



# The 10k Times

June 2011

[www.silsonjoggers.org.uk](http://www.silsonjoggers.org.uk)

SILVERSTONE 10km – 4<sup>th</sup> MAY 2011

# THANK YOU

To

**Silverstone Circuit**

for letting us host the race

To

**Whittlebury Hall / The Leisure Club**

for sponsoring the winners prizes and the water bottles

To

**The Running Shop and Brooks**

for sponsoring the East Midlands Grand Prix Series

And most importantly

To

**All Silson Joggers members  
and friends and family**

for all your support for the race beforehand, during and afterwards

# JUNIOR JOGGERS

## NAA County Track & Field Championships – Corby – 15<sup>th</sup> May 2011

Well done to the 4 Silson Juniors who ran in the County Track Championship at Corby on May 15<sup>th</sup>, all ran great times against the best runners in Northamptonshire (results below). There is a lower standard track meeting at Kettering on Saturday July 9<sup>th</sup> where competitors can select any 3 events in their age group to run, jump or even throw. It is a full day out but please take the time to study the entry form which will be emailed separately at a date, as we would like to take a good number of our juniors over to this event.

There is a Fun Mile race organised by Silverstone Schools and Silson Joggers at the playing fields Church Street, Silverstone on Friday June 17<sup>th</sup>. All our juniors can run in this race, arrive at 6pm ready for a warm up at 6.15pm, we can then show the village what a good group of juniors we have at the club. Also we will require marshals and helpers for this event, so please reply to this email if you are able to assist.

The track training sessions are going really well at Sixfields, with our youngsters turning out in good numbers. Below is the diary of training sessions for June with the distances to run getting shorter so the idea is to get you all running at a faster pace, as the sessions progress.

To celebrate a good season for Silson Juniors we are holding a barbeque and games day at Daventry Country Park on Saturday July 2<sup>nd</sup> 3pm until 5pm. Please put this date in your diary as the children have trained with a really good attitude throughout the year.

### Sixfields Friday Training Diary

June 3<sup>rd</sup> 800 metre runs  
June 10<sup>th</sup> 600 metre runs

### June 17<sup>th</sup> No Sixfields Training (Silverstone Fun Mile) arrive at 6pm

June 24<sup>th</sup> 400 metre runs

Keep up the good work.

*Graham*

### Under 11 Girls 1500m

Sophie Marks 6:47:4

### Under 11 Boys 1500m

Ben Hope 5:31:6

### Under 13 Girls 1500m

Neave Wray 6:34:2

### Under 15 Girls 1500m

Layne Wray 5:37:6

# BIRTHDAYS IN JUNE

Laura Churchward – 3<sup>rd</sup>

Richard Davies – 4<sup>th</sup>

Tom Phelps – 4<sup>th</sup>

David Jarrett – 8<sup>th</sup>

Stuart Branch – 10<sup>th</sup>

Jim Darcy – 13<sup>th</sup>



Hilary Marks – 13<sup>th</sup>

Graham Linnell – 15<sup>th</sup>

Tony Keech – 22<sup>nd</sup>

Leigh Churchward – 24<sup>th</sup>

Roger Taylor – 25<sup>th</sup>

# RUNNING BACKWARDS OFF THE ROAD

## Marlborough Downs Challenge - 20 miles – 14<sup>th</sup> May 2011

84<sup>th</sup>

Allan Lock

3:19:01

The three challenges are a '33 mile' run, a '20 mile' run or a '20 mile' walk; the distances are bracketed because there is some uncertainty about their accuracy. The event is number limited and, from memory, there were 191 entrants for the '33' and 136 for the '20' runs and 36 for the '20' walk. The '33' course diverts from the basic '20' at the third water point and rejoins about ½ mile before their seventh, or fourth water point for the '20'. Each challenge has its own start time and begin in the grounds of Marlborough College, which also acts as car park. Changing facilities, bag storage, toilets, showers and meal afterwards are in the Leisure Centre which is about 1/4m away. The finish is at the rear of the Leisure Centre. Organisation and marshalling of the day was excellent. The '20' qualifies for the UK Athletics Trail Running Association Championship. Detailed route descriptions are available from the website as a four page A5 PDF download or at the leisure centre, course arrows are placed at a few strategic points; it is considered part of the competition to do your own navigation.

The course utilises bridle-ways on the Wansdyke Path, White Horse Trail, Tan Hill Way and Herepath on the Wessex Ridgeway together with farm tracks, footpaths and short road sections. I took the opportunity to walk the part between the first and second checkpoints about a month ago. This starts at the edge of forestry commission woods, similar to Hazelborough, and took me 2,600yds along a few of the many paths through the wood. It then turned off into a narrow bridle-way slowly rising to a small wood where there were many junctions and it took some time to identify the route through this. I left the wood and climbed to a ridge that overlooked the Vale of Pewsey and walked along this until I could see where the second checkpoint would be. On the day before the race I checked other parts of the course that were accessible by car and walked halfway between the second and third checkpoints, and also tested my recollection of the route through the first wood.

The course begins at an altitude of 130m but at 500 yards out climbs for 210yds to 180m, from thereon all climbs were less acute. A couple of stiles caused a polite queue, also enabling recovery from the start. The route continued for about 1 mile at 200m before crossing a road, down a nettle fringed track to the top of a steeply ridged field at 185m then descending to 160m and the first checkpoint; this was the steepest descent. Passing through the West Wood that I had previously reconnoitred was easy and the field was spread out now but I could always see at least one runner in front. I was surprised to see that the extensive swathes of Bluebells were still flowering. That narrow bridle-way was even narrower now, due to encroaching stinging nettles and I was glad not to meet any on-comers.

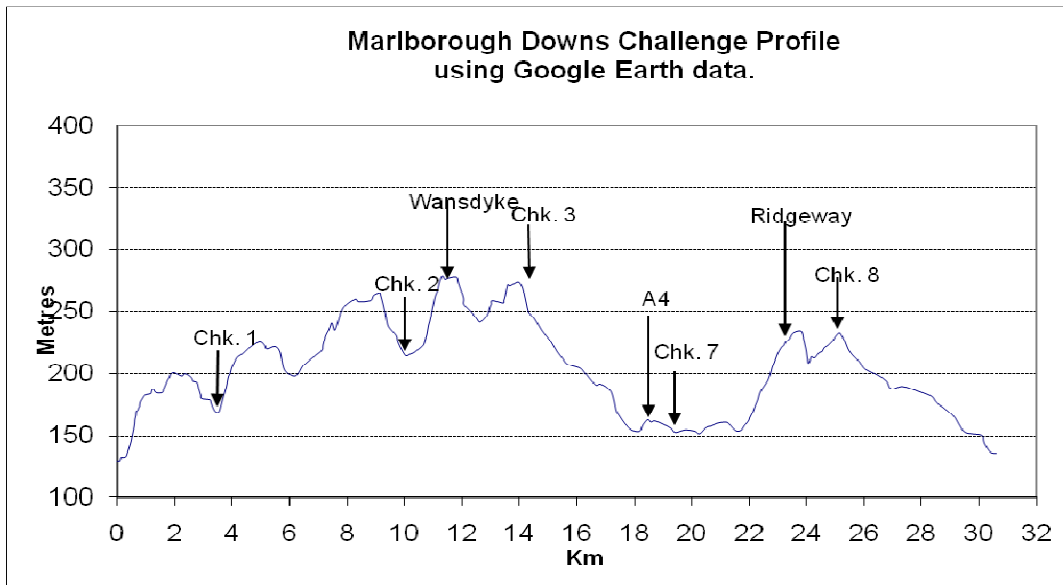
Gopher Wood was full with the aroma of wild garlic and at any other time I would have stopped for lunch! Several more runners appeared in front as we crested to Tan Hill Way at 265m and overlooked Pewsey Vale. I thanked the couple behind for the push up that bridle-way. Time to enjoy the scenery now, a mile with short-cropped grass down-land underfoot; the sheep unconcerned. Then a long descent to the second check at 217m, I could see the snake of runners climbing to the crest of the next hill just over a mile away, and more sheep. After running the first 600yds beyond the checkpoint I decided to walk on a steeper section and take a swig or two from my energy drink. Still on short grass we crossed Wansdyke again at 280m (it first appeared in West Woods) and then followed this earthwork for about two miles before descending to the third check at 255m. It would be straight on now for just over two miles, mostly downhill, to the village of Beckhampton at 155m.

No more nice down-land but a combination of flinty stone roads and farm tracks with long grass, some were deeply rutted in places and the dry weather had made the surfaces very hard. After crossing the A4 and A4361 into the country again and more rutted farm tracks, the '33' rejoined us here. Leave checkpoint seven on a small road to Avebury then a footpath, Avebury churchyard, small road, re-crossing the A4361 a small road took us to the foot of Herepath, still at 155m, this led up to the Ridgeway. It was here that I caught one of the '33' runners, he was obviously suffering from the distance he had covered and was wearing a pair of running shoes with soles so thick they would have qualified as 'Brothel Creepers' worn by 'Teds' from the 1950's. He then passed me, still with the same laboured gait, as I walked up the chalky slope to the Ridgeway at 227m; we repeated this exchange twice more on other steep bits with flat down-land between.

I refilled one of my bottles with water at the final checkpoint at 235m, had a quick drink and left before

he arrived. A couple of runners had missed a turn somewhere and I saw them approaching the checkpoint from the opposite direction.

Missing a checkpoint leads to no time and disqualification! Just over 5K downhill now on a surface similar to the Grus in Sweden or, my preference, the shortly mown neat grass verges as we passed through a racehorse training area. Briefly onto another road then a couple of footpaths alongside arable fields and finally a 300yd track and road to the finish at 133m. Winners time 2:09:21, my time 3:19:01 and a Garmin distance of 30.82k, this time was 16s less than for my last 30k at Lidingö, 84/118 finishers and 4/7 in my class. I was pleased with this first effort, as it was a new terrain to me; not the very steep climbs and descents of Kinder Scout or Longtown, longer hills than Lidingö but none of the short sharp ones. The runner with those shoes? It turned out he was a '20' as well. Even more pleased!!



*Allan Lock*

## BENDY ELASTIC JOGGERS

Juliet Hanson is putting on a yoga session for the Silson Joggers on Wednesday June 8<sup>th</sup> at Silverstone Infant School. It will be normal Wednesday training time 6.30 - 7.45pm bring along an exercise mat.

If it is a nice evening the plan is to take the session on the grass by the play ground if not in the hall

Please let Juliet know if you are interested in attending or have any questions –

[Silverstone.hansons@btinternet.com](mailto:Silverstone.hansons@btinternet.com)

# RUNNING BACKWARDS ON THE ROAD

## Weston 5 - 2<sup>nd</sup> May 2011

Silson Joggers retain team prize  
 Andy Pacey - 1<sup>st</sup> Male Vet  
 Kevin Reboul - 3<sup>rd</sup> Male Vet  
 Mel Bignell - F50 age record

4 <sup>th</sup>	Chris Wood	29:17	117 <sup>th</sup>	Simon Peart	39:54
5 <sup>th</sup>	Andy Pacey	29:22	123 <sup>rd</sup>	Rachel Jordan	40:29
6 <sup>th</sup>	Simon Woodward	29:48	125 <sup>th</sup>	Ellie Lock	40:32
12 <sup>th</sup>	Kevin Reboul	31:13	136 <sup>th</sup>	Elle Supple	41:15
16 <sup>th</sup>	Andy Kirk	32:25	138 <sup>th</sup>	Madeleine Moutrie	41:29
21 <sup>st</sup>	Richard Davies	33:12	139 <sup>th</sup>	Alison Tay	41:38
24 <sup>th</sup>	David Coates	33:21	150 <sup>th</sup>	Mel Bignell	1
36 <sup>th</sup>	Stewart Shears	34:24		42:03	
41 <sup>st</sup>	Trevor Barnes	34:36	173 <sup>rd</sup>	Sandy Moffat	43:29
50 <sup>th</sup>	Heather Cooke	35:36	174 <sup>th</sup>	Sheona Smee	43:30
57 <sup>th</sup>	Jon Gale	36:19	212 <sup>th</sup>	Lauren Bain	47:17
61 <sup>st</sup>	Sarah Clark	36:55	220 <sup>th</sup>	Justine Verwey	47:41
74 <sup>th</sup>	Brian Keers	37:35	227 <sup>th</sup>	Kit Rapson	48:06
90 <sup>th</sup>	David Jarrett	38:47	277 <sup>th</sup>	Shirley Williams	52:57
103 <sup>rd</sup>	Sue Clayton Drabble	39:17	288 <sup>th</sup>	Carol Debney	53:48



Silson Joggers new Rap Band -  
 "BADLEE DREZZED MOTLEE CREW" retain the team prize at Weston

Individual photographs can be found at  
<http://www.flickr.com/photos/towcesternews/sets/72157626630380200/>

A bright and blustery bank holiday Monday saw the usual mass of Joggers descend on Weston for the traditional start to the summer season that is the Great Weston 5. Everyone was glad to see Graham's presence at the start, keeping his eye on proceedings, whilst John was manning the stopwatch and no doubt enjoying the gurning up the final hill as he acted as timekeeper.

This year the wind made for a swift opening mile, but more than made up for it by treating us all to a head or cross-wind over the off-road section and the final climb up to the finish. Silson were once again prominent at the sharp end with three in the top 10. The team prize again went to Silson through the efforts of myself, Andy Pacey, Simon and Kev. Mel continued her ticking-off of F50 records with her 42:03 clocking.

Once again the Crown has to be commended for its Tribute/Black Sheep/Hooky holy trilogy for post race refreshment.

**Chris Wood**

## Thornborough 10 miles - 2<sup>nd</sup> May 2011

Tash 3<sup>rd</sup> Lady and a new FS age record

Natasha King 1:20:12

Dave Morley 1:20:12

## Milton Keynes Parks Run 5km - 7<sup>th</sup> May 2011

Andy Pacey 2<sup>nd</sup> & 1<sup>st</sup> M40 17:38

## Stratford half marathon - 8<sup>th</sup> May 2011

162<sup>nd</sup> Paul King

1:37:29

1313<sup>th</sup> Liz Thomas

2:17:39

## Stratford marathon - 8<sup>th</sup> May 2011

1023<sup>rd</sup> Rosie Moffat 5:15:08



## Rugby 6 - 10<sup>th</sup> May 2011 - EMGP Race 2

F50 age record for Mel  
Sue 2<sup>nd</sup> F45  
Madeleine 3<sup>rd</sup> F45

13 <sup>th</sup>	Chris Wood	34:22	181 <sup>st</sup>	Thomas Schilling	45:54
54 <sup>th</sup>	Andy Kirk	38:33	209 <sup>th</sup>	Sue Clayton-Drabble	48:21
60 <sup>th</sup>	Richard Davies	38:58	210 <sup>th</sup>	Roger Taylor	48:27
116 <sup>th</sup>	Heather Cooke	41:53	217 <sup>th</sup>	Madeleine Moutrie	48:53
127 <sup>th</sup>	Dave Morley	42:33	226 <sup>th</sup>	Mel Bignell	49:23
128 <sup>th</sup>	Andy Hoare	42:45	237 <sup>th</sup>	Claire Todd	49:55
145 <sup>th</sup>	Sarah Clark	43:34	262 <sup>nd</sup>	Sandy Moffat	52:35
156 <sup>th</sup>	Mark Nicholls	44:30	297 <sup>th</sup>	Juliet Hanson	59:21
172 <sup>nd</sup>	Brian Keers	45:18			

I can never remember what the town of Rugby is famous for, but the Rugby 6 is famous for starting the Silson EMGP campaign in its own inimitable way. This year was rather subdued if a little rushed, and I hope nothing important was said in the race briefing as I didn't catch a word. Forget about men with funny shaped balls, there were plenty of funny shaped men hoping their balls would stay dry as we set off under an imposing sky.

Starting shenanigans done with, it was down the long hill and over the motorway before the deceptively nasty incline up to the halfway point. Up the final drag to the 5 mile marker it was starting to hurt and it was also dawning on me that I'd signed up to do the Blisworth 5k in not too many days time. The final mile dragged on forever, as it always manages too, before the dash across the field with the funny goal posts.

Silson's veteran ladies had a good evening out with Sue and Madeline 2<sup>nd</sup> and 3<sup>rd</sup> respectively in the F45 category. Mel continued her record breaking by slicing an impressive 2:05 off the existing F50 mark and adds the 6 mile to her ever-expanding collection.

*Chris Wood*

## Blisworth 5km - 13<sup>th</sup> May 2011

Age records for Sue (F45), Sheona (F50) and Carol (F65)

GREAT TURN OUT FROM JOGGERS AND SUPPORTERS

Silson Joggers turned out in great numbers for the first of the Friday 5 races in Blisworth held on the evening of Friday 13<sup>th</sup> May. The date didn't suggest that it would be a good night, but it proved to be nothing but good luck for Silson.

In recent Silson history (i.e. in the 4 years that I know of), the 34 runners was the largest contingent of Silson runners we have had on a start line together. I lay down a challenge some of the club's longer servants to say if this is the club's biggest ever turnout – surely it must be.

But it wasn't only the biggest turnout; we also took home many of the honours. Four of our individual runners won their age categories.

The event was also the first round of the NAA Road Running Series in which the first 4 men and first 3 ladies from each Northants club count towards a team score. We were 1<sup>st</sup> in the men's event and 3<sup>rd</sup> in the ladies event. In the combined event we were again 1<sup>st</sup>, beating Wootton by just 2 points, which just goes to show that every place gained in that sprint for the finish really counts.

This puts in a good position and hopefully we can continue to do well at the Corby 5 and the other NAA events.

Well done to everyone who ran, thanks to our supporters on the night and big congratulations to all of our prize winners.

*Simon Woodward*

4 <sup>th</sup>	Nick Pacey	17:01	105 <sup>th</sup>	Thomas Schilling	22:05
6 <sup>th</sup>	Chris Wood	17:08	112 <sup>th</sup>	Brian Keers	22:25
8 <sup>th</sup>	Andy Pacey	17:11	115 <sup>th</sup>	David Jarrett	22:40
14 <sup>th</sup>	Simon Woodward	17:36	127 <sup>th</sup>	Elle Supple	23:19
15 <sup>th</sup>	Dan Taylor	17:42	128 <sup>th</sup>	Simon Peart	23:25
22 <sup>nd</sup>	Kevin Reboul	18:06	137 <sup>th</sup>	Sue Clayton-Drabble	23:51
29 <sup>th</sup>	Matt Wootton	18:48	138 <sup>th</sup>	Andy Hoare	24:00
30 <sup>th</sup>	Andy Kirk	18:50	141 <sup>st</sup>	Ellie Lock	24:01
32 <sup>nd</sup>	Jeff Haynes	18:59	145 <sup>th</sup>	Madeleine Moutrie	24:06
38 <sup>th</sup>	Richard Davies	19:16	154 <sup>th</sup>	Claire Todd	24:35
39 <sup>th</sup>	Tom Phelps	19:18	180 <sup>th</sup>	Sheona Smee	25:41
41 <sup>st</sup>	Andrew Taylor	19:23	182 <sup>nd</sup>	Mark Nicholls	26:03
70 <sup>th</sup>	Stewart Shears	20:31	200 <sup>th</sup>	Madeleine Smee	27:07
79 <sup>th</sup>	Heather Cooke	20:52	208 <sup>th</sup>	Justine Verwey	28:32
83 <sup>rd</sup>	Dave Morley	21:00	212 <sup>th</sup>	Kit Rapson	29:05
85 <sup>th</sup>	Jonathan Gale	21:08	213 <sup>th</sup>	Claire O'Reilly	29:11
87 <sup>th</sup>	Sarah Clark	21:12	229 <sup>th</sup>	Carol Debney	31:42

### PRIZE WINNERS

#### Male Categories

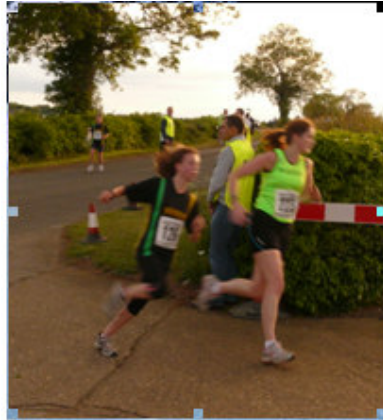
Senior Male Team 1	Chris Wood, Simon Woodward & Dan Taylor
Vet Male Team 1	Nick Pacey, Andy Pacey & Kevin Reboul
M45 Winner	Nick Pacey
M55 Winner	Jeff Haynes

## Female Categories

Senior Female Team 1 Heather Cooke, Sarah Clarke & Ellie Lock

F17 Winner – Madeleine Smee

F20 Winner – Elle Supple



### Bedford 6 – 17<sup>th</sup> May 2011 – EMGP Race 3

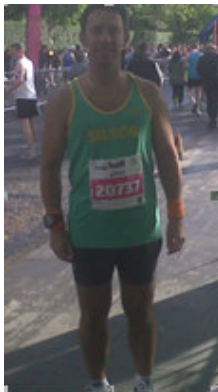
Age Records for Nick (M45), Mel (F50) and Allan (M65)

14 <sup>th</sup>	Nick Pacey	34:05	128 <sup>th</sup>	Mark Nicholls	42:57
24 <sup>th</sup>	Simon Woodward	35:27	172 <sup>nd</sup>	David Jarrett	45:19
46 <sup>th</sup>	Andy Kirk	37:31	200 <sup>th</sup>	Simon Peart	46:43
61 <sup>st</sup>	Richard Davies	38:48	213 <sup>th</sup>	Roger Taylor	47:24
71 <sup>st</sup>	David Coates	39:26	226 <sup>th</sup>	Sue Clayton-Drabble	48:06
89 <sup>th</sup>	Stewart Shears	40:44	240 <sup>th</sup>	Mel Bignell	49:17
109 <sup>th</sup>	Heather Cooke	41:50	252 <sup>nd</sup>	Allan Lock	50:42
110 <sup>th</sup>	David Morley	41:51	263 <sup>rd</sup>	Sandy Moffat	52:07
116 <sup>th</sup>	Sarah Clark	42:15			

### Milton Keynes Parks Run – 5k – 21<sup>st</sup> May 2011

2<sup>nd</sup> Andy Pacey 17:21

### Edinburgh half marathon – 22<sup>nd</sup> May 2011



I decided this year to run in Edinburgh again having done the full marathon last year in 25 degrees heat. I chickened out a bit this year and settled for the half.

Edinburgh is a beautiful city and although I enjoyed the stay last year the marathon was a nightmare although my time of 4 hours 2 mins was disappointing I was just glad to finish. I know many didn't including one of my Silson colleagues.

The half marathon is basically along the same course as the marathon but doubles back to the finish at mile 11. You start in the city centre at 8 a.m. -yes a bit early even for us diehards. The marathon is a sensible 10 a.m. start. You then run to the coast and on to the finish at Musselborough racecourse. The first 5 miles are roughly down hill and then it is flat up to mile 9 and then some small undulations to the finish. This makes it an ideal race for a PB if you are awake that is.

I got to the start in plenty of time and the weather this year was kind. It was about 13 degrees and promised some light rain which was ideal. The start, being downhill, was very fast and I had to be careful not to go off too quick, which many did. Unfortunately the mile markers were very small and I missed the first 4 which, in some ways, was good as before I knew it I was on the coast at mile 5.

It is very refreshing running along the coastal road with the sea on the left and the waves breaking on the beach. At times when the sunshine broke out through the clouds it was quite breathtaking. The race then follows the coastal road to the racecourse which you go past at mile 9 before doubling back later. I managed to keep up a good pace and felt strong at halfway, so much so I thought I could go faster so speeded up. Luckily I soon got back into a rhythm and felt good up to mile 11. It is not the best race for spectators but the ones who were out were very generous, loud and encouraging. It was good after the turning point at mile 11 as you could then see everyone behind you coming the other way. It was a good feeling to know that you had only 2 miles to go.

Due to a problem with my Garmin and missing the mile 12 marker the finish came upon me earlier than I expected but I put in a sprint (read fast jog) finish at the end and came in at 1 hour 40 mins and 55 seconds. I was over the moon as this was my second fastest half marathon and I knew that I could have gone faster at the end. Despite an injury hit winter I put it down to the cross country season and the start of the EMGP and running with all of my faster and slower colleagues.

It is certainly on the calendar for next year but I will still only do the half! There are plenty of other marathons to have a go at.

**Mark Nicholls**

### **Corby 5 miles - 25<sup>th</sup> May 2011 - EMGP Race 4**

After a "bit of a problem with the results", it is believed that the provisional results are something like this:

Jeff - 1<sup>st</sup> M55

Mel lowers her F50 age record

26 <sup>th</sup>	Chris Wood	29:37	184 <sup>th</sup>	Sarah Clark	36:58
32 <sup>nd</sup>	Simon Woodward	29:53	199 <sup>th</sup>	David Jarrett	37:25
39 <sup>th</sup>	Dan Taylor	30:19	221 <sup>st</sup>	Brian Keers	38:49
40 <sup>th</sup>	Jim Darcy	30:20	226 <sup>th</sup>	Allan Gray	38:39
48 <sup>th</sup>	Kevin Reboul	31:05	234 <sup>th</sup>	Simon Peart	39:33
60 <sup>th</sup>	Jeff Haynes	31:33	237 <sup>th</sup>	Roger Taylor	39:41
67 <sup>th</sup>	Andy Kirk	31:57	251 <sup>st</sup>	Ellie Lock	40:28
94 <sup>th</sup>	David Coates	33:23	252 <sup>nd</sup>	Madeleine Moutrie	40:29
109 <sup>th</sup>	Richard Davies	33:56	255 <sup>th</sup>	Sue Clayton-Drabble	40:39
127 <sup>th</sup>	Stewart Shears	34:44	264 <sup>th</sup>	Alison Tay	40:46
151 <sup>st</sup>	Heather Cooke	35:41	280 <sup>th</sup>	Mel Bignell	41:52
154 <sup>th</sup>	Jonathan Gale	35:49	281 <sup>st</sup>	Allan Lock	42:01
168 <sup>th</sup>	David Morley	36:22	316 <sup>th</sup>	Sandy Moffat	45:55
173 <sup>rd</sup>	Mark Nicholls	36:37			

## **RUNNING FORWARDS OFF THE ROAD**

### **South Downs Relay Marathon - 11<sup>th</sup> June 2011**

We have entered three teams to take on this challenge on 11<sup>th</sup> June and one intrepid individual (Jim) is also running the individual marathon. As well as being a challenging event, it's also a fun day out with the finish in a country park and no doubt a picnic or two in the sun.

It isn't too late to enter a fourth team so if you would like to give it a go, please let me know.

**Simon Woodward**

# DUATHLON CORNER

## Silverstone Duathlon – 19<sup>th</sup> May 2011

Once a month during the summer, there is a duathlon hosted up at Silverstone Circuit. It starts and finishes at the Porsche Centre and comprises 2 miles of running around the Porsche Test Track (2 laps), followed by 3 laps of the Circuit on bikes (10 miles) and then a further 2 laps on the Test Track

I went as a spectator “just to see what it was all about”. Lots of nice cars. Lots of what looked like very expensive bikes and blokes in tight one piece gear! There were about 100 entrants – most looked like athletes but reassuringly there were one or two fat(tish) blokes as well.

The start was a bit of an anti-climax as this was supposed to be a loud explosion from what appeared to be a rocket launcher! After having been asked to move away from said rocket launcher because of the noise, the device refused to explode and the race started with a loud “go”.

One of the entrants shot off like a whippet but by the end of the first running lap was in second place with the leader being the eventual winner. The transition area (legs to bike) and the start of the cycle race was a bit vindictive. Entrants were trying to put their feet in their biking shoes whilst at the same time climb over bridge to get to the circuit. Even the leader found this hard going.

The laps of the circuit got a bit confusing for some as three cyclists came off a lap early and headed for transition. It was only when they had peddled about ¼ mile to transition were they sent back to complete another lap (i.e. covering about ½ mile more than they needed to).

By now the race was a bit of a procession and I left as one of two were completing their run (so apologies to them) but a pint beckoned! The entrants do not use chips to record their times but “dibbers” which are swiped at the end of each of the three stages. As times appeared to be manually recorded, the “dib”, I assume, just confirms that the stage has been completed.

By comparison with our 10k, there was no cake stall and the entry in advance cost was £25.00!



Dan (on a bike)



Andy (on legs)



Claire (on a bike)

13<sup>th</sup> – Dan Taylor  
11:04/32:19/11:14

23<sup>rd</sup> Andrew  
Taylor  
11:54/31:56/12:55

108<sup>th</sup> Claire Todd  
15:03/36:55/15:40

There were 142  
finishers

# MEMBERSHIP IS NOW (OVER) DUE

**MEMBERSHIP FOR 2011/2012 IS NOW DUE.**

**If you have not paid YOU ARE NOT INSURED - Paul will set Tash on you to get the money**

# RAMBLINGS FROM THE PRESS BOX

## Weird and Wonderful Words from the Wise World of the World Wide Web

Last Updated: **May 03, 2011**

### German jogger put deer in headlock after attack

NewsCore | May 02, 2011 9:04PM

    Share

 Share

**A FEMALE German jogger was recovering with only minor injuries today after she managed to fight off a crazed deer by putting it into a headlock, daily newspaper Suddeutsche Zeitung reported.**

The 44 year old was exercising in the Echinger Lohe nature reserve, near Munich, in southern Germany, when the deer attacked her from behind.

Despite suffering injuries to her hands and thighs, she was able to put the deer in a headlock, scaring it and forcing it to flee.

Park authorities said it was unclear why the animal attacked and that park rangers were on alert for further possible incidents.

It's worth noting that the deer is reported as being 'crazed' so we must assume it underwent some intensive psychological testing to determine its mind state at the time of the attack.

Such contingencies clearly need to be systematically and progressively trained for so that all club members are prepared for unprovoked assaults by large mental mammals. I'd therefore propose that we begin headlock training with dogs - terriers for the juniors, spaniels for the ladies, Labradors for the men. As technique and strength improves we can move on to Dalmatians, boxers, great Danes, calves, ponies etc. Finally, an animal-specific progressive periodisation phase should be undertaken – start with a Munch jack, move on to a Fallow, progress to a Roe (Sam or Vince) and finally a Red (deer, not a bottle of vino).

Those from north of the border should start directly with Stags.

Off Beat News

## Runner gets tazed during marathon after shorts slip

The Associated Press  
Posted on May 3, 2011 at 2:42 AM  
Updated today at 2:44 AM

CINCINNATI (AP) -- Police say a marathon runner didn't want anything weighing him down -- including his shorts. Authorities say Brett Henderson was running naked in a marathon race through downtown Cincinnati. Police tell reporters Henderson refused to stop running and was halted with a stun gun. Henderson's mother Lee says Henderson was wearing a pair of borrowed shorts that kept slipping as he ran. She says he was determined to complete the race. Henderson is now charged with public indecency and obstructing official business.

**NOTE – THE PRESS OFFICER HAS NOW BEEN ON “HOLIDAY”**



## OUR FOREIGN CORRESPONDENT

### **What is the best kept secret for any visiting runner to Britain?**

What is the best kept secret for any visiting runner to Britain? An activity never published in any tourist literature, and with a fabulous, friendly group of athletes in the heart of English countryside.

Worked it out yet?

Answer – A training session with Silson Joggers on their home track (well car park), led by the knowledgeable and legend of running, Graham Linnell, and his assistants. Throw in a 4°C brisk, dark March evening, and 20 or so keen and willing athletes and you're in a runner's paradise.

Before any exercise you need to fuel and hydrate. No problem says Graham's father, have cuppa and some of Adams Oliver's finest, as he brings out the sausage rolls, cream cakes, tarts, chocolate éclairs, and other tempting treats. With strong will power I politely declined the food and settled for a caffeine fix instead.

On the way to the track I hardly recognise the area. So much has changed in the last 25 years. It's a small community out there now with the industries, new roads, and upgrades to the track facilities.

Good turnout for this training session. I'm impressed.

Graham briefs us on the night's activities, and we head off for a warm-up run, while Graham maps out a circuit in the car park and puts out the cones and lights. Back from the run and it's into the drills, again I'm impressed, very professional these Poms. Now for the main event, 500m (approx) laps of the car park with a short recovery after each lap. Can't remember who many laps we did as I lost count while trying to recover and mental prepare for another lung busting lap. Felt like 20 laps, but I sure it was probably much less than that.

The session concludes with a cool down lap of the car park and a light jog back to the meeting point. Along the way we congratulate each other on surviving this hard training session, and discuss the benefits such training sessions provide.

The goals of the “Joggers” are varied from marathons, 10kms, to general fitness, and good health. To all of them I wish you success and smooth path in achieving your goals.

Now the secret's out, look out, there may be more visitors seeking out a Silson Joggers training session at the race track, and maybe an Adam Oliver cake or two.

*Charles Chambers*

# ROAD RUNNING CHALLENGE

## Weston 5 miles

David Coates	M50	33	21	33	72.14
Sue Clayton-Drabble	F45	39	17	39	92.88
Sheona Smee	F50	43	30	43	93.92
Trevor Barnes	M55	34	36	34	95.97
Andy Pacey	M40	29	22	29	100.00
Kevin Reboul	M45	31	13	31	100.00
Heather Cooke	SF	35	36	35	103.14
Richard Davies	SM	33	12	33	103.65
Sarah Clark	SF	36	55	36	106.95
Madeleine Moutrie	F45	41	29	41	108.64
Chris Wood	SM	29	17	29	109.06
Simon Woodward	SM	29	48	29	110.99
Brian Keers	M50	37	35	37	115.11
Ellie Lock	SF	40	32	40	117.43
David Jarrett	M50	38	47	38	118.79
Andy Kirk	SM	32	25	32	120.73
Jonathan Gale	M40	36	19	36	123.67
Carol Debney	F65	53	48	53	130.90
Simon Peart	M40	39	54	39	135.87
Kit Rapson	F40	48	6	48	136.00
Justine Verwey	F40	47	41	47	154.65

## Jokers                      2010/Target

Richard Davies	34:21
Madeleine Moutrie	41:06
Sheona Smee	44:35
Carol Debney	54:46
Ellie Locke	41:00
Kit Rapson	49:15
Sue Clayton -Drabble	40:00
Chris Wood	29:15
David Coates	35:15
Trevor Barnes	34:57

## Fastest Times

	Mins	Secs	Mins
F Senior	34	31	34
F40	30	50	30
F45	38	11	38
F65	52	55	52
M Senior	26	51	26
M40	29	22	29
M45	31	13	31
M50	32	39	32
M55	30	27	30

<b>Rugby 6M</b>			<u>Mins</u>	<u>Secs</u>				<b>Race Total</b>	<b>Challenge Total</b>
1	Sue Clayton-Drabble	F45	48	21	48	0.35	48.35	102.47	195.35
2	Richard Davies	SM	38	58	38	0.97	38.97	102.92	206.57
3	Madeleine Moutrie	F45	48	53	48	0.88	48.88	103.60	212.25
4	Heather Cooke	SF	41	53	41	0.88	41.88	114.85	217.99
5	Chris Wood	SM	34	32	34	0.53	34.53	108.94	218.00
6	Sarah Clark	SF	43	34	43	0.57	43.57	119.47	226.42
7	Brian Keers	M50	45	18	45	0.30	45.30	121.45	236.56
8	Andy Kirk	SM	38	33	38	0.55	38.55	121.61	242.34
<b>One Race</b>									
9	David Coates	M50			0	0.00	0.00	0.00	72.14
10	Sheona Smee	F50			0	0.00	0.00	0.00	93.92
11	Trevor Barnes	M55			0	0.00	0.00	0.00	95.97
12	Andy Pacey	M40			0	0.00	0.00	0.00	100.00
13	Kevin Reboul	M45			0	0.00	0.00	0.00	100.00
14	Simon Woodward	SM			0	0.00	0.00	0.00	110.99
15	Andy Hoare	M50	42	45	42	0.75	42.75	114.61	114.61
16	Ellie Lock	SF			0	0.00	0.00	0.00	117.43
17	David Jarrett	M50			0	0.00	0.00	0.00	118.79
18	Jonathan Gale	M40			0	0.00	0.00	0.00	123.67
19	Juliet Hanson	F45	59	21	59	0.35	59.35	125.79	125.79
20	Carol Debney	F65			0	0.00	0.00	0.00	130.90
21	David Morley	M40	42	33	42	0.55	42.55	134.23	134.23
22	Simon Peart	M40			0	0.00	0.00	0.00	135.87
23	Kit Rapson	F40			0	0.00	0.00	0.00	136.00
24	Thomas Schilling	M40	45	54	45	0.90	45.90	140.73	140.73
25	Justine Verwey	F40			0	0.00	0.00	0.00	154.65

**Jokers**                      **2010/Target**

Chris Wood                      34:29  
Richard Davies                      40:27

Fastest Times

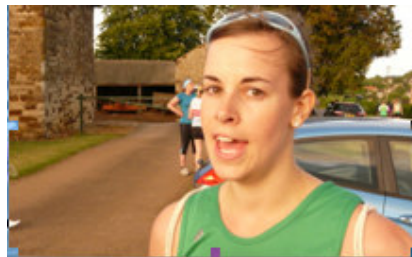
	Mins	Secs	Mins	%
F Senior	36	28		
F40	39	28	36	0.47 36.47
F45	47	11	39	0.47 39.47
F65	39	36	47	0.18 47.18
			39	0.60 39.60
M Senior	31	42		
M40	32	37	31	0.70 31.70
M45	36	9	32	0.62 32.62
M50	37	18	36	0.15 36.15
M55	38	15	37	0.30 37.30
M60	40	52	38	0.25 38.25
M65	44	58	40	0.87 40.87
			44	0.97 44.97

<b>Blisworth 5K</b>			<u>Mins</u>	<u>Secs</u>	<u>Race Total</u>	<u>Challenge Total</u>
1	Sarah Clark	SF	21	12	55.30	281.72
2	Sue Clayton-Drabble	F45	23	51	108.33	303.68
3	Richard Davies	SM	19	16	106.1809	312.75
4	Chris Wood	SM	17	8	103.32	321.32
6	Heather Cooke	SF	20	52	103.64	321.63
7	Madeleine Moutrie	F45	24	6	109.46	321.71
9	Andy Kirk	SM	18	50	83.57	325.91
10	Brian Keers	M50	22	25	129.45	366.01
<b>Two Races</b>						
11	Andy Pacey	M40	17	11	91.28	191.28
12	Kevin Reboul	M45	18	6	106.37	206.37
13	Sheona Smee	F50	25	41	116.65	210.58
14	Simon Woodward	SM	17	36	106.13	217.12
15	Ellie Lock	SF	24	1	119.29	236.72
16	Andy Hoare	M50	21	12	122.43	237.04
17	Jonathan Gale	M40	21	8	124.56	248.22
18	David Jarrett	M50	22	40	130.90	249.68
19	David Morley	M40	21	0	123.77	258.00
20	Thomas Schilling	M40	22	5	130.16	270.88
21	Simon Peart	M40	23	25	138.02	273.88
22	Kit Rapson	F40	29	5	139.38	274.49
23	Justine Verwey	F40	28	32	135.87	290.52
<b>One Races</b>						
24	David Coates	M50			0.00	72.14
25	Trevor Barnes	M55			0.00	95.97
26	Nick Pacey	M45	17	1	100.00	100.00
27	Juliet Hanson	F45			0.00	125.79
28	Carol Debney	F65	31	42	0.00	130.90

**Jokers**

**2010/Target**

Sarah Clark	24:06
Ellie Lock	24:40
Kit Rapson	29:15
Justine Verwey	28:59
Sue Clayton-Drabble	23:55
Sheona Smee	26:28
Richard Davies	20:04
David Morley	21:00
Brian Keers	22:43



**Fastest Times**

	<u>Mins</u>	<u>Secs</u>
F Senior	20	8
F40	21	0
F45	22	1
F60	19	23
M Senior	16	35
M40	16	58
M45	17	1
M50	17	19
M55	18	59
M60		
M65		

# NORTHANTS ROAD RUNNING SERIES

## After Blisworth 5k

### INDIVIDUAL RESULTS

#### Men Open

	First Name	Last Name	Club	Category	Blisworth 5k
2	Nick	Pacey	Silson Joggers	M45	99
4	Chris	Wood	Silson Joggers	SM	97
6	Andy	Pacey	Silson Joggers	M40	95
12	Simon	Woodward	Silson Joggers	SM	89
13	Dan	Taylor	Silson Joggers	SM	88
18	Kevin	Reboul	Silson Joggers	M45	83
23	Matthew	Wootton	Silson Joggers	SM	78
24	Andy	Kirk	Silson Joggers	SM	77
26	Jeff	Haynes	Silson Joggers	M55	75
28	Richard	Davies	Silson Joggers	SM	73
29	Thomas	Phelps	Silson Joggers	SM	72
30	Andrew	Taylor	Silson Joggers	SM	71
46	Stewart	Shears	Silson Joggers	SM	55
51	David	Morley	Silson Joggers	M40	50
53	Jonathon	Gale	Silson Joggers	M40	48
54	Andy	Hoare	Silson Joggers	M50	47
59	Mark	Nicholls	Silson Joggers	M40	42
62	Thomas	Schilling	Silson Joggers	M40	39
63	Brian	Keers	Silson Joggers	M50	38
64	David	Jarrett	Silson Joggers	M50	37
71	Simon	Peart	Silson Joggers	M40	30

#### Female Open

5	Heather	Cooke	Silson Joggers	SF	96
7	Sarah	Clark	Silson Joggers	SF	94
15	Elle	Supple	Silson Joggers	FU20	86
22	Sue	Clayton-Drabble	Silson Joggers	F45	79
23	Ellie	Lock	Silson Joggers	SF	78
26	Madeleine	Moutrie	Silson Joggers	F45	75
31	Claire	Todd	Silson Joggers	F45	70
40	Sheona	Smee	Silson Joggers	F50	61
44	Madeleine	Smee	Silson Joggers	FU20	57
47	Justine	Verwey	Silson Joggers	F40	54
49	Kit	Rapson	Silson Joggers	F40	52
50	Claire	O'Reilly	Silson Joggers	F35	51
56	Carol	Debney	Silson Joggers	F60	45

					Total	League Points	
<b>MALE</b>							
1	Silson Joggers	99	97	95	89	380	10
2	Rugby & Northampton	100	94	90	85	369	9
3	W&DAC	96	92	91	87	366	8
4	Wootton RR	98	93	86	84	361	7
5	Human Energy	65	20			85	6
6	Corby	69				69	5
7	Daventry RR	18				18	4
<b>FEMALE</b>							
1	Wootton RR	100	98	95		293	10
2	Rugby & Northampton	99	98	82		279	9
3	Silson Joggers	96	94	86		276	8
4	W&DAC	92	89	81		262	7
5	Corby	90				90	6
<b>COMBINED</b>							
1	Silson Joggers	380	276			656	10
2	Wootton RR	361	293			654	9
3	Rugby & Northampton	369	279			648	8
4	W&DAC	366	262			628	7
5	Corby	69	90			159	6
6	Human Energy	85				85	5
7	Daventry RR	18				18	4

## REQUEST FOR THE KIT MAN

Dear Kit Man,

Being amongst those Joggers who braved the Bedford 6, you will be well aware of how the team was ravaged by the rampaging biting insects of the Bedfordshire swamplands. Indeed Silson's top female athlete was unable to train the following week after unwittingly having blood drained from her by a less-than-sterile mosquito.

I therefore propose that the club invests in some slightly modified kit in order to address these issues. Using the awesome power of state of the art computing, I have created some frighteningly realistic images of what the new kit might look like.

As an added advantage, Joggers working with asbestos, caustic chemicals or in the vicinity of stricken Japanese nuclear power plants can proudly fly the Silson flag whist hard at work.





As you can see, the new kit blends in surprisingly well with the traditional non-protective Silson kit, and I'd anticipate it being welcomed enthusiastically by the membership. Indeed, the new blend of athletic/personal protective kit could open up a whole new market in sportswear. Perhaps the club chairman and treasurer could be persuaded to pitch it on *Dragon's Den*.

Sincerely,

*The Silson Press Office*

# RACES – running forwards

## Forthcoming Events in the local(ish) area

Date	Event	Category
07/6/2011 (Tue)	Banbury 5	EMGP #5, SRRC
11/6/2011 (Sat)	South Downs Marathon and Relay Marathon	
14/6/2011	Harborough 5	EMGP #6
19/6/2011	F1 Chicken Run, Brackley	SRRC
19/6/2011	Farnborough Flier	
21/6/2011 (Tue)	Weedon 10k	EMGP #7, NAA, SRRC
21/6/2011 (Tue)	Silverstone Duathlon (2/12/2)	
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 (4.35m)	
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

# TRAINING RUNNING FORWARDS

<b>June</b>			
Fri 3rd	Senior/Junior	Sixfields	800s
Sun 5th	Senior	Infant School	Sunday Run
Fri 10th	Senior/Juniors	Sixfields	600 x 6
Sun 12th	Senior	Salcey Forest (Meet at Sponne)	Sunday Run
Fri 17th	Juniors	SRA	Fun Mile
Sun 19th	Senior	Infant School	Sunday Run
Fri 24th	Senior/Junior	Sixfields	400
Sun 26th	Senior	Brickhill Woods	Sunday Run
<b>July</b>			
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



**HEALTH WARNING – SILSON JOGGERS A C ~~MAY~~ DOES CONTAIN NUTS**