

PHOENIX



THE PHOENIX FLYER AUTUMN 2009

My – it's been a busy summer!



Swim



Run



bike

gig

Geneva Investment Group

saucony

FOCUS 4 U



Thanks to Sam Lambourne for the photo

I recently had the pleasure of meeting up with one of our club's founders – Olympic Gold medallist Steve Ovett. Steve is now living in Australia but he is still very interested in how the club is going. He wanted to know how many times a week athletes met up and how the groups were going and if we had any stars etc. I'm pleased to say that I could tell him that groups of Phoenix athletes meet up most days to train together, the quality of the training groups has risen over the last year and – yes – we do have some stars.

This year I have been impressed not only by our national medallists but also by the performances of many other athletes across the club.

Pay up your membership or you may not be allowed to compete in races.

If you don't keep your membership up to date, we can't register you for competition with England Athletics registration scheme. If you aren't registered, you may not be allowed by England Athletics to compete at certain events.



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 January 2010**.

Thanks to cover stars Ananda (swim), Phil (run) and Malcolm (bike) all photographed while training hard at the beginning of September

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Most of the photography has been supplied by **Sussex Sports Photography Malcolm Kemp, Andrew Haig and Paul Collicutt**
Thanks to other contributors

PHOENIX AGM



Our AGM was held at Withdean Stadium on Wednesday 18th March 2009 and 18 members attended. Jackie Tucknott reports.

Some of the points arising in the Section Reports and Any Other Business were:

- There is general disappointment that so few of our athletes turn out for competition. All sections would like to see some fresh faces in their teams.
- Sophie Coleman's achievements were considerable: Gold in the World Junior Duathlon and individual Silver and team Bronze in the triathlon at the Australian Youth Olympics. She was also a GB XC International (9th in National & 10th in UK).
- Savannah Echel-Thomson was U20 Southern Indoor 400m Champion.
- Nigel Herron stood down as Multisport Representative after many years. A presentation was made to him and the Chairman thanked him for all his work. Malcolm Hughes will be the new Rep, with support from Liz Halliday.
- It is always very difficult to collect membership renewals – perhaps coaches should refuse to coach athletes who do not pay up!
- Over the last year there has been a move towards coaches working together with training groups rather than one coach

overseeing one group with the advantage of shared knowledge and experience.

- The training camp in Wales was a great success, giving athletes the chance to do some high-quality sessions and bond with other club members.
- Our new website has gone live – thanks to all involved. The sight looks more active and is easy to use but will need refining as we go.
- Phil Savage will be making his Power of Ten Awards again this year. Paul thanked him for his generosity.

Election of Chairman and Officers

- Chairman:
Paul Collicutt
Secretary:
Jackie Tucknott
Treasurer:
Sue Hudson
Coaching Director:
Malcolm Kemp
Membership Secretary:
Nerine Standen
Women's Representative:
Deb Friis
Multisport Representative:
Malcolm Hughes

The posts of Juniors' Representative and Men's Representative remained unfilled. Could you fill either role?

brightonphoenix.org.uk

The new website has been up and running for six months now. If you haven't explored it yet, why not start now?

We've tried to make it lively and informative, as well as keeping it as up-to-date as possible.

We now feature all the latest news and have a noticeboard facility for urgent information. You will notice, too, that we have devoted a section to each of the main disciplines (Cross country, Track and Field, Triathlon and Road Running) and have a comprehensive fixtures and results service. A list of training sessions and their timings can be found on the relevant page. Key contacts are featured throughout the site.

The forum remains a lively platform for dialogue between club members – check it out. If you register, you can contribute as well.

There are some glitches (in particular, if you are still using Outlook V6, you won't be able to access so you'll need to update). But meanwhile we'd like to hear from you with any observations and ideas for future development. Contact Andrew Haig or Andy Bone (contact details on back page).

We would also like to hear from anyone in the club who is familiar with the Ruby on Rails management system to help us out with a few things as the site progresses.



Phoenix weddings



Not only did **Tim Bayley** top our rankings – with 1.48.68 for 800m and 4.01.59 for the mile as well as coming second in the Puma Mile and getting a years sponsorship deal from Puma – but he also found time to get married to Priscilla. Mr and Mrs Bayley are seen here on their wedding day in California. We wish them both all the very best.



Congratulations, too, to **Louise Gregory** who married her partner Al in the fine setting of the Old Market at Hove. At the time of going to press, Al had not yet divulged the secret honeymoon location but Louise assures us that she will be in deep training for the inaugural Brighton Marathon (18 April 2010) once she gets back.

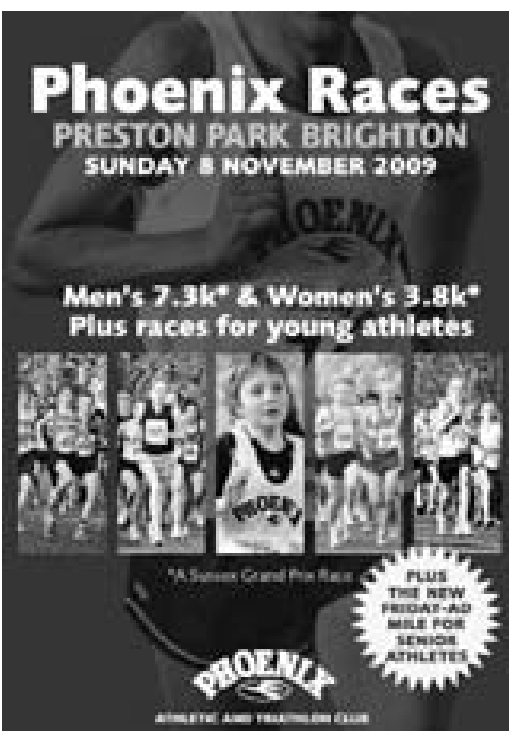
Yelling advice



Phoenix runner **Lance Bellers** was lucky enough to be pulled out of the hat in a recent draw to win a place on a half-marathon seminar led by Olympian Liz Yelling. Organised by Lucozade Sport, the day covered all aspects of running a half, from training techniques, gear and nutrition, through to mental approach on the start line. Held at St Mary's College in Twickenham, it was packed with sound advice and inspirational presentations from Liz and other experts in the field.

The best bit, of course, was the hour or so on the track at which Liz and her partner Martin (himself an accomplished athlete) put fifty or so half-marathon hopefuls through 400m and mile intervals to practise getting used to their individual target pace. Martin, in fact, took the award for the best quote of the day – setting eyes on Lance's Phoenix shirt he said, 'Ah, Phoenix, the legendary club of my boyhood...'

Phoenix Races 8 November



Phoenix Races is our big showcase event for the year and the senior men's and women's races are part of the Sussex Road Racing Grand Prix.

As ever, this is also a key event in the calendar for young athletes, with races for all age groups from U9 to U17 in a safe and well-marshalled environment.

This year sees the addition of a new event for adults – the Friday-ad mile.

All club members run for **free** so we hope that you will all want to run. If not, please get involved by volunteering for marshalling duties. Indeed some of us manage to do some marshalling AND run our race. Please contact Paul Collicutt or Andy Bone (see back page contacts).

In the next six weeks we will be leafleting all local events, and your help is needed. Also, if you think you can use leaflets at your schools or gym or among friends and relatives, please contact Andrew Haig (see back page contacts).

Sussex Road Relay Champs

The **senior men** (Josh Guilmant, Matt Barrie, Dave Carter, Gus Kennedy, Finn McNally, James Miles) took bronze with Josh running a fantastic 9:55 for individual silver.

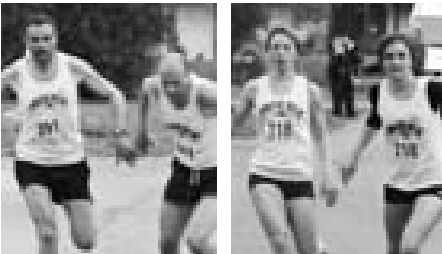
Senior women (Erica Martin, Jody Oliver, Liz Durman) were 4th scoring team.

Other results Vet men 40 were 5th and vet men 50 were 7th. U13 girls were 7th. Beth Kidger took individual bronze in the U15 girls race. Robbie Fitzgibbon was 4th fastest in U13 boys.

Senior men bronze medallists



Jonas Weineke from Berlin ran a stormer for the senior B team



Time trial triumph

On Saturday 29th August, Josh Guilmant ran 15:08 to take the top spot in the Hove Park 5K time trials.

This eclipses Ben Warren's long-standing time by 4 seconds and knocks 14 seconds off Josh's previous best on this course. What made this all the more remarkable was the solo nature of the run (second and third were a full three minutes behind). Phoenix now has an enviable record in the time trials with three athletes in the top 10. Josh is first, Matt Barrie is fifth and Dave Carter is ninth. In addition a glance at the age-group lists show Josh (25-29), Matt Barrie (15-19) and Andrew Haig (60-64) in first place with Flo Ray (20-24), Max Pickard (JM14), Dave Carter (30-34), Phil Hampshire (50-54) and Bob Novis (55-59) in second place.



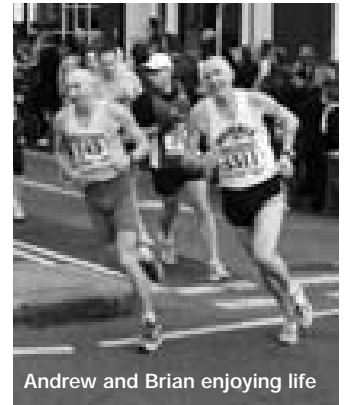
Left: It ain't easy - Josh after his record-breaking run

Sussex Beacon Half Marathon

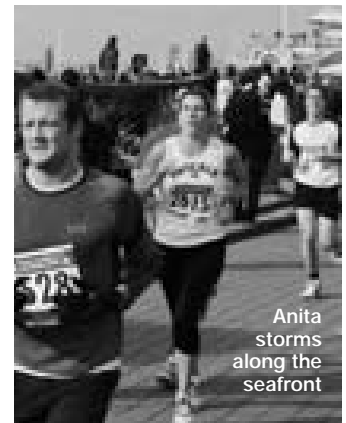
Yes, we know it was a while ago but it happened after the winter newsletter went to press. Nearly 30 Phoenix athletes took part, and stand-out performances by Dave Carter (4th in 1:13:07) and James Miles (8th in 1:15:57) gave the senior men second team spot, along with Tom Naylor (35th in 1:20:32) and Mike Murphy (43rd in 1:21:16). In the women's race Erica Martin ran a fine 1:25:37 for 8th place, with Sharon Young (57th 1:36:28), Anita Jones (68th 1:37:39) and Carolyn Austin (96th 2:11:24) taking the ninth team spot out of 60 completing. Among the age category awards Andy Field was first M60 in 1:28:46 and Bob Novis third M50-59 in 1:23:42. Charlie Grice won the junior race. Phoenix, as usual, helped with organising and marshalling the race.



Not right now thank you - Sharon resists temptation



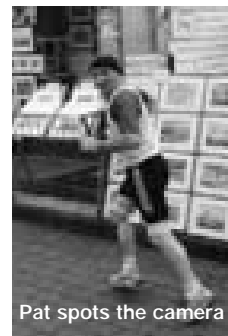
Andrew and Brian enjoying life



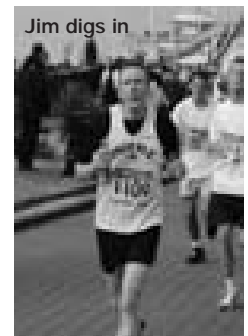
Anita storms along the seafront



Erica and Andy match each other stride for stride



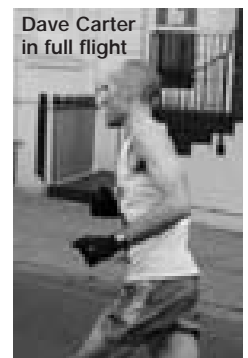
Pat spots the camera



Jim digs in



Jon Pike - returning to form



Dave Carter in full flight

April in Paris *Oh and run a marathon while you're there...*

Through responding to an internet appeal from a guy looking for some company as he trained for the Paris Marathon, I had been training with him and others since October last year. Six months later and after a whole lot of sweat, blood and injuries, four of us lined up in the magical Avenue des Champs-Elysees by the Arc De Triomphe. Having hugged and said good luck to my friends, I went down the road to find the starting pen. I had optimistically said I would get round in 3 hours 30mins although secretly was hoping for better. Typical triathlete!! Here's what happened...

Getting to the start line

Dressed against the chill, with my discardable plastic poncho given to me as part of the goody bag at registration, I weave in and out and manage to get to the front of my pen through the massed ranks of French and other runners from around the world. Lots of cheering and people throwing clothes out of the pens, the unique smell of it all and the tension of knowing it's going to hurt all build up a unique special atmosphere.

My own marathon experience comprises two done at the end of an Ironman (one not quite completed) and two in South Africa 20 years ago when I was a couch potato. So I am apprehensive about whether the plan I have is going to work. You know: heart rates and pace etc and trying not to get carried away early on. The song in my head is 'it's too late baby now, it's too late', and then a big cheer and we're off. Well shuffling, actually, as there is so much debris on the ground that it's important to concentrate on what's underfoot just in case you trip and fall and get trampled. Two and a half minutes and 70 metres later I hit the start line and, miraculously, we are running.

A tour of the sights

Now it's time to do the bobbing and weaving as all the people around you are moving with a different pace in mind. Down the Avenue des

Champs-Elysees we go, heading for the Place de la Concorde, which leads us into a sharp left and then right, which acts as a bottle-neck, and it gets all clogged up and someone goes over. Ouch! I hold back my pace and hit the first kilometre in 4min 30secs – too fast, so I back off a bit more. 3k in and my adductor muscle, damaged in a bike crash two years ago, starts to pull. Not something that has happened in training. Doubt crosses my mind as to what to do. Hold the pace or back off a bit? I decide to hold the pace and see if it goes away. It doesn't but it doesn't get worse. I'm ticking off the kilometres now and concentrating hard on my pace, running technique and heart rate. I'm averaging 4 min 40 secs per km and feeling strong.

The course takes in some of the most iconic buildings and places in Paris. Going east from the Arc de Triomphe and following the River Seine 100 or so yards to our right, we pass the Louvre, the Samaritans Store, Hotel de Ville, Place de la Bastille and finally into the park at the eastern end of the course. We go round the park with the Chateau de Vincennes and start our way back; we soon pass our supporters at the 20k mark and get a big lift. At the half-marathon point I'm through in 1 hour and 39 mins. Heart rate good and feeling sharp, but with my old injury still twanging a bit, the worry is still there. Going through the half I now start to think I have to start to work a little harder to hold my pace as I get tired and start to push up my heart rate.

Crowds and music in the second half

The crowds are out in force and are two and three deep at most places now. There are jazz, rock, military and a variety of marching bands all thumping out a beat and helping us along. We are now running right alongside the river Seine and there is lots of encouragement. I have my first name on my race number and get the 'allez allez (go go) Team' (the French pronunciation of my name!). Now past the Cathedral Notre-Dame,

Musee d'Orsay and on to the Eiffel Tower at the 30k mark. Calculations in my head say that if I can hold the pace, I should do a good time. Now the hard work though. My thighs and calves start to feel like they are being mangled and I'm thinking oh oh this is going to be hard. Brain to legs: 'stop complaining and get on with it,' legs to brain: 'but we hurt,' brain: 'I know but tough'.

The final kilometres

Although I am still holding my pace, each kilometre seems to take an age to come by. Heart rate is going up and up and we are now into the last park at the west of the course and heading back toward the Arc de Triomphe. A long slow steady hill pulls my pace down and I am having to work at the limit now. I think I can get in under my time and it's now amazing as I seem to be flying past lots of people. No one is passing me and the last 5k is a blur of determination, pain and time calculation: only x more minutes of this pain.

I realise I can get in just under the time I set myself but have got to go flat out as I realise the marathon is not 42k but 42k and 174 metres. Bigger. I run as fast as I can and hit max heart rate – and then there's the line. **3 hours 19 min 53 secs**. Job done. I realise I had run the second half only about one minute slower than the first. Absolute emotional euphoria.

I'm chatting to an Aussie girl as we walk through the cordoned off area directly after the finish and pick up my medal. Everyone has plastic green or red or blue ponchos on and are all walking very slowly toward the exit to the public area and not talking. It so looks like one of those films with a street full of zombies in it that the Aussie and I just laugh. Bizarre.

Paris in spring time – marvellous!

Tim Woodman

April in London

More than 35,000 competitors finished the 29th London Marathon, including an impressive contingent from Phoenix. Despite very hot conditions seven PBs were achieved.

Dave Carter	2:34:35
James Miles	2:55:39 PB
Andy Bone	3:02:14 PB
John Marinko	3:04:21 PB
Erica Martin	3:05:07 PB
Mike Greenwood	3:14:00 PB
Andrew Field	3:20:12
Ray Matthews	3:28:00 PB
Anita Jones	3:30:44 PB
Mark Bayliss	3:37:05
Brian Friend	3:41:46
Roland Harrington	3:42:09
Daren Elliott	3:56:28
Andrew Seivewright	4:10:50



Left – 'Carter' and 'Miles' according to the vests!

Below – Bone, Field and Marinko looking remarkably relaxed at the start



Suits them (suit you?)

Our new club kit is now available for purchase. The smart new kit has been manufactured by the Italian cycle wear producer 'Giordana' and supplied to us through their English agent 'My Team Giordana'. Views expressed so far agree it is quality kit which gives us a smart team look. Thanks are due to our glamorous models, Nigel, Sue, Liz and Malcolm

The items we have are:

Male and female tri suits	£66.00
Bib cycle shorts for men	£43.00
Waist cycle shorts for women	£41.50
Short sleeve cycle shirts	£34.50
Long sleeve cycle shirts	£38.50
Windtex gilet	£37.00

These prices are at a small discount and will be held until Christmas, after which we will have to charge the gross price. If someone is wondering what to get you for Christmas, perhaps you would like to suggest one of these items.

All kit enquiries should go to Liz Halliday, who can be contacted on 01273 890 705. Liz can also be seen at the Withdean track most Wednesday evenings.



COMING UP SOON

Hever Castle Triathlon	27/09/09
Late Summer Triathlon Crawley	27/09/09
Uckfield Community Triathlon	27/09/09
Bedford Autumn Sprint	04/10/09
New Forest Middle-ish	
Overspill Triathlon	04/10/09
Friston Forest Off-Road Duathlon	11/10/09
Thrupton Mass Attack Duathlon	18/10/09
New Forest Sandy Balls	
Duathlon	25/10/09
Winter Ballbuster Duathlon	7/11/09

Full list of BTF sanctioned events at www.britishtriathlon.org/events

Other events that members are taking part in this Autumn:

Ironman Barcelona	4/10/09
Ironman Kona Hawaii –	
World Champs	10/10/09
ITU Tri Long Course World	
Champs Perth Australia	25/10/09

Stop Press

Club Members' results from ITU World Champs Gold Coast, Australia

<i>Aquathlon 2.5k run/ 1k swim/ 2.5k run</i>		
23rd AG	Deborah Evers	49.37
<i>Standard (Olympic Distance)</i>		
32nd AG of 106	Malcom Hughes	02:08:46
00:22:57 00:01:58 01:01:14 00:01:35 00:41:04		
48th AG of 71	Deborah Evers	02:40:36
00:29:52 00:02:36 01:13:11 00:01:21 00:53:37		
<i>Sprint Distance</i>		
40th AG of 53	Tim Woodman	01:16:58
00:16:07 00:02:01 00:34:13 00:01:16 00:23:22		

Coached swimming

Sue Hudson, Charlie Pow, Liz Brama and Nigel Herron run coached swim sessions at Brighton College Pool on Friday evenings, lasting one hour (7-8pm). These are increasingly well-attended and all swimmers have seen improvements in their times and swim technique. The sessions are a mixture of technique work (drills working on different aspects of the stroke, usually front crawl) and intervals working on swim endurance or quicker speed work. The occasional time trial helps evaluate swimmers' progress. All aged 16 or over are welcome. The cost is £4.00 per person per session, which pays for pool hire.



Coached cycling & triathlon transition sessions

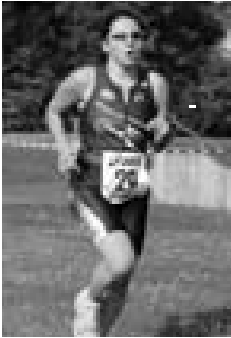
Nigel Herron ran coached sessions at Preston Park Cycle track throughout the summer. These consisted of a mixture of cycling drills, transition training, brick sessions (run, bike, run...) and cycle intervals (speed work). Although sparsely attended, those who did attend enjoyed the evenings and gained valuable experience and practice. Look out for them again next summer – a minute gained in transition is a minute gained.



Above: coaches Nigel, Sue, Charlie and Liz prepare to unleash details of the session.

Left: John looks remarkably happy at the prospect.

Malcolm Hughes reviews the season



Ananda at the Mid Sussex Tri



Bob at the East Grinstead Tri



Paul at the Bedford Classic Tri



John at the Worthing Tri



Malcolm at the Worthing Tri



Faye at the Bedford Classic Tri

As we approach the end of the season it seems a long time since the first year's multi-sport event, the **Frosty Aquathlon**, back at the beginning of March. There was a lower than usual Brighton Phoenix turn-out for this race but we still managed to finish in the third team spot.

Since then our triathletes have been training hard and have represented our club, and country, at local, national and international level.

Here's a roundup of the more notable results:

LOCAL EVENTS

April saw the **Steyning Duathlon** where Malcolm Hughes was 1st in 45-49 age group and John Marinko qualified for the European Age Group Duathlon Champs; Nigel Herron had previously qualified at the British Duathlon Champs.

The triathlons started in May. At **Steyning** in the long race Malcolm Hughes was 3rd overall and Rachel Bibby won her age group. In the sprint Tim Woodman broke the hour to also win his age group.

At the ever popular **East Grinstead Tri**, Bob Novis and Andrew Field both won their age groups.

The **Arundel Tri** saw age group wins for Bob Novis in the long race and Tim Woodman in the sprint. In August's Worthing Tri Malcolm Hughes had another good race to win his age group.

AROUND THE COUNTRY

Sophie Coleman took Gold at the **National Junior Duathlon Champs** in April.

In June at the **Blenheim Elite Sprint Tri**, Sophie Coleman was 3rd in the women's race and top junior.

Tim Woodman went to **Grendon** in Northants and qualified to go to the World Age Group Sprint Champs.

At the **Little Beaver Tri**, Belvoire Castle, Leicester, Malcolm Hughes qualified for the World Standard Distance Champs on the Gold Coast in Australia, in September.

Liam McNally and Malcolm Hughes travelled up to **Northumberland** to take part in the British Age Group Standard Distance Champs. They came 31st and 41st with Malcolm getting a bronze in his age group.

Ten of us travelled up to **Bedford** for the Classic Tri, a qualifying race for World and European places as well as a National ranking event, and Olympic Distance Paratri.

The highlight there was in the **Paratri**, with Faye McClelland's 3rd overall and 1st female. Deb Evers also qualified for the World Standard Distance Champs.

An interesting event was the **BananaMan Team Time Trial**, where all team members start and finish together, held at Dorney Lake, Eton. Our team – Ro Harrington, Chris Mills and Malcolm Hughes – came a creditable 5th.

Paratriathletes Faye McClelland and Paul Thomas have been racing throughout the season, and as competitors in the British Disabled Champs they were invited to take part in the **Dextro Energy London Paratriathlon** held in Hyde Park. It was a super sprint race with an international field held after the elite ITU World Championship Series race. Congratulations to Faye, who won Gold in her category.

INTERNATIONAL EVENTS

John Marinko and Nigel Herron raced at the **European Age Group Duathlon Champs** in Budapest, Hungary. Both had good results finishing 20th and 12th respectively. Nigel was "pleased to be 2nd Brit, beating the current Nat Rankings Series leader in his AG"; Nigel is currently 2nd.

The European Triathlon champs were held at the small town of Holten in Holland in July. Sophie Coleman came 5th in the junior race. In the age group races, Sue Hudson, Debbie Evers, Anita Jones and Malcolm Hughes were all part of the GB team.

Anita Jones raced at the **Antwerp Ironman 70.3**, finishing in a good time of 5hrs10mins.

Tim Woodman, Debbie Evers and Malcolm Hughes represented Great Britain at the **Age Group World Triathlon Champs** on the Gold Coast in Australia on the 12th and 13th September. See Stop Press on page 6 for the results.

BananaMen

The BananaMan Team Time Trial requires "...that all team members start and finish together". Malcolm Hughes, Ro Harrington and Chris Mills keep it tight at Dorney Lake, Eton and make 5th position in 1:40:42 (15:11/2:06/51:17/1:01/31:01)



It's a record!

This year we saw club records improve on the women's side of the club.

Savannah Echel Thompson improved her own club U20 200m and 400m records to 25.17 and 55.43, which saw her finish her track season ranked 20th over 200m and 5th in the UK for U20s. Sav ran her best 400m time when it mattered – in the English Schools final – to claim the bronze medal.

Sophie Coleman took time off from her triathlons to twice better the club U20 women's 3kms record. She first broke it when winning the Sussex 3kms champs in May with 9.27.9. She virtually equalled that time with a 9.27.91 clocking for 4th place in the UK U20 champs at Bedford in June and then ran 9.27.48 for 2nd place in the U20 women's 3kms at the Crystal Palace Aviva Grand Prix. This event was also the English Athletics U20 championship and Sophie was the first English woman home and so won the title.

The club record that Sophie broke was a very significant one. It belonged to Bridgit Smyth, who is arguably the most talented female athlete that Phoenix have ever produced – on the track and cross country at least. The fact that it has taken an athlete of Sophie's calibre to break the record shows what a good mark it was. Sophie's time ranks her 6th in the UK for U20s (and 31st in the seniors).

Bridgit's time of 9:28.9 remains the Club U17 record and good enough to rank her 9th on the UK U17 all-time lists. When she set the time on the old Crawley track back in 1984 it put her no 1 in the world for her age that year. She is still the UK U17 record holder at 1500m with 4:15.20 set in Norway in 1984. Amongst her English Schools and National age group titles on and off the track, Bridgit was the youngest ever woman to win a UK senior title over 1500m. Her pbs for the following are the club records.

800m 2:04.30 Sen/ U20, 2.07.00 U17
1000m 2:42.8 Sen/ U20
1500m 4:11.12 Sen/ U20, 4:15.20 U17
Mile 4:37.88 Sen/ U20 - 4:47.43 U17,
3km 9:00.3 Sen, 9.28.9 U17

Congratulations to new Phoenix member **Heloise Kleinwort** on an excellent first season over the sprint hurdles. Her pb for the 75m hurdles of 12.23 was achieved when she won the IAPS regionals at K2. She also managed an excellent 5th place at the IAPS nationals in Birmingham and 4th at the Sussex U15 champs. After her first year in the U15 age group, she is ranked inside the UK top 80.

And the men?

No club records were broken on the men's side this year but **Charlie Grice** did break one of Steve Overtt's Brighton schools records. When told about this recently, Steve was very impressed and asked 'He didn't get my long jump record as well did he?'

Charlie's new record time was 1:58 for the intermediate boys 800m. To put this in perspective, it eclipses the time set by Steve Overtt at the same age and subsequently Phoenix's Russell Pittam who set the previous record back in the 90s.

Charlie's best 1500m time this year was at the South of England U17 Champs at Ashford on 24 May where (new to the age group) he came second in the 1500m in a time of 3:58:35. This ranks him 8th in the UK U17 lists in his first year in the age group. He also came 6th in the English Schools 1500m final and a splendid third in the UK U17 1500m Champs at Bedford. He then set about his pbs and finished with new marks of 52.2 for 400m, 1.55.80 for 800m, which ranks him 11th in the UK, and 8.59.0 for 3kms, which ranks him 27th in the country.

If Charlie or anyone else in the club wants to break a Phoenix U17 record they have to go some. Johan Boakes has the records. Here are his U17 marks: 800m 1.51.9 (6th on the UK all time list for U17s), 1km 2.20.37 (former world junior record), 1500m 3.48.49 (2nd on the UK all time lists for U17s behind Steve Cram), and 3kms 8.19.38 (16th on the all time lists). Johan set a world junior record for 1kms and also won a silver medal in the 1986 World Junior Championships 1500m, behind Peter Rono of Kenya, who went on to win the Olympic 1500m two years later.



Charlie Grice with coach Dave Howe after winning Bronze in the AAA U17 1500m

Josh Guilmant finished this track season as our number 1 performer over 3kms (8:37:79) and 5kms (14:46.8), and is also our current number one on the road over 10kms (31:08) and half marathon (68:57). This year Josh came 8th in the Southern 5kms at Watford and achieved his pb over the distance in a race up in Manchester at the famous Stretford track. He is ranked 95th in the UK over 5kms and 67th over the half marathon. He is also a great team manager and a pretty good pace-maker, helping out junior athletes Charlie Grice and Rachael Phelps in their events this year. In September he flew to Prague to race a 10kms for the South of England team in the Metro City 10K.



Pat Davoren won Phoenix's only outdoor Southern Championship this year when he ran away from the field in the 3kms steeplechase (the event at which he represented England in the Commonwealth Games).



Rachael Phelps (in a BMC 800m at Eltham in London) has had a welcome return to form with her most consistent season ever and picked up a silver in the Sussex schools inter girls 800m. Rachael also ran a pb of 64.0 for 400m this year.

Olympics anyone? Kim's starter group look full of promise



Robbie Fitzgibbon on his way to bronze in the Sussex U15 3kms. (10.19.6). He also ran 4.43.8 (1500m) and 2.21.3 (800m).



Liam McNally in the 3km at the Brighton open.



Sundai Boulton (at Eltham) ran a 2:18.8 pb for silver at the Sussex sen girls 800m. She also ran pbs of 61.0 for 400m and 5.00.5 for 1500m.



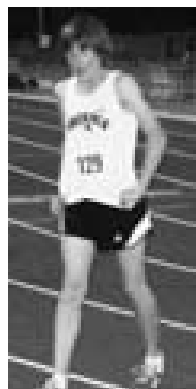
Megan Kidger's 400m pb of 64.79 at Tonbridge. She also ran pbs of 2.28.14 (800m) and 11.57.12 (3km) and won bronze in the Sussex schools intermediate girls 800m.



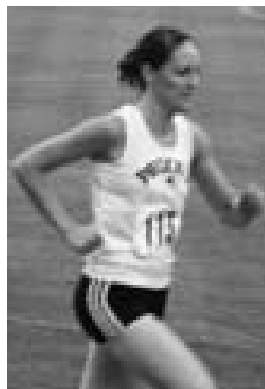
Charlie Grice on the start line at Watford before his pb run of 1.55.8.



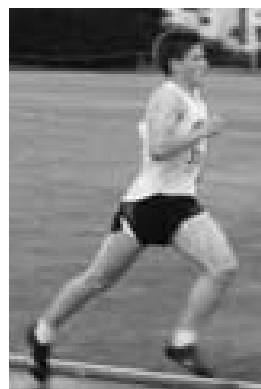
After injury and illness, Beth Kidger nevertheless managed pbs of 2.27.9 (800m), 5.03.8 (1500m) and 11.27.34 (3km - running for Sussex in the Southern Intercounties U17).



Max Pickard after taking ten seconds off his pb at Watford for a splendid 4:18.83 1500m.



This year Liz Durman (seen here in the 3km at the Brighton Open) won the Sussex 1500m title.



Sam Wade won a bronze in this years Sussex schools 1500m champs and finished off with pbs of 2.02.1 (800m) and 4.08.4 (1500m).



Luke Reynolds in the 800m at Brighton Open. His first year in the U15s resulted in pbs of 2.29.2 (800m), 5.04.2 (1500m) and 11.18.4 (3km).

Endings and beginnings

Final standings in the 2008-9 Sussex Cross Country League

The **senior men** took the overall team bronze.

The **vet men** just missed out – ending the season in 4th.

The **U15 girls** were 4th in their league.

In the **U15 boys** Charlie Grice was a convincing victor with 3 race wins.

It was 4th as well for the **U17 men**, where Finn McNally was also individual 4th in a closely fought league.

With a few more runners in these races, we would greatly improve our chances of gaining higher league positions. It is not only the head of the field that matters in the league races: every place with a Phoenix runner in is a place gained on every other team. So I hope to see plenty of you out competing in the coming cross-country season. It all starts at Goodwood in October.

Cross-Country racing is great winter strength training that will stand you in good stead when the next summer's racing starts. So do yourselves a favour and take part in as many of these races as you are able.

I, for one, cannot wait.

Malcolm Hughes

As usual it has taken the organisers until quite close to the start of the season to come up with the XC fixture list. It is difficult to get dates that do not clash too much with other events.

The proposed fixtures look like this:

2009

3rd October Cross Country Relays
Goodwood

24th October Sussex League (1)
Goodwood

28th November Sussex League (2)
Plumpton

6th December Sussex Masters Champs
Denne Park, Horsham

2010

2nd January Sussex Champs
Stanmer Park, Brighton

9th January Sussex League (3)
Little Common, Bexhill

23rd January Sussex Schools
Stanmer Park, Brighton

20th February Sussex League (4)
Lancing Manor

Planning ahead

As we approach the cross country season, it is time to start planning ahead as to which particular races you will be doing throughout the season. There are many races to choose from. They can range from the Sussex League and Fun Run League to the Southern and Nationals. Those of you who are at school will find that, towards the end of the season, you could be competing in major events for the club and the county, as well as for your school, in major championships. Now is a good time to discuss with your coach which events would be best for you. Also bear in mind that some years you will be top in your age group for the club but in a lower age band for the school competitions and that the situation will be reversed the following year.

Target specific races

It's important to use early races as a build up and to gain experience, and then to target specific races towards the end of the season. Due to the number of major championships clashing late in the year, it's important not to end up over-racing and so becoming fatigued and unable to give your best performance at the events which really count. There is no point in doing a lot of races early on and then being burnt out at the end. You also need to consider getting the balance right between individual races and team events. Obviously one's own performance and goals are very important but team participation can also play a vital part in an athlete's career. It's a chance to represent the club or school, so team competition should also be part of your overall planning.

Have a training schedule

Training also plays a vital part leading up to events. You will need to have a specific schedule which takes into account preparing for certain races and tapering off for others. Also be aware that the activities you do, if you are at school, are all part of training and need to be included in any build-up plan or schedule. Recovery also plays an important part in your preparation. In the winter you can get colds or flu or be injured, so it's important to re-adjust your schedule and targets to allow for recovery. Don't just try and carry on with your training at the point you were at when you became ill.

Another part of planning ahead is to make sure you have all the correct kit you require before going to a race (including different length spikes for different course conditions) and get there in plenty of time to walk or jog the course and then do your pre-race drills.

Just as important as the training itself is the way you mentally prepare for races. Having done the things listed above will help with this as you need to arrive at a race totally focussed and not be panicking because you have forgotten part of your kit or worrying that it's a hilly course and you haven't done any hill training. Never talk yourself out of a race, don't start comparing your chances by seeing which other competitors are present and who is likely to beat you, be positive and determined to beat them.

Plan ahead and have a successful season.

Malcolm Kemp



South Downs Way 100-mile Relay

Six runners with a driver and support vehicle compete with nearly 50 teams to make the journey from Eastbourne to Winchester. Phoenix entered three teams: Men's A and B (old boys) teams and a women's team. Erica Martin reports on the women's day:

The day of the relay started early as we made our way to Beachy head for 6.30am. Everyone was in good spirits, though, and it was nice to have some new members in the team – Anita, Ananda and Rachel to join Liz, Hildi and me, who were back for more after competing in several previous events.

Liz got us off to a good start, running well over the extremely testing route which included the Seven Sisters along with several other tough climbs. At the end she was greeted by the 'old boys' who had somehow managed to get a ridiculously early start time and were already starting to catch us. Phil welcomed Liz by saying the classic 'don't worry, only one more leg and then the last one!!' before giving Rachel advice on which way to go on leg 5. We quickly dragged Rachel away and headed to Bo Peep where Anita was finishing her first leg and Ananda was setting out on hers, both putting in good performances on their first outings at this event. Hildi ran well on leg 4 but unfortunately the old boys were flying by this point so finished slightly ahead of us.

Rachel had an excellent run on the testing leg 5 and I completed the first round of legs by running leg 6. After this the day seemed to fly by and before we knew it we were heading out on our last runs of the day. Around this time we seemed to descend into silliness with Anita talking about her wife and kids and other slightly delirious quotes from the rest of us such as: 'Is that the finish or the end?'. It was a fantastic day, though, and it was great to be part of such a good team. Roll on next year and remember – last one, best one.



Black Cap Handicap 25 June

The annual Phoenix Black Cap handicap was held on the most perfect of Downland evenings (and attracted a record 35 athletes for this 5-mile run. Thanks are due to Liz Halliday for a splendid piece of organisation and to Jon Mitchell, Dave Howe, Phil Savage and Sue Hudson for marshalling and timekeeping duties. Ace handicapper Colin Simpson got it so right that everyone finished within a five-minute window. The award winners were Daren Elliot (first to cross the line) 33:38, Dave Carter (fastest male) 28:32, and Anita Jones (fastest female-Phoenix) 39:08. Abbey Regan was fastest (non-Phoenix) female runner in 34:49.



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EVENTS

Oct 3rd	Sussex XC Relays	Goodwood
Oct 4th	SEAA 10K Champs	
Oct 4th	Lewes Downland 10 Mile	Sussex Grand Prix
Oct 11th	Jog Shop Jog 20	
Oct 11th	Forest Row Fun Run 10k	forestrowfunrun@gmail.com
Oct 11th	Undercliff Run 4 Women 8k	
Oct 11th	Lancing Steepdown 5 mile Challenge	WSFRL
Oct 17th	ERRA Nike National 6 & 4 Stage Relays	
Oct 18th	St Catherine's Hospice Crawley 10k	
Oct 18th	Haywards Heath XC - Hickstead	
Oct 24th	Sussex XC League (1 of 4)	Goodwood
Oct 24th	Beachy Head Marathon	
Oct 25th	BHEAA Stanmer Stagger 5	
Oct 25th	National 10M Champs	Portsmouth
Nov 1st	Barns Green Half M	Sussex Grand Prix
Nov 8th	Phoenix Races - Brighton	Sussex Grand Prix
Nov 15th	Brighton 10k	Sussex 10k Road Challenge & GPrix
Nov 22nd	Foxes Five - River Adur	WSFRL
Nov 28th	Sussex XC League (2 of 4)	Plumpton
Nov 29th	Crowborough 10k	Sussex Grand Prix
Dec 6th	Sussex XC Masters Champs	Denne Park, Horsham
Dec 6th	Duck Pond Waddle	
Dec 6th	Mince Pie Ten	
Jan 2nd	Sussex XC Champs	Stanmer Park, Brighton
Jan 9th	Sussex XC League (3 of 4)	Little Common, Bexhill
Jan 10th	Plumpton Classic	WSFRL
Feb 20th	Sussex XC League (4 of 4)	Lancing Manor
Feb 21st	Sussex Beacon Half Marathon	halfmarathon@sussexbeacon.org.uk

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.



Black Cap handicapper, Colin Simpson, regrets being over-generous to the dog (who turned out to be a ringer from Newham and Essex Beagles)

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.

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