



Ely Runners Newsletter

October 2012



Karl Bedingfield hands over to Linden Smith at the 2012 RNR

NEW MEMBERS

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

Carl Mendel, JJ Morris, Callum Wilson, John Preston, Ben Dyer, Sandi Newman, Emma Briggs, Ben Balmford, Samuel Evans, Nigel Reynolds, Nadine Anderson-Lowson, Alan Taylor.

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

Donations:

Thanks to the hard work of everyone the club has been able to make the following donations to charity out of profits from the Grunty Fen Half-Marathon.
£200 to Action Duchenne (in honour of James Kew, Saffron Striders)
£200 to BHF (in honour of Shaun Towell, Bourne Town Harriers).
£200 to Ely Wildspace for safeguarding Ely common for public use
£500 to help establish a new Parkrun at Wimpole Hall

Frostbite Friendly League

The popular Frostbite Friendly series of races returned last Sunday with a fantastic effort by both Junior and Senior teams, see page 5 (Race report will be on the website soon) – These races are a great opportunity to run for your club and a full itinerary can be found at:

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

Junior Coaching

Coaching: The club's ever expanding junior section (now standing at 53) has resulted in the club's coaches coming under increasing time pressure. If there are any members (or parents) interested in getting involved in coaching – or just helping out, then please contact club secretary Steve Tovey or head coach Alan Rutterford for information on courses/funding.

Grunty Fen: Race Director's Thank You

Due to the extreme heat it was a really tough day to stage a half marathon.

All runners required support, encouragement and the contribution that you made to assist their efforts.

Never have I walked around after a race and heard so many runners offer unprompted praise for the encouragement and support they got from marshals, medical staff and those manning the many water stations on the course. In addition the more behind the scenes aspects of our efforts were of huge importance today, from ensuring cars were parked in our new location to ensuring drinks were smartly topped up around the course and at the end, and before that ensuring we had cups, sponges, sprinklers, water and tables to use.

That's before we even mention the parts of a race we need to get right whatever the weather – course marking, organising the marshals, dealing with registration, handling baggage, managing road closures, driving lead, sweep and shuttle vehicles, ensuring the spectators are looked after, processing results, post-race services for runners, etc, etc...

As if that wasn't enough we also had a hugely well supported, enjoyable and successful Fun Run with approaching 100 entries and all the challenges that posed.

I would also like to thank all our sponsors without whom our race could not happen. Overall today was a very tough test – I think you should all be rightly very proud of yourselves.

The 23rd Grunty Fen Half Marathon is scheduled for 8th September 2013 and we look forward to seeing you all again.

*Thank you
Stephen Howard
Race Director*

Beginners:

Following on from the success of the 1st beginners' course, the club will be starting a 2nd 10-week beginners' course on Monday October 15th (Paradise Centre, 7pm). The cost of the course is £10 and we're looking to take 15-20 runners – less than over the summer due to the restrictive nature of winter venues. If anyone has any friends/family interested then please contact Steve Tovey. NOTE: COURSE FULL!!

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Dates for the Diary:

- 14th Great East Run
- 21st Thurlow 10
- 26th Beachy Head
- 28th 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

Hereward Relay 2012

Now that the Round Norfolk Relay has been and gone, it's time to organise the teams, marshals and finish routeing for this year's Hereward Relay. For many years Alan Rutterford has been in charge of organising this event - but this year he will be scrutineering the Norwich Half Marathon on the same day, so we need new members to come forward to help out.

Details of the race & each stage can be found on the club website under Races>>Hereward Relay.

Although the event is organised by March AC, we have always marked out the course from Little Downham to the finish at Ely City Football club – and we're also responsible for setting up the finish area. This is mainly because March are kind enough to supply several marshals for GF and the NYE 10k – and without their help we'd struggle to find enough marshals for our own open events.

We're preferably looking for 3 people to take-over Alan's usual roles:-

Team Organiser - To manage 6/7 teams (teams of 4 runners), seeing them off on the day with pins & numbers.

Matt Holmes has offered to do this job.

Course marking - This job takes two and a half to three hours.

It mainly involves setting up from Lt. Downham from about 9.30 until 11.30 and for an hour when the last team has finished. It means getting the equipment from the stores and returning when finished. The club will pay for any fuel used whilst relaying equipment about. Alan can take anyone interested and show them how he sets the finish up and mark from Lt. Downham.

Steve Tovey and **Lionel Smith** have offered to do this job.

Marshals Co-ordinator - we usually need 5/6 marshals on the day.

Marshalling can be from 11.30am to 3pm - this is a straightforward job ensuring that marshals are positioned in time and would allow the team organiser to leave once his last team has left at 11am.

This year's event is to be held on Sunday November 25th,

*If anyone is able to help with marshalling, photography, course-marking, recovery driving or in other areas please contact **Steve or Matt as soon as possible**. Any assistance would be appreciated as our attendance at the event relies on our ability to help with the finish.*

We are also now taking names for this year's event.

The race consists of 4 stages from Peterborough Cathedral to Ely City Football Club and is a very challenging race with 4 members in each team:

Stage 1 = 6.5 miles from Peterborough to Whittlesey

Stage 2 = 10.5 miles from Whittlesey to March,

Stage 3 = 10.3 miles from March to Welney

Stage 4 = 10.4 miles from Welney to Ely.

We usually have 6/7 teams, so if you would like to run please email matt directly matt@elyrunners.co.uk.

A reminder that this event is run under UKA rules and if you are a 1st claim Ely Runner, you do need permission from the race organisers & Ely Runners to run for another team entered into the Hereward Relay.

If you are doing the Ultra Race (all 38 miles!) please enter directly, Ultra runners will be responsible for their transportation and belongings, however depending on how many teams we have it may be possible that we can help out with transport to Peterborough.



*Stuart Baumber finishing the 2010 Hereward Ultra
(and still smiling!)*

NYE10k T-Shirt: - Help us come up with a design!

As part of the upcoming Ely New Year's Eve 10k we are planning to offer a T-shirt to all runners (and helpers!) and we need a design.

We want to keep the T-shirt design simple (ie one-colour drawings front and back) and propose the following theme:

Back of T-shirt – back view of “very old runner” with arms outstretched wearing number with 2012 on.

Front of T-shirt – front view of “very young runner” – same outstretched arms pose wearing number with 2013 on.

We would also need the Ely Runners Logo and suitable wording to the effect it's the Ely New Year's Eve 10k but that sort of detail can be added afterwards so you don't need to provide that unless you want the artistic freedom.

We may pick different winners for the front and back designs (as long as the themes match) and the winner(s) will get their names credited on the T-shirts.

Everyone can enter this – there are no conditions other than the design must be suitable for the T-shirt. You can choose to design the T-shirt front, back or both sides! Please submit your design(s) [either as picture(s) to be scanned or electronically] to any committee member during the month of October. We will draw a judging panel from the club membership and advise of the winner(s) in next month's newsletter.

Pre-Christmas Woodditton>Reach>Ely Training Runs - Sunday 9th December 2012

As in previous years, members are invited to take part in our traditional pre-Christmas training runs from Woodditton (beyond Newmarket), Reach, Upware and Chalk Pit back to Ely, on Sunday 9th December. This is a week earlier than usual due to the Hunts AC Frostbite League race being moved from the 9th to the 16th December.

Route

The attractive and undulating route from Woodditton to Reach is 7.5m. It follows the Devil's Ditch footpath through scenic woodland, over Newmarket Heath, across the A14 footbridge, and along the sheep-grazed slopes of the Ditch bank path to Reach. The route then becomes typical flat fenland along the west side of Reach Lode (passing the new footbridge to Wicken Fen) to Upware (10.75m) where it joins the last stage of the TTR course to the A1123 crossing at Chalk Pit (12.25m). From there it continues along the track to Kingfisher Bridge (turn left soon after) and back along the Cam & Gt Ouse riverside bank paths via Lode End Bridge (15.4m), the Cutter, Jubilee Gardens, the Park and east end of Ely Cathedral to finish at the Paradise Centre, Ely (18.5m).

It is nearly all off-road until the riverside tarmac cycle path soon after Lode End Bridge (Barway pump-house) 3.1m from the Paradise. Unless the ground is dry or frozen, trail shoes will be suitable but road shoes will be OK and may be better for much of the course after the first 2m though some very undulating (*beware of tree roots*) and sometimes muddy woodland. There is also a short but very muddy section (keep right!) just before crossing the A1123 at Chalk Pit.

For **route descriptions**,

see <http://www.elyrunners.co.uk/routes/prexmas.htm>

There are also signposts along most of the route and it can be seen on OS maps and Google Earth.

Members Running

Members who have confirmed (please check correct) that they will be running are:

Woodditton start to Ely (18.5m)

John Turner, David Mould, Sarah Edwards, Stuart Baumber, Ian Blatchford, Daniel Regan, Mark Turner, Peter Harris, Lionel Smith, Danny Waite, Matt Holmes, Ashley Blackmore, Emily Knight, Gary Wilberforce, Miranda Paul, Nigel Reynolds, Craig Holgate (*will run to Woodditton start*), Louise Cadogan, Steve Tovey, José Perez, Heidi Constable, Emma Greaves, Tony Kirby-Cook, Kevin Fox, Kieren Drane, Chris Bower, Nick Dowdy, Adrian Scaites-Stokes, Stephen Hardwick, Charlie Barker **(30 so far)**

Reach start to Ely (11.0m)

Conan Fryer **(1 so far)** *Stay on mini-bus after Woodditton starters are dropped off.*

Woodditton start to Reach (7.5m)

(0 so far) *Mini-bus will return finishing runners from Reach to Ely*

Chalk Pit (12.25m from Woodditton & 6.25m to Ely)

(0 so far) *Located where route crosses A1123. Alan Rutterford (tbc) or TBC will drop or collect runners*

Transport to starts from Paradise car park (meet 8:00 am sharp)

Two or three mini-buses (2 x 16 seats and 1 x 15 seats = 47 seats) supplied by Ely/Soham Dial-a-Ride, from Paradise car park to Woodditton and Reach

Alan Rutterford tbc (+ 4 seat to Woodditton and Chalk Pit). Can carry surplus kit

So far we have 51 seats for 30 runners requiring transport.

Checkpoints for Refreshments & Recovery

TBC* at Reach (7.5m) then after last runner departs from Reach, to Chalk Pit (12.25m).

Alan Rutterford (tbc) at Chalk Pit (12.25m) until TBC arrives from Reach, then to Ely with any finishing runners. TBC to stay at Chalk Pit until last runner departs, then to Ely with any more finishing runners.

Is anyone able to help with the provision of refreshments at Reach and at Chalk Pit and to transport any runners finishing early back to Ely? Any help would be appreciated.

Lunch at the High Flyer

Afterwards, members and their families/friends can enjoy a good value carvery Sunday Lunch at the High Flyer, adjacent to the Paradise car park. Please book with Julie

Foreman julie@elyrunners.co.uk. As it is a busy time of year for catering, please let Julie know ASAP. The lunch is at **1 pm** so, to allow time for changing (the Paradise Centre will be open) after running.

These training runs are intended as relaxed and enjoyable pre-Christmas exercise (with many members usually in seasonal dress) and the choices of distance are within the capacity of most members. As usual, dogs are welcome.

Please let me know which distance you'd like to run and let Julie know if you'd like to have lunch - John

training@elyrunners.co.uk



Look how much fun you could be having on December 9th!

EA Affiliation

From 2013 onwards the cost of affiliation will increase from £5 to £10 - provided your only interest is in road running or XC. If you also compete on the track then the cost of affiliation will increase to £20 (seniors) and £15 (Juniors).....and will increase by £1 per annum for the subsequent 3 years!!

Membership category	Year 1	Year 2	Year 3	Year 4
Club/Body Affiliation	£50	£50	£50	£50
Senior athlete membership	£20	£21	£22	£23
Off Track membership (for example road and cross country – not covering track & field athletics)	£10	£10	£10	£10
Under 17 athlete membership	£15	£16	£17	£18
Athletic 365 (U11's) membership*	£15	£16	£17	£18

The reason for EA's decision to increase prices can be found on their website:

<http://www.englandathletics.org/page.asp?section=1743§ionTitle=2013-17+Affiliation>

A timely reminder that the club is affiliated to EA and this is sufficient for claiming affiliated entry into most UKA-licensed races and all ARC-licensed races (the club is also affiliated to ARC). However, some UKA-licensed races and all regional/national championships require athletes to hold an individual race license/affiliation. Currently 48 members have paid for individual EA-affiliation for 2012-2013 (see list below).

Alexander Ellwood, Alfredo Verna, Alice Campbell, Andy O'Hanlon, Ashley Pettit, Carl Mendel, Charlie Barker, Chris Bower, Claire Van Leersum, Clare Durrant, Conan Fryer, Craig Holgate, Daisy Glover, David Mould, Dylan Campbell, Emily Knight, Emma Greaves, Gareth Kavanagh-Dixon, Graham Chapman, Heidi Uff, John Manlow, John Turner, Jon Pennington, Jose Perez, Justin Greaves, Kieren Drane, Lionel Smith, Louise Stableford, Lucy Watson, Luke Crisp, Matthew Holmes, Max d'Ayala, Nathan Pennington, Nick Dowdy, Peter Harris, Rob Campbell, Robin Webb, Robyn Seabright, Sam Collins-Shirley, Sarah Edwards, Simon Jackson, Stephen Howard, Stephen Pettit, Steve Tovey, Stuart Baumber, Susan Salaau-Bethell, Tanya Shenton, Tony Kirby-Cook

If you think you should be on the list but aren't....then it probably means you haven't paid!! Please contact Steve Tovey for advice.

Fantastic Effort by Superman Graham

“Graham Chapman said it was an honour to compete for Great Britain at the Duathlon World Championships in France.”



Graham Chapman competed for Great Britain at the Duathlon World Championships in Nancy, France.

The veteran put in a stunning performance on the streets of Nancy to finish 19th in the 55-59 age group.

He conquered the 10K run, 40K bike ride and then a further 5K run in two hours and 16 minutes.

Chapman said: “As it was a two-hour plus race, I started off in the middle of the pack and slowly worked my way up into the top 10 by the end of the first 10K.

“There were a couple of silly mistakes in and out of T1 but I got on the bike course and slowly the odd cyclist was going past me.

“I nearly lost it on a double downhill turn but as each lap went on I think I started to hold my own. The bike is something I'm really going to have to work on.

“I got into T2 and I was relieved to get off the bike and overtake the odd runner on the second run. “All in all, it was a great weekend, a great honour and a fantastic experience.

Next year, Chapman said he hoped to enter the British Championships and the sprint and Olympic qualifiers in September.

From Ely Standard (2 Oct, 2012)

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 Friendly League Round 1 – St. Neots

Junior and Senior teams both put in spirited efforts in Sunday to get the Frostbite season off to a good start leaving both teams 5th in their respective leagues:

Full ER Results:

Junior Race

16 th	Alexander Ellwood	08:24 <i>ST</i>
17 th	Michael Ford	08:25 <i>ST</i>
31 st	Angus Hutchinson	08:46 <i>ST</i>
35 th	Gareth Lewis	08:51 <i>ST</i>
37 th	James Dack	08:53
50 th	Isaac Stares	09:13
57 th	Fletcher Collins-Shirley	09:25
90 th	Niamh Webb	10:16 <i>ST</i>
93 rd	Nathan Pennington	10:18
95 th	Louise Stableford	10:19
101 st	Jamie Rendell-Read	10:31
102 nd	Esme Wright	10:33
113 th	Faye Palmer	10:45
151 st	Ben Dyer	13:09

Senior Race

3 rd	Ashley Pettit	26:48 <i>ST</i>
4 th	Alex Tate	26:53 <i>ST</i>
6 th	Tom Bracegirdle	27:22 <i>ST</i>
18 th	Stephen Pettit	28:53 <i>ST</i>
44 th	Steve Tovey	31:21 <i>ST</i>
45 th	Stephen Howard	31:23 <i>ST</i>
79 th	Conan Fryer	32:55 <i>ST</i>
159 th	Lionel Smith	36:22
169 th	David Mould	36:55
191 st	Sarah Edwards	38:02 <i>ST</i>
196 th	Ashley Blackmore	38:17
198 th	Stuart Baumber	38:23
209 th	Steve Starr	38:56
226 th	Lesley Wright	39:22 <i>ST</i>
230 th	John Turner	39:30
235 th	Nigel Reynolds	39:43
237 th	Adrian Scaites-Stokes	39:50
260 th	Miranda Paul	41:19 <i>ST</i>
261 st	Samantha Collins-Shirley	41:22
264 th	Emma Greaves	41:27
300 th	Celine Aubry	43:34
305 th	Emily Knight	43:59
358 th	Anita Lewis	48:40
377 th	Jon Pennington	53:05

ST = Scoring Team



Well done to all 38 Ely Runners that made the trip to St Neots, the next race in the series is at Bushfield on November 4th. The Bushfield course is fast taking place on a mostly paved traffic free course.

Round Norfolk Relay 2012

As befits tradition, or at least so I've been told, it falls upon the RNR support team rookie to write the weekend report. I have to say, when we left Ely early on Saturday morning (although not as early as the club class team....snigger) I wasn't quite sure what to expect – all I'd been told was to bring my bike and be prepared to get either very little or no sleep whatsoever. Whilst the latter may not sound like much fun I have to say it was a thoroughly enjoyable weekend from the 1st cooked breakfast at Tesco in King's Lynn to the....ahem....2nd cooked breakfast at Lynnsport the following morning. Huge credit has to go to Alan, Ellie and Emily who have the whole weekend organised with military precision – it's hard not to be impressed with the support they give to the whole team.

Anyway, we set off from Lynnsport at 12:30 in glorious sunshine – fantastic for cycling but not so great for running – so I felt for John as he set off on his 16.8m leg to Hunstanton. The finish revealed the worst aspect of the weekend – greeting exhausted runners as they complete their stage.....only to say a quick hello/good bye before leaving them, mainly collapsed on the floor, to support the next runner. The next stage provided a great example of Alan's support – manically cycling along the coast road to keep ahead of Alex as he ran the mainly off road route - the aim being to be available to point Alex in the right direction/offer him water at regular intervals.....although not sure the high-speed cycling was ideal preparation for my own leg later in the evening!! The remaining daylight hours were uneventful for the support crew – although not the runners, with both Alex and Tom having run-ins with muddy ditches....or ditches and brambles if you're Tom.....must be a Muddy Munkey thing.....

My own leg was tough going, mainly due to my lack of form – although in addition I'm not entirely convinced I really like running in the dark, or in the middle of nowhere for that matter....or with very little idea of whether the route is uphill, downhill or flat.....and very little idea of how far you've gone. Still, I now know that Lessingham only has one street light.....and that formed the basis for the changeover – I was far happier to see Ian at the end of my stage than Dan at the start!! After a brief stop for fish and chips in Great Yarmouth, Emily and I spent the rest of the night moving cars in our own version of 'come drive with me' – cars scored on the basis of performance (time for 0-60mph), cleanliness and glove box content.....scores available upon request – but safe to say we came pretty close to forgetting to return Craig's keys.....

The next morning it was good to see the cheery faces of Emma, Lionel, John and Darren at the Wissington changeover – it also saw me get back on my bike to support Maurice, Ciaran and Ashley over the final 3 stages. Initially I thought 'great – Wissington to Downham Market is a nice cycle'.....not realising the route had been changed to incorporate a 6m section of the A10 – lovely, cheers Alan!! The final leg saw Alan and me trying to keep up with an alarmingly fast and wind-assisted Ashley.....not easy on a bike along bumpy river banks – Ash was flying.....and we were well, not flying!! A long and tiring 24h concluded with the presentation ceremony and collecting an almost embarrassing amount of bling.....all done whilst desperately trying not to fall asleep.....

The team performed admirably once again finishing 2nd overall for the 5th year in succession – and for the 5th year in succession we were only beaten by one of the 'big two' Norwich clubs....on this occasion City of Norwich AC (CONAC). The team also won the visitors cup for the 5th year, the ARC road relay championships for the 6th year and the open class category for the 3rd year. The latter came as big surprise at the presentation ceremony as the support crew thought the team had finished behind both CONAC and NRR – however, the latter were beset by misfortune in the early hours of the morning, picking up a default time on stage 12 after one of their runners was taken ill and failed to finish.

There were also some fine individual performances. John Manlow finished 2nd on Stage 1, Alex Tate won stage 2 in a new stage record, Tom Bracegirdle was narrowly beaten into 2nd place on stage 4 and Craig Holgate finished 2nd on stage 12. Stephen Pettit (Stage 11), Craig Holgate (Stage 12), Stephen Howard (Stage 14) and Ashley Pettit (Stage 17) also recorded category stage victories, with the two Stephens and Ashley also setting category stage records.

With any luck I'll be in the support crew next year.....surely that must be worth a stage in the daylight???

Steve Tovey

B team report

The Ely B team setting off from Lynn Sport leisure centre in Kings Lynn at 6am on Saturday. The runners were faithfully followed throughout the 197 mile race by their support team, travelling by both minibus and bike. Many of the B team put in impressive times which far surpassed their predicted times. The B team completed the mammoth distance in 27hours 37minutes and 37seconds, beating their predicted time by 37minutes and 25 seconds. Special thanks must go to the support team of Samantha, Mark and Fletcher Collins-Shirley, Stuart Baumber and Sarah Edwards, they all supported the team throughout the 27 hours with great enthusiasm and unwavering attention to detail. – *A full report for the B team will follow in the next newsletter*

Full Results, stage times and records can be found on the club website – follow the link on the homepage.

TRAINING FOR SEPTEMBER

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 11th 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 16th 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.

Thursday 18th 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 23rd October

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 25th 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 30th October

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. Total about 5.6m 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 Karl & Linden on page 1? Send in your event photos and you too could feature in next month's newsletter!

RACES & EVENTS GUIDE 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

13 (Sat) AdventureHub Norfolk Coastal Ultra 100k, Holt, Norfolk, http://www.adventurehub.com/Ultra_Races.html

13 (Sat) Wandlebury 6.2m Trail Run, Wandlebury Country Park, Cambridge, Cambs, <http://overrunnevents.co.uk>

14 BMAF 10k Road Race Championships, Ashford, Kent, <http://www.bvaf.org.uk/fix/fix.asp> ; Event Website <http://www.ashford10k.co.uk/>

14 Herts 10k, Harpenden, Herts, <http://www.herts10k.com>

14 Herts Charity Challenge Tri/Duathlon, St. Albans, Herts, <http://www.sprinttriathlon.org>

14 Leicester Marathon, Leicester, Leics, <http://www.leicestermarathon.org.uk/>

14 Marriott's Way 10k, Aylsham, Norfolk, <http://www.broadland.gov.uk/weekend>

14 Martlesham Heath 10k, Martlesham Heath, Suffolk, <http://www.woodbridgelions.org.uk>

14 Mud & Mayhem Autumn 10k, 2k FR & Duathlon, Delapre Abbey, Northampton, <http://gobeyondultra.co.uk/events>

14 Perkins Great Eastern Run, Peterborough, Cambs, <http://www.perkinsgreateasternrun.co.uk/>

14 Ridgeway Run 1.5k, Tring, Herts, <http://www.tringrunningclub.org.uk>

14 Ryston Runners XC Series Race 1, 800m (U9), 2k (U11), 3k (U13/U5), 5k (U17/Seniors), Shouldham Warren, Norfolk,

<http://www.rystonrunners.org.uk/joomla/index.php/cross-country>

14 Spires & Steeples Challenge 2012 13 & 26m, Lincoln-Sleaford, Lincs, <http://www.spiresandsteeples.com>

14 The New Ware 10, Ware, Herts, <http://www.ware-joggers.co.uk>

20 (Sat) Race (& Walk) for Wildlife 2k, 5k or 10k, RSPB Lakenheath, Cambs, <http://www.rspb.org.uk/>

21 Amptill Trophy 8k XC, Amptill, Beds, <http://www.amptilltrophy.org.uk/>

21 Big Fun Run 5k Ipswich, Ipswich, Suffolk, <http://www.bigfunrun.com>

21 Bupa Great Birmingham Run, Half-Marathon, <http://www.greatrun.org/Events/Event.aspx?id=14&tkn=gbr201203>

21 Daventry 10, Daventry, Northants, <http://www.daventryroadrunners.co.uk>

21 Great Yarmouth 10k & East Coast Marathon, Great Yarmouth, Norfolk, <http://gyrr.squarespace.com>

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

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

21 Paras 10, Colchester Garrison, Colchester, Essex, <http://www.soldierscharity.org/paras10>

21 Saxon's 5m Race 2012, Saxmundham, Suffolk, <http://www.thesaxons.org.uk>

21 Stort 30m Ultra, Bishop's Stortford, Herts, <http://www.challenge-running.co.uk/stort30/>

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

27 (Sat) Beachy Head Marathon, Eastbourne, Sussex, <http://www.visiteastbourne.com/events/BeachyHeadMarathon.aspx>

27 (Sat) Brentwood Running Festival 10k & 2k FR, Weald Country Park, Brentwood, Essex, <http://gobeyondultra.co.uk/>

28 Back to Basics XC Running 3.5, 5 & 8.5m, Grafham Water, Buckden, St. Neots, CAmbs, <http://www.nicetri.co.uk>

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

28 BMAF 10m Road Race Championships, Tiptree, Essex, <http://www.bvaf.org.uk/fix/fix.asp> ; Event Website <http://www.tiptree10.org.uk/>

28 Brentwood Running Festival Half-Marathon & Marathon, Weald Country Park, Brentwood, Essex, <http://gobeyondultra.co.uk/>

28 Fenland 10, Wisbech, Cambs, <http://fenlandrunners.org.uk>

28 Preston Guild Series, Preston Half-Marathon & Marathon, Preston, <http://www.prestonguild2012.com>

28 Pumpkin 10k Run, Stanwick Lakes, Wellingborough, Northants, <http://www.ultramarathon.org.uk>

28 Steeplechase 5k/10k obstacle race, Great Witchingham, Norwich, Norfolk, <http://www.muckyraces.co.uk/events>

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

28 The Poppy Run 5k, Woodbridge, Suffolk, <http://www.poppy-run.com>

November

04 Frostbite Friendly League Race 2, 5m Seniors & 1.5m Juniors, Bushfield, Peterborough, <http://www.frostbiteleague.org.uk/>

04 FVS (Stevenage) Half-Marathon, Fairlands Valley Park, Stevenage, <http://www.fvspartans.org.uk>

04 Lode Half-Marathon & 3m FR, Lode, Cambs, <http://www.loderunners.co.uk/>

11 Remembrance 10k, Fineshade Woods, Stamford, Lincs, <http://www.peterborough5x5challenge.org/page5.htm#10k>

17 (Sat) BMAF Cross Country Relays, Derby, <http://www.bvaf.org.uk/fix/fix.asp>

17 (Sat) London XC Champs, Parliament Hill, London, <http://www.seaa.org.uk/>

18 Gruesome Twosome Half-Marathon, Swallow, Lincs, <http://www.gruesome-twosome.co.uk/index.html>

18 Preston Guild Series, Preston 10m, Preston, <http://www.prestonguild2012.com>

18 Riverside Half-Marathon, St. Neots, Cambs, <http://www.riversiderunnersraces.co.uk/> **(RACE FULL)**

18 Ryston Runners XC Series Race 2, 800m (U9), 2k (U11), 3k (U13/U5), 4.5k (U17), 9k (Seniors), Shouldham Warren, Norfolk,

<http://www.rystonrunners.org.uk/joomla/index.php/cross-country>

25 Bath Hilly Half Marathon, Bath, Somerset, <http://www.tronium.com>
25 Hereward Relay & Ultra, Peterborough to Ely, www.marchathleticclub.co.uk/

December

02 Nene Valley Harriers 10, Peterborough, Cambs, http://nvh.org.uk/section553659_199629.html
02 Nether Heyford Great Santa Run, Nether Heyford, Northampton, <http://www.onyourmarksevents.org>
06 (Thu) Ely Runners Christmas Drinks
08 (Sat) SEAA XC Masters & Inter Counties Champs, Venue TBC, <http://www.seaa.org.uk/>
09 Bedford Harriers Half-Marathon, Bedford, Beds, <http://www.bedfordharriers.co.uk/>
09 Ely Runners Christmas Run
09 The Southend 5m Rudolph Run, Southend-on-Sea, Essex, <http://www.nice-work.org.uk>
16 Frostbite Friendly League Race 3, ~5m XC Seniors & ~1.5m XC Juniors, Hinchingsbrooke Country Park, Huntingdon, <http://www.frostbiteleague.org.uk/>
16 Ryston Runners XC Series Race 3, 800m (U9), 2k (U11), 3k (U13/U5), 6.5k (U17/Seniors), Shouldham Warren, Norfolk, <http://www.rystonrunners.org.uk/joomla/index.php/cross-country>
31 Ely Runners New Year's Eve 10k, Little Downham, Cambs, <http://www.elyrunners.co.uk/newyearseve10k/>
31 Waterside 5, St Neots, Cambs, <http://www.nicetri.co.uk>

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January

06 Cambs AA XC Championships, Priory Park, St. Neots, Cambs, <http://www.cambsathletics.org.uk/page4.htm>
12 (Sat) The Children's Trust Country to Capital 45m Ultra, Wendover (Bucks) to Little Venice, <http://gobeyondultra.co.uk/events>
13 Frostbite Friendly League Race 4, ~5m MT Seniors & ~1.5m MT Juniors, Whitemoor Prison, March, <http://www.frostbiteleague.org.uk/>
13 SEAA T&F Pentathlon & Individual Champs, Lee Valley Athletics Stadium, <http://www.seaa.org.uk/>
19/20 (Sat-Sun) SEAA T&F Individual Champs, Lee Valley Athletics Stadium, <http://www.seaa.org.uk/>
20 Ryston Runners XC Series Race 4, 800m (U9), 2k (U11), 3k (U13/U5), 5k (U17/Seniors), Shouldham Warren, Norfolk, <http://www.rystonrunners.org.uk/joomla/index.php/cross-country>
26 (Sat) SEAA XC Champs, Parliament Hills, London, <http://www.seaa.org.uk/>

February

03 Frostbite Friendly League Race 5, ~5m XC Seniors & ~1.5m XC Juniors, Bourne Woods, Bourne, <http://www.frostbiteleague.org.uk/>
17 Ryston Runners XC Series Race 5, 800m (U9), 2k (U11), 3k (U13/U5), 4.5k (U17), 9k (Seniors), Shouldham Warren, Norfolk, <http://www.rystonrunners.org.uk/joomla/index.php/cross-country>

March

03 Frostbite Friendly League Race 6, 5m Seniors & 1.5m Juniors, BRJ Huntingdon, Huntingdon, <http://www.frostbiteleague.org.uk/>
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>

April

21 Virgin London Marathon, London, <http://www.virginlondonmarathon.com/>

May

06 (Mon) Milton Keynes Marathon, Milton Keynes, Beds, <http://www.mkmarathon.com/y>

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 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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