



Ely Runners Newsletter

February 2012



David Mould
at the
Folksworth 15

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!

Gilles Neal
Niamh Browne
Felicity Chivers

January Highlights

- Muddy Club XC
- PB's tumble at Folksworth 15

Club XC

Thank you to all members who volunteered their time on Sunday 29th in what proved to be a hugely successful event. Runners were encouraged all the way by the enthusiastic support! Full report on Page 2.

Club AGM – 6th February at 7.:30 pm

The Committee look forward to members and their invited guests attending the AGM at the Paradise Centre, which includes the presentation of club awards. It is also your opportunity to:

- Hear how the club progressed in 2011
- Help decide on and join in the club's management and future
- Discover the winners of the club's running and achievements awards
- Purchase club kit which will be available afterwards
- Bring and meet prospective new members
- Renew your annual subscription with the Treasurer

News

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Dates for the Diary:

- 6th Club AGM
- 12th St Valentines 30k
- 19th Sleaford Half
- 26th Tarpley 10 & 20m



Ely Runners spotted by Stuart Baumber at the January Frostbite

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

Club Membership and EA Affiliation

Membership subs (£10 seniors; £5 Juniors) **were due by 1st January 2012** – to facilitate payment Steve Tovey has updated the 'membership renewal' page on the club website (Club Info>>Membership). Please can you try and renew ASAP so that Steve doesn't have to chase you. If you prefer to use cash/cheque rather than Paypal then please give your payment to Club Treasurer Peter Harris. Equally, if you know you don't intend to renew your membership in 2012 then can you please let Steve know.

EA Affiliation: As reported in the last newsletter members who wish to retain/obtain an individual affiliation to EA for are required to pay their own fee from next year onwards. To facilitate this we've added an 'EA affiliation' payment item (£5) to the membership renewal page - although EA renewals are not due until 31/3/2012 it may be convenient for members to be able to pay for this when they renew their membership. The club will then make one payment to EA in March.

CLUB Cross Country Championships

Over 40 Ely Runners turned out in chilly, foggy conditions to take part in the club's annual Cross Country Championship held on Ely Common. After a week of rain runners were welcomed with a particularly muddy, sticky and slippery course, the foggy conditions helped to make this the most gruelling race yet.

The senior race consisted of 4 laps of Ely Common including woodland trails, lakeside rambles and muddy, hilly stumbles. Four runners started off well with Graham Chapman, Steve Tovey and Robin Webb trading the lead over the first 2 laps. After this Robin pushed on and eventually finished 30 seconds ahead of Steve with Graham the same distance further back; new member Conan Fryer ran well to finish a further minute down in 4th. In the ladies race Zoe Shackleton won her own personal battle with Felicity Chivers coming home in 5th place overall. There were further battles down the field with Peter Harris pushing on to beat Lionel Smith into 8th. Linden Smith ran well to finish as 3rd Lady and John Glover finished strongly after a steady start. Despite the conditions there were smiles all round with runners seemingly having a great time. Their moods were perhaps helped by the enthusiastic support from marshals positioned at various outposts throughout the course; runners were particularly enthused by the sight of Heidi Uff emerging out of the fog by the lake.

Full Results (seniors):

1st Robin Webb	35:44 (1st Man)
2nd Stephen Tovey	36:14
3rd Graham Chapman	36:43 (1st AG Man)
4th Conan Fryer	37:50
5th Zoe Shackleton	40:41 (1st Lady/1st AG Lady)
6th Felicity Chivers	42:26
7th Peter Harris	42:35
8th Lionel Smith	43:00
9th Ian Blatchford	43:40
10th Linden Smith	44:43
11th John Glover	44:48
12th John Turner	45:32
13th Stephen Starr	45:42
14th Adrian Scaites-Stokes	46:04
15th Emma Greaves	46:58
16th Nick Dowdy	47:08
17th David Wright (Guest)	47:52
18th Brent Crossman	48:04
19th Kirstie Blencowe	48:19
20th Sharon Leonard	48:31
21st Samantha Collins-Shirley	49:35
22nd Simon Law	50:09
23rd Stuart Baumber	50:42
24th Sarah Edwards	50:43
25th Louise Cadogan	51:00
26th Celine Aubry	52:50
27th Jon Pennington	55:23
28th Anita Lewis	1:00:09
29th Justin Greaves	1:00:30
30th Laura Knight (Guest)	1:01:26

The club would like to thank all marshals (club members, friends and families) who helped on the day by standing out in the cold cheering on the runners. Thank you to John Turner, Lionel Smith and Alan Rutterford for marking out the course, Emily Knight for helping with registration and event timing and to all those that helped make the event such a success – especially organiser Matt Holmes.



Robin Webb



Zoe Shackleton

The club's junior section also put on a race for 9-14 year olds. 12 runners entered and finished the race this year with 3 runners battling for the win. They stuck together through the wooded, muddy sections before they emerged onto the meadow where Lewis Leonard pushed on sprinting to the line to win by 9 seconds ahead of Michael Ford with Fraser Crossman in 3rd. Lewis's win was all the more impressive considering his size and age compared to the competition. Esme Wright was first girl home and James Holland, Gareth Lewis, Adrian Chalmers, Jamie Rendell-Read and Nathan Pennington all put in good times. Debutant Adam Clark ran well to overcome a bout of stomach cramps and Abbie Ashman and Eleanor Brumby ran together all the way to complete the course.

Full Results (juniors):

1st Lewis Leonard	12:48 (1st Boy & 1st AG Boy)
2nd Michael Ford	12:57
3rd Fraser Crossman	13:25
4th James Holland	13:39
5th Gareth Lewis	14:17
6th Adrian Chalmers	14:35
7th Esme Wright	15:26 (1st Girl & 1st AG Girl)
8th Nathan Pennington	15:41
9th Jamie Rendell-Read	16:35
10th Adam Clark (Guest)	17:09
11th Abbie Ashman	20:03
12th Eleanor Brumby (Guest)	20:30



The excitement builds!

FORTHCOMING EVENTS: *Full fixture list on page 7***Frostbite Friendly League**

The Frostbite Friendly League is FREE to take part! All you need to do is turn up on the day in your Ely Runners race kit.

Junior races get underway at 10:15 and the seniors start at 11am. The first 10 Ely Runners to cross the finish line score for the club; three of these runners must be female. This series of races places great emphasis on friendly rivalry between clubs and the enjoyment of all runners and helpers. Women are especially encouraged to take part. Please don't be discouraged from taking part if you don't think you'll make the scoring team – the success of the club depends on a good turnout from runners of all abilities so please do join us! If seniors would like to share transport then meet at the Paradise centre (times and details circulated before the event) www.frostbiteleague.org.uk

Adverse weather conditions lead to cancelation of February's race at Bourne Woods – although the event may be rescheduled for later in the month. The final race at Huntingdon is all on road and hosted by BRJ. The course is the same as previous years – but the race HQ is now at the Lord Protector PH located on the race route.

Any junior members (aged 9-15) wishing to run should contact Alan Rutterford in training or (alan@elyrunners.co.uk / 07821 988959).

FIXTURES:

5 February 12	Bourne Woods (Cancelled)
4 March 12	Huntingdon (BRJ)

Ryston Runners XC Grand Prix series

Another local series of races often attended by ERs is the Open Cross-Country Grand Prix Series. Races take place in woods at Shouldham Warren, in West Norfolk, on various Sundays starting at 11:00am.

RACE DATES:

Sunday 12th February 2012	9 Km
Sunday 18th March 2012	6.5 Km

COURSES:

Under 9: 800m on each occasion - Starting at 11:00
 Under 11: 2km - Starting at 11:05
 Under 13 & 15: 3km - Starting at 11:20
 Under 17: 5.0k, 4.5k, 6.5k, 5.0k, 4.5k, 6.5k - Starting at 11:40
 Seniors & Vets Alternate: 5.0k, 9.0k, 6.5k, 5.0k, 9.0k, 6.5k - Starting at 11:40

SOCIAL EVENTS

After training drinks are usually held on the first Thursday of each calendar month, with the next opportunity happening on **Thursday, February, 16th** at the High Flyer in Ely. Further information is available from Julie Foreman Julie@elyrunners.co.uk

Ely Runners 2012 Turing Trail Relay**Sunday 18th March 2012***Ely-Cambridge-Ely*

The annual Turing Trail Relay will be held again this year as a private club event with a few invited guests. The 2012 race will start and finish outside Ely Cathedral and it will have three longer stages as per the 2011 event. These will use most of the original riverside route and will be:

Stage 1 Ely to Waterbeach 11.7 miles
 Stage 2. Waterbeach to Waterbeach via the Green Dragon bridge in Cambridge 8.0 miles
 Stage 3. Waterbeach to Ely 12.1 miles

The new stages should hopefully appeal to those continuing their marathon training as well giving all members a chance to run longer routes out of Ely. To try and give the race a competitive feel the teams will be made up of runners of mixed ability. Each team will be given an overall finishing time with individuals timing their own stages.

The race is named after Alan Turing, founder of computer science, mathematician, and code breaker at Bletchley Park in WW11. He was also an accomplished marathon runner and whilst a Fellow at King's College Cambridge, trained on the riverside footpaths now used for the Turing Trail Relay. 2012 is the 100th anniversary of Alan Turing's birth. As Alan Turing was a marathon runner, the longer stages (on his old training routes) are quite appropriate for those in the midst of marathon training

Last year we only had 4 teams (12 runners) taking part however it did prove to be hugely enjoyable for those involved. It would be great to get a few more involved this year, we are happy to help you with incorporating this into longer marathon training runs! If you would like to take part please let Matt Holmes know as soon as possible so that he can start to plan teams.

matt@elyrunners.co.uk

New Physio in Ely

There is a new Physio in town! Julia Anderson will be based at the Atrium club and she is happy to offer a £10 discount on treatment to all Ely Runners. Her charges are £40 for an Initial Assessment and treatment and £30 follow up appointments so it would be £30/£20 for ER members.

Julia also teaches one-one pilates in which she specialises in rehabilitation and muscle imbalances of runners. These sessions could be useful to anyone who will be increasing their training very shortly in preparation for marathon season!

Julia can be contacted via the Atrium Club or on via her website www.pivotalphysiotherapy.co.uk or on 07903284040

Ely Runners can also benefit from a £10 discount at The Sports Injury Clinic in Fordham www.thesportsinjuryclinic.org

RESULTS

Cambs AA XC Championships

A healthy contingent of Ely Runners made the journey to St Neots for the 2012 Cambs AA XC championships. Each of the courses was made up of various length loops of Priory Park and so consisted of plenty of grass, mud and hills. Weather conditions were cool and breezy. ER juniors were in particularly fine form - with impressive 3rd and 5th place finishes for Luke Crisp and Lewis Leonard in the U13 and U11 boy's races respectively. Linden Smith, our sole female representative on the day, put in a fine performance in the ladies senior race finishing the 5.8k course in 30th place in a time of 26:42. The men's race consisted of four unequal laps of the Park. Laps 1 and 3 headed straight up to the top of the park on open grassland, whereas laps 2 and 4 took runners into a very muddy and slippery section in a wooded area of the park. The ground was heavy and everyone felt weary at the finish - although the fact that the GPS measured course was more like 6.6m (i.e. more than 10.5k) rather than the advertised 10k might have had something to do with it! The field in the men's race seemed particularly strong this year - and the ER contingent could only watch in awe as most of the field disappeared off into the distance.

U11 Boys (1.7k) 44 finishers

5th Lewis Leonard 7:01

26th Luke Sturman 8:12

There were 44 finishers, with the winner being Owen Barker of Peterborough AC in 6:46.

U13 Boys (2.9k) 41 finishers

3rd Luke Crisp 10:19

25th James Holland 12:35

There were 41 finishers, with the winner being Finn Barnes of C&C in 9:59.

U15 Boys (4.3k) 21 finishers

11th Dylan Campbell 18:21

18th Alexander Ellwood 21:29

There were 21 finishers, with the winner being Thomas Heylan of C&C in 15:57

U20/Senior/Vet Women (5.8k) 53 finishers

30th Linden Smith (11/23 FV35) 26:42

There were 53 finishers, with the winner being Lucy Gossage of Cambridge Tri Club in 20:01

U20/Senior/Vet Men (10k but GPS 10.73k) 109 finishers

36th Ian Day 40:57 (2nd claim; ran for Hunts AC)

61st Stephen Tovey (32nd/43 SM) 43:48

64th Graham Chapman (3rd/14 MV50) 44:10

82nd Conan Fryer (29th/37 MV40) 47:21

97th Jose Perez (41st/43 SM) 49:46

99th Lionel Smith (11th/14 MV50) 51:02

102nd Peter Harris (3rd/5 MV60) 52:26

106th John Turner (4th/5 MV60) 54:39

There were 109 finishers, with the winner being Daniel Watts of Shaftsbury & Barnet Harriers in 34:48.

PB's Tumble

The Folksworth 15 is well known locally for providing an early form 'barometer' for those in training for a spring marathon - and the 2012 edition proved to be no exception. The course is a two lap affair with each lap taking in three significant hills and consisting of a total climb of ~530 ft. As a bonus this year's race was accompanied by a strong westerly wind that peaked at over 30mph at noon - midway through the race!! The wind made it particularly tough going for the first few miles, but then runners were assisted with a strong cross/tail wind for most of the remainder of lap one. By the start of the second lap the wind had picked up significantly - making miles 8-10 particularly tough going on tiring legs. Mile 10 was particularly brutal as it also included the second climb of Morborne hill - as Mel Fisher said afterwards "on the way up it felt as though the wind was trying to blow you back down....and on the way down the other side it felt as though the wind was trying to blow you back up again!!" The final mile also proved tough going, with one last hill followed by a final 0.5mile stretch into the wind.....not a race for a sprint finish. Despite the wind there were some fine performances with two club records, four personal bests and two ER completing their first measured 15m races. After a conservative start Steve Tovey and Graham Chapman gradually made their way through the field aiming for something just under their intended marathon race pace - both came home in new PB times and Graham also registered a new MV55 Club Record (by 6:56 - sorry Charlie). John Crisp would've lead the Ely contingent home in a sub 1:40 time - but stomach problems in the last 5m cost John several minutes. Daniel Waite, in his first race in Ely colours, put in a solid performance finishing close behind the rapidly improving David Mould. David recorded yet another PB - as did Mel Fisher. Slightly further back there were also strong performances from John Crawford and Nicola Bramley - with Nicola establishing a new club record for the FV50 category. Colin Doak also had a solid run, but was unavailable for comment. Apart from the wind the weather was unseasonably mild and fine for running. The race was won by Aaron Scott of NVH in a new course record of 1:19:07, with the 1st lady (20th overall) being Philipa Taylor of NVH in 1:35:24.

47th Steve Tovey	1:40:54 (PB by 6:32)
51st John Crisp	1:41:58 (1st 15m)(PB)
54th Graham Chapman	1:42:07 (PB)(MV55 Club Record)
135th David Mould	1:53:43 (PB 4:08)
140th Daniel Waite	1:54:11 (1st 15m)(PB)
188th Mel Fisher	1:58:13 (PB by 4:06)
262nd John Crawford	2:08:22
269th Nicola Bramley	2:09:10 (FV50 Club Record)
399th Colin Doak	2:31:48

There were 442 finishers.

Event photographs

Please send any race/club event photographs to Charlie Barker - (charlie@elyrunners.co.uk). Ideally they should be resized to 800x600 pixels (ish) and preferably be less than 100k in size.

Did you spot David Mould on page 1? Send in your event photos and you too could feature in next month's newsletter.

Cambs Schools XC

The Cambridgeshire County Schools XC was held at Kings School, Ely. It was a very tough and undulating course held over several laps and in freezing conditions. 6 Ely Runner Juniors represented their schools and 3 of those qualified to the next stage in the Anglian Schools XC at the Royal Hospital School, Holbrook in Ipswich on Saturday 4th February 2012. In the Minor Girls, Megan Gwynn was 24th of 58 finishers In the Minor Boys, James Holland was 25th of 57 finishers In the Junior Boys, Dylan Campbell was 6th and Alexander Ellwood was 21st of 29 finishers In the Intermediate Girls, Robyn Seabright was 5th of 38 finishers In the Senior Boys, Ashley Pettit was 1st of 15 finishers Ely Runners helped Kings School by providing marshals, with thanks to Alan Rutterford, Nick Dowdy, Darren Murfitt and Conan Fryer for turning out in such cold conditions, and Max D'Ayala for supporting and encouraging the Juniors.

Country to Capital 45 - Wendover To Little Venice, London

Emma Greaves took part in this popular point to point race at the weekend. For the first 20 miles Emma found things slow going due to having to navigate through towns and countryside, repeatedly getting lost and then unlost! Emma was grateful to meet some lovely people early in the race and they all struck together throughout so being lost wasn't as daunting as it could have been. Once they reached the Union Canal the running was smoother as navigating wasn't an issue. The race organization was exceptional and very friendly; Emma would recommend any 'Gobeyond' event. The weather was perfect, cool, calm and sunny. The scenery and route were inspiring, starting from Wendover with trails and hills, through Bucks and then following Union Canal to the finish in Little Venice near Paddington. Emma finished with reserve in the tank, no blisters, no aches or pains and she still has all of her toenails, sign of a good race! Emma finished in a highly commendable time of 9:00:51: Official Results: 148th Emma Greaves 09:00:51

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

TRAINING FOR JANUARY

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

High visibility bibs or t-shirts or jackets to be worn until daylight training resumes

Bibs are free to members from Emily Knight; emily@elyrunners.co.uk

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 7th February

Intervals on Stour Green comprising 2 laps (0.48m) fast and 1 lap (0.24m) jog recovery. Target distance 6 sets = 4.32m + 1m each way from/to Paradise = 6.32m.

Thursday 9th February

2, 3 or 4 laps of 1.9m Lynn Rd, Cam Dv, Downham Rd, Egremont St circuit. 4.1m, 6m or 7.9m to/from Paradise.

Tuesday 14th February

The Gallery intervals of 5 x 1m circuits to/from Cathedral lamppost. Interval from bottom of The Park hill, Broad St, Back Hill, Gallery 0.6m. Recovery Gallery, Porta, Cherry Hill 0.4m. Total about 5.6m from/to Paradise.

Thursday 16th February

Round Ely circuit of 6.25m or shorter 4.8m finish via Police Station corner.

Tuesday 21st February

3 x 1m self-timed intervals from John Amner Close (on Lynn Rd) via Cam Drive to far kerb of 1st college entrance in Downham Road with 0.9m return/recovery via Egremont St. Total 6.3m to/from Paradise. Target 10% faster than 5m or 10k race pace.

Thursday 23rd February

1 or 2 laps of 3.4m Ely Hills (6 climbs/6 descents/total about 275' climb per lap). Fartlek or intervals + recovery options on hills. Total 3.9m or 7.3m to/from Paradise.

Tuesday 28th February

Lisle Lane & The Vineyards intervals. 3 or 4 x 2.82km (1.75m) laps each with 3 fast/hill strides (125' climb per lap) and 3 recoveries. Start/finish by Cheffins, Market Square. 3 laps = 8.46km (5.26m), 4 laps 11.28km (7.01m) + 0.8km (0.5m) Paradise return.

For a full list of Training runs and advice please visit the club website. For Sunday training runs please look out for weekly emails from John Turner.

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>

February

04 (Sat) The Pilgrim Challenge Ultra 2012, Farnham, Herts, <http://www.xnrg.co.uk>

05 Asics Watford Half-Marathon, Watford, Herts, <http://www.watfordharriers.org.uk>

05 Frostbite League Race 5, ~5m, Bourne Woods, Bourne, <http://www.frostbiteleague.org.uk/>

05 Great Bentley Half-Marathon, Great Bentley, Essex, http://www.gbrc.org.uk/GBRC_Half.htm

05 Reepham Runners 10k XC, Reepham, Norfolk, <http://www.reephamrunners.webs.com>

05 Wadenhoe Quadmire Challenge Race 4 2mXC, Wadenhoe, Nr Oundle, Northants,

<http://www.quadracing.co.uk/>

05 Wellingborough MT 5k/10k/15k Round 2, Irchester Country Park, Irchester, Wellingborough,

<http://www.justracinguk.com>

05 West Norfolk AC XC Races, 800m (U9); 1500m (U11); 3k (U13/U15) 6.5k (U17/U20/Seniors/Vets), Houghton Hall, Dersingham, Nr King's Lynn, Norfolk, (see noticeboard)

06 (Mon) **Ely Runners AGM, Paradise Centre Meeting Room, Ely, 7:30pm onwards**

11 (Sat) Althorp 5k, 10k & Duathlon, Althorp Estate, Northampton, <http://www.onyourmarksevents.org>

12 Reading Road Runner's Bramley 20m/10m, Bramley, Nr Reading, Berks,

<http://www.readingroadrunners.org/bramley.html>

12 Ryston Runners XC Grand Prix Series 9k, Shouldham Warren, Nr Downham Market,

<http://www.rystonrunners.org.uk/cross.htm>

12 St. Valentines 30k, Stamford, Lincs, <http://www.stamfordstriders.co.uk/infusions/races/race1.php?raceId=3>

12 The Valentine 10k, Swanton Abbott, Norwich, Norfolk, <http://www.norfolkgazelles.co.uk>

19 Caythorpe Dash Half-Marathon, Caythorpe, Grantham, Lincs,

<http://parishes.lincolnshire.gov.uk/CaythorpeandFrieston/section.asp?catId=31238>

19 Cotswold Marathon, 35.2m Challenge & 9m FR/Walk, <http://beyondthelimitations.co.uk>

19 Sleaford Half-Marathon, RAF Cranwell, Sleaford, Lincs, <http://www.sleafordhalf.com/>

25 (Sat) Belvoir Challenge, Harby, Leics, <http://www.belvoirchallenge.co.uk/>

25 (Sat) Saucony National XC Championships, Parliament Hill, London, U13 boys/girls 3k; U15 boys/girls

4.5k/3k; U17 women/men 5k/6k; junior women/men 6k/10k; senior women/men 8k/12k,

<http://www.englishcrosscountry.co.uk>

26 ECF Monster Duathlon, Witchford, Ely, <http://www.monsterracing.net/>

26 Fritton Lake off-road Duathlon, Fritton, Nr Great Yarmouth, Norfolk, <http://www.activeoutdoorsport.co.uk/>

26 Gade Valley Harriers 17m Marathon Training Run, Hemel Hempstead, Herts,

<http://www.gadevalleyharriers.co.uk/marathontrainingruns.html>

26 Roding Valley Half-Marathon, Woodford Green, Essex, <http://www.rvhm.org.uk>

26 St Luke's 10m, Ford Motor Company, Dunton, Laindon, Essex,

<http://www.stlukeshospice.com/event.asp?id=311>

26 Tarpley 10m & 20m, Bury St Edmunds, Suffolk, <http://www.pacers.org.uk/pacers/pages/tarpley10-2012.shtml>

26 Watford Win-a-Car 5k, Cassiobury Park, Watford, <http://www.sportingenterprise.com>

26 Wellingborough MT 5k/10k/15k Round 3, Irchester Country Park, Irchester, Wellingborough,

<http://www.justracinguk.com>

March

03 (Sat) Dunmow Tri's 'Muddy' Duathlon, Hatfield Forest, Takely, Nr Bishop's Stortford, Essex,

<http://www.dunmowtri.co.uk>

03 (Sat) Thames Path 100m Ultra, Richmond, London to Oxford <http://www.centurionrunning.com>

04 Berkhamsted Half-Marathon, Berkhamstead, Herts, <http://www.berkhamstedhalfmarathon.co.uk>

04 Cambridge Boundary Run Marathon & Half-Marathon, Cambridge,

<http://www.cuhh.org.uk/competition/boundaryrun/>

04 Essex 20m, Langham, Nr Colchester, Essex, <http://www.essexroadrunning.org.uk>

04 Frostbite League Race 6, 5m, Huntingdon, <http://www.frostbiteleague.org.uk/>

04 Gainsborough & Morton Striders 10k, Morton Village, Gainsborough, Lincs,

<http://www.gainsboroughrunningclub.co.uk>

04 Lincolnshire Poacher Challenge Trail Half, Ancaster, Lincs, <http://www.toonieexpress.co.uk>

04 Mucky Races Sole Destroyer 5k or 10k, Northampton, Northants, <http://www.muckyraces.co.uk>

04 Steyning Stinger Marathon & Half-Marathon, Steyning, Sussex, <http://www.steyningac.co.uk>

04 Stroke Association Resolution Half-Marathon, Richmond Park, London,

http://www.stroke.org.uk/fundraising/fundraising_events/resolution_half.html

- 04 Thanet 20m, Ramsgate, Kent, <http://www.thanetroadrunners.org.uk>
- 04 Wymondham 20m, Wymondham, Norfolk, <http://www.wymondhamac.org.uk/races/wymondham20.asp>
- 10 (Sat) UKA McCain UK Cross Challenge XC Series, U13/15/17/20 & Senior, Cofton Park, Birmingham, <http://www.uka.org.uk/competitions/mccain-uk-cross-challenge/>
- 11 Asics Stafford 20m, Stafford, <http://www.alsager5.co.uk/STAFFORD%2020%20RELAY%20RACE%20FORM.pdf>
- 11 Cambridge Half-Marathon, Cambridge, <http://www.onestepbeyond.org.uk/cambridge-half-marathon.php?mid=4>
- 11 Finchley 20, Ruislip, Middlesex, http://www.hillingdonac.co.uk/?page_id=88
- 11 Leighton 10k, Leighton Buzzard, Beds, <http://www.leightonfunrunners.org.uk>
- 11 Newton's Fraction Half-Marathon, Grantham, Lincs, <http://www.granthamac.com/nf/>
- 11 Stroke Association Resolution 5k, Nowton Park, Bury St Edmunds, Suffolk, http://www.stroke.org.uk/fundraising/fundraising_events/resolution_5k_runs.html
- 18 Aldi Ashby 20m, Ashby-de-la-Zouch, Leics, <http://www.ashby20.co.uk>
- 18 Essential Sports Banbury 15, Banbury, Oxfordshire, <http://www.banburyharriers.org>
- 18 Fritton Lake XC Half-Marathon, Fritton, Nr Great Yarmouth, Norfolk, <http://www.activeoutdoorsport.co.uk/>
- 18 Gloucester 20m, Quedgeley, Gloucester, <http://www.gloucesterac.co.uk>
- 18 Lode Muddy Marvel 5, Lode, Cambs, <http://www.newmarketcyclingtriathlon.co.uk/races.html>
- 18 Mud & Mayhem 10k, Thetford Forest, <http://www.gobeyondultra.co.uk/events>
- 18 Mud & Mayhem Duathlon, Thetford Forest, <http://www.gobeyondultra.co.uk/events>
- 18 NiceTri Hurden 9m & 18m, St Neots, Cambs, <http://www.nicetri.co.uk/>
- 18 Ryston Runners XC Grand Prix Series 6.5k, Shouldham Warren, Nr Downham Market, <http://www.rystonrunners.org.uk/cross.htm>
- 18 Stroke Association Resolution 5k, Luton Regional Sports Centre, Luton, Beds, http://www.stroke.org.uk/fundraising/fundraising_events/resolution_5k_runs.html
- 18 Stroke Association Resolution 5k/10k/15k, Clapham Commom, London, http://www.stroke.org.uk/fundraising/fundraising_events/resolution_5_10_15.html
- 18 Surrey Spitfire 20, Cranleigh, Surrey, <http://www.eventstolive.co.uk>
- 18 Trionium Wife Carrying Race, The Nower, Dorking, <http://www.trionium.com/wife>
- 18 Trionium Leith Hill Half Marathon, The Nower, Dorking, <http://www.trionium.com/leithhillhalf>
- 18 **Turing Trail Relay** (Private Event), Ely-Cambridge-Ely in 3 roughly equal stages
- 24 (Sat) Frostbite Presentation Evening, The Plough, facet, Peterborough, <http://www.frostbiteleague.org.uk/>
- 25 City to City 16.5m Trail Run, Ely to Cambridge, Cambridge, <http://overrunevents.co.uk/>
- 25 Gade Valley Harriers 20m Marathon Training Run, Hemel Hempstead, Herts, <http://www.gadevalleyharriers.co.uk/marathontrainingruns.html>
- 25 Joe Cox Stowmarket Half-Marathon & 3k FR, Stowmarket, Suffolk, <http://www.stowmarketstriders.org.uk/StowHalf.shtml>
- 25 Sandy 10m & 3k FR, A1 series event, Sandy, Beds, http://biggleswadeac.org.uk/sandy10_entry.html
- 25 Stroke Association Resolution 5k, Regent's Park, London, http://www.stroke.org.uk/fundraising/fundraising_events/resolution_5k_runs.html
- 25 Stroke Association Resolution 5k/10k/15k, Swinley Forest, Bracknell, Berks, http://www.stroke.org.uk/fundraising/fundraising_events/resolution_5_10_15.html
- 25 The Mad March Hare 10k, 2012 Jaguars Triple 10k Challenge Race 1, Frettenham, Nr Norwich, Norfolk, <http://www.coltishalljaguars.co.uk>
- 25 Thorney 10k, Thorney, Peterborough, Cambs, <http://outa-stock.co.uk/trc/index.htm>

April

- 01 Bedford Harriers Oakley 20, Oakley, Beds, <http://www.bedfordharriers.co.uk/Oakley.htm>
- 01 Mucky Races The Gauntlet 5k or 12k, Colchester, Essex, <http://www.muckyraces.co.uk>
- 06 (Fri) Sudbury 5m Fun Run, Sudbury, Suffolk, <http://www.sudburyfunrun.co.uk/>
- 08 Friskney Half-Marathon, Friskney, Nr Skegness, Lincs, <http://bostonanddistrictac.com/bdac/>
- 08 Trowse 10k, Trowse, Norwich, Norfolk, <http://www.conac.org.uk/>
- 15 Brighton Marathon, <http://brightonmarathon.co.uk/>
- 15 Bungay Marathon & Half-Marathon, Bungay, Suffolk, <http://www.bungayblackdogrunningclub.co.uk/>
- 15 Cambridge Cambourne 10k & 1m FR, Cambourne, Cambs, <http://cambridgefestivalofrunning.com/>
- 15 Flitwick 10k, Flitwick, Beds, <http://www.flitwick10k.org.uk/>
- 15 Newnham Classic 10k, West Ham Park, stratford, London, <http://www.newhamclassic10k.com/>
- 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 Comer Crowley 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
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 25th 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
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
21 Amptill Trophy XC, Amptill, Beds, <http://www.amptilltrophy.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.

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 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 but for -13, -15, -17 & juniors, first contact Lesley Wright, 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).

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

Social events are via Julie Foreman, julie@elyrunners.co.uk

Junior training details from Junior Representative/Club Coach Alan Rutterford, alan@elyrunners.co.uk

Junior race details from Junior Secretary Lesley Wright, 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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