

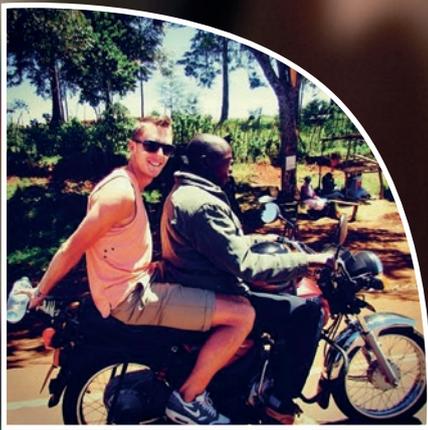
Phoenix Flyer

NEWSLETTER OF BRIGHTON PHOENIX ATHLETIC AND TRIATHLON CLUB

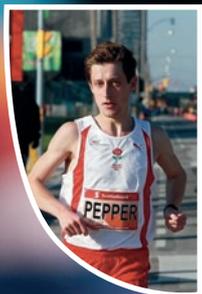
MARCH 2014

The club's physios and masseurs compare notes

BODY & MIND



The Kenya Connection



Jon Pepper & Tim Bailey

The thoughts of Chairman Collicutt

I have been a member of Phoenix since 1981, the year it was founded. During that time we have had many athletes achieving great things, including picking up Olympic medals. It is very tempting to look back on previous times as the greatest days of our club. However, I think that if anyone stops and evaluates what we are doing right now, they will see that we are living in a new golden era.

In 2013 we had three athletes, **Bob Novis**, **Sam Wade** and **Sean Scott**, win World Triathlon Championships in their age groups. This winter we have had **Sophie Mansfield** win the National Indoor U17 800m Championship. **Robbie Fitzgibbon** and **Archie Davis** picked up bronzes over 1500m in those championships, with **Spencer Thomas** (a National Champion outdoors) also placing 4th in the 800m final. Robbie went on to run for England U20s in an Indoor International. Meanwhile, in cross country, **Almi Nerurkar** and **Naomi Fonteyn** have been posting stunning performances, the best of which were 4th for Almi and 10th for Naomi in the U13 girls National Intercounties Championships.

If you add into the mix all our teams competing in the Sussex Leagues and also the Sportshall Leagues, then I think you get a good picture of where we are going. Our numbers are growing (over 400 paid up members) and we are getting more athletes performing at their best. And look, I've gone all the way through this without once mentioning **Charlie Grice**...doh, I just did!

Coaches coached



Jon Bigg ran a seminar at Bigg Performance on January 9. Phoenix coaches were fascinated to hear of what Jon had seen and learnt at Alberto Salazar's training camp (The Oregon Project). Jon had been accompanying Charlie Grice on a visit to the programme famously being followed by Mo Farah and Galen Rupp. The discussion went on into the evening and had us all thinking not only about our own training philosophy but also about the whole ethos of the club. These discussions are bound to go on for quite a while and we're thinking that when the time comes, it would be useful to restate all our objectives and ideas as we look to the future. Watch this space.

'All those in favour of another pint...'



The decision to combine the AGM on 20 March with a club social at The Chimney House was vindicated in several ways. The meeting, which in previous years has been known to 'go on a bit', was briskly handled by chairman Paul with an eye on the 9pm deadline for food orders. It's strange, too, how a pint of Harvey's in front of one can make the whole experience seem positively enjoyable. Outgoing captain Josh Guilman was presented with a gift in thanks for his great work in that role. The meeting also welcomed Andrew Neighbour as the new senior rep.

www.brightonphoenix.org.uk

Club awards



Enjoy this extraordinary photograph taken by Lance Bellers at the club awards on 7 December at the Park View. The illumination of (St Nigel?) makes it look for all the world like an old master painting. Think Carravagio, Rembrandt or Joseph Wright. We've shown one by the latter for comparison. What do you think?



And the awards went to...

Burchell Awards Boys: *William Saunders*
 Burchell Awards Girls: *Maia Hardman*
 Athlete of the year U11 boy: *Alex Brothwell*
 Athlete of the year U11 girl: *Alanah Harding*
 Athlete of the year U13 boy: *Zachary Elbourne*
 Athlete of the year U13 girls: *Naomi Fonteyn*
 Athlete of the year U15 boy: *Archie Davies*
 Athlete of the year U17 boy: *Spencer Thomas*
 Athlete of the year U15/17 girl: *Chloe Watson*
 Best Performance T&F boy: *Charlie Grice*
 Best Performance T&F girl: *Almi Nerurkar*
 Best Performance XC /Rd men: *Jon Pepper*
 Best Performance XC/Rd women: *Megan Bradford*
 TSC Outstanding Achievement: *Sam Wade*
 Outstanding Team: *Senior Men*
 Tough of the Track: *Billy White*

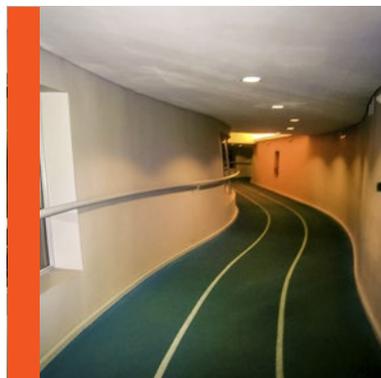
Commitment & enthusiasm: *Roy Hayward*
 Volunteers Award: *Nigel Herron*
 Comeback of the Year Award: *Dave Carter*
 The Bruce Faulkner Award: *Brian Friend*
 Vet awards 040 men: *Donald Maclellan*
 Vet awards 050 men: *Bruce Warren*
 Vet awards 035 women: *Kathryn Harnett*
 Vet awards 050 women: *Liz Halliday*
 Multisports award men: *Sean Scott*
 Multisports award women: *Erica Martin*
 Tri club champion men: *Malcolm Hughes*
 Tri club champion women: *Emma Hughes*
 Blackcap Handicap - winner: *Emma Hughes*
 Blackcap fastest men: *Donald Maclellan*
 Blackcap fastest women: *Emma Hughes*
 Chairman's Award: *Jon Bigg*

The great outdoors



An unusual family group on their summer hols? An office outing? No it's a Phoenix contingent (Lance, Tom, Brian, Andrew and Sonal) who, having just run the Worthing 20-mile road race, celebrated the first proper dose of spring weather by stopping off for coffee and cake on the beach.

The great indoors



Phoenix athlete Matt Greenall came across an unusual track on a recent trip to Johannesburg, South Africa. His hotel had thoughtfully included a running track *inside* the hotel, which also stuck out the side of the building "like one of those swimming pool slides." Perfect for 230m intervals apparently.

A spring in the step



It's 'Spring Marathon' time. Many Phoenix athletes have been stacking up the miles over the past few months, some from way back in October last year.

Heading the field in London is Jon Pepper, who hopes to run in a time of 2:16, an improvement of four and a half minutes on his 2013 Brighton PB. Also running are Bruce Warren, James Miles, Liz Miles, Andy Bone, Donald Maclellan, Jim Whitelegg, Paul Lawrence, Mike Townley and yours truly, if I get back from Spain in time. Mike Whyte is racing London 'hopefully around 2:55' followed by the Kent Roadrunner Marathon on 31 May and then on to the Cologne Marathon later in the year. Whew!

Competing at Brighton the week before will be Tobias Bremer, James Bullen, Tom Sanderson, Phil Grabsky, Gary Wilson, Johnathan Hancock, Sonal Chaudhary, Dave Powell, and Andrew Neighbour. Brian Friend will be pacing the 4:00 runners.

Last October Bruce and Andy set a comprehensive marathon schedule for some of those doing a spring marathon and, providing they have followed it carefully, they should be well on target.

Those running further afield are Lance Bellers doing Geneva and Tom Farsides, Boston. Lance fancied somewhere new so chose Geneva in Switzerland for his third go at the marathon, and his father is coming across from Austria to support him. The course is supposed to be very scenic, taking in ten villages close to the French border and returning to the city to run alongside Lake Geneva.

Tom is again doing Boston and if anyone is looking for somewhere to donate money to, Tom is running in memory of his friend who, before she recently died, was very grateful for help from Coasting Together – the User Group of the Sussex Rehabilitation Centre: <http://coastingtogether.wordpress.com/2014/02/19/boston-marathon-fundraising-event/>

We wish all our marathon participants the best of luck and may you all achieve your target times. Apologies if I have missed anyone.

Malcolm Kemp

Champing at the bit

We asked a representative selection of our triathletes what plans they had beyond these shores this season. Coming up are the **European Standard Distance Duathlon Champs in Horst, Holland on 13 April** and the **European Standard Distance Triathlon Champs in Kitzbuhel, Austria on 22 June**.



Paul Thomas

I start my season off at Goodwood, racing in the Sprint Duathlon on 23 March, then the following weekend at the National Para Duathlon (sprint)

Championships in Northampton. These are practices for the Sprint Duathlon European Para Championships in Horst, for which I have qualified. After this race, I change from my road bike to my mountain bike and plan to compete in some off-road triathlons and mountain bike races in preparation for the ITU Cross Triathlon World Championships at Zittau, Germany on 16 August for which I have also qualified

Mike Hannay

Next month I'm doing the ETU Long Distance Duathlon championships in Horst. I was 4th in age group last year so I'm aiming for a podium this year. I won the Spring Ballbuster Duathlon recently, which is similar distances, so I might have some form. In October I'm in the team for the ETU 70.3 Championships in Mallorca. I made the top 10 last year in Barcelona so I aim to do better this year. As a warm-up I'm doing a 70.3 in Kaichgau in Germany in June and the BTF Standard Distance Champs in Liverpool, hoping to qualify for next year's world championship.



Debbie Evers

In 2014 I am in the unusual position, for me, of having qualified for four different distance European Triathlon Championships – sprint,

standard, middle and long distance. The first choice to be made was between sprint and standard distance as these both take place in Kitzbuhel in June and the rules state that only one race can be undertaken per athlete. So standard it was to have been. But with the long-distance race in September in Almere, Holland, and the middle distance in Mallorca in October, I realised I could not afford to do all three events. I therefore took the reluctant step of withdrawing from the standard distance to concentrate on the other two.

Tim Woodman

"I am planning to do two world qualifiers this year. But my training is crap at the moment so this may change."



Sam Wade

At the start of March I was selected as part of a six person squad to represent Great Britain at the World University Triathlon Championship in Brasilia, Brazil on 20 April. It is Olympic distance and draft legal. I am hoping that my race in Turkey last year at the AG European Championships will stand me in good stead for the challenging conditions I am likely to experience. The rest of my season will see me competing in the British Super Series in races across the country as well as a test event for the Commonwealth Games Triathlon, which will be held at Strathclyde Park on 24 May.



Malcolm and Emma Hughes

We are racing in the Age Group Standard Distance Tri at the ETU champs in Kitzbuhel.



Ok, so two of the **CLUB CHAMPIONSHIP** races have come and gone (Frosty and Spring Duathlon) but there is still time to score best of three with: **Haywards Heath Triathlon** 27 April, **Mid-Sussex** 8 June and **Ashburnham Standard** 22 June.

Simon tries tri

Simon Taylor has suffered a catalogue of broken bones over the years, including in the neck and back and culminating in a threatened lower leg amputation after a motorcycle crash. Here he tells the story of his encounter with triathlon and how he has surprised himself with what can be achieved through determination and effort.

I decided to have a go at a triathlon last year (I was 49) as motivation to get fit when, after one slow lap of Hove Park, I was exhausted. My first triathlon was in May 2013. My first road ride was in the previous month of April!

I started MTB riding in September 2013 because I heard numerous triathletes say they used mountain bike riding to help with their bike fitness during the winter months. So I bought a mountain bike. For experience I entered some of the Human Race series of off-road duathlon events. They are tough but I had no idea how much fun they would be. In about 15 months I lost over 10 kilos, still eat loads, drink much less alcohol and feel much better.

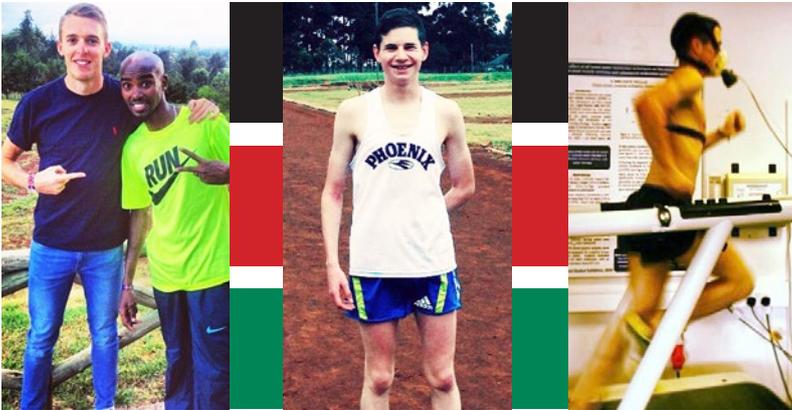
Last summer if someone talked about Great Britain Age Group Teams, I would have asked 'what are they?' Today I am proud to be able to say I have qualified to race for a Great Britain Age Group Team in Sardinia in June for the European Cross Triathlon Championship and in Germany in August for the World Cross Triathlon Championship. These events consist of 1.5km open water swim, 30k mtb ride and 10k cross country run.

Since I started training for my first Triathlon I have had plenty of injuries come and go - not surprising considering I've moved up a few gears from doing the occasional light jog in the park (once or twice a month) to training for road and off-road triathlons and duathlons. I believe I can get fitter and make plenty of improvements at triathlon with more training and experience. Maybe a trophy in a year or two, who knows?



Track & Road

Kenya? Yes we can!



Charlie makes friends with some bloke he bumped into.

Robbie looks happy enough - must be before the session.

Ross is all wired up for the trip.

Small margins, long-term gains

Over the last few years we have had a handful of our promising athletes go out to Iten in Kenya, all looking for the benefits of altitude training.

Robbie Fitzgibbon was lucky enough to accompany **Charlie Grice** and the UK Endurance Team on the latest trip over the winter as a promising U20, hoping to make the next big step up. Going to altitude for the first time you are, as an athlete, always looking for the quick gains when returning to sea-level competition. But what Robbie was soon to find out was that the trip offered a deeper understanding of how the best athletes in the world train and all the small factors that go into making marginal but long-term gains in the world of distance running. On returning to sea level he entered the Euro Cross trials but did not have the adaptation he was looking for. It was only later in the season that he went on to gain a National bronze medal at the Indoor Champs and a place in an England Team.

It shows that even if you don't have the perceived gains on returning from altitude, as long as you are implementing the long-term training approaches learned, you will eventually be rewarded.

Ross Skelton is the latest Phoenix runner to make the trip and is shown above being tested beforehand - an essential prelude before attempting a trip of this nature.

Charlie's account

I first went to Kenya when I was 17 and I spent my 18th birthday out there. I have now been four times since. I know all the routes, what supplements you should take when you're out there, and how to conduct yourself when you are there! The trip always clashed with my birthday but I don't mind it because when I think of what else I'd be doing, it would be getting pissed up in a

nightclub! Instead I'm spending it with great friends; my coach and training partners!

I went to Kenya twice this winter, for four weeks in October/November and for three weeks in January prior to the indoor season. A lot of runners get carried away when they go to altitude. Your running paces are around 30 seconds per mile slower, and I would say that a 60 mile week up there is worth a lot more at sea level because your body is working so much harder. I really like going to altitude at the start of the winter season after my break. It's when I am really unfit but it gets me really fit to kickstart my winter base phase. I really knuckle down to my training with no distractions.

Because of my trip in October/November, the physiologist told me I only needed to get three weeks of exposure to get an endurance boost. I also adapt faster up there because I know how to listen to my body and train it sensibly. On my return from Kenya in January, I flew to Heathrow and got a connection straight up to Glasgow for the International match. Luckily, I got an upgrade to first class because Steve Cram, who was out in Kenya at the same time as us, knew one of the pilots so called upon a favour! This meant that I could get some sleep before the race as I knew this would be a crucial factor to me performing well in two day's time. The race itself was a slow one with a last lap burn up so it wasn't a huge test but I felt good. When I came back down to sea level it was just a case of doing speed work because I knew I was strong enough. Overall the trip set me up nicely for a good indoor season even though I missed out on the World Indoors by one hundredth of a second! I'll continue to make the trip to Kenya for monthly training stints, it's an amazing place and I thoroughly recommend it to anyone to go out there and experience it. You will not be disappointed!

6-stage triumph

Qualifying for the National Road Relays is to compete against the best teams in the county. To place highly is to cement your place at the top table. **Josh Guilmant** reports on his proudest achievement as captain.

Flying in from Luxembourg Ben Tickner not only helped the team achieve an historic 14th place finish but he also broke the Phoenix long-standing leg record with a scintillating 17.22 over the 5.848K course. The plan going into this race was simple: load the front of the team with the guys in shape and make a statement of intent, then hang on and see how high we could finish.



The highest placing Sussex team ever: **Ben, Max, Ian, Charlie, Robbie, Josh and Jon**



STOP PRESS



The Hastings Half Marathon on 23 March was also the Sussex Champs. **Bruce Warren (above) took county gold and Tom Farsides bronze in the M50 category. Terry Avey took gold in the M60 category. Well done guys.**

After Ben's opening 4th place leg, Jon (duracell rabbit) Pepper took over to move the team into a heady 2nd place with his metronomic style (17.38). It was then up to the youngest member of the team Robbie Fitzgibbon, fresh from his 1500m track exploits, to be thrown into the fire pit of senior competition running a strong 18.52. National Mile Champ Charlie Grice was next up with 18.02, moving up a gear or two in the closing 200m to show his basic speed. Next up was Ian Leitch and although there is maybe two decades between him and youngest team member Robbie, the big dog showed his class off little training with an 18.29 to keep us in the hunt of a top 15 finish. Max Pickard stepped up to take the final leg, giving all he had to bring the team back in 14th place (18.54). This made us the highest finishing Sussex team ever.

Thanks must also be given to the South of England relay team who did qualifying work: Sam Wade, James Miles, Charlie Grice, Jake Alger, Dan Stepney and Jon Pepper.

Cross country

Muddy medals



The stars of the cross country season were undoubtedly the U13 girls. Almi Nerurkar (5th in the national x-country and 4th in the inter-counties) and Naomi Fonteyne (18th in the national and 10th in the inter-counties) deserve special mention but the team has been characterised by great turnouts and enthusiasm with victories at the Goodwood relays, the County Championships and the League. Credit is also due to Roy Hayward, Paul Collicutt and the other coaches.

Rueben Hoyte (U15 boys) has also had a great season, winning individual bronze in the County Championship and the League.

There have been sensational individual performances in other age groups as well, none more so than Jon Pepper's third consecutive victory in the County Championships (leading the senior men to silver) and his seventh place in the English Championships.

We always keep an eye on those away at university and Sam Wade's 18th in the British University Champs was impressive.

There were mixed fortunes in the League. The U13 girls were gold medallists of course with Almi and Naomi taking individual gold and silver. Charlotte Matthews took individual bronze in the U15 girls, the U15 boys team securing silver with Reuben's individual bronze.

The senior women should be heartened by fielding full teams all season but finished last in division 1 and probably face demotion. The senior men by contrast were thinly represented all season but managed 4th.

The vet men have been consistent and strong, deservedly winning team bronze, with Bruce Warren taking individual bronze in the V50 category. Bruce had previously won individual bronze at the South of England Masters Championship at Biggleswade and then individual V50 silver at the Sussex Masters Championship in January. His team won bronze, the V60 team going one better to take silver.



YoungPhoenix

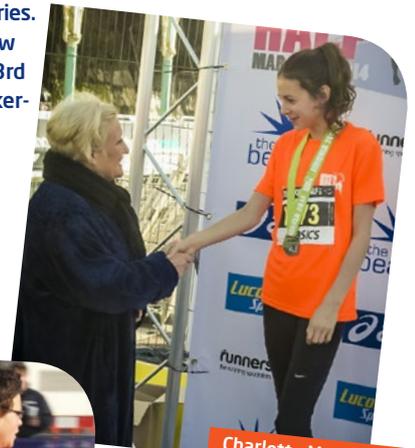
Youth races

The Brighton Half Marathon Youth Races, which preceded the main event on 16 February, attracted young athletes from far and wide. There were 28 Phoenix competitors and boy what success we had. There were top three placings in each of the six categories. Some of the finishers are shown below and, in addition Milly Dickenson was 3rd in the 7-10 girls race and Mia Whitacker-Jones was 3rd in the 11-12 girls race.

Joel Luscombe
3rd 11-12 boys



Charlotte Matthews
3rd 13-14 girls



Reuben Hoyte
1st 13-14 boys



Alex Brothwell
2nd and
Einhim Wellings
3rd 7-10 boys



Holly Luscombe
1st 11-12 girls



Phoenix's U13 and U11 teams finished a creditable second place to Worthing Harriers in the recent Sportshall League.

After winning the first match of the Sportshall series, Phoenix were pipped by the bigger Worthing teams at the next two matches, all held at Lancing Leisure Centre. Team managers (Girls) Roy Hayward and (Boys) Jacqui Swift said: "We are over the moon with the efforts by the Phoenix youth teams at Sportshall this season. The final match was particularly hard as we had key athletes away or poorly and saw everyone pull together, some competing in events they'd never tried before or standing in at the last minute. A great team effort." Special thanks to all the athletes and parents who came to help and support - especially Steve Hardman who helped with the field events.

Leaping legend

A special well done to Phoenix's star U13 long jumper Will Saunders who jumped a huge personal best of 4m30 at The Lee Valley Open Meeting in January, which saw all three of his jumps over 4 metres. This jump ranks Will at number one in the South East and 6th in the country. Well done Will.



Junior cross country

It's been a season of rain and muddy hills for cross country runners and the young Phoenix team has seen lots of young athletes brave the elements to compete for their club with some fantastic results.

Throughout the season there have been two young ladies that we've been particularly proud of wearing the Phoenix vest for gutsy, inspiring runs at every event.

Almi Nerurkar and Naomi Fonteyn are two exceptional young runners in the U13 age group. Good friends and also rivals, who train together under Paul Collicutt. Here they tell us about their special friendship...

What's it like being friends and rivals?

Almi: The best thing about being friends and training partners is that we get to see each other quite often. We go over to each other's houses when we are not training and we train together. Before a race we will warm up together, but we don't really talk about the race with each other.

Do you think being friends is part of what drives each other to race to your best abilities?

Naomi: I think because we train together it helps us both run faster. Definitely. And warming up together might scare other runners – but that's just what we do.

In the club cross country events over the season you regularly finish 1st (Almi) and 2nd (Naomi) but last year at Goodwood Naomi, you finished 1st. How did it feel to beat Almi?

Naomi: Good. But we didn't really talk about it afterwards. We just don't talk to each other for a while. We know when to give each other space to think about it.

Almi: It's like all races. We don't fall out but we are both really competitive so we sometimes just go quiet and never mention the race or results.

What has been your favourite course this season?

Naomi: Bexhill – even though it was really muddy. Parliament Hill is muddy too and I liked it there. I quite like it when it's been raining – it's better than running in the sun when it gets really hot.

What's been your proudest moment this season?

Almi: It has to be Birmingham when we won the team event or at the Nationals (Cross-country Championships at Wollaton Park, Nottingham) when I wasn't expecting to do that well but came 5th.

What are you looking forward to mostly about the track season?

Naomi: I prefer cross country but for the track meetings I'm looking forward to competing close by so we don't have to travel so far like we did for cross country – Birmingham is really far away. It took ages to get there.

Almi: I'm not sure which I prefer. I'm not too keen on the mud in cross country and I'm looking forward to running in the sunshine. Hopefully we will be have some this year.

Andy Bone is one of Phoenix's Youth coaches. Here he tells us about the fun of coaching at Withead.



What's your role as a coach at Phoenix? I coach athletes of all ages from juniors up to veterans. Wednesday track night starts at 5.30pm with the juniors. We've recently divided them into more manageable groups and I've been coaching endurance running focusing on pacing. But we'll all be swapping around after Easter so I may be coaching jumps, throws or sprints. I also train a group of seniors and veterans at 6.45pm with Bruce Warren and Sue Hudson. This is an interval training session of around 5K. I help out with various coaching sessions during the week and Bruce and I have been working a training group up to the spring marathons. John Feeney has been helping with his sports science knowledge which has been invaluable.

What's the best thing about being a coach for the club? Seeing athletes getting faster and progressing up through the groups and meeting lots of new motivated people. Some of the athletes I coached when they first joined the club are now in Jon Bigg and Paul Collicutt's groups and are representing Sussex and further afield. I was coaching high jump a few summers ago and one 10-year-old didn't want to jump over the bar. I finally got them to do it and when they cleared it and landed on the mat, we were all treated to a massive smile. They'd done it.

How long have you been a coach for the juniors? For about seven years. When my kids started running in Kim Hards' junior group there were only about 20 children in the junior group – how times have changed! But rather than sit in the stand and shiver, I thought I'd get involved. Before I knew it I'd taken my Level 1 UKA coaching badge and have not looked back since.

What's the best thing and worst thing about your groups? Everyone trying their best and one December evening when we made snow angels on the track. The worst? Losing my voice from shouting to get heard and not remembering everyone's name.

Tell us about a typical training night and what you do with your groups. We always start with a warm up. Recently I've been concentrating on endurance running which involves a couple of activities and then we end with a game or a relay race. I know the vets want to do the Clap 'n' Go game but there never seems to be time.

How did you get involved in athletics? My school was rubbish at sports and the PE teacher always set cross country when he couldn't be bothered to teach. I got my first pair of running trainers when I stopped commuting to London and thought I ought to do something constructive with my new found time. I ran a bit on my own, then I got introduced to Andrew Haig through work and he told me about the Thursday club run.

What's your own interest in running? What's your distance?

Half marathon and marathons. I really enjoy the South Downs 100 Mile Relay, which I've run in the Vets team for the last few years. I'm looking at longer distances but only "looking" at the moment. I believe Brighton is one of the best places to run.

Who is your favourite athlete of all time? Steve Ovett. I watched the Moscow Olympics when I was 14 and was gripped. When I discovered that Steve had formed Phoenix, I knew there was only one club in Brighton for me. I met Steve in 2012 when his statue on the seafront was unveiled. What a legend. I follow Mo Farah on Instagram and Twitter too. Double Olympic Gold ain't bad.

And when you're not coaching what else do you do? In training for the London Marathon, football coaching for Preston Panthers U16s and trying to play the piano (very badly).

What other sports are you into? I follow the mighty Bristol City and I also enjoy sailing and mountaineering but there aren't many mountains in East Sussex.

Here to help

Emma Satterly

Sports massage therapist

Sports massage can form an effective tool for prehab (injury prevention) and quicker recovery from training and competition, as well as rehabilitation from injury. The UK has been slower than Australia, Asia and America to embrace massage as a therapy to aid and improve sports performance. However, now the practice of massage has become a regular part of an elite athlete's programme and is filtering its way down to all levels of sports participants as its many benefits (physical, physiological and psychological) have been confirmed by scientific research.

Among these benefits are that it:

- stretches soft tissue
- relieves muscle tension
- improves muscle flexibility
- reduces muscle spasm
- reduces swelling
- relieves pain
- relieves tension and anxiety
- stimulates physical activity

There are several qualified sport massage therapists within the club who are more than happy to advise and provide treatment if you are interested.

Contact

Emma Satterly Sports and Swedish Massage
emmasatterly@hotmail.com



Anita Jones

Fascial Stretch Therapy™, sports massage and other techniques

My lifelong passion for sport and interest in how people perform at their best has defined the way I work as a therapist and is the reason I set up Connect Sports Therapy. Looking for long-term results and continuity in training, I work to keep you functional, injury free and performing at your best using a range of techniques.

I qualified as a Sports & Remedial Massage Therapist at London School of Sports Massage in 2007 and in 2011 I had first-hand experience of Fascial Stretch Therapy™, a table-based stretching system which enhances athletic performance, improves recovery after intense activity and reduces the risk of injury. My own experience inspired me to get qualified in this technique. I have been trained by Ann and Chris Frederick at the Stretch to Win Institute in Arizona and am returning in May 2014 to do my level III medical.

I am rewarded daily with stories, text and emails from the people I am working with. If you have a long-term niggle that nothing seems to touch or you wonder what a bit more range of motion could do for your performance, or you just want to talk something through, give me a call. I have been a member of Brighton Phoenix since 2006 and love supporting their athletes to be their best!

Contact

Connect Sports Therapy
anita.jones@gmail.com



Tobias Bremer

Physiotherapist

Physiotherapists have several roles in a sporting set-up. They are the experts in the musculoskeletal field and so lead the rehabilitation process. But they also work as part of a team, which includes doctors, other therapists, sport psychologists and the athlete's coaches, and whose overriding goal is to provide an excellent rehabilitation environment for the athlete.

As a physiotherapist within a multidisciplinary team, my main role is to diagnose and treat acute injuries as well as prevent injuries from occurring through a sport-specific screening programme. Among the methods I use to treat acute injuries or improve mobility in chronic conditions are joint, nerve and soft tissue mobilisations, all underpinned by a scientific evidence base. I always review the treatment methods used and modify as necessary in order to maximise the athlete's recovery.

A preventative screening programme is important as it allows 'risk factors', such as areas of muscular weakness or tissue overloading, to be identified and reduced. For the athlete this means less time being injured and more time trying to break their personal best, which has to be a good thing! Screening also allows sub-optimal movements to be identified and addressed in order to make the athlete more efficient.

Like other physiotherapists, I use the results of the screening programme to set up an individualised programme which includes hands-on treatments and specific graded strength and stretching exercises. As the athlete returns to training, advanced exercises are added to their warm-up drills or training sessions in order to complete their rehabilitation.

Contact

Physio Clinic Brighton
www.physioclinicbrighton.co.uk
info@physioclinicbrighton.co.uk



Phoenix has some interesting clusters of professions amongst its members. For example, we have a disproportionate number of graphic designers, a comparable number of academics and a sizeable group of NHS personnel. Maybe we shouldn't be surprised then that a sports club should also feature a number of therapists of one kind or another. We asked some of them to talk about their approaches and methods.

Sue Hudson

Therapist using sports massage and other techniques

I use various techniques to help both athletes and non-athletes improve mobility /flexibility and recover from injury, including sports and cranial massage, athletic taping, and acupressure.

Deep tissue massage can help to loosen muscles that feel tight and break down internal scar tissue which prevents full range of motion. Massage can also improve circulation, which may not only speed up muscle repair but also promote health and repair throughout the body. Muscle energy techniques can help to rebalance muscles and return them to the optimal range of motion.

Muscle testing is an important aid for me in checking which areas need work (not always the area the patient is complaining about!), as is examining posture and gait. I also provide rehabilitation programmes of exercises to enable patients to gradually return an injured area to full strength and mobility.

I work both from home and at a chiropractic clinic, where I work alongside the chiropractic doctors helping to alleviate chronic and acute back, neck, hip, leg and arm problems – in fact any area that contains muscles and joints – in all types of people. We achieve some remarkable results in people who have suffered for years and have found that painkillers gradually lose their effectiveness.

Sports massage may sometimes be slightly painful but it should never be 'torture'. It is usually very relaxing – many athletes have regular massage to maintain their muscle and joint mobility and strength.

If looking for a therapist, always check the level and type of training and that the therapist has full liability insurance.

Contact

Seahaven Sports and Remedial Massage Therapy
www.seahavensportsmassage.co.uk
seahaventherapy@gmail.com



Midgie Thomson

Mental performance coach

Many great athletes spend hours in the gym, time at the track and miles on the bike to improve their performances by perfecting their skills, sharpening their technique and strengthening their bodies. Yet, the difference that can make the difference is their mindset.

Strengthening your mindset and developing your mental skills can form an equal part of your training programme to help you be at your best.

Goals and confidence

Most athletes are aware of the benefits of setting goals to help maintain their focus and their motivation. But there are many other areas in mental preparation that can also help.

Building up your confidence through a variety of ways such as 'acting as though' or a 'summary of achievements' helps to give you a boost until your belief and confidence in yourself is more real.

Also important is recognising that doubts or fears literally slow you down and reduce your abilities. It is critical to pay attention to when you start having any negative thoughts. You can then develop the skill to turn the volume down on the critical or negative voice and turn up the volume on the positive and supportive cheerleader. One approach is to ask yourself: 'Does this thought help or hinder my performance?' If it hinders, then let it go.

Dealing with nerves and mistakes

Learning how to thrive under pressure, rather than let any nerves distract you, can help you to perform well. Sometimes, simply relabelling what you are feeling as 'excitement' rather than 'nervousness' can help shift your perspective towards a more positive mindset.

Another skill to calm those nerves and increase your performances is mental rehearsal or visualisation. Your body reacts to things whether they are real or imagined. Take a moment to



vividly imagine biting into a fresh juicy lemon, and see how you react. Now, imagine yourself doing your sport, from start to finish: what you will do, see, hear and feel. Your body will react by imagining the performance so that when you get to that competition or training session, you have already programmed your body for a great performance.

On a final note

Many of the mental preparation skills, like all your other physical and technical skills, can be practised and developed. By taking some time to explore these mental skills and practise them, you strengthen your 'mental muscles'. This in turn helps you to take your performance efforts to greater heights and to be the best you can be.

Contact

Bright Futures Coaching
midgie@brightfuturescoaching.com

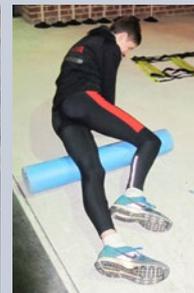
Get the 'prehab' habit

Meanwhile **Dan Stepney** has been running sessions for some of our elite athletes at Bigg Performance. He reports:

The athletes come to us on Tuesdays and Thursdays but also do a set programme of exercises and drills at home and before each of their running sessions. The core concepts of the programme are 'Prehab' (where we make our athletes more robust and minimise the chances of them getting injured), stability, strength and conditioning. Also tied in is an element of flexibility with an emphasis of increasing strength within that added range of movement. The programme is running specific.



Stepney's kneesteps?
Josh has a go.



Rolling Robbie.
This one looks quite relaxing.

For information on fees or to make an appointment, contact:
info@biggperformance.com

Meet the club

Tim Bayley (now retired) and Jon Pepper (very much still running) are two of Phoenix's finest ever athletes. Both have achieved success in the sport but from different ends of the spectrum. Below they share some of their thoughts on their athletics careers.

Jon Pepper

Q Why did you get into athletics?

JP When I was young I was really into football, but my team were so dismally bad that when I started winning district schools XC races, it got my attention and made me consider athletics. I liked the buzz of competition the most.

Q When did you decide to be completely focused on running?

JP By the age of 16 I'd stopped playing other sports to focus on athletics but it was never that much of a conscious decision. Being picked for England schools at XC meant the world to me and prompted me to consider running as something I could legitimately do after I left school.

Q What was your motivation when you started and how did this change over the years?

JP It's changed a lot and continues to change. When I started I just enjoyed good results and winning races (one of my school reports said that I'd do well to learn how to be a better loser after I lost a sports day race). As a teenager I was largely motivated by improving my PBs each year, which tends to happen a bit by default when you're growing up. As I got older and started to have a bit of national success, I began making more specific goals like winning certain races, which motivated me. Now I would say it's a combination of all of these as well as simply enjoying the act of running.

Q What did your training look like as a junior, and how did this change as you moved into the senior age group?

JP I could spend a while answering this one. As a junior my training was completely focused on 2 club nights each week with my club Enfield & Haringey AC. We'd run interval sessions twice a week and a lot of it was speed-based. The rest of the time I would go for runs on my own so I trained 5 or 6 days per week and probably ran about 30-40 miles.

When I went to the University of Birmingham, aged 18, this changed significantly. I ran with people every day, some of whom were 5 years older than me and winning national senior honours, including Phoenix's very own Ben Tickner, so there was temptation to try and keep up. I ramped up my mileage

Pepper Picks Select Senior Achievements

Represented GB
World student games

Represented England
Road and XC

PBs	
5K	14:08.09
10K	29:44
Half-marathon	65:32
Marathon	2:19:10

Jon

and started doing long intervals more regularly as I focused on running 5km and further. Unfortunately, it was too much too soon and I got very injured as a result. I would blame Ben but that would be unfair. However, he did teach me the importance of cake consumption.

Q You have had a lot of injury setbacks over the years. What keeps you coming back for more?

JP That's a good question which I've asked myself so many times. I'd be lying if I said that fear of failure hasn't been a factor, however much it unsettles me to admit it. When you're injured you do feel pretty desperate and that completely clouds your rational reasoning as to why you should carry on. Through all the injuries and with the support of my wife (Flo), parents, coach and friends at the club, I decided that there is still a high chance that I could achieve things in the sport. I wouldn't be as committed if they weren't all so honest and encouraging. Regardless of all this, I do enjoy the process of training, the camaraderie of the club and the mutual respect between competitors so it'd take a lot for me to give up running completely.

Q When did you know you wanted to switch from track to marathons or is it not that clear cut?

JP It was in the back of my mind for a long time that I could try the marathon. When I was 12, I was fortunate enough to run and win the London Mini Marathon and so it was always an exciting thought. I ended up switching sooner than I thought mostly because of being injured a lot at university, I guess I felt like there was no time to waste.

Q You have had some great success already in your career. What are you targeting next?

JP This year I really want to gain selection for either the Commonwealth Games or the European Championships marathons. I'm running the London Marathon in April to try and qualify.

Q You have now done three marathons over the space of one and a half years. What have you learnt in your approach?

JP So much that I couldn't possibly say it all here. Each marathon is such a unique experience and I love that about it. The event is loaded with risk and so much can go wrong it's a wonder that anyone ever tries to race them. I've trained differently each time and continue to work with my coach to find the best approach. When I ran the Brighton Marathon in 2013, I overdid the long runs in training and nearly ruined my chances in the race itself as I was so knackered. This time I've incorporated much more of a scientific approach using lab data and using heart rate to control intensity. I feel like it's working but I suppose we'll see at London.

Q What are the most important principles you applied to your athletics?

JP It may not be a principle as such, but it's important to open yourself up to the idea of failure and that it goes hand in hand with being ambitious about your running. It might sound negative, but by embracing the possibility of failure you actually avoid running scared, make smarter decisions, look for less excuses and enjoy the process more. I also think it's important to allow yourself to be satisfied by achieving something, and not just to move onto the next goal on your list as is so often the case with athletes.



Q Do you have any regrets? If so, what would you have changed?

JP Yes, if I could go back in time, I'd spend much more time developing my core strength and conditioning as a junior athlete, and I wouldn't change my training so dramatically when I went to university.

Q Who was the greatest help to you in your athletics career?

JP So many people have helped me but my parents and Flo have been the greatest help through their support and understanding. Also my coach, Bud Baldaro, who's been guiding me for the last 7 years. Oh, and Josh Guilman, who has made me delicious meat-free breakfasts and coffee in return for mornings spent charging round Stanmer. Cheers Josh.

Q What do you feel you benefit from the most by being a member of Phoenix?

JP The club has a great ethos of supporting the individual, which is the best aspect for me. Alongside this there's an excellent team atmosphere so even if I'm training on my own on a club night, it feels like everyone cares about each other, shouting encouragement.

Tim Bayley

Q Why did you get into athletics?

TB As a high schooler I was a cricket and football player until I was about 17 years old, when I first joined Phoenix and started getting into running. The main thing that drew me to the sport was the knowledge that if you worked hard consistently and pushed yourself hard, you could make massive improvements and your times could come down quickly.

Q What was the point when you decided to completely focus on running?

TB I decided at 18 years old to put everything into my running and leave cricket behind. I had an offer from Derbyshire CCC to go professional in cricket but realised that it was not a passion. It also made me realise how much I love running!

Q What was your motivation when you started and how did this change over the years?

TB My motivation initially was to get as fast as I could over the 400m and the 800m and try to become a GBJ junior international via the 4x4. As time went by and I felt like I had close to maxed out my 400m ability, I focused exclusively on the 800m and, under Jon Bigg, shifted my focus to winning races and away from times, which I think helped my running massively. I feel that the best races that I had in my career I was unaware of the clock and just racing to try to win.

Q You have had some great success in your career. What achievement means the most to you?

TB I would have to say placing 2nd at the 2006 NCAA Championships was the biggest success of my career. Running 3 races in 4 days going 1:48.6, 1:47.4 and then 1:46.6 in the final made me really proud and that was, performance wise as good as it got for me. I also take a lot of pride in winning the AAAs in 2005 and making the World Indoor team in 2010 in the 1500m.

Bayley Best Select Senior Achievements

Represented GB
World Indoor Champs
UK 800m champion
NCAA 800m Silver

PBs	
800m	1:46.64
1500m	3:40.16i
Mile	3:59.58i
5K	13:59.67

Tim



Q Do you have any regrets?

TB Not breaking 4 for the mile would have been a regret for me but thankfully I was able to finally make that happen in 2010. One regret was not running faster over the 800m Going 3 rounds and running 1:46 at the end of it, I would have thought that a 1:45 would have been a certainty but it never materialised. I feel that I was a Championship runner and often couldn't bring my best performances in one-off races.

Q What are the most important principles you applied to your athletics?

TB I believe that consistency is the key to long-term success and that is the cornerstone of my coaching philosophy now. Taking care of the ancillary training and recovery work such as foam rolling, stretching, and all of the strength training play an integral role in any programme. It is vital to build the body structurally strong to support all of the training that is required to get to the top level and maximise your potential.

I also believe in the importance of working on max velocity speed /running mechanics to maintain/develop top-end speed, which ultimately wins you races over any distance.

Q Who was the greatest help to you in your athletics career?

TB I was lucky to work with a few amazing people in my career, including my college coaches Mick Byrne and Jason Saretsky, and my wife Priscilla's college coach Chris Puppione, who coached me to sub-4 in the mile. The biggest influence on me and constant throughout my career though is Jon Bigg and he continues to be an amazing mentor to me as I have now moved into coaching.

It is so great to see the middle distance group that has built up at Phoenix and I am excited to follow the progress of the athletes over the next few years!

Q You have spent most of your time in the States but still as a member of Phoenix. What was it about the club you felt you benefited from the most?

TB I love the history of Phoenix. As MD runners, we are in the shadow of giants such as Overtt and Rowland and that sets a high bar for everyone to follow. I enjoyed bringing my 800m time down and seeing where I stood on our club record list!

Q If you could impart any piece of advice, what would it be?

TB Train smart and hard, and trust in your training. Consistency is the key and will lead to realising your full potential!

Q How is retirement treating you? Are you enjoying your role at Harvard?

TB I am enjoying being retired! I actually do some pacing now and paced our top distance guy to 2 Ivy League and school records in 3 weeks for 5k and 3k (13:42, 7:51). I also pace my top 800m girl Erika in workouts and am excited for her with how her season is shaping up as she has hit 2:05.55 so far and is #5 US collegiate right now. It is also a lot of fun for Priscilla and I to coach together and it has been great to see the Harvard team enjoying a lot of success over the past two seasons.

PHOENIX OPEN

Celebrate the 60th Anniversary of Roger Bannister's First Sub Four Minute Mile

Wednesday 14 May • Withdean

- 5:00pm **Open U9 800 boys and girls**
- 5:30pm **Open U11 800 boys and girls**
- 6:00pm **Open U13 800 boys and girls**
- 7:00pm **Open U15/ Senior 800 men and women**
- 7:30pm **BMC 800 men and women**
- 8:00pm **1 Mile BMC men and women**
Open 1 Mile men and women
- 8:30pm **Open U15/ Senior 3kms men and women**

The fastest Men and Women in the 800m and Mile will win a Limited Edition Art Print celebrating the Mile World Record Holders worth £120 each.

Open Entries & BMC Entries please register at <http://www.britishmilersclub.com/enteronline/>

Collect your number and pay on the night
£5 per event (£3 per event for BMC members)

NO ENTRIES ON THE DAY • ENTRIES CLOSE AT MIDNIGHT ON SUNDAY 11 MAY

Super Wednesday



PHOENIX 10K

16 July 2014 - 7.30pm

RUN/ENTER IT

www.sportssystem.co.uk/ss/event/BrightonPhoenix10K123

HELP MARSHAL IT

email - brightonphoenix@gmail.com

Next up

Apr 12	Sussex Road Relay Champs	Horsham
April 13	London Marathon	
April 20	Crawley AC Open Meeting	K2 Crawley
April 27	Haywards Heath Triathlon	Club champs event
May 1	Haywards Heath Open Meeting	K2 Crawley
May 4	Haywards Heath 10M	Sussex GP
May 4	Steyning Standard Tri	
May 11	Hastings Runners 5M	Sussex GP
May 11	East Grinstead Sprint Tri	
May 14	U13 League (1)	Lewes
May 14	Brighton Phoenix Open	Withdean, Brighton
May 18	Horsham 10K	Sussex GP
May 21	U15 League (1)	Lewes
May 24/25	Sussex T&F Champs	K2 Crawley
May 25	Rye 10M	Sussex GP
May 25	Arundel Sprint Tri	
June 1	Worthing 10K	Sussex GP
June 1	Chichester Standard Tri	
June 4	U15 League (2)	Eastbourne
June 7	South Downs Way Relay	Club champs event
June 8	Mid Sussex Tri	Club champs event
June 11	U13 League (2)	Lewes
June 22	Ashburnham Standard Tri	Club champs event
June 25	The Weakest Link Relay	Brighton
June 25	Crawley AC Open Meeting	K2 Crawley
July 2	U15 League (3)	Lewes
July 23	U13 League (3)	Eastbourne
July 6	Bewl 15M	Sussex GP
July 16	Brighton Phoenix 10k	Sussex GP
September 5	U15 League final	Withdean
September 7	U13 League final	Withdean

www.brightonphoenix.org.uk

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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 2014

Editors: Jane Edmonds, Jacqui Swift

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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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Phoenix



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