



Thorney Running Club



Foot Notes

A quote from the guy that trains Mo Farah he ran 2.08.13 in the New York Marathon, and was no slouch over 10,000m (27.25):

Some people train knowing they're not working as hard as other people. I can't fathom how they think." - Alberto Salazar

Track sessions for Juniors through August

Two of our juniors enjoyed a week at the track with qualified coaches introducing them to a wide variety of athletic events including running, hurdles, high jump, long jump, discus, shot and javelin. In addition they did structured warm up games and even a few games of cricket.

I watched the activities mid-week, and parents of Kelsey Butterworth and Casey Weston said that the respective girls enjoyed the activities and were suitably tired out at the end of each day.

This was a great way to become introduced to facilities that are not usually available, they can follow this up with Tuesday and Thursday training that is hosted by Peterborough AC for the nominal cost of 50p per occasion to cover the track hire fee. I think that they really enjoyed running on the new track in the week we were celebrating Christine and Mo winning Gold at the world championships.

Peterborough Park Run 5k – 2 August 2013

In the first running of this event Thorney had 5 representatives, as this is a weekly event I will leave the results to be read on our results page but the best time so far is held by Neil Martin in a time of 18.49.

Greater Peterborough Athletic Network (GPAN)

In the summer GPAN put on a number of events for juniors, the one that Casey and Kelsey attended (on page 1) was attended by 85 individuals representing a total of 435 half day sessions delivered – a fantastic way to entertain the children during those long summer holidays at low cost.

The last Quad Kids event will not now take place but will be incorporated into the indoor version called Sports Hall (aimed at 8 – 13 yr olds) this event will be held at Bushfield on 26th October 2013 9.30 – 12.30 at a cost of just £2.50.

Cross Country Training for Juniors. This year there will be two sessions run concurrently, at Stanground Accademy the primary school (year 5 &6) and secondary school up to year 9 will take place 9.30 – 10.30 at a cost of £1.50 per junior.

At Landy Green (meet at Castor bridge Ferry Meadows) a more advanced session will take place over slightly tougher terrain.

The aim of these sessions is to prepare those hoping to perform at the Bretton Woods cross country inter schools races anticipated date 6th December. For the younger runners it prepares them for Frostbite races and they usually have a competition in March (snowed off in 2013).

I would recommend using these sessions to develop strength and speed as we may not be able to deliver the Friday evening races at the Manor in Whittlesey as the nights draw in.

Coaching and Officials Courses

If you are interested in coaching and/or getting involved in supporting the organisation of events the UKA web site has details of the many courses offered. Some that are being arranged locally include Coaching level 1 and 2, First Aid, Health and Safety and endurance race organisation – if you are interested please contact me – it's good to put something back into our sport.

Workshops this Autumn

We plan to arrange four speakers at the Peterborough Track to cover Core Strength, Diet, Mental preparation and physical preparation. As soon as the dates become available all coaches are invited to attend and individual runners can benefit also – sometimes a modest cost is charged although coaches attend for free.

Green Wheel Relay

Thorney Running Club has volunteered to marshal the Stanground change over point (at time of writing awaiting confirmation). The course has been cleared of brambles, briars, nettles and low branches, I have also offered to put out direction signs along the final stage of the 7 stage relay.

We are hoping to enter a Ladies Team, a Mens Team and possibly a mixed team – if you are interested and have not been approached please contact the respective team captains Paul and Nathalie so that the logistics can be worked out – but do it NOW and pay your £8.

Finally GPAN are promoting a set of running distances around Ferry Meadows to introduce new runners to the delights. There will be a flyer produced and the courses are based quite closely on the Park Run event – but anyone can use the courses at any time that suits them – currently trying to sort out some appropriate signage and distance markers that fit in with the environment.

Metros Measured Mile – 3rd August 2013

I guess the clue to this one is in the title. Petra punched out a time of 8.15 – so taking her outside her comfort zone – those Manor Laps are beginning to help.

Brecon 10 Mile – 4th August 2013

Richard Sharpe cannot resist a challenge. Finishing in 142nd place with a time of 1.20.38, I think that 8 minute miles in the Brecon hills is a pretty good performance.

EVAC Track and Field Peterborough – 7th August 2013

Neil and myself joined in the fun with other Peterborough based veterans to win the men's event and so progress to the final match that will be held at the Bedford Stadium.

Results are on our web site, but suffice to say that in the scoring events Neil won the 400m hurdles and 200m, I won the 1 mile walk and second in the 800m.

Thorney 5 Mile and Fun Run – 11th August 2013

The big day arrived with warm sunshine and a light wind – perfect for good times. A great deal of preparation had already been made so that everything was ready on time. Entries before the postal deadline had remained below the usual level for possibly a number of reasons – so we opened up entries on the day to swell the numbers of both races.

Incredibly, the number of finishers was up 13% on last year from 207 to 235. This could only happen with the help of our admin specialists that did a fantastic job getting the paperwork right.

The Fun Run had been set up in the park with all the runners set to do all three laps of about 1k. The starter was London Marathon winner Mike Gratton, at 9.15 the runners were away – lead by Thorney's Liam Ward, and chased by 40 enthusiastic runners of all ages.

Liam maintained his pace and increased his lead to almost half a minute coming home in 10.43. The first under 15 boy was Jonathan Friend (who used to run for us in the Frostbite before NVH had a junior team). Next TRC member was Jack Jackson in 7th place with a time of 13.28 – brilliant performance.

Ethan Tibbits was next in 13th place – I'm not sure that he knows how well he runs! A great time of 15.20. Max Louth ran a controlled race making up valuable time on the last lap to finish just behind Ethan in a time of 15.25, I think that for the 'right' distance that is his one of his best times.

Another Max – this time Max Jackson was running his first race for Thorney coming in 19th in a time of 16.09 – that's a great performance. It was good to see Chrystal Frisby running again, this time coming in First Girl in the whole event and being presented with her shield by Mike Gratton. She finished 21st in a time of 16.19.

Next girl home needed a personal best to be our second girl home (16.29) – well done Amy Blackledge – who has been training hard to increase her speed and endurance, a really good performance. Another great run by Kelsey Butterworth who was our next girl home in 23rd position and a time of 16.37, again for a 'proper' 3k distance – her best time topped off with her 'rocket like' finishing effort.

Aaron Gray kept plugging away coming in with another consistent performance over the 3k distance – his three runs have all been within 2 seconds a Km pace – with this level of endurance expect an uplift in pace when the weather cools – I am sure the Frostbite races will be good for him.

Next boy home was Jenson Weldon in 33rd place clocking 19.46, a great Personal Best for him. Jasmine Frisby was cheered all the way finishing 34th in 20.16. Next home was Bonnie Bursnoll in her first race for Thorney with a great time of 20.20 – a star of the future. Nicole Butterworth had a good run with father Dan most of the way – then when Dan helped Lilley, Kelsey went on to record 20.38 – well done. As mentioned earlier our youngest runner Lilley Weldon did really well to finish in 25.20

I think that makes 14 juniors in this first running of the Fun Run event, so whilst our runners made up one third of the field, there were other members on holiday or sick – but more importantly there was plenty of

competition from the other two thirds of the entry. Thanks to Geoff Howes for the inspiration to put on the event and Peter Ward who worked hard with Marcel, Arron, Steve, Liam and all the others to get the course set up safely on time, the event can only grow now that the format has been established.

The 5 mile event saw a great line up of runners as the road closure came into force at 10.30. From the gun Matt Gunby took the lead, he is a very talented runner that won the event by almost 2 minutes in 2012. This year conditions were even better, the course unaltered – so a good time was on the cards.

Our leading men were all together after mile 1. Reg, Neil, Peter and Ben a few words were exchanged then Ben set off to break the others, Neil and Peter went after him, Reg held his effort a bit longer – it was still within the first half of the race. Gradually Neil surged ahead and Reg pushed on relentlessly to take both Ben and Peter,

Meanwhile Matt was entering the finishing funnel with a time of 24.57 over a minute ahead of second place who co-incidentally ran the exact time Matt had run a year earlier.

Neil was our first club runner home in 52nd position winning the male award. Reg was 55th with a very satisfactory 32.51 timing, Peter not far behind 33.06 in 58th place and Ben about a minute behind with a great time of 34.07 – good performance.

Bryan Goodenough ran well to come in 95th position (36.11) just ahead of Simon Gray who ran 36.21. Darren Jackson came 98th in 36.30, Arron (who had run to Thorney, helped set up the junior course earlier) came in 111th in a time of 37.23 – as you say Arron – almost as mad as me!

Dan Bursnoll got a significant improvement on his 5 mile PB finishing 140th in a time of 40.50 – what's Kay going to respond with? Mike Blackledge was running on his heart rate monitor (except when he got close to the finish!) so he felt easy running 40.58 – really pleased that you're running so well.

Eddie Morris was battling with his nemesis John Thomas in the V70 category, Eddie has worked hard to be running 42.16. John might have won the overall contest but Eddie won the Cambridgeshire championship! Well Done Eddie.

Ian Frisby ran to 183rd position in 45.16, our first lady home was Megan Sylvester who just managed to keep ahead of Debbie Peters who was also having a great run. Megan finished in 185th place in a time of 45.20 while Debbie was excelling with a new PB in 189th place clocking 45.32, I hope Martin got some good pictures!

Cassie Jackson made up the family quartet with a brilliant debut at the race clocking 45.34 well done – I hope you enjoyed it. Petra Otto won the V60 prize coming in 196th in a time of 46.27. Her plan was to run the first two miles hard then ‘hang on’ – next plan is to run hard for 2.5 miles and so on!

Graham Wesley finished in 234th position in a time of 67.09 out of 235 finishers. A big thank you to everyone that helped make the event a success, without naming names (you know who you are) but I acknowledge those that helped then ran, ran then helped, those that gave up a run to take on a role and those that did not expect to run but helped out anyway.

When many races struggle to maintain their entry, we did well to increase numbers for the two events that we hosted in 2013, let’s hope we can do the full complement of three events in 2014 – if anyone has any suggestions for improvement or would like to take on a task or role – please let me know so it can be included in the planning.

Barney Memorial 5k – 14th August 2013

No junior race at this event but many juniors attended because the series awards are usually presented at the conclusion of the ‘Barney’. This time the 5k event had been set to start at the later time of 7.30pm

and the starting position switched to provide (marginally) better progress at the beginning – compared to the first event in the series.

Peter Ward was up for a good run – could he beat son Liam this time? In near perfect conditions 222 runners headed off around the two lap course. Peter was soon ahead of Liam and stretched his advantage to finish in a very good 19.15 – a season's best time.

Liam was next home in 74th place with a time of 19.55 with Reg Allen only one place and two seconds behind – the comeback continues. Ben Davies had another very good run finishing 79th in 20.08, I was a bit further back in 20.25 closely followed by Geoff Howes with a much improved time of 21.43 in 113th place.

Isla Oliver was our first lady who worked hard to come in 157th with a time of 24.23 – very good run in a distance that is outside of her comfort zone. Ian Davies must be training with Ben to come in 171st with a time of 25.46, chased by Keith Woodcock in his first race for Thorney I believe – 26.35 is a good time for 5k.

Then there was a battle going on, Sue Frisby 'made the mistake' of overtaking Emma around the last bridge crossing. Emma responded by overtaking Sue – then seeing that Megan was ahead – she caught and overtook her just before the line – don't tell me that these girls are not competitive! All three finished 191, 192 and 193.

Irene Lane was only just outside the trio finishing in 197th with a time of 27.30 – very well done. Leigh Howson managed to stay ahead of Petra as they finished in 28.13 and 28.16 respectively. Good to see 15 Thorney vests in the race again.

Kimbolton Half Marathon – Sunday 18th August 2013

Just one entrant in this undulating event in warm conditions. Terry Moat completed the course in 1.40.44 – he maintains that this was the toughest half marathon that he has ever run.

Newark Park Run

Dean Houlton was our only runner in this one – 20.16 and first V45.

Peterborough City Games – 26th August 2013

Unusual to see three TRC vests in the same race on the track! Liam and Peter set off at a good pace, and whilst the twenty something year olds pulled away – these two were mixing it with a quick lady (see how I avoided saying a fast lady – oops) Liam finished the best of us in 18.39, Peter had a good run finishing in 19.12 for the 5,000m (beaten by a lady) and I was humiliated into last place i.e. beaten by everyone in a season's best of 19.38

Grimsthorpe Castel 10k and Fun Run – 26th August 2013

The event was the usual high calibre show with stalls and the house open to the public, it was warm and the wasps decided there was time enough to annoy some of the runners!

In the Fun Run (not much fun running up the hill after a lap of the lake), Ben Harding came in second overall and first for Thorney in a time of 11.20, Harry Osman was not far behind in 15th with a time of 12.56, Lois Russell was first girl for Thorney in 16.49 after just managing to out sprint George Oliver who put in a fantastic performance one place back in 43rd with a time of 16.52.

Luke Harding was our next lad home finishing 47th in 17.19. Then another race to the tape by Kelsey and Amy, this time Kelsey was quickest in 58th place while Amy was just 5 seconds behind in 18.16. Dan Butterworth was kind enough to run with Bonnie Bursnoll, she managed 78th place in her first race – Well Done.

In the 10k race Reg was clearly getting back on form as he breezed in 29th place in a time of 43.24 – you can tell how tough this course is – Reg is a sub 40 minute man on his day. Terry was 55th in 45.47 but maintains it was not as tough as kimbolton.

Geoff was our third runner home in 47.23 ahead of Christian Riley finishing 105th and Isla (even she had to walk a bit and vowed never to do so again!) in 156. Dan bursnoll was 3 places back with mike (stung) Blackledge in 187 ahead of the returning Kay in 210th. Emma was not impressed in 224 – but probably sported the best sun tan lines of anyone!

Round Norfolk:

Well September will have a report on the Round Norfolk Relay that we are looking forward to – if you are running and not checked out your section – best you do so without delay, and those running at night need to have a reflective bright top on for safety – read all the details on the excellent RNR web site.

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