



Thorney Running Club



Foot Notes

‘The nine inches right here; set it straight and you can beat anybody in the world.’

-Sebastian Coe

(as he said this Coe held his fingers up to his head)

Race Results:

Eastern Vets track meet – Kings Lynn 5th June 2013

Eamonn and Neil usually have a crack at a few events to keep our hands in on the track (and field in Neil’s case). I managed a PB race walking mile in 9.57 then got a season’s best for 3,000m with a time of 12.23.

Meanwhile Neil was accumulating some valuable team points by almost doing a decathlon of events including jumps and throws!

Huntingdon Park Run – 8th June 2013

Mike Blackledge putting in another consistent performance over 5k with a time of 24.38.

Blenheim Palace triathlon – 8th June 2013

Just Gill (mad enough) to do this one – finishing 351st in 1.25.46 over the 16.5km combined course.

South Downs Half Marathon – 8th June 2013

When she is not judging rabbits or cycling long distances – Petra can be found south of London enjoying the off road delights of an undulating half marathon. This time gaining her own ‘Best in Class’ as V60 champion in a time of 2.39.49.

Huntingdon Park Run – 15th June 2013

Just Mike Blackledge in this event as Gill was away and Emma and Dan were racing the following day. Mike came in 30th in a time of 24.44.

Haria Extreme – 15th June 2013

As mentioned above Gill was challenging herself over 30k of very tough terrain finishing 249th overall in a time of 4.27.08 – this woman is a legend!

Huntingdon 10k – Sunday 16th June 2013

Firstly there was a 3k Fun Run that was well supported. Ben Harding was our first athlete home finishing 6th in a time of 11.33. Harry Osman finished in a creditable 16th place with a time of 13.04. Luke Harding secured 68th place in 16.31 with young Lilly – the youngest runner in the field at just 5 years of age finishing with mum Hayley in 23.25 – what a little star!

In the 10k event we had 11 runners lead home by Dan Butterworth in 25th place with a time of 40.46, just ahead of Liam Ward in 34th place in a time of 41.52 – not bad in his first year in the seniors! Dad Peter was next home in 43.08 and a welcome addition to the team was Andrew Howes coming 55th in a great time of 42.49 just ahead of Ben Davies 43.35 and Terry Moat 44.05.

Geoff enjoyed the run in 118th place (46.31) ahead of Andy Cowling coming back from injury in 47.21, Richard Sharpe in 53.22 and Ian Davies in 55.47 with Emma Dorling well inside the hour again in 58.56 on a challenging course.

Stanwick Lakes Half Marathon – Sunday 16th June 2013

The results have taken a while to get published, and although the course is renowned for being accurate – the terrain is not what would usually be considered a P.B. course – yet that is exactly what the improving Neil Martin managed to do coming 5th overall in a cracking time of 1.24.52. Arron ran his socks off to come in (somewhere in the region of 1.40) followed by Christian Riley (times still not available at time of writing) Isla Oliver put in another very strong performance – she goes from one good performance to another in her quest to have a good run in the Great Eastern Run.

Other good performances include Dan Bursnoll who beat Kay for the first time over a long distance – and she was not hanging around! Leigh Howson appears to have recovered from her London Marathon – another long distance devotee.

Peterborough Grand Prix hosted by TRC – 19th June 2013

Firstly a big Thank You to everyone involved in the preparation, on the day and after the event. The feedback I have received to date has been very positive saying things like ‘Another very friendly event’ ‘everyone was cheerful and supportive’ ‘good fast course’ ‘Well Marshalled – you couldn’t get lost’ ‘ Well organised with attention to detail’.

Not only did we have all hands on deck – we even had some great results from those running. To begin with we had 10 Juniors in the 3k race. Ben Harding came in 18th overall place in a time of 11.36 with Harry Osman improving on his 3k time again finishing a great 36th place in a time of 12.46.

Jack Jackson did very well in his first club race – good time also 13.44. First girl home was Casey Weston finishing like a train again in 14.39 with Lois only just behind in a time of 14.57 – that’s brilliant running to get under 15 minutes.

Max Louth and Luke Harding had another battle – this time Max came out on top with a time of 15.29 and Luke with 15.52 also dipping under the 16 minute target.

Amy Blackledge managed to finish ahead of Aaron Gray on this occasion with Megan Green running all the way to finish in 18.55 making it her best performance to date – well done Megan!

In the 5k event we had 5 runners, it was good to see Dean back competing again – even in those outrageous socks! I think that Liam gave him a scare early on but Dean's strength carried him on to a fine 44th place in 18.21. Liam was just 13 places further back in a sub 19 minute 18.55 – that's very good running and his finish was very strong – taking 3 places on the run in.

Terry Moat continues to improve and is knocking on the door of a sub 20 minute 5k – this time a Personal Best performance of 20.22 – very well done. Mike Blackledge does a few 5k races including Park Runs and the Harrier League so 24.08 was another fine performance. Finally 'the machine' that we know as Isla had a very good run on what had to be tired legs after the week end and a number of gym sessions – 24.11 showed that she has a good turn of speed and is prepared to put the effort in to continue improving.

As I said earlier the evening was a great team effort topped off by some individual brilliance from 15 of our runners.

Trionium Midsummer Munroe 2013 – 22nd June 2013

Petra was competing in her 299th race on this occasion. A tough half marathon over 'irregular terrain'. Petra finished 193rd in a time of 3.40.25 which will give you some idea how tough it was. If you are keen about crossing a fast flowing river by leaping across individual stepping stones with the opportunity of crashing into a hard place and a great deal of water – this is the challenge for you!

Huntingdon Park Run – 22nd June 2013

On this occasion just make up for the weekly 5k run (as other stalwarts were aiming for a race on the following week – see Ramsey report. Mike came in 53rd in a time of 24.53.

Eye Charity Handicap 4 mile – 27th June 2013

This popular annual event was set for some nice weather – but as the start time approached it all changed and we were treated to some light rain. The idea is that the slower runners start off first followed by increasingly faster runners with the aim of getting everyone finishing at the same time.

Handicaps were set by the organisers (and discussed by the runners with varying degrees of concern). First to return back to the Finish for Thorney was Emma Dorling and third overall in the race with a net time of 35.48 winning her first trophy!

Ian Davies had started over a minute behind Emma but could not catch her as they entered the finishing field within a few seconds of each other – Ian had a great run finishing in 35.20. Geoff was next in with a net time of 29.11, I did not start when I was supposed to so my time of 29.05 may have been closer to 26.40.

Peter Ward did finish in 26.35 with Liam (who started almost last – some 23.39 behind the 7pm start time – came in 25.32 – a good performance especially as he was having fun with some of the other runners on the way round. Reg Allen had a rather unfair handicap but enjoyed the run out with a time of 29.08.

Eastern Vets Track and Field Final – Sandy Track – 29th June 2013

Hosted by Biggleswade AC this is an annual event for those of us over 35 years of age and members of Eastern Vets Athletic Club. On this occasion I was the only TRC representative – so it was incumbent on me to do as many events as possible in order to make sure everyone

knew that our club has some older runners in addition to our sparkling Juniors.

My afternoon started with a brisk 800m that I worked hard to stay ahead of other V55 runners to win in 2.43. An hour later I was doing the 2,000m race walk winning the event and consequently another 'god' medal in V55 category. Having just about caught my breath from the walk – they had already assembled the 3,000m race at the other side of the track and decided to make up a bit of time by starting that race on time.

I was still running round the bend with 100m to go when the gun went off – so I had a bit of work to do catching up the tail enders after a few laps – this was never going to be a good time and the leaders (age 35 and 40) were lapping me now – but at least I managed to win the V55 title – so three races run and just the 1,500m to go with an hour to recover.

The start of the 1,500 was about as quick as the 800m – in other words far too quick! Never the less I managed to win the V55 age category for that race also – and came away with 4 out of 4 'gold' medals – it was a fun day and certainly outside my comfort zone.

Abbey 10k and Fun Run – Ramsey – 30th June 2013

First off in the warm sunshine was the junior race of 2.1km. At one point Thorney was holding 1st and 2nd. Liam went on to dominate the race finishing well ahead in 8.16 finishing first as he has done before. Ben Harding was third in 9.00 well done to both athletes. Harry Osman recorded a very good time finishing very strongly and making up places just before the line in 11th place in a time of 10.04.

Jack Jackson had a very good run finishing in 16th place (10.25) just ahead of another strong finisher Casey Weston as first girl in 18th (10.33). Max Louth was next home in 32nd place with a time of 11.49. Luke Harding was just 8 places back with a time of 12.21.

Megan Green is racing regularly now and put in another good performance with 65th place in 14.51 just ahead of Eva Markham who finished in 14.56 with mum Natalie.

The 10k brought a new star to the fore. Neil was our first TRC member home in a creditable 39.19 – but Craig Crofts in his first race did a fantastic 39.20 – so those boys finished 22 and 23 respectively in hot conditions over a challenging course – very well done to both of you!

Dan Butterworth was happy with his 32nd position and time of 40.53 keeping Peter Ward behind him and recording 42.49. Reg Allen is coming back to form after a run out in the Eye Charity race the previous Thursday. Reg worked his way through the field to record 48th place in a time of 43.16.

Terry Moat finished in 54th place (44.14) and a minute later Arron Friend finished in 64th position. Geoff Howes finished in 75th position in a time of 45.58. Three minutes later Andy Harding finished in 108th place. Dan Bursnall finished in 152nd place in a time of 53.12, ahead of Mark Louth who had picked up an injury during the run and helped Emma finish who was also feeling the heat a bit this day Mark finished in 57.40 and Emma: 58.47.

Petra completed her 400th race at this event – finishing in 217th place with a time of 1.00.22 – congratulations on reaching yet another milestone. Irene lane and Debbie Peters helped each other round the warm conditions both finishing in 1.04.25.

Great Eastern Run – update

At a recent planning meeting it was confirmed that the time data provided on half way split times would again be provided in 2013. There will be more marketing activity to attract more runners to both the 5k and Half Marathon – expect to see and hear news updates as they occur.

As at 17th June 2082 had entered the Half Marathon and 170 the 5k – these figures are set to rise considerably as the date (October 13th) draws closer. My advice is to get your entry in ASAP to avoid possible disappointment – remember the Half Marathon is a club championship event.

Interestingly 30% of entries are from runners that have never run the Great Eastern before, and of all applications to date 55% are female (I suppose that means 45% are men – but that's only my thoughts!) The average age is 43 and the average predicted time is 2hr 04 mins.

Of the local clubs Thorney is lying in 4th place in terms of entries: Yaxley 22, Werrington 20, Bushfield 19, Thorney 17, Nene Valley 10 and Eye 3. From further afield Haverhill 27, Bedford Harriers 26, March AC 21 & Huntingdon 18.

Most entrants use the online application system (1,908) with only 48 using the postal service (saving them £2) – other application routes include the Destination Centre in Bridge Street, Perkins direct presentations (main sponsor) and direct contact with the P.C.C. That was for the statistic freaks – if anyone has an interesting question I will be pleased to investigate.

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