



# The 10k Times

Aug/Sept 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 Shoesmith, 3 Glynswood Road,  
Buckingham, MK18 1JF (01280 812420)

or even better by e-mail to [eddie.shoesmith@buckingham.ac.uk](mailto:eddie.shoesmith@buckingham.ac.uk)

**by Sunday 25 September 2005**

## TRAINING

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Hello, everyone – I hope you have had a good break, and have managed to be sensible in keeping a lot of the fitness you all worked so hard to achieve.

It has been very pleasing seeing Silson Joggers and its runners having successful results over the last couple of years. I believe the upturn in the club's fortunes may owe a lot to the new group of runners we always seem to assemble at the start of the new season in September. Many of them are typically very new to running, but always improve so much during the course of the season.

Over the summer I have had quite a few enquiries concerning the club, and have suggested the September start. I do hope this newsletter has reached all of you, and you are still keen to join in with some of the early training sessions. You will be made most welcome, as a more friendly group of runners you could not wish to find. In fact the most grumpy one among them is me.

It was very close to you not having to do any training through September & October, due to lack of space in the newsletter. The good news is that Eddie managed to find extra space, so we can do loads of training during the next 2 months.

At the AGM it was decided the 1<sup>st</sup> Sunday of the month remain at Nether Heyford, with the last being at a club member's house, or Brickhill Woods, which is a super training venue just south of Milton Keynes.

As you will see on the next page, September is nothing like I have just explained above, due to races and relays. I felt it would be a waste of time going down to Brickhill the day after the Midland relays, but we need to get down there before the first Chiltern League.

Due to the effect races have on the training I have set the planned training out in diary form,

**Graham**

## Training diary for September and October

### SEPTEMBER

- Sun 4<sup>th</sup> Cransley 10k (Northants championship race)  
Wed 7<sup>th</sup> Bucknell Woods (uphill drills)  
Sun 11<sup>th</sup> Silverstone Sports & Social Club  
Wed 14<sup>th</sup> Bucknell Woods (hare & hounds)  
Sun 18<sup>th</sup> Brickhill Woods (meet Sponne School, Towcester, 9 am)  
Wed 21<sup>st</sup> Bucknell Woods (2-person relays )  
Sat 24<sup>th</sup> Midland Relays (Sutton park, Sutton Coldfield)  
Sun 25<sup>th</sup> Silverstone S & C Club  
Wed 28<sup>th</sup> Bucknell Woods (downhill drills)

### OCTOBER

- Sun 2<sup>nd</sup> Graham & Alison's, 2 Bugbrooke Road, Nether Heyford  
Wed 5<sup>th</sup> Silverstone Motor Racing Circuit  
Sat 8<sup>th</sup> Silson Joggers Handicap Cross Country, Bucknell Woods, 10am  
Sun 9<sup>th</sup> Silverstone S & C Club  
Wed 12<sup>th</sup> Silverstone Circuit  
Sat 15<sup>th</sup> Chiltern League Watford (mini bus, various pick up points)  
Sun 16<sup>th</sup> Normal date for Daventry 6 (Northants championship race) TBC  
Wed 19<sup>th</sup> Silverstone Circuit  
Sun 23<sup>rd</sup> Silverstone S & C Club  
Wed 26<sup>th</sup> Silverstone Circuit  
Sun 30<sup>th</sup> Claire Todd's, 2 Poplars Close, Blakesley

### **Sunday runs**

Sunday runs start at 9.30am from the various venues – a steady run in up to 3 groups, building up the mileage through out the year.

### **Wednesday sessions**

Wednesday sessions commence at 6.30pm. Various sessions will be organised throughout the year, for those who wish to join in (most do). A steady run around the Motor Racing Circuit is always an option.

### **Handicap XC**

The club's handicap cross country on October 8th has been run for many years, and is ideal preparation for the following week's first Chiltern League fixture. Last year's race was a great success, with a large turnout supporting the race. The men's race is 7 miles, with the ladies running 4.5 miles and a junior race over 1.5 miles, all distances slightly more than the Chiltern League races.

You need to inform me if you are running by Thursday 6<sup>th</sup> October so fair handicaps can be set to make for a closely contested race.

### **Midland Road Relays**

The Midland Road Relays are on September 24<sup>th</sup> at Sutton Park near Birmingham. Teams to include senior men's 6 stage, vet men's 4 stage and ladies' 4 stage. We will see who is interested in running before deciding the teams we enter. Contact Andy Pate, 01327 858514

### **VENUE ADDRESSES**

SILVERSTONE SPORTS & SOCIAL CLUB, Church Street, Silverstone (on the right just before leaving the village towards Blakesley)

BUCKNELL WOODS, Blakesley Road, Silverstone (pass the above, travel uphill out of village, car park at top of hill on left)

Last season was really excellent. We have a lot of work to do to emulate that. Please give me a ring or email with any queries on any training etc. Phone 01327 341009, email club coach from Silson Joggers web site.

**Graham**

## Letters to the Editor

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Dear Mr Chairman

I must say how much I enjoyed the comments of the " Angry Vegetarian of Silverstone ". I laughed till I cried and then I laughed again.

Can we please have more letters like this instead of the usually drivel from our regular race reporters.

**Andy Pate**

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Dear Mr Chairman,

I must protest! Nick from the desert nicks my nickname. Then two other contributors nick my moniker!! Though Vest (with or without ) is not under copyright it morally is my registered trademark. To protest I will run topless at the Wellingborough 5 in August. Any one who agrees with my stance should take the same action on August 7th! If female members feel moved to join me in my protest I would be very encouraged.

**Andy Pate** (Angry of Silverstone or just plain hopeful )

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## News in from Dubai

Due to an aggravated waistline complaint, excessive nutrient and alcohol intake, and lack of a warm tracksuit, desert harrier El Jerome has regretfully had to withdraw from this month's World Championships in Helsinki. However, his coach Mustapha Kamel states that despite these setbacks, he may still be able to jog down to the oasis newspaper shop in the near future.

## Towcester Race for Life, 12 June

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Dear All

A huge thank you to everyone who gave up their time (and in most cases, training sessions!) to help out with the Race For Life; I was extremely relieved to see you all turn up on the day!!

Thanks also for bearing with me when there were periods of confusion - next year it will all run much more smoothly, I'm sure!

As I mentioned to most of you at the time, your comments and feedback would be really useful - both positive and negative! I will then pass them on to the race organisers and they may even choose to take notice and make the event even better next year.

So, thanks once more. Please pass this on to anyone I have missed Oh, and in case you missed it - you all got a mention and a round of applause before the aerobics started...nice to be appreciated!

Kind regards,

Rachel

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## Summer Cup



**Bev Colles**, winner of the Summer Cup, held during the Sixfields training sessions.

Bev showed the greatest improvement in mile times between the beginning and end of the sequence of Friday evening sessions.

## JOGGERS ON TOUR IN 2006?

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One of the only things that I can remember at the post last Sixfields training session held at a quaint bijou Italian restaurant in Northampton, was the idea of Joggers going on tour at some stage during 2006. Individually we will all be doing our own things. Andy Taylor, for example, committed himself to doing the New York marathon in November. El Jerome will, no doubt, continue with the desert training in preparation for the Marathon des Sables. Others will just continue to flaunt themselves in the sun.

If there is any enthusiasm, I am happy to co-ordinate a long weekend break somewhere in Western Europe. Races that could be of interest include:

- Le Touquet 10k & 20k - usually the first weekend in July
- Bruges 10k & 25k - usually the last weekend in June - Vets only
- Paris to Versailles 16k - late September

All are very driveable. Other suggestions are welcomed. E-mail [john.fowler7@btinternet.com](mailto:john.fowler7@btinternet.com)

## Global Warming and the Race for Life (-- this Newsletter doesn't dodge the big issues)

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It seems a long time ago now, but around the time of the previous newsletter, a group of Silson Joggers helped marshal the first Race for Life held at Towcester Race Course (see Rachel's thank-you letter on page 6 of this newsletter). When I was urging people to volunteer for this task, I remember using the argument (amongst others) that Towcester Race Course in June was a more temperate prospect than the Motor Racing Circuit in February or March (when the Flora half-marathon is held). As things turned out, I somewhat regretted using that argument.

The day dawned brightly enough. When I drove into the race course around 9.30 am, the place already buzzing with activity and runners. These race-for-lifers evidently take their warm-ups very seriously. The 5k run went once around the race course perimeter, out onto the Shutlanger road for a there-and-back loop of 1000 metres or so, then back into the race course to the finish. I got the job of marshalling the sharp U-turn in the loop on the Shutlanger road. Allan was about 100 metres up the road from the U-turn. When we first went out to help set up the metal barriers down the centre of the Shutlanger road, the sun was beating down, and I wondered whether I should have applied some sun cream before coming out. However, over the next hour and a half (the race started almost half an hour late), the weather took a distinct turn for the worse.

We hear a lot about global warming. As Jim Royle might say, "Global warming my arse!" I don't know what conditions were like inside the race course, but by the time any runners appeared on the loop, Allan and I were witnessing – no, we were taking part in – the dawn of a new ice age down on the Shutlanger Road. As the masses of womanhood swept by, there was plenty of friendly banter – the most common question was "how far to go?" – but I was having difficulty moving my lips to reply. A member of the Northamptonshire constabulary was 'on duty' at the U-turn, apparently because he'd been assured there would be a naked runner. However, none such appeared, maybe because by that time she'd been whisked off to hospital with hypothermia.

Weather and a few logistical problems apart, though, the event seemed to be a successful one, and Rachel organised our volunteer effort with great aplomb. Next year I'll pack the thermal underwear, and bring some warm gloves and socks for the naked runner.

**Eddie Shoemith**

## SILSON WINS 2012 OLYMPIC BID

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Whilst most members of the Olympic bid delegation were rightly celebrating in Singapore, a deal was being signed by Lord Coe (on behalf of the London bid) and the chairman elect of Silson Joggers, Lady Gobby T (as she now wishes to be known). The ground breaking agreement will see all track and field events being organised by Silson Joggers at local venues.

In announcing this revolutionary development, Lord Coe reports: "I have total confidence in Silson Joggers to assist London in this bid. In fact I believe that their involvement was the key to our success. When I were a lad, I used to run a bit so I do recognise sporting excellence when I see it. Silson has a reputation for being able to organise major sporting events and Silson Joggers were able to demonstrate that most of the facilities were already in place. The thing that really clinched it for me though was that neither Tony Blair nor Ken Livingstone knew anything about it!"

With apologies to club members, Lady Gobby T and other members of the committee had to sign a confidentiality agreement that we can only now reveal. The plans envisage most track and field events being held at the Playing Fields in Silverstone. The grass will need cutting as a priority, and the club have already ordered the white paint to mark out the track, which may need to be varied from the normal 400m. Some of the field events will see qualifying distances imposed. Quite clearly it would be dangerous to the runners if the javelin could be thrown too far. It would also be embarrassing for some of the throwers if they had to search for their hammer or shot in the brook.

The circuit has kindly agreed to host the 5k and 10k races. In keeping with tradition, the 10k will be held on the first Tuesday in May starting at 7.30 p.m. The programme sees the 5k being run beforehand to give runners the opportunity of doubling up. There will no longer be a marathon, but instead a half marathon. This will take place on a Sunday in early March. Flora has announced interest in sponsoring as part of the build up to the London Marathon.

Preparation for the Olympic village is already taking place. Every year – hopefully in early July, Bernie Ecclestone permitting – thousands of sporting enthusiasts (*sometimes alternatively referred to as petrol-heads -- Ed*) descend on Silverstone. The fields around Silverstone will be awash with tents and caravans. The list of families willing to do B & B is in place. A contingency plan is also in place that will see the Olympic village at Glastonbury with athletes being driven to Silverstone by bus. Farmer Giles has agreed attractive rates to tow buses from the muddy fields with his tractor. The traditional fry up at 4 a.m. on race day for breakfast will be mandatory for all athletes.

We have been told that we will be allocated the majority of the £30 billion that will be required to host the event. We are confident that we can do it for less, in which case the surplus will be distributed to members by the treasurer from his new office / home on an exclusive island in the Maldives (or similar).

A number of key positions within Silson Joggers have already been filled and it is refreshing that former members have also offered their support. Apologies to any Joggers who would have liked to do these jobs but a team had to be put in place to support the bid. The positions so far filled are:

Event Director	Graham Linnell	Who else?
Lighting the flame	Jacques Chirac	
Communications	Eddie Shoesmith & Mark Armstrong	Eddie will produce all newsletters whilst Mark will maintain the web-site
Race Entries	John Fowler	All athletes will be charged £4.50 to enter their event and must provide a stamped addressed envelope. Entries on the day will be taken at £6.00

Kit sellers	<i>The Running Shop</i>	Julia Shepherd will come out of retirement. All Olympic athletes will be offered a discount on new kit bought
Security & Crowd Control	Jerry Linley	If you don't know, don't ask!
Medical & Massage	Frank Newton & Miss Whiplash	
Race Drinks	The Taylors	Black dustbins will be provided
Catering	The Ladies	
Sand	Nick Jerome	Required for the long jump / high jump and pole vault pits – back to traditional materials
Equipment	Linnell Brothers	All race equipment will be made of wood.
Commemorative stamps	Gerald Lovell	Athletes complain that they need a memento. Now they will be able to buy them

This is a great honour for Silson Joggers and secures our heritage. It is proposed to commission a statue of one of our great athletes to celebrate the help that Lord Coe has given to us. The statue will, of course, be made of wood.

We know that we can count on your support. This is a unique opportunity to be part of the sporting heritage of Silson Joggers. A chance to become a legend (there are already a few Joggers who think that they are already!). 2012 will soon be here.

**Anonymous Olympic correspondent**

## On and off the road ...

### Weedon 10k (EMGP series, Wed 7 June 2005)

Human Energy AC hosted the fifth race in the East Midlands Grand Prix Series over the hilly course around Weedon. Silson Joggers produced more excellent results. The race was won by Gordon Lee (OWLS) in 32:38 followed by Gareth Deacon (Coventry Godiva) in 33:40 and Mike Aldridge (Wootton) in 33:57. The ladies race was won by Nikki Nealon (Huncote) in 37:18 with Imogen Thornburgh (Milton Keynes) second in 38:16.

A close battle developed between Chris Rogers and Andy Wright for Silson with Chris taking 17th place in 36:22 and Andy 18th in 36:38 (equalling the club record for M40). Dave Coates was 48th in 39:14 followed by Graham Linnell on his return to road racing in 58th place in 39:40.

Other Silson Joggers:

72nd	Mark Armstrong	40:24
87th	Andy Taylor	41:15
126th	Andy Hoare	43:24
132nd	Jody Willis	43:53
210th	Graham Smith	47:43
231st	Julia Shepherd	48:56
		1st F60 lady / club record
233rd	Andy Pate	49:00
239th	Tim Hulett	49:36

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

**John Fowler**

## **Banbury 5 (EMGP series, Wed 14 June 2005)**

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Holiday and work commitments meant that there was a reduced turnout from Silson Joggers for the 6th race in the East Midlands Grand Prix Series, with Banbury Harriers acting as the hosts.

The race was won by Gordon Lee (OWLS) in 25:38 exactly a minute ahead of Michael Aldridge of Wootton. Paul Harwood of Aldershot & Farnham was third in 26:48. The ladies race was won by Nicki Nealon from Huncote Harriers in 29:19.

Andy Wright led the Joggers home in 16th place (4<sup>th</sup> M40) in a new age record time of 28:52. Kevin Reboul was 53rd in 30:29, Jody Willis 154th in 34:11, Andy Pate 236th in 37:45, Julia Shepherd (1st F60) in a new club age record time of 37:55, Claire Todd in 39:11 and A Eyre, on her debut for the club in 41:18. In all there were 379 finishers.

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

**John Fowler**

The Joggers only had a small contingency but we weren't cross (get the pun, Banbury, cross!)

The race conditions were quite cool and dry, in fact as good as you can get for this time of year. Well organised as usual with the same undulating course. The outstanding performances were Andy Wright and Julia Shepherd, both have been on superb form during this road racing season - I stand back in awe!

I always like the fast finish to this race but I think Julia might have been less impressed - sorry about the last 200 metres.

**Vest**

(Patent pending)

## **Harborough 5 (EMGP series, Tues 20 June 2005)**

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6 runners from Silson Joggers made the long trip to Market Harborough for the penultimate race in the East Midlands Series. The 5 mile race was won by Moumin Geele from Leicester Coritnian in 24:48 followed by Gordon Lee (25:49) and Steve Platts (25:54) both from OWLS. The ladies race was won by Nicki Nealon (Huncote Harriers) in 29:24

Once again Andy Wright led the Joggers home in 26th place in 29:18. Dave Coates finished in 31:11, Jody Willis in 33:36, Andy Pate in 38:09, Tim Hullett in 38:33 and Claire Todd in 40:47.

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

**John Fowler**

### **THE WRIGHT STUFF**

Andy Wright is a true athlete, it transpires that he did 100 miles cycling on Friday night / Saturday morning and then a competitive 70 mile cycle on Sunday. Not content with his Triathlon cycling training he turns up on Tuesday night and posts another impressive time. I think we should simply call him STAMINA.

Well onto the race, too hot, too humid, too hilly, yes it's Harborough. This isn't a 5 mile for the faint hearted. The first mile lulls you into a false sense of security with the flat / downhill / flat start. The second mile isn't too bad. The third mile - Blimey O'Reilly , who put the long hill into it ? The fourth mile seems far easier and the last three quarters of a mile is the fast run in through the designer housing estate by the prison. I heard someone call it a picturesque finish, I think he was Stevie Wonder's brother.

The winner was Moumin Geele ( Leicester Corinthians ) in 24.48 , a whole 1m 1sec in front of the runner up. This is the African man who won the Silverstone 10k but a huge distance.

The encouragement from Dave & Jody on the last 150 metres was much appreciated even though I felt knackered. I must add other observations, Dave Coates seems to clock up very good time but doesn't look tired, Jody says he feels too sleepy to run and then does a PB, Tim Hullett is posting very impressive times. Meanwhile Claire and I seem to agree we need some hill training , speed training and flatter courses to improve on our recent times (not asking very much are we!).

Next stop Milton Keynes, 5th July.

**Vest** (Official logo)

## Colworth Marathon

(Fri – Sun, 17– 19 June 2005)

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Whilst most people were enjoying the hot weather over the weekend, the Colworth marathon was taking place. The event is run over three days with the total distance being the equivalent of the marathon of 26.2 miles and is run off road. Two members from Silson Joggers completed the marathon. In all there were 85 finishers.

Friday night saw a gentle opener with a 5 mile race. This saw Graham Linnell finishing in 27<sup>th</sup> place and Norman Carter 64<sup>th</sup>. Saturday was much hotter and more humid and the runners have to complete in a 8.1 mile trail race. Graham Linnell finished 18<sup>th</sup> and Norman Carter 38<sup>th</sup>. Sunday was even warmer and more humid with temperatures in excess of 30 degrees and the runners were faced with a half marathon of 13.1 miles. Graham Linnell finished in 31<sup>st</sup> place and Norman Carter in 38<sup>th</sup> place.

Overall the series was won by Alan Turnbull (Riverside Runners) in 2:38:09, well ahead of Tony Dadd (Bedford Harriers) in 2:52:29. The ladies race was won by Rachel Sutcliffe (Riverside Runners) in 3:17:11. Graham Linnell finished 22<sup>nd</sup> in an overall time of 3:22:03 and Norman Carter 31<sup>st</sup> in 3:37:50

John Fowler

## Milton Keynes 10k (EMGP series, Tues 5 July 2005)

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Milton Keynes AC hosted the eight and last race in the East Midlands Grand Prix Series, sponsored by Mizuno and The Running Shop (Northampton). Cool and damp conditions greeted the runners at the start at Woughton Playing Fields. The race finishes at the Open University and first runner back was Steve Platts (OWLS) in 31:55 closely followed by his team mate, Gordon Lee, in 32:08, with David Macharia (Kent AC) third in 32:34. The ladies race was a local affair with runners from Milton Keynes AC in first and second places. Vicky Pincombe won in 37:04 with Michelle Lee second in 37:43.

15 runners from Silson Joggers completed the race and once again they were led home by Andy Wright in 18<sup>th</sup> place overall (3<sup>rd</sup> Vet Man 40) in a new club record time of 35:58. Other prizes won by Silson Joggers were in the Vet Female 60+ category where Julia Shepherd won the race in 48:10 (a new club record) with Carol Debney in third place. In all there were 397 finishers. Results for Silson Joggers:

18	Andy Wright	35:58	3 <sup>rd</sup> M40	New club age record
47	Kevin Reboul	38:06	M40	
54	David Coates	38:20	M45	
79	Graham Linnell	39:24	M45	
87	Mark Armstrong	39:40	MS	
131	Andy Taylor	41:29	MS	
144	Andy Hoare	42:08	M45	
154	Jody Willis	42:32	MS	
240	Dan Taylor	46:29	MS	
248	Andrew Pate	47:03	M45	
275	Julia Shepherd	48:10	1 <sup>st</sup> F60	New club age record
277	Claire Todd	48:16	F40	
287	Tim Hullett	48:49	M55	
290	Graham Smith	49:06	M55	
328	Sarah Ayre	52:29	F35	Our new lady runner, well done
387	Carol Debney	62:51	3 <sup>rd</sup> F60	

One the night Silson Joggers finished 3<sup>rd</sup> Vet Men's team, 4<sup>th</sup> Senior Men's team and 4<sup>th</sup> Senior Ladies team

In the series, the best five results in the eight races count to the overall prizes. Andy Wright (M40) and Dave Coates (M45) both finished fourth in their age categories. The Senior Men's team were 5<sup>th</sup> overall and the Vet Men's team were 3<sup>rd</sup> overall.

John Fowler

## **Milton Keynes 10k (EMGP series, Tues 5 July 2005)**

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### ***LAST BUT NOT LEAST***

Tuesday saw the Milton Keynes 10k and the last of this seasons East Midlands Grand Prix Road Racing season. After 8 races those who compete in 5 or more races receive placings for the series. More about the series placings in another report.

This may have been the last race but the race standard of the Joggers was as high as it has been through the season. 16 Joggers turned out and all finished.

Unlike last year the weather was rainy and overcast. Being from the North it suits me because a) I am used to playing sports in the rain b) I am daft as a brush.

The course was the usual flat route around the red ways, some parkland and a quick flirt with Willen Lake.

I think everyone enjoyed themselves, particularly Tim Hullett who recorded a 10k PB and Julia Shepherd who seemed to appreciate me waving to her when I was running under the bridge and she was running over it just before the 9k marker. Julia, I always try to be friendly. The series battle between Claire & Julia continued and was closely fought. You will catch her next time Claire.

We achieved some good team results on the night - Mens 4th place, Vet Mens 3rd place, Ladies 10th and Ladies vets 4th.

Full results for the Joggers make interesting reading (see previous page).

See you all at Wellingborough for the 5 miler on August 7th.

**Vest** (Patent pending )

## **Cranfield 5k (EMGP series, Fri 8 July 2005)**

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### ***THE MISSING VEST***

Two Joggers started and remarkably two Joggers finished but only one famous green and yellow vest was on display. It was very considerate of Mark to save the club £6.00 by not having to reimburse his race entry fee by wearing an anonymous T-shirt. His excuse was pretty poor. He had taken part in the Milton Keynes 10k on the Tuesday and he had not washed his vest. Mark - there are two possible answers to your dilemma:

1. What do you have a Jennifer for, if it is not to wash your kit on demand?
2. Why not buy a second running vest?

The first is clearly the politically correct solution, although the second may be less painful to negotiate. The classic "are you a man or are you a mouse?" syndrome.

The record will show that the race was won by Neil Addison (Shaftesbury Barnet) in 15:31, closely followed by Ben Livesey (RAF) in 15:38 and Daniel Lewis (RAF) in 15:59. The ladies race was won by Phillippa Prescott (Bedford & County) in 17:56. The man with no vest finished creditably in 41<sup>st</sup> place in 18:47. The other "fat old bloke but wearing a club vest" finished. Not ordinarily remarkable other than recent results have been a mixture of "did not finish" or "could not be bothered to turn up". The worrying thing for just under 1/3 rd of the field, is that he beat them.

This is a good local run. They do not take entries on the night so it will not suit the prima donnas who wait to see what the weather is like before deciding whether to run or to stay in and wash their hair. There is ample car parking. It is well organised and over a reasonably flat course. Cranfield University Students Association prepares a good barbeque and there is a bar. Ideal pre or post race preparation.

***The fat old bloke***

## Blisworth 5 (Fri 29 July 2005)

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Wootton Road Runners hosted the popular Blisworth 5 mile road race on Friday night and the race saw 369 finishers. The race was won easily by Matt Lole (Coventry Godiva Harriers) in 24:06 well clear of Paul O'Callaghan (Solihull & Smallheath) in 25:25 and Steve Phillips (Bedford & County) in 26:21. The ladies race was closer and was won by Bev Jenkins (Salford Harriers) in 27:55 closely followed by Sue Harrison (Leamington C & A C) in 28:08 and Michelle Lee (Milton Keynes A C) in 28:43.

Jeff Haynes led Silson Joggers home in 25<sup>th</sup> place overall but first Vet Man 50 in a new club age record time of 28:25. Other runners from Silson Joggers were David Allen (69<sup>th</sup> in 32:00), Andy Taylor (72<sup>nd</sup> in 32:04), Dave Lantsbery (95<sup>th</sup> in 33:08), Graham Smith (171<sup>st</sup> in 37:11), Dan Taylor (188<sup>th</sup> in 37:49), Derek Bain (314<sup>th</sup> in 44:00) and John Fowler (329<sup>th</sup> in 45:22).

*John Fowler*

## Race dates

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**Sun 4 Sept Carol Haslam 10k Memorial Run** (Multi-terrain – Tiddenfoot Leisure Centre, Leighton Buzzard, 11 am)

www.leightonfunrunners.freeserve.co.uk, helen99dunham@aol.com, 01494 772153

**Sun 4 Sept Cransley 10k and Half-marathon** (Kettering, 11 am)  
tedbarton@tesco.net

See emails from Andy Pate or ring Andy on 01327 858514

**Sat 24 Sept Midlands Relays** (Sutton Park, Sutton Coldfield, Birmingham)  
Silson Joggers taking part, contact Andy Pate, 01327 858514

**Sun 25 Sept Leighton 10** (Leighton Buzzard, 10 am)  
www.leightonbuzzardac.co.uk, andy\_inchley@hotmail.co.uk

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## Race dates

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**Sun 25 Sept Cornerstone East Carlton 5** (Corby, 10 am)  
corbyac@ntlworld.com

**Sat 8 Oct Silson Joggers Handicap XC** (Bucknell Woods, 10 am)  
Contact Graham, 01327 341009

**Sun 9 Oct Woburn Rhino Run 10k** (Woburn, Beds, 10 am)  
www.savetherhino.org, katy@savetherhino.org

**Sat 15 Oct Chiltern League XC, Race 1** (Watford)  
Contact Graham, 01327 341009

**Sun 16 Oct Buckingham 10k Fun Run**  
www.buckinghamfunrun.org.uk

**Sun 16 Oct Cancer Research UK 10k** (Althorp, Northants, 11 am)  
www.cancerresearchuk.org/10k

**Sun 23 Oct Ampthill Cross-Country Trophy** (Ampthill, Beds, 11 am, 8 km)  
www.ampthilltrophy.org.uk, ady.wadsworth@virgin.net, 01525 710420

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## Chiltern League Cross-Country Fixtures, 2005/2006 Season

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Sat 15<sup>th</sup> October                      Watford

Sat 5<sup>th</sup> November                      RAF Halton

Sat 3<sup>rd</sup> December                      Luton or Oxford

Sat 7<sup>th</sup> January                      Stowe

Sat 11<sup>th</sup> February                      Wing