



Ely Runners Newsletter

October 2011



Claire Van Leersum at
Grunty Fen Half Marathon

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!

Tom Russell
Tom Bracegirdle
Anita Lewis
Abbie Ashman

NEWS & NOTICES

Race News in Brief: *Full details on pages 2-3*

- Charlie Barker is Cambs MV60 5k Champion

- Huge turnout at Grunty Fen Half Marathon

- Round Norfolk Relay - Ely Runners Team A
(2nd overall, 1st ARC, 1st Open, 1st visitor + stage wins for Gary Wilberforce, Craig Holgate, Alex Tate, Clare Durrant)

Thank you and well done!

Once again the Grunty Fen Half Marathon and Fun Run has come and gone. From the runners I saw and spoke to today all the feedback I received was extremely positive. The event was enjoyable, challenging and safe. The many supporters and marshals offered great encouragement and created a positive happy atmosphere around the races. From the people we stage this event for that is high praise indeed. That success is entirely down to you and the hard dedicated efforts you have put in both on the day itself and in advance of the race. I have been in the fortunate position this year to witness at close hand the amount of sheer hard work, concentration and initiative it takes to stage an event of this size and I am truly impressed. To list the individuals involved and the efforts they put in would be too long. All I can say is thank you – you know who you are and what you did to help and we are grateful.

Best Wishes

Stephen Howard - Race Director

New Kit!

Have you seen the new Ely Runners club Hoodie? Arranged by Emily Knight in time for RNR these have gone down well with the lucky few to get in early with the first batch.

Emily does have a few left in stock (all adult small) and she will be doing an order soon to include Junior sizes (Available in adult S-L, plus Junior M (7/8), L (9/10), XL (11/12))

To place an order either see Emily in training or email emily@elyrunners.co.uk.



Following the difficulty in sourcing suitable yellow shorts Emily has also looked into a new Ely Runners club kit. Further details to follow soon but for a sneaky peek of what is planned see below:



News

- 1 Club news
- 2 What's on?
- 3 Results
- 5 Training
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Dates for the Diary:

- 2nd Frostbite St Neots
- 6th Club Drinks
- 16th Great Eastern Half
- 22nd Beachy Head
- 30th Fenland 10

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

FORTHCOMING EVENTS: *Full fixture list on page 6***Frostbite Friendly League**

This series of six races begins on Sunday 2 October at Priory Park, St Neots. It's FREE to take part! All you need to do is turn up on the day in your Ely Runners race kit.

The junior race gets underway at 10:15 and the seniors start at 11am. Priory Park's a challenging and undulating course – it's certainly muddy in places, so trail shoes would be ideal if you have them.

The first 10 Ely Runners to cross the finish line score for the club, three of these runners must be female. This series of races places great emphasis on friendly rivalry between clubs and the enjoyment of all runners and helpers. Women are especially encouraged to take part.

Please don't be discouraged from taking part if you don't think you'll make the scoring team – the success of the club depends on a good turnout from runners of all abilities so please do join us! If seniors would like to share transport then meet at the Paradise centre at 9AM. www.frostbiteleague.org.uk

Heidi Uff – Team Captain

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

FIXTURES:

2 October 11	Priory Park, St Neots
6 November 11	Bushfield Sports Centre
11 December 11	Hinchingbrooke Park
15 January 12	TBA (March AC)
5 February 12	Bourne Woods
4 March 12	TBA (BRJ)

Hereward Relay

Alan Rutterford is now taking names for the Hereward Relay, to be held on Sunday 27th November 2011. This event (organised by March AC) is a 4-stage relay from Peterborough Cathedral to Ely City Football Club (38 miles). The club usually enters 6 or 7 teams. It can be frosty, very cold, wet and muddy on the farm tracks, so is a good test of your agility and endurance.

Stage 1 - Peterborough to Whittlesey	6.50m
<i>(on footpaths and road)</i>	
Stage 2 - Whittlesey to March	10.50m
<i>(on farm tracks, footpaths and road)</i>	
Stage 3 - March to Welney	10.30m
<i>(on farm tracks and road)</i>	
Stage 4 - Welney to Ely	10.40m
<i>(mainly on farm tracks and road)</i>	



Andy Nixon on Stage 4 in 2010

As March AC kindly help us to marshal the Grunty Fen and New Years Eve races, we usually return the favour by marshalling the finish area from Little Downham to the finish, so Alan is also looking for 4-5 volunteers to help with this.

If you are interested in running or marshalling, please contact Alan at training, by email (alan@elyrunners.co.uk) or phone (07821 988959).

Ryston Runners XC Grand prix series

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

RACE DATES:

Sunday 9th October 2011	5 Km
Sunday 13th November 2011	9 Km
Sunday 18th December 2011	6.5 Km
Sunday 15th January 2012	5 Km
Sunday 12th February 2012	9 Km
Sunday 18th March 2012	6.5 Km

COURSES:

Under 9: 800m on each occasion - Starting at 11:00

Under 11: 2km - Starting at 11:05

Under 13 & 15: 3km - Starting at 11:20

Under 17: 5.0k, 4.5k, 6.5k, 5.0k, 4.5k, 6.5k - Starting at 11:40

Seniors & Vets Alternate: 5.0k, 9.0k, 6.5k, 5.0k, 9.0k, 6.5k - Starting at 11:40

If anyone is interested in entering any of the EAA championship events then please let team captain Heidi Uff know: captain@elyrunners.co.uk

**Sweatshop 40th Anniversary Weekend Offer**

For Saturday 8th and Sunday 9th October, Sweatshop are offering 25% off all items in their shops except on sale items or with other offers.

SOCIAL EVENTS

After training drinks are usually held on the first Thursday of each calendar month, with the next opportunity happening on **Thursday, October, 6th** at the High Flyer in Ely. Further information is available from Julie Foreman

Julie@elyrunners.co.uk

RESULTS

Cup Win for O'Hanlon and Co.

After organising and coaching the South Cambs District Council (SCDC) Chariots of Fire teams for 12 years, Peter Harris retired from SCDC and handed over the reins to a colleague, who decided to introduce a cup for the fastest SCDC runner - the Harris Cup! Rather appropriately, this was won by fellow Ely Runner Andy O'Hanlon, who completed the 1.7 mile course in 10mins 19secs. The SCDC Team A came 26th out of 310 teams, which was pretty good, considering Andy was the only club runner in the team. Peter did not know about the cup until he arrived at the race to spectate, having decided that after running in the RNR and then marshalling in the early hours, he had nothing better to do than go to the Chariots of Fire Race in Cambridge for 9:30am to see how SCDC could manage without him.



Peter Harris hands over the Harris Cup to Andy O'Hanlon

Masses Converge on Grunty Fen

The 21st running of the Grunty Fen Half Marathon went ahead in warm and blustery conditions. In the main race Aaron Scott of Notts AC made his intentions clear with a noticeably fast start, a sub 38 minute time at 7 miles put him on target for a new course record. The wind picked up on the mile and a half long White Cross Road though and for Aaron it became a case of keeping the gap to second. The chasing pack was unable to close the distance and Aaron finished in a very quick 1:10:32. A group of 4 followed some 90 seconds further back with John Clarke of Newham and Essex winning the battle for second. The race this year was also home to the Cambs Road Race CAA Championships and Paul Halford of Werrington Joggers finishing in 3rd was the recipient of this particular prize. In the ladies race 2 runners battled it out to the end with Philippa Taylor of Nene Valley Harriers eventually overcoming Alex Gounelas of Eton Manor with a mile to go, 3rd home was Cambridge based Ironman Triathlete Lucy Gossage. Ely Runners were well represented in the race, new member Gary Wilberforce proved to be a welcome addition to the Elite end of the club coming home in 10th place. Robin Webb put in an impressive first performance at this distance, a well-deserved effort with Robin clearly benefitting from the extra work he has put in over the last 6 months during club training sessions. Graham Chapman admitted that he struggled from the start, a time of 1:32 to most would be impressive, but for 55 year old Graham he was disappointed. Graham has completed several triathlons over the summer and the Round Norfolk Relay he welcomes a break from

long distance running before no doubt returning to beat the 3 hour barrier at next year's London Marathon. Further back Andrew O'Hanlon continued his marathon training with a solid performance and Rob Comley made a welcome return to these shores. Helen Ost completed a first Half for the club. Alongside the main event the club organised a 1 mile fun run round the sports fields at Witchford College. The race organised largely by the Junior section of the club attracted close to 50 competitors with Fraser Crossman (Ely Runners) coming home in first in a time 6:52 with William Peet in 2nd (7:05) and the first 2 girls, finishing in 3rd & 4th overall, Molly Butler (Ely Runners) in 7:07 and Esme Wright (Ely Runners) in 7:16.

Barker is Cambs Champion

Back in August Charlie Barker competed in the NVH 5k. 3 weeks later at the Grunty Fen half Charlie received a rather nice surprise when Cambs AA forwarded a medal to him. It turns out that without realising it he has now become Vet 60 county champion for 5K for his efforts at this race. Well done Charlie!

Huge Success at RNR

On the weekend of 17th & 18th September Ely Runners took 2 teams to the 25th anniversary of the Round Norfolk Relay. This event is a 195 mile, 17 stage relay, starting and finishing at Lynnsport Kings Lynn. The object of the relay is for each team to finish at 9.30 am on the Sunday morning, and depending how quick your team can complete the course determines what time you start. Ely Runners A Team led by Alan Rutterford became favourites on estimated time starting last at midday on Saturday, with Ely Runners B Team led by Simon Jackson starting 6 hours earlier at 6am. There were 57 teams with the first teams starting at 5.30am.



Emily Knight receives the trophy for Ely A winning the Open Class category from Ron Hill (spot the new Club Hoodie!)

The event starts at Kings Lynn and travels to Hunstanton, Burnham Overy, Wells, Cley, Cromer, Mundesley, Lessingham, Horsey and Great Yarmouth before heading inland to Bungay, Scole, Thetford, Feltwell, Wisington, Downham Market, Stowbridge and back to Kings Lynn. The stages are mainly multi terrain during the day and road at night. During the day the runners are escorted by cycle where possible and at night by a minibus with flashing lights.

Alan Rutterford had led the A team to 3rd 3 times and 2nd the last 3 years and was hoping this would be the year for victory, but they were piped to the post by less than 4 minutes into second again, with the B team finishing 46th/57 teams also the same as last year. The A team were an impressive 30 minutes ahead of last year's time in 20.45.18 and the B team were also 8 minutes ahead of last year's time in 27.06.08.

The A team came home with an incredible haul of silverware including 2nd overall, the Open Category winners, ARC Relay Championships winners, 1st out of Norfolk Club and stage wins for Gary Wilberforce (stage 2), Craig Holgate (stage 10), Alex Tate (stage 11) and Clare Durrant (stage 17). There were also stage records for Ian Day, Craig Holgate, Alex Tate and Clare Durrant. Clare also got the best age graded score for a Senior Lady.

There was also a tremendous effort by all involved in the B team leading to them finishing in the fastest ever time for the second string.



Chris Bower & Julie Foreman

Norwich Road Runners A were the winners in 20.41.29 but were 2 hours and 18 minutes outside their predicted time which angered most teams as they should have started last with Ely A. Alan said it was a right battle as we led from stage 1-6, then were 2nd from stages 7-10, then regained the lead from 11-12, then 2nd from 12-13, regained the lead from stages 13-16 and finally lost out on the last stage.

Alan and Simon had to work out how long it would take each runner in their team to run the distance in their stage, which is quite tough. However Alan was pleased with some of his predictions, especially stage 12 being 19.67 miles where he was only 1 second out. He also had predictions of 7 seconds over 5, 7 and 11 miles which was amazing.

Alan would like to thank Simon Jackson, Hannah Shiell, Julie Foreman and Mary Gates for being the Support Crew for the B

team, and Emily Knight and Ellie Foster for helping with the A team. Special thanks also go to Ely members who marshalled at the Wisington changeover from 5am on a cold Sunday morning including John Glover, Darren Murfitt, Peter Harris and several others who had also run stages the day before.

Selected other Results for September

Wissey Half Marathon – 4th September

3rd Stephen Pettit 1:18:59 (1st MV45)
10th Kieren Drane 1:23:58
22nd Stephen Howard 1:27:08
73rd Simon Jackson 1:38:23
78th Adam Etches 1:40:12
121st Nick Dowdy 1:52:00
126th John Turner 1:52:55
165th John Foster 2:05:41

Bedford Harriers 10k – 4th September

8th John Manlow 36:10 (2nd MV40)
19th Maurice Reed 37:19 (3rd MV45)
98th Charlie Barker 44:27 (3rd MV60)
198th Steve Starr 51:11

Great North Run Half Marathon – 18th September

3549th Steven Hardwick 01:42:03 (13th consecutive GNR)
10523rd John Foster 01:56:05
15505th Karen Foster 02:04:05
20974th Jon Pennington 02:14:04

Cambridge Parkrun – 24th September

1st Alex Tate 16:02 course PB (MV35 Club Record)
23rd Alex Seabright 19:53, (PB)
24th Luke Crisp 20:00 (PB, Boy Club Record)
26th Andrew O'Hanlon 20:18
44th Robyn Seabright 21:34 (PB, Girl Club Record)
71st John Turner 23:02
213th David Mould 32:37

Bourn 10K – 25th September

71st Peter Harris 48:45
131st Steve Starr 52:54
160th Susan Graves 54:39

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

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

TRAINING FOR OCTOBER

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.

For training at night, members must wear a reflective bib. These are available free of charge from club stock at the Paradise Centre.

Members are reminded that they run/train at their own risk. For Route Maps see the website

ELY RUNNERS' WEEKLY TRAINING PROGRAMME OCTOBER- NOVEMBER 2011

Juniors to meet at 7 pm at the Paradise Centre and train with seniors (unless otherwise mentioned below or by Alan Rutterford) on Tuesdays until daylight training resumes in 2012.

Details of Sunday Training (usually 9 am Paradise car park) advised by weekly email.

For advice on training at night visit:
<http://www.elyrunners.co.uk/trainingatnight.htm>

Tuesday 4th October
Lisle Lane & The Vineyards intervals
3 or 4 x 2.82km (1.75m) laps each with 3 fast/hill strides (125' climb per lap) and 3 recoveries
Start/finish by Cheffins, Market Square
3 laps = 8.46km (5.26m), 4 laps 11.28km (7.01m) + 0.8km (0.5m) Paradise return
Juniors: Stour Green session = 4.2m

Thursday 6th October
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 11th October
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

Thursday 13th October
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 18th October
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 (Juniors x 4 = 4.2m)

Thursday 20th October
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 to/from Paradise)

Tuesday 25th October
3 x 1m self-timed intervals John from Amner Close (on Lynn Rd) via Cam Drive to far kerb of 1st college entrance in Downham Road with 0.9m return/recovery via Egremont St.
(6.3m to/from Paradise). Target 10% faster than 5m or 10k race pace.

Juniors: KSE astro surface session

Thursday 27th October
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

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>

October

01 (Sat) Barningham Hall 5k(ish) Run, Holt, Norfolk

01/02 (Sat/Sun) Q2 – The Quest Challenge, Thetford Forest, Brandon, Suffolk, <http://www.questars.co.uk>

01 (Sat) SEAA XC Champs, XC Relays, Shuttleworth Park, Biggleswade, Beds, <http://www.seaa.org.uk>

01 (Sat) Withersfield Jog on to Kidney Cancer, Haverhill, Suffolk,

http://www.jameswhalefund.org/page_799.html

02 Abington charity 10k & 2.5k FR, Great Abington, <http://www.runnersworld.co.uk/abington10k>

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

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

02 Coltishall Jaguars Autumn 10k, Frettenham, Norfolk, <http://www.coltishalljaguars.co.uk/>

02 Frostbite League Race 1, ~5m, Priors Park, St Neots, <http://www.frostbiteleague.org.uk/>

02 Race for Riverwalk School 5k & 10k, Culford Park, Bury St. Edmunds,

<http://www.entrycentral.com/index.php?festivalID=149>

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

09 Leicester Marathon & Half-Marathon, <http://www.leicestermarathon.org.uk/>

09 Perkins Great Eastern Run, Half-Marathon, Peterborough, <http://www.perkinsgreateasternrun.co.uk/>

09 Ridgeway Run 15.5k, Tring, Herts, <http://www.tringrunningclub.org.uk>

09 Ryston Runners XC Grand Prix Series 5k, Shouldham Warren <http://www.rystonrunners.org.uk/cross.htm>

09 Willow 10k, Hatfield House, Herts,

<http://willowfoundation.org.uk/Fundraising/SportingChallenges/UKChallenges>

15 (Sat) Discoveryrun 5k/10k, Harwich, Essex, <http://www.discoveryrun.co.uk>

16 Bakers & Larners of Holt 10k, Holt, Norfolk, <http://www.nnbr.co.uk>

16 Blacks 5k/10k Trail Run, Dunstable Downs, Dunstable, <http://www.blackstrailrun.co.uk>

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

16 East Carlton 5m Road Race, East Carlton Country Park, Northants,

<http://www.smallfishbigpond.co.uk/corby/index.htm>

16 Langdon 5, Basildon, Essex, <http://www.essexwt.org.uk>

16 Leigh-on-Sea 10k, Leigh-on-Sea, Essex, <http://www.losstriders.co.uk>

16 On Your Marks Luton! 5k, 10k & 2k FR, Luton,

<http://www.racetimingsystems.com/public/event.aspx?id=2506>

16 Saxons 5m, Saxmundham, Suffolk, <http://www.thesaxons.org.uk/>

16 Spires & Steeples Challenge 13m or 26m, Metheringham, Lincs, <http://www.spiresandsteeples.com>

16 The New Ware 10m, Ware, Herts, http://www.ware-joggers.co.uk/Ware10/Ware_10_Welcome.html

16 Stroke Association Resolution Run 5/10/15k, Hyde Park, London,

http://www.stroke.org.uk/fundraising/fundraising_events/resolution_hyde_park.html?dm_t=0,0,0,0&dm_i=M0G_JOH9.46OJGG.1LM2Y.1

16 Wobbly Wobbly Log Jog ~5m, Brandon, <http://www.bfh.org.uk/>

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

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

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

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

23 Gainsborough 5k, West Lindsey Run Series, Gainsborough, Lincs, <http://www.westlindseyrunseries.co.uk>

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

23 Thurlow 10m, Great Thurlow, Haverhill, Suffolk, <http://www.haverhillrunningclub.org.uk>

23 Trionium Greensand Marathon, Dorking, <http://www.trionium.com>

29-30 Brentwood Running Festival (Junior Race, 10k, half marathon, marathon), Weald Country Park,

Brentwood, Essex, http://gobeyondultra.co.uk/Brentwood_run_fest

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

30 Pumpkin Run 10k/Half-Marathon, Stanwick, Wellingborough, Northants, <http://www.ultramarathon.org.uk>

30 Steeplechase 5k/10k Obstacle Race, Great Witchingham, Norwich, <http://www.muckyraces.co.uk/>

30 The Poppy Run 5k, Boston, Lincs, <http://www.poppy-run.com>

November

- 06 Adnams Great Eastern Run 20k, <http://www.bungayblackdogrunningclub.co.uk>
- 06 Barton and District Deepdale Dash 10k, Barton upper Humber, Lincs, <http://www.barton-district-ac.co.uk/default.aspx>
- 06 Billericay Striders 10k, Billericay, Essex, <http://www.striders10k.billericaystriders.com>
- 06 Bonfire Burn 10k, Impington, Cambridge, <http://www.bonfireburn10k.co.uk/>
- 06 Frostbite League Race 2, 5m, Bushfield, Peterborough, <http://www.frostbiteleague.org.uk/>
- 06 Lactic Fallout, Brentwood, Essex, <http://www.adventureracesessex.co.uk>
- 06 Lode Runners Half-Marathon, Lode, Cambs, http://www.ianmiddleton.co.uk/lsc/pdfs/lode_runners_entry_form.pdf
- 06 Rutland Water Marathon, <http://www.fat-feet.co.uk/rutland-water.aspx>
- 06 Stevenage Half-Marathon, Stevenage, Herts, <http://half.fvspartans.org.uk>
- 06 Suffolk Whole Hog 8, Wantisden Valley, Ipswich, Suffolk, http://www.eightpointtwo.co.uk/the_whole_hog_event.asp
- 11-13 (Fri-Sun) Druid Challenge Ridgeway Ultra 82 (3 day multi-stage), Tring, Herts, <http://www.xnrg.co.uk>
- 13 Autumn Challenge 5, Watford, Herts, <http://www.watfordjoggers.org.uk>
- 13 Market Rasen Remembrance Sunday Multi-Terrain 10k, West Lindsey Run Series, <http://www.westlindseyrunseries.co.uk>
- 13 Ryston Runners XC Grand Prix Series 9k, Shouldham Warren, Nr Downham Market, <http://www.rystonrunners.org.uk/cross.htm>
- 13 Stebbing Remembrance Day 10, Stebbing, Dunmow, Essex, <http://www.grangefarmdunmowrunners.co.uk>
- 13 Stowmarket Striders Scenic 7, Stowmarket, Suffolk, <http://www.stowmarketstriders.org.uk/scenic7.shtml>
- 19 (Sat) Dirt Half-Marathon Challenge, Leighton Buzzard, Beds, <http://www.dirtrunning.co.uk>
- 19 (Sat) SEAA XC Champs, London XC Champs, TBC, <http://www.seaa.org.uk>
- 20 Guts & Glory 5k/12k, Colchester, Essex, <http://www.muckyraces.co.uk>
- 20 Hadleigh 10m Road Race, Hadleigh, Suffolk, <http://www.hadleighares.co.uk>
- 20 Luton Marathon, <http://www.lutonmarathon.org.uk>
- 20 St Neots Half-Marathon, <http://www.riversiderunnersraces.co.uk>
- 26 (Sat) Wandlebury & Roman Road 6m Trail Run, Cambridge, <http://www.overrunevents.co.uk/>
- 27 Bath hilly Half-Marathon, Bath, <http://www.trionium.com/bathhillyhalf>
- 27 Cotswold 10k Run, <http://beyondthelimitations.co.uk>
- 27 EAA XC Championships, U13 Boys/Girls 3k, U15 Boys/Girls 4k, Senior Men 12k, Senior Women 6k, U20 Men 8k, U20 Women 6k, U17 Men/Women 6k, Holbrook, Ipswich, Suffolk, <http://www.easternaa.co.uk/>
- 27 Hereward Relay, Peterborough to Ely, 4 stage Relay or Ultra race http://www.marchathleticclub.co.uk/hereward_2011.htm
- 27 RNLI Reindeer Run 5k & 10k, Woburn Abbey, Beds, <http://rnli.org.uk/reindeer>

December

- 02 (Fri) Ely Runner's Christmas Buffet & Drinks, (Private Event) Cutter Inn, Ely (Prov)
- 10 (Sat) SEAA XC Champs, Masters & Inter-Counties Champs, TBC, <http://www.seaa.org.uk>
- 11 Bedford Harriers Half-Marathon, <http://www.bedfordharriers.co.uk/>
- 11 Frostbite League Race 3, ~5m, Hinchingbrooke Country Park, Huntingdon, <http://www.frostbiteleague.org.uk/>
- 17 (Sat) Xmas Gloucester 5m, <http://beyondthelimitations.co.uk>
- 18 Club Pre-Christmas training runs, (Private Event) Woodditton/Ely 18.5m, Woodditton/Reach 7.5m, Reach/Ely 11m. Lunch afterwards at the High Flyer
- 18 Ryston Runners XC Grand Prix Series 6.5k, Shouldham Warren, Nr Downham Market, <http://www.rystonrunners.org.uk/cross.htm>
- 31 (Sat) Ely New Year's Eve 10k Road Race, 1100 Little Downham, <http://www.newyarseve10k.co.uk>

January

- 15 Frostbite League Race 4, ~5m, March, TBC, <http://www.frostbiteleague.org.uk/>
- 15 Ryston Runners XC Grand Prix Series 5k, Shouldham Warren, Nr Downham Market, <http://www.rystonrunners.org.uk/cross.htm>
- 22 Gloucester Half-Marathon & Marathon, <http://beyondthelimitations.co.uk>
- 28 (Sat) SEAA XC Champs, Main Champs, Stanmer Park, Brighton, <http://www.seaa.org.uk>

February

- 05 Frostbite League Race 5, ~5m, Bourne Woods, Bourne, <http://www.frostbiteleague.org.uk/>
- 12 Ryston Runners XC Grand Prix Series 9k, Shouldham Warren, Nr Downham Market, <http://www.rystonrunners.org.uk/cross.htm>
- 19 Cotswold Marathon, 35.2m Challenge & 9m FR/Walk, <http://beyondthelimitations.co.uk>

March

04 Frostbite League Race 6, 5m, Huntingdon, <http://www.frostbiteleague.org.uk/>
18 Ryston Runners XC Grand Prix Series 6.5k, Shouldham Warren, Nr Downham Market,
<http://www.rystonrunners.org.uk/cross.htm>

April

15 Brighton Marathon, <http://brightonmarathon.co.uk/>
22 Virgin London Marathon, <http://www.virginlondonmarathon.com/>
29 Milton Keynes Marathon, Milton Keynes, <http://www.miltonkeynesmarathon.co.uk>

May

20 Run Tewkesbury Half-Marathon & 5m FR, <http://beyondthelimitations.co.uk>

July

01 Boddington Marathon, 50k & 10k Multi-Terrain, <http://beyondthelimitations.co.uk>

September

02 Run Cheltenham Half-Marathon, Cheltenham, Gloucs, <http://www.runcheltenham.org.uk>

NOTES

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

Further details of events from the Club notice board in the Paradise Centre foyer, running magazines, websites, or from Steve Tovey, secretary@elyrunners.co.uk who also has details of all RRC/TRA long distance road/TR/XC races and FRA fell races.

National, regional and county championship team entries are via Heidi Uff, captain@elyrunners.co.uk but for -13,-15,-17 & juniors, first contact Lesley Wright, lesley@elyrunners.co.uk.

Ely Runners' private club XC championships, 10k/1m handicaps, and TTR relay entries are via Matthew Holmes, (matt@elyrunners.co.uk).

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

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

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

Junior race details from Junior Secretary Lesley Wright, lesley@elyrunners.co.uk

Club website: <http://www.elyrunners.co.uk>

Grunty Fen 1/2M website: <http://www.gruntyfen.co.uk>

NYE10k website: <http://www.newyarseve10k.co.uk>

Turing Trail Relay website: <http://www.turingrelay.co.uk>

Association of Running Clubs website: <http://www.runningclubs.org.uk>

EVAC Webzine: <http://www.easterveteran.co.uk/>

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