



Thorney Running Club



Foot Notes

Race Reports:

May is a big month for 10k and 3k races – hopefully the weather will be conducive to good performances. We also launched the new web site that I hope you like the look of.

Firstly a mop up from April – we had a lone runner in the Manchester Marathon on 29th April running in costume just a fortnight after running the Bungay Marathon. Richard Sharpe finished in 3,770 position in a time of 4.53.56 – which is some achievement.

Langtoft 10k and 3k – 6th May 2012

First off were the 3k runners on a slightly shortened course after a re measurement. Liam was well in contention early on and Ben was running strongly to illustrate how he has developed over the winter.

Liam came in a very creditable 3rd place in 11.12 followed by Ben in 11th place in a fantastic 12.49 – a great step up in performance. Liam had improved by 25 seconds and Ben by 1 minute 21 seconds.

Max Louth had his first race and finished in a creditable 16.45 in 61st position, testament to regular runs at the Manor on Friday evenings.

Neil Martin was out for a fast time in the 10k race, so set off with Pete, both looking to break 40 minutes if possible – they both ran superbly to finish in 12th and 15th positions overall in times of 39.05 and 39.37 – that is quality 10k running!

Not to be out done Andy Cowling finished in 41.27 with Geoff running in with 43.24 only just ahead of Ben Davies. We had a good number of runners out in this popular event including Eddie, Sue & Andy, Ian, Irene and Sharon.

Titchmarsh 10k - 6th May 2012

Meanwhile the Frisby family were circulating around Titchmarsh, Chrystal and Jasmin coming in 39th and 97th respectively. Petra Otto finished in 122nd place with a time of 56.34.

Kings Lynn 10k – 6th May 2012

Gary Norman had a great run in Norfolk chalking up a Personal Best with 50.08 – very well done Gary!

West Pinchbeck Duathlon 7th May 2012.

Gill was out again running and cycling her way to a time of 1.03.30. An inspiration to all of us.

Eye 10k and 3k – 13th May 2012

We like to support this race, and a great turnout by Thorney was a credit to the club. First away was the Junior race over 3k. Liam was soon close to the front running strongly to finish in 3rd place overall although 2nd in his age category – another brilliant performance.

Ben Harding finished with a fantastic sprint finish to secure 14th place in 12.52, so about the same time but over a tougher course – things are looking good for this young man.

Shay Markham showed that not only is he a talented footballer – he can also run like his Dad! – Fast!! He finished in 16.02 which is a fantastic result. Luis Dawson had a great run in 83rd place and Shay's brother Rory showed that he is no slouch coming in 85th place. Luke James and Jasmin also had great runs running for Thorney!

In the 10k race we were without Paul who had run with his lads in the 3k – so Peter set off with Neil tracking the Nene Valley team mates – eventually I caught up and pushed it on – only for Neil to cruise past on his way to another good time. I was hoping for a sub 41 minute run and managed it with 40.02 – so happy with that, Neil almost cracked the 39 minute barrier, and had it not been for his cracking run a week earlier Peter would have got a PB on what must be considered a harder course.

Andy Cowling did a very respectable 41.36 just ahead of Geoff who was not feeling his best on the day but had turned up for about 10 of the last runnings of this event so felt obliged to run again! It was great to see Steve Dawson running locally again in 48.43 just ahead of Mike Gary and Ian. Eddie beat Marcel and Natalie whilst Petra and Irene had a battle further down the field – but both doing very well.

Deeping 10k and 3k – 20th May 2012

At this race we usually get a good showing – both in the 3k and 10k races. In the past 2 or 3 years Thorney has lifted the men's 3rd team prize with a variable combination of chaps – someone remarked – was this a Vets team prize? But actually it is a senior men's award – we just happen to fill the team with aged old blokes most years – this year we had the benefit of some younger runners – could we make progress?

Firstly the 3k race – after a slight delay the race began with some unusual faces at the front as the runners streamed out of the field. Liam was in contention and Ben was up there giving it a good shot early on. As the race unfolded – the Bourne lads went to the front followed by Liam who ran strongly all the way finishing in 3rd place again – fantastic running again.

Ben had the race of his life – he had put so much in over the first mile and a bit that he was struggling on the run in but he did not give in and broke 12 minutes for the first time with a wonderful 6th placing overall – this young man is running very well just now.

Other great performances from Shay, Luis, Luke Chrystal and James.

The 10k race started at a very quick pace all the way down the field with a certain Ian Frisby going off like a rocket and un-settling a number of runners who wondered whether they were in the right race!

At the sharp end Neil was headed by Peter again as soon as the Nene Valley runners got ahead of him – by about a mile I decided that the pace had slowed a fraction so went forward and pushed the pace. Peter went with me shielding me from the wind as we changed direction and onward to the half way mark when Neil and Paul cruised by, at one point we had all 4 TRC team runners in a block – this was not going to last as the lads pushed for home with 3k to go.

Eventually we came in with personal bests and a great team result – never before has Thorney attained a second team event and to beat Werrington is quite an achievement. Then there were a succession of personal bests all the way through the field indicating that the increased training taken on by many runners is indeed paying dividends. Congratulations to everyone that achieved what they set out to do in this popular event.

A special mention to Natalie Markham who was the first lady Vet with a fantastic personal best performance, even managing to get a minute over men's team captain Andy who was on his own for much of the race. In fact we had 18 runners – all finishing within the hour!

Saturday 26th May 2012

Four of us attended the GPAN endurance training session at the Peterborough track which embraced the theoretical based sessions earlier in the year with tips on correct warming up, pre training drills, structured strides, threshold running, faster intervals, stretches and core stability exercises. The session was run by renowned England Athletics coach Nick Anderson with help from Chartered Physiotherapist Phoebe Thomas (of Holyoaks fame I am reliably informed) We all learned a lot about what we need to do in order to improve our own abilities and hopefully pass on some tips to other club members.

Sunday 27th May 2012 – Edinburgh Marathon

With temperatures soaring to 27 degrees – once again it was hot in Edinburgh, but not too hot to put off Martin and Angela Curtis running the full distance again.

This time it was Angela who surged ahead to finish in 4.46.58 with Martin finishing just 14 places behind (6008) in a time of 4.52.48. These are exceptional results, mainly due to a sound training regime.

Sunday 27th May 2012 – Sheffield Half Marathon

Our only competitor this year was Gill Holmes running despite an injury (incurred getting into an aeroplane!) Forced to walk towards the end – she game fully completed in 2.42.23 – and still trained the next day!

Andy and Sue has written the following piece:

Captains Report for Footnotes

As captains Andy Harding & Sue Frisby have been asked by a few members to help them with their Perkins Great Eastern Run half marathon training.

We had a meeting at Sue's house with lots of food we were all impressed with the food, 14 people attended. The talk was mainly about the basics from all areas of running & a video show, then we talked about our training group, we organised an interval session on Sunday 27th May at Thorney park & made arrangements for our Sunday long runs.

If anyone else wants to join us for their half marathon training or help with their running they are welcome to join us just contact Andy on andyptainer@aol.com

Andy has also attended 3 talks organised by GPAN two were aimed at coaches and one for improving your running times which was excellent.

The Friday night 1 mile & 3k timed runs deserve a mention as they have been excellent with lots of children attending and adults.

Andy also went to the Peterborough athletics track to watch our juniors Liam Ward & Ben Harding competing in County trials representing there school at 1500 metres With Liam finishing 3rd & qualifying, Ben came 5th didn't qualify but close, both doing well.

*That's it from your captains for this month
Happy Running*

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