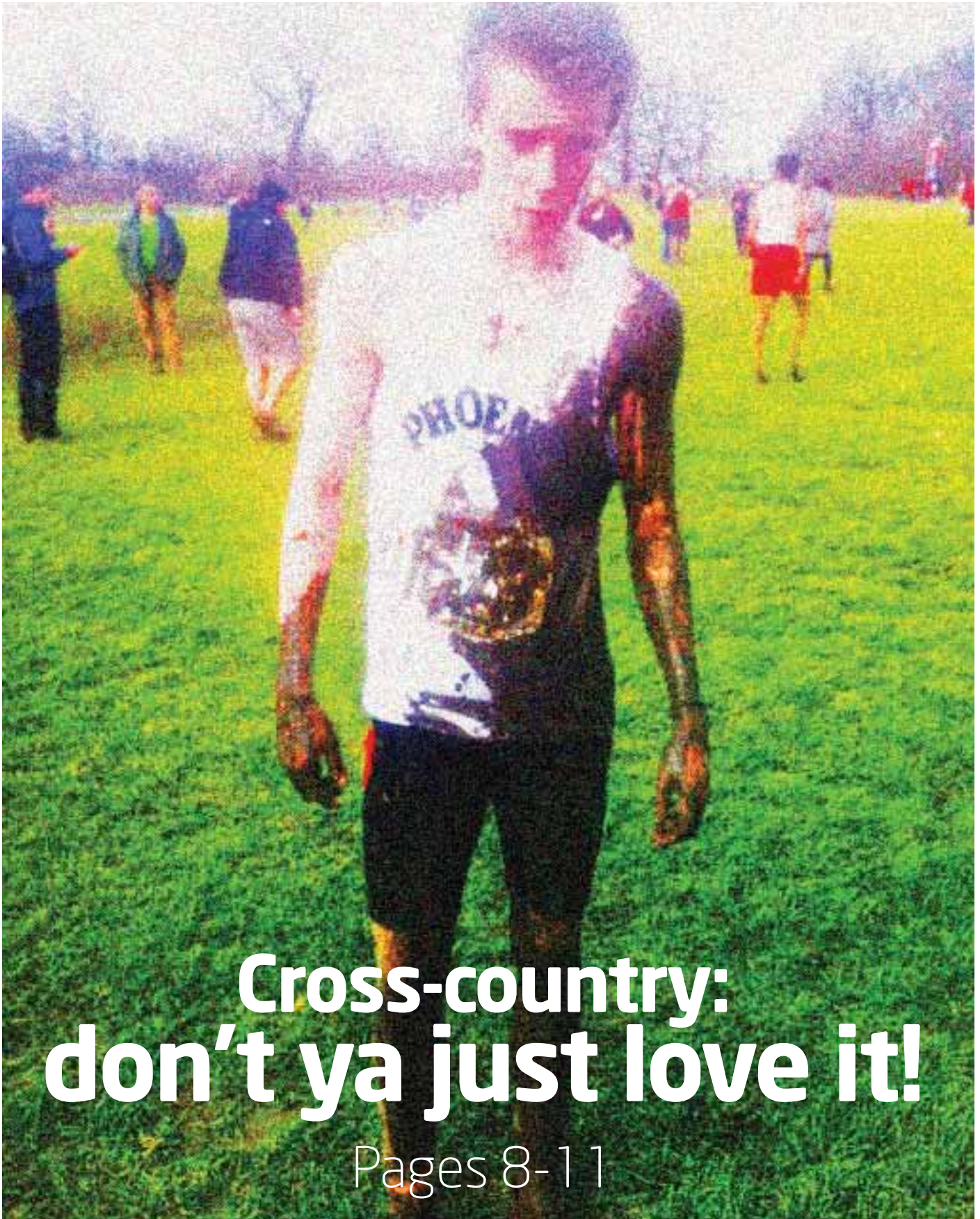


# Phoenix Flyer

NEWSLETTER OF BRIGHTON PHOENIX ATHLETIC AND TRIATHLON CLUB

MARCH 2013



**Cross-country:  
don't ya just love it!**

Pages 8-11

# The thoughts of Chairman Collicutt

**As we set off into a bright new post-Olympic 2013, let's take some time to reflect on how that marvellous volunteer spirit runs throughout our great club.**

All the coaches and team managers and board members give of their time generously and totally for free. Without them the club simply would not operate, so it's worthwhile taking time to say a great big thank you to them all.

Let's also celebrate the fact that when we ask for help to marshal events, we get it in spades. Recently we had 32 people out helping at the Brighton Half Marathon. 32 people giving up their Sunday morning to ride a lead bike, marshal the first mile, organise the

start and finish, and hand out those space blankets. 32 people is AWESOME. I am proud to belong to a club that has such brilliant people in it. In return the organisers sponsor our club to the tune of £750. Many thanks to them for this and congratulations also on the best organised Brighton Half Marathon ever.

I've been the club liaison with the Half Marathon for the last 9 years and I'm now looking for someone else to take that role over – you couldn't have a better team behind you so if you're interested, contact me.

And now for some help please with the Brighton Marathon Mini Miles, our club track meeting on May 8th and our 10K in July. Go on – you know you want to because you're AWESOME!

## Time of the signs

We're a creative lot at Phoenix, with more than our share of illustrators and designers including, of course, chairman Paul Collicutt, who is a graphic novel artist. He is best known for his Robot City series but has just published a book that brings together his artistic abilities with his love of athletics.

**The Murder Mile** combines a history of the four minute mile with a murder mystery. He used friends and colleagues as models for many of the characters. See if you can spot Tony Holborn, Kurt Hoyte, Josh Guilman, Charlie Grice, Jon Pepper, Ben Tickner, Max Pickard and Dan Stepney among others. The forward is written by Steve Overt, who was himself an artist.

Paul was signing copies at Dave's Comics in Sydney Street on Thursday 21 February, an event attended by many clubmates. Murder Mile is published by Self Made Hero and it is retailing at £14.99 from Dave's, where they have limited edition book plates.

Meanwhile, in December Andrew Haig published a book of short stories entitled **'Dreamdays'**. It's a collection of weird and wonderful tales. Comments range from 'You must be seriously disturbed' – MIKE TOWNLEY, through 'It's good to know someone else has weird dreams' – DEB EVERS, to 'I haven't found time to read it' – MALCOLM KEMP. What's not to like? Copies are available at £5.00 from Andrew.

**Above: Paul, surrounded by admiring readers at the launch and signing session. The free wine having clouded our judgement, sales were brisk.**

**Below left: A frame from Murder Mile**

**Below right: '...weird dreams'. The cover of Andrew Haig's book of short stories**



## U13 girls' captains

Roy Hayward, having achieved notable success in managing the U13 girls, has extended his remit to include the U15 girls as some of his athletes move up an age group.

He announced in February that he would be appointing a girls' club captain and vice captain –

**Charlotte Matthews** and **Chloe Watson**. Roy says: 'They are both excellent athletes, with good temperament, a good attitude.' Charlotte is also a triathlete and seems the perfect choice for an age-group captain with a foot in both camps.



Charlotte



Chloe

## Jon on running

With an MA and PhD in philosophy and a sub-three-hour marathoner to boot, Phoenix athlete **Jon Pike** is perfectly placed to talk philosophically about running. He co-hosted a fascinating event at Brighton's Jubilee Library in early March where he posed questions about why we run, whether there are good and less good reasons for doing it and whether it really matters. Another marathoner, Paul Faulkner gave his take on the mental gymnastics sometimes required to run a



good race. After lunch, they were joined by another Phoenix athlete, **Tom Farsides**, social psychologist at Sussex University, (Phoenix would surely win Mastermind at this rate), **Richard Nerurkar** and others, who gave their views in a roundtable format. You can watch a video of the event and even join in the discussion at:

<http://philosophyofrunning.co.uk/brighton/>

## Phoenix lab lads



Phoenix took three athletes, **Dan Stepney**, **Robbie Fitzgibbon** and **Billy White**, to the **Brighton University Sports Science Labs in Eastbourne** recently for **blood lactate tests and VO2 max tests**. We hope to cultivate more links with Brighton University and to test more athletes across the club.

## When Owen met Sally



U13 Owen May had been spotted by the McCain Home Grown Talent and the prize was a visit from Sally Gunnell. Sally coached Owen's Wednesday training group and they treated to some fierce hurdle drills and a pyramid session.

'It was great to be coached by an Olympic Gold Medal winner, World Champion, and World record holder – three for the price of one!' commented Andy Bone Owen's coach.

McCain launched the Home Grown Talent scheme in 2010. The scheme identifies youngsters who demonstrate promising talent at McCain sponsored events and the Track and Field dome.

Well done Owen.

# Awards Night

The Club Awards Ceremony was combined with a social again after it proved a successful formula in 2011. It took place in the upstairs rooms of The Open House in Springfield Road on Saturday 20 October and was well attended across the age groups.

The awards included a trophy in memory of our clubmate **Bruce Faulkner** who lost his battle with illness earlier in the year.

## PRIZE WINNERS:

Burchell Award for Boys **Charlie Cloke**  
 Burchell Award for Girls **Francesca White**  
 Club athlete of the year U11 Boy **William Saunders**  
 Club athlete of the year U11 Girl **Isabella Rowney**  
 Club athlete of the year U13 Boy **Charlie Watts**  
 Club athlete of the year U13 Girl **Chloe Watson**  
 Club athlete of the year U15/U17 Boy **Billy White**  
 Club athlete of the year U15/U17 Girl **Natacha Rodrigues**  
 Best Performance T & F - Male **Charlie Grice**  
 Best Performance T & F - Female **Marina Reid Martin**  
 Best Performance XC / Road - Male **Ian Leitch**  
 Best Performance XC / Road - Female **Cat Bounds**  
 Outstanding Team **Sen Men** (Sx XC relay/ Sx Road Relay/ Sx XC)  
 Tough of the Track **Dan Stepney**  
 Shield for Commitment & Enthusiasm **Charlotte Matthews**



Left: **Chloe, Melanie, William** and **Francesca** were among the award winners

Volunteers Award **Nerine Standen**  
 Come-Back of the Year Award **Archie Davis**  
 The Bruce Faulkner Award **Vet Mens SDW Relay Team**  
 Blackcap Handicap winner **Melanie Newport**  
 Blackcap Fastest Male **Josh Guilment**  
 Blackcap Fastest Female **Paule Kremer**

## VETERANS' AWARDS:

O40 Men **Bruce Warren**  
 O50 Men **Brian Friend**  
 O35 Women **Kathryn Harnett**  
 O50 Women **Debbie Evers**

## MULTISPORT AWARDS:

Male **Sam Wade**  
 Female **Paule Kremer**  
 TSC Outstanding Achievement Award **Paul Thomas**  
 Tri Club Champion - Male **Alex Bonzi**  
 Tri Club Champion - Female **Erica Martin**

## CHAIRMAN'S AWARD:

**Roy Hayward and the U13 Girls Track and Field Team**

**Andrew Haig** was unable to attend the awards but at the pre-Christmas drinks at the new Clubhouse, he was presented with a carriage clock commemorating his honorary membership. Andrew would like to thank the committee and the club for this honour which was "... absolutely and totally unexpected".

## Out of Town(ley)



As we went to press we got this report from **Mike Townley** all the way from Sochi in Russia.

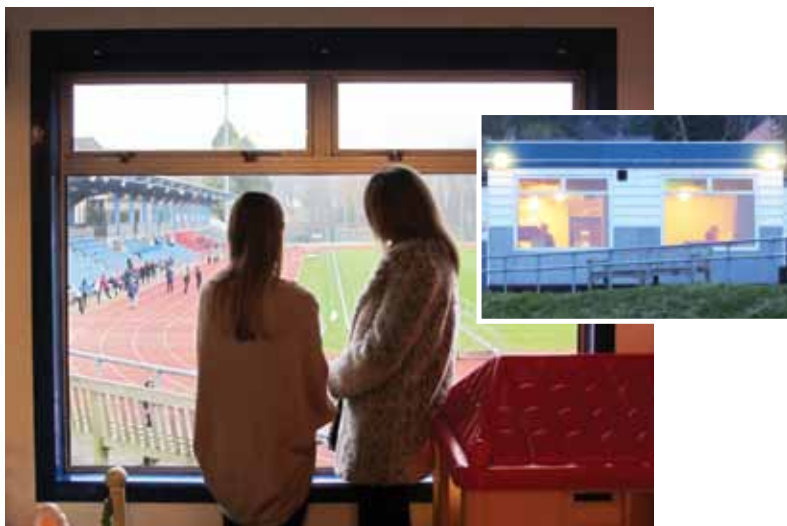
In my capacity as General Legal Counsel to the International Paralympic Committee I am here in Sochi for the pre-Winter Games seminar, where the various national delegations that will be competing receive all the logistical and practical information they will need. I am making presentations on legal topics, anti-doping, etc and at the same time hanging with the Sochi Mascots as you can see. I managed to get quite a crowd gathered for that photo, no one fully believing that this lawyer had a running vest with him! Needless to say I promoted the virtues of our club and hope to encourage a branch office for Phoenix here in Russia very soon.

## House of the rising bird

The new clubhouse at Withead has been open since before Christmas. Based in the old Seagulls hospitality suite, it has tea- and coffee-making facilities and all we ask is you make a small contribution to cover costs and help raise funds for your club. Nerine (Membership Secretary) will be stationed in the club house on training night, so if you have any questions etc you can grab a cuppa and have a chat in comfort. Board members will from time to time be available to answer any questions you may have regarding the club. Parents and athletes can have a chat and get to know one another.

Below left **Kate White** and **Tracey Cooper** watch their children **Francesca** and **Toby** from the comfort of the club house.

Below The place to be on a chilly night.



# Meet the club



## Paule Kremer

Paule, 24, was born in Luxembourg and moved to Brighton in 2008 to start her Bachelor's degree in English Literature at the University of Sussex. She joined Phoenix in Autumn of 2011 and hopes to contribute to the club through her role as social secretary and hopes to continue improving her running, cycling and swimming skills.

### When and why did you get involved with running/multisport?

I started running four years ago as a friend challenged me to run a half marathon. When I ended up finishing 20 minutes ahead of him and enjoying the race, I had discovered my competitive side and found my sport! I entered my first marathon that same year (I know, most people would start off with a 5k...) and then moved onto triathlon two years ago.

### What persuaded you to join Phoenix and how did you hear about the club?

I chose Phoenix because they had the best website and were the only club in Brighton with a Triathlon side. I was living in Brighton for a while before I joined Phoenix but I was too scared to come down to the track so I kept postponing it.

### What are your favourite events/races?

Definitely marathons!

### What is the performance you are most proud of?

Hard to say, I wouldn't say I am proud of a particular race but I enjoy racing and the fact that my training seems to pay off.

### How often do you train?

Concentrating on the marathon at the moment, I run every day (mostly twice a day) except for Tuesday being my rest day.

### What is your favourite session?

Kilometre reps around Preston Park velodrome.

### What are your ambitions for the future?

Running a personal best for the London Marathon in April and training for the first ever Ironman 70.3 held in Luxembourg in September. (Yes, the country is big enough if anyone wonders.) I have also entered my first Ultra marathon so I hope to arrive in one piece for that.

### What do you do outside of running/multisport?

I go to trapeze every week (so I can run away and join the circus one day) and started going to Bikram yoga every other day recently! I love reading and I am currently completing a Master's degree in Anthropology at the University of Sussex.

### What do you like about belonging to Phoenix?

It now seems silly to me that I was so scared to come down to the track in the first place as I really enjoy being part of a great club with a good social atmosphere. Training with Phoenix has helped me to improve my running, swimming and cycling skills and I have learned that with the right training, results will follow. I have also learned to push myself way harder than I would have on my own. Furthermore, if I have any question related to the sport, there is always someone to turn to! Not to forget the social side of the club. I have made friends who share the same passion for the sport and of course, the track is where I met Ben. I furthermore hope to contribute to this social side in my current role as Social Secretary.

### Do you have any suggestions about improvements for Phoenix?

The only thing would be maybe having a turbo session on the bike but I know that this is hard to organize and put together. Also, I like the sound of a Phoenix Beer Mile!

Would you like your profile to appear in the next newsletter or is there someone in the club you would like to recommend?

Contact the editor:  
jane.edmonds@btinternet.com.



## Louisa Saunders

Louisa, age 12, is a pupil at Patcham High School. She trains in Paul Collicutt's Monday and Wednesday sessions.

### When and why did you get involved with running?

I started running with Phoenix when I was nine. My teachers in primary school said I was a good runner.

### What persuaded you to join Phoenix and how did you hear about the club?

We looked on websites and Phoenix was the nearest one. It looked fun.

### What are your favourite events/races?

I like doing the mini mile, 600m and sprinting.

### What is the performance you are most proud of?

The first time I did the Preston Park races and the first time I did the Stanmer Park races and I enjoyed Lee Valley.

### How often do you train?

Twice a week.

### What is your favourite session?

My favourite is the seafront run every fourth week on Mondays.

### What are your ambitions for the future?

To keep running for Phoenix but get faster.

### What do you do outside of running?

I play netball for the school and I like art.

### What do you like about belonging to Phoenix?

I met some great new friends.

### Do you have any suggestions about improvements for Phoenix?

No it's fine as it is.

# Multisport

Malcolm Hughes reports:



I hope that your winter base training has been going well and with spring now upon us you are looking forward to the coming race season. I will be racing in Turkey at the ETU Age Group Champs and trying to qualify to race at the World's in London this September.

Most of my races will be local though. Here is the list of events for this year's Club Multisport Championship:

## Frosty Aquathlon

Sunday 3rd March 2013  
<http://www.tuff-fitty.co.uk>

## Spring Duathlon (Goodwood Motor Race Circuit)

Sunday 24th March 2013  
<http://www.portsmouthtriathletes.co.uk>

The Frosty has been held\* and the duathlon at Goodwood is already full.

## Haywards Heath Triathlon

Sunday 21st April 2013  
<http://www.hedgehogtri.co.uk>

The Haywards Heath Triathlon has a short 392m swim for those of you who do not relish the first discipline.

## Mid Sussex Triathlon

Sunday 9th June 2013  
<http://www.midsussextriclub.com/the-mid-sussex-triathlon.aspx> The Mid Sussex Triathlon is very popular so get your entries in good time to avoid disappointment.

## Sussex Triathlon Festival Standard Tri

Saturday 6th July 2013  
<http://www.sussextriathlon.co.uk>

The Sussex Triathlon is held against the stunning backdrop of Ashburnham Place, one of the most attractive grounds in Sussex. It's a lake swim, a challenging bike course and a trail run so don't expect a P.B. but enjoy the scenery if you can.

*The Multisport Championship is open to all club members. There are separate competitions for men and women. The best three results count for each competitor.*

## Whither Phoenix?

As many of you may know, three of our former members – Matt Honey, Mal Burden and Dave Powell have decided that they should start up a new tri club. Let's wish them all the best in their new venture. But this has shown us that as a club, Brighton Phoenix should be providing a better service to its triathletes.

We already provide plenty of coached sessions. There is running and swimming, and also strength and circuit training which are useful for triathletes, not just the runners. All coached sessions are open to the whole of the club. There are also informal uncoached sessions like the swimming at Prince Regent pool on Tuesdays, 07.30.

It will be useful if we can promote the available training opportunities in a more efficient manner. It is planned to make the website more 'user friendly' so that it will be easier to find where and when things are happening, possibly with an updateable calendar. Though I'm a bit of a technodinosaur and can just about cope with email and occasionally Facebook so I get a bit lost in conversations about this.

There are already plenty of ways the club communicates: in person, by phone and email, sometimes even the post, the website (including the, sadly, little used Forum), and the more recently added Facebook and Twitter. So if you want to tell others about your weekend ride/brick session/sea swim etc. for others to join, you should use any or all the above methods. You can also tell us which races you are doing, then others can look out for you at the race and know who to look for and get the results on the website. The more you tell the club about what you are doing and want to do, the better the chances are that the club or its members are going to be able to help you achieve your goals. So let's get talking.

One announcement I have is that I shall be standing down as the multi-sport rep on the club's management committee. I wish my successor\* all the best in the role. I shall still be a willing volunteer for the club but in a lesser role.

**\*STOP PRESS: Subject to election at the AGM, John Tindell has agreed to take over as multi-sport rep.**



**The result of the first club championship race - congratulations to John Tindell for his overall win.**

**Frosty Aquathlon** – 800m swim and 10k run

1st **John Tindell** 0:11:54 0:36:50 0:48:44 **1st male**

4th **Malcolm Hughes** 0:13:07 0:39:44 0:52:51 **1st ms vet**

29th **Deborah Evers** 0:16:58 0:50:03 1:07:01

**Frostbite Aquathlon** 400m swim and 5k run

7th **Alex Bonzi** 0:06:58 0:19:49 0:26:47

11th **Kevin Hancock** 0:09:51 0:20:32 0:30:23

# World Triathlon Champs 2012, Auckland NZ

The long 2012 season drew to a close in October with the World Triathlon Championships which took place in Auckland, New Zealand.

We arrived in Auckland on the 14th. The age group races were to take place on Wednesday 17th (Aquathlon) and Monday 22nd (Triathlon). My bike was unpacked and set up and a half distance (12.5 miles) recce undertaken. As usual with yours truly, the weather was indifferent with a very brisk wind and occasional showers to contend with.

the crosswinds but I survived these and was looking forward to making up time on a reasonably flat run back into town before starting lap 2. Hard luck Deb - the way back was into a fierce headwind. Battling back into Auckland I turned around and did the whole thing again.

Although I felt I was trying very hard, the results afterwards seemed to indicate I had been on a turbo and not actually



We watched the Elite races over the weekend and the weather did not improve. Their swim course was entirely within the quays and they complained about how rough the sea was! Team GB were in good spirits as Jonny Brownlee had followed up his bronze at the Olympics by winning the World Champs, thereby keeping it in the family as Ali won last year. Ali was not there as he had suffered acute appendicitis just after the Olympics and was 'resting' by trekking in Peru and Brazil!

Come race day the wind was even stronger and it had rained so hard overnight that poor Penny (left out on the quay with all the other bikes) had started to rust! After a quick bit of TLC I left her to go and shiver with my fellow competitors like so many penguins in our wetsuits, huddled by the waterside. We watched as wave after wave of competitors started well, then struggled mightily before staggering to their feet to run or weave their way to the bikes. The tide was not in our favour and the ferry wakes and wind whipped the waves into a nice 1.5 metre swell. A distinct lack of marker buoys on the long leg in the harbour resulted in some "interesting" lines being taken. You just had to swim as best you could until you ran into a person on a surfboard who set you off in the correct direction again. Many did not finish the swim or stopped shortly afterwards to be ill before continuing on.

There was about a 1k run along the quay to transition where Penny was waiting for me. It had been about 14 degrees in the water and was less than that outside plus the wind chill factor. Overshoes and arm warmers as well as compression socks were required to keep me from freezing. It was a technical bike course with a number of hills requiring the use of my granny gear. The roads were wet and were closed on one side only in some parts so we also had traffic coming towards us at points as well as crossing the course. This made some of the descents interesting to say the least. There were a number of crashes due to the wet conditions and



moving! Very disappointing. Leaping (!) off the bike we had another long, long run into transition where I abandoned Penny to the elements and ran off to try and get warm by running as fast as I could for as long as I could. Again the run was a two lap affair, very technical with lots of twists and turns making the times a little on the slow side. I started quickly and determined to try and catch as many people as I could. I spotted one or two people ahead of me who had overtaken me on the bike and soon had my revenge! Just for once I was running quicker than a lot of the others - perhaps because my legs had not been trashed on the bike - and was able to keep reeling people in throughout both laps, just failing to catch one final Kiwi on the line.

So to sum up, reasonable swim in the circumstances, poor bike and good run.

One of these days I will manage to go to a race where the weather is nice, I swim well, I cycle well and I run well. Until then I shall just have to keep practising!

**Debbie Evers**



**To sum up:  
a reasonable  
swim, a poor  
bike and a  
good run.**

The Aquathlon takes place over a 1000m swim and 5k run and is often used as a practice for the main event, usually to bolster confidence and to get to know the course. Not in this instance! Whilst the run course was the same as the following race, the swim was somewhat shorter and meant to stay within the quays apart from a short 200m stretch outside in the harbour. High winds opposing the tide and the ferries passing within easy reach made the going pretty tough and a lot of people were put off rather than reassured. Living by the sea I had undertaken quite a few sea swims with Sue Hudson and these stood me in good stead both during this race and the triathlon. I had a reasonable swim and decent run - all without going flat out - and was happy with the result - 16th in my age group. I was hoping that the winds would die down as promised and that the 1500m swim to come would be more comfortable. Chance and fate are the words that spring to mind.

# Cross country

This has been a very successful season for Phoenix. Yes, we've done okay in the Sussex League with two teams - the under 13 girls and the under 17 men - performing particularly well. It's the championship races that have seen us at our best though.



## Sussex Cross Country Relays 29 September

The relays at Goodwood are the traditional XC opener. The U13 girls put down their marker for the season with team gold. Remarkably **Almi Nerurkar**, **Chloe Watson** and **Naomi Fonteyn** were all new to cross country, which makes their achievement even more special.

The U17 Phoenix men's teams took both gold and bronze awards to state their intent. The A team were **Robbie Fitzgibbon**, **Jake Alger** and **Billy White**. The B team were **Spencer Thomas**, **Will Thompson** and **Sam Kitchen**.

The Senior Men went into this race as the defending champions and had to fight hard to retain the gold medal. **Dan Stepney**, **Ben Tickner**, **Max Pickard** and **Josh Guilmant** beat Hastings and Brighton into second and third places.

There were bronze medals too for the U15 boys and the V40 men.



## Sussex Cross Country Champs 6 January



It was the senior men's turn to star with nearly 30 runners (a fifth of the field) and a hunger to retain individual and team gold. We were successful on both counts, with **Jon Pepper** running sensationally to retain his title, with **Ben Tickner** second and **Ian Leitch** third. The A team, completed by **Sam Wade** 8th, **Josh Guilmant** 10th and **Darryl Hards** 12th, thus retained their title with the lowest score anyone can remember in this competition. Our dominance carried on down the field with B, C, D and E teams all on the scoresheet.

And yes, the U13 girls and the U17 men continued leading the opposition a merry dance. **Almi Nerurkar** (individual gold), **Naomi Fonteyn** (individual bronze) and **Charlotte Matthews** 6th led the girls' team to gold with excellent backup further down the field. **Robbie Fitzgibbon** 2nd, **Spencer Thomas** 5th and **Sam Kitchen** 7th were gold medallists for the men.

Other individual medals on the day were won by **Archie Davis** U15 boys' bronze and **Will Durkin** U20 men's silver.



## National Cross Country Relays 6 November

The senior men contested the National Champs at Mansfield. Team captain, **Josh Guilmant** comments: "**Jon Pepper** does not hang around. Making his mark in his first race in a national relay, he lead Team Phoenix to their highest ever finish in a national championship. With only four athletes per team, the National Cross Country Relays is the most complete of all the races, with a few seconds equating to several places won or lost. You have to be right on your game to mix it with the best teams. **Finn McNally** got the team off to a good start on the always tough first leg with **Jon**, me and **Max Pickard** pushing the team further up the field with every stride to finish in a time of 1:05:47.65, but more importantly 18th place. The highest by a Sussex team for many years."



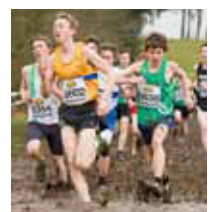
## Sussex Cross Country League

Representation throughout the year has been up and down and almost totally absent in some age groups. It's a testament to the wealth of talent we have that, even so, after the final league race at Lancing on March 2, the club can boast some success. Two teams share the honours - the U13 girls and the U17 men. Both have tackled the season with determination and consistency and were rewarded with gold team medals.

For the U13 girls, team manager Roy Hayward comments: "In an exciting final race **Almi Nerurkar** took the win with **Chloe Watson** 7th, **Louisa Saunders** 22nd, **Claudia Betts** 26th and **Izzie Whitelegg** 30th to clinch a fantastic team Gold [**Naomi**, **Charlotte** and **Ateya** were away]. It was a hugely exciting season, which was capped off with **Almi Nerurkar** winning individual gold and **Naomi Fonteyn** taking the bronze."

Individual gold went to **Jake Alger** after a terrific season in the U17 men's category.

Elsewhere, the senior men, depending heavily on sturdy support from the vets, ended the season in silver position behind Brighton and Hove. The vets managed bronze in their competition.



The senior women did well to run complete teams all season and ended in second place in division two which means promotion to division one next season. **Megan Bradford** ran brilliantly at all four meetings and also placing highly in the U20 category.



## What it's like to run the Masters

As those of you who have seen me run know I feel the cold and so I, for one, was secretly pleased when the Sussex Cross Country Masters was cancelled due to the snow in January! That said, running in the snow might have felt like being in Narnia and the frozen ground might have been easier to run on than the ankle-deep mud that faced us on Saturday February 9th at Bexhill... but at least it was warmer!

The Sussex Cross Country Championship was hosted by Hastings Athletic Club. There were groups for Masters women (over 35, 45 and 55) running 4 miles and the Masters Men (over 40, 50 and 60) running 6.1 miles. Medals were awarded to the first three teams in each age category and to the first individual in each category.

I'm still fairly new to running, and especially cross country, so I liked the fact the course was circuits as this enabled me to pace myself but I'm aware that it might not have been as challenging for the same reason. The course itself was a mix of two hills (run up using little steps, remembering to use my arms!), some uneven terrain and a few slides down hill in the mud. By the third circuit I'd discovered that it was just as easy to run through the mud keeping my steps light as it was to try and run in the brambles on the edge. The last leg of the race was deceptive as, although flat, the ground was uneven and extremely wet and boggy so difficult to get up any speed.

As for the results...Phoenix women managed to pull together one team in the over 35 category thanks to Liz Halliday miraculously losing a couple of years to join myself and Hildi Mitchell to come 7th in the group. Phoenix men fared better with teams coming second in all three age categories.

Nice work to all who ran - hope the kit's come clean!

Kathryn Harnett



Sussex Masters Cross Country Champs  
9 February

The postponement of the event meant that Phoenix again demonstrated strength in depth by fielding scoring teams across the age bands for the men, and one joint team for the women's race. We were rewarded with our best medal result in years, the 060, 050 and 040 men all taking team silver. Each of the men's teams featured a stand-out run from the lead runner - **Donald Maclellan** 6th in the 040s, **Bruce Warren** 2nd in the 050s and **Malcolm Kemp** 6th in the 060s.

The women (otherwise eligible for different age groups) opted to pool their resources in this one age group and, though last scoring team, were not that far out of the loop. See panel left for Kathryn's personal account.



Hey kids, in case you thought we ever grew up, the 040, 050 and 060 medal winners do the old 'biting of the medal' routine at the Sussex Masters XC Champs.

Cross country continued

## Southern Cross Country Champs

16 February

It's those teams again – the U13 girls and the U17 men. In this case the men were the main stars of the day, achieving a fantastic bronze team medal at the South of England XC Champs at Parliament Hill. The scoring quartet was: **Robbie Fitzgibbon** 7th, **Billy White** 19th, **Jake Alger** 31st and **Spencer Thomas** 48th.

**Sam Kitchen** led early on but sustained two falls in quick succession (the conditions were atrocious, or proper cross-country weather depending on your point of view) and did well to finish 112th. Thanks Sam for allowing us to use your photograph on the cover.

The U13 Girls' team were placed a creditable 10th with all our runners competing at this event for the first time. **Almi Nerurkar** 29th, **Naomi Fonteyn** 59th, **Charlotte Matthews** 78th and **Chloe Watson** 79th were the team.

Both the U15 boys who ran are at the bottom end of the age group, and ran impressively. **Archie Davis** was 22nd and **Ollie Johnson** 150th.

**Megan Bradford** was our only runner in the U20 women's race and she continued her fine season to come 39th.

Last year **Jon Pepper** came third in the senior men's race, running for his then first-claim club. Having switched his allegiance to Phoenix, he ran a superb race in the white vest to take fourth spot in 50:07. **Stuart Pal** was the only other Phoenix SM. He ran a very respectable 69:54 in 323rd place.

In the senior women's race both runners scored in the top hundred – no mean feat in this context. **Erica Martin** was 56th and **Paule Kremer** 94th.



# Charlie in Europe

## Euro Trials (Junior Men) McCain UK Cross Challenge Series

24 November, Liverpool

Fresh from training in Kenya, **Charlie Grice** was straight into the Euro trials race on a very muddy Liverpool course. After having some time off to adjust to university life, he was not sure if he had had enough time to train in Kenya to make the British team for the European Championships, having so narrowly missed the team last year. This was made even harder when he saw the course, his least favourite surface – sticky mud! However, this was one year on and Charlie has grown in strength. He set off conservatively, sitting in the pack and waiting to make his move in the closing stages. Doing just this, he moved through the field to come away with a fantastic 2nd place to book his place in the team and gain his first cross country GB vest. Also in action and making the long trip up north was **Finn McNally** (U23) 29th and **Robbie Fitzgibbon** (U17) 41st.

## European Championships (Junior Men)

9 December, Budapest, Hungary.

From the thick mud of Liverpool, Charlie was thrown into the Arctic freezer of Hungary, where a hard snowy course greeted him. Traditionally, the British team do very well in these championships and this was no different for Charlie as he went with the pace from the gun knowing that with the fast underfoot conditions, it would be hard to make up the ground later in the race. Digging deep in the last 2k, he came away with a very classy 8th place finish (2nd Brit) and Euro team bronze – not bad for someone who feels more comfortable over four laps of the track. Both coach **Jon Bigg** and coaching mentor **Joel Kidger** braved the icy conditions to see him pick up his medal.



## National Inter-counties XC Champs

Cofton Park, Birmingham, 9 March

**Phoenix** athletes were much in evidence in the **Sussex** teams for this event.

The senior men had a great result to finish an above par 12th in the six-aside team event (but third in the nine-aside team competition). Our **Daryll Hards** scored in 95th place.

The U15 boys came 16th with another fine run from **Archie Davis** in 70th place in his first year in this age group.

The Under 17 men took 11th place with **Robbie Fitzgibbon** finishing 37th and **Jake Algar** 72nd. Great performances at this level.

The Under 13 girls finished in 33rd place with **Almi Nerukar** and **Naomi Fonteyn** placing 122nd and 135th.

# SOUTH DOWNS WAY RELAY

4 PHX teams  
6 in a team  
3 legs each  
100+ miles

East Sussex to Hampshire

1 June 2013

*On your marks,  
get set...*



# Road running

Phoenix excelled at cross country this season but have not been lagardly in road-running. At all the key events we have been a force to be reckoned with. Not only have there been notable individual performances but often we have walked away with team victories.

## Brighton Half Marathon 17 February

Lovely weather again for this race which continues to grow in popularity - certainly with Phoenix. 35 of you ran it and quite a few more offered their services as lead bikes, course marshals and start/finish marshals.

**Ian Leitch** was our first finisher in 3rd place 1:08:32 with **Josh Guilmant** not far behind - 6th place 1:10:52. **Mike Townley** was 1st M50 1:23:34 and **Bob Novis** 1st M60 1:24:23.

In the junior mile races there were category firsts for **Charlie Watts** (Y11-12) 5:31 and **Alex Brothwell** Y(7-10) 6:01.



## Brighton 10K 18 November

This event was also the Sussex 10K Championships and attracted a strong entry from the club.

Finishers under 35 minutes were: 13th **Josh Guilmant** 31:55, 21st **Darryl Hards** 33:07, 42nd **Pat Davoren** 34:25, and 44th **James Miles** 34:37. The club won bronze men's team medal and would certainly have done better had everyone remembered to tick the county qualification box upon entry!

Individual county awards went to **Bruce Warren** (1st M50), **Terry Avey** (1st M60) and **Andrew Haig** (2nd M60).



## Phoenix Road Races 11 November

We couldn't have hoped for better conditions: bright sunshine and not a breath of wind. It meant that numbers of entries were maintained with 258 young athletes competing. The Friday-Ad mile featured 23 adult racers.

It has to be said that the organising team under the leadership of **Dave Powell** and **Andy Bone** did a fantastic job and the day seemed to go off without a hitch. Particularly pleasing was the number of club members who came out to marshal. Their enthusiastic support was much appreciated, especially by parents and competitors alike.

There were plenty of Phoenix vests to be seen racing and much success by our own athletes. There were winners in the U9 boys (**Lukas Nerurkar**), U11 girls (**Milly Dickinson**), U13 girls (**Almi Nerurkar**), U15 boys (**Archie Davis**) and U17 men (**Billy White**). The winner of the Friday-Ad mile was **Robbie Fitzgibbon**, who set a new course record in a time of 4:34.

## parkrun news

parkrun continues to attract a lot of support from Phoenix with some of us holding age group records. The latest is

**Bob Novis** who, the moment he got to 60, went over to Hove Park to attack what was already a ferocious record (18:32) for that age group. He was spectacularly successful, running a peerless 18:23. The Phoenix records look like this:



JM 15-19 **Charlie Grice** 14:45 (90.29%)  
 SM 20-24 **Jon Pepper** 14:39 (88.05%)  
 SM 30-34 **Ben Tickner** 14:30 (89.20%)  
 VM 60-64 **Bob Novis** 18:23 (87.22%)  
 SW 20-24 **Flo Pepper** 17:57 (82.45%)

The figures in brackets are age grading.

**STOP PRESS** Hove parkrun now frequently achieves 400+ participation and is becoming a bit unwieldy. It has been decided to open another parkrun at **Preston Park**. A bunch of us acted as guinea pigs in a trial run a few months ago. That was a success and the event has been given the green light. The latest we hear is that the inaugural run will be on April 20.

# Good luck to everyone running the Brighton and London Marathons

Run/marshal/support  
**Phoenix10K**  
17 July 2013



Register to volunteer:  
[brightonphoenix@gmail.com](mailto:brightonphoenix@gmail.com)  
or enter online:  
[www.sportssystem.co.uk/ss/event/BrightonPhoenix10K12](http://www.sportssystem.co.uk/ss/event/BrightonPhoenix10K12)



## Cambridge lockout

With three and a half thousand souls braving the freezing conditions at the Cambridge Half Marathon on Sunday 10 March, a Phoenix trio managed the perfect result. **Jon Pepper, Ian Leitch** and **Josh Guilmant** left the rest of the field trailing.

The final result:  
1st Jon Pepper 1:06:14  
2nd Ian Leitch 1:07:43  
3rd Josh Guilmant 1:10:27

**Right:** Ian's vest showed the effects of wearing a frozen vest next to delicate body parts, or maybe he just had his pins in the wrong place. Either way, let it be a warning to us all!



## Sussex Grand Prix

Individual award winners for 2012 were **Andrew Haig** – first V6 and **Terry Avey** 2nd V5. Overall the club came 9th in the men's competition and 16th in the women's competition out of the 24 clubs competing.

The remaining races for this year are:

March 24th	<b>Hastings Half Marathon</b>
May 5th	<b>Haywards Heath 10M</b>
May 12th	<b>Hastings 5M</b>
May 19th	<b>Horsham 10K</b>
May 26th	<b>Rye 10M</b>
June 5th	<b>Worthing 10K (Wed)</b>
June 23rd	<b>Heathfield 10K</b>
July 7th	<b>Bewl 15M</b>
July 17th	<b>Phoenix 10K (Wed)</b>
July 24th	<b>Bexhill 5K (Wed)</b>
August 25th	<b>Will Page 10K Newick</b>
September 8th	<b>Hellingly 10K</b>
September 15th	<b>Hove Prom 10K</b>
September 29th	<b>Barns Green Half Marathon</b>
October 6th	<b>Lewes Downland 10M</b>
November 17th	<b>Brighton 10K</b>
December 1st	<b>Crowborough 10K</b>

# Track & field

Track running takes a back seat in the winter season, with the country and the road taking precedence. But for a few Phoenix middle-distance athletes, the indoor track proves a much-needed testing ground that they hunger for - a way of breaking up the long, mud-soaked training reps and returning to what they love, the lactic-fuelled intensity of the speed ring.



Dan

**Dan Stepney** had the best summer season of his career last year and he has taken a renewed vigour into his winter racing. Travelling up and down the country, Dan has racked up an impressive performance: only once has he been outside the top 3 in 9 races, showing a level of consistency unmatched by any of his previous seasons. Dan has taken a positive approach to his racing, putting himself in the mix early on and when necessary

leading from gun to tape. This racing strategy has been rewarded with an indoor PB of 1.51.09. We hope the positive steps he has taken will transfer into the coming summer season.

## Achievements in the 'speed ring'

We had four such athletes who craved the need for speed. The youngest of them, **Archie Davis** (u15), missed most of the 2012 summer season with a serious injury. However, time away from the sport has made him mentally stronger, and Archie has made huge improvement, taking his 800m PB down from 2.11.2 to 2.05.79 and adding to this a good win in the London U15 Games. **Sam Kitchen** (u17) certainly favours the shorter end of the middle-distance spectrum and he used his speed and cross-country training to good effect, with a 3-second chunk coming off his 800m PB, down to 2.00.23. It will only be a matter of time before he breaks the magical 2-minute barrier this summer.

**Charlie Grice** showed once again why he is the best rising middle distance athlete to come out of the junior ranks in the UK for a long time. With an early win in the Senior SEAA Championship 800m, Charlie set his eyes on gaining a place in the GB team for the Euro Indoor Championship. Racing around the country in televised meets and Europe he was gradually taking his indoor PB down in every race - 3.45, 3.44 and then, in the British Athletics' Grand Prix, he got under the qualifying time of 3.42 with 3.41.54. Surely this would be enough to get him selected? Sadly, it was not to be: the selectors made the decision not to take any male 1500m runners at the surprise of the whole running community.

## A 'ridiculous decision'

**Paula Radcliffe**, among many others, branded the decision by British Athletics 'totally ridiculous', and the question has to be asked whether there is a drastic need for a rethink in the way our governing body progress the sport. Eriksson, Head Coach at British Athletics, backed the decision, stating that 'none of the 1500m guys are top-six potential'. But even taking account of the fact that Charlie had a good chance of finishing in the top 6, championships are about more than just chancing the numbers; they are also about giving experience to the athletes of the future and not denying them so that the numbers look better. It really does seem like an opportunity lost, not just for Charlie, but for British Athletics to show that they are more than just a corporation interested in targets. We can only hope that in the future the selectors will be braver!

Charlie at British Athletics Grand Prix



## Sussex Indoor Championships 16/17 Feb

Phoenix had two competitors in this event: **Marina Reid Martin** in the long jump and 60m, **Yeshe Bekele** in the 60m hurdles.

Marina in the long jump beat her personal best again by jumping 4.82m to win Gold and break the Sussex indoor record for the U15s by 20cms. She also set two personal bests in the 60m sprint, reaching the final and running 8.55. Yeshe again ran a personal best in the final of the 60m hurdles, running 11.58.

Well done girls.

**Roy Hayward** U13 and U15 Girls' Manager



Yeshe finishes with a pb



Marina U15 Sussex record holder

## Phoenix at Sportshall\*

On Sunday 3 February a large team of U11 and U13 girls and a much smaller boys' team went to Worthing to take part in a Sportshall competition. The girls looked good right from the start with many of us warming up together. There was a lot of enthusiasm from the teams. Some of us had done the Sportshall event before but there were a lot of girls doing it for the first time. Some of the events are a little strange if you are used to competing outside. Jumping for example is a standing long jump or jumping up to touch a wall. And there is a running event called a Parlof which means you and your partner run 6 or 8 lengths in total but in any combination. **Chloe Watson** and I ran this as 4 lengths each so we only had one change over, but some teams change between runners every 2 lengths, which can slow them down.

By about half-way through the events, Phoenix was leading! However, with a number of boys events still to take place, we knew we were going to struggle to hold on to a top position. With such a small number of boys attending, we just couldn't score points to keep us from slipping back. Special mention must be made of **Cameron Hardmen**, who competed in 4 events (that's as much as you are allowed to do) and he won all of them!

There was lots of cheering and support from all the teams competing and although we finished way outside of the leading teams, I think those who took part did fantastically well. I hope everyone enjoyed it and if more boys come along next time, we might do really well.

**Charlotte Matthews**, Girls' Captain



\*The Sussex Sportshall League features events in which the emphasis is on enjoyment. There are events such as: Speed Bounce, Vertical Jump and Standing Jump alongside the more conventional sprints.

# Phoenix OPEN 8 May 2013



## Open Graded Track Meeting/BMC Races

A Wednesday evening from 6.30pm at Withdean Stadium, Brighton BN1 5JD  
- Electronic timing and photo finish.

*Races for U9s up to seniors.  
Entry form available on website*

# How running changed my life

## Will Hillier

If you'd come to me in 2011 and told me that I'd become a regular runner aiming to run a sub-three marathon, I'd have laughed at you. At 25 I smoked, I drank more than I should and barely did any exercise. Most days I caught the bus to work, even though it was 20 minutes' walk from my flat. But something happened to change all that.

My brother's wife became pregnant with twins. She and my brother had wanted children for years, and throughout the pregnancy there was a real sense of excitement. However, at just 30 weeks, my sister-in-law went into premature labour. The newborn twins were rushed to the Special Care Baby Unit at the Royal Sussex Hospital.

Seeing my niece and nephew in incubators was extremely difficult. I'd never seen babies so vulnerable and it was a very sobering experience for me. I'd not been living the healthiest lifestyle, but only now did I see how I was taking my health for granted. Over time, the babies stabilised and were eventually allowed home. Breathing a sigh of relief, I vowed to sort my act out; I wanted the twins to grow up with an uncle who would run around and play with them, not one who stank of cigarettes.

One Sunday, I went for a walk and found myself in the crowds of the Brighton Marathon. I will never forget that day – there were thousands of runners of all shapes and sizes; their focus and dedication was inspiring. The next day, with only a vague idea of what I was letting myself in for, I signed up for the 2012 Marathon and bought my first pair of running shoes.

Initially, I only ran short distances. Enjoying the buzz of getting fit, I soon quit smoking. As race day edged closer, I picked up my distance and eventually, I even quit drinking too. I didn't tell anybody I was running; I suppose I didn't really think it was that big of a deal. Marathon day came and I wasn't prepared for how hard it would be. I hit the dreaded 'wall' I had heard so much about, but managed to struggle through to the end.

I completed my first marathon in 3:24. Although happy with my time, I didn't think it was anything exceptional. People kept saying how well I'd done, but I thought they were just encouraging my new hobby. Only when a friend told me that sub-three marathon runners are considered to be pretty good did it dawn on me that maybe I could be a 'real' runner.

I signed up for the 2013 Brighton Marathon – purely to see if I could beat my personal best. But then Olympic fever seduced me. I've never been particularly sporty, but I decided to go for it – not just a personal best, but a sub-three marathon. In order to strengthen my core, I joined a gym. That's also when I joined Brighton Phoenix – the best thing I've done for years.

It's now only a few weeks until my second marathon. Will I make it a sub-three? Who knows. What I can say for certain is that I'm fitter and happier than I've ever been. Knowing that my niece and nephew – now healthy, energetic two year olds – will have an uncle they can be proud of makes it all worthwhile. If I don't get a sub-three this time, it's not the end of the world. I'm healthy and I'm happy, and I really don't think there's much else I could ask for.



## Next up

30	March	Sussex Road Relay Champs	Christ Hospital
14	April	Brighton Marathon	
21	April	London Marathon	
21	April	Haywards Heath Triathlon	Club champs race
5	May	3 Forts Marathon and Half Mar.	Worthing
5	May	Haywards Heath 10M	SGP race
<b>8</b>	<b>May</b>	<b>Phoenix Open Track Meeting</b>	
12	May	Hastings 5M	SGP race
19	May	Horsham 10K	SGP race
26	May	Rye 10M	SGP race
1	June	British Triathlon Champs (sprint)	Nottingham
5	June	Worthing 10K	SGP race
8	June	British Triathlon Champs (middle dist)	Beaver
9	June	Mid Sussex Triathlon	Club champs race
23	June	Heathfield 10K	SGP race
6	July	Sussex Triathlon Festival (standard)	Club champs race
7	July	Bewl Water 15M	SGP race
13/14	July	British Triathlon Champs (standard) + Paratriathlon	Liverpool
<b>17</b>	<b>July</b>	<b>Phoenix 10K</b>	<b>SGP race</b>
31	July	Bexhill 5K	SGP race
1	September	Southwater Triathlon Sprint Relays	
15	September	Hellingly 10K	SGP race
13	September	ITU Triathlon World Champs (sprint)	London
15	September	ITU Triathlon World Champs (standard)	London
29	September	Barns Green Half Marathon	SGP race

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### Asthma notice

If you are asthmatic and use an inhaler you may need to register it for competition. Club Secretary, Paul Ross 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.

**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 2013

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



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