



# The 10k Times

Feb/Mar 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 20 March 2005**

## TRAINING

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The sessions continue to be very well supported, with over 20 attending the last two Wednesdays. As far as setting the mid-week sessions go, we are entering the most difficult part of the year. We are well into our fifth month at the circuit, and it is important to keep things fresh and interesting, so the improved running of so many of you continues.

The Winter Cup has been intriguing, with the lead changing monthly, and the final outcome unlikely to be decided until the final race, the 10k on April 27<sup>th</sup>. The successful runner will be presented with the trophy at the Grand Prix 10k presentation on May 3<sup>rd</sup>.

We continue to steadily up the mileage on Sunday mornings as the countdown for the longer races fast approaches. More immediately many members have chosen the Daffodil Half-Marathon/10k on February 27<sup>th</sup> as part preparation for the Spring races. There will not be any training on that day.

With several sizeable groups setting off from the club on a Sunday morning, runners' safety has to be a priority. For this reason we are drawn to the bridle ways and safer routes around Silverstone Village. The roads around Nether Heyford tend to be less busy and allow us to use the roads more readily.

Finally a big thank you to Claire for hosting the Sunday run on January 30<sup>th</sup>. Hope you're all enjoying the running.

**Graham**

### **Track Training at Sixfields**

I have asked to hire the running track at Sixfields Stadium on Friday evenings on the following dates:

April 8<sup>th</sup>, 15<sup>th</sup>, 29<sup>th</sup>

May 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>

June 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>

We have not received confirmation of these dates as yet. In the past, we've had some terrific evenings at Sixfields. This year should be even better.

**Graham**

## TRAINING

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### Wednesday evenings

Meet 6.30 pm at the main entrance to Silverstone Motor Racing Circuit, park just to the right of the gatehouse.

### **Remaining Winter Cup races**

2<sup>nd</sup> March 2.5 mile time trial (75% Grand Prix circuit)

6<sup>th</sup> April 5k time trial (1 Grand Prix lap)

27<sup>th</sup> April 10k time trial (as the Silverstone Grand Prix 10k, with mile markers)

### Sunday morning runs

Meet 9.30 am at Silverstone Sports and Social Club, the Playing Fields, Abthorpe Road, Silverstone, except:

27<sup>th</sup> February **NO SUNDAY RUN**

6<sup>th</sup> March Graham & Alison's, 2 Bugbrooke Road, Nether Heyford

20<sup>th</sup> March Brickhill Woods. Park at the Church in Bow Brickhill.

3<sup>rd</sup> April Graham & Alison's

All 9.30 meets.

Graham

**THE SILVERSTONE GRAND PRIX 10k  
TUESDAY, 3<sup>rd</sup> MAY 2005, 7.30 pm**

Please make sure you are available to help on the above date. Tasks will be allocated at the AGM, The White Horse, Silverstone, 22<sup>nd</sup> April, 7.30 for 7.45 pm. Light buffet provided.

## SILSON JOGGERS 2005 AGM

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The date of the 2005 Annual General Meeting has been fixed:

**Friday 22 April, 7.45 for 7.45 pm**

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

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

## SILSON JOGGERS WEBSITE

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The website is re-born!

Many members will have been aware Roger Williams, who set up the Silson Joggers website, has had difficulty finding the time to keep it updated in recent months. The good news is that Mark Armstrong has taken over maintenance of the website, and has done a great job in updating it. It now has all the latest club news on it, a lot of pictures, and is looking good. If you haven't already taken a look, please do so:

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

and if you have any suggestions for improvement, or contributions to make please get in touch with Mark.

## CLUB LONDON MARATHON PLACE

When the draw for the London marathon place took place in January, Shirley Williams was the lucky name drawn out. Good luck with your training Shirley. We expect to hear all about the run in a future edition of the newsletter.

**From:** [Bruce Tulloh](#)

**To:** [secretary@silsonjoggers.org.uk](mailto:secretary@silsonjoggers.org.uk)

**Sent:** Friday, December 17, 2004 6:50 PM

**Subject:** The Great Russian Race

Dear Sir/Madam

I am writing to you to bring to your attention one of the longest relay runs ever to have been undertaken - the entire way across Russia, ten time zones and one-third of the way around the world. We are currently recruiting runners and teams of runners to participate in the event, which commences May 28 next year.

Please see our website, <http://www.theworldrace.com>, for detailed information and if you think anyone in your club might be interested in joining us, please download this file [http://www.theworldrace.com/GRR\\_notice.pdf](http://www.theworldrace.com/GRR_notice.pdf) and post it on your noticeboard.

Yours,

Bruce Tulloh

## Winter Cup 2004/05

### Positions after 3 races (Jan 2005)

		Handi- cap	Points, races 1 and 2	Actual		Race 3 Handicap		Points	Total points after 3 races
				Min	sec	Min	sec		
Roger	Elkin	+ 45%	1978	20	12	29	13	1000	2978
Alan	Lock	+ 7%	1997	27	50	29	49	964	2961
Linda	Lytollis	+ 43%	2000	21	4	30	8	945	2945
Norman	Carter	+ 41%	1968	21	0	29	37	976	2944
Ryan	Carter	+ 20%	1959	25	22	30	20	933	2892
Graham	Linnell	+ 52%	1921	19	50	30	8	945	2866
Andy	Wright	+ 69%	1951	18	23	31	0	893	2843
Mark	Armstrong	+ 54%	1903	20	10	31	7	886	2789
John	Fowler	+ 26%	1844	25	42	32	19	814	2658
Carol	Debney	+ 0%	1813	32	29	32	29	804	2617
Chris	Rogers	+ 67%	1616	17	42	29	35	978	2594
Dan	Taylor	+ 40%	1000	21	11	29	39	974	1974
Trevor	Ray	+ 30%	1000	23	3	29	54	959	1959
Andy	Pate	+ 36%	1000	23	4	31	16	877	1877
Dave	Coates	+ 55%	1000	20	15	31	24	869	1869
Fay	Boams	+ 16%	1000						1000
Jim	Darcy	+ 58%	1000						1000
Jennifer	Dunkley	+ 3%	1000						1000
Rachael	Jordan	+ 23%	1000						1000
Jeff	Haynes	+ 25%	1000						1000
Claire	Todd	+ 25%	1000						1000
Rob	Baymen	+ 55%		19	42			1000	1000
Barry	Bearman	+ 0%		30	48			1000	1000
Dave	Lantsbery	+ 35%		22	24			1000	1000
Kevin	Reboul	+ 60%		18	56			1000	1000
Andy	Taylor	+ 50%		20	15			1000	1000

## Winter Cup 2004/05

### Positions after 4 races (Feb 2005)

(the table includes those who have run at least 2 races)

	Handicap	Points up to race 3	Race 4				Total points after 4 races	
			Actual time		Handicap time			Points, race 4
			min	sec	min	sec		
Alan Lock	+ 7%	2961	12	28	13	21	1000	3961
Norman Carter	+ 41%	2944	9	59	14	5	956	3901
Roger Elkin	+ 45%	2978	10	12	14	45	916	3894
Ryan Carter	+ 20%	2892	11	20	13	33	988	3880
Andy Wright	+ 68%	2843	8	55	15	2	899	3742
Mark Armstrong	+ 54%	2789	9	48	15	7	894	3683
Chris Rogers	+ 67%	2594	8	29	14	11	951	3545
John Fowler	+ 26%	2658	12	9	15	17	885	3543
Carol Debney	+ 0%	2617	14	57	14	57	904	3521
Linda Lytollis	+ 43%	2945						2945
Dan Taylor	+ 40%	1974	10	4	14	6	956	2929
Graham Linnell	+ 52%	2866						2866
Rob Baymen	+ 51%	1000	9	7	13	46	975	1975
Trevor Ray	+ 30%	1959						1959
Dave Lantsbery	+ 32%	1000	10	44	14	10	951	1951
Kevin Reboul	+ 57%	1000	9	4	14	14	947	1947
Jennifer Dunkley	+ 3%	1000	13	50	14	18	943	1943
Claire Todd	+ 25%	1000	11	44	14	40	921	1921
Andy Pate	+ 36%	1000	10	55	14	48	913	1913
Jim Darcy	+ 58%	1000	9	45	15	23	878	1878
Jeff Haynes	+ 25%	1000	13	56	17	25	756	1756

## On the road ...

### Samsung Running Festival (Dubai, 17<sup>th</sup> Dec 2004)

The Dubai Marathon 2005 (plus 10k and 3k fun run) is scheduled for early next year in February sometime, but just as a warm up and to blatantly advertise and sell a lot more electrical goodies before Christmas, Samsung promoted a new event early this Friday morning (the weekend) by name of the Samsung Running Festival, guaranteed to cause aches and pains over Christmas especially in the wallet !

So, along with 'meccano' grandstand, promotional stage with over-enthusiastic warm-up girls and mega-decibel speakers, plentiful Samsung T-shirts, balloons and the all-important bouncy castle, a multitude of runners and joggers toed the line in front of the local TV and media cameras.

Just a bit crazy to see a bunch of Santa Claus outfits, bauble-bedecked hats and flashing Rudolph-antler-headgear, set off on the 6 mile trek, past the iconic Emirates Towers and Trade Centre, down the prestigious Shaikh Zayed six-lane highway, which the police had thankfully closed off in good time. What they thought about it all, only Allah knows !

And it was cold !

OK, relatively cold, then !

The sun was barely up, expected high of just 25°C, so the red-and-white outfits were useful after all, if only waiting on the start line !

Yours truly set off at a good slow pace that The (real) Snail would have been proud of, and even took a breather at the 8k water station to give some of the Santas some room to pass !

I'm not disclosing my time on this occasion, as of course I was saving myself for the real 10k event in February and don't want to frighten off the top boys, but safe to say it started with a '4' rather than a '3'. Watch out, Snail !

Someone mentioned that there was only a few seconds between the first three, with a Moroccan lad beating two local boys in a time of 32.01.

Now even Rudolph would have trouble keeping up with those guys !

Anyway, back to the beach for the beer and remains of the Christmas cake !

Best wishes for the New Year to all at Silson Joggers – good to see the club growing in numbers and results !

**Nick El Jerome**  
(somewhere in the desert)

### **The SCB Dubai Marathon (January 7<sup>th</sup> 2005)**

Time again for real thing – the Dubai Marathon 2005, plus the more sensible option of a 10K, and the even more attractive option of a 3K fun-run - all under the auspices and sponsorship of Standard Chartered Bank.

More entries this year and more prize money, although the latter didn't quite filter down to the lowly Snail level, let alone my new-found ultra-Snail level !

So, just as the sun rose at the ungodly early time (for a weekend) of 07.00 over the Trade Centre and Emirates Towers, off went the Kenyans and Ethiopians like greyhounds out of the traps.....and they just kept going ! With temperatures down to 15°C, and a flat fast traffic-free course, it was always going to be pretty quick.

First home was Dejene Guta (Eth) in 2:10:49 followed by Willy Cheryuiot (Ken) in 2:11:24 and the third man Giday Amha (Eth) a couple of seconds behind. Another name to watch for the London – see the face behind the time in picture attached.

Ladies champ was another Ethiopian, Diribe Hunde in 2:39:08

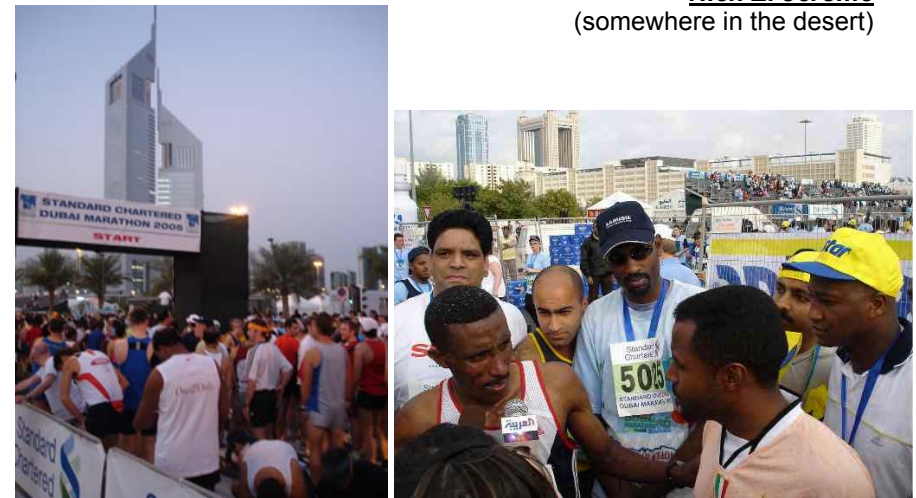
As for the old codgers running the 10K, yours truly found it very tough following a period of abstinence (training, that is !) – my excuse was my error in the date, thinking it was scheduled for February (see *previous article – Ed*) ! Finishing, hurting, somewhere between 40-50 minutes, gained me another lump of metal – just for finishing of course. The main man was (yes, you guessed it) another Ethiopian by name of Getachew Akalu, in a nifty 31:42 – sounds like he was running barefoot before Adidas told him how to run faster (get it ? groan!)

Anyway, this event is growing each year, and with title sponsors SCB (Hong Kong, Singapore, Mumbai and Nairobi marathons), supported by Toyota and Marriott, and the growth of tourism here and ever-cheaper flight/hotel packages, it makes an ideal winter break – pity about having to run 26 miles as well !

Oh, and you have to put up with bagpipes being played by a military band decked out in national dress (white dishdasha and 'tea-towel and fan belt' headgear !)

See ([www.dubaimarathon.org](http://www.dubaimarathon.org)) for more.

**Nick El Jerome**  
(somewhere in the desert)



**Running and musical action in Dubai**



## **Bedford Half-Marathon**

**(Sunday, 12 December 2004)**

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After a couple of long training runs with Jody Willis over the previous two Sundays we set off on the 13.1 miles of hard slog which is the Bedford 1/2 Marathon.

Cool, overcast, dry with a slight breeze - good conditions to run a 1/2.

Though the organisers described the course as undulating the reality is a testing course with very little which could be called flat. Two challenging hills at 3miles and 7.5 miles with lots of long slight inclines thrown in meant no PB for me (1.50.35)

Jody however, as a 1/2 marathon virgin, finished in a very good 1.43.44 especially when you think he had been ill in bed most of the previous 48 hours. I think he enjoyed it in some perverse way.

This race was the Great Barford Half which I ran last year but the change of venue did not lessen the difficulty of the course or the first class organisation. Every race I have competed in that Bedford Harriers have organised has been very good. The mandatory T shirt is better than most as well.

This is a good half-marathon which will toughen you up and the course is rural (something to look at when you are taking a breather ). It's definitely worth entering.

Two extra pieces of interest. Tony Keech finished in 1.32.58, very impressive and a sobering thought for all of us mid pack runners - the first MV60 home was Mike Shipway, Woodstock Harriers in 1.25.42!

I keep telling myself that it's the taking part that counts.....

**The man with / without a vest**  
(delete where applicable)

## **Wellingborough Multi-Terrain 10k**

**(Sunday, 23 January 2005)**

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### ***PLODDER JOGGER FINDS 5TH GEAR***

Some days you are so glad you are alive and Sunday was one of them. Ken, a longstanding friend from Lancashire, and I arrived at Irchester Country Park near Wellingborough as multi terrain virgins and left with wide smiles on our faces. Ken, who has only just started running again, wanted to finish in under an hour and achieved 55.27. I intended to go and enjoy the day and promptly knocked almost 2 minutes off my best 10k race time with 57th place in 43.49.

This is a course for all Silson Joggers who enjoy cross country. It was a 5k course similar to Bucknell Woods in Silverstone but with a steep grass hill (muddy and slippery on the day), a couple of inclines, a short field section and plenty of gravel and dirt undulating wooden tracks.

The choice is 5k,10k or 15k which of course breaks down into 1, 2 or 3 laps. The organisation was excellent, the course was interesting, the location is scenic, the toilets and changing were naff but they had a sound system playing non stop and a food van serving jacket potatoes, chilli beef and hot bacon sandwiches (now that's what I call an incentive to finish with a flourish). Ken even got "chatted up" on the way round by a rather attractive young woman - lucky sod!

The organisers "Just Racing" are staging two more races at the same venue on 20th February and 20th March with the same options of 5, 10 and 15k. Due to 1/2 marathon and other commitments I cannot run in either of these events but I recommend them to all Silson Joggers. I intend to run all three next year. The only downside is the prizes - a really tacky medal which looks like it came from a lucky bag - hands up, who remembers lucky bags.

For the record and as a sign of how competitive all the races were look at the website [www.justracing.com](http://www.justracing.com) where you can also enter for all the races. All times below are approx. only. The 5k was won in 15.20, the 10k in 33.30 and the 15k in 47.50. The total number of entries was about 260 with 139 competing in the 10k.

The last finisher in the 10k was an 85 year old man - he was either gutsy or simply mad. At 85 I think I will want to be drinking the best champagne and sitting in the sun with the odd 5k stagger to keep me out of mischief.

**From the vest man and his friend from Lancashire**

# Off the road ...



**The cross-country season has been one of the Club's most successful ever – in many respects, probably the best ever. Those who have taken part have enjoyed the events, the individual successes and the team achievements, and the club spirit. Much of this stems from the efforts of the team captains, Graham and Alison, in getting the teams together, organising before and on the day, motivating and training.**

**From all who have taken part, a big thank you to Graham and Alison.**

## **Chiltern League Cross-Country, Division 2, 2004/2005 4<sup>th</sup> race, Watford, Saturday 8 January 2005**

Silson Joggers made their longest Chiltern League trip of the season to Cassiobury Park in Watford. The squad had an unbalanced look about it: with 15 men and just 4 women, it was essential that the men produced some good performances.

Although short of several of their faster runners the men's team returned with the best result of the season, to maintain the club's lofty league position.

Chris "Rampant" Rogers became the third Silson runner to finish in the top ten this season when he crossed the line 6<sup>th</sup>. A strong run on the 2<sup>nd</sup> of the two lap course gave Dave Coates 29<sup>th</sup> place, with Kevin Reboul fading after a good start for 36<sup>th</sup>. Two places further back came Graham Linnell. Mark Armstrong had his best run for the club finishing 46<sup>th</sup>. The club had two runners in the fifties Roger Elkin 51<sup>st</sup> and Tony Keech 58<sup>th</sup>. Andy Taylor made an impressive league debut coming home 61<sup>st</sup>.

Another couple of runners showing great improvement lately are Norman Carter 79<sup>th</sup> and Mike Jones 87<sup>th</sup>. Three finishers in the nineties: debutant Dan Taylor 91<sup>st</sup>, Andy Hoare 93<sup>rd</sup> and Andy Pate 99<sup>th</sup> who beats more runners each fixture. Tim Hullet 108<sup>th</sup> and Alan Lock 111<sup>th</sup> completed a impressive turn out from Silson's men.

An under strength ladies' team performed to their full potential. A race-long battle between Julia Shepherd and Alison Linnell ended on the line with Shepherd 23<sup>rd</sup> edging out Linnell 24<sup>th</sup>. Fay Boans 35<sup>th</sup> improves with each race. Jennifer Dunkley ran an excellent race in 37<sup>th</sup> position after being called up late on to make up the team.

This result ensures Silson will finish the season in 4<sup>th</sup> place barring a disaster in the final fixture at Wing on February 12<sup>th</sup>.

**Graham Linnell**

**Chiltern League Cross-Country, Division 2, 2004/2005  
4<sup>th</sup> race, Watford, Saturday 8 January 2005**

**Senior/Junior/Veteran Men**

6	Chris ROGERS	32.08
29	Dave COATES	35.18
36	Kevin REBOUL	35.40
38	Graham LINNELL	35.59
46	Mark ARMSTRONG	36.25
51	Roger ELKIN	36.37
58	Tony KEECH	37.50
61	Andy TAYLOR	38.00
79	Norman CARTER	39.23
87	Mike JONES	41.06
91	Dan TAYLOR	41.40
93	Andy HOARE	41.49
99	Andy PATE	43.11
108	Tim HULLETT	48.09
111	Alan LOCK	50.20

**Senior/Veteran Ladies**

23	Julia SHEPHERD	31.38
24	Alison LINNELL	31.44
35	Faye BOANS	38.16
37	Jennifer DUNKLEY	39.39

**Pre-XC action from Watford, 8 Jan 2005**



*then the bit that doesn't need so much brain-power*



Graham Linnell, Dave Coates .....Norman Carter



Jennifer Dunkley .....Faye Boans

**Northants County XC championships**  
**(Abington Park, Northampton, Sat 15 January 2005)**

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The vet men's team came away as silver medal winners from the Northants County XC championships at Abington Park, Northampton in January. The successful team was Kevin Reboul, Dave Coates, Graham Linnell and Roger Elkin.

**Men's race**

1	M McKay	(Rugby & Northampton AC)	33.36
2	M Aldridge	(Wootton Road Runners)	34.05
3	M Clarke	(Daventry AC)	34.18
4	K Tombleson	(Nene Valley Harriers)	34.32 (J)
5	M Hager	(Kettering Town Harriers)	34.36
.			
34	K Reboul	(Silson Joggers)	39.11 (V)
38	D Coates	(Silson Joggers)	40.05 (V)
44	G Linnell	(Silson Joggers)	40.40 (V)
49	M Armstrong	(Silson Joggers)	42.17
52	R Elkin	(Silson Joggers)	42.33 (V)

64 finishers

**Team results**

Senior Men:	1 Rugby & Northampton AC	57
	2 Kettering Town Harriers	63
	3 Corby AC	141
Junior Men:	1 Rugby & Northampton AC	11
Veteran Men:	1 Rugby & Northampton AC	14
	<b>2 Silson Joggers</b>	<b>40</b>
	3 Corby AC	65

**Northants County XC championships**  
**(Abington Park, Northampton, Sat 15 January 2005)**

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**Women's race**

1	S Edwards	(K)	17.46 (U-17)
2	K Harewood	(C)	19.16
3	R Hall	(K)	19.18 (U-17)
4	A Naylor	(R&N)	19.58
5	K Acford	(R&N)	20.02 (U-17)
.			
<b>22</b>	<b>L Lytollis</b>	<b>(SJ)</b>	<b>22.11 (V)</b>
<b>34</b>	<b>A Linnell</b>	<b>(SJ)</b>	<b>24.32 (V)</b>
.			
40	H Barnett	(R&N)	25.47 (U-17).

**Team results**

Senior Women:	1 Rugby & Northampton AC	9
	2 Corby AC	28
Junior Women:	1 Rugby & Northampton AC	6
Under-17 Girls:	1 Rugby & Northampton AC	12
Veteran Women:	1 Corby AC	15
	2 Rugby & Northampton AC	18

## Midlands Cross-Country (Stafford Common, 29<sup>th</sup> January 2005)

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Silson Joggers had some excellent performances at the Midlands Cross Country, with Chris Rogers maintaining his winter form. With a long testing course and very muddy conditions, Rogers was able to pull away from team-mate Andy Wright to finish the race in 101<sup>st</sup> position and a time of 45.35. Andy Wright finished in 115<sup>th</sup> place with a superb time of 46.30.

After the race Rogers declared "A break over Christmas has done me good, I'm getting back in shape now and just 3 pounds from my fighting weight. I really wanted to do a good time today, as it's my last Midlands race before I hit the big 40."

Jim Darcy also had a good finish, pipping Graham Linnell to the line, with a time of 50.03 and 199<sup>th</sup> position. Linnell finished in 50.08 for 201<sup>st</sup> position.

Other finishers were Mark Armstrong in 52.26, Andy Taylor in 52.57 and Tony Keech in 53.22.

The ladies' team also had some good performances. Claire Todd, Julia Shepherd and Alison Linnell all finished closely. Todd finished the strongest with a time of 34.09 and 114<sup>th</sup> position. Shepherd finished in 34.23 and Linnell 34.24 for 116<sup>th</sup> and 117<sup>th</sup> places.

Faye Boans will also be pleased with her time of 40.39 and 156<sup>th</sup> place on a tough course.

**Graham Linnell**

Photographs of some of the Silson runners in action at Stafford Common, taken from the Midlands XC website – including a great photograph of Andy Wright emerging from the swamp – can be seen on our own website at:

[www.silsonjoggers.org.uk](http://www.silsonjoggers.org.uk)

## Chiltern League Cross-Country, Division 2, 2004/2005 5<sup>th</sup> race, Wing, Saturday 12 February 2005

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A fine performance by Silson Joggers runners on the windswept, hilly, Wing course near Leighton Buzzard brought the Chiltern League season to a close on Saturday. Needing to make ground up on 3<sup>rd</sup> placed Thame, Silson's men produced their best result of the season by finishing 2<sup>nd</sup> on the day. Thame also had a good day and finished close on the Joggers' heels, taking the final medal position.

As has been the case all season, Silson had a fine turn out of runners, with 23 green vests in action. No fewer than 9 joggers produced season's best positions on the day, in a bid to get the bronze medal position. Medals were gained by Chris Rogers, 3<sup>rd</sup> senior man in the series, and also Roger Elkin, 3<sup>rd</sup> over 50 runner this winter. Both runners enjoyed a fine season.

In the men's race it was Chris Rogers who led Silson home in an excellent 4<sup>th</sup> place. The consistent Andy Wright also had a top ten finish with 8<sup>th</sup> place. Among the men returning their highest placing this season were Graham Linnell 25<sup>th</sup>, Mark Armstrong 31<sup>st</sup>, Andy Taylor 39<sup>th</sup>, Norman Carter 55<sup>th</sup>, Andy Hoare 60<sup>th</sup> and Dan Taylor 72<sup>nd</sup>. Brian Keers making his league debut can be well pleased with 76<sup>th</sup> place.

Also completing this demanding, but true cross-country course were Jim Darcy 30<sup>th</sup>, Rob Baymen 36<sup>th</sup>, Dave Coates 40<sup>th</sup>, Tony Keech 46<sup>th</sup>, Roger Elkin 51<sup>st</sup>, Mike Jones 68<sup>th</sup>, Steve Hardy 73<sup>rd</sup> and Andy Pate 88<sup>th</sup> – a fine effort.

The ladies had to endure horrendous weather conditions in their race, which turned the muddy gateways into quagmires. Claire Todd coped well with the conditions and placed 21<sup>st</sup>, with Julia Shepherd 4 places further back. Karen Vines had a good season and finished 32<sup>nd</sup>. A race-long battle ensued between Fay Boans and Jennifer Dunkley with Fay just having the edge on the final hill: places were 38<sup>th</sup> and 39<sup>th</sup>.

Ryan Carter showed good commitment throughout the winter as the club's only junior representative, and crossed the line 18<sup>th</sup> in the under 13 race.

The club can be well pleased with 4<sup>th</sup> place out of the 18 division 2 teams.

**Graham Linnell**

Chiltern League Cross-Country, Division 2, 2004/2005  
**5<sup>th</sup> race, Wing, Saturday 12 February 2005**

**Senior/Junior/Veteran Men**

4	Chris ROGERS	38.36
8	Andy WRIGHT	39.45
25	Graham. LINNELL	42.45
30	Jim DARCY	43.38
31	Mark ARMSTRONG	43.40
36	Rob BAYMEN	44.25
39	Andy TAYLOR	44.45
40	Dave COATES	44.48
46	Tony KEECH	46.09
51	Roger ELKIN	47.01
55	Norman CARTER	48.12
60	Andy HOARE	49.02
68	Mike JONES	49.54
72	Dan TAYLOR	51.20
73	Steve HARDY	51.28
76	Brian KEERS	51.51
88	Andy Pate	55.24

**Under 13 Boys**

18	Ryan Carter	17.02
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**Senior/Veteran Ladies**

21	Claire TODD	31.38
25	Julia SHEPHERD	34.35
32	Karen VINES	37.59
38	Faye BOANS	39.54
39	Jennifer DUNKLEY	40.00

Chiltern League Cross-Country, Division 2, 2004/2005  
**Final League Tables**

**MALE OVERALL SCORES** Points

1	MAIDENHEAD	3270
2	TRING RUNNING CLUB	3071
3	THAME RUNNERS	2716
4	SILSON JOGGERS	2581
6	HANDY CROSS	2400
7	BURNHAM JOGGERS	1828
8	QUEENS PARK H.	1618
9	GADE VALLEY	1460
10	WYCOMBE PHOENIX	1261
11	STEVENAGE & NH	760
12	BANBURY	745

... 18 teams in total

**VETERAN MEN**

1	TRING RUNNING CLUB	1717
2	MAIDENHEAD	1698
3	THAME RUNNERS	1435
4	SILSON JOGGERS	1362
5	HANDY CROSS	1322
6	BURNHAM JOGGERS	1007
7	QUEENS PARK H.	830
8	WYCOMBE PHOENIX	637
9	GADE VALLEY	284
10	BIGGLESWADE	263
11	BANBURY	239
12	HAYES & HARLINGTON	90
13	BUCKINGHAM & STOWE	78

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

**Final League Tables**

**FEMALE OVERALL SCORES** Points

1	MAIDENHEAD	814
2	BURNHAM JOGGERS	598
3	TRING RUNNING CLUB	557
4	WYCOMBE PHOENIX	511
5	QUEENS PARK H.	463
6	THAME RUNNERS	423
7	HANDY CROSS	388
8	SILSON JOGGERS	374
9	GADE VALLEY	366
10	BANBURY	361

... 18 teams in total

**TOTAL OVERALL SCORES**

1	MAIDENHEAD	4084
2	TRING RUNNING CLUB	3628
3	THAME RUNNERS	3139
4	SILSON JOGGERS	2955
5	HANDY CROSS	2788
6	BURNHAM JOGGERS	2426
7	QUEENS PARK H.	2081
8	GADE VALLEY	1826
9	WYCOMBE PHOENIX	1772
10	BANBURY	1106
11	STEVENAGE & NH	963
12	LINCROFT MIDDLE SCHOOL	701

... 18 teams in total

**Race dates**

**Sun 27 Feb Marie Curie Cancer Care Daffodil Run - 10k/Half-marathon**  
 (10.30 am) Castle Ashby, Northampton, 10k 10.30 am Half-marathon 10.50 am  
 10k £10.50/£11.50 Half-marathon £12.50/£13.50 (advance only)  
 Contact: Margot Clements, 01604 442 313, www.mariecurie.org.uk/events,  
 midlandsanglia-events@mariecurie.org.uk

**Sun 13 Mar Essential Sports Banbury 15**  
 (10.30 am) Spiceball Park Sports Centre, Banbury  
 £7.50/£8.50 (+£1 on the day)  
 Contact: Geoff Smith, 6 Crouch Street, Banbury, Oxon, OX16 9PP,  
 mail@sandraandgeoff.co.uk

**Sun 13 Mar Ashby 20**  
 (10.00 am) Hood Park Leisure Centre, Ashby-de-la-Zouch, Leicester  
 £12/£13 (+£2 on the day)  
 Contact: Liz Sanders, 07876 478 011, www.ashby20.co.uk

**Sun 20 Mar Oakley 12 and 20**  
 (10.00 am) Lincroft Middle School, Station Road, Oakley, Bedford  
 £10/£11 (+£2 on the day)  
 Contact: Jacinta Horne, 01234 307013, www.bedfordharriers.co.uk,  
 hello@bedfordharriers.co.uk

**Sun 20 Mar Adidas Milton Keynes Half-Marathon**  
 (10.30 am) Open University, V10 Brickhill Street, Milton Keynes  
 £12/£13 (advance only)  
 Contact: MK Half, Welby House, 31 High Street, Market Deeping, Northants,  
 PE6 8ED, www.mkhalf.co.uk, info@mkhalf.co.uk

**Sun 20 Mar Wellingborough Multi-Terrain 5k / 10k / 15k (Round 3)**  
 (10.00 am) see Dec/Jan newsletter for details

**Fri 25 Mar Big Cow Bucks Bunny 10m**  
 (11.00 am) Bell Inn, Beachampton, Milton Keynes  
 £8 (+£2 on the day)  
 Contact: Mark Booth, BigCow Events, 99 Wolverton Road, Newport Pagnell  
 MK16 8HX, www.big-cow.com, info@big-cow.com

**Sun 3 Apr Sandy 10**  
 (10.30 am) Sandy Upper School, Engayne Avenue, Sandy  
 £7/£8 (+£2 on the day)  
 Stuart Galloway, 01767 682 251, 07770 823 148,  
 www.biggleswadeac.org.uk, nigelbusk@hotmail.com