

Ely Runners

RACES & EVENTS 2007-2008

JT 12.05.2007

NOTICES

Details of local races and those of interest to the club are on the regularly maintained **club notice board** in the foyer of the Paradise Centre below the club's **trophy cabinet** that was 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 copies.

Open races are becoming more popular and often filling 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 that a place is still available.

A few members have enquired about local **Track Races** and these are summarised below. Thanks to Rachel Roberts for providing most of this information:

Open T&F Meetings at Peterborough (www.peterborough-ac.org.uk) and Huntingdon (www.huntsac.org.uk) as per the Events list below.

The **Watford Open Graded Meetings** with meetings are every two weeks, usually with 800m, 1500 and 3000m events (see <http://www.watfordharriers.org.uk/Open2007.htm>).

The **Cambridgeshire Evening Open Developments Meetings** at St Ives are on the following evenings:

Wed 23rd May 800m, 3000m

Wed 13th June 1500m

Wed 18th July 1 mile (County Championships)

Entry forms can be downloaded from www.cambsaa.org.uk. There is entry on the day, but the organisers prefer to know in advance so they can sort out the timetable.

At the Committee/EWG meeting on Monday 26th February 2007, the **Committee/Events Working Group** decided that the Committee should be predominantly administrative for the ongoing management of the club, and the Events Working Group should be increased to comprise members with specific responsibilities for events. The respective groups then (and since for Stephen Howard) were agreed as follows:

Committee (8)

Peter Gipp - Chairman, Course Director, Sector Marshal

Peter Harris - Treasurer, Events Information & Control

John Turner - Secretary, Events, Training, Press Liaison, Corporate Sponsorship

Rod Baron - Web Master (club & events), Entries & Results, Membership

Max d'Ayala - Coaching (individual, group, planning), Club Library

Alan Rutterford - Local Sponsorship, Assistant Coach, RNR (selection & organisation), HR (selection).

Graham Chapman - Maintenance of Club Store and Equipment, Event Refreshments

Mary Gates - Club Kit (purchase and supply), Assistant Event Refreshments

Events Working Group (6)

Darren Murfitt - Recruitment & Allocation of Marshals/Helpers, Sector Marshal

Ian Vaughan-Arbuckle - Start & Finish Areas (*replacement required*)

Richard Handoll - Time Keeping

Eric Drury - Manager Frostbite League, Assistant Course Marking (set up & clear)

Charlie Barker - Race Photography (+ tba)

Stephen Howard - Sector Marshal (+ tba)

One of our stalwart members **Ian Vaugan-Arbuckle** will be moving to Oxfordshire in June. We will miss Ian's lively and helpful company, and his experienced input into our races as EWG member responsible for the start and finish areas of the club's events. Ian is also the illustrious organiser and Race Director of the Round Norfolk Relay and more recently the GEAR 10k in King's Lynn. He has continued to be responsible for both the 2007 events. Ian has started to recover from his recent calf injuries and will attend training for the last time on Thursday 31st May, after which we've planned to meet up with him at about 8:30 pm at the Prince Albert in Silver Street to enjoy some of their excellent real ales to send him on his way. He says that he has thoroughly enjoyed his time with the club and is confident that it will continue to enjoy success. We thank him and wish him well for the future.

We are looking for a member to join the Events Working Group to replace Ian Vaughan-Arbuckle as member **i/c the start and finish areas** of club events. Also for a member to **monitor and maintain trophies**. Please could any member who'd like to take on these responsibilities contact John Turner secretary@elyrunners.co.uk.



Following the AGM decision in January, Ely Runners affiliated to the **Association of Running Clubs**. This essential new organisation was set up 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 somewhat inappropriate (except for track and field) new EA and UKA arrangements. ARC became officially active on 1st April 2007 and details can be found at www.runningclubs.org.uk. Rod Baron and John Turner are Directors and on the Steering Committee of ARC and Rod is also Web Master.



Local area clubs affiliated to ARC are Bedford Harriers, Bildeston Bounders, Coltishall Jaguars, Ely Runners, Eye Community Runners, North Norfolk Beach Runners, Norwich Road Runners, Ramsey Road Runners, Rickmansworth Road Runners, Round Norfolk Relay, Royston Runners, Rutland Runners, Stopsley Striders, Stamford AC, Wymondham AC, Yaxley Runners & Joggers, are amongst the 53 clubs (representing over 6,300 runners) and 2 organisations that have already affiliated to ARC. Ely Runners affiliation to UKA will remain valid until 30th September, prior to which continued club affiliation will be discussed. Following the combined 2006-2007 fee paid last year, are affiliated to SEAA and AAAs until 31st March 2008. Affiliation to CAA has continued as usual. As new applications are made, 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) will have ARC permits.

The 8 races of the **Cambridgeshire Road Race League (CRRL)** started with the Thorney 10k on 25th March. The next race is the popular Eye 10k on 13th May. Distances of CRRL races are from 5k to ½ marathon. Club standings will be calculated from the best 7 results of 8 races and individuals from the best 5 of 8 possible scores. Awards will be made to the 1st, 2nd, 3rd M/F teams and 1st, 2nd, 3rd M/F individuals. Results will be posted on www.nenevalleyharriers.fsnet.co.uk

Club Coach Max d'Ayala is hoping to shortly confirm a **Training Evening** (meet 7:00 pm as usual) **with 1996 Chicago Marathon winner Paul Evans on Thursday 17th May** followed by a discussion in the Paradise Bar meeting room from 8 pm to 9 pm. Paul Evans was also an Olympic 10,000m finalist in 1992 and 1996 and is currently European V40 ½ marathon record holder and British V40 record holder for 5m, 10,000m and ½ marathon.

On Thursday 24th May, training will be on Magog Down (off A1307 SE of Cambridge) laps of 2.43m with 2 hills per lap. 2 laps = 4.9m, 3 laps = 7.3m, 4 laps = 9.7m. This will be followed by changing, showers and optional use of pool area at the Next Generation Club, Cambridge as guests of Sweatshop from 8:30 pm to 9:00 pm when the shop will also be open with some special bargains and a 15% discount (normally 10%) for members on any full price goods. Meet Paradise at 6:15 pm or go direct (meet Magog Down car park) for 7:00 pm start.

The club's **Midsummer 10k Handicap** (private club event), will be on Thursday 14th June 2007 (instead of training) at the Cricket Club, Little Downham, starting at 1930. Entry is free of

charge to members and guests. Afterwards, there'll be sandwiches and chips at the Prince Albert in Ely.

Charlie Barker has made three handsome shields for the club's **Straight Mile Handicap**, (Quaney Drove) which will be incorporated into training on Thursday 12th July 2007. These perpetual shields (each made from a different hardwood and currently on display in the club's trophy cabinet) are for the Handicap 1st M/F, Fastest M/F, and Age Related 1st M/F. After changing, these will be awarded by Chairman Peter Gipp at The Prince Albert, Ely. Sandwiches and chips will be provided.

Ely Runners' **Atrium Grunty Fen Half Marathon** is on Sunday 9th September 2007. The 2007 race (see www.gruntyfen.co.uk) will incorporate the Association of Running Clubs' Half Marathon Championships. This is the first championship for this new English national organisation. The race will also include the Eastern Veterans AC Championships, Cambs County Championships, and the Cambs Road Race League. For the first time, entries will be on-line only and an added attraction for 2007 is the introduction of chip timing. Entries are already being received and *volunteers will be required as marshals and officials*. If you would like to help, please contact Darren Murfitt (i/c Marshals) on 01353 664650, mob 07979 537657, darren_murfitt@hotmail.com.

The club has entered a team for the tough *Open Class* of the **Round Norfolk Relay** on Saturday/Sunday 15th/16th September. If you would like to run, please speak to club organiser Alan Rutterford at training or by phone on 01353 741534 or 07821 988959. This 193 mile continuous relay is in 17 separate unequal multi-terrain stages. Full details are on www.roundnorfolkrelay.com.

Once again we have been offered reserved places in **The Great North Run** on Sunday 30th September for club athletes to start directly behind the male elite athletes. Last year, Ian Day and Glyn Loveday took advantage of this privilege. To qualify, you must have achieved the following half marathon times during the previous 12 months: Men 1:25, Women 1:40. There are 300 reserved places and they will be on a first come first served basis so *please let me know ASAP (with qualifying time, race and date) if you would like to be entered*. So far, Stephen Howard and John Crisp have requested reserved places. Applications received by the GNR after 1st June will be rejected. Accepted entries are guaranteed but not complimentary. For details of the GNR, see www.greatrun.org.

I will shortly make the club application for entries to the spectacular off-road **Beachy Head Marathon** on Saturday 27th October. So far, Claire Law, Julie Foreman, Emma Greaves, Stephen Howard, Steve Barker, Karlos Deedos and John Turner have requested entry. *Please could other members who'd like to run please let me (secretary@elyrunners.co.uk) know by return*. A block entry will be made by the club and, on acceptance, entrants will be asked to reimburse the club for the £18 entry fee.

Congratulations to Adam Etches and Natalie Coles who have become engaged to be married. They plan to marry on Friday 14th September and have their honeymoon in Japan.

Congratulations to Chass Matharu on the recent birth of a daughter.

There was a record number of 14 club members in the **Flora London Marathon** on Sunday 22nd April and their results and photographs are on the club's website www.elyrunners.co.uk. Eric Drury pumped out encouragement from his *Disco Tropicana* outside the Anchor & Hope pub, Westferry Road on the Isle of Dogs. Amongst the club's spectators were Julie Foreman, Karen Foreman (fresh back from Australia), Tony Hall and Charlie Barker with his camera.

Club Coach Max d'Ayala 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 members who have not yet paid their **2007 subscription** (£10.00 due 1st January) please do so ASAP. This can be done on-line at 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 are not entitled to attend training, represent the club in races, claim affiliated entry fees, or wear club colours.*

The **benefits of membership of Ely Runners** include the £2 affiliated discount on open race entries, free changing and showers at the Paradise Centre, free training and advice from club coaches, 10% discount at most specialist running kit shops, free entry to the club's 10k and Straight Mile Handicaps, free entry to the six Frostbite League races, free entry to county, regional and national championships and for club relay entries such as the Round Norfolk and Hereward Relays, 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.

Training on Tuesday and Thursday continues to be well attended with 15 to 30+ members regularly appearing. *Please see the home page (ER Training Programme) of the club's web site for advance details.* Due to the increased number of members meeting at the Paradise for training, members are requested to assemble in the bar area upstairs to avoid blocking the foyer. When training after dark on the streets of Ely, members are requested to wear the provided reflective bibs and check the website www.elyrunners.co.uk for 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 for a choice (short/medium/long) of mixed terrain training runs outside of Ely. The car park toilets are open by 9:00 am

Club training sessions are intended to cater for a wide range of abilities and racing objectives. However, if you require specific **coaching advice**, please ask Club Coaches Max d'Ayala or Alan Rutterford to help.

Under Rod Baron's skilful management, the **club's web site** (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. Rod maintains a list of all-time **PBs** on the web site so when you send your **race results** to John Turner (secretary@elyrunners.co.uk), please advise if you have achieved a PB, including vet categories, so that it can be included in JT's press report from which Rod takes the PB information. If possible, please send your race results by noon on Monday to JT to avoid the extra work involved in updating press reports. Rod has added a **Message Board** and more recently a **Forum** to the web site's home page, which is now being used regularly by members.

Following accepted proposals by Darren Murfitt and Stephen Howard at the 19th April Committee meeting, Rod Baron has ordered for the club a **Dell dual-core laptop computer** (cost £405) with 1GB RAM, 60GB Hard Drive, a 5 slot card reader, wireless enabled, DVD Writer and running Windows Vista Home basic for processing entries and results for club events. The laptop computer will be used by Rod and other members (especially Julie Foreman and probably Stephen Howard, Richard Handoll, and interested volunteers) whom he will train by way of seminars so that the work involved in the acceptance of entries to club events can be covered by other members.

A warm welcome is extended to the following recent **new members**: Arlene Heynes, Breeda O'Leary, Fraser Badcock, and Steven Hardwick. Some new members are fairly new to running and it is important that they are accompanied by more experienced members on training evenings 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 to order and see www.elyrunners.co.uk for full details of club kit.

Many members have been supplied with **club fleeces** and more can be ordered. The fleeces are in black with a full-length zip and have the Ely Runners cathedral logo embroidered in yellow on the top left front. A range of sizes is now available from stock and cost only £10 (subsidised by club) for paid-up members for their own use. Subsequent fleeces or those for non-members will be at the cost price of £21. Please

contact Mary Gates on 01353 861379 or mary@elyrunners.co.uk to order. See www.elyrunners.co.uk for full details of club kit.

Club vets who are not members of EVAC may run as guests of club 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

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

May

- 13 Eye 10k (**CRRL**) 1100 Eye School, Eyebury Road, Eye, Peterborough, £7, EOD +£1
- 13 Dereham 10, 1100 Neatherd School, Norwich Road, £6, EOD +£1
- 13 Stevington 12k, 1100 Village Hall, Stevington, Bedford, £8, EOD
- 13 Leeds ½ Marathon, 0930 city, £14.50, CD 23/4, www.leeds.gov.uk/runleeds
- 14 (Mon) Peterborough T&F Open Meeting (www.peterborough-ac.org.uk)
- 17 (Thu) *1900 Paradise, club training evening & discussion with Paul Evans (prov)*
- 19 (Sat) TRA Medium (20m) Champs, Marlborough Downs, www.marlboroughrunningclub.co.uk
- 20 East Cambs Half Marathon, 1115 St Andrews Primary School, Soham, £7, EOD +£2
- 20 Magog Down 5m TR, 1030, £6, EOD +£2
- 20 Deepings 10k+, 1100 Rugby Club, Linchfield Rd, Deeping St James, £5, EOD +£2
- 20 Coltishall 5.25k & 3 (M/F) x 5.25k relay, 1030 Frettenham Vil Hall, £5/£15 (+£2/£10 EOD)
- 20 Sleaford 10k, 1100 Screddington Community Centre, £7, EOD +£1
- 20 Brathay Windermere Marathon, around England's largest lake, www.brathay.org.uk
- 20 Copenhagen Marathon, www.copenhagenmarathon.com
- 23 (Wed) Gt Yarmouth Promenade 5m, 1915 Marina Centre, Marine Parade, £5, EOD
- 23 (Wed) Bedford 6, 1945 Mark Rutherford School, Wentworth Drive, £4, EOD +£1
- 24 (Thu) *Paradise 1815 for 1900 training on Magog Down and after at NGC/Sweatshop*
- 28 (Mon) Brandon Forest ½ Marathon (TR), 1030 Mayday Field, B1106, £8, no EOD, popular!
- 20 May Hunts AC Open T&F Meeting (www.huntsac.org.uk)
- 31 (Thu) *2030 Prince Albert, farewell drink (after training) with Ian Vaughan-Arbuckle*

June

- 01 (Fri) Glasswells Bury Friday 5, 1930 Nowton Park, Bury St Edmunds, £6, EOD +£1
- 03 EVAC 5m Championships/Grand Prix, 1100 Reach Village Hall, £5, non EVAC in team
- 03 Hunts AC Open T&F Meeting (www.huntsac.org.uk)
- 10 North Downs 30k, 1030 Cascades LC, Thong Lane, Gravesend, www.isteadandifield.org.uk
- 10 EVAC T&F Championships, Milton Keynes (*club entry via JT*)
- 10 St Albans ½ Marathon, £14, chip timing, see www.stalbanshalfmarathon.co.uk
- 14 (Thurs) **Ely Runners' Midsummer 10k Handicap** (*private club event*), Cricket Club, 1930 *Lt Downham, FOC members & guests. Presentation afterwards in the Prince Albert, Ely*
- 16 (Sat) TRA Short (11.5m) Champs, Red Kite Challenge, Wales, www.redkite-barcudcoch.org.uk
- 16/17 (Sat/Sun) SEAA 800/1500m track & 2000f/3000m steeplechase Senior Championships, Crystal Palace (*club entry via JT*)
- 18 (Mon) Peterborough Open T&F Meeting (www.peterborough-ac.org.uk)
- 20 (Wed), Wymondham Midsummer 10m
- 23 (Sat) Picnic Marathon, 1400 Box Hill, Dorking, 6000' up/down North Downs
- 23 (Sat) Midsummer Munro ½ Marathon, 1400 Box Hill, Dorking, 3000' up/down North Downs
- 24 Yaxley 7m, 1500 William de Yaxley Jn School, Lansdowne Rd, £6, EOD +£1
- 24 Round the Island (Lions) 13m, 1000 Willoughby Av car park, W Mersea, £6, EOD +£2

July

- 01 EVAC 10k Championships/Grand Prix, 1100 Comberton Village Hall
- 01 Sutton Feast Beast 7m MT, 1100 New Pavilion, The Brook, Sutton, £6, EOD +£1
- 08 Ramsey 10k (**CRRL**)
- 08 EAA Track & Field Championships, Peterborough

12 (Thurs) training at 1900 will include Ely Runners' **Straight Mile Handicap** on Quaney Drove. Perpetual Shields for Handicap 1st M/F, Fastest M/F, and Age Related 1st M/F will be presented afterwards in The Prince Albert, Ely
22 St Ives 10k (**CRRL**), Cambs AA Champs
28/29 (Sat/Sun) BMAF Open National T&F Championships, Alexander Stadium, Birmingham

August

01 Paddock Wood (Kent) ½ Marathon, 1100 British Car Auctions, Eldon Way, £11, EOD +£4
04/05 (Sat/Sun) SEAA 5000m walk Senior Championships, Bedford (*club entry via JT*)
05 EVAC 5k Championships/Grand Prix, 1100 Granchester, Cambridge
16 (Mon) Peterborough Open T&F Meeting (www.peterborough-ac.org.uk)
18 (Sat), Race the Train 14m TR, Tywyn, Wales, www.racethetrain.co.uk, CD 5/8
19 Thorney 5k (**CRRL**), Cambs AA Champs
25-26 (Sat/Sun) TRA Ultra (85m) Champs, Ridgeway Challenge, www.tra-uk.org
26 Mersey Island (Lions) 10m/5m, 1030 Willoughby Av car park, W Mersea, £6/£6, EOD +£2
26 Newmarket Duathlon, 0745, Mildenhall Cycle Rally, Riverside Middle School, £18/£21
27 (Mon) Peterborough City T&F Games (www.peterborough-ac.org.uk)
29 (Wed) Nene Valley Harriers 5k (**CRRL**), Cambs AA Champs

September

02 Ely Triathlon Relay (5k Adam Etches), 1100-1300 King's School, www.elytriathlon.co.uk
02 The Beast 14m TR, 1030 Corfe Castle, £8, www.poole-ac-races.co.uk/thebeast.htm, popular!
02 Hibbard Trophy Meeting (T&F), Bury St Edmunds
09 **Atrium Grunty Fen ½ Marathon (CRRL)**, 1030 Witchford Village College, Ely, www.gruntyfen.co.uk. Includes ARC and EVAC Championships
15/16 (Sat/Sun) Round Norfolk Relay (Alan Rutterford), www.roundnorfolkrelay.com
16 Cransley Hospice 10k & ½ Marathon, 1100 Cranford (2m A14 Junc 10), £12, EOD +£2
30 Great North Run – see www.greatrun.org
30 Club ARC affiliation review
30 EAA Combined Events (T&F), Bedford

October

07 Loch Ness Marathon/10k/5k. www.lochnessmarathon.com
14 Gt East Run ½ Marathon, 1100 Cathedral Sq, Peterborough, £15, www.greasternrun.co.uk
27 (Sat) Beachy Head Marathon (3,500' climb), 0900 Eastbourne (*club entry via JT*)
28 Fenland 10m (**CRRL**), Cambs AA Champs

November

04 New York Marathon
18 Stortford 10
18 St Neot's ½ Marathon, 1000 Rec Centre, £13.50, no EOD, www.riverside-runners.com

December

06 (Thu) **Ely Runners Christmas Drinks**, 2000 Prince Albert, Ely (London Marathon draw)
16 Long/medium/short club **pre-Christmas training trail runs**, Woodditton to Ely 18.5m, Reach to Ely 11m, Woodditton to Reach 7.5m, meet 0800 Paradise for transport to starts
31 (Mon) **Ely New Year's Eve 10k Road Race**, 1100 Lt Downham, £7 on-line only, no EOD, www.newyearseve10k.co.uk

January 2008

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February

01 (Fri), **Ely Runners Annual General Meeting**, 1930 Paradise Centre, upstairs bar room

March

16 **Turing Trail Relay** (Ely-Cambridge-Ely) in 6 stages. See www.turingrelay.co.uk

NOTES

Midweek training from the Paradise Centre (meet in upstairs bar) 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.

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.

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 who also has details of all RRC/TRA long distance road/TR/XC races and FRA fell races.

Championship and relay entries are via Secretary John Turner and paid (if funds available) by the club.

Club website	www.elyrunners.co.uk
Grunty Fen website	www.gruntyfen.co.uk
NYE10k website	www.newyearthseve10k.co.uk
Turing Trail Relay website	www.turingrelay.co.uk