



Thorney Running Club



Foot Notes

Race Results:

2nd December 2012 – Nene Valley 10 mile

On a very cold morning I checked the course out on my cycle and got frozen cold – hopefully the race would warm us up later I thought. It was also our club championship so everything to race for.

Dean was first away with Neil and myself trying to keep in touch, after about 4 miles I began to warm up but that was after someone had tripped over a large wooden post that was hidden by the glaring low level sunshine – fortunately he did not take me with him.

Neil was on a mission and kept going through the field at a very good pace. So Dean finished 46th in 63.14 with Neil just 4 places behind in 63.44, myself in 70th in 66.01 followed by the ever improving Terry Moat in 70.03 and Reg Allen on his way back in 71.17 – some good Thorney results.

Bryan and Ian Davies were happy with their improvements, and Ian Frisby overcame a significant fall earlier in the race to finish in 245th position. Irene, Petra and Gill represented our ladies with good individual performances.

Harrier League 5th December 2012

Gill was our sole representative at this event on this occasion – she loves competing and this is a fine event to have a go at in the evening on those occasions that it is organised.

Kettering Cross Country – 8th December 2012

Again – just Gill doing her stuff in the muddy and undulating conditions. Another 5k under her belt.

Bedford Half Marathon – 9th December 2012

Petra Otto had this event lined up for quite a while – I can agree with her that it is a fine long distance event on which to finish a season. The event is very well supported, Petra finished 1277th in a time of 2.15.21.

World Challenge 5 miler 9th December 2012

A new event on the calendar with a 5 mile run for the over 16 years olds plus a 3k fun run for the younger competitors. Held in Bushfield over similar courses to the Frostbite (Junior race a little simplified).

Thorney had some success early on in the fun run with Liam Ward winning the race and little Kelsey Butterworth winning the girls race – her first race ever. In the 5 mile race I managed a 3rd place just ahead of Peter Ward – and Terry Moat was on for a good time but following the guy who went the wrong way didn't help his time. Gill Holmes claimed first lady runner – congratulations.

Frostbite at Hinchbrook – 16th December 2012

After the wettest December in goodness knows how long – we expected muddy conditions (a week earlier most of the course had been under water). There was an alteration to the route so as to avoid one sodden area that affected the senior race only.

The Juniors were first away – on this occasion we were short of runners so we needed all 4 to do as well as possible – knowing that we would pick up a penalty for the missing fifth person. Liam approached the race in the knowledge that his endurance would be called into play, he started at a sensible pace and gradually worked his way through the field and beating some runners that have been ahead of him in other races – so a fantastic 6th place out of 130 finishers.

Ben Harding got under the 12 minute mark in a very good 40th position, Lois and Luke had been battling all the way – eventually Lois took advantage after the worst of the muddy section and came in a creditable 110th position with Luke just 7 places behind – the fact that we did not have a fifth team member resulted in the award of last place plus one – so 131 was added to the team score – as a result Ramsey edged ahead on the day but the Juniors are still in 8th position after 3 races.

We were without some of the faster individuals – but a great team showing especially in the conditions that prevailed. I can remember times when we struggled to field a complete team – not so in 2012!

Martin was away with the fast boys, and whilst his athletic style was not suited to the muddy conditions he still managed a 32nd position finish. Neil ran very strongly with Peter not far behind until he lost his footing at about half distance – but he got up and carried on like a real trooper. Kirk and myself were having our own battle both finishing quite strongly and making up positions over the last mile or so. Terry and Andy made up the seven men team scorers. Kay Riley put in a fabulous performance to be first lady home for the team – her consistent training paying off. It was great to see Clare King competing again – much of her training has been done on her own – but we were glad that she was our second scorer followed in by team captain Nathalie Palmer – I think that we had 21 seniors in the race – fantastic.

Also a big thank you to Natalie Markham for stepping in to take finishing numbers when it became apparent that we needed someone. Also to all those that supported both races – some of whom turned up to support with no plans to race at all – that's brilliant.

Christmas races and training:

We had a number of events organised to 'get the miles in' and have a bit of fun round the Whittlesey Manor – a big thank you to Geoff for organising and Jiffy for coming out in abysmal weather to help us through one particularly uncomfortable session.

The following report was provided by Petra:

26th December 2012 - Buntingford Brewery (Pirton) Boxing Day 3.2.

It was a really nice event, very well organised, and well worth the trip down to Pirton, Herts.

The course included a two-lap run round the local recreation ground, plus a large loop around a big field, followed by another loop round the recreation ground.

Because of all the rain that we have had of late, the recreation ground was very wet and the fields muddy. But, it is the cross-country season after all and it felt great to be part of this race which had, apparently, been held over 9 years now.

There had been lots of children races too, for many age-groups. All kids received a lovely medal, and the runners in the main race received a very nice bag, a bottle of Ale and a sachet of energy gel. Another interesting thing was that everyone had randomly been put into either a blue or a red team, the colours of which were shown on the two race bibs everyone had been given (front & back). Furthermore, everyone's name was clearly printed on it so that spectators of the race could cheer everyone on by their name.

I thought this race was a lovely one to run one's Christmas meal(s) off, and I can highly recommend it. Further information can be found here: <http://www.boxingdayrun.co.uk/>

Finally it was on to the final events of 2012 with the ever popular Ely New Year's Eve 10k and the newer Buckden/Grafham 5 mile event. It was good to see so many Thorney runners at both events:

Waterside 5 (Grafham Water) – 31st December 2012

Starting at Marlow Car Park at 10am a good representation of Thorney Running Club members lined up for the race to start. Most were unaware that the out and back course was steeply sloping downhill on the way out – and seemingly even steeper on the way back!

Liam and Peter had a really good head to head race with Liam getting the upper hand into the wind on the uphill finish finishing in 43rd place (34.14) with Peter one place behind in 34.24. Terry Moat had a cracking run finishing 52nd in 35.45. Dan was not far behind finishing 58th in 36.04 a couple of places ahead of Reg Allen who ran 36.27.

The next son/father combination involved Ben and Andy Harding. Ben had a great race finishing in 100th position overall in 39.12. Andy picked up the pace (refusing to be beaten by a lady runner from Riverside) in 112th place (40.21).

The performances kept coming with Ian Davies finishing 167th out of 241 in 45.27 and Kay Riley in 179th with 46.24. On that course with a strong head wind – all these athletes should be congratulated – what a way to finish 2012!

Ely New Year's Eve 10k – 31st December 2012

By 11am the above event was drawing to a close, meanwhile another bunch of Thorney runners lined up for their race. The rain held off but strong winds were to play a part in the middle to later stages of the race. Petra and Gill were both running races in excess of 50 for the year – the Hot 100 is yet to be confirmed but it must be recognised that these two ladies compete in a Thorney vest more frequently than any other members and are fine ambassadors of the club – both of whom average a race every week of the year!

The starter sounded the 'fog horn' and we were off with a following wind and nice down hill section for starters. When I looked at my watch after the first 1km I had to take a second glance because that time was very quick (for me). As I reigned in my enthusiasm several gained positions from me as a more sensible pace was adhered to. After a very strong head wind through markers 7km and 8km we headed for the hill with a lone piper playing at the summit – it always stirs me and I was motivated to

take 4 on the climb. Picking up the pace for the last km I was rewarded with a 41.15 time and first in for the club, 2nd V55, 60th position (539 finishers).

Geoff was also struggling against the strong wind, managing a 46.20 run in 152nd place, other runners included Gary Norman (52.53 in 316th position) and his son Ryan just 4 seconds behind (who sipped in the muddy finish – no possibility that Dad tripped him up), Marcel (58.46) and Nathalie (58.15) had strong runs and of course Petra (62.27) and Gill (73.08) both completed their last 10k races for 2012.

Messages for 2013

Firstly a seasonal Best Wishes for the new year – happy running, good training, no injuries and many personal best performances to all of you!

Secondly – remember our races that we host – if you can offer some assistance in preparing, marshalling on the day or help that you can get from anyone that you know – all help is really appreciated, we have a reputation for well organised events – but we want to make them even better and that requires good people!

Finally – keep your race reports coming in – and if you would like to give an alternative angle on a race please forward comments to me directly or via the web site – contributions are most welcome.

Training and Events:

Please look on our web site for organised training activities in Whittlesey and Thorney. This is a great time to put your 2013 training plans together – if you need any help – just ask at a training session, you can be assured of help if you want some ideas.

There is a good range of events to enter in January and February – if you look at the events calendar on the web site, select an event you are interested in and the link will take you to a site that provides more information and entry details. Remember that the Frostbite races are all free to Thorney club members – just remember to wear your Thorney vest, again details are on the Events section of the web site.

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