



The 10k Times

May 2009

www.silsonjoggers.org.uk

IT IS NEARLY TIME FOR

THE BIG ONE

Silverstone Grand Prix 10K Race

Tuesday 5th May 2009

The 10K is the highlight of our events calendar and the proceeds from the 10K fund club activities for the year. In order to make the event a success, we need around 60 – 70 volunteers to help out on the evening of 5th May. The main tasks are Car Parking, Registration, Timing Chip Distribution and Collection, Circuit and Pit Lane Marshalling, Refreshments, Drink Stations and of course Clearing Up afterwards.

We have access to the circuit from 5.30pm, but the main help is needed from around 6.00pm.

If you can help out, please let Brian Keers know either by e-mail or 07778 038458

VOLUNTEERS PLEASE

Race for Life – 3rd June 2009

I need:

- 12 Marshals (7.00 – 9.30)
- 2 or 3 Lost Child Wardens (6.00 – 9.30)

Must be CRB checked and take certificate with them

Please let me know as soon as possible

John Fowler

5th June 2009 – Silverstone Fun Mile

We are helping to organise the Fun Run at the Silverstone Recreation Association. We need volunteers to help on the night. This is a good opportunity to display the profile of the club to existing and prospective junior members. Please volunteer to Linda Lytollis as soon as you can.

THE BAR SHOULD BE OPEN!

MEMBERSHIP IS NOW DUE

For those of you who have not yet renewed your membership please do so as soon as possible. The cost is a remarkable £10.00 for senior and £5.00 for Juniors members.

UK Athletics are policing runners who claim to be members of clubs through the on-line registration that each membership secretary now has to do each year.

No membership:

- No discount on race entry fees (usually £2.00 per road race)
 - No insurance through UK Athletics
 - No discount at certain running stores.

Please see Linda Lytollis as soon as possible to renew your membership or to join Silson Joggers A C

BIRTHDAYS in April

Richard Pepper – 3rd
Carol Debney – 5th
Graham Smith – 9th
Lynette Gilbey – 22nd
Matt Webber – 24th



Jack Haywood – 26th
Bill Cushway – 28th
Dave Coates – 29th
Ruby Mills – 31st

SIXFIELDS

May 1 st	1 mile time trial with 5 x 200m warm up
May 15 th	2 x 2 x 1000 metres with 200m recovery
May 22 nd	Pyramid Session 2 x 200, 2 x 400, 1 x 800, 2 x 400, 2 x 200
May 29 th	2 x 3 x 800 with 2 minutes recovery
June 12 th	6 x 400 with a lap jog recovery
June 19 th	200s in pairs (or flying coach session)
June 26 th	to be decided
July 3 rd	1 mile time trial as (May 1 st)
July 10 th	Relay Races

Sixfields training sessions will be from 6.45pm to 8pm. There will be a charge of £2 per session

AGM & PRESENTATIONS

Silson Celebrates Success

About thirty members of Silson Joggers celebrated the club's successes at their AGM and Awards Ceremony at the Old Dairy Farm, Upper Stowe on Friday 17th April.

Among the highlights of the past year was the club's performance in the Chiltern League cross country series which consolidated its place in the league's first division thanks to strong performances at all five rounds and in particular the growing junior division improved its points tally by a third compared to the 2007/8 season.

The club also performed well on the road with a total of fourteen club records being broken during the year and a Club Road Running Challenge is being introduced to encourage greater participation in local races.

The highlight of the evening was the presentation of awards by club chairman David Coates. The lucky winners were:

Junior Female Runner of the Year	Madeleine Smee
Junior Male Runner of the Year	Ashley Phillips
Most Improved Senior Female Runner	Natasha King
Most Improved Senior Male Runner	Jim Darcy
Clubman/woman of the Year	Linda Lytollis
Runners Runner (voted by members at the AGM)	Carol Debney
Ivor Pugh Cup	Kevin Reboul

The club needs a new Secretary and a new Press Officer. Details of the roles can be found on the web-site. If you are interested then speak to Brian Keers as soon as possible.



RUNNERS' RUNNER CUP

Since I was rendered speechless at the time, this is to say "Thank You" to all those who voted for me at the AGM.

I really do appreciate your encouragement and support at training sessions, it makes all the difference, I just have to keep going!

Carol

JUNIOR JOGGERS

Silson Junior News May 2009

I was really pleased with the Sixfields training on Friday, with the juniors easily out numbering the adults.

We continue with the track sessions this Friday May 1st 6.45pm.

The following Friday we are unable to have the running track, after which we train each Friday through out May 15th, 22nd and 29th.

If any of the younger juniors have entered the Daffodil Dash on May 10th you need to let me know, so I can make arrangements to attend.

The race we want lots of our juniors to run is the Boddington Fun Runs on Monday May 25th. Boddington is a village near Daventry, the race distances are ½ mile and 2 miles, we could do really well and it's a nice day out. The Fun Runs start at 12pm from the village hall in Upper Boddington, which is where you can enter.

Please note that the clubs membership is now due £5 for juniors £10 adults. Linda Lytollis is the new membership secretary who many of you will know.

Graham

RESULTS – ON THE ROAD

MIDLAND COUNTIES RELAYS – 4th April 2009

After a superb team effort which should have seen an improvement of at least four places over their 2008 result, the ladies 6 stage relay team were classified initially as an "incomplete team" as a result of a timing glitch which meant that Emma Sambrook's fighting last leg performance didn't appear in the final results. The results were then corrected on Sunday evening and justice was done!

The men's team also showed an improved performance in both position and overall time compared to 2008 (31st position as opposed to 32nd in 2008).

Conditions were better than forecast with bright sunshine rather than the expected rain, but there was a gusty wind which threatened to carry away the famous Silson green tent which was making

its last appearance before being replaced with a new version which hopefully will take less than 30 minutes each time to erect.

The ladies each ran a three mile leg and timewise they were led home in great style by Heather closely followed by Linda, Claire, Madeleine, Casey (who was delayed at the start) and Emma

The men ran eight legs of three miles interspersed by four legs of five miles with outstanding performances from Jim and Simon over five miles (although all four of the five mile runners posted times within twenty eight seconds of each other) and Kevin and Andy P over three miles. Special mention must go to Graham, who running the last leg, blinded the other runners with his new vibrant red coloured shoes (see the photo!) and made up four places for the team.

Brian Keers

The individual times were:

Ladies Team 2:16:36

Linda Lytollis	20:26	Casey Hill	24:21
Heather Cooke	20:10	Madaleine Moutrie	23:02
Claire Todd	22:32	Emma Sambrook	26:05

Men's Team 4:44:09

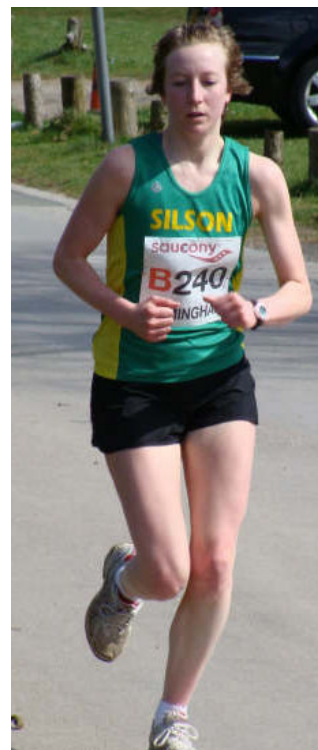
Jim Darcy	32:08	Chris Wood	32:36
Dan Taylor	18:27	Andy Pacey	17:43
Andy Taylor	18:47	Kevin Reboul	17:42
Simon Woodward	32:15	Jeff Haynes	32:28
Brian Keers	21:29	Stewart Shears	21:05
Robert Gillies	20:29	Graham Linnell	19:00



Jim was the star performer on the long stage with a time of 32:08 for the 5.4miles



Kevin ran the quickest 3m leg



Heather was quickest of the ladies running the 3m course in 20:10

Well done to all 18 who gave their all for Silson on Saturday. The official results have been published and I have posted them on the web-site.

The ladies excelled finishing in 28th in a time that was 5 minutes quicker than last year! The men also improved by almost 2 minutes on last year finishing in 31st position.

I have posted all the photos on the web-site too.

Thanks for making the organisation pretty painless too.

Simon Woodward

Paris Marathon – 5th April 2009

Richard Popiel 4:08:28



5 km	00:27:29	25 km	02:19:04
10 km	00:56:27	30 km	02:48:14
15 km	01:23:09	35 km	03:19:18
21.1 km	01:56:48		

Rotterdam Marathon – 5th April 2009

Dave Jarrett - 4:14:22

Net split times (difference)

5K	25:30 (25:30)	Half marathon	1:48:32
10K	50:33 (25:03)	25K	2:10:00 (27:47)
15K	1:16:18 (25:45)	30K	2:40:59 (30:59)
20K	1:42:13 (25:55)	35K	3:19:17 (38:18)
40K	3:59:00 (39:43)		

Dieter Sullivan

5 km	0:34:04	25 km	3:12:42
10 km	1:08:33	30 km	4:04:35
15 km	1:45:29	35 km	4:54:04
20 km	2:26:18	40 km	5:43:42
half	2:35:47	finish	6:04:38

Shirley Williams

5 km	0:35:30	25 km	3:11:55
10 km	1:11:02	30 km	4:08:31
15 km	1:47:37	35 km	5:21:24
20 km	2:29:02	40 km	6:05:56
half	2:38:09	finish	6:23:44

For my marathon debut, I was hoping for a damp, cool day, but on the morning of the big day, it was plain that was not to be. Sitting in the hot sun at Lewisham station waiting to insert myself into an already overcrowded train, I decided that I would just have to cope with it, as I could not change the weather.

Having put my i-pod on the bag bus (mistake). I joined the snake of ladies waiting for the toilets. Then came one of the most surreal moments of the day, using the female urinals (girls please ask for details!) All I will say is that I have never seen so many bare backsides!

It took a while to get through the start, but we were running just before it. I found that by keeping to steady pace (10 min miling) I could just stay at that speed comfortably. When I slipped off pace, I told myself to get a move on and do better next mile. As the race went on, this got harder as runners were slowing down and walking in front of me, ruining my pace and I got quite cross as I barged past, very unsportsmanlike!

The crowds were brilliant, the support was more or less constant all the way round, getting louder and louder to the end. The atmosphere was wonderful, a real cross section of society, all together and having a great time. I did feel a bit guilty for not having a charity vest, as I was raising money for Red Cross as well as being a Silson Jogger, but occasionally, someone would shout my name out, which was great.

From mile 20 I was fearing 'The Wall', so fed myself gels and Lucozade Sport and luckily it never came. At mile 24, having stopped a second to hug the family, I felt my calf start to cramp, so had to keep running to keep it away, but it was threatening to return all the way to the finish. I shed a tear at The Mall, but got over it quickly as they were playing one of my favourite Coldplay songs, so more or less danced to the finish, cramp forgotten!

Best bits: Seeing Richard (twice) and Tash (a very beautiful cheerer for PSP) in the crowds as well as my family, Spotting Simon way ahead on the home run while I was on mile 13. Getting a cheer from the Brackley Running Club near the finish

Funniest bits: A man running in nothing but a thong (forgot to check out where had pinned his number)

Worst bits: Fighting cramp and losing the running watch, a present from Geoff, somewhere after the finish - all my mile splits info gone forever.

I wanted to do 4.5 hours and passed the line in 4:30:48, so I was very pleased to have reached my target (if only I could do the same at work!) But at the end of it all, I would say it was still easier than one of Graham's fartlek sessions!

A big thank you to the club for giving the chance to run this very special race, it was a brilliant and unforgettable day.

Madeleine Moutrie

MEDICAL CORNER

Plantar Fasciitis

Plantar fasciitis causes pain under the heel. It usually goes in time. Treatment may speed up recovery. Treatment includes rest, good footwear, heel pads, painkillers, and exercises. A steroid injection or other treatments may be used in more severe cases.

What is plantar fasciitis?

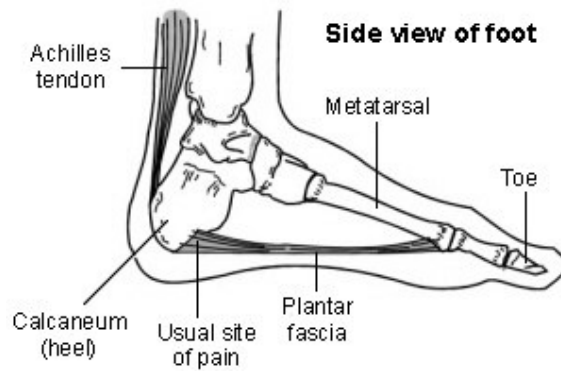
Plantar fasciitis means inflammation of the plantar fascia. The plantar fascia is a strong band of tissue (like a ligament) that stretches from the heel to the middle foot bones. It supports the arch of the foot and also acts as a shock-absorber in the foot. Repetitive small injuries to the fascia with or without inflammation is thought to be the cause of plantar fasciitis. The injury is usually near to where the plantar fascia attaches to the heel bone.

What are the symptoms of plantar fasciitis?

Pain is the main symptom. This can be anywhere on the underside of the heel. Commonly, one spot is found as the main source of pain. This is often about 4 cms forward from the heel, and may be tender to touch.

The pain usually eases on resting the foot, but is often worst when first used in the morning or after long periods where no weight is placed on the foot. Gentle exercise may ease things a little as the day goes by, but a long walk often makes the pain worse.

Sudden stretching of the sole of the foot may make the pain worse. For example, walking up stairs or on tip-toes. You may limp because of pain. Some people have plantar fasciitis in both feet at the same time.



Who gets plantar fasciitis?

Plantar fasciitis is quite common. It mainly affects people over 40 and seems to be more common in women. However, it can occur at any age. **It is also common in athletes**

WELL I MUST BE AN ATHLETE THEN! I KNOW THAT IT HURT A LOT FOR A FEW DAYS

John Fowler

TRAINING – RUNNING BACKWARDS

Results of Race 6, 3.13 miles, 1 April 2009

		Target time, Race 6		Recorded time, Race 6		Points, Race 6
		m	s	m	s	
Mel	Bignell	23	38	23	38	150
Heather	Cooke	21	24	20	38	242
Jim	Darcy	18	35	20	38	100
Carole	Debney	31	58	31	36	194

Trevor	George	22 49	22 26	196
Rob	Gillies	19 52	20 10	100
Ian	Gordon	23 11	23 14	100
Jeff	Haynes	18 9	19 53	100
Brian	Keers	21 45	22 1	100
Natasha	King	24 28	24 45	100
Dave	Lantsbery	22 12	23 39	100
Anna	Lawson		24 15	100
Graham	Linnell	19 44	20 16	100
Allan	Lock	26 9	26 17	100
Warren	Marsh	21 38	21 12	202
Sandy	Moffat		24 37	100
Madeleine	Moutrie	24 14	23 52	194
Alex	O'Connor	23 21	23 7	178
Andy	Pacey	17 49	19 10	100
Len	Pannell	22 26	21 57	208
Ashley	Phillips	19 36	22 19	100
Tom	Pomeroy	25 11	26 4	100
Emma	Sambrook	26 39	25 35	250
Stewart	Shears	21 37	22 30	100
Dan	Taylor	19 18	19 13	160
Mark	Waldron		26 12	100
Simon	Woodward	18 4	17 52	174
Matt	Wootton	19 4	19 52	100

Points after Race 6, April 2009

		Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Total Points*
Carole	Debney	(100)	200	(100)	250	178	194	822
Emma	Sambrook	(100)	200	(100)	210	100	250	760
Simon	Woodward	(100)	192		210	174	174	750
Madeleine	Moutrie	(100)	193	(100)	100	186	194	673
Jim	Darcy	(100)		200	160	180	100	640
Trevor	George			100	180	154	196	630
Natasha	King	(100)	189	(100)	172	168	100	629
Tom	Pomeroy	(100)	195	100	220		100	615
Len	Pannell	(100)	200	100	100		208	608
Stewart	Shears	(100)	200	(100)	100	162	100	562
Warren	Marsh		(100)	100	100	158	202	560
Graham	Linnell	(100)	181	(100)	100	174	100	555

Ian	Gordon			100	250	100	100	550
Mel	Bignell	(100)	200	100	100		150	550
Dave	Coates	100	182	156		100		538
Heather	Cooke		100			164	242	506
Jeff	Haynes	(100)	100	200	100		100	500
Rob	Gillies	(100)	200		100	100	100	500
Allan	Lock		(100)	100	194	100	100	494
Brian	Keers	100	190	100			100	490
Dan	Taylor	100		100		100	160	460
Dave	Lantsbery		100	100	152		100	452
Dave	Morley			100	250	100		450
Ashley	Phillips		100		100	100	100	400
Richard	Pepper	100	200		100			400

- See note on website for scoring rules.

Qualification to appear in table: 400 points or more

Results of the Club 10k Handicap Race - 29 April 2009

	Position	Finish time	Handicap	Running time
Allan Lock	1	63:35	+9:00	54:35
Warren Marsh	2	63:49	+19:30	44:19
Jim Darcy	3	63:56	+25:30	38:26
Stewart Shears	4	64:01	+19:00	45:01
Mel Bignell	5	64:06	+14:30	49:36
Dan Taylor	6	64:15	+24:00	40:15
Andy Hoare	7	64:18	+22:00	42:18
Graham Linnell	8	64:22	+23:00	41:22
Dave Lantsbery	9	64:30	+18:00	46:30
Heather Cooke	10	64:32	+21:00	43:32
Len Pannell	11	64:35	+18:00	46:35
Andy Pacey	12	64:38	+27:00	37:38
Trevor Barnes	13	64:43	+21:00	43:43
Natasha King	14	64:46	+13:00	51:46
Jeff Haynes	15	64:56	+26:00	38:56
Trevor George	16	65:03	+17:00	48:03

Rob Gillies	17	65:16	+23:00	42:16
Alex O'Connor	18	65:38	+15:30	50:08
Matt Wootton	19	65:45	+24:30	41:15
Emma Sambrook	20	66:01	+10:00	56:01
Tom Pomeroy	21	66:19	+11:00	55:19
Dave Morley	22	67:20	+16:00	51:20

Top 20 finishers in the Winter Cup Series

		Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Final Points*
Carole	Debney	100	200	100	250	178	194	250	1072
Jim	Darcy	100		200	160	180	100	250	890
Emma	Sambrook	100	200	100	210	100	250	100	860
Natasha	King	100	189	100	172	168	100	196	825
Len	Pannell	100	200	100	100		208	208	816
Stewart	Shears	100	200	100	100	162	100	250	812
Warren	Marsh		100	100	100	158	202	250	810
Mel	Bignell	100	200	100	100		150	242	792
Graham	Linnell	100	181	100	100	174	100	232	787
Trevor	George			100	180	154	196	154	784
Madeleine	Moutrie	100	193	100	100	186	194	100	773
Simon	Woodward	100	192		210	174	174		750
Allan	Lock		100	100	194	100	100	250	744
Heather	Cooke		100			164	242	234	740
Tom	Pomeroy	100	195	100	220		100	100	715
Dan	Taylor	100		100		100	160	250	710
Dave	Lantsbery		100	100	152		100	250	702
Rob	Gillies	100	200		100	100	100	158	658
Jeff	Haynes	100	100	200	100		100	100	600
Andy	Pacey	100	194				100	192	586

* See note on website for scoring rules

TRAINING – running forwards

3 rd May	Infant School	LL
10 th May	Nether Heyford	Graham
17 th May	Infant School	Mel
24 th May	Infant School	GL
31 st May	Weston	Tom Pomeroy
7 th June	Nether Heyford	Graham
14 th June	Infant School	Mel
21 st June	Grand Prix	No Training
28 th June	Brickhill Woods (picnic)	everybody
5 th July	Nether Heyford	Graham
12 th July	Infant School	LL
1 st May	1 mile time trial	GL NT
15 th May	2 x 2 x 1000 m 200 recovery	GL, LL
22 nd May	Pyramid session	GL CT RM
29 th May	2 x 3 x 800	GL ,CD
12 th June	6 x 400 lap jog recovery	GL DT RM
19 th June	200s in pairs	GL ES
26 th June	Pyramid session	GL , CD RM
3 rd July	1 mile time trial	GL CT
10 th July	relays	GL

Graham Linnell

LOOKING AHEAD

Silson Road Running Challenge

What is the Silson Road Running Challenge?

The Silson Road Running Challenge is a new club competition that takes place across twelve local road races between May and September

Who can enter? The SRRC is open to all senior club members

How do I register? All you need to do is to let [Brian Keers](#) know that you want to enter the SRRC by Friday 1st May 2009. Please also confirm your age on 1st May.

Which are the qualifying races?

Great Weston 5	Monday 4th May	
Blisworth 5K	Friday 8th May	(NAA RRL)
Rugby 6	Wednesday 13th May	(EMGP)
Bedford 6	Tuesday 19th May	(EMGP)
Weedon 10K	Tuesday 2nd June	(EMGP & NAA RRL)
Harborough 5	Tuesday 16th June	(EMGP)

Milton Keynes 10K	Tuesday 30th June	(EMGP)
Tiffield Thunderbolt 4	tbc July	
Wellingborough 5	Sunday 2nd August	(NAA RRL)
Blisworth 5 M	Friday 7th August	(NAA RRL)
Cransley Hospice Half Marathon	Sunday 20th September	(NAA RRL)
Daventry 6M	Sunday 27th September	(NAA RRL)

The chosen races are a mix of distances, weekends and weekdays to allow the greatest number of members to compete

What's the scoring system? There are twelve qualifying races and each competitor can enter as many as they like but only the seven best (lowest) scores will count towards the Challenge final placings. e.g.:

Scores will be awarded on the basis of the member's time as a percentage of the fastest time in their age group.

Fastest time: 30:46

Member's time: 43:34 (141.6% of fastest time)

Points 142

Competitors will be e-mailed with scores and league table as soon as possible after each race results are published.

What can I win? There will be an award for the overall winner and for the male/female winner in each age category. The exact age categories will be confirmed after May 1st.

Where can I get further information? Please contact [Brian](#) by e-mail or by calling 07778 038458

South Downs Marathon and Relay Marathon - 13th June 2009

Many thanks to all those who have shown an interest in doing the South Downs Marathon. I now have the following who have confirmed that they will be part of a 4-person team.

Graham Linnell	Andy Pacey	Warren Marsh
Jim Darcy	Brian Keers	Richard Popiel
Kevin Reboul	Allan Lock	

Those of you who are blessed with mathematical ability will have worked out that this means we can enter two teams and I will do this in early April then start collecting £12 per runner.

But there is still time to add to the above list. There are four or five others who have said they may be interested. There are other events on the day including a 5k family fun run at the finish area and it's certain to be a nice day out! Check out the event web-page at: <http://www.209events.com/event.php?event=33>

Dan Taylor, Andy Taylor and myself are also running the individual marathon, so we'll have at least 11 out and it would be great to get even more to cheer each other on. Please let me know if you are interested.

Simon Woodward

A SELECTION OF OTHER LOCAL(ISH) RACES

04/04	Midlands Relays (see below)	03/05	Titchmarsh 10l
05/04	Bedford 20	04/05	Thornborough 5 & 10
05/04	Leamington Spa 10k	05/05	SILVERSTONE 10K (EMGP 1)
13/04	Stanwick 10k	10/05	Blenheim 7k
19/04	Flitwick 10k	27/05	Corby 5 (EMGP 4)
19/04	Desborough 5	31/05	Rotary Run - Northampton
26/04	Cardiac Arrest (Olney) 8	09/06	Banbury 5 (EMGP 6)

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.

LONDON MARATHON 2010

25th April 2010

You have to enter through a ballot. This is done on-line at <http://www.virginlondonmarathon.com>

The club will be applying for a guaranteed place.
Priority will go to fully paid up members who have applied but been rejected

