

# The Phoenix Flyer

NEWSLETTER OF BRIGHTON PHOENIX ATHLETIC AND TRIATHLON CLUB    JUNE 2015

## Phoenix Rising High

Old and New  
Chairmen Speak  
*(The King is Dead.  
Long Live the King!)*

Young Guns Profile

News Round Up



COACH'S CORNER



Bigg Talk

March marked the month when we said goodbye to our beloved chairman **Paul Collicutt**, who stood down after 11 years in the role. But as we wiped our tears away it was also a time to celebrate as we welcomed new chair **Mike Townley** to lead the club.

Here Paul gives us his final words on Phoenix's beginning and success while Mike tells us about getting into the sport and his plans for the club's future.

## Paul Collicutt

"Matt Paterson founded Phoenix on March 26, 1981. Later that year I came to Brighton and joined the club. It has been a major influence and a joyful part of my life ever since. For the past 11 years I have been privileged to be Chairman, a position I regard as a great honour and responsibility.

"Way back in the 80s I ran the 800m and I was fortunate enough to once win the Sussex Championships at this event. One day I was making a realistic assessment of where I was in our training group at the time- the rear to be precise. Steve Overtt- the Olympic Champion at that distance but more familiar to you all as Paul Collicutt's training partner no doubt!- got hold of me and told me to take myself seriously and respect what I'd achieved. I always remember this incident because if a man who was at the top of his game in the whole wide world could tell me to take myself seriously, then this club was the most inclusive club in the world. I like to think Phoenix promoted and still promotes inclusive excellence.

"Over the past 11 years, we as the Phoenix Family have done great things. Our coaching set up is now better than ever and we are also covering more disciplines than ever. Throughout my time as Chair I have been able to work with board members and coaches who bought in the idea that we could pursue excellence in our athletes performances and our own endeavours, but at the same time be an inclusive club.



Paul sets the pace at an early Brighton City Centre 5k

“ I like to think Phoenix promoted and still promotes inclusive excellence. ”



Paul hands over to Mike via videolink at the recent AGM

"At my first board meeting I stated that we should be aiming to get an athlete into the Olympics and into an Olympic final. Our current crop of young athletes have set their sights on this. Not all clubs would have this ambition and indeed some would laugh at it but we are Phoenix and are an extraordinary club. This ambition never once seemed to me to be at odds with an inclusive policy within the club. If we offer elite athletes the best service we can we also offer it to all our members because ALL our members are our family. We all wear the vest with pride.

"I know there's no one better than the legal counsel for the International Paralympic Committee – Mike Townley- to take the helm of the club right now. For the past couple of years I have hoped he would accept the Chair. Then at the last awards night, Mike told me that he'd thought about it and would be honoured to take the Chair. I almost leapt for joy. This was exactly what I wanted him to say.

"So finally, I hope that we will all support Mike and we wish him all the very best. Over to you Mr.Townley, Sir!"

# Mike Townley

"IN 1975 I was sitting in a small common room at a prep school in Tunbridge Wells. My Dad had just been sent abroad for work and my brother and I were packed, off to boarding school. I was 13 and homesick.

"Our PE teacher suggested we watch a TV programme called 'The Runners' and it changed my life. The show featured (Olympic Bronze, Gold Commonwealth and European medalist) Brendan Foster, (marathon runner) Ian Thompson, (Gold European, World Cross Country and Commonwealth Games champion) Ian Stewart, and (former 10,000 metres record holder) David Bedford. They were all preparing for the 1976 Montreal Olympics and the programme followed their training and racing success they had enjoyed up to that point. I was captivated and inspired. I became a runner and I remain a runner, but really I became a sports person and a massive fan of all kinds of sport.

"Through school and university I ran well with real commitment. But once I left university and embarked on the arduous process of trying to qualify as a solicitor, my training and so my performances started to drop-off. This period of my life coincided with the birth of triathlon, and I emigrated from running to triathlon in the mid-80s as a way of hiding from my PBs. It was hard running slower than I had been doing a year or so before – though obviously I'm used to it now!

"So being lucky enough to be at the start of triathlon as a sport, I competed during the late 80s and early 90s and took part and completed the *first* Ironman event ever held in this country. It was held in 1990 and called the 220 Marathon Triathlon – but it was a full standard Ironman.

At some point I became the (unpaid) legal advisor of the British Triathlon Association -now Federation -and I remain so today. That makes the BTF by a big margin my oldest client and something I'm very proud of.

"I've always known about Brighton Phoenix as I was a huge fan of Steve Overtt – more of an Overtt than Coe man

**“I've always known about Brighton Phoenix as I was a huge fan of Steve Overtt - more of an Overtt than Coe man - and I read with interest about the club being formed.”**

– and I read with interest about the club being formed. So when I moved down to Brighton some years ago, I was excited to have the opportunity to join. I've had a great time with the club and have many great memories already. But taking over as Chair it feels like a beginning and is already proving a rewarding and fun experience. There are so many great people in the club- all the athletes, coaches and volunteers and we are in a great place.

"I believe the power of sport can change lives. Sometimes that change can be dramatic and obvious, as within the Paralympic environment that I work in. Most of the time it is subtle and personal. "The effect of sport differs with age. For kids it has massive educative potential and is unrivalled in its ability to teach many of life's essential lessons. An adherence to rules, respect for others, a natural understanding of the concepts of non-discrimination and inclusion, embracing the positive health benefits of exercise because it is fun and not because it's 'good for you'. Sport can change lives and it can change the world.

"Those ideas are not reserved for the big stages like the Olympics, Paralympic Games or World Cups. The power of sport is delivered within sports clubs like ours. Phoenix has a rich history to draw on and a fantastic future for us all to rush into.

"Brighton Phoenix Athletics and Triathlon Club is important to me, I believe it is important to all the members, and to the community in which we are based. I want to promote and invest in all the track and field disciplines, not just our traditional heartland of middle and long distance running. I want to continue my journey with triathlon by supporting that area as well. I want to raise the profile of the club with our City Council and other institutional stakeholders, and I want to continue to build a brand that is defined by Paul's concept of 'inclusive excellence'. To me 'excellence' is not an absolute concept, it is entirely subjective. If an athlete has struggled to break four hours for the marathon and then through a deliberate change in training, increasing distance and tempo, they run 3 hours 57mins, that's 'excellence' every bit as much as a 2hours 20mins finish from a naturally gifted runner.

"Please feel very free to contact me with any thoughts, ideas, complaints, anything. If you email me at [mtownley@aol.com](mailto:mtownley@aol.com) I will get back to you."



Mike at the 'All Abroad' Swindon Triathlon, May 1990

**Spencer Thomas, 17, and Archie Davis, 16, are two of Phoenix's most promising young athletes. In March, both gained their first England vests at the Welsh Indoor International in Cardiff where they finished in first and second place in the U20 800m in 1:53.48 (Thomas) and 1:56.08 (Davis).**

**Then in May, Thomas finished second in the 800m at the Loughborough International meeting with a PB of 1:49.61, breaking 1:50 for the first time.**

**Meanwhile Davis ran a PB of 1:52.40 at the BMC 800m race at Withdean, finishing 4th behind Thomas and a few days later clocked 3:51.81 at Trafford's British Milers Club Grand Prix. This time was inside the Commonwealth Youth Games qualifying time of 3:53 and places him in the top 20 all-time UK fastest U17s.**

**Here they tell us their stories and what they hope for in the sport.**

## Spencer Thomas

**What did getting your first England vest mean to you?**

Getting my first England vest meant a great deal for me because it showed that all my hard work is paying off. Representing England has also made me realise what I can achieve and I hope to carry this on through the outdoor season.

**You came second in last summer's English Schools' Senior 800m at Birmingham, how important was that race to motivate you for the season?**

It showed me that I could perform well under pressure and also that it doesn't always matter what times people have run, it all comes down to what happens on the day.

**At what age did you decide the 800m was your event. Any plans to move up to 1500m?**

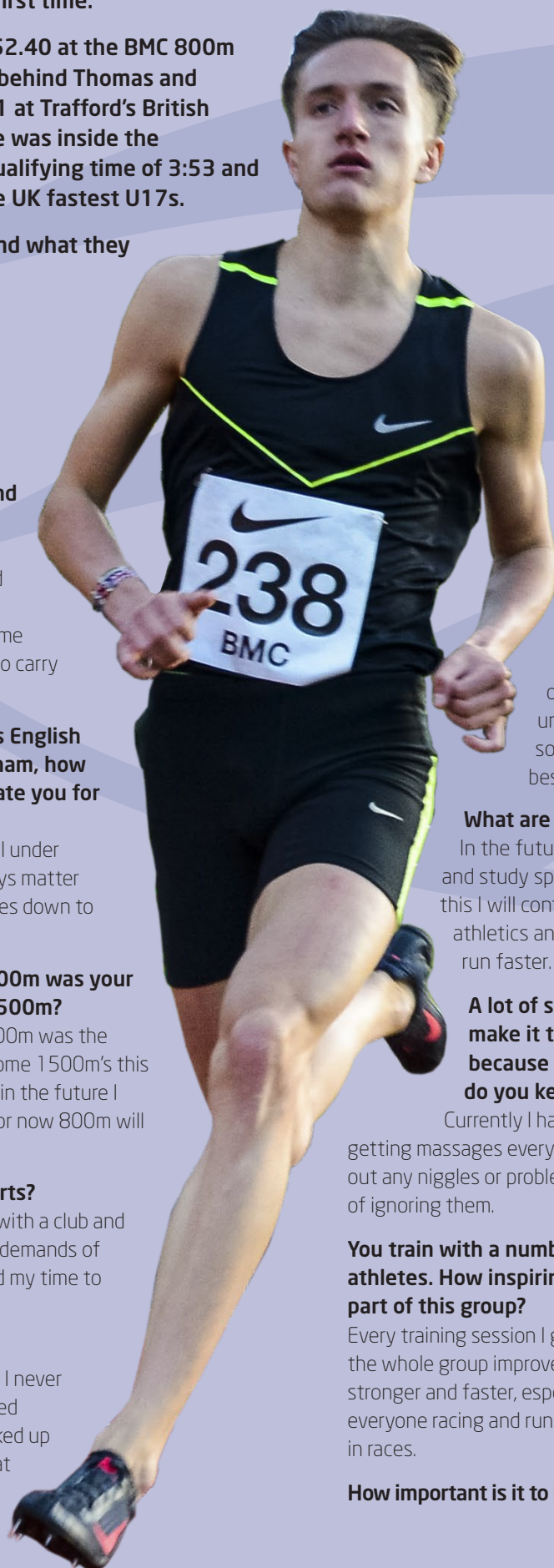
As soon as I started running I knew 800m was the event I wanted to train for. I will run some 1500m's this year and see how they go and maybe in the future I will move up to running 1500m, but for now 800m will continue to be my main event.

**Are you involved in any other sports?**

I used to love cycling and would train with a club and compete when I could, but due to the demands of training I have stopped and committed my time to running.

**Who are your running heroes?**

I've never really had a running hero, as I never followed athletics much before I started running myself. I have always just looked up to those around me who are running at a high level where I aspire to be.



**What are you studying and how do you balance time between studies and training?**

I am currently at Plumpton College on a sports course. At the start of the course it was hard to try to balance studying and training but after a while I got into a routine and everything became easier. On top of this, my college is very understanding and supportive so if I need any help they do their best to cater for me.

**What are your career plans?**

In the future I hope to go to university and study sports science. But on top of this I will continue to pursue success in athletics and continue to train hard and run faster.

**A lot of successful juniors don't make it through to senior level because of injury and burn out. How do you keep a balance?**

Currently I have got into a good routine of getting massages every couple of weeks and sorting out any niggles or problems as soon as possible instead of ignoring them.

**You train with a number of successful young athletes. How inspiring and motivating is it to be part of this group?**

Every training session I go to it's very motivating to see the whole group improve over the weeks and become stronger and faster, especially when it comes to everyone racing and running new PB's and doing well in races.

**How important is it to be a role model and inspire →**

### **younger runners coming throughout Phoenix?**

To me it is very important to be a role model to the younger runners at Phoenix as it shows what can happen when you train hard and dedicate yourself to the sport. Hopefully they can see this and try and follow in our footsteps.

### **What's your ultimate goal in athletics?**

My ultimate goal is to make it to the top and compete in the world circuit and compete against the best in major championships such as the IAAF World Championships and The Olympics.

## **Archie Davis**

### **When did you start running and why did you choose Phoenix?**

I started running at 10, when I won the school sports day at Patcham Juniors for the first time. I joined a local group called Arena 80, but the club was mainly focused on senior running so when a Phoenix coach approached me, the idea of a specialist junior setup felt cool and professional – I joined without a second thought.

### **What's been your proudest moment in athletics so far?**

It's got to be my first England vest in March after I won silver at the national championships for 800m. The experience of running at international level and wearing the England vest is a special moment for any athlete.

### **And your biggest disappointment?**

My first ever English Schools championships. I was 14 the huge crowds and massive stadium was something I had never experienced before. I ended up finishing 4th in the 800m but I probably could have pushed for silver or even gold!

### **Which sporting heroes do you admire and look up to?**

Charlie Grice has to be my main idol. I would always see him training every week when I was in the junior group, and to see how hard he



**“ I know the importance of having someone to look up to when you're in the younger group. ”**

worked and the success that came from it helped me decide that running was the sport for me. To be able to know him now and see his progress continue is something that is important for every athlete. It gives me the confidence to work hard and push through those barriers when sessions get tough.

### **What do you do outside of athletics?**

I study Art, PE and French alongside English, Maths and Science at Patcham High. I am going to BHASVIC College next year, and hope to further my education elsewhere to become an architect.

### **Are you involved in any other sports?**

I have always been a keen footballer and have achieved more than I would ever have hoped at county level and beyond. Although my football is coming to an end and I will probably not play football again after this year, it is something that will always keep me interested, and I love getting stuck into a good Arsenal match on the TV!

### **How important is it to be a role model for the young runners at Phoenix?**

I know the importance of having someone to look up to when you're in the younger groups, as it played such a big part in the success I have had in recent years. To now be recognised as a role model myself is something really special and something I will always take pride in. Showing the younger athletes how to train hard, recover properly and eat the right things can really help them improve and feel confident in themselves. By doing the right things at a young age and working as hard as you can, there's no reason why any Phoenix athlete can't have the same aspirations as I do.

### **Do you see yourself move up to longer distances when you get older?**

I have focused a lot on the 800m ever since I started track running. I have only just started getting the hang of the 1500m but I think I will see myself developing into a 1500m runner in the near future. Cross country has never been my strongest point but I still feel confident that I can compete at national level, it's a great thing to keep going through the winter as it keeps you strong and tough.

### **What's your ultimate goal in athletics?**

An Olympic gold medal has to be the ultimate achievement, and hopefully I will be good enough to beat the Kenyans! I think that being able to run fast is something that people will remember you by, so a world record would be my personal ultimate goal.

## Jon Bigg

Phoenix's very own **Jon Bigg** was awarded Brighton & Hove City Council's Coach of The Year Award at the end of last year.

The former international 800m runner is coach to Charlie Grice, Robbie Fitzgibbon, Spencer Thomas and son, Finley Bigg, as well as being British Athletics' Endurance coach.

He was given the award "for his ability to support young athletes to aspire to and achieve the highest possible levels in their sport and coaching national champions at a variety of age groups" and also "raising the profile of athletics in Brighton & Hove". Here Jon tells us about the award and his dreams for Phoenix.

**You were awarded Brighton and Hove's 2014 Coach of The Year late last year, what did the award mean to you?**

The coaching award was lovely to get and quite unexpected as I really had little knowledge that these awards even existed. You start out coaching to help athletes and all the reward you need comes in their performance. For the past 18 months I have been very lucky to be working for British Athletics and getting exposed to some of the greatest coaching groups in the world. However, this has made me even more convinced that we have a great environment and facilities here at Brighton and can develop athletes that can compete on a world level. It does need more backing and time spent on the structure of pathways through University, but it's possible.

**As a coach you've had a very successful year with your young athletes, what have been the high points for you?**

High points last year were seeing Charlie Grice reach the finals in both the Commonwealth Games and European Champs in his first year representing Great Britain at a senior Championship. The lowest point followed swiftly - watching Charlie fall in the European final. It was very hard as a coach to know what to say as nothing is ever going to make it right.

**Raw talent or hard training, which do you believe is more important for success in an athlete?**

Athletics is a very hard sport and talent is not enough so I strongly believe that it's both talent and the ability to work hard that brings success.

**As a former runner how does winning medals**

**for your coaching compare to those for running?**

Coaching awards are never the same as crossing the line in a race first as that comes with so much adrenaline and release of pressure, but it's the next best thing.

**You came to Phoenix as a young athlete - why has it always been the club for you?**

I was very lucky to be at this club right from the very start of it. I was an 800m runner who enjoyed some international races. I grew up trying to hang on to the back of the session that Steve Overt did with Matt Paterson taking the coaching lead, and adapting it to my age and level at the time. There has never been any reason to think of any other club. My parents helped out in the early days as board members - we even had the first early Phoenix vests screen printed at my house as my brother Chris designed them. We bought string vests from Marks and Spencer's and printed them in the lounge, 25 at a time.

**Which athletes did you look up to as a young runner?**

Steve Overt was of course the athlete I looked up to, but over the years I have been very lucky to be involved in this sport at the very highest level with Sally so have seen close up some of the worlds greatest athletes, and been lucky enough to have spent time on training camps and holding camps with them. If I started to list all the athletes that have inspired me there would not be enough room left in the magazine for anything else.

**How did you start coaching for the club?**

Coaching started for me when Steve Cram rang me and asked if I would be interested in coaching a young lad that had contacted him from Brighton who wanted to step up from 400m to 800m and was looking for a coach to help. His name was Tim Bayley and he went on to win the Under 23 National Champs and the following year, the Senior National Champs. He also ran for Great Britain in the World Indoors over 1500m. It was sad with Tim as we had no way of supporting him once he finished university in Brighton so he left for USA and did a Masters degree as this was the only way he could train full time. He is now coaching out in California and we speak often. I am hoping to see him when I go to Park City next month as I will take some of the UK athletes down to the Oxy meet in LA.

**What is the most important thing you've learned being a coach at Phoenix?**

The most important part of coaching to me is being able to watch and look. It's amazing what you can see and how you can improve athletes by doing this. On a more practical note I am a huge believer in altitude, and strength and conditioning. These two components need to have a place in an elite programme.



**Coaching is not just Wednesday nights at the track for you. What's a typical week?**

My typical week looks like this:

**Monday** Catching up on training plans from the weekend, looking to adjust things for the coming week. I call Charlie and catch up with him, and then I speak to (UK no 2 ranked 800m runner) Michael Rimmer and (400m hurdler) Nathan Woodward who are based in Loughborough. Then it's a Withean Park session.

**Tuesday** At 5.30am I leave for Loughborough where my first session starts at 10am and then another one at 11am. I have to catch up with support staff and Rob and David who are the other two coaches at Loughborough. I normally get away by 8.30pm/ 9pm if the roads are good.

**Wednesday** I fill in Training Peaks from yesterday's sessions responding to any support staff i.e. the physio. I look at sessions planned for track night and adjust any that I think need changing. Then it's track night at Withean.

**Thursday** This is catching up day with my property business and I also help with Sally's corporate health business. Then I either leave for Loughborough at 3pm or stay and do a strength and conditioning session in the barn.

**Friday** If I've not left the night before, I leave at 4.30am to make the 9am British Athletics Endurance weekly meeting. The first session is at 10.30am with the second at 11.30am. I then check in with the strength and conditioning coach overseeing Nathan's session. I'm then home by 9pm normally on a Friday.

**Saturday** Track session at 10.30am at Withean, which is finished by 12 noon then over to mine for a quick lunch, then to the barn for a the strength and conditioning session which is finished by 3pm.

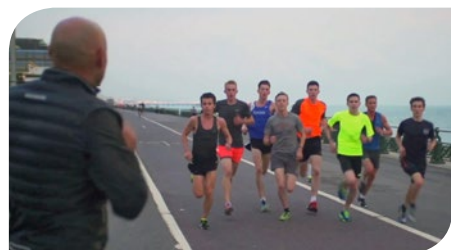
**Sunday** I try and keep this day free unless I have an athlete racing or am away on a training camp.

And somewhere in that week I try to run at least five times and bike a couple of times - not always possible.

**In your view, how can Phoenix move forward and achieve even more success as a club?**

Phoenix does a really good job and when I see what goes on early on a Wednesday with the young groups, it's very impressive. I personally have a dream that can fit with Phoenix or stand slightly outside it, but supports the club. If I had a magic wand and could make things happen over the next ten years, it would look a little like this:

- Get a club sponsor and Brighton City to support us.
- Have an international track meeting at Withean.
- Have a fully sponsored professional group that is world class, supported by an elite group that is our development section for under 20s. Then a clearly defined youth group where we nurture and develop athletes.
- Have an altitude programme in place and even an athletes' house with altitude options.
- Being recognised as a world-class athletic programme.
- I would like to see us have a similar structure in the tri section particularly with the youth bit. It's good to dream!



Jon works his magic on Hove seafront

## BMC Grand Prix Sportcity

**Archie Davis, Spencer Thomas** and **Robbie Fitzgibbon** showed why Phoenix are the most promising club in middle distance when the trio picked up PBs at the second in the BMC Grand Prix series at Sportcity, Manchester in May. Thomas clocked 1.48.84 in the 800m race earning him the European Juniors Qualifying time while Fitzgibbon ran 3.44.34 in the Men's 1500m A race and Davis ran 3.48.97 in the 1500mB.

## Sussex AAA Champs

Huge congrats to **Louisa Saunders** who clocked a Championship Best performance for Gold in the U15 Girls 300m in a time of 42.6m at the AAA Champs at Crawley K2 in May. And it was a big weekend for other Phoenix athletes: **Marina Reid-Martin** jumped to gold with 5.15 metres in the U17 Long Jump; **Ollie Johnson** picked up gold in the u17 800m in 2.05; **Finley Bigg** pipped club mate **Spencer Thomas** to first in the U20m 400m clocking 49.2 to Thomas's 49.3; **Daniel Eales** picked up the U20m 800m county title in 2.02.5 and **Kris Everett** came first in the Senior Men 1500mB in 4.10.1.



## Sussex County AA Road Relay

Phoenix's super Senior Men marked the end of winter racing with a dominant win at the Sussex County AA Road Relay at Christ's Hospital School in May - with national 1500m champ **Charlie Grice** leading the final leg home with the fastest leg home in 9.31. It marked five consecutive years of wins for Phoenix at the champs held in the stunning grounds of Christ's Hospital in Horsham. Grice powered to victory after the team of **Max Pickard, Dan Stepney, Jon Pepper** - who ran the third fastest leg of the race in 9.51 handing over to **Patrick Acaye** and **Josh Guilment**, 3.21 ahead of second place Brighton & Hove. And it wasn't just the Senior Men picking up medals for Phoenix. In the Men's Vets 060 our A Team (**Paul Whelpton, Terry Avey** and **Bob Novis**) picked up gold in 38.50 with our B team (**Andrew Haig, Malcolm Kemp** and **Colin Simpson**) coming home with bronze in 40.47. Phoenix Vets 050 were also bronze medal winners (**Mike Townley, Nigel Herron** and **Lance Bellers**) in 37.43 and not to be outdone by the boys, our U15 Girls were also worthy bronze winners (**Charlotte Matthews, Louise Saunders** AND **Holly Luscombe**).

## Steyning Triathlon

Well done to **John Tindell** for winning the popular local tri event in May in times of Swim 13.9, T1 00.39; Bike 55.45 T2 00.39; Run 31.3 Overall 1.41.52. Other category winners for Phoenix were **Malcolm Hughes** in the M50-54 in 1.48.5; **Kate Gorman** in the (M35-39) 2.05.11 and **Debbie Evers** in the F50-50 in 2.16.34



## Brighton Marathon Weekend

A big turnout for Phoenix on what was a warm day for marathon running in April. Well done to Phoenix runners making their debut and those finishing with PBs.

Marathon		
Pos	Name	Time
95	<b>Tom Sanderson</b>	2:59:13 (PB)
110	<b>Mark Cossey</b>	3:00:39 (debut)
135	<b>Paul Lawrence</b>	3:03:17 (PB)
148	<b>James Rae</b>	3:04:20 (PB)
178	<b>Joel Kidger</b>	3:05:57 (debut)
248	<b>Jose Luceron</b>	3:10:25 (debut)
355	<b>Jon Pike</b>	3:15:02
390	<b>Tom Holborn</b>	3:18:51
403	<b>Jon Hancock</b>	3:19:40
510	<b>Bob Novis</b>	3:21:00
730	<b>Mike Townley</b>	3:27:31
1188	<b>Gill Checkley</b>	3:37:38 (PB)
2830	<b>Brian Friend</b>	3:58:35 (pacer)
3207	<b>Hannah Carey</b>	4:03:27
4115	<b>Gary Wilson</b>	4:36:16 (PB)

And it wasn't just a weekend for marathon running. There was another big turnout by Phoenix in the 10km and we had the biggest-ever turnout of our younger runners for Saturday's mini mile event, held at Preston Park for the second consecutive year. Phoenix Results for both are below.

10km		
Pos	Name	Chip Time
4	<b>Ben Tickner</b>	29:25
13	<b>Jon Pepper</b>	31:04
14	<b>Ross Skelton</b>	31:15 (PB)
34	<b>Donald Maclellan</b>	36:12
44	<b>Alex Bonzi</b>	37:39
47	<b>Matt Greenall</b>	38:01 (PB)
50	<b>Nigel Herron</b>	38:15
110	<b>Steve Farmer</b>	41:24 (PB)
140	<b>Jon Donno</b>	42:19
168	<b>Terry Avey</b>	43:30
222	<b>Malcolm Kemp</b>	44:53
230	<b>Barry Blackwell</b>	44:57
226	<b>Caroline Garrett</b>	45:36
602	<b>Jason Thompson</b>	53:29
1387	<b>Joe McNulty</b>	1:04:28

## Mini Mile (Phoenix top 3 places)

Race 2 U11 girls		
1st	<b>Emily Muzio</b>	6:39
Race 3 U11 boys		
1st	<b>Joe Checkley</b>	6:08
Race 6 U11 girls		
1st	<b>Ciara Muzio</b>	6:31
Race 7 U11 boys		
3rd	<b>Ellis Martin</b>	6:34
Race 12 U15 girls		
1st	<b>Almi Nerurkar</b>	5:30
2nd	<b>Maia Hardman</b>	5:45
3rd	<b>Holly Luscombe</b>	5:49
Race 12 U18 girls		
2nd	<b>Charlotte Mathews</b>	5:57
3rd	<b>Anna Berry</b>	6:15
Race 14 U13 boys		
3rd	<b>Joel Luscombe</b>	5:32
Race 15 U13 girls		
3rd	<b>Eloise Nichol</b>	6:04

## Cross Country

In what's been a wet and muddy cross country season (well what do you expect?) and so many good runs to list, so a special mention to **Ben Tickner** (Senior Men - 35:09), and **Almi Nerurkar** (U15 Girls - 18:56) for both finishing 8th in their races at the Cross-Country Inter-Counties Championships held in March at Cofth Park Birmingham.



## Extra

If anyone spotted Phoenix's U13 runner **Ned Howes** on the front of *The Argus* in April and wondered what he was doing with a pair of pants on his head. The 12-year-old and family are trying to raise £50k for their mum Louise so she can get vital treatment, which could prolong her life. The family - Ned, brother's Tom, 16, William, 14, and sister Ella, 18 have launched the *Cancer Is Pants* campaign urging people to wear pants on their heads while fundraising. Louise has Stage IV breast cancer, which has spread to her liver and is hoping to travel to Germany for denitrific cell therapy. To read more about her campaign, or if you wish to donate, please visit [www.cancerispants.co.uk](http://www.cancerispants.co.uk)

# Coming Up



## Phoenix Refreshed

You may have noticed that your *Phoenix Flyer* has a new look and this will be accompanied by three **welcome leaflets** – these will be given to new members – giving all the essential info needed to get up to speed with key aspects of the club. All are available on the website.

## For Your Diary

### JUNE 2015

- Sat 6 South Downs Way 100M Relay
- Sun 7 Worthing 10K (SGP/Sussex Champs)
- Sat 13 SEAA Senior and U20 Champs
- Sun 14 SEAA Senior and U20 Champs
- Sun 14 Hove Park 5K (WSFRL)
- Thu 18 Blackcap Handicap – club run
- Sat 20 South Downs Marathon
- Sun 21 Heathfield 10K (SGP)
- Wed 24 Weakest Link Relays
- Wed 24 Bexhill 5K
- Sat 27 Download Community 5M (WSFRL)

### JULY 2015

- Wed 1 Roundhill Romp 6M (WSFRL)
- Sun 5 Bewl 15M (SGP/BMAF Multi-Terrain Champs)
- Wed 15 Crawley Open T&F
- Wed 15 Brighton Phoenix 10K (SGP)
- Sun 26 Seven Styles 4M (WSFRL)
- Wed 29 Bexhill 5K (SGP)

### AUGUST 2015

- Sun 2 Brighton Trailblazer Run
- Sun 9 Horsham BSH Open T&F
- Wed 5 Highdown Hike 4.5M (WSFRL)
- Thu 13 B&H AC Open T&F/10000M Champs
- Sun 16 Tilgate Forest 5M (WSFRL)
- Sun 23 Hove Hornets Stinger 9.5K (WSFRL)
- Sun 23 Henfield Half Marathon
- Sun 30 Arundel Castle 10K
- Mon 31 Crawley Tom Lintern Medal T&F
- Mon 31 King's Head Canter

### SEPTEMBER 2015

- Sun 6 Fittleworth Five Miles (WSFRL)
- Sat 12 Sussex Combined Events Champs
- Sun 13 Sussex Combined Events Champs
- Sun 13 Hellingly 10K (SGP)
- Sun 13 Firlie H Marathon/10K Trail Runs
- Sat 19 SEAA 6 and 4 Stage Relays
- Sun 20 SEAA 6 and 4 Stage Relays
- Sun 20 Hove Prom 10K (SGP)
- Sun 27 Barns Green Half Marathon (SGP/Sussex Champs)

Other races can be found at [www.sussexraces.co.uk](http://www.sussexraces.co.uk)

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



BRIGHTON  
**Phoenix**

**Mike Townley**

Chair

[mtownley@aol.com](mailto:mtownley@aol.com)

**Malcolm Kemp**

Coaching Director

[m Kempdesign@ntlworld.com](mailto:m Kempdesign@ntlworld.com)

01273 507633

**Nerine Standen**

Membership Coordinator

[nerine.standen@gmail.com](mailto:nerine.standen@gmail.com)

01323 890769



Geneva Investment Group



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

*The 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 2015**

**Editors:** Jacqui Swift, Jane Edmonds,

**Layout:** Lance Bellers

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

(ONE DIGITAL CREDIT)

Please help make it a  
**SUPER WEDNESDAY**



The 5th  
**PHOENIX 10K**

15 July 2015 at 7.30pm

**HELP MARSHAL IT**

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