

Junior News September 2008

Welcome back, we hope you have had a good break.

Our first news letter of the new season will also go out to youngsters who have enquired about the club, during the summer months. Last season, the formation of the junior section, I was more interested in creating a team spirit and togetherness, ahead of results. We have learnt a lot from last season, and we are confident of building upon last years hard work.

All of September's training will be carried out in Bucknell Woods Abthorpe Road Silverstone, working towards the first Chiltern League Cross country in October.

For the first time we are introducing a tour of Bucknell Woods, excellent preparation for the forthcoming Cross Country season, with 3 races in 5 days (see below). Senior members of the club will also be competing over the series of four races. Trophies will be awarded to age group winners competing in all 3 races.

All evening training commences at 6.30pm.

Tues September 2 nd	Short Hill Reps
Tues September 9 th	Timed Circuits
Tues September 15 th	Paired efforts
Tues September 23 rd	Age graded 1 or 2 mile (tour race)
Thur September 25 th	Hill Race (tour race)
Sat September 27 th	Club Handicap Cross Country (tour race)
Tues September 30 th	Long Hills

Sponne School Towcester has been booked from October through to March, a similar format will be used as last year. Training from April through to the end of June will be at Sixfields Athletics track in Northampton

For all new members we hope to see you on September 2nd you will be most welcome, and we hope you enjoy what we do at Silson joggers.

Senior Training 2008/ 2009

Welcome to a new season with Silson Joggers, to existing members, there also should be quite a number of new faces, come the first week of September.

We will use a similar training format to last year, with what is a very muddy Bucknell Woods used during September. New for this year will be the tour of Bucknell Woods, 3 races in 5 days, culminating with the club Handicap Cross Country, on Saturday 27th September. Engraved trophies will be awarded, for winners of the event, so try and run all 3 if you can.

Sunday morning we will go for the longer more social runs from various venues, gradually increasing the mileage as the season progresses. Following our Sunday runs there tends to be an amount of tea and cake consumed.

The beginning of October signals our return to Silverstone Motor Racing Circuit - where we will be asking you to run any distance from 150 meters to 10 kilometres.

Working with myself over the Autumn and Winter months will be Rosie Moffat, Linda Lytollis, Carl Hermans and Claire Todd.

Looking forward to meeting you all again.

Graham Linnell

September 2008

Wed 3rd	Short Hills	Bucknell Woods
Sun 7th	Nether Heyford 2 Bugbrooke rd NN7 3LT	
Wed 10th	Timed Laps	Bucknell Woods
Sun 14th	Silverstone Infant School	
Wed 17th	Long Hills	Bucknell Woods
Sun 21st	Silverstone Infant School	

Tour of Bucknell Woods - 3 Races in 5 Days

Tuesday 23rd	2 or 3 mile time trial
Thursday 25th	Hill Race
Saturday 27th	Club Handicap Cross Country
Sunday 28th	No Run

Midweek training starts at 6.30pm meeting at Bucknell Woods, on the Abthorpe Road about ½ mile out of Silverstone village. The Woods car park is now closed so park on the side of the bridle way leading to the forest. For the Club Cross Country meet at 9.30 am for a 10am race start.

Sunday runs also begin at 9.30 am

October training Diary

Wed 1st	Fartlek	Silverstone Circuit
Sun 5th	Nether Heyford (as above)	
Wed 8th	Easy Run	Silverstone Circuit
Sun 12th	Silverstone Infant School	
Wed 15th	3x1 Mile Reps	Silverstone Circuit
Sun 19th	Silverstone Infant School	
Wed 22nd	Timed Laps of Car Park	Silverstone Circuit
Sun 26th	Allan Lock (Wicken – to be confirmed).	
Wed 29th	2x 1.6 mile	Silverstone Circuit

Meet at 6.30pm for Silverstone Circuit, entering via main entrance, the gate house will advise on parking.