



# The 10k Times

Oct/Nov 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 November 2005**

## TRAINING

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Apologies for the early-season training sessions, especially at Bucknell Woods, when I struggled to be there, let alone put on a training session. A big thank-you to Claire and Alison for helping out in such circumstances.

We are back up to speed now, and numbers continue to grow each week. All the new runners are very welcome.

Next month we commence the fiercely contested Winter Cup with a 1.6 mile time trial on November 2<sup>nd</sup>, followed by a 2.5 mile trial on December 7<sup>th</sup>. See below for all other training sessions

### *Training Diary*

#### **October**

Wednesday 26 <sup>th</sup>	Circuit
Sunday 30 <sup>th</sup>	Claire Todd's House (4 Poplars Close Blakesley)

#### **November**

Wednesday 2 <sup>nd</sup>	Winter Cup 1.6 mile time trial at Circuit
Sunday 6 <sup>th</sup>	Graham & Alison's (2 Bugbrooke Rd, Nether Heyford )
Wednesday 9 <sup>th</sup>	Circuit
Sunday 13 <sup>th</sup>	Silverstone Sports & Social Club
Wednesday 16 <sup>th</sup>	Circuit
Sunday 20 <sup>th</sup>	Silverstone Sports & Social Club
Wednesday 23 <sup>rd</sup>	Circuit
Sunday 27 <sup>th</sup>	Brickhill Woods (meet 9am Sponne School or 9.30 am Bow Brickhill Church)
Wednesday 30 <sup>th</sup>	Circuit

## December

Sunday 4 <sup>th</sup>	Graham & Alisons ( as above )
Wednesday 7 <sup>th</sup>	Winter Cup 2.5 mile trial at Circuit
Sunday 11 <sup>th</sup>	Silverstone Sports & Social Club
Wednesday 14 <sup>th</sup>	Circuit
Sunday 18 <sup>th</sup>	Silverstone Sports & Social Club
Wednesday 21 <sup>st</sup>	Circuit

**Sunday mornings** we meet at Silverstone Sports & Social Club, Church Street, Silverstone at 9.30am, or other venue if stated.

**Wednesday** is 6.30pm opposite the gate house in the main entrance to Silverstone motor racing circuit.

**Phone Graham 01327 341009 for further details**

Remaining Winter Cup Dates are

Wednesday January 11 <sup>th</sup>	5k trial
Wednesday February 1 <sup>st</sup>	1.6 mile trial
Wednesday March 1 <sup>st</sup>	2.5 mile trial
Wednesday April 5 <sup>th</sup>	5k trial
Wednesday April 26 <sup>th</sup>	10k trial with mile markers

If a trial is completed on a day other than date specified 1 minute will be added to runner's time.

(Eddie's decision is final !! )

**Graham**

## Stop Press

Our car parking at Silverstone Circuit is now beyond the gatehouse on a gravel area to the right. Tell the gate men you're with Silson Joggers - -- they will lift the barrier and point out the parking area just beyond.

## Midland Cross Country

Saturday January 14<sup>th</sup> Leamington

## National Cross Country

Saturday February 11<sup>th</sup> Parliament Hill Fields (Fancy a day in London on the train?)

## HELP REQUIRED FOR SILVERSTONE 10k

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in the year 2007, I will have co-ordinated 20 Silverstone 10k races, and have always maintained that on reaching that number I will stand down. With that in mind the club committee thought it would be beneficial if I could work closely with 1 or 2 people over the next couple of years, with a view to handing over the reins post-2007.

It would seem a good hand-over time -- with the club so well supported, there should be no problems allocating tasks etc, unlike in the early years. Having said that, club members and village friends have always backed the race fully over the years and I am sure will continue to do so.

A brief summary of the routine:

**September/October** Contact circuit about the date

**October/ November** East Midlands Grand Prix Series meeting

**January** Apply for Permits etc. and final EMGP meeting

**February** Arrange for circuit to be measured, if necessary

**March** Select club members to be heads of tasks, i.e. car parking, refreshments, number spotters, etc.

Contact medical staff, i.e. St Johns

**April** Get together with heads for all working teams, to pick the required number of helpers. Advise everybody at AGM -- phone calls will be required.

**May** Race day, make sure everybody is working together (The race co-ordinator should not be involved in the prize giving)

Make sure the circuit is left as when we arrived.

**May/June** A few thank you letters, and some invoices to hand over.

Please consider the position. I will still be involved and would not stand back and see anybody struggle.

**Graham**  
**01327 341009**

## Letters (and emails and other stuff) to the Editor

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### ***BUCKNELL WOODS TRAINING IN SEPTEMBER***

I would like to thank Graham for the four training sessions at Bucknell Woods. I thought they were varied, interesting, challenging and great fun. Everybody, including several new members, seemed to get stuck in and have a go. The atmosphere was excellent and I know it has helped me toughen up a bit for the imminent XC session.

When Graham runs around the woods laying out red and white tape it can mean only one thing, a hard and enjoyable training session.

Thanks,

**Andy Pate**

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### ***HOLY COATES***

***-- rare rare species sighted on 7th September***

I go away about as far as I can in this country to Lindisfarne, when out of the mist comes a vision of beauty with this hairy half-man half-boro supporter on her arm. He spoke with strange northern tongue.

**John Fowler**

## Silson Joggers AC Christmas Meal

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Dear All,

The Silson Joggers Christmas Meal is booked for the evening of Saturday 3rd December, at The Boat Inn, Stoke Bruerne (8.00pm).

The menu for the evening is on the next page and the cost per person is £20. Please can you let me know whether you will be attending prior to Wednesday 16th November?

Please can I also have your payment of £20 prior to this date? Please make cheques payable to "Silson Joggers AC". I will also require your meal choice and that of your guests prior to the above date.

Our kind Treasurer [*have we got a new Treasurer? – Ed*] has confirmed that the Club will be purchasing Wine for the evening....

I look forward to hearing from you.

Jennifer Dunkley

10 Scriveners Lane, Pury End, Towcester, NN12 7NZ

07753 747131

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**Silson Joggers AC**  
**Christmas Meal – 3<sup>rd</sup> December 2005**  
**The Boat Inn, Stoke Bruerne**

Home Made Leek & Butterbean Soup  
Melon Crown with Raspberries & Port  
Chicken Liver Pate with Melba toast  
Prawn & Crab Salad

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Petit Fillet of Beef with Pepper Sauce  
Traditional Roast Turkey with Chipolata & Stuffing  
Fillet of Salmon with Tarragon Mayonnaise  
Grilled Loin of Lamb with Rosemary & Garlic  
Mediterranean Vegetable Parcel  
*Served with a selection of Fresh Vegetables & Potatoes*

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Home Made Christmas Pudding with Brandy & Mascarpone Sauce  
Chocolate & Orange Mousse  
Fresh Strawberry Pavlova  
Cheese & Biscuits

.....

Coffee & Mints

## **The Famous Green Vest**

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As we all know, the famous green vest is an essential item in any Silson Jogger's running wardrobe. If you're running in the Chiltern League XC, you'll need to be sporting a Silson vest. I believe it is the general rule in all road racing that if you are running as a club member (i.e. as an 'attached' runner), you should be wearing the club vest, though this tends to be enforced only when team events are involved. Nevertheless, there are financial advantages to wearing the vest, because Silson Joggers AC offers race fee refunds in local races providing you are proudly wearing the green vest. A couple of local races pays for the vest!

Indeed, it has been demonstrated over and over again in the pages of this newsletter that many Joggers require at least two green vests – to cope with those times, for example, when your partner is denying your conjugal rights and won't even switch on the washing machine.

If you haven't yet got a vest (or two), Allan Lock is the person to contact. He's our kit man, and he can supply you for the (club-subsidised) price of £10 per vest. His contact details are: tel: 01908 571211; email: [allan@wicken.u-net.com](mailto:allan@wicken.u-net.com)

Allan also has some items of 'old stock' (old but not used!), including classic Silson T-shirts (green with the name in yellow) that are going for £5. There are also (and I hesitate to mention this because of the panic buying that is bound to follow) some Silson shorts from an earlier era -- but shorts don't change much do they? No, I'll take that back, because you're probably bringing to mind, or trying to avoid bringing to mind, Kevin Keegan in his heyday. Or if you have the misfortune to be old enough, you may harbour an amusing memory of Bruce Tulloh once displaying his assets down the home straight in an otherwise exciting 5000m track race (as David Coleman famously said much later of Linford Christie, "he opened his legs and showed his class").

But I digress. These Silson shorts are a rarely seen item that could fetch a large price on E-Bay. The price to you is negotiable. You may even get them free if you promise to model them for a future edition of the newsletter.

## **Flora London Marathon, 26 April 2006**

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The club has applied for a guaranteed entry for the Flora London Marathon in 2006. The place is available to any first-claim paid-up member.

The place will be allocated with priority to any member who has applied for an individual place but has been rejected. In the event of more than one entry in this category then there will be a ballot held early in January 2006. If no club member has been rejected then the place will be allocated at the discretion of the organiser (whose decision shall be final and no reasons need to be given - but red wine is known to be an influencing factor!).

The club entry place MUST be received at the Flora London Marathon offices by 13th January 2006.

For those of us eligible for Championship Entries then the application letter must be received by Flora no later than 6th January 2006 and the entry form received by them no later than 13th January 2006.

Late applications for either club or championship entries will not be entertained by Flora under any circumstances.

For further information contact John Fowler on 01327 857881 / 07860 301849 / john.fowler7@btinternet.com

## **Flora London Half-marathon, Sunday 19 March 2006**

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This event, held at Silverstone Motor Racing Circuit – and at which a team from Silson Joggers customarily help out with the marshalling – will next year host the women's UKA/AAA Championships (the men's championship will be at the Flora sister event in Liverpool on the same day).

## **On the road ...**

### **Cotswold Classic 10 (11<sup>th</sup> September 2005)**

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Witney Roadrunners organise this excellent ten miler, and to celebrate the 19th year of the event, Jody Willis and myself made special guest appearances for the Joggers.

Needless to say we didn't trouble the winner who was Vasili Zverev of Moscow Strollers in 55.54 (Oh those Russians). Well he wasn't really running for Moscow but it isn't really a local Oxfordshire / Cotswold name is it.

Jody finished in 1.16.09 and I finished manfully in 1.26.21.

Enough of the official waffle, what about the race?

For those Joggers who know the delights of the Weedon 10k, then think the same type of course but over 10 miles - a doddle!

The first 4 miles was virtually all uphill and then as I passed the church at Leafield the course dipped and it started raining. Now for me that is bliss when you are on a long race (or short race, in fact, any race ). The next 2 - 3 miles of downhill and undulating were pure running heaven, I switched to auto pilot and enjoyed every footfall. Unfortunately life can have a way of biting you in the bum, the 7 to 9 mile stretch was a series of long uphill sections and short undulations, which would have sapped the energy out of most of the runners, and I wasn't an exception. The last mile was flat, downhill with a grassy field finish.

I was reliably informed that Jody looked tired when he finished and I looked OK. Well looks can deceive, I was knackered and I think Jody was too.

Now I don't want this running commentary (get the terrible pun - Northerners are supposed to be funny) to frighten any Jogger who wishes to run this race in 2006 because it is a real challenge, great scenery, very well organised, lots of water, great T shirt, naff changing rooms and a good run for those training for half or full marathons. The weather on the day was cool with a bit of rain so that did help.

The day was complete with a very good lunch in Charlbury. Jody and I will be on our travels again for Silson Joggers away days. Look out for the next instalment from Up North or in the Softy South.

I think Jody has to do the next report, he can't be any worse than me at this journalism guff.

**The two without vests**

**Bedford Embankment 5  
(21 August 2005)**

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Dave Allen 31:55      27th overall

*(result provided by John Fowler)*

**Great North Run**

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I think that the following are the club finishers from the Great North but I am not totally convinced! I think that Bev (formerly Colles) was also taking part and that there may have been others.

Norman Carter	1:50:45	4,784th
Andy Hoare	1:57:31	7,713th
Peter Morris	2:01:24	9,687th
Derek Bain	2:31:40	25,575th
Tim Hullett	2:35:49	27,314th
Lauren Bain	2:55:35	33,256th

Pride of place must go to Lauren in only her second race (and for setting a junior ladies club record for the half).

By all accounts it has become too big and there were not enough drinks stations, particularly in the first 4 or 5 miles

**John Fowler**

## Off the road ...

### Chiltern League XC Division 2, 2005/06, Race 1 (Cassiobury Park, Watford, Saturday 15 October 2005)

Silson Joggers started their cross-country campaign in fine style at Cassiobury Park, Watford. After the fixture the Joggers hold a lofty 2<sup>nd</sup> place in Chiltern League Division 2.

The ladies were first off and were led home by Linda Lytollis crossing the line in 7<sup>th</sup> place. Making her club debut Lynette Gilbey can be pleased with 17<sup>th</sup> place. A close battle ensued between Julia Shepherd and Alison Linnell who finished 22<sup>nd</sup> and 24<sup>th</sup> respectively, closely followed by Sarah Eyre 28<sup>th</sup>. Jennifer Dunkley 41<sup>st</sup>, Karen Vines 42<sup>nd</sup> and Carol Debney 48<sup>th</sup> completed a fine ladies team performance.

Also in fine form was Chris Rogers 4<sup>th</sup> in the men's race. Chris was well supported by Andy Wright 15<sup>th</sup> and Jeff Haynes 16<sup>th</sup>. The ever-improving Mark Armstrong had a good race in 27<sup>th</sup> position. Kevin Reboul just pipped Andy Taylor to the line as they finished 38<sup>th</sup> and 39<sup>th</sup>. Other finishers were Graham Linnell 51<sup>st</sup>, Andy Hoare 55<sup>th</sup>, Jim Darcy 57<sup>th</sup>, Tony Keech 60<sup>th</sup>, Dan Taylor 75<sup>th</sup>, James Lawrie 79<sup>th</sup>, Brian Keers 80<sup>th</sup>, Andy Pate 88<sup>th</sup>, and Tim Hullett 96<sup>th</sup>, completing a very good day for Silson.

The result did not come as a surprise, as the club had competed very well with the Midlands best at the 6-stage relays in September. With new members joining all the time, there is a bright future for the club.

Next Chiltern League fixture is at RAF Holton near Wendover on November 5<sup>th</sup> when the club attempts to build on the good start to the season

**Graham Linnell**

### Chiltern League XC Division 2, 2005/06, Race 1 (Cassiobury Park, Watford, Saturday 15 October 2005)

#### SILSON

##### Senior/Junior/Veteran Men

4	C. ROGERS	31.58
15	A. WRIGHT	33.19
16	J. HAYNES	33.25
27	M. ARMSTRONG	34.47
38	K. REBOUL	35.53
39	A. TAYLOR	35.55
51	G. LINNELL	37.27
55	A. HOARE	38.05
57	J. DARCY	38.22
60	T. KEECH	38.34
75	D. TAYLOR	40.21
79	J. LAWRIE	41.00
80	B. KEERS	41.01
88	A. PATE	43.33
96	T. HULLETT	46.19

##### Senior/Veteran Ladies

7	L. LYTOLLIS	27.47
17	L. GILBEY	29.55
21	J. SHEPHERD	32.04
24	A. LINNELL	32.35
28	S. EYRE	33.04
41	J. DUNKLEY	35.57
42	K. VINES	36.15
48	C. DEBNEY	39.40

## Chiltern League standings after one race

### Male (all ages)

1	LEIGHTON BUZZARD	676
2	SILSON JOGGERS	555
3	QUEENS PARK H.	513
4	BEARBROOK JOGGERS	488
5	THAME RUNNERS	475
6	HANDY CROSS	430
7	BURNHAM JOGGERS	285
8	GADEVALLEY	285
9	BANBURY	277
10	WYCOMBE PHOENIX	273
11	STEVENAGE & NH	171
12	ROYSTON RUNNERS	148
13	ST. ALBANS A.C.	141
14	BUCKINGHAM & STOWE	118
15	LINCROFT MIDDLE SCHOOL	109
16	HAYES & HARLINGTON	77
17	BIGGLESWADE	56
18	BRADFIELD COLLEGE	53
19	RADLEY A.C.	12
20	BRUNEL JUNIORS	7

### Senior/Junior/Vet men

1	LEIGHTON BUZZARD	612
2	SILSON JOGGERS	555
3	QUEENS PARK H.	504
4	BEARBROOK JOGGERS	480
5	THAME RUNNERS	475
6	HANDY CROSS	430
7	BURNHAM JOGGERS	285
8	GADEVALLEY	285
9	BANBURY	273
10	WYCOMBE PHOENIX	146
11	BUCKINGHAM & STOWE	112
12	ROYSTON RUNNERS	93
13	HAYES & HARLINGTON	77
14	BIGGLESWADE	56
15	STEVENAGE & NH	42
16	BRADFIELD COLLEGE	29

### Female (all ages)

1	STEVENAGE & NH	204
2	WYCOMBE PHOENIX	185
3	BURNHAM JOGGERS	176
4	BANBURY	164
5	QUEENS PARK H.	150
6	BEARBROOK JOGGERS	140
7	SILSON JOGGERS	127
8	ST. ALBANS A.C.	124
9	THAME RUNNERS	114
10	HANDY CROSS	108
11	LEIGHTON BUZZARD	102
12	LINCROFT MIDDLE SCHOOL	102
13	BIGGLESWADE	95
14	BRUNEL JUNIORS	56
15	GADEVALLEY	12
16	BUCKINGHAM & STOWE	6
17	ROYSTON RUNNERS	6

### Sen/Jun/Vet ladies

1	BURNHAM JOGGERS	176
2	BEARBROOK JOGGERS	140
3	SILSON JOGGERS	127
4	BANBURY	119
5	THAME RUNNERS	114
6	HANDY CROSS	108
7	QUEENS PARK H.	79
8	LEIGHTON BUZZARD	65
9	BIGGLESWADE	45
10	STEVENAGE & NH	29
11	GADEVALLEY	12
12	WYCOMBE PHOENIX	12

### Overall

1	LEIGHTON BUZZARD	778
2	SILSON JOGGERS	682
3	QUEENS PARK H.	663
4	BEARBROOK JOGGERS	628
5	THAME RUNNERS	589
6	HANDY CROSS	538
7	BURNHAM JOGGERS	461
8	WYCOMBE PHOENIX	458
9	BANBURY	441
10	STEVENAGE & NH	375
11	GADEVALLEY	297
12	ST. ALBANS A.C.	265
13	LINCROFT MIDDLE SCHOOL	211
14	ROYSTON RUNNERS	154
15	BIGGLESWADE	151
16	BUCKINGHAM & STOWE	124
17	HAYES & HARLINGTON	77
18	BRUNEL JUNIORS	63
19	BRADFIELD COLLEGE	53
20	RADLEY A.C.	12

## Race dates

- Sun 20 Nov** **Cotswold Canter 10k** (Burford, Oxon, 10.30 am)  
<http://www.rnli.org.uk>, [lesley.Higgins@btinternet.com](mailto:lesley.Higgins@btinternet.com)
- Sat 26 Nov** **Wolverton 5** (Willen lake, MK, 3 pm)  
<http://mcs.open.ac.uk/mkac/w5info.htm>, 01908 504725
- Sun 4 Dec** **Luton Marathon** (Luton, Beds, 10 am)  
<http://www.stopsleystriders.org.uk>, [lutonmarathon@tiscali.co.uk](mailto:lutonmarathon@tiscali.co.uk),  
 01582 412340
- Sat 11 Dec** **Bedford Harriers Half-marathon** (Bedford, 11 am)  
<http://www.bedfordharriers.co.uk>, [hello@bedfordharriers.co.uk](mailto:hello@bedfordharriers.co.uk),  
 01234 307013
- Sun 18 Dec** **Wendover Woods 5** (Near Wendover, Bucks, 10.30 am)  
 Gary Walford, 41 Saunderton Vale, Saunderton, High Wycombe, HP14 4LJ
- Sun 15 Jan** **Wendover Multi-terrain 5** (Wendover Woods, Bucks, 11 am)  
<http://www.justracing.com>, [events@justracing.com](mailto:events@justracing.com), 07779 632365
- Wed 18 Jan** **Eric Humphries Shield XC 6.5** (Northampton)

## Chiltern League Cross-Country Fixtures, 2005/2006 Season

Sat 5 <sup>th</sup> November	RAF Halton
Sat 3 <sup>rd</sup> December	Luton or Oxford
Sat 7 <sup>th</sup> January	Stowe
Sat 11 <sup>th</sup> February	Wing