The 10k Times

January 2008

www.silsonjoggers.org.uk

I'M A CELEBRITY - GET ME OUT OF HERE

Celebrity Silson Jogger, James Laurie, succeeds with his first trial "herding the other contestants into the sheep pen".

Unfortunately for James, he thought that he had won drinking vouchers for himself, but Rachel Jordan had already exchanged them for the "Me run today? No chance" vouchers.

Letters

What a lovely surprise to discover Alison and Graham on my doorstep this morning, with Alison almost hidden behind that beautiful bouquet of flowers. Thank you all so much for your kind messages, it just made my day.

I was thinking of you all at the Luton X-Country on Saturday, battling against that gruesome weather and making up for it all later at the Christmas dinner. I understand that a jolly time was had by all, some being more "jolly" than others, not mentioning any names, of course!

I can't wait to start running with the Club again and get lost in the woods and on the Circuit in the dark! And to collapse in the heat during summer races. Almost freeze / get blown away / soaked whilst marshalling, and annoy Graham during training sessions; bet he's missed having to repeat everything he says! Life just isn't so much fun without running.

See you all in the spring.

Carol Debney

KIT MAN

New club stock is always available including an exciting range of unisex head gear.

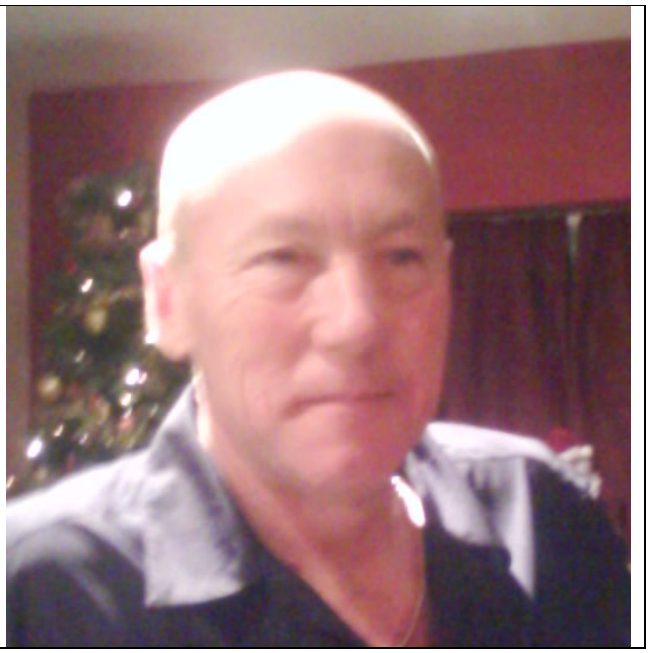
Ideal for those colder days or to reduce the chances of dehydration. Guaranteed not to ruin your hair. Available in a range of sizes.

BIRTHDAYS

In January we celebrate:

Norman Carter – 2nd
Who had an early 50th birthday party)

Claire Todd – 4th
Laura Kerrison – 11th
Dan Taylor – 16th
Carl Hermans – 22nd
Rosie Moffat – 27th
Shirley Williams – 30th



Results – off the road

I ran in Boston USA while on a break, Fenwick 5k x country - 21 minutes , first Englishman aged 40 across the line, bloody freezing, great course with loads of goodies, t shirts, sports bars, pizza, beers all for 10 dollars - 5 quid. Top day out but bloody cold though.

Stewart Wilson

CHILTERN CROSS COUNTRY LEAGUE – MATCH 3
LUTON – 1st DECEMBER

.

Senior/Junior/Veteran Men

49	JEFF HAYNES	39.00	687	M50	2
51	CHRIS ROGERS	39.15	697	M40	5
63	MARK ARMSTRONG	40.05	681	M	33
64	ANDY WRIGHT	40.13	700	M40	10
84	KEVIN REBOUL	41.50	696	M40	19
99	CARL HERMANS	42.47	702	M	44
100	DAN TAYLOR	42.47	698	M	45
103	GRAHAM LINNELL	42.55	694	M50	13
111	DAVE COATES	43.28	683	M50	17
136	TONY KEECH	46.26	691	M50	22
138	ROB GILLIES	46.32	686	M	56
145	JAMES LAWRIE	48.38	701	M	58
146	BILL CUSHWAY	48.57	684	M40	40
152	BRIAN KEERS	49.50	692	M40	41
156	ANDY HOARE	51.22	703	M50	30
166	TIM HULLETT	56.16	689	M60	8

Under 15 Boys

22	ASHLEY PHILIPS	15.46	681	M15	22

Under 13 Boys

46	ANDREW BENYON	14.54	683	M13	46

Senior/Veteran Ladies

24	LINDA LYTOLLIS	25.55	707	F35	7
28	HEATHER COOKE	27.02	703	F	17
41	LYNETTE GILBEY	28.56	709	F	21
42	CLAIRE TODD	29.07	710	F45	8
47	MADELINE MOUTRIE	30.27	708	F45	11
51	MEL BIGNELL	31.02	701	F45	13
54	JENIFER ARMSTRONG	31.16	700	F	24
57	REBECCA HINKSMAN	32.28	704	F	25
62	EMMA SAMBROOK	35.22	699	F	27

Under 13 Girls

48	ANNA LAWSON	16.35	686	F13	48
57	ELLA MILLS	17.31	685	F13	57

Graham Linnell

HUNCOTE HASH - Sunday 30th December

For some reason whilst browsing t'internet last week I thought it might be a good idea to enter the Huncote Hash – 6 mile'ish cross country near Leicester. There were two main reasons for this – primarily I thought it would make a good 'sharpener' for the County Cross Country on the following Saturday and secondly I was determined to find out what a cob was and why they were giving them away with every serving of soup after the race.

The morning of the race dawned and the weather was pretty indifferent, overcast, cold but at least neither raining nor freezing. Pleased with myself for getting up before 9am on a Sunday morning I headed confidently, if not a little cockily, to the race.

With a noticeable lack of lurid Silson vests I had to console myself with chatting to idle strangers, or maybe that should be idle chatting to strangers? I was duly informed that this course was a traditional cross country course. I started to feel very confident, as a veteran of several traditional cross country courses such as RAF Halton and Watford I duly prepared myself for a walk in the park. Then someone mentioned a stream, oh and a hill, ploughed fields and a sand quarry.

After the usual inaudible race directors briefing we charged across familiar playing fields and around football pitches before coming to an abrupt halt. We queued to enter the narrow and twisty confines of a small wood where the single file trail snaked around, under and over fallen trees, scratchy bushes and low hanging branches. From there we headed across footpaths and around fields, occasionally queuing to climb stiles, before continuing in the general direction of a hill that could only be described as the Eiger.

We had to run along a stretch of road – hard-going in spikes – before entering a country park and running up a gently inclining trail before reaching the bottom of the hill. The 128m Croft Hill had forced those near the top to a walking pace, hands on knees to reach the top. Not for the last time I gave a silent prayer of thanks to Graham and his post Christmas hill sessions and charged past a number of walking runners (runners walking?) before finally being defeated myself still some 20 metres from the top. The summit was crowded with spectators enjoying what must be an annual event to rival the greatest Roman Circus. Pushing on through we found the descent was as steep as the climb, only downwards rather than upwards.

Over another stile, now at the 3 mile'ish point , we crashed back virtually the same way we had come. The route took a small detour through another wooded area where we were forcibly pushed into an ankle deep stream for 20 metres or so before climbing back out with wet feet and very clean shoes. Unfortunately they didn't stay that way for long as we were directed through a sand quarry with some mountainous sand hills to climb, precarious sand ridges to run along and everywhere was just water and mud or water and sand. With one quarry negotiated we ran to the next where the same routine was repeated before making a break for the reassuring comfort of those football pitches and the finish line.

So race facts, about 6.25 miles by Garmin and a time of 51:15, this is a serious cross country. Anyone planning one of the crazier events like Hell Runner might want to put a note in their diary for next year as this would make a good training run – all the elements are there, but the shorter distance makes it a whole lot more fun. Probably. Oh, and a 'cob' is a small white bread roll – the sort of thing you might put a burger in, if it was summer and if you were at a barbeque. Which it was not.

James Laurie

CHRISTMAS MEAL

EVERYONE THOROUGHLY ENJOYED THE CHRISTMAS MEAL ON DECEMBER 1st. Many thanks to Jennifer for organising.

Allan Lock clearly enjoyed himself more than most and was glad that he did not have to wear his father Christmas costume again.

Just what it he saying? Suggestions from the photographer include:

"**Ann, r**emind me **not** to have brussel sprouts next year!"

"Mind you don't sit on the holly, tra la la, la la la, la la la"

There will be a major prize for anyone that can beat these gems!

It was nice to see that most Joggers polished up well for the occasion, particularly after the traumas experienced at Luton earlier that afternoon. One or two clearly made a special effort to impress.

NEW RUNNING FORUM

Hi All,

Just in case your interested, here is a link to a Northampton running forum –

http://www.therunningshop.org.uk/forum/index.php

Its run by the Northampton running shop for local runners and looks like it could do with some more members!

The Web Master

RESULTS – ON THE ROAD

Christmas Pudding Run – 9th December 2007

I ran the 10 mile pudding run - Bloxwich, Walsall. It was a good undulating course. The weather was wet but mild and there was a great turn out of 350 +. The Black Country encouragement was just brilliant. 'Yam great' or 'Yam lukin gud' soon put a smile on your face. Anyway I run the 10mile in 1 hour 15min which was great considering all the problems I had incurred over the last few weeks with my knee. The finishers pack was spot on with a medal, Christmas pud, chocy bars etc. Would I do it again? - 'ya bet mucka'

Stew 'the cyclist' Wilson

Andy Reading 10k – 9th December 2007

This was always going to be a big test for me. It would be my furthest run for over two and a half years. Much has been written about careful race preparation which I took on board. The day before, I refereed football in the mud. The night before I only drank one bottle of red wine. I went to bed at around midnight and woke early totally confident that my body was, as ever, in peak condition. I just had to get the mind going as well through the hangover.

I had discussed car sharing and so at 8.45 I phoned my prospective passenger looking for some moral support. "Sorry, I am not taking part as I did not enter in time" was not the motivation that I required. As I left Silverstone for Bicester, the temperature dropped a couple of degrees and it started to rain heavily. On arrival at Chesterton Sports Club, car parking was restricted to the side of a narrow country lane as the rugby club would not allow the grass to be used. I put in my contact lenses and managed to lose the left one somewhere in the car / my eye / the field. The walk from the car to the facilities was across the playing fields that were getting muddier and the navigation was distinctly one eyed.

Quite a throng had gathered in the sports hall. New Silson Jogger Richard Popiel was there tucking into a bacon roll. He confirmed that he was running. I like the style of this and was tempted to join him but resisted (at least for the time being). In the complex there were just two male toilets meaning that you had to join the queue just in case!

I spotted that the finish was next to the Sports Club, running across about 100 yards of grass that was quickly getting muddier and wetter. The start was back across the playing fields. At least the rain had stopped and the temperature had risen.

The race is a lap of about 2k around Chesterton village, along the road passed the Sports Club, out and around Weston air field and back along the same road into the Club and onto the playing field. It is flat and has the potential to be fast.

John Fowler

FLORA LONDON MARATHON 2008

So far as I know Dieter Sullivan has been accepted. Good luck to him.

There are four applications for the two guaranteed club places:

- Rob Farmer
- Kevin Reboul
- Dan Taylor
- Simon Woodward

The draw will take place at the Circuit on Wednesday 2nd January before training. The completed forms must be back with the organisers by 11th January.

DIARY DATES

FLORA LONDON HALF MARATHON
SILVERSTONE CIRCUIT
SUNDAY 9th MARCH 2008

THIS IS THE FIRST 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 – looking ahead

Training at Sponne School starts on Tuesday 8th January and is every Tuesday from 6.30 pm

Rosie subjects them to the same tortures that she saves for Wednesday nights

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

Silson Joggers, Winter Cup 2007/2008

Race 2 results - approx 2.5 miles, 5 Dec 2007)

		Race 2 Target		Race 2 Actual		Winter Cup Points*
Mark	Armstrong	15	0	14	25	185
Jennifer	Armstrong	20	32	19	49	193
Mel	Bignell	19	31	18	48	193
Dave	Coates	16	11	15	23	198
Heather	Cooke	17	39	16	48	200
Bill	Cushway	16	27	16	13	264
John	Fowler	22	37	22	2	185
Rob	Gillies	16	41	15	43	200
Jeff	Haynes			13	57	100
Natasha	King	21	32	21	26	156
Dave	Lantsbery	18	12	18	48	100
Graham	Linnell	16	4	15	18	196
Allan	Lock	20	23	20	10	163
Linda	Lytollis	17	10	16	9	200
Rosie	Moffat	22	10	22	18	100
Madeleine	Moutrie	20	3	19	55	158
Carel	Muller			15	12	100
Thomas	Phelps	16	31	15	25	200
Ashley	Phillips	16	39	16	6	183
Simon	Woodward	16	41	15	15	200

Points table after two races

		Winter Cup points*
Heather	Cooke	300
Rob	Gillies	300
Linda	Lytollis	300
Thomas	Phelps	300
Simon	Woodward	300
Dave	Coates	298
Graham	Linnell	296
Jennifer	Armstrong	293
Mel	Bignell	293
Mark	Armstrong	285
Ashley	Phillips	283
Bill	Cushway	264
Allan	Lock	263
John	Fowler	260
Madeleine	Moutrie	258
Natasha	King	256
Dave	Lantsbery	200
Rosie	Moffat	200

Qualification to appear in table: 2 races

EDDIE HAS A GOOD REASON TO LOOK SMUG.

HE HAS CHANGED THE POINTS SCORING SYSTEM (again). CLEARLY HE HAS ALREADY DECIDED WHO HE WANTS TO WIN THE WINTER CUP AND WILL BE FIDDLING THE SCORING TO ENSURE THAT HE CLEANS UP AT THE BETTTING SHOP.

IS HE DREAMING OF SPENDING HIS WINNINGS ON A CANOE TRIP TO PANAMA?

NOW THE EXPLANATION OF THE POINTS SYSTEM

The (temporary) Chairman in delirium: everything you ever wanted to know about the Winter Cup points system

Those who have been around the Club for more than a couple of years may remember the time when the Newsletter had a quite respectable air. In an attempt to temporarily recapture some of this gravitas, I'm going to explain the workings of the Winter Cup points system for 2007/2008.

At the Circuit on designated Wednesday evenings, the Winter Cup is run over a sequence of seven races at roughly 1-month intervals. The first six races go twice through a cycle of 1.6 m, 2.5 m and 3.1 m (5 km) runs. The final race is 10 km. For each race after the first one you run, you are given a target time, and the points you earn are calculated by comparing your performance on the night with the target time.

First a word about the target times. Your target time is based on your best performance in the previous races. Best is reckoned in terms of average pace per kilometre, adjusted for total distance. Most people will run their fastest per-kilometre time when running the shortest distance (the 1.6 m run). This isn't necessarily the 'best'. The calculation of best performance takes account of the decrease in average pace for longer distances. Similarly, the target times take account of the increase or decrease in average pace expected in the next race, depending on its distance. For example, of the 18 Joggers who completed both of the first two races this year, 12 had their 'better' performance in the second (longer) race. Their target times for race 3 will therefore be based on their times in race 2, whereas the targets for the other 6 of the 18 will be based on performance in race 1.

The basis of the pace adjustments is explained in some detail in the December 2005 issue of the Newsletter, available on the web site. At the moment, I'm being slightly more generous than in the past in the setting of targets. This generosity is likely to continue as long as I'm not getting complaints about the targets, i.e. probably until Stormin' Norman is back on the track. Of course, setting the target times is intellectually the most stimulating part of the whole business. What transpires on the night is largely a matter of perspiration (or glowing for the ladies), heavy breathing and grunting – or, if you're timing, mainly freezing your b*ll*cks off.

The points system has gone through various versions over the last three winters, in an attempt to make things fairer for runners of all standards, and to try and stop people – perish the thought – playing the system. This year it works as follows. The points will be totalled over all seven races. Completing the race on the appointed day earns 100 points. On any other day within the allowed period, you get 75 points. Equalling or bettering your target time earns a flat-rate bonus of 50 points. In addition, there is a further bonus of 1 point for each second by which you better your target time, up to a maximum of 50 points. If you don't attain your target, there is no penalty other than not getting the bonus points.

For the early races, the maximum score per race is therefore 200 points, and the minimum for anyone who completes the race on the appointed day is 100 points. In later races, the additional bonus will raised to 2 points per second.

There is an alternative (some might say simpler) calculation, which involves irrational numbers, the cycles of the moon, and the centilitres of wine involved if the bottles are laid end to end on a 10 km course. This is used only to calculate John's target time.

See you all on the 2nd Jan for race 3 (3.1 miles). Target times will be posted on the web site very shortly.

Eddie Shoesmith

So now we have no reason not to understand!

Timeless lap 19th December 2007

	Estimated time	Actual time	Difference
Madeleine Moutrie	25:00	24:55	0:05
Jim Darcy	24:00	24:15	0:15
Heather Cooke	22:00	21:39	0:21
Andy Wright	19:30	19:07	0:23
Mel Bignell	24:10	24:34	0:24
Emma Sambrook	28:00	28:28	0:28
Allan Lock	28:04	27:35	0:29
James Laurie	21:30	20:59	0:31
Dan Taylor	21:00	20:20	0:40
Dave Coates	21:00	20:20	0:40
Ashley Phillips	22:50	21:32	1:18
Thomas Phelps	22:00	20:20	1:40
Ian Haynes	28:00	26:12	1:48
Jennifer Armstrong	28:00	25:52	2:08
Mark Armstrong	28:00	25:52	2:08
Lynette Gilbey	22:00	24:15	2:15
Claire Todd	23:00	26:30	3:30

Prizes were given for the closest male and female to their estimated times. Also a booby prize was given for the furthest away.

TRAINING – running forwards

As we have come to the end of the year I would like to thank all the assistant coaches for their help and support over the past months. The system we now have in place is working really well with all playing a huge part in the week to week running of Silson Joggers.

Wed 2nd	Silverstone Circuit (Winter Cup race 3)
Sun 6th	Graham & Alison's House - 2 Bugbrooke Road, Nether Heyford, NN7 3LT
Wed 9th	Silverstone Circuit
Sun 13th	Silverstone Infant School
Wed 16th	Silverstone Circuit
Sun 20th	Silverstone Infant School
Wed 23rd	Silverstone Circuit
Sun 27th	Rosie Moffat's house - Leeden Tye, Church Street, Helmdon NN13 5QJ.
Wed 30th	Silverstone Circuit

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

TARGET TIMES FOR THE WINTER CUP (RACE 3 – 5k or 3.1 miles)

		Race 3 Target	
Mark	Armstrong	18	55
Jennifer	Armstrong	25	59
Mel	Bignell	24	40
Dave	Coates	20	10
Heather	Cook	22	2
Bill	Cushway	21	15
John	Fowler	28	55
Pam	Gearing	29	16
Rob	Gillies	20	35
Ian	Haynes	26	42
Jeff	Haynes	18	15
Brian	Keers	22	55
Natasha	King	27	50
Dave	Lantsbery	23	31
Graham	Linnell	20	3
Allan	Lock	26	20
Linda	Lytollis	21	11
Rosie	Moffat	28	40
Madeleine	Moutrie	25	55
Carel	Muller	19	56
Lisa	Nightingale	25	48
Thomas	Phelps	20	42
Ashley	Phillips	21	8
Emma	Sambrook	28	40
Simon	Woodward	19	59

LOOKING AHEAD

January 12th Chiltern League Slough

The January fixture could go a long way to deciding whether we hold on to our Division 1 status. It is a long way to travel and the course is fast and flatish, not ideal for some of our runners.

For this fixture we are running a 35 seat coach, for runners, supporters and parents. There will be two pick up points. 10.30 at Sponne School Towcester and 10.40 at Stocks Hill Silverstone (by the church), returning from Slough at 4.30pm

The coach will be filled on a first come basis, so either email or phone me 01327 341009

Graham

A SELECTION OF LOCAL(ISH) RACES

1st January	5 miles	Coventry
5th January	County Cross Country	Corby
12th January	Chiltern Cross Country	Slough
13th January	5k / 10 / 15k	Wellingborough multi terrain
20th January	Cross Country Races	Campbell Park
20th January	5 miles	Wendover multi terrain
24th January	Eric Humphries Cross Country	Northampton
26th January	Road Relays	Leamington Spa
3rd February	5k / 10 / 15k	Wellingborough multi terrain
3rd February	Half Marathon	Watford
9th February	Chiltern Cross Country	Wing
17th February	Hardwick	X-Stream
17th February	35 miles & marathon	Draycote Water
23rd February	English Cross Country	Alton Towers
24th February	5k / 10 / 15k	Wellingborough multi terrain
24th February	10k	Winslow
2nd March	½ marathon	Milton Keynes
2nd March	½ marathon	Reading
2nd March	½ marathon	Berkhamsted
16th March	20 miles	Oakley, Bedford
16th Marvh	5k	Great Horwood
23rd March	Cardiac Arrest	Olney

24th March	10k	Stanwick
30th March	10 miles	Sandy
6th April	10k	Leamington
20th April	10k	Flitwick
27th April	Daffodil Run	Althorp
4th May	3k / 10k	Titchmarsh
5th May	5 miles	Weston
6th May	**THE BIG ONE**	**SILVERSTONE (EMGP 1)**
14th May (provisional)	6 miles	Rugby (EMGP 2)
18th May	12k	Stevington, Bedford
21st May (provisional)	6 miles	Bedford (EMGP 3)
26th May	800m / 2k / 10k	Upper Boddington
28th May (provisional)	5 miles	Corby (EMGP 4)
1st June	10k	Whipsnade
3rd June (provisional)	10k	Weedon (EMGP 5)
8th June	10k	Two Castles, Kenilworth
10th June (provisional)	5 miles	Banbury (EMGP 6)
17th June (provisional)	5 miles	Market Harborough (EMGP 7)
20th – 22nd June	Marathon in 3 races	Colworth
21st June		Darren's Dash
22nd June	2k / 12k	Farnborough, Banbury
29th June	10k	Thame
30th June	10k	Leafield, Witney
1st 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.