

Ely Runners

RACES & EVENTS 2007-2008

July 2007 (JT 11.07.2007)

NOTICES

Details of local races and those of interest to the club are on the regularly maintained **club notice board** in the foyer of the Paradise Centre below the club's **trophy cabinet** that was made by Charlie Barker. There are usually several copies of race entry forms but please leave the last copy or ask staff at reception to photocopy (Ely Runners' account) a few copies.

Open races are becoming more popular and often filling up to the entry limit before the race day. Many races no longer accept entries on the day – see 'no EOD' in the Race Guide below. Members are therefore advised to plan their races and enter earlier. Before entering on the day, check with the organisers that a place is still available.

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 - Start & Finish Areas (**replacement required**)

Richard Handoll - Time Keeping

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

Charlie Barker - Race Photography (+ tba)

Stephen Howard - Sector Marshal (+ tba)

As most of you know, Ian Vaughan-Arbuckle moved to Oxfordshire in June but will remain as Race Director of the Round Norfolk Relay for this year. He has also kindly offered to stay on the email address list for the Events Working Group in an advisory capacity. However, we require a member to volunteer to replace Ian on the Events Working Group to be responsible for the Start and Finish areas of the club's open and club races.

We are also looking for a member to join the Committee to **monitor and maintain club trophies**.

Please could any member who'd like to take on either or both of these responsibilities contact John Turner secretary@elyrunners.co.uk.



Following the AGM decision in January, Ely Runners affiliated to the **Association of Running Clubs**. 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 somewhat inappropriate (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. Also, Ian Vaughan-Arbuckle has recently been elected onto the Steering Committee.



Local area clubs affiliated to ARC are Bedford Harriers, Biggleswade Athletic Club, Bildeston Bounders, Leighton Fun Runners, Coltishall Jaguars, Dunstable Road Runners, Ely Runners, Eye Community Runners, North Norfolk Beach Runners, Norwich Road Runners, Ramsey Road Runners, Rickmansworth Running Sisters, Round Norfolk Relay, Royston Runners, Rutland Runners, Stopsley Striders, Stamford Striders, Thos Cook Road Running Club, Watford Joggers, Wymondham Athletic Club, Yaxley Runners & Joggers, are amongst the 83 clubs (representing 9,298 runners) and 2 organisations that have already affiliated to ARC. Ely Runners affiliation to UKA will remain valid until 30th September; prior to which continued club affiliation will be discussed. Following the combined 2006-2007 fee paid last year, are affiliated to SEAA and AAAs until 31st March 2008. Affiliation to CAA has continued as usual. 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.

The 8 races of the **Cambridgeshire Road Race League (CRRL)** started with the Thorney 10k on 25th March and then the Eye 10k on 13th May and the Abbey 10k at Ramsey on 8th July. The next race is the St Ives 10k on 22nd July which also includes the **Cambs County 10k Championships**. 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 will be posted on www.nenevalleyharriers.fsnet.co.uk

To enter a county championship, members must have been born in the county or had 9 months of continuous residency. Only one county championship per race distance may be entered.

The club's **Midsummer 10k Handicap** (private event) was held in wet conditions on Thursday 14th June 2007. The winner was Margaret Bracewell and the fastest runner was Glyn Loveday. They both achieved personal bests and Glyn Loveday's time was a new MV35 club record. Tight handicapping resulted in an exciting but clustered finish and a couple of positions had to be sorted out using digital photographs! Thanks are extended to all those members who helped to make this an enjoyable and successful event

Charlie Barker made three handsome shields for the club's **Straight Mile Handicap**, (Quaney Drove) which will be incorporated into training on Thursday 12th July 2007. These perpetual shields (each made from a different hardwood) are for the Handicap 1st M/F, Fastest M/F, and Age Related 1st M/F. After changing, they will be awarded by Chairman Peter Gipp at The Prince Albert, Ely. Sandwiches and chips will be provided. Please refer to recent club emails for details and handicap times. It is a club event so please wear club colours.

Ely Runners' **Atrium Grunty Fen Half Marathon** is on Sunday 9th September 2007. The 2007 race (see www.gruntyfen.co.uk) will incorporate the Association of Running Clubs' Half Marathon Championships. This is the first championship for this new English national organisation. The race will also include the Eastern Veterans AC Championships, Cambs County Championships, and the Cambs Road Race League. We expect a large entry and **volunteers will be required as marshals and officials**. If you would like to help, please contact Darren Murfitt (i/c Marshals) on 01353 664650, mob 07979 537657, darren_murfitt@hotmail.com.

For the first time, **Grunty Fen entries will be on-line only** and another attraction for 2007 is the introduction of chip timing with a large simultaneous display screen at the finish. The reasons we adopted all on-line entries are as follows,

- 1) It saves our time as well as the entrants' time and dramatically reduces typing errors and problems with deciphering handwriting.
- 2) It saves the entrant the cost of two stamps and two envelopes.
- 3) It enables us to easily share the race entries administration amongst our club members, simply by passing on the club laptop or downloading the data file.
- 4) We can communicate quickly and easily with all our entrants, at no cost, using email.
- 5) The race this year will use chip timing, which will require issuance of the chips on the day of the race. It thus makes sense to hand out the race numbers at the same time and completely avoid the need to send out race packs and all the work and expense that entails. Race instructions will be emailed.
- 6) Race entries have traditionally generated a mound of paper. On-line entries virtually eliminate the paper trail.
- 7) Last year nearly 90% of our entrants chose to enter on-line. This year, so far, we have 88 entrants (comparable to the same period last year), none of whom have required a postal entry form.

The club has entered a team for the tough *Open Class* of the **Round Norfolk Relay** on Saturday/Sunday 15th/16th September. If you would like to run, please speak to club organiser Alan Rutterford at training or by phone on 01353 741534 or 07821 988959. This 193 mile continuous relay is in 17 separate unequal multi-terrain stages. Full details are on www.roundnorfolkrelay.com.

Once again we were offered reserved places in **The Great North Run** on Sunday 30th September for club athletes to start directly behind the male elite athletes. Last year, Ian Day and Glyn Loveday took advantage of this privilege. This year, Stephen Howard and John Crisp were proposed and have been accepted. Accepted entries are guaranteed but not complimentary. For details of the GNR, see www.greatrun.org.

Frostbite Season 07/08

Pub Run

Frostbite dates for 07/08 season are as follows..



7th Oct	St Neots	13th Jan	Ramsey
11th Nov	Bushfield	3rd Feb	Bourne
9th Dec	TBA	2nd Mar	BRJ

There are 13 members entered for the spectacular off-road **Beachy Head Marathon** on Saturday 27th. They are: Claire Law, Stephen Howard, Emma Greaves, Stephen Barker, Karlos Dedos, Alan Rutterford, Peter Gipp, Charlie Barker, Adam Etches, Glyn Loveday, Julie Foreman, Natalie Coles, and John Turner. Please could members entered by the club now pay the £18 entry fee (cheque to 'Ely Runners') to Treasurer Peter Harris, 153 Main Street, Witchford, Ely, Cambs, CB6 2HP.

There has recently been some debate on **funding club entries into championships, relays and leagues**. The Committee has decided that such entries will 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.

Club Coach 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 **2007 subscription** (£10.00 due 1st January) please do so ASAP. This can be done on-line at www.elyrunners.co.uk > [club info](#) >

membership, or by cheque 'Ely Runners' via Secretary: John Turner, 22 Cromwell Road, Ely, Cambs, CB6 1AS. Please check you have renewed your subscription *or you are not entitled to attend training, represent the club in races, claim affiliated entry fees, or wear club colours.*

The **benefits of membership of Ely Runners** include the £2 affiliated discount on open race entries, free changing and showers at the Paradise Centre, free training and advice from club coaches, 10% discount at most specialist running kit shops, free entry to the club's 10k and Straight Mile Handicaps, free entry to the six Frostbite League races, free 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.

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 bar area upstairs to avoid blocking the foyer. When training after dark on the streets of Ely, members are requested to wear the provided reflective bibs and check the website www.elyrunners.co.uk for advice on training at night. There are interval/repetition/hill sessions on Tuesdays and steady (5-8 miles) runs on Thursdays. Some of the training routes are described on the club's website. For those not racing on Sundays, meet in the Paradise car park at 9:00 am for a choice (short/medium/long) of mixed terrain training runs outside of Ely. The car park toilets are open by 9:00 am

Club training sessions are intended to cater for a wide range of abilities and racing objectives. However, if you require specific **coaching advice**, please ask Club 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 your race results by noon on Monday to JT to avoid the extra work involved in updating press reports. Rod has added a **Message Board** and more recently a **Forum** to the web site's home page.

A warm welcome is extended to the following recent **new members**: Chris Bower and Emily Knight. 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 and see www.elyrunners.co.uk for full details of club kit.

Following suggestions from members, we have decided to add the Ely Runners **cathedral logo** as a transfer to the top left (to avoid obscuring race numbers) chest part of our **race vests**. A process called Positive Imaging will probably be used to make these and – provided it is technically possible - all new race vests will soon 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. Please do not give your vest to Mary until you receive an email that the system is up and running so that it can be done as quickly as possible and between races. Race vests will continue to have ELY RUNNERS on the back.

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 2007-2008

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

July

- 12 (Thurs) training at 1900 will include Ely Runners' **Straight Mile Handicap** on Quaney Drove. Perpetual Shields for Handicap 1st M/F, Fastest M/F, and Age Related 1st M/F will be presented afterwards in The Prince Albert, Ely
- 20 (Fri) MD Forest Challenge, 1900 Mayday Field, B1106, team (2) run/bike, £20, EOD £+5
- 22 St Ives 10k (**CRRL**), Cambs AA Champs, 1030 Outdoor Rec Centre, £8, EOD +£2
- 22 Macmillan Wandlebury 5m XC, 1030 Wandlebury, Cambridge, £8 (EOD +£1)
- 22 Fairlands Valley Marathon, 1030 Scout Hut, Fairlands Valley, Stevenage, £8, EOD +£2
- 22 Wardown Park 5k, 1030 New Bedford Rd, Luton, £8, EOD +£2
- 25 (Wed) Doug Anderson Memorial 5k, 1930 Bedford Pk, Park Av, Bedford, £6, EOD +£1.50
- 27 (Fri) Worstead Festival 5, 1900 Sports Field, Worstead, N Walsham, £5.50, EOD +£1.50
- 28/29 (Sat/Sun) BMAF Open National T&F Championships, Alexander Stadium, Birmingham
- 29 Wimblington 6k Fun Run/Walk, 1100 Parkfield, Sports Field, Wimblington, £5, EOD
- 29 Ekiden Marathon Relay, 1000 Orwell Park School, Nacton, Ipswich, team 6/£24, CD 21/7
- 29 Luton AC 10k, 1100 Vauxhall Brache Luton, Gypsy Lane, Luton, £8, EOD +£2

August

- 01 (Wed) Peterborough 5k Grand Prix, 1900 Danish Invader pub, Stamford, £4 EOD only
- 01 (Wed) Bungay Black Dog 10k series (Race 3), 1930 Broome Vil Hall, £5, EOD same
- 03 (Fri) Wibbley Wobbly Log Jog, 1930 Mayday Field, B1106 S of Brandon, race full
- 04/05 (Sat/Sun) SEAA 5000m walk Senior Championships, Bedford (*club entry via JT*)
- 05 EVAC 5k Championships/Grand Prix, 1100 Granchester, Cambridge
- 05 MD Holkham 10k (MT), 1100 Holkham Hall, £7.00, EOD +£3, www.runholkhamhall.org.uk
- 05 Harlow 10, 0930 Mark Hall Sport Centre, First Av, Harlow, Essex, £9, EOD +£3
- 12 Newark Half Marathon, 1030 town centre, £10, CD 10/8, www.newarkhalfmarathon.co.uk
- 17 (Fri) Blisworth 5m, 1930 Blisworth FC, Northampton, £7, CD 13/8, no EOD
- 18 (Sat), Race the Train 14m TR, Tywyn, Wales, www.racethetrain.co.uk, CD 5/8
- 19 Thorney 5k (**CRRL**), Cambs AA Champs
- 22 (Wed) Wroxham 5m Series (ARC permit)
- 25-26 (Sat/Sun) TRA Ultra (85m) Champs, Ridgeway Challenge, www.tra-uk.org
- 26 Mersey Island (Lions) 10m/5m, 1030 Willoughby Av car park, W Mersea, £6/£6, EOD +£2
- 26 Newmarket Duathlon, 0745, Mildenhall Cycle Rally, Riverside Middle School, £18/£21
- 27 (Mon) Grimsthorpe Castle 10k (MT), 11:00 Grimsthorpe Castle Estate, £6, EOD +£1
- 27 (Mon) Peterborough City T&F Games (www.peterborough-ac.org.uk)
- 29 (Wed) Nene Valley Harriers 5k (**CRRL**), Cambs AA Champs

September

- 02 Ely Triathlon Relay (5k Adam Etches), 1100-1300 King's School, www.elytriathlon.co.uk
- 02 Wissey Half Marathon, www.rystonrunners.org.uk
- 02 The Beast 14m TR, 1030 Corfe Castle, £8, www.poole-ac-races.co.uk/thebeast.htm, popular!
- 02 Hibbard Trophy Meeting (T&F), Bury St Edmunds
- 09 **Atrium Grunty Fen ½ Marathon (CRRL)**, 1030 Witchford Village College, Ely, www.gruntyfen.co.uk. Includes ARC and EVAC Championships.
- 15/16 (Sat/Sun) Round Norfolk Relay (Alan Rutterford), www.roundnorfolkrelay.com
- 16 Cransley Hospice 10k & ½ Marathon, 1100 Cranford (2m A14 Junc 10), £12, EOD +£2
- 30 Great North Run – see www.greatrun.org
- 30 Club ARC affiliation review
- 30 EAA Combined Events (T&F), Bedford

October

- 07 Loch Ness Marathon 10k/5k, www.lochnessmarathon.com
- 07 Ryston 5k XC, 1100 Shouldham Warren, EOD only
- 14 Gt East Run ½ Marathon, 1100 Cathedral Sq, Peterborough, £15, www.greateasternrun.co.uk

14 Luton ½ Marathon & 10.3k TR, 1045/1000 Reg Sports Centre Stopsley, £13/£9, EOD +£2
21 North Norfolk 7m, Holt (ARC permit)
21 Exmoor Stagger 15m (3,330 ft), 1100 W Somerset Com Coll, Minehead, £10, EOD +£2
27 (Sat) Beachy Head Marathon (3,500' climb), 0900 Eastbourne (*club entry via JT*)
28 Fenland 10m (**CRRL**), Cambs AA Champs

November

04 New York Marathon
11 Ryston 9k XC, 1100 Shouldham Warren, EOD only
18 Stortford 10
18 St Neot's ½ Marathon, 1000 Rec Centre, £13.50, no EOD, www.riverside-runners.com

December

06 (Thu) **Ely Runners Christmas Drinks**, 2000 Prince Albert, Ely (London Marathon draw)
16 Long/medium/short club **pre-Christmas training trail runs**, Woodditton to Ely 18.5m,
Reach to Ely 11m, Woodditton to Reach 7.5m, meet 0800 Paradise for transport to starts
16 Ryston 6.5k XC, 1100 Shouldham Warren, EOD only
31 (Mon) **Ely New Year's Eve 10k Road Race**, 1100 Lt Downham, £7 on-line only, no EOD,
www.newyarseve10k.co.uk

January 2008

13 Ryston 9k XC, 1100 Shouldham Warren, EOD only

February

01 (Fri), **Ely Runners Annual General Meeting**, 1930 Paradise Centre, upstairs bar room
10 Ryston 5k XC, 1100 Shouldham Warren, EOD only

March

16 **Turing Trail Relay** (Ely-Cambridge-Ely) in 6 stages. See www.turingrelay.co.uk
16 Ryston 6.5k XC, 1100 Shouldham Warren, EOD only

April

13 Flora London Marathon

NOTES

Midweek training from the Paradise Centre (meet on 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.

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/TR long distance road/TR/XC races and FRA fell races.

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

Club website www.elyrunners.co.uk

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