



The 10k Times

November 2007

www.silsonjoggers.org.uk

GRAHAM'S 50th BIRTHDAY TREAT



NEWS FROM THE KIT MAN

Allan is placing an order for club jackets on 10th November, so if you do want to order one (or more) please let him know as soon as possible

CHRISTMAS COMES BUT ONCE A YEAR

The Silson Christmas Meal is booked for **Saturday 1st December** at The Barn Restaurant, Upper Stowe. The cost per person is **£19.75** for three courses and partners or guests will be most welcome.

We are also competing that day in the Chiltern League race at Luton. The meal is therefore booked for **8.30pm**, with a suggested arrival time of around 8pm for drinks with John.

Please can you let me have your menu choice and payment by **Sunday 25th November**. Please make cheques payable to **Silson Joggers AC**.

The Christmas Menu is -

Starters

Broccoli & Stilton Soup or Spicy Cream of Parsnip Soup (V)
Smoked Salmon Pate
Prawn & Avocado Salad with Lemon Mayonnaise dressing
Melon served with Parma Ham & tossed leaves
Fanned Melon with Orange & Raspberry Coulis (V)

Main Course

Fresh Roast Turkey served with all the trimmings
Beef Bourguignon - Rich Beef casserole in a red wine sauce
Hot fillet of Salmon served with a dill sauce
Mediterranean vegetables & Brie in Filo pastry with warm tomato salsa (V)

All served with Seasonal Vegetables.

Puddings

Traditional Christmas Pudding with Brandy Butter
Tart au Chocolate
Tiramisu
Lemon Cheesecake
Fresh Fruit Salad
or Cheese & Biscuits

Coffee or Tea. Mince Pies & Mints.

Please let Jennifer Armstrong know as soon as possible if you can attend and, if so, with you menu orders and a cheque.

Results – off the road

FIRST CHILTERN LEAGUE CROSS COUNTRY Watford – 13th October 2007

Silson Joggers put in an excellent performance in the very competitive Division 1 of the Chiltern League on Saturday, with the clubs recently formed junior section key to survival in the top flight.

In the opening fixture, the junior runners did the club proud with young Andrew Benyon coming home 45th in the colts race. Ashley Phillips ran an assured race in the under 15s placing 30th.

As last year Chris Rogers and Jeff Haynes were closely matched, with Rogers 51st just having the edge over Haynes 55th. Also in good form was Andy Wright 65th with debutant Simon Woodward and impressive 78th.

Leading home the ladies as last year was Linda Lytollis 28th, closely followed by new girl Heather Cook 32nd. Claire Todd 57th and Mel Bignell 58th all scored good league points for Silson. The other ladies who ran well were Jennifer Dunkley 64th, Natasha King 73rd and Rebecca Hinksman 74th.

Senior/Junior/Veteran Men

51	C. ROGERS	32.13	124	D. COATES	36.22
55	J. HAYNES	32.22	140	D. TAYLOR	37.31
66	A. WRIGHT	33.05	152	T. KEECH	38.37
79	S. WOODWARD	33.57	162	R. GILLIES	39.26
100	K. REBOUL	34.55	170	B. CUSHWAY	40.01
104	M. ARMSTRONG	35.03	181	B. KEERS	41.33
107	J. DARCY	35.22	197	A. LOCK	48.35
115	G. LINNELL	35.35	202	T. HULLETT	56.45

Under 15 Boys

30 A. PHILIPS

19.31

Under 13 Boys

45 A. BENYON

10.58

Senior/Veteran Ladies

28	L. LYTOLLIS	27.38	64	J. ARMSTRONG	33.10
32	H. COOK	28.04	73	N. KING	35.17
57	C. TODD	32.02	74	R. HINKSMAN	35.17
58	M. BIGNELL	32.04			

Graham Linnell

Trial du Premeur – Lézignan-Corbière - 21st October 2007

Having decided to give the Carcassonne half and full Marathon a miss the previous weekend (some very serious runners in both) I was talked into Le trial du Premeur, a round of the regions Championship. The first Corbière wine of the season comes out a week earlier than Beaujolais and how better to celebrate this than a 17 – 18 kms (I've found you never seem to get the proper distance until after the race in France) trail run over the mountains.

About 150 of us assembled bright and early on the Sunday morning at the local Foyer to register and to keep warm. Nothing like UK

weather but a bit of a shock to the system after what I would call a hot summer but the locals say was very poor. All registration is done on the day and no problem at all; the letter from my doctor in the UK seemed to satisfy the organisers that I was fit to run. Fill in the registration form, entered under Silson Joggers, hand this over with the Doc's letter and 8 euro and in return you get your number with your Class (V3 for me) written on it, enough safety pins to make sure it will never fall off and then collect your goodie bag with the normal T-shirt and bottle of the seasons first wine. Pretty good value I reckon and

there is more to come.

Just before the start there was a briefing, basically to say that the route was marked with arrows throughout and in one or two places the terrain was quite dangerous. I started to wonder that I had let myself in for.

Then we were off. Under the Start banner and a lap of the village for the benefit of the locals and a chance to warm up before the serious stuff. As the French seem quite fanatical about any sport (and they did need to put the rugby result behind them) there was a large crowd to cheer us away, with all the traffic stopped and controlled by the police. Then it was out of the village along a large culvert and into the country. The first few kilometres were fine, what I would call typical cross-country type running along a broken surface and through the trees, ascended gradually. The track got narrower and steeper and it was a case of brushing the trees aside – no room for overtaking here – and then a sharp left turn and bloody hell, we're running up stairs. It is so steep steps have been cut into the side of the hill and this has the effect to slow everyone down. I soon find that this is not unusual as over the next two or three kilometres we keep climbing and there are two more sets of steps. This became hard work and the increasing strength of the cutting wind as we climbed did nothing to cool me down.

The summit was covered with wind turbines and I could fully understand why they were positioned there. It was windy! But the going got easier as we ran over the tops but it seemed no time at all before we started descending. So the tracks became narrower and steeper and then suddenly breaking through the trees we were confronted by red and white safety tape and half a dozen marshals telling us to slow down. This was serious down hill – and a rope to hold onto as we went down. It's the first time I can remember thinking about abseiling when racing! The next five kilometres or so were normal for the event. A very broken and undulating surface that was good enough to test ankles and those muscles that don't get much work but it was good enough to keep up a reasonable pace. By now I was beginning to get tired but it was reassuring to see that others were as well. Then it was into the woods for the final two and a half kilometres.

Most of the time I was running with a French guy, about my age and running about the same pace but on the inclines I found it difficult to chat about the rugby World Cup but it seemed that everyone wanted to talk about it. As we were chatting away I became aware of very heavy panting behind me and a second or so later a runner, almost belt double, passed us - with his dog. It takes all sorts!

Into the woods and seriously downhill again. Manageable but hard work then as we broke out of the woods, the track disappeared – down. Sh.....It was vertical but this time there was no rope and I tired. It was hard work. Then it was back to culvert and a few minutes later under the finish banner. I was glad that there wasn't a final lap of the village!

And it didn't finish there. There were the normal drinks and food to aid recovery before the prize giving. This event, quite small I would have thought, was sponsored by the local vineyard and Decathlon so all the class winners got a trophy and three bottles of wine. All the race numbers/cards went into a box as we finished and were drawn for the tombola. There must have been fifty prizes, mainly from Decathlon and with the prize giving over, it was time for aperitifs (with the Premeur vin) and munchies, all provided free of charge by the organisers. There was also a meal but we couldn't stay for that as our friends, who provided the transport, needed to get home.

So that was Trial running in France. In comparison Race the Train in Wales was a doddle and it reminded me of some of the fell runs I did in Yorkshire in the eighties – but I was fit in those days. I've now completed two rounds of this Championship and each has been a surprise! Each time I have been the only British runner, as far as I know, and everyone has made me extremely welcome. And you can't beat these events for value for money.

As expected, all competitors got a copy of the region's daily newspaper sent to them with a report on the race. And there were 148 competitors, 18 kms in length with a height rise of 620 metres over the course. The winner completed this in 1 hour, 4 minutes and 57 seconds, beating the second placed guy by just under four minutes.

Peter Collier

Eric Andrews Cross Country Races Sun 28th Oct

Andy Wright had the run of the day as Silson Joggers enjoyed a successful day at Banbury on Sunday. The men's team finished runners up to Abingdon Amblers, as the ladies took third team prize.

In form Andy Wright enjoyed a strong run on the undulating course, which takes in a disused railway line and open fields. The course, made sticky with the day's rain, was made light of by Wright, who crossed the line in second place.

Home in 7th place was Mark Armstrong with Graham Linnell 9th and Dan Taylor 11th, Dan is also in very good form on the country this season. Brian Keers completed the men's team in 20th position.

As usual the ladies were led home by Linda Lytollis 4th, with Claire Todd having a good race to record 6th place. Jennifer Armstrong 10th and Madeleine Moutrie 12th completed an excellent effort by the ladies team.

The hosts Banbury Harriers took the team prize with Oxford City runners up.



BIRTHDAYS

Belated happy birthdays to:

Heather Cooke – 5th October
Emma Sambrook – 5th October
Jody Willis – 17th October

In November we celebrate:

Nick Jerome – 3rd
Stewart Wilson – 14th
Chris Rogers – 22nd
Andy Wright – 22nd
Jennifer Armstrong – 23rd

RESULTS – ON THE ROAD

Kenilworth Half Marathon 7th October 2007

While many of you were scything your way around Bucknell Woods in the Club Cross Country at the start of October, I was out flying the Silson flag at the Kenilworth Half Marathon. The weather was kind to us all that day and the mild, still morning made for some really good conditions in which to enjoy the Warwickshire countryside. All a bit different to my last Half around Silverstone in March when I could barely see any of the Northamptonshire countryside – I'm sure many of you remember that hail storm! That day I ran just over 1h30 and I had been targeting Kenilworth to break that barrier ever since.

The course took us out of the town within minutes and onto quiet, rural, undulating lanes. Now I know the term "undulating" can be very subjective and some of the 500+ fellow runners were claiming this to be a "hilly" half marathon, but there really were no serious hills, although the undulations did appear to all be upwards after 11 miles.

After trying hard to keep up with Jeff and Mark in training recently, I started the race like a man possessed until a glance down at my watch revealed a 5:30 pace after the first quarter mile. As that's about as fast as I have ever run a single mile, I thought it best to rein in my enthusiasm. Not too much though as I'd done lots of miles in preparation, I was feeling good and wanted to make good use of the excellent conditions.

Apart from a huge tractor forcing everyone onto the grass verge and a bit of stitch between 9 and 12 miles, I

didn't have any major problems and carried on pushing hard throughout. I had to put in a real effort towards the end to maintain my pace and was rewarded with a time of 1:24:50 and 28th place. So now I need to set myself a new target and a sub-3 hour marathon might now be within range - watch this space...



Simon Woodward

Daventry 6 miles – 7th October 2007

Mark Armstrong
37:17

Brian Keers
45:01

Jennifer Armstrong
50.27

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 forwards

As we enter the month of November our attentions turn to the winter cup, with the first leg 1.6 miles on the 14th

November, with the second leg 2.5 miles 3 short weeks after December 5th.
Who will top the league at the end of April this year?

November

Sun 4 th	Alison & Grahams Nether Heyford NN7 3LT
Wed 7 th	Silverstone Circuit
Sun 11 th	Silverstone Infant School
Wed 14 th	Circuit (1.6 mile trial)
Sun 18 th	Silverstone Infant School
Wed 21 st	Silverstone Circuit
Sun 25 th	Allan Lock 19 Deanshanger Road Wicken MK19 6BS
Wed 28 th	Silverstone Circuit

December

Sun 2 nd	Alison & Graham Nether Heyford
Wed 5 th	Silverstone Circuit
Sun 9 th	Silverstone Infant School
Wed 12 th	Silverstone Circuit
Sun 16 th	Silverstone Infant School
Wed 19 th	Silverstone Circuit
Sun 23 rd	Silverstone Infant School
Wed 26 th	Mince Pie Run Alison & Graham meet 10am
Sun 30 th	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

Silson Junior News

After a hectic start to the junior sections training we are settling into a routine, with an ideal number of youngsters attending.

I am delighted with Ashley and Andrew's performances at the Watford in the Chiltern League Cross Country, Andrew finished 44th in the under 13 boys race and Ashley was 30th in the under 15 race.

Hopefully we can add to the squad as the season progresses, as youngsters earn the right to be selected.

Next Chiltern League fixtures are At Oxford on Saturday November 10th and at Luton December 1st

Unfortunately I will be unable to attend the November 6th session so we will have to cancel , otherwise it will be each Tuesday to and including December 18th (see below) –

Sponne School Sports Hall Training

Tuesdays November 13th, 20th and 27th

Also December 4th, 11th and 18th

Meeting at the hall 6.30pm

Graham

FLORA LONDON MARATHON 2008

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

The club for a club place marathon. eligible for you must paid up first member applied for individual have been There is a there are two If there is meeting criteria then members

Watch this

Emma provided

following for anyone looking for a charity place:

Claire Todd
Physiotherapist
BSc(Hons) MCSP MAACP

Registered with the Health Professions Council

I am a chartered physiotherapist skilled in the treatment of muscle, bone, joint and nerve conditions.

- ✓ Sports Injuries
- ✓ Soft Tissue & Joint Problems
- ✓ Post-op Rehabilitation
- ✓ Back and Neck Pain
- ✓ Headaches
- ✓ Acupuncture

Everdon, Northants

Tel: 01327 361650
Mobile: 07733 108904

Claire.todd1@virgin.net

has applied guaranteed for the To be selection be a fully claim and have an place and rejected. ballot if more than members. no-one these other may apply. space

has the

Just to confirm the conversation we had last week. My charity, Calvert Trust, have a few places available in next year's LM. We will be giving them to people who can raise £1,500 for the charity. If there is anyone who wants to run but doesn't get a place - either in the main ballot or the Silson ballot - they may be able to have one of these.

We will be looking to allocate them as quickly as possible after the ballot, so please let any disappointed people know to give me a ring or mail. In case they are interested, the charity provides adventure breaks for people with disabilities. So if you're in a wheelchair, or visually impaired or have learning disabilities but still want to go abseiling or rowing, we're the ones for you! The new website goes live on 1 Nov (I hope!), so people can visit that if they're interested: www.calvert-trust.org.uk

FACEBOOK

Silson Joggers now have a Group Page on Facebook - www.facebook.com

The Silson Group Page is easy to use and allows members to add comments, photographs, video action, training dates, important news, race reports, results, records etc.

To join the group you do need to register on facebook at the above website. This is free and only takes a minute. You can adjust the settings to suit your own requirements.

You will then need to join the **Silson Joggers AC Group** using the link on the left of the screen. The administration of the page is set up so only members can view and use the page, so once you have applied to join, you can then use the page as you wish.

If you have any problems, then please let me know. If the facility is no use in the long term, then it can quickly be removed.

This would be an extra facility with the website, but will make it easier for club members to communicate and exchange information.

Please let me know if you have any questions.

Mark Armstrong

DIARY DATES

**FLORA LONDON HALF MARATHON
SILVERSTONE CIRCUIT
SUNDAY 9th MARCH 2008**

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

**RACE FOR LIFE 5k
WEDNESDAY 11th JUNE 2008**

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

LOOKING AHEAD

A SELECTION OF LOCAL ROAD RACES

Those in red have been selected to be those local races that all runners are encouraged to enter. If you are running these please let Andy Hoare or Shirley Williams know.

4 th November	Olney Multi-terrain
24 th November	Wolverton 5 miles
9 th December	Andy Reading 10k - Bicester

Where runners are entering local road 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.

Cross Country Fixtures 2007/ 2008

Saturday 10th November	Chiltern League	Oxford
	(mini bus time to be confirmed)	
Saturday 1st December	Chiltern League	Luton
	(mini bus time to be confirmed)	
Saturday 5th January	County Championships	
Saturday 12th January	Chiltern League	Slough
	(minibus time to be confirmed)	
Saturday 26th January	Midland Championships	
Saturday 9th February	Chiltern League	Wing
	(mini bus time to be confirmed)	
Saturday 23rd February	English National Championships	