

Chiltern League 2011/12 Race 3 St. Albans Results, 3rd December 2011



For December the conditions on Saturday were very good for our trip to St. Albans with lots of sunshine through the day and a cool, brisk wind to remind us that it really is winter. Underfoot the course was mostly firm save for one section through the woods that churned up badly as the day progressed to create a challenge. The general consensus was that the course was rated as "hilly" as the organisers made very good use of Verulam Park to create some long up-hill drags and a lone short flat section. All this made getting into a rhythm quite tough and resulted in lots of tired legs.

We fielded a depleted team once again with 35 Silson athletes completing the course, including 10 Juniors. The overall field for the event was quite small though as injuries, illness and work commitments are things that affect all clubs, hopefully in equal measure.

Our efforts resulted in 10th place on the day in St. Albans and we have risen to 10th place in the league – a really pleasing result. However, we remain in a close battle with Tring, Oxford and Bearbrook with only 237 points covering all four teams, one of which will be relegated. So the pressure is on and I apologise on behalf of Heather and I for any strong arm tactics used to get you to run in Slough and Wing. Alternatively we may try the incentive of cakes and chocolate on the return coach journey from Slough (any bakers out there?)

In the Juniors, Tinaz had a promising debut for the club in the U15 boys and Neave Wray ran well to lead home our quintet of U13 girls. All of our Juniors contributed points versus our opposing teams and so far this season our Juniors have scored 178 points. Comparing this to the above 237 points, these points may well be the ones that keep Silson in Division 1.

On the Ladies side, Heather and Tasha were our leading duo with Ellie not far behind after overcoming a bad stitch and battling back to re-gain several places. Sue completed our four scorers, but similar to the Juniors, every one of Silson's ladies added to our points relative to Oxford (one of the three we are battling with) who only had one runner.

Our men's team was led home by Andy Pacey who was flying only 2 weeks after completing a marathon. Tom Phelps had a great run to be 3rd man home while Matt put in the best sprint finish of the day to add a few valuable points. Trevor Barnes and Andy Taylor completed the 10 scorers for the Men's team.

Please forward any race report contributions you have to [Simon Woodward](#) and I'll add them here.

All of our individual times are listed overleaf.

For a full set of results that you can analyse to your heart's content go to <http://www.chilternccl.co.uk/results.htm>

Next month's Chiltern League XC is on **Saturday 14th January** in Slough, although I think it should be renamed Windsor to add to the attraction. Traditionally we all go together on the coach and cakes will be very welcome!

LEAGUE DIVISION 1 TABLE AFTER 3 EVENT

| | Total | 1 | 2 | 3 | 4 | 5 |
|--------------------------|--------------|-------------|-------------|-------------|----------|----------|
| 1 MARSHALL MILTON KEYNES | 8568 | 2935 | 3153 | 2480 | | |
| 2 BEDFORD & COUNTY | 8381 | 2848 | 3034 | 2499 | | |
| 3 WINDSOR SE&H | 8226 | 2453 | 3409 | 2364 | | |
| 4 HARROW A.C. | 7093 | 2489 | 2645 | 1959 | | |
| 5 CHILTERN HARRIERS | 6957 | 2102 | 2826 | 2029 | | |
| 6 VALE OF AYLESBURY | 6788 | 2281 | 2488 | 2019 | | |
| 7 LUTON A.C. | 6123 | 2234 | 2099 | 1790 | | |
| 8 HEADINGTON R.R. | 5160 | 1433 | 2046 | 1681 | | |
| 9 LEIGHTON BUZZARD | 4775 | 1595 | 1660 | 1520 | | |
| 10 SILSON JOGGERS | 4361 | 1399 | 1640 | 1322 | | |
| 11 TRING RUNNING CLUB | 4231 | 1461 | 1663 | 1107 | | |
| 12 OXFORD CITY | 4132 | 1367 | 1934 | 831 | | |
| 13 BEARBROOK JOGGERS | 4124 | 1185 | 1689 | 1250 | | |
| 14 GADE VALLEY | 3712 | 1167 | 1440 | 1105 | | |

Individual results are on the next page.

SILSON INDIVIDUAL RESULTS

Senior/Junior/Veteran Men

| | | | | | |
|-----|----------------|-------|-----|-----|----|
| 40 | ANDY PACEY | 35.12 | 737 | M40 | 7 |
| 58 | CHRIS WOOD | 36.28 | 712 | M | 28 |
| 71 | TOM PHELPS | 37.37 | 717 | M | 34 |
| 73 | SIMON WOODWARD | 37.43 | 711 | M | 35 |
| 81 | KEVIN REBOUL | 38.27 | 716 | M40 | 18 |
| 85 | DAN TAYLOR | 38.32 | 714 | M | 40 |
| 97 | MATT WOOTTON | 39.24 | 715 | M | 44 |
| 129 | ANDY KIRK | 41.40 | 718 | M | 57 |
| 141 | TREVOR BARNES | 42.19 | 723 | M50 | 18 |
| 142 | ANDY TAYLOR | 42.21 | 720 | M | 59 |
| 151 | GRAHAM LINNELL | 43.03 | 725 | M50 | 20 |
| 161 | PAUL KING | 44.05 | 724 | M | 65 |
| 169 | RICHARD WRAY | 45.30 | 723 | M50 | 23 |
| 178 | DAVE JARRRETT | 46.46 | 721 | M | 68 |
| 188 | JOHN ADAMS | 49.39 | 729 | M50 | 28 |
| 194 | ALLAN LOCK | 51.31 | 722 | M60 | 16 |

Under 17 Men

| | | | | | |
|----|--------------|-------|-----|-----|----|
| 29 | JOHN OLJENIK | 24.42 | 712 | M17 | 28 |
|----|--------------|-------|-----|-----|----|

Under 15 Boys

| | | | | | |
|----|---------------|-------|-----|-----|----|
| 28 | TINAZ ERENLER | 19.20 | 726 | M15 | 28 |
|----|---------------|-------|-----|-----|----|

Under 13 Boys

| | | | | | |
|----|-------------|-------|-----|-----|----|
| 43 | BEN HANSON | 14.00 | 739 | M13 | 43 |
| 44 | WILL FRASER | 14.11 | 724 | M13 | 44 |

Senior/Veteran Ladies

| | | | | | |
|----|---------------------|-------|-----|-----|----|
| 41 | HEATHER COOKE | 30.09 | 711 | F | 20 |
| 51 | NATASHA KING | 31.11 | 734 | F35 | 13 |
| 54 | ELLIE LOCKE | 31.35 | 739 | F35 | 14 |
| 59 | SUE CLAYTON-DRABBLE | 31.52 | 732 | F45 | 14 |
| 61 | MEL BIGNELL | 32.02 | 733 | F45 | 15 |
| 65 | MADELEINE MOUTRIE | 32.54 | 735 | F45 | 17 |
| 74 | SHOENA SMEE | 34.42 | 736 | F45 | 21 |
| 76 | MARIE WRAY | 35.38 | 738 | F45 | 22 |
| 84 | KIT RAPSON | 39.24 | 712 | F35 | 22 |

Under 15 Girls

| | | | | | |
|----|----------------|-------|-----|-----|----|
| 35 | MADELEINE SMEE | 14.23 | 714 | F15 | 34 |
|----|----------------|-------|-----|-----|----|

Under 13 Girls

| | | | | | |
|----|-----------------|-------|-----|-----|----|
| 36 | NEAVE WRAY | 13.05 | 718 | F13 | 36 |
| 44 | ANABEL O'REILLY | 14.21 | 715 | F13 | 44 |
| 45 | AMY JELLEY | 14.30 | 717 | F13 | 45 |
| 48 | ELEANOR REES | 14.53 | 716 | F13 | 48 |
| 50 | SOPHIE GRAY | 16.19 | 720 | F13 | 50 |