



The 10k Times

January 2012

www.silsonjoggers.org.uk

CONGRATULATIONS TO DR FRANK NEWTON



for being awarded the **Order of the British Empire** in the New Year's Honours List.

Dr Newton is President and a founding father of Silson Joggers AC. Together with Gerald Lovell & John Denny he was a regularly Jogger around the village and in the mid-1970s he opened the surgery in the village. Over 100 people regularly attended the earlier runs and were treated / subject to a medical check-up by Dr Newton.

This led to the formation of Silson Joggers in 1977. The club will celebrate its 35th anniversary in 2012 and continues to go from strength to strength.

The honour is well deserved and long overdue.

CHARITY DONATION

As you will be aware, Silson Joggers make a donation or donations to charity each year. This year one of the donations was to Oxfordshire Association for the Blind. Ben is an ex Sponne student and in September ran nine marathons in nine days – each in a remarkably disgustingly good time.

Thank you Silson Joggers

A month or so ago, a friend and college of mine complained to me: “I still can’t get rid of the smell of deep heat that you left.” I had good reason to believe her.

It was nothing kinky, for she was one of my hosts during my recent challenge to run nine marathons in nine days. This was done to raise funds for Oxfordshire Association for the Blind’s project to build a new resource centre for local people with sight impairment, their friends, family and Carers.

Three days I ran on my own – across cycle ways and B roads – with support from friends by way of bike or car on the others. The challenge ended with the new Oxford Half Marathon on Sunday 25th September (I had to run a half marathon on my own early in the morning before getting to the start line).

It was an amazing experience. I met many kind people, including one lady who let me use her toilet and promptly made a £25 donation to the cause!

Silson Joggers must have a special mention. Your club’s donation of £250 to the run, made in November, pushed us through the £4,000 barrier (plus gift aid). That’s four thousand pounds which can now go towards helping OAB to help more people in more ways. This is fantastic; it was a very touching thing to do. Thank you. Of course, I’d also like to give a special mention to John Fowler for raising his son, Tom, who was my support crew for the first three days (despite a rather nasty cold). Thank you all.



Ben Allcock

Read Ben’s story at:

<http://uk.virginmoneygiving.com/fundraiser-web/fundraiser/showFundraiserProfilePage.action?userUrl=benallcock>

BIRTHDAYS IN JANUARY

Matthew Wootton – 3rd

Simon Peart – 5th

Justine Verwey – 7th

Brian Keers – 9th

Stella Thomas – 12th

Luke Verwey – 15th



Dan Taylor – 16th

David Morley – 19th

Rosie Moffat – 27th

(a big one!)

Regan Cooper – 28th

Shirley Williams – 30th

JUNIOR JOGGERS

TRIP TO THE AVIVA INTERNATIONAL INDOOR ATHLETICS – BIRMINGHAM – 18th February 2012

24 juniors and adults are heading off to Birmingham on Saturday 18th February to watch the Aviva International Indoor Athletics. I currently have two spare tickets (an adult and a child) for this sell out event. If you would like to join us, please let me know as soon as possible and for £24, the tickets are yours. For more details contact davidmorley@btinternet.com

Results of the Junior Cup at the crown lands Saturday 10th December 2011

Name	Target	Time	Points
Ben Hope	7.38	7.23	115
Adam Gray	9.04	9.27	77
Zack Rycroft	9.15	8.06	169
Ben Hanson	9.15	8.05	170
Anabel O'Reilly	9.17	8.45	132
Eleanor Rees	9.23	8.47	136
Sophie Gray	9.39	9.30	109
Amy Jelley	9.48	9.15	133
Rebecca Lytollis	10.03	10.07	96
Seth Rycroft	10.59	9.25	184
Dan Meek	11.06	11.55	51
Millie Rees	13.04	11.38	186

League table after race 3

Name	Race 1 points	Race 2 points	Race 3 points	total
Millie Rees	100	240	186	526
Anabel O'Reilly	100	201	132	433
Sophie Gray	100	189	109	398
Ben Hope	100	160	115	375
Ben Hanson	100	97	170	367
Rebecca Lytollis	100	163	96	359
Imogen Mitchell	100	247		347
Seth Rycroft		100	184	284
Zack Rycroft		100	169	269
Eleanor Rees		100	136	236
Amy Jelley		100	133	233
Adam Gray		100	77	177
Dan Meek		100	51	151
Emma		100		100
Lucy C	100			100
Michael		100		100
Neave Wray	100			100
Olly		100		100
Skye	100			100
Sophie M		100		100

Junior Challenge 2011-2012 Year 6 and Below

Runner's Name	Attendance at listed events	Current Medal Level
Emma King	10	GOLD
Skye Varvey	9 (+2 XC)	Silver
Imogan Mitchell	9	Silver
Millie Rees	7	Silver
Sophie Gray	7 (+3 XC)	Silver
Rebecca Lytalls	6	Silver
Sophie Marks	6	Silver
Adam Gray	5	Silver
Daniel Meek	5	Silver
Ben Hope	4	Bronze
Lucy Cotterill	3	Bronze
Caitlin Sinclair	3	Bronze
Ben Ray	2	Bronze
Jake Hope	3	Bronze
Reagan Cooper	2	Bronze
Michael Rapson	2 (+1 XC)	Bronze
Sein Rycroft	2	Bronze
Declan Cooper	1	

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 (separate locations)	Northampton
19th Oct	County Training (separate locations)	Northampton
24th Nov	County Training (separate locations)	Northampton
8th Nov	Junior Winter Cup	Hazelborough Woods
9th Nov	County Training (separate locations)	Northampton
10th Dec	Junior Winter Cup	Crown Lands (opposite circuit)
7th January	County Cross Country Champs	Corby
28th Jan	Midland Cross Country Champs	Nottingham
24th Feb	Junior Winter Cup	Crown Lands
24th March	Junior Winter Cup	Hazelborough Woods
30th March	Junior Winter Cup	Bucknell Woods

Included events in RBD

Number of Races / Events	Level of Award
10-15	GOLD
5-9	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	10	Silver
Eleanor Rees	9	Silver
Ben Hanson	9	Silver
Amy Selley	9	Silver
Neva Wray	8	Silver
Layne Wray	6	Bronze
Ollie Meek	4	Bronze
Zach Rycroft	4	Bronze
Shannon Lock	3	
Kade Verwey	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	Chiltern League CC - Luton	Wigmore Valley
9th November	Junior Winter Cup	Hazelborough Woods
12th November	Chiltern League CC - Watford	Cassiobury Park
3rd December	Chiltern League CC	St Albans
10th December	Junior Winter Cup	Crown Lands (opposite circuit)
7th January	County Cross Country Champs	
14th January	Chiltern League CC - Slough	Upton Court Park
2nd February	Junior Winter Cup	Crown Lands
11th February	Chiltern League Cross Country	Wing
25th February	National Cross Country	London
2nd March	Junior Winter Cup	Hazelborough Woods
30th March	Junior Winter Cup	Bucknell Woods

Included events in RBD

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

This is the busiest month of the year and some of you will have at least one race a week if we include the school races, along with that we have 5 Tuesday training sessions. There will not be a Saturday junior cup race this month due to the amount of other competition you have, your targets for the next race will be your times achieved on December 10th as the course will be used again at the Crown Lands (opposite the circuit). The next junior cup race will be on Saturday February 4th, although Millie has quite a big lead at the top of the table much can change over the next 3 months. All details will be in February's junior news.

The club races this month are Saturday January 7th County Cross Country at Corby, January 14th Chiltern League Slough (please book a seat on the coach) and The Midland Cross Country is at Nottingham on 28th.

On Tuesday December 6th we handed out 26 forms for you to indicate your preference of competition, only 3 came back. We were looking for the favoured races so our efforts can focus on the popular choices rather than races few of you are keen to support. The new deadline for handing in these forms will now be Tuesday January 10th.

Sponne School Tuesday January Training (including parent helpers)

6.30pm-7.45pm

3 rd	Long Run	(Ellie Lock & Kit Rapson)
10 th	Hills	(Claire O'Reilly & Ross Edmonds)
17 th	Circuits	(Kate Prichard & Dave Morley)
24 th	Minute Exercises	(Anne Gray & Ross Edmonds)
31 st	Reps	(Ellie Lock & Vicky Meek)

See you on the 3rd

Graham

RUNNING BACKWARDS ON THE ROAD

Nether Heyford Santa Run – 4th December 2011

½ mile		1 mile		5 miles	
Andrew Taylor	7:19:62	Adam Gray	8:12:81	Claire O'Reilly	46:11:15
Erin Taylor	7:19:82	Anabel O'Reilly	9:06:68	Anne Gray	47:08:68
		Sophie Gray	9:26:55		
		Daniel O'Reilly	9:33:99		
		Helen Taylor	12:21:16		

Bedford half marathon – 11th December 2011

Age records for Linda Lytollis (F40) and Allan Lock (M70) (and a PB)

41 st	Andy Pacey	1:20:13	763 rd	David Jarrett	1:47:30
74 th	Nick Pacey	1:23:53	811 th	Richard Popiel	1:49:27
520 th	Stewart Shears	1:40:49	812 th	Natasha King	1:49:27
605 th	Linda Lytollis	1:43:28	1012 th	Allan Lock	1:55:18



Stewart
(about the get hit on the head or run over)



Linda
(I thought that Snoods had been banned?)



David
(A hat to keep the heat in – thinning on top?)



Richard
(No longer thinning on top!)

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BEDFORD HARRIERS HALF MARATHON
SUNDAY 11th DECEMBER 2011

ARC
ARC PERMIT NO. 11227 CERT No. 64091

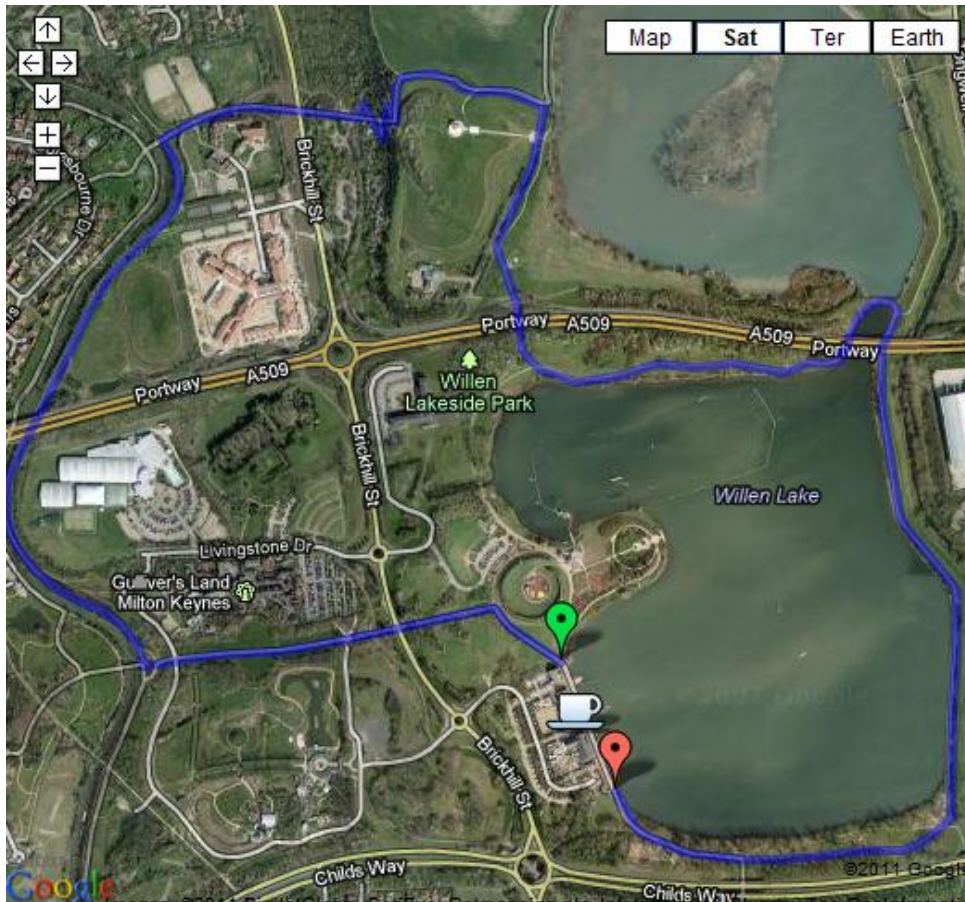
RACE DAY CONTACTS & MOBILE NUMBERS
RACE DIRECTOR STEVE CRANE 07771 860751
ASSISTANT DIRECTOR BRIAN & CALLEN 07914 688991
CHIEF MARSHAL KEVIN WILLET 07831 148402
SECTOR MARSHAL
SECTOR MARSHAL

Milton Keynes Parks Run - 31st December 2011

254th

John Fowler

35:30



I had not run this race but had heard good reports particularly from Chris Wood, who still holds the record for the slowest race winner. It was with some trepidation, however, that I left home at 07.45 and arrived at Willen Lake at about 08.15. I had expected there to be signs that a run was going to start at 09.00 but apart from three people drinking tea at The Lakeside there was no sign of life. Over the next 30 minutes people arrived and assembled. The run started on time and has many good points:

- It is free (apart from the £1.20 to park at Willen Lake)
- You need to register in advance to receive by e-mail a barcode number. This you keep for ever and can use at other Park Runs around the country
- The runs take place weekly on a Saturday morning starting at 09.00
- It is traffic free
- It is largely flat apart from a mountain climb just after 2km
- It is suitable for juniors although runners under the age of 11 should be accompanied by an adult
- The finish and recording of time were simple
- The results were e-mailed to me (and I assume all other runners) by 13.00 the same day
- I managed to record a MV55 PB for me (which hopefully will be beaten next week) – I had forgotten how to run having eaten too much the night before, having slept too little and having a hangover!

Be aware however that there are limited toilet facilities and that Stella-Maria Thomas will often take a photograph of you between 3k and 4k! (Thanks for being a marshal Stella)

John Fowler

Nos Galan 5k – 31st December 2011

Graham Linnell

21:30

It was cold. It was wet. (But it is in Wales so what do you expect?).
There were lots of spectators (mostly alcohol fuelled!)

A REVIEW OF 2011 ON THE ROAD

No end of year publication would be complete without a review of events in the preceding 12 months. There were some notable individual and team successes on the road during 2011 but here I will focus just on useless statistics (one of the problems of having time off work between Christmas and New Year!).

Collectively:

81	The number of Silson Joggers who took part in road races (including Juniors at Helmdon & Heyford) during 2011 (I have included myself in this with a valuable but slow 2 races!)
440	The number of Silson Joggers who finished road races during 2011
5,337,223	The number of yards run by Silson Joggers in road races during 2011
3,032.51	The number of miles run by Silson Joggers in road races during 2011

The most popular races were 5 miles with 139 finishers and 10k with 121 finishers
There were some odd distances run including at Helmdon, Langley & Farnborough

Individually:

Men

19	The number of road races that David Jarrett completed during 2011
18	The number of road races that Andy Pacey completed during 2011
15	The number of road races that David Morley & Simon Woodward completed during 2011
276,456	The number of yards run by Andy Pacey in road races during 2011
256,195	The number of yards run by David Jarrett in road races during 2011
229,726	The number of yards run by Simon Woodward in road races during 2011

Ladies

15	The number of road races that Madeleine Moutrie & Sarah Clark completed during 2011
13	The number of road races that Heather Cooke completed during 2011
186,023	The number of yards run by Madeleine Moutrie in road races during 2011
151,633	The number of yards run by Sarah Clark in road races during 2011
123,150	The number of yards run by Heather Cooke in road races during 2011

John Fowler

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 Men's 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.

EAST MIDLANDS GRAND PRIX SERIES 2012

Dates for the series for 2011 are:

9 th May	Silverstone 10k	12 th June	Banbury 5
16 th May	Rugby 6	19 th June	Harborough 5
22 nd May	Bedford 6	26 th June	Weedon 10k
30 th May	Corby 5	3 rd July	Milton Keynes 10k

A series entry form can be found on the web site. If you want to enter the remaining 7 races in the series (Help required at Silverstone) then the cost is £40 per member and this enters you in advance for all the races with no need to register. You will need to collect your number at the Silverstone 10k. This offer closes 2nd May 2012 (no exceptions!)

VOLUNTEERS – SECOND CALL

SILVERSTONE HALF MARATHON – Sunday 11th March 2012

Please let me know as soon as possible if you are able and willing to volunteer to marshal. For those of you that have not done it before it is good fun although the weather can be "changeable". You need to be at the Circuit by 11.00 and depending where you marshal can leave between 1.00 and 4.00 (so reply early as it might mean that you get a shorter marshal point! You will get a free running jacket, a sumptuous feast for lunch and some gardening gloves. It is suitable for Juniors (with support from an appropriate adult) so why not make it a fun filled family day out?

Thanks

John Fowler – john.fowler7@btinternet.com

TRAINING – RUNNING BACKWARDS

Winter Cup 2011 – 2012

Round 2: 2.36 miles, 7 December 2011

		Revised targets, Round 2* (2.36 miles)		Recorded times, Round 2 (2.36 miles)		Winter Cup points**
		min	sec	min	sec	
Dan	Taylor	13	50	14	10	130
Stuart	Shears	14	48	15	7	131
John	Olejinik			16	8	
Taz				16	15	
Ross	Edmonds			16	17	
Heather	Cooke	16	28	16	27	151
Mark	Armstrong			16	28	
Tash	King	17	40	17	18	172
John	Adams	17	30	17	27	153
Mel	Bignell	18	12	17	48	174
Geoff	Brackpool			17	54	
Shona	Smee			19	17	
Tom	Pomeroy	21	18	22	11	97

* Revised to 2.36 miles from original 2.50 miles.

** Winter Cup points given for those who have run both rounds.

Mince Pie Run – 27th December 2011

Many were invited. Few turned up. Those who didn't have probably done this run before and knew better than to attempt to blow the Christmas cobwebs away in such a painful manner. Cars were parked at a spot on a hill most people will know from the Weedon 10k. This gentle incline was a mere foothill compared to what was in store.

A hard core of seven turned up and were treated to a bright late December morning with barely a breath of wind. The finish line was indicated by Graham. At this point the starting point could not be ascertained, being so far, far below us down the hill.

From the cattle grid the initial stages of the climb are STEEP. It is baby steps up the fresh tarmac past the dead squirrel who presumably couldn't handle such a hard session. Survivors of previous Mince Pie runs will have noticed that South Northants Council have blown the budget big style by tarmacing a whole 100m of the climb. The re-layed bit of road ends where the gradient slackens off a tiny bit. This is where the headwind normally makes itself felt although it was conspicuous by its absence this year. Thankfully the coach didn't insist on any extra reps to make up for it.

Well done to all who survived the run. Hope you're not still aching!

Chris Wood

ROAD RUNNING CHALLENGE 2011

The Run 11 Result and Final Positions

Overall Winner	Sarah Clark
Class Winners	
F Senior	Sarah Clark
F 45	Sue Clayton-Drabble
M Senior	Chris Wood
M 40	Andy Pacey
M 45	Kevin Reboul
M 50	David Jarrett

Yellow highlight indicates joker played

A storming performance sees Sarah take victory and the Dr Frank Newton cup. Congratulations also to Sue, Chris, Andy, Kevin and David.

Thanks to all who took part, the SRRC will be back in 2012

The Run		<u>Mins</u>	<u>Secs</u>	<u>Race</u> <u>Total</u>	<u>Challenge</u> <u>Total</u>
Sarah Clark	SF	48	10	54.14	515.50
Sue Clayton-Drabble	F45	51	39	139.85	690.78
Madeleine Moutrie	F45	50	10	135.83	699.60
Kevin Reboul	M45			0	700.49
Sheona Smee	F50	54	36	147.83	706.16
Andy Pacey	M40	35	37	104.60	707.90
Chris Wood	SM	35	47	106.92	738.30
David Jarrett	M50	47	14	138.72	743.23
Heather Cooke	SF	45	55	108.81	759.61
Simon Woodward	SM	36	29	109.01	759.94
Andy Kirk	SM	39	25	117.78	792.77
Richard Davies	SM	42	3	125.65	815.28
David Morley	M40	43	46	128.54	863.97
Andy Hoare	M50			0.00	864.72
Brian Keers	M50	49	30	145.37	906.10
Jonathan Gale	M40	45	24	133.33	1026.99
Six Races					
Nick Pacey	M45			0.00	583.75
Trevor Barnes	M55	43	33	127.90	658.16
Carol Debney	F65			0.00	827.57
Five Races					
Justine Verwey	F40			0.00	627.94
Simon Peart	M40			0.00	636.19
Kit Rapson	F40			0.00	701.27
Four Races					
David Coates	M50			0.00	420.30
Ellie Lock	SF	48	40	115.32	471.81
Three Races					
Michael Spencer	M45			0.00	362.59
Two Races					
Juliet Hanson	F45			0.00	259.64
Thomas Schilling	M40			0.00	270.88

TRAINING – RUNNING FORWARDS

January			
Tues 3rd	Juniors	Sponne	Long Run
Weds 4th	Seniors	Circuit	Winter Cup 5k
Sun 8th	Seniors	Nether Heyford	Sunday Run
Tues 10th	Juniors	Sponne	Hills
Weds 11th	Seniors	Circuit	Easy Run
Sun 15th	Seniors	Infant School	Sunday Run
Tues 17th	Juniors	Sponne	Circuits
Weds 18th	Seniors	Circuit	Car Park
Sun 22nd	Seniors	Infant school	Sunday Run
Tues 24th	Juniors	Sponne	1 min exercises
Weds 25th	Seniors	Circuit	
Sun 29th	Seniors	Stony Stratford	Sunday Run
Tues 31st	Juniors	Sponne	Reps
February			
Weds 1st	Seniors	Circuit	Winter Cup 2.5
Sat 4 th	Juniors	Crown Lands	Junior Cup
Sun 5th	Seniors	Nether Heyford	Sunday Run
Tues 7th	Juniors	Sponne	Long Run
Weds 8th	Seniors	Circuit	Easy Run
Sun 12th	Seniors	Infant school	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

NUTRITION

ADVERTISEMENT

Fellow Joggers,

I'd like to talk to you about nutrition, or more to the point my fully qualified friend would.

Have you ever wondered about whether you're eating enough? Or eating the right (or wrong) types of food? Are you getting enough energy on board to do your training and racing efforts justice?

What is being offered is a food diary analysis with some feedback advice should it be needed. If you don't know what this involves let me tell you. What you need to do is keep track of *everything* you eat and drink throughout the day (this will include post xc cake I'm afraid) across a two week period along with whatever training/events you are you doing. And that is it....simple!

If you are interested or have any questions feel free to drop me an email or of course you can speak to me at training. I can even show you an example of their work, as they did this service for me back at the beginning of the year and I'll attest that it works.

The price for this service will be a mere £20, so if you think it could be for you give me a shout.

Thanks for reading

Dan Taylor

RUNNING BACKWARDS OFF THE ROAD



Heather, Ellie & Sarah with their medals from the cross country held at Warwick University

CHILTERN LEAGUE – RACE 3 – ST ALBANS – 3rd December 2011



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

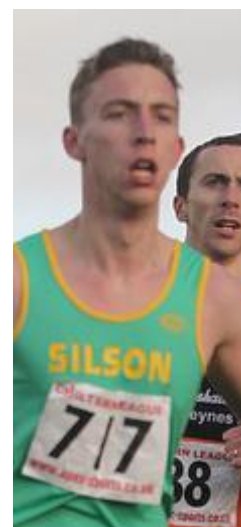
We fielded a depleted team once again with 35 Silson athletes completing the course, including 10 Juniors. The overall field for the event was quite small though as injuries, illness and work commitments are things that affect all clubs, hopefully in equal measure.

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

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

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

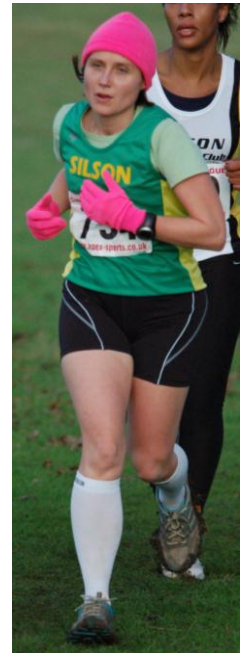
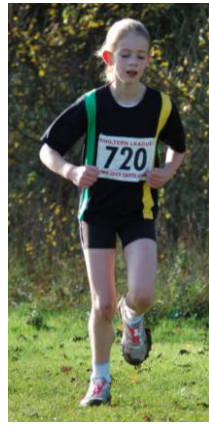
Our men’s team was led home by Andy Pacey who was flying only 2 weeks after completing a marathon. Tom Phelps had a great run to be 3rd man home while Matt put in the best sprint finish of the day to add a few valuable points. Trevor Barnes and Andy Taylor completed the 10 scorers for the Men’s team.



For a full set of results go to <http://www.chilterncl.co.uk/results.htm>

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

Simon Woodward



Senior/Junior/Veteran Men

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

Under 17 Men

29	JOHN OLJENIK	24.42	712	M17	28
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Under 15 Boys

28	TINAZ ERENLER	19.20	726	M15	28
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Under 13 Boys

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

Senior/Veteran Ladies

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

Under 15 Girls

35	MADELEINE SMEE	14.23	714	F15	34
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Under 13 Girls

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

Total Overall Score

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

Male Overall Score

			1	2	3	4	5
1	BEDFORD & COUNTY	6693	2248	2457	1988		
2	MARSHALL MILTON KEYNES	6570	2252	2419	1899		
3	HARROW A.C.	6108	2126	2326	1656		
4	WINDSOR SE&H	6064	1696	2596	1772		
5	VALE OF AYLESBURY	5678	1873	2126	1679		
6	CHILTERN HARRIERS	5157	1464	2207	1486		
7	LUTON A.C.	4637	1695	1568	1374		
8	HEADINGTON R.R.	4529	1288	1836	1405		
9	LEIGHTON BUZZARD	4164	1406	1421	1337		
10	SILSON JOGGERS	3675	1169	1373	1133		
11	TRING RUNNING CLUB	3523	1258	1386	879		
12	OXFORD CITY	3490	1096	1674	720		
13	BEARBROOK JOGGERS	3218	900	1345	973		
14	GADE VALLEY	3011	920	1163	928		

Female Overall Score

			1	2	3	4	5
1	WINDSOR SE&H	2162	757	813	592		
2	MARSHALL MILTON KEYNES	1998	683	734	581		
3	CHILTERN HARRIERS	1800	638	619	543		
4	BEDFORD & COUNTY	1688	600	577	511		
5	LUTON A.C.	1486	539	531	416		
6	VALE OF AYLESBURY	1110	408	362	340		
7	HARROW A.C.	985	363	319	303		
8	BEARBROOK JOGGERS	906	285	344	277		
9	TRING RUNNING CLUB	708	203	277	228		
10	GADE VALLEY	701	247	277	177		
11	SILSON JOGGERS	686	230	267	189		
12	OXFORD CITY	642	271	260	111		
13	HEADINGTON R.R.	631	145	210	276		
14	LEIGHTON BUZZARD	611	189	239	183		

St. Albrans round up

At the start of December the team made the trip, or perhaps pilgrimage, down the M1 to the town of St. Albrans, the patron saint of high fibre breakfasts full of slow-release energy. Sick of daily fry-ups, the breakfast of choice back then, Mr Albran threw a wobbler one day and in protest ate some plants out of the garden with some milk thrown on top. From humble beginnings a new breakfast paradigm was spawned.

Having this new found energy source, the soon-to-be saint took to running round Verulam Park, a tradition which the Joggers humbly followed in. Amazingly the temptation of both the retail park and the cool water slides of the leisure centre's pool did not distract the team from its mission and we dutifully took to the tortuous course around the park on a surprisingly mild day.

The opening charge took us worryingly close to a football match before a slippery climb through the woods. A much appreciated descent led to a drag uphill that got longer with each lap before a very long and fast downhill to the lower end of the park. Everyone managed to avoid playing on the swings, at least during the race, before climbing back up to the wind-swept start.

Joggers remaining in Northants who glanced south that day may have seen a faint orange glow in the sky. Thankfully London was not ablaze with riots yet again – this was merely the reflection of Tash's bright pink hat & gloves combo, bang on trend for the 2011/2012 cross country season. These must-have accessories will soon be rolled out to the rest of the squadincluding the men.

The retired-from-cross-country Brian actually managed to be retired this time and was seen at various points round the course looking officious with folder in hand. He didn't appear to be missing running too much. Who knows what he was noting down during the course of the race?

A good day out was had by all. Except Jim, who hurt himself. Get well soon!

Chris Wood

RUNNING FORWARDS OFF THE ROAD

CHILTERN CROSS COUNTRY LEAGUE - SLOUGH 14th JANUARY 2012

Also could you please reply to this email to book seats on the coach for the Chiltern League fixture at Slough on January 14th. The 49 seater coach will be leaving Sponne at 9.30am also picking up at Stocks Hill Silverstone at 9.40.

To book your place contact Graham Linnell on graham.linnell1@btinternet.com. Let's fill the coach and get a big result.

Important information on the Slough Chiltern League Fixture

From the Chiltern League website:

Important - we have had to relocate the finish funnel away from our usual spot because we have been advised that there is contaminated ground at that point prohibiting penetration of the topsoil (the park was once the municipal rubbish tip).

Just to confirm – we're travelling to Slough (.....Slough!) to run on a barely-covered rubbish dump. The glamour of cross country never ceases to amaze me.....

Chris Wood

Cross Country Championships 2012

Silson is entering Junior and Senior Men's and Ladies' teams in the Northants and Midland Champs as well as a Senior Team in the English Nationals.

Northants County Champs – West Glebe Park, Corby, NN17 1SZ - Saturday 7th January 2012

Our entries are completed for the Northants and we now just have to arrange our transport. The Junior races begin at midday, starting with the U15 Girls. The Senior ladies race is at 12:55 with the men off at 1:30pm. Those that are running should try to support the other Silson runners if possible and spectators are welcome.

Heather and Simon will help to arrange car shares as required – please get in touch.

Midlands Area Champs – Wollaston Park, Nottingham - Sat 28th January 2012

We only just have enough runners to make up full men's and still need lots more ladies for the Midlands Champs. The Midlands is usually a couple of km longer for the Seniors than the Chiltern League and the courses are usually a good challenge. We have Juniors also entered and if we have enough will run a minibus to save on cost.

Simon will be entering the team in w/c 9th January so if you haven't already said yes and want to be part of the team please get in touch with Simon or Heather as soon as possible.

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. We are

SOS to the Ladies – we need at least 3 more ladies for this event to have a full team. It would be great to get complete ladies and men's teams competing.

On the men's side we could still enter one or two more to give ourselves some cover in case of injury.

However, the entries must be completed by **3rd January** so please email Simon immediately if you want to be part of the team.

Simon Woodward - woodwardsimon@hotmail.com

RACES – running forwards

Forthcoming Events in the local(ish) area

Date	Event	Category
07/01/2012 (Sat)	Northamptonshire County XC Champs	Cross Country
14/01/2012	Chiltern League Round 4, Slough	Cross Country
15/01/2012	Wellingborough Multi-terrain Race 1: 5k, 10k, 15k	Off-road
25/01/2012 (Wed)	Eric Humphreys Shield, Delapre Park, Northampton	Cross Country
28/01/2012 (Sat)	Midlands Area XC Champs, Nottingham	Cross Country
29/01/2012	Gayton Run 10k, Blisworth (also a 5k option)	Road
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
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
11/03/2012	Silverstone Half – MARSHALS REQUIRED	Road
18/03/2012	Banbury 15	Road
31/03/2012	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	Oakley 20	Road
22/04/2012	Virgin London Marathon	Road
07/05/2012	Weston 5	Road / Off-road
09/05/2012	Silverstone 10k **THE BIG ONE** Everyone to marshal please	Marshal
16/05/2012	Rugby 6	Road – EMGP
22/05/2012	Bedford 6	Road – EMGP
30/05/2012	Corby 5	Road – EMGP
12/06/2012	Banbury 5	Road – EMGP
19/06/2012	Harborough 5	Road – EMGP
26/06/2012	Weedon 10k	Road – EMGP
03/07/2012	Milton Keynes 10k	Road – EMGP

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

AND FINALLY

There will be a major prize to anyone who can identify the proud owner of these new running shoes:



HEALTH WARNING – SILSON JOGGERS A C MAY CONTAIN NUTS