

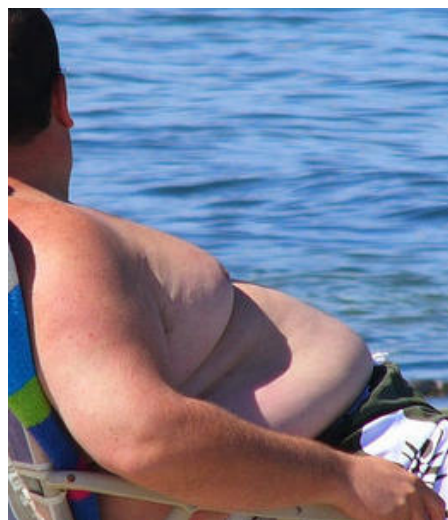


The 10k Times

August 2009

www.silsonjoggers.org.uk

SILSON JOGGERS ENJOYING THEIR SUMMER BREAK



TRAINING STARTS AGAIN IN SEPTEMBER

BIRTHDAYS in AUGUST

Eddie Shoemsmith - 11th Natasha King – 17th Madeleine Moutrie - 18th John Fowler – 24th Sandy Moffat - 29th		
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RESULTS – ON THE ROAD

Exeter 5k – 7th July 2009

The mistake that Sue and the in-laws made on Tuesday was suggesting that we went to Exeter for the day (we were on holiday about 10 miles away). As we walked towards the cathedral, I glanced into the window of a running shop and saw “fancy a 5k run tonight?” The course was described as flat but after the trauma of base camp 1 at Marston Forest this did not fill me with confidence. Nevertheless I popped in and picked up an entry form and directions. The race had a limit of 250 and recommended booking early. The helpful lady in the shop advised me that they did take entries on the night but only if the limit had not been reached.

Sitting in our accommodation at 6.10, I decided that either I was going to open a bottle of wine or I was going for a run. Remarkably I chose the latter. I packed my kit and off I went. I arrived at the venue at about 6.40 to be greeted by an “Ironbridge Runners flag” (not as good as ours) and a bloke in a van but otherwise an empty car park. I handed over my entry form and fee and started talking to the bloke. I was advised that there is a monthly race but generally that they are very low key events. The June race had 66 finishers and the last runner was 29:54. After my exploits in my last 5k this drained away what little confidence that I had.

The race is very much like the Doug Anderson 5k in Bedford in that it is 2 and a bit laps round a park. Given that I was lapped by about 12 runners last year at Bedford, the prospect of being lapped again was a real prospect (or certainty).

As we gathered for the start, I estimated that the size of the field was about the same (there were actually 64 finishers) and glancing around the other 63 noticed that worryingly they all looked like runners. The organisers had got my money, I had got a number and the green vest was going to be worn with pride.

As the leaders shot off into the distance, it was quite clear that there were about half a dozen of us that were going to start slowly. We ran through the park and after about 1k turned to run along the footpath adjoining the River Exe and then back around the park and off on another lap. I had been waiting for the lead bicycle and runners to lap me but as I turned back into the park towards the end of my first lap they were still a long way from finishing.

I knew that I was not last at the end of the first lap but I did see two people drop out. At the start of the second lap I started talking to a fellow runner and this kept me going for the next kilometre. As we turned back into the park, I put in a surge and stormed away from the poor lady who must have been devastated.

Anyway – the good news:

- I was third M50 (no prize though)
- I was significantly quicker than at Marston Forest
- There were 5 people behind me

Waddesdon 5k – 15th July 2009

Alex O'Connor 24:08

Le chai-portmonervois 10k

Richard Popiel 46.21.

Worcester Race Course 10k – 19th July 2009

Stallion gets put down at the end of the race.

Richard Popiel 55:12

Just behind Richard is his sister, Irene Cleaver, who is now a Silson Jogger



Bedford Park 5k – 22nd July 2009

CHRIS WOOD LOWERS SENIOR MEN'S RECORD DESPITE BEING ATTACKED BY A SWAN
FAT BLOKE BLOWS UP EARLY IN THE RACE

Chris Wood 17:06

Milton Keynes half marathon (and a bit for some) – 26th July 2009

ANDY PACEY	1:26:09	DAVID JARRETT	1:43:18
MICHAEL SPENCER	1:34:48	TREVOR BARNES	2:01:12
THOMAS SCHILLING	1:39:42		

After arriving at Milton Keynes all ready for a good time and feeling great, and listening to the man on the microphone telling us how this is the best event in Milton Keynes with the best marshals around you think what could go wrong.

I set off and things are going really well up in the top twenty and feeling really good, go through the 1st mile in 5.35 and keep pace going for the next few miles, hit 5 miles in 30 min and 7 miles in 42 min so on for a pb, sub 1hr 20. Then all of a sudden a group of about 30 of us seem to be heading out on our own (as you just follow who's in front of you) due to the lack of signs and MARSHALS!! We all end up running the wrong way and 1/2 mile extra. After crossing a dual-carriageway and running down a embankment we get back on course, to other runners saying where the **** are you coming from?

By this time had just about had enough but managed to carry my legs through the last 5 miles to the finish line in a time of 1hr 26min 09 sec with a lot of other pissed off runners about. Could see the funny side of it later after a couple of beers, but it's hard enough running 13 miles at the best of times let alone adding extra on

Oh well better luck next week at Wellingborough. (MARSHALS permitting)

ANDY PACEY.

RESULTS OFF THE ROAD

DEVIL'S CHIMNEY CHASE – 18th JULY 2009

Up a hill, through some very muddy woods and then down a hill – 9.8k

Richard Popiel

51:28

SILSON DUATHALON SECTION

Silverstone Circuit & Porsche Centre - 15th July 2009

Simon Woodward

57:05

Jody Willis

58:05

SILSON ROAD RUNNING CHALLENGE

Round 7

Milton Keynes 10K

30th June 2009

A very hot and humid evening presented the runners at Milton Keynes with some very challenging conditions, but it didn't seem to stop prevent some great performances.

Andy retains his position at the head of the table but is now followed by Mel as Allan didn't run in this event. Further down, **Dan** and **Michael** move into position as class leaders in their respective age groups.

This was the seventh round and from those challengers who have completed all seven events and compete in further rounds will start to drop scores.

Overall Leader	Andy Pacey
Class Leaders	
F Senior	Heather Cooke
F 35	No Runners
F 45	Mel Bignell
M Senior	Dan Taylor
M 40	Andy Pacey
M 45	Michael Spencer
M 50	Andy Hoare
M 60	Len Pannell
M 65	Allan Lock

Full Results

	Name	Class	Milton Keynes 10K		
			Time	Points	Total
1	Andy Pacey	M40	35.57	108.57	754.55
2	Mel Bignell	F45	52.08	137.98	842.09
Six Rounds					
3	Allan Lock	M65			667.56
4	Heather Cooke	F Senior	45.36	119.32	680.10
5	Andy Hoare	M50	44.49	114.91	684.30
6	Len Pannell	M60	48.11	115.32	690.93
7	Michael Spencer	M45	44.00	124.00	702.31

8	Sandy Moffat	M45			816.13
9	Rosie Moffat	F45	59.58	158.71	842.13
<u>Five Rounds</u>					
10	Jim Darcy	M40	38.01	111.70	534.57
11	Dan Taylor	M Senior	42.05	130.42	605.96
12	Warren Marsh	M50	45.50	117.52	608.85
13	Tom Pomeroy	M60	54.50	131.23	656.48
<u>Four Rounds</u>					
14	Chris Wood	M Senior			453.04
15	Madeleine Moutrie	F45			470.27
16	Richard Popiel	M45	49.49	140.39	519.66
<u>Three Rounds</u>					
17	Simon Woodward	M Senior	38.32	119.42	340.66
18	Andy Taylor	M Senior	41.55	129.91	392.58
<u>One Round</u>					
19	Brian Keers	M45			125.07
20	Trevor George	M50			126.16
21	Tom Phelps	M Senior			128.42
22	David Morley	M40	57.14	168.17	168.17

Fastest Times

F Senior	38.13
F35	38.06
F45	37.47
M Senior	32.16
M40	34.02
M45	35.29
M50	39.00
M60	41.47
M65	46.16

The remaining Challenge races are:

Wellingborough 5	Sunday 2 nd August	(NAA RRL)
Blisworth 5 M	Friday 7 th August	(NAA RRL)
Moulton 10K	Sunday 30 th August	(NAA RRL)
Cransley Hospice Half Marathon	Sunday 20 th September	(NAA RRL)
Daventry 6M	Sunday 27 th September	(NAA RRL)

Congratulations to Andy for maintaining his leading form and thank you to all the challengers who braved the Milton Keynes heat.

Brian

TRAINING – RUNNING BACKWARDS

SLOWEST CLUB RUNNER WINS WINTER CUP

How did this happen? Who knows? Eddie is the chief suspect. Graham had something to do with it too. Who was the most surprised? I was, and continue to be amazed, and delighted every time I see that magnificent trophy inset with those magnificent emeralds. They are real aren't they?

Thank you Graham for all your encouragement and support, Eddie for your magical handicapping system and all of you who cheered me on as you sped past in the depths of the winter darkness and weather.

By the way, if they are genuine gems, I'll be off to the Bahamas so somebody else will have a chance of winning next year!

Cheers.

Carol

CLUB MILE TIMES AT SIXFIELDS -03/07/2009

Age Records for Ashley & Mel

Kevin Reboul	5:06
Simon Woodward	5:16
Jim Darcy	5:33
Ashley Phillips	5:40
Dan Taylor	5:40
Michael Spencer	5:50
Andy Hoare	6:01
Heather Cooke	6:08
Sandy Moffat	6:45
Mel Bignell	7:02
Claire Dimond	7:15
Natasha King	7:19
Allan Lock	7:22
Abdul Haiy	7:23
Rosie Moffat	8:05
John Fowler	8:21
Lydia Pratley	8:40

CLUB 1K TIMES AT SIXFIELDS

Alex Moffat	4:45
Riyedh Haiy	5:13
Emma King	5:56

TRAINING – running forwards

THE FIRST TRAINING SESSION IS ON

FRIDAY 4th SEPTEMBER – 6.30 START

at

SILVERSTONE RECREATION ASSOCIATION, CHURCH STREET, SILVERSTONE

Bill Boyd (coach from Corby AC) is taking the session on the playing field

Date & Day	Group	Venue
<u>September</u>		
Friday 4 th	Senior/Junior	S R A
Sun 6 th	Senior	Infant School
Tues 8 th	Junior	Bucknells
Weds 9 th	Senior	Bucknells
Sun 13 th	Senior	Infant School
Tues 15 th	Senior/ junior	Bucknells
Thurs 17 th	Senior/ Junior	Bucknells
Sat 19 th	Senior/ Junior	Bucknells
Tues 22 nd	Junior	Bucknells
Weds 23 rd	Senior	Bucknells
Sun 27 th	Senior	Chackmore
Tues 29 th	Junior	Bucknells
Weds 30 th	Senior	Bucknells
<u>October</u>		
Sun 4 th	Northampton	Run 09
Tues 6 th	Junior	Sponne
Weds 7 th	Senior	Circuit
Sun 11 th	Senior	Infant School
Tues 13 th	Junior	Sponne
Weds 14 th	Senior	Circuit
Sun 18 th	Senior	Infant School
Tues 20 th	Junior	Sponne
Weds 21 st	Senior	Circuit
Sun 25 th	Senior	Rosie Moffat
Tues 27 th	Junior	Sponne
Weds 28 th	Senior	Circuit
<u>November</u>		
Sun 1 st	Senior	Nether Heyford
Tues 3 rd	Junior	Sponne
Weds 4 th	Senior	Circuit
Sunday 8 th	Senior	Infant
Tues 10 th	Junior	Sponne
Weds 11 th	Senior	Circuit

LOOKING AHEAD

A SELECTION OF LOCAL(ISH) RACES

2 nd August	Wellingborough 5	NAA race series and SRRC race
8 th August	Blisworth 5	NAA race series and SRRC race
30 th August	Moulton 10k	NAA race series
5 th Sept	Chalfont St Giles 10k	
6 th Sept	Billing 5k	
6 th Sept	Mears Ashby	Mile and Fun Run
6 th Sept	Headington 10k	
13 th Sept	Milton Keynes 10k	+ Junior 2k
13 th Sept	Bedford 10k	
20 th Sept	Cransley 10k & half	
27 th Sept	Daventry 6 miles	
4 th October	Northampton 5k & 10k	Includes Children's courses

Where runners are entering local races please feel free to contact other members of the club to encourage them to also take part. Do not forget to let 10k TIMES have the results and a report as soon as possible afterwards – the Local Press are desperate for any news.

Cross Country 2009/10

It may seem like some way off but for those who like to plan ahead, the dates and provisional venues for the forthcoming cross-country season have been announced. After consistently improving for the last 3 years and last year's top ten finish we hope to continue in that vein and do even better next winter. So, here they are so you can put them in your diaries:

October 10th 2009	Oxford
November 7th 2009	tba
December 5th 2009	tba
January 16th 2010	Shuttleworth (tbc)
February 13th 2010	Wing (tbc)

Apparently the Oxford course can only be used in October so it replaces the usual Watford fixture as the first one. I've no idea where Shuttleworth is but no doubt some of you old hands will have raced there in the past.

All of the above and dates for the area XC championships are on www.silsonjoggers.org.uk and the web-site will be updated over the summer with more information about these and other events.

Simon Woodward