

Chiltern League 2011/12 Race 4 Slough Results, 15th January 2012



Our much anticipated annual coach trip is to the cross country event hosted in the homeland of Windsor, Slough and Eton running club. The majestic river Thames flows between the beautiful, historic towns of Eton and Windsor and fleeting glimpses of the famous Castle add to the occasion. A stones throw from the castle, Windsor Great Park is a gently undulating area of varied landscape with sweeping deer lawns, small woods, coverts and areas dominated by huge solitary ancient oak trees. What a venue for a cross country race! Unfortunately, our driver (Jeff, I think) was intent on taking us to some playing fields in Slough set on an old rubbish dump within earshot of the M25. Well, it would be within earshot if it wasn't under the flight path of Europe's busiest airport.

Conditions in Slough were as good as they get for mid-January with no wind to make the 5°C temperature feel any colder and the course was soft and damp but not muddy at all. There wasn't even any sign of the usual smelly bog on the final turn into the finishing straight. So with the going officially "good", the weather set fair and the playing fields as flat and monotonous as ever, there was little reason to get distracted from the job in hand, unless of course you are a plane spotter or radio-control enthusiast.

Once again we fielded a depleted team with the men's team particularly badly hit by injuries. But the team put in a sterling effort and we achieved 11th place on the day to remain a creditable 10th in the league. We are now about 800 points above the relegation zone but we will need a strong final performance in Wing to remain in 10th place and equal our best ever league position.

The Juniors team were missing a few runners who ran in the inter-schools match in Northampton but a special thanks go the 3 juniors (and their parents) who showed amazing commitment to Silson by doing both events in one day – well done to Neave Wray, Annabel O'Reilly and John Olejnik. John showed no ill effects of the extra race with a really strong run in the U17s, his best of the season, and Ben Hope and Rosie Edmunds both impressed on their debuts. Overall our Juniors earned the team 85 points on the day.

In the men's race, the most eye catching performances were from Andy Pacey, who led the Silson men home for the second race in succession, the ever improving duo of Richard Davies and Paul King and a good debut from Ross Edmunds. There were some really strong finishes throughout the team with many places either defended or gained in the finish straight.

The ever dependable Heather Cooke led the ladies home for the fourth race this season although Tasha King and Ellie Lock are both getting stronger with every race and finished almost side by side only a few places behind Heather.

All of our individual times are listed overleaf and for a full set of results go to <http://www.chilternccl.co.uk/results.htm>. If you see any errors please let Brian or Simon know.

The final Chiltern League XC fixture will be on **Saturday 11th February** in Wing (near Leighton Buzzard). Please note that the schedule changes slightly and the men will get their annual opportunity to churn up the course first and then to cheer home the ladies. We hope for a really strong turnout and hopefully we can celebrate our 5th successive year in Division 1 with our best ever league finish. As usual, please confirm to Heather, Simon and Graham once you know you can run.

LEAGUE DIVISION 1 TABLE AFTER 4 EVENTS

	Total	1	2	3	4	5
1 BEDFORD & COUNTY	10934	2848	3034	2505	2547	
2 MARSHALL MILTON KEYNES	10783	2935	3153	2483	2212	
3 WINDSOR SE&H	9958	2453	3409	2365	1731	
4 HARROW A.C.	9286	2489	2645	1992	2160	
5 CHILTERN HARRIERS	9091	2102	2826	2034	2129	
6 VALE OF AYLESBURY	8644	2281	2488	2026	1849	
7 LUTON A.C.	7492	2234	2099	1793	1366	
8 HEADINGTON R.R.	6857	1433	2046	1688	1690	
9 LEIGHTON BUZZARD	6060	1595	1660	1399	1406	
10 SILSON JOGGERS	5665	1399	1640	1328	1298	
11 TRING RUNNING CLUB	5556	1461	1663	1111	1321	
12 OXFORD CITY	5202	1367	1934	835	1066	
13 BEARBROOK JOGGERS	4876	1185	1689	1254	748	
14 GADE VALLEY	4716	1167	1440	1110	999	

Individual results are on the next page.

SILSON INDIVIDUAL RESULTS

Senior/Junior/Veteran Men

40	ANDY PACEY	31.01	737	M40	10
43	CHRIS WOOD	31.27	712	M	24
45	NICK PACEY	31.33	732	M40	12
55	SIMON WOODWARD	32.18	711	M	31
76	KEVIN REBOUL	33.15	716	M40	22
82	DAN TAYLOR	33.38	714	M	40
105	RICHARD DAVIES	34.46	721	M	49
117	ANDY KIRK	35.33	718	M	53
132	PAUL KING	36.47	724	M	56
145	ROSS EDMUNDS	38.14	731	M60	4
149	GRAHAM LINNELL	38.27	725	M50	22
168	ALLAN GRAY	41.56	733	M50	28
171	BRIAN KEERS	42.22	727	M50	29
179	ALLAN LOCK	44.44	722	M60	13

Under 17 Men

19	JOHN OLJENIK	21.25	712	M17	19
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Under 13 Boys

32	BEN HOPE	11.45	728	M13	32
41	ZACH RYCROFT	12.46	740	M13	41
43	DECLAN COOPER	12.58	725	M13	43
44	BEN HANSON	12.13	739	M13	44
45	MICHAEL RAPSON	13.00	723	M13	45
47	SETH RYCROFT	14.25	729	M13	47

Senior/Veteran Ladies

44	HEATHER COOKE	26.31	711	F	19
48	NATASHA KING	27.04	734	F35	14
49	ELLIE LOCKE	27.06	739	F35	15
62	MEL BIGNELL	28.07	733	F45	18
64	SUE CLAYTON-DRABBLE	28.10	732	F45	19
69	MADELEINE MOUTRIE	28.38	735	F45	22
83	ANNIE GRAY	32.03	713	F45	31
86	KIT RAPSON	33.40	712	F35	23

Under 13 Girls

38	ROSIE EDMUNDS	11.48	721	F13	38
40	SOPHIE GRAY	11.51	720	F13	40
41	ELEANOR REES	11.56	716	F13	41
42	AMY JELLEY	11.57	717	F13	42
46	ANABEL O'REILLY	12.28	715	F13	46
47	NEAVE WRAY	12.28	718	F13	47