



Thorney Running Club



Foot Notes

Race Results:

How about This then – a piece from Gill Holmes:

“Extreme?”

It all seemed like a good idea, Mike had suggested we have a long weekend in Lanzarote at the end of August and I had a few days off work so we booked flights etc.

Now all who know me realise that I never miss the opportunity to have a race somewhere different so looked on all of the Lanzarote running websites to see what was on, they have a growing running community there and have a wide range of races. My luck was in and I found a 10K called the Yaiza Extreme, the race organisers described it as a 10K trail run with an “interesting” obstacle course at the end! An entry was duly sent and the day was awaited in anticipation.

Arriving at the event site it quickly became apparent that “extreme” was a correct description, the course consisted of a lap of around 6K up a goat track round the top of a volcano, then a lap of the obstacle course followed by a further 4K of goat tracks and a second lap of different obstacles!

The obstacles varied from a ditch filled with water with Calor gas injected into it and then set on fire to a large shipping container with a scramble net to climb onto the top and then jump down the other side! Along the way there were nets to crawl under, giant holes filled with mud and foam, things to climb over, pipes to crawl through and the local fire brigade trying to knock you over with fire hoses, health and safety eat your heart out! 20 obstacles in all.

I have to say I gave it my best shot but had to admit defeat half way round the second go at the assault course, my elbow which I had broken previously was starting to hurt and arm upper strength has never been my strongpoint.

Have I learnt a lesson from all this? Yes avoid like the plague any event that has extreme in its race title!!

Gill Holmes

Then there was this from Petra:

Cranford St. Andrews, Northants.

The route was very scenic and a bit undulating but it did have a pretty fast last km. They also have a half-marathon running alongside the 10K until 7K, where the route turns onto an out-and-back course. I was told that the half-marathon was 'quite challenging' so, no doubt, I will have a go at that one next year!!

For the kids there was also a Fun Run, which started 45 mins before the 10K and half-marathon, which made it a really good family day out. The home-made cakes were absolutely delicious and, admittedly, I tasted quite a few of those!!!

The 10K finishers received a lovely engraved medal for their efforts, plus an apple and a very tasty carton of Soya strawberry milk. All in all a highly recommendable event which was buzzing throughout the day. I managed to do well, especially after that very hot Grunty Fen half-marathon last Sunday, in (self-timed) 57:37 mins. I hit half-way in 29:20 so had a negative split which was great.

Hope to see some Thorney runners at this lovely event next year

Something for the club's "Footnotes", maybe? (dated 30/09/2012)

On Saturday, I drove down to Harrow, to run in my old club's (*Metros*) Brian Jackson Fun Run, which celebrated its 33rd anniversary!!!! To quote from *Metros*' leaflet, the run started life as a dress rehearsal for members of the club preparing for the (Times) National Fun Run, held each September in Hyde Park, London. The *Metros* run has since become an event in its own right, and is no longer just for *Metros* members - all are welcome, and they were especially pleased to see runners from other clubs there on Saturday.

The run is named in honour of Brian Jackson, who was the founder of the event and, for many years, also its organiser. On Saturday, Brian presented all the many prizes. The aim is to run 10K, broken up into three segments, i.e. 4K, 4K, 2K. There are prizes awarded for all the many various categories. This year I took part, for the very first time, in their O/60's event - The Bus Pass Challenge Run and Duathlon. For that, I had to race 2K, followed by a 2K (race) walk.

On Saturday morning, I duly set off with a mission: To win the race walk and, ideally, also the duathlon i.e. the 2K run race and the 2K race walk. I won the race walk overall, ahead of my past (male) 'arch rival' for the very first time. I also set a new course record in the process which had been standing since 2003 (15:11 mins). My new course record now is 13:38 mins for the race walk. I am still awaiting to hear the result for the 2K I ran, and the overall result for the combined times for the duathlon. My previous course records for the ladies' 4K (O/45 - 18:17 mins), and 10K (O/45 - 46:04 mins) are still standing as we speak. So, if any of you are ever in Harrow, NW

London, you may wish to have a go at this lovely event, which is always held in September.

Details can be found on Metros website <http://www.metros.org.uk/> I came home with two shields, and their new plaques will be sent to me once they have been engraved. I also copied Neil into this email so that he knows that I will be emailing him via the website with *two* results, not just one, as it was two races in that race.

Today, I had a lovely training run in the IKANO Robin Hood half-marathon. The Sweatshop dished out lovely pace-bands but, unfortunately for me, I couldn't read them, as the numbers were too small!!! I wanted to have a go at 2:15 hours, got to 6 miles bang-on schedule in 1:01:20 but finished in 2:09:26 hours, ahead of the original schedule. Again, I will forward the chip-time once the results are on the website.

Petra Otto

Thanks ladies – it is good to get some first hand reports (editor)

Wissey Half Marathon – 2nd September 2012

Just Petra in this one – managing 2.09.21 and 7th in the Over 55 age category.

Grunty Fen Half Marathon – 9th September 2012

In temperatures between 27 and 30 degrees – this was always going to be a demanding event. On this occasion I was observing as a marshal but we had some good performances by TRC members:

First home was Andy Cowling in 1.37.21 winning his age category. Next was Richard Sharpe on the event he considers a 'home run' as he lives reasonably close by (1.53.51). Gary Norman managed a creditable 2.01.49 – as indicated earlier – it was roasting hot that day.

Gill Holmes managed OK until about 5 miles when breathing difficulties got the better of her, although Petra continued and managed a time of 2.14.30 making her 2nd in her age category.

Great North Run – 16th September 2012

We only had one club member in the event this year – but what a performance! Kirk Brawn not only appeared on the TV (twice), taking less than 20 seconds to clear the start he was soon into his running – initially well inside his anticipated pace over the undulating course. Maintaining good pace mile after mile he knew that he was on for a good time – even picking up the pace along the final mile and record a top 1,000

position in a time of 1.30.18 which was a clear PB. Afterwards Kirk said that he would have taken a 1.34 before the start.

Ramsey 10k 23rd September 2012

This popular event clashed with an Eastern Vets track final so Neil and myself were absent on this occasion. This year Peter was coming back from the effects of a bad cough, so he planned on tracking Andy Cowling – well that lasted for a while then he set off leading the Thorney runners home – eventually finishing in a creditable 40.47 with Andy recording 41.23 just 2 seconds ahead of Reg Allen who is definitely on the road back.

Next was Geoff in 70th place followed by Richard Sharpe running 48.39 in 107th position. Mel Cox just got the better of Gary Norman and Ian Frisby got under the hour with 55.16. Petra Otto was first of our lady finishers and was ranked third in her age group. Gill was still suffering breathing difficulties finishing in 201st position.

In the Abbey Fun Run we had great success in the form of 2nd and 3rd places by Liam Ward and Ben Harding respectively, interestingly Ben was within just 7 seconds of Liam – so the coming Frostbite races should be interesting.

Harry Osman finished in a fantastic 10th position in a time of 10.24, Luke Harding raced to 18th position closely followed by Chrystal Frisby just 2 places back. Sister Jasmin ran really well for 28th place out of 40 finishers.

Green Wheel Relay – Sunday 30th September 2012

This was the inaugural running of a seven stage relay around 48 miles of the Peterborough Green Wheel trail. 12 teams competed in this charity event raising over £500 for Help for Heroes. Our own club member Ben Davis sent a message from Afghanistan wishing the runners good luck. We had two support cyclists, member Adrian Tasker did the first two legs and Andy's work colleague Bob took over at stage 3 – a big thanks to these guys! Also a big thank you to individuals like Dick and Paul and Sally for ferrying runners to their correct starting positions on time and other family members collecting (I drove a Werrington finisher back to Etton in the spirit of the event).

The first teams set off at 8.30am and then in 15 minutes slots thereafter, TRC were released at 9.30 with Martin Dawson covering the first stage in the second fastest time of the day – we were already 4 minutes faster than predicted!

The second stage was run by Ian Davis who knocked a further 2 minutes off our prediction. Sally Louth kindly brought Ian to the fourth stage hand over point to see Mark come in – great team support. Meanwhile Mark was braving the strong head

wind with Bob in attendance in 7th fastest time maintaining a lead over the NVH 'B' team that were closing in on us.

At the Golden Pheasant in Etton I took over the Help for Heroes arm band (batten) from Mark. After a first mile with favourable wind the route direction moved into the teeth of a gale. Keen to get away from NVH I went off hard and eventually dropped their fourth leg runner, and getting past one of the Werrington teams, by the time I arrived at point 5 near Ferry Meadows the team was 6 minutes to the good (fourth best stage time).

Team organiser Andy Cowling was next away with some undulations strong wind and busy road sections to overcome. Andy knocked a further 3 minutes off our prediction in a fifth best time for the stage. Geoff was our sixth stage runner from Norman Cross to Stanground – yet another great run knocking a further 5 minutes off the team time, also fifth fastest.

On to the Glory Leg and Peter Ward. The event aim was to get as many teams finishing at 3.30pm – by now our team was one of three set to break that time objective – Peter set off after NVH B team that had managed to just ease ahead of us. With the wind behind Peter ran a sub 6 minute mile in pursuit of them. Reaching the Millennium Bridge it was back into a stiff head wind, the younger track athlete eased away from Peter who was running 'out of his skin' – third fastest time over that leg!

At the finish Thorney were third team by handicap and by virtue of our third fastest overall time. Team runners had made their way to the finish to warmly congratulate all the finishers – a brilliant team event. Surely next year's event will be even better supported – but the atmosphere of the 2012 event will be hard to beat.

Robin Hood Half Marathon – 30th September 2012

At the time of writing results are a little sketchy (site has not published them yet) – but the intrepid Petra Otto came 5th out of 19 in her age category – which transported her to 'Cloud 9' as well as a well-earned early night, congratulations Petra.

Peterborough Great Eastern Run – Update

Closing date is 8th October for late entries, the start is on the embankment near the Key Theatre, assembly will be in anticipated finishing times – then we will be moved from the holding position on to the road.

The roads up through Bourges Boulevard to Priestgate will be closed to traffic – so it should be a fantastic start. From the route map you will notice that the course direction has changed and the finishing stretch will be much better, all to help us get

the best time possible. If you are not running – why not come and cheer on the 5k race and half marathon – it's a great event.

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