

Ely Runners

RACES & EVENTS 2007-2008

JT 15.03.2007 (March)

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.

A few members have enquired about **Track Races** and we will provide more information (see Race Guide below) and access to regional events such as the Watford Open Graded Meetings, EVAC Track & Field League, and County Championships etc. Please could members who would like to race on the track next summer, particularly middle and long distance events, please contact John Turner so that the necessary arrangements and advice from club coaches can be arranged. A strong winter cross-country season prior to fast road races and relays in the spring is typical preparation for the summer track season.

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 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

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)

The **Frostbite Friendly League Presentation Evening** (organised by Ramsey RR) will be held at Forty Foot Village Hall on Friday 23rd March 2007 from 7:30 pm. There will be a bar and a substantial hot buffet and live band are included in the ticket cost. Tickets (£10) were available directly from Adrian Graham (ad.graham@tiscali.co.uk) but this event is very popular and is now sold out.

Following the decision made at the AGM in January, the club has now affiliated to the recently formed **Association of Running Clubs**. This new organisation (ARC) was set up to give road/XC/trail/fell running clubs a far better deal financially with improved insurance and less bureaucracy than with the costly and somewhat inappropriate (except for track and field) new EA and UKA arrangements. For details of ARC, see www.runningclubs.org.uk. Rod Baron and John Turner are Directors of ARC. Locally, Ramsey Road Runners and Bedford Harriers have also recently affiliated to ARC.

Ely Runners affiliation to UKA will remain valid until 30 September, and following the combined 2006-2007 fee paid last year, are affiliated to SEAA and AAAof E until 31st March 2008. Affiliation to CAA has continued as usual.

The **Grunty Fen Half Marathon** on Sunday 9th March 2007 and Ely Runners' future events will have ARC permits. This year's will incorporate the ARC 1/2M Championships and this will be the first championships organised for this new English national organisation. The race will also include the Eastern Veterans AC Championships and the Cambs Road Race League. An added attraction for 2007 is the introduction of chip timing.

Ely Runners were in the 2006-07 **Frostbite Friendly League** of races for which there were 6 events, one each month from October to March as per the following events list. In the first race at St Neots on 8th October the club was 4th of 15 teams by quite a narrow margin from the 2nd and 3rd placed clubs. In the 2nd race at Bushfield on 12th November, the club was again 4th. However, in the 3rd race at March on 10th December, the club was 1st, and in both the 4th and 5th races at Ramsey and Bourne Woods, the club was 2nd and is was 2nd overall of 15 teams behind Riverside Runners. In the 6th and final race at BRJ Huntingdon, a below strength team could only manage 7th place and the club finished the series 3rd overall. After consultation with the club's committee, the Chairman's nomination for Ely Runners' Senior Runner of the 2006-07 series was **STEPHEN HOWARD**. Stephen ran very hard and was prominent amongst the club's top scorers in all six races.

The list below includes the last **Ryston Runners Cross-Country Grand Prix** race (6.5k) at Shouldham Warren near Downham Market on 25th March. There are 6 races from December to March with distances of 5k, 6.5k and 9k in the series. There are also shorter races for -7, -11, -13, -15 and -17 age groups. The courses are on undulating forest tracks and ideal for beginners or more experienced runners. Arrive prepared, as there are no toilet or changing facilities. Full details at www.rystonrunners.org.uk

At the Committee meeting on 27th September 2006, it was proposed and agreed that there should henceforth be an annual **Ely Runners Cross-Country Championships** for which there will be perpetual trophies for the 1st Male, 1st Female, 1st Age Graded Male, and 1st Age Graded Female. For the season 2006-07, the championships were incorporated into the Frostbite League race at Bourne Woods on Sunday 4th February 2007. The trophy winners (paid up members) were as follows:

1st Male	Ian Day		
1st Female	Natalle Coles		
1st Age Graded	Birgitta Bramley	(78.95%)	1st Female
2nd Age Graded	Ian Day	(77.22%)	1st Male

The club's new riverside Ely-Cambridge-Ely event, the **Turing Trail Relay**; is on Sunday 18th March - see www.turingrelay.co.uk. There has been a lot of interest and the extended race limit of 75 teams was reached in February. There are 6 stages from 5.3 to 6.2 miles, total 35 miles. For course marking and marshalling, the 6 stages have been divided into three loops (1+6, 2+5, & 3+4) under the responsibility of 3 Loop Sector Marshals. If anyone not already involved would like to help, please contact Darren Murfitt (i/c Marshals) on 01353 664650, mob 07979 537657, darren_murfitt@hotmail.com to offer to help. The club had intended to enter 2 teams (1 men's team and 1 women's team) but so far has been unable to do so due to the requirement for marshals. A full route description, complete with narrative, photographs and distances is on the race website.

Congratulations to **Ian Day** on his first race win in the Belvoir 15m XC Challenge on 24th February.

Julie Foreman is organising a **Night Out at Peterborough Greyhound Track** for members on Friday 30th March. The doors open at 6:30 pm with the first race at 7.30 pm and the last race at 10:30 pm. If the club can get 10 + people she will purchase a "Six Pack" entry voucher for £10 per person. Each member of the group receives a strip of 6 vouchers - admittance and race card, 2 drinks vouchers, 1 basket meal, and 2 x £1 Tote bets. If there are enough going, she will look into hiring a bus to and from the track. The ER Chairman has very kindly decided that the club will subsidise the cost of the bus provided members using this facility have helped with the Turing Relay on 18th March. If you'd like to go, please contact Julie ASAP on julie.foreman@ntlworld.com .

On Sunday 15th April, four Ely Runners (+ Team Manager Helen Crisp) from Soham will take part (expenses paid) in the **Andrezieux-Boutheon 10k** near Lyon in France as a team representing Soham Twinning Association. The team comprises Lisa Redman, Birgitta Bramley, Ian Blatchford, and John Crisp.

Club Coach Max d'Ayala 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 members who have not yet paid 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 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 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 currently training at night on the streets of Ely and 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.

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 Coach Max d'Ayala who will either advise you himself or ask Coaches Alan Rutterford and Adam Etches to help.

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, please could members recovering from injury, or resting from racing, or recovering fitness, please attend training to help our beginners. A warm welcome is extended to the following

recent new members: Craig Holgate, Rebecca Mosley, Stephen Pettit, Siobhan Palmer, Samantha Collins-Shirley, Wendy Fox, Melanie Fisher, Leyla Prince, and Jonathan Sykes.

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) for paid-up members for their own use. Subsequent fleeces or those for non-members 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 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 his 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** to the web site's home page, which is now being used regularly by members.

Club vets who are not members of EVAC may run as guests of club EVAC members in **EVAC Championships**.

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.

RACE GUIDE

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

March

18 **Turing Trail Relay** (Ely-Cambridge-Ely) in 6 stages (see www.turingrelay.co.uk)
25 Thorney 10k, 1030 Bedford Hall, Thorney, £6, EOD +£1
25 Ryston 6.5k XC, 1100 Shouldham Warren, EOD only
25 Broadland ½ Marathon, 1000 South Walsham Village Hall, £8, EOD +£2
25 Stowmarket Joe Cox 10m, 1100 Mid-Suffolk Leisure Centre, Stowmarket, £8, EOD +£2
25 Sandy 10 (+), 1030 Upper School, Engayne Av, £8, no EOD
25 Lincoln 10k, 1100 city, £12 + £2 for post, packaging, chip timing etc, www.lincoln.gov.uk

April

01 Oakley 20m+, 1000 Lincroft Middle School, Station Rd, Oakley, Bedford, £14, EOD +£2
01 Black Dog Marathon/1/2 Marathon, 1030/1230 Spts G, Pirnhow St, Bungay, £12, EOD +£3
01 SEAA Men 6 x 5.2k + 6 x 7.7k, Women 6 x 5.2k Road Relay Championships, Open University, Milton Keynes, club entry via JT by 19/2
06 (Fri) Sudbury Fun Run 5m+, 1000 North St, £7, EOD +£3
08 Livingston Relays (M4x3m, W3x3m), Loughborough University, *Club entry via JT*, CD 6/4
08 Belvoir ½ Marathon (TR), 1000 Village Hall, Hose, Leics, £10, EOD +£2
08 Trowse 10k, 0930, Norfolk Ski Club, Whitlingham Lane, Trowse, £tba, info@conac.org.uk
09 Stanwick 10k, 1030 High St, Stanwick, Wellingborough, £6, no EOD
15 Flitwick 10k (Beds AA & Vet Champs), 1100 Village Hall, Dunstable Rd, £8, CD 2/4

April

- 15 Andrezieux-Boutheon 10k, Lyon, France (*ER team representing Soham Twinning Assoc*)
15 Paris Marathon
22 London Marathon, www.london-marathon.co.uk
22 Chase the Train 8.9m, 1400 Bure Valley Railway Station, Aylesham, Norfolk, £9, EOD +£1
25 (Wed) Gt Yarmouth Prom (race 1) 5m, 1915 Marina Leisure Cnt, Marine Parade, £5, EOD
29 EVAC Road Relays & AGM, 1100 Sports Pav, Hemmingford Grey (*free club entry via JT*)
29 Breckland 10k, 1100 Croxton Village Hall, Thetford, £7, no EOD
29 Bradenham Challenge 15, 1100 Soham Grove Fm, Saham Toney, Watton, £tba, no EOD

May

- 03 (Thu) Newmarket Heath 6k, 1900 Heath (between Bury Rd and Moulton Rd), £tba, EOD
06 Great East Anglia Run 10k, 1030 Mkt Place, Kings Lynn, www.greatastangliarun.co.uk
07 (Mon) Watford 10k+, 1100 Casiobury Park, £10, EOD +£4
07 (Mon), Ashdon 10k+, 1030 Village Hall, Ashdon, Saffron Walden, £6, EOD +£2
08 (Tue) Silverstone Grand Prix 10k, 1930 Silverstone Circuit, N'Hants, £4.50, EOD +£1.50
09 (Wed) Gt Yarmouth Prom (race 2) 5m, 1915 Marina Leisure Cnt, Marine Parade, £5, EOD
12 (Sat) Cambs AA T&F Championships, St Ives (*club entry via JT*)
13 Eye 10k, 1100 Eye School, Eyebury Road, Eye, Peterborough, £7, EOD +£1
13 Dereham 10, 1100 Neatherd School, Norwich Road, £6, EOD +£1
13 Stevington 12k, 1100 Village Hall, Stevington, Bedford, £8, EOD
13 Leeds ½ Marathon, 0930 city, £14.50, CD 23/4, www.leeds.gov.uk/runleeds
20 East Cambs Half Marathon, 1115 St Andrews Primary School, Soham, £7, EOD +£2
20 Brathay Windermere Marathon, around England's largest lake, www.brathay.org.uk
20 Copenhagen Marathon, www.copenhagenmarathon.com

June

- 03 EVAC 5m Championships/Grand Prix, 1100 Reach Village Hall
10 North Downs 30k, 1030 www.isteadandifield.org.uk
10 EVAC T&F Championships, Milton Keynes (*club entry via JT*)
14 (Thurs) **Ely Runners' Midsummer 10k Handicap** (*private club event*), Cricket Club, 1930
Lt Downham, FOC members & guests. Presentation afterwards in the Prince Albert, Ely
16/17 (Sat/Sun) SEAA T&F Senior Championships, venue tba
20 (Wed), Wyomondham Midsummer 10m
23 (Sat) Picnic Marathon, 1400 Box Hill, Dorking, 6000' up/down North Downs
23 (Sat) Midsummer Munro ½ Marathon, 1400 Box Hill, Dorking, 3000' up/down North Downs
24 Round the Island (Lions) 13m, 1000 Willoughby Av car park, W Mersea, £6, EOD +£2

July

- 01 EVAC 10k Championships/Grand Prix, 1100 Comberton Village Hall
01 Sutton Feast Beast 7m MT, 1100 New Pavilion, The Brook, Sutton, £6, EOD +£1
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*

August

- 01 Paddock Wood (Kent) ½ Marathon, 1100 British Car Auctions, Eldon Way, £11, EOD +£4
05 EVAC 5k Championships/Grand Prix, 1100 Granchester, Cambridge
18 (Sat), Race the Train 14m TR, Tywyn, Wales, www.racethetrain.co.uk, CD 5/8
26 Mersea 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

September

- 09 *Grunty Fen ½ Marathon, 1030 Witchford Village College, Ely, www.gruntyfen.co.uk. Includes ARC and EVAC Championships*
15/16 (Sat/Sun) Round Norfolk Relay, www.roundnorfolkrelay.com
30 *Club ARC affiliation review*

October

- 07 Loch Ness Marathon/10k/5k. www.lochnessmarathon.com
27 (Sat) Beachy Head Marathon (3,500' climb), 0900 Eastbourne

November

18 Stortford 10

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

31 (Mon) **Ely New Year's Eve 10k Road Race**, 1100 Lt Downham, £7 on-line only, no EOD,
www.newyearseve10k.co.uk

January 2008

February

01 (Fri), **Ely Runners Annual General Meeting**, 1930 Paradise Centre, upstairs bar room

March

16 **Turing Trail Relay** (Ely-Cambridge-Ely) in 6 stages (see www.turingrelay.co.uk)

NOTES

Midweek training from the Paradise Centre (meet in upstairs bar) 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.

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.newyearseve10k.co.uk
Turing Trail Relay website	www.turingrelay.co.uk