

Ely Runners Newsletter

February 2011



NEW MEMBERS

A warm welcome the following new members who joined the club this month. Look forward to seeing you all in training and the club social events!

Amber Staaf – Trevor Dowling – Michael Ford

NEWS & NOTICES

Lots of lovely mud at Ely Runners XC Championship

Many thanks to all of the seniors, juniors, parents and helpers who turned out to make this year's XC race so much fun, as well as Steve Tovey for organising the whole thing. The slippery and hilly course was devised by JT for his Exmoor Stagger training but also proved a real XC challenge! Thanks also to the lady members who made the delicious cakes for afterwards at the Paradise Centre.

Congratulations to: Charlie Staaf (1st junior) & trophy winners Robyn Seabright (1st age-graded female junior) & James Holland (1st age-graded male junior); Rob Campbell (1st man & 1st age-graded man), Heidi Uff (1st Lady & 1st age-graded lady).



Claire Van Leersum, Miranda Paul & Tanya Shenton after the XC championship

Ladies lead Ramsey FFL charge (and bring cakes)!

Ely Runners ladies put in a superb attendance at the Frostbite race at Ramsey earlier this month. Claire Van Leersum, Emily Knight, Felicity Chivers, Linden Smith, Melanie Fisher and Susan Graves all turned out to run alongside team captain Heidi Uff - seven ladies in total – a record in recent years, says Heidi.

Linden also brought along a post-race banana cake and flapjack (delicious, can we have some more please?) which was enjoyed by all. Sarah Edwards, currently on the recovery bench, also made her presence felt with her enthusiastic support! Here's looking to a similar turnout for the next race on 6 February at Bourne Woods.

Juniors shine at Schools XC Championships

The Cambs AA Schools XC Championships at Priory Park, St. Neots, in January saw Ely Runner Ashley Pettit win his age category and Robyn Seabright finish 15th in her category. Both will go on to represent Cambridgeshire at the National event. Well done to you both!

Record numbers attend ER training session

Despite the cold, the training session on Tuesday 11th January saw a record turnout, with John Turner counting 51 members in attendance including 10 Juniors and their coaches/member parents. Thanks to everyone who came along and we hope you got as much out of it as we did!

Free Physio advice on the ER website

For those of us nursing injuries and looking for the fastest way possible back to training, just a reminder that there is an excellent source of physiotherapy advice on the ER website: just click on the LINKs tab on the white menu at the side of the page, then PHYSIO ADVICE for a bit of self diagnosis.

Ely Runners in this year's London Marathon

To our knowledge there are so far 13 Ely Runners taking part in this year's London Marathon, some of whom are seeking sponsorship. Good luck to you all!

Emily Knight	Fraser Badcock	Hannah Shiell	Ian Blatchford
John Manlow	Jon Pennington	http://uk.virginmoneygiving.com/JonPennington	
Jose Perez	Kieren Drane	Melanie Fisher	Stephen Petitt
Stephen Tovey (running for WRVS) -	http://uk.virginmoneygiving.com/StephenTovey		
Steven Hardwick	William Wilson		



John Turner running the 2010 London Marathon

If there are other members running, please could they let John Turner (secretary@elyrunners.co.uk) know and for which charity. The list will be updated in the next newsletter.

Alan Rutterford Unsung hero

ER junior coach Alan Rutterford was runner up in the Unsung hero category at last year's Ely Standard Sports Awards, finishing behind Derek Pickersgill of the Isle Of Ely rowing club who have done so well in the last 12 months.



Alan Rutterford receiving his award before heading to the buffet

“It was a great evening with a lovely finger buffet and lots of well known faces. I had my old mate Phil Harrison next to me who is an ex world Champion at Pool and Flavia Kumar who also coaches with me at East Cambs Athletic Club,” said Alan. The full results can be found here: http://www.elystandard.co.uk/news/ely_standard_sports_awards_2010_1_748356

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, landscape rather than portrait) to newsletter@elyrunners.co.uk

CLUB EVENTS

Frostbite goes to Bourne Woods

The fifth, the penultimate, the last but one of this year's **Frostbite** races takes place at Bourne Woods this coming Sunday – February 6th. As usual, the juniors start at 10:15 am and the main race is at 11.00am.

The undulating 5.1m senior course is an excellent one, being a mixture of hard forest tracks, grass tracks and a short section of farm road. Trail shoes are ideal but road shoes are OK - if you enjoyed the recent ER XC, you'll love Bourne!



Bourne Woods: 'Definitely the most attractive venue of the FFL series'

Our juniors are currently 7th of 13 teams and seniors 8th of 17 teams so a good turnout on the club's favourite Frostbite course may improve these positions. The juniors are showing better form and as their race takes place before the main event, it would be great if members could get there early for a warm up and to cheer on the juniors.

Seniors please meet at the Paradise **8.45 am** prompt to share transport. Bourne Woods are roughly 20 minutes drive north of Peterborough. Signs will direct you to the car parks when you get to the edge of Bourne. The car park, changing, toilets and refreshments are at Westfield School, Bourne. There is also car parking and toilets near to the start/finish in Bourne Woods. For further details see the FFL web site www.frostbiteleague.org.uk.

The club has paid for Ely Runners' entry to the League and there is no charge to members for taking part in any of the 6 races (1 each month October to March) **in** the series. It will not be necessary to wear a number, as each member will have been allocated a PIN. Club kit is required (vest essential) and at the end of the race, you will be handed a finish position number. Please give this to our Team Manager who will be at the finish.

ELY RUNNERS ANNUAL GENERAL MEETING

Monday 7th February 2011 at 7:30 pm, Paradise Centre Conference Room

The Committee look forward to members and their invited guests attending the AGM, which includes the presentation of the club's annual awards.

It is also your opportunity to:

- Hear how the club progressed in 2010
- Help decide on the club's management and future
- Discover the winners of the club's running and achievements awards
- Purchase club kit which will be available afterwards
- Renew your annual subscription with the Treasurer
- Bring and meet prospective new members
- Vote for the winning Grunty Fen T-shirt design by the Juniors
- Collect a free 500 ml bottle of Ely Runners/Sweatshop New Year's Eve 10k 'Starter's Order' ale (min age 18) or there'll be a few bottles of apple juice available.

Please forward any other proposals, nominations (including yourself) for positions, and items for 'Any Other Business' to John Turner (secretary@elyrunners.co.uk) as soon as possible.

An updated Agenda will be circulated w/c 31st January.

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. That said (and providing this newsletter reaches you on time), the next opportunity to see what your training partners look like with their clothes on will be **Tuesday 1st February** at the **West End pub** from around 8:30pm onwards. Further information is available from Julie Foreman (Julie@elyrunners.co.uk).

SELECTED RESULTS ROUNDUP – JANUARY 2011

Frostbite Friendly League Senior Race 4 - Ramsay

Official Results: 27th Max D' Ayala 32:37 29th Charlie Price 32:43 49th Adam Etches 34:13 50th Steve Tovey 34:20 60th Stephen Howard 34:48 115th Peter Harris 37:05 125th Felicity Chivers 37:40 126th Kevin Fox 37:47 127th Ian Blatchford 37:49 138th David Mould 38:07 147th Charlie Barker 38:21 148th Matt Holmes 38:29 153rd Lionel Smith 39:06 157th Stuart Baumber 39:14 177th Mel Fisher 39:57 198th Andy Nixon 40:58 199th Heidi Uff 40:59 220th Linden Smith 42:05 241st Jon Pennington 42:55 258th John Turner 44:18 269th Susan Graves 45:03 288th Claire Van Leersum 45:59 305th Emily Knight 47:15

Frostbite Friendly League Junior Race 4 - Ramsey

Official Results: 21st Robyn Seabright 10:17 26th Charlie Staaf 10:31 34th Alex Ellwood 10:52 36th James Holland 10:53 50th Nick Staaf 11:16 52nd Michael Ford 11:16 57th Esme Wright

11:22 58th Molly Butler 11:24 65th Adrian Chalmers 11:40 69th Fraser Crossman 11:46 73rd Nathan Pennington 11:58 116th Louis McGee 14:00 There were 138 finishers, with James Downing of Hunts AC the winner in 8:27.

Folksworth 15m – Folksworth, Peterborough

Official Results: 13th Kieren Drane 1:34:22 (PB, 1st 15m) 53rd Graham Chapman 1:43:07 (PB, new club MV50 Record) 159th Ian Blatchford 1:56:19 (PB by over 12 mins) 213rd Mel Fisher 2:02:19 (PB, 1st 15m) 318th John Crawford 2:14:35 402nd Colin Doak 2:29:35 There were 449 finishers.

Cambridge County Cross County Championships – Priory Park St Neots

Official Results Senior/Vet Men 21st Kieren Drane 42:47 (15th SM) 36th Stephen Howard 45:35 (6th MV40) 53rd Peter Harris 49:52 (3rd MV60) 61st Lionel Smith 52:20 (10th MV50) 67th John Turner 56:27 (5th MV60) 71st Jon Pennington 58:38 (19th MV40). There were 75 finishers Team Results Senior Men (6 to score) 7th Ely Runners 309 pts

Forthcoming events

First Anniversary of Milton Parkrun, Saturday 29th January 2010

There were several Ely Runners helping and running at this weekly free 5k event, primarily organised by Ely Runners Ladies Captain Heidi Uff. A special thanks to Heidi and the Cambridge Parkrun team for bringing such a wonderful event to the Cambridge area! See full report at

http://www.elyrunners.co.uk/MySQL_Reports/Reports_by_Date.php?a=view&recid=0

This series is continuing to prove popular with ER members. Cambridge 5k Park Runs are every Saturday at 0900. Entry is free but before your first race, register on-line by 1800 on Friday at

www.parkrun.org.uk/cambridge/Home.aspx

Frostbite Friendly League 2010-2011

Remaining FFL dates and venues are:

- 6 Feb Bourne Woods
- 6 Mar BRJ Huntingdon

This series of six races of 1.5m for Juniors and about 5-6m for Seniors is free to all members and provides enjoyable competition at all levels, plus all members running influence the result by competing against scoring members of other teams. No prior entry or numbers are required as club members are allocated PIN numbers and finishing position tags which are recorded by the club's Team Manager Eric Drury. Team scoring is Juniors 1st 5 (1 must be a girl) and Seniors 1st 10 (3 must be women) but all other runners effect the overall results.

Having won the Senior FFL twice since 2004, we slipped last season to 10th of 17 teams. Our talented Juniors, in their first full year in the FFL improved through the season to finish 9th of 13 teams but should gain places in 2010-11 because there are more members to ensure a full scoring teams for each race. Apart from providing enjoyable team and individual competition, these races provide a measure of progress and inspiration throughout the winter season.

ECCA National Cross-Country Championships, Alton Towers, Saturday 19th February 2011

All ages boys/girls and men/women from -13 to Seniors. Contact Charlie Barker captain@elyrunners.co.uk for Senior entries and Lesley Wright lesley@elyrunners.co.uk for -13/-15/-17/Junior entries. Full details on Notice Board.

SEAA XC Relays

Sat 12th March 2011, Wormwood Scrubs, London

All ages from -13 to seniors. Distances (2k to 5k) and stages (3 or 4) according age group

Team Entries via Charlie Barker (seniors) and Leslie Wright (juniors)

Closing date 18th February

Full details of events at www.seaa.org.uk and they will also be put on the club's notice board at the Paradise Centre.

Cambridge Athletic Association Road League - where the Frostbite League stops, the road league starts

The first race of this year's Cambridge Athletic Association road league will be the Thorney 10k on 27th March. (Runner's World entry link here:

<http://www.runnersworld.co.uk/events/viewevent.asp?ugn=5226>). All the races have a fun, friendly atmosphere and welcome runners of all abilities. ER were third overall in last year's and twelfth overall in the women's teams (last year's results: <http://www.cambsaa.org.uk/road.asp>), so it would be great if we can get as many Ely Runners out as possible to go one better.

Other Events

See following RACES & EVENTS GUIDE

Event photographs

Race/club event photographs should be sent to Stephen Tovey (stevetovey@elyrunners.co.uk). Ideally they should be resized to 800 x 600 pixels (ish) and preferably be less than 100k in size.

RACES & EVENTS GUIDE 2011

February 2011

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 www.parkrun.org.uk/cambridge/Home.aspx

February

06 Frostbite League, Jn 1015, Sn 1100, Bourne Woods (**all Ely Runners can run**). Meet Paradise car park at 0845 to share transport.

07 (Mon) **Ely Runners Annual General Meeting**, 1930 Paradise Centre

- 13 St Valentine's 30k, 1100 Stamford, £16, www.stamfordstriders.co.uk, *early entry essential*
- 13 St Valentines 10k, 1030 Swanton Abbott, Primary School, Norfolk, £8, EOD +£2
- 13 Cambridge Festival of Running, University athletics track, www.cambridgefestivalofrunning.co
- 19 (Sat) National Cross Country Championships, -13/-15 G/B, -17/Jn/Sn M/W, Alton Towers
- 26 (Sat) BHF South Downs Way Challenge (8.5m/15m/20m), 0730 QE Park, Hants, £10 + sponsorship if pos
- 27 Cambridge Boundary Run (marathon or ½ marathon), 1000 David Lloyd, £7, www.cuhh.org.uk/boundaryrun
- 27 Monster Racing Duathlon, Littleport Leisure Centre, £30/£33, www.monsterracing.net
- 27 Tunbridge Wells ½ Marathon, 1000 Sports Centre, £20, no EOD, www.halfmarathon@twharriers.org.uk

March

- 05 CAU Inter County XC Championships, Cofton Park, Birmingham
- 05 Belvoir Challenge 15m/26m, 0900, Harby School, Harby, Leics, £15, www.belvoirchallenge.co.uk
- 06 Frostbite League, Jn 1015, Sn 1100, BRJ Huntingdon (**all Ely Runners can run**)
- 06 Leighton 10k, 1000 Vandyke Upper School, Leighton Buzzard, £tba, www.leightonfunrunners.org.uk
- 06 Steyning Stinger Marathon, 0830 Grammar School, £18, no EOD, www.steyningac.co.uk
- 06 BHF North Downs Way Challenge (8.6m/14.4m/20m), Cobham Manor, Kent, £10 + sponsorship if pos
- 12 (Sat) SEAA XC Relays. Wormwood Scrubs, London W12 (all ages from -13 to seniors)
- 12 (Sat) BMAF Open XC Championships, Alexander Stadium, Birmingham, CD 1/3, no EOD
- 12/13 (Sat/Sun), EAA Indoor Championships, Lee Valley Athletics Stadium, www.easternaa.co.uk (to enter seniors contact captain@elyrunners.co.uk and juniors lesley@elyrunners.co.uk)
- 13 Bedford Clanger Marathon, 0830 Box End Park, £8, no EOD
- 13 Norwich ½ Marathon, 1100 Norfolk Showground, £17, no EOD, www.cityofnorwichhalfmarathon.com
- 13 Lactic Rush 8m XC/obstacles, 1000 Essex, £24! www.adventureracesessex.co.uk
- 13 ABAC AGM, 1430 TVH Athletics Centre, Eton
- 13 AAA AGM, 1200 Alexander Stadium, Birmingham
- 16-20 European Veterans Athletics Championships, Ghent
- 20 **Turing Trail Relay** (*provisional club event*)
- 20 NiceTri Hurden 9, 1000, Offord, Cambs, £13, EOD +£3, www.nicetri.co.uk
- 20 Mud & Mayhem Thetford 10k, 1110 St Helens, Thetford Forest, Brandon, £12, EOD +£3
- 27 Joe Cox ½ Marathon, Stowmarket
- 27 Thorney 10k, 1030 Bedford Hall, £7, no EOD, www.thorneyrunningclub.co.uk
- 27 Bedford Harriers Oakley 20, 1000 Lincroft Middle School, £18, no EOD, www.befordharriers.co.uk
- 27 Monster Racing Duathlon, Littleport Leisure Centre, £30/£33, www.monsterracing.net

April

- 03 Lincoln 10k, 1100 Lincoln, £15, www.lincoln10k.co.uk
- 03 Cambridge Cambourne 10k, www.cambridgefestivalofrunning.co
- 10 Bungay Marathon & ½ Marathon, www.bungayblackdogrunningclub.co.uk
- 17 London Marathon
- 22 (Fri) Sudbury 5m Fun Run
- 24 Monster Racing Duathlon, Littleport Leisure Centre, £30/£33, www.monsterracing.net
- 30 (Sat) 3 Peaks Race, 1000 start, £18, <http://www.threepkrsrace.org.uk/raceinfo2011.html>

May

- 05 Newmarket Heath 6k
- 08 Eye 10k & 3k FR, 1100/1015 Primary School, Eye, Peterborough, £8/£3.50, www.eye10k.co.uk
- 08 Frostbite Friendly League AGM
- 14 (Sat) Frostbite Presentation Evening, <http://www.frostbiteleague.org.uk/Presentation/Presentation.htm>
- 15 Woodbridge 10k
- 15 Deeping Rotary 10k and 3k FR, Rugby Club, Market Deeping
- 15 Dereham 10m, 1100 Neatherd High School, £8, EOD +£2
- 21 (Sat) BMAF Road Relays, 3m course, Sutton Park, Sutton Coldfield, CD 23/4, www.bmaf.org.uk
- 29 CAU Inter County Track & Field Championships, Bedford Stadium

June

09 (Thurs) **Ely Runners 10k Club Handicap**

19 BMAF 5k Championships, Horwich

25 (Sat) Greensand Ridge Relay (6 stages/33m) Leighton Buzzard to Bedford, www.smoc.info/GSRR/

July

6-17 July, World Masters Championships, Sacramento, California, USA

14 (Thurs) **Ely Runners 1m Club Handicap**

27 Bungay 10k

29-31 (Fri-Sun) Montane Lakeland 100m, www.lakeland100.com

30/31 (Sat/Sun) Montane Lakeland 50m, www.lakeland100.com

August

16-25, European Vets Championships, Stadia

21 Monster Racing Middle Triathlon, KSE Amherst Field, Ely, £95/£98, www.monsterracing.net

September

11 **Grunty Fen Half Marathon**, Witchford, www.gruntyfen.co.uk

October

02 BMAF 10k Championships, Exmouth

22 (Sat) Beachy Head Marathon

November

06 Adnams Great Eastern Run, www.bungayblackdogrunningclub.co.uk

27 (prov date) Hereward Relay, 4 stages or ultra (total 37.3m Peterborough to Ely). **Ely Runners senior teams and marshals from Little Downham to finish.** (Alan Rutterford)

December

02 (Fri) **Ely Runner's Christmas Buffet & Drinks**, Cutter Inn, Ely (prov)

18 Club Pre-Christmas training runs. Woodditton/Ely 18.5m, Woodditton/Reach 7.5m, Reach/Ely 11m.

Meet 0800 Paradise car park for transport to starts. Contact ?? to run. Lunch afterwards at the High

Flyer at 1300 – contact julie@elyrunners.co.uk to book

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

NOTES

Races and events are on Sunday unless otherwise mentioned.

Race entry fees are the ARC or UKA affiliated club fees

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 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 but for -13,-15,-17 & juniors, first contact Lesley Wright

lesley@elyrunners.co.uk

Ely Runners' private club XC championships, 10k/1m handicaps, and TTR relay entries are via Steve Tovey

membership@elyrunners.co.uk

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

Social events are via Julie Foreman julie@elyrunners.co.uk

Junior training details from Junior Representative/Club Coach Alan Rutterford alan@elyrunners.co.uk

Junior race details from Junior Secretary Lesley Wright lesley@elyrunners.co.uk

Club website: www.elyrunners.co.uk

Grunty Fen 1/2M website www.gruntyfen.co.uk

NYE10k website www.newyarseve10k.co.uk

Turing Trail Relay website www.turingrelay.co.uk

Association of Running Clubs www.runningclubs.org.uk

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