

# Welcome Senior/Vet

## Hello and a warm welcome to Brighton Phoenix

**We are very happy you have chosen Brighton Phoenix as your club and we look forward to welcoming you at our training sessions, competitions and other club activities.**

Phoenix is a successful and active club, affiliated to the UKA/British Athletics and as a member, you will get an UKA number allowing you to compete in road, track and cross-country races.

We welcome all levels and have members who are international athletes and others who enjoy running as a way of keeping fit and we also have a thriving veterans team.

As a club we promote individual potential and recognise the benefits of competing both as an individual and also as a team member.

The Senior team compete at various events in road, track and cross country events including The Sussex Grand Prix Series, Sussex Cross Country League, National and Regional Road Relays and Track and Field including the Southern Women's League.

Training sessions are held throughout the week with Wednesdays our main club night when you can link up with other groups. Track night is at Withdean every Wednesday evening come hail, rain or shine.

Also if you are injured or can't make training for a period of time – please let your coach know.

Your Phoenix Club vest is enclosed with your membership card. Wear your vest whenever you compete and make sure when you pin your number on don't hide the Phoenix logo.

Note as a Phoenix member you can get a discount (10%) at most local specialist sports shops, including:  
**Run, 46 Blatchington Road, Hove BN3 3YH**  
**Sweatshop, 17 Queen's Road, Brighton BN1 3WA**  
**Jog Shop, 39 George Street, Brighton BN2 1RJ**  
**MSG Cycles, 20 Crabtree Lane, Lancing BN15 9PQ**

### **CODE OF CONDUCT for Athletes**

All athletes will:

- abide by the club rules
- strive to achieve individual potential
- take pride in being a member of the club
- respect the coaching staff and helpers
- listen and learn from the coaching staff, officials and helpers
- respect other club members & those from other clubs
- show due regard to the safety of others and to oneself
- show correct behaviour when representing the club and at training
- wear the club vest/sweatshirt/hoodie at club associated activities/events
- compete in club matches



**Track Etiquette****General**

- Warm-up in the outside 3 lanes (clockwise)
- Do not hold discussions on the track.
- Check for runners before you cross the track, a runner can be travelling very fast and cannot stop instantly if you step out in front of him/her. (Not quite as bad as a car but you will get hurt).
- Never leave your equipment on the track.
- Always walk around the outside of the track, then cross where you need to be.
- DO NO CROSS THE GRASS INSIDE THE TRACK (unless instructed by a coach).
- If you are running in lane one and someone shouts 'TRACK!' you are to move out to lanes two and three. The overtaking athlete(s) will overtake you on the inside. If no one shouts 'TRACK!' carry on and the athletes will run around you.
- Don't stop suddenly in lane one or sit/stand in lane one after you have finished a rep. There are other athletes on the track. Don't hang around lanes 1/2/3/4 talking and never sit in them.

**Being part of it!**

Discover a whole new world of running, feel involved in something bigger and see the natural progression. As part of a club, not only do you get a team spirit and help and support from your clubmates, in races you can count towards team awards and (hopefully) win prizes.

Enjoy some interesting and enjoyable cross country running. The club will pay your entry fee to some cross country events over the winter, many of which you are unable to enter as an individual.

Share transport to events with your club mates.

Access to our training sessions with UKA qualified coaches and leaders

**The Power of 10****[www.thepowerof10.info](http://www.thepowerof10.info)**

Website has statistical information on a massive scale covering the UK. Check out your own personal profile and others, PBs, rankings, etc.

**Communication**

The main forms of communication within the club are by means of email and the club website. This is primarily because it is more efficient and more cost effective. So it is important to keep the club up-to-date with and change of email address.

**The website****[www.brightonphoenix.co.uk](http://www.brightonphoenix.co.uk)**

The club website is an excellent means of keeping up-to-date with what's happening in and around the club. It is updated on an almost daily basis and should be checked regularly if you want to keep up to date with past and future events. There is no excuse for not knowing what is going on.

Also please follow the club on Twitter

**@brightonphoenix**

Facebook

**[www.facebook.com/phoenixathletics](http://www.facebook.com/phoenixathletics)**

**Renewing your membership**

Please renew your membership annually and if you can before you have to be reminded. Remember if you don't pay you are no longer a member!

**Please volunteer**

Brighton Phoenix is run by volunteers and as part of your membership, you may be asked and expected to assist those volunteers in some capacity throughout the season. The kinds of duties are likely to include stewarding at Road or Cross Country Races. Help stewarding at our Phoenix Open and Phoenix 10K race or Cross Country Races or other small administration tasks. Please remember the club is trying to provide the best possible training and competition environment for you to achieve the best they can and enjoy the sport.

Any issues or questions please contact our Senior Reps who are:

Liz Halliday

**01273 890705**

**lizhalliday2003@yahoo.co.uk**

Andrew Neighbour

**07787892015**

**andy\_neighbour@lineone.net**

Any further enquiries should be made through your coach or our Coaching Director, Malcolm Kemp.

Mike Townley, Chairman

**mtownleym@aol.com**

Malcolm Kemp, Coaching Director

**01273 530695**

**mkempdesign@ntlworld.com**

Nerine Standen, Membership Secretary

**01323 890769**

**nerine.standen@gmail.com**

Paul Wishart, Club Secretary

**01273 780094**

**wishartp@btinternet.com**

(All Club Officials and their contact numbers are listed in our newsletters and on our website)

### **Training sessions**

	Time	Venue	Session	Coach
Monday	12.30	Preston Park	Mile Reps	Malcolm Kemp/Andy Bone
	18.00	Withdean Park	Hill Reps	Bruce Warren/Joel Kidger/Jon Bigg/Paul Collicutt/ Dave Howe
Tuesday	18.00	Various	Tempo run	Bruce Warren/Joel Kidger/Jon Bigg/Paul Collicutt
	18.00	Various	Circuits	Mike Bazier
Wednesday	12.30	PP Cycle track	5K Reps	Malcolm Kemp/Andy Bone
	18.30	Withdean Stadium	Track	Bruce Warren/Sue Hudson/Andy Bone/Malcolm Kemp
Thursday	18.30	Various	Long run	Uncoached but led run
Friday	-			
Saturday	Early	Various	Long run	Various
	10.30	Various	Park/Track	Bruce Warren/Joel Kidger/Jon Bigg/Paul Collicutt/ Dave Howe
Sunday	Early	Various	Long run	Various

Speak with coaches to find group to train with or Watch facebook and emails.

Check [brightonphoenix.co.uk](http://brightonphoenix.co.uk) for more details on training.

## ATHLETICS

### JUNE 2015

Sat 6	South Downs Way 100mile Relay
Sun 7	Worthing 10K (SGP/Sussex Champs)
Sat 13	SEAA Senior and U20 Champs
Sun 14	SEAA Senior and U20 Champs
Sun 14	Hove Park 5K (WSFRL)
Thu 18	Blackcap Handicap - club run
Sat 20	South Downs Marathon
Sun 21	Heathfield 10K (SGP)
Wed 24	Weakest Link Relays
Wed 24	Bexhill 5K
Sat 27	Download Community 5M (WSFRL)

### JULY 2015

Wed 1	Roundhill Romp 6M (WSFRL)
Sun 5	Bewl 15M (SGP/BMAF Multi-Terrain Champs)
Wed 15	Crawley Open T&F
Wed 15	Brighton Phoenix 10K (SGP)
Sun 26	Seven Styles 4M (WSFRL)
Wed 29	Bexhill 5K (SGP)

### AUGUST 2015

Sun 2	Brighton Trailblazer Run
Sun 9	Horsham BSH Open T&F
Wed 5	Highdown Hike 4.5M (WSFRL)
Thu 13	B&H AC Open T&F/10000M Champs
Sun 16	Tilgate Forest 5M (WSFRL)
Sun 23	Hove Hornets Stinger 9.5K (WSFRL)
Sun 23	Henfield Half Marathon
Sun 30	Arundel Castle 10K
Mon 31	Crawley Tom Lintern Medal T&F
Mon 31	King's Head Canter

### SEPTEMBER 2015

Sun 6	Fittleworth Five Miles (WSFRL)
Sat 12	Sussex Combined Events Champs
Sun 13	Sussex Combined Events Champs
Sun 13	Hellingly 10K (SGP)
Sun 13	Firle H Marathon/10K Trail Runs
Sat 19	SEAA 6 and 4 Stage Relays
Sun 20	SEAA 6 and 4 Stage Relays
Sun 20	Hove Prom 10K (SGP)
Sun 27	Barns Green Half Marathon (SGP/Sussex Champs)

## MULTISPORTS

### JUNE 2015

Sat 13	River Arun Swim
Sun 14	Mid-Sussex Sprint Triathlon
Thu 18	Ardingly Swim-the-Lake Triathlon

### JULY 2015

Sat 4	South Coast Triathlon (super sprint/sprint/standard)
Sun 5	Chichester Westgate Triathlon Series
Sun 5	Mayfield Sprint Triathlon
Sun 12	Brighton Beach Aquathlon
Sun 26	Worthing Triathlon (standard/sprint)

### AUGUST 2015

Sun 2	River Arun Waterfront Festival
Sat 8	Bewl Triathlon (standard)
Sun 9	Bognor Regis Triathlon (super sprint/sprint/standard/relay)
Sat 15	Tunbridge Wells Sprint Triathlon
Sun 23	Ringmer Sprint Triathlon

### SEPTEMBER 2015

Sun 6	Uckfield Sprint Triathlon
Sun 6	Sussex Triathlon (sprint/standard/middle/relays)
Sun 6	Southwater Sprint Relays
Sun 6	Arundel Castle Triathlon
Sun 13	Calmer Brighton Triathlon
Sun 13	Bodium Castle Triathlon
Sun 20	Crawley Late Summer Triathlon
Sun 27	Bexhill Lions Duathlon

Other races can be found at [www.sussexathletics.org.uk](http://www.sussexathletics.org.uk)  
and [www.sussexraces.co.uk](http://www.sussexraces.co.uk)