



# The 10k Times

Oct/Nov 2004

<http://www.SilsonJoggers.org.uk>

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This issue of the Newsletter has been emailed to those members currently on the email distribution list. If anyone wishes to add his/her name to the email distribution list (in place of the printed version of the newsletter), or revert to the printed newsletter, please let me know.

**Please send contributions for the next Newsletter:**

to Eddie Shosmith, 3 Glynswood Road,  
Buckingham, MK18 1JF (01280 812420)  
or even better by e-mail to [eddie.shoosmith@buckingham.ac.uk](mailto:eddie.shoosmith@buckingham.ac.uk)  
**by Sunday 28<sup>th</sup> November 2004**

## NOVEMBER/DECEMBER TRAINING

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**Wednesday evenings** continue at the Circuit, meeting at the gate-house at 6.30 pm

### **WINTER CUP SERIES**

Wednesday 3<sup>rd</sup> November      1.6 mile time trial

Wednesday 8<sup>th</sup> December      5k time trial

Roger will award performance points on the web-site, the winner will be the one who has most points after the final trial in April.

Meeting times are the same for the winter cup runs i.e. 6.30 at the gate-house. We will be purchasing a cup for the winner of the winter training and also a cup for the Sixfields track sessions in the summer (but do not tell the treasurer)

**Sunday mornings** we meet at the Sports and Social club Silverstone at 9.30am with the following variations.

Sunday November 7<sup>th</sup> – meet 2 Bugbrooke Rd, Nether Heyford (Graham & Alison's), 9.30am

Sunday November 21<sup>st</sup> – Brickhill Woods, Milton Keynes (meet at the church, Bow Brickhill), 9.30am or Sponne School Towcester, 9am

Sunday December 5<sup>th</sup> – Graham & Alison's, 9.30am.

I can recommend the session in Brickhill Woods on Sunday November 21<sup>st</sup> – there are miles of footpaths on sandy soil.

Please phone me on 01327 341009 for any details of training.

**Graham**

## SO FAR SO GOOD

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Don't you just hate it when you cannot think of anything to moan about. I was going to write an article, banning swearing at the coach, but I am so happy I'm not even bothered by that.

We started off with 5 excellent sessions at Bucknell Woods, with 20 or more training on three occasions, finishing with 22 running in the club cross country on October 2<sup>nd</sup> (see race report).

Sunday mornings is also gaining momentum, with a good group training and a steady increase in mileage.

At the beginning of October we transferred from the woods to the track (Silverstone Circuit) on Wednesday evenings for winter training.

As I mentioned before the more runners we can get at the training sessions, the greater the benefit will be as was shown in the opening Chiltern league fixture.

It was great to get a good result after such a good start to the season.

**Graham**

### ***Eric Andrews XC fixture***

An added fixture for your diary is the ERIC ANDREWS cross-country at Drayton School in Banbury on Sunday 14<sup>th</sup> November

Ladies' race 1.25 pm

Men's race 2.00 pm

This is a good course, and a race where we are normally quite successful at gaining a few medals.

**Graham**

## Bucknell Woods training, Wednesday, 15 September 2004

### Results of the 2-person relays

Leg 1	Leg 2	Leg 3	Total time
Andy Wright 7:03	Laura Johnstone 10:21	AW 7:03	24:27
Mark Armstrong 7:40	Claire Todd 9:22	MA 7:43	24:45
Tony Keech 8:04	Hud Reboul 8:43	TK 8:03	24:50
Rob Baymen 7:36	Ryan Carter 9:45	RB 7:51	25:12
Dave Coates 7:27	Jenny Keech 10:33	DC 7:41	25:41
Kevin Reboul 7:13	Jennifer Dunkley 11:24	KR 7:28	26:05
Jeff Haynes 7:00	Carol Debney 12:10	JH 7:39	26:49
Norman Carter 9:00	Ali Keech 8:46	NC 9:14	27:00
Jim Darcy 7:46	Shirley Williams 11:46	JD 7:40	27:12
Barry Bearman 9:59	Graham Linnell 8:18	BB 10:11	28:28

### **\*\*LONDON MARATHON – 17<sup>th</sup> APRIL 2005\*\***

I have applied for the club place and should hear in December. Applications for the place to me before Christmas. Usual rules of allocation.

- First Claim Club Member
- Must have applied and been rejected
- If more than one applicant then a draw is made.

***John Fowler***  
**01327 857881**

## "Ahlan" from Dubai!

What a beautiful sunny morning - must get out for a run before it clouds over and starts raining.

Then I wake up. It is sunny. It will be sunny all day. It will be sunny tomorrow. Plenty of time for a run before it rains, about 6 months or so at a guess!

Turn over, go back to sleep.

Do I want to lose a few pounds in five minutes before I go to work? Of course I do. Conscience strikes - 'just do it', coining a phrase.

Only 6.30, sunrise and nicely cool, but warming. On with singlet and shorts - I would wear less if possible! (man without a vest welcome here!) A quick (relatively speaking) 20 minutes run around green landscaped oasis in the desert.

Only 6.50, sun now stoking up, getting warm. Allow 30 minutes to cool down. Water plants, make sarnies, make bed, pack bag, take rubbish out, put washing on. Still dripping!

Take a shower. Cold water is warm from tank on roof. Hot water from in-flat mini-tank is cool, from flat air conditioning - cunning!

Replace 2 pounds lost with 3 pints of water! Make mental note - use air-conditioned gym treadmill tomorrow!

But no - someone needs to keep up the 'mad dogs.....' tradition!

***Nick El Jerome***  
***(somewhere in the desert)***



*This is not Dubai – It may (or may not) be Cleethorpes or Skegness – and it's a sunset, not a sunrise, but I thought it would give the appropriate vibes -- Ed*

***The Editor of the Newsletter (unlike Boris Johnson) carries no responsibility whatsoever for this article***

## Scousers – Touchy or what?

Maybe it is the stereotypical bushy hair or the large moustaches or the pink shell suits, but scousers do seem to be a very sensitive group. In the last edition of the Silson Joggers newsletter, we published a draft of the club best times for various distances and the age groups. The tirade of scouse abuse that was heard over the electronic airwaves would make any sensitive soul cower in terror.

Silson Joggers has amongst its membership a Scouser. For fear of revealing the identity of our scouser, this person will only be referred to as "Jeff". "Jeff" had been credited with some vet 50+ club records. Despite appearances "Jeff" claimed that he was only a vet 45+ and that he had not aged prematurely. In the best traditions of Tony Blair, we could apologise but ...\*

The records have been changed so that "Jeff" holds the following club bests (all at vet 45+):

5km	16:34	Bedford Park
5 miles	27:10	Birkenhead Park
10 km	36:08	Pitsford

It is good to see that "Jeff" has been true to his roots with the choice of venue for his 5 mile record. The 6 mile record is currently held by Andy Hoare at Rugby last year of 40:55 does look under threat. Peter Morris (who is definitely 50+) now holds the Vet 50+ 5 mile record at 39:09 at Blisworth in 2004\*\*.

***Stato***  
***October 2004***

\* *We expect Stato, like Boris, to be making a personal visit to Liverpool to give an abject apology – Ed*

\*\* *But for only as long as it takes me to dig out some documentary evidence of 5-mile times I did when I was a youngster (and when I was running!) – Ed*

## Another note on Club records

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I surpassed Derek Bain's time of 22.59 for a M45 5k this year at the age of 45. 21st May 2004, Blisworth 5k, 20.00, this is also my current PB.

I suppose I may be entering the hall of fame. I await the next newsletter.

**Andy Pate**

*Remember -- runners do it at various speeds*

## Empathy with The Snail (or - The Day I Took a Breather )

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Hi again fellow Joggers !

Had an exciting new experience in Brickhill Woods a couple of weeks ago. It was called "stopping for a breather", after a hectic initial pace by Moya. I said I was missing the greenery and was just looking at the flora and fauna, but she didn't believe me !

But now I know how to enjoy my running! Yes, I managed a morning run in the woods early on Bank Holiday Monday, during a brief visit back to England to see friends and family.

I was in Tunbridge, Poole, Manchester and MK/Towcester, rushing round to see everyone and his dog, and apologies for running out of time to meet up for another race or training session. But not too much to offer at the moment - sun tan perhaps, but speed - no!!

Good luck to all in the forthcoming cross country league.

(I don't think I'll really miss wading through that ice-cold stream !)

**El Jerome**

# On the road ...

## Wellingborough 5 miles (Sunday 1st August)

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Potted results - This was part of the NAA Team Series:

Andy Hoare	44th	33:00
Mark Armstrong	70th	35:25
Graham Linnell	73rd	35:51
Andy Pate	38rd	37:46

Julia Sheppard	13th	39:00
Claire Todd	14th	39:06
Alison Linnell	38th	49:03

**John Fowler**

## Daventry 6 (Sunday 10 October 2004)

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I was not there, neither was anyone else.

This was the last in the NAA Team series and Silson Joggers had a team of one. The sole runner was Fay Boams who finished 159th with a time of 56.40. Well done Fay, I hope you enjoyed the race.

I had to entertain my nephews for the weekend, who think sport starts and ends with football, so dragging them kicking and screaming to a road race is a non-starter.

It seems that there was little enthusiasm for the race this year with a turnout of 180.

Mark McKay won again in 30.43.

**The man who was at home with his vest**  
*(like everyone else)*

## Embankment 5 (Bedford, Sun 19 Sept 2004)

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Lovely weather to stroll around the river on a Sunday morning. A field of 294 ran a 2 lap course by the river with a bit of residential road and parkland thrown in for good measure. The start is the running track of the Bedford International Athletics Stadium, which is much grander than the normal venues. Twice round the track as a brass band played and then a short distance to the first lap along the embankment.

The finish wasn't as impressive -- it was a car park (normal service was resumed) !

The race is very well organised, the facilities are superb and I would recommend it. Carol, my long suffering wife, ran her first competitive 5 mile though she has run several 5k's and 10k's in the past. She said how friendly the stewards were so she wants to do this race again next year. I guess we will be there again in 2005.

Anyone who wants a fast flat course then try this one, the winner was David Gitau from North York Moors AC with a time of 25.35. I enjoyed the race but didn't trouble the winner.

***The man without a vest this time (black's more my colour)***

### *Running shorts ...*

Andy Wright came 4<sup>th</sup> in the 10k Buckingham Fun Run on Sunday 17 October, in a time of 35 min 53 sec. The winner was David Glossy (34:59), and there were 227 finishers.

## Cransley 10k (Sunday, 12 September 2004)

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### ***A STAR IS BORN***

**Question** - Which Silson Jogger who usually competes in half and full marathons came 2nd at Cransley to be first veteran home and collect the veterans' trophy?

**Answer** - Dave Coates

A stunned Mr Coates' comment at the end of the race was "I can't believe it, I was 2nd ". What a star, fast and modest and a Silson Jogger.

Four joggers ran, the results in our finishing order.

2nd	Dave Coates	38.29	(1st veteran)
15th	Andy Hoare	42.48	(5th veteran)
41st	Me		(13th veteran)
79th	Tim Hullett	52.02	(29th veteran)

The field was 225 and as Andy Hoare said, "the course doesn't have much flat on it." In fact it is quite a testing course and a very good one.

Good fun was had by all, and the Joggers turned in a great performance. I would recommend this race to all Joggers.

A selection of photos can be viewed on the next page if you have nothing better to do

***The man with a vest on the 12<sup>th</sup>***

**Cransley 10k**  
(Sunday, 12 September 2004)

*What was that? Was it a plane, or ...?*

*No, it's a Silson Jogger*



3 of the 4 Silson Joggers line up for the start (the 4<sup>th</sup> had presumably got a flyer)



Mr Hulett attempting take-off



The modest Mr Coates after receiving his medal



Team spirit (and cool shades!)

*Photographs supplied by Tim Hulett  
(but taken by Mrs Hulett?)*

# Off the road ...

## SILSON JOGGERS CLUB CROSS-COUNTRY

Bucknell Woods, Saturday 2<sup>nd</sup> October 2004

### SHORT COURSE

	Position across the line	Finishing time	Handicap	Running time	
Ali Keech*	1	46:05	18:30	27:35	2 <sup>nd</sup> junior
Suzi O'Shea*	2	48:04	18:00	30:04	
Julia Shepherd*	3	48:05	18:00	30:05	
Lynda Lytollis	4	53:15	20:00	33:15	1 <sup>st</sup> lady
Ryan Carter	5	53:35	13:00	40:35	1 <sup>st</sup> junior
Alison Linnell	6	54:01	15:30	38:31	2 <sup>nd</sup> lady
Jenny Keech	7	54:37	13:00	41:37	
Alan Lock	8	55:58	10:00	45:58	
Jennifer Dunkley	9	56:48	10:00	46:48	

\* Inadvertently ran a shortened version of the course!

## SILSON JOGGERS CLUB CROSS-COUNTRY

Bucknell Woods, Saturday 2<sup>nd</sup> October 2004

### LONG COURSE

	Position across the line	Finishing time	Handicap	Running time
Roger Elkin	1	65:25	11:30	53:55
Mark Armstrong	2	71:04	19:00	52:04
Andy Pate	3	72:51	12:00	60:51
Dave Coates	4	72:57	22:30	50:27
Jeff Haynes	5	73:04	25:45	47:19
Jody Willis	6	73:06	19:00	54:06
Andy Wright	7	73:38	25:30	48:08
Graham Linnell	8	74:18	20:30	53:48
Kevin Reboul	9	74:36	22:00	52:36
Chris Rogers	10	74:38	24:00	50:08
Rob Baymen	11	74:40	20:00	54:40
Barry Bearman	12	75:30	0:00	75:30
Roger Williams	13	75:38	17:00	58:38

## SILSON JOGGERS CLUB CROSS-COUNTRY

Bucknell Woods, Saturday 2<sup>nd</sup> October 2004

The Club cross-country handicap on Sat 2<sup>nd</sup> October, organised as usual by Graham, saw probably the biggest turn-out ever – certainly the biggest in my memory. Twenty-three runners spanning about a 50-year age range, an official (if inept) time-keeper, and three stalwart marshals – John Fowler, Peter Morris and Elizabeth Wright (Andy's daughter), who looked as though she could be a useful runner herself.

There were plenty of familiar faces, along with some welcome new ones and new-ish ones running their first Club cross-country – Linda Lytollis, Alan Lock (and his son Richard), Ali Keech, Ryan Carter, Rob Baymen. And in there too were a couple of returning Silson stars: Andy Wright, who is evidently on great form, and Suzi O'Shea (née Illingworth), making her return after a 2-year gap from running, whilst her leg recovered from the after-effects of a car accident. I was so pleased to see Suzi back that it went a long way towards compensating for my own enforced, and possibly permanent, running inactivity.

As usual for the Club handicap, there were two courses: a short course of 4.5 miles or so, involving one short lap and one long lap; and a long course of between 7 and 7.5 miles, involving one short lap and two long laps. Graham explained the routes before the off, but two of our fair ladies were still having a bit of a chin-wag at this point, which was to have effects later. Barry Bearman was first off the start line, and nearly 26 minutes later the last starter, Jeff Haynes, set off in pursuit. Round about the 15-minute mark, my delight at seeing Suzi on the start line temporarily got the better of my responsibilities as time-keeper, and I was so busy giving her a hug that one or two people got a slightly larger handicap than they were pencilled in for. Sorry about that, folks, but it had been two years, and – even though you didn't get the direct benefit – I can assure you it was all worthwhile.

Jeff's departure meant that I had some time on my own to commune with nature, and after 15 or so minutes, nature and I were in such deep exchanges that I almost missed Barry and Roger (Elkin) coming through for the start of the last lap. It was fairly obvious then that, unless someone put in a very startling performance on the last lap,

Roger – who had obviously fooled the handicapper into thinking he was going to run on one leg – was odds-on favourite for the long course.

First person across the finish line on the short course was Ali Keech, followed a little while later by Suzi and Julia. Unfortunately for him, Ali had set off 30 seconds behind Suzi and Julia, and had taken his lead from them. Suzi and Julia took the adage about 'running your own race' a little too seriously, and ran their own course – followed by Ali. Consequently, during their first short lap, the three of them overtook several people on the inside – about half a mile on the inside. First across the line having run the whole course was Ryan Carter, and first lady home was Linda Lytollis, who is obviously going to make a big impression at the club.

As had seemed clear at the end of the second lap, Roger Elkin was a comfortable winner, several minutes ahead of Mark Armstrong (a great run from Mark). After Roger, though, the handicapping worked pretty well, and only a few minutes covered the rest of the field. There were a couple of close two-man and three-men finishes, making my job unexpectedly difficult (I think I got the positions and times about right).

All in all, an enjoyable morning in the woods (though I'd rather circumstances had allowed me to run), and good omens for the cross-country season coming up. Thanks to Graham for organising the event, to John, Peter and Elizabeth for marshalling, and to everyone for turning up and taking part. Next time I'll try and keep my mind on the job.

**Eddie Shoemith**



*If you see either of these two lovely wood nymphs looking lost, please point them in the right direction*

**Chiltern League Cross-Country, Division 2, 2004/2005  
First race, Halton, Saturday 9 October 2004**

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***Happy Haynes inspires Silson to brilliant start***

Jeff Haynes produced an exceptional run as Silson Joggers got their Chiltern Cross Country League Division Two campaign off to a flyer on Saturday. A fine team performance saw the Joggers sitting in fourth position out of the 17 teams, well placed for an assault on the top places with a strong squad in place this season. But Haynes was the star of the show, producing an exceptional run, with the 50-year-old\* finishing fourth in the men's race to equal a league best position for him.

Chris Rogers ran well to finish 15<sup>th</sup>, with a race long battle going on behind between Jim Darcy and David Coates with Darcy edging out Coates by one second to finish 22<sup>nd</sup> and 23<sup>rd</sup> respectively. The improving Mark Armstrong can be well pleased with 46<sup>th</sup> placing, as can Roger Elkin in 53<sup>rd</sup> just ahead of Tony Keech in 56<sup>th</sup>. Andy Hoare completed the team scoring in 64<sup>th</sup> place, but Steve Hardy (79<sup>th</sup>) and Tim Hullett (95<sup>th</sup>) also ran well for the team.

Twelve-year-old Ryan Carter, making his league debut, worked hard to record 27<sup>th</sup> place in the colts race.

Running in her first race for the club, Linda Lytollis led the ladies home in 14<sup>th</sup> place. A close race between Suzi O'Shea and Julia Shepherd saw Suzi finish the stronger for 24<sup>th</sup> with Julia in 26<sup>th</sup> place. Alison Linnell ran well for 33<sup>rd</sup> and final ladies scorer and again part of the excellent team effort were Karen Vines (42<sup>nd</sup>) and Fay Boams (49<sup>th</sup>).

**Graham Linnell**

(as published in **Northampton Today**)

*\*(I think Graham knows something we don't. So **HAPPY BIRTHDAY, JEFF**, whenever it is. See also page 6 of this newsletter – Ed)*

**Chiltern League Cross-Country, Division 2, 2004/2005**  
**First race, Halton, Saturday 9 October 2004**

**Senior/Junior/Veteran Men**

4	Jeff Haynes	36.25
16	Chris Rogers	38.28
24	Jim Darcy	39.11
25	Dave Coates	39.13
48	Mark Armstrong	41.43
55	Roger Elkin	42.30
58	Tony Keech	42.39
66	Andy Hoare	43.46
81	Steve Hardy	47.01
97	Tim Hulett	52.31

**Under 13 Boys**

27	Ryan Carter	20.16
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**Senior/Veteran Ladies**

14	Lynda Lytollis	29.12
25	Suzi O'Shea	31.41
27	Julia Shepherd	32.10
34	Alison Linnell	33.45
43	Karen Vines	35.34
50	Faye Boams	37.56

**Action from Halton, Sat 9 Oct**



Chris



Jeff



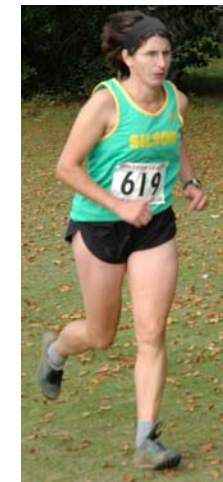
Steve



Faye



Linda



Alison

*More pictures of the XC action in the next newsletter!*

## Race dates

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- Sat 30 Oct**     **Chiltern League race 2 (Horspath, Oxford)**  
**Contact: Graham 01327 341009**
- Sun 31 Oct**     **Candleford Canter Ladies only 10k**  
(11.00 am)     Fringford Village Hall, Fringford, Nr Bicester  
£6/£7 (+£1 on the day)  
Contact: Hazel Howard, 01280 705166
- Sat 27 Nov**     **Wolverton 5**  
(3.00 pm)     Willen Lake, Milton Keynes  
£6/£7 (+£2 on the day)  
Contact: Mick Bromilow, 01908 679996, mick.bromilow@mkac.org.uk,  
<http://mcs.open.ac.uk/mkac/w5info.htm>
- Sun 28 Nov**     **Maylarch Eynsham 10k**  
(10.30 am)     Bartholomew School, Eynsham, Oxon  
£7 (+£1 on the day)  
Contact: Julia Edwards, 01865 881492, derekbreaker@hotmail.com,  
[www.eynsham.org/roadrunners.html](http://www.eynsham.org/roadrunners.html)
- Sat 4 Dec**     **Chiltern League race 3 (Stockwood Park, Luton)**  
**Contact: Graham 01327 341009**
- Sun 5 Dec**     **Luton Marathon**  
(10.00 am)     Lea Manor Recreation Centre, Northwell Drive, Luton, LU3 1LZ  
£14 (+£1 on the day)  
Contact: Phil Abbitt, 01582 412340 (day), [www.stopsleystriders.org.uk](http://www.stopsleystriders.org.uk)
- Sun 12 Dec**     **Andy Reading 10k**  
(11.00 am)     Bicester Sports Association, Chesterton, Bicester  
£5/£6 (+£2 on the day)  
Contact: David Basham, 01280 706754 (eve), 07768 266180,  
[djpbash@aol.com](mailto:djpbash@aol.com)
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## Race dates

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- Sun 12 Dec**     **Bedford Harriers Half-Marathon**  
Wootton Upper School, Hall End Lane, Wootton, Bedford  
£8 (+£1 on the day)  
Contact: Jacinta Horne, 01234 307013 (day),  
[hello@bedfordharriers.co.uk](mailto:hello@bedfordharriers.co.uk), [www.bedfordharriers.co.uk](http://www.bedfordharriers.co.uk)
- Sun 19 Dec**     **Wendover Woods 5**  
(10.30 am)     Wendover Woods, Wendover  
£3 (+£1 on the day)  
Contact: Gary Walford, 41 Saunderton Vale, Saunderton, High  
Wycombe, Bucks, HP14 4LJ
- Sat 8 Jan 05**     **Chiltern League race 4 (Cassiobury Park, Watford)**  
**Contact: Graham 01327 341009**
- Sun 16 Jan 05**     **Not the Roman IX**  
(11.00 am)     NFU Sports & Social Club, Tiddington, Stratford-upon-Avon  
£7/£8 (entries in advance only)  
Contact: Ashley Sherren, 01926 494485 (day), 01789 841489 (eve),  
[notthe.roman9@virgin.net](mailto:notthe.roman9@virgin.net), [www.stratfordac.co.uk](http://www.stratfordac.co.uk)
- Sun 16 Jan 05**     **Wendover Multi-Terrain 5m**  
(11.00 am)     Wendover Woods, Wendover  
£7/£8 (£10 on the day)  
Contact: Just Racing, 07779 632365, [events@justracinguk.com](mailto:events@justracinguk.com),  
[www.justracinguk.com](http://www.justracinguk.com)
- Sun 23 Jan 05**     **Wellingborough Multi-Terrain 5k/10k/15k (Round 1)**  
(10.00 am)     Irchester Country Park, Irchester, Wellingborough  
£6/£7 (5k) - £8/£9 (15k) (all £10 on the day)  
Contact: Alan Rose, Just Racing, 07779 632365,  
[events@justracinguk.com](mailto:events@justracinguk.com), [www.justracinguk.com](http://www.justracinguk.com)
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