



# The 10k Times

September 2011

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



Graham has been nominated to carry the Olympic Flame with Lloyds TSB in the London 2012 Olympic Torch Relay. You can share Graham's story with others.


Nominated by [Heather Cooke](#)

Graham is the coach of Silson Joggers. But it goes far beyond that. He is the heartbeat of the club. He has founded our juniors section, which has grown hugely due to his dedication and encouragement. Where other clubs coaches shout and scream at their runners, Graham offers support and a nurturing attitude to ensure the children enjoy their sport. He dedicates so much of his time to the club, organising, encouraging and even driving the minibus

Recently Graham has been undergoing a course of Chemotherapy, which has meant he has not been able to participate as he would like. Yet he still supports at races, putting himself on the hills encouraging us where we need it. He still keeps a watchful eye on training and is key to all our performances. Graham is a deserving candidate for carrying the torch, as for once it would put him in the spotlight, something he works so hard for others to experience

<http://www.lloydtsblondon2012.co.uk/en/carrytheflame/Nomination/?nid=1448dfb9-8b06-4340-817c-fed8d72b6f3f>

# BIRTHDAYS IN SEPTEMBER

Warren Marsh – 6 <sup>th</sup>		Tina Twisleton – 22 <sup>nd</sup>
Ben Hope – 10 <sup>th</sup>		Richard Popiel – 27 <sup>th</sup>
Madeleine Smee – 15 <sup>th</sup>		Richard Wray – 28 <sup>th</sup>
Layne Wray – 15 <sup>th</sup>		Ellie Mitton – 28 <sup>th</sup>
Mel Bignell – 16 <sup>th</sup>		Amanda Barnes – 29 <sup>th</sup>
Adam Gray – 19 <sup>th</sup>		Henry Barnes – 30 <sup>th</sup>
Linda Lytollis – 22 <sup>nd</sup>		

# JUNIOR JOGGERS

We hope you are all having a good and active summer holiday, as we have a good group of coaches together who are keen to encourage you on to the next level of athletics.

The club is putting on an extra junior training session on the first Saturday of each month these will be held in the various woodlands around Silverstone from 2-3pm. During the winter months the adults have a series of club races we call the winter cup, were a league table is formed, with the top of the table being the individual who improved the most throughout the season. Our first club meet will be Saturday September 3<sup>rd</sup> at Bucknells 2pm, this will be the only Saturday that is not a race as it is your first session back.

There is plenty of action for you all during September as well as regular training which will be entirely in Bucknells on the Blakesley road out of Silverstone. For the last 3 years we have held a competition called the tour of Bucknells which is 3 races in 5 days which will also include the adults. The races you will take part in are 1, 2 or 3 lap race depending on age, a hill race and the club cross country (see dates below).

As in previous years we will again be using Sponne School Sports Hall Towcester for the winters evening training, the first session at Sponne will be Tuesday October 4<sup>th</sup> 6.30pm.

An extra attachment will give the dates of all planned races for our juniors, including the Chiltern league cross country dates. A reward system will be in place to encourage youngsters to compete as explained in attachment.

## Training Diary September Bucknell Woods

Saturday 3 <sup>rd</sup>	Forest run	2.00 pm
Tuesday 6 <sup>th</sup>	Relays	6.30 pm
Tuesday 13 <sup>th</sup>	Tour race 1, 2 or 3 lap race	6.30pm
Thursday 15 <sup>th</sup>	Hill race	6.30pm
Saturday 17 <sup>th</sup>	Club Cross Country	9.30am meet *** early time***
Tuesday 20 <sup>th</sup>	Repetition timed runs	
Tuesday 27 <sup>th</sup>	Hill runs	

I plan to be at all the sessions either coaching, helping or encouraging and taking part as our coaches have proved they are more than capable of staging quality training sessions. We all need to give 100% effort all the time and I am sure we will do very well again.

Graham



## JUNIORS

Year 6's and Younger

### Season 2011 - 2012

**Our Aims for the New Season**

- 1. We want a greater commitment from our juniors to race competitively as we feel that this will not only have positive benefits for individual children but also the club as a whole**
- 2. By competing regularly, we can galvanise team spirit, resulting in greater enjoyment and improved team spirit**
- 3. We need to put the hard work of the children and their coaches to good use by encouraging the children to perform to the best of their ability in races**

**Recognising Commitment**  
Below, you will see a list of races and opportunities above and beyond our normal Tuesday night sessions.

We want our children to attend as many of these additional events and races as possible over the course of 2011 / 2012.

The award they receive at the End of Season Presentation Night in April will depend on how many they attend.

Number of Races / Events	Level of Award
10-15	GOLD
5-9	SILVER
2-4	BRONZE

3rd Sept	New Season training	Bucknell Woods
13th Sept	Tour of Bucknell Woods Day 1	
15th Sept	Tour of Bucknell Woods Day 2	
17th Sept	Club Cross Country Champs	Bucknell Woods
30th Sept	County Training (Sports Hall Athletics)	Northampton
1st Oct	Junior Winter Cup	Bucknell Woods
7th Oct	County Training (Sports Hall Athletics)	Northampton
14th Oct	County Training (Sports Hall Athletics)	Northampton
5th Nov	Junior Winter Cup	Hazelborough Woods
10th Dec	Junior Winter Cup	Crown Lands (opp the circuit)
7th January	County Cross Country Champs	
22nd Jan	Inter-Counties Race (Sports Hall Athletics)	
2nd Feb	Junior Winter Cup	Crown Lands
2nd March	Junior Winter Cup	Hazelborough Woods
30th March	Junior Winter Cup	Bucknell Woods



## JUNIORS

Year 7's and Upwards

### Season 2011 - 2012

**Our Aims for the New Season**

- 1. We want a greater commitment from our juniors to race competitively as we feel that this will not only have positive benefits for individual children but also the club as a whole**
- 2. By competing regularly, we can galvanise team spirit, resulting in greater enjoyment and improved team spirit**
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The award they receive at the End of Season Presentation Night in April will depend on how many they attend.

Number of Races	Level of Award
12-17	GOLD
7-11	SILVER
4-6	BRONZE

3rd September	New Season training	Bucknell Woods
13th September	Tour of Bucknell Woods Day One	
15th September	Tour of Bucknell Woods Day Two	
17th September	Club Cross Country Champs	Bucknell Woods
18th October	Junior Winter Cup - Luton	Wigmore Valley
8th October	Chiltern League CC - Watford	Hazelborough Woods
5th November	Junior Winter Cup - Watford	Cassidobury Park
12th November	Chiltern League CC	Venue TBC
3rd December	Junior Winter Cup	Crown Lands (opp the circuit)
10th December	Junior Winter Cup	
7th January	County Cross Country Champs	
14th January	Chiltern League CC - Slough	Upton Court Park
2nd February	Junior Winter Cup	Crown Lands
11th February	Chiltern League Cross Country	Wing
25th February	National Cross Country	London
2nd March	Junior Winter Cup	Hazelborough Woods
30th March	Junior Winter Cup	Bucknell Woods

# RUNNING BACKWARDS ON THE ROAD

## Blisworth 5 miles - 5<sup>th</sup> August 2011 Jeff - 1<sup>st</sup> M55

11 <sup>th</sup>	Nick Pacey	29:23	97 <sup>th</sup>	Heather Cooke	36:16
14 <sup>th</sup>	Andy Pacey	29:37	114 <sup>th</sup>	Michael Spencer	37:11
31 <sup>st</sup>	Jeff Haynes	31:38	115 <sup>th</sup>	Sarah Clark	37:15
32 <sup>nd</sup>	Kevin Reboul	31:53	118 <sup>th</sup>	Jonathan Gale	37:35
36 <sup>th</sup>	Tom Phelps	32:29	122 <sup>nd</sup>	David Jarrett	37:55
42 <sup>nd</sup>	Andy Kirk	32:59	182 <sup>nd</sup>	Madeleine Moutrie	42:00
88 <sup>th</sup>	Dave Morley	35:44	266 <sup>th</sup>	Carol Debney	55:45

The Silson Joggers veteran men's team suffered a rare defeat in the team competition at the Blisworth 5 last Friday, but Jeff Haynes notched up yet another age-category victory in a competition he is no stranger to winning.

Undefeated in the M55 category so far this summer, Silson's stalwart veteran Haynes once again won his age-category in an event he has dominated for years. Completing the rolling 5 miles in a time of 31min 38sec was good enough for 31st overall and gave Haynes a 1min 36s margin of victory.

Reversing their relative finishing positions of last weekend, Nick Pacey once again led the Silson Joggers squad home in front of brother Andy. Clocking 29:23 to finish 11th overall, Nick was unable to repeat his age-category win of the previous two years, finishing second M45 by just 7 seconds.

Andy put in yet another solid performance to finish 3 places and 14 seconds behind his brother. Clearly coming into form, the younger Pacey was one of the very few to improve on their times from the 2010 race as he managed to find 43 seconds.

Further down the order there were the usual close battles between Kevin Reboul (31:53), Tom Phelps (32:39) and Andy Kirk (32:59). Dave Morley put in a strong effort to finish in 35:44, just ahead of Heather Cooke, yet again Silson's first woman home with her 36:16 clocking.

The only other Jogger to better their 2010 time was Madeline Moutrie, Silson's ever-present veteran shaving 51s off her 2010 time to finish in 42 minutes dead.



Photographs produced with thanks to James Rudd Aboutmyarea.co.uk/nn12

### Moulton 10k – 28<sup>th</sup> August 2011

David Morley shown in results as finishing twice!

7 <sup>th</sup>	Chris Wood	36:43	111 <sup>th</sup>	Mark Nicholls	47:25
9 <sup>th</sup>	Andy Pacey	37:03	122 <sup>nd</sup>	Dave Morley (2)	48:20
12 <sup>th</sup>	Simon Woodward	37:48	137 <sup>th</sup>	Brian Keers	50:04
23 <sup>rd</sup>	Kevin Reboul	39:32	141 <sup>st</sup>	Tasha King	50:56
24 <sup>th</sup>	Tom Phelps	39:40	143 <sup>rd</sup>	Roger Taylor	51:00
44 <sup>th</sup>	Richard Davies	42:19	155 <sup>th</sup>	Mel Bignell	52:18
71 <sup>st</sup>	Stewart Shears	44:29	159 <sup>th</sup>	Madeleine Moutrie	52:28
72 <sup>nd</sup>	Dave Morley (1)	44:32	183 <sup>rd</sup>	Sheona Smee	55:18
83 <sup>rd</sup>	Dave Jarrett	45:28	220 <sup>th</sup>	Justine Verwey	60:11
85 <sup>th</sup>	Sarah Clark	45:34	242 <sup>nd</sup>	Juliet Hanson	63:24
87 <sup>th</sup>	Andy Hoare	45:38	268 <sup>th</sup>	Carol Debney	71:19
106 <sup>th</sup>	Jonathan Gale	46:56			

### Helmdon Hurler – 29<sup>th</sup> August 2011

I had a tough choice. Do I stay at home and watch Jessica Ennis or do I go to Helmdon to see Silson Joggers? Remarkably I went to Helmdon. I managed to park in a field close to where my surrogate daughter lives with her husband and family. On arrival at the pub where the start and finish line is set I was introduced to my alter ego. There were many similarities but only one of us took part in the run.

The winner of the race had clearly not been trying properly the previous day in a race that really mattered. He was also seen “showboating” in the last 300 yards in deciding whether or not to finish with sun glasses on or resting on the top of his head. He managed also to comb his hair, almost wave to his kids and ignore the booing from Graham Linnell to storm to a local victory – despite arriving at the start at the last minute and not having a “fully charge watch”.



Race Winner  
(before he started posing)



Would the real John Fowler please stand up?  
(my alter ego)



Alex Moffat – I really did destroy my dad even on his birthday



Sandy “birthday boy” Moffat looks forward to a few beers to celebrate

The results from the Helmdon Hurler will be in the next action packed edition of The 10k Times together with a detailed race report from the club captain.

## RUNNING BACKWARDS OFF THE ROAD

### Race the Train – 14 miles – 20<sup>th</sup> August 2011

665<sup>th</sup> Richard Popiel

2:20:41



### Rotary Challenge

This is the Race that we started with when we initiated the event in 1984. It is approximately 14 miles long. This is the classic start on the crest of the main railway line bridge adjacent to the Talylyn Railway station. Both the runners and the train are started by the train whistle ordered by the timekeeper. The course, which is on public roads for just over a mile, runs through the town before heading for Brynglas. At this point the course turns up a farm drive to cross the railway and follow it all the way to Rhyd-yr-Onnen, after the farm drive there is a mixture of tracks and fields



Photo used with thanks to Mick Hall photos  
[www.mickhall-photos.com](http://www.mickhall-photos.com)

At Rhyd-yr-Onnen you leave the railway and run up a tarmac lane for 1/3 mile turning on to an unmetalled track running through a ford to reach the first refreshment point. From here you return to run alongside the railway over fields, rough pasture, and farm tracks to reach Brynglas. Here you will find the second refreshment point and after climbing up a short stretch of farm road you cross the railway to run the next section with the railway on your right. The first 1.5 miles of this section is over fields and rough pasture to Dolgoch where briefly you cross the car park before ascending across a field to run through trees before dropping down a tricky slope on to fields again and refreshment point three. A short run down an unmade track turns back on to well cultivated pasture all the way to the turn point at 7 miles.

This has been the easy part of the course and you must be well ahead of an estimated half way time as the second half is much tougher. After a short run through the field the course leaves for uncultivated

sloping hillside crosses a stream runs under the railway to now climb very steeply to run across the face of the hillside on narrow sheep tracks for over a mile when it then climbs to join the road used in the morning by the 10K races and so that description should now be read to indicate the course back to Tywyn and the Finish. Refreshment points will be found at the top of this hill again at Dolgoch Farm, Brynglas (as on outward run) Tynllwyn Hen (the first on the outward section) and finally at Hendy Farm just over a mile to the finish.

Good male runners can normally BEAT THE TRAIN that takes approximately 1 Hour 47 minutes but Ladies find it more difficult and about 3 will manage to do this. There is a limit of 3 hours 15 minutes to complete the course and we reserve the right to close the course for safety reasons beyond this time, similarly the official time - keeping ceases then.

## ROAD RUNNING CHALLENGE

### Silson Road Running Challenge Round 10 - Wellingborough

The results after MK have been revised to correct an error in Sarah's Joker time which had been based on recent performances as her name didn't appear in the 2010 club results. In fact Sarah beat her 2010 time by 7min 38s and her 2010 Welly time by 1min 13s and so now leads the Challenge. A storming performance by Andy and Nick Pacey means that Andy now leads the M40 category

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, Purple indicates a dropped score

Wellingborough 5		Mins	Secs	Race	Challenge
				Total	Total
Sarah Clark	SF	37	12	105.6	591.80
Sue Clayton-Drabble	F45			0.00	690.78
Madeleine Moutrie	F45	40	35	105.13	704.57
Andy Pacey	M40	28	46	103.29	716.63
Kevin Reboul	M45	31	21	112.57	738.97
Chris Wood	SM	29	18	109.81	753.61
Heather Cooke	SF	35	45	120.71	768.24
Andy Kirk	SM	32	20	121.17	796.60
Richard Davies	SM	33	55	127.11	821.97
David Jarrett	M50	36	6	126.81	863.13
David Morley	M40			0.00	882.36
Jonathan Gale	M40	35	44	128.31	896.56
<b>Six Races</b>					
Simon Woodward	SM			0.00	651.18
Andy Hoare	M50	36	51	129.45	740.15
Brian Keers	M50	39	55	140.22	769.43
<b>Five Races</b>					
Sheona Smee	F50	43	23	123.07	463.63
Nick Pacey	M45	28	47	103.35	483.35
Simon Peart	M40			0.00	636.19
Kit Rapson	F40			0.00	701.27
<b>Four Races</b>					

Trevor Barnes	M55			0.00	410.52
David Coates	M50			0.00	420.30
Carol Debney	F65	54	9	127.06	521.50
<b>Three Races</b>					
Ellie Lock	SF			0.00	356.49
Justine Verwey	F40			0.00	415.75
<b>Two Races</b>					
Michael Spencer	M45	36	32	109.98	235.54
Thomas Schilling	M40			0.00	270.88
<b>One Race</b>					
Juliet Hanson	F45			0.00	125.79

### Silson Road Running Challenge Round 11 - Blisworth

Blisworth saw another fine Silson performance despite a turnout which represented quality rather than quantity. Nick and Andy P led the club home followed closely by Jeff Haynes and Kevin Reboul.

As far as the Challenge is concerned, there are few changes with Sarah maintaining her lead and the class leaders also remaining the same.

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, Purple indicates a dropped score

Blisworth 5M		Mins	Secs	Race	Challenge
				Total	Total
Sarah Clark	SF	37	15	112.99	586.41
Sue Clayton-Drabble	F45			0.00	690.78
Madeleine Moutrie	F45	42	0	104.49	699.60
Andy Pacey	M40	29	37	102.78	709.84
Kevin Reboul	M45	31	53	108.94	738.97
Chris Wood	SM			0.00	753.61
Heather Cooke	SF	36	16	110.01	763.98
Andy Kirk	SM	32	59	132.73	796.60
Richard Davies	SM			0.00	821.97
David Jarrett	M50	37	55	130.75	862.99
David Morley	M40	35	44	124.00	870.85
Jonathan Gale	M40	37	35	130.42	1026.99
<b>Six Races</b>					
Nick Pacey	M45	29	23	100.40	583.75
Simon Woodward	SM			0.00	651.18
Andy Hoare	M50			0.00	740.15
Brian Keers	M50			0.00	769.43
<b>Five Races</b>					
Sheona Smee	F50			0.00	463.63
Simon Peart	M40			0.00	636.19
Carol Debney	F65	55	45	136.53	658.04
Kit Rapson	F40			0.00	701.27
<b>Four Races</b>					

Trevor Barnes	M55			0.00	410.52
David Coates	M50			0.00	420.30
<b>Three Races</b>					
Ellie Lock	SF			0.00	356.49
Michael Spencer	M45	37	11	127.05	362.59
Justine Verwey	F40			0.00	415.75
<b>Two Races</b>					
Thomas Schilling	M40			0.00	270.88
<b>One Race</b>					
Juliet Hanson	F45			0.00	125.79

## NORTHANTS ROAD RUNNING SERIES

### TEAM POSITIONS AFTER WELLINGBOROUGH 5 MILES

	Blisworth 5k		Corby 5		Weedon 10k		W'boro 5		Overall	League Points
	Total	League Points	Total	League points	Total	League points	Total	League points		
<b>MALE</b>										
Rugby & Northampton	369	9	358	8.5	373	9	370	10	1470	<b>36.5</b>
Silson Joggers	380	10	327	5	374	10	350	8	1431	<b>33</b>
Wootton RR	361	7	359	10	355	7	344	7	1419	<b>31</b>
W&DAC	366	8	356	7	310	6	333	6	1365	<b>27</b>
Kettering TH			355	6	362	8	369	9	1086	<b>23</b>
Corby	69	5	358	8.5	128	4	323	5	878	<b>22.5</b>
Northampton RR			250	4	204	5	180	4	634	<b>13</b>
Human Energy	85	6	106	3			58	1	249	<b>10</b>
Daventry RR	18	4	52	1	52	2	106	3	228	<b>10</b>
Team East Haddon			73	2	75	3	78	2	226	<b>7</b>
<b>FEMALE</b>										
Wootton RR	293	10	273	9	294	10	269	7	1129	<b>36</b>
Corby	90	6	294	10	245	6	289	10	918	<b>32</b>
Rugby & Northampton	279	9	268	7	284	9	242	6	1073	<b>31</b>
W&DAC	262	7	269	8	260	7	278	9	1069	<b>31</b>
Silson Joggers	276	8	266	6	263	8	272	8	1077	<b>30</b>
Northampton RR			225	5	120	5	203	5	548	<b>15</b>
Kettering TH			221	4	71	3	79	4	371	<b>11</b>
Daventry RR			85	3	86	4			171	<b>7</b>
Human Energy			84	2					84	<b>2</b>
<b>COMBINED</b>										
Wootton RR	654	9	632	9	649	9	613	9	2548	<b>36</b>
Silson Joggers	656	10	593	6	637	8	622	10	2508	<b>34</b>
Rugby & Northampton	648	8	626	8	657	10	612	7.5	2543	<b>33.5</b>
Corby	159	6	652	10	373	5	612	7.5	1796	<b>28.5</b>
W&DAC	628	7	625	7	570	7	611	6	2434	<b>27</b>
Kettering TH			576	5	433	6	448	5	1457	<b>16</b>
Northampton RR			475	4	324	4	383	4	1182	<b>12</b>

Daventry RR	18	4	137	2	138	3	106	3	399	12
Human Energy	85	5	188	3			58	1	331	9
Team East Haddon			72	1	75	2	78	2	225	5

### Men Open

				Blisworth	Corby	Weedon	W'boro	
2	Chris	Wood	SM	97	87	97	88	369
4	Kevin	Reboul	M45	83	74	76	77	310
9	Andy	Kirk	SM	77	67	71	73	288
11	Nick	Pacey	M45	99		95	90	284
12	Andy	Pacey	M40	95		94	91	280
18	Simon	Woodward	SM	89	83	88		260
21	Dan	Taylor	SM	88	79	74		241
22	Richard	Davies	SM	73	53	49	65	240
31	Stewart	Shears	SM	55	49	37	57	198
42	Jonathon	Gale	M40	48	35	34	54	171
47	James	Darcy	M45		78		81	159
50	Mark	Nicholls	M40	42	27	33	45	147
51	Thomas	Phelps	SM	72			75	147
52	Jeff	Haynes	M55	75	69			144
55	David	Jarrett	M50	37	21	23	51	132
60	David	Morley	M40	50	29	47		126
64	David	Coates	M50		59	55		114
69	Andy	Hoare	M50	47		12	47	106
82	Brian	Keers	M50	38	11		32	81
85	Matthew	Wootton	SM	78				78
97	Andrew	Taylor	SM	71				71
128	Michael	Spencer	M50				49	49
141	Trevor	Barnes	M55			41		41
147	Thomas	Schilling	M40	39				39
152	Simon	Pearl	M40	30	6			36
194	Alan	Gray	M40		10			10
196	Roger	Taylor	M40		5			5
200	Sandy	Moffat	M50		1	1		2
208	Tim	Hulett	M60			1		1
209	Allan	Lock	M65		1			1

### Female Open

1	Heather	Cooke	SF	96	95	95	97	383
2	Sarah	Clark	SF	94	91	89	92	366
6	Madeleine	Moutrie	F45	75	79	75	83	312
13	Sue	Clayton-Drabble	F45	79	78	79		236
17	Sheona	Smee	F50	61		74	78	213
30	Ellie	Lock	SF	78	80			158
36	Mel	Bignell	F50		69	78		147
48	Carol	Debney	F60	45			60	105
62	Kit	Rapson	F40	52		43		95
74	Elle	Supple	FU20	86				86
87	Alison	Tay	SF		74			74
93	Claire	Todd	F45	70				70
118	Madeleine	Smee	FU20	57				57
123	Justine	Verwey	F40	54				54
125	Claire	O'Reilly	F35	51				51

# TRAINING – RUNNING AHEAD

I hope you all appreciate the effort the coaches put in ahead of the summer break. They had to work really hard organising the sessions over a 4 month period. To achieve this most were doing what they had previously done only on the odd occasion.

All this leaves us in a strong position going into the new season, with a pool of 11 coaches, all with more experience and confidence. On August 14<sup>th</sup> we held a constructive coaches meeting mapping out a challenging and hopefully enjoyable training rota for you all.

The plan this season is to push on with the training, by adding a few more midweek reps and also upping the Sunday mileage. We treat the juniors similarly and have added a Saturday training session 2-3pm around the Silverstone Woodlands (see training diary for venues). This will be the first Saturday of the month to start, with a format of Winter Cup races in the woods.

It will be the juniors who start our new season on Saturday September 3<sup>rd</sup> at Bucknell Woods, the following day 4<sup>th</sup> will see the seniors on a Sunday run 9.30am at The Old Dairy Farm, Upper Stowe, NN7 4SH. \*\*You will need some money for this one as the refreshments are from the Centres restaurant\*\* Bucknell Woods will be the venue for all midweek runs during September, with the juniors training on Tuesday's and Wednesday for the adults both meeting 6.30pm. The exception to this will be the week of the tour of Bucknells when we put on 3 races in 5 days for both juniors and seniors, the races will be on Tuesday 13<sup>th</sup>, Thursday 15<sup>th</sup> and Saturday 17<sup>th</sup> for the club Cross Country 9.30am also at Bucknells.

Bucknell Woods is approx. ½ mile outside Silverstone village on the Blakesley Road. We meet on a bridleway which is on the left at the top of the hill leaving the village. The bridleway is uneven but most park on it, there is limited flat parking 150 metres down the road, this requires a short walk through the Woods parallel to the road you have driven.

Here's to another good season.

Graham

Date	Group	venue	Session
September			
Sat 3 <sup>rd</sup>	Juniors	Bucknells	fartlek
Sun 4th	Seniors	Old Dairy farm	Sunday run
Tue 6th	Juniors	Bucknells	relays
Weds 7th	Seniors	Bucknells	relays
Sun 11th	Seniors	Infant school	Sunday Run
Tue 13th	Jun/Seniors	Bucknell tour	1,2,3 lap race
Thurs 15th	Jun/Seniors	“ “	Hill race
Sat 17th	Jun/Seniors	“ “	Club x country
Sun 18th	Seniors	Infant School	Sunday Run
Tue 20th	Juniors	Bucknells	reps
Weds 21st	Seniors	Bucknells	reps
Sun 25th	Seniors	Weston pub	Sunday run
Tue 27th	Juniors	Bucknells	hills
Weds 28th	Seniors	Bucknells	hills
October			
Sat 1st	Juniors	Bucknells	Junior cup
Sun 2nd	Seniors	Nether Heyford	Sunday run
Tues 4th	Juniors	Sponne	Lake reps
Weds 5th	Seniors	Circuit	Fartlek easy
Sun 9 <sup>th</sup>	Seniors	Infant School	Sunday Run
Tues 11th	Juniors	Sponne	1 minute exer
Weds 12th	Seniors	Circuit	Car Park

Sun 16th	Seniors	Infant school	Sunday Run
Tues 18th	Juniors	Sponne	Bleep test
Weds 19th	Seniors	Circuit	Bleep Test
Sun 23rd	Seniors	Infant School	Sunday Run
Weds 26th	Seniors	Circuit	Timed efforts
Sun 30th	Seniors	Wicken	Sunday Run
November			
Tues 1st	Juniors	Sponne	circuits
Weds 2nd	Seniors	Circuit	Winter Cup 1.6
Sat 5th	Juniors	Hazelborough	Junior cup
Sun 6th	Seniors	Nether Heyford	Sunday Run
Tues 8th	Juniors	Sponne	Indoor reps
Weds 9th	Seniors	circuit	Easy run
Sun 13th	Seniors	Infant School	Sunday Run
Tues 15th	Juniors	Sponne	Hills
Weds 16th	Seniors	Circuit	Car Park
Sun 20th	Seniors	Infant school	Sunday Run
Tues 22nd	Juniors	Sponne	1 minute exer
Weds 23rd	Seniors	Circuit	Fartlek
Sun 27th	Seniors	Greens Norton	Sunday Run
Tues 29th	Juniors	Sponne	Long Run
Weds 30th	Seniors	Circuit	Easy Run
December			
Sun 4th	Seniors	Nether Heyford	Sunday Run

## DUATHALON CORNER (some running)

### Silverstone Duathlon – 2<sup>nd</sup> August 2011

		Total	Run	Transition	Bike	Transition	Run
17 <sup>th</sup>	Andrew Taylor	58:04	12:14	00:23	32:14	00:23	12:50
83 <sup>rd</sup>	Samantha Roe	1:06:01	13:43	00:49	36:32	00:42	14:15
92 <sup>nd</sup>	Simon Peart	1:07:13	14:59	00:45	35:14	00:47	15:28
93 <sup>rd</sup>	Vince Roe	1:07:15	14:42	00:44	35:39	00:46	15:24
110 <sup>th</sup>	David Jarrett	1:09:14	13:55	00:33	39:30	00:44	14:59

## RACES – running forwards

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

Date	Event	Category
04/09/2011	<b>Bedford Harriers 10k</b>	
04/09/2011	<b>Kenilworth Half Marathon</b>	
11/09/2011	<b>Swineshead 10</b>	
11/09/2011	<b>Cotswold Classic 10 (Witney)</b>	
11/09/2011	<b>Stratford's Big 10k</b>	
13/09/2011	<b>Tour of Bucknell Woods Race 1, 6:30pm</b>	<b>Tour of Bucknells</b>
15/09/2011	<b>Tour of Bucknell Woods Race 2, 6:30pm</b>	<b>Tour of Bucknells</b>
17/09/2011	<b>Club XC, Tour of Bucknell Woods Race 3, 9.30am</b>	<b>Tour of Bucknells</b>
18/09/2011	<b>Cransley Hospice Half and 10k</b>	<b>NAA, SRRC (Half)</b>
25/09/2011	<b>Hatton 5 (multiterrain) nr Warwick</b>	

25/09/2011	<b>Oxford Half Marathon (new event)</b>	
25/09/2011	<b>Rushden 5</b>	
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	<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>	
23/10/2011	<b>Rugby 10</b>	
30/10/2011	<b>Pumpkin Half and 10k, Stanwick Lakes</b>	
12/11/2011	<b>Chiltern League Round 2, Watford</b>	<b>Cross Country</b>
26/11/2011	<b>Wolverton 5, Willen Lake</b>	
03/12/2011	<b>Chiltern League Round 3, St. Albans (tbc)</b>	<b>Cross Country</b>
Please see <a href="http://www.silsonjoggers.org.uk">http://www.silsonjoggers.org.uk</a> for more details		

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