



Thorney Running Club



Foot Notes

News Update:

Firstly an update on the Perkins Great Eastern Run, good news for those previously apprehensive about the later miles of the proposed revised course route. It will not go through the Perkins Engine factory area or the industrial end of Fengate. There had been fears that the reduced support at a crucial point would detract from the event – these comments have been taken on board.

Consequently the Werrington area is back on the route and a better supported route back to the finish area. The start will still be on the Embankment which is generally regarded as an improvement – so it is looking good for the best race ever this October – if you have not entered the 5k Fun Run or Half Marathon – get your entry in now – full details on our web site under the Events page.

Race Results:

March Spud Run - July 1st 2012

The Junior race was very well supported by Thorney runners, Liam was again in a class of his own winning by a considerable margin for the second year. This year he was awarded an age grading of 78.99 which is a bit tasty!

William just beat Ben in 4th and 5th places respectively, closely followed by Chrystal, Shay and Luke (10,11,12). Young Max continues to enjoy his racing with another solid performance in 15th place.

James Alexander and Jasmin made up the total of 9 in a field of 45 – well done all the Juniors.

The senior race was contested by a regular from Cambridge Ben Baldelli in a time of 28.08 followed in by Martin Dawson in 29.23 although running in PAC colours on this occasion (we still regard him as one of ours!)

Peter Ward had a good run finishing in 8th position with 32.30, Andy Cowling was next in for Thorney in 13th (33.09), Paul had gone out with the intention of having a hard training run – clearly he was not hanging around by coming in 15th in a time of 33.15.

Andy Harding ran well with 36.46, and it was good to see Bryan Goodenough racing again in 38.22. Richard Coles (I think this may have been his first race) beat 40 minutes, followed in by Nathalie, Ian, Marcel, Ian, Irene and Debbie – a very good turnout in the sun.

Thorney 3k and 5k Ferry Meadows – 4th July 2012

The race results are on our web site, but I would like to take this opportunity to thank everyone involved for enabling the event to take place.

We need a good turn out of helpers in the form of Marshals, administrators, time keepers and people to set up and break down the event on time. It is made harder by the fact that we cannot do very much in advance so it all has to come together ‘after work’ so to speak.

Conditions for running were perfect, we scored well by the independent adjudicator who monitors everything, and the results boys did a brilliant job sorting out the data after certain finishers thought it would be a good idea to get out of the finishing funnel before their finishing order had been established!

Thank you all for supporting the club – now it’s on with the next event on 12th August – again it’s all hands to the pumps!

Bushy 3k and 10k – 8th July 2012

Once again Liam won the race by quite a margin in a time of 10.58 – running sub 11 minutes for 3k is quality running by any standard – doing it when the only challenge is a lead cycle with a big grass section makes it even harder.

Ben Harding had a great race finishing a comfortable 4th place – his time would have been a couple of seconds faster if he had run to the line! 12.12 was still an outstanding performance.

Harry Osman finished very briskly in 10th overall position – clearly a talented runner. Chrystal (now a very old teenager) finished in 20th position, Luke is running strongly this summer finishing just ahead of Max Louth – who always runs consistent times whatever the weather or conditions.

Congratulations to James and Jasmin for finishing close to each other in 30th and 31st positions.

The 10k race had a good starting line up and we had a new Thorney runner (although he had run the 5k on the previous Wednesday) – welcome to Dean Houlton all the way from Lincoln. In the past Dean has run for NVH – now he is running for a proper club!

Dean and Martin (PAC again) commenced battle early on. Dean let Martin get away then the group he was with held the gap convinced Martin would ‘come back to them’ – they were wrong!

Martin kept going finishing in 14th place overall in a time of 36.50, Dean had a great run finishing 3 places back in 37.06. A very welcome addition to the sharp end for us which can only raise our profile.

Neil ran very well indeed with a position of 23rd (38.42) Paul came through strongly as the distance unwound in 29th (39.35), Andy Cowling was not in the mood for letting me catch him finishing 42nd in 40.52 all I could manage was 6 places and 15 seconds behind. Peter was just 19 seconds adrift after a solid start and it was good to see Reg finishing in 42.40.

There were a further 7 finishers including Andy who ran in support of Sharon Stancer both getting well inside the hour – great team support.

St Ives 10k – 15th July 2012

Normally the Junior race attracts a good sprinkling of Thorney runners – on this occasion the course was too wet so alternative distances were competed for on the all weather track. Liam and others had a crack at the mile – I do not have all the times but understand that the races were very popular.

Not many running the 10k which starts at the Leisure Centre and leads to the air field for a lap around the windswept concrete – I understand that on this occasion runners also had water to contend with.

Peter Ward was first home for us in 41.30, Reg similar to his Bushy time with 42.45. Richard Sharpe did 48.35 and Gary Norman made up the quartet with 51.19. This is a strangely challenging course that is difficult to get a Personal Best performance on.

Marham 10 Mile – 15th July 2012

On the same day as St Ives a few lads wanted the longer challenge of a 10 mile race. Andy Cowling put in a cracking performance with 1.08.19 coming in 21st overall and claiming 3rd in his age category – very well done!

Geoff Howes was just 11 places back in 1.14.28 – I think that he was deliberately following the leading lady in (but maybe I shouldn't judge others by my own standards).

Stamford 3k and 5k Grand Prix – 18th July 2012

Just as the Junior event was about to get under way the heavens opened and a thunder storm occurred. As a consequence the start of both races was delayed by 15 minutes.

Liam was away – so he was not going to win this one. This time Harry Osman was our first junior home in 24th position just ahead of William Spires by a single place. Luke was supported by his brother Ben on this occasion because Ben was not feeling 100%. Max battled through the wet weather to get 48th position – well done to all that braved the quite ridiculous conditions for the middle of July!

The 5k race is a tough course because of the double ascent of the hill – strangely many runners get really impressive times compared to some of the flatter courses.

Neil was our lead man home – he is having a great summer – finishing 24th position in 18.52 is pretty good running! Peter Ward lead the supporting group coming in 49th in 19.56, Andy one place behind in 19.57 and myself a further place back in 19.58 – that's not bad packing!

Reg was having a good run in 21.23 and Gary worked hard in 152nd position with a 25.02. Ian did a 25.35 just ahead of Irene in 28.11 running with Andy Harding as planned. Good support again Andy.

Littleport 10k – 22nd July 2012

Reg Allen had a crack at the twisty fenland course that features a hill at half way (don't expect that in the fens). Reg had a season's best in 41.59. Richard Coles ran a personal best in 48.58 – so congratulations to Richard also. Gill Holmes (never far away from a race) finished in 146th position in 1.13.31.

Werrington Guestimate 5 mile – 24/07/2012

This is a great little local race, the idea is to run without a watch. You declare the time you expect to do the run in and the closest to prediction is the winner.

On this occasion we only had two representatives from Thorney – Gill and Petra. Gill guessed 59 minutes and achieved 60.29, so quite close.

Petra guessed 57 minutes and soundly beat it in 52.46 – so that makes Gill the most accurate!

It's all a bit of fun. For the record there were 17 runners within 10 seconds of their prediction and 118 entered – the least accurate was about 15 minutes faster than he thought!

Petra submitted the following race report:

Yesterday [22/7/2012], I took part in the Surrey Slog trail half-marathon, held in the North Downs. I ran that race before in 1997, in 2:13:15, when I was a lot younger!!

Sometimes, it can be a blessing, forgetting just how hard a race was then! Little did I know, so I set off into the unknown. What I did remember well though was that it was an incredibly scenic course, all around Holmbury Hill, with fantastic views over the Downs. At 857ft, Holmbury Hill is pretty hard to climb, and climb we did, all of the 13.1 miles! Signs like "swing left, up to mile 8" and "up to mile so-and-so" and "climb up to mile 12" were constantly on offer. The terrain was very challenging, with us queuing up soon after the start, single-file, for a very shady, muddy and narrow trail up to a stile, then up to mile 1. Rocks stones, gravel, grass tracks and the many tree roots made it a very demanding course for us all. However, the atmosphere was such that it was also incredibly enjoyable. The course was marked out so clearly, even with red chalk on the ground so that we wouldn't accidentally enter any of the many tracks on the route. The marshals en-route most friendly and encouraging, just what we are like when we're holding a race.

If I ever hear anyone talk about "hills" in our area, then I'd like them to take up the real challenge and run the Surrey Slog! As it says on their website, it's "not for the faint-hearted" - how very true! It took me a whole 2:48:15 to complete this trail half-marathon!

Here's their website for further information: <http://www.mabac.org.uk/>

Wellingborough 5 mile – 29th July 2012

Neil Martin was our first runner home in this popular 5 miler finishing in 33rd overall place in a time of 31.02 Reg Allen is clearly racing himself fit with a 58th position and a time of 32.52. Gary Norman beat the 40 minute barrier with 39.55 just ahead of Ian Frisby who managed 40.49. Eddie Morris was 182nd although 10th in the V60 category with 41.35. Petra was 4th in her age category with a time of 44.51 which is very impressive.

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