

NOTICES, RACES & EVENTS 2008

January 2008 (JT 04.01.2008)

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 below the club's elegant **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 more 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 or on the race web site that a place is still available.

There was some club debate in 2007 on **funding club entries into championships, relays and leagues**. The Committee decided that such entries would continue to 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.

At the Committee/EWG meeting on Monday 26th February 2007, the **Committee/Events Working Group** decided that the Committee should be predominantly administrative for the ongoing management of the club, and the Events Working Group should be increased to comprise of members with specific responsibilities for events. The respective groups then (and since for Stephen Howard) were agreed as follows:

Committee (8)

Peter Gipp - Chairman, Course Director, Sector Marshal

Peter Harris - Treasurer, Events Information & Control

John Turner - Secretary, Events, Training, Press Liaison, Corporate Sponsorship

Rod Baron - Web Master (club & events), Entries & Results, Membership

Max d'Ayala - Coaching (individual, group, planning), Club Library*

Alan Rutterford - Local Sponsorship, Assistant Coach, RNR (selection & organisation), HR (selection).

Graham Chapman - Maintenance of Club Store and Equipment, Event Refreshments

Mary Gates - Club Kit (purchase and supply), Assistant Event Refreshments

Events Working Group (6)

Darren Murfitt - Recruitment & Allocation of Marshals/Helpers, Sector Marshal

Ian Vaughan-Arbuckle** (formerly Events Start & Finish Areas)

Richard Handoll - Time Keeping

Eric Drury - Manager Frostbite League, Assistant Course Marking (set up & clear)

Charlie Barker - Race Photography (+ tba)

Stephen Howard – Events Finish Areas

*Following the 27th September EGM (see below) decision to affiliate to England Athletics, Max d'Ayala resigned from the Committee. A letter of thanks for his work on the Committee has been emailed to Max.

**As most of you know, Ian Vaughan-Arbuckle moved to Oxfordshire in June but remained as Race Director of the Round Norfolk Relay for 2007. He has also kindly offered to stay on the Events Working Group email address list in an advisory capacity.

John Turner has been looking after the club's trophies in 2007 but responsibility should be a separate Committee role.

On 23rd September 2007, the club achieved **100 paid-up members** for the first time. Membership is now **108** – see www.elyrunners.co.uk.

An **Extraordinary General Meeting (EGM)** was held at the Paradise Centre on Thursday 27th September 2007 to decide if the club should continue to be affiliated to the Association of Running Clubs (ARC), which was carried unopposed, and not to affiliate to England Athletics (EA), which was not carried by 19 votes to 11. The club voted to pay the £3 registration fee for members who wanted to be registered with EA until 31st March 2008. The minutes were circulated by email on 2nd October to members who were asked if they would or would not like to be registered with EA. So far 27 members have requested and been registered with EA. *Any other members who would like to be registered with EA should contact John Turner secretary@elyrunners.co.uk.*

I have received the **Fell Runners Association Fixtures Calendar & Handbook for 2008**. Any member interested in competing in a fell race is welcome to borrow this booklet. Most fell races are 'up north' but can also be found in Wales and other hilly areas of the UK. There is a huge choice and many are on summer evenings if members would like to get together for an evening trip to the Peak District etc. Alternatively, if you are on holiday in the hillier National Park areas, you can often find a local race. They all provide an enjoyable, challenging and worthwhile experience, even for Fenland runners.

Discounts on Kit Purchases

If you obtain your 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 have recently used for prizes for our Christmas charity raffle. Please note that Advance Performance do not otherwise give discounts although these can be usually be obtained from other shop suppliers such as Sweatshop in Cambridge who sponsor our three open races: New Years Eve 10k, Turing Trail Relay, Grunty Fen Half Marathon. Sweatshop usually give at least 10% on non-sale items and occasionally hold club days when 15% can be obtained. During the summer, we usually arrange to visit Sweatshop after training on the Gogs and obtain the higher discount.



Following the AGM decision in January, Ely Runners affiliated to the **Association of Running Clubs (ARC)**. This essential new organisation was set up to give road/XC/trail/fell running clubs and their events better financial terms with improved insurance and less bureaucracy than with the costly and less appropriate (except for track and field) new EA and UKA arrangements. ARC became officially active on 1st April 2007 and details can be found at www.runningclubs.org.uk. Rod Baron and John Turner are Directors and on the Steering Committee of ARC, and Rod is Web Master. Ian Vaughan-Arbuckle has since been elected onto the Steering Committee and is now responsible for all ARC Championships.

Many local area clubs are amongst the 116 clubs and organisations (representing 11,777 runners) that have affiliated to ARC. Ely Runners were the first club to affiliate to ARC, the Grunty Fen Half Marathon was issued with the first ARC permit and incorporated the first ARC Championship.

An increasing number of local events (especially with so many local clubs affiliated to ARC - see http://www.elyrunners.co.uk/ARC_map_eastern.jpg) will have ARC permits – see www.runningclubs.org.uk > Races/Permits.

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



Ely Runners are in the **2007-2008 Frostbite Friendly League** 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. In 2005-2006, we were 3rd of 15 teams and in 2004-2005 we were 1st of 17 teams. To maintain our challenge in 2007-2008, it is important that there is a good turnout for each race, so please make a note of the dates. The October

race was at St Neots and we were 7th. The November race was at Bushfield and we were 3rd and improved our overall position to 4th. The December race was also at Bushfield and we were 10th to move back to 7th overall. The next race is at Ramsey on Sunday 13th January on a mixed terrain course. Please try to make this race so that we can continue to make progress in the League. Meet at the Paradise Centre car park at 9:30 am to share transport.

Following interest by members, the club has entered the mid week **East Anglian Cross-Country League (EACCL)**. The venues are included in the events list below. Men's races are about 10k and women's about 5k. All the races are on Wednesdays at 2:30 pm and the venues include some interesting cross-country course locations. 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. Members interested in running should contact Ian Day or Glynn Loveday.

On Sunday 16th December, a record 23 members and 1 guest took part in our annual off-road long/medium/short **pre-Christmas training runs** back from Woodditton to Ely (18.5m), Woodditton to Chalk Pit (12m), Woodditton to Reach (7.5m), and Reach to Ely (11m). Thanks to Tony Hall for providing en route refreshments and to all the drivers. After changing at the Paradise, several members enjoyed lunch (organised by Peter Gipp) at the High Flyer pub.

The club's 9th **Ely New Year's Eve 10k Road Race** took place on Monday 31st December 2007 at Little Downham. The race limit of 700 entrants was reached in November and there was a record 549 finishers on the day. Competitors ranged from international athletes at the sharp end to runners with dogs and a pushchair, plus several race walkers. Mild and near windless conditions helped to produce new male and female records and generally fast times, including several club PBs. Race report on www.elyrunners.co.uk and full results plus photographs on www.newyeareve10k.co.uk. The improved results system worked well without any errors. This enabled the prize giving to take place at 12:30 pm, only 1.5 hours after the start of the race! Thanks are extended to all those Ely Runners, family and friends who gave their time and diligent effort to make this event such an enjoyable success. It is very much appreciated and the club has received a lot of compliments, now on the race website.

OPEN CROSS COUNTRY CHAMPIONSHIPS 2008

If you wish to be entered for the following **Club, County, Veteran, Regional and National Cross-Country Championships**, please contact club Secretary John Turner. The club will pay for entries if there are sufficient club runners to make a team:

The **Cambs AA County Cross-Country Championships** are on **Sunday 6th January 2008** at Priory Park, St Neots. The Sn/Vet Men's 10k starts at 1230 and the Sn/Vet Women's 6k at 1400. *Meet at the Paradise Centre car park on Sunday at 10:30 am.* Entries have been made and paid for by the club. 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. Entries (now closed) requested and made as follows:

Peter Gipp

Stephen Howard

Alan Rutterford

Glyn Loveday

John Turner

Max d'Ayala

Alfredo Verna

Alex Tate

Graham Chapman

Simon Jackson

John Fordham

Lisa Redman

Ely Runners' 2007-08 Club Cross-Country Championships are on Saturday 19th January 2008 using a course of about 5 miles (8k) starting and finishing on the large meadow on Ely Common. *Due to member's requests, the race has now been moved to the afternoon.* Meet Paradise at 2:00 pm and jog to the Common to start at 2:30 pm. This is a club event so please wear your club colours. Entry is free and open to all members. The course is not suitable for spikes but trail shoes will be ideal although road shoes will also be more or less adequate, depending on conditions. A few volunteer marshals and time/number keepers will

be required on the day. There are some new perpetual 12" *Tudor* shields (engraved with the 2006-07 winners) for the following award categories:

- 1st Male (2006-07 Ian Day)
- 1st Female (2006-07 Natalie Coles)
- 1st Age Graded Male (2006-07 Ian Day 77.22%)
- 1st Age Graded Female (2006-07 Birgitta Bramley 78.95%)

It would help with the organisation of this race *if all members who would like to run or help could let me know*, please. The following members have already said they'd like to run/help:

[Peter Gipp](#)

[Ian Day](#)

[John Turner](#)

[Ian Blatchford](#)

[Steve Tovey \(or marshal\)](#)

[Darren Murfitt](#)

[Adam Etches](#)

[Simon Jackson](#)

[Graham Chapman](#)

[Robert Campbell](#)

[Mary Gates](#)

[Heidi Fochtman](#)

[Natalie Etches](#)

[Helpers](#)

[Tony Hall](#)

[Rachel Roberts](#)

[Charlie Barker \(photos\)](#)

The shields for the 2007-08 winners will be awarded after the event at the Paradise Centre, after which, it is suggested, members may like to go for a drink at The Prince Albert.

SEAA XC Senior Cross-Country Championships, Parliament Hill Fields, Hampstead Heath, London, on Saturday 26th January 2008. SW 8k 1350, SM 15k 1450. Club entry if teams of 4 women and/or 6 men, otherwise individual. Vet runners (35+) can also enter but will not score separately. Closing date was 14th December and entries have now closed. The following members (EA registered only) have been entered:

[Ian Day](#)

[Robert Campbell](#)

[Graham Chapman](#)

[John Crisp](#)

[Adam Etches](#)

[Peter Gipp](#)

[Stephen Howard](#)

[Glyn Loveday](#)

[Steve Barker](#)

[Stephen Pettit](#)

[Alex Tate](#)

[Stephen Tovey](#)

[Natalie Etches](#)

SEAA Masters (Vets) Cross-Country Championships, Mad Bess Woods, Ruislip, Middlesex on Saturday 2nd February 2008. MV50+ 10k 1300, FV35+ 6k 1400, MV40-49 10k 1445. Club entry if team/s of 3, otherwise individual. Closing date 22nd January (EA registered members only). Entry requests received so far:

[Robert Campbell](#)

[Peter Gipp](#)

[John Turner](#)

EVAC Cross-Country Championships, Sunday 17th February, Wimpole Hall, Arrington, Cambridge. This race is for veteran (35+) runners and non-EVAC club members may run as guests of the club's EVAC members. 1100 start for M 35-69 8k, W & M70+ 5k, club entry if M/F teams of 3. Suitable for all members. Entry requests received so far:

[John Turner](#)

[Peter Gipp](#)

[Graham Chapman](#)

[Lisa Redman](#)

ECCA Senior National Cross-Country Championships, Alton Towers, Staffordshire, on Saturday 23rd February 2008. SW 8k 1415, SM 12k 1500. Club entry if teams of 4 women and/or 6 men, otherwise individual. Vet (35+) runners can also enter but will not score separately. Closing date 7th January (EA registered members only). Entries have been made and are now closed. We have a strong team of 6 of our leading male runners:

[Ian Day](#)

[Robert Campbell](#)

[Glyn Loveday](#)

[John Crisp](#)

Alex Tate
Stephen Howard

BMAF Open Cross-Country Championships, on Saturday 29th March at Warriner School, Banbury, Oxfordshire. Starts and distances: 1200 W 6k, 1245 M50-69 8k, 1400 M35-49 8k. Teams: M35-39 (3), M40-49 (4), M50-59, M60-69, W35-44, W45-54, W55+ (3), Closing date 10th March (EA registered members only). Entry requests so far:

The inaugural **ARC Cross-Country Championships** will be on Sunday 30th March, starting at 1100 at the Queen Elizabeth Country Park located just off the A3 about a mile south of Petersfield. It will be a 'closed' race in which only members of a club affiliated to the Association of Running Clubs (like Ely Runners) will be eligible to compete. There will be one race of 5 miles (8k) for men and women. Veteran age categories will compete within the same race. The course is undulating through woods and grassland mostly on tracks. Team and individual prizes/medals will be awarded. The race will be staged by Portsmouth Joggers and the event co-ordinated by Ely Runner Ian Vaughan-Arbuckle who is i/c ARC Championships. Entry details will soon be on both PJ's and ARC's websites. Please let me know if you'd like to run. The club may hire a mini-bus for members to race in this important first event. Entry requests received so far:

The above are all good events, which provide a well worthwhile experience of championship running at various levels for all members. Details of these races are on the club's notice board in the foyer of the Paradise Centre.

Ely Runners Annual General Meeting will be held on Monday 4th 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 me as soon as possible.

It is with some sadness that, after many enjoyable years, I intend – as far as possible - to stand down as club Secretary and i/c Club Open Events after the 2008 Turing Relay but, if elected, continue as Press Liason Officer and i/c Club Training, Club Championships and Club Trophies. Due to email communications, Rod Baron's effective web sites, on-line entries, Peter Harris' efficiency as club Treasurer, and rationalisation of events; these roles have become very much simpler, despite the increase in membership. It is probably best that these positions are, as far as is practical, taken over by separate members as I have found the combination of roles takes too much time to do them all as well as I would like. This means that we will require:

- Secretary (club mail, meetings, newsletter, invoicing/cheque writing etc) 2008
- Race Director *Grunty Fen Half Marathon* 2008
- Race Director *Ely New Year's Eve 10k Road Race* 2008
- Race Director *Turing Trail Relay* 2009

The member nominated and elected Secretary would be on the Committee and be one of the club's three Officers with the Chairman and Treasurer. The member/s nominated and elected as Race Director/s for the three open events would join the club's Events Working Group, which usually meets with the Committee.

The club now has 108 members with a wide range of skills and talents from which I'm sure new blood can be found for these rewarding roles.

On Sunday 16th March, the club will hold the 2nd **Turing Trail Relay** (www.turingrelay.co.uk). This is a six-stage relay from Ely to Cambridge and back, predominantly along the riverbanks. Last year the 1st race was full with 75 entries and the limit has therefore been extended to 125 teams for this year. Please could members reserve this date in order to help with marshalling

the 34.4 miles route. Provided we have sufficient marshals, we also hope to enter male and female teams.

Max d'Ayala (max@dayala.co.uk) 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 those who have not yet renewed their **2008 subscription** (£10.00 due by 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' 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.*

Club Open Events

Ely Runners hold three popular open races each year (Turing Trail Relay, Grunty Fen Half Marathon, and 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 (£3) with EA until 31st March 2008, free changing and showers at the Paradise Centre, free training and advice from club coaches, free night training bib, subsidised club fleeces, 10-15% discount at most specialist running kit shops, free entry to the club's Cross-country Championships, 10k and 1 Mile Handicaps, free entry to the six Frostbite League races, free club team 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.

Due to errors, handwriting, misunderstandings and omissions etc on paper **applications for Club Membership**, applications will henceforth be on-line only via the club's website www.elyrunners.co.uk > CLUB INFO > Membership. This will improve accuracy and save time deciphering writing, and handling money and paper.

Training on Tuesday and Thursday continues to be well attended with 15 to 35+ members appearing regularly. *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 balcony/bar area upstairs to avoid blocking the foyer. As we are currently training after dark on the streets of Ely started, members are requested to wear the free reflective bibs (see Mary Gates) provided by the club and to 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 (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. However, if you require specific **coaching advice**, please ask Coaches Max d'Ayala or Alan Rutterford to help.

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 the PB information. If possible, please send any information you have by noon on Monday to JT to avoid the extra work involved in updating press reports. Rod has added a **Message Board** and more recently a **Forum** to the web site's home page.

A warm welcome is extended to **new members Adrian Stokes, Sue Lyon, Claire Irons, and John Manlow**. Some recent members are fairly new to running and it is important that they 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 who attend training, including those recovering from injury, or resting from racing, or recovering fitness, 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. See www.elyrunners.co.uk for full details of club kit.

Following suggestions from members, 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**. A process of *Positive Imaging* is used and all new race vests will be supplied with this additional transfer. 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.

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.

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.

RACES & EVENTS GUIDE 2008

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

January

- 06 Cambs County XC Champs, Priory Park, St Neots, S/VM 1230, S/VW 1400, entered members only. *Meet Paradise car park at 1030*
- 09 (Wed) **EACCL** (M10k, W5k), 1430 RAF Barnham
- 13 **Frostbite League**, 1100 Ailwyn School, Ramsey (grass, farm roads and tracks), *meet Paradise 0930*
- 13 Ryston 9k XC, 1100 Shouldham Warren, EOD only
- 16 (Wed) **EACCL** (M10k, W5k), 1430 Great Yarmouth
- 19 (Sat) **Ely Runners Cross-Country Championships**, 5m/8k, 1400 Paradise for 1430 start on Ely Common.
- 19 (Sat) SEAA Indoor Championships 800m, Lee Valley Athletics Centre
- 20 Folksworth 15m, 1100 Folksworth Village School, £10, no EOD
- 20 SEAA Indoor Championships 1500m, Lee Valley Athletics Centre
- 26 (Sat) SEAA XC Championships, Parliament Hill Fields, Hampstead Heath, London, SW 8k 1350, SM 15k 1450. Club entry if teams of 4 women or 6 men, otherwise individual.
- 27 Lakenheath Charity 5m XC, 1100 Cricket Club, Eriswell Rd, £4, EOD +£1
- 27 Canterbury 10m, 1100 Chaucer Technology School, Spring Lane, £10, EOD +£5!

February

- 02 (Sat) SEAA Masters XC Champs, Mad Bess Woods, Ruislip, Middlesex. MV50+ 10k 1300, FV35+ 6k 1400, MV40-49 10k 1445. Club entry if team/s of 3, otherwise individual
- 03 **Frostbite League**, 1100 Bourne Woods, Bourne, (woodland paths and tracks), *meet Paradise 0845*
- 03 Watford ½ Marathon, 1030 Cassiobury Park, £15, no EOD
- 03 Great Bentley ½ Marathon (Essex Champs), 1030 Village Hall, £9, EOD £12 (ltd)
- 04 (Mon) **Ely Runners Annual General Meeting**, 1930 Paradise Centre, upstairs bar room
- 09 (Sat), Brands Hatch ½ Marathon, 1215 BH Racetrack, Kent, £14, EOD +£6!
- 9/10 (Sat/Sun), Indoor Track & Field World Trials & UK Championships, Sheffield

February (cont)

- 10 St Valentine's 30k, 1100 Queen Eleanor School, Green Lane, Stamford, £14, no EOD
- 10 Ryston 5k XC, 1100 Shouldham Warren, EOD only
- 13 (Wed) **EACCL** (M10k, W5k), 1430 RAF Marham, Shouldham Warren
- 17 EVAC XC Champs, Wimpole Hall, Arrington, £5
- 17 SSAFA Helping Heroes 3k/10k, 1100/1200 Aldershot, £10/£15, EOD if limits not reached
- 17 Great East Run 20k, 1100 Bungay Sports Centre, High School, Bungay, £14, EOD +£2
- 20 (Wed) **EACCL** (M10k, W5k), 1430 Nowton Park, Bury St Edmunds
- 23 (Sat) ECCA National XC Championships, Alton Towers, SW 8K 1415, SM 12k 1500. Club entry if teams of 4 women or 6 men, otherwise individual
- 24 Bury 20m Road Race (& Nearly 10m), 1030 Nacton Park, Bury St Edmunds, £16 (£12)
- 24 Tunbridge Wells ½ Marathon, 1000 TW Sports Centre, St John's Rd, £13, EOD + £6!

March

- 02 **Frostbite League**, 1100 BRJ Centre, Huntingdon, (5m roads and tarmac paths), *meet Paradise 0900*
- 02 Lode Muddy Marvel 5m XC, 1100 Lode Social Club, £5, EOD +£1
- 02 Cambridge Boundary 26.2m Run, 1030 Sweatshop, Coldham's Lane, £tba
- 02 Wymondham 20m/10m, 1000/1030 Central Hall, Back lane, £8.50, EOD +£2
- 02 Steyning Stinger Marathon (TR, Sussex), 0830 Grammar School, £14, no EOD
- 09 Mondri 15m (+ 3x5m Relay), 1000 Offr's Soc Club, HMP Whitemoor, March, £8, EOD +£2
- 09 Rendlesham Forest Challenge 20k Run/Bike pairs, 1100 off B1084 nr Woodbridge, £25, EOD +£5
- 09 Grizzly 20m, 1030 Seaton, Devon, £16, no EOD (tough but popular ARC permit event)
- 12 (Wed) **EACCL** (Relays), 1430 RAF Barnham
- 15 Sport Relief 1 Mile, Ely City Centre
- 16 **Ely Runners' Turing Trail Relay (Ely-Cambridge-Ely) in 6 stages**, www.turingrelay.co.uk
- 16 Ryston 6.5k XC, 1100 Shouldham Warren, EOD only
- 23 Jo Cox ½ Marathon, 1100 Stowmarket, £tba
- 23 Mid-Kent 5m, 0900 Village Centre, High Street, Staplehurst, £6, EOD +£2
- 29 (Sat) BMAF XC Champs, 1200 W 6k, 1245 M50-69 8k, 1400 M35-49 8k, Banbury
- 30 ARC XC Championships, 1100 QE Country Park, Petersfield, M/W 5m (8k)
- 30 Sandy 10m

April

- 06 Bungay Black Dog Marathon, 1030 Bungay, £13, EOD +£3, www.bungay-marathon.co.uk
- 06 Paris Marathon
- 13 Flora London Marathon
- 20 Flitwick 10k

May

- 04 Great East Anglia 10k Run, King's Lynn
- 17 (Sat) BMAF Road Relays, Sutton Park
- 25 Edinburgh Marathon, www.edinburgh-marathon.co.uk, £39, on-line only
- 26 (Mon) Brandon Forest Half Marathon (TR), www.bfh.org.uk

June

- 12 (Thurs) **Ely Runners' Midsummer 10k Handicap** (private club event), Cricket Club, 1930 Lt Downham, FOC members & guests. Presentation afterwards in the Prince Albert, Ely
- 22 Littleport Sunshine 10k, 1045 Leisure Centre, £10, entry forms www.sunshine10k.co.uk

July

- 06 BMAF 10k, Loughborough
- 10 (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
- 20 St Ives Dairy Crest 10k

August

- 01 (Fri) Wibbly Wobbly Log Jog (5m TR), Brandon Forest, www.bfh.org.uk

September

- 14 **Atrium Grunty Fen ½ Marathon (CRRL)**, 1030 Witchford Village College, Ely, www.gruntyfen.co.uk. Provisional
- 20/21 (Sat/Sun) Round Norfolk Relay (ER team: *Alan Rutterford*), www.roundnorfolkrelay.com

October

12 Great Eastern Run ½ Marathon, Peterborough

25 (Sat) Beachy Head Marathon (3,500' climb), 0900 Eastbourne (*club entry option via JT*)

November

02 New York City Marathon

30 City of Norwich ½ Marathon

December

14 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.newyourseve10k.co.uk

NOTES

Midweek training from the Paradise Centre (meet in upstairs veranda/bar area) 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.

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

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.

Club championship and relay entries are via Secretary John Turner and paid (if funds available) by the club.

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| Club website | www.elyrunners.co.uk |
| Grunty Fen 1/2M website | www.gruntyfen.co.uk |
| NYE10k website | www.newyourseve10k.co.uk |
| Turing Trail Relay website | www.turingrelay.co.uk |
| Association of Running Clubs | www.runningclubs.org.uk |

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