



The 10k Times

July 2011

www.silsonjoggers.org.uk

SILSON JOGGERS STAGE MIDSUMMER FANCY DRESS PARTY



**Simon wins the “surprise package” award
for his outstanding contribution**

JUNIOR JOGGERS

This is the last news letter of the present season, as the club activities now take a break which is similar to the school holidays time wise. It was decided at the last juniors committee meeting to introduce an extra training session each month, with a view to eventually staging the same amount of sessions as the seniors i.e. midweek and weekend. The extra session will be on the first Saturday of each month, with timing to be decided by you. With this in mind the return date will be Saturday September 3rd at an outdoor venue i.e. Bucknell Woods, with Tuesday 6th being the first midweek session, this will commence a month of midweek training at Bucknell Woods in Silverstone.

The weather for the evening of the Fun Mile on June 17th turned against us at Silverstone Playing Fields. Our juniors showed an excellent attitude, returning some fine times on a slippery surface (results below)

Our last competition of the season will be the Chairman's Cup at Kettering on Saturday July 9th. We will be meeting at Sponne School 11am for this event.

There are just 3 Sixfields training sessions left for this season 6.45-8.00pm. These are on July 1st, 8th and 15th. The last of these is a fun event with a few goodies for the participants.

We hope you have enjoyed the running year with Silson Joggers. You have all become a massive part of the club. Next season should be even better with some exciting talent to be added to the various age group teams.

Silverstone Fun Mile Results June 17th


Layne Wray	6.07	Imogen Mitchell	7.40	Danielle Lock	9.35
Ben Hanson	6.24	Eleanor Rees	7.44	Millie Rees	10.26
Luke Verwey	7.00	Rebecca Lytollis	7.48	Shannon Lock	11.09
Olly Meek	7.32	Sophie Marks	7.51	Holly Rees	11.13
Adam Gray	7.39	Lucy King	7.54	Nyah Lock	11.18
Neave Wray	7.39	Skye Verwey	8.08		

The September Junior News will be with you in August reminding you all to start training again!!!

Have a great Holiday

Graham

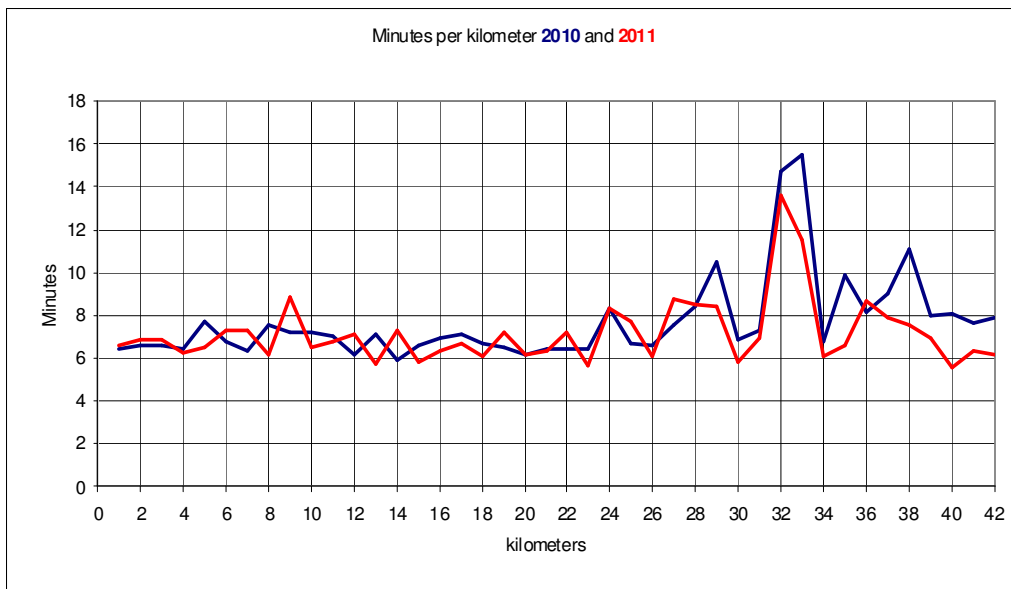
BIRTHDAYS IN JULY

Tom Pomeroy – 3 rd		Emma King – 9 th
Kade Verwey – 7 th		Ollie Meek – 26 th
Emily James – 8 th		David Coates – 29 th

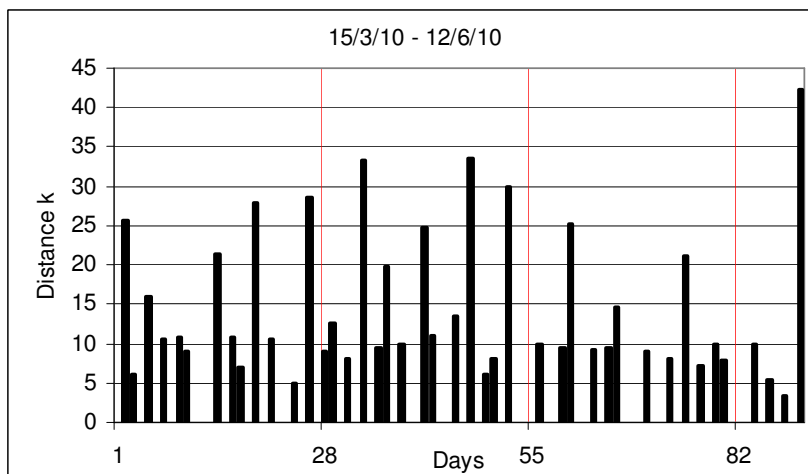
RUNNING BACKWARDS OFF THE ROAD

When less is more

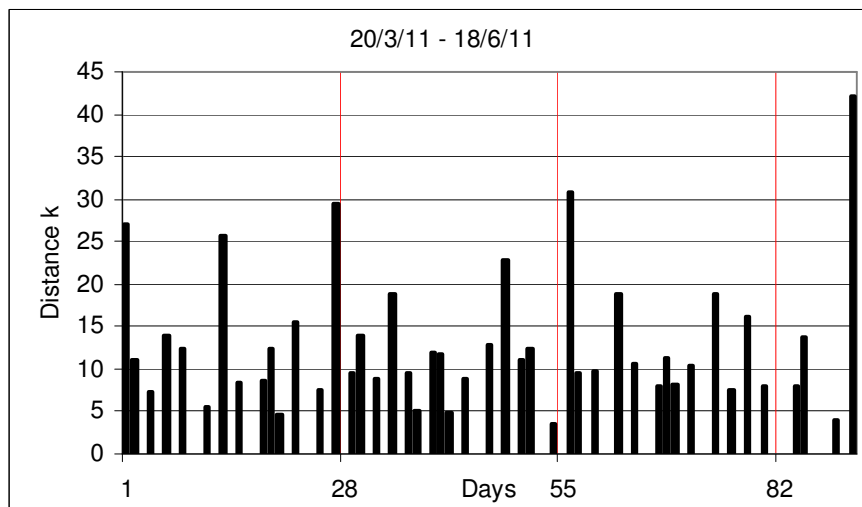
During preparation for my first marathon last year it became clear that I was beginning to wear myself out. The season had started well with the beginners group preparing for the Silverstone half in March and by that time we had had a few outings at about 19k. Then my programme was extended to marathon level. In earlier seasons I had completed a couple of halves and also at thirty 'k', but was that extra distance in my legs? Most schedules pointed to long efforts for the marathon so longer routes were devised and I gradually started to build my distances. Well into these I recall the occasion when running myself to a standstill with just over five weeks to go. Obviously not progress. I 'recovered' with shorter runs after that. As previously reported the marathon was completed but I suffered with ITB difficulties in the latter part of the race and also for many weeks afterwards, this is reflected in fig.1 as a reduction in my average running volume, the race in 2010 was completed in week 28.



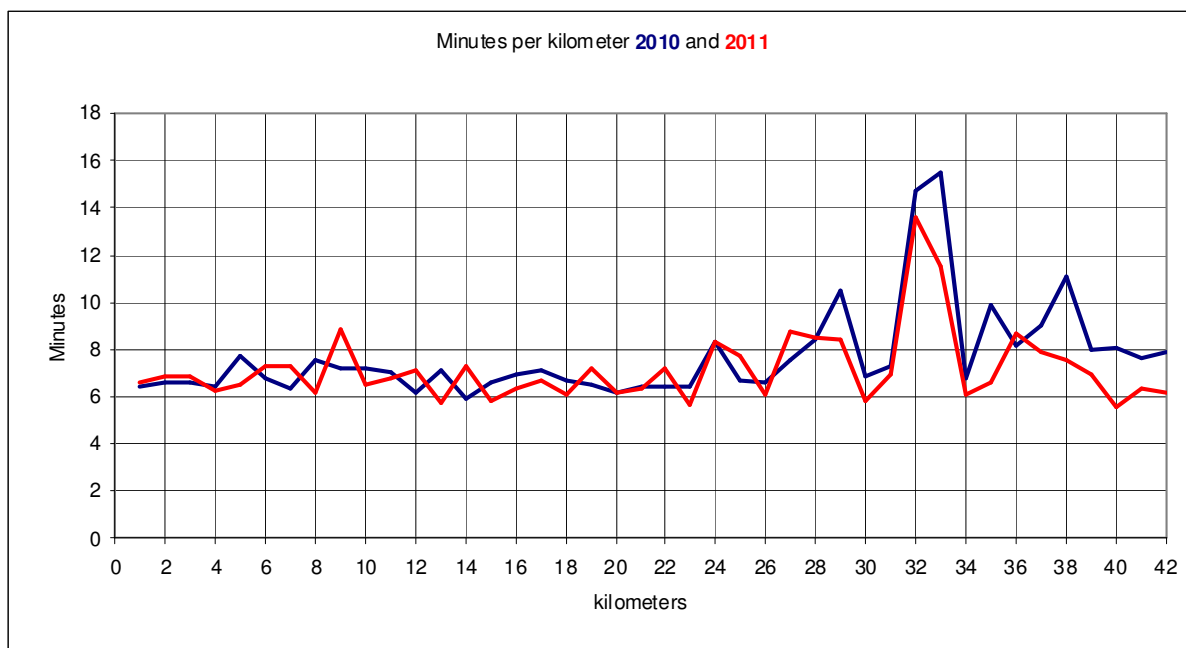
By mid September I had recovered sufficiently to carefully complete the Stockholm half and then two weeks later my main goal of the year the Lidingö 30k, week 43. What a relief! My running volume had also returned to near normal and I resolved to work harder for that marathon again but this time to use a different preparation strategy. I attributed my improved performance in the Lidingö race to concentrating on running efficiently for the terrain I was on and conserving energy, after all I have not got youth on my side. I decided to build up my stamina and recovery rates during the winter with interval sessions in Hazelborough woods and put in a few but longer runs in the spring as preparation for the marathon. These would be in addition to regular club outings.



The National Cross-Country championships and Kinder Downfall Fell Race acted as tough 'efforts' whilst the Banbury 15 and Marlborough Challenge '20' raised the distances. I also continued with interval sessions when gaps with other commitments permitted; these were only performed after a light day or rest period. The start of the EMGP series and a 5-mile leg of the South Downs Marathon acted as tempo sessions, Sixfields helped the speed work. Figs. 2 and 3 illustrate the difference in daily running volume in the springs of both seasons. About three months ago regular 'core' training began together with exercises to strengthen the ITB and now also stretching routines.



At the Nordmarka Forest Marathon (2216m ascents, 2163m descents, Garmin vals.) there are energy drinks and water stations at about 5k intervals. Foods including raisins, bananas, bread and jam are also available at these points together with gels and cola drinks at the last four, so competitors are well supplied. It was a little warmer than last year so I chose to run in the Silson green singlet; a windproof jacket was carried 'just in case'. Wisps of cloud were seen in the forest canopies on the hills and the sky was generally overcast, light rain showers came and went. We had had continuous rain during the previous day and in places the grus roads (granite stones finished with granite grit and sand) had rivulets of water running across them. Just after we started I followed someone wearing Five-finger shoes and wondered how he would cope with these conditions; we were to stay fairly close for the first 14k or so, losing to him while I walked up steep bits and passing on the flats and down hills. Running those downhill with 'soft' knees, dropping the hips and landing on the forefoot with a fast foot turnover in an effort to avoid those ITB problems of last year concentrated the mind. I tried not to run too quickly for the first 5k so I checked my Garmin pace regularly and had moderate success in controlling this. Fig 4 shows the comparison of kilometre split times for both years.



One way to keep my speed down was to walk up the very steep bits. Last year I ran everything until the forest section – which lies between 32 and about 33.5k – and, although it took me longer to get to this point in 2011 – by about two minutes- my split times generally improved from just before half way eventually becoming much better. This indicates that early energy conservation paid dividends. The forest section of boulders, tree roots and streams was not the shock it was last time and I found ‘nimble’ feet from somewhere. Out of the trees now and 500m zigzagging on downhill paths then a return to roads at 34k, but here surfaces changed from fine grus to loose coarse chippings and thoughts turned again to Fivefingers. Mostly gentle down hills now or flat to the finish, apart from one steep uphill at 36k, it was on these downhill sections last year that the ITB was so painful. At the finish I saw two chaps from London who had competed in road shoes and one of them had developed horrendous blisters that were bleeding, he said that the forest section had wrecked his shoes. The winning man came in at 2:52:46, slightly slower than last year, winning lady at 3:17:49. I was very pleased to have made 5:03:15, an improvement of 27:47, 372/406 overall and 3/7 in my class – with an engraved wooden bowl as third prize. The next targets are to strengthen my legs, run further up the hills without tiring – a fine balance methinks! - and get under 5hrs.

Allan Lock

South Downs Marathon – 11th June 2011

43rd Jim Darcy 3:36:15



The pre-race atmosphere was relaxed and friendly. My racing plan was to split the race into the 4 sections of the relay race, and to try and run all the way, including the hills.

The first 2 sections went according to plan as I felt relaxed and I was also able to appreciate the great views. In the 3rd section I found the 2 steep hills between 18 and 20 miles very energy sapping, but I managed to keep on running. In the 4th section I hit the infamous 'wall' and had to walk up 2 steep hills. At the finish I was very relieved, but I felt totally wiped out of energy.

Shortly afterwards, at the Joggers BBQ area, I suffered from mild hypothermia (uncontrollable shakes) and severe leg muscle cramps. **I would sincerely like to thank all of the Joggers for their kindness and help as it greatly sped-up my safe recovery.** Unfortunately to a certain extent my condition put a downer on the post-race banter and BBQ.

On reflection I enjoyed most of the marathon, as the views and different running terrain made it more interesting than many road marathons. I was pleased with my running performance, but it did make me realise how fantastic Simon has run in the South Downs marathon over the last few years. If I was doing it again I would probably walk the steep hills between 18-20 miles, and use the walking time for re-fuelling. This would hopefully mean that I would finish feeling reasonably healthy.

Photograph reproduced with kind permission of Phil O'Connor - <http://www.philoconnor.com>

South Downs Marathon Relay – 11th June 2011

Silson Joggers entered 3 teams in the relay with the runners competing over legs of 7.7 miles, 5.5 miles, 7.5 miles and 5.5 miles respectively. Team number 90 finished second overall with team 89 finishing 27th and team 88 finishing 48th. There was some confusion of the results with team 90 not appearing in the published results as having finished, despite having been presented with their prizes on the day! See Simon's report on the next page

Place	Team	Total	Leg 1	Leg 2	Leg 3	Leg 4
2 nd	Team 90	2:49:30	48:37	31:58	49:16	39:39
27 th	Team 89	3:40:29	56:30	58:44	59:24	45:55
48 th	Team 88	3:54:31	1:01:42	58:49	41:22	1:12:44



Photographs reproduced with kind permission of Phil O'Connor - <http://www.philoconnor.com>

The South Downs Marathon has been a regular fixture for me since taking up running 6 years ago. But this year I've suffered from achilles tendonitis since Wing and after much frustration while training for London, I decided against the individual marathon this year.

The Relay Marathon is run over the same 26.2mile hilly trails in a westerly direction along the South Downs Way and involves four runners in each team taking on legs of between 5m and 7.7m. We entered 3 teams of Silson Joggers in the Relay and Jim Darcy was our sole entrant in the individual marathon.

Probably the worst part of this event is the need to get up at 5am to set off for the start although at least the M1 and M25 are quiet at that time on a Saturday morning. The trip down was fairly uneventful until I took a wrong turn somewhere in Hampshire which prompted a bit of frantic map reading to get us back on course and we arrived at 8.15 ready to register our team, meet up with our other teams and for Nick to get warmed up in the sunshine overlooking the south coast.

Two years ago, our Silson team finished 2nd overall and were 1st Veterans team but this time out unfortunately my involvement meant we weren't eligible for the vets prize. So our target was a top 3 finish and our strategy was simple: put our fastest runners on the longest legs and then run as fast as we could. As 2nd leg runner I warmed up a little while we waited for the start and I felt strangely jealous of those preparing for the individual race.

We watched Nick start the race with a lap of the sports field and disappear off with 110 other first leg runners into the unknown. The first leg has an undulating start for a mile and then a steady climb along trails for a couple of miles that evolves into a steeper and more gruelling climb along trails up to the top of the ridge at about the 5m mark. Then it's a couple of miles along the top and a sharp and uneven descent into the first changeover.

Meanwhile the rest of the team dashed over to the car to set off for the first changeover point (not to be mistaken for the second changeover point, although some say they look quite similar). Once there, I warmed up dodging the cow pats in a field and we awaited Nick's arrival with anticipation. A Denmead Striders runner appeared first after a very impressive run and a couple of minutes lead. We were in 3rd under 30 second behind 2nd place.

My leg began with a moderately steep ascent straight from the start for a mile and about half way up I overtook the 2nd place runner from Portsmouth and continued pushing to the summit to complete the first mile in 8 minutes. The second leg then undulates along the stony path along the ridge for a further 3 miles before the fast descent to the next changeover.

Next it was over to Andy and back to driving duties for me. Andy also did the 3rd leg 2 years ago so knew what to expect from the toughest section of the course. A long steady climb for the first mile (sounds familiar by now) but at least 4 other steep climbs and descents in the 7.5 mile leg make this a daunting prospect and all runners I've spoken to find walking up a couple of these hills the best approach. Andy completed the leg about 2 minutes quicker than his previous time to consolidate our second place.

Kevin ran the last leg of 6miles along constantly undulating tracks and quiet lanes with a couple of big hills towards the finish in the Queen Elizabeth Country Park. We raced there first to erect the Silson flag and we didn't have long to wait before the winning Denmead team crossed the line in a new course record of 2:42:38. Kevin safely brought our team home in a Silson record of 2:49:30, which was a few minutes quicker than we had hoped for. We were 7 minutes clear of 3rd place but left wondering how we can make up 7 minutes on the winners next year.

So all that was left to do was set out the rugs, light the barbecue and be ready to cheer on our other two teams. Well done to Heather, Andy, Dave, Trevor, Sam, Vince, Allan and Simon for also completing the course. Jim's individual race started an hour later so we had some time to wait for his arrival and he finished in an impressive 3:36 after a real struggle for the last 6 miles.

This is a really enjoyable event that gives a different challenge to the local events we enter. The scenery is spectacular and every team member got a medal, t-shirt and goody bag with energy gels and other products. I'm looking forward to next year already!

Simon Woodward

MEDICAL JOGGERS

SECURITY guard Sean Murphy blasted off his own finger - after using a shotgun to try to remove a wart.

Some people try ointments from the pharmacist. But Sean Murphy decided on the firepower of a 12-bore Beretta at a Doncaster garden centre.

The result? The wart consigned to history, along with most of the middle finger of his left hand.

Murphy, aged 38, landed in court after his actions, but left court with cause for a double celebration - he avoided going straight to jail for illegal possession of a firearm and does not mind losing a digit if it meant getting rid of the troublesome wart.



After leaving Doncaster Magistrates' Court with a suspended 16-week prison sentence, a smiling Murphy said: "I'm happy with that. I know I could have gone to jail for up to 15 years for a firearms offence. My solicitor did a very good job. The best thing is that the wart has gone. It was giving me lot of trouble."



NOTE TO ALL JOGGERS

**IF YOU HAVE A BUNION THEN
DO NOT DO THIS. THIS
REMEDY WOULD BE LIKE
"SHOOTING YOURSELF IN THE
FOOT"**

RUNNING BACKWARDS ON THE ROAD

Regensburg Marathon (somewhere in Germany) - 5th June 2011

Richard Popiel

4:21:13

Banbury 5 miles - 7th June 2011 - EMGP Race 5 & SRRC

Nick Pacey - 1st M45
Mel Bignell - 2nd F50

Andy Pacey - 3rd M40
Ladies - 3rd team

CLUB AGE RECORDS FOR ANDY PACEY & MEL BIGNELL

12 th	Chris Wood	28:09
13 th	Nick Pacey	28:17
18 th	Andy Pacey	28:29
46 th	Kevin Reboul	30:19
65 th	Matthew Wootton	31:16
113 th	Richard Davies	33:52
124 th	Heather Cooke	34:40
131 st	David Morley	34:58
145 th	Jonathan Gale	35:18
148 th	Andrew Hoare	35:34
153 rd	Sarah Clark	35:46
171 st	Mark Nicholls	36:19
189 th	David Jarrett	37:16
190 th	Brian Keers	37:19
202 nd	Simon Peart	37:55
224 th	Roger Taylor	38:56
230 th	John Adams	39:20
235 th	Natasha King	39:31
241 st	Sue Clayton-Drabble	39:50
250 th	Claire Todd	40:19
251 st	Mel Bignell	40:23
254 th	Madeleine Moutrie	40:30
267 th	Allan Lock	41:46
315 th	Justine Verwey	47:43
328 th	Shirley Williams	51:32



And so to deepest, darkest Oxfordshire for round 5 of the EMGP. Continuing the theme, yet another event with a never-ending final mile.....Same course as in previous years – a fast first mile after a start deep in Banbury's suburbia followed by some rural miles with a few hills before the narrow path along the final mile.

As in Bedford last month, the battle to be first M45 in the race was a closely fought affair with nothing to separate Nick and R&N's Greg Spellman. It was an intriguing battle to watch at close quarters (i.e. by me and Andy) as the fast-starting Spellman was gradually reeled in by Nick, catching him at around 3 miles. Together at 4 miles, it was the stronger finish over that long drag home which bought Nick the win by 6 seconds.

Also benefitting from this little battle were myself, nipping past the pair in the last mile to be first home (and matching last year's time to the second), whilst Andy was close behind to lower the M40 record he set at Weston in May. Also lowering their own club record was Mel, 2nd F50 in the race and taking close to a minute and half off the record she set at Corby. There was a big PB for Dave Morley, which seems par for the course on his recent form!

Chris Wood

Milton Keynes Parks Run – 5k – 11th June 2011

11th Mark Armstrong 20:12

Market Harborough 5 – 14th June 2011 – EMGP Race 6

46 th	Kevin Reboul	31:10	205 th	David Jarrett	38:09
57 th	Andy Kirk	31:53	213 th	Simon Peart	38:31
89 th	David Coates	33:24	235 th	Natasha King	39:42
109 th	Richard Davies	34:16	236 th	Roger Taylor	39:47
112 th	David Morley	34:20	237 th	John Adams	39:49
130 th	Heather Cooke	34:59	249 th	Claire Todd	40:22
131 st	Jonathan Gale	35:00	261 st	Mel Bignell	40:59
145 th	Andrew Hoare	35:41	267 th	Sheona Smee	41:48
168 th	Mark Nicholls	36:20	328 th	Tim Hulett	48:09
174 th	Sarah Clark	36:34	343 rd	Shirley Williams	51:40

Marston Vale 5k – 17th June 2011

New Club M40 age record for Andy

4 th	Chris Wood	16:50	6 th	Andy Pacey	16:59
-----------------	------------	-------	-----------------	------------	-------

What better way to spend a wet Friday evening than heading to Bedfordshire for a quick jaunt over 5k? And a fancy new dual carriageway to try out on the way there. The excitement never ends!

Andy made a good start to what became a fantastic weekend for him as he lowered his club M40 record. This was all the more remarkable as the unrelenting rain made the gravel paths of the course pretty slimy underfoot and the final 200m on grass offered no traction whatsoever. Given the fact we looked like we'd been racing cross country, spikes would have been very useful at this point.

As well as taking 3 seconds off the record he set here last year, Andy was also first M40 again and had a comfortable 13 second gap over the 2nd place in that category.

Cunningly, the first 3 finishers received socks as prizes, which must have come in useful as mine were as damp as an otter's pocket by the end. We each received a Milky Way at the finish - the first time I'd had one in a while - definitely smaller than they used to be. Glad I had a Mars bar in the car.

Chris Wood

Milton Keynes Parks Run – 5k – 18th June 2011

42nd Brian Keers 22:25

Brackley 10k – 19th June 2011

Silson Joggers retain team prize
Andy 2nd and new age record
Simon 3rd

2 nd	Andy Pacey	35:43	38 th	Stewart Shears	45:32
3 rd	Simon Woodward	36:38	57 th	David Jarrett	47:26
6 th	Kevin Reboul	39:07	63 rd	Richard Wray	48:30
8 th	Andy Kirk	39:36	76 th	Sue Clayton-Drabble	50:22
10 th	Matt Wootton	40:12	79 th	Madeleine Moutrie	50:46
22 nd	Trevor Barnes	42:59	109 th	Sandy Moffat	54:42
26 th	Dave Morley	43:25	156 th	Tom Pomeroy	61:24
29 th	Heather Cooke	43:48	163 rd	Kit Rapson	64:37
31 st	Jonathan Gale	44:25	179 th	Carol Debney	70:45



Matt trying to pretend that he is not the missing member of "Badlee Drezzed Motlee Crew" (it should have been Andy Kirk)

Photographs reproduced by kind permission of Jackie Chapman, Paul Robinson & David Leader - Brackley & District Running Club

Farnborough Flier - 12k - 19th June 2011

33rd Richard Popiel 59:55 42nd Allan Gray 60:10

Weedon 10k - 21st June 2011 - EMGP Race 7 / NAA / SRRC

Nick - 1st M45
Andy - 2nd M40

Mel - 2nd F50
Sheona - 3rd F50

Club F50 Age Record for Mel

8 th	Chris Wood	36:15	146 th	Jonathan Gale	45:38
12 th	Nick Pacey	36:28	149 th	Mark Nicholls	45:46
13 th	Andy Pacey	36:30	168 th	Sarah Clark	46:53
23 rd	Simon Woodward	37:17	177 th	David Jarrett	47:15
45 th	Kevin Reboul	39:35	200 th	Andy Hoare	48:43
53 rd	Dan Taylor	40:09	237 th	Sue Clayton-Drabble	51:54
59 th	Andy Kirk	40:36	243 rd	Mel Bignell	52:07
99 th	David Coates	43:09	247 th	Madeleine Moutrie	52:28
113 th	Richard Davies	43:53	249 th	Sheona Smee	52:57
115 th	Heather Cooke	43:56	267 th	Sandy Moffat	55:19
117 th	Dave Morley	44:02	297 th	Tim Hulett	59:27
134 th	Trevor Barnes	45:05	313 th	Kit Rapson	63:19
140 th	Stewart Shears	45:22			

In case you were wondering just how you could make the Weedon 10k harder, the answer obviously is to add some breeze into the mix and see what happens. Despite that, what is possibly the hardest of the EMGP races didn't deter 25 Joggers from turning out on a very pleasant evening (for the spectators). And that big turnout proved successful as the men's team recorded one of their best ever EMGP results by finishing second team behind the mighty Coventry Godiva.

Everyone was pleased to see Graham overseeing our efforts in the first kilometre out through Upper Weedon. As ever though, our head coach new exactly what he was up to and had positioned himself so he could easily nip up the hill to his second observation spot on the tough climb up to the 8km point. As such he got to see the smiling Joggers on the way out, and the probably not so smiling Joggers on the way home....

Nick continued his great form to win the M45 category again, but only just held off Andy who had an amazing race - his 3rd in 5 days. It was also great to see Tim racing again after coming back from injury - he certainly picked a tough race for his return. There was business as usual for Heather as she once again led the ladies home.

Chris Wood

WALKING FORWARDS OFF THE ROAD

Trailwalker 100k South Downs - 16th July



Thank you so much to all Silson members who have sponsored us on our epic walk. It has been most humbling to have so many generous friends who have contributed so generously to boost our fundraising efforts to nearly £3000. If you haven't got round to it yet, we'd love to hear from you.... please visit - www.virginmoneygiving.com/team/silsontrailwalkers - (it is worth visiting this page just to see our appeal videos alone!)

On the day itself we set off at 10am and we will be walking non-stop through the night for 24 hours. PLEASE feel free to send texts to any of us during that 24 hour period to help us keep our spirits up, particularly when it gets dark! We will be up all night and we would love to hear from you.

Upon our return I am sure we will need some time to recuperate, dress our blisters and come up with a convincing proposal that the club records need to include a 100k time!

Dan, Paul, Tasha and David

MEMBERSHIP IS NOW (OVER) DUE

MEMBERSHIP FOR 2011/2012 IS NOW WELL OVERDUE.

**If you have not paid YOU ARE NOT INSURED
and
ARE NOT ENTITLED TO CLAIM RACE ENTRY DISCOUNT AS A CLUB
MEMBER**

SILSON JOGGERS AT THE TROUGH

END OF SUMMER TRAINING MEAL – THE BULL, TOWCESTER 29th JULY 2011 (NOTE CHANGE OF DATE)

We have had a fantastic year yet again and I think we all deserve to congratulate ourselves for all the hard work & commitment everyone has put into the club.

On that note, I have provisionally booked this year's end of season meal for FRIDAY 29TH JULY at THE BULL, TOWCESTER. (Recently refurbished, on the Brackley Rd). They have a separate room in their restaurant which we can have all to ourselves. I have attached a link to their website, where there is a link to their menu. They have asked that we order ahead our menu choices.

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

Hope to see lots of you there! If you could please let me know if you are able to make it by 30th June that'll be great.

Tasha King

RAMBLINGS FROM THE PRESS BOX

Chronicle & Echo makes brilliant unintentional pun regarding Silson's finest Royal Mail employees.....

Pacey brothers deliver for the Joggers again

SILVERSTONE'S Silson Joggers could once again rely on brothers Nick and Andy Pacey to produce the results as Tuesday evening's Banbury 5 kicked off the second half of the 2011 East Midlands Grand Prix.

The speedy siblings came away from round five of the series with an impressive win and new club five miles and has set club records on both occasions.

At Banbury he finished 18th overall and third in category.

There was also a Silson age-category record set by Mel Bignell, second F50 on the night with her 40:23 clocking.

Bignell's new record took an impressive minute-and-a-half from the previous record that she set at the Corby 5 a fortnight ago.

Leading the 25 Silson Joggers club's ladies team, who dominated both the female and female veteran team competitions.

Both teams were led home by F35 winner Kirsty Gallagher, who won the female race, finishing in 32nd place overall and recording an outstanding time of 29:32.

Next up was Julie Dixon, sixth lady and winner of the F40 category with a competitive time of 32:08, just ahead of Jasmine Lowdon, who was third senior lady in 32:42.

The veteran team was completed by the stalwart trio of Richard Lack, 28:56, Richard Fowler, 29:21 and Dave Parkins, 30:14.

The other male team scorer was prolific racer Charles Howard, who comfortably broke 30 minutes to finish in 34th place in a time of 29:44.

There were other notable runs from Steve Heighway, 30:49, Mark Fowler, 32:08, Mike Carrea, 32:43 and Jon Wilkinson, 32:57.

After five races in the eight-race series, Wootton comfortably lead both female team categories and the

MESSAGE FROM THE KIT MAN

Please would orders for kit be sent to me before July 5th at allan@wicken.u-net.com? I hope to be at Milton Keynes 10k on 5th July and at Sixfields on the 8th

Most sizes of ladies and men's singlets, short sleeve and long sleeve Training Vests, Hoodies and Reflective Bibs are in stock, together with a limited range of Shower proof and waterproof coats and Tracksters.

Later in the summer these may be available for collection at the beginning of August and from the beginning of September.

Allan Lock

ROAD RUNNING CHALLENGE

Round 4 Corby 5M

The annual outing to Corby proved only that the hill hasn't got any easier. Chris and Simon W led the Challengers home followed by Andy K and Kevin. Prize for the best joker went to Simon P who beat his 2010 time by 3.5 minutes and so had his points score reduced by 70. After the results had been checked and then checked again, the Clark/Davies household have annexed the two top spots followed closely by Chris with Sue C-D snapping at his heels.

Overall Leader Sarah Clark
 Class Leaders
 F Senior Sarah Clark
 F 45 Sue Clayton-Drabble
 M Senior Richard Davies
 M 40 Simon Peart
 M 45 Kevin Reboul
 M 50 Brian Keers
 Yellow highlight indicates joker played

Corby 5M		<u>Mins</u>	<u>Secs</u>	<u>Race</u>	<u>Challenge</u>
				Total	Total
Sarah Clark	SF	36	55	98.39	380.11
Richard Davies	SM	33	56	75.91	388.67
Chris Wood	SM	29	37	99.89	421.21
Sue Clayton-Drabble	F45	40	39	123.31	426.99
Heather Cooke	SF	35	38	114.27	435.91
Andy Kirk	SM	31	57	118.55	444.46
Madeleine Moutrie	F45	40	29	122.80	444.51
Brian Keers	M50	38	49	136.92	502.93
Three Races					
Kevin Reboul	M45	31	5	108.43	314.80
Simon Woodward	SM	29	53	110.88	328.00
Simon Peart	M40	39	1	74.77	348.66
Ellie Lock	SF	40	28	129.77	356.49
Jonathan Gale	M40	35	47	124.83	373.05
David Jarrett	M50	37	15	131.39	381.07
David Morley	M40	36	11	134.26	392.26
Two Races					
David Coates	M50	33	23	117.75	189.90
Andy Pacey	M40			0.00	191.28
Sheona Smee	F50			0.00	200.58
Andy Hoare	M50			0.00	237.04
Thomas Schilling	M40			0.00	270.88
Kit Rapson	F40			0.00	274.49
Justine Verwey	F40			0.00	290.52
One Race					
Trevor Barnes	M55			0.00	95.97
Nick Pacey	M45			0.00	100.00
Juliet Hanson	F45			0.00	125.79
Carol Debney	F65			0.00	130.90

Round 5 Banbury 5M

The hilly Banbury course was run in almost ideal conditions by the 16 SRRC Challengers who took part, and they were led home by Chris followed by the Pacey brothers and Richard. The result of this was that Sarah remains at the head of the table followed by Sue, Chris, Heather and Richard.

Thanks to John F and Simon for their support around the course.

Overall Leader Sarah Clark
 Class Leaders
 F Senior Sarah Clark
 F 45 Sue Clayton-Drabble
 M Senior Chris Wood
 M 40 Simon Peart
 M 45 Kevin Reboul
 M 50 Brian Keers
 Yellow highlight indicates joker played

Banbury 5M		<u>Mins</u>	<u>Secs</u>	<u>Race</u>	<u>Challenge</u>
				Total	Total
Sarah Clark	SF	35	46	115.50	515.61
Sue Clayton-Drabble	F45	39	50	107.22	534.21
Chris Wood	SM	28	9	112.98	544.19
Heather Cooke	SF	34	40	111.95	547.85
Richard Davies	SM	33	52	135.92	574.59
Madeleine Moutrie	F45	40	30	109.02	553.53
Brian Keers	M50	37	19	126.28	629.21
Four Races					
Kevin Reboul	M45	30	19	107.19	421.99
Andy Kirk	SM			0.00	444.46
Simon Peart	M40	37	55	141.83	491.85
David Morley	M40	34	58	110.80	504.32
David Jarrett	M50	37	16	126.11	507.19
Jonathan Gale	M40	35	18	132.04	514.29
Three Races					
Andy Pacey	M40	28	29	106.55	297.82
Simon Woodward	SM			0.00	328.00
Ellie Lock	SF			0.00	356.49
Andy Hoare	M50	35	34	120.36	357.40
Justine Verwey	F40	46	40	145.23	435.75
Two Races					
David Coates	M50			0.00	189.90
Nick Pacey	M45	28	17	100.00	200.00
Sheona Smee	F50			0.00	200.58
Thomas Schilling	M40			0.00	270.88
Kit Rapson	F40			0.00	274.49
Carol Debney	F65			0.00	294.44
One Race					
Trevor Barnes	M55			0.00	95.97
Juliet Hanson	F45			0.00	125.79

Round 6 Harborough 5M

There are a few changes to the Class Leaders after Harborough where Kevin was the first of the Challengers home followed closely by Andy K and David C (C standing for Chairman of course). Richard and David M have moved into the lead in their respective age categories with the other category leaders remaining unchanged.

Overall Leader Sarah Clark
 Class Leaders
 F Senior Sarah Clark
 F 45 Sue Clayton-Drabble
 M Senior Richard Davies
 M 40 David Morley
 M 45 Kevin Reboul
 M 50 Brian Keers
 Yellow highlight indicates joker played

Harborough 5M		<u>Mins</u>	<u>Secs</u>	<u>Race</u>	<u>Challenge</u>
				Total	Total
Sarah Clark	SF	36	34	118.34	633.95
Heather Cooke	SF	34	59	113.21	661.07
Richard Davies	SM	34	16	133.25	707.83
Five Races					
Kevin Reboul	M45	31	10	108.66	530.64
Sue Clayton-Drabble	F45			0.00	534.21
Chris Wood	SM			0.00	544.19
Madeleine Moutrie	F45			0.00	553.53
Andy Kirk	SM	31	53	123.98	568.44
Brian Keers	M50			0.00	629.21
David Morley	M40	34	20	128.67	632.98
David Jarrett	M50	38	9	128.38	635.57
Simon Peart	M40	38	31	144.35	636.19
Jonathan Gale	M40	35	0	131.17	645.46
Four Races					
Andy Hoare	M50	35	41	120.08	477.48
Three Races					
Sheona Smee	F50	41	48	95.40	295.98
Andy Pacey	M40			0.00	297.82
David Coates	M50	33	24	112.39	302.29
Simon Woodward	SM			0.00	328.00
Ellie Lock	SF			0.00	356.49
Justine Verwey	F40			0.00	435.75
Two Races					
Nick Pacey	M45			0.00	200.00
Thomas Schilling	M40			0.00	270.88
Kit Rapson	F40			0.00	274.49
Carol Debney	F65			0.00	294.44
One Race					
Juliet Hanson	F45			0.00	125.79
Trevor Barnes	M55			0.00	95.97
Jokers					
	2010/Target				
Heather Cooke		33:24			
Sheona Smee		43:30			

David Coates	33:15	
Fastest Times		
	Mins	Secs
F Senior	30	54
F40	34	33
F45	33	20
F60	33	0
M Senior	25	43
M40	26	41
M45	28	41
M50	29	43
M55	31	54

Well done to Sarah for maintaining her lead and thank you to everyone for taking part in this year's SRRC.

Brian

NORTHANTS ROAD RUNNING SERIES

	Blisworth 5k								Corby 5				League	
					Total	League					Total	Points		
MALE									Total	League	Overall	Points		
										points	Total	Total		
Rugby & Northampton	100	94	90	85	369	9	94	93	90	81	358	8.5	727	17.5
Wootton RR	98	93	86	84	361	7	96	95	86	82	359	10	720	17
W&DAC	96	92	91	87	366	8	92	91	89	84	356	7	722	15
Silson Joggers	99	97	95	89	380	10	87	83	79	78	327	5	707	15
Corby	69				69	5	99	98	85	76	358	8.5	427	13.5
Human Energy	65	20			85	6	61	43			104	3	189	9
Kettering TH							100	97	88	70	355	6	355	6
Daventry RR	18				18	4	52				52	1	70	5
Northampton RR							80	64	60	46	250	4	250	4
Team East Haddon							72				72	2	72	2
FEMALE														
Wootton RR	100	98	95		293	10	96	94	83		273	9	566	19
Rugby & Northampton	99	98	82		279	9	100	86	82		268	7	547	16
Corby	90				90	6	99	98	97		294	10	384	16
W&DAC	92	89	81		262	7	92	89	88		269	8	531	15
Silson Joggers	96	94	86		276	8	95	91	80		266	6	542	14
Northampton RR							93	70	62		225	5	225	5
Kettering TH							81	72	68		221	4	221	4
Daventry RR							85				85	3	85	3
Human Energy							84				84	2	84	2
COMBINED														
Wootton RR	361	293			654	9	359	273			632	9	1286	18

Rugby & Northampton	369	279	648	8	358	268	626	8	1274	16
Silson Joggers	380	276	656	10	327	266	593	6	1249	16
Corby	69	90	159	6	358	294	652	10	811	16
W&DAC	366	262	628	7	356	269	625	7	1253	14
Human Energy	85		85	5	104	84	188	3	273	8
Daventry RR	18		18	4	52	85	137	2	155	6
Kettering TH					355	221	576	5	576	5
Northampton RR					250	225	475	4	475	4
Team East Haddon					72		72	1	72	1

Men Open

	First Name	Last Name	Category	Blisworth 5k	Corby 5	Total
4	Chris	Wood	SM	97	87	184
8	Simon	Woodward	SM	89	83	172
10	Dan	Taylor	SM	88	79	167
15	Jeff	Haynes	M55	75	69	144
16	Andy	Kirk	SM	77	67	144
20	Richard	Davies	SM	73	53	126
26	Stewart	Shears	SM	55	49	104
30	Nick	Pacey	M45	99		99
34	Andy	Pacey	M40	95		95
45	Jonathon	Gale	M40	48	35	83
46	Kevin	Reboul	M45	83		83
51	David	Morley	M40	50	29	79
52	Jim	Darcy	M45		78	78
53	Matthew	Wootton	SM	78		78
57	Kevin	Reboul	M45		74	74
59	Thomas	Phelps	SM	72		72
61	Andrew	Taylor	SM	71		71
64	Mark	Nicholls	M40	42	27	69
73	David	Coates	M50		59	59
76	David	Jarrett	M50	37	21	58
87	Brian	Keers	M50	38	11	49
89	Andy	Hoare	M50	47		47
100	Thomas	Schilling	M40	39		39
103	Simon	Peart	M40	30	6	36
145	Alan	Gray	M40		10	10
147	Roger	Taylor	M40		5	5

Female Open

				Blisworth 5k	Corby 5	Total
2	Heather	Cooke	SF	96	95	191
5	Sarah	Clark	SF	94	91	185
11	Ellie	Lock	SF	78	80	158
12	Sue	Clayton	F45	79	78	157
13	Madeleine	Moutrie	F45	75	79	154
35	Elle	Supple	FU20	86		86
48	Alison	Tay	SF		74	74
54	Claire	Todd	F45	70		70
55	Mel	Bignell	F50		69	69
63	Sheona	Smee	F50	61		61
70	Madeleine	Smee	FU20	57		57
74	Justine	Verwey	F40	54		54
78	Kit	Rapson	F40	52		52

80	Claire	O'Reilly	F35	51		51
91	Carol	Debney	F60	45		45
					Blisworth	
	Male 40			5k	Corby 5	Total
8	Jonathon	Gale	M40	35	29	64
9	David	Morley	M40	36	25	61
10	Mark	Nicholls	M40	33	23	56
11	Nick	Pacey	M45	50		50
15	Andy	Pacey	M40	47		47
20	Kevin	Reboul	M45	44		44
22	Jim	Darcy	M45		42	42
24	Kevin	Reboul	M45		41	41
35	Thomas	Schilling	M40	32		32
38	Simon	Peart	M40	29		29
52	Allan	Gray	M40		18	18
53	Roger	Taylor	M40		16	16
	Male 50					
2	Jeff	Haynes	M55	49	48	97
6	David	Jarrett	M50	40	36	76
7	Brian	Keers	M50	41	30	71
12	David	Coates	M50		46	46
16	Andy	Hoare	M50	44		44
40	Allan	Lock	M65		24	24
44	Sandy	Moffat	M50		19	19
	Female 35					
31	Justine	Verwey	F40	31		31
33	Kit	Rapson	F40	30		30
34	Claire	O'Reilly	F35	29		29
	Female 45					
3	Sue	Clayton-Drabble	F45	47	46	93
4	Madeleine	Moutrie	F45	46	47	93
9	Claire	Todd	F45	44		44
13	Sheona	Smee	F50	42		42
16	Mel	Bignell	F50		41	41
21	Carol	Debney	F60	38		38

DUATHALON CORNER

Silverstone – 21st June 2011

		2 mile run	Transition	10 mile bike	Transition	2 mile run	Total
64 th	Simon Peart	14:24	00:31	36:53	00:29	15:06	1:07:23
79 th	Samantha Roe	13:59	00:29	40:53	00:38	15:06	1:11:05
85 th	Claire Todd	15:00	00:57	41:15	00:42	16:00	1:13:54

TRIATHLON CORNER

Emberton Park – 5th June 2011

		Total	Swim (750m)	Transition	Bike (20km)	Transition	Run (5k)
139th	Vince Roe	1:19:27	14:13	2:11	38:07	00:39	24:19
201st	Simon Peart	1:25:11	17:29	1:58	39:52	00:30	25:24
265th	Samantha Roe	1:34:41	22:06	1:45	43:59	00:37	26:15

After running the London Marathon in April, Sam, Simon and Vince decided that it was time for a whole new challenge.....

No, not as some of you may think when you look at the picture the challenge was not getting Simon and Vince in and out of those wet suits!!!!

The challenge was the dreaded Triathlon!!! Not just running but two other mad events thrown into the mix for good measure, cycling and swimming. And not just any swimming but a lake swim...unlike the lovely swimming pools that we have been training in, this lake had no chlorine keeping it clean or heating keeping us warm!!! And was full of stuff...yes stuff which you can't see but will always think is there!! (I didn't actually see anything but I do really think it's in there some where...a bit like Loch Ness).

Our first Triathlon took us to just outside of Milton Keynes to Emberton Country Park, to a very well organised event called the Big Cow Sprint. This meant we had to swim 750m cycle 20k and then finish with a little run of 10k. Sounds easy....

Simon and I started the swim in the first wave 10 minutes ahead of Sam and what a tough swim it was. Our preparation for the lake swim was no good, in fact none of us had ever swam in a lake before! I set off quite well and swam a decent time. Simon set off, well set off isn't really how you would describe it...he got moving in some sort of motion and I'm sure he won't argue with this, but he didn't quite master the discipline this time round! Sam...Well poor Sam she hated it even more than Simon and struggled somewhat, although major credit must be given to both of them because it would have been easy to give up and it takes a lot of guts and determination to get to the finish! (Eventually!!). With Sam holding a full conversation with the support boat the whole way round!)



The event finished off with a lovely two lap run around the country park and its lakes. It was a relatively flat course and we all ran quite well considering the thoughts of the swim were still pictured with every step of the way as we had to look at the dreaded lake! Obviously we need to practise that swim!!

Vince Roe

South Cerney – 11th June 2011

I decided to enter the South Cerney Triathlon on Saturday 11th June, on a whim 3 days before the event. It took place near Lechlade in Gloucestershire, so it was an early start to be there for the 9.30 swim start. Opting for the sprint Distance of 750m swim 25k Bike and 5k Run, I had a good swim exiting the water in 5th but then struggled to get the wetsuit off due to the exertion. After a brief sit down no one passed me in transition and I rode well on the bike, though to be honest the whole event was physical hell, I didn't gain or loose any positions on the bike so it was on with the flat 5k run around the lake, at this point we were running with competitors from the longer Olympic distance so there were plenty of people to overtake, although it was difficult to work out who you were directly racing against. There was one guy I though looked the part on the bike and he passed me to move me back to finish in 6th in the senior category. My best result to date but a much slower time than I had hoped for.

		Swim	Bike	Run	Time
6 th	Matthew Wootton	11:54	39:41	24:06	1:17:42



Photographs reproduced by kind permission of Charles Whitton Photography - www.charleswhittonphotography.com

Grendon - 26th June 2011

The swim takes place in the clear wakeboarding lake and precedes a short run to transition. It's then onto the bike course, where the cycle route takes competitors through some stunning Northamptonshire villages and countryside. Grendon, Easton Maudit, Yardley Hasting, Castle Ashby and Bozeat are all on the race route and provide competitors with some fast rolling terrain. Back at the Lakes, competitors complete the 4 lap 10k run course which, unlike the bike course, is pancake flat.

		Total	Swim (1.500m)	Transition	Bike (40km)	Transition	Run (10k)
134 th	Vince Roe	2:36:38	29:50	1:01	1:13:49	00:43	51:11
173 rd	Simon Peart	2:43:54	32:48	1:43	1:15:22	00:44	53:14
	Peter Morris (as part of a relay team)						51:14

TRAINING RUNNING FORWARDS

July			
Fri 1st	Senior/Junior	Sixfields	200s in pairs
Sun 3rd	Senior	Infant School	Sunday Run
Fri 8th	Senior/Junior	Sixfields	Mile/800 trial
Sun 10th	GRAND PRIX		
Fri 15th	Senior/junior	Sixfields	Relays x 400
Sun 17th	Senior	Infant School	Sunday Run

RACES – running forwards

Forthcoming Events in the local(ish) area

Date	Event	Category
05/7/2011 (Wed)	Milton Keynes 10k	EMGP #8, SRRC
14/7/2011 (Thu)	Silverstone Duathlon (2/12/2)	
16/7/2011 (Sat)	Hornton 6 (nr Banbury) 7pm	
17/7/2011	NSPCC MK Half Marathon	
20/7/2011	Waddesdon 5k	
27/7/2011 (Wed)	Doug Anderson 5k, Bedford Park	
31/7/2011	Wellingborough 5	NAA Series, SRRC
02/8/2011 (Tue)	Silverstone Duathlon (2/12/2)	
05/8/2011 (Fri)	Blisworth Friday 5m	NAA Series, SRRC
14/8/2011	Hooky 6	
28/8/2011	Moulton 10k	NAA Series, SRRC
29/8/2011	Helmdon Hurler (4.3m)	
04/9/2011	Bedford Harriers 10k	
04/9/2011	Kenilworth Half Marathon	
11/9/2011	Swineshead 10	
18/9/2011	Cransley Hospice Half and 10k	NAA, SRRC (Half)
02/10/2011	The Run '11 Northampton (10k, 5k, children's races)	NAA, SRRC (10k)
08/10/2011	Chiltern League Round 1	Cross Country
12/11/2011	Chiltern League Round 2	Cross Country

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



HEALTH WARNING – SILSON JOGGERS A C ~~MA~~ MOST DEFINITELY DOES CONTAIN NUTS