

Ely Runners

RACES & EVENTS 2007-2008

JT 14.2.2007 (Feb)

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 **Track Races** and we will provide more information (see Race Guide below) and access to regional events such as the Watford Open Graded Meetings, EVAC Track & Field League, and County Championships etc. Please could members who would like to race on the track next summer, particularly middle and long distance events, please contact John Turner so that the necessary arrangements and advice from club coaches can be arranged. A strong winter cross-country season prior to fast road races and relays in the spring is typical preparation for the summer track season.

Ely Runners are in the **Frostbite Friendly League** of races for which there are 6 events, one each month from October to March as per the following events list. 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 two must be women. Non-scoring members can still influence the result by competing with scoring members of other clubs. The club pays for league entry fee and members run free of charge. Ely Runners were 1st of 17 clubs last season. The first 2006-07 FFL race was at St Neots on 8th October and the club was 4th of 15 teams by quite a narrow margin from the 2nd and 3rd placed clubs. In the 2nd race at Bushfield on 12th November, the club was again 4th. However, in the 3rd race at March on 10th December, the club was 1st, and in both the 4th and 5th races at Ramsey and Bourne Woods, the club was 2nd and is now 2nd of 15 teams behind Riverside Runners. The 6th and final race is at BRJ Huntingdon and we require a very strong turnout to maintain or improve our position. Please meet at the Paradise car park at 9:15 am to share transport.

The **Frostbite Friendly League Presentation Evening** (organised by Ramsey RR) will be held at Forty Foot Village Hall on Friday 23rd March 2007 from 7:30 pm. There will be a bar and the substantial hot buffet and live band are included in the ticket cost. Tickets are available directly from Adrian Graham (ad.graham@tiscali.co.uk) and cost £10. Adrian will also be at the next Frostbite League race for you to buy tickets. This event is very popular and early ticket order is advised.

The list below includes **Ryston Runners Cross-Country Grand Prix at Shouldham Warren** near Downham Market with 6 races from December to March with distances of 5k, 6.5k and 9k in the series. There are also shorter races for -7, -11, -13, -15 and -17 age groups. The courses are on undulating forest tracks and ideal for beginners or more experienced runners. Arrive prepared, as there are no toilet or changing facilities. Full details at www.rystonrunners.org.uk

There were 28 members at Ely Runners' **Annual General Meeting** was on **Friday 19th January**. Minutes will be circulated later this month and will be on the club's website.

In the **SEAA Cross-Country Championships** on Saturday 27th January at Holkham Hall Park in North Norfolk, Ian Day ran a splendid, well judged race to finish 141st (24.5%) of 553 finishers, the best place ever by an Ely Runner in these Championships. However, in 2000, Tim Elkington was 222nd (23.2%) of 956 finishers (Hampstead Heath), and in 2005, Alex Tate (running for Muddy Muddy Monkeys) was 65th (7.83%) of 830 finishers (Hampstead Heath). In Ian's favour is that the 2007 race was depleted by its location away from the London area and therefore had a higher proportion of more committed runners. The effects of variable conditions for cross-country are clearly demonstrated by comparing Tim Elkington's best performances on the SEAA Hampstead Heath 15k championship course:

- 1995: Best time 53:30 but 306th position (course soft and very muddy in places)
- 2000: Best position 222nd but 1:00:12 time (torrential rain before and during the race turned the already waterlogged and well trodden course into a deep quagmire)

At the Committee meeting on 27th September 2006, it was proposed and agreed that there should henceforth be an annual **Ely Runners Cross-Country Championships** for which there will be perpetual trophies for the 1st Male, 1st Female, 1st Age Graded Male, and 1st Age Graded Female. For the season 2006-07, the championships were incorporated into the Frostbite League race at Bourne Woods on Sunday 4th February 2007. The **trophy winners** and leading runners were as follows:

1st Male	Alex Tate
2nd Male	Ian Day
3rd Male	Max d'Ayala

1st Female	Natalle Coles
2nd Female	Birgitta Bramley
3rd Female	Rachel Roberts

1st Age Graded	Birgitta Bramley (78.95%)	1st Female
2nd Age Graded	Ian Day (77.22%)	1st Male
3rd Age Graded	Peter Gipp (76.94%)	

Work continues on the club's new riverside Ely-Cambridge-Ely event, the **Turing Trail Relay**; is on Sunday 18th March - see www.turingrelay.co.uk. There has been a lot of interest and we have already reached the extended race limit of 75 teams. There are 6 stages from 5.3 to 6.2 miles, total 35 miles. For course marking and marshalling, the 6 stages will be divided into three loops (1+6, 2+5, & 3+4) under the responsibility of 3 Loop Sector Marshals. We would like to hear from members who would like to help as marshals. Please contact Darren Murfitt (i/c Marshals) on 01353 664650, mob 0797 9537657, darren_murfitt@hotmail.com to offer to help. We would also like to enter 2 teams, probably 1 men's team and 1 women's team. Please contact John Turner if you would like to run. A full route description, complete with narrative, photographs and distances will soon be placed on the race website.

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 1st January) please do so ASAP. This can be done on-line at www.elyrunners.co.uk > [club info](#) > [membership](#), or by cheque 'Ely Runners' to 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 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 Coach Max d'Ayala who will either advise you himself or ask Coaches Alan Rutterford and Adam Etches 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.

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 to order and see 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 to order. See 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) 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), 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.

RACE GUIDE

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

February

- 18 St Peter's Brewery Great East Run, 1100 Sports Hall, Queen's Rd, Bungay, £12, EOD +£3
- 18 Ryston 5k XC, 1100 Shouldham Warren, EOD only
- 18 ECAA Indoor T&F Championships, Chelmsford
- 18 EVAC Indoor T&F Championships incl 800m & 1500m, Enfield, C/D 3/2, can enter via club
- 25 Bury 20m/nearly10m, 1030 Nowton Park, Bury St Edmunds, £15/£11, CD 18/2, no EOD
- 25 Sleaford ½ Marathon, 1030 RAF College, Cranwell, £9, EOD +£1
- 25 Tunbridge Wells ½ Marathon, 1000 St John's leisure Centre, £13, no EOD

March

- 04 **Frostbite League**, 1100 BRJ Centre, Huntingdon, (5m roads and tarmac paths), *meet Paradise 0915*
- 04 Wymondham Spring 20m/10m, 1000/1015 Central Hall, £8/£9, EOD +£2
- 04 Berkhamstead ½ Marathon, 1130 Cricket Club, Castle Hill, £15, no EOD
- 04 MCCC Great Daffodil Run (15m & 10k), 1030 Kelmarsh Hall, N'hants, £13 & £11
- 10 (Sat) **English Cross-Country Championships**, Herrington Country Park, Sunderland, SW 8k (1415), SM (12k) 1500, must have previously entered regional (eg SEAA) Championships (*contact JT by 12/1 for free entry by club*)
- 11 Mondri 15m (& 3 stage relay), 1000 HM Prison, Whitemoor, March, £8, EOD £9
- 11 ChillyWilly 5k (men only charity race), 0900 Ferry Meadows, Peterborough, £5 by 5/3
- 18 **Turing Trail Relay (Ely-Cambridge-Ely) in 6 stages** (see www.turingrelay.co.uk)
- 25 Thorney 10k, 1030 Bedford Hall, Thorney, £6, EOD +£1
- 25 Ryston 6. 5k XC, 1100 Shouldham Warren, EOD only
- 25 Broadland ½ Marathon, 1000 South Walsham Village Hall, £8, EOD +£2
- 25 Stowmarket Joe Cox 10m, 1100 Mid-Suffolk Leisure Centre, Stowmarket, £8, EOD +£2
- 25 Sandy 10 (+), 1030 Upper School, Engayne Av, £8, no EOD
- 25 Lincoln 10k, 1100 city, £12 + £2 for post, packaging, chip timing etc, www.lincoln.gov.uk

April

- 01 Oakley 20m+, 1000 Lincroft Middle School, Station Rd, Oakely, Bedford, £14, EOD +£2
- 01 Black Dog Marathon/1/2 Marathon, 1030/1230 Spts G, Pirnhow St, Bungay, £12, EOD +£3
- 06 (Fri) Sudbury Fun Run 5m+, 1000 North St, £7, EOD +£3
- 08 Belvoir ½ Marathon (TR), 1000 Village Hall, Hose, Leics, £10, EOD +£2
- 08 Trowse 10k, 0930, Norfolk Ski Club, Whitlingham Lane, Trowse, £tba, info@conac.org.uk
- 09 Stanwick 10k, 1030 High St, Stanwick, Wellingborough, £6, no EOD
- 15 Flitwick 10k (+), 1100 Millenium Green, Dunstable Rd, £ tba
- 15 Paris Marathon
- 22 London Marathon, www.london-marathon.co.uk
- 25 (Wed) Gt Yarmouth Promenade 5m, 1915 Marina Leisure Centre, Marin Parade, £tba
- 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

May

- 06 Great East Anglia Run, 10k, Kings Lynn, www.greateastangliarun.co.uk
- 07 (Mon) Watford 10k+, 1100 Casiobury Park, £10, EOD +£4
- 08 (Tue) Silverstone Grand Prix 10k, 1930 Silverstone Circuit, N'Hants, £4.50, EOD +£1.50
- 12 (Sat) Cambs AA T&F Championships, St Ives (*club entry via JT*)
- 13 Leeds ½ Marathon, 0930 city, £14.50, CD 23/4, www.leeds.gov.uk/runleeds
- 20 Brathay Windermere Marathon, around England's largest lake, www.brathay.org.uk
- 20 Copenhagen Marathon, www.copenhagenmarathon.com

June

- 03 EVAC 5m Championships/Grand Prix, 1100 Reach Village Hall
- 10 North Downs 30k, 1030 www.isteadandifield.org.uk

10 EVAC T&F Championships, Milton Keynes (*club entry via JT*)
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 T&F Senior Championships, venue tba
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 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
12 (Thurs) training at 1900 will include Ely Runners' **Straight Mile Handicap** on Quaney
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

August

05 EVAC 5k Championships/Grand Prix, 1100 Granchester, Cambridge
26 Mersea Island (Lions) 10m/5m, 1030 Willoughby Av car park, W Mersea, £6/£6, EOD +£2

September

09 Grunty Fen ½ Marathon, 1030 Witchford Village College, Ely, www.gruntyfen.co.uk.
Includes ARC and EVAC Championships
15/16 (Sat/Sun) Round Norfolk Relay, www.roundnorfolkrelay.com
30 Club ARC affiliation review

October

27 (Sat) Beachy Head Marathon (3,500' climb), 0900 Eastbourne

November

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

January 2008

February

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

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) 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	www.elyrunners.co.uk
Grunty Fen website	www.gruntyfen.co.uk
NYE10k website	www.newyearseve10k.co.uk
Turing Trail Relay website	www.turingrelay.co.uk