



The 10k Times

Dec 2004/Jan 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 23rd January 2005



TRAINING

We are coming to the end of a very encouraging year as far as the training sessions are concerned, with numbers gradually building throughout, enabling us to have some really constructive sessions. At the moment we have quite a few members who have hardly missed a session, and are running well – deservedly so for all the commitment shown. Even the Sunday runs are going well; we can now boast three training groups, and everybody has another similarly paced member to run with.

With Christmas falling at a weekend, we will miss the Sunday run on Boxing Day, resuming at the Circuit as normal on Wednesday 29th. The famous mince pie run from Nether Heyford will be on 2nd January. Also, we will be going to Claire Todd's house in Blakesley on Sunday 30th January for an off-road run.

Sunday morning sessions

Meet 9.30 am at Silverstone Sports & Social Club, Abthorpe Road, Silverstone (unless stated below)

Wednesday evening sessions

Meet 6.30 pm at the gatehouse, main entrance to Silverstone Motor Racing Circuit.

Training dates to note

Sunday 26th December: no training

Wednesday 29th December: at the circuit as usual

Sunday 2nd January: 9.30 am at Graham & Alison's (2 Bugbrooke Road, Nether Heyford), the New Year Mince Pie Run

Wednesday 12th January: Winter Cup, 5k time trial (at the Circuit)

Sunday, 30th January: 9.30 am at Claire Todd's house (4 Poplar Close, Blakesley), off road shoes would be helpful

Wednesday 2nd February: Winter Cup, 1.6 mile time trial

Sunday 6th February: 9.30 am at Graham & Alison's

I would like to take this opportunity to wish you all a very happy Christmas and a healthy New Year. Let's stick together and enjoy 2005; your company has been excellent.

Graham

01327 341009

WINTER CUP 2004/2005

We had 19 members competing in the first leg of the winter cup in November. From that race you will have been given a percentage 'handicap' that you will keep throughout the winter. That figure was worked out by putting your time against that of the back marker in the field. The percentage handicap was the amount that needed to be added to your time to bring it to the time of the back marker. For the rest of the series your recorded times will be increased by this percentage handicap to give a 'handicapped time'. When all these handicapped times have been worked out, the fastest will be given 1000 points. For every second you are slower than the fastest handicapped time, you will lose a point from the maximum 1000 (easy, see below)

Your time for first race = 10 mins. Back marker's time = 11 mins

Your handicap percentage = +10%

Your time in the second race = 20 mins

Adding 10% gives a handicapped time of 22 mins for the second race

Fastest handicapped time in second race = 21 mins

The difference being 60 seconds, you will score $1000 - 60 = 940$ points for the second race

HERE ENDETH THE SILSON JOGGERS MATHS LESSON.

N.B. IF YOU HAVE ANY QUERIES ABOUT THE AMOUNT OF POINTS YOU HAVE BEEN AWARDED PLEASE PHONE EDDIE SHOESMITH**

Graham
01327 341009

[** *Just trust me, I'm a statistician – Ed*]

REMAINING WINTER CUP RACES

12 th January	5k time trial (full Grand Prix lap)
2 nd February	1.6 mile (short circuit)
2 nd March	2.5 mile (75% grand prix lap)
6 th April	5k time trial (full Grand Prix lap)
27h April	10k (as the Silverstone Grand Prix, with mile markers)

REMAINING CROSS COUNTRY FIXTURES

Chiltern League

8 th January	Watford
12 th February	Wing

County XC championships

15 th January	Abington Park, Northampton
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Midland XC championships

29 th January	Stafford
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National XC championships

19 th February	Birmingham
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If you want to run in the county champs and do not have an entry from, contact me BEFORE CHRISTMAS.

As with the other two championship races, I need to know before Christmas, if you are running (no late entries accepted)

Graham
01327 341009

****LONDON MARATHON – 17th APRIL 2005****

Applications for the club place to me before Christmas. Usual rules of allocation.

- First Claim Club Member
- Must have applied and been rejected
- If more then one applicant then a draw is made.

John Fowler
01327 857881

WINTER CUP 2004/2005, Race 1, 1.6 miles

3 November 2004

		Actual time		Handicap	Handicapped time		Points
		mins	secs		mins	secs	
Mark	Armstrong	9	46	+54%	15	04	1000
Fay	Boams	12	59	+16%	15	04	1000
Norman	Carter	10	41	+41%	15	04	1000
Ryan	Carter	12	36	+20%	15	04	1000
Dave	Coates	9	43	+55%	15	04	1000
Jim	Darcy	9	33	+58%	15	04	1000
Carol	Debney	15	04	+0%	15	04	1000
Jennifer	Dunkley	14	34	+3%	15	04	1000
Roger	Elkin	10	25	+45%	15	04	1000
John	Fowler	11	59	+26%	15	04	1000
Rachael	Jordan	12	14	+23%	15	04	1000
Graham	Linnell	9	55	+52%	15	04	1000
Alan	Lock	14	04	+7%	15	04	1000
Linda	Lytollis	10	32	+43%	15	04	1000
Andy	Pate	11	07	+36%	15	04	1000
Trevor	Ray	11	37	+30%	15	04	1000
Chris	Rogers	9	01	+67%	15	04	1000
Andy	Wright	8	56	+69%	15	04	1000

WINTER CUP 2004/2005, Race 2, 2.5 miles

8 December 2004

		Actual time		Handicap	Handicapped time		Points (race 2)	Points (race 1)	Total points
		mins	secs		mins	secs			
Mark	Armstrong	15	32	+54%	23	58	903	1000	1903
Faye	Boams			+16%				1000	1000
Norman	Carter	16	13	+41%	22	52	968	1000	1968
Ryan	Carter	19	15	+20%	23	1	959	1000	1959
Dave	Coates			+55%				1000	1000
Jim	Darcy			+58%				1000	1000
Carol	Debney	25	27	+0%	25	27	813	1000	1813
Jennifer	Dunkley			+3%				1000	1000
Roger	Elkin	15	42	+45%	22	43	978	1000	1978
John	Fowler	19	50	+26%	24	56	844	1000	1844
Jeff	Haynes	20	3	+69%			1000		1000
Rachael	Jordan			+23%				1000	1000
Graham	Linnell	15	34	+52%	23	39	921	1000	1921
Alan	Lock	20	54	+7%	22	23	997	1000	1997
Linda	Lytollis	15	37	+43%	22	20	1000	1000	2000
Andy	Pate			+36%				1000	1000
Trevor	Ray			+30%				1000	1000
Chris	Rogers	17	12	+67%	28	44	616	1000	1616
Dan	Taylor	15	57	+40%			1000		1000
Claire	Todd	18	43	+25%			1000		1000
Andy	Wright	13	44	+69%	23	10	951	1000	1951

On the road ...

Linda takes an early lead in the Winter Cup

As you can see from the table on the previous page, Linda Lytollis – after taking the ladies' cup for the Club Handicap cross-country – has now taken an early lead in the Winter Cup on the Circuit. Her run in the second race, 2.5 miles from bridge to bridge round the circuit, gave her the fastest 'handicapped time' and consequently the maximum 1000 points. However, Alan Lock is only 3 points behind, on a total of 1997 points. In third place is Roger Elkin (1978 points), followed by a developing family contest between Norman (1968 points) and Ryan Carter (1959 points).

There are plenty of points still to be won in the remaining races.

Eddie Shoemith

Snail's** Perspective of the Great South Run (Southsea, Sunday, 10 October 2004)

[** not to be confused with *The Snail* – Ed]

I like the Great South Run! It's a good course, and provides a good excuse for a weekend by the sea. I have done the GSR twice before and it just gets better and better. Despite having 15,000 runners, it doesn't get much publicity. Everyone has heard of the Great North Run, but nobody seems to know anything about its southern counterpart. It was covered on national TV, but on Channel 5 at midnight!!

The run takes place in Portsmouth and Southsea over ten miles, which is a nice distance for snails like me – not as far as a half marathon but too far for there to be any expectation other than to settle in to a steady pace. The course, which starts and finishes on Southsea seafront, is flat, and advertised as being suitable for setting a PB. This wasn't an option for me and although I really enjoyed the run it was something of a PW! There's always a good crowd round most of the course, and with so many runners even the snails don't get lonely.

This year, for the first time, chip timings were used, and the start took place in three 'waves'. This was an improvement on previous years and reduced the congestion in the narrower parts of the course. The race is always well organised, but in the past the start has been delayed because traffic jams have prevented many runners getting to the start on time. This year everyone must have read the pre-race instructions because the race started promptly. The post-race 'goodies' are worth having – an attractive medal, a good-quality teeshirt, an energy bar and various food samples.

I was pleased with my time in 2002 and hoped to improve on it this year. But my training didn't go well and a few weeks before the race I realised I hadn't made any progress at all. I thought I wasn't trying hard enough until a public-spirited visit to a blood donor session revealed that I was anaemic. The GSR is my favourite run so I decided that I would still take part but jog all the way, in a manner befitting to an anaemic snail. This worked well – I got round and enjoyed the experience, but my time (1 hr 51) is something of an embarrassment!

I have recently finished my course of iron tablets, been pronounced healthy and have already entered next year's GSR.

Shirley Williams

Wolverton (or Willen) 5 miles (Milton Keynes, Saturday 27 November 2004)

or

BEING SOCIABLE DOES NOT HELP YOUR RUNNING TIMES

He is a nice guy and a returning Jogger and one of the leading runners in the club but ... being sociable does not help with race times. Why do you think that some of us at the other end of the field have perfected the art of being antisocial (where was the Bain?)?

A couple of minutes before the start of the Willen 5, Andy Wright was seen at the wrong end of the 350 runners at Willen Lake bring friendly to his fellow Joggers. Not ideal race preparation when, without any prior warning, the claxon to start the race is sounded. Andy found himself in real trouble having to run this slowly in such an elite pack of Joggers. His attempts to work his way out of the tail end and closer to the leaders added many seconds to his time. He "only" finished in 29.51, missing out on the club age record by just a few seconds. Andy finished 47th overall and 7th Vet Man 40. The moral us - be a miserable Jogger and run quicker!

At the real sharp end of the race, three Joggers set record club times for their age groups. Peter Morris (Vet Man 50) finished in 38:55, June Braithwaite (Vet Lady 45) in 46:02 and Shirley Williams (Vet Lady 50) in 44:50 – all improving the club records.

The race was won by Owain Matthews (Bedford & County) in 24:45 with three other runners under 25 minutes. The ladies race was won by Sharon Morris (Bedford & County) in 28:14.

Joggers' results are as follows:

47	Andy Wright	29:51
78	Jim Darcy	31:38
229	Trev Ray	38:48
234	Peter Morris	38:55
270	John Fowler	41:35
308	Shirley Williams	44:50
315	June Braithwaite	46:02
325	Barry Bearman	48:17
328	Peter Barnes	48:45

Full results can be found on www.mkac.org.uk

John Fowler

Andy Reading Memorial 10k and Great Barford half-marathon (weekend of 11/12 Dec 2004)

The last weekend saw runners from Silson Joggers racing over either a 10km course at Bicester or a half marathon at Great Barford, Bedford. Pride of place went to Phil Melling who finished 17th overall at the Great Barford half in a time of 1:17:58. Other runners over the 13.1 mile course included Jody Willis in 1:43:44 and Andy Pate in 1:50:35. The race was won by Huw Lobb from Bedford & County in 1:09:45.

Alchester RC and Bicester AC jointly hosted the Andy Reading Memorial 10k and this saw Silson Joggers led home by Trev Ray in 48:58 followed by Shirley Williams in 58:12 and June Braithwaite in 59:14. The race was won by Tom Lowe of Cheltenham Harriers in 30:33.

John Fowler

(as published in the *Buckingham and Winslow Advertiser*, Fri 17 Dec)

Off the road ...

Eric Andrews cross-country races (Banbury, Sunday 14 Nov 2004)

ROGERS COMES HOME FIFTH

Silson Joggers took a depleted squad to the Eric Andrews cross-country races on the excellent Drayton School course at Banbury.

However Chris Rogers, who has been training really hard, was rewarded as he moved through the field to finish fifth. After a good start, Mark Armstrong lost a few places on the second lap of the undulating course and eventually crossed the line in 19th place. The improving Roger Elkin is getting back to form after a year out with injury, and he pushed Armstrong all the way in the later stages and only two seconds separated the pair at the finish. Elkin came home in 20th position.

The men's team finished fourth overall, with Woodstock Harriers taking first place.

The ladies were hit most by an illness bug as they failed to raise a team, but both Lynda Lytollis and Alison Linnell ran very well. The former continued her good form on the country this season with a very good sixth place, while Linnell ran very strongly for eighth place.

Graham Linnell

(as published in the *Buckingham and Winslow Advertiser*, Fri 19 Nov)

Chiltern League Cross-Country, Division 2, 2004/2005 2nd race, Oxford, Saturday 30 October 2004

Senior/Junior/Veteran Men

3	Andy Wright	38.08
13	Chris Rogers	40.12
31	Jim Darcy	42.12
32	Dave Coates	42.13
39	Kevin Reboul	42.50
56	Graham Linnell	44.18
59	Roger Elkin	44.35
71	Andy Hoare	47.16
78	Norman Carter	49.19
82	Steve Hardy	50.33
91	Andy Pate	52.39
94	Tim Hulett	54.69

Under 13 Boys

24	Ryan Carter	16.28
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Senior/Veteran Ladies

14	Lynda Lytollis	28.41
21	Suzi O'Shea	30.52
23	Claire Todd	31.31
24	Julia Shepherd	31.35
26	Alison Linnell	32.28
34	Karen Vines	34.41
42	Faye Boams	38.12

**Chiltern League Cross-Country, Division 2, 2004/2005
2nd race, Oxford, Saturday 30 October 2004**

ANDY GETS IT WRIGHT IN THE MUD

Shotover Hill in Oxford was the venue for Silson Joggers' second Chiltern League fixture of the season. They travelled without several regulars, but were able to maintain fourth place with several outstanding performances and another good squad display.

Andy Wright, returning to the club after a break of several years, made light work of the muddy conditions to cross the line in 3rd position, an outstanding run on such a testing course. Also in good form was Chris Rogers who was placed 13th.

As in the first fixture, only one second separated Jim Darcy and Dave Coates, but again it was the former who had the edge by finishing 31st, one place ahead of Coates. Kevin Reboul can be pleased with 39th place in his first race of the season. Graham Linnell (56th), Roger Elkin (59th) and Andy Hoare (71st) completed the club's scoring runners.

Norman Carter found the heavy conditions to his liking as he came home in 78th place, with Steve Hardy 82nd, Andy Pate 91st and Tim Hulett 94th.

The Silson ladies were at full strength and it was Linda Lytollis who again led them home in 14th place. She was followed by Suzi O'Shea 21st, Claire Todd 23rd, Julia Shepherd 24th and Alison Linnell 26th.

Karen Vines improved on her first outing to post 34th place, while Fay Boams finished 42nd.

The course also suited Ryan Carter better than the first fixture, and his 24th position in the colts' race scored good points.

Graham Linnell

(as published in the *Buckingham and Winslow Advertiser*, 5 Nov 2004)

**Chiltern League Cross-Country, Division 2, 2004/2005
3rd race, Luton, Saturday 4th December 2004**

Senior/Junior/Veteran Men

9	Andy Wright	38.07
33	Kevin Reboul	41.14
35	Graham Linnell	41.25
46	Roger Elkin	43.04
48	Mark Armstrong	43.08
51	Tony Keech	43.23
58	Jim Darcy	43.55
71	Norman Carter	46.02
82	Steve Hardy	47.33
83	Mike Jones	47.54
90	Andy Pate	50.02
95	Alan Lock	60.22

Under 13 Boys

25	Ryan Carter	11.36
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Senior/Veteran Ladies

11	Lynda Lytollis	27.09
23	Alison Linnell	31.29
25	Julia Shepherd	32.16
33	Karen Vines	34.19
38	Faye Boams	37.59
40	Carol Debney	41.35

Chiltern League Cross-Country, Division 2, 2004/2005 3rd race, Luton, Saturday 4th December 2004

Despite having 17 runners at Luton for the third race of the series, Silson Joggers were hit badly by illness and injury, and faced a struggle to hold on to the 4th place in league 2 of the Chiltern League. Quite a few who bravely turned up were suffering the effects of a recent virus, so gutsy performances were required all round and that is just what we got.

First away on the wooded parkland course in the junior race was an improving Ryan Carter, who ran strongly to record 25th place in a short, highly competitive race.

The next race was the ladies and Linda Lytollis maintained her good early season form by crossing the line in 11th place, a season's best. Alison Linnell also had her best run this year by finishing in 23rd position. Julia Shepherd, struggling with the virus, recorded a very creditable 25th place. Karen Vines and Fay Boams finished 33rd and 38th respectively. With Carol Debney making her league debut, she can be pleased with her 40th place.

Andy Wright was again to the fore in the men's race, crossing the line in 9th place. A close battle ensued between Kevin Reboul (33rd) and Graham Linnell (35th). Equally close was the race between Roger Elkin and Mark Armstrong: Elkin had the edge in 46th place, with Armstrong finishing 48th. Solid races were run by Tony Keech (51st) and Jim Darcy (57th) with Norman Carter (71st) also scoring very good league points. The club had two runners in the eighties: Steve Hardy (82nd) and Mike Jones (83rd). Andy Pate (90th) and Alan Lock (95th), also making his league debut, completed a very good team performance.

The reward for the spirited showing was to remain in 4th place in the league. Next up for the Joggers cross country squad is a trip to Watford on January 8th for the fourth Chiltern League fixture.

Graham Linnell



Here's a selection of photographs from the third Chiltern league fixture at Luton. I don't know whether it was the poor and worsening light conditions, me having my camera inadvertently set at a rather strange (one might say experimental) setting, or just my ineptitude with a camera, but the photographs weren't too impressive. However, here's the pick of a mediocre bunch (of photographs, that is – the subjects are very impressive – just look at how fast Mark is travelling). Clockwise from top left: Linda Lytollis, Norman Carter, Roger Elkin, Mark Armstrong, Andy Wright, Graham Linnell, Julia Shepherd. -- Ed



Chiltern League Cross-Country, Division 2, 2004/2005

League standings after 3 races

Males overall scores		points
1	MAIDENHEAD	1893
2	TRING RUNNING CLUB	1854
3	THAME RUNNERS	1548
4	HANDY CROSS	1522
5	SILSON JOGGERS	1469
6	BURNHAM JOGGERS	1234
7	WYCOMBE PHOENIX	954

Females overall scores		
1	MAIDENHEAD	538
2	BURNHAM JOGGERS	469
3	TRING RUNNING CLUB	356
4	WYCOMBE PHOENIX	320
5	SILSON JOGGERS	289
6	QUEENS PARK H.	281
7	THAME RUNNERS	261

Total overall scores		
1	MAIDENHEAD	2431
2	TRING RUNNING CLUB	2210
3	THAME RUNNERS	1809
4	SILSON JOGGERS	1758
5	HANDY CROSS	1737
6	BURNHAM JOGGERS	1703
7	WYCOMBE PHOENIX	1274

(18 teams in the league)

Race dates

- Sun 19 Dec** **Wendover Woods 5**
 (10.30 am) Wendover Woods, Wendover
 £3 (+£1 on the day)
 Contact: Gary Walford, 41 Saunderton Vale, Saunderton, High Wycombe,
 Bucks, HP14 4LJ
- Sun 26 Dec** **Vale of Aylesbury AC Annual Boxing Day Races (6.5 k road)**
 (11.00 am) Bell Hotel, Market Square, Aylesbury, Aylesbury
 £5/£6
 Contact: Colin Steptoe, 01844 347509, www.voaac.co.uk
- Sat 8 Jan** **Chiltern League race 4 (Cassiobury Park, Watford)**
Contact: Graham 01327 341009
- Sun 16 Jan** **Not the Roman IX**
 (11.00 am) NFU Sports & Social Club, Tiddington, Stratford-upon-Avon
 £7/£8 (entries in advance only)
 Contact: Ashley Sherren, 01926 494485 (day), 01789 841489 (eve),
 notthe.roman9@virgin.net, www.stratfordac.co.uk
- Sun 16 Jan** **Wendover Multi-Terrain 5m**
 (11.00 am) Wendover Woods, Wendover
 £7/£8 (£10 on the day)
 Contact: Just Racing, 07779 632365, events@justracinguk.com,
 www.justracinguk.com
- Wed 19 Jan** **Eric Humphries Shield Cross-Country 6.5**
 (2.00 pm) Northants Police HQ Wootson Hall, Delapre Park, Northampton
 £3.50/£4.50 (+£1 on the day)
 Contact: Graham Curtis, 01536 744390, 07812 744940
- Sun 23 Jan** **Wellingborough Multi-Terrain 5k/10k/15k (Round 1)**
 (10.00 am) Irchester Country Park, Irchester, Wellingborough
 £6/£7 (5k) - £8/£9 (15k) (all £10 on the day)
 Contact: Alan Rose, Just Racing, 07779 632365,
 events@justracinguk.com, www.justracinguk.com

Race dates

- Sun 6 Feb Asics Watford Half Marathon**
(10.30 am) Cassiobury Park, Watford, WD17 3EZ
£10/£11 (+£2 optional charity donation, entries in advance only)
Contact: 01923-897527 (eve), info@watfordathletics.co.uk,
www.watfordathletics.co.uk
- Sat 12 Feb Chiltern League race 5 (Wing)**
Contact: Graham 01327 341009
- Sun 13 Feb Stamford St Valentine 30K**
(11.00 am) Queen Eleanor School, Green Lane, Stamford, PE9 1HE
£11/£12 (+£1.50 on the day)
Contact: Amanda Hannah, 01778 590631, stamfordstriders@yahoo.co.uk,
www.stamfordstriders.co.uk
- Sun 20 Feb Wellingborough Multi-Terrain 5k/10k/15k (Round 2)**
(10.00 am) Irchester Country Park, Irchester, Wellingborough
£6/£7 (5k) - £8/£9 (15k) (all £10 on the day)
Contact: Alan Rose, Just Racing, 07779 632365,
events@justracinguk.com, www.justracinguk.com
- Sun 20 Feb Adidas Woburn 10k**
(10.00 am) Woburn Abbey, Woburn
£12/£13 (entries in advance only)
Contact: Mike Gratton, 01252 373797, 07747 781237,
mike@209events.com, www.woburn10k.co.uk
- Sun 27 Feb Marie Curie Cancer Care Daffodil Run - 10K**
(10.30 am) Castle Ashby, Northampton
£10.50/£11.50 (entries in advance only)
Contact: Margot Clements, 01604 442 313, midlandsanglia-
events@mariecurie.org.uk, www.mariecurie.org.uk/events

Race dates

- Sun 27 Feb Marie Curie Cancer Care Daffodil Run – half marathon**
(10.50 am) Castle Ashby, Northampton
£12.50/£13.50 (entries in advance only)
Contact: Margot Clements, 01604 442 313, midlandsanglia-
events@mariecurie.org.uk, www.mariecurie.org.uk/events
- Sun 13 Mar Flora London Half-Marathon**
(12 noon) **PLEASE SEE BOX BELOW**

A call for help – the Flora ‘London’ half-marathon

The third Flora ‘London’ Half-Marathon will be taking place at Silverstone Circuit on Sunday, 13th March 2005. As in the previous two years, Silson Joggers has offered to help marshal the event. The organisers of the Flora Half have indicated that helpers from local clubs are in somewhat short supply this year because of clashes with other events, and have enquired whether Silson can put out more than the 10 helpers we have promised in the past.

Could you please search your consciences and put the date in your diary? It’s a big event with quite an atmosphere. The club gets a financial donation from Flora for each helper we provide, and each individual helper has in the past got a nice Adidas jacket, as well as a packed lunch (the run starts at 12 noon).

Please get in touch with John Fowler without delay if you’re willing to help. The club is committed to three events next year – our own 10k at Silverstone in May (obviously the priority), the Flora half-marathon at Silverstone, and the Race for Life at Towcester (June). The club has more members now than we’ve had for a long while, and the spirit in the club is excellent this season, so I’m sure we should be able to do justice to these commitments. And remember that for the rest of the year, year after year, we run in races which other people have organised, and where other people help and marshal. This is a chance to repay some of those efforts.

Please contact John Fowler – 01327 857881