



Thorney Running Club



Foot Notes

Every time your muscles work against resistance greater than normal they are stimulated to change.

April is always a big month in the running calendar – if only because the greatest Marathon on earth is held in London, but the month began whilst marathoners were starting their taper down.

Harrier League 5k – 3rd April 2013

Just Gill running this popular mid week event, completing the 5k distance in 33.13.

Chiswick Half Marathon – 7th April 2013

Nick Smith was finishing his marathon preparations with the half race distance finishing in 1.38 – so looking in very good shape for his marathon in the capitol.

Blackpool Marathon – 7th April 2013

Richard Sharpe enjoys this event – but his preparations had not gone according to plan. He wrote a piece about his preparation that I intended to include without alteration – but I have deleted the original message – however, I will try to provide a flavour of it – I must say that in no way does it represent a recommended preparation!

Richard managed to run 4.00.50 after averaging about 11 miles per week mainly due to bad weather conditions earlier in the year – much of this was on a running machine! He also thought that the race distance was 26.1 miles rather than 26.2 – which he blames for exceeding the 4 hour barrier – nice try Richard!

He did say that in the last few days before the race he had been Carbo Loading for England. Now that is something that would definitely have helped over the last few miles.

So – if you are considering the challenge of a full marathon – please don't copy Richard – he has a good record of being very fit and actually putting the work in when he has tackled the distance before – he amazed himself I think by doing as well as that. It also posted the fastest Marathon time of the year.

Diss Duathlon – 7th April 2013

Yes you've guessed it – Gill was back in the saddle for this run - cycle – run competition. Gill finished 116th overall and won her age category with a great time of 2.33.07 for the 40k distance – that's almost a marathon distance! She is holding back for running the Milton Keynes Marathon in May – watch this space.

Bourne Run in the Woods – 7th April 2013

The Fun Run was a 3k affair that was contested by three of our juniors. First home was Lois Russell in 15th place, followed by Luke Harding in 27th and Phoenix Hilliam in 37th place – well done to all three proudly wearing Thorney colours.

The 10k event sported a new winner for Thorney with an excellent time of 44.21 – well done Ben Davies! One position behind was Reg Allen in 19th position followed by Arron Friend with a time of 47.18 which was a Personal Best time.

Ben Harding was our youngest runner in the 10k coming in 4th for Thorney, one place ahead of Dad. Kay Riley had a very strong finish overtaking both Ian Davies and Dan Bursnoll in the final stages of the race.

Sue Frisby and Irene Lane made up a total of ten in the 10k – so a great club turnout in the cool spring weather.

Forest of Dean Half Marathon – 7th April 2013

The event had originally been planned for the date of our 10k event in Thorney – and had been cancelled for the same reason. Geoff and son Andrew made the return journey. Andrew took the honours by finishing in 172nd overall position in a very good time of 1.39.34 with Geoff coming 253rd in a time of 1.43.32 – also a very good run in difficult conditions underfoot.

Sandy 10 Mile – 7th April 2013

Meanwhile there were still Thorney runners taking on a classic 10 mile race over the undulating course that takes in the heath area not far from the Sandy Heath transmitter.

Firstly there was a 3k Fun Run that Liam Ward ran in 10.53 taking 4th position. That is another very fast run – if you have ever tried running a kilometre in under 4 minutes – try putting three together in under 3.40!

The 10 mile race was contested by Dan Butterworth, Peter Ward, Terry Moat and Isla Oliver. Dan was on a mission running strongly to five miles then turned the gas up for the return trip recording his fastest mile right at the end. His finishing time of 65.49 is fantastic in his debut for the event and a top 60th position in a high quality field very commendable indeed. He had eased down for the event, had a race plan and executed it perfectly.

Peter had another very good sub 70 minute run finishing 93rd in 69.12 with Terry finishing his 3rd 10 mile race in 70.53 – very good running. Isla was rather an eye opener with her first race over the distance. She had taken a few miles to get into ‘the groove’ then she ploughed on very strongly over the later mile finishing in a fantastic 86.31 – she would have taken 90 minutes at the start!

Huntingdon Park Run – 13th April 2013

Gill was keen to run the inaugural race in Huntingdon. Finishing 175th in 35.25.

Brighton Marathon – 14th April 2013

I indicated that Nick Smith was preparing for the London – this was before I appreciated that he was also running the Brighton event. Just as I said about Richard earlier – don't emulate these boys when taking on the Marathon – doing a full distance just a week before the main event is not the best preparation possible – but Nick has done it before and has done fantastically well in the Marathon de Sable – so he is not normal!

Any way – his performance was a bit tasty! 3.33.31 and 900th position is fantastic after a half marathon the previous week. That put Nick in pole position for the 2013 Mens Marathon title – with London still to go.

Cambourne 10k and Fun Run – 14th April 2013



This is a very well organised event that is well supported. The 10k course is not the easiest as it undulates and includes grass, mud and a fair bit of off road tracks. The 10k runners are set on their way – then 5 minutes later the 1 mile fun run begins from the same start point – but obviously finishes before the 10k runners return.



In the fun run we had Casey Weston finishing 37th out of everyone and 4th in her age group while Kelsey Butterworth finished in 61st overall position and won her age category! Fantastic running by both girls – we are all very proud of you representing Thorney.



The 10k course is demanding and the very strong wind resulted in slightly slower times than might be achieved on other courses. However, Dan kept an eye on Peter, Liam and Neil up to the 6k mark – then felt that he could push on in a similar fashion to the 10 mile race a week earlier – he came through to finish in 28th place with a time of 40.50.



Neil had run strongly throughout, and managed to get away from Liam and Peter finishing just a couple of places back from Dan in a time of 41.20. Liam finished strongly in 32nd place (41.27) which is a cracking result for a 15 year old and was 2nd in his age category only beaten by a 17 year old. Peter finished in 47th with a time of 42.33 with Terry in 44.40.

Arron was racing 10k again – this time the conditions were harder, mainly due to the very strong wind – never the less he ran a good time of 47.42. Emma Dorling was looking to break the hour barrier in her first attempt at the 10k distance and finished well inside with 58.35 including a brilliant overtaking manoeuvre on the run in – she would not be beaten! Fantastic support by Hayley in running with Kelsey and Jane supporting everyone!

Cambridge Duathlon – 14th April 2013

Gill, meanwhile, was performing over 55km this time finishing 4th in her age category and 241st overall in a combined time of 3.43.42 – what a star!

Ashbourne Duathlon – 20th April 2013

Then a week later over a slightly longer distance she was at it again! This time getting first in her age category and finishing 129th overall in a time of 4.12.33 – ask her about her new lightweight bike that she rides now!

Virgin London Marathon – 21st April 2013

We had three members that had entered as Thorney Running Club members and two that we know well and are always welcome to train with us – they were running for charities on this occasion.

Being very experienced – Nick started with 5k splits just under the 25 minute pace and remained very consistent all the way – his last split being 25.34 – so he knew exactly what he was doing throughout – and remember, this was the guy who ran 2.33 a week earlier. This time he finished in 3.31.35 in 4983rd overall position Well Done Nick and a second claim for the Marathon award.

Meanwhile Adam Pugh who had run London 2 years ago in 4.04.38 managed to knock almost 6 minutes off that time with 3.58.51. Adam

had managed his own training regime, on the day he quickly reached his planned pace and ran like a metronome, his fastest 5k split was 28.09 and his slowest 28.35. He was never more than 2.6 seconds away from his average km split – that is the most economical way of doing it – well done Adam.

Dan Mason was our next club member home, he had a difficult start due to early traffic but then started putting in consistent 5k splits around 28 minutes – there were a couple of 30 minute splits in the difficult section after 30k and it was getting tough over the last 2k. Finishing time of 4.03.56 was just 3 minutes adrift of his time 2 years ago – but 2013 was a much more difficult winter to prepare in.

Leigh Howson did very well to finish in 5.01 – although the current Thorney top marathon lady at time of writing is Sharon Stancer after a third of the year.

Sharon has been helped throughout by Andy Harding and the team from Thorney. A year earlier – Sharon needed to walk a while on distances of 3 miles or more – now she was taking on the challenge of a full Marathon!

As Sharon said – this was all about the challenge of finishing – and that she did! There were jubilant scenes at Tower Bridge (roughly half way) where she saw her training buddies cheering her on. The half way point was reached in 2.54.51. The second half was always going to be difficult as the route goes onto the Isle of Dogs before coming back to Tower Bridge and along the embankment – Sharon finished in 6.20.21, a fantastic achievement.

St George's Day Half Marathon – 28th April 2013

The day after our presentation evening Geoff was up early to take on the challenge of 13.1 miles – maybe some were nursing well earned heavy heads.

At 10.00 Geoff was lining up at Stanwick Lakes, not strictly speaking on St Georges Day – but close enough. Avoiding the local producer's market and getting on with the run in breezy but otherwise ideal conditions. He enjoyed the low key event and made friends with a canine competitor who also got a medal.

Advance Notice – Perkings Great Eastern Run

So far about 1,000 runners have entered the race – it is expected to grow from 4,000 to 6,000 this year and the 5k fun run is likely to be even more popular than last year – so get your entry in ASAP and start your training program so that you can achieve the best performance possible in the best event around Peterborough.

The half marathon is a club championship event – so we want maximum numbers – but if 13.1 miles is a bit far for 2013 – think about the 5k which is an excellent event on a fast course with all the support you could dream of.

The 5k Grand Prix series starts soon – a selection of evening races that incorporate a junior event at 3k – see the web site for full details: <http://peterboroughgpseries.com/> It is a good idea to download an entry form so it can be filled in before the evening and save time. You just bring your form with £3 for the 3k or £4 for the 5k (Club Members price). The first race is 5th June followed by the **Thorney hosted event on 19th June – WE WILL REQUIRE MARSHALS** on that occasion please. If you could advise Eamonn if you are available to help ASAP it will be appreciated because some alterations to the course will require additional help on the evening to make sure we put on a splendid event.

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