



Thorney Running Club



Foot Notes

Michael Johnson:

"Pressure is nothing more than the shadow of great opportunity."

The following was submitted by Richard Sharpe:

Earlier in January Jackie and I went to Florida to run in the Disney Marathon/ Half. I was doing the Goofy Challenge. Which was a half on the Saturday and the full on the Sunday. The idea being to run slow on the Saturday to save my legs for the marathon. Saturday went according to plan, as Jackie was controlling the pace, and ran a great Half Marathon with me. On Sunday I was to run at 11 minute miling for a time of around 4:45 to 5 hours. Problem was the races started at 5:30 am and it was dark so I could not see my watch. At 15 miles when it got light I realised that I had been going a bit to fast but continued the pace only slowing a little after 20 miles. In conclusion it may be that I run best without a watch on and on another continent, especially as I came 3139 out of 19225 finishers. With a time of 4 hours, 19 minutes, 59 seconds.

Cambridgeshire Cross Country Championships – 5th January 2014

First race of the new year for some of us was a return to Priory Park St Neots. We almost had a men's team for the first time in many years but in the end we were a couple short.

First off was Kelsey Butterworth who ran faster than she had ever run that course before and had a fantastic finishing kick finishing 24th in the county for her age category – and she still has two more seasons running in that group – so looking good.

Liam was running in the under 17 boys, easily qualifying for his county colours again with a magnificent run that averaged well under 6 minute mile pace all the way including a very muddy section. Liam was 5th in the race – first class running.

Dan Butterworth enjoys this course, he ran carefully with Peter in his sights for the first three laps then unleashed a powerful effort on the uphill section to get a very respectable time finishing 70th with Peter just three places behind. I was a further 4

places back as I could not hang on to those boys on this occasion. Terry had a great race finishing 88th.

Dan had struggled round in trainers although many wore spikes for better grip – hopefully this will be addressed for the next event here. Mike Blackledge was firm footed with his trail shoes finishing 113th.

Mike's daughter Amy ran her heart out in the under 13 girls race finishing 38th in the county – she really has developed well since training and racing on a regular basis. Gill Holmes completed our competitors finishing the 5.8km course (which was pretty well muddy by the time the event took place) in 39.50 gaining 54th place.

Frostbite League March – 12th January 2014

A great day for racing, bright and sunny – the frost was melting as our Juniors started their race. Leading the TRC team was captain Ben Harding, he finished in 8.12 gaining 11th placing. Daniel Amps-Woodward had another good race to record 47th position.

Lois Russell was our first girl home in 135th place, followed by Ethan Tibbitts just one place behind and Jack Brown in 141st. Max Louth had a good run finishing in 151st place followed by Aiden Silvester in 163rd. Kelsey Butterworth did her 'Kelsey Kick' to finish in 167th position just ahead of Marcus Amps-Woodward just 18 seconds behind and Lois Dawson in 169th place – these youngsters do fantastically well!

On with the Senior race, we had 25 runners in this race that were cheered on by enthusiastic supporters around the course. It was a little slippery in places but nobody came to grief anywhere as far as I know.

I can say that the starting pace was rather rapid, even Liam got left behind for the first half mile – but he soon began making progress and enjoyed going through the field like a hot knife through butter. At the finish Liam came in 44th position in a time of 31.44. Dan was not far behind in 53rd place followed by Peter Ward in 64th and a new face for many – Toby Knights a very respectable 83rd (he is used to training on rather more undulating terrain).

The next two scorers for the team were myself in 96th and Terry Moat in 115th. The ladies were out in good numbers and our scoring trio were Isla Oliver 285th, Nathalie Palmer in 353 and Laura Greenwood 374. The full TRC results are on our web site. A great team effort in terms of team spirit, support and sheer numbers!

Folksworth 15 – 19th January 2014

The weather was not great as we approached the event, but in truth it was perfect on the day because the temperature was cool but not freezing and the wind dropped to a breeze. I had pledged to marshal a while back – but I have to say that I really wanted to run instead of dressing up like a lollypop man for the day.

I missed many of our ten competitors on the first lap, but I enjoyed seeing the race unfold. From the speedy boys and girls setting the pace at the sharp end to the athletes that were going for a PB time and all the runners that were helping and encouraging others to just dig a little deeper. Even though the course is challenging – everyone I spoke to enjoyed the event and would do it again.

Our fastest runner was Dan Butterworth coming in 71st place with a massive Personal Best performance. His fastest splits were the last two miles, anyone that has run the course will know that this is not easy!

Terry is preparing for a Marathon in May – so this race was a combination of hard sustained running and partly a long run. He did particularly well finishing 131st in a time of 1.53 (you do well to run that course in under two hours).

Surprise package of the day was (to my mind) Jon Gipson finishing in 2.00.01 – how annoying must that be? A great performance to finish 187th. Andy Harding and Richard Coles and Isla Oliver are also in Marathon training mode. They caught up with each other and helped themselves achieve greatness on the day. From what I hear Isla was forcing the boys up the hills – all in all a great team effort to finish 258 – 260 consecutively.

Eddie Morris had a fantastic run finishing first in the V65 category in a time of 2.16.58 in 312th overall position – that's a brilliant run! Then came the three ladies that everyone was talking about – Kay Megan and Leigh probably chatted all the way round – but what ever they did all three of them got great times and even Megan had what she described as 'a good race for a change' – it was a distance well outside her comfort zone, and some credit should go to Cameron that has helped all three ladies prepare well for the event, and he was out there on his bike cheering them on. I attended a meeting the following day and received glowing reports on these ladies running together.

Greater Peterborough Athletics Network (G.P.A.N)

We are working towards Clubmark accreditation, it is a standard that sporting clubs should strive to achieve that protects members and ensures we have robust procedures in place. Anyone interested in finding out more could attend a meeting scheduled for 12th February (7pm – 9pm) at the Peterborough track.

Cross Country Training:

The winter programme of training events at Stanground Academy were poorly supported by member clubs (Thorney did not send anyone during the autumn and schools failed to support it). As we approach Autumn 2014 the matter will be reviewed again.

GPAN Track Sessions

This has been very popular with about 30 seniors and a couple of juniors attending most sessions – as a reminder we have access to the track on 3rd Wednesday each month costing just £1.

Coaching and Officials qualifications

The sport needs coaches to train athletes and officials to help put on events. At Thorney we do not have enough of either – but help is at hand, if you are interested the cost of qualifying can be offset by both the Thorney Running Club and GPAN, you do have to give up some time and commit to learning but there are rewards in 'putting something back'. If you are interested please contact me for further details.

Coaching could be endurance based running or something quite different like trows, jumps, hurdles, sprinting – anything athletic based. Likewise officials are needed to measure courses, start races time runners as well as understanding the rules of competition and the organisation of events – have a look at the Run Britain web site.

Park Run / Nene Park

A new leaflet has been produced by GPAN (see web site) there are a number of routes measured out based on the popular Park Run activities that take place each Saturday morning – so if you are in the area you could run the route free of charge at any time.

Workshops:

A Strength and Conditioning session has been booked for 26th February at the track - if popular this could be an ongoing programme of sessions. We also expect to provide a nutrition workshop – details to be advised when available.

Greenwheel Relay

There will be a limit of 50 teams on 22nd June 2014, we entered a male and female team last year which was an unqualified success. If we want to get another team of 7

(or maybe two more) – we need to get organised quickly before the places go. If interested please get your name down and ‘show us the colour of your entry fee’.

Quadkids

Peterborough AC will not be holding a Spring Open event at the track – so the following two new sessions may be of interest to parents of Under 11 & 13 children: Monday 31st March – just £1 per athlete as a taster session to see what goes on. Sunday 6th April an open event to all GPAN athletes with a range of track and field events intended to give an early season chance to ‘blow the cobwebs away’ – timetable to follow on the GPAN web site.

One Mile Challenge:

Werrington Joggers have a 1 mile championship at the track on 11th June. Any GPAN athlete wishing to take up the challenge should let Werrington Joggers know before the event.

Track Pass:

Vivacity have launched their track pass £50 for Seniors and £20 for Juniors representing a very good saving if you like to use the facilities regularly.

UKA Starttrack – Summer activity

This was well attended last year – the plan is to provide an introduction to a wide range of track and field athletics over a two week period. The costs are likely to be similar to last year which is great for parents wanting to find activities for children in the school holidays. Emma and Jane have experience of this from 2013 – so if you want to know more just ask.

Athletics 365:

A session will be organised to provide young athletes and coaches additional support, plus the possibility of a ‘flying coach’ visit that will be funded by GPAN.

If there are things that you would like to experience or see provided that is not currently provided please let me know so that we can provide where possible.

Perkins Great Eastern Run 2014

A suggestion that I have been asked to get feedback on – the organisers have suggested that finishers 7 -10 (men and women) receive a free entry to 2015 rather

than a physical award, also the Veteran 1st 2nd and 3rd prizes to change from a trophy to a free entry – as competitors – what do you think?

I appreciate that many might not qualify for such an award – but your opinion as just as valid – do you think a winner should have a tangible ‘thing’ or would the cost saving associated with free entry be a good trade off?

Thorney 10k – Sunday 23rd march 2014

A good response to marshals and other posts that need support on the day – but we are still looking for more volunteers to make the event go smoothly. If you can help or if you know someone that could lend a hand that day the organising committee would be very grateful.

Our catering division (headed up by Ian Davies) would like to know whether any of our talented cooks could rustle up some cakes that we could sell on the day. If you could bake a cake or something equally scrummy – please let Ian know so that he can factor it in.

We are currently looking for about 6 more marshals to encourage runners and point them in the right direction – both the Junior Fun Run in the Park at 9.15 and the main race starting at 10.30am – please let me know if you have not already done so.

Finally

Fewer races to report on this month – but I know that many are ‘getting the miles in’ as part of their conditioning work for races later in the year – good luck with that.

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