



Ely Runners Newsletter

March 2012



Ashley Blackmore proudly showing his club colours

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!

Jacqui Baldwin
Laura Knight
Jacqueline Buxton

February Highlights

- David's Monster effort
- Craig wins Thames Trot 50
- Entries flood in for Turing relay!?

Club Turing Relay

A reminder that next Sunday 18th is the club's Turing Trail Relay. Thank you to those that have already signed up:

Peter Harris, Stephen Howard, John Turner, Steve Tovey, Steven Hardwick, Celine Aubry, Tony Kirby-Cook, Ashley Blackmore, Nick Dyer, Matt Holmes, Lionel Smith, Linden Smith, Conan Fryer, Charlie Barker & Jose Perez.

We also have a few TBC's but it would be great to have a few more involved, the event is free to take part and is ideal training for next month's marathons or as a Sunday training run. A full event description can be found on page 3.

Club AGM – 6th February

Winners of the club's annual awards for 2011:

Most Improved Runner (New Member) – *Robin Webb*
Most Improved Runner (Male) – *David Mould*
Most Improved Runner (Female) – *Miranda Paul*
Best Marathon – *Stephen Pettit*
Best Half Marathon – *Craig Holgate*
Best 10k – *Ashley Pettit*

Cambridge Half Marathon

Up to 18 Ely Runners will be taking part in this Sunday's Cambridge Half Marathon. The race starts at 9am with the centre of Cambridge closed off to Traffic – could be worth a trip out to support your fellow club members at this popular event.

Article from the recent Parkrun Newsletter (thank you JT):

We are really pleased to announce the start of a major academic study looking into the benefits of parkrun for our runners. Its title is 'SparkLE' (Study of parkrun on Lifestyle & Exercise). The research is being independently run by a team of researchers from Loughborough University and Imperial College NHS Healthcare Trust with parkrun's assistance. Personal data provided for this study will be confidential and will not be shared outside the Loughborough and Imperial research team.

We are hoping that as many parkrunners take part in the study as possible, including those who have registered but never run, those who have taken part only occasionally, as well as those who do it every week! So please take part. Further information, and a link to the study can be found on the parkrun SparkLE Page:

www.parkrun.com/sparkle

And please spread the word to everybody you know. We really do want every parkrunner to take part - not just those who read the newsletter.

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 inform Steve.

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.

News

- 1 Club news
- 2 Ultra Month
- 3 What's on?
- 4 Results
- 5 Contacts
- 6 Training
- 7 Fixture List

Dates for the Diary:

- 11th Cambridge Half.
- 18th Club Turing Relay
- 25th Thorney 10k

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

February = Ultra Month

For some members February proved to be the month to run just that little bit further. Some of us are happy with a gentle jog round the streets of Ely; there are others of us that like to push for a new PB every race. Then there is a new breed of runners in the club that are able to push their bodies to the limit and then past it, the Ultra runners! The month of February included a number of exceptional performances by club members:

Thames Trot Ultra 50 - Oxford To Henley

On Saturday 4th February Craig Holgate took part in the Thames Trot which is billed by its organisers as the UK's biggest 50 mile ultra running race. The route follows the Thames Path National Trail from Oxford to Henley-on-Thames and is predominantly off road. Essentially it is the second half of the 100 mile route that Craig will tackle in a month's time, so the race was ideal to scout out the route that he would be doing in the dark and also perfect timing for a long training run.

The race started at 8.30am with the temperature around minus 9, seeing the Thames frozen certainly didn't make Craig feel any warmer in the first few miles. Although he could feel his toes again after mile 5 both pairs of gloves including the chemical hand warmers stayed on all day. The route was pleasant and generally flat with a couple of steep hills around the 30mile mark. After the first 10 miles Craig was happy just to sit behind the leader and eat. By 45miles Craig was by himself as people started to tire and at this point he settled into a harder pace. The course was only 48 miles instead of the 50, but Craig was happy to run under 6hrs without having to dig too deep. The real test is in months time!!

Result:

1st Craig Holgate 5hrs 56mins.

Stop press – Craig ran and won the Thames Path 100 in 15hrs11min - Full report in the next newsletter

Quadzilla

The Quadzilla is a running event that consists of completing four marathons in four days and is organised by Enigma Running. The course is the same every day, one small lap and then 7 complete laps of Caldecotte Lake, Milton Keynes. – David Mould's full report as follows:

Day One

The weather for the first day was bitterly cold with the snow that fell the previous weekend frozen still around in patches. Some parts of the course were icy but easily avoided.

I started day one in a sensible fashion and the first five laps were dispatched without drama, however (maybe due to the cold) started to get a pain around the inside of my quad on my left leg during laps six and seven. Also my under fuelling may not have helped, didn't take any carbs on until over 16 miles.

Posted a time of 3:56:21 (marathon #31)

Day Two

The weather was unkind and the race started the course covered in a couple of inches of fresh snow. Fortunately after the first lap or so the snow melted and conditions underfoot were better than Day One. Overnight the inside of my left knee was very sore and at first it was thought I may have slightly strained my medial collateral ligament. However in light of the fact that I was able to run it could have been

my knee not liking the cold. My mood was poor and the first few miles were unpleasant. Although not aerobically taxed my legs felt wrecked. However the act of movement did seem to improve matters and after about 10 miles my legs were moving a lot freer. At the start of Day Two a sub-5 seemed unlikely but gutted it out for a sub-4:30 (4:28:23). My left knee was still giving me some grief so decided to see how I felt in the morning before making a decision to continue or throw in the towel. This was my marathon #32 and it was very hard work.

Day Three

This was the day which started with record breaking low temperatures but the wall-to-wall sunshine resulted in the best conditions of the event. May have even got a sun-tan! The run was a complete surprise and felt good all the way around. I decided to run to heart rate and until the last couple of miles kept my beats per minute below 140. To say that I was happier with being 10 minutes quicker than Day Two is a huge understatement. Marathon #33 was completed in 4:18:43



Day Four

Weather-wise day four was dull but the warmest of the four days. After about a mile I was close to last place, around 10:30 minute/mile pace was the reason for that. As muscles still felt a bit cold decided to increase the pace and posted an 8:49 for mile 2. Way too fast, secretly had done the sums and needed a 4:15 to go sub-17 for the four days so no need at all to run at that pace. No problem at all as the miles clicked by and was through halfway in about 2:04. Marathon #34 was completed in 4:08:10.

Moonlight Challenge

The Moonlight Challenge by its very name is a night race with 5 laps of a 6.55 mile figure of eight course, a combination of farm track and tarmac around farmland and the village with the course being marked out with glow sticks. The weather was -20C with 17 mph winds and later in the race - snow. The ground was solid and icy underfoot. Ely Runners Emma Greaves and Miranda Paul braved the weather to take part in this challenging event. Both managed to complete all five laps before the race was stopped due to extreme weather conditions, the snow had caused reduced visibility and the route had become treacherously icy. The figure of eight route meant that sections were in a head wind which was particularly difficult when the snow hit but the organisers and marshals were incredibly inspiring, standing out in the freezing temperatures, high wind and still smiling. At mile 5 of each lap there was the promise of jelly babies and mars bars at the locally known 'Jelly baby corner', (all be it frozen jelly babies!). A very relaxed and friendly event with exceptional camaraderie. Miranda Paul finished in 6 hrs 06, a fantastic time for such an extreme first Ultra distance event. Ultra regular Emma Greaves finished in 5 hrs 31 and was awarded the prize for 2nd lady. Out of a total of 74 competitors 33 finished the course.

FORTHCOMING EVENTS: *Full fixture list on page 7***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

The Frostbite Friendly Season is now complete for another year and a full report will follow in the next newsletter. For some our thoughts now turn to the Spring Marathon season. Many members are running in London next month, others are entered in the increasingly popular Brighton race, some members are running in the new Milton Keynes Marathon and place are still available for this. Later on in May a couple of smaller events take place – Halstead in Essex and Wells in North Norfolk both taking place on May 13th.

Later in the year we have the club's 10k Handicap race in June and the Mile Handicap in July – these are both fun, free to enter events and further information will be sent nearer the time.

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

Tarpley 20 - Bury St Edmunds

There were five Ely Runners in a field of 161 for the 20 mile version of the Tarpley race organised by St Edmunds Pacers. Stephen Pettit finished 3rd (and 1st MV45) in a particularly impressive time. Graham Chapman continues to break records with a new MV55 best for the club. Jose Perez showed that his marathon training is going well and Felicity Chivers and Miranda Paul both achieved new PB's.

Official Results:

3rd Stephen Pettit	02:05:56 (1st MV45)
18th Graham Chapman	02:18:33 (MV55 Club Record)
55th Jose Perez	02:34:57
64th Felicity Chivers	02:38:15 (PB)(1st 20m)
82nd Miranda Paul	02:48:27 (PB)

The race was won by Peter Ellis of Hayle Runners in 01:57:03

Tarpley 10 - Bury St Edmunds

10 Ely Runners travelled to Beyton nr Bury St Edmunds for this revived 10 mile event running for the first time since 2008. Having been suffering from calf and knee problems since his injury at the Bedford half in December John Manlow decided to enter to see how his recovery and plans for London were going. The course was well planned and runners benefitted from perfect weather, bright, sunny with little wind. John found the going well and was pleased to see Daisy Glover back racing close behind him. John was happy with his performance and will now get into serious marathon training. Daisy's race was easily the performance of the day, back race-sharp without any racing for over 18 months. Daisy achieved a PB and club record finishing second lady to regular NYE10k winner Felicity Milton. Robin Webb continues to improve finishing close behind. There were PB's also for Jason Mann, John Glover and ever improving Steve Starr. Adam Etches was also spotted in foreign colours.

Results:

10th John Manlow	00:59:41
13th Daisy Glover	01:00:28 (2nd Lady)(FS Club Record)
14th Robin Webb	01:01:19 (PB)(1st 10m)
25th Jason Mann	01:04:37 (PB)(1st 10m)
39th Adam Etches	01:09:44 (Ran for Newmarket Joggers)
66th John Glover	01:15:01 (PB)(1st 10m)
113th Steve Starr	01:22:14 (PB)
115th John Crawford	01:22:30
165th Fran Crawford	01:31:34
190th Claire van Leersum	01:39:27

There were 223 finishers and the race was won by Andrew Mynott of Walden Tri Club in 00:56:37

National XC Championships - Parliament Hill, London

Three Ely Runners travelled to London for English National Cross Country Championships. The event attracts a very large entry across all age groups. As soon as you arrive the scale of the event impresses. There were club flags everywhere and a very well organised hub of organisation and merchandising. Races were spread throughout the day for all categories; Ely had entries in the Under 17 and Senior men's races. Ashley Pettit had a great finish in 21:28 in the under 17 men's race. For the men's race Max D'Ayala and Conan Fryer arrived at the start line in time to find their pen and to have a quick warm up. The gun was fired (three times for some reason) and they were off. Immediately the course

of 1700 men was aiming up a gradual grassy hill with the whole field thumping more like the sound of Newmarket races! Within a minute the course narrowed a little and everyone slowed to a walk/jog to get through, this happened on some early bends also until the fences were trampled! The uphill theme was set to continue with what seemed like far more uphill than downhill! If they weren't being challenged by a hill then it was a very muddy swamp to run through. Conan spotted several running shoes in the mud, although did not see anyone ahead missing any. Maybe they were under the mud somewhere too! Max and Conan were running at roughly the same pace for most of the race and for Conan it was great to have someone to follow. When he could not see Max he reverted to his mental technique of focussing on a runner and having a time consuming story in his mind. In this race there was a runner that looked a lot like Jesus who Conan followed and which took his mind off the pain. The later part of the two lap course allowed parallel running with those ahead and behind for several stretches. It was great to witness the quality of the leaders and also see that there were plenty still behind. On the whole it was very tough and Conan really felt the pain towards the end. When the finish did finally arrive it was more welcome than any he had seen in a while. All in all this was a great but very tough 12K which he would certainly do again!

The final Ely Club positions were:

U17 Men (6km)

89th Ashley Pettit 00:21:28

Range: First U17 man in at 19:42 to Last U17 man in at 32:56

Senior Men (12km)

918th Max D'Ayala 00:50:27

958th Conan Fryer 00:50:56

Range: First Senior man in at 35:56 to Last Senior man in at 1:38:23

Belvoir Challenge - Vale of Belvoir, Leicestershire

Ely Runners John Crisp and Charlie Barker travelled to Harby in the Vale of Belvoir to compete in the 22nd Belvoir Challenge. The 15 mile course is run over fields, footpaths and bridleways in the attractive farmland close to Belvoir Castle. The course which relies on obtaining local landowners permission varies from year to year. This year the roughly circular course headed north from the village and then went in a clockwise direction to take in a stiff climb up to the Belvoir Estate escarpment before heading back to Harby where the finish line is in the village hall. The course has been extremely wet and muddy in previous years so this year was a pleasant change. The race is restricted to 800 competitors, many of whom choose to walk the course. John Crisp finished in an excellent 5th place in a time of 1:43:54 with Charlie Barker coming in 93rd in 2:13:42. The winner was Tom Drake of Wigston Phoenix Club in a time of 1:38:51. There were 764 official finishers with around 250 of those being walkers, the last one taking 7 hours! In the marathon event that is run at the same time the winner finished in 3:24:53. The friendly event is very well organised by Harby Primary School who provide wonderful post race food.

Results

5th John Crisp 01:43:54

93rd Charlie Barker 02:13:42

Mudrunner Icebreaker Duathlon

Emma Greaves completed Mudrunners 'Icebreaker' extreme winter duathlon. Sunday 19th February '12 at Eastnor Castle, Herefordshire Course is described as - 10 arduous country kilometres around the Eastnor Castle Estate using the same tracks that Land Rovers have been tested and developed on. The run is on a variety of terrain and conditions from rolling grassland (well a little bit anyway) to mud, wet mud and sticky mud. The course includes hills, waterfilled pits, muddy banks and did we mention mud. You will get very wet! Then 20km of off road mountain biking around the estate and edges of the Malvern Hills, a good mix of open tracks, paths, singletrack and mud. Finished off with a 3km run around the castle lake and along a little stream to finish. Weather was a chilly 4 degrees with a strong



wind when on the exposed hillsides but generally the course was sheltered. The run section was fun and no problem as Emma had done many muddy races before but the cycling section was completely new and her inexperience was very obvious (she was the only competitor with a mountain bike that's 20 years old, has no suspension and fitted with a side stand!!) Cycling on muddy and rocky landrover tracks, up and down steep hills proved a bit of an art form which requires a lot of confidence. Emma tackled it by running with her bike up the hills and cursing under her breath while clinging on desperately down the hills. The cold wind, freezing water and mud had made her legs and feet numb throughout the cycling section which made running the last 3km a unique experience. All that said Emma was genuinely pleased with her result of 3hrs39 12th lady out of 48 and 183rd overall out of 312 competitors

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 – 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!!!

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 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.easternveteran.co.uk/>

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 Ashley Blackmore on page 1? Send in your event photos and you too could feature in next month's newsletter.

TRAINING FOR MARCH

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 6th March

Lynn Road 4 x 1 mile lamppost intervals. Jog/run/stride/sprint repeats with 1m warm up and 1m warm down to/from Davison Road. About 6.5m to/from Paradise.

(Juniors: Astro Turf session at The King's School, Ely)

Thursday 8th March

2 or 3 x 2.1 mile circuit Nutholt Lane, Lynn Rd, King's Av, New/High Barnes. About 4.2m or 6.3m to/from Paradise.

Tuesday 13th March

Cam Drive (6/8/10 x 1k) alternate intervals: Lynn Rd to Stour Green roundabout 370m (slow), Stour Green

roundabout to Nene Rd 320m (fast), Nene Rd to Lt Downham Rd 310m (slow). Return fast/slow/fast on same alternate intervals. Total distances 3.75m/5m/6.25m + 1.5m return from/to the Paradise.

Thursday 15th March

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 20th March

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 22nd March

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.

Sunday 25th March

British Summer Time (GMT + 1 hour) begins and daylight training resumes

High visibility bibs or tops are not mandatory after the start of BST

Tuesday 27th March

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 29th March

Ely-Little Downham via Main Street/Cannon Street loop (6.6m) or 2 loops (7.9m).

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>

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 Milton Keynes Festival of Running 10k & Half-Marathon, Milton Keynes, Beds, <http://www.mkhalf.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-](http://www.onestepbeyond.org.uk/cambridge-half-marathon.php?mid=4)

[marathon.php?mid=4](http://www.onestepbeyond.org.uk/cambridge-half-marathon.php?mid=4)

11 Colchester Half-Marathon, Colchester, Essex, <http://www.colchesterhalfmarathon.co.uk>

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 Baldock Half-Marathon, Baldock, Herts, [http://www.baldocktown.co.uk/business-](http://www.baldocktown.co.uk/business-information/Baldock_Half_Marathon_2012.aspx)

[information/Baldock_Half_Marathon_2012.aspx](http://www.baldocktown.co.uk/business-information/Baldock_Half_Marathon_2012.aspx)

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 Great Bentley Half-Marathon, Great Bentley, Essex, **RESCHEDULED EVENT**

http://www.gbrc.org.uk/GBRC_Half.htm

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 Active Nation Lincoln 10k, Lincoln, <http://www.lincoln10k.co.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 Grantham Cup 10k, Grantham, Lincs, <http://www.granthamrunningclub.co.uk/GranthamCup.php>
- 01 Ironbridge Half Marathon, Telford, Shropshire, <http://www.telfordharriers.co.uk/ironbridge.html>
- 01 Mark Tanton Memorial Triathlon, Roade, Northants, <http://www.onyourmarksevents.org>
- 01 Mizuno Reading Half-Marathon, Reading, Berks, <http://www.readinghalfmarathon.com>
- 01 Mucky Races The Gauntlet 5k or 12k, Colchester, Essex, <http://www.muckyraces.co.uk>
- 01 Skyline 120 Braintree 5, Braintree, Essex, <http://www.braintreeanddistrictac.co.uk/v2/braintree5.html>
- 01 St Clare Hospice 10k, Hastingwood, Essex, <http://www.stclarehospice.org.uk/10krun.html>
- 06 (Fri) Maidenhead Easter 10, Maidenhead, Berks, <http://www.maidenheadac.co.uk>
- 06 (Fri) Roger Wing Memorial Charity 10k, Bungay, Suffolk, <http://www.bungayblackdogrunningclub.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 Northampton Running Festival 10k, Half-Marathon or Marathon, Delapre Abbey, Northampton, Northants, http://gobeyondultra.co.uk/events/northampton_running_festival
- 08 Trowse 10k, Trowse, Norwich, Norfolk, <http://www.conac.org.uk/>
- 09 (Mon) Church Langley Fun Run 5k, Harlow, Essex
- 14 (Sat) Caythorpe Canter 13 & 26, Caythorpe, Lincs, <http://www.caythorpe.org>
- 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/>
- 25 (Wed) The 2012 Great Yarmouth Promenade 5m Series Race 1, Great Yarmouth, Norfolk, <http://www.gyrr.co.uk>
- 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>
- 09 (Wed) The 2012 Great Yarmouth Promenade 5m Series Race 2, Great Yarmouth, Norfolk, <http://www.gyrr.co.uk>
- 13 Alton Water Run 2k, 5k & 10k, Holbrook, Nr Ipswich, Suffolk, <http://www.altonwaterrun.co.uk/>
- 13 Dereham 10m, Dereham, Norfolk, <http://www.derehamrunners.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/>
- 17 (Thu) Bushy "Doubleday Dash" Pub Run 3m or 6m XC, The Plough, Farcet Fen, Nr Peterborough
- 20 Bupa Great Manchester Run 10k, Manchester, <http://www.greatrun.org/events/event.aspx?id=4>
- 20 Deepings Rotary 10k & 3k FR, Deeping St. James (Nr Peterborough), Lincs
- 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>
20 Wimpole 10k Hoohah, Wimpole Hall, Cambs, <http://www.hoohaah.co.uk>
23 (Wed) The 2012 Great Yarmouth Promenade 5m Series Race 3, Great Yarmouth, Norfolk,
<http://www.gyrr.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**
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
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**
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 Ely Sprint Triathlon, King's School, Ely
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>
08-14 (Sat-Fri) Trans Britain Ultra 156m various locations, http://www.gobeyondultra.co.uk/events/trans_britain
09 **Ely Runners Grunty Fen Half-Marathon, Witchford, Cambs**, <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 Ampthill Trophy XC, Ampthill, Beds, <http://www.amphilltrophy.org.uk/>

21 Greensand Marathon, Dorking, Surrey, <http://www.trionium.com>

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>

25 Bath Hilly Half Marathon, Bath, Somerset, <http://www.trionium.com>

December

31 **Ely Runners New Year's Eve 10k, Little Downham, Cambs**, <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.

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