



Thorney Running Club

Footnotes February 2012

Harrier League 1st February 2012

Stalwarts Mike and Gill turned out for another 5k handicap race round Lynchwood. 20th was Mike in 23.43, Gill was 27th in 30.49.

Chichester 10k 5th February 2012

Down South Paul Down was airing the Thorney Club vest coming in 1308th out of 1435 in a time of 1.04.05.

Frostbite – Bourne Woods 5th February 2012

As you probably know – this race was cancelled following snow fall that settled over frozen ground making the course difficult and travelling conditions potentially dangerous, at time of writing an alternative solution has not been agreed.

Wellingborough 15k 5th February 2012

So while some went out on a training run in the snow – Geoff headed out to Wellingborough where he was offered a choice of 5k, 10k or 15k – ‘No point coming all this way to do one or two laps....’ so Geoff elected to run the longest option (I think he might have been one of only a small number – others were stopping after 1 or 2 laps). Geoff was in fact 26th in a time of 1.12.47 – not too dusty for an arctic race!

Stamford Valentine 30k – 12th February 2012

Scheduled for the closest Sunday to Valentines Day – this race is a very well regarded preparatory race for those deep into a Spring Marathon training schedule. The weather can be a bit chilly and 2012 was no exception – there had been fears that the race may have been cancelled with significant snow falls a few days earlier.

Mark Louth (preparing for London) and myself (preparing for Milton Keynes) were looking to test our progress over the undulating course – only to find that the weather got the better of the event and it too had to be cancelled.

So the racing results for February were somewhat reduced this year,

Tarpley 10/20 mile Bury St Edmunds 26th February 2012

Petra Otto was our only member at the race that celebrates the life of Bert Tarpley who was heavily involved in the previous versions of the Bury 20 that used to be a cornerstone event on preparing for a spring marathon.

Petra said that the race was very enjoyable from the headquarters in Beyton just outside Bury. The course was undulating and very interesting. Her time was just inside 10 minute mile pace: **1:39:07** for the 10 mile race.

And the intrepid Gill Holmes:

Saturday 25th February - English National Cross Country Championships,
Parliament Hills London 8K 57.27 mins.

Sunday 26th February - Monster Duathlon, Ely
5k run, 25K bike ride, 5K run. 2hrs 10.26. 1st Vet 55 lady.

Wellingborough 15k 26th February 2012

Geoff was having another crack at the 15k option referred to earlier, below is his report:

It was a good race, I came 40th out of 119 in the 15k and beat my previous best time by 4 mins in 66mins 38secs. Having said that, these were easily the best conditions that I have done the course in because on the 3 previous occasions it snowed twice and was extremely muddy on the other occasion. Today it was sticky and muddy in places, but nothing terrible!

Perkins Great Eastern Run update

There will be a new course for the race in 2012 – details not available yet but when fully measured and agreed details will appear on the PGER web site. The junior race will be 5k rather than 4k with start and finish on the embankment.

For those able to support in terms of marshalling duties – each individual will receive quality sports clothing as a thank you from the organisers. Applications are being

accepted now – currently entries are well up on this time last year – so if this is a race you anticipate running – get your entry in now.

Greater Peterborough Athletics Network

As active members of the organisation we have enjoyed a couple of events in February that were held at the Athletics Track in Peterborough at no cost to the individuals.

Firstly a talk on preparing for half and full marathon events available for coaches and runners. The speaker was very informative and entertaining. Secondly a talk on Nutrition aimed for coaches covered a range of subjects from optimising weight management to ensuring energy levels are maintained for endurance based events, the needs of young athletes and females.

Funding from England Athletics for 2012 has been confirmed so that additional events can go ahead. We can now go ahead with subsidised places at Coaching Assistant training courses for those members of Thorney Running Club that are prepared to use the training for the benefit of other club members – e.g. Juniors or endurance runners.

Quad Kids and Sportshall competitions for junior members again this year. Last year Thorney did not have any members take advantage of these events – it would be good to support them this year. They are great fun and a great way to spend a Saturday morning.

Also Easter week there will be events each day at the Athletics Track for youngsters while the schools are closed – another great opportunity to meet with like minded kids for fun activities.

There are likely to be track times booked by GPAN for the benefit of club members that would like to train on the all weather facility – details to follow.

Green Wheel Relay. Following the disappointment of not being able to put a Round Norfolk relay team – another alternative involving less people and lower cost closer to home becomes available.

The provisional date is 30th September 2012. The plan is to raise money in aid of Help For Heroes. For the first running of the event it is envisaged that teams of 8 will run the 54 miles with most legs around 6 miles up to about 9 miles. Teams to be set off in reverse order of anticipated finishing times to try and get a blanket finish.

It is envisaged that each GPAN club will support the event by manning at least one of the changeover points. As the route is scheduled to visit Whittlesey, Thorney

should be able to help in this area. We also would like to field at least one team – give it some thought and forward any suggestions to myself or any other committee member please.

Future dates for your diary:

Sunday 4th March – Final Frostbite race of the 2011/12 series – get yourself there in time to cheer on the Juniors and then join in the main event at 11.00 – we need a big turn out and a great result as we are in with a chance of finishing higher than ever this year!

Wednesday 14th March – Peterborough Embankment Track Clubhouse **Time:** 7pm to 9pm

This session gives an overview of the vital topic of Core Stability, a review of the very latest research, the methods that are appropriate for athletes, and which techniques (and gadgets) should be left in the therapy room.

Booking required, please see your club GPAN contact for details. Note: For UKA Registered coaches only.

Friday 17th March – Presentation Evening at The Falcon Whittlesey, to celebrate 2011 Thorney Running Club achievements.

Sunday 25th March – Thorney 10k. We need all the help we can get in order to put on a memorable race again this year, if you can help please advise Eamonn on any of the contact details at the end of this update – Thanks.

Wednesday 28th March - Peterborough Embankment Track Clubhouse **Time:** 7pm to 9pm

This session will help anyone who aspires to enjoy a long and healthy career in sport. It covers common injury issues, what causes them, and what can be put in place as part of a training regime to prevent them.

Booking required, please see your club GPAN contact for details. Note: For UKA Registered coaches only.

Men's Team Captain's Report – Andy Harding

Here's a short report for you as races have been cancelled due to weather I haven't been involved in any races this month, mainly this month i have been training/helping Sue with her marathon prep, this month she's has upped her interval training & long runs as she has done 2 over 20 mile runs.

The best talking point about the training was after a long run we was stretching & this window cleaner said I see you joggers earlier & Sue said he's brave calling us joggers while he's up a ladder, we are runners.

Mark Louth's marathon training is back on track after a slight injury

In May no date set yet I am doing a talk at Sue's house with refreshments for new runners & 1st time half marathon runners or anybody if they want to pick up a few tips anyone interested get in touch with me or Sue, andyptainer@aol.com 07801371628 or Thorney training nights or Tuesday circuits.

At the 10k Andy is doing a warm up at 10am near the finish line in the grounds of Bedford Hall.

Compiled by Eamonn Dorling

Home: 01733 205994

Mobile: 07767 795816

Email: eamonn.dorling@ntlworld.com

Facebook or Twitter