

Ely Runners Newsletter

October 2010



NEW MEMBERS

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

Clare Durrant – Adrian Chalmers – Barry Woodward – Jason Pattinson – Miranda Paul

CLUB EVENTS

2010 New Years Eve 10K sells out in record time!

Whether it's down to the piper, the commemorative bottle of ale, or the flat course we don't know, but Ely Runners very own NYE10K goes from strength to strength, with all 700 places for this year's race snapped up in a little over two weeks since registration opened on 9th September.



An extract from last year's NYE10K report published by Runner's World, March 2010

At the time of writing, there were still a couple of reserved places for Ely Runners club members in this year's race left, and lots of vacancies for people able to help with marshalling- contact [John Glover](#) if you can help. A further 15 discretionary places are held back by Race Director John Turner for special late entries from long-term friends and supporters of the club and its events, overseas runners in the local area for the Christmas period, former M/F race winners, genuine in-form elite runners to enhance 'sharp end' competition and race profile, special effort sponsorship for charities, and any other deserving requests.

Subject to there being enough marshals and officials, remaining discretionary places will also be made available to ER members, and some early entrants who find that they are unable to run offer their places via Race Entry Secretary Julie Foreman (Julie@elyrunners.co.uk) who maintains a date priority substitution list.

Ely Standard 20th Grunty Fen Half Marathon, Sunday 12th September 2010

Race Director John Turner thanks members and regular supporters for their contributions of time and effort to making this another enjoyable club open event. The weather was mild and sunny albeit a little windy for the runners. It was particularly good to see our new Junior section out in force helping with a range of tasks including drinks, water stations, medal presentation, and number calling for the finish commentary. For further details and results see

http://www.elyrunners.co.uk/MySQL_Reports/Reports_by_Date.php?a=view&recid=2 and www.gruntyfen.co.uk.



Ely Runners happy to be on home turf in this year's Grunty Fen HM

NEWS & NOTICES

New autumn-winter training program now online

Details of evening training sessions for the next six months are available at http://www.elyrunners.co.uk/training_program.htm. High visibility bibs, t-shirts or jackets are mandatory until daylight training resumes next March. Bibs (free of charge) are available from Mary Gates. Please see <http://www.elyrunners.co.uk/trainingatnight.htm> for advice on night training sessions.

Juniors training

The juniors will now be training with the seniors on a Tuesday night. Alan is trying to get permission to use the Kings School artificial surface every 4 to 5 weeks in order to get the younger 9-11 year olds not yet up to running 4m involved. Extra coaching help is always welcome, so anyone recovering from an injury willing to help please contact Alan Rutterford or Lesley Wright (alan@elyrunners.co.uk, lesley@elyrunners.co.uk).

Ladies needed for Frostbite Friendly League, Hereward Relay and Fenland 10

Ladies team captain, Heidi Uff says: With the recent success our ladies have enjoyed in the Grunty Fen half marathon and Round Norfolk Relay fresh in our minds, this year's [Frostbite Friendly League](#) could be a cracker for Ely Runners! We had a tough time last year since in some of the events only Mel Fisher and I could take part. As we needed a minimum of three ladies to score we ended up taking last place in the ladies' teams. The events are fun, friendly and free, and you don't need to be the speediest to take part, because runners of all abilities are warmly welcome.

If there's enough interest, we could put a women's team together for the Hereward Relay (see below), and I have signed up for Fenland 10 on 31st October. If anyone fancies joining me, we need just three runners to form a ladies' team. Further race details here: [Fenland Runners](#). As ever, I would be delighted to hear from Ely Runners female members about anything I can help with or with any suggestions you may have. Feel free to email me at heidi@elyrunners.co.uk or ring me on 07745 210592.

Hereward Relay, Sunday 28th November 2010

Alan Rutterford will shortly be taking names of those interesting in running the 2010 Hereward Relay, and will try to accommodate individual requests to run/avoid specific stages.

Stage one, Peterborough – Whittlesey: 6.1m of river bank, farm drove & public road (probably the easiest of the stages).

Stage two, Whittlesey – March: 10.5m of ever-changing terrain (not too demanding).

Stage three, March – Welney: 10.3m incorporating the picturesque Nene Parade & some of the best agricultural land in the country.

Stage four, Welney – Ely: 9.6m of road, track and possibly very muddy in Bishops Way.

The team will also need at least 2 recovery drivers and up to 6 marshalls to help organise the finish from Little Downham to Ely.

Peter Harris retires, but not from running!

Club Hon Treasurer Peter Harris retired from South Cambs District Council at the end of September so maybe he now has extra time to train and chase some more club MV60 records!

Ely Juniors to design Grunty Fen HM 2011 tee shirts

A competition is being set up to give Ely Runners junior members the opportunity of designing the tee shirt given out to all runners finishing next year's Grunty Fen half marathon.

Those who helped organise this year's race (Hayley Rutterford, Esme Wright, Molly Butler, Fraser Crossman, Robyn Seabright, Alexander Ellwood, Adrian Chalmers & Nathan Pennington) will have until mid January to come up with an idea - details and criteria for the design are set to be sent out in the next few weeks. The winner will also have their name emblazoned on the tee shirt along with the graphic.

The Round Norfolk Relay needs you!

During the trophy presentations at this year's RNR (race report below) which so many Ely Runners enjoyed, race director Ian Vaughan- Arbuckle, secretary Lynn Francis and operations manager Rob Saines announced that the 2011 race would be their last, and that unless anyone else stepped in it could be the end of this unique event. If any members might be interested please speak to Adam or Natalie Etches.

Contributions to the Newsletter

We're actively looking short articles about your running experiences which other members will find useful, interesting or just entertaining. Please send anything suitable to newsletter@elyrunners.co.uk

SOCIAL EVENTS

Christmas Drinks and raffle for a place in the London Marathon

Ely Runners will gather for Christmas drinks at the Cutter in Ely on Friday 3rd December, when members will have their last chance to get a place in the London Marathon. The draw for the three coveted club places is traditionally restricted to those rejected in the official London Marathon entry ballot. But this year we have instances in which members have not been quick enough to enter that ballot in the small amount of time before it closed, meaning fewer may have entered the ballot than usual. Our Chairman Stephen Howard has suggested that, although it is unlikely to happen, if the number of contenders with ballot rejections is very small (eg two for three places), then any member can enter the draw for any surplus club places.

After Training Drinks

After training drinks are usually held on Thursdays, 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 7th October at the West End pub from around 8:30pm onwards. Further information is available from Julie Foreman (Julie@elyrunners.co.uk).

Ely Runners 25th

The club was formed in 1985 (see <http://www.elyrunners.co.uk/history.htm>) and the Committee are planning to mark this anniversary.

FORMER MEMBERS: WHERE ARE THEY NOW?

Chris Baker

Former member Chris Baker (now living in California, USA) once lived at Pymore and trained regularly around what is now our 10k course. He thought it would make a fast race and suggested we use it for an annual club 10k Handicap. The first race on Sunday 29th September 1996 was won by Darren Murfitt, with JT's mum presenting the trophy on her 90th birthday - http://www.elyrunners.co.uk/nl96/dec_01.jpg.

Afterwards, there was a barbecue at Chris' house. The same course was used in 2000 when the club first decided to hold the now immensely popular Ely New Year's Eve 10k. Chris now plays football (ie soccer) in an over 50's league in California but still runs to keep fit.

Anna and Stuart Hay

Former Ely Runner Anna Hay was at the 2010 Grunty Fen with two of her children for the Fun Run.

Anna and her husband Stuart left the club in 2004 to start a family and now, with four children, Anna says she's started running again and looks forward to re-joining the club. Stuart is now a keen triathlete.

RESULTS ROUND-UP – SEPTEMBER

Round Norfolk Relay

The two teams of 17 Ely Runners who took part in this year's 194m Round Norfolk Relay did themselves proud, with Alex Tate and Daisy Glover winning their stages for the Open team which once again narrowly missed out on overall victory, coming second for the third year in a row. The Club team finished a creditable 46th out of 54.

By far the best performance of the weekend came from team captains Alan Rutterford and Simon Jackson, and assistants Emily Knight, Ellie Foster, Julie Foreman and Hannah Shiell. Their hard work, ability to stay awake through the night and drive unfamiliar cars without crashing them meant the rest of us could relax and enjoy our runs!



Ely Runners Charlie Barker, Sarah Edwards and Stephen Howard enjoying the RNR

North Norfolk Triathlon

Official Results: (Finish times and places) 7th Peter Foody 2:28:24 (4th of 56 in open class) 75th Ian Blatchford 2:58:26 (27th of 62 in vet class) Detailed Breakdown: Peter Foody: Swim 0:31:55 T1 0:01:09 Bike 1:17:56 T2 0:00:48 Run 0:36:33 (Peter recorded the quickest run on the day). Finish 2:28:24 Ian Blatchford: Swim 0:37:07 T1 0:01:26 Bike 1:28:11 T2 0:00:58 Run 0:50:41 Finish 2:58:26. There were 141 finishers.

Two2go Marathon – Hackney, London

Official Results (chip times): 79th David Mould 4:03:42 187th Emma Greaves 4:49:32. There were 244 finishers.

Bank of Scotland Great Scottish Half Marathon – Glasgow

New Ely Runner Linden Smith completed the Glasgow Half Marathon with her brother and a few friends. The atmosphere was great with music and pipers positioned throughout the course, and Linden was delighted to be the first Smith Female home!! As the saying goes "You can take the girl out of Glasgow, but you can't take Glasgow out of the girl". Official Results (Chip Times): 1735th Linden Smith 1:45:26 (PB)

Bristol International Half Marathon

Official Results: 1st lady Claire Hallissey 1:12:02 (ex Ely Runner, a full second quicker than her victory time last year) 56th Alex Tate 1:15:47 (Ran for MMM). There were 11000 runners.

Ely Sprint Triathlon

Official Ely Runner Results: 4th Mark Turner 0:59:06 8th Graham Chapman 1:03:51 17th Steve Barker 1:08:23 39th Matt Holmes 1:19:58 There were 47 finishers.

Wissey Half Marathon – Oxborough, Norfolk

Official Results: 5th Stephen Pettit 1:19:27 (1st M45) 23rd Adam Etches 1:28:54 45th Tony Kirby-Cook 1:34:04 There were 190 finishers.

Bedford 10K

Official Results: 7th John Manlow 36:14 (2nd MV40) 13th Maurice Reed 38:24 (3rd MV45). There were 304 finishers.

Ipswich Half Marathon

Official Results: 9th Stephen Pettit 1:19:13 (1st MV45) 113th David Mould 1:37:24 There were approx. 800 finishers.

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

Frostbite Friendly League 2010-2011

The first FFL venue on Sunday 3rd October has now reverted to the usual Priory Park at St Neots. It's an excellent course of parkland grass and woodland tracks. As such, it is suitable for spikes. As usual, the Junior race will start at 10:15 am and the Senior race at 11:00 am

Other FFL dates and venues are:

- 7 Nov Bushfield, Peterborough
- 12 Dec Hinchingsbrooke Park, Huntingdon
- 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.

The On-Footse Top 100

This is a corporate 1mile event that will be taking place on Sunday 3rd October at the Cambridge University Athletics Track for runners to take part on behalf of their companies. If you look at the website you will see some of the runners from 2008 and they are hoping to attract 100 runners this year. www.footse100.org.

Beachy Head Marathon, Saturday 23rd October 2010

Entries (see <http://www.visiteastbourne.com/marathon.asp>) are filling up for this very popular (enter ASAP) off-road and hilly marathon over the South Downs from Eastbourne. Lots of members have taken part for many years in this inspiring run at an ideal time of year over some of the finest scenery in the SE.

Other Events

See following RACES & EVENTS GUIDE

Event photographs

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

RACES & EVENTS GUIDE 2010-2011

October 2010

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

October

02 (Sat) Association Running Clubs (ARC) AGM, 1400 Bedford International Athletics Stadium

03 Frostbite League, Jn 1015, Sn 1100, Priory Park, St Neots (**all Ely Runners can run**)

Juniors to contact Alan Rutterford or Lesley Wright for arrangements

Seniors meet at 0900 at the Paradise Centre car park to share transport to St Neots

03 SEAA 10k Road Race Champs, 1100 Crystal Palace NSC, London, www.seaa.org.uk - *cancelled*

03 ARC & BMAF 10m Championships, Oldbury Power Station, Bristol, www.thornburyrunningclub.co.uk

03 Abington 10k, 1030 Granta Park, £8, no EOD

03 On-Footse Top 100 corporate mile, University Track, Cambridge

- 09 (Sat) Norfolk Coast Ultra 60m, £48, <http://adventurehub.com/ahnorfolkultra.html>
- 09 (Sat) Discovery 10k/5k, Dovercourt/Harwich, www.discoveryrun.co.uk
- 10 Great Eastern Run ½ Marathon & 4k Fun Run, 1010 Peterborough
- 10 Leicester Marathon, www.leicestermarathon.org.uk
- 16 (Sat) ERRA Senior Women's 4 Stage Road Relay Championships, 1200 Sutton Park, Sutton Coldfield
- 16 (Sat) ERRA Senior Men's 6 Stage Road Relay Championships, 1330 Sutton Park, Sutton Coldfield
- 17 ERRA U17M/W, U15B/G, U13B/G 3 Stage Road Relay Champs, from 1115 Sutton Park, Sutton Coldfield
- 17 Abingdon Marathon (*race full*)
- 17 EVAC XC Championships, Ampthill Trophy Meeting, Bedford
- 17 Saxons 5m MT, 1100 Carlton Park Rec Ground, Saxmundham, IP17 1AT, £7, EOD +£3
- 17 River Cam Run
- 17 EVAC XC Championships, Ampthill Trophy Meeting, Bedford
- 23 (Sat) Beachy Head Marathon, South Downs, 0900 Eastbourne, <http://www.visiteastbourne.com/marathon.asp>
- 24 Exmoor Stagger, Minehead, 15.1m & 3,627' ascent, £10, EOD +£2, www.mineheadrunningclub.co.uk
- 24 East Coast Run 10k, 1030 Gt Yarmouth, £8.50, EOD +£2.50, www.gyrr.co.uk
- 31 Fenland 10m (CAA Champs), 1000 Marshland High School, West Walton, Wisbech, £8.50, no EOD, www.fenlandrunners.org.uk
- 31 Mucky Races 5k & 10k Steeplechase (XC), nr Norwich, www.muckyraces.co.uk

November

- 06 (Sat) ECCA National XC Relays, Berry Hill Park, Mansfield, Notts
- 07 Frostbite League, Jn 1015, Sn 1100, Bushfield, Peterborough (**all Ely Runners can run**)
- 07 Stevenage ½ Marathon *including ARC Championships*, www.fvspartans.org.uk
- 14 Stowmarket Striders Scenic 7m, 1102 start, <http://www.stowmarketstriders.org.uk/scenic7.shtml>
- 20 (Sat) Dirt Half Marathon Challenge (trail), 1000 Cedars Upper School, Leighton Buzzard, £12, www.dirtrunning.co.uk
- 21 Mucky Races 5k & 13k Guts & Glory (XC), Bures Pit, Colchester, www.muckyraces.co.uk
- 28 Hereward 4 Stage Relay (37.3m Peterborough to Ely), **Ely Runners senior teams and marshals from Little Downham to finish**. (Alan Rutterford)
- 28 EAA XC Championships, Hillyfields, Colchester, -13GB, -15GB, -17MW, -20MW, SenM/W, VetM/W

December

- 03 (Fri) **Ely Runner's Christmas Buffet & Drinks**, Cutter Inn, Ely
- 05 Nene Valley 10m, 1030 The Cresset, Bretton, Peterborough, £8, www.nvh.orh
- 11 (Sat) SEAA Masters & Inter-County XC Championships, Shuttleworth College, Biggleswade
- 12 Frostbite League, Jn 1015, Sn 1100, Hinchingsbrooke Park, Huntingdon (**all Ely Runners can run**)
- 12 Bedford Harriers ½ Marathon, 1000 Wootton Upper School, Beds, £15.50, no EOD, www.bedfordharriers.co.uk
- 19 **Club Pre-Christmas training runs**, Woodditton to Ely 18.5m, Woodditton to Reach 7.5m, Reach to Ely 11m. Meet 0800 Paradise car park for transport to starts. *Contact JT to run*. Lunch afterwards at the High Flyer at 1300 - contact julie@elyrunners.co.uk to book
- 26 **Boxing Day training**, meet 0900 Paradise Centre car park
- 31 (Fri) **Ely New Year's Eve 10k Road Race**, Little Downham www.newyarseve10k.co.uk

January 2011

- 01 (Sat) Wymondham NYD10k, 1130 Ex-Servicemen's Club, £8.50, EOD +£2, www.wymondhamac.org.uk

16 Frostbite League, Jn 1015, Sn 1100, Ramsey (**all Ely Runners can run**)

29 (Sat) SEAA XC Championships, Parliament Hill, London

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

March

06 Frostbite League, Jn 1015, Sn 1100, BRJ Huntingdon (**all Ely Runners can run**)

12 (Sat) SEAA XC Relays. Wormwood Scrubs, London W12

12 (Sat) BMAF XC Championships, Wigmore Valley Park, Luton

20 **Turing Trail Relay** (*provisional*)

April

17 London Marathon

May

08 Eye 10k

08 Frostbite Friendly League AGM

21 (Sat) BMAF Road Relays, Sutton Park

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**

August

16-25, European Vets Championships, Stadia

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 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

Ely Runners' private club XC championships, 10k/1m handicaps, and TTR relay entries are via Steve Tovey membership@elyrunners.co.uk

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

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

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

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

Club website: www.elyrunners.co.uk

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

NYE10k website www.newyarseve10k.co.uk

Turing Trail Relay website www.turingrelay.co.uk

Association of Running Clubs www.runningclubs.org.uk