



ELY STANDARD 20th GRUNTY FEN HALF MARATHON & 1 Mile Fun Run



Permit 10/204

Incorporating the Cambridgeshire AA Championships and Road Race League

<h1><i>Ely</i> Standard</h1>	 <p>Certificate 10/223</p>
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**SUNDAY 12th SEPTEMBER 2010 AT WITCHFORD
VILLAGE COLLEGE, ELY, CAMBS, CB6 2JA**

Dear Competitor

Thank you for entering the Ely Standard 20th Grunty Fen Half Marathon. Please read the following information carefully.

Entry Details

There are **no entries on the day**. Please ensure your friends and colleagues know this. If they are going to enter, this must be done on-line (www.gruntyfen.co.uk) by **Wednesday 8th September**.

All entered runners are listed on the race website www.gruntyfen.co.uk with race number, name, age, category and club details. Please check these are correct and if they are not, contact contact info1@gruntyfen.co.uk as soon as possible.

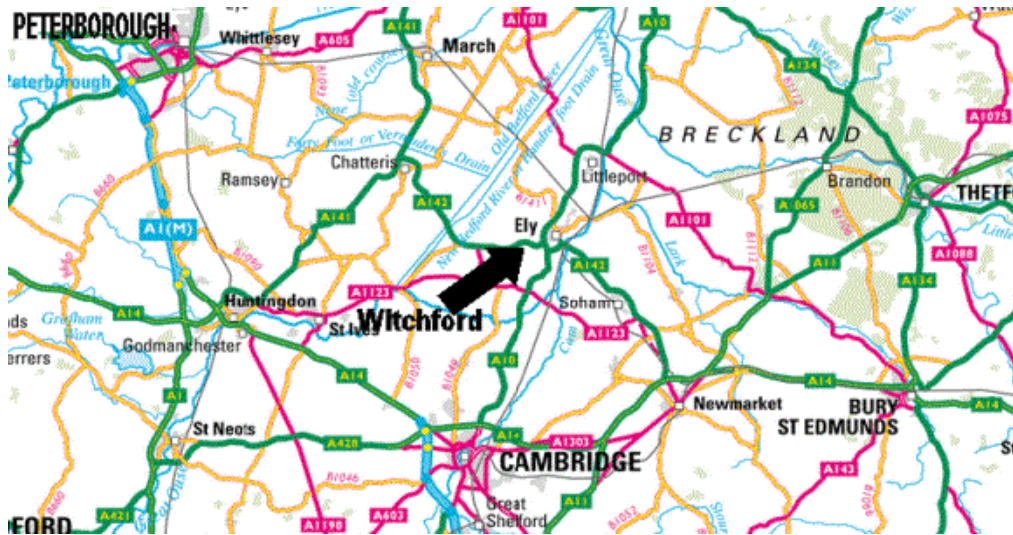
Collection of Race Numbers (& Free £5 Sweatshop Gift Vouchers)

Race numbers are to be collected **on the day** - or the day before - see special arrangement below. Please make sure you know your number. This is the number sent to you in the confirmation email and on the www.gruntyfen.co.uk entry list. Race numbers, safety pins and £5 Sweatshop vouchers will be issued from the Race HQ desks in the Dining Hall. Please arrive in good time to collect your number.

Some local entrants have asked if they can collect their race numbers the day before the race. Therefore **any** entrant who'd like to do this can collect their race number and free Sweatshop voucher from a staffed desk in the main entrance foyer to Witchford Village College from 2:00 pm to 4:00 pm on Saturday 11th September.

Directions

Witchford is 3 miles west of Ely on the A142 Ely to Chatteris road. Please follow the signs from the Witchford bypass to the race car park.



Public Transport

The nearest railway station is Ely (3.5 miles) with frequent trains from all over the region. For train times see www.nationalrail.co.uk. There are no scheduled bus services to Witchford on Sundays but taxis are available at Ely station.

Parking

Due to a re-sowing and building works, we do not have access to the sports field for parking this year. Therefore parking spaces will be limited to a grass paddock and hard standing areas around the college or available spaces in nearby roads and possibly on the common. Please share cars to reduce demand on parking spaces and arrive in good time.

Local Accommodation

Please contact Ely Tourist Information Centre, Oliver Cromwell's House, St Mary's Street, Ely, Cambs, CB7 4HF. Link <http://tourism.eastcambs.gov.uk> or email tic@eastcambs.gov.uk. Tel 01353 662062, fax 01353 668158. Open Sun-Fri 11am-4pm and Sat 10am-5pm.

Medical

If you have a chronic medical condition (eg diabetes, serious allergies), please let us know well before the race so that the Race Doctor is prepared.

Such conditions and prescription treatments should be clearly and accurately described in the dedicated space on the back of your race number and 'Medical – see over' written on the front. with a black permanent marker.

Please do not run if you are feeling unwell or have consumed excessive alcohol within 24 hours.

Compliance with these requests can avoid serious medical problems with both yourself and other runners who could suffer if the race's emergency services are pre-occupied with avoidable casualties.

Audio Equipment (mp3 players and iPods etc)

Audio equipment with earphones seriously inhibits the user from hearing traffic approaching from behind and safety instructions from marshals. **The use of all such equipment is therefore NOT permitted during the race**. You risk disqualification and may prejudice the liability insurance cover provided to you for this race if you wear audio equipment.

Race T-Shirts

These unique T-shirts (designed Ely Runner Charlie Barker) will be in both technical and cotton fabric. They will be on sale by Sporting Print (in the college foyer area) and will include a list of entered runners on the back.

Incorporated Events

The 2010 Grunty Fen Half Marathon includes the Cambs AA Championships and the Cambs AA Road Race League. If you are a member of a club and competing in these events, you must wear your club colours.

Race Numbers

Please ensure that your race number is pinned securely, the right way up, to the front of your vest. It must be visible at all times.

Changing, Toilets, Showers, Kit Storage, and Refreshments

There are ample changing, showering and toilet facilities at the College. Kit storage will be available and please note that signed toilets are located in several places in the College. Refreshments will be available in the Dining Hall throughout the event.

Start and Finish

Please arrive at least one hour before your start in order to have time to park, collect your race number, and prepare for the race. Please begin forming up at the start 10 minutes before the race commences. The prompt start times will be:

10:15 am Wheelchairs Half Marathon

10:30 am Runners Half Marathon

10:45 am One Mile Fun Run

The **Start of the Half Marathon** will be on the lane adjacent to the College Sports Hall. Please form up according to the race time boards. The **Finish** will be on the nearby bus turn round by the College main entrance.

The **One Mile Fun Run** is on a two-lap grass course around the College Sports Field, where it will start and finish. Entries for this race (£2) are only accepted on the day. Registration is in the Main Dining Hall.

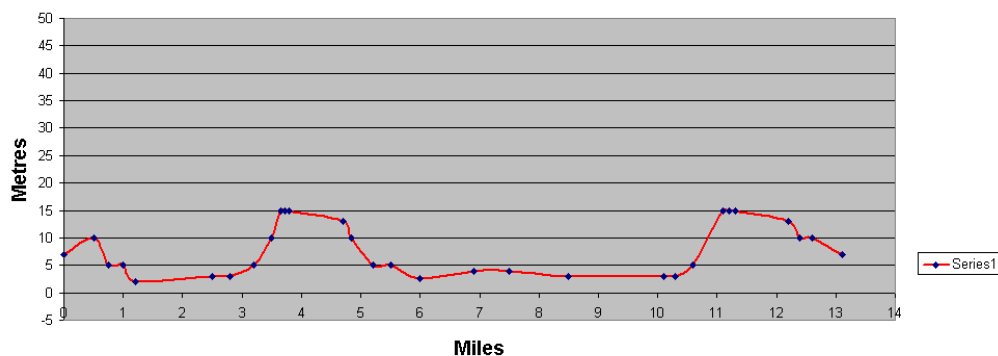
The starter for all the races will be Mr Dan Mansfield, Sports Editor of the **Ely Standard**

The Courses

The 13.1 miles Half Marathon course comprises a smaller and a larger loop around Grunty Fen with start and finish spurs. Both loops come together through Witchford Main Street. The course is flat except for slight descents and ascents to and from Grunty Fen. It is fast but can be subject to strong winds and/or intense sunshine so please ensure that you are adequately hydrated well before the start and use the drink stations, particularly in the early stages. There will be ample drink and sponge stations on the course plus drinks at the start and finish.

The entire course, including the start and the finish, is on tarmac and suitable for wheelchairs. It has a good racing surface but there is a short section of narrow tarmac footpath on each loop between the A142 junction and Witchford. Split times will be advised at the halfway point.

Grunty Fen Half - Height Relief Profile



All runners must keep to the left side of the road unless otherwise informed by a marshal. Competitors crossing the centre of the road without authorisation will be disqualified. Running with dogs is not permitted. Please ask your friends and supporters not to park on the route because some of the roads are quite narrow.

Half Marathon Race Control and Support

There will be marshals at all critical points on the course. Please obey their instructions. Control communications will be by marshals with mobile 'phones. Medical support will be by the Race Doctor and St John Ambulance. If you are unable to finish, please contact the nearest official and you will be picked up.

Time Limit

There is a 2.5 hours time limit after which remaining runners will be picked up by the 'Sweep Vehicle' unless close to the finish. Marshals and first aid will be stood down after this time and race entrants who chose to continue will not be protected by the race insurance.

Race Medals

As in previous years, all half-marathon finishers will receive the splendid mint struck 50 mm Grunty Fen Half Marathon gold style medal. This year's medal will have a special 20th anniversary ribbon. Fun Run finishers will also receive a medal.

Half Marathon Prizes

1st Male and 1st Female	£200 + Sweatshop £75 shoe vouchers + perpetual M & F shields
2nd Male and 2nd Female	£100
3rd Male and 3rd Female	£50

1st in Veteran categories £40 (5 year intervals, Male 40 to 70+, Female 35 to 65+)

Team Prizes Male 1st Team 4 x £25 Female 1st Team 3 x £25

Course records £50 for new records for men and women. Current records:
Men Wilfred Taragon, Kenya, 1:08:04 (2004)
Women Felicity Milton, Durham University, 1:16:29 (2008)

Wheelchairs 1st Male and 1st Female - trophies

Spot Prizes 10 x £10 Sweatshop vouchers

Cambs County Championship Awards

Category medals to be presented by a representative of Cambs AA.

Fun Run Prizes

1st Male and 1st Female – trophies will be presented by Mr Dan Mansfield (Sports Editor, Ely Standard) at the finish, immediately after the race.

Presentation of Prizes

Mr Dan Mansfield (Sports Editor, Ely Standard) will present the prizes for the Half Marathon in the College Dining Hall as near as possible to 1:15 pm. If a competitor is eligible for more than one prize, these will be considered well earned and presented to that competitor who may choose to retain the more important award and pass the other prize to the next eligible person.

Results

The full race results will be posted as soon as possible on the Grunty Fen Half Marathon web site www.gruntyfen.co.uk. They will also be printed in the Ely Standard on Thursday 16th September.

Race Referee

Mr Laurie Miles

Free Race Photography

Download service from the race web site www.gruntyfen.co.uk.

Race Massage

Sports Remedial Massage Practitioners Philip Young and Sue Burnett will provide 10 minute pre-race and post-race leg massages from 9:30 am to 1:30 pm for £5 in the Gymnasium.

Race Commentary

Eric Drury of Ely Runners will provide a commentary at the start and finish. Most years, on the Isle of Dogs, London Marathon runners are cheered on their way by Eric's *Disco Tropicana*

Sunday Newspapers

An assortment will be available to purchase in the foyer of the main entrance to the college.

Ely Runners' Next Event

Prepare for your New Year's Eve celebrations with a brisk midwinter run in the **ELY NEW YEAR'S EVE 10K ROAD RACE** on the morning of **Friday 31st December 2010** – see www.newyourseve10k.co.uk. Entries open on 9th September 2010. This is a popular event and early entry is essential.

Thank you for your support and best wishes for your race.

Yours sincerely

John Turner
Race Director

Ely Standard

Phone: 01353 667831

Fax: 01353 645689

Web site: www.elystandard24.co.uk



www.sweatshop.co.uk



John Fordham
Ely Runners



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