



The 10k Times

June/July 2004

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

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This issue of the Newsletter has been emailed to those members who opted for the email version at the recent AGM. The email version was sent out a little earlier than the printed version, and contains a few photographs that are not in the printed newsletter. If anyone wishes to add his/her name to the email distribution list (in place of the printed version), or revert to the printed newsletter, please let me know.

Please send contributions for the next Newsletter:

to Eddie Shoesmith, 3 Glynswood Road,
Buckingham, MK18 1JF (01280 812420)

or even better by e-mail to eddie.shoesmith@buckingham.ac.uk

by Sunday 25th July 2004

TRAINING

Just a few thoughts and observations as we approach the last month of Silson Joggers' season. Training-wise we are half way through the Sixfields track sessions. So far these have been very well attended, averaging 15 runners a session, and pleasingly 99% Silson runners as several other clubs have invited. Sunday mornings have dropped away in terms of numbers, hopefully will pick up again when we regroup again in September.

For the past 3 years the club has closed for training during July and August. For both organisers and members it seems to work well, as it seems to recharge the batteries.

Training is each Friday with the last session being July 2nd, the last Sunday run will be June 27th. Please keep training, particularly Fridays which is heavily subsidised by the club.

John Fowler claimed he won the winter series and awarded himself a large cup. I cannot understand the way Roger awards the points anyway, so we let him have the cup. Well done to John who competed (?) in all the time trials during the winter.

I would like to take the opportunity of wishing you all a good summer break, but stay fit and healthy. All the best,

Graham

SIXFIELDS TRACK SESSIONS

June

4 th	6 x 400 with one lap jog recovery
11 th	4 x 200, 3 x 200, 2 x 200, with a difference
18 th	5 x 2 minutes with timed recovery
25 th	5 x 200 strides warm-up followed by 1-mile time trial (benchmark session)

July

2 nd	4 x 400 relay races
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Warm-up starts at 6.30 pm as the gates of the track are locked at 7.45 pm. With approx 30 minutes warm-up and stretching, 30 minutes session and a short warm-down, time is quite tight. There will be a charge of £2 adults and £1 juniors.

Silverstone 10K

Thank you all for your help and co-operation in staging the 18th 10K on May 4th. I cannot recall an easier event, and that is down to the group of people we have at the club just now. Nothing was too much trouble for anybody and very few phone calls had to be made by myself.

It can be quite a hectic night, especially if you have not helped before – there were quite a few in that position this year. The race is a big undertaking -- when you are dealing with 1,000 runners there are sure to be a few moans.

Apologies for the weather! I know some had to endure worse conditions than others, but nobody helping escaped the dreadful conditions completely. I can assure you the race was a credit to the club and its members.

THANK YOU VERY MUCH

Graham

New members/ beginners

If you know of anybody wanting join the club we will be starting a new group in September, as we did this year. I already have 2 runners who have said they will join up at that time.

Graham

Subscriptions for 2004/2005

Subscriptions are now due for 2004/2005. They remain at the astonishingly low rates of £5 for seniors and £2 for juniors. If these aren't the lowest in the country, the Treasurer will eat his wallet (moths and all).

If you haven't renewed yet, please send your subscription poste haste to our Membership Secretary, Julia Shepherd, 48 High Street, Flore, Northants, NN7 4LL.

NAA ROAD RUNNING LEAGUE

This is a new event, to be run over the summer months.

The Northamptonshire CLUB team, based on the best three performances over four races, will be declared the winner. There will be a men's and women's competition. Teams are four men and three women.

Races that count will be:

21 st May	Blisworth 5km
1 st August	Wellingborough 5 miles
12 th September	Cransley 10km
October (date to be set)	Daventry 6 miles

Also, for the individual runner:

12th September NAA Road Race Championship

to be held in conjunction with the Cransley 10km. You must be Northamptonshire born, or resident for 9 months, must enter the 10km race, must pay an extra 50p to enter the championship. Prizes to first three males, first three females, first three vet males, first three vet females. Official entry forms out soon.

23rd May One Mile Championships

to be held at the Kettering track in conjunction with the Chairman's Cup. Details out shortly.

Fitness in Running and Walking Course - £50

Minimum Age: 16 years

This award is tailored to suit the individual involved in a wide variety of activities centred around fitness, running and walking. The course encompasses leadership skills, **session planning**, fitness factors and components, training principles and energy system. Courses are delivered through practical and classroom sessions. The course can be taken in the following combinations:

FiRW Qualified to **lead** fitness, running and walking activities.

FiRW+ Qualified to **coach** fitness, running and walking

Level 2 activities and assist in all groups of events. (If you wish to reinforce your coaching skills you may wish to attend a UK Athletics Level 1 Course.

If you are a road runner this could be just the course for you. Would you be interested in attending this course, if it was local? It is a two-day course, run over one weekend. Your Club may be able to assist with payment for this course. Please send the slip below to register your interest. We need a minimum of 20 people for the course to be organised.

I am interested in the Fitness in Running and Walking Course.

Name

Address

Telephone/ E-Mail

Please return this slip to Kym Wheeler, Corby AC, 4 Kingsley Drive, Corby, NN17 2NJ before the end of May 2004.

RETURN OF THE RUNNING LEGEND

It just had to happen one day. Successive victories over real athletes.

Wednesday 7th April 2004 saw Jeff Haynes trounced in the "bridge to bridge" time trial. So much for him holding the 5th fastest 5 mile time in the country for 2003. He was contemptuously dismissed. Left standing in my wake.

Friday 16th April 2004 saw Dave Lantsbery destroyed in the 3000 metre "get to know the Sixfields track" time trial. Not so much beaten, almost humiliated. He was lapped. Jeff got his own back by lapping me twice.

They are bound to come out with excuses. Do not believe them. They were just not good enough on the night.

The Snail is back !

CREAM ALWAYS RISES TO THE TOP!

Quality is absolute. Quality will always prevail over everything else. Quality comes in many shapes and sizes. Quality is not always instantly recognisable. Quality can be a deceptive quality.

For those of you who have not seen the winter series time trial results, get up to speed and acknowledge a real athlete.

Anon

On the road ...

An exchange of emails on the: Oakley 20 (28 March 2004)

40	Stephen Buswell	2.17.39
46	David Coates	2.18.50
474	June Braithwaite	3.27.30

There is a photo of Dave on page 11 of the photo sheet (repeated on page 52), of June on page 51 and also of Shirley on page 51. I do not know Stephen Buswell and looking at his time would only recognise him from the back. No doubt one of the runners will do a full report for you.

John Fowler

You must have a lot of spare time to go through 52 pages of photos! Actually the 2nd photo isn't a repeat, it was taken an hour later on the 2nd lap when I was actually running faster than the first lap. I was quite pleased with that one as my feet were actually off the ground and it looks like I might even be moving which makes a change from most photos of me!

No idea who Stephen Buswell is as I didn't see any other Silson vests other than the 2 girls (June & Shirley). Maybe the results man has just keyed in the wrong club.

Shirley Williams also finished In 475th place in a time of 3:48:59. June's time was 3:47:30.

As for a race report. 20 miles is a long way to run no matter how much training you have done. It is a very well organised race - lots of marshals, portaloos (more of them later!), regular drink stations, digital photographs and a long-sleeved running top. It was a cool but pleasant and thankfully for a change not too windy day on a undulating course through the Bedfordshire countryside with a combined 12 & 20 mile field of over 600 runners with over three-quarters choosing the longer option.

I was reasonably pleased with my run as it is only 3 weeks to go before London but I had serious stomach problems for half the race which made concentrating on the running somewhat difficult at times! I nearly availed myself of the aforementioned portaloos at the 12 mile mark but soldiered on and was very relieved to finish without having to walk or mis-hap! Roll-on London!

Dave Coates

Weston 5 m (Monday 3 May 2004)

JOGGERS DO WELL IN THE RAIN AT WESTON

6 Silson Joggers completed the hilly Weston 5 on bank holiday Monday. This race is fast establishing itself in the racing calendar and, despite being run in heavy rain, attracted over 250 finishers. Conditions underfoot were also wet particularly on the roads through the fields.

Jeff Haynes led the Joggers home in 5th place in a time of 29:11 and second vet man 40+. A battle soon developed between David Fowler (17) and David Lantsbery (59) which lasted from about 1.5 miles until the bottom of the hill to the finish. David Fowler pulled away up the hill to finish 58th in 36:16 and 2nd Under 20 male. Lantsbery was one place behind in 36:29. Further down the field Andrew Pate finished 85th in 38:25, Derek Bain 124th in 40:28 and John Fowler 165th in 43:20.

John Fowler

OH WHAT A BEAUTIFUL MORNING!

On a baking hot day the Weston 5 mile was run on a very flat course. With only one water station it was difficult to reach the end without feeling sunstroke and dehydration were overtaking you. The race was won in a record time probably due the favourable dry conditions.

For those of us, six in total who ran the true race report.....

It was a Bank Holiday Monday, it rained and rained ! We all started, we all finished after attacking an undulating course with a great deal of surface water and mud , especially the farm tracks section. We all got very, very wet.

Jeff Haynes I believe finished 5th (oh if only I could reach those heady heights, fat chance !). David Fowler finished in a very good time with reports of a surge up the final half a mile hill (If only I had younger legs to sprint up hills , fat chance !).

Dave Lantsbury, myself, Derek Bain and John Fowler were the other four swimmers.

Call me crazy, call me a glutton for punishment but I enjoyed it immensely and I wore the green and yellow vest.

The man with a vest (well this time at least)

SILVERSTONE 10 k (Tuesday 4 May 2004)

Silson Joggers hosted the annual 10k road race around the grand prix circuit. This is the first race in the East Midland Series, sponsored by Mizuno and the Running Shop. Torrential rain greeted the runners on their first lap. All of the runners found Hangar Straight hard running into the wind. Nigel Stirk (Tipton Harriers) soon took an early lead, which he held throughout the race. The ladies race was won by Allison Hirst (Headington Road Runners). There were 832 finishers.

Leading finishers were:

1	Senior Men	Nigel Stirk	Tipton Harriers	31:53
2		Rob Palmer	Luton A C	32:40
3		Gary Harris	Headington R R	32:53
4	Vet Men 40	Brian Summers	Rugby & Northampton A C	33:01
5	Vet Men 40	David Browne	London Heathside	33:02

Full results can be found on the web-site: www.mkac.org.uk

John Fowler



(More pictures of the start on pages 21 & 22, email version of the newsletter only)

RUGBY 6 m (Wednesday 12 May 2004)

SHOCK MASS APPEARANCE OF SILSON JOGGERS AT LOCAL ROAD RACE

There was an almost unprecedented turnout from the club at the Rugby 6 mile held on 12th May as part of the East Midlands Series. A total of 9 runners all donned the famous green vest, clearly in an attempt (no doubt destined to failure) to extract money from the treasurer - just remember guys, you still have four more races to run to be eligible for a series refund.

The race report as submitted to the local press is:

Nigel Stirk (Tipton Harriers) continued his success in the second race of the East Midlands Grand Prix series hosted by Rugby & Northampton A C. He won the 6 mile race by 8 seconds in a time of 30:25 from Steve Platts of OWLS. Nicki Nealon of Huncote Harriers was first lady in 37:30.

There was a good turn out from Silson Joggers with 9 finishers. Kevin Reboul led the team home in 68th place in a time of 38:22, followed by Jody Willis - 40:44 - 108th; Andy Hoare - 40:55 - 113th; Dave Lantsbery - 41:55 - 131st; Andrew Pate - 44:42 - 184th; Peter Morris - 47:10 - 226th; Tim Hullett - 47:46 - 233rd; Derek Bain - 48:22 - 239th; and John Fowler - 52:11 - 281st.

Full results can be found on the web-site www.mkac.org.uk

John Fowler

RUGBY 6 m (Wednesday 12 May 2004)

This isn't a race report , just a comment. Silson supplied 9 runners at this event, possibly the best turn out I have seen in the two and a half years I have been a Silson Joggers.

The role of honour goes to Kevin, Jody, Dave Lantsbery, Me, Tim Hullett, Andy Hoare, Derek Bain, John Fowler and Peter Morris. I think most of us were very pleased with our times. The course and weather were ideal for running.

If we could be honoured with a few female Silson runners with this sort of turn out by the men we would be able to "mug" Wootton and a few other of the local clubs.

To all those Joggers who were there, WELL DONE.

The Man Who is Pleased to Wear the Yellow and Green Vest

BEDFORD 6 m (Tuesday 18 May 2004)

REBOUL LEADS JOGGERS HOME

Bedford & County A C hosted the third race in the East Midlands Series on Tuesday 18th May. Warm and still conditions greeted the runners at the start in Mowbray Park.

The race soon developed into a battle at the front with the eventual winner being local runner Simon Body (Bedford & County) in 30:06, followed by Mark McKay (Rugby & Northampton) in 30:34. Leading lady was Sharon Morris (Bedford & County) in 34:51.

Kevin Reboul led the Silson Joggers home in 57th place in 38:57; Andy Hoare was 108th in 41:52; Jody Willis - 113th in 42:06; Derek Bain - 117th in 42:14; Andrew Pate - 176th in 45:16; and John Fowler - 263rd in 50:47.

Full results can be found on the web site www.mkac.org.uk

John Fowler

The Blackpool Beaverbrook 10k

(Sunday 9 May 2004)

"Oh I do like to be beside the seaside"

Sea air, candy floss, fish & chips and copious amounts of alcohol - and that's before the race.

I know it's a long way to go for a run on a Sunday but it's Blackpool, it's different !

This is a very Big 10k event with a field of 3,850. It is advertised locally as a Fun Run for people to enter to raise funds for charity. Anyone who doesn't run as a hobby would not find a 10k fun and I could see the pain on many faces after only 3km especially as many were in elaborate fancy dress(three young women had huge snail costumes with moulded shells). Barring the fancy dress / charity runners the field must have had at least 1200 serious runners.

The course starts and ends at the Hilton Hotel (North Blackpool) with a out and back course to the south side of the Pleasure Beach all along the Promenade road. The course is flat as a pancake it's a PB dream. The organisation of the event is excellent and the vocal support from holidaymakers and the family / friends of the runners was very good.

The organisers realise that they have a mix of runners and non - runners so it was a very bright idea to have a separate runners start line, this made for a fast start. The water stations were numerous which was good for the non runners.

This event is unique because of the setting, the fancy dress runners and the landmarks you pass on the way - The Tower, 3 piers and the Pleasure Beach. I don't know any other race where people wave and shout encouragement from the top of the biggest rollercoaster in Europe.

I will return when I want to break my PB again.

It's flat, it's fast, It's Northern - give it a go for the weekend.

The Man With a Fish and Chip Supper

LONDON MARATHON (Sunday 18 April, 2004)

This year was my 14th London Marathon, I've missed a couple after my first in 1987. It's a bit like sex really, you always remember the first time, technique and strategy both improve with experience and times get faster until old age takes its toll. Sometimes the whole experience is a disappointment compared to the last time.

The weather was the worst in the 24 year history of the event, indeed it had never been wet before in my history of running in the event. The cool breeze and occasional drizzle made for pleasant running conditions, but was unfortunate for the crowd who had to endure it.

Security was extremely tight, every time Claire who was watching near Westminster took something from her bag the police paid a keen interest, especially in the foil wrapped rolls. Maybe they were just very hungry!

My biggest challenge in Marathon running is the boredom factor. The method I use to counter this is to talk to other runners and have made a couple of friends this way that I'm still in touch with years afterwards. Running is such a friendly sport as we know. This year I chatted to the guy next to me in pen 6 at the start, and we ran the whole race together. He was a splendid chap running his 23rd marathon but first London. He was a doctor from Boston USA called Barry. His profession proved to be quite useful after 18 miles as I joined an elite group of runners who fell over! I slipped on an orange skin and head butted the kerb, giving myself a black eye sore jaw and gashed head. Barry applied first aid from his bum bag and we carried on in good humour. Strange things then happened, I had some mild shock and experienced hallucinations which was a little weird but the main effect was a tremendous shot of adrenalin which lasted for over an hour. This made running the final 8 miles dead easy! So easy in fact I'm contemplating getting someone to trip me up next year.....!

So, the end came after 4hours 30, a 'personal worst' but memorable marathon. Barry had been telling me what a real ale fan he was so we went to a pub he knew just off The Strand for a couple of pints of 'Old Speckled Hen'. This just added to the feel good factor, the combination of endorphins and alcohol are highly recommended and have been added to my post marathon strategy for the future.

Claire, the family and I have been invited to stay with Barry later in the year and we are getting together in June when he comes to the UK on business, so there is another example of the camaraderie in this wonderful sport of ours.

Those of you who fancy having a go, to quote Nike, just do it! It is a world class event that we can all be proud of. You run the same race as the world's best and get cheered on by half a million fans. How many footballers get to play at Wembley or cricketers at Lords? The buzz on the day is phenomenal and lasts for weeks, months if it is your first marathon. Getting in through the ballot is difficult, although the odds of success are better as a first timer. A 'Gold Bond' place through a charity is easy to get, and I have found that nine out of ten people are happy sponsors. A couple of business sponsors usually make it easy to achieve the sum specified by the charity.

Andy Hoare

London results

David Coates (M45)	3:06:27	1612th	1504th male
Dave Lantsbery (M55)	3:41:31	6398th	5662nd male
Andrew Hoare (M45)	4:44:09	19436th	14721st male
Shirley Williams (W50)	5:08:43	23521st	5022nd female
June Braithwaite (W45, on her debut)	5:14:40	25476th	5715th female

Top marathon tips

Negative split really works. My best times (3 hours 30) have come by running this way, if you go off too fast you hit 'the wall' really hard!

Run with a small bum bag containing

- your mobile phone – useful for letting your supporters know where you are on the course, finding them at the finish and in case of serious problems.
- Compeed for blisters
- some Vaseline, either in a jar or small plastic bag. Apply some over your eyes to prevent the sweat from stinging as well as over 'moving parts'!
- some loo paper (also useful for cleaning your foot if you have to apply the Compeed – it doesn't stick to a sweaty foot!)
- some food

Energy drinks and gels work better for some than others. My friends who have run marathons and myself have all found that solid food helps with stomach discomfort caused by emptiness as well as giving a source of energy. Bananas work best for us, but a Mars bar or an apple may be your preference. Jelly babies also work quite well. My experience has always been that fruit is the most user friendly, chocolate tastes great but sweets are more difficult to digest.

Either have your supporters 'feed' you from the crowd as you pass, or carry some food in your bum bag. I prefer the latter as you cannot always predict when you need the food and there is no guarantee that you will always be spotted by your friends and family.

The crowd is also very user friendly and offer all sorts of sweets and fruit, especially from halfway to 23 miles. Orange segments and energy drinks are provided at regular intervals at the drinks stations.

Always go to the loo as soon as you feel the need, 'hanging on' makes you run more slowly.

Some moist wipes, a towel and a change of gear (especially socks and underwear) are good news at the finish, you can leave these in your bag on the truck at the start.

Andy Hoare

Blisworth 5k (Friday 21 May 2004)

WHY IS THERE NEVER A SPARE WOMAN AROUND WHEN YOU NEED ONE?

A universal question for which there is very rarely a printable answer. There were loads of male Joggers but a shortage of Joggerettes. The blokes (with one notable exception) all finished before the Joggerettes - a bit like most things in life really!

If and when the results are published these should show that we had 11 Joggers - all in the famous green vests. Note to kit man - Alison Linnell does not own a new club vest. A remarkable achievement for the most local of events and the first race in the newly formed Northamptonshire league. Unfortunately, the rules state that it is the first four men and first three ladies scores to count.

John Fowler

DAVID FOWLER SETS M20 CLUB RECORD AS SILSON JOGGERS OUT IN FORCE AT LOCAL ROAD RACE

Wootton Road Runners hosted the 5k at Blisworth over a hilly course on Friday. There were 219 finishers in all. Mark McKay (Rugby & Northampton) won in a time of 15:15 closely followed by Andy Blow (Poole) in 15:24 and Steve Platts (Oadby & Wigston) in 15:25. First lady was Karen Thorp (Coventry Godiva) in 16:47 and 9th place overall.

Leading Silson Jogger was Kevin Reboul in 28th place and 3rd vet 40+ in 18:40, closely followed by Jim Darcy in 32nd place in 18:49. A battle developed between Jody Willis (51st in 19:43), David Fowler (53rd in 19:50) and Mark Armstrong (56th in 19:55). Dave Lantsbery finished 64th in 21:10 and 2nd vet man 55+. Other runners were Andrew Pate (113th in 22:00), Derek Bain (149th in 24:00), Alison Linnell (156th in 24:32), John Fowler (172nd in 25:16) and Shirley Williams (204th in 29:10 - 3rd vet lady 50+).

Hud Reboul (Kevin's son?) - age 14 ran in 21:16 - 92nd place. Unattached runner. Kevin should invest £2 in club membership and £10 in a vest for him!

John Fowler

Corby 5 m (Wednesday 26 May 2004)

Seven Runners from Silson Joggers made the trip to Rockingham Motor Racing Circuit for the 4th race in the East Midlands Grand Prix Series hosted by Corby AC. The 5-mile race was staged at the Rockingham Raceway for the third time. There were a total of 326 finishers. The race was won by Steve Platts of OWLS in 25:03, followed by Matt Almond of Coventry Godiva in 25:19 and D Miles of Birchfield Harriers in 25:28. First lady was Sue Harrison of Leamington C & A C in 28:28.

Once again Kevin Reboul led the way for Silson Joggers finishing in 64th place in 30:30. Other Silson Joggers were:

110	Andy Hoare	32:34	
119	Dave Lantsbery	33:04	4th vet Man 55+
125	Jody Willis	33:22	
229	Peter Morris	37:56	
272	Derek Bain	39:43	
282	Tim Hullett	40:08	

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

John Fowler

Race dates

- Sat 5 June Otmoor Challenge Half-Marathon (multi-terrain)**
(2.00 pm) The Playing Field, Horton cum Studley, near Oxford
£7.50 (+£2 on the day)
Contact: Julie Ogden, 01865 351421, ogdens@home-hcs.freeserve.co.uk
- Sat 5 June Sweatshop Summer Sizzler 10k**
(2.30 pm) Emberton Country Park, Olney, Milton Keynes
£8/£9 (£10/£12 on the day)
Contact: Kevin Farmer, 08701 624933, info@big-cow.com

Race dates

- Sun 6 June Two Castles Run 10k**
(9.00 am) Warwick Castle to Kenilworth Castle, Warwick
£6/£7 (£15 on the day)
Contact: www.twocastlesrun.org.uk, Richard Poynter, 24 Savile Grove, Kenilworth, CV8 2PR
- Tues 8 Jun Weedon 10k (EMGP Series)**
- Tues 15 Jun Banbury 5 (EMGP Series)**
- Fri 18 June Colworth 5 (race 1 of 3, multi-terrain)**
(6.45 pm) Colworth Clubhouse, Yellow Lane, Sharnbrook, Beds
£6 (+£1 on the day)
Contact: www.bedfordharriers.co.uk, ColworthStrider@hotmail.com, Box 10, Post room – Colworth Striders, Unilever R&D Colworth, Sharnbrook, Bedford, MK44 1LQ
- Fri 18 June Lipton Ice Tea Marathon Challenge (multi-terrain)**
(6.45 pm) Colworth Clubhouse, Yellow Lane, Sharnbrook, Beds
£21 (+£3 on the day)
Contact: www.bedfordharriers.co.uk, ColworthStrider@hotmail.com, Box 10, Post room – Colworth Striders, Unilever R&D Colworth, Sharnbrook, Bedford, MK44 1LQ
- Sat 19 June Colworth Trail race 8 (race 2 of 3, XC)**
(12 noon) Colworth Clubhouse, Yellow Lane, Sharnbrook, Beds
£7 (+£1 on the day)
Contact: www.bedfordharriers.co.uk, ColworthStrider@hotmail.com, Box 10, Post room – Colworth Striders, Unilever R&D Colworth, Sharnbrook, Bedford, MK44 1LQ
- Sat 19 June Everton Fun Day 5k Trail Run**
(10.30 am) Everton Village Hall, Church Road, Everton, Sandy, Beds
£2 (£1 u16)
Contact: Nigel Bush, 01767 682251, nigelbush@hotmail.com

Race dates

Sun 20 June Colworth Half-Marathon (race 3 of 3, mutli-terrain)

(10.30 am) Colworth Clubhouse, Yellow Lane, Sharnbrook, Beds

£8 (+£1 on the day)

Contact: www.bedfordharriers.co.uk, ColworthStrider@hotmail.com, Box 10, Post room – Colworth Striders, Unilever R&D Colworth, Sharnbrook, Bedford, MK44 1LQ

Tues 22 Jun Harborough 5 (EMGP Series)

Sat 26 June Bourton Hilly Half-Marathon

(6.00 pm) Bourton Rovers FC, Rissington Road, Bourton-on-the-Water

£8.50/£9.50 (£10 on the day)

Contact: Dennis Abbots, 01608 662232, www.bourtonroadrunners.co.uk, Abbots@tinyworld.co.uk

Sun 27 June CPM Thame 10k

(9.30 am) Thame Leisure Centre, Oxford Road, Thame

£5/£6 (£7 on the day)

Contact: Reg Koster, 07775 757379, reg.koster@intermec.com, www.thamerunners.co.uk

Tues 6 July Milton Keynes 10k (EMGP Series)

Fri 9 July Cranfield 5k

(8.00 pm) Cranfield University, Cranfield, MK43 0AL

£6/£7 (entries in advance only)

Contact: Marlene Devonshire, 01234 300134, m.devonshire@cranfield.ac.uk, www.cranfield.ac.uk/running

Race dates

Sun 11 July Wycombe Half-Marathon

(9.30 am) The Rye, High Wycombe

£6/£7 (+£2 on the day)

Contact: Chris Gentry, 01494 637946, www.handycrossrunners.freemove.co.uk

Wed 14 July Croft 10k

Sat 17 July Hornton 6

(7.00 pm) Hornton Sports Pavilion, Hornton, Banbury

£4/£5 (+£1 on the day)

Contact: 01295 272353, Jimstanners@aol.com

Sun 25 July NSPCC Milton Keynes Half-Marathon

(10.00 am) Bury Lawn School, Stantonbury, Milton Keynes

£11/£12 (£13 on the day)

Contact: NSPCC Milton Keynes, 01980 568336, mkhalfmara@nspcc.org.uk, www.mkhalfmarathon.org.uk

Wed 28 July Bedford Harriers' Doug Anderson Memorial 5k

(7.30 pm) Bedford Park, Park Avenue, Bedford

£4.50/£5.50 (+£1.50 on the day)

Contact: Jacinta Horne, 01234 307013, hello@bedfordharriers.co.uk, www.bedfordharriers.co.uk

Sun 1 Aug Wellingborough 5

Fri 6 Aug Blisworth 5

Fri 13 Aug Cranfield 5

Sun 12 Sept Cransley 10k

