



The 10k Times

February 2008

www.silsonjoggers.org.uk



**SILSON JOGGERS EXPECTS EVERY MAN AND WOMAN
TO DO THEIR DUTY AND TO RUN AT THE LAST
CHILTERN LEAGUE CROSS COUNTRY AT WING ON
SATURDAY 9th FEBRUARY**

BIRTHDAYS

In February we celebrate:

7th – Kevin Reboul
9th – Andy Hoare
17th – Helen Taylor
19th – Dieter Sullivan
23rd – Steve Lincoln
24th – Simon Woodward



THE BIG ONE – SILVERSTONE 10K

The date has now been confirmed for Tuesday 6th May 2008 for our 10k. This is the 25th running of the race and to celebrate we will be producing a commemorative T shirt for all runners on the night.

There will be an opportunity for companies to have their logo on the T shirt in return for a very modest donation to the club. If you are interested or can persuade your employer, then please let me know as soon as possible.

John Fowler

Results – off the road

MIDLAND COUNTIES – 5th JANUARY

Men's Race

10	Andy Wright	38:43
32	David Coates	43:10
34	Dan Taylor	43:54
40	James Laurie	47:33

Ladies Race

11	Linda Lytollis	28:13
13	Heather Cooke	28:49
18	Claire Todd	30:32

FOREST OF DEAN – 6th JANUARY – 10.4k

SHIRLEY WILLIAMS SECOND IN AGE GROUP

Richard Popiel and I recently took part in the Forest of Dean trail race. We both run with a group from Whittlebury Hall, and six of us decided it would be a good idea to do this race at Mallards Pike, near Blakeney, next to the 'Go Ape!' site. It's a beautiful location with plenty of car parking, an attractive lake and a large grassy area suitable for post-run picnics – but not in January! There were several picnic tables and fixed barbecues, so in the summer it would be perfect to leave the family to get the barbie going while you trot off for a run round the course, which was set up by Adidas and the Forest of Dean AC.

The race offered the choice of doing one, two or three circuits, making a total distance of

just over 5, 10 or 15k. Richard and I took part in the 'just over 10k' race which my GPS measured as 6.4 miles. The course was completely devoid of any flat bits, which I found challenging – the first half of the circuit was a gradual uphill and the second part was all downhill. The trail surface was good: firm and not muddy. There were 70 runners in the 10k race, 70 in the 15k race and 25 in the 5k option.

I know you'll be interested in our times: Richard was quite stressed because he was worried his brother-in-law was going to beat him, and as a result put in a commendable performance, finishing in 48.10, a good 50 seconds ahead of his rival. This put him 20th

overall and 6th in his age category. I kept Rene, Richard's sister, in view for most of the race, but unlike Richard, I don't get stressed because people are ahead of me and I crossed the line in 59.33, over a minute behind Rene. I thoroughly enjoyed my run – the scenery was beautiful and the weather

was perfect. The race was chip timed so the results were available as soon as we'd finished, resulting in some surprise and a great deal of smiling when we found that Rene had won the 'Ladies over 50' class and I was second. The trophy will be on my mantelpiece for the foreseeable future....

Shirley Williams

CHILTERN CROSS COUNTRY LEAGUE – MATCH 4 SLOUGH – 12th JANUARY

A great performance by all runners saw Silson Joggers take another step to ensuring that we will be competing in Division 1 again next season. The league table sees the club climbing one place to 11th and increase the points difference over the sides below them. The poorest performances on the day must be by the coach and the coach driver, who combined to make for a nervous trip to Slough. His in coach satellite navigation system – Graham "Tom Tom" Linnell – did not help much when we had to get into and out of Slough

Senior/Junior/Veteran Men

49	ANDY WRIGHT	30.47	700	M40	12
54	CHRIS ROGERS	30.55	697	M40	14
68	JEFF HAYNES	31.50	687	M50	3
73	MARK ARMSTRONG	32.00	681	M	30
74	SIMON WOODWARD	32.00	699	M	31
79	KEVIN REBOUL	32.13	697	M	34
83	TOM PHELPS	32.33	704	M	36
94	DAN TAYLOR	33.22	698	M	39
96	CARL HERMANS	33.27	702	M	40
121	GRAHAM LINNELL	34.50	694	M50	15
142	ROB GILLIES	36.31	686	M	56
144	TONY KEECH	36.44	691	M50	19
149	JAMES LAURIE	37.15	701	M	59
150	JIM DARCY	37.22	685	M40	45
154	NORMAN CARTER	37.46	682	M50	24
161	BRIAN KEERS	39.32	692	M40	48
163	RICHARD POPIEL	40.08	693	M40	49
168	MIKE JONES	40.33	703	M50	28
180	TIM HULLETT	44.42	689	M60	10

Under 15 Boys

17	ASHLEY PHILIPS	14.16	681	M15	17
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Under 13 Boys

46	ANDREW BENYON	12.18	683	M13	46
49	JASON DICKENSON	14.55	684	M13	49

Senior/Veteran Ladies

28	LINDA LYTOLLIS	24.20	707	F35	9
29	HEATHER COOK	24.29	703	F	18
35	LYNETTE GILBEY	26.15	709	F	20
36	CLAIRE TODD	26.29	710	F45	6
45	MEL BIGNELL	28.37	701	F45	9
50	MADELEINE MOUTRIE	29.27	708	F45	12
54	JENNIFER ARMSTRONG	30.10	700	F	25

Under 13 Girls

50	ANNA LAWSON	10.51	686	F13	50
60	ELLA MILLS	11.28	685	F13	60

WELLINGBOROUGH MULTI-TERRAIN 10k – 13th JANUARY 2008

Roger Taylor 46:48

CAMPBELL PARK CANTER – 20th JANUARY 2008

10k

4 Andy Wright 45:17 5 Mark Armstrong 45:54

5k

Jennifer Armstrong 33:19

MIDLAND COUNTIES CROSS COUNTRY CHAMPIONSHIPS 26th JANUARY 2008

Men's were 26th team:

113	Andy Wright
136	Mark Armstrong
194	Thomas Phelps
213	Dan Taylor
217	Graham Linnell
281	Tony Keech
282	Jim Darcy

Ladies were 27th team

123	Claire Todd
152	Mel Bignell
153	Madeleine Moutrie
165	Jennifer Armstrong

Andy Wright is picked for the County men's team with Linda Lytollis and Heather Cooke reserves for the County ladies team. Congratulations to them all

Two photographs this month for the caption competition:



ONE RUNNERS VIEW OF CROSS COUNTRY LIFE

In an idle moment following our superb team effort at the Slough Cross Country, I was wondering which our best performance of the season was. We gained 1221 points in Slough and a simple look at the points gained in each round suggests that Oxford (1382) and Watford (1282) points were both better than this.

But we've all been training really hard and improving since those races last year – so I thought there must be more to it. One idle moment soon followed another and before I knew it I'd imported the data into Excel and drawn a graph! At the risk of getting earmarked as Eddie's apprentice stato, I thought I'd send my findings in for the newsletter!

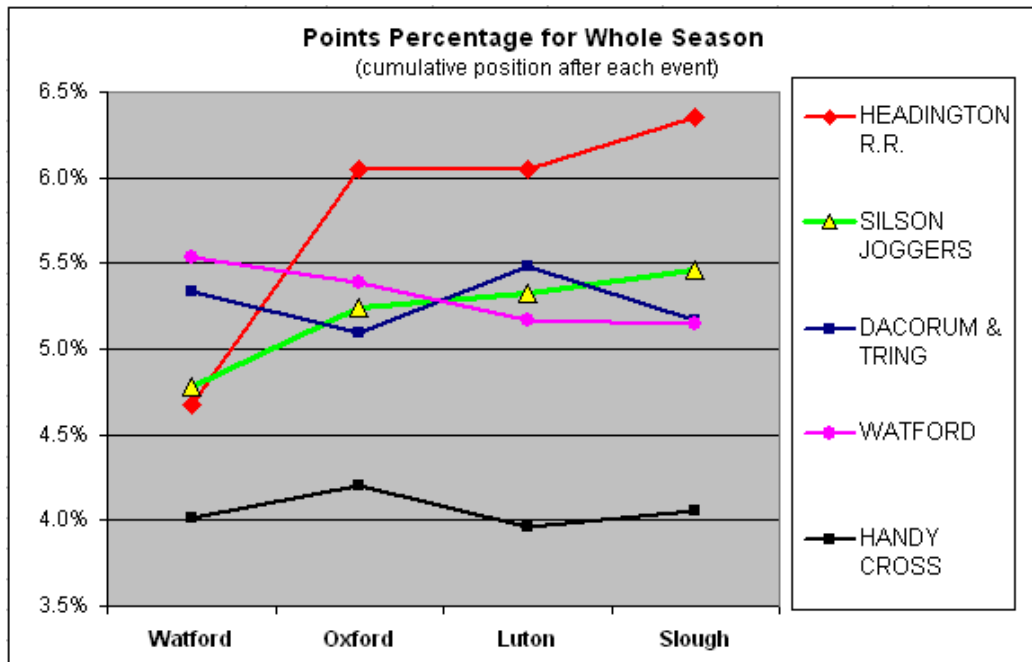
One simple measure of our performance is the league position at the event itself. Our best so far was 10th at Oxford. In Slough we finished 11th and in the other two 12th. But it still felt like we did better in Slough to me, so I couldn't stop there.

The way the Cross Country points system works, there are more points on offer when there are more runners in the race – when there are 300 in the race, the winner gets 300pts and last place gets one. In Watford, there was about a third more runners than Luton so it made it relatively easier to score points, but our rivals scored more as well.

So, below I've calculated our "points percentage" in each race – our team points as a proportion of the total points scored at that event. This gives the truest measure of our overall effort. And sure enough, this proves that Slough was our best performance (I knew I was right!)

	Watford	Oxford	Luton	Slough
Silson Points Earned	1,282	1,382	1,109	1,221
Silson Position in Event	12	10	12	11
Total points for all teams	26,798	24,037	19,966	20,713
Silson Points Percentage	4.8%	5.7%	5.6%	5.9%

Using the same measure and plotting our overall points percentage against our league rivals shows how we have all done relatively. Realistically it will now be between Silson, Dacorum and Watford as to who gets the second relegation place. And our main reason to be cheerful is that of the 3, only Silson has improved its overall points percentage after each round.



So what does this all mean, I hear you asking (those of you haven't lost the will to live by now). Well...

- We are improving and Slough was our best performance to-date
- I may well be more tedious with statistics than Eddie
- We still need to run our socks off in Wing to stay in the 1st Division
- But, based on the chart above, we are getting stronger and we can definitely do it!

Simon Woodward

FLORA LONDON MARATHON 2008

Congratulations to ROB FARMER & KEVIN REBOUL for winning the guaranteed club places. Commiserations go to Stuart Branch, Rosie Moffat, Dan Taylor & Simon Woodward.

TOM PHELPS & DAVID COATES also have entries.

DIARY DATES

FLORA LONDON HALF MARATHON SILVERSTONE CIRCUIT SUNDAY 9th MARCH 2008

THIS IS THE SECOND CALL FOR VOLUNTEERS.
JUST A REMINDER THAT THE EARLIER THAT YOU OFFER THE MORE CHANCE
THAT YOU HAVE OF GETTING A FAVOURABLE MARSHALLING POSITION –
ALCOHOL MAY ALSO HELP!

JUST DO IT – YOU KNOW THAT IT MAKES SENSE

THE BIG ONE – SILVERSTONE 10k TUESDAY 6th MAY 2008

RACE FOR LIFE 5k WEDNESDAY 11th JUNE 2008

JUNIOR JOGGERS

It was quite apparent on the first training session after the Christmas break, our youngsters had enjoyed their holidays. I don't have a problem with that, as they have all worked hard with good attitude.

The Slough Cross Country followed on the Saturday, with the fast flatish course catching several by surprise. Having said that the support at the course was superb, and helped the club achieve the excellent result.

We are back to regular sessions now and the fitness levels are good again.

February 12th is the last Chiltern league fixture of the season, with the mini bus leaving Sponne School at 11.30am for Wing near Leighton Buzzard.

Junior training will continue at Sponne School during March, after which Sixfields running track will be used in Northampton on Friday evenings.

*****The club have decided to cancel the half term session on February 12th.
So there will not be any training on that Tuesday. *****

During February training will be on Tuesdays 5th, 12th and 26th 6.30pm at Sponne School

TRAINING – running backwards

WINTER CUP – RACE 3 – 5km – 2nd JANUARY

REAL CREAM STARTS TO RISE TO THE TOP!

		Race 3 Target		Race 3 Actual		Winter Cup Points
Mark	Armstrong	18	55	19	6	100
Jennifer	Armstrong	25	59	26	29	100
Mel	Bignell	24	40	24	26	164
Dave	Coates	20	10	19	59	161
Heather	Cook	22	2	22	0	152
Jim	Darcy			21	10	100
Rob	Farmer			22	38	100
John	Fowler	28	55	27	45	200
Rob	Gillies	20	35	21	13	100
Ian	Haynes	26	42	26	17	175
Natasha	King	27	50	28	1	100
Dave	Lantsbery	23	31	22	43	198
James	Lawrie			21	48	100
Allan	Lock	26	20	27	27	100
Rosy	Moffat	28	40	29	48	100
Sandy	Moffat			26	36	100
Madeleine	Moutrie	25	55	26	50	100
Thomas	Phelps	20	42	20	20	172
Emma	Sambrook	28	40	27	57	193
Dan	Taylor			20	19	100
Shirley	Williams			27	36	100
Jody	Willis			21	5	100
Simon	Woodward	19	59	19	10	199

Points table after three races

		Points
Simon	Woodward	499
Thomas	Phelps	472
John	Fowler	460
Dave	Coates	459
Mel	Bignell	457
Heather	Cook	452
Rob	Gillies	400
Dave	Lantsbery	398
Jennifer	Armstrong	393
Mark	Armstrong	385
Allan	Lock	363
Madeleine	Moutrie	358
Natasha	King	356
Linda	Lytollis	300
Rosy	Moffat	300
Graham	Linnell	296
Emma	Sambrook	293
Ashley	Phillips	283
Ian	Haynes	275
Bill	Cushway	264

Qualification to appear in table: 2 races

(JF in 3rd place – the computer must be malfunctioning!) ES / 3 Jan 08

TRAINING – running forwards

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

Seniors

Sun 3 rd	Graham & Alisons
Wed 6 th	Circuit
Sun 10 th	Infant School
Wed 13 th	Circuit (winter cup 1.6 mile trial)
Sun 17 th	Infant School
Wed 20 th	Circuit
Sun 24 th	Chackmore car park (run in Stowe Grounds)
Wed 27 th	Circuit

Juniors

Tues 6th Sponne School
Tues 12th Sponne School
Tues 19th Half Term. No Training
Tues 26th Sponne School

Letters

From Country Lion (Northampton) Limited

23^d January 2008

Dear Silson Joggers

Trip to Slough

Further to your recently completed feedback form please accept my sincere apologies for the problems you experienced during your journey to Slough on 12th January.

The driver reported a fault as soon as he returned to the depot and our onsite mechanics inspected the vehicle. They were unable to find any problem with the gears and so we undertook a routine assessment of the driver of the vehicle you had travelled in. We found that the driver was engaging 3^d gear instead of 1st gear and 4th gear instead of 2nd gear, hence meaning the vehicle was in too high a gear to progress as it should. The driver has realised that this was the problem during your journey and send his apologies for the delay you experienced as a result. We had familiarised the driver with the vehicle prior to your trip, however he is now fully aware of the positioning of the gears and as such we feel confident such a problem would not occur in the future.

Once again I apologise for the problems you experienced. We do maintain our vehicles to an extremely high standard, and would never send a vehicle with a defect on a trip, however we rely on our drivers to drive the vehicles correctly and on this occasion it would appear this has not happened.

I trust this meets your satisfaction. However should you require any further information please do not hesitate to contact me.

*Michelle Jaffray
Human Resources*

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.

LOOKING AHEAD

A SELECTION OF LOCAL(ISH) RACES

3 rd February	5k / 10 / 15k	Wellingborough multi terrain
3 rd February	Half Marathon	Watford
9 th February	Chiltern Cross Country	Wing
17 th February	Hardwick	X-Stream
17 th February	35 miles & marathon	Draycote Water
23 rd February	English Cross Country	Alton Towers
24 th February	5k / 10 / 15k	Wellingborough multi terrain
24 th February	10k	Winslow
2 nd March	½ marathon	Milton Keynes
2 nd March	½ marathon	Reading
2 nd March	½ marathon	Berkhamsted
16 th March	20 miles	Oakley, Bedford
16 th March	5k	Great Horwood
23 rd March	Cardiac Arrest	Olney
24 th March	10k	Stanwick
30 th March	10 miles	Sandy
6 th April	10k	Leamington
20 th April	10k	Flitwick
27 th April	Daffodil Run	Althorp
4 th May	3k / 10k	Titchmarsh
5 th May	5 miles	Weston
6th May	THE BIG ONE	SILVERSTONE (EMGP 1)
9 th May	5k	Blisworth
14 th May	6 miles	Rugby (EMGP 2)
18 th May	12k	Stevington, Bedford
21 st May	6 miles	Bedford (EMGP 3)
26 th May	800m / 2k / 10k	Upper Boddington
28 th May	5 miles	Corby (EMGP 4)
1 st June	10k	Whipsnade
3 rd June	10k	Weedon (EMGP 5)
8 th June	10k	Two Castles, Kenilworth
10 th June	5 miles	Banbury (EMGP 6)

17 th June	5 miles	Market Harborough (EMGP 7)
20 th – 22 nd June	Marathon in 3 races	Colworth
21 st June		Darren's Dash
22 nd June	2k / 12k	Farnborough, Banbury
29 th June	10k	Thame
30 th June	10k	Leafield, Witney
1 st 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.