



The 10k Times

March 2011

www.silsonjoggers.org.uk



**ALISON GETS COMPETITIVE
TO MAKE SURE THAT
SHE GETS PAST MEL
IN THE MUD
AT WING CROSS COUNTRY –
MEL GIVES ALISON
THE STAR WARS
“LASER IN THE HEADBAND” TREATMENT**

JUNIOR JOGGERS

A massive well done to our junior cross country squad, competing in a very strong league and in tough conditions particularly over the last 3 fixtures, the results were excellent. The juniors contribution of 385 points helped Silson to the clubs highest ever league score, but not the best league finishing position. We have 4 or 5 to add to the squad next season, so the future is looking good. (See web site for full results)

During March we will be preparing for the forthcoming 1.6 mile club race at Silverstone Motor Racing Circuit on Wednesday March 30th and also the start of Sixfields track training on Friday April 7th 6.45pm.

We have an event either social or a race for the juniors each month until we have a summer break which coincides with the school holidays. Below listed are the dates of the races we have, some are taken from last years calendar and are annually held on a similar weekend. The presentation evening will be held on Friday April 15th at the Old Dairy Farm Centre Upper Stowe NN7 4SH 7.30pm. (please fill in form at the end of the letter and hand to myself or Tasha King as we need food numbers). It would be great to see all the juniors there again this year along with their parents.

Juniors Races

Wednesday March 30 th	1.6 mile Race	Silverstone Circuit 6.30pm
April Fun Run	Northampton Racecourse	(full details still to be received)
Sunday May 8 th	County 1500 track races metres	Corby (entry forms to follow)
Friday June 17 th	Silverstone Fun mile Race 6pm	Silverstone Playing Fields
Sunday July 10 th	Chairman's Cup track races	Kettering (juniors can enter 3 events)

Tuesday Junior training

March 1st, 8th, 15th and 22nd Meet at Sponne School Sports Hall at 6.30pm
(please note there is not any training on March 29th as it is the 1.6 mile race is the following day)

And finally a huge good luck from Silson Joggers to Layne and Anna at the Inter Counties Cross Country in Birmingham .

Graham

Please complete the form and hand in by March 22nd

.....
Silson Joggers Presentation /AGM evening
Friday April 15th 7.30pm
The Old Dairy Farm Centre, Upper Stowe NN7 4SH

I will be attending the presentation evening along with my daughter/son
We will require sausage & chip suppers for juniors..... (number please)
Also..... buffets for parents (number again please)

Names of juniors attending.....

All juniors will receive an award plus there will be trophies for outstanding boy and girl plus most improved junior.

FUND RAISING OPPORTUNITY

Run Walk Jog around Holdenby and help keep your Air Ambulance Flying 17th April 2011

This event is not just for runners, joggers and walkers; it's a fun day out for the whole family as our finish line festival offers food, drink and entertainment for all ages, including falconry show and a chance to meet our Helicopter and crew

Dogs on leads welcome, 5k and 10k route options (10k is two laps of the circuit), Even if you don't fancy walking, jogging or running 5k, come along for a fun day out and a chance to meet your local air ambulance and crew.

Date: 17th April 2011

Venue: Holdenby House, Northampton, NN6 8DJ

Time: Gates open 10am, Race Starts 11am

Entertainment: Children's Games, Merchandise Stalls, Catering Stalls, Falconry Show, Meet the Crew and Helicopter, entry to the beautiful Grounds of Holdenby House.

How people register: Online at www.wnaa.co.uk/northamptonshire-heroes-run or email tracy@wnaa.co.uk for an entry pack.

Cost of registration: £10 per adult, £5 per child (to be accompanied by parent or guardian)

Corporate Team enter 5 get one free contact tracy@wnaa.co.uk

Tracy Grunwell

Fundraising Manager – Northamptonshire & Milton Keynes

SILSON AWAY WEEKEND

SILSON WALKING WEEKEND


28TH - 30TH MAY

CAMPING & WALKING ON THE SOUTH DOWNS

PLEASE CONTACT TASHA KING

FOR MORE DETAILS IF INTERESTED

BIRTHDAYS IN MARCH

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

DIARY DATES

SILVERSTONE HALF MARATHON – Sunday 6th March 2011

Many thanks to everyone who has already volunteered. If you find yourself wanting something to do on Sunday then, no problem, just let me know. We just have to hope that the weather is decent!

John

John.fowler7@btinternet.com

ANNUAL GENERAL MEETING & PRESENTATION EVENING

Friday 15th April 2011 – 19.30 start @ The Old Dairy Farm, Upper Stowe, Weedon

Wanted!

Good home for prestigious women's relay trophy.

A unique opportunity is available to Silson Joggers to join an elite club and become the custodian of the Ivor Pugh Cup for a year.

The cup remains in very good condition despite having several previous owners – none of whom could be considered to be 'careful'. To become part of Jogger's history, just let me know how you qualify. The cup would make a welcome addition to any home and makes for a wonderful conversation starter at any social gathering.

You never know, you may already have done enough to be in the running.....



John Fowler

SILVERSTONE 10k – Wednesday 4th May 2011

BRIAN KEERS WILL BE ORGANISING THE VOLUNTEERS FOR JOBS FOR THE BIG ONE SHORTLY. SILSON JOGGERS WOULD PREFER THAT CLUB MEMBERS DID NOT TAKE PART IN THE RACE WITHOUT PRIOR AGREEMENT.

LONDON MARATHON 2011

As far as we know the following people have been accepted in to the London Marathon 2011:

- Trevor George
- Linda Lytollis
- Madeleine Moutrie
- Andy Pacey
- Nick Pacey
- Simon Peart
- Sam Roe
- Andy Taylor
- Simon Woodward
- Matt Wootton

If you have a place but are not shown above please let me know as soon as possible. If you are also running a different spring marathon – then please do tell us

RUNNING BACKWARDS OFF THE ROAD

CHARNWOOD – HILLS RACE – 6th February 2011



276th Paul King 2:12:56

Everyone enjoys cross country races. The scenery, the views, the fresh air, oh and the mud, hills and streams of course. But the problem with cross country races is that they're just too short. By the time you've got started, you finish and you hardly feel like you've run. So what to do? Someone suggested a gentle introduction to fell running (thanks Dan) so I entered the Charnwood Hills race. Its 14 miles long through undulating hills north of Leicester (I never knew Leicester had fells either!) and cover 1400 ft of climbs. So on Sunday morning I set off (on my own Tasha!!) for the 10am start.

Reproduced with kind permission of www.theracephotographer.com

After registering and a quick look around the stalls and cakes, I got ready, applying liberal amounts of Vaseline to my already blistered feet. The start was a low key affair, the start being signified by everyone suddenly charging off around the football field. A couple of laps of this were supposed to spread the field out to ease congestion at the first stile. This didn't work and several minutes passed acquainting myself with fellow runners. Through the next muddy field we again came to a standstill at another stile for a further few minutes.

After this it all becomes a bit of a blur. There was a little mud, some streams, some ups (one called Cardiac Hill) and downs and some beautiful scenery. Pretty soon I realised I was way behind schedule and way under prepared for the uphill so decided to enjoy my run in the country.

I managed to gain places on the downhills, a lack of self preservation a distinct advantage, but lost those again on any uphill. I really need to find some more hills in Northamptonshire. The final three miles were into a battering headwind but the finish line was near and crossing the line in 2 hours 12 mins (that's a club record for 14.1 miles I believe) I collapsed, rather more knackered than a Sunday country run should make me. In fact, this was way harder than the marathon.

Overall, this is a fantastic race, a little light on support in some of the exposed open countryside sections, but some great scenery more than made up for this. This hasn't completely destroyed my desire to give proper fell running a go, but I think I'll wait till my aching hamstrings recover.

Paul King

WELLINGBOROUGH (IRCHESTER PARK) 15k – 6th February 2011

Jonathan Gale

1:09:52

CHILTERN LEAGUE MATCH 5 – WING – 12th FEBRUARY 2011

The final round of the Chiltern League returned to Wing this year at one of Silson's favourite venues, not least because it's not that far and we tend to do pretty well here. This year though we were beset by injuries with several not making the start line and a few more not making the finish line. Fortunately, we were safe from relegation before this round because of the sterling efforts of the team earlier in the season.

The conditions were good overhead but underfoot the mud was as thick and the course wetter than anyone could remember and a common feature of the junior races was lost shoes in the gateways where over a foot of mud made retrieving them very difficult. In terms of finishers we had 10 juniors, 18 men and 7 ladies.

The star of the show in the ladies was Tasha King who led the Silson ladies home for the first time with a great effort over a tough course that really suits her. Sue, Maddie and Mel completed the scoring quartet for the ladies. The best junior performance was by Layne Wray who finished 12th in the U13 girls and can anticipate more strong finishes over the longer distances in the U15s next year. Well done to all the juniors who completed this tough course.

In the men's event, Nick Pacey finished with only one shoe amid rumours that it was trodden on by a competitive sibling while the two were battling side by side to be first Silson runner home. Andy Pacey duly led the team home followed by Simon Woodward who stayed a respectable 20 seconds behind Andy to avoid the same fate. The ten counters for Silson included Dave Coates and Trevor Barnes for the first time this season who put in strong runs and showed the benefit of our strength in depth.

Finally, it's worth noting the great support that we had at Wing as we have had at all the races this year, including several runners who couldn't run through injury and above all the Junior girls who double up as great cheerleaders after they have run – thank you!

- We achieved 9th place on the day.
- We finished the season in 11th place overall with 6749 points. While our best ever finish was 10th, our previous highest points total was 6040 points so we smashed that record.
- Our veteran men's team was placed 5th on the day in Wing and finished 5th overall in the season.
- Our veteran ladies team was also placed 5th overall for the season.
- We had 35 finishers in Wing and in total across the season we had an impressive 63 different individuals finishing.
- 18 Silson athletes completed a Full House of all five Chiltern League finishes this year, including 4 Juniors (Annabel, Eleanor, Neave and Layne).
- Mel Bignell, Brian Keers and Simon Woodward have showed great resilience and commitment to complete 4 successive Full Houses, each achieving a share of the club record of 20 Chiltern League races in a row.
- Individually in the series as a whole we had the following placed in the top 20
 - Jeff Haynes, 4th M50
 - Nick Pacey, 6th M40
 - Andy Pacey, 8th M40
 - Jim Darcy, 15th M40
 - Heather Cooke, 13th SF
 - Sarah Clarke, 16th SF
 - Tasha King, 20th SF
 - Sue Clayton-Drabble, 11th F45
 - Kevin Reboul, 17th M40
 - John Adams, 16th M50
 - Simon Woodward, 17th SM
 - Madeleine Moutrie, 16th F45
 - Mel Bignell, 17th F45
 - Carol Debney, 4th F55

Simon Woodward

So, Saturday saw us at the final Chiltern League fixture of the season. With a weaker than usual team, we knew we needed to put in a substantial effort. Being the last fixture the ladies race is after the men's and with an already muddier than usual course, by the time it was our turn it was pretty much a mud bath in places.

After our usual warm up of comments such as "why are we doing this again?" we were off to a quick downhill start before ploughing through the first of many muddy gates. Our plan of attack is generally to get stuck in and show them how it's done where mud is concerned – no dilly dallying around the edges for us Silson girls – isn't that right Mel?

Onwards and upwards, the sun came out and the crowds in the main field all seemed to be cheering for us – a huge thanks to all the guys by the gate, the support was amazing and the Silson supporters again did us proud as they were by far the loudest there! I also have to mention Brian and Tony who appeared around almost every corner – they must have been running faster than us to get around so much of the course!

All in all we did very well, despite losing a couple along the way we had some strong finishes - Sheona's look of sheer determination in the finish straight is always great to see. Well done girls – you can now relax until October when we'll all say "why are we doing this again?".....

The Silson Joggers ladies team

Total Overall Score		1	2	3	4	5	
1	BEDFORD & COUNTY	12422	3088	2546	2005	2659	2124
2	MARSHALL MILTON KEYNES	11792	2558	2567	2307	2323	2037
3	WINDSOR SE&H	10980	3084	2986	1484	1959	1467
4	CHILTERN HARRIERS	10603	2427	2280	1881	2057	1958
5	LUTON A.C.	10150	2196	2546	1741	2134	1533
6	HARROW A.C.	9502	2379	2226	1456	1916	1525
7	VALE OF AYLESBURY	8541	1757	2076	1449	1700	1559
8	OXFORD CITY	7143	2306	1644	1422	958	813
9	LEIGHTON BUZZARD	7110	1598	1443	1257	1481	1331
10	HEADINGTON R.R.	6946	1639	1575	1393	1384	955
11	SILSON JOGGERS	6749	1527	1559	1332	1222	1109
12	GADE VALLEY	5890	1361	1260	1133	1103	1033
13	WATFORD	4912	1600	1562	302	795	653
14	BRACKNELL	4467	875	1291	1057	691	553

Male Overall Score		1	2	3	4	5	
1	BEDFORD & COUNTY	10197	2482	2053	1651	2220	1791
2	MARSHALL MILTON KEYNES	8580	1834	1780	1813	1704	1449
3	HARROW A.C.	8185	1937	1873	1352	1730	1293
4	CHILTERN HARRIERS	7673	1769	1661	1376	1447	1420
5	LUTON A.C.	7655	1697	2012	1304	1601	1041
6	WINDSOR SE&H	7545	2301	2233	938	1261	812
7	VALE OF AYLESBURY	6917	1351	1768	1160	1418	1220
8	LEIGHTON BUZZARD	6082	1349	1276	1060	1268	1129
9	SILSON JOGGERS	5688	1298	1285	1142	1027	936
10	OXFORD CITY	5659	1737	1328	1175	731	688
11	HEADINGTON R.R.	5497	1344	1271	1124	1082	676
12	GADE VALLEY	4884	1142	1037	950	901	854
13	WATFORD	3593	1273	1122	159	562	477
14	BRACKNELL	3103	519	932	916	384	352

Female Overall Score		1	2	3	4	5	
1	WINDSOR SE&H	3435	783	753	546	698	655
2	MARSHALL MILTON KEYNES	3212	724	787	494	619	588
3	CHILTERN HARRIERS	2930	658	619	505	610	538
4	LUTON A.C.	2495	499	534	437	533	492
5	BEDFORD & COUNTY	2225	606	493	354	439	333
6	VALE OF AYLESBURY	1624	406	308	289	282	339
7	OXFORD CITY	1484	569	316	247	227	125
8	HEADINGTON R.R.	1449	295	304	269	302	279
9	BRACKNELL	1364	356	359	141	307	201
10	WATFORD	1319	327	440	143	233	176
11	HARROW A.C.	1317	442	353	104	186	232
12	SILSON JOGGERS	1061	229	274	190	195	173
13	LEIGHTON BUZZARD	1028	249	167	197	213	202
14	GADE VALLEY	1006	219	223	183	202	179

Senior/Junior/Veteran Men

37	ANDY PACEY	37.30	704	M40	10
41	SIMON WOODWARD	37.50	701	M	26
45	NICK PACEY	38.03	717	M40	12
53	DAN TAYLOR	39.04	711	M	33
68	JIM DARCY	40.39	705	M40	23
70	KEVIN REBOUL	40.41	706	M40	24
75	MATT WOOTTON	41.09	708	M	40
103	ANDY TAYLOR	43.50	712	M	48
109	DAVE COATES	44.07	703	M50	12
111	TREVOR BARNES	44.24	728	M50	13
126	RICHARD DAVIES	46.57	720	M	58
131	STEWART SHEARS	48.07	726	M	60
134	JONATHAN GALE	48.38	718	M40	47
145	DAVID JARRETT	50.49	710	M50	22
149	DAVE MORLEY	51.47	721	M40	53
152	BRIAN KEERS	52.58	727	M50	25
158	JOHN ADAMS	57.41	722	M50	28
159	ALLAN LOCK	58.04	723	M60	8

Under 15 Boys

37	JOHN OLEJNIK	18.53	709	M15	37
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Under 13 Boys



Joe Shepherd



Henry Barnes

34	JOE SHEPHERD	13.59	722	M13	34
47	HENRY BARNES	15.08	706	M13	47
51	BEN LAWSON	17.19	720	M13	51
52	OLLY MEEK	18.15	719	M13	52

Senior/Veteran Ladies

45	NATASHA KING	31.25	729	F	30
48	SUE CLAYTON-DRABBLE	31.48	702	F45	7
56	MADELINE MOUTRIE	33.26	728	F45	13
61	MEL BIGNELL	35.00	703	F45	16
65	SHOENA SMEE	35.39	704	F45	19
67	ALISON TAY	35.52	719	F	31
79	CAROL DEBNEY	47.02	705	F55	5

Under 15 Girls

37	MADELEINE SMEE	17.10	710	F15	37
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Under 13 Girls

12	LAYNE WRAY	11.30	711	F13	12
52	NEAVE WRAY	14.03	712	F13	52
61	ELEANOR REES	17.30	714	F13	61
62	ANABEL O'REILLY	18.01	713	F13	62



National Cross Country Championships

SILSON JOGGERS TAKE ON THE NATION (and some mud)

Men's results

(1 small and 2 large laps (approx 10k))

365	45:20	Simon (don't listen to him ever again)
628	49:21	Kevin
673	50:03	Jim
905	54:14	Trevor
1053	58:26	Paul
1071	58:48	Tony
1216	1:05:10	Brian (now officially retired)
1271	1:11:27	Allan (resident geologist)

There were 1302 finishers.

Overall the team came 66th.



Ladies Results (3 small laps, approx 6k)

398	36:20	Sue
430	37:27	Maddie
449	38:28	Mel
485	40:31	Ellie

There were 552 finishers.

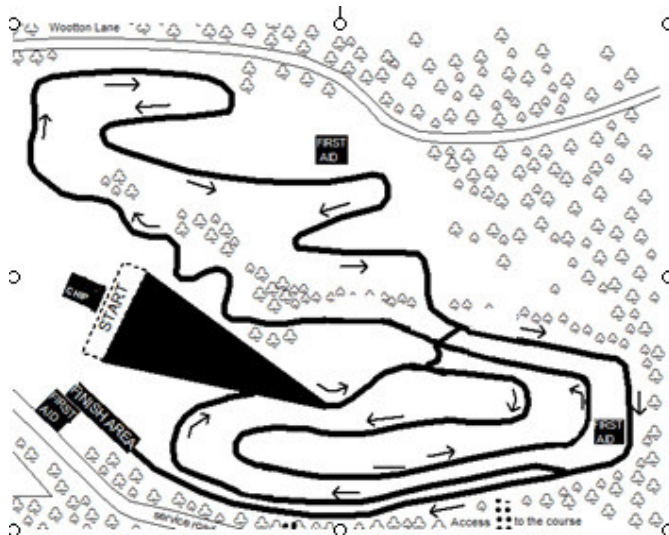
Overall the team bettered the men and came 60th.

Congratulations to everyone on great performances today and a word of advice.....if Simon says that a course is "less hilly than Wing" or Allan says that "this mud won't stick".....then don't believe either of them.

Having distributed most of Staffordshire in the form of dried mud over my hall, stairs, bathroom, shower etc, I thought I'd e-mail these mementos (thanks to Graham and Ellie for being the photographers).

Thanks also to Graham and Tony for driving and supporting.

At the risk of reminding everyone, the course is shown here (no mention of the mud or the hills on this nice, simple diagram for some reason).



White Knuckle Rides and more.....

As the mini bus pulled out of Sponne school car park several novice National X Country runners were pondering what lay in store....if only we knew!! Rumour on the street, well from Simon aka Pinocchio was that 'it's a relatively flat course and will be a doddle after Wing' was resounding in our ears as we headed up the M1 towards Uttoxeter and a pit stop.....the Little Chef in Uttoxeter. The staff couldn't believe their eyes upon seeing 10 people all arrive at once to partake of the culinary fayre they had to offer - shame we dashed all their expectancies by ordering only 9 drinks, two teacakes and two pancakes. The added bonus for us, was that we came away with more change than we went in with and a free lollipop or two for being good!

Arriving at Alton Towers, the ladies dashed off for a quick recce and observed with dismay the swamp that was the start area. It resembled Glastonbury crossed with the Somme. Competitors who had already run were smothered in liquid mud. The changing tents which were slightly less swampy, but delicate balancing was still required to avoid treading a socked foot into the mire..... The good news was that the course had been shortened for **safety** reasons from 8k to 6k for the ladies!

Men's captain – Simon Woodward:-

As with the ladies, we were advised that the men's race was shortened to one small and two large laps in an effort to reduce running time and to avoid injury. We heard through the start line grapevine that we wouldn't be doing "the hill" because a section had been cut out of the course. So that must make it easier than Wing then, I thought to myself. How wrong I was. The start was incredible - 1300 runners spread out 6 deep across a 100m wide start line, all charging into a quagmire funnel the like of which I hope I shall never see again. Unfortunately we all continued to see such conditions for at least another 45 minutes.

The small lap was boggy, uneven, hilly, twisty, energy sapping and long, with one particular hill that was so churned up that every step resulted in an uncertain slide back down before finding a measure of grip. The large lap constituted of the small lap plus an additional section. After about 2 miles we got to see this new section of the course pan out in front and two distinctive features were immediately evident: first a 70m section of what I'd describe as a marsh. This had 1 foot deep water that required a sustained high knee approach to cross it (I won't be shirking these in training from now on). The second feature was unmistakably "the hill". We had to run it after all! And it was steeper than anything I've ever run before and, of course, it was quite muddy.

It took only a few milliseconds on seeing these new challenges to register that all of this had to be conquered not once but twice. After exchanging expletives with others alongside, this gave me a surreal feeling - it was like being a race horse in the Grand National. Other runners were stumbling and falling all around, everyone was toiling and there was a real camaraderie with the objective having become just to get around safely. Plus it felt like I had someone on my back!

A pearl of wisdom from Brian:-

.....if Simon says that a course is "less hilly than Wing" or Allan says that "this mud won't stick".....then don't believe either of them.

Quote of the day by Mel on arrival in mini bus at Alton Towers' car park:-
Do you want to get in the back Brian?

The Ladies

Ladies Team:

Sue Clayton-Drabble
Madeleine Moutrie
Mel Bignell
Ellie Lock

On an overcast, damp and coldish day we travelled to Alton Towers, having previously agreed to run for the club at the National Cross Country Championships. This was virgin territory for all of us and as we set off we were all nervously pondering what lay ahead. We knew the Chiltern League included some tough courses and that the Nationals must at the very least include hills, mud and some other hazard.

Enroute to the loos we saw an ambulance pulling away with blue lights flashing and a quick visit to the First Aid tent for some plaster confirmed up fears, there were several youngsters akimbo on make-shift beds with foil blankets round them. As we gingerly headed towards the portaloos, we questioned whether they were leaking and I could see where Madeleine was coming from when she said 'This is like walking in diarrhea! My spotlessly clean bright yellow Saucony spikes were now a lovely chocolate colour.

We all agreed that the changing facilities should be better but alas the female changing tent was also a sea of mud with not a blade of grass in sight. We got changed as quickly and carefully as possible

and all vowed to do the Joggers proud and complete the course no matter what with the aim of not being the last runner over the finish line. As we exited the tent a lady advised us the start had been delayed by at least 20 mins and would now be three 2k laps, so we headed off to find some grass for a warm up jog.

Before we knew it we were at pen 64, along with many other female runners and on a three minute count down to the start. Sue or Madeleine spotted Liz Yelling behind us with me commenting that Liz had come to check out the elite vet ladies team aka Sue, Madeleine and Mel!

A quick glance forward from the start and you could see part of the zigzag course marked with poles and tape stretching out before us. Beyond that first corner was unknown territory as the conditions prohibited a recce of the course but if the start was anything to go by it was going to be mud, mud and more mud. I knew this was going to be a physically demanding albeit shortened race (from 8k to 6k) and my personal goal was not to be the last entrant to finish. With the klaxon ringing in my ears I set off at my usual steady pace and soon the course swerved sharply to the left and downhill before a short sharp ascent. The course zigzagged on the flat before another downhill and short sharp uphill and right turn. I soon realised that if three laps of mud lay ahead I had to make the course work for me, so after lap one I focused on keeping to the racing line (running at Silverstone circuit does have its benefits) and this paid off as I made some headway on a couple of runners. I don't know who Helen was but the crowd kept shouting her name and she seemed to have supporters at every turn. That said they were always shouting her name just after I'd past so don't think she came past me. I could see Madeleine up ahead and tried to focus on keeping the gap the same. After around 3k I was feeling tired as the going was so tough (now I know how those racehorses feel when the going is soft to gloop!). I dug deep (not literally of course) and hung in there managing to get my second wind. I glanced across the course at one stage to see the leaders battling hard and gliding effortlessly round (mind you these elite runners are as light as feathers and are well suited to these type of conditions me thinks). I also for some reason drew comfort from hearing the commentator confirm the leaders had finished and knew every step was a step closer to the finish line.

I passed Graham with camera in hand, with around 500 meters' to go and was determined to sprint at the end given I'd run out of steam at Wing on the final stretch. I was thrilled to pass two ladies just before the finish line and to see Sue and Madeleine waiting for me at the end. The course was tough but I felt such a sense of achievement and not being the last over the line meant everything. I would recommend the Nationals to anyone, as whilst it is a challenge it is also great for building stamina and the sense of accomplishment is second to none.

There were 552 runners and our ladies did us proud with Sue leading us home to finish in the top 400 with a time of 36:20 (398th). Madeleine rang really well to finish 37:27 (430th) me in 38:28 (449th) and Ellie did brilliantly to finish in 40:31 (485th) place, wearing only minimum traction training shoes. Well done gurlies. We've all agreed that next year we will give the mud another go but this time at a luxury Spa weekend!

Mel Bignell

Half the mens team were watching the ladies ploughing through the mud towards the finish, when they noticed a thousand men lined up at the start, there followed a mad dash to get to the start line in time, or face missing the race, what a decision !! Anyway we did the right thing and dashed to the start, which we regretted quite quickly, Alan was there waiting for the 'Kit man' (Graham) to take his jumper off him, but Graham was still in the finishing straight, there followed some muttering as he had to leave it with a nice lady instead (did he get it back, one asks??)

We met up with Brian aka Nick Pacey, then the gun went and off we sprinted, mud flying in all directions, it was a miricle nobody got seriously spiked, or worse lost in a quagmire of mud,I thought 'does Graham really need to finish this race ?', then thought, 'yes he would' so Trevor aka Graham, carried on, the next 54 minutes were a muddy, gasping, slipping, slopping, sticking, laughing, (yes it started getting soooo silly thinking there was I a 45 year old, well 50 something year old spending my saturday afternoon with 1250 like minded muddy poor souls, wading through mud) and wondering 'Where is the finishing line ??????????'.....

Trevor Barnes (also known as Graham Linnell)

- I found a grassy hump and stood and watched, I can't understand what you all moaning about
- It did get a little bit chilly not moving all afternoon
- On the way back nobody wanted to stop for a drink
- Anybody would think you were all too dirty to be let into the pub

Graham Linnell (also known as Graham Linnell)

WELLINGBOROUGH (IRCHESTER PARK) 15k – 27th February 2011

Jonathan Gale

1:09:28

RUNNING BACKWARDS ON THE ROAD

Stamford 30k – 13th February 2011

30th Simon Woodward 2:01:47

**CLUB CAPTAIN RUNS 18+ MILES WITH
ONE EYE SHUT – IF ONLY HE HAD
RUNS WITH BOTH EYES OPEN HE
MIGHT HAVE COME CLOSE TO THE
CLUB RECORD**

**AND THEN REFUSES TO
WRITE A RACE REPORT!**



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BOURTON ON THE WATER – 10K – 27th February 2011

Having just started running again after a long injury, I thought I would get back into the competitive spirit with watching a friend race in the Bourton10k. Having missed the deadline a few months ago I stupidly rang the organiser to see if there were any returns. There were three, so myself brother in law and sister took them all.

Race day dawned, warm but overcast, but of course just as the race started the rain started. Just a slight drizzle for the length of the race and, to be honest, ideal conditions. The starter had advised everyone that it was a flat pb course and if you didn't get one, then the course was measured too long. 465 runners took the first two laps round the village before heading out along the River Windrush for a picturesque out and back course with another two laps of the village on the return.

All started well and in fact had thought that I could be on for a reasonable time (for me) and clocked off the first 3k in 13 and a half minutes. It couldn't last and the hamstring tightened so had to ease off and unfortunately I lost sight of my brother in law who was not to be seen again.

Bit demoralising to see the leader on his way back after only 17 mins. He was Dan Robinson (GB marathon runner) of Stroud who eventually won the race in 30.08, closely followed in 218th place, me in 46.37. A pleasing result in the first race back, especially after only one short run with Linda round Silverstone.

Can't see a pb coming my way in the Paris half next week though.

Richard Popiel

THE APRIL 10K TIMES

This may be launched on the unsuspecting world either early on Tuesday 29th March or late on Thursday 7th April. Sue & I are going to Luxor (or at least we are meant to be!).

Just in case they start rioting again when they realise that I am there – it has been nice knowing you all



John

RUNNING FORWARDS ON THE ROAD

Midland Relays - Saturday 19th March 2011 - Sutton Park, Birmingham

Now we've hung up our cross country spikes and off-road shoes (hopefully clean) we can look forward to running a bit faster on the black stuff and as usual we will kick off the road running season by entering the Midland Relays at Sutton Park, Sutton Coldfield.

The main events are a 12-stage relay for men and 6-stage relay for the ladies and, given that it's a relay, every runner's time counts towards the team's overall time. The men's event starts at midday and consists of 8 legs of 3 miles and 4 legs of 5.4 miles around the hard paths of Sutton Park. In my opinion, Sutton park is pretty flat, but there is one hill but it's no worse than anything at Wing! The ladies do 6 legs of 3 miles and first runner sets off at 12:20 with the team finishing it's 6th stage at about 3pm. It will take the men about 4.25 hours to complete so the later runners won't start until about 3.45pm and we will arrange the running order to suit the times you can make it.

While ideally, everyone will support the other Silson runners, you'll be pleased to know it's not essential to stay for the whole 5 hours of the men's event. We'll arrange car shares to save on costs and will make sure all those sharing a lift run at around the same time (it's a good job I work in logistics).

We need a list of confirmed runners as soon as possible as the closing date is in the first week in March. If we can get a really good turnout we will consider entering a men's team in the 6 stage Masters relay that is run at the same time. So there will be plenty of Silson runners there, lots of support and we'll no doubt erect the tent for the occasion to shield us from all the spring sunshine.

So, who's up for it? Please can you confirm to Linda and Simon as soon as possible so we can put the lists together. If we get a huge demand we may need to select the faster runners first (it is a race after all), but we will try to prioritise any early responders who can commit to the event. Hope to hear from you all soon.

Simon Woodward (woodwardsimon@hotmail.com)

TRAINING RUNNING BACKWARDS

Silson Joggers AC
Winter Cup 2010 – 2011
Results of Race 3 (2.55 miles, 2 February 2011)

		Target		Actual	
		min	sec	min	sec
John	Adams	19	16	19	35
Jennifer	Armstrong	24	8	23	58
Mark	Armstrong	15	17	15	58
Mel	Bignell	20	2	20	22
Sarah	Clark	17	40	18	6
Dave	Coates	17	14	17	13
Heather	Cooke	17	30	17	38
Jim	Darcy	16	12	15	47
Carol	Debney	25	57	27	21
Trevor	George	17	44	19	8
Jeff	Haynes	15	16	15	9
Brian	Keers			18	41
Tasha	King	19	46	19	36
Allan	Lock	20	46	21	47
Amy	Mickley			21	32
David	Morley	19	13	18	25
Madeleine	Moutrie	19	60	20	17
John	Olejnik	18	58	18	24
Simon	Pearl	19	43	19	31
Kit	Rapson			24	9
Stuart	Shears	17	9	17	0
Alison	Tay	19	40	19	27
Dan	Taylor	16	5	15	0
Stella-Marie	Thomas	23	33	23	48
Claire	Todd			20	40

Silson Joggers AC
Winter Cup 2010 – 2011
Points after Race 3 (February 2011)

		Points		
		Race 2	Race 3	Total
Jim	Darcy	141	125	266
John	Olejnik	91	134	225
Sarah	Clark	150	74	224
David	Morley	54	148	202
Stuart	Shears	82	109	191
Madeleine	Moutrie	103	83	186
Heather	Cooke	82	101	183
Mel	Bignell	77	80	157
Dan	Taylor		150	150
Emily	James	150		150
Liz	Thomas	150		150
John	Adams	57	81	138
Carol	Debney	86	50	136
Allan	Lock	86	50	136
Alison	Tay		113	113
Simon	Pearl		112	112
Jennifer	Armstrong		110	110
Jeff	Haynes		107	107
Tasha	King		107	107
Richard	Wray	102		102
Dave	Coates		101	101
Jonathan	Gale	86		86
Stella-Marie	Thomas		85	85
Mark	Armstrong		59	59
Trevor	George		50	50
Richard	Davies	50		50

TRAINING RUNNING FORWARDS

Date	Group	Venue	Session
MARCH			
Tues 1st	Junior	Sponne	
Weds 2nd	Senior	Circuit	Winter Cup 5k
Sun 6th	NO TRAINING	HALF MARATHON	
Tues 8 th	Junior	Sponne	Relays
Weds 9th	Senior	Circuit	****
Sun 13th	Senior	Infant School	Sunday Run
Tues 15th	Junior	Sponne	Reps
Weds 16th	Senior	Circuit	Car park reps
Sun 20th	Senior	Infant School	Sunday Run
Tues 22nd	Junior	Sponne	Relays
Weds 23rd	Senior	Circuit	Relays
Sun 27th	Senior		Sunday Run
Weds 30th	Junior/ senior	Circuit	Winter Cup 1.6

The provisional dates for Sixfields track training are:

- April 8th, April 15th, April 29th
- May 6th, May 13th, May 20th, May 27th
- June 3rd, June 10th, June 24th
- July 1st, July 8th, July 15th.

SILSON WALKERS

A few months ago someone made a suggestion along the lines of "Oxfam Trailwalker, a 100km trek across the South Downs in 30 hours, anyone up for it??"and for some unknown crazy reason Paul, Dave and Tasha agreed with Dan and the team was formed. The challenge is pretty much as it says, trekking the South Downs along a route which was originally started by the Queens Gurkha Signals Regiment over 30 years ago as a training exercise to test soldiers' stamina and teamwork skills. As a team of four we have 30 hours to complete the course. There will be checkpoints along the way, however breaks will be limited and there will certainly be no sleeping! Our team is very fortunate to be backed up by our support team who will meet us at the checkpoints every 6 miles and providing us with energy drinks, fruit, food supplements and the odd kebab.

The point of the challenge, other than the physical challenge, is to raise money for Oxfam and the Gurkha Welfare Trust. These charities help people all over the world, improving their lives and helping them to escape poverty. The Trailwalker challenge alone helps to raise around £1million a year and the money we raise will be spilt equally between the two charities.

From a training point of view, we are all endurance runners and so are hoping that our level of fitness will stand us in good stead for the challenge. We have already completed our first training walk of 20 miles in not far over 6 and a half hours. So, early days but things are looking good!

Please help us in trying to achieve this amazing goal. Any donation however large or small will go towards helping people less fortunate than ourselves. As a team we have pledged to raise £1500.

We have set up a fundraising website - please follow this link to make you donation - <http://uk.virginmoneygiving.com/team/silsontrailwalkers>

Thank you all so much for your support,

Dan, Dave, Paul & Tasha

RACES – running forwards

Forthcoming Events in the local(ish) area

Date	Event	Category
05/03/2011	Shakespeare Raceway Half, 10k, Sprint Duathlon	
06/03/2011	SILVERSTONE HALF MARATHON – HELP REQUIRED	
19/03/2011 (Sat)	Midland 12 and 6 Stage Road Relays, Sutton Park - ***A Large Silson team will be needed for this one***	
20/03/2011	Banbury 15	
27/03/2011	Oakley 20	
27/03/2011	Great Horwood 5k Fun Run	
17/04/2011	Virgin London Marathon	
17/04/2011	Duston Triathlon (400m,20k,5k)	
17/04/2011	Virgin London Marathon	
24/04/2011	St Georges Day half marathon & 10k, Wellingborough	
02/05/2011 (Mon)	Great Weston 5	

04/05/2011	SILVERSTONE 10K – HELP REQUIRED	EMGP RACE 1
08/05/2011	Shakespeare Marathon/Half Marathon, Stratford	
08/05/2011	Banbury Triathlon (750m,20k,5k)	
08/05/2011	Northampton Sole Destroyer	
11/05/2011	Rugby 6	EMGP RACE 2
13/05/2011 (Fri)	Blisworth 5k	NAA Series
17/05/2011	Bedford 6	EMGP RACE 3
25/05/2011	Corby 5	EMGP RACE 4
07/06/2011	Banbury 5	EMGP RACE 5
11/06/2011 (Sat)	South Downs Marathon and Relay Marathon	
14/06/2011	Harborough 5	EMGP #6
19/06/2011	Brackley F1 Chicken Run 10k	
21/06/2011	Weedon 10k	EMGP RACE 7
21/06/2011	Silverstone Duathlon (2/12/2)	
05/07/2011	Milton Keynes 10k	EMGP RACE 8
05/08/2011 (Fri)	Blisworth 5m	NAA Series
14/07/2011 (Thu)	Silverstone Duathlon (2/12/2)	
31/07/2011	Wellingborough 5	NAA Series
02/08/2011 (Tue)	Silverstone Duathlon (2/12/2)	
05/08/2011 (Fri)	Blisworth 5m	NAA Series
28/08/2011	Moulton 10k	NAA Series
11/09/2011	Swineshead 10	
18/09/2011	Cransley Hospice Half	NAA Series
18/09/2011	Cransley Hospice 10k	
09/10/2011	Possible Daventry 10m inc. County 10m champs TBC	
Please see http://www.silsonjoggers.org.uk for more details		

HEALTH WARNING – SILSON JOGGERS A C MAY CONTAIN NUTS