



The 10k Times

August 2011

www.silsonjoggers.org.uk

THEY DID IT!



CONGRATULATIONS TO:
TASHA KING, PAUL KING, DAVID MORLEY & DAN TAYLOR
FOR COMPLETING
THE SOUTH DOWNS TRAILWALKER
100km

WALKING BACKWARDS OFF THE ROAD

Trailwalker July 2011

Last December some silly boy suggested that we walk 100km across the South Downs....for some reason three other silly people thought it was a good idea too....last weekend we all said to that same silly boy – “What a stupid F*^#ing idea that was!”

We had been informed that Trailwalker was a life changing experience, so much so that we were moved to gather our thoughts in poetic form rather than the standard race report. As a nod to the pre-requisite of formality, we have included a meaningless graph.

Trailwalking Together

We awoke on Saturday morning
With apprehension in our heart
Speaking little to each other
In the taxi to the start

The support crew prepared and waiting
Rain continues to fall
With Ghurkhas standing ready
The bagpipes sound their call

Checkpoint one feeling buoyant
Huddled sheltered from the wet
Time to get our baps out
Not bored of that joke yet

The pathway getting boggier
As we march on through the day
Confidence remains high
That we will make it all the way

Upon reaching Amberley
Goodbye to Lucy, Emma, Margaret
and Mike
They has done us proud in helping
Our monumental hike

We meet up with Annabel and Ian
Who meet us by the river
We thank them for their donation
On Virgin money giver

It's time to crack open the glo-sticks
As daytime turns to night
We look like crazy ravers
With multi-coloured lights

Head starting to go fuzzy
We find a chap on his own
He refuses offers of our help
More compassion should we have shown?

We were warned about checkpoint 7
A barrier they said it would be
Tucking into mince and pasta
4am not the usual time for tea



Losing track of time
The distance takes its toll
Paul begins to struggle
Thank god Dan's got his pole

The next stage is a long one
The weather serves us a gale
But our team is getting stronger
We blaze across the trail

Checkpoint 9 is a turning point
 We are met by a hearty clan
 We change into Silson kit
 It had always been our plan

Headlong we charge
 Wind rushing in our face
 Through the final checkpoint we pass
 Building up the pace

We reach the final furlong
 Piper's tune again we meet

Running together in unison
 Our supporters ready to greet

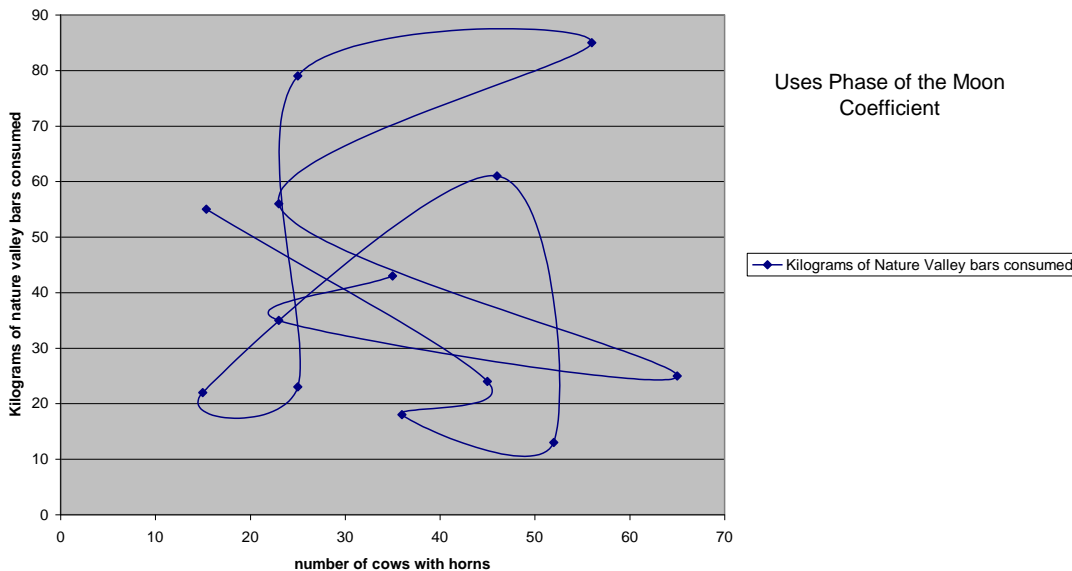
After Ghurkha curry
 To David's Dad's to go to rest
 The car keys go back to Towcester
 We have one final test

We knew it would be a challenge
 The hardest our lives had seen
 We started it together
 Completing it as a team

For all of us there is no doubt that Trailwalker was one of the hardest physical, mental and logistical challenges we have ever undertaken. That said, it's not impossible and we would undoubtedly recommend it to any other nutters / Joggers out there.

Our achievement was down to incredible teamwork and commitment to the cause, our extraordinary support teams and the enthusiastic encouragement from friends around the world. But it was Joggers who proved their resilience as others fell by the wayside. At one point during the night we were still receiving texts from Brian and Sue whilst the rest of the world was sleeping. Your messages were inspirational, your jokes were.....


meaningless graph No 7c



After 25 hours of non-stop walking and 1hr 13 mins of running the last 10km (we felt we should do Silson proud and run at some point!) we reached our goal, completing 100km in 26 hrs and 13 mins. We finished 254th out of 521 that started. The target time was 30 hours. Only 52% of teams finished as a full team of 4 in under 30 hours. We have raised over £4000 for Oxfam and the Ghurkha Welfare Trust. Thank you so much to everyone at Silson for all your sponsorship and support – it has meant so much to all of us....

Dan Taylor, Paul King, Natasha King, David Morley

BIRTHDAYS IN AUGUST

Jonathan Gale – 1st Danielle Lock – 3rd Sarah Clark - 6th Eddie Shoesmith – 11th Natasha King – 17 th (a big one) Andrew Rigby – 17th		Madeleine Moutrie – 18th Liz Thomas – 21st John Fowler – 24 th (a big one) Allan Gray – 28th Sandy Moffat – 29th Sheona Smee - 29th
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JUNIOR JOGGERS

Chairman's cup track meeting Kettering July 9th 2011

	100m	200m	800m	Long jump	High jump	Javelin	Cricket ball
Millie		52.6		1.58			9.74
Sophie		41.00	3.16				10.25
Skye		36.8		2.42	1.00		
Imogen	17.00	35.00		2.50			
Annabel		36.00	3.27	3.73			
Eleanor		41.8	3.35	2.85			
Kade	16.6				1.15	9.60	
Luke	15.8			4.07		31.39	
Benedict			2.59				

Under 11 girls 4x 100 relay Millie, Sophie, Skye and Imogen 79.8

*All other athletes are under 13 on the score chart *

Match scores:

Rugby & Northampton	366	Silson	81
Corby	275	Daventry	67
Kettering	151	Wellingborough	59

Wellingborough have challenged us to a club match at Sixfields next season which we have accepted, hopefully to also include adults.

Training

Next season's training will be commence at Bucknell Woods Silverstone with a newly introduced junior session on Saturday September 3rd 2-3pm.

With the adults commencing the following day September 4th with a Sunday from the Old Dairy Farm Centre, Upper Stowe NN7 4SH 9.30am.

Provisionally this will kick off a full month of midweek training at Bucknells, if the condition of the woods is suitable. Full details will be on the web site from mid-August.

Graham Linnell

LITERARY JOGGERS

‘What I talk about when I talk about running’.

An interesting and very personal book by Haruki Murakami, I hope it's published in English. Haruki Murakami is a Japanese author and journalist who also runs marathons and has started to compete in triathlon events. The book covers some of his experiences and philosophical observations since he started running when he was thirty three years old in 1982; his first long run, in 1983, was from Athens to Marathon i.e. the marathon in reverse and the book finishes with a triathlon event in 2006 in the town of Murakami in Japan.

There is a section on the parallels between being an author and a long distance runner. It is not a training manual although it covers in some detail the distances he covered during preparation for a couple of events. I recognise many of the feelings he experienced while taking part in these events and found his ways of dealing with them very interesting, although a major mantra for him is that he never walks!

Allen Lock

WANTED – YOUR CLUB NEEDS YOU

10km – building from firm foundations

WANTED VOLUNTEERS TO GET INVOLVED IN THE ORGANISATION OF THE RACE

AND TO HELP WITH THE PROMOTION OF THE RACE TO RUNNERS

Improving the runner experience

Over a number of years we have regularly had finishers of between 800 and 1,000 for the race. Twice we have exceeded 1,000 finishers. We are acclaimed as being one of the biggest and best midweek evening race but we do want to try and “improve the runner experience” so that we start to achieve a consistent increase in finishers. Can you help with ideas to attract more runners? Would you be happy approaching organisations for support?

Understanding what goes into the organisation of the race

Whilst neither Brian nor I are planning to give up with the organisation just yet, we do think that it would be useful if club volunteers could shadow us in the planning stages and in the period leading up to the race, race day itself and afterwards.

Volunteer co-ordinator

There are a number of events where we send out requests for volunteers. The largest of these is the 10km closely followed by the half marathon. These are high profile and it is relatively easy to coordinate. There are, however, a number of smaller but equally important events where people need to put their hands up to help.

We need someone to take responsibility for these events and to ensure that the right people are in the right place with the right qualification (i.e. CRB checked if required)

If you would like to find out more information about any of the above roles, or indeed are ready to commit to helping now, please speak to Brian Keers, David Coates or John Fowler as soon as possible. Many thanks in anticipation of your support.

RUNNING BACKWARDS ON THE ROAD

Milton Keynes 10km – 5th July 2011 – EMGP race 8

Age Win for Nick Pacey - Second Place and new club age record for Mel Bignell - Vet Men 2nd team

16 th	Chris Wood	35:14	201 st	Heather Cooke	45:14
18 th	Nick Pacey	35:21	210 th	Mark Nicholls	45:36
28 th	Andy Pacey	36:16	225 th	Sarah Clark	46:14
29 th	Simon Woodward	36:32	231 st	David Jarrett	46:40
54 th	Kevin Reboul	38:20	280 th	Roger Taylor	48:57
55 th	Jim Darcy	38:23	294 th	Madeleine Moutrie	49:56
84 th	Thomas Phelps	40:17	295 th	Sue Clayton-Drabble	50:04
123 rd	Richard Davies	42:16	311 th	John Adams	50:46
129 th	Trevor Barnes	42:29	317 th	Mel Bignell	51:03
148 th	Stewart Shears	43:15	338 th	Allan Lock	52:21
172 nd	Jonathan Gale	44:18	386 th	Anne Gray	58:07
173 rd	Michael Spencer	44:23	399 th	Kit Rapson	61:39

It was business as usual at Milton Keynes – Nick - first M45 after a close tussle with Greg Spellman. Heather - first lady home. A strong performance from the veteran men. Another age-category record for Mel.....

With the rain making an appearance pre-race for a warm-up soaking, the Milton Keynes 10k once again signalled the end of the EMGP. There was the usual good turnout of Joggers with most of the usual suspects present plus a few faces making welcome returns. The course was unchanged from previous years, not that you can really tell, it all looks the same. Despite the twists and turns of the course I managed to end the series on a high with a PB, partly due to sharing the pace making with Nick, which helped considerably over those middle miles. I can confirm that this is indeed a good strategy for a quick time, but it is best not to schedule anything too energetic for the next day.



This arrangement worked out pretty well for both of us as Nick was once again first M45 home with the proven tactic of running down the fast starting Greg Spellman. Andy and Simon were closely matched yet again, as were Kev and Jim, helping the vet men's team to second place in the team competition. Good showings from the veteran ladies ensured a number of good series results once again. Mel continued her storming season to lower the age-category record she set at Weedon in the last round.

Chris Wood

Much Wenlock – 7 miles (ish) – 10th July 2011

55 th	Samantha Roe	54:04	92 nd	Simon Peart	59:01
91 st	Vince Roe	58:59			

After that lot on the Saturday (SEE THE TRIATHLON SECTION LATER IN THE NEWSLETTER) Sunday through up another challenge....The Seven Mile road run or as it should be called A Mornings Climb up a Mountain. As you can probably gather the course features a seriously long and hard hill to start, in fact for the first four and a half miles! The hill compares to the South Downs marathon hills but longer...much longer and very energy sapping! Sam started off well and ran a strong race to finish in 54.04 which for the course is respectable, coming in fourth overall. Sadly though she was unable to win her category as she did last year, missing the podium by just a few seconds which was probably a reflection on the strong effort from the day before. Simon, who ran the race last year in over an hour was determined to complete the course in less than the hour and managed to drag a tired Vince with him, to both finish together in 58.59 and complete what was a fabulous weekend! We would all strongly recommend this weekend to all Silson Joggers for 2012 particularly with the forthcoming Olympics next year, as this will be a truly memorable and highly enjoyable event weekend!!!

Vince Roe

Milton Keynes Parks 5k – 16th July 2011

5th

Jeff Haynes

19:08

NSPCC MILTON KEYNES HALF MARATHON – 17th July 2011

309th David Jarrett 1:44:40

673rd Roger Taylor 1:58:19

WADDESDON MANOR 5k – 20th July 2011

RETURN OF A LEG - END



Dear Readers

You will have read earlier in the 10k Times as to the considerable exploits of the South Downs 4. An event of almost equal proportions took place on Wednesday 20th July when I donned the famous green shirt for my first road race in over two years.

The Waddesdon Manor 5k is an excellent race for which Vale of Aylesbury AC should be applauded. It is traffic free. A magnificent venue. Lots of parking. Toilets. Two drinks stations. All finishers get a mug. A good meal and fine ale can be had at The Black Boy in Oving on the way home – book in advance as they run a popular quiz on a Wednesday night.

The race starts in front of the Manor House (see picture above) and the first 2k is downhill. The next 2k (of course) is back up the same hill and as you pass the 4k marker there is a twist. As you turn back to the finish line you have to run up one side of the garden, around the back of the house, down the other side and then back up the central pathway to finish in front of the Manor.

I finished. It was not pretty and it certainly was not fast but I was not last! I finished in around the time that I expected – add together my PB and the winner's time on 20th July and you are about there.

Having spent a while running on a treadmill I discovered that I had lost the ability to judge pace and to run down and uphill. My legs were okay but the lungs did not enjoy the experience much. I did not, however, record a PW – that was achieved on the remarkably flat Marston Forest course in 2009.

With a big birthday coming up shortly, JEFF HAYNES watch out – your club age records will soon be under threat!

Peter Morris also finished in a disgustingly rapid 24:26

John Fowler

Doug Anderson Memorial 5k - Bedford - 27th July 2011

Jeff Haynes 1st M55
and a new club age record

27th Simon Woodward 17:45
41st Jeff Haynes 18:28



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28:46

Wellingborough 5 - 31st July 2011

12 th	Andy Pacey	28:46	102 nd	Heather Cooke	35:45
13 th	Nick Pacey	28:47	109 th	David Jarrett	36:06
17 th	Chris Wood	29:18	118 th	Michael Spencer	36:32
33 rd	Jim Darcy	30:46	125 th	Andy Hoare	36:51
38 th	Kevin Reboul	31:21	137 th	Sarah Clark	37:12
47 th	Tom Phelps	32:11	140 th	Mark Nicholls	37:18
49 th	Andy Kirk	32:20	181 st	Brian Keers	39:55
72 nd	Richard Davies	33:55	194 th	Madeleine Moutrie	40:35
93 rd	Stewart Shears	35:03	231 st	Sheona Smee	43:23
101 st	Jonathan Gale	35:44	322 nd	Carol Debney	54:09

East Midlands Grand Prix 2011 - Final Series Standings

Prizes donated by The Running Shop, Northampton and by Brooks

Senior Women	Sil	Rug	Bed	Cor	Ban	Har	Wee	MK	Races	Total
5Heather Cooke	Y	7	4	6	6	10	10	13	7	33
7Sarah Clark	Y	8	5	8	8	12	12	16	7	41
F45	Sil	Rug	Bed	Cor	Ban	Har	Wee	MK	Races	Total
3Sue Clayton-Drabble	Y	2	5	5	5		4	8	6	21
4Madeleine Moutrie		3		4	7		6	7	5	27
F50	Sil	Rug	Bed	Cor	Ban	Har	Wee	MK	Races	Total
3Mel Bignell		5	5	4	2	6	2	2	7	15
Senior Men	Sil	Rug	Bed	Cor	Ban	Har	Wee	MK	Races	Total
6Chris Wood		10		17	8		4	11	5	50
18Andy Kirk	Y	25	26	32		33	27		5	143
24Richard Davies	Y	28	32	44	39	49	43	56	7	186
53Simon Woodward			17	20			13	18	4	68
58Stewart Shears			42	51			50	65	4	208
60Simon Peart			67	73	57	67			4	264
M40	Sil	Rug	Bed	Cor	Ban	Har	Wee	MK	Races	Total
18David Morley	Y	24	22	28	23	21	21		6	111
20Mark Nicholls	Y	27	24	29	29	25	27	38	7	132
21Jonathan Gale				26	27	22	26	32	5	133
31Roger Taylor		38	33	37	38	36		46	6	182
M45	Sil	Rug	Bed	Cor	Ban	Har	Wee	MK	Races	Total

5Kevin Reboul					5	8	4	7	5	5	29
29Nick Pacey				2		1		1	1	4	5
M50		Sil	Rug	Bed	Cor	Ban	Har	Wee	MK	Races	Total
18David Jarrett	Y			21	24	24	27	23	21	6	113
28David Coates				4	8		6	8		4	26
30Andrew Hoare	Y		14			18	16	28		4	76
34Sandy Moffat			29	26	35			37		4	127
M65		Sil	Rug	Bed	Cor	Ban	Har	Wee	MK	Races	Total
6Allan Lock				4	4	6			6	4	20

East Midlands Grand Prix 2011 - Final Team Standings

<u>Women's Team</u>	Sil	Rug	Bed	Cor	Ban	Har	Wee	MK	Races	Total
1Wootton RR	4	1	1	4	1	1	1	1	8	5
2Marshall Milton Keynes AC	3	2	3	3	4	2	4	2	8	12
3Rugby & Northampton AC	6	5	4	5	2	5	2	3	8	16
4Silson Joggers AC		4	5	8	3	8	6	6	7	24
5Huncote Harriers	13	3		12		3	3	4	6	25
6Wellingborough & District AC	10	6	6	7	5	11	5	5	8	27
7Corby AC		8	8	2	7	6	8	7	7	30
8Harborough AC	8	7	9	9		4	7	9	7	35
9Northampton RR	14	11	10	10		7		10	6	48
10Sphinx AC	12	9		13	8	12	9	11	7	49

<u>Veteran Women's Team</u>	Sil	Rug	Bed	Cor	Ban	Har	Wee	MK	Races	Total
1Wootton RR	1	1	1	2	1	3	1	1	8	5
2Rugby & Northampton AC	4	2	2	6	2	2	2	6	8	10
3Harborough AC	3	4	7	3		1	4	5	7	15
4Corby AC		6	5	1	4	4	5	3	7	17
5Marshall Milton Keynes AC	6	3	3	4				2	5	18
6Wellingborough & District AC	8	5	4	5	5	5	3	4	8	21
7Silson Joggers AC		7		7	6	6	6	8	6	32
8Sphinx AC	10	8			7	8	7		5	40
9Northampton RR	9	9		8		7		9	5	42
10Bedford Harriers	2		6					7	3	8

<u>Men's Team</u>	Sil	Rug	Bed	Cor	Ban	Har	Wee	MK	Races	Total
1Coventry Godiva	1	1	2	1	1	1	1	1	8	5
2Wootton RR	4	3	4	5	2	3	5	2	8	14
3Harborough AC		2	11	2	3	2	6	7	7	15
4Kettering Harriers	8	4	7	4	5	7	4	3	8	20
5Marshall Milton Keynes AC	3	5	3	9	7	5	7	5	8	21
6Silson Joggers AC		8	5	8	4	11	2	4	7	23
7Rugby & Northampton AC	23	9	10	6	6	4	3	10	8	28
8Sphinx AC	5	6		10	15	8	10	19	7	39
9Wellingborough & District AC	10	7	8	7	12	13	8	12	8	40
10Huncote Harriers	18	11	15	13	17	6	9	11	8	50

<u>Veteran Men's Team</u>	Sil	Rug	Bed	Cor	Ban	Har	Wee	MK	Races	Total
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1Wootton RR	1	2	1	1	2	1	1	1	8	5
2Harborough AC	13	1	4	5	1	2	11	3	8	11
3Silson Joggers AC		6	5	3	4	7	3	2	7	17
4Marshall Milton Keynes AC	4	3	3	6	7	4	5	6	8	19
5Rugby & Northampton AC	9	8	8	2	3	5	2	9	8	20
6Leamington C & AC	3			4	5	6	4		5	22
7Wellingborough & District AC	7	4	6	7	10	9	8	8	8	32
8Northampton RR	15	5	7	8	11	11	14	4	8	35
9Human Energy	11	7			12	14		13	5	57
10Kettering Harriers				10		3	6	7	4	26

REVIEW OF SUMMER COMPETITION

Team Prizes

- Weston 5 - 1st team
- Blisworth 5k - 1st Senior Men's team, 1st Vet Men's team, 1st Senior Ladies team
- F1 Chicken Run - 1st team
- South Downs Marathon Relay - 2nd team
- Weedon 10k - 2nd Men's team

EMGP Final Team Standings

- Ladies 4th (in previous years 6th, 7th, 7th and 6th)
- Ladies Vets 7th (in previous years 12th, 7th, 8th and 6th)
- Men 6th (in previous years 4th, 5th, 6th and 5th)
- Men Vets 3rd (in previous years 5th, 2nd, 4th and 4th)

Total participation by event:

Rugby	17	Banbury	25	Milton Keynes	24
Bedford	17	Harborough	19		
Corby	28	Weedon	25		

Northampton Road Running Series

Total participation by event:

Blisworth	34	Corby	28	Weedon	25
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Simon Woodward

RAMBLINGS FROM THE PRESS BOX

Dear 10k Times Editor,

Congratulations on your continued production of an outstanding club newsletter each month.

Could I please request more articles from the kit man? His enthusiastic use of plots to accompany his articles ensure that I'm able to browse the 10k Times at work safe in the knowledge that from a distance my colleagues will be duped into thinking I'm actually working.

On a similar note, is it possible to have a fewer photos of Joggers in tight rubber outfits? There is no way that these could ever be mistaken for being work related.

Regards,
The Press Officer

Tanned man in green vest seen throwing punches at the Monaco Diamond League meeting



Thankfully it was not Andy Pacey on his holidays. Members are reminded that such actions are considered to be bringing the club into disrepute and will not be tolerated. Should a right hook be required to attract the attention of fellow competitors, please do not make it look as lame as in the above photo.

(In reality, these two Frenchmen had a slight dispute following their indifferent performances in the 1500m. They clearly had far too much energy left which would have been better expended in the race. Bizarrely for the French, they opted to scrap and not go on strike.....).

TECHNO JOGGERS

Richard's attempt at embracing technology goes wrong Nike + SportWatch GPS Review

Having finally picked up on my rather unsubtle hints (read: magazine review on table and product displayed on web browser), Richard finally presented me with a slightly early birthday present; the Nike+ SportWatch GPS. This was great timing as he gave it to me exactly 15 minutes before the Weedon 10k so my race preparations comprised of quickly charging the battery and frantically reading the instructions.

This actually turned out to be quite good timing as this gave me a distraction up the hills and got me through my first Weedon 10k, all in all it was looking like a nifty piece of kit, satellites were found quickly and back at home it traced the route out almost perfectly. However the following weekend all was to backfire; we went out on our usual 10k training run around Towcester (imaginative, I know!) and of course my new gadget came with us. Tragically this was a grave mistake, as we were to find out that our faithful 10k run was not actually anywhere near a 10k, falling short at some 9.36k! Richard is now trying to desperately return my new gadget despite my protests as we plan a new (extension to our current) training run.

Lesson 1: When moving to a new town/area, do not use Map My Run to plan a running route and then clarify this by driving the route – this is flawed and only going to be inaccurate.

Lesson 2: So much for early birthday presents – women will still expect the same amount of presents on the day.

Lesson 3: Never hint potential birthday presents to a man – they will always find a way to make them un-special!

Lesson 4: A man will go to great lengths to justify poor race performances during a season.

On another note:

We appear to have a new club support vehicle with number plate S14SON spotted during a cycle ride between Greens Norton and Caswell.

Sarah Clark

ROAD RUNNING CHALLENGE

Silson Road Running Challenge - Round 7 & 8

Big changes after Brackley and Weedon, Round 8 means that dropped scores now come in to play and combined with some very good "Joker" performances at Weedon result in changes at the top. Sue C-D now leads the Challenge followed by Madeleine and Kevin. Andy K has taken over at the head of the Senior Male category and David J leads the M 50s

Overall Leader Sue Clayton-Drabble
 Class Leaders
 F Senior Sarah Clark
 F 45 Sue Clayton-Drabble
 M Senior Andy Kirk
 M 40 David Morley
 M 45 Kevin Reboul
 M 50 David Jarrett
 Yellow highlight indicates joker played

	Weedon		<u>Mins</u>	<u>Secs</u>	<u>Race</u>	<u>Challenge</u>
					Total	Total
1	Sue Clayton-Drabble	F45	51	54	62.50	700.60
2	Madeleine Moutrie	F45	52	28	73.62	731.86
3	Kevin Reboul	M45	39	35	108.55	739.19
4	Sarah Clark	SF	46	53	120.78	754.73
5	Heather Cooke	SF	43	56	113.18	762.34
6	Andy Kirk	SM	40	36	118.95	799.41
7	Richard Davies	SM	43	53	128.56	836.40
8	David Morley	M40	44	2	127.82	882.36
9	David Jarrett	M50	47	15	129.22	867.71
10	Jonathan Gale	M40	45	38	132.46	902.28
Six Races						
	Chris Wood	SM	36	15	106.20	650.39
Five Races						
	Andy Pacey	M40	36	30	105.95	503.77
	Simon Woodward	SM	37	17	109.23	540.86
	Andy Hoare	M50	48	43	133.23	610.70
	Brian Keers	M50			0.00	629.21
	Simon Peart	M40			0.00	636.19
Four Races						
	Sheona Smee	F50	52	57	44.58	340.55
	David Coates	M50	43	9	118.00	420.30
	Kit Rapson	F40	63	19	119.68	552.29
Three Races						
	Nick Pacey	M45	36	28	100.00	300.00
	Trevor Barnes	M55	45	5	105.62	302.69
	Ellie Lock	SF			0.00	356.49
	Justine Verwey	F40			0.00	415.75
Two Races						
	Thomas Schilling	M40			0.00	270.88
One Race						
	Juliet Hanson	F45			0.00	125.79
	Carol Debney	F65			0.00	394.44

Jokers	<u>2010/Target</u>	
Kit Rapson	65:00	
Sue C-D	54:00	
Juliet Hanson	65:43	
Madeleine	54:36	
Sheona Smee	56:15	
Simon Woodward	37:08	
Simon Peart	55:48	
Thomas Schilling	47:00	
Andy Hoare	43:30	
Trevor Barnes	43:30	
Fastest Times		
	Mins	Secs
F Senior	38	49
F40	42	18
F45	50	38
F65	41	69
M Senior	34	8
M40	34	27
M45	36	28
M50	36	34
M55	42	41
M60	44	26
M65	48	7

A great performance at Weedon sees Sue C-D returning to the Challenge lead for the first time since Rugby.

Brian

Silson Road Running Challenge Round 9

The last EMGP round of the 2011 series had Chris heading the Silson runners finishing in 35:14 followed closely by Nick Pacey (35:21). Eleven Challengers have now completed at least seven rounds and as more dropped scores take effect the positions at the top of the table are closing up. Sue still leads followed by Madeleine and Kevin, but Chris has now slotted into fourth place and has also taken the MS lead from Andy K while other age category leaders remain the same.

Overall Leader	Sue Clayton-Drabble
Class Leaders	
F Senior	Sarah Clark
F 45	Sue Clayton-Drabble
M Senior	Chris Wood
M 40	David Morley
M 45	Kevin Reboul
M 50	David Jarrett

Yellow highlight indicates joker played, Purple indicates a dropped score

Milton Keynes 10K			<u>Mins</u>	<u>Secs</u>	<u>Race</u>	<u>Challenge</u>
					Total	Total
1	Sue Clayton-Drabble	F45	50	4	113.49	690.78
2	Madeleine Moutrie	F45	49	56	113.18	722.24
3	Kevin Reboul	M45	38	20	108.44	738.97
4	Chris Wood	SM	35	14	106.39	756.78
5	Sarah Clark	SF	46	14	121.72	DS 754.73
6	Heather Cooke	SF	45	14	119.09	DS 762.34
7	Andy Kirk	SM			0.00	799.41
8	Richard Davies	SM	42	16	127.63	828.11
9	David Morley	M40			0.00	882.36
10	David Jarrett	M50	46	40	132.08	DS 867.71
11	Jonathan Gale	M40	44	18	133.84	902.09
Six Races						
	Andy Pacey	M40	36	16	109.57	613.34
	Simon Woodward	SM	36	32	110.32	651.18
Five Races						
	Andy Hoare	M50			0.00	610.70
	Brian Keers	M50			0.00	629.21
	Simon Peart	M40			0.00	636.19
	Kit Rapson	F40	61	39	148.97	701.27
Four Races						
	Sheona Smee	F50			0.00	340.55
	Nick Pacey	M45	35	21	80.00	380.00
	Trevor Barnes	M55	42	29	107.83	410.52
	David Coates	M50			0.00	420.30
Three Races						
	Ellie Lock	SF			0.00	356.49
	Carol Debney	F65			0.00	394.44
	Justine Verwey	F40			0.00	415.75
Two Races						
	Thomas Schilling	M40			0.00	270.88
One Race						
	Michael Spencer	M45	44	23	125.55	125.55
	Juliet Hanson	F45			0.00	125.79
Jokers 2010/Target						
	Sarah Clark				43:00	
	Ellie Lock				52:00	
	Heather Cooke				43:18	
	Sam Roe				66:35	
	Justine Verwey				55:30	
	Sue C-D				50:20	
	Richard Davies				42:03	
	Simon Wood ward				36:30	
	Andy Kirk				40:04	
	Simon Peart				52:20	
	Vince Roe				66:35	
	Thomas Schilling				45:30	
	Andy Pacey				37:23	
	Nick Pacey				36:43	
	Andy Hoare				42:41	
	David Coates				44:09	

Brian Keers	49:02	
Fastest Times		
	Mins	Secs
F Senior	37	59
F40	41	23
F45	44	7
F65	44	7
M Senior	33	7
M40	33	6
M45	35	21
M50	35	20
M55	39	24
M60	37	54
M65	47	16

Well Done to Sue for holding on to her lead for a further round.

Brian

NORTHANTS ROAD RUNNING SERIES

After Weedon 10k

Men Open				Blisworth	Corby 5	Weedon	Total
	First Name	Last Name	Category	5k		10k	
2	Chris	Wood	SM	97	87	97	281
6	Simon	Woodward	SM	89	83	88	260
8	Dan	Taylor	SM	88	79	74	241
11	Kevin	Reboul	M45	83	74	76	233
13	Andy	Kirk	SM	77	67	71	215
19	Nick	Pacey	M45	99		95	194
22	Andy	Pacey	M40	95		94	189
28	Richard	Davies	SM	73	53	49	175
37	Jeff	Haynes	M55	75	69		144
39	Stewart	Shears	SM	55	49	37	141
46	David	Morley	M40	50	29	47	126
51	Jonathon	Gale	M40	48	35	34	117
52	David	Coates	M50		59	55	114
58	Mark	Nicholls	M40	42	27	33	102
67	David	Jarrett	M50	37	21	23	81
68	Jim	Darcy	M45		78		78
69	Matthew	Wootton	SM	78			78
74	Thomas	Phelps	SM	72			72
76	Andrew	Taylor	SM	71			71
92	Andy	Hoare	M50	47		12	59
106	Brian	Keers	M50	38	11		49
115	Trevor	Barnes	M55			41	41
123	Thomas	Schilling	M40	39			39
127	Simon	Peart	M40	30	6		36
166	Roger	Taylor	M40		5		5
172	Sandy	Moffat	M50		1	1	2

181	Tim	Hulett	M60			1	1
183	Allan	Lock	M65	1			1

Female Open

3	Heather	Cooke	SF	96	95	95	286
5	Sarah	Clark	SF	94	91	89	274
9	Sue	Clayton-Drabble	F45	79	78	80	237
12	Madeleine	Moutrie	F45	75	79	76	230
22	Ellie	Lock	SF	78	80		158
24	Mel	Bignell	F50		69	79	148
28	Sheona	Smee	F50	61		75	136
48	Kit	Rapson	F40	52		44	96
61	Elle	Supple	FU20	86			86
73	Alison	Tay	SF		74		74
80	Claire	Todd	F45	70			70
96	Madeleine	Smee	FU20	57			57
101	Justine	Verwey	F40	54			54
104	Claire	O'Reilly	F35	51			51
113	Carol	Debney	F60	45			45

	Blisworth 5k		Corby 5		Weedon 10k				League		Overall Total	Points Total
	Total	League Points	Total	League points	Total	League points	Total	League points				
MALE												
Rugby & Northampton	369	9	358	8.5	98	96	92	87	373	9	1100	26.5
Silson Joggers	380	10	327	5	97	95	94	88	374	10	1081	25
Wootton RR	361	7	359	10	93	91	86	85	355	7	1075	24
W&DAC	366	8	356	7	89	80	79	62	310	6	1032	21
Corby	69	5	358	8.5	63	26	20	19	128	4	555	17.5
Kettering TH			355	6	100	99	90	73	362	8	717	14
Northampton RR			250	4	83	68	50	3	204	5	454	9
Human Energy	85	6	106	3							191	9
Daventry RR	18	4	52	1	51	1			52	2	122	7
Team East Haddon			73	2	70	5			75	3	148	5
FEMALE												
Wootton RR	293	10	273	9	99	98	97		294	10	860	29
Rugby & Northampton	279	9	268	7	100	93	91		284	9	831	25
Silson Joggers	276	8	266	6	95	89	79		263	8	805	22
W&DAC	262	7	269	8	89	88	86		263	8	794	23
Corby	90	6	294	10	94	82	71		247	6	631	22
Northampton RR			225	5	63	59			122	5	347	10
Kettering TH			221	4	72				72	3	293	7
Daventry RR			85	3	87				87	4	172	7
Human Energy			84	2							84	2
COMBINED												
Wootton RR	654	9	632	9	355	294			649	9	1935	27
Rugby & Northampton	648	8	626	8	373	284			657	10	1931	26
Silson Joggers	656	10	593	6	374	263			637	8	1886	24
W&DAC	628	7	625	7	310	263			573	7	1826	21

Corby	159	6	652	10	128	247	375	5	1186	21
Kettering TH			576	5	362	72	434	6	1010	11
Daventry RR	18	4	137	2	52	87	139	3	294	9
Northampton RR			475	4	204	122	326	4	801	8
Human Energy	85	5	188	3					273	8
Team East Haddon			72	1	75		75	2	147	3

JOGGERS GOING ROUND & ROUND

County 3000m championships – 19th July 2011

5th Chris Wood 9:29.7

Another trip out to Corby for seven and a half laps of fun and games and lactic acid.....

Race objective #1 Bring home the county silverware.
Outcome Failed miserably, not helped by the fact a certain Matthew Almond turned up, significantly lengthening my odds.

Race objective #2 Go under 9:30.
Outcome Glorious success with a whole three-tenths of a second to spare. Isn't electronic timing great? Going any quicker would obviously have been a waste of effort.

Chris Wood

DUATHALON CORNER (some running)

Silverstone – 15th July 2011

		Total	Run	Transition	Bike	Transition	Run
56th	Vince Roe	58:22	13:56	No Dib	No Dib	00:33	14:32
71st	Simon Peart	1:00:56	13:57	00:48	29:50	00:46	15:35
72nd	Samantha Roe	1:01:06	13:37	00:50	31:41	00:47	14:11
90th	David Jarrett	1:04:26	14:01	00:38	34:23	00:43	14:41

TRIATHLON CORNER (some running)

Much Wenlock – 9th July 2011 - The real Olympic Games!!

	Total	Swim	Bike	Run
Samantha Roe	1:30:22	09:02	45:04	36:16
Vince Roe	1:31:36	10:32	42:38	38:26
Simon Peart	1:35:23	10:36	43:07	41:40

Actually that's not far from the truth as the modern day Olympic Games were reborn in this beautiful little town in Shropshire, over a hundred years ago. Every year since they have held their own games to commemorate this. You may even have wondered where the mascots for the 2012 games got their names from....Wenlock was named after Much Wenlock! (now you know).

Anyway the Mad Three, Vince, Sam and Simon, decide to make a weekend of it and enter the sprint triathlon (500m pool swim/20k bike ride/5k run Up a mountain!) on the Saturday and the 7 mile road run on the Sunday...Crazy Fools.

The triathlon, which is on one of the hardest courses around, started in the afternoon and we were all allocated start times within a minute of each other, with Sam leading the charge! This was our first effort in a pool triathlon and it seemed to suit Sam who put in a fantastic effort in the swim to get off to a good lead (in our own little race against each other). Vince struggled as expected (with a trapped nerve in his neck meaning he could hardly lift my arm without being in serious pain!) and Simon started two minutes behind Sam and swam probably his best swim enabling him to catch Vince very early on during the bike leg!

Sam set off way ahead on the bike leg and even had time to fall off and cut her leg open! Although Vince was more worried about the scratches on her new bike! (Only joking Sam). Anyway Simon soon caught Vince up on the three mile downhill start and they decided to work together to try and reel Sam in, even though she wasn't even in sight. By the time they reached the final three mile mountain climb back to transition, Vince made the decision that he would die before he let Sam beat him on the bike so put in a massive push to catch her leaving Simon blowing, at the bottom (and probably from his bottom!). Much to Sam's annoyance she was overtaken a few hundred yards from the transition but she still felt confident with the third and final leg which was her favourite, the run! Sam and Vince left transition at the same time to start the run, with Simon now a few minutes behind.

The run leg is basically a massive uphill run to start with a steep downhill to finish. Sam thrived in the run leaving Vince for dead and managed to get herself to the finish in third place in the overall event, which was a fabulous achievement. Vince followed in over a minute behind her time with Simon, as usual bringing up the rear. (It does have to be noted that Simon did have a very heavy cold and had to take a cocktail of drugs to be able to compete) (Obviously not performance enhancing!!)

Vince Roe

Windsor – 24th July 2011

Triathlon seems to be the order of the day for Sam and Vince as they entered into the Windsor triathlon last Sunday. The race is a 1500m lake swim, 40k bike ride followed by a 10k run to finish all set in and around the beautiful Dorney Lake, which is the home of Eton Schools rowing team.

You may remember from last month's issue that Sam did her first lake swim and to use the word "suffered" would be polite! In fact she hated it so much that for at least half an hour later she was planning to sell her wet suit, one careful owner and used once! It took at least an hour before she decided to overcome her demons and try lake swimming again. Well I'm pleased to report that with several sessions completed in Box End lake in Bedford, Sam was now ready to not just swim in a lake but enter a full blown Olympic triathlon!

An early morning saw Vince on the second wave, with the M40+ category with Sam starting half an hour behind in the Female only category. The water was a warm 19degrees which seemed almost tropical compared to the 13 degrees at Box End! And the general forecast was for a hot day! Which was not so good with the 10k run to finish off.

The swim for Vince went well, now he has nearly recovered from the six weeks of a trapped nerve and Sam mastered all those Demons to complete her swim in the middle of the pack, which included many of the sport's top GB representatives. The bike ride was around the lake and we were instructed to complete eight laps....if only we could both count!! Both think that we completed nine laps totally independent of each other. Sounds quite stupid (which of course it is) but when you lose count half way round, you have no choice but to make a decision risk disqualification or do an extra lap!!!! We both did the extra lap and suffered with the times in the end.

The ride was perfectly flat, although half of it was directly into a strong wind which proved quite testing towards the end. It was a picturesque ride around the lake with Windsor Castle in the back ground which made the time go relatively quickly. After the bike leg came the run which was again around the lake, although a different part to the bike leg. The wind had picked up quite a bit and made running into it hard but running with the wind to your back is always helpful when your body decides it's had enough.

We both finished the race in good times considering the extra lap and will be doing the same race again in August and September

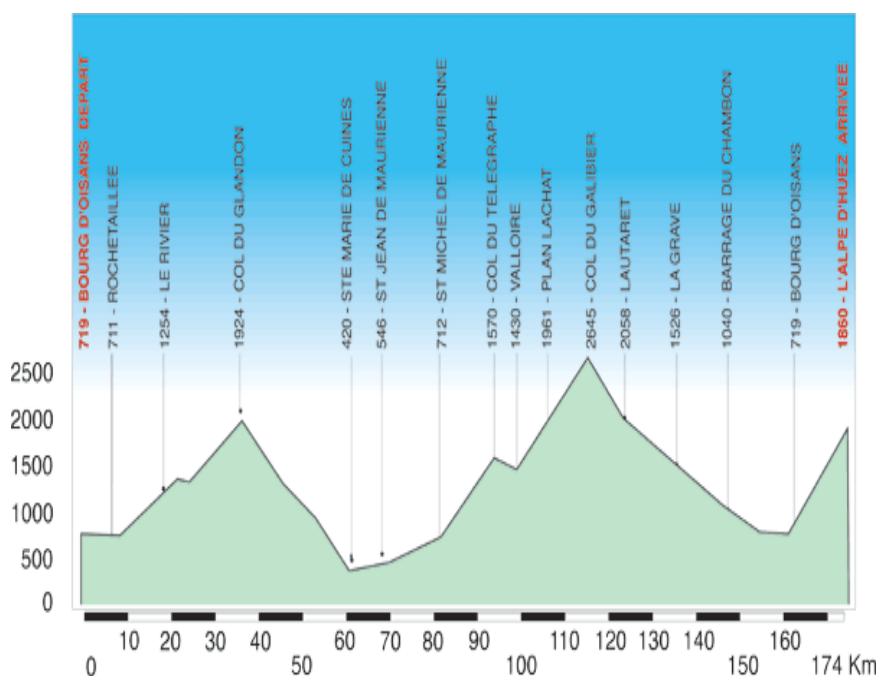
	Swim	Bike	Run	Total (including transition)
Vince Roe	32:05	75:00	51:25	2:44
Sam Roe	33:03	81:00	48:04	2:56

Vince Roe

JOGGERS ON BIKES (no running at all)

LA MARMOTTE CYCLE RIDE – FRENCH ALPS – July 2nd 2011

After last year's big bike ride from John O'Groats to Lands End I decided that I would do a single day event this year, and the race I chose was La Marmotte. This takes place in the French Alps each July, and is over 110 miles long with 5,000m of climbing, and includes 4 of the biggest mountains that the Tour de France riders tackle each year, culminating in 21 hair-pin bends to the summit of Alpe D'Huez. Not for nothing is it known as one of the toughest one day cycle sportives in Europe, however it still attracts about 9,000 similarly crazy cyclists each year. The ride profile is shown below, with the highpoint being the Col Du Galibier at over 8,000 feet.



La Marmotte was awesome, and is without a doubt the hardest event I have ever taken part in. We started at 6:30 am with a very chilly descent down Alpe D'Huez to the start in Bourg D'Oisans. The first 30 minutes were an easyish pedal along the valley bottom, but I was amazed at the speed that most other people were dashing by – I was content to hold back as those mountains looked big and scary to me.

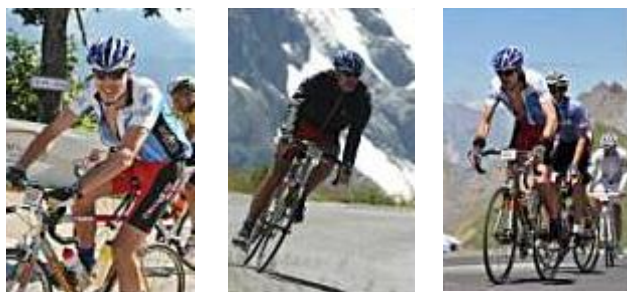
We then had the first and longest climb of the day. This was a 23km long climb up the Glandon, which wasn't too bad, as although it was sunny it wasn't too hot as it was still early in the day. The summit was immediately followed by a very scary descent with sharp hairpins and big drop-offs (with no safety barriers!), and then the roads opened up a bit which was great. But then just as I was thinking this was the most fun you could have with your clothes on, I had a sharp safety reminder as we went past a few ambulances dealing with fellow riders who had come off at speed. Not to be recommended.

The climb up the Telegraphe was shorter at 12km, but steeper with an average gradient of 7%, and again wasn't too bad, but this was followed all too quickly by the brute of the day, the Col Du Galibier, which nearly killed me. It is 18km long, very steep, and we were in full sun. The only consolation was the magnificent mountain scenery surrounding me, and when you looked down into the valleys and lakes below, you realised just how high we had all climbed.

We passed a sign that said 2km to go to the summit, and I couldn't believe that they seriously expected us to climb this huge vertical wall up ahead of us in the sky! I kept on going and was well happy to stop on the summit at over 8,000 feet for some well deserved food & drink. The descent was difficult with some very strong cross-winds, which makes for some interesting cycling with big drops off the roadside, and then we started on the tunnels. Believe me, it is not ideal entering a dark tunnel on a bike at nearly 40mph wearing shades and having no headlights!

There was then a bit of a drag into a headwind to the base of the Alpe D'Huez climb, which I knew the first couple of ramps were the steepest, so it was then just a case of keeping the pedals turning for 14km and counting off the 21 hairpin bends to the summit. There was a lot of carnage on the mountain with collapsed bodies everywhere and people hobbling uphill. When I went across the finish line it was just a feeling of total relief and pride that I had not walked, or stopped anywhere on the route, apart from at the official feed stations, and that I had completed one of the toughest bike rides in Europe.

My total time from start to finish was 10hr 12min, although the official results show my time as 9hr 28min, as for safety reasons they didn't include the descending time off the Glandon, but as mentioned above with all the ambulances it probably didn't make that much difference anyway. My finish position was 3770, which was about the halfway mark, so not too bad for an old Jogger!



Assuming the link below works, it shows my time and placings at the various mountain tops (although my Col Du Galibier placing does look a bit odd).

<http://www.sportcommunication.info/ilovemarmotte/cartemarmotte.php?dossard=2531&Submit=GO>

If you then click the video link in the middle you will see lots of cyclists, one of who is me (honest!), but even I struggle to see myself on some of them. The one that is "100m before summit Col Du Galibier" gives a good idea of what we were up against with the never-ending steep climbs, and I can definitely be picked up on the "Col Du Galibier - close up" (white/blue shirt & helmet, and red shorts), and again on the "Finish - close up" when I punch my arm in the air, like I had just won it. Ha ha.

Just need to decide on next year's cycling challenge now - possibly the Raid de Pyrenees, which entails riding 450 miles across the Pyrenees from the Atlantic to the Med in less than 100 hours. Anyone else got enough chamois cream to give it a go???

David Coates

RACES – running forwards

Forthcoming Events in the local(ish) area

Date	Event	Category
2/8/2011 (Tue)	Silverstone Duathlon (2/12/2)	
5/8/2011 (Fri)	Blisworth Friday 5m	NAA Series, SRRC
7/8/2011	Kettering Fun Run	
14/8/2011	Hooky 6	
28/8/2011	Moulton 10k	NAA Series, SRRC
29/8/2011	Helmdon Hurler (4.35m)	
4/9/2011	Bedford Harriers 10k	
4/9/2011	Kenilworth Half Marathon	
11/9/2011	Swineshead 10	
11/9/2011	Cotswold Classic 10 (Witney)	
11/9/2011	Stratford's Big 10k	
18/9/2011	Cransley Hospice Half and 10k	NAA, SRRC (Half)
25/9/2011	Hatton 5 (multiterrain) nr Warwick	
25/9/2011	Oxford Half Marathon (new event)	
25/9/2011	Rushden 5	
2/10/2011	The Run '11 Northampton (10k, 5k, children's races)	NAA, SRRC (10k)
2/10/2011	Bananaman Chase 10k, MK (multi-terrain)	
2/10/2011	Blenheim Palace Half Marathon and 10k	
2/10/2011	Brackley Try-a-tri	Triathlon
8/10/2011	Chiltern League Round 1	Cross Country
16/10/2011	Buckingham 10k Run (Multi-terrain)	
16/10/2011	Blenheim 10k	
30/10/2011	Pumpkin Half and 10k, Stanwick Lakes	
12/11/2011	Chiltern League Round 2	Cross Country
3/12/2011	Chiltern League Round 3	Cross Country

Please see <http://www.silsonjoggers.org.uk> for more details

David does his Michael Winner impersonation to encourage his team mates



**“CALM DOWN. CALM DOWN.
I THOUGHT THAT I HAD GONE DEAF
UNTIL I REALISED THAT
TASHA HAD JUST STOPPED TALKING!”**

HEALTH WARNING – SILSON JOGGERS A C MAY CONTAIN NUTS