



Ely Runners Newsletter

May 2013



Conan Fryer
in the Club Turing Relay

NEW MEMBERS

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

Amy White, Dawn Holmes, Josh Burke, Adam King, Richard Hill, Natalie Kirk, Philippa Gott, Tony Barber, Nathan Clement, Sid Enoch, James Robinson, Lucy Lott, Kay Spooner, Jacob Bell, Harry Starling & Adrian Penwill.

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

Kevin Henry League - The first race of the series will now be in Saffron Walden on Thursday June 6th at 7:30pm. Full details will be circulated nearer the time, including meeting times to share transport to Saffron Walden.

There are 5 races in the series each starting at 7:30pm on Thursday nights throughout the summer:

May 9th Impington (hosted by CTC) ****Postponed***
June 6th Saffron Walden
July 4th Haverhill
August 1st Newmarket
September 5th Cambridge (hosted by C&C)

This will be the 1st year Ely Runners have competed in the league and so we're taking part on a 'trial' basis – so it would be great to see as many people turning out as possible or we're unlikely to be invited back!!

Men and women score separately (6 men and 4 women make up a scoring team) – but unlike the Frostbite League everyone counts as every runner scores -1 and so the more people who turn up the better lower the club's final score.

Round Norfolk Relay *by Alan Rutterford*

The club has entered 2 teams into this year's Round Norfolk Relay. The RNR is a 24 hr relay taking place over the weekend of September 14th/15th starting and finishing in King's Lynn; the race consists of 17 stages ranging from 5 to 20 miles and varying from all-road to mixed terrain. The club has paid the entry fee, but you must wear club kit on the day (or night for the unlucky ones). Full details of the event can be viewed at: www.roundnorfolkrelay.com

As usual I will be managing the open class team – which will consist of the 17 fastest available runners from the club with the aim of finishing as high as possible – it would be nice to win this year after finishing 2nd overall for the last 5 years and 3rd for 3 years previous to that (out of about 60 teams).

As in 2012 Sam Collins-Shirley will be managing the club class team – open to everyone; slightly more relaxed but no less competitive than the open class team.

In addition to runners we also need helpers, drivers and marshals. We're only allowed to enter two teams into the event because we marshal the stage 14/15 changeover at Wissington early on the Sunday morning – people wanting to run should also try and help out if possible.

I will be co-ordinating the event as usual until we split the names into two teams, so if you'd like to put your name forward for either team then please e-mail me alan@elyrunners.co.uk or talk to me at training.

Club 10k Handicap – 13th June

The annual club 10k takes place next month, full details can be found on page 2 – entries to matt@elyrunners.co.uk

Details of a couple of hilly off-road races previously 'enjoyed' by members for the Race List on the website:

EXMOOR STAGGER (15m) - Sunday 20th October 2013

Start 11:00 am

Entry: http://www.mineheadrunningclub.co.uk/stagger_entry.html

BEACHY HEAD MARATHON - Saturday 26th October 2013

Start 9:00 am

Entry: <http://www.visiteastbourne.com/events/BeachyHeadMarathon.aspx>

News

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Dates for the Diary:

19/05 Soham Half
27/05 HBO 10k
02/06 Stortford 10m
06/06 Kevin Henry 5k
13/06 Club 10k
28/06 Wibbly Wobbly

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 10k Handicap Race 2013

The club's annual 10k handicap will be held in 4 week's time on Thursday 13th June 2013 at Little Downham for members and their guest runners.

If you would like to run then I would be grateful if you would advise your handicap time (to the nearest half minute) to me at a convenient moment via email matt@elyrunners.co.uk or alternatively please speak to me at training on a Thursday. Your time should be based on your most recent performances over 10k or a similar distance. You may find the calculators section on www.elyrunners.co.uk useful for converting times to 10k. If you would like to discuss your time then please email or speak to me at training. Optimistic or pessimistic times may be adjusted after consultation with the committee and club coaches.

Alternatively if you are unable to run then volunteers would be most welcome to assist with marshalling, timing, registration, photography and cake baking. Please advise if you are able to help in any of these areas.

The course will be the same as used for the New Year's Eve 10k with the start by school (opposite the Skoda garage) in Main Street and with the finish on the meadow near to the Cricket Pavilion.

A map of the route is available at: www.elyrunners.co.uk/newyarseve10k

Registration and changing facilities (showers and toilets) will be at the Cricket Pavilion in School Lane. Entry is free of charge (to members and their guests) but it will be necessary to sign-in with a race number. The pavilion will be open from 6.30pm and registration will close at 7.15pm to enable the first runners (~60 min handicap time) will start at 7.30pm. Others will then start at half minute intervals according to handicap time.

Anyone can win the race and the last 10 winners have all won in category PB or PB times, previous winners include (2012 Fran Crawford, 2011 Mick Butler, 2010 Stuart Baumber) Last year 31 runners beat their handicap time and 10 achieved new personal best times.

We will also be holding post event awards and refreshments, details of which will follow nearer to the date.

- 1st Ely Runner - perpetual shield
- 2nd & 3rd Ely Runner - bottle of wine
- 1st Guest Runner - bottle of wine
- Fastest Runner (Male & Female) – bottle of wine

The Junior section will also be holding a race and further information will be distributed by the coaching team.



The final sprint to the line 2011

Race Reports



Anglo Celtic Plate 100k Ultra - Perth, Scotland

Perth played host to this year's Anglo Celtic plate 100km which incorporates the home nations international and the UK Athletics championships. Craig Holgate was honoured to be selected to run for England again this year. The race consisted of 42 laps of the local park and started at 7 am (which was mean given the clocks went forward). The weather at the start was -3 and probably didn't get much above zero all day. The England team this year included of 3 sub 2.20 marathoners and all the focus was on them. Craig relied on the miles in his leg and his ability to pace the race sensibly. For the first half of the race he was down the field as 4th England counter, a lap down and some 15min adrift. But ultra-running is a tough sport that rewards patience. The actual race was won by Dan Doherty of Ireland (he also beat Craig at the Thames Trot) in 7hrs 5 min. Craig was 2nd overall and also became the UKA 100k Champion in 7.12. Craig was incredibly proud to win a national title. His time was under the GB 'B' standard which means there is a real possibility of representing GB at the World Champs to be held in Durban, South Africa in October.

Milton Keynes Marathon – 6th May 2013

Several Ely Runners took part in the second Milton Keynes Marathon. After months of cold weather training, runners were not pleased to be met by the hottest day of the year. Fast times were out the window whilst runners concentrated on taking on sufficient liquids and finding shady spots. The course starts outside the MIK Dons Stadium and heads off into the town centre for the first 5 miles before following an anti-clockwise circuit of Milton Keynes. The route is mainly run on footpaths and cycle paths which are good as runners avoided most traffic however when the path met a main road runners had to use an underpass. This was a novelty for those fen runners attending however by the 30th underpass this was not only tiring but incredibly tedious. Times were certainly affected by the heat with the winner finishing in 2:47. For Ely, Graham Chapman ran a solid race, his second marathon in a month. Graham enjoyed the course although he didn't like the off-road elements over the last few miles. Stephen Howard ran well to finish in 3:20. Daniel Waite and Matt Holmes both struggled, a combination of illness and injury prevented them both from running in the weeks preceding the race and this lack of training told on the day with both suffering in the heat. Miranda Reynolds ran a very solid race, her long-distance training helped enormously. Celine Aubry ran a fantastic debut marathon, finishing in 4:25 with Anne Booth running equally well to finish a minute further back. Lionel Smith and Nigel Reynolds were both delighted to finish their first marathon and Lionel has already signed up for next year.

Results (Chip Times):

50th Graham Chapman 3:10:35 (3rd MV50), 116th Stephen Howard 3:20:41, 267th Daniel Waite 3:37:50 (PB), 461st Matt Holmes 3:52:05, 556th Miranda Reynolds 3:56:17, 841st David Mould 4:13:28 (4:15 Pacer), 1048th Celine Aubry 4:25:53 (PB, 1st Marathon), 1115th Anne Booth 4:26:09 (PB, 1st Marathon), 1416th Lionel Smith 4:48:42 (PB, 1st Marathon), 1630th Nigel Reynolds 5:04:40 (PB, 1st Marathon). There were 2046 finishers and the winners were Edward Catmur of Thames Hare & Hounds in 2:46:59 and Andrea Green in 3:04:23.

There was also a small race in London last month and although reports are minimal we can safely confirm that several Ely Runners put in fantastic efforts. Craig Holgate ran the London Marathon 2 weeks after completing the 100k above! A mammoth effort in itself but for him to finish in under 2:40 was magnificent and a club record to boot. Kieren Drane was rightly very happy with his performance achieving a massive new pb. London regulars John Manlow (new pb) and Stephen Pettit both put in sterling performances, Stephen particularly so given his absence from running for the latter part of last year. Tony Kirby-Cook also achieved a new sub 3:30 pb as did Daniel Walker running in his first marathon. Andy O'Hanlon ran very well and Nicola Bramley again achieved a good time. Debutants Simon Law, Emma Briggs, Charlotte Cook and Douglas Law also all ran well.

Results:

106th Craig Holgate 2:37:07 (MV35 Club record), 321st Kieren Drane 2:44:40 (PB), 435th John Manlow 2:47:57 (PB), 660th Stephen Pettit 2:52:25, 4075th Tony Kirby-Cook 3:26:20 (PB), 5281st Andy O'Hanlon 3:33:47, 6989th Daniel Walker 3:43:25 (PB, 1st Marathon), 11653rd Nicola Bramley 4:03:25, 15724th Simon Law 4:21:58 (PB, 1st Marathon), 23917th Emma Briggs 4:54:08 (PB, 1st Marathon), 23541st Charlotte Cook 4:55:50 (PB, 1st Marathon), 30202nd Douglas Law 5:43:34 (PB, 1st Marathon).

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

If you would like to see your race report/result in the next newsletter or on the club website then please send us the details so that we can share your moment! Let us know about a new pb, a funny moment, your views on a race or just share your pain. Any of these are appreciated and will help your fellow members to decide which races to choose next year. ☺ results@elyrunners.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 Conan in flight on page 1? Send in your event photos and you too could feature in next month's newsletter!

TRAINING FOR MAY/JUNE

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.

Tuesday 21st May (tough new session 2013 – may be repeated later if members approve). Summit of Park where start and finish clockwise descents and ascents to/from/round perimeter trees in order to complete circuit of park. Use either summit tree depending on side of park. If perimeter trees in-line, use furthest. About 30 trees = 5m and 1,000 feet climb/descent + 1.2m from/to Paradise = 6.2m. Juniors on grass track KSE Amherst.

Thursday 23rd May Little Downham via Hurst Lane track and back to Ely. With 1 loop of Cannon St/Main St = 7.25m and with 2 loops = 8.5m. If track too rough for return, turn left at kennels to side of field path to road.

Tuesday 28th May Grass track intervals on KSE's on Amherst Field (adjacent to railway station) under the instruction of Club Coach Alan Rutterford (Seniors and Juniors). Juniors on grass track KSE Amherst.

Thursday 30th May Golf course footpath and across Angel Drove to footpath towards Lt Thetford. After about 1m, turn tight on track by poultry houses to A10. Left on A10 and after 50 yards, right up Bedwell Hay Lane (track) and airfield perimeter road to rejoin Bedwell Hay Lane to Witchford, where right along pavement back to Ely (7.25m). For less, turn right on A10 at poultry houses and along A10 pavement to Ely (5.25m).

Tuesday 4th June 6 x 0.83m interval circuits of Ely Common meadows. Start in middle at top of Kiln Lane. Flow along 'cliffs' side of long meadow to sailing club turn and fast back up to Kiln Lane. Cross to short meadow and jog recovery (road side) to end turn. Then fast back to Kiln Lane to complete one circuit. 6.2m from/to Paradise. Juniors on grass track KSE Amherst.

Thursday 6th June (if the lakeside footpath is still closed, this session will be changed). Start/finish Ely Common for laps of XC course. From large meadow clockwise to left turn into woods and down slope, right to cross WBH, around lake (anti-clockwise), up steps and follow 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.

Tuesday 11th June Training on Straight Mile course Quanea Drove: 0.5m fast/0.5m recovery/0.5m fast/0.5m recovery/1m fast/0.5m recovery/0.5m fast. Out/back via Cuckoo Bridge = 8m, or shorter option (finish after 1m fast) return via Stuntney Road and The Park = 7m. Juniors on grass track KSE Amherst.

Thursday 13th June *Club Midsummer 10k Handicap Meet 7:00 pm at the cricket pavilion, Lt Downham for handicap starts near school in Main Street from 7:30 pm. Option for Juniors (subject to affiliated age/distance rules) to run last 6k. Presentations and light refreshments afterwards.*

Tuesday 18th June Grass track intervals on KSE's Amherst Field (adjacent to railway station) under the instruction of Club Coach Alan Rutterford (Seniors and Juniors). Juniors on grass track KSE Amherst.

Thursday 20th June Clayway Drove, Kettlesworth Drove, Chettisham, Ely (5.7m) or from Chettisham across bypass to Coffue Drove and North Fen Drove to California and left back to Ely (10m).

Tuesday 25th June (new session) KSE Amherst field grass track for 'acceleration' interval session with 1 lap slow jog recoveries:
1600 metres (4 laps) at 5k-10k pace; 1 lap recovery
1200 metres (3 laps) 3k-5k pace; 1 lap recovery
800 metres (2 laps) faster; 1 lap recovery
400 metres (1 lap) faster; 1 lap recovery
200 metres (fast); 1 lap recovery
200m metres (fast); 1 lap slow warm-down
Total session about 4.25m and about 6.6m from/to Paradise. Juniors also on grass track KSE Amherst so seniors to use outside lanes.

Thursday 27th June

Coveney (grass triangle) and back (8.5m) or via West Fen Drove and Hurst Lane tracks (9.75m). Shorter options if turn back before Coveney.

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>

May

- 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 Heidi Uff or Lionel Smith, 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).

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.easternveteran.co.uk/>

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