



The 10k Times

September 2008

www.silsonjoggers.org.uk



RICHARD TRIES ALTERNATIVE METHODS TO WASH HIS HAIR!

BIRTHDAYS

Roger Elkin – 15th
Madeleine Smee – 15th
Layne Wray – 15th
Melanie Bignell – 16th
Linda Lytollis – 22nd
Jack Freeman – 23rd



Peter Collier – 27th
Rob Farmer – 28th
Richard Wray – 28th
Richard Popiel – 29th
Ashley Phillips – 29th

RESULTS – ON THE ROAD

TIFFIELD 4 MILES – 12th JULY 2008

We had had a lot of rain the previous week to this race and although on the day the sun shone intermittently the threat of rain was there. I fancied a 4 miler to reintroduce me to road racing after my calf injury. It was advertised as 'a fast 4 mile race along country roads'. It was fast I suppose but there was no mention that the first 2.5 miles were mainly uphill!

I bumped into Simon and Kevin before the race and thought - 'I bet they will be hard to beat today'. I also spotted Jim Darcy, Madelaine Moultrie, Richard Popiel, Melanie Bignell And Shirley Williams so there was at least a token turnout from Silson sporting Green vests (except for Kevin - as usual his vest was in the wash).

I had covered the route a week before on my 'Tempo' run just to familiarise myself with the course - I thought then that there was a surprising amount of ascension but the last mile was certainly downhill, so survive for 3 miles then roller coast your way down to the finish. Easy.
Anyway, we all trundled down to the start just a bit down from the Pub, (resisting the temptation to dive in for a quick half).



When the gun went (or was it a horn? Can't remember) I went off pretty quick. There is a sharp steepish hill just as we left the village, then a steady gradient which went for about half a mile. We turned left and then right as we headed for the west side of Gayton - mercifully on a gentle downhill gradient for about a quarter mile. As we ran up passed a string of houses Simon and Kev came up along side me. There was a steady incline for the next half mile during which Simon and Kev overhauled me and pulled away some 15 metres on me plus a guy from Wootton.

As we headed back towards Eastcote and away from Gayton yet another upwards incline was under our feet, which went on for about 3/4 mile and I very gradually gained on my Silson Colleagues and feeling like I had got a '2nd wind' caught them and passed on and away. When we reached the 3 mile point I just headed for home as hard as I could doing the last mile in about 5mins 40secs.

When you finally reach the playing field where the finish was - just as you believed you had made it to the finish, you were then faced with a further 250m to go to line.

Medal and goody bag presented it was time to collapse some where to recover.

1st over 50s got nothing but never mind it was a good lung stretcher

Jeff Haynes

8 th	Jeff Haynes	23:20	35 th	Richard Popiel	28:27
10 th	Simon Woodward	23:30	58 th	Madeleine Moutrie	31:28
11 th	Kevin Reboul	23:45	59 th	Mel Bignell	32:01
16 th	Jim Darcy	25:25	72 nd	Shirley Williams	36:56

MISSENDEN ABBEY 5km – 16th JULY 2008

LAPSED MEMBER RISES TO THE OCCASION

23 rd	Jim Darcy	19:02	181 st	John Fowler	29:02
115 th	Peter Morris	23:45			



This is a good local race that deserves more support from the club. It is traffic free and starts and finishes with the splendid backdrop of Waddesdon Manor. The out and back course may not suit everyone with the first 2km being downhill. The last 1k runs up one side of the garden to the house, around the back, down the other side of the garden and back up the central pathway.

It is well organised by Vale of Aylesbury AC with ample parking and on site facilities.

Peter Morris returned to road running for his first race in 12 months following key hole surgery on his knee. On the basis that he was “just going to jog around”, he can be delighted with his run as he disappeared into the distance – but then, for me, most (but not all) people did!

MILTON KEYNES HALF MARATHON – 20th JULY 2008

FIRST TIMER AT HALF MARATHON HITS WALL AT 10 MILES

Which when you are only 4 foot tall is quite an achievement to finish

Dan Taylor	1:35:05	David Jarrett	2:06:50
Carl Hermans	1:51:38		

Dave, who had never run more than about 8 miles before, took part in the half on a warm day. To his credit he finished. For those of you that have never hit the wall it is not a pleasant experience. It has happened to even great runners (Editorial comment – like me!).

BEDFORD 5km – 23rd JULY 2008

From the sublime to the ridiculous.

Silson Joggers had two entrants in the Doug Anderson 5km and remarkably John claimed victory over Simon. This is a course around a park with the race covering 2½ laps. Simon’s challenge was to lap John. He failed miserably (just). 11 runners did achieve the feat though

18 th	Simon Woodward	17:57	271 st	John Fowler	28:31
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WELLINGBOROUGH 5 – 3rd AUGUST 2008

A particularly poor turnout from Silson Joggers at the latest race in the Northamptonshire Road Race Series. Shirley maintained her form as leading F50 in the series.

37	Graham Linnell	32:20	123	Roger Taylor	39:23
72	Andy Hoare	35:06	202	Shirley Williams	47:11
78	Richard Popiel	35:33	217	John Fowler	49:57

CRANFIELD 5 – 8th AUGUST 2008

12 **Jeff Haynes** 29:24 1st M50

I travelled to Cranfield on the Friday evening - which for those of us who are little travelled, like me, is just about 3 miles east of Junction 14 on the M1. I had a map provided by the race organisers so was well prepared for the journey - or was I? I had only glanced at the map and was convinced that I had to take a right at junction 14 at the M1 but it was only after travelling over a mile towards Milton Keynes that I realised that I had viewed the map upside down! not very good without my reading glasses these days, this is a universal fact for most running veterans. On turning around and travelling back to junction 14 I got stuck in fairly heavy traffic. However, I arrived at the race headquarters still with about 45minutes to spare.

Cranfield University Campus, where the race headquarters was situated, is a rather pleasant, suburban, neatly organised place with lots of lawns everywhere and more to the point lots of readily available parking spaces - the areas of which were very well marked by large 'Parking Here' signs provided for by the organisers. The Start was situated on the road next to the cricket/football pitch and the Finish was on that pitch. A huge 'Bouncy Castle' type 'Finish' had been erected (pumped up actually) - I guess the winners might get to display their excitement by jumping on the castle at the end! Maybe I'll get a go as well!

I was the only Silson Jogger in sight although whilst I was warming up I had the pleasure of bumping into Andy Pate, of whom I hadn't seen for ages. So we had a great chat and exchanged stories of injury problems we had had, and gave him a little update on Silson Joggers etc. After finishing my warm up I lined up at the start which was in a small road to the side of the park - little signs divided runners into pens - under 50mins, under 45 mins, under 40mins etc. I stood next to the 'under 33mins' which was the fastest pen. After standing with the serious runners at the front for a moment I exclaimed 'WHERE'S THE UNDER 25MINS PEN THEN' - They all stared at me with a startled look - probably thinking 'he can't run that fast can he?' No I can't ...but they weren't to know were they?

We marched out onto the main road and pretty soon the horn went and we were off. I stayed with the leading group - the 1st mile was nice and flat with maybe a slight gradient downhill. I got this strange sense that everyone was holding back, maybe they knew something I didn't so I held back as well - we went thru' the mile marker in about 5min 35secs - I surged forward into 2nd place for a little while. At about 1.5 miles the pace increased and 3 guys came past, then another 3. Part of the 2nd mile was a nice downhill section. At about 2.5 miles the hills started interspersed with small downhills. From the 3rd mile it was pretty much uphill all the way back to the finish except for the last 1/2 mile. I kept the pace going as well as possible but the hills were very tiring. I finished at the 'Bouncy Castle' in a time of 29mins 24secs in 12th place and 1st Over 50 to finish, I have a trophy to prove it.

In all it was a great road race but challenging and very well organised, think I may do it again next year and try to drag a few other Silson joggers over there.



Jeff Haynes

BLISWORTH 5 – 15th AUGUST 2008

A poor turn out by the club for the most local of road races and part of the NAA series
Jeff wins M50 race

18 th	Jeff Haynes	29:26	141 st	Heather Cooke	37:43
33 rd	Kevin Reboul	30:50	216 th	Madeleine Moutrie	43:51
58 th	Dan Taylor	32:33	228 th	Shirley Williams	45:09

Prospective new member Andy Pacey finished in 15th place in 29:10

MOULTON 10km – 24th AUGUST 2008

Another poor turnout of Joggers at the latest NAA road race

45 th	Dan Taylor	42:53	82 nd	Heather Cooke	47:27
79 th	Richard Popiel	47:05			



What looked to being a wet run earlier that morning actually turned out rather warm and dry, except for those that fell in the ford crossing. This was the 3rd running of the Moulton 10k, and 3 Silson members were on the start line, one suffering the effects of pear cider (which may explain the falling over Richard), one showing dedication above and beyond with a possible 120 mile round trip in order to compete, well done Heather brownie points surely scored with Graham for that one, and I was there as well.

Having not run the course previously and with no idea what to expect I was overjoyed to hear

Heather describing how hilly the course was. The start was up a short sharp climb before levelling off for a mile or so of fairly flat smooth running on scenic country roads, offering quite pleasant views, not that there was time to truly appreciate them of course. This then gave way to some undulations, not really hilly as such but enough to make your legs tired. With about 3k down the lead runner came flying back from the other direction having already turned round at the 5k marker, he went on to break the course record. Dropping down the steep hill to the half way point knowing that I would soon have to turn round and run straight

back up again, I couldn't help but wonder on the state of mind of the course designer!!

After the climb, the course follows the road and undulations as the outbound route for a while before turning off down a dirt/gravel road for while. There was a nice steep down turn leading to the ford at the bottom that claimed a number of victims that day I believe, Richard was the Silson sacrifice although he finished well and didn't seem too concerned. There was a bridge to use for those not feeling quite so dare devil. After the water came another good climb back up to tarmac roads and the last couple of K. Here you had the pleasure of a double sting in the tail. No.1; was the short sharp climb up to the school at the last K

marker and No.2; finishing off on grass with a run across the school field, which looked like it was a just round the corner finish that actually went on for quite a bit further.

A big thank you here to Heathers' mum whose support kept us all going when at this point many other people were stopping to walk.

However, despite being a tough old course everyone made the end with Richard coming home in 47.05, Heather in 47.27, and me in 42.53. And would I do the race again given how shattered I've felt since then? Yeah it was a good course, well marshalled and local. Hope to see more Silson there next time.

Dan Taylor

THE BIG ONE

Silverstone Circuit has provisionally confirmed Tuesday 5th May 2009 for
THE BIG ONE

RESULTS – OFF THE ROAD

RACE THE TRAIN – 16th AUGUST 2008

A solo tourist this year

Richard Popiel

2:07:12

JUNIOR JOGGERS

Junior News September 2008

Welcome back, we hope you have had a good break.

Our first news letter of the new season will also go out to youngsters who have enquired about the club, during the summer months. Last season, the formation of the junior section, I was more interested in creating a team spirit and togetherness, ahead of results. We have learnt a lot from last season, and we are confident of building upon last years hard work.

All of September's training will be carried out in Bucknell Woods Abthorpe Road Silverstone, working towards the first Chiltern League Cross country in October.

For the first time we are introducing a tour of Bucknell Woods, excellent preparation for the forthcoming Cross Country season, with 3 races in 5 days (see below). Senior members of the club will also be competing over the series of four races. Trophies will be awarded to age group winners competing in all 3 races.

All evening training commences at 6.30pm.

Tues September 2 nd	Short Hill Reps
Tues September 9 th	Timed Circuits
Tues September 15 th	Paired efforts
Tues September 23 rd	Age graded 1 or 2 mile (tour race)
Thur September 25 th	Hill Race (tour race)
Sat September 27 th	Club Handicap Cross Country (tour race)
Tues September 30 th	Long Hills

Sponne School Towcester has been booked from October through to March, a similar format will be used as last year. Training from April through to the end of June will be at Sixfields Athletics track in Northampton

For all new members we hope to see you on September 2nd you will be most welcome, and we hope you enjoy what we do at Silson joggers.

Results

On Sunday July 13th we took in a track day at Kettering Town athletic club, as a taster session.

	800m	200m	long jump
Luke Mcquarrie	2.55	35.3	3.29m
Jason Dickenson	3.02	33.8	3.47m
Andrew Benyon	2.46	33.3	3.26m

We enjoyed the day in very hot conditions.

Graham Linnell 01327 341009

TRAINING – running forwards

Senior Training 2008/ 2009

Welcome to a new season with Silson Joggers, to existing members, there also should be quite a number of new faces, come the first week of September.

We will use a similar training format to last year, with what is a very muddy Bucknell Woods used during September. New for this year will be the tour of Bucknell Woods, 3 races in 5 days, culminating with the club Handicap Cross Country, on Saturday 27th September. Engraved trophies will be awarded, for winners of the event, so try and run all 3 if you can.

Sunday morning we will go for the longer more social runs from various venues, gradually increasing the mileage as the season progresses. Following our Sunday runs there tends to be an amount of tea and cake consumed.

The beginning of October signals our return to Silverstone Motor Racing Circuit - where we will be asking you to run any distance from 150 meters to 10 kilometres.

Working with myself over the Autumn and Winter months will be Rosie Moffat, Linda Lytollis, Carl Hermans and Claire Todd.

Looking forward to meeting you all again.

Graham Linnell

September 2008

Wed 3 rd	Short Hills	Bucknell Woods
Sun 7 th	Nether Heyford 2 Bugbrooke rd NN7 3LT	
Wed 10 th	Timed Laps	Bucknell Woods
Sun 14 th	Silverstone Infant School	
Wed 17 th	Long Hills	Bucknell Woods
Sun 21 st	Silverstone Infant School	

Tour of Bucknell Woods - 3 Races in 5 Days

Tuesday 23 rd	2 or 3 mile time trial
Thursday 25 th	Hill Race
Saturday 27 th	Club Handicap Cross Country
Sunday 28 th	No Run

Midweek training starts at 6.30pm meeting at Bucknell Woods, on the Abthorpe Road about 1/2 mile out of Silverstone village. The Woods car park is now closed so park on the side of the bridle way leading to the forest. For the Club Cross Country meet at 9.30 am for a 10am race start.

Sunday runs also begin at 9.30 am

October training Diary

Wed 1 st	Fartlek	Silverstone Circuit
Sun 5 th	Nether Heyford (as above)	
Wed 8 th	Easy Run	Silverstone Circuit
Sun 12 th	Silverstone Infant School	
Wed 15 th	3x1 Mile Reps	Silverstone Circuit
Sun 19 th	Silverstone Infant School	
Wed 22 nd	Timed Laps of Car Park	Silverstone Circuit
Sun 26 th	Allan Lock (Wicken – to be confirmed).	
Wed 29 th	2x 1.6 mile	Silverstone Circuit

Meet at 6.30pm for Silverstone Circuit, entering via main entrance, the gate house will advise on parking.

LOOKING AHEAD

A SELECTION OF LOCAL(ISH) RACES

1 st Sept – 6 th Sept		TOUR OF MILTON KEYNES
7 th Sept	5k & 10k	Irchester
21 st Sept	10l & half marathon	Cransley, Kettering
21 st Sept	10 miles	Leighton Buzzard
27 th Sept	6 stage relay	
28 th Sept	5 miles	East Carlton, Corby
29 th Sept	10k	Biddenham, Bedford
5 th Oct	6 miles	Daventry
26 th Oct	10k (LADIES ONLY)	Candleford Canter (Fringford)
29 th Nov	5 miles	Willen, Milton Keynes

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.

CHILTERN LEAGUE CROSS COUNTRY

The dates have just been confirmed:

Saturday October 11 th	Watford
Saturday November 8 th	Wing (50 th anniversary match)
Saturday December 6 th	To be decided
Saturday January 3 rd	RAF Halton
Saturday February 14 th	Watford

Transport will be provided to all cross country races for which a small contribution is requested