



The 10k Times

February 2009

www.silsonjoggers.org.uk

BIRTHDAYS in February

Kevin Reboul – 7th
Andy Hoare – 9th
Helen Taylor – 17th
Dieter Sullivan – 19th
Steve Lincoln – 23rd



DIARY DATES

Sunday 15th March 2009 - Flora London Silverstone Half Marathon

Thank you to everyone that has volunteered to marshal. Good luck to those that are running. If you are available but have not yet responded then please let me know

5th May 2009 – THE BIG ONE

3rd June 2009 – Race for Life

FLORA LONDON MARATHON 26th APRIL 2009

Simon Woodward & Madeleine Moutrie won the draw for the two London Marathon places with Carl Hermans as reserve. Good luck to them and the other club runners who have places.

Already accepted

Kevin Reboul
Rob Farmer
Sue Clayton Drabble

Dieter Sullivan
Shirley Williams
David Coates

If you know of anyone else then please let me know.

CROSS COUNTRY

For 2008 / 2009 season you must let the appropriate person know as to your availability:

MEN

Simon Woodward

07789 271288

LADIES

Linda Lytollis

01327 858312

JUNIORS

Graham Linnell

01327 341009

Saturday February 14th

Chiltern League
Luton (mini bus tbc.)

Saturday February 21st

English National Championships
Parliament Hill London
(see if we can all get on the same train this time for a day out
in London)

The Chiltern League must take priority to stay in League 1

There are some good races available to the club.

For the area matches we will have either entry forms, or take entries on the coach back from Slough.

Graham Linnell

RESULTS – OFF THE ROAD

CHILTERN LEAGUE RACE 4 – WING – 3rd JANUARY 2009

GRAHAM SAYS “THE MENS TEAM DID REALLY WELL (But please do not tell the ladies)”

9th place for Silson Joggers on the day must rank as one of our best ever performances so thanks to all those who turned out. Every one of us earned important points for the team and not just the “counter” in each category – for example Dacorum’s 10th scoring male runner was 170th and behind every one of our men. Many teams did not have a full complement of runners and the fact that we can now count on getting almost 30 runners out on a cold day in very early January is superb.

We have gained a place in the league and are now in 11th and we have also closed to less than 60 points of Dacorum and Tring. If we can improve still further on the performance in Wing in the final race, we can finish in the top 10 which would be the highest ever placing for Silson. But, Dacorum and Tring normally get a strong team out in Luton, so it will be a real achievement if we

do it. Most importantly, providing we get a big team out at Luton, thoughts of relegation can be banished.

Next race: Luton on 14th February 2009 – one final push to achieve our best ever position in the Chiltern League. Please let Simon, Linda and Graham know that you can run and let us know how you will be travelling so we can arrange transport.

Thanks to all of you who ran and supported throughout the season so far.

Simon

Ladies Fly at Wing

The Christmas festivities had prepared me nicely for cross country at Wing. I was just pleased there were no tests as I am sure I still had the Hogmanay spirit still in me! Being part of the ladies team that performed so well really does make it all worth while. Here are a few of the girl's recollections of the day.

"A smaller than usual, but equally determined bunch of girls gave a good show at Wing. The warm up routine was to spend a fraught half hour putting up the tent and saying, as we always do 'we must take a photo of how it all fits together for next time'

Changing facilities duly installed, we put on our vests and applied cream into potential chafing points and made our way to the start.

The ground was both hard and soft in places, the sun was setting on the finish line, meaning for one brief but tense moment, and Madeleine was running in the direction of the tea tent instead of towards the finish!"

"For my debut run at Wing, apparently conditions weren't too bad, the 'gate' certainly wasn't as muddy as last year, and I think all runners made it through without losing a shoe! There was much debate about the best type of footwear for the job, with a variety of terrain to contend with, advice from the juniors was taken on board and the spikes were donned by most.

With a brief sunny spell for the start of the race, conditions really were ideal, and the race was most enjoyable, with the minor exception of miscalculating the 'large, medium and small' laps before hand! Surely trading standards may have a word or two to say about the definition of a small lap!!

A quick dismantle of the tent was undertaken and as the temperature plummeted, we all headed home; happy and a shiny medal in our pockets!!

"On arriving at Wing, I realised I was part of a small but perfectly formed ladies team of five. Some basic maths meant I realised, this was it, my big chance.... Usually I can prevent a couple of people scoring so highly for their team but now I was part of a crack team of Silson Ladies Veterans. And all in my first year as a vet. No pressure then!

Despite this honour and the reasonable conditions, the race was a bit of a disappointment for me. Two women that I passed promptly dropped out, meaning that I wouldn't score a point from them (Rob says I obviously scared them!). And then the woman who beat me over the last half a mile at Slough, did it again. This time I really tried to shake her off when I passed her but she was obviously stronger than me. At Luton I am determined to hang on her shoulder and then beat her over the final sprint finish - you've all seen how good my sprint is!!! Hmmm, maybe I need another plan.

Still, it was all worth it for Alan's lemon drizzle cake. "

The ladies repost

Senior/Junior/Veteran Men

| | | | | | |
|-----|----------------|-------|-----|-----|----|
| 34 | MARK ARMSTRONG | 33.23 | 721 | M | 23 |
| 43 | SIMON WOODWARD | 34.15 | 737 | M | 25 |
| 47 | ANDY PACEY | 34.42 | 731 | M40 | 9 |
| 54 | CHRIS WOODS | 35.08 | 745 | M | 32 |
| 62 | KEVIN REBOUL | 36.05 | 734 | M40 | 11 |
| 75 | JIM DARCY | 36.56 | 722 | M40 | 16 |
| 79 | GRAHAM LINNELL | 37.26 | 730 | M50 | 12 |
| 80 | MATT WOOTTON | 37.44 | 744 | M | 39 |
| 99 | ANDY TAYLOR | 38.33 | 735 | M | 42 |
| 102 | DAN TAYLOR | 38.39 | 736 | M | 43 |
| 104 | DAVE COATES | 38.48 | 742 | M50 | 19 |
| 112 | ROB GILLIES | 40.02 | 728 | M | 46 |
| 137 | ANDY HOARE | 43.08 | 725 | M50 | 33 |
| 142 | BRIAN KEERS | 44.00 | 727 | M40 | 39 |
| 143 | RICHARD POPIEL | 44.02 | 747 | M40 | 40 |
| 154 | WARREN MARSH | 45.47 | 746 | M50 | 41 |
| 166 | SANDY MOFFAT | 49.13 | 732 | M40 | 47 |
| 169 | TIM HULLETT | 50.18 | 726 | M60 | 12 |
| 171 | ALLAN LOCK | 50.42 | 733 | M60 | 14 |

Under 15 Boys

| | | | | | |
|----|----------------|-------|-----|-----|----|
| 28 | ASHLEY PHILIPS | 16.13 | 747 | M15 | 27 |
|----|----------------|-------|-----|-----|----|

Under 13 Boys

| | | | | | |
|----|-----------------|-------|-----|-----|----|
| 40 | ANDREW BENYON | 15.13 | 750 | M13 | 40 |
| 42 | LUKE MCQUARRIE | 16.19 | 749 | M13 | 42 |
| 44 | JASON DICKENSON | 16.56 | 748 | M13 | 44 |

Senior/Veteran Ladies

| | | | | | |
|----|------------------|-------|-----|-----|----|
| 24 | LINDA LYTOLLIS | 25.51 | 746 | F35 | 6 |
| 29 | HEATHER COOK | 26.42 | 748 | F | 22 |
| 46 | MEL BIGNELL | 29.30 | 749 | F45 | 8 |
| 54 | MADELINE MOUTRIE | 30.38 | 745 | F45 | 9 |
| 67 | EMMA SAMBROOK | 34.50 | 742 | F35 | 16 |

Under 13 Girls

| | | | | | |
|----|------------|-------|-----|-----|----|
| 44 | ELLA MILLS | 12.10 | 744 | F13 | 44 |
|----|------------|-------|-----|-----|----|

LEAGUE TABLES AFTER 4 RACES

| Total Overall Score | | 1 | 2 | 3 | 4 | |
|---------------------|------------------------|-------------|-------------|-------------|------------|-------------|
| 1 | BEDFORD & COUNTY | 10752 | 3361 | 2974 | 2040 | 2377 |
| 2 | MARSHALL MILTON KEYNES | 9034 | 2720 | 2654 | 1696 | 1964 |
| 3 | HARROW A.C. | 8608 | 2669 | 2478 | 1597 | 1864 |
| 4 | CHILTERN HARRIERS | 8092 | 2406 | 2303 | 1421 | 1962 |
| 5 | VALE OF AYLESBURY | 7518 | 2278 | 2176 | 1166 | 1898 |
| 6 | LUTON A.C. | 7417 | 2384 | 2273 | 1193 | 1567 |
| 7 | WINDSOR SE&H | 7034 | 2595 | 1760 | 1888 | 791 |
| 8 | HEADINGTON R.R. | 6004 | 1691 | 1653 | 1221 | 1439 |
| 9 | OXFORD CITY | 5254 | 1097 | 1708 | 1005 | 1444 |
| 10 | DACORUM & TRING | 4835 | 1723 | 1195 | 870 | 1047 |
| 11 | SILSON JOGGERS | 4786 | 1294 | 1382 | 838 | 1272 |
| 12 | BRACKNELL | 4724 | 1990 | 1206 | 941 | 587 |
| 13 | STEVENAGE & NH | 3754 | 1514 | 1006 | 639 | 595 |
| 14 | MAIDENHEAD | 2009 | 696 | 634 | 437 | 242 |

| Male Overall Score | | 1 | 2 | 3 | 4 | |
|---------------------------|------------------------|-------------|-------------|-------------|------------|-------------|
| 1 | BEDFORD & COUNTY | 8269 | 2488 | 2325 | 1631 | 1825 |
| 2 | HARROW A.C. | 7788 | 2316 | 2253 | 1481 | 1738 |
| 3 | MARSHALL MILTON KEYNES | 6475 | 1993 | 1946 | 1159 | 1377 |
| 4 | CHILTERN HARRIERS | 6348 | 1898 | 1793 | 1086 | 1571 |
| 5 | VALE OF AYLESBURY | 5959 | 1811 | 1766 | 869 | 1513 |
| 6 | LUTON A.C. | 5917 | 1859 | 1931 | 949 | 1178 |
| 7 | HEADINGTON R.R. | 4987 | 1443 | 1399 | 952 | 1193 |
| 8 | WINDSOR SE&H | 4729 | 1852 | 1095 | 1357 | 425 |
| 9 | OXFORD CITY | 4207 | 774 | 1388 | 836 | 1209 |
| 10 | SILSON JOGGERS | 4165 | 1119 | 1207 | 700 | 1139 |
| 11 | BRACKNELL | 3618 | 1606 | 1007 | 684 | 321 |
| 12 | DACORUM & TRING | 3414 | 1256 | 856 | 584 | 718 |
| 13 | STEVENAGE & NH | 2885 | 1142 | 813 | 498 | 432 |
| 14 | MAIDENHEAD | 1634 | 571 | 552 | 280 | 231 |

| Female Overall Score | | 1 | 2 | 3 | 4 | |
|-----------------------------|------------------------|------------|------------|------------|------------|------------|
| 1 | MARSHALL MILTON KEYNES | 2559 | 727 | 708 | 537 | 587 |
| 2 | BEDFORD & COUNTY | 2483 | 873 | 649 | 409 | 552 |
| 3 | WINDSOR SE&H | 2305 | 743 | 665 | 531 | 366 |
| 4 | CHILTERN HARRIERS | 1744 | 508 | 510 | 335 | 391 |
| 5 | VALE OF AYLESBURY | 1559 | 467 | 410 | 297 | 385 |
| 6 | LUTON A.C. | 1500 | 525 | 342 | 244 | 389 |
| 7 | DACORUM & TRING | 1421 | 467 | 339 | 286 | 329 |
| 8 | BRACKNELL | 1106 | 384 | 199 | 257 | 266 |
| 9 | OXFORD CITY | 1047 | 323 | 320 | 169 | 235 |
| 10 | HEADINGTON R.R. | 1017 | 248 | 254 | 269 | 246 |
| 11 | STEVENAGE & NH | 869 | 372 | 193 | 141 | 163 |
| 12 | HARROW A.C. | 820 | 353 | 225 | 116 | 126 |
| 13 | SILSON JOGGERS | 621 | 175 | 175 | 138 | 133 |
| 14 | MAIDENHEAD | 375 | 125 | 82 | 157 | 11 |

**NORTHAMPTONSHIRE COUNTY CROSS COUNTRY CHAMPIONSHIPS – ABINGTON
PAKR, NORTHAMPTON – Saturday 10th January 2009**

Silson Joggers were out in force for the Northamptonshire County Cross Country Championships staged at Abington Park in Northampton on Saturday 10th January. The cold weather and bitterly cold win did not deter a good turn out from the club. The race was run over a course with a couple of long hills to challenge the runners.

The ladies race was run over 2 laps and covered 5k. The members of Silson Joggers performed well being led home by Linda Lytollis and Heather Cooke in 13th & 14th places respectively. The team supported by Claire Todd in 20th place finished 5th ladies team. The “B” team were sixth with Mel Bignell and Casey Hill having a titanic struggle for 1½ laps before the older woman managed to pull away to finish in 23rd place with Casey in 25th place. Madeleine Moutrie put her London Marathon training to good effect finishing well in 28th place.



Linda Lytollis



Simon Woodward

The men's race was held over 4 laps (10k). Unfortunately Silson Joggers were unable to field their strongest team owing to withdrawals through injury from a number of the leading runners. The team was led home by men's captain, Simon Woodward in 19th place closely followed by super veteran, Jeff Haynes, and Kevin Reboul in 24th and 28th places respectively. Other members of the team were Graham Linnell in 38th and Dan Taylor in 41st places.

The individual performances should ensure that various members of the club are awarded the county vest in the Midland Counties and the National Cross Country Championships to be held shortly.

Ladies Race:

| | | | | | |
|------------------|----------------|-------|------------------|-------------------|-------|
| 13 th | Linda Lytollis | 22:33 | 23 rd | Mel Bignell | 25:15 |
| 14 th | Heather Cooke | 22:59 | 25 th | Casey Hill | 26:08 |
| 20 th | Claire Todd | 24:31 | 28 th | Madeleine Moutrie | 27:20 |

Men's Race:

| | | | | | |
|------------------|----------------|-------|------------------|----------------|-------|
| 19 th | Simon Woodward | 37:38 | 38 th | Graham Linnell | 42:03 |
| 24 th | Jeff Haynes | 39:08 | 41 st | Dan Taylor | 43:44 |
| 28 th | Kevin Reboul | 39:55 | | | |

Supporters:

Mark Armstrong
John Fowler
Brian Keers

Richard Popiel
Andy Pacey
Chris Wood

WELLINGBOROUGH MULTI-TERRAIN – 18th JANUARY 2009

A clutch of hardy Silson Joggers raced round one of the Wellingborough multi-terrain series.
Results are as follows:

5k

Andy Hoare 20:18 (9th overall, 3rd super veteran)

10k

Chris Wood 38:03 (3rd overall, 2nd senior male)
Roger Taylor 47:12 (50th overall, 15th veteran male)
Natasha King 52:56 (99th overall, 17th female)
Allan Lock 55:37 (118th overall, 10th super veteran)

That nice Mr Lock volunteered me to write a few words for the newsletter, so ...

Typically, when I have a reasonably sound excuse for a crap performance, I somehow manage to do quite well. With a strained quad, the lead-up to round one of the 2009 Wellingborough multi terrain series saw me limping around and not doing a great deal, whilst moaning to anyone within earshot. I decided to see a sports massage person on the Thursday before the event, which saw me stripped down to my smalls whilst a burly man listed my body's various deficiencies. This process took a not insignificant amount of time.....and to think, I have a perfectly good fiancé at home who can do that for free.....

Five joggers entered and completed the event, which saw competitors completing one, two or three 5k laps. Rain in the week meant the course was boggy in places, but the morning was dry and bright, with just a slight breeze that made some of the open sections tough. The start was fairly hectic with close to 400 runners attempting to squeeze through a fairly narrow and muddy track. A steep bank further along thinned things out, before harder surfaces and downhill gave a little respite. The end of the lap was fairly tough going with sticky mud and a headwind, and the 180° turn allowed you to contemplate who would be chasing you down over the final few hundred meters.....

Andy Hoare was the only jogger opting for the 5k, and he completed his lap in 20:18 for 9th place overall.

I went off a little too quickly and found the second lap tough, so was (pleasantly) surprised by getting 3rd place in just over 38 minutes. Roger was the next jogger in, his 47:12 earning him 50th position. Our only female representative finished in 52:56 with an impressive finishing kick, cheered on magnificently by the family. Our most super-duper super vet Allan Lock came in at 55:37, giving him 10th in his category.

Overall, the mud and hills combined to make this a fairly tough outing, but a varied course kept things interesting. The other two rounds of the series will follow the same format, and will be held on the 8th of February and the 1st of March.

Chris Wood

MIDLAND COUNTIES CROSS COUNTRY – 24th JANUARY 2009 MANSFIELD

Darcy in fine form at Mansfield

Jim Darcy continued his good winter form with a fine run at the Midland Championships.

It was Silson's first visit to the excellent Berry Hill course in Mansfield, which didn't disappoint, with a variety of woodland, parkland and mud.

Darcy ran a strong race moving through the field and crossing the line 180th in a time of 48.26.

Next home Graham Linnell 202nd in 49.55, followed by Tony Keech who can be pleased with 234th position with a time of 52.24

The rest of the men's team packed very closely, running in trainers Warren Marsh was 281st in 57.38. Richard Popiel was one place further back in 57.44

Completing the 7 mile course in 58.11 was Brian Keers placing 285th.

Just two ladies competed for the club with Casey Hill 121st in a time of 42.21. Natasha King was always close to Casey, 12 seconds and one place further back. Both girls ran strongly on the demanding course, covering a distance of 5 miles.

JOGGERS BEING SOCIAL

Friday 27th February

Curry night at the Palash Bari, Fosters Booth.

Please let Tasha King know if you would like to come along so a table can be booked.

JUNIOR JOGGERS

Firstly it is good to see some new junior members, at the training sessions since the Christmas break.

You are welcome, and have contributed already to the training sessions.

We had a chat on our return, concerning the way the training was going before Christmas, the sessions since have been excellent.

There won't be any Sponne training on Tuesday February 3rd, instead we will be meeting with the seniors at Silverstone Motor Racing Circuit on Wednesday 4th for a 1.6 mile race 6.30pm.

Since arranging this we have some quite young juniors meet with the group.

The younger ones would be welcome to go around the course on cycles with lights, as well as taking part in the warm up drills.

The final Chiltern League Cross Country will be at Luton on Saturday February 14th, with the minibus leaving Sponne School at 11.15pm.

| | | |
|--|-----------------|--------------|
| | | |
| Juniors Coaching February 2009 | | |
| | | |
| Wed 4 th Silverstone Circuit | 1.6 mile trial | Eddie, GL, * |
| Tues 10 th Sponne | Hills | GL * |
| Tues 24 th | Gym Circuits | GL, CD |
| | | |
| Juniors Coaching March 2009 | | |
| | | |
| Tues 3 rd Sponne | Rosie Circuits | RM * |
| Wed 11 th Silverstone Circuit | 1.6 mile relays | GL * |
| Tues 17 th Sponne | GreenView Drive | GL * |
| Tues 24 th Sponne | Shires long run | GL CD |

Coaches

| | | | | | |
|----|----------------|----|----------------|----|----------------|
| GL | Graham Linnell | LL | Linda Lytollis | RM | Rosie Moffat |
| CT | Claire Todd | CH | Carl Hermans | CD | Claire Diamond |

Also Mel Bignell welfare officer

TRAINING – RUNNING BACKWARDS

Training numbers have been very high since Christmas, which is good to see. Both Wednesdays and Sundays have been well attended, creating good training sessions during the most difficult part of the winter.

The juniors have all of a sudden doubled their numbers, putting quite a strain on the sports hall sessions. For this reason the winter cup race 4 on February 4th will also include the junior training session. The youngsters will be given a time for their 1.6 mile lap; otherwise the format of the race will be the same as normal.

Hope every ones happy with this!!

Graham

Results of Race 3, 3.1 miles (approx), 14 January 2009

| | | Target time, Race 3 | | Recorded time, Race 3 | | Points, Race 3 |
|-----------|-----------|-------------------------------|----------|--------------------------|----------|-------------------|
| | | m | s | m | s | |
| Mel | Bignell | 22 | 42 | 24 | 15 | 100 |
| Dave | Coates | 19 | 48 | 19 | 42 | 156 |
| Jim | Darcy | 20 | 44 | 18 | 49 | 200 |
| Carole | Debney | 31 | 35 | 33 | 8 | 100 |
| Trevor | George | | | * | * | 100 |
| Ian | Gordon | | | 24 | 43 | 100 |
| Jeff | Haynes | 20 | 44 | 18 | 9 | 200 |
| Brian | Keers | 20 | 53 | 22 | 10 | 100 |
| Natasha | King | 24 | 2 | 25 | 9 | 100 |
| Dave | Lantsbery | 21 | 23 | 22 | 29 | 100 |
| Graham | Linnell | 19 | 43 | 19 | 53 | 100 |
| Allan | Lock | 25 | 55 | 27 | 2 | 100 |
| Warren | Marsh | 20 | 54 | 22 | 10 | 100 |
| Jo | Milner | 30 | 12 | 26 | 4 | 200 |
| Dave | Morley | | | 24 | 30 | 100 |
| Madeleine | Moutrie | 23 | 38 | 25 | 57 | 100 |
| Len | Pannell | 21 | 32 | 22 | 56 | 100 |
| Tom | Pomeroy | 25 | 21 | 25 | 54 | 100 |
| Emma | Sambrook | 26 | 35 | 26 | 39 | 100 |
| Stewart | Shears | 20 | 53 | 22 | 15 | 100 |
| Andy | Taylor | 19 | 23 | 19 | 32 | 100 |
| Dan | Taylor | 19 | 15 | 19 | 28 | 100 |
| Matt | Wootton | 18 | 26 | 19 | 8 | 100 |

* No time recorded

Points after Race 3, Jan 2009

| | | Points | | | |
|--------|---------|--------|--------|--------|-------|
| | | Race 1 | Race 2 | Race 3 | Total |
| Dave | Coates | 100 | 182 | 156 | 438 |
| Mel | Bignell | 100 | 200 | 100 | 400 |
| Carole | Debney | 100 | 200 | 100 | 400 |
| Jeff | Haynes | 100 | 100 | 200 | 400 |
| Len | Pannell | 100 | 200 | 100 | 400 |

| | | | | | |
|-----------|-----------|-----|-----|-----|-----|
| Emma | Sambrook | 100 | 200 | 100 | 400 |
| Stewart | Shears | 100 | 200 | 100 | 400 |
| Tom | Pomeroy | 100 | 195 | 100 | 395 |
| Madeleine | Moutrie | 100 | 193 | 100 | 393 |
| Brian | Keers | 100 | 190 | 100 | 390 |
| Natasha | King | 100 | 189 | 100 | 389 |
| Graham | Linnell | 100 | 181 | 100 | 381 |
| Matt | Wootton | 100 | 175 | 100 | 375 |
| Jim | Darcy | 100 | | 200 | 300 |
| Rob | Gillies | 100 | 200 | | 300 |
| Jo | Milner | | 100 | 200 | 300 |
| Peter | Morris | 100 | 200 | | 300 |
| Richard | Pepper | 100 | 200 | | 300 |
| Andy | Pacey | 100 | 194 | | 294 |
| Simon | Woodward | 100 | 192 | | 292 |
| Dave | Lantsbery | | 100 | 100 | 200 |
| Allan | Lock | | 100 | 100 | 200 |
| Warren | Marsh | | 100 | 100 | 200 |
| Kit | Rapson | 100 | 100 | | 200 |
| Andy | Taylor | 100 | | 100 | 200 |
| Dan | Taylor | 100 | | 100 | 200 |

Qualification to appear in table: 2 races

Race 4 is 1.6 miles (approx), Wed 4 February 2009

TRAINING – running forwards

| | | |
|-------------------------------|--------------------------|-----------|
| | | |
| Senior Coaching February 2009 | | |
| | | |
| Wed 4 th Circuit | 1.6 mile Winter Cup | Eddie, GL |
| Wed 11 th Circuit | Easy run | * * |
| Wed 18 th Circuit | Fartlek | GL |
| Wed 25 th Circuit | Hills Car Park | |
| Senior Coaching March 2009 | | |
| | | |
| Wed 4 th Circuit | 2.5 mile Winter Cup | Eddie, GL |
| Wed 11 th Circuit | 1.6 relays inc. juniors | GL, * * |
| Wed 18 th Circuit | Reps Car Park | |
| Wed 25 th Circuit | 1.6 pairings meet return | GL * |

** Please view web site for full details and times

Target times, race 4 (1.6 miles approx), 4 Feb 2009

| | | Points after 3 races | Target time, race 4 | |
|-----------|-----------|----------------------------|------------------------|-----|
| | | | min | sec |
| Mel | Bignell | 400 | 11 | 14 |
| Dave | Coates | 438 | 9 | 31 |
| Heather | Cooke | 100 | 10 | 15 |
| Jim | Darcy | 300 | 9 | 5 |
| Carole | Debney | 400 | 16 | 30 |
| John | Fowler | 100 | 14 | 11 |
| Trevor | George | 100 | 11 | 7 |
| Rob | Gillies | 300 | 9 | 26 |
| Ian | Gordon | 100 | 11 | 56 |
| Jeff | Haynes | 400 | 8 | 46 |
| Casey | Hill | 100 | 11 | 42 |
| Brian | Keers | 390 | 10 | 20 |
| Natasha | King | 389 | 11 | 54 |
| Dave | Lantsbery | 200 | 10 | 34 |
| Graham | Linnell | 381 | 9 | 46 |
| Allan | Lock | 200 | 12 | 48 |
| Warren | Marsh | 200 | 10 | 20 |
| Gill | Milner | 300 | 14 | 55 |
| Dave | Moley | 100 | 11 | 50 |
| Peter | Morris | 300 | 10 | 40 |
| Madeleine | Moutrie | 393 | 11 | 42 |
| Andy | Pacey | 294 | 8 | 28 |
| Len | Pannell | 400 | 10 | 40 |
| Richard | Pepper | 300 | 11 | 60 |
| Ashley | Phillips | 100 | 9 | 19 |
| Tom | Pomeroy | 395 | 12 | 33 |
| Kit | Rapson | 200 | 15 | 29 |
| Emma | Sambrook | 400 | 13 | 10 |
| Stewart | Shears | 400 | 10 | 20 |
| Andy | Taylor | 200 | 9 | 22 |
| Dan | Taylor | 200 | 9 | 18 |
| Claire | Todd | 100 | 11 | 17 |
| Jodie | Willis | 100 | 9 | 26 |
| Chris | Wood | 100 | 8 | 46 |
| Simon | Woodward | 292 | 9 | 13 |
| Matt | Wootton | 375 | 9 | 8 |

LOOKING AHEAD

A SELECTION OF LOCAL(ISH) RACES

| | | | |
|-------|--------------------------------|---------------------------------------|---------------------------------|
| 08/02 | Wellingborough multi terrain | 13/04 | Stanwick 10k |
| 15/02 | Hardwick X Stream | 19/04 | Flitwick 10k |
| 15/02 | Lighthouse (Pitsford) 7 | 19/04 | Desborough 5 |
| 22/02 | Winslow 10k | 26/04 | Cardiac Arrest (Olney) 8 |
| 22/02 | Draycote Water marathon | 03/05 | Titchmarsh 10l |
| 01/03 | Wellingborough multi terrain | 04/05 | Weston 5 |
| 08/03 | Banbury 15 | 04/05 | Thornborough 5 & 10 |
| 08/03 | Milton Keynes ½ | 05/05 SILVERSTONE 10K (EMGP 1) | |
| 08/03 | Mick & Phil ½ (see below) | 08/05 | Blisworth 5k |
| 15/03 | Silverstone ½ | 10/05 | Blenheim 7k |
| 21/03 | Milton Keynes 5k (ladies only) | 13/05 | Rugby 6 (EMGP 2) |
| 22/03 | Cardiac Arrest (Olney) 8 | 19/05 | Bedford 6 (EMGP 3) – New Course |
| 29/03 | Welford 14 | 27/05 | Corby 5 (EMGP 4) |
| 29/03 | Draycote Water 5 | 02/06 | Weedon 10k (EMGP 5) |
| 04/04 | Midlands Relays (see below) | 09/06 | Banbury 5 (EMGP 6) |
| 05/04 | Bedford 20 | 16/06 | Harborough 5 (EMGP 7) |
| 05/04 | Leamington Spa 10k | 20/06 | Milton Keynes 10 (EMGP 8) |

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.

Midland 12 & 6 stage Relays

This year the men's 12 and the ladies 6 stage relays will be held in Sutton Park, Sutton Coldfield, Birmingham, on Saturday 4th April. The teams will be selected from the clubs inform runners at the time of the race (could be interesting this year).

Friends of

Mick n Phil

Half Marathon



This father-and-son team have taken part in more than 300 races since 2002 including 31 marathons and 173 half-marathons. What makes them so inspirational to so many is that 50 year old Mick pushes Phil's wheelchair along every mile - and achieves fantastic finish times in the process.

Phil, who has cerebral palsy and sodium valproate syndrome, is most content when on the move and the joy of both is evident to anyone who has ever run alongside them. The cost of travelling the country to compete in events most weekends could put a stop to their inspirational performance, which both father and son benefit from.

All of the proceeds from this race, which is being organised by his friends at Fetcheveryone, will go towards keeping Mick and Phil running together.

Visit the web address below to enter.

Draycote Water

8th March 2009, 10am

www.fetcheveryone.com/mickandphilhalf.php

CHILTERN LEAGUE CROSS COUNTRY

Saturday February 14th

Luton

Transport will be provided to all cross country races for which a small contribution is requested

As we approach the final Chiltern League fixture at Luton on 14th February, we have every chance of finishing in 10th position. It's been another wonderful effort from you all. Thank you very much for your excellent availability throughout the season. If we collect any medals, they will be well deserved.

Please add that the men's race at Luton is 2.30pm with the ladies running at 3.15. In big letters please.