



The 10k Times

Apr/May 2004

<http://www.SilsonJoggers.org.uk>

2004 AGM, Friday 23rd April

Please see enclosed invitation and agenda

Training	pages 2 - 3
Silson Joggers grabbing the headlines	page 4
Silverstone 10k	page 5
Letters to the Editor	pages 6 – 7
Sports massage, hill-walking	page 8
On the road	
Woburn 10k	pages 9 - 10
Goodwood 10m	page 11
Bourton-on-the-Water 10k	page 12
Confessions of a marathon virgin	page 13
MK half-marathon	page 14
Other results	page 15
Off the road	
Bear Hunt	pages 16 - 17
Chiltern League cross-country	pages 18 - 21
Race dates	pages 22 - 24

Please send contributions for the next Newsletter:

to Eddie Shoesmith, 3 Glynswood Road,
Buckingham, MK18 1JF (01280 812420)

or even better by e-mail

to eddie.shoesmith@buckingham.ac.uk

by Sunday 16th May 2004

TRAINING

I must admit you have been a dedicated group at the circuit this winter (despite two heavy snowfalls on Wednesday afternoons). We do not have the luxury of warm changing rooms or hot showers: it is a matter of just stepping out of a nice warm car and often on to an icy circuit.

Not since the early days of the club can I recall such good training numbers each week. There are a group of you who never fail to miss a Wednesday evening and I was delighted for your commitment when you knocked lumps off your previous 2.5 mile time trial times (see below).

We will continue at the circuit through April, leaving the circuit on 4th May the Silverstone Grand Prix 10k.

Sundays continue 9.30 am at Silverstone Sports & Social Club. These sessions have also been encouraging.

Planned Sessions

April 7th 1 lap time trial 5k

April 28th 10k Handicap 2 Grand Prix laps (slowest starting 1st)

There will be a couple of weeks in April when we will actually be putting on 3 sessions with Sixfields and Sunday runs overlapping.

2.5 mile time trial, March 10th

Jim Darcy	14.53 (3 seconds improvement)
Chris Rogers	15.45
Dave Lantsbery	15.48 (49 seconds improvement)
Mark Armstrong	16.04
Jody Willis	16.08 (93 seconds improvement)
John Fowler	19.45 (70 seconds worse!!!)
June Braithwaite	23.17

All the winter's results can be viewed on the web site.

Graham

SIXFIELDS TRACK SESSIONS FOR ROAD RUNNERS 2004

April

- 16th 3000 time trial (getting used to the track)
30th 5 x 200 strides warm-up followed by 1-mile time trial,
(benchmark session)

May

- 7th 4 x 800 with 2 minutes recovery
14th pyramid session, 2 x 200, 2 x 400, 1 x 800, 2 x 400, 2 x
200, with recovery as effort
28th 4 x 3 minutes with 3 minutes timed recovery

June

- 4th 6 x 400 with one lap jog recovery
11th 4 x 200, 3 x 200, 2 x 200, with a difference
18th 5 x 2 minutes with timed recovery
25th session 30th April (benchmark session)

July

- 2nd 4 x 400 relay races

Warm-up starts at 6.30 pm as the gates of the track are locked at 7.45 pm. With approx 30 minutes warm-up and stretching, 30 minutes session and a short warm-down, time is quite tight. There will be a charge of £2 adults and £1 juniors.

Look forward to seeing you all there.

Graham

01327 341009

Silson Joggers grabbing the headlines

Silson's Melling pipped to a memorable victory

(Eric Humphries Cross Country, reported in the *Chronicle & Echo*, 29th Jan)

Haynes inspires Silson to highest position yet

(Chiltern League XC at Slough, reported in the *Chronicle & Echo*, 22nd Jan)

New man Phil sparkles

(Northants XC Championships, reported in the *Towcester Post*)

Men fulfilling their promise

(Chiltern League XC at Slough, reported in the *Advertiser*)

We have been getting some good headlines lately in the local papers, particularly in the *Northampton Chronicle & Echo*, who are really giving us good coverage just now. The other papers that cover our club are the *Towcester Post*, who basically give results and a little detail, and the *Towcester, Brackley & Buckingham Advertiser*, who print reports word-for-word, but recently this has not always been the week after the event.

Our new man, Phil Melling, and the evergreen Jeff Haynes have quite rightly earned the plaudits for some excellent recent performances, as did the fine team performance in the Chiltern League at Slough.

While I was lying in bed recently thumbing through the *Athletics Weekly* results pages with my anorak on, I came to the 2003 veterans' rankings for road racing, and in the Vet 45s for 5 miles, sitting there proudly as 5th fastest 5-miler last year, was Jeff Haynes, Silson Joggers, with 26:09.

Some of the bigger local clubs are not in quite such good shape at the moment. It has been a good Autumn/Winter for the club. Let's stick together and see what we can achieve.

Graham

Silverstone Grand Prix 10k (4th May 2004)

I hope that most of you will be able to attend the AGM on Friday 23rd April at the White Horse Pub in Silverstone. We will be putting on a buffet. Feel free to bring your other halves.

One of the main items on the agenda at the AGM is to allocate the tasks we want each member to undertake at the Silverstone 10k race on 4th May. The AGM also provides an ideal opportunity to discuss what members require, as we have quite a few new to the club this year. If you are unable to attend please give me a ring and I can tell you what we have planned for 4th May (01327 341009). We do ask that, if unthinkable you cannot get to the 10k, you please make the effort to provide some food for the refreshment stall. It looks like we will have a large number of runners to cater for again this year. The Silverstone 10k is the only reason we can keep subscriptions so low – we rely on your help.

Thank you in anticipation

Graham

PICTURE COMPETITION

Here are the identities of the eight mystery runners who featured in the competition in the last Newsletter (for which no-one submitted an entry).

1. Chris Rogers
2. Dave Lantsbery
3. Graham Linnell
4. Jeff Haynes
5. Jody Willis
6. Jim Darcy
7. Mark Armstrong
8. Tony Keech (I think!)

Eddie Shoesmith

Dear Mr Chairman

I write to fully support the views expressed by Graham Linnell in the last Newsletter, in reply to “disgusted”.

- As in many organisations, there are a limited number of people who do a disproportionate amount of work but yet those that complain are typically those that are “too busy”.
- There are many who do not run for the club, but maintain their association, who put in great service, particularly on the day at our 10km.
- Would I be naïve to think that all of our growing number of club members will be up at the circuit at 5.00 p.m. to set up on Tuesday 7th May for our 10k?
- I had none-club members volunteering to marshal at the half marathon. Very few people from within the club actually volunteered before they were asked.

Graham, I apologise, but I did not run in the club cross country handicap. Ordinarily, my Saturdays are committed to other muddy fields. That day, however, I was somewhere in Egypt on holiday.

As a club we offer exceptional value for money. All runners have the opportunity to be heavily subsidised in return for an annual investment of their membership fee and the purchase of a club vest. We have unique running facilities at the circuit and some splendid road and off road circuits to enjoy. The summer training at Sixfields offers a great, if painful, alternative.

Well done Graham. Keep up the good work.

John Fowler

Dear Grumpy of Heyford

I refer to your rhetoric in the Feb / March 2004 edition of *10k times*.

I am not surprised that the club cross country only attracted 10 runners. You must realise that when you are dealing with a minority sport, such as cross country, I would have thought that having 10 runners turn up was actually an achievement rather than a criticism of club members. Congratulations.

Turning to the 10k handicap around the circuit, I believe that most of us know our way round the circuit (albeit usually in the dark) and have a pretty good idea of approximate distances. Do we, therefore, need course markers? I would, as ever, bow to your greater judgement and experience. If you do need help, then just ask.

I have the 28th April in my diary. I am confident that I will have a severe handicap – I probably already have one but a crash diet (or a corset) may help.

Assuring you of my full attention and loyalty at all times

Disgruntled

The Optimum Performance Centre

Barton Manor

Barton Hartshorne, Buckingham, MK18 4JU

Sports massage ... remedial massage ... corrective exercise ... high performance exercise ... postural re-education ... metabolic typing ... lifestyle and weight management coaching

01280 847200 or 07760 266665
opctr@yahoo.co.uk

A work colleague of mine, Stefan Ridley, has recently started this venture, and has given me several vouchers, for Silson Joggers members, entitling the holder to a complimentary 30-minutes sports massage session. If you're interested, please contact me. The offer has to be taken up by 30th April.

Eddie Shoesmith

Email message received by our Club Secretary

Hi

I run a hillwalking business Caledonia Hilltreks and I am also a Club runner. My web site is www.caledoniahilltreks.com.

I am hoping that you may consider forwarding this message to you fellow club members and to anyone else you consider may be interested.

Many thanks

Mr Lindsay Boyd
Caledonia Hilltreks
61 Macaulay Drive
Craigiebuckler
Aberdeen AB15 8FL
info@caledoniahilltreks.com

On the road ...

WOBURN 10k (8th February 2004)

The inaugural running of this race saw 6 members from Silson Joggers on the start line. The race was set in the grounds of Woburn Abbey and around the deer park, including the edge of the Safari Park. The animals in the Safari Park had the sense to stay indoors although the deer were herded on occasions by the massed ranks of runners.

This race was promoted by 209 – Mike Gratton's company – and was well organised. Given the setting, I had expected a larger field than the just over 800 finishers. One reason may have been that the Bucks County Cross Country Championships were the day before, which did limit the entries from clubs such as Milton Keynes. There were lots of faces that I did not recognise including some who were doing their first race prior to the London marathon.

A bitterly cold and strong wind greeted the runners in the car park. Whilst waiting for the obligatory ablutions before the race, I heard two ladies confirming that they were both running the London marathon; that this was their first race (and by the sound of it, their longest run); and, as one said to the other, "I did not think that we would have to queue for the toilets" . They are in for a shock on April 17th.

Once the race started, Tim Cook from Bedford & County soon set the pace followed by the leading pack and the pelaton (or given the setting, was it the pelican?). The course undulated and, but for the strong wind, is one that is capable of producing fast times.

The results show that Paul Freary won in 32:36, followed by Richard Burney (Liverpool Harriers) in 32:45 and Cook third in 33:42. The leading lady was Antoinette Minniti (19th overall) in 39:16.

Peter Morris led the Joggers home in 177th place followed by Derek Bain in 228th space. David Fowler suffered by running the first half of the race too quickly but still finished 3rd under 20 in 302nd space. John Fowler finished 405th (but would have been much quicker if he had not had to stop in make up to have his photograph taken – see below and www.woburn10k.co.uk), Mark Armstrong finished 444th and Carol Debney in 775th.

This is a good local race held in a magnificent setting. It deserves more club support. It is well organised and capable of producing a fast time. There are a couple of hills but the wind was the main influencing factor. Look out for this race next year. It is a good one.

John Fowler



Goodwood 10 miles (29th February 2004)

Peter Morris sets club MV45+ for 10 miles

Silson Joggers A C made the long trip to Goodwood, West Sussex, for the 10-mile race around Goodwood Motor Racing Circuit. This was part of the club "twinning" by running around other motor racing circuits.

Just over 200 runners took part in the race in cold and breezy, but otherwise clear, conditions. The race was 1.5 laps around the motor racing circuit followed by 2 laps around the perimeter road with the final 1/2 lap to the finish on the circuit. The race was won in 56:41.

Peter Morris (406 in the pics below) set a new age record for vet man 45+ for Silson Joggers with a time of 80:04 and 129th place overall. Derek Bain (405) finished a couple of minutes further back in 144th place.



John Fowler

Bourton-on-the-Water 10k (29th February 2004)

Bourton without the tourists is always a pleasure. The fact that the course is mainly flat is a big advantage. This is my 3rd attempt in 4 years and a fast time (close to a PB). The course has changed slightly but still includes 3 loops of the village centre. The 3 loops gives the leaders the chance to lap at least half the field (including me), which can be very demoralising. However, the fact that those in the middle of the pack (me) lap many of the runners behind them creates the feeling that you're not as slow as you think !

This is always a well organised race but criticism has to be levelled at an overzealous policeman who started moving the bollards virtually onto the kerb after 55 minutes which made it difficult for many runners to complete the last 600 metres. Trying to dodge cars, avoid spectators and keep your pace cannot be easy. Obviously the policeman either lacked brain cells, had no common sense or has never competed in road races.

The winner clocked 30.22 -- a whole 1 minute 11 secs ahead of second place (easy, easy). A field of 430 was lower than normal. Despite the policeman I still recommend this 10k to anyone who likes a fast time and a great cream tea afterwards.

The man without or without a vest (depends what mood I am in)

Confessions of a Marathon Virgin

(Flora half-marathon, 7th March 2004)

The second best thing about winning the draw for the London Marathon was that Shirley was still talking to me and still my running partner. At least the pressure was off to raise a large amount of sponsor money.

When you're driving you don't realise what sights you're missing until you pound the area on foot! When I get back home and tell the family all the villages we've run through it amazes them and makes me forget the aches and pains. I've tried to encourage Myles to do some running with me but his reply was 'we can't all be a long distance runner, at least I'm better than you at karate'. I was impressed that a 14 year old called me a long distance runner and yes he's a lot better than me at karate.

I did my first half marathon at Silverstone on 7 March, the rain finally stopped and the weather was kind until Shirley and I finished. There were a few from the club that shouted to Shirley and not me but then I'm hard to see in a crowd! Thanks to everyone that cheered me on - especially Alison and Graham, with just under 2 miles to go I could hear my name being shouted but couldn't see who it was and then like the caped crusaders they rode into view cheering me on. I had a good chuckle at them and it spurred me on. Thanks to whoever cheered me just before the finish - I was too busy sprinting to see who it was.

I haven't been able to get on the web due to the vast amount of people like me trying to find out their time and see their pictures. Whatever the time it will still be my PB. Next week Shirley and I are attending the Sutton Park 20 miles. That should be interesting and I will keep you all informed of the outcome.

Everyone at the club has been very supportive and especially Graham who doesn't let me get away with anything on a Wednesday night.

June Braithwaite

MILTON KEYNES HALF MARATHON (21st March, 2004)

My first attempt at the flat , fast and enjoyable Half Marathon. This is very well organised, very well Marshalled with lots of water stations at 3, 6 , 9 and 11 miles.Plenty of toilets, lots of water and energy drinks at the end plus a rather good medal. Any race that gives a gift other than a t shirt gets extra marks on my score card.

As this is a local run I expected a few Silson Joggers in the field of 828 but only I made an appearance, seems a shame when the course is probably ideal for a PB. The course is mainly roads and red-ways with plenty of space to run. No single file running or narrow paths and a fast start. The start is from the OU campus with a one lap course finishing on the grass in front of the main OU building. The only surprise for me was the fact that with all the lakes and parks in MK the course wasn't picturesque but the banter between the runners was good. A very positive note for all those runners over 40, the race was won by Garry Payne , George Eliot Striders in 1.12 .34 who is a V45 (what ever he has been drinking I'll have a pint please). As for me, I finished 326th with a personal best of 1.46.21 which was nearly 8 minutes faster than my last half marathon. That hill training works and so does the 2 hours plus runs. I have to thank Graham Linnell for the two training runs I did with him and other club members in December it gave me the confidence to push hard in my training. It looks like theirs life in the old dog but I think I can forget the 1.12.34 time unless I steal a moped.

The man with or without a vest (various colours)

Daffodil Run (half marathon, 29th February 2004)

1	Garry Payne - George Eliot Striders	1:14:28
10	Sharon Dixon - Bristol A C	1:20:11
53	Graham Linnell	1:29:54
158	Andrew Hoare	1:39:27
249	Julia Shepherd	1:46:08
442	Alison Linnell	1:58:25
652		2:47:40

Flora half-marathon (7th March 2004)

3150	Ben Elwes	1:57:37	1944 th Senior male
4537	Ken Llewellyn	2:09:06	82 nd MV55-59
5382	Shirley Williams	2:19:41	31 st FV50-54
5433	June Braithwaite	2:20:31	65 th FV45-49

Milton Keynes half marathon (21st March 2004)

15	Philip Manning	1:21:32	9 th Senior man
326	Andrew Pate	1:46:44	36 th Vet man 45+
749	Shirley Williams	2:16:47	5 th Vet Lady 50+
750	June Braithwaite	2:16:47	24 th Vet lady 45+

Results supplied by John Fowler

Off the road ...

Bear Hunt

We went on a bear hunt,
We went to catch a big one,
It was a beautiful day,
We weren't scared.

OH NO! Wind (howling gale), Rain,
We couldn't go round it,
We couldn't go over it,
We had to go through it!
Splashy, Splashy, Don't put your arms out or you'll take off!

We went on a bear hunt,
We went to catch a big one
It was a beautiful day,
We weren't scared.

OH NO! A hill,
A great big hill, (lots of them)
We couldn't go round it, (them)
We couldn't go through it, (them)
We had to go up it, (them)
Puff f, Puff, Puff, (puff, puff, P U F F)

We went on a bear hunt,
We went to catch a big one,
It was a beautiful day,
We weren't scared.

OH NO! A river,
A deep, deep river,
We couldn't go round it,
We couldn't go over it,
We had to go through it,
Splash, Gasp, Wade, Scramble.

We went on a bear hunt,
We went to catch a big one,
It was a beautiful day,
We weren't scared.

OH NO A bog,
A deep squelchy bog,
We couldn't go round it,
We couldn't go over it,
We had to go through it,
Squelch, Squelch, Squelch.

(up to your thighs in mud, surrounded on all sides by hovering scavengers
who waited for the fallen that were never seen again.)

We went on a bear hunt,
We went to catch a big one,
It was a beautiful day,
We weren't scared.

ON NO, Beach,
Shingle, strength sapping shingle beach,
We couldn't go round it, (big lie here cause we did go round two stretches
because the waves were so big that the beach was dangerous!)
We couldn't go over it,
We had to go along it.
Crunch, Crunch, Grind, Wobble, Crunch.

We went on a bear hunt,
We went to catch a big one,
It was a beautiful day,
And **GRIZZLY** was his name.

The bear was not as big as usual, due to the ferocious waves, 17 instead of
20 miles, but he gave us laughter, he gave us tears, he gave us jelly babies.
(Very welcome they were too) As the legs turned to jelly going up the last
cliff, the sun broke through, a rainbow glittered and all was well with the
world.

We caught our bear,
And bare the scars
From the Axe Valley Grizzly,
We'll be back next year for the fully-grown version.

Can we tempt anyone else on this trip to the seaside?

Silson contingent consisted of:

Graham Linnell	2hrs 26mins
Alison Linnell	3hrs 24mins
Barry Bearman	4hrs 4mins

Alison Linnell

CHILTERN LEAGUE CROSS-COUNTRY

Division 2, Race 5, Wing

(Saturday, 14th February 2004)

Silson Joggers made their longest Chiltern League trip of the season with the men's team looking something like the early-season training promised in terms of strength. Although they had plenty of competition, the ladies' team only had four scoring runners and lost ground in their bid for end-of-season medals.

Jeff Haynes continued where he left off before Christmas by finishing an excellent 7th, with Jim Darcy hot on his heels in 17th. The in-form Dave Coates had his best placing of the season, 34th, while Graham Linnell was 40th and Chris Rogers 45th. There was good packing in the 70s and only a few seconds separated Tony Keech (73rd) and Roger Williams (74th), while Dave Lantsbery was 77th. Debutant Jody Willis did well for 94th, as did improving Mark Armstrong, 98th.

And there was a pleasing 5th place for David Fowler in a very competitive under-17 race.

Claire Todd led the ladies home in 17th place. The season-long battle between Alison Linnell and Kathy Green continued, with Linnell again edging out her team-mate in 29th against 31st. Jennifer Dunkley completed the ladies' scoring by finishing 51st.

Graham Linnell

CHILTERN LEAGUE CROSS-COUNTRY

Division 2, Race 5, Wing
(Saturday, 14th February 2004)

Men's race		
14	Jeff Haynes	39:01
34	Jim Darcy	41:00
40	Graham Linnell	41:23
42	Kevin Reboul	41:33
81	Dave Lantsbery	46:06
83	Mark Armstrong	47:37
86	Andy Hoare	48:15
88	Steve Hardy	48:39
91	Jody Willis	49:31
101	Tim Hulett	52:46
103	Andy Pate	53:33

Women's race		
20	Claire Todd	29:44
25	Julia Shepherd	31:08
29	Moya James	32:04
30	Alison Linnell	32:06
45	Karen Vines	35:11

CHILTERN LEAGUE CROSS-COUNTRY

Final Standings after 5 races

Senior/Junior/Veteran men		
		<i>points</i>
1	Bearbrook Joggers	3297
2	Leighton Buzzard	3233
3	Tring Running Club	2838
4	Handy Cross	2643
5	Maidenhead	2613
6	Thame Runners	2252
7	Silson Joggers	2019
8	Gade Valley	1782
9	Burnham Joggers	1516
10	Wycombe Phoenix	1505
11	Banbury	1426
12	Biggleswade	800
13	Hayes & Harlington	748
14	Metros	19

Veteran men		
		<i>points</i>
1	Tring Running Club	1714
2	Bearbrook Joggers	1653
3	Handy Cross	1488
4	Leighton Buzzard	1359
5	Thame Runners	1204
6	Silson Joggers	1202
7	Maidenhead	1076
8	Wycombe Phoenix	1040
9	Burnham Joggers	759
10	Banbury	620
11	Biggleswade	586
12	Gade Valley	354
13	Hayes & Harlington	301
14	Metros	19

CHILTERN LEAGUE CROSS-COUNTRY

Final Standings after 5 races

Senior/Veteran ladies		points
1	Burnham Joggers	881
2	Maidenhead	821
3	Banbury	698
4	Tring Running Club	578
5	Silson Joggers	573
6	Bearbrook Joggers	557
7	Gade Valley	512
8	Thame Runners	414
9	Handy Cross	405
10	Leighton Buzzard	302
11	Biggleswade	96
12	Hayes & Harlington	51
13	Metros	42

Veteran ladies		points
1	Maidenhead	777
2	Burnham Joggers	546
3	Bearbrook Joggers	508
4	Silson Joggers	416
5	Thame Runners	414
6	Handy Cross	405
7	Tring Running Club	401
8	Gade Valley	362
9	Banbury	239
10	Leighton Buzzard	186
11	Metros	42
12	Hayes & Harlington	23

Race dates

Sun 11 Apr Massey-Ferguson Easter 5
 (11.00 am) Massey-Ferguson Sports Field, Banner Lane, Coventry
 £3.50/£4.50 (entries in advance only)
 Contact: David Pettifer, 01926 779885, d.pettifer@ntlworld.com

Mon 12 Apr Stanwick 10k
 (10.30 am) High Street, Stanwick, Wellingborough
 £4/£5 (£7 on the day)
 Contact: Sam Kirkpatrick, 01933 625309, sam@kirkpatrick.name

Sun 18 Apr London marathon
 (9.45 am) **GOOD LUCK, JUNE!**

Sun 25 Apr Nuneaton 10k
 (1.00 pm) amallett@britishlegion.org.uk

Sun 25 Apr Shakespeare marathon and half marathon
 (1.00 pm) Stratford-upon-Avon, CV37
 £12/£13 (£15 on the day)
 Contact: David Dudley, info@shakespearemarathon.org.uk,
 www.shakespearemarathon.org.uk

Sun 25 Apr David Blithell Flitwick 10k
 (11.00 am) Woodland School, Flitwick, Beds
 £6/£7 (+£2 on the day)
 Contact: Wendy Kent, wendy.k@tiscali.co.uk

Sun 25 Apr Cholsey Chase 8
 (10.30 am) The Pavilion, Station Road, Cholsey, OX10
 £6.50/£7.50 (+£1 on the day)
 Contact: Mary Miller, 01491 652156, mary_miller@ntlworld.com

Race dates

- Sun 25 Apr Blenheim 7k Fun Run**
(11.00 am) Combe Playing Fields, Combe
£5, £2 for children
Contact: Jane Larbatestier, 01865 880449,
janemdavies@compuserve.com
- Sun 25 Apr Aldbury Cross Country 5**
(11.00 am) Sports Club, Stocks Road, Aldbury, Tring, HP23
£6/£7 (+£1 on the day)
Contact: Ian Cheesbrough, 3 Berry Field Cottages, Aldbury, Tring, HP23
5RJ, Steven.newland@markelintnl.com
- Mon 3 May Great Weston 5**
(10.00 am) Weston, Towcester, NN12 8PU
£7/£8 (£8 on the day)
Contact: Fergus Pomeroy, 01295 760762, pomeroy@onetel.net.uk
- Mon 3 May Thornborough 10 and 5-mile Fun Run**
(10.40 am) Thornborough Village Green, near Buckingham
£5, £1 for under 18s
Contact: Bernard Garbe, 01280 814434, bernard.garbe@vitalograph.co.uk
- Tue 4 May SILVERSTONE 10k**
- Sat 8 May Elan Printing Icknield Way Charity Half-Marathon (and 10k)**
(10.00 am) St Andrew's Church Hall, High Street, Chinnor, OX39 4JY
£6 (+£1 on the day)
Contact: Elizabeth Thorpe, 01844 351565,
sue_lavers@graphicimage.fsbusiness.co.uk, www.chinnor.net

Race dates

- Wed 12 May Rugby 6 (EMGP Series)**
- Sun 16 May Oxford Mail Town & Gown 10k**
(10.00 am) University Parks, Parks Road, Oxford
£7.50/£8.50 (entries in advance only)
Contact: Ian Hale, 01933 881368, town.gown@tiscali.co.uk,
http://oxfordtwonandgown.org
- Sun 16 May Prestwood 10k**
(11.00 am) Prestwood Sports Centre, Honor End Lane, Prestwood
£6/£7 (+£1 on the day)
Contact: Helen Simmonds, 01494 890436, 07771 754010,
helendav74@btinternet.com
- Tues 18 May Bedford 6 (EMGP Series)**
- Wed 26 May Rockingham 5 miles (EMGP Series)**
- Tues 8 Jun Weedon 10k (EMGP Series)**
- Tues 15 Jun Banbury 5 (EMGP Series)**
- Tues 22 Jun Harborough 5 (EMGP Series)**
- Tues 6 July Milton Keynes 10k (EMGP Series)**

Remember – you can get a refund on race entry fees for local road races, providing you run in a Silson vest, and you can prise open our Treasurer's wallet.