

ELY RUNNERS - RACES & EVENTS 2004-05

Well done to Team Captain Torsten Lytken for finishing 290th of 6,610 entrants, 5,895 starters and 5,582 finishers in the **Copenhagen Marathon** (his first road marathon) on 16th May in an excellent time, for the warm and sunny conditions, of 3:09:43.

The club's annual **10k Handicap will be held on Thursday 17th June 2004 at Little Downham** for members and guests. We have invited St Radegan Hash House Harriers to take part this year. Registration and changing (+ showers and toilets) are at the Cricket Pavilion in School Lane. Entry is free of charge (to members and guests) but it is an SEAA registered event and it will be necessary to sign in and run with a race number. Please register, if possible, by 7 pm as the first runner (60 mins handicap time) will start at 7:30 pm. Others will then start at 1 minute intervals according to handicap time. Peter Harris and Kevin Ross will officiate. After the race, we will meet at the Prince Albert pub in Silver Street, Ely at 9:00-9:15 pm for free sandwiches and chips and a bar float funded by the club. Also, the following awards will be presented:

1st Ely Runners Handicap Runner - perpetual shield and bottle of wine. Please could Deborah (winner 2003) bring the shield.

1st Guest Handicap Runner - bottle of wine

Fastest Runner - bottle of wine

There will also be a free draw for paid up members for **4 x £54.30 Advance Performance Club Incentive Vouchers** from a list prepared by Treasurer Peter Harris.

For parking, it is best to use the Barton Road Car Park and walk through to the pub in Silver Street.

Please could members email or phone (667678) their suggested handicap times to John Turner who will discuss these with the Team Captain and a final list (as far as possible) will be emailed before the event. So far we have received times from William Clapp (36 mins), John Turner (44 mins), and Alfredo Verna (37 mins).

Members are encouraged to bring individual guest runners, families and friends to this club event. If you are unable to run, please come and help with the minimal marshalling required. Eric Drury and Peter Gipp will mark the course and Eric will organise drink stations at the Start (outside the School in Main Street), halfway, and at the Finish outside the Village Hall (adjacent to post box) in Main Street.

The 3rd of the 8 **Cambridge Road Race League (CRRL)** events is at Ramsey (12k) on Sunday 11th July. Distances of CRRL events are from 5k to half 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 and 3rd m/f teams and m/f individuals. Currently the club's men are 3rd of 22 teams and women 4th of 17 teams

The 14th **Grunty Fen Half Marathon** will be on Sunday 12th September 2004 at Witchford. It will include the Cambridgeshire County Championships, EVAC Championships, and is a CRRL event. Please could members register ASAP with Darren Murfitt (darren_murfitt@hotmail.com or tel 01353 664650) re helping on the day as course marshals, water station staff, car parking, start/finish area, registration etc. Full details and on-line entry facilities are available via the race website www.gruntyfen.co.uk.

If you are interested in organising the club entry or competing in the **Round Norfolk Relay** (18/19 th September 2004), please let Torsten Lytken or JT know as entry into this enjoyable large team event needs to be planned well in advance. The entry limit is 40 teams so an early response would be appreciated. There are 17 stages in the 189 miles circuit which includes off road sections. See JT email 22nd April and full details at www.roundnorfolkrelay.com. Subject to adequate funds being available, the ER relay team entry (£170) will be paid by the club.

British Masters (ie Vets!) events are too numerous to include all of them but they will have been circulated to members of EVAC.

The RRC & TRA Endurance Running Directory summary of events in date order is on the club notice board. Some of these excellent and enjoyable events (in which members have previously run or may be of interest) are included in the club list below:

June

- 04 (Fri) Bury 5m, 1930 Nowton Park, Bury St Edmunds, £7 EOD
05 (Sat) Hickathrift 10k, 1400 Hickathrift House, Marshland St James, Wisbech, £5, EOD +£1. Meet Paradise 1215
06 **EVAC Grand Prix** 5m, 1100 Reach, £4
10 (Thu) Run for the Loo 5m, 1930 Playing Fields, Lindisfarne Rd, Eye, £3.50 on night only. Meet Paradise 1745
17 (Thu) *Ely Runners 10k Handicap, 1930 Lt Downham, FOC to members and guests. Sandwiches and chips at the Albert*
13 Norwich Half Marathon, 1000 Norfolk Showground, £10 by 7/6 or EOD +£2
13 Dunstable 10k, 1030 Leisure Centre, £6, EOD +£2
15 (Tue) Bungay Summer Series 10k, 1930, Mettingham Village Hall, £4
19 (Sat) Midsummer Madness 1/2 Marathon, 1000 Pageant Field, Badingham Rd, Framlingham, £10
20 Round the (Mersea) Island 13m multi-terrain, 1000 Victory Pub, Coast Rd, W Mersea, £5, EOD +£1
20 Colworth Half Marathon, 1030 Colworth, Bedford, £8, EOD +£1
20 BMAF Half Marathon Champs, Blackpool
23 (Wed) Midsummer 10m, 1930 Village Hall, Morley, Wymondham, £8, EOD +£1
27 TRA Short 8m/Medium 20m Championships, 1000 Gt Notley Country Park, Colchester
27 North Downs Run 30k TR, 1000 N Downs Leisure Centre, Thong Lane, Gravesend, CD 23/6, (400 limit), £10, EOD +£2,
30 (Wed) Peterborough 5k Grand Prix Series, 1930 Ferry Meadows, Watersports Centre, £2.50 on night

July

- 01 Ryston Runners Midsummer 5m, 1930 War Memorial Playing Field, Lynn Road, Downham Market, £4, EOD +£0.50
02 (Fri), Stowmarket Friday Night 5m, 1930 Haughley Park, £6, EOD +£1
03 (Sat) Moulton 5m Walk, 1415 in village, £3, EOD +£1
04 Cambridge Race for Life 5k, 1100 Jesus Green, £8.50, 3000 limit, no EOD
04 **EVAC Grand Prix** 10k, Comberton
04 Sutton Feast Beast 7m MT, 1100, £6, EOD +£1
10-11 (Sat-Sun) Norwich Union Olympic Trials, Manchester, details ian.hodge@fast-track-events.com
11 Abbey 12k (**CRRL**), 1030 Ailwyn School, Ramsey, £7, EOD +£2
14 (Wed) Peterborough 5k Grand Prix Series, 1930 Danish Invader PH, Stamford, £2.50 on night
18 St Ives 10k (**CRRL**)
25 Haverhill 10k, 1100 Recreation Ground, £8 by 16/7, no EOD
25 BMAF 10m Championships, Trentham, Stoke-on-Trent
28 (Wed) Peterborough 5k Grand Prix Series, 1930 Lindisfarne Road Sports Field, Eye, £2.50 on night
28 (Wed) Doug Anderson Memorial 5k, 1930 Bedford Park, Park Av, Bedford, £4.50 (EOD +£1.50), CD 21/7

August

- 01 **EVAC Grand Prix** 5k, Granchester
05 (Fri) Wibbly Wobbly Log Jog, 1930, Events Field, Mayday Farm, B1106 Brandon-Elveden Rd, £5, EOD +£1
11 (Wed) Peterborough 5k Grand Prix Series, 1930 Ferry Meadows Watersports Centre, £2.50 on night
15 Thorney 5m (**CRRL & County Champs**), Memorial Hall, £5, EOD +£1
25 (Wed) Peterborough 5k Grand Prix Series, 1930 Werrington Sports Centre, £2.50 on night

29 Jog Shop Jog (20.2m/2300') TR, 0900 Brighton Marina, £7, EOD +£3
28/29 (Sat/Sun) Ridgeway Challenge, Ivinghoe to Overton Hill 86.5m, email
anthony@maunsel.freereserve.co.uk to pre-book
29 Mersea Island 10m & 5m, 1030 Car Park, Willoughby Av/Esplanade, W Mersea, £5, EOD
+£1
30 (Mon) RF/Mizuno 4 x 1 Mile Relays Challenge (m/f open/vets), Embankment Track,
Peterborough, CD for selection 20/7

September

01 (Wed) Nene Valley 5k (**CRRL**), Ferry Meadows, Peterborough
05 Wissey Half Marathon
05 The Beast 14m multi-terrain, 1030 Corfe Castle, Dorset, £7, CD 23/8
12 *Grunty Fen Half Marathon (**CRRL, County+EVAC Champs/Grand prix**), 1030 Witchford
College, £8, EOD +£2*
12 BMAF 10k Championships, Portsmouth
18/19 (Sat/Sun) Round Norfolk Relay, 17 stages in 189 miles - club entry
18 (Sat) TRA Long Champs in High Peak Challenge 40m/4673' TR, 0800 Buxton Community
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26 Great North Run Half Marathon, Newcastle to South Shields

October

03 Cambridge Wildlife 10k
03 BMAF Marathon Championships, Cardiff
10 Ryston XC, Shouldham Warren
16 (Sat) BMAF XC Relay Championships, Earlham Park, Norwich
17 Abingdon Marathon, 1000 Tilsley Park, no EOD, fast flat 26.2m rural course
23 (Sat) Beachy Head Marathon , 26m/3500', TR, 0900 Eastbourne, club entries (10) have
been submitted
31 Fenland 10m, West Walton (**CRRL, County Champs & EVAC Grand Prix**)

November

07 Stevenage Marathon/Half Marathon
14 Ryston XC, Shouldham Warren
28 Hereward Relay (Peterborough-Ely) 38.4m in 4 stages, *Ely Runners to marshal from Ely
bypass-finish*

December

08 (Wed) *Ely Runners Christmas Drinks at the Albert, 8 pm*
19 *Long training runs (18m/10.5m mainly XC) Woodditton/Reach to Ely, meet 0800 Paradise*
19 Ryston XC, Shouldham Warren
31 (Fri) *Ely Runners' New Year's Eve 10k, 1100 Little Downham, £6, EOD +£2*
(www.newyearseve10k.co.uk)

January

16 Ryston XC, Shouldham Warren

February

13 Ryston XC, Shouldham Warren

March

20 Ryston XC, Shouldham Warren

April

17 London Marathon

May

22 East Cambs Half Marathon, Soham

Midweek training from the Paradise Centre at 1900 on Tuesdays and Thursdays
Long Sunday training runs are provisional - check week before
Races and events are on Sunday unless otherwise mentioned
Courses are road unless otherwise mentioned
Distances without units (ie m or k) are probably m = miles.
Frostbite races (2004/05 season) are 5-6 miles
Further details of events from Club notice board in Paradise Centre foyer,
running magazines, websites, or from Secretary John Turner 01353 667678 who also
has details of all 2004 RRC/TRA long distance road/TR/XC races and FRA fell races.
Club website www.elyrunners.co.uk
Grunty Fen website www.gruntyfen.co.uk
NYE10k website www.newyarseve10k.co.uk

JT 03.06.2004