



SENIORS START AT THE CLUB XC CHAMPS

## News

We warmly welcome the following new members who joined the club since the last newsletter (May 2013!!)

M Stuart Aldridge, Kim Askew, Amy Barrett, Lara Barrett, Alex Bartley, Tanya Batchford, Jacob Bell, Libby Bell, Mark Bell, Sarah Bell, Ros Blackmore, Robert Boekee, Sharlene Boekee, Andy Bonner, Lauren Booth, Beth Bradley, Matthew Bradley, William Bradley, Julian Brereton, Callum Bridges, Gemma Bridges, Sue Bridges, Cameron Brooks, Melanie Broughton, Lorna Brown, Rhys Burlton, Ellis Chapman, Lewis Chapman, Maggie Chapman, David Chesterman, Colin Churcher, Tammy Clarkson, Aaron Clifford, Liam Clifford, Jack Crane, Nathan Cresswell, Ben Cross, Jacob Cullum, Stephanie Curtis, Steven Curtis, Pawel Cwierz, Holly Dack, Alan Darby, Isobel Davies-Trainer, Bethany Diment, Sarah Diss, Amanda Earlam, Ellie Enoch, Sid Enoch, Nicky Ester, Zoe Evans, Andrew Fillmore, John Foster, Dana Fraser, Harriet Frost, Linda Fullman, Ellis Garner, Matt Gaunt, Claire Geary, Chloe George, David Gillespie, Rui Gomes, Philippa Gott, Barry Graves, Clare Graves, Gwen Graves, Joanna Griffin, Paul Griffin, Alex Haggart, Claire Haggart, Justin Hauffe, George Hawkins, Elaine Hendrie, Laura Hill, Rufus Hillier, Sophie Hillier, Martin Hine, Megan Holland, Benny Hughes, Leon Hughes, Rachel Hutchins, Gordon Irvine, Emily Jenkinson, Isabelle Jupp, Ian Keys, Laura Leach, Emma Lewis, Katie Lewis, Lucy Lott, Sharon Loveday, Cara Macfarlane, Alfie Mack, Catherine Margree, Rebecca Marley, Andrew Marshall, Connor Marshall, Pedro Martins, Matthew Mason, Boris Mayger, Grahame McKenzie, Robin Means, Alex Melloy, Mary Meredith, Shanti Miah, Toby Michaelson-Yeates, Max Miller, Rhea Miller, Ausra Misinskiene, Serena Moden, Ben Morris, Carl Morris, Isaac Morris, Thomas Muncney, Rebecca Neville, Simon Nightingale, Jesue Nwaha, Alex Oakhill, Leslie Paul, Jeremy Peake, Lauren Pettit, Sarah Piotrowski, Maylis Porre, Colin Power, Rick Prins, Jessica Rahaman, Tom Rees, Zoë Rendell-Read, Felicity Reynolds, David Richards, Shashi Righton, Iain Robertson, Peter Royle, Andrew Scarlett, Kate Shepherd, Luke Shepherd, Roddie Shepherd, Adam Smeeton, Elaine Smith, Janet Smith, Sadie Spring, Charlie Starling, Alistair Steele, Darrell Stevens, Rhys Steyn, Will Taylorson, James Thew, Lauren Thomas, Callum Thow, Alex Trense, Richard Ward-Roden, Lauren Watson, Jordan Webb, Catrin Wembacher, Bethany White, Eve White, Jeremy White, Jan Wisniewski, Peter Wood, Jay Woods, Molly Wright.

We look forward to seeing you all at training and club events!



Ely Runners Newsletter – April 2016

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## Ely Runners

A Community Amateur Sports Club  
Est. 1985

## Individual Achievements - Annual Awards 2015

Most Improved Runner (New Member) – **Gwen Graves**

Most Improved Runner (Male) – **Andy Thompson**

Most Improved Runner (Female) – **Louise Bonner**

Best Marathon – **Alan Darby**

Best Half Marathon – **John Manlow**

Best 10k – **Stephen Howard**

Most Improved Junior (Boy) – **Alex Oakhill**

Most Improved Junior (Girl) – **Libby Bell**

Special Achievement – **John Crawford, Samantha Collins-Shirley, David Mould**

Many congratulations to all!!

### **2016-2017 Membership**

Subs Become **Due 1st April!** Please see the website for more details or click [HERE](#)

Why renew you membership? £20 (£10 U25s) last year got you:

- 186 planned training session on road, cross country and track
- Free entry to 5 club championship races
- Free entry to 12 inter-club league races (one every month)
- Three free buffets
- Xmas Raffle
- Free transport to Xmas club run
- Organised Xmas lunch
- Free entry to county, regional and national stand-alone championship races
- Free changing and showers at the Paradise Centre

Do I need to pay £13 extra for England Athletics affiliation?

- If you would like to get £2 off any EA race you enter: **yes**
- If you enjoy [powerof10](#) and [runbritainrankings](#)
- If you would like to support EA who provide 25% discount coaching courses to clubs: **yes**
- If you have athletic ambitions to compete at county, regional or national level: **yes**
- If you want to support ER's allocation of VLM places: **yes**

## Frostbite Friendly League

Congratulations to Hunts AC and Riverside as the winning Senior and Junior Frostbite teams respectively for the 2015/16 series.

Ely Seniors finished in 13<sup>th</sup> of 16 teams with 25 league points.

The juniors came in 10<sup>th</sup> position out of 15 with 36 points.

Team results and positions can be found [HERE](#)

Runners of the Series:

Senior Ladies: Louise Cadogan      Senior Gents: Robin Webb

Girls: Dana Fraser      Boys: Jacob Bell

## Club XC Championships

Well done everyone who organised and ran the extremely challenging Deans Meadow & Cherry Hill Park XC course for this year's annual club XC championships. A bright and cold morning saw some 50 Ely Runners take on the extremely challenging Deans Meadow & Cherry Hill Park XC course for this year's annual club XC championships.

1st Man: **Ross Payne**

1st AG Man: **Graham Chapman**

1st Lady & 1st AG Lady: **Zoe Shackleton**

**A full list of results are available on the club website.**

The club would like to thank all members who turned out to support the event in all capacities.

## Running for Beginners:

Next acclaimed course starts **4th April 2016**.

For more information please contact:  
**beginners@elyrunners.co.uk**

## SEAA XC Championships

Well done seniors at the SEAA XC Championships at Parliament Hill, London on Saturday 30th January

Senior Ladies Results - 356th 0:45:25 **S Collins-Shirley**

Senior Men Results - 322th 1:02:49 **G Irvine**, 404th 1:04:47 **K Drane**, 636th 1:10:22 **C Fryer**, 656th 1:10:55 **R Hill**.

## Social

Lauren Thomas is our new social secretary and watch this space for more on the social side to Ely Runners!

**20 seats have been booked at the Witchford Village Inn for people to have food and drinks after our Kevin Henry Race on the 19th of May – more the merrier!!**

If you have any ideas for social events please contact [social@elyrunners.co.uk](mailto:social@elyrunners.co.uk)

# Race Reports

## ***Steyning Stinger, Steyning, Sussex.***

Ely Runners Miranda Reynolds and Emma Greaves took part in the Steyning Stinger Marathon on Sunday 6th March 2016. The Steyning Stinger is a cross-country hilly marathon through the South Downs between Worthing and Shoreham-by-Sea, consisting of four 'Stinger' hills. The weather on the day was sunny and crisp with a chilly breeze. The scenery was stunning, the terrain was mainly trail and exceptionally muddy. The marshalling and organisation of the race was very relaxed and friendly. Added bonus of free photo downloads and free post-race English breakfast. Miranda and Emma found it a challenging but very enjoyable race. Miranda and Emma completed the marathon in 5 hours 9min. 19th/20th female out of 41 and 128th/129th out of 192 overall. Official Results 1st John Pepper 3:02:28, 9th Edwina Sutton 3:40:19 (1st Lady), **128th Emma Greaves 5:09:47, 129th Miranda Reynolds 5:09:47**

## ***Cambridge Boundary Run, Cambridge.*** (Full report [HERE](#))

This event is unique, leaves a good sense of accomplishment, and is a bargain at £12/ £14.

HM Winner: Max Holloway 1:16:20, Anna Cellinska 1:24:11 **ERs: 208th Roddie Shepherd 2:11:08**

Marathon Winner: Tom Fairbrother 2:51:45 **ERs: 46th Richard Hill 3:39:45 (PB), 47th Alan Darby 3:39:46, 75th Peter Royle 3:53:32, 170th Tammy Clarkson 4:43:27**

Apologies for any ERS missed, but the results online do not list club so I was only able to extract results for those I recognised. <http://www.racesonline.uk/results/cambridge-boundary-half-results/> On a personal note thank you to Alan for making this his Sunday training and slow enough to keep me company, and for putting up with my 'fatigue tics'. Thanks to Laura and Louise for numerous road side shouts of encouragement (9?) despite a combined pregnancy total of 45 weeks. Well done Peter on creating the discipline of Ultra Duathlon, cycling in from and back to Ely.

## ***Tarpley 20, Beyton, Suffolk.***

Six Ely Runners set off for the Tarpley 20 on Sunday 28th February. For some, including John Manlow, it was the last planned road race before VLM. John was feeling ok after Folksworth, but he was still short on miles having completed only one 20 miler back in the February half term. The day started quite lovely - cool with a bit of sun - but was slightly spoiled by a rising wind; which seemed to give minimal help on the trip south from Beyton, but was blowing quite hard in the runners faces on the way back. Alan Darby set off quite sensibly in 3rd place then pulled away at the end to take the win, set a new course record of 1:52:56, set a new PB and pick up some cash! Meanwhile, John worked hard most of the way around, dropping the 3 other members of the group he was running with in the last 5 miles to finish 8th and pick up the v45 award. Two Ely Runners in the top ten is a decent show. There were 286 finishers. Afterwards, John was pleased with the fact that he had managed a sub 6 min mile for the final (downhill) mile - a good gauge that you haven't blown up big style - and celebrated with a slice of Victoria sponge and a chocolate cup cake with a mini egg on top. The cake was decent enough... John presents his result as evidence that more runners should also be training with weights. He achieved his 8th place by running only 30 odd miles a week, but the weight sessions meant that his legs still felt super strong even in the last couple of miles.

Official Results: 1st **Alan Darby 1:52:56 (pb)**, 8th **John Manlow 2:05:16 (first v45)**, 57th **Ciaran Murray 2:28:06**, 78th **Miranda Reynolds 2:35:28**, 82nd **Louise Bonner 2:36:27**, 267th **Emma Greaves 3:30:37**

### ***Bramley 20m Road Race, Bramley, Hampshire***

For the second successive year Ely Runner Stephen Howard travelled down to Bramley in Hampshire for this pre-London race. It is a 2-lap course; though there is a 10 mile 1-lap option for those not training for a spring marathon. This year it was a cold dry day and the northerly wind meant that the first half of each lap was very cold indeed. Fortunately the second half of each lap was mostly with the wind and consequently warmer and easier. Like most, Stephen treated the race as marathon preparation, going through halfway in just under 69 mins. He slowed slightly into the cold wind of the second lap but picked up well to finish in a respectable time. Despite being 2:30 slower than last year he finished in exactly the same position. Once again this was a well organised event. It's a bit far away but thoroughly recommended for those willing to travel. There were 758 finishers. The winner Jonny Hay of Aldershot Farnham & District AC set a new course record of 1:42:43 almost 10 mins clear of the field. First lady Bryony Proctor was from the same club and finished 8th overall in 2:00:33.

Official results (chip times): 1st **Jonny Hay** 1:42:43, 8th **Bryony Proctor** 2:00:33, 104th **Stephen Howard** 2:18:37 (10th MV50)

### ***2015-2016 Frostbite League Race #5, Bourne - Juniors***

Ely Juniors had plenty of younger, keen, talented runners pluckily pitching themselves against older, bigger competitors and being rewarded with another sound result, in 10th place. They are still 13th overall, but there are 2 clubs only one point above them, so a similar sound result next time might just let them steal 11th position. There were 186 finishers.

Individual Results: 25th **James Thew** 11:19 (Scoring Team), 67th **Jacob Bell** 12:29 (Scoring Team), 73rd **Sam Evans** 12:40 (Scoring Team), 80th **Dana Fraser** 12:59 (Scoring Team), 83rd **Adam Smeeton** 13:02 (Scoring Team), 94th **Jeremy White** 13:20, 147th **Jack Crane** 14:48, 160th **Libby Bell** 15:55

### ***2015-2016 Frostbite League Race #5, Bourne – Seniors***

With a number of regulars unavailable for this race, Ely Runners only just managed to rustle up a skeleton team of 10. Robin Webb was a useful 34th but it was ominous that no one else threatened to get near the top 100. With 7 out of 10 scorers aged over 55 (some a long way over), it was clear that Ely was not going to be that competitive against other clubs that had on average 26 runners out on the day. Those Ely Runners present put on a brave face and ran valiantly, but inevitably came last of 16 teams. However, all is not lost. Ely are 13th overall and there is still one more chance to end the Frostbite season on a higher note and regain some pride, the final race being on March 13th at Hinchingbrooke Park. There were 406 finishers.

Individual Results: 34th **Robin Webb** 31:53 (Scoring Team - M), 132nd **Mark Bell** 37:15 (Scoring Team - M), 149th **Peter Harris** 38:03 (Scoring team - M), 165th **Barry Graves** 38:47 (Scoring Team - M), 166th **Rob Haggart** 38:50 (Scoring Team - M), 246th **Sam Collins-Shirley** 42:28 (Scoring Team - F), 328th **Gwen Graves** 48:37 (Scoring Team - F), 337th **John Turner** 49:29 (Scoring Team - M), 339th **Roddie Shepherd** 49:42 (Scoring Team - M), 398th **Anita Lewis** 61:17 (Scoring Team - F)

# Juniors

This month we feature Alex Oakhill's interview with Craig Holgate:

**Craig Holgate is an experienced ultra-runner who has run 100km in 6 hours and 53 minutes, the 13th quickest time in Britain. Yesterday I met with Craig and we talked about everything from achievements to training...**

**So far, in your career what would you say your biggest achievement is?**

I have two actually. This year in the world 100k championships I came 11th but ran under 7 hours for the first time ever. I had tried 4 or 5 times before and failed and it was starting to become a psychological issue. To finally break it feeling good and having my family there was a huge thing for me. The second one was over in Doha last year where I got a team bronze and to say you've got a bronze medal that no-one can take away is massive.

**What has been the hardest race you've run?**

24 hours on the track, that's hard. The pace you've got to run at is unnaturally slow and that's so mentally tough.

**What inspired you to start running?**

I started when I was 6 and because I was an incredibly active boy my mum and dad took me to play football and rugby. My uncle was a running coach and I joined his group. Ever since that point I've been running with older people so that brought me up.

**How do you motivate yourself for seven hours of running?**

You want to win! You can't think about it being seven hours you just have to break it down and tell yourself 'after 5 miles I'll have a drink, after 10 I'll have something to eat, after 15 I'll have something else to eat' and so on.

**How do you fit training into your life?**

Well it's hard (laughs). During the week I get up at 4:45, run to the station. Run from Kings Cross to work and have an hour of running before work. Weights or running session at lunch, then run from work to Kings Cross and from the station to home. On Saturdays its the toughest. I get up early and run as well. It's easier in the summer but now, in the winter, it's horrible. Finally, on Sunday I get a lie in and go out at about 11.

**What changes have you made to your diet?**

Generally I'm very good on my diet. I eat a lot of fruit, I don't drink alcohol at all, and I have lots of protein shakes and the 5 days I'm at work I don't let myself eat any chocolate, sweets, crisps and all that sort of stuff. This strictness during the week allows me to have treats at the weekend.

**When you have an injury does it affect you mentally?**

Yes, if I need to think I'll go for a run, if I don't need to think I'll still go for a run. When I'm injured and that's not there I go a bit stir-crazy. I have an Aqua running belt which means you can run in a swimming pool without injuring yourself further so that helps to keep a degree of fitness.

### What advice would you give to young people who aim to be a runner?

First of all enjoy it. Never do anything you don't enjoy. You've got to be consistent. But ultimately you just have to enjoy it as much as you can!

### What do you aim to do in the future?

Short term, in 2016 I aim to have another crack at the world championships. Longer term, I would like to do the 24 hours again and run for Britain because no man has ever run 3 ultra-runner (over marathon length) races for Britain so that would be nice as well.

Alex's blog can be found [HERE](#)

Many thanks Alex!

Junior club members 14+  
can register to join the  
new Facebook Group

[HERE](#)

### Summer 2016 Fixtures

This is the Summer fixture list and includes most local events. Details of some events are not yet available.

**Summer 2016 Fixtures** (Updated 17 March)

### Ely Athletics Club

Richard Powell has retired as the organiser of Ely Athletics Club and at the moment there is nobody who can continue the training in the current time slot at King's. For those who want to maintain fitness we currently have a few spaces left in our training groups on Tuesday evenings. Ely AC members are welcome to come along to see what we do. In the Spring when the evenings are a bit lighter we hope to be able to expand our training activities to include more disciplines other than endurance running. Further details will be announced once further discussions have taken place as to what we can provide. If there are any parents or athletics coaches who wish to get involved please let us know.

### Training:

Club training takes place on Tuesday evenings throughout the year and is open to all competitive runners and those just training for fun and fitness.

For further details about membership contact the Junior Secretary, Samantha Collins-Shirley [sam@elyrunners.co.uk](mailto:sam@elyrunners.co.uk)

### 2K Junior Parkrun

Every Sunday 10am

Note that juniors won't normally "race" over 5K in a UK Athletics licensed cross country race until they are in Year 9 or above. The 2K Parkruns are more suitable for younger runners.

**Milton Country Park**  
[parkrun.org.uk/cambridge-juniors/](http://parkrun.org.uk/cambridge-juniors/)

**Wimpole**  
[parkrun.org.uk/wimpoleestate-juniors/](http://parkrun.org.uk/wimpoleestate-juniors/)

# Training

## ELY RUNNERS' WEEKLY TRAINING PROGRAMME

(TUESDAYS & THURSDAYS etc)

Spring – Summer 2016

**High visibility bibs or tops are not mandatory until night training resumes**

Seniors meet on Tuesdays and Thursdays at 7:00 pm at the Paradise Centre.

Juniors meet on Tuesdays at 7:00 pm at the Paradise Centre until 26th April and then at 7:00 pm from 3rd May to 30th August on The King's School Amherst Field next to the railway station.

The selected junior venue will be on the club notice board in the foyer of the Paradise Centre.

Seniors' Sunday training (usually 9:00 am Paradise car park) will be advised by weekly email.

Abbreviations used: k = 1 kilometre (1,000 metres) m = 1 mile (1,760 yards)

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Maps of some club training routes are at <http://www.elyrunners.co.uk/training.htm>

Running Safety & Training at Night: see <http://elyrunners.co.uk/trainingatnight.htm>

**Audio equipment with earphones: This seriously inhibits the user from hearing traffic approaching from behind and warnings from others. The use of all such equipment is therefore NOT permitted during club training or races.**

There is a **FIRST AID KIT** in our club locker at the Paradise Centre. Ask 'Reception' for key.

## Schedule

**British Summer Time (GMT + 1 hour) begins and daylight training resumes**  
**High visibility bibs or tops are not mandatory after the start of BST**

### Tuesday 29th March

Water Board Hill (Kiln Lane) laps of 0.46m

Warm up via Springhead Lane to start of hill

Open level: 12 laps (5.52m)

Club level: 8 or 10 laps (3.68m or 4.6m)

Development level: 6 laps (2.76m)

Warm down via Springhead Lane to Paradise

+ 1.7m from/to Paradise



**Thursday 31st March**

Ely-Little Downham return via Main Street/Cannon Street loop

Open level: 2 loops (7.9m)

Club level: 1 loop (6.6m)

Development level: Turn round at Cannon Street (5.3m)

**Tuesday 5th April**

Brand & Campus fields fig 8 (big field/small field) laps of 1m. Long sides fast/short sides recovery

Open level: 6 laps

Club level: 4-5 laps

Development level: 3 laps

Paradise return 2.0m

**Thursday 7th April**

Golf course footpath and across bypass (take care as fast road) to footpath across fields to Lt Thetford where turn left for 0.25m and left again along public footpath to left turn across drain bridge and up track to re-join outward route before poultry houses (6.8m).

Open level: Repeat 1.7m poultry houses/Lt Thetford loop(8.5m)

Club level: Single 1.7m poultry houses/Lt Thetford loop (6.8m)

Development level: Turn round at Poultry houses (5.1m)

**Tuesday 12th April**

Lisle Lane (slow), Springhead Lane (fast), Kiln Lane (slow), small common (fast) 1.1m interval laps.

Open level: 6 laps (6.6m)

Club level: 4-5 laps (4.4m-5.5m)

Development level: 3-4 laps (3.3m-4.4m)

Paradise return 0.82m

**Thursday 14th April**

Quanea loops:

Open level: 7.66m or 9.3m circuits

Club level: 6.25m or 7.66m circuits

Development level: 5.5m circuit

**Tuesday 19th April**

Campus field and hill interval circuit of 1.1m.

Open level: 6 laps (6.6m)

Club level: 4-5 laps (4.4m-5.5m)

Development level: 3-4 laps (3.3m-4.4m)

Paradise return 2.0m

**Thursday 21st April**

Circuits of the large Common, Kiln Lane (WBH), Springhead Lane, Pocket Park (via woodland path), Springhead Lane, Kiln Lane (WBH), and small Common. Start/finish at top of Kiln Lane (WBH).

Open level: 3 laps (7.5m)

Club level: 2-3 laps (5m-7.5m)

Development level: 1-2 laps (2.5m-5m)

Paradise return 1.2m

**Tuesday 26th April**

Water Board Hill (Kiln Lane) laps of 0.46m

Warm up via Waterside and riverbank to start of hill

Open level: 12 laps (5.52m)

Club level: 8 or 10 laps (3.68m or 4.6m)

Development level: 6 laps (2.76m)

Warm down via Springhead Lane to Paradise-Paradise return 2.4m

**Thursday 28th April**

Coveney grass island (via Upherds Lane) and back (8.25m) or turn right at Coveney to Way Head and back via Lt Downham (11.1m). Shorter 5.04m option if turn back at West Fen Farm on first sharp bend.

Open level: 8.25m or 11.1m

Club level: 5.04m or 8.25m

Development level: 5.04m

# Race Diary



## Park Run 5k events:

Every Saturday at 0900. Entry is free but before your first race, register on-line by 1800 on Friday.

- Cambridge (Milton Country Park)
- Wimpole Estate (Wimpole Hall, west of Cambridge)
- King's Lynn
- March
- Huntingdon (Hinchingsbrooke Country Park)

[Click here for consolidated club results!](#)

## Kevin Henry 5k League 2016

### Fixtures:

Cambridge Triathlon Club, Impington - 28th April

### **Ely Runners, Witchford - 19th May**

Newmarket Joggers, Newmarket - 9th June

Saffron Striders, Newport - 7th July

Haverhill Running Club, Kedington - 4th August

Cambridge & College AC, Cambridge - 1st Sep

## April

### **Haverhill Running Festival**

Sunday, Apr 10, 2016 <http://www.entrycentral.com/haversports2016>

### **The Rotary Club of Bourne "Run in the Woods"**

Sunday, Apr 10, 2016 <http://www.bournefunrun.btck.co.uk/>

### **Kevin Henry League 2016**

Cambridge Triathlon Club (Impington)  
Thursday, Apr 28, 2016.

# Contacts

## Committee Members

Name	Position	Club Email address	Photo
Stephen Howard	Chairman	<a href="mailto:chair@elyrunners.co.uk">chair@elyrunners.co.uk</a>	
Matthew Mason	Treasurer	<a href="mailto:treasurer@elyrunners.co.uk">treasurer@elyrunners.co.uk</a>	
Richard Hill	Secretary, Membership & Website	<a href="mailto:secretary@elyrunners.co.uk">secretary@elyrunners.co.uk</a>	
Matt Holmes	Club Captain	<a href="mailto:captain@elyrunners.co.uk">captain@elyrunners.co.uk</a>	
John Turner	Club Training	<a href="mailto:training@elyrunners.co.uk">training@elyrunners.co.uk</a>	
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Lionel Smith	Beginners Representative	<a href="mailto:beginners@elyrunners.co.uk">beginners@elyrunners.co.uk</a>	
Emma Greaves	Club Welfare Officer	<a href="mailto:welfareofficer@elyrunners.co.uk">welfareofficer@elyrunners.co.uk</a>	
Mark Bell	Race Reports	<a href="mailto:results@elyrunners.co.uk">results@elyrunners.co.uk</a>	

<b>Emily Knight</b>	Club Time Keeper, Watches & Club Kit	<a href="mailto:emily@elyrunners.co.uk">emily@elyrunners.co.uk</a>	
<b>Alan Rutterford</b>	Club Coach & Junior Representative	<a href="mailto:alan@elyrunners.co.uk">alan@elyrunners.co.uk</a>	
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<b>Samantha Collins-Shirley</b>	Junior Secretary	<a href="mailto:sam@elyrunners.co.uk">sam@elyrunners.co.uk</a>	
<b>Lauren Thomas</b>	Social Secretary	<a href="mailto:social@elyrunners.co.uk">social@elyrunners.co.uk</a>	
<b>Andy Bonner</b>	Newletter Editor & Press Liaison	<a href="mailto:news@elyrunners.co.uk">news@elyrunners.co.uk</a>	
<b>Club Events Working Group</b>			
<b>Nicki Ester</b>	Race Director NYE10k	<a href="mailto:nye10kracedirector@elyrunners.co.uk">nye10kracedirector@elyrunners.co.uk</a>	
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<b>Charlotte Cook</b>	Chief Marshal	<a href="mailto:charlotte@elyrunners.co.uk">charlotte@elyrunners.co.uk</a>	
<b>Emily Knight</b>	Chief Timekeeper	<a href="mailto:emily@elyrunners.co.uk">emily@elyrunners.co.uk</a>	
<b>Darren Murfitt</b>	Assistant Chief Marshal	<a href="mailto:darren@elyrunners.co.uk">darren@elyrunners.co.uk</a>	
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<b>Jon Evans</b>	Open Events Sponsorship	<a href="mailto:jonevans@elyrunners.co.uk">jonevans@elyrunners.co.uk</a>	
<b>Emma Greaves</b>	Start/Finish Areas & Assistant Timekeeper	<a href="mailto:emma@elyrunners.co.uk">emma@elyrunners.co.uk</a>	
<b>Nigel Reynolds &amp; Ashley Blackmore</b>	Event Refreshments		
<b>Alan Rutterford</b>	Frostbite Team Manager	<a href="mailto:alan@elyrunners.co.uk">alan@elyrunners.co.uk</a>	
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<b>Vacant</b>	RNR Open Class Team Manager		

<b>Ross Payne</b>	Trophies	<a href="mailto:trophies@elyrunners.co.uk">trophies@elyrunners.co.uk</a>	
<b>Charlie Barker</b>	Club Photograper (Events & Websites)	<a href="mailto:charlie@elyrunners.co.uk">charlie@elyrunners.co.uk</a>	
<b>Committee</b>	Club Events (XC, TTR, 10kH, 1mH)	<a href="mailto:secretary@elyrunners.co.uk">secretary@elyrunners.co.uk</a>	

**Club Coaches Working Group**

<b>Club Coaching Representative:</b> <b>Alan Rutterford</b>	 <a href="mailto:alan@elyrunners.co.uk">alan@elyrunners.co.uk</a>	<b>Other qualified coaches :</b> Max d'Ayala Michael Butler Lesley Wright David Mould Sharon Leonard Samantha Collins-Shirley Steve Tovey Lionel Smith Conan Fryer Stephen Pettit Jon Pennington Peter Harris Daniel Regan Steve Starr Lee Thompson Andrew Thompson Emily Knight John Crisp Adam Etches
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Thanks for reading – especially if you got this far!! The newsletter is put together for you, Ely Runners so if there is anything you want, or indeed don't want to see, please let me know at [news@elyrunners.co.uk](mailto:news@elyrunners.co.uk)

As always, please check the website in the mean time for the latest news - [Ely Runners](#)