

# Ely Runners Newsletter

July 2011



## NEW MEMBERS

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

**Alan Bruce**  
**Louise Cadogan**  
**Celine Aubry**

## NEWS & NOTICES

### **Mile Handicap entry still open**

Members can still enter this year's Ely Runners Mile Handicap which will take place on Thursday 14<sup>th</sup> July at the Kings School playing fields.



Steve Tovey and Chris Bower racing in the 2010 mile handicap

As with the 10k Handicap, the winners are not just those who run the course the fastest, but those who shave the most off their predicted time, so everybody is in with a chance of winning one of the six prizes (male and female handicap winners, fastest male & female, fastest age graded male & female), particularly improvers.

Entries to Matt Holmes [matt@elyrunners.co.uk](mailto:matt@elyrunners.co.uk) with a realistic forecast of likely time – recent race times or the calculator on the ER website can help here. Should your suggested time be considered optimistic or pessimistic, it will be adjusted in consultation with the Chairman, Secretary and Club Coaches based on recent race times!

Runners should meet as for usual training at 7:00 pm at the Paradise. The race is open to all Junior and Senior members.

**Kieren Drane becomes a dad!**  
Congratulations to Kieren Drane and his wife on the birth of their daughter Helena. Here's hoping any subsequent lack of sleep doesn't slow him down!

### **Report from John Turner on Steam Hauled Excursion**

With the gift from the club towards a steam loco hauled excursion, John Turner took his wife and one of his sons, who lives locally, on an interesting and nostalgic midsummer's day circuit around his



John Turner at London Victoria Station

old home area of Kent and East Sussex. John writes:

'The train started and terminated from London Victoria and was hauled by the former Southern Railway 'Battle of Britain' class light pacific 34067 'Tangmere' an engine built in 1947, about two years after I was born. This speedy loco (which has visited Ely) is capable of running in excess of 100 mph, but now (like all main line steam) is limited to 75 mph, particularly because of the age of the rolling stock used for steam excursions.

However, the scenic 150 miles circular route, with many stiff gradients and reverse curves, had speed limits for all trains, so the loco was sometimes used up the maximum permitted speeds. After threading through the London suburbs, the train went through the superb Kentish 'Garden of England' countryside to Maidstone and then on through Ashford International along the lonely single line across the back of Romney Marsh to Rye, Winchelsea and Hastings where it turned north to tackle the hilly and twisty route to Tunbridge Wells and join the main line at Tonbridge.

Then up the long climbs of the North Downs through Sevenoaks and

Polehill tunnels and thence to Orpington, Bromley and back to Victoria. An unusual and testing route for the engine crew who, as far as they were allowed, maintained excellent time.

Although I had my head out of the window much of the time, watching my old haunts speed past, we found the standard of the catering staff on the very comfortable train was excellent and I would recommend such trips to anyone, even if they were not particularly interested in steam railways.?

For short video clips of the train en route, see:  
[www.youtube.com/watch?v=eGBMp\\_cA6FUU](http://www.youtube.com/watch?v=eGBMp_cA6FUU)  
& [www.youtube.com/watch?v=QmUdYS-PoZo](http://www.youtube.com/watch?v=QmUdYS-PoZo)

### **Paradise FitClub open for business**

Ely Runners Juniors coach Lesley Wright has started a FitClub which runs from 6:30-7:30am on Tuesday mornings in the field behind the Paradise Centre, offering Cardio, MS&E and interval training. Ask at the Paradise Centre reception desk or Call Lesley on 0772 505 3565 for further details.

### **Contributions to the Newsletter**

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

### **SOCIAL EVENTS**

#### **After training drinks**

After training drinks are usually held on the first Thursday of each calendar month, with all members more than welcome to attend. The next opportunity to see what your training partners look like with their clothes on will be **Thursday 14<sup>th</sup> July** at the Prince Albert in Ely directly after the Mile Handicap. Further

information is available from Julie Foreman ([Julie@elyrunners.co.uk](mailto:Julie@elyrunners.co.uk)).

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

Tony Robinson Memorial Run (formerly Sutton Feast Beast 7)  
Ely runners were well represented at this local multi-terrain race of approximately 7m, braving scorching temperatures to take three of the first five places.  
Official Results  
1<sup>st</sup> Stephen Pettitt 0:39:33  
2<sup>nd</sup> John Manlow 0:40:27  
5<sup>th</sup> Kieran Drane 0:43:36  
11<sup>th</sup> Matt Holmes 0:48:01  
14<sup>th</sup> Andrew O'Hanlon 0:48:42  
16<sup>th</sup> Lionel Smith 0:49:47  
21<sup>st</sup> Peter Harris 0:51:41  
24<sup>th</sup> Adam Etches 0:52:01  
31<sup>st</sup> Ashley Blackmore 0:54:02  
33<sup>rd</sup> Sarah Edwards 0:55:28  
41<sup>st</sup> Tony Robinson 0:58:48  
52<sup>nd</sup> Claire van Leersum 1:04:32

There were 66 finishers.

Wymondham 10m – Norfolk  
Stephen Pettitt and John Manlow travelled to Norfolk to run a scenic undulating course in mostly great weather. The first half was up hill into the wind, the second half the reverse. Stephen lead for a while, with John running alongside GB marathon international Helen Decker before she pulled away. Both Stephen and John were pleased with their results and won prizes. There were 188 Finishers. Official results 4<sup>th</sup> Stephen Pettitt 58:41 (3rd man) 6<sup>th</sup> John Manlow 59:42 (1st MV40)

Milton Park Run, Cambridge  
Graham Chapman's recent 55<sup>th</sup> birthday puts a host of Ely Runners club records at risk, with the first falling at the 73<sup>rd</sup> Milton Park Run 5K.  
Official Results 12<sup>th</sup> Graham Chapman 19:27 (MV55 Club Record) 18<sup>th</sup> Matt Holmes 19:39 (PB) (1st 5k) 55<sup>th</sup> Andrew

O'Hanlon 21:22 115<sup>th</sup> David Mould 24:23 257<sup>th</sup> Alan Rutterford 40:58

First home for Ely Runners in the 72<sup>nd</sup> Milton Park Run was Junior Lewis Leonard in 21:42, age graded at an impressive 75.35%. Official Results 52<sup>nd</sup> Lewis Leonard 21:42 102<sup>nd</sup> Sharon Leonard 23:49

### Chilford Hall 10k & 5K – Linton, Cambridge

Ely Runner Miranda Paul was 62<sup>nd</sup> with a time of 49:58 on a cold and windy day with last minute pre-race rain. 157 runners completed the race, with David Bettinson winning in 18:59. Official results 62<sup>nd</sup> Miranda Paul 49:48

30 runners completed the 5K race, with Stuart Holmes winning in 18:59. Ely Runner Sarah Edwards was 7<sup>th</sup> overall and first lady with a time of 23:55, with Stuart Baumber finishing faithfully alongside. Official results 7<sup>th</sup> Sarah Edwards 23:55 (1<sup>st</sup> Lady) 8<sup>th</sup> Stuart Baumber 23:55

### Abbey 10k – Ramsey, Cambridgeshire

Lionel Smith was the sole Ely Runner who took part in this event, hosted by Ramsey Road Runners. There was a fairly heavy downpour before the race, which, was on a mixture of grass and gravel tracks. 226 runners completed the race. Lionel Smith was 75<sup>th</sup> with a time of 45:07 Official Results 75<sup>th</sup> Lionel Smith 45:07

### **Event photographs**

Race/club event photographs should now be sent to Charlie Barker - ([charlie@elyrunners.co.uk](mailto:charlie@elyrunners.co.uk)) Ideally they should be resized to 800x600 pixels (ish) and preferably be less than 100k in size, though all contributions gratefully accepted.

## RACES & EVENTS GUIDE 2011-2012

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

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

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

### July

06 (Wed) EVAC Track & Field League, Match 3, <http://www.evac.org.uk/>

06 (Wed) Peterborough 5k series Race 3, Ferry Meadows, Peterborough, <http://www.eyerunners.plus.com/5Kpage2.htm>

06-17 World Masters T & F Champs, Sacramento, California, USA, <http://www.bvaf.org.uk/index.asp>

07 (Thu) Hancock Half Hour 5m, Downham Market, <http://www.rystonrunners.org.uk/docs/HancockHalfHour/hancockhalfhour.htm>

08 (Fri) Whissendine 6ix, 6m, Whissendine (Nr Oakham), <http://www.grainstorebrewery.com/>

09 (Sat) Lord Mayor's 5k City Centre Classic, Norwich, <http://www.conac.org.uk>

10 British 10k, London, <http://www.thebritish10klondon.co.uk/>

10 Bushy 10k, Bushfield, Peterborough, <http://www.bushfieldjoggers.co.uk/>

10 Felsted 10k, Great Dunmow, Essex, <http://www.grangefarmtrotters.co.uk/pages/default.asp>

10 Heveningham 10k, Heveningham Hall, Suffolk, [http://www.countryfair.co.uk/other\\_events.html](http://www.countryfair.co.uk/other_events.html)

10 Lee Valley 10k, Waltham Abbey, Essex, <http://www.leevalleypark.org.uk/en/events/index.aspx?EventID=136>

10 Notfast 10k, Newark, <http://notfastrunningclub.co.uk/>

10 Stopsley Striders Ladies 5k, Wardown Park, Luton, <http://www.stopsleystriders.org.uk>

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

15 (Fri) Mike Groves Run, 5m, Coltishall, Norfolk, <http://www.coltishalljaguars.co.uk>

17 Capel St Mary 5m & 1m FR, Capel St Mary, Ipswich, <http://www.capelcheetahs.co.uk>

17 Fairlands Valley Challenge 12m, 18m, marathon or 50k Ultra Marathon, Stevenage, <http://www.races.fvspartans.org.uk>

17 Luton AC 5k, Wardown Park, Luton, <http://www.lutonac.co.uk/road-races-2011.html>

17 NSPCC Milton Keynes Half Marathon, <http://www.nspcc.org.uk/>

17 RAF Marham 10m, Marham, Norfolk, <http://www.entrycentral.com>

17 Sea Bank Marathon Trail Race, Skegness, Lincs, <http://bostonanddistrictac.com>

17 St. Ives Dairy Crest 10k & 3k FR, <http://www.huntsac.org.uk>

20 (Wed) Peterborough 5k series Race 4, Stamford, <http://www.eyerunners.plus.com/5Kpage2.htm>

20 (Wed) WoodysToonie Trot 10k, Ancaster, Lincs, <http://toonieexpress.co.uk>

21 (Thu) Girton 5k, Girton, Cambridge, <http://www.girton5k.org.uk>

24 Dereham 5k, Dereham, Norfolk, <http://www.derehamrunners.co.uk>

24 Littleport 10k, <http://www.littleport10k.co.uk>

24 Luton 10k, <http://www.lutonac.co.uk/road-races-2011.html>

24 Muscle Warrior Haileybury 10k, Hertford, <http://www.musclehelp.com>

24 Redbridge 10k, London, <http://redbridge10k.com/>

24 Spartan Race 5k with obstacles, ATR Bassibgbourn, Royston, <http://www.spartanrace.com/>

27 (Wed) Bedford Harriers Doug Anderson Memorial 5k, Bedford,  
<http://www.bedfordharriers.co.uk>

29-31 (Fri-Sun) MontaneLakleand 100m,  
<http://www.lakeland100.com>

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

30 (Sat) Suffolk Fat Ass 67k, Felixstowe,  
<http://suffolk67k.duostack.net/>

31 EVAC Track & Field Champs, Kings Lynn,  
<http://www.evac.org.uk/>

31 Harlow 10m, Harlow, Essex,  
<http://www.thehrc.org.uk>

31 Nicetri Olympic Standard Triathlon, St Neots,  
<http://www.nicetri.co.uk>

31 Wellingborough 5m, Wellingborough,  
<http://www.wdac.org.uk>

### **August**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

### **September**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

## **October**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

## **November**

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

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

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

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

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

## **December**

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

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

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

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

31 (Sat) Ely New Year's Eve 10k Road Race,  
1100 Little Downham,  
<http://www.newyarseve10k.co.uk>

## **January**

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

## **February**

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

## **March**

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

## **April**

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

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

## **NOTES**

Races and events are on Sunday unless otherwise mentioned.

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

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

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

Frostbite League races are about 5-6 miles for seniors and 1.5m for juniors. Entry (league membership) is paid for by the club.

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

National, regional and county championship team entries are via Heidi Uff, [captain@elyrunners.co.uk](mailto:captain@elyrunners.co.uk) but for -13,-15,-17 & juniors, first contact Lesley Wright, [lesley@elyrunners.co.uk](mailto:lesley@elyrunners.co.uk).

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

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

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

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

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

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

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

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

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

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

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