

Ely Runners

RACES & EVENTS 2006-2007

JT 29.07.2006

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.

Open races are becoming more popular and often filling up to the entry limit before the race day. Members are advised to plan their races and enter earlier. Before entering on the day, check with the organisers that places are still available.

The **Cambridgeshire Road Race League (CRRL)** of 8 races started on 26th March with the Fred Wright 10k at Whittlesey followed by the Eye 10k on 14th May and the Abbey mixed terrain 10k at Ramsey on 9th July. The next race is the Thorney 5 miles on Sunday 20th August. Distances of CRRL races are from 5k to ½ marathon. Club standings will be calculated from the best 7 results of 8 races and individuals from the best 5 of 8 possible scores. Awards will be made to the 1st 2nd 3rd M/F teams and 1st 2nd 3rd M/F individuals. Results are posted on www.nenevalleyharriers.fsnet.co.uk

Ely Runners have accepted the Road Runners Club Championships, Eastern Veterans AC Championships, and the Cambridge Road Race League in the **Atrium 16th Grunty Fen Half Marathon** on Sunday 10th September 2006. Major sponsorship has been accepted from The Atrium Club whose name has now been incorporated into the race's title for 2006. Entries (already 278) are well up on last year and a large field is expected. *We need the support of Ely Runners members (+ family and friends) as marshals and helpers for this event, so please reserve the date and contact Darren Murfitt (i/c Marshals) on 01353 664650, mob 0797 9537657, darren@elyrunners.co.uk to offer to help.* Charlie Barker has again designed the event's distinctive T-shirt and these will be given to marshals and helpers. John Turner has entry forms for members to distribute at prior races.

As agreed at the AGM, we have entered a team ('Open' category) for the **20th Round Norfolk Relay** (www.roundnorfolkrelay.com) on Sat/Sun 16/17th September. It is nearly 194 miles in a continuous relay in 17 unequal multi-terrain stages around the periphery of Norfolk starting and finishing in King's Lynn. This overnight event is organised by club members Ian Vaughan-Arbuckle assisted by Rod Baron and Richard Handoll. It provides the ultimate club challenge and a unique experience. *To run or help, please contact the club's team coordinator Alan Rutterford (01353 741534 or 07821 988959 or alan@elyrunners.co.uk.* Entry is free to members because the £187 entry fee has been paid from club funds.

The club will take part in the **2006-2007 Frostbite Friendly League** of races for which there are normally 6 events, one each month from October to March (see dates on events list below) but currently there is not a venue for the December event. 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. To maintain our challenge, it is important that there is a good turnout for each race, so please make a note of the dates.

Work continues on the club's new Ely-Cambridge-Ely event, the **Turing Trail Relay**, for which several members were formed into four teams for a practice race on Sunday 19th March, details of which can be found on the club's website www.elyrunners.co.uk. The first open

event will be on Sunday 18th March 2007 and Rod Baron is already well advanced in the construction of the race website. This is now up and running on www.turingrelay.co.uk

Club Coach Max d'Ayala has now 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 carefully chosen by Max to provide a combination of interest, information, advice and stimulation for all standards of runners.

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, 10% discount at most specialist running kit shops, free entry to the club's 10k and Straight Mile Handicaps, free entry to the Frostbite League events, free entry to county, regional and national championships and for club relay entries such as the Round Norfolk Relay, 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 now well into Summer Time daylight training and this is mainly on mixed terrain or the KSE track to make a welcome change from training at night on the streets of Ely. There are interval/repetition/hill sessions on Tuesdays and steady (5-8 miles) runs on Thursdays. Some of the sessions and 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.

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, could members who are 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) to members for their own use. Subsequent fleeces 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 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, which is now being used regularly by members.

The Minutes of the **AGM** on 20th January 2006 have been circulated by email and are on the club's website

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

July

30 Downlands 30m Ultra Challenge, 1100 Clayton Playing Fields, W Sussex, £6, EOD +£4

August

03 (Thur) NNBR 10 yr Anniv Handicap 8m beach run, Mundesley. Entries (free) to JT by 26/7
04 (Fri) Wibbly Wobbly Log Jog, 5m TR, 1930 Mayday Field, Brandon Forest, £6, EOD +£1
06 EVAC 5k Championships/Grand Prix, 1100 Gonville & Caius, Cambridge
06 Harlow 10m, 0930 Mark Hall School, 1st Avenue, www.thehrc.org.uk
11 (Fri) Blisworth 5m, 1930 Football Club, Courteenhall Rd, Blisworth, Northants, £7, no EOD
13 Macmillan 5m XC, 1030 Wandlebury Woods, A1307, Cambridge, £6, EOD +£1
13 Gt Yarmouth ½ Marathon, 1000 Emerald Park, Wood Farm Lane, £9, EOD +£1
13 Newark ½ Marathon, 1020 Market Place, £10, EOD +£2
19 SEAA 10,000m Track Championships, Bedford, C/D 14/8 (club entry)
19 Race the Train (Talylln Railway), 14.75m, Tywyn, Wales, www.racethetrain.co.uk
20 Thorney 5m (CRRL), 1030 Bedford Hall, Thorney, £6, EOD +£1
24 (Thu) Wroxham 5k, 1900 Broadland High School, Hoveton, £5, EOD +£2
28 (Mon) Grimsthorpe Castle 10k (MT), 1100 Castle Estate, Bourne, Lincs, £6, EOD +£1
30 (Wed) Nene Valley 5k (CRRL), 1900, Ferry Meadows, Peterborough, £4, EOD +£1

September

03 Wissey Half Marathon, 1030 Oxborough Village Hall
03 Framlingham 10k, 1100 Sports Club, Badingham Rd, £7, EOD +£2
03 The Beast 14m TR, 1030 Corfe Castle, Dorset, £8, no EOD, www.pooleac.co.uk
03 Garden City 10m, 1030 Sir Fred Osborn Sc, Hens Lane, Welwyn, £8.50/>60 £6, EOD +£3
03 Ely Triathlon, 1100-1300 King's School, ERs team 5k off-road (selected by Adam Etches)
03 Budapest Marathon
10 Grunty Fen ½ Marathon (CRRL), 1030 Witchford Village College, Ely, www.gruntyfen.co.uk. Includes RRC of UK Championships and EVAC Championships
10 Robin Hood Marathon & ½ Marathon, Nottingham
10 Cancer Research 10k, Audley End
16 (Sat) BMAF XC Relay Champs, Farrington, Sunderland
16 (Sat) High Peak Challenge 40m TR, 0900 Buxton, www.highpeak40.co.uk
16/17 (Sat/Sun), Round Norfolk Relay, www.roundnorfolkrelay.com (ER club entry)
17 Glenn Miller 10k, 1100 Twinwoods Airfield, Bedford, £6.50, EOD +£1.50
17 Flora Warsaw Marathon www.warsawmarathon.com
23 (Sat) SEAA Road Relay Champs, Aldershot, 1230 VM 4x6k, 1430 SM 6x6k (club entry)
23/24 (Sat/Sun) Isle of White Fell/SEAA Running Champs (3 races) www.rydeharriers.co.uk
24 SEAA Road Relay Champs, Aldershot, 1555 SW & VW (>40) 4 x 3851m (club entry)
24 Saffron Walden 10k (MT), 1030 County High School Sports Centre, £6, EOD +£2
24 Diss 15m (& 7.5m), 1030, Diss High School, Walcot Rd, £8, EOD +£2
24 Tarpley 10m, 1030 Beyton Mid Sch, Beyton, Bury St Edmunds, £8, EOD +£1
24 Dedham 10k. 1100 Playing Fields, Dedham, Colchester, teams 4, £7, EOD +£2
17 New Forest Marathon & ½ Marathon, www.nfma.org.uk

October

01 BMAF 10m Road Champs, 1130, Lytham St Annes Fire Station, Lancs, £6, no EOD
01 Budapest Marathon, www.budapestmarathon.com
01 Great North Run ½ Marathon
08 Frostbite League, 1100 Priory Park, St Neots, (grass/woodland paths), meet Paradise 0900
08 Ryston 5k XC, 1100 Shouldham Warren, EOD only
15 Rotary Challenge ½ M/10.9kTR, 1030 Reg Sports Cen, Stopsley, Luton, £13/£9, EOD +£2
15 Great Eastern Run Half Marathon, 1100 Cathedral Sq, Peterborough, £14, no EOD
15 Jog Shop Jog (20m TR, 2,700' climb), 0900 Brighton Marina, £8, EOD + £3
15 Martlesham Heath 10k, 1100 Martlesham Village Green (nr Woodbridge), £6, EOD +£2
22 Abingdon Marathon, 0900 Tilsley Park Athletics Track, £18, CD 15/9, no EOD
22 Ampthill 8k XC Trophy, 1100 Ampthill Pk, Woburn St, Ampthill, Beds, £5, EOD +£3
22 North Norfolk 7, 1030 Gresham's School, Holt, £6, EOD +£2
22 Chicago (USA) Marathon, www.chicagomarathon.com

28 (Sat) Beachy Head Marathon (trail), 3,500' climb, 0900 Eastbourne, £17.50
29 Fenland 10m (**CRRL**), 1000 Marshland High School, West Walton (incl EVAC Champs)
29 Snowdonia Marathon, 0930 Electric Mountain, Llanberis

November

04 Reigate Priory 2.5m XC Relays, teams M6/W3, 1330 Priory Park, Reigate, £18/£9
05 Stevenage 1/2M, 1030 Ridlins Track, Stevenage, £10, EOD +£2
05 New York (USA) Marathon
12 **Frostbite League**, 1100 Bushfield Sports Centre, Perborough, (5m tarmac/firm paths),
meet Paradise 0900
12 Ryston 9k XC, 1100 Shouldham Warren, EOD only
19 Riverside ½ Marathon, 1000 St Neots Recreation Centre, £13.50, no EOD, early entry rec
26 *Hereward Relay (4 stages Peterborough-Ely), club team entries, ER marshal from bypass*

December

03 Luton Marathon & Relay (3 x 8.7m), 1000 Lea Manor Recreation Centre, £15/£24, no EOD
06 **Ely Runners Christmas Drinks, 2000 at the Prince Albert, Ely (London Marathon draw)**
10 **Frostbite League** – venue to be advised
10 Bedford ½ Marathon, 1000 Upper School, Wootton, Beds, £12, EOD +£2
10 Las Vegas (USA) Marathon, www.209events.com
17 *Long/medium club pre-Christmas training runs 18.5m/11m trail, Woodditton - Reach - Upware - Ely, meet 0800 Paradise for transport to start*
17 Ryston 6.5k XC, 1100 Shouldham Warren, EOD only
31 **Ely New Year's Eve 10k Road Race**, 1100 Lt Downham, www.newyourseve10k.co.uk

January

14 **Frostbite League**, 1100 Ailwyn School, Ramsey (grass, farm roads and tracks), *meet Paradise 0900*
14 Ryston 9k XC, 1100 Shouldham Warren, EOD only

February

04 **Frostbite League**, 1100 Bourne Woods, Bourne, (woodland paths and tracks), *meet Paradise 0845*
11 St Valentine 30k, 1100 Queen Eleanor School, Stamford
18 Ryston 5k XC, 1100 Shouldham Warren, EOD only
25 Bury 20m, 1030 Nowton Park, Bury St Edmunds, www.buryteownty.org.uk

March

04 **Frostbite League**, 1100 BRJ Centre, Huntingdon, (5m roads and tarmac paths), *meet Paradise 0900*
11 Mondri 15m (prov), 1000 HM Prison, Whitemoor, March, £8, EOD £9
18 *Turing Trail Relay (Ely-Cambridge-Ely) in 6 stages* www.turingrealy.co.uk
25 Ryston 6.5k XC, 1100 Shouldham Warren, EOD only

April

22 London Marathon, www.london-marathon.co.uk

Midweek training from the Paradise Centre (meet in upstairs bar) at 1900 on Tuesdays and Thursdays. For details of each training session, see 'ER Training Programme' on the club's website home page.

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 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.newyarseve10k.co.uk

Turing Trail Relay website www.turingrelay.co.uk