



Thorney Running Club



Foot Notes

*Make no apology for quoting Sebastian Coe twice in successive months: **“I’ve always felt that long, slow distance produces long, slow runners.”** – Sebastian Coe*

Eye Grand Prix 5k and 3k – Wednesday 3rd July 2013

A fantastic evening for running greeted the many TRC runners looking for a good time, first off were the many 3k runners including some very talented junior runners – some taking part in their first race!

First home in 11th place was Ben Harding in a time of 11.39, he then went on to provide fantastic support for the next race which was very much appreciated – good team spirit.



Harry Osman and Jack Jackson had been racing each other and Jack had the advantage as they entered the finishing straight – however, Harry has an awesome finishing kick and just managed to edge in front finishing 26th and 27th respectively in times of 12.49 and 12.50 – congratulations lads – you both did yourselves proud!

Lois, straight back from holiday came in 54th in a time of 15.21. Max Louth had another good run coming in 61st in a time of 15.54, Luke Harding came in 63rd in a time of 16.11(Which I think was a PB). Aaron Gray ran his first race in a Thorney vest coming in a creditable 72nd in a time of 18.19 which is an average time of 6.06 per kilometre – well done. Megan Green was hot on his heels in a time of 18.37 knocking 18 seconds off her Personal Best!

In the senior race we had Dean leading the charge at a fast pace so as to get through the narrow gap at around the one mile mark. Liam managed to stay with Dean for the first two miles – then the ‘old pro’ just kept going. Darren Ping (not yet in his Thorney vest) finished in 22nd place. Dean was first home in 32nd with a time of 18.08.

Liam was 43rd in a fantastic time of 18.46 – that’s good at any age but for his first season in the seniors to average 3.45 per km is a cracking result.

Dan Butterworth ran a strong race finishing with a well deserved 50th position in a time of 19.02 which must be very pleasing as that is fast running.

Peter Ward had started fast with the intention of finding out when the pain would begin! He found out soon enough finishing in 82nd position with a 20 minute time – that’s pretty good hanging on after two 6 minute miles for starters.

Terry Moat had another very good run finishing in 95th place with a 20.20 time – won’t be long before he is running sub twenty! Arron Friend had a great race finishing 112th in a sub 21 minute time of 20.48, knocking 16 seconds off his PB! Reg Allen was 121st in 21.03. Then (as at the time of writing) times became detached from positions – so the following placings are correct to the best of my knowledge:

Geoff Howes: 133rd, Dan Bursnoll: 182nd, William Spire 195th, Kay Riley: 202nd, Ian Davies 201th, Sue Frisby: 226th, Andy Harding: 227th, Emma Dorling: 229th (P.B.)

Eastern Vets 3rd round – Cambridge – 3rd July 2013

While all that excitement was going on Neil Martin and myself were representing the Peterborough area clubs in the EVAC Track and Field competition for (let's call them Masters).



I started with the 2,000m walk – so far this year I have raced this distance in 12.23 twice – this time I managed 12.22.9, so a PB by one tenth of a second! Meanwhile Neil won the 100m and 400m. As in the walk I came second in the 1,500m but my time of 5.19 was my best for 3 years. We all chipped in to run legs of the 4 x 100m relay picking up more valuable team points.

March Spud Run – Sunday 7th July 2013

In very warm conditions there were many Thorney Running Club vests on display in both the Junior and Senior races. As someone commented – we spend £2.50 on a bag of spuds in the supermarket with no drama, we spend £9 to enter a race and crow about the bag of spuds that we are presented with at the end of a hot 5 mile race – we runners are a funny bunch.

The Junior race kicked off at 10.15 with Liam first out of the gate closely followed by Ben, William and Harry. Not very far behind was young Kelsey in her first race since her accident.

Thorney made up 23% of the 60 runners on this occasion – and the fact was not wasted on hosts March AC who are responding by entering our next event in good numbers.

On his return Liam made it 3 wins on three appearances in a time of 6.03.2 – great result again Liam. Ben Harding was second home in 6.33.9 still getting great results. A couple of other clubs managed to squeeze runners in before William Spiers and Harry Osman came in 7.13 and 7.17 respectively – great running lads!

In 13th overall position and FIRST girl was Lois Russell who is only 9 years of age – so a fantastic performance in a time of 8.18. So that sorted first boy and first girl. Max Louth and Shay Markham both ran well to record 15th and 16th places (Shay was first under 9 boy).

Luke Harding came 22nd in 9 minutes with 8 year old Kelsey Butterworth just 11 seconds behind and just 6 seconds behind the talented Rosie Mead – who was first in the under 9 category for girls. Aaron Gray had a good run finishing strongly in 33rd place.

Nicole Butterworth and Kira Rowlands came in almost together in 39th and 40th places. Eva Markham and Mum came in 52 and 53, Eva was second in the under 7 girls category – Well Done!

In the senior race it was good to get in to the shade for a while. Dean went off at a cracking pace pursued by Craig Crofts in his first outing for the club. This order was to remain until about half a mile from the end when Dean introduced himself thinking the athlete close by had been Neil – then Dean pushed on for the club victory and 5th place overall.

Craig was just one place and 12 seconds behind. Neil had started steady then worked his way through to 9th place and just dipping under 32 minutes. Just 30 seconds back was the reliable (and media giant) Dan Butterworth.

I managed 16th position followed by Peter Ward and Reg Allen who is coming back on form again. Terry Moat managed to stay ahead of

Andrew Howes in 24th and 25th places whilst Geoff came in 31st. Arron Friend had to pause before finishing in 38th place just one in front of Adam Ward.

Graham Burton carried his water pack around the warm course – but that's normal for him! Brian Goodenough headed his age group home in 45th position. Simon Gray had suffered a bit in the heat but worked hard to stay ahead of Rachel Hodson in her first race for Thorney (and first lady home for Thorney).

Isla (the machine) Oliver had cycled the 12 miles from Whittlesey to March – ran a great time (40.53) – then rode home again! Even Kay Riley managed to break sweat in the hot conditions – another good time of 44.00. Ian Davies came in 65th.

Petra was chasing down Emma – but Emma was having none of it! 72nd and 73rd respectively with times of 48.07 and 48.36 – well done ladies. Still the TRC runners were not done – Debbie and Irene came in together in 51.49. and there were still 20 or more from other clubs behind.

In the prizes the club did pretty well: First Boy and Girl in the Junior races, V40, V45, V55 and V65 in the men's and V55 and V60 in the ladies – 8 winners in all!

As the race went through the wooded area the temperature settled down to a comfortable condition – only for the degrees to rise as the runners came back on the road. Liam was well ahead by this time.

He following report was sent in from Richard Sharpe:

This year I had decided it was time to try to shave off the 1 second from my Thurlby 10k time, it was 50 minutes and 1 second, this was from way back in 2007, but what a day to try, the course is hard enough as it is without the blistering heat. However I did manage a time of 49:52, and a finish position of 48 out of 167 finishers, but the best bit is my uka handicap went from 15 to 14.3,

*now that is amazing!!
Richard Sharpe.*

Bushy 10k and 3k Fun Run – Sunday 14th July 2013

A great day for running, and plenty of TRC vests on display in both the Junior and Senior races. Firstly there were 11 juniors in the first event. Liam and Ben went off well in search of victory – both coming close with a second and third place respectively and very quick times of 10.04 and 10.57 – although some GPS watches clocked the distance a little bit shorter than the usual 3k.

Harry Osman was awesome with a 7th place position and a time of 11.40. Jack Jackson ran very well indeed coming in 13th position – a star of the future here I think. The fast finishing Casey Weston was our first girl in 23rd place. Ethan Tibbitts in his first race was just 2 places behind – fantastic achievement.

Lois Russell had another good run finishing 30th just ahead of Max Louth who also had a great race in 32nd. Luke Harding was very close in 35th place – well done to Luke and a spirited run by George Oliver who was only 2 seconds behind – fantastic!

Kelsey has been suffering with a strained leg – but you wouldn't know it when she powered through to the finish with a sprinters kick – 41st position.

The 10k event was praised for the changed course that took in a bit more Nene Park with rather less industrial estate. At the 1k mark Neil had already taken a good lead over other TRC runners, and he was to maintain a very good pace for the next 7km – just having to work hard on the last 2k. The result was an excellent PB 38.27 and 17th position.

Dan looked as if he could have maintained the pace he was running for a longer distance – finishing well in 40.16 in 37th place. Peter Ward had a good race with a time of 41.07 just 15 seconds ahead of our first lady

Sharon Critchell who worked hard to achieve a fantastic time of 41.22 and 48th place overall – well done, great to see you back racing.

Terry Moat put in another solid run achieving 42.10 with Reg Allen a minute later picking up 65th place – he's back! Darren Jackson had a great race making 75th position in a time of 44.02 managing to break away from Arron who had run well until the final flyover when he snacked on some insects!

Chris Hodgson was back in action just ahead of Christian Riley. Then the next to ladies Rachel and Isla had great performances to clock 126 and 134 respectively. Dan has improved considerably and made the point by staying ahead of Kay on this longer race – so the hard work is paying off.

Ian managed to stay ahead of Emma on this occasion but both got good times in the heat, with Sharon showing that 10k is nothing for a marathon runner!

Doncaster Vets 5k – 17th July 2013

Just one representative at this one – Dean dusted off his passport and managed to run 18.16 to finish in 18th place – that's quality running again Dean.

Stamford grand Prix 3k and 5k – 17th July 2013

The heat wave continued (in stark contrast to the conditions last year when the heavens opened). This was to be Ben Harding's last race in the shorter distance as his birthday the following Monday allows him to race with the big boys for the rest of the season.

Ben finished this race in 11th position with a time of 11.58. Harry and Jack came in together and entertained the supporters with a fantastic finish – Harry gaining the honours on this occasion but congratulations to both athletes for fabulous performances.

Lois Russell was in great shape again – staying ahead of Max Louth – but both ran really well to clock up 14.31 and 15.40 respectively. Our final junior was Luke Harding in 38th place – well done all the Juniors.

In the 5k race Liam was to be our first senior home which is quite an achievement – but it was always going to happen one day! Liam stormed round in 19.03, and whilst Dan was chasing him up the hills – Liam was making the most of the down hill sections with that easy stride. Dan had a great run finishing 31st in 19.31 – that's quality. Peter Ward had a sound race and deserved his 40th position and time of 19.44. I managed to do a 20 minute exact time – reasonably happy with that.

Terry Moat continues to improve at these shorter distances – this time 20.53 just ahead of Reg Allen in 21.00. Rachel was again our first lady home in a time of 23.23 and Dan Bursnoll ran another good race in 25.10. William Spires is performing well in the older age category and looking very strong, he came in 153rd with probably a PB.

Ian and Eddie were battling again – it is great to see Eddie back racing again after all the enforced lay off.

Grafham Water Duathlon – 21st July 2013

We had two enthusiasts in this event – the evergreen Gill Holmes and new girl Rachel Hodson. Rachel completed the 55k distance in 2.35.21 – she's rather fit! Gill was first V60 with an overall position of 88th and a time of 3.34.49 – fantastic both of you!

St Ives 10k – 21st July 2013

In the fun run Ben Harding finished a magnificent 2nd with a time of 12.14 followed by Harry Osman in 19th place clocking 14.16 with Luke Harding 39th in 17.03 – well done lads.

Terry Moat was our first man home in 67th position with a time of 42.32, next was Reg Allen 3 places back in 42.47. Richard Sharpe ran well to get under 50 minutes finishing 164th in 48.10.

Littleport 10k – 21st July 2013

Meanwhile I was juggling a bit of adjudication with racing the distance. The course is an interesting and oddly undulating (bearing in mind the location). Neil was away cleanly as we did the grassy bit to start with – gradually he pulled away to finish in 6th position in a very good time of 39.51. I worked my way through to 8th place gaining the V55 award for the day.

Richard Coles ran the event for the second year – improving on his time impressively and finishing in 29th place with a time of 45.19. Petra managed to beat all the other FV55 runners by coming in 73rd in a time of 59.18 – very well done.

Eye Charity Race (5 Mile) – Thursday 25th July 2013

A great turnout of Thorney runners to help support the Moulton Mill charity - £550 was raised towards the cause. From my calculation – our 16 runners was equal to Yaxley and more than any other club – so that's a good turnout!

Arron and Terry went off at a good pace, so I had to work hard to stay with them for the first mile or so – Terry kept very much in touch and Reg Allen did his usual moving through the field (he had already been out for a lunch time run – so he's getting back on form, Terry secured another PB.

There were many Personal Bests with Rachel turning in a 38.34 just ahead of Arron to be our first lady home – Isla on this occasion started behind Rachel and could not make up the gap – but recorded a great time of 40.39 just ahead of Mike who felt 'easy' running up to his threshold heart rate and suffered no ill effects.

Eddie Morris was back getting competitive just ahead of Ian who recorded yet another good time. Emma was third Thorney runner just ahead of Megan – both posting PB performances. It was good to see

Sue back in action – even with a swollen ankle. Gill ensured that we had 6 ladies to go with the 10 men. It was a great evening for running.

Wellingborough 5 mile – 28th July 2013

Reg Allen, Arron Friend, Rachel Hodson, Ian Davies, Irene Lane, Petra Otto and Gill Holmes all made the trip to a warm and breezy Wellingborough for the 16th running of the event. I am told that a number of starters did not complete the distance on this occasion – possibly due to the energy sapping conditions – not so our intrepid runners.

Reg worked his way through the field which is why his chip time of 33.34 differs by 17 seconds from the gun time. Arron got with 4 seconds of his PB. Rachel was again our first lady home in 39.0 mins (gun time). Ian had another good run in 42.40. Irene and Petra had a torturous journey to the race, Irene finishing in 45.24 and Petra 49.32, Gill Holmes beat the hour again with a 58.02 time – well done all plus Eddie (or was that Elaine Morris a 48 year old female that finished with Irene?) and Keith in support.

Werrington 5k and 3k Grand Prix – 31st July 2013

Finishing the month with a warm evening the Junior race had a new Thorney star. Finishing in 23rd position in a time of 13.0 minutes Harry Osman stormed in for his best performance in a Thorney vest – he should feel very proud of a great performance.

Max Louth and Luke Harding had another battle – this time Max came out on top with a time of 16.02 and Luke 16.51 finishing 42nd and 43rd respectively. Amy Blackledge did very well to run 17.47 as she was feeling a little under the weather and Megan Green made up our quintet in 50th place with a time of 20.08. Well Done all the Juniors.

In the senior race we were featuring two of our ‘home grown’ juniors that have now risen to the senior ranks – and they did not disappoint!

The traditional fast blast along the bus route saw Neil and Liam chasing the leaders. Neil was to continue making progress finishing in 18.55 with a 37th position. Liam was 59th breaking 20 minutes again with a 19.43 finishing time – very well done.

Peter was not far behind again breaking 20 minutes with 19.59 and myself just 2 seconds behind (66th and 67th positions) Terry Moat got another PB with a time of 20.13 in 72nd and Reg Allen continued his return to form finishing 75th in a time of 20.33.

Arron Friend ran 21.41 just ahead of our other ‘Junior’ who smashed 22 minutes with a 21.51 timing. Dad Andy was not far behind in 22.19 (if you want to embarrass him – ask to see the pictures taken and presented by photographer Martin Peters of Ben and Andy finishing).

Rachel Hodson was our first lady home again this time in 22.40 just ahead of Geoff who ran 22.43. Mike Blackledge was put out when Daniel Bursnoll came past him in the latter stages, but was even more impressed at how another ‘Junior’ William Spiers came through. William was 154th in 24.24, Dan 158th in 24.38 and Mike 161st in 24.45.

Ian Davies managed to catch up the fast starting Emma this time recording 26.04 five places ahead of 179th position Emma Dorling in a new PB of 26.24 (beating her target competitor in the process. Eddie Morris had suffered in the heat a bit but still came in a respectable 194th with another regular runner in the V70 age category Tony Lack.

Sue Frisby continues her return to competition with a 27.14 time on this occasion. Petra prefers it a little cooler (but not cold!) – this time clocking 28.37, and Gill broke out another pair of her favourite racing flats to record a social run with a time of 41.20.

Peterborough Great Eastern Run – Update:

**Less than 100 days to go –
places filling up fast!**

It's the beginning of July and this means there are less than 100 days until the start of the 2013 Perkins Great Eastern Run.

Entries to our half marathon are filling up fast and it's encouraging to see more than a quarter of those who've already entered are new to the race.

Of the runners signed up so far, the average predicted finish time is two hours and the average age of competitors is 43. There's almost an even split of male and female runners – and five entries will be celebrating their birthday on race day!

Runners have entered from all over England and we've also received entries from the Republic of Ireland, Northern Ireland, Scotland, Wales, France and Sweden.

The fun run is also gathering momentum and people will be running, jogging and walking with friends, families, for challenges in the workplace and in fancy dress for different charities. Anna's Hope is the official charity for the fun run and dozens of entries will be supporting Anna's Hope both in the fun run and half marathon.

PGER t-shirts donated to Ghanaian school children



Children at the True Faith Preparatory and Junior High School in Abrepo-Kumasi, Ghana, have uniformed jerseys to play football against neighbouring schools for the first time thanks to the Perkins Great Eastern Run.

A batch of leftover Ron Hill t-shirts - that runners received in last year's race goody bag - were delivered to Ghana by Perkins Great Eastern Run volunteer, Ernest Mensah-Sekyere. Subsequently I have been informed that 130 entries were received in just 4 days at the beginning of July – the message is get your entry in so you have a focus and guaranteed a place.

In case you missed this message:

Peterborough A.C. and Thorney Running Club Agreement

It was decided at the September committee meeting that the Peterborough A.C. and Thorney Running Club Agreement, as set out in the July Footnotes, be taken off the TRC website.

However, we wish to remind (our junior members in particular), that Peterborough AC is offering training expertise at the track. To participate, (primarily for insurance purposes) it will be necessary to join PAC (at zero cost) as 2nd claim members.

Monday evenings at 6.30pm a session is held for 8 – 12 year old children run by qualified coaches where they are introduced to a wide range of activities including running, jumping and throwing. The cost is just £1 that goes towards the hire of the brand new track.

If members wish to join a training group on Tuesday or Thursday – they can do so for 50p or £1 (track charge for junior and senior athletes respectively).

Compiled by Eamonn Dorling
Mobile: 07767 795816
Email: eamonn.dorling@ntlworld.com
Web site: www.eamonndorling.co.uk
Or Facebook