



Thorney Running Club



Foot Notes

Running is a big question mark that's there each and every day. It asks you, 'Are you going to be a wimp or are you going to be strong today?'"

- Peter Maher, Canadian marathon runner

Frostbite Bourne Woods – 2nd February 2014

Junior Race was headed by Ben Harding who finished the somewhat muddy course in 26th place after a spirited start. Daniel Amps-Woodward put in another solid performance to finish in 12.55 with 54th position. Louis Russell (despite hurting her leg on the way round) was third in and first girl with 144th place just two ahead of Max Louth. Marcus Amps-Woodward was next in with 155th place just a place ahead of Louie Dawson with Luke Harding coming 160th. Well done everyone in combating some difficult conditions.

It was no less muddy for the seniors. Liam Ward continued to impress in 44th place with Peter second man home in 83rd, yours truly in 87th and Terry Moat in 94th. Reg Allen came in 142nd just one place ahead of Arron Friend – excellent run! Bryan Goodenough was our team maker with a great run again scoring 161st position.

The ladies were headed home by Kay Riley in 250th position loving the muddy conditions. Megan proved that her distance training is also paying off with a 279th place followed by Nathalie Palmer in 298. It is very good to get all three ladies in within the first 300 places – very well done.

Our overall team scores were not startling and full details are on the frostbite site together with a full set of results. After a dash round the woods I did not see many runners going home on foot!

Stamford 30k – 16th February 2014

We had a contingent of long distance runners tackling the ever challenging course around Stamford. Conditions were OK although a bit breezy in places.

Terry Moat continued his marathon training preparation finishing in 167th place in a time of 2.20.37, I can assure anyone that does not know the course that this represents a very good time.

Next home was Richard Coles in 377th place and Sharon Stancer in 624th place – so you can see that there are many that take up this challenge in mid February.

Brighton Half Marathon – 16th February 2014

Meanwhile Isla Oliver (representing the Trojans) was in Brighton tackling the half marathon over slightly less undulating roads. Isla finished in 2392nd place with a time of 1.50.40 – very well done.

Harrow Hill 10k – 16th February 2014

Petra braved the conditions to run a 10k outside the local area. Finishing in 169th place with a time of 1.02.59 – good running in a time of the year that she does not usually enjoy.

National cross Country Championships – 22nd February 2014

This year the event was held in Nottingham, the course featured hills mud and even some tree trunks to be hurdled. As the course cut up the mud became even more of a feature. The early events had many stars of the future winning and highly placed. Thorney had one representative in the U17 boys – Liam Ward and Peter Ward plus myself tackled the senior course of about 12k.

Liam ran very strongly to finish 190th where many were a year older than him and the very best of England's athletes were all there. In the senior race of three laps – the winners were finishing as I completed my second lap – so they were not exactly hanging around. A certain Jonathan Brownlee (Triathlon Olympic bronze medallist finished in 9th place.

I slightly slower times Peter finished 1120th and I was 1195th – a tough run but somehow very enjoyable – certainly a experience that I would recommend, it would be good for us to enter full teams.

Anglian Water Duathlon – 23rd February 2014

Just one representative – you've guessed who already haven't you! Gill Holmes finishing the 30k distance in 87th place and was First lady V60 – another great performance Gill.

Sleaford Half Marathon – 23rd February 2014

Again just one Thorney runner – Petra Otto clocking 2.30.09 in 551st position in this very popular event., well done Petra.

Great Eastern Run update:

The course will be the same as last year but will feature a wider start to get everyone off with less delay. There will be pacers covering six of the key target times, one of whom is our own Andy Harding who is a very experienced pacer, he will be running with another equally experienced pacer at 2 hour pace – all designed to make the challenge better.

Entries are already up compared with last year which saw record numbers take to the streets of Peterborough for both the 5k Fun Run and the Half Marathon main event. This event is a club championship event where we aim to have even more Thorney Running Club vests on display.

Compiled by Eamonn Dorling

Mobile: 07767 795816

Email: eamonn.dorling@ntlworld.com

Web site: www.eamonndorling.co.uk

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