



# ***Thorney Running Club***



## **Foot Notes**

***‘The most effective way to improve lactate threshold is to run at your current threshold pace or faster – either as one continuous run or as a long interval session’ – Advanced Marathoning by Pete Pfitzinger & Scott Douglas***

### **Race Results:**

#### **Huntingdon Parkrun – 4<sup>th</sup> May 2013**

Mike Blackledge was running his first park run at Huntingdon as preparation for his first Duathlon on Bank Holiday Monday. Gill Holmes was using the event as a warm up for her Marathon at Milton Keynes on the same Monday following, Gill’s time 38.03, 3<sup>rd</sup> V55.

Mike was impressed by the hill in the last 1k of the 5k distance – NOT. But he ran a time of 24.59 in 37<sup>th</sup> place overall and 4<sup>th</sup> in his age category. Now that the football season is over – we are hoping to see more of this Mike!

#### **Titchmarsh 10k – Sunday 5<sup>th</sup> May 2013**

Quite a number of Thorney runners turned out in the sunny warm (and somewhat breezy) conditions for 10k or the fun run. We had five in the Junior race and twelve in the 10k.

Lois was second girl home (18<sup>th</sup> overall) in 14.58, Liam was second overall after leading for most of the Junior race, in a time of 10.59. Ben Harding had a good run finishing 6<sup>th</sup> in a time of 12.23.

Chrystal Frisby came 31<sup>st</sup> in a time of 16.14 with Ben Harding running 17.56 to gain 49<sup>th</sup> position. Well Done all the Thorney juniors.

The 10k was an undulating course, Peter Ward was first TRC member home in 15<sup>th</sup> position chalking up a time of 40.50. Terry Moat was also having a good run in 32<sup>nd</sup> position with a time of 43.27.

Geoff Howes, Andy Cowling and Andy Harding were contesting the 45 – 47 minute times with Geoff coming off best on this occasion (47<sup>th</sup> in 45.27) Andy Cowling (57<sup>th</sup> in 46.55) and Andy Harding (66<sup>th</sup> in 47.52).

Kay Riley was our first lady home again overhauling Ian and Dan (118, 119 & 130). Sue Frisby was our second lady running 56.17 to claim 145<sup>th</sup> position, with Debbie Peters and Petra Otto finishing 157<sup>th</sup> and 163<sup>rd</sup> respectively. Ian Frisby completed the team with 180<sup>th</sup> position in 61.49.

### **Spalding Duathlon – 6<sup>th</sup> May 2013**

Just one member taking part in this 16k (about 10 miles) event. Mike said that he was concerned when he got there to find all these individuals wheeling out lightweight racing cycles – Mike brought his rather more sturdy all terrain velocipede!

Never the less – Mike came in 27<sup>th</sup> in a time of 56.40 which for a first event is pretty good going. We seem to have quite a number of runners having a go at alternative events – all looks good fun to me.

### **Milton Keynes Marathon – 6<sup>th</sup> May 2013**

Just two of us trying to slay the demons from the previous year when the rain didn't bother to come down vertically – it was horizontal and cold. No confusing the conditions this time – it was sunny and around 20 degrees warm – well if it's not one thing it's something else!

Following feedback from last year the course had been significantly changed in the early miles although from about ten miles it was a familiar route with a long up hill at 22 and another at 24 mile – nice!

I had a chat with Gill just before the start and saw her again for a high five at about mile 3 when the course doubled back on itself. I was on schedule to beat my 3.09 for last year at half distance, but a combination of heat and the hills caused me to slow. Eventually I finished in 104<sup>th</sup> position with a time of 3.18.13 (chip time) – not the time I was aiming for but currently a best time for 2013. Gill finished in 1959<sup>th</sup> position in a time of 5.57.26 making her the current lady marathon champion – who will run faster in 2013?

### **Eye 10k and 3k – 12<sup>th</sup> May 2013**

I decided to marshal this event (as I didn't trust myself not to race within a week of the marathon). It was interesting to see the junior race as it crossed the high street in an improved route for the 3k. Especially as the Lancaster Bomber came over low three times!

Leading the race from the start was Liam Ward, as he flashed past on his return it was great to see the familiar Thorney vest leading. This time he was well clear, more importantly he put a super effort in to finish strongly and so achieving a time of 10.54 and a well earned victory.

In 13<sup>th</sup> position was Ben Harding with a spirited run – his time of 12.29 being very close to the previous week's time also – so both are running very consistently now.

Casey Weston was our first girl home with a great run to finish in 51<sup>st</sup> position in a time of 14.40. Hayley Weldon was 54<sup>th</sup> just ahead of Chrystal Frisby who finished in 14.57. Max Louth had a good run finishing 89<sup>th</sup> in a time of 17.32.

Jasmin Frisby did very well to stay ahead of Luke Harding, both inside the top 100 with times of 17.48 and 17.51 respectively. Amy Blackledge was 107<sup>th</sup> and Phoenix Hilliam smiled all the way round to finish 124<sup>th</sup>. Finally little Darcey ran and walked the course with Jane to finish 162 and 163.

For those that don't know – Kelsey Butterworth had fallen off a climbing apparatus dislocating her elbow and breaking her wrist – so the brave little runner will not be able to demonstrate her devastating finish for a few weeks while she mends – we all wish her a speedy recovery.

In the 10k event we had 16 runners. The speedy boys started off quick but were out paced by Terry Moat early on – so that broke up the formation somewhat as each individual dashed off to get ahead of him!

By 4k Dan was our leading runner with Neil, and Pete in close attendance, Neil was on a mission and drew ahead of Dan, Pete kept nibbling away at Dan as they went through the off road section – then it was an all out blast over the last mile or so up into the village of Eye.

By the finish Neil was well clear recording a fantastic 26<sup>th</sup> position in a time of 38.48. Dan was 37<sup>th</sup> in a great time of 39.31 with Pete also breaking the 40 minute barrier in 39<sup>th</sup> place with a time of 39.40. Terry got another PB with a time of 42.22 – so his development continues!

Another PB was posted by Arron Friend in 105<sup>th</sup> place with a great time of 44.05 – still coming on leaps and bounds. Richard Coles had a cracking race coming out just ahead of Geoff this time in 133<sup>rd</sup> place with Geoff in 136<sup>th</sup>. Andy Cowing seems to enjoy racing himself fit knocking a big slice off the previous 10k race time.

It was great to see Adam Ward racing again after his football injury that has taken a while to recover from – he clocked a time of 47.58 just ahead of the steam train that was Isla Oliver! She set out in a determined manner and just kept piling on the pressure as the route headed back to the finish – a fantastic time of 49.59 and first TRC lady home.

Kay Riley also had a brilliant run finishing in 51.10. Dan Bursnoll ran an intelligent race, finishing stronger and in a very good time (on another day he reckons that would have been enough to beat Kay) 51.56.

Mike Blackledge is really running well, especially when you consider his efforts are usually restricted to the dimensions of a football pitch! 268<sup>th</sup> place in 52.17. Ian Frisby had been overtaken by Emma earlier in the race – but the experienced Ian kept his cool and came in just ahead of her in 329<sup>th</sup> place – but Emma had knocked a big lump off her PB just 2 places and 5 seconds behind Ian.

Sharon Stancer (marathon girl) had used the main part of the race as a training/recovery run – but you would not have thought so when she powered down the finishing straight – 402<sup>nd</sup> in a time of 63.59. Well Done Thorney!

### **Deeping 10k and 3k Fun Run – 19<sup>th</sup> May 2013**

This race has been a focus race for a number of our athletes since it was declared our 10k championship race and the ideal timing in relation to the Great Eastern run. Some of the faster lads were aiming to be the scoring members of a 4 man team – but competition was always going to be hot to make that team.

On a perfect day for fast running we had a fantastic number (18) of junior runners tackling the fast 3k course starting at 10.00. Ben Harding was soon into his running attacking his PB time from last year on the same course. This time he was to win the event emphatically in a new personal best time of 11.33 – easily his best race win – congratulations Ben!

Throughout the field there were great performances from boys and girls in Thorney vests, our youngest runner was brave little Lillie (only 5 years old) who ran well over a mile without stopping and even managed to take a drink while running. She beat some bigger girls and an adult. Several first time racers including Nicole Butterworth (running in place of Kelsey) and a group of runners from the Friday evening Whittlesey event.

Harry Osman had a great race finishing 13<sup>th</sup>, Jack and Darren Jackson finished 25<sup>th</sup> and 26<sup>th</sup> respectively just a few seconds in front of fast finishing Casey Weston and Lois Russell – our first two girls.

Max Louth finished ahead of Chrystal Frisby and Luke Harding who is running well this year. Lilia and Presley Riley came in together in 50<sup>th</sup> and 51<sup>st</sup> places. Jensen Weldon was chased all the way by Megan Green. Then Nicole and Lilly came in with Emma and Hayley with Jasmine in the middle.

Jasmin Frisby needed a bit of help from Ian when that wretched left shoe lace came undone again! (Thanks Dad!) – however she powered through the back markers to finish strongly.

The senior race saw 20 Thorney runners challenge for the 10k title. Dan, Neil and Peter headed me as we ran through the housing estate, it was not long before I was unable to keep pace with them. Neil and Dan upped the pace after 3k breaking away from Pete, Neil kept his pace going on the return route.

Eventually Neil was our first member home (9<sup>th</sup> place 38.45) clinching third Male Vet prize and a hand on a team prize, Dan was next (20<sup>th</sup> 39.41) with Peter not far behind (22<sup>nd</sup> 40.11), a little further back was myself (31<sup>st</sup> 41.25) making up the team – placed third behind Nene Valley and Werrington, so a pretty good performance from the old boys (and Dan).

Terry was battling for another PB time (38<sup>th</sup> 42.32) – so he is running really well. Other fine performances include: Geoff (55<sup>th</sup> 44.43), the returning to form Andy Cowling 60<sup>th</sup> in 45.21, the chitty chatty threesome Mark, Sharon and Chris in 81<sup>st</sup> – 83<sup>rd</sup> 46.47-8 respectively.

Arron had a couple of stoppages on the way round but still managed 88<sup>th</sup> in 47.22 just ahead of Andy Harding. Kay narrowly missed her PB but again beat the adversaries Ian and Dan with a time of 51.33 in 125<sup>th</sup> place. Ian managed a fantastic PB in 135<sup>th</sup> with 52.36 and Dan had a great run finishing 143<sup>rd</sup> in 53.00.

Mike Blackledge has been doing a lot of running recently and values his racing as a good base on which to build his fitness regime in time for the new football season, 151<sup>st</sup> in 54.53. Ian Frisby is benefitting from more training coming in 158<sup>th</sup> in 55.57. Petra finished well in the warm conditions with 174<sup>th</sup> position in a time of 58.09! Irene (who was on target to match last year's time) finished 183<sup>rd</sup> and gallantly helped Debbie who was giving the finish he all when disaster struck! 186<sup>th</sup> in 59.27 – so a very good result there also.

### **Huntingdon Park Run – 25<sup>th</sup> May 2013**

Mike Blackledge was up early on Saturday morning to get a swift run in before most of us had surfaced! 25.05 for 5k is around the time Mike usually takes to run that distance over a shortened version of the Frostbite course.

Gill finished 119<sup>th</sup> and 4<sup>th</sup> Vet 55 in a time of 36.49. which is almost 2 minutes faster than last time!

### **Hatfield Broad Oak 10k – 27<sup>th</sup> May 2013**

Petra finished in 885<sup>th</sup> position in a time of 57.47, we think that this is the first time a Thorney runner has competed at this event. Not only – but also Irene Lane ran to 900<sup>th</sup> place in a time of 58.06. Well done to both of you in warm and windy conditions.

### **Perkins Great Eastern Run – update**

Entries are heading towards a new record for the event, at the time of writing there are 1,563 for the half marathon and 122 for the fun run. Usually the half marathon has a big up swing from club runners closer to the event date and schools often put in bulk applications for the 5k fun run closer to the event also – my advice is to get registered as soon as possible as it acts as a focus date and ensures your entry is accepted.

### **Greater Peterborough Athletics Network (GPAN) – Update**

At a recent meeting it was agreed that funding requested from UK Athletics had been approved in order to put on the activities we plan to provide. For those that are not aware, Thorney is one of the six clubs that make up the network (Yaxley, Werrington, Eye, Bushfield and Peterborough AC make up the rest). As a collective we set out to provide additional facilities for relevant club members.

We aim to put on more talks and coaching sessions in the Autumn and Winter time again. There will be Cross Country training sessions for juniors on Saturday mornings (possibly in two locations to take account of experience, age and ability), 'Prepare for the Great Eastern Run' sessions (already taking place), Quad Kids as soon as the Peterborough track is re laid, monthly track sessions for seniors, Sports Hall events at the end of the year for juniors.

On the coaching and support side there will be coaching courses for those that would like to take on a coaching role, officials courses for those that might be interested in time keeping track or field events or even endurance coaching. There will be First Aid courses and support for race organisers – what tends to happen is that the cost is partly paid for by the relevant club and partly paid by GPAN.

If you have any suggestions for topics that you would like to be covered by a professional speaker – let me know and I will propose it. The Green Wheel Relay is an event trialled last year, this year we need some volunteers to 'man' one of the change over points (7 legs of roughly equal distance around the 48 mile course) Thorney entered a team last year – we are looking to maybe put in a couple of teams this year, and I am looking to run the entire distance (coz I've got no mates).

GPAN aims to stimulate interest in athletics of all types and put individuals in touch with the most relevant set up. For example we are happy to introduce a member to Peterborough AC if the right coach for that individual is there, similarly, if they have someone that would find it easier to join in our sessions at Whittlesey or Thorney – they will reciprocate.



**Track Update** – The good news being that work is back on schedule – the black rubber stuff has been applied – now it just needs the familiar colour to be sprayed on and the various lines and markings applied. This neatly brings us to the next update:

## **Startrack Summer School**

GPAN intend organising the following events – parents with sporty kids might find this a fantastic way of packing them off for a day or more where they will learn new skills and have fun with other like minded youngsters in a well organised event at the track in Peterborough.

More details will be on the Peterborough AC web site or GPAN as soon as details are sorted out. The following is an extract from an email recently sent to me:

*This is a UKA backed scheme for young athletes during the school summer holidays. PAC has managed the event over then last two years but we would like this to gain greater promotion by making it a GPAN event.*

*The deal is:*

*1) Timing. After some experience, we have found that the first and last weeks of the school holidays do not get a very good take up.*

*I suggest we go for three weeks - beginning 5th, 12th and 19th August.*

*2) The scheme runs from Monday to Friday from 9am - 16.00 at the track. A one hour lunch break is from 12.00- 13.00.*

*3) Athletes can be booked on for half days or whole days and bookings can be made online or by post etc.*

*4) In 2012, we charged £19 per whole day and 310 for half day. In addition, if 5 days or half days were booked, they pay for only 4 days/half days.*

*5) We need at least one male and one female coach to cover the whole period each day. We worked on a ratio of one coach to 8 athletes - so if numbers exceed 16 on any session we will need additional coaching cover. At least one of the coaches needs to be a level 2 coach.*

*In 2012, we paid the coaches £8.50 per hour (level 2) and £6 per hour (level 1/other).*

*6) We have a deal with Vivacity that there is no fixed track hire charge. We pay Vivacity in arrears depending on the number of athletes booked at a rate of £5.50 per day. The costs for 2013 need to be confirmed with Vivacity.*

*7) I will register our scheme with UKA (using the PAC account) and order in a load of free goody bags - at least they were free last year.*

*8) I will work with Dave to get the webpage up on the GPAN website. If all clubs could put a link and some details up on their own sites in due course that would be great.*

*9) I will update the Google Adwords Ads we have used over recent events and also up date the online free ads on various "what's on" type website for Peterborough and Cambridgeshire.*

If anyone wants to know more – please let me know. It could solve some of your planning head aches with the long summer holidays ahead.

### **Thorney Race at Ferry Meadows – 19<sup>th</sup> June 2013 – Update.**

Due to the demolition of the Water Sports Centre – the course that we usually use cannot this year (Builders rubble and general building site hazards). However, we have obtained permission to adjust our route and the course has been re measured so that the correct distances for each race is assured.

We will require some additional marshals on the evening and a working party to help set up the course from about 5pm. As usual we need some kind people to take entries on the night in a new head quarters that will be close to the Visitor Centre. If you can lend a hand please let me know so the event can be planned and delivered to the high standard we expect of Thorney.

There will be parking at the visitor centre and the remainder of the car park at the Water Sports Centre. The finish will be in the same location we normally use, and whilst there will be a few metres variation – the start for each race is roughly in the same area i.e. the 5k near the Visitor Centre and the 3k near the finish area by the Water Sports area.

### **Thorney 5 Mile Race – 11<sup>th</sup> August 2013**

Subject to a committee meeting – we may be holding an additional event in the park at Thorney before the main event. If this is the case there will be a separate entry form and we might need a few extra pairs of hands to help sort out the course and take it down before the main event starts. We will keep members up to date in the usual way.

To keep pages to a minimum – no pictures this month!

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