



# The 10k Times

June / July 2006

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

## FREED – THE KETTERING TWO

NOT FORMALLY CHARGED OF ANY CRIME  
BUT FALSELY IMPRISONED



Awoken from their beds in the middle of the night, officers from Silson Joggers were called in to verify the identities of the Kettering Two. In true club spirit the temptation was to deny all knowledge. They had allegedly been drinking in a pub – thereby breaking one of the golden rules of being a Silson Jogger. A spokesman for Amnesty International (Silverstone branch) reported: “We are grateful to Silson Joggers for their support in freeing these two refugees from the north of the county. This is another example of extreme brutality. Making two old blokes run in that heat is clearly torture”.

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## CHARWOMAN'S CAT

Yes she still has one unless she has kicked it causing her to go onto crutches

## CONGRATULATIONS

Frank & Jenny Newton were visited by the President of the English Cross Country Association in early May. They were presented with a pair of engraved glass candle sticks to make their election as Life Members in recognition of their 'sponge and bucket' work for over 30 years. This included being Team doctor at every World and European Championships from 1968 to 2003.

## AN APOLOGY

In the April / May edition of The 10k Times there was a picture of a Pot Bellied Pig published next to an article about the failure of one entrant in the London Marathon to complete the course. I told Andy that we should not publish this but he insisted. Following a number of complaints we have agreed to jointly issue an apology that has been agreed with the lawyers involved:

*"It is with deep regret that there was an inference that the article and the picture were related. This was purely an accident and no offence was intended. We will be making a substantial donation to Charity as compensation to close this matter"*

## LETTERS

From the Secretary of the Friends of Pot Bellied Pigs

*"It was with great surprise that I have received a donation from Silson Joggers. The money will come in extremely useful in the setting up of yet another Sanctuary for the rescue of Pot Bellied Pigs. The money will be used to buy lots of goodys (sic) for the animals"*



From Silverstone Pre-School

*Many many thanks for the kind donation of money given by Silson Joggers to our Preschool. This cheque has made a huge difference to us, in that now we can afford to purchase a tablet pc including an interactive whiteboard. This is a serious piece of kit for us to buy for Pre-school, in fact in all my time there I have not ever been able to afford up to date ICT equipment. We have to supply a lot of technology equipment for the children, and this tablet pc has been recommended to us by Rachel Haywood (reception teacher).*

*We will keep you informed on our purchase so you have a record of where the money was spent.*

*Many thanks once again*

***Lesley Haithwaite***

From A Grumpy old Jogger

## It weren't like this in my day

*When I were a real runner this was a proper club. Men were men and women washed and ironed the kit. Now look at the state of the club. Some of the men are men but they are even letting fat blokes who should know better run. Do they know what they look like? Worse still, there are lots of lady Joggers as well. Some of them are pretty quick and can beat lots of the men. Disgraceful. Good job though that they are all pretty.*

Our Ex-Foreign Correspondent

Letter from the Rockies

*I never realised that running at altitude was so difficult. I felt completely unfit. I felt horribly over weight. I felt very slow. A few short miles felt like a marathon and more. I cannot now wait to get back home when, no doubt, the same feelings will be experienced but I will have no excuses. Below are a couple of holiday snaps.*



**Moraine Lake, Banff**

A vast area of outstanding natural beauty



**Glacial Floe, near Jasper**

A natural phenomena that is very old and moves very slowly

**THE BIG ONE**

# Silverstone Grand Prix 10K Tuesday 2<sup>nd</sup> May

## Incorporating the Midland Road race Championships

For the second year running over 1,000 runners of all abilities completed the 10k hosted by Silson Joggers A C. The annual road race, now in its 23rd year, comprises two laps of the Grand Prix Circuit at Silverstone and attracts runners from a wide geographical area. This year Silson Joggers race was selected by Midland Counties Athletics Association to be part of their Championships and by the British Wheelchair Racing Association. The club received well over 300 entrants on the night together with over 800 who had pre-entered

The wheelchair race featured Dame Tanni Grey-Thompson, the Olympic athlete and was won by Brian Alldis (BWRA).

The footrace was won by Williard Chinnanhu (Poole Runners) in 30:36 followed by Gordon Lee (OWLS) in 31:45 and Gwyn Bellamy (Warwick University) in 31:47. The ladies race was won by Kate Ramsey (Charnwood AC) in 34:51 followed by Jo Wilkinson (Bedford & County) in 35:26 and Jude Craft (Headington RR) in 36:00. A number of age course records were also broken. The team prize for the first four men finishers was won by Coventry Godiva Harriers and the first three lady finishers by Headington R R

Wheelchair results:

1	Brian Alldis	24:37
2	Jason Gill	25:13
3	Ian Thompson	28:52
4	Tanni Grey-Thompson	29:08
5	Andy Cheek	29:11



Footrace results:

MS	1	Williard Chinhanu	Poole Runners	30:36	
MS	2	Gordon Lee	OWLS	31:45	
MS	3	Gwyn Bellamy	Warwick University	31:47	
M20	1	Ryan McKinlay	Highgate Harriers	33:24	
M40	1	Brian Summers	Rugby & Northampton	34:41	
M45	1	Rob Sheen	Leicester Coritanian	33:11	
M50	1	Philip Carbutt	Bromsgrove & Redditch	33:57	
M55	1	Paul Kelly	Northbrook A C	36:35	
M60	1	Graham Patton	Sphinx A C	37:21	
M65	1	John Thomas	Corby A C	43:14	
M70	1	John Greenall	Marshall Milton Keynes	45:58	
FS	1	Jo Wilkinson	Bedford & County	35:26	
FS	2	Jude Craft	Headington R R	36:00	
FS	3	Kirsty Whigham	Wootton R R	37:09	
F20	1	Tanya Taylor	Marshall Milton Keynes	39:30	
F35	1	Kate Ramsey	Charnwood A C	34:51	Race winner and age record
F40	1	Allison Hirst	Headington R R	36:56	Age record
F45	1	Diana Craig	Rugby & Northampton	43:47	
F50	1	Gail Duckworth	Leighton Buzzard A C	39:28	Age record
F55	1	Margaret Swithenby	Road Runners Club	47:17	
F60	1	Sheila Taylor	Rugby & Northampton	50:19	

## NEWS FROM THE KIT MAN

The new competition vests and Tracksters have been ordered and will be available at the beginning of September. The 'Hoodies' are currently on 'hold' pending the availability of a new Jacket in club colours. The long and short sleeved training 'Vestops' are in the process of being ordered and they also should be available from early September.

## RESULTS – OFF THE ROAD

**BECAUSE WE ARE NOW IN THE SERIOUS RUNNING SEASON,  
THERE ARE NO CROSS COUNTRY RESULTS TO REPORT –  
HURRAH!**

We do have a late entry however for a multi-terrain event

**MAULDEN 5 MILE MULTI TERRAIN RACE 1 JULY**  
([www.mauldenwoodsrn.co.uk](http://www.mauldenwoodsrn.co.uk))

Carol and I were the only Joggers brave enough to attempt this race. (Excuses about the World Cup are not relevant as a) even I finished an hour before kick-off and b) there was a big screen, barbecue and beer tent at the race.)

It was an extremely hot day and once we'd all set off I did doubt my sanity, but knowing that we had the honour of the Joggers to uphold, Carol and I did a good job. We were both disappointed with our times (51:50 for me and 63:00-ish for Carol) but as the temperature was about 30 degrees times weren't really all that important.

Graham Smith recommended this race and I agree it's a goody. Most of the course is on paths and tracks through pleasant woods. There are short road sections at the beginning and end, and the last few yards back into the finish area are steeply uphill.

All finishers got an interesting wooden medal, plus water, iced tea, a banana and a muesli bar. The race took place at the same time as the school fete, which seemed quite a jolly affair, with entertainment for non-running partners. There were the usual stalls, an opportunity to have a photo taken with Milly the Mermaid and also a chance to sit in fire engine.

Will I do it again? Yes, but only if it's cooler and the firemen are there again.....

***Shirley***

To spoil this section completely here are the dates and venues for the  
2006 / 2007 Chiltern Cross Country League

- 14<sup>th</sup> October 2006                      Watford
- 11<sup>th</sup> November 2006                      Luton
- 2<sup>nd</sup> December 2006                      Culham Thames
- 13<sup>th</sup> January 2007                      T/b/c
- 17<sup>th</sup> February 2007                      Wing

**RESULTS – ON THE ROAD**

**WESTON 5 miles – 1<sup>st</sup> May**

## WRIGHT PLACE, WRIGHT TIME

Andy “The Whirlwind” Wright blew into Weston and took away two bottles of Champers for his troubles on Bank Holiday Monday. 1<sup>st</sup> Vet Man and 3<sup>rd</sup> Overall Mens prizes with a breathtaking time of 29.41 made in a worthwhile outing for our Dualathon tough man.

Benign weather except for a slight cross wind welcomed a good turnout which included 13 Joggers. The course was the usual mix of B roads and rough farmers tracks which tested most of the runners.

The race has a lot of plus points, it is well marshalled, has a very scenic route, plenty of water , excellent after race food and a top notch T shirt for all the finishers. You can even bring the kids as the May Day event has lots of entertainments for children and llama lovers alike.

I have one question to pose, “when you are a M45 does your memory start failing you?” I remember the last hill as a 300 metre effort so what a shock when I subsidiz it is about 800 metres in two sections. The legs wouldn’t sprint the last 100 so it’s more hill training with Mr Linnell for me.

All the Joggers posted good times with a special mention to Nikki and Dave Lantsbery who edged our opponents with fine sprint finishes at the end.

The prize giving was a excellent affair with loud cheers from the Joggers when Andy collected his winnings. Special appearances were made by Chairwoman Rachel on her crutches, one of Andy Wright’s bottles of champagne after a pint in the pub and a flash of my left buttock after I ripped my shorts climbing a farmers gate before the start of the race.

It is very disconcerting when Helen Pope of Towcester Vets Practice reminds you that “your arse is hanging out” at the 3 mile marker.

I hope to see many Silson vests at the 2007 race.

3 <sup>rd</sup>	Andy Wright	29:41	First vet Male 40
6 <sup>th</sup>	Mark Armstrong	30:56	
10 <sup>th</sup>	Kevin Reboul	32:01	
39 <sup>th</sup>	Dave Lantsbery	35:18	
51 <sup>st</sup>	Linda Lytollis	36:15	
58 <sup>th</sup>	Sandy Moffat	36:54	
59 <sup>th</sup>	James Laurie	36:55	
75 <sup>th</sup>	Andrew Pate	37:53	
106 <sup>th</sup>	Claire Todd	39:37	

152 <sup>nd</sup>	Rebecca Hinksman	42:47	
181 <sup>st</sup>	Nikki Carrick	45:13	
182 <sup>nd</sup>	Graham Linnell	45:16	
220 <sup>th</sup>	Carol Debney	49:25	

*Northern Lad*

## **THORNBOROUGH**

### **5 miles & 10 miles – 1<sup>st</sup> May**

Jim Darcy gets a mention in the Brackley & Towcester Advertiser and won the M40 prize for the first man home. Other than this "we know nothing"!

### **SHAKESPEARE MARATHON – 7<sup>th</sup> May**

As part of his build up for the UEFA Cup Final, Dave Coates took part in the marathon, following his late withdrawal through sickness from London. He finished in an excellent 59<sup>th</sup> place in 3:12:48.

### **RUGBY 6 miles – 10<sup>th</sup> May**

This is the second race in the EMGP series. When I offered via e-mail to drive, with passengers, I was rather and clearly naively expecting to be inundated with responses from the many beautiful women that we have in the club who would welcome the opportunity to spend some quality time with a running legend. Somewhat perversely the first response was from Norman Carter! Fortunately, I was rewarded by responses by Shirley Williams and Sue Clayton-Drabble. Linda Lytollis stood me up in favour of a date with Northern Lad (even though she had to drive).

18 runners from Silson Joggers (and a Linnell on a bike) took part in the race. The team were led home by the ever improving Mark Armstrong, who finished 29<sup>th</sup> in a time of 36.29, closely followed by Andy Taylor (in his last race before the Prague marathon) in 40<sup>th</sup> place in a time of 37:15 and Kevin Reboul in 45<sup>th</sup> place in a time of 37:27. Leading lady was Linda Lytollis who finished 7<sup>th</sup> in her age category in a time of 42:58, setting a new club record in the process. Age records were also set by Claire Todd (F40), Shirley Williams (F50) and Dave Lantsbery (M60)

Before I get to the all important Silson times and placings, I must add a new and very important section to the race reports – REFRESHMENT CORNER. In the interest of all runners I think it is essential to inform you if a race venue is good, average or plain pants when it comes to cakes, sandwiches and beer supplies after the race. The guilty (those running clubs who are naff at the refreshment game) must be uncovered. Here we go then with 5 the best rating, 1 the worst but a P for Pants if the offering is truly pathetic.

#### RUGBY 6 REFRESHMENT CORNER

- Sandwiches 2
- Cakes P
- Beer 2
- Water Supply 2

29 <sup>th</sup>	Mark Armstrong	36:29
40 <sup>th</sup>	Andy Taylor	37:15
45 <sup>th</sup>	Kevin Reboul	37:27
70 <sup>th</sup>	Jim Darcy	38:49
100 <sup>th</sup>	Jody Willis	40:32
109 <sup>th</sup>	Dave Lantsbery	41:10
124 <sup>th</sup>	Andy Hoare	41:20
163 <sup>rd</sup>	Linda Lytollis	42:58
172 <sup>nd</sup>	Dan Taylor	43:32
174 <sup>th</sup>	Norman Carter	43:38
197 <sup>th</sup>	Sandy Moffat	44:48
202 <sup>nd</sup>	Andrew Pate	45:13
225 <sup>th</sup>	Graham Smith	46:17
242 <sup>nd</sup>	Claire Todd	47:14
280 <sup>th</sup>	Sue Clayton-Drabble	50:14
292 <sup>nd</sup>	Tim Hulett	51:18
300 <sup>th</sup>	Shirley Williams	52:24
321 <sup>st</sup>	John Fowler	55:15

*Northern Lad and Fat Bloke*

## **PRAGUE MARATHON – 14<sup>th</sup> May**

Andy Taylor leads Joggers team home

Not content with the invasion of Scotland last year, the Taylor clan decided to take on the might of Europe this year, heading off to Prague for the Volkswagen International Marathon on May 14th.

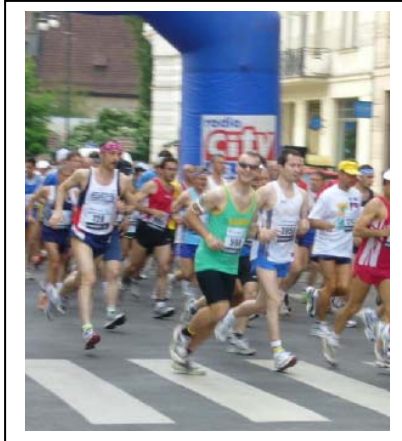
Prague if you have never been is a beautiful city, kind of like Venice minus all the water, and is huddled at the bottom of a very steep sided valley (a 45° syncline for all you geology boffs out there). And if you like your jazz then Prague is the place to go as since the fall of communism its really taken off with little dimly lit clubs dotted throughout the city (and the ones playing jazz).

A really well organised affair, the whole week had had a series of sporting events building up to the big marathon day, the rollerblading race through the city made good viewing. The Old Town Square was set up with a stage putting on plenty of music and all your normal sponsors were there as well.

Our hotel was a godsend as I only had 50m to walk to the start line and then the 50m crawl back at the end, was just a shame that our room was on the fourth floor and there wasn't a lift, it felt like climbing a mountain after the race.

Race day was really warm and dry, although the previous two days had been cool with short showers, so not ideal conditions on the day. The start was from the Old Town Square and was a big send off packed with runners and supporters alike. The first 7 miles was all through the old town district and was easy going with big crowds, then for the next 17 miles you had only your fellow runners for company as you headed off onto the dual carriageway network to make up the miles up and down the side of the river. The first 6 mile of which was scenic and tree lined, however from that point up to the 24 mile mark, you were stuck on a dull dual carriageway in the heat with no crowds to pull you along and nothing to look at except the tarmac ahead of you. Finally the last two miles came back into the Old Town and the crowds awaiting you up to the square again for the finish.

So how did I do? My target was to knock 10mins off my Edinburgh time, so I wanted to achieve 3hr 10 mins. Having gone through ½ way in 1hr 30 mins I thought I would best even that. Unfortunately the heat got the better of me and at 18 miles I was suffering and slowing up. My support crew were superb however getting around the city to cheer me on 9 times and with 2 miles to go they gave me enough of a boost to finish in 3hr 11min 43sec. Glad to finish? – oh yes, glad to beat last years time? – very, disappointed not to have done better? – I know I shouldn't be but having thought at half way that I might hit 3hr 5min I guess I am a little, but hey its part of the learning curve, I'll just have to run another one now next year.



Looking far too happy to be running 26.2 miles



Just what has he eaten?



What has she been drinking?

*Andy Taylor*

## **BEDFORD 6 miles – 17<sup>th</sup> May**

### **CLUB AND AGE RECORDS BROKEN**

I wanted to be there but I was still sat in our Northampton office at 7.20 pm at the end of a bored (sic) meeting. It was pouring with rain so I returned for home and watched the football.

It was with eager anticipation, however, that I logged on to the internet the following morning to find the results, so that the report could be written for the press.

### **JOHN AGED (A LITTLE BIT) IN HIS MEETING**



The male and female races were both won by runners from Bedford & County. L Cadman winning the men's race in 31:02 whilst Jo Wilkinson won the ladies race in 34:08 finishing 7<sup>th</sup> overall.

For Silson Joggers, Chris Rogers ran a superb race to finish 5<sup>th</sup> overall and 1<sup>st</sup> M40 in a new club age record time of 33:58. Linda Lytollis lowered her F35 club record to 42:08 whilst Claire Todd (F40) and Shirley Williams (F50) both broke the club age records.

I really like this course and as I am Northern I like it when it rains (yes we are a strange lot in Lancashire). Flat start, then downhill, undulating sections, a longish hill and then a great downhill, flat section into the wander through the park bit and final sprint passing the school and onto the grassy finish.

Many of the 11 Silson runners sprinted past bemused competitors on the last grassy section including Tim Hulett and I who overtook people virtually on the line. These barnstorming finishes were partly due the shouts of encouragement from a band of Joggers lead by our very own Andy Hoare. The phrase “ Go on you can catch them “ rang out many times, thanks Mr Hoare you always spur me on to a stupid gut busting sprint finish.

Another great night for the Joggers with a fine roll call.

#### BEDFORD 6 REFRESHMENT CORNER

- Sandwiches 4
- Cakes 3.5
- Beer 2
- Water Supply 3

5 <sup>th</sup>	Chris Rogers	33:58
37 <sup>th</sup>	Jim Darcy	38:33
96 <sup>th</sup>	Linda Lytollis	42:08
97 <sup>th</sup>	Andy Hoare	42:15
156 <sup>th</sup>	Andy Pate	45:16
170 <sup>th</sup>	Graham Smith	45:49
179 <sup>th</sup>	Claire Todd	46:44
206 <sup>th</sup>	Sue Clayton-Drabble	49:15
227 <sup>th</sup>	Lynette Gilbey	51:15
232 <sup>nd</sup>	Shirley Williams	51:28
239 <sup>th</sup>	Tim Hullet	52:12

*Northern Lad and Fat Bloke*

## **BLISWORTH 5k – 19<sup>th</sup> May**

**PRIZES FOR LINDA LYTOLLIS, JEFF HAYNES & DAVE LANTSBERY**

Another good turnout of Joggers for this most local of events. It threatened to rain but, fortunately, was just damp or a drizzle as the runners lined up at the farm. The first km resembles falling off the edge of the world whilst between 3k and 4k you have to crampon your way back again.

Stars on the night were Linda Lytollis (2<sup>nd</sup> F35), Jeff Haynes (1<sup>st</sup> M50) and Dave Lanstbery (1<sup>st</sup> M60). Mark Armstrong continued his improvement to lead the Joggers home and there was a debut for new member, Stuart Branch. There were age records for Claire Todd (F40) and Shirley Williams (F50). The senior men's team finished 5<sup>th</sup>, the vet men 4<sup>th</sup> and 9<sup>th</sup>, whilst the vet ladies were 3<sup>rd</sup>. The travelling band of supporters did a magnificent job guarding the clothing and providing on course encouragement.

17 <sup>th</sup>	Mark Armstrong	18:16
20 <sup>th</sup>	Jeff Haynes	18:25
37 <sup>th</sup>	Dave Coates	19:11
41 <sup>st</sup>	Jim Darcy	19:20
65 <sup>th</sup>	Dave Lantsbery	20:14
88 <sup>th</sup>	Linda Lytollis	21:00
93 <sup>rd</sup>	Dan Taylor	21:14
104 <sup>th</sup>	Norman Carter	21:37
105 <sup>th</sup>	James Laurie	21:38
109 <sup>th</sup>	Sandy Moffat	21:45
129 <sup>th</sup>	Andy Pate	22:36
132 <sup>nd</sup>	Graham Smith	22:44
135 <sup>th</sup>	Brian Keers	22:58
140 <sup>th</sup>	Claire Todd	23:20
143 <sup>rd</sup>	Stuart Branch	23:28
167 <sup>th</sup>	Sue Clayton-Drabble	24:58
181 <sup>st</sup>	Shirley Williams	25:49
191 <sup>st</sup>	Rosie Moffat	26:56
196 <sup>th</sup>	John Fowler	27:28
201 <sup>st</sup>	Bev Place	27:53

The post race celebrations were, however, marred by controversy. It all started innocently enough in the bar when Brian Keers bought himself a pint of bitter and me a pint of lager. He was however spotted by Beelzebub's little helper who "gave him the eyes". Despite only taking a couple of sips, Brian left the

rest of the pint in fear. In the car park, I was accosted by Dave Lantsbery. Both he and Jeff had been seen drinking alcohol in the bar (but not by Claire) waiting the prize giving. Once in the safety of the car, they had opened the envelope containing their vouchers. Jeff had won a voucher for 20 notes but poor old Dave had only won 10 notes. He threw a tantrum. Yes, Dave ageism is alive and kicking!

*Fat Bloke*

## **BOGNOR REGIS 10 km – 21<sup>st</sup> May**

Carl Hermans 39.37. 38<sup>th</sup> place overall

## **DEFINITELY NOT THE CORBY 5 miles – 24<sup>th</sup> May**

A race billed as being in Corby conjures up stereotypically images. The host club were forced for financial reasons to leave the race venue at Rockingham Raceway for the East Carlton Country Park. A good move I say. This is a great course with a challenging hill at the finish. Notwithstanding this, Andy Taylor saw this as a warm down from the Prague Marathon and Claire Todd lowered further the F40 club age record. Jeff Haynes was 2<sup>nd</sup> M50.

27 <sup>th</sup>	Jeff Haynes	29:59
50 <sup>th</sup>	Kevin Reboul	31:36
69 <sup>th</sup>	Andy Taylor	32:30
93 <sup>rd</sup>	Jody Willis	33:33
118 <sup>th</sup>	Linda Lytollis	34:32
139 <sup>th</sup>	Andy Hoare	35:23
153 <sup>rd</sup>	Dan Taylor	35:49
191 <sup>st</sup>	James Laurie	37:20
195 <sup>th</sup>	Andy Pate	37:24
215 <sup>th</sup>	Claire Todd	38:29
286 <sup>th</sup>	Tim Hullet	42:35
309 <sup>th</sup>	John Fowler	44:40

The talk in the club house was “Where was Graham Smith?”

CORBY 5 REFRESHMENT CORNER:

- Water Supply 2.5
- Sandwiches 3.0

- Beer – brought my own
- Cakes – 3.0

*Northern Lad & Fat Bloke*

## **BODDINGTON 10k – 29<sup>th</sup> May**

**YET MORE PRIZES – CLUB RECORD TIME FOR CLAIRE**

11 <sup>th</sup>	Kevin Reboul	37:54	1 <sup>st</sup> M40
19 <sup>th</sup>	Andrew Taylor	39:17	
28 <sup>th</sup>	Graham Linnell	40:51	
47 <sup>th</sup>	Roger Elkin	43:49	
51 <sup>st</sup>	Sandy Moffat	44:18	
61 <sup>st</sup>	Dan Taylor	45:18	
80 <sup>th</sup>	Claire Todd	47:24	2 <sup>nd</sup> F40 & NEW CLUB RECORD TIME

### **THE RETURN OF THE ELK**



In addition the Boddington race also saw the welcome return of Roger Elkin to competitive running.

## **WEEDON 10k – 6<sup>th</sup> June**

**LINDA SMASHES 10k RECORD AS CLUB TAKE PRIZES**

Over what can only be described as a gently undulating course, Linda Lytollis smashed the club 10k record in a remarkable time of 43:54. She undoubtedly could have run quicker but was hampered by both a modelling contract and having to carry Jody up Everdon Stubbs.

Graham Smith also managed to set a new M60 record time – mainly because Dave Lantsbery does not appear to have run this distance in a race for the club!

Fat bloke desperately wanted to run but arrived about 5 minutes after the start. He thought about getting changed and starting late but, in fairness to Human Energy decided that keeping the marshals out until

the following day was unkind. Mark Armstrong was also seen watching.



*A different Linda (or is it?)*

Kevin Reboul continued his fine form to lead the Joggers home and take 3<sup>rd</sup> M40. Dave Coates was 3<sup>rd</sup> M45. Linda Lytollis 3<sup>rd</sup> F35 and the vet men team also finished third.

And now a report from a real runner:

## Musings on team spirit

I think I'm pleased to have done this race, although I wouldn't have said this to anyone who'd asked me between 4k and 5k. I'd never done this run before, but I knew that Everdon Stubbs is a hill to be treated with respect. I felt sorry for a runner who stood next to me at the start and asked whether the course was flat or undulating!

I enjoyed most of the run – it was a beautiful evening and there were some lovely views across the countryside. It was great to see Mark and James halfway up the Stubbs, and Alison a bit further on. James cycled with me for a while – thanks, James. I really appreciated your encouragement.

The good news about this course is that the last 2k is all downhill apart from a cheeky little hill just before the finish. The bad news is that the hill through Everdon Stubbs is very tough. I was last of the Joggers to get home (someone has to be!)

and was really encouraged to be cheered home by a small group of Joggers, who are now my bestest friends ever. But where were the others? I saw one or two Joggers in the car park engaged in earnest discussions which they felt had nothing to do with a slower runner like me. Presumably the others had left or gone to the pub, deciding that supporting the last few home wasn't important. I went home feeling unsure if the club had got it quite right on this particular evening.

Most people seemed to have run well on this challenging course. Tim Hulatt was on good form and coped well with that hill. Linda Lytollis, Kevin Reboul and Dave Coates were third in their respective age categories.

**Shirley**

32 <sup>nd</sup>	Kevin Reboul	39:23
37 <sup>th</sup>	David Coates	39:46
51 <sup>st</sup>	Jim Darcy	40:26
75 <sup>th</sup>	Graham Linnell	42:08
106 <sup>th</sup>	Jody Willis	43:54
107 <sup>th</sup>	Linda Lytollis	43:54
109 <sup>th</sup>	Andy Hoare	44:03
193 <sup>rd</sup>	Andrew Pate	47:56
204 <sup>th</sup>	Graham Smith	49:09
263 <sup>rd</sup>	Tim Hullet	54:37
266 <sup>th</sup>	Sue Clayton-Drabble	55:06
280 <sup>th</sup>	Shirley Williams	57:00

## **BANBURY 5 miles – 13<sup>th</sup> June**

No whippets but promising debut for the Bartimote family and new age record time for the every improving Shirley Williams.

After the oppressive heat of the previous few days, the runners at Banbury were greeted by cooler (but still warm) and damp conditions. Kevin just about made it in time to register on the night, get to the start and lead the team home again. Banbury also saw the debut for the club of new members from the Bartimote family from Wicken. We look forward to seeing them at club events and races in the future. Claire and Kevin Bartimote and the Snail developed a fine sense of packing together at the rear of the field. Banbury also saw the fast improving Shirley Williams lower by a staggering two minutes her own 5 mile F50 club record time.

42 <sup>nd</sup>	Kevin Reboul	30:27
52 <sup>nd</sup>	Jim Darcy	31:03
105 <sup>th</sup>	Andy Hoare	33:30

167 <sup>th</sup>	Dan Taylor	35:56
212 <sup>nd</sup>	Graham Smith	38:28
215 <sup>th</sup>	Claire Todd	38:58
219 <sup>th</sup>	Tim Hullet	39:22
236 <sup>th</sup>	Jo Bartimote	41:07
242 <sup>nd</sup>	Sue Clayton-Drabble	41:29
255 <sup>th</sup>	Shirley Williams	42:50
270 <sup>th</sup>	Rosie Moffat	44:07
290 <sup>th</sup>	Claire Bartimote	47:30
291 <sup>st</sup>	Kevin Bartimote	47:53
292 <sup>nd</sup>	John Fowler	48:14

## LONE JOGGER AT THE FARNBOROUGH FLIER 18 JUNE

If you enjoyed the Weedon 10k, you'll love this one – it has a hill which is even more challenging than the Stubbs! The 'Flier' is a new 12k run, which should become popular if the first one is anything to go by. I was the only Jogger there, but will certainly do it again next year and would recommend it to anyone who fancies a run through beautiful countryside with a testing hill in the middle. 170 runners took part, and everyone seemed to be full of praise for a very well organised event. I think this one will go from strength to strength. The organisers have produced an informative website ([www.idbuilder.co.uk](http://www.idbuilder.co.uk)), which is worth a look.

The race started and finished in Farnborough, just north of Banbury. There was plenty of car parking close to the start and finish. The first part of the course was along a pretty byway, which led to a rather boring road section (described as fast and flat) and then, at about halfway round the course, the climb up a gravelled track to Burton Dassett Country Park. It just went on and on!! The second half of the course was predominantly downhill and also had some great views across Warwickshire. The last section, back through Farnborough and to the finish was uphill and I found it difficult because I was tired.

No t-shirt or medal, but as the aim of the run was to raise money for the local playing field project, this wasn't surprising. The goody bag contained some vouchers and a sweatband. One of the vouchers was for 10% off a meal at the Inn at Farnborough ([www.innatfarnborough.co.uk](http://www.innatfarnborough.co.uk)). We put this to immediate use and had an excellent meal – a real treat that I felt I'd deserved after struggling up that horrible hill!

My time? 70.40. Another fine piece of running! See you there next year!

*Shirley*

## HARBOROUGH 5 miles – 20<sup>th</sup> June

A small but resolute band of Joggers made the long trip to Harborough (or not

so far in the case of Messrs Hoare & Hullet). The poor turnout impacted on the club results for the series. The results were as follows:

47 <sup>th</sup>	Jim Darcy	30:58
98 <sup>th</sup>	Andy Hoare	33:38
198 <sup>th</sup>	Graham Smith	38:25
214 <sup>th</sup>	Tim Hullet	39:51

No race report has been received

## **Marston Vale Forest 5K – 23<sup>rd</sup> June**

It was a warm, still evening as I swung my sporty trusty Zafira off the metalled road on to the dusty dirt track that was to lead me to the forest centre at Marston Vale, (actually an old disused clay pit). Am I in the right place I ask myself, there is hardly a tree in sight! (nor any runners warming up).

After travelling 200m along the dry, dusty track I spy a yellow sign on a post which says “Caution – Runners”, I had better watch out then! Had this sign been erected recently or was it from a long forgotten race already consigned to history? As I eased off the accelerator pedal and swung round the bend just before the forest centre I became aware of a number people dressed in nothing but running kit and a group of people all with their name on their yellow bibs (how come so many people called Marshall?).

It was only now that I began to suspect that I was, in fact, at the right venue for the 2<sup>nd</sup> annual Marston Vale Forest 5K (although I still hadn't seen any trees!). As I drove past the car parking marshal (luckily he had small feet) he indicated, with his middle finger pointing up, that I should park at the top of the hill. This somewhat perplexed me as the land was devoid of contours.

Having successfully parked my vehicle (not sure what all the shouting was about though) I proceeded on foot to the race HQ and duly paid my entrance fee (John Fowler take note).

While hanging around the HQ waiting for other “Joggers” to join me it became evident that there were an awful lot of yellow vests belonging to the brethren of Bedford Harriers. In the end Silson were out-numbered by Bedford Harriers by 53 to 1 (me being the 1!). I was undecided as to what to do, should I “go home and watch the footy”, or, as I had already paid the entrance fee (John Fowler take note) give those Harriers a run for their money.

At the start it was somewhat congested with the usual running etiquette being observed, slow rotund runners at the front! (John Fowler take note). The race began somewhat slowly due to the fairly narrow path at the start but soon the runners spread out and a steady pace was achieved. The warm conditions soon took their toll, in my case after the first 500metres! It was at the 3K distance that I found out why the race was called the Forest 5K – on rounding a hedge covered

bend I came across 2 saplings all of 2 metres high!

At my steady pace I was slowly progressing through the field when disaster struck, something was flapping against my leg! Oh no, my shorts have fallen down, but no, only a shoelace had come undone (sigh of relief). This had to be quickly rectified I thought, so in a flash I was bent double re-tying the lace. This took me a precious 15 seconds, which I later found out had cost me dear (more later).

The finish line was now in sight, so with a huge effort and remembering the immortal words of encouragement from our trusty coach, Graham, I pushed forward. First one, then two, three, four & five runners I passed in the last 50 metres! (I knew all that training would come in useful at some point!)

**More about the shoe lace:** on checking the race results the following day a new course record for MV60 was set by a ~~runner~~ another old git who finished just 10 seconds ahead of me. What could have been but for that lace!!

*Graham, winter cup winner, Smith.*

## MILTON KEYNES 10k – 4<sup>th</sup> July

43 <sup>rd</sup>	Kevin Reboul	38:59
71 <sup>st</sup>	Graham Linnell	40:26
75 <sup>th</sup>	Andy Taylor	40:42
88 <sup>th</sup>	Andy Hoare	41:27
118 <sup>th</sup>	Linda Lytollis	43:28
161 <sup>st</sup>	Dan Taylor	45:34
196 <sup>th</sup>	Graham Smith	47:45
220 <sup>th</sup>	Andrew Pate	49:00
229 <sup>th</sup>	Claire Todd	50:21
233 <sup>rd</sup>	Jo Bartimote	50:34
252 <sup>nd</sup>	Tim Hullet	51:58

No race report has been received but Linda lowered further her club record time and Graham Smith set a new record time for M60.

## EMGP SERIES – THE FINAL VERDICT

Nine Silson Joggers completed 5 or more races in the series and pride of place goes to Linda Lytollis who finished 3<sup>rd</sup> in the category winning a prize. Well done to everyone who competed in the series and we look forward to a bigger and stronger turnout in 2007.

3 <sup>rd</sup>	Linda Lytollis	F35
6 <sup>th</sup>	Kevin Reboul	M40
6 <sup>th</sup>		MV team
7 <sup>th</sup>	Graham Smith	M60
7 <sup>th</sup>	Claire Todd	F40
7 <sup>th</sup>		Senior Men team
9 <sup>th</sup>	Jim Darcy	M40
10 <sup>th</sup>	Tim Hullet	M55
11 <sup>th</sup>	Sue Clayton-Drabble	F40
11 <sup>th</sup>	Andy Hoare	M45
22 <sup>nd</sup>	Andrew Pate	M45

## LADIES 5k Race – Willen Lake – 29<sup>th</sup> June

26 <sup>th</sup>	Jo Bartimote	25:44
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### JOGGERS 30<sup>th</sup> YEAR

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

### SILSON JOGGERS FORUM

The Web Master has set up a Joggers Forum on the web site. It has only be used by a very limited number of members. Do not be afraid to register and express your views about anything. Use it or lose it!

### USEFUL TIPS

## HOW TO FEND OFF AN ALLIGATOR

- Tap or punch the alligator on the snout or behind the ears to make it back away.

Alligators will often back off when tapped in these areas

- **If you attacked, go for the eyes and nose**  
Use any weapon you have or your fist
- **If the jaws are closed on something you want to remove (for example, a limb) again tap or punch it on the snout**
- **Seek medical attention immediately, even for a small cut or bruise.**

Alligators have a huge number of pathogens in their mouths



*Carol Debney*

Editor's Note – Fame has clearly gone to her head after she scooped the awards at the AGM

## JOGGERS AMATEUR DRAMATICS

**Following the success of the Christmas Pantomime, Silson Joggers proudly present the**

## **RUGBY 6 FARCE**

### *WHOOPS THERE GO MY PANTS*

St Andrews RFC, Rugby was the venue for the opening night performance of a new British farce on Wednesday 10<sup>th</sup> May.

The leading role was taken by our very own John Fowler. The storyline centered on John running around country roads and across a playing field with hilarious consequences.

The coup de grace was John dropping his pants in front of a group of female runners after his exertions. A cheeky grin and the immortal line “how did I lose those” added to the comic timing of his performance.

John may be seen at several other venues over the summer road race season in and out of various clubhouses with or without his shorts.

It has been rumoured that that John has been offered the Sid James part as Jock Strap in the new Carry Film, Carry on Running.

*Jonathan Ross*

## **TRAINING – running backwards**

### **CONTROVERSY AT THE 10k HANDICAP ON 24<sup>th</sup> APRIL. HAVE SILSON JOGGERS BECOME THE VICTIM OF A FAR EASTERN BETTING SCAM?**

New member Sue Clayton-Drabble was the first runner home in the 10k handicap but, controversially, was not awarded the main prize. The handicapper, Mr Ed I ShowSmit; an Eastern European; denied that he

had done anything wrong or, at worst, was an innocent party and had relied upon instructions from the two shadowy characters that were seen on push bikes that night at the circuit.

The gang master is believed to be Mr Li Nel, originating from the Far East, and his geisha girl, Lin Da Lotto Loss. She also is not local and is believed to originate from the north near Great Na. In broken English the two, who were clearly in fear, suggested that they were merely puppets for a Far Eastern betting ring and that a huge weight of late money had been put on Nikki Carrick to be the first runner home.

A spokesman for Northamptonshire Constabulary said “This story is of great concern to us. We will launch a thorough investigation just as soon as we have solved the mystery of why Special Branch did not notify us of a royal resident in Lauda Close, Towcester.”

**Winter Cup 2005/2006, Race 7 & Handicap 10k**  
**(26 Apr 2006)**

		Handicap race				Winter Cup race				
		Start time		Finish time		Running time		Target time		Points
		m	s	m	s	m	s	m	s	
<b>Sue</b>	<b>Clayton-Drabble</b>	6	00	56	06	50	06			
<b>Sandy</b>	<b>Moffat</b>	13	45	56	57	43	12			
<b>Jim</b>	<b>Darcy</b>	17	45	57	29	39	44	43	01	<b>1091</b>
<b>Mark</b>	<b>Armstrong</b>	20	00	58	21	58	21	39	52	<b>773</b>
<b>Shirley</b>	<b>Williams</b>	3	15	58	23	55	08	56	46	<b>794</b>
<b>Nicki</b>	<b>Carrick</b>	3	15	58	23	55	08	56	47	<b>797</b>
<b>Graham</b>	<b>Smith</b>	49	07	58	34	46	04	49	07	<b>1049</b>
<b>Chris</b>	<b>Rogers</b>	23	15	59	20	36	05	37	40	<b>785</b>
<b>Andy</b>	<b>Pate</b>	13	45	59	22	44	37	47	06	<b>947</b>
<b>Bill</b>	<b>Cushway</b>	10	15	59	28	49	13	51	50	<b>971</b>
<b>Dave</b>	<b>Lantsbery</b>	17	00	59	44	42	44	43	19	<b>605</b>
<b>Carol</b>	<b>Debney</b>	0	00	60	14	60	14	62	57	<b>989</b>
<b>John</b>	<b>Fowler</b>	4	30	60	20	55	50	56	03	<b>539</b>
<b>James</b>	<b>Laurie</b>	15	15	61	39	46	24	44	54	<b>250</b>

Rosie	Moffat	4	30	61	59	57	29			
Norman	Carter	46	45	63	23	49	38	46	45	<b>250</b>
Brian	McIlwaine	12	15	64	13	53	19			
Ian	Haynes	12	15	65	34	51	58			
Rebecca	Hinksman	10	15	67	05	56	50	54	19	<b>250</b>
Jody	Willis	23	15	68	39	45	24	43	02	<b>250</b>
Andy	Hoare	23	15	68	39	45	24			

**Winter Cup 2005/2006, Final points table (27 April 2006)**

## SNAIL COMES A CREDITABLE 9<sup>th</sup> but BANDIT WINS WINTER CUP

		Points from race:							Total points, 10k + best 5 other
		1	2	3	4	5	6	7	
Graham	Smith		500	659	539	677	716	1049	<b>4140</b>
Bill	Cushway			500	698	854	938	971	<b>3961</b>
Nikki	Carrick	500	751	472	524	497	332	797	<b>3541</b>
Chris	Rogers	500	535		467	629	614	785	<b>3530</b>
Andy	Pate		500	504	500	569	254	947	<b>3274</b>
Dave	Lantsbery	440	535	477	494	515	551	605	<b>3177</b>
Norman	Carter		500	454	515	722	716	250	<b>3157</b>
Shirley	Williams	440	455	470	506	431		794	<b>3096</b>
John	Fowler	440	481	459	503	368	326	539	<b>2790</b>
Mark	Armstrong	500	502		482	479		773	<b>2736</b>
Jim	Darcy	500			695		422	1091	<b>2708</b>
Graham	Linnell	500	460	551	608	530	512		<b>2701</b>
Rebecca	Hinksman		500	512	599	671	100	250	<b>2632</b>
Carol	Debney	500			587	452		989	<b>2528</b>
Linda	Lytollis	500	517	462	356	575			<b>2410</b>
Claire	Todd		500		467	623	578	100	<b>2268</b>
Ryan	Carter		500			608	599	483	<b>2190</b>
Dave	Coates			500	509	524	602		<b>2135</b>
Jody	Willis			500	554	581		250	<b>1885</b>
Elizabeth	Wright				500	1295			<b>1795</b>
Dan	Taylor	500	500	447					<b>1447</b>
James	Laurie	500					665	250	<b>1415</b>

<b>Jennifer</b>	<b>Dunkley</b>	440			408	401			<b>1249</b>
<b>Andy</b>	<b>Wright</b>	500			623				<b>1123</b>
<b>Steve</b>	<b>Taylor</b>	500		623					<b>1123</b>
<b>Alison</b>	<b>Linnell</b>	440	538						<b>978</b>
<b>Brian</b>	Keers	500			425				<b>925</b>

The following each have 500 points from a single race: Jeff Haynes, Kevin Reboul, Lynette Gilbey, Rachel Jordan, Keith Miller, Nick Jerome, Nigel Eyres, Adam Hinksman, Linda Fisher, Mark Godwin, Maria Closs, Paul Closs, Sally Willoughby, Bev Colles, Nicki Tipping, Ian Haynes, Brian McIlwaine, Sue Clayton-Drabble, Rosie Moffat, Sandy Moffat, Andy Hoare.

### **Winter Cup 2005/2006**

This has been my first full season with the club and at the beginning of the winter I had not the slightest idea that I would be the eventual winner of the Winter Cup 2006. I have enjoyed the past year being part of the Silson set and having many a tight finish with that Lancashire lad. I now know why his wife says that he is a strong finisher!

I would like to thank the following people for their part in helping me win the Winter Cup 2006.

- Bill Cushway who was an ever present danger just behind me in the points table and for wearing THOSE jogging pants. No way did I want to follow them for long!
- Graham for all the hard work he put into our training sessions and the encouragement he gives to us all along the way.
- Norman for keeping Graham on his toes!
- Eddie who so tirelessly and diligently worked out our target times for each race in the series. Hope you enjoyed the wine Eddie.
- John “the snail” for finally persuading me to join Silson in the first place, it’s all his fault

A fellow jogger’s comment: He only won the cup because he ran in more races than anyone else!

May be so but I really enjoyed beating that guy.

*Graham Smith*

## **Allan Lock scoops Summer Cup**

Allan Lock deservedly won Silson Joggers Summer Cup after recording a 62 second improvement on his mile time over the Sixfields track training period.

There were improvements for all runners except one, but you always get one!!!

### Results

12th May	30th June
Chris Rogers 4.58	Mark Armstrong 5.16
Andy Wright 5.13	Jim Darcy 5.36 ( - 11secs)
Carl Hermans 5.35	Graham Linnell 5.45 ( - 11secs)
Jim Darcy 5.47	Linda Lytollis 6.02
Graham Linnell 5.56	Norman Carter 6.12
Rob Baymen 5.57	Brian Keers 6.15 ( -26secs)
Dave Lantsbery 6.01	John Adams 6.42
Eddie Shoesmith 6.35	Claire Todd 6.51 (+3 secs)
Brian Keers 6.41	Beverly Place 7.40 (-28secs)
Claire Todd 6.48	Sue Clayton 7.47
Graham Smith 6.56	Nicki Carrick 7.53 (-4secs)
John Fowler 7.34	Alan Lock 7.57 (-62secs)
Nicki Carrick 7.57	Jennifer Dunkley 8.29
Beverly Place 8.08	Carol Debney 8.42 (-26secs)
Alison Linnell 8.29	Brian McIllwaine 8.59
Alan Lock 8.59	
Carol Debney 9.08	Kieran Adams also ran 4.28 for half a mile

*Graham Linnell*

## TRAINING – running forwards

We have now finished club training for this season, it is a measure of how far we have come to be disappointed with just 11 turning up at Sixfields recently. The attitude and numbers turning up have been excellent, I have enjoyed the sessions and I hope you all have.

When we had fewer active runners than we have now, we adopted a policy of having a 2 month break from club activities during July and August, because there were very few members about due to holidays. Hopefully everyone will return on Sunday 3<sup>rd</sup> September at Nether Heyford raring to go. The Wednesday training sessions will be held at Bucknell Woods during September. We will go to Brickhill

woods on September 24<sup>th</sup>, otherwise Sunday runs will be from Silvertstone infant School.

Training details for the autumn are as follows:

<b>Date</b>	<b>Time</b>	<b>Venue</b>
Sunday 3 <sup>rd</sup> September	9.30 am	Graham & Alison's, Nether Heyford
Wednesday 6 <sup>th</sup> September	6.30 pm	Bucknell Woods, Silverstone
Sunday 10 <sup>th</sup> September	9.30 am	Silverstone Infants School
Wednesday 13 <sup>th</sup> September	6.30 pm	Bucknell Woods, Silverstone
Sunday 17 <sup>th</sup> September	9.30 am	Silverstone Infant School
Wednesday 20 <sup>th</sup> September	6.30 pm	Bucknell Woods, Silverstone
Sunday 24 <sup>th</sup> September	9.30 am	Brickhill Woods, Milton Keynes
Wednesday 27 <sup>th</sup> September	6.30 pm	Bucknell Woods, Silverstone
Sunday 1 <sup>st</sup> October	9.30 am	Silverstone Infant School
Wednesday 3 <sup>rd</sup> October	6.30 pm	Silverstone Circuit
Saturday 7 <sup>th</sup> October	9.30 am	Club Cross Country – Bucknell Woods
Sunday 8 <sup>th</sup> October	9.30 am	Graham & Alison's, Nether Heyford
Wednesday 11 <sup>th</sup> October	6.30 pm	Silverstone Circuit
Sunday 15 <sup>th</sup> October	9.30 am	Silverstone Infant School
Wednesday 18 <sup>th</sup> October	6.30 pm	Silverstone Circuit
Sunday 22 <sup>nd</sup> October	9.30 am	Silverstone Infant School
Wednesday 25 <sup>th</sup> October	6.30 pm	Silverstone Circuit
Sunday 29 <sup>th</sup> October	9.30 am	A mystery venue to be announced
Wednesday 1 <sup>st</sup> November	6.30 pm	Silverstone Circuit

Over the past couple of years I have offered to write up personal training schedules for 2 of our club members, helping them to achieve a personal target over the running season. If you have a race lined up, I am already committed to helping one member, the offer is there for another ring me 01327 341009.

Have a great summer look after yourselves.

**Graham**

## 5k RACE FOR LIFE

A big “thank you” to everyone who helped out on 14<sup>th</sup> June at Silverstone Circuit. In particular to:

- Rachel Jordan – for organising from her hospital bed
- Andy Wright – for a magnificent impersonation of Rachel on the night
- Liz Wright and Claire Todd – for taking over from the car park stewards as people were leaving

Another great profile raiser for the club. I am not sure that we learnt anything (other than a few how not to do things) and we had confirmed

that traffic management within the circuit is a nightmare.

For those that were not there:

- Traffic getting into the circuit was reported to be blocked back to Towcester and Brackley
- For a while access was single file
- Security were stopping every car – supposedly to stop animals coming in – I saw 4 spectators with dogs
- The race started half an hour late because of the traffic problems – I understand that this is earlier than some events
- Getting out afterwards was also, for a while, in single file.

However:

- All the ladies that I spoke to thoroughly enjoyed themselves
- Considerable sums have been raised for charity

***Fat Bloke***

## IN THE NEXT ISSUE

The next edition will be published at the end of September 2006 and will launch the start of the autumn and winter training campaigns. Contributions are urgently required on any subject to the usual suspects as soon as possible, please.

## JOGGERS ON TOUR

### **Darrens dash fell race**

**Saturday 24<sup>th</sup> June Longtown Herefordshire**

This was my first attempt at a fell race and what an enjoyable day it turned out to be. The event was based at the Northamptonshire Council owned out-door centre on the Welsh borders. On arrival we were greeted with complimentary tea and coffee, as we viewed the 900ft Offas dyke which the race was based around. We were taken by mini bus to a parking place called the Darrens around 3 miles from the centre. This was where the race started. In front of us the path went almost vertical.

How do we warm up for this one? The answer seemed to be a short trot up the path.

The race started, I did not want to get held up on the narrow paths, but the oxygen debt was severe as we started to climb immediately. I am in a bit of trouble here, things did not get much worse, plenty of puffing, lots of lactic in the legs, but everybody was scrambling up the best they could.

By the time we reached the top Mark Armstrong was no longer winning the race, Mark's first fell race as well!! How will we manage to run along the plateau after such a climb, the recovery was amazing soon we were striding out along the grassy summit. A 2 mile run along the ridge, with some stunning views of the Black Mountains was fantastic.

We started to descend, on an uneven path to start with which soon turned grassy, before taking in steep farm land fields. The descent was hard work, by the time we reached a sharp up hill into Longtown village the legs had gone. The hill took runners to the centre gates, with just a lap of a field within the grounds to the finish.

On finishing as much tea and cakes as you could manage were being offered, followed by a free barbecue. The organisers made you feel really welcome, and were so friendly. With the offer of an overnight stay with breakfast, more joggers should consider a race, that is in all our runners capabilities with a distance of about 5 miles.

Forty five finished the race, Mark Armstrong finished 9<sup>th</sup>, I was 13<sup>th</sup> Tony Keech 14<sup>th</sup> and Rob Baymen 20<sup>th</sup>.

***Graham Linnell***

## ***RACE THE TRAIN 19<sup>th</sup> AUGUST – UPDATE***

All bets are off and all entries are in. As we stand 11 Joggers should be running in either the 10k or the 14 miler. There will be cheered or jeered on by at least 10 Joggers Groupies. I will e-mail the venue for the dinner to all concerned nearer the time. We should receive our race information packs in early August.

Could anyone with a decent digital camera please bring it along for the team photos?

***Andrew Pate***

## LOOKING AHEAD

19 <sup>th</sup> July	Waddesdon Manor 5k
23 <sup>rd</sup> July	Milton Keynes half marathon
26 <sup>th</sup> July	Bedford Harriers 5k
27 <sup>th</sup> July	Milton Keynes 5k (Ladies only)
6 <sup>th</sup> August	Wellingborough 5 miles (NAA Road Race Series)
11 <sup>th</sup> August	Blisworth 5 miles
13 <sup>th</sup> August	Bearbrook 10k
19 <sup>th</sup> August	Race the Train
20 <sup>th</sup> August	Burnham Beeches half marathon
24 <sup>th</sup> August	Milton Keynes 5k (Ladies only)
24 <sup>th</sup> August	Milton Keynes 5k (Men only)
26 <sup>h</sup> August	Ridgeway Challenge, Ivinghoe
3 <sup>rd</sup> September	Stowe 10k
10 <sup>th</sup> September	Billing 5k
24 <sup>th</sup> September	East Carlton 5 miles (NAA Road Race Series)
September	Cransley 10k (NAA Road Race series)
1 <sup>st</sup> October	Daventry 6 miles (NAA Road Race Series)
8 <sup>th</sup> October	Woburn 10k
14 <sup>th</sup> October	Chiltern Cross Country 1 – Watford
15 <sup>th</sup> October	Althorp 10k
22 <sup>nd</sup> October	Buckingham 10k
11 <sup>th</sup> November	Chiltern Cross Country 2 - Luton
November	Willen 5 miles
2 <sup>nd</sup> December	Chiltern Cross Country 3 – Culham Thames
2007	
13 <sup>th</sup> January	Chiltern Cross Country 4 – t/b/c
17 <sup>th</sup> February	Chiltern Cross Country 5 - Wing