

Ely Runners Newsletter

NOTICES, RACES & EVENTS 2008-09

June 2008 (JT 05.06.2008)

NOTICES

The **Club's History 1985-2008** has recently been updated to include early material from founder members Barry Garfoot and Tony Hall. This has provided a much more accurate record of the formation of the club which is now deemed to be August 1985. See www.elyrunners.co.uk > CLUB INFO > Club History. The club's website has some additional archive photographs (PHOTOS > Photos Archive) from the club's early years.

The Committee recently agreed to increase the **club's mileage allowance** from 20p/mile to 25p/mile to take account of recent rises in fuel and other costs. We have had the 20p/mile rate for several years so it was also due to be re-examined. The 25p/mile allowance will be paid for most club duties and representation for which a member's private vehicle is used; ie

The 25p/mile will be paid for:

- Attendance at non-ER meetings to represent the club (eg County and FFL meetings)
- Support for club private events (eg Woodditton long run, 10kH, 1mH, XC Champs)
- Support for club open events (TTR, GF, NYE10k)
- Support for club teams in long distance relays (eg Hereward & Round Norfolk Relays)
- For non-members (eg race referee) with official duties at club open events

The 25p/mile will not be paid for:

- Sharing transport to races entered by members
- Attending club events, club meetings and club functions
- Voluntary marshals and helpers from other clubs and organisations unless by prior agreement

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. 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.

Some **open races** are very popular and reach 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 website that a place is still available.

Payment of **club entries into championships, relays and leagues** will 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.

To take part in **UKA National and SEAA championships**, members need to be registered with England Athletics. Also, a few open events still require EA registration to claim affiliated entry fees. However, many events (especially locally) either have ARC permits or, if they have UKA permits, only require the entrant to be a member of an EA affiliated club, like Ely Runners.

For the 2007-08 year, 28 members requested **registration registered with EA** and so far 26 members have requested registration for 2008-09. *Could other members who would like to be registered with EA for 2008-09 please advise John Turner secretary@elyrunners.co.uk as soon as possible.* The club will pay the £5 registration fee and applications will soon be made.

To help members recognise each other by name, we have a "**Who's Who?**" gallery on the club's website - see www.elyrunners.co.uk > PHOTOS > Who's Who? Some recent members do not yet have their photograph on this site so it would be appreciated if they could email a suitable portrait, or full size photo from which we can take a portrait, to Rod Baron membership@elyrunners.co.uk to be included.

I have the **Fell Runners Association Fixtures Calendar & Handbook for 2008**. Members interested in running a fell race are can borrow this booklet. Most fell races are 'up north' but are also 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 go for an evening trip to the Peak District etc. Alternatively, if on holiday in hilly 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 buy 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. 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 10% on non-sale items but have recently offered *20% discount* to members (show membership cert) of Ely Runners

Emily Knight has set up a **Facebook Group for Ely Runners**. Any existing Facebook users will be able to access the group immediately by using the link: <http://www.facebook.com/group.php?gid=38851360723>. This link has been put at the top of the "Links" page on the ER website otherwise you will need to sign up to Facebook first which has a discussion board on it and the facility to post messages as well. Some members have already signed up.

Lisa Redman is running lots of races this year and the 2009 London Marathon for **CLIC Sargent (Caring for Children with Cancer)** inspired by a brave young man who lives in Soham who has suffered cancer. So far she has raised £540 of her £1,750 target. If you would like to sponsor Lisa, please go to www.justgiving.com/lisaredman1

Natalle Etches, has purchased a **wide variety of fitness stock** from a local Internet fitness company that closed down. She will be re-selling the stock as low as **half price** to club members. The stock includes cycling, running, fitness and triathlon wear from brand names include Craft, Gore Bike Wear, Pearl Izumi, and Sugoi. If you're interested, speak to Natalle at one of the training sessions or contact her on Natalle.coles@ringuk.com



The **Association of Running Clubs (ARC)** was set up on 1st April 2007 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** 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 been elected onto the Steering Committee and is now responsible for all **ARC** Championships.

Many local clubs are among the 134 clubs and organisations (representing 12,757 runners) affiliated to **ARC**. Ely Runners were the first club to affiliate to **ARC**, the 2007 Grunty Fen Half Marathon was issued with the first **ARC** permit and incorporated the first **ARC** Championship. Championships for 2008 (see list below) include 10k at Long Ashton on 8th June, Summer 5m Cross-Country on 25 June March at Petersfield, and 10m at Thornbury on 31st August.

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.

As advised by email to members on 5th January, the club has registered for the new **East Road Running Grand Prix Series 2008**. The 7 road races in the series are marked **RRGP**, in the list of events below. To take part, enter the events using the standard entry procedures (see web links) for each race published by the organisers. EA East will provide individual and club awards for each race and the series. Awards will be based on points scored for the 1st ten individuals and 1st ten clubs. The 1st 5 men and 1st 5 women will score for their clubs.

The 9 races of the **2008 Cambridgeshire Road Race League** (see **CRRL** in events) started with the Thorney 10k on 30th March and then the Eye 10k on 11th May. The next race is the Abbey 10k on 15th June. Distances of CRRL races are 5k, 5m, 10k (5 races!), 10m and ½ marathon. Club standings will be calculated from the best 8 results of 9 races and individuals from the best 5 of 9 possible scores. Awards will be made to the 1st, 2nd, 3rd M/F teams and 1st, 2nd, 3rd M/F individuals. Results will be on www.nenevalleyharriers.fsnet.co.uk

There are five distances in the **2008 Cambridgeshire AA Road Race Championships**: 5k, 5m, 10k, 10m and ½ M. They are incorporated into local area races and marked CAA Champs in the list of races below. County medals will be awarded to the 1st/2nd/3rd M/F and 1st MV 40/50/60/70+ and 1st FV 35/45/55/65+.

Some members have enquired about local **Track Races** and these are summarised below. Team Captain Charlie Barker and Rachel Roberts will be able to provide more information.

*The **Watford Open Graded Meetings** are on two Wednesday evenings per month (April-Sept) with 800m, 1500 and 3000m events (see www.watfordharriers.org.uk/indexnc.htm).*

*The **Cambridgeshire Evening Open Graded Series** events at the St Ivo Centre, St Ives on the following remaining evenings:*

*Wed 11th June 2k walk & BMC regional races
BMC regional 800m and 1500m
Wed 18th July 1 mile (Cambs AA Champs) & 1mile walk*

Entry forms can be downloaded from www.cambsaa.org.uk. There is entry on the day, but the organisers prefer to know in advance so they can sort out the timetable.

Ely Runners' Midsummer 10k Handicap (private club event) will be on Thursday 12th June with the race HQ at the Cricket Club, 1930 Lt Downham, FOC members & guests. The presentations afterwards will be in the Prince Albert, Ely. Please contact Stephen Tovey (i/c Club Events) on sct36@cam.ac.uk as soon as possible if you'd like to run. Entries (47 so far) and handicap times are on the club's website www.elyrunners.co.uk home page.

Ramsey Road Runners Abbey 10k on Sunday 15th June (75% road) includes the Cambs 10k Race Champs and Cambs Road Race League. Entry forms are on the notice board or you can enter on-line via http://www.ramseyroadrunners.org.uk/Entry/Entry_Form.htm. The start is at 11:00 am from the Leisure Centre, Ramsey and entries cost £8 or £10 on the day. If you're not running in the North Downs 30k, please try to support this local event and return the support we receive from Ramsey Road Runners for our open events.

The **Littleport Sunshine 10k** on Sunday 22nd June 2008 is a new local race to raise funds for a good cause (see www.sunshine10k.co.uk/news.htm). Rod Baron has checked the route with the Race Director and measured it accurately with a measuring wheel (and double checked with GPS) so it is exactly 10,000m and should prove to be a fast PB course. The organisers hope that there will be as many Ely Runners as possible racing or supporting the event. For more info and postal (only) entry form see www.sunshine10k.co.uk. Entries (£10) close on 6th June *but late entries will be accepted and entries on the day will also be £10.*

The deferred **ARC Cross-Country Championships** will now be held as part of Portsmouth Joggers 5 miles Summer Cross-Country event on Wednesday 25th June 2008 at 7:15 pm at Queen Elisabeth Country Park, Petersfield. Entry is £5 by 22nd June. There are no entries on the day. The course is on scenic forest tracks. For entry form and full details, see the ARC website www.runningclubs.org.uk > Championships.

The British Masters National Track & Field Championships are at the Alexander Stadium Birmingham on Sat/Sun 5th/6th July. Events include 800m, 1500m, 5000m, 2000m/3000m steeplechases, 3000m/5000m walks. Entries (£18 first event then £6) close 19th June.

The **2008 Eastern Athletic Association Track & Field Championships** are on Sunday 6th July at Cambridge University Track. Events for SM and SW include 800m, 1500m and 3,000m. Entry fee is £6 per event and the closing date 21st June. The entry form was circulated to members on 7th April.

There are three handsome shields (made by Charlie Barker) for the club's **Straight Mile Handicap**, (Quaney Drove) which will be incorporated into training on Thursday 10th July 2008. These perpetual shields (each made from a different hardwood and currently on display in the club's trophy cabinet) are for the Handicap 1st M/F, Fastest M/F, and Age Related 1st M/F. After changing, these will be awarded by Chairman Peter Gipp at The Prince Albert, Ely. Sandwiches and chips will be provided. Please let Steve Tovey (sct36@cam.ac.uk) know if you'd like to be entered with a suggestion of your handicap time based on recent form.

Ely Runners' **Grunty Fen Half Marathon** is on Sunday 14th September 2008. The 2008 race (see www.gruntyfen.co.uk) will incorporate the Cambs County Championships and the Cambs Road Race League. Entries are already being received 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.

The club has again entered a team for the tough *Open Class* of the **Round Norfolk Relay** on Saturday/Sunday 20th/21st September 2008. If you would like to run, please speak to club organiser Alan Rutterford at training or by phone on 01353 741534 or 07821 988959. We have also joined forces with Cambridge & Coleridge AC with a *Casual Ladies Class* team organised by Rachel Roberts (rachel.roberts@yahoo.co.uk) who should be contacted if you'd like to run. This 193 mile continuous relay is in 17 separate unequal multi-terrain stages. Full details are on www.roundnorfolkrelay.com.

Ely Runners Event's Working Group member **Eric Drury** will be marrying Cindy Law on Saturday 21st June and all Ely Runners and their families are invited to the **Evening Reception** at the Littleport Ex-Servicemen's Club at 7:30 pm. *RSVP ASAP to Eric Drury, 15 Bells Park, Lynn Road, Swaffham, Norfolk, PE37 7BN (0786 288496).*

The next ER social event organised by Social Secretary Julie Foreman is **punting in Cambridge on Saturday 28th June**, commencing at approx 6.45pm. This will either be a Treasure Hunt (includes punting along the river as well as finding clues in Cambridge itself) or just punting to Grantchester and back (chauffeured with a 90 min stop at Grantchester or self hire punt). This is dependent on numbers and preferences. The return Grantchester punt is £25 per head and the treasure hunt or self-hire punt is £15 per head. Julie has also obtained a quote from Greys Coaches for pick-ups in Littleport, Ely and Witchford to Cambridge, returning from Cambridge at approx 10 pm. A 33 seat coach is £250 and 41 seats is £280 - obviously the more people, the cheaper it becomes per person. Please let Julie (julie@elyrunners.co.uk) know ASAP if you and/or friends/family are interested in attending as she will need to make bookings. Also, please advise if you would like a seat on the coach.

The popular off-road **Beachy Head Marathon** is on Saturday 25th October on the usual scenic course over the South Downs, starting and finishing at the edge of Eastbourne. If you would like to run, please enter as soon as possible because the race fills up quickly. An entry form can be downloaded from www.visiteastbourne.com/whatson/bhm or register on-line at www.runnersworld.co.uk. The entry fee is £20 or £22 on-line via Runners World.

To qualify for the draw for the **club's guaranteed entries** (probably 3 places) in the **2009 Flora London Marathon** (www.london-marathon.co.uk), you must have applied to enter via

the ballot and then have been rejected. Club guaranteed entries still require the normal application fee.

Grade 2 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. Borrowed books 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.

Subscriptions (£10) are due by 1st January or on joining the club. Those joining after 15th November are covered for the following year. Existing members who have not renewed by the due date will be reminded by email. Those who have failed to renew by the end of March will be removed from the membership list. Subs can be renewed on-line at www.elyrunners.co.uk > [club info](#) > [membership](#), or by cheque to '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.

Support of Club Open Events

Ely Runners hold three popular open races each year (Turing Trail Relay, Grunty Fen Half Marathon, and Ely 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 (£5) with EA until 31st March 2009, free changing and showers at the Paradise Centre, free training and coaching advice, free night training bib, subsidised club fleeces, 10-20% discount at most specialist running kit shops, free entry to the club's Cross-Country Championships, 10k Handicap and Straight Mile Handicap, free entry to the six Frostbite League races, free club team entry to county, regional and national championships and for club relay entries, 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.

To improve accuracy and save time deciphering writing, handling money and paper etc, **applications for Club Membership** are now normally on-line only via the club's website www.elyrunners.co.uk > CLUB INFO > Membership.

Training on Tuesday and Thursday continues to be well attended with 15 to 35+ members attending. *Please see the home page (ER Training Programme) of the club's website 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. *Members are also asked not to congregate before running on the pavement outside the entrance but to assemble around the corner by the side of the building.* 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. If you require specific **coaching advice**, please ask Club Coach Alan Rutterford to help.

Under Rod Baron's skilful management, the **club's website** (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. There is a list of all-time **PBs** on the website so when you send your **race results** to Stephen Howard (results@elyrunners.co.uk), please advise if you have achieved a PB, including vet categories, so that it can be included in press reports and to update PB information. If possible, please send any information you have by noon on Monday to Stephen to avoid the extra work involved in updating press reports. For member's general comments, there is a **Message Board** on the website's home page.

A warm welcome is extended to **new members: Derek Cruickshank** (incorrect spelling in previous newsletter) **and Rob Ellis**. Some new members are fairly new to running and it is important that they are accompanied by more experienced members at training 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 and talk to our beginners so that they feel welcome and involved.

Mary Gates has the **club's kit supplies**. The club's joining fee of £33 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.

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**. 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.

Some members are not wearing club shorts at races which makes them much more difficult to discern as Ely Runners, especially for club photographers and officials. The **full club colours of a black vest with yellow shorts** are very distinct and should be worn with the enjoyment of representing a well-respected running club. *If the club florescent yellow shorts (designed for comfortable racing over all distances) are unsuitable to your build, there are other designs on the market that can be obtained.*

The black and yellow colours worn by Ely sports clubs are derived from the '**Fen Tigers**' name given to the people of the area by Dutch drainage engineers whose contract work to turn the sustainable fish, fowl and reeds way of life into arable farmland was vigorously, albeit unsuccessfully, defended. The Dutch were attacked and sometimes killed from sporadic attacks by locals creeping up on them (like tigers) through their pristine wetland wilderness

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 2008-09

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

June

- 05 (Thurs) **ER after training drinks**, julie@elyrunners.co.uk
- 06 (Fri) Guy Fawkes 10k, 1930 Easton College, Norwich, £8, EOD +£2
- 06 (Fri) Glasswells Bury 5m, 1930 Nowton Park, BSE, £6, EOD +£1
- 08 **ARC** 10k Championships, 0930 Long Ashton Sports Hall, N Somerset, £5, EOD +£1
- 08 Barton 10k, 1100 Recreation Ground, Barton-Le-Clay, Beds, £5, EOD +£1
- 08 St Albans ½ Marathon, www.stalbanshalfmarathon.co.uk
- 08 Stortford 10k, Rugby Club, Bishop's Stortford, £8, EOD +£2
- 08 Magna Carta Relay, 6x1.8m, 1100 Abbey Gardens, B St Eds, £30 www.stedmundswheel.org.uk
- 11 (Wed) Cambs Evening T&F Open Graded Meeting, St Ivo Cnt 1900, £1.50/event, EOD OK
Also BMC regional 800m & 1500m, £2.50/event

June

- 12 (Thurs) **Ely Runners' Midsummer 10k Handicap** (club event), Cricket Club, 1900 for 1930 start, Lt Downham, FOC members & guests. Presentation afterwards in the Albert
- 12 (Thurs) King's Lynn 5k 3/3, 1900 North Lynn Farm, Estuary Rd, PE30 2HL, £5 EOD only
- 12 (Thurs) Eye Charity 5m, 1930 Playing Field, Crowland Rd, Eye, £4 EOD only
- 14 (Sat) Moulton 5m Walk, 1415 Village Hall, £4, EOD +£1
- 14/15 (Sat/Sun) Welsh Castles Relay, <http://www.lescroupiersrunningclub.org.uk/castles/>
- 14/15 (Sat/Sun) SEAA Senior T&F Championships, NSC, Crystal Palace (details above)
- 15 North Downs 30k, 1030, Cascades Leisure Centre, Istead, Gravesend, £13, no EOD
- 15 Abbey 10k (75% road), **CRRL**, **CAA Champs**, 1100 Leisure Centre, Ramsey, £8, EOD +£2
- 15 Hethel Engineering 10m, 1030 HE Centre, Hethel, Wymondham, £9.50, EOD +£2 by 1000
- 20 (Fri) Colworth 5m, Colworth Sports Clubhouse, Beds, £7, no EOD
- 21 (Sat) Framlingham Mid-Summer ½ Marathon, 1000, Badingham Rd, £10, EOD OK
- 21 (Sat) Colworth 8m, Colworth Sports Clubhouse, Beds, £8, EOD +£2
- 22 Littleport Sunshine 10k, 1045 Leisure Centre, £10, entry forms www.sunshine10k.co.uk
- 22 Capel Cheetahs RC 5, 1300 Village Hall, Capel St Mary, Ipswich, £5, EOD +£2
- 25 (Wed) **ARC** XC Championships (5m), 1915 QE Country Park, Petersfield, £5, no EOD
- 25 (Wed) Wroxham 5k, 1915 Broadlands High School, Hoveton, £5.50, EOD +£2
- 27 (Fri) John O'Callaghan 5m (Beds champs), 1930 Luton Hoo, £8, www.lutonathleticclub.co.uk
- 27 (Fri) Stowmarket Striders 5m, 1945 Haughley Park, Stowmarket, £7, EOD +£1
- 28 (Sat) **ER** Punting in Cambridge, julie@elyrunners.co.uk
- 29 BMAF 10k Championship, 1030 Prestwold Hall, Loughborough, £8, no EOD
- 29 Sutton Feast Beast 7m MT, 1100 New Pavilion, Sutton, £6, EOD +£1
- 29 Wisbech St Mary 2m/5m, 1400/1430 Country Fayre, Sports Field, 01945 410610, £5/EOD

July

- 02 (Wed) Sudbury Joggers 5m, 1930 Football Club, Brundon Lane, £5, EOD +£2
- 03 (Thu) Ryston Midsummer 5m, 1930 War Memorial Playing Field, Downham Market, £5, EOD +£1
- 03 (Thu) **ER** after training drinks, julie@elyrunners.co.uk
- 05/06 (Sat/Sun) BMAF T&F Championships, Alexander Stadium, Birmingham, CD 19/6
- 06 Frostbite Friendly League AGM, 1930 Deaf Blind UK, Peterborough
- 06 BMAF 10k, Loughborough
- 06 EAA T&F Champs (incl 800m, 1500m, 3000m), Cambridge Uni Track, £5/event, CD 21/6
- 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
- 13 Bushy 10k, **CRRL**, 1100 Bushfield, Peterborough, £6, EOD +£1
- 18 (Fri) Run/Bike 20k, 1900 Mayday Fld, Thetford Forest, £25, EOD +£5, www.runbikeevents.com
- 20 St Ives Dairy Crest 10k, **CRRL**, **RRGP**, Leisure Centre, £10, no EOD, www.huntsac.org.uk
- 20 Wardown 5k, 1100 Wardown Park, Luton, £8, www.lutonathleticclub.co.uk
- 22 (Tue) Fairlands Valley Spartans Road Relays (M 5x3k, W 3x3k), 1930 FV Park, Stevenage
- 23 (Wed) Cambs Evening T&F Open Graded Meeting, St Ivo Cnt 1900, £1.50/event, EOD OK
- 27 Luton 10k incorp EVAC 10k Championships, 1100 Luton Hoo, £8, www.lutonathleticclub.co.uk

August

- 01 (Fri) Wibbley Wobbly Log Jog (5m TR), 1930 Brandon Forest, www.bfh.org.uk
- 03 Wellingborough 5m, 1100 Old Grammarians School Sports Field, Sywell Rd, £8, EOD+£2
- 07 (Thu) **ER** after training drinks, julie@elyrunners.co.uk
- 17 Thorney 5m, **CRRL**, **CAA Champs**, 1030 Bedford Hall, Thorney, Peterborough, £6, No EOD
- 20 (Wed) Nene Valley 5k, **CRRL**, **CAA Champs**, 1900 Ferry Meadows, Peterborough
- 31 **ARC** 10m Championships, Thornbury, S Glos

September

- 04 (Thu) **ER** after training drinks, julie@elyrunners.co.uk
- 07 Wissey Half Marathon, 1030 Oxborough Vil Hall, (EVAC GP & Champs)
- 14 **Atrium Grunty Fen ½ Marathon**, **CRRL**, **CAA Champs**, 1030 Witchford Village College, Ely, www.gruntyfen.co.uk.
- 20/21 (Sat/Sun) Round Norfolk Relay (**ER** team: *Alan Rutterford*), www.roundnorfolkrelay.com
- 28 Berlin Marathon

October

- 02 (Thu) **ER** after training drinks, julie@elyrunners.co.uk
- 05 Loch Ness Marathon/10k/5k, www.lochnessmarathon.com

October

- 05 Great North Run ½ Marathon
- 12 Great Eastern Run ½ Marathon, **RRGP**, Peterborough, www.peterborough.gov.uk/page-5340
- 12 Ryston 5k XC, 1100 Shouldham Warren, EOD only
- 12 Chicago Marathon
- 19 Abingdon Marathon, 0900 Tilsley Park Athletics Track, £25, no EOD
- 25 (Sat) Beachy Head Marathon (3,500' climb), 0900 Eastbourne, £20, no EOD
- 26 Fenland 10m, **CRRL**, **CAA Champs**, 1000 West Walton, Wisbech (EVAC GP & Champs)

November

- 02 New York City Marathon
- 06 (Thu) **ER** after training drinks, julie@elyrunners.co.uk
- 09 Ryston 5k XC, 1100 Shouldham Warren, EOD only
- 30 City of Norwich ½ Marathon, **RRGP**, www.cityofnorwichhalfmarathon.com

December

- 04 (Thu) **ER** after training drinks, julie@elyrunners.co.uk
- 07 Nene Valley 10m, Peterborough
- 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
- 14 Ryston 6.5k XC, 1100 Shouldham Warren, EOD only
- 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.newyearseve10k.co.uk

January

- 11 Ryston 9k XC, 1100 Shouldham Warren, EOD only

February

- 15 Ryston 5k XC, 1100 Shouldham Warren, EOD only

March

- 22 Ryston 6.5k XC, 1100 Shouldham Warren, EOD only

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 the affiliated (ARC/UKA or just UKA registered) fees

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.

National, regional and county championship team entries are via Charlie Barker (captain@elyrunners.co.uk).

Club championship & handicap entries are via Steve Tovey

Long distance team relay entries are via Alan Rutterford and paid for (if funds available) by the club.

Club website	www.elyrunners.co.uk
Grunty Fen 1/2M website	www.gruntyfen.co.uk
NYE10k website	www.newyarseve10k.co.uk
Turing Trail Relay website	www.turingrelay.co.uk
Association of Running Clubs	www.runningclubs.org.uk

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