



# ***Thorney Running Club***



## **Foot Notes**

**‘You only ever grow as a human being if you are outside of your comfort zone’ - Percy Cerutti 1895-1975 Australian Athletics Coach.**

### **Tip from an Endurance Coaching Course:**

***You do not need anything very sophisticated to organise a warm up or warm down that will enhance the training effect of a run.***

### **National cross Country Races – Saturday 22<sup>nd</sup> February 2014**

These races are where any club runner can rub shoulders with the stars of tomorrow and a few from yester year. A great occasion in which to experience cross country running at its best.

Let’s see if we can put a team together this year in at least one age/gender group. If interested please let me know your full name and date of birth together with how I can relieve you of £6 entry fee.

Full details will be posted on our web site, the key age groups are:

Under 17 women (5k), Under 15 Boys (4.5k), Junior Women 17 – 19 (6k) Under 13 girls (3k), Under 17 men (6k), Under 15 girls (4k), Junior Men 17 – 19 (10k), Under 13 boys (3k), Senior Women 20+ (8k) Senior Men 20+ (12k) – all entries to be declared by 1<sup>st</sup> January all entries are £6 each. If interested please contact Eamonn.



## **2<sup>nd</sup> Frostbite, Bushfields – 3<sup>rd</sup> November 2013**

We had 15 Juniors running in the 3k event, sometimes the junior race is 1.5 miles but it can be 3k which is 1.86 miles, so the times will reflect a longer race compared to the first Frostbite at Priory Park.

Full results are on our results page and the frostbite web site <http://www.frostbiteleague.org.uk> but some names to mention: Ben Harding was first home in 23<sup>rd</sup> position closely chased in by Daniel Amps-Woodward who is getting stronger with every race. Jack Jackson was a shining example finishing 90<sup>th</sup> and Ethan made the first 4 team members in a brilliant 147<sup>th</sup> place. Only one place behind was Max, but as he refused to wear a skirt we were looking for our first girl who arrived with a fantastic smile just behind Aiden (156) in 161<sup>st</sup> place.

That gave the team 12<sup>th</sup> place out of 15 on the day and 11<sup>th</sup> after 2 races. Bushfield attracts the largest entry – so this was a very good result, we could do with similar support at Hinchbrook on 8<sup>th</sup> December.

The other juniors all helped by beating ‘scoring’ members of other teams – thus adding to their scores (remember low total scores are good in the Frostbite).

It was great to see four members all helping each other in the final stages (by help I mean trying to beat each other!) Marcus, Luke, Luis and Amy all battled to the end. Jack Jackson ran well again and Kelsey helped Bonny – team spirit alive and well at such a young age.

Ben also provided a report that has been circulated with the committee meeting notes from the November meeting.

The senior race had almost 500 starters so it was a ‘mad rush’ as we set off on the revised course which received favourable comments (especially as many Garmins recorded a slightly shorter than 5 mile distance). With 25 seniors there were Thorney vests everywhere. We

were short of some faster individuals – so scoring places were up for grabs.

Liam has developed well over the summer in his first season as a senior, and was first TRC down the Bus Lane, closely chased by Dan Butterworth who enjoys a fast start but somehow manages to finish strongly also. Reg was doing his usual steady start and very strong finishing tactics while Peter and myself were just running on fear because there were so many fast runners in this race!

Liam and Dan were together over the last mile, overtaking each other and encouraging each other as the undulations of bridges and underpasses unfolded. I think Liam even de-motivated a number of other racers by announcing ‘We can have these’ as they streaked through. Eventually they finished 62<sup>nd</sup> and 63<sup>rd</sup> respectively – Great Running!

Reg progressed past Peter and myself to finish in 98<sup>th</sup> place, I just missed the double digits with 101<sup>st</sup> and Peter in 103<sup>rd</sup>. The improving Terry Moat was our next scorer in another PB time finishing 123<sup>rd</sup>, and Ben Davies fresh from paining duties ran a great race to finish 161<sup>st</sup> and 7<sup>th</sup> male scorer. Arron ran particularly well to finish just one place behind Ben – this is the strength that our team has developed.

Ahead of our talented ladies were some great performances by Geoff, Simon, Bryan, Mark Dan, Eddie and Mike as Nathalie ran a captain’s race to finish 346<sup>th</sup> just ahead of Ian. Kay was next scorer who just pipped Leigh to bring the team home.

Emma was next home in a great PB time ahead of Ian Frisby who had suffered a bit in the later stages with a leg injury. Megan and Debbie raced each other just ahead of Laura and Gill making another fantastic turn out by the ladies.

### **Lode Half Marathon – 3<sup>rd</sup> November 2013**

Meanwhile Petra was racing a longer distance of 13.1 miles and securing 2<sup>nd</sup> V60 in to the bargain in a time of 2.14.52.

## **Harrier League Lynch Wood – 6<sup>th</sup> November 2013**

We have four results on our web site but I think that Liam and Peter also raced in this popular handicap race held on a Wednesday evening.

## **Remembrance 11k and 3k – 10<sup>th</sup> November 2013**

Our best performer in the Junior race over an undulating course was Ben who finished 5<sup>th</sup> in a time of 13.50 followed by Jack Brown in 17<sup>th</sup>, Max Louth (who only just got to the start on time) 22<sup>nd</sup> and Luke in 38<sup>th</sup> place.

In the 11k race Liam even managed to put in some sub 6 minute mile pace in certain sections finishing 10<sup>th</sup> overall in 43.13. Peter was not hanging around finishing in 21<sup>st</sup> place with Terry just 10 places back. Arron was determined to beat Geoff because it would have been embarrassing to get beaten by someone wearing jogging bottoms (not as embarrassing as Geoff running in his underpants because he forgot his shorts!) Mike Blackledge ran the race in 156<sup>th</sup> place – I'm not convinced he has permission to do so – but you know Mike!

## **Grafham Water Duathlon – 10<sup>th</sup> November 2013**

Gill Holmes was our representative in this challenging event over 28k total distance comprising a run cycle and run. She finished in 1.40.50 (211<sup>th</sup> place) and was awarded 2<sup>nd</sup> V60!

## **Dirt Half Trail Challenge – Saturday 16<sup>th</sup> November 2013**

Petra finished off her Autumn schedule with this half marathon trail that bordered several canal tow paths. She finished the challenge in 450<sup>th</sup> place with a time of 2.30.08. I understand Petra is now consolidating her fitness with lesser challenges because the cold weather expected does not suit her – she is however a real trooper!

## **Shouldham Common Cross Country – 17<sup>th</sup> November 2013**

This time Amy Blackledge ran the Junior 3k event finishing 6<sup>th</sup> in her age group despite slipping over early on and fighting her way back in a determined fashion. Dad Mike ran the 9k race finishing 18<sup>th</sup> in age group several minutes faster than he expected – 43.58. This was the first time Amy and Mike had run in these races, regular Gill Holmes ran the longer distance in 59.52 finishing 9<sup>th</sup> in her age category – Well Done all three of them.

### **St Neots Half Marathon – Sunday 17<sup>th</sup> November 2013**

Just two stalwarts representing Thorney this time. Andy Harding was first home in 506<sup>th</sup> place in a gun time of 1.49.22 and Sue Frisby finished 781<sup>st</sup> in 2.06.49, their chip times were about 1.10 faster.

### **Hereward Relay – 24<sup>th</sup> November 2013**

This annual event comprises 4 stages starting in Cathedral Square Peterborough then change over points in Whittlesey, March and Welney finishing in Ely after a total distance of just over 38 miles. Some is on the road, some on tracks, grass and even a little mud – so quite a challenge when you add in the potential weather conditions at the end of November – but that is also the attraction. Of course you don't have to do it in sections – some lunatics run the entire distance as an Ultra Race.

At 8.30 the Ultra runners commenced their journey across the fens, the fast lads were soon to the front running sub seven minute miles. I was a little more circumspect with 7.30 to begin with – the aim was to average about 7.45 – but this was to prove a challenge as the course unfolded.

Drinks and support throughout the race was brilliant – so I must thank Lesley for the 'out of the way' locations that she popped up in and those that supplied drinks and support at the various change over points.

I did have a couple of 'conversations' with dog walkers in March where 30 food leads allowed dogs to wander across the course and a bunch of

walkers and dogs just standing around on the course. A head first tumble into a puddle near Christchurch shook me up but probably looked worse than it really was. The various sections of mud enabled me to feel for the teams that were gradually catching us up. My final position was 7<sup>th</sup> in 5hrs 27, so more behind than in front and faster than a few teams – so not a bad run out on a Sunday morning.

At 9.00 the real athletes commenced leg 1 of the relay – Liam was quickly away for team Father and Sons in 40.42, not far behind were Fast Boys with Reg in 43.57, Ben Harding (Fast Boys 2) in 44.25. Then the ladies were on a charge, Emily (Dolly Mixtures 49.21) Mark (Not a lady – Hop Alongs in 49.24) Richard Sharpe (Not a lady either, Ye Ol’e Boys of Thorney, 51.02, Emma Dorling (Trojans – Ladies 53.06) Debbie Peters (Gold Tops, 62.48).

In leg 2 we had a section winner in the shape of Sharon Critchell running 74.09 as first lady vet – a fantastic achievement over what was probably the hardest section of the event – certainly there was a lot of mud. There were many other good performances over this leg – full details can be found on <http://marchathleticclub.co.uk/Hereward-Relay-2013---Results.php>

Leg 3 from March to Welney featured an interesting section with a dyke on your left a non existent path or the ploughed field to run on. Kirk was our first team to overtake me looking very strong as he finished 20<sup>th</sup> – even keeping a bit back to run the fourth leg for another team – that’s quality team work! Ben Davies was chasing me down and handed over to Dad in Welney where Ian caught and overtook me!

Leg 4 gave Dan few problems as he stormed through in 19<sup>th</sup> best time for the mixed terrain leg – thus making the Thorney Fast Boys out first team home in 15<sup>th</sup> overall place and a time of 4.26.21. Terry Moat did very well on that leg also breezing past me after conquering the muddy section (rather more successfully than myself).

In conclusion we entered 8 teams and all eight finished in great times – in fact our all lady team beat last year’s all lady team’s time. I am so proud that we had an all lady team let alone the times that individuals

ran. A fantastic team day out. Thanks to everyone that competed, supported and moved people around. A further big hank You to Andy and Ian for organising our team efforts – What a Club!

## **Finally**

A reminder that those wanting to compete in the Cambridgeshire Cross Country Championships at Priory Park (5/01/2014) – let me know your full name and date of Birth together with your entry fee ASAP before 21<sup>st</sup> December. Full details: <http://www.cambsathletics.org.uk/page4.htm>

National Cross Country Championship entry details are on our web site home page. (22/2/2014) – again I will take entries.

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