



# ***Thorney Running Club***



## **Foot Notes**

*Kourtney Kardashian: 'My gym is the great outdoors'*

### **Greater Peterborough Athletic Network:**

The athletics track is being taken up and re laid with improvements designed to last another 25 years – so until 20<sup>th</sup> June it will be out of commission.

The monthly training sessions through the winter have been well attended and are set to continue each third Wednesday at 7pm meeting at the Athletics track club house in Bishops Road, Peterborough.

We expect to offer juniors the opportunity to try out a range of athletics based sports to widen appreciation – there is one 'sprinter' that now throws for England, and I know a cross country champion who excels at throwing the hammer. As soon as we have details they will be communicated.

There has been some interest in learning coaching skills and there are other courses on offer for those wishing to officiate at organised events – if this is of interest please let me know as funding is available to the right individuals.

### **Perkins Great Eastern Run**

In case you did not know – the PGER web site is updated with application forms and details of this year's event in 13<sup>th</sup> October. You can enter on line or print off a paper version:  
([http://www.perkinsgreateasternrun.co.uk/pdf/Entry\\_Form\\_2013.pdf](http://www.perkinsgreateasternrun.co.uk/pdf/Entry_Form_2013.pdf)) & send with a cheque saving a couple of quid.

At a recent meeting it was announced that the entry is expected to be over 6,000 which is an increase of almost 50% - anyone having run either the 5k or 13.1 mile route will know that it is better than any other event in this area (and I include Cambridge and Milton Keynes in that assessment).

The half marathon is TRC's championship event again this year – it is important that when you complete your entry – you fill in the 'Name of running club' box with Thorney Running Club, in full without mistakes because the results are sorted according to what you put on the application.

Before you embark on your 6 month training schedule – have a look at what we have been getting up to in March:

### **Race Reports:**

After the excitement of February's Hereward Relay – we were straight into the final Frostbite race of the 2012/2013 season – this time BRJ had arranged the race at Hinchbrook. There were a number of new faces running in the senior race in place of some that had fallen foul of illness and injury. Some teams struggled to enter full teams – not Thorney, even Gill ran a day after doing a duathlon the day before!

### **Frostbite final race – Hinchbrook Park – 3<sup>rd</sup> March 2013**

The Junior race was particularly well supported with 172 finishers, so a good result was always going to be a difficult task. Off they streamed at 10.15 with supporters cheering loudly. Liam was up with the leading pack this time – in his last race as a junior.

Ben was intent on getting a good position before the narrow wooded area and the entire Thorney team of eight runners were all doing their best in the cool conditions.

As they came back towards the finishing area Liam was still holding a hard earned 3<sup>rd</sup> place, he had put in so much effort that on this occasion

the fast finishing Bourne runner just pipped him on the line – but 4<sup>th</sup> is a fantastic performance in such a strong field – what a way to end the series, and a big Thank You for demonstrating a true athletic ability consistently.

Ben Harding was our next arrival – he drove for the line in a determined fashion achieving a 30<sup>th</sup> position which is again a brilliant result – we are looking to Ben in the coming season to carry on improving as he will be in the top age group. Also, just like Liam, Ben returned to the course in order to support the seniors – much appreciated lads.

The good results just kept coming, we need to have a mix of girls and boys – so when Casey Weston and Lois Russell came into view racing each other we knew that part of the equation was complete, they finished 121 and 122 respectively. Fifth scorer was Max Louth in 136<sup>th</sup> position recording a time of 14.44. These three scorers are all considerably younger than most of the field – so we have some great performances to look forward to.

Thorney Junior Boy runner of the series was next home in 145<sup>th</sup> place was Luke Harding (Lois being the girl) – Luke did a great finishing sprint – working hard to gain two more places. Kelsey Butterworth ran really well to finish in 165<sup>th</sup> place, again demonstrating an excellent turn of speed at the finish where she overtook at least three children that were much bigger than her. Another great run by Megan Green – who looked very comfortable finishing her run, Megan is getting better at every race.

As the Seniors lined up it became apparent that with several of the men missing – we might struggle in the points department, however, cometh the hour cometh the man (and ladies). Martin shot off in his customary fashion – leaving the field in 7<sup>th</sup> place. Dean was a little further back – but as consistent as ever he worked his way through.

These lads ran very well over the difficult conditions. Martin finishing 27<sup>th</sup> with Dean in 31<sup>st</sup> and Dan Butterworth\* in a fantastic 49<sup>th</sup> position. That is quality running in a big field. So we had the first 3 in 107 points – that's a good start.

\* Dan was 7<sup>th</sup> scorer in his first race, 6<sup>th</sup> in the next followed by a 5<sup>th</sup>, 4<sup>th</sup> and ending on 3<sup>rd</sup> – in anyone's book that is fantastic improvement. In case you are wondering he moved from 129<sup>th</sup> to 49<sup>th</sup> place over the season.

Terry Moat was on a mission to get inside the top 100 for the first time. What many people had failed to recognise was that our secret weapon Sharon Critchell had snuck in and despite her nervousness – she was up for a cracking race at the shorter distance about half what she had run the previous week in the Hereward Relay.

From my perspective – I needed to work hard to catch up with Terry, he knew that I was behind because he could hear the wonderful TRC support around the course. After a while I picked up on the fact that I too was being pursued – by Sharon. Terry was very strong on every test the course threw up – mud, pavement, grass he just kept powering through.

Just when I thought that I might make a move – Sharon came alongside and did what I was trying to do – get a move on over the finish. I was pleased to see two runners in great form battling for positions 76 and 77, I was adrift on 81<sup>st</sup>.

So we already had a lady home with a best position of the year by a country mile. Geoff was next on to the finishing line in a season's best position of 136. Meanwhile Arron had strained his chest when slipping on a turn and was in some discomfort as he finished in 213<sup>th</sup> – at the time he was not aware that he was our 7<sup>th</sup> man home.

We just needed two more ladies to finish, and we were not disappointed! Kay and Isla came onto the field together running really well. They finished in 246 and 247 respectively which was a fantastic result. From my calculations the ladies beat the men this time – seven men in 613 and three ladies in 570, congratulations to all the scorers.

There were other stories – Ian Davies got surprised by a bramble and came in with quite a gash on his leg, someone (author) bashed into a

kissing gate for no good reason, Emma Dorling was part of a three generation thing with her dad in the senior race and her daughter Kelsey in the Junior race – I think that’s a club first. Not only that but she ran her socks off alongside Nathalie Palmer (298 & 299) with a great smile on her face. Great support from the ladies captain.

Irene looked as if she enjoyed the race better than the previous week’s relay with 313<sup>th</sup> place, Claire King ran well to finish in 292<sup>nd</sup>. Marcel finished – looking for a bar, any bar! Andy ran with Karen in her first race (331 & 332). Oh and Gill the Duathlete finished in a creditable 337<sup>th</sup> place. What a set of results and fantastic support all over the place.

### **Cross Country Inter-Counties Championship – Birmingham 9<sup>th</sup> March 2013.**



We only had one athlete qualified to swap his Thorney vest for the light blue Cambridgeshire one – Liam Ward again representing his County in this highly prestigious race.

I was privileged to watch his race and a number of others where the standard is breath-taking. Liam finished about 40 places higher than the previous year but it must be said that no individual Cambridgeshire runner was close to challenging for a podium place. The ability of those at the sharp end is awe inspiring!

The course was very challenging, I must admit that I wished that I was good enough to have run on it – dream on Eamonn.

### **Milton Keynes 5k, 10k & Half Marathon – 10<sup>th</sup> March 2013**



(Times and positions shown are Gun time rather than chip – for simplicity)

Many had been looking forward to this challenge – Thorney even had a mini bus full of runners and supporters – well done Andy for organising and Richard for driving. In addition there were several individuals that made their own way to join in the fun.

It didn't look much fun as the 5k runners lined up with a flurry of snow to get proceedings under way at 10.00 sharp. This was a race that any age could compete in so in addition to Emma taking on her first 5k race there was Ben at the sharp end, brother Luke, and Lois taking on the distance.

We moved on to the finishing area after the 10k commenced with Richard running for a good time and before the Half Marathon boys and girls set off as the 5k runners would be finishing. Well at least that is what we thought – as the minutes passed I became concerned that the faster 5k runners were not coming in – either something had happened to all the runners or the race was substantially over distance.

Eventually word came through that they had been allowed on to the 10k rout at about 2.4km. It appears that Ben who was leading was unable to turn left and was allowed to carry on (not his fault). There was no signage and a lack of marshals at this critical point.



When runners realised they should be coming in to the finish questions were asked but nobody seemed able to take control – so some carried

on running 10k (rather too far for most youngsters), some attempted to find a way back to the finish and some did a bit of walking and running hoping for the best. Ben did the 10k course in about 44 minutes but as there were no official timings and everyone ran various distances the results were a little academic.

Emma saw Luke and Lois and helped them back by treating the remainder of the race as a 'training run' – couldn't believe that they sprinted to the finish as soon as it came into view leaving Emma who had made sure they were OK (only joking – everyone was relieved nobody got into serious difficulty).

So not the ideal start of an event. The 10k leaders came in ahead of most of the 5k runners even after starting 10 minutes after them because many of the 5k runners had in fact run 10k! Our representative in that race was Richard Coles who finished in 54<sup>th</sup> place in a time of 46.01 Well Done driver!

The Half Marathon had started in two tranches, the faster predicted times a couple of minutes before the remainder. Like the 10k – there were no issues regarding the course direction so it was off to the races in very cold and breezy conditions.

Dan was not sure whether to run because of a tight Achilles – after warming up he decided that he could cope with it – rubbed in a bit more deep heat and lined up. Neil shouldn't have even lined up after his roller skate accident the week before – but he did!

Within a couple of miles Neil was talking to Dan about running together at 7 minute mile pace to help Dan achieve his goal – Dan was minded to go a bit quicker than that and knock out the miles around 6.42 pace so they separated.

Neil did manage to help Terry Moat towards the later stages, there is a long up hill section that many walked up – and every now and again they were coming across 5k runners still struggling on the 10k route.



As we awaited their return – the first home was Dan in a fantastic time of 1.29.21 in 173<sup>rd</sup> overall position. Next home was Jon Chamberlain who ran a fantastic race in 1.32.04 in 245<sup>th</sup> position, that's a great time. Neil came in with Terry, 1.35.52 (and 53 respectively) in 376 and 378<sup>th</sup> places. Terry had knocked about 2 minutes off his best time over a tougher course.



This time Andy was racing for himself finishing 786<sup>th</sup> in 1.46.23 followed by training partner Sue Frisby in 1532<sup>nd</sup> place with 2.00.06. Next in was Kay Riley in 1857<sup>th</sup> with 2.06.57 – another great run. Debbie Peters was next in 2016<sup>th</sup> (2.11.09) Irene had a good run in 2244<sup>th</sup> with 2.17.47 and Sharon showed that she is still on track for her Marathon debut by clocking 2.20.58 and 2324<sup>th</sup> position.

2734 finished the Half Marathon – and remember that anyone with a race number higher than 2000 would have started a couple of minutes later than the other runners – so their chip time would be more representative of their true time on the day.



Congratulations to everyone that ran in those conditions, those that beat their target and those that ended up running rather further than they expected – some of whom were very young.

### **Meanwhile Petra announced: Never, ever again:**

....will I run in conditions like that!! Stupid me entered the Newton's Fraction half *only last Monday*, when we had some mild weather. Six days later, arctic conditions in Grantham, north-easterly winds and some snow. 1 degrees Celsius, compared to last year's event when I ran in 17 degrees Celsius!!! After a very slow run, suffering from painful fingers and toes, I finally finished in 2:31:36, dressed as Michelin

woman!!![http://www.yourraceday.co.uk/races/grantham\\_13/selection.php](http://www.yourraceday.co.uk/races/grantham_13/selection.php)

I can only hope and pray that it'll be much warmer in two weeks' time, as I entered the Leith Hill half-marathon a long time ago.

I'll be entering on the day during the cold season. Another lesson learned.

It was lovely to see that Gary (Norman) too was there, finishing in 2:10:47.

Hope you've had a better time than us!!

Best wishes, Petra

### **Hurden 9 and 18 mile – 17<sup>th</sup> March 2013**

On a cold morning a number of intrepid TRC members made their way to Offord just along the road from St Neots to tackle the single or two lap course.



There are some nice pictures on Facebook – Terry Moat was our first runner home in the 9 mile event with a time of 1.04.20 taking 8<sup>th</sup> place overall and third in his age category. Meanwhile Geoff Howes was just 3 minutes behind in 15<sup>th</sup> position and 2<sup>nd</sup> in his age category. Sharon Stancer came through in 63<sup>rd</sup> position in 1.34.10 – I have a feeling that she went round again – just checking that.

Richard Sharpe finished the 18 mile course in 71<sup>st</sup> position with a time of 2.39.11 beating last year's time by a minute, it looks as if Richard's marathon preparation has not been adversely affected by the weather.

### **Thorney 10k – 24<sup>th</sup> March 2013**

Despite best efforts to put on another fantastic event – we were beaten by the weather. When I went to bed on Saturday night the snow was not settling, by 2.30am there was a thick covering and wind was causing drifting.

Safety of the runners was my main concern when – with a heavy heart – I decided that the course was not safe to race on. Of particular concern was the farm track with pot holes would have been impossible to run a course that avoided them when snow drifted over the undulations.

We contacted as many of the 300 competitors as possible by all available means including email, phone, twitter, LinkedIn, Facebook, notes through doors and local radio. In the end a great deal of work was carried out resulting in a successful cancellation of the event (a frustrating but correct outcome).

### **Friday Easter races at the Manor**

Geoff organised a very successful event with about 30 runners and many supporters racing a variety of distances, a couple of popular relays and a much enjoyed Easter Egg hunt. Thanks to the many who came loaded with a wide variety of chocolate themed goodies that were soon tucked into by the enthusiastic children (and older children).

Now that we are into British Summer Time future Friday evening races will be at 6.15pm to warm up for 6.30pm races until the clocks change again.

Gill Holmes completed the Ely to Cambridge City to City race – details not available at the time of writing.

## **Spalding Tulip 10k – 30<sup>th</sup> March 2013**

Liam Ward in his first 10k race as a 15 year old was our first athlete home at the popular 10k race in Spalding breaking the 40 minute barrier on his first attempt! With a time of 39.45 and 15<sup>th</sup> position out of 112. Dad Peter was next home in 41.15 (22<sup>nd</sup>) and Terry third Thorney runner in 43.11 in 31<sup>st</sup> place.

Advance Performance are putting on Performance Clinics every Thursday evening between 6pm – 6.45pm – just drop in when you can to their shop in Fengate – there is NO COST. For full details check out their web site [www.advanceperformance.co.uk](http://www.advanceperformance.co.uk)

Meanwhile the GPAN sessions continue at the Peterborough athletics track every 3<sup>rd</sup> Wednesday each month for a modest £1. The next month or two will be without a track session as the surface is being replaced – but alternative sessions will take place so you can be well placed to resume track training on the most up to date facility after June 2013.

Thorney hosts a 5k senior and 3k junior event at Ferry Meadows on Wednesday evening 19<sup>th</sup> June 2013 – we will need some volunteers to help make our race the best of the Grand Prix series. So please let me know if you can help – for the other races I recommend doing as many as you can – they are great races that help develop your speed. <http://peterboroughgpseries.com/> this site will be updated shortly – or may have already been updated.

Compiled by Eamonn Dorling  
Mobile: 07767 795816  
Email: [eamonn.dorling@ntlworld.com](mailto:eamonn.dorling@ntlworld.com)  
Web site: [www.eamonndorling.co.uk](http://www.eamonndorling.co.uk)  
Or Facebook