



Ely Runners Newsletter

March 2013



Steve Presland
at the Club XC 2013

NEW MEMBERS

We warmly welcome the following new members who joined the club this month.

Richard Jarvis, Ross Payne, Lucy Wilkinson, Daniel Walker, India Thomas, Sara Tattam, Elloise Tattam, Ella Page, Elizabeth Jolley-Kirk.

We look forward to seeing you all at training and club events!

The organisers of **Huntingdon Parkrun** would like to thank Ely Runners for contributing towards this new event. *"The set up of this event has only been possible thanks to the generosity of local clubs, organisations and individuals."*

The first Huntingdon parkrun will take place at Hinchingsbrooke Park at 9am on Saturday 13th April and it would be great to see lots of Ely Runners there.

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

Club Cross Country & Hereward

Full reports available on pages 2-3

Turing Trail Relay – 17th March

It is not too late to enter, spaces available for runners of all abilities – email Matt for more details matt@elyrunners.co.uk

Beginners Courses

The next 10-week Run England based beginners course will start on Monday April 8th (Paradise Centre 7pm). If you know anyone who'd be interested in taking part then please ask them to contact Steve Tovey (secretary@elyrunners.co.uk) – details of the course can be found on the club website. In parallel Daniel Regan and Stephen Pettit will be running a 10-week 'intermediate' course – the remit of which is to take runners from 5k to 10k – they have limited places, so if you know anyone who might be interested then please let Steve know (or speak to Dan or Stephen). The courses will cost £15 for non-members – existing club members are welcome to attend either course free of charge. In addition, if anyone is interested in helping out on either course then please let Steve know.

Ely Athletics

From 1st February 2013 East Cambs Athletic Club will be renamed Ely Athletics Club as the original sponsorship from East Cambs Council has expired and the coaches all agreed the new name would be more beneficial.

The club meets on Tuesdays from 5pm to 6pm at the Sportshall, Kings School, Barton Road, Ely and costs £1 per session. They are members of GCAN (Greater Cambridge Athletics Network) and compete in Sportshall and Quadkids competitions, as well as some county races.

There are 3 main coaches, Richard Powell, Head of Athletics at Kings School, Alan Rutterford, Head Coach at Ely Runners and Nigel Bloxham, a Sprints Coach from Cambridge & Coleridge. There are also 2 Junior Athletics Leaders in Alexander Ellwood and Nathan Pennington, who also run for Ely Runners. Nathan is working with Alan towards his Duke of Edinburgh Award for Coaching.

In the summer months they use Javelin, Shot Put, Discus, Relays, Long Jump, Sprinting, High Jump and Hurdles outside on the grass track. In the winter months they do Sportshall based training inside or on the Astro Surface. www.elyathleticsclub.co.uk

Kevin Henry League

The club have been invited to take part in the Kevin Henry 5k series during 2013. This consists of a series of 5 races throughout the summer in Cambridge (x2), Newmarket, Saffron Walden and Haverhill. All members will be welcome and much like the Frostbite series all runners help to contribute to team positions. Further information will follow in the next newsletter.

News

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Dates for the Diary:

10/03 Cambridge Half
17/03 Turing Trail Relay
24/03 Oakley 20
14/04 Cambourne 10k
21/04 London

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

Ely Runners Club Cross Country 2013

A cool but dry morning greeted the twenty three seniors and three guests who took part in the seventh rendition of the club's XC championships - the fifth to be held on Ely Common. Whilst the weather was OK, the course was probably in its worst ever condition - with recent heavy rain and melt water leading to ankle deep mud in many places - with particularly 'moist' underfoot conditions on the section approaching and running alongside the lake.

The four lap course proved challenging for everyone - with Charlie Barker wisely deciding enough was enough after 2 laps. On a day when times were particularly irrelevant the seniors were lead home by Martin Ineson, holding off a strong final lap challenge from Ian Day - although Ian's run enabled him to claim first position in the age-graded standings. Storming run of the day undoubtedly belonged to Conan Fryer - finishing in an impressive third place overall within a minute of the leading duo. Teal Riley was the first guest home in fourth place overall. Steve Tovey edged past Matt Holmes on the final lap to finish in fifth; and likewise Karl Bedingfield edged past Robin Webb, last year's winner, on the final lap to take seventh. Steve Presland and Jonathan Stone completed the top 10. First lady, and first age-graded lady, home after a strong run was Sarah Edwards, with Harriette Stone and Celine Aubry completing the top three ladies to finish. The finishing area proved to be the place to compare war wounds and 'mud incidents (i.e. falling over).....with many people falling victim to the courses muddy slopes and some particularly aggressive brambles..... Post-race cakes were available at the Paradise – along with the presentation of the club's XC trophies.

Sadly this year's event took place later than normal and so ended up clashing with half-term. This meant that a rather select band of juniors took on a one-lap course ahead of the senior race. First home in the junior race was Michael Ford, holding off a strong challenge from Gareth Lewis - although as for Ian in the senior race Gareth could take some solace by being the first age-graded finisher. Third place went to Kieran Spitzer, with Fletcher Collins-Shirley and Fraser Crossman completing the top five. Niamh Webb was first home for the girls (and 1st age-graded) in sixth place overall with Faye Palmer following Niamh home in seventh place. Well done to all of the juniors who completed such a challenging course!!

The club would like to thank all marshals (Peter Harris, Alan Rutterford, Heidi Constable, Nigel Reynolds, Heidi Uff, Miranda Paul, Jane Robinson, Anita Lewis, Alison & Brent Crossman and Phil Sutton) who helped on the day by standing out in the cold cheering on the runners. Thanks especially to Matt Holmes for organisation and to Peter Harris, John Turner and Alan Rutterford for helping Matt to mark out the course. Many thanks also to Emily Knight, just back off holiday, for helping with registration and event timing.

Hereward Relay 2012(13)

Following the rainy weather and subsequent flooding in November the annual Hereward Relay was re-scheduled to take place in February. 90 of the original teams turned up to take part in what proved to be a very competitive event. Ely Runners had a particularly successful event with the A team putting in a very good performance to finish 3rd overall, our highest position in the event's history! Daniel Waite, despite feeling unwell, ran hard to set the team up nicely, Kieren Drane then followed up with a fantastic performance to get the team into a strong position, John Crisp followed with the run of the day earning himself the MV award for stage 3. Martin Ineson was tied 4th as he left Welney on the final stage; he soon lost the other runner and ran well to hold off a storming run from C&C at the finish.

Team B finished in 15th overall, Stephen Howard (running less than 24hrs after the Belvoir Challenge) was posted to Peterborough for stage 1. Robin Webb who has recently rediscovered his mojo, was 4th overall on leg 2 (beating Kieren in the process), he was followed by Conan Fryer (a little lost) and then Matt Holmes who both ran hard to the finish. Team C had 3 Hereward debutantes in their ranks and they all proved more than up to the task, early starts for all didn't stop Messer's Kirby-Cook, O'Hanlon, Bedingfield and Crack from putting in strong performances. Team D had solid performances throughout and Martin Courtney running stage 4 soldiered on through painful shin splints over the last 4 miles of the race before cycling back to Welney to pick up his car!!

For only the 2nd time in memory Ely Runners managed to put together a ladies team for the event and all 4 members put in sterling efforts to ensure a great result. Miranda Paul, more used to longer distances, set them off on leg 1 before handing over to Heidi Constable who despite her concerns didn't get lost. Louise Cadogan ran an excellent 3rd leg to put the team in a good position and Celine Aubry ran well on stage 4 to keep the team in the top 50. The stage 4 runners all had to run an extra mile than the distance advertised as the route had to be changed last minute after flooding near Pymoor.

Results:**Stage 1 – 6.5m**

13 th Daniel Waite	Ely A	0:40:48
17 th Stephen Howard	Ely B	0:42:55
25 th Tony Kirby-Cook	Ely C	0:43:53
41 st Miranda Paul	Ely Ladies	0:48:33
47 th Steve Starr	Ely D	0:51:12
66 th Hayley Turner	ran for Ely Tri	0:58:56
70 th Michael Butler	ran for Ely Tri	1:00:17

Stage 2 – 10.5m

4 th Robin Webb	Ely B	1:06:38
5 th Kieren Drane	Ely A	1:06:48
6 th Gary Wilberforce	ran for Ely Tri	1:07:51
39 th Andy O’Hanlon	Ely C	1:23:05
41 st Ian Blatchford	ran for Ely Tri	1:23:13
49 th Ashley Blackmore	Ely D	1:26:40
54 th Heidi Constable	Ely Ladies	1:30:24

Stage 3 – 11.4m

4 th John Crisp	Ely A	1:14:03 (1st MV)
26 th Conan Fryer	Ely B	1:21:04
29 th Karl Bedingfield	Ely C	1:22:32
39 th Louise Cadogan	Ely Ladies	1:28:37
45 th Lionel Smith	Ely D	1:29:42
61 st Lesley Wright	ran for Alexander Chasers	1:36:32

Stage 4 – 11.5m

4 th Martin Ineson	Ely A	1:09:14
26 th Matt Holmes	Ely B	1:21:17
48 th Mark Crack	Ely C	1:31:04
64 th Celine Aubry	Ely Ladies	1:40:48
66 th Sam Collins-Shirley	ran for Mums on the Run	1:41:33
68 th Martin Courtney	Ely D	1:43:08

Team positions:

3 rd Ely A	4:10:53
15 th Ely B	4:31:54
32 nd Ely C	5:00:34
49 th Ely Ladies	5:28:22
53 rd Ely D	5:30:42

The winning team Ryston sub-4 finished in 3:53:27.

Thank you to Matt Holmes for organising the teams and for setting out the course finish, Steve Tovey for marshaling, organising the finish area and standing out in the cold for 6 hours. Thank you also to Tony Kirby-Cook, Claire Van Leersum, Ali Blaney, Adrian Scaites-Stokes, John Turner, Ashley Blackmore and Daniel Walker for marshaling, Eric Drury for his PA and to Nick Dowdy for driving runners between stages.

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!!!

Frostbite Race 6 - Hinchingsbrooke Country Park, Huntingdon - 03/03/2013

Senior Race Report

The 6th and last race of the Frostbite series started from the grounds of Hinchingsbrooke School and was run mostly within Hinchingsbrooke Park. It was attended by 21 seniors and 11 juniors, who all enjoyed rather better conditions underfoot than of late, due to the recent drier spell. Some endured difficulty getting to the start, firstly as the road at Earith Bridge was closed and secondly finding a parking space became almost as competitive as the race itself. Alan seemed particularly concerned at lack of senior men, until the latecomers arrived, like the cavalry, in the nick of time.

Tom Bracegirdle secured a great 1st place for Ely, and was well supported by Martin Ineson (13th), a back in form Robin Webb (25th) and the consistent Conan Fryer (35th). After these top performers, the Ely men were missing all their usual 'midfield', so there was a large glaring gap before the improving Lee Thompson (128th), the barely still evergreen Peter Harris (140th) and the rising new female star, Alison Blaney (178th) helped to stop the rot. In hot pursuit, another inspired run by the rejuvenated Martin Courtney (179th) completed the scoring team for the men and Sarah Edwards (185th) gave notice that her comeback is in full swing and gaining momentum. Samantha Collins-Shirley (210th) had to put in yet another improved performance to beat off the strong challenge of Celine Aubrey (212th) to claim the final female scoring place. Mark Crack (186th) and Deon Steyn impressed in their first Frostbite races for the club, whilst all the remainder of the Ely Runners - Adrian Scaites-Stokes (215th), Andrew Thompson (230th), Alan Cushing (263rd), Claire Van-Leersum (282nd), Tracy Hutchison (304th), Jane Robinson (308th), Melanie Sage (311th) and Karen Law (339th) – finished in higher positions than in their previous Frostbite race. Karen was clearly hampered by a painful injured shoulder, but put on a brave face and battled on to the finish. The course was pre-advertised as 5.3m, but most people measured the course at just over 5m and times seem to reflect this with PBs for several members.

Afterwards, the Ely Runners Senior Frostbite Runner of the Series Awards were presented to Alison Blaney and Conan Fryer.

Ely Seniors were 8th on the day and finished 6th in the series. Hunts AC won the final race and the series.

Official Results (Seniors) - 5miles (MT):

1st Tom Bracegirdle 27:59 (Scoring Team-M)(PB)(1st 5m), 13th Martin Ineson 30:08 (Scoring Team-M), 25th Robin Webb 31:17 (Scoring Team-M), 35th Conan Fryer 32:40 (Scoring Team-M), 128th Lee Thompson 37:30 (Scoring Team-M)(PB), 140th Peter Harris 37:52 (Scoring Team-M), 176th Alison Blaney 39:57 (Scoring Team-F)(PB), 179th Martin Courtney 40:09 (Scoring Team-M), 185th Sarah Edwards 40:32 (Scoring Team-F), 186th Mark Crack 40:35 (PB)(1st 5m), 188th Deon Steyn 40:36 (PB)(1st 5m), 210th Samantha Collins-Shirley 41:40 (Scoring Team-F), 212th Celine Aubrey 41:43 (PB), 215th Adrian Scaites-Stokes 42:01, 220th Andrew Thompson 42:22 (PB), 263rd Alan Cushing 45:44, 282nd Claire VanLeersum 47:57, 304th Tracy Hutchison 50:07, 308th Jane Robinson 50:40 (PB), 311th Melanie Sage 50:52, 339th Karen Law 59:50

There were 344 finishers on the day, with the winner being our very own Tom Bracegirdle in 27:59 and the first lady being Stephanie Cooper of Werrington in 33:13.

Ely Runners were 8th on the day with 1108 running points.

Final Senior League Positions: 6th Ely 62

Junior Race Report

The 11 Ely Runner juniors were part of a record equalling 172 field for a junior Frostbite race. Alexander Elwood again secured a top ten place, closely pursued by Michael Ford, with Gareth Lewis also well placed in the top thirty. Fletcher Collins-Shirley was the other scoring boy, whilst Niamh Webb secured a good position as the scoring girl, thus ensuring a creditable end to the series in 6th place.

Afterwards, the Ely Runners Junior Frostbite Runner of the Series Awards were presented to Niamh Webb and Angus Hutchison.

Official Results (Juniors) ~1.5miles (XC):

8th Alexander Ellwood 10:04 (Scoring Team), 14th Michael Ford 10:12 (Scoring Team), 25th Gareth Lewis 10:43 (Scoring Team), 59th Fletcher Collins-Shirley 11:52 (Scoring Team), 72nd Blake Crossman 12:11, 75th Angus Hutchison 12:19, 76th Fraser Crossman 12:22, 88th Nathan Pennington 12:53, 90th Niamh Webb 12:56 (Scoring Team), 113th Micaela Steyn 13:34, 131st Samuel Evans 14:20

There were 172 finishers, with the winner being Bradley Spurdens of NVH in 9:18 and the first girl being Diana Chalmers of C&C in 10:02.

Ely Runners were 6th on the day with 196 running points. The series was won by NVH.

Final Junior League Positions: 6th Ely 64pts

Race Reports

Wymondham 20 – 3rd March 2013

Six Ely Runners made the journey to Norfolk for this popular pre-marathon 20 miler. Craig Holgate ran hard to push the leaders all the way before finishing in 2nd place. Stephen Pettit's return from injury continues to go well and he put in a solid performance to finish in 25th place and 3rd MV45. Daniel Waite is improving with every race and he again put in a good performance. David Mould entered the race on a whim earlier in the previous week with the intention of running it hard. His pacing was just about spot on 'even splits' through 10 miles in 1:18 and kept that pace to finish with an eleven minute PB in 2:36. David put this down as his finest longer distance running performance. New member Daniel Walker, making his first attempt at this distance and Ian Blatchford both also put in good performances. The weather was perfect, light winds and cool temperature, although later in the race the sun came out and it started to get a little warmer.

Results:

2nd Craig Holgate 1:55:03 (PB)(MV35 Club Record) 25th Stephen Pettit 2:12:26 (3rd MV45) 37th Daniel Waite 2:20:55 (PB)(1st 20m)
101st David Mould 2:36:39 (PB) 132nd Daniel Walker 2:44:51 (PB)(1st 20m) 138th Ian Blatchford 2:49:02
The race was won by Matthew Spencer of Ipswich Jaffa in 1:54:44 and there were 225 finishers.

Swavesey Half Marathon – 3rd March 2013

Several Ely Runners took part in the inaugural/reformed Swavesey Half and 5 mile races. The race was organised by Swavesey Village College and was part of the A1 race series. Money raised from the event was going towards a school rugby and hockey tour of South Africa. The route started at the college and consisted of an opening lap of the village and then two further laps on the outskirts of which both consisted of short sections of running on the guided bus route. The guided bus route part was actually quite nice to run on and obviously used a lot by recreational cyclists.

Kieren Drane started off well and decided to run by feeling rather than using his watch too much, he quickly found himself in 5th place, Marshalls were out in force although they were mainly made up by college students some of whom were better than others at giving directions. At around 3 miles the runners went past one particular marshal point and were cheerfully clapped on and everyone kept running, Kieren was in 5th place and as he got further down the road he saw the leaders running back towards him with an official in a coat waving a clip board behind them. He then realised that they had all run the wrong way! The marshal that they had previously passed should have actually sent runners right instead of straight on! This meant the top 15 or so runners all had to run up to a mile extra, Kieren running an extra half mile. Kieren still ran the rest of the race hard as he wanted to keep hold of 5th place, unfortunately he lost that at about 8 miles and finished in 6th overall. He finished in just under 01:23 minutes which without the extra half a mile would have been a PB and his first for almost 2 years! Despite the detour he would run this race again, it was a nice flat fast route that would be great for those looking for PB's.

Jonathan Stone ran well to out-finish Graham Chapman by 10 seconds. Andy O'Hanlon ran well for a new PB; Lionel Smith was pleased with his performance, his extra mile having paid off with a good new PB. Just behind of Lionel, Nick Dowdy also achieved a new PB, Hayley Turner put in an excellent performance following her recent return to running and Harriette Stone also achieved a new PB. In the 5 mile event, Martin Frohock achieved a new PB finishing in 10th place in 36:08.

Results (Chip Times):

6th Kieren Drane 1:22:59 22nd Jonathan Stone 1:32:14 (PB) 23rd Graham Chapman 1:32:25 39th Andy O'Hanlon 1:36:48 (PB) 59th Lionel Smith 1:41:52 (PB) 60th Nick Dowdy 1:41:56 (PB) 94th Hayley Turner 1:51:17 (PB) 112th Harriette Stone 1:55:04 (PB)
There were 194 finishers and the winner was Michael Salt of C&C in 01:18:13 who ran a full extra mile!

Quadzilla 4 in 4 – 10th February 2013

For the second year in a row David Mould completed the Quadzilla event (four marathons in four days) organised by Enigma Running. Although he had a tough time on day three (struggling to replace lost calories) he managed to improve his event time by over 50 minutes to break 16 hours for just about 105 miles.

The results were:

*Day 1 - 19th out of 63 - 3:51:55 Day 2 - 19th out of 60 - 3:57:24 Day 3 - 32nd out of 64 - 4:15:46 Day 4 - Joint 16th out of 67 - 3:53:35.
Total time for event - 15:58:40*

TRAINING FOR MARCH/APRIL

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. These training details will also be on the home page (see ER Training Programme) of the club's website at www.elyrunners.co.uk, on the Paradise Centre foyer ER notice board and in the club's monthly Newsletters

Maps of many of the training routes are on the club's website at www.elyrunners.co.uk/training.htm

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

Autumn-Winter Training

*Now that the days are shorter we will soon be starting the Autumn-Winter 2012 Training Programme. **From Tuesday 18th September high visibility bibs or t-shirts or jackets are to be worn.***

Juniors are 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 2013:

- 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
- Jubilee Gardens laps
- The selected junior venue will be on the club notice board in the foyer of the Paradise Centre.

Thursday 7th 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 12th 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 14th 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 (3.9m or 7.3m from/to Paradise).

Tuesday 19th 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 21st 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.

Tuesday 26th March

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

Thursday 28th March

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

Sunday 31st March

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

High visibility tops are not mandatory after the start of BST

Tuesday 2nd April

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

Thursday 4th April

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

Tuesday 9th April

Brand Field figure of 8 (big field/small field) x 5 laps of 1m. Long sides fast/shorts side recovery. Total distance from/to Paradise 6.92 miles.

Thursday 11th April

Golf course, across fields to Lt Thetford where turn left for 400m and left again along catchwater footpath to left turn across drain and up track to rejoin outward route before poultry houses (6.5m).

Tuesday 16th April

Lisle Lane (slow), Springhead Lane (fast), Kiln Lane (slow), meadow (fast) 1.1m interval laps x 5. Total distance from/to Paradise 6.28m.

Thursday 18th April

Quanea loops – choice of 5.5m, 7.5m, 8.25m and 9.5m.

Tuesday 23rd April

Brands Field cricket pitch/hill interval circuit x 5 laps of 1.1m. Total distance from/to Paradise 7.26m.

Thursday 25th April

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

Tuesday 30th April

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

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 Steve Presland on page 1? Send in your event photos and you too could feature in next month's

RACES & EVENTS GUIDE 2013

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

- 10 Dunstable Downs 5k & 10k Trail Race, Dunstable, Beds, <http://www.dunstableroadrunners.org>
- 10 Newton's Fraction Half-Marathon, Grantham, Lincs, <http://www.granthamac.com/nf>
- 16 (Sat) The 9th Ed Prickett Memorial Relays, University Park Campus, Nottingham, <http://nottsuniathleticclub.wix.com/nuac>
- 17 AAA AGM, Alexander stadium, Birmingham, <http://www.Englandathletics.org/aaa-agm>
- 17 ALDI Ashby 20, Ashby-de-la-Zouch, Leics, <http://www.ashby20.co.uk/>
- 17 Battlefield 10k & Half-Marathon, Naseby, Northants, <http://www.onyourmarksevents.org>
- 17 Broadland Half-Marathon, South Walsham, Norwich, Norfolk, <http://www.norwichroadrunners.com/>
- 17 Colchester Half-Marathon, Colchester, Essex, <http://www.colchesterhalfmarathon.co.uk/>
- 17 ECF Monster Duathlon, Witchford, Ely, <http://www.monsterracing.net>
- 17 Ely Runners Turing Trail Relay, Ely-Cambridge-Ely, Private Club Event, <http://www.elyrunners.co.uk/Turing/>
- 17 Finchley 20m, Ruislip, Middlesex, http://www.activetrainingworld.co.uk/events/2013/03/17/finchley_20
- 17 Gainsborough & Morton Striders 10k, Gainsborough, Lincs, <http://www.gainsboroughrunningclub.co.uk>
- 17 Gloucester 20m, Gloucester, Gloucestershire, <http://www.gloucesterac.co.uk>
- 17 Leighton 10k, Leighton Buzzard, Beds, <http://www.leightonfunrunners.org.uk>
- 17 Mizuno Reading Half-Marathon (EA Half-Marathon Championships), Reading, Berks, <http://www.readinghalfmarathon.com/>
- 17 Mud & Mayhem Spring 10k & Duathlon, Santon Downham, Thetford Forest, Suffolk, <http://gobeyondultra.co.uk/events>
- 17 NiceTri "Hurden 9" & "NiceTri 18", St Neots, Cambs, <http://www.nicetri.co.uk>
- 17 St Clare Hospice 10k, Hastingwood, Essex, <http://www.stclarehospice.org.uk/10krun.html>
- 17 St Patrick's Day 5k FR, Bedford, <http://www.zero3events.com/>
- 24 RESCHEDULED Freethorpe 10m, Freethorpe, Norwich, Norfolk, <http://www.gydac.co.uk>
- 24 Gade Valley Harriers 20m Training Run, Hemel Hempstead, Herts, <http://www.gadevalleyharriers.co.uk/london-marathon-training-runs/>
- 24 LV Brentwood Half-Marathon, Brentwood, Essex, <http://www.brentwoodhalf.org>
- 24 Oakley 20m, Oakley, Beds, <http://www.bedfordharriers.co.uk/Oakley.htm>
- 24 Ryston Runners XC Series Race 1, 800m (U9), 2k (U11), 3k (U13/U5), 6.5k (U17/Seniors), Shouldham Warren, Norfolk, <http://www.rystonrunners.org.uk/joomla/index.php/cross-country>
- 24 Stowmarket Half-Marathon, Stowmarket, Suffolk, <http://www.stowmarketstriders.org.uk/StowHalf.shtml>
- 24 Thorney 10k (A1 Series), Thorney, Cambs, <http://www.thorneyrunningclub.co.uk/>
- 29 (Fri) Sudbury 5m Fun Run, Sudbury, Suffolk, <http://www.sudburyfunrun.co.uk>
- 30 (Sat) Easter run around the reservoir Marathon, Northampton, <http://www.madearun.com>
- 31 City to City 16.5m, Ely to Cambridge, Cambs, <http://overrunevents.co.uk/city-to-city-2013/>
- 31 Easter run around the reservoir Marathon, Northampton, <http://www.madearun.com>
- 31 Northampton "Delapre" Running Festival 10k, Half-Marathon & Marathon, Northampton, <http://www.gobeyondultra.co.uk>
- 31 Trowse 10k, Trowse, Norwich, Norfolk, <http://www.conac.org.uk>

April

- 06 (Sat) Caythorpe Canter 13 or 26m, Grantham, Lincs, <http://parishes.lincolnshire.gov.uk/CaythorpeandFrieston/section.asp?catId=31238>
- 07 Bourne to 'Run in the Wood' 10k or 3k FR, Bourne, Lincs, <http://www.bournefunrun.co.uk/>
- 07 Fens of Fury 7k (with obstacles), Lode, Cambs, <http://www.fensoffury.com>

- 07 Friskney Half-Marathon, Friskney, Skegness, Lincs, <http://bostonanddistrictac.com/bdac/index.htm>
07 Lincoln 10k Road Race, Lincoln, <http://www.lincoln10k.co.uk>
07 Lowestoft 5m Promenade Dash, Lowestoft, Suffolk, <http://www.nice-work.org.uk>
07 Rotary Club of Bourne "Run in the Woods" 10k & 3k FR, Bourne Woods, Lincs, <http://www.bournefunrun.co.uk>
07 Sandy 10m & 3k FR (A1 Series), Sandy, Beds, <http://www.biggleswadeac.org.uk/>
07 Skyline 120 Braintree 5m, Braintree, Essex, <http://www.braintreeanddistrictac.co.uk/v2/braintree5.html>
13 (Sat) Inaugural Huntingdon Parkrun, Hinchingsbrooke Country Park, Huntingdon, Cambs
14 Cambourne 10k, Cambourne, Cambs, <http://www.cambridgefestivalofrunning.com/race.htm>
14 Flitwick 10k, Flitwick, Beds, <http://www.flitwick10k.org.uk/>
14 Grantham Cup 10k, Grantham, Lincs, <http://www.granthamrunningclub.co.uk/GranthamCup.php>
14 Ickworth 10k Hoohah, Ickworth House, Suffolk, <http://www.hoohah.co.uk>
14 Tessa Sanderson Running Foundation 10k & Half-Marathon, Stratford, London,
<http://regonline.activeeurope.com/Register/Checkin.aspx?EventID=1168647>
21 Virgin London Marathon (EA Marathon Championships), London, <http://www.virginlondonmarathon.com/>
27 (Sat) Warrior Adrenaline Race, Dunstable Downs, Dunstable, Beds, <http://www.warrioradrenalinerace.co.uk>
28 Go 'Insane' at Wansford 10k, Wansford, Peterborough, Cambs, <http://www.insaneterrainrunning.com>
28 North Lincolnshire Half Marathon, Scunthorpe, Lincs <http://www.northlincshalf.co.uk/>
28 Sawston 4.8m Fun Run, Sawston, Cambs, <http://www.sawstonfunrun.co.uk>
28 St George's Day 10k & Half-Marathon, Wellingborough, Northants, <http://www.ultramarathon.org.uk>

May

- 02 (Thu) Newmarket Heath 6k, Newmarket, Suffolk, <http://www.newmarketjoggers.co.uk>
05 Bepak Grand East Anglia Run (GEAR), King's Lynn, Norfolk, <http://www.grandeastangliarun.co.uk/>
05 Fen Drayton 10k (A1 Series), Fen Drayton, Cambs, <http://www.fendrayton10k.org.uk>
05 Thurston 10k Fun Run & 3k FR, Thurston, Suffolk, <http://www.thurstonfunrun.org>
05 Titchmarsh 10k, Titchmarsh, Kettering, Northants, <http://www.titchmarsh.info/index.php?cat=23&rec=385>
06 (Mon) Ashdon 10k & 3k FR, Ashdon, Saffron Walden, Essex, <http://ashdon10k.yolasite.com/>
06 (Mon) Breckland 10k, Croxton, Thetford, Norfolk, <http://www.thetford-ac.co.uk/breckland10k.html>
06 (Mon) Milton Keynes Marathon, Milton Keynes, Beds, <http://www.mkmarathon.com/>
09 (Thu) Kevin Henry 5k league Race 1, Impington (hosted by CambridgeTri),
<http://www.saffronstriders.org.uk/races/5khome.html> (PROVISIONAL DATE)
12 Eye 10k & 3k FR (A1 Series), Eye, Peterborough, Cambs, <http://www.eye10k.co.uk/>
18 (Sat) BMAF Road Relay Championships, Sutton Park, Birmingham, <http://www.bvaf.org.uk/fix/fix.asp>
19 Deepings 10k, Market Deeping, Lincs, <http://www.rotary-ribi.org/clubs/homepage.php?ClubID=413>
19 Edmund Carr Great Baddow Charity Races 10m & 2m FR, Great Baddow, Chelmsford, Essex, <http://www.baddowraces.org.uk>
19 Ross Peers East Cambs Half-Marathon, Soham, Cambs, <http://www.rosspeers-sportscentre.co.uk>
19 Wimpole 10k Hoohah, Wimpole Hall, Cambs, <http://www.hoohah.co.uk>

June

- 02 Stort 10m & 1m FR, Bishop's Stortford, Herts, <http://www.bsrc.org.uk/>
06 (Thu) Kevin Henry 5k league Race 2, Saffron Walden (hosted by Saffron Striders),
<http://www.saffronstriders.org.uk/races/5khome.html> (PROVISIONAL DATE)
08 (Sat) Sponsored Charity Run/Walk 5k in aid of Galactosaemia, Milton Country Park, Cambs, <http://www.gsgfundraising.co.nr>
09 Strathearn Marathon, Comrie, Perthshire, Scotland, <http://www.strathearnharriers.org.uk/strathearnmarathon/smhome.htm>
13 (Thu) Ely Runners 10k Handicap, Little Downham, Ely, Cambs, Private Club Event
16 BMAF 5k Road Championships, Horwich, Greater Manchester, <http://www.bvaf.org.uk/fix/fix.asp>
16 Huntingdon Charity 10k & 3k FR, Alconbury, Cambs, <http://www.hunts10k.org.uk>
23 North Downs 30k & 2k FR, Gravesend, Kent, <http://www.isteadandifield.org.uk/>
30 Abbey 10k & 2.1k FR (A1 Series), Ramsey, Cambs, http://www.ramseyroadrunners.org.uk/Abbey_10k.htm

July

- 04 (Thu) Kevin Henry 5k league Race 3, Haverhill (hosted by Haverhill RC), <http://www.saffronstriders.org.uk/races/5khome.html>
(PROVISIONAL DATE)
07 March 5m Spud Run & 1.5m FR (A1 Series), March, Cambs, <http://marchathleticclub.co.uk/Home.php>
07 15th NSPCC Milton Keynes Half-Marathon, Milton Keynes, Bucks,
<http://www.nspcc.org.uk/Applications/Forms2/Events/find-an-event.aspx>
11 (Thu) Ely Runners 1m Handicap, Brand Field, Ely, Cambs, Private Club Event
14 Bushy 10k (A1 Series), Bushfield, Peterborough, Cambs, <http://www.bushfieldjoggers.co.uk/index.html>

August

- 01 (Thu) Kevin Henry 5k league Race 4, Newmarket (hosted by Newmarket Joggers), <http://www.saffronstriders.org.uk/races/5khome.html>
(PROVISIONAL DATE)
- 11 Thorney 5m (A1 Series), Thorney, Peterborough, Cambs, <http://www.thorneyrunningclub.co.uk/>
- 17 (Sat) Race the Train, Tywyn, Wales, <http://www.racethetrain.com/>
- 18 BMAF 10k Road Championships, Pollok Country Park, Glasgow, <http://www.bvaf.org.uk/fix/fix.asp>

September

- 05 (Thu) Kevin Henry 5k league Race 5, Cambridge (hosted by C&C), <http://www.saffronstriders.org.uk/races/5khome.html>
(PROVISIONAL DATE)

08 Ely Runners Grunty Fen Half-Marathon, Witchford, Ely, Cambs, entries open Friday March 1st,
<http://www.elyrunners.co.uk/gruntyfen/>

- 14 (Sat) Stour Valley Path 100k Ultra, Newmarket (Suffolk) to Cattawade, Nr Manningtree (Essex), <http://www.svp100.co.uk>
- 14/15 (Sat/Sun) BMAF T&F Championships, Alexander Stadium, Birmingham, <http://www.bvaf.org.uk/fix/fix.asp>

October

- 05 (Sat) Bournemouth Marathon Festival, '5k speed of light', 'supersonic 10k', junior 1.5 & 3k FR, Bournemouth, Dorset, <http://www.run-bmf.com/>
- 06 Abington 10k & FR, Great Abington, Cambs, <http://www.greatabingtonprimaryschool.co.uk/pta.asp>
- 06 Bournemouth Marathon Festival, Half-Marathon & Marathon, Bournemouth, Dorset, <http://www.run-bmf.com/>
- 27 BMAF Marathon Championships, Newcastle Townmoor Marathon, <http://www.bvaf.org.uk/fix/fix.asp>
- 27 Bupa Great South Run (EA 10m Championships), Portsmouth, <http://www.greatrun.org/events/event.aspx?id=12>

November

- 17 Leeds Abbey Dash 10k (EA 10k Championships), Leeds, <http://www.ageuk.org.uk/get-involved/events-and-challenges/leeds-abbey-dash/>

December

- 01 Nene Valley Harriers 10m (A1 Series), Peterborough, Cambs, <http://nvh.org.uk/>
- 31 (Tue) Ely Runners New Year's Eve 10k, Little Downham, Ely, Cambs, entries open**
Monday September 9th, <http://www.elyrunners.co.uk/newyearseve10k/>

NOTES

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

Club Contacts

Further details of events from the Club notice board in the Paradise Centre foyer, running magazines, websites, or from Steve Tovey, secretary@elyrunners.co.uk 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 Lionel Smith, menscaptain@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).

Round Norfolk Relay entries are via Alan Rutterford, alan@elyrunners.co.uk and paid for (if funds available) by the club.

Social events are via Lionel Smith, menscaptain@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.newyearseve10k.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/>

Last Updated 7/03/2013