

Ely Runners Newsletter

NOTICES, RACES & EVENTS 2009

FEBRUARY 2009

(JT 30.01.2009)

NOTICES

A warm welcome is extended to **New Members: Ashley Pettit** (joined December 2008), **Matthew Holmes, Nathalie Moore, Alex Marshall** (2nd claim) who currently 1st claim for Hunts AC, and **Martin Courtney**.

This month's Newsletter has major text updates in blue and carried forward text (for the benefit of new members and as reminders to others) left in black. The updated Events list remains in black.

Email circulations by the club to members are done by the Bcc (confidential) option so that member's email addresses are not circulated and also these do not take up most of the first page of emails.

Subscription renewals (£10) are due from 1st January 2009 and this can be done on-line via www.elyrunners.co.uk > **CLUB INFO** > **Membership**, or by cheque to 'Ely Runners' via Secretary: John Turner, 22 Cromwell Road, Ely, Cambs, CB6 1AS. During 2008, club membership reached a record 121 of which 80 were men and 41 were women. Those who joined after 15th November 2008 are covered for 2009. 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**. 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.

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.

Several members have put themselves on www.athleticsdata.com which is a statistical website showing:

- UK year rankings
- All-time rankings
- Comprehensive results service
- Athletes profiles

This website will enable you to check your form relative to rival runners and allow them to do the same. It's also useful for the prediction of race results for both runners and organisers.

Details of club events, training, 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.

The club's website www.elyrunners.co.uk > **RESULTS > Achievements** lists the major achievements by the club's individuals, teams and organisation. Please could members check this for omissions and let me (secretary@elyrunners.co.uk) know so that they can be included.

I have the latest (2009) **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.

To measure the distance of a route before or after running, see Google Earth > Ruler (toolbar symbol) > Path. Provided measurement is done carefully, the distance should be of similar accuracy as GPS.

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 has organised the club's **After Training Drinks** on the first Thursday of the month. [The next will be after training on Thursday 5th February.](#)

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@elyrunners.co.uk.



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 third race was on 14th December at Hinchingbrooke Park, Huntingdon and we were 3rd but stayed 2nd overall. [In the next race at Ramsey on 4th February, we were 2nd and stayed 2nd overall.](#) The next FFL race is about 5m of forest tracks and XC paths in Bourne Woods on Sunday 1st February at 1100. We hope to improve on our overall league position with another strong turnout. *To share transport, please meet at the Paradise Centre car park at 8:45 am.*

The **Frostbite Presentation Evening** (hosted by March AC) is on Saturday 28th March 2009 at the Prison Officers Social Club, March. Dancing is to The Phil Wait Disco and there is a buffet. Tickets £10 from Alan Rutterford alanatrdsltd@aol.com.

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.

If you have a **Flora London Marathon Club Place** and are unable to run, please let me know ASAP so that it can be re-drawn between the club's remaining rejected ballot applicants. No further entry fee is required for substituted entries but they have to be received by the FLM by 13th February.

Probably the coldest ever and certainly the most southerly race by an Ely Runner was achieved by 7th place **Andy Elliot** in the Rothera Research Station New Year's Eve 10k on Adelaide Island in Antarctica – see website RESULTS for the full race report.

In the **Cambs AA County Cross-Country Championships** on Sunday 11th January 2009 at Priory Park, St Neots, Daisy Glover was 2nd Junior (under 20) woman, Alex Tate (running for 1st claim Muddy Mucky Munkeys) was 1st Senior Man, and John Turner was 3rd MV60.

It was back to St Neots on Wednesday 14th January 2009 for the **Cambs County Schools 5k XC**. The course was very slippery from the battering it took at the weekend. Daisy Glover ran strongly to finish 1st with Ely Runners newcomer, Alex Marshall, finishing 2nd to make it a 1/2 for ER and Long Road Sixth Form. There were 18 finishers. Daisy and Alex now go forward to represent Cambs Schools in the Anglian Championships at Lincoln in February.

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.

On Sunday 18th January 2009, Ely Runners enjoyed their 3rd annual **Club Cross-Country Championships** for the first time on their new 4.8 miles course from Ely Common. The race started with a lap of the Common, then around Roswell west lake onto Springhead Lane, around Pocket Park and under the railway for a long loop around the Cresswells water meadows before returning around the other side of the lake and a final opposite direction lap of the Common. Conditions were cold and muddy underfoot following recent rain, thereby providing suitable conditions for a testing cross-country race. There were 23 members in the race and the trophy winners were:

- 1st Man - Brenan Morgan, narrowly ahead of Steve Pettit
- 1st Age Graded Man - Steve Pettit, narrowly ahead of Brenan Morgan, Peter Harris, Graham Chapman and Peter Gipp
- 1st Woman - Daisy Glover
- 1st Age Graded Woman - Birgitta Bramley, 3rd successive year and narrowly ahead of Daisy Glover

After the race, Chairman Peter Gipp presented the prizes at the Paradise Centre. Thanks to Steve Tovey for organising the race, Rod Baron for timekeeping/photography, and to marshals Tony Hall, Mary Gates, Alan Rutterford, Rachel Roberts, and Hannah Shiell.

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 and Appreciation 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.

Eastern Veterans AC Cross-Country Championships will be held on the attractive course at Wimpole Park, Arrington on Sunday 8th February at 11:00 am. Distances/age groups are:

- Men up to 69 8k (2 laps)
- All women and men 70 and over 4k (1 lap)

Medals will be awarded to the first three in each 5-year age group. Please let Charlie Barker know if you'd like to be entered. The club will pay the £5 entry fee if we have enough for teams - usually 4 men and 3 women. Closing date is 3rd February.

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)

[Entries are now closed.](#)

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 the 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.

The **BMAF Open Cross-Country Championships** are on Saturday 21st March 2009 at Ruthin School, Denbighshire:

- Race 1 6k Women (all ages) and Men over 70 1200
- Race 2 8k Men 50-69 1245
- Race 3 8k Men 35-49 1400

Please contact Charlie Barker captain@elyrunners.co.uk as soon as possible if you'd like to run as part of a club team.

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>.

The **Open Masters Road Relay Championships** will be held at Sutton Park, Sutton Coldfield, on Saturday 16th May 2009 over a traffic-free 3 miles course.

- Women over 35/45/55 stages 4/3/3 start 1100
- Men over 50/60/70 stages 6/3/3 start 1100
- Men over 35/40 stages 4/8 start 1330

Please contact Charlie Barker captain@elyrunners.co.uk as soon as possible if you'd like to run as part of a club team. Entries close 18th April.

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.

Steve and Jen Tovey's excellent autumn honeymoon photos from Madagascar are well worth a look at: <http://flickr.com/photos/jen-steve/>

We haven't seen **Sarah Sharpe** recently but in mid January she reported that she is now married as Mrs Sarah Wolverton and that she and her new husband were about to make a permanent move to the USA. In her farewell email Sarah stated that she "enjoyed her stay with Ely as it's a fantastic club". Sarah also expressed gratitude "for the encouragement she received when the running was getting hard". We wish her well for her new life overseas.

Grade 2 coach **Max d'Ayala** (<http://www.dayala.co.uk/>) has obtained several **books on running and injuries** for the club. These books are in the club's locker (key number 400 from Reception) at the Paradise Centre **staff room** 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.

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.

Despite the cold winter weather, **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 **large** 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 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 webmaster1@elyrunners.co.uk.

New Race Results Stats Link from Rod Baron

The SQL stats page has now been updated so that there are links for:

- 1) All results data from 1/1/08 onwards (effectively all time)
- 2) Results data for 2008
- 3) Results data for 2009 (so far)

For each new calendar year, a new set of stat links will be made available for that year. (Hence those just added).

The "Most Prolific Racers" for 2009 (and for all subsequent years) now contains a column for average age graded. This averages any persons' age graded result over the year but excludes from the calculation any age graded figures of zero. (Zero AG would occur if there were no time available or the distance was over 40 miles). It is not an ideal measure because those who tend to do longer races where age graded scores are nearly always lower will get hit hardest but we still provide a "best AG" and an average race time so that one can judge whether the person has a tendency to do longer races. The link to the Results Stats is found at the top left of the home page on the club website.

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 2009

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

January

- 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, (5m woodland paths and tracks), *meet Paradise 0845*
- 01 Reedham 10m, 1100 Reedham Village Hall, Reedham, Norwich, £19, EOD +£2
- 01 Cambridge Festival of Running, Fitzwilliam College, www.cambridgefestivalofrunning.com
- 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
- 07 (Sat) Brands Hatch ½ Marathon & 10k, off A20, Kent, £14/£8 EOD +£6/+£4,
- 08 EVAC XC Champs, 1100 Wimpole Pk, Arrington, MV35-69 8k, WV/MV70+ 4k
- 08 Great Bentley ½ Marathon, 1030 Gt Bentley Village Hall, Essex, £12, EOD +£3
- 08 Wellingborough Multi-Terrain 5k/10k/15k, round 2/3, 1000 Irchester Country Park
- 11 (Wed) **EACCL**, 1430 GYRR (Fritton Lakes), Men 10k, Women 5k
- 15 St Valentines, 30k, Queen Eleanor School, Stamford, £14, no EOD
- 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
- 15 Norfolk RR 10.4k XC Series, race 3, 1000 Houghen Plantation, Horsford, £2.50, EOD only
- 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
- 28 Belvoir Challenge 26, 0900 Harby Sch, Harby, Melton Mowbray, £12, no EOD
- 28 Grantham Canal Run 1, 29.3m, Cotgrave Leis Centre, Woodview, Cotgrave, £25, no EOD

March

- 01 **Frostbite League**, 1100 BRJ Centre, Huntingdon, (5m roads and tarmac paths), *meet Paradise 0915*
- 01 Wellingborough Multi-Terrain 5k/10k/15k, round 3/3, 1000 Irchester Country Park
- 01 Barcelona Marathon
- 01 Stody Estate 5m XC, Hunny Bell, Hunworth, Holt, £10, EOD OK
- 01 28 Grantham Canal Run 2, Ramada Hotel, Swingbridge Rd, Grantham, £25, no EOD
- 01 Steyning Stinger Marathon, 0830 Steyning Grammar Sch, £15, no EOD, off-road, hills
- 01 Cambridge Boundary Run Marathon, 1030 David Lloyd, Coldham's Lane
- 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, £12.50/£10.50, EOD +£2
- 08 A4MH Chilly Willy 5k (men only), 1000 Ferry Meadows, Peterborough, £7.50, CD 2/3
- 08 Milton Keynes ½ Marathon, 1030 Open University, Brickhill St, £15, EOD £25!
- 08 Newton's Fraction ½ Marathon, S Kesteven Sports St, Trent Rd, Grantham, £8, EOD +£2
- 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

15 MDC Rendlesham Forest (Run/Bike) Challenge £25/team, EOD +35, www.runbikeevents.com
15 AAA AGM, 1200 Hospitality Suite, Alexander Stadium, Birmingham – see notice board
15 Louth 10k, 1100, Riverhead, Louth, £8, EOD +£1
15 The Lode Muddy Marvel 5m, 1100 Lode Social Club, Lode, Cambridge, £5, EOD +£1
21 (Sat) BMAF XC Champs, Ruthin, Cwlyd, N Wales – team entries to Charlie Barker
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
29 Stowmarket Striders Joe Cox ½ Marathon, 1100 Gt Finborough School, £9, EOD +£1
28 (Sat) **Frostbite League** Presentation Evening, Prison Officers Social Club, March, £10
29 Sandy 10m, 1030 Sandy Sports Centre, Engrave Av, Sandy, £10, no EOD, *popular race*
29 Linton 5k & 10k – details to follow
29 Thorney 10k, 1030 Bedford Hall, Thorney, Peterborough, £7, no EOD
29 Jaguars Spring 10k, 1030 Frettenham Village Hall, Norwich, £6, EOD +£2

April

02 (Thu) ER after training drinks, julie@elyrunners.co.uk
05 SEAA 12 Stage Road Relay Races, Milton Keynes
05 Paris Marathon, www.parismarathon.com
05 Cambridge & Cambourne 10k, 1100 Cambourne, £10, <http://www.runcambridge.org/>
19 Bungay Black Dog Marathon 1030 Maltings Meadow, £17.50 (+£3 EOD)
19 Bungay Black Dog ½ Marathon 1230 Maltings Meadow, £14.50 (+£3 EOD)
19 EVAC Road Relay Championships, Hemmingford Grey (*provisional*)
26 London Marathon

May

07 (Thu) ER after training drinks, julie@elyrunners.co.uk
16 (Sat) Nat Open Masters Road Relay Champs, Sutton Park, team entries to Charlie Barker
24 Copenhagen Marathon, www.copenhagenmarathon.com
23/24 (Sat/Sun) SEAA –15 and –17 T&F Champs – venue tba
25 (Mon) Brandon Forest Half Marathon (TR), 1030 B1106, £tba, no EOD, www.bfh.org.uk
25 (Mon) BUPA London 10k

June

04 (Thu) ER after training drinks, julie@elyrunners.co.uk
07 EVAC 5-Mile Road Championships, Reach, Cambs
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
20/21 (Sat/Sun) SEAA –20 and Senior T&F Champs – venue tba

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
19 Fairlands Valley 12/18/26.2m Challenges, Bedwell, Stevenage, www.races.fvspartans.org.uk

August

07 (Fri) Wibbly Wobbly Log Jog (5m TR), 1930 Brandon Forest, £tba, no EOD, www.bfh.org.uk

September

06 Wissey Half Marathon (prov)
06 Littleport Leisure Centre 10k (prov)
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*

November

22 **Hereward 4 Stage Relay** (39.1m Peterborough to Ely), club teams, *provisional date*

December

20 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 (Sat) Boxing Day training, meet 0900 Paradise Centre car park
31 (Thu) The **10th Ely New Year's Eve 10k Road Race**, 1100 Lt Downham, entries on-line only, no EOD, www.newyearseve10k.co.uk

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

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