



The 10k Times

Apr/May 2005

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

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

Please send contributions for the next Newsletter:

to Eddie Shoemith, 3 Glynswood Road,
Buckingham, MK18 1JF (01280 812420)
or even better by e-mail to eddie.shoemith@buckingham.ac.uk
by Sunday 22 May 2005

TRAINING

It's official -- summer time is here. Well, the track training sessions are here anyway, so time to put away the tracksters and put the shorts on, he says reluctantly, after enduring four of the coldest Wednesday nights in living memory during February and the early part of March.

I am delighted that we have got 9 Friday evenings at Sixfields and am anticipating a large turn-out of Silson Joggers. As in the past, Wootton and Human Energy will be informed of the sessions, and will no doubt send a few runners along.

Silson runners will be vying for the summer cup, which will be contested over four of the evenings (see next page). Hopefully this will turn out to be as competitive as the Winter Cup series.

Alan Lock still heads the Winter Cup by the skin of his teeth, from the Carter family, Ryan 2nd and Norman 3rd. The committee have deemed the 10k prize-giving on 3rd May not suitable to present the Winter Cup, so prior to an early May Sixfields session now seems favourite.

The Winter Cup 5k time trial has been moved from 6th April to 13th, due to having a 3k time trial at Sixfields on April 8th. Hope this is not a problem and does not cause too much moaning.

We are also unable to host the Sunday session at Heyford on April 3rd and will now hold the session on April 10th instead. This will be the last long run of the season, and we will gradually taper back the distance from that date.

As you may now be aware, the club will be holding 3 training sessions a week during April, apart from AGM week. Attend them all and get nice and sharp for the East Midlands series.

Wednesday evenings will continue at the Motor Racing circuit throughout April, with the week of the Silverstone 10k Tuesday May 3rd signalling the end of training at the circuit. Meet entrance to Circuit (opposite gatehouse).

13th April 5k time trial winter cup

27th April 10k handicap (with mile markers), Winter Cup points and also a trophy for the 10k handicap winner (see page ??).

Sunday mornings continue 9.30 am at Silverstone Sports & Social Club, Abthorpe Road, Silverstone.

Except 10th April and 1st May will be held at Graham & Alison's, 2 Bugbrooke Road, Nether Heyford.

Graham

Please ring for further info, 01327 341009

SIXFIELDS TRAINING SESSIONS 2005

APRIL

- 8th 3000-metre time trial (getting used to track) **
15th 5 x 200 strides warm-up, followed by 1-mile time trial **
29th 5 x 2 minutes with 2 minutes recovery

MAY

- 6th 6 x 400 with 400 jog recovery
13th Pyramid session 2 x 200, 2 x 400, 1 x 800, 2 x 400, 2 x 200
with jog recovery as effort
20th 5 x 200 strides 400 & 800-metre time trial **

JUNE

- 3rd 4 x 200, 3 x 200, 2 x 200, with a difference
10th session as April 15th **
24th 4 x 400 relays

** indicates that this session will go towards summer cup points

The Sixfields Athletics track is at the rear of the football ground. Warm-up on Friday evenings will start at 6.30 pm prompt, as the gates of the track are locked at 7.45pm.

With approx 30 minutes warm up and stretching, 30 minutes session with a short warm down, time is quite tight.

There will be a charge of £2 adults and £1 for juniors.

Look forward to seeing you all there.

Graham
01327 341009

THE SILVERSTONE GRAND PRIX 10k TUESDAY, 3rd MAY 2005, 7.30 pm

Please try and attend the AGM at the White Horse in Silverstone on Friday 22nd April.

It is a good social occasion, with the Club providing food.

I will allocate all tasks for the 10k to members. If you are unable to attend and can help on the night of the race, please phone 01327 341009.

We also require food for the refreshment stall. We hope that each member will be able to provide something, e.g. a plate of sandwiches / rolls or a cake, bought or home-made. This stall always sells out.

Thank you in anticipation.

Graham

RACE FOR LIFE (5k) Towcester Race Course, 12 June 2005

This is the first time the Race for Life has been held at Towcester Race Course. Silson Joggers are helping to marshal the event.

Rachael Jordan has kindly agreed to take over the co-ordination of our effort for this event (John Fowler, our original co-ordinator, will be on holiday).

Please get in touch with Rachael as soon as possible to offer your services, and put the date firmly in your diary. It promises to be an enjoyable event.

Rachael's numbers are 07818 424566 and 01327 353696.

SILSON JOGGERS 2005 AGM

The 2005 Annual General Meeting will be held on:

Friday 22 April, 7.30 for 7.45 pm

The meeting will be in the White Horse, Silverstone, and a light buffet will be provided. This is an important date in our calendar. It gives all our members a chance to air their views, it provides a crucial forum to sort out arrangements for the Silverstone 10k at the beginning of May, and it is a social event.

Enclosed with this newsletter are an agenda for the meeting, a copy of the minutes of the 2004 AGM, and a reply slip. Please respond so that we have an idea of the likely numbers attending and can order food accordingly. Alternatives to the reply slip are 'phone/text (01280 820214 day, 01280 820214 eve, 07986 186391 mobile), or email (eddie.shoesmith@buckingham.ac.uk).

Membership Subscriptions

Without wishing to provide any disincentive to attending the AGM, I'd like to remind all members that annual membership subscriptions are due at the AGM. So as well as your beer money, please bring a fiver.

Yes, it's truly amazing, but subscriptions for 2005/06 remain at the unbelievably low level of £5 (£2 for juniors). This will give you a year's membership of the best Club in the County, the bi-monthly newsletter, and race fee refunds for local road races.

Look forward to seeing you all on April 22nd.

Julia Shepherd
Membership Secretary

Chairman's Chat

It's quite a while since I included 'Chairman's Chat' in the *10k Times*. The long gap has been partly because I haven't been running for about 18 months now, and therefore have none of my own running to chat about (nothing has changed there, unfortunately), but also partly because there has been a steady stream of contributions for the newsletter. Please keep them coming. Special thanks on that score to John 'The Snail' Fowler, Andy 'The Vest' Pate, and our man in Dubai, Nick El Jerome.

With the AGM approaching, and a successful year just gone for the Club, I thought it was time to record some other thanks. First, to my colleagues on the Club committee, who have all done a great job: Dave Coates, Club Secretary; Julia Shepherd, Membership Secretary; John Fowler, Treasurer (so tight with the brass he could almost be a Yorkshireman). To Mark Armstrong, Jennifer Dunkley and Dave Lantsbery, who have been part of the Committee over the last year. Mark also deserves a big cheer for taking over the job of webmaster, and for doing such a fine job of updating the material on the website. And of course, to Graham and Alison, whose many roles are too numerous to list.

All the current 'executive' members of the committee have expressed a willingness to continue in their current roles for another year. However, if you fancy taking on one of the roles, please don't hold back. Nominations for any of the executive roles in the Club can be put forward to the Club Secretary, and a vote will be held, if necessary, at the forthcoming AGM. Or, if you'd like to join the Committee without taking one of the executive roles – again, get in touch with Dave Coates (or me) to express your interest.

Even if you don't have one of the Committee jobs in your sights now, how about giving some thought to taking over one of the roles in 2006? The Club Secretary and the Club Treasurer will both come to the end of a second 3-year term of office next year, and the Chairman (as I think I remarked last year) is well beyond his sell-by date (I believe I am coming to the end of my seventh year as Chairman). We need a few of you to think about taking on one of these roles before too long, to keep the Club fresh and active (and to reduce the average age of the Committee). And the Club needs a runner as a Chairperson, not a 'has-been-a-runner'.

The Silverstone 10k is also almost upon us, and the main item on the agenda for the AGM, as usual, is the allocation of jobs for the 10k. The Silverstone10k is the reason why Club membership subscriptions are so low, why the Club can subsidise both road racing and cross-country events for its members, and why over the last few years we have been able to donate thousands of pounds to charities. It's an unwritten expectation of membership that, if at all possible, members will turn out to help on the night. We realise there are going to be circumstances when it isn't possible, but please, please try and be there. It's a great atmosphere, and a great event. We want to maintain it as one of the best 10k races in the country, and the more people we have there on the night to help and to add to the friendly atmosphere, the easier that will be.

Another forthcoming event is the Race for Life at Towcester racecourse (see page 4), where Silson Joggers have offered to help marshal. Our original co-ordinator, John Fowler, has decided (or perhaps his wife decided) that he couldn't stand the excitement of seeing hundreds of women in Lycra at the same time, and has organised a quiet holiday instead. Fortunately, Rachael Jordan has stepped into the role (of co-ordinator, but she may be into Lycra as well). Don't wait for Rachael to seek your help. Get in touch with her and put your name down for a job at the racecourse on 12 June.

As you're probably all aware, 2005 is Einstein centenary year. It's 100 years since he published four landmark papers, including those on the Special Theory of Relativity and the General Theory of Relativity. On page 10, I celebrate the centenary by writing about the relativities of the Winter Cup handicapping system, and refer to Mr Christopher Hare and Mr Jonathan Tortoise, two hypothetical members of our running club. Are you aware that, when Mr Hare and Mr Tortoise circumnavigate Silverstone circuit at different speeds, they return to the home straight having aged by different amounts? And what is more, neither of them has aged as much as the stationary time-keeper. A stark reminder that I'm not doing myself any good holding the stop-watch.

In the next **10k Times** (if you're lucky), $E = mc^2$, and how you can use this in your regular training programme.

Eddie Shoemith

Winter Cup 2004/05 Positions after 5 races (Mar 2005)

		Handicap	POINTS TO RACE 4	RACE 5		TOTAL POINTS	
				min	sec		points
Alan	Lock	+ 7%	3961	21	37	848	4810
Ryan	Carter	+ 20%	3880	18	17	926	4806
Norman	Carter	+ 41%	3901	16	32	838	4739
Roger	Elkin	+ 45%	3894	16	10	834	4728
Linda	Lytollis	+ 43%	3831	16	23	831	4662
Graham	Linnell	+ 52%	3738	15	21	838	4576
Andy	Wright	+ 68%	3742	14	20	787	4529
Mark	Armstrong	+ 54%	3683	15	5	841	4524
Carol	Debney	+ 0%	3521	24	35	763	4284
John	Fowler	+ 26%	3543	24	45	370	3913
Dan	Taylor	+ 40%	2929	16	46	829	3758
Chris	Rogers	+ 67%	3545				3545
Dave	Lantsbery	+ 32%	1951	16	46	910	2861
Jennifer	Dunkley	+ 3%	1943	21	39	894	2837
Claire	Todd	+ 25%	1921	18	30	850	2771
Jeff	Haynes	+ 25%	1756	16	30	1000	2756
Andy	Pate	+ 36%	1913	17	46	793	2706
Dave	Coates	+ 55%	1000	15	07	831	2700
Rob	Baymen	+ 51%	1975				1975
Trevor	Ray	+ 30%	1959				1959
Kevin	Reboul	+ 57%	1947				1947
Jim	Darcy	+ 58%	1878				1878
Andy	Taylor	+ 46%	1000	15	32	877	1877
Barry	Bearman	+ 0%	1000				1000
Fay	Boams	+ 16%	1000				1000
Rachael	Jordan	+ 23%	1000				1000
David	Fowler			15	43		1000
Pamela	Ray			21	44		1000
Lauren	Bain			24	45		1000

WINTER CUP AND HANDICAP 10k

The last race in the Winter Cup series will be the 10k on Wednesday, 27th April. At the last Club committee meeting, we considered whether it was possible to run this race as a handicap race, in such a way that the first person to cross the line was the winner overall of the Winter Cup series. I had to go home after the meeting and do a bit of arithmetic to convince myself that, given the way the handicap system for the Winter Cup series works, this isn't possible, because the handicap system works on relative time differences, rather than absolute time differences. **

As a consequence, the 10k at Wednesday night training on 27th April will serve two purposes.

- It will be the final, and in all probability the deciding event of the Winter Cup series, with points calculated in the usual way.
- It will also be a 10k handicap race in its own right, with a trophy for the winner. First past the post is the winner. The handicaps for this one-off event have been based on best performances during the Winter Cup series, and appear on the next page.

(If anyone wishes their handicap to be re-considered – or someone else's handicap to be re-considered – just jot down your suggestion on the back of a £20 note and drop it in the post to me.)

Eddie Shoesmith

** Consider two hypothetical runners, Mr Christopher Hare and Mr Jonathan Tortoise, and suppose that prior to the 10k Mr Hare needs 100 Winter Cup points to overhaul Mr Tortoise. This equates to a time gap of 100 seconds (1 point = 1 second), but these are 'handicapped' seconds, i.e. a time gap in seconds calculated after both Mr Hare's and Mr Tortoise's percentage handicaps have been taken into account. So the actual (non-handicapped) time difference Mr Hare needs to put between himself and Mr Hare depends on how fast Mr Tortoise runs.

Handicaps for the Club 10k on 27 April 2005

		Handicap (minutes)			Handicap (minutes)
Lauren	Bain	0.00	Dan	Taylor	21.00
Carol	Debney	0.00	David	Fowler	22.00
Barry	Bearman	0.00	Roger	Elkin	22.00
Jennifer	Dunkley	4.00	Linda	Lytollis	22.00
Pamela	Ray	6.00	Andy	Taylor	22.00
Fay	Boans	8.00	Jim	Darcy	22.00
Alan	Lock	10.00	Graham	Linnell	23.00
Rachael	Jordan	11.00	Dave	Coates	23.00
John	Fowler	12.00	Mark	Armstrong	23.00
Trevor	Ray	14.00	Rob	Baymen	24.00
Claire	Todd	14.00	Kevin	Reboul	24.00
Ryan	Carter	14.00	Jeff	Haynes	24.00
Andy	Pate	17.00	Chris	Rogers	27.00
Dave	Lantsbery	19.00	Andy	Wright	27.00
Norman	Carter	21.00			

DATES FOR THE EMGP SERIES 2005

Tuesday 3 May	SILV ERSTONE GRAND PRIX 10k
Tuesday 11 May	Rugby 6
Wednesday 18 May	Bedford 6
Wednesday 25 May	Rockingham Motor Speedway 5
Tuesday 7 June	Weedon 10k
Tuesday 14 June	Banbury 5
Tuesday 21 June	Harborough 5
Tuesday 5 July	Milton Keynes 10k

All 7.45 pm starts except Silverstone (7.30 pm)

Further information and entry form at
mcs.open.ac.uk/mkac/The_EMGP.html

On the road ...

Flora London half-marathon (Silverstone Circuit, Sunday 13 March 2005)

A big thank you to all Silson Joggers who helped with marshalling at this event.

Silson results:

Andrew Taylor	446 th	1:33:47
Kevin Reboul	704 th	1:37:36
Norman Carter	859 th	1:39:24
Dan Taylor	861 st	1:39:25
Shirley Williams	3630 th	2:03:35 - a club record 50+ time

Last recorded time was 3:28:59 (5,874th place) - so I guess that the giraffe and lady in blue dropped out. A smaller field than anticipated.

(Is Dave Coates still out there waiting for the giraffe and walking lady in blue!)

Full results are on <http://194.77.28.97/2005/silverstone>

John Fowler

Flora London half-marathon (Silverstone Circuit, Sunday 13 March 2005)



(photos courtesy of John Fowler and Eddie Shoesmith)

Castle Ashby half-marathon and 10k (Sunday 27 February 2005)

ARMSTRONG & ROGERS STAR FOR JOGGERS

Mark Armstrong and Chris Rogers lead the Silson Joggers home in the 1/2 marathon and 10k respectively at Castle Ashby on Sunday 27th February.

The annual Great Daffodil Run took place in very cold conditions at Castle Ashby with large fields in both events. Unfortunately both races started late due to traffic congestion and various organisational problems.

Mark Armstrong made his debut at the 1/2 marathon distance and finished in an impressive 53rd. A 6th place in the 10k by Chris Rogers was an excellent effort.

1/2 marathon finishers were Andy Taylor 189th, Dan Taylor 190th, Julia Shepherd 274th and Thomas Schilling 617th.

10k runners were Roger Elkin 26th, Brian Keers 88th, Alan Lock 318th, Jennifer Dunkley 479th and Carol Debney 710th.

Andy Pate

(this was prepared by Andy as a newspaper report)

(PS Claire Todd also ran, but wasn't on the results sheets!)

You have just read the newspaper report, now read the one that tells the full story.

COCK-UP SUNDAY AT A COLD CASTLE ASHBY

The 10k started at least 20 minutes late, the 1/2 marathon over 30 minutes late. There were no mile or km markers! The 1/2 marathon start was moved so many times that I thought we would start in Northampton. Claire Todd ran but her name doesn't seem to appear on the official result sheets!

We had a very good turn out from the Joggers on a "brass monkey" Sunday morning with half the 10k runners still trying to get on the car park when the 10k started late. Luckily it appears all the joggers were at the start in time.

The star of the 1/2 marathon was Mark Armstrong, a virgin at this distance who finished in 1h 30m 40 secs and 53rd place. This is very very impressive, what is he capable of when he gets used to the distance!

Everyone should be applauded for their efforts and this is the roll of honour.

10k Race

6th Chris Rogers 36.20 - Wow that's fast !
26th Roger Elkin 41.10 - Looking good for the EMGP series
88th Brian Keers 46.38 - Great road running debut for the joggers
318th Alan Lock 54.20 - Another road running debut for the Joggers, excellent
479th Jennifer Dunkley 58.12 - Great time on a tough course
710th Carol Debney 1.03.24 - Great run on the day
Claire Todd 48.00 approx - Hey, how could they miss you off the result sheets?

1/2 Marathon

53rd Mark Armstrong 1.30.40 - Blimey, you're a bit good!
189th Andy Taylor 1.42.17 - Great run from a Silson debutant
190th Dan Taylor 1.42.18 - Another road racing debut for the joggers
274th Julia Shepherd 1.47.14 - Your bloody good for an "old bird"
617th Thomas Schilling 2.07.36 - Guess Thomas is a new member, great effort
DNF - Me, 12k and turned my right ankle
DNF - Andy Hoare (had a virus, shouldn't have run) and Tim Hullett (just returning from a few weeks off ill, shouldn't have run) finished at 11k

The "old bird" bit is what Julia has called herself, frankly I think she's lovely.

I think I will enter the 10k next year but I plan to arrive the night before to avoid the traffic jams !

The man who didn't finish

(hey who were the Joggers without their vests?)

Off the road ...

Cross-country action from the last Chiltern League fixture at Wing: clockwise from top left, the start (Dave Coates & Andy Wright amongst the pack), Mark Armstrong, Dan Taylor, Karen Vines, Tony Keech, Chris Rogers.



Race dates

- Sun 10 Apr Flitwick 10k** (Flitwick, Beds, 11 am)
www.flitwick10k.org.uk, 07855 213702, 01525 719442
- Sun 17 Apr Flora London Marathon – GOOD LUCK TO THOSE TAKING PART**
- Sun 24 Apr Shakespeare Marathon** (Stratford-upon-Avon, 1 pm)
www.shakespearemarathon.org.uk
- Sun 1 May Titchmarsh 10k** (Titchmarsh, Northants, 11 am)
www.titchmarsh.info, 01832 732430, 01832 733131
- Mon 2 May Great Weston 5** (Great Weston, Northants, 10 am)
01869 252228, 01295 760762
- Mon 2 May Thornborough 10** (Thornborough, near Buckingham, 10 am)
01280 814434
- Tue 3 May SILVERSTONE GRAND PRIX 10k (EMGP SERIES)** (7.30 pm)
- Sun 8 May Stevington 12k** (Stevington, Beds, 11 am)
mysite.wanadoo-members.co.uk/stevington-12km-race/, 01234 824973
- Wed 11 May Rugby 6 (EMGP series)** (7.45 pm)
- Sun 15 May Oxford Town & Gown 10k (Oxford, 10 am)**
Oxfordtownandgown.org, 07790 551686
- Wed 18 May Bedford 6 (EMGP series)**
- Tue 24 May Charndon 5k** (Charndon, near Bicester, 7.30 pm)
www.alchester-runningclub.co.uk, 01869 600109
- Wed 25 May Rockingham Motor Speedway 5 (EMGP series)** (7.45 pm)
- Mon 30 May Boddington 10k** (Daventry)
- Tue 7 June Weedon 10k (EMGP series)** (7.45 pm)
- Tue 14 June Banbury 5 (EMGP series)** (7.45 pm)
- Tue 21 June Harborough 5 (EMGP series)** (7.45 pm)
- Tue 5 July Milton Keynes 10k (EMGP series)** (7.45 pm)