



Thorney Running Club



Foot Notes

Race Results:

While some were putting the finishing touches to their Perkins Great Eastern Run (PGER) preparations, and others were participating or supporting the first Frostbite race of the 2012/13 season – Petra was taking on another half marathon – here is her report:

Just a 'quickie report' from my Mablethorpe half-marathon:

After a really lovely breakfast, it was off down the road to Mablethorpe, barely 5 mins' drive away. The place was buzzing with excitement as, for the first time, this event also incorporated the Lincolnshire marathon champs. The organisers also told us that they had the biggest ever entry today.

At 9:30am we were away. I decided to have a really good go at winning runner-up in the O/60's category, having come all this way and, as you said, Geoff, after having prepared with so many half-marathons. I ran as fast as I possibly could, 'using' the male runners as pacers, which left me puffing and panting for about 10 miles.

By then, we had reached Sutton-on-Sea, which we had to criss-cross for about a mile. And then, I was really off: In my marathon last year I had the fastest miles on the promenade. Still remembering the good-feel-factor from last year, I decided to run the last two miles flat out, literally. As I never saw anyone, who could be over 60, during the whole time, I thought that it wouldn't be a good idea to slow down now, undoing all the good that I had done for over 10 miles.

During the whole half-marathon, I never looked at my watch but just let my legs carry me as fast as they could. I was not disappointed when I looked at the finish clock: My fastest time since 2005 - 2 hours 4 mins 59 seconds (official time)!!!!!! I literally knocked nearly 4 1/2 mins off this year's best! And, furthermore, I won the O/60s category outright, not just runner-up!! I was presented with a lovely engraved shield which I will treasure for a very long time to come.

Needless to say that I will most definitely use the GER half-marathon as a training run as, otherwise, I will never quite recover from today's race on time for my marathon (21.10.).

Feeling 'rather' proud now. :o))

Best wishes, Petra

That was a fantastic run Petra – using your experience and current good form to earn a well deserved prize.

Frostbite – Priory Park St Neots – 7th October 2012

This year Nene Valley have taken back their talented young athletes that were 'loaned' to us over the last few seasons – so the Junior team now comprises locally developed athletes only – and the response was outstanding!

Not only did we have a balanced team in terms of boys and girls – the development of the individuals over the summer months was apparent. The start was at 10.15 with seniors and other supporters dotted around the course to cheer them home – Liam was soon mixing it with Nene Valley, Bourne and Cambridge young athletes. Not quite at his best following weeks of breathing difficulties – he finished strongly in 8th position (11th last year).

Ben Harding was next home in 23rd position (40 seconds and 23 places faster than last year) with a great performance matching the growth spurt he has enjoyed over recent months. Harry Osman finished in a fantastic 59th position with William Spiers just 2 places behind – with 4 boys in we need a girl to complete the team – Chrystal Frisby obliged in 142nd position. Luke was 39 seconds faster than last year and Megan Green ran very well in her first race in Thorney colours.

The seniors were a little below the optimum team with Paul, Kirk and Martin unable to race for a variety of reasons. Dean was up for a leading role again coming in 37th place and Peter was on a mission – through the first mile in just over 6 minutes – but not much over! He gradually eased away from me, and even though I was going as fast as I could Peter was steadily passing runners from every team until finishing in 55th position (87 last year) with a Personal Best (P.B.) performance by 1 min 48! I was happy to beat last year's outing by over a minute and managed 70th position (90 last year) just ahead of Neil who was still recovering from jet lag and a long business meeting abroad.

Andy Cowling had another great run 116th this year almost a minute faster than last year, then shot off to get changed and off to a Christening – thanks for your contribution Andy! It was great to see Reg Allen getting back on form. An outstanding performance came from Dan Butterworth who has only been running a few weeks – he was looking for a mid position result in his first race – but he excelled to get 129th position out of close to 400 finishers in a time of 35.09!

It was good to see Bryan Goodenough (sporting his latest racing shoes for extra speed), Marcel who intended to just get round in preparation for the PGER and ended up beating his best time, then there was Gary storming to the finish taking a valuable position with just yards to go. Ian Davies had a comfortable run after a period of not being able to do so.

Our ladies were represented by Natalie Markham in 291st position, Nathalie Palmer beat her last year time by a staggering 5 mins 11 secs! and Gill in 381st – good reliable team members, but not much 'wiggle room' in case anything went wrong.

The two with similar sounding names helped each other for the first two and a bit laps – then Mrs Jiffy pushed ahead to claw back a few more positions for the team.

The men's team scored 606 points this year compared to 714 last year and the ladies 969 compared to 1091. We finished 14th out of 16 so same position even though our points score was better. The Juniors finished 8th out of 15 which is a great result – Yaxley juniors being the surprise team on this occasion.

The next round at Bushfield was a brilliant result for the seniors last year when we totalled 1096 points and picked up 6th – we'll need our strongest team out if we are to replicate that this year.

Perkins Great Eastern Run – 14th October 2012

We had 36 entries for the half marathon on the official web site:

Adam Williamson, Andrew Knights, Andy Cowling, Andy Harding, Angela Curtis, Charles Knights, Dean Houlton, Debbie Peters, Eamonn Dorling, Edward Morris, Gary Norman, Geoff Howes, Gillian Holmes, Ian Davies, Irene Lane, Joanne Strickland, Jonathan Gipson, Kirk Brawn, Marcel Wilson, Mark Louth, Martin Curtis, Natalie Markham, Nathalie Palmer, Neil Martin, Nick Smith, Paul Markham, Peter Ward, Petra Otto, Reg Allen, Richard Sharpe, Richard Coles, Sharon Stancer, Sharon Critchell, Steven Dawson, Susan Frisby, Wesley Wilkinson

Plus the following entered for the 5k race:

Alexander Wilson, Ben Harding, Crystal Frisby, Dan Butterworth, Harry Osmon, Ian Frisby, Jasmin Frisby, Liam Ward, Luke Harding, Max Louth

On the day we were blessed with near perfect weather, cool and a light breeze helping runners on the return half of their respective races and not a hint of rain – although reports from Chatteris indicated that before breakfast they had to scrape the windscreen.

After the group photo outside the Lido it was time for the 5k racers to take up their positions, Liam was joined on the front line by Dan – so we had a couple of prominent Thorney vests on show when the TV cameras recorded the start for over 800 runners at 10.00.

Liam worked hard to keep in contention with the leading group but the first few were class acts and he did well to finish in 10th position with a time of 19.24. Ben Harding had raced ahead of Dan Butterworth who was competing in his second race, Dan eased ahead when Ben experienced a bit of oxygen dept in Bishops Road finishing in 24th place in a time of 20.35 with Ben a couple of places back in 21.00 – all excellent results.

Harry Daniel and Chrystal all competed well over a distance that is a bit longer than they would usually run. Luke and Max paced themselves very well, (in 7 seconds over 40 runners crossed the line). Jasmin was paced by Dad Ian in a respectable

time of 29.54 and Megan Green came inside the top 500 – fantastic to see so many Thorney vests and great performances.

Whilst the Fun Run was concluding the main event was getting underway – some taking over 5 minutes to get to the start line after the gun set off the front line. Chip timing meant that an accurate time was provided for every runner.

To begin with the speedy guys and gals at the front were soon into their running as they streamed up Bourges Boulevard – personally I was still trying to thread my way through after starting a little too far back this year (note to self: Get in the right pen earlier!)

Lead Thorney runner was Dean in his first long distance race for a number of years – but as it was the club championship he had modified his training to give himself the best opportunity to perform well – nobody was going to get close to him within our club on this occasion. He got to the half way point in 41.47, COMING BACK TOOK 44.21 and whilst Neil and myself took 43.00 and 43.29 respectively – he had got too much on us so he became the Half Marathon Champion – well run Dean.

So with Dean myself and Neil in we should just mention Martin Dawson running in Peterborough colours who finished ahead of us in 130th position with a time of 1.23.20 – that sort of form will be good in Frostbite and Hereward Relay races. Nick Smith did a PB by some margin – not bad when you consider the distances he has been running this year – proof that endurance training does not necessarily reduce your speed endurance.

Peter Ward ran a fantastic PB with a determined first half during which he was our second runner most of the time – this time he held on really well to crack the 90 minute barrier with 1.29.10. Kirk ran very well to get within a minute of his Great North Run PB set a few weeks earlier – this lad is a quality act.

In the preceding days there had been concerns whether Sharon Critchell would be able to run at all let alone the full distance of 13.1 miles, strapped up and uncomplaining she did indeed manage a fantastic time of 1.31.59 – this is a quality time for men to aspire to. In the ladies race she was 38th and in her age category 21st. Another factor was good pace judgement with only a minute between the first and second halves of the race – quality running and first Thorney lady home.

Andy Cowling has been struggling with a knee complaint for a few weeks – but he still managed a great time of 1.33.02, followed in by stranger Charlie Knights – great to see him running so well. Wesley (Wes) Wilkinson had a tremendous PB by crashing under the 1.40 barrier – mainly down to his improved fitness gained from triathlon training and being very determined – in his effort to do well he almost lost his race number on the run in – thankfully he had fitted his chip to the correct location.

Geoff had another consistent run, also beating the 1.40 barrier beating Jon Gipson and Adam Williamson ahead of super coach Andy Harding to a great cheer – he has helped many a runner prepare for the event, today was race time so he clocked 1.47.07 just ahead of Gary Norman (or should I say Stormin' Norman) who managed

a tremendous PB by about 5 minutes! Richard Sharpe had another sub 1.50 and reported no problems when I saw him later. Mark Louth was another knee injury athlete but he kept going all the way (pictures indicate that he ran the course with his eyes shut – but that might have been the pain coming on). It was great to see Steve Dawson running locally again – he knows that he is always welcome.

Richard Coles must have been chuffed with his performance of 1.50 in his longest race just ahead of the flying Thorney doctor Andrew Knights. Natalie and Nathalie ran together and came out with a brilliant 1.56.36 – that's team work! Sue thought she was over the 2 hour mark but her chip time indicated 1.58.53 – so a good result again.

Eddie did fantastically well to finish 7th place in his age category with a chip time of 2.00.56. Just ahead of Petra who was 8th in her age category – and bearing in mind she was doing this 'as a training run' was outstanding! Ian Davies was very happy to get round without injury – 2.02.58 was his chip time.

Marcel had a plan to walk and run (another of the walking wounded) and had to force himself to walk a couple of minutes at 10 miles, then set off again – another happy runner. Irene was tipped to be the surprise result and she did not disappoint – 2.13.31 is a wonderful result and 52nd place in her age category – that's about half way!

Congratulations to Angela and Debbie coming in together – I think that the experienced Angela may have been able to offer some support which is good to see. They both beat Angela's husband Martin – but I know that Martin was happy with his run. Sharon Stancer has improved out of all recognition with the Thorney group. I think I am correct in saying that Sharon could hardly manage a lap of the park in comfort a year ago – and here she is running a Half Marathon!

So there you have it! A brilliant new fast course – some excellent performances and a club that clearly punches above it's weight in terms of numbers and age related performances.

Next year the event is on Sunday 13th October – with a few improvements to make it even better!

Greensand Half Marathon – 21st October 2012

Just Petra up for this one a week after the PGER, the following introduction from the race director sets the scene:

On a morning overhung with glowering clouds, a total of 170 brave souls lined up at the start of the fourth Greensand Marathon, on the Nower in Dorking, out of 239 who had registered for the race. Just to be at the start was a small triumph. Following a rousing rendition of 'Jerusalem' from the assembled athletes, the clock struck '10' and the runners departed, some of them never to return.

Petra finished in 2.54.23 in 10th place out of 12, she was 3rd lady and first in her age category.

Fenland 10 – 28th October 2012

The weather forecast had varied between arctic Northerly winds, to possible snow and horizontal rain – what would the brave souls find on the outskirts of Wisbech?

Well it turned out better than expected, the wind was quite moderate, rain pretty well held off and the temperature (whilst very cold for watching) was OK at around 5 degrees. Peter was going to track me and then make his move later in the race. This went to plan for about 400m – then he eased ahead of me as he tracked a group of NVH runners, I held back and watched. At the first incline Peter worked hard and got ahead of the NVH runners – I was happy at the pace we had established – around 6.30 pace, but Peter was getting away so I had to change plans or allow the gap to grow.

I went after him picking up the pace to 6.23 a little earlier than originally planned, caught him on the next incline and pushed on in an attempt to catch up the next group about 100m ahead, try as I might the gap did not reduce – so the only glimmer of hope was that I could catch a guy who had come off the back of the pack – by mile 9 he was in striking distance, I went along side (he had already looked behind – so I was feeling confident) – he said that he would try and hang on to me – I decided that he was not and pushed the pace on to 6.20 pace for a mile – finishing in 65.42 and gaining Vet 55 prize so very happy with that.

Meanwhile there were some excellent performances developing, Peter was only a minute behind with a great PB, his plan was to go off for 6.5 miles as per the first leg of the Hereward Relay and then hang on, well he did better than just hang on as we turned into the wind – his pace hardly faltered – so the hard training has paid off.

Reg built on his PGER performance with a 69 minute run – great to see him getting back into his stride. Terry Moat also had a fantastic run in his first 10 mile race in a time of a fraction over 70 minutes – that's quality running.

Gary Norman had a great run knocking about 5 minutes off his best time (and he has done a few 10 mile races – so that's a brilliant PB). Richard Sharpe was aiming for 80 minutes and got well under – so another successful performance. Geoff found the pace early on OK but the head wind took it's toll in the later stages – it happens to us all at some time.

Nathalie and Marcel ran together and beat their objective – in fact only just outside Marcel's PB – so a great come back after the PGER. Petra was about 4 minutes faster than last year – so very happy with that. Eddie ran with Petra early on but moved through to record a time of 1.26.05. It was good to see Bryan out again in his local race recording 1.24.13 after a bit of difficulty following a spirited start.

November Events

The following are listed on our web site: www.thorneyrunningclub.co.uk :

4th November: Frostbite race 2 at Bushfield

10th November: Seagrave Wolds Challenge 15.6 miles

11th November: Robin Hood 10k Mansfield
11th November: Remembrance Day 10k and 3k
18th November: Riverside Half Marathon
25th November: Hereward Relay

The web site has a link to each one – otherwise contact a club member for help in tracking down the entry procedure if interested.

Cambridgeshire AA Cross-country Championships 2013 – Sunday 6th January

Check out the details on <http://www.cambsathletics.org.uk/page4.htm> It would be good to have competitors in as many events as possible, the venue (Priory Park St Neots) is an all grass undulating (mildly) course in a park with great organisation. The very best go on to represent Cambridgeshire in the inter county event – but as a stand alone event it is great to take part.

Cost is only £2 for under 11, under 13 under 15 and under 17 - £2.50 for under 20, seniors and Vets. Have a look on the web site and give it a go this year!

GPAN events for Juniors, Seniors and All.

Check out the web site for training sessions, talks and activities designed to provide better access to additional expertise and facilities: <http://www.gpan.org.uk/>

Advance Notice:

Perkins Great Eastern Run 2013: 13th October 2013

Green Wheel Relay: 29th September 2013

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