

Ely Runners Newsletter

JULY 2009



NEW MEMBERS

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

Ture Nielsen

ELY RUNNERS' ENDURANCE KINGS

Just when the rest of us are dropping the mileage in deference to yet another sizzling British summer, two of Ely Runners' endurance specialists are upping the training in the final stages of their preparations for their forthcoming Ironmen events.

David Richards has competed in triathlons over various distances up to half-Ironman. He has been training for the UK Ironman at the beginning of August in a bid to become one of the illustrious few who complete this challenge.

He writes:

"I generally don't do the sponsorship thing, but an Ironman is a big day out, and I'm pretty sure I won't be doing too many in the future (the wife will kill me due to the amount of time spent training!) so for this I have decided to raise money for EACH (East Anglian Children's Hospices). If anyone does wish to sponsor me they can do so at the following link....

<http://www.justgiving.com/ironmandavid>

Thanks

David."

Meanwhile, seasoned Ironman campaigner **Ian Green** is using the Ironman Switzerland event in July as a warm-up for the main event of his season: his bid to complete the UK Double Ironman at the beginning of August.



Ian Green

Hopefully we will hear more about their experiences in the next newsletter.

PUB NIGHT

The next post-training pub night is Thursday 2 July. The plan is to go **The Cutter** on Waterside. Anyone wishing to eat there as well will need to pre-order their meal. For more information, including details of menu choices, please contact **Julie Foreman** – Julie@elyrunners.co.uk.

FORTHCOMING EVENTS

Ely Runners' Straight Mile Handicap

Hot on the heels of the 10k handicap comes the annual **Straight Mile Handicap**, to be held on **Thursday, 9 July** on Quanea Drove. Members taking part should meet at the Paradise Centre at 7pm to collect numbers. (This event is open to members only.) As usual, there will be refreshments and prize presentations afterwards in the Prince Albert in Ely.

If you would like to take part, please email **Steve Tovey** (stevetovey@elyrunners.co.uk), who will base your handicap time on recent performances in races and/or training. Steve is particularly keen to hear from the ladies in the club: at the time of writing, only one of the 19 entrants so far is female.

Round Norfolk Relay

Alan Rutterford (alan@elyrunners.co.uk) and **Simon Jackson** are now collecting names of those interested in taking part in this event (19th & 20th September). They are looking for both runners and helpers.

RESULTS ROUND-UP

The club's annual **10k Handicap** fielded a record-breaking 60 runners (45 members and 15 guests). First member home was **Heidi Fochtman**, making a welcome return to racing following a prolonged period of injury. Her time was nearly 3 minutes inside her predicted time and new PB by over 2 minutes.



Heidi Fochtman

Chris Bower, Martin Courtney and **John Line** also took substantial slices off their PBs that night.

The North Downs 30k is a favourite with Ely Runners. **Mel Fisher** made a notable debut over this distance, whilst **Stephen Howard** finished an impressive 15th, 5 minutes faster than he managed on his last outing over this challenging course in 2005.

Steve Tovey (continuing his PB-setting form from the handicap 10k) and **Daniel Regan** made the most of the fast downhill finish in the Glasswell's Bury 5m race to set new 5-mile PBs by some margin.

CONTRIBUTIONS TO THE NEWSLETTER

As ever, please send your contributions to the newsletter to me (Rachel Roberts) at: newsletter@elyrunners.co.uk. Many thanks!

RR
May, 2009
newsletter@elyrunners.co.uk

USEFUL INFORMATION

Data Protection

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

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

Membership

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

To renew online:

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

OR

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

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

Benefits of membership include:

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

Supporting the Club and its Events

Ely Runners hold three popular open races each year (**Turing Trail Relay, Grunty Fen Half Marathon, and Ely New Year's Eve 10k Road Race**) that contribute considerably to the club's reputation and financial stability. This enables the club to provide the many benefits listed above. In return, members are expected to show commitment to the club by helping with these events and taking their share of responsibility. Please don't just rely on the usual loyal helpers and think of the club only as a convenient way to promote fitness and enter races. We're all busy these days but commitment is realising the mutual benefits of putting something back into the club and sport we enjoy.

Training

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

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

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

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

Club training sessions are intended to cater for a wide range of abilities and racing objectives. If you require specific **coaching advice**, please ask Club Coach **Alan Rutterford** to help.

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

Club Noticeboard

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

Club Website

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

Club Library

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

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

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

Racing

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

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

Wearing Club Kit

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

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

Race Results

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

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

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

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

Payment of **club entries into championships, relays and leagues** will be funded by the club provided they are **team entries made by the club**. The club will not pay for individual entries into open races that have an incorporated championship.

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

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

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

Club vets who are not members of EVAC may run as guests of the club's EVAC members in **EVAC Championships**. EVAC events are included in the Races and Events Guide and can be entered by sending an email to eastvetm75@ntlworld.com. Subject to the availability of funds, the club will pay for club team entries to EVAC and BMAF Championships. EVAC website: www.evac.org.uk

BMAF (vets) events are too numerous to include all of them but they have been circulated to EVAC members via regional and national veteran magazines or see www.bmaf.org.uk/fix/fix.asp

Running Kit

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

New club vests now have the Ely Runners' **cathedral logo** top centre on the front. Any members with older vests who would like to have the logo added will need to give their vest to Mary to send. The cost (£1.20 for the transfer + 25p for application) will be covered from club funds. Race vests will continue to have ELY RUNNERS on the back.

Club fleeces are available from Mary Gates at the subsidised price of £10 to members only. This price is for one fleece per member. Subsequent fleeces will be at the cost price of £22.

Discounts on Kit Purchases

If you buy running kit from Advance Performance at Cambridge or Peterborough, please show them your membership certificate and the club will receive 10% towards vouchers that we use for prizes for our Christmas charity raffle. Advance Performance do not otherwise give discounts. Other running shop suppliers such as Sweatshop in Cambridge (who sponsor our three open races: New Years Eve 10k, Turing Trail Relay, and Grunty Fen Half Marathon) will usually provide a 10% discount to members on production of a valid membership certificate.

Natalle Etches has purchased a **wide variety of fitness stock** from a local Internet fitness company that closed down. She is re-selling the stock as low as **half price** to club members. The stock includes cycling, running, fitness and triathlon wear from brand names including Craft, Gore Bike Wear, Pearl Izumi, and Sugoi. If you're interested, speak to Natalle at one of the training sessions or contact her on natalle@elyrunners.co.uk.

Social Events

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

RACES & EVENTS GUIDE 2009

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

July

- 01 (Wed) Sudbury Joggers 5m, 1930 Sudbury Football Club, £5 (+£2 EOD), <http://www.sudburyjoggers.org.uk/clubraces.html>
- 02 (Thu) ER after training drinks, julie@elyrunners.co.uk
- 03 (Fri) Cranfield 5m, 1930 Cranfield, Beds (more details to follow)
- 05 EAA T&F Championships (incl. 800m, 1500m & 3000m), 1000 Cambridge University Track, £6 per event
- 05 Newmarket 10k, 1100 Ellesmere Centre, Stetchworth, £8 (+£2 EOD), <http://newmarketjoggers.org.uk/wp-content/uploads/2009/05/newmarket10kentryform2009.pdf>
- 08 (Wed) Mike Groves Run 5.85k Multi-terrain, 1930 Coltishall Football Ground, Norfolk, £6 (+£2 EOD)
- 09 (Thu) training at 1900 will include **Ely Runners' Straight Mile Handicap** on Quanea Drove. Perpetual Shields for Handicap 1st M/F, Fastest M/F, and Age Related 1st M/F will be presented afterwards in The Prince Albert, Ely
- 09 (Thu) Whissendine 6ix Road Race and Walk, 1930 Runners/1845 Walkers, Whissendine, Rutland, £5 runners/£7 walkers, www.rutlandrunners.co.uk
- 09 (Thu) Girton Feast 5k (MT), 1930 Girton Pavilion, Cambridge Rd, Girton, £3 EOD only, www.girton5k.org.uk
- 12 Bushfield 10k (**CRRL**),
- 15 (Wed) Peterborough 5k series, 1930 Rugby Club, Hambleton Road, Stamford, £4 EOD
- 17 (Fri) Thetford Forest Challenge (Run-Bike event), 1900 May Day Events Field, Thetford Forest, £25 per pair (+£5 EOD), www.runbikeevents.com
- 19 Fairlands Valley 12/18/26.2m Challenges, Bedwell, Stevenage, www.races.fvspartans.org.uk
- 22 (Wed) Cambs Open Graded T&F Meeting, 1 mile, 1900, St Ivo Centre, St Ives, £2 per event, www.cambsaa.org.uk
- 24 (Wed) Peterborough 5k series, 1930 Werrington Sports Centre, £4 EOD
- 26 March 5m Spud Run, 1100 Elm Rd Sports Field, March, £7 (+£1 EOD)
- 26 NSPCC Milton Keynes Half-Marathon, 1000 Bury Lawn School, Stantonbury, £18 (+£7 EOD), <http://www.mkhalfmarathon.org.uk/>

August

- 02 Wellingborough 5m, 1030 Old Grammarians Sports Field, Wellingborough, £8, WWW.familysupportlink.co.uk
- 07 (Fri) Wibbly Wobbly Log Jog (5m TR), 1930 Brandon Forest, £6, no EOD, www.bfh.org.uk
- 07 (Fri) Blisworth 5m, 1930 Blisworth Football Club, Northants, £6 or £11 for series, www.woottonroadrunners.co.uk
- 09 Wandlebury 5m XC, 1030 Wandlebury Woods, Shelford, £7 (+£2 EOD)
- 09 Great Yarmouth RR Half-Marathon, 1000 Emerald Park, Gorleston F.C., £10 (+£2 EOD)
- 16 Thorney 5m (**CRRL**), 1030 Bedford Hall, Thorney, nr Peterborough, £7, www.thorneyrunningclub.co.uk
- 16 Reepham Summer Sunday Run 10k (multi-terrain), 1000 Reepham, Norfolk, £8 (+£2 EOD)
- 19 (Wed) Nene Valley Harriers 5k (Cambs County Championship & **CRRL**) (*prov date*)

September

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

13 Bourn to Run 10k, 1030 Bourn Recreation Ground, Bourn (Cambs), £10, <http://www.bournschool.co.uk/>
13 Langham 10k, 1100 Langham Community Centre, Langham, Essex, langham10k-registrations@yahoo.co.uk
19/20 (Sat/Sun) Round Norfolk Relay, www.roundnorfolkrelay.com
19/20 (Sat/Sun) Isle of Wight Fell Running Series, 3 races over 2 days, www.rydeharriers.co.uk
20 Cransley Hospice 9th Annual 10k and Half-Marathon, 1100 Cranford, Nr Kettering, £12 (+£2 EOD), www.cransleyhospice.org.uk

October

04 SEAA 10k Road Running Championships, 1100 Crystal Palace, London, www.seaa.org
04 Budapest Marathon, Budapest, www.budapestmarathon.com
04 New Balance English Half-Marathon, 0900 Centre Park Warrington, £27 (no EOD), <http://www.english-half.co.uk/>
10 (Sat) Peddar's Way Relay (teams of 4), Castle Acre to Holme-Next-The-Sea, www.rystonrunners.org.uk
11 Great Eastern Run ½ Marathon, 1100 Laxton Square, Peterborough, £18 (no EOD)
18 Ampthill Trophy XC, Ampthill, Beds, www.AmpthillTrophy.org.uk (more details to follow)
25 Fenland 10m (CRRL)
24 (Sat) Beachy Head Marathon (3,500' climb), 0900 Eastbourne, *depart Paradise 0500*

November

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

December

20 Long/medium/short club pre-Christmas trail training runs, Woodditton to Ely 18.5m, Woodditton to Chalk Pit 12m, Reach to Ely 11m, Woodditton to Reach 7.5m, meet 0800 Paradise for transport to starts
26 (Sat) Boxing Day training, meet 0900 Paradise Centre car park
31 (Thu) The 10th Ely New Year's Eve 10k Road Race, 1100 Lt Downham, entries on-line only, no EOD, www.newyearseve10k.co.uk

2010

January

30 (Sat) SE XC Championships, Parliament Hill, London, www.seaa.org

NOTES

Races and events are on Sunday unless otherwise mentioned.

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

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

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

Frostbite League races are 5-6 miles and entry (league membership) is paid for by the club.

Further details of events from the Club notice board in the Paradise Centre foyer, running magazines, websites, or from John Turner secretary@elyrunners.co.uk) who also has details of all RRC/TRA long distance road/TR/XC races and FRA fell races.

National, regional and county championship team entries are via Charlie Barker (captain@elyrunners.co.uk).

Club championship & club handicap entries are via Steve Tovey

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

Club website	www.elyrunners.co.uk
Grunty Fen 1/2M website	www.gruntyfen.co.uk
NYE10k website	www.newyarseve10k.co.uk
Turing Trail Relay website	www.turingrelay.co.uk
Association of Running Clubs	www.runningclubs.org.uk

Rachel Roberts
June 2009
newsletter@elyrunners.co.uk