



# ***Thorney Running Club***



## **Foot Notes**

### **News Update:**

#### **Perkins Great Eastern Run,**

Thorney Running Club normally provide a number of volunteer marshals for the event – so this is a request for anyone not intending to run or a family friend who can help fill a position on the route please.

The organisers will provide volunteers with some sports clothing as a thank you. As one of the local supporting clubs it is important that we support the race in terms of runners – but we also need to be seen helping in this important role – a bit like the Game Makers at the Olympics. If you or someone you know can help – please let me know contact details so that I can advise the race organiser – the race is on Sunday 14<sup>th</sup> October 2012.

#### **Greater Peterborough Athletics Network (GPAN).**

We are part of this local organisation, a series of cross country training sessions has been put together for Juniors with a specific aim to help individuals compete well in the inter schools events. In the past it has been clear that the best performers are usually club members that have trained regularly (I cannot imagine any reason why this would not be so) – so if you have children or grand children that would like to do some running on a Saturday morning the cost is only about £1.50 per session and the benefits are very worth while.

The Green Wheel Relay is being run for the first time on 30<sup>th</sup> September 2012. Andy Cowling has kindly taken on the role of co-ordinator of a team comprising 7 individuals running in the region of 50 miles around Peterborough. His year profits are being aimed at charity – in future it is

intended that profits will go towards supporting GPAN for the benefit of the local clubs involved.

## **Reporting Results:**

### **Werrington 5k 1<sup>st</sup> August 2012**

On a fine Wednesday evening our club championship 5k was the focus of many Thorney runners – first off was the Junior 3k race:

Liam Ward was soon into his stride – but he was struggling following breathing difficulties thought to be from bad cold, never the less he was our first junior home in 11.58 in 16<sup>th</sup> place. Next in was Ben Harding in 13 minutes flat – another good run from this improving athlete.

Harry Osman was just 4 places behind Ben in a time of 13.29. Luke Harding and Max Louth had quite a tussle over the last few hundred metres, Max overtook Luke – but Luke was to time his run in perfectly to beat Max by just one second – both these lads have improved well this year – both are regulars at the Friday evening runs at the Manor, maybe these sessions are having a beneficial effect.

On with the Senior event, we had 14 runners for the final race of the Grand Prix. Dean went off quickly with Neil not far behind. Eventually Dean finished in 21<sup>st</sup> place in a time of 18.14, Neil managed a PB finishing 6 places back in a great time of 18.33.

Kirk decided to run just a few days before the event and was pleased with his 19.37. I thought that I had run faster but struggled to narrowly hold off the improving Reg Allen as we came in 75<sup>th</sup> and 76<sup>th</sup> respectively.

Andy Harding had a very good run with 21.46 and Richard Coles managed another PB with 23.10. Garry and Edie managed to stay ahead of the ladies who were closing them down with Sue heading Petra, Irene and Debbie – well done to all the runners on a warm evening performing well.

## **Blisworth Friday 5 Mile – 3<sup>rd</sup> August 2012**

Gill Holmes chalked up another race finishing in 57.34

## **Littleport 10k 9<sup>th</sup> August 2012**

In this event I was adjudicator so I had to conduct some official duties – however, I was able to see our three Thorney runners doing their stuff. This is an annual event that takes more than half their entries on the day of the race. You would expect the course to be flat around Littleport – but at half way there is a substantial hill.

Reg was our leading runner – still improving as he gets himself race fit again. This time he finished 23<sup>rd</sup> in a time of 41.59. Richard Coles had a cracking run and got another PB with a time of 48.58. Gill was up for another race finishing in 1.13.31.

## **Grafham Water Triathlon – 12<sup>th</sup> August 2012**

Kirk Brawn had been looking forward to this event for a while. Swimming and cycling strongly he was competing well – but the run was to be his min strength finishing 50<sup>th</sup> overall in a total time of 2.32.02 – total distance covered was 52.5km. That's a great result.

## **Thorney 5 Mile – 12<sup>th</sup> August 2012**

Our 3<sup>rd</sup> event that we hosted in 2012 – and probably our best in terms of feedback from runners and supporters. We had 14 runners, and their results are on the web site to view.

I would like to take this opportunity to thank everyone for their help in making the event such a success. From those that helped with planning and setting up the signs, posting letters through doors and making all the arrangements and gaining permissions that enable the event to proceed.

Also everyone helping on the day by marshalling, recording times, sorting results, doing warm ups, catering, managing water (on a very warm day) and all the administration before during and after the event. I was proud to be a part of it.

### **NVH 5k at Ferry Meadows 15<sup>th</sup> August 2012**

The final event of the Grand Prix does not form part of the series – but it is the event where series prizes are awarded. I was on official duty but also managed to run the event (to check it out from a runner's perspective).

We had 13 runners competing on the Wednesday evening in perfect conditions. First home was Dean in 18.13, again followed in by Neil just 8 places behind. Kirk Brawn had another good run in 19.31 followed by Andy Cowling breaking 20 minutes with a great time of 19.56. Peter Ward was just outside 20 minutes but well ahead of myself who managed a season's slowest in 20.57.

Geoff had a good run in 21.52 and it was good to see Mel Cox running again just ahead of Eddie who is regularly getting 25 minute times. Petra just managed to stay ahead of Philip Williams – again a welcome return to club racing. Gill did well to chalk up another race with her demanding work schedule.

### **Eye 4 Mile Handicap – 16<sup>th</sup> August 2012**

A popular event where the aim is to get everyone finishing in roughly the same time by starting the slower runners first and the faster ones later. I don't have the times or positions but Andy Cowling and Petra Otto represented Thorney again this year – it is a great event so keep it in mind for next year – just a bit of fun with proceeds going to charity.

### **Hell on The Humber – 18<sup>th</sup> August 2012**

I had the following message from Richard and Jackie that sets out exactly what this event is all about – personally I find it very intriguing and could be interested in having a go if I am not on holiday that week in 2013. Thanks for your race report:

Eamonn, something that may interest you, Jackie and I completed the Hell on the Humber ultra event over Saturday night come Sunday morning. It is a 12 hour event over the Humber bridge and back, each loop is 4 miles, you must complete at least 1 loop every 3 hours or be disqualified, you cannot pull out until after the 11th hour or again you will be disqualified, we have been training to complete at least 26 miles, this event was Jackie's first above a 5k, we jogged/walked the first 20 miles and then walked the final laps, I am pleased to announce that we completed 36 miles (not bad for Jackie's first ultra event) and we have the T shirts to prove!!! lol. We also have a picture of the Thorney bag at base camp when we set up early evening. Please check out the event website to get a real feel of the event. Thanks Richard and Jackie Sharpe

### **Riverside Runners 10k – 19<sup>th</sup> August 2012**

Liam Ward came 3<sup>rd</sup> in the 3k event with a great time of 11.03 – this has been followed by breathing difficulties for Liam – but at least Liam chalked up one very good time in August.

Peter Ward set 44.22 for the distance with Petra achieving 3<sup>rd</sup> in her age category for the 10k race in 1.01.57 with Gill 1.19.29 in hot conditions.

### **Other Stuff**

There may have been other races run in August that I have not referred to – I am sorry if anyone has been missed – I was away the last 2 weeks of August so maybe we can catch up in September.

Thanks again to Richard and Jackie for responding to the invitation to contribute – if you have a story please forward it to me.

We will soon be planning the races that we organise for 2013 – if anyone has any thoughts about how the races can be improved and any ideas about what you would like us to provide as a memento – this year we used embroidered white face towels and Slazenger illuminated arm bands – have you seen something interesting at a race or maybe there is something that you think would be useful and/or unique – please let me know.

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