

# Ely Runners Newsletter

August 2011



## NEW MEMBERS

We warmly welcome the following new members who joined the club this month. Look forward to seeing you all at training and club social events!

**Gary McGahey**  
**Kirstie Blencowe**  
**Lisa Enoch**  
**Rhys Gwynn**  
**Megan Gwynn**

## NEWS & NOTICES

### **New Editor:**

Martin Courtney is stepping down as the Newsletter Editor and this will be his final issue. Everyone at ER would like to thank Martin for all of his hard work in producing the new form of the newsletter we've seen over the past year. However, this means we're looking for a new Newsletter editor – if you're interested please let Steve Tovey know:

[secretary@elyrunners.co.uk](mailto:secretary@elyrunners.co.uk)

### **Karen Foster takes Mile Handicap plaudits**

This year's mile handicap race held over a 1m grass track at Brand Field in Ely was well represented by a large cross-section of the club.

The senior prizes went to Kieren Drane and Celine Aubry (Fastest Male & Female), Nick Dowdy and Karen Foster (Best Male & Female Handicap), and Graham

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Chapman and Karen Foster (Best Male & Female Age Graded).

There were personal best times for many senior members with new club records achieved by Graham Chapman (MV55) in 5:32, Karen Foster (FV40) 7:28, Claire van Leersum (FV55) 8:16 and John Turner (MV65) 6:56.

Several outstanding times were achieved by juniors including; Lewis Leonard (age 9) finishing in 6:12 and Amber Staff (age 10) in 7:01. There were also new junior records set by Jonah Balmford (Boy record) 5:33 and Robyn Seabright (Girl record) 6:15. 2 prizes went to the junior section: Boy Handicap Winner - Jamie Rendell Rendell-Read, Girl Handicap Winner - Megan Gwynn.



Celine Aubry, John Foster  
& Karen Foster

Special thanks go to all members who helped with the organisation of the race, Matt Holmes, Julie Foreman, Emily Knight, Kevin Fox, Steve Tovey, Andy Nixon, Tony Hall and Alan Rutterford and also thanks to the King's School for use of the field.

### **Ironman completes 1<sup>st</sup> Ironman**

Many congratulations to ER Graham Chapman for completing his first Ironman at Ironman UK in Bolton. Graham finished as 2<sup>nd</sup> MV55 in 11:29:57. Hopefully Graham will provide a full report in time for the next Newsletter. ER Mark Turner, a seasoned Ironman, also took part finishing in 11:19:50. Many congratulations to both.

### **Emma Greaves' famous feet**

Ely Runners member Emma Greaves was recently asked to be the model for a new ultrasound machine being demonstrated at the Sports Injury Clinic, where a Lookeast crew filmed her having her Achilles tendon scanned.

The Sports Injury Clinic ([www.thesportsinjuryclinic.org](http://www.thesportsinjuryclinic.org)) has recently expanded its services to offer gait analysis for the prevention and rehabilitation of injury and to improve running technique and uses the scanner to assess soft tissue damage.

Emma was also given a load of free consultation vouchers for the new clinic which she has kindly

passed onto to John Turner for distribution to other Ely runners.

### **Early birds needed for RNR**

Each year many of us enjoy taking part in the Round Norfolk Relay but a condition of the club being able to enter two full teams demands we marshal the stage 14/15 changeover at Wissington. To do this safely we need at least six volunteers, we currently have 6 people but some extra cover would be nice – many thanks to Steve Tovey, John Glover, Peter Harris, Emma Greaves, Charlie Barker and Darren Murfitt. The downside is we have to be in place by 4am, but where else are you going to get that kind of company that early on a Sunday morning?

### **Marshaling**

September is a busy time for Ely Runners with our flagship open event, The Grunty Fen Half Marathon on 11<sup>th</sup> September and the Round Norfolk Relay on 18th/19<sup>th</sup> September (see request above) where we Marshal the Wissington Changeover and enter two full teams. We would ask members to help at one or both of them if possible.

However at this time of year there are other events in the Ely area, specifically triathlon events staged by Ely Triathlon Club (on 4<sup>th</sup> September) and Monster Racing (on 21<sup>st</sup> August). Given the overlap in membership and our desire to promote healthy sporting activity we would ask members to consider additionally supporting these events. For further information visit the Monster Racing website: <http://www.monsterracing.net/volunteer.html>

### **Mind coaching to improve Ely Runners performance**

Ely Runner Daniel Regan is offering a free 30 minute consultation and ten per cent session cost discount to ER members at his hypnotherapist clinic at Ely Complementary Health Centre on St Mary's Street.

Daniel works with athletes, runners and gymnasts to improve performance and eliminate the things holding them back. He can also help with anxiety, confidence, depression, fears and phobias, panic attacks, stress, stopping smoking, weight loss and many other issues. More details on [www.elymindcoaching.co.uk](http://www.elymindcoaching.co.uk).

### **Junior section report**

Ely Runners Junior section has increased in numbers with 21 runners now regularly attending Tuesday night training. All that hard work is evident in recent results which included Luke Crisp (under 13) running 20:02 in the 5k Cambridge Park Run and under 11 Lewis Leonard running 21:05 on the same course with an age graded score of 77.55%.

The Junior section has also introduced a Summer Membership scheme where interested boys/girls can attend two free sessions before committing themselves to becoming full members from May to September (18 weeks) at a cost of £5.

These summer sessions are based on the safe, traffic free Amherst Field track which aids progress to the standard where they can run the distance needed for ER winter training runs. Juniors can also take part in the club's 1 mile handicap race or run free in the park runs with a parent.

### **Contributions to the Newsletter**

If any members have any short articles about their running experiences which other members may find useful, interesting or just entertaining, please send them with a suitable picture (800x600, portrait) to [newsletter@elyrunners.co.uk](mailto:newsletter@elyrunners.co.uk)

### **SOCIAL EVENTS**

#### **After training drinks**

After training drinks are usually held on the first Thursday of each calendar month, with all members more than welcome to attend.

The next opportunity to see what your training partners look like with their clothes on will be **Thursday, September, 1<sup>st</sup>** at the **High Flyer** in Ely. Further information is available from Julie Foreman ([Julie@elyrunners.co.uk](mailto:Julie@elyrunners.co.uk)).

### **SELECTED RESULTS** **ROUND-UP – July**

#### **Ely Runners 1m Handicap**

Official results: 1<sup>st</sup> Kieren Drane 05:24 2<sup>nd</sup> Stephen Tovey 05:28 3<sup>rd</sup> Graham Chapman 05:32 (MV55 Club Record)(Beating Peter Harris' record of 05:42) 4<sup>th</sup> Jonah Balmford 05:33 (PB)(Boy Club Record)(Beating his own club record of 05:52) 5<sup>th</sup> Stephen Howard 05:34 6<sup>th</sup> Peter Gipp 05:35 7<sup>th</sup> Robin Webb 05:36 (PB)(1st Mile) 8<sup>th</sup> Matthew Holmes 05:41 9<sup>th</sup> Adam Etches 05:51 10<sup>th</sup> Jose Perez 05:54 (PB)(1st Mile) 11<sup>th</sup> Tony Kirby-Cook 06:01 12<sup>th</sup> John Glover 06:04 13<sup>th</sup> Alan Bruce 06:05 (PB)(1st Mile) 14<sup>th</sup> Alexander Ellwood 06:09 (PB) 15<sup>th</sup> Lewis Leonard 06:12 (PB)(1st Mile) 16<sup>th</sup> Charlie Barker 06:13 17<sup>th</sup> Peter Harris 06:15 18<sup>th</sup> James Holland 06:15 (PB)(1st Mile) 19<sup>th</sup> Robyn Seabright 06:15 (PB)(Girl Club Record)(Beating her own club record of 06:28) 20<sup>th</sup> Lionel Smith 06:17 (PB) 21<sup>st</sup> Fraser Crossman 06:20 (PB) 22<sup>nd</sup> Nick Dowdy 06:24 23<sup>rd</sup> Esme Wright 06:29 (PB) 24<sup>th</sup> Molly Butler 06:32 (PB) 25<sup>th</sup> Amber Staaf 06:40 (PB)(1st Mile) 26<sup>th</sup> John Turner 06:56 (MV65 Club Record)(Beating Don Brown's club record of 07:36) 27<sup>th</sup> Adrian Chalmers 07:01 (PB)(1st Mile) 28<sup>th</sup> John Foster 07:03 (PB)(1st Mile) 29<sup>th</sup> Milly Day (Guest) 07:14 30<sup>th</sup> Celine Aubry 07:17 (PB)(1st Mile) 31<sup>st</sup> Rhys Gwynn 07:25 (PB)(1st Mile) 32<sup>nd</sup> Karen Foster 07:28 (PB)(1st Mile)(FV40 Club Record)(Beating Mary Gate's club record of 8:14) 33<sup>rd</sup> Megan Gwynn 07:29 (PB)(1st Mile) 34<sup>th</sup> Jamie Rendell-Read 08:00 (PB)(1st Mile) 35<sup>th</sup> Lisa Enoch

08:03 (PB)(1st Mile) 36<sup>th</sup> Claire Van Leersum 08:16 (PB)(1st Mile)(FV50 Club Record)(New Record; 1st recorded mile for a FV50) 37<sup>th</sup> Deryn Gwynn (Guest) 09:20

#### Luton 10k

Stephen Pettit ran in the Luton 10k (the third & final race of the Luton AC summer series). This is a tough 10k course starting at the back of the Vauxhall Sports Centre; the first 4km are all uphill to the top of Luton Hoo, this is followed by a sharp descent then another hill before heading back along an unsurfaced/undulating track then pathway to the sports centre. Stephen was surprised to find that he was in third place for the series at the start of the 10k ((a) because he'd finished 8th in the previous 2 races & (b) because he hadn't run well in either race...it seems that a number of runners hadn't committed to all 3 races at the start of the series). With nothing to lose he set off quickly & was in third place at 5k to be joined by a couple of other runners at the downhill section. Stephen was still in contention for third place with 400m to go, but his legs did not want to sprint to the finish (after a high mileage week). Stephen came in at the back of a group of 5 (17 seconds between them after the dash to the line) to finish in 7th place in 36.20. Given the nature of the course he was pleased with this. Stephen found that he had moved up to 2nd position overall in the Summer Series (missing out on holding on to his title from last year by a few seconds to his rival who finished in 6th spot in the 10k having tracked Stephen around the course). Stephen recommends the summer

series to anyone, these are well organised races in a competitive but friendly environment. They also represent good value at £20 for entry into the series (less than £7 per race!) with a T shirt & race medals etc. Official Results: 6th Stephen Pettit 36:20 (1st MV45) The race was won by Darren Deed of Bedford & County in 31:16 and there were 147 finishers.

#### Dartford Half Marathon

The Dartford Half has a long pedigree. The race was first run in 1977 when it was famously won by future 800m Olympic Gold Medallist Steve Ovett. It has continued every year since, and this year's race was number 35. The race has had lots challenges over the years, not least last year when increasing pressure from health & safety required extensive changes to the route and a number of road closures. As a result what used to be a fast and relatively flat half marathon now takes in some nasty hills. The race overall contains some 160m of climb and there is a particularly long and steep ascent at 10 miles that tests the field. As if the route was not challenge enough the race also features the Kent County Championships and so was of a high standard at the sharp end. As the race began the sun came out and threatened to make things very tough indeed. Luckily parts of the course were quite well shaded and so it never became uncomfortably warm. Ely Runner Stephen Howard entered the race knowing none of the above – he was just looking for a Half Marathon to test his improving form of late. Seeing the race profile he

chose to start off steadily and picked his way through the large field of almost 700 runners. After the steep hill at 10 miles he made the most of the fast downhill miles to the finish, overtaking a number of runners in the process and was pretty happy with the end result. Official Results (chip time): 43rd Stephen Howard 1:27:50. There were 693 finishers.



Jose Perez finishing the Littleport 10K

#### The Littleport Leisure Centre 10k Run

First home for the club and finishing in 2<sup>nd</sup> place was Craig Holgate showing his usual impressive speed. Kieren Drane and Steve Tovey pushed each other to the end with Kieren winning their personal battle. Matt Holmes and Jose Perez yet again went off too fast and suffered later on with Jose finally pushing on in the final kilometre. Peter Harris finished 2<sup>nd</sup> MV60, Miranda Paul was 1<sup>st</sup> FV35 and John Turner enjoyed a successful return to form with a new MV65 club record. The fairly twisty course around Littleport was mainly road but included start and finish grass sections on the Leisure Centre sports field and an uphill section on a gravel track.

Conditions were warm (18-20°C) and sunny with a welcome breeze. The race was won by John Pike of Newham Essex Beagles in 33:51 and there were 87 finishers. Official Results: 2<sup>nd</sup> Craig Holgate 34:10 9<sup>th</sup> Kieren Drane 38:56 10<sup>th</sup> Stephen Tovey 39:04 23<sup>rd</sup> José Perez 42:29 24<sup>th</sup> Matthew Holmes 42:39 28<sup>th</sup> Adam Etches 44:24 32<sup>nd</sup> John Glover 45:02 33<sup>rd</sup> Peter Harris 45:25 (2<sup>nd</sup> MV60) 34<sup>th</sup> Lionel Smith 45:28 40<sup>th</sup> Miranda Paul 46:56 (1<sup>st</sup> FV35) 43<sup>rd</sup> Melanie Fisher 48:07 47<sup>th</sup> John Turner 49:22 (2<sup>nd</sup> MV65, MV65 club record) 52<sup>nd</sup> Linden Smith 50:47 (3<sup>rd</sup> FV35)

### NSPCC Milton Keynes Half Marathon

3 Ely Runners, fresh from their exertions in the mile handicap, travelled to Milton Keynes for the 13th running of the NSPCC Milton Keynes Half Marathon. The race was a reversal of the mile handicap result with Karen Foster this time beating husband John, and Claire van Leersum finishing just behind. Official Results: 846<sup>th</sup> Karen Foster 02:04:37 888<sup>th</sup> John Foster 02:06:07 951<sup>st</sup> Claire van Leersum 02:09:23. The race was won by Paul Martelletti of Victoria Park Harriers in 1:06:55 and there were 1295 finishers.

Dairy Crest St Ives 10k - RAF Wyton, St Ives, Cambridgeshire  
Four Ely Runners ran Hunts AC's annual July 10k race which takes runners from the St Ivo Sports Centre up to Wyton Airfield and back (always breezy) and saw Lisa Enoch complete her first 10k as an Ely Runner. Lionel Smith didn't notice the word 'undulating' in the race information and was surprised to hear runners being advised that if they were instructed to stop then they must as there were light aircraft doing practice landing and take-offs on the airfield! Official Results (Chip Times): 25<sup>th</sup> Stephen Howard 39:05 126<sup>th</sup> Lionel Smith 45:24 138<sup>th</sup> Miranda

Paul 46:03 (PB) 387<sup>th</sup> Lisa Enoch 59:48

### Bushy 10k – Bushfield, Peterborough

Numbers for the Bushy 10k were up on last year, runners were promised a fast traffic free course and apart from an excitable dog running across the path of the leaders this is mostly what they got. The course encompassed a large part of the Frostbite route and as usual the organisation and support was excellent. The race was won by Gordon Lee of Leicester Corinthians in a rapid 32:56. There were six Ely Runners in the field, first home for the club was John Manlow in 11<sup>th</sup> place and 4<sup>th</sup> MV40, he was followed closely by Maurice Reed (3<sup>rd</sup> MV45) who as ever enjoyed the hot, humid conditions. Matt Holmes paced himself to a third PB in as many weeks, Matt usually goes off far too fast and suffers for it in the final stages but on this occasion he was pleased to be able to keep to a steady pace throughout and as a result improved his 10k time by over 50 seconds. Charlie Barker (3<sup>rd</sup> MV60), regular racer Lionel Smith and Cynthia Mills completed the line-up. There were 342 finishers. Official Results: 11<sup>th</sup> John Manlow 36:45 17<sup>th</sup> Maurice Reed 37:25 (3<sup>rd</sup> MV45) 75<sup>th</sup> Matt Holmes 42:23 (PB) 93<sup>rd</sup> Charlie Barker 44:03 (3<sup>rd</sup> MV60) 127<sup>th</sup> Lionel Smith 46:31 286<sup>th</sup> Cynthia Mills 1:00:36

### Ironman Austria

Ely Runner's Mark Turner and Simon Bottomley, and former Ely Runner Paul Hesselwood travelled to Austria for the 'Karnten Ironman Austria' event. Also taking part were ElyTri club members Leighton Barker and Carl James, and the party were accompanied by ex-Ely Runner and veteran Ironman Ian Green who travelled along for the 'craic'. The Ironman Austria Triathlon takes place in the lakeside resort city of Klagenfurt, in the summer sport paradise of Carinthia.

Located some 310km south of Vienna, between Italy and Slovenia, the area is considered to be the Copacabana of the Alps and one of the most beautiful places in the world. Simon reports as follows: "The race was superbly well organised and supported, and we saw a world record (that stood for just one week) when Marino Vanhoenacker won in 07:45:46!!! (46 min swim, 4:15 bike and .....2:40 marathon!!!) The swim was brutal. It really is a physical place to be. The best part of 3000 people all heading for one buoy is carnage. All our gang (Mark and I in particular) have improved our swim - putting us in the thick of it. As such we were right in the mix. My goggles were kicked off twice, and I know Mark was swum over the top of a couple of times! This is very disconcerting - you just get pushed under; it's a case of not panicking and cracking on! The bike was also tougher than we had first thought. It was mostly flat and fast but there was a killer hill, that went up and up near the end of each 90km loop. Just what you want before a marathon! The run is flat and is essentially two figure of 8 loops and was extremely well supported throughout. We had all improved our fitness this year and it was definitely a case of doing well in the marathon rather than just hanging on as far as I was concerned. Doing well needs to be put in perspective obviously (you've just swum 2.4 miles & biked 112 miles!) but a sub 4:30 was in sight for me. In the end I undercooked it and ran too conservatively, however a 4:36 given that my PB is 4:12 ish left me pretty pleased." In summary Simon says 'Ironman Austria was a great day out, we all did respectable times and although tired we all felt elated. The race involved a hot, crowded swim which was a bit like a fight, a hilly bike course, super support and a better run than I expected'.....he also suggested he'd shed blood and

sweat.....although reports of tears  
are unconfirmed.....

Results (2.4m Swim; 112m cycle;  
marathon):

Mark Turner

Swim 1:18:32 (1693rd)

T1 6:27

Bike 5:37:45 (1362nd)

T2 5:34

Run 3:38:05 (934th)

Total 10:46:23 (934th)(PB)

Simon Bottomley

Swim 1:20:56 (1850th)

T1 8:40

Bike 6:01:06 (1781st)

T2 5:12

Run 4:36:29 (1732nd)

Total 12:12:23 (1732nd)(PB)

Paul Hesselwood (ex-ER)

Swim 1:08:17 (826th)

T1 4:54

Bike 5:24:50 (835th)

T2 3:25

Run 3:41:57 (670th)

Total 10:23:23 (670th)(PB)

### **Event photographs**

Race/club event photographs  
should now be sent to Charlie  
Barker -

([charlie@elyrunners.co.uk](mailto:charlie@elyrunners.co.uk))

Ideally they should be resized to  
800x600 pixels (ish) and  
preferably be less than 100k in  
size, though all contributions  
gratefully accepted.

## **RACES & EVENTS GUIDE 2011-2012**

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

Cambridge 5k Park Runs (at Milton) are every Saturday at 0900. Entry is free but before your first race, register on-line by 1800 on Friday,

<http://www.parkrun.org.uk/cambridge/Home.aspx>

### **August**

03 (Wed) Bungay Summer Series 10k, Bungay, <http://www.bungayblackdogrunningclub.co.uk/races/summer.asp>

03 (Wed) EVAC Track & Field League, Match 4, <http://www.evac.org.uk/>

03 (Wed) Peterborough 5k series Race 5, Werrington, Peterborough, <http://www.eyerunners.plus.com/5Kpage2.htm>

04 (Thu) Stevenage Midweek 5k Series Race 1, <http://www.races.fvspartans.org.uk>

05 (Fri) Blissworth Friday 5m, Northampton, <http://www.woottonroadrunners.co.uk>

05 (Fri) RNLI Summer Series 5k & 10k, Skegness, Lincs, <http://www.rnli.org.uk/summerseries>

06/07 (Sat/Sun) SEAA T&F Championships U15/U17, Ashford, Kent, <http://www.seaa.org.uk/>

06 (Sat) Bassingham Bash 5, Bassingham, Lincoln

06 (Sat) Wandlebury 5m XC & 2.5m FR, Wandlebury Country Park, Cambridge, [http://newmarketjoggers.co.uk/?page\\_id=1422](http://newmarketjoggers.co.uk/?page_id=1422)

07 Basildon 5k, Gloucester Park, Basildon, Essex, <http://www.havenshospices.org.uk>

07 Veterans Inter Area Competition, Solihull, <http://www.bvaf.org.uk/index.asp>

10 (Wed) Crown to Crown 5k, Basildon, Essex, <http://www.pitsearunningclub.org.uk>

11 (Thu) Eye 5m Charity Race, Eye, <http://www.eyerunners.co.uk>

12 (Fri) Grimsthorpe Ultra 70 & 105m, Grimsthorpe Castle, Nr Bourne, Lincs, <http://www.fat-feet.co.uk/events.aspx>

14 Great Yarmouth Half-Marathon, <http://www.gyrr.co.uk>

14 Grimsthorpe Castle Half Marathon, Grimsthorpe Castle, Nr Bourne, Lincs, <http://www.fat-feet.co.uk/grimsthorpe.aspx>

14 Thorney 5m, <http://outastock.co.uk/trc/raceinfo.htm>

17 (Wed) NVH 5k, Ferry Meadows, Peterborough, <http://www.nvh.org.uk>

17 (Wed) Summer Series 5k, Basildon, Essex, <http://www.phoenixstriders.org.uk>

18 (Thu) Stevenage Midweek 5k Series Race 2, <http://www.races.fvspartans.org.uk>

20 (Sat) Race the Train 14m XC, Tywyn, Wales, <http://www.racethetrain.co.uk>

21 BMAF Half-Marathon Champs, Leek, <http://www.bvaf.org.uk/index.asp>

21 Camille's Appeal 5m, Wherstead nr Ipswich, <http://www.enter4.co.uk/camillesappeal/home>

21 Monster Racing Middle Triathlon, Ely, <http://www.monsterracing.net>

21 NiceTri Sprint Triathlon 3, St Neots, <http://www.nicetri.co.uk>

21 Reepham Summer 10k, Reepham, Norfolk, <http://reephamrunners.webs.com/reephamsummer10k.htm>

21 Welbourn Castle Trail 10k, Welbourn, Lincs, <http://www.toonieexpress.co.uk>

27 (Sat) SEAA T&F Championships U15/U20 Inter-Counties, Abingdon, Oxfordshire, <http://www.seaa.org.uk/>

28 Boston 6h, 12h and 100k race, Boston, Lincs, <http://bostonanddistrictac.com/bdac/index.htm>

28 Moulton 10k, Moulton, Northampton,  
<http://www.northamptonroadrunners.co.uk>

29 (Mon) Grimsthorpe Castle 10k, Grimsthorpe  
Castle, Nr Bourne, Lincs,  
<http://www.bournetownharriers.org/grimsthorpe10k.html>

29 (Mon) Heldom Hurler 4.3m, Helmdon,  
Northants,  
[http://www.helmdon.com/villagegroups/helmdon\\_hurler.htm](http://www.helmdon.com/villagegroups/helmdon_hurler.htm)

31 (Wed) Lincoln Summer Series 5k Race 1,  
Lincoln, <http://www.lwac.org.uk>

### **September**

01 (Thu) Stevenage Midweek 5k Series Race 3,  
<http://www.races.fvspartans.org.uk>

04 Bedford Harriers 10k, Bedford,  
<http://www.bedfordharriers.co.uk>

04 BMAF 10m Road Champs, Hexham,  
<http://www.bvaf.org.uk/index.asp>

04 Budapest Half-Marathon,  
<http://www.budapestmarathon.com>

04 Ely sprint triathlon & Aquathlon, Ely,  
<http://www.entrycentral.com>

04 Framlingham 10k, Framlingham, Suffolk,  
<http://www.framflyers.org.uk>

04 Maidenhead Half-Marathon,  
<http://www.purplepatchrunning.com/>

04 Newmarket Duathlon 4k/23k/4k, Stetchworth,  
Newmarket,  
<http://www.newmarketcyclingtriathlon.co.uk>

04 NiceTri Team Relay 10k, St Neots,  
<http://www.nicetri.co.uk> (*event cancelled*)

04 Wissey Half-Marathon,  
<http://www.rystonrunners.org.uk/>

04 Wolverhampton Marathon, West Midlands,  
<http://www.wolverhamptoncitymarathon.co.uk>

07 (Wed) Crown to Crown 5k, Basildon, Essex,  
<http://www.pitsearunningclub.org.uk>

07 (Wed) SEAA AGM, London,  
<http://www.seaa.org.uk>

11 EVAC Track & Field League Final, Bedford,  
<http://www.evac.org.uk/>

11 Grunty Fen Half Marathon, Witchford,  
<http://www.gruntyfen.co.uk>

11 Run for Wildlife 2k, 5k & 10k, Lakenheath Fen,  
Suffolk,  
<http://www.rspb.org.uk/events/details.aspx?id=tc:m:9-262971>

17/18 (Sat/Sun) Round Norfolk Relay,  
<http://www.roundnorfolkrelay.com>

17/18 (Sat/Sun) Eddie Leal & Brenda Lawson  
Memorial Isle of Wight Fell Running Series,  
incorporating SEAA Fell Running Champs,  
<http://www.rydeharriers.co.uk>

18 Grafham Water Marathon/Half Marathon,  
<http://www.grafhamwatermarathon.com>

18 Great North Run, Newcastle-upon-Tyne,  
<http://www.greatrun.org/events/event.aspx?id=1>

18 SEAA 10k Road Running Champs, Crystal  
Palace, London, <http://www.seaa.org.uk/>

24 (Sat) Hardmoors 60, 60m Saltburn to Filey,  
[www.hardmoors110.org.uk](http://www.hardmoors110.org.uk)

21-24(Wed-Sat) Great Barrow Challenge, Suffolk,  
<http://www.greatbarrowchallenge.co.uk>

25 Ashridge 5m trail race, Ringshall, Herts,  
<http://www.dirtrunning.co.uk>

25 Bourn 10k & 3k FR, Bourn,  
<http://www.bourntorun.com>

25 Larking Gowen Ipswich Half-Marathon,  
Ipswich, <http://www.ipswichhalfmarathon.co.uk>

### **October**

01 (Sat) SEAA XC Champs, XC Relays,  
Shuttleworth Park, Biggleswade, Beds,  
<http://www.seaa.org.uk>

02 Abington charity 10k & 2.5k FR, Great  
Abington,  
<http://www.runnersworld.co.uk/abington10k>

02 BMAF 10k Championships, Exmouth,  
<http://www.bvaf.org.uk/index.asp>

02 Budapest Marathon,  
<http://www.budapestmarathon.com>

02 Frostbite League Race 1, ~5m, Bottisham (nr Cambridge) TBC,  
<http://www.frostbiteleague.org.uk/>

02 Royal Parks Half-Marathon, London,  
<http://royalparkshalf.com/>

09 Marriott's Way 10k, Aylsham, Norfolk,  
<http://www.broadland.gov.uk/weekend>

16 Blacks 5k/10k Trail Run, Dunstable Downs, Dunstable, <http://www.blackstrailrun.co.uk>

16 BMAF Marathon Championships, Abingdon. <http://www.bvaf.org.uk/index.asp>

16 Wibbly Wobbly Log Jog ~5m, Brandon,  
<http://www.bfh.org.uk/>

22 (Sat) Beachy Head Marathon,  
<http://www.beachyheadmarathon.org.uk/events/BeachyHeadMarathon.aspx>

23 Ampthill Trophy XC,  
<http://www.AmpthillTrophy.org.uk>

23 Bupa Great Birmingham Run, Half-Marathon,  
<http://greatrun.org/Events/Event.aspx?id=14>

23 East Coast 10k, Great Yarmouth,  
<http://www.gyrr.co.uk>

23 Tronium Greensand Marathon, Dorking,  
<http://www.tronium.com>

29-30 Brentwood Running Festival (Junior Race, 10k, half marathon, marathon), Weald Country Park, Brentwood, Essex,  
[http://gobeyondultra.co.uk/Brentwood\\_run\\_fest](http://gobeyondultra.co.uk/Brentwood_run_fest)

30 Fenland 10, Wisbech,  
<http://www.fenlandrunners.org.uk/>

## **November**

06 Adnams Great Eastern Run,  
<http://www.bungayblackdogrunningclub.co.uk>

06 Frostbite League Race 2, 5m, Bushfield, Peterborough, <http://www.frostbiteleague.org.uk/>

19 (Sat) SEAA XC Champs, London XC Champs, TBC, <http://www.seaa.org.uk>

20 St Neots Half-Marathon,  
<http://www.riversiderunnersraces.co.uk>

27 Bath hilly Half-Marathon, Bath,  
<http://www.tronium.com>

27 (prov date) Hereward Relay,  
<http://www.marchathleticclub.co.uk>

## **December**

02 (Fri) Ely Runner's Christmas Buffet & Drinks, (Private Event) Cutter Inn, Ely (Prov)

10 (Sat) SEAA XC Champs, Masters & Inter-Counties Champs, TBC, <http://www.seaa.org.uk>

11 Bedford Harriers Half-Marathon,  
<http://www.bedfordharriers.co.uk/>

11 Frostbite League Race 3, ~5m, Hinchingsbrooke Country Park, Huntingdon,  
<http://www.frostbiteleague.org.uk/>

18 Club Pre-Christmas training runs, (Private Event) Woodditton/Ely 18.5m, Woodditton/Reach 7.5m, Reach/Ely 11m. Lunch afterwards at the High Flyer

31 (Sat) Ely New Year's Eve 10k Road Race, 1100 Little Downham,  
<http://www.newyeareve10k.co.uk>

## **January**

15 Frostbite League Race 4, ~5m, March, TBC,  
<http://www.frostbiteleague.org.uk/>

28 (Sat) SEAA XC Champs, Main Champs, Stanmer Park, Brighton, <http://www.seaa.org.uk>

## **February**

05 Frostbite League Race 5, ~5m, Bourne Woods, Bourne,  
<http://www.frostbiteleague.org.uk/>

## **March**

04 Frostbite League Race 6, 5m, Huntingdon,  
<http://www.frostbiteleague.org.uk/>

## **April**

22 Virgin London Marathon,  
<http://www.virginlondonmarathon.com/>



29 Milton Keynes Marathon, Milton Keynes,  
<http://www.miltonkeynesmarathon.co.uk>

## **NOTES**

Races and events are on Sunday unless otherwise mentioned.

Many events also have a concurrent Fun Run. These can provide valuable racing experience for junior members and beginners. Check the main race information for details.

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

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

Frostbite League races are about 5-6 miles for seniors and 1.5m for juniors. 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 Steve Tovey, [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 Heidi Uff, [captain@elyrunners.co.uk](mailto:captain@elyrunners.co.uk) but for -13,-15,-17 & juniors, first contact Lesley Wright, [lesley@elyrunners.co.uk](mailto:lesley@elyrunners.co.uk).

Ely Runners' private club XC championships, 10k/1m handicaps, and TTR relay entries are via Matthew Holmes, ([matt@elyrunners.co.uk](mailto:matt@elyrunners.co.uk)). Long distance team relay entries are via Alan Rutterford, [alan@elyrunners.co.uk](mailto:alan@elyrunners.co.uk) and paid for (if funds available) by the club.

Social events are via Julie Foreman, [julie@elyrunners.co.uk](mailto:julie@elyrunners.co.uk)

Junior training details from Junior Representative/Club Coach Alan Rutterford, [alan@elyrunners.co.uk](mailto:alan@elyrunners.co.uk)

Junior race details from Junior Secretary Lesley Wright, [lesley@elyrunners.co.uk](mailto:lesley@elyrunners.co.uk)

Club website: <http://www.elyrunners.co.uk>

Grunty Fen 1/2M website:  
<http://www.gruntyfen.co.uk>

NYE10k website:  
<http://www.newyearseve10k.co.uk>

Turing Trail Relay website:  
<http://www.turingrelay.co.uk>

Association of Running Clubs website:  
<http://www.runningclubs.org.uk>

EVAC Webzine: <http://www.easterveteran.co.uk/>

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