

# *Ely Runners*

## **RACES & EVENTS 2007-2008**

JT 19.04.2007

### **NOTICES**

Details of local races and those of interest to the club are on the regularly maintained **club notice board** in the foyer of the Paradise Centre below the club's **trophy cabinet** that was made by Charlie Barker. There are usually several copies of race entry forms but please leave the last copy or ask staff at reception to photocopy (Ely Runners' account) a few copies.

**Open races** are becoming more popular and often filling up to the entry limit before the race day. Many races no longer accept entries on the day – see 'no EOD' in the Race Guide below. Members are therefore advised to plan their races and enter earlier. Before entering on the day, check with the organisers that a place is still available.

A few members have enquired about local **Track Races** and these are summarised below. Thanks to Rachel Roberts for providing most of this information:

**Open T&F Meetings** at Peterborough ([www.peterborough-ac.org.uk](http://www.peterborough-ac.org.uk)) and Huntingdon ([www.huntsac.org.uk](http://www.huntsac.org.uk)) as per the Events list below.

The **Cambridgeshire AA Track & Field Championships** are at St Ives on Sat 12th May (CD 3<sup>rd</sup> May) and include 1500m (M/F), 3000m (M/F) and 5000 (M).

The **Watford Open Graded Meetings** with meetings are every two weeks, usually with 800m, 1500 and 3000m events (see <http://www.watfordharriers.org.uk/Open2007.htm>).

The **Cambridgeshire Evening Open Developments Meetings** at St Ives are on the following evenings:

Wed 23<sup>rd</sup> May 800m, 3000m

Wed 13<sup>th</sup> June 1500m

Wed 18<sup>th</sup> July 1 mile (County Championships)

Entry forms can be downloaded from [www.cambsaa.org.uk](http://www.cambsaa.org.uk). There is entry on the day, but the organisers prefer to know in advance so they can sort out the timetable.

At the Committee/EWG meeting on Monday 26th February 2007, the **Committee/Events Working Group** decided that the Committee should be predominantly administrative for the ongoing management of the club, and the Events Working Group should be increased to comprise members with specific responsibilities for events. The respective groups then (and since for Stephen Howard) were agreed as follows:

#### Committee (8)

Peter Gipp - Chairman, Course Director, Sector Marshal

Peter Harris - Treasurer, Events Information & Control

John Turner - Secretary, Events, Training, Press Liaison, Corporate Sponsorship

Rod Baron - Web Master (club & events), Entries & Results, Membership

Max d'Ayala - Coaching (individual, group, planning), Club Library

Alan Rutterford - Local Sponsorship, Assistant Coach, RNR (selection & organisation), HR (selection).

Graham Chapman - Maintenance of Club Store and Equipment, Event Refreshments

Mary Gates - Club Kit (purchase and supply), Assistant Event Refreshments

#### Events Working Group (6)

Darren Murfitt - Recruitment & Allocation of Marshals/Helpers, Sector Marshal

Ian Vaughan-Arbuckle - Start & Finish Areas

Richard Handoll - Time Keeping  
Eric Drury - Manager Frostbite League, Assistant Course Marking (set up & clear)  
Charlie Barker - Race Photography (+ tba)  
Stephen Howard - Sector Marshal (+ tba)

One of our stalwart members **Ian Vaugan-Arbuckle** will be moving to Oxfordshire in June. We will miss Ian's lively and helpful company, and his experienced input into our races as EWG member responsible for the start and finish areas of the club's events. Ian is also the illustrious organiser and Race Director of the Round Norfolk Relay and more recently the GEAR 10k in King's Lynn. He will continue to be responsible for both the 2007 events. Despite his current calf injuries, Ian hopes to be able to attend a training night to say goodbye to the friends he has made at Ely. He says that he has thoroughly enjoyed his time with the club and is confident that it will continue to enjoy success. We thank him and wish him well for the future.

Following the decision made at the AGM in January, Ely Runners has affiliated to the **Association of Running Clubs**. This new organisation (ARC) was set up to give road/XC/trail/fell running clubs and their events better financial terms with improved insurance and less bureaucracy than with the costly and somewhat inappropriate (except for track and field) new EA and UKA arrangements. ARC became officially active on 1<sup>st</sup> April 2007 and details can be found at [www.runningclubs.org.uk](http://www.runningclubs.org.uk). Rod Baron and John Turner are Directors of ARC and Rod is also Web Master. Locally, Ramsey Road Runners, Bedford Harriers, North Norfolk Beach Runners, Coltishall Jaguars, Yaxley Runners & Joggers, Wymondham AC, Stamford AC, and the Round Norfolk Relay are amongst the 42 clubs (representing nearly 5,300 runners) and 2 organisations that have already affiliated to ARC. Ely Runners affiliation to UKA will remain valid until 30 September and, following the combined 2006-2007 fee paid last year, are affiliated to SEAA and AAAE until 31<sup>st</sup> March 2008. Affiliation to CAA has continued as usual. As new applications are made, an increasing number of local events will have ARC permits.

The 8 races of the **Cambridgeshire Road Race League (CRRL)** started with the Thorney 10k on 25<sup>th</sup> March. The next race is the popular Eye 10k on 13<sup>th</sup> May. Distances of CRRL races are from 5k to ½ marathon. Club standings will be calculated from the best 7 results of 8 races and individuals from the best 5 of 8 possible scores. Awards will be made to the 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> M/F teams and 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> M/F individuals. Results will be posted on [www.nenevalleyharriers.fsnet.co.uk](http://www.nenevalleyharriers.fsnet.co.uk)

The club's **Midsummer 10k Handicap** (private club event), will be on Thursday 14<sup>th</sup> June 2007 (instead of training) at the Cricket Club, Little Downham, starting at 1930. Entry is free of charge to members and guests. Afterwards, there'll be sandwiches and chips at the Prince Albert in Ely.

Charlie Barker has made three handsome shields for the club's **Straight Mile Handicap**, (Quaney Drove) which will be incorporated into training on Thursday 12<sup>th</sup> July 2007. These perpetual shields (each made from a different hardwood and currently on display in the club's trophy cabinet) are for the Handicap 1<sup>st</sup> M/F, Fastest M/F, and Age Related 1<sup>st</sup> M/F. After changing, these will be awarded by Chairman Peter Gipp at The Prince Albert, Ely. Sandwiches and chips will be provided.

The **Grunty Fen Half Marathon** on Sunday 9<sup>th</sup> September 2007 and Ely Runners' future events will have ARC permits. This year's race (see [www.gruntyfen.co.uk](http://www.gruntyfen.co.uk)) will incorporate the ARC 1/2M Championships and this will be the first championships organised for this new English national organisation. The race will also include the Eastern Veterans AC Championships and the Cambridgeshire Road Race League. An added attraction for 2007 is the introduction of chip timing. Entries are already being received and volunteers will be required as marshals and officials. If you would like to help, please contact Darren Murfitt (i/c Marshals) on 01353 664650, mob 07979 537657, [darren\\_murfitt@hotmail.com](mailto:darren_murfitt@hotmail.com).

The club has entered a team for the tough *Open Class* of the **Round Norfolk Relay** on Saturday/Sunday 15<sup>th</sup>/16<sup>th</sup> September. If you would like to run, please speak to club organiser Alan Rutterford at training or by phone on 01353 741534 or 07821 988959. This 193 mile continuous relay is in 17 separate unequal multi-terrain stages. Full details are on [www.roundnorfolkrelay.com](http://www.roundnorfolkrelay.com).

The club's new riverside Ely-Cambridge-Ely event, the **Turing Trail Relay** was successfully held on Sunday 18<sup>th</sup> March - see [www.turingrelay.co.uk](http://www.turingrelay.co.uk). There was a lot of interest and the extended race limit of 75 teams was reached in February. For course marking and marshalling, the 6 stages were divided into three loops (1+6, 2+5, & 3+4) under the responsibility of 3 Loop Sector Marshals. Thanks to diligent course marking and marshalling by Darren Murfitt's team and Rod Baron's website guides, none of the runners lost their way and many favourable reports were received. Simon Greenish, Director of Bletchley Park, presented the prizes. See [www.elyrunners.co.uk](http://www.elyrunners.co.uk) for results and photographs.

Thanks to Julie Foreman for organising the **Night Out at Peterborough Greyhound Track** on Friday 30<sup>th</sup> March. Members enjoyed this evening and some even returned with a profit.

The Ely Runners' team of John Crisp, Lisa Redman, Ian Blatchford and Graham Chapman (+ Team Manager Helen Crisp) which represented Soham Twinning Association at the French **L'Eufofoulee 10km Road Race**, Andrezieux-Boutheon, St Etienne on Sunday 15<sup>th</sup> April had a successfully enjoyable trip. See [www.elyrunners.co.uk](http://www.elyrunners.co.uk) for results, photographs and report.

The following 15 members will be running in the **Flora London Marathon** on Sunday 22<sup>nd</sup> April: Peter Gipp, Stephen Howard, Alan Rutterford, Alfredo Verna, Glyn Loveday (if recovered from tonsillitis), Margaret Bracewell, Ian Day, Steve Tovey, Lisa Redman, John Crisp, Michael Butler, Nicola Bramley, David Richards, Simon Bottomley, Hugh Burton, and John Turner. Several other members have planned to watch the race and Eric Drury will be pumping out encouragement from *Disco Tropicana* at his usual 15 miles patch outside the Anchor & Hope pub, Westferry Road on the Isle of Dogs.

**Club Coach Max d'Ayala** has obtained several **books on running and injuries** on behalf of the club. These books are in the club's locker at the Paradise Centre for use by members. There is a club book list on the web site. Loans are to be recorded in a notebook in the club's locker. These books have been chosen carefully by Max to provide a combination of interest, information, advice and stimulation for all standards of runners.

Please could members who have not yet paid their **2007 subscription** (£10.00 due 1<sup>st</sup> January) please do so ASAP. This can be done on-line at [www.elyrunners.co.uk](http://www.elyrunners.co.uk) > [club info](#) > [membership](#), or by cheque 'Ely Runners' via Secretary: John Turner, 22 Cromwell Road, Ely, Cambs, CB6 1AS. Please check you have renewed your subscription *or you are not entitled to attend training, represent the club in races, claim affiliated entry fees, or wear club colours.*

The **benefits of membership of Ely Runners** include the £2 affiliated discount on open race entries, free changing and showers at the Paradise Centre, free training and advice from club coaches, 10% discount at most specialist running kit shops, free entry to the club's 10k and Straight Mile Handicaps, free entry to the six Frostbite League races, free entry to county, regional and national championships and for club relay entries such as the Round Norfolk and Hereward Relays, entry into the draw (if ballot entry rejected) for the club's guaranteed London Marathon places, free snacks at club social events, shared transport to races, and most importantly the friendship and stimulation of collective training and racing.

**Training** on Tuesday and Thursday continues to be well attended with 15 to 30+ members regularly appearing. *Please see the home page (ER Training Programme) of the club's web site for advance details.* Due to the increased number of members meeting at the Paradise for training, members are requested to assemble in the bar area upstairs to avoid blocking the foyer. We are currently training at night on the streets of Ely and members are requested to wear the provided reflective bibs and check the website [www.elyrunners.co.uk](http://www.elyrunners.co.uk) for advice on training at night. There are interval/repetition/hill sessions on Tuesdays and steady (5-8 miles) runs on Thursdays. Some of the training routes are described on the club's website. For those not racing on Sundays, meet in the Paradise car park at 9:00 am for a choice (short/medium/long) of mixed terrain training runs outside of Ely.

Club training sessions are intended to cater for a wide range of abilities and racing objectives. However, if you require specific **coaching advice**, please ask Club Coaches Max d'Ayala or Alan Rutterford to help.

We have several **new members** and some are fairly new to running. It is important that inexperienced members are accompanied by more experienced members on training evenings so they become familiar with routines and routes and are not left alone. Therefore, please could members recovering from injury, or resting from racing, or recovering fitness, please attend training to help our beginners. A warm welcome is extended to the following recent new members: Andy Kelly, Carlos Mondragon, Kale Mosley, and Paul Needham.

Mary Gates has the **club's kit supplies**. The club's joining fee of £32 includes free club race vest and shorts. Please contact Mary on 01353 861379 or [mary@elyrunners.co.uk](mailto:mary@elyrunners.co.uk) to order and see [www.elyrunners.co.uk](http://www.elyrunners.co.uk) for full details of club kit.

Many members have been supplied with **club fleeces** and more can be ordered. The fleeces are in black with a full-length zip and have the Ely Runners cathedral logo embroidered in yellow on the top left front. A range of sizes is now available from stock and cost only £10 (subsidised by club) for paid-up members for their own use. Subsequent fleeces or those for non-members will be at the cost price of £21. Please contact Mary Gates on 01353 861379 or [mary@elyrunners.co.uk](mailto:mary@elyrunners.co.uk) to order. See [www.elyrunners.co.uk](http://www.elyrunners.co.uk) for full details of club kit.

Under Rod Baron's skilful management, the **club's web site** ([www.elyrunners.co.uk](http://www.elyrunners.co.uk)) continues to expand to provide useful information and a record of the club's activities. It is frequently updated and well worth regular visits. Rod maintains a list of all-time **PBs** on the web site so when you send your **race results** to John Turner ([secretary@elyrunners.co.uk](mailto:secretary@elyrunners.co.uk)), please advise if you have achieved a PB, including vet categories, so that it can be included in JT's press report from which Rod takes his PB information. If possible, please send your **race results by noon on Monday** to JT to avoid the extra work involved in updating press reports. Rod has added a **message board** to the web site's home page, which is now being used regularly by members.

Club vets who are not members of EVAC may run as guests of club EVAC members in **EVAC Championships**.

**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.

## **RACES & EVENTS GUIDE**

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

### **April**

21 (Sat) BARR AGM, 1500 K George Suite, Novotel Hotel, W Gateway, R Vic Dock, Lon E16  
22 London Marathon, [www.london-marathon.co.uk](http://www.london-marathon.co.uk)  
22 Chase the Train 8.9m, 1400 Bure Valley Railway Station, Aylesham, Norfolk, £9, EOD +£1  
22 Peterborough Open T&F Meeting ([www.peterborough-ac.org.uk](http://www.peterborough-ac.org.uk))  
25 (Wed) Gt Yarmouth Prom (race 1) 5m, 1915 Marina Leisure Cnt, Marine Parade, £5, EOD  
27 (Fri) CAA General Meeting, 2000 Hemmingford Grey Conference Centre  
29 EVAC Road Relays & AGM, 1100 Sports Pav, Hemmingford Grey (*free club entry via JT*)  
29 Breckland 10k, 1100 Croxton Village Hall, Thetford, £7, no EOD  
29 Sawston 4.8m Fun Run, 1030 Village College, New Rd, Sawston, £6, EOD +£4!  
29 Bradenham Challenge 15, 1100 Soham Grove Fm, Saham Toney, Watton, £tba, no EOD

### **May**

03 (Thu) Newmarket Heath 6k, 1930 Heath (between Bury Rd and Moulton Rd), £tba, EOD  
06 Great East Anglia Run 10k, 1030 Mkt Place, Kings Lynn, [www.greateastangliarun.co.uk](http://www.greateastangliarun.co.uk)  
07 (Mon) Watford 10k+, 1100 Casiobury Park, £10, EOD +£4  
07 (Mon), Ashdon 10k+, 1030 Village Hall, Ashdon, Saffron Walden, £6, EOD +£2  
08 (Tue) Silverstone Grand Prix 10k, 1930 Silverstone Circuit, N'Hants, £4.50, EOD +£1.50  
09 (Wed) Gt Yarmouth Prom (race 2) 5m, 1915 Marina Leisure Cnt, Marine Parade, £5, EOD  
12 (Sat) Cambs AA T&F Championships, St Ives (*club entry via JT, CD 3/5*)  
13 Eye 10k (CRRL) 1100 Eye School, Eyebury Road, Eye, Peterborough, £7, EOD +£1

13 Dereham 10, 1100 Neatherd School, Norwich Road, £6, EOD +£1  
13 Stevington 12k, 1100 Village Hall, Stevington, Bedford, £8, EOD  
13 Leeds ½ Marathon, 0930 city, £14.50, CD 23/4, [www.leeds.gov.uk/runleeds](http://www.leeds.gov.uk/runleeds)  
14 (Mon) Peterborough T&F Open Meeting ([www.peterborough-ac.org.uk](http://www.peterborough-ac.org.uk))  
20 East Cambs Half Marathon, 1115 St Andrews Primary School, Soham, £7, EOD +£2  
20 Coltishall 5.25k & 3 (M/F) x 5.25k relay, 1030 Frettenham Vil Hall, £5/£15 (+£2/£10 EOD)  
20 Brathay Windermere Marathon, around England's largest lake, [www.brathay.org.uk](http://www.brathay.org.uk)  
20 Copenhagen Marathon, [www.copenhagenmarathon.com](http://www.copenhagenmarathon.com)  
28 (Mon) Brandon Forest ½ Marathon (TR), 1030 Mayday Field, B1106, £8, no EOD, popular!  
20 May Hunts AC Open T&F Meeting ([www.huntsac.org.uk](http://www.huntsac.org.uk))

## June

03 EVAC 5m Championships/Grand Prix, 1100 Reach Village Hall  
03 Hunts AC Open T&F Meeting ([www.huntsac.org.uk](http://www.huntsac.org.uk))  
10 North Downs 30k, 1030 Cascades LC, Thong Lane, Gravesend, [www.isteadandifield.org.uk](http://www.isteadandifield.org.uk)  
10 EVAC T&F Championships, Milton Keynes (*club entry via JT*)  
10 St Albans ½ Marathon, £14, chip timing, see [www.stalbanshalfmarathon.co.uk](http://www.stalbanshalfmarathon.co.uk)  
14 (Thurs) **Ely Runners' Midsummer 10k Handicap** (*private club event*), Cricket Club, 1930  
*Lt Downham, FOC members & guests. Presentation afterwards in the Prince Albert, Ely*  
16/17 (Sat/Sun) SEAA 800/1500m track & 2000f/3000m steeplechase Senior Championships,  
Crystal Palace (*club entry via JT*)  
18 (Mon) Peterborough Open T&F Meeting ([www.peterborough-ac.org.uk](http://www.peterborough-ac.org.uk))  
20 (Wed), Wymondham Midsummer 10m  
23 (Sat) Picnic Marathon, 1400 Box Hill, Dorking, 6000' up/down North Downs  
23 (Sat) Midsummer Munro ½ Marathon, 1400 Box Hill, Dorking, 3000' up/down North Downs  
24 Yaxley 7m, 1500 William de Yaxley Jn School, Lansdowne Rd, £6, EOD +£1  
24 Round the Island (Lions) 13m, 1000 Willoughby Av car park, W Mersea, £6, EOD +£2

## July

01 EVAC 10k Championships/Grand Prix, 1100 Comberton Village Hall  
01 Sutton Feast Beast 7m MT, 1100 New Pavilion, The Brook, Sutton, £6, EOD +£1  
08 Ramsey 10k (**CRRL**)  
08 EAA Track & Field Championships, Peterborough  
12 (Thurs) *training at 1900 will include Ely Runners' **Straight Mile Handicap** on Quaney Drove. Perpetual Shields for Handicap 1<sup>st</sup> M/F, Fastest M/F, and Age Related 1<sup>st</sup> M/F will be presented afterwards in The Prince Albert, Ely*  
22 St Ives 10k (**CRRL**), Cambs AA Champs  
28/29 (Sat/Sun) BMAF Open National T&F Championships, Alexander Stadium, Birmingham

## August

01 Paddock Wood (Kent) ½ Marathon, 1100 British Car Auctions, Eldon Way, £11, EOD +£4  
04/05 (Sat/Sun) SEAA 5000m walk Senior Championships, Bedford (*club entry via JT*)  
05 EVAC 5k Championships/Grand Prix, 1100 Granchester, Cambridge  
16 (Mon) Peterborough Open T&F Meeting ([www.peterborough-ac.org.uk](http://www.peterborough-ac.org.uk))  
18 (Sat), Race the Train 14m TR, Tywyn, Wales, [www.racethetrain.co.uk](http://www.racethetrain.co.uk), CD 5/8  
19 Thorney 5k (**CRRL**), Cambs AA Champs  
26 Mersea Island (Lions) 10m/5m, 1030 Willoughby Av car park, W Mersea, £6/£6, EOD +£2  
26 Newmarket Duathlon, 0745, Mildenhall Cycle Rally, Riverside Middle School, £18/£21  
27 (Mon) Peterborough City T&F Games ([www.peterborough-ac.org.uk](http://www.peterborough-ac.org.uk))  
29 (Wed) Nene Valley Harriers 5k (**CRRL**), Cambs AA Champs

## September

02 Ely Triathlon Relay (*5k Adam Etches*), 1100-1300 King's School, [www.elytriathlon.co.uk](http://www.elytriathlon.co.uk)  
02 The Beast 14m TR, 1030 Corfe Castle, £8, [www.poole-ac-races.co.uk/thebeast.htm](http://www.poole-ac-races.co.uk/thebeast.htm), popular!  
02 Hibbard Trophy Meeting (T&F), Bury St Edmunds  
09 Grunty Fen ½ Marathon (**CRRL**), 1030 Witchford Village College, Ely,  
[www.gruntyfen.co.uk](http://www.gruntyfen.co.uk). Includes ARC and EVAC Championships  
15/16 (Sat/Sun) Round Norfolk Relay (*Alan Rutterford*), [www.roundnorfolkrelay.com](http://www.roundnorfolkrelay.com)  
30 *Club ARC affiliation review*  
30 EAA Combined Events (T&F), Bedford

## October

07 Loch Ness Marathon/10k/5k. [www.lochnessmarathon.com](http://www.lochnessmarathon.com)  
27 (Sat) Beachy Head Marathon (3,500' climb), 0900 Eastbourne (*club entry via JT*)  
28 Fenland 10m (**CRRL**), Cambs AA Champs

## November

04 New York Marathon  
18 Stortford 10

## December

06 (Thu) **Ely Runners Christmas Drinks**, 2000 Prince Albert, Ely (London Marathon draw)  
16 Long/medium/short club **pre-Christmas training trail runs**, Woodditton to Ely 18.5m,  
Reach to Ely 11m, Woodditton to Reach 7.5m, meet 0800 Paradise for transport to starts  
31 (Mon) **Ely New Year's Eve 10k Road Race**, 1100 Lt Downham, £7 on-line only, no EOD,  
[www.newyearseve10k.co.uk](http://www.newyearseve10k.co.uk)

## January 2008

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## February

01 (Fri), **Ely Runners Annual General Meeting**, 1930 Paradise Centre, upstairs bar room

## March

16 **Turing Trail Relay** (Ely-Cambridge-Ely) in 6 stages. See [www.turingrelay.co.uk](http://www.turingrelay.co.uk)

## NOTES

Midweek training from the Paradise Centre (meet in upstairs bar) is at 1900 on Tuesdays and Thursdays. For details of each training session, see 'ER Training Programme' on the club's web site home page.

Long Sunday training runs (meet Paradise 0900) are usually arranged on the Thursday before - *check emails*.

Races and events are on Sunday unless otherwise mentioned.

Club colours (vest mandatory) must be worn for all races entered as an Ely Runner.

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.

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

Championship and relay entries are via Secretary John Turner and paid (if funds available) by the club.

Club website	<a href="http://www.elyrunners.co.uk">www.elyrunners.co.uk</a>
Grunty Fen website	<a href="http://www.gruntyfen.co.uk">www.gruntyfen.co.uk</a>
NYE10k website	<a href="http://www.newyearseve10k.co.uk">www.newyearseve10k.co.uk</a>
Turing Trail Relay website	<a href="http://www.turingrelay.co.uk">www.turingrelay.co.uk</a>