



# The 10k Times

August/September 2004

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

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This issue of the Newsletter has been emailed to those members who opted for the email version at the last AGM. If anyone wishes to add his/her name to the email distribution list (in place of the printed version), 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](mailto:eddie.shoemith@buckingham.ac.uk)

**by Sunday 26<sup>th</sup> September 2004**

## TRAINING FOR SEPTEMBER AND OCTOBER

Hope you all had a good summer, and for those of you who managed to get away, a good holiday. Our 2 months where we take a break from meeting up for training sessions is coming to an end, and it is time for all the hard work to begin again. I am sure you will all return in tip top condition ready to get stuck into the sessions at Bucknell Woods.

This year we will have 5 Wednesday sessions at Bucknell Woods in September, returning to the motor racing circuit on October 6<sup>th</sup>.

Due to public demand, the first Sunday run of each month will be run from Graham & Alison's house in Nether Heyford, the rest of the sessions as last year from the playing field pavilion, Silverstone. We will be looking to build the Sunday mileage up month by month, peaking mileage wise February time. There will be recovery runs following Saturday races.

### **Bucknell Woods Sessions**

1 <sup>st</sup> September	steep hill work
8 <sup>th</sup> September	time trials (long) x 3
15 <sup>th</sup> September	relay races
22 <sup>nd</sup> September	hill work
29 <sup>th</sup> September	relays (short)

Meet at Bucknell Woods car park, Abthorpe Rd, Silverstone ready for a 6.30pm session start on Wednesday evenings.

## Sunday morning Sessions

Meet at the Playing Field Pavilion, Abthorpe Rd, Silverstone 9.30 am each Sunday, except the first Sunday of the month, i.e. September 5<sup>th</sup> and October 3<sup>rd</sup> will be at 2 Bugbrooke Rd, Nether Heyford, also at 9.30 am. Please phone for directions.

The monthly increase in miles I would expect to go as below, with some runners doing less distance but still with that monthly increase.

September	8 -10 miles
October	10 -12 miles
November	12 -13 miles
December	13 -14 miles
January	14 -15 miles
February	15 -16 miles

New members -- do not be put off by these distances. We should have several groups setting off. This training should give any runner targeting a spring long distance race a good base to build.

**Graham**  
**01327 341009**

## Silson Joggers Handicap Cross Country

**Bucknell Woods, Saturday October 2<sup>nd</sup> 10.30 am start**

We need a minimum of 12 runners to run this event. I need to know who is running at least a week before the race, as handicaps need to be set. This is not a mass start race.

## Chiltern League Fixtures 2004/2005

October 9 <sup>th</sup>	RAF Halton near Aylesbury
October 30 <sup>th</sup>	Oxford
December 4 <sup>th</sup>	Luton
January 8 <sup>th</sup>	Watford
February 12 <sup>th</sup>	Wing

A mini bus will be running to all fixtures, picking up at Nether Heyford, Towcester (Sponne School), and Buckingham and any point en route for the first fixture

## Midland Road Relays 25<sup>th</sup> September Sutton Park Birmingham

We will be entering 2 men's teams in the above event: an A & B team. A lot of people I have spoken to are keen to run. The final date for letting me know you want to run is Wednesday September 1<sup>st</sup>, the day of our first training session at Bucknell Woods

Look forward to seeing you all again and together we can have an enjoyable year's running.

**Graham**  
**01327 341009**

# On the road ...

## NAA Team Road Running League News

This is a series of 4 races with two races already completed. To gain points each running club must unleash a team of 4 men and 3 women.

The first race, the Blisworth 5k on 21<sup>st</sup> May, saw an excellent turn out of 9 men and 2 women. The second event was at Wellingborough on 1<sup>st</sup> August with a mere 5 miles to run. We fielded the required team of 7 members which I consider a great effort as it is the holiday season.

A full report of the Wellingborough 5 can be found within the pages of this illustrious publication.

Future venues are Cransley 10k on 12<sup>th</sup> September and Daventry 6 mile on 10<sup>th</sup> October. I competed at Daventry last year and it was a good course.

For those who wish to compete in either or both of these races please contact me on phone 01327 858514 after 6.30pm, fax 01327 858676 or email [andrew.silson@btinternet.com](mailto:andrew.silson@btinternet.com)

The bigger the entry by Silson Joggers, the more fun we will have.

**The man with a vest (most of the time)**

## Charndon 5k (26 May 2004)

Whilst a number of Silson Joggers went to Rockingham for the 5 mile road race, 3 took part in the 5k road race hosted by Alchester R C as part of the Oxfordshire series. This is a fast flat course and the race was won by Rob Elmore of Leighton Buzzard in a time of 15.39. First lady was Jude Craft of Headington R R in 17.03. First Silson Jogger home was Mark Armstrong in 20:38 - 95th place - closely followed by David Fowler in 20:55 - 101st place. Further down the field was John Fowler in 24:30 and 149th place. There were 190 finishers.

Full results can be found on <http://uk.geocities.com/alchesterrc>

**John Fowler**

## Boddington 10k (31 May 2004)

This local road race is fast gaining a reputation within the local calendar and saw an increase in entrants on previous years with 143 finishers. The race is run on quiet country roads and is almost traffic free. This race deserves more support from the club and there was a disappointing turn out - particularly when compared to other local road race. This year the bank holiday Monday was, untypically, very warm. The race was won by James Drinkwater of Luton A C in 34:12 and first lady was Sally Baker of Grange Farm Trotters in 39:48. First Silson Jogger home was Jody Willis in 46th place in 44:05. Derek Bain was 87th in 50:12, John Fowler 114th in 54:51 and Shirley Williams 134th in 66:34.

Full results can be found on <http://uk.geocities.com/boddington10k>

**John Fowler**

## Weedon 10k (Tuesday 8 June 2004)

### ***IT NEVER GETS ANY EASIER!***

Human Energy AC hosted the fifth race in the Grand Prix Series on a hot and humid day. With the prospect of running up Everdon Stubbs and two other hills this was, as ever, a course to be treated with respect.

The race was won by Gareth Deacon (Coventry Godiva) in 33:00, closely followed by Steve Platts (Oadby & Wigston) in 33:19 and Colin Deasy (Coventry Godiva) in 33:34. The first lady was Nicki Nealon (Huncote Harriers) in 40:17.

Ten runners from Silson Joggers AC made the short trip to Weedon and were led home by Chris Rogers in 38:35 for 35th place. He was followed by: Jim Darcy (39:55, 50<sup>th</sup>), Kevin Reboul (40:51, 62<sup>nd</sup>), Andy Hoare (43:59, 107<sup>th</sup>), Jody Willis (45:16, 130<sup>th</sup>), David Fowler (45:44, 140<sup>th</sup>, 3rd man under 20), Mark Armstrong (47:12, 170<sup>th</sup>), Andrew Pate (48:40, 193<sup>rd</sup>), Tim Hulett (53:22, 259<sup>th</sup>), John Fowler (57:25, 293<sup>rd</sup>). Action shots are on pages 8 and 9 of the newsletter.

In all there were 313 finishers.

Full results can be found on the website [www.mkac.org.uk](http://www.mkac.org.uk)

**John Fowler**

## **Banbury 5m (Tuesday 15 June 2004)**

Banbury Harriers hosted the sixth race over 5 miles in the East Midlands Grand Prix Series which saw 337 finishers. The race was won by Dave Miles (Birchfield Harriers) in 25:56, followed by Nathan Holmes (Northbrook AC) in 26:17 and Colin Deasy (Coventry Godiva Harriers) in 26:30. First lady home was Sue Harrison (Leamington C & A C) in 28:25.

Making a rare appearance on the roads, Silson Joggers were led home by Phil Melling in 17th place in 28:06 followed by Kevin Reboul in 62nd place in 31:22. Other finishers included Jody Willis (134th in 34:31); David Fowler (163rd in 35:34); Andrew Pate (195th in 36:47); Peter Morris (259th in 40:07); Derek Bain (282nd in 41:12) and John Fowler (298th in 42:33).

Full results can be found on the web-site [www.mkac.org.uk](http://www.mkac.org.uk)

**John Fowler**

## **Harborough 5m (Tuesday 22 June 2004)**

In true English fashion, the longest day of the year was celebrated with searing heat under a clear blue sky. It might have been in Silverstone but at Gartree prison it was wet and windy. This did not deter the 300 runners at the start of the Market Harborough 5 miles. Personally, I think that this is the best course in the East Midlands Series. The first mile (downhill) lures you into thinking that you are in for a good time. Between 2 and 3 miles, there is the climb over the Grand Union Canal near Foxton Locks. It is flat or downhill for the last two miles - but it isn't. The whole race was run in rain that got heavier through the evening.

Steve Platts (Oadby & Wigston) led the field home in 25:19, closely followed by Gareth Deacon (Coventry Godiva) in 25:34 and S Hazell (Coventry Godiva) in 25:42. Nicki Nealon (Huncote Harriers) was first lady in 30:24.

Silson Joggers had 10 runners in this race and Phil Melling put in another good run to finish 16th overall in 27:55. A close battle developed between David Fowler and Andrew Pate, with David finishing the stronger in the last half mile. Other finishers were:

Kevin Reboul (59<sup>th</sup>, 30:58), Andy Hoare (109<sup>th</sup>, 33:17), Jody Willis (133<sup>rd</sup>, 34:17), David Fowler (169<sup>th</sup>, 36:00, 5<sup>th</sup> U20 male), Andrew Pate (171<sup>st</sup>, 36:05), Peter Morris (206<sup>th</sup>, 38:30), Tim Hulett (231<sup>st</sup>, 39:47), Derek Bain (233<sup>rd</sup>, 39:59), John Fowler (247<sup>th</sup>, 40:57, one of my quickest 5 mile times for a few years!).

Full results can be found on the web-site [www.mkac.org.uk](http://www.mkac.org.uk)

**John Fowler**

## **Milton Keynes 10k (Tuesday 6 July 2004)**

Milton Keynes A C hosted the last race in the East Midlands Grand Prix Series on a warm and dry night. Around 400 runners started this popular race around the redways of Milton Keynes. The course is largely flat and capable of producing fast times. The race was won by Steve Body (Bedford & County) in 31:02 closely followed by Mark McKay (Rugby & Northampton) in 31:08 and Dave Miles (Birchfield Harriers) in 31:37. The ladies race was closer with Sue Harrison (Leamington) finishing in 36:14 just beating Michelle Lee (Milton Keynes) by 3 seconds.

Silson Joggers had 10 runners in the race. Phil Melling had his best run of the series finishing in 10th place overall in an impressive 34:22.

Other finishers were:

Kevin Reboul (67th - 39:29)  
Andy Hoare (115th - 41:54)  
David Fowler (157th - 43:52 - setting a new club record for MU20)  
Andy Pate (201st - 45:41)  
Jody Willis (202nd - 45:43)  
Peter Morris (273rd - 48:58)  
Tim Hulett (282nd - 49:34 - a personal best)  
Derek Bain (304th - 50:29)  
John Fowler (309th in 50:48)

Full results can be found on the web-site [www.mkac.org.uk](http://www.mkac.org.uk)



Tim Hulett and David Fowler in action, Weedon 10k (photographs courtesy of John Fowler)

**John Fowler**

## EMGP Series 2004 round-up

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### ***Silson Joggers perform well in the Series***

The eight race series, sponsored by Mizuno and The Running Shop, comprises eight road races from 5 miles to 10km and saw good individual and team performances from Silson Joggers. Runners must complete 5 races (4 for the junior men) to qualify for a series place, with the best five places counting.

The senior men's team finished in 9th place, whilst the vet men's team finished in a very creditable 7th place. Individual finish places are as follows:

Men Under 20	David Fowler, 7 <sup>th</sup>
Senior Men	Jody Willis, 18 <sup>th</sup>
Vet Men 40+	Kevin Reboul, 12 <sup>th</sup>
Vet Men 45+	Andy Hoare, 16 <sup>th</sup>
	Andy Pate, 24 <sup>th</sup>
	Derek Bain, 29 <sup>th</sup>
	Peter Morris, 30 <sup>th</sup>
	John Fowler, 31 <sup>st</sup>
Vet Men 50+	Tim Hulett, 14 <sup>th</sup>

Full results can be found on the web-site [www.mkac.org.uk](http://www.mkac.org.uk)

### **John Fowler**



Jody Willis, Chris Rogers and Andy Pate in action, Weedon 10k  
(photographs courtesy of John Fowler)

## Wellingborough 5 (Sunday 1 Aug)

### (part of the NAA Team Road Running League series)

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If a Sun reporter had been running on Sunday he would have probably said "Pheew what a scorcher", but as we are all aware journalists are overweight and lazy so I don't think we will see a team entitled The Sun Sprinters.

Well we had 7 Silson Joggers who were slim, sleek and far from lazy at Wellingborough. Unfortunately I don't have the results yet as the wdac website is behind the times (modern technology!).\*\* I can confirm the names of the brave runners in finishing order:

Andy Hoare, Mark Armstrong, Graham Linnell, Andy Pate, Julia Shepherd, Claire Todd and Alison Linnell.

I think everybody did a good time but special mentions must go to Julia and Claire who appeared to have had a battle, with Julia just edging out Claire by a few metres. Also to Alison who ran with a Achilles strain and Graham who signed up a mere 30 minutes before the start saying he "would make up the numbers ". I wish I could make up the numbers with the time Graham did.

The race was well marshalled on an undulating and good course. The race HQ facilities were excellent and the atmosphere among the Silson Team was wonderful. I felt it was a real team effort and I cannot express to all the other Joggers present how much I enjoyed the race and their company.

Here's to the next NAA Team Event on the 12<sup>th</sup> September and the commencement of Autumn training at Bucknell Woods.

I hope everyone enjoys their holidays, see you in September.

### **The man in a Green and Yellow Vest**

*(can we get a supply that fits for 2005?)*

\*\* results sent by John Fowler:

Andy Hoare - 44th 33:00  
Mark Armstrong - 70th 35:25  
Graham Linnell - 73rd 35:51  
Andy Pate - 38rd 37:46

Julia Shepherd - 13th 39:00  
Claire Todd - 14th 39:06  
Alison Linnell - 38th 49:03

## Blisworth 5 (Friday 6 August 2004)

### ***JULIA SHEPHERD STARS AT BLISWORTH***

Hot and humid conditions greeted the large field of over 450 runners for the annual Blisworth Friday 5 mile road race, hosted by Wootton Road Runners. The race soon became a procession with Gareth Deacon (Coventry Godiva Harriers) winning by nearly 2 minutes in a time of 23:45. Second was Paul O'Callaghan (Solihull & Smallheath) in 25:42 with James Jackson (Salford Harriers) third in 25:56. Bev Jackson (Salford Harriers) won the ladies race in 27:23 for 7th place overall.

Kevin Reboul led the Silson Joggers home in 69th place in 31:56, with Mark Armstrong 186th in 36:23, Peter Morris (on his debut as a M50) 257th in 39:09, Suzie O'Shea 298th in 40:56, Derek Bain 310th in 41:34 and John Fowler 328th in 42:53.

Pride of place amongst the Joggers went to Julia Shepherd who finished 284th overall in 40:07 to win the prize for the first Lady over 60.

Full results can be found on the web-site [www.katcsys.co.uk](http://www.katcsys.co.uk)

**John Fowler**

## ***Club records***

The next three pages contain 'provisional' club records compiled by John Fowler, from the information currently available to him. There are some gaps, particularly amongst the women's records and amongst the less frequently run distances, and quite possibly some 'records' that have, unknown to John, been bettered by Club members. We'd appreciate your help in filling the gaps and rectifying any false attributions.

So, dig out your running logs, or wherever you record your achievements, and send details of additions and amendments to either John or to me. Of course, because these are Club records, you must be a Silson member at the time of the run, to claim a record.

**Eddie Shoesmith**

DISTANCE	M20	SENIOR MEN	MEN 40	MEN 45	MEN 50	MEN 55
1 mile		4:48 Graham Linnell Westminster 14/08/1988				
3000 metres		10:21 David Coates Beckenham 08/09/2003				
2 miles		13:21 John Fowler Billing 02/07/1993				
5 km	19:50 David Fowler Blisworth 21/05/2004	17:32 David Coates Silverstone 15/08/1994	18:12 David Coates Blisworth 15/05/1998	22:59 Derek Bain Cranfield 11/06/2003	18:19 Eddie Shoesmith Charnon 21/07/99	19:18 David Lantsbery Blisworth 10/05/2002
5 miles	35:34 David Fowler Banbury 15/06/2004	26:21 Graham Linnell Wolverton 28/11/1988	29:36 David Coates Banbury 16/06/1998	28:42 Nick Jerome Blisworth 21/08/1998	29:18 Jeff Haynes Blisworth 08/09/2003	30:51 Roger Elkin Draycote Water 28/10/2001
6 miles	44:17 David Fowler Rugby 14/05/2004	32:07 Graham Linnell Rugby 04/07/1984	35:57 David Coates Bedford 02/06/1998	40:55 Andy Hoare Rugby 12/05/2004	37:21 Eddie Shoesmith Bedford 08/06/1999	38:31 Roger Elkin Rugby 14?05/2003
10 kms	43:52 David Fowler Milton Keynes 06/07/2004	31:55 Danny Bull Bicester 31/12/1989	36:38 David Coates Silverstone 15/09/1997	41:54 Andy Hoare Milton Keynes 06/07/2004	39:31 Eddie Shoesmith Silverstone (AVDC) 06/09/99	38:55 Roger Elkin Eynsham 25/11/2001

10 miles	54:09 Danny Bull Northampton 12/03/1989	1:21:20 John Fowler Marsh Gibbon 28/07/1997	57:47 Nick Jerome Maidenhead 10/04/1998	1:02:18 Roger Elkin Nene Valley 02/12/2001
½ marathon	1:13:07 Graham Linnell Stamford 14/07/1985	1:20:40 Nick Jerome Nottingham 1995	1:19:07 Eddie Shoesmith Thornborough 02/05/93	1:23:24 Roger Elkin Great North Run 16/09/2001
15 miles	1:37:28 David Coates Banbury 23/03/1997	1:38:42 David Coates Oakley 24/03/2002	1:42:26 Eddie Shoesmith Banbury 12/03/95	
25 km		1:40:50 Nick Jerome Bruges 20/07/1997		
30 km	2:29:16 John Fowler Stamford 19/02/1995			
20 miles	1:55:40 Graham Linnell Bury St Edmunds 24/02/1985			
Marathon	2:42:24 Graham Linnell Northampton 13/05/1984	2:56:35 David Coates London 14/04/2002	2:50:45 Eddie Shoesmith London 1993	3:27:37 Dave Lantisbury London 2001
40 miles	6:21:00 Roger Williams Doncaster 02/1995			

DISTANCE	SENIOR LADIES	LADY 35	LADY 40	LADY 45	LADY 50	LADY 55
1 mile	6:48 Alison Linnell Westminster 14/08/1988					
3 miles	20:52 Alison Linnell Stanwick 14/04/1990					
5 km	24:01 Kathy Green Blisworth 16/05/03					
5 miles	36:17 Alison Linnell Wolverton 25/11/1989					37:37 Julia Shepherd Market Harborough 25/06/2003
6 miles	43:38 Alison Linnell Warwick University 21/02/1988					
10 km	47:45 Alison Linnell Kettering 11/09/1987					49:10 Julia Shepherd Weedon 10/06/2003
½ marathon	1:47:08 Alison Linnell Great Eastern 05/1988					
20 miles		2:45:00 Joan Amos Bury St Edmunds 24/02/1985				
Marathon			5:04:58 June Braithwaite London 2004	4:53:32 Shirley Williams London 2004		

## Race dates

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### Sun 15 Aug Burnham Beeches Half Marathon

(10.00 am) Caldicott School, Crown Lane, Farnham Common  
£10/£11 (+£2 on the day)  
Contact: Race Sec, Burnham Joggers, PO Box 2307, Maidenhead, Berks,  
SL6 0WD, [www.burnhamjoggers.co.uk](http://www.burnhamjoggers.co.uk)

### Sun 5 Sept Carol Haslam Multi-Terrain 10k

(11.00 am) Tiddenfoot Leisure Centre, Mentmore Road, Leighton Buzzard  
£5/£6 (+£1 on the day)  
Contact: Helen Dunham, 01494 772153,  
[email@leightonfunrunners.freeseve.co.uk](mailto:email@leightonfunrunners.freeseve.co.uk)  
[www.leightonfunrunners.freeseve.co.uk/CH-Form.doc](http://www.leightonfunrunners.freeseve.co.uk/CH-Form.doc)

### Sun 12 Sept Sherwood Kitchens Cotswold Classic 10

(11.00 am) Witney Community Primary School, Hailey Road, Witney  
£5.50/£6.50 (+£1 on the day)  
Contact: Paul Thomas, 01993 778682, [Pst.run@btinternet.com](mailto:Pst.run@btinternet.com),  
[www.witneyroadrunners.com](http://www.witneyroadrunners.com)

### Sun 12 Sept Only Fools Fun Run (about 4 miles XC)

(1.00 pm) Blenheim Palace, Woodstock, near Oxford  
(No information available about entry fee)  
Contact: Anna Spencer, 01865 875758, [onlyfools@anthonymolan.org.uk](mailto:onlyfools@anthonymolan.org.uk),  
[www.anthonynolan.org.uk](http://www.anthonynolan.org.uk)

### Sun 12 Sept Cransley Hospice 10k / half-marathon

(10k is the 3<sup>rd</sup> race in the NAA Team Road Race League)  
(11.00 am) Cranford Village Hall, Northants  
£4/£5 (£6 on the day)  
Contact: Ted Barton, 35 Martin Road, Kettering, NN15 6HF,  
[www.cransleyhospice.org.uk](http://www.cransleyhospice.org.uk)

### Sat 18 Sept Woodstock 12

(2.00 pm) Blenheim Palace, Woodstock, near Oxford  
£6/£7 (entries in advance only)  
Contact: Mike Shipway, 01993 812204

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## Race dates

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### Sun 19 Sept Bedford Harriers Embankment 5

(11.00 am) Bedford International Athletic Stadium, Barkers Lane, Bedford  
£5.0/£6.50 (+£1.50 on the day)  
Contact: Jacinta Horne, 01234 307013, [hello@bedfordharriers.co.uk](mailto:hello@bedfordharriers.co.uk),  
[www.bedfordharriers.co.uk](http://www.bedfordharriers.co.uk)

### Sun 19 Sept Charlbury Street Fair 10k

(10.30 am) The Playing Close, Charlbury, Oxford  
(No information available about entry fee)  
Contact: Neil MacAlpine, 01608 810044

### Sun 26 Sept Leighton 10

(10.00 am) Cedars Upper School, Mentmore Road, Leighton Buzzard  
£5/£6 (+£2 on the day)  
Contact: Paul Dimmock, 43 High Street, Leighton Buzzard, Bedfordshire,  
LU7 1DN, [paul.dimmock@ntlworld.com](mailto:paul.dimmock@ntlworld.com)

### Sun 3 Oct Cancer Research UK 10k

(9.30 am) Blenheim Palace, Woodstock, near Oxford  
£17.50 (entries in advance only)  
Contact: 0870 190 9000, [www.cancerresearchuk.org](http://www.cancerresearchuk.org)

### Sun 10 Oct Daventry DOC 6 (4<sup>th</sup> race in the NAA Team Road Race League) Ridgeway Run 15k (Tring)

### Sun 17 Oct Abingdon Marathon ([www.abingdonamblers.co.uk](http://www.abingdonamblers.co.uk))

### (busy day!) Amphill XC Trophy 8k

### Buckingham Fun Run

### Cancer Research 10k, Althorp

### Woburn Rhino Run 10k ([www.savetherhino.org](http://www.savetherhino.org))

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