



**THE PHOENIX FLYER** SPRING 2012

# We are the champions

**See page 4**



**Who won this lot in 2011?  
See page 3**



**At last 2012 is here!  
Finally we are in Olympic  
Year and it's time to  
remind everyone all  
about Phoenix's great  
Olympic history.**

We were co-founded by Olympic 800m champion **Steve Overt**. Steve went to three Olympics – Montreal, Moscow and Los Angeles. He won gold in the 800m and bronze in the 1500m in Moscow (1980). In 1984 in Los

Angeles he was laid low by a severe bronchial infection that saw him stretchered off twice. Despite this, he still made the finals of the 800m and 1500m. He set our club record for 800m in the Los Angeles Olympic semi final.

**Mark Rowland** won bronze in the 3km steeplechase at the Seoul Olympics (1988). His time was not only a Phoenix club record but also a UK record (and it still is!) and at the time it was the 5th fastest time ever. In Seoul we also had **Frank Rickards** running the 100m and 4 x 100m at the Paralympics. Frank came 4th in the 100m final setting a UK record, and the UK team also came 4th in the 4 x 100m final.

Also making her Olympic debut in Seoul was Phoenix second-claim member **Sally Gunnell**. Sally ran in two more Olympics in Barcelona (1992) and Atlanta (1996). In Barcelona Sally won gold in the 400m hurdles and also ran in the 4 x 400m team that came home with a bronze.

Since then we have had two athletes who have competed at Youth Olympics. **Sophie Coleman** won silver in both the individual triathlon and the triathlon relay in Australia. Even more recently **Charlie Grice** won bronze over 1000m in Singapore in 2010.

You know that's not a bad history for a big club, let alone a small club like Phoenix. Now who's going to make the next bit of Olympic history for Phoenix? Someone will – of that I am absolutely sure – because Phoenix is not just your average club!



**Phoenix Flyer** is for and about you. It relies on contributions from coaches, managers, athletes, friends and families. Why not send us your contribution for the next edition? The deadline is **31 Aug 2012**.

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## Happy birthday dear Phoenix

2011 was the thirtieth anniversary of Phoenix and we celebrated with a knees-up at Knogle Hall on Saturday October 29. The evening was preceded by our annual awards ceremony. It made a great change doing this with a roof over our heads rather than the traditional cold and rain at Withdean stadium. We're thinking that this party/awards combination is worth repeating on an annual basis.



## Charity begins at homeless



Phoenix recently presented a cheque for £600 to The Clock Tower Sanctuary to support its work with young people aged 16-25 who are homeless or insecurely housed. The cheque represents funds raised by Phoenix's first ever 10K seafront race.

The race, which took place in July, is the city's only summer evening race and looks set to become a regular fixture in the road-race calendar. This year 450 participants signed-up for the race, opting to make a donation to the Sanctuary – the race's charity partner, instead of receiving a medal.

Phoenix's Paul Collicutt and rising star Charlie Grice (Junior International and

Youth Olympic bronze medallist) presented the cheque for £600 to the Sanctuary's Sean Gibson at the end of October at Withdean Stadium. Paul said: "The 10K was exceptionally successful with superb conditions, excellent organisation and some really fast course times. We're delighted that we've had an opportunity to support the valuable work of The Clock Tower Sanctuary and look forward to working with them again next year."

Phoenix have received the go-ahead to stage the race again this year on Wednesday 18th July 2012 with up to 600 participants. Registration is now open.



# And the award goes to...



Burchell Award for Boys **James Lucas**  
 Burchell Award for Girls **Louisa Saunders**  
 Club athlete of the year U11 Boy **Sam Betts**  
 Club athlete of the year U11 Girl **Claudia Betts**  
 Club athlete of the year U13 Boy **Matthew Berridge**  
 Club athlete of the year U13 Girl **Charlotte Matthews**  
 Club athlete of the year U15/U17 Boy **Billy White**  
 Club athlete of the year U15/U17 Girl **Megan Lille**  
 Best Performance T & F – Male **Charlie Grice**  
 Best Performance T & F – Female. No award  
 Best Performance XC / Road – Male **Finn McNally**  
 Best Performance XC / Road – Female **Erica Martin**  
 Outstanding Team **U13 Boys** Southern road relays  
 Tough of the Track **Sam Kitchen**  
 Shield for Commitment & Enthusiasm **John Marinko**  
 Volunteers Award **Bruce Warren**  
 Come-Back of the Year Award **Dan Stepney**  
 Veterans Awards O40 Men **Bruce Faulkner**  
 Vet Awards O50 Men **Terry Avey**  
 Vet Awards O35 Women **Liz Halliday**  
 Vet Awards O50 women **Lesley Fairbairn**  
 Multisport Awards – Male **Tom Hopkins**  
 Multisport Awards – Female **Liz Brama**  
 TSC Outstanding Achievement Award **Faye McClelland**  
 Tri Club Champion – Male **Malcolm Hughes**  
 Tri Club Champion – Female **Erica Martin**  
 Blackcap Handicap winner **Ian Moss**  
 Blackcap Fastest Male **Ray Matthews**  
 Blackcap Fastest Female **Sonal Chaudhary**  
 Chairman's Cup **Andy Bone**

Lance Bellers took the pix  
 Nerine Standen's husband Joe did the catering and managed to load the tables with an exceptional range of grub to suit all tastes. Andy Bone had managed to acquire a serious looking barrel of Harveys to stand alongside the wines and soft drinks on offer. Then the lights dimmed and turntable maestro Rik Taub began to tempt us on to the dance floor.

So thanks to Andy Bone and Ray Matthews who organised the event and to all those who helped out.

## Terry's All Gold



Terry Avey set himself the task of winning thirty age-group firsts in the Club's thirtieth year (and his first as a 60+ athlete).

Quite a few of us are obsessional racers but none more so than Terry Avey. Terry is happy to run two races over a weekend if he can't find a third. He was 60 right at the beginning of last year and knowing that it was also our thirtieth anniversary year, thought it would be a great challenge to win thirty age-group trophies in these twelve months. Competition is surprisingly fierce in this age group so this was a tall order. By mid-November he was still two short but managed it with a final flourish, taking some big scalps on the way. Fittingly among his wins was the inaugural Phoenix10k in July. An amazing achievement by Terry and surely a club record?

## Team Friis/Carter

Deb and Dave are continuing to build their team of budding athletes – certainly junior boys.

Douglas Sam Friis Carter was born at 7:56am on Thursday 23 Feb weighing 6lb1oz. Deb says that Dougie was born just 15 minutes after they arrived at the hospital. Yup – built for speed! "We were back home by 2:30pm in time for Dougie to meet his big brother Otis after nursery".





# Mud and Glory

**Bruce Warren reports on an epic x-country season for Phoenix**

Mud, driving rain, howling wind, numb hands and red noses form many people's memories of cross-country running at school. But despite this recollection, over the years cross-country has been the training backbone for many successful distance runners. Evidence does not lie; looking at the outstanding achievements by many Phoenix runners throughout what is probably one of the club's most successful x-country seasons, it is apparent that there are many talented distance runners at Phoenix. It is also rumoured that some of them actually enjoy x-country running!

X-country running involves true racing, with the competitors running against each other, the course and the elements and not chasing the clock and pbs. Phoenix runners showed what great competitors they are with many fine individual performances. There are too many to list them all but here are a few highlights.

The season started in October with the club's youngest winner, **Lucas Nerurker**, at Hickstead in the U9 boys. In the first of four County League races at Goodwood there were wins for **Matthew Berridge** (U13boys), **Billy White** (U15boys), **Will Durkin** (U17 boys), **Erica Martin** (Sen Ladies) and **Max Pickard** (U20 men). This set the tone for the rest of the league races with many more winning performances, with **Archie Davis** winning the next three U13 boys races to win the individual gold medal and **Billy White** winning the individual U15 boys gold medal. Both Archie and Billy went on to win gold at the Sussex County Championships and Billy completed an exceptional season, coming 5th in the National X-Country Championship in February.

Also at the Sussex Championships, **Will Durkin** (U17men) and **Max Pickard** (U20men) both won silver medals. However, it was the senior men's race that was a highlight for Phoenix. In an enthralling race **Jon Pepper** led from the gun and came out on top to be crowned County Champion with **Ben Tickner** taking silver and **Ian Leitch** 4th, **Josh Guilment** 5th and **Fin McNally** 6th. With x-country running the team is often as important as the individual and team Phoenix proved this point. With five Phoenix runners in the top six and a total of 21 men competing, Phoenix were crowned Sussex senior men champions for the first time in 12 years. It must be stressed that all runners can contribute to team victories, whether they are in the medal-winning positions or not – just making up one more place can deny another team valuable points. This was proved with the B team being rewarded with a bronze medal, just one point ahead of fourth place.

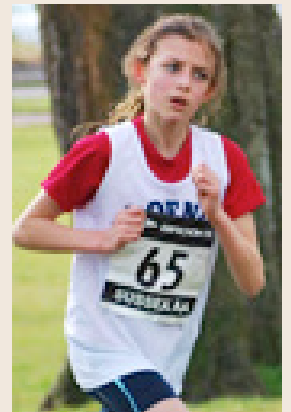
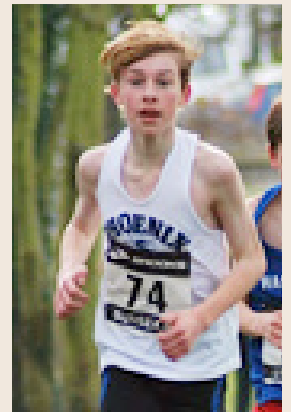
Throughout the season there were many other fine team performances. The U13boys and senior men won the Goodwood relays. In the Sussex County League there were golds for the U13boys and bronzes for the U17men. In the Sussex County Championships there were again gold for the U13boys, silvers for both the U15men and O40men and bronze for the U17men. Also a special mention of the U13girls and senior women: they didn't win any medals but fielded teams for most competitions.

Following on from their fine performances in the County Championships, although not wearing the Phoenix vest, **Ben Tickner** went on to win the South of England Championship race held at Stanmer Park, with **Jon Pepper** finishing 3rd, and Ben went on to finish 11th in the National X-country Championship.

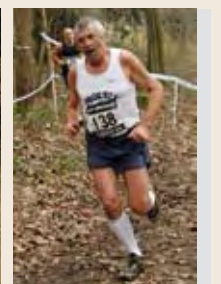
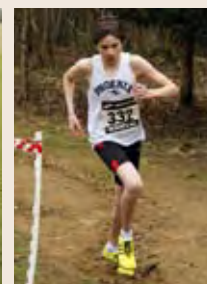
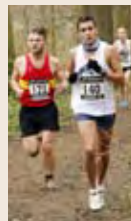
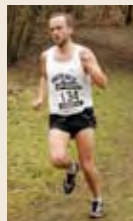
There was one runner who was absent from the fields of Sussex for much of the winter but achieved the highest accolade by any Phoenix x-country runner this season. This honour went to **Charlie Grice** who won his first GB x-country vest in the international team event against the USA and Europe.

Well done to all those who braved the elements on the fields of Sussex and England to represent Phoenix and a special thank you to those who supported the runners.

## League



## County Champs





South of England Champs



Goodwood XC Relays



Masters



COMING  
UP

South Downs Way Relay  
Saturday 2 June 2012

Starting at Beachy Head and finishing near Winchester, this is the best part of 100 miles off-road along the South Downs Way. Each runner runs three non-consecutive legs in a team of six. This is always an action-packed day full of running and great camaraderie. If you are interested in taking part, please contact one of the following:

- Liz Halliday** (women) [lizhalliday2003@yahoo.co.uk](mailto:lizhalliday2003@yahoo.co.uk)
- Josh Guilmant** (senior men) [guilmant@googlemail.com](mailto:guilmant@googlemail.com)
- Andy Bone** (Vet men) [andy@jacksonbone.co.uk](mailto:andy@jacksonbone.co.uk)



## Exciting Times

This has been the season when the senior men stepped up to the plate. They end the 2011 season as the undisputed number one relay team in Sussex with wins in the Sussex Road and Cross Country Championships as well as the highest finishes by a country mile in the Southern and the National Championships. What is encouraging is that the relative youth of the senior squad means that the achievements described here have the potential to be bettered during this year. Keep an eye too on the under 13 boys, who yet again have shown a dedication that has been rewarded with considerable success.



Finn, Charlie, Sam, Max, Josh and Jake at the Southern



Isaac, Archie, Matt and Reuben enjoy their success

## South of England Road Relay Championships

**Aldershot 25 September 2011**

Team Phoenix entered their youngest ever team to a senior championship, with an average age of 19½ years, and had the best result for many years.

**Finn McNally, Max Pickard, Charlie Grice, Jake Elliott, Sam Wade and Josh Guilman** came a magnificent 14th.

Only a day before the Junior Boys were showing just how strong the next generation of athletes could be with a fantastic 5th place in the U13 age group. Top performance in the team was **Matthew Berridge** with a time of 10:57: this was 13th fastest on the day. He was backed up by his very strong team mates: **Reuben Hoyte, Isaac Wright and Archie Davis**.

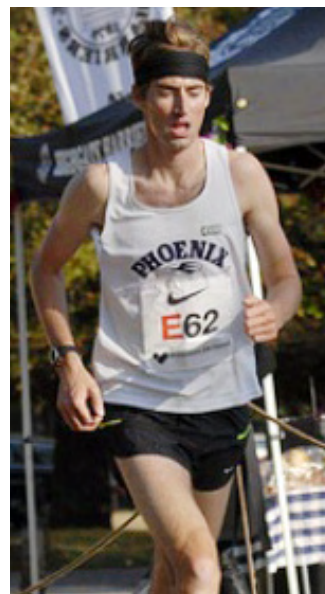
## National Road Relay Championships

**Sutton 15 October 2011**

Five of the original six from the Southern Championship team made the journey to the Midlands, **Tom Hopkins** stepping in for **Jake Elliott** for the opening leg. Each runner was able to make steady advances and **Charlie Grice** put down the fastest time of the day: 18.21 – close to the club record of 18.14 held by **Tom Naylor**. He moved the team up 11 places to 39th position. **Josh Guilman** and **Finn McNally** pushed the team up to 32nd overall out of 76 finishing teams. This was the 12th best result by a southern team and the second best by a Phoenix team in these Championships, the best result coming a whole decade earlier by the 1998 team who finished 20th.



Finn pushes on through the field



Josh takes another two places




The best result in the Nationals since 1998: Team Phoenix

# Runner's World

A trio of reports on the experience of racing overseas

## Munich

 The Bavarian capital frequently comes out high on lists of the world's most desirable cities, plus my dad lives within striking distance in Austria, so the plan was hatched – I was to meet up with him for my second marathon and afterwards we would spend a few days together taking in the delights of the city.

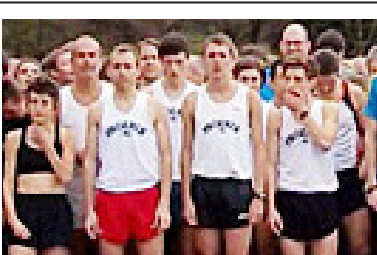
Armed with sixteen weeks of (largely solitary) Pfitzinger training in my legs, I arrived at the gleaming Munich airport and took my place on the train into town. An hour later we hadn't budged an inch. What had happened to that famous local efficiency? Not a good start. But once we eventually got moving I arrived at the Olympic Park to collect my number – site of the 1972 Olympic games and still looking good with its daring spiders' web architecture and landscaped parkland – my spirits soared – this was just a fabulous place to run. I enjoyed the pre-race pasta meal and set off to our hotel.

Next day at the start line I was slightly caught out by the chilly October weather – I hadn't felt the cold at all during training and I realised I had also forgotten that all-important vaseline, essential for a 26.2 of course. I approached likely-looking runners and used my schoolboy German to ask "Bitte haben Sie etwas, er, vaseline?" One kind local fished a pot out his bag for me and within minutes we were off.

The course is mostly flat with a few slight ups and downs. There are tramlines everywhere. It takes you past the Siegestor victory arch and then a few miles through the 'Englischer Garten', larger than New York's Central Park and a beautiful place to run the early stages of a marathon. Beyond halfway is mostly through well-heeled residential streets where Bundesliga footballers reside and then you turn for home back towards Marienplatz, the heart of the city and location of many a good beerkeller. A few more historic streets just went by in a blur as I battled to stay at a decent pace and then you approach the Olympic Stadium in which the race finishes on the track with a mini lightshow and booming music.

I wasn't especially fast but as I tucked into the complimentary giant pretzels and alcohol-free beer at the finish, I was satisfied with taking eight minutes off my previous time – and still had all those beerkellers to look forward to!

Lance Bellers



## Phoenix rewrite the records at Hove Park

The Brighton and Hove parkrun records in recent time have been few and far between but on December 3, with three Phoenix internationals lining up on the start line, anything was possible. After the first false start in Brighton parkrun history, **Ben Tickner** took control of the race with a 2.50 opening kilometre. Sitting just behind him were **Charlie Grice** and **Jon Pepper**, with **Will Durkin** slightly further back. Such was the speed Tickner set up front with his aggressive front running style that he passed 3k in 8.33. Not far off at this point were Charlie and Jon working together to keep Ben in sight. As Ben moved on to the last part of the final lap it was clear that he was going to take the record – an exceptional 14.30, some 20 seconds under the previous mark. When you get individuals of this talent running together it pulls everyone on, with three breaking the old record. Jon moved clear on the third lap from Charlie and came home in 14.44 with Charlie setting an age group record in 14.46. These were massive runs on what is by no means an easy course. 4th in was Will in 15.56, another big breakthrough for him taking 30 seconds off his PB and moving him well up the leader board.

Not to be out done by her husband, **Flo Pepper** had her best race back from a long layoff to improve her PB to 17.57 and go 7th in the all-time rankings and top of the Phoenix rankings. It was another age group record.

This means that Phoenix hold the three top positions at parkrun, five of the top six performances and nine of the top 15 performances – not bad for a small club.


A few weeks later on Christmas Eve, John Pepper improved his time to 14:39 as did Josh on 15:04 (age group record) and **Billy White** on 16:33 (age group record).

**Will Russel** is by far the most prolific Phoenix parkrunner with 96 runs. He should reach 100 in early April.

Photos courtesy of John Doherty



## Florence

 Florence is a beautiful city. The buildings that the Florentines make a fuss of really excel, but the architecture is almost unfailingly impressive. The light is divine. Classical statues are literally standing around on street corners. Frescoes are more common than graffiti. Everything you put in your mouth pleases, including set menus, house wine, standard coffee, gelato... Nothing is corporate. The hotels contain antiques. There is beauty everywhere. Not a city person, I fell in love instantly and unfailingly. The Firenze marathon is definitely not one to do with one's eyes on the road and one's thoughts turned inward.

The first part of the course includes residential areas and a pretty park and the second part makes the most of the relatively small older town. I really cannot do justice in words to the Piazza San Giovanni with its Cattedrale de Sante Maria del Fiore, the Piazza della Repubblica, the River Arno, crossing the Ponte Vecchio, passing the Galleria degli Uffizi. The crowd density varies but is unfailingly enthusiastic and supportive.


Although pancake flat, the course map looks like spaghetti. Lots of corners. But it is fast. I got a Personal Best time, faster than I achieved in Berlin, Chicago or London.

I was lucky in lots of ways on marathon weekend, especially with the weather. Mostly, though, I was lucky to be running a marathon in Florence. I highly recommend the experience.

Tom Farsides



## Avignon

 The medieval city of Avignon in the South of France is one of the few from that era to have preserved its walls intact. The towers and ramparts are a fabulous sight from the banks of the mighty Rhone river beside which it is sited.

I was there last September for a short sketching holiday and discovered that there was a 10k race on by chance. I had encountered a road gang placing cones over the bridge that leads from the city to the Ile de la Barthelasse that faces it. I know race preparations when I see them and, despite my primitive French, was able to find out that the Avignon 10k would be starting from the city centre a couple of hours from then. I couldn't resist.

By the start, the temperature was in the mid 90s. The thousand or so competitors were led on a tour of the cobbled city centre streets and then taken out over the bridge for an island circuit before being returned back to the town. Great atmosphere, great views. The scene from the bridge as we approached the town again was stunning and one I had painted the day before. The only downer was the run-in with a grumpy organiser who wouldn't let me sign up officially without a medical certificate. (Surly ponce d'Avignon?)

My resolution from now on is to check in advance to see if there are any races on at my holiday destinations. Avignon is now accessible by Eurostar and is a wonderful place to visit with or without a 10k.

Andrew Haig





## Phoenix Races

For the first time in 30 years we had both sun and warmth for the start of this popular event. The U11 girls showcased the next generation of talented youngsters coming into our sport with a titanic battle between **Amber Anning**, **Almi Nerurkar** and **Naomi Fonteyn**. **Joe Barker** won the U11 boys, with Phoenix /Lancing Prep's **Charlie Warren** 4 seconds behind in third.

This year's Friday Ad Mile was up in numbers and also up in quality. Phoenix's **Will Durkin** shared the same time as **Dan Stepney** in a new course record of 4:36. In fact they almost shared the same pair of shoes as they crossed the line together with Will just outleaning Dan. It was good to see Phoenix star **Flo Pepper** back in racing action as she took the women's race from **Abigail Ashbee Simmonds** in a time of 5:12.

Crawley dominated the Under 13 girls race with **Rebecca Chee** a fine winner. They also had 2nd and 4th and easily took the team title. First Phoenix athlete home was **Elorah Mann**, who had her best run out for the club so far. In the boys race **Archie Davis** and **Matthew Berridge** were first and second and Phoenix also took the team title.

The under 9 girls saw yet another of the super speedy racing Cooks from Bodyworks win as **Bethany Cook** triumphed, beating Phoenix athlete **Lydia Whitworth** into second place. There was drama in the boys' race with **Lukas Nerurkar**, who had been on the shoulder of the winner, falling just before the grass finish. Gamely he got up to finished in third place.

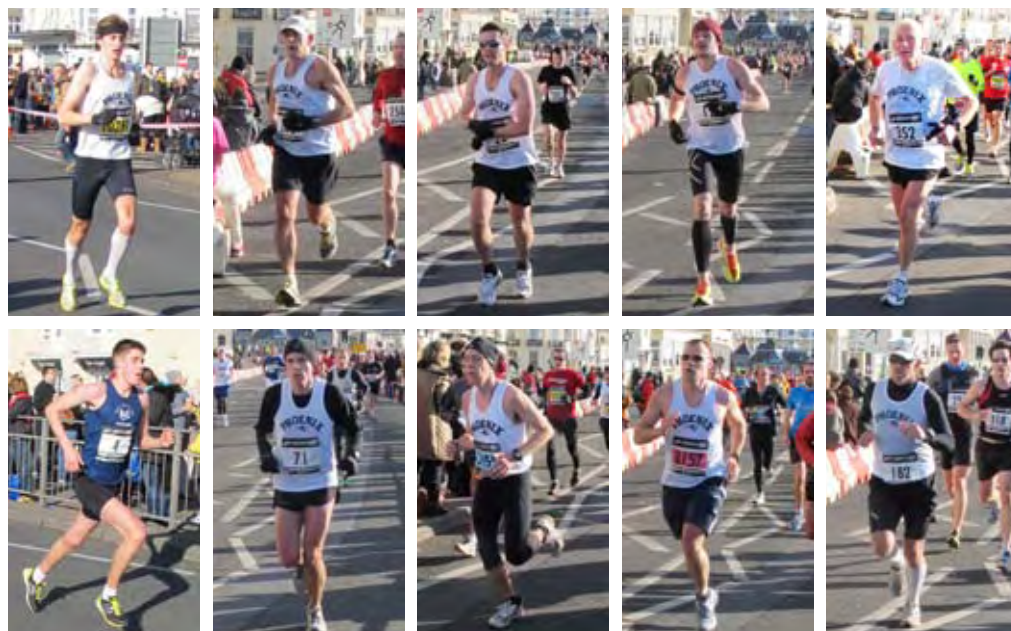
The smallest field of the day was in the U15/ U17 girls race. **Grace Cook** led Bodyworks to the team title with a runaway victory in the U15s and **Lauren Bourne** of Worthing took the U17s. In the boys races we saw some determined front running from **Jake Elliott** to take the U17 title and it was great to see the ever-improving **Ryan Elson** get 2nd in this race. **Billy White** was dominant in the U15s and **Sam Kitchen** had perhaps his best distance race so far as he passed top County runner **Jake Algar** for 2nd place. The new course was well received by the athletes and created great spectator opportunities as you could see the entire race unfold. Now if only we can guarantee the weather next year.

Photos courtesy of [www.sussexsportphotography.com](http://www.sussexsportphotography.com) and Lance Bellers



## Brighton Half (and a bit)

Phoenix is going through a golden spell at the moment and the showing at the Brighton Half Marathon was no exception. It is officially confirmed that the course was 13.42 miles rather than 13.1 owing to a misplaced turn-around cone near Roedean. The organisers have now added adjusted chip times to the results. Since **Ian Leitch** was actually leading the race at 13.1 miles, he has a particular reason to be annoyed. Even so, second (**Ian**), third (**Josh Guilment**) and fourth (**Finn McNally**) for Phoenix is quite an achievement. **Terry Avey** was first M60.



## SGP results and races

Twenty races comprise the **Sussex Grand Prix** competition, including our own 10K. Your best eight performances are scored for you as an individual and also added to your club total. Phoenix prize winners for 2011 included **Sonal Chaudhary** (fourth senior woman), **Terry Avey** (19th male vet and fourth V4) and **Andrew Haig** (16th male vet and first V6). Phoenix came tenth out of the 23 clubs competing.

COMING UP

## Sussex Road Relays

April 7th sees the Sussex Road Relay Champs at **Christ Hospital, Horsham**. Last year our senior men's squad were gold medalists after an electrifying race. They will certainly be looking to defend that title and there is talk of taking a shot at the course record. The O60 men will also be defending gold. Best way to get to see it? **Sign up now with your team manager and be part of the excitement.**





## 2 days in the life of Brian

**Outside it was snowing gently and silently like only snow can.** Inside it was like being on a beach with a colony of seals. No sooner had the lights gone out than the first loud mating call went up just two people to my right. The reply came almost instantly from the other side of the room. How can people snore so loudly and yet remain asleep? I slid further down into my sleeping bag, pulled it up over my head and resigned myself to a long sleepless night. Welcome to the 2012 edition of The Pilgrim Challenge 66-mile 2-day ultra.

I thought it would be tricky trying to sleep in a school gym with a load of other runners who had run 33 miles across the North Downs Way earlier in the day; tomorrow we would be running another 33 miles so a bit of sleep would come in handy.

Day 1 had gone pretty well apart from a spectacular fall by me that ended in a triple somersault at about 17 miles! No damage done, I was back on my feet and passing walkers and slower runners who had started earlier than us elite(!) athletes. The trail was good with a fair bit through woods and I was ticking along nicely with an average pace of just under 9 min/miles until we got to Box Hill – just after I had a minor indiscretion with the A24 which I'll come to later.

At Box Hill we had to climb 268 steps cut irregularly into the hillside. This annoyed me because in the space of a mile and a bit it knocked my average pace right out to 9:25 min/mile. "That does it, I'm off"



and I set about getting my average back down over the last 10 miles to where I wanted it. I was charging through the field, not even bothering to stop at the last check point, and ended up 8th. Good boy, go get something to eat and lie down.

I had as much tea and cake as I wanted, showered and then settled down to recover; later on I had some pasta followed by fruit crumble and custard. After watching the England/Scotland rugby game we were treated to a talk by James Adams on his race across America last year. All the while snow was falling, but it was left to the morning to see how much had fallen and take it from there.

After my sleepless night I took another shower to wake me up from my lack of sleep, then had brekky. As we'd had a large snowfall overnight, the Race Director decided on a mass start because of logistics with checkpoints. Mad dash to the loo, get changed and packed and arrive at the start with seconds to go feeling bad, trying to digest marmalade toast and cornflakes. And then we're off again.

### Into the snow

While yesterday's performance was a pretty straightforward affair, today's drama was going to unfold upon a spectacular blanket of white. I was thinking last night about how I was feeling pretty good after day one – my training had gone well, I had enjoyed 3 months of weekend back-to-back long runs and my Tuesday 25x45sec intervals + flat out mile had even brought my parkrun pb down! So I decided to start more competitively than usual and ended up ploughing through the snow by myself. After a couple of miles I was joined by a fell runner (he told me that) and we stayed together til just after descending the snow-covered 268 steps, and my second indiscretion with the A24!

You see, I was blissfully unaware that you weren't meant to cross the A24 but run alongside it for a while, use an underpass, then come back along the other side. When I ended up in front of a group of three who I had been trailing it dawned on me why. Uh-oh! So I tactfully stopped to turn the snow yellow so they could catch up, and one of them told me of

my error. "Nevermind", another one said, "just tell them at the finish and they'll dock you 4 minutes. I did it yesterday".

Shortly after this bonhomie a weird thing happened; despite being told the right way to go two of the group insisted on going the wrong way! The other guy had done this race twice before so I stayed with him and eventually we caught a group of four.

### It helps to know where you're going

Now there were six of us running along in two columns of three. This went on for some miles and it was very pleasant ticking off the miles with a little chatter every now and then, keeping up a good pace along wooded trails in a stunning snow-covered setting. Eventually I asked one of them how many were in front. "No one's in front". WHAT! Blimey I'm running with the leaders – don't panic!

After the next checkpoint an American guy who was wearing shorts (in this weather!) dropped off – probably hypothermic – and the five of us sauntered on. Then one of the two who had earlier gone wrong came past us all and took a Belgian guy away with him, then promptly went the wrong way again! Down to four. We stayed like this until mile 25 when the overall race leader stopped all-of-a-sudden and I had to jump tracks to avoid him. Just the three of us now. (Somewhere, I'm not sure where, that fast guy came past us again, this time without the Belgian.)

I tucked in behind my two new friends who chatted away continuously while I just tried to breathe continuously! We came to a hill and they asked if I was happy to walk. I was happy to walk to the finish! I had started to suffer a bit by then with very cold wet feet and I was longing for the finish but we still had about 3 miles left. I was tailing off a bit but trying to hang on with these guys as I didn't want to risk going wrong.

### "Blimey I'm running with the leaders – don't panic!"

Eventually I got to a short road section I remembered from yesterday, close to the finish, when I heard footsteps rushing up behind me. It was the overall race leader again, obviously over his bad spell. "How far ahead are they?" he asked, but he was too far gone by the time I could put into words what my tired brain had thought of. Back off road and what bliss to see the Extreme Energy banners waving up ahead at the finish. I crossed the line 5th on the day, admitted my indiscretions and got docked 2x4 minutes – fair enough.

Even with my 8 minute penalty I finished 6th over the two days, 1st O50 and I beat all the O40s! After I thawed my feet out I won a trophy, a pair of shoes and a buff, and we all got a funky medal and a neat techy-T.

The two days had been an unforgettable start to my ultra journey, which I hope will culminate at the Comrades ultra marathon in South Africa next year – if my knees hold out!

### Brian caps a tremendous performance with the O50 title





# TRACK AND FIELD

## 'im indoors **Charlie Grice gives us the inside story**

The indoor season is mainly for sprinters during the winter but the events go up to 3000m and in some cases 5000m. The indoor track is 200m long compared to the outdoor tracks of 400m so it is a different type of racing and there are also embankments on the bends. The atmospheres at indoor arenas are great because the crowds are much closer to the track and it's warm inside! My coach Jon and I decided to give it a try, partly because I have always wanted to do it and also to see how quick I can run off cross-country training.

The first race I did was quite a big one, the South of England Indoor Championships in London. I raced the U20 1500m and I won it in style in a new Championship record (3:54)! I couldn't really ask for more than that in my first attempt. The following week I raced in the 800m in the London Indoor Games at the same venue as the previous week but in a senior competition. Although I went into the race confident, I was a bit apprehensive about this as I had only done two speed sessions prior to this. I relaxed through the early stages and was 3rd for the first 400m and then kicked on for home with 400m to go. I felt really strong and came through in first in a time (1:51) that both Jon and I were pleased with.

The National Indoor Championships in Sheffield went well. It was a busy time because on the Friday before the Nationals I was due to visit the Olympic Park in London and there was lots to see. Although it is very barren at the moment and there is still a lot of machinery around, once all the planting is completed I think it will look much better but it was really cool to have a look to see how it is all progressing. It was bitterly cold and bleak during my visit, with grey skies and a biting wind, but even so it is all very impressive. Unfortunately, I wasn't allowed to go onto the track but hope to do this on a future visit.

I travelled on from the Olympic Park to Sheffield on Friday. My first race was on Saturday afternoon



(heats). I have never been to the Sheffield Arena or a senior major competition indoor or outdoor before. The Sheffield Arena is a lot bigger than where I have raced previously and the atmosphere during the competition was electric. There were TV cameras around and lots of familiar famous faces.

Before the race on my warm-up the weather had been very cold and unfortunately for me I slipped on some ice and fell and cut my knee just 30mins before the start of the race (not a good start!). Luckily it

was only a bad graze and I didn't let it shake me up, although Jon got a bit of a shock when I came back from my run with blood running down my leg!

I was in the toughest heat out of the two. On paper my PB put me fifth and the qualification procedure was that only the top 3 in each heat plus the next 3 fastest losers out of the two heats were guaranteed a place in the final so I knew I had to run very well to get through and qualify, which was my main aim. I ran a good race and was second up to finish but got out dipped on the line and came third in my heat with a tenth of a second separating the three of us. But we were well clear from the rest of the field.

After the race I iced my knee to reduce the swelling and then went back to the hotel and relaxed ready for the final the next day. I was lined up on the inside in lane 1 alongside some very good quality athletes, with some of them even full time. I was the youngest in the field and the commentator mentioned the age range was 18-28. The race went off at a steady pace although it was very scrappy and I got boxed in a couple of times, which caused me to run wide at some points. However, I was always in the top 6 and

the plan was to hang on. With 400m to go the pace suddenly increased and it was every man for himself and we were now at this point in a line and I was accelerating towards the end and nearly caught a guy in front of me. I came sixth with a new personal best and only 3 seconds separating me from the winner.



**Charlie – star of track and screen**

The start of another new season is upon us and those of us with training plans have probably been base training for a while now and are ready to up the training intensity in preparation for the year's racing. Remember, our coaches are there to give advice if you need any help with training needs. **Malcolm Hughes writes**

### Multi-sport Champs

When you are planning your races for 2012 you should consider that the club has its own Multi-sport Championship and you only need to do three of the five races to qualify. The races are pretty local and reasonably priced. There are separate competitions for males and for females.

Points are awarded for overall placing by Phoenix Tri members: 10 points for first, 9 for second and so on. Each person will use their best three scores. In the event of a tie, the head-to-head results will decide.

The 5 championship events are:

**Frosty Aquathlon** 04/03/2012.

**Goodwood Duathlon** 25/03/2012.

**Uckfield Sprint Triathlon** 13/05/2012

**Mid Sussex Triathlon** 10/06/2011

**Sussex Triathlon** (standard distance) 07/07/2012

Links to all these races can be found on the Triathlon page of the website. I hope that as many of you as possible will be able to do at least 3 of these races.

### Open water training

Starting in May the club will have use of the lake at Southwater County Park near Horsham for open-water swim training on Tuesday evenings. There are also quiet lanes for cycling and trails for running, making it an ideal place for "brick" training. Watch the Forum for more details of times and dates and who is going.

### Other sessions

On Monday evenings there is a coached cycle/run session held at Stanmer Park. This concentrates on technique and transition (the 4th discipline). Again the Forum is the place to find out more.

Training in a group will increase your enjoyment and motivation so please use the Forum to post details of your bike training rides in the 'training' section and watch the Forum for info on training bike rides, runs and open-water swims that you might want to join.

### Southwater Sprint Relay Tri

This race is being held on Sunday 2 September this year. That might seem like ages away but the registration will open in April and the race will be full by June. We have previously found our club with no teams entered because we have delayed getting organised. The race is based at the Southwater Country Park near Horsham.

Each member of a team of three completes the 400m swim, 18km bike and 3km run before handing over to the next team member.

There is no limit to the number of teams per club and it is a great fun event as anyone who has done it before will vouch.

So if you are interested in taking part this year, or even organising the teams, please let me know on [malcolm.hughes77@btinternet.com](mailto:malcolm.hughes77@btinternet.com), and we will get our entries in early.

### Other team races

**Club Relays British Championship** 25th/26th Aug

# PHOENIX10K

Wednesday 7.30pm – 18 July 2012

**RUN/ENTER IT**

<http://www.sportsystems.co.uk/ss/event/BrightonPhoenix10K1>

**HELP MARSHAL IT**

**email - [brightonphoenix@gmail.com](mailto:brightonphoenix@gmail.com)**



# MULTISPORT ROUNDUP

2012 held at Holme Pierrepont, Nottingham, The Club Relays revolves around teams of four using a tagging format where everyone swims, everyone bikes and everyone runs the 500m swim, 15km bike and 5km run. Any four triathletes can get together and make up a team and race in one of the range of team categories available.

## **Triathlon England – National Club**

**Championships.** Emberton Park, 9th September 2012. Everyone races the whole event as if taking part in a regular Sprint (750m swim, 20km bike, 5km run). However, you race as a team of 6 and take your best 5 finishers. Each finisher is awarded points within their age group and sex, so someone winning the 40-44 age group gets 1 point, someone coming 20th in the 25-29 gets 20 points, and so on. Your lowest point scorers are added up and the team with the lowest score wins.

**BananaMan TeamTime Trial Dorney Lake.** 15th September. The Tri TTT where all three athletes race together as a team. You'll all swim, cycle and run together as a unit, and all three have to finish together to score. Normal drafting rules do not apply; in fact it's actively encouraged here!

Anyone interested in any of these team events or helping to organise the teams, please get in touch.

## **British Championship Events**

Why not find out how you rank nationally? Enter one of the British Championship events. Gold, Silver and Bronze medals are awarded in each age group to those competitors who are valid members of one of

the Home Nations Associations (Triathlon England) and a legal resident or citizen of the UK

**Duathlon Championships,** Dambuster Duathlon, 10th March 2012

**Aquathlon Championships,** BRAT Aquathlon, 19th May 2012

**Sprint Distance Triathlon Championships,** Big Cow Sprint Triathlon, 27th May 2012

**Cross Triathlon Championships,** Coniston Mountain Bike Triathlon, 10th June 2012

**Standard Distance Triathlon Championships,** Shropshire Triathlon, 24th June 2012

**Middle Distance Triathlon Championships,** Cowman, 8th July 2012

**Club Relay Championships,** Nottingham, 25th & 26th August 2012

**Tata Steel British Paratriathlon Champs,** TBC

To enter any British Age-Group Championships event, please do so through the relevant organiser's website.

## **GB age group teams**

Several of our members race for the GB Age Group team at various distances. The Great Britain Age-Group competition offers all Home Nation members a unique opportunity to compete at International Level in triathlon, duathlon, aquathlon, winter and cross triathlon. To do this you need to join Triathlon England, register for an event (via the BTF website), then qualify. Qualifying for sprint and Olympic distance tri will involve racing well at specific races. For other, less popular, races,

previous results at that distance will do. There are normally 20 places available for each age group.

Another way to race internationally is to enter a race like Ironman 70.3 European Championship Wiesbaden 2012. Sunday, 12 August 2012.

<http://ironmanwiesbaden.com/>

There is no qualification, just sign up for the race.

## **Results from the end of last season**

**Ironman World Champs** Kona, Hawaii, Saturday, 08 October 2011. Lizzy Brama celebrates her birthday by knocking 8 minutes off her last race time at Kona in 2009. Well done to Lizzy – another great race. Swim: 1:03:51 T1: 3:04 Bike: 5:33:50 T2: 3:50 Run: 3:58:30 Overall: 10:43:05

## **ITU Long Distance Triathlon World**

**Championships** Saturday, 05 November 2011, Henderson Las Vegas. The World Championships race was to feature a 4K swim but it was cancelled due to water conditions. The 120K-bike ride had more than 7,000 feet climbing, and a 30K run that boasts an additional 2,000 ft elevation gain. 40-44 Female AG. 5 Anita Jones. Bike 04:11:16 T1 00:01:53 run 02:28:46 total 06:41:55. Well done Anita

**The BUCS Duathlon Championships,** Sunday 20 November. Castlecombe. 3 Sam Wade. Run1 09:53.6 T1 00:28.0 bike 22:25.0 T2 00:31.7 run2 10:17.8 total 43:36.0. Great bronze result Sam.

Malcolm Hughes

## Frosty and Frostbite



**Sunday 4th March – 7am – a wet and windy Littlehampton seafront. Yes, it's the Frostbite and Frosty Aquathlons. Brighton Phoenix have turned up in force, 12 in all – 3 in the shorter Frostbite and 9 in the Frosty. In the Frosty, Paule Kremer and Emma Hughes were 1st and 2nd senior women while Debs Evers was 1st supervet woman. Alex Bonzi worked his way through the field on the run to go from 8th in the swim to 2nd overall. With 3 men in the top 10 and the women's winner in the team, Phoenix Phlyers (Alex Bonzi, John Tindell, Malcolm Hughes and Paule Kremer) won the team prize. Well worth the early start.**



**Top left: the victorious Phoenix Phlyers team Malcolm, Alex, Paule and John.**

**Bottom left: Paule and Emma receive their trophies for first and second women.**

**Right: Alex's run took him from 8th place after the swim to second overall.**





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## EVENTS

Apr 7	Sussex Road Relay Champs	Horsham
Apr 9	Lewes 10k and 2mile and 800m	WSFRL
Apr 15	Brighton Marathon	
Apr 22	London Marathon	
Apr 29	Haywards Heath Triathlon	
May 6	Haywards Heath 10 Miles	Sussex GP
May 6	Three Forts Marathon and Half	
May 6	Steyning Triathlon	
May 7	Tonbridge Triathlon	
May 13	Portslade Hedgehoppers 5m	WSFRL
May 13	Hastings Runners 5m	Sussex GP
May 13	Uckfield Sprint Triathlon	
May 16	Trundle Hill 10km and 1m	WSFRL
May 20	Horsham 10k	Sussex GP
May 23	Beach Run 5m and 0.5 m	WSFRL
May 27	Rye 10 miles	Sussex GP
May 27	Big Cow Sprint Triathlon	British Champs
Jun 3	Arundel Triathlon	
Jun 6	Worthing 10k	Sussex GP
Jun 7	Sussex Triathlon	Standard distance
Jun 10	Hove Park 5k & Junior Races	WSFRL
Jun 10	Mid Sussex Triathlon	
Jun 24	Heathfield Mid Summer 10k	Sussex GP
Jun 24	Shropshire (standard) Triathlon	British Champs
Jun 27	Weakest Link Relay	
Jul 1	Bewl 15	Sussex GP
Jul 4	Roundhill Romp 6m & Mini Romp 2km	WSFRL
Jul 8	Wivelsfield Woodland Wobble	WSFRL
Jul 15	Chichester Triathlon	
<b>Jul 18</b>	<b>Phoenix 10k</b>	<b>Sussex GP</b>
Jul 25	Bexhill 5k	Sussex GP
Aug 1	Highdown Hike 4m	WSFRL
Aug 5	Tilgate Forest 5m & 1m	WSFRL
Aug 12	Worthing Triathlon	
Aug 18	South Coast Triathlon	Eastbourne
Aug 19	Milton Keynes Triathlon	England Champs
Aug 28	Newick Will Page	Sussex GP
Sep 2	Fittleworth 5m	WSFRL
Sep 2	Southwater Sprint Relay Triathlon	
Sep 9	Hellingly 10k	Sussex GP
Sep 15	Seven Stiles 4m & 1m	WSFRL
Sep 16	Hove Prom 10k	Sussex GP

**The Annual General Meeting is to be held on Wednesday 28 March 2012 in the training room at Withdean Stadium at 7.30pm. All members are welcome.**



**And the award for outstanding facial hair on a triathlete goes to...**  
Club awards – page 3.

### 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)