



The 10k Times

March 2010

www.silsonjoggers.org.uk

MARK GETS DRESSED IN THE DARK



Reproduced with thanks to "The Race Photographer" - <http://www.theracephotographer.com/Winslow10k/index.htm>

“PLEASE DO NOT LET ANYONE SEE ME

WEARING

A PROPER

RUNNING VEST”

JUNIOR JOGGERS

Apologies for cancelling the session on February 23rd, the snow was settling where I work, so safety was an issue, even though it seemed less of a problem elsewhere.

We enter our final month at Sponne School with a view to be spending more time outside, including the race at Silverstone Circuit on Wednesday 31st March (see below)

Our track training will commence on Friday 23rd April at Sixfields Northampton 6.45pm.

In the mean time we are arranging a junior evening bowling on Friday 26th March also at Sixfields Bowl.

The club presentation evening will be at The Old Dairy Farm Centre Upper Stowe NN7 4SH, on Friday 16th April. All juniors who have trained with us will receive an award. More details will follow on separate emails.

The results of the February training are below. Unfortunately the time trial run was due on the Tuesday was cancelled.

	1 minute exercises	Tuesday 9 th February	
	Shuttle runs	Star Jumps	Step Ups
Olly	12.5 (+.5)	107 (+35)	57 (+4)
Ben	11 (+.5)	88 (+18)	48 (=)
Madeleine	13 (+5)	97 (+11)	59 (+10)
Annabel	11.5 (=)	89 (+4)	51 (+5)
Michael	11.5 (+.5)	94 (+28)	59 (+6)
Emma	10 (-1)	69 (+2)	50 (+1)
Henry	12.5 (=)	100 (+17)	60 (-2)
Fiona	10.5 (+.5)	80 (+10)	45 (+2)
Sheona	11.75 (-.25)	89 (+4)	58 (+4)
Kit	10 (-1)	79 (-11)	54 (+4)
Ellie	11	78	50
Sophie	10.75	73	50
John	14	71	65
Ella	12	93	67
Anna	13	78	67
Mali	11.75	81	48
Ashley	13	80	50

Results in brackets are compared to exercises on Tuesday November 24th

March Training at Sponne School Towcester 6.30pm to 7.45pm

Tuesdays 2nd, 9th, 16th, 23rd

There will be no Junior Sports Hall Training on Tuesday March 30th, as we have the junior 1.6 mile race the following day.

The Junior 1.6 mile race at Silverstone Racing Circuit Wednesday 31st March

Meet at the main circuit entrance, just beyond the gatehouse at 6.30pm.

Trophies will be awarded to the first 2 under 10 girls and boys, also the first 2 ten years and over boys and girls.

Graham

RUNNING BACKWARDS ON THE ROAD

Winslow 10k – 21st February 2010

6th Mark Armstrong

37:34

25th Michael Spencer

41:36



Reproduced with thanks to "The Race Photographer" - <http://www.theracephotographer.com/Winslow10k/index.htm>

I entered the Winslow 10K as part of my build up to the Shakespeare Marathon in April. I had taken part in 2009 and, even though it didn't actual fit into my training plan, I was interested in seeing how my training compared with last year.

There was a bit of early ground frost but by the time we started to assemble on the start line at Race HQ at Furze Down School the temperature was rising and it was reported there was no ice on the course, a few pots holes and lots of puddles but no ice. The rise in temperature did bring with it some rain but I consoled myself that this race would take a lots less time than the 20 mile run I should be doing.

Also lining up at the start amongst the 200 or so starters was another Silson Jogger in full uniform Mark Armstrong. The "gun" went and off we set on a lap of the school playing field (this is something which divides people, some people don't like running round a field in a large group at the start, others, like myself, can't understand why you'd want to enter the playing field and run in the opposite direction to the finish line) before setting off through the lanes of north Buckinghamshire.

The first kilometre was down hill and seemed quick, consensus been it was a bit short, and Mark disappeared in to the distance. I wouldn't see him again until the finish. From then onwards the course undulates until around 7 km where there is a sharp decent and then a couple of fairly flat kilometres. You then reach the sting in the tail with a sharp climb for around 600 metres and a flat "fast" finish.

Once things settled down around 2 km I fairly much kept pace with the group around me and even managed to pass a couple of people and one person in the finishing straight. I finished in 41:36 a new PB, so was very pleased. Mark finished in 6th place in 37:34

The race is organised by the local Lions Club and was very well done, the marshals were friendly and encouraging. The water stations were enthusiastically manned by local scouts who were one of the local groups to benefit from the event.

Once the race was over I was tempted to the school hall by my best memory from last year, a cup of coffee, a bacon roll and a slice of home made cake. This also wasn't in the training plan!

Michael Spencer

RUNNING BACKWARDS OFF THE ROAD

Milton Keynes 5k – 6th February 2010

1st Chris Wood 19:30



Having been tempted out of a warm bed by the prospect of a 5km blast around Willen Lake, I signed up for the fourth ever Milton Keynes Park run on a freezing and foggy Saturday morning. The day started well enough. Off the start I tucked in behind a guy from Luton AC who I hoped knew the way and we built up a nice lead. Passing through 1km in 3:30 and 2km in about 6:50, things were

looking promising for a reasonable time.

We were at about halfway when it all started going wrong. First the guy I was running with questioned the directions given to us by the marshal. Thirty seconds later he voiced his concerns to me *viz a viz* the validity of our present course. Shortly after that he again voiced his concerns with a little more emphasis. We stopped.

The runner behind then joined us for a discussion. After a bit of this I was getting bored so made the decision to carry on the way we were currently headed and trotted off into the fog. More through luck than judgement we made it back onto the course after a brief trip across the grass. The rest of the run was a pleasant enough trip around the lake, which thankfully passed without further incident.

So....one missed lie-in, a personal worst *and* the slowest winning time to date. Quite an impressive outing. Park runs are free (so I didn't even feel like I was getting my money's worth by doing extra!) and held every Saturday morning. Should anyone else fancy 5km (or thereabouts) have a look at www.parkrun.org.uk.

Chris Wood

CHILTERN LEAGUE CROSS COUNTRY – MATCH 5 WING – 13th FEBRUARY 2010



We did it! Congratulations to all runners, supporters and coaches who played their part at Wing and throughout the cross country season. We saved the best till last with our largest ever team of 32 runners achieving a fantastic **6th place on the day!** This is by some distance the best result the club has ever achieved in Division 1 with our previous best being 9th on the day.

In terms of the overall league position, we finished a creditable 11th place overall, rising above Watford in the final round. Even though this is one place lower than last year, we actually scored over 100 more points.

As ever at Wing, the challenge started right from the gun with the downhill stampede to the first corner after which the course almost never ceases to undulate from one very muddy gateway to another with a couple of long slow climbs giving no time to relax or find a rhythm.

The team consisted of 20 men, 6 ladies and 6 juniors and there were some great individual performances – a full list is included on the next page. In the Juniors, Katie Gregory led home a full team of U13 girls on her debut with Layne Wray alongside. John Olejnik also made an impressive debut in the U15 boys event.

In the men's event Andy Pacey led home the team for the fourth time this season with a very impressive 26th overall in the mob match. Nick Pacey also scored big points for the team as second male home. Tom Phelps and Matt Wootton made very timely returns to the team with their first runs of the season and both finished in the top ten men for Silson.

Heather Cooke led the ladies team home for the third time this season with Casey Hill enjoying her best run of the season as second Silson lady home.

In the season's overall individual standings, there are several Silson Joggers in the top 10 in their category: Andy Pacey finished 8th in the M40 category, Dave Coates was 6th Tony Keech 9th and Andy Hoare 10th in the M50, Alan Lock was 10th M60, Mel Bignell was 8th and Sheona Smee 9th in the F45.

And finally, at the end of a season which saw an impressive 52 Silson athletes competing, spare a thought for a small group of Silson Joggers who all ground out that hill at Oxford, raced against EasyJet at Luton Airport, got soggy socks from that waterlogged final corner at Slough, wrapped up warm against the cold at Shuttleworth and squelched through muddy gateways and unceasing undulations of Wing. Those achieving such a Chiltern League Full House were Layne, Mel, Brian, Andy P, Heather, Andy K, me and Jim. Roll on next season!

Simon Woodward

Senior/Junior/Veteran Men

20	ANDY PACEY	35.28	733	M40	6
27	NICK PACEY	36.05	741	M40	9
41	SIMON WOODWARD	37.04	735	M	18
49	JIM DARCY	38.07	723	M40	16
63	CHRIS WOOD	38.53	734	M	31
64	JEFF HAYNES	39.00	745	M50	3
65	KEVIN REBOUL	39.01	731	M40	21
81	TOM PHELPS	40.23	732	M	34
82	ANDY KIRK	40.26	725	M	35
90	MATT WOOTTON	41.09	721	M	36
95	DAN TAYLOR	41.28	743	M	38
100	ANDY TAYLOR	42.19	729	M	41
109	ANDY HOARE	43.27	728	M50	17
116	TONY KEECH	44.08	724	M50	18
121	TREVOR BARNES	44.31	749	M50	20
137	MARK NICHOLLS	47.13	738	M40	46
138	PAUL KING	47.17	726	M	46
141	BRIAN KEERS	47.58	727	M40	48
143	NIGEL JONES	48.41	747	M40	49
154	ALLAN LOCK	53.43	744	M60	10

Under 15 Boys

30	JOHN OLEJNIK	19.14	723	M15	30
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Senior/Veteran Ladies

27	HEATHER COOKE	28.29	748	F	19
41	CASEY HILL	30.59	744	F	27
47	MEL BIGNELL	32.45	749	F45	7
48	CLAIRE TODD	33.15	743	F45	8
58	SHOENA SMEE	36.10	747	F45	11
60	CAROL DEBNEY	41.43	740	F55	5

Under 15 Girls

35	ANNA LAWSON	14.54	739	F15	35
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Under 13 Girls

34	KATIE GREGORY	11.55	738	F13	34
35	LAYNE WRAY	11.56	741	F13	35
50	MADELEINE SMEE	12.52	743	F13	50
56	ELLA MILLS	13.33	737	F13	56

Total Overall Score		Total	1	2	3	4	5
1	MARSHALL MILTON KEYNES	11501	2503	2953	2172	1839	2034
2	BEDFORD & COUNTY	11221	2396	2885	2168	2184	1588
3	CHILTERN HARRIERS	9443	2225	2234	1745	1678	1561
4	HARROW A.C.	8954	2064	2292	1682	1397	1519
5	WINDSOR SE&H	8895	2077	2079	2298	1127	1314
6	VALE OF AYLESBURY	7526	1737	2186	1323	1243	1037
7	OXFORD CITY	7188	1988	1844	1252	1160	944
8	LUTON A.C.	7046	1357	2466	1132	1174	917
9	BRACKNELL	6776	1970	1943	1044	836	983
10	HEADINGTON R.R.	5976	1460	1612	1064	831	1009
11	SILSON JOGGERS	5858	1257	1510	988	949	1154
12	WATFORD	5561	1443	1625	1181	518	794
13	TRING RUNNING CLUB	4973	981	1462	952	681	897
14	DACORUM & TRING	3771	690	1274	508	679	620

**2010 Saucony English National Cross Country Championships
Saturday 27th February at Roundhay Park, Leeds.**

Silson Joggers Show Their Class to the Nation

The conclusion to this winter's cross country season was the National Cross County Championships hosted this year by Leeds City AC at Roundhay Park in Leeds.

Following a 9.45am meet that even yours truly made on time (almost), a quick headcount revealed that we were one down. Frantic mobile phone searches eventually uncovered Casey's number and we learned that she had thought the departure time was 10.15. Casey hauled herself out of bed and a short time later opened her curtains to find a minibus of Joggers peering in. Fortunately Casey is very understanding and no official complaints have yet been made, however to be on the safe side, the club's Welfare Secretary has been informed.

At this point, Brian Keers made a surprise appearance to make a generous offer of giving us the sides of the tent to take with us to Leeds. We appreciated this but explained that they wouldn't be much use without the frame and roof, which presumably are stowed away in another Jogger's garden shed waiting the barbecue season. Besides, there really was no room for the tent with Kev's picnic basket taking up all the spare space on the bus.

The next stop on the journey was Woodall services where those who had been a little over zealous

in their pre-race hydration strategies had an opportunity to relieve themselves. Kev realised that his hamper was lacking in fast food so supplemented it with a Big Mac and fries. A short time after departing Woodall, an annoyed Allan Lock first revealed his intention to file a complaint against Welcome Break for selling him over strength coffee that “goes right through you”. Hardly the best preparation for another hour and a half in a minibus but Allan explained that all would be well as he had first hand experience of lifting panels in coach floors so at least we wouldn’t need to stop again.

Expectations were raised significantly as we approached the venue to find that it is home to such exciting attractions as “Tropical World” but our hopes were well and truly dashed when we discovered that the tropical climate is achieved through the use of heated greenhouses. Sadly, today’s event would not take place inside the greenhouses but instead our hosts had prepared a particularly muddy course in a drizzly and somewhat less than tropical 4 degrees.

With the ladies warming up, the men huddled around their bags in the drizzle and at this point we realised the error of our ways. If only we had the sides of the tent to protect us from the elements! At least we had our classy “lollipop” to reveal to all those jealous onlookers where we came from. More than one short-sighted observer thought we were from a village near Keighley called Silsden, so to avoid damaging our club’s reputation further we all put on northern accents and played along.

Those efforts may well have been to no avail though as it was then that a senior club member who shall remain anonymous but for the sake of this will be known as “Coach” was abused by an upset member of the local community for urinating against his wall. This is the type of behaviour that gives the running community a bad name and, to make matters worse, Coach’s club top was fully visible prompting concerns over whether a running club can be given an ASBO?. The Club Secretary has been informed.

And so to the races - yes there was a reason for us travelling north of the Watford Gap. The ladies were first to go on in the day’s penultimate race. Casey and Madeleine made their way to the start and were first to experience queuing in a river of mud in order to have their number checked. They soon strode off in the centre of a daunting 100m wide mêlée of runners.

The course itself warrants some description and the general consensus was that it was “*\$\$* tough”. Apart from the repeated stretches of thick, sticky mud, it was long and it was hilly. A friend of mine coaches for Leeds City and guided me on a tour of the course beforehand and he took me straight to what the locals call “Hill 60”. This is actually two hills on the course, one down and one up, both of which share one characteristic, steepness – and to be more specific an incline of 60degrees, hence the name! These were far from the only hills either and suddenly Wing was looking like a cakewalk.

Our ladies battled up all the hills including Hill 60 while others around them walked. The ladies completed two laps of this for a distance of about 8km in pursuit of eventual winner Steph Twell. The men completed 3 laps for a distance of 12km and all the results are listed below. We suffered one casualty on the punishing course with Dan retiring after decorating the park with his lunch midway around his 3rd lap. There was a sense of real achievement mixed with bewilderment at the finish as we all struggled to find the right words to describe it.

Perhaps the most dramatic event of the day was after we hit the road when Kev settled an outstanding debt for his now well-worn Silson shirt. This saved an embarrassing episode in which sanctions were to be applied at the next Committee meeting to strip Kevin of the Ivor Pugh Cup. For new members the “Ivor Pugh Cup” is awarded annually for non-running reasons, often to the most disorganised Jogger of the year. Had Kevin become ineligible, this surely would have paved the way for Casey “I’m still in bed” Hill this year. But happily for Kev, he becomes eligible again to defend his hard earned trophy and this raises the prospect of a tense conclusion to the season culminating in a nail biting ceremony at this year’s AGM.

Our journey home was diverted to a hostelry in the Wakefield area to ensure we were fully hydrated. At the risk of further complaints from another community, a few of the more self-aware Joggers

(mostly the men) changed out of smelly wet tracksters and into clean trousers. Sat next to an open fire with Black Sheep, Cabernet Sauvignon and assorted crisps to aid our recovery, we put the running world to rights. Contemplating the way that our exploits might be reported to the national press, we decided that this would probably be accompanied by a “library picture” of our Press Secretary winning another ladies race. Still, better that than any stories about Peeping Toms and ASBOs.

Finally thanks go to Graham and Tony who drove the minibus to Leeds and back and Anne for the Lemon Drizzle!

Disclaimer: the author takes no liability for any of the views in this newsletter and any complaints should be addressed to the Black Sheep Brewery, Masham, Yorkshire

Senior Men Results

346	Andy Pacey	46:49	1090	Tony Keech	58:01
460	Simon Woodward	48:22	1253	Graham Linnell	61:41
582	Jim Darcy	50:04	1404	Allan Lock	71:58
643	Kevin Reboul	50:57			


Senior Ladies Results

412	Casey Hill	41:33	483	Madeleine Moutrie	45:34
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The ladies race had 505 finishers and the men’s had 1428 finishers and in the men’s team event we finished 67th out of 107 teams.

Simon Woodward

BIRTHDAYS in MARCH

Dave Lantsbery – 15 th		Mark Armstrong – 22 nd
Jeff Haynes – 5 th		Anna Lawson – 15 th
Claire Todd – 4 th		Vincenzo Pratley – 9 th
Nigel Jones – 12 th		Ben Lawson – 18 th
Paul King – 27 th		Amalia Aitchison – 14 th

An Apology

Kevin Reboul – nuff said!

In the last edition of The 10k Times it was suggested that Kevin’s birthday was on 7th February. In fact it is on 2nd July. A bit out of character for Kevin to be that early! Or was it just very late?

FROM THE PRESS DESK

Thoughts from the pool



Total fitness is just a few lengths away.....

It's injury time again, so I've been hitting the pool to get some quality cross-training done. In reality, this means trudging blurry-eyed to the pool for a pre-work swim, and then emerging with red blurry eyes and a goggle marked face to fill a now ravenous belly with whatever the vending machine has on offer.

Of course, this mindless time spent staring at the bottom of a pool leaves plenty of time to ponder the bigger questions of life:

Could chlorine-resistant fish be developed to be let loose in swimming pools? That way you could get that Red Sea holiday vibe without the obligatory post Red Sea holiday explosive diarrhoea.

Should athletes from clubs called the such-and-such Road Runners be allowed to race in cross-country events? I think not.

Slightly overweight hairy gentlemen can sometimes swim a lot faster than you'd think they could, in a don't-judge-a-book-by-its-cover type of way. I'd love to be able to say that nubile young ladies can also swim a lot quicker than you'd think, but don't have an extensive sample with which to study.

Do you think England rugby manager Martin Johnson always goes to Halloween parties as Frankenstein? It wouldn't need much of an outfit.

I read that 1 mile of swimming is equivalent to 4 miles of running and 1 mile of cycling is equivalent to 4 miles of running. What exactly would happen if I took my bike into the pool?

Ever noticed that Rugby and Northampton are two east midlands towns with no obvious links or similarities?

Do hospital R&D departments get a lot of dyslexic patients looking for A&E?

Isn't chlorine a toxic gas that reacts with water to make hydrochloric acid?



Bloody half term

I need to get out more.

DIARY DATES

SILVERSTONE HALF MARATHON – 14th March 2010

Many thanks to all that have responded volunteering to marshal. There are still a few spaces left to be filled so if you have not replied or can now help, then please let John Fowler know as soon as possible.

PRESENTATION EVENING & ANNUAL GENERAL MEETING 16th April 2010

SILVERSTONE 10K – THE BIG ONE 4th May 2010

**PUT THE DATE IN THE DIARY NOW
(please)**

RACE FOR LIFE – 9th June 2010

OUR OVERSEAS CORRESPONDENT

Hello Graham



Firstly I would like to thank you for welcoming me into your club and making me feel so at home; it was great to run with such a nice group of people. To run again in winter in England was a pleasant change for me. In Australia the main problem I face is having enough water in my body and on long runs being able to maintain my sugar and energy

levels. To this end, I always have a bottle of water in my hand, which I find very annoying but it is better than the alternative of dehydration which I have found out to my cost, and on longer runs in excess of 20km I always have Power Gels. Power Gels taste disgusting but they do give me an amazing boost over longer distances. The biggest problem I found in England was keeping my knees warm; however I still could not bring myself to borrow the pink tracksuit bottoms that Claire kindly offered me. (Thank you anyway Claire).

Please find enclosed a few pictures of me and friends running Penang Hill (Malaysia) recently. Typically we run together as a foursome and rarely if ever compete; we just take great pleasure in beating and ridiculing each other. That said, we hope to compete in the Yurrebilla trail race later this year as a team if we are not deployed (details are at www.sarrc.asn.au).

Finally, please give my regards to Casey and wish her all the best in her forthcoming career; I am sure that she will do very well and thanks to Geoff, Trevor, Mel, Dan and all the other fine people that I met and best of luck on your next runs

Kind regards

Kevin
(kevin_mulgrew@hotmail.com)

TRAINING – running forwards

March

Tuesday 2 nd	Junior – Long Run	Sponne School
Wednesday 3 rd	Senior – Winter Cup – 5k	Circuit
Sunday 7 th	Senior	Nether Heyford
Tuesday 9 th	Junior – Circuits	Sponne School
Wednesday 10 th	Senior – Relays	Circuit
Sunday 14 th	NO TRAINING - HALF MARATHON AT THE CIRCUIT	
Tuesday 16 th	Junior – Time Trial	Sponne School
Wednesday 17 th	Senior	Circuit
Sunday 21 st	Senior	Infant School
Tuesday 23 rd		Sponne School
Wednesday 24 th	Senior – 2 persons relays	Circuit
Sunday 28 th	Senior	Tom Pomeroy's house
Tuesday 30 th	Junior – Circuits	Sponne School
Wednesday 31 st	Senior – Winter Cup 1.6 miles	Circuit

A SELECTION OF LOCAL(ISH) RACES

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 the Press Office and the 10k TIMES have the results and a report as soon as possible afterwards – the Local Press are desperate for any news.

Chris "The Press Officer" Wood

06/03/2010	Shakespeare Raceway 10k (Stratford)	
07/03/2010	Nike Milton Keynes Half	
07/03/2010	Berkhamsted half marathon	
14/03/2010	Banbury 15	
14/03/2010	Silverstone Half - marshals needed	
20/03/2010	Midland 12/6 stage Relays - Sutton Park	
28/03/2010	Oakley 20 (Bedford Harriers)	
28/03/2010	Equinox 2010, Welford, multi-terrain 14m	
03/04/2010	Moreton Morrell Muddness 8	
11/04/2010	Sandy 10	
11/04/2010	R&N Spring 5 (Rugby)	
18/04/2010	Flitwick 10k	
25/04/2010	Virgin London Marathon	
25/04/2010	St Georges Day 10k, Stanwick Lakes, Wellingborough	
25/04/2010	Stratford Half Marathon and Marathon	
02/05/2010	Titchmarsh 10k (nr Kettering)	
03/05/2010	Great Weston 5	
04/05/2010	Silverstone 10k THE BIG ONE All Silson Joggers needed to marshal, not run this	EMGP
09/05/2010	Blenheim 7k and children's 1m fun run	
12/05/2010	Rugby 6 (EMGP Race 2)	EMGP
12/05/2010	Silverstone Duathlon (2/10/2)	
18/05/2010	Bedford 6 (EMGP Race 3)	EMGP
23/05/2010	Coventry Mile	
23/05/2010	Coventry Half Marathon	
26/05/2010	Corby 5 (EMGP Race 4)	EMGP
01/06/2010	Weedon 10k (EMGP Race 5)	EMGP
08/06/2010	Banbury 5 (EMGP Race 6)	EMGP
12/06/2010	F1 Chicken Run (Brackley, 10k)	
12/06/2010	South Downs Marathon and Relay Marathon	
15/06/2010	Harborough 5 (EMGP Race 7)	EMGP
20/06/2010	Farnborough Flier 12k	
29/06/2010	Milton Keynes 10k (EMGP Race 8)	EMGP
29/08/2010	Moulton 10k	

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