



Thorney Running Club



Foot Notes

Quotation by Henry Ford:

Coming together is a beginning.

Keeping together is progress.

Working together is success.

I thought that this was appropriate in a month when we organised participation in two relay events.

Grunty Fen – 8th September 2013

Many runners use this event to prepare for the Great Eastern Run in Peterborough a month or so later. We had a good turnout for this popular fast course race just outside Ely.

First home was the ever improving Dan Butterworth who took the first 10 miles 'steady' then worked the last 5k to come home in 1.28.18 feeling quite relaxed. This looks like ideal preparation for the club championship event in October, Dan was 44th overall in a very strong field.

Craig Crofts ran 'with the lads' most of the way then like Dan put an effort in towards the end – he also got a very respectable time of 1.30.29 and a 60th position, this is looking very good for him in Peterborough.

Peter Ward ran with Terry Moat to help Terry achieve a PB for the distance – really strong running and a great time of 1.33.27 and 1.33.29 respectively. Arron was doing another half marathon and got a very good time 1.41.09, his hard work in training is paying off.

Richard Sharpe is a regular at this event – this time finishing 205th in a time of 1.44.32 – that's good running Richard. Isla Oliver was our first lady home, a very strong performance in 286th place and a great time of 1.50.44 – she'll be good in Peterborough I predict.

Irene Lane ran with Leigh Howson for much of the race, their respective finishing times of 2.06.15 and 2.07.07 illustrate how well these ladies have progressed this year. Petra was running the event again – this time in 2.21.16 – she does not know how to have an easy week end as you will see from the following reports.

EVAC Track & Field Final (Bedford Int Stadium) 8th September 2013

Meanwhile Neil and myself were doing stuff on the track in order to help the Peterborough team come second out of the eight finalists. Neil came 3rd in the 400m hurdles (1.07) and 4th in the 100m (0.13) in his age category, I was second in the 2,000m walk (12.01) and 7th in the 1,500m (5.22)

Round Norfolk Relay – 14th & 15th September 2013

This is the event that took a great deal of planning over most of the spring and summer. The challenge is to organise 17 runners to each take on a section of a 197 mile course that approximates the boundary of Norfolk. It begins and ends in Kings Lynn and takes in the region of 24 hours to complete. Getting runners to the start points and back to vehicles is a significant logistical challenge as is the arranging of escort vehicle(s) in the form of cycles and a van with all the correct safety and regulatory compliance.

At 7am on Saturday morning Geoff started our campaign heading North in the cold rain that was teeming down – not the most pleasant start to a 17 mile relay leg that would involve roads, pathways, off road including sand and shingle while the coastal undulations made progress hard work.

Gradually the light improved and the temperature improved slightly so when Peter took over in Hunstanton conditions were just unpleasant! It is difficult to judge the team position until the results are produced because teams start in slots between 5.30am and noon. By the time Peter handed over to Liam we were in 23rd place out of 54. Peter had run the 16th fastest time for his leg.

Liam ran exclusively off road – mostly through soft sand – so to average 6.48 per mile was a staggering performance – he was 5th fastest on the 3rd leg, and 2nd in his category of Junior Man.

Jon Gipson is reasonably familiar with the area and ran well recording 34th best time which was to be significant by the time the team finished. Andy Cowling was one of the organisers and had been on the van from the start – now he set off on the tricky 4th leg still carrying an injury – but there was no way he was not going to do his bit! The off road coastal path dipped down to the shore line where he had to run through deep shingle banks before ascending cliffs on the approach to Sheringham and Cromer – a very tough and windy section.

Handing on to the first of our 5 ladies Leigh looked relaxed as she set a cracking pace over the undulating road section to Mundesley, handing over to Kay who covered the 9.3 mile section to Lessingham – it was about 4pm by now and I departed to Bungay. Meanwhile Kay was knocking in sub 9.30 miles around the North Norfolk coast.

Gill was waiting at Lessingham to run the 7.5 miles to Horsey, just like the previous two ladies she ran with a smile on her face and easily beat her estimated time for that 8th section – handing over to our 4th lady Emily who was to finish first in her senior lady category for leg 9.

Storming on to the promenade in Yarmouth Emily handed over in the dark just before 8.45pm – the night shift had taken on the baton. Through to Bungay the escort vehicle illuminated the way and Andy Cowling supported on a bike. Gradually we clawed back some places as the 20 mile section unfolded until Steve took over from the floodlit

changeover point after a flurry of activity as timekeepers took their readings and jumped back in the support vehicle – like clockwork.

Steve handed over to Kirk, the first of our triathlon specialists. His leg was almost 20 miles – a distance he had never run before – but from the sprint finish in Thetford – you would never believe it. Jon (triathlete No 2) was next to take over the baton running so strongly at about 4am that he recorded the 17th fastest time on leg 13 a distance of 13.2 miles in 1.35.

Dan was hoping to run his 7.27 mile section in about an hour, clearly benefitting from carrying the bright yellow baton he recorded 59.45 and was the second individual to record a 34th best performance on his section.

Emily was cycling the last 4 sections and accompanied Neil who was suffering an injury but still ran a strong leg in 33rd best time over the 10.6 miles. Petra was ready in the cold grey dawn of Sunday morning with temperatures hovering around 3 degrees, Emily was in need of some sustenance – so the support crew sorted that out.

Finally the baton was handed over to Arron who had ridden in the van from the beginning over 25 hours earlier! On to Kings Lynn he ran while others gathered at the finish area and Emily, Dan and Neil provided support and directions along the way. Arron ran the final straight on the track to break the tape in 26hrs 49 minutes – about one minute outside of our final prediction submitted the previous day – What an achievement by everyone involved. Commemorative plates, T shirts and photo's and talk turned to 'doing it all again next year'!

Great North Run – 15th September 2013

Ladies team captain Nathalie Palmer was raising funds for charity and succeeded in beating her fundraising objective handsomely, well over £700 in aid of Crohn's and Colitis uk.

She also ran a brilliant time of 2.02.17 for the half marathon distance – to give you some idea this was position 16,768! There were loads of runners in this event – most of them behind Nathalie.

Meanwhile Richard Coles was striding round just ahead of Nathalie finishing in a very good 13,313th position, I think the time was 1.57.24 but apologies if this has not been correctly reported (now he's preparing for London Marathon 2014)

The following was posted by Richard Sharpe:

Hi Eamonn,

On Sunday Jackie and I ran the GNR in Newcastle, WE ran together starting at the very back taking 35 minutes to get to the start line. However I must say that being at the back is really good fun. What made Sunday so special though was that Jackie has had 3 knee operations, a horrific car accident that left her with various broken bones and a damaged spleen, yet we still got round in under 3 hours, I know this sounds like one of those articles you read about in runners world. Jackie did not want to email the club with our times but I think it was a fantastic achievement and deserves to be recognised, so I am sending our results in. It may have been my slowest half marathon but is was the best race I have ever done.

Green Wheel Relay 22nd September 2013

A week after the Round Norfolk Relay some of the same runners plus a number of other club members assembled around the Green Wheel Relay course to complete the 49 mile course – one ladies and one men's team. The weather was quite different from the previous week in that the sun shone and temperatures soared to 25 degrees.

First away was the ladies team at 8.30am – Natalie Markham was soon into her running with husband Paul struggling to keep pace as escort cyclist as they headed to Eye. Ahead of target Kay took over heading to Newborough. The third tricky section included a rough gravel section that was only punctuated by seemingly endless straight drove roads

before and after. This was run by Jo Strickland who was familiar with the area as she trains around there.

Jo handed over to Isla for the fourth leg that has the potential for going wrong – she had checked out her responsibility and did not put a foot wrong ending up in Ham Lane with an excellent time for the longest leg. Megan probably drew the short straw for the fifth leg as the temperature was high and the breeze had eased back – she headed out towards Morborne Hill crossing some busy roads and running a very undulating course. In her first team event she did very well to hand over to the super fast Sharon at Norman Cross.

Sharon had been nursing a cold all week but was determined not to let the girls down – she ran sub 7 minute miles all the way to Stanground with Chris cycling alongside spraying her with water! Over a predominantly off road section she ran a fantastic leg to bring the overall time back on target.

Emma was waiting to take on the last leg and like so many of the other girls – she beat her target pace and overtook two teams on the last 4.9 miles finishing by the Key Theatre within a minute of their planned time. This was a performance that gave them First Ladies Team Prize! Congratulations to all the runners, their team Manager Nathalie Palmer and the support cyclists and supporters.

The men started off at 10am with Dean making fantastic progress on his way to Eye, there he handed over to Ian who ran strongly (within a minute of Kay's time) – he was supported by Paul and Natalie in the middle of nowhere which was fantastic.

Third runner was Darren Hine who did very well into the strong wind that gusted over the Lincolnshire Fens, as he headed to the Golden Pheasant pub in Etton. Here Dan Bursnoll took over heading to Glington and on to Marholm, Castor and Ferry Meadows – just like Isla he had done his homework on the route and arrived at Ham Lane without taking a wrong step.

Geoff was waiting to take on the hottest leg that Megan had commenced a little earlier – would he be able to catch up some time on the ladies team? Like Dan Geoff had run the week before but was up for the challenge with Mike Blackledge in the saddle for the last 3 legs. Arron (another runner from RNR) ran through to Stanground where the youthful Liam was waiting to put in a fantastic last leg performance. Timed at just over 31 minutes he was the fastest runner on the last leg by over 2 minutes!

Even that was not enough to claim a prize, but 4th overall for the men and 7th for the ladies are two results that the club can be proud of – again big thanks to team Manager Paul, cyclists and supporters all. Some like Sally turned up solely to congratulate the teams as they came in. Peter and Marion marshalled the Thorney change over at Stanground Lock and Dan Butterworth put out and took down signs to ensure nobody got lost on OUR section!

Ashtead Trail Run – 22nd September 2013

I am sorry to say that I know little of this event, and at the time of writing have no internet access to research so I can but provide you with Petra's position and time for the 10k run: 175th position in a time of 60.31 – so pretty consistent with the Saffron Walden event.

West Pinchbech 10k – 28th September 2013

Reg Allen and Mike Blackledge represented Thorney in this event. Reg coming in 33rd place in a time of 40.42 with Mike in 113th place running 52.28

Saffron Walden 10k – 29th September 2013

Petra was our sole entry in this event finishing in 61.33 she was first lady vet over 60 – so another win for Petra – Well Done.

Apologies: This is a little delayed because I have been on holiday without adequate access to the internet – October should also be an interesting month, but it will take something special to out shine the team events of September 2013 (in my opinion).

Compiled by Eamonn Dorling

Mobile: 07767 795816

Email: eamonn.dorling@ntlworld.com

Web site: www.eamonndorling.co.uk

Or Facebook