

Ely Runners

RACES & EVENTS 2006

Training in the Christmas-New Year week will continue as usual at 7:00 pm on Tuesday 27th December and Thursday 29th December but we will have to meet outside because the Paradise Centre will be closed. The Paradise Centre will be open to meet for training on Tuesday 3rd January.

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 always leave the last copy or ask the staff at reception to photocopy (Ely Runners' account) a few copies.

Thank you to members who stood in the cold as marshals for the **Hereward Relay** on Sunday 27th November 2005. Also to Eric Drury for setting up the Finish area, Alan Rutterford for organising the teams and marshals, and Tony Hall and Karen Walsh for being recovery drivers.

The **Frostbite League** has six inter-club races of 5-6 miles (road/mixed terrain/XC) at one per month from October to March and the remaining four events are on the list 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. The club's Team Recorder is Eric Drury (mob 07876 288496). The club has paid the £100 fee for 2005/06 membership, so members run free of charge. Club colours must be worn whilst competing in the league. Yaxley Runners will host the Presentation Evening (venue below) on Friday 24th March 2006. 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. This season, Ely Runners were 7th at St Neots in October and then improved to 1st at Bushfield in November and 2nd at Swavesey in December. The next race is at Ramsey on Sunday 8th January and it is crucial that we have a strong turnout.

The list below includes **Ryston Runners Cross Country Grand Prix at Shouldham Warren** near Downham Market with 3 remaining races from January 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

Following interest by members, the club has entered the **East Anglian Cross Country League (EACCL)**. The seven remaining venues are included in the events list below. Men's races are 5-6 miles and women's about 4 miles. All the races are on Wednesdays at 2:30 pm and the courses are on a wide range of locations all over East Anglia. Teams are 4 runners. The first 4 to finish will be the 'A' team and the next 4 the 'B' team. Categories are Jn M/W, Sn M/W and Vet M/W in 5 year categories to FV50+ and MV50 and then MV50-59 and MV60+. Accumulative team and individual scores will be taken from a maximum of 7 races. The club has paid the entry fee so members (and their guests) run free of charge. Guests will not count for League points. This is an enjoyable and friendly league and refreshments often follow races.

The club's annual **Christmas Drinks at the Albert** on Wednesday 7th December 2005 went well with 36 attending. The winners of the draw for the club's two allocated 2006 London Marathon entries were Keith Mitchell and John Corbishley. The BARR London Marathon draw nomination (Committee) was won by Torsten Lytken. The raffle (by Adam Etches and Natalie Coles) raised £160 for the East Anglia's Children's Hospice.

There were 20 members on the traditional **pre-Christmas training runs** from Woodditton and Reach to Ely on Sunday 11th December and several went for lunch afterwards at the High Flyer. Thanks to Tony Hall for providing en route refreshments and to Meg Lewis, Natalie Coles and Mrs Bovill for driving the runners to the two start points.

The club's open race **Ely New Year's Eve 10k Road Race** at Little Downham (start 1100) has already reached its limit of 650 entries. Please contact Darren Murfitt (darren_murfitt@hotmail.com) or tel 01353 664650 mob 07979 537657) to help at this event.

The **Cambs AA County Cross Country Championships** are on Sunday 15th January 2006 at Priory Park, St Neots. The Sn/Vet Men's 10k starts at 1200 and the Sn/Vet Women's 6k at 1325. Entries are made and paid for by the club. If you would like to run, please contact John Turner tel 01353 667678 or email secretary@elyrunners.co.uk by Thursday 5th January latest. The club has a long record of 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 month prior residency. Entries so far: Stephen Howard, Peter Gipp, John Fordham, John Turner, Max d'Ayala, Graham Chapman, Peter Harris. Are there any more men or any women who would like to be entered?

Ely Runners' **Annual General Meeting** is on Friday 20th January 2006 at 7:30 pm in the Upstairs Bar Meeting Room at the Paradise Centre. Please try to attend this important club event and help decide the future of your club. The club's annual trophies and awards will be made. Please send nominations for the Committee and items for the agenda to John Turner secretary@elyrunners.co.uk. As Torsten Lytken is working in Munich (until later in 2006) he will not be seeking re-election as **Team Captain** and proposals (yourself or someone else) for this Committee position should be forwarded to JT. It is an important figurehead role, particularly for team organisation and selection. *Please could members who received perpetual trophies at the 2005 AGM return these ASAP to Charlie Barker.*

The **Eastern Veterans AC XC Championships** are on Sunday 22nd January at Wimpole Park, Arrington. The start is at 11:00 am for 35+ Men (8k) and 35+ Women (5k). Club entries via John Turner by Thursday 12th January. Entries so far: Peter Gipp, John Turner, Tim Slater, Ian Vaughan-Arbuckle, Stephen Howard, John Fordham, Graham Chapman, Peter Harris. Are there any more 35+ men or any 35+ women who would like to be entered? You do not have to be a member of EVAC. Medals are awarded afterwards in Arrington Village Hall for 1/2/3 in M/F 5 year age categories.

The **SEAA XC Championships** on Saturday 28th January 2006 have moved from their usual venue at Parliament Hill, Hampstead Heath in North London to Bicton College (north of Budleigh Salterton) in East Devonshire. Sn Women (8k) start at 1350 and Sn Men (15k) start at 1450. A Sn Men's team has been entered (6 score from 12) by JT as it is mandatory for entry to the English National XC Championships on 25th February. Members entered are Stephen Howard, Matthew Hall, Peter Gipp, John Turner, Ian Day, Darren Murfitt, John Crisp, Peter Bovill, Adam Etches, Alfredo Verna, Charlie Barker, Steve Tovey.

The **SEAA Veterans XC Championships** are on Saturday 4th February at Mad Bess Woods, Ruislip on courses of 10k for men and 6k for women. Entrants must be W35+ or M40+ on the day of the race. Starts are M50+ 1:00 pm, W35+ 2:00 pm, and M40-49 2:45 pm. Only first claim members by birth or 9 months continuous residency. Teams are 3 to score in M40+/50+/60+ and W35+/45+ age groups. Older runners can declare (entry form only) for a younger team but will not qualify for 1st/2nd/3rd medals in their own 5 year age band. The entry fee of £5 per person will be paid by the club. Members who would like to be entered should advise John Turner by Thursday 19th January.

The **Eastern Athletic Association XC Championships** are on Sunday 19th February at RAF Barnham, near Thetford. Sn/Vet Men (12k) start at 1:10 pm and Sn/Vet Women (6k) at 2:10 pm. Club entries to John Turner by Thursday 26th January. This is a local area event on a good heathland course. Members sharing cars meet at the Paradise car park at 11:30 am.

Members from the SEAA XC Championship team entry who wish to run in the **English Cross Country Championships** at Parliament Hill, Hampstead Heath on Saturday 25th February 2006 must advise JT by Thursday 5th January if they'd like to be entered. The Sn Men's race (12k) is at 3:00 pm.

It is useful for training and support to know which members have gained entries to the **Flora London Marathon** on Sunday 23rd April 2006. So far, the following (8) are known to have places:

Ian Day (qualified)
Alfredo Verna (ballot)

Lana Chalmers (ballot but due to injury may defer to 2007)
John Corbishley (club)
Keith Mitchell (club)
Michael Butler (ballot)
Chass Matharu (charity)
Diana Gipp (elite c/o from 2005)

The club's **Midsummer 10k Handicap** (private club event), will be on Thursday 15th June 2006 (instead of training) at the Cricket Club, Little Downham, starting at 1930. Entry is free of charge to members and guests. Afterwards, there'll be sandwiches and chips at the Prince Albert in Ely.

Charlie Barker has now completed three handsome shields for the club's **Straight Mile Handicap**, which will be incorporated into training on Thursday 13th July 2006. These perpetual shields (each made from a different hardwood and currently on display in the club's trophy cabinet) are for the Handicap 1st M/F, Fastest M/F, and Age Related 1st M/F. They will be awarded after the race (and changing) by Chairman Peter Gipp at The Prince Albert, Ely where there'll be sandwiches and chips.

We have recently been asked and accepted the **Road Runners Club of the UK Half Marathon Championships** in the **Grunty Fen Half Marathon** on Sunday 10th September 2006

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.

Training on Tuesday and Thursday 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 assemble in the bar upstairs to avoid blocking the foyer. On dark evenings, training will be mainly within Ely with interval/repetition/hill sessions on Tuesdays and steady (5-8 miles) runs on Thursdays. 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.

Following a request from Mary Gates, to help slower runners Natalie Coles will sometimes run with and encourage them during training.

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, could members who are recovering from injury, or resting from racing, or recovering fitness, please attend training to help our beginners.

The club has purchased **reflective bibs** for members to wear whilst training at night. These are available at the Paradise centre for use on training nights and have been issued to most members. Important advice on training at night is on the club's web site www.elyrunners.co.uk

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) to members for their own use. Please contact John Turner 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 all time **PBs** on the website so please advise John Turner (ASAP, to avoid amending race reports) if you achieve a PB, including vet categories, so that it can be included in JT's press report from which Rod takes his PB information. Rod has recently added a message board to the home page for use by all members.

BMAF (vets) events are too numerous to include all of them but they have been circulated to EVAC members.

February

12 St Valentines 30k, 1100 Queen Eleanor School, Green Lane, Stamford, £12, EOD +£2
15 (Wed) **EACCL**, 1430 Bacton Woods (Hospital Combine)
15 (Wed) Balancing Blues 5k, 1915 Bedford Int Athletic Stadium, £5 (£12 series), EOD +£2
19 EAA XC Championships, RAF Barnham, Thetford, 1310 SM 12k, 1410 SW 6k, club entry via JT
19 St Peter Brewery GE Run 20k, 1100 Bungay Sports Hall, Queens Rd, Bungay, £9.50, EOD +£3
19 Ryston 5k XC, 1100 Shouldham Warren, EOD only
22 (Wed) **EACCL**, 1430 Nowton Park, Bury St Edmunds (St Edmunds Pacers)
25 (Sat) ECCA National Championships, Parliament Hill Fields, London (club entry via JT)
25 Belvoir Challenge 15/26m, 0900 Harby Village Hall, Leics
26 Bury 20 (Suffolk Champs), and Nearly 10, 1030 Nowton Park, Bury St Edmunds, £15/£11, no EOD
26 Sleaford ½ Marathon, 1030 RAF College Cranwell

March

05 Frostbite League, 1100 BRJ Centre, Huntingdon, (roads, tarmac paths), meet Paradise 0900

05 Wymondham 10/20, 1015 Central Hall, Back Lane, £8, EOD +£1
05 BMAF Open XC Championships, Kings Park, Bournemouth, M 8k, W 6k (club will fund entry)
05 Cambridge Boundary Run 23m/13.1m, 1030 Next Generation Club, £1, EOD only
05 Lode Fen 5m TR, 1100 Lode, £5, EOD +£1
08 (Wed) **EACCL**, 1430 Shouldham Warren (RAF Marham)
15 (Wed) **EACCL**, 1430 Relays/Presentation, (RAF Barnham)
12 Mondri 15, 1000 Officers Social Club, HM Prison Whitemoor, March, £8, EOD +£2
12 Newton's Fraction ½ Marathon, 1030 S Kesteven Sports Stadium, Grantham, £7, EOD +£1.50
19 Thorney 12k, 1030 Bedford Hall, Thorney, £6, EOD +£1
19 Broadland ½ Marathon, 1000 South Walsham Village Hall, £7, EOD +£1
24 (Fri) **Frostbite League** Presentation Evening, Deafblind UK Building, Hampton, Peterborough
25 (Sat) Orion 15m (Epping Forest) TR, 1430 Rangers Road, Chingford, free/donations
25 (Sat) Downland Challenge 20/40m, 0900 Downs School, Compton, Newbury, £13, EOD +£3
26 Fred Wright Memorial 10k, 1100 Sir Harry Smith's Community College, Whittlesey, £7, EOD +£2
26 Ryston 6.5k XC, 1100 Shouldham Warren, EOD only
26 Joe Cox 10, 1100 Mid Suffolk Leisure Centre, Gainsborough Rd, Stowmarket, £7, EOD +£1
26 Sandy 10, 1030 Sandy Upper School, Engayne Av, Sandy, £7, EOD +£2
26 Connemara 1/2M, Marathon, Ultra 29.3m, Peacockes Hotel, Maam Cross, Co Galway, Euro 65

April

02 Bungay Black Dog Marathon & ½ Marathon, 1030/1230 Bungay
02 Oakley 20+, 1000, Lincroft Middle School, Station Rd, Oakley, Bedford, £12, EOD +£2
08 (Sat) AAAE Women's 6 x 2.995m Road Relay Championships, 1220 Sutton Park, Sutton Coldfield
09 Flitwick 10k, 1100 Temple Way (HQ Village Hall, Dunstable Rd, Flitwick, £7, EOD +£3
16 Livingston Relays, M 4 x 3m, W 3 x 3m, 1030 Loughborough Univ, M £12 & W £9 team, no EOD
23 London Marathon (ballot entries now closed)

May

02 (Tue) Silverstone Grand Prix 10k, 1930 Racing Circuit, N'hants, £4.50, EOD +£1.50
14 Eye 10k, Junior School, Eyebury Road, Eye, Peterborough, £7, EOD +£1
20 (Sat) BMAF Road Relays, Sutton Park, Sutton Coldfield, 3-8 stages x 3m M/F age categories.
28 Great East Anglia Run 10k, King's Lynn, £7.50, no EOD, www.greateastangliarun.co.uk

June

15 (Thurs) **Ely Runners' Midsummer 10k Handicap** (private club event), Cricket Club, 1930 Little Downham, FOC members & guests
25 North Downs Run 30k TR, 1030 Cascades Leisure Centre, Thong, Gravesend, £12
25 Sutton Feast Beast 7m MT

July

07 (Fri) Cranfield 5k, 1930 Cranfield University Campus, Cranfield, Beds, £6.50
13 (Thurs) club training at 1900 will include the 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 awarded afterwards in The Prince Albert

23 Fairlands Valley Challenge (26m TR)

August

20 Thorney 5m, 1030 Bedford Hall, Thorney, £6, EOD +£1

September

03 The Beast 14m TR, 1030 Corfe Castle, Dorset, £8, no EOD

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

Includes RRC of UK Championships

16/17 (Sat/Sun), Round Norfolk Relay

16 High Peak Challenge 40m TR, 0900 Buxton

October

01 Great North Run ½ Marathon

15 Jog Shop Jog (20m TR, 2,700' climb), 0900 Brighton Marina, £8, EOD + £7!

28 (Sat) Beachy Head Marathon, 3,500' climb, 0900 Eastbourne, £17.50

29 Snowdonia Marathon, 0930 Electric Mountain, Llanberis

November

05 Stevenage 1/2M, 1030 Ridlins Track, Stevenage, £10, EOD +£2

26 Hereward Relay (4 stages Peterborough-Ely), club team entries, *ER marshal from bypass*

December

Luton Marathon & Relay (3 x 8.7m), 1000 Lea Manor Recreation Centre, £15/£24, no EOD

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

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 Secretary 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