

Ely Runners

RACES & EVENTS 2006-2007

JT 02.05.2006

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.

The 8 race **Cambridgeshire Road Race League (CRRL)** started on 26th March with the Fred Wright 10k at Whittlesey. The next race is the popular Eye 10k on 14th May. 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

The Minutes of the **AGM** on 20th 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 15th June 2006 (instead of training) at the Cricket Club, Little Downham, starting at 1930. Entry is free of charge to members and guests. Afterwards, there'll be sandwiches and chips at the Prince Albert in Ely.

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 members save this amount.

Charlie Barker has made three handsome shields for the club's **Straight Mile Handicap**, which will be incorporated into training on Thursday 13th 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 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.

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 10th 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 to offer to help.

As agreed at the AGM, we have entered a team ('Open' category) for the **20th Round Norfolk Relay** (www.roundnorfolkrelay.com) on Sat/Sun 16/17th 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.* 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 19th March, details of which can be found on the club's website www.elyrunners.co.uk. The first open

event will be on Sunday 18th 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

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 have just started Summer Time daylight training and this will now be mainly on mixed terrain to make a welcome change from the streets of Ely. There will be 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 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) 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 to order. See 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) 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.

May

01 (Mon) Ashdon 10k (+), 1030 Village Hall, Ashdon, Saffron Walden, £6, EOD +£2
02 (Tue) Silverstone Grand Prix 10k, 1930 Racing Circuit, N'hants, £4.50, EOD +£1.50
04 (Thu) Newmarket '6k' (3.5m), 1930 Heath Land, Bury Road (by BP garage), £4, EOD +£1
07 EVAC Road Relays (4 x 3k M35-44/45-54 & 3 x 3k W35+/M55+), 1100 H'ford Grey
07 EVAC AGM 1230 Hemmingford Grey Sports Pavilion
13 (Sat) Cambs AA Track & Field Champs, University Track, Wilberforce Road, Cambridge
14 Eye 10k (**CRRL**), 1100 Junior School, Eyebury Road, Eye, Peterborough, £7, EOD +£1
14 Dereham 10m, 1100 Neatherd High School, Norwich Rd, Dereham, £6, EOD +£1
14 Halstead Marathon, 1000 The Ramsey School, Colne Road, £12.50, EOD £+3.50
17 (Wed) Bedford 6, 1945 Mowsbury Park, Bedfordshire, £4.50, EOD +£2
19 (Fri) Colchester 5m, 1930 Hamilton Lodge, Parsons Hill, Gt Bromley, £5, EOD +£1
20 (Sat) BMAF Road Relays, Sutton Pk, Sutton Coldfield, 3-8 stages x 3m M/F age cats.

20/21st Green Belt Relay 220m (team of 11 for 22 legs), starts Hampton Court, £175/team
21 Ross Pears East Cambs ½ Marathon, 1115 St Andrews Prim Sch, Soham, £7, EOD +£2
21 Charles Bentley 10k, 1100 Deepings Rugby Club, Deeping St James, £5, EOD +£2
21 Gog Magog Hill Trust Trail 5m, 1030 Magog Down, Cambridge, £5, EOD +£1
24 (Wed) CAA Development Meeting, St Ives (5,000m 2045), club entry via JT or EOD £1.50
27 (Sat) Cader Idris Fell Race (10.5m/3,000'), 1400 Dolgellau, N Wales, £5, EOD £6 (lim 250)
28 Great East Anglia Run 10k, King's Lynn, £7.50, no EOD, www.greateastangliarun.co.uk
29 (Mon) Brandon Forest ½ Marathon (TR), 1030 Mayday Field B1106, £7, EOD £1 (250 lim)

June

01 (Thu) Wroxham 5k, 1900 Broadland High School, Hoveton, £5, EOD +£2
02 (Fri) Bury 5m (mixed terrain), 1930 Nowton Park, Bury St Edmunds, £6, EOD +£2
03 (Sat) John & Helen Crisp's wedding reception, 1930 Riverside Hotel, Mildenhall
04 EVAC 5m Championships/Grand Prix, 1100 Reach Village Hall
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, £15, CD 5/6, www.conac.org.uk
11 St Albans ½ Marathon, 1000, £14, 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
17 Lipton Marathon Challenge (Trail Race 8.1m XC 1200 Sharnbrook, Beds)
18 Lipton Marathon Challenge (1/2 Marathon MT 1030 Sharnbrook, Beds)
23 (Fri) Marston Vale Forest 5k, 1930 Fst Cnt, MV Cntry Pk, Marston Moretaine, £6, EOD £9
25 North Downs Run 30k TR, 1030 Cascades Leisure Centre, Thong, Gravesend, £12
25 Sutton Feast Beast 7m MT

July

02 EVAC 10k Championships/Grand Prix, 1100 Comberton Village Hall
02 British 10k London Run
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 Ramsey 12k MT (CRRL)
13 (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
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),
23 Fairlands Valley Challenge (26m TR)

August

06 EVAC 5k Championships/Grand Prix, 1100 Gonville & Caius, Cambridge
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
20 Thorney 5m (CRRL), 1030 Bedford Hall, Thorney, £6, EOD +£1
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
03 Ely Triathlon, ERs 5k off-road at King's School, 20 volunteers to adam.etches@ge.com
03 Budapest Marathon
10 Grunty Fen ½ Marathon (CRRL), 1030 Witchford Village College, Ely,
www.gruntyfen.co.uk. Includes RRC of UK Championships and EVAC Championships
10 Robin Hood Marathon & ½ Marathon, Nottingham
16 (Sat) High Peak Challenge 40m TR, 0900 Buxton

16/17 (Sat/Sun), Round Norfolk Relay, www.roundnorfolkrelay.com
17 Glenn Miller 10k, 1100 Twinwoods Airfield, Bedford, £6.50, EOD +£1.50
24 Saffron Walden 10k (MT), 1030 County High School Sports Centre, £6, EOD +£2
24 Dedham 10k. 1100 Playing Fields, Dedham, Colchester, teams 4, £7, EOD +£2
17 New Forest Marathon & ½ Marathon, www.nfma.org.uk

October

01 Budapest Marathon, 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 Peterborough
15 Jog Shop Jog (20m TR, 2,700' climb), 0900 Brighton Marina, £8, EOD + £7!
22 Abingdon Marathon, 0900 Tilsley Park Athletics Track, £18, CD 15/9, no EOD
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

05 Stevenage 1/2M, 1030 Ridlins Track, Stevenage, £10, EOD +£2
12 Ryston 9k XC, 1100 Shouldham Warren, EOD only
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
17 Ryston 6.5k XC, 1100 Shouldham Warren, EOD only
31 **Ely New Year's Eve 10k Road Race**, 1100 Lt Downham, www.newyarseve10k.co.uk

January

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

February

18 Ryston 5k XC, 1100 Shouldham Warren, EOD only

March

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

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) 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.newyarseve10k.co.uk

Turing Trail Relay website www.turingrelay.co.uk