



Foot Notes

Race Reports:

4th March 2012 – Huntingdon Frostbite

Final race of the 2011/2012 season, we were greeted by persistent rain but a warm welcome at the new race headquarters. Both the Junior and Senior teams were poised for great finishing positions after 4 sets of good results. The cancellation of Bourne might have played into our hands because we were unlikely to have fielded our strongest team on that occasion – however, we were well represented at this race.

The Juniors were first away with Liam heading the Thorney team by getting involved with some very strong Cambridge and Coleridge runners at the sharp end – Liam finished 10th overall making it a clean sweep as first Junior home on every race for us.

Ben Harding and William Spiers have both improved greatly over the races. On this occasion Ben took the honours with his best position 30th just 2 seconds ahead of William who took 34th place – that's great support and valuable positions. Making up our first 5 was Jonathan Friend in 38th and Alison Church in 74th.

Also in support was Matthew Church, Lydia Church, Luke Harding and Jasmin Frisby. The team came 7th place out of 14 for the series – that's a fantastic result!

On with the Seniors – we steamed off downhill with Martin close to the front and myself rather too close to the action in the early stages. This was about to change when Paul steamed through and continued to race faster as he went through the pack like a hot knife through butter. Neil caught me when I lost concentration on a right hand bend where I took to the gravel like a Formula 1 driver who missed a gear shift – it was no good, by the time I got going again he was away and racing against a Riverside runner.

Martin finished in a remarkable 29.05 in 27th place, Paul in an excellent 50th, Neil 63rd, me 68th followed closely by Ray (76th), Kirk (87th) and Peter (92nd) to make 7 men home – incidentally our 8th placed Andy Cowling got another PB and was also inside the top 100 in 96th place!

Whilst we did not have three of our top lady runners, the three lady runners we did have ran fantastic times! Natalie Markham another PB in 185th place, Nathalie Palmer in 279th and Kaye Gibson in 291st.

This gave us an overall Senior position of 8th out of 16 – our best result since the league started! The seniors were supported by so many runners – it sometimes looked like we

made up most of the runners! So we have strength in depth and a great team spirit where everyone supports every one else. Looking forward to next season already!

Not only did we have a great turn out at the frostbite – there were some other races on that we were represented at:

4th March 2012 – Wymondham 20 mile

The weather was no better here, in fact our intrepid Gill Holmes – armed only in shorts and a vest, found it too cold and wet to complete the whole distance – so rather than become a victim of the event she sensibly stopped at an appropriate opportunity. Richard Sharpe on the other hand battled through to finish 198th in a time of 3.09.49 – that's a committed run Richard – some say you should be!

4th march 2012 – Lincolnshire Poacher trail Half Marathon

Petra Otto was out running another half marathon in mucky conditions finishing in 3.03.24

4th march 2012 – Dewsbury 10k

Meanwhile our travelling TRC runner Steve Dawson finished 254th in a time of 45.58 (chip) he keeps putting the miles in.

7th March 2012 – Harrier League

Gill Holmes ran the popular Wednesday evening 5k handicap in 31.24

11th March 2012 – Draycote Water Half Marathon

Gill Holmes was back on the Half Marathon trail finishing in 2.28.29.

11th March 2012 – Grantham Half Marathon

Also running 13.1 miles that day were Steve Dawson in 296th place in 2.03.46, meanwhile Petra Otto finished in 346th place in 2.17.35.

A day after the club's annual presentation evening a number of runners were out running some high mileage:

18th March 2012 – Ashby 20 mile

A traditional warm up race for those preparing for the 'London' or other Springtime Marathons. Over the undulating course Steve Dawson finished 455th out of 844 finishers, in a time of 2.51.08.

18th March 2012 – Hurden 9 and 18 mile

On the same week end our intrepid London trainees took on the longer event while Andy Cowling, Paul Markham, Geoff Howes, Nathalie Palmer and Marcel Wilson took on the shorter distance finishing in that order.

Richard Sharpe was first home in the longer event in a time of 2.40.05, Sue Frisby was ably assisted by Andy Harding in a time of 2.51.43 – spot on their objective of 9.30 miles – looking good for London.

18th march 2012 – Baldock Half Marathon

Finishing as third Lady V55 Petra Otto finished in 344th place in a time of 2.24.45 over the challenging course.

25th March 2012 – Thorney 10k

Probably the key event of the year, from our club's point of view, so far this year. The committee had agreed to increase the value of the finishing gift for two reasons: Firstly to demonstrate that a well run event did not have to increase the entry fee in order to provide excellent value for money and secondly to ensure we attracted a full entry at a time when other races had moved in to the same date plus the competition from charity mile races being held nationwide on the same day.

Again we were sponsored by Mizuno for the first male and female and Icen provided the bottled water for the event.

A big thank you to all the members that helped out in terms of preparation, car park duties on the day, marshalling, refreshments, results, signage and general organisation – these events don't just happen, your help is appreciated.

Additionally we had a number of runners out there, first home (running in PAC colours) was Martin Dawson who went off very strongly and achieved a good time 36.45. First Thorney runner home was Neil Martin – he had to get back quickly because he was masterminding the results! He also got a PB with a fantastic 39.19.

Kirk Brawn ran his first 10k in a brilliant time of 40.17 – he's going to be one to watch this year. Andy Cowling who had been on Car Park duty earlier was just one place and 20 seconds behind Kirk getting a PB in the process.

Nick Smith was training for a very long distance race later this year, so just getting ahead of our first Lady runner home Sharon Critchell in 41.20 and 41.22 respectively was very good. Sharon's time is quite remarkable, we hope that this is the first of several races this year – an outstanding athlete. Sharon was third lady overall.

Natalie Markham achieved another PB – winning the Lady V35 prize.

The full set of results are on the web site, but to highlight a couple; Sue Frisby a week after the 18 miler ran a best time for 10k in her London preparation, and Ian Davies who had been in charge of the Car Parking team all morning had a great run.

25th March 2012 – Oakley 20 Mile

Meanwhile Petra Otto was running the undulating 20 mile course round Bedfordshire as part of her Marathon build up finishing 848th in a chip time of 3.53.02.

Presentation Evening

On Saturday 17th March we celebrated the 2011 year at the Falcon in Whittlesey. An enjoyable meal was followed by a slide presentation by Neil that was both informative and entertaining. Andy presented both team captain's report – making the point that we have great support throughout the field.

Prizes were presented by Chairman Keith Hall and the evening was concluded by a prize draw, refreshments and a good natter before dodging the rain on the way home.

Junior Races

Geoff has compiled a list of events that have Junior races included, it was felt that our youngsters wanted to plan in some warm weather races and test themselves.

Junior races from now until August 2012

Each Friday we have our own 3k/1mile timed event (free entry to all). Both events are suitable for junior members. They take place at 6.30pm at the Manor Leisure Centre and have already started!

Date	Senior Event	Juniors	Start	Prices for the junior event	Website
6th May	Langtoft 10k	3k	10.15am	£2 for U16, £3 for adults +£1 on the day	http://langtoftroadrun.btck.co.uk/
13th May	Eye 10k	3k	10.15am	£3.50 in advance, £1 extra on the day	http://www.eye10k.co.uk/default.asp
20th May	Deeping 10k	3k	10.00am	£3 in advance, £5 on day	http://www.rotary-ribi.org/clubs/homepage.php?ClubID=413
6th June	NVH 5k(Ferry Meadows)	3k	7.00pm	£3 on the night	Race 1 in 5k/3k Grand Prix
17th June	Huntingdon 10k	3k	9.00am	£5	http://www.huntingdon10kcharityrun.co.uk/
20th June	Eye 5k	3k	7.00pm	£3 on the night	Race 2 in 5k/3k Grand Prix
1st July	March Spud Run 5 mile	1.5mile	10.15am	£2 + (£1 on the day)	http://www.marchathleticclub.co.uk/Spud%20Run%202012.pdf
4th July	Thorney 5k (Ferry M)	3k	7.00pm	£3 on the night	Race 3 in 5k/3k Grand Prix
8th July	Bushy 10k	3k	10.00am	£3	http://www.bushfieldjoggers.co.uk/19.html
15th July	St Ives 10k	3k	9.45am	£3	http://www.huntsac.org.uk/stives10k.asp?link=11
18th July	Stamford 5k	3k	7.00pm	£3	Race 4 in 5k/3k Grand Prix
22nd July	Littleport 10k	1.5k	10.45am	£3, starts straight after the 10k	http://www.littleport10k.co.uk/
1st August	Werrington 5k	3k	7.00pm	£3 on the night	Race 5 in 5k/3k Grand Prix
19th August	Riverside 25th Anniv 10k	3k	10.00am	£2	http://www.riverside-runners.org.uk/

Please note that most of the races take place on Sunday mornings apart from the Grand Prix series which are on Wednesday evenings. These details are also on the web site

Web Site update

We have invested in a specialist to update and simplify the Thorney Web Site. This work is almost complete, as soon as things change we will let everyone know – there will be no change in the way you log on.

Next Thorney Race:

Wednesday July 4th is our round of the 5k series at Ferry Meadows. As usual we will be needing some help on the evening to ensure the event goes smoothly. If you ran the Thorney 10k – it would be helpful if you could lend a hand on this one. If you can help – or if you can encourage someone to help please let me know (contact details at the end of this report).

Friday Evening at the Manor – Whittlesey

Each Friday we organise a one mile and 3k race round the Manor at 6.30, all done well before 7pm. Aimed for youngsters as a taster – there is a wide range of abilities and nobody gets left behind. It's all a bit of fun, times are recorded so individuals can monitor their progress. No need to be a Thorney member, we welcome anyone to have a run round.

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