

Ely Runners Newsletter

FEBRUARY 2010



NEW MEMBERS

This month we welcome the following new members of the club:

Neil Atherton
Matthew Case
Andrew Nixon
Robyn Seabright
Thomas Stead

CLUB EVENTS

New Year's Eve 10k Report in "Runners' World"

If you are a subscriber to **Runners' World**, look out for the feature on the club's New Year's Eve 10k in the March 2010 edition – further evidence, if any is needed, that this race is very popular with runners far and wide.

SUBSCRIPTIONS and REGISTRATION

Subscriptions (£10) for existing members of the club were due **by 1st January**. Please renew your subscription as soon as possible. At the end of March, all members who have not renewed will be removed from the membership list and not be entitled to attend training, represent the club in races, take part in club championships, claim affiliated entry fees, or wear club colours.

Subs can be renewed online at www.elyrunners.co.uk > CLUB INFO > Membership.

England Athletics Registration

To take part in **UKA National** and **SEAA championships**, members need to be registered with England Athletics (EA). Also, a few open events still require EA registration to claim affiliated entry fees. However, most events (especially locally) either have **ARC** permits or, if they have UKA permits, require only membership of an EA affiliated club, like Ely Runners. This year (2009-10) 35 members requested **registration with EA**. Please could members who would like to be registered from 1st April 2010 with EA for 2010-11, please contact John Turner secretary@elyrunners.co.uk. *Subject to agreement at the AGM,*

the club will pay the £5 registration fee. Registration number confirmation and cards will be supplied when received from EA.

SOCIAL EVENTS

After Training Drinks

The next after training drinks are on **Thursday 4th February 2010**. All members are welcome to attend. Further information is available from **Julie Foreman** (Julie@elyrunners.co.uk).

FORTHCOMING EVENTS

Frostbite Friendly League

The fifth FFL race will be at Bourne Woods, Lincolnshire, on **Sunday 7th February**.



Heading to the start, Bourne Woods

The senior team maintained its position of 10th out of 17 teams in the senior league after the 4th race in Ramsey in January, despite finishing 13th out of 17 teams on the day. The junior team finished 8th out of 13 teams on the day, enabling them to remain in 9th position overall.

Many clubs traditionally have a low turn-out for this race, so it's a good opportunity for the club to put in a strong performance and move up the league tables. More ladies would be especially welcome, as the senior team was penalised in the last race for only having 2 female scoring members rather than the necessary 3.

Junior races start at 10:15 am and Senior races start at 11:00 am. Any junior members wishing to take part should contact **Alan Rutterford** at alan@elyrunners.co.uk. Senior members should meet at the Paradise Centre car park at 9.15am to share transport.

Remaining fixtures:

7 February 2010	Bourne Woods	(Bourne)
7 March 2010	Huntingdon BRJ Club	(BRJ)

Further details are available on www.frostbiteleague.org.uk.

2009/10 Frostbite Friendly League Presentation Evening

This will be held on Saturday 27th March, 2010 from 7:30 pm to midnight at Abbey College, Ramsey.

There will be a hog roast, bar and raffle plus *The Skyliners* live band.

The club has been allocated 10 tickets (at £12.50 each) on a first come first served basis. Please let **John Turner** (secretary@elyrunners.co.uk) know as soon as possible, if you would like to go.

SEAA Masters Cross-Country Championships 2009-2010

These will be on Sunday 14 March 2010 at Trent Park, Cockfosters, Herts. To be eligible, members must have been born in the region or had 9 months of continuous residency. If you qualify by birth and residency for different regions, you may only run for one region during each competition year from October to September.

If you would like to run, please contact **Charlie Barker** (captain@elyrunners.co.uk).

Cambridge Parkrun

The inaugural **Cambridge Parkrun**, organised by **Heidi Fochtmann**, was held last Saturday in **Milton Country Park**. Despite an unexpected fall of snow making travelling tricky on Saturday morning, there was an excellent turnout of 71 runners.

The parkrun is a free, timed 5k run held on a weekly basis every Saturday at 9am. It is open to all runners, regardless of ability.

To take part, first register with [parkrun](#), then print out your unique barcode, which must be brought to each event for registration and timing purposes. All registrations for events must be made by 6pm the Friday before.

Refreshments are available after the run from the cafe in Milton Country Park.

Follow this link for more information on the Cambridge event: [Cambridge parkrun](#).

As the event is organised entirely by volunteers, all offers of support will be very welcome. For further information or questions, please contact the organisers via the parkrun site.

RESULTS ROUND-UP

Fourteen members (9 seniors and 5 juniors) represented the club at the **Cambridgeshire Cross-Country Championships** at Priory Park, St Neots on 10 January, producing commendable performances in freezing conditions. Special mention must go to **Ian Day**, who was 3rd MV40, and to **Heidi**

Fochtman, the only senior female representative, who consolidated her recent good form with a storming run in her race.

John Manlow put his free entry to this year's Wellingborough 15k series (a reward for his high placings last year) to good use, finishing 4th (2nd MV40) in the first race. A week later, he was braving the horrors of the Benfleet 15m multi-terrain race alongside **Steve Pettit** and **Adam Etches**. (Judging by the the race report, the highlight of this event seems to have been the cake...)

It's good to see **Alfredo Verna** back racing in Ely colours, as he led the senior men's team home in the January Frostbite fixture at Ramsey.



Alfredo Verna

CONTRIBUTIONS TO THE NEWSLETTER

As ever, please send your contributions to the newsletter to:
newsletter@elyrunners.co.uk. Many thanks!

RACES & EVENTS GUIDE 2010

February 2010

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

February

- 01 (Mon) **Ely Runners Annual General Meeting**, 1930 Paradise Centre, upstairs bar room
06 (Sat) ParkRun 5k, 0900 Milton Country Pk, FOC, <http://www.parkrun.org.uk/cambridge/Home.aspx>
07 **Frostbite League** 5m (soft & firm woodland paths and farm drives), 1100 Bourne Woods, Lincs (*meet Paradise Centre 0845 to share transport*)
07 Gt Bentley ½ Marathon, 1030 Gt Bentley Village Hall, Essex, £16
07 Watford ½ Marathon, 1030 Cassiobury Park, £15, no EOD
07 Wellingborough 5k/10k/15k (Round 2), 1000 Irchester Country Park, £9/£10/£11, EOD +£2
13 (Sat) ParkRun 5k, 0900 Milton Country Pk, FOC, <http://www.parkrun.org.uk/cambridge/Home.aspx>
14 St Valentine's Day 30k, 1100 Queen Eleanor Sch, Stamford, www.stamfordstriders.co.uk
14 Ryston XC, 9k, 1100 Shouldham Warren
14 Valentine 10k (Norfolk Gazelles), 1030 Swanton Abbott, Norwich, £7, EOD +£2
20 (Sat) ParkRun 5k, 0900 Milton Country Pk, FOC, <http://www.parkrun.org.uk/cambridge/Home.aspx>
21 Adnams Great East Run 20k/10k, 1100/1130 Sports Hall, Bungay, £15/£8, EOD +£3
27 (Sat) ECCA National XC Championships, Roundhay Pk, Leeds. Entries via Charlie Barker
27 (Sat) Belvoir Challenge 26+, 0900 Harby Sch, Melton Mowbray, www.belvoirchallenge.co.uk
27 (Sat) ParkRun 5k, 0900 Milton Country Pk, FOC, <http://www.parkrun.org.uk/cambridge/Home.aspx>
28 SEAA ½ Marathon Champs, Tunbridge Wells Half Marathon
28 Wellingborough 5k/10k/15k (Round 3), 1000 Irchester Country Park, £9/£10/£11, EOD +£2
28 Tunbridge Wells ½ Marathon, 1000 Sports Centre, St John's Rd, £19.50, no EOD
28 Stody Estate XC, 1100 Humworth Village Hall, Holt, £10, EOD OK
28 Sleaford ½ Marathon, 1030 RAF College Cranwell, £11, EOD +£2, www.sleafordstriders.org

March

- 06 (Sat) Grantham Canal Run 29.3m, 0930 Cotgrave Leisure Centre, £25, no EOD, CD 28/2
06 (Sat) ParkRun 5k, 0900 Milton Country Pk, FOC, <http://www.parkrun.org.uk/cambridge/Home.aspx>
06 Ed Prickett Memorial Road Relays, 1100 Nottingham, M 4 x 2.05m, W 3 x 2.05m
07 **Frostbite League** 5m (roads & firm paths), 1100 BRJ Club, Huntingdon (*meet Paradise Centre 0915 to share transport*)
07 Cambridge Boundary Run, 42.2k
07 Milton Keynes 1/2 Marathon/10k/5k, www.mkhalf.co.uk
07 Steyning Stinger, Marathon, 0830 Grammar School, Steyning, Sussex, £17, no EOD
07 Wymondham 20m 1000 Central Hall, Wymondham, £10.50, EOD +£2
07 Newton's Fraction Half Marathon, 1030 S Kesteven Stadium, Grantham, £10, EOD +£2
07 Berkhamstead ½ Marathon, 1030 Cricket Club, £17, no EOD
13 (Sat) BMAF Open XC Championships, Belfast, www.bmaf.org.uk
13 (Sat) ParkRun 5k, 0900 Milton Country Pk, FOC, <http://www.parkrun.org.uk/cambridge/Home.aspx>
14 SEAA Masters XC Championships, M35-69 10k, W35+/M70+ 6k, 1300-1445 Trent Park, Cockfosters, Herts, £7.50, team entries via Charlie Barker, CD 26/2, no EOD.
14 Lode Muddy Marvel 5m (footpaths & farm tracks), 1100 Lode Social Club, £7, EOD +£1
14 Silverstone Half Marathon
14 Breckland XC 3.5k Relays, 1000 World Horse Welfare HQ, Snetterton, £15, no EOD
14 Amateur Athletic Association AGM, 1200 Alexander Stadium, Birmingham
14 Bedford Clanger MT Marathon, 0900 Box End Park, Bedford, £4 + charity donation
20 (Sat) ParkRun 5k, 0900 Milton Country Pk, FOC, <http://www.parkrun.org.uk/cambridge/Home.aspx>
21 **Ely Runners Turing Trail Relay**, 35.5m Ely-Cambridge-Ely (private self-navigation ER team club event – entries to Steve Tovey)
21 SEAA 12/6 Stage Road Relays, Milton Keynes
21 Ryston XC, 6.5k, 1100 Shouldham Warren
21 Mud & Mayhem Duathlon, 1000 Mayday, Thetford Forest, £35, EOD +£5
27 (Sat) ParkRun 5k, 0900 Milton Country Pk, FOC, <http://www.parkrun.org.uk/cambridge/Home.aspx>
27 (Sat) 1900-1930 Frostbite League Presentation Evening, (hog roast & live music by Skyliners), Abbey College, Ramsey. Tickets £12.50 from Adrian Graham, 01487 812829 or ramseyrunners@yahoo.co.uk
28 Thorney 10k, 1030 Bedford Hall, £7, no EOD, www.thorneyrunningclub.co.uk

28 Oakley 20m, 1000 Lincroft Middle School, Beds, £17.50, no EOD, www.befordharriers.co.uk
28 SEAA Inter Area (Road Race) Match, Eastleigh 10k
28 Coltishall 10k, 1030 Frettenham Village Hall, Norfolk, £8, EOD +£2, www.coltishalljaguars.co.uk

April

04 Trowse 10k, Norwich
10 (Sat) National 12/6 Stage Road Relays, Sutton Park, W Midlands
11 Cam/Cambourne 10k, 1100 Cambourne Business Pk, £12, www.cambridgefestivalofrunning.com
11 Sandy 10m, Beds
14 (Wed) Promenade 5m (Race 1), 1915 Marine Centre, Gt Yarmouth, £5.50, www.gyrr.co.uk
18 Brighton Marathon
18 Bungay Black Dog Marathon/1/2 Marathon, 1030/1230, £18/£15, EOD +£3,
18 BMAF Marathon, Fort William
25 London Marathon
28 (Wed) Promenade 5m (Race 2), 1915 Marine Centre, Gt Yarmouth, £5.50, www.gyrr.co.uk

May

02 Bartlow Challenge, Cambs
02 Cambridge Duathlon, Bottisham, 7.5k/40k/7.5k
05 (Wed) EVAC T&F League (tbc)
09 Eye 10k, Eye nr Peterborough (further details to follow)
09 Halstead & Essex Marathon, Essex
09 Sawston 4.8m Fun Run, Cambs
09 The Gauntlet 10k (v muddy XC), 1100 Bures Pit, Parsonage Hill, Bures, £20
15 (Sat) Open Masters Road Relay Championships, Sutton Park, www.bmaf.org.uk
16 Dereham 10m, 1100 Neatherd High School, Norwich Rd, Dereham, £7, EOD +£2
23 March 5m Spud Run, 1100 Elm Rd Sports Field, March, £tba
23 BMAF Road Relay Champs, Birmingham
23 Gt Daffodil Dash 10k, Lelmarsh Hall, Northants, £16, EOD +£8, www.mariecurie.org.uk/running
23 Edinburgh Marathon, www.edinburgh-marathon.com
29/30 (Sat/Sun) SEAA U15/U17 SEAA T&F Champs – venue tba
31 Hatfield Broad Oak 10k, Herts

June

02 (Wed) EVAC T&F League (tbc)
06 SCVAC T&F Champs, Ashford
10 (Thurs) **Ely Runners 10k Club Handicap**, Little Downham
12/13 (Sat/Sun) SEAA U20/Senior T&F Champs – venue tba
13 Stortford 10m, Bishop's Stortford, Herts
19 West Highland Way Race 95m
19-20 (Sat-Sun) BMAF T&F Champs, Alexander Stadium, Birmingham (prov date & venue20
20 North Downs 30k, www.isteadandifield.org.uk
27 N Devon Marathon & 1/2 Mar, 1000 Woolacombe, £20/£18 www.northdevonmarathon.co.uk

July

03-04 (Sat-Sun) BMAF T&F Championships, Cardiff (tbc)
04 March AC 5m Spud Run, 1100 Elm Road Sports Field, March, £7, EOD+£2
07 (Wed) EVAC T&F League (tbc)
08 (Thurs) **Ely Runners 1m Club Handicap**, Amherst sports field by railway station
15-24 European Masters T&F Champs, Nyiregyhaza, Hungary
18 Forces Help Marathon, Bury St Edmunds, <http://www.bsemarathonandchallenges.com/>
24/25 (Sat/Sun) SEAA Combined T&F Events (all age groups), Barnet Cophall

August

04 (Wed) EVAC T&F League (tbc)
08 BMAF ½ Marathon Championships, Burnham Beeches, Slough
15 Thorney 5m
15 Cambridge Triathlon, Mepal, Cambs, 1.5k/40k/10k
22 BMAF Half Marathon, Burnham Beeches, Slough, www.bmaf.org.uk
28 (Sat) U15/U20 SEAA Inter-Counties T&F Champs, Barnet Cophall

September

05 The Beast (13m multi-terrain), Corfe Castle, Dorset, www.poole.ac.co.uk
05 EVAC T&F League – Final (full match), tbc

12 **Ely Standard 20th Grunty Fen Half Marathon**, Witchford
25 (Sat) SEAA 6/4 Stage Road Relays (senior men & vets) – venue tba
26 SEAA 6/4 Stage Road Relays (women & young athletes) – venue tba

October

03 SEAA 10k Road Race Champs – venue tba
23 (Sat) Beachy Head Marathon, South Downs, Eastbourne
24 Exmoor Stagger, Minehead

November

21 St Neot's Riverside ½ Marathon
28 Hereward 4 Stage Relay (37.73m Peterborough to Ely), club teams

December

02 (Thu) **Ely Runner's Christmas Buffet & Drinks**, 2030 Cutter Inn, Ely
19 **Club Pre-Christmas training runs**, Woodditton to Ely 18.5m, Woodditton to Reach 7.5m, Reach to Ely 11m. Meet 0800 Paradise car park for transport to starts. *Contact JT to run.*
Lunch afterwards at the High Flyer at 1300 - contact julie@elyrunners.co.uk to book
26 **Boxing Day training**, meet 0900 Paradise Centre car park

31 (Fri) **Ely New Year's Eve 10k Road Race**, Little Downham

NOTES

Races and events are on Sunday unless otherwise mentioned.

Race entry fees are the affiliated (ARC/UKA or just UKA registered) fees

Courses are roads and/or hard footpaths/cycle ways unless otherwise mentioned.

Distances without units (m or k) are probably m = miles.

Frostbite League races are 5-6 miles and entry (league membership) is paid for by the club.

Cambridge ParkRuns (5k) are every Saturday at 0900 in Milton Country Park. Register and run free of charge. Details <http://www.parkrun.org.uk/cambridge/Home.aspx>

Further details of events from the Club notice board in the Paradise Centre foyer, running magazines, websites, or from John Turner 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 Charlie Barker (captain@elyrunners.co.uk).

Ely Runners' private club XC championships, 10k/1m handicaps, and TTR relay entries are via Steve Tovey

Long distance team relay entries are via Alan Rutterford and paid for (if funds available) by the club.

Social Events are via Julie Foreman

Club website	www.elyrunners.co.uk
Grunty Fen 1/2M website	www.gruntyfen.co.uk
NYE10k website	www.newyearseve10k.co.uk
Turing Trail Relay website	www.turingrelay.co.uk (private club event for 2010)
Association of Running Clubs	www.runningclubs.org.uk

Rachel Roberts
February 2010
newsletter@elyrunners.co.uk

USEFUL INFORMATION

Data Protection

Email circulations by the club to members are done by the Bcc (confidential) option so that member's email addresses are not circulated and also these do not take up most of the first page of emails.

We now specify **Ely Runners' policy on data protection** and use of photos and videos on the club's website on www.elyrunners.co.uk > CLUB INFO > administration.

Membership

Subscriptions (£10) are due by 1st January or on joining the club. Those joining after 15th November are covered for the following year. Existing members who have not renewed by the due date will be reminded by e-mail. Those who have failed to renew by the end of March will be removed from the membership list. Subs can be renewed on-line at www.elyrunners.co.uk > CLUB INFO > Membership. Please check you have renewed your subscription or you will not be entitled to attend training, represent the club in races, take part in club championships, claim affiliated entry fees, or wear club colours. The club's open events contribute considerably to the club's reputation and financial stability. *This enables the club to provide many benefits (see below) and in return, members are expected to support the club by helping with the club's open and private events.*

Benefits of membership include:

- £2 affiliated discount on open race entries
- club affiliations to ARC, ABAC, UKA, EA, TRA, FRA & CAA
- free registration (£5) with EA until 31st March 2010 (on request via John Turner)
- free changing and showers at the Paradise Centre
- free training and coaching advice
- free high-visibility bib for night-time training
- £12 subsidy on club fleeces
- 10-20% discount at most specialist running kit shops
- free entry to the club's Cross-Country Championships, 10k Handicap and Straight Mile Handicap
- free entry to the six Frostbite League races
- free club team entry to county, regional and national championships and for club relay entries
- entry into the draw (if a member's ballot entry is rejected) for the club's guaranteed London Marathon places
- free snacks at club social events
- shared transport to races

Supporting the Club and its Events

Ely Runners hold two popular open races each year (**Grunty Fen Half Marathon and Ely New Year's Eve 10k Road Race**) that contribute considerably to the club's reputation and financial stability. This enables the club to provide the many benefits listed above. In return, members are expected to show commitment to the club by helping with these events and taking their share of responsibility. Please don't just rely on the usual loyal helpers and think of the club only as a convenient way to promote fitness and enter races. We're all busy these days but commitment is realising the mutual benefits of putting something back into the club and sport we enjoy.

Training

For details of club training sessions **at 7pm on Tuesday** (intervals/hills) **and Thursday** (steady 5-8m runs) **evenings**, please see the homepage of the club's website. Details of **9am Sunday morning** training runs are usually circulated by email a few days in advance.

When meeting at the Paradise Centre for training on Tuesdays and Thursdays, please assemble **either in the balcony/bar area upstairs or outside, around the corner by the side of the building**. Please do NOT assemble in the foyer or outside the main entrance.

The meeting place for Sunday morning runs is the Paradise car park. The car park toilets are open by 9:00 am and the Paradise Centre is open for showers afterwards.

Please ensure that new members, some of whom are new to running, feel part of the club and are not left alone on training runs.

Club training sessions are intended to cater for a wide range of abilities and racing objectives. If you require specific **coaching advice**, please ask Club Coach **Alan Rutterford** to help.

To measure the distance of a route before or after running, see Google Earth > Ruler (toolbar symbol) > Path. Provided measurement is done carefully, the distance should be of similar accuracy as GPS.

Club Noticeboard

This is in the foyer of the Paradise Centre, to the right of the main entrance. It includes details of club events, training sessions, route maps, local races and other events of interest to members. There are usually several copies of race entry forms on the board but please leave the last copy or ask staff at reception to photocopy (Ely Runners' account) a few more copies.

Club Website

The **Ely Runners' website** (www.elyrunners.co.uk) is maintained by Club Webmaster Rod Baron who ensures that it provides an up-to-date record of the club's activities and a myriad of useful information. The website is frequently updated and well worth regular visits. For member's general comments, there is a **Message Board** on the website's home page and the photo and video section contains a huge selection of members in races. Rod also maintains the club's websites for the Grunty Fen Half Marathon, New Year's Eve 10k, and Turing Trail Relay.

Club Library

Grade 2 coach **Max d'Ayala** has obtained several **books on running and injuries** for the club. These books are in the club's locker at the Paradise Centre for use by members. There is a club book list on the web site. Borrowed books are to be recorded in a notebook in the club's locker. These books have been chosen carefully by Max to provide a combination of interest, information, advice and stimulation for all standards of runners.

John Turner has the latest (2009) **Fell Runners Association Fixtures Calendar & Handbook**. Members interested in running a fell race can borrow this booklet. Most fell races are 'up north', though there are also many in Wales and other hilly areas of the UK. There is a huge choice throughout the year, including many evening races in the summer, some not too far away in areas like the Peak District. Alternatively, if on holiday in such areas, you can often find a local fell race. They provide an enjoyable, challenging and worthwhile experience, even for Fenland-based runners.

A recent addition to the club's library includes '*Feet in the Clouds – A Tale of Fell Running and Obsession*' by Richard Askwith.

Racing

Some **open races** are very popular and reach the entry limit before the race day. Many races no longer accept entries on the day (marked 'no EOD' in the **Races & Events Guide**). If you are thinking of entering a race on the day, check with the organisers or on the race website

before setting out that a place is still available – turning up does not guarantee that the organisers will allow you to run!

Wearing Club Kit

Members wear their **Ely Runners' colours** with pride in races far and wide (see www.elyrunners.co.uk > RESULTS) and are encouraged to do so whenever appropriate. Guidelines to wearing **Ely Runners' colours** (minimum club vest) in all events entered as an individual or team member of Ely Runners are as follows:

1. Obligatory requirement of governing athletic organisations in leagues entered by the club, relays entered for or by the club, all championships and events incorporating championships. Exceptions are members running for county, regional or national teams when they will be given the appropriate team kit to wear.
2. Necessary to avoid disqualification as a team member in open races.
3. Members normally wear their club kit in open races but there are recognised exceptions such as representing a charity, necessary kit change in an ultra run, spur of the moment race entry, non-availability of kit for whatever reason etc.
4. Not wearing club kit also makes it harder for other runners, race officials, and photographers to distinguish club runners, especially in relays.
5. Our distinctive race kit defines us as ambassadors of a well-respected running club.

Race Results

When you send your **race results** to Stephen Howard (results@elyrunners.co.uk), please advise if you have achieved a PB, including vet categories, so that it can be included in press reports and to update PB information on the website. If possible, please send any information you have (including links to race results) *by noon on Monday* to Stephen to avoid the extra work involved in updating press reports. Please email any photographs or links to event photographs (with your race number) to Rod Baron at webmaster1@elyrunners.co.uk.

All notified results (from 25th October 2008) mentioned in the ER website Race Reports will have an **age-graded % score** calculated on uninterrupted running such as on the track or in a road race. This will be displayed on the results data base table (www.elyrunners.co.uk > RESULTS > Database, "View Most Recent Results") or the direct link is http://www.elyrunners.co.uk/MySQL_Results/View_Results.php?a=reset. In the past we only calculated age-graded scores for PBs or Club Records. Your best age graded score is taken from the results we have so far and displayed on the table "Most Prolific Racers" direct link http://www.elyrunners.co.uk/MySQL_Results_stats/query_3.php. Some members may not yet have a result where an age-graded score has been calculated. Where a result does not have a time or where the race distance is over 40 miles, the age-graded score will be shown as 0. There is a running average of all age-graded scores for each member. Scores of 0 will not be included in the averaging.

Several members have put themselves on www.athleticsdata.com. This is a statistical website showing:

- UK year rankings
- All-time rankings
- Comprehensive results service
- Athletes' profiles

This website will enable you to check your form relative to rival runners and allow them to do the same. It's also useful for the prediction of race results for both runners and organisers.

Payment of **club entries into championships, relays and leagues** will be funded by the club provided they are team entries made by the club. The club will not pay for individual entries into open races that have an incorporated championship.

To take part in **UKA National** and **SEAA championships**, members need to be registered with England Athletics (EA). Also, a few open events still require EA registration to claim affiliated entry fees. However, most events (especially locally) either have **ARC** permits or, if they have UKA permits, require only membership of an EA affiliated club, like Ely Runners. This year (2009-10) 35 members requested **registration with EA**. Please could members who would like to be registered from 1st April 2010 with EA for 2010-11, please contact John Turner secretary@elyrunners.co.uk. *Subject to agreement at the AGM*, the club will pay the £5 registration fee. Registration number confirmation and cards will be supplied when received from EA.

To enter a County (eg Cambs AA) or Regional (eg SEAA) Championship, members must have been born in the county/region or had 9 months of continuous residency. If you qualify by birth and residency for different counties, you may only run for one county/region during each competition year from October to September.

Club vets who are not members of EVAC may run as guests of the club's EVAC members in **EVAC Championships**. EVAC events are included the list below and can be entered by email to eastvetm75@ntlworld.com. Subject to the availability of funds, the club will pay for club team entries to EVAC and BMAF Championships. EVAC website: www.evac.org.uk

BMAF (vets) events are too numerous to include all of them but they have been circulated to EVAC members via regional and national veteran magazines or see www.bmaf.org.uk/fix/fix.asp

Running Kit

Mary Gates oversees the club's kit supplies. The club's joining fee of £33 includes a free club race vest and shorts. Please contact Mary on 01353 861379 or mary@elyrunners.co.uk to order. See www.elyrunners.co.uk for full details of club kit.

New club vests now have the Ely Runners' **cathedral logo** top centre on the front. Any members with older vests who would like to have the logo added will need to give their vest to Mary to send. The cost (£1.20 for the transfer + 25p for application) will be covered from club funds. Race vests will continue to have ELY RUNNERS on the back.

Club fleeces are available from Mary Gates at the subsidised price of £10 to members only. This price is for one fleece per member. Subsequent fleeces will be at the cost price of £22.

Discounts on Kit Purchases

If you buy running kit from Advance Performance at Cambridge or Peterborough, please show them your membership certificate and the club will receive 10% towards vouchers that we use for prizes for our Christmas charity raffle. Advance Performance do not otherwise give discounts although these can be usually be obtained from running shop suppliers such as Sweatshop in Cambridge who sponsor our open races. Sweatshop usually give 10-15% on non-sale items to members (show membership cert) of Ely Runners.

Natalle Etches has purchased a **wide variety of fitness stock** from a local Internet fitness company that closed down. She is re-selling the stock as low as **half price** to club members. The stock includes cycling, running, fitness and triathlon wear from brand names including Craft, Gore Bike Wear, Pearl Izumi, and Sugoi. If you're interested, speak to Natalle at one of the training sessions or contact her on natalle@elyrunners.co.uk.

Social Events

Julie Foreman organises the club's **After Training Drinks** on the first Thursday of the month.