



Ely Runners Newsletter

November 2012



John Turner at the Exmoor Stagger

NEW MEMBERS

We warmly welcome the following new members who joined the club this month.

Suzanne Harwood, Tracy Churchill, Martin Ineson, Alison Blaney, Helen Kerrison, Alice Flack, Andrew Thompson, Alan Cushing, Shara Hayes, Racheal Zaszke, Naomi Course, Emily Passmore, Kara Leonard, Tracy Hutchison, Christopher Coner, Anne Booth, Douglas Law, Jane Robinson, Karen Law, Ewan Logan, Danny Brown, Caroline Brown & John Cant.

Race Reports

If you have run a race recently why not tell your fellow members how you got on? Shout about your achievements, encourage others to take part in races that they may not have heard of (and likewise warn them off). Send your race reports to results@elyrunners.co.uk and have your prose could be published online and it might even appear in the newsletter. Thank you to Adrian, John M, Emma G, John T, John G, Stephen P and others for their comprehensive reports in the last month.

Frostbite Friendly League

The popular Frostbite Friendly series of races has returned for the colder months and both Senior and Junior teams have made a good start to the season. The next race is on 16th December at Hinchingsbrooke Park – full details on page 7.

Junior Coaching

Coaching: The club's ever expanding junior section (now standing at 53) has resulted in the club's coaches coming under increasing time pressure. If there are any members (or parents) interested in getting involved in coaching – or just helping out, then please contact club secretary Steve Tovey or head coach Alan Rutterford for information on courses/funding.

New Year's Eve 10k

This year's race will be taking place on..... 31st December !!!!

The club would greatly appreciate if any members that have a spare few hours on the 31st could volunteer their time to assist with this popular club event. We would still welcome more marshals so if you are available please email John Glover directly:

john@elyrunners.co.uk

Hereward - Final Request for help (I promise!)

If anyone wishes to run or is able to help with marshalling, photography or in other areas at next week's Hereward Relay please contact Steve or Matt as soon as possible. Any assistance would be appreciated as our attendance at the event relies on our ability to help with the finish.

results@elyrunners.co.uk

Club Cross Country

The annual club cross country race is due to take place on 27th January.

Full details will follow next month but if you would like to run please let matt know matt@elyrunners.co.uk

NYE10k T-Shirt:

Unfortunately the committee didn't receive any entries for this year's T-Shirt competition. Charlie Barker was therefore asked to come up with a design. Charlie has created a brilliant design for this year and further details will follow next month.

News

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Dates for the Diary:

- 18/11 Ryston XC
- 25/11 Hereward Relay
- 2/12 NVH 10m
- 7/12 Xmas Drinks
- 9/12 Xmas Run
- 16 /12 Frostbite
- 31/12 NYE10k

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

Christmas Drinks - Friday 7th December 2012

The High Flyer, 69 Newnham Street, Ely, CB7 4PQ

From 7:30pm onwards

Dear Members

The Committee of Ely Runners invites members and their families to this informal gathering at the High Flyer for which there will be chips/sandwiches provided by the club. This is to celebrate Christmas and thank members for their input during the year.

The following events will take place during the evening:

1. Draw for the club's 2012 London Marathon entries.

If you haven't already done so, please let me know if you applied for a ballot place and were rejected so that I can add your name to the draw list, currently with 6 entries. Sarah, Stuart & Stephen have already shown me their rejection slips, others need to do likewise. So far I've received ballot requests from: **Stephen Howard, Stuart Baumber, Sarah Edwards, Matt Holmes, Tony Kirby-Cook and Claire Van Leersum**

Please note to be eligible for the London Marathon Draw you must meet the following criteria:

- *You must have been rejected for a ballot place*
- *You must have been a paid up member when you applied for a ballot place*
- *You must be able to show proof of rejection for a ballot place*
- *As Marathon places are now based on individual EA affiliations (we only had 41 members aged 18+ with EA affiliation in 2011-12) we have only been allocated 1 place. The club ballot will therefore only be open to club members that meet the above and also hold an individual EA affiliation.*

*If awarded a place you must not hand over a club place to another runner (unless via an official substitution via the club secretary)
You must also agree to abide by the Rules of the London Marathon.*

2. Raffle organised by Julie Foreman in aid of the East Anglia's Children's Hospice (EACH) with some good prizes (including vouchers for use in Advance Performance sports shops).....as well as the usual 'useful and interesting' prizes. **In addition, if members would like to provide other items for prizes for the raffle then please let me know or give them to Julie or myself at training on or before Tuesday 27th November.**

To help with catering, please confirm (to me via e-mail) with numbers attending ASAP.

There is a small car park behind the High Flyer and additional car parking at the Paradise Centre.

Sadly due to work commitments I'm unable to make this year's event – but I'm sure the club's chairman and Treasurer will be on hand to provide entertainment!!

BW

Steve T.

EA Affiliation

A reminder that the club is affiliated to EA and this is sufficient for claiming affiliated entry into most UKA-licensed races and all ARC-licensed races (as the club is also affiliated to ARC). However, some UKA-licensed races and all regional/national championships require athletes to hold an individual race license/affiliation. Currently 48 members have paid for individual EA-affiliation for 2012-2013 (see list below).

Alexander Ellwood, Alfredo Verna, Alice Campbell, Andy O'Hanlon, Ashley Pettit, Carl Mendel, Charlie Barker, Chris Bower, Claire Van Leersum, Clare Durrant, Conan Fryer, Craig Holgate, Daisy Glover, David Mould, Dylan Campbell, Emily Knight, Emma Greaves, Gareth Kavanagh-Dixon, Graham Chapman, Heidi Uff, John Manlow, John Turner, Jon Pennington, Jose Perez, Justin Greaves, Kieren Drane, Lionel Smith, Louise Stableford, Lucy Watson, Luke Crisp, Matthew Holmes, Max d'Ayala, Nathan Pennington, Nick Dowdy, Peter Harris, Rob Campbell, Robin Webb, Robyn Seabright, Sam Collins-Shirley, Sarah Edwards, Simon Jackson, Stephen Howard, Stephen Pettit, Steve Tovey, Stuart Baumber, Susan Salaau-Bethell, Tanya Shenton, Tony Kirby-Cook

Event photographs

Please send any race/club event photographs to Charlie Barker - (charlie@elyrunners.co.uk)

Ideally they should be resized to 800x600 pixels (ish) and preferably be less than 100k in size.

Did you spot JT on page 1? Send in your event photos and you too could feature in next month's newsletter!

Pre-Christmas Woodditton>Reach>Ely Training Runs - Sunday 9th December 2012

As in previous years, members are invited to take part in our traditional pre-Christmas training runs from Woodditton (beyond Newmarket), Reach, Upware and Chalk Pit back to Ely, on Sunday 9th December. This is a week earlier than usual due to the Hunts AC Frostbite League race being moved from the 9th to the 16th December.

Route

The attractive and undulating route from Woodditton to Reach is 7.5m. It follows the Devil's Ditch footpath through scenic woodland, over Newmarket Heath, across the A14 footbridge, and along the sheep-grazed slopes of the Ditch bank path to Reach. The route then becomes typical flat fenland along the west side of Reach Lode (passing the new footbridge to Wicken Fen) to Upware (10.75m) where it joins the last stage of the TTR course to the A1123 crossing at Chalk Pit (12.25m). From there it continues along the track to Kingfisher Bridge (turn left soon after) and back along the Cam & Gt Ouse riverside bank paths via Lode End Bridge (15.4m), the Cutter, Jubilee Gardens, the Park and east end of Ely Cathedral to finish at the Paradise Centre, Ely (18.5m).

It is nearly all off-road until the riverside tarmac cycle path soon after Lode End Bridge (Barway pump-house) 3.1m from the Paradise. Unless the ground is dry or frozen, trail shoes will be suitable but road shoes will be OK and may be better for much of the course after the first 2m though some very undulating (*beware of tree roots*) and sometimes muddy woodland. There is also a short but very muddy section (keep right!) just before crossing the A1123 at Chalk Pit. For **route descriptions**, see <http://www.elyrunners.co.uk/routes/prexmas.htm>
There are also signposts along most of the route and it can be seen on OS maps and Google Earth.

Members Running

Members who have confirmed (please check correct) that they will be running are:

Woodditton start to Ely (18.5m)

John Turner, David Mould, Sarah Edwards, Stuart Baumber, Ian Blatchford, Daniel Regan, Mark Turner, Peter Harris, Lionel Smith, Matt Holmes, Ashley Blackmore, Emily Knight, Gary Wilberforce, Miranda Paul, Nigel Reynolds, Craig Holgate (will run to Woodditton start), Louise Cadogan, Steve Tovey, José Perez, Heidi Constable, Emma Greaves, Tony Kirby-Cook, Kieren Drane, Chris Bower, Nick Dowdy, Adrian Scaites-Stokes, Stephen Hardwick, Charlie Barker, Felicity Chivers, Zoe Martin, Conan Fryer, Samantha Collins-Shirley, Anne Booth, Andy O'Hanlon, Emma Briggs, Steve Starr (36 so far)

Reach start to Ely (11.0m)

(0 so far) *Stay on mini-bus after Woodditton starters are dropped off.*

Woodditton start to Reach (7.5m)

(0 so far) *Mini-bus will return finishing runners from Reach to Ely*

Chalk Pit (12.25m from Woodditton & 6.25m to Ely)

(0 so far) Located where route crosses A1123. Alan Rutterford (tbc) or TBC *will drop or collect runners*

Transport to starts from Paradise car park (meet 8:00 am sharp)

Two or three mini-buses (2 x 16 seats and 1 x 15 seats = 47 seats) supplied by Ely/Soham Dial-a-Ride, from Paradise car park to Woodditton and Reach
Mark & Fletch Collins-Shirley (+ 5 seats to Woodditton, Reach & Chalk Pit). *Check runners list, divide refreshments, carry en route kit*
A N Other tbc (+ 3 seats to Woodditton and Chalk Pit). *Check runners list, divide refreshments, carry en route kit*
So far we have 55 seats for 35 runners requiring transport.

Checkpoints for Refreshments & Recovery

Mark & Fletch Collins-Shirley at **Reach (7.5m)** then after last runner departs from Reach, to Chalk Pit (12.25m).
A N Other (volunteer with vehicle, please!) at **Chalk Pit (12.25m)** until Mark & Fletch arrive from Reach, then to Ely with any finishing runners. Mark & Fletch to stay at Chalk Pit until last runner departs, then to Ely with anymore finishing runners.

Is anyone able to help with the provision of refreshments at Reach and at Chalk Pit and to transport any runners finishing early back to Ely? Any help would be appreciated.

Lunch at the High Flyer

Afterwards, members and their families/friends can enjoy a good value carvery Sunday Lunch at the High Flyer, adjacent to the Paradise car park. Please book with Julie Foreman julie@elyrunners.co.uk. As it is a busy time of year for catering, please let Julie know ASAP. The lunch is at **1 pm** so, to allow time for changing (the Paradise Centre will be open) after running.

These training runs are intended as relaxed and enjoyable pre-Christmas exercise (with many members usually in seasonal dress) and the choices of distance are within the capacity of most members. As usual, dogs are welcome.

Please let me know which distance you'd like to run and let Julie know if you'd like to have lunch - John
training@elyrunners.co.uk

Race Reports

Druids Challenge - Ivinghoe Beacon, Bucks To Wroughton, Wiltshire

Miranda Paul and Emma Greaves took part in an 'Extreme Energy' Multiday Endurance Event which follows the Ridgeway National trail from Ivinghoe Beacon in the Chiltern Hills to Wroughton, North Wiltshire. Day 1 – 29 miles, total ascent 2076ft, total descent 2598ft Miranda and Emma travelled down to the race on the Friday morning with Ely runner Nigel Reynolds as support crew and Emma's two children. The race started at the beginning of the Ridgeway trail at the top of Ivinghoe Beacon, the weather at that point was a strong head wind and cool. The course was exceptionally hilly and due to the recent rain the trail was very muddy with the chalky sections being very slippery. Initially the trail was very exposed and the strong wind was quite tiring but at 11 miles the trail entered some woods which gave a welcomed protection from the weather. Although the organisers claimed that the course was well marked and runners could easily navigate the route, Miranda and Emma twice managed to take the wrong trail and had to text Nigel for directions to get back on track.

The course was very scenic with beautiful avenues of trees in autumn colours; unfortunately this meant that many of the paths had exposed tree roots or rocks that were covered in a layer of fallen leaves which made the course a bit more challenging. At 22 miles it had become dark and Miranda and Emma needed head torches to navigate the last 7 miles, this was the most tiring part of the day as the uneven and unpredictable landscape required a lot of concentration to navigate. Emma and Miranda finished in 6hrs 54 min, 98th/99th out of 124 finishers Day 2 – 27 miles, total ascent 1837ft, total descent 1551ft It had rained heavily overnight with light rain continuing into midmorning, the course was initially very, very hilly with extremely steep climbs, at 7.5 miles the route levelled out to follow Grim's Ditch to South Stoke where the trail met the Thames river path. Although the course was now flatter, the riverside path was so treacherously muddy and tiring to run that Miranda and Emma had to walk some sections. At about 19 miles the trail rejoined the hills and remained hilly to the finish. Emma and Miranda finished in 6hrs 34min, 95th/96th out of 125 finishers Day3 – 28 miles, total ascent 1555ft, total descent 1702ft A gloriously bright and calm day with a slight ground frost, the landscape was rolling hills and had the most incredible panoramic views across the Marlborough Downs, beautiful to run and very inspiring. The route continued through the rolling countryside until it turned off the Ridgeway path and finished at a hotel in Wroughton. Emma and Miranda finished 6hrs 22min, 75th/76th out of 105 finishers.

The race was fantastically organised and the Extreme Energy team had gone to great lengths to ensure that all runners needs were catered for. The price of the race included accommodation in a hall with entertainment and talks from well known elite Ultra runners about Ultra training and races, it also included meals and washing facilities. On day 2 the runners could use a pool and sauna at the sports hall and at the finish the runners had use of hotel rooms to shower and change. The checkpoints were well stocked with food and drinks and manned by friendly, helpful marshals. The team made tremendous effort to get to know competitors individually throughout the race. Miranda and Emma didn't utilize the accommodation offered and choose to stay in Travelodge's along the route which meant a lovely soak in a bath at the end of each run, a Harvester meal and comfy night's sleep. Miranda's partner Nigel followed the girls along the route every day, meeting them at every checkpoint, supplying them both with plenty of food, cups of tea, moral support, chaperoning Emma's children and kept Facebook updated with their endeavours- an endurance event in its own right!! This was the first multiday event for both Miranda and Emma and they both thoroughly enjoyed it. Overall results - Miranda and Emma finished in 19hrs 52min finishing 77th/78th out of 99 of the finishers that completed the full 3 day challenge.



At the finish



Halfway and still smiling!

Lode Half Marathon - Lode, Cambridgeshire

Three Ely Runners braved the wet and windy conditions to compete in the second running of the Lode Half-Marathon. With persistent precipitation, a capricious breeze and conditions underfoot being wet and muddy in places, the race turned into a "slogfest". The route headed out of the village by road before turning off on droves, pathways and lode banks. These last were churned up very nicely by the 150 odd runners passing over them, twice. An out-and-back course meant that the small puddles had turned into miniature lakes by the return journey. Dodging these, or splashing through them, just added an extra dimension to the whole 'fun' experience. Arriving back in Lode, the runners displayed all the attributes of people who had been for a swim fully clothed. Given the conditions, a creditable performance was given by Nick Dowdy (1:45:33, finished in 67th), Adrian Scaites-Stokes (1:48:46, 75th) and finally, but not least, Colin Doak (2:07:00, 127th). 152 mad fools completed the race with the winner, Charles Wartnaby, finishing in 1:17:54.

Beachy Head Marathon - Eastbourne, East Sussex

There were three Ely Runners amongst the 1,299 finishers in this hilly (3,500 ft of climb) trail marathon on a circular course over the scenic South Downs. The final seven miles included the spectacular Seven Sisters chalk cliffs and a long climb over Beachy Head. Places and chip times were as follows: 496th John Turner 4:57:39 522nd Nicola Bramley (+ dog Sam) 4:59:04 764th Michael Butler 5:29:01 The first man and woman were Rob Harley (Brighton University) 3:09:51 and 22nd Susie Casebourne (Bexhill Runners) 3:31:29. Conditions were quite challenging, with low angle sunshine and bitter, strong north winds (2°C at start + wind-chill) but this made for good ground conditions, despite recent rainfall which had caused the picturesque River Cuckmere to flood. None of the Ely Runners had finished before a sudden squall with torrential, near-freezing rain and very high winds provided a chilly end to the race. The weather was not conducive to fast running and the winner's time was the slowest (by at least 6 minutes) since 2005, when the current course was first used, and well outside the 2007 course record of 2:47.00.

Exmoor Stagger - Minehead, Somerset

The hilly course (3,627' of climb) across Exmoor is officially 15.1m but some think nearer to 16m. It starts at Alcombe, near Minehead, and climbs over Grabbist Ridge, down to Wootton Courtenay, and then up to Dunkery Beacon (1,705' asl) to return via a different route for much of the way. Apart from some short road sections, the scenic course uses stony tracks and muddy paths through deep, forested combs and over open moorland. Weather conditions were fairly mild but misty and the course very wet from recent rainfall. John Turner was 107th (1st MV65) of 195 finishers in 2:56:42. When he collected his number, the empathetic bloke at registration fumbled through the category number sets until he came to the last (MV65+) folder and said that JT "should be at home watching telly!"

Great Yarmouth Marathon - Norfolk

Great Yarmouth Road Runners hosted 5 Ely Runners for the first (and probably last) Marathon to celebrate the 25 year anniversary of their club on Sunday 21st October 2012. Although the race was a one-off extension to their annual 10k there were some semi-scenic views on the North Drive overlooking the dunes. This was somewhat diluted however by runners completing 3 loops of Yarmouth seafront. The weather started off cool and cloudy before drizzle and increased breeze arrived, the rain persisted throughout most of the race and running through an industrial estate in Yarmouth in the rain was particularly grim. On the plus side the marshals and supporters were fantastic, standing in the rain for hours they were supportive and enthusiastic throughout. Craig Holgate was the first and only winner of this not too scenic race, Craig together with two other runners managed to put a significant gap between himself and the rest of the field as early as mile 2. The three ran together for some distance before Craig pushed on at mile 20 eventually winning the race by nearly 8 minutes. Dan Regan put in a solid steady performance throughout and never looked in trouble even managing to give the obligatory thumbs up to his fellow Ely Runners whenever their paths crossed. Matt Holmes making his debut at this distance soon realized that although he felt comfortable for the first 16 miles he had gone off too fast (no surprises then). Although he didn't hit the wall he did find the last 4-5 miles particularly tough, Matt was pleased to finish close to his target time and he'll be back to have another go next year at a Spring marathon. Sarah Edwards (also making her debut) ran on behalf of Mind – the mental health charity raising £253.10 (the 10p was Jon Pennington's fault!). Sarah had a strong start and felt good up until the classic mile 20 but slowed to complete the final 6 miles at around 10 minute mile pace. Sarah did however feel that the pain & chafing was worth it given the standard of the fish and chips at the end. 1.5 hours after the marathon started a 10k race was also held on the same course. Steve Starr was a welcome sight to the marathoners, Steve was helping to pace a friend to a sub 55 minute 10k. Stuart Baumber thought the race was well directed and marshaled with ample free parking, support and personalised drinks combined with a friendly atmosphere, however, the toilets left a lot to be desired. Stuart had a good 10 miles followed by a very hindered 16 miles with some knee problems resulting in the last 5 miles being around 15 minute miles pace. Stu was disappointed with his time, but was happy to have completed the distance. Full results: (Chip Times) 1st Craig Holgate 2:39:15 (MV35 Club Record) 29th Daniel Regan 3:24:04 63rd Matt Holmes 3:43:26 (PB)(1st Marathon) 97th Sarah Edwards 4:00:25 (PB)(1st Marathon) 141st Stuart Baumber 4:32:34 There were 177 finishers in the marathon. 10k Result 269th Steve Starr 54:48 There were 382 finishers and the 10k was won by Nick Earl of City of Norwich in 33:22

Frostbite Friendly League Round 1 October – St. Neots

Sunday saw the start of the new Frostbite league season, with the traditional curtain-raiser at Priory Park in St Neots. Whilst last year's race was held in unseasonably warm conditions, this year on arrival in St Neots runners were greeted by a cool, misty morning. The mist failed to lift in time for the junior race – but the sun made an appearance soon after the senior race got underway making for pleasant late- and post-race conditions. There were 39 Ely Runners racing (sounds like it could be part of a well known Christmas carol), plus various supporters and helpers (Alan, Max and Blatch among others), with a healthy 24 seniors and 15 juniors finishing their respective races.

Particular credit goes to Emma Greaves and Miranda Paul for taking part less than 24h after competing in the 35m Round Ripon Ultra race - and to David Mould for taking part less than 24h after completing a sub 3:50 marathon at Milton Keynes. Also, many thanks to Sarah Edwards and Stuart Baumber for coming along despite only returning home from a wedding at 6am the same morning.....

In the race itself we had the fantastic sight of Ashley Pettit, Alex Tate and Tom Bracegirdle getting off to fast starts and leading the field up to the 1st corner. Ashley put in a storming performance in his 1st senior Frostbite race to eventually finish 3rd – narrowly missing out on 2nd by a few seconds. Ashley was followed home by Alex Tate in 4th, Tom Bracegirdle in 6th and Stephen Pettit in 18th. Throughout much of the race Stephen Howard lead Steve Tovey in the personal battle between the club's chairman and secretary, but a strong last mile from Steve saw him deviously pip Stephen on the finish line (by a whole 2s!!). Conan Fryer completed the scoring team for men with a solid run to finish in 79th place. Strong performances from Sarah Edwards (21st lady), Lesley Wright (35th lady) and Miranda Paul (48th lady) provided Ely with their three scoring ladies. There were PB performances from Ashley Pettit (1st 5m race), Stuart Baumber, Nigel Reynolds (1st 5m and 1st appearance for ER), Sam Collins-Shirley, Celine Aubry (1st 5m) and Anita Lewis. The biggest cheer of all is reserved for Jon Pennington – one of the club's strongest Frostbite advocates and an example to us all!!

Conditions for the senior race were ideal for running, with the cool misty start giving over to pleasant sunshine towards the finish. Ground conditions were generally good with just a short muddy section through the woods on laps two and three of the three lap course.

Many thanks to team manager Alan Rutterford, photographer & cheer leader Max d'Ayala and to all of the juniors who stayed around after their race to cheer on the seniors – at the finish everyone commented on how much your support was appreciated at the end of each lap!! Alan in particular pulled out all the stops, as well as his back, in erecting the club's sail-flag and tent. The latter provided a brilliant gathering point for everyone pre- and post-race – although given Alan's injury men's team captain Lionel Smith has subsequently requested a risk assessment.....

Frostbite Friendly League Round 2 November – Bushfield

The 2nd Frostbite race of the season was, as ever, held on the roads and footpaths near to Bushfield sports centre in Peterborough. There was another healthy turn out from the seniors with 22 members representing Ely on the day - including two graduates from our recent beginners course. Incessant rain before and during the senior race made for difficult running conditions - particularly underfoot, with lots of surface water and plenty of fallen leaves making for slippery conditions in places. However, a good number of PB times suggest conditions were not too bad on what is seen as one of the fastest courses of the series.

Conditions certainly didn't seem to effect Alex Tate who was the 1st ER home in 2nd place overall. Alex was followed home by Ashley Pettit, finishing in 5th place in a new MJ club record on the 1st accurately measured course of the series. Strong performances from Stephen Pettit, John Manlow, Robin Webb, Kieren Drane and Max d'Ayala completed the scoring team for men. After a lengthy absence it was particularly good to see Kieren returning to Ely colours and in fine form. The scoring ladies comprised fine PB performances from Melanie Wiffin and Louise Cadogan, along with another solid run from Sarah Edwards. There were also PB times for the rapidly improving Matt Holmes, Emma Greaves, Sam Collins-Shirley and Emily Knight. Congratulations in particular to Andrew Thompson and Alan Cushing - our two graduates running in their 1st 5m race and also their 1st race in Ely colours.

Many thanks on the day to team manager Alan Rutterford for erecting the ER tent - wonderful protection from the rain and undoubtedly the envy of other clubs!! Many thanks also to the various family members and supporters who also braved the inclement weather. There were 472 finishers on the day, with the winner being Aaron Scott of NVH in 25:46 and the first lady being Philippa Taylor of NVH in 30:33.

Ely Runners were 6th on the day with 889 running points and are now 5th in the league. The Junior team finished in 6th and remain 6th in the league.

Full Round 2 Results:**Junior Race**

14 th	Alexander Ellwood	09:38 ST
24 th	Gareth Lewis	10:10 ST
33 rd	Angus Hutchinson	10:24 ST
34 th	James Dack	10:26 ST
55 th	Fletcher Collins-Shirley	11:13
72 nd	Niamh Webb	11:46 ST
82 nd	Nathan Pennington	12:04
88 th	Faye Palmer	12:12
95 th	Ioan Compton	12:30
112 th	Jamie Rendell-Read	13:28
114 th	Samuel Evans	13:34
137 th	Ben Dyer	16:13

Senior Race

2 nd	Alex Tate	26:03 ST
6 th	Ashley Pettit (MJ Club Record)	26:53 ST
16 th	Stephen Pettit	28:49 ST
23 rd	Ian Day (2 nd Claim; ran for Hunts AC)	29:14
27 th	John Manlow	29:25 ST
39 th	Robin Webb	30:08 ST
45 th	Kieren Drane	30:28 ST
53 rd	Max d'Ayala	30:45 ST
55 th	Steve Tovey	30:48
72 nd	Conan Fryer	31:55
80 th	Matt Holmes (PB)	32:08
87 th	Graham Chapman	32:20
140 th	David Mould	33:57
204 th	Melanie Wiffin (PB)	36:28 ST
234 th	Ian Blatchford	37:41
247 th	Sarah Edwards	38:14 ST
251 st	Louise Cadogan (PB)	38:28 ST
260 th	Stuart Baumber	38:55
277 th	Emma Greaves (PB)	39:45
278 th	Samantha Collins-Shirley (PB)	39:45
322 nd	Emily Knight	42:23
378 th	Andrew Thompson (1 st 5m; PB)	44:51
379 th	Alan Cushing (1 st 5m; PB)	44:51

ST = Scoring Team

Frostbite Season

December 16th at Hinchingsbrooke Park (Huntingdon) - mainly off road

January 13th at Whitemoor Prison (March) - mixed road and hard paths with a riverbank thrown in

February 3rd at Bourne Woods(Bourne, Lincs.) - all off-road

March 3rd at Huntingdon - all road very good for a pb

All the races are over about 5 miles and take place on a Sunday morning at 11am, the junior races start at 10.15 and are over about a mile and a half.

The first ten (7 men, 3 ladies) in each team/club score points – all other runners help the team as well as they can finish ahead of another team's scoring runners.

The club pays an annual subscription for the series so entry is free, we even meet up before to share transport. The only stipulation is that runners must wear club kit. These races are great introductions to competitive running and all are held on attractive and challenging courses. The races also give you an opportunity to meet other club members. For further information please see club captain Lionel Smith at training.

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

If you have run in an event recently why not send in a race report to results@elyrunners.co.uk – club members are interested to know how you get on and what you think of a particular race – send in report and get your name up in lights on the club website and newsletter!!!

TRAINING FOR NOVEMBER / 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. Members are reminded that they run/train at their own risk. These training details will also be on the home page (see ER Training Programme) of the club's website at www.elyrunners.co.uk, on the Paradise Centre foyer ER notice board and in the club's monthly Newsletters

Maps of many of the training routes are on the club's website at www.elyrunners.co.uk/training.htm

Seniors' Sunday training (usually 9 am Paradise car park) will be advised by weekly email.

Autumn-Winter Training

*Now that the days are shorter we will soon be starting the Autumn-Winter 2012 Training Programme. **From Tuesday 18th September high visibility bibs or t-shirts or jackets are to be worn.***

Juniors are to meet at 7 pm at the Paradise Centre on Tuesdays and train at one of the following venues, as decided by coaches, until daylight training resumes in 2013:

- Astro Turf at The King's School, Ely
- Cam Drive x 4 laps
- King's Avenue x 3 laps
- Lynn Road x 4 laps
- Stour Green laps
- Jubilee Gardens laps
- The selected junior venue will be on the club notice board in the foyer of the Paradise Centre.

Tuesday 20th November

Lynn Road 4 x 1 mile lamppost intervals jog/run/stride/sprint repeats with 1m warm up and 1m warm down to/from Davison Road. About 6.5m to/from Paradise.

Thursday 22nd November

2 or 3 x 2.1 mile circuit Nutholt Lane, Lynn Rd, King's Av, New/High Barnes .About 4.2m or 6.3m to/from Paradise.

Tuesday 27th November

Cam Drive (6/8/10 x 1k) alternate intervals: Lynn Rd to Stour Green roundabout 370m (slow), Stour Green roundabout to Nene Rd 320m (fast), Nene Rd to Lt Downham Rd 310m (slow). Return fast/slow/fast on same alternate intervals. Total distances 3.75m/5m/6.25m + 1.5m return from/to the Paradise.

Thursday 29th November

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. 3.9m or 7.3m to/from Paradise.

Tuesday 4th December

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

Thursday 6th December

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

Sunday 9th 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

Tuesday 11th December

The Gallery intervals of 5 x 1m circuits to/from Cathedral lamppost. Fast 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 13th December

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

Tuesday 18th December

Intervals on Stour Green comprising 2 laps (0.48m) fast and 1 lap (0.24m) jog recovery. Target distance 6 sets = 4.32m + 1m each way from/to Paradise = 6.32m

Thursday 20th 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. 3.9m or 7.3m to/from Paradise.

Tuesday 25th December - Christmas Day

(Paradise Centre closed)

No official training but possibly runs by private arrangements between members.

Wednesday 26th 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:

Short (6.1 miles) Paradise, back of cathedral, parks, Cutter, High Bridge, east river bank footpath to Lode End Bridge (Barway pump) and back.

Medium (7.64 miles) As above plus the Barway loop via Lode End bridge (Barway pump) and back.

Long (12.31 miles) Paradise, back of cathedral, parks, Cutter, High Bridge, east river bank footpath via Lode End Bridge (Barway pump) to Chalk Pit, A1123 to cross Dimmock's Cote bridge, and back along west river bank footpath.

Thursday 27th December (Paradise Centre open 10 am to 2 pm only)

Lisle Lane & The Vineyards fartlek 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.

Club Contacts

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 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 or Lionel Smith, 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 Matthew Holmes, (matt@elyrunners.co.uk).

Round Norfolk Relay entries are via Alan Rutterford, alan@elyrunners.co.uk 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: <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/>

RACES & EVENTS GUIDE 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>

November

18 Ryston Runners XC Series Race 2, 800m (U9), 2k (U11), 3k (U13/U5), 4.5k (U17), 9k (Seniors), Shouldham Warren, Norfolk,

<http://www.rystonrunners.org.uk/joomla/index.php/cross-country>

25 Bath Hilly Half Marathon, Bath, Somerset, <http://www.trionium.com>

25 Clowne RR Half-Marathon, Clowne, Derbyshire, <http://www.clowneroadrunners.org>

25 Ely Festive 5k Fun Run, Ely, <http://www.arhc.org.uk>

25 Guts n Glory 5k/10k, Colchester, Essex, <http://www.muckyraces.co.uk>

25 Hadleigh 10, Hadleigh, Suffolk, <http://www.hadleighares.co.uk>

25 Hereward Relay & Ultra, Peterborough to Ely, www.marchathleticclub.co.uk/

25 Larking Gowen City of Norwich Half-Marathon, Norwich, Norfolk, <http://www.cityofnorwichhalfmarathon.com>

25 The Essex Off-Road Duathlon, Chelmsford, Essex, <http://www.entrycentral.co.uk>

December

02 Nene Valley Harriers 10, Peterborough, Cambs, http://nvh.org.uk/section553659_199629.html

02 Nether Heyford Great Santa Run, Nether Heyford, Northampton, <http://www.onyourmarksevents.org>

02 St Luke's Santa Fun Run 5k, Basildon, Essex, <http://www.stlukeshospice.com>

02 Wadenhoe Winter Challenge Quadrathlon 12, Wavenhoe, Oundle, Northants, <http://www.quadracing.co.uk>

07 (Fri) **Ely Runners Christmas Drinks, High Flyer, Ely**

08 (Sat) EVAC XC Championships 10k, Incorporated into Charity Cup Races at Wicksteed Park, Kettering, Northants,

<http://www.ktharriers.com>

08 (Sat) SEAA XC Masters & Inter Counties Champs, Venue TBC, <http://www.seaa.org.uk/>

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

09 **Ely Runners Christmas Run**

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

16 Frostbite Friendly League Race 3, ~5m XC Seniors & ~1.5m XC Juniors, Hinchingbrooke Country Park, Huntingdon,

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

16 Ryston Runners XC Series Race 3, 800m (U9), 2k (U11), 3k (U13/U5), 6.5k (U17/Seniors), Shouldham Warren, Norfolk,

<http://www.rystonrunners.org.uk/joomla/index.php/cross-country>

16 Santa Run 10k or Half-Marathon, Stanwick Lakes, Wellingborough, Northants, <http://www.ultramarathon.org.uk>

26 (Wed) Crown to Crown 5k, Basildon, Essex, <http://www.pitsearunningclub.org.uk>

30 Buntingford Year End 10m, Buntingford, Herts, <http://www.roystonrunners.co.uk/eventsdetails.asp?EventID=66>

31 (Mon) **Ely Runners New Year's Eve 10k, Little Downham, Cambs**, <http://www.elyrunners.co.uk/newyearseve10k/>

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

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January

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

01 (Tue) Stanwick New Year Recovery Run Half-Marathon, Stanwick, Northampton, <http://www.ultramarathon.org>

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

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

06 Hylands Park 4k Trail Run Team TT, Chelmsford, Essex, <http://www.multisportmanagement.co.uk>

12 (Sat) The Children's Trust Country to Capital 45m Ultra, Wendover (Bucks) to Little Venice, <http://gobeyondultra.co.uk/events>

13 Frostbite Friendly League Race 4, ~5m MT Seniors & ~1.5m MT Juniors, Whitemoor Prison, March,

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

13 SEAA T&F Pentathlon & Individual Champs, Lee Valley Athletics Stadium, <http://www.seaa.org.uk/>

- 19/20 (Sat-Sun) SEAA T&F Individual Champs, Lee Valley Athletics Stadium, <http://www.seaa.org.uk/>
20 Benfleet 15, Benfleet, Essex, <http://www.benfleetrnningclub.com/benfleet15>
20 Folksworth 15, Folksworth, Cambs, <http://www.yaxleyrunners.org.uk/folks%2015/racehome.htm>
20 Ryston Runners XC Series Race 4, 800m (U9), 2k (U11), 3k (U13/U5), 5k (U17/Seniors), Shouldham Warren, Norfolk, <http://www.rystonrunners.org.uk/joomla/index.php/cross-country>
26 (Sat) SEAA XC Champs, Parliament Hills, London, <http://www.seaa.org.uk/>
27 Gayton Run 10k, Gayton, Northampton, <http://www.onyourmarksevents.org>

February

- 03 Frostbite Friendly League Race 5, ~5m XC Seniors & ~1.5m XC Juniors, Bourne Woods, Bourne, <http://www.frostbiteleague.org.uk/>
17 Ryston Runners XC Series Race 5, 800m (U9), 2k (U11), 3k (U13/U5), 4.5k (U17), 9k (Seniors), Shouldham Warren, Norfolk, <http://www.rystonrunners.org.uk/joomla/index.php/cross-country>
23 (Sat) Belvoir Challenge 15m or 26m, Harby, Leics, <http://www.belvoirchallenge.co.uk/entry.htm>

March

- 03 Cambridge Boundary Run Half-Marathon & Marathon, Cambridge, <http://www.cuhh.org.uk/competition/boundaryrun/boundaryrun2013/>
03 Frostbite Friendly League Race 6, 5m Seniors & 1.5m Juniors, BRJ Huntingdon, Huntingdon, <http://www.frostbiteleague.org.uk/>
03 Swavesey Village College Half-Marathon & 5 Miler, Swavesey, Cambs, <http://www.run-svc.org.uk/index.php?0>
24 Ryston Runners XC Series Race 1, 800m (U9), 2k (U11), 3k (U13/U5), 6.5k (U17/Seniors), Shouldham Warren, Norfolk, <http://www.rystonrunners.org.uk/joomla/index.php/cross-country>

April

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

May

- 05 Fen Drayton 10k, Fen Drayton, Cambs, <http://www.fendrayton10k.org.uk>
06 (Mon) Milton Keynes Marathon, Milton Keynes, Beds, <http://www.mkmarathon.com/>

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.

Last Updated 16/11/2012