



# The 10k Times

December 2007

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

**I MAY BE GONE FOR SOME TIME**



**Read the dramatic report from the Artic Circle,  
also known as the Wolverton 5 also known as the Willen 5)**

## REDUCING YOUR CARBON FOOTPRINT

As Global Warming masquerades in sub zero temperatures in November, we all have a duty to reduce our carbon footprint. The simplest way that a Silson Jogger can do this is to car share when going to events. It started during the summer with joined up trips to Market Harborough and Corby for their races. It has been going on for some time with a mini-bus to Cross Country. We all can however get far better at this.

- If you are running a race, let everyone else know and suggest car sharing
- Plan going to training on a Wednesday / Sunday better – offer to collect other Joggers on the way through
- Create less methane

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“Isn't it nice to see children cycling to school?”

## Results – off the road

**CARDIAC ARREST – OLNEY – 4<sup>th</sup> NOVEMBER**

**CHILTERN CROSS COUNTRY LEAGUE – MATCH 2  
OXFORD – 10<sup>th</sup> NOVEMBER**

### **Chiltern League Division 1 Oxford 10<sup>th</sup> November**

Silson Joggers continue to battle for their first division status, backed by some outstanding individual performances at Shotover Hill Oxford on Saturday.

The Joggers had a strong contingent of 30 runners to take on this classic cross country course, with each runner playing their part in keeping the club out of the bottom two.

Andy Wright produced an outstanding display of running to finish 28<sup>th</sup>. Also in fine form was veteran Jeff Haynes who was next across the line for Silson in 41<sup>st</sup> and 1<sup>st</sup> V50 home in the race. Showing big improvements on the previous race were Mark Armstrong 71<sup>st</sup> and in form Dan Taylor 123<sup>rd</sup>. Tony Keech can also be pleased with his run scoring good points for the club 147<sup>th</sup>. It was a strong showing from the men's team competing well with some of the best clubs in the area.

Ashley Phillips 28<sup>th</sup> in the under 15 boys race and Andrew Benyon 42<sup>nd</sup> in the under 13s can both take credit from their runs.

The ladies were out in force again, taking valuable points off the other clubs. Linda Lytollis and Heather Cook battled for the first green vest to cross the line, with Lytollis 27<sup>th</sup>, home five places ahead of Cook. Lynette Gilbey can be pleased with her first outing of the season, finishing 49<sup>th</sup> as can the rest of the ladies team.

Running in their first Chiltern League race Anna Lawson 47<sup>th</sup> and Ella Mills 49<sup>th</sup> adapted well in the under 13 girls race.

Silson remain 11<sup>th</sup> in the fourteen club league, but have closed significantly on the clubs above, and could move up the table at the next meet at Luton on December 1<sup>st</sup>.

#### Senior/Junior/Veteran Men

30	ANDY WRIGHT	37.55	700	M40	2
43	JEFF HAYNES	38.33	687	M50	1
60	CHRIS ROGERS	39.26	697	M40	12
74	MARK ARMSTRONG	40.12	681	M	34
96	SIMON WOODWARD	41.44	699	M	38
97	KEVIN REBOUL	41.46	696	M40	26
115	GRAHAM LINNELL	42.44	694	M50	18
126	DAN TAYLOR	43.48	698	M	48
132	DAVE COATES	44.13	683	M50	24
150	TONY KEECH	45.52	691	M40	45
159	ANDY TAYLOR	46.23	693	M60	3
168	BILL CUSHWAY	47.46	684	M40	52
170	ROB GILLIES	47.59	686	M	62
180	JAMES LAWRIE	49.19	701	M	64
188	BRIAN KEERS	50.07	692	M40	58
202	ALAN LOCK	57.17	695	M60	10
209	TIM HULLETT	61.32	689	M60	16

#### Under 15 Boys

26	ASHLEY PHILIPS	16.33	681	M15	26
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#### Under 13 Boys

42	ANDREW BENYON	16.36	683	M13	42
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#### Senior/Veteran Ladies

27	LINDA LYTOLLIS	26.55	707	F35	8
32	HEATHER COOK	27.26	703	F	23
49	LYNETTE GILBEY	30.01	709	F	31
62	MEL BIGNELL	31.34	701	F45	12
63	JENIFER ARMSTRONG	31.43	700	F	36
64	MADELINE MOUTRIE	31.56	708	F45	13
71	REBECCA HINKSMAN	33.40	704	F	39
74	NATASHA KING	34.22	706	F	40
77	EMMA SAMBROOK	35.13	699	F	42

#### Under 13 Girls

47	ANNA LAWSON	15.28	686	F13	47
49	ELLA MILLS	15.35	685	F13	49

### **Lidingöppet and Åland half marathon 2007.**

Without a doubt the Lidingö race is a tough one. 30k of undulating tracks, mainly in forest with one short stretch on a service road on the outskirts of a small town and two grass sections to start and finish on. It is billed as the largest cross country / multi terrain race in the world. The 30k is the main event in a weekend of races and occupies Saturday afternoon from 12.30. The programme starts on Friday at 11.00 with 1.7k and 4k races for the partially disabled and finishes 13.30 - 14.30 on Sunday with a ladies 10k. The races range from 1.7k for seven year olds through 3, 4, 6, 7.5, 10 and 15k for other age groups and each one uses a part or parts of the 30k course; the whole event is extremely well organised e.g. free accommodation for groups in local schools, free busses to and from the end of the Stockholm underground system for the whole weekend, Pasta Party etc. The island of Lidingö lies within the city of Stockholm and is reached by a road and overground railway bridge. This year a total of 33,919 people registered for the races of whom 25,789 completed their event. The 30k race had 8412 men and 2082 lady finishers. As some of the forest trails are probably only 1 - 2m wide it is necessary to spread the competitors and so groups start at 10 minute intervals, in our race there were nine of these. The start section is on a 200m wide grass heath leading to a graded stone road after approximately 1k, the road passes through a small village for about 800m and the course then narrows into forest tracks.

In the summer when Anne and I walked the first 8k and then, the next week, when I did a test run on the last 16.5k of the course, the weather was beautiful and I could enjoy outstanding scenery and superb running conditions underfoot in road shoes – a truly magical experience. Unfortunately on September 29<sup>th</sup> we had steady drizzle all morning and, just as my group was waiting for the field gun to start us (no klaxon or pistol for this race), the heavens opened and we were drenched! As the wet weather had been forecast I was wearing my cross country shoes, these gave me too much confidence though and I started off too quickly. For some reason my watch let me down so, instead of pacing myself according to the heart monitor (which was how I had trained), I had to run ‘blind’.

I can't really remember when it hit me but, looking at my splits (from the chip timing), it was probably after about 18k that the energy gap appeared. What a fool to leave too long an interval between eating and starting the race and an even bigger fool to ignore the energy drinks at the three stations I had passed! Too late I started those drinks and ate some banana, a salt gherkin and a wholemeal ‘bullar’. For a large part of the last 10k I was exhausted and the two large hills, at 5k and 3k to go, were a slow trudge rather than the determined run that I had achieved in the summer. However, I did manage to run in at the finish, but this effort was too late and only managed the last 5k in 51 minutes. Overall I was placed 29<sup>th</sup> out of 49 in my age group.

Joseph Kimisi, Kenya won the race in 1.40.44, Jussi Utriainen, Finland was second in 1.41.07 and Henrik Ahnström, Sweden third in 1.41.23. The ladies race was won by Isabellah Andersson, Sweden in 1.57.54. Of particular interest to me was to recognise another competitor on a bus while returning home after collecting my number etc. on Friday afternoon. Why? I had first met Lotta Andersson and her husband on a bus while travelling to the Åland marathon last October! She won on that occasion and but only managed 33<sup>rd</sup> lady at Lidingöloppet, 3<sup>rd</sup> in her age class (45) with a time of 2.23.57.

Having learnt my lesson about proper food

preparation the situation was better when I entered the Åland half for the second time on 28<sup>th</sup> October 2007. No snow this year and a temperature of between five and six degrees C, a bit gloomy but no rain; the only weather problem was a strong headwind on parts of the return leg. The course was exactly the same as last time (so I will not bore you with the details) and I used the drinks stations, my time was 2m 43s up at the turning point and 2m 38s at the finish; I was pleased and look forward to improving again next year.



*Allan Lock*

## BIRTHDAYS

**In December we celebrate:**

**Andrew Taylor – 12<sup>th</sup>**

**Bev Place – 17<sup>th</sup>**

**Tim Hulett – 18<sup>th</sup>**

**Sue Clayton-Drabble – 30<sup>th</sup>**

**Thomas Schilling – 31<sup>st</sup>**

## RESULTS – ON THE ROAD

I have been busy running many events during 2007 including the London Marathon but it is the 3 Half Marathons in 3 weeks that I would like to report.

NO 1 - Great Eastern Run Peterborough.	New PB	1HR 24MIN	14/10/2007
NO 2 - Porto {Portugal} Half Marathon.		1HR 28MIN	21/10/2007
NO 3 - Stevenage, Herts		1HR 27MIN	4/11/2007

With regards to Porto, I had booked along weekend city break months ago then realized that the marathon was on the same weekend. Thought it would have been bloody rude not to run it whilst there. Weather was amazing but not for running! Temperature was 83 degrees Sunny not a cloud in the sky. I even witnessed 2 leading Kenyans collapse at the half way point of the Marathon. Absolutely cracking event, would thoroughly recommend to any fellow members who would consider either a marathon or half abroad. For some reason the course measured 13.6 miles on not only my GPS but other runners also, so potential time was approx 1HR 25MIN, but hey ho.

Both of the other events were run in dry bright conditions, although cold and bit breezy.

Credit due to Fairlands Valley Spartans Running Club for a well organised and excellent event in the Stevenage Half Marathon. Great event, Recommended.

Will see you soon at Silverstone Circuit for training.

Best Regards,

*Carl Hermans*

### OPEN UNIVERSITY TOUR

For those that are based in Milton Keynes there are regular runs organised at lunchtime from the Open University. These start at around 12.30. This year the tour took part on 12<sup>th</sup> / 14<sup>th</sup> and 16<sup>th</sup> November over a variety of distances. Our very own Linda Lytollis won the F35 competition and was second lady overall.

Her times were as follows:

12/11/07 - 5 miles – 34:43

14/11/07 – 5km – 21:56

16/11/07 – 7 miles – 49:59



## WILLEN 5 – 24<sup>th</sup> NOVEMBER

Well, actually it was not that bad. Sure it was cold. Sure it was windy. At least it was dry, unlike a couple of years ago. The timing was done using ankle chips and the results show gun to line and line to line times. This did produced some anomalies in that Brian Keers must have started with the elite runners (rightly so he may say), whereas it took me 45 seconds to cross the line. However, I am not complaining because the line to line time was a M50 PB for me by 37 seconds and Claire Todd lowered the F45 club record by lots. Congratulations also to the two Dan & Andy Taylor for having the decency of being properly dressed during the race,

Joggers line to line times:

Andy Wright	28:44	Brian Keers	36:06
Simon Woodward	30:26	Rachel Jordan	37:16
Dan Taylor	33:02	Claire Todd	37:38
Andrew Taylor	33:15	John Fowler	43:27

*John Fowler*

## THE NEXT 10k TIMES

As you will know the 10k Times is now monthly. I need to know in ideally in advance what races you are running in and the results with a brief report and photograph.

Any other items, newsworthy or others will be gratefully received and, no doubt, published.

## TRAINING – running backwards

Winter Cup Round 1 - Wednesday November 14<sup>th</sup>

### 1.6 mile trial - Weather cold and still

Mark Armstrong	9.03	Dave Lantsbery	10.59
Graham Linnell	9.42	Mel Bignell	11.47
Dave Coates	9.46	Lisa Nightingale	12.03
Bill Cushway	9.56	Madeleine Moutrie	12.06
Thomas Phelps	9.58	Allan Lock	12.18
Ashley Philipps	10.03 jnr	Jennifer Armstrong	12.24
Rob Gillies	10.04	Ian Haynes	12.28
Simon Woodward	10.04	Natasha King	13.00
Linda Lytollis	10.22	Rosy Moffatt	13.23
Heather Cook	10.39	Emma Sambrook	13.24
Brian Keers	10.42	Pam Gearing	13.40

John Fowler ran his time trial the following week in windy conditions in a staggering time of 13.39. His watch actually said 7.56 but he thinks that was the clock rather than the stop watch and that it was still on British Summer Time

Next round the 2.5 mile trial Wednesday December 5th

# TRAINING – running forwards

## Training

*Well it is with great relief I can officially say we are back running on Silverstone Motor Racing Circuit.*

*Thank you all for being so understanding during the difficult period, it was very worrying for myself as I could see an accident happening around Silverstone village.*

*The circuit has always been the backbone of the club, and helped with us drawing in the training numbers we have now.*

*Not only is it a safe environment to run on, it also shows with the Silverstone 10k it is a attraction for runners.*

*A lot of credit must go to Dr Frank Newton our club president for the negotiations between the circuit and your club.*

**As these are the last training notes before Christmas have a wonderful time and a happy and healthy New Year to you all**

## December

Sun 2 <sup>nd</sup>	Alison & Graham Nether Heyford
Wed 5 <sup>th</sup>	Silverstone Circuit (2.5 mile time trial)
Sun 9 <sup>th</sup>	Silverstone Infant School
Wed 12 <sup>th</sup>	Silverstone Circuit
Sun 16 <sup>th</sup>	Silverstone Infant School
Wed 19 <sup>th</sup>	Silverstone Circuit
Sun 23 <sup>rd</sup>	Silverstone Infant School
Wed 26 <sup>th</sup>	Mince Pie Run Alison & Graham meet 10am
Sun 30 <sup>th</sup>	no run

Meeting at 9.30am for Sunday runs and 6.30pm for Wednesday runs

**\*\*Please note the mince pie run meets at 10am at Nether Heyford\*\***

We will go and find a steep hill

# FLORA LONDON MARATHON 2008

Has anyone applied for an individual place for the Marathon? If so, please let me know as soon as possible. You should receive you answer in early December.

The club has **TWO GUARANTEED CLUB PLACES** for the marathon. To be eligible for selection you must be a fully paid up first claim member and have applied for an individual place and have been rejected. There is a ballot if there are more than two members. If there is no-one meeting these criteria then other members may apply. So far there I know of one person who has applied through the ballot to run. If anyone wants to run but has not entered through the official route then please let me know as soon as possible.

*John Fowler*

# JUNIOR JOGGERS – looking ahead

## *Silson Junior News December & January*

I would like to begin by saying again how happy we are at Silson Joggers with the progress our junior group has been making, during the early stages of relaunching the section.

We continue our training in December on Tuesdays 4<sup>th</sup>, 11<sup>th</sup> and 18<sup>th</sup> when we will have some festive competition. After the Christmas break January 8<sup>th</sup> will be the first Sponne session along with 15<sup>th</sup>, 22<sup>nd</sup> and 29<sup>th</sup>.

The competition that we can offer during this period are Chiltern League Cross Country races on December 1<sup>st</sup> at Luton and the 12<sup>th</sup> January is at Slough. An extra competition we can offer during this period, for the under 13 and under 15 age groups is a Sports Hall fixture at Weavers School in Wellingborough. This competition will be offered to all our juniors, and will run from 2.45pm to 5.30pm on Saturday December 15<sup>th</sup>.

Silson Joggers recently attended a meeting with South Northants and East Midlands Athletics. The two organisations were keen to email all the local schools, thus saturating our junior training sessions with many children. As a club we are resisting such a change, with a view to adding slowly to the group we already have.

I would like to thank all the parents and junior members for their enthusiasm and help with Silson's new venture.

And wish you all a happy and healthy Christmas and New Year.

*Graham Linnell*

## DIARY DATES

**FLORA LONDON HALF MARATHON  
SILVERSTONE CIRCUIT  
SUNDAY 9<sup>th</sup> MARCH 2008**

**THE BIG ONE – SILVERSTONE 10k  
TUESDAY 6<sup>th</sup> MAY 2008**

**RACE FOR LIFE 5k  
WEDNESDAY 11<sup>th</sup> JUNE 2008**

**“REQUESTS FOR VOLUNTEERS”  
WILL BE MADE IN THE NEW YEAR**

# LOOKING AHEAD

## A SELECTION OF LOCAL(ISH) RACES

1 <sup>st</sup> December	Chiltern Cross Country	Luton
9 <sup>th</sup> December	Andy Reading 10k	Bicester
9 <sup>th</sup> December	½ marathon	Bedford
16 <sup>th</sup> December	2.3km / 5k / 10k	Campbell Park Canter
1 <sup>st</sup> January	5 miles	Coventry
5 <sup>th</sup> January	County Cross Country	Corby
12 <sup>th</sup> January	Chiltern Cross Country	Slough
13 <sup>th</sup> January	5k / 10 / 15k	Wellingborough multi terrain
20 <sup>th</sup> January	5 miles	Wendover multi terrain
26 <sup>th</sup> January	Road Relays	Leamington Spa
3 <sup>rd</sup> February	5k / 10 / 15k	Wellingborough multi terrain
9 <sup>th</sup> February	Chiltern Cross Country	Wing
17 <sup>th</sup> February	Hardwick	X-Stream
17 <sup>th</sup> February	35 miles & marathon	Draycote Water
23 <sup>rd</sup> February	English Cross Country	Alton Towers
24 <sup>th</sup> February	5k / 10 / 15k	Wellingborough multi terrain
2 <sup>nd</sup> March	½ marathon	Milton Keynes
16 <sup>th</sup> March	20 miles	Oakley, Bedford
23 <sup>rd</sup> March	Cardiac Arrest	Olney
6 <sup>th</sup> April	10k	Leamington
20 <sup>th</sup> April	10k	Flitwick
27 <sup>th</sup> April	Daffodil Run	Althorp
4 <sup>th</sup> May	3k / 10k	Titchmarsh
5 <sup>th</sup> May	5 miles	Weston
<b>6<sup>th</sup> May</b>	<b>THE BIG ONE</b>	<b>SILVERSTONE (EMGP 1)</b>
14 <sup>th</sup> May (provisional)	6 miles	Rugby (EMGP 2)
18 <sup>th</sup> May	12k	Stevington, Bedford
21 <sup>st</sup> May (provisional)	6 miles	Bedford (EMGP 3)
26 <sup>th</sup> May	800m / 2k / 10k	Upper Boddington
28 <sup>th</sup> May (provisional)	5 miles	Corby (EMGP 4)

3 <sup>rd</sup> June (provisional)	10k	Weedon (EMGP 5)
8 <sup>th</sup> June	10k	Two Castles, Kenilworth
10 <sup>th</sup> June (provisional)	5 miles	Banbury (EMGP 6)
17 <sup>th</sup> June (provisional)	5 miles	Market Harborough (EMGP 7)
22 <sup>nd</sup> June	2k / 12k	Farnborough, Banbury
29 <sup>th</sup> June	10k	Thame
30 <sup>th</sup> June	10k	Leafield, Witney
1 <sup>st</sup> July (provisional)	10k	Milton Keynes (EMGP 8)

Where runners are entering local races please feel free to contact other members of the club to encourage them to also take part. Do not forget to let 10k TIMES have the results and a report as soon as possible afterwards – the Local Press are desperate for any news.