



# The 10k Times

February/March 2006

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

**IT IS OFFICIAL**

## SILVERSTONE 10k

is still one of the best 10k races in the country

*Runner's World* (February 2006 edition) confirms that our race is up 10 places in races of the year to 40<sup>th</sup> place. We are the leading "small race" over this distance but are behind "big city races"

- Swansea Bay
- Loch Ness
- Great Caledonian
- Kruf Cardiff
- Glasgow Women's Race

We are ahead of the Flora half marathon (53<sup>rd</sup> place). Congratulations to everyone and in particular Graham Linnell for 2005. No pressure though on having to do it again and even bigger and better for 2006!

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## EDITORIAL POLICY STATEMENT

As this is the first 10k Times produced by Bovine Natural Waste Solutions, we considered it necessary to agree and publicise an Editorial Policy Statement. Every well oiled organisation should have a Mission Statement.

- If Andy is offended by an article – then it will be published
- If John is offended by an article – then it will be published
- If both Andy and John are offended by an article – then it will definitely be published
- No serious articles are to be included in the 10k Times. We apologise in advance if any article gives this impression
- Any reference to any member of Silson Joggers is purely deliberate. You have a right of reply

# Chairman's final croak

Having remarked recently in the newsletter on the excellent spirit in the Club, it is a shame to have to add a qualification in my last contribution as Chairman. From the banter during the Wednesday evening sessions at the Circuit (the bits that don't involve berating our long-suffering coach), it has become distressingly clear that some members have not read and digested the explanation in the last newsletter concerning the target times and points system for the Winter Cup. One long-standing member (who shall remain nameless) has gone so far as to recommend the article as a cure for insomnia. He is, though, a Middlesbrough supporter, and therefore in need of care in the community. It is, of course, sheer coincidence if he finds himself needing to break world records to meet his target times in future Winter Cup events.

On the other hand, one charming young (lady) runner (not a Boro supporter, I'm sure) has mentioned buying me a bottle (I assume she meant one containing some sort of alcohol, but there is room for doubt). This is a much healthier attitude towards the workings of the Winter Cup, and one to be commended. The suggestion was, no doubt, just by way of a thank-you for standing in the cold

with a stopwatch, and was not an inducement (which my strict ethical code as a statistician would in any case prevent me from taking – in public view, at least). Incidentally, if you think the Winter Cup scoring is complicated, you obviously have not been following the Nordic combined events in the Winter Olympics.

Results elsewhere in his newsletter will show that congratulations are due to all those (and there were many) who took part in a very successful 2005/2006 Chiltern League cross-country campaign. Medals were won all round: the men's team; the ladies' team; and by both vets teams. Particular congratulations go to the individual gold medal winners, Jeff Haynes and Dave Lantsbery.

This will be my last Chairman's Chat before the formal handover, at the AGM in April, to Rachel as Chairperson / Chairwoman / Chairman (whichever she prefers). I'll bid a fond but brief farewell (the new newsletter editors have limited me to one page, because there is so much rival material to fit in – I think they said 'rival', though it may have been 'drive!'). My spirit will live on in the Winter Cup tables for a couple of months or so. And now I'm back in (slow) motion, this may not be my last contribution to the *10k Times*

**Eddie Shoemith**

# NOTICE OF ANNUAL GENERAL MEETING

**THE ANNUAL GENERAL MEETING OF SILSON JOGGERS AC  
WILL BE HELD AT  
BARN RESTAURANT, THE OLD DAIRY FARM, CHURCH STOWE,  
FRIDAY 21<sup>st</sup> APRIL 2006 - 7.45 pm for 8.00 start**

## **AGENDA**

- 1. Minutes of previous AGM 22/04/2005 (see below)**
- 2. Club Running Activities**
- 3. Silverstone 10k**
- 4. Club Finances**
- 5. Election of Officers**
- 6. Any other Business**

**After a number of years on the Committee, Dave Coates is standing down as Secretary because of work commitments. The club is grateful to him for all of his support. Dave reports:**

The range or volume of duties is not too onerous as we now have so many people involved in the running of the Club, my issue is that because of my current job I can't guarantee to be around at the right time for meetings etc. as I often have to go overseas, sometimes at short notice, which makes it difficult for me and is then also unfair on the rest of the committee and the club. Also I have been doing the job for 6 years, and whilst there are now so many people involved in the Club it would be a good time to handover to someone new.

## **Secretary's Duties**

- Bi-monthly Silson Committee meetings – send out Agenda, take & prepare Minutes
- Deal with emails, responding, distributing accordingly. Mainly from potential new members, queries on the 10k or from Northants Athletic Association.
- Deal with post, distributing accordingly. Mainly County, Midlands & UK Athletics plus race flyers.
- Attendance at monthly Northants Athletic Association Committee meeting. In reality I usually attend every other one which is quite sufficient.
- Annual AGM. Prepare Agenda, take & prepare Minutes.

**Anyone interested in taking on this role should speak to Dave or e-mail him on [secretary@silsonjoggers.org.uk](mailto:secretary@silsonjoggers.org.uk)**

**There will be a buffet and pay bar. Please confirm your attendance by 14<sup>th</sup> April to Graham Linnell so that the caterers can be informed**

**SILSON JOGGERS AC**  
**MINUTES OF ANNUAL GENERAL MEETING**

*Date: April 22<sup>nd</sup> 2005*  
*Venue: White Horse, Silverstone*

**Present**

Eddie Shoesmith, Roger Williams, John Fowler, David Coates, Graham Linnell, Alison Linnell, Jeff Haynes, Dave Lantsbery, Andy Pate, Tim Hullet, Mark Armstrong, Jennifer Dunkley, Julia Shepherd, Duncan Shepherd, Fay Boans, Roger Elkin, Kath Elkin, Jim Darcy, Andy Wright, Norman Carter, Ryan Carter, Gerald Lovell, Jim Spicer, Dan Taylor, Shirley Williams, Bev Colles, Allan Lock, Carol Debney, Graham Smith, Claire Todd, Rachel Jordan, Brian Keers.

**Apologies**

Kevin Reboul, Sandy Humphreys, Nick Jerome, Derek Bain, Andy Hoare, June Braithwaite, Peter Morris.

**Previous Minutes**

The Minutes of the 2004 AGM were accepted as a true record.

**Club Running Activities**

Graham reported that the Wednesday training sessions have been excellent with good numbers turning out. Focus has been on coached sessions. Good start at Bucknell with good numbers.

Active membership is high with consequently team management much easier. Perhaps need some more lady members. Race for Life will help. A new group will start in September.

Graham thanked everyone who has helped with the training sessions especially Eddie.

Excellent Newsletter & Website which has helped communications and attract new members.

Very enjoyable Chiltern XC League season with some good results.

Thanks were given to Graham for all his work with the XC and Club Coach roles.

**Silverstone 10k**

Plans are well advanced for the 10k race on Tuesday 3<sup>rd</sup> May the first race in the East Midlands Grand Prix series. Permits and medical arrangements have been completed.

Graham allocated all the tasks that required doing for the 10k, & everyone present agreed to those tasks. Helpers would be allowed on the circuit from 5:00pm with runners allowed on at 6:00pm.

Duties included car parking, registration, snagging, refreshments, circuit control, starter, course marshals, pit lane marshals, funnel marshals, timekeeper, number spotters, video finish, results, race drinks, prize giving. Those with ½ marathon marshal bibs to bring them to the 10k. Barriers will be in the pit lane. Help needed with the prize-giving with as many members as possible attending.

All to bring sandwiches/cakes for the refreshment stall.

Eddie to bring "entry on the day" forms.

**Club Finances**

John reported on the Club finances for the period up to 21<sup>st</sup> April 2005.

A Summary of Income & Expenditure for the year shows Total Income for the year as

£4,604.52 and Total Expenditure for the year as £4,139.32. The difference therefore is a surplus of £465.20. (These figures only include the surplus from the 10k race, not all the income & expenditure related to the race. These are shown below.)

Total Income for the 10k race was £5,600.80 and Total Expenditure for the 10k race was £1,853.53. Therefore surplus of £3,747.27. Up £3 on 2004.

Total Bank/Cash balance on 21<sup>st</sup> April 2005 was £8,113.98 (2004: £7,648.78).

John advised that Income & Expenditure on the 2005 10k race had been excluded from the accounts to show them all in the next year's accounts.

Annual Club membership subscriptions are due today.

The accounts were accepted by all at the meeting – proposed by Mark and seconded by Jennifer.

**Election of Officers**

Eddie Shoesmith remains as Chairman for final year.

Rachel Jordan elected to Committee as Chairman-elect

John Fowler remains as Treasurer.

David Coates remains as Secretary.

Julia Shepherd remains as Membership Secretary.

Graham Linnell remains as Men's Team Captain & 10k organiser.

Alison Linnell remains as Ladies Team Captain.

Andy Pate elected to Committee as Road Running Secretary

Agreed by all at the meeting.

**Any Other Business**

1. As many members as possible asked to take part in the NAA Road Running League
2. Race for Life marshals required for 12<sup>th</sup> June.
3. David to chase for the return of the Vic Fisher trophy for the 10k race.
4. Club Handicap 10k time-trial on Wednesday 27<sup>th</sup> April.
5. Winter Series very competitive & successful.
6. Discussion over a beginners group – well received this year. Start new group in September. Will put a training plan on the website.
7. Agreed increase in Club Membership fees for 2006 to £10 for Seniors & £5 for Juniors.
8. Andy requested contact details for Road Racing.
9. Allan Lock to look after the Club Kit.

That concluded the AGM's formal business and the meeting closed at 8:50pm.

## SILSON JOGGERS PANTOMIME PRODUCTIONS

Proudly present

### GRAHAM LINNELL'S COACHING COURSE

APPEARING IN A FIELD NEAR YOU

AND STARRING

The Ugly Sisters – Norman Carter & Dave Lantsbery  
Lady Gobby T – Rachel Jordan  
The travellers from the north – Dave Coates & Keith Miller  
The camel driver – Nick El Jerome  
Beelzebub – Graham Linnell  
Beelzebub's little helper – Claire Todd  
Wise Men – No obvious nominations  
Scrooge – John Fowler  
The beautiful maidens – too many obvious nominations  
The Coach – Jeff  
The Chuckle Brothers – Dan & Andy Taylor  
The Fairy Godmother – Julia Shepherd  
The Giant – Gerald Lovell

The pantomime starts on a dark Wednesday night somewhere in Silverstone. Beelzebub is preaching to his flock. "It is the last Cross Country of the season on Saturday and with a really good turnout we should be able to get promotion".

You know the rest

## LONDON MARATHON

The tension in the car park at Silverstone Circuit on Wednesday 4<sup>th</sup> January 2006 was unbearable. Graham Linnell had completed his diatribe about the training session for that evening and had reminded everyone about the next Chiltern League Cross Country at Stowe on Saturday. The gathered masses were really waiting for the draw for the guaranteed London Marathon place.

In a ceremony that out shone the combined efforts of the awarding of the 2012 Olympics and the 2006 World Cup draw, the four carefully prepared entries were brought into the arena. All we needed now was the presentation team.

We had expected Heidi Klum but got Eddie Shoemsmith. After the drum roll that appeared to go on for ever the tension was finally broken with the selection of one of the entries. The winner was Shirley Williams.

However, in a late development, Shirley decided that she did not wish to take up the place. As a result a further draw took place on Sunday 22<sup>nd</sup> January at the Infant School and the winner was Norman Carter. Commiserations go to Andy Taylor and Kevin Reboul.

Norman - Good luck on Sunday 23<sup>rd</sup> April – it is a condition of being awarded the guaranteed club place that an article is written for 10k Times.



## “VOTING ERROR” GAVE SILVERSTONE OLYMPIC GAMES

**A senior Olympic figure has told 10k Times that Silverstone only won the 2012 track and field events because of a misplaced vote.**

Alex Gilady claims the mistake happened when a vote was cast for Syresham instead of the intended recipient, Greens Norton. Had the vote gone to Greens Norton then they would have finished level with Syresham on 32 votes each. It is suggested that had the vote gone to Greens Norton that they would have won the head to head with Syresham for a place in the last round and that they would have gone on to beat Silverstone in the voting in the final round.

As recently announced in 10k Times, Silson Joggers will host the track and field events at the Silverstone Playing Fields. The Chair elect of Silson Joggers, Lady Gobby T, dismissed suggestions of any voting irregularities. "The story is totally irrelevant, the voting was conducted in a secret ballot under the rules of the IOC, absolutely properly, and all the votes were properly recorded. I am confident that I would have remembered had the Greek delegate been incorrectly pressing my voting button"

A spokesman for Lord Coe confirms "There are a lot of folklore stories about who pressed who's

button. At the end of the day it was a secret ballot. The result is what matters and we reinforce our confidence in Silson Juggers to host the track and field events in 2012”.

The leader of the Greens Norton bid team, Ima Guttred, refused to comment. The correspondent from Syresham was in the pub.

## TRAINING – by GRAHAM LINNELL

Over the next few weeks we will be looking to increase fitness levels with the Wednesday sessions. I feel the Wing Cross Country is run over an unforgiving course with ones fitness tested to the limit. On completion of the Chiltern League season, there will be more speed work incorporated, preparing for the Spring / Summer road races. On Sundays the mileage will be increased peaking late February and during March. These sessions should allow the marathon runners to train with us before their final high mileage push.

There will not be a club meet on Sunday 19<sup>th</sup> March as many of us will be helping marshal the Flora Silverstone ½ marathon.

Below is listed the venues and times for all sessions for February and March

February	
Sun 19 <sup>th</sup>	Silverstone Infant School
Wed 22 <sup>nd</sup>	Silverstone Circuit
Sun 26 <sup>th</sup>	A run around Stowe School (meet at the Corinthian arch Chackmore) - Organised by Norman Carter!!!!
March	
Wed 1 <sup>st</sup>	Silverstone Circuit (Winter Cup 2.5 mile)
Sun 5 <sup>th</sup>	Graham & Alisons
Wed 8 <sup>th</sup>	Silverstone Circuit
Sun 12 <sup>th</sup>	Silverstone Infant School
Wed 15 <sup>th</sup>	Silverstone Circuit
Sun 19 <sup>th</sup>	NO MEETING FLORA SILVERSTONE HALF MARATHON
Wed 22 <sup>nd</sup>	Silverstone Circuit
Sun 26 <sup>th</sup>	Brickhill Woods

Meeting times are 6.30pm at Silverstone motor Racing Circuit on Wednesday evenings. Meet at the main entrance by the gatehouse.

For Sundays 9.30am at the Venue as above, the Infant School is situated along a lane 200 metres from the church, and past the post office on the right.

See Graham for further details.

## SIXFIELDS – TRACK TRAINING – WARM WEATHER TRAINING

Provisional dates for Sixfields track training are April 28<sup>th</sup>, May 12<sup>th</sup>, May 19<sup>th</sup>, May 26<sup>th</sup>, June 2<sup>nd</sup>, June 23<sup>rd</sup>, June 30<sup>th</sup> and July 7<sup>th</sup>

## A STEP BY STEP GUIDE TO WARMING UP

I would expect the all new newsletter to be a happy jolly affair, so I would like to put a damper on that if I am lucky enough to get this article printed.

At a recent cross country we had a super turn out of runners. My happiness was cut short by the reluctance of a high percentage of our runners to emerge from the tent and warm up.

Basically warming up is part of any race, it is as important as the first few miles, it certainly makes the first few miles easier. To set off sharply down hill then be faced with a long up hill takes a lot of recovering if your muscles are not warm and stretched, especially on a cold damp day.

A typical warm up would be jog part of the course for 15 minutes, finishing with a set of strides, which would be completed about 10 minutes before the start of the race.

You can find out where the muddy bits are on a cross country course, on a road race have a look at the last mile so you know exactly where you are.

A good rule is if you feel cold when standing on the start line you have not warmed up properly.

I am not having a go at anybody, just offering advice. A lot of time and thought goes into the training sessions and seeing you improve makes me very happy.

See who said I was a miserable coach!!!

*Graham Linnell*

*EDITOR'S NOTE – it is not true. We have photographic evidence of Silson Juggers warming up in the traditional way before the Cross Country at Stowe.*



*EDITOR'S NOTE – I programme my highly tuned body to run the prescribed distance for the race. If I had to warm up as well, this would completely distort the whole day. Whatever next – a recommendation to warm down as well? That just takes up valuable drinking time.*

**Sunday mornings** we meet at Silverstone Infants School, High Street, Silverstone at 9.30am, or other venue if stated.

**Wednesday** is 6.30pm in the car park next to the gate house by the main entrance to Silverstone motor racing circuit.

### WATCHLESS 5K – Wednesday 21<sup>st</sup> December 2005

The skill is to estimate your time for one lap of the Grand Prix Circuit and to then run the time without the benefit of watches / GPS / mobile phones or anything else to help.

Runner	Estimate	Actual	+ / -
Andy Pate	23.00	22.59	0.01
Keith Miller	24.00	24.11	0.11
Mark Armstrong	19.10	18.58	0.12
Linda Lytollis	28.00	28.12	0.12
Carol Debney	30.00	29.45	0.15
John Fowler	28.00	27.38	0.22
Nicki Carrick	28.00	27.30	0.30
Dave Coates	20.00	19.28	0.32
Norman Carter	22.01	22.35	0.34
Dave Lantsbery	21.00	20.26	0.34
Graham Smith	24.59	23.55	1.04
Lynette Gilbey	29.00	27.39	1.21
Eddie Shoesmith	26.00	24.22	1.38
Jennifer Dunkley	30.00	28.11	1.39
Jim Darcy	22.00	20.19	1.41

Alison Linnell	26.20	28.11	1.51
Rebecca Hinksman	30.00	28.00	2.00
Andy Wright	19.20	21.36	2.16
Steve Taylor	28.00	24.49	3.11

### 5k TIME TRIAL – January 2006 – Winter Cup position update

	Target Time		Actual Time		Points Race 3
	m	s	m	s	
Kevin Reboul			19	31	500
Dave Coates			19	36	500
Graham Linnell	20	46	19	55	551
Dave Lantsberry	19	52	20	15	477
Jody Willis			20	41	500
Linda Lytollis	20	45	21	23	462
Dan Taylor	20	30	21	23	447
Andy Pate	21	57	21	53	504
Norman Carter	22	06	22	52	454
Graham Smith	26	07	23	28	659
Steve Taylor	25	49	23	46	623
John Fowler	25	51	25	32	459*
Rebecca Hinksman	25	46	25	34	512
Bill Cushway			27	41	500
Adam Hinksman			25	35	500
Shirley Williams	25	59	26	29	470
Nicky Carrick	26	09	26	37	472

\*60 point penalty for running one week after the scheduled date

In the re-calculations done for race 3, some of the target times have been rounded up to the nearest second (i.e. in favour of the runner)

### 1.6 mile TIME TRIAL – February 2006 – Winter Cup position update

Controversially this saw the unilateral introduction of a 3 point reward / penalty

		Target time		Actual time		Points, race 4
		m	s	m	s	
Chris	Rogers	8	29	8	40	467
Andy	Wright	9	33	8	52	623
Mark	Armstrong	8	55	9	01	482
Dave	Coates	9	27	9	24	509
Graham	Linnell	10	6	9	30	608
Jim	Darcy	10	35	9	30	695
Jody	Willis	9	58	9	40	554
Dave	Lantsbery	9	46	9	48	494

Andy	Pate	10	33	10	33	500
Norman	Carter	10	45	10	40	515
Linda	Lytollis	10	19	10	47	356*
Brian	Keers	10	23	10	48	425
Graham	Smith	11	19	11	06	539
Claire	Todd	11	24	11	35	467
Rebecca	Hinksman	12	20	11	47	599
Bill	Cushway	13	21	12	15	698
John	Fowler	12	34	12	33	503
Nicky	Carrick	12	50	12	42	524
Shirley	Williams	12	46	12	44	506
Jennifer	Dunkley	12	31	13	02	408
Carol	Debney	14	27	13	58	587
Paul	Closs			14	02	500
Elizabeth	Wright			17	33	500
Maria	Closs			18	59	500

\*60 point penalty for running one week after the scheduled date

**Winter Cup 2005/2006, Points for races 1, 2, 3 and 4**

	Points, race 1	Points, race 2	Points, race 3	Points, race 4	Total points, best 3 races
Nicky Carrick	500	751	472	524	1775
Graham Smith		500	659	539	1698
Graham Linnell	500	460	551	608	1659
Rebecca Hinksman		500	512	599	1611
Dave Lantsbery	440*	535	477	494	1506
Andy Pate		500	504	500	1504
Chris Rogers	500	535		467	1502
Mark Armstrong	500	502		482	1484
Linda Lytollis	500	517	462	356*	1479
Norman Carter		500	454	515	1469
Dan Taylor	500	500	447		1447
John Fowler	440*	481	459*	503	1443
Shirley Williams	440*	455	470	506	1431
Bill Cushway			500	698	1198

Jim Darcy	500			695	1195
Andy Wright	500			623	1123
Steve Taylor	500		623		1123
Carol Debney	500			587	1087
Jody Willis			500	554	1054
Dave Coates			500	509	1009
Alison Linnell	440*	538			978
Claire Todd		500		467	967
Brian Keers	500			425	925
Jennifer Dunkley	440*		408	848	848

The following each have 500 points from a single race: Jeff Haynes, Kevin Reboul, James Laurie, Lynette Gilbey, Ryan Carter, Rachel Jordan, Keith Miller, Nick Jerome, Nigel Eyres, Adam Hinksman, Linda Fisher, Mark Godwin, Maria Closs, Paul Closs, Elizabeth Wright.

Table up to and including 08/02/2006

\*60 point penalty for running one week after the scheduled date

**Winter Cup target times race 5 (2.5 miles, 1 March 2006)**

	min	sec
Chris Rogers	14	11
Jeff Haynes	14	21
Andy Wright	14	29
Mark Armstrong	14	34
Kevin Reboul	15	20
Dave Coates	15	20
Jim Darcy	15	29
Jody Willis	15	48
Dave Lantsbery	16	0
Graham Linnell	16	4
Dan Taylor	16	17
Linda Lytollis	16	48
Brian Keers	16	57
James Laurie	17	11
Andy Pate	17	16
Norman Carter	17	33
Lynette Gilbey	18	21
Ryan Carter	18	21
Rachel Jordan	18	25
Graham Smith	18	30
Keith Miller	18	30

Claire	Todd	18	39
Alison	Linnell	18	39
Steve	Taylor	18	44
Nick	Jerome	19	2
Nigel	Eyres	19	2
Bill	Cushway	20	2
Rebecca	Hinksman	20	7
Adam	Hinksman	20	7
Jennifer	Dunkley	20	25
John	Fowler	20	30
Shirley	Williams	20	51
Nicky	Carrick	20	51
Mark	Godwin	22	16
Carol	Debney	22	49
Paul	Closs	22	53
Linda	Fisher	26	26
Elizabeth	Wright	27	49
Maria	Closs	30	59

Wednesday April 5<sup>th</sup> 5k trial

Wednesday April 26<sup>th</sup> 10k trial with mile markers

If a trial is completed on a day other than date specified 1 minute will be added to runner's time.

Graham

## HELP! HELP! HELP! HELP!

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

Thank you to everyone who has volunteered to marshal for this event. It is not too late to come forward for help. Marshals normally get a branded waterproof jacket, gardening gloves, a sumptuous feast for lunch and a mixture of abuse and praise from the participants. Details will be sent out shortly regarding the day.

### SILVERSTONE 10k – THE BIG ONE - Tuesday 2<sup>nd</sup> May

Volunteer early to avoid disappointment. We host one of the best 10k races in the country. Responsibilities will be allocated at the Annual General Meeting by Graham Linnell and Brian Keers

### RACE FOR LIFE 5k – Wednesday 14<sup>th</sup> June

Gentlemen - There will be thousands of beautiful women just wanting your encouragement to go that extra mile. We are marshalling the course so we need volunteers. Please confirm your availability to Rachel Jordan or by e-mail [racheljordan@kitchenrangefoods.co.uk](mailto:racheljordan@kitchenrangefoods.co.uk).

LADIES - ENTRIES FOR THE RACE FOR LIFE ARE NOW BEING TAKEN. THERE IS A RACE LIMIT OF 5,000 SO ENTER QUICKLY THROUGH THEIR WEB SITE [www.raceforlife.org](http://www.raceforlife.org) or 08705 134 314

## LETTERS

### From Rampant R

*Thank you to Mr Linnell (our caring and helpful coach), for letting everyone know that Messrs Armstrong & Rogers may have lost their way in Brickhill Woods.*

*It should be noted that the version of events were somewhat different to those described by "Grumpy Graham".*

*The morning started with Graham turning up with his new supersonic off road mountain bike, with 63 gears and special tyres. Despite our best efforts, Graham refused to join us for a run and continued to follow*

*on his new bike shouting orders and directions. It soon became apparent after 5 minutes of running, that the only gadget the bike was missing were some good old stabilisers to stop Linnell falling off in the mud and hills of Brickhill.*

*After an hour of hill training the old boy shouted "my bloody chain's come off again", at which point he again lost control and nearly hit the deck for the seventh time. A small snigger from two runners seemed only to inflame the situation. After fixing the minor problem, Graham proceeded to advise "I will see*

*you at the car park" and tore off at full speed.*

*For two young men in an unknown forest this could have been a very dangerous situation. Rogers was in need of a brew and United were due on telly. Fortunately, with the help of several walkers and six proper mountain bike riders, we managed to locate the vehicles after an extra 30 minutes of running.*

*I would like to thank Graham for the training session and his continued help / coaching in 2005.*

**From Lynette Gilbey**

*I have read before in your illustrious magazine as to the perils of running on a treadmill (June/July 2005) but had assumed that this was an attempt (and a poor one at that) to introduce humour into an otherwise serious publication.*

*Many opinions have now changed dramatically following my own experience.*

*In the comfort of the Livingwell Sports Club, I too suffered injuries far too extreme to fully catalogue in a publication such as*

*this.*

*Suffice to say that "the man with a vest but no knees" and I have shared a common bond and have witnesses to prove it. Be aware, exercise is not good for you.*

**From Chris Rogers**

Dear Fellow Joggers

*It's with regret; I have to inform you I have moved away from the area.*

*As some of you may know, I have been separated from my wife for nearly two years and my wife and daughter are now moving to the North East. Therefore, I have decided to move back to the Watford area, nearer my work.*

*I remember moving to Silverstone three years ago, unfit and a little overweight after several injuries. Thinking my days of running*

*and competitive racing were over, I joined Silson at the end of the summer and my first session was hill reps in the woods. My muscles ached for days after and I realised I had a long way to go!*

*However, since joining Silson, I have not only shed the extra pounds but have started to enjoy my running again, got myself into shape and winning races again as an old git!*

*This rejuvenated enthusiasm for running wouldn't*

*have been possible without Graham. Rain or shine, he has always been there to help and encourage me and every other Jogger. Every running club I have been with has a 'Graham'; they give up their own time to be coach, organiser, team manager, transport manager, etc. for us ungrateful and whingeing runners. They very rarely get any recognition or thanks. If they are lucky, maybe just a small mention at a boozy Christmas dinner.*

*I do intend to race*

*for Silson and I will turn up to as many training sessions as I can, especially now we have the new 'club-house' at the school on Sunday mornings, with its impressive catering facilities, 'warm-down' area and educational*

*material on the walls!*

*Finally, a few thanks: to Jim, Jeff & Andy W for setting the high standards for us all to aim at; Mark for making every training session hard, Linda for*

*being a friend through my difficult times and finally, to Claire, Rebecca, Alison & everyone else for the superb cakes on a Sunday.*

*See you all soon*

(Still don't know where the rampant came from?)

**From Mr Angry**

*I was mortified to learn that Eddie Shoemith was standing down as editor of 10k Times.*

*He has taken the high standards set by his predecessor, Roger Williams, to a new and even higher level. He is to be congratulated on his journalistic prowess and ability to produce such an informative and imaginative newsletter with*

*such regularity.*

*I was delighted with his adoption of the use of e-mail to circulate the 10k Times. I have enough literature delivered through my letter box wrapped in brown paper.*

*My sadness at his departure is only surpassed by my anger in learning of the identity of the two proposed joint-*

*editors. Members of Silson Joggers, you have allowed the 10k Times to fall into the control of craved despots. One of them is not even really a runner any more and the other is northern, an even greater sin.*

*What next – Runners Wives? (Yes please and with photographs).*

## Results...On the Road

### 23<sup>rd</sup> November 2005 – RAF Henlow 10 miles

This race saw Chris Rogers finish as first Vet Man 40 in 58.50, setting a new club record for this distance. This promises to be the first of many records for Chris now that he has come of age.

### 26<sup>th</sup> November 2005 – Willen 5 miles

55th	Andy Wright	30.26	
115th	Jim Darcy	32.38	
255th	Rachel Jordan	37.55	
287th	Alison Linnell	39.39	Club record F45

### A View From The Back

Due to the change in editorial control I have been asked to write a few words on my experiences of the Wolverton 5. As I remember it was a miserable day and the Cobblers were playing at home so without the support of 'He who must be obeyed' I set off in search of Willen Lakes.

As it happened the low tech navigation system worked perfectly and a full hour before kick off, sorry, the start I found myself at the edge of a rain soaked lake sadly bereft of people.

A while later, after a lengthy warm-up, assured that I was indeed in the right place I met up with Jim and we sheltered behind a convenient hedge, out of the rain, to stretch. 10 minutes to go and more friendly faces appear, obviously they were wiser than I and stayed in the car for as long as possible.

The course as you all know goes around the lakes at Willen. The wind was a bit of a problem but perseverance prevailed, helped by sheltering behind some nice chunky blokes. It was a bit off putting to discover that only a 2 mile marker had been put out which meant that it was very difficult to judge pace, especially as this was the first road race for a good few months if not years. However, it was obviously a good ploy as Rachel beat her time for last year and I came in before my 40 minutes target.

And no I wasn't really at the back. There were 420 finishers in this well established race which does well to avoid any pretensions of grandeur and is nicely low key.

**But beware - Feeling good during a race can lead to making plans for future races that perhaps, in hindsight may be a tad ambitious.**

*Alison*

*Editor's Note – Alison continues under Cross Country Reports*

### 11<sup>th</sup> December 2005 – Bedford half marathon

Rachel flew solo at Bedford and completed her second half marathon in 1.55.34. No race report has been received.

## Our foreign correspondents

Hello to you all from Guatemala

Have been having a good time out here. I've found a new place to practice hill sessions. It climbs to 3020m, though I only managed 1 rep and that was at walking pace, also had to be careful that it didn't erupt!! To Dave Lantsbery, yes I did pack my running kit, but no I haven't used it yet. Though I will this weekend. And to Norman I will be going mountain biking next week, I will tell you if it's worth checking out!!

Hope you are all well and that you are all going to be in top form for Wing. I am still gutted that I will miss that...

Hasta luego for now

Dan

## NEWS IN FROM THE CAMEL MAIL

(a strange kind of tea!)

SAMSUNG RUNNING FESTIVAL - 16<sup>th</sup> December 205



The race attracted a huge field of aspiring 'Expatriate Snails' for the 10K race and 3K fun-run, whilst the local Emiratis knew better, and followed the race in their Landcruisers and Cayennes! But proof that there's life in the old dog yet suffering in the shadows of the Emirates Towers after 10Ks of hell!

Note the Silson advertising by another man with a vest - worth honorary membership at least!

[The SCB Dubai Marathon was postponed from Jan 7th to Feb 17th, due to the death of the Ruler of Dubai and Prime Minister of UAE, Sheikh Maktoum bin Rashid al Maktoum]

### **LYNETTE GILBEY SMASHES WORLD RECORD AT WATFORD HALF MARATHON - 5th February 2006**

#### **THE DAY SOMEONE SAID WORDS I NEVER THOUGHT I'D HEAR**

Lynette Gilbey and I recently represented the club at the Watford Half marathon - although I didn't know she was there until I saw the list of results. By the time I'd finished, Lynette must have been driving home! So it wasn't really all that much of a joint effort. But we both had good runs - Lynette's time was impressive and I took five minutes off my last year's time.

This is a great race and I'd thoroughly recommend it - but you need to be aware that it's hilly. Do not be taken in by any description of the

course which says it's 'undulating'! This is a gross understatement. Most of the hills are in the first half, though, apart from a cheeky one at about 11miles.

The race is well-organised, and the facilities at the race HQ are good. The first and last mile or so are in suburban streets but apart from these bits the course is scenic and either traffic-free or controlled by police. There aren't any goody bags or medals but teeshirts for all finishers and an opportunity to buy a photo of yourself in action (looking red and flustered in my case).

There were around 1800 finishers, so it was never lonely out on the course. The men's race was won by Kojo Kyreme (Shaftesbury Barnet) in 1:08:05 and the women's race by Kerry McKay (also from Shaftesbury Barnet) in 1:17:56. Lynette had a great run, finishing in 1:46:13 (*Editor's Note: Setting a new club record time*) while I took a lot longer. But I was quicker than last year, although I know the more whizzy members of the club will question the application of 'quicker' to my running.

Those words I never thought I'd hear? When I jogged/crawled past a competitor who was walking up the last hill, he commented 'That's a fine piece of running'. Fantastic!

My time? 2:11:48 - a fine piece of running!

*Shirley Williams*

### **MIDLANDS MENS 12 stage and LADIES 6 stage Relays** **Sutton Park, Sutton Coldfield** **Saturday 25<sup>th</sup> March**

We are looking to take a men's team and two ladies teams to this event. We would like to field strong teams so please keep this date free in the diary. A mini-bus has been booked. Please let Graham know as soon as possible that you are available.

# Results ...Off the road ...

## Wendover Hill – 18<sup>th</sup> December 2005

### EDITOR'S NOTE – ALISON CONTINUES HER REPORTS

So, a couple of weeks later, on a bright frosty Sunday morning when it would seem that my common sense had decided to indulge in a Sunday lie in, my reckless half sees me; and it must be said other strange foolhardy folk, (including I may add Mark and Jim), on a wooded hillside. Now we were not the only ones to have ever attempted this feat. Eddie said he had done it a couple of times, but walked up a couple of the hills. Walked? Up hills? Mmm well, we'll see about that.

Now a walk in the park this race certainly isn't. A walk in the woods maybe, but not a park. It was beautiful, full of wildlife, not including the orienteers who also had an event at the same time. It's just a pity there wasn't enough time to look.

The course took in three loops of the woods passing the start finish point at the beginning and end of each loop which made it great for spectators. As to be expected there were a few hills thrown into the course but nothing that would need to be walked up! Do I kid you? No of course not. Just ask anyone what I mean by a flat course! Does anyone have an ice-axe? Crampons? Rope?

Mmm, well. Yes well. Ah Mmm.

A great race. Just what the doctor ordered before Christmas. The Physio has given me some severe looks since, but I should soon be back on the road and even up the hills again.

*Alison*

17th	Mark Armstrong	34.41	
47th	Jim Darcy	38.33	
122nd	Alison Linnell	45.51	

## STOWE SCHOOL Chiltern League – 7<sup>th</sup> January 2006

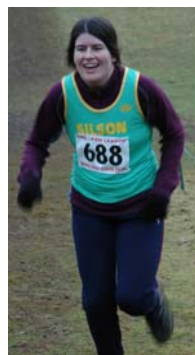
The grounds of Stowe School were the ideal setting for the 4<sup>th</sup> Chiltern League fixture of the season. Hoping not only to consolidate 3<sup>rd</sup> position in the league Silson Joggers aim was to close in on 2<sup>nd</sup> placed Bearbrook of Aylesbury. The thick snow that fell in Northants had failed to lay just over the border in Buckinghamshire. Silson had a large turnout for the races, with the men's team particularly strong.

Chris Rogers made the top 10 again crossing the line in 8<sup>th</sup> place, three places in front of Jeff Haynes for his best run of the season. Also in good form was Mark Armstrong 18<sup>th</sup>, with Andy Wright 26<sup>th</sup> coming back after injury. The ever improving Jim Darcy can be pleased with 39<sup>th</sup> followed by Graham Linnell and Dave Coates in 47<sup>th</sup> and 49<sup>th</sup> positions. Dave Lantsbery continues to move through the field, crossing the line in 62<sup>nd</sup> place, pursued by Tony Keech 65<sup>th</sup>, Andy Taylor 69<sup>th</sup> and Dan Taylor 70<sup>th</sup>.

Silson men made up a high percentage of the field with the following positions, Norman Carter 82<sup>nd</sup>, Mike Jones 93<sup>rd</sup>, Andy Hoare 95<sup>th</sup>, Andy Pate 100<sup>th</sup>, Graham Smith 103<sup>rd</sup> and Tim Hullett 104<sup>th</sup> completed an impressive men's team performance, which was good enough to see off Bearbrook's team.

The spirit in the club was typified by the ladies team, when 4 of the club's main cross country runners were either injured or unavailable the team was made up of runners less comfortable on the rough stuff. All credit must go to those who stepped in to make up the team, regular Linda Lytollis continued in good form crossing the line 11<sup>th</sup>. Three Joggers scored well in the twenties with Julia Shepherd 23<sup>rd</sup>, Rachel Jordan 25<sup>th</sup> and Beverly Colles 28<sup>th</sup>. Both Jennifer Dunkley 30<sup>th</sup> and Carol Debney 33<sup>rd</sup> worked hard for the team. The ladies were slightly lower on points than previous fixtures, but it was an excellent effort.

On the day Bearbrook had the edge on Silson by 12 points, with runaway leaders Leighton Buzzard winning the fixture. Silson now look certain to finish in the bronze medal position going into the last fixture at Wing on February 11<sup>th</sup>.



### THE CAPTION COMPETITION

In the first of a number of generous and hilarious competitions being promoted by Silson Joggers, we offer you the caption competition from photographs taken at Stowe. Just what are Andy Hoare, Carol Debney and Dave Coates saying (or thinking?). Answers to "Bovine Natural Waste Solutions" at the usual address, as soon as possible. The winning captions will be awarded a pair of exclusive Silson Joggers black running shorts (one size fits) courtesy of the kit man.



### BEWARE – HAVE YOU SEEN THESE TWO OLD MEN?



### Be Careful.

These two claim to be runners but are rarely if ever seen in the famous green vest, but are always at Joggers social events. They were seen together at Stowe plotting their latest fiendish scheme.

If seen individually or together, approach with caution. If they do run away, you will be able to catch them easily.

### County Cross Country (Kettering)

14<sup>th</sup> January 2006

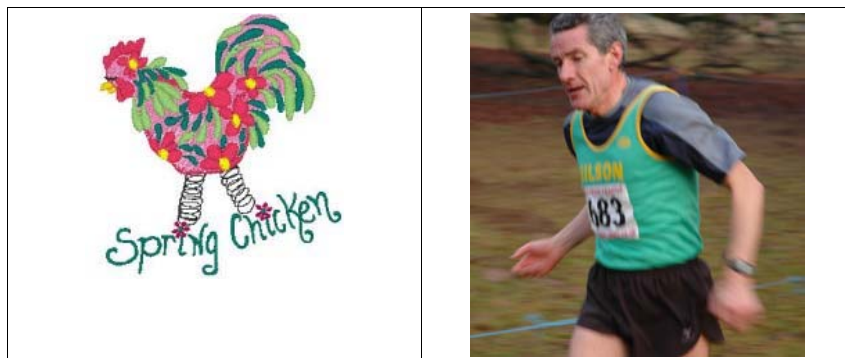
#### VET MEN TAKE SECOND PLACE IN CHAMPIONSHIPS

Superb running by the vet men secured the silver medal for the club at the County Championships behind Rugby & Northampton. All this was achieved even with leading running, Jeff Haynes, masquerading as a senior man! Jeff (50 last year) would have finished second in the vets race, but still managed to finish towards the front in the senior race. The outcome did not effect the awarding of the vet medals.

#### Results:

Jeff Haynes	38.21	Dave Lantsbery	45.29
Dave Coates	40.57	Dan Taylor	46.06
Kevin Reboul	42.02	Norman Carter	47.09
Graham Linnell	42.24	Andy Hoare	47.36
Andy Taylor	43.08		

The ladies had three complete the course. Lynette Gilbey (LS) finished in 23.27 with Julian Shepherd (LV) in 25.18 and Sarah Eyre (LV) in 25.30



JEFF HAYNES

A SPRING CHICKEN

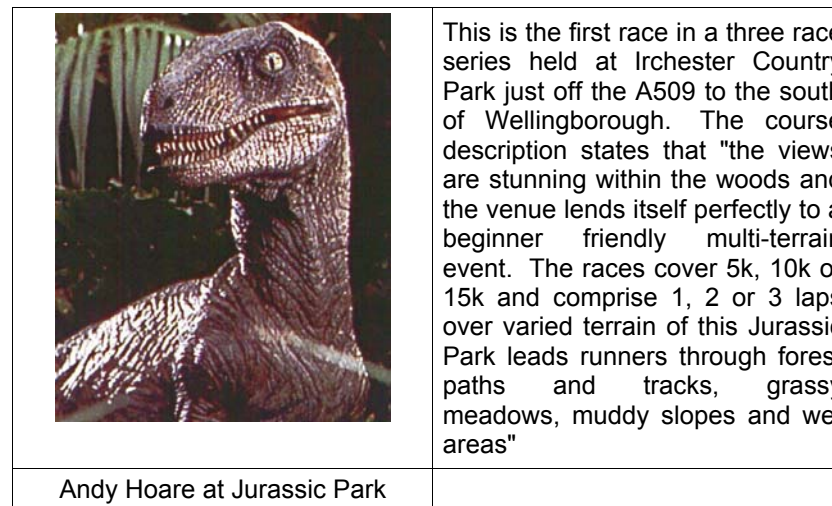
**Eric Humphries 6.5 miles - 18<sup>th</sup> January 2006**

This was the 50<sup>th</sup> running of the ERIC HUMPHRIES SHIELD, which commemorates an ex-police sergeant who was with the Northamptonshire force many years ago. Legend has it that during quiet times on his night shift, that Eric whittled a running shoe out of wood and this now adorns the winner's trophy. Now that is a challenge that should be taken up by the woodworking fraternity within Silson Joggers!

Dave Lantsbery and Kevin Reboul took part. Dave promised on a number of occasions to submit a report because it is rumoured that he won the M60 race. It must be his age because nothing has been received

**WELLINGBOROUGH MULTI-TERRAIN RACE 1**  
**22<sup>nd</sup> January 2006**

Silson Joggers had two runners in the first 10k race which saw Andy Hoare finish in 46.19 and Shirley Williams in 59.19. No race report has been submitted.



Andy Hoare at Jurassic Park

This is the first race in a three race series held at Irchester Country Park just off the A509 to the south of Wellingborough. The course description states that "the views are stunning within the woods and the venue lends itself perfectly to a beginner friendly multi-terrain event. The races cover 5k, 10k or 15k and comprise 1, 2 or 3 laps over varied terrain of this Jurassic Park leads runners through forest paths and tracks, grassy meadows, muddy slopes and wet areas"

**MIDLAND COUNTIES CHAMPIONSHIPS**  
**LEAMINGTON – 28<sup>th</sup> January 2006**

The recent dry weather made this notoriously muddy course less of a test than in previous years. In form, Chris Rogers came home in 106<sup>th</sup> place, with Mark Armstrong running well for 148<sup>th</sup> place. Graham Linnell moved through the field to finish strongly in 225<sup>th</sup>, followed by Jim Darcy (249<sup>th</sup>), Tony Keech (293<sup>rd</sup>) and Norman Carter (326<sup>th</sup>). The men finished a very creditable 28<sup>th</sup> team in the Midlands County Championships.

**CHILTERN LEAGUE**  
**WING – 11<sup>th</sup> February 2006**

*CONGRATULATIONS TO ALL FOR MEDALS IN THE INDIVIDUAL AND TEAM RACES*

The large Silson Joggers contingent had plenty to cheer about at the end of season Chiltern Cross Country League prize giving, after the final fixture at Wing on Saturday. Team medals were won with bronze for the ladies team, Silver for the veteran mens team and also Silson finished an excellent 3<sup>rd</sup> place in league Division 2. Individual honours were gained with Jeff Haynes winning the over 50 section and Dave Lantsbery the over 60s.

An excellent performance on the day saw the club finish second team, more than enough to secure the bronze medal position in the league.

Chris Rogers completed an excellent season home in 10<sup>th</sup> place on Saturday, good packing behind saw veteran Jeff Haynes 13<sup>th</sup> and Andy Wright 15<sup>th</sup> well to the fore. Mark Armstrong in 20<sup>th</sup> was followed home by Dave Coates 30<sup>th</sup>. Improving Jim Darcy 36<sup>th</sup>, Andy Taylor 38<sup>th</sup> and Kevin Reboul 39<sup>th</sup> completed a formidable scoring eight.

Also a big part of this season's results were Graham Linnell 42<sup>nd</sup>, Dave Lantsbery 52<sup>nd</sup>, Norman Carter 63<sup>rd</sup>, Mike Jones 70<sup>th</sup>, Andy Pate 75<sup>th</sup>.

Linda Lytollis had her best placing of the season with a 6<sup>th</sup> placed finish, as did Claire Todd in 9<sup>th</sup> place. A strong ladies team including Lynette Gilbey 12<sup>th</sup>, Julia Shepherd 20<sup>th</sup>, Rachel Jordan 23<sup>rd</sup>, Rebecca Hinksman 24<sup>th</sup> on her cross country debut and ever present Carol Debney 36<sup>th</sup>.

## THE DIARY OF ANDREW MOLE V45

Well, recently I joined a running club and everyone seems sociable and very friendly. The Coach a man called Graham seems very nice and helpful. He keeps offering me advice as to how I can enjoy and improve my running by doing long runs, short runs, speed training and something called Fartleks. I'm not very comfortable with Fartleks, my mum always told me not to swear and that bum was the only acceptable swear word in her eyes. I may have to keep my distance if Graham keeps using the F word.

We train most Sundays and some of the members bring homemade cakes! A very fast runner called Chris always makes the tea, apparently he is a Scouser. I am told that they have a very good sense of humour. Chris certainly has a great sense of humour. I have tried his cakes.

As my love for Pandora has been unrequited since I was 14 I hope to get a girlfriend at the running club. Perhaps I should raise my sights and look for a woman with experience. Julia is a lovely lady. She bakes fantastic cakes and is a really good runner. Perhaps she would be interested in a slightly younger Northerner who needs some training, ah well I live in hope. Let's see what the next month brings.

*Andrew Mole 47 and some. February 2006*

## Road Race Refunds

For a number of years, the club have alleged to have operated a policy of refunding the in advance fees for local road races subject to a number of conditions:

- That you are a first claim member of Silson Joggers A C
- That you have paid your membership fee for the year
- That you wear the famous Green Vest at the race
- That you finish the race

The reality for some has been that getting the money out of the Treasurer has proven somewhat difficult. This is going to change (honest!). Please could all eligible members let me have details of their claims for 2005 / 2006 a week before the Annual General Meeting so that these can be reflected in the financial statement presented to that meeting (this does not necessarily mean though that you will have received the money though).

With effect from the AGM, I am introducing a further condition to be eligible for a refund:

- You must tell 10k Times within 7 days of the race your time and write a report with incriminating photographs

John Fowler – [john.fowler7@btinternet.com](mailto:john.fowler7@btinternet.com)

## NEWSLETTER DISTRIBUTION LIST

This issue of the Newsletter has been e-mailed to those members currently on the e-mail distribution list. If anyone wishes to add his/her name to the e-mail distribution list (in place of the printed version of the newsletter), or revert to the printed newsletter, please let us know.

### **Please send contributions for the next Newsletter:**

to John Fowler or Andrew Pate

or by e-mail to [john.fowler7@btinternet.com](mailto:john.fowler7@btinternet.com) or to

[andrew.silson@btinternet.com](mailto:andrew.silson@btinternet.com)

**by 21<sup>st</sup> April 2006**

## Looking ahead ...

### ROLL UP, ROLL UP FOR THE ROAD RACING SEASON

Each month you will be able read a long, long list of road racing dates (see below). Well as Road Racing Secretary I will have entry forms or details for some of the races. I hope to add the website details of races to future newsletters however as we are now up to page 101 of our first Fowler and Pate production I thought I would ask you to look at the Joggers website for the first Road Race fact file.

**Remember Road Runners do it on hard surfaces!**

Andy

Date	Event
5 <sup>th</sup> March	Wellingborough Multi Terrain 5k /10k / 15k
12 <sup>th</sup> March	Banbury 15 miles
12 <sup>th</sup> March	Marie Curie 10k / 15 miles (Kelmash)
12 <sup>th</sup> March	Nike Milton Keynes half marathon
19 <sup>th</sup> March	Flora London half marathon (Silverstone) – <b>HELP REQUIRED</b>
19 <sup>th</sup> March	Ashby 20 miles
26 <sup>th</sup> March	Sandy 10 miles
26 <sup>th</sup> March	Carterton 10k
2 <sup>nd</sup> April	Oakley 20 miles
2 <sup>nd</sup> April	White Horse half marathon
2 <sup>nd</sup> April	Lincoln 10k
8 <sup>th</sup> April	Women's 6 stage relay – Sutton Park, Sutton Coldfield
8 <sup>th</sup> April	Men's 12 stage relay – Sutton Park, Sutton Coldfield
9 <sup>th</sup> April	Leamington 10k
9 <sup>th</sup> April	Flitwick 10k
9 <sup>th</sup> April	Oxford 5k
16 <sup>th</sup> April	Livingston Relays – 3 miles – Loughborough
17 <sup>th</sup> April	Stanwick 10k
22 <sup>nd</sup> April	Blenheim 7k
23 <sup>rd</sup> April	Flora London Marathon
30 <sup>th</sup> April	Titchmarsh 10k
1 <sup>st</sup> May	Weston 5 miles
1 <sup>st</sup> May	Thornborough 5 miles / 10 miles
2 <sup>nd</sup> May	<b>Silverstone 10k – HELP REQUIRED</b>
10 <sup>th</sup> May	Rugby 6 miles (2 <sup>nd</sup> race in the EMGP series)
17 <sup>th</sup> May	Bedford 6 miles (3 <sup>rd</sup> race in the EMGP series)
19 <sup>th</sup> May	Blisworth 5k (provisional)
21 <sup>st</sup> May	Oxford Town & Gown 10k
24 <sup>th</sup> May	Corby 5 miles (4 <sup>th</sup> race in the EMGP series)
29 <sup>th</sup> May	Boddington 10k

## More looking ahead ...

This is the first of what we are confident will be a highly prized and “must keep” set of editions of The 10k Times. The success of The 10k Times is down to you. The editors would rather that neither of them had to act as journalists – this is probably a sentiment of all the readers as well!

The next edition of The 10k Times will probably include the highlights of:

- The Annual General Meeting (this by definition is a contradiction in terms)
- Road Race reports – written by YOU on as many races as possible to include:
  - Flora Half Marathon
  - Flora London Marathon
  - Hamburg Marathon
  - Prague Marathon
  - Marie Curie half marathon and 10k
  - Woburn 10k
- The Girls Night out
- National Cross Country Championships
- The build up to THE BIG ONE
- Spring / Summer training schedule
- Action photographs of “Kit Man” modelling the Silson Joggers summer collection
- A collection of photographs of Linda “in action”!
- Anything and everything that YOU want to see in The 10k Times. We can be bribed to include or not to include any article (or photographs)

Finally but most importantly, a great “thank you” to Eddie for all his hard work in preparing the previous, but less glamorous, issues of The 10k Times. His reign as Chairman also comes to an end at the Annual General Meeting. He has overseen the growth of Silson Joggers from a small club into one that can now compete with (and often beat) the best of them. He stands down with Silson Joggers far bigger and stronger than when he was elected Chairman.

## WELL DONE EDDIE