



# Ely Runners Newsletter

April 2012



## NEW MEMBERS

We warmly welcome the following new members who joined the club this month. We look forward to seeing you all at training and club social events!

Andrea Ballantine  
Blake Crossman  
Thomas Spencer  
Karl Bedingfield  
Isaac Stares  
Angus Hutchison

## March Highlights

- Craig Holgate wins Thames 100 mile!!!
- Race wins for Nick Dyer and Robin Webb
- FS Half Marathon Club record for Daisy Glover
- Turing relay

## London Marathon 22<sup>nd</sup> April

Many members will be taking part in the London Marathon at the end of the month. Good luck to: Miranda Paul, Mark Turner, Tony Kirby-Cook, Stephen Pettit, Gary Wilberforce, Steve Tovey, Graham Chapman, Nicola Bramley & Mel Fisher - apologies if we've missed anyone.

If you wish to support members in London Eric Drury will be pumping out encouragement to Ely Runners and everyone else from his Disco Tropicana at a new spot this year. Eric will be outside the Tooke Arms at 17.5 miles – the pub is based at 165 Westferry Road, E14 8NH.

Good luck also to Rob Campbell, Stephen Howard, Simon Jackson, Tony Kirby-Cook (!), Miranda Paul (!), Tanya Shenton, David Mould, Andy O'Hanlon & Claire Van Leersum in the inaugural Milton Keynes marathon the following weekend.

## Sweatshop Offer!

We have been informed by Sweatshop that they have improved the discount available to Ely Runners 'all day' on Thursday 31st May from 15% to 20%, *except for GPS watches.*

This has been included in the updated Training Programme for that evening – see the club website for details

## A Big Up! to the Club Juniors

Congratulations to the Junior section on finishing in their best position yet in the winter Frostbite League, 4<sup>th</sup> place for the 2011-12 season, a terrific achievement for only our 3<sup>rd</sup> year of involvement

## Stuart & Alexander to carry the flame:

Former member Stuart Mitchell has been chosen to carry the Olympic Torch on 8th July on its journey through St Ives. Quite an honour. There will be publicity as he has been chosen as a special case so Ely Runners will get a positive mention. Stuart was a member of Ely Runners for several years and made light of his Prader Willi Syndrome by achieving several notable running achievements – including his memorable victory in the 2008 10k Handicap race.

ER Junior Alexander Ellwood will also carry the torch on July 4<sup>th</sup> in South Wootton (just north of King's Lynn). Further details will follow soon so that members can come and give either a cheer when they carry the torch.

## Olympic Celebrations

Soham Town Council has decided to run a special big event on the Recreation Ground to celebrate the opening of the Olympics next year. The event will be free for the community and they are hoping to attract local organisations and individuals, if an member is interested in attending on behalf of the club then please speak to a committee member or for further information please contact event organiser Rosemary Aitchison at

[r.rosemary177@btinternet.com](mailto:r.rosemary177@btinternet.com)

## News

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## Dates for the Diary:

- 22<sup>nd</sup> London Marathon.
- 29<sup>th</sup> Milton Keynes Mar.
- 6<sup>th</sup> May – GEAR 10k
- 7<sup>th</sup> May – Breckland 10k
- 13<sup>th</sup> May – Soham Half.

## Contributions to the Newsletter

We would appreciate if members have any short articles about their running experiences which other members may find useful, interesting or just entertaining, please send them with a suitable picture (800x600, portrait) to:

[newsletter@elyrunners.co.uk](mailto:newsletter@elyrunners.co.uk)

## Overseas News

A selection of reports from current and former members overseas in the last month:

### Azalea Trail Run, Alabama

New Member Karl Bedingfield was on holiday in Mississippi and decided to enter the Annual Azalea Trail 10k Run in Mobile as it was only 45 minutes from where he was staying. The 10k is rated as one of the premier road races in the United States. 2728 people had entered the race and it also attracted quite a few elite athletes on a course that was flat and extremely fast. The temperature had been a concern for Karl as the day before it had been 85f but thankfully the race started at 8am and the temperature was a comfortable 69f although humidity was at 95%. It was comforting to know that there were water stations every mile. Karl wanted to run the race in 43 minutes or better so decided to position himself about 15 rows from the start line. It was evident after a mile that it wasn't going to be feasible to do a fast time and he was thankful for the watering stations - not to hydrate but to tip the water over his head! When he finished the race he was absolutely drenched. It was like he had walked in torrential rain, never having experienced that kind of humidity before. Despite the humidity it was a very enjoyable race and the course was well supported by the public shouting words of encouragement every step. Official Result: 184th Karl Bedingfield 00:44.45 (12th MV45). The race was won by Kenyan, Shadrack Kosgei, finishing in 28.18 (4.33 pace).



### John and Karen Foster – in Australia

*"We are now in Australia – Melbourne, John was offered a job here and once we received our visas everything moved really quickly!"*

*I meant to post a goodbye message on the Ely Runners Facebook site but I feel as though I am just about keeping my head above water at the moment.*

*I finished work in the UK on 9/3 and we flew out to Australia on 13/3, we arrived here on 15/3 and for the first week I couldn't get used to the time zone, I kept falling asleep in the middle of the day and waking up in the middle of the night. I have also been looking for work here and have several interviews lined up, and looking for a place to live, as we are currently in temporary accommodation.*

*I've been out running the last 2 days, along the beach in the early morning, as I find that makes me stop thinking about jobs, houses, family and friends on the other side of the world, etc and I just enjoy the moment (and the views are good too).*

*I Hope that all the Ely runners are well, John and I will miss you all"*

### John Crisp sees the sites

Ely Runner John Crisp travelled to Spain in March to take part in the Barcelona marathon. The race started and finished at the Placa Espanya where the water fountains are used on weekend nights to music displays it was a nice setting. The route was a circular course, being fairly flat with some gradual inclines. The route passed many attractions including Camp Nou FC Barcelona's ground, Casa Mila, Casa Batlo, Sagrada Famillia and running part of the seafront into the Rambla area to the finish line. The marathon started pretty early at 8.30am which was a blessing as it started warming up with the temperature hitting 24c. John took it fairly steady to start and was pleased with his time having come down with a heavy cold the weekend before. The course was very well supported and John found the organisation, getting to the start line and coming through the finish line very good. There were some nice touches including your name on your bib and personal video footage. The race was the biggest to date with just under 20,000 runners. If you are looking for a big city marathon without the hassle of trying to get into London marathon this is well worth it with easy online entry and no ballot. John finished in 3.06.04 in 1058 place.

### Jude in Kenya

Former member Jude McCarthy has been based in Kenya for the past few years. She reports that she is due to take part in the Lewa Downs Half Marathon in Laikipia. Most of the top Kenyan runners will be using the race as a practice run! The race is situated at 8000ft above sea level; Jude is running the race in aid of Rhino conservation and can be contacted via the Ely Runners Facebook page.

## Thank you!

As members know we often make contributions to local charities and this year was no different. With the profits from the 2011 Grunty Fen Half Marathon the committee decided to donate to three organisations, Arthur Rank Hospice Charity, CambsPSA (Cambs Prostate Cancer Support Association) and Parkrun.

The reasons behind the Parkrun donation were twofold - lots of ER had taken part in the Cambridge event over the last 2 years and also an acknowledgement of the efforts of Heidi and John Uff in organising such a successful free running event.

Please find below excerpts from letters received from these organisations:

*"I would like to express my sincere thanks and appreciation for your extremely kind gesture. We will place 85% of your donation in the Cambridge parkrun donation fund with the remainder going to the 'new event' fund."*

Paul Sinton-Hewitt, parkrun.com

*"I wanted say a huge thank you for the kind donation of £200 which the club has made to Cambridge parkrun. 15% of this amount automatically goes towards a new event fund, the rest comes directly to the Cambridge event. We are particularly grateful, because we'd contributed everything previously raised towards improving our dreaded slippery bridges."*

*When I founded our parkrun, Ely Runners were hugely supportive of the idea; lending us a measuring wheel to plan the course, providing advice and giving us the confidence that the event would be a success. Since the event started a number of people from the club have volunteered their time to help.*

*Looking at the stats on the Ely Runners website, it's notable that the most popular race distance is now 5k! Ely Runners has 62 runners registered to Cambridge parkrun and club members between them have clocked up an impressive 475 runs. It's really great to know that the people are benefitting from and enjoying the event.*

*If anyone has not registered with parkrun and would like to come and run, they'd be more than welcome. All they need to do is register here: <http://www.parkrun.org.uk/register> print out a unique barcode and join us. It's FREE to take part. The event is held in Milton Country Park every Saturday morning at 9am. It's advisable to arrive earlier for a warm-up and remember to bring £2 for the parking meter if you drive to the park."*

Heidi Uff – Ely Runner & Cambridge Parkrun Organiser

*"On behalf of Arthur Rank Hospice Charity I am writing to thank Ely Runners for the donation of £200 raised from the proceeds of the annual Grunty Fen half-marathon."*

*With the help of your donation of £ 200.00 we will be able to support the Hospice in caring for patients, their families, and carers affected by a terminal illness. This year alone the Hospice is committed to raising over £1.3million.*

*We rely heavily upon the community to help us raise the vital funds needed to secure the specialist end of life care provided by Arthur Rank House."*

Maureen Thompson - Fundraising Administrator

*Thank you very much for your donation for £200 to CambsPSA. We are very grateful and thank you most sincerely for your time and effort in collecting this sum of money for men who have prostate cancer.*

*The charity supports all men who have the disease through out there treatment and beyond.*

*We have donated well over £80,000 to Addenbrooke's Urology and Oncology departments and research into it's cure and treatment. We give information out on the subject , support a help line and also donate money for research into prostate cancer.*

John Gibbs - Cambridgeshire Prostate Cancer Support Association

For Further information on any of these organisations please see below:

Cambridgeshire Prostate Cancer Support Association  
<http://www.cambspsa.org.uk/>

Arthur Rank Hospice  
[www.arhc.org.uk](http://www.arhc.org.uk)

Cambridge Parkrun  
<http://www.parkrun.org.uk/cambridge/home>



## RESULTS

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### Craig triumphs at Thames Path 100 mile race:

*In his own words:*

“On Saturday 3rd of March I ran the Thames Path 100 mile Race organised by Centurion who did a great job in organising the event. The race follows the Thames Path National Trail from Richmond to Oxford, with 13 aid stations each with their own cut off times. The route is approximately 75% off road with remainder being concrete pathways, these were predominately in the London area making it easy to set off too fast.

The organisers had posted a preview of the main contenders on their website which meant that in the first few miles we all ended up running together. I moved through the 3rd check point at 28 miles quicker than anyone else thanks to the help of my wife who was changing my bottle over. I eased back expecting the rest to catch me up but for some reason they didn't. I really didn't want to be in the lead at this stage. A couple of miles later came Dorney Lock which was being prepared for the Olympics so the Thames Path was unexpectedly closed, this resulted in climbing over a barbed wire fence and crawling under thorn bushes to get back to the path. At the 4th CP I was 12mins up on the chasing pack.

At this stage I just decided to relax and run. I eventually ran 72miles by myself after making a pre race decision not to use a pacer from Henley. During those 72 miles I suffered stomach cramps, fell over 3 times, ran 50miles into the wind, got rained on, got thoroughly confused going through many of the 50+ gates and spent most of the time thinking I was going to get swallowed up by the chasers in the last few miles. The fact that the race was actually 102 miles tested my sense of humour at 1am on Sunday morning when my Garmin was reading 100m while still on the outskirts of Oxford. I eventually held on to win in 15hr 11mins to win by around an hour. In these events you need a good crew to back you up, a good crew makes all the difference. I am very grateful to my Abbie who tirelessly and selflessly looked after me over the 15 hours.

Legs tired, body battered, big toes blistered and glad that after five and half months of preparation it's over.”

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### Mud & Mayhem 10k - Thetford

Three Ely Runners competed in this trail run through the picturesque Thetford Forest. The course consisted of 2 laps of a forest trail – with riverside views, narrow forest tracks and glimpses of a horse and trap disappearing through the trees. 163 competitors came out in the drizzle of the morning, to be greeted by the sun making an appearance for the start of the race. Robin Webb made a great start, leading from early in the race to win by a minute and three quarters, in a PB time of 38.18. Ian Day made excellent progress to finish 6th overall with 41.52. Julie Foreman finished 107th overall, 36th female, with 1.00.02.

### City To City Trail Run - Ely To Cambridge

Two Ely Runners took part in the City to City race (16.3 miles) between Ely and Cambridge. The race started at Ely High Bridge and followed a similar route to the Turing Trail Relay, continuing to a finish at Midsummer Common.

Apart from Nick upsetting the geese, Daniel being chased by angry sheep and Daniel also managing to throw half a bottle of energy drink in his face, the race was fairly straightforward. Nick Dyer, fresh from his impressive run in the Turing relay came home first in a particularly quick time and finishing nearly 2 minutes ahead of 2nd place. Dan also ran a commendable race coming home in 5th place.

Official Results: 1st Nick Dyer 01:47:30 5th Daniel Regan 01:54:50 There were 78 finishers.

### Cambridge Half Marathon

No less than 17 Ely Runners took part in a field of over 2300 at the new Cambridge Half Marathon. The race started and finished on Midsummer Common and the route took in the Backs, Kings College, Market Square and Jesus Green. Although chilly and foggy to start the weather soon warmed up and runners were met with perfect (if a little warm) running conditions.

First home for the club was Rob Campbell in an impressive 24th place. Just behind him in a new PB and club record was Daisy Glover in an incredible 1:19:46 finishing as 3rd Lady. A brilliant achievement considering that this was only her second race back from 18 months of injuries. Daisy beat Nicola Bramley's Senior Lady's club record by 9:44 - a record that had been in place since 1994. Behind her many other runners put in personal best performances and John Turner beat his own MV65 club record by 2:05 There were PB's for 5 members (and two 1st H.Mar for Trevor Dowling & Kevin Walker) - there were some very big PB's: Daisy Glover (PB by 2:30) Chris Bower (PB by 9:47) John Glover (PB by 7:19) Lesley Wright (PB by 3:06) Steve Starr (PB by a brilliant 12:59) Runners came away very impressed with Cambridge's first Half Marathon for 18 years, it was well organised the crowds were very supportive and the weather shone.

Full results: 24th Rob Campbell 01:19:08 (4th MV40) 29th Daisy Glover 01:19:46 (PB)(3rd FS)(FS Club Record) 84th Stephen Howard 01:26:41 114th Chris Bower 01:28:42 (PB) 299th John Glover 01:38:08 (PB) 406th Lesley Wright 01:40:52 (PB) 601st Matt Holmes 01:46:35 730th Steve Starr 01:49:56 (PB) 739th John Turner 01:50:04 (MV65 Club Record) 769th Adrian Scaites-Stokes 01:50:54 998th William Wilson 01:54:14 1201st Sarah Edwards 01:59:16 1218th Trevor Dowling 02:00:18 (PB)(1st Half) 1347th Claire Irons 02:01:44 1473rd Stuart Baumber 02:05:54 1483rd Kevin Walker 02:06:01 (PB)(1st Half) 1790th Jacqueline Buxton 02:14:15

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*For a full list of results and event reports see the club website.*

*If you have run in an event recently why not send in a race report to [results@elyrunners.co.uk](mailto:results@elyrunners.co.uk) – club members are interested to know how you get on and what you think of a particular race – send in report and get your name up in lights on the club website and newsletter!!!*

## TURING RELAY 2012

A small but committed band of Ely Runners were joined by 3 teams from the St Radegund Hash House Harriers for the annual Turing Trail Relay between Ely and Cambridge. 2012 is the centenary of the birth of Alan Turing and as such members of The Turing Centenary Committee were keen to be involved in the relay, they also entered 2 teams into the event.

On a mild but very windy morning all 12 teams met at Cathedral Green to see the first leg runners on their way. The 2<sup>nd</sup> and 3<sup>rd</sup> leg runners retreated to their cars to get away from the cold winds before heading off to Waterbeach. The race is now a 3 leg affair, leg 1 is a 11.7 mile jaunt along the river to Cambridge, leg 2 a sprightly 8 miler down to the Green Dragon bridge and back to Waterbeach and finally leg 3 is a gruelling 12.1 mile test of endurance into the wind back to Ely.

Leg 1 runners didn't have too many concerns benefiting from a good tail wind. Nick Dyer was first home in a particularly quick time; Nick was using the run as a training session for his successful attempt on the City to City run the following week (*see page 4 above*). Nick handed over to Celine for the 2<sup>nd</sup> Leg.

8 minutes behind him came Steve Tovey, sending Linden Smith on her way, and Pete Stevens of the Hash House Harriers. Stephen Howard and Dan Regan were a further 30 seconds back. Ashley Blackmore, Lionel Smith and John Turner all put in tremendous efforts to give their teams a chance of catching those in front of them.

On leg 2 Rhod Pashley of Hash team 1 put in an impressive 56 minute effort to get his team in front of the others. For Ely Celine put in a good first run at this distance, Linden Smith and William Wilson ran together most of the way and Steven Hardwick and Matt Holmes both pushed on in an attempt to catch those ahead. By the end of leg 2 the gap between the first and last Ely teams had been reduced from 24 to 10 minutes giving hope for a tight finish back in Ely.

Hannah Cooke of Hash 1 had been given a large enough lead that despite Chris Bower and Conan Fryer's best efforts she was able to bring her team home first. Chris and Conan both put in impressive sub 1:27 efforts, Jose Perez ran well despite going the wrong way several times. Tony Kirby-Cook, Peter Harris, Adrian Scaites-Stokes and Charlie Barker all put in admirable runs considering the testing head-on wind back to Ely.

The Hash Harriers were particularly pleased with their win and were seen drinking ale from the trophy late into the afternoon!

A big thank you to Tony Hall (timekeeper) and Eric Drury (Marshalling) for their help on the day. Thank you also to Adrian, Chris Bower and William Wilson for stepping in to run at short notice.



*And they're off – 1<sup>st</sup> Leg runners leaving Ely*



*The winning team & trophy!*

**Results:**

<b>Team POS</b>	<b>STAGE 1</b>	<b>+/-</b>	<b>Runner</b>	<b>STAGE POS</b>	<b>Overall Time</b>	<b>Stage Time</b>
1	ER1		Nick Dyer	1	1:16:59	1:16:59
2	ER4		Steve Tovey	2	1:24:23	1:24:23
3	HASH3		Pete Stevens	3	1:24:26	1:24:26
4	ER6		Stephen Howard	4	1:25:00	1:25:00
5	ER7		Dan Regan	5	1:25:05	1:25:05
6	HASH1		Jeremy Johnson	6	1:30:??	1:30:??
7	HASH2		Sarah Lewis	7	1:30:??	1:30:??
8	ER5		Ashley Blackmore	8	1:35:33	1:35:33
9	ER3		Lionel Smith	9	1:37:49	1:37:49
10	ER2		John Turner	10	1:40:39	1:40:39
11	TCAC2		Mirco Musolesi	11	1:45:37	1:45:37

<b>Team POS</b>	<b>STAGE 2</b>	<b>+/-</b>	<b>Runner</b>	<b>STAGE POS</b>	<b>Overall Time</b>	<b>Stage Time</b>
1	HASH1	+5	Rhod Pashley	1	2:26:56	0:56:??
2	ER1	-1	Celine Aubry	9	2:32:17	1:15:18
3	HASH3	0	Niel de Beaudrap	5	2:33:10	1:08:44
4	ER4	-2	Linden Smith	7	2:34:33	1:10:10
5	ER6	-1	William Wilson	6	2:34:33	1:09:33
6	ER7	-1	Martin Courtney	8	2:40:00	1:14:55
7	ER5	+1	Steven Hardwick	4	2:41:35	1:06:02
8	ER2	+2	Matt Holmes	3	2:42:13	1:01:34
9	ER3	0	DNR	11	2:42:33	DNR
10	TCAC2	+1	Franco Raimondi	2	2:46:05	1:00:28
11	HASH2	-4	George Jellicoe	10	2:50:24	1:20:??

<b>Team POS</b>	<b>STAGE 3</b>	<b>+/-</b>	<b>Runner</b>	<b>STAGE POS</b>	<b>Overall Time</b>	<b>Stage Time</b>
1	HASH1	0	Hannah Cooke	4	3:58:41	1:31:45
2	ER3	+7	Chris Bower	1	4:07:12	1:24:39
3	ER5	+4	Conan Fryer	2	4:07:52	1:26:17
4	ER6	+1	Jose Perez	6	4:12:05	1:37:32
5	ER2	+3	Tony Kirby-Cook	3	4:13:30	1:31:17
6	HASH3	-3	Alex Gosse	7	4:13:31	1:40:21
7	ER1	-5	Peter Harris	9	4:17:05	1:44:48
8	ER4	-4	Adrian Scaites-Stokes	10	4:22:04	1:47:31
9	HASH2	+2	Pete Stevens	5	4:22:35	1:32:11
10	ER7	-4	Charlie Barker	8	4:23:51	1:43:51
11	TCAC2	-1	Roberto Mascolo	11	4:54:31	2:08:26

*The next club event is the Club Handicap 10k on Thursday 14 June – further information to follow next month*

**Event photographs**

Please send any race/club event photographs to Charlie Barker - ([charlie@elyrunners.co.uk](mailto:charlie@elyrunners.co.uk))

Ideally they should be resized to 800x600 pixels (ish) and preferably be less than 100k in size.

**Did you spot Celine & Peter on page 1?** Send in your event photos and you too could feature in next month's newsletter!

## TRAINING FOR APRIL/MAY

Planned training sessions can be subject to change, being dependent on weather and ground conditions, visibility, numbers attending and suitability for those present.

Members are requested not to wear ear pieces during training because they will not be able to hear traffic approaching from behind. Members are reminded that they run/train at their own risk. For Route Maps see the website

**Juniors to meet at 7 pm at the Paradise Centre on Tuesdays and train at one of the following venues, as decided by coaches, until daylight training resumes in 2012:**

- **Astro Turf at The King's School, Ely**
- **Cam Drive x 4 laps**
- **King's Avenue x 3 laps**
- **Lynn Road x 4 laps**
- **Stour Green laps**

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

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

### **Tuesday 24th April**

Water Board Hill (Kiln Lane) x 10 laps. Warm up run via Waterside and riverbank. Warm down via Springhead Lane to Paradise (7m from/to Paradise).

### **Thursday 26th April**

Golf course, footpath to Lt Thetford where turn left for 400m and left again along catchwater footpath to left turn across drain and up track to rejoin outward route before poultry houses (6.5m). Can extend to 8 miles by repeating the poultry houses/Lt Thetford loop or to 9m by adding the Fish & Duck loop.

### **Tuesday 1st May**

Grass track intervals KSE's Amherst Field (adjacent to railway station) under the instruction of Club Coach Alan Rutterford (Seniors and Juniors)  
*Juniors meet at KSE's Amherst Field track*

### **Thursday 3rd May**

Coveney (grass triangle) and back (8.5m) or via West Fen Drove and Hurst Lane tracks (9.75m). Shorter options if turn back before Coveney.

### **Tuesday 8th May**

Brand Field fig of 8 with large field x 1 and small field x 2 per lap of 1.25m x 4 laps = 5m.

Long sides fast, short sides recovery. Total from Paradise about 7m.

Juniors meet at KSE's Amherst Field track

### **Thursday 10th May**

Clayway Drove, Kettlesworth Drove, Chettisham, Ely (5.7m) or from Chettisham across bypass to Coffue Drove and North Fen Drove to California and left back to Ely (10m)

### **Tuesday 15th May**

Grass track intervals KSE's Amherst Field (adjacent to railway station) under the instruction of Club Coach Alan Rutterford (Seniors and ER/ECAC Juniors)  
*Juniors meet at KSE's Amherst Field track*

### **Thursday 17th May**

Start/finish Ely Common for laps of new (short) XC course. From large meadow clockwise to left turn into woods and down slope, right to cross WBH to lake-side path, up steps and anti-clockwise round lake and back up slope to cross WBH and back through woods and up slope to Ely Common to complete lap of large meadow. Distances: 1 lap 1.31m and 4 laps 5.24m miles.

### **Tuesday 22nd May**

Lisle Lane (slow), Springhead lane (fast), Kiln Lane (slow), meadow (fast) 1.1m interval laps x 5.  
Total distance from Paradise 6.28m  
*Juniors meet at KSE's Amherst Field track*

### **Thursday 24th May**

Little Downham via Hurst Lane track and back to Ely. With 1 loop of Cannon St/Main St = 7.25m and with 2 loops = 8.5m

### **Tuesday 29th May**

Grass track intervals KSE's Amherst Field (adjacent to railway station) under the instruction of Club Coach Alan Rutterford (Seniors and ER/ECAC Juniors)  
*Juniors meet at KSE's Amherst Field track*

### **Thursday 31st May**

**Magog Down laps of 2.6m with 2 hills per lap. 2 laps = 5.2m, 3 laps 7.8m, 4 laps 10.4m. Meet Paradise at 6:15 pm to share transport or go direct for a 7:00 pm start.** Magog Down is about 2m SE of Addenbrooke's Hospital on the Stapleford Road from the A1307. Please park outside the Magog Down car park on the road verge before the entrance and bollards because the car park closes by 8:00 pm. Sweatshop is not far away (in foyer at David Lloyd Leisure, 21/25 Coldham Lane Business Park, Norman Way, Cambridge, CB1 3LH) and they will have a 15% kit discount specifically for Ely Runners from 10 am to 8 pm on Thursday 31st May.



## **RACES & EVENTS GUIDE 2011-2012**

This includes local area and easily accessible races, club, county, regional and national championships, and a selection of UK/overseas events previously enjoyed by members.

Cambridge 5k Park Runs (at Milton) are every Saturday at 0900. Entry is free but before your first race, register on-line by 1800 on Friday, <http://www.parkrun.org.uk/cambridge/Home.aspx>

### **April**

- 22 East Coast Triathlon, Great Yarmouth, Norfolk, <http://www.activeoutdoorsport.co.uk/>
- 22 Virgin London Marathon, <http://www.virginlondonmarathon.com/>
- 29 Cambridge Town & Gown 10k, Cambridge, Cambs, <http://www.muscular-dystrophy.org/townandgown10k>
- 29 Greater Manchester Marathon, Trafford, Manchester, <http://www.greatermanchestermarathon.com/>
- 29 Milton Keynes Marathon, Milton Keynes, <http://www.miltonkeynesmarathon.co.uk>
- 29 Sawston Fun Run 4.8m, Sawston, Cambs, <http://www.sawstonfunrun.co.uk/>
- 29 Somerleyton Hall 5k, Fritton, Nr Great Yarmouth, Norfolk, <http://www.activeoutdoorsport.co.uk/>

### **May**

- 05 (Sat) Fen Drayton Lakes 10k, A1 series event, Fen Drayton, Cambs, <http://www.fendrayton10k.org.uk>
- 06 Bepak Grand East Anglia Run 10k, King's Lynn, Norfolk, <http://www.grandeastangliarun.co.uk/>
- 06 Heritage Coast Marathon or 13m or 6m run/walk, Aldeburgh, Suffolk
- 07 (Mon) Breckland 10k, Thetford, Norfolk, <http://www.thetford-ac.co.uk/breckland10k.html>
- 07 (Mon) Preston Guild Series, Preston Guild 5k, Preston, <http://www.prestonguild2012.com>
- 13 Alton Water Run 2k, 5k & 10k, Holbrook, Nr Ipswich, Suffolk, <http://www.altonwaterrun.co.uk/>
- 13 Eye 10k & 3k FR, A1 series event, Eye, Nr Peterborough, Cambs, <http://www.eye10k.co.uk/>
- 13 Ross Peers East Cambs Half-Marathon, Soham, Cambs, <http://www.rosspeers-sportscentre.co.uk/>
- 20 Bupa Great Manchester Run 10k, Manchester, <http://www.greatrun.org/events/event.aspx?id=4>
- 20 Great Baddow Charity Race 10m & 2m FR, including Essex AAA champs, Great Baddow, near Chelmsford, <http://www.baddowraces.org.uk/>
- 20 NiceTri Sprint 1, St Neots, Cambs, <http://www.nicetri.co.uk/>
- 20 Run Tewkesbury Half-Marathon & 5m FR, <http://beyondthelimitations.co.uk>

### **June**

- 10 Heroes Half-Marathon, ATR Bassingbourn, Royston, Cambs, <http://www.endurorunning.com>
- 10 Strathearn Marathon, Comrie, Perthshire, Scotland, <http://www.strathearnmarathon.org.uk>
- 14 (Thu) **Ely Runners 10k Handicap, Little Downham, Private Club event, (Provisional Date)**
- 15 (Fri) Marston Forest 5k, Marston Moretaine, Beds, <http://www.marstonforest5k.org.uk/>
- 16 (Sat) Fritton Lake Sprint & Super Sprint Triathlon, Fritton, Nr Great Yarmouth, Norfolk, <http://www.activeoutdoorsport.co.uk/>
- 17 Chilford 10k & 5k FR, A1 series event, Chilford Vineyard, Linton, Cambs, <http://www.losc.co.uk>
- 17 Comercrawley Diss 10k & FR, Diss, Norfolk, <http://www.dissathleticsclub.co.uk/new-page-7.htm>
- 17 Fritton Lake Olympic Triathlon, Fritton, Nr Great Yarmouth, Norfolk, <http://www.activeoutdoorsport.co.uk/>
- 17 Huntingdon 10k Charity Run, Huntingdon, cambs, <http://www.huntingdon10kcharityrun.co.uk/>
- 17 NiceTri Sprint 2, St Neots, Cambs, <http://www.nicetri.co.uk/>
- 17 Stort 10 & 1m FR, Bishop's Stortford, Herts, <http://www.bsfc.org.uk/>
- 23 (Sat) Trionium Picnic Marathon, Box Hill, Surrey, <http://www.trionium.com/picnic>
- 23 (Sat) Trionium Midsummer Munro Half-Marathon, Box Hill, Surrey, <http://www.trionium.com/mm>
- 24 North Devon AONB Marathon & Half-Marathon, Woolacombe, North Devon, <http://www.northdevonmarathon.co.uk>
- 24 North Downs 30k, Gravesend, Kent, <http://www.isteadandifield.org.uk>
- 30 (Sat) South Downs Way 100, Winchester to Eastbourne, <http://www.centurionrunning.com>

### **July**

- 01 Boddington Marathon, 50k & 10k Multi-Terrain, <http://beyondthelimitations.co.uk>
- 01 The March 5 Spud Run & 1.5m FR, A1 series event, March, Cambs, [http://www.marchathleticclub.co.uk/march\\_5.htm](http://www.marchathleticclub.co.uk/march_5.htm)
- 07 (Sat) Lord Mayor's 5k City Centre Classic, Norwich, Norfolk, <http://www.conac.org.uk/>
- 08 Bushy 10k & 3k FR, A1 series event, Bushfield, Peterborough, <http://www.bushfieldjoggers.co.uk>
- 12 (Thu) **Ely Runners Mile Handicap, Brand Field, Ely, Private Club event, (Provisional Date)**
- 13 (Fri) Whissendine 6, Whissendine, Nr Rutland Water, Leics
- 15 RAF Marham 10m, Kings Lynn, Norfolk, <http://www.oaa.co.uk/fundraising/Events>
- 15 Victory Triathlon, North Walsham, Norfolk, <http://www.activeoutdoorsport.co.uk/>
- 22 NiceTri Aquathons, Grafham Water, Cambs, <http://www.nicetri.co.uk/>
- 29 Spartan Race 5k, ATR Bassingbourn, Royston, Herts, <http://www.spartanrace.com>



**August**

- 11 (Sat) North Downs Way 50m/100m, Farnham to Knockholt or Wye, <http://www.centurionrunning.com>  
12 Grafman Middle Distance & NiceTri Olympic Triathlon, Grafham Water, Cambs, <http://www.nicetri.co.uk/>  
12 Thorney 5m, A1 series event, Thorney, Peterborough, <http://outa-stock.co.uk/trc/raceinfo.htm>  
15 (Wed) NVH Barney Memorial 5k, A1 series event, Ferry Meadows, Peterborough, <http://www.nvh.org.uk>  
19 ECF Monster Middle Triathlon, Ely, <http://www.monsterracing.net/>  
19 Riverside Runners 25<sup>th</sup> Anniversary 10k & 3k FR, St Neots, Cambs, <http://www.riverside-runners.com/>

**September**

- 02 Nice Tri Sprint 3 & NiceTri Olympic Triathlon, St Neots, Cambs, <http://www.nicetri.co.uk/>  
02 Run Cheltenham Half-Marathon, Cheltenham, Gloucs, <http://www.runcheltenham.org.uk>  
09 **Ely Runners Grunty Fen Half-Marathon, Witchford, Cambs, (Provisional Date)**, <http://www.elyrunners.co.uk/gruntyfen/>  
15/16 (Sat/Sun) The Birketts Round Norfolk Relay, <http://roundnorfolkrelay.com/>  
16 Ipswich Duathlon, Holbrook, Ipswich, Suffolk, <http://www.ipswich-tri.org/>  
16 The Bupa Great North Run, Half-Marathon, Newcastle, <http://www.greatrun.org/events/Event.aspx?id=1>  
22 (Sat) Fritton Lake Cross Country Triathlon, Fritton, Nr Great Yarmouth, Norfolk, <http://www.activeoutdoorsport.co.uk/>  
23 Abbey 10k & 3k FR, A1 series event, Ramsey, Cambs, [http://ramseyroadrunners.org.uk/Abbey\\_10k.htm](http://ramseyroadrunners.org.uk/Abbey_10k.htm)  
23 Fritton Viking Triathlon, Fritton, Nr Great Yarmouth, Norfolk, <http://www.activeoutdoorsport.co.uk/>  
30 Preston Guild Series, Run Preston 10k, Preston, <http://www.prestonguild2012.com>

**October**

- 07 Norwich Sportspark Relay Triathlon, Norwich, Norfolk, <http://www.activeoutdoorsport.co.uk/>  
13 (Sat) AdventureHub Norfolk Coastal Ultra 100k, Holt, Norfolk, [http://www.adventurehub.com/Ultra\\_Races.html](http://www.adventurehub.com/Ultra_Races.html)  
21 Ampthill Trophy XC, Ampthill, Beds, <http://www.amphilltrophy.org.uk/>  
27 (Sat) Beachy Head Marathon, Eastbourne, Sussex, <http://www.visiteastbourne.com/events/BeachyHeadMarathon.aspx>  
28 Preston Guild Series, Preston Half-Marathon & Marathon, Preston, <http://www.prestonguild2012.com>

**November**

- 18 Preston Guild Series, Preston 10m, Preston, <http://www.prestonguild2012.com>

**December**

- 31 **Ely Runners New Year's Eve 10k, Little Downham, Cambs, (Provisional Date)**, <http://www.elyrunners.co.uk/newyarseve10k/>

**NOTES**

Races and events are on Sunday unless otherwise mentioned. Many events also have a concurrent Fun Run. These can provide valuable racing experience for junior members and beginners. Check the main race information for details. Courses are usually on roads and/or hard footpaths/cycle ways unless otherwise mentioned. Distances without units (m or k) are probably m = miles. Frostbite League races are about 5-6 miles for seniors and 1.5m for juniors. Entry (league membership) is paid for by the club.

**Club Contacts**

Further details of events from the Club notice board in the Paradise Centre foyer, running magazines, websites, or from Steve Tovey, [secretary@elyrunners.co.uk](mailto:secretary@elyrunners.co.uk) who also has details of all RRC/TRA long distance road/TR/XC races and FRA fell races.

National, regional and county championship team entries are via Heidi Uff, [captain@elyrunners.co.uk](mailto:captain@elyrunners.co.uk) but for -13,-15,-17 & juniors, first contact Lesley Wright, [lesley@elyrunners.co.uk](mailto:lesley@elyrunners.co.uk).

Ely Runners' private club XC championships, 10k/1m handicaps, and TTR relay entries are via Matthew Holmes, ([matt@elyrunners.co.uk](mailto:matt@elyrunners.co.uk)).

Long distance team relay entries are via Alan Rutterford, [alan@elyrunners.co.uk](mailto:alan@elyrunners.co.uk) and paid for (if funds available) by the club.

Social events are via Julie Foreman, [julie@elyrunners.co.uk](mailto:julie@elyrunners.co.uk)

Junior training details from Junior Representative/Club Coach Alan Rutterford, [alan@elyrunners.co.uk](mailto:alan@elyrunners.co.uk)

Junior race details from Junior Secretary Lesley Wright, [lesley@elyrunners.co.uk](mailto:lesley@elyrunners.co.uk)

Club website: <http://www.elyrunners.co.uk>

Grunty Fen 1/2M website: <http://www.gruntyfen.co.uk>

NYE10k website: <http://www.newyarseve10k.co.uk>

Turing Trail Relay website: <http://www.turingrelay.co.uk>

Association of Running Clubs website: <http://www.runningclubs.org.uk>

EVAC Webzine: <http://www.easterveteran.co.uk/>

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