

## NOTICES, RACES & EVENTS 2008

March 2008 (JT 05.03.2008)

### NOTICES

Details of local races and those of interest to members are on the **club notice board** (maintained by the club Secretary) in the foyer of the Paradise Centre below the club's elegant **trophy cabinet** made by Charlie Barker. There are usually several copies of race entry forms but please leave the last copy or ask staff at reception to photocopy (Ely Runners' account) a few more copies.

Some **open races** are very popular and often fill up to the entry limit before the race day. Many races no longer accept entries on the day – see 'no EOD' in the Race Guide below. Members are therefore advised to plan their races and enter earlier. Before entering on the day, check with the organisers or on the race web site that a place is still available.

There was some club debate in 2007 on **funding club entries into championships, relays and leagues**. The Committee decided that such entries would continue to be funded by the club provided they are **team entries made by the club**. The club will not pay for individual entries into open races that have an incorporated championship.

On 23rd September 2007, the club achieved **100 paid-up members** for the first time. Membership is now **106** – see [www.elyrunners.co.uk](http://www.elyrunners.co.uk).

There was a record attendance of 34 members and one guest (Adrian Graham, Chairman Ramsey RR and CAA Committee) at Ely Runners AGM that took place at the Paradise Centre on Monday 4<sup>th</sup> February (minutes will soon be on the website [www.elyrunners.co.uk](http://www.elyrunners.co.uk) > CLUB INFO > AGM) where the new Constitution was adopted and the club's trophies and Special Achievement Awards were presented.

Since the 2008 AGM, the following two members have kindly volunteered and been co-opted as non-voting (until/if re-elected at the 2009 AGM) Committee Members with responsibilities as follows:

- Stephen Tovey: Trophies and Club Events (10kH, 1mMH and XC Champs)
- Charlie Barker: Club Captain and Event Photography

At the AGM, members voted to renew 2008-09 affiliations to:

ARC - affiliated entry fees to ARC permit events, permits for ER open events  
ABAC - represents and lobbies for club's interests  
EA (UKA) - club to also pay the £5 fee for members who require registration.  
SEAA Competitions Ltd - provide championship events in SEAA region  
CAA - provide championships in Cambridgeshire

To take part in UKA National and SEAA championships, members need to be registered with England Athletics. Also, a few open events still require EA registration to claim affiliated entry fees. However, many events (especially locally) either have ARC permits or, if they have UKA permits, only require the entrant to be a member of an EA affiliated club, like Ely Runners.

For the 2007-08 year, 27 members requested registration with EA. Please could members who would like to be registered with EA (due 1<sup>st</sup> April) for 2008-09 advise John Turner [secretary@elyrunners.co.uk](mailto:secretary@elyrunners.co.uk) as soon as possible.

Stephen Howard was elected onto the Committee at the AGM with responsibilities that include Press Liaison and Results. Please send all your **race results** to Stephen at [results@elyrunners.co.uk](mailto:results@elyrunners.co.uk). Thank you for all your many past reports of races which I have enjoyed receiving and compiling for the website and local press.

I have received the **Fell Runners Association Fixtures Calendar & Handbook for 2008**. Members interested in running a fell race are can borrow this booklet. Most fell races are 'up north' but are also in Wales and other hilly areas of the UK. There is a huge choice and many are on summer evenings if members would like to go for an evening trip to the Peak District etc. Alternatively, if on holiday in hilly areas, you can often find a local race. They all provide an enjoyable, challenging and worthwhile experience, even for Fenland runners.

The Paradise Pool wants to set up **swimming training for triathletes**. It will be on Tuesdays at 9-10pm. Members interested should call Chris or Michelle at the pool on 01353 665481.

### **Discounts on Kit Purchases**

If you buy running kit from Advance Performance at Cambridge or Peterborough, please show them your membership certificate and the club will receive 10% towards vouchers that we have recently used for prizes for our Christmas charity raffle. Advance Performance do not otherwise give discounts although these can be usually be obtained from other shop suppliers such as Sweatshop in Cambridge who sponsor our three open races: New Years Eve 10k, Turing Trail Relay, Grunty Fen Half Marathon. Sweatshop usually give 10% on non-sale items and occasionally hold club days when they give 15%. During the summer, we usually arrange to visit Sweatshop after training on the Gogs and obtain the higher discount.

**Natalle Etches**, has recently purchased a **wide variety of fitness stock** from a local internet fitness company that recently closed down, she will be reselling the stock at **half price** or more to club members. The stock includes cycling, running, fitness and triathlon wear from brand names include Craft, Gore Bike Wear, Pearl Izumi, and Sugoi. If you're interested, speak to Natalle at one of the training sessions or contact her on [Natalle.coles@ringuk.com](mailto:Natalle.coles@ringuk.com)



The **Association of Running Clubs (ARC)** was set up on 1<sup>st</sup> April 2007 to give road/XC/trail/fell running clubs and their events better financial terms with improved insurance and less bureaucracy than with the costly and less appropriate (except for track and field) new EA and UKA arrangements. **ARC** details can be found at [www.runningclubs.org.uk](http://www.runningclubs.org.uk).

Rod Baron and John Turner are Directors and on the Steering Committee of ARC, and Rod is Web Master. Ian Vaughan-Arbuckle has since been elected onto the Steering Committee and is now responsible for all **ARC** Championships.

**ARC** recently improved their insurance to £10m limit for employers and public liability and £5m for directors and officers. Although the UKA (to which we are also affiliated but no longer use their race licenses) has increased its public liability to £20m (a requirement for large city races), their basic cover does not give directors and officers cover.

Many local clubs are among the 117 clubs and organisations (representing 11,787 runners) affiliated to **ARC**. Ely Runners were the first club to affiliate to **ARC**, the 2007 Grunty Fen Half Marathon was issued with the first **ARC** permit and incorporated the first **ARC** Championship. Championships for 2008 (see list below) include Cross-Country on 30<sup>th</sup> March at Petersfield, 10k at Long Ashton on 8<sup>th</sup> June, and 10m at Thornbury on 31<sup>st</sup> August.

The **first ARC AGM** is at Bedford Stadium on Saturday 17<sup>th</sup> May 2008 when a Committee elected by affiliated members will replace the formative Steering Committee.

An increasing number of local events (especially with so many local clubs affiliated to **ARC** - see [http://www.elyrunners.co.uk/ARC\\_map\\_eastern.jpg](http://www.elyrunners.co.uk/ARC_map_eastern.jpg)) will have **ARC** permits – see [www.runningclubs.org.uk](http://www.runningclubs.org.uk) > Races/Permits.

**To enter a County Championship**, members must have been born in the county or had 9 months of continuous residency. If you qualify by birth and residency for different counties, you may only run for one county during each competition year from October to September.



Ely Runners were in the **2007-2008 Frostbite Friendly League** of races. There were 6 events, one each month from October to March. The races were between 5 and 6 miles and varied from road to mixed terrain and cross-country. Any number of members could run but the scoring team was taken from the first 10 runners of which at least 3 had to be women. Non-scoring members still influenced the result by competing with scoring members

of other clubs. The October race was at St Neots and we were 7<sup>th</sup>. The November race was at Bushfield and we were 3<sup>rd</sup> and improved our overall position to 4<sup>th</sup>. The December race was also at Bushfield and we were 10<sup>th</sup> to move back to 7<sup>th</sup> overall. In the 4<sup>th</sup> race at Ramsey in January we were 2<sup>nd</sup> and improved to 4<sup>th</sup> overall. Then in the 5<sup>th</sup> race at Bourne Woods in February we were 3<sup>rd</sup> but stayed 4<sup>th</sup> overall. In the final race at Huntingdon on 2<sup>nd</sup> March, we were 5<sup>th</sup> but still finished the series 4<sup>th</sup> of 15 teams.

The Committee have nominated **Alex Tate** as the club's **Frostbite Runner of the Series**. Alex was 1<sup>st</sup> in two races and 2<sup>nd</sup> and 3<sup>rd</sup> in another two races. His trophy will be awarded at the presentation Evening on Friday 28<sup>th</sup> March.

The **Frostbite Friendly League Presentation Evening** with Buffet and Disco is on Friday 28<sup>th</sup> March 2008 (7 for 7:30 pm) at the Priory Centre, Upstairs Room, St Neots. Tickets are available at £10 each. Please let me know if you would like to attend.

The **2007-08 Ely Runners Cross-Country Championships** were incorporated into the Bourne Woods Frostbite League race on 3<sup>rd</sup> February. Alex Tate was the 1<sup>st</sup> man and also 1<sup>st</sup> age graded man at 79.98%. Natalie Etches was the 1<sup>st</sup> woman, and Birgitta Bramley the 1<sup>st</sup> age graded women at 77.08%. Chairman Peter Gipp presented the perpetual shields at the AGM the following evening. Thanks to Eric Drury, Tony Hall, Rod Baron and Emily Knight for transport, timing, results, looking after kit, and photography and to the 21 members who turned out to run.

We will try to incorporate the **2008-09 Club Cross-Country Championships** into Sunday training in November or December 2008, as there are so many other races in January and February. We would meet as usual at 9:00 am at the Paradise for training and then jog to Ely Common for a 9:30 am start. Helpers will be able to mark the course just before the race. The meadows, paths, and tracks used for the race will have few pedestrians using them at this time. Meantime, we will sometimes use the new XC course for summer Thursday evening training so that members become familiar with the route.

If you wish to be entered for the following two national level **Cross-Country Championships**, please contact club Secretary John Turner. The club will pay for entries if there are sufficient club runners to make a team:

**1. BMAF Open Cross-Country Championships**, on Saturday 29<sup>th</sup> March at Warriner School, Banbury, Oxfordshire. Starts and distances: 1200 W 6k, 1245 M50-69 8k, 1400 M35-49 8k. Teams: M35-39 (3), M40-49 (4), M50-59, M60-69, W35-44, W45-54, W55+ (3), *Closing date 10<sup>th</sup> March* (EA registered members only). Club entry requests so far: nil.

**2. The inaugural ARC Cross-Country Championships** on Sunday 30<sup>th</sup> March, starting at 1100 at the Queen Elizabeth Country Park located just off the A3 about a mile south of Petersfield. It will be a 'closed' race in which only members of a club affiliated to the Association of Running Clubs (like Ely Runners) will be eligible to compete. There will be one race of 5 miles (8k) for men and women. Veteran age categories will compete within the same race. The course is undulating through woods and grassland mostly on tracks. Team and individual prizes/medals will be awarded. The race will be staged by Portsmouth Joggers and the event co-ordinated by Ely Runner Ian Vaughan-Arbuckle who is i/c ARC Championships. Entry details will soon be on both PJ's and ARC's websites. Please let me know if you'd like to run. Club entry requests received so far: nil.

On Sunday 16<sup>th</sup> March, the club will hold the **2<sup>nd</sup> Turing Trail Relay** ([www.turingrelay.co.uk](http://www.turingrelay.co.uk)). This is a six-stage relay from Ely to Cambridge and back, predominantly along the riverbanks. Last year the 1<sup>st</sup> race was full with 75 entries and the limit has therefore been extended to 125 teams for this year. *Please could members reserve this date* in order to help with marshalling the 34.4 miles route. Provided we have enough marshals, we also hope to enter either a mixed team, or male and female teams.

As advised by email to members on 5<sup>th</sup> January, the club has registered for the new **East Road Running Grand Prix Series 2008**. The 7 road races in the series are marked **RRGP**, in the list of events below. To take part, enter the events using the standard entry procedures (see web links) for each race published by the organisers. EA East will provide individual and club awards for each race and the series. Awards will be based on points scored for the 1<sup>st</sup> ten individuals and 1<sup>st</sup> ten clubs. The 1<sup>st</sup> 5 men and 1<sup>st</sup> 5 women will score for their clubs.

The 9 races of the **2008 Cambridgeshire Road Race League** (see **CRRL** in events) start with the Thorney 10k on 30<sup>th</sup> March. Details of other races to follow. Distances of CRRL races are 5k, 5m, 10k (5 races!), 10m and ½ marathon. Club standings will be calculated from

the best 8 results of 9 races and individuals from the best 5 of 9 possible scores. Awards will be made to the 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> M/F teams and 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> M/F individuals. Results will be posted on [www.nenevalleyharriers.fsnet.co.uk](http://www.nenevalleyharriers.fsnet.co.uk)

There are five distances in the **2008 Cambridgeshire AA Road Race Championships**: 5k, 5m, 10k, 10m and ½ M. They are incorporated into local area races and marked **CAA Champs** in the list of races below. County medals are awarded to the 1<sup>st</sup>/2<sup>nd</sup>/3<sup>rd</sup> M/F and 1<sup>st</sup> MV 40/50/60/70+ and 1<sup>st</sup> FV 35/45/55/65+.

The **2008 Cambridgeshire AA Track & Field Championships** are on Saturday 10<sup>th</sup> May at the Embankment Stadium, Peterborough and include M/W 800m, M/W 1500m, W 3000m and M 5000m. Registration opens at 9:00 am and the first event is at 10.00 am. Entry fees are £2 for the 1<sup>st</sup> event and £1.50 for other events. Closing date for applications is 1<sup>st</sup> May. Full details and application form on [www.cambsaa.org.uk](http://www.cambsaa.org.uk). Please contact Charlie Barker [teamcaptain@elyrunners.co.uk](mailto:teamcaptain@elyrunners.co.uk) for team entry.

Following his Men's Long Course (9.9k) 2<sup>nd</sup> MV40 place in the Ash Ranges, Aldershot Orienteering event on 30<sup>th</sup> December, **Robert Campbell** was selected to represent England in the MV40L category at the annual Interland Orienteering event in Holland on Sunday 2nd March. Robert was "over the moon" because it is the first time he (or any other Ely Runner) has been selected to race for his country. The event was on a difficult 9.5k course with 30 controls. Despite a severe ankle sprain after the 5<sup>th</sup> control, Robert was 7<sup>th</sup> overall in 62:18 and England won. See full details at [www.elyrunners.co.uk](http://www.elyrunners.co.uk) > RESULTS and PHOTOS.

Congratulations to **Ian Day** for winning the Wellingborough 3 x 15k race series with 1499 points out of a 1500 maximum. Ian was 1<sup>st</sup> in 2 races and 2<sup>nd</sup> in 1 race. See full details at [www.elyrunners.co.uk](http://www.elyrunners.co.uk) > RESULTS and PHOTOS.

Torsten Lytken recently sent an email stating that his assignments in the USA have been changed to cover a much longer period so he will no longer maintain his Ely Runners membership. However, he said: "Thanks a lot for some fantastic running experiences and great friendship. All the best to the team. Kind runner greetings from the US".

**Max d'Ayala** ([max@dayala.co.uk](mailto:max@dayala.co.uk)) has obtained several **books on running and injuries** on behalf of the club. These books are in the club's locker at the Paradise Centre for use by members. There is a club book list on the web site. Loans are to be recorded in a notebook in the club's locker. These books have been chosen carefully by Max to provide a combination of interest, information, advice and stimulation for all standards of runners.

Please could those who have not yet renewed their **2008 subscription** (£10.00 due by 1<sup>st</sup> January) please do so ASAP. This can be done on-line at [www.elyrunners.co.uk](http://www.elyrunners.co.uk) > [club info](#) > [membership](#), or by cheque 'Ely Runners' via Secretary: John Turner, 22 Cromwell Road, Ely, Cambs, CB6 1AS. Please check you have renewed your subscription *or you will not be entitled to attend training, represent the club in races, take part in club championships, claim affiliated entry fees, or wear club colours.*

### **Club Open Events**

Ely Runners hold three popular open races each year (Turing Trail Relay, Grunty Fen Half Marathon, and New Year's Eve 10k Road Race) that contribute considerably to the club's reputation and financial stability. *This enables the club to provide the many benefits listed below. In return, members are expected to support the club by helping with these events.*

The **benefits of membership of Ely Runners** include the £2 affiliated discount on open race entries, club affiliations to ARC, ABAC, UKA, EA, TRA, FRA & CAA, free registration (£5) with EA until 31<sup>st</sup> March 2009, free changing and showers at the Paradise Centre, free training and coaching advice, free night training bib, subsidised club fleeces, 10-15% discount at most specialist running kit shops, free entry to the club's Cross-Country Championships, 10k and Straight Mile Handicaps, free entry to the six Frostbite League races, free club team entry to county, regional and national championships and for club relay entries, entry into the draw (if ballot entry rejected) for the club's guaranteed London Marathon places, free snacks at club social events, shared transport to races, and most importantly the friendship and stimulation of collective training and racing.

To improve accuracy and save time deciphering writing, handling money and paper etc, **applications for Club Membership** are now normally on-line only via the club's website [www.elyrunners.co.uk](http://www.elyrunners.co.uk) > CLUB INFO > Membership.



**Training** on Tuesday and Thursday continues to be well attended with 15 to 35+ members attending. *Please see the home page (ER Training Programme) of the club's website for advance details.* Due to the increased number of members meeting at the Paradise for training, members are requested to assemble in the balcony/bar area upstairs to avoid blocking the foyer. As we are currently training after dark on the streets of Ely starts, members are requested to wear the free reflective bibs (see Mary Gates) provided by the club and to check the website [www.elyrunners.co.uk](http://www.elyrunners.co.uk) > CLUB INFO > Training for recently updated advice on **training at night**. There are interval/repetition/hill sessions on Tuesdays and steady (5-8 miles) runs on Thursdays. Some of the training routes are described on the club's website. For those not racing on Sundays, meet in the Paradise car park at 9:00 am (unless otherwise notified) for a choice (short/medium/long) of mixed terrain training runs outside of Ely. The car park toilets are open by 9:00 am and the Paradise open for showers afterwards.

Club training sessions are intended to cater for a wide range of abilities and racing objectives. If you require specific **coaching advice**, please ask Club Coach Alan Rutterford to help.

Under Rod Baron's skilful management, the **club's website** ([www.elyrunners.co.uk](http://www.elyrunners.co.uk)) continues to expand to provide useful information and a record of the club's activities. It is frequently updated and well worth regular visits. There is a list of all-time **PBs** on the website so when you send your **race results** to Stephen Howard ([results@elyrunners.co.uk](mailto:results@elyrunners.co.uk)), please advise if you have achieved a PB, including vet categories, so that it can be included in press reports and to update PB information. If possible, please send any information you have by noon on Monday to Stephen to avoid the extra work involved in updating press reports. For member's general comments, there is a **Message Board** on the website's home page.

A warm welcome is extended to **new members Andy O'Hanlon and Michael Clements**. Some new members are fairly new to running and it is important that they are accompanied by more experienced members at training so they become familiar with routines and routes and are not left alone. Therefore, please could members who attend training, including those recovering from injury, or resting from racing, or recovering fitness, help our beginners.

Mary Gates has the **club's kit supplies**. The club's joining fee of £32 includes free club race vest and shorts. Please contact Mary on 01353 861379 or [mary@elyrunners.co.uk](mailto:mary@elyrunners.co.uk) to order. See [www.elyrunners.co.uk](http://www.elyrunners.co.uk) for full details of club kit.

We have added the Ely Runners **cathedral logo** as a transfer to the top (to avoid obscuring race numbers) centre of the front of our **race vests**. The existing stock of vests held by Mary Gates will be returned to have the logo added. Any members who would like the logo added to their race vests will need to give their vest to Mary to send away for this work to be done. The cost (£1.20 for the transfer + 25p for application) will be covered from club funds. Race vests will continue to have ELY RUNNERS on the back.

**Club fleeces** are available from Mary Gates at the subsidised price of £10 to members only. This price is for one fleece per member. Subsequent fleeces will be at the cost price of £22.

Club vets who are not members of EVAC may run as guests of the club's EVAC members in **EVAC Championships**. EVAC events are included the list below.

**BMAF (vets) events** are too numerous to include all of them but they have been circulated to EVAC members via regional and national veteran magazines.

## **RACES & EVENTS GUIDE 2008**

This includes local area or easily accessible races, club, county, regional and national championships, and a selection of UK/overseas events previously entered and enjoyed by members.

### **March**

- 09 Mondri 15m (+ 3x5m Relay), 1000 Offr's Soc Club, HMP Whitemoor, March, £8, EOD +£2
- 09 Rendlesham Forest Challenge 20k Run/Bike pairs, 1100 off B1084 nr Woodbridge, £25, EOD +£5
- 09 Grizzly 20m, 1030 Seaton, Devon, £16, no EOD (tough but popular ARC permit event)
- 09 Chilly Willy 5k (men only), 0930 Ferry Meadows Country Park, Peterborough, £7.50
- 09 Newton's Fraction ½ Marathon, 1030 S Kesteven Sports Stad, Grantham, £8, EOD +£2

## March (cont)

- 12 (Wed) **EACCL** (Relays), 1430 RAF Barnham  
15 Sport Relief 1 Mile, Ely City Centre  
16 **Ely Runners' Turing Trail Relay (Ely-Cambridge-Ely) in 6 stages**, [www.turingrelay.co.uk](http://www.turingrelay.co.uk)  
16 Ryston 6.5k XC, 1100 Shouldham Warren, EOD only  
16 Broadland ½ Marathon, 1000 South Walsham Village Hall, £tba  
16 Bedford Harriers Oakley 20m, 1000 Lincroft Mid Sch, £15, no EOD  
16 Louth 10m, 1100 Smith's Garage, South Thoresby, £8, EOD +£1  
21 (Fri) Roger Wing Charity 10k, 1030 Village Hall, Broome, Bungay, £6 or EOD  
21 (Fri) Waitrose Sudbury Fun Run 5m, 1000 North Street, £8, EOD +£3!  
23 J Cox ½ Marathon, **RRGP**, 1100 Finborough Sch, Stowmarket, [www.stowmarketstriders.org.uk](http://www.stowmarketstriders.org.uk)  
23 Norwich Union Trowse 10k, 0930 Norfolk Ski Club, Whitlingham Ln, Norwich, £8, no EOD  
28 (Fri) 1900 for 1930, **Frostbite League** Presentation Evening, St Neots, tickets £10  
29 (Sat) BMAF XC Champs, 1200 W 6k, 1245 M50-69 8k, 1400 M35-49 8k, Banbury  
30 **ARC** XC Championships, M&W 5m/8k, 1100 QE Country Park, Petersfield, £7, no EOD  
30 Thorney 10k, **CRRL**, 1030 Bedford Hall, Thorney, £6, EOD +£1  
30 25<sup>th</sup> Sandy 10m, 1030 Upper School, Engayne Av, Sandy, £8, no EOD, popular race  
30 Belvoir ½ Marathon, 1000 Village Hall, Hose, £12, EOD +£2

## April

- 06 SEAA M12/W6 Stage Road Relay Champs, Rushmoor, Aldershot, club entry, CD 22/3  
06 Bungay Black Dog Marathon, 1030 Bungay, £13, EOD +£3, [www.bungay-marathon.co.uk](http://www.bungay-marathon.co.uk)  
06 Paris Marathon  
06 Diss Duathlon, 0930 Diss High School, £18, no EOD  
13 Flora London Marathon  
20 Flitwick 10k, **RRGP**, 1100 Millennium Green, Dunstable Rd, £10, EOD £14!  
20 Race to save Planet 5m (MT), 1130 Young People March, £8, EOD +£2  
20 Cambridge Duathlon 7krun35kbike7krun, Bottisham, [http://www.howesplace.com/ctc/ctc\\_entry.php](http://www.howesplace.com/ctc/ctc_entry.php)  
23 (Wed) Gt Yarmouth Promenade 5m (Race 1), 1915 Marina Leisure Centre, £tba  
27 Sawston Fun Run 4.8m, 1030 Village College, New Rd, £6, EOD +£4, popular (851 in '07)

## May

- 01 (Thurs) Newmarket Heath 6k, 1930 Newmarket Heath, Moulton Rd, £5, EOD OK  
04 Great East Anglia 10k Run, King's Lynn, **RRGP**, [www.greateastangliarun.org.uk](http://www.greateastangliarun.org.uk)  
04 Heritage Coast Run 26m/14m, 1000/1015, Saxmundham, £15/£10, CD 25/4, no EOD  
06 (Tue) Silverstone Grand Prix 10k, Northants, 1930 Race Circuit, £7, EOD +£2  
10 (Sat) Cambs AA T & F Champs, Embankment Stdm, Peterborough, [www.cambsaa.org.uk](http://www.cambsaa.org.uk)  
11 Eye 10k, **CRRL**, 1100 Eye Primary Sch, Peterborough, £7.50, EOD +£1, [www.eye10k.co.uk](http://www.eye10k.co.uk)  
17 (Sat) BMAF Road Relays, Sutton Park  
17 (Sat) **ARC** AGM, Bedford Stadium  
17/18 (Sat/Sun) Green Belt Relay, <http://www.greenbeltrelay.org.uk/index.htm>  
25 Edinburgh Marathon, [www.edinburgh-marathon.co.uk](http://www.edinburgh-marathon.co.uk), £39, on-line only  
26 (Mon) Brandon Forest Half Marathon (TR), 1030 B1106, £8, no EOD, [www.bfh.org.uk](http://www.bfh.org.uk)

## June

- 08 **ARC** 10k Championships, Long Ashton, N Somerset  
14/15 (Sat/Sun) Welsh Castles Relay, <http://www.lescroupiersrunningclub.org.uk/castles/>  
15 Abbey 10k (75% road), **CRRL**, **CAA Champs**, 1100 Leisure Centre, Ramsey, £8, EOD +£2  
12 (Thurs) **Ely Runners' Midsummer 10k Handicap** (private club event), Cricket Club, 1930 Lt Downham, FOC members & guests. Presentation afterwards in the Prince Albert, Ely  
22 Littleport Sunshine 10k, 1045 Leisure Centre, £10, entry forms [www.sunshine10k.co.uk](http://www.sunshine10k.co.uk)

## July

- 02 (Wed) Sudbury Joggers 5m, 1930 Football Club, Brundon Lane, £5, EOD +£2  
06 BMAF 10k, Loughborough  
06 EAA T&F Champs (incl 800m, 1500m, 3000m), Cambridge Uni Track, £5/event, CD 21/6  
10 (Thurs) training at 1900 will include Ely Runners' **Straight Mile Handicap** on Quaney Drove. Perpetual Shields for Handicap 1<sup>st</sup> M/F, Fastest M/F, and Age Related 1<sup>st</sup> M/F will be presented afterwards in The Prince Albert, Ely  
13 Bushy 10k, **CRRL**, 1100 Bushfield, Peterborough, £6, EOD +£1  
20 St Ives Dairy Crest 10k, **CRRL**, **RRGP**, Leisure Centre, £10, no EOD, [www.huntsac.org.uk](http://www.huntsac.org.uk)

## August

- 01 (Fri) Wobbly Wobbly Log Jog (5m TR), Brandon Forest, [www.bfh.org.uk](http://www.bfh.org.uk)  
17 Thorney 5m, **CRRL**, **CAA Champs**, Thorney, Peterborough  
20 (Wed) Nene Valley 5k, **CRRL**, **CAA Champs**, 1900 Ferry Meadows, Peterborough  
31 **ARC** 10m Championships, Thornbury, S Glos

## September

14 **Atrium Grunty Fen ½ Marathon, CRRL**, CAA Champs, 1030 Witchford Village College, Ely, [www.gruntyfen.co.uk](http://www.gruntyfen.co.uk).

20/21 (Sat/Sun) Round Norfolk Relay (ER team: *Alan Rutterford*), [www.roundnorfolkrelay.com](http://www.roundnorfolkrelay.com)

## October

05 Loch Ness Marathon/10k/5k, [www.lochnessmarathon.com](http://www.lochnessmarathon.com)

12 Great Eastern Run ½ Marathon, **RRGP**, Peterborough, [www.peterborough.gov.uk/page-5340](http://www.peterborough.gov.uk/page-5340)

25 (Sat) Beachy Head Marathon (3,500' climb), 0900 Eastbourne (*club entry option via JT*)

26 Fenland 10m, **CRRL**, **CAA Champs**, 1000 West Walton, Wisbech

## November

02 New York City Marathon

30 City of Norwich ½ Marathon, **RRGP**, [www.cityofnorwichhalfmarathon.com](http://www.cityofnorwichhalfmarathon.com)

## December

07 Nene Valley 10m, Peterborough

14 Long/medium/short club **pre-Christmas trail training runs**, Woodditton to Ely 18.5m, Woodditton to Chalk Pit 12m, Reach to Ely 11m, Woodditton to Reach 7.5m, meet 0800 Paradise for transport to starts

26 (Fri) Boxing Day training, meet 0900 Paradise Centre car park (see Notices for details)

31 (Wed) The 10<sup>th</sup> **Ely New Year's Eve 10k Road Race**, 1100 Lt Downham, entries on-line only, no EOD, [www.newyearseve10k.co.uk](http://www.newyearseve10k.co.uk)

## NOTES

Midweek training from the Paradise Centre (meet in upstairs veranda/bar area) is at 1900 on Tuesdays and Thursdays. For details of each training session, see 'ER Training Programme' on the club's web site home page.

Long Sunday training runs (meet Paradise 0900) are usually arranged on the Thursday before - *check emails*.

Races and events are on Sunday unless otherwise mentioned.

Race entry fees are affiliated (ARC/UKA or just UKA registered)

Club colours (vest mandatory) must be worn for all races entered as an Ely Runner.

Courses are roads and/or hard footpaths/cycle ways unless otherwise mentioned.

Distances without units (m or k) are probably m = miles.

Frostbite League races are 5-6 miles and 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 John Turner [secretary@elyrunners.co.uk](mailto: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 Team Captain Charlie Barker, club championship entries are via Steve Tovey, and long distance relay entries are via Alan Rutterford and paid for (if funds are available) by the club.

Club website	<a href="http://www.elyrunners.co.uk">www.elyrunners.co.uk</a>
Grunty Fen 1/2M website	<a href="http://www.gruntyfen.co.uk">www.gruntyfen.co.uk</a>
NYE10k website	<a href="http://www.newyearseve10k.co.uk">www.newyearseve10k.co.uk</a>
Turing Trail Relay website	<a href="http://www.turingrelay.co.uk">www.turingrelay.co.uk</a>
Association of Running Clubs	<a href="http://www.runningclubs.org.uk">www.runningclubs.org.uk</a>

John Turner

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