



The 10k Times

May 2011

www.silsonjoggers.org.uk

Thank You to Silson Joggers

I would like to take this opportunity to thank you all for the get well wishes, many of you have called round to my house and even visited me at the hospital.

The fact that treatment is going better than expected has to be in no small part down to you, a better group of people could not be found anywhere.

It may help the club me being away for a period, as it will give others coaching and organisational experience, although I would have preferred it not to be in these circumstances.

Please continue to turn up in good numbers and support the members and coaches who are working very hard to put on the training sessions and events for you all.

I am hoping to be around a little more in forthcoming weeks, and when fully recovered the plan will be to continue doing all we can to keep this club moving forward.

Thanks again.

Graham

SILVERSTONE 10km – 4th MAY 2011



Silverstone Circuit practice for the showers for the runners next Wednesday

JUNIOR JOGGERS

I must start with thanking you all for your get well wishes and cards, treatment is going very well, your support has helped a lot. Hopefully I will be able to attend a few more sessions and events in the coming weeks.

We start with the Silverstone Grand Prix 10k on Wednesday May 4th when Silson Juniors are the teams on the water stations, a job you guys did so well last year. The final details will be in a separate email to follow.

The competition for this month is the 1500 metre County Championship races at Corby on May 15th, for which I hope a good number of Silson Juniors have entered by now. For these races club tee shirts must be worn, if you do not have one let me know.

There is a full month of Friday evening training at Sixfields Athletics Track (details are below), which includes training with an outside coach taking a race walking session. This is not an easy sport, but should be fun, so go along and enjoy as we are trying to offer a variety of training for you all. Well done to all who ran the 8 minute timed run on April 10th the results in metres were :-

Anabel 1500m	Emma 1500m	Neave 1700m
Ben 1600m	Fiona 1300m	Olly 1700m
Daniel 1200m	Josh 1200m	
Eleanor 1500m	Layne 2000m	

Sixfields Friday training sessions 6.45pm – 8pm

May 6 th	Race Walking with (Mark Wall)
May 13 th	Timed Sprints and running style
May 20 th	2 x 1000 metres
May 27 th	200m, 400m, 800m, 400m 200m pyramid training session

Keep working hard, and will see you all soon.

Graham

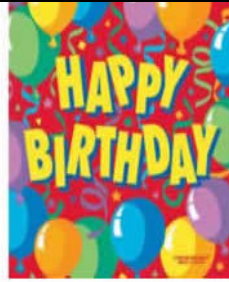
BIRTHDAYS IN MAY

Richard Pepper – 3rd

Carol Debney – 5th

Michael Rapson – 7th

Declan Cooper – 11th



Marie Wray – 14th

Neave Wray – 26th

Juliet Hanson – 30th

RUNNING BACKWARDS OFF THE ROAD

Kinder Downfall - 10th April 2011

Time for the re-match?

Our son Richard reminded me in mid March that I had asked him to let me know when there might be an interesting fell race in the offing. It would be April 10th and a 10 miler. Feeling elated after my Banbury run 'Why not? Yes please put me down' five weeks before the Marlborough Downs Challenge and ten weeks before the Nordmarka marathon, a good build up. He was unsure if our entries would be in time as the race was limited to 300. But, when I checked the web site on Monday 4th April I discovered two things, 'Yes' we were entered, and the profile. 'Kinder Scout' a name that I had heard mention but oblivious to the significance of. On scrolling through the list of entrants to see who was running I discovered someone in my age group who could be the 'Wilmslow' I had encountered in the 'Langley Seven'. This time his 'Hill running' mode might be more difficult to overcome as there is no obvious section on this course to take advantage from a faster flat road speed.

The 'Kinder Downfall' was a tough experience and contained 'running?' surfaces that I had never encountered before. The uphill climbs for the first section started with field tracks that turned into moorland tracks that gradually transformed into gullies, good running could be had here.

After a precarious descent into the William Clough, the steep upward gullies became deeper and rougher and had clearly been carved out by water from time to time. Eventually a mill flagstone path took us to the top. At the top? A landscape of boulders which, according to the Garmin, lasted for about 5k. These boulders were of 'Gritstone' and have a very abrasive surface that could obviously cause nasty grazes if falling on it. The route could only be determined by the heads of the local 'goats' disappearing into the distance, including the 75yr old who passed me on that flagstone climb. From time to time it was clear that we were running along a ridge, but in concentrating on my footing I could not appreciate the view.

At one stage while passing through a depression I lost sight of the group in front but was caught by a friendly water-carrying marshal who gave me directions, a slug of water, and then ran off. I followed and picked up the heads again. We were running against a steady stream of walkers coming from the direction of Edale. Eventually the course was flagged as we diverted from the Edale route and veered off towards Hayfield. A flat section of mill flagstones and then moorland terrain with few boulders took us to the start of the descent. This began with steep stone 'cartways' flanked by moorland tussock I chose the tussock as the softer option and was passed on this by Usain Bolt. I wish I had the balance, confidence and skill of these athletes. Eventually we reached the lower grassland fields and these led onto a small road taking us back to the village.

There were no runners in view now so it was a solitary run in alongside the stream that leads to the bridge in the centre of the village, a quick turn off and into the finishing field and funnel. 2:06:53, 257/268 finishers, 3/3 in my age group, Wilmslow in front by 32 seconds, a 70 in 1:55:21 and 75 in 2:02:07, winners time 1:10:04. I had chosen to run in my ASICS trail shoes because of their cushioning but noticed that most were wearing Walshes or something similar and seemed to traverse the section across the boulders more easily than me. The weather was exceptional, a cloudless sky but not hot. All entrants were required to carry full windproof body cover, whistle, compass and map, and this was randomly checked at the start. Would I do it again? Definitely.

Allan Lock

RUNNING BACKWARDS ON THE ROAD

Milton Keynes Park Run 5k – 2nd April 2011

116th

Stella-Maria Thomas

28:53

Sandy 10 – 3rd April 2011

Sun, Sea and Sand.....er well not quite but two out of three isn't bad

I thought that it would be good for me to have some target races to enter before the start of the EMGP series and I decided to enter the Sandy 10, which I previously ran in 2009.

The information sent by the race hosts, Biggleswade AC was first rate and I'd forgotten the humorous touch of the marshals', until my arrival again, as most wear fancy dress hats...such as jesters, cowboys and town mayors, which helps relieve some pre-race nerves (John do we have time to organise hats for the 'Big One'?)
[John replied "I do not know – you had better ask the Race Director"]

When I came in 2009 it was sunny and the weather did not disappoint this year with a clear sunny and quite still day, in fact it was much warmer than in 2009. For my warm up I jogged slowly to the start, which the organisers say allow 15 mins for, but in reality only takes 5-7 mins. The start is on an industrial estate and then leads through a residential area before you cross over a railway bridge followed by a short sharp hill up through some woods and a left turn onto a main road. The main road continues with woods on either side, which are lovely and then opens out to fields adorning the roadside, before entering the pretty village of Everton. There were several locals who lined the streets to cheer us all on, which was great. The route was well marshalled and they were very supportive. In Everton there were a couple of water stations on the outbound/inbound routes.

In Everton you take a sharp right hand bend and then there is a large village green before you leave the village and head out into the country again. The route then turns left through Gamlingay Heath village with a wide expanse of land on your right hand side. The sun was very warm and I was glad I had decided to wear only my running vest and shorts. I was carrying water for this race and glad that I made that decision although this had all gone by mile 8. I passed the 5 mile marker feeling that this was relatively hard going, but on reflection it was warm and I do take several miles before I'm into a good rhythm. The left turn in essence takes you on a loop before you rejoin the main road back towards Sandy and through Everton village again.

As you turn right off the main road you have the very short climb back through the wooded area and then a lovely long downhill, with me letting my legs go as quick as they would allow me down the hill and back over the railway bridge. Then it was the push for the finish. I turned into the final straight recalling that two years ago the finish line seemed further away, but heh I'm not one to argue.....At the 200m marker I pushed hard for the line, thinking of my fellow lady joggers who always manage a sprint finish.... I was thrilled to overtake a man, albeit he was mature gentleman. Afterwards

In 2009 I finished in 1.21.03 setting a Joggers L45 club record and this year I finished in 330th position (517 finishers) and was 18th L45 lady out of 42 in a time of 1:27:27, which is a club F50 record – YIPEE (sorry Shirley).

I would recommend this race for the organisation and support of the marshals' and if you are planning to do a PB then this is a course worth considering

Mel Bignel.

Belvoir Half Marathon – 3rd April 2011

376th

David Jarrett

1:54:48

Flitwick 10k – 10th April 2011

New F50 age record for Mel

149 th	Paulo King	44:12	364 th	John Adams	50:22
278 th	Brian Keers	48:16	411 th	Mel Bignell	52:10
342 nd	Natasha King	49:54			

White Horse Half Marathon – 10th April 2011

David Morley 1.39.52 PB

Four weeks ago, I took 8 minutes off my PB, so I drove to South Oxon aiming to knock off perhaps a minute or so despite being weighed down by my own expectations and a ribbing from the guys in the pub on Friday night about going under 1. 45.

The race is a low key, no frills affair- no chips and no medals (nice mug though), its most exciting facet being just how flat it is. Only 500 runners meant that space opened up very quickly on the mainly traffic free country lane course.

Mile 1...too fast....Mile 2...too fast. Tried to slow down...didn't / couldn't - a very similar story to my previous HM with Tasha. Running in nearly 20 degrees with only 3 water stations (offering plastic cups) kind of helped a bit as I became more and more desperate to get to the finish and find a tree to collapse under.

I have now taken 17 minutes off my HM PB in 4 weeks. After MK I was euphoric, and after today....
Speechless

David Morley

Milton Keynes Park Run 5k – 16th April 2011

48th Brian Keers 22:26

Virgin London Marathon – 17th April 2011

New Club Record for Linda
New Age Record for Madeleine

Simon Woodward	2:59:50	Trevor George	4:03:40
Nick Pacey	3:05:05	Madeleine Moutrie	4:23:20
Andy Pacey	3:14:52	Vince Roe	4:27:27
Andrew Taylor	3:26:46	Simon Peart	4:28:45
Matt Wootton	3:34:37	Samantha Roe	4:28:46
Linda Lytollis	4:03:38		

Hi Everyone. Well I did it in 4hrs3mins and 38seconds! I was so, so pleased with myself for achieving the distance and proud of a remarkable first attempt at a marathon... not just any marathon! The London Marathon! Every runners dream! What seems like a distant memory registering all those months ago to one of the best experiences of my life! I absolutely loved it! It truly was a day to remember.

Being a runner I know preparation is everything. The training you do over the months leading up to the big day is a crucial element to entering any race. An endurance race takes that another stage further... Mental preparation plays an equal part as does rest! I did my best at all these areas, overcame a few injury set backs, getting plenty of forced rest and worked hard at focusing on what I wanted to achieve out of the race. For me with reduced training and a first attempt at the 26.2 mile distance, I just wanted to enjoy the experience, which I really did. I loved it. It was brilliant and a day to remember forever.

I was very nervous as I walk alone to the red charity start. It was becoming ever more real that in a short mile I would be on my journey. I stepped into the masses of runners and we quickly moved towards the start. It didn't take me long to cross the line (5mins) and I was on my way. Determined to take the first few miles very easy I settled into relaxing and watching my footing. 3 to 4 miles we started merging with the sea of blue numbers (ballot places) and the day really started to heat up! It must have been 16c at 10:30am, which felt warmer with the masses around me. I had arranged to see Shaun and Rebecca between 5 and 6 and that really helped lift me. Glowing smiles from loved ones meant so much. Feeling fine at 9 miles I left behind a fellow jogger to settle into a slightly faster more comfortable pace for me. At Tower Bridge I was doing well and took a little picture to remind me of my lovely run around London!



Called Shaun to find out where he was and although he couldn't see me at 15miles as agreed I looked forward to seeing them at 18miles. A quick hug from both I just couldn't believe how good I felt. I had taken on the water and gels as in practice (...well the couple of practices I did!). Legs were holding up and I thought to myself I am going to make it ok. Ok, I still had 8 miles to go but I was in good shape. I decided to take the caffeine gel. I had heard people say they worked and also that they "never took them early enough". So down it went. Not sure whether it was going to agree with me or not I continued my journey.

The temperature rose and the joggers grew around me. The crowd cheering was wonderful and so loud but it did feel very claustrophobic on a day that was getting very hot. There seemed no spaces to move into, every footstep had to be strategically placed to avoid water bottles and other joggers. Some were trying to work through the crowds, some slowing, walking, chatting and darting in front of you to get to the water stations. A man running the distance backwards, costumes and brightly coloured charity vests. Sponge Bob Square pants, Pingu and a lot of ladies dressing as Kate in wedding dresses to attract the crowd's attention. It was very entertaining and great to distract from the effort of the miles. At 20 miles I thought only 10K to go. "I can do 10K" I said to myself! I feel fine and if anything just wanted to chase those last few miles down. The volume of runners just seemed ever in my way so I decided to just relax and enjoy the fact I felt so good. I smiled and waved to the crowds, they shouted my name to encourage me "Go Linda, go". It was very inspiring and I wanted to lengthen my stride and finish.

At 23miles I called Shaun to let him know I would be at 24.8miles sooner than I expected, but no reply. Poor things were stuck waiting on tube trains. I continued, soaked up the crowds cheering. It was amazing. I have never seen anything like it, thousands of people out there supporting their jogger. The atmosphere was great and I have never enjoyed running so much. I just smiled and smiled and loved every minute. At 25 miles I knew my legs were very sore and my toe was hurting, but it didn't matter big Ben was in sight and then the Mall! It was there. Quick check to make sure I would look ok for the photo I raced to the line! It had made it! In 4 hrs 3 mins and 28 seconds.

I was finished, exhausted and so proud to achieve something truly remarkable. My first marathon! J

Thank you for sponsoring me and supporting me!

Linda

Milton Keynes Park Run 5k – 23rd April 2011

24 th	Richard Davies	20:31	55 th	Brian Keers	22:31
46 th	Sarah Clark	22:08			

RUNNING FORWARDS ON THE TRACK

Watford open meeting 3000m – 20th April 2011

2nd (race 1) Chris Wood 9:31.8

The author wishes to make clear he is not just a road racing softie.....on occasion he is also a track racing softie.....

Ha ha! Just when you thought I'd forgotten how to pin a number on a vest I thought I'd sneak in a quick pre-EMGP speed test in when no one was looking. To further enhance my reputation as a softie I even took to the track.....no hills....no sharp bends.....you never need to clean your spikes.....oh, and the front-and-back numbers gave me some much needed number-pinning-on practice ahead of the summer season.

With my foot finally mended and some good weeks of training logged, I decided it was time to attempt some competitive running. After watching the London Marathon on TV I was suitably inspired.....to find as short a race as possible to make my 2011 racing debut. Happening to be working not too far away from Watford, I headed over to Woodside stadium during the April heat wave and spent a pleasant evening sitting on the grass watching folk run alarmingly quickly round the track. The 3000m races were last on the bill and didn't kick off until gone 9 o'clock.....racing under floodlights was a novelty, and the M1 was pretty quiet on the way home.....I was a bit of a waste of space the next day though.

Based on my PB I was put in the slower of the two races with a lot of youngsters, including some worryingly quick looking junior women. Having just been relieved of the Ivor Pugh cup I was obviously concerned that being beaten by junior females, however quick, would be noted by the selection committee and could increase my chances of being reunited with said cup next year. There is nothing like having a bit of an incentive to inspire a good performance.

The first couple of laps were fairly uneventful and I was lying in about fifth. Pushing on through the middle of the race I moved along nicely and even did something resembling a swift last lap to chase down the eventual winner - admittedly an under-17 male.....he's clearly not discovered beer yet. Illusions of grandeur are definitely not setting in though.....as I was wondering back to the car the 'fast' race was reaching its conclusion and was won in a swift 8:22. Jeesh.

Chris Wood

ANNUAL GENERAL MEETING

RENEWAL MEMBERSHIP FOR 2011/2012 IS NOW DUE. PAUL KING IS THE NEW MEMBERSHIP SECRETARY SO PLEASE PAY YOUR RENEWAL TO HIM AS SOON AS POSSIBLE.

REMEMBER THAT YOU ARE NOT INSURED IF YOU ARE NOT A MEMBER OF THE CLUB

Most Improved Junior Runner	Eleanor Rees
Junior Male Runner	Ben Lawson & Olly Meek (shared)
Junior Female Runner	Layne Wray
Most Improved Male	Dan Taylor
Most Improved Female	Sarah Clark
Clubman of the Year	Graham Linnell
Runners Runner	Dan Taylor
Ivor Pugh Cup	David Morley

TRAINING RUNNING BACKWARDS

Results of Race 5 (30 March 2011)

		Target		Actual	
		min	sec	min	sec
John	Adams	11	42	11	28
Sarah	Clark	10	44	10	41
Heather	Cooke	10	42	10	28
Jim	Darcy	9	35	9	16
Richard	Davies	10	1	9	41
Carol	Debney	19	27	15	57
Jonathan	Gale	10	36	10	27
Trevor	George	10	46	10	39
Jeff	Haynes	9	12	9	52
Dave	Lantsbery	11	33	11	36
Allan	Lock	12	38	12	19
David	Morley	10	37	10	7
John	Olejnik	11	10	11	18
Stuart	Shears	10	19	10	2
Dan	Taylor	8	46	8	48
Stella-Marie	Thomas	14	9	13	56
Simon	Woodward	9	45	9	27

Points after Race 5 (March 2011)

		Points				Total points (best 3)
		Race 2	Race 3	Race 4	Race 5	
David	Morley	54	148	150	130	428
Jim	Darcy	141	125	50	119	385
Dan	Taylor		150	134	98	382
Sarah	Clark	150	74	50	103	327
John	Olejnik	91	134	50	92	317
Stella-Marie	Thomas		85	114	113	312
Stuart	Shears	82	109	85	117	311
Jonathan	Gale	88		101	109	298
Heather	Cooke	82	101		114	297
John	Adams	57	81	100	114	295
Carol	Debney	86	50	50	150	286
Allan	Lock	86	50		119	255

Mel	Bignell	77	80	50		207
Trevor	George		50	50	107	207
Richard	Davies	50			120	170
Jeff	Haynes		107		60	167
Tasha	King		107	50		157
Emily	James	150				150
Liz	Thomas	150				150
Kit	Rapson			140		140
Simon	Woodward				118	118
Alison	Tay		113			113
Simon	Peart		112			112
Jennifer	Armstrong		110			110
Richard	Wray	102				102
Dave	Coates		101			101
Dave	Lantsbery				97	97
Madeleine	Moutrie	10	83			93
Mark	Armstrong		59			59
Sue	Clayton-Drabble			50		50
Amy	Mickley			50		50

(The points table after Race 6 will be based on the best four performances)

Results of Race 6 (6 April 2011)

		Target		Actual	
		min	sec	min	sec
John	Adams	23	40	24	04
Ryan	Bouchier			29	28
Stephanie	Burningham			29	29
Sarah	Clark	22	03	22	50
Jim	Darcy	19	7	18	26
Richard	Davies	19	59	20	48
Jonathan	Gale	21	34	21	7
Trevor	George	21	59	22	13
Jeff	Haynes	18	59	18	51
Tasha	King	24	38	29	29
Dave	Lantsbery	23	50	23	42
Allan	Lock	25	25	25	7
David	Morley	20	53	20	56
John	Olejnik	23	3	22	4
Stuart	Shears	20	42	20	50
Elle	Supple			24	39

Dan	Taylor	18	5	17	47
Justin	Verlvey	29	31	28	44
Simon	Woodward	19	30	18	30

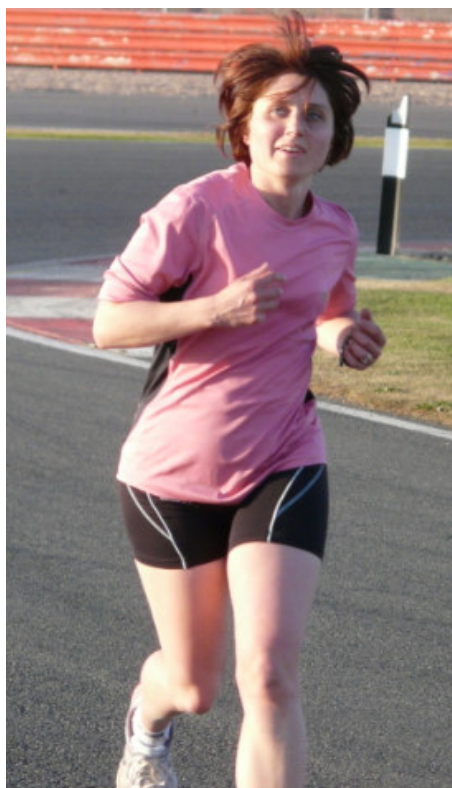
Points after Race 6 (April 2011)

		Points					Total (best 4)
		Race 2	Race 3	Race 4	Race 5	Race 6	
Jim	Darcy	141	125	50	119	182	567
David	Morley	54	148	150	130	97	525
Dan	Taylor		150	134	98	136	518
John	Olejnik	91	134	50	92	200	517
Jonathan	Gale	88		101	109	154	452
Stuart	Shears	82	109	85	117	92	403
Allan	Lock	86	50		119	136	391
Sarah	Clark	150	74	50	103	53	380
John	Adams	57	81	100	114	76	371
Simon	Woodward				118	200	318
Stella-Marie	Thomas		85	114	113		312
Heather	Cooke	82	101		114		297
Trevor	George		50	50	107	86	293
Carol	Debney	86	50	50	150		286
Jeff	Haynes		107		60	116	283
Richard	Davies	50			120	51	221
Dave	Lantsbery				97	116	213
Mel	Bignell	77	80	50			207
Tasha	King		107	50		50	207
Justine	Verlvey					200	200
Emily	James	150					150
Liz	Thomas	150					150
Kit	Rapson			140			140
Alison	Tay		113				113
Simon	Peart		112				112
Jennifer	Armstrong		110				110
Richard	Wray	102					102
Dave	Coates		101				101
Madeleine	Moutrie	10	83				93
Mark	Armstrong		59				59
Sue	Clayton-Drabble			50			50
Amy	Mickley			50			50

Results of the 2011 '10k' Handicap* (27 April 2011)

		Finish position	Finish time		Running time	
			min	sec	min	sec
Tasha	King	1	49	28	47	13
Dave	Coates	2	49	55	41	10
Mark	Nichols	3	50	10	44	10
Dave	Lantsbery	4	50	23	46	08
Ellie	Lock	5	50	51	49	36
Allan	Lock	6	51	00	49	45
Heather	Cooke	7	51	30	42	45
Elle	Supple	8	52	01	49	46
Jim	Darcy	9	52	06	36	36
John	Adams	10	52	53	48	38
Stuart	Shears	11	52	55	42	10
Dan	Taylor	12	53	05	36	05
Andy	Kirk	13	53	29	39	44
Dave	Morley	14	53	40	43	25
Andy	Hoare	15	54	23	42	23
Tim	Hulett	16	55	58	53	58

*The course was about 9.9k (the full GP circuit was unfortunately not available, so the course was three and three-quarter laps round the Club Circuit)



Results of the shorter run *

		Finish position	Running time	
			min	sec
Justine	Verwey	1	40	09
Kit	Rapson	2	41	22
Stephanie	Burningham	3	43	12
Juliet	Hanson	4	43	37
Carol	Debney	5	47	45

* Two and three-quarter laps of the Club Circuit, about 7.3k.

Winter Cup 2010/2011

Final Points Table (April 2011)*



Eddie looking worried because Linda is scrutinising the points to be allocated for the winter cup and one of Eddie's babes may not therefore end up winning. Still the winner comes from Buckingham (just like Eddie!)

		Points						Total (best 4 + race 7)
		Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	
Jim	Darcy	141	125	50	119	182	340	907
Dan	Taylor		150	134	98	136	244	762
Allan	Lock	86	50		119	136	340	731
David	Morley	54	148	150	130	97	146	671
Stuart	Shears	82	109	85	117	92	248	651
Heather	Cooke	82	101		114		340	637
Carol	Debney	86	50	50	150		340	626
John	Adams	57	81	100	114	76	220	591
Dave	Lantsbery				97	116	340	553
Tasha	King		107	50		50	340	547
John	Olejnuk	91	134	50	92	200		517
Justine	Verwey					200	340	540
Jonathan	Gale	88		101	109	154		452
Kit	Rapson			140			246	386
Sarah	Clark	150	74	50	103	53		380
Simon	Woodward				118	200		318
Stella-Marie	Thomas		85	114	113			312
Trevor	George		50	50	107	86		293
Jeff	Haynes		107		60	116		283
Richard	Davies	50			120	51		221
Mel	Bignell	77	80	50				207

*Includes those who ran at least three races (i.e. at least two scoring races)



Jim Darcy – a worthy winner of the Winter Cup



“Locked together”

TRAINING RUNNING FORWARDS

May			
Sun 1st	Senior	Infant School	Sunday Run
Fri 6th	Senior/Junior	Sixfields	Race Walking
Sun 8th	Senior	Infant School	Sunday Run
Fri 13th	Junior	Sixfields	
Sun 15th	Senior	Infant School	Sunday Run
Fri 20th	Senior/Junior	Sixfields	1000m x 4
Sun 22nd	Senior	Infant School	Sunday Run
Fri 27th	Senior/Junior	Sixfields	Pyramid
Sun 29th	Senior	Stowe (Chackmore)	Sunday Run
June			
Fri 3rd	Senior/Junior	Sixfields	800s
Sun 5th	Senior	Infant School	Sunday Run
Fri 10th	Senior/Juniors	Sixfields	600 x 6
Sun 12th	Senior	Salcey Forest (Meet at Sponne)	Sunday Run
Fri 17th	Juniors	SRA	Fun Mile
Sun 19th	Senior	Infant School	Sunday Run
Fri 24th	Senior/Junior	Sixfields	400
Sun 26th	Senior	Brickhill Woods	Sunday Run
July			
Fri 1st	Senior/Junior	Sixfields	200s in pairs
Sun 3rd	Senior	Infant School	Sunday Run
Fri 8th	Senior/Junior	Sixfields	Mile/800 trial
Sun 10th	GRAND PRIX		
Fri 15th	Senior/junior	Sixfields	Relays x 400
Sun 17th	Senior	Infant school	Sunday Run

RACES – running forwards

Forthcoming Events in the local(ish) area

Date	Event	Category
2/5/2011 (Mon)	Great Weston 5	SRRC
4/5/2011 (Wed)	THE BIG ONE – Silverstone 10k – All to Marshall please **Note this is a Wednesday this year**	EMGP #1
8/5/2011	Shakespeare Marathon/Half Marathon, Stratford-upon-Avon	
8/5/2011	Banbury Triathlon (750m,20k,5k)	
10/5/2011 (Tue)	Rugby 6 **NOTE THE DAY HAS CHANGED TO TUESDAY**	EMGP #2, SRRC
13/5/2011 (Fri)	Blisworth 5k	NAA Series, SRRC
17/5/2011 (Tue)	Bedford 6	EMGP #3
17/5/2011 (Tue)	Charndon 5k	
19/5/2011 (Thur)	Silverstone Duathlon (2/12/2)	
25/5/2011 (Wed)	Corby 5	EMGP #4, NAA, SRRC
7/6/2011 (Tue)	Banbury 5	EMGP #5, SRRC

11/6/2011 (Sat)	South Downs Marathon and Relay Marathon	
14/6/2011 (Tue)	Harborough 5	EMGP #6
19/6/2011	F1 Chicken Run, Brackley	SRRC
19/6/2011	Farnborough Flier	
21/6/2011 (Tue)	Weedon 10k	EMGP #7, NAA, SRRC
21/6/2011 (Tue)	Silverstone Duathlon (2/12/2)	
5/7/2011 (Wed)	Milton Keynes 10k	EMGP #8, SRRC
14/7/2011 (Thu)	Silverstone Duathlon (2/12/2)	
16/7/2011 (Sat)	Hornton 6 (nr Banbury) 7pm	
17/7/2011	NSPCC MK Half Marathon	
20/7/2011	Waddesdon 5k	
31/7/2011	Wellingborough 5	NAA Series, SRRC
2/8/2011 (Tue)	Silverstone Duathlon (2/12/2)	
5/8/2011 (Fri)	Blisworth 5m	NAA Series, SRRC
14/8/2011	Hooky 6	
28/8/2011	Moulton 10k	NAA Series, SRRC
29/8/2011	Helmdon Hurler (4.35m)	
11/9/2011	Swineshead 10	
18/9/2011	Cransley Hospice Half and 10k	NAA, SRRC (Half)
2/10/2011	The Run '11 Northampton (10k, 5k, children's races)	NAA, SRRC (10k)
Please see http://www.silsonjoggers.org.uk for more details		

HEALTH WARNING – SILSON JOGGERS A C MAY CONTAIN NUTS