

# *Ely Runners*

## **RACES & EVENTS 2005-2006**

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.

Thank you to members who stood in the cold as marshals for the **Hereward Relay** on Sunday 27<sup>th</sup> November 2005. Also to Eric Drury for setting up the Finish area, Alan Rutterford for organising the teams and marshals, and Tony Hall and Karen Walsh for being recovery drivers.

The **Frostbite League** has six inter-club races of 5-6 miles (road/mixed terrain/XC) at one per month from October to March and the remaining four events are on the list below. All races start at 11:00 am and a scoring team is 10 members of which at least 2 must be women but any number of members can run and all will contribute to the results by competing with potentially scoring runners of other clubs. The club's Team Recorder is Eric Drury (mob 07876 288496). The League's £100 membership fee for the 2005/06 season has been paid by the club so members run free of charge. Club colours must be worn whilst competing in the league. Yaxley Runners will host the Presentation Evening (venue below) on Friday 24th March 2006. Ely Runners' final positions since joining the FFL have been 2001/02 **9th**, 2002/03 **2nd**, 2003/04 **1st**, and 2004/05 **4th** of 17 teams. This season, Ely Runners were 7<sup>th</sup> at St Neots in October and then improved to 1<sup>st</sup> at Bushfield in November. The next race is at Swavesey on Sunday 18th December and it is important that we build on our success by having a strong turnout

The list below includes **Ryston Runners Cross Country Grand Prix at Shouldham Warren** near Downham Market with 4 remaining 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](http://www.rystonrunners.org.uk)

Following interest by members, the club has entered the **East Anglian Cross Country League (EACCL)**. The seven remaining venues are included in the events list below. Men's races are 5-6 miles and women's about 4 miles. All the races are on Wednesdays at 2:30 pm and the courses are on a wide range of locations all over East Anglia. Teams are 4 runners. The first 4 to finish will be the 'A' team and the next 4 the 'B' team. Categories are Jn M/W, Sn M/W and Vet M/W in 5 year categories to FV50+ and MV50 and then MV50-59 and MV60+. Accumulative team and individual scores will be taken from a maximum of 7 races. The club has paid the entry fee so members (and their guests) run free of charge. Guests will not count for League points. This is an enjoyable and friendly league and refreshments often follow races.

The club's annual **Christmas Drinks at the Albert** will be on Wednesday 7th December 2005 at the Price Albert pub in Silver Street, Ely at 8:00 pm. This is a very informal annual gathering for members and their families and friends. Sandwiches and chips will be provided by the club. The draws for the club's *two* allocated 2006 London Marathon entries (entrants must have been rejected so please bring your rejection envelopes) and the BARR London Marathon committee entry will take place. If you are unable to attend the Christmas Drinks and have been rejected, please contact John Turner for your name to be included in the draw(s). There will also be a draw for six Frostbite League thermal hats between members who raced in most of the 2004-05 League races and a raffle for the East Anglia's Children's Hospice with some good prizes as well as the usual 'interesting' prizes. To help with catering, please could members confirm with numbers attending to John Turner by email or tel 01353 667678. Parking is convenient in the nearby Barton Road car park.

**Ely Runners pre-Christmas training runs** from Woodditton/Reach to Ely will be on Sunday 11<sup>th</sup> December 2005. The starts will be at Woodditton (18.5 miles – meet Paradise 0800) and Reach (11.0 miles – meet Paradise 0845). There will be 3 checkpoints with refreshments. Please confirm if running and/or having lunch afterwards at the High Flyer to John Turner [secretary@elyrunners.co.uk](mailto:secretary@elyrunners.co.uk)

The club's open race **Ely New Year's Eve 10k Road Race** at Little Downham (start 1100) has already reached its limit of 650 entries. Please contact Darren Murfitt ([darren\\_murfitt@hotmail.com](mailto:darren_murfitt@hotmail.com)) or tel 01353 664650 mob 07979 537657) to help at this event.

The **Cambs AA County Cross Country Championships** are on Sunday 15<sup>th</sup> January 2006 at Priory Park, St Neots. The Sn/Vet Men's 10k starts at 1200 and the Sn/Vet Women's 6k at 1325. Entries are made and paid for by the club. If you would like to run, please contact John Turner tel 01353 667678 or email [secretary@elyrunners.co.uk](mailto:secretary@elyrunners.co.uk). The club has a long record of success in these championships and a good turnout is required to continue this tradition. To be eligible you must have been born in Cambs or have 9 month prior residency.

Ely Runners' **Annual General Meeting** is on Friday 20<sup>th</sup> January 2006 at 1930 in the Upstairs Bar Meeting Room at the Paradise Centre. Please try to attend this important club event and help decide the future of your club. The club's annual trophies and awards will be made. Please send nominations for the Committee and items for the agenda to John Turner [secretary@elyrunners.co.uk](mailto:secretary@elyrunners.co.uk). As he is working in Munich (until later in 2006) Torsten Lytken will not be seeking re-election as **Team Captain** and proposals (ie yourself or someone else) for this Committee position should be forwarded to me. It is an important figurehead role, particularly for team organisation and selection.

The **SEAA Cross Country Championships** on Saturday 28<sup>th</sup> January 2006 have moved from their usual venue at Parliament Hill, Hampstead Heath in North London to Bicton College (north of Budleigh Salterton) in East Devonshire. Sn Women (8k) start at 1350 and Sn Men (15k) start at 1450. A Sn Men's team has been entered (6 score from 12) by JT as it is mandatory for entry to the English National XC Championships on 25<sup>th</sup> February.

**The Eastern Athletic Association XC Championships** are on Sunday 19<sup>th</sup> February at RAF Barnham, near Thetford.....XXXXXXXXXXXXXXXXXXXX

Members from the SEAA XC Championship team entry who wish to run in the **English Cross Country Championships** at Parliament Hill on Saturday 25<sup>th</sup> February 2006 must have been entered for the SEAA Cross Country Championships. Entries (via JT) will be sent to arrive by closing date 8<sup>th</sup> January.

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.

Charlie Barker has now completed 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. They will be awarded after changing by Chairman Peter Gipp at The Prince Albert.

We have recently been asked and accepted the **Road Runners Club of the UK Half Marathon Championships** in the **Grunty Fen Half Marathon** on Sunday 10<sup>th</sup> September 2006

Club Coach Max d'Ayala has now obtained several **books on running and injuries** on behalf of the club. These books are kept 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.

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 nights so they become familiar with routines and routes and are not left alone. Therefore, please could members who are recovering from injury, or resting from racing, or recovering fitness, please attend training to help our beginners.

**Training** on Tuesday and Thursday continues to be well attended with 15 to over 30 members regularly appearing. Due to the increased number of members meeting at the Paradise for training, members now assemble in the bar upstairs to avoid blocking the foyer. Now it is dark in the evenings training will be mainly within Ely with interval/repetition/hill sessions on Tuesdays and steady (5-8 miles) runs on Thursdays. 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.

The club has purchased **reflective bibs** for members to wear whilst training at night. These are available at the Paradise centre for use on training nights and have been issued to most members. Important advice on training at night is on the club's web site [www.elyrunners.co.uk](http://www.elyrunners.co.uk)

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. Please contact John Turner [secretary@elyrunners.co.uk](mailto:secretary@elyrunners.co.uk) to order. See website [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 for use by all members.

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

---

### November

27 Hadleigh 10m, 1100 Hadleigh FC, Duke Street, £8, EOD +£1

29 (Tue) 1800-2200 Sports First Aid Course, Room E7, Witchford Village College, £12 (via JT)

### December

04 Nene Valley 10m, 1300 Bretton Woods School, Flaxland, Bretton Centre, £7, EOD +£1.50

04 Luton Marathon, 1000 Lea Manor Recreation Centre, £15, no EOD

07 (Wed) Ely Runners **Christmas Drinks at the Albert**, 8 pm

11 Long/medium **club pre-Christmas training runs** 18.5m/11m XC, Woodditton/Reach/Upware/Ely, meet 0800/0845 Paradise for transport to long/medium starts

11 Bedford Harriers ½ Marathon, 1100 Wootton Upper School, Hall End Rd, Beds, £10.50, EOD +£2

14 (Wed) **EACCL**, 1430 Earlham Park, Norwich (UEA)

18 **Frostbite League**, 1100 Swavesey Village Col., (concrete roads/soft tracks), meet Paradise 0900

18 Ryston 6.5k XC, 1100 Shouldham Warren, EOD only

27 (Tue) Buntingford Year End 10m, 1030 Freman College, Bowling Green Lane, £8, no EOD

31 (Sat) **Ely New Year's Eve 10k Road Race**, 1100 Lt Downham, [www.newyeareve10k.co.uk](http://www.newyeareve10k.co.uk)

### January

01 New Year's Day 10k, Wymondham, 1100 Central Hall, £6, EOD +£1

04 (Wed) Balancing Blues 5k, 1915 Bedford Int Athletic Stadium, £5 (£12 series), EOD +£2

08 **Frostbite League**, 1100 Ailwyn School, Ramsey (grass, farm roads/tracks), meet Paradise 0900

11 (Wed) **EACCL**, 1430 Chantry Park, Ipswich (Suffolk Police)

15 Cambs AA XC Championships, Priory Park, St Neots, Sn/Vet Men's 10k at 1200 & Sn/Vet Women's 6k at 1325. club entry via JT.

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

22 EVAC XC Championships, Wimpole Park, Arrington (club entries via JT)

22 Folksworth 15m, 1100 Folksworth Village School, £9 by 14/1, no EOD

25 (Wed) **EACCL**, 1430 Friday Woods, Colchester (Garrison)

25 (Wed) Balancing Blues 5k, 1915 Bedford Int Athletic Stadium, £5 (£12 series), EOD +£2

20 (Fri) Ely Runners' **Annual General Meeting**, 1930 Upstairs Bar Room, Paradise Centre

28 (Sat) SEAA XC Championships, Bicton College, E Devon. Entry (via JT/club) necessary for

ECCA National Champs on 25/2

## February

04 (Sat) SEAA Veterans XC Championships, Ruislip, Middlesex  
05 **Frostbite League**, 1100 Bourne Woods, Bourne, (woodland paths/tracks), *meet Paradise 0845*  
05 Watford ½ Marathon, £12, [half@watfordharriers.org.uk](mailto:half@watfordharriers.org.uk)  
12 St Valentines 30k, 1100 Queen Eleanor School, Green Lane, Stamford, £12, EOD +£2  
15 (Wed) **EACCL**, 1430 Bacton Woods (Hospital Combine)  
15 (Wed) Balancing Blues 5k, 1915 Bedford Int Athletic Stadium, £5 (£12 series), EOD +£2  
19 EAA XC Championships, RAF Barnham, Thetford, 1310 SM 12k, 1410 SW 6k, club entry via JT  
19 St Peter Brewery GE Run 20k, 1100 Bungay Sports Hall, Queens Rd, Bungay, £9.50, EOD +£3  
19 Ryston 5k XC, 1100 Shouldham Warren, EOD only  
22 (Wed) **EACCL**, 1430 Nowton Park, Bury St Edmunds (St Edmunds Pacers)  
25 (Sat) ECCA National Championships, Parliament Hill Fields, London (club entry via JT)  
26 Bury 20 (Suffolk Champs), and Nearly 10, 1030 Nowton Park, Bury St Edmunds, £15/£11, no EOD  
26 Sleaford ½ Marathon, 1030 RAF College Cranwell

## March

05 **Frostbite League**, 1100 BRJ Centre, Huntingdon, (roads and tarmac paths), *meet Paradise 0900*  
05 Wymondham 10/20, 1015 Central Hall, Back Lane, £8, EOD +£1  
05 BMAF Open XC Championships, Kings Park, Bournemouth, M 8k, W 6k  
08 (Wed) **EACCL**, 1430 Shouldham Warren (RAF Marham)  
15 (Wed) **EACCL**, 1430 Relays/Presentation, (RAF Barnham)  
12 Mondri 15, 1000 Officers Social Club, HM Prison Whitemoor, March, £8, EOD +£2  
12 Newton's Fraction ½ Marathon, 1030 S Kesteven Sports Stadium, Grantham, £7, EOD +£1.50  
19 Broadland ½ Marathon, 1000 South Walsham Village Hall, £7, EOD +£1  
24 (Fri) **Frostbite League** Presentation Evening, Deafblind UK Building, Hampton, Peterborough  
25 (Sat) Compton Downland Challenge 40+, 0900 Downs School, Compton, Newbury, £13, EOD +£3  
26 Ryston 6.5k XC, 1100 Shouldham Warren, EOD only  
26 Joe Cox 10, 1100 Mid Suffolk Leisure Centre, Gainsborough Rd, Stowmarket, £7, EOD +£1  
26 (prov) Sandy 10, 1030 Sandy Upper School, Engayne Av, Sandy

## April

02 Oakley 20+, 1000, Lincroft Middle School, Station Rd, Oakley, Bedford, £12, EOD +£2  
23 London Marathon (ballot entries now closed)

## May

20 (Sat) BMAF Road Relays, Sutton Park, Sutton Coldfield

## June

15 (Thurs) **Ely Runners' Midsummer 10k Handicap** (*private club event*), Cricket Club, 1930 Little Downham, FOC members & guests  
25 Sutton Feast Beast 7m MT

## July

13 (Thurs) *club training at 1900 will include the 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 awarded afterwards in The Prince Albert*

## August

## September

10 *Grunty Fen ½ Marathon, 1030 Witchford Village College, Ely, [www.gruntyfen.co.uk](http://www.gruntyfen.co.uk)*  
*Includes RRC of UK Championships*  
16/17 (Sat/Sun), Round Norfolk Relay

## October

01 Great North Run ½ Marathon  
26 (Sat) Beachy Head Marathon, 0900 Eastbourne  
27 Snowdonia Marathon, 0930 Electric Mountain, Llanberis

---

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

Courses are roads and/or hard footpaths/cycle ways unless otherwise mentioned

Distances without units (ie m or k) are probably m = miles

Frostbite races (2005/06 season) are 5-6 miles

Further details of events from the Club notice board in the Paradise Centre foyer, running magazines, websites, or from Secretary John Turner ([secretary@elyrunners.co.uk](mailto:secretary@elyrunners.co.uk)) who also has details of all 2005 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)