



The 10k Times

June 2008

www.silsonjoggers.org.uk

TIME TO BLOW OUR OWN TRUMPET



THE BIG ONE

IT WAS NOT PERFECT BUT IT WAS VERY GOOD

THANKS TO EVERYONE IN THE CLUB

(AND A FEW VOLUNTEERS)

WHO HELPED OUT BEFOREHAND OR ON THE NIGHT

THE BIG ONE – SILVERSTONE 10K

Hi John

I'd just like to thank you and your team for all your hard work on Tuesday night. This was my first time at Silverstone for anything other than an motor race.

It was a well organised and friendly race, definitely the best I've taken part in since running in these events and I got a PB. I look forward to attending next year and beating it!

Best wishes

Garry Hill

Dear John

Many thanks for the excellent race an organisation. Top marks to all.

I managed about 5 seconds quicker than last year and very pleased with the excellent T shirt.

Cheers

Joe Nolan

Dear John & All at Silson Joggers

What a super night it was at 10k

Thank you all so much

Mick n Phil



- Another brilliant race, ideal conditions and great organisation,
- Worth entering for the experience of getting on the F1 tarmac. Very friendly and well organise
- Silverstone/Silson Joggers - we love you! My 2nd time at Silverstone and a great evening. Very well organised and marshalled.....a fantastic surface to run on...the experience of completing a race circuit.....parking near start/finish.....fab refreshments stall (!!)....and a T-shirt thrown in at the end...what more could you want! Well done Silson Joggers, see you next year!
- One of my favourites, combining motor sport and running! Never gets any easier though. A very well organised event by Silson. Well marshaled and administered. Liked the chip timing too. A warm night for racing though.. Water was welcome after 1st lap. See you next year.
- Well organised race, with parking close to the start/finish, and good value for money. My thanks to the organisers, marshals and volunteers. The wide start helped to avoid overcrowding and the course is ideal for a fast time, although some of the long wide straight sections seemed to add a certain mental challenge.
I would agree with an earlier reviewer that one aspect to change would be the water station at half way, where it would be better if the gap for the runners were wider.
- Lovely race, brilliant organisation, fantastic marshals esp lady (with 2 girls) at just before 8k and marshal between 8 and 9 K who were so encouraging to weary runners like me
- Fantastic organisation. Supportive marshals. Loads of room to run, no fighting for space Great weather. Thoroughly enjoyed the event and the atmosphere Very well done to Silson Joggers A.C, an event to be proud of.
- Thanks to Silson Joggers - you did a superb job with the organisation. Everything went like clockwork.
- The organisers, Silson Joggers, are spot on. Everything runs really efficiently from check in to heading for your car afterwards.
- This is my 3rd time at this race and again the organisation is outstanding

It was a great night. I thoroughly enjoyed the whole occasion.

In particular I found the bloke at Race Control to be stunningly good looking



Wheelchair Winner

Brian Alldis

In a new record time 23:02



Men's Winner – Nigel Stirk



**Ladies Winner – Susie Bush
(on the right!)**



**Another Winner
Anne-Marie Walduck**



**THREE BEAUTIES
WHO SHOULD HAVE KNOWN BETTER**

BIRTHDAYS

In June we celebrate:

4th – Tom Phelps
8th – Dave Jarrett
10th – Stuart Branch
13th – Jim Darcy
15th – Graham Linnell
18th – Trevor Ray
22nd – Tony Keech
25th – Roger Taylor



WHERE ARE THEY NOW?

We had hoped to introduce a section highlighting the whereabouts of lapsed members

- . Having been promised an expose (with photographs) of a former lady Jogger (she is still a lady but no longer a Jogger) as the June Play Mate – we have been kept in anticipation.

We have, however, been promised a Mr “Hunky” July from overseas

THE WEB SITE

John

Would you be able to add some content to the new newsletter. Can you advertise the Members Feedback page on the website. It didn't get much traffic when i sent out the website launch email. We would benefit from more members feedback.

It asks a small number of questions about the club and the website which will help Andy, Brian and me with the marketing work we have been tasked with doing.

The link is
<http://www.silsonjoggers.org.uk/feedback/>

Roj



JOGGERS ON TOUR

Longtown Weekend Itinerary

We will be taking a mini bus to the Darrens Dash Fell race on the weekend of June 21st/ 22nd. The race is run from the Northants owned outward bound centre in the village of Longtown , Herefordshire.

The mini bus will be picking up at Sponne School 9.30am and Silverstone Stocks Hill 9.45. on Saturday 21st June. Returning at approx 5pm on Sunday 22nd. On arrival at the centre we are treated to as much tea and coffee, bearing in mind we have a race to run.

From about 2pm we take a bus to the foot of the Darrens the race start. The race starts with a steep climb, but the you are rewarded with some stunning views for the next couple of miles. A manageable grassy descent follows back to the centre. The race is followed by complementary tea and cakes, with a free barbeque later.

Comfortable over night accommodation, is followed by a very early morning run on the fells and back for breakfast.

Sunday morning is taken up by the supervised activities or a leisurely walk on the hills.

The cost is for overnight accommodation and breakfast £10. Mini bus hire and petrol £12 and the optional Sunday morning activities £15. To book a seat let me know ASAP

Graham 01327 341009

**ROGER TAYLOR ON A RECENT TRIP TO SWEDEN –
HAVING GOT LOST ON HIS WAY TO THE RUGBY 6
AND FOLLOWING HIS RESIGNATION FROM THE KETTERING THREE
ANDY HOARE WANTS TO KNOW IF HE CAN RESIGN AS WELL**



SWEDISH GIRLS

RESULTS – ON THE ROAD

Titchmarsh 10k – 4th May 2008

Ian Haynes – 53:01

Weston 5 – 5th May 2008

THREE SILSON JOGGERS IN THE TOP 10 – Great results for the club

6 th	Simon Woodward	29:47	89 th	Brian Keers	38:15
7 th	Mark Armstrong	29:49	166 th	Sandy Moffat	42:11
9 th	Kevin Reboul	30:39	172 nd	Madeline Moutrie	42:21
17 th	Jim Darcy	32:40		Jennifer Armstrong	
48 th	Richard Popiel	35:30	205 th	Shirley Williams	44:50
56 th	James Laurie	36:20	259 th	John Fowler	50:11

Blisworth 5k – 10th May 2008

THUNDER AND LIGHTNING OVER SILVERSTONE
FAILS TO STOP BEACHED WHALE REACHING BLISWORTH



HEATHER LOWERS SENIOR LADY'S WORLD RECORD
JODY FINISHES 4th LADY AND SETS NEW LADIES CLUB RECORD TIME

Mark Armstrong	18:01	Stuart Branch	21:32
Kevin Reboul	18:08	James Laurie	21:41
Graham Linnell	19:16	Brian Keers	21:52
Dan Taylor	19:17	Sandy Moffat	23:55
Jim Darcy	19:30	Jennifer Armstrong	25:15
Jody Willis	19:52	Shirley Williams	26:47
David Coates	19:54	Rosie Moffat	27:12
Linda Lytollis	20:58	Adam Linnell	29:42
Heather Cooke	21:21	John Fowler	31:55

Rugby 6 – 13th May 2008

- HEATHER LOWERS SENIOR LADY'S WORLD RECORD
 - JODY RECOVERS WELL FROM OPERATION
- REBOUL (FOR ONCE) ARRIVES EARLY FOR A RACE – 24 hours early!

Kevin Reboul	35:56
Jim Darcy	38:00
Dan Taylor	38:28
Jody Willis	39:47
Andy Hoare	42:23
Heather Cooke	43:34
James Laurie	44:09

Brian Keers	44:41
Dave Jarrett	45:24
Sandy Moffat	50:03
Jennifer Armstrong	50:21
Tim Hullet	52:19
Rosie Moffat	54:14

Following a great start to the 2008 at Silverstone, a merry band of 13 Joggers journeyed over to the town made famous by William Webb Ellis. As it turned out, there was a bit of a scrum for car parking spaces as the local council had changed the padlock on the barrier to the field and not given the rugby club the new key.

So, the car park marshals did a good job and the race started on time after a longer warm up walk for us all. Conditions were ideal for running, and after 35 minutes and 56 seconds Kevin Reboul was the first Silsonite to finish, beating his time from the same race in 2007 by 29 seconds.

Highlight of the race for our club though was Heather Cooke who completed the course in 43.34, breaking the senior

ladies club record in the process. Rosie Moffat also had a good run, beating her 2007 time by over two minutes. The team had a very different line up from the previous year, with only four of us taking part in both last and this years race.

The ladies were very short participants, and came in 9th as a team, the men were 11th and the veteran men a respectable 6th despite being without our class leader Jeff Haynes who was injured and is unlikely to take part in any of the EMGP races this year - get better soon Jeff.

An encouraging start then, although I almost forgot to mention that Roger Taylor made the trip but failed to find the event - sales of Garmin sat navs went up by one the following day apparently.....

Andrew Hoare

Copenhagen marathon – 18th May 2008

A cold and windy morning brought myself, sister and brother in law to the start line of the Copenhagen marathon.

Having entered a marathon in error in Denmark last year, when hoping to do a half marathon in preparation for New York (it was a women's only half), we decided to return to Copenhagen as it was such a lovely city. Being very flat helped as well and the course was 3 slightly differing laps around the city centre, which basically entailed running around the touristy bits.

We were all on a mission. My primary objective was not to be beaten my Nigel, my brother in law. It was his first marathon, but he and my sister and religiously followed a training plan for the last 16 weeks. My training had involved one half marathon and a 10 mile run. However, this training plan had worked last time, so I was not changing it. Admittedly, joining Silson late last year had provided me with the incentive to better myself as a runner and this has shown in the times I had been running. The half was a pb by 3 mins and the 5k

and 10k time trials round the circuit were completed in times I would halve only dreamed of last year.

My sister, Rene was aiming to go under 4.15, a good for age time for London, so she managed to start with the pacers and it was her intention to just follow that group.

Myself and Nigel had the same intention, but tried to move alongside the 3.30 pacers, but having stayed in the warm for as long as possible it was not possible to move up past the 4 hour pacers. Nigel did try and bustle through the crowds, so he started a little further up the field, which meant we could each run our own race.

My aim was to run 5 minute ks as long as possible and then drag myself round the rest of the course. 8000 runners started on one of the main highways through the city, but it was long before we moved on to smaller roads and bottlenecks started to appear around the water stations. Although, I was losing time here, I felt that the rest would help me

later in the race.

Going through half way in 1.44 was certainly the fastest I'd ever done and not far short of a pb! Having passed the 3.45 pacers I pushed on with the hoping of catching, and tagging onto the 3.30 runners. These came into sight at 30k and I was still running at 5 min k pace. Unfortunately, this was as good as it got. The effort in catching them, and the lack of any long runs in training had left me spent and now my main aim was to complete the course without walking. Something I had never done. The wind died and the sun was now shining and it was a struggle maintaining any pace and I had in my mind to pass 50 people (including walkers) and then have a walk myself. These were passed in about 2 minutes, so I gave myself another 50 to pass, but everybody seemed to be running now and at a faster pace than me. Only 2 k to go and this brought me to the most scenic part of the course, past The Little Mermaid and along the waterfront to the finish. Unfortunately, this is where you hit about 400 metres of cobbles and I felt that it would be more painful walking than running. With the finish in sight, I felt more comfortable and in my mind felt that I should have run harder in the later stages, but I was happy to cross the finish line in 3hrs 41 mins 36 secs.

I was confident that I had beaten Nigel although I hadn't seen him at all, so I tried to work myself back to the finish line to support Rene. The finish area was a little bit disorganised and chaotic and I only managed to get near the finish with it showing 4.15. Knowing that it would half taken a few minutes to cross the start I was hoping for my sister to shortly come into sight. Shortly, she did and my shouting seemed to encourage her as the arms started pumping, but the legs didn't react. The last 100 metres looked painful and as she finished behind the pacers, and she hadn't worn a watch, we had no idea of the actual time. In fact, we didn't find out until our return home. She was under the impression that she had just missed out and that was to be the end of her marathon career. In fact, she crossed the line in 4 hrs 14 mins and 53 secs. So those 7 seconds mean she now has to train for another 6 months!

For the record, Nigel crossed the line in 3 hrs 56 and his marathon career will no doubt be extended with having to train with my sister.

I now intend to find an autumn marathon abroad somewhere and if I can summon up the enthusiasm

for long runs I will aim for 3.30 and if I reach the target I will try for London next year and enjoy the atmosphere rather than run against the clock.

On joining the joggers I had hoped that at the first cross country in Slough I would be a point scorer, but not knowing the standard and never having done cross country before I soon realised that I was not as good as I thought. Or maybe, I was but there were a lot more people better than me than I thought! I was 16th and in the final race at Wing I was no better, so I felt that changes needed to be made.

Diet was the main issue as regularly working in the evenings I tended to grab any food available. A month of reasonably healthy eating and coupled with the incentive of trying to beat Eddie's target times around the circuit and the support of everyone on the Sunday runs have certainly made me a much better runner. So pb's had better watch out. Club records will not need to be updated though, unless someone knows of a 25k race, as there's no record in my age category!



Richard Popiel (fined for not wearing a club vest)

Bedford 6 – 20th May 2008

- LINDA SETS NEW WORLD RECORD FOR LADIES & F35
- HEATHER LOWERS SENIOR LADY'S WORLD RECORD FOR THE SECOND WEEK
 - ALLAN LOCK SETS NEW WORLD M65 RECORD

Kevin Reboul	35:08	Brian Keers	43:42
David Coates	38:36	David Jarrett	45:11
Graham Linnell	38:37	Roger Taylor	46:25
Andy Hoare	41:12	Tim Hullet	51:15
Linda Lytollis	41:25	Allan Lock	51:40
Heather Cooke	42:22	Rosie Moffat	53:18

And so to Bedford, for another 6 mile run, and the third race in the EMGP series.

Despite Roger Taylor figuring out how his sat nav worked, we were at 12 in number one less than at Rugby the previous week. Good conditions again helped a fine performance though, with Heather Cooke re-breaking the ladies record set the previous week, by over a minute her time being 42.22.

Kevin Reboul was first jogger home yet again, three seconds faster than at Rugby. Your scribe was over a minute faster than last year in 41.12 , just ahead on Linda Lytollis who ran well

in 41.25 in her first EMGP race of the season. This was good enough to earn her second place in the F35 category, 13th lady across the line - well done Linda.

So, it was the ladies in the limelight again, although we all ran faster than at Rugby in the previous race. Brian Keers was a minute quicker, Tim Hulett a similar margin and Rosie Moffat also speedier by 56 seconds.

The team results were 6th for the ladies, 7th for the men and 3rd for the men's vets - well done to all of you as all of the teams did better than at Rugby.

Andy Hoare

Charndon 5k – 20th May 2008

Mark Armstrong 18:13

Corby 5 – 27th May 2008

- HEATHER SECOND SENIOR LADY

Kevin Reboul	30:09	Brian Keers	37:33
James Darcy	31:53	David Jarrett	37:49
David Coates	32:47	Roger Taylor	40:13
Daniel Taylor	32:59	Allan Lock	43:01
Jody Willis	34:19	Tim Hullet	43:23
Andy Hoare	35:40	Shirley Williams	44:52
Heather Cooke	35:50	Rosie Moffat	45:34

And so to Corby, where 15 of us had competed in 2007. This year we were one less in number, and Kevin Reboul was first of the joggers home in 30.09, 22 seconds faster than last year. He was followed by Jim Darcy in 31.53, and Dave Coates in 32.47.

Heather Cooke was first lady home in 35.50 - second placed senior lady at that so well done!

Several of our number struggled on the hilly course in the damp and humid conditions, but the team results were similar to the previous week with the ladies being 7th, men 6th and men's vets 4th.

Andy Hoare

EAST MIDLANDS SERIES AT HALF TIME

So, at the half way stage our positions are

Ladies 6th (2007 final 6th)

Men 10th (2007 final 5th)

Men vets 5th (2007 final 4th)

This is encouraging, as we have only competed in three of the four races.

Pick of the individual placings so far are

Senior women	Heather Cooke	4th
F45 women	Rosie Moffat	5th
M40 men	Kevin Reboul	14th
M45 men	Brian Keers	10th
M50 men	Andy Hoare	10th
M60 men	Tim Hulett	8th
M65 men	Allan Lock	6th

Remember, it is the best 5 results that count in the individual competition. Team results are calculated from the first three ladies in each age category, and the first four in the case of the men.

The final team positions are also taken from the best five performances

A game of two halves

There are four races left to look forward to, with perhaps the best and most challenging race over 10k's at Weedon this week.

Try to make the effort to get to Market Harborough this year, where we traditionally have a low turn out. Those that are planning to make the trip and have spare seats in their cars, please make this known.

To conclude, well done to those who have competed thus far, but to match our superb results in 2007 a big effort is needed from the club in the second half of the EMGP series.

Andy Hoare

DIARY DATES

RACE FOR LIFE 5k – WEDNESDAY 11th JUNE 2008

**RUN FOR THE CHILDREN – TOWCESTER RACECOURSE
SUNDAY 22nd JUNE 2008**

JUNIOR JOGGERS

Silverstone Fun Run – Friday 6th June 6pm

“Run for fun” for Silverstone Schools. Silson joggers are hosting a fun mile run for children, parents, friends and families on Friday 6th June at the SRA.

Children can take part on their own or run, jog, or walk with their parents, members of their family, or friends. All are welcome to join in on the fun. The mile course will be around the fields at the SRA.

The money raised from this event will go towards some much needed sports equipment for the schools.

There is an entry fee of £3 per adult and £2 per child (BBQ and refreshments will be available). The tickets will be available through Crofts and the schools.

For further information contact the school or Linda Lytollis 01327 858312

Boddington

2 mile fun run – Juniors Luke McQuarrie 3rd in his first ever race. Ashley Phillips 8th after leading by a long way but going off course due to poor marshaling. He dusted himself down and promptly won the 1/2 mile fun run straight after!

Junior News June

This will be the final news letter of this season, as we take a break for July and August. It has been a busy year and we have come a long way. I hope all who have attended have gained from, and most of all enjoyed what has been arranged.

We have three Sixfields sessions left on Fridays 13th, 20th and 27th June. On Friday 13th we have an international coach coming down to take the session, so we want everybody to attend. Training that night will be followed by food, and some answering of questions by Mark Cooper the coach.

There will be no Sixfields training on June 6th as I am on holiday, and it is also the fun mile 6pm at Silverstone playing fields, it would be good if all juniors could attend to represent the club.

Also in June there is the run for the children event at Towcester Racecourse 11am on the 22nd. If any of you are running there is a need to let me know, as the club are away in Herefordshire for the weekend, we will get a member to attend the event.

There is a track day at Kettering on Sunday July 13th 11.30 to 3pm we will meet at Sponne school 9.30am. A chance for the younger members under 11 and under 13 girls and boys to compete at 800m, 200m, 4x100 relays, high and long jump, throws include javelin and cricket ball. For the older ones there are mile races, can enter as many or as few as they wish.

Next season will begin on Tuesday September 2nd at Bucknell Woods Silverstone, I will use email to notify you all.

Have a great summer

Graham

JOGGERS ON TOUR

Hi All,

Just a quick reminder regarding these two races, which Silson Joggers are taking part in –

Race 1 – Darren’s Dash – 21st June 2008 – <http://www.longtownoec.co.uk/Events/>

This an 8k fell race which starts in Longtown, Herefordshire and follows Offa’s Dyke on the Welsh boarder. The course is a challenge, but with lovely scenery and a great atmosphere.

After the race, there is a free BBQ on the Saturday evening and the option of activities on the Sunday morning. The link above provides further details.

There is also a walking event and children’s race available that weekend.

Please let me or Graham know ASAP if you are interested. Accommodation is available at the Activity Centre for Saturday evening and if enough people are interested, then the club will be running a minibus.

Race 2 – Race the Train – 16th August 2008 – <http://www.racethetrain.com/>

This a popular race taking part in Tywyn, Mid Wales. The race is over 14 miles and against a steam train in the Welsh valleys! This is also a challenging, but scenic race with a fun atmosphere. Entries need to be in quickly for this race.

After the race, we will be arranging a club evening out.

If you need any more info, then please let me know.

Thanks, Jennifer - 07753 747151

TRAINING – running forwards

The Final month of the season June Training!!!

Sun 1 st	Nether Heyford 2 Bugbrooke Road
Fri 6 th	Fun Mile Silverstone playing Fields 6pm
Sun 8 th	Infant School
Fri 13 th	Sixfields (session with Mark Cooper) - 6.45-9pm session followed by food and question and answer (think of questions you want answering)
Sun 15 th	Infant School
Fri 20 th	Sixfields
Sun 22 nd	No Training – Longtown weekend
Fri 27 th	Sixfields (followed by meal)
Sun 29 th	Brickhill Woods (followed by picnic)

Hope you have enjoyed the season. We now take a well earned rest for July and August, keep yourselves fit and healthy and we will see you all in September.

June Training at Sixfields

On Friday 13th June we have Mark Cooper attending at the Sixfields training session 6.45pm – 9.00pm. Mark has coached international runners, also his athletes have competed at 800meters in the World Junior games.

Attendance has been good at Sixfields but please try and make yourselves available for this one. Training will be followed by food and a question and answer session. (So think of some good questions before the event)

see you all there

Graham

LOOKING AHEAD

A SELECTION OF LOCAL(ISH) RACES

1 st June	10k	Whipsnade
3 rd June	10k	Weedon (EMGP 5)
8 th June	10k	Two Castles, Kenilworth
10 th June	5 miles	Banbury (EMGP 6)
17 th June	5 miles	Market Harborough (EMGP 7)
20 th – 22 nd June	Marathon in 3 races	Colworth
21 st June		Darren's Dash
22 nd June	2k / 12k	Farnborough, Banbury
29 th June	10k	Thame
30 th June	10k	Leafield, Witney
1 st July	10k	Milton Keynes (EMGP 8)
18 th July	5k	Waddesdon Manor
3 rd August	5 miles	Wellingborough
1 st Sept – 6 th Sept		TOUR OF MILTON KEYNES

Where runners are entering local races please feel free to contact other members of the club to encourage them to also take part. Do not forget to let 10k TIMES have the results and a report as soon as possible afterwards – the Local Press are desperate for any news.