



# Ely Runners Newsletter

December 2011

Alex Tate at the  
Bushfield  
Frostbite



## NEW MEMBERS

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

Conan Fryer  
Daniel Waite  
Anthony Browne

## November Highlights

- Hereward Ultra win for Craig Holgate
- Stephen Pettit 2<sup>nd</sup> at Stowmarket
- John Manlow 2<sup>nd</sup> at Lode

## SOCIAL EVENTS

**After training drinks** are usually held on the first Thursday of each calendar month, with the next opportunity happening on **Thursday, January, 5<sup>th</sup>** at the High Flyer in Ely. Further information is available from Julie Foreman:

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

The club **AGM** will be held at 7:30 on **Monday February 6<sup>th</sup>** in the Paradise Centre bar meeting room. All members are welcome.

If anyone has any proposals for the AGM or any nominations for the committee (see committee page on website for current roles) they should contact Steve Tovey: [secretary@elyrunners.co.uk](mailto:secretary@elyrunners.co.uk)  
Steve will circulate a final agenda with all proposals and nominations 3-4 weeks in advance of the meeting.

## Cambridge Parkrun – 3 December

A quick reminder from Lionel & Heidi that we'd love to see as many members as possible running in the Milton Parkrun this coming Saturday. Lionel also asked me to remind you that if you haven't done a Parkrun before you need to register by 6pm on Friday evening – you can register & obtain your barcode via the website: <http://www.parkrun.org.uk/cambridge/home>.

## EA Affiliations

At a committee meeting on 4th October the committee voted in favour of members paying their own fee (£5) for EA affiliation from next year onwards. It was agreed that the small ER membership fee should not cover individual membership of EA. Club Membership subs are due by 1/1/2012 – The ER website will be updated by 1/12/2011. As the club still has to manage the EA registration process the option of paying for EA registration will be included on the relevant renewal screen on the website.

**Lionel Smith** has volunteered to take on the role of men's team captain with **Heidi Uff** remaining as ladies team captain. I'm sure we'd all like to wish Lionel the best of luck and support him as best we can.

Lionel's first task as captain is to let you know about and hopefully encourage you to take part in the following events:

**ECCA NATIONAL XC CHAMPIONSHIPS**,  
Parliament Hills, London

For those of you who like a challenge we have the annual PARLIAMENT HILLS series of XC races. They take place next year on Saturday 25th February. The races take place with a backdrop of panoramic views over London – but enough of the tourist bit and back to running on our own little bit of Hampstead Heath. All the races are chip timed and of various lengths (depending on your age category), all off-road with no tarmac, fantastic atmosphere, a real buzz. If you would like to take part and we can get some teams together the club will pay our entry fees. If you'd like to take part can you let me know by 31/12/11 ([menscaptain@elyrunners.co.uk](mailto:menscaptain@elyrunners.co.uk)).

Full details are available on the club notice board and club website (race diary). The race is a UKA championship race and so entry requires runners to have an individual affiliation to EA.

Next is the **CAA XC CHAMPIONSHIPS**, at Priory Park St Neots which is a bit sooner on Sunday 8th January. This is just like the frostbite race held in October (only slightly longer for senior men and probably colder). Racing starts with the junior races at 11.15 and finishes with the last race starting at 14.00. Ideally if you'd like to take part can you let Lionel know before Christmas  
[menscaptain@elyrunners.co.uk](mailto:menscaptain@elyrunners.co.uk)

## News

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## Dates for the Diary:

- 2<sup>nd</sup> Club Drinks
- 4<sup>th</sup> Nene Valley 10
- 11<sup>th</sup> Frostbite Hunts
- 18<sup>th</sup> Pre-Christmas Run
- 31<sup>st</sup> New Year's Eve 10k

## Contributions to the Newsletter

*We would appreciate if 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)

**FORTHCOMING EVENTS:** *Full fixture list on page 6***Frostbite Friendly League**

The third race in the six race series takes place on Sunday 11 December at Hinchingsbrooke Park. It's FREE to take part! All you need to do is turn up on the day in your Ely Runners race kit. The junior race gets underway at 10:15 and the seniors start at 11am. It is a challenging off-road course – it's certainly muddy in places, so trail shoes would be ideal if you have them.

The first 10 Ely Runners to cross the finish line score for the club; three of these runners must be female. This series of races places great emphasis on friendly rivalry between clubs and the enjoyment of all runners and helpers. Women are especially encouraged to take part.

Please don't be discouraged from taking part if you don't think you'll make the scoring team – the success of the club depends on a good turnout from runners of all abilities so please do join us! If seniors would like to share transport then meet at the Paradise centre at 9AM . [www.frostbiteleague.org.uk](http://www.frostbiteleague.org.uk)

Any junior members (aged 9-15) wishing to run should contact Alan Rutterford in training or ([alan@elyrunners.co.uk](mailto:alan@elyrunners.co.uk) / 07821 988959).

**FIXTURES:**

11 December 11 Hinchingsbrooke Park  
15 January 12 TBA (March AC)  
5 February 12 Bourne Woods  
4 March 12 TBA (BRJ)

**Pre-Christmas****Woodditton>Reach>Chalk Pit >Ely Training Runs  
Sunday 18th December 2011**

As in previous years, members are invited to take part in our traditional pre-Christmas training runs from Woodditton (beyond Newmarket) and Reach back to Ely, on Sunday 18th December. Members who have confirmed that they will be running are:

**Woodditton start to Ely (18.5m)**

*John Turner, Charlie Barker, Robert Campbell, Sarah Edwards, Stuart Baumber, Steve Tovey, Matthew Holmes, Daniel Regan, Steven Hardwick, Linden Smith, Peter Harris, Gary Wilberforce, Ian Blatchford, Kevin Fox, Kieren Drane, Craig Holgate (who will run to the start!), Zoe Shackleton, Jason Mann, Andy O'Hanlon, Emma Greaves, Nick Dowdy, Jose Perez, Tony Kirby-Cook, David Mould, Daniel Waite*

**Woodditton start to Chalk Pit (12.3m)**

*William Wilson*

**Reach start to Ely (11.0m)**

*Ashley Blackmore, Tom Russell, Louise Cadogan, Lionel Smith, Miranda Paul, Karen Foster, John Foster, Heidi Constable, Julie Foreman, Peter Gipp*

**Woodditton start to Reach (7.5m)**

*Bob Shortland, Eddie Murphy*

For further information please see John Turner's email of 27/11.

**Ely Runners New Year's Eve 10k**

The last of this year's club events takes place on Saturday 31<sup>st</sup> December.

The club would greatly appreciate if any members that have a spare few hours on the 31<sup>st</sup> could volunteer their time to assist with this popular event. John Glover would still welcome more marshals so if you are available please email him directly: [john@elyrunners.co.uk](mailto:john@elyrunners.co.uk)

**Ely Runners' 2011-2012 club cross-country championships  
will be held on Sunday January 29th 2012.**

The race will be held over 3 laps on the new ~ 5m course starting and finishing on Ely common at the top of Waterboard Hill.

Alan Rutterford will be organising a one-lap race for juniors – entries to either Alan or Lesley Wright ([alan@elyrunners.co.uk](mailto:alan@elyrunners.co.uk) or [lesley@elyrunners.co.uk](mailto:lesley@elyrunners.co.uk)).

Meet at the Paradise car park at 9:30am for a 10:00 am start on Ely common.

Entry is free of charge to members and their invited guests. This is a club event so please wear club colours. The course is suitable for trail shoes or (just about) spikes. Road shoes are also suitable but not ideal in wet conditions.

There are perpetual 12" tudor shields for the following award categories (members only):

- 1st Male (2010-11 Rob Campbell) ·
- 1st Female (2010-11 Heidi Uff) ·
- 1st Age Graded Male (2010-11 Rob Campbell)·
- 1st Age Graded Female (2010-11 Heidi Uff)

Afterwards Chairman Stephen Howard will present the trophies in the upstairs bar at the paradise centre at 11:30 am.

If you would like to run or alternatively are available to help on the day as a marshal then please let me know.

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

p.s any offers of homemade cake for after race refreshments would be gratefully accepted.

## RESULTS

### Hereward Relay & Ultra Race – 27-11-2011

Ely Runners were out in force at the weekend with members braving the windy conditions as drivers, marshals, runners and ultrarunners took part in this 38.8 mile, 4 stage relay race from Peterborough to Ely. There were six teams of Ely Runners, three Ely Ultra runners plus several Ely Runners competing for other teams.

This year's race was held in rather blustery conditions – with runners on stages 1-3 predominantly helped by a strong Westerly tail wind. The first half of the final stage was tough going into a strong cross wind with the route heading primarily SW from Welney to the outskirts of Pymoor, but relief came as the route turned to the SE for the second half of the stage.

Many congratulations to Craig Holgate who won the Ultra Race in a fantastic 4:22:54 averaging 6:47/mile. Craig finished almost 17 minutes ahead of his closest rival despite them being side by side when they reached the final check point in Welney!! Craig was using the race as a warm up for his attempt at the Thames Path 100 next March – a 100m trail race from Richmond in London to Oxford. Robin Webb had been aiming to complete his first Ultra Race in sub 5:30 and so was well pleased with a finishing time of 5:09:49 and 7<sup>th</sup> place. Emma Greaves finished in a fine 6:38:02 – adding yet another completed Ultra Race to her CV.

In the relay race there were strong performances by many Ely runners – but in particular fine runs on stage 1 by Graham Chapman and Peter Gipp saw them finish 1<sup>st</sup> in their respective age categories. The A team came home in 13<sup>th</sup> place overall in a time of 4:03:22 at an average of 6:16/mile – putting into context Craig's achievement!!

Many thanks in particular to Alan Rutterford for organising the relay teams and also marking the course from Little Downham to Ely. A big thank you also to all of the recovery and stage drivers (Tony Hall, Nick Dowdy, Darren Murfitt among others) and everyone who turned out to help marshal the route from Little Downham to Ely (including Lionel Smith, Peter Harris and John Glover....apologies if we've missed anyone). As ever thanks also to Eric Drury for being in charge of the PA and helping to set up the finish area.

Official Results: (Individual times and positions shown per team)

Stage 1 – Peterborough to Whittlesey, 6.5m  
 20<sup>th</sup> Graham Chapman 40:26 (Ely A)(1<sup>st</sup> MV55)  
 22<sup>nd</sup> Peter Gipp 41:06 (Ely B)(1<sup>st</sup> MV45)  
 35<sup>th</sup> Darren Murfitt 44:03 (Ely D)  
 38<sup>th</sup> Adam Etches 44:25 (Ely C)  
 63<sup>rd</sup> Tom Russell 49:52 (Ely E)  
 89<sup>th</sup> Julie Foreman 53:31 (Ely F)

Stage 2 – Whittlesey to March, 10.5m  
 9<sup>th</sup> Nick Dyer 1:06:22 (Ely A)  
 25<sup>th</sup> Stephen Howard 1:11:21 (Ely B)  
 55<sup>th</sup> Conan Fryer 1:19:19 (Ely F)  
 56<sup>th</sup> Peter Harris 1:20:13 (Ely C)  
 79<sup>th</sup> Lionel Smith 1:24:54 (Ely D)  
 93<sup>rd</sup> John Turner 1:30:56 (Ely E)

Stage 3 – March to Welney, 11.4m

2<sup>nd</sup> Alex Tate 1:02:25 (2<sup>nd</sup> Claim)(Ran for Muddy Mucky Munkeys)  
 11<sup>th</sup> Gary Wilberforce 1:08:45 (Ely A)  
 13<sup>th</sup> Kieren Drane 1:10:45 (Ely B)  
 32<sup>nd</sup> Jason Mann 1:17:38 (Ely C)  
 44<sup>th</sup> Andy O'Hanlon 1:21:26 (Ely D)  
 58<sup>th</sup> Ian Blatchford 1:24:33 (Ran for Ely Tri Club – Tri & keep Up)  
 67<sup>th</sup> Charlie Barker 1:27:57 (Ely E)  
 68<sup>th</sup> Lesley Wright 1:28:18 (Ran for Alexander Chasers)  
 96<sup>th</sup> Samantha Collins-Shirley 1:36:48 (Ely F)

Stage 4 – Welney to Ely, 10.4m

2<sup>nd</sup> Tom Bracegirdle 59:32 (2<sup>nd</sup> Claim)(Ran for Muddy Mucky Munkeys)  
 12<sup>th</sup> Pete Foody 1:04:01 (Ran for Ely Tri Club – Tri Hards)  
 18<sup>th</sup> Stephen Tovey 1:07:49 (Ely A)  
 26<sup>th</sup> Chris Bower 1:10:31 (Ely E)  
 47<sup>th</sup> Tony Kirby-Cook 1:15:59 (Ely B)  
 53<sup>rd</sup> Jose Perez 1:18:03 (Ely C)  
 72<sup>nd</sup> Adrian Scaites-Stokes 1:21:55 (Ely D)  
 92<sup>nd</sup> Steve Starr 1:27:50 (Ely F)  
 94<sup>th</sup> Susanne Saalau-Bethell 1:28:31 (Ran for Alexander Chasers)

Team Positions

13<sup>th</sup> Ely A 4:03:22  
 21<sup>st</sup> Ely B 4:19:11  
 42<sup>nd</sup> Ely C 4:40:19  
 54<sup>th</sup> Ely D 4:52:18  
 62<sup>nd</sup> Ely E 4:59:16  
 86<sup>th</sup> Ely F 5:17:28

In all 114 teams completed the relay race. The winners were Sleaford Town Dream Team in a rather nippy 3:40:30 at 5:41/mile.

Hereward Ultra Race – Peterborough to Ely, 38.8m

1<sup>st</sup> Craig Holgate 4:22:54  
 7<sup>th</sup> Robin Webb 5:09:49  
 30<sup>th</sup> Emma Greaves 6:38:02

There were 33 finishers in the Ultra Race.

Full results are available at:

[http://www.marchathleticclub.co.uk/hereward\\_2011.htm](http://www.marchathleticclub.co.uk/hereward_2011.htm)

### Gary Hits the Wall (of Fame)

Gary Wilberforce ran in the Men's Health Survival of the Fittest in London. The event was based at Battersea Power Station and was a 10km obstacle course race around the power station and Battersea park. Obstacles included cargo nets, monkey bars, climbing frames, mud and ice pits, skips full of water, climbing through burnt out cars, running with a sandbag, giant inflatables, and the dreaded "Men's Health Wall of Fame" to name but a few. Gary ran in wave 13 starting at 1pm and he finished 2nd in his wave, 8th overall out of 6000 people in a time of 40 mins 55 seconds.

**David finishes Marathon #17 of 2011!**

Three Ely Runners ran in November's Luton Marathon. Having not done any distance work since he ran in the Helsinki marathon at the end of August Stephen Pettit was cautious in his approach and he decided to "run" rather than "race" the distance and stayed at a comfortable pace. The course starts in a not very salubrious area of Luton but soon you venture into the countryside just north of the city. The race consists of three laps and is surprisingly undulating. For David Mould there was no drama at all for the first two laps, and a finish time beginning 3:40 or better seemed likely. However the third lap was very tough and even minor undulations had turned into mountains of Himalayan proportions. David finished in 3:52:48 which was his tenth sub-4 marathon of the year, David's marathon season finished at this race and he has now started a two month break with the next one scheduled for February - but the following three come in rapid succession as David's attempting a Quadzilla (four marathons in four days). Nick Dowdy also ran well finishing in a new PB. Runners were blessed with good (virtually ideal running conditions for a marathon). Stopsley Striders & those involved in organising this do remarkably well to hold this event in an urban area without road closures or traffic disruption. The weather started misty and still but the mist was soon burnt off and it did become unseasonably mild. Results: 17th Stephen Pettit 02:57:17 262nd David Mould 03:52:48 386th Nick Dowdy 04:16:45

**John happy with 2nd**

A relatively small field of 87 completed the inaugural Lode Half Marathon, the race in aid of Macmillan Nurses was well organised, officially measured and very flat. John Manlow decided to give this new half a go after (in his view) his rather poor performance at Fenland 10 the week before. The course ran from Lode out on road then minor farm roads and gravel cycle path to a turn point and then returned. A few short bits of grass to a couple of bridges over the narrow water, 2 cattle grids with boards over but generally pretty decent for running on. There wasn't a big field and an early start of 9:30 made it very peaceful and quiet - however it was very windy and Lode is very open. John found the course even flatter than the Fenland 10 so it would be quick on a still day. Ben and Giacomo from C&C turned up at 9:10 so with Ben there John knew he wasn't going to win. On the plus side Ben sportingly agreed to help John keep focused and acted as a mobile wind break safe in the knowledge that his 1:12 half speed could take him clear at any time. After the turn they had a 2 min lead and Ben decided to push on at 9 miles. John dug in and kept him in sight and managed a few sub 6 min miles ending up a bit less than a minute down. John was happy with his pacing 39:27 out and 39:06 back which left him feeling a lot better than after Fenland. Elsewhere Linden Smith ran well finishing as 4th Lady and Colin Doak was unavailable for comment. Official results: 2nd John Manlow 1:18:33 43rd Linden Smith 1:48:16 (4th lady) 63rd Colin Doak 2:02:45

**Selected other Results for November****Stevenage Half Marathon – 6<sup>th</sup> November**

17th Stephen Pettit 1:21:16 (5th MV40-49)  
40th Stephen Howard 1:28:14 (10th MV40-49)  
356th John Turner 1:52:53 (13th MV60-69)

**Stowmarket Striders Scenic 7 – 13<sup>th</sup> November**

2nd Stephen Pettit 40:36  
32nd Adam Etches 47:45  
263rd Claire van Leersum 01:07:12

**St Neots Half – 20<sup>th</sup> November**

34th Ian Day 01:23:01 (2nd Claim; Ran for Hunts AC)  
364th Miranda Paul 01:42:24 (PB)  
801st Colin Doak 02:05:47

**City of Norwich Half – 27<sup>th</sup> November**

33rd Stephen Pettit 01:21:36 (2nd MV45)  
527th Steve Barker 01:41:55  
1070th Kirstie Blencowe 01:53:41 (1st H.Mar) (PB)  
1782nd Claire Van Leersum 02:11:35

*For a full list of results and event reports see the club website.*

**Event photographs**

Please send any race/club event photographs 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.

**Did you spot *Alex Tate* on page 1?** Send in your event photos and you too could feature in next month's newsletter.

Many thanks to **Bob Shortland** for obtaining a 10% discount for Ely Runners (proof of affiliation required) from:

**Bury Sports Ltd**, 3 Whiting Street, Bury St Edmunds IP33 1NX Tel: 01284 700238 Email: [burysportsltd@btconnect.com](mailto:burysportsltd@btconnect.com)

Don't forget that members can also obtain discounts at both **Paul Day Sports** in Ely and **Sweatshop** in Cambridge.

## TRAINING FOR DECEMBER

Planned training sessions can be subject to change, being dependent on weather and ground conditions, visibility, numbers attending and suitability for those present.

Members are requested not to wear ear pieces during training because they will not be able to hear traffic approaching from behind.

**For training at night, members must wear a reflective bib. These are available free of charge from club stock at the Paradise Centre.**

Members are reminded that they run/train at their own risk. For Route Maps see the website

### ELY RUNNERS' WEEKLY TRAINING PROGRAMME OCTOBER- NOVEMBER 2011

Juniors to meet at 7 pm at the Paradise Centre and train with seniors (unless otherwise mentioned below or by Alan Rutterford) on Tuesdays until daylight training resumes in 2012.

Details of Sunday Training (usually 9 am Paradise car park) advised by weekly email.

For advice on training at night visit:  
<http://www.elyrunners.co.uk/trainingatnight.htm>

#### Thursday 1<sup>st</sup> December

1 or 2 laps of 3.4m Ely Hills (6 climbs/6 descents/total about 275' climb per lap). Fartlek or intervals + recovery options on hills.

Distance 3.9m or 7.3m to/from Paradise.

#### Tuesday 6<sup>th</sup> December

3 x 1m self-timed intervals from John Amner Close (on Lynn Rd) via Cam Drive to far kerb of 1<sup>st</sup> college entrance in Downham Road with 0.9m return/recovery via Egremont St. Distance 6.3m to/from Paradise. Target 10% faster than 5m or 10k race pace.

*(Juniors: Astro Turf session at The King's School, Ely)*

#### Thursday 8<sup>th</sup> December

2, 3 or 4 laps of 1.9m Lynn Rd, Cam Dv, Downham Rd, Egremont St circuit. Distance 4.1m, 6m or 7.9m to/from Paradise.

#### Tuesday 13<sup>th</sup> December

The Gallery intervals of 5 x 1m circuits to/from Cathedral lamppost  
. Interval from bottom of The Park hill, Broad St, Back Hill, Gallery 0.6m. Recovery Gallery, Porta, Cherry Hill 0.4m. Total about 5.6m from/to Paradise.

#### Thursday 15<sup>th</sup> December

Round Ely circuit of 6.25m or shorter 4.8m finish via Police Station corner.

#### Sunday 18<sup>th</sup> December

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 Woodditton and Reach (return to Ely). *To book 1 pm lunch afterwards with families and friends at the High Flyer (adjacent to Paradise car park), contact [julie@elyrunners.co.uk](mailto:julie@elyrunners.co.uk)*

#### Tuesday 20<sup>th</sup> December

6 x 1,000m intervals (Deacons Lane to Williams Close) and there/back recoveries to/from Davison Road (500m) and to/from Police Station (700m) on Lynn Road. About 6.5m to/from Paradise.

#### Thursday 22<sup>nd</sup> December

1 or 2 laps of 3.4m Ely Hills (6 climbs/6 descents/total about 275' climb per lap). Fartlek or intervals + recovery options on hills.

Distance 3.9m or 7.3m to/from Paradise.

#### Sunday 25<sup>th</sup> December - Christmas Day (Paradise Centre closed)

No official training but possibly runs by private arrangements between members

#### Monday 26<sup>th</sup> December – Boxing Day (Paradise Centre closed)

For the club's traditional **Boxing Day Run**, meet at the Paradise car park at 9:00 am for a choice of mixed terrain runs using the riverbanks:

- Short (6.1 miles) Paradise to Lode End Bridge (Barway pump) and back
- Medium (7.6 miles) Paradise to Barway loop via Lode End bridge and back
- Long (13.0 miles) Paradise via east bank to Chalk Pit, A1123 to Dimmock's Cote bridge, and back along west bank

#### Tuesday 27<sup>th</sup> December (Paradise Centre open 10 am to 8 pm so don't leave kit during training)

Lisle Lane & The Vineyards intervals. 3 or 4 x 2.82km (1.75m) laps each with 3 fast/hill strides (125' climb per lap) and 3 recoveries. Start/finish by Cheffins, Market Square. 3 laps = 8.46km (5.26m), 4 laps 11.28km (7.01m) + 0.8km (0.5m) Paradise return.

#### Thursday 29<sup>th</sup> December (Paradise Centre open 12 noon to 8 pm so don't leave kit during training)

2, 3 or 4 laps of 1.9m Lynn Rd, Cam Dv, Downham Rd, Egremont St circuit. Distance 4.1m, 6m or 7.9m to/from Paradise.

**For a full list of Training runs and advice please visit the club website. For Sunday training runs please look out for weekly emails from John Turner.**

## **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>

### **December**

02 (Fri) **Ely Runner's Christmas Buffet & Drinks, (Private Event) Cutter Inn, Ely, 7pm onwards**

03/04 (Sat/Sun) Grim Challenge, Aldershot, Hamps, <http://www.grimchallenge.co.uk/grim-original>

03 Santa's Heveningham Hell Run, Heveningham Hall, Suffolk, <http://www.heveninghamhall.co.uk/>

04 Nene Valley Harriers 10, Peterborough, <http://www.nvh.org.uk/index2.htm>

04 Nether Heyford Great Santa Run 1m or 5m, Nether Heyford, Northampton,

<http://www.onyourmarksevents.org>

10 (Sat) Santadash 5k, Brighton Promenade, <http://www.santadash.com>

10 (Sat) SEAA XC Champs, Masters & Inter-Counties Champs, Lloyd Park, Croydon, Surrey,

<http://www.seaa.org.uk>

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

11 Buxton 5k Christmas Run, Buxton (Nr Norwich), Norfolk, <http://www.norfolkgazelles.co.uk/buxtonpage.php>

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

11 Run Santa Run 5k, Thundersley, Essex,

[http://www.havenshospices.org.uk/fund\\_raising/events/Running/Santa\\_Run](http://www.havenshospices.org.uk/fund_raising/events/Running/Santa_Run)

11 Santadash 5k, Southampton Common, <http://www.santadash.com>

11 The Southend 5m Rudolph Run, Southend-on-Sea, Essex, <http://www.nice-work.org.uk>

17 (Sat) Xmas Gloucester 5m, <http://beyondthelimitations.co.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**

18 Ryston Runners XC Grand Prix Series 6.5k, Shouldham Warren, Nr Downham Market,

<http://www.rystonrunners.org.uk/cross.htm>

18 Santa Run 5k/10k/Half-Marathon, Stanwick Lakes, Wellingborough, Northants,

<http://www.ultramarathon.org.uk>

26 (Mon) Crown to Crown 5k, Westley Heights Country Park, Basildon, Essex,

<http://www.pitsearunningclub.org.uk>

26 (Mon) Buntingford Brewery Boxing Day 3.2m, Pitron, Hitchin, Herts, <http://www.boxingdayrun.co.uk>

27 (Tue) Buntingford Year End 10m, Buntingford, Herts, <http://www.roystonrunners.org>

31 (Sat) **Ely New Year's Eve 10k Road Race, 1100 Little Downham**, <http://www.newyearseve10k.co.uk>

31 (Sat) Waterside 5m, Buckden, St. Neots, Cambs, <http://www.nicetri.co.uk>

### **January**

01 Cleethorpes New Year's Day 10k, Cleethorpes, Lincs, <http://www.cleethorpesac.co.uk>

01 New Year's Day 10k, Wymondham, Norfolk, <http://www.wymondhamac.org.uk/races/nyd10.asp>

01 Stanwick New Year Recovery Run 5k/10k/Half-Marathon, Stanwick Lakes, Wellingborough, Northants,

<http://www.ultramarathon.org.uk>

01 Tronium Knacker Cracker 10k, Box Hill, Surrey, <http://www.tronium.com/knackercracker>

08 Cambs AA XC Championships, Priory Park, St Neots, <http://www.cambsathletics.org.uk/page4.htm>

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

15 Ropsley Raid 6 & 13m, Ropsley, Grantham, Lincs, <http://www.ropsleyroadrunners.co.uk>

15 Ryston Runners XC Grand Prix Series 5k, Shouldham Warren, Nr Downham Market,

<http://www.rystonrunners.org.uk/cross.htm>

15 UKA McCain UK Cross Challenge XC Series, U13/15/17/20 & Senior, Blackweir Fields, Cardiff,

<http://www.uka.org.uk/competitions/mccain-uk-cross-challenge/>

15 Wellingborough MT 5k/10k/15k Round 1, Irchester Country Park, Irchester, Wellingborough,

<http://www.justracinguk.com>

21 (Sat) UKA McCain UK Cross Challenge XC Series, U13/15/17/20 & Senior, Greenmount Campus, Antrim,

NI, <http://www.uka.org.uk/competitions/mccain-uk-cross-challenge/>

21-22 (Sat-Sun) Ultrarace 45/90 (45m/day), Northampton, Northants,

<http://www.ultrarace.co.uk/events/details/?eventid=113>

22 Benfleet 15, Benfleet, Essex, <http://www.benfleetrunningclub.com/benfleet15/>

22 Folksworth 15, Folksworth, Nr Peterborough, <http://www.yaxleyrunners.org.uk/folks%2015/racehome.htm>

22 Fred Hughes 10m, St. Albans, Herts, <http://www.stalbansstriders.com/fredhughes10.html>

22 Gloucester Half-Marathon & Marathon, <http://beyondthelimitations.co.uk>

- 25 (Wed) 56<sup>th</sup> Eric Humphries XC Race, Northampton, Northants  
28 (Sat) Battle of Northampton Challenge Marathon, Northampton, Northants, <http://www.madeyarun.com>  
28 (Sat) SEAA XC Champs, Main Champs, Stanmer Park, Brighton, <http://www.seaa.org.uk>  
29 **Ely Runners XC Championships, (provisional date)**  
29 Gayton Run 5k/10k, Gayton, Northampton, Northants, <http://www.onyourmarksevents.org>  
29 Reedham 10, Reedham, Norfolk, [http://www.qydac.org.uk/roadrunning\\_reedham](http://www.qydac.org.uk/roadrunning_reedham)

## **February**

- 05 Frostbite League Race 5, ~5m, Bourne Woods, Bourne, <http://www.frostbiteleague.org.uk/>  
05 Great Bentley Half-Marathon, Great Bentley, Essex, [http://www.gbrc.org.uk/GBRC\\_Half.htm](http://www.gbrc.org.uk/GBRC_Half.htm)  
06 (Mon) **Ely Runners AGM, Paradise Centre Meeting Room, Ely, 7:30pm onwards**  
12 Reading Road Runner's Bramley 20, Bramley, Nr Reading, Berks,  
<http://www.readingroadrunners.org/bramley.html>  
12 Ryston Runners XC Grand Prix Series 9k, Shouldham Warren, Nr Downham Market,  
<http://www.rystonrunners.org.uk/cross.htm>  
12 St. Valentines 30k, Stamford, Lincs, <http://www.stamfordstriders.co.uk/infusions/races/race1.php?raceId=3>  
19 Cotswold Marathon, 35.2m Challenge & 9m FR/Walk, <http://beyondthelimitations.co.uk>  
25 (Sat) Belvoir Challenge, Harby, Leics, <http://www.belvoirchallenge.co.uk/>  
25 (Sat) Saucony National XC Championships, Parliament Hill, London, U13 boys/girls 3k; U15 boys/girls 4.5k/3k; U17 women/men 5k/6k; junior women/men 6k/10k; senior women/men 8k/12k,  
<http://www.englishcrosscountry.co.uk>

## **March**

- 04 Frostbite League Race 6, 5m, Huntingdon, <http://www.frostbiteleague.org.uk/>  
10 (Sat) UKA McCain UK Cross Challenge XC Series, U13/15/17/20 & Senior, Cofton Park, Birmingham,  
<http://www.uka.org.uk/competitions/mccain-uk-cross-challenge/>  
11 Cambridge Half-Marathon, Cambridge, <http://www.onestepbeyond.org.uk/cambridge-half-marathon.php?mid=4>  
11 Finchley 20, Ruislip, Middlesex, [http://www.hillingdonac.co.uk/?page\\_id=88](http://www.hillingdonac.co.uk/?page_id=88)  
18 Trionium Wife Carrying Race, The Nower, Dorking, <http://www.trionium.com/wife>  
18 Trionium Leith Hill Half Marathon, The Nower, Dorking, <http://www.trionium.com/leithhillhalf>  
18 Ryston Runners XC Grand Prix Series 6.5k, Shouldham Warren, Nr Downham Market,  
<http://www.rystonrunners.org.uk/cross.htm>  
24 (Sat) Frostbite Presentation Evening, The Plough, facet, Peterborough, <http://www.frostbiteleague.org.uk/>

## **April**

- 01 Bedford Harriers Oakley 20, Oakley, Beds, <http://www.bedfordharriers.co.uk/Oakley.htm>  
15 Brighton Marathon, <http://brightonmarathon.co.uk/>  
22 Virgin London Marathon, <http://www.virginlondonmarathon.com/>  
29 Milton Keynes Marathon, Milton Keynes, <http://www.miltonkeynesmarathon.co.uk>

## **May**

- 05 (Sat) Fen Drayton 10k, Fen Drayton, Cambs, <http://www.fendrayton10k.org.uk>  
20 Great Baddow Charity Race 10m & 2m FR, including Essex AAA champs, Great Baddow, near Chelmsford,  
<http://www.baddowraces.org.uk/>  
20 Run Tewkesbury Half-Marathon & 5m FR, <http://beyondthelimitations.co.uk>

## **June**

- 10 Heroes Half-Marathon, ATR Bassingbourn, Royston, Cambs, <http://www.endurorunning.com>  
23 (Sat) Trionium Picnic Marathon, Box Hill, Surrey, <http://www.trionium.com/picnic>  
23 (Sat) Trionium Midsummer Munro Half-Marathon, Box Hill, Surrey, <http://www.trionium.com/mm>  
24 North Devon AONB Marathon & Half-Marathon, Woolacombe, North Devon,  
<http://www.northdevonmarathon.co.uk>

## **July**

- 01 Boddington Marathon, 50k & 10k Multi-Terrain, <http://beyondthelimitations.co.uk>

## **September**

- 02 Run Cheltenham Half-Marathon, Cheltenham, Gloucs, <http://www.runcheltenham.org.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.newyarseve10k.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/>

*Last Updated 02/12/2011*