



# ***Thorney Running Club***



## **Foot Notes**

### **Reporting Results:**

You may already be aware of this but bear with me... If you run an event and would like your performance to be included in our results area and/or the Hot 100 – our new web site provides a very simple way of reporting: Access the site ([www.thorneyrunningclub.co.uk](http://www.thorneyrunningclub.co.uk)) and click on 'Contact Us', fill in your name and email details then tick the 'Are you submitting a race result?' box which will open a secondary information box – please have the following information to hand: 1: Name of Race, 2: Date of race, 3: Your finishing position, 4: Your finishing time, 5: The distance (and indicate whether km or miles)

If you submit this it will be picked up and included as soon as possible – if you do not know all the information – maybe the results need a few days before they are published, submit when you know them.

### **Race Reports:**

June was the Diamond Jubilee celebration month, it was also a month for some very good TRC celebrations, within days we had members running the shortest and longest races in the calendar:

#### **Friday 1<sup>st</sup> June 2012 – Manor Leisure Centre**

We kicked off the Jubilee celebrations in style ahead of the week end with an inspired Friday evening theme. In addition to the normal organisation there was a set of warm up games master minded by our resident Master Geoff. Having warmed up the kids (some older than others!) The race began, anything from one lap to six ending in a proper finishing funnel bedecked with bunting.

At the end of the finish area were two tables groaning from the weight of drinks, sweets, cakes and even nicely cut cucumber sandwiches – there was something for everyone.

Results are on the new web site – 32 individuals ran and there were some very good times recorded. Although we may not regularly get 32 on a regular Friday evening – it shows what can be achieved.

### **Sunday 3<sup>rd</sup> June 2012 – Comrades Marathon South Africa**

To the best of my knowledge this is the first time anyone from our club has competed in this event. Conditions were hot and hilly – but our intrepid long distance specialist Nick Smith completed the gruelling 56 miles in 10 hours 56 minutes. That's absolutely fabulous and a reward for all the hard work Nick has been putting in over the Winter including running Marathons on successive week ends!

### **Wednesday 6<sup>th</sup> June 2012 – Peterborough GP Ferry Meadows**

This popular 3k and 5k race was very well supported by Thorney runners again. Just before the start a very heavy downpour threatened to reduce competitor numbers, however there were almost double the normal amount of 3k runners and over 300 in the 5k – so the die hards were not put off!

The 3k started at a cracking pace, our lead runner was Ben Harding who coped well in the conditions and stuck to his task well finishing with another spirited sprint finish. All our runners did well, producing some great times. We had several more Juniors running this year which is great to see, and special mention to Amy Blackledge who kept going right to the end.

The 5k race was populated by some speedy guys at the sharp end, some even managed to find some mud – which is not easy round Ferry Meadows. Our lead man in a TRC vest was Paul Markham who went off well, and whilst he did not consider it to be a well run race tactically – it was another good time. Martin Dawson was running for Peterborough in this race – so we won't mention that he was ahead of Paul.

Andy Harding was on a mission chasing Andy Cowling and Kirk Brawn, beating Geoff Howes on this occasion, it was Andy's second best time and a PB in the last three years – well done Andy.

All the results are on the web site – but a special mention to Gill and Irene in the ladies contingent and Gary Norman for a great personal best and Marcel Wilson who also got a fastest time. These lads are improving every month.

### **9<sup>th</sup> June 2012 – South Downs Half Marathon**

This year Petra opted for the half marathon event, she is well connected with local marathon ace Mike Gratton – but that would not detract from the severity (or splendour) of the terrain. On this occasion Petra finished in 344<sup>th</sup> place in a time of 2.34.54 – yet another half marathon completed.

### **10<sup>th</sup> June 2012 – Blenheim Palace Triathlon**

Last month Gill ticked an item off her 'Bucket List' by running 1,500m on the track. This time she completed her first triathlon! The total distance of 16.5k was divided over a swim in a particularly cold lake, a cycle ride where Gill caught up many of the swimmers that had progressed faster earlier in the event – then finishing with a 3k race that Gill got instructed to do an extra lap of – so she did about 5k!

Gill finished in 327<sup>th</sup> overall position (despite running further than most) in a time of 1.43.01. Gill truly is an inspiration to us all – I have no idea what her next Bucket List item will be – watch this space!

### **10<sup>th</sup> June 2012 – Woodlands Half Marathon**

Those who have run the Frostbite at Bourne will be familiar with the general location of this event. Undulating, some mud and generally off road terrain – but wonderful among the trees.

Geoff and Neil competed in this one, Neil let the faster guys get away early on which was probably a good decision, eventually he caught up several of them and had a good race with the leading Vet – just edging ahead in the last half mile or so to come in first V40 and win a very good trophy.

Neil finished in 6<sup>th</sup> position overall in a time of 1.32.48, whilst Geoff had a good run to finish 20<sup>th</sup> in a time of 1.44.23 – some very good endurance running this week end.

### **10<sup>th</sup> June 2012 – Wales Marathon, Tenby**

Only one in this The Masters Marathon – an invitation for veteran runners to race each other across all the age categories within the open event. I had originally entered it just to experience the route and race against other oldies in the knowledge that the course would be more difficult than Milton Keynes 6 weeks earlier.

I had not allowed for such awful weather at Milton Keynes, so I was hoping that conditions would be better in Wales to give me an opportunity to reduce my marathon time for 2012.

The course starts in Tenby (just West of Cardiff) heading to Pembroke just before half way then returning to Tenby by another route. It is a bit hilly in places but mercifully free of traffic.

I had driven the first half and the bits where cars could drive along over the return trip plus some Google Earth and close study of an ordnance survey map. However, the mile long hill between mile 3 and 4 was not the only energy sapping feature! By the time we passed the half way point a little under 1.30 I thought that I was doing OK, then we went back up to the Ridgeway again which was a struggle, then back down to sea level and back up to cliff top level, another drop down and back up to the Ridgeway which is a climb of about 90 metres.

In total the amount of ascent was 3,800 feet according to my Garmin – that's about double the reading from 15 miles at Folksworth by way of a comparison. My calf muscles were cramping up and I even had to walk a bit – finishing 2<sup>nd</sup> in my age category but a total time of 3.20.24 was about 20 minutes slower than I had aimed for. Then I read the following quotation: **'One who fears failure limits his activities. Failure is only the opportunity to more intelligently begin again'** – from that I have decided that I need to train more on hills, reign in the early pace over a tough course, and conduct a more thorough review of the course so there are no surprises.

### **Wednesday 14<sup>th</sup> June 2012 – Eye Charity 5 Mile**

A popular mid week event organised to raise money for a local charity – usually supported by about 100 local runners – Thorney had 9 in this years event.

Andy Cowling started as he intended to go on – at the head of the TRC members, soon he was well in contention with the lead runners. I was very pleased to see the return of Reg Allen to racing again after a considerable time out from various interruptions to his training, I started with him towards the back of the field with the intention of testing out the first three miles (legs heavy from the marathon a few days earlier) – then pushing on over the last two miles.

After a while Geoff and Ben were following each other around the lakeside area until Ben decided he should tie up his shoe laces, never one to miss an opportunity Geoff and I ran by as quickly as possible. In the end Andy was a minute ahead of me – so well done Andy on a good win – Geoff was a minute behind me with Reg just ahead of Ben who did well despite his stoppage.

Then came the real success stories: Marcel Wilson finished strongly with a great 42.04 time with Ian Davies thrashing his personal best by over half a minute in a time of 43.25 which included a spirited run round the grassland finishing lap. Petra was on form with 45.28 and Siobhan Seymour was glad she decided to race at the last

minute by pacing her friend then finishing like a train again – she's getting pretty good at that now!

### **17<sup>th</sup> June 2012 – Huntingdon Charity 10k and Fun Run**

In the Fun Run Ben finished a tremendous 4<sup>th</sup> position – he's running well this Summer. Luke finished in 16.41 recording 57<sup>th</sup> place – so the event was well supported.

In a new route Richard Sharpe finished 374<sup>th</sup> position in a 1.01.08 – the course was very 'off road' but I understand very enjoyable – just don't expect a PB time.

### **20<sup>th</sup> June 2012 – Eye 3k and 5k Peterborough GP**

We had nine runners in the Junior race, Liam went off in the leading group over the flyover bridge, but the Bourne lads were after him. Neer the less he was our first runner home in a time of 11.18 – and achieving 3<sup>rd</sup> place overall which is outstanding.

Ben had a great race finishing 12<sup>th</sup> with a sub 12 minute time. With over 120 runners this was the best supported junior race to date – great to see so many youngsters taking part.

In the Senior race first man home was the improving Neil Martin in 33<sup>rd</sup> place in 18.20 which is quality running. Paul Markham was next in 37<sup>th</sup> place (18.32) and third man home for Thorney was Kirk Brawn in 50<sup>th</sup> place – this is a man to watch.

Andy Cowling got another PB by out kicking me on the run in so we got 61<sup>st</sup> and 62<sup>nd</sup> places. Ben Davies and Geoff Howes came in together in 95<sup>th</sup> and 96<sup>th</sup> positions just ahead of the returning Reg Allen with Andy Harding only just behind.

There were many others following in – Thorney had a great turn out – a first draft of results are currently on the Peterborough GP web site – ours will reflect the final version as soon as we can obtain it.

### **30<sup>th</sup> June 2012 – Crowland Show 12k**

In the Crowland race Neil came in 6<sup>th</sup> place with a time of 48.31 which is a very strong result. Petra Otto and Jo Strickland made up the TRC representatives in a Saturday race that is part of the Crowland Show and hosted by Nene Valley Harriers.

The web site is going to have some additional pages added shortly so that we can display the Manor Field Friday evening results, provide training tips, history and facts

about the club, injury prevention and a host of other great stuff – so keep visiting the site – there are more photos and interesting reports being added all the time.

Compiled by Eamonn Dorling

Mobile: 07767 795816

Email: [eamonn.dorling@ntlworld.com](mailto:eamonn.dorling@ntlworld.com)

Or Facebook