

Ely Runners

RACES & EVENTS 2005-2006

At the end of July, Ely Runners became the 100th member of the **Association of GB Athletic Clubs (ABAC)** details of which can be found on their website www.britishathleticsclubs.com. Members are welcome to comment to secretary@elyrunners.co.uk on this new organisation. ABAC advised their members to vote 'No' to all four proposals in UKA's Foster Project Independent Poll and the Committee agreed to do so. Details were circulated to members by email on 1st October 2005.

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 last (of 8) races in the **2005 Cambridgeshire Road Race League (CRRL)** is the Fenland 10 Miles on Sunday 30th October at West Walton. It incorporates the County and EVAC Championships. Club standings are calculated on the best 7 results of 8 events and the individual standings on best 5 results from 8 events. There are awards for the 1st 3 men's teams, 1st 3 women's teams, 1st 3 individual men, and 1st 3 individual women. Results will be on www.nenevalleyharriers@fsnet.co.uk. The club has featured prominently in previous years. In both 2003 and 2004 Ely Runner's men's team were 3rd of 25 teams and Ely Runners' women improved from 17th in 2003, to 9th of 23 teams in 2004. In the individual men's event in 2004, Alex Tate was 1st, Maurice Reed 10th, and Alan Rutterford 12th. The first Ely Runners' woman in 2004 was Karen Foreman who was 26th. In 2003, Stephen Howard was 5th, Maurice Reed 9th and Alan Rutterford 10th in the Individual men's event. In 2000, 2001 and 2003, Diana Gipp was 1st woman overall, a hat trick for which she was presented with an Ely Runner's Special Achievement Award at the 2003 AGM. In 2002, Diana was first woman in 5 of the 6 CRRL races in which she competed!

The **Frostbite League** will have six inter-club races of 5-6 miles (road/mixed terrain/XC) at one per month from October to March and these are on the list of events 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. The first race is at St Neots on Sunday 16th October and it is important that we start well with a strong turnout. As C & C were unable to obtain Swavesey School on Sunday 11th December 2005, their Frostbite event has been put back to Sunday 18th December.

Several members have been entered for the spectacular **Beachy Head Marathon** on Saturday 29th October. There are two spare places available which we may be able to officially substitute for other members. Please contact John Turner ASAP if you would like to run or walk/jog the course. Due to injury, Alan Rutterford will walk/jog the course and invites any member/s who would like to use the two spare places to join him. This hilly South Downs run is almost entirely off-road across some of the most stunning scenery in the UK.

The **ECCA National Cross Country Relays** take place at Berry Hill Park, Mansfield on Saturday 12th November. Senior men run 4 x 5k and Senior Women 3 x 3k. If any members are interested, please contact John Turner. The club will pay for entries and these close on 24th October.

The club intends to enter 4-5 teams including, for the first time, *an all women's team* for the **Hereward Relay** on Sunday 27th November. This is a 38.4 miles four stage relay across the Fens by tracks, footpaths and rural roads from Peterborough Cathedral to Ely Cathedral. The stages are Peterborough to Whittlesey (6.1 miles), Whittlesey to March (11.6 miles), March to Welney (10.3 miles), and Welney to Ely (10.4 miles). Ely Runners will be responsible for marshalling from the Ely bypass to the finish on Palace Green. Second claim members may run. The presentation of awards will be in the upstairs bar in the Paradise Centre after the event. Please could members who would like to run (specify stage) contact the club's coordinator Alan Rutterford (01353 741534) if you would like to run or help. Details were circulated by email on 5th October 2005.

Following interest by members, the club has entered the **East Anglian Cross Country League (EACCL)**. The eleven venues are included in the events list below. Men's races are 5-6 miles women's about 4 miles. All the races are on Wednesdays at 2:30 pm and the venues include some interesting cross country course locations. 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.

As there is now Frostbite League race on Sunday 18th December, the **Ely Runners pre-Christmas training runs** from Woodditton/Reach to Ely have been changed to Sunday 11th December 2005..

Natalle Coles has taken over from Karen Foreman as Ely Runners' **Women's Team Leader** until Karen returns from Australia. Natalle will be organising women members for team and league events.

Torsten Lytken will not be seeking re-election as **Team Captain** at the AGM in January 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 election.

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.

Alan Rutterford has been booked on a **Sport England First Aid Course** at Witchford Village College (6:00 pm - 10:00 pm in Room E7) on Tuesday 29th November 2005. The club will also pay the £12 fee for a limited number of other members to attend the course so that we have a reserve of sports first aid trained members, particularly for club open events. This course is open to all but especially recommended for coaches. It will provide a first aid certificate, handbook, and attendance certificate.

Sweatshop Cambridge have received the **London Marathon News** which includes the application form for the **2006 London Marathon**. It is also available in other sports shops and 2004 and 2005 runners will have received a copy by mail. *The closing date for entries is 21st October 2005.*

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 becoming 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 have been available at the Paradise centre for use on training nights and have been issued to most members. More bibs are currently on order. Advice on training at night has been circulated recently and is on the web site www.elyrunners.co.uk

Many members have been supplied with **club fleeces** and more are on order. 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 (01353 667678 or email secretary@elyrunners.co.uk) to order. See website 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 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.

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

October

- 09 Ryston 5k XC, 1100 Shouldham Warren, EOD only
09 Woodbridge 10k, 1100 Martlesham Heath Village Green, £5, EOD +£2
16 **Frostbite League**, 1100 Priory Park, St Neots, (grass/woodland paths), *meet Paradise 0900*
16 Jog Shop Jog 20m/2300' TR, 0900 Brighton Marina Car Park, £7, EOD +£3
16 Abingdon Marathon, 0900 Tilsley Park, £18, CD 30/9, no EOD, fast flat course
16 Promenade 10k, 1100 Gt Yarmouth High School, Salisbury Rd, £6, EOD +£1
16 Amsterdam Marathon, 1/2 Marathon, & 10k - see 17th July email invitation to go with C & C
19 (Wed) **EACCL**, 1430 Bacton Woods, RAF Coltishall
23 North Norfolk 7m, 1030 Gresham's School, Holt, £6, EOD +£2
23 Exmoor Stagger 16m/3300' (TR), 1100 W Somerset Community College, Minehead, £10, EOD +£2
23 Ampthill 8k XC Trophy Race, 1100 Ampthill Park, £5, +£2 EOD. Also 4k Junior race at 1020.
29 (Sat) Beachy Head Marathon (3,500' hill/trail), 0900 St Bede's School, Eastbourne, £17, race full
30 Fenland 10m (**CRRL**), 1000 Marshland High School, West Walton, Wisbech. Incorporates Cambs County & EVAC Championships (+£2) & Grand Prix
30 Snowdon Marathon, 0930 Electric Mountain, Llanberis, entries closed
31 (Mon) Dublin Marathon, www.dublincitymarathon

November

- 02 (Wed) **EACCL**, 1430 Wattisham Airfield
06 Stevenage Half Marathon, 1030 Ridlins Track, Woodcock Road, £9, EOD +£2
12 (Sat) ECCA National Cross Country Relays, Mansfield, 1335 W 3 x 3k, 1415 M 4 x 5k, club entry
13 **Frostbite League**, 1100 Bushfield Sports Centre, Peterborough, (tarmac/firm paths), *meet Paradise 0900*
13 Ryston 9k XC, 1100 Shouldham Warren, EOD only
13 Stowmarket Scenic 7m, 1105 Mid Suffolk Leisure Centre, £6, EOD +£1
16 (Wed) **EACCL**, 1430 Great Yarmouth RR
20 St Neot's Half Marathon, 1000 St Neot's Recreation Centre, Eynesbury, £12 by 5/11, popular/no EOD
20 Stortford 10m, 1000 Bishop's Stortford College, Maze Green Road, £8, EOD +£2
23 (Wed) **EACCL**, 1430 RAF Honnington, Barnham
27 Hereward Relay, 38.4m in 4 stages Peterborough to Ely Cathedral, 0900 Peterborough Cathedral,
Ely Runners to marshal from A10 and construct finish area on Palace Green
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)
30 (Wed) **EACCL**, 1430 UEA Norwich (tbc)

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 Paradise for transport to start*
11 Bedford Harriers' 1/2 Marathon, 1100 Wootton Upper School, Hall End Rd, Beds, £10.50, EOD +£2
18 **Frostbite League**, 1100 Swavesey Village College (concrete roads and 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

January

- 01 New Year's Day 10k, Wymondham, 1100 Central Hall, £6, EOD +£1
08 **Frostbite League**, 1100 Ailwyn School, Ramsey (grass, farm roads and tracks), *meet Paradise 0900*
11 (Wed) **EACCL**, 1430 Chantry Park, Ipswich (tbc)
15 Ryston 9k XC, 1100 Shouldham Warren, EOD only
22 Folksworth 15m, 1100 Folksworth Village School, £9 by 14/1, no EOD
25 (Wed) **EACCL**, 1430 Friday Woods, Colchester
20 (Fri) *Ely Runners' Annual General Meeting*, 1930 Upstairs Bar Room, Paradise Centre
28 (Sat) SEAA XC Championships, Bicton College, Exmouth. 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 and tracks), *meet Paradise 0845*
15 (Wed) **EACCL**, 1430 Bacton Woods, Hosp Combine (tbc)
19 Ryston 5k XC, 1100 Shouldham Warren, EOD only

22 (Wed) **EACCL**, 1430 Nowton Park, Bury St Edmunds

25 (Sat) ECCA National Championships, Parliament Hill Fields, London (club entry via JT)

March

05 **Frostbite League**, 1100 BRJ Centre, Huntingdon, (roads and tarmac paths), *meet Paradise 0900*

08 (Wed) **EACCL**, 1430 RAF Marham (tbc)

15 (Wed) **EACCL**, 1430 Relays/Presentation, RAF Honnington (non scoring)

24 (Fri) **Frostbite League** Presentation Evening, Deafblind UK Building, Hampton, Peterborough

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

April

23 London Marathon (ballot entries now closed)

May

June

25 Sutton Feast Beast 7m MT

July

August

September

10 *Grunty Fen Half Marathon*, 1030 Witchford Village College, Ely, www.gruntyfen.co.uk

16/17 (Sat/Sun), Round Norfolk Relay

October

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 01353 667678 (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

Grunty Fen website www.gruntyfen.co.uk

NYE10k website www.newyarseve10k.co.uk