



# The 10k Times

October 2011

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

Have you got what it takes to join the most elite ultra endurance club in the world?



Run 87 Miles  
London to Dover



Swim the English Channel



Cycle 181 Miles  
Calais to Paris

The Enduroman Arch to Arc is the most gruelling and the most challenging endurance event known to man.

This is a challenge that will test the body and mind of the most experienced ultra endurance athletes on the planet. The event starts with an 87 mile run from London's Marble Arch to the Dover coast, then the athlete must swim across the English Channel to the French coast, and finally the athlete finishes with a 181 mile bike from Calais to the Arc de Triomphe in Paris. For this challenge, the clock starts at Marble Arch and stops at Arc de Triomphe. Only 7 athletes in history have completed the challenge solo. Can you be Enduroman No 8? Or can your relay team join only 3 other teams in history to have completed the challenge?

The fastest solo time is 81:05. The fastest relay time is 37:15:30

<http://www.enduroman.com/archtoarc.html>


Rumour has it that Vince has already agreed to pay for the entry for Sam to take part!

## URGENTLY WANTED

**Silson Joggers urgently requires someone to drive the mini bus to cross country races. Graham will cover for Luton if required. If you have access to a mini bus then even better!**

**Please let Graham know if you are willing to volunteer**

## BIRTHDAYS IN OCTOBER

Allan Lock – 3 <sup>rd</sup> Fiona Rapson – 4 <sup>th</sup> Heather Cooke – 5 <sup>th</sup> Alex Moffat – 14 <sup>th</sup>		Sophie Gray – 20 <sup>th</sup> Chris Wood – 27 <sup>th</sup> Len Pannell – 31 <sup>st</sup> Vince Roe – 31 <sup>st</sup>
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## JUNIOR JOGGERS

We have had a very positive start to the new season, with Bucknell Woods being an excellent venue to do our training, all the hard work has now to be transferred into competition.

The first Saturday training was a success, we will follow this up with a series of handicap races from which we will form a league table, the seniors do similar during the winter months, ours will be called the junior cup. This Saturday's race will be at Bucknell Woods 2pm with the November event in Hazelborough on November 5<sup>th</sup>.

There were some excellent performances from our juniors in the recent tour of Bucknells, trophies will be awarded to series and handicap winners with medals to all who completed the 3 races.

As was said at that first training session we were looking for a girls and boys captain, Annabel O'Reilly and Ben Hanson will lead our teams this season, our aim will be to get 4 under 13 girls and boys to each league fixture, along with our older juniors we should do very well.

Our first Chiltern League fixture is on Saturday October 8<sup>th</sup> at Luton with a mini bus leaving Sponne School Towcester at 10.15am, please note all league races are 1 hour earlier this season i.e. under 13 girls 12noon and the boys 12.15pm. We will follow this with a trip to the excellent Watford course on Saturday November 12<sup>th</sup>, when a coach will leave Sponne at 9.45am.

### Junior training October

Saturday 1 <sup>st</sup>	Bucknell Woods	2pm Junior Cup Race 1
Tuesday 4 <sup>th</sup>	Sponne	6.30-7.45 reps around lake
Tuesday 11 <sup>th</sup>	Sponne	1 minute exercises
Tuesday 18 <sup>th</sup>	Sponne	Bleep Test
Tuesday 25 <sup>th</sup>	No Training	Half Term

Keep up the good work

*Graham Linnell*

# U11 Indoor Sportshall Athletics At Northampton Academy

## COME AND TRY TO BECOME THE NEW JESSICA ENNIS

Every Wednesday Evening  
Starting 12th October 2011  
for 4 weeks (excluding 26th Oct)  
7.00pm—8.30pm

**Age Criteria:** To qualify as an U11 competitor, all athletes must be under 11 years of age as at midnight 31st August / 1<sup>st</sup> September 2011 and must be at least 9 years of age on the day.

Please bring a filled in registration form available from your club.



**£2 per session  
or £5 for all  
four sessions**



Northampton Academy,  
Wellingborough Road,  
Northampton NN3 8NH



**TRAINING – RUNNING AHEAD**

**JUST A REMINDER THAT:**

**TRAINING STARTS  
AT  
SILVERSTONE CIRCUIT  
ON  
WEDNESDAY 5<sup>TH</sup> OCTOBER AT 18.30**

# JOGGERS AT CHRISTMAS

## Christmas Meal at The Saracens Head Saturday 17th December.

3 course meal followed by disco.

£19.95 per person. (Cheques to Silson Joggers AC)

Please let Tasha King know if you would like to join us. Previous years have been really successful, let's hope we don't get snowed off this time!



# RUNNING BACKWARDS ON THE ROAD

## Helmdon Hurler

1 <sup>st</sup>	Simon Woodward	25:10	84 <sup>th</sup>	Neave Wray	38:04
13 <sup>th</sup>	Andrew Taylor	28:18	89 <sup>th</sup>	Marie Wray	38:34
18 <sup>th</sup>	David Coates	28:51	94 <sup>th</sup>	Tom Pomeroy	39:34
44 <sup>th</sup>	Richard Wray	31:27	97 <sup>th</sup>	Sandy Moffat	40:04
57 <sup>th</sup>	Layne Wray	33:51	109 <sup>th</sup>	Rosie Moffat	43:34
69 <sup>th</sup>	Madeleine Moutrie	35:32	123 <sup>rd</sup>	Lucy Moffat	62:02
76 <sup>th</sup>	Alex Moffat	36:25			

## Milton Keynes Parks Run – 5k – 3<sup>rd</sup> September 2011

25 <sup>th</sup>	David Morley	21:13	32 <sup>nd</sup>	Paul King	21:34
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## Bedford 10k – 4<sup>th</sup> September 2011

39 <sup>th</sup>	Tom Phelps	39:12
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## Kenilworth half marathon – 4<sup>th</sup> September 2011

11 <sup>th</sup>	Simon Woodward	1:19:28
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## Swineshead 5 miles – 11<sup>th</sup> September 2011

Stewart Shears	35:09
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## Stevenage 10 miles – 14<sup>th</sup> September 2011

Madeleine Moutrie sets new F50 club record

223 <sup>rd</sup>	Ellie Lock	81:10	252 <sup>nd</sup>	Madeleine Moutrie	84:11
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The report that we have says that “it was either the Police Championships” or that they were being chased by policemen (and policewomen) around Stevenage. Running around Stevenage is boring even when compared with Milton Keynes!

## Cransley 10k – 18<sup>th</sup> September 2011

67<sup>th</sup>                      Brian Keers                      47:48

## Cransley half marathon – 18<sup>th</sup> September 2011

14 <sup>th</sup>	Kevin Reboul	1:28:45	131 <sup>st</sup>	Sheona Smee	2:08:52
68 <sup>th</sup>	David Jarrett	1:46:16	135 <sup>th</sup>	Justine Verwey	2:11:33

## Great North Run – 18<sup>th</sup> September 2011

Sarah Clark                      1:44:59

### Moulton, Helmdon and Kenilworth – 3 race reports for the price of 1!

In an attempt to satisfy the demands of our esteemed editor I shall write a single report for 3 races that I did in one week at the end of August, so sorry if this is a bit long. Looking back it was a really good week as I enjoyed a team victory, my first ever race win and a lifetime best (which sounds much more an achievement than a PB!)

My training from June onwards has all been focused on beating my Half Marathon PB of 1:21:27 set back in October 2008 at Kenilworth and with that in mind I entered this year's Kenilworth Half race some time ago. In training I attempted the sort of mileage that I'd previously only reached during marathon preparation and achieved over 40 miles in a week on 4 separate occasions, coupled with long runs of more than 1h 20 minutes on 8 occasions and some good race pace tempo runs mixed in for good measure.

My race week started with the Moulton 10k although from a purely selfish point of view, I wasn't really up for it. My main goal was still one week away and I also had my local village race, the Helmdon Hurler, the following day to distract me. But Silson has competed hard all year in the NAA Series and I'd missed the last two events while on holiday, so I had to run.

It was a sunny, breezy morning and my tactic was to run the race at my half marathon pace to and see how I felt. Approaching the switch back just after half way you get a good look at those around you in the race and for me this meant seeing 2 Rugby & Northampton runners and 3 other NAA club runners about 30 seconds ahead of me. I also saw Chris and Andy hammering out a strong pace up front and Tom Phelps holding onto Kevin's coat tails just behind. I decided I'd better pull my finger out and track down those ahead to try and help earn some points. I ran the second half of the race faster and overtook the 5 runners I'd spotted from other NAA clubs. I was delighted to find out a few days later that Silson won the Men's NAA event by a single point. Our ladies came 3<sup>rd</sup> with Sarah, Tasha and Mel scoring the points and in the combined event we came 2<sup>nd</sup> on the day to give us a real chance of winning the overall NAA Series.

Next to the Helmdon Hurler at 11.30 the following day and at least I wouldn't have far to go. I had already deposited some of our surplus 10k water and 150 flyers with the organisers to show our support for the race and hopefully gain a few new members. A quick word with the organisers beforehand suggested that last year's winner had not taken up his free place and this could only be good news. A leisurely amble down to the pub to get my number was followed by a relaxing sit down at home to plan my pace for each section of the race. This was all in vein though when I discovered a flat Garmin and had no time to charge it up. With hindsight this was no bad thing and it forced me to run the race without worrying about heart rate and pace per mile.

I've run each part of this course literally hundreds of times on training runs so it certainly doesn't hold any surprises. The 7k course starts with a progressively steepening hill for the first 600m up to the church and then some typically undulating Northamptonshire terrain. Once at the top of the first hill a Milton Keynes runner leapt from a group of about 6 of us and declared his hand early. I pushed on and moved clear into second but didn't attempt to go with him.

After 2m the gap was about 60m but it wasn't growing and I ran hard on the downhill sections to the low point of the course after about 2.5m. From here there is a long slow drag up to the village for about a mile before a fast downhill last kilometre through the village to the finish.



Today this uphill stretch was also into the wind and I was heartened to see the Milton Keynes runner starting to lose his form. The gap started to close and I was convinced I could catch him, but how soon and what would my tactics be when I did? I decided to push hard and try to overtake him while still on the uphill before the village and try to make sure he didn't stay with me. I managed this and opened up a 10m gap and this was now all very surreal as I've never led a proper race. My legs were very tired, my heart rate felt near its max and my breaths were now one per step, but I was cheered through the village by friends from Helmdon and Silson.



I didn't look back and at the final turn into Church Street Graham let me know I was well clear with 200m to go. I was elated to win my first race and received a trophy as a reward. As last year this was a very well organised, friendly event and it was good to see several fellow Silson Joggers running including complete Wray and Moffat families.

Now I had just 6 days to prepare for my main event, the Kenilworth Half. I feared I'd overdone it and just did a few 400m reps and a couple of 3-4m easy runs during the week with a couple of rest days as well. The day itself was very wet on the journey to Kenilworth and I was delayed and arrived with just 35 minutes to spare. Unfortunately, like me that morning the number collection was not very efficient either and this all meant my warm up was almost non-existent, although at least I emerged from the race HQ just as the rain stopped and conditions were now perfect with a light breeze and about 15°C in temperature.

My plan was to run a sensible pace for the first half and then push after 7m and, for once, I stuck to this plan. The course is undulating along rural lanes and the main gain in height is from 3m to 8m with miles 9 and 10 being net downhill. With my Garmin working again I reached the 8m marker at an average pace of 6:09/mile. My previous PB was run at 6:12 pace and with the downhill to come I felt in good shape.

From then on I surprised myself and ran every mile for the rest of the race at sub-6 minute pace. I've read about the mysterious concepts of "flow" and being "in the zone" and I think this must have been it. I was pushing myself but it didn't feel painful and I was converting all the effort into a strong pace picking off other runners consistently over the second half. The end result was 11<sup>th</sup> place, a negative split and a nice new PB of 1:19:29 as a reward for 3 months of training.

I think the PB should give me greater satisfaction than winning the Helmdon Hurler. Physically it was definitely the greater achievement but as some of you may have spotted in training, I do quite like winning as well!

*Simon Woodward*

## RUNNING FORWARDS ON THE ROAD

### VIRGIN LONDON MARATHON – 22<sup>nd</sup> APRIL 2012

The Club has 2 guaranteed club entry places for the London Marathon. Priority will go to First Claim fully paid up club members who are official rejects for an individual place.

If you are not successful in the ballot then please let me know before **Wednesday 26<sup>th</sup> October** as the draw (if needed) for the places will take place that evening at training

If you have been accepted either through the ballot, have a charity place or an entry deferred from last year then let me know

John Fowler – [john.fowler7@btinternet.com](mailto:john.fowler7@btinternet.com)

## SILVERSTONE 10km 2012

THE PROVISIONAL DATE IS WEDNESDAY 9<sup>th</sup> MAY 2012

# FANCY BECOMING A GUINEA PIG?

I have a friend who is studying towards a PHD and one of her fellow students is looking into whether there is a genetic link to Achilles tendon injuries. He is looking for physically active people who have not suffered such an injury. All that is required us to fill in a short questionnaire, then provide a sample of saliva. It can be done by post or seeing him at the university.

I have put myself forward so should soon have more idea about what will be involved. If anyone else is prepared to help with this research, e-mail me and I can forward your details to him.

Madeleine

[madeleine.moutrie@btinternet.com](mailto:madeleine.moutrie@btinternet.com)



# ROAD RUNNING CHALLENGE

## Silson Road Running Challenge Round 12

The Joggers were out in numbers again at Moulton and with the exception of a brisk wind, conditions were fair. Chris was first Challenger home with Andy P and Simon in close pursuit. Leading lady was Sarah followed by Madeleine and Sheona.

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

Moulton 10K		Mins	Secs	Race	Challenge
				Total	Total
Sarah Clark	SF	45	34	108.79	576.86
Sue Clayton-Drabble	F45			0.00	690.78
Madeleine Moutrie	F45	52	28	110.77	699.60
Andy Pacey	M40	37	3	106.06	709.35
Kevin Reboul	M45	39	32	113.17	738.97
Chris Wood	SM	36	43	97.46	741.18
Simon Woodward	SM	37	48	110.63	761.81
Heather Cooke	SF			0.00	763.98

Andy Kirk	SM			0.00	796.60
Richard Davies	SM	42	19	123.85	817.26
David Jarrett	M50	45	28	124.11	856.35
David Morley	M40	44	32	127.48	864.10
Andy Hoare	M50	45	38	124.57	864.72
Brian Keers	M50	50	4	136.67	906.10
Jonathan Gale	M40	46	56	134.35	1026.99
<b>Six Races</b>					
Sheona Smee	F50	55	18	116.75	580.38
Nick Pacey	M45			0.00	583.75
Carol Debney	F65	71	19	169.53	827.57
<b>Five Races</b>					
Trevor Barnes	M55	43	52	119.75	530.26
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
Justine Verwey	F40	61	11	161.50	577.25
<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	63	24	133.85	259.64
Thomas Schilling	M40			0.00	270.88

## NORTHANTS ROAD RUNNING SERIES

### Standings after Moulton 10k

Men Open			Blisworth	Corby	Weedon	W'boro	Blisworth	Moulton	Total	Best 5	
	First Name	Last Name	Category	5K	5	10k	5	5	10k		
5	Andy	Pacey	M40	95		94	91	93	95	468	468
6	Chris	Wood	SM	97	87	97	88		96	465	465
9	Kevin	Reboul	M45	83	74	76	77	85	88	483	409
11	Nick	Pacey	M45	99		95	90	95		379	379
13	Andy	Kirk	SM	77	67	71	73	80		368	368
14	Simon	Woodward	SM	89	83	88			93	353	353
17	Richard	Davies	SM	73	53	49	65		79	319	319
18	Thomas	Phelps	SM	72			75	82	87	316	316
27	Stewart	Shears	SM	55	49	37	57		70	268	268
31	David	Morley	M40	50	29	47		62	69	257	257
34	Jonathon	Gale	M40	48	35	34	54	53	57	281	247
37	Dan	Taylor	SM	88	79	74				241	241
39	Jeff	Haynes	M55	75	69			86		230	230
41	David	Jarrett	M50	37	21	23	51	51	63	246	225
45	Mark	Nicholls	M40	42	27	33	45		56	203	203
62	Andy	Hoare	M50	47		12	47		61	167	167
65	James	Darcy	M45		78		81			159	159
78	Brian	Keers	M50	38	11		32		48	129	129
92	David	Coates	M50		59	55				114	114
100	Michael	Spencer	M50				49	54		103	103
122	Matthew	Wootton	SM	78						78	78

135	Andrew	Taylor	SM	71						71	71
165	Roger	Taylor	M40		5				47	52	52
179	Trevor	Barnes	M55			41				41	41
186	Thomas	Schilling	M40	39						39	39
191	Simon	Pearart	M40	30	6					36	36
211	Wayne	Hackett	SM		25					25	25
225	Alan	Gray	M40		10					10	10
229	Sandy	Moffat	M50		1	1				2	2
236	Tim	Hulett	M60			1				1	1
237	Allan	Lock	M65		1					1	1

**Female Open**

2	Heather	Cooke	SF	96	95	95	97	93		476	476
4	Sarah	Clark	SF	94	91	89	92		96	462	462
7	Madeleine	Moutrie	F45	75	79	75	83	80	87	479	404
13	Sheona	Smee Clayton-	F50	61		74	78		82	295	295
25	Sue	Drabble	F45	79	78	79				236	236
27	Mel	Bignell	F50		69	78			88	235	235
47	Carol	Debney	F60	45			60	58		163	163
48	Ellie	Lock	SF	78	80					158	158
65	Justine	Verwey	F40	54					74	128	128
86	Kit	Rapson	F40	52		43				95	95
92	Natasha	King	F35						89	89	89
93	Sarah	Swan	SF					89		89	89
98	Elle	Supple	FU20	86						86	86
113	Alison	Tay	SF		74					74	74
117	Claire	Todd	F45	70						70	70
122	Juliet	Hanson	F45						67	67	67
141	Madeleine	Smee	FU20	57						57	57
146	Claire	O'Reilly	F35	51						51	51

				Blisworth	Corby	Weedon	W'boro	Blisworth	Moulton	Best 5	
<b>Male 40</b>				5k	5	10k	5	5	10k	Total	
2	Andy	Pacey	M40	47		50	47	47	49	240	240
4	Kevin	Reboul	M45	44	41	39	38	41	46	249	211
6	Nick	Pacey	M45	50		49	46	48		193	193
9	David	Morley	M40	36	25	31		35	39	166	166
10	Jonathon	Gale	M40	35	29	25	32	32	37	190	165
13	Mark	Nicholls	M40	33	23	24	29		36	145	145
28	James	Darcy	M45		42		41			83	83
44	Roger	Taylor	M40		16				34	50	50
48	Chris	Wood	M40				44			44	44
61	Michael	Spencer	M45					33		33	33
62	Thomas	Schilling	M40	32						32	32
68	Simon	Pearart	M40	29						29	29
81	Allan	Gray	M40		18					18	18

<b>Male 50</b>											
3	David	Jarrett	M50	40	36	35	38	42	43	234	199
9	Andy	Hoare	M50	44		29	35		42	150	150
11	Jeff	Haynes	M55	49	48			49		146	146
14	Brian	Keers	M50	41	30		32		34	137	137
22	David	Coates	M50		46	46				92	92
47	Trevor	Barnes	M55			42				42	42
54	Sandy	Moffat	M50		19	18				37	37
56	Michael	Spencer	M50				36			36	36

69	Allan	Lock	M65	24						24	24
74	Tim	Hulett	M60		17					17	17

#### Female 35

32	Justine	Verwey	F40	31					39	70	70
35	Kit	Rapson	F40	30	26					56	56
42	Natasha	King	F35						44	44	44
60	Claire	O'Reilly	F35	29						29	29

#### Female 45

2	Madeleine	Moutrie	F45	46	47	44	46	47	48	278	234
3	Sheona	Smee	F50	42		43	44		45	174	174
5	Carol	Debney Clayton-	F60	38			37	39	39	153	153
7	Sue	Drabble	F45	47	46	47				140	140
9	Mel	Bignell	F50		41	46			49	136	136
33	Claire	Todd	F45	44						44	44
37	Juliet	Hanson	F45						41	41	41

## TEAM SCORES

	Blisworth 5k		Corby 5		Weedon 10k		W'boro 5		Blisworth 5		Moulton 10k		Total	Points
	Total	Points	Total	points	Total	points	Total	points	Total	points	Total	points		
<b>MALE</b>														
Rugby & Northampton	369	9	358	8.5	373	9	370	10	378	9.5	371	9	2219	55
Silson Joggers	380	10	327	5	374	10	350	8	359	8	372	10	2162	51
Wootton RR	361	7	359	10	355	7	344	7	378	9.5	366	8	2163	48.5
W&DAC	366	8	356	7	310	6	333	6	327	7	331	7	2023	41
Kettering TH			355	6	362	8	369	9	176	6	305	6	1567	35
Corby	69	5	358	8.5	128	4	323	5			273	5	1151	27.5
Northampton RR			250	4	204	5	180	4	119	4	37	3	790	20
Human Energy	85	6	106	3			58	1	141	5			390	15
Daventry RR	18	4	52	1	52	2	106	3	34	3	116	4	378	17
Team East Haddon			73	2	75	3	78	2					226	7
<b>FEMALE</b>														
Wootton RR	293	10	273	9	294	10	269	7	294	10	256	6	1679	52
Rugby & Northampton	279	9	268	7	284	9	242	6	286	9	280	9	1639	49
W&DAC	262	7	269	8	260	7	278	9	264	8	281	10	1614	49
Silson Joggers	276	8	266	6	263	8	272	8	262	7	273	8	1612	45
Corby	90	6	294	10	245	6	289	10	70	4	260	7	1248	43
Northampton RR			225	5	120	5	203	5	203	5	162	5	913	25
Kettering TH			221	4	71	3	79	4	260	6	85	4	716	21
Daventry RR			85	3	86	4							171	7
Human Energy			84	2									84	2
<b>COMBINED</b>														
Wootton RR	654	9	632	9	649	9	613	9	672	10	622	8	3842	54
Rugby & Northampton	648	8	626	8	657	10	612	7.5	664	9	651	10	3858	52.5
Silson Joggers	656	10	593	6	637	8	622	10	621	8	645	9	3774	51
W&DAC	628	7	625	7	570	7	611	6	591	7	612	7	3637	41
Corby	159	6	652	10	373	5	612	7.5	70		533	6	2399	34.5

Kettering TH			576	5	433	6	448	5	436	6	390	5	2283	27
Northampton RR			475	4	324	4	383	4	322	5	199	4	1703	21
Daventry RR	18	4	137	2	138	3	106	3	34	3	116	3	549	18
Human Energy	85	5	188	3			58	1	141	4			472	13
Team East Haddon			72	1	75	2	78	2					225	5

## Standings after Cransley

Men Open				Blisworth	Corby 5	Weedon	W'boro	Blisworth	Moulton	Cransley	Total	Best 5
	First Name	Last Name	Category	5K	5	10k	5	5	10k	HM		
6	Andy	Pacey	M40	95		94	91	93	95		468	468
7	Chris	Wood	SM	97	87	97	88		96		465	465
8	Kevin	Reboul	M45	83	74	76	77	85	88	93	576	426
12	Nick	Pacey	M45	99		95	90	95			379	379
14	Andy	Kirk	SM	77	67	71	73	80			368	368
17	Simon	Woodward	SM	89	83	88			93		353	353
22	Richard	Davies	SM	73	53	49	65		79		319	319
24	Thomas	Phelps	SM	72			75	82	87		316	316
30	David	Jarrett	M50	37	21	23	51	51	62	71	316	272
33	Stewart	Shears	SM	55	49	37	57		69		267	267
35	David	Morley	M40	50	29	47		62	68		256	256
39	Jonathon	Gale	M40	48	35	34	54	53	56		280	246
41	Dan	Taylor	SM	88	79	74					241	241
43	Jeff	Haynes	M55	75	69			86			230	230
50	Mark	Nicholls	M40	42	27	33	45		55		202	202
69	Andy	Hoare	M50	47		12	47		60		166	166
71	James	Darcy	M45		78		81				159	159
84	Brian	Keers	M50	38	11		32		47		128	128
95	Trevor	Barnes	M55			41			73		114	114
96	David	Coates	M50		59	55					114	114
104	Michael	Spencer	M50				49	54			103	103
133	Matthew	Wootton	SM	78							78	78
148	Andrew	Taylor	SM	71							71	71
167	John	Hullett	M60							62	62	62
184	Roger	Taylor	M40		5				46		51	51
202	Thomas	Schilling	M40	39							39	39
207	Simon	Peart	M40	30	6						36	36
240	Alan	Gray	M40		10						10	10
243	Sandy	Moffat	M50		1	1					2	2
248	Tim	Hulett	M60			1					1	1
249	Allan	Lock	M65		1						1	1

Female Open											Total	Best 5
2	Heather	Cooke	SF	96	95	95	97	93			476	476
5	Sarah	Clark	SF	94	91	89	92	89	96		551	462
9	Madeleine	Moutrie	F45	75	79	75	83	80	87		479	404
11	Sheona	Smee Clayton- Drabble	F50	61		74	78		82	90	385	385
28	Sue		F45	79	78	79					236	236
30	Mel	Bignell	F50		69	78			88		235	235
49	Carol	Debney	F60	45			60	58			163	163
50	Ellie	Lock	SF	78	80						158	158
87	Kit	Rapson	F40	52		43					95	95
94	Natasha	King	F35						89		89	89
99	Elle	Supple	FU20	86							86	86
114	Alison	Tay	SF		74						74	74

118	Claire	Todd	F45	70						70	<b>70</b>
123	Juliet	Hanson	F45						67	67	<b>67</b>
142	Madeleine	Smee	FU20	57						57	<b>57</b>
147	Claire	O'Reilly	F35	51						51	<b>51</b>

## Veterans

				Blisworth	Corby	Weedon	W'boro	Blisworth	Moulton	Cransley	Total	Best 5
<b>Male 40</b>												
3	Andy	Pacey	M40	47	5	10k	5	5	10k	HM	240	<b>240</b>
4	Kevin	Reboul	M45	44	41	39	38	41	46	47	296	<b>219</b>
7	Nick	Pacey	M45	50		49	46	48			193	<b>193</b>
11	David	Morley	M40	36	25	31		35	39		166	<b>166</b>
13	Jonathon	Gale	M40	35	29	25	32	32	37		190	<b>161</b>
16	Mark	Nicholls	M40	33	23	24	29		36		145	<b>145</b>
28	James	Darcy	M45		42		41				83	<b>83</b>
47	Roger	Taylor	M40		16				34		50	<b>50</b>
52	Chris	Wood	M40				44				44	<b>44</b>
64	Michael	Spencer	M45					33			33	<b>33</b>
65	Thomas	Schilling	M40	32							32	<b>32</b>
71	Simon	Peart	M40	29							29	<b>29</b>
84	Allan	Gray	M40		18						18	<b>18</b>
<b>Male 50</b>												
4	David	Jarrett	M50	40	36	35	38	42	42	43	276	<b>205</b>
9	Andy	Hoare	M50	44		29	35		41		149	<b>149</b>
11	Jeff	Haynes	M55	49	48			49			146	<b>146</b>
15	Brian	Keers	M50	41	30		32		33		136	<b>136</b>
17	David	Coates	M50		46	46				39	131	<b>131</b>
27	Trevor	Barnes	M55			42			45		87	<b>87</b>
59	Sandy	Moffat	M50		19	18					37	<b>37</b>
61	Michael	Spencer	M50				36				36	<b>36</b>
74	Allan	Lock	M65		24						24	<b>24</b>
77	Tim	Hulett	M60			17					17	<b>17</b>
<b>Female 35</b>												
15	Justine	Verwey	F40	31					39	44	114	<b>114</b>
35	Kit	Rapson	F40	30		26					56	<b>56</b>
43	Natasha	King	F35						44		44	<b>44</b>
61	Claire	O'Reilly	F35	29							29	<b>29</b>
<b>Female 45</b>												
2	Madeleine	Moutrie	F45	46	47	44	46	47	48		278	<b>234</b>
3	Sheona	Smee	F50	42		43	44		45	48	222	<b>222</b>
6	Carol	Debney Clayton-	F60	38			37	39	39		153	<b>153</b>
8	Sue	Drabble	F45	47	46	47					140	<b>140</b>
10	Mel	Bignell	F50		41	46			49		136	<b>136</b>
33	Claire	Todd	F45	44							44	<b>44</b>
37	Juliet	Hanson	F45						41		41	<b>41</b>

MALE	Blisworth 5k		Corby 5		Weedon 10k		W'borough 5		Blisworth 5		Moulton 10k		Cransley half		Overall Total	League Points Total	Best 6 Points Total
	Total	Points	Total	Points	Total	Points	Total	Points	Total	Points	Total	Points	Total	Points			
Rugby & Northampton	369	9	358	8.5	373	9	370	10	378	9.5	371	9	170	4	2389	59	55
Wotton R R	361	7	359	10	355	7	344	7	378	9.5	366	8	387	10	2550	58.5	51.5
<b>Silson Joggers</b>	<b>380</b>	<b>10</b>	<b>327</b>	<b>5</b>	<b>374</b>	<b>10</b>	<b>350</b>	<b>8</b>	<b>359</b>	<b>8</b>	<b>372</b>	<b>10</b>	<b>226</b>	<b>5</b>	<b>2388</b>	<b>56</b>	<b>51</b>
Kettering			355	6	362	8	369	9	176	6	302	6	355	9	1919	44	44
Wellingborough	366	8	356	7	310	6	333	6	327	7	331	7	350	8	2373	49	43
Corby	69	5	358	8.5	128	4	323	5			271	5	319	7	1468	34.5	34.5
Northampton R R			250	4	204	5	180	4	119	4	36	3	310	6	1099	26	26
Daventry	18	4	52	1	52	2	106	3	34	3	115	4			377	17	17
Human Energy	85	6	106	3			58	1	141	5					390	15	15
Team East Haddon			73	2	75	3	78	2							226	7	7
<b>FEMALE</b>																	
Wellingborough	262	7	269	8	260	7	278	9	264	8	281	10	294	10	1908	59	52
Wootton R R	293	10	273	9	294	10	269	7	294	10	256	6			1679	52	52
Rugby & Northampton	279	9	268	7	284	9	242	6	286	9	280	9			1639	49	49
Corby	90	6	294	10	245	6	289	10	70	4	260	7	191	9	1439	52	48
<b>Silson Joggers</b>	<b>276</b>	<b>8</b>	<b>266</b>	<b>6</b>	<b>263</b>	<b>8</b>	<b>272</b>	<b>8</b>	<b>262</b>	<b>7</b>	<b>273</b>	<b>8</b>	<b>178</b>	<b>8</b>	<b>1790</b>	<b>53</b>	<b>47</b>
Northampton R R			225	5	120	5	203	5	203	5	162	5	100	7	1013	32	32
Kettering			221	4	71	3	79	4	260	6	85	4			716	21	21
Daventry			85	3	86	4									171	7	7
Human Energy			84	2											84	2	2
<b>COMBINED</b>																	
Wootton R R	654	9	632	9	649	9	613	9	672	10	622	8	387	6	4229	60	54
Rugby & Northampton	648	8	626	8	657	10	612	7.5	664	9	651	10	170	4	4028	56.5	52.5
<b>Silson Joggers</b>	<b>656</b>	<b>10</b>	<b>593</b>	<b>6</b>	<b>637</b>	<b>8</b>	<b>622</b>	<b>10</b>	<b>621</b>	<b>8</b>	<b>645</b>	<b>9</b>	<b>404</b>	<b>7</b>	<b>4178</b>	<b>58</b>	<b>52</b>
Wellingborough	628	7	625	7	570	7	611	6	591	7	612	7	644	10	4281	51	45
Corby	159	6	652	10	373	5	612	7.5	70	3	531	6	510	9	2907	46.5	43.5
Kettering			576	5	433	6	448	5	436	6	387	5	355	5	2635	32	32
Northampton R R			475	4	324	4	383	4	322	5	198	4	410	8	2112	29	29
Daventry	18	4	137	2	138	3	106	3	34	2	115	3			548	17	17
Human Energy	85	5	188	3			58	1	141	4					472	13	13
Team East Haddon			72	1	75	2	78	2							225	5	5

## RUNNING BACKWARDS OFF THE ROAD

### Two Counties (Gloucestershire – Oxfordshire) Daylesford Estate 10.4 km (ish)

24<sup>th</sup> Richard Popiel 50:03

#### Tour of Bucknell Woods

	Day 1	Day 2	Day 3	Handicap winners	Overall Time	Series winners
1	Neave Wray	9.43	6.10	19.31	35.24	1st Girl
2	Skye Verwey	9.42	6.15	20.10	36.07	1st U11 Girl
3	Adam Gray	10.27	6.41	19.02	36.10	1st U11 Boy
4	Annabel O'Reilly	10.14	6.28	19.34	36.16	2nd Girl
5	Olly Meek	10.39	6.44	19.05	36.28	1st Boy
6	Eleanor Rees	10.35	6.51	19.10	36.36	
7	Sophie Gray	10.51	7.02	19.30	37.23	2nd U11 Girl
8	Amy Jelley	11.51	6.42	19.30	37.23	
9	Emma King	11.45	7.03	19.11	37.59	
10	Shannon Lock	8.47	13.58	19.01	41.06	
11	Millie Rees	15.11	9.35	17.46	42.32	
12	Daniel Meek	14.37	9.22	20.18	44.17	2nd U11 Boy
13	Reagan Cooper		6.28	27.30	33.58	

14	Ben Hanson		5.43	18.37	<b>1st Boy</b>	24.20	
15	Rebecca Lytollis	12.39	7.01			19.40	
16	Ben Ray			18.37	<b>2nd Boy</b>	18.37	
17	Daniel O'Reilly	14.34				14.34	
18	Imogen Mitchell	10.56	DNF			10.56	
19	Sophie Marks	10.33				10.33	
20	Declan Cooper	9.21				9.21	
21	Kade Verwey		6.49			6.49	
22	Jake Hope		6.41			6.41	
23	Luke Verwey		6.41			6.41	
						0.00	
<b>Ladies</b>							
1	Layne Wray	19.23	5.30	44.38	<b>1st Lady</b>	69.31	<b>1st Lady</b>
2	Tasha King	19.49	6.01	45.43	<b>3rd Lady</b>	71.33	<b>2nd Lady</b>
3	Claire O'Reilly Jennifer	23.33	7.15	44.55	<b>2nd Lady</b>	75.03	
4	Armstrong	25.07	7.52			32.59	
5	Kit Rapson	23.52	7.37			31.29	
6	Hilary Marks	26.45				26.45	
7	Heather Cooke	19.23	5.32			24.55	
8	Claire Mitchell	23.20				23.20	
9	Madeline Smee	21.54				21.54	
10	Shoena Smee	21.13				21.13	
11	Anne Gray		7.20			7.20	
<b>Men</b>							
	Simon						
1	Woodward	23.06	4.40	66.55	<b>2nd Man</b>	94.01	<b>1st Man</b>
2	David Morley	26.25	5.12	70.06	<b>5th Man</b>	101.43	<b>2nd Man</b>
3	Alan Gray	29.04	5.39	69.22	<b>4th Man</b>	104.05	
4	Tom Phelps		4.45	66.54	<b>1st Man</b>	71.39	
5	Richard Wray			70.34	<b>6th Man</b>	70.34	
6	Andy Pacey			67.13	<b>3rd Man</b>	67.13	
7	Brian Keers	29.34	5.46			35.20	
8	Wayne Cooper	32.25				32.25	
9	Stewart Shears	25.48	4.53			30.01	
10	Chris Wood	23.18				23.18	
11	Dan Taylor		4.43	DNF		4.43	



### Träflasklöpet (The Wooden Flask Run).

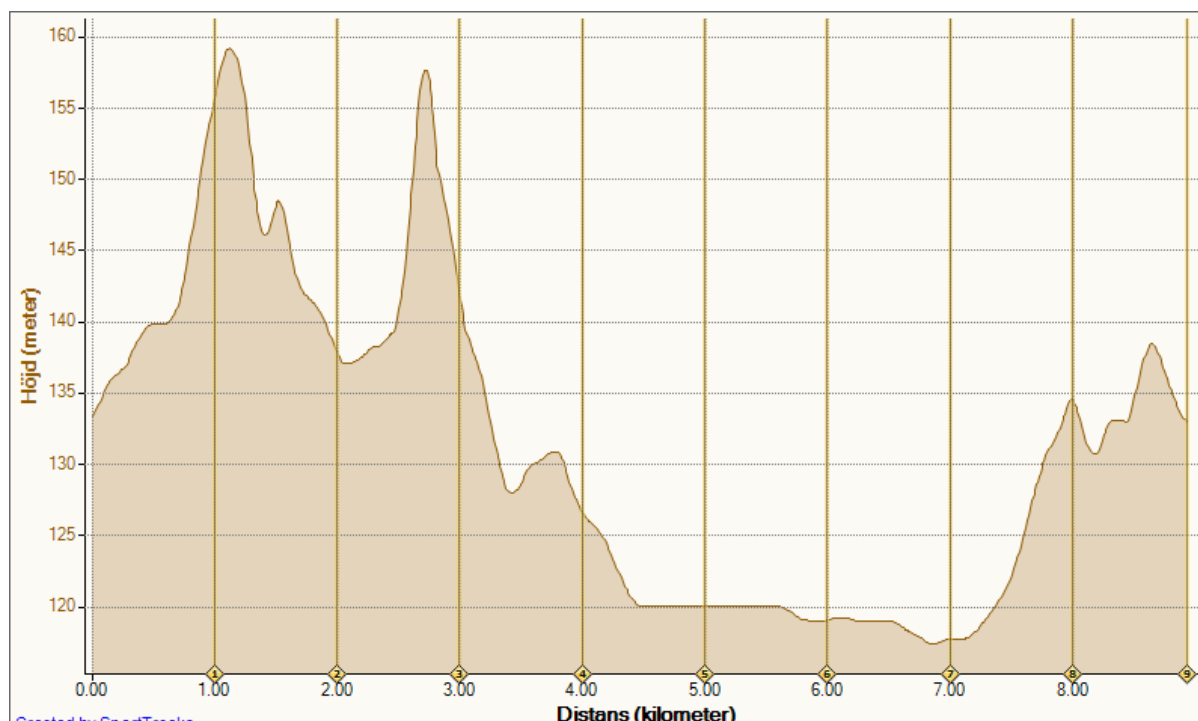
Recently I bought the September edition of Runners World, Swedish edition and spent an inspiring evening reading about Jonas Buud who for the fifth time in a row won the Swiss Alpine Marathon (79k of mountains and valleys); Robert Jojje Borssén who ran from Grövelsjön to Vålådalen in five stages each punctuated by a stopover at a Fjäll Station, a total of 189k through the wilderness bordering Norway; and Rune Larsson and Susanne Johansson who ran from Monte Gordo in Portugal, where they both work as running coaches, to their respective homes in Sweden. A few days ago while browsing the race calendar on Jogg.se I found an event that would substitute for my original 'Lidingö warm up' – the distaff brigade showed displeasure at the thought of me driving for seven hours – to run a 16k that would start and finish in Vålådalen and took Anne and I more than 3hours to walk round last year. Three hours to Sundborn for an 18k multi terrain would be acceptable. We had visited Sundborn before, while Kate was studying for her teaching masters in the nearby town of Falun, it is very picturesque and the village is home to the Carl Larsson museum; Carl Larsson was a famous 19<sup>th</sup> century artist and illustrator and visiting his house was just like stepping through his pictures. It just remains for me now to book some accommodation for that weekend. Training has been a bit disjointed this summer with a lot of time earlier spent working on our new small cabin. I have managed some maintenance distances and last week had an interval session round Slingan, a hilly 1.8k trail, and was pleased to find that my splits were within

5sec of last year.

In the event the journey of 130miles took under 3hr. The Vandrahem, where I am staying, overlooks a slow moving river and is situated in a rural valley with about half a mile of green fields before the forest edge. The skyline is of forest covered hills. I am in Dalarna, literally 'The Dales'. No clouds in the sky and, apart from an occasional duck, no noise, just a gentle background 'sussing' of a breeze in the trees. Apparently the weather is usually like this for the race but tomorrow, race day, will have some rain. I take an opportunity to walk the course.

The terrain for the first 3.5k is hilly, see chart below, underfoot is similar to Brickhill woods and Salcey forest but with rocky stretches and many tree roots as tripping hazards, there are a few short stretches of grass and also a winding downhill with long grass. This part of the course follows sections of an 'eljus spår' - electric light trail - that can be used at any time of the day throughout the year. About 500m of tarmac road and we turn off onto a lovely soft forest track leading onto a peninsula and then along the shore of a lake. The water was so still that it presented a perfect mirror image of the opposite shores and islands and reminded me of the first time I was here in the late '60s. No time to enjoy the view tomorrow. We leave the forest and enter the old village of Sundborn along narrow streets and passing the traditional red wooden houses that would have been here when Carl Larsson was alive. Cross the main road and continue to follow the river that leads from the lake and passing the museum. We leave the village still following the river on a narrow grass road and then make a turn into an open rural landscape climbing between grassy fields containing cattle or sheep. A couple of girls were practicing their cattle driving skills using border collies, a scene reminiscent of 'One man and his dog'; everyone waves. Climbing more steeply now we reach the edge of the forest, a sharp turn onto a tarmac road and then about 1k before turning into a forest track and steep downhill to the 9k finish or the start of the second lap.

It will be important to get the pace right at the start as competitors for both the 9 and 18k races start at the same time. A note about the profile. The slopes are not as regular as they might appear but are composed of a series of short steep inclines or descents. The only even climb is the one between 7 and 8k.



In the afternoon I drive towards Rättvik to pick some Lingon, there are only a few at Grisslehamn this year but are plentiful here. Continue to Rättvik; stop at a restaurant set part way up a hill and with a coffee terrace that overlooks Lake Siljan. Weather still perfect but some strange looking clouds building in the distance on the Norwegian border. The lake, over 25k long and 10k wide is thought to have formed following a meteor strike; some hole. Have coffee, kladkaka and a truffle, those carbs should be well stocked up by now; protein came from a plank steak for lunch and Salmon Trout for dinner last night.

Woke on race day to overcast skies and wisps of clouds in the hill tops, temperature 14°C, there had been light rain during the night. This is clearly a family occasion and the first race of the day of 900m, for young children

had 113 finishers; I'm sure that some were barely four years old, a few ran with a parent and all clearly enjoyed the experience. A marked contrast with the next race for under 12's where some of the boys showed sour faces having lost; the first three home were girls. After 2.0, 3.5 and 5.5k races for other juniors it was time for us. The course was quite crowded (122) at the start and I held back mainly so that I could pick out a safe route. The numbers soon thinned and the hills passed more quickly than I had imagined from yesterday and soon got into a comfortable pace, perhaps too comfortable? At the 9k turn most of the runners immediately in front ran in to finish and I was left with just one target. All of a sudden "Chasing a young lady through the forest" took on real significance and I eventually overtook about 300m before that first road section. Then it was all about pressing on, consolidating my lead and finding another target. Unfortunately when I caught sight of them they were well on their way to the 8k (17k) marker so all that remained was a decent time. I managed the uphill to 17k in 7:02, 6:57 on the first lap and finished with a 4:59 to the tape. Overall 1:45:45, with splits of 52:56 and 52:49 (although that second lap included two drink stops) about one minute less than a similar distance mainly on grus roads round Grisslehamn and, according to Garmin, at least 200m more climbing at Sundborn; 48/51 of those completing the 18k with 3DNF. Winning man came in at 1:03:30 and lady at 1:27:13. A good preparation for the Lidingö 30K in two weeks.

The organisation and marshalling were of a very high standard; this was their 45<sup>th</sup> year and is the oldest event of this type in Sweden. It is organised by members of the Sundborn sports club that comprises several boy and girl football teams, a ladies football team, innebandy – land hockey played on ice indoors -, gymnastics and skiing sections. Football league fixtures had been organised so that club members could take part in this race. There is a small clubhouse, changing rooms and showers. I would be pleased to give it another go but that 16k at Våladalen has a strong challenge; perhaps both?



## The end of the Seventh year and a successful Lidingö -24<sup>th</sup> September 2011

Allan lowers his own M65 club age record for 30k

It has been seven years since starting to run regularly with Silson Joggers, before then there was an occasional trot round a few of the roads and tracks when at Grisslehamn. I felt too self conscious to venture out in Wicken. After a problem with shin splints in my first year which took a while to correct, mainly because I did not allow time to let them heal correctly, running has been largely injury free and progress has been made. I read somewhere that it takes about ten years for someone to develop as a runner; from a purely selfish perspective I look forward to the next three!

At the end of this seventh season with 1950k under my belt for the year, I am pleased to say that some of my times are still gradually improving – 6 miles, Marathon and 30k - and also have actually won a couple of races within my age group – The Langley Seven, a hill race in Macclesfield and The Marlborough Downs Challenge, this was not mentioned in my race report because I did not know that there was an appropriate category, the medal came in the post as a very pleasant surprise. Also there was a third place in the Nordmarka Forest marathon in Norway. Much of this progress has been due to the support of club members, it has also been fuelled by the need for challenges and stimulated investigation into different training ideas etc. But most of all I have developed great pleasure from these activities.

Arriving for the Lidingö 30k under a cloudless sky I relaxed in the sunshine for a couple of hours before the start at 13:10, would it be too warm? But when I went for a pre-race trot I found it was quite cool in the forest. This year the race was fully booked by 8<sup>th</sup> August with over 20,000 entries. Based on my time last year I had scraped into start group five by forty three seconds and had assumed that as I would be one of the slower runners that would be OK; not so, it was very crowded at the start and there have been quite a lot of complaints about that this year.

I had spent a lot of time reviewing my past performances (see chart of Lidingö splits below) to see how it might be possible to improve my time and had thought to push harder on the flatter parts of the course (5 – 10k from the start); luckily I saw a video interview with Anders Gärderud (previous winner of this race) who advised against this, he maintained that the race really begins at 20k out just as the big hills began and this is when you need energy. I recalled how I was forced to walk downhill before reaching 20k on my first outing because I had not fuelled correctly.

The following my time improved because of being better prepared; the third attempt was carrying a Hamstring strain which eventually resulted in aborting the run after 17k; during the fourth run my concentration was on style and trying to run as efficiently as possible according to the conditions; how might this be improved? During my training intervals on Slingan I had practised running quickly on the steep downhill sections by using gravity rather than effort, this would be my strategy – conserve energy whilst moving quickly; there are plenty of hills on Lidingö.

For those with access to Garmin Connect this course represents a total of 322m climbing and 323m descent. And so it was, it was a bit difficult at times moving to the ‘overtaking’ side and then back again to the centre or into the ‘slow’ lane with so many runners on the course but it worked so I was very pleased to take another five minutes off my time to finish in 3:14:23. 8428 out of 11993, class data are not yet available. So how to maintain the progression into my next decade? That is the question.



For any newcomers to Silson or to cross country there is nothing to fear so please give it a go. This is especially the case at this month's Luton event which is a pretty flat course and it's so dry and warm currently that we probably won't even get dirty! It's also worth noting that all members can run at no cost as Silson pays the fees and also handles all the administration. Plus we will help arrange coaches, minibuses and car shares to these events. All you have to do is let us know you are running so we can register you.

Please can you let Heather Cooke (ladies), Simon Woodward (men) and Graham Linnell (Juniors) know if you can run at Luton. We'll be in touch either by email or at training to give more information and to arrange the transport.

*Simon Woodward*

### **Warwick Relays, 29<sup>th</sup> October 2011**

We plan to enter some teams at this event for the first time this year. It is a 4 stage cross country relay race with each leg being the same 3.3km lap. There are few restrictions on how each team is made up and if 3.3k doesn't sound far enough you are allowed to run legs for more than one team or run 2 legs for the same team if you want to.

It is held at the University of Warwick and there are men's, ladies and mixed team events as well as lots of cakes apparently. The course is on grass, dirt tracks and woodchips and it's cheap as well, only costing £3 each.

For more information, take a look at: <http://www.browsewarwickrelays.com>

Please can you let Heather or Simon know if you'd like to run and if you want to be teamed up with anyone in particular and we'll put some teams together.

*Simon Woodward and Heather Cooke*

### **Cross country top ten facts**

1. Cross country competition traces its history to the 19th century and a game called 'hare and hounds.' Around this time it was popular to hunt dogs using packs of hares specially bred for their big teeth and aggressive nature. In the game of hare and hounds small boys were plucked from their jobs up Victorian chimneys and/or workhouses and made to run through the woods laying a paper trail for the bigger boys to follow. This resulted in a tired workforce and beauty spots covered in shreds of paper.
2. The first organised cross country races were held at Shrewsbury School. No one is really sure how to pronounce 'Shrewsbury.'
3. Despite what your mum tells you, being in the cold will not mean you will catch a cold. In a similar way, if you have yellow skin you probably don't have yellow fever. Whilst most mums do not have medical degrees, for some reason this never stops them from giving health advice.
4. Our head coach states categorically that there is nothing on TV worth watching on a Saturday, so club members might as well be racing cross country. Radio 5 Live may be played in the minibus on the way home, subject to good behaviour by the team.
5. Optimum spike length as a function of both mud characteristics (composition and variation of viscosity with depth) and course profile has been extensively modelled using computational fluid dynamics and has been found to be 8.274mm.
6. Gentleman's shrinkage in cold conditions is perfectly natural and should not adversely affect performance, athletic or otherwise. The condition is usually temporary. Usually.
7. To calculate how many toilet facilities you need at a cross county event simply work out how many you actually need based on predicted number of competitors and divide that number by 10.
8. On average, eight new swear words are invented every time the Chiltern League visits Wing.
9. By law the county cross country championships must take place on the coldest day of the year. If unseasonably mild conditions affect the event, extra stream crossings can be deployed.
10. In some countries, cross country is punishment for shoplifting.

*Chris Wood*

# OUR FOREIGN CORRESPONDENTS

## Staffs Knot 5 miles – 10<sup>th</sup> August 2011

141<sup>st</sup> James Laurie 37.50

Despite only being 60 minutes away from Northampton and in the heart of mountain biking territory, Joggers attendance at this race was once again poor with only one making it to the start line.

The race is on traffic free roads and paths around the Marquis Drive area of Cannock Chase – a favourite haunt of bird watchers, deer spotters and doggers but we didn't have time to hang around looking for any of that sort of thing as we contemplated 'the hill around mile 4'.

Everything was going ok until I bumped into a young lady from the Tri Club I train with who assured me she was going for 40 minutes, this suited me fine as I hadn't actually run over 5 miles for over a year and hadn't raced since the Sutton Park 12 Stage Relays however many years ago that was.



A time check at mile 1 showed we were a little ahead of schedule at 7 minutes and ought to slow down a little, mile 2 in 7:15 suggested maybe we weren't actually going for 40 minutes. Mile 3 passed in under 21:30 – faster than my Sutton time of old, then mile 4 came with its short, sharp shock of 2 hills which slowed us (me) down a little and then finally a long sprint for the finish which I eventually reached 10 seconds behind my pacer.

*James Laurie*

## SILSON JOGGERS CLUB CHAIRMAN PREPARES FOR HIS NEXT HILL RACE



A few of the many photos from his fabulous holiday to Middlesborough

# JOGGERS TRIATHLON CORNER

## Road Triathlon – 25<sup>th</sup> September 2011

		414m swim	Transition	20k bike ride	Transition	4.5km run	Total time
241 <sup>st</sup>	Claire Todd	8:56	1:33	42:02	0:56	21:34	1:15:04

**A question of the sports scientists amongst you – If you ignore the time taken to put on the wet suit, would faster times be recorded for the triathlon if the various events were staged in a different order? i.e. is the swim, bike & run order the most efficient?**

# RACES – running forwards

## Forthcoming Events in the local(ish) area

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

Date	Event	Category
02/10/2011	<b>The Run '11 Northampton (10k, 5k, children's races)</b>	<b>NAA, SRRC (10k)</b>
02/10/2011	<b>Bananaman Chase 10k, MK (multi-terrain)</b>	
02/10/2011	<b>Blenheim Palace Half Marathon and 10k</b>	
02/10/2011	<b>Brackley Try-a-tri</b>	<b>Triathlon</b>
08/10/2011 (Sat)	<b>Chiltern League Round 1, Luton Wigmore Valley</b>	<b>Cross Country</b>
16/10/2011	<b>Buckingham 10k Run (Multi-terrain)</b>	
16/10/2011	<b>Blenheim 10k</b>	
16/10/2011	<b>East Carlton 5</b>	
23/10/2011	<b>Rugby 10</b>	
23/10/2011	<b>Amphill Trophy 8k (with shorter races for Juniors)</b>	<b>Cross Country</b>
29/10/2011 (Sat)	<b>Warwick Relays – Cross country 4*3.3k laps team event</b>	<b>Cross Country</b>
30/10/2011	<b>Pumpkin Half and 10k, Stanwick Lakes</b>	
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>	
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

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