

Ely Runners Newsletter

APRIL 2009

My first job as the new editor of the Ely Runners Newsletter must be to say a big thank you to **John Turner** for keeping us all so well informed over the past 19 years. He's a hard act to follow, with his enthusiasm and extensive knowledge and experience of our sport but I'm sure he'll continue to share these with us all in other ways and am hoping he'll keep me well supplied with his interesting anecdotes and facts!

As outgoing Editor, John kindly agreed to be my first interviewee from the club. See what he had to say in the **Q&A** section later on in the newsletter.

CONTRIBUTIONS TO THE NEWSLETTER

I'm on the lookout for contributions to the newsletter from all of you. For example, if you're planning to take part in an unusual event, training for your first marathon, raising money for charity, or trying out a triathlon or two, I'm interested. If you have anything you'd like to share with the rest of the club, including news from those of you whom we don't see regularly at training, please email me (Rachel Roberts) on: newsletter@elyrunners.co.uk.

This month sees a slight change to the format of the newsletter. There is a new "**Useful Information**" section, which provides information about club routines and procedures. This will be updated infrequently but is included largely for the benefit of newer members who might be unsure about some of the club's organisational issues. The "**Races and Events Guide – 2009**" will continue be attached to the end of the newsletter.

NEWS FROM EVAC

Those of you who compete in EVAC events will be sad to hear the following news:

Former EVAC Chairman Peter Chaplin's wife Ann died on 26th January after first being diagnosed with cancer in 2000. Ann was a frequent recorder at EVAC events.

Also, Tony Rawlinson (Herts Phoenix AC), the 93-year-old EVAC athlete, died on 23rd January. BMAF said he was their oldest active athlete.

NEW MEMBERS

This month we welcome the following new members of the club:

Mark Spalding

John Line

John lives on the west side of Ely with his wife and 15-month-old son. He works as a web developer for a travel company based in Harlow but mainly works from home. He's been running on and off for the past couple of years and would like to improve his running and pick up a few tips from members of the club. He recently ran the MK half marathon and is hoping to take part in a few more events this year.

PUB NIGHT

Just a reminder that the **first Thursday of the month** is pub night! Meet upstairs in the balcony area of the Paradise Centre (hopefully after having a shower!) before heading on to one of the nearby pubs. Let's hope with spring coming and the evenings getting lighter that a few more of us will come out of hibernation for this!

FORTHCOMING EVENTS

London Marathon - Sunday 26th April 2009

As usual, several members will be taking part in the London Marathon. We wish them all good luck (and cool conditions). Eric Drury will, once again, be there to cheer the runners on, setting up his popular Disco Tropicana outside the Tooke Arms pub (E14 8NH) in Westferry Road at about 16.25 miles.

If you want to enter the London Marathon next year, register on <http://www.london-marathon.co.uk/site/?pageID=101> to receive advance warning of when the ballot will go online.

Cambridgeshire AA Track & Field Championships

These are on Saturday 9th May at the Cambridge University Track and include the following events:

- 1500m U17M/W and SM/W
- 3000m SW
- 5000m SM & VM
- Steeplechases U17M/W & SM/W

Individual entry fees are £2.50 for the first event and then £2 for additional events. For full details, see www.camsaa.org.uk.

The **Open Masters Road Relay Championships** will be held at Sutton Park, Sutton Coldfield, on Saturday 16th May 2009 over a traffic-free 3 miles course.

- Women over 35/45/55 stages 4/3/3 start 1100
- Men over 50/60/70 stages 6/3/3 start 1100

- Men over 35/40 stages 4/8 start 1330

Please contact Charlie Barker captain@elyrunners.co.uk as soon as possible if you'd like to run as part of a club team. Entries close 18th April.

North Downs 30k

For many years Ely Runners have enjoyed the **North Downs Run**, which this year is on Sunday 14th June. This superb 30k (18.5 miles) trail race is through spectacular (and hilly!) North Downs scenery. The race limit is 550 runners and members are advised to enter early as the race fills up quickly. Entry is via <http://www.isteadandifield.org.uk/NDREntryform2009.htm> or online via www.runnersworld.co.uk - type in 'North Downs' in the event search. The race HQ is south of Gravesend and no more than 90 minutes' drive (via M25 Dartford Crossing) from Ely. For those contemplating the longer hills and distance of the Beachy Head Marathon in October, the North Downs Run is ideal preparation.

Round Norfolk Relay

We have entered two teams into the 2009 Round Norfolk Relay, which is on the weekend of 19/20th September. Online entries for non-Norfolk teams opened at 7:30 am on the 2nd March and the 55 teams race limit was reached within 20 minutes!

Our two teams are in the Open Class (Ely A), in which there are 17 teams, and the Club Class (Ely B), in which there are 18 teams entered. If you'd like to run, please contact I/C Long Distance Relays Alan Rutherford (alan@elyrunners.co.uk), who will be allocating places. The Open Class team will be managed by Alan and the Club Class team by Simon Jackson.

The Round Norfolk Relay covers 193 miles around the periphery of Norfolk in 17 unequal multi-terrain stages. Full details are on the event's website at www.roundnorfolkrelay.com. This now includes an excellent introductory video which brilliantly captures the essence of the event.

RESULTS ROUND-UP

March has seen an impressive array of results from runners throughout the club. Some of this month's highlights have included the following:

Natalle Etches is in very impressive form as she prepares for the Bungay Marathon in April, placing highly in the 15m cross-country Belvoir Challenge on 28 February, running close to a 5-mile PB in the final Frostbite race the next day, and just a week later coming 2nd in the Wymondham 20m road race, a race which was also won by **Craig Holgate**.



Natalle, storming home in the Frostbite League race on 1 March

Graham Chapman's record-breaking form has continued with new 5-mile and 20-mile PBs this month.

The Steyning Stinger Marathon has now become an annual event for **Emma Greaves**, who completed a hattrick of top-ten finishes in this tough trail marathon - no mean achievement in an event that includes four "stings" with a total of 2400ft ascent. Two weeks later saw her setting a half-marathon PB in Bath.

Julie Foreman ran the hilly Steyning Stinger Half-Marathon and knocked 6 minutes off last year's time, two weeks before slashing 12 minutes from her half-marathon PB at Silverstone.

Alex Tate and **Daisy Glover** both represented Cambridgeshire at the Inter-Counties Cross-Country Championships at Wollaton Park, Nottingham, placing well in highly competitive races.

Ian Day and **Stephen Pettit** battled it out for 2nd and 3rd places in the Newton's Fraction Half-Marathon early in the month before **Ian** went on to finish 5th in an impressive new 20m PB and new club M35 record in the East Hull 20m Road Race two weeks later.

To see all the results and the race reports, visit: <http://www.elyrunners.co.uk> > RESULTS > Latest Results.

The club held the third **Turing Trail Relay** on 15 March. Once again, the event was a huge success. For the first time, competitors, organisers and marshals were able to bask in the spring sunshine rather than trying to find shelter from the biting fenland wind.

The event has even made it into Wikipedia, with the following appearing in the posthumous recognition section of Alan Turing's entry:

"The Turing Relay^[45] is a six-stage relay race on riverside footpaths from [Ely](#) to Cambridge and back. These paths were used for running by Turing while at Cambridge; his [marathon](#) best time was 2 hours, 46 minutes. The marathon world best time in the early 1940s was in the range of 2 hours, 25 minutes."

Not bad for an event that's still in its infancy! (Thanks to JT for supplying this information.)



Unable to blame the wind this time, Alan Rutherford looks for another way to fall off his bike...
(Turing Trail Relay, 15 March 2009)

HELP TO RUN YOUR CLUB!

At the recent AGM and in the March Newsletter, **John Turner** appealed for members to volunteer to help with the club's administration. In particular, he is looking for people to take over any of his current club responsibilities:

- **Secretary**
- **Training** (programme, taking training, and Club Coaches Working Group)
- **Open Events (TTR, GF & NYE10k) & Sponsorship**

He says: "With so many younger and more talented members, it is important for the continuity and development of the club that these roles are progressively passed on.

"I'd particularly appreciate someone taking over the Open Events & Sponsorship, starting with the GF in Sep 2009, the NYE10k in Dec 2009, and then the TTR in March 2010. These are now 'semi-automated' in that entries and correspondence are on-line, there are no entries on the day, race numbers are collected on the day (except the TTR), and each event has a separate website. Preparation follows a well-documented process and although each event could have a separate Race Director, the systems for all three (especially sponsorship) work well together.

"None of these jobs are a bed of roses and all carry responsibility - but on the other hand - they provide an interesting and enjoyable challenge plus putting something back into the club and sport we enjoy."

Please contact John Turner if you feel you can help with any of these duties.

Do you hold a PSV licence?

If so, we need you! We are considering using a self-drive minibus to transport club members to events in which the club has a team entry or large turnout, like the Frostbite series. A 16-seater bus requires a driver with a PSV licence. Please contact **John Turner** if you hold such a licence and are happy to help in this way.

Q&A with John Turner

I know that you did a fair bit of running when you were at school but you were also in the First XV Rugby team. How did running become your main sport?

I played a lot of rugby at school – for nearly 2 terms each year – which clashed with cross-country. The two didn't really fit in very well. Being a runner, I was fitter than most of the rugby players so I used to get to the lineouts first and then have to hang around! I played hooker, which isn't the best position for a runner as you're first into the scrum and last out but few others wanted to play in that position. I preferred playing flanker.

In the winter months I did cross-country and then track in the summer – mainly half-mile and mile races.

I carried on playing rugby with the school's Old Boys after I left school but I was enjoying running too much and the organization of the rugby was more haphazard than at school. I narrowly avoided a permanent injury and as playing rugby wasn't good for running, it just dwindled.

Just before I left school I joined Tonbridge AC. One of the masters at school was a middle-distance Cambridge Blue and a very good coach. He turned the school running teams into winning teams. I still keep in touch with him and his wife.

I won the school cross-country championships once, which I was very surprised to do. I'd always wanted to but never believed it would happen!

Do you have a favourite race, or maybe a favourite kind of race? Has that changed over the course of your running career?

My favourite is any cross-country running – proper cross-country – or, when younger, a mile race on the track.



John at the steps – ER Cross Country Championships, 15 January 2009

I don't do any track racing now and haven't done much since the regular athletics cycle changed in the 1980s as a result of the road running boom that came on the back of the first London Marathon. There were suddenly many more road running clubs, as opposed to athletics clubs, and the old routine of cross-country in the winter, road races/relays in the spring, the summer for track and field - and then road races/relays again in the autumn before the start of cross-country - barely exists now.

I had a long gap from about 28 to just before my 40th birthday when, for various reasons, I didn't do any competitive running.

What race would you most like to do but haven't been able to yet?

The Ben Nevis race. I was in Fort William about 15 years ago at the time of the race but they were full and couldn't take an entry on the day. So I waited about an hour after the start and then set off to complete the course on my own. But I'd love to do the event officially.

Other than that, I'd like to do the North Downs 30k, The Beast, the Exmoor Stagger and Beachy Head again as they're some of my favourite events.

What would you consider your greatest running-related successes?

I ran for Kent as a junior in the mile at Iffley Road, Oxford about 11 years after the first sub-4 minute mile was achieved on the same cinder track. I was tripped up and finished 3rd or 4th in 4.26 but I might have done 4.20 if I hadn't fallen. That's still my mile PB.

I also ran for the Army Middle East Command against the Royal Air Force in Cyprus. It was on a 7.5m dry, hilly course. I was the first-placed Army runner and 3rd overall. I'd just missed out on winning the Middle East Army Championships over the same course the week before because I was misdirected about 2.5m from the end. Some of the Air Force runners were bordering on international standard but that type of running over rough, rocky hill terrain suited me.

Since becoming a more ancient fen-based Ely Runner, the achievements which have given me most satisfaction are: 52nd/600 in 14:33:57 (course PB by 58 mins) in the 1994 World Trail Running Championships (80 miles South Downs Way), and in 2006 being 1st MV60 (129th/258) in the Exmoor Stagger which is an aptly named 15 miles trail/fell race from Minehead to Dunkery Beacon (1,702') and back by different routes across Exmoor. This year's race is on Sunday 18th October and I hope to take part.

What is the best piece of advice you have received as a runner, and who gave it to you?

My coach at school told us not to stop at the end of a race or training but to keep going and warm down gently.

There must be times when you really don't want to go out for a run but you feel you have to, because you're in charge of training at the club.

How do you keep motivated?

By looking forward to meeting all the nice people in Ely Runners and remembering when I used to turn up for training on cold winter nights in the

early days and there was no one else there. I enjoy seeing members training hard in all conditions and hearing about them racing in Ely Runners' colours all over the planet. And they do race all around the world – in Ireland, mainland Europe, USA, a 2008 NYE10k in Antarctica, and Alfredo (Verna) runs all over the place.

You have a long history of being involved in the administrative side of our sport, as you were Chairman at Tonbridge AC long before you joined ER and are now also involved in ARC. How do you think this has changed your outlook as a runner?

I'd rather be running! As you get older, running becomes harder but admin becomes more familiar. You tend to get involved because you want a better running club. Tonbridge was a small club – a shrunken club really – so it wasn't a huge burden but it needed everyone to help organize it as well as run. In those days, you'd normally ask the Council to mark out a running track on a bit of grass somewhere – some sheep-grazed meadow or football pitch. You'd turn up with the running, jumping and throwing equipment. Then you'd compete in all sorts of events and officiate as well. Afterwards, you'd collect and return all the equipment again before going home.

I joined both clubs when they were in need of improved running, so it was inevitable that this happened. But I'd no idea it would continue to where we are now.

You're obviously a very proud member of Ely Runners and have overseen its development from very small beginnings over the past 20 or so years. What makes you most proud when you look back over the club's history?

Hearing about the club's members competing in a wide range of events and locations. Also, the long-term benefits of the club's three open events. They have allowed us to put something back into the sport as well as giving the club prominence, financial stability, and structure. Without them the club was just a group of runners.

How would you like to see Ely Runners develop over the next few years?
I'd like to see it become a fully-fledged athletics club, with a junior section.

Who was your greatest inspiration?

My greatest inspiration as a youngster in terms of running was Percy Cerutty (Herb Elliott's trainer). Herb Elliott (1960 Rome Olympics 1500m winner) wrote a book about himself and Cerutty, whose methods I found inspiring. Cerutty would send his runners into the mountains to toughen them up before starting specific training, including long and steep sand dunes. He knew about the importance of diet too. I used his training methods and produced some good results until I got glandular fever. Soon after recovering I joined the Army in which I eventually won some Corps track championships. Although running often had to go on the backburner, I organized and trained a cross-country team in the Army which did quite well.

USEFUL INFORMATION

Data Protection

Email circulations by the club to members are done by the Bcc (confidential) option so that member's email addresses are not circulated and also these do not take up most of the first page of emails.

See www.elyrunners.co.uk > CLUB INFO > administration for the club's policy on data protection and use of photos and videos on the club's website.

Membership

Subscription renewals (£10) were due from 1st January 2009. Members who joined after 15th November 2008 are covered for 2009.

To renew online:

Go to www.elyrunners.co.uk > CLUB INFO > Membership

OR

Send a cheque, payable to '*Ely Runners*', to Club Secretary: John Turner, 22 Cromwell Road, Ely, Cambs, CB6 1AS.

If you did not renew your membership by the end of March 2009, you will be removed from the membership list and will no longer be entitled to attend training, represent the club in races, take part in club championships, claim affiliated entry fees, or wear club colours.

Benefits of membership include:

- £2 affiliated discount on open race entries
- club affiliations to ARC, ABAC, UKA, EA, TRA, FRA & CAA
- free registration (£5) with EA until 31st March 2010 (on request via John Turner)
- free changing and showers at the Paradise Centre
- free training and coaching advice
- free high-visibility bib for night-time training
- £12 subsidy on club fleeces
- 10-20% discount at most specialist running kit shops
- free entry to the club's Cross-Country Championships, 10k Handicap and Straight Mile Handicap
- 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 a member's ballot entry is rejected) for the club's guaranteed London Marathon places
- free snacks at club social events
- shared transport to races

Supporting the Club and its Events

Ely Runners hold three popular open races each year (**Turing Trail Relay, Grunty Fen Half Marathon, and Ely 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 above. In return, members are expected to show commitment to the club by helping with these events and taking their share of responsibility. Please don't just rely on the usual loyal helpers and think of the club only as a convenient way to promote fitness and enter races. We're all busy these days but commitment is realising the mutual benefits of putting something back into the club and sport we enjoy.

Training

For details of club training sessions **at 7pm on Tuesday** (intervals/hills) **and Thursday** (steady 5-8m runs) **evenings**, please see the homepage of the club's website. Details of **9am Sunday morning** training runs are usually circulated by email a few days in advance.

When meeting at the Paradise Centre for training on Tuesdays and Thursdays, please assemble **either in the balcony/bar area upstairs or outside, around the corner by the side of the building**. Please do NOT assemble in the foyer or outside the main entrance.

The meeting place for Sunday morning runs is the Paradise car park. The car park toilets are open by 9:00 am and the Paradise Centre is open for showers afterwards.

Please ensure that new members, some of whom are new to running, feel part of the club and are not left alone on training runs.

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 Rutherford** to help.

To measure the distance of a route before or after running, see Google Earth > Ruler (toolbar symbol) > Path. Provided measurement is done carefully, the distance should be of similar accuracy as GPS.

Club Noticeboard

This is in the foyer of the Paradise Centre, to the right of the main entrance. It includes details of club events, training sessions, route maps, local races and other events of interest to members. There are usually several copies of race entry forms on the board but please leave the last copy or ask staff at reception to photocopy (Ely Runners' account) a few more copies.

Club Website

Webmaster, Rod Baron, maintains the **Ely Runners' website** (www.elyrunners.co.uk) to provide an up-to-date record of the club's activities and a myriad of useful information. The website is frequently updated and well worth regular visits. For member's general comments, there is a **Message Board** on the website's home page and the recently upgraded photo and video section contains a huge selection of members in races. Rod also maintains the club's websites for the Grunty Fen Half Marathon, New Year's Eve 10k, and Turing Trail Relay.

Club Library

Grade 2 coach **Max d'Ayala** has selected a range of books on **running and injuries** for use by club members. Please see <http://www.dayala.co.uk/elyrunners/booklist.htm> for details: they have been chosen to provide a combination of interest, information, advice and stimulation for all standards of runners. The books are stored in the club's locker (authenticate membership and ask for key at Reception) at the Paradise Centre staff room. Please record which books you have borrowed in the notebook in the club's locker.

John Turner has the latest (2009) **Fell Runners Association Fixtures Calendar & Handbook**. Members interested in running a fell race can borrow this booklet. Most fell races are 'up north', though there are also many in Wales and other hilly areas of the UK. There is a huge choice throughout the year, including many evening races in the summer, some not too far away in areas like the Peak District. Alternatively, if on holiday in such areas, you can often find a local fell race. They provide an enjoyable, challenging and worthwhile experience, even for Fenland-based runners.

A recent addition to the club's library includes '*Feet in the Clouds – A Tale of Fell Running and Obsession*' by Richard Askwith.

Racing

Some **open races** are very popular and reach the entry limit before the race day. Many races no longer accept entries on the day (marked 'no EOD' in the **Races & Events Guide**). If you are thinking of entering a race on the day, check with the organisers or on the race website

before setting out that a place is still available – turning up does not guarantee that the organisers will allow you to run!

Wearing Club Kit

Members wear their **Ely Runners' colours** with pride in races far and wide (see www.elyrunners.co.uk > RESULTS) and are encouraged to do so whenever appropriate. Guidelines to wearing **Ely Runners' colours** (minimum club vest) in all events entered as an individual or team member of Ely Runners are as follows:

1. Obligatory requirement of governing athletic organisations in leagues entered by the club, relays entered for or by the club, all championships and events incorporating championships. Exceptions are members running for county, regional or national teams when they will be given the appropriate team kit to wear.
2. Necessary to avoid disqualification as a team member in open races.
3. Members normally wear their club kit in open races but there are recognised exceptions such as representing a charity, necessary kit change in an ultra run, spur of the moment race entry, non-availability of kit for whatever reason etc.
4. Not wearing club kit also makes it harder for other runners, race officials, and photographers to distinguish club runners, especially in relays.
5. Our distinctive race kit defines us as ambassadors of a well-respected running club.

Race Results

When you send your **race results** to Stephen Howard (results@elyrunners.co.uk), please advise if you have achieved a PB (including in vet categories), so that it can be included in press reports and to update PB information on the website. If possible, please send Stephen any information you have (including links to race results) **by noon on Monday** to avoid the extra work involved in updating press reports. Please email any photographs or links to event photographs (with your race number) to Rod Baron at webmaster1@elyrunners.co.uk.

Several members have put themselves on www.athleticsdata.com. This is a statistical website showing:

- UK year rankings
- All-time rankings
- Comprehensive results service
- Athletes' profiles

This website will enable you to check your form relative to rival runners and allow them to do the same. It's also useful for the prediction of race results for both runners and organisers.

Payment of **club entries into championships, relays and leagues** will 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.

To take part in **UKA National** and **SEAA championships**, members need to be registered with England Athletics (EA). Also, a few open events still require EA registration to claim affiliated entry fees. However, most events (especially locally) either have **ARC** permits or, if they have UKA permits, require only membership of an EA affiliated club, like Ely Runners. Please could members who would like to be registered from 1st April 2009 with EA for 2009-10 please contact John Turner secretary@elyrunners.co.uk. It was agreed at the recent AGM that the club will pay the £5 registration fee. Registration number confirmation and cards will be supplied when received from EA.

To enter a County (eg Cambs AA) or Regional (eg SEAA) Championship, members must have been born in the county/region or had 9 months of continuous residency. If you qualify

by birth and residency for different counties, you may only run for one county/region during each competition year from October to September.

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 in the Races and Events Guide and can be entered by sending an email to eastvetm75@ntlworld.com. Subject to the availability of funds, the club will pay for club team entries to EVAC and BMAF Championships. EVAC website: www.evac.org.uk

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 or see www.bmaf.org.uk/fix/fix.asp

Running Kit

Mary Gates oversees the club's kit supplies. The club's joining fee of £33 includes a free club race vest and shorts. Please contact Mary on 01353 861379 or mary@elyrunners.co.uk to order. See www.elyrunners.co.uk for full details of club kit.

New club vests now have the Ely Runners' **cathedral logo** top centre on the front. Any members with older vests who would like to have the logo added will need to give their vest to Mary to send. 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.

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 use for prizes for our Christmas charity raffle. Advance Performance do not otherwise give discounts. Other running shop suppliers such as Sweatshop in Cambridge (who sponsor our three open races: New Years Eve 10k, Turing Trail Relay, and Grunty Fen Half Marathon) will usually provide a 10% discount to members on production of a valid membership certificate.

Natalle Etches has purchased a **wide variety of fitness stock** from a local Internet fitness company that closed down. She is re-selling the stock as low as **half price** to club members. The stock includes cycling, running, fitness and triathlon wear from brand names including 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@elyrunners.co.uk.

Social Events

Julie Foreman organises the club's **After Training Drinks** on the first Thursday of the month. The next will be after training on **Thursday 2nd April**.

RACES & EVENTS GUIDE 2009

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

April

- 02 (Thu) ER after training drinks, julie@elyrunners.co.uk
04 Bedfordshire Open T&F Meeting, Sandy Sports & Recreation Centre, £2 per event or £5 for 3 events, No EOD
05 SEAA M12/W6 Stage Road Relay Races, M 1200/W1300, Open University, Milton Keynes
05 Paris Marathon, www.parismarathon.com
05 Bedford Harriers Oakley 20,1000 Lincroft Middle School, Station Rd, Oakley, £16, no EOD
05 Cambridge & Cambourne 10k, 1100 Cambourne, £10, <http://www.runcambridge.org/>
05 Diss Duathlon 40k, 0930 Diss High School, Walcot Rd, £22, no EOD, 01603 622918
05 Peterborough Open T&F Meeting, Embankment Track, EOD only,
<http://www.peterborough-ac.org.uk/>
10 (Fri) Roger Wing Charity 10k, 1030 Broome Village Hall, Broome, Bungay, £7, EOD yes
10 (Fri) Waitrose Sudbury Fun Run 5, 1000 North Street, Sudbury, £8, EOD +£3
10 (Fri) Herts Phoenix Open T&F Meeting, Gosling Stadium, Welwyn Garden City, 800m/1500m/3000m(women)/5000m(men), £2.50 (+£0.50 EOD), www.hertsphoenix.com
11 Chelmsford Open T&F Meeting, 800m/1500m, No EOD, £3 per event,
<http://www.chelmsford.gov.uk/index.cfm?articleid=16405>
12 Trowse 10k, 0930 Norfolk Ski Club, Whitlingham Lane, Norwich, £10, no EOD
19 Bungay Black Dog Marathon 1030 Maltings Meadow, £17.50 (+£3 EOD)
19 Bungay Black Dog ½ Marathon 1230 Maltings Meadow, £14.50 (+£3 EOD)
19 EVAC Road Relay Championships, Hemmingford Grey (*provisional*)
19 Flitwick 10k 1100 Flitwick, Beds, £10 (+£3 EOD), <http://www.flitwick10k.org.uk>
26 London Marathon

May

- 03 Heritage Coast Run 26m/13m/6m, 1000/1015/1020 Saxmundham, £12/£7/£7
03 Grand East Anglia 10k Run (GEAR), King's Lynn, £13 on-line,
www.grandeastangliarun.co.uk
03 The Betty Willett Memorial 10k, 1030 Stockwood Park, Luton, £8 (+£2 EOD)
04 (Mon) Ashdon 10k, Ashdon, Essex, www.ashdon.uk.org
07 (Thu) ER after training drinks, julie@elyrunners.co.uk
08 (Fri) Blisworth 5k, 1930 Blisworth Football Club, Northants, £6 or £11 for series,
www.woottonroadrunners.co.uk
09 (Sat) Cambridgeshire AA Track & Field Champs, University Track, www.camsaa.org.uk
10 Eye 10k (**CRRL**), 1100 Primary School, Eyebury Rd, £7.50, EOD +£1, www.eye10k.co.uk
10 Great Daffodil 15m/10k Runs, Kelmarsh Hall, Northants, www.mariecurie.co.uk/running
16 (Sat) Nat Open Masters Road Relay Champs, Sutton Park, team entries to Charlie Barker
17 Dereham 10m, 1100 Neatherd High School, Norwich Road, Dereham, £7 (+£2 EOD)
19 (Tues) Bedford 6, 1945 Bedford International Athletics Stadium, Bedford, £5 (+£2 EOD)
24 Copenhagen Marathon, www.copenhagenmarathon.com
23/24 (Sat/Sun) SEAA –15 and –17 T&F Champs – venue tba
25 (Mon) Brandon Forest Half Marathon (TR), 1030 B1106, £8, no EOD, www.bfh.org.uk
25 (Mon) BUPA London 10k
31 Rotary 5m (run/walk), 1030 Bourne Woods, £8.50 by 1015, paul@rossifa.wanadoo.co.uk

June

- 04 (Thu) ER after training drinks, julie@elyrunners.co.uk
07 EVAC 5-Mile Road Championships, Reach, Cambs
11 (Thu) **Ely Runners' Midsummer 10k Handicap** (private club event), Cricket Club, 1930 Lt Downham, FOC members & guests. Presentation afterwards in the Prince Albert, Ely
13 (Sat) Eurofoule 10k, Andrezieux-Boutheon, France, by invitation
14 Abbey 10k (**CRRL**), 1100 Leisure Centre, Hollow Road, Ramsey, £9, EOD +£2
14 North Downs 30k, 1030 Cascades Leisure Centre, Thong Lane, Gravesend, £13, no EOD
19 (Fri) Marston Forest 5k, 1930 Marston Moretaine, Beds, www.MarstonForest5K.org.uk
20/21 (Sat/Sun) SEAA –20 and Senior T&F Champs – venue tba

July

- 02 (Thu) ER after training drinks, julie@elyrunners.co.uk
03 (Fri) Cranfield 5m, 1930 Cranfield, Beds (more details to follow)
09 (Thu) training at 1900 will include **Ely Runners' Straight Mile Handicap** on Quanea 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
12 Bushfield 10k (**CRRL**),
19 Fairlands Valley 12/18/26.2m Challenges, Bedwell, Stevenage,
www.races.fvspartans.org.uk

August

- 07 (Fri) Wibbly Wobbly Log Jog (5m TR), 1930 Brandon Forest, £tba, no EOD, www.bfh.org.uk
07 (Fri) Blisworth 5m, 1930 Blisworth Football Club, Northants, £6 or £11 for series, www.woottonroadrunners.co.uk
16 Thorney 5m (**CRRL**)
19 (Wed) Nene Valley Harriers 5k (Cambs County Championship & **CRRL**) (*prov date*)

September

- 06 Wissey Valley ½ Marathon (EVAC & Norfolk Champs), 1030 Oxborough Village Hall, www.rystonrunners.org.uk
06 Littleport Leisure 10k Run, 1045 Leisure Centre, £8, www.littleport10k.co.uk
13 **Grunty Fen ½ Marathon** (Cambs County Championship & **CRRL**), 1030 Witchford Village College, Ely, www.gruntyfen.co.uk
13 The Jubilee 5, 1100 The Marriots School, Telford Ave, Stevenage, £9.50 (no EOD), <http://www.fvspartans.org.uk>
19/20 (Sat/Sun) Round Norfolk Relay, www.roundnorfolkrelay.com

October

- 10 (Sat) Peddars Way Trail Run (more details to follow)
11 Great Eastern Run ½ Marathon (more details to follow)
18 Ampthill Trophy XC, Ampthill, Beds, www.AmpthillTrophy.org.uk (more details to follow)
25 Fenland 10m (**CRRL**)
31 (Sat) Beachy Head Marathon (3,500' climb), 0900 Eastbourne, *depart Paradise 0500*

November

- 04 Loch Ness Marathon (&10k/5k), www.lochnessmarathon.com
15 St Neot's ½ Marathon, 1000 St Neot's Recreation Centre, <http://www.half.riverside-runners.com/>
22 Hereward 4 Stage Relay (39.1m Peterborough to Ely), club teams, *provisional date*

December

- 20 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 (Sat) Boxing Day training, meet 0900 Paradise Centre car park
31 (Thu) The **10th Ely New Year's Eve 10k Road Race**, 1100 Lt Downham, entries on-line only, no EOD, www.newyearseve10k.co.uk

NOTES

Races and events are on Sunday unless otherwise mentioned.

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

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) 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 Charlie Barker (captain@elyrunners.co.uk).

Club championship & club handicap entries are via Steve Tovey

Long distance team relay entries are via Alan Rutherford and paid for (if funds available) by the club.

Club website	www.elyrunners.co.uk
Grunty Fen 1/2M website	www.gruntyfen.co.uk
NYE10k website	www.newyearseve10k.co.uk
Turing Trail Relay website	www.turingrelay.co.uk
Association of Running Clubs	www.runningclubs.org.uk

Rachel Roberts
April 2009
newsletter@elyrunners.co.uk