

# PhoenixPhlyer

 NEWSLETTER OF BRIGHTON Phoenix

## 2019/2020 Annual Report

As usual in a summary of the past year we can only pick out a few outstanding and inspiring performances, so congratulations to all those whose names don't appear below, and whose achievements we can all enjoy and celebrate, whether it's setting a new personal best or contributing to our tremendous team performances such as the Sportshall and Sussex Grand Prix victories. And there were so many outstanding performances over the past year that many of those have been missed out too. Especially satisfying over the past year has been the marked influx of senior women members, and the achievements of our female athletes at U17 level and above.

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## January 2019



**Sussex XC Champs:** Leo Brewer 2<sup>nd</sup> U17, Reuben Hoyte 3<sup>rd</sup> U20, Ross Skelton 2<sup>nd</sup> Senior, Almi Nerurkar 3<sup>rd</sup> Senior; Senior men 1<sup>st</sup> team, Senior women 2<sup>nd</sup> team.

**Sussex Masters XC:** Bronze for Erica Martin and Paul Whelpton. Silver for M60 team, gold for M40 team.

**Southern Indoor Championships:** Phoenix athletes George Mills, Spencer Thomas, Archie Davis and Finley Bigg claim four of the top five places in the 800m Final!

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## February 2019



Sussex Grand Prix Awards Night sees Amelia Culshaw and Ash Dorrington crowned as individual 2018 champions, with Phoenix runners-up in the team competitions.

**Brighton Half Marathon:** 34 Phoenix runners, 16 finishing under 90 minutes including Rachel Gorman who set a new club women's record of 1:22:24. 20 runners and 8 top-three finishes in the Youth Races.

Robbie Fitzgibbon clocks 14:15 in the Armagh International 5k Road Race and Beth Kidger 9:26 in the 3k Women's Race.

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## March 2019

Steve Atkinson V50 800m and 1500m Bronze at British Masters Indoor Athletics Champs, and runs 2:05.68 (93% age grading) to finish 6<sup>th</sup> in the V50 800m Indoor World Champs.

Robbie Fitzgibbon finishes 8<sup>th</sup> in the 1500m running for Great Britain at the European Indoor Championships.



## April 2019



Bobby Searle runs 3:01 in her debut marathon in Paris.

Sussex Road Relays: 26 Phoenix teams including six senior women's teams including the winning trio of Tara Bage, Beth Kidger and Milly Dickinson. 9<sup>th</sup> win in a row for our Senior Men. Individual silver for Naomi Fonteyn U20, Steve Atkinson V50, Paul Whelpton V60.

A great Brighton Marathon weekend for us: our 25 runners in the marathon produce 17 PBs between them, and are led home by V40 Ian Leitch who finishes 2<sup>nd</sup> overall in a club record time of 2:18.34. And in the 10k race our female trio – Beth Kidger, Tara Bage and Cat Bounds – claim the British title, with Beth finishing in 33:58 to set another club record.

Some fabulous performances at the London Marathon too, notably big PBs for Milan Watson - finishing just inside 2:35 - and Dave Powell (approaching his 50th birthday) clocking 2:46.

Jack Donaghy wins Uckfield Triathlon.



## May 2019



Erica Martin overcomes injury problems to claim 4<sup>th</sup> place in her age group in the World Duathlon Championships in Pontevedra, Italy.

Another great Phoenix Open Track meeting, with the highlight once again an exciting tussle between Spencer Thomas and Elliot Giles in a superfast 800m – though Chris Carter's track record remains intact (just).

Lots of outstanding runs at the Westminster Mile – including 5:00 for U15 Cassius Hebden.

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## June 2019



Three Phoenix teams once again compete in the iconic South Downs Way Relay, with our A Team finishing as overall silver medallists.

Four medals for Phoenix athletes at the England U20/U23 Champs including the U23 800m title for Spencer Thomas.

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## July 2019



Sensational performance by Charlie Da'Vall Grice in Monaco, clocking 3:30.62 to knock 3 seconds off his 1500m pb, beat Steve Ovett's Phoenix club (and former world) record, and move up to 4<sup>th</sup> in the UK all-time 1500m rankings with only Mo Farah, Steve Cram and Seb Coe ahead of him.

Victory for George Mills in the Mile at the England/Intercounties Senior Championships, earning himself an England vest for the subsequent International in August.

Alex Garrod clocks 9:45 in Roth Long Distance Triathlon.

Milly Dickinson, Luca Bigg and Ben Connolly compete in the English Schools Championships.

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## August 2019



Another super gutsy run by Andy Pumphrey, who has to dig deep to hang on and complete the 101k Eiger Ultra in searingly hot conditions.

No less than 7 Phoenix athletes in action at the UK Athletics Championships, including Spencer Thomas – now UK 800m Champion! - and Toby Harries, who set a club record of 46.36 over 400m to earn himself selection (as the sole Sussex athlete) for the World Championships in Doha.

## September 2019



Seven more Phoenix athletes in action at the European Masters Athletics Championships, with Paul Whelpton adding the V65 European Half Marathon title to his two Home International victories earlier in the year. Team medals too in the Half Marathon for Paul and V60s Dan Allen and Phil Hampshire.

U17s Milly Dickinson, Alice Wright and Poppy Palmer-Malins win bronze at the Southern (SEAA) Road Relay Championships – the best ever performance in this event by a Phoenix team.

Sussex XC Relay Championships sees another victory for our outstanding U17 girls, with gold too for our MV50s and MV60s, plus silver for our U13 Boys and bronze for our FV45 team.

Sam Wade - competing for Team Pedal Cover - wins the Hever Castle Middle Distance Triathlon by over four minutes.

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## October 2019



Two Phoenix teams complete the challenging 177-mile Ragnar White Cliffs Relay, with our 5-man “Ultra” Team producing a phenomenal performance to finish in just over 20 hours, beating all but one of the 10-man teams in the process.

Club legend Mark Rowland, bronze medallist in the 3000m Steeplechase at the 1988 Olympics (and still the UK recordholder at this event!) is inducted into the England Athletics Hall of Fame.

V40 Joe Butler runs 2:38 for England Masters team in Yorkshire Marathon.

Sussex XC League (1) at Goodwood: impressive win for Beth Kidger in the Senior Women’s race.

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## November 2019

Sussex XC League (2) Stanmer wins for Beth Kidger, Jake Pursey (U11) and Ben Connolly (U15).

Finn McNally wins Brighton 10k in 30:23 with Beth Kidger 1<sup>st</sup> woman in 34:17.

Sussex XC League (3) at Stanmer: 2<sup>nd</sup> place in the Senior Men's race for U20 Leo Brewer, and for Ben Connolly in the U15 Boys' race.





## December 2019



Seven of our Juniors in action in Sussex vests for the Southern Intercounties XC Championships in Oxford, and Paul Whelpton (gold) and Malcolm Kemp (bronze) picking up medals in the accompanying Masters Championships.

The 12-race 2019 Sussex Grand Prix season ends with Simon Heath - clocking up six wins for an unprecedented perfect 3000 points - and Rachel Gorman claiming emphatic individual victories, 17 Phoenix athletes winning one or more medals, and victories for us by big margins in both team competitions.

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## January 2020



Sussex XC Championships: Medals for our U17 Women (gold), Senior Women (silver), Senior Men (bronze) and U13 Boys (bronze), plus silver for Senior Beth Kidger and bronze for U20 Naomi Fonteyn.

Sussex Masters XC Championships: great win for V50 Dave Powell, bronze for V60 Paul Whelpton and medals for all our Men's teams (V40 silver, V50 bronze, V60 bronze).

Southern XC Champs: 17<sup>th</sup> place in the Senior Men's race for our team – the highest placed Sussex team despite the absence of most of our stars.

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## February 2020



Phoenix Sportshall Champions: a win in the third and final fixture sees our U11s/U13s claim the Worthing League title. Rosa Howie (U13), Lewis Wilby, Harry Siddle, Raffaele Barra and Layna Buckley (U11's) are selected to represent Sussex in the SE Regional Sportshall Finals on 22nd March

Final Sussex XC League fixture at Bexhill. The season ends with medals for Louie Pegley (2<sup>nd</sup> U11), Ben Connolly (1<sup>st</sup> U15), Milly Dickinson (2<sup>nd</sup> U17) and Poppy Palmer-Malins (3<sup>rd</sup> U17), and team medals for U13 Boys (3<sup>rd</sup>), U17 Girls (1<sup>st</sup>), Senior Women (3<sup>rd</sup>) and Senior Men (2<sup>nd</sup>)

Fabulous 1500s: Archie Davis produces an indoor 1500m pb running for England in Vienna; George Mills claims the British Indoor Men's title with Beth Kidger finishing 4th in the Women's event; Charlie Da'Vall Grice breaks the club indoor record with a time of 3:38.95.

A great turnout of over FORTY Phoenix athletes – plus many volunteers – in action in very challenging conditions at the Brighton Half Marathon. 4<sup>th</sup> place in 1:09 for Simon Heath.