

Ely Runners Newsletter

June 2011



NEW MEMBERS

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

Luke Sturman
Helen Ost
Jamie Rendell-Read

NEWS & NOTICES

Inaugural Diana Gipp Memorial 5K a great success

On Thursday 9th June Ely Runners Juniors took part in the first Diana Gipp Memorial 5km XC Race at Little Downham, whilst the seniors ran the annual 10km Handicap race at the same venue.

With the death of long serving ER member Diana this year, the club and particularly the junior section wanted to give something back as she was such an inspiration and role model winning several Frostbite League XC races during her time with the club. Alan Rutterford, the club's head coach who had many a memorable battle with Diana at races where she always got the better of him, thought this event would be a fitting tribute to her.

With the overcast and wet conditions, plus a there and back

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5km (3.1 mile) course, Aiden Merry was the first over the line in 21.51 followed by Lewis Leonard 22.45 (first age graded 69.74%) and first female Robyn Seabright 3rd in 23.25, 4th Alexander Ellwood 23.59, 5th James Holland 24.04, 6th Molly Butler 24.28, 7th Esme Wright 24.40, 8th Adrian Chalmers 24.57, 9th Fraser Crossman 25.23 followed by 10th Nathan Pennington in 26.08.

Ely Runners Coaches Alan Rutterford and Max d'Ayala would like to thank the parents who marshalled the race, and the juniors for such good performances and great times considering the conditions caused by sharp rain showers before and during the event.



Ian Blatchford, Peter Harris, Lionel Smith and guest waiting to start the senior 2011 midsummer 10k

Andrew Balmford elected to Royal Society

Congratulations to Ely Runner Andrew Balmford who has been elected as a fellow to the Royal Society, where his peers include luminaries Richard Dawkins, Stephen Hawking and Tim Berners-Lee. Andrew is professor

of conservation science at Cambridge University's department of zoology.



Andrew Balmford on his way to joint victory in the 2010 ER Mile Handicap in 6m and 7 seconds

Enter now for Mile Handicap

This year's Ely Runners Mile Handicap will take place on Thursday 14th July at the Kings School playing fields (Amherst or Brand field TBC). As with the 10k Handicap, the winners are not just those who run the course the fastest, but those who shave the most off their predicted time, so everybody is in with a chance, particularly improvers.

Entries to Matt Holmes matt@elyrunners.co.uk with a realistic forecast of likely time – recent race times or the calculator

on the ER website can help here. Should your suggested time be considered optimistic or pessimistic, it will be adjusted in consultation with the Chairman, Secretary and Club Coaches based on recent race times!

Runners should meet as for usual training at 7:00 pm at the Paradise. The race is open to all Junior and Senior members.

Contributions to the Newsletter

If any 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

Round Norfolk Relay needs you

A reminder that club coach Alan Rutterford is now taking names for the 2011 RNR on 17/18th September, in which Ely Runners again have two teams. The 17 individual stages which make up the 195m course range from 5 to 20 miles, pass through some stunning rural and coastal scenery, and engender a great team spirit. More details can be found at www.roundnorfolkrelay.com

As well as 34 runners, Alan is also looking for 5 volunteers to marshal the changeover at Wissington, which is a condition of having a second team in the race. Anybody interested in running or helping out please email Alan (alanatrdsltd@aol.com) or see him at training.



Ely Runners enjoying the scenery at the 2010 RNR

SOCIAL EVENTS

After training drinks

After training drinks are usually held on the first Thursday of each calendar month, with all members more than welcome to attend. The next opportunity to see what your training partners look like with their clothes on will be **Thursday 14th July** at the Prince Albert in Ely directly after the Mile Handicap. Further information is available from Julie Foreman (Julie@elyrunners.co.uk).

SELECTED RESULTS **ROUND-UP – February**



John Crisp won the Magog Hills 5m

Magog Hills 5m, Cambridge

Ely runner John Crisp enjoyed a fantastic win on the Magog Hills, a fairly regular training ground for Ely Runners. The route was the usual 2.5-mile circuit, and after the first loop John managed to gain ground on the leader. Both ran stride to stride together, until John got his nose in front on the long climb up to the top, when from out of nowhere another runner joined the group. With his heart and lungs bursting out of his body up the last steep little climb John managed to stay ahead and come over the line in 1st place. John was well chuffed. The conditions were warm and very blustery. Approximately 100

runners completed the race.
Official Results 1st John Crisp
0:31:10

Soham Half Marathon – Soham, Cambridgeshire

15 Ely Runners took part in this local race in which Stephen Pettit was 3rd overall, Lesley Wright was 1st FV45, Graham Chapman was 1st MV50 and Peter Harris was 1st MV60. The weather conditions were ideal, with a light breeze. There were 112 Finishers. Official Results (gun time) 3rd Stephen Pettit 1:17:32 7th Graham Chapman 1:25:34 (1st MV50) 21st Jose Perez 1:36:42 28th Ashley Blackmore 1:39:08 30th Peter Harris 1:39:25 (1st MV60) 38th Matt Holmes 1:42:00 (PB)(1st HM) 41st Lesley Wright 1:43:58 (1st FV45) 42nd Melanie Fisher 1:44:01 44th Sarah Edwards 1:45:17 45th Stuart Baumber 1:45:17 53rd Samantha Collins-Shirley 1:49:45 58th Lionel Smith 1:51:31 91st Claire Van Leersum 2:00:31 (PB) 93rd Colin Doak 2:05:01 99th Cynthia Mills 2:13:21

Cambridge Club Athletics Championships, Cambridge

Well one to the three Ely Runner Juniors who took part in the CCAC 1500 metres, results below. Following the race, Alexander (AJ) and Esme said 'I really enjoyed my chance to run on a track and would love to do more track work! Roll on Ely athletic track!' Official Results 8th Nathan Pennington 0:06:15 11th Alexander Ellwood 0:05:46 11th Esme Wright 0:05:58

Event photographs

Race/club event photographs should now be sent to Charlie Barker - (charlie@elyrunners.co.uk) Ideally they should be resized to 800x600 pixels (ish) and preferably be less than 100k in size, though all contributions gratefully accepted.

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>

June

17 (Fri) Marston Forest 5k,

<http://www.MarstonForest5K.org.uk>

17 (Fri) Summer Solstice 10k, Grantham,

http://www.granthamrc.btinternet.co.uk/solstice_10k

18 (Sat) Glooston 10k, Market Harborough,

<http://www.roadhoggs.org.uk>

18 (Sat) Oundle Carnival 5k, Oundle,

<http://www.oundlecarnival.co.uk/funrun.html>

18 (Sat) Trionium Picnic Marathon/Half-Marathon,

Box Hill, Surrey, <http://www.trionium.com>

19 BMAF 5k Road Champs, Horwich,

<http://www.bvaf.org.uk/index.asp>

19 F1 Chicken Run 10k, Brackley,

<http://brackleyrunningclub.co.uk>

19 Hanworth Half-Marathon, Hanworth (Nr

Cromer), <http://www.nnbr.co.uk/index2.html>

19 Huntingdon 10k charity run, Huntingdon,

<http://www.huntingdon10kcharityrun.co.uk>

19 Midsummer Madness 10k/20k/30k,

Wellingborough,

http://www.gobeyondultra.co.uk/wellingborough_midsummer_madness_2011

19 North Downs 30k, Gravesend,

<http://www.isteadandifield.org.uk/>

19 Stathern 10k, Melton Mowbray,

<http://www.stathern10k.co.uk>

22 (Wed) Peterborough 5k series Race 2, Eye, Peterborough,

<http://www.eyerunners.plus.com/5Kpage2.htm>

22 (Wed) Hinckley 5k & Mile FR,

<http://regonline.activeeurope.com/Register/Checkin.aspx?EventID=977214>

24 (Fri) Colworth 5, Sharnbrook,

<http://www.colworthstriders.org.uk>

24 (Fri) John O'Callaghan Memorial 5m, Luton,

<http://www.lutonac.co.uk/road-races-2011.html>

25 (Sat) Colworth Trail Race 8.1m, Sharbrook,

<http://www.colworthstriders.org.uk>

25 (Sat) Crowland Show 12k, Crowland nr

Peterborough, <http://www.fabian4.co.uk>

25 (Sat) Greensand Ridge Relay (6 stages/33m)

Leighton Buzzard to Bedford,

<http://www.smoc.info/GSRR/>

26 Colworth Half-Marathon, Sharnbrook,

<http://www.colworthstriders.org.uk>

26 Humpty Dumpty 10k, Great Yarmouth,

<http://www.gydac.org.uk/roadrunning>

26 Stortford 10, Bishop's Stortford,

<http://www.bsrc.org.uk>

26 Sutton Feast Beast, 7m, Sutton,

<http://suttononline.org/fbef11.pdf>

26-27 BMAF Track & Field Champs, Birmingham,

<http://www.bvaf.org.uk/index.asp>

29 (Wed) Bungay Summer Series 10k, Bungay,

<http://www.bungayblackdogrunningclub.co.uk/races/summer.asp>

July

06 (Wed) EVAC Track & Field League, Match 3,

<http://www.evac.org.uk/>

06 (Wed) Peterborough 5k series Race 3, Ferry

Meadows, Peterborough,

<http://www.eyerunners.plus.com/5Kpage2.htm>

06-17 World Masters T & F Champs,

Sacramento, California, USA,

<http://www.bvaf.org.uk/index.asp>

08 (Fri) Whissendine 6ix, 6m, Whissendine (Nr

Oakham), <http://www.grainstorebrewery.com/>

10 British 10k, London,

<http://www.thebritish10klondon.co.uk/>

10 Bushy 10k, Bushfield, Peterborough,
<http://www.bushfieldjoggers.co.uk/>

10 Heveningham 10k, Heveningham Hall, Suffolk,
http://www.countryfair.co.uk/other_events.html

10 Notfast 10k, Newark,
<http://notfastrunningclub.co.uk/>

**14 (Thurs) Ely Runners 1m Club Handicap
(Private Event)**

17 Luton AC 5k, Wardown Park, Luton,
<http://www.lutonac.co.uk/road-races-2011.html>

17 NSPCC Milton Keynes Half Marathon,
<http://www.nspcc.org.uk/>

17 St. Ives 10k & 3k FR,
<http://www.huntsac.org.uk>

20 (Wed) Peterborough 5k series Race 4,
Stamford,
<http://www.eyerunners.plus.com/5Kpage2.htm>

21 (Thu) Girton 5k, Girton, Cambridge,
<http://www.girton5k.org.uk>

24 Dereham 5k, Dereham, Norfolk,
<http://www.derehamrunners.co.uk>

24 Littleport 10k, <http://www.littleport10k.co.uk>

24 Luton 10k, <http://www.lutonac.co.uk/road-races-2011.html>

24 Redbridge 10k, London,
<http://redbridge10k.com/>

24 Spartan Race 5k with obstacles, ATR
Bassibgbourn, Royston,
<http://www.spartanrace.com/>

29-31 (Fri-Sun) Montane Lakeland 100m,
<http://www.lakeland100.com>

30/31 (Sat/Sun) Montane Lakeland 50m,
<http://www.lakeland100.com>

31 EVAC Track & Field Champs, Kings Lynn,
<http://www.evac.org.uk/>

August

03 (Wed) Bungay Summer Series 10k, Bungay,
<http://www.bungayblackdogrunningclub.co.uk/races/summer.asp>

03 (Wed) EVAC Track & Field League, Match 4,
<http://www.evac.org.uk/>

03 (Wed) Peterborough 5k series Race 5,
Werrington, Peterborough,
<http://www.eyerunners.plus.com/5Kpage2.htm>

07 Veterans Inter Area Competition, Solihull,
<http://www.bvaf.org.uk/index.asp>

11 (Thu) Eye 5m Charity Race, Eye,
<http://www.eyerunners.co.uk>

14 Great Yarmouth Half-Marathon,
<http://www.gyrr.co.uk>

14 Thorney 5m, <http://outastock.co.uk/trc/raceinfo.htm>

20 (Sat) Race the Train 14m XC, Tywyn, Wales,
<http://www.racethetrain.co.uk>

21 BMAF Half-Marathon Champs, Leek,
<http://www.bvaf.org.uk/index.asp>

21 Camille's Appeal 5m, Wherstead nr Ipswich,
<http://www.enter4.co.uk/camillesappeal/home>

21 Monster Racing Middle Triathlon, Ely,
<http://www.monsterracing.net>

September

04 BMAF 10m Road Champs, Hexham,
<http://www.bvaf.org.uk/index.asp>

04 Budapest Half-Marathon,
<http://www.budapestmarathon.com>

04 Ely sprint triathlon & Aquathlon, Ely,
<http://www.entrycentral.com>

04 Maidenhead Half-Marathon,
<http://www.purplepatchrunning.com/>

04 Wissey Half-Marathon,
<http://www.rystonrunners.org.uk/>

11 EVAC Track & Field League Final, Bedford,
<http://www.evac.org.uk/>

11 Grunty Fen Half Marathon, Witchford,
<http://www.gruntyfen.co.uk>

17/18 (Sat/Sun) Round Norfolk Relay,
<http://www.roundnorfolkrelay.com>

18 Grafham Water Marathon/Half Marathon,
<http://www.grafhamwatermarathon.com>

18 Great North Run, Newcastle-upon-Tyne,
<http://www.greatrun.org/events/event.aspx?id=1>

24 (Sat) Hardmoors 60, 60m Saltburn to Filey,
www.hardmoors110.org.uk

21-24(Wed-Sat) Great Barrow Challenge, Suffolk,
<http://www.greatbarrowchallenge.co.uk>

25 Bourn 10k & 3k FR, Bourn,
<http://www.bourntorun.com>

October

02 BMAF 10k Championships, Exmouth,
<http://www.bvaf.org.uk/index.asp>

02 Budapest Marathon,
<http://www.budapestmarathon.com>

02 Frostbite League Race 1, ~5m, Bottisham (nr
Cambridge) TBC,
<http://www.frostbiteleague.org.uk/>

02 Royal Parks Half-Marathon, London,
<http://royalparkshalf.com/>

16 BMAF Marathon Championships, Abingdon.
<http://www.bvaf.org.uk/index.asp>

22 (Sat) Beachy Head Marathon,
<http://www.beachyheadmarathon.org.uk/events/BeachyHeadMarathon.aspx>

23 Ampthill Trophy XC,
<http://www.AmpthillTrophy.org.uk>

23 Bupa Great Birmingham Run, Half-Marathon,
<http://greatrun.org/Events/Event.aspx?id=14>

23 East Coast 10k, Great Yarmouth,
<http://www.gyrr.co.uk>

23 Tronium Greensand Marathon, Dorking,
<http://www.tronium.com>

30 Fenland 10, Wisbech,
<http://www.fenlandrunners.org.uk/>

November

06 Adnams Great Eastern Run,
<http://www.bungayblackdogrunningclub.co.uk>

06 Frostbite League Race 2, 5m, Bushfield,
Peterborough, <http://www.frostbiteleague.org.uk/>

20 St Neots Half-Marathon,
<http://www.riversiderunnersraces.co.uk>

27 Bath hilly Half-Marathon, Bath,
<http://www.tronium.com>

27 (prov date) Hereward Relay,
<http://www.marchathleticclub.co.uk>

December

02 (Fri) Ely Runner's Christmas Buffet & Drinks,
(Private Event) Cutter Inn, Ely (Prov)

11 Bedford Harriers Half-Marathon,
<http://www.bedfordharriers.co.uk/>

11 Frostbite League Race 3, ~5m,
Hinchingbrooke Country Park, Huntingdon,
<http://www.frostbiteleague.org.uk/>

18 Club Pre-Christmas training runs, (Private
Event) Woodditton/Ely 18.5m, Woodditton/Reach
7.5m, Reach/Ely 11m. Lunch afterwards at the
High Flyer

31 (Sat) Ely New Year's Eve 10k Road Race,
1100 Little Downham,
<http://www.newyarseve10k.co.uk>

January

15 Frostbite League Race 4, ~5m, March, TBC,
<http://www.frostbiteleague.org.uk/>

February

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

March

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

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/>