

Ely Runners

RACES & EVENTS 2005-2006

At the end of July, Ely Runners became the 100th member of the **Association of GB Athletic Clubs (ABAC)** details of which can be found on their website www.britishathleticsclubs.com. Members are welcome to comment to secretary@elyrunners.co.uk on this new organisation.

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** which was made by Charlie Barker. There are usually several copies of race entry forms but please always leave the last copy or ask the staff at reception to photocopy (Ely Runners' account) a few copies.

The remaining 3 races (of 8) in the **2005 Cambridgeshire Road Race League** are marked on the events list with **CRRL**. The next CRRL race is the [Grunty Fen Half Marathon on Sunday 11th September](#). It also includes the Cambs County & EVAC Championships. Club standings are calculated on the best 7 event results of 8 events and the individual standings on best 5 event results from 8 events. There are awards for the 1st 3 men's teams, 1st 3 women's teams, 1st 3 individual men, and 1st 3 individual women. Race results will be sent to Chris.L.Clark@Royalmail.com or by post to Ray Church, 30 Muskam, Bretton, Peterborough. PE3 9XU (01733 260716). League results will be on www.nenevalleyharriers@fsnet.co.uk. The club has featured prominently in previous years. In both 2003 and 2004 Ely Runner's men's team were 3rd of 25 teams and Ely Runners' women improved from 17th in 2003, to 9th of 23 teams in 2004. In the individual men's event in 2004, Alex Tate was 1st, Maurice Reed 10th, and Alan Rutterford 12th. The first Ely Runners' woman in 2004 was Karen Foreman who was 26th. In 2003, Stephen Howard was 5th, Maurice Reed 9th and Alan Rutterford 10th in the Individual men's event. In 2000, 2001 and 2003, Diana Gipp was 1st woman overall, a hat trick for which she was presented with an Ely Runner's' Special Achievement Award at the 2003 AGM. In 2002, Diana was first woman in 5 of the 6 CRRL races in which she competed!

Following the AGM of the **Frostbite Friendly League (FFL)** on 17th July, this six race inter-club series of 5-6 miles (road/mixed terrain/XC) will have one race per month from October to March and these are on the list (see **Frostbite League**) of events below. All races start at 11:00 am and a scoring team is 10 members of which at least 2 must be women but any number of members can run and all will contribute to the results by competing with potentially scoring runners of other clubs. Final details of each event will be circulated by Team Captain Torsten Lytken. The club's Team Manager/Recorder is Eric Drury (mob 07876 288496). The League membership fee for the 2005/06 season will be paid by the club so members run free of charge. Club colours must be worn whilst competing in the league. The Senior Presentation Evening will be at Yaxley - details to follow. Ely Runners' final positions since joining the FFL have been 2001/02 **9th**, 2002/03 **2nd**, 2003/04 **1st**, and 2004/05 **4th** of 17 teams.

Sweatshop Cambridge have received the **London Marathon News** which includes the application form for the **2006 London Marathon**. It is also available in other sports shops and 2004 and 2005 runners will have received a copy by mail. The closing date for entries is 21st October 2005.

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 nights so they become familiar with routines and routes and are not left alone. Therefore, please could members who are recovering from injury, or resting from racing, or recovering fitness, please attend training to help our beginners.

Chris Rayment will soon be departing to re-start again in Australia. He will remain a member and occasionally appear for a training run or race when he visits his mother in Haddenham.

We wish him well and thank him for sharing his running knowledge, his hard training and racing, and for his friendship.

Tuesday and Thursday **Training** continues to be well attended with 15 to 30 members regularly appearing. Due to the increased number of members meeting at the Paradise for training, members now assemble in the bar upstairs to avoid blocking the foyer. Members are now enjoying late summer evening training. On Tuesdays this is at interval/repetition/hill locations around the edge of Ely, and on Thursdays on routes along the Fenland byways, droves and roads surrounding Ely. Sunday training has also been well attended with runs of up to 24.5 miles achieved, sometimes in quite tough conditions.

The club has purchased **reflective bibs** for members to wear whilst training at night. These have been available at the Paradise centre for use on training nights and have been issued to most members.

Natalle Coles has taken over from Karen Foreman as Ely Runners' **Women's Team Leader** until Karen returns from Australia. Natalle will be organising women members for events such as the Frostbite League series.

Club Coach Max d'Ayala has now obtained several **books on running and injuries** on behalf of the club. These books are kept 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.

Most members who ordered **club fleeces** have received them. However, there are a few members who have not yet taken delivery. Please could they contact John Turner to collect, or for him to bring their fleeces to training. The fleeces are in black with a full length zip and have the Ely Runners cathedral logo woven in yellow on the top left front. A range of sizes is now available from stock and cost only £10 (subsidised by club) to members for their own use. Please contact John Turner (01353 667678 or email secretary@elyrunners.co.uk) to order. See website www.elyrunners.co.uk for full details of club kit.

Under Rod Baron's dedicated management, the **club's web site** (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 **PBs** on the website so please advise John Turner (ASAP, please to avoid amending reports) if you achieve a PB, including vet categories, so that it can be included in the press report from which Rod takes his PB information.

SEAA Track & Field Championships - Chris Rayment and Ian Day have been entered for the 10,000m at Bedford on Saturday 27th August.

Ely Runners' **Grunty Fen Half Marathon** (www.gruntyfen.co.uk) is on Sunday 11th September. Members (+ family and friends) who can help at the Grunty Fen should telephone Darren Murfitt on 01353 664650 or email to darren_murfitt@hotmail.com.

The club has entered the 'Open' (1st claim m/f all ages) team category for the **Round Norfolk Relay** on 24/25 (Sat/Sun) September which starts and finishes in Kings Lynn. Last year, Ely Runners won the '1st Newcomers' trophy. Please contact Team Captain Torsten Lytken on 663656 or tl@torsten.demon.co.uk if you would like to run or can help in escort or transport roles. The 17 stages vary from 5.39 miles to 20.2 miles and the total distance is 191.2 miles. Full details www.roundnorfolkrelay.com

Several members have been entered for the spectacular **Beachy Head Marathon** on Saturday 29th October. There are one or two spare places available which we may be able to officially substitute for other members. Please contact John Turner ASAP if you would like to run. This popular but hilly South Downs run is almost entirely off-road across some of the most stunning scenery in the UK.

The club intends to enter several teams for the **Hereward Relay** on Sunday 27th November. This is a 38.4 miles four stage relay across the Fens by tracks, footpaths and rural roads from Peterborough Cathedral to Ely Cathedral. The stages are Peterborough to Whittlesey (6.1 miles), Whittlesey to March (11.6 miles), March to Welney (10.3 miles), and Welney to Ely (10.4 miles). Ely Runners will be responsible for marshalling from the Ely bypass to the finish on Palace Green. The presentation of awards will be in the upstairs bar in the Paradise Centre after the event. Please could those members who would like to run (specify stage) contact Torsten Lytken on 01353 663656 or tl@torsten.demon.co.uk and those who can help with driving and/or marshalling contact Darren Murfitt on Darren Murfitt on 01353 664650 or darren_murfitt@hotmail.com

British Masters (Vets) events are too numerous to include all of them but they will have been circulated to members of EVAC.

August

23 (Tue 1900) Training will incorporate the clubs' **Straight Mile Handicap**, presentations afterwards at the Albert

27 (Sat) SEAA 10,000m Track Championships, Bedford (club entry via JT, CD 22/8)

28 Mersea Island 10m/5m, 1030 Willoughby Avenue Car Park, The Esplanade, West Mersea, £6, EOD +£1

28 Newmarket Duathlon, 0745 Riverside Middle School Mildenhall, £15, EOD OK

31 (Wed) NVH 5k (**CRRL**), 1900 Ferry Meadows, Peterborough, £3, EOD +£1, meet Paradise 1715 or travel directly

September

04 Wissey Half Marathon, 1030 Oxborough Village Hall, £7, EOD +£1.50

04 Garden City 10, 1100 Sir Frederick Osbourn School, Hens Lane, Welwyn, £7.50, EOD +£2.50

04 The Beast >14m (TR), 1030 Corfe Common, Corfe Castle, Dorset, £8, EOD £9 but will probably be full

04 Framlingham 10k, 1100 Sports Field Badingham Road, £6, EOD +£2

11 **Grunty Fen Half Marathon (CRRL)**, 1030 Witchford Village College, Ely, £8, EOD +£2. Incorporates Cambs

County Championships, EVAC Championships (+£2 to EVAC desk) & Grand

Prix. www.gruntyfen.co.uk

17 (Sat) High Peak Challenge 40m/4673' MT, 0800 Buxton Community School, £tba

17/18 (Sat/Sun), Isle of White (& SEAA) Fell Running Championships, Sat 1100 3m/775' & 1500 7m/1500',

Sun 1030 13m/1500', £12 all races or £5 each (CD10/9 for SEAA Championships), reduced ferry charges

18 Chariots of Fire 6 x 1.7 miles road relay for corporate teams, 0930 Queen's Green, Cambridge, £100/team

18 Isle of White Fell Race 3 (13m/1500'), 1030 Winter Gardens, Ventnor, £5 (£12 for 3 races Sat/Sun)

18 New Forest Marathon/Half Marathon, 1130/1100 High St, New Milton, £14/£12.50, no EOD

18 Dunstable 20+, 1030 Queensbury School, Canesworde Road, £7.50, EOD +£1

18 Great North Run 13.1m, 0945 Newcastle City Centre

24/25 (Sat/Sun) Round Norfolk Relay, 189m/17 stages, 1030 Lynnsport, Kings Lynn, www.roundnorfolkrelay.com

25 Diss Comber Memorial 15m/7.5m, 1030 Diss High School, £8, EOD +£1

25 Saffron Walden 10k, 1030 County High School, £6, EOD +£2

25 Ipswich Duathlon, 0810 Alton Water, Tattingstone, simon.palmer@talk21.com, no EOD

October

02 Standalone 10k, 1000 Standalone Farm, Wilbury Road, Letchworth, £7.50, CD 24/9, no EOD

02 Felixstowe 1/2 Marathon, 1100, The Cork Bar, Undercliffe Road, West Prom, £8, EOD +£2

02 Leicester Marathon & 1/2 Marathon, £11/£14, CD 24/9, www.leicestermarathon.org.uk
02 Glen Miller 10k (approx), 1200, Twinwood Airfield, Clapham, Beds, 3 laps, £6, EOD +£1
02 Baxters Loch Ness Marathon (also 10k & 5k), 1000 Inverness, £31, ballot closes 1/5
09 Ryston 5k XC, Shouldham Warren
09 Long Short Relay, 48.3m in 5 stages to Royston, 0800-0900 Pinner Village Hall, £60/team
09 Woodbridge 10k, 1100 Martlesham Heath Village Green, £5, EOD +£2
16 **Frostbite League**, 1100 Priory Park, St Neots, (grass/woodland paths), *meet Paradise 0900*
16 Jog Shop Jog 20m/2300' TR, 0900 Brighton Marina Car Park, £7, EOD +£3
16 Abingdon Marathon, 0900 Tilsley Park, £18, CD 30/9, no EOD, fast flat course
16 Promenade 10k, 1100 Gt Yarmouth High School, Salisbury Rd, £6, EOD +£1
16 Amsterdam Marathon, 1/2 Marathon, & 10k - see 17th July email invitation to go with C & C
22 AAA Senior Women's 4 x 4.314k Nat Road Relay Champs, 1330 Sutton Coldfield, club entry via JT by 7/10
23 Exmoor Stagger 16m/3300' (TR), 1100 W Somerset Community College, Minehead, £10, EOD +£2
29 (Sat) Beachy Head Marathon (3,500' hill/trail), 0900 St Bede's School, Eastbourne, £17, no EOD, popular
30 Fenland 10m (**CRRL**), 1000 Marshland High School, West Walton, Wisbech. Incorporates Cambs County & EVAC Championships (+£2) & Grand Prix
30 Snowdon Marathon, 0930 Electric Mountain, Llanberis, £15 by 30/9
31 (Mon) Dublin Marathon, www.dublincitymarathon

November

13 **Frostbite League**, 1100 Bushfield Sports Centre, Peterborough, (tarmac/firm paths), *meet Paradise 0900*
13 Ryston 9k XC, Shouldham Warren
20 St Neots Half Marathon, 1000 St Neot's Recreation Centre, Eynesbury, £12 by 5/11, popular/no EOD
27 Hereward Relay, 38.4m in 4 stages Peterborough to Ely Cathedral, 0900 Peterborough Cathedral,
Ely Runners to marshal from A10 and construct finish area on Palace Green

December

04 Luton Marathon, 1000 Lea Manor Recreation Centre, £15, no EOD
07 (Wed) *Ely Runners **Christmas Drinks at the Albert**, 8 pm*
11 **Frostbite League**, 1100 Swavesey Village College (concrete roads and soft tracks), *meet Paradise 0900*
11 Bedford Harriers' 1/2 Marathon, 1100 Wootton Upper School, Hall End Rd, Beds, £10.50, EOD +£2
18 Long/medium **club pre-Christmas training runs** 18.5m/11m XC, Woodditton/Reach/Upware/Ely,
meet 0800 Paradise for transport to start
18 Ryston 6.5k XC, Shouldham Warren
31 (Sat) **Ely New Year's Eve 10k Road Race**, 1100 Lt Downham, www.newyearseve10k.co.uk

January

08 **Frostbite League**, 1100 Ailwyn School, Ramsey (grass, farm roads and tracks), *meet Paradise 0900*
15 Ryston 9k XC, Shouldham Warren
20 (Fri) *Ely Runners' **Annual General Meeting**, 1930 Upstairs Bar Room, Paradise Centre*
28 (Sat) SEAA XC Championships, Bicton College, Exmouth. Entry (via JT/club) necessary for
ECCA National Champs on 25/2

February

04 (Sat) SEAA Veterans XC Championships, Ruislip, Middlesex

05 **Frostbite League**, 1100 Bourne Woods, Bourne, (woodland paths and tracks), *meet Paradise 0845*
19 Ryston 5k XC, Shouldham Warren
25 (Sat) ECCA National Championships, Parliament Hill Fields, London (club entry via JT)

March

05 **Frostbite League**, 1100 BRJ Centre, Huntingdon, (roads and tarmac paths), *meet Paradise 0900*
26 Ryston 6.5k XC, Shouldham Warren

April

23 London Marathon, £26 by 21/10

Midweek training from the Paradise Centre (meet in upstairs bar) at 1900 on Tuesdays and Thursdays

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

Races and events are on Sunday unless otherwise mentioned

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

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

Frostbite races (2005/06 season) are 5-6 miles

Further details of events from the Club notice board in the Paradise Centre foyer, running magazines, websites, or from Secretary John Turner 01353 667678 (secretary@elyrunners.co.uk) who also has details of all 2005 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 www.elyrunners.co.uk
Grunty Fen website www.gruntyfen.co.uk
NYE10k website www.newyarseve10k.co.uk**