



Thorney Running Club



Foot Notes

First – An update on GPAN

We are members of the Greater Peterborough Athletics Network, there is no direct cost but it does enable us to access additional facilities at greatly reduced prices and sometimes free. Funding comes from UK Athletics and self generated income.

The Cross Country training sessions were not attended by any Thorney members – which is a shame – I suggest we get involved as soon as the sessions are announced for next winter. Sportshall is an indoor activity aimed at children – again no take up by Thorney members, it is very low cost and great fun.

I was hoping to announce track and Quad Kids activities for the summer – but the 25 year old track at Peterborough is being completely re laid between March and July, so these activities will not be available for most of this year – if anything else is proposed I will update members. If children get the opportunity to try some additional athletics events with fully qualified coaches – I suggest getting them there as they will love it!

The Green Wheel Relay is an event for senior runners later this year, I have been allowed to run the entire distance so as to see whether it could be marketed as an ultra event in future years, but the main idea is to get as many teams of 7 as possible with staggered starts so as to all finish in roughly the same time – get your name down for that one as it was great fun last year.

Nick Anderson – a fine international endurance coach is returning to Peterborough on Wednesday 13th March at 7pm (Advance Performance) as a follow on from the February event. There is no cost to attend (paid by GPAN) – this session will focus on preparing for race day, tapering

down for a long distance race and how to make best use of a heart rate monitor. I learn something valuable every time I listen to Nick – worth booking the date in your diary.

Finally, if any members or potential members want to get their coaching qualifications – there are subsidies available from both GPAN and Thorney Running Club provided the new skills are used mainly for the benefit of our club – we really do need some qualified coaches to bring on young athletes (and some of the not so young)

Update on the Perkins Great Eastern Run

It has been agreed that the revised course used last year will remain unaltered for 2013, the date is on our events page of our web site, however, the 2013 web site is not fully commissioned at the time of writing – there will be time to enter later. Remember the event is also TRC half marathon club championship.

Race Results:

Frostbite round 5 Bourne – 3rd February 2013

After all the rain and snow – it was expected that conditions would be muddy in places, the course did not disappoint!

As an amusing aside: Kelsey Butterworth had heard that we might be one lady short in the senior race, she came down stairs on the Sunday morning with her Thorney vest on declaring that she would run the 5 mile race! To miss quote JFK: ‘Ask not what your club can do for you – ask what you can do for your club’ As it happens we had a full complement of senior ladies.

The Junior race was remarkable in many ways – firstly the high number of Thorney runners that was remarked on by several members of other clubs – congratulations to everyone running in the slippery conditions (as spikes were not an option).

Liam had raced the previous day over 5,000m of tough terrain in the inter county schools competition held just outside Grantham. Even so – he was up to racing again for the team. Starting sensibly in about 30th position he gradually went through the field using the endurance he has been developing – to finish in 5th position was another fantastic result.

Ben gave chase, and there is photographic evidence that he was not running round the puddles – straight through the middle! Ben finished in 33rd position – another strong run. It was good to see William running well again, he was third team member home in 75th position. Harry Osman did well to finish in 110th place.

We needed a girl to balance up the minimum requirement for a team – and we did not have to wait long – Lois was our top girl again! Running with a smile on her face as usual and finishing strongly only one place behind Harry!

Max Louth had another very good run finishing in 115th place in 16.13, Luke Harding was 130th, Megan looked quite relaxed finishing 141st just ahead of the fast finishing Kelsey Butterworth, Hannah Graham who had run with the younger girls in a fantastic supporting role, with Phoenix Hilliam close on their heels.

So that was 11 Juniors running in cold muddy conditions – thoroughly enjoying themselves in front of very proud seniors and parents.

On with the senior race at 11am, despite some missing talent due to injuries there was still a good team lining up and with three good ladies we were in with a chance of a good result.

Martin shot off from the gun and was in 3rd place early on! Even though he ‘throttled back’ a bit he was still through the undulating first mile in just under 6 minutes. Dean was not far behind and Neil was up there with the speedy boys.

Dan and Kirk had started pretty fast and Peter was tracking me as we sorted ourselves out. By 2 miles Peter was past me and I was bringing

up the rear of our scoring men. I got past Dan and Peter putting in an effort as we headed back towards the finish.

After the long muddy section that threatened to suck your shoes off Dan was still looking to get by and as we drew ever closer to the line he put a final effort in and raced by – what a tremendous run and excellent position. We had got all our men in within 77 places – a club record!

What really made a difference was having our three scoring ladies in within the top 300. Natalie was 246, Kay: 252 and Nathalie 293 – well done everyone, in fact Kay and Nathalie both posted better positions than they did at March.

The team score of 1132 gave us 10th place – best result of the season. We had 20 seniors, and a special welcome to Iva Divkovic who ran her first race for us – bit of a bruiser for the first event. Great support and smiling (if somewhat relieved) faces at the end said it all – a great day out for TRC.

Folksworth 15 mile – re-arranged 10th February 2013

After snow and ice prevented the race commencing earlier in January – the boys and girls looking for a longer challenge were in for a treat. The threat of more bad weather had been averted so it was just the cold and windy conditions to contend with – Oh and three hills on each of the two laps.

Some runners who were unable to make the re scheduled date had made sure the correct details had been recorded by the organisers and money changed hands. Off to the races then.



Cold, wet and windy would sum up the starting conditions quite well. I set off at 6.40 pace and managed to get in with a group of 8 as we turned into the strong wind so I was able to position myself in a favourable position (no point getting older if you don't learn some tricks), at half way I was on schedule with Neil not far behind and Kirk Brawn & Dan Butterworth easing their way into their first 15 mile event.



On the second lap the head wind became more of a problem as I had dropped the rest of my 'gang' just when I needed them most. I pushed on but the pace was slowing, Neil raced down the 14th mile sensing a win – but I managed to hold him off on this occasion.

Thorney's first four home were:

Eamonn Dorling,	31 st	1:40:55
Neil Martin,	36 th	1:41:43
Kirk Brawn,	53 rd	1:45:03
Dan Butterworth,	70 th	1:48:34

There were a further 8 TRC competitors, Richard Coles very nearly beat the 2 hour barrier on his first attempt – a great performance in 178th position. Jon Gipson ran a solid pace all the way without any dramas – achieving 2.06 and 203rd position.

Richard Sharpe was one of only a small number to beat their previous race time (by 2 minutes in Richard's case). Clearly Sue, Andy and Irene were running in formation as they all finished within a second of each other. Sharon ran with Petra for quite a while (Petra was only going to run one lap – but decided to keep on running) – then Sharon shot off at the end to record a win over one of our most prolific racers!

Stamford Valentine 30k – 17th February 2013

I did plan to run this one, and even picked up my T Shirt and race number – but on the warm up I decided that the cold I had contracted was too bad to run that sort of distance – so I wimped out!

Dan Mason – training for the London Marathon was first home for TRC in 2.38.51, and Whittlesey runner also preparing for London Leigh Howson finished in 3.19.52 – here's a picture of her at 20k.

The (re-arranged) Hereward Relay – 24th February 2013



This was one of our club's greatest achievements to date – in my opinion, especially as many said that it couldn't be done! We entered and finished with eight full teams! A great deal of thanks should go to organisers Ian Davies and Andy Cowling. It is often the case that some runners intent on running find that they are unable to do so – especially

when the date had to be re-arranged and in winter when illness and accidents can befall the most dedicated.



The first leg (6.5 miles) started in Cathedral Square Peterborough at 9am, finishing at Ashline Lock in Whittlesey. We had the lead off boys and girls headed by Ashley Allen in a stunning 5th place for the **Stalwarts** team, Dan Butterworth ran a brilliant first leg bringing in the **Whittlesey Boys** in 16th place. Peter Ward got to Whittlesey in 19th place for the **Fast Boys** – another fine run, with Andy Harding bringing in the **Combined Services** in 41st place.



Dan Bursnoll brought in the **Gold Tops** in 65th place with a good strong run, Thorney **Ladies and Gentlemen** were in 75th as Claire King handed over, just one place ahead of Joanne Gilbert for the **Late Entries** and Irene Lane came in 79th for the **Thorney Ladies** team – 87 teams completed the first leg.

The second leg went from Whittlesey to the band stand in March – about 10.5 miles. This is where the results make it difficult to work out the progress of the team, so firstly a run down of the second leg performances:

Dean Houlton was 17 th for the leg:		Fast Boys	19 th	
Jon Chamberlain	23 rd	:	Gold Tops	40 th
Terry Moat	27 th	:	Whittlesey Boys	20 th
Geoff Howes	37 th	:	Stalwarts	21 st
Wes Wilkinson	38 th	:	Late Entries	56 th
Richard Sharpe	58 th	:	Ladies & Gentlemen	66 th
Adam Williamson	66 th	:	Combined Services	57 th
Debbie Peters	79 th	:	Ladies	78 th

See how close our first three teams were as they came in to March!

The third leg went from March to Welney – this 11 mile plus leg was probably the most muddy on this occasion – and featured something akin to the devil’s causeway where part of a farm track was made up of bricks and rubble – fortunately nobody was injured, and everyone ‘just got on with it’.

Martin Dawson was 6 th for the leg:		Fast boys	14 th	
Kirk Brawn	16 th	:	Stalwarts	17 th
Ray Wilson	21 st	:	Whittlesey Boys	19 th
Sharon Critchell	23 rd	:	Ladies	67 th
Arron Friend	57 th	:	Late Entries	53 rd
Andy Cowling	68 th	:	Gold Tops	50 th
Isla Oliver	74 th	:	Combined Services	66 th
Angela Curtis	82 nd	:	Ladies & Gentlemen	76 th

Finally the slightly extended **last leg** – about 11.6 miles from Welney to the finish in Ely. Many runners were again outside of their comfort zone – but the team spirit was tremendous.

Neil Martin was 13 th for the leg:		Fast Boys	11 th	
Eamonn Dorling	25 th	:	Stalwarts	20 th
Dan Mason	44 th	:	Whittlesey Boys	23 rd
Natalie Markham	69 th	:	Ladies	66 th
Kay Riley	80 th	:	Combined Services	67 th
Gary Norman	81 st	:	Gold Tops	60 th
Ian Davies	82 nd	:	Late Entries	63 rd
Martin Curtis	84 th	:	Ladies & Gentlemen	83 rd

Full results are on the March AC web site – it is difficult to compare past year’s performances because distances and condition vary. It has to be said that the Fast Boys really put a marker down by finishing 11th overall – in the past a top 25 position would have been a good performance – this year we got three teams inside that position. It is not just about the faster teams – the real reward comes from team spirit and everyone doing their bit – the supporters were brilliant. Who’s up for another go in November?

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