



The 10k Times

May 2008

www.silsonjoggers.org.uk



EL BANDITO WINS 10k HANDICAP AT SILVERSTONE CIRCUIT

THE BIG ONE – SILVERSTONE 10K

**NEARLY THERE –
IF YOU HAVE NOT GOT A JOB PLEASE SPEAK TO BRIAN NOW**

**AS OF TODAY THERE ARE OVER 800 ENTRANTS
& WE NORMALLY GET 300+ ON THE NIGHT**

IT COULD BE ANOTHER BIG ONE

BIRTHDAYS

In May we celebrate:

**Carol Debney – 5th
Graham Smith – 9th (in Gibraltar – subs due)
Lynette Gilbey – 22nd
Jack Haywood – 16th (Junior Jogger)
Bill Cushway – 28th (subs due)
David Coates – 29th**



ANNUAL GENERAL MEETING

ANNUAL GENERAL MEETING

Many thanks to everyone who attended the AGM on 25th April at the Old Dairy Farm. To confirm the Committee is now:

Chairman
Dave Coates

Secretary
Brian Keers

Treasurer
John Fowler

There are various sub-committees and volunteers are always required to help. The club are grateful to Eddie Shoesmith for his time back on the throne.

The prizes were awarded to the following Joggers:

Junior Joggers

Not quite so Junior Joggers

Most improved male runner:

Most improved female runner:

Club Man:

Runners Runner:

Ivor Pugh Cup for being outstanding:

Ella Mills & Andrew Benyon

Anna Lawson & Ashley Phillips

Dan Taylor

Mel Bignell

Eddie Shoesmith

Linda Lytollis

Jeff Haynes

MEMBERSHIP IS NOW DUE - ONLY £10.00 FOR SENIORS & £5.00 FOR JUNIORS.

RESULTS – ON THE ROAD

Midland mens 12 stage and womens 6 stage relays

Sutton Park Saturday 5th April

Silson Joggers competed well at the Midland relays on Saturday despite of being without 8 runners who would have expected to return fast times. The women's team were the hardest hit, but the excellent team spirit showed, finishing 32nd from the 49 starting teams. From a similar number of starters the men finished in 33rd position.

In the mens race legs 1,4,7 and 10 are run over the longer distance of 5.38 miles. Leading the men off was Simon Woodward timing at 32.35, leg 4 was completed by Jeff Haynes in 32.31. Fastest long leg runner was Mark Armstrong 32.07, with Graham Linnell completing leg 10 in 34.27. All other legs are 3 miles with Kevin Reboul the fastest on leg 2 in 17.35 gaining 5 places. The two runners in training for next weeks London Marathon can be pleased with their times Carl Hermans 18.13 and Tom Phelps 19.12. Jody Willis running his first club race for some time crossed the line in 19.38 gaining one place.

Completing the 12 stages in 4 hrs 43 minutes, the men's race was won by Notts AC.

The ladies can be proud of their result with, special mention to Emma Sambrook 26.24 and Natasha King 25 minutes. Silson completed the 6 legs in the overall time 2hrs 21 minutes, in a race that was won by Charnwood Ladies who can boast 4 internationals.

Full Silson Results

Men

Leg 1 Simon Woodward	32.35 pos 36 th	Leg 7 Mark Armstrong	32.09 pos 33 rd
Leg 2 Kevin Reboul	17.35 pos 34 th	Leg 8 Carl Hermans	18.13 pos 33 rd
Leg 3 Jim Darcy	19.55 pos 37 th	Leg 9 Jody Willis	19.38 pos 32 nd
Leg 4 Jeff Haynes	32.31 pos 37 th	Leg 10 Graham Linnell	34.27 pos 32 nd
Leg 5 Dan Taylor	18.24 pos 36 th	Leg 11 James Laurie	20.39 pos 33 rd
Leg 6 Tom Phelps	19.12 pos 35 th	Leg 12 Andy Hoare	20.25 pos 33 rd

Ladies

Leg 1 Linda Lytollis	20.31 pos 32 nd	Leg 4 Jennifer Armstrong	24.11 pos 35 th
Leg 2 Lynette Gilbey	22.37 pos 36 th	Leg 5 Natasha King	25.00 pos 34 th
Leg 3 Claire Todd	23.05 pos 34 th	Leg 6 Emma Sambrook	26.24 pos 32 nd

LONDON MARATHON – 13th APRIL 2008

Carl Hermans	3:12:14	Tom Phelps	4:11:28
Stuart Branch	3:33:20	Rob Farmer	4:11:48

My Marathon Race Experience

It's that time again when the FLM rolls into town, this year was set to be a very special event due to the London Marathon being 100 years old.

After months of training the race day finally arrived, fighting off last minute injuries and a cold I was ready to go. Heading down to the blue starting line on the DLR the sun was shining and an odd silence and nervous chatter could be heard around the train from all of the marathon runners. Heading through Greenwich Park hearing the music pumping out The Eye of the Tiger amongst others to get you pumped up, set the carnival

scene we could expect for the day.

The time had come for the racers to enter their pen numbers according to predicted finishing time and then wait for the gun to go. With bottles and clothing being tossed in any free bit of space everyone was stripping down to get ready and performing their last minute checks.

Claxon sounded; we're off with lots of pushing and knocking of arms, keen people pushing up the ranks, but a great buzz from all the runners as we set off. The crowds were amazing, the encouragement received by them restores your faith in human nature with thousands of well wishers shouting out your name as you run past with children wanting you to give them a Hi5's and people holding out bags of jellies, bananas and fresh cut oranges.

The atmosphere with all of the

live bands playing loud music made the course incredible, helping carry you around the 26.2 mile challenge.

Crossing the line after 4 hours 11 minutes and 48 seconds was a relief and I had mixed emotions of being happy to complete my challenge but sad it was all over, until next year anyway!!!



Rob Farmer

FLITWICK 10k – 20th APRIL 2008

Brian Keers 47:09

STRATFORD HALF MARATHON – 27th APRIL 2008

Mark, Jennifer and I ran the Stratford Half Marathon on Sunday. Our times were as follows: Mark 1:25:02 (24th overall), Jennifer 1:55:10, me 2:09:12. (Must get fitter!).

Martin felt that the race report should be in Shakespearian style, so while I had a post-race snooze on Sunday, he revised Anthony's speech from Julius Caesar. Hope there's room in the 10K Times.

Shirley

Friends, Runners, Cross-countrymen, send me your cheers;
I went to run the Stratford Half, not to walk it.
The training that joggers do drives them on,
The good is oft inferred by their moans;
So let it be with Stratford. The noble Martin
Hath told me 13 miles was ambitious;
If it were so, it was a grievous fault,
And grievously hath Stratford answer'd it.
Here, under leave of Martin and the rest,-
For the Jogger is an honourable man;
So are they all, all honourable men,-
Come I to speak of Stratford's fun run.
It was pleasant, beautiful and not just to me:
But Martin says this was ambitious;
And this is an honourable plan.
I hath brought the best medal home,
Tho' no goody-bag did the general coffer fill:
Did this in run seem ambitious?
When that the poor feet have cried, Shirley hath crept;
Ambition should be made of sterner stuff:
Yet Martin says I was ambitious;
And Martin is an honourable man.

And all did see that on the only hill
I ne'er hesitated before the grassy crown,
Where I was thrice encouraged: was this ambition?
Yet Martin says this was ambitious;
And, sure, this was an achievable plan.
I speak not to disprove what Martin spoke,
But here I am to speak what I do know.
I did love this run, not without cause:
What cause withholds you then to not to run it next?
O Joggers! Thou art fled to brutish courses,
And men have lost their reason. Tho' not a PB;
My time was 2.09 there on Avon's banks,
And now I must pause till my breath come back to me.

KELMARSH 15 – 27th APRIL 2008

KETTERING THREE SCORE 1,2,3

1214 runners completed the 2008 Great Daffodil Run for Marie Curie Cancer Care on Sunday April 27th.

964 finishers ran the 10K, with 250 doing the longer course of 15 miles on a fine spring day for running. The Kettering trio took the first three Silson joggers places, largely due to them being the only ones the took part from the club. Simon Woodward was due to participate, but obviously took fright when the opposition was discussed at the agm the previous Friday.....

Senior member of the team Tim Hulett was pleased to take the club record for the over 60's 15 mile category, running a virtually identical time to that in 2006 of 2.31.23, in 188th position.

Roger Taylor, having just done a PB for the half marathon distance, found the hilly course tough and had a time of 2.11.34 (113th). Your scribe finished in 2.06.29 in 85th position, somewhat behind the winner who smashed the course record by about five minutes - Gordon Lee managed a very quick 1.22.29.

The event was very well organised as usual, ample marshals gave encouragement along the winding country lanes around Naseby that were closed to traffic for the event.

Now, back to the Kettering three. It is proposed that this splinter group be reduced to its original membership of two, I'll leave you to consider the real reason for Roger's membership being withdrawn

- He has no entry on the police computer having failed to get locked in at Banbury school after an EMGP race
- He has never lost his way or collapsed during a race, or done anything else that could be considered as stupid during the time of his membership
- He will be too busy as the new Silson webmaster to officiate in club activities
- He has got married and moved to Northampton

Andy Hoare

JUNIOR JOGGERS

Silverstone Fun Run - Friday 6th June 6pm

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

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

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

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

For further information contact the school or Linda Lytollis 01327 858312

Junior News May 2008

We have now had three training sessions at the Sixfields running track in Northampton.

The weather has varied from mild to freezing, juniors have adapted very well to the new environment.

Many returning some very good times, and enjoying mixing it with the seniors, as can be seen below.

On Monday 26th May we will be targeting the Boddington 10k, which includes 2 mile and 800 meter fun runs, as an event at which we could do very well.. (I will hand out entry forms shortly)

The event for June will be the 3k run for the children at Towcester race course on Sunday 22nd June 11am. Entry on line www.runforthechildren.co.uk

Training dates for May at Sixfields are Fridays 2nd, 16th, 23rd and 30th with a 6.45pm start until 8pm.

On Friday 11th April we held a 800 metre time trial, which will be repeated on June 20th to give a guide to the youngsters improvement.

Times for the 11th April trial –

Andrew Benyon	2.59
Jack Smee	3.23
Jason Dickinson	3.32
Madeleine Smee	3.44
Luke McQuarrie	3.54
Alex Moffat	1.54 (400 metres)

ws **DIARY DATES**

SILVERSTONE FUN RUN - FRIDAY 6th JUNE 2008

RACE FOR LIFE 5k - WEDNESDAY 11th JUNE 2008

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

SOCIAL JOGGERS

SILVERSTONE VILLAGE QUIZ – 4th APRIL

Jogged memories - or how I became a Jogger for an evening

On Friday 4th April I became an honorary Jogger! Shirley and I had volunteered to take part in the SRA quiz as two members of the Joggers team, with me being co-opted as all the 'real' joggers had opted to go training at Sixfields. But Eddie was free and Shirley nobly stepped down as she thought the team would do better with Eddie's encyclopaedic knowledge to call on. So the Joggers team consisted of Eddie, Richard, Madeleine and myself. Shirley, Mel and Bill were in other teams, so there were as many Joggers in opposing teams as real joggers in the Joggers team.

We hoped Gerald Lovell might display some favouritism towards the Joggers but soon discovered this would not be the case. We got off the starting line fairly well with a good score of 8, but the SRA team was soon leading by a short head. Both teams scored maximum points on the same joker round, winning a bag of Easter eggs. The chocolate must have been what we needed because after an appalling 'politics' round we were soon pulling back into the lead scoring maximum points on several rounds. With two

rounds to go, and the finish line in sight, we put in what I think is termed a sprint finish and beat the SRA by 4.5 points.

The Joggers regained the trophy, last winning it in 2001 - the SRA had held it continuously since 2003, by dint of there not being a quiz again until this year. We each won a plaque and a BRDC first day cover, signed by John Surtees, and Eddie, as team captain, recovered the trophy for the Joggers.

Lastly I would like to make a request for a returned favour. I am now in need of a 'ringer' too. As some of you may know, Shirley has persuaded me to partake in a little running. It has been OK up to now, but I am scheduled soon to run 30 minutes continuously. Not a problem except that I have been 'tagged' with Shirley's GPS. If someone could meet me outside the White Horse, I could hand over the GPS, and go inside for a pint while you clock up a run for me, nothing adventurous or she will suspect something, just 30 minutes at about 11 mins/mile.

Martin Williams

Curry night at the Four Pillars, Fosters Booth
Thursday 15th May
Please let Jennifer know as soon as possible

TRAINING – running backwards

Silson Joggers Winter Cup 2007/2008 *Race 6, 3.1 miles, 2 April 2008*

		Target time		Actual time		Points
Jennifer	Armstrong	25	27	25	35	100
Mark	Armstrong	19	21	18	18	250
Heather	Cooke	21	25	21	27	150
Bill	Cushway	21	44	23	5	100
Jim	Darcy	20	11	19	31	230

John	Fowler	27	5	28	10	100
Ian	Haynes	27	18	25	24	250
Jeff	Haynes	18	40	19	1	100
Dave	Lantsbery	23	27	24	44	100
James	Laurie	21	15	21	11	158
Graham	Linnell	19	28	19	59	100
Allan	Lock	26	56	26	50	162
Linda	Lytollis	21	40	21	22	186
Madeleine	Moutrie	25	3	24	56	164
Ashley	Phillips	21	37	20	10	250
Richard	Popiel			20	52	100
Emma	Sambrook	26	49	26	4	240
Claire	Todd	23	53	24	5	100
Shirley	Williams	28	46	27	4	250
Simon	Woodward	17	56	19	3	100
James	Wright			23	39	100

ES / 3 April 08

Points table after 6 races, April 2008

		Race 1	Race	Race	Race	Race 5	Race	Total
Simon	Woodward	100	200	199	230	246	100	1075
John	Fowler	75	185	200	208	232	100	1000
Emma	Sambrook	100		193	204	250	240	987
Heather	Cooke	100	200	152	100	250	150	952
Madeleine	Moutrie	100	158	100	166	182	164	870
Jennifer	Armstrong	100	193	100	100	250	100	843
Mel	Bignell	100	193	164	100	250		807
Natasha	King	100	156	100	200	250		806
Graham	Linnell	100	196		164	216	100	776
Jim	Darcy			100	236	180	230	746
Dave	Lantsbery	100	100	198	214		100	712
Ashley	Phillips	100	183		100		250	633
Mark	Armstrong	100	185	100			250	635

Ian	Haynes	100		175	100		250	625
Allan	Lock	100	163	100		100	162	625
Linda	Lytollis	100	200		100		186	586
Rob	Gillies	100	200	100	178			578
Dan	Taylor			100	250	212		562
Jody	Willis			100	224	238		562
Shirley	Williams			100	210		250	560
Dave	Coates	100	198	161	100			559
James	Laurie			100		250	158	508
Thomas	Phelps	100	200	172				472
Bill	Cushway	100	164				100	364
Rosie	Moffat	100	100	100				300
Jeff	Haynes		100				100	200
Claire	Todd					100	100	200

Qualification to appear in table: 2 races

ES / 3 April 08

10k handicap, 30 April 2008

		Handicap	Finish time		Running time
Sandy	Moffat	3:00	53:37	1st Man	50:37
Ian	Haynes	5:30	56:33	2nd Man	51:03
Shirley	Williams	2:00	57:24	1st Lady	55:24
Natasha	King	5:30	57:49	2nd Lady	52:19
Madeleine	Moutrie	6:30	57.54	3rd Lady	51:24
Jim	Darcy	18:00	58:09	3rd Man	40:09
Richard	Popiel	15:00	58:17		43:17
Graham	Linnell	19:00	58:44		39:44
Simon	Woodward	22:30	59:08		36:38
Jody	Willis	17:30	59:11		41:41
Heather	Cook	15:00	59:24		44:24

Linda	Lytollis	16:00	59:39		43:39
Brian	Keers	12:30	59:48		47:18
Dave	Coates	18:00	60:08		42:08
Emma	Sambrook	4:00	60:22		56:22
Allan	Lock	5:30	60:58		54:28
Andy	Hoare	17:30	61:06		43:36

ES / 1 May 2008

Race 7, 10k, 30 April 2008

		Target time		Actual time		Points
Dave	Coates	41	48	42	08	100
Heather	Cooke	44	54	44	24	210
Jim	Darcy	41	48	40	09	250
Ian	Haynes	54	27	51	03	250
Brian	Keers	47	30	47	18	174
Natasha	King	54	41	52	19	250
Graham	Linnell	40	48	39	44	250
Allan	Lock	54	34	54	28	162
Linda	Lytollis	43	54	43	39	180
Sandy	Moffat	57	3	50	37	250
Madeleine	Moutrie	53	27	51	24	250
Richard	Popiel	44	46	43	17	250
Emma	Sambrook	55	56	56	22	100
Shirley	Williams	58	2	55	24	250
Jody	Willis	42	17	41	41	222
Simon	Woodward	37	35	36	38	250

ES / 2 May 08

Top scorers in the 2007/2008 Winter Cup*

CONGRATULATIONS TO SIMON (who withstood a lot of pressure as the winter season came to an end) and TO HEATHER

		Race							Total points
		1	2	3	4	5	6	7	
Simon	Woodward	100	200	199	230	246	100	250	1325
Heather	Cooke	100	200	152	100	250	150	210	1162
Madeleine	Moutrie	100	158	100	166	182	164	250	1120
Emma	Sambrook	100		193	204	250	240	100	1087
Natasha	King	100	156	100	200	250		250	1056
John	Fowler	75	185	200	208	232	100	50	1050
Graham	Linnell	100	196		164	216	100	250	1026
Jim	Darcy			100	236	180	230	250	996
Ian	Haynes	100		175	100		250	250	875
Jennifer	Armstrong	100	193	100	100	250	100		843
Shirley	Williams			100	210		250	250	810
Mel	Bignell	100	193	164	100	250			807
Allan	Lock	100	163	100		100	162	162	787
Jody	Willis			100	224	238		222	784
Linda	Lytollis	100	200		100		186	180	766
Dave	Lantsbery	100	100	198	214		100		712
Dave	Coates	100	198	161	100			100	659
Mark	Armstrong	100	185	100			250		635
Ashley	Phillips	100	183		100		250		633
Rob	Gillies	100	200	100	178				578
Dan	Taylor			100	250	212			562
James	Lawrie			100		250	158		508

*Those who scored over 500 points over the 7 races

ES / 2 May 08

SUMMER CUP
Mile and junior 800m time trial 11th April 2008

Dan Taylor	5.33	Jim Wright	6.52
Andy Taylor	5.45	Claire Todd	7.03
Graham Linnell	5.49	Martin Perry	7.10
Jody Willis	5.55	Tony Inwood	7.16
Andy Hoare	6.19	Shoena Smee	7.51
Heather Cooke	6.20 ladies club record	Rosie Moffat	7.56
Roger Taylor	6.38	Adam Linnell	7.57
Andy Richards	6.47	Allan Lock	8.02

800m juniors

Andrew Benyon	2.59	Madeleine Smee	3.44
Jack Smee	3.23	Luke Mcquarrie	3.54
Jason Dickenson	3.32	Alex Moffat	1.54 ran 400 metres

Well done everybody times will go forward to deciding the Summer cup.

TRAINING – running forwards

May training 2008

Friday 2 nd	Sixfields – Relays
Sunday 4 th	2 Bugbrooke Rd Nether Heyford
Tuesday 6 th	SILVERSTONE 10K
Friday 9 th	NO TRAINING AT SIXFIELDS (BLISWORTH 5k)
Sunday 11 th	Silverstone Infant School
Friday 16 th	Sixfields - 5 x 2 minutes 2 minutes recovery
Sunday 18 th	Silverstone Infant School
Friday 23 rd	Sixfields – Pyramid Session
Sunday 25 th	Richard Popiel's house 2 Spring Lane Alderton NN12 7LW
Friday 30 th	Sixfields – 6 x 400m lap jog recovery

June Training at Sixfields

13th 200s with a difference

20th 1 mile trial as (11th April)

27th Relays

There will be a charge of £2 for adults and £1 juniors - Training will be from 6.45 to 8pm

LOOKING AHEAD

A SELECTION OF LOCAL(ISH) RACES

4 th May	4 person relay	Around Milton Keynes
4 th May	3k / 10k	Titchmarsh
5 th May	5 miles	Weston
6th May	THE BIG ONE	SILVERSTONE (EMGP 1)
9 th May	5k	Blisworth
14 th May	6 miles	Rugby (EMGP 2)
18 th May	12k	Stevington, Bedford
21 st May	6 miles	Bedford (EMGP 3)
26 th May	800m / 2k / 10k	Upper Boddington
28 th May	5 miles	Corby (EMGP 4)
1 st June	10k	Whipsnade
3 rd June	10k	Weedon (EMGP 5)
8 th June	10k	Two Castles, Kenilworth
10 th June	5 miles	Banbury (EMGP 6)
17 th June	5 miles	Market Harborough (EMGP 7)
20 th – 22 nd June	Marathon in 3 races	Colworth
21 st June		Darren's Dash
22 nd June	2k / 12k	Farnborough, Banbury
29 th June	10k	Thame
30 th June	10k	Leafield, Witney
1 st July	10k	Milton Keynes (EMGP 8)
1 st Sept – 6 th Sept		TOUR OF MILTON KEYNES

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