

Welcome To Thorney Running Club



Website - www.thorneyrunningclub.co.uk

Facebook - <https://www.facebook.com/groups/152492226798/>

Dear Member

Thank you for joining / renewing your annual membership to Thorney Running Club. We hope you will enjoy your membership, not only running, but that you will enjoy the social side of the club and become involved in the running the club too!

Aim Of Club

The main aim of the club is to promote running in the Whittlesey and Thorney and surrounding areas by providing a friendly helpful club catering for the running needs of all ages and all abilities. We currently have approximately 100 active members, along with many volunteer helpers.

Training

Group training events taken place as follows:

- **Mondays** 2 separate sessions – 7pm from The Manor Whittlesey (various members in charge), also 6.45 pm from Thorney Park in Thorney. These sessions are usually a relaxed run of 4 – 6 miles; in the winter we stick to well lit footpaths, in the summer we use the cycle paths and quiet country lanes. Runners run in groups of roughly equal ability. Adults only
- **Wednesdays** – 7pm from The Manor Whittlesey – recreational runs or interval training (Eamonn Dorling in charge). For interval training we jog to a given location in a large group, then do intervals such as 5 repeats of 1km running in small groups. Adults only.
- **Fridays** – 6pm on The Manor Field, Whittlesey, from April until October, – fun laps for the children and adults – all welcome. Last year we also ran Saturday morning sessions in the winter when it was too dark for Friday evenings

Committee (2014-5)

The Committee meets approximately once every 4 to 6 weeks.

If you have an item you would like discussed please contact any other member of the Committee.

The Committee members are:

Keith Hall – Chairman

Phil Williams – Treasurer

Geoff Howes – Secretary

Brian Drabner

Mel Cox

(Neil Martin – race results and general results coordinator (non- committee)

Eamonn Dorling – race director

Andy Cowling

Laura Greenwood (kit)

Ian Davies

Our website

You can find our website at www.thorneyrunningclub.co.uk.

The website is run by Eamonn Dorling (overall manager), Geoff Howes (news and photos) Paul Markham (events) and Neil Martin (results)

The website is a great place to keep up with news from the club, details of races that are coming up in the local area, and who has been competing where.

There is also a section where you can submit results of any race you have competed in and view other member's race results.

In addition there is a growing gallery of photographs taken at races and events, and a monthly newsletter "Foot Notes" published by Eamonn Dorling to keep members updated.

The club also has a Facebook page "Thorney Running Club" which is popular amongst some members in encouraging each other with their successes and achievements.

Thorney hosted races

The club hosts three local events each year:

- Thorney 10k with a 3k park fun run in March – from Thorney Bedford Hall
- Thorney 5 mile with a 3k park fun run in August – from Thorney Bedford Hall
- 5k/3k Grand Prix Series race in June / July (at Ferry Meadows, Peterborough)

The success of these events is dependent on good organisation and the goodwill of club members, friends and family to ensure the safety and enjoyment of the athletes participating. If there are insufficient volunteers available to marshal, the race would have to be cancelled.

The committee appreciates that there are sometimes special circumstances whereby a member should be able to participate in a race.

In the event that a member has entered the race, and there is a shortage of marshals on the day, a request could be made to the member to marshal. In this case they would be refunded the race fee paid.

In advance of a Thorney hosted race, please advise the Race Director at the earliest opportunity your availability to assist. This action will enable the Race Director to make an informed decision at the earliest opportunity as to whether further volunteers are required.

Annual Subscription Fees

Annual fees are due on the 1st April each year.

For those members with a competing membership this includes UKA membership which entitles you to reduced entry fees in most organised club races.

The 2015 subscription fees are

Adult Competitor £20.00 Price (Includes UKA fees of £10.00 for single competition license)

Family Competitor £35.00 Price (Includes UKA fees £20.00 for two competition licenses)

Juniors £5.00 Price (does not include UKA fees)

Adult Social £5.00 (Not competing single adult)

Family Social £7.00 (up to 2 non competing adult plus Juniors)

Please note that you do not have to be a member to run with us. The main benefits of joining, and becoming affiliated to UKA (United Kingdom Athletics) are

- i) £2 off the entry price to any races entered
- ii) The club gets a certain number of London Marathon places which depends on the number of UKA members. Currently we get 2 club London places
- iii) Insurance benefits in the case of an accident whilst training or participating in a race.

The club also participates in a local league, the Frostbite Friendly League. This is a league for seniors and juniors. To participate in this league is free, but you have to be a club member and wear a club vest.

Social Events

Throughout the year a number of social events are organised.

The Annual Presentation evening usually takes place in April gives the opportunity to meet as a club and celebrate our successes as individuals and as a team. It is at this event that the Club Championship awards are presented.

Leading up to Christmas, a family Christmas dinner event is usually organised as well as traditional Xmas Eve drinks following a club run in the morning.

Not forgetting, the popular Friday evening themed lap sessions at The Manor Leisure Centre Field in Whittlesey, which have included Easter Egg hunts and World Cup Runs.

Junior Running

By juniors we mean members below the age of 16 who are generally not permitted to run in races of 5k or more, although certain non-race events – eg Race For Life, and Parkruns are exempt from these restrictions as they are not officially races.

The lower age limit for most events is 9 years old, although we welcome younger children to do our own Manor Laps as these are very short races.

We currently provide the following events for children:

- we organise Friday night timed runs at the Manor Leisure Centre fields, Whittlesey, where juniors can run anything from one third of a mile to 2 miles in a friendly and well supervised and safe environment- this activity is entirely on grass and away from the road and carpark
- encourage juniors to enter the Junior Frostbite races which are 1.5 miles, and 3k fun runs which are held before many of the spring and summer 10k races
- encourage juniors to participate in the 3k Peterborough Grand Prix series which takes place on Wednesday evenings in June and July
- however, no juniors are expected to do races before they are ready and the minimum age is usually 9 years old to enter any of these events
- encourage juniors to take part in GPAN (Greater Peterborough Athletic Network) activities for children
- encourage juniors to participate in our 2 fun runs held in Thorney Park before our 10k and 5 mile races

Races

- As a member of Thorney Running Club, there is no requirement to ever run in a race if you do not wish to.
- However, many members who have said they never want to compete find themselves loving the thrill of running in an organised event with many other runners, and this can provide the motivation and inspiration to train that little bit harder to improve on your last time.
- As a club, our members are great at supporting each other, so if you are unsure about running your first race or attempting that longer distance then please contact one of the club captains to discuss.
- The club website details many of the local races coming up, although speaking to fellow team members is often a great way of finding out what is going on. The Runners World & Fetcheveryone websites are also good sources of information for races.
- Throughout the Autumn / Winter months a series of 5 mile races called the **Frostbite Series** take place on Sunday mornings at approximately 4 week intervals. There is no cost to members, all you need to do is turn up in your Thorney Running Club vest to be able to participate. As well as being able to participate as an individual, this is also a team event, which is well supported by runners of all abilities. The series also has a Junior race for our younger members to take part in. The races are usually 5 miles for seniors and 1.5 miles for juniors. Each year the committee select 4 frostbite runners of the year (male/female/senior/junior) to be presented at the final frostbite race.

Selected events at different times throughout the year are selected as our Club Championship events where awards are up for grabs for the first Thorney man / lady home alongside the first Thorney Veteran man / lady. The awards are presented at the Annual Presentation evening.

- For 2015 year the senior Club Championship events will be:
 - 5k – NVH Race 1 Grand Prix Series
 - 5 mile – March Spud Run
 - 10k – Deeping 10k
 - 10mile – NVH 10 mile
 - Half Marathon - Peterborough GER
 - Marathon – best time in any Marathon

GPAN

The club are part of the GPAN (Greater Peterborough Athletic Network). This is a set of 6 running clubs in the Peterborough area who are committed to providing running events and training for adults and children.

More details at

<http://www.gpan.org.uk/index.htm>

Relays

During recent years the club has become involved in 3 team relay events

These are Green Wheel Relay (50 miles – teams of 7, held in June)

Round Norfolk Relay (200 miles – teams of 17, held in September)

Hereward Relay (38 miles – teams of 4, held in November)

Our team co-ordinators and organisers are Ian Davies, Nathalie Palmer and Andy Cowling. Generally speaking our relay teams are non-competitive in the sense that we do not usually have a 1st team or 2nd team, but where more than one team is possible, we might have a vets team or a ladies team, for example.

Club Kit/Clothing

The main item of club kit is the club vest. This is a red white and blue vest which can be worn on top of a t shirt in cold weather. The club vests are a distinctive red white and blue, and the cost is £20 to seniors, and £10 for juniors. We are very proud to wear our vests!

Our main advice is to wear warm items in winter with a hi-viz top if running on or near a road. We also recommend that you wear comfortable running trainers that are in good condition.

