



# The 10k Times

April / May 2006

[www.silsonjoggers.org.uk](http://www.silsonjoggers.org.uk)

## THE KING IS DEAD (not literally)



## LONG LIVE THE QUEEN

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## SHOCK NEWS

**Northamptonshire County Athletics Awards evening.  
Silson nominated as  
Women's Road Running Team of the year  
&  
Graham Smith nominated as  
Best Individual Male Road Runner of the Year!!!!!!**

## CHARWOMAN'S CAT

Armchair rants. Back in an early 2005 edition of the 10k Times, the then chairman wrote (and I quote):

*"We need a few of you to think about taking on one of these roles [Committee jobs] before too long, to keep the club fresh and active (and to reduce the average age of the Committee). And the club needs a runner as a Chairperson, not a 'has-been-a-runner'.*

In spite of the absence of too many rocket science degrees amongst the Joggers (new or old), most of you will have noticed that despite being voted into the position of Chair at last year's AGM, I don't actually fulfil any of Eddie's criteria. Is it too late to ask for a recount??! After all, I am not even a has been runner....Chris would tell you (if any of you care to listen to him....even Rebecca took her iPod walking this weekend) that I don't even lower the average age of the committee by much!

Even with my dense nature, after a year of trying to persuade a reversal, I guess I am going to have to accept the vote with good grace and get on with it (you see, John, I *do* listen to you!) The thing is, I believe that I claimed to be 'gobby' back in April last year, rather than a 'wordsmith', which is why the request for a page of chatter came as a bit of a surprise. I don't even do gobby that well...although my new neighbours may disagree...but then you'll all already know about that, as the fastest thing in the club is not actually Chris Rogers, but the grapevine! How else did John Fowler (who had slept through the now notorious housewarming bash) know before I did that the police had visited me on Saturday night...

So until they fix my knee, I have been relegated to desk duties at the 10k on May 3rd (do I get an umbrella if it rains?) and Mr Fowler has kindly allowed me to organise the marshals for this year's Race For Life on June 14<sup>th</sup>. That's the day after the Banbury EMGP race, Linda, so you can marshal after all!! Now where's my map of the circuit gone?

Joking aside, Eddie did a fabulous job and I'm not sure quite how I'll follow an act like his; good job he'll be around to help in his new committee role! Thanks go to him for all his achievements over his extensive term and I hope that the new committee set up will manage to increase the joggers' numbers and its associated successes in a similar (if not as dramatic) fashion.

Oh, one last thing – in the same newsletter referred to above, Eddie suggested that lots of contributions from you to the content of the newsletter precluded the inclusion of a Chairperson's Rant. Over to you: keep the inboxes of JF and AP full and you'll never have to hear from me again!

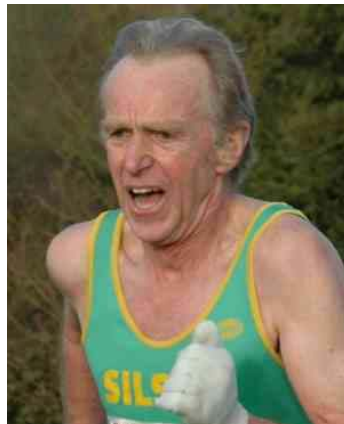
## FORMER CHAIRMAN'S LAST WORDS

Plus ça change, plus c'est la même chose ...

Those of you who were hibernating during February may easily have missed a brief interlude in my enforced retirement from running. Just to prove that I haven't gone completely soft, though to confirm – as if confirmation were needed – that I have become very slow, I took part on successive February weekends in the Wing cross-country, the

Hardwick cross-country and the English National cross-country championships.

Some relative newcomers to the Silson cross-country scene had been asking whether the Wing course – scene of the final Chiltern League fixture this season – was really as hard as the old hands' (or legs') tales would have it. Here are six clues to the answer:



I could have included a shot of myself in this gallery, but that would have spoiled the effect, because it would have made

everyone else look as though they were enjoying themselves. I must apologise to those pictured, and point out that

Alison was responsible for taking these photographs. She appropriated my camera whilst I was “running”, and captured the true pain of the cross-country runner. I assure you that no animals were harmed in



producing these photographs.

Alison also took a couple of striking photographs of Norman. She hasn't said which view she prefers.



The Hardwick XC – for those who haven't experienced it – is an annual open event organised by Bearbrook Joggers. Hardwick is a village between Winslow and Aylesbury. The cross-country event (a single lap of nearly 6 miles) is held on a working farm, and includes several 'stream' crossings. For several years, the course also hosted a Chiltern League fixture. The tide this year was at quite a low ebb by historical standards, but the water was, as usual for February, very cold. Those of you who have tasted Hardwick's delights may be interested to know that the stretch of glutinous mud on the last upward pull, before the downhill run-in, has disappeared completely. My red Walsh spike, sucked from my foot in the turmoil of a past Chiltern

League event, will presumably now remain buried beneath solid earth for years to come, to be unearthed by a curious archaeologist in an age when the human species has lost the use of its legs completely.

The Club – or it's beating heart, at least – had a day out in London by train to take part in the English National Cross-Country Championships, possibly the first time the Club has fielded both men's and women's teams in this event. By a strange quirk of fate that was a presage of later finishing orders, Andy (Wright) and Linda booked for a Virgin train and arrived at Euston first. The rest of us went by Silverlink. I should have used Pony Express, but missed the last pony.

Parliament Hill Fields (part of

Hampstead Heath) is a truly fine setting for the Championships, particularly on a bright (though cold and blustery) February afternoon, but the course is tough. I'd run there once before, quite a few years ago, and had memories of a lake of mud in one portion of the course. My memory was fairly accurate – though I'd forgotten that the lake is actually a sea, and I'd forgotten how many times it had to be crossed. The men's course was a 14k, 2-lap course. I have to thank all the wonderful members of the ladies' team for standing so long at the end of the first lap, freezing their \*\*\*\* off after their own race, to cheer me along. Sorry it took me so long, girls. As the sun set over the hill, and the tents were being packed away (other people's, that is, we didn't take ours!), I finally completed the second lap. The records will show that Chris Rogers had an absolute stinker that day. Sorry, Chris – I was inclined to run as Andy Pate, but the others quite reasonably and persuasively posed the question "Who in their right mind would want to do that?"

By the time I'd finished, the girls had showered, been to the hairdresser, been manicured,

pedicured – you name it, they'd had it cured – and were ready to hit Leicester Square for something to eat. After filling Garfunkel's with kitbags, and replenishing our energy stocks, the Silverlink bunch had an eventful journey home – involving an altercation between a bolshey train guard and a ticketless passenger, a brief delay at Watford Junction whilst the police apprehended the passenger, and the guard crowing all the way back to Milton Keynes.

On arrival at Milton Keynes, we found that Jim's car (Jim had given me a lift over to MK) was behind a locked barrier in the car park of the little shopping precinct near the National Hockey Stadium. We should have guessed there was some drawback to not paying parking charges. No problem, though – Jim practised his rally skills and had us out of there in a jiffy. I suppose things like this – getting out of barricaded car parks, removing wheel clamps, etc – are a standard part of the curriculum in the enlightened Scottish educational system.

Well, that's my season, folks. Now back to retirement.

**Eddie Shoemith**

# AGM UPDATE

## 'Silson Joggers - Northamptonshire Division'

Despite ample notice for those of you that were not at the AGM – it has taken place and was a good night. It is impossible to differentiate between the many highlights but here goes:

Chairwoman – Rachel Jordan  
Secretary – Brian Keers  
Treasurer – John Fowler  
Mens Captain – Graham Linnell  
Ladies Captain – Alison Linnell

Kit Man – Allan Lock  
Road Race – Andy Pate  
Co-opted – Eddie Shoemith  
Membership – John Fowler

**MEMBERSHIP SUBSCRIPTIONS ARE NOW DUE AT 10 POUNDS FOR SENIORS AND 5 POUNDS FOR JUNIORS. CHEQUES PLEASE TO "SILSON JOGGERS AC" c/o John Fowler**

The AGM also saw the return of the Presentation Evening where Carol Debney was the star performer, closely followed by Mark Armstrong

- Best dressed runner Bill Cushway
- Most improved lady Rebecca Hinksman
- Most improved man Mark Armstrong
- Club runner Carol Debney
- Coach of the Year Graham Linnell
- Runners' runner Carol Debney

## 'Silson Joggers AC - Desert Rangers Division'

Two major decisions were taken:

1. It is getting too hot to run, so all training is cancelled for the next few months.
2. Dates for next season were checked and found to be delicious!



# 2012 OLYMPICS

## DOUBTS OVER THE COST OF FACILITIES

Disturbing news has been leaked to The 10k Times over the cost and programme for providing the facilities to host the track and field events at the Playing Field. Preliminary discussions with the preferred contractor, Multiplex (the builders of the new Wembley Stadium), have suggested that the cost is going to be considerably in excess of the budget figure and, even now, there is some doubt that the facilities will be available in time.

Apparently there are a number of local groups that have to be brought on side before work can start on the complex. These include:

- |                        |   |
|------------------------|---|
| Parish Council         | Fundamentally on side but worried about the increase in traffic in and around the village   |
| Recreation Association | Think that this is a good idea but only if they had thought of it first. They may not be able to upgrade the changing rooms and showers in time           |
| Sports Club            | Think that this is a good idea but not sure if the bar could be open  |
| Cricket Club           | Definitely not supportive as it means that they will have to rearrange home matches. The Treasurer of the cricket club is a particularly obnoxious person |
| Archery Club           | Want to know if they can still practice whilst the events are taking place. Moving targets are always more of a challenge                                 |

Discussions continue with representatives of these groups and we are confident, with the backing of Lord Coe and Lady Gobby T, that our deadlines and promises can be met. However, there will have to be changes. These various groups may have to be bought off and the escalating costs of construction are unlikely to be matched by corresponding increases in grant aid. On behalf of Silson Joggers, agreement has been reached that we will have a greater share of the limelight and surplus. In return we must take responsibility for the extra costs, which are currently estimated at £10,000,000.

John Fowler, the treasurer of Silson Joggers, reports: *"This is not a real problem just a short term cash flow issue. I am confident that our members will be fully cooperative. We have around 50 members and*

*there are six years to go. At worst, I will recommend that the annual subscriptions be increased marginally at the 2007 AGM to cover the shortfall”.*

*Eddie Shoesmith, the previous Chairman and a mathematical wizard was not so sure: “the theory is fine. But subscriptions were increased at the AGM just gone and this caused a bit of a stir. Even if there is no increase in the costs of the project and no increase in members, I calculate that subscriptions will increase from 2007 to around £40,000 per member per year. Whilst the cause is admirable, this may cause problems to one or two of our members”.*

## OUR EX-FOREIGN CORRESPONDENT

Hello again to all from Guatemala,

Firstly I would like to congratulate you all on the great result at Wing and all your ensuing medals that you all now have, I hear the race was held in some what better conditions than the previous year.

In an ever continuing quest to try and find new and interesting places for training, though I hope you understand I see nothing wrong with our own training areas but they say variety is the spice of life. I recently decided to try training on the sea floor. Despite some problems to start with concerning buoyancy I soon found that there are benefits to running on the sea floor at about 20 metres depth. However, may I suggest to any thinking of trying this that, as always, you give serious consideration to having the correct footwear (it really is quite a tricky thing to run in flippers!!).

All the best to all those who will be running at London soon.

Adios

Dan

## RESULTS – OFF THE ROAD

### LADIES 40<sup>th</sup> IN CROSS COUNTRY CHAMPIONSHIPS

The curtain came down on Silson Joggers Cross Country season on Saturday, at the Parliament Hill Fields course in London. It has been a full and successful season for the club, as results continue to improve all the time. After the Chiltern League exertions, it was felt a good day out was due, and any success on the day would be a bonus.

Special mention must go to Andy Wright and Jennifer Dunkley who both had excellent runs on the demanding course. Linda Lytollis as she has all season led the ladies team home in 234<sup>th</sup> place, followed by Claire Todd 289<sup>th</sup> who also had a good season. Lynette Gilbey 379<sup>th</sup> and Jennifer Dunkley 416<sup>th</sup> completed the ladies team who finished 40<sup>th</sup> in the competition.

Unfortunately due to injury during the race the men were unable to finish a team, but all runners came out of the race with credit. With well over 1300 starters in the race the course began to cut up, combine the hills with the 7 miles distance, tested ones fitness to the full. Andy Wright made light work of the tough race finishing 430<sup>th</sup> in 49 minutes, an excellent run. Mark Armstrong crossed the line 533<sup>rd</sup>, with Andy Taylor running well for 772<sup>nd</sup> place. Graham Linnell 821<sup>st</sup> was followed home by Eddie Shoemith 1212<sup>th</sup>, a veteran of many National Cross country races for the club.

### WELLINGBOROUGH MULTI TERRAIN – 5<sup>th</sup> MARCH 2006

Ah to be in Wellingborough when spring is here. A lovely crisp, clear and sunny Sunday morning for the third and last of the Multi terrain series. As usual it is a undulating / hilly 5km course and the runners choose the 5k, 10k or 15k events.

Due to some mixed weather the course was rock hard in places, icy in others and slightly soft elsewhere. This made it difficult to decide which shoes to wear never mind the colour of the running tights and matching accessories.

Five hearty Joggers in vests turned out and did themselves proud as the conditions didn't warrant a PB but the aroma of the bacon butty van coaxed everybody home over the closing stages.

The main organisers, Just Racing, must be congratulated for an excellent course which takes in wooded trails, paths, a couple of fields and a muddy steep bank. The marshalling is good and the event can be recommended.

Andy Hoare was back after a couple of months of injuries and eased himself home in a good time. Claire ran strongly through the whole race, especially the last 4k. Shirley finished far further up the rankings than she expected and Dieter had a good run.

Unfortunately I ran quite well on the first two laps and like a carthorse having an off day on the last lap.

The 5 star performers times are listed below, I hope to see more of you joining the Multi Terrain series next year.

10k

32nd	Andy Hoare	46.49
96th	Dieter Sullivan	68.23

15k

58th	Claire Todd	73.44
66th	Andy Pate	75.31
101st	Shirley Williams	86.41

**Northern Lad**

## **Country Cross Country – 11<sup>th</sup> March 2006**

Lynette Gilbey helps Northants to 25<sup>th</sup> County

## **RESULTS – ON THE ROAD**

## **Dubai Marathon & 10K - 17<sup>th</sup> February 2006**

Once again the Standard Chartered Dubai Marathon 2006 plied it's way round the streets and landmarks of Dubai on Friday morning February 17<sup>th</sup> – postponed from the earlier January date in respect of the unexpected death of the Ruler of Dubai and Deputy President of the UAE, His Highness Sheikh Maktoum bin Rashid Al Maktoum.

Despite the start time of 07.00, it felt a bit strange watching the sun rise whilst everyone (else) limbered up, whilst wearing just singlet and shorts, and worrying about dehydration ! And that was just for the lesser mortals' 10K event starting ten minutes after the marathon guys.

Opportunist guests this year included Moya and Mike James, over from the depths of the Yardley Gobion winter for a mid-winter break (unconvincingly insisting calling it 'warm weather training'!).



After pressurising the front runners for a period (undisclosed distance, but a minimum of the length of the starting pen!), Moya, Mike and myself decided to 'let them take the glory', and eased off the pressure to let them win by an easy 9.95K !

Whilst the Ethiopian and Kenyan whippets sprinted round in disgustingly fast times hardly breaking sweat, the bulk of the runners (and I mean that more personally than you might imagine!) were put under extreme pressure by the

organisers inadvertently forgetting to man the 5km water station, both with either men or water. So onwards staggered the masses, past the still-disbelieving local police, gasping for water and sponges at a distant 8km resulting in acres of newsprint complaints in next day's sports press – whimps ! Us 'Stubbs' and 'Hazelborough' hard-cases shrugged off this slight inconvenience of course, and went for the dramatic collapse at the end instead !

For the anoraks, Joseph Kiprotech Ngeny of Kenya won in a time of 2.13.02, followed by Ethiopian Giday Amha, and Ngeny's countryman Elias Kemboi Chelimo (we left for a bacon-buttie before the first Brit arrived !)

*Nick El Jerome - The man without a camel*

## **Woburn 10k – 19<sup>th</sup> February**

Race debut for Nicki Carrick 59.07  
Carol Debney 64.09 and Dieter Sullivan 65.08

## **Milton Keynes half – 12<sup>th</sup> March 2006**

It was a cold windy morning in Milton Keynes (obviously not as cold as "up North" but still cold). The field consisted of approximately 2000 runners, walkers and a man on crutches.

The course was fast and flat, with only the odd short hill. It would appear that Silson had one representative in the field being me. Prior to the race I was concerned to hear that a senior Silson member had "gone wrong" on the course and led approx 100 runners the wrong way several years ago. To my relief, the course was well marked and I managed to finish in 47th place, with a time of 81.40.

Thank you to my two supporters.

**Mark Armstrong**

47th	Mark Armstrong	1.21.40
712nd	Thomas Schilling	1.45.30
1371st	Ian Haynes	2.04.00

## Daffodil - Kelmarsh - 10k – 12<sup>th</sup> March 2006

710th	Carol Debney	1.04.09
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## Daffodil - Kelmarsh - 15 miles – 12<sup>th</sup> March 2006

20th	Andy Taylor	1.44.06
212th	Andy Hoare	2.16.34
308th	Tim Hullett	2.29.19

## Banbury 15 – 12<sup>th</sup> March 2006

28 <sup>th</sup>	Dave Coates	1.40.15
Yet another Club record	Lynette Gilbey	2:10.33

## THE GRIZZLY – 12<sup>th</sup> March 2006

	Barry Bearman	
	Tony Keech	Second claim

# FLORA LONDON HALF MARATHON 19<sup>th</sup> March 2006

## “BARROW BOY” BILL SETS THE STANDARD

Thank you to everyone that helped marshal at the half marathon. Yes, it was windy and, yes, it was cold. For those of you who moaned about your marshalling position, just remember that we have one member who volunteers every year to marshal at point A – ½ mile on lap 1 and 12½ miles on lap 4.

We received praise from Flora and some great press on the *Runners World* web-site. Comments about the marshals include:

- Exceptionally well organised with loads of marshals and support all the way around
- Marshalling was great
- It was nice to hear the marshals call “Go hearing dogs” as I went

past

- Marshals were everywhere
- Hats off to the marshal at 10 miles – he really encouraged us

The last is a reference to Bill “pink baggy pants” Cushway, who was apparently auditioning for a part manning a market stall in Eastenders.

For the record there were just over 5,000 finishers and Silson Joggers were represented by new members, existing members and lapsed members:

132 <sup>nd</sup>	Carl Hermans	1.25.54
648 <sup>th</sup>	Norman Carter	1.38.21
1317 <sup>th</sup>	Thomas Schilling	1.46.11
3036 <sup>th</sup>	Shirley Williams	2.02.12
3830 <sup>th</sup>	Suzie O’Shea	2.13.19

## MIDLAND COUNTIES ROAD RACE RELAYS

### Sutton Park, Sutton Coldfield

### 25<sup>th</sup> March 2006

With quite a number of members unavailable to run, Silson Joggers still managed to travel to Sutton Park with competitive teams, in an event that ended in disappointment for Silson last year.

This time there were no slip ups on an eventful day in Birmingham, with the Ladies team finishing an excellent 21<sup>st</sup>, and the men 27<sup>th</sup> earning the team an invite to the National Championships.

The unavailable runners would have had to run very well to better the Silson runners on the day, with each and every running excellently for the team. All runners can be pleased with their times particularly the later legs when wind and rain made conditions more difficult.

### **Men 12 Stage - 27<sup>th</sup> - 4.47.16secs – long legs 5.8 miles, short 3.1 miles**

1 Andy Wright 31.29 long  
2 Rob Baymen 19.56 short  
3 Jody Willis 19.28 short  
4 Chris Rogers 30.23 long  
5 Carl Hermans 18.19 short  
6 Kevin Reboul 18.15 short

7 Mark Armstrong 33.20 long  
8 Andy Hoare 21.38 short  
9 Tony Keech 19.50 short  
10 Graham Linnell 34.55 long  
11 James Laurie 21.33 short  
12 Jnr. Neil 18.06 short

## Ladies 6 stage - 21<sup>st</sup> - 2.16.17secs - \* all 3.1 mile legs

1 Linda Lytollis 20.08  
2 Claire Todd 22.17  
3 Lynette Gilbey 22.29

4 Julia Shepherd 23.07  
5 Rosemary Van Der Putten 22.04  
6 Jennifer Dunkley 26.10

### COACH BREAKS DOWN ON THE WAY BACK

This was a mechanical problem not Graham being emotional about how well the teams performed

## OAKLEY 20 – 2<sup>nd</sup> April 2006

The Oakley 20 is a great pre-London race just 3 weeks before the big day. It has been around now for few years at a variety of distances (12, 15, 16 and 20!) and is growing in popularity. However bearing in mind the distance of the car park from the start and the crush in the race HQ it may have reached it's limit in terms of logistics. Once again a great race memento was given to all the runners, which this year was a very good quality polo shirt.

As for the race itself the course does a lot of undulating so you certainly know you have done 20 miles at the end of it. The day was quite cool and fairly windy and with the benefit of hindsight I probably went off a bit too quick, which then meant I ended up running for about 5 miles on my own into a strong head wind. I then settled down to steady pace and eventually finished in 52<sup>nd</sup> position in 2 hours 18 minutes and 27 seconds which was slightly quicker than 2 years previously which was pleasing. The winning time was a very impressive 1 hour 59 minutes and 18 seconds, with the last finisher coming home in 654<sup>th</sup> place in 4 hours 10 minutes and 36 seconds.

So, in summary, a well organised race which should be considered as part of anyone's pre-London build-up.

### Boro Boy

Dave Coates	2.18.27	
Lynette Gilbey	2.59.17	Yet another Club record

## FLITWICK 10k – 9<sup>th</sup> April 2006 Dazzling Debney's 10k Triumph

A sunny Sunday morning saw Carol Debney crack the 10k Enigma code with a PB time of 59.58. Carol has been aiming the break the magical 1 hour barrier for some time and the undulating course was conquered with a supreme effort.

The start was pretty congested so all the Joggers can take between 12 - 20 seconds off their times, a fact that should put an even bigger smile

on Carol's face. Apart from Stormin' Norman Carter I think the rest of the Joggers were virgins to this event and the general consensus was that an enjoyable run was had by all on an undulating but not frightening course (frightening, think Weedon). I think all of us will be back next year.

The course was run on country roads except for a closing section on a grass playing field. The last 600 metres was excellent for those foolish Northerners like me who insist on taking a few scalps with a mad sprint to the line.

Naff medals for all plus as many bananas and cereal bars as you could eat. The tea was horrible and the bacon butties would have been rejected by Jamies School Dinners.

**Northern Lad**

And now Carol's version:

## THE TWO VITAL SECONDS

Never have seconds meant so much to me! Thanks to Graham's six months "Special Training Plan", I finally ran a 10K race in under an hour with a time of 59.58! Quite an improvement on last year's time of 63.36, but then I didn't have a goal to achieve. Thank you Claire for the hug, I really appreciated that, and for retrieving my medal from the ground where it seemed unreachable at the time! It was really good to see my fellow Silson Joggers, waiting at the FINISH, anxiously asking "have you done it, have you done it?" Being too knackered to speak I could only hope. I thought I'd just made it, but had to wait for the Web results in the evening to be absolutely sure. Oh boy, the euphoria!

Amphill and Flitwick Flyers organised their event well with the race starting exactly on time. However, it was a quiet

Start and Finish, owing to the tannoy system being out of action.

The weather was cold, in contrast to last year's heat, but at least it didn't rain or snow.

There was plenty of parking at Flitwick Leisure Centre, together with free use of toilets, changing and shower facilities. Race HQ in the Village Hall provided a secure baggage area, more toilets, and there was additional car parking near by. The course was pleasantly scenic in a rural sort of way and undulating, the first hill loomed up after an easy first 2k and continued in gentle switchback mode until the final descent into Flitwick recreation ground and the wonderful sight of the FINISH line.

Out of 701 runners, Huw Lobb of Bedford & County AC came in first in 31.40 and Dan Spencer of Stragglers was last in 92.32.

Silson Joggers ran well, Norman Carter showed-off his marathon training and whizzed to the Finish in 44.45 in position 198, Andy Pate sped along with a time of 46.42 in 243rd place. Graham Smith was close behind with 47.30, position 270th and Claire's long legs took her there in 47.46 in 287th place.

Thank you all for your support and encouragement, especially Graham and Alison, also for their time and patience on foot and bicycle. With special mention to Jennifer for keeping me company at the back and Julia for introducing me to the Club. Duncan and Alan for coats, hats and gloves duties, Ryan for running backwards and forwards at Stowe, Mark for always asking

how I'm doing, Andy Wright for running back to find me on a pitch black circuit, Dave Lantsbery for searching for the missing flashing light, Norman for being Norman and his expertise on vacuum flasks! Claire for her lovely hugs, Andy Pate for e-mail "funnies", Shirley for always "asking", Chris for his wicked wit, Beverley for her company on village runs with and without two eager dogs, Rebecca and Nicki for their encouraging pacing (when I can keep up with them) and last, but not least, John Fowler for his humour and for opening the gates. *(Editor's note – Now we know that Carol has gone delirious!)*

You're a great crowd.

### The "Ever-Present" Carol Debney

Norman Carter	44:45
Andy Pate	46:42
Graham Smith	47:30
Claire Todd	47:46
Carol Debney	59:58

### LONDON MARATHON – 23<sup>rd</sup> April 2006

Joggers had three full members and one second claim member complete the Flora London Marathon. Dave Coates unfortunately but sensibly withdrew through illness but will be running instead in the Stratford marathon on 7<sup>th</sup> May. He then managed to blag a ticket to see Middlesborough v West Ham in the FA Cup semi final

<b>Jeff Haynes</b>	<b>3:05:48</b>	<b>A new club M50 record</b>
<b>Tony Keech</b>	<b>3:36:41</b>	
<b>Norman Carter</b>	<b>3:55:44</b>	

*CONGRATULATIONS TO THEM ALL***NEW MEMBER FOR SILSON JOGGERS**

Ex-Big Brother "star", Jade Goody, was rushed to hospital after failing to complete the London Marathon. She collapsed at 18 miles after hitting the wall. The wall is no longer structural sound after Jade made a large hole in it. The Health & Safety Executive are looking into it.

Reports in the paper suggest that "she was looking in a bad way". It would be malicious to even suggest that very few people could tell the difference. Following treatment at The Royal London Hospital she was allowed home.

She was featured before the start on BBC1 telling Gordon Ramsey: "I've been eating curry and Chinese and drinking and done little running". As this is a recommended training regime for Silson Joggers, she is to be offered honorary membership.

**NUTRITON**

**(Andy & John apologise for this article)**

**‘Impact of Nutrition’ – Lucozade Sports Science Academy**

On Tuesday 21<sup>st</sup> February I was invited to attend a sports nutrition presentation at the Lucozade Sports Science Academy (LSSA) in Slough. I was one of a group of 7 who had entered a competition in Running Fitness magazine – the prize being a visit to the LSSA and a month's supply of Lucozade Sport products.

The nutrition presentation by Nick Morgan, one of the LSSA Sports Scientists, centred on preparation for the marathon and highlighted some key areas where

Lucozade products can assist runners in gaining optimum performance.

**‘Loss of fluid and reduction in the body’s carbohydrate stores are the two major causes of fatigue in prolonged exercise’ - Maughan *et al* 1993**

## **Hydration**

As runners we are used to the statistic that 2% dehydration can cause significant loss of performance – but how do we actually measure this and counteract it?

There are two aspects to dehydration:

- general dehydration caused by not drinking the recommended 8 glasses or 2 litres of water a day. This causes us to be dehydrated to some extent before we start running – leading to under performance especially during the summer race season. Make sure you drink plenty of water during the days when you’ll be training or racing.
- In training runs or races of 60 minutes or over we need to counteract the loss of water caused through sweating. The easiest way to measure this is by weighing yourself before and after a run – for every kilo of weight lost you should drink 1.5 litres of water. As an example a 12 ½ stone or 79 kilo person only needs to lose 1.6 kg or 3 ½ pounds during a run to suffer a loss of performance.

One word of warning though is ‘Hyponatraemia’ – a potentially fatal condition caused by consuming too much fluid resulting in a very low concentration of sodium in the blood. Most at risk from this condition are those taking 4 to 6 hours to complete a marathon and drinking over 4 litres of water in the process. The recommendation is restrict your fluid intake to a maximum of 4 litres.

## **Carbohydrates**

Making sure you have an adequate carbohydrate store and replenishing them seems to be a more complex topic but there are some general guidelines we can follow. The human body ‘stores’ energy either as carbohydrates in the form of glycogen (approx 2000 Kcalories) or as fat (approx 110,000 Kcalories). It can most efficiently generate energy by ‘burning’ the glycogen, however this is a finite resource. The basic rule is that you must replenish the energy you use, whilst this seems obvious you can very quickly diminish your glycogen reserves through your regular training regime if you fail to eat enough Kcalories to balance the energy expended during exercise. In one hour running you can burn around 750 Kcalories - over one third of your available supply – if you fail to eat enough carbohydrates to counter this then you will go into your next training sessions with dwindling supplies of glycogen forcing your body to convert fat to energy – a far less efficient process resulting in a loss of performance.

Using the same guidelines we can see that an average runner will use up their glycogen stores in approximately 2 ½ to 3 ½ hours when running a marathon – more commonly known as ‘hitting the wall’!

The advice from the LSSA on this subject is as follows:

- Eat a high carbohydrate breakfast 3 to 4 hours before racing
- Consume 40 to 60 grams of carbohydrate (160 to 240 Kcalories) per hour during the race
- Consume 1.2 grams of carbohydrate per kilo of bodyweight per hour after the event

In terms of energy drinks and gels this equates to drinking a 500ml bottle of Lucozade Sport (or other isotonic drink containing 6% carbohydrate) or alternatively taking an energy gel every half an hour of exercise to maintain performance levels.

### **Summary**

In summary it seems the scientists at Lucozade and the other ‘sports drink’ manufacturers have done their homework in formulating their products. One litre of sports drink an hour, consumed at a rate of 250ml every 15 minutes, will provide an average person with approximately the correct volume of fluids and energy, in the form of carbohydrates, to prevent dehydration and sustain performance.

One final word – caffeine – until 2004 this substance was on the World Anti-Doping Agency’s list of banned substances. Studies have shown usage can result in significant performance enhancement, but scientists are still not sure why. The latest thinking is that it interferes with the pain reception process causing a reduced Perceived Rate of Physical Exertion (RPE). For optimum effect take 3 milligrams of caffeine per kilogram of bodyweight (or a couple of strong coffees) 1 hour before your next race – the effects will last 5 to 7 hours.



**JAMES LAURIE**

## NEWS FROM THE KIT MAN

There was a great article in one of the national newspapers recently under the heading “A good-fitting sports bra is essential for exercising in comfort”. The advice given is that it is essential that you do not run in a normal bra as this will typically provide insufficient support and may cause chaffing. Jogger’s nipple is not a pleasant complaint. In addition, no-one wants to get their favourite bra sweaty (Editor’s note – calm down everyone).

Most women make the mistake of buying a medium-impact bra for running, when you really need a high impact bra. Conversely most men, typically imagining that they are bigger than they really are (Editor’s note – true in many different ways) buy a sports bra that is much too big.

We tried to organise a photo shoot amongst members of Silson Joggers to show the glittering array of sports bras that are currently on the market. Sadly all the sweet talk and schmoozing failed miserably but ....



## LETTERS

From one of our more intellectual and discerning readers:

*Though Eddie's columns were always informative I must congratulate the current editors for their funny and lighthearted articles. As I am not one of the brightest crayons in the box, Andy and John's musings make me feel almost a Mensa member in the intelligence department*

*compared to the drivel these two scribble.*

*Thank you for making me feel so good about myself.*

*Keep up the good work and looking forward to the pictures of Linda in action.*

## WEB-MASTER IN TROUBLE

From Max Clifford to Mr Web

*This time you have just gone too far. Humour we can just about tolerate but maliciousness goes too far. We cannot remember ever seeing you at training on a Wednesday night in January at the circuit in a pair of shorts and a T shirt.*

*What are you? Man or mouse? Your typical attire is hat, gloves, tights and a number of layers on top. When I were a lad oop norf, even the ferrets would have questioned my sexuality looking*

*like that.*

*If you retract the slanderous remarks on the web site about the abilities of the new newsletter editors, then the matter will be considered closed. If not, solicitors are instructed to commence action.*

*P.S.: I do, however, think that Andy looks very fetching in the purple Christmas hat and dress in the photo on the web-site. Well done!*

From Mr Role Play

*What is it about the position of*

*Chairman? Both the present*

*incumbent and the heiress apparent (this was written before the AGM) volunteered to marshal at the Flora London half. Both came up with highly imaginative excuses some days in advance for having to drop out. Eddie,*

*allegedly not for him, was being taken by his family to look at a sanatorium on the South Coast. Rachel was washing her hair / sobering up / caring for the injured knee / moving house (delete as appropriate).*

From Northamptonshire Constabulary

*Saturday night in Towcester is normally quite lively. We expect the usually drunken rowdiness from the teenagers within the town centre. Imagine our surprise however at being called out to a Darby & Joan party in Lauda Close in a previously quiet part of town on Saturday 8<sup>th</sup> April.*

*The owner of said establishment claimed diplomatic immunity on the grounds of her alleged royal status.*

*Please also tell a certain Mr Rogers that the rumour that we were looking for a Scouser who was nicking hub caps from cars is totally false.*

## THE BIG ONE – UPDATE

### Silverstone Grand Prix 10K Tuesday 2<sup>nd</sup> May Incorporating the Midland Road race Championships

We will be allowed into the centre of the circuit at 5pm to start setting up registration and refreshments etc. Anybody helping with the race, i.e. Number spotting, timing, marshalling will need to arrive by 6.45 and report to team leader at registration area. Those setting up, car parking, entries on the night etc must arrive as early as possible.

All tasks and a run down of procedure were allocated at the AGM. If you were unable to attend the meeting and are available to help at the race please phone me, if your apologies have not already been sent.

We need to be thorough in our preparation, as we will be in the spotlight with the hosting of the Midlands Championships.

Thank you for your co-operation again this year.

**Graham Linnell**

# TRAINING – running backwards

## Winter Cup 2005/2006, Race 6 (3.1, 5 Apr 2006)

		Target time		Actual time		Points, race 5
		m	s	m	s	
Chris	Rogers	17	47	17	9	614
Dave	Coates	19	29	18	55	602
Dave	Lantsbery	20	16	19	59	551
Jim	Darcy	19	40	20	6	422
James	Laurie	21	50	20	55	665
Norman	Carter	22	13	21	1	716
Ryan	Carter	22	31	21	58	599
Graham	Smith	23	15	22	3	716
Bill	Cushway	25	25	22	59	938
Andy	Pate	21	53	23	15	254
Claire	Todd	23	41	23	15	578
John	Fowler	26	12	27	10	326
Nicky	Carrick	26	29	27	25	332
Rebecca	Hinksman	25	1	28	31	100
Bev	Colles			32	3	500
Nicki	Tipping			33	46	500

## Winter Cup 2005/2006 Points for races 1 to 6 (6 Apr 2006)

		Points race 1	Points race 2	Points race 3	Points race 4	Points race 5	Points race 6	Total points, best 5 races
Graham	Smith		500	659	539	677	716	3091
Bill	Cushway			500	698	854	938	2990
Norman	Carter		500	454	515	722	716	2907
Chris	Rogers	500	535		467	629	614	2745
Nicky	Carrick	500	751	472	524	497	332	2744

Graham	Linnell	500	460	551	608	530		<b>2649</b>
Dave	Lantsbery	440	535	477	494	515	551	<b>2572</b>
Linda	Lytollis	500	517	462	356	575		<b>2410</b>
Rebecca	Hinksman		500	512	599	671	100	<b>2382</b>
Andy	Pate		500	504	500	569	254	<b>2327</b>
Shirley	Williams	440	455	470	506	431		<b>2302</b>
John	Fowler	440	481	459	503	368	326	<b>2251</b>
Claire	Todd		500		467	623	578	<b>2168</b>
Dave	Coates			500	509	524	602	<b>2135</b>
Mark	Armstrong	500	502		482	479		<b>1963</b>
Elizabeth	Wright				500	1295		<b>1795</b>
Ryan	Carter		500			608	599	<b>1707</b>
Jody	Willis			500	554	581		<b>1635</b>
Jim	Darcy	500			695		422	<b>1617</b>
Carol	Debney	500			587	452		<b>1539</b>
Dan	Taylor	500	500	447				<b>1447</b>
Jennifer	Dunkley	440			408	401		<b>1249</b>
James	Laurie	500					665	<b>1165</b>
Andy	Wright	500			623			<b>1123</b>
Steve	Taylor	500		623				<b>1123</b>
Alison	Linnell	440	538					<b>978</b>
Brian	Keers	500			425			<b>925</b>

The following each have 500 points from a single race: Jeff Haynes, Kevin Reboul, James Laurie, Lynette Gilbey, Rachel Jordan, Keith Miller, Nick Jerome, Nigel Eyres, Adam Hinksman, Linda Fisher, Mark Godwin, Maria Closs, Paul Closs, Sally Willoughby, Bev Colles, Nicki Tipping.

## TRAINING – running forwards

### **TRAINING - THE FINAL OFFERINGS**

This will be my last training notes before the July/ August break, which we will all need to come back refreshed in September. The mid week sessions at the motor racing circuit will finish, with 26<sup>th</sup> April being the last Wednesday training, the session that night will be the infamous handicap 10k with mile markers!!!

As you will see below we continue as usual with Sunday morning runs albeit on a reduced mileage due to the midweek series of Road Races.

On Friday 28<sup>th</sup> April will be the first of the track training at Sixfields Stadium Northampton, 6.30pm start with I hope a 8pm lock up so training should be a little less rushed. I did intend to hold a session on Friday May 19<sup>th</sup>, due to the Blisworth 5k which we need a good turn out of runners, this will not go ahead.

Wed 26th April	Silverstone Circuit, 6.30pm, Winter Cup Time Trial - Round 7
Friday 28th April	Sixfields Track, 6.30pm, 3K Time Trial - Summer Cup Round 1
Sunday 30th April	Nether Heyford, 9.30 am
Sunday 7th May	Silverstone Infant School, 9.30am
Friday 12th May	Sixfields Track, 6.30pm, 5 x 200M strides warm up & 1 Mile Time Trial - Summer Cup Round 2
Sunday 14th May	Silverstone Infant School, 9.30am
Friday 19th May	Blisworth 5K Race
Sunday 21st May	Silverstone Infant School, 9.30am
Friday 26th May	Sixfields Track, 6.30pm, 6 X 400m - 400m Jog Recovery
Sunday 28 <sup>th</sup> May	Sandy & Rosie, Leeden Tye, Church Street, Helmdon NN13 5QJ
Friday 2nd June	Sixfields Track, 6.30pm, Pyramid Session, 2x200m, 2x400m, 1x800m, 2x400m, 2x200m
Sunday 4 <sup>th</sup> June	Nether Heyford, 9.30 am
Sunday 11 <sup>th</sup> June	Silverstone Infant School, 9.30 am
Sunday 18 <sup>th</sup> June	Silverstone Infant School, 9.30 am
Friday 23rd June	Sixfields Track, 6.30pm, 4x200m, 3x200m, 2x200m, with a difference!
Sunday 25 <sup>th</sup> June	Stowe School (meet Chackmore village Green)
Friday 30th June	Sixfields Track, 6.30pm - As 12th May Above - Summer Cup Round 3
Friday 7th July	Sixfields Track, 6.30pm, 4x400m Relays

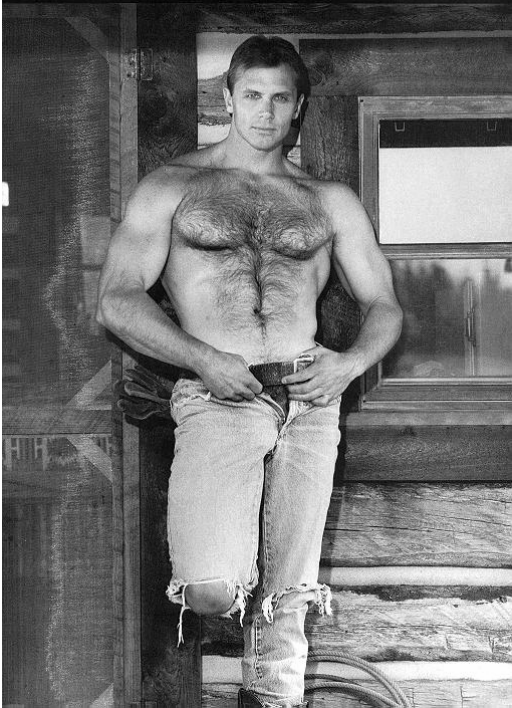

\*Sixfields Sessions - Meet at 6.30pm. 30 Minutes warm up & stretching. Cost will be £2 per person.

**Graham Linnell**

# 5k RACE FOR LIFE

**Wednesday 14<sup>th</sup> June 2006**  
**7.30 start – Silverstone Circuit**

I am reliably informed by the race organisers that tempted by the prospects of seeing Silson Joggers finest BEEFCAKES (and most beautiful ladies) the race limit of 5,000 ladies was met in the middle of April. We have agreed to provide the on-course marshals.

	
<b>Silson's finest Beefcake</b>	<b>Male Model (in Joggers kit)</b>

This is for a great cause. Race for Life started 11 years ago when 680 women ran around London's Battersea Park and raised 36,000 pounds. Today Race for Life is the UK's biggest women only fund-raising event. Race for Life 2006 is delighted to be coming to the Silverstone Circuit for the first time ever. Since Race for Life started in 1994, they have raised over £90 million and are hoping to raise an amazing £320,000 at the Silverstone alone.

This should be a great evening so let us get everyone available to help. This will be considerably easier than the half marathon when we had over 30 volunteers. This is just one lap of the Grand Prix Circuit.

To confirm your availability then please contact Rachel Jordan – [rjordan@griffithlaboratories.com](mailto:rjordan@griffithlaboratories.com)

## JOGGERS ON TOUR

### *Not a walk in the Black Forest but a run in the Black Mountains - 24<sup>th</sup> June 2006*

The club has been invited to take part in the first of what is hoped will become a regular event. The race, starting at the Northants Outdoor Education Centre at Longtown, will effectively be a fell race in the Black Mountains, following part of the Offas Dyke footpath.

The invitation is for a group of club runners to travel to the Centre in order to take part in the race on Saturday afternoon on the 24<sup>th</sup> June. It has been suggested that we might then like to stay on for an evening Bar-B-Q with accommodation for the night being provided by the Centre. If there is sufficient interest it would then be possible to have a further run in the hills on the Sunday or possibly make use of Centre facilities for another activity before returning. It seems the organisers are keen to encourage a family friendly atmosphere with some form of Fun Run also taking place.

This invitation is to both Silson Joggers and Human Energy and it would be great if the clubs could combine for the event.

Please talk to Tony Keech (01327 842945 or jennie.keech@virgin.net) if interested in this event as the Longtown Centre will be keen to know of our intentions

### ***RACE THE TRAIN 19TH AUGUST - UPDATE***

Calling all Joggers - Who wants to run and have fun on the Silson "Play Away" Weekend?

After talking to one of the race organisers this week I can update those who have applied for race numbers - and those yet to decide (go on , you know you want to) - more about the event.

Race the Train is a unique race for 20 something years and the organisers aim is to make it a real event for runners and spectators alike. Originally it was just the " easy peasy " traditional 14 mile multi terrain course but they later added the 10k version for those of a more sensible disposition (me). Both races start up the valley by the tracks of the Talylyn Railway and finish at Tywyn Station. The 10k is a morning event and the 14 miler or as I have christened it "The Race for Nutcases" starts about 2pm. Those who finish before the train win prizes, well deserved I should think. Race day is always a Saturday and there are beer and refreshment marquees, stalls, entertainers and a hell of a lot to do for everyone from about 11am till 11pm. This includes the Presentation of Prizes at 8pm.

To enter go to [www.racethetrain.co.uk](http://www.racethetrain.co.uk) where you will find details of the whole event, the courses and entry forms. Everyone enters as an individual and we will automatically go forward for the team events if we can muster 3 men and 3 women for the 14 mile and the same for the 10k. If you want information about accommodation you can contact me as I do have copies of a local tourist guide. I hope those who have already entered have been able to sort out rooms for the Friday and Saturday nights, I had to contact a few before I was lucky.

The race numbers, race chips and details of all the events including the train tickets for spectators will be sent out by the organisers about 6 weeks from the race date. When you see the payment go out of your bank account you know you have been registered for your chosen race.

So far we have Bev Colles, Andy Hoare, Andy & Dan Taylor and Mark Armstrong in the 14 mile. Jennifer, Claire Todd and I have entered the 10k. We also have 4 spectators who will either cheer or jeer us on.

To make the event as much fun as possible I hope we can all meet up after the 14 mile race when we can either attend the Prize giving or retreat to a local restaurant for dinner and drinks.

Once you have entered please email me to confirm which race you are running in, if you have supporters with you and if you want to meet up on the Saturday to toast our race performances.

Silson storm Wales, see you in Tywyn.

**Northern Lad**

## JOGGERS 30<sup>th</sup> YEAR

Silson Joggers A C is 30 years old in 2007. Following the success of the 25<sup>th</sup> celebration at Whittlebury Hall in 2002, it has been agreed to host something similar for the 30<sup>th</sup> birthday. Rachel Jordan, Claire Todd and Andy Pate will be working closely together (in his dreams) to make this another great night. Ideas to either of them please.

## SILSON JOGGERS FORUM

The Web Master has launched a members' forum which has a link through our web-site. Please register and participate in the various discussions that have already taken place. Please remember, however, that this is a public forum and so keep it, moderately, sensible (like what we do in The 10k Times!)

## IN THE NEXT ISSUE

- THE WINTER CUP RESULTS INCLUDING THE 10k HANDICAP
- RESULTS FROM THE BIG ONE
- RESULTS FROM ROAD RACES
- MORE PICTURES OF LINDA IN ACTION

**CONTRIBUTIONS PLEASE TO BOVINE NATURAL WASTE SOLUTIONS AT THE USUAL ADDRESSES BY 30<sup>th</sup> June 2006.**

## LOOKING AHEAD

30 <sup>th</sup> April	Titchmarsh 10k
30 <sup>th</sup> April	Nuneaton 10k
1 <sup>st</sup> May	Great Weston 5 miles
1 <sup>st</sup> May	Thornborough 5 miles / 10 miles
<b>2<sup>nd</sup> May</b>	<b>THE BIG ONE</b>
7 <sup>th</sup> May	Shakespeare half – Stratford upon Avon
7 <sup>th</sup> May	Hnckley half
7 <sup>th</sup> May	Stevington (Bedford) 12k
7 <sup>th</sup> May	Marlow 5
10 <sup>th</sup> May	Rugby 6 (2 <sup>nd</sup> EMGP race)
17 <sup>th</sup> May	Bedford 6 (3 <sup>rd</sup> EMGP race)
19 <sup>th</sup> May	Blisworth 5k
19 <sup>th</sup> May	Cranfield 5k
21 <sup>st</sup> May	Oxford Town & Gown 10k
24 <sup>th</sup> May	Corby 5 miles (4 <sup>th</sup> EMGP race)
29 <sup>th</sup> May	Boddington 10k
6 <sup>th</sup> June	Weedon 10k (5 <sup>th</sup> EMGP race)
13 <sup>th</sup> June	Banbury 5 (6 <sup>th</sup> EMGP race)
14 <sup>th</sup> June	RACE FOR LIFE 5k – Ladies only at Silverstone
20 <sup>th</sup> June	Harborough 5 (7 <sup>th</sup> EMGP race)
2 <sup>nd</sup> July	British London 5k (ladies only) & 10k
	<p><b>BRITISH 10k LONDON RUN</b></p> <p>Would you like to run for  <b>“Friends of Cynthia Spencer Hospice”?</b></p> <p>If so, please contact Duncan Shepherd (01327) 341492</p>
4 <sup>th</sup> July	Milton Keynes 10k (8 <sup>th</sup> EMGP race)
6 <sup>th</sup> August	Wellingborough 5 miles (NAA Road Race Series)
11 <sup>th</sup> August	Blisworth 5 miles

24 <sup>th</sup> September	East Carlton 5 miles (NAA Road Race Series)
September	Cransley 10k (NAA Road Race series)
October	Daventry 6 miles (NAA Road Race Series)