



Thorney Running Club



Foot Notes

Race Results:

It was rewarding to hear complimentary comments about Footnotes, the contributions from others and the team spirit generated – such that he decided to come and run on a very cold and wet Sunday morning at Bushfield – full report follows:

Sunday 4th November 2013 – Bushfield Frostbite race 2

Fantastic support from the Juniors on such a wild and windy day, at 10.15 they lined up and at the sound of the gun set off around the field chasing some very fast NVH runners at the front end. Thorney runners were soon mixing it and looked cheerful enough as they set off in the rain.

Each team needs 3 boys and one girl (or the other way round) – so it was intriguing to note when the first NVH girl would finish after the lads all came in very high up – there were other teams not featuring as high with the boys – but featured a high scoring girl – how would the scores pan out?

First home for Thorney was Liam Ward in 8th position in a time of 9.19. Ben Harding ran very well to finish in 30th followed by William Spires in 54th, our first girl home on this occasion was new member Lois Riley (aged just 9 years) in her first run for Thorney – finishing in 99th place. Team points totalled 295 making us 8th position out of 15.

That's just part of the story – we were supported by Chrystal Frisby, Luke Harding, Hannah Graham and Jasmin Frisby making a total team of 9 runners. We value our Junior members that turn out 'what ever the weather' – an inspiration and the future of our club.

The senior race seemed to be slightly down on numbers (472 v 515) – maybe the weather had an effect. At 11am the race started, some tried to avoid standing water – others realised they were going to get soaked and went the shortest route straight away.

Martin and Dean were soon mixing it at the sharp end, Martin reported that they were taking up the whole pathway early on weaving from side to side – so he took to the grass verge and ‘got on with it’, Dean went past at about 1.5 miles so Martin responded by upping the pace further.

Peter, Neil, Kirk, Dan and myself were battling for the other team places – well we were until I poked the lens out of my glasses (Daft idea running in sunglasses on such a bleak day – but hey ho). After going back for the dropped lens I was playing catch up.

Neil kept focussed on the task (and substantial pace) creating space between himself and Peter, Kirk was running a sensible race having stayed just off the blistering early pace – but kept the pressure on as others faded slightly.

I was gradually getting back to where I had been (with Kirk) – but Neil had moved on by now. Peter ran a solid race, but our star of the first Frostbite ran an even better race and again made the team – fantastic run and great PB time Dan.

Like the Junior race we need a mixture of girls and boys – so it is important to field at least 3 ladies (we had 5 on this occasion!) It was great to have the following three ladies all make the team: Nathalie Palmer, Clare King and Irene Lane with backup from Petra Otto and Kay Riley.

Total points scored by the team was 1695, we finished 12th out of 16.

Remembrance Day 11k 11th November 2012

Originally this race was expected to be a 10k race – but the onset of wet weather resulted in an organisational change and hence the odd distance of 11k. I am told that the hill at about 7k and again a couple of clicks later was quite a challenge.

We had 7 in the 11k race headed home by Liam taking on his longest race distance and finishing in 45.07 – which must be worth a sub 40 minute 10k when he is able to do one on a flat road course – great run. Peter was 2nd home followed by the improving Terry.

Geoff was next followed by Iva, Petra and Gill.

In the 3k race Ben Harding finished in a fantastic 3rd place followed by William in a creditable 8th and Luke in 23rd. By all accounts the races were very enjoyable.

St Neots Half Marathon – 18th November 2012

Beginning with the results:

Pos.	Gun Time	Chip time	Name	Club	Cat.	No.	Age Grade
393	1:47:04	1:45:52	Andy HARDING	T.R.C.	MV40	117	58.40%
415	1:48:14	1:47:01	Richard COLES	T.R.C.	MS	1120	54.58%
483	1:51:27	1:50:50	Gary NORMAN	T.R.C.	MV50	1194	60.44%
705	2:03:52	2:02:45	Nathalie PALMER	T.R.C.	FV35	251	56.23%
846	2:18:56	2:17:49	Marcel WILSON	T.R.C.	MV40	250	45.00%
858	2:21:12	2:19:59	Sharon STANCER	T.R.C.	FV35	95	48.89%
859	2:21:12	2:20:00	Susan FRISBY	T.R.C.	FV45	118	54.84%

It is interesting to see the age grade figures, they don't tell the whole story but it does demonstrate how well Gary is running at the moment. If you are interested in measuring your best performances – try this web site:

<http://www.marlboroughrunningclub.co.uk/agegradingcalc.shtm>

The following piece was written by Andy Harding:

The St Neots half is 5 weeks after GER so only really have to maintain your training, Thorney had 7 runners all who had done the GER.

It was a cold bright day excellent conditions to tackle the hills of the surrounding villages near St Neots. We had me running the aim was to go at 8 min/mileing as I do a lot of miles with training people etc I haven't ran at a pace only races, so I was out to beat my 1 hr 47 what I done at GER as I only ran that at a steady pace & done better than I thought I would, as I spent all summer training clients & our new half marathon gang for their 1st half marathon, with the help of Sue Frisby! I came in at 1 hr 45.52 very pleased with that, Then came Richard the only male member other than me of the new half marathon gang who was over 3 mins quicker than GER at 1 hr 47.01 a P.B superb performance.

Then Gary Norman who had a cold all week came in at 1 hr 50 his 2nd fastest half marathon a great performance, Then our 1st lady & new captain Nathalie Palmer who also had a cold all week came in at 2hr 02 a great performance as was not 100% on a hilly course. Then Marcel who has been struggling with a bad back all summer & he suffered with it on them hills so done well at 2hr17. Then came our other new half marathon gang members as Irene says us lady's are Andy's Angels It was Sharon Stancer being paced by Sue Frisby to get her a P.B & they both done it as Sharon was nearly 2 mins quicker than GER at 2hr19.59 with Sue at 2hr20.00 so that was great effort from both as Sharon got a P.B & Sue has been paced before by me but never paced anyone before & done an excellent job. Sharon 18 months ago couldn't run the length of thorney park & also lost 4 stone has now done 2 half marathons & is in next years London marathon nutter does come to mind, but well done Sharon! superb.

We had great support from Richards wife Katie & Marcel & Nathalies children.

A great day & team effort for Thorney run club with 2 P.Bs & also runners doing there selves proud not being 100% on a hilly course, then some off us stopped at for a well earned McDonald's for a healthy snack.

Andy Harding

Ashwell Multi Terrain Half Marathon – 18th November 2012

Here our intrepid Petra was our sole runner – winning her age category in a time of 2.19.07

Hereward Relay – 25th November 2012

Thorney had a record breaking number of teams competing this year – largely down to fantastic organisation by Andy Cowling and Ian Davies, good publicity and a 'Can Do' team spirit. Here are the teams as at a week before the event:

TEAM 1 - THORNEY FAST BOYS

	Runner
Leg 1	Peter Ward
Leg 2	Dean Houlton
Leg 3	Martin Dawson
Leg 4	Neil Martin

TEAM 2 THORNEY STALWARTS

	Runner
Leg 1	Reg Allen
Leg 2	Geoff Howes
Leg 3	Nick Smith
Leg 4	Eamonn Dorling

TEAM 3 - THORNEY COMBINED SERVICES

	Runner
Leg 1	Ian Frisby
Leg 2	Adam Williamson
Leg 3	Andy Cowling
Leg 4	Ben Davies

TEAM 4 - THORNEYS WHITTLESEY BOYS

	Runner
Leg 1	Dan Butterworth

Leg 2	Terry Moat
Leg 3	Ray Wilson
Leg 4	Wes Wilkinson

TEAM 5 - THORNEY GOLD TOPS

	Runner
Leg 1	Richard Sharpe
Leg 2	Jon Chamberlain
Leg 3	Brian Goodenough
Leg 4	Gary Norman

TEAM 6 - THORNEY LADIES

	Runner
Leg 1	Irene Lane
Leg 2	Debbie Peters
Leg 3	Petra Otto
Leg 4	Natalie Markham

TEAM 7 - THORNEY LADIES AND GENTLEMAN

	Runner
Leg 1	Siobhan Seymour
Leg 2	TBA
Leg 3	Angela Curtis
Leg 4	Martin Curtis

In the week preceding the race we were treated to rain, more rain and windy rain – so the already flooded Welney Wash looked impassable – would the fall back plan of finishing the last leg in March rather than Ely be called? Talking to some of the ultra runners – that prospect with an anticipated East wind could be a favourable change. (That all changed as the week progressed)

In addition – the organising chaps had the usual but unpredictable last minute team changes – the feeling in camp was ‘Would we be able to makeup 7 full teams or will a team have to be broken up? There was another club asking for an extra runner to complete a team – so we were not alone!

In the event, the event had to be cancelled due to flooding in the Whittlesey area, at the time of writing it is hoped that the event will be re scheduled for Sunday 24th February – although the organisation of such an event is quite complex – so keep in touch with the organisers for more accurate information.

I will close this edition early as I am not aware of any other results that are outstanding for this month.

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