



The 10k Times

Third Quarter 2007

www.silsonjoggers.org.uk

SILSON JOGGER LIVE ON BBC1

**GREAT NORTH RUN 2007 FEATURES
FULL COVERAGE OF
STORMING NORMAN
AT THE START**

OUR FOREIGN CORRESPONDENT

Being British

Being British is about driving a German car to an Irish pub for a Belgian beer, and then travelling home, grabbing an Indian curry or a Turkish kebab on the way, to sit on Swedish furniture and watch Australian shows on a Japanese TV.

And the most British thing of all? Suspicion of all things foreign!

Only in Britain can a pizza get to your house faster than an ambulance.

Only in Britain do the banks leave both doors open and chain the pens to the counters.

Only in Britain do you leave cars worth thousands of pounds on the drive and lock our junk and smelly running kit in the garage.

Only in Britain are there disabled parking spaces in front of a skating rink.

Only in Britain do you use an answering machine to screen calls and then have 'call waiting' so you won't miss a call from someone you didn't want to talk to in the first place!

Hope you enjoy these thoughts, from the ex-pat jogger no. 2 in Gibraltar,

A photograph of the Mediterranean looking towards Africa from our latest foreign correspondent:

Look forward to his reports of his hill training up the side of The Rock



ALISON'S NEW BOAT



Graham Smith

NEWS FROM THE KIT MAN

Notes from 'Kit man'.

Just a reminder to those who have not yet bought one of our Winter Club Jackets that I will shortly be placing a new order. Please contact me about trying one on for size, they will only be available after placing a firm order, I will carry the size range at our Circuit and Sunday meetings. At just £22 – 00 for the Stormproof and £15 – 00 for the Showerproof versions they represent extremely good value for money.

A full range of short and long sleeved unisex training vests, competition vests and Jogger bottoms (careful John!) are available from stock; we are currently awaiting fresh supplies of the training vests so get your orders in! The size range of competition vests in stock is not as thorough as the training types and as these come from a different supplier I need to place another order. Therefore it would be useful to have an idea of the number of M and F vests required, remember as there is approx. a four week supply time the quicker your response the better. So, all new members or club competition runners with antique/ threadbare equipment please contact me; email would be fine allan@wicken.u-net.com.

On a 'domestic' note it is recommended that when washing any club kit to remember to turn it inside out first so that the embossed printing is not abraded.

Results – off the road

In September 07 I went to Ireland to run in the Mourne Mountain Marathon www.mourne2day.com. It's a mountain orienteering event over 2 days running in teams of two. You carry your food and tent and camp overnight in the mountains. Day one is a half marathon distance with timed starts and on day two everyone starts together in a mass rush up the hills for a gruelling race over 11 miles.

This was my first mountain marathon. My partner was a very strong orienteering runner who thankfully did all the navigating, allowing me to dictate the speed. There were 120 teams in our category. The plan was to do as well as possible – my normal position in road races is usually halfway up the field so I expected similar. At

halfway on day one we knew we were doing OK. The terrain was constantly changing, uphill, bog, contouring steep hills, running along narrow sheep tracks, heather, gorse, steep down hills and forest tracks. Amazingly we achieved 6th at the end of the day. That is the highest I've been in any competition – so I was feeling the pressure.

After a terrible sleep on hard ground (and a super lightweight sleeping mat) we started day two well leading for the first half hour then we were swallowed up by the top 10. My quads were tired from the start so I knew the day would be hard. I was able to make up time on the forest tracks. Toward the end of the run a small navigation error combined with my tiring legs slowed us a little. Towards the end I was in need of a bit of encouragement and I could hardly lift my legs over the gorse. I was running on determination rather than power. But we achieved an amazing 14th on day 2 with a final position of 8th. You're amazed – I'm amazed!!!! The post run Guinness has never tasted so good.

Roger Taylor

THE SEASON OF THE MUD LARK IS DRAWING EVER CLOSER –



**AT LAST SOME MEMBERS OF THE CLUB
WILL BE HAPPY**

RESULTS – ON THE ROAD

Waddesdon Manor 5k – 18th July 2007

Elite Jogger struck down by the curse of the Welsh hill farmer – a tight calf

Some of you may remember my report from the 2006 race about what a great venue and race this is. I took part in the run again this year and even managed to persuade a lapsed member to join me. The temperature this year was just over 20° - far more bearable than the 30° + last year.

This is an out and back course I set off near the back of the pack. I took the downhill first 2k gently saving ourselves for the next 2k in the anticipation of the gentle climb back up to 4k. At about 2½k my right calf suddenly went very tight. I stopped running and walked back to the finish. Peter Morris finished in his first race over two years.

This is a good local race and deserves more support from the club. Entries are limited to 400 although this year there were only 235 finishers with finishing times ranging from 16:47 to 44:50.

Whilst we stopped at The Black Boy at Oving on the way back for a meal and a couple of beers, Waddesdon Manor is also an ideal location for the legendary Silson Joggers picnic.

BLENHEIM TRIATHLON –STUART BRANCH on channel 4

WIRRAL SEASIDE 5k – 18th July

**TEMPO CLAIMS TO have completed in 17:00 but no proof!
AND the course was short**

MILTON KEYNES HALF MARATHON – 22nd July

Roger Taylor – 1:52:21

BEDFORD 5K – 25th July

Andrew Pate – 24:00

WELLINGBROUGH 5 MILES – 5th AUGUST

John Fowler (?)	31:30	Brian Keers	38:50
Kevin Reboul	31:40	Rachel Jordan	40:24
Graham Linnell	32:59	Rosie Moffat	50:58
Andy Hoare	35:51		

As some of you will be aware I have been involved in a highly secretive experiment that produced a staggering result at Wellingborough and which saw me win the MV 50 1st prize. Having signed the Official Secrets Act, I cannot divulge what happens in the experiments and the treatments, but I am allowed to report that the positive results were as follows:

- Rapid Weight Loss
- Rapid Gain in Energy Levels
- Age appears to be younger
- Ability to run much faster

The main disadvantages were that the treatment made:

- My hair went spiky and this required the use of copious amounts of hair gel
- I lost my boyish good looks

This freak of nature was released on the poor unsuspecting people of Wellingborough and the results were dramatic. I recorded my fastest ever time over the distance.

Unfortunately because of the nature of the experiment, the reaction back to the normal self follows very soon afterwards. It can never be repeated and I fear that there may be an adverse reaction the next time that I run over this distance.

BLISWORTH 5 MILE – 17th August 2007

And so it came to pass. The scientists are happy that I have reverted back to my former self.

A poor turn out of Silson Joggers at this most local of races. Maybe it was the attraction of the event on the following day that took understandable priority for some runners. The weather was cool, there was a gentle breeze and it stayed dry.

Jeff Haynes (having driven to Blisworth from Dumfries) went home but made me wait during prize giving only to tell me later than he knew that Gary Payne had won the M50 prize. Jeff was however second and lowered his own club age record. Never mind, I had to rehydrate in the traditional way. For me, it was my first run as my “normal self” for nearly 2 months. Yes it hurt but I thoroughly enjoyed it. Bring on the next one.

Jeff Haynes	28:34	John Fowler	45:01
Kevin Reboul	30:21	Shirley Williams	46:40
Dan Taylor	34:53		

MOULTON 10K – 27th August

Graham Linnell	40:52	Heather Cooke	45:08
Norman Carter	44:10	Shirley Williams	58:07

MILTON KEYNES 5k – 30th August

Fast and flat although course is a bit twisty in places. Good personal best potential. There are three ladies only race organised through the summer on the same course.

John Fowler 28:21 (PB for his age)

STOWE 10K – 2nd September

The second Stowe 10K on the 2nd September attracted 670 runners, more than twice last year's entry, and the number of Silson runners also doubled with Heather Cooke, Norman Carter, Dan Taylor and myself taking part.

The course is multi-terrain with a few gentle hills and winds its way through the most scenic parts of Stowe School's grounds and as last year, there was a band at the 1¼ mile point and enthusiastic spectators along most of the route.

Norman headed off at the start aiming to repeat his excellent 2006 performance with Heather and Dan just behind pacing each other. Although the day was sunny, the brisk breeze meant that running conditions were good.

There are no official times but Norman led the Silson runners home with a fine 6th place overall followed by Heather who had an excellent run and was the second female runner to finish, then just behind was Dan and I brought up the rear.

The Stowe 10K is a great run over a variety of surfaces with a few gradients to keep it interesting and I recommend it as an excellent way to come back from the summer break.

Brian Keers

NOTTINGHAM HALF – 16th September

HEATHER LOWERS SENIOR LADIES RECORD

Heather & Norman 1:43:40 / 1:43:31

CRANSLEY ½ MARATHON & 10K – 16th September

½ marathon – Andy Wright – 1:31:42

10k

Andy Hoare	43:23	Allan Lock	53:05
Brian Keers	46:13	Tim Hulett	56:50

“It’s his stag doo?!...”



...said the PA announcer as I ran towards the finish line at the end of the Robin Hood Challenge 10k race in Sherwood Forest near Mansfield on the 29th of September.

Half a dozen friends, including Andy Hoare, went with me to do this run on forest tracks as part of my stag weekend. This is the first time this race has been organised (<http://www.onestepbeyond.org.uk/robinhood-challenge.php>) and it proved to be a lovely day even if the organisation needed a bit of tweaking. A picturesque forest location and a mildly hilly route along broad tracks, some sandy, some mud and rock. Two laps of a rectangular course – the back leg was a long gradual downhill followed by a moderate uphill after the turn. Not too challenging but a good test when you are being chased down by friends – or in my case my rather competitive brother. A small field of about 80 for the 10k with other races that day too.

No records were broken but great fun was had by all. The PA announcer seemed the most shocked and was keen to chat to me after the race. He was confused as to why I wasn't drunk or dressed up as Friar Tuck. But then he wasn't there the night before was he!

Roger Taylor

TRAINING – running forwards

After a slow start in terms of numbers, not speed, may I add, we are now back on track. Welcome to the new runners who have joined us early season, you are most welcome. I am really pleased with the quality and attitude of the youngsters who have attended our sessions so far, a few more and we really will be able to make forward strides.

The surface at Bucknell Woods has not been as good as previous, but offers an alternative to Silverstone Circuit early season.

After the club cross country on Sunday 7th October 9.30am, we move on to the motor racing circuit for senior midweek training again on a Wednesday evening.

Our juniors will be using Sponne School Towcester on Tuesday evening. (See below for details)

Senior Training

October

Wed 3 rd	Silverstone Circuit
Sun 7 th	Club Cross Country Bucknell Woods
Wed 10 th	Silverstone Circuit
Sun 14 th	Silverstone Infant School
Wed 17 th	Silverstone Circuit
Sun 21 st	Silverstone Infant School
Wed 24 th	Silverstone Circuit
Sun 28 th	Claire Todd The Lodge Well Lane Everdon

November

Sun 4 th	Graham & Alison
Wed 7 th	Silverstone Circuit
Sun 11 th	Silverstone Infant School
Wed 14 th	Winter Cup 1.5 mile trial

Wednesdays meet 6.30pm Silverstone Circuit main entrance.
Sunday Mornings meet 9.30am at the various venues

Juniors

Tuesdays October 9th, 16th, 23rd, 30th and each Tuesday until Christmas except November 6th

Meeting at 6.30pm – 7.45pm at Sponne School

FLORA LONDON MARATHON 2008

The club has applied for a guaranteed club place 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.

Watch this space

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

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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

TRIATHLON

Although absent from the Joggers for a very long while, and never was a regular before that, I am pleased to say that I am still alive and well, and as some of you may well know, my preferred sport is Triathlons, I merely go running (or as many of you call what I do jogging not running) to keep fit and do some training for one of the 3 legs for my triathlons. However, I am pleased to report that I do always register my club as 'Silson' when I competing, and while that does not get me any discount for the competition (as Silson is not BTA) I do feel that I am representing Silson, as I pass blood sweat and tears on my way.

Some of you may have seen me on the tele! I was on the first programme of the new series by Channel 4 featuring the growing sport of Triathlon. The coverage was shot during the Blenheim Palace Triathlon, which took place in May of this year, on that occasion I was 3rd out of the water (for my heat) before losing too many places to mention as I was passed by several competitors on both the bike and the run.

On the 9th September I took part in the Northants Classic Olympic distance (World Qualifying Event) at Grendon Lakes, and although I was not serious about any qualifying times, I am pleased to report I was only 4mins of a 'PB' with a time of 2 hours & 33mins. At approximately 8am I started the 1.5K open water swim which took me 23 minutes, transitioning onto the 40K bike which consisted of 2 laps of picturesque but rather 'undulating' course around Grendon, Castle Ashby, Yardley, Hastings, Warrington, Easton Maudit, Bozeat and Wollaston!!! Completed in 1hr and 20mins, and then racking the bike again before the 50min 10K, 3 laps of the Grendon Lake.

Really good race, good conditions apart from a bit of wind, on the bike section, total time 1 hour 09 mins, from a 6min (400 meter) pool swim, 40 min - 20K bike and a 22.53 min 5K run, came 109 from just under 500 competitors.

Rachel Jordan made her debut and finished in a very respectable time of 1:19:12 – including the 5k run in 23:33

Stuart Branch

Having joined Silson Joggers a few years ago I now feel a bit of a fraud writing to tell you about the recent season having managed to go the entire year without attending any of your (I mean 'our') training sessions.

Thanks to Stuart Branch I've gone and caught that most disgusting of bugs and now most regularly compete in multi-discipline events. I've done a couple of triathlons this year in addition to the London Duathlon.

Who ever invented the triathlon should be deeply ashamed of themselves because they are the perfect irresistible torture for me – can't live with them, can't live without them. Some of you may know that I only learnt to swim early last year so the first leg is always a matter of survival. On more than one occasion now I've been last out of the water but still celebrate the simple fact of being alive!! After that it's a breeze (albeit a painful one) as I'm safe in the knowledge I can't drown either cycling or running.

The London tri this year in August was again extremely hot – talk about 'mad dogs and Englishmen.....' I competed in the Sprint distance again (this being my second attempt at London) and I was really pleased to knock almost 12 minutes off last year's time to finish in 1h 48 mins.

The second tri was at Roade last week; much more civilized swimming in a pool rather than opaque dock water. It was also over the sprint distance although with a shorter swim (yippppeeeeeee!). There was certainly a gentle breeze wafting across the countryside for the bike leg but I still managed a personal best for the course and finished in 1h 19 min.

My favourite event of the year though was the London Duathlon in Richmond Park. It's still the only event I know where one of the local rules is that competitors must give way to deer.

The day itself was great, lots of sun and not too much wind. I competed in the fun distance: 5km run, 10km bike, 5km run. The whole event had a great atmosphere and I would highly recommend it to anyone who wants to try an event that has multiple disciplines. Also, far much better than a tri as not a lake, dock or swimming pool in sight! As usual the pain was all worth while when I crossed the line and finished in 1h 14 mins. That placed me 75th of the 538 finishers, a result I was really happy with.

Happy running one and all.

Cheers

Trevor Ray

THE NEXT 10k TIMES

This is the last edition of the 10k Times in the present format. It has been agreed that this will now become a monthly newsletter. I still need all of your support to ensure that news and results from races are known to all members.

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.

7 th October	Milton Keynes 10k	
7 th October	Daventry 6 miles	
14 th October	Althorp 10k	
28 th October	Candleford Canter 10k – Ladies only	
4 th November	Olney Multi-terrain	
24 th November	Wolverton 5 miles	

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

Sunday 7th October	Club Cross Country Bucknell Woods
Saturday 13th October	Chiltern League Watford (mini bus will leave Sponne School Towcester 10.45 am)
Saturday 10th November	Chiltern League Oxford (mini bus time to be confirmed)
Sunday November t.bc.	Open Cross Country Banbury (races held in the afternoon)
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

DIARY DATE

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

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