

# *Ely Runners*

## **RACES & EVENTS 2006-2007**

JT 04.10.2006

### **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. Members are advised to plan their races and enter earlier. Before entering on the day, check with the organisers that a place is still available.

The **Cambridgeshire Road Race League (CRRL)** of 8 races started on 26<sup>th</sup> March with the Fred Wright 10k at Whittlesey followed by the Eye 10k on 14<sup>th</sup> May, Abbey 10k at Ramsey on 9<sup>th</sup> July, Thorney 5 miles on 20<sup>th</sup> August, Nene Valley 5k on 30<sup>th</sup> August, and the Grunty Fen ½ Marathon on 9<sup>th</sup> September. The final race is the Fenland 10m at West Walton on 29<sup>th</sup> October. 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 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> M/F teams and 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> M/F individuals. Results are posted on [www.nenevalleyharriers.fsnet.co.uk](http://www.nenevalleyharriers.fsnet.co.uk)

A few members have enquired about **Track Races** and for next summer we will provide more information and access to regional events such as the Watford Open Graded Meetings, EVAC Track & Field League, 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.

Ely Runners will take part in the **2006-2007 Frostbite Friendly League** of races for which there are 6 events, one each month from October to March as per the following events list. The races are 5-6 miles and vary from road to mixed terrain and cross-country. Any number of members may run but the scoring team is taken from the first 10 runners of which at least two must be women. Non-scoring members can still influence the result by competing with scoring members of other clubs. The club pays for league entry fee and members run free of charge. Ely Runners were 1<sup>st</sup> of 17 clubs last season. To maintain our challenge, it is important that there is a good turnout for each race, so please make a note of the dates. The first race is at St Neots on Sunday 8<sup>th</sup> October on a parkland course of about 5m.

The club normally enters several teams into the long distance **Hereward Relay**. This is on Sunday 26th November 2006. The route is 38.4 miles in 4 stages from Peterborough Cathedral to Ely Cathedral. If you would like to run, please contact John Turner ASAP (with preferred stage) so that we can assemble a list of runners for selection into appropriate teams. Stage 1 is 6.1 miles from Peterborough to Whittlesey (road/footpaths), stage 2 is 11.6 miles from Whittlesey to March (road/ off-road), stage 3 is 10.3 miles from March to Welney (road/off-road), and stage 4 is 10.4 miles from Welney to Ely (road/off road). Some of the off-road sections are prolonged and moderately difficult, especially as this event is at the end of November. Team members will be matched according to performance and members of any standard are welcome to run. The club will pay the entry fees. We will require support drivers to transport stage runners, and the club is also responsible for marshalling from the Ely A10 bypass to Palace Green and setting up the finish area, so if you are unable to run, please could you volunteer to help.

The club's **Christmas Drinks at the Albert** (Prince Albert pub, Silver Street, Ely) will be after training at 8:30 pm on Thursday 7<sup>th</sup> December. This is a very informal annual gathering for members and their families. The draw for the club's London Marathon guaranteed places for unsuccessful ballot applicants (please bring your rejection details) will take place. If you are unable to attend and have been rejected, please contact John Turner for your name to be included. There will also be a draw for six Frostbite League thermal hats between those members who raced in most of the 2005-06 League races. Free sandwiches and chips will be provided and there will be a charity raffle for interesting and useful prizes organised, as usual, by Adam Etches and Natalie Coles.

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).

The club's long/medium club **pre-Christmas training trail runs** of 18.5m (from Woodditton to Ely) and 11m (from Reach to Ely) plus a new short option of Woodditton to Reach (7.5m) will be on Sunday 17<sup>th</sup> December meeting at the Paradise car park at 8:00 am. Tony Hall and Eric Drury will provide support with food and drink stations at Reach, Upware and the Barway pump house. We will also require additional drivers to take runners to their start points.

At the Committee meeting on 27<sup>th</sup> September, 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 1<sup>st</sup> Male, 1<sup>st</sup> Female, 1<sup>st</sup> Age Graded Male, and 1<sup>st</sup> Age Graded Female. For the season 2006-07, the championship will be incorporated into the Frostbite League race at Bourne Woods on Sunday 4<sup>th</sup> February 2007.

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 19<sup>th</sup> March, details of which can be found on the club's website [www.elyrunners.co.uk](http://www.elyrunners.co.uk). The first open event will be on Sunday 18<sup>th</sup> March 2007. Rod Baron recently mass emailed prospective runners/clubs and had a very encouraging response with three team entries received within two days. The race website is now up and running on [www.turingrelay.co.uk](http://www.turingrelay.co.uk)

At the Committee Meeting on 27<sup>th</sup> September, **Club Coach Max d'Ayala** was co-opted onto the Committee. Max 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 check you have renewed your club **subscription** of £10 (due by the end of January 2006) 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 Frostbite League events, 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. **Membership can now be renewed on-line** via Nochex – see [www.elyrunners.co.uk](http://www.elyrunners.co.uk) >club info >membership.

**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 now back into 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](http://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.

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](mailto:mary@elyrunners.co.uk) to order and see [www.elyrunners.co.uk](http://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@elyrunners.co.uk](mailto:mary@elyrunners.co.uk) to order. See [www.elyrunners.co.uk](http://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](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 web site so when you send your **race results** to John Turner ([secretary@elyrunners.co.uk](mailto:secretary@elyrunners.co.uk)), please advise 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. 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 recently added a **message board** to the web site's home page, which is now being used regularly by members.

Ely Runners' **Annual General Meeting** will be on Friday 19<sup>th</sup> January 2007 at 7:30 pm at the Paradise Centre in the upstairs bar room. The Minutes of the 2006 AGM have been circulated by email and are on the club's website

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

## RACE GUIDE

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

### **October**

08 **Frostbite League**, 1100 Priory Park, St Neots, (grass/woodland paths), *meet Paradise car park at 0900*.

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

15 Rotary Challenge ½ M/10.9kTR, 1030 Reg Sports Cen, Stopsley, Luton, £13/£9, EOD +£2

15 Gt Eastern Run Half Marathon, 1100 Cathedral Sq, Peterborough, £14, no EOD, CD 15/9

15 Jog Shop Jog (20m TR, 2,700' climb), 0900 Brighton Marina, £8, EOD + £3

15 Martlesham Heath 10k, 1100 Martlesham Village Green (nr Woodbridge), £6, EOD +£2  
15 Promenade 10k, 1100 High School, Salisbury Road, Great Yarmouth, £6.00, EOD +£2  
21 (Sat) AAAE Senior Women's 4 x 4.314km Road Relay Champs, Sutton Park, club entry  
22 Abingdon Marathon, 0900 Tilsley Park Athletics Track, £18, CD 15/9, no EOD  
22 Exmoor Stagger 15m (3,330 ft), 1100 W Somerset Com Coll, Minehead, £10, EOD +£2  
22 Ampthill 8k XC Trophy, 1100 Ampthill Pk, Woburn St, Ampthill, Beds, £5, EOD +£3  
22 North Norfolk 7, 1030 Gresham's School, Holt, £6, EOD +£2  
22 Chicago (USA) Marathon, [www.chicagomarathon.com](http://www.chicagomarathon.com)  
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  
29 Hatfield House 10k, 1030 Hatfield House, Hatfield, £5, CD 27/10, no EOD

### November

04 National Cross Country Relays, 1335 SW 3 x 3k, 1415 SM 4 x 5k, Mansfield, club entry  
04 Reigate Priory 2.5m XC Relays, teams M6/W3, 1330 Priory Park, Reigate, £18/£9  
05 Stevenage 1/2M (incorp **SEAA Champs**), 1030 Ridlins Track, Stevenage, £10, EOD +£2  
05 New York (USA) Marathon  
12 **Frostbite League**, 1100 Bushfield Sports Centre, Peterborough, (5m tarmac/firm paths),  
*meet Paradise 0900*  
12 Ryston 9k XC, 1100 Shouldham Warren, EOD only  
15 (Wed) Stevenage Midweek Series 5k, 1945 JHN School, Hitchin Road, £5, no EOD  
19 Stortford 10, 1000 Bishop's Stortford College, Maze Green Road, £8, EOD +£2  
19 Riverside ½ Marathon, 1000 St Neots Recreation Centre, £13.50, no EOD and enter early!  
26 *Hereward Relay (4 stages Peterborough-Ely), club team entries, ER marshal from bypass*  
29 (Wed) Stevenage Midweek Series 5k, 1945 JHN School, Hitchin Road, £5, no EOD

### December

03 Luton Marathon & Relay (3 x 8.7m), 1000 Lea Manor Recreation Centre, £15/£24, no EOD  
07 (Thu) **Ely Runners Christmas Drinks, 2000 Prince Albert, Ely (London Marathon draw)**  
10 **Frostbite League**, 1100 YPM, City Rd, March (5m road/river bank), *meet Paradise 0900*  
10 Bedford ½ Marathon, 1000 Upper School, Wootton, Beds, £12, EOD +£2  
10 Las Vegas (USA) Marathon, [www.209events.com](http://www.209events.com)  
13 (Wed) Stevenage Midweek Series 5k, 1945 JHN School, Hitchin Road, £5, no EOD  
17 *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.*  
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](http://www.newyarseve10k.co.uk)

### January

14 **Frostbite League**, 1100 Ailwyn School, Ramsey (grass, farm roads and tracks), *meet Paradise 0900*  
14 Ryston 9k XC, 1100 Shouldham Warren, EOD only  
19 (Fri), *Ely Runners Annual General Meeting, 1930 Paradise Centre, upstairs bar room*

### February

04 **Frostbite League**, 1100 Bourne Woods, Bourne, (woodland paths and tracks), *meet Paradise 0845. This race incorporates Ely Runners' Cross-Country Championships.*  
10 (Sat) Brands Hatch ½ Marathon, Kent. 1130 Racing track, £13, EOD £20!  
11 St Valentine 30k, 1100 Queen Eleanor School, Stamford  
18 Ryston 5k XC, 1100 Shouldham Warren, EOD only  
25 Bury 20m/nearly10m, 1030 Nowton Park, Bury St Edmunds, [www.burytewnty.org.uk](http://www.burytewnty.org.uk)

### March

04 **Frostbite League**, 1100 BRJ Centre, Huntingdon, (5m roads and tarmac paths), *meet Paradise 0900*  
11 Mondri 15m (prov), 1000 HM Prison, Whitemoor, March, £8, EOD £9  
18 *Turing Trail Relay (Ely-Cambridge-Ely) in 6 stages (see [www.turingrelay.co.uk](http://www.turingrelay.co.uk))*  
25 Ryston 6.5k XC, 1100 Shouldham Warren, EOD only

## **April**

22 London Marathon, [www.london-marathon.co.uk](http://www.london-marathon.co.uk)

## **September**

09 Grunty Fen ½ Marathon, 1030 Witchford Village College, Ely, [www.gruntyfen.co.uk](http://www.gruntyfen.co.uk).

## **NOTES**

Midweek training from the Paradise Centre (meet in upstairs bar) 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](mailto: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](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)  
Turing Trail Relay website [www.turingrelay.co.uk](http://www.turingrelay.co.uk)