



Foot Notes

Race Reports:

April is usually a big month for results as the Spring Marathons tend to dominate the month – the largest of which is London – in which 3 ran first claim plus another in PAC colours – more of which later:

1st April 2012 – Reading Half Marathon

After a good run in the Thorney 10k, Nick Smith continued on his preparation for a bunch of long distance events, the undulating 13.1 miles were covered in 1.29.03 which is a very good time, Nick finished 571st.

4th April 2012 – Harrier League 5k

Mike Blackledge, our resident football referee, enjoys using these events to maintain his high level of fitness required for Premiership games. Mike ran 23.43 on the night finishing 14th in the series.

8th April 2012 – Northampton Half Marathon

Petra Otto finished 2nd in her age category with a time of 2.27.11, chalking up another event for the Hot 100.

8th April 2012 – Friskney Half Marathon

Geoff Howes went out for a good time in what was to be challenging conditions and the start of a higher than normal mileage week of training. Finishing 64th out of 169 in a time of 1.36.39 – a good performance.

9th April 2012 – Stanwick 5k & 10k

Liam took up the 5k challenge, and although times were not recorded – Liam was 2nd Under 15 in the boys race – Well Done. Father Peter had a bash at the 10k which is

an undulating course. He was pleased to record a finishing time of 41.57 in 54th position.

14th April 2012 – Peterborough Open track event

Hosted by PAC we had some club members helping out retrieving the things that athletes throw, raking sand pits, recording results and the like – but star of the show was Gill Holmes who had never raced on the track before. Whilst she has completed 30 marathons and countless other long distance events – the 1,500m tack race was certainly outside her ‘comfort zone’ – something I would recommend everyone does from time to time.

Gill enjoyed the race recording a time of 9.05.7 so setting a PB and ticking another thing off her ‘Bucket List’ (from the film of that name).

The following was a busy day!

15th April 2012 – Flitwick 10k

Petra Otto was on the road again although this year she was our only representative at this challenging event. Finishing 5th in her age category and 618th overall in a time of 59.38.

15th April 2012 – Cambourne 10k multi terrain

Paul Markham and Martin Dawson had a go at this event just outside Cambridge. Conditions were a little difficult due to the loose pebbles under foot for a lot of the route, never the less our quick boys finished 13th (Martin) in 37.38 and 25th in 39.04. So remarkably good times for both.

15th April 2012 – Wakefield 10k

Steve Dawson ran a good time finishing 359th out of 1122 in a time of 48.21. Good running Geordie!

15th April 2012 – Bungay Black Dog Marathon

Richard Sharpe has run this event several times, after the first time he said that he would not run the Marathon distance any more – he lied! At least this time he did not have to contend with snow, but conditions were not ideal.

Richard finished 127th out of 187 in a time of 4.10.30 which I guess is the first full marathon result of the year – Well Done.

15th April 2012 – Brighton Marathon

No, I was wrong – the first full Marathon result of the year goes to Nick Smith because he finished the distance in a time of 3.32.00 in 953rd position out of 8878 finishers. Like I said earlier – Nick is due to compete in a number of endurance events this month – London coming up...

15th April 2012 – Cambridge Duathlon

This date had many events going on that we were represented at. Bearing in mind Gill's track debut (see earlier) – she was competing in a race, cycle ride and road race over the following distances: 7.5k, 40k, 7.5k. Gill completed the event in 3.35.38 – that's pretty impressive!

22nd April 2012 – London Marathon

After months of careful preparation we were represented by three athletes, Nick Smith had got in through conventional application and had prepared himself through structured training and a number of long races including a full Marathon a week earlier!

Sue and Mark got in through their membership of Thorney Running Club and support of the committee. Both had stuck to their guns by setting out their respective training plans. Andy guided Sue spending quality time with her on long runs and many shorter events that were all focussed on a good performance and completion that would raise money for Charity. Mark set about his regime – doing much of the work himself – although some excellent help was provided in the shape of Chris and Paul on cycles to carry drinks when doing the long runs.

Ray Wilson ran in Peterborough colours – but we like to consider him as one of ours – he had been pounding the pavements around Gravesend to get in shape for this one.

Conditions on the morning were quite good, not too windy and the temperature about right – just the threat of an April shower. At the half way mark Nick was first through in 1.40.06, Mark had started very well with a 1.49.17 (Just 10 minutes outside his GER time), next through was Ray in 1.56.29 followed by Sue in 2.08.50.

Whilst the elite runners aim for a negative split (faster second half than first) – for club runners this is quite a tall order to execute. Fastest 2nd half was run by Ray in 1.58.14 – so hardly any degradation – ending up with 3.54.43.

First Thorney Runner to finish was Nick in 3.42.14, having gone through half way in a good time – there was enough ‘in the bag’ that his lead was not in danger when the effects of running the distance a week earlier took effect.

Next Thorney runner was Mark who had suffered with cramp having to combine walking and jogging (dropping about 40 minutes) that resulted in a second half of 2.29.43 – a finishing time of 4.19.00 for his first Marathon is a fine achievement.

Sue also found the second half harder than the first like Mark dropping about 40 minutes in that section. Still a great performance getting under 5 hours on her first attempt – the Marathon distance demands respect, and our athletes should be respected for getting the results they achieved.

22nd April 2012 – Stanwick Lakes St Georges Half Marathon

Gill Holmes ran this event in a time of 2.26.26, another Hot 100 point chalked up.

Captains Report by Andy Harding

This months report is mostly about our Lady’s captain Sue Frisby on her Virgin London Marathon experience, before I start well done Nick Smith, Mark Louth, Jon Chamberlain, & Ray Wilson who also completed it & did well. Nick ran the Brighton Marathon the week before.

Sue started training properly in December 2011, she did 16 mile at Folksworth in preparation for the Folksworth 15 at end of Jan.

She asked me to help train her, so I set her a programme to suit her around her lifestyle etc. It was mainly 3-4 beneficial runs a week being long run, intervals, recovery, & tempo, as she had a good base with doing GER in October & St Neots half marathon in Nov & with me being her training partner. We had been doing intervals regularly & she is a regular at my circuit class what helps with stamina, strength & core.

So we trained for Folksworth that she ran in 2hrs22 on a very windy course which was 7 mins quicker than the year before. The plan was to do two 20 mile runs in February that went fine, the 2nd one she found harder but knew where she went wrong as needed to hydrate better & more carbs.

Then in March another 20 on a hot Sunday morning what went better, then a week later we did the undulating Hurden 18 where I paced her like I did at Folksworth & got a great time of 2hrs 51. Then she ran the Thorney 10k a week later, I told her to go for it, I paced her again & she did really well (with a p.b. by a minute) in 51.44

Next we did a 23 miler & that went to plan, also every week there was an interval session & in between the 20 mile run that we did every 2 weeks we ran a 10 mile & made them challenging, as we did an undulating 10 at Oundle & some on different terrain that made a change & helped.

Sue was looking really to get round 4hrs 30 – 5 hrs (in London) she tapered well & on the day she set off at a 9.30-10 min/mile pace but with lots of crowding she got half way at 2hr 8. The last 6 she found hard, as Keith Hall says 'the race don't start until you get to mile 20'. There's a lot of truth in that, if you have ever done a marathon you'll know what he means, well anyway she did it in 4hrs 49 & was pleased it was over but pleased she had done it.

She would like to do another marathon as she found the last few miles tough it hasn't put her off the hard training helped so like I've said more than once 'Well done Sue'.

With her experience she is helping me with the half marathon training for our new runners & 1st time half marathon people, anyone can run with us we are starting off with a talk for new runners & new half marathon runners, or anyone who may find it useful at: Sue Frisby's house on Friday 18th May, 7pm just contact me to book place or for more info contact me andytrainer@aol.com or see Sue. We are planning to do our Sunday runs together in a big group or 1-2 groups - depends on numbers.

Ben Harding ran the Sport Relief 3 mile at the Whittlesey Manor field in his Thorney vest & won the race in a time of approx 20 mins.

Bootcamp every thurs 7pm-8pm at Thorney park is getting very popular cheap rates for club members with loads of stamina building exercises just turn up or contact me for more info andytrainer@aol.com or www.andyhardingpersonaltraining.co.uk

We would like to welcome Debbie Peters & Ella Gavaghan to the club, both regulars at my classes.

29th April 2012 – Tulip 10k Run

In wet and very windy conditions 87 lined up for the event (a further 30% that had entered failed to turn up!) Our intrepid duo did and here is how they got on:

Andy Cowling – back from injury in his first race since March came 18th in 43.33.38 and Ian Davies came 67th in a time of 56.56.00. Good running by both of you in those conditions.

29th April 2012 – Milton Keynes Marathon

Nick Smith was running his third Marathon in three weeks in preparation for the Comrades Marathon – for those that don't know this is an 89km (56 miles) race starting in Pietermaritzburg and finishing in Durban S.A. – that's why Nick has been doing all this preparation. The web site is worth a visit.

Anyway, a nice spring morning to follow the London extravaganza – NOT! It poured all night and all the way there so the course was quite waterlogged in many places. The 24mph wind managed to combine the rain and lash down in a horizontal fashion – so not much warming up was going on outside the MK Stadium outside which the race began. Petra and Gill had arrived about the same time as myself – so we chatted about prospects before getting ready for the start. It was good to have Lesley with me looking after things and doing all the driving.

The course narrows a bit after the start – so not much chance of getting carried away early on. On a good day the route would have been very interesting as it went round numerous lakes, rivers and canals. The course near houses was not unlike running round Bretton with underpasses and bridges to negotiate.

Due to my prescription 'racing glasses' misting up on the inside and rain all over the front I was unable to read the display on my Garmin after less than a mile so I had no idea what pace I was going at – I'll just run as I feel today thought I. The mile 'laps' on my watch did beep to announce themselves at anything up to half a mile before the official mile markers, and some runners commented that they were at half distance well before the 13 mile mark, I asked someone what they went through half way and he thought 1.30, so I thought that was excellent pace judgement (my watch later confirmed this).

We struggled back running through water up to six inches deep in places, skirting round some by running through mud and generally picking our way through the natural obstacles, by this time not only could I not read my watch – I could not even see where I was going, the dark glasses would not have helped. The finish is in the MK Stadium entering down the service tunnel and on to the track that borders the pitch – running half way round to finish.

Nick just wanted to keep warm and finish without injury – I had set my stall out for a 3 hour time, and the ladies wanted to get back within 5 hours – there's some rivalry there.

Pos	Name	Cat	Gun	Chip
79	Eamonn Dorling	MV50	3.09.48	3.09.14
2808	Petra Otto	FV55	5.51.15	5.51.15
2884	Gillian Holmes	FV55	6.16.47	6.16.47

These results are provisional, Nick Smith started ahead of me so I'm not sure where the 9 minutes difference came from or why the ladies have identical Gun and Chip times.

Junior Races

Geoff has compiled a list of events that have Junior races included, it was felt that our youngsters wanted to plan in some warm weather races and test themselves.

See next page:

Junior races from now until August 2012

Each Friday we have our own 3k/1mile timed event (free entry to all). Both events are suitable for all. They take place at 6.30pm at the Manor Leisure Centre and have already started!

Date	Senior Event	Juniors	Start	Prices for the Junior event	
6th May	Langtoft 10k	3k	10.15am	£2 for U16, £3 for adults +£1 on the day	http://langtoft.org.uk
13th May	Eye 10k	3k	10.15am	£3.50 in advance, £1 extra on the day	http://www.eyerunners.co.uk
20th May	Deeping 10k	3k	10.00am	£3 in advance, £5 on day	http://www.deepingrunners.co.uk
6th June	NVH 5k(Ferry M)	3k	7.00pm	£3 on the night	Race 1 in 5k
17th June	Huntingdon 10k	3k	9.00am	£5	http://www.huntingdonrunners.co.uk
20th June	Eye 5k	3k	7.00pm	£3 on the night	Race 2 in 5k
1st July	March Spud Run 5 m	1.5mile	10.15am	£2 + (£1 on the day)	http://www.marchspudrun.co.uk
4th July	Thorney 5k (Ferry M)	3k	7.00pm	£3 on the night	Race 3 in 5k
8th July	Bushy 10k	3k	10.00am	£3	http://www.bushyrunners.co.uk
15th July	St Ives 10k	3k	9.45am	£3	http://www.stivesrunners.co.uk
18th July	Stamford 5k	3k	7.00pm	£3	Race 4 in 5k
22nd July	Littleport 10k	1.5k	10.45am	£3, starts straight after the 10k	http://www.littleportrunners.co.uk
1st August	Werrington 5k	3k	7.00pm	£3 on the night	Race 5 in 5k
19th August	Riverside 25th Anniv 10k	3k	10.00am	£2	http://www.riverside25th.co.uk

Please note that most of the races take place on Sunday mornings apart from the Grand Prix series.

These details are also on the web site.

Friday Evening at the Manor – Whittlesey

Each Friday we organise a one mile and 3k race round the Manor at 6.30, all finished well before 7pm. Aimed for youngsters as a taster – there is a wide range of abilities and nobody gets left behind. It's all a bit of fun, times are recorded so individuals can monitor their progress. No need to be a Thorney member, we welcome anyone to have a run round.

Perkins Great Eastern Run – Update

The following notes summarise the views of race director Stuart Hamilton:

Preparations for the 2012 continue at good speed. The timing chips have now arrived, race numbers have been ordered and thought is now being given to the design of the medal. Running pack envelopes are all numbered as are the luggage labels and the car park passes are printed.

Entries continue to be received at an increased level, entries are running at 59.1% up on last year at the same time (958 v 602). We had our highest day of entries on 22nd April, no doubt London Marathon had something to do with this but looking back over past years it didn't seem to be the case in previous years.

52% of the current entries are first time PGER entrants so we are still attracting new runners every day. 29% are affiliated, 592 male 396 female with an average age of 40 years old.

We have 10 cardboard cut out runners with leaflet holders around and about the City in various locations promoting the race and Sam continues to work hard with the sponsors.

We have several charities on board who are actively seeking runners to take part.

I will be working on the free training leaflet this week and we have a flyer in the goody bag at the MK Marathon on Sunday 29th April.

As usual we need to provide some helpers at this event – so if you are not running, or if you know someone that can help – please let me know so I can forward details. As usual some very nice clothing is provided for marshals and helpers as an incentive.

Next Thorney Event: 5k Wednesday July 4th at Ferry Meadows

We still need some volunteers to help with this event – if you can help out please let me know. We need some marshal points manned, a bit of help with the finish area and results.

Web Site Update

We should soon be launching a re worked web site – as soon as this happens everyone will be advised. One of the changes will include a facility for any individual to send in details of any races they compete in that will be included on the results page and qualify for Hot 100. You will be asked to submit information in a defined order so that the data base can be updated easily.

Compiled by Eamonn Dorling

Mobile: 07767 795816

Email: eamonn.dorling@ntlworld.com

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