

Ely Runners Newsletter

NOTICES, RACES & EVENTS 2008-09

DECEMBER 2008

(JT 28.11.2008)

NOTICES

Details of local races and those of interest to members are on the **club notice board** (maintained by the club Secretary) in the foyer of the Paradise Centre. 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 more copies.

Some **open races** are very popular and reach the entry limit before the race day. Many races no longer accept entries on the day – see 'no EOD' in the Races & Events Guide below. Members are therefore advised to plan their races and enter earlier. Before entering on the day, check with the organisers or on the race website that a place is still available.

Payment of **club entries into championships, relays and leagues** will be funded by the club provided they are **team entries made by the club**. The club will not pay for individual entries into open races that have an incorporated championship.

To take part in **UKA National** and **SEAA championships**, members need to be registered with England Athletics (EA). Also, a few open events still require EA registration to claim affiliated entry fees. However, most events (especially locally) either have **ARC** permits or, if they have UKA permits, require only membership of an EA affiliated club, like Ely Runners. This year (2008-09) 26 members requested **registration with EA**. Please could members who would like to be registered from 1st April 2009 with EA for 2009-10 please contact John Turner secretary@elyrunners.co.uk. Subject to agreement at the AGM, the club will pay the £5 registration fee. Registration number confirmation and cards will be supplied when received from EA.

I have the latest **Fell Runners Association Fixtures Calendar & Handbook**. Members interested in running a fell race can borrow this booklet. Most fell races are 'up north' but are also in Wales and other hilly areas of the UK. There is a huge choice throughout the year, and in the summer, many are evening races including those not too far away in the Peak District and other hill areas. Alternatively, if on holiday in such areas, you can often find a local fell race. They provide an enjoyable, challenging and worthwhile experience, even for Fenland based runners.

Ely Runners are currently featured as (*the first*) **CLUB OF THE MONTH** on the Association of Running Clubs (ARC) website – see the homepage at www.runningclubs.org.uk > NEW – ARC Club of the Month – Profile.

The long awaited **East Cambs Athletics Club** (set up by East Cambs Sport) for juniors started this autumn with 22 youngsters and their parents attending the first session at Ely Community College. Some of the older runners have been referred to Ely Runners. We plan to liaise with this group, particularly towards the proposed running track and stadium facilities for Ely. John Turner, Rod Baron and Alan Rutterford attended an **ECAC Open Evening** on Tuesday 4th November at the Sports Hall at The King's School, Ely and since then, Ely Runners' Coach Alan Rutterford has been coaching the Juniors. For more details of East Cambs Sport, see www.ecsport.co.uk.

Some members are not always wearing **club kit in races** and should note that wearing Ely Runners' colours (minimum club vest) is mandatory in all events entered as an individual or team members of Ely Runners. This is because it is:

- A condition of membership.
- Obligatory if claiming affiliated entry discounts as an Ely Runner in open races.

- Obligatory in leagues entered by the club, relays entered for or by the club, all championships and events incorporating championships.
- Requirement of governing athletic organisations.
- Necessary to avoid disqualification.

Not wearing club kit also makes it harder for other runners, race officials, and photographers to distinguish club runners, especially in relays. Additionally, our distinct race kit defines us as ambassadors of a well-respected running club. Exceptions are members running for county, regional or national teams or representing a charity for sponsorship in an open event.

Mary Gates has the **club's kit supplies**. The club's joining fee of £33 includes free club race vest and shorts. Please contact Mary on 01353 861379 or mary@elyrunners.co.uk to order. See www.elyrunners.co.uk for full details of club kit.

We have added the Ely Runners **cathedral logo** as a transfer to the top (to avoid obscuring race numbers) centre of the front of our **race vests**. The existing stock of vests held by Mary Gates will be returned to have the logo added. Any members who would like the logo added to their race vests will need to give their vest to Mary to send away for this work to be done. The cost (£1.20 for the transfer + 25p for application) will be covered from club funds. Race vests will continue to have ELY RUNNERS on the back.

Club fleeces are available from Mary Gates at the subsidised price of £10 to members only. This price is for one fleece per member. Subsequent fleeces will be at the cost price of £22.

Discounts on Kit Purchases

If you buy running kit from Advance Performance at Cambridge or Peterborough, please show them your membership certificate and the club will receive 10% towards vouchers that we use for prizes for our Christmas charity raffle. Advance Performance do not otherwise give discounts although these can be usually be obtained from running shop suppliers such as Sweatshop in Cambridge who sponsor our three open races: New Years Eve 10k, Turing Trail Relay, and Grunty Fen Half Marathon. Sweatshop usually give 10% on non-sale items but have recently offered more to members (show membership cert) of Ely Runners.

We now specify **Ely Runners' policy on data protection** and use of photos and videos on the club's website on www.elyrunners.co.uk > CLUB INFO > administration.

Julie Foreman also organises the club's 1st Thursday in the month **After Training Drinks**. Due to the club's Christmas Drinks being on Thursday 4th December and Thursday 1st January being New Year's Day, the next official after training drinks are on Thursday 5th February.

Correction from November 2008 Newsletter – when **Rod Baron** passed his final practical Grade 2 **Course Measurer's** test, it was on a 5m course at Abingdon and not on the Abingdon Marathon course.

At the AGM on Monday 2nd February 2009, we will discuss proposals for, and decide on, the club's entries into the 17 stage **Round Norfolk Relay** (see www.roundnorfolkrelay.com) on Sat/Sun 19/20 September 2009. The most suitable options (*only one team per category*) we have are as follows:

- **Open Class** team - for fastest ER runners (as in 2008).
- **Club Class** - must include *a minimum* of 5 ladies and 6 vets (F35+ or M40+).
- **Casual Class** - runners cannot run under their affiliated club title unless it clearly states 'Casuals' and the team can have runners from clubs and/or organisations/individuals.
- **Ladies** - an all Ely Runners team or joint entry with C&C (as in 2008)

The 2008 joint Ladies team was in the **Casual Ladies** class but for 2009, there will only be a **Ladies** class. If we have a joint ER+C&C **Ladies** team, it will probably require the fastest 8/9 ladies from each club. If we do not have enough ladies for a club team and/or C&C don't want to be involved, then a **Club Class** entry is a viable mixed team option.

If we enter two or more **RNR teams**, *each* will require 17 runners, a Team Manager, support crews, and a mini-bus. We have to consider this relative to our limited resources and maybe appointing an RNR Administrator to organise the distribution of information and resources to each team. Therefore, please give this subject careful consideration to let me have your views and proposals between now and the AGM.

Meantime, see Rachel Roberts' informative report on the experiences of her joint Ladies team in the **2008 Round Norfolk** relay on www.elyrunners.co.uk/rnr.htm

Natalle Etches has purchased a **wide variety of fitness stock** from a local Internet fitness company that closed down. She is re-selling the stock as low as **half price** to club members. The stock includes cycling, running, fitness and triathlon wear from brand names include Craft, Gore Bike Wear, Pearl Izumi, and Sugoi. If you're interested, speak to Natalle at one of the training sessions or contact her on Natalle.coles@ringuk.com

Thanks to **Mary and Steve Gates** for organising and supplying tea, coffee and a delicious cake (baked by Mary) at the Lazy Otter, halfway on our long 14.1 miles riverside training run on Sunday 16th November. This treat was much appreciated by the 12 runners who reached the Lazy Otter in the dank and muddy conditions.



Ely Runners take part in the **2008-2009 Frostbite Friendly League (FFL)** of races. There are 6 events, one each month from October to March as per the following events list – see [Frostbite League](#). The races are 5-6 miles and vary from road to mixed terrain and cross-country. Any number of members may run but the scoring team is taken from the first 10 runners of which at least 3 must be women. Non-scoring members can still influence the result by competing with scoring members of other clubs. The club has paid the league fee and Ely Runners members run free of charge. All members will be allocated a PIN number so there is no need to pre-enter – just turn up (see *Paradise meeting times in the events list*) on the day with your club race kit. On crossing the finishing line, you'll be given a position number. Please take this immediately to **FFL Manager Eric Drury**.

In 2007-08 we were 4th of 15 teams but won the **FFL** in 2005-06 and 2003-04 (see www.elyrunners.co.uk > RESULTS > Achievements). We have the capacity to win this season's FFL so it is important that there is a good turnout for each race. Therefore, please make a note of the race dates.

The first **FFL** race (5m XC) was on 5th October in Priory Park at St Neots and we were 3rd of 15 teams. The second race was on 9th November at Bushfield and we improved to 2nd. The **next FFL** is on Sunday 14th December at Hinchingsbrooke Park, Huntingdon, (about 5m of tracks, trails and grass), start 1100. We hope to improve on our overall league position (currently 2nd) with a stronger turnout. *To share transport, please meet at the Paradise Centre car park at 9:15 am.*

We have renewed our club subscription to the **East Anglian Cross-Country League (EACCL)** so members run free of charge. A few Ely Runners (especially Ian Day and Ian V-A) have previously competed in this league, which is organised by the Royal Airforce on some excellent XC courses. There are nine races and one relay October-March 2008/09 on Wednesday afternoons at 2:30 pm. The men's courses are 10k and the women's 5k. See **EACCL** events on the list below.

Well done everyone involved in the **Hereward Relay** on Sunday 23rd November, especially the logistics members Alan Rutterford (teams, marshalling and course marking), Eric Drury (finish area), Tony Hall and Emily Knight (course drivers), Rod Baron (standby course driver and course photography) and the team of marshals (including returned runners) who had to endure the cold weather for a long time. Our 7 teams all performed well with our Senior Men's 'A' finishing 5th and all 7 teams obtaining respectable places – see www.elyrunners.co.uk > RESULTS.

A comment from the club's Senior Member and former Chairman Tony Hall who was one of our two Course Drivers for the **2008 Hereward Relay**: *"I think all runners who braved Sunday's weather to run the Hereward Relay, deserve all the praise they can get. However, I feel I have got to bring up one contentious matter. Stage 2 runners decided to do their own thing, rather than follow the procedures everyone else adhered to. As a result Emily and I were left wandering around the very large car park in March in freezing, wet conditions, looking for runners who were not there. Driving conditions were treacherous (with one team's car crashing) and the last thing we wanted was a "no show" by stage 2 runners. Worse, nobody knew what had happened to them. Next year, can we all PLEASE stick to the instructions, and if this is impossible, PLEASE TELL someone what you are doing".*

The club's **Christmas Drinks at the Royal Standard** on Fore Hill, Ely) will be after training at 8:30 pm on Thursday 4th December. This is a very informal annual gathering for members and their families and friends. The draw (between members rejected in the ballot) for the club's **three Flora London Marathon places** will take place – see conditions below. Also, the 20th Anniversary Frostbite Friendly League shoe bags will be presented to all members who ran in 4 races or more during the 2007/08 season. If there are more qualifiers than bags, then there will be a draw. Free sandwiches and chips will be provided and there will be a raffle (for East Anglia's Children's Hospices) of *interesting and useful prizes* organised, as usual, by Adam and Natalie Etches. To help with planning, please confirm with numbers attending to Julie Foreman by email to julie@elyrunners.co.uk or tel 01353 667678. Parking is convenient in the nearby Broad Street car park.

We have switched the Christmas Drinks venue from the Prince Albert because of the numbers attending have been too many for this small but delightful pub with the best beer cellar in Ely. However, we will continue to use the Prince Albert venue for the presentations after our 10k Handicap and Straight Mile Handicap events in the summer, when we can use the beer garden.

To be eligible for the draw for the **Club's guaranteed three Flora London Marathon 2009 places**, the following conditions and requests apply:

- You have applied for the 2009 FLM but been rejected in the ballot.
- You have provided evidence of application and rejection in the ballot to John Turner Club Secretary prior to the draw.
- If acceptances or rejections have not been received by 4th December, then those who have not heard will still be included in the draw (if they so request) and the guaranteed club places will be allocated on a first out of the hat basis to those who eventually prove rejection.
- Please note that allocated club places will still incur the FLM entry fee and applications have to be received at the FLM by 9th January 2009.
- If you receive a club FLM place but are subsequently unable to run, this can be allocated to another member via a 'replacement entry form' held by John Turner. Any such re-allocation has to be received by the FLM by 13th February 2009.
- Please could all members who have applied for FLM places or already have guaranteed places (ie carried-over, time qualification, good for their age) let John Turner know as this will help to avoid someone being overlooked for the draw.

Our challenging club **Pre-Christmas Woodditton/Reach/Ely Training Runs** will be on **Sunday 21st December**. Please meet at the Paradise Centre car park at 8:00 am. Support will be by Eric Drury at checkpoints (Reach and Chalk Pit) with refreshments and a recovery vehicle. If you can drive the runners to their starts and at checkpoints, please contact John Turner. For route descriptions, see <http://www.elyrunners.co.uk/routes/prexmas.htm>. Distances (all parts of the same route) are:

- Woodditton to Ely 18.5m
- Reach to Ely 11.0m
- Woodditton to Reach 7.5m

Please could members let John Turner know which distance they'd like to run so that we can plan transport to the starts. Afterwards, members and their families/friends are invited to a **carvery lunch** (cost £8.95 per person) at 1230 at the High Flyer pub adjacent to the Paradise

car park. Booking is necessary via Peter Gipp and as it is a busy time of year, ***please let Peter know numbers as soon as possible.***

For **training on Boxing Day, Friday 26th December**, meet at the Paradise car park at 9:00 am for a choice of mixed terrain runs using the riverbanks:

- Short (6.1 miles) Paradise to Lode End Bridge (Barway pump) and back
- Medium (7.6 miles) Paradise to Barway loop via Lode End bridge and back
- Long (13.0 miles) Paradise via east bank to Chalk Pit, A1123 to Dimmock's Cote bridge, and back along west bank

Ely Runners' popular **New Year's Eve 10k Road Race** will take place on **Wednesday 31st December** starting at 11:00 am in Main Street, Little Downham. Entries (700 limit) have come in even quicker this year and the race was full (apart from a few reserved places) by 29th October compared to 10th November last year. This year's finish will again be on the meadow beyond the cricket pavilion. *Please contact Darren Murfitt (i/c Marshals) on 01353 664650, mob 0797 9537657, darren_murfitt@hotmail.com to offer to help.* All finishers will receive a bottle of 'Starter's Orders' local ale. There will be an ex-Black Watch piper playing at the start and again to help the runners up the hill at 8.5k. The race HQ will, as usual, be in the Village Hall. There may be 1 or 2 spare places (reserved for special situations) eventually available to members if they'd like to run. Please contact Julie Foreman (julie@elyrunners.co.uk) to be put on the reserve list.

Training on Thursday 1st January 2009 will be as usual at 7 pm but as the Paradise Centre will probably be closed, we will meet in the car park.

The **Cambs AA County Cross-Country Championships** are on Sunday 11th January 2009 at Priory Park, St Neots. Further details will follow when they are known. Team entries are made and paid for by the club. If you would like to run, please contact Team Captain Charlie Barker who will make the team entries. The club has a long record of participation and success in these championships and a good turnout is required to continue this tradition. To be eligible you must have been born in Cambs or have 9 months prior residency. Members who perform well enough will be selected for the Inter-County Cross-Country Championships (not Senior Men) on Saturday 31st January at Biggleswade – see details below.

To enter a County (eg Cambs AA) or Regional (eg SEAA) Championship, members must have been born in the county/region or had 9 months of continuous residency. If you qualify by birth and residency for different counties, you may only run for one county/region during each competition year from October to September.

Ely Runners' 2008/09 Club Cross-Country Championships will be held on Sunday 18th January 2009 on our new five miles course starting and finishing on Ely Common at the top of the Waterboard Hill. Meet Paradise car park at 9:00 am (usual training time) for a 9:30 start on Ely Common. Entry is free of charge to members and their invited guests. Please let organiser **Stephen Tovey** (sct36@cam.ac.uk) know if you can run, or help as a marshal or official. This is a club event so please run in club race kit. The course is suitable for trail shoes or (just about) an old pair of spikes. Road shoes are also suitable but not ideal in wet conditions. There are perpetual shields (members only) for the 1st M/F and 1st Age Graded M/F. Chairman Peter Gipp will present these in the upstairs bar at the Paradise Centre at 11:00 am.

The **SEAA Cross-Country Championships** are on Saturday 24th January 2009 at Hillingdon House Farm, Uxbridge, Middlesex. We usually enter enough runners for a team so if you'd like to run, please contact Charlie Barker so that he can make the team entries. The club will pay these for. Start times and distances relevant to members are:

- 12:50 pm Under 17 + Under 20 women (5000m)
- 1:50 pm Senior Women (8000m)
- 2:50 pm Senior Men (15000m)
-

The closing date for receipt of entries at SEAA is 9/12.

The **SEAA Inter-County Cross-Country Championships** (not Senior Men) will be held at Old Warden, Biggleswade on Saturday 31st January 2009. Start times and distances relevant to members selected to represent Cambs AA are:

- 1315 Under 20 Women 6000m
- 1340 Under 23 Women (individual) 6000m
- 1340 Senior Women 6000m

The **SEAA Masters (Vets) Cross-Country Championships** are also on Saturday 31st January 2009 at Old Warden Park. Start times and distances are:

- 1100 Men 50+ & 60+ 10k
- 1143 Women 35+, 45+ & Men 70+ 6k
- 1410 Men 40+ 10k

Please contact Charlie Barker if you'd like to run as part of an Ely Runners team and the club will pay the £7 per person entry fee. Closing date is 9th January

Ely Runners Annual General Meeting will be held on Monday 2nd February at 7:30 pm at the Paradise Centre in the bar meeting room. This is an important club event so please try to attend. During the meeting the following awards will be made:

- Eric Drury Shield: *Most Improved New Member Runner*
- *Most Improved Female Runner*
- *Most Improved Male Runner*
- *Best Half Marathon*
- Eric Drury Cup: *Best Marathon*
- Special Achievement Awards

Nominations/and or volunteers for the Committee and items for the agenda should be forwarded to John Turner (secretary@elyrunners.co.uk) as soon as possible.

The **ECCA National Cross-Country Championships** will be on the challenging Parliament Hill, course on Hampstead Heath on Saturday 21st February 2009. The club will pay the £5 entry fee if we have a team entry in any one of the following:

- Junior women –20 (5k) 1130 (4 score)
- Junior men –20 (10k) 1315 (4 score)
- Senior Women (8k) 1415 (4 score)
- Senior men (12k) 1500 (6 score)

Please contact Team Captain Charlie Barker as soon as possible if you'd like to run. Closing date for entries to be received by the organisers is 5th January. No late entries will be accepted.

On Sunday 15th March 2009, we will hold our 3rd **Turing Trail Relay**, a six-stage relay along the scenic river area from Ely to Cambridge and back. We're planning for this year's race to start and finish by Ely Cathedral instead of the sports field by the railway station. To improve safety, the stages 5-6 changeover will be at Upware car park instead of the Chalk Pit. These changes mean that stages 1, 5 and 6 have all new distances – see race website www.turingrelay.co.uk. The total race distance is now 35.5 miles and the average stage length 5.92 miles. Changing and the presentation of prizes will be at the Paradise Centre. Due to the shortage of funds to maintain the wartime buildings at Bletchley Park National Codes Centre (where Alan Turing developed computerised code-breaking during WWII), we will incorporate sponsorship for this once most secret and now historic site into the race.

To know when the **2010 LONDON MARATHON** ballot is to go on-line, you can register to be informed in plenty of time on <http://www.london-marathon.co.uk/site/?pageID=101>.

If you have any **cotton rags** (eg old t-shirts, towels etc) for disposal, please bring them to training and give them to **John Turner** so that he can take them to the Wells & Walsingham Light Railway for cleaning the steam locomotive and rolling stock.

Grade 2 coach **Max d'Ayala** (max@dayala.co.uk) has obtained several **books on running and injuries** for 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. Borrowed books 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.

Subscriptions (£10) are due by 1st January or on joining the club. Those joining after 15th November are covered for the following year. Existing members who have not renewed by the due date will be reminded by email. Those who have failed to renew by the end of March will be removed from the membership list. Subs can be renewed on-line at www.elyrunners.co.uk > club info > membership, or by cheque to 'Ely Runners' via Secretary: John Turner, 22 Cromwell Road, Ely, Cambs, CB6 1AS. Please check you have renewed your subscription or you will not be entitled to attend training, represent the club in races, take part in club championships, claim affiliated entry fees, or wear club colours.

Support of Club Open Events

Ely Runners hold three popular open races each year (Turing Trail Relay, Grunty Fen Half Marathon, and Ely New Year's Eve 10k Road Race) that contribute considerably to the club's reputation and financial stability. *This enables the club to provide the many benefits listed below. In return, members are expected to support the club by helping with these events.*

The **benefits of membership of Ely Runners** include the £2 affiliated discount on open race entries, club affiliations to ARC, ABAC, UKA, EA, TRA, FRA & CAA, free registration (£5) with EA until 31st March 2009, free changing and showers at the Paradise Centre, free training and coaching advice, free night training bib, £12 subsidy on club fleeces, 10-20% discount at most specialist running kit shops, free entry to the club's Cross-Country Championships, 10k Handicap and Straight Mile Handicap, free entry to the six Frostbite League races, free club team entry to county, regional and national championships and for club relay entries, entry into the draw (if a member's ballot entry is 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.

To improve accuracy and save time deciphering writing, handling money and paper etc, **applications for Club Membership** are now normally on-line only via the club's website www.elyrunners.co.uk > CLUB INFO > Membership. *Please note that **subscription renewals** (£10) for 2009 are due by 1st January 2009.*

Training on Tuesday and Thursday continues to be well supported with about 20-30 members usually attending. *Please see the home page (ER Training Programme) of the club's website for advance details.* Due to the increased number of members meeting at the Paradise for training, members are requested to assemble in the balcony/bar area upstairs to avoid blocking the foyer. Members are also asked not to congregate before running on the pavement outside the entrance but to assemble around the corner by the side of the building. This is because it can be intimidating for other users of the Paradise to walk through a group of runners to gain access to the entrance. 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 (unless otherwise notified) for a choice (short/medium/long) of mixed terrain training runs outside of Ely. The car park toilets are open by 9:00 am and the Paradise open for showers afterwards.

Club training sessions are intended to cater for a wide range of abilities and racing objectives. If you require specific **coaching advice**, please ask Club Coach Alan Rutterford to help.

Webmaster Rod Baron's unerring management of Ely Runners' website

(www.elyrunners.co.uk) ensures that it provides an up-to-date a record of the club's activities and a myriad of useful information. The website is frequently updated and well worth regular visits. For member's general comments, there is a **Message Board** on the website's home page and the recently upgraded photo and video section contains a huge selection of members in races. Rod also maintains the club's websites for the Grunty Fen Half Marathon, New Year's Eve 10k, and Turing Trail Relay.

When you send your **race results** to Stephen Howard (results@elyrunners.co.uk), please advise if you have achieved a PB, including vet categories, so that it can be included in press

reports and to update PB information on the website. If possible, please send any information you have (including links to race results) *by noon on Monday* to Stephen to avoid the extra work involved in updating press reports. Please email any photographs or links to event photographs (with your race number) to Rod Baron at 1@rodbaron.co.uk.

Rod Baron has advised that ALL notified results (from 25th October 2008) mentioned in the ER website **Race Report will have an age-graded score** calculated. This will be displayed on the results data base table (RESULTS> Database, "View Most Recent Results") or the direct link is http://www.elyrunners.co.uk/MySQL_Results/View_Results.php?a=reset. In the past we only calculated age-graded scores for PBs or Club Records. Your best age graded score is taken from the results we have so far and displayed on the table "Most Prolific Racers" direct link http://www.elyrunners.co.uk/MySQL_Results_stats/query_3.php. Some members may not yet have a result where an age-graded score has been calculated. Where a result does not have a time or where the race distance is over 40 miles, the age-graded score will be shown as 0. Starting from next year, we will keep a running average of all age graded scores for each member. Scores of 0 will not be included in the averaging.

A warm welcome is extended to **new members Rachel Nixon, Pete Foody, Andrew Burgess, and Brian Partridge** (re-joined). Some new members are also fairly new to running therefore it is important that they are accompanied by more experienced members at training so they become familiar with routines and routes and are not left alone. Therefore, please could members at training, including those recovering from injury, or resting from racing, or recovering fitness, help and talk to our beginners so that they feel welcome and involved.

Club vets who are not members of EVAC may run as guests of the club's EVAC members in **EVAC Championships**. EVAC events are included the list below and can be entered by email to eastvetm75@ntlworld.com. Subject to the availability of funds, the club will pay for club team entries to EVAC and BMAF Championships. EVAC website: www.evac.org.uk

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 or see www.bmaf.org.uk/fix/fix.asp

RACES & EVENTS GUIDE 2008-09

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

November

- 30 City of Norwich ½ Marathon, **RRGP**, 1100 Nfk Showg, £15, www.cityofnorwichhalfmarathon.com
- 30 Wadenhoe Wint Challenge Quadrathlon/Duathlon, 1030 Wadenhoe, Oundle, £8, EOD +£2
- 30 Thetford Forest Duathlon (R5k/B14k/R3k), 1100 May Day Events Field on B1106, also 1RR+1B team event, £19 indiv/£24 team/+£5 EOD, www.runbikeevents.com

December

- 03 (Wed) **EACCL**, 1430 Tri Anglia (Norwich area), Men 10k, Women 5k
- 04 (Thu) **Ely Runners Christmas Drinks**, 2030 Royal Standard, Ely (FLM draw)
- 07 Nene Valley 10m, 1030 The Cresset, Bretton Centre, Peterborough, £7, EOD +£1
- 07 Luton Marathon & 3 Stage Relay, 1000 Luton, club entry, www.lutonmarathon.org.uk
- 14 **Frostbite League**, 1100 Hinchingsbrooke Park, Huntingdon, (about 5m of tracks, trails and grass), *meet Paradise 0915*
- 14 Bedford Half Marathon, 1000 Wootton Upper Sch, Hall End Rd, Wootton, Beds, £14.50
- 14 Ryston 6.5k XC, 1100 Shouldham Warren, EOD only
- 14 Bunwell Santa 5k, Village Hall, Bunwell, Norwich, £10, EOD +£2
- 21 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 starts
- 26 (Fri) Boxing Day training, meet 0900 Paradise Centre car park (see Notices for details)
- 31 (Wed) The 10th **Ely New Year's Eve 10k Road Race**, 1100 Lt Downham, entries on-line only, no EOD, www.newyearseve10k.co.uk, *RACE FULL*

January

- 01 (Thu) Wymondham New Year's Day 10k, 1100 Central Hall, Back Lane, £8, EOD +£2
04 **Frostbite League**, 1100 Ailwyn School, Ramsey (mixed terrain), *meet Paradise 0930*
04 Norwich RR XC Series/2, 10.4k, 1000 Houghen Plantation, Horsford, £2.50, EOD only
07 (Wed) **EACCL**, 1430 RAF Barnham, Men 10k, Women 5k
11 Cambs AA XC Championships, Priory Park St Neots, club entry via Charlie Barker
11 Ryston 9k XC, 1100 Shouldham Warren, EOD only
11 SEAA Indoor T&F Champs, 400m, 800m, Lee Valley Athletics Centre, entries close 16/12
18 **Ely Runner's (5m) Cross-Country Championships**, *meet Paradise 0900 for 0930 start on Ely Common*
18 Folksworth 15m, 1100 Folksworth Village Hall, £13, no EOD
18 Fred Hughes 10m, 0930 Francis Bacon School, Drakes Drive, St Albans, £11, no EOD
18 (Sun) SEAA Indoor T&F Champs, 1500m, Lee Valley Athletics Centre, entries close 6/1
21 (Wed) **EACCL**, 1430 RAF Marham (Shouldham Warren), Men 10k, Women 5k
24 (Sat) SEAA XC Champs, Hillingdon House Farm, Hillingdon, Mdx, SW8k, -20W5k, SM15k
28 (Wed) **EACCL**, 1430 Wattisham Airfield (nr Stowmarket), Men 10k, Women 5k
31 (Sat) Inter-Counties XC, Old Warden Park, Shuttleworth, -20W6k, SW6k (county selection)
31 SEAA XC Masters (Vets) Champs, Old Warden Park, Shuttleworth, MV10k, FV/MV70+6k

February

- 01 **Frostbite League**, 1100 Bourne Woods, Bourne, (woodland paths and tracks), *meet Paradise 0845*
01 Reedham 10m, 1100 Reedham Village Hall, Reedham, Norwich, £19, EOD +£2
02 (Mon) **Ely Runners Annual General Meeting**, 1930 Paradise Centre, bar meeting room
01 Cambridge Festival of Running, Fitzwilliam College, Cambridge
05 (Thu) **ER after training drinks**, julie@elyrunners.co.uk
08 EVAC XC Champs, 1100 Wimpole Pk, Arrington, MV35-69 8k, WV/MV70+ 4k
11 (Wed) **EACCL**, 1430 GYRR (Fritton Lakes), Men 10k, Women 5k
15 Ryston 5k XC, 1100 Shouldham Warren, EOD only
15 Norfolk Gazelles Valentine 10k, 1030 Swanton Abbott Sch, Norwich, £6, EOD £10
15 Elgood's Brewery Gt East Run 20k, 1100 Bungay Sports Hall, £14.50, EOD +£3
18 (Wed) **EACCL**, 1430 St Edmunds Pacers, Bury St Edmunds, Men 10k, Women 5k
21 (Sat) National Cross-Country Championships, Parliament Hill, Hampstead Heath
22 Bury 20m/Nearly 10m Road Races, 1030 Nowton Park, BSE, £17/£13, www.burytwenty.org.uk

March

- 01 **Frostbite League**, 1100 BRJ Centre, Huntingdon, (5m roads and tarmac paths), *meet Paradise 0915*
01 Barcelona Marathon
05 (Thu) **ER after training drinks**, julie@elyrunners.co.uk
08 Milton Keynes ½ Marathon, 1030 Open University, £14, www.mkhalf.co.uk
08 Wymondham 20/10m, 1000/1030 Central Hall, Back Lane, Wymondham, £tba
08 Newton's Fraction ½ Marathon, 1030 S Kesteven Spts Stadium, Grantham, £8, EOD +£2
08 Milton Keynes ½ Marathon, 1030 Open University, Brickhill St, £15, EOD £25!
11 (Wed) **EACCL** Relays, 1430 RAF Barnham (nr Thetford)
15 **Ely Runners' Turing Trail Relay** (Ely-Cambridge-Ely) in 6 stages, www.turingrelay.co.uk
21 (Sat) BMAF XC Champs, Ruthin, Cwlyd, N Wales
22 Ryston 6.5k XC, 1100 Shouldham Warren, EOD only
22 Norwich RR XC Series/3, 10.4k, 1000 Houghen Plantation, Horsford, £2.50, EOD only

April

- 02 (Thu) **ER after training drinks**, julie@elyrunners.co.uk
05 Paris Marathon, www.parismarathon.com
05 Cambridge & Cambourne 10k
26 London Marathon

May

- 07 (Thu) **ER after training drinks**, julie@elyrunners.co.uk
24 Copenhagen Marathon, www.copenhagenmarathon.com
23/24 (Sat/Sun) SEAA -15 and -17 T&F Champs – venue tba
25 (Mon) BUPA London 10k

June

04 (Thu) ER after training drinks, julie@elyrunners.co.uk

11 (Thu) **Ely Runners' Midsummer 10k Handicap** (private club event), Cricket Club, 1930 Lt Downham, FOC members & guests. Presentation afterwards in the Prince Albert, Ely

July

02 (Thu) ER after training drinks, julie@elyrunners.co.uk

09 (Thu) training at 1900 will include **Ely Runners' Straight Mile Handicap** on Quanea Drove. Perpetual Shields for Handicap 1st M/F, Fastest M/F, and Age Related 1st M/F will be presented afterwards in The Prince Albert, Ely

20/21 (Sat/Sun) SEAA –20 and Senior T&F Champs – venue tba

August

September

13 **Grunty Fen ½ Marathon**, 1030 Witchford Village College, Ely, www.gruntyfen.co.uk.

19/20 (Sat/Sun) Round Norfolk Relay, www.roundnorfolkrelay.com

October

31 (Sat) Beachy Head Marathon (3,500' climb), 0900 Eastbourne, *depart Paradise 0500*

NOTES

Midweek training from the Paradise Centre (meet in upstairs veranda/bar area) is at 7:00 pm 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 car park 9:00 am) are usually arranged on the Thursday before - *check emails on Fridays*.

Races and events are on Sunday unless otherwise mentioned.

Race entry fees are the affiliated (ARC/UKA or just UKA registered) fees

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 and 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).

Club championship & club handicap entries are via Steve Tovey

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

Club website www.elyrunners.co.uk

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

NYE10k website www.newyearseve10k.co.uk

Turing Trail Relay website www.turingrelay.co.uk

Association of Running Clubs www.runningclubs.org.uk

John Turner

Secretary, Ely Runners

secretary@elyrunners.co.uk

Tel 01353 667678 Fax 01353 668058