



The 10k Times

February 2012

www.silsonjoggers.org.uk



FAT BLOKE STILL LEADS THE PACK IN 2012

Having produced a “very interesting set of statistics” in the last edition of The 10k Times, it is only appropriate that this is updated at regular intervals going through 2012.

For four whole weeks I held the record as the most prolific Silson Jogger on the road for 2012 – both number of races and distance run. It was only on the last Sunday of the month that Andy Pacey had the audacity to complete a 10km race (it matters not that he actually won it) and Richard Popiel completed to marathon (it was not in this country so I am not sure that it counts – remember that I also write the rules!).

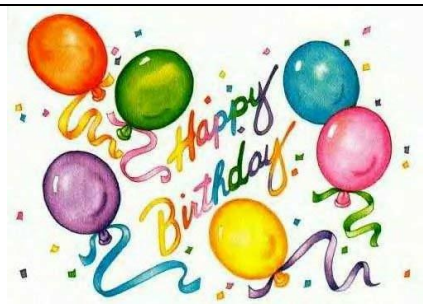
Being generous, I will let Richard take the lead in terms of distance run on the road in 2012 BUT I still have run two races compared to one from Andy and Richard.

Let the battle continue – but I fear that it is only a matter of time before there is a new leader in both races and distance

NOTE – Andy’s 10k time was quicker than my 5k time!

BIRTHDAYS IN JANUARY

Kevin Reboul – 7th
 Andy Hoare – 9th
 Andy Kirk – 14th
 Anabel O'Reilly – 17th



Sam Roe – 20th
 Anne Gray – 24th
 Simon Woodward – 24th
 (A BIG ONE)
 Ross Baker – 26th

JUNIOR JOGGERS

Unfortunately due to increased numbers at the Sponne School training we have decided to close the junior membership mainly for safety reasons, also we are aware we may not be able to give the excellent group we already have our full attention. The plan is to draw a waiting list and reopen when the club moves it's training to Sixfields athletics track on Friday April 13th, juniors whose names are on the list will be contacted ahead of the track training sessions.

It has been such a busy time with some of you doing 2 races on the same day, which shows a wonderful commitment to the club. Over the last month we have had juniors in the County Cross Country at Corby, Chiltern League Slough, Under 11 sports hall finals at Grantham and the Midland Cross Country Nottingham. The start of February has us at the under 13 sports hall finals on 5th, then we travel to Wing for the final Chiltern league on 11th. The minibus will be leaving Sponne at 10.15am for the Wing Cross Country, please let me know if you require a seat.

The February training starts with a junior cup race at the Crown Lands wood opposite Silverstone Circuit on Saturday 4th (see below for target times if you have run in previous junior cup races). There are only 3 Sponne School training sessions due to half term. Also attached are the results from last Tuesday's 1minute exercises, as you will see there have been some good improvements on number of exercise reps per minute. Thank you for an excellent response to parental help at the training sessions, due to extra helpers I have been able to allocate 3 helpers to each Tuesday session.

Target times	Junior cup	February 4th
Ben Hope 7.23	Michael 7.55	Ben Hanson 8.05
Zach 8.06	Olly 8.37	Skye 8.39
Neave 8.39	Anabel 8.45	Eleanor 8.47
Sophie Marks 8.53	Imogen Mitchell 8.55	Lucy Cotterell 9.01
Amy 9.15	Seth 9.25	Adam 9.27
Sophie 9.30	Emma 9.41	Rebecca 10.07
Millie 11.38	Dan Meek 11.55	

February Training Sessions

Saturday 4th Junior Cup Crown Lands 2pm-3pm (Opposite Silverstone Circuit on the Buckingham Road)
 (Jeff Rycroft, Kit Rapson, Ross Edmunds, Juliet Hanson)
 Tuesday 7th Long Run (Ross Edmunds, Claire Mitchell, Vicky Meek)
 Tuesday 14th No Training Half Term
 Tuesday 21st 1 minute Exercises (Justine Verwey, Hilary Marks, Jayne Jones)
 Tuesday 28th Bleep Test (Kate Prichard, Dave Morley, Anne or Allan Gray)

Graham

Silson Juniors 1 minute exercises January 24th 2012

(October 11th exercise results in brackets)

Name	Shuttle runs	Sit ups	Squat thrusts
Emma	11 (12)	52 (40)	38 (46)
Catrin	12 (12)	39 (33)	44 (49)
Ben Hope	13 (12)	50 (38)	73 (69)
Jake Hope	11	29	48
Declan	13	43	63
Reagan	13 (13)	60 (38)	67 (55)
Ben Hanson	12 (14)	38 (31)	51 (51)
Adam Gray	11 (11)	33 (21)	36 (39)
Sophie Gray	12 (12)	41 (38)	61 (55)
Lucy S.	12	24	49
Rebecca L.	12	56	64
Olly Meek	12.5 (13)	49 (25)	40 (42)
Imogen M.	11 (12)	32 (22)	45 (39)
Anabel O	12 (13)	50 (31)	78 (71)
Nyah	9 (5)	20 (15)	48 (30)
Maisie	12	45	46
Lucy C.	12 (12)	43 (40)	45 (48)
Neave	12.5	62	
Skye	12 (13)	46 (44)	47 (60)
Ross	9	39	36
Caitlin	12	43	70
Rosie	12	45	43
Josh L.	11.5	48	43
Tabatha	8.5	41	56
Alex	13	55	47
Michael R.	12	47	70
Zach	13	38	77
Kade	12	38	53
Charlie	12	44	72

Northants Schools Cross Country – 14th January 2012

Minor Girls

25th Neave Wray
45th Anabel O'Reilly

Inter Boys

7th John Olejnik
21st Tinaz Erenier

Junior Boys

15th VJ Pratley

Inter Girls

29th Maddy Smee

Five Silson junior athletes will be representing Northamptonshire at the U13 & U15 Regional Sports hall Athletics Finals.

U13 Girls

Eleanor Rees
Annabel O'Reilly

U13 Boys

Kade Vervey
Zach Rycroft
Luke Vervey

The finals are in Grantham on Sunday 5th February

Congratulations and Good Luck to all five.

Junior Challenge 2011-2012 Year 6 and Below

Runner's Name	Attendance at listed events	Current Medal Level
Emma King	10	GOLD
Skye Vervey	9 (+2 XC)	GOLD
Imogen Mitchell	10	GOLD
Millie Rees	7	Silver
Sophie Gray	8 (+4 XC)	Silver
Rebecca Lytollis	6	Silver
Sophie Marks	6	Silver
Adam Gray	6	Silver
Daniel Meek	5	Silver
Ben Hope	5	Silver
Luoy Cottenill	3	Bronze
Catrin Sinclair	3	Bronze
Ben Ray	2	Bronze
Jake Hope	3	Bronze
Reagan Cooper	2	Bronze
Michael Rapson	2 (+2XC)	Bronze
Seth Rycroft	2 (+1XC)	Bronze
Rosie Edmonds	2 (+1XC)	Bronze

3rd Sept	New Season training	Bucknell Woods
13th Sept	Tour of Bucknell Woods Day 1	
15th Sept	Tour of Bucknell Woods Day 2	
17th Sept	Club Cross Country Champs	Bucknell Woods
1st Oct	Junior Winter Cup	Bucknell Woods
12th Oct	County Training (Sports Hall Athletics)	Northampton
19th Oct	County Training (Sports Hall Athletics)	Northampton
2nd Nov	Junior Winter Cup	Hazelborough Woods
5th Nov	Junior Winter Cup	Northampton
9th Nov	County Training (Sports Hall Athletics)	Northampton
10th Dec	Junior Winter Cup	Crown Lands (egg, the circuit)
7th January	County Cross Country Champs	Corby
28th Jan	Midland Cross Country Champs	Nottingham
2nd Feb	Junior Winter Cup	Crown Lands
2nd March	Junior Winter Cup	Hazelborough Woods
30th March	Junior Winter Cup	Bucknell Woods

Number of Races / Events	Level of Award
9-15	GOLD
5-8	SILVER
2-4	BRONZE

Junior Challenge 2011-2012 Year 7 and Above

Runner's Name	Attendance at listed events	Current Medal Level
Anabel O'Reilly	13	GOLD
Eleanor Rees	11	Silver
Ben Hanson	10	Silver
Amy Jelley	11	Silver
Neve Wray	9	Silver
Layne Wray	6	Bronze
Oily Meek	4	Bronze
Zach Rycroft	5	Bronze
Shannon Lock	3	
Kade Verwey	2	
Declan Cooper	2	
Luke Verwey	1	

3rd September	New Season training	Bucknell Woods
13th September	Tour of Bucknell Woods	Day One
15th September	Tour of Bucknell Woods	Day Two
17th September	Club Cross Country Champs	Bucknell Woods
1st October	Junior Winter Cup	Bucknell Woods
8th October	Chiltem League CC - Luton	Wigmore Valley
5th November	Junior Winter Cup	Hazelborough Woods
12th November	Chiltem League CC - Watford	Cassiobury Park
3rd December	Chiltem League CC	St Albans
10th December	Junior Winter Cup	Crown Lands (Opp the circuit)
7th January	County Cross Country Champs	
14th January	Chiltem League CC - Slough.....	Upton Court Park
2nd February	Junior Winter Cup	Crown Lands
11th February	Chiltem League Cross Country	Wing
25th February	National Cross Country	London
2nd March	Junior Winter Cup	Hazelborough Woods
30th March	Junior Winter Cup	Bucknell Woods

Number of Races	Level of Award
12-17	GOLD
7-11	SILVER
4-6	BRONZE

RUNNING BACKWARDS ON THE ROAD

Milton Keynes 5k – 7th January 2012

And so for a brief period I held the record for being the most prolific road running Silson Jogger in 2012.
Peter Morris (a lapsed member) also took part

John Fowler

Milton Keynes 5k – 14th January 2012

Fat bloke reinforces his position as most prolific road running Silson Joggers in 2012.

John Fowler

Gayton 5k – 29th January 2012

Anne Gray – 3rd lady – 25'53 (a PB)

Gayton 10k – 29th January 2012

Fat bloke still holds the record for the most number of road races in 2012 but now has challengers for distance completed

Andy Pacey – 1st – 35'24 - (a PB) – M40 club record
Alan Gray – 18th – 45'59"

Marrakesh Marathon – 29th January 2012

Richard Popiel

3:56:34

[Richard takes the lead in miles run in road races in 2012 but Fat bloke still holds the record going in to February for the number of races completed](#)

RUNNING FORWARDS ON THE ROAD

Midland Road Relays, Sutton Park, Saturday 31st March 2012

This is a team relay race around the traffic free paths of Sutton Park in Birmingham and Silson will enter teams in the Mens and Ladies events as usual this year. The ladies race is a 6 stage relay race with all legs being 3m in distance while the men's is a 12 stage relay with 4 runners completing 5.7m and 8 runners completing 3m.

If we run well, we could qualify for the National Relay Championships which is on the same course on the 14th April.

We normally enter one team in each (i.e. 12 men and 6 ladies) but if we have enough runners available we could enter an additional ladies team and a team in the 6-stage Men's Vets event. We've never had enough to enter additional teams before but we have many more members in the club now, so we'll enter other teams if there is enough demand.

This is always a good fun event and if you're interested, please let Heather and Simon know and, most importantly, put the date in your diary. We'll be in touch with everyone in early March to put the teams together.

Northampton Parkrun

Parkruns are free to enter, timed 5K races which take place at 9.00am on Saturday mornings throughout the country.

Entry is simple – just register on the Parkrun website (www.parkrun.org.uk) by 6.00pm on the Friday before the first race that you want to enter. Once registered you are able to enter any Parkrun.

At the moment our closest Parkrun is in Milton Keynes but there are plans for a Parkrun at The Racecourse in Northampton with a proposed start date of April 21st.

One of the key elements of the lead up to the first race is the recruitment of volunteers. The organisers need now need to gather a list of 2 groups of volunteers who will be invited to training.

a) Run Directors: Ideally 6-8, 3 as a minimum.

Role: Someone responsible for being in charge of the overall management of a parkrun event on the Saturday morning, by:

- Making sure that all the volunteers present have a responsibility and know what they have to do;
- being aware and in charge of the running of the event
- Health and Safety and making sure the course is correctly set up with the required signage;
- Welcoming the runners;
- Doing the pre-run briefing talk;
- Starting the run;
- Processing the results after the run and sending the results to the HQ (through Internet).

b) Volunteers: Ideally 25, 12 as a minimum. These volunteers would need to attend a 2hr training course

Role: There are various roles on the day , which involve supporting the Run Director in the smooth running of the Parkrun;

- **Timer:** responsible for operating the timing device,
- **Registration:** responsible for scanning the finish positions and the runners' barcode ID
- **Numbers:** responsible for handling the position tokens to all runners finishers as they cross the finish line
- **Assistant:** assists the Number Token Distributor by preparing the stacks of number disks.

Training:

These training sessions are likely to take place on a weekday evening and will be delivered by Parkrun. Race Directors will be required to attend a 2-3 hour training course and the volunteers a 2 hour training course.

Pilot Parkrun

Once the training workshops have been completed a pilot Parkrun will be delivered; 9-10am training of volunteers and getting used to the equipment followed by a dummy run of the Parkrun.

If you are interested in either of these Parkrun roles, please let Brian Keers know (e-mail secretary@silsonjoggers.org.uk or call 07778 038458) and he will pass your name to the organisers. You can put your name down for both roles you so wish.

Bupa London 10k - 27th May 2012

Your chance to run the London 2012 Olympics Marathon Course

The Bupa London 10,000 is presented by the London Marathon and is run on the course likely to be used for the 2012 Olympic Marathons. The 2012 race will be held on Sunday 27th May, starting at 11am. Last year there were over 10,000 entrants and a Mr M Farah won the race in a British record.

We may not be a match for Mo but we have applied for 6 men's and 6 ladies places and plan to enter two teams in this high profile event. It is the course being used for the Olympics Marathon but fortunately you would only have to do 1 lap, not 4!

The Bupa London 10,000 starts on Birdcage Walk and finishes in The Mall passing many of London's famous sights, including Westminster Abbey, Houses of Parliament, Big Ben, The London Eye, Cleopatra's Needle, Tate Gallery, Millennium Bridge, The Monument, Lloyds of London, Leadenhall Market, Bank of England, Mansion House, St. Paul's Cathedral, Horseguards, Nelson's Column and Admiralty Arch. Buckingham Palace acts as the backdrop to the start and finish.



This year's race will feature for the first time, the UKA Championships Men and Women, hence why we're entering – I reckon we've got a great chance.

The team races require only 3 to count, but to give us the best chance of a good team result we would like to select the 4 fastest available male and female runners and then open up the remaining places to a ballot. Any fully paid up members will be considered and preference in the ballot will be given to those who have given up their time to support events like the Silverstone 10k and the Silverstone Half.

So who's up for it??? Please email woodwardsimon@hotmail.com (men and ladies) if you would like to enter and I will create a list of interested runners. Please let me know by Friday 24th February if you are interested.

Simon Woodward



NORTHANTS ROAD RUNNING SERIES 2011

2011 NAA series prize presentation

Men's team – 1st
Combined team – 3rd
Madeline Moutrie – 1st F45
Shoena Smee – 2nd F45
Heather Cooke – 3rd open female
Andy Pacey – 3rd M40
Chris Wood – 3rd open male

With the county champs done and dusted for another year there was once again the prize presentation for last summer's NAA road running league.

In an incredibly closely fought series the men's team repeated their 2009 win, this time by a mere half a point from Rugby & Northampton. The team got off to a flying start at May's Blisworth 5k as Nick Pacey led them to victory at round 1. This was followed up with wins at the Weedon 10k, the Moulton 10k (including a county championships win for the team) and finally the Northampton 10k where Andy Pacey added a nice bit of symmetry to the series to lead the team home in the final event.

With the women's team 5th overall Silson finished 3rd in the combined team competition, a single point behind R&N.

In the individual competition the ever-consistent Heather picked up 3rd in the open female competition. Since the overall series was won by R&N's Angela Copson, Madeline took 1st in the F45 category whilst Shoena was 2nd. For the men, with nothing to separate myself and Andy this year we both ended up on equal points at the end of the series and both took home 3rd place trophies.

Well done to all and particularly team captain Simon for his organisation of the squad. Here's to a successful 2012!

Chris Wood

VOLUNTEERS – A DIFFERENT CALL

Trailwalker 2012

As mentioned in a previous edition of the 10k Times, Dan, Paul, Tasha and myself will be returning to the South Downs on the weekend of 14th and 15th of July to cheer on 2000 walkers on their way to raising £1.5 million for Oxfam and the Ghurkha Welfare Trust.

Our role will be to welcome and encourage walkers as they arrive at Checkpoint 8 just outside Brighton. We have been inundated with Silson volunteers who are keen to come and join us. So far Trevor, Jan, Mel, Steve, Brian, Madeleine, Andy and Claire have said that they will be part of the Silson Cheerleading Team!

This adventure is very much a case of 'the more the merrier'. We'd love to hear from anyone else who would like to come and join us. We would not need to leave until lunchtime on the Saturday and would most likely be back midday on Sunday. I am also fairly certain of having a minibus to take us all down! All that is expected of you is to shout and cheer for as long as you can, whilst scoffing cake and chatting until collapsing into your tent.

David Morley

TRAINING – RUNNING BACKWARDS

Winter Cup 2011 – 2012 Round 3: 3.1 miles, 4 January 2012

		Targets		Actual		Points*
		min	sec	min	sec	
Simon	Woodward			19	23	
John	Olejnik	21	47	20	20	200
Stuart	Shears	19	59	20	29	181
VJ	Pratley	19	36	20	59	130
Jim	Darcy	19	34	21	10	118
Mark	Armstrong	22	14	21	42	200
Taz		21	56	22	14	199
Graham	Linnell	21	33	23	28	105
John	Adams	23	33	24	20	176
Mel	Bignell	24	02	24	27	198
Tash	King	23	21	24	31	154
Madeleine	Moutrie			25	23	
Andrea	Curtis			25	32	
Allan	Lock	24	57	26	01	164
Shona	Smee	26	02	26	58	175
Coral	Reboul			27	18	
Kit	Rapson	29	04	28	49	200
Pamela	Rea			29	41	
Madeleine	Smee			29	46	
Juliet	Hanson	30	05	30	13	200
Lena	Spencer			37	27	
Georgina	East			38	04	

* Because of the extremely foul weather conditions, the recorded times have been reduced by 5% in calculating Winter Cup points

Cumulative points after Race 3, January 2012

		Race 2	Race 3	Total points
Mel	Bignell	174	198	372
John	Adams	153	176	329
Tash	King	172	154	326
Stuart	Shears	131	181	312
Graham	Linnell	100	105	205
Mark	Armstrong		200	200
Juliet	Hanson		200	200
John	Olejnik		200	200
Kit	Rapson		200	200
Taz			199	199
Shona	Smee		175	175
Allan	Lock		164	164
Heather	Cooke	151		151
VJ	Pratley		130	130
Dan	Taylor	130		130
Jim	Darcy		118	118
Tom	Pomeroy	100		100

TRAINING – RUNNING FORWARDS

February			
Weds 1st	Seniors	Circuit	Winter Cup 2.5
Sat 4 th	Juniors	Crown Lands	Junior Cup
Sun 5th	Seniors	Infant School	Sunday Run
Tues 7th	Juniors	Sponne	Long Run
Weds 8th	Seniors	Circuit	Easy Run
Sun 12th	Seniors	Nether Heyford	Sunday Run
Weds 15th	Seniors	Sponne	Strength & Con
Sun 19th	Seniors	Infant School	Sunday Run
Tues 21st	Juniors	Sponne	1 min exercises
Weds 22nd	Seniors	Circuit	
Sun 26th	Seniors	Towcester	Sunday Run
Tues 28th	Juniors	Sponne	Bleep Test
Weds 29th	Seniors	Circuit	Fartlek
March			
Sat 3rd	Juniors	Hazelborough	Junior Cup
Sun 4th	Seniors	Nether Heyford	Sunday Run
Tues 6th	Juniors	Sponne	
Weds 7th	Seniors	Circuit	Winter cup 5k
Sun 11 th	Seniors	Infant School	Sunday Run
Tues 13th	Juniors	Sponne	Reps (lake)
Weds 14th	Seniors	Circuit	
Sun 18th	Seniors	Infant School	Sunday Run
Tues 20th	Juniors	Sponne	Relays (lake)
Weds 21st	Seniors	Circuit	
Sun 25th	Seniors	Wicken	Sunday Run
Weds 28th	Juniors/Seniors	Circuit	Winter Cup 1.6

RUNNING BACKWARDS OFF THE ROAD

Northamptonshire County Cross Country Championship – 7th January 2012

Ben Hope 3rd U11 Boy - U11 Girls –2nd Team

U11 Girls 6 th Rosie Edmonds 10:06 10 th Imogen Mitchell 10:32 12 th Sophie Gray 10:49	U11 Boys 3 rd Ben Hope 8:34 11 th Adam Gray 10:08
U13 Girls 20 th Anabel O'Reilly 15:40 21 st Amy Jelley 15:54	U15 Boys 8 th Tinaz Erenier 21:02
Senior Ladies 18 th Heather Cooke 27:54 20 th Ellie Lock 29:34 21 st Sarah Clark 29:47 28 th Sue Clayton-Drabble 30:45	Senior Men 16 th Chris Wood 36:07 19 th Andy Pacey 36:14 23 rd Simon Woodward 37:22 30 th Kevin Reboul 38:27 37 th Dan Taylor 40:00 39 th Stewart Shears 40:05 43 rd Andy Kirk 41:38

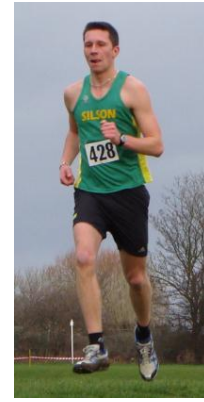
With the New Year only just started the Joggers headed off in good spirits to West Glebe Park in Corby for the county cross country championships. And what a day! No snow. No ice. No freezing streams to negotiate. Changing rooms.....with toilets! Following the race it was very tempting to retire from cross country on the basis that it could never be as good as this again.

On first sight the parkland course looked a little uninspiring but closer inspection revealed that the organisers had made good use of the available space to create a twisting course that included a small wood to make an interesting course. Also making good use of the park were the local dog walkers, the evidence of their recent presence being seen once the pack had sufficiently thinned to allow visualization of the ground. To the side of the steep bank in the wood someone had thoughtfully left Fido's leavings in a little plastic bag – the mess that could have made if caught in your spikes doesn't bare thinking about.

The junior Joggers had a great day out, the highlight of which must be Ben's third place in the under 11s. Ben showed great determination by holding off a Rugby and Northampton athlete by just a second to claim a well-earned county medal. The under 11 girls also came away with a team medal whilst Tinaz continues to impress in the under 15s.

Amongst the seniors Ellie had another great race and thanks must go to Richard for stepping in at the last minute to bolster the men's squad. Thanks also to the supporters dotted around the course providing encouragement.

Chris Wood



CHILTERN CROSS COUNTRY LEAGUE – MATCH 4 – SLOUGH – 14th 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 stone's 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 to 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.

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.

Simon Woodward

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	52
132	PAUL KING	36.47	724	M	55
145	ROSS EDMUNDS	38.14	731	M60	4
149	GRAHAM LINNELL	38.27	725	M50	23
168	ALLAN GRAY	41.56	733	M50	29
171	BRIAN KEERS	42.22	727	M50	30
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	WILL FRASER	13.00	724	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	30
86	KIT RAPSON	33.40	712	F35	24

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	SKYE VERVEY	12.28	719	F13	47

Total Overall Score		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

Wellingborough 15km - 15th January 2012

46th Jonathan Gale 1:10:39

Eric Humphries XC 25th January.

12 th	Kevin Reboul	44:00	64 th	Allan Lock	59:21
40 th	Heather Cooke	53:10	66 th	Madeleine Moutrie	59:52
63 rd	Coral Reboul	59:21	76 th	David Jarrett	67:46



Heather Cooke, Coral and Kevin Reboul, Dave Jarrett and I represented Silson Joggers at this annual mid-week event organised by Northampton Police, Madeleine Moutrie also attended while wearing black and white. The course – see below – consists of three laps and covers a distance of 6.9 miles. The weather was near perfect following the soaking we had on the day before, a little windy maybe but as we would mostly be running in woodland was not much of an issue. We were warned that the tracks through the wood at the top of the course would be very wet, and so it proved. I would be wearing spikes for the first time here. They proved to be a bit of a double edged sword.

The upward trail which runs parallel to the road and towards the Eleanor Cross is stony in parts and also, in the lower section on both the first and last laps, I picked up twigs which made things a bit uncomfortable underfoot for a while. But in the wooded section, which undulates while twisting and turning, they provided the security that other runners wearing studs did not have. There is also a low hurdle (across a fallen pine tree), a stream crossing with strategically placed planks and finally a wide dry ditch with a high and steep exit bank before leaving this section. After leaving the wood we run alongside the tarmac road leading to the golf course entrance. Spikes are then at a disadvantage as we are forced to run on the verges, several of which are steeply cambered, until entering another stony pathway finally turning back towards the start and onto grassy paths, grassland and the next circuit.

While we were unsuccessful in winning a team prize (Northants Police and Wotton Road Runners tied on points for first place) Coral won second place in her age group and she hurtled in front of me at the finish. I was astonished to pick up the 1st MV60; incidentally second place also went to a 70+ competitor and someone who I have never beaten before. Both Madeleine and I had PBs for this course, in my case think it was those spikes. This is a very friendly race, a mixture of competitors representing forces and prison officers from throughout the country together with quite a few local entrants, 83 finishers I think. The tea and ‘biccies’ and a nice chat post-race in the comfort of a sports hall added to the day.

Allan Lock

**MIDLAND COUNTIES CROSS COUNTRY – NOTTINGHAM –
28th JANUARY 2012**



Hill 1 was a slow drag not particularly steep, hill 2 was steeper, hill 3 was long and eventually quite steep hill 4 was short but very steep.

U13 Girls

114th Annabel O'Reilly 14:57
 117th Amy Jelley 15:06
 126th Eleanor Rees 16:17

U17 Boys

John Olejnik 25:15

Ladies

U15 Boys 122nd Sue Clayton-Drabble 39:48
 89th Vincenzo Pratley 16:13 129th Madeleine Moutrie 41:00

Men - 30th team

130th Simon Woodward 45:08
 164th Kevin Reboul 46:30
 180th Tom Phelps 47:14
 289th Paul King 52:59
 311th Dan Taylor 53:58
 324th Graham Linnell 55:01
 345th Trevor Barnes 56:03
 398th Allan Lock 64:14
 408th David Jarrett 71:26



Midland Cross Country Championships - a personal view

I must say how much I enjoyed the meeting. The weather was cold but dry, course fast and hilly, encouraging and vociferous Silson supporters at strategic places and the battle with fellow competitors in my section of the race most rewarding. A four lap race with several different types of hill on each lap provided an interesting challenge. Kevin and I walked parts of the course and checked these out beforehand. So, during the first lap, I decided to try a similar strategy to that adopted in a hilly 30k race in Sweden that I have run several times; relax and run the hills economically, push on the down-hills and flow on the flats.

By the end of the first lap we were sorted into our finishing group, individuals in this group had tested each other on those hills; several passed on the up-hills only to be overtaken on the downs. The time for that first lap however was too fast, so I deliberately slowed; close to 10k road pace on a cross country?!! The second lap was very similar to the first, being overtaken and then overtaking, although during the second half the very fastest runners started to come by. The third was a bit confusing as a steady stream of fast runners were passing but those who crawled by were in my finishing group and all except one were retaken.

During the final lap there were no overtakers, they had exhausted themselves earlier; unfortunately a couple of runners whom I was slowly improving on proved to be too far in front to catch by the line. Perhaps I should have pushed more on the long hill? My lap splits were 15:24, 16:14, 16:33 and 16:02. Running downhill quickly while wearing spikes is more difficult than in trail or road shoes, which was how I had trained downhill running for that multi terrain course at Lidingö, so more practice is required before Wing and the Nationals.

Allan Lock

RUNNING FORWARDS OFF THE ROAD

Last year a few Silson Joggers walked for 26 hours for fun. This year I can't commit to the same amount of training so I was on the lookout for something a little more sane. And I'd like to invite you to join me.

Run24 is, as the name suggests, a 24 hour endurance race. However, it's not as bad as it sounds, as the organisers will allow teams to enter. With a team of up to 8 people, 24 hours seems easily doable. A brief roundup of usual suspects indicates we can get at least one team to enter. If there is more interest, we might enter two teams.

The aim is to run as far as possible in 24 hours. You run around a 5 mile off road loop, one person at a time. To give you an idea of the running requirements, with 8 people we would aim for 4 loops each, a total of 20 miles but with 4 or 5 hours rest between each run. This goes on through the night.

It takes place on the weekend of 30th June 2012 at Wasing Park near Reading.

If you want more info, check out the link below and if you're interested, please let me know by email at paulie_chops@hotmail.com. I'll be looking to enter any team towards the end of February.

<http://www.endure24.co.uk/>

Thanks
Paul

Chiltern League Final Fixture of the Season

Wing, Saturday 11th February 2012

Please, please, please **run** if you can, **support** if you can't!

Remember that the men's and ladies races will be reversed (and that doesn't mean you have to run backwards)

English National Champs – Parliament Hill, London - Sat 25th February 2012

The English Nationals returns to the capital for races of 12k for the men and 8k for the ladies. We will be travelling down together on the train and entering teams for each competition. The following are entered to run for Silson:

Trevor Barnes
Paul King
Andy Kirk
Graham Linnell

Allan Lock
Kevin Reboul
Andy Pacey
Nick Pacey

Andy Taylor
Dan Taylor

Sarah Clarke
Sue Clayton-Drabble
Heather Cooke

Ellie Lock
Madeleine Moutrie
Pamela Rea

Coral Reboul-Carroll

I can't make this one but I think Heather is looking into group train discounts and I am sure she will be in touch to confirm if that's a possibility.

Simon Woodward - woodwardsimon@hotmail.com

RACES – running forwards

Forthcoming Events in the local(ish) area

Date	Event	Category
11/02/2012 (Sat)	Chiltern League Round 5, Wing	Cross Country
05/02/2012	Wellingborough Multi-terrain Race 2: 5k, 10k, 15k	Off-road
12/02/2012	St Valentines 30k, Stamford	Road
19/02/2012	Hardwick X-Stream 6	Cross Country
25/02/2012 (Sat)	English National XC Champs, Parliament Hill	Cross Country
26/02/2012	Wellingborough Multi-terrain Race 3: 5k, 10k, 15k	Off-road
04/03/2012	MK Half and Festival of Running (inc 10k and 5k)	Road
04/03/2012	Sole Destroyer, Little Houghton, Northampton	Off-road
11/03/2012	Leighton 10k	Road
11/03/2012	The Friends of MicknPhil Half Marathon, Draycote Water	Road
11/03/2012	Silverstone Half – MARSHALS REQUIRED	Marshal
18/03/2012	Banbury 15	Road
31/03/2012 (Sat)	Midland Relays (12 stage/6 stage) Sutton Park – we want a big team to be entered in this of men and ladies	Road
01/04/2012	Kettering 5k (fund-raising event for our Northants Network)	Road
01/04/2012	Oakley 20	Road
15/04/2012	Northampton Racecourse 5k (fund-raising event for our Northants Network)	Road
21/04/2012	Northampton Park Run is launched at Racecourse – every Saturday at 9am from this date	Road
22/04/2012	Virgin London Marathon	Road
29/04/2012	Corby 5k (fund-raising event for our Northants Network)	Road
07/05/2012 (Mon)	Weston 5	Road / Off-road

09/05/2012 (Wed)	Silverstone 10k **THE BIG ONE** Everyone to help	Help
11/05/2012 (Fri)	Blisworth Friday 5k	Road – NAA
16/05/2012 (Wed)	Rugby 6	Road – EMGP
22/05/2012 (Tue)	Bedford 6	Road – EMGP
30/05/2012 (Wed)	Corby 5	Road – NAA & EMGP
03/06/2012	F1 Chicken Run, Brackley, 10k	Road
09/06/2012 (Sat)	South Downs Marathon, Relay Marathon & Half Marathon	Off-road
12/06/2012 (Tue)	Banbury 5	Road – EMGP
19/06/2012 (Tue)	Harborough 5	Road – EMGP
26/06/2012 (Tue)	Weedon 10k	Road – NAA & EMGP
03/07/2012 (Tue)	Milton Keynes 10k	Road – EMGP
03/08/2012 (Fri)	Blisworth Friday 5m	Road – NAA
02/09/2012	Kenilworth Half Marathon	Road

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

HEALTH WARNING – SILSON JOGGERS A C MAY CONTAIN NUTS