



Thorney Running Club



Foot Notes

I am not including the weekly park run results, most regular competitors run the same course and are fully aware of their times via the excellent web site that the organisation provides and many comments are posted on social media, on the other hand if someone would like to provide a monthly round up I will be pleased to include it along with any other race reports that give an insight into an event that may be of interest.

Frostbite Priory Park – 6th October 2013

The first race of the 2012/13 season – so a great turnout of Juniors and Seniors assembled in St Neots. This race is an all grass (and a little mud sometimes) affair – you could even wear spikes on this one.

The Juniors were first away, we had 15 of the 211 athletes which is a fantastic turn out – well supported all the way there were some great performances. I am told that the course may have been a little on the short side but these races are designed to be approximate rather than an exact distance – it's all about the race!

This year we have a rising star heading the team round in the shape of Ben Harding, he ran very strongly to finish in 13th overall position with a time of 8.07 (as I indicated earlier – don't worry if other races produce 'slower' times, this is a great result!)

Next in was Daniel Amps-Woodward with a cracking 44th place and second for the team. Then the tussle of the two Jacks went up another gear. This time Jack Jackson just beat Jack brown in 111th and 113th places respectively. To make up the correct team mix we turn to our first girl who was Casey Weston in 162nd place.

Ahead of Casey was Ethan in 158th place and just behind Casey was Max Louth and close behind was the improving Amy Blackledge, both these athletes have trained hard all summer to achieve these results. Luke kept ahead of Lois on this occasion, followed by Chrystal and young Kelsey.

The team was completed by Megan, Bonnie and Phoenix who all ran very well over the undulating parkland course. Good support was provided all the way by seniors and parents – what a start to the season!

The team score is made up from the first four boys and first girl (there are other possible combinations but there has to be at least one of each in the 5 scorers – if that makes sense) On this occasion Thorney were 10th out of 15 which scored us 6 points. The next race is at Bushfield on 3rd November.

Next up were the seniors running about 5 miles. This time we had 26 athletes, so a great turnout even with a few absentees. Full results are on our results page and the frostbite web site – but the scorers need 3 ladies and 7 men – so the scoring athletes were:

Dean Houlton in 42nd place (31.13), Liam Ward 54th (31.34) Dan Butterworth 56th (31.45), Peter ward 93rd (33.06), Reg Allen 103rd (33.28), Terry Moat 105th (33.33) & Ben Davies 116 (33.53) then the ladies did very well with:

Emily Wagstaff 259th (39.29), Natalie Markham 297 (41.12) & Kay Riley 343 (44.09). This gave a total points score of 1512 and 13th position out of 16 teams so we were awarded 4 points.

As Dean says – a few extra positions each and the Senior team can be moving ahead of Ramsey and BRJ. Having said that – the team strength comes from those that followed in beating other team runners, it was fantastic to have eight ladies running. I can remember when we only had a single lady runner or even none on some occasions – so the club is looking very good with some great battles going on throughout the finishing order.

Perkins great Easter Run – 13th October 2013

The championship half marathon race brought out a record breaking 35 Thorney seniors. Those that were there will remember the awful weather as we posed for pictures and pitied the fantastic supporters that had come along to support both the junior 5k and the half marathon event.

First off and racing was the 5k start with Ben and Liam racing off around the city centre in the pouring rain. Liam was first Thorney runner home in 7th place with a PB time of 18.26 – that is quality 5k racing! Ben did not disappoint with a determined run finishing in 13th place with a time of 19.42 – I think that was a PB also – two fantastic results!

Daniel and Harry were really close finishing 48th and 49th respectively – again great results that reflect the effort they have put into their training through the summer. Jack Jackson did very well to record 23.16 for the 5k distance. Max Louth secured a PB in 208th place with dad just behind.

Chrystal seems to enjoy adverse weather conditions, so it was great to see her come in as first female with Luke running well to finish in 286th. Luis Dawson did well in his first Great Eastern – he has recently been training on Friday evenings and showed how good he is at 5k. It was great to see Jackie after her recent long distance race – this was a nice run out for her (even in the wet).

A little later the main event got under way courtesy of the Ethiopians and other elite runners. As we battled up the Boulevard – others were still coming away from the Key Theatre – but everything went smoothly and the restricted start possibly helped some runners gradually get into their stride. To say that it was a bit wet would be an understatement!

At the sharp end we had Dan Craig Peter Sharon and Kirk settling into their 6.30 pace. Dan was about to suffer a calf injury within the first mile that on reflection he might have walked away from – but in reality he just drove through it for the next 12 miles – that really is getting stuck in!

Cameron was up there also and I tried to mix it with them. Eventually the rain and wind eased so that by the time we hit the half-way point it was possible to up the pace a bit in the way that Sharon did – overtaking about 35 competitors on the return trip. Some interesting statistics were being developed for us to look at later including the split time, number that each runner overtook and how many passed each runner – a veritable feast for the statistician – I'll leave this for the geeks to look up – the following are some of the results that caught my eye:

First in was Craig Crofts in 1.24.42 (159), Kirk Brawn 1.26.01 (185), Dan Butterworth 1.27.32 (235), Eamonn Dorling 1.28.26 (249 – 3rd V55), Sharon Critchell 1.28.26 (276 4th V40), Nick Smith 1.29.11 (299) and Reg Allen 1.29.55 (322) – all these under the 90 minute target.

Following these were many great runs – I cannot do any better than the data provided by the PGER web site and a listing of all members finishing times are on our results pages. Special congratulations to all the first timers for the distance and the event, the weather could not detract from a very well organised event with a great route with support all the way round.

Gill Holmes

She gets her own section here! Three races where she was our sole representative: Starting with PGER day Gill was at Shouldham Warren running 5k cross country where she finished 8th in 32.07, on 16th October she competed in the Henlow 10 mile finishing 126 and first lady V60. Then on Saturday 19th she was competing in the Althorp Duathlon over a total distance of 31km (Run, Cycle, Run) finishing 238th and 3rd V60 – what an athlete!

Fenland 10 mile – 19th October 2013

Needless to say Gill was at this race a day after her Duathlon! A week after the PGER and the race strategy changes 180 degrees, this time the tail wind was on the first half with a stiff wind to run in to on the return, so rather less 'negative splits' this week.

With the slightly revised route we set off to cross the A47 a couple of times then get our heads down as the longer drove roads took over. Reg was doing his familiar steady start and faster finish catching Peter and getting worryingly close to me over the last mile. The finishing order was myself in 31st place (2nd V55 in race and 1st V55 in Eastern Vets race held within the event), Reg was four places behind and Peter finished 47th. Terry Moat had yet another good run finishing 62nd. It was good to see Andy Cowling running again without further injury – he ran well to finish 112th just ahead of Andy Harding in 118th with Christian Riley 123rd – another great performance. Kay and Sue Frisby did well to finish 181 and 182 respectively with Irene and Eddie helping each other in 199 and 200th positions. Debbie was only just behind in 203rd place with Gill in 220th. A great turnout bearing in mind how close this race is to the Great Eastern.

Then there was a gap as we headed towards the November races, so a chance to get some structured training in. Park Run and additional data for the month is on our Results section of the web site. If anyone has any subject or wishes to contribute to this monthly feature please send me an email.

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