



# The 10k Times

June/July 2005

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

Training	page 2
Reflections on AGM and 10k	pages 3-4
Club 10k handicap results	page 5
Club Winter Cup results	page 6
The dangers of trying to exercise	page 7
A guide to giving a woman a good time	page 7
Man-with-a-vest-in-the-desert	page 8
Dates for EMGP series 2005	page 9
On the road	
Flora London marathon	page 9
Weston 5	page 10
Silverstone Grand Prix 10k	page 11
Rugby 6	page 12
Bedford 6	pages 13-14
Letter to the Chairman	page 14
Blisworth 5k	pages 15-17
Corby 5	page 18
Boddington 10k	page 19
Race dates	pages 19-20

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,  
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or even better by e-mail to [eddie.shoemith@buckingham.ac.uk](mailto:eddie.shoemith@buckingham.ac.uk)  
**by Sunday 24 July 2005**

## TRAINING

### Training Diary for June (final month's training of the season)

We are entering the last organised training month of Silson Joggers' season. For the past 5 years we have been taking a 2-month summer break from meeting up for training, returning in September, hopefully refreshed and raring to go!!!

Friday 3 <sup>rd</sup> June	Sixfields, 200s with a difference
Sunday 5 <sup>th</sup> June	Graham & Alison's
Friday 10 <sup>th</sup> June	Sixfields, 1-mile time trial (summer cup )
Sunday 12 <sup>th</sup> June	Silverstone playing fields
Sunday 19 <sup>th</sup> June	Marathon Challenge weekend, Colworth, Beds
Friday 24 <sup>th</sup> June	Sixfields, 4 x 400 relays
Sunday 26 <sup>th</sup> June	Silverstone playing fields
**** rearranged session ****	
Friday July 1 <sup>st</sup>	Sixfields 100, 400, 800 time trials

When this month is completed we will have done 10 months' training together – an awful lot of hard work. During the 2 months we are not meeting you need to give your bodies chance to recover, which should include 2 weeks of no running at all, unless you have recently been injured, of course. But during this rest period you will need to be sensible so as not to let all your hard work go to waste, by keeping active.

We will return in September, hopefully with a good group of new runners and keep the club moving forward.

I am absolutely delighted with the way the season has gone, thank you for being so receptive to the set sessions.

Have a great summer

**Graham**

Please ring for further info, 01327 341009

### **Training Weekend in Sweden**

Alan Lock, who has a property in Sweden with an adjoining chalet, has offered the chance for a group of Silson Joggers, 6-8 max, to join him during the month of August, while he is on holiday.

## Reflections on the AGM, 10k, etc

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The attendance at the AGM on 22 April was the largest any of us have ever known – almost 40 people there. Many thanks to everyone who turned up and contributed for making it an excellent evening. The White Horse is probably the best venue we've tried in recent years (except for last year when we disastrously had a 'room' downstairs), but the noise from downstairs is a bit of a problem at times, when people are spread out over the upstairs room. If anyone has any alternative thoughts for next year, please let us know.

The AGM held one or two surprises, with perhaps some unintended consequences. Rachel Jordan found herself voted onto the Committee in some capacity, which I thought was Chair, but which she (and others, apparently) thought was in a more 'specific' role that would give her the opportunity to exercise her 'gobby' talents (her word, not mine) in the service of the Club. The Committee has talked about this 'confusion', and I've talked to Rachel, and we've agreed the following. I shall continue nominally as Chairman for a final year, and chair Committee meetings until such time as Rachel is so fed up with inept chairmanship that she demands to take over (one meeting?). She's effectively Chairperson-elect, and Vice Chairperson. At the latest, she'll take over the Chair at the next AGM. I hope everyone feels happy with this arrangement.

The Club handicap 10k, which was also the last race in the Winter Cup series, was run on a beautiful sunny evening at the Circuit – in the light!! (okay, of course it was light if it was sunny). No shadowy figures appearing out of the gloom and being mis-identified, to my great relief. Jennifer Dunkley set off first, and was followed at various intervals by 13 other members of the Club (not counting those who only ran 5k), the last being Jeff Haynes 20 minutes later.

Despite a couple of Club members having what were thought to be 'favourable' handicaps (as a result of injury or a relative lack of fitness when the early Winter Cup races were being held), and despite Tim Hulet taking off 2 minutes before his allotted time (on the grounds, apparently, that he was afraid of getting lost), Jennifer ran the entire 10k without being passed, and finished a comfortable, and very popular winner. The full results appear on page 5 of the Newsletter.

This race was also the last in the Winter Cup series. It was going to take a very special run by someone to overhaul Ryan Carter, and no-one was special enough on the night. Well done, Ryan! Full results for the last race, and the full list of overall points in the Winter Cup, are on page 6 of the Newsletter.

The weather was also kind six days later on Grand Prix 10k night, and the rain held off until after the race had ended, even for the tail-enders. Conditions generally were quite good for running (I'm told), and several age-group records were broken. As I'm sure most of you know by now, we had a bumper entry, and for the first time ever, the number of finishers exceeded 1000. John's report appears on page 11 of the Newsletter.

Everything seemed to go smoothly on the night, thanks to a big turn-out of helpers. Big thanks to everyone for helping to put on an excellent race again. We've had several emails from people who took part in the race thanking us for a great event, and the comments on the Runner's World website are almost all positive. They are particularly complimentary about the organisation and friendly atmosphere, which is just what we want to hear. There were a few comments about the course length (those with GPS seemed to think it was a little long), spacing of mile markers, no drinks during the race, and mementos, but overall the feedback was very good. A selection of the positive comments is reproduced below.

And if anyone is wondering where the promised discussion of  $E = mc^2$  is, it seems to have been displaced by an unsuspected warp in the space-time continuum.

**Eddie Shoemith**

'A small field, a great venue, well organised, good value.'

'The unique location, complete lack of traffic, and friendly atmosphere make this one a winner.'

'Superb race. Great organisation, runs like clockwork.'

'Excellent organisation, a race clock at half way, and a chance to stroll down the pit lane at the world famous motor racing circuit. Well worth it.'

It is fantastically well organised though and is a great experience.'

'Great race, great organisation and the best toilet facilities around.'

'Excellent Race and great organisation'

'Well organised with encouraging marshals.'

**Club 10k handicap race  
(Silverstone Circuit, 27 Apr 2005)**

	Start time (handicap)	Finish time		Running time		Position
	min	min	s	min	s	
Jennifer Dunkley	+ 4	59	44	55	44	1
Dave Coates	+ 23	61	54	38	54	2
Jeff Haynes	+ 24	62	15	38	15	3
Dave Lantsbery	+ 19	62	16	43	16	4
Tim Hulett	+ 12	62	20	50	20	5
Andy Taylor	+ 22	62	50	40	50	6
Geoff Smith	+ 15	62	50	47	50	7
Andy Hoare	+ 21	63	04	42	04	8
Claire Todd	+ 14	63	27	49	27	9
Mark Armstrong	+ 23	63	41	40	41	10
Andy Pate	+ 17	64	00	47	00	11
Norman Carter	+ 21	65	11	44	11	12
Roger Williams	+ 21	65	20	44	20	13
Linda Lytollis	+ 22	65	44	43	07	14



Jennifer Dunkley, popular winner of the 10k handicap at the Circuit  
(Photograph courtesy of John Fowler)

**Winter Cup 2004/05  
Final Positions after 7 races (Apr 2005)**

	H'cap	Actual time		Race 7 Handicap time		Points, race 7	TOTAL FINAL POINTS
		min	s	min	s		
Ryan Carter	+ 20%	50	18	60	09	260	5793
Norman Carter	+ 41%	44	11	62	19	130	5425
Linda Lytollis	+ 43%	43	44	62	33	115	5379
Mark Armstrong	+ 54%	40	41	62	46	103	5224
Graham Linnell	+ 52%						5224
Carol Debney	+ 0%	60	24	60	24	245	5103
Allan Lock	+ 7%						4810
Jeff Haynes	+ 25%	38	15	47	49	1000	4756
Roger Elkin	+ 45%						4728
Andy Wright	+ 69%						4529
Chris Rogers	+ 67%						4156
Dave Lantsbery	+ 32%	43	16	57	07	442	4085
Jennifer Dunkley	+ 3%	55	44	57	39	410	3941
John Fowler	+ 26%						3913
Dan Taylor	+ 40%						3758
Dave Coates	+55%	38	54	60	19	250	3611
Claire Todd	+ 25%	49	27	61	49	160	3532
Andy Taylor	+ 46%	40	50	59	37	292	2897
Andy Pate	+ 36%	47	00	63	42	47	2753
Kevin Reboul	+ 57%						2553
Jim Darcy	+ 58%						2412
Rob Baymen	+ 51%						1975
Trevor Ray	+ 30%						1959
Barry Bearman	+ 0%						1000
Fay Boans	+ 16%						1000
Rachael Jordan	+ 23%						1000
David Fowler							1000
Pamela Ray							1000
Lauren Bain							1000

**Congratulations to the winner, Ryan Carter**

## The Dangers of Trying to Exercise

In a vain and futile attempt to get fit, I joined a gym. Not just any old gym but the Spa at Whittlebury Hall. Not only that, but various members of the family also wanted to join. Money (and quite a lot at that) well spent.

Saturday 26<sup>th</sup> February 2005 became a defining day. After a good season on the rowing machine, I decided to use the treadmill. I have never liked running on a treadmill because I do not run in a straight line. I decided to have a brisk walk instead. The machine was still going at a leisurely 3 mph when disaster struck. My right leg was still walking at 3 mph but my left leg had struck the side and was not walking at all. Hopping at 3 mph is very difficult, particularly if it comes unexpectedly. The forward motion of the body when anticipating running means that you are off balance as well. Disaster struck. A finely tuned athletic body went sprawling onto the treadmill. Most gyms provide a safety device that if pulled automatically stops the treadmill. To be fair to the Spa, they do as well. But, of course, there are no prospects of anything happening at only 3 mph, so I was not wired up.

The treadmill, being totally unaware of the disaster, carried on at 3 mph. Parts of the body maintained constant contact with the treadmill. Some of those parts had long been redundant but I still needed my knees. I am now permanently scarred, mentally and physically, for the rest of my life. Take care when you meet me as I may react. I can be consoled with copious amounts of red wine, but not any cheap stuff please.

**The man with a vest\* but no knee caps**

## A Guide to Giving a Woman a Good Time

Being a chivalrous sort of chap, I offered to give one of our newer members a lift to the Rugby 6. She was promised a good time. Unfortunately, her expectations were considerably different to mine. There was much foreplay about "taking it slowly" and "don't get cold waiting for me to finish", so the prospects were definitely on for a good time. Despite this, we both set off at what seemed like a ferocious pace. I was struggling to keep up but the rate just kept quickening. I had a moral dilemma. Do I try and go quicker or just stay along for the ride and give the impression that I am enjoying it? In the interests of self preservation, I decided on the latter. I did give the impression that I enjoyed it. I was very sore afterwards and parts of my body kept twitching. The highlight, however, was that instead of the ritualistic cigarette and glass of champagne, she offered me a banana! Being a chivalrous sort of chap, I declined.

**The man with a vest\* that used to fit and a particular way with women**

(\*Not the usual man with a vest – Ed)

## Man-with-a-Vest\*-in-the-Desert

Getting hot again here in Dubai (the weather that is, not the pace of the training !).

So, I hear the EMGP series is in full swing again, and time yet again for everyone to try to improve on last year's times.

How I miss the never-ending road back to the finish at Rugby, or the forever-downward first couple of miles at Banbury (knowing the uphill bit in the middle is yet to come), and of course the famous Stubbs, man-and-woman-killer or what?

Hopefully the Main Event at the Circuit on 3<sup>rd</sup> May went without a hitch, and added yet more funds to the kitty that continues to swell, a fate so common to so many waistlines here. Looking forward to receiving the next issue of *10k Times* and reading all about it, and the promised revised  $E = mc^2$  theory of relativity – all I know is that the "E" is certainly relatively less these days, despite the increase in "m"!

I am now "The man WITH a vest" thanks to Eddie digging in the laundry bag for me! (\*\*please see photo caption below – Ed)

Proof is attached, showing a rather pleasant place to do a bit of sand resistance training, and also a bit of local colour for the anoraks!

Have a good summer everyone.

**Nick El Jerome**

(\*this is getting confusing – Ed)

**Nick El Jerome looking cool in his \*\*NEW Silson Vest**



# On the road ...

## DATES FOR THE EMGP SERIES 2005

Tuesday 7 June	Weedon 10k
Tuesday 14 June	Banbury 5
Tuesday 21 June	Harborough 5
Tuesday 5 July	Milton Keynes 10k

All 7.45 pm starts

Further information and entry form at [mcs.open.ac.uk/mkac/The\\_EMGP.html](http://mcs.open.ac.uk/mkac/The_EMGP.html)

## Flora London Marathon (Sunday 18 April 2005)

Norman Carter 4.01.44  
Julia Shepherd 4.18.31 - CLUB RECORD F60  
Shirley Williams 4.57.20

For Human Energy

Rob Bayman 3:13:02  
Tony Keech 3:35:08  
Phil Bignell 3:36:53

A BIG THANKYOU to everyone who sponsored me for the London Marathon. The total to date for the Friends of Cynthia Spencer Hospice is £1,229. Also thank you to Coach for his gruelling schedule and support during training.

*Julia Shepherd*

## Weston 5 miles (Monday, 2 May 2005)

Weston & Weedon Shufflers hosted their annual May Day 5 mile road race in warm conditions. This testing course includes a sharp hill up to the finish. Notwithstanding this a number of runners from Silson Joggers set new club record times. The race soon developed into a procession behind Mark McKay who smashed the course record in a time of 26:04 to win by 3 minutes 45 seconds from James Percival. Jeff Haynes from Silson Joggers finished 3<sup>rd</sup> in a club record time (M50) of 30:04. 18 year old David Fowler finished 40<sup>th</sup> in a new record (M20) of 34:52 closely followed by team mate, Dave Lantsbery in 35:06, also set a new M60 record. Andrew Pate was 84th in 38:20, with Graham Smith, on his club debut in 91<sup>st</sup> in 38:42 and Peter Morris 133<sup>rd</sup> in 41:16. Lauren Bain, running her first race as part of her build up for the Great North Run, finished strongly in 50:49 and 234<sup>th</sup> place for a new F20 club record, followed by her chaperones, Derek Bain and John Fowler both in 50:50.

Full results can be found on the web-site [www.greatweston5.co.uk](http://www.greatweston5.co.uk)

**John Fowler**

### It's records all round

The usual Weston May Day Fete included the usual 5-mile multi terrain. Two unusual things happened. It was sunny, warm and dry and many of the participating Joggers achieved Club records for their age groups. Last year's race was run in near monsoon conditions but this year we got unexpected fine, warm Bank Holiday weather - it must be global warming. Nine Joggers started and nine finished the usual undulating (in reality, very undulating) course.

The star performance was from Jeff Haynes who finished 3<sup>rd</sup> male overall in 30.04, David Fowler ran a Joggers U20 club record time of 34.52 which was considerably lower than last year's time. Dave Lantberry (it is spelt that way in the results) created a Joggers V60 club record of 35.06 and another big improvement on last year's time. I finished in 38.20, little faster than last year. Graham Smith on his debut had a very good run in 38.42, he made me sweat, I only passed him just before the final hill. Peter Morris came home in 41.26, Lauren Bain 50.49 and a female U20 club record, Derek Bain and John Fowler dead heating on 50.50. Derek and John chaperoned Lauren the whole way ..... poor Lauren! This was an excellent turn out by the Joggers as some members also ran at Thornborough.

Weston and Weedon Shufflers must be congratulated on another excellent 5-mile race, well marshalled, mile markers, water station, the best T Shirts and good bags (except the Soya desserts) and SUN.

**The man in a vest and the other eight as well**

## Silverstone Grand Prix 10k (Tuesday, 3 May 2005)

Silson Joggers AC hosted the annual 10k road race at Silverstone Circuit on Tuesday 3 May as the first race in the East Midlands Grand Prix Series sponsored by **The Running Shop (Northampton)** and **Mizuno**. With just under 900 having pre-entered and no other sporting clashes live on television that night (excluding Liverpool v Chelsea - but that was a foregone conclusion) a record turnout was expected and the Joggers were not disappointed. For the first time ever the club saw over 1,000 runners complete the two laps of the Grand Prix Circuit.

Following the hail stones and high winds experienced in 2004, the runners experienced almost ideal conditions and this was reflected in a number of age category records being beaten or equalled. The race at the sharp end soon developed into a procession with 18 year old Moumin Geele from Leicester Coritanian quickly opening up an early lead which the steadily increased to win the race in a time of 30:40 (a new record for M20). Behind Geele, the places were a lot closer with Michael Aldridge (Wootton Road Runners) finishing second in 32:33, just ahead of Paul Gregory (Vale of Aylesbury) in 32:37 (a new M50 record) and Paul Harwood (Aldershot Farnham and District) in 32:41.

The ladies race was won by Nikki Slater (Witney Road Runners) in a time of 35:55 (23<sup>rd</sup> place overall), closely followed by Michelle Lee (Milton Keynes) in 35:10 and Steph Forrester (unattached) in 35:55 (a new F35 record).

The team price for the first four finishers was won by Leicester Coritanian, with runners finishing in 1<sup>st</sup>, 10<sup>th</sup>, 17<sup>th</sup> and 21<sup>st</sup> places.

### Age / Category results:

Category	Runner	Club	Time	
Men Under 20	Moumin Geele	Leicester Coritanian	30:40	New M20 record
Senior Men	Michael Aldridge	Wootton R R	32:33	
Vet Men 40+	John Lisiewicz	Morpeth Harriers	33:13	
Vet Men 45+	Peter Barnes	Rugby & Northampton	34:47	
Vet Men 50+	Paul Gregory	Vale of Aylesbury	32:37	New M50 record
Vet Men 55+	Paul Kelly	Northbrook A C	35:35	
Vet Men 60+	Graham Patton	Sphinx A C	36:21	
Vet Men 65+	Brian Daniells	Milton Keynes A C	43:08	
Senior Ladies	Nikki Slater	Witney R R	34:37	
Vet Ladies 35+	Steph Forrester	Unattached	35:55	New F35 record
Vet Ladies 40+	Jenny Gray	Luton A C	37:20	=F40 record
Vet Ladies 45+	Gail Duckworth	Leighton Buzzard A C	38:40	New F45 record
Vet Ladies 50+	Jane Goodey	Unattached	47:19	
Vet Ladies 55+	Rosemary Muston	Milton Keynes A C	44:49	
Vet Ladies 60+	Sheila Taylor	Rugby & Northampton	52:06	

In all there were 1,030 finishers.

**John Fowler**

## Rugby 6 (Wed 11 May)

Silson Joggers were out in force at the Rugby 6 on Wednesday 11th May. The performances of the Joggers reflected the improving quality and depth of abilities within the club and saw four club records beaten. The race was won by Wootton Road Runner, Michael Aldridge in a time of 31:44, closely followed by Gareth Deacon (Coventry Godiva Harriers) in 31:54 and Gary Payne (George Elliot Striders - first M45) in 32:11. The ladies race was won by Nikki Nealon (Huncote Harriers) in 35:50 with S. Ellison (Leicester Coritanian) second in 37:04. In all there were 320 finishers.

Jeff Haynes led the Joggers home in 23<sup>rd</sup> place and a new club M50 record of 35:37. Jeff was 2<sup>nd</sup> M50 on the night. Second Jogger was Andy Wright in 38<sup>th</sup> place in 35:37, closely followed by Dave Coates in 47<sup>th</sup> place in 37:06 (a new club M45 record). Dave Lantsbery broke the M60 record in 41:40 (3<sup>rd</sup> M60) and Julia Shepherd broke the F60 record in 46:15 (2<sup>nd</sup> F60). The full list of finishers from Silson Joggers is:

23 <sup>rd</sup>	Jeff Haynes	35:37	Club M50 record
38 <sup>th</sup>	Andy Wright	36:33	
47 <sup>th</sup>	David Coates	37:06	Club M45 record
49 <sup>th</sup>	Mark Armstrong	37:14	
77 <sup>th</sup>	Andy Taylor	38:38	
119 <sup>th</sup>	Jody Willis	41:02	
122 <sup>nd</sup>	Andy Hoare	41:16	
131 <sup>st</sup>	Dave Lantsbery	41:40	Club M60 record
202 <sup>nd</sup>	Dan Taylor	45:52	
208 <sup>th</sup>	Julia Shepherd	46:15	Club F60 record
261 <sup>st</sup>	Tim Hulett	49:07	
263 <sup>rd</sup>	Rachel Jordan	49:24	
304 <sup>th</sup>	John Fowler	55:11	

Silson Joggers finished 4<sup>th</sup> senior men's team and 3<sup>rd</sup> Vets men's team

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

**John Fowler**



## Bedford 6 (Wed 18 May)

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### ***Big turnout by the Joggers***

What an excellent turnout for the annual 6 miler. The weather and conditions were very good for road racing, calm, cool, light breeze. The conditions must have suited most of the Joggers as some fine times were clocked.

It was no surprise to see Andy Wright lead home the joggers, with Mark Armstrong second home just squeezing out Andy Taylor. It was good to see Jody Willis returned to a Silson vest with a fine run. Dave Lantbery clocked an impressive time as usual as did Dan Taylor. I finished faster than last year with a course best which was a good thing as Graham Smith raced me near the end and frightened the living daylights out of me. Rachel Jordan was the star of the night knocking 2 minutes off her Rugby 6 time (Go girl, Go girl), she was also the only female Jogger. Where were the rest of the Ladies' team? Tim Hullett finished strongly with an excellent time and John Fowler brought home the Joggers with a far faster time than at Rugby last week.

I need to know what is Rachel's secret knocking off 2 minutes, is it that go faster holiday tan?

A list of the star performances are as follows;

32nd	Andy Wright	31.08
45th	Mark Armstrong	37.29
46th	Andy Taylor	37.29
87th	Jody Willis	40.27
105th	Dave Lantsbery	41.30
149th	Dan Taylor	43.45
168th	Andy Pate	45.01
174th	Graham Smith	45.24
201st	Rachel Jordan	47.14
214th	Tim Hullett	48.03
261st	John Fowler	51.48

I look forward to seeing large Joggers team at Weedon on the 7th June.

**The man in the vest**

## Bedford 6 (Wed 18 May)

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Silson Joggers were out in force for the third race in the East Midlands Grand Prix Series hosted by Bedford & County A C. Around 300 runners took part in the race that was won by Jim McMahon from the host club in 31:54. Second was Steve Poole (unattached) in 32:31 and third Phil Melling (Just Racing) in 32:39. The ladies race was won by Michelle Lee (Milton Keynes) in 34:23 with S Ellison (Leicester Coritanian) in 37:54 second.

Andy Wright led the Joggers home in 31st place in 36:18. A battle developed between Mark Armstrong and Andy Taylor who finished in 45th and 46th places, both recording a time of 37:29. Jody Willis was 87th in 40:27, whilst Dave Lantsbery broke the club M60 record to finish 105th in 41:30. Dan Taylor finished 148th in 43:45, Andrew Pate 167th in 45:01, pulling away from Graham Smith (173rd - 45:24) in the last mile. Tim Hullett (213th - 48:03), Rachel Jordan (229th - 49:09) and John Fowler (260th - 51:48) completed the race for the Joggers.

The team finished 7th senior men and 5th vet men.

Results can be found on the web-site [www.mkac.org.uk](http://www.mkac.org.uk)

**John Fowler**



Dear Mr Chairman

I am extremely concerned about the abuse of animals that appears to be becoming prevalent on your web-site. It was bad enough when a snail appeared with the Rugby 6 report. Now I find that there is a tortoise strapped to roller skates with the Bedford 6 report. Just what justification is there to compare two such fine creatures with a poor example of some kind of obese land mammal? I cannot readily think of a more apt description.

Yours faithfully

**Angry Vegetarian of Silverstone**

*(Being an ethical newsletter, we wouldn't normally compound the error of the webmaster, but we felt it necessary that readers should see for themselves the abuses of which this ~~lunatic~~ angry reader is complaining, so they can judge the full horror for themselves – Ed)*

## Blisworth 5k (Friday 20 May)

The Blisworth 5k, hosted by Wootton Road Runners, saw a record turnout by Silson Joggers runners with 20 members starting the race, plus their supporters. The race was won by Mark McKay (Rugby & Northampton) in 15:22 followed by Mike Alridge (Wotton Road Runners) in 16:07 and Guy Petersen (Rugby & Northampton) in 16:50. The ladies race was won by Vicky Pincombe (Milton Keynes) in 17:55. In all there were 266 finishers.

A number of battles developed throughout the race between the Silson members. The closest contests were Andy Wright just beating Jeff Haynes and Mark Armstrong with Andrew Taylor. A number of club record age times were beaten with Linda Lytollis (F35) setting a club record time.

Full Silson results:

14	Andy Wright	17.46 - 3rd M40 (club age record)
15	Jeff Haynes	17.49 - 2nd M50 (club age record)
25	Mark Armstrong	18.28
26	Andrew Taylor	18.29
32	David Coates	18.26 - 2nd M45
44	Kevin Reboul	19.01
57	Jim Darcy	19.29
63	Jody Willis	19.42
72	Dave Lantsbery	19.57 - 1st M60 (club age record)
102	Linda Lytollis	20.44 - 2nd F35 (club record time)
111	Norman Carter	21.12
136	Graham Smith	22.09 - 3rd M55
145	Andrew Pate	22.32
161	Julia Shepherd	23.09 - 1st F60 (club age record)
165	Ryan Carter	23.20 (3rd MU15)
171	Claire Todd	23.34 - (club age record)
178	Adrian Morris	23.45
221	John Fowler	26.21
224	Bev Colles	26.38
244	Jennifer Dunkley	27.33

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

**John Fowler**

## PLACES MAKE PRIZES – Blisworth 5k (Friday 20 May)

What an outstanding night ! 20 Joggers ran, including 5 women!!! The Joggers walked away with 5 individual prizes and the Men's Vet Team came 1st.

Where to start the report, it's all too much really. In three and a half years with the club I have never seen so many green and yellow vests at a road race and when did we last win so many prizes at one event. The event was well organised as usual the weather was cool, dry and good for running. The usual course meant a fast start and the hilly bits after the 2.5k point (if only we could circumnavigate that long hill ).

A naff bag, pen and sweets as a prize but a fine pint of bitter in the club house at the end (now I remember why I like running, the beer tastes even better once I have finished).

The winner was the local running phenomenon known as Mark McKay in 15.02 but who cares really, this was our night. All you big running clubs eat your heart out, we came home with lots of prizes (see full list of results in John Fowler's report above).

Notable events during the evening were the continued battle between Mark Armstrong and Andy Taylor (this will become a saga ), Andy Wright and Jeff having a titanic tussle, Graham leaving me for dead up the long hill with a great bit of running, Ryan Carter with a super run, personal bests for Mark and Bev, and the cheers from the Silson contingency when we collected the prizes.

Dave Coates and Kevin missed the prize giving - shame... all the other winners looked rather shocked to have won anything. Linda said winning the prize made her night, Norman said admiring the view as he followed Linda most of the way made his night!

The Silson Vets Men Team 1st prize was shared between Andy Wright, Jeff Haynes, Dave Coates and Kevin Reboul - what a marvellous performance by all of you. We finished 3rd in the Senior Men's and Women's team events.

Well time to sign off, I don't know how I can follow this report after such a great evening. However I think this could be the start of many fine road race performances by the Joggers this season.

### **The man who ran with the other 19 in vests**



**The Joggers  
out in force  
at Blisworth**

(photo  
courtesy of  
John Fowler)

## Blisworth 5k – The REAL report

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According to the Guinness Book of Records, the slowest moving mammal is *Bradypus tridactylus* - the three-toed sloth. Traditionally found in South America, Brad (as he is now known) made a rare appearance in the northern hemisphere and entered the Blisworth 5k proudly sporting the famous green vest. He will, therefore, being a fully paid up first claim member be entitled to his race entry refund.

Brad has an average ground speed of up to 0.16 km/hour (0.1 mph). His previous personal best for 5k was just under 31½ hours. Just in case Messrs Wright and Haynes feel threatened, Brad does have the ability to race through the trees at an electric 0.27 km/hour (0.17 mph). As a result, Brad does prefer races that have tree lined avenues. His personal best over such courses is also a world best at just under 18½ hours.

Brad started well at Blisworth. The hedges down to the first 1k proved as good as trees. Passing through the village he struggled. Roofs and cars are no substitute for branches. Once through the village, he improved and put in a positive burst of speed up the hill. Turning left to the finish he was exposed again and I had him! As we crossed the bridge over the A43, he was left in my wake. The results will show that I beat him. Not by much though. That would have been cruel.

**John Fowler**



**No Silson vest – no  
race fee refund!**

## Corby 5 (Wed 25 May)

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Corby AC hosted the fourth race in the East Midlands Grand Prix Series and Silson Joggers continued with their success, coming away with a number of individual and team prizes. Julia Shepherd took pride of place winning the F60 category, whilst Dave Lantsbery was second M60 and Jeff Haynes M50 and Linda Lytollis F35 were each third in their age groups. The ladies vet team finished second on the night and the ladies team finished third overall. The men finished fifth team and the vet men fourth. The race, held at the Rockingham Raceway, was won by Nigel Stirk from Tipton Harriers in 24:47 followed by Gordon Lee and Steve Platts (both OWLS) in 25:12 and 25:35 respectively. The ladies race was won by Nicki Nealon (Huncote Harriers) in 29:12

Silson Joggers results were as follows:

28	Jeff Haynes	29:08	3rd M50	Club age record
40	Andy Wright	29:55		
55	David Coates	30:51		
59	Andy Taylor	30:57		
104	Dave Lantsbery	32:38	2nd M60	Club age record
121	Jody Willis	33:09		
141	Linda Lytollis	34:09	3rd F35	Club age record
170	Dan Taylor	35:22		
190	Graham Smith	36:33		
256	Claire Todd	39:08		
257	Tim Hulett	39:11		
263	Rachel Jordan	39:26		

In all there were 352 finishers.

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

**John Fowler**

## Boddington 10k (Mon 30 May 2005)

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Boddington village hosted their annual 10k road race on Bank Holiday Monday and this year saw 139 finishers. The race was won by Carl Tuckey (M20) from Cherwell Runners in 35:17, closely followed by Gerry Taylor (Stopsley Striders) in 35:24 and Paul Level (Unattached) in 35:35. The ladies' race was won by Holly May (City of Bath) in 37:23 (7th place overall) with Jo Tweed (Rugby & Northampton) second in 39:57.

Kevin Reboul led the Silson Joggers home in 19th place in 39:59 and 3rd Vet Man 40. Dave Lantsbery continued his fine run of form and won the Vet Man 60 race finishing 27th in 41:18, also setting a new club record time for the age. David Fowler (M20) finished in 50:36 and John Fowler (M45) finished in 56:01.

This is a good local race that, whilst run on roads, is virtually traffic free. The course is capable of producing a fast time and deserves better support from the club. Please put the date in the race diary for 2006.

*John Fowler*

## Race dates

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- Tue 7 June**    **Weedon 10k (EMGP series)** (7.45 pm)
- Sat 11 June**    **Big Cow Summer Sizzler 10k** (Olney, Bucks, 6.30 pm)  
www.big-cow.com
- Sun 12 June**    **Two Castles Run 10k** (Warwick, 9 am)  
www.twocastlesrun.org.uk
- Tue 14 June**    **Banbury 5 (EMGP series)** (7.45 pm)
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## Race dates

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- Fri 17 June**    **Colworth 5** (Sharnbrook, Beds, 6.45 pm)  
www.bedfordharriers.co.uk
- Sat 18 June**    **Colworth Trail Race 8** (Sharnbrook, Beds, 12 noon)  
www.bedfordharriers.co.uk
- Sun 19 June**    **Colworth half-marathon** (Sharnbrook, Beds, 10.30 am)  
www.bedfordharriers.co.uk
- Sun 19 June**    **Blackpool Marathon** (Blackpool, 9 am))  
www.blackpoolmarathon.com, 01253 395976
- Tue 21 June**    **Harborough 5 (EMGP series)** (7.45 pm)
- Sat 25 June**    **Bourton Hilly Half-marathon** (Bourton-on-the-Water, 6 pm)  
www.bourtonroadrunners.co.uk, 01608 662232
- Sun 26 June**    **Thame CPM 10k** (Thame, Oxon, 9.30 am)  
www.thamerunners.co.uk, 07841 371841
- Tue 5 July**     **Milton Keynes 10k (EMGP series)** (7.45 pm)
- Sun 10 July**    **Wycombe Half-marathon** (High Wycombe, 9.30 am)  
www.handycrossrunners.freemove.co.uk
- Sun 24 July**    **NSPCC MK Half-marathon** (Milton Keynes, 10 am))  
www.mkhalfmarathon.org.uk
- Fri 29 July**    **Blisworth Friday 5** (Blisworth, 7.30 pm)  
www.woottonroadrunners.co.uk
- Sun 7 Aug**     **Wellingborough 5** (Wellingborough, Northants, 11 am)  
www.wdac.org.uk
- Fri 12 Aug**    **Cranfield 5** (Cranfield Uni, Beds, 7.15 pm)  
www.cranfield.ac.uk/running/
- Sun 14 Aug**    **Bearbrook 10k** (Weston Turville, Aylesbury, Bucks, 10 am)  
www.bearbrookjoggers.co.uk
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