

ELY RUNNERS RESULTS

From 1st January 2004 to

WYMONDHAM NEW YEAR'S DAY 10K ROAD RACE, WEDNESDAY 1ST JANUARY 2004

One member woke up in the New Year without a hangover for the third year running, and was just outside his PB in the Wymondham 10k. The weather conditions were heavy drizzle, with a moderate wind and a light snowfall. There were 212 competitors.

Alan Rutterford 39:20 (27th)

CAMBRIDGESHIRE XC CHAMPIONSHIPS, HINCHINBROOKE PARK, SUNDAY 4TH JANUARY 2004

10 Members were among the competitors on the mainly level courses of footpaths, sports fields and muddy tracks. The race distances were much shorter than expected, the men's race being 7k and the women's race 4.5k which came as a surprise to many runners who misjudged their race pace. The Ely Runners men were 4th overall, and 4th vet team.

Stephen Howard	26:03 (22 nd) (4 th /26 MV40-49)
Peter Gipp	27:07 (29 th) (7 th /26 MV 40-49)
William Clapp	27:12 (31 st)
Torsten Lytken	27:24 (33 rd)
Alan Rutterford	28:17 (41 st)
John Crisp	28:37 (45 th)
John Turner	31:30 (61 st) (12 th /13 MV 50-59)
Kevin Jennings	32:00 (66 th) (19 th /26 MV 40-49)
John Fordham	38:09 (80 th) (5 th /8 MV 60-69)

FROSTBITE 4, RAMSEY, SUNDAY 11TH JANUARY 2004

16 Members turned out on a cold winters morning and produced a 2nd place for the club.

The scoring members were:

Stephen Howard	30:26 (6 th)
Alfredo Verna	31:07 (9 th)
Peter Gipp	31:14 (12 th)
Torsten Lytken	31:36 (18 th)
Matthew Hall	32:28 (26 th)
Chris Rayment	32:39 (29 th)
Alan Rutterford	33:06 (39 th)
Max D'Ayala	33:21 (41 st)
Diana Gipp	35:11 (74 th)
Sarah Sharpe	41:26 (157 th)

Other runners:

Darren Murfitt	33:32 (47 th)
Ray Harding	34:23 (59 th)
Charlie Barker	35:07 (72 nd)
John Turner	36:52 (94 th)
Ian Blatchford	43:54 (189 th)
Karen Foreman	43:55 (191 st)

FOLKSWORTH 15 MILE ROAD RACE, SUNDAY 18TH JANUARY 2004

Three members were among approx 500 competitors for this popular pre-London Marathon preparation race on a two lap, undulating course.

Stephen Howard	1:33:32 (13 th) (3 rd MV40)
Alan Rutterford	1:40:37 (53 rd) PB
Charlie Barker	1:52:39 (134 th)
Colin Doak	2:21:00 (388 th)

Conditions were still, cold and sunny with ice in places.

SEAA CROSS COUNTRY CHAMPIONSHIPS, SUNDAY 25TH JANUARY 2004

There were 800 runners.

FROSTBITE 5, BOURNE WOODS, SUNDAY 8TH FEBRUARY 2004

In the 5th race of the 6 race winter series, 16 Ely Runners made their way to Lincolnshire along with 233 other runners who competed over 5.1 miles of mixed terrain course of stony woodland tracks. Ely Runners finished in 1st place of the 15 teams for the first time this season, and Diana Gipp was the overall 1st female to finish the race. It was also the first race as team captain for Torsten.

The scoring ER team was:

Alfredo Verna	29:36 (11th)
William Clapp	29:50 (15th)
Torsten Lytken	30:14 (18th)
Peter Gipp	30:39 (23rd)
Darren Murfitt	31:59 (34th)
John Crisp	32:04 (35th)
Max D'Ayala	32:34 (39th)
Alan Rutterford	32:53 (47th)
Diana Gipp	33:54 (62nd) (1st female)
Sarah Sharpe	39:51 (147th)

Other ER runners:

Maurice Reed	33:33 (58th)
Charlie Barker	33:56 (63rd)
Ray Harding	34:46 (78th)
John Turner	35:24 (84th)
Natalle Coles	40:11 (151st)
Karen Foreman	41:00 (160th)
Adam Etches	45:52 (201st)

ST VALENTINE STAMFORD 30K ROAD RACE, SUNDAY 15TH FEBRUARY 2004

Eight members gave a 'Valentine sleep in' a miss to travel to Lincolnshire for this annual pre-London practise. There were 445 finishers and conditions were dry and mild with a light wind.

Stephen Howard	1:59:12 (21st) (2nd MV40)
Darren Murfitt	2:09:26 (73rd)
Alan Rutterford	2:12:37 (98th)
Charlie Barker	2:21:33 (161st)
Nicola Hector	2:33:41 (250th)
Rob Comley	2:34:50 (265th)
Karen Foreman	2:47:47 (348th)
Colin Doak	3:21:55 (430th)

ENGLISH CROSS COUNTRY CHAMPIONSHIPS 12K, LEEDS, SUNDAY 21ST FEBRUARY 2004

Four Ely Runners were among the 1,394 finishers in this national standard race on a three-lap course of grassy hills, which were very muddy in places. Conditions were cold, but sunny with a light chilly wind. The competition was clearly of a very high standard.....

Stephen Howard	51:41 (460th)
Torsten Lytken	55:12 (585th)
Matthew Hall	56:08 (760th)
Alan Rutterford	60:43 (1,025th)

MUSCULAR DYSTROPHY BURY 20M ROAD RACE, SUNDAY 29TH FEBRUARY 2004

ELY RUNNERS 1ST TEAM & STEPHEN HOWARD 1ST VET 40

Eleven Ely Runners were among the 271 finishers in this popular pre-London Marathon event on an undulating and picturesque course of rural roads and lanes south of Bury St Edmunds. Conditions were cold and partially sunny.

Stephen Howard	2:10:29 (14th) (1st MV40) PB
Matthew Hall	2:16:34 (27th)
Torsten Lytken	2:17:21 (31st)

John Turner	2:47:53 (135th)
Nicola Hector	2:55:11 (165th)
Karen Foreman	2:56:17 (171st)
Colin Doak	3:29:40 (245th)

This is one of the most important events ever won by an Ely Runners team and a significant MV40 win for Stephen. Well done!!

ASHBY, LEICESTERSHIRE 5M ROAD RACE, SUNDAY 29TH FEBRUARY 2004

Following his recent relocation to the Midlands and in his debut race for Harborough AC, 2nd claim Ely Runner **William Clapp** finished **25th out of 297 runners in a time of 29:07**. Conditions were cold and breezy for the undulating course.

FROSTBITE 6, HUNTINGDON, SUNDAY 7TH MARCH 2004

ELY RUNNERS BECOME LEAGUE CHAMPIONS 2003/2004 SERIES

DIANA GIPP 1ST FEMALE & BEST ELY RUNNERS OF THE SERIES

19 members took part over 5 miles of undulating roads and paved paths in cool, damp overcast conditions and finished as League Champions for the first time in their history despite finishing in second place on the day behind C&C. There were 272 runners.

Scoring team:

Stephen Howard	28:45 (16th)
William Clapp	29:05 (18th)
Torsten Lytken	30:12 (30th)
Peter Gipp	30:17 (33rd)
Max D'Ayala	30:36 (39th)
Maurice Reed	30:55 (46th)
John Crisp	30:58 (47th)
Chris Rayment	31:01 (49th)
Diana Gipp	31:44 (62nd) (1st female)
Birgitta Bramley	34:49 (122nd)

Other Ely Runners

Alan Rutterford	31:31 (55th)
Charlie Barker	32:28 (84th)
John Turner	34:15 (108th)
James Wilson	36:39 (157th)
Natalle Coles	38:30 (184th)
John Fordham	38:59 (190th)
Karen Foreman	39:06 (191st)
Darren Murfitt	39:06 (192nd)
Sarah Sharpe	39:43 (200th)

WYMONDHAM 20M ROAD RACE, SUNDAY 7TH MARCH 2004

One Ely Runner went to Norfolk on a mild, damp morning as part of his London Marathon training. There were 159 finishers.

Peter Bovill	2:35:21 (65th)
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WYMONDHAM 10M ROAD RACE, SUNDAY 7TH MARCH 2004

Despite a stomach upset the week before the race, Ely Runner **David Richards** finished **73rd of 159 in a time of 1:21:44** on an undulating course.

LAKENHEATH CHARITY 5M CROSS COUNTRY, SUNDAY 14TH MARCH 2004

ANOTHER SUCCESS FOR ELY RUNNERS: BRIGITTA BRAMLEY 1ST FEMALE

Ely Runner **Birgitta Bramley** was **16th (1st female) of 51** in a time of **41:36** on a course of muddy footpaths and farm tracks. Conditions were cool and windy.

MILTON KEYNES HALF MARATHON, SUNDAY 21ST MARCH 2004

David is quoted as saying "Not great, but I'm getting the time down slowly"!

LINTON HALF MARATHON, SUNDAY 28TH MARCH 2004

ELY RUNNERS 1ST TEAM, STEPHEN HOWARD 3RD OVERALL & 1ST MV40

Seven members were among the 260 finishers in this race on a hilly rural course in South Cambs. *This event has always been won by Saffron Striders in the past, until, along come the Ely Runners on a crest of a success wave, which is continued, by winning the team event.* Conditions were cool and overcast with a light breeze.

Stephen Howard	1:19:04 (3rd) (1st MV40) PB
Peter Gipp	1:24:04 (13th) (course PB)
Torsten Lytken	1:24:10 (14th)
Darren Murfitt	1:27:47 (28th)
Charlie Barker	1:33:41 (52nd)
John Turner	1:36:19 (66th)
Karen Foreman	1:57:11 (184th)

BEDFORD HARRIERS: OAKLEY 20M ROAD RACE, SUNDAY 28TH MARCH 2004

One member made the journey to the other-side (of Bedford), for this annual pre-London Marathon long run. Conditions were mild, overcast and dry. There were 481 finishers

Peter Bovill	2:31:26 (104th)
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SANDY 10M, SUNDAY 4TH APRIL 2004

One Ely Runner competed in this annual 10-mile road race. Conditions were mild with a brisk side wind and there were 250 finishers.

Alan Rutterford	1:07:53 (43rd)
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PARIS MARATHON, SUNDAY 4TH APRIL 2004

One member woke up early one Sunday morning, took the Eurostar to Paris and ran the 28th Paris marathon. The weather conditions were described as perfect.

John Crisp	03:10:49 (3031st/30430)
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CASTLE CAMPS 6 MILE ROAD RACE, SUNDAY 11TH APRIL 2004

One member travelled to Haverhill to take part in this annual fun run organised by the village fete committee. Conditions were good, 8C, overcast, cool, dry with a light breeze and the course was a single loop on quiet country roads. There were 120 runners.

Stephen Howard	33:24 (4th) (1st MV40)
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23RD FLORA LONDON MARATHON, SUNDAY 18TH APRIL 2004

There were eight members lucky enough to be running the event this year, conditions for the race were good being mild with light rain and little wind, the conditions for spectators were not as good as in recent years!!

Matt Hall	03:03:01 (1399th) (1315th male)
Darren Murfitt	03:09:48 (1964th) (1819th male)
Diana Gipp	03:13:02 (2296th) (177th female)
Alan Rutterford	03:26:45 (3945th) (3587th male)
Nicola Hector	03:51:04 (8699th) (1086th female)
Kevin Jennings	04:16:16 (14999th) (12528th male)
Karen Foreman	04:29:33 (18363rd) (3364th female)
Paula Jennings	04:49:16 (22750th) (4752nd female)

A detailed race day report will appear elsewhere in this newsletter.

108TH BOSTON (USA) MARATHON, MONDAY 19TH APRIL 2004

Stephen Howard was among the 17,950 starters and **16,743 finishers** competing in the hottest conditions since 1987 with temperatures of 30C. Times were slower than usual but Stephen nevertheless finished in a time of **03:15:45** in a position of **956th overall, 894th male and 233rd MV40-49**

Four members were among the 74 finishers in this hilly mixed terrain race. Conditions were warm and sunny.

Peter Gipp	36:50 (5th) (2nd MV40)
Chris Rayment	38:10 (9th)
Darren Murfitt	39:20 (13th)
John Turner	42:41 (21st) (1st MV55)

EASTERN VETS AC 4X3K ROAD RELAY CHAMPIONSHIPS, HEMINGFORD GREY, SUNDAY 2ND MAY 2004

The Ely Runners team finished 5th in the MV40-49 category with an overall time of 45:22. The individual times for each runner are as follows:

Leg 1: Maurice Reed	11:38
Leg 2: Chris Rayment	11:36
Leg3: Alfredo Verna	11:11
Leg 4: Stephen Howard	10:57

Conditions for the 1 lap course were good 17C and bright with a light breeze.

BRECKLAND 10K ROAD RACE, CROXTON, SUNDAY 2ND MAY 2004

Six Ely Runners were among the 224 finishers on a gently undulating course of minor forest and Breckland roads Conditions were warm, sunny and slightly humid.

Torsten Lytken	37:40 (20th)
Alan Rutterford	40:29 (49th)
Ray Harding	41:23 (53rd)
John Turner	43:27 (70th)
Karen Foreman	49:41 (139th) PB
Colin Doak	57:30 (194th)

NEWMARKET HEATH 6K TRAIL RUN, THURSDAY 6TH MAY 2004

One member went to Newmarket to take part in the annual Newmarket Joggers heath run. Race day conditions were mild, overcast and still. The grassy field at the top of the course was a little heavy due to earlier precipitation. There were 80 competitors.

Stephen Howard	19:46 (9th) (2nd MV40)
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COPENHAGEN MARATHON, SUNDAY 16TH MAY 2004

Ely Runners Team Captain **Torsten Lytken** travelled to his native Denmark to compete with about 6,500 runners in this prestigious 26.2-mile race on a flat course along the sea front (close to the famous Little Mermaid statue), lakesides and boulevards of Copenhagen. It was Torstens' first road marathon and despite warm conditions he **finished 290th out of 5,582 finishers in an excellent time of 3:09:43.**

GOG MAGOG TRUST '5M' TRAIL RUN, CAMBRIDGE, SUNDAY 16TH MAY 2004

Two members were among the 63 finishers competing on this two lap course of approx. 4.75 miles of hilly downland tracks in hot conditions.

Peter Gipp	28:00 (3rd) (1st Vet)
Adam Etches	38:00

EYE 10K MIXED TERRAIN, SUNDAY 16TH MAY 2004

Eleven Ely Runners competed in the second of eight races of the 2004 CRRL on a flat one-lap course of roads and tracks. Conditions were hot and caused several runners to walk in the later stages of the race. There were 392 finishers

Max D'Ayala	39:00 (33rd)
Maurice Reed	39:22 (37th)
Chris Rayment	40:08 (49th)
Alan Rutterford	41:58 (75th)
Richard Handoll	43:33 (98th)
John Turner	44:55 (122nd)
Birgitta Bramley	45:13 (128th) (1st FV45)
Geoffrey Turner	51:14 (221st)

EAST CAMBS HALF MARATHON, SOHAM, SUNDAY 23RD MAY 2004

Nine Runners were among the 129 finishers for this one lap course from Soham to Barway to Wicken and back to Soham. Conditions were hot and sunny with a light breeze.

Peter Gipp	1:25:28 (7th) (1st MV40)
John Crisp	1:27:04 (10th)
Maurice Reed	1:28:36 (14th)
Chris Rayment	1:28:49 (15th)
Charlie Barker	1:36:41 (37th)
John Turner	1:37:44 (41st)
John Fordham	1:46:31 (64th)
Karen Foreman	1:51:55 (80th) *PB*
Colin Doak	2:14:08 (111th)

CLUB 1 MILE HANDICAP RACE, ELY, TUESDAY 25 MAY 2004

To recognise the 50th anniversary of the first sub 4 minute mile by Sir Roger Bannister, Ely Runners incorporated an informal 1 mile grass track handicap into their training on Tuesday evening. The winner of the handicap race was Karen Foreman and the fastest time was by Chris Rayment who were both presented with a bottle of wine by Chairman Peter Gipp. Full results as follows:

Name	Handicap position	Handicap time	Actual time	Difference in time	Time position
Karen Foreman	1	7:45	6:43	-1:02	8
Natalle Coles	2	7:45	7:09	-0:36	9
Sarah Sharpe	3	7:45	7:33	-0:12	10
Chris Rayment	4	5:20	5:13	-0:07	1
Alfredo Verna	5=	5:20	5:18	-0:02	2
Charlie Barker	5=	6:05	6:03	-0:02	6
Peter Gipp	6	5:20	5:23	+0:02	3
Max D'Ayala	7	5:20	5:25	+0:05	4
Torsten Lytken	8	5:20	5:32	+0:12	5
John Turner	9	6:15	6:37	+0:22	7

Conditions were good, being mild and still. Club Treasurer Peter Harris was Timekeeper for the race.

ARTHUR BOWDEN 5 MILE ROAD RACE, PETERBOROUGH, THURSDAY 27TH MAY 2004

Ely Runner **Alan Rutterford** finished **49th** of **221** runners in a time of **32:30** on a two lap course of lanes and tarmac paths around a lake. Conditions were warm with a light breeze.

BRANDON FOREST HALF MARATHON, SUNDAY 31ST MAY 2004

Six Ely Runners were among the 196 finishers in this trail race on a two-lap cloverleaf course of forest tracks. Conditions were quite hot with a slight breeze.

Alfredo Verna	1:19:25 (4th) (4th MV40)
Torsten Lytken	1:24:39 (14th)
Chris Rayment	1:30:14 (22nd)
Alan Rutterford	1:36:55 (45th)
John Turner	1:37:25 (48th)
Karen Foreman	1:55:48 (136th)

HICKTHRIFT 10K, WISBECH, SATURDAY 5TH JUNE 2004

Three Ely Runners were among the 154 finishers racing over a flat Fenland course of rural lanes and roads.

John Crisp	37:39 (8th) PB
Chris Rayment	37:52 (11th) (1st MV40)
John Turner	44:09 (53rd) (3rd MV55)

EVAC AC 5M ROAD RACE CHAMPIONSHIPS, REACH, SUNDAY 6TH JUNE 2004

Stephen Howard 29:03 (4th) (3rd MV40)
Maurice Reed 31:14 (14th) (8th MV40)
John Fordham 39:27 (39th) (1st MV65)

BLAYDON RACE, 5.7M, SUNDAY 13TH JUNE 2004

Adam Etches lined up with the Kenyans at the 2004 Blaydon Race and finished in a time of **41:41**, finishing in 611th place, 544th male (260th under 40 male)

CITY OF NORWICH HALF MARATHON, SUNDAY 13TH JUNE 2004

Four members were among the 1,000 starters for the undulating two-lap course starting and finishing at the Norfolk Showground. Times were relatively slow due to the very hot conditions, but there were plenty of sponges and water stations on the course.

John Crisp 1:26:32 (38th)
Keith Mitchell 1:36:41 (164th)
John Turner 1:39:03 (201st)
Charlie Barker 1:39:20 (207th)

ELY RUNNERS 10K HANDICAP, LITTLE DOWNHAM, THURSDAY 17th JUNE 2004

IMPROVING KAREN FOREMAN WINS IN PERSONAL BEST TIME WILLIAM CLAPP FASTEST ELY RUNNER

There were 63 starters and 61 finishers in this hotly contested annual event. In addition to Ely Runners and personal guests, the club invited St Radegan Hash House Harriers from Cambridge to take part. After the race, members and guests enjoyed drinks, sandwiches and chips in the garden of the Prince Albert pub in Ely.

First Ely Runner was Karen Foreman in a personal best time (by 2:26) of 47:15, which was 2:45 ahead of her handicap time. After the race at The Prince Albert pub, she was presented with the Club's perpetual 10k Handicap shield by Chairman Peter Gipp. Karen only started running about 18 months ago and has since completed the London Marathon and steadily improved her times in shorter events. Earlier in June, she also won a 1 mile handicap held by the club during training to celebrate the 50th anniversary of Dr Roger Bannister's first 4-minute mile.

First guest was Fiona Regan of St Radegan HHH in 47:59, a spectacular 12:01 ahead of her handicap time. The St Radegan HHH team ran in 10k Handicap T-shirts designed for the event.

The fastest runners were Stuart Holmes and David Bettison, both from St Radegan HHH and both in 36:07. The fastest Ely Runner was William Clapp, very close behind in 36:09.

Guest Diana Braverman (Newmarket Joggers) who is currently injured for running, walked the course to finish 14th in an excellent 1:09:52, over two minutes ahead of her handicap time of 1:12:00. Her husband guest Terry Braverman (Newmarket Joggers), who was recovering from illness, finished 6th in 49:56, over 6 minutes ahead of his handicap time.

Conditions were good for running, being cool for the time of year with an overcast sky and a light breeze.

EVERTON FUN DAY 3M, SATURDAY 19TH JUNE 2004

After a long period of injury, Peter Harris ran his first competitive event since July 2003, there were 31 runners and Peter finished in 12th place with a time of 22:19 and reported no after effects.

NORTH DOWNS 30K MIXED TERRAIN, SUNDAY 27TH JUNE 2004

Four members were among the 344 finishers in this popular race over tracks and lanes in the North Downs:

Torsten Lytken 2:28:07 (39th)
John Turner 2:40:13 (73rd)

RYSTON MIDSUMMER 5 MILES ROAD RACE, DOWNHAM MARKET, 1st JULY 2004

IAN DAY FIRST SENIOR MAN IN DEBUT FOR CLUB

Two Ely Runners achieved fast times in this fast flat evening race. Ian Day (in his first race for the club) finished 8th (1st Senior Man) in 29:36, and Max D'Ayala was 12th in 30:03. There were 114 finishers and if there had been another Ely Runner of similar speed, the club could have been first team.

ASSEMBLY LEAGUE 5K, DOME, LONDON, THURSDAY 1st JULY 2004

Ely Runner Stephen Howard ran for the Stock Exchange team and finished 27th of about 200 runners in 17:34. The course was on cycle paths and walkways and conditions for the high standard race were cool and blustery.

EASTERN VETERANS 10K CHAMPIONSHIPS, COMBERTON, SUNDAY 4th JULY 2004

STEPHEN HOWARD OUTRIGHT WINNER

Two Ely Runners were among the 46 finishers on an undulating course of quiet roads. Stephen Howard was 1st in 36:16 and Maurice Reed was 11th in 37:54. Conditions were sunny and humid.

MANSFIELD HALF MARATHON, SUNDAY 4th JULY 2004

PERSONAL BESTS FOR WILLIAM CLAPP AT 10 MILES & 13.1 MILES

William Clapp (2nd claim Ely Runner) finished this undulating course (which climbed gradually to 9.5 miles) in 24th place out of 722 runners in 1:21:30, which was a personal best by over 1 minute. He also achieved an en route personal best by 10 seconds for 10 miles in 1:02:44. Conditions were hot but the race was well organised with lots of sponge and water stations. As William was in the top 50 runners, he was rewarded with a lightweight wind/shower proof running jacket.

FEAST BEAST 7 MILES MIXED TERRAIN, SUTTON, SUNDAY 4th JULY 2004

ELY RUNNERS 1st TEAM

Runners from Ely were awarded the team prize. Official Ely Runners results from 83 entries:

2nd	Ian Day	39:26	
5th	Darren Murfitt	43:07	
8th	Ray Harding	44:42	
12th	Adam Etches	46:34	
33rd	Natalle Coles	53:54	(4th female)

The Ely team's average time of 44:00 won the team prize.

NEWMARKET 10K ROAD RACE, SUNDAY 4TH JULY 2004

Two members made the short trip to Suffolk to take part in the annual Newmarket Joggers 10k. Conditions were warm and breezy for the two lap course which started and finished at the sports centre on Exning Road. There were 100 finishers.

Ian Blatchford	47:27 (46th)
Colin Doak	??

ABBEY 12K MIXED TERRAIN RACE, RAMSEY, SUNDAY 11th JULY 2004

STEPHEN HOWARD 1st MALE VET 40

Seven Ely Runners were among the 250 finishers competing on a fairly level course of grass, farm roads, and tracks. Official results:

67th	John Turner	52:18	2nd MV55
173rd	Karen Foreman	1:04:48	
220th	Colin Doak	1:11:46	

Conditions were mild but humid with a light wind.

ABBEY 3K (1.86 MILES) FUN RUN, RAMSEY, SUNDAY 11th JULY 2004

PERSONAL BEST FOR HAYLEY RUTTERFORD

Ely Runners youngest member Hayley Rutterford (aged 6) was 22nd of 49 runners. She completed the all grass course in 14:24 which was a personal best by two minutes. Stephen Howard's wife Joanne Howard (FV40) finished 27th in 15:34.

ST IVES DAIRY CREST 10K ROAD RACE & 3K FUN RUN, SUNDAY 18th JULY 2004

Stephen Howard 2nd MV40 in 10k & Hayley Rutterford 2nd Under 9 Girl in 3k

There were 7 Ely Runners among the 277 finishers in the 10k. Official results:

11th	Stephen Howard	35:38	2nd MV40
26th	Ian Day	38:17	
27th	Maurice Reed	38:24	
33rd	Max D'Ayala	39:00	
46th	Alan Rutterford	39:40	Best time since 1st Jan 04
82nd	John Turner	42:34	4th MV55
217th	Fran Crawford	54:46	5th FV50

The course included a few undulations as it gently climbed and descended to and from an airfield perimeter track. Conditions were warm, wet and very humid.

In the Mayor's 3K Fun Run, members' children were among the 111 finishers as follows:

Jake Rutterford (age 12) was 27th in 14.24
Hayley Rutterford (Ely Runners, age 6) was 66th in 17.23 (2nd under 9 Girl)
Oliver Howard (age 7 and first ever race) was 72nd in 17:46 and his sister Natasha Howard (age 4) ran with her mother to finish in 26:58

HAVERHILL 10K ROAD RACE, SUNDAY 25TH JULY 2004

Ely Runner **Ian Day finished in 12th position in 38:39**. Conditions for the undulating course were mild and damp with a light wind.

DOUG ANDERSON MEMORIAL 5K ROAD RACE, BEDFORD, WEDNESDAY 28th JULY 2004

Ely Runner Alan Rutterford was 27th of 245 finishers (including over 70 from Bedford Harriers AC) in a time of 19:15. Conditions for the race, held on a two and half lap course, were hot (27 degrees C) and humid, despite being an evening event.

5K TRACK RACE, MIDDLESBOROUGH, SATURDAY 31st JULY 2004

Second claim Ely Runner Robert Campbell finished 4th in a respectable 17:06 in warm and breezy conditions. It was his first race of the year and he is now training for the Abingdon Marathon in the autumn and will be running in the Grunty Fen Half Marathon on 12th September.

AROSA-WEISSHORN HALF MARATHON, SWITZERLAND, AUGUST 2004

Ely Runner Ian Day finished 43rd of 170 starters in 2:07:59 in this hilly half marathon with a spectacular 2,638m of climb.

EASTERN VETERANS AC 5K ROAD CHAMPIONSHIPS, CAMBRIDGE, SUNDAY 1st AUGUST 2004

hotly contested championship (5 year age categories) held on a road loop between Cambridge and Granchester. The race was also part of the EVAC Grand Prix series. Official results:

6th	Maurice Reed	18:42	(3rd MV40),age related performance72.60%
27th	John Fordham	23:28	(2nd MV65),age related performance 72.52%

Conditions were hot and sunny

WELLINGBOROUGH 5 MILES ROAD RACE & 1 MILE FUN RUN, SUNDAY 1st AUGUST 2004

Ely Runner Alan Rutterford finished in 32:24 on a fairly flat course but in hot conditions of 27C (position not yet available)

His young daughter Hayley (also an Ely Runner) ran in the fun run on a sports field (time and position not yet available).

ULVERSTON 10K ROAD RACE, LAKE DISTRICT, WEDNESDAY 4th AUGUST 2004

STEPHEN HOWARD 2nd MV40

Ely Runner Stephen Howard finished 16th (2nd MV40) of 175 in 36:09 in a high standard field on a course of relatively flat industrial estate roads, Conditions were cloudy, very warm (22C), and humid.

WIBBLY WOBBLY LOG JOG, 5 MILES, BRANDON FOREST, FRIDAY 6th AUGUST 2004

PETER GIPP 3rd MV40, CHARLIE BARKER 3rd MV50, & PERSONAL BEST FOR KAREN FOREMAN

Six Ely Runners were among the 325 finishers in this popular evening race on a one-lap course of undulating, twisting and uneven forest tracks. Official results:

9th	Peter Gipp	30:04	(3rd MV40)
18th	John Crisp	30:48	
28th	Alan Rutterford	32:20	
57th	Charlie Barker	34:28	(3rd MV50)
69th	John Turner	35:32	
107th	Karen Foreman	38:45	(7th SW and PB)
DNF	Chris Rayment		

Conditions were very hot and very humid.

LOWTHER SHOW HALF MARATHON, NE OF ULLSWATER, FRIDAY 6th AUGUST 2004

STEPHEN HOWARD 1st MV40

Ely Runner Stephen Howard finished 6th of 58 runners in an excellent (for the conditions) time of 1:25:08. He was presented with a trophy and a £20 voucher for being 1st MV40. The tough course had 1500' of ascent and was half on roads and half grassy heathland and muddy fern covered trails with gates and stiles. Conditions were hot (23C) and humid with a light breeze.

NEWARK HALF MARATHON, SUNDAY 8th AUGUST 2004

Four Ely Runners were among the many runners (race limit 3,000) competing in what turned out to be probably the hottest half marathon of the year at 29C in the shade and much more on the exposed roads in bright sunshine. Fortunately there was a light breeze and plenty of water stations. Times were inevitably slow and provisional results are:

Adam Etches	1:42.30
Graham Meek	1:59.50
John Crawford	2:04:00
Natalle Coles	2:06.30

PETERBOROUGH 5K SERIES RACE 4, FERRY MEADOWS, WEDNESDAY 11th AUGUST 2004

personal best. Conditions were warm and still.

GRIMSTHORPE CASTLE 10K, EDENHAM, S. LINCS, MONDAY 30th AUGUST 2004

Ely Runner Alan Rutterford completed this very undulating mixed terrain course 37th of 301 finishers in a respectable 42:55. He overhauled two Riverside Runners on the steep uphill grassy slope to the finish. Conditions were warm and sunny with a strong wind.

THORNEY 5 MILES ROAD RACE, SUNDAY 15th AUGUST 2004

Stephen Howard 1st MV40 and MV40 County Champion
Maurice Reed 3rd County MV40 & Personal Best for Karen Foreman

Seven Ely Runners were among the 214 finishers in this long established race which incorporated the Cambs County Championships and Cambs Road Race League. The one lap flat fenland course consisted of mainly roads plus about a mile of level farm track. Official results:

11th	Stephen Howard	28:17	1st MV40 and MV40 County Champion
20th	Max D'Ayala	30:01	
26th	Maurice Reed	30:59	3rd County MV40
42nd	Alan Rutterford	32:37	
60th	John Turner	34:05	4th MV55
103rd	Karen Foreman	37:57	PB by 48sec
105th	John Fordham	38:04	

Stephen Howard's wife Joanne Howard (who has only recently started running), finished 184th in a very creditable time of 47:30.

Conditions were quite hot and humid with a slight breeze.

HENFIELD MIXED TERRAIN HALF MARATHON, BRIGHTON, SUSSEX, SUNDAY 22 AUGUST 2004

Stephen Howard 3rd Overall

In form veteran Ely Runner Stephen Howard finished 3rd of over 250 runners in a fast 1:22:28. His time was particularly good because the undulating course included a grassy riverbank (with two herds of cows to shoo away), gates, stiles, stony cycle paths and muddy ex-railway cuttings with only two short stretches of road. Conditions were warm, sunny and humid with a light breeze.

JOG SHOP JOG 20+ MILES TRAIL RACE, BRIGHTON, SUNDAY 29th AUGUST 2004

Veteran Ely Runner John Turner completed this hilly (2,300' of ascent) South Downs course 65th of 213 finishers in 2:59:46, a course PB by over 3 minutes. Much of the course was on Downland tracks and included several long ascents and descents with many gates and styles. Conditions were mild, overcast and blustery.

NENE VALLEY 5K ROAD RACE, PETERBOROUGH, WEDNESDAY 1st SEPTEMBER 2004

Another Personal Best for Improving Karen Foreman

Five Ely Runners were among the 191 finishers in this Cambs Road Race League race on an almost flat one lap course of parkland roads and tarmac paths around the lake. Official results:

18th	Stephen Howard	17:01	
36th	Ian Day	18:03	
50th	Alan Rutterford	18:45	
102nd	John Turner	21:10	
116th	Karen Foreman	21:49	PB

Karen Foreman's sister Julie also ran and finished 184th in 30:20. Conditions were hot and still.

48 th	Alan Rutterford	1:38:33
56 th	Charlie Barker	1:41:03
136 th	Natalle Coles	1:59:06
156 th	John Crawford	2:05:23
203 rd	Colin Doak	2:23:37

The hot sunny weather meant that times were slower than usual and the first man's time was only 1:16:19. Adam Etches started quickly and proved he is regaining fitness (after a long term injury) by sustaining his pace to finish first for Ely in a very creditable time for the conditions.

CASTLETON SHOW 10K ROAD RACE, SATURDAY 11th SEPTEMBER 2004

Robert Campbell 2nd

Second claim Ely Runner Robert Campbell finished this moorland course of hill roads (255m of climb) in 2nd place in 37:07, which was about 33 secs behind the winner.

GRUNTY FEN HALF MARATHON, WITCHFORD, ELY, SUNDAY 12th SEPTEMBER 2004

Personal Best for William Clapp

Despite organising the event, Ely Runners' depleted men's team still managed to finish 4th of 32 teams. Official men's team results were:

14 th	William Clapp	1:19:18	Personal best
50 th	Maurice Reed	1:26:30	
65 th	Luke Minall	1:28:22	1st race for club
100 th	Alan Rutterford	1:33:12	

Overall results of other Ely Runners:

182 nd	Peter Bovill	1:39:16	
349 th	John Corbishley	1:51:35	
350 th	Meng-Han Kuok	1:51:43	
399 th	Jane Cullen	1:56:01	1st race for club

There were 572 finishers and conditions for the exposed course of mainly

CHRIS INGHAM MEMORIAL 10K, LEICS, SUNDAY 19th SEPTEMBER 2004

Running for Harborough AC second claim Ely Runner William Clapp finished 7th out of 220 in a time of 36:24. Conditions were warm but windy for this two lap course of road, path and rough country track. Two hills further added to the difficulty of the course.

SAFFRON WALDEN 10K, SUNDAY 26TH SEPTEMBER 2004

Five Ely Runners took part in this challenging and undulating multi-terrain course which includes some long, steep hills. The conditions were mild and dry and the race attracted over 300 runners. There was once again an incident of directional arrows being moved which led to the leading runners going off the intended course – unfortunately Stephen Howard was one of the runners to suffer. Stephen was however still able to improve his PB by 50 seconds!!

Stephen Howard	34:51 (4 th /353)PB
Maurice Reed	38:15 (23 rd)
Alan Rutterford	40:27 (50 th)
Ian Blatchford	47:46 (119 th)
Colin Doak	56:19 (260 th)