



Thorney Running Club



Foot Notes

Paavo Nurmi (The Flying Finn) won 9 gold and 3 silver Olympic medals at distances of 3,000m, 5,000m and 10,000m. In the following quotation from Virtanen 1989 p.91 he made two important points: Train using 3 minute time slots and set a goal early in the season i.e. now!

'I have never used the same speed on a track for more than 3 minutes, although a watch is always at hand. All runners, however, do not train themselves in this manner. They must run two thirds of any given distance before they know anything about their final record on it. On the other hand, I can say definitely after two rounds what my final time will be....In a general way I should like to advise anybody who wants to train himself in running to determine on a certain record to be achieved during a summer. That determination must be made early in the spring.'

Harrier League 2nd April 2014

Terry Moat was fastest round the handicapped race on this occasion – great sharpening up experience after all the marathon training mileage. Terry whistled round in 20.05 for the 5k distance. Mike Blackledge had another great race clocking 23.40, and the ever present Gill Holmes recorded 33.20 – again!

Cambourne 10k and 1 mile – 6th April 2014

This popular and very well organised event drew several Thorney runners out to compete in the 10k and 1 mile fun run. The 10k got underway then the 1 mile runners set off – all finishing before the 10k boys and girls returned.

First in was George Oliver in a cracking 7.15 in 17th place overall! Amy Blackledge had another good run that reflected the extra training she has been putting in, a great time of 7.56 for 32nd place followed in by the little pocket rocket Kelsey Butterworth in a time of 8.29 in 46th place. We are very proud of our junior athletes.

Meanwhile Liam was working his way through the field. The undulating course held no problems for him as a seasoned cross country runner. Despite the windy conditions he recorded a sub 40 minute time again finishing 22nd in 39.22. Peter was not far behind in 40th place with a very good time of 41.31, Terry Moat was pleased with his 'speed endurance' as this came on the back of high mileage training weeks, finishing in 65th place with a time of 42.57. The third Ward, Adam ran well showing that after just a few weeks his fitness is returning, Adam was 118th in a time of 45.15.

I was playing around at the back adjudicating, I think I ran about 47 minutes but it was good fun overtaking over 500 runners over the challenging course, very enjoyable. Next in was Mike Blackledge in 55.02 and Emma Dorling in 59.51. A spirited finish by Gill Holmes who overtook at least 3 as she charged up to the line made her our final runner of the 10k.

Blackpool Half Marathon – 6th April 2014

So whilst many were near Cambridge, Richard was enjoying the delights of Lancashire, on this occasion Richard came in 240th place with a time of 1.49.45. If my memory serves me correctly this was only 5 minutes outside his Grunty Fen personal best – so Well Done Richard.

Lohhofer Osterlauf 10k – 12th April 2014

Just Petra representing Thorney Running Club in the first ‘international’ showing of the year. However, Petra recorded a very good time 57.37 and was rewarded with 2nd in her age category with an overall placing of 54th.

Bourne Woods 10k and Fun Run – 13th April 2014

A charity based event, this time supported by Mike Blackledge in the 10k 53.32 and Amy Blackledge and Max Louth respectively coming in 19th and 20th overall (Amy was 6th girl)

Virgin Money London Marathon – 13th April 2014

Whilst Bourne Woods is a nice place to run – for others the London Marathon event is the highlight of their racing year. There is nothing to compare with the sights and atmosphere when the weather is as good as it was on this occasion.

So with personal goals being held closely to their respective chests, few of us knew what to expect in terms of times. Many of us were able to ‘track’ our athletes using special applications on phones and log in on to the web site – all to add further interest to an already exciting race.

The Elite ladies and wheel chair events had already begun before Mo Farah and the rest of the elite field shot away from Greenwich followed by about 35,000 nervous but excited runners. Who would be our first runner home? Had they prepared as well as they could? Was the weather too hot?

As we watched from the comfort of home, and some lining the London Streets it became apparent that Richard Coles was coming through very strongly, finally finishing his first marathon in a fantastic 4.01.28, next home was super coach Andy Harding in 4.18.04 using one of the club places.

Megan Silvester was another revelation, she had trained hard and recorded a fantastic 4.48.46 in her first running of the distance. Bearing in mind she is a natural sprinter – this was some performance. Our second ‘club place’ was being very well used by first time marathon runner Ian Davies. He has run close to his personal best in the first 5k because ‘they kept clipping my ankles’ – the second half was definitely more of a challenge but he finished well within his objective in 5.12.48 and thinks that he will have another go!

A brief mention to Louise who has trained with us several times, she easily beat her 5 hour goal and is focussing on the Great Eastern Run in October to see if she can beat her previous best. It was great to see her joining in some Manor Laps recently in order to change the direction of her training.

All in all some great performances, and some memories that most of them will never forget. It’s not all about running such a long distance – but congratulations to all these athletes that put the hard work in so that they could achieve their dream.

Huntingdon Mayors Charity Run (Fun Run and 5 Mile) – 21st April 2014

A week later and 9 members were contesting these two events. In the fun run George Oliver and Amy Blackledge were at it again. George finishing in 13th overall position over the 1.5 mile course with a time of 10.28, Amy was 30th in 12.26 – clearly a couple of youngsters that could help our Frostbite team results and get some good times in the upcoming 3,000m mid week races.

In the 5 mile event Ben Harding was our first runner home taking just 36.11 to complete the course in 21st position. Richard Sharpe was 50th in 40.35 followed by Isla Oliver in 42.28 as she begins to wrap up her marathon preparation. Mike Blackledge was just 15 places behind Isa with 76th place. Andy ran with Sue (not bad after the previous week’s exertions) recording 46.41 and 46.42 respectively. Gill Holmes finished 147th in 1.01.50.

Tulip 10k Spalding – 27th April 2014

Last event of the month is a long standing local race that reminds us that the 10k race season is upon us again with Langtoft, Eye and Deeping all lining up in the background. This year we had Mike Blackledge finishing in 53.02 and Gill in 1.12.37.

Advance Notice – Green Wheel Relay

Our teams have been entered, we have two volunteers to do the time keeping at Stanground Lock – thank you! We might need a couple of marshals if the last leg needs to be re organised. Those with local knowledge might be aware that the engineering work on the flood defences might result in no access for the path between Stanground Lock and the Millennium Bridge, if this is the case an alternative through Stanground might require help so if you can help out in the early afternoon on 22nd June – please let Andy or myself know.

Compiled by Eamonn Dorling

Mobile: 07767 795816

Email: eamonn.dorling@ntlworld.com

Web site: www.eamonndorling.co.uk

Or Facebook