

RACES & EVENTS 2004-05

The last of the 8 **Cambridge Road Race League (CRRL)** events was incorporated into the Fenland 10m at West Walton near Wisbech on Sunday 31st October. The overall CRRL results have not yet been received but will be notified to members when known.

The second race of the **Frostbite Friendly League** is on cycleways and roads at Bushfield, Peterborough on Sunday 21st November - meet Paradise at 0900. The club won the league by the skin of its teeth last season but, with two more clubs (Nene Valley Harriers and Stamford Striders) in the league, competition will be fierce. It is therefore important that we have a good turnout for the second race to try and improve on our 6th place at St Neots in October. There are 6 races (see below for 5 remaining events) in the series of 5-6 miles over a variety of terrains. All races start at 11:00 am and a full scoring team is 10 members of which at least 2 must be women. Details of each event will be circulated by Team Captain Torsten Lytken and will appear on the club notice board. The club's Team Manager/Recorder is Eric Drury (mob 07876 288496). The league membership fee for the 2004/05 season is £100 and has been paid by the club so all members run free of charge. Club colours must be worn whilst competing in the league. The Senior Presentation Evening will be at the BRJ Club, Huntingdon on Friday 25th March 2005.

The list below includes **Ryston Runners Cross Country Grand Prix at Shouldham Warren** near Downham Market with 6 Sunday race dates from October to March with distances of 5k, 6.5k and 9k twice in the series. There are also shorter races for -7, -11, -13, -15 and -17 age groups. The courses are on undulating forest tracks and ideal for beginners or more experienced runners. Arrive prepared as there are no toilet or changing facilities. Full details on the club notice board or at www.rystonrunners.org.uk

This year's **Hereward Relay** will be on Sunday 28th November. The club has been very successful in this tough, mainly off-road 4 stage relay from Peterborough Cathedral to Ely Cathedral, and will again be entering several teams. Entries (£20 per team) will be paid for by the club and *members who would like to run should contact Team Captain Torsten Lytken (tel 01353 663656, mob 07768 827500, email tl@torsten.demon.co.uk) as soon as possible*, particularly if they would like to indicate a preference for one of the following stages:

Peterborough to Whittlesey	6.1 miles
Whittlesey to March	11.6 miles
March to Welney	10.3 miles
Welney to Ely	10.4 miles

Trophies: *Overall:* 1st 3 Teams, 1st 2 Ladies Teams *Stages:* 1st Man, 1st Lady, 1st Male Vet, 1st Female Vet

Ely Runners are responsible for marshalling from the Ely bypass to the finish on Palace Green and also for setting up the finish area. Members who can help, please contact Darren Murfitt (tel 01353 664650, mob 07979 537657, email darren_murfitt@hotmail.com), particularly to be i/c marshals for the day as Darren will probably be running.

On Wednesday 8th December 2004, the club will hold its annual **Christmas Drinks at the Albert** at 8 pm in The Prince Albert public house in Silver Street, Ely. Free

sandwiches and a bar float will be provided for this convivial relaxing evening which will include the draws for the club's two 2005 London Marathon places (entrants must have been rejected so bring your rejection envelopes) and the Committee entry for the BARR London Marathon place draw. There will also be a presentation of 2003-04 Frostbite League bottles and a raffle (with some useful and interesting prizes) conducted by Adam Etches for the East Anglian Children's Hospice. Members can park their cars in the nearby Barton Road car park.

The club's **Ely New Year's Eve 10k Road Race** is on Friday 31st of December starting at 11.00 am. As last year, the race HQ will be the village hall in Lt Downham with additional changing facilities at the cricket club. This event is very popular and is expected to reach the race limit. Please could members not intending to run reserve this date to help with marshalling and other duties in the start, finish and HQ areas. Last year we had barely enough helpers so please confirm your availability to Darren Murfitt (tel 01353 664650, mob 07979 537657, email darren_murfitt@hotmail.com) as soon as possible. Full details of the event are on it's dedicated website www.newyearseve10k.co.uk.

On Friday 21st January 2005, the club will hold it's **Annual General Meeting** in the Bar Room at the Paradise Centre at 7:30 pm. This is an important event for members to be involved in the future planning and development of the club, so please try to attend. It is also a good opportunity to bring potential new members to meet the club. Peter Harris will present the club's accounts and collect the 2005 club annual subscriptions. Club kit will be available for members to buy or order. Awards of the three Eric Drury trophies for the Most Improved Runner, Best Marathon, and Best Half Marathon Trophies in 2004 will take place.

We have several **new members** and some are fairly new to running. It is important that inexperienced members are accompanied by more experienced members on training nights so they become familiar with routines and routes and are not left alone. Therefore, please could members who are recovering from injury, or resting from racing, or recovering fitness, please attend training to help our beginners.

The December 2004 issue of **Runners World** includes a report on the club's 2004 Grunty Fen Half Marathon (p 92) and a paragraph about the club's 2004 Ely New Year's Eve 10k Road (p 97).

British Masters (ie Vets!) events are too numerous to include all of them but they will have been circulated to members of EVAC.

The RRC & TRA Endurance Running Directory summary of events in date order is on the club notice board. Some of these excellent and enjoyable events (in which members have previously run or may be of interest) are included in the club list below:

November

14 St Neots Half Marathon, 1000 St Neots Leisure Centre, £10, No EOD, entries close 6 Nov if not already full

14 Stowmarket Striders Scenic 7m, 1105 Mid Suffolk Leisure Centre, Gainsborough Rd, £6, EOD +£1

14 SEAA M/F Vets XC Championships, Hartsdown Park, Margate, entries by 30 Oct
14 Ryston 9k XC, 1140 Shouldham Warren, near Downham Market, £2, EOD only

20 Vets AA of England Open XC Races (1415 W 6k, 1500 M 8k), Lloyd Park, Croydon, Surrey, £5, EOD +£2
21 **Frostbite League**, 1100 Bushfield Sports Centre, Peterborough, meet Paradise 0900
21 Stortford 10m, 1000 Bishop's Stortford College, Maze Green Road, £7, EOD +£2
26 (Fri) CAA AGM, Hemmingford Grey Conference Centre, 1930
28 **Hereward Relay** (Peterborough-Ely) 38.4m in 4 stages, *club entry, Ely Runners to marshal from Ely bypass-finish*
28 Hadleigh 10m, 1100 Hadleigh United FC, Duke St, £7, EOD +£1
28 EAA XC Championships, Hinchingsbrooke Country Park (M 1310 12k, W 1410 6k), club entry M £5, W £4 via JT by 10/11

December

05 Nene Valley 10m, 1300 Bretton Woods School, Flaxland, Bretton, Peterborough, £7, EOD +£1.50
05 West Norfolk AC Open XC Trophy Meeting, Bawsey Park, Kings Lynn (W 1300 5.9k, M 1345 8k), £3.50, EOD +£2
05 Luton Marathon (& 3 Stage Relay), 1000 Lea Manor Recreation Centre, £14 (£21), no EOD, entries close 27/11
08 (Wed) *Ely Runners Christmas Drinks at the Albert, 8 pm*
12 **Frostbite League**, 1100 Swavesey Village College (Cambridge & Coleridge), meet Paradise 0915
12 Bedford Harriers Half Marathon, 1100 Wootton Upper School, Wootton, Bedford, £8, EOD +£2
19 *Long pre-Christmas training runs (18m/10.5m mainly XC) Woodditton/Reach to Ely, meet 0800 Paradise*
19 Ryston 6.5k XC, 1140 Shouldham Warren, near Downham Market, £2, EOD only
26 Bungay Black Dog Boxing Day XC 5, 1030 Bungay Common, 1030, £3
27 (Mon) Buntingford Year End 10m, 1030 Freeman College, Bowling Green Lane, £8, CD 11/12, no EOD
31 (Fri) *Ely Runners' New Year's Eve 10k, 1100 Little Downham, £6, EOD +£2*
www.newyearseve10k.co.uk

January

01 (Sat) Wymondham New Year's Day 10k, 1100 Central Hall, Wymondham, £7, EOD +£1
09 **Frostbite League**, 1100 Ailwyn School, Ramsey, meet Paradise 0915
16 Ryston 9k XC (inc Norfolk County Champs), 1140 Shouldham Warren, near Downham Market, £2, EOD only
21 (Fri) *Ely Runners Annual General Meeting, 1930 Paradise Centre Meeting Room.*
23 Folksworth 15m, 1100 Village School, £9, no EOD, CD 15/1, 500 limit
29 (Sat), SEAA XC Champs, Parliament Hill Fields, Hampstead Heath (W 1350 8k, M 1450 15k), entry via JT by 30/11

February

06 **Frostbite League**, 1100 Bourne Woods, Bourne, meet Paradise 0845
06 Asics Watford Half Marathon, 1030 Cassiobury Park, Watford, £10, no EOD, CD 18/1
13 Stamford St Valentine 30k, 1100 Queen Eleanor School, Green Lane, Stamford, £11, EOD +£1.50
13 Ryston 5k XC, 1140 Shouldham Warren, near Downham Market, £2, EOD only
20 St Peter's Brewery 20k & 10k, 1035/1030 Bungay Sports Centre, £9.50/£7.50, EOD +£2.50, popular, CD 13/2

20 Sleaford Half Marathon, 1030 RAF College, Cranwell, entry fee TBA
27 Muscular Dystrophy Bury 20m (& Nearly 10m), 1030 Nowton Park, Bury St Edmunds, £12, EOD +£4

March

06 **Frostbite League**, 1100 BRJ Club, Huntingdon, meet Paradise 0900
06 Wymondham 20m & 10m, 1000/1015 Central Hall, £9/£8, EOD +£1
13 Hastings Half Marathon (incorp AAA of E Champs), 1030 Sea Road, St Leonards-on-Sea, £11 + £1 pgm
19 Compton Downland Challenge (TR) 20m & 40m, 0900 Downs School, £9, EOD +£3
20 Ryston 6.5k XC, 1140 Shouldham Warren, near Downham Market, £2, EOD only
20 Milton Keynes Half Marathon, 1030 Open University, V10 Brickhill St, £12, no EOD, CD 12/3
20 Combe Gibbet to Overton 16m XC, 1400 Overton Recreation Centre, £7, EOD but 250 limit, c/d 19/3
25 (Fri) **Frostbite League** Senior Presentation Evening, BRJ Club, Huntingdon
27 Joe Cox 10m, 1100 Mid Suffolk Leisure Centre, Stowmarket, £6, EOD +£1

April

03 Bungay Black Dog Marathon & 1/2 Marathon, 1000/noon Old Grammar School Field, £11, EOD +£2.50
03 Sandy 10m, 1030 Upper School, Engayne Av, www.biggleswadeac.org.uk
17 Flora London Marathon. Ballot entries closed

May

22 East Cambs Half Marathon, Soham

June

16 (Thurs) *Ely Runners Midsummer 10k Handicap (private club event), Cricket Club, 1930 Lt Downham, FOC members & guests*

July

03 Powters Newmarket 10k, 1100 Leisure Centre, Exning Road, £6, EOD +£2

Midweek training from the Paradise Centre at 1900 on Tuesdays and Thursdays
Long Sunday training runs are usually arranged week before - check emails
Races and events are on Sunday unless otherwise mentioned
Courses are road unless otherwise mentioned
Distances without units (ie m or k) are probably m = miles.
Frostbite races (2004/05 season) are 5-6 miles
Further details of events from Club notice board in Paradise Centre foyer, running magazines, websites, or from Secretary John Turner 01353 667678 who also
has details of all 2004 RRC/TR long distance road/TR/XC races and FRA fell races.
Club website www.elyrunners.co.uk
Grunty Fen website www.gruntyfen.co.uk
NYE10k website www.newyearseve10k.co.uk