



Thorney Running Club



Foot Notes

'The will to win means nothing without the will to prepare'

Juma Ikangaa, 1989 NYC Marathon winner.

Langtoft 10k and Fun Run 4th May 2014

On this – Star wars Day there was good support at the popular race back on the calendar after missing a year. Firstly the junior race where we had seven Thorney Runners led home by Daniel Amps-Woodward in a very respectable 6th placing, next in was Lois Russell in 44th place and the improving Amy Blackledge in 63rd. Max Louth (76th) managed to keep ahead of the fast finishing Georgie Amps- Woodward in 82nd and Luke Harding in 88th with Marcus Amps-Woodward in 112th – a big field, shame there were no official times.

The 10k race did have official times, our first man home was Liam Ward in a time of 40.23 in 20th overall position. Reg continued his return to form with a 41.07 time just 4 places behind Liam. Peter was third TRC runner home in 42.12 with the improving Ben Harding just 5 places behind in 39th place recording 42.43. Ben Davies had a good run recording 43.20 Geoff (66th), Mark (87th) Mike (119th) with Sue Ian and Andy all well inside the hour.

Milton Keynes Marathon – 5th May 2013

On the Bank Holiday Monday five members lined up for the full and half marathon distance. The weather was rather more favourable than the previous two years events. Despite a congested start I 'was on a mission' and by the time I got to two miles my sub seven minute mile pace was established. In contrast to the way I would suggest tackling a marathon I was still running 'sub sevens' to about 12 miles – then it was a case of hanging on for the next 14 miles. Not an ideal strategy but it worked – my aim of getting a sub 3.20 was easily achieved with a sub 3.12 marathon time (91st place) – so happy with that.

Terry had been suffering from a heavy cold for the whole week leading up to the event, he was still under the weather on race day but gave it a really good go – showing that solid preparation is the key. Terry got a great time for his first marathon clocking 3.38.33 in 367th place.

Arron encountered a pot hole (as did the two runners in front of him) finishing his first marathon in 4.16.29 (1057). Leigh Howson knocked a massive 20 minutes off her best marathon time clocking 4.43.41 (1448). In the half marathon Gill Holmes was our sole representative clocking 2.51.03.

Silverstone 10k – 7th May 2014

Just two days later and Gill was competing again – this time over 10k clocking 1.15.43 in 1091st place.

Eye 10k and 3k – 11th May 2014

We had eleven runners in the 3k Fun Run, first home was the ever improving Daniel Amps-Woodward with another strong performance over 3k finishing 10th in a time of 12.38. Next was Jack Jackson with a great run finishing 30th in 14.02. Lois Russell was third junior and first girl in 47th place (14.59).

George Oliver stormed in 54th place (15.37) just two places ahead of the improving Amy Blackledge who had a great race finishing two places back in 15.41. Max Louth was also just two places in arrears in a time of 15.51 – three very good junior performances.

Ethan and Luke had a good race with Ethan taking the honours on this occasion. Marcus and Georgie were together as Georgie started behind the main group and worked hard to get back into the race, helping young Jasmin finish safely.

The 10k distance commenced with a spin round the housing estate (dodging parked cars in places), Reg took a while getting into his race pace but it was not long before he was posing for the camera at 4k.

Darren Ping started as he intended, eventually finishing under 37 minutes in 15th overall position – fantastic run, especially into the strong wind throughout most of the second half. Liam had another good sub 40 minute run finishing 35th overall in 39.43. Dad Peter was next home in 42.04 finishing 64th with Adam just 7 positions and 25 seconds behind – improving well.

Ben Harding was 75th place in 42.37 just ahead of Reg Allen in 78th and Terry (6 days after his first marathon) was 100th in 44 minutes flat. Geoff finished 145th and Richard Sharpe 188th. Mark Louth managed to keep ahead of Dan Bursnall as they finished 196 and 199 respectively.

Mike Blackledge finished well in 53.41 followed by Nathalie Palmer in an excellent (and hard earned) 54.23 just managing to overtake and stay ahead of Kay Riley who ran well to finish 291st in 54.31. Ian Davies ran strongly (that's marathon training for you) to finish in 55.27 (307) with Ian Frisby 345th Irene Lane 349th and Debbie Peters 354th. It was a great turnout with some very good personal achievements in the blustery conditions.

Marlow 5 Mile – 11th May 2014

Just Petra from TRC in this one, Petra finished 679th in a time of 46.03.

Blackpool 10k – 11th May 2014

Gill Holmes represented us in the North West. On this occasion clocking 1.09.12 to finish in 1431st position.

Bupa 10k – Manchester 18th May 2014

Richard and Jackie Sharpe returned to Manchester to compete in this popular event. Running together they finished in 1.29.20 – their finishing positions give you some idea how far the field went back after the speedy boys featured on TV. – 26.68 and 26.69!

Deeping 10k – 18th May 2014

No results for the Junior race but the 10k was our championship race. Darren might not have been first round the housing estate – I think that honour belongs to Liam – but at the conclusion of 10,000m it was Darren that crossed the line first again finishing 11th in 37.16. Meanwhile Liam finished 22nd in 39.47.

Surprisingly I managed to hang on to third man home position after a spirited dash to half distance and running of fear all the way back. I was rewarded with 41.03 and 28th position just ahead of Adam finishing well in 41.47 again ahead of Reg who finished in 38th place.

Peter Ward was 43rd just ahead of Terry in 48th with a faster time than the previous race showing that his recovery had gone well. Geoff was significantly faster on this occasion finishing 59th in 45.43 ahead of Jon Gipson in 75th place and Dan Bursnall in 51.06.

The remaining finishing results are on our web site – but on this occasion we were unable to collect any team prizes this year even though we had concentrated our scorers in around the same area of finishing positions – it just was not enough on this occasion.

Blisworth 5 Mile – 23rd May 2014

This is not a race that I am familiar with – but Mike Blackledge is! Coming home in 313th place with a time of 42.27 Mike was our only representative on this occasion.

Block Fen Mile – 25th May 2014

Lois Russell thrashed out a good time to record a PB for the measured mile in 7.40, and 3rd in her race – that's a great achievement!

Edinburgh Marathon – 25th May 2014

Isla Oliver trained hard all winter with this the focal point of all her efforts. On the day she did really well to get 4.09.00 on her first full marathon – she finished 3938th in the event which is 2nd only to London in the UK, so a fantastic achievement.

Ropley 10k – 25th May 2014

Andrew and Geoff Howes were our two representatives in this 10k race. Andrew ran very well to clock a 42 minute time finishing 31st place while 'granddad' finished in 45.57 in 89th – thus completing a 10k race every week of that month.

Great Eastern Run – Update

I attended a planning meeting on behalf of our club, the aim is to increase the total entries from about 5,000 to 8,000 so it is important that you get your entry registered in good time – advertisements have been placed in various men and women's fitness magazines plus a number of promotional features in local press, social media and running magazines.

You will probably know that we have two members selected to run as pacers this year. Andy Harding will be on the 2 hour pace and Gill Holmes on a 'get me round' pace of 2.45. Pacing others is not an easy task – but these are two of our most experienced runners so we can be sure that they will be of great help to the many first timers looking for a bit of help. As a matter of interest there will be two pacers at each of the following paces: 1.30, 1.40, 1.50, 2.00, 2.10, 2.20 and 2.45.

About 62% of all the 1,400 entries to date are new to the event, most of them are not members of a running club – it demonstrates the fact that many individuals like the idea of running but so far have not registered the benefit of joining a club – that might change after the event.

The event needs more volunteers, if you are unable to run but would like to help out (and probably be rewarded with one of the 320 jackets – let me know so that I can forward your details to the organiser.

The start area will be in pens so that runners can be released in sequence according to their anticipated times, the start area will be wider so that departure can take place quicker. Essentially the course will be the same as last year. The 5k Fun Run already has a fair number of entrants but the limit of 2,000 will fill up quickly as soon as the schools sort out their runners – so again – get your entry in early if this is the race you want to run in.

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