

## Flying the flag



🇬🇧 **Malcolm**



🇬🇧 **Erica**



🇬🇧 **Sue**



🇬🇧 **Debbie**



🇬🇧 **Tim**



🇬🇧 **Charlie**



🇬🇧 **Paul**



🇬🇧 **Sophie**



🇬🇧 **Tim**



🇬🇧 **Liz**



🇬🇧 **Faye**

The season is not over yet but already an unprecedented number of Phoenix athletes and triathletes have been proud to don GB colours. Read about their exploits in this edition of *Phoenix Flyer*

**This last year has confirmed for me what a fantastic club Phoenix is. Just go and have another look at that front cover! We are a small club hitting way above our weight.**

**Ever since we were founded in 1981, we have produced a steady stream of international athletes across all our disciplines. But our club is not only about international superstars, it is about everyone who is a member. Whatever your level and whatever your goal in our sport, we can help you achieve it. We kind of know how to – go on, take another look at that cover!**

**Since the last newsletter we have been visited by our club's two founding members, Steve Ovet and Matt Patterson. They both now live in Australia but they keep up to date with what is going on at the club. I asked Matt, who has also been National Middle Distance Coach of Norway and coached many Australian Champions and International medallists, what he thought of Phoenix – his baby – today.**

***'...the club is a place where all age groups can mix with others in a safe and healthy environment. The club is doing a great job in providing athletic skills to all age groups in a friendly atmosphere... I was very impressed with the friendliness of the club and its officials. It is so inviting a place to come back to every few years and meet and mix with others of the same convictions – track and field.'***

***I was impressed with the attitude of Charlie Grice. He was unassuming and modest in his achievements and was willing to take advice. He has achieved much this year and I look forward to his progress in the years to come. The club has provided Charlie with the support necessary for his achievements. Well done to Jon Bigg and all those who helped Charlie in his earlier years.'***



**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 **29 February 2011.**

Editor: **Jane Edmonds**  
jane.edmonds@btinternet.com  
66 Crescent Road,  
Brighton BN2 3RP  
Telephone: 01273 673063

Layout:  
**Andrew Haig**  
andrew.haig45@googlegmail.com  
**Lance Bellers**  
freelancelance@netden.demon.co.uk  
Print: **Onedigital**

**www.brightonphoenix.org.uk**

## **AGM: looking good!**

Nineteen club members attended the AGM on 24 March. Reports from the board added up to one important conclusion: the club is in pretty good fettle. Membership is increasing in all age groups, quite a few have taken up coaching qualifications (though we need more), our elite athletes have been prominent on the national and international scene, and we are solvent!

### **Board reshuffle**

The other important news is a 'reshuffle' of the board. Jackie Tucknott has long signalled that she wished to stand down as club secretary, having filled the role with great charm and efficiency for many years. Chairman Paul, on behalf of the club, presented her with an engraved bowl, a piece of his original artwork and an enormous bunch of flowers. You'll be glad to know that Jackie has no intention of completely severing her connection with the club and we can look forward to seeing her at key Phoenix events for some time to come. Paul Thomas was elected as new secretary. For those of you who don't know Paul, he is a triathlete who has represented Great Britain as a paratriathlete. He has been instrumental in improving inclusivity for disabled athletes, including writing a code of practice for UKA/EA.

With membership expanding, the burden, particularly on the chairman, has resulted in the creation of two new posts of vice-chair. John Marinko and Andy Bone were elected with a brief to aid Paul Collicutt, who continues as chair.

### **Positions still to be filled**

There are still no representatives for the men or the juniors and no social secretary. The solution for the moment is that Liz Halliday will represent both men and women at the board meetings. (Deb Friis is taking a break.) In addition James Miles and Josh Guilment will attend a couple of meetings a year.

Other business included a confirmation that those who intend competing in athletics need to obtain a £5 licence in addition to the membership fee (see the website for an application form). It was also agreed that we should organise another foreign trip (now confirmed for Brussels just before Christmas), that we should have club championships for track and field events and that the awards ceremony should be in September each year.

**Well-deserved gifts for retiring secretary, Jackie Tucknott. Thanks for everything Jackie.**



## **Phoenix on**



Phoenix is always looking to move the club forward by expanding the means individuals can share information whether it be about training, photos from races, or links to athletic related stories.

The hope is with this new group we can open the club up to create more of a community experience for our members. To sign up to the new group page simply put 'Phoenix Athletics and Triathlon Club' in to the search section at the top of your Facebook page.

# Otis lifts the teams

Congratulations to Deb and Dave on the successful delivery of their son, **Otis Frank Friis Carter**. He was born 2 weeks early on Friday 21 May at 2:35pm and weighed 5lb 1oz. Deb was still running well into the pregnancy (so was Dave come to think of it) and in her words: 'It was a very short labour at just over an hour!! ... So far he's very chilled! We've already had a number of replies from Phoenix people



commenting on the speediness of his delivery being a sign of things to come! Let's hope so! Otis is seen here performing his first official Phoenix duty, cheering on the South Downs relay teams at Ditchling Beacon on 5 June.

## Phoe(pic)nix

The Phoenix picnic on Sunday 25 July saw a revival of the mighty 'Tug of war.' The magnificent girls' team beat the boys' team 2-1 and lost only narrowly to a fiercely competitive 'ladies' team. (For some reason the gentlemen were left in peace dozing in the sunshine.) Rounders was played, footballs were kicked and the cricket stumps came out. Meanwhile delicious cakes and sweets were being passed round while the weather smiled on us. All in all a lovely summer afternoon and one that hopefully will become an annual fixture. Thanks to Andy Bone and John Marinko for organising it and to Tom and Bobbie Farsides for the best chocolate brownies we've ever eaten!



## Phoenix nights



Peter Kay has not shown his face yet – but we are not lacking characters! Phoenix Nights is proving a popular way to wile away the last Thursday of every month in a secret location somewhere in Brighton & Hove. Phoenix Nights is your opportunity to meet with other club members and find out what they do when they're not running (or cycling or swimming).

Phoenix take no responsibility for conversation topics or any damage caused thereof. Watch the forum or notices on the website for locations or suggestions for our next meet. Pubs offering a selection of real ales will be favoured. **Next venue: The Alibi, 22 Victoria Terrace, Hove BN3 2WB, Thursday 30 September from 8.30pm.**

### Club Awards Night

**September 29 trackside at Withdean 18.30pm sharp.  
See your coach for any changes to training times.**

# Chris-crossing the globe

**Junior coach, Chris Isherwood, has spent the year travelling the world. Here is his account.**

Settling down into my Virgin Atlantic 'Business Class' seat (yes I had been joyfully upgraded!), I turned and looked out of the cabin window and realised that this would be my last view of England for a whole year and my great adventure into the unknown was about to start.

First stop was San Francisco, which had the air of Europe about it; next was Santa Cruz, Monterey and Carmel, where movie legend Clint Eastwood had rode into town and become mayor. Then it was onward and upward to Australia's east coast, where I canoed around Magnetic Island, dived at the Great Barrier Reef, snorkelled and sailed around the Whitsunday Islands, then met the pythons, whales and 75km of pure sandy tropical rain forest at Fraser Island. A quick flight from busy Brisbane to humid and hot Darwin, led me out into the bush of Kakadu, Katherine and the Kimberley, where waterfalls tumbled and you could swim with the snakes and fresh water crocs.

Said goodbye to Darwin via the Khan train, 1km long and 29 boring hours to Alice Springs, where I camped out under the great Ayers Rock. Another oh so slow 30-hour Khan train ride took me to Adelaide, which reminded me of 1980s Croydon, but with some lovely beaches and a great Chinatown. Then it was on to so chic Melbourne, which reminded me of Brighton, but with trams, and to the Snowy Mountains and swimming in ice cold rivers, while being viewed by thousands of very nosy Kangaroos, who seemed so tame.

Canberra the capital was my next stop – a concrete jungle I would suggest you avoid – followed by Sydney, where I spent 3 days admiring the harbour, bridge and wine bars, before heading off to the Blue Mountains and the not to be missed guys or girls Bondi 'Bikini / 6 pack' Beach. Phew! Now I know what they mean by doing nothing but posing and getting that deep tan.

### 'Wow factor' New Zealand

Goodbye Australia and hello wow factor New Zealand – yes, around every corner you looked up and went wow!! – as this was the land of beauty, stunning rolling green hills, almighty glaciers, endless trekking, seaviews where whales, seals and penguins put on a show for you, snowy mountains called out to you, rivers enticed you to raft them if you dare, and lakes turned from blue to turquoise at a blink. And the people were just so friendly and laid back. Yes – if there really is a heaven, then New Zealand must be it. Oh – great beers too!!

Singapore followed 3 months later, and then it was Thailand, where 5 minutes after landing, I realised that to most Thai girls my face looked like a dollar, pound or whatever currency I may have to part with. Soon I was partying with the full moon, riding on elephants, scuba diving at night with sharks, crawling deep into the centre of the earth, climbing high mountains and going in alone for 15 knee-trembling minutes with 3 fully grown and rather boisterous male tigers, who thankfully had recently been fed.

Malaysia and Borneo were next on my list. Here I climbed Mount Kintabula 4095m straight up and down – one of the highlights of my trip, partly because it was painful, tough and took a lot of determination to reach the summit and get back down again safely, but also because I saw the spectacular sunrise, while sitting at the summit: just breathtaking! Before heading off to dive off an oil rig in the South China seas, I went deep into the jungle of Borneo to find our closest relations, the orang-utans. To my delight, we found a large male relaxing in the trees and later a female with her young came sauntering by.

South Africa and the world cup came around quickly and there was I with tickets galore and a good base in Cape Town. Sadly, as you all know, England bit the dust early – no surprise there

– but it did give me the chance to visit the ancient land of Namibia, and go on safari in wonderful Botswana and Zambia. Here the almighty Victoria Falls roared and my chance came to white-water raft down the dangerous, but exhilarating, Zambeze River.

Yes it was an amazing year, in which I met people of all ages from around the world, made so many new friends, brushed shoulders with so many wild animals, tasted scorpion, crocodile, cricket and snake, viewed the weirdest of creatures and ventured well beyond my boyhood dreams.





# Brighton Marathon

## Sunday 18 April

**Great weather, great organisation, great support. The inaugural Brighton Marathon was a success beyond most people's expectations.**

And Phoenix featured large on the day. Ex Phoenix man **Tom Naylor** was, with Tim Hutchings, one of the event organisers – so hearty congratulations to them. Olympic Champion and club founder **Steve Ovett** started the race. **Mike Whyte** and **Tim Woodman** fulfilled their pacing roles to perfection and, of course, 29 of you took part and came up with some quality performances. We had three runners under three hours, led by **Mike Greenwood** who finished 18th in a time of 2:50:13, which shaves his previous best by some 25 minutes! Good to see **Daryl Hards** back in shape, and although he slipped back in the closing miles, he managed an impressive 2:54:36. **Max-Patrick Lippert** was supposed to be running the Boston Marathon but when his plans fell to ash (of the Icelandic variety), he was offered a last-minute place in the race and responded with an even-paced 2:59:42 for 90th position. A further 17 Phoenix athletes finished in under four hours, with everyone safely home by five. As if that wasn't enough, **Charlie Grice** won the mini mile event. Last year Charlie broke Steve Ovett's 800m Brighton schoolboy record, taking it down to 1:55.80. On the day he got to meet the great man in person. **Archie Davis** was first U13 boy in the mini mile.



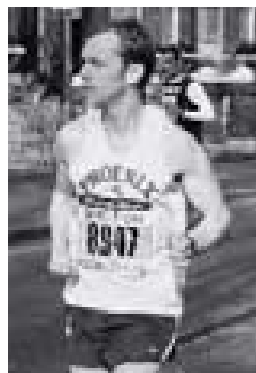
Phoenix runners anxious to be released from the starting gate



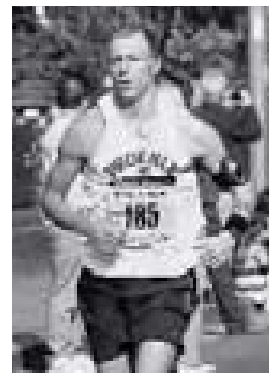
Ready, steady...



Come on lads, the lights are on green



Max takes in the sights...



... Mike doesn't

## Bristol fashion

Several out-of-town races have become increasingly popular with Phoenix athletes, especially if they promise great organisation and fast times. The Reading half marathon is one and, most recently, the Bristol Half marathon run on 5 September. Wet conditions didn't stop some great times. Lance Bellers tucked under 90 minutes for the first time and Jim Whitelegg knocked 5 minutes off his PB. (Andy Bone 1:21.53 151st, Lance Bellers 1:29.44 498th PB, Jim Whitelegg 1:30.56 575th PB, Rebecca Hodder 1:36.42 1185th)



Bin...



...and gone



Daryl, Lewis and Kim Hards find it ... hard going



Leigh shades it

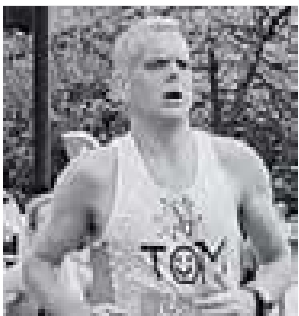


Who let this man into the VIP area?

# London Marathon

## Sunday 25 April

Phoenix fielded just four runners this year (Brighton Marathon having attracted a good few). **Andy Bone** has been just outside that magic 3-hour mark for the last few years (3:02 in 2009), but having trained with single-minded dedication he was rewarded with a magnificent 2:54:58 for 715th place. **Tom Farsides** also smashed decisively through the barrier with a pb by 3:40 to record 2:57:23 (858th). **Daren Elliot** knocked about 37 minutes from his 2009 time to record 3:19:00 (2948th) and **Lance Bellers**, running his first marathon, and with training interrupted by injury, managed an impressive 3:27:35 (3954th).



# Phoenix Races

**Our club's annual races will be taking place on Sunday 14 November from 12.15 onwards.**

This year the club decided to make a number of exciting changes. The main difference will be a new course for the senior race. Instead of following the park perimeter, the course now turns back on itself and runs up from the south of the park between the tennis courts and the play area (see map). It will still be four laps. This change was necessary as we are not able to close the stretch of road affectionately known as The Ride (behind The Rotunda Café and Preston Park Avenue) and it was becoming increasingly difficult to marshal the cars and keep the runners safe. The distance has increased to five miles. The other major change is that the senior men and women will race together over the same distance. So, with a new course and a new distance, this year's winner of the senior race will automatically set a course record.

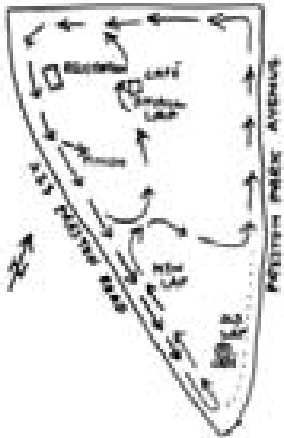
For those seniors who fancy something shorter (and faster?) than the five-miler, how about the Friday-Ad Mile race? Last year, the race was hotly contested and won by our own Dan Stepney in 4.41. We are hoping for another exciting race this November.

As well as the two senior races, there are eight other races, ranging from Under 9 to Under 17, both boys' and girls' races. The shorter lap course is unaffected.

The races are free to all Phoenix members and even if you are not running it would be great to see you there on the day as we like to have the course well-marshalled.

We also have 7,000 leaflets to distribute at local races. If you can help with leafleting, please contact Andy Bone [andy@jacksonbone.co.uk](mailto:andy@jacksonbone.co.uk) or [andrew.haig45@googlemail.com](mailto:andrew.haig45@googlemail.com).

**Andy Bone**  
Race Director



# Sussex Road Relays

The race of the day was the Senior men six-stage event with Phoenix men (Sam Wade, Max Pickard, Finn McNally, Dan Stepney, Charlie Grice and Josh Guilment) staging a valiant fightback from back in the field to win silver behind Crawley but well ahead of B&H. Vet men over 60s (Andrew Haig, Andrew Field and Malcolm Kemp) won bronze. The over 50s A team came a creditable 4th and over 40s 8th. Senior women were 9th. Disappointingly the club fielded no teams at all in the junior and vet women categories.



The over 60s men, AKA Silver Foxes, had plotted since the beginning of the year to break the course record. The good news is that they knocked a handsome 10 seconds off the old record. Congratulations though to Worthing Striders who removed 20 seconds and Brighton and Hove who carved away two minutes! Its getting tough out there among the oldsters.

# Young athletes shine at Hove Park

Hove Park Time Trials is now a firmly established weekly feature with 250-plus runners regularly taking part. There are plenty of Phoenix seniors and vets chipping away at their pbs but the eye has been caught by some brilliant runs by the younger athletes. At the 5k park run in Hove Park on Saturday 1 May, newly registered junior **Reuben Hoyte** knocked 9 seconds off his PB to finish in a time of 19.59, an outstanding run considering he is still only 10 years old. Reuben is the son of Kurt and Caroline Hoyte, both well-known Sussex athletes. Caroline holds the women's record at Hove Park. **Archie Davis** ran a PB of 20.01 in only his second park run and, on the same day **Will Russell** ran a PB of 22.41, which he lowered the following week to 22:26

Star triathlete **Sophie Coleman** did her first time trial on 28 August and walked straight into the record book for her age group (20-24). We're sure that she can go faster still and that her time of 18:12 was just an overture!

At the Hove Park Races organised by Arena 80 on Sunday 6 June, the juniors again gave a good account of themselves:

**U11 Girls** (1500m) Amber Anning 2nd 6:11, Isabel Whitelegg 7th 6:50, Laura Bird 14th 7:02, Amelia Arlett 15th 7:03. **U11 Boys** (1500m) Joshua White 11th 6:45. **U13 Girls** (1500m) Maria Andrews 5th 5:52. **U13 Boys** (1500m) Archie Davis 1st 5:11, Jack Foster 3rd 5:37, Will Russell 4th 5:51. **U15 boys** (2300m) Billy White 1st 7:34, Luke Reynolds 4th 8:31



Reuben Hoyte



Archie Davis



Will Russell

## South Downs Way Relay

### 5 June

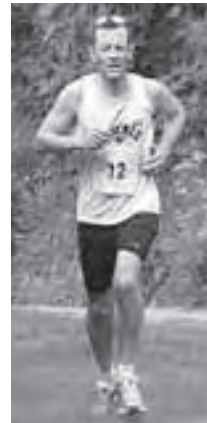
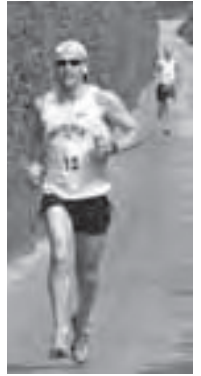
On an extremely hot Saturday, the Phoenix teams ran very well considering the conditions, Phoenix records and leg PBs were always going to be difficult. Saying that **Anita Jones** managed a new Phoenix record on Leg 15 and **Lenka Sobotkova** got the record for Leg 9. The Women's Team finished in 13 hours 50 mins and 58 seconds.

**Andy Bone** ran a new Phoenix Vets record on the long Leg 17, knocking almost a minute off the previous time, 35 seconds over the hour. This was just one of many great legs by the Vets team, which won them a silver medal.

The A Team finished ninth, which is a great result as five of the runners were vets (three over 50!) in a time of 12:14:06.

Interestingly, four teams got lost on early legs and withdrew, and one team got disqualified. This just goes to show what a tough race this is. Not getting lost or injured over the 100-mile course is all part of the fun! Also thanks to the drivers and navigators, **Jim Whitelegg**, **Ray Matthews**, **Andy George** and **Sue Hudson**: we couldn't have done it without you guys.

In the competition for the Cooper Cup (based on age-graded results), the Vet men were second (with 90.93%, just behind Chichester Vets); the Phoenix A Team were 17th; and the Phoenix women (the fifth women's team to finish) were 39th.



## Black Cap Handicap

### 8 July

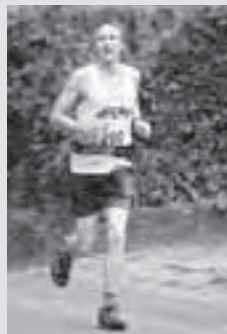
On a beautiful warm summer's evening the annual Black Cap 5 took place, well organised by **Liz Halliday**. We had three volunteer timekeepers (better than some road races!) and a turn-round marshal. The race runs along the top of the Sussex Downs from Ditchling Beacon to the Black Cap trig point and back.

Nineteen athletes took part, which is a little down on previous years but all were very keen and ran well. The handicapping worked quite well apart from a few obvious exceptions, and most finished within a 3-4 minute time period. The idea is to have everyone finish at the same time although the timekeepers wouldn't appreciate that!

Conditions were ideal and first back was **Andrew Neighbour**, posting his best time on the course despite a knee injury. Next home and posting the fastest time of the evening and just 3 seconds outside the course record was **Finn McNally**. Finn started last so managed to pass everyone else bar Andrew. Sixth home in the handicap and fastest woman was **Aimee Billington**, who posted the third best women's time ever.

### Ultra Mike

Marathon running not enough for you? Well, you could always try ultra-running. **Mike Townley** certainly thought that and on Sunday 5 September he ran the London to Brighton trail run, coming a magnificent seventh out of the 200 entrants (106 finishers). His time for the 56-mile distance was 9 hours 50 minutes – well within his target. He seems to have enjoyed the experience enormously with just one moment of doubt at 36 miles when an anxious marshal asked if he was feeling all right. That was enough to spur him on his way.



In the next newsletter, we hope to explore the world of ultra-running a little further with a full story from Mike and, hopefully, contributions from others of you about past experiences or future plans in this area.



## One man's day



**Tom Farsides writes:**

I was worried about entering the South Downs Way (SDW) Relay. For years I have trained exclusively on the flat. Also, I score high in prosopagnosia: 'face blindness'.

'Prosopagnosics often have difficulty recognising people that they have encountered many times.' They therefore place 'great reliance on non-facial information such as hair [and] clothing'. The SDW contains a lot of hills and the race is typically run by people with very similar physiques (svelte), hairstyles (short), and outfits (club vests). Nightmare!

On the other hand, the SDW Relay is a beautiful race. It gives people the opportunity to run in gorgeous places they otherwise wouldn't. 'The best race of the year' one teammate said as we neared the finish. Also, competitors spend 12 hours or so in the close company of six other club members (including the driver). What better way could there be to strike up closer relationships with teammates and therefore 'the club'?

We met as scheduled at stupid o'clock to get to Eastbourne for the start. It was a gloriously sunny day. Out came the hats and dark glasses (enemies of prosopagnosics!). Everyone was friendly: competitors, drivers, spectators, stewards, supporters. All day long, I didn't hear a single word that was not supportive and constructive. I still don't know who most of the people I spoke to are. I do know that I liked them, liked being among them, and liked being associated with them.

### 'Beautiful but brutal'

The race is beautiful but brutal. Each runner covers about 18 miles in three legs, each of which is run at about 10k effort. Most legs include hills. Steep hills. During each leg, you are very conscious that you are competing as a team and you don't want to let the team down. You therefore run hard. Runners typically need a whole leg after their own to recover enough to want to – or be able to – speak to anyone else. It is tough and therefore enormously satisfying.

This year included lots of highlights. For me, the highest was meeting Otis Frank Friis Carter. Heavenly. And his mum has very distinctive hair. Perfect! His dad, not so much.

There were very few lowlights. Mine came when I told the waiting ladies' team that their runner was looking as though she was struggling a bit. The runner in question broke the club record for that leg. Clearly, my ability at spotting running form is every bit as good as my ability to recognise faces. Sorry, Anita, and many congratulations. Congratulations also to Lenka and to Andy for their similar record-breaking and making.

I am grateful that I met and re-met many lovely people during a wonderful day's racing. I'd love to see you there next year. If I do, please introduce yourself – again, if need be. Chances are that I like you. I just don't know who you are. I'd like to.

Quotes are from [www.faceblind.org/research/](http://www.faceblind.org/research/) – where you can also test your own face blindness.

# How I fell for the fells

## Ian Moss gets his feet in the clouds:

It all started during a hiking weekend in Cornwall in May 2009, casually chatting about adventures and challenges. Things have moved onwards, upwards and downwards since my first Phoenix track session in October 2006.

As a novice runner, aged 40-odd, puffing and panting around Withdean, my then aim of a marathon in January 2007 looked distant to say the least. But it was achieved – in Phoenix, Arizona – thanks to some fine advice and help from the Brighton Phoenix faithful.

### Time to head for the hills

Then things started to get a bit silly. Reading Richard Askwith's *Fell In The Clouds* – a passionate history of fell running – coupled with some dewy-eyed memories of growing up in the Peak District, got me to thinking it was perhaps time for me to head for the hills, running-wise anyway.

I started with the Great Hucklow fell race in summer 2007 – a six miler with 1200ft of climb – and I was delighted when one of the locals recognised my blue and white vest at the finish.

Since then I have run 30 or so fell races, including the Three Peaks in Yorkshire, the Edale Skyline (Peak District) and some Lakeland classics, too – most notably the legendary Borrowdale and the punishing Wasdale Horseshoe, which at 21 miles and with 9,000ft of climb is an absolute monster (great hotpot at the end though).

I have usually finished near the back of the field, sometimes got lost on the way round, never fathomed how the leading runners 'do it'... and always thoroughly enjoyed it (apart for the injuries and driving up and down the M6).

But fell running is all about challenges. There are plenty of them to have a go at and probably the top of the list is the Bob Graham round – a circuit of 42 Lake District peaks to be completed in under 24 hours.

### The Fellsman challenge

A little way down that list is the Fellsman – a rugged tour of the Yorkshire Dales starting in Ingleton and finishing several peaks and many sausage rolls later in Threshfield. It attracts runners and walkers alike, with an elite band whizzing up (12,000ft) and round (62 miles) in less than 12 hours.

So it was that in December 2009 as I mulled over my aims for 2010 that the Fellsman came into my sights. With the entry in the post and my fell shoes in the porch, all that remained was to get in shape... by May 8.

I won't bore you with the details but suffice to say I created a new footpath up Ditchling Beacon and



wore out the battery on my Garmin Forerunner.

OK I will bore you with the details: I averaged 35-50 mile weeks with around 5,000ft of climbing, inc hill sessions and peaked my long, slow runs at around six hours.

I also competed in a few races to whet my appetite and, to be frank, to get used to the steepness and length of the climbs and the roughness of the terrain. These are elements you simply can't replicate on the Downs or in the gym (not that I go to the gym).

## 'Preparation was the usual tale of injury, angst and overdoing it'

This year I opted for the Boxhill Fell Race in Surrey, the Half Tour of Pendle in Burnley, the Chew Valley Skyline in Saddleworth and, for the third time, the Edale Skyline.

Preparation was the usual tale of injury, angst and overdoing it – pretty much like marathon training – but come May 8 my partner Jennie and I arrived at Ingleton Village Hall for the early morning registration.

### Running day and night

The weather was chilly and windy but, vitally, clear. This made my day inasmuch as my navigation is dodgy at best. At 9am 450 of us with varying sizes of backpacks trotted over the playing field on our way to Ingleborough, the first of 25 checkpoints. From then on it was all a bit of a blur – great scenery, lots of pitstops for re-fuelling and the infamous Fleet Moss – normally a five-mile section of kneedeep bog but today like the Sahara thanks to a recent dry spell.

The night section arrived – out came the walking poles, compass and headtorch and by sunrise on Sunday I found myself hobbling through the sleepy village of Grassington on my way to the finish at Yarnbury school and a full English breakfast.

Elated, knackered and vowing never to do it again, I'd just managed to creep in under 20 hours (my target) and was a heartening 142nd. The winner? Duncan Harris in 11 hours dead.

Next year? Of course, but I'll be saving the Bob Graham until I'm 50.

More information at [www.fellsman.org](http://www.fellsman.org) or on fell running in general [www.fellrunner.org.uk](http://www.fellrunner.org.uk)

...more fell-running adventures overleaf



## A Bad Day in Paradise

**Liz Halliday**

It was an unusually warm day for April in Yorkshire when I lined up with my friend Rod in Horton-in-Ribblesdale for the start of the Three Peaks race. We set off at 10 o'clock – a half circuit of a field before starting the first climb, Pen-y-Ghent.

### The first peak

It was an easy enough pace and I was sure my legs would get into it once the climbing began. After about three miles I started getting a stitch. We continued up and, on the steepest part, all around were walking. We did likewise and the stitch did ease but the legs didn't like the walking. The front runner now came bounding back down and it was fantastic to watch. We made the first summit in just under 50 minutes and then turned downward. I took a few bounds, my legs didn't like it and I lost my nerve and started tottering about. I struggled down the steepest part, but finally got going.

Next came a long gently undulating stretch. This was where we'd planned to push the pace a bit but my legs weren't playing the game at all. I felt worse than I've ever felt running, and was worried about letting Rod down that I asked him to go on his way.



### Vertical ascent up Whernside

Soon I arrived at Ribblesdale which is the first cut-off point. I was a few minutes inside the 2:10 cut-off so decided that I should carry on. After a stretch of normal uphill we were soon on a vertical ascent to the summit of Whernside. I passed quite a few, several with cramp.

The last 40 feet or so

required use of hands as well as feet and was more like climbing and nothing like running. I had heard a few of the more experienced runners saying we needed to make the summit within 3 hours to stand a chance of making the next cut-off. I think I got to the top in about 3:02. There were bodies lying by the wall in various states of cramp and pain. We now ran the ridge for a bit. It was into the wind but nothing hard. I actually enjoyed this for a few minutes.

Then the descent. I had worried about this as it is very steep with lots of loose limestone. I started to try to run it, and bounded for a bit. Then it all got out of control and again I lost my nerve and slowed down. I was losing the places I'd made on the uphill. My legs hurt but it got better as I got lower. Then I got to a gradient I could run properly. I had only three minutes left to make the cut off at Hill Inn. A fellow runner asked how I felt; I said it felt like a bad day in hell. I tried to run hard but I guess I knew I wasn't going to make it. I just missed the cut off and was told I had to retire. My legs were relieved but I was humiliated. I had failed. This was my first ever DNF.

### Unfinished business

I lay on the grass in the warm sun. I looked up at the hill I'd just come down and then at Ingleborough, which I was not going to do (this time). I was in the place I loved but it was just a bad day for the legs, a bad day in paradise. I just wanted to lie there forever.

At the finish I waited for Rod. He had thought we'd finish by 4:30. By 4:55 I was worried. There were several runners coming in who had fallen and had bleeding knees and elbows. Then I saw a runner come over the brow that looked like Rod – it was, and he finished in a bit over 5 hours. He looked all in.

Rod says he'll not do it again but I've got unfinished business and intend to have another go one day. But first I'm going to complete some other fell races.

## National 3 Peaks

**Ananda Mello-Costa**

It all started during a hiking weekend in Cornwall in May 2009. Casually chatting about adventures and challenges that one should attempt in a lifetime, the National Three Peaks Challenge – climbing the three highest mountains in Scotland, England and Wales in under 24 hours – raised its head.

That thought stayed with me and after researching a bit, I talked about it with my running buddy, Pete – about the challenge itself, the training commitment, getting a group together and the logistics involved. He was just getting back into running and I was in the heat of my first tri season. Slowly the idea started to grow, my marathon training started and I signed up for four coastal trail half marathons. Brighton marathon entries opened and we both signed up. I thought the training would look after itself with these races lined up!

It was time to spread the word and see if we could get a group together. A quick survey on our work intranet got the ball rolling. We started the planning: training sessions catering for all abilities as some would walk and some wanted to run; planning the logistics taking into account the group's budget and

availability; learning navigation and orienteering; etc.

### Ben Nevis – and the toughest hour

Soon we would see ourselves at the base of Ben Nevis: life and work had got a bit in the way of my preparation, since before the Brighton marathon I had been totally overloaded at work which meant that my sleep and



eating routines had suffered. The first hour of the Challenge was the toughest: I could not breathe very well and it was quite hot. Yes, I went off too quickly! So I had to slow down. Recovered a bit and pushed again, nothing... Pete asked me if I wanted to go back... but I was not going to give up on the first peak!

The views were amazing – visibility was quite good up to the point where we had to cross through 50m of snow and thick fog. After a quick picture at the top, it was gloves and hat on and back down. We ran a lot of the descent and I quite enjoyed it!

### The second peak: Scafell Pike

We got to Wasdale Head at 5am – a beautiful day. It was amazing to see trails of people going up Scafell Pike at 6am... we were all there facing the same challenge. It took me longer than expected. Time was getting tight, we still had miles of driving and we were only 5 hours from the 24-hour limit.

### Race against the clock on Snowdon

We had exactly 3:30 to do Snowdon, up via the Pyg track and down via the Miner's track. We got up in just over 2 hours and the plan was to run as fast as possible. It was brilliant! I could not feel the pain – thanks to the two tablets of ibuprofen I took just before setting off. We started doing about 7min/km but on the last km we were sprinting under 5min/km... I ran to the car, got the stopwatch ... 23:52:26!

### National Three Peaks Challenge

Total time: 23:52:26

Total ascent: 3,276 m

Total distance: 35.25 km

I personally got more than just the sense of achievement: my running buddy is now my boyfriend!

Overall, an awesome challenge!

**Wow, that went quick! It does not seem that long since some of us were lining up on the start line in the early-season duathlons. Here we are in September already and another triathlon season almost over. Since March Brighton Phoenix Triathletes have been competing both near and far. Locally, nationally and across Europe we have been swimming, cycling and running, enjoying varying degrees of success.**

For our paratriathletes **Faye McClelland** and **Paul Thomas**, there have been medals and titles. Faye is British and European Para Triathlon Champion as well as winning the international race at Hyde Park. Paul is British Duathlon Champion and has European Bronze medals for duathlon and triathlon.



**Faye and Paul with other medalists at Athlone**

On a national level, as well as competing in some larger races, our athletes are often attempting to qualify to represent Great Britain at the Age Group Championships both at European and World level. **Debbie Evers**, **Tim Woodman** and **Malcolm Hughes**, along with our paratriathletes, went to the European Championships in Athlone, Ireland on 3rd and 4th July.

**Liz Halliday** took part in the ITU World Championship Long Course Triathlon on 1 August in Immenstadt, Germany. The race was over a 4 km swim, 130 km bike and a run of 30 km; her finish time: 9:49:52

At the Cambridge Duathlon, back in May, **Erica Martin** qualified as part of the GB age group team for the World Duathlon Championships being held in Edinburgh September 4th.

Part of the GB team going to Budapest for the World Championships on the 11th and 12th September will be one of our coaches, **Sue Hudson**, along with **Tim Woodman** and **Malcolm Hughes**. **Faye McClelland** will be going for gold again.

Several new triathletes have joined the club in the last year and it has been great to see the number of us that have taken part in the local races; often we have been the best represented club at these events. We also managed to bag a few prizes. At every local race, the club won at least one prize. At Arundel we managed seven age-group wins for the club, and at East Grinstead **Lizzy Brama** won the women's race.

### Multi-sport Championship

This year it was decided to have a much simpler format for our Multi-Sport Championships, with only five local races. They were the Frosty Aquathlon 07/03/10, Steyning Duathlon 05/04/2010, East Grinstead Triathlon 16/05/2010, Mid Sussex Triathlon 13/06/2010 and Worthing Triathlon 18/07/2010. The final tables can be found on the web site results page <http://www.brightonphoenix.org.uk/results> Thank you to Paul Thomas for collating them. The winners were **Erica Martin** for the women and **Malcolm Hughes** for the men.



## The next coach along....

As we all need a bit of help from time to time in reaching our goals, remember all the coaches are available for advice on training and equipment. We have three BTF level 2 coaches – Nigel Herron, Sue Hudson and Lizzy Brama – and Charlie Pow, who going through level 3 accreditation.

## Swim training

Talking of coaching, the excellent coached swimming sessions are still available on Friday evenings 7pm at Brighton College. Whatever your ability in the water, you will almost certainly benefit from attending these one- hour sessions.

Now that summer is over, Nigel's bike/run sessions at Stanmer Park on Monday evenings have finished, as have the Tuesday evening sessions at Southwater.

## Edinburgh 3-5 September

### Sophie takes Gold at the U23 World Duathlon Champs.

**Sophie Coleman** made a triumphant return to Edinburgh to win the U23 World Duathlon Championships making it a third and consecutive world title and fourth championship title following her gold in the world junior championships in 2008 and 2009 and first place in the European championships in 2007. Congratulations Sophie.

## And Erica tells her story...

I spent the day before my race going to the parade of nations and watching Paul compete in the paraduathlon. I also checked out the bike course, which was definitely worth doing as there were some quite tough climbs and technical descents.

My race started at 10.15am on Saturday, which is quite civilised for a duathlon. The first 10km run route consisted of four laps, with a gradual climb up to the turn-around point roughly halfway through the lap. I started fairly steadily, a tactic that seemed to pay off as I gradually worked my way through the field to go into transition in 7th place in my age group (40:20).

The bike started by going up a long gradual climb. I found this quite hard on the first lap as my legs were pretty tired from the run. I managed to recover though, before the steep climb halfway through the lap. This was tough but manageable and led to a fantastic descent and on to the start of the second lap. I started to tire a bit after this and lost a few places. The steep climb seemed to get harder each time but I still felt relatively strong

I finished the bike in 1.36.15, which I was slightly disappointed with, but knew it was a tough course. My legs felt pretty tired going in to the final run but I managed to get going on the descent after the turn point on the first lap. After this I started to pass quite a few people, around four of whom were in my age group. Seeing the finish line was a big relief and I

managed to sprint past someone in the finish straight which is always nice. Overall I finished 17th in my age group in 2:40.20. I was hoping for a slightly faster time – but it was a great experience and I had a fantastic time.



## Southwater Sprint Relay 5 September

Back in May with the invaluable help of Ananda Mello Costa we entered 2 women's teams and 1 men's vet team into to this ever popular local race,

The teams were **Ananda Mello Costa, Sue Hudson and Cathryn Walsh; Anita Jones, Rachel Bibby and Lizzy Brama; Malcolm Hughes, John Marinko and Ro Harrington.**

So at 6.30 am on Sunday 5th September we all met by the lake at the Southwater Country Park to register and get ready for the race which was due to start shortly after 8am.

In the first team Sue went first, "to get some mass start practice ready for the world championships in Budapest next week", followed by Ananda, who was doing her first open water race swim, and then Cathryn who was not worried about times and looking forward to a fun day.

In the second women's team Anita was on the first leg, because she had to get home early, then Rachel,

a bit worried about something going wrong as usual. On the last leg Lizzy seemed confident.

The men's team was led off by Malcolm, who usually does the last leg so was looking forward to finishing early and watching the others. John was next, he had not run for weeks as he has had a bruised foot since Worthing Tri. Ro was on the 'glory' leg and determined not to let the team down.

Some comments from the end of the race.

Ananda managed to get through the swim "only 3 minutes over my best pool swim time".

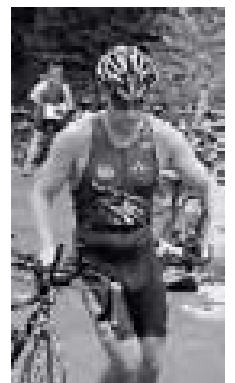
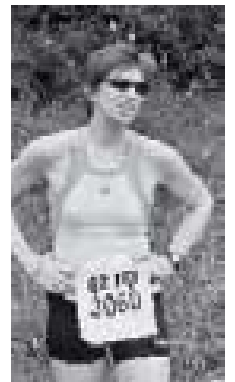
Cathryn really enjoyed the race.

Rachel did not lose the timing chip but her chain came off on the bike! It only cost a few seconds of time but it would be nice to have a trouble free race.

Congratulations to Anita, Rachel and Lizzy for their 2nd place in the senior women's category (33rd overall). The vet men were an impressive 9th overall out of 136 teams completing.



Phoenix Tri, Tri and Tri again



And...ACTION

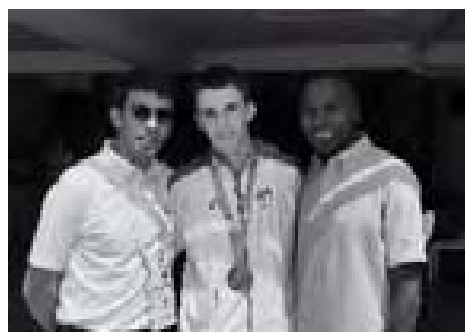


Got any tips Liz?



'Wossit all about then Sue?' ... 'Search me Ro'.

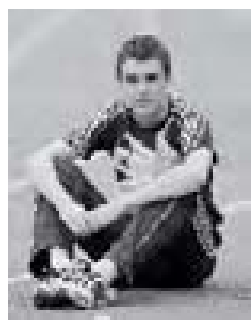
## Pride of place for this year's outdoor track and field



**Charlie with the mighty Hicham El Garouj and Wilson Kipketer (he was still 800m world record holder when this was taken...a few hours later he wasn't!)**

Charlie's remarkable track season started one wet and very muddy day in Manchester. Charlie had just come 9th in the English schools XC – great performance but one place off making the English team for the following week's International match. To say that he was not pleased is putting it mildly! But from that very moment grew a steely determination to get an international vest, which he did – and pretty quickly at that. He qualified to represent the UK over 1000m in the European selection round for the first full Youth Olympics in Singapore. In order to do this, he had to run a qualifying time of 3:53.6 over 1500m. He did this in his first race out thanks to some sterling pace-making from Joel Kidger of Crawley, who has supported the middle-distance group amazingly this last year. In Moscow Charlie came 2nd in the final and nabbed one of only 3 places open to Europe in the Youth Olympics.

Before Singapore he also picked up his first Championship titles – the U17 Southern 1500m championship and more importantly the English schools Inter Boys 1500m which he won in some style and broke the 22-year old championship record – which funnily enough belonged to Johan Boakes of



Phoenix! This was followed by victory in the Schools International, as he at last got an England vest to go with his GB vest! Charlie was also challenging the record books. His 1:50:61 800m was a Phoenix U17 club record (taking another of Johan's records). It also ranks him 5th on the U17 all time UK

list. His 1500m time of 3:48:70 ranks him 3rd on the UK U17 all time list – just a second behind Steve Cram and less than that behind Johan. Then came Singapore and 2 of the most accomplished pieces of racing Charlie has ever produced. He won his heat and then picked up a magnificent bronze in the 1000m final. His time of 2:21:85 is the 2nd best ever U17 UK mark behind – yes, you guessed it, Johan!

After competing at the world indoor championships for GB, our man in the States **Tim Bayley** struggled with illness and was only able to compete in 2 races: an 800m in Stanford (1:49:84) and the Heart and Sole Mile in Santa Rosa, which he won in 4:02:75. Tim is better now and has been selected to run in the 5th Avenue Mile on 26 September. He is also coming back to the UK for Christmas and will travel with the Phoenix team to the Loto XC Cup in Brussels the weekend before Christmas.



Tim's curtailed track season left the stage open for **Charlie Grice** to shine – but he wasn't the only one. We saw a dramatic improvement in depth across the board. Over the last few years we have generally only had 2 or 3 people under 2mins for 800m. This year we had 6 and more knocking on the door. Over 1500m we had 2 people under 4mins – in fact both under 3:50 – but we had 8 people under 4:10. Standards are going up on the men's side.

In his first full season of track racing **Will Durkin** has picked up a bronze in the Sussex U17 1500m and a bronze in the Sussex Schools 800m champs. Prepared to travel anywhere and race anybody, Will has come on in leaps and bounds. Also in that very strong age group, **Jake Elliott** won the Sussex Schools 3kms title and improved his 1500m pb by 10 secs to 4:22:49 in blustery conditions at Tonbridge

Our battling U15 boys all achieved pbs. **Billy White** won the Sussex Schools 1500m title and the Sussex U15 3kms to go with a bronze in the U15 1500m. **Robbie Fitzgibbon** picked up silvers in the schools 1500m and U15s 3kms just behind Billy. **Luke Reynolds** ran pbs at 800m and 1500m and new member **Ryan Elson** topped the club U15 rankings for 800m with 2:18:1.

**Finn McNally** and **Sam Wade** had a great battle at the Brighton Open and although Finn finished ahead of Sam there, Sam is just above him in this year's club rankings for 1500m – the distance at which he won the Sussex schools senior boys title this year. Finn's best mark of the year was an excellent 8:46:34 for 3000m at Millfield.

Last year **Max Pickard** struggled with post viral infection but this year he bounced back and took 10 secs off his 800m, 18 secs off his 1500m and a whopping 45 secs off his 3kms to leap above Charlie Grice in the club all time 3kms list. He also won the Sussex schools title at 3kms.

Great to see the return of **Gus Kennedy** to racing after a year and a half out with injury – and what a dramatic return it was. His 1:59.95 800m may not have been that remarkable but his pbs of 36:48 for 300m and 50:68 followed by 50:32 for 400m were pretty impressive.

Also looking very promising is **Joe Butler** who ran pbs this year of 24:0 for 200m, 39:93 for 300m and 54:13 for 400m.

**Dan Stepney** had an interrupted track season but still managed pbs at 300m (36:11) and 400m (50:08) as well as a good 1:53:12 800m when he was clearly not very well. Earlier on in the year at Watford we all held our breath as Dan just held off a fast-finishing **Josh Guilment** over 1500m. Perhaps Josh's best marks this year were his 15:23:02 5kms and his 31:46:44 10kms on the track.

Very few women raced on the track this year, which was frustrating. But it was good to see **Martha Gosney** and **Eloise Crockett** competing in the U15 age group, and in the younger age groups **Jodie Mann**, **Zoe Sawickie**, **Lea Sawicki** and **Maria**

**Andrews**. In the seniors **Liz Durman** suffered with illness all season and **Flo Ray** and **Sophie Coleman** had very short track seasons.

Competing in Oxford colours, Flo won the Varsity 800m in 2:17:26. Sophie clocked 17:30:64 for 5000m on a very hot day at the European trials and UK Champs in Birmingham. It was good to see second claim member **Savannah Echel Thomson** move to number 2 on the Sussex All Time list with her 54:68 400m.



**The spring training camp at Tenby was very popular. Another is planned for the Autumn.**

## Sole man

**Vet runner, Ray Matthews has a background in clothes-making and he put his skills to good use when faced with a footwear dilemma.**

"Having decided this summer to try my hand at middle distance I took myself off to the Jogshop and was soon the proud owner of a pair of Asics very rigid running spikes.

Warming up at the next vet's league meeting, I found the shock on my 44 year-old shins was too much to take!! In the end I ran in my tried and tested Nike Lunarracers.

So what to do with the Spikes?" I couldn't take them back as I had worn them. I had a brain wave... What if I amalgamated the spike plate to a pair of lightweight cushioned trainers? Out came the grinder and the Araldite and 3 hours later – hey presto!

Many older athletes suffer with shin pain and other problems and these could well be the answer. Now all I need is a manufacturer!"



## and field season goes to Charlie Grice.



### If you go down to the track tonight...

The Under-11 groups have seen rising membership in the last year, and the recurring question at the track on Wednesday evenings at 5.45 is 'What are we doing today?'. The recurring answer from the coaches is 'Some running and some more running', which is not entirely truthful. Obviously, we do do running but we also do jumping (long and high) and throwing (heavy and pointy).

The field events tend to be put into hibernation over the winter as we don't want athletes to get cold, and the emphasis is on running, both speed and endurance. We have lots of relay races, from 30-metre sprints to running around the whole track, and we also play a few games, including Crocodile, Clap

and Go (or is it Clap or Go?) and the Numbers Game.

Although the training is serious the focus is on having fun and enjoying ourselves. You can rely on the children to still turn out on the wettest and coldest of evenings, and they seem to thrive in the worst weather – 'if it ain't rainin', it ain't trainin'. One winter evening earlier this season the snow started and the session concluded with snowballs and snow angels.

Here are some of the children's comments about what goes on on Wednesday evening:

*'It doesn't matter whether you are good at running or not, as long as you try hard you can still get medals for effort.'* – Elena

*'I love coming to training because it's fun to see all my friends and get running at the same time!'* – Camille

*'I like the feeling of passing people when I am running because it means I am getting faster and I particularly enjoy running in the cold weather.'* – Ella

*'It feels good being part of a team.'* – Billy

*'I like the competition, trying different distances and making new friends.'* – Amber

*'It's proper training, not like athletics at school, and I have fun with my friends.'* – Alex

*'We really enjoy the running but we also really like to try the other field events like high jump and long jump.'* – Sam and Claudia

*'I enjoy Phoenix because it's a good way to keep fit, make new friends, and I look forward to it every Wednesday.'* – Alex

*'I like the warm up drills because it gets you into the mood of running.'* – Madeleine

We are really pleased with the children's progress and we'd love to see more of them competing in some up-and-coming races, such as the Phoenix Races in Preston Park on Sunday 14 November (free to all Phoenix members). Also, the cross-country season starts in earnest next month so we'll be alerting you to those fixtures, and next year the plan is to get more of the children competing at track events.

Away from the track, we have a few social events, such as the Phoenix Picnic in July, and this Christmas we plan to go ten-pin bowling followed by a pizza. Details to follow soon.

'What are we doing tonight?' Going bowling and eating pizza!

**Andy and John**

If any parents would be able to help out on track night, please speak to either John or Andy.



### Amber's golds

9-year-old Amber Anning is finishing the track season in some style having scooped three golds at Crawley, competing as an Under-11



At Crawley AC Tom Lintern Medal meeting on 30 August Amber ran PB's of 11.07 in the 75m and 22.16 in the 150m before rounding the day off with a PB of 3.93 in the Long Jump. She is presently the fastest 9-year-old in the UK over 75m. Well done Amber.

The under 11s – on track for a great future



# The under 13s revival starts here

The new Boys U13 Team Manager **Quenton Davis** writes:

**The intention this season was to try and encourage greater participation by Phoenix athletes in competition track and field events, particularly in the Sussex U13 Track & Field League.**

Paul Collicutt and Phil Savage actively promoted open meetings available within the county for athletes at U13 level and lower and although I think there was some improvement on attendance at Track & Field League meetings there still may be some lack of communication within the club as a whole.

However, the U13 Boys and Girls managed to stay off the bottom of the league and considering our generally lower attendance record than the other clubs competing, this shows that the athletes that did compete were consistently producing high standard performances.

This was particularly evident with **Archie Davis** and **Maria Andrews** who were never out of the top two on the track. I would also like to thank **Will Russell** for good performances this season but more importantly for his 100% attendance record. Archie also won the 1200m at the Sussex Track & Field Championships which gained him a place in the Sussex Team for the annual inter-county match at Kingston and a silver medal in the Sussex Combined Events Championships, with **Matthew Berridge** in fourth place.

Having seen some of the younger athletes competing this season and taken note of some of the others, particularly **Amber Anning**, it would seem that we have a crop of good young athletes at the club who need to be encouraged to start competing during the forthcoming cross country season and next year at track and field.

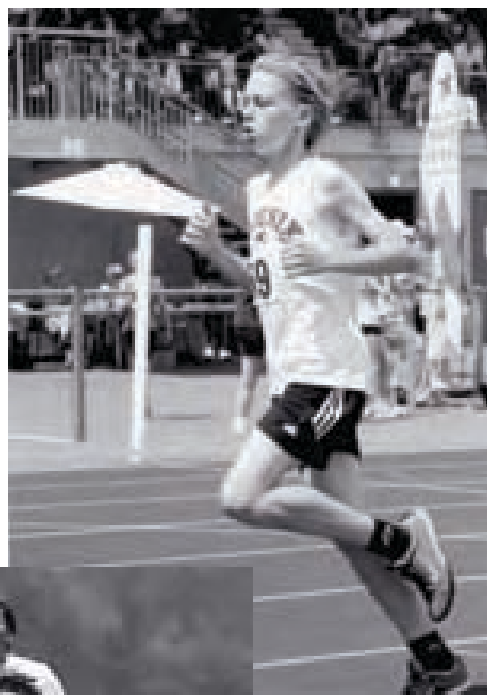
Many thanks to all those athletes who did compete and the parents who encouraged them to do so. I shall be in touch soon!!



**Matt Berridge was the winner of the Burchell Award for boys at the club awards ceremony in February**



**Will Russell has run an incredible 33 times at the Hove Park 5k time- trials. His pb is 21:43.**



**Archie Davis has had an excellent season. Here he is in action at the County Championships.**



**Amber Anning on her way to three gold medals at the Crawley AC Tom Lintern Medal meeting on 30 August**

## CONTACTS

### MANAGEMENT BOARD

Paul Collicutt *Chair*  
paul.collicutt@virgin.net  
01273 206418

John Marinko *Vice-chair*  
johnmarinko@waitrose.com  
01273 323215

Andy Bone *Vice-chair*  
andy@jacksonbone.co.uk  
01273 261689

Malcolm Kemp *Coaching Director*  
mkemp gn@ntlworld.com  
01273 507633

Paul Thomas *Club Secretary*  
disabledathlete@googlegmail.com  
Tel: 07738 664790

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

Liz Halliday *Senior Rep*  
lizhalliday2003@yahoo.co.uk  
01273 890705

### 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

Phil Savage *UKA Coach*  
philmsavage@msn.com  
01273 561750

Chris Isherwood *UKA Coach*  
stcyprien5@hotmail.co.uk  
07720 409534

Dave Howe *UKA Coach*  
davehowe1941@hotmail.co.uk  
01444 239672

Colin Simpson *UKA Coach*  
colin@brighton.ac.uk  
07780 883352

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

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 Guilmant  
joshjoshg@hotmail.co.uk  
07762 057986

*Senior Women* Erica Martin  
erica.martin@waveleisure.co.uk  
07976 586214

*Vet Men* Andrew Haig  
andrew.haig45@googlegmail.com  
01273 673063

*Vet Women* Jane Edmonds  
jane.edmonds@btinternet.com  
01273 673063

*U13 Boys* Quenton Davis  
quenton.davis@ntlworld.com  
01273 503256/07977906327

*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

## PHOENIXED



Malcolm Hughes demonstrates baton-changing technique to the GB 4 x 100m relay squads prior to the European Championships in Barcelona.

Thanks to everyone who contributed photographs for this edition and apologies for not crediting individual pics, but you know who you are!

## EVENTS

Sep 19	Arena 80 Hove Prom 10k	Sussex Grand Prix
Sep 25	SEAA 6/4 Stage Relays for Women & Young Athletes	Aldershot
Sep 26	SEAA 6/4 Stage Relays for Senior Men & Veterans & Young Athletes	Aldershot
Sep 26	4th BHEAA Stanmer Stagger 5 miles	Sussex champs
Sep 26	Bexhill 3 Pigs 10k	
Sep 26	Firle Half Marathon & 10k	
Oct 2	Chichester XC Relays/Sussex champs	Goodwood
Oct 3	Lewes 10 Miles	Sussex Grand Prix
Oct 3	WSFRL Relays	WSFRL
Oct 10	Jog Shop Jog 20miles	
Oct 16	ERRA National 6 Stage Relays	Sutton Park
Oct 17	Lancing Steepdown Challenge 5M	WSFRL
Oct 17	8K Undercliff Run For Women	
Oct 23	Sussex XC League – Race 1	Goodwood
Oct 23	Beachy Head Marathon	
Oct 31	Barns Green 1/2 M	SG P – Sussex Champs
Nov 7	Foxes 5	WSFRL
<b>Nov 14</b>	<b>Phoenix Races, Brighton</b>	<b>Sussex Grand Prix</b>
Nov 21	Brighton 10k	Sussex GP
Nov 27	Sussex XC League – Race 2	Plumpton College
Dec 5	Crowborough 10k	Sussex Grand Prix
Dec 11	SEAA Masters & Inter Counties Champs	Biggleswade
Dec 12	Seaford Mince Pie 10 Miles	
Dec 19	Sussex Masters XC Champs	Denne Park, Horsham
Dec 26	Boxing Day Races	Preston Park
Jan 8	Sussex XC Champs	Stanmer Park
Jan 15	Sussex XC League – Race 3	Bexhill
Jan 22	Sussex Schools XC Champs	
Jan 29	South of England Area Champs	Parliament Hill
Feb 6	Chichester 10k	Sussex Grand Prix
Feb 12	Sussex XC League – Race 4	Lancing

### Asthma Notice

If you are asthmatic and use an inhaler you may need to register it for competition. Club Secretary, Paul Thomas has the form you need. It is up to you to take individual responsibility to do this. On no account should you stop taking your inhaler without first consulting your Doctor.

### Parents

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

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

ONE DIGITAL CREDIT

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