



Thorney Running Club



Foot Notes

Nene Valley 10 Mile – Sunday 1st December 2013

First race of the month was hot on the heels of the Hereward Relay – no rest for the Wicked! It was also our club championship race for this distance.

We welcomed Darren Ping looking very good in Red White and Blue for the first time. He also ran very quickly, no long sleeved top under his Thorney vest on a cold but sunny day.

Darren was first home in 38th position in a time of 60.21, a brilliant 10 mile run up there with the fast boys! Liam Ward was next in at position 66 in a time of 64.46 – his first 10 mile race and a cracking result, clearly he has great endurance in addition to his turn of speed.

Peter Ward got a PB finishing 99th in a time of 67.20 beating me by 4 places and 14 seconds. My excuse being that my leg began cramping over the final mile – but in fairness I was well beaten by faster club mates.

Reg Allen was not far behind in 113th position and Terry Moat gained another PB with a time of 68.24 – Well Done again. The weekly battle between Geoff and Arron continues with Geoff taking the honours on this occasion 172 to 174 respectively.

Richard Coles managed to disrobe himself at half way successfully, and fellow London Marathon entrant for 2014 Andy Harding finished within 4 seconds of each other (211 & 214 positions).

Eddie Morris just missed out on the V70 prize to Terry Fone of Eye on this occasion. Kay was our first lady home with a cracking 90.11 time ahead of local Ian Frisby, Sue Frisby just pipped Ian Davies, and Debbie ran well to finish in 1.38.10, followed by Irene and Petra coming in almost together in 354 and 355th positions. Gill Holmes made up the squad after touching down from holiday only a short time earlier!

A great turnout for a very traditional race distance, great support that was really appreciated.

Hinchingsbrook Frostbite – 8th December 2013

After a warm up walk from Huntingdon race course to the start area runners were well set up for a cross country course where conditions were favourable to certain other occasions when this event has taken place – though some runners likened the course to sections of the Hereward Relay!

Like most clubs we had fewer runners than the previous round, but we managed to field full teams in both the Junior and Senior races.

First off were the Juniors at 10.15, it was great to see so many youngsters enjoying their running, even at this (traditionally the lowest entry of the series) – there were 184 finishers.

Ben Harding was unable to race but was there supporting the Juniors really well. Early on Daniel Amps-Woodward took on responsibility to be first home for Thorney, he ran very well to beat his target by 16 seconds and score a 58th position finish – very well run!

We were delighted to welcome two athletes from Peterborough Athletics Club running second claim for Thorney. Emily Peety was first home in 96th place – thus scoring as first girl for our team. Georgina Bridges was the other PAC runner who finished 162nd – she started really quickly but recovered after a bad patch.

Jack Brown ran a fantastic race to complete the course in 13.21 (130th). Aiden Silvester also ran brilliantly to finish in 149th position in a time of 13.49, Amy Blackledge has made fantastic progress over this year finishing in 14.57, so very pleased with that! Louie Dawson missed his running partner but finished strongly in 174th position. Kira was determined not to walk at all and to negotiate any bridges without falling over, I am delighted to say that she succeeded in both her goals!

After the excitement of the Junior race close on 400 lined up to contest the Senior Race. Like the juniors we were missing a few key runners, so our hopes rested on the slender shoulders of Liam Ward (who had also raced on each of the previous two Sundays). He sped off and finished in his best frostbite position since entering the senior arena – with a sparkling 36th place in 32.16 for the 5 mile undulating course.

Peter Ward ran a very controlled race finishing an excellent 67th place for the team, Terry Moat had yet another good race finishing inside the top 100 for the first time – 99th position is a very good performance. I struggled round in 113th place followed by Reg in 128, Neil Martin ran his first race (since the Norfolk Relay I think) after injury finishing 149th. Then the ever green Bryan Goodenough ran a blinder finishing 158th making the scoring team.

Our ladies did us proud, Isla finishing 259th, Kay in 295 and Emma in 300 clocked up just 854 points – sometimes this is over 1,000 – so a brilliant performance by the better looking club members!

Adding the 750 from the men resulted in 14th out of 16 senior teams, the juniors were 13th out of 15 so we need all of these stalwarts plus a few more when we convene again at March for the next race on 12th January.

Sea Masters Cross Country Championships (Biggleswade) 14th
December 2013

Just Gill in this one battling over the undulations of 6.5k off road pleasure! Gill finished 13th in a time of 43.43.

Shouldham Common – 15th December 2013

The next day Gill was out for a little more cross country covering the same distance in 47.50 – maybe the conditions were tougher than at Biggleswade, maybe the distance was a little suspect – but she's the girl for running in any conditions!

Buntingford Year End 10 mile – 29th December 2013

Petra has run this event before and was up for another helping. This time covering the distance in 1.43.42.

Buckden Waterside 5mile – 31/12/2013

Five intrepid TRC members tackled the hilly course close to Grafham Water on New Year's Eve. Ben Harding was first home recording 40th position in the blustery conditions in a time of 35.08.

Andrew (son of Geoff) Howes ran in 49th place with a time of 35.52 with Dad came 7th in a time of 37.24. Christian Riley 'enjoyed' the course recording 38.06 in a creditable 82nd place with the ever smiling Joanne Gilbert recording 51.52 in her outing.

Ely New Years Eve 10k – 31st Dec3ember 2013

Meanwhile Fourteen ran the fenland course that features a piper at the top of the Alpine section (well a slight rise in the terrain). Kirk Brawn was first home in Thorney colours (39.53) although Cameron (running as a tri athlete) was the first 'friend of Thorney'. They both ran magnificent times when you consider they came back into the very strong wind as quickly as they had raced to the 5k point.

Liam managed a creditable 41.33 in 68th place with Dad Peter just one place and three seconds adrift. I had become detached after a reasonable start coming in 87th just ahead of Reg Allen in 91st.

Ben Davies continued his fine form by recording 43.59, our first lady home was the powerful Isla Oliver in 255th place and 50.04 – great running in the tough conditions. Then Kay, Leigh, Emma and Nathalie all came in quick succession.

Ian Davies was 'fresh' from marathon training coming in ahead of Megan and Petra who finished off her year with yet another race. Tough conditions but a great way to finish the year and a T shirt plus bottle of ale finished the event off nicely.

Finally

Well that concludes 2013, we now move on to the goals and expectations of 2014. I am currently reading some quite inspirational books on running including the Brownlee brothers triathlon book – there are many messages about just getting out there and training to the level you want to race at – it certainly worked for them, and the skills, knowledge and attitudes are transferrable.

Good Health to you all and may all your injuries be little ones!

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