

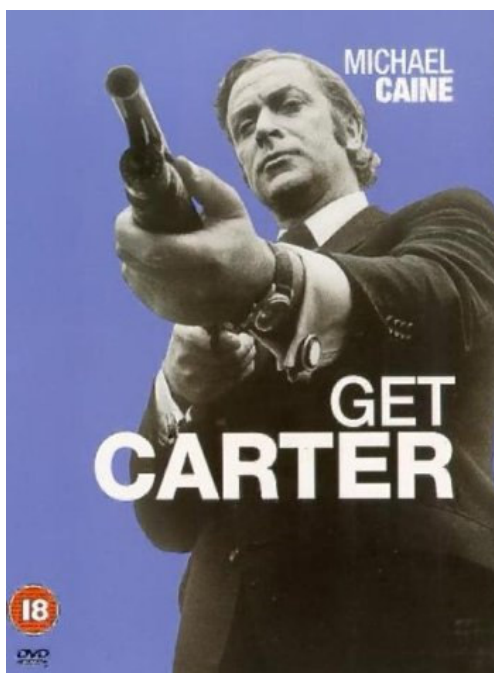


The 10k Times

August / September 2006

www.silsonjoggers.org.uk

GET CARTER!



The Stowe 10k on 3rd September saw a re-run of one of the great British movies. The part originally played by Michael Caine saw our very own “Stormin” Norman as the lead man. “Stormin” literally took the lease around the grounds of Stowe School. So dominant was “Stormin” that members of the chasing pack were heard plotting to “Get Carter”. Unfortunately some of them, but not many of them, did.

CONTENTS

Topic	Page No
Get Carter	1
Plea from the Treasurer	2
Urgently Wanted	2
Rachel's Rant	3
Letters	4
The Big One	4
News from the Kt Man	5
Cross Country	6
Results on the Road	6
Training Running Forwards	14
Flora London Marathon	15
Flora London half Marathon	15
Joggers on Tour	15
Triathlon Section	21
Christmas Party	23
Looking ahead	24
The next edition	24

PLEA FROM THE TREASURER

There are still too many people that have not paid their annual subscriptions. These were due at the Annual General Meeting in April. If you are in any doubt as to whether or not you have paid then please ask. The next newsletter may "name and shame" those that are still due to pay. It is only 10 pounds and cheques should be made payable to Silson Joggers AC.

URGENTLY WANTED

Silson Joggers Prestige Publications urgently requires a new co-editor. This follows the resignation of "Northern Lad" after just six months in the post. His inability to deal with a rational and politically correct co-editor was cited as the main reason for his departure. Qualities required for the position are uncertain but the ability to drink beer is a prerequisite. Knowledge of libel laws is a distinct advantage.

RACHEL'S RANT

Well, it's 'that time of year' again!

Do I mean the time of festive preparations? No.

Do I mean an hour's more sleep as the clocks go back? Nope.

Do I mean flicking the switch on the central heating for the first time this season? Still no.

Oh, no! Nothing quite so dull as that! It's cross country season! Hurrah!!!! It means permission granted for adults to don dangerous weapons as footwear, run up muddy hills and through icy puddles in an attempt to lose said footwear in sticky, boggy marshes.

Well, I say 'run' up muddy hills – some of you do and you do it bloody well, actually. Some of us did it rather poorly for the first time last season and went to extreme lengths to get out of it this time! Others manage to turn up to make sure that we have full teams at every race, even though it's neither your strength nor your preference.

Whichever category you fall into, the rather impressive clutch of metalware won last season only proves that we are out performing larger clubs and feeling quite smug about it actually! More of the same, please! Good luck for this season.

Meanwhile, the more important matter of a club Christmas meal is being addressed. Plans are already in place and published and if the 2006 event is anywhere near as good as the 2005 event, it'll be fabulous. If you have not already told Jennifer of your intentions, then make sure you book your place; guests are welcome as always...after all, we need as many people there as possible to catch the moths when our treasurer opens his wallet to fund the drinking activities!

See you there!

Rachel Jordan

LETTERS

From Helen Nassau (Race for Life)

"I just wanted to let you know that the Silverstone Race for Life event has raised 300,000 pounds whilst is fantastic. Thanks to all Silson Joggers for their support.

I am trying to confirm a date for 2007 and it is looking like Wednesday 13th June. As soon as it is confirmed I will let you know. I do hope that the

members of Silson Joggers will be able to support the event again.

For the 2007 event we will be addressing the car parking and traffic management issues which we encountered and meeting with Evened management and possibly Lux Traffic Controls to put a better system in place"

PLEASE PUT THE DATE IN THE DIARY NOW

From A frustrated Jogger

Dear Web-Master

"Having received the e-mail from the Editor advising that the latest edition of The 10k Times had been posted on the web-site, my excitement mounted considerably when I encountered the warning on the web-site link that this contained adult material. As I scrolled through the pages, I became increasingly disappointed. Sure, there

was a picture of a fat bloke showing his breasts but I fail to see how that could be considered to be adult material. Old and obscene yes - but not adult material.

P.S. I though that the picture of Linda was art in its finest form.

THE BIG ONE

SILVERSTONE 10K - 2007

The provisional date for the 10k is Tuesday 8th May 2007. **Please put this date in the diary now.**

NEWS FROM THE KIT MAN

We now have our new vests etc. in stock and I will bring them with me to our Wednesday and Sunday meetings. Additionally we still have a few 'old style' competition vests which are available for £5 – 00. Please note that the prices to you are subsidised by the club.

Prices

Ladies and Men	Unisex	Unisex	Unisex
Competition vest	Trackster	Short sleeve vest	Long sleeve vest
10-00	15-00	15-00	15-00

It is hoped that many of our members who will be attending the club cross country competition on October 7th will see me then.

The note below accompanied the delivery of the Short and Long sleeved vests from Wasp Sports. It also appears that a similar printing technique was used on the Tracksters so it would seem that care should be taken with the washing process for all of these kit items.

Washing tip

To extend the life and colour of the garments and protect the applied prints against abrasion, we strongly recommend that they are turned inside out before HAND washing wherever possible in a mild, non-biological, non-detergent product.

I wait (trembling) to see the reaction of our editor to these instructions.

Allan Lock

Editor's note: I employ a wife to wash my kit on the rare occasions that it is worn. I understand that Mark Armstrong has a Jennifer to do this but is not brave enough to ask (yet)! But just wait until they are married.

CROSS COUNTRY

The Cross Country Season

The season kicks off with the club cross country which is an ideal season opener on October 7th at Bucknell Woods 10am start. Meet at 9.30 am in the car park. A handicap system will be used giving slower runners a chance of winning the race.

A 7.5 mile course for men, 4.5 mile for ladies and 3 mile lap for less experienced, distances are deliberately more than the following weeks Chiltern League opener at Watford.

The course will be marked, marshalled and timed; trophies will be awarded, to leaders in the various categories.

I will need to know before if you are going to run as handicaps need to be set. Deadline day for entries 1st October to take up the challenge, an excellent course to warm up for the Chiltern League.

The Chiltern League first fixture is on the excellent Watford course on October 14th. All signs seem to be for another exciting season with Silson again challenging near the top of the league. The club will run a mini bus to all fixtures with times confirmed when we know if we have junior runners.

The mini bus will be booked on a first come basis, so let me know by email or phone 01327 341009

Graham Linnell

RESULTS – ON THE ROAD

Cranfield 5k Friday 7th July 2006

Whilst the majority of Silson Joggers were taking part in the last track session of the season at Sixfields Stadium and preparing to pig out on pasta for the Summer Meal at Bella Italia, at least 1 Jogger was lining up with 400 other runners at the start line of the Cranfield 5k. Held at

Cranfield University just next to Milton Keynes, this annual event is popular with club runners, sporting a heavy Bedford contingent, and a variety of non-club runners seemingly predominantly associated with the university.

A balmy summer evening was repeated from last year in contrast to the heat wave conditions of last week and the event 2 years ago. The race was preceded by a 1 minute silence in remembrance of the 7/7 victims of last year before the starters hooter finally got us

underway after the previous 2 false starts. As always the course first loops back on itself around the campus next to the library with heavy congestion caused by the slower runners starting at the front. After 1 kilometre we are clear of the campus and heading down country roads towards Moulsoe. The route is mostly flat except for a small dip of 15 metres in the

middle kilometre before easing up past Nissan and Cranfield aerodrome to the start back in the campus.

Ignoring a niggling knee injury I ploughed home in 160th position with a time of 22:01 - a new PB for this course but a disappointing 22 seconds slower than Blisworth with all its hills. To round off the evening there is a barbeque and live band. The bar is

provided courtesy of the Students Union with beer at Students Union prices.

Bad points – the start is crowded with slower runners starting too near the front and the finish tunnels were overcrowded but neither will stop me returning next year – even if I have to miss out on pizza & pasta again.

Joggers Finishing Times:

Position	Name	Time
160	James Laurie	00:22:01

MID JULY MADNESS AT WADDESDON MANOR 5k 19th July 2006

The temperature gauge in my car read 33 degrees as I parked the car under the trees at Waddesdon Manor at around 6.45 pm. The literature said that they took entries on the night before 7.10 pm. Half of me wanted the entries to be closed so I walked very slowly to registration whilst the other half really did want to subject myself to a run that could resemble the daytime temperatures in the Sahara. I also wanted to be the first Silson Jogger to model the new running vest. The woman on the entry desk gleefully took my

entry but was surprised about my declared age. Sarcasm is not dead in mid-Buckinghamshire.

As the whistle attracted the runners to the start right in front of the Manor House, formerly the seat of the Rothschild dynasty and now vested in the National Trust, the temperature dropped. Clouds gathered overhead and started to rumble. One fellow athlete suggested that they were actually laughing at the proposals of the gathered pack of runners. Then there were a couple of flashes of fork

lightening. This caused those proposing to run carrying metal objects (I-pods, car keys, glasses) to reconsider their race strategy but.. too late .. the starting pistol sent the runners on their way. There were a few spots of rain during the first five minutes but then it was back to the arid conditions. How perverse are the English to actually want it to rain?

In the 8 seconds that it took me to cross the start line, the new vest performed well. It did little for my body profile but then it could be something to do with

me and not the tailoring. The course is run mainly on the estate roads, starting and finishing in front of the Manor House. The first 2k or so is down hill so you can work out yourself the topography for the next 2k. Cruelly as you pass 4k you turn left and the Manor House is right in front of you and the finish is in sight. It might have been billed as a 5k but maybe it was short (like at Rockingham a few years ago). Alas no. Those horrible people from Vale of Aylesbury AC had set the course to run up one side of the garden, around the back of the Manor House, down the other side of the

garden and then back up the central gravel path towards the Manor House and the finish. It seemed to go on forever.

This is a great venue and setting for a race. The backdrop is the Manor House. It is traffic free. It is well marshalled. There were 4 drinks station on the night (I am not sure if this is normal or just a wise precaution because of the heat). Every finisher gets a mug. With hindsight the run from 2k to 4k is uphill but nothing like, for example, the mountain at Blisworth. I recommend this race to all fellow Joggers and look forward to seeing more of than

just Mr Darcy next year. Even Jim agreed that it was hard on the night but then he was wearing an old Joggers vest – how very last season! He did run in a magnificent time in the conditions of 19:00.

The new running vest clearly acted as a constraint to me. The pressure of the competitive debut (and the weather .. and being fat) meant that running a PB was clearly out of the question. The vest stood up well but was glad to finish. It did react badly to getting back to the car with the temperature of 29 degrees.

Fat Bloke

NSPCC MILTON KEYNES HALF MARATHON 21ST JULY 2006

The weather cooled down a bit for the 1,000+ runners in the half marathon. Spectators witnessed the male and female course records both being broken. The overall winner was

Phill Sly (Thames Hare & Hounds) in a time of 1:05:20. Second overall and ladies winner was Liz Yelling (Bedford & County) in 1:13:29. Both took nearly two minutes of the records.

Slightly further back was our very own Graham Smith, flying solo for Silson Joggers. Graham set a new M60 club record with a time of 1:55:56

BEDFORD PARK 5k – 26th July 2006

Jeff Haynes further lowered his M50 club record time to 17:45 to finish in 14th place.

WELLINGBOROUGH 5 MILES

6th August 2006

20 th	Jim Darcy	30:57
61 st	Andy Hoare	34:19
95 th	Brain Keers	36:44
112 th	Andrew Pate	37:58
235 th	Carol Debney	53:59

BLISWORTH 5 MILES

11th August 2006

RETURN OF OUR FOREIGN CORRESPONDENT

AGE PRIZES FOR JEFF HAYNES (M50) and CLAIRE TODD (F40)

It had been a typical summer's day. Cloudy, windy and humid. But no Northampton balloon festival and the date clashed with the Cranfield 5 miles. Blisworth did, however, see the return to Blighty of Nick El Jerome. His arrival in the UK coincided with increased security at all major airports.

The field at Blisworth typically is in excess of 500 but this year numbers were down with under 150 finishers. There is a rumour that the future is in doubt because of the removal of police support. There is a modest turnout of Silson Joggers but the support of the traveling groupies was most welcome at the start and finish (but they were not in the bar afterwards).

Blisworth Friday 5 – The Unseen Competition!

So I arranged a special flight from Dubai to England, hired a car, reserved a hotel room, filled up with expensive petrol, and paid an entry fee – all just to take part in one of my favourite races, the famous Friday 5.

OK, so it was just coincidence that I was visiting family that week, and I happened to have

my trainers with me! But what more coincidence than when I parked up on the Blisworth football field, only to glance across at the Fat Bloke in the adjacent limousine, who was somehow familiar, but couldn't quite place. Then I suddenly realised the extent of my good fortune – this guy was perhaps an unexpected and welcome possibility

for my NOT being the tail ender after the sun sets on the 'Finish' banner! The Snail versus the Man Without a Camel!

With this unbilled head-to-head clash now catching the attention of the Organisers, my chance arose to psych out my new arch-rival. Yes, I completed one calf-stretch as per the Great

Linnell's Book of Advanced Flexibility, and also jogged to the nearest bush and back (no comment). With the Snail now completely phased at all this pre-race warm-up activity, I hoped my chances of victory after several months of zero running would increase.

My luck was in! The Snail appeared to have blown his chances with a strenuous stroll to the start line! Staying on his shoulder at the line-up

and during the first mile, my race plan rolled out perfectly. With my comments on the passing countryside, and sudden injection of an 8-minute pace burst at two miles, the Snail's confidence was shattered. Only the thought of a hot dog and cold beer would keep him going!

After conquering what was seemingly a continuously-uphill course, I managed to raise myself off the ground just a few

minutes before my illustrious rival came into view, to glorious applause from fellow sufferers.

So, the 'race' was run, the T-shirt got, the beer drunk, the sun set, and the hand shaken.

A classic for the record book and one to remember on the flight home to Dubai.

Now where did I park that Camel?

Nick El Jerome

Jeff Haynes	30:00	1 st M50
Kevin Reboul	30:53	
Andy Taylor	31:25	
Dan Taylor	43:32	
Stuart Branch	37:53	
Trevor Ray	38:07	
Claire Todd	39:54	2 nd F40
Nick Jerome	41:27	
Shirley Williams	42:33	
Bev Place	45:16	
John Fowler	46:48	

BEARBROOK 10k – 13th AUGUST

I made a rare outing on the road in August at the Bearbrook Joggers 10k and thought I would

do a quick report for the next newsletter.

Despite very damp conditions, the race attracted a record full entry of 500 runners. The race started and finished at Aylesbury Rugby Football Club in Weston Turville and ran through Wendover and Halton. For those of you who have run the Chiltern League XC at RAF Halton, we

passed perilously close to the XC venue in almost XC conditions.

The race was won in fine style by local Amersham based runner Owain Jones who clocked 32 mins 27 secs, almost one minute ahead of the second placed runner. I trailed home in 18th place with a time of 35:48

Chris Rogers

MILTON KEYNES 5k 24th August 2006

A series of 3 ladies only 5k races have taken place in June, July & August organized by Heartbeat Events. The races have all been relaxed and whilst the winning times have all been below 20 minutes, there have been a lot of times of over 30 minutes. The races attracted 115, 118 and 169 finishers. The race starts at Willen Lake and comprises one lap of the Northern Lake, meandering around some of the red ways of Milton Keynes and the Grand Union Canal. Only one Silson

Jogger, Jo Bartimote took part in the first race. This deserves more support if the series takes place in 2007.

On 24th August, there was also a men's only race with 126 finishers (including some whippets who finished in just over 16 minutes and Fat Bloke excelled himself by setting a personal best for him for his new age category. It was, after all, his birthday and he set the record just before finishing! He also was the only Silson Jogger in attendance.

STOWE 10k - 3rd September 2006

300 runners, amongst whom there were a couple of Silson representatives (running in blue Cancer Research T- shirts not club kit and therefore saving the Treasurer the cost of race fees!), turned out on Sunday 3rd September for the first Cancer Research 10K at Stowe. It was a gloriously sunny day but with a fairly blustery wind, and the course itself twisted and turned through Stowe's fabulous grounds.

The event was definitely more of a fun run with a multi terrain course, but there were a few uphill (which always seemed to be into a headwind) to be coped with. Norman Carter starred for Silson leading the pack for the first four or five kilometres and eventually finishing fifth with myself finishing about three minutes behind him. There were no official times or places recorded.

All in all it was a fun event and one which I'm sure will attract a lot more than 300 runners next year.

Brian Keers

LONE JOGGER AT OWLS JOHN FRASER 10 MILE ROAD RACE 3rd SEPTEMBER 2006

When I said I'd write a report I assumed I'd think of something

brilliantly original to tell you – but if you read on you'll see I was wrong!

This is a good race – the distance should be obvious from the title. The course started from Countesthorpe College which would have been easy to get to if all the highway maintenance people hadn't decided to try and do a bit of overtime that day.

The course was described as undulating, which it certainly was. I wouldn't call it hilly if you accept that Everdon Stubbs is a hill. The countryside was pleasant and the roads were relatively quiet. The route was an 'out and back' with a loop halfway, so we saw most of the undulations twice.

There were 213 finishers. The men's

race was won by Gordon Lee (OWLS AC) in 54:08 and Nicki Nealon (Huncote Harriers) won the ladies race in a time of 1:04:34.

I wanted to use this as a training run as preparation for the Great South Run and was in an elite group toward the back of the field. I aimed for 1:40. My time of 1:39:50 was therefore a triumph. No medal or tee-shirt, but an interesting goody bag with a banana, a packet of raisins, an energy bar, a pair of gloves and a Waitrose 'Food' magazine. There were good facilities at the school - showers, changing rooms, AND baggage storage. There were some refreshments available, but they weren't in the same league as the ones at 'our' 10k.

Shirley Williams

Cransley 10K - 17th September

5 Joggers (Andy Hoare, Tim Hullett, Roger Taylor, Dieter Sullivan and myself) turned out on a sunny Sunday for the Cransley 10K at Cranford near Kettering (where was everybody else, last year there were 10 Silson runners, surely Graham's training session couldn't have been that compelling?). The start and finish had been changed slightly, but apart from that, the course was the same as in previous years.

The start, instead of

being on the main road with plenty of space to avoid being baulked in the first few hundred meters, was in a side road and with 320 or so 10K runners and around 200 half marathon runners all starting at the same time, there was a lot of bunching for the first 1K. Thereafter apart from a hill at around 3K the course was fast (for some) and just gently undulating on quiet, well marshalled roads. There was a short downhill stretch just after 9K (should be compulsory in

all races particularly x-country) leading to a longer run in than in previous years to the finish in front of the church. Andy disappeared off in to the distance from the start and had a good run finishing 10th in the Vet Men category, Tim put on a real spurt at the end and took about 10 places in the final 300m, Roger, having his first run as a Silson Jogger, also had a strong finish, as did Dieter who took another runner almost on the line.

For the record the results were:

Andy Hoare	42.15	29 th overall	10 th in Vet Men
Brian Keers	47.18	49 th overall	18 th in Vet Men
Roger Taylor	51.26	87 th overall	33 rd in Senior Men

Tim Hullett	54.58	138 th overall	54 th in Vet Men
Dieter Sullivan	1.01.57	210 th overall	81 st in Vet Men

All in all it was a well organised and really enjoyable race. See you there next year.

Brian Keers

EAST CARLTON 5 miles 24th September 2006

The Kettering 2 is now the Kettering 3. After a year of running 10k races with club members I recently joined Silson Joggers and have now run a couple of affiliated races. This week Andy Hoare and I did the Corby 5 miler which was described as very hilly. Everyone was talking about the final 1 mile hill which turned out to be

really fun with the occasional flat bit to break up the push to the top. Andy came home in third in his category with a time of 34.34, and I came with a cautious 'new boy' 41.04 (but I know what to expect for next year). I look forward to meeting you at future events.



Roger Taylor

A question from the editor. Does anyone, with the exception of Tim, have any hair from Kettering?

TRAINING – running forwards

TRAINING

We are back after our summer break and how!! On Wednesdays we have had huge turn outs, almost too big for the footpaths the sessions were set on. No complaints every body has somebody to run against and the training has gone well. Last Sunday there was 16 out for the for the morning training session. Pleased to see quite a few new faces on both Sundays and Wednesdays.

We will continue with the 1st Sunday of the month at Nether Heyford and various venues for the last Sunday of the month with the meets in between at the infant school.

The Wednesday sessions will switch to Silverstone Motor Racing Circuit on October 4th, where we will continue to organise sessions such as fartlek, relays and also the Winter Cup.

Wednesdays the gate house, straight on from the roundabout with the car in the middle will guide you to the car park just inside the complex.

Date	Time	Venue
Sunday 1 st October	9.30 am	Graham & Alison's, Nether Heyford
Wednesday 3 rd October	6.30 pm	Start at Silverstone Circuit
Saturday 7 th October	9.30 am	Club Cross Country – Bucknell Woods
Sunday 8 th October	9.30 am	Silverstone Infant School
Wednesday 11 th October	6.30 pm	Silverstone Circuit
Sunday 15 th October	9.30 am	Silverstone Infant School
Wednesday 18 th October	6.30 pm	Silverstone Circuit
Sunday 22 nd October	9.30 am	Silverstone Infant School
Wednesday 25 th October	6.30 pm	Silverstone Circuit
Sunday 29 th October	9.30 am	Stowe School – meet at Chackmore
Wednesday 1 st November	6.30 pm	Silverstone Circuit
Sunday 5 th November	9.30 am	Graham & Alison's – Nether Heyford
Wednesday 8 th November	6.30 pm	Silverstone Circuit
Sunday 12 th November	9.30 am	Silverstone Infant School
Wednesday 15 th November	6.30 pm	Silverstone Circuit
Sunday 19 th November	9.30 am	Silverstone Infant School
Wednesday 22 nd November	6.30 pm	Silverstone Circuit
Sunday 26 th November	9.30 am	Allan Lock – Wicken – MK19 6BS

FLORA LONDON MARATHON
22nd April 2007

Entries for the Flora London Marathon must be returned to the race organisers by 20th October 2006. Please let The 10k Times now if you have applied for a place. The club will be applying for the guaranteed club entry – the draw will be made in late December 2006 / very early January 2007.

FLORA LONDON HALF MARATHON 18th March 2007

Once again we have agreed to provide the marshals for the half marathon at the circuit.

PLEASE DO NOT WAIT TO BE ASKED – PUT THE DATE IN THE DIARY AND VOLUNTEER. **THOSE THAT VOLUNTEER THE EARLIEST WILL BE ALLOCATED THE MOST FAVOURABLE POINTS ON THE COURSE.**

John Fowler

JOGGERS ON TOUR

Race the train 2006

The inaugural race over 14 3/4 miles took place in 1984, since then junior and 10k races have been added to the event that attracts runners from all over the UK and some foreign lands too.

With the minimum entry age being nine and races from 3 miles the event has a broad family appeal. This year 320 runners entered the 10k race, 724 the main race with 156 in the fun run.



Main race course

The start is alongside the Talylyn station in Tywyn, heading through the town on public roads for the first mile or so where the locals line the streets cheering loudly. The railway was crossed for the first time soon after, with the sight and sound of the two locos already ahead in the middle distance. The next six miles followed the railway over farmland on fairly level terrain, and the rain set in again around mile four. The final field before the turn for home had been ploughed, and with recent rain was soft and muddy but only gave a hint of the tough section of the course to come.

At this point the train was at a disadvantage, as it headed further up the valley to Abergynolwyn where the locos had to 'run round' the coaches for the return journey. The runners route now switched to steep climbs along single track sheep and footpaths, as the course headed up the side of a large hill. Overtaking became virtually impossible and running difficult especially where the course climbed across the side of the lesser hills.

In the wooded and most spectacular part of the course around mile nine, the train overtook four of the Silson runners, with only Messrs Taylor and Armstrong remaining with any hope of beating the steam machines back to Tywyn.

The course then levelled out, and from around mile ten followed the same route as the 10k race held earlier in the day. The final three miles or so were on tarmac, but included a ford several yards wide and a couple of feet deep - most courteous of the organisers to provide shoe cleaning facilities!

Crowds of spectators cheered the runners home, with all of the Silson Joggers finishing strongly to the splendid news that Mark Armstrong had beaten the train by a few seconds.

Silson Joggers times

- Mark Armstrong 1.47.20
- Dan Taylor 2.07.01
- Andy Taylor 1.52.09
- Norman Carter 2.08.10
- Andy Hoare 2.05.40
- Bev Place 2.42.57

Summary

Despite the worst weather in the 23 year history of the event, much fun was had by all, with around 18 of us joining in post race celebrations in Aberdovey.

The whole event is splendidly organised, the course is both tough and spectacular and is highly recommended.



THE SHORTER TRAIN

Well it's advertised as a Multi Terrain, think again. All you Joggers who like a tough XC should sign up now for the 2007 race. This one is a corker! Normally run on very hot, dry August Saturdays this year was a rarity - heavy rain for two days plus all day Saturday meant mud, slippery and very, very wet. The event has a mix of races but the rain races are a 10.6km in the morning and a 14.75 miler in the afternoon.

Both races start alongside the Tywyn railway train packed with supporters and while the train chugs contentedly back to the Tywyn station we runners take to the XC course. When the train arrives back at the Tywyn station it blows a very long hoot, if reach the finishing line before that hooter sounds you have beaten the train.

I can only report on the morning race as the 14.75 is for those who are mad and very race fit so I chickened out and did the 10.6km with Jim Darcy and Roger who has just joined the club.

The 10.6km isn't really chickening out as it starts with a mad rush across a slanted field and then up a gravel / shale lane that was more suited to guide ropes and crampons. A step drop onto a single lane track took us to about the 3km mark before the course opened up a Little and gave a chance for some overtaking. A drop down to the local scenic falls and up slate steps took us back to the track in this first section.

Some areas of ankle and shin deep mud plus many slippery areas meant the use of walshes was necessary. Jim Darcy and I came well equipped and while many runners feel arse over tit on section of the course we hardy Joggers treaded sure footed through everything that was thrown at us.

After the 4km mark we had a mix of flat fields, mountain goat type fields, farmers yards a shin deep ford (great fun), tarmaced lanes and then the last road section into the town. At various points along the route we meet the train which was packed with cheering supporters. The finish took us back to pass the train station any onto the grass playing field with a final 120metre section down the finishing tunnel.

The organisation of this race is superb, the Marshall's very friendly and the support fantastic (mainly from the train).

Now what about the two who triumphed, well all of us were RTT virgins but two Joggers trounced the train.

Jim Darcy beat it by 2 - 3 minutes in the morning and Mark Armstrong took the hours by about 34 seconds in the 14.75 miler. I can only stand back and admire their efforts.

As for me, well the train obviously beat me (by about 7 minutes) but I really enjoyed myself. Mud, fields, sheep tracks, crossing fords and persistent rain just reminded me of my childhood in Lancashire.

The legs held up well and a crazy sprint finish as I passed the Tywyn station added to the fun.

Thanks to all the Joggers who gave me a massive cheer as I came down the finishing field. Thanks to Carol for cheering me on from the train.

Sorry to Roger who I sprinted passed with 150 metres to go, you will beat me next time.

- [Jim Darcy 50.51](#)

- [Andy Pate 61.15](#)

A Lancashire Lad lost in Wales

RACE THE TRAIN - A VIEW FROM THE FINISH LINE

As I chickened out and did the 10.6km morning race it gave me a chance to witness the endeavours of the Joggers who ran in the main event in the afternoon. This was a mere 14.75 mile, ha ! easy peasy I hear several people say (well spectators who never run).

Let me set the scene on the finishing area. All runners had to turn off the main road passing the Tywyn station on the left, a quick left turn onto the playing field and a swing right past a block of changing rooms brought that beautiful sight of the finishing line about 120 metres ahead. Spectators either side behind barriers cheering and shouting with the clock ahead.

One hour 48 minutes was the critical time, the train was expected in the station so as I stood with Jenny as the clock ticked 1hr 45m we were both anticipating the arrival of Mark Armstrong. Jenny informed me that Mark was very hopeful of beating the train, he had been training hard but the muddy conditions worried him.

As the clock crept past the 1hr 47 Mark came into view and with the very vocal backing of all the Joggers spectators he sprinted down that field to hit the line on 1hr 47m 20s and a victory over Thomas the Tank Engine.

Mark's finishing effort was a reflection of all the Joggers finishing field performances. Everybody finished very strongly with legs and arms pumping furiously and plenty of encouragement from all the Silson spectators.

Andy Taylor 1.52.09 had a neck and neck battle which he won just before the line. Andy Hoare 2.05.40 gritted his teeth to finish clear of all other runners. Dan Taylor 2.07.01 hammered his way passed a Wootton runner to shouts of "beat the Wootton, beat the Wootton ". Norman Carter 2.08.30, disguised under a peak cap and wearing his " sexy " short green shorts his finish was a piece of comic timing. You must ask him in person so you can get the full story. Perhaps my shouts of "come on Stormin" might have spurred him on. Bev Plaice 2.43.45 finished in style passing two runners with about 40 metres to go, a superb run.

Every Jogger supported each other and a fun night in the Dovey Arms, Aberdovey was had with some good pub grub and several drinks.

This trip into the Wild area of West Wales was a challenge and great fun. Thanks to everyone who ran and supported. Perhaps there will be another chance next year to do an unusual race and a "Joggers on Tour" Weekend.

AndyPate

Running at 60°06'N 18°47'E

Graham was most impressed to learn that I had been warming up and then stretching (but not as comprehensively as at Sixfields) before my runs. So, on our first morning together, we jogged to Roslagsfisk nearly halfway into Grisslehamn – where the locally produced salmon and eels are smoked – and back to Kajutan – about 1k - then began our stretching. All went well until Graham sat down on the grass for the floor exercises but soon leapt to his feet – I had forgotten about the ants that live here! I presume it was the large black ones that found him, if it had been the small red ones he would have been in pain for a couple of days.

The running here is multi terrain and surface, it is made up from small tarmac roads, graded stone roads, forest tracks and footpaths, there are a few very steep sections – one is combined with some large boulders, christened ‘The goat run’. Over the past five years or so I have put together different combinations that have taken me from 3.5 to 16.5k. It amused Graham to learn that I was timing individual sections of these but I have found it useful when comparing the performance between runs. We ran the 16.5 for the first time in August this year. During the winter months the runs are restricted to roads only, when they are cleared and gritted, as snow cover usually lasts from late December until mid March. Perhaps we could try a tour of the 16.5k?

We leave Kajutan and away from Grisslehamn on a tarmac road, Ekbacksvägen, but after 250m turn into an unnamed stone road that takes us 200m along the shore of Ornöfjärden, as this part of the inland sea is called. Up a short incline with embedded rocks, into the pine forest and onto another stone road. After a short distance we turn into a footpath that takes us to a forest section – beware of smooth rocks and tree roots – we quickly join the forest track proper and head towards Nordkap. Use the rose bush at the end of this track as a roundabout to return into the forest, taking care not to slip on the lichen covered rock or stopping to admire the view – Alison did -. We frequently visit this spot in the evening to watch the sun go down across the sea and islands. We stay on the forest track until it leads us into Nordkapsvägen, stone road, eventually rejoining Ekbacksvägen for a short downhill before turning into Björkvägen, stone road, a long flatish straight section before turning and dropping down alongside Vaddövikens, the stretch of water that separates Vaddö from the mainland. Up again now and away from the water until we turn into Apeldalsvägen, tarmac, for a 500m uphill and then flatish section before we turn into the forest again and joining the Elljuspår (Electric light track). Most communities have one of these; it is a forest trail that is lit by street lamps during the winter months the trail here is 1.8k long. We climb just over 20 metres in the first 400 metres of this track in three gentle and two very steep slopes before a flat section and change of surface to coarse stones for the descent. Last year the local electricity company used this part of the trail to bury their cables and the new surface has not had sufficient time to mellow. At the bottom of the slope we leave this trail and turn into Skolvägen, tarmac. Past the community hall, outdoor stage – the site for the midsummer folk dancing and other village events – before entering the woods again on a footpath grandly signposted ‘Centrum’, plenty of smooth rocks and tree roots here. We descend from the wood into the car park of the ICA, the village store; pass along the front of the building before turning into Solgårdsvägen, stone road. A twisty road with a small hill eventually passing Solgården itself, a traditional style pensionat run by a couple of good friends Anneka and Johan Cedergren. A short footpath takes us alongside the main road to

Singö before we turn into the stone road that takes us through the village of Byholma. Byholma is a scattered community of traditional country cottages and farmsteads set among hayfields. The road is twisty with several small hills the last of which takes us into the forest again. Tree roots, a few rocks and a couple of damp peaty sections to negotiate here before we join another stone road at Skatudden and begin our return towards Grisslehamn, having completed just over 9k. At this point we pass by an empty army hut which is a relic from the cold war. There were many lookout posts etc. hidden along the shoreline here guarding against probing Soviet submarines; we are now on the Baltic side of Vaddö. The winding stone road from Skatudden takes us through the forest eventually passing by views of the open sea framed in dark green pines. A tarmac road now and we are entering Grisslehamn again passing the outer harbour it's fishing boats and ferry terminal then to the ICA and retrace our steps to the lower section of the Elljuspår. (Graham really enjoyed the section round Byholma and Skatudden and several times ran down to the ICA directly from Kajutan, just over 7k in total.) Coarse stone in the Elljuspår again for the first 400m then forest trail and a couple of small hills. Up out of the trail and back into Apeldalsvägen. Another k, time to begin the run home, turn into Ekbacksvägen down to Björkvägen up to Nordkapsvägen into the unnamed road, past the footpath to Nordkap – only 1k to go now-along the shoreline back into Ekbacksvägen and the sprint home! Then the jog down to Roslagsfisk and back again and some final stretching. If it is hot enough go to our neighbour's jetty and jump into the sea – the water on our jetty isn't deep enough –. To be truthful the only time I jumped into the sea this year was during a sauna and after a couple of schnapps and a few beers.

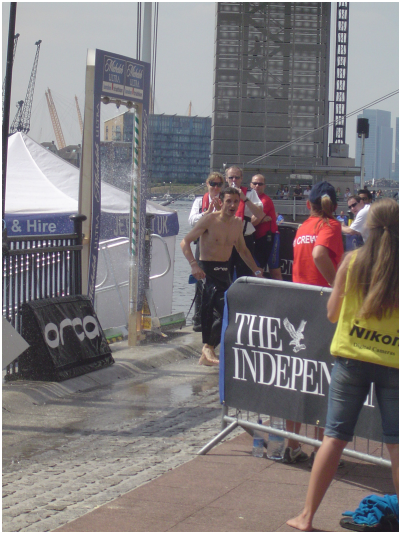
What do we see apart from forests, islands and seas? Blueberries – small and few this year because of the very dry summer-, raspberries, hazelnuts and lingon (arctic cranberry). A few joggers, power walkers, stick walkers. Everyone you see greets with a 'Hej'! The old couple in their swimming robes going down to the sea for their morning bath – and I mean bathing with soap that floats! Dogs exercised on leads – can be dangerous in the forest if owner on one side of the trail dog on the other and owner, with back to you, wearing hooded cape because it's raining! The occasional woodpecker -all sorts-, red squirrel and, if you are early or late enough, some roe deer eating people's roses or Smörsop – an edible fungus that grows (sometimes surviving their predations!) in our garden. On our final morning my start was delayed while I watched a Havsörn (Sea Eagle) circling above some rocky islands about 200m away until the gulls whose nests were on those islands rose noisily to chase the watcher away. The local Elk usually appears very late in the evening.

Allan Lock

TRIATHLON SECTION

Triathlon(s) – In 2005 I dragged Trevor Ray down to London to join a friend and me to participate in the London Triathlon Team event (Saturday) that was the 4th year we had entered a team on the Saturday as well as doing the individual Olympic distance event on the Sunday too. Trevor enjoyed it so much, that this year he entered the event as an individual competitor. One snag – Trevor couldn't swim!!! – So committed to several weeks of self teaching and support from friends that could including Clare (Trevor's better

half). After a few weeks Trevor entered the Thames at London ExCel for his first ever open water swim, fully wet suited.



Trevor was not quite 'first' out of the water, and it's fair to say that he was nearer the back than the front of the pack as the competitors left the water and got on their bikes, but as you can see from the pictures Trevor crossed the all important finishing line – and what a start to a Triathlon career – taking part with over 11,000 competitors at the Worlds Biggest Triathlon!

Stuart & Trevor were then out again as a team (with Brad Evans completing the trio) on a very windy 2nd September at Grendon Lakes – for the penultimate triathlon of the Northants Series (visit: www.justracinguk.com). Stuarts 1,500m swim of 22:46 was a personal best, Brad delivered a 40k bite in 1:18:20 and Trevor completed the 10k run in 43:54 leaving the boys with a 3rd place.

The last race of the season I am doing individually Sunday 24th September – Roade School - my Silson Joggers vest will be worn with pride!

Anyway, the race at Roade went well, I had a usually strong swim, approximately 6 mins (18 lengths) followed by a wet and slippery 20K bike – 2 laps out of Roade School, towards Blisworth, before turning left and heading back to Stoke Bruene (past the ambulance attending to some cyclists who had taken the canal bridge too quickly) and up on to the A508 before heading back to Roade. After racking the bike the 5K run was along a very wet, muddy and in places boggy farmers track so no personal best being set today (running with ½ of Northamptonshire stuck to my trainers) and then as I entered the school field for the home straight, I had to remove my trainers, which by now had worn a beautiful blister on the instep of my left foot (all due to the crucial seconds I was saving by not putting on my socks after the swim!!!) Anyway I crossed the line wet, sore but very happy in about 1 hr 12 mins (official time will be on the website later on www.justracinguk.com)

Stuart Branch

CHRISTMAS DINNER

15th December 2006

After the staggering and reeling success of Christmas 2005 it has been agreed that we will stage Christmas 2006 – and as it seemed to work last year, this will take place in December. The Christmas meal will be held at The Barn Restaurant, Church Stowe



The Old Dairy Farm Centre • Upper Stowe • Near Weedon
Northamptonshire • NN7 4TH

Telephone: 01327 349911

Email: thebamrestaurant@yahoo.co.uk

CHRISTMAS MENU 2006 (Ref 00/1/A)

Starters

Broccoli and stilton soup or Cream of parsnip soup
Chicken liver pate
Prawn and avocado salad with lemon mayonnaise dressing
Melon and grapes in white wine syrup
All served with crusty bread or toast, as appropriate

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
Vegetable bake including sweet potatoes, courgettes, red onions with crispy herb
topping (V) *Or alternative by prior agreement*
All served with seasonal vegetables

Puddings

Traditional Christmas pudding with brandy butter
Chocolate mousse
Cappuccino cheesecake
Apple pie with custard
Fresh fruit salad (naturally sweet - made without added sugar)
All available with cream or ice cream

OR Cheese and biscuits

Coffee and mints

* Please advise us if you have gluten intolerant diners in your party as we will prepare their food accordingly.

We offer a selection of beers and wines - house wine is available in 3 styles at £8.95 per bottle
Iced water is always placed on the table free of charge.

Lunchtime £16.50 Please pre-book if you require this menu
Evenings £18.75

Our dishes are freshly made.

We use high quality ingredients including fresh free range eggs, dry cured English bacon and locally supplied beef, lamb and turkey.

The menu for the evening is above, with the cost per person being £18.75. Guests are of course welcome.

Our kind Treasurer and local Wine connoisseur has advised that the club will be purchasing some refreshments for the evening!

Although it is some time away, please can you let me know whether you will be attending, with details of your meal choice & payment by November 24th.

Please make cheques payable to Silson Joggers AC.

LOOKING AHEAD

1 st October	Daventry 6 miles (NAA Road Race Series)
1 st October	Campbell Park Canter – Race 1
8 th October	Woburn 10k
14 th October	Chiltern Cross Country 1 – Watford
15 th October	Althorp 10k
22 nd October	Buckingham 10k
11 th November	Chiltern Cross Country 2 – Luton
19 th November	Campbell Park Canter – Race 2
November	Willen 5 miles
2 nd December	Chiltern Cross Country 3 – Culham Thames
17 th December	Campbell Park Canter – Race 3
2007	
13 th January	Chiltern Cross Country 4 – t/b/c
17 th February	Chiltern Cross Country 5 – Wing
18 th March	FLORA LONDON HALF MARATHON

THE NEXT ISSUE

This is due to be published at the end of November / early December. Please send all contributions to john.fowler7@btinternet.com as soon as possible. If anyone is interested in getting involved with making The 10k Times even better the please let me know