



# The 10k Times

November 2011

[www.silsonjoggers.org.uk](http://www.silsonjoggers.org.uk)



## **ALLAN LOCK**

CELEBRATED HIS 70<sup>th</sup> BIRTHDAY  
DURING OCTOBER  
BY WRITING ANOTHER  
“INTERESTING” RACE REPORT!

# JUNIOR JOGGERS

It's been another busy month for the Juniors with lots going on as the youngsters continue to go from strength to strength.

Eleven Juniors made it to the start line of the first Chiltern League event of the new season in Luton, with 6 girls competing in the under 13 girls category. Overall, they contributed a valuable 72 points to the team – the equivalent to one additional place higher in the club league table. Our young people performed with great determination and enthusiasm and their hard work in training is certainly paying off. Many of the senior runners also mentioned their wholehearted support to the team as they cheered them home.

Our next cross country adventure takes place on Saturday 12<sup>th</sup> November when we travel to Watford. A coach has been arranged to transport runners and supporters to and from the venue, departing from Sponne School at 9.45am. Please speak to Graham if you would like to book a seat on the bus.

Parents of Juniors are reminded that the final deadline for the return of hoodie order forms is Tuesday 14<sup>th</sup> November. If you have not received the form, please email: [davidmorley@btinternet.com](mailto:davidmorley@btinternet.com) . Sample garments for sizing purposes will be available to try on at the next three Tuesday sessions at Sponne School.

A date for your diary is the Juniors' Christmas Party, which, by popular demand returns to Tenpin Bowling at Sixfields, Northampton, on Friday 9<sup>th</sup> December at 6.45pm. For £5.50, the children will get a kid's meal, drink and two games of bowling. Deadline for names and numbers is 29<sup>th</sup> November. Please let us know if you are struggling with transport as we may be able to help out.

Junior Committee member, Richard Wray, will be contacting parents soon to canvas their views on which local races you and your children would be most interested in attending. The aim of the survey is to ascertain which races we should target and attend en masse as a club. Please try to return the questionnaire promptly. We are really keen as a club to convert the energy and efforts of the children and the coaches into results in competition.

Don't forget that Junior training sessions continue now on a Tuesday night up until 13<sup>th</sup> December.

|                                   |                    |
|-----------------------------------|--------------------|
| Tuesday 1 <sup>st</sup> November  | Circuits           |
| Tuesday 8 <sup>th</sup> November  | Reps               |
| Tuesday 15 <sup>th</sup> November | Hills              |
| Tuesday 22 <sup>nd</sup> November | 1 minute exercises |
| Tuesday 29 <sup>th</sup> November | Long run           |

The next Saturday training taking place on 5<sup>th</sup> November between 2pm and 3pm in Hazelborough Woods (north side of A43 – meet in the car park). The Junior Cup reaches round two with all children who attended last time being given a target time to beat based on their previous performance. Don't worry if you missed round one, there is still everything to play for!

|                  | Target Times |
|------------------|--------------|
| Millie Rees      | 12.44        |
| Rebecca Lytollis | 10.12        |
| Ben Hope         | 7.57         |
| Neave Wray       | 9.08         |
| Anabel O'Reilly  | 10.08        |
| Ben Hanson       | 8.22         |
| Imogen Mitchell  | 11.04        |
| Skye Verwey      | 9.19         |
| Lucy Cotterill   | 10.17        |
| Sophie Gray      | 10.18        |

*David Morley*

  
**Christmas Bowling Party**  
 At Tenpin  
 Sixfields, Northampton NN5 5QL  
**Friday 9<sup>th</sup> December**  
 6.45pm – 9.00pm  
 Meal and TWO games of Bowling  
 £5.50 per child  
 Money and forms to David  
 No later than Tuesday 29<sup>th</sup> November



## Hoodies




**SILSON JOGGERS Juniors**



**JESSICA**  
SILSON JOGGERS

**Available to order NOW!**  
 Final Deadline Tuesday 15<sup>th</sup> November 2011  
 See letter for details  
 More info from: davidmorley@btinternet.com

## BIRTHDAYS IN NOVEMBER

|   |   |  |
|---|---|--|
| Joshua Gale – 2 <sup>nd</sup><br>Peter Barnes – 3 <sup>rd</sup><br>Stewart Shears – 5 <sup>th</sup><br>John Adams – 5 <sup>th</sup><br>Millie Rees – 6 <sup>th</sup><br>Nick Pacey – 11 <sup>th</sup><br>Claire Mitchell – 14 <sup>th</sup> |  | Mark Nicholls – 18 <sup>th</sup><br>Trevor Barnes – 19 <sup>th</sup><br>Kit Rapson – 20 <sup>th</sup><br>Andy Wright – 22 <sup>nd</sup><br>(a big one)<br>Jennifer Armstrong – 23 <sup>rd</sup><br>Catrin Sinclair – 24 <sup>th</sup><br>John Olejnik – 25 <sup>th</sup> |
|---|---|--|

## RUNNING BACKWARDS ON THE ROAD

### Run Northampton – 10k – 2<sup>nd</sup> October 2011

#### New Age records for Andy Pacey and Madeleine Moutrie

|                   |                |       |                   |                     |       |
|-------------------|----------------|-------|-------------------|---------------------|-------|
| 9 <sup>th</sup>   | Andy Pacey     | 35:37 | 199 <sup>th</sup> | Jonathan Gale       | 45:24 |
| 10 <sup>th</sup>  | Chris Wood     | 35:47 | 216 <sup>th</sup> | Heather Cooke       | 45:55 |
| 13 <sup>th</sup>  | Simon Woodward | 36:38 | 259 <sup>th</sup> | David Jarrett       | 47:14 |
| 31 <sup>st</sup>  | Jim Darcy      | 38:30 | 305 <sup>th</sup> | Sarah Clark         | 48:10 |
| 40 <sup>th</sup>  | Kevin Reboul   | 39:07 | 314 <sup>th</sup> | Roger Taylor        | 48:13 |
| 45 <sup>th</sup>  | Andy Kirk      | 39:25 | 343 <sup>rd</sup> | Ellie Lock          | 48:40 |
| 91 <sup>st</sup>  | Richard Davies | 42:03 | 362 <sup>nd</sup> | Brian Keers         | 49:30 |
| 131 <sup>st</sup> | Trevor Barnes  | 43:33 | 395 <sup>th</sup> | Madeline Moutrie    | 50:10 |
| 136 <sup>th</sup> | David Morley   | 43:46 | 475 <sup>th</sup> | Sue Clayton-Drabble | 51:39 |
| 171 <sup>st</sup> | Stewart Shears | 44:55 |                   |                     |       |

In the provisional results, Stewart is shown as running for “The Gumpsters” and Madeline represented “Far Cotton Boxing Club”!

And so with Northamptonshire gently perspiring under an unexpected early October heat wave it was time to end the NAA series with a tour of Northampton’s most scenic sights. And having taken in all the sights during the drive to the Run ‘11, it was then time to do a 10k along some dual carriageways and roads around industrial estates.

The course was unchanged from last year, starting with the climb up through Sixfields accompanied by the whiff of grease in the air from the various junk food outlets. Then the descent along Weedon Road past both the Northampton Reptile Centre and the Northampton Parrot Centre, over the railway and up the housing estates on the A508 to a u-turn and back past the Marefair multi storey car park. Following this there was a nip through a zig-zagging course over the cobbles of the market square past some bored looking Sunday shoppers before a charge up past the various pound shops on the high street.

St Giles street does at least have Blenders coffee shop, the Seafood Café and the Wig and Pen (all very nice), but is spoiled somewhat by the scary menswear shop Montague Jeffery (big on tweed). Past the Guildhall (note to Andy K.....very cheap for weddings) it was then a plunge down Bridge Street, avoiding the evidence of last nights excesses by the yoof, and back over the railway before a turn leading to that endless road back to the stadium past empty car parks and industrial units. Incidentally, this road is definitely not flat.

On a day when many struggled with the heat Andy Pacey shrugged off the scorching conditions to lower his own M40 age-category record by 6 seconds. Strong throughout, he moved steadily through the field to finish 9<sup>th</sup> overall and was well rewarded with a place on the podium and a very nice trophy for being 4<sup>th</sup> vet.

With myself, Simon and Jim not far behind it was a good team effort for the final round of the NAA series. As is traditional at this point in the season men’s team captain Simon had been out with his calculator and after careful consideration had decreed that we were still able to win the men’s team competition. After such a great team performance I thought I saw a tear in his eye at the finish, but it was most likely to be sweat. We eagerly await the final standings...

And so endth the NAA series for the year. Time to dig out the spikes.

*Chris Wood*

### **Peterborough half marathon – 9<sup>th</sup> October 2011**

|                    |              |         |                    |                 |         |
|--------------------|--------------|---------|--------------------|-----------------|---------|
| 1514 <sup>th</sup> | Dave Jarrett | 1:52:35 | 3173 <sup>rd</sup> | Dieter Sullivan | 2:47:23 |
|--------------------|--------------|---------|--------------------|-----------------|---------|

### **Blenheim 10k – 16<sup>th</sup> October 2011**

|                   |                |       |
|-------------------|----------------|-------|
| 130 <sup>th</sup> | Richard Popiel | 47:54 |
|-------------------|----------------|-------|

### **Buckingham 10k – 16<sup>th</sup> October 2011**

|                  |              |       |
|------------------|--------------|-------|
| 8 <sup>th</sup>  | Jim Darcy    | 39:31 |
| 41 <sup>st</sup> | Matt Wootton | 48.21 |

The race attracted 176 runners, including a handful of quality club runners. The organisers adjusted the course slightly on the previous years to ensure that the actual distance was 10K. The course started and finished in the town centre, and included a loop around Stowe Landscape Gardens.

I was reasonably pleased with my run on a undulating multi-terrain course. Matt started off very well, but suffered from a bad stitch and had to jog/walk the final part of the race.

*Jim Darcy*

## Hasselby 10k – 16<sup>th</sup> October 2011

### M70 record for Allan

I had heard that this was a flat and fast course, the height differential between the highest and lowest points is 11 metres; perhaps a good choice for post October 3<sup>rd</sup>? It is run mainly on asphalted park roads in three suburbs of northwest Stockholm, the start is on grass and finishes on an all-weather surface in Hässelby sports stadium. The race was full several weeks ago and there are 6056 registered. Their web site has allowed me to search for competitors within a nominated age group and, if we all turn up, one will start before me, two others with me and the other nine will start in the next group.

This will obviously be very different from a 30k multi terrain but a strategy is beginning to evolve and training, with only two weeks to go, will need to be focussed but not overdone! The last interval session on Slingan, when practising those faster downhill for Lidingö, turned out to be the quickest ever by a large margin; heartening. Today, 2<sup>nd</sup> Oct., it will be an exploratory Sunday run at Singö, an island near here where we pick berries etc., just a gentle 9k. The following day the session was more of those intervals round Slingan but this time with a difference, concentration on steady pace within but increasing pace for each, one minute rest between each, reasonably successful; 4 X 1.8k with 2.45k warm up and the same as cool down. Two days later a 14.2k route but with increasing pace throughout and taking the hills into account this was quite successful; followed by 2k cool down. To be fair I had been practising a strong run in from about 3k out before the Lidingö.

Two days later 10.4k of what was supposed to be at one minute per k below race pace but was too fast. At least the change in the weather enabled me to test out my new Ron Hill lightweight jacket in cold (10<sup>0</sup>C), wind and pouring rain; it worked well! My trunk and arms were OK and Richard is bringing my gloves out on Tuesday. On Monday a repeat of the Singö round and Wednesday a mixed series of relatively short intervals before packing up and leaving for Stockholm and the race on Sunday. We had our first frost of the winter this morning; I will have to warm up properly before that interval session! In the event it turned out OK and the temperature was nearly eight when I went out. It was the first time I had tried a 'Threshold' session; the first series were too fast but the second were still a slight improvement, which I suppose was a positive. The 2 minutes at 85% of maximum is hard to judge.



The course is a mixture of parkland paths, pavements and short stretches of road, see map above. There were several underpasses and in this respect was similar to the Milton Keynes 10K, although the total altitude gain of 50m and loss of 56m indicates that the Hässelby course is more undulating; Milton Keynes has a 35m gain and a 33m loss (comparable Garmin data). The race was chip timed from start to finish so I waited until last before setting off, having self seeded myself into the group aiming to finish in 45 – 50 minutes and not wanting to get in the way at the start. This worked OK but it soon became clear that there were many who would struggle to reach their target time. The field quickly stretched out so overtaking was not much of a problem and I soon found my steady planned pace. All went well until hitting the first underpass at about 4k, it was then I realised

that the course may not be as flat as had been suggested, I lost pace between 6 and 8k although 9 and 10 saw a return. I was disappointed to finish in 51:02, having worked for a sub 50, as consolation though finished first of the eleven in my new age group and 1402 / 2062 men; the winning man finished in 29:41 and lady in 33:57. The mens and ladies races were run separately.



Lidingö Postscript.

A further consolation came today (24<sup>th</sup> October) with the availability of an age group filter on the Lidingö 30k multi terrain results and revealed that I had achieved 4 / 25 in my age group. The photo below must have been taken in the latter stages of the race as the man in black with yellow underarm started two groups (20 min.) before the lady, the chap in a green tee shirt and myself, my margin increased by another two minutes after this point. All in all a useful Scandinavian season.



## **Rugby 10 miles – 23<sup>rd</sup> October 2011**

106<sup>th</sup> Dave Jarrett 1:25:10

## **Birmingham half Marathon – 23<sup>rd</sup> October 2011**

### **BUPA Great Birmingham Run**

Amy Mickley 2:04:16 Claire O'Reilly 2:16:49

## **Great South Run – 10 miles – 30<sup>th</sup> October 2011**

Tasha King 1:20:58 Brian Keers 1:21:23 Hilary Marks 1:55:28

I first ran this race 3 years ago and although I enjoyed it I had no real plans to run it again, mainly due to costs and logistics with it being in Portsmouth. However, earlier this year my brother and his wife – who are both non-runners – decided to enter as a challenge and asked if I would do it too. After much persuasion, the offer of somewhere to stay and the chance to beat my previous time, I entered. Of course months down the line they decided that they hadn't done any training and pulled out! Whereas I refused to waste my entry fee! Plus Brian, Hilary and her husband Neil had decided to join in by then too.

There is always a risk of hideous weather for the Great South with it being right on the seafront however this year was almost perfect conditions – a grey drizzly day. Although, at nearly 18 degrees it was a little on the warm side. I managed to meet up with Brian easily, which is more than can be said for Hilary & Neil...even now I'm not convinced they were actually there as we didn't see them all day! With almost 25000 runners it was a very busy start with lots of atmosphere. Brian & I somehow got placed in the first wave of runners, just behind the elite men and fast paced club runners so we didn't have to wait too long before we were off. The course starts on Southsea Common and takes you through the historic dockyards before heading back into town. Our first few miles went well although I was aware that I may have been going slightly too fast. I was hoping to beat my 10 mile time from Thornborough earlier this year so knew I needed to average 8 min miles. However my pace ended up all over the place, partly due to the huge number of runners.

There was a lot of weaving in and out and jostling for space at times (London anyone??). By about mile 6 Brian was a little way ahead but I could still see that familiar green vest. This is the hard part of the course as it takes you back past the other side of the Common, past the finish line, but you still have a 4 mile loop to do. I managed to catch Brian back up by the 9 mile marker and headed for home, battling against the winds (this stretch is literally along the sea wall). With a finish time of 1.20.58 it wasn't quite what I wanted but I knew I had done my best on the day and had easily beaten my time of 1.29.48 from 3 years ago. Brian ran a great race too and it was great to have a fellow Silson buddy with me. And as it turns out Hilary and Neil had been there all along and ran great times too. Hilary is particularly pleased with herself as somehow they managed to wear each others chip timers and I think she fared better from the mix up in terms of the official results!

All in all it's a great race with a brilliant atmosphere – support and live music all the way round a fast flat course.

*Tasha King*

# **RUNNING FORWARDS ON THE ROAD**

## **London Marathon 2012**

Congratulations to Jonathan Gale and Linda Lytollis who won the ballot for the two club places. David Jarrett is first reserve and Matt Wootton (who won a place for 2011) is second reserve. They join the following who already have places:

Dan Taylor

Andy Pacey

Ellie Lock (via Police)

# SILSON JOGGERS – WE NEED YOU!

We are fully aware that we have spent the last year boring people senseless recounting tales of our walking exploits. So please bear with us this one last time as our Trailwalker 2011 experience came to an end in a London Hotel on a Friday night with the Silson team being awarded a Gurkha Kukri for being the highest fundraising sports team, recognising our efforts in raising close to £4500 for Oxfam and the Gurkha Welfare Trust.

One of the many extraordinary memories of the events of the 16<sup>th</sup> and 17<sup>th</sup> July was the role played by the Oxfam volunteers at each of the 11 checkpoints along the way. At every end of stage there was a small group of amazing people, cheering and clapping the 2500 walkers as they chalked off another milestone. They offered support, encouragement and a friendly face – something that was particularly important as the night began to draw in.



This is where we need you next year! We want as many Joggers as possible to be cheerleaders! Oxfam have offered our club exclusivity of the prestigious Checkpoint 8 (just outside Brighton). As endurance athletes, we know the impact on motivation a few words can have... even when they come from a complete stranger. When you combine this with the collective volume we can create, as evident at Luton recently, I am sure you will agree... we would be scintillating in this role.

In 2012, Trailwalker will take place on 14<sup>th</sup> and 15<sup>th</sup> July. Silson volunteers would need to be in position at the checkpoint, which is near to the famous Jack and Jill windmills on the A23, at about 3pm on the Saturday. We are confident of being able to provide transport so that none of you would need to drive. We would camp at the checkpoint, taking it in shifts to perform our cheering duties. We would probably have to provide our own food, but there will be as much tea as we could possibly drink. Security at the checkpoint would be provided by a brigade of Gurkhas with the big knives! (I am not kidding either) There would be no need for us to be involved in health, welfare or logistic aspects of the event as this is all provided by professionals...all we need to do is make lots of noise and be nice to people! I would anticipate packing up no later than about 10am on Sunday and being back home by 2pm at the latest.

So...what in it for you?

- Playing your part in supporting Oxfam and the Gurkha Welfare Trust raise £1.5 million
- Supporting 2500 people complete something awesome
- Do something Silson are amazing at...eating cake...lots of it!
- Do something else Silson are amazing at ...making lots of noise
- You might even feel the urge to go for a run during your rest break over the fantastic South Downs
- Chance to hang out and camp with other Joggers

We would love to hear from you. We need a minimum of 10 volunteers to help out (and there are already 4 of us) and I would love to get back to Oxfam before the end of November to confirm this. If you think you can give up a weekend for this really amazing cause, please let Tasha, Paul, Dan or David know as soon as possible.

# JOGGERS AT CHRISTMAS

IT IS NOT TOO LATE TO BOOK A PLACE AT THE CHRISTMAS MEAL AT THE SARACENS HEAD ON 17th DECEMBER. PLEASE LET TASH KNOW AS SOON AS YOU CAN

## ROAD RUNNING CHALLENGE

### Silson Road Running Challenge – Round 13

Four Challengers entered the Cransley Half Marathon over a dauntingly hilly course run through the countryside near Kettering

Kevin put in a strong performance and aided by a shrewdly played joker has moved up a couple of positions. Justine also beat her target time by over five minutes and Sheona who has now completed seven races enters the leader board in fifth place

There is no change in the overall and class leaders

|                |                     |
|----------------|---------------------|
| Overall Leader | Sarah Clark         |
| Class Leaders  |                     |
| F Senior       | Sarah Clark         |
| F 45           | Sue Clayton-Drabble |
| M Senior       | Chris Wood          |
| M 40           | Andy Pacey          |
| M 45           | Kevin Reboul        |
| M 50           | David Jarrett       |

Yellow highlight indicates joker played

| <b>Cransley 1/2</b> |     | <u>Mins</u> | <u>Secs</u> | <u>Race</u>  | <u>Challenge</u> |
|---------------------|-----|-------------|-------------|--------------|------------------|
|                     |     |             |             | <b>Total</b> | <b>Total</b>     |
| Sarah Clark         | SF  |             |             | 0.00         | 576.86           |
| Sue Clayton-Drabble | F45 |             |             | 0.00         | 690.78           |
| Madeleine Moutrie   | F45 |             |             | 0.00         | 699.60           |
| Kevin Reboul        | M45 | 88          | 45          | 70.07        | 700.49           |
| Sheona Smee         | F50 | 128         | 52          | 125.78       | 706.16           |
| Andy Pacey          | M40 |             |             | 0.00         | 709.35           |
| Chris Wood          | SM  |             |             | 0.00         | 741.18           |
| Simon Woodward      | SM  |             |             | 0.00         | 761.81           |
| Heather Cooke       | SF  |             |             | 0.00         | 763.98           |
| Andy Kirk           | SM  |             |             | 0.00         | 796.60           |
| Richard Davies      | SM  |             |             | 0.00         | 817.26           |
| David Jarrett       | M50 | 106         | 16          | 136.09       | 856.35           |
| David Morley        | M40 |             |             | 0.00         | 864.10           |
| Andy Hoare          | M50 |             |             | 0.00         | 864.72           |
| Brian Keers         | M50 |             |             | 0.00         | 906.10           |
| Jonathan Gale       | M40 |             |             | 0.00         | 1026.99          |
| <b>Six Races</b>    |     |             |             |              |                  |
| Nick Pacey          | M45 |             |             | 0.00         | 583.75           |
| Carol Debney        | F65 |             |             | 0.00         | 827.57           |
| <b>Five Races</b>   |     |             |             |              |                  |
| Trevor Barnes       | M55 |             |             | 0.00         | 530.26           |
| Justine Verwey      | F40 | 131         | 33          | 50.69        | 627.94           |
| Simon Peart         | M40 |             |             | 0.00         | 636.19           |

|                    |     |      |        |
|--------------------|-----|------|--------|
| Kit Rapson         | F40 | 0.00 | 701.27 |
| <b>Four Races</b>  |     |      |        |
| David Coates       | M50 | 0.00 | 420.30 |
| <b>Three Races</b> |     |      |        |
| Ellie Lock         | SF  | 0.00 | 356.49 |
| Michael Spencer    | M45 | 0.00 | 362.59 |
| <b>Two Races</b>   |     |      |        |
| Juliet Hanson      | F45 | 0.00 | 259.64 |
| Thomas Schilling   | M40 | 0.00 | 270.88 |

The announcement of the final placings and the presentation of the Dr Frank Newton Cup and category awards will take place at the **Silson Christmas meal on the 17<sup>th</sup> December at the Saracens Head in Towcester**

Thank you all for your support of the Silson Road Running Challenge 2011

Brian

# NORTHANTS ROAD RUNNING SERIES

## PROVISIONAL RESULTS

### MEN'S TEAM WINNERS

|                       | sworth 5k |        | Corby 5 |        | Weedon 10k |        | W'boro 5 |        | Blisworth 5M |        | Moulton 10k |        | Cransley HM |        |       | Run 11 |       |        | League | Best 6 |      |      |      |   |
|-----------------------|-----------|--------|---------|--------|------------|--------|----------|--------|--------------|--------|-------------|--------|-------------|--------|-------|--------|-------|--------|--------|--------|------|------|------|---|
|                       | Total     | League | Total   | League | Total      | League | Total    | League | Total        | League | Total       | League | Total       | League | Total | League | Total | Points | Total  | Points | Pos. |      |      |   |
| <b>MALE</b>           |           |        |         |        |            |        |          |        |              |        |             |        |             |        |       |        |       |        |        |        |      |      |      |   |
| <b>Silson Joggers</b> | 380       | 10     | 327     | 5      | 374        | 10     | 350      | 8      | 359          | 8      | 372         | 10     | 226         | 5      | 97    | 96     | 94    | 87     | 374    | 10     | 2388 | 66   | 56   | 1 |
| Rugby & Northampton   | 369       | 9      | 358     | 8.5    | 373        | 9      | 370      | 10     | 378          | 9.5    | 371         | 9      | 170         | 4      | 95    | 93     | 92    | 91     | 371    | 9      | 2389 | 68   | 55.5 | 2 |
| Wootton RR            | 361       | 7      | 359     | 10     | 355        | 7      | 344      | 7      | 378          | 9.5    | 366         | 8      | 387         | 10     | 100   | 98     | 83    | 75     | 356    | 8      | 2550 | 66.5 | 52.5 | 3 |
| W&DAC                 | 366       | 8      | 356     | 7      | 310        | 6      | 333      | 6      | 327          | 7      | 331         | 7      | 350         | 8      | 85    | 81     | 80    | 78     | 324    | 7      | 2373 | 56   | 44   |   |
| Kettering TH          |           |        | 355     | 6      | 362        | 8      | 369      | 9      | 176          | 6      | 302         | 6      | 355         | 9      | 99    | 86     | 67    | 42     | 294    | 6      | 1919 | 50   | 44   |   |
| Corby                 | 69        | 5      | 358     | 8.5    | 128        | 4      | 323      | 5      |              |        | 271         | 5      | 319         | 7      | 79    | 76     | 69    |        | 224    | 4      | 1468 | 38.5 | 34.5 |   |
| Northampton RR        |           |        | 250     | 4      | 204        | 5      | 180      | 4      | 119          | 4      | 36          | 3      | 310         | 6      | 73    | 71     | 64    | 55     | 263    | 5      | 1099 | 31   | 28   |   |
| Daventry RR           | 18        | 4      | 52      | 1      | 52         | 2      | 106      | 3      | 34           | 3      | 115         | 4      |             |        | 88    |        |       |        | 88     | 3      | 377  | 20   | 19   |   |
| Human Energy          | 85        | 6      | 106     | 3      |            |        | 58       | 1      | 141          | 5      |             |        |             |        |       |        |       |        |        |        | 390  | 15   | 15   |   |
| Team East Haddon      |           |        | 73      | 2      | 75         | 3      | 78       | 2      |              |        |             |        |             |        | 46    |        |       |        | 46     | 2      | 226  | 9    | 9    |   |
| <b>FEMALE</b>         |           |        |         |        |            |        |          |        |              |        |             |        |             |        |       |        |       |        |        |        |      |      |      |   |
| Wootton RR            | 293       | 10     | 273     | 9      | 294        | 10     | 269      | 7      | 294          | 10     | 256         | 6      |             |        | 100   | 99     | 98    |        | 297    | 10     | 1679 | 62   | 56   | 1 |
| W&DAC                 | 262       | 7      | 269     | 8      | 260        | 7      | 278      | 9      | 264          | 8      | 281         | 10     | 294         | 10     | 90    | 83     | 82    |        | 255    | 7.5    | 1908 | 66.5 | 52.5 | 2 |
| Rugby & Northampton   | 279       | 9      | 268     | 7      | 284        | 9      | 242      | 6      | 286          | 9      | 280         | 9      |             |        | 91    | 88     | 86    |        | 265    | 9      | 1639 | 58   | 52   | 3 |
| Corby                 | 90        | 6      | 294     | 10     | 245        | 6      | 289      | 10     | 70           | 4      | 260         | 7      | 191         | 9      | 95    | 59     |       |        | 154    | 5      | 1439 | 57   | 48   |   |
| <b>Silson Joggers</b> | 276       | 8      | 266     | 6      | 263        | 8      | 272      | 8      | 262          | 7      | 273         | 8      | 178         | 8      | 89    | 85     | 81    |        | 255    | 7.5    | 1790 | 60.5 | 47.5 |   |
| Northampton RR        |           |        | 225     | 5      | 120        | 5      | 203      | 5      | 203          | 5      | 162         | 5      | 100         | 7      | 92    | 74     | 72    |        | 238    | 6      | 1013 | 38   | 33   |   |
| Kettering TH          |           |        | 221     | 4      | 71         | 3      | 79       | 4      | 260          | 6      | 85          | 4      |             |        |       |        |       |        | 0      |        | 716  | 21   | 21   |   |
| Daventry RR           |           |        | 85      | 3      | 86         | 4      |          |        |              |        |             |        |             |        |       |        |       |        | 0      |        | 171  | 7    | 7    |   |
| Human Energy          |           |        | 84      | 2      |            |        |          |        |              |        |             |        |             |        |       |        |       |        | 0      |        | 84   | 2    | 2    |   |
| <b>COMBINED</b>       |           |        |         |        |            |        |          |        |              |        |             |        |             |        |       |        |       |        |        |        |      |      |      |   |
| Wootton RR            | 654       | 9      | 632     | 9      | 649        | 9      | 613      | 9      | 672          | 10     | 622         | 8      | 387         | 6      | 356   | 297    |       |        | 653    | 10     | 4229 | 70   | 56   | 1 |
| Rugby & Northampton   | 648       | 8      | 626     | 8      | 657        | 10     | 612      | 7.5    | 664          | 9      | 651         | 10     | 170         | 4      | 371   | 265    |       |        | 636    | 9      | 4028 | 65.5 | 54   | 2 |
| <b>Silson Joggers</b> | 656       | 10     | 593     | 6      | 637        | 8      | 622      | 10     | 621          | 8      | 645         | 9      | 404         | 7      | 374   | 255    |       |        | 629    | 8      | 4178 | 66   | 53   | 3 |
| W&DAC                 | 628       | 7      | 625     | 7      | 570        | 7      | 611      | 6      | 591          | 7      | 612         | 7      | 644         | 10     | 324   | 255    |       |        | 579    | 7      | 4281 | 58   | 45   |   |
| Corby                 | 159       | 6      | 652     | 10     | 373        | 5      | 612      | 7.5    | 70           | 3      | 531         | 6      | 510         | 9      | 224   | 154    |       |        | 378    | 5      | 2907 | 51.5 | 43.5 |   |
| Kettering TH          |           |        | 576     | 5      | 433        | 6      | 448      | 5      | 436          | 6      | 387         | 5      | 355         | 5      | 294   |        |       |        | 294    | 4      | 2635 | 36   | 32   |   |
| Northampton RR        |           |        | 475     | 4      | 324        | 4      | 383      | 4      | 322          | 5      | 198         | 4      | 410         | 8      | 263   | 238    |       |        | 501    | 6      | 2112 | 35   | 31   |   |
| Daventry RR           | 18        | 4      | 137     | 2      | 138        | 3      | 106      | 3      | 34           | 2      | 115         | 3      |             |        | 88    |        |       |        | 88     | 3      | 548  | 20   | 18   |   |
| Human Energy          | 85        | 5      | 188     | 3      |            |        | 58       | 1      | 141          | 4      |             |        |             |        |       |        |       |        |        |        | 472  | 13   | 13   |   |
| Team East Haddon      |           |        | 72      | 1      | 75         | 2      | 78       | 2      |              |        |             |        |             |        | 46    |        |       |        | 46     | 2      | 225  | 7    | 5    |   |

PROVISIONAL INDIVIDUAL RESULTS CAN BE FOUND ON [www.silsonjoggers.org.uk](http://www.silsonjoggers.org.uk)

# RUNNING BACKWARDS OFF THE ROAD

## LUTON – 8<sup>th</sup> OCTOBER 2011 – CHILTERN LEAGUE CROSS COUNTRY – MATCH 1

Well done to all 34 Silson competitors who completed the Luton event, including 11 Juniors. Thanks also to those who supported and those who tried in vain to battle the M1 congestion. In what were fairly benign conditions, the main challenge was the uneven and undulating terrain and there were lots of brave and battling individual performances. We should all be pleased with our League Position of 11<sup>th</sup>.

As in all previous years we will look upwards in the league table and aim higher than we have achieved before. Silson always improves as the season progresses and this is a really good start to the season.



## STRONG RUNNING FROM THE JUNIORS HELP SILSON SCORE VALUABLE POINTS

### Senior/Junior/Veteran Men

|     |                  |       |     |     |    |
|-----|------------------|-------|-----|-----|----|
| 47  | CHRIS WOOD       | 31.54 | 712 | M   | 27 |
| 68  | SIMON WOODWARD   | 33.08 | 711 | M   | 36 |
| 81  | TOM PHELPS       | 33.50 | 717 | M   | 42 |
| 83  | JIM DARCY        | 34.00 | 713 | M40 | 13 |
| 102 | CHARLIE CHAMBERS | 35.01 | 730 | M   | 7  |
| 111 | ANDY KIRK        | 35.44 | 718 | M   | 52 |
| 113 | DAN TAYLOR       | 35.49 | 714 | M   | 53 |
| 132 | MICHAEL SPENCER  | 37.11 | 722 | M40 | 34 |
| 137 | DAVE COATES      | 37.27 | 719 | M50 | 14 |
| 145 | STEWART SHEARS   | 38.03 | 728 | M   | 62 |
| 146 | RICHARD DAVIES   | 38.13 | 721 | M   | 63 |
| 162 | PAUL KING        | 39.08 | 724 | M   | 68 |
| 164 | DAVID MORLEY     | 39.12 | 726 | M40 | 46 |
| 166 | GRAHAM LINNELL   | 39.26 | 725 | M50 | 23 |
| 179 | RICHARD WRAY     | 40.46 | 723 | M40 | 51 |
| 191 | DAVE LANTSBERY   | 42.13 | 731 | M60 | 74 |
| 197 | BRIAN KEERS      | 43.11 | 727 | M50 | 32 |
| 203 | JOHN ADAMS       | 45.00 | 729 | M50 | 34 |

### Under 17 Men

|    |              |       |     |     |    |
|----|--------------|-------|-----|-----|----|
| 37 | JOHN OLJENIK | 23.04 | 712 | M17 | 37 |
|----|--------------|-------|-----|-----|----|

### Under 13 Boys

|    |              |       |     |     |    |
|----|--------------|-------|-----|-----|----|
| 55 | BEN HANSON   | 13.34 | 739 | M13 | 55 |
| 57 | ZACH RYCROFT | 15.01 | 740 | M13 | 57 |

### Senior/Veteran Ladies

|    |                     |       |     |     |    |
|----|---------------------|-------|-----|-----|----|
| 35 | HEATHER COOKE       | 26.39 | 711 | F   | 21 |
| 49 | SARAH CLARKE        | 27.56 | 731 | F   | 27 |
| 57 | NATASHA KING        | 28.31 | 734 | F35 | 13 |
| 63 | MADELEINE MOUTRIE   | 28.52 | 735 | F45 | 14 |
| 71 | SUE CLAYTON-DRABBLE | 29.34 | 732 | F45 | 17 |
| 75 | MEL BIGNELL         | 29.51 | 733 | F45 | 19 |
| 79 | SHOENA SMEE         | 30.46 | 736 | F45 | 21 |
| 84 | CLARE O'REILLY      | 34.03 | 715 | F35 | 21 |

### Under 15 Girls

|    |                |       |     |     |    |
|----|----------------|-------|-----|-----|----|
| 27 | LAYNE WRAY     | 15.34 | 713 | F15 | 27 |
| 47 | MADELEINE SMEE | 18.41 | 714 | F15 | 47 |

### Under 13 Girls

|    |                 |       |     |     |    |
|----|-----------------|-------|-----|-----|----|
| 43 | NEAVE WRAY      | 14.16 | 718 | F13 | 43 |
| 45 | SKYE VERVEY     | 14.37 | 719 | F13 | 45 |
| 46 | ANABEL O'REILLY | 14.38 | 715 | F13 | 46 |
| 48 | ELEANOR REES    | 15.05 | 716 | F13 | 48 |
| 53 | SOPHIE GRAY     | 16.32 | 720 | F13 | 53 |
| 54 | AMY JELLEY      | 16.32 | 717 | F13 | 54 |

### Total Overall Score

|    |                        |      |      |     |
|----|------------------------|------|------|-----|
| 1  | MARSHALL MILTON KEYNES | 2939 | 2256 | 683 |
| 2  | BEDFORD & COUNTY       | 2852 | 2252 | 600 |
| 3  | HARROW A.C.            | 2480 | 2130 | 350 |
| 4  | WINDSOR SE&H           | 2457 | 1700 | 757 |
| 5  | VALE OF AYLESBURY      | 2281 | 1876 | 405 |
| 6  | LUTON A.C.             | 2235 | 1698 | 537 |
| 7  | CHILTERN HARRIERS      | 2106 | 1468 | 638 |
| 8  | LEIGHTON BUZZARD       | 1592 | 1408 | 184 |
| 9  | TRING RUNNING CLUB     | 1457 | 1258 | 199 |
| 10 | HEADINGTON R.R.        | 1428 | 1288 | 140 |
| 11 | SILSON JOGGERS         | 1396 | 1170 | 226 |
| 12 | OXFORD CITY            | 1369 | 1098 | 271 |
| 13 | BEARBROOK JOGGERS      | 1181 | 900  | 281 |
| 14 | GADE VALLEY            | 1163 | 920  | 243 |

## 29<sup>th</sup> October 2011 Cross Country Relays Warwick

It was a mild but windy Saturday morning when a party of 8 Silson explorers ventured to Warwick University to take part in the Brose Cross Country relays. It was a first for the club and no-one was quite sure what to expect.

We were all pleasantly surprised by the event, beginning with the speedy registration process, in a nice warm hall where we could huddle to plan and discuss footwear options! The venue itself was the University sports pavilion, and it was well equipped for such an event. Plenty of facilities to beat the usual lengthy toilet queues...!! The warm-up jog of the course informed the explorers that the terrain was mixed grass and woodland, complete with a few short hills and tight turns. The general footwear decision was made, with the majority opting for spikes-with some particularly shiny new ones making their running debuts!!

The start/finish pen became a hive of activity just prior to the 1pm starter's gun, with instructions to cross certain lines, at certain times and a separate finisher's tunnel! All was very well organised and explained, as well as starting on spot on time!

The Men's team of Tom Phelps, Graham Linnell, David Morley and Stewart Shears all ran very well over the fast course. The Ladies, Sarah Clark, Ellie Lock and Heather Cooke did an equally great job. Allan also registered with a team and had a positive run! No results have been published yet, but the cake stall afterwards has got good reviews!!

Everyone agreed that it was a good day out, and a really good event to participate in. The explorers give it a high entertainment and team building rating, with advice to more joggers to join us next year!! Special thanks to Andy K and Richard D for their on-going encouragement throughout the course.

*Heather Cooke*

## RUNNING FORWARDS OFF THE ROAD

### CHILTERN LEAGUE RACE 2 - WATFORD

The coach to Watford on Saturday November 12<sup>th</sup> leaves Sponne School Towcester at 9.45am. We have a 49 seater so require all to travel with us.

*Graham*

## RACES – running forwards

### Forthcoming Events in the local(ish) area

| Date             | Event  | Category             |
|------------------|--|----------------------|
| 12/11/2011 (Sat) | <b>Chiltern League Round 2, Watford</b>            | <b>Cross Country</b> |
| 19/11/2011 (Sat) | <b>The Shakespeare Raceway 10K</b>                 |                      |
| 20/11/2011       | <b>Luton Marathon</b>                              |                      |
| 26/11/2011 (Sat) | <b>Wolverton 5, Willen Lake</b>                    |                      |
| 27/11/2011       | <b>RNLI Reindeer Run - Woburn Abbey 10k</b>        |                      |
| 03/12/2011 (Sat) | <b>Chiltern League Round 3, St. Albans</b>         | <b>Cross Country</b> |
| 04/12/2011       | <b>Nether Heyford Great Santa Run 5m</b>           |                      |
| 11/12/2011       | <b>Bedford Harriers Half Marathon</b>              |                      |
| 11/12/2011       | <b>Up and Running 10k, MK</b>                      |                      |
| 11/12/2011       | <b>Andy Reading 10k, Bicester</b>                  |                      |
| 08/01/2012 (Sat) | <b>Northamptonshire County XC Champs</b>           |                      |
| 14/01/2012       | <b>Chiltern League Round 4, Slough</b>             | <b>Cross Country</b> |
| 28/01/2012 (Sat) | <b>Midlands Area XC Champs</b>                     | <b>Cross Country</b> |
| 11/02/2012 (Sat) | <b>Chiltern League Round 5, Wing</b>               | <b>Cross Country</b> |
| 25/02/2012 (Sat) | <b>English National XC Champs, Parliament Hill</b> |                      |

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

**The Great  
Nether Heyford  
Santa Run**



4th December 2011

5 mile run through the Northamptonshire  
villages of Flore and Nether Heyford  
Including children's half mile and novice 1 mile races

Cash prize to the Santa who can  
catch the Christmas pud!



Further information and online entry at  
[www.onyourmarksevents.org](http://www.onyourmarksevents.org)

Proceeds from On Your Marks Events will be donated to MeningitisUK, a charity dedicated to  
finding a vaccine to eradicate all forms of meningitis. Registered Charity No.1076774

**On Your Marks Events**  
Sports event management  
[www.onyourmarksevents.org](http://www.onyourmarksevents.org)



## AND FINALLY

**BRIAN REMEMBERS WHY HE RETIRED FROM CROSS COUNTRY AT THE  
END OF LAST SEASON**



**HEALTH WARNING – SILSON JOGGERS A C MAY CONTAIN NUTS**