

# Ely Runners Newsletter

**January 2011**  
**Happy New Year to all our members!**



## NEW MEMBERS

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

**James Holland – Charlie Price – Susan Graves – Claire van Leersum**

## NEWS & NOTICES

### **A big New Years Eve 10K thank you**

Thank you to all Ely Runners and other volunteers involved in preparing, planning and organising this year's race, which contributed to making it such a success and an enjoyable New Year's Eve experience for just over 500 runners from across the country, as the message from one participant below indicates:

*We had another great year at the New Year's Eve 10K! Very well organized and a super way to end the year.*



Runners participating in this the 2010 Ely NYE 10K

### **Annual membership fees due**

For those of you not signed up already, don't forget that annual membership fees for Ely Runners were due by JANUARY 1st 2011! Fees are £10 for seniors and £5 for juniors - they can be paid on-line via the website using paypal or alternatively with cash/cheque. Cash/cheques can be given to Steve Tovey, club treasurer Peter Harris or club secretary John Turner at training – or alternatively they can be posted to club treasurer Peter Harris at 153 Main St, Witchford, Cambs, CB6 2HP

### **Satisfaction guaranteed**

If anybody needs reminding why joining Ely Runners is so worthwhile, the following letter from new(ish) member Sarah Edwards sums it up nicely:

*“I just wanted to take this opportunity to thank you for all the help the club and its members have given me since joining in August. I have very much enjoyed and benefited from the support of members and gained a wealth of knowledge and advice from the more experienced runners.*

*Heidi Uff has been particularly inspirational as ladies captain and obviously influenced me greatly with all her hard work with ParkRun every week, an event which whetted my appetite for running early on.*

*Running has changed so much for me in terms of getting to my goal weight, giving nearly every weekend a focus in terms of racing or training - and it's done wonders for my social life!*

*I've really enjoyed taking part in the local races – Grunty Fen, the RNR and the Hereward which really did make me feel like I am part of the team.*

*I am now on the sidelines for approximately 3 months - recovering very well, but tiring easily. Didn't want people to think that I had made a new year's resolution to quit running.....  
My very best wishes to you and all the members – see you at the end of March(?)’*

*Sarah Edwards*



Sarah Edwards on her way to a well deserved PB in December's Bedford half marathon

### **Running for charity?**

Anybody running the London Marathon or another event for charity currently looking for sponsorship can send in the details, including relevant urls or email addresses for donations, and we will publish them in next month's (February) newsletter. Extra kudos for those willing to don a silly outfit which we might be able to spot on the television.

### **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](mailto:newsletter@elyrunners.co.uk)

## **CLUB EVENTS**

### **Date change for Ely Runners Cross Country championship**

To avoid any clash with early January absences and hangovers, Ely Runners' 2010-2011 club cross-country championships will now be held at 10am on Sunday January 23<sup>rd</sup>. The race will be held over 3 x 1.67m laps on a new, 5m course starting and finishing on Ely common at the top of Waterboard Hill (see map below) and is suitable for trail shoes or (just about) spikes. Road shoes are also suitable but not ideal in wet

conditions. Alan Rutterford will be organising a one-lap, 1.67m 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)).



Felicity Chivers and Zoe Shackleton taking part in the 2010 Ely XC

Meet at the Paradise car park at 9:30am for a 10:00 am start on Ely Common. There are perpetual 12” Tudor shields for the following award categories (members only) which will be presented by Chairman Stephen Howard in the upstairs bar at the paradise centre at 11:30am:

- *1<sup>st</sup> Male (2009-10 Ian Day)*
- *1<sup>st</sup> Female (2009-10 Felicity Chivers)*
- *1<sup>st</sup> Age Graded Male (2009-10 John Manlow)*
- *1<sup>st</sup> Age Graded Female (2009-10 Zoe Shackleton)*

We’re looking for a few more volunteers for time-keeping, results and also one or two marshals, so if you don’t want to run but are available to help on the day then please let Steve Tovey know.

### **Frostbite goes to Ramsey**

The fourth race in the Frostbite Friendly Series takes place this coming Sunday (16<sup>th</sup> January) at 11.00am. The venue is the Ailwyn School, Ramsey, PE26 1DG. The flat course is run on a mixture of grass playing field, farm droves and concrete roads.

Currently the Seniors are placed 8<sup>th</sup> (two places higher than this time last year) and the Juniors 7<sup>th</sup>. There is still plenty of time to move up at least two places with Riverside Blue and Fenland being only two points ahead of us. Please meet at The Paradise Centre at 9.15 to share transport.



Steven Hardwick running in the 2010 Ramsey FFL race

## 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 13th January** at the **West End pub** from around 8:30pm onwards. Further information is available from Julie Foreman ([Julie@elyrunners.co.uk](mailto:Julie@elyrunners.co.uk)).

## SELECTED RESULTS ROUND-UP – DECEMBER

### Frostbite Friendly League Senior Race 3 - Hinchbrook Park, Huntingdon

Official Results: 11th Max D' Ayala 29:51 13th John Uff 29:59 (Ran for 1st claim C&C) 22nd Charlie Price 31:09 (PB) 47th Steve Tovey 32:24 57th Stephen Howard 33:08 78th Tony Kirby-Cook 33:43 102nd Jose Perez 34:41 128th Matt Holmes 35:45 130th Alex Seabright 35:48 133rd Ian Blatchford 35:55 158th Lionel Smith 37:20 186th Andy Nixon 38:48 250th Emily Knight 43:11 (PB) 256th Jon Pennington 43:46 (PB)

### Frostbite Friendly League Junior Race 3 - Hinchbrook Park, Huntingdon

Official Results: 15th Robyn Seabright 10:51 39th Alex Ellwood 11:53 44th Fraser Crossman 12:05 46th Molly Butler 12:06

### Bedford Half Marathon – Wootton, Bedfordshire

Official Results: 19th John Manlow 1:18:09 (3rd MV40) 298th Sarah Edwards 1:35:30 (14thF, PB) 1344th Colin Doak 2:17:37 Top Bedford and County runner Matt Janes won in 1:08:06 and there were 1459 finishers.

### SEAA Masters XC - Shuttleworth College, Biggleswade

Official Results: 27th Ian Day 35:46 (10k XC PB) There were 73 runners.

## Forthcoming events

### **Cambridge Parkrun**

This series is continuing to prove popular with members, with a further four races taking place in May. 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](http://www.parkrun.org.uk/cambridge/Home.aspx)

### **Frostbite Friendly League 2010-2011**

At all venues, the Junior race starts at 10:15 am and the Senior race at 11:00 am

Remaining dates and venues are:

- 16 Jan Ramsey
- 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.

### **SEAA Indoor Track & Field Championships**

Lee Valley Stadium, Edmonton, London

Sun 9th Jan (300m, 400m, 800m), Sat 15th Jan (sprints & hurdles), Sun 16th Jan (60m and 1500m)

All ages from -15 to seniors

Entries via Charlie Barker (seniors) and Leslie Wright (juniors) [lesley@elyrunners.co.uk](mailto:lesley@elyrunners.co.uk)

*Entries have now closed*

### **SEAA XC Championships**

Sat 29th January, Parliament Hill Fields, London - a famous and challenging course!

All ages from -13 to seniors. Distances according age group but SW run 8k and SM run 15k

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

*Entries have now closed*

### **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](http://www.seaa.org.uk) and they will also be put on the club's notice board at the Paradise Centre

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

All ages boys/girls and men/women from -13 to Seniors.

*Entries have now closed*

### **Other Events**

See following RACES & EVENTS GUIDE

### **Event photographs**

Race/club event photographs should now be sent to Steve Tovey ([sct36@cam.ac.uk](mailto:sct36@cam.ac.uk)) Ideally they should be resized to 800x600 pixels (ish) and preferably be less than 100k in size.

## **RACES & EVENTS GUIDE 2011**

### **January 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](http://www.parkrun.org.uk/cambridge/Home.aspx)

## January 2011

- 01 (Sat) Wymondham NYD10k, 1130 Ex-Servicemen's Club, £8.50, EOD +£2, [www.wymondhamac.org.uk](http://www.wymondhamac.org.uk)  
09 Cambs County XC Championships, Priory Park, St Neots (juniors, seniors and vets)  
09 SEAA Indoor Championships, Lee Valley  
15 (Sat) SEAA Indoor Championships (continued)  
16 SEAA Indoor Championships, Lee Valley (concludes)  
16 Frostbite League, Jn 1015, Sn 1100, Ramsey (**all Ely Runners can run**)  
23 **Ely Runners XC Championships** (juniors 1.67m, seniors & vets 5m), 0930 Ely Common  
23 Folksworth 15m, 1100 Village School, £15, no EOD, popular race, [www.yaxleyrunners.org.uk](http://www.yaxleyrunners.org.uk)  
23 Benfleet 15m, 1030 Castleview Sch, Canvey island, £11, +£2 EOD, [www.benfleetrunningclub.com/benfleet15](http://www.benfleetrunningclub.com/benfleet15)  
29 (Sat) SEAA XC Championships, Parliament Hill, London (all ages from -13 to seniors)  
29 (Sat) Lodestar 10k XC Night Run, 1900 Lode, [www.welcomeevents.co.uk](http://www.welcomeevents.co.uk) **CANCELLED**  
30 Reedham 10m, 1100 Reedham Village Hall, Norwich, £10, EOD +£2, [www.gydac.org.uk](http://www.gydac.org.uk)

## February

- 06 Frostbite League, Jn 1015, Sn 1100, Bourne Woods (**all Ely Runners can run**)  
07 (Mon) **Ely Runners Annual General Meeting**, 1930 Paradise Centre  
13 St Valentine's 30k, 1100 Stamford, £16, [www.stamfordstriders.co.uk](http://www.stamfordstriders.co.uk), *early entry essential*  
19 (Sat) National Cross Country Championships, -13/-15 G/B, -17/Jn/Sn M/W, Alton Towers  
27 Cambridge Boundary Run (marathon or ½ marathon), 1000 David Lloyd, £7, [www.cuhh.org.uk/boundaryrun](http://www.cuhh.org.uk/boundaryrun)  
27 Monster Racing Duathlon, Littleport Leisure Centre, £30/£33, [www.monsterracing.net](http://www.monsterracing.net)

## 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](http://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](http://www.leightonfunrunners.org.uk)  
12 (Sat) SEAA XC Relays. Wormwood Scrubs, London W12 (all ages from -13 to seniors)  
12 (Sat) BMAF Open XC Championships M8k, W6k, Perry Barr, Birmingham, CD 1/3, no EOD  
13 Lactic Rush 8m XC/obstacles, 1000 Essex, £24! [www.adventureracessex.co.uk](http://www.adventureracessex.co.uk)  
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](http://www.nicetri.co.uk)  
27 Monster Racing Duathlon, Littleport Leisure Centre, £30/£33, [www.monsterracing.net](http://www.monsterracing.net)  
27 Joe Cox ½ Marathon, Stowmarket

## April

- 03 Lincoln 10k, 1100 Lincoln, £15, [www.lincoln10k.co.uk](http://www.lincoln10k.co.uk)  
10 Bungay Marathon & ½ Marathon  
17 London Marathon  
22 (Fri) Sudbury 5m Fun Run  
24 Monster Racing Duathlon, Littleport Leisure Centre, £30/£33, [www.monsterracing.net](http://www.monsterracing.net)

## May

- 05 Newmarket Heath 6k  
08 Eye 10k  
08 Frostbite Friendly League AGM  
15 Woodbridge 10k  
21 (Sat) BMAF Road Relays, 3m course, Sutton Park, Sutton Coldfield, CD 23/4, [www.bmaf.org.uk](http://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

## July

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

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

27 Bungay 10k

## August

16-25, European Vets Championships, Stadia

21 Monster Racing Middle Triathlon, KSE Amherst Field, Ely, £95/£98, [www.monsterracing.net](http://www.monsterracing.net)

## September

11 **Grunty Fen Half Marathon**, Witchford, [www.gruntyfen.co.uk](http://www.gruntyfen.co.uk)

## October

22 (Sat) Beachy Head Marathon

## November

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](mailto:julie@elyrunners.co.uk) to book

## 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 – check 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](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 Charlie Barker [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 Steve Tovey [membership@elyrunners.co.uk](mailto: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](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: [www.elyrunners.co.uk](http://www.elyrunners.co.uk)

Grunty Fen 1/2M website [www.gruntyfen.co.uk](http://www.gruntyfen.co.uk)

NYE10k website [www.newyearseve10k.co.uk](http://www.newyearseve10k.co.uk)

Turing Trail Relay website [www.turingrelay.co.uk](http://www.turingrelay.co.uk)

Association of Running Clubs [www.runningclubs.org.uk](http://www.runningclubs.org.uk)