days finally took their toll. Showers were available but with nearly 1500 aid workers and UN staff and 1 shower, I found that 2.15am was the best time. A second shower was created by syphoning from the 1st so neither were any good! No towel was required as it was warm enough at that time to just put some clothes back on and you were dry within minutes. A distant shower was found, with its location kept to a select few, which improved drastically the smell of

the tent – washing daily is under-rated in a climate like Haiti's.

The media reports of a confused response to the disaster were a poor reflection of the effort put in by all concerned (including the 'Scientists' and 'Firefighters for Christ'). The earthquake destroyed so many basic things that getting around by foot was hard enough let alone providing aid etc to the population:

- The port was out of action so no container ships could dock and unload supplies.
- The control tower was out of action so the US military flew in a temp replacement and did a fab job considering the restrictions placed on them.
- The only decent road from Dominican Republic was badly damaged and generally a 12-hour journey.
- Little fuel was available so transporting supplies around the city was restricted (the port would be the normal delivery point).
- Half the government were either dead, injured or caring for immediate family.
- The same can be said of truck drivers, medical staff and the general population so it is not surprising that Haiti was unable to respond effectively to this catastrophic event.
- Haiti does not have a quality equivalent of the Ordnance Survey (of GB) with its centuries of mapping, therefore there was no decent roads/locational data for Port-au-Prince and the country, making mapping the situation difficult.
- Many streets were blocked with falling buildings so even if vehicles could get into the city, there were large swathes of the city inaccessible.

I hope to see you all as soon as possible as it's been far too long for some of you (but never too frequent for all of you).

Darren Coughlan

Snow stopping us

While the pavements and roads were virtually impossible to run on during the winter snows, the Downs and parks presented an opportunity for diehards to carry on their training regimes in some very beautiful conditions. The high leg-lift required to navigate deep snow provided some unusually rigorous strength training. Photographs by Malcolm Kemp, Andrew Haig and Paul Collicutt



CONTACTS

MANAGEMENT BOARD

Paul Collicutt

Chair

paul.collicutt@virgin.net
01273 206418

Malcolm Kemp

Coaching Director

mkempdesign@ntlworld.com
01273 507633

Jackie Tucknott (until 24 March)

Club Secretary

jackietucknott@hotmail.com
01273 298860

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

Deb Friis

Women's Rep

debbie@friis.co.uk
01273 675779

Junior Rep

Vacant

Men's Rep

Vacant

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

Kim Hards

UKA Coach/

Child Welfare Officer

k.hards@worthing.ac.uk (term
time)peterhards@tiscali.co.uk
(school holidays)
01273 699557

Phil Savage

UKA Coach

philmsavage@msn.com
01273 561750

Chris Isherwood

UKA Coach

stcyprien5@hotmail.co.uk
07720 409534

Dave Howe

UKA Coach

david@howe22.wanadoo.co.uk
01444 239672

Sarah Davey

UKA Coach

sarah.davey@portac.uk
07891 134815

Colin Simpson

UKA Coach

colin@brighton.ac.uk
07780 883352

Martin Barrie

UKA Coach

martin.barrie@hotmail.com
07887 630393

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

Darren Conneghan

BTF Coach

darren.connaghan@virgin.net
07930 665278

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

TEAM MANAGERS

Senior Men

Josh Gullmant
joshjoshg@hotmail.co.uk
07762 057986

Senior Women

erica.martin@waveleisure.co.uk
07976 586214

Vet Men

Andrew Haig
andrew@haigassociates.com
01273 673063

Vet Women

Jane Edmonds
jane.edmonds@btinternet.com
01273 673063

U13 Boys

Ian Reynolds
katherine.reynolds2@ntlworld.com
01273 566581

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

EVENTS

Mar 28th	Worthing 20 Mile	Sussex Grand Prix
Apr 5th	Lewes 10k	West Sussex Fun Run League (WSFRL)
Apr 10th	Sussex Road Relays	Christ's Hospital, Horsham
Apr 11th	Hedgehoppers 5	WSFRL
Apr 17th	ERRA National Road Relays	Sutton Park
Apr 18th	Crawley AC Open Meeting	
Apr 18th	Brighton Marathon	
Apr 25th	Bluebell 10k	Angmering Park
Apr 25th	London Marathon	
May 8th	Sussex Track & Field Champs	Sussex Champs
May 9th	Sussex Track & Field Champs	Sussex Champs
May 9th	Horsham 10k	Sussex Grand Prix
May 16th	Bognor prom 10k	
May 16th	Hastings Runners 5	Sussex Grand Prix
May 19th	Crawley AC Open Meeting – BMC	Crawley AC Open meetings
May 19th	Trundle Hill	WSFRL
Jun 6th	Hove Park 5k	WSFRL
Jun 9th	Worthing 10k	Sussex Grand Prix
Jun 23rd	Crawley AC Open Meeting	
Jun 27th	Heathfield Mid Summer 10k	Sussex 10k Road Challenge/SGP
Jul 4th	Bewl 15	Sussex Grand Prix
Jul 7th	Roundhill Romp	WSFRL
Jul 11th	Wivelsfield Wobble	WSFRL
Jul 14th	Crawley AC Open Meeting	
Jul 18th	Beach Run	WSFRL
Jul 28th	Bexhill 5k	Sussex Grand Prix
Aug 4th	Highdown Hike	WSFRL
Aug 29th	Will Page 10k	Sussex Grand Prix
Aug 30th	Crawley AC Open Meeting	
Sep 5th	Fittleworth 5	WSFRL
Sep 12th	Hellingly 10k	Sussex 10k Road Challenge /SGP
Sep 18th	Seven Stiles	WSFRL
Sep 19th	Arena 80 Hove Prom 10k	Sussex Grand Prix
Sep 26th	Firle Half Marathon & 10k	



All mine! Master of the microphone, chairman Paul, covets the club silverware but remembers just in time that he is supposed to hand it out. See who got what on page 2.

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

Parents

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

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.**

oenedigital ad