



The 10k Times

Feb/March 2004

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

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Please send contributions for the next Newsletter:

to Eddie Shoesmith, 3 Glynswood Road,
Buckingham, MK18 1JF (01280 812420)
or even better by e-mail
to eddie.shoesmith@buckingham.ac.uk
by **Sunday 14th March 2004**

SILSON JOGGERS 2004 AGM

The date of the 2004 Annual General Meeting has been fixed:

Friday 23 April, 7.45 for 8.00 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.

There will be further details in the next Newsletter, which will appear early in April. Please put the date in your diary.

PICTURE COMPETITION

On the next page are snaps of our boys doing their stuff at the Chiltern League XC fixture in Slough recently. They have been cunningly pixellated to provide a picture competition (indeed, rumour has it that one or two are pixellated on a regular basis).

Identify all eight runners and you could win a prize. Send in your entries by post or email, and we'll try and think of a suitable prize to give at the AGM.

(The Newsletter editor is, of course, ineligible for the prize. So too are the photographer and relatives of the photographer.)

Eddie Shoesmith



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A reply to 'Disgruntled' on the Winter Handicap 10k

Dear 'Disgruntled'

I read with interest your article in the excellent Xmas *10k Times*. Would like to take the opportunity to congratulate you on your victory 10 years ago. You must have had an awesome run -- either that or the handicapping was dodgy?

The reason the 10k handicap was dropped was lack of support. It took Alison and myself 2 hours to set up the Club cross-country on 7th October, for 10 runners. Did you run the event, 'Disgruntled'? I guess not.

The part of the article I would take exception to is "earn your money". It would actually cost me money to put on the 10k handicap as I have to knock off work early to set the course markers out in time for a 6.30 pm start. I would like to have an hourly rate for the hours I put into his club!

Due to the increased training numbers, I did intend to resurrect the 10k handicap again this year on 28th April (Wed), and will look forward to giving you a severe handicap.

Thank you for your ideas, and if anybody else has any suggestions, we would be pleased to hear from you.

Graham Linnell
(name provided)

MEDICAL BULLETIN UPDATE – No 1

I am delighted to be able to confirm that I have a new and highly prestigious client. In the first of a series of bulletins, I am now able to confirm that my client has been to see a consultant who specialises in sports injuries and also treats horses. I have the authority to commence legal proceedings against anyone who even suggests that my client is "an old cart horse" and should be put down.

The diagnosis is that my client has not hurt his knee but his knee hurts. My client has hurt his back but his back does not hurt. As a result, when he runs it is no longer his knee that hurts but his back. It is just that the hurt is around the bit of the body that is between the thigh and the calf. This area will forthwith no longer be known as the knee but the back. That is perfectly clear then.

'Max Clifford'

IT COULD HAVE BEEN YOU!

The draw for the guaranteed club place in the Flora London marathon took place at Claire Todd's house in Blakesley after the Sunday run on Sunday 4th January. The atmosphere was tense as the draw was made. There were two names in the hat.

Congratulations to June Braithwaite and commiserations to Shirley Williams! This will be June's first marathon. Make sure that we all give her the encouragement and support that she deserves.

June - we expect an article from you of your experiences beforehand, on the day and afterwards!

John Fowler

Camping it up

...

A DIRTY (SORRY, MUDDY) WEEKEND IN THE FOREST OF DEAN THE ADIDAS/TRAILPLUS MARATHON CAMP

I ran the London Marathon badly in 2003, and decided to try and do better this year. I realised I'd made a lot of mistakes during my training and also on the big day so when I read about the Marathon Camp it sounded as if it might be just the thing I was looking for.

The camp took place from 9 to 11 January in the Forest of Dean. It was a mixture of classroom sessions and practicals – i.e. lots of running! None of the activities were compulsory and although I found some of the runs quite demanding, it would have been a shame to miss out. Keith Atkinson, the organiser, has a marathon PB of 2:17. His energy, enthusiasm and boundless good humour made him a fantastic leader although he did switch to Rottweiler mode when I decided to walk during a threshold run!

There were over 40 people at the camp. Some had only recently started running and others had completed several marathons and wanted to improve on their times. One participant had done 286 marathons, which shows that when it comes to distance running, there is a lot to learn.

The accommodation was fairly basic – dorm-style bedrooms and slightly scruffy classrooms. We were expected to help with clearing tables and washing up but the whole atmosphere was incredibly friendly. The food was plentiful and of excellent quality. We all consumed a fair amount of wine on Saturday evening, which provided me with an excuse for being feeble during the long run on Sunday!

The forest was great to run through, although we did our first run before breakfast when it was too dark to see the scenery. During the weekend we did a recovery run, which I now understand is a vital part of a training plan (I liked this one!), a 2 x 10 minute threshold session, a hill session and a long run. I'm glad I took advantage of the opportunity to have a massage during the weekend, as I don't think I'd have managed to climb the stairs at work on Monday after so much hard work in just two days!

I learned a great deal and had a brilliant weekend. I would thoroughly recommend these camps to anyone interested in distance running, whether for the London Marathon or another event.

Shirley Williams

Off the road ...

CHILTERN LEAGUE CROSS-COUNTRY

**Division 2, Race 4, Slough
(Saturday, 10th January 2004)**

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

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

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

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

Graham Linnell

CHILTERN LEAGUE CROSS-COUNTRY

**Division 2, Race 4, Slough
(Saturday, 10th January 2004)**

Men's race

7	Jeff Haynes	31:34
17	Jim Darcy	32:30
33	Dave Coates	34:02
40	Graham Linnell	34:23
45	Chris Rogers	34:47
73	Tony Keech	36:40
74	Roger Williams	36:49
77	Dave Lantsbery	37:14
94	Jody Willis	40:07
98	Mark Armstrong	40:45

U17 Men's race

5	David Fowler	24.22
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Women's race

17	Claire Todd	26:07
29	Alison Linnell	28:32
31	Kathy Green	28:56
51	Jennifer Dunkley	34:51

CHILTERN LEAGUE CROSS-COUNTRY

Standings after 4 races

Senior/Junior/Veteran men		
1	Leighton Buzzard	2653 points
2	Bearbrook Joggers	2648
3	Tring Running Club	2260
4	Handy Cross	2147
5	Maidenhead	2118
6	Thame Runners	1835
7	Silson Joggers	1644
8	Gade Valley	1518
9	Burnham Joggers	1390
<i>(14 teams have scored points)</i>		

Veteran men		
1	Tring Running Club	1381 points
2	Bearbrook Joggers	1348
3	Handy Cross	1268
4	Leighton Buzzard	1128
5	Thame Runners	977
6	Silson Joggers	959
7	Wycombe Phoenix	855
<i>(14 teams have scored points)</i>		

CHILTERN LEAGUE CROSS-COUNTRY

Standings after 4 races

Senior/Veteran ladies		
1	Burnham Joggers	692 points
2	Maidenhead	654
3	Banbury	560
4	Tring Running Club	500
5	Silson Joggers	461
6	Bearbrook Joggers	427
<i>(13 teams have scored points)</i>		

Veteran ladies		
1	Maidenhead	610 points
2	Burnham Joggers	442
3	Bearbrook Joggers	393
4	Tring Running Club	356
5	Silson Joggers	329
<i>(12 teams have scored points)</i>		

NORTHANTS XC CHAMPIONSHIPS

(Wellingborough, Saturday 3rd January 2004)

At the Northants XC Championships in Wellingborough, new signing Phil Mellings had a storming run and finished 5th in the senior men's race. He now goes on to represent Northants at the Inter-Counties Championship at Nottingham. Dave Coates was the first green vest home in the veteran men's race in 4th place, and he was followed by Graham Linnell (6th) and over-50 Dave Lantsbery (9th).

Alison Linnell and Kathy Green finished 10th and 13th, respectively, in the ladies' event.

Graham Linnell

On the road ...

A note from our Dubai correspondent

(the Dubai marathon has now taken place, but you may be interested in Nick's message nevertheless)

Hi folks,

You may be interested in visiting the Dubai Marathon website - www.dubaimarathon.org - the race is tomorrow, Friday 9th all round Dubai, starting at 07.00 when the temperature is predicted as 15 degC. About 1000 entries, with plenty of Africans - last year winner was sub 2.10, so no hanging around.

Look at the "visit Dubai" page for a taste of the place.

John, Derek et al - make a note for next year - warm weather, blue seas, plentiful beer and curries - what more do you want?! And I could even put the cheapskates up.

Sorry I couldn't make the cross-country this weekend, but I had to leave the cold and rain behind and get back to work!

Best regards

Nick Jerome

SNETTERTON 10k

(14th December 2003)

It was a long way to drive just to demonstrate to myself that I must have become a real runner. The other two were suitably impressed. On the basis that no one else had expressed interest in running in the inaugural race around Snetterton motor racing circuit, we could not justify the hire of a mini bus. I volunteered to drive. It was dark when we left at 7.30 a.m. Just over two hours later we were in Norfolk. Snetterton race circuit appears to have had a new bypass constructed - "The Power of Octagon" - and there is an area next to the main entrance used as a permanent outdoor market. One of the stalls appeared to be selling "Big Pants", or maybe not by Norfolk standards.

It had been a pleasant sunny drive from Silverstone. One thing that cars are very good at, is shielding you from the wind. Around 100 runners gathered on the circuit starting line and went into the teeth of a howling and bitterly cold gale. Note to Silverstone 10k organisers - how come Snetterton got to use the red start lights when we have to make do with a starting gun?

A lap around Snetterton is just over 3 km. In a 10 km race, this introduces the real prospect of getting lapped. There was no chance of that happening so far as I was concerned. Just in case there is anyone in the club who had not heard, but my knee has been playing up. Joggers never get injured but runners do. Excuses heard for not performing from real runners include "Deep Calf Strain", "Slight Groin Strain" and "Middlesbrough nil". I must have arrived but I still started. Injured and a brand new pair of shoes - the ideal combination.

I set off like a whippet. Strangely, as soon as I got out of the wind I started to suffer. Maybe it was the thought of those big pants. By the time as I reached the tantalisingly named "Bomb Hole" to turn into the wind, I knew that I was not going to be lapped. I dipped into the pit lane at the end of the first lap. As the leaders completed their second circuit, they were already lapping the back markers. As they neared completion of the third (and final) lap, there was a realisation from the man with the finishing flag and the person dressed in the RNLI costumer, that they were not going to get to the finish before the leading runners. It was, after all, the inaugural race.

The winning time was around 34 minutes reflecting the windy conditions. Morris and Bain both finished a little slower than this, but at least they were there and finished the run! I drove best part of 220 miles, completed one lap and had the pleasure of them both falling asleep on the way home.

John Fowler

Race dates

- Sat 14 Feb Chiltern League Cross-Country, Race 5**
Wing
Minibus will be arranged for this race. Phone Graham for further details,
01327 341009
www.chilterncl.fsnet.co.uk
- Sun 15 Feb Stamford St Valentines 30k**
(11.00 am) Queen Eleanor School, Green Lane, Stamford, PE9
£10/£11 (+£1.50 on the day)
Contact: Amanda Hannah, 01778 590631
- Sun 15 Feb Draycote Water 35 miles**
(9.30 am) www.kenilworthrunners.co.uk/draycote35
- Sun 22 Feb Hardwick XC 6**
(11.00 am) Manor House Farm, Hardwick, near Aylesbury
£5.50/£6.50 (+£1 on the day)
Contact: Alan Smith, 01296 330359, www.bearbrookjoggers.co.uk
- Sun 29 Feb Great Horwood Leap Day 3**
(12 noon) Great Horwood Combined School, Great Horwood, MK17
£5 (+£1.50 on the day), under 17s £2.50 (+£1 on the day)
Contact: John O'Reilly, 01296 715109, john.oreilly@btinternet.com
- Sun 29 Feb Marie Curie Cancer Care Daffodil Run – 10k**
(10.30 am) Castle Ashby, Northampton, NN7 1LJ
£7.50 (+£1 on the day)
Contact: Margot Clements, 01604 442313, 07798 638088, midlandsanglia-
events@mariecurie.org.uk, www.mariecurie.org.uk/daffodil/
- Sun 29 Feb Goodwood 10 miles**
(11.00 am) www.rnli.org.uk/events

Race dates

- Sun 7 Mar Silverstone half marathon**
(12 noon) **HELP REQUIRED PLEASE**
- Sun 7 Mar Berhamsted Half-Marathon**
(11.30 am) Cricket Club, Castle Hill Berkhamsted, HP4
£9/£10 (+£1 on the day)
Contact: Mr N Potts, 01442 879400, Race Sec, Brampton Valley Runners,
22 Sycamore Drive, Desborough, NN14 2YH,
sharon@kobrien.fsnet.co.uk
- Sat 13 Mar Enduro XC 10k**
(11.00 am) Hanslope Eventing Centre, Milton Keynes
£5 (+£2 on the day)
Contact: Campbell Noon, Big Cow Events, 08701 624933, info@big-
cow.com, www.big-cow.com
- Sun 14 Mar Ashby 20**
(10.00 am) Hood Park Leisure Centre, Ashby-de-la-Zouch
£12/£13 (£15 on the day)
Contact: Liz Saunders, 07876 478011, www.ashby20.co.uk
- Sun 14 Mar Banbury 15**
(10.30 am) Spiceball Park Sports Centre, Banbury
£7.50/£8.50 (+£1 on the day)
Contact: Banbury 15, 6 Crouch st, Banbury, OX16 9PP, 01295 253053
- Sun 14 Mar Hemel 10**
(10.30 am) Cavendish School, Warners End Road, Hemel Hempstead
£7/£8 (£10 on the day)
Contact: 01442 257086, www.dacorumandtringac.org.uk

Race dates

- Sat 20 Mar Draycote Fosse Logistics 5**
(2.00 pm) Draycote Water, Kites Hardwick, Rubgy
£6/£7 (+£1 on the day)
Contact: 01788 891924, bob.rollings@supanet.com
- Sun 21 Mar Adidas Milton Keynes Half Marathon**
(10.00 am) Open University, V10 Brickhill Street, Milton Keynes
£12/£13 (entries in advance only)
Contact: MK Half, Welby House, 31 High Street, Market Deeping,
Northants, PE6 8ED, info@mkhalf.co.uk, www.mkhalf.co.uk
- Sun 28 Mar Bedford Harriers Oakley 12 & 20**
(10.00 am) Lincroft Middle School, Station Road, Oakley, Bedford
£9/£10 (+£2 on the day)
Contact: Jacinta Horne, 01234 307013, hello@bedfordharriers.co.uk,
www.bedfordharriers.co.uk
- Sun 28 Mar Bedford Harriers Oakley 12 & 20**
(10.00 am) Lincroft Middle School, Station Road, Oakley, Bedford
£9/£10 (+£2 on the day)
Contact: Jacinta Horne, 01234 307013, hello@bedfordharriers.co.uk,
www.bedfordharriers.co.uk
- Sun 4 Apr Sandy 10**
(10.30 am) Sandy Upper School, Engayne Avenue, Sandy
£6/£7 (+£2 on the day)
Contact: Nigel Bush, 01767 68251, 07770 823148,
nigelbush@hotmail.com, www.biggleswadeac.org.uk
- Sun 4 Apr White Horse Half-Marathon**
(11.00 am) Millbrook School, Old Mill Close, Grove, OX12 7LB
£6/£7 (+£1.50 on the day)
Contact: Kevin Harris, 01865 483306, 01235 764302,
kevinxharris@waitrose.com,
www.whitehorseharriers.homestead.com

Race dates

- Sun 4 Apr 04 Flitwick 10k**
(11.00 am) 01325 719294 (day)
- Sun 18 Apr London marathon**
(9.45 am) Club place has now been allocated (see page ? of this Newsletter)
- Sun 25 Apr Nuneaton 10k**
(1.00 pm) amallett@britishlegion.org.uk
- Sun 25 Apr Shakespeare marathon and half marathon**
(1.00 pm) www.shakespearemarathon.org.uk
- Mon 3 May Weston 5 miles**
(10.00 am) pomeroy@dial.pipex.com
- Tue 4 May SILVERSTONE 10k**
HELP DEFINITELY REQUIRED, PLEASE

OTHER 2004 EMGP RACES

- Wed 12 May 04 Rugby 6**
- Tues 18 May 04 Bedford 6**
- Wed 26 May 04 Rockingham 5 miles**
- Tues 8 Jun 04 Weedon 10k**
- Tues 15 Jun 04 Banbury 5**
- Tues 22 Jun 04 Harborough 5**
- Tues 6 July 04 Milton Keynes 10k**

Many thanks to John Fowler for providing the information for the latter part of this list of race details.