

# *Ely Runners*

## **RACES & EVENTS 2006-2007**

JT 08.06.2006

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 non-affiliated extra charge has now increased to £2, so ER members save this amount.

The 8 race **Cambridgeshire Road Race League (CRRL)** started on 26<sup>th</sup> March with the Fred Wright 10k at Whittlesey and then the Eye 10k on 14<sup>th</sup> May. The next race is the Abbey mixed terrain 10k at Ramsey on Sunday 9<sup>th</sup> July. 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 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> M/F teams and 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> M/F individuals. Results will be posted on [www.nenevalleyharriers.fsnet.co.uk](http://www.nenevalleyharriers.fsnet.co.uk)

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

The club's **Midsummer 10k Handicap** (private club event), will be on Thursday 15<sup>th</sup> June 2006 (instead of training) at the Cricket Club, Little Downham, starting at 1930. Entry is free of charge to members and guests. Please give your proposed handicap time (nearest ½ minute) to John Turner ([secretary@elyrunners.co.uk](mailto:secretary@elyrunners.co.uk)) as soon as possible. Afterwards, there'll be the presentation plus free sausages and chips at the Prince Albert in Ely.

There are more linseed crops than usual in the Ely area this year so on **Sunday 18<sup>th</sup> June club training will be a tour of the vivid blue (and maybe white) linseed fields in flower.** The routes will be based on the golf course, Lt Thetford, and Fish & Duck loops. As usual there will be a choice of distances. Meet at the Paradise car park at 9:00 am.

Charlie Barker has made three handsome shields for the club's **Straight Mile Handicap**, which will be incorporated into training on Thursday 13<sup>th</sup> 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 1<sup>st</sup> M/F, Fastest M/F, and Age Related 1<sup>st</sup> M/F. After changing, these will be awarded by Chairman Peter Gipp at The Prince Albert, Ely. Free sandwiches and chips will be provided.

We have accepted the Road Runners Club Championships, Eastern Veterans AC Championships, and the Cambridge Road Race League in the **Grunty Fen Half Marathon** on Sunday 10<sup>th</sup> September 2006. The club will need the support of members as marshals and helpers for this event, so please reserve the date. Please contact Darren Murfitt (i/c Marshals) on 01353 664650, mob 0797 9537657, [darren\\_murfitt@hotmail.com](mailto:darren_murfitt@hotmail.com) to offer to help.

As agreed at the AGM, we have entered a team ('Open' category) for the **20<sup>th</sup> Round Norfolk Relay** ([www.roundnorfolkrelay.com](http://www.roundnorfolkrelay.com)) on Sat/Sun 16/17<sup>th</sup> 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 [alanatrdsltd@aol.com](mailto:alanatrdsltd@aol.com)). Entry is free to members because the £187 entry fee has been paid from club funds.

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 19<sup>th</sup> March, details of which can be found on the club's website [www.elyrunners.co.uk](http://www.elyrunners.co.uk). The first open event will be on Sunday 18<sup>th</sup> 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](http://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.

**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 now taken over the **club's kit supplies** from John Turner. Please contact Mary on 01353 861379 or [mary@elyrunners.co.uk](mailto:mary@elyrunners.co.uk) to order and see [www.elyrunners.co.uk](http://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.gates@btinternet.com](mailto:mary.gates@btinternet.com) to order. See [www.elyrunners.co.uk](http://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](http://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.

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

## June

08 (Thu) Eye 5m Charity Run, 1930 Eye Playing Fields, Lindisfarne Road, £4 (EOD only)

10 (Sat) Moulton 5m Walk, 1200 Village Hall, £3, EOD +£1

11 Norwich Half Marathon, 1000 Norfolk Showground, EOD £18, [www.conac.org.uk](http://www.conac.org.uk)

11 St Albans ½ Marathon, 1000, £14, [www.stalbans.gov.uk](http://www.stalbans.gov.uk)

11 EVAC Track & Field Championships, from 1030 Stantonbury Stadium, Milton Keynes

14 (Wed) CAA Development Meeting, St Ives (1,500m 2030), club entry via JT or EOD £1.50

- 15 (Thurs) **Ely Runners' Midsummer 10k Handicap** (private club event), Cricket Club, 1930  
*Lt Downham, FOC members & guests. Presentation afterwards in the Prince Albert, Ely*
- 16 Lipton Marathon Challenge (Colworth 5m MT 1845 Sharnbrook, Beds), no EOD
- 17/18 (Sat/Sun) SEAA Sn Champs (800m-5,000m & S/C), Crystal Palace C/D 6/6, club entry
- 18 *Linseed in flower training run (choice of distances), meet 0900 Paradise car park.*
- 17 Lipton Marathon Challenge (Trail Race 8.1m XC 1200 Sharnbrook, Beds)
- 18 Lipton Marathon Challenge (1/2 Marathon MT 1030 Sharnbrook, Beds)
- 18 Mersea Island Half Marathon, 1000 Willoughby Av CP, West Mersea, £6, EOD +£2
- 21 (Wed) Peterborough 5k Grand Prix, 1930 Watersports Cnt, Ferry Meadows, £4 EOD only
- 21 (Wed) Morley Midsummer 10m, 1930 Morley Village Hall, Wymondham, £8, EOD +£1
- 23 (Fri) Stowmarket Striders 5m, 1930 Haughley Park, £6, EOD +£1
- 23 (Fri) Marston Vale Forest 5k, 1930 Fst Cnt, MV Cntry Pk, Marston Moretaine, £6, EOD £9
- 24 (Sat) Midsummer Madness ½ Marathon (+), 1000 Pageant Field, Framlingham, £10, EOD
- 25 North Downs Run 30k TR, 1030 Cascades Leisure Centre, Thong, Gravesend, £12
- 25 Yaxley 7(+), 1400 Willima de Yaxley Sch, Landsdowne Rd, £6, EOD +£1
- 25 Sutton Feast Beast 7m MT, 1100 New Pavilion, The Brook, Sutton, £6, EOD +£1
- 26 (Mon) *ER Committee Meeting, 1930 at the Prince Albert*
- 29 (Thu) Wroxham 5k, 1900 Broadland High School, Hoveton, £5, EOD +£2

### July

- 02 Newmarket 10k, 1100 Newmarket Leisure Centre, Exning Road, £7, EOD +£2
- 02 EVAC 10k Championships/Grand Prix, 1100 Comberton Village Hall
- 02 British 10k London Run
- 05 (Wed) Peterborough Grand Prix 5k (& 3k), 1930 Lindisfarne Rd, Eye, EOD only £4
- 06 (Thu) Midsummer 5m, 1930 War Memorial PI Field, Lynn Rd, Downham Market, £4.50
- 07 (Fri) Cranfield 5k (2000) & 1m FR (1930), Cranfield University Campus, Beds, £6.50 & £3
- 09 Abbey 10k MT (**CRRL**), 1100 Leisure Centre, Hollow Lane, Ramsey, £7, EOD £9
- 13 (Thurs) *training at 1900 will include Ely Runners' **Straight Mile Handicap** on Quaney Drove. Perpetual Shields for Handicap 1<sup>st</sup> M/F, Fastest M/F, and Age Related 1<sup>st</sup> M/F will be presented afterwards in The Prince Albert, Ely*
- 16 Sue Ryder Beat the Baton 5k (indiv or 4x relay), from 1200 Huntingdon Race Course
- 19 (Wed) CAA Development Meeting, St Ives (CAA 1 Mile Ch 2015), club entry or EOD £1.50
- 23 St Ives 10k (**CRRL**), 1030 St Ives Outdoor Rec Centre, £8, EOD +£2, [www.huntsac.co.uk](http://www.huntsac.co.uk)
- 23 Milton Keynes ½ Marathon, 1000, Bury Lawn School, Stantonbury, £13.50, EOD +£2.50
- 23 Fairlands Valley Challenge 26m MT, 1030 Scout Hut, FV, Stevenage, £8, EOD +£2
- 23 Eikedon 6 stage MT Marathon Relay, 1000 Woodbridge School, teams £24, no EOD
- 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
- 13 Macmillan 5m XC, 1030 Wandlebury Woods, A1307, Cambridge, £6, EOD +£1
- 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](http://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
- 30 (Wed) Nene Valley 5k (**CRRL**)

### September

- 03 Wissey Half Marathon, 1030 Oxborough Village Hall
- 03 The Beast 14m TR, 1030 Corfe Castle, Dorset, £8, no EOD, [www.pooleac.co.uk](http://www.pooleac.co.uk)
- 03 *Ely Triathlon, ERs 5k off-road at King's School, 20 volunteers to [adam.etches@ge.com](mailto:adam.etches@ge.com)*
- 03 Budapest Marathon
- 10 *Grunty Fen ½ Marathon (**CRRL**), 1030 Witchford Village College, Ely, [www.gruntyfen.co.uk](http://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) High Peak Challenge 40m TR, 0900 Buxton, [www.highpeak40.co.uk](http://www.highpeak40.co.uk)
- 16/17 (Sat/Sun), *Round Norfolk Relay, [www.roundnorfolkrelay.com](http://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](http://www.warsawmarathon.com)  
23/24 Sat/Sun Isle of White Fell/SEAA Running Champs (3 races) [www.rydeharriers.co.uk](http://www.rydeharriers.co.uk)  
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](http://www.nfma.org.uk)

### October

01 Budapest Marathon, [www.budapestmarathon.com](http://www.budapestmarathon.com)  
01 Great North Run ½ Marathon  
08 Ryston 5k XC, 1100 Shouldham Warren, EOD only  
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  
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](http://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 Ryston 9k XC, 1100 Shouldham Warren, EOD only  
19 St Neot's Riverside ½ Marathon, 1000, [www.riverside-runners.com](http://www.riverside-runners.com)  
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 Prince Albert, Silver St, Ely (London Marathon draw) 17 Long/medium club **pre-Christmas training runs** 18.5m/11m XC, Woodditton/Reach/Upware/Ely, meet 0800 Paradise for transport to start  
10 Las Vegas (USA) Marathon, [www.209events.com](http://www.209events.com)  
17 Ryston 6.5k XC, 1100 Shouldham Warren, EOD only  
31 **Ely New Year's Eve 10k Road Race**, 1100 Lt Downham, [www.newyearseve10k.co.uk](http://www.newyearseve10k.co.uk)

### January

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

### February

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.burytewnty.org.uk](http://www.burytewnty.org.uk)

### March

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](http://www.turingrealy.co.uk)  
25 Ryston 6.5k XC, 1100 Shouldham Warren, EOD only

### April

22 London Marathon, [www.london-marathon.co.uk](http://www.london-marathon.co.uk)

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**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 John Turner [secretary@elyrunners.co.uk](mailto: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](http://www.elyrunners.co.uk)

Grunty Fen website [www.gruntyfen.co.uk](http://www.gruntyfen.co.uk)

NYE10k website [www.newyarseve10k.co.uk](http://www.newyarseve10k.co.uk)

Turing Trail Relay website [www.turingrelay.co.uk](http://www.turingrelay.co.uk)