

Ely Runners Newsletter

NOTICES, RACES & EVENTS 2008-09

September 2008

(JT 04.09.2008)

NOTICES

Details of local races and those of interest to members are on the **club notice board** (maintained by the club Secretary) in the foyer of the Paradise Centre. 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 more copies.

Some **open races** are very popular and reach the entry limit before the race day. Many races no longer accept entries on the day – see 'no EOD' in the Races & Events Guide below. Members are therefore advised to plan their races and enter earlier. Before entering on the day, check with the organisers or on the race website that a place is still available.

Payment of **club entries into championships, relays and leagues** will be funded by the club provided they are **team entries made by the club**. The club will not pay for individual entries into open races that have an incorporated championship.

To take part in **UKA National** and **SEAA championships**, members need to be registered with England Athletics. Also, a few open events still require EA registration to claim affiliated entry fees. However, most events (especially locally) either have **ARC** permits or, if they have UKA permits, only require membership an EA affiliated club, like Ely Runners. Last year 28 members requested **registration with EA** and so far 26 members have requested and been registered for 2008-09. Could any other members who would like to be registered with EA for 2008-09 please contact John Turner secretary@elyrunners.co.uk as soon as possible. As per the AGM, the club will pay the £5 registration fee. Registration number confirmation and cards will be supplied when received from EA.

I have the **Fell Runners Association Fixtures Calendar & Handbook for 2008**. Members interested in running a fell race can borrow this booklet. Most fell races are 'up north' but are also in Wales and other hilly areas of the UK. There is a huge choice and many are on summer evenings if members would like to go for an evening trip to the Peak District etc. Alternatively, if on holiday in hilly areas, you can often find a local race. They all provide an enjoyable, challenging and worthwhile experience, even for Fenland runners.

We now specify **Ely Runners' policy on data protection** and use of photos and videos on the club's website on www.elyrunners.co.uk > CLUB INFO > administration.

Discounts on Kit Purchases

If you buy running kit from Advance Performance at Cambridge or Peterborough, please show them your membership certificate and the club will receive 10% towards vouchers that we use for prizes for our Christmas charity raffle. Advance Performance do not otherwise give discounts although these can be usually be obtained from running shop suppliers such as Sweatshop in Cambridge who sponsor our three open races: New Years Eve 10k, Turing Trail Relay, and Grunty Fen Half Marathon. Sweatshop usually give 10% on non-sale items but have recently offered *20% discount* to members (show membership cert) of Ely Runners.

Natalle Etches, has purchased a **wide variety of fitness stock** from a local Internet fitness company that closed down. She is re-selling the stock as low as **half price** to club members. The stock includes cycling, running, fitness and triathlon wear from brand names include Craft, Gore Bike Wear, Pearl Izumi, and Sugoi. If you're interested, speak to Natalie at one of the training sessions or contact her on Natalle.coles@ringuk.com

To enter a County Championship, members must have been born in the county or had 9 months of continuous residency. If you qualify by birth and residency for different counties, you may only run for one county during each competition year from October to September.

There are 9 races in the **2008 Cambridgeshire Road Race League** (see **CRRL** in events). Distances of CRRL races are 5k, 5m, 10k (5 races!), 10m and ½ marathon. Club standings will be calculated from the best 8 results of 9 races and individuals from the best 5 of 9 possible scores. Awards will be made to the 1st, 2nd, 3rd M/F teams and 1st, 2nd, 3rd M/F individuals. Results will be on www.nenevalleyharriers.fsnet.co.uk. The **next CCRL** race is our own Grunty Fen Half Marathon on Sunday 14th September (see www.gruntyfen.co.uk).

There are five distances in the **2008 Cambridgeshire AA Road Race Championships**: 5k, 5m, 10k, 10m and half marathon. They are incorporated into local area races (such as our Grunty Fen Half Marathon) and marked **CAA Champs** in the list of races below. County medals will be awarded to the 1st/2nd/3rd M/F and 1st MV 40/50/60/70+ and 1st FV 35/45/55/65+.

Thanks to **Steve Barker** who organised the 5.1m run part of the **ELY TRIATHLON** on Sunday 31st August at The King's School and recruited the ER team. Also to helpers Peter Gipp (stores), Kevin Fox, Alex Gilroy, Stephen & Sebastian Pettit (course), and Rod Baron (photography). It was the first running event arranged by Steve and was enjoyed by all present. For photos and videos, see www.elyrunners.co.uk > PHOTOS and RESULTS.

Ely Runners' **18th Next Generation (Cambridge) Grunty Fen Half Marathon** is on Sunday 14th September 2008 at Witchford College. The 2008 race (see www.gruntyfen.co.uk) will incorporate the Cambs County Championships and the Cambs Road Race League. Nearly 500 entries have already been received and *volunteers will be required as marshals and officials*. If you would like to help, please contact Darren Murfitt (i/c Marshals) on 01353 664650, mob 07979 537657, darren_murfitt@hotmail.com. The Next Generation (Cambridge) Club is the major title sponsor for the first time following two years by the Atrium Club. There is a wheelchair race incorporated into the half marathon and the popular 1 Mile Fun Run will take place on the sports field. The Mayor of Ely, Cllr Sheila Friend-Smith will start the races and present the awards.

Ely Runners have again entered a team for the tough **Open Class in the Round Norfolk Relay** on Saturday/Sunday 20th/21st September 2008. Team places have now been allocated by club organiser Alan Rutterford on a merit basis but if you'd like to be on the reserve list, contact Alan at training or by phone on 01353 741534 or 07821 988959. This 193 mile continuous relay is in 17 separate unequal multi-terrain stages. Full details are on www.roundnorfolkrelay.com. Alan will be assisted by Karen Roe (van driver), Emily Knight (timekeeper), and Julie Foreman (cycle escort and reserve timekeeper).

Also, we have joined forces with Cambridge & Coleridge AC with a **Round Norfolk Relay Casual Class Ladies** team organised by Rachel Roberts who has recruited 11 ladies from Ely Runners and 6 from C&C. Any lady member who'd like to be on the reserve list should contact Rachel on rachel.roberts@yahoo.co.uk.

If any members would like to run for a **Casual Class** team with a vacancy in the **Round Norfolk Relay**, please contact Alan Rutterford or Rod Baron (1@rodbaron.co.uk).

Other Ely Runners are involved in the **organisation of the Round Norfolk Relay**. Ian Vaughan-Arbuckle is Race Director, Rod Baron is Webmaster, and Richard Handle is Course Manager.

The **SEAA Road Relay Championships** are on Saturday (Senior Men and Vet Men) 27th September and the Senior/Vet Women on Sunday 28th September, all at Rushmoor Arena, Aldershot. *Please contact Team Captain Charlie Barker if you would like to be entered to make up an ER team.* The closing date for entries is 13th September. Relay details as follows:

- Sat 27/9 Vet Men's 4 x 6k, start 1230
- Sat 27/9 Senior Men's 6 x 6k, start 1430

- Sun 28/9 Senior Women's 6 x 3.851k and Vet Women's 4 x 3.851k, start 1555.



Ely Runners will take part in the **2008-2009 Frostbite Friendly League (FFL)** of races. There are 6 events, one each month from October to March as per the following events list – see [Frostbite League](#). 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 3 must be women. Non-scoring members can still influence the result by competing with scoring members of other clubs. The club has paid the league fee and Ely Runners members run free of charge. All members will be allocated a PIN number so there is no need to pre-enter – just turn up (*see Paradise meeting times in the events list*) on the day with your club race kit. On crossing the finishing line, you'll be given a position number. Please take this immediately to our **FFL Manager Eric Drury**.

In 2007-08 we were 4th of 15 teams but won the **FFL** in 2005-06 and 2003-04 (see www.elyrunners.co.uk > RESULTS > Achievements). We have the capacity to win this season's FFL so it is important that there is a good turnout for each race. Therefore, please make a note of the race dates.

We have renewed our club subscription to the **East Anglian Cross-Country League (EACCL)** so members run free of charge. A few Ely Runners (especially Ian Day and Ian V-A) have previously competed in this league, which is organised by the RAF on some excellent XC courses. There are at least eight races and one relay in the 2008/09 season on Wednesday afternoons at 2:30 pm. The men's courses are 10k and the women's 5k. See **EACCL** events on the list below

The popular off-road **Beachy Head Marathon** is on Saturday 25th October on the usual scenic course over the South Downs, starting and finishing at the edge of Eastbourne. If you would like to run, please enter as soon as possible because the race fills up quickly. An entry form can be downloaded from www.visiteastbourne.com/whatson/bhm or register on-line at www.runnersworld.co.uk. The entry fee is £20 or £22 on-line via Runners World.

The 39.1 miles mixed terrain **Hereward Relay** (Peterborough to Ely in 4 stages) is on Sunday 23rd November starting at Peterborough Cathedral at 9:00 am. Stages are:

1. Peterborough to Whittlesey 6.1m (roads and hard paths)
2. Whittlesey to March 11.6m (mixed terrain)
3. March to Welney 11.0m (mixed terrain)
4. Welney to Ely 10.4m (mixed terrain)

If you would like to run, please contact Alan Rutterford. We usually have several teams in this challenging event. Weather and off-road ground conditions can be quite tough at this time of year. The club will pay for the entry fees of £24/team. Second claim runners are permitted and club vests and shorts must be worn. Final team selection will be in consultation with club officers and coaches. On-the-day logistics will use the improved 2006/7 plan. Two non-runner course drivers (contact John Turner) and several marshals (contact Darren Murfitt) will be required. Ely Runners will be responsible for marshalling the muddy Hurst Lane (Bishop's Drove) from Lt Downham to the finish at Ely City Football Club where presentations will be made at about 3:00 pm.

This winter we aim to hold **Ely Runners' 2008/09 Club Cross-Country Championships** on our new five miles course starting and finishing on Ely Common. It will be on a Sunday morning and entry will be free to all members. There appears to be two clear midwinter dates in the busy local area events list (see below). These are: Sunday 16th November and Sunday 18th January. *Please could members check their diaries and let me know which Sunday they would prefer.*

Due to the December FFL race being on the 14th, we have had to move our challenging club **Pre-Christmas Woodditton/Reach/Ely Training Runs** to Sunday 21st December.

Three weddings ... congratulations to Members Nick Dowdy who married Rosie in early August, and to Rob Comley who married Marion in France at the end of August, and then to Stephen Tovey who marries Jennifer in September.

Mark Turner reports that he recently ordered some **waterproof laminated OS 'Active Maps' (1:25,000 scale)** which are ideal for off-road running and exploring. He purchased them from www.dash4it.co.uk who currently sell a range of OS maps at 30% discount with free delivery. The laminated maps cost only about £1.50 more than paper maps.

If you have any **cotton rags** (eg old t-shirts, towels etc) for disposal, please bring them to training and give them to **John Turner** so that he can take them to the Wells & Walsingham Light Railway for cleaning the locomotives and rolling stock.

Grade 2 coach **Max d'Ayala** (max@dayala.co.uk) has obtained several **books on running and injuries** for 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. Borrowed books 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.

Subscriptions (£10) are due by 1st January or on joining the club. Those joining after 15th November are covered for the following year. Existing members who have not renewed by the due date will be reminded by email. Those who have failed to renew by the end of March will be removed from the membership list. Subs can be renewed on-line at www.elyrunners.co.uk > [club info](#) > [membership](#), or by cheque to 'Ely Runners' via Secretary: John Turner, 22 Cromwell Road, Ely, Cambs, CB6 1AS. Please check you have renewed your subscription or you will not be entitled to attend training, represent the club in races, take part in club championships, claim affiliated entry fees, or wear club colours.

Support of Club Open Events

Ely Runners hold three popular open races each year (Turing Trail Relay, Grunty Fen Half Marathon, and Ely New Year's Eve 10k Road Race) that contribute considerably to the club's reputation and financial stability. *This enables the club to provide the many benefits listed below. In return, members are expected to support the club by helping with these events.*

The **benefits of membership of Ely Runners** include the £2 affiliated discount on open race entries, club affiliations to ARC, ABAC, UKA, EA, TRA, FRA & CAA, free registration (£5) with EA until 31st March 2009, free changing and showers at the Paradise Centre, free training and coaching advice, free night training bib, £12 subsidy on club fleeces, 10-20% discount at most specialist running kit shops, free entry to the club's Cross-Country Championships, 10k Handicap and Straight Mile Handicap, free entry to the six Frostbite League races, free club team entry to county, regional and national championships and for club relay entries, entry into the draw (if a member's ballot entry is 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.

To improve accuracy and save time deciphering writing, handling money and paper etc, **applications for Club Membership** are now normally on-line only via the club's website www.elyrunners.co.uk > CLUB INFO > Membership.

Training on Tuesday and Thursday continues to be well supported with about 20-30 members usually attending. *Please see the home page (ER Training Programme) of the club's website for advance details.* Due to the increased number of members meeting at the Paradise for training, members are requested to assemble in the balcony/bar area upstairs to avoid blocking the foyer. **Members are also asked not to congregate before running on the pavement outside the entrance but to assemble around the corner by the side of the building.** This is because it can be intimidating for other uses of the Paradise to walk through a group of runners to gain access to the entrance. 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 (unless otherwise notified) for a choice (short/medium/long) of mixed terrain training runs outside of Ely. The car park toilets are open by 9:00 am and the Paradise open for showers afterwards.

Club training sessions are intended to cater for a wide range of abilities and racing objectives. If you require specific **coaching advice**, please ask Club Coach Alan Rutterford to help.

Web Master Rod Baron's skilful management of the **club's website** (www.elyrunners.co.uk) ensures that it provides an up-to-date a record of the club's activities and a myriad of useful information. The website is frequently updated and well worth regular visits. There is a list of all-time **PBs** on the website so when you send your **race results** to Stephen Howard (results@elyrunners.co.uk), please advise if you have achieved a PB, including vet categories, so that it can be included in press reports and to update PB information. If possible, please send any information you have by noon on Monday to Stephen to avoid the extra work involved in updating press reports. For member's general comments, there is a **Message Board** on the website's home page and the recently upgraded photo and video section contains a huge selection of members in races. Rod also maintains the club's websites for the Grunty Fen Half Marathon, New Year's Eve 10k, and Turing Trail Relay.

A warm welcome is extended to **new members Paul Griffiths and Mark Turner** (re-join). Some new members are fairly new to running therefore it is important that they are accompanied by more experienced members at training so they become familiar with routines and routes and are not left alone. Therefore, please could members who attend training, including those recovering from injury, or resting from racing, or recovering fitness, help and talk to our beginners so that they feel welcome and involved.

Mary Gates has the **club's kit supplies**. The club's joining fee of £33 includes free club race vest and shorts. Please contact Mary on 01353 861379 or mary@elyrunners.co.uk to order. See www.elyrunners.co.uk for full details of club kit.

We have added the Ely Runners **cathedral logo** as a transfer to the top (to avoid obscuring race numbers) centre of the front of our **race vests**. The existing stock of vests held by Mary Gates will be returned to have the logo added. Any members who would like the logo added to their race vests will need to give their vest to Mary to send away for this work to be done. The cost (£1.20 for the transfer + 25p for application) will be covered from club funds. Race vests will continue to have ELY RUNNERS on the back.

Some members are not wearing club shorts at races which makes them much more difficult to discern as Ely Runners, especially for club photographers and officials. The **full club colours of a black vest with yellow shorts** are very distinct and should be worn with the enjoyment of representing a well-respected running club. If the club florescent yellow shorts (designed for comfortable racing over all distances) are unsuitable to your build, there are other designs of florescent yellow shorts that can be obtained directly including the well-cut Lite Sports super dry short @ £9.99 from www.sportshoes.com (tel 01274 530530) *when in stock*.

Club fleeces are available from Mary Gates at the subsidised price of £10 to members only. This price is for one fleece per member. Subsequent fleeces will be at the cost price of £22.

Club vets who are not members of EVAC may run as guests of the club's EVAC members in **EVAC Championships**. EVAC events are included the list below and can be entered by email to eastvetm75@ntlworld.com. Subject to the availability of funds, the club will pay for club team entries to EVAC and BMAF Championships. EVAC website: www.evac.org.uk

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 or see www.bmaf.org.uk/fix/fix.asp

RACES & EVENTS GUIDE 2008-09

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

September

04 (Thu) ER after training drinks, julie@elyrunners.co.uk

07 Wissey Valley Half Marathon, 1030 Oxborough Vil Hall, (EVAC Champs +£2 on day),
www.rystonrunners.org.uk

07 Framlingham 10k, 1100 Sports Club, Badingham Rd, £7, EOD +£2

07 Garden City 10m, 1000 Sir Fred Osborne School, Welwyn Garden City, £11, EOD OK

07 Swineshead 10m, 1130 Village Hall Swineshead, Bedford, £8, EOD +£2

07 SEAA AGM, 1130 The Cardinal, 23 Francis St, London SW1P

13 (Sat) Cambridge Relay for Life, 1500 Lodge Farm, Fulbourne, £10, cancerresearch.org/relay

14 **Next Generation (Cambridge) Grunty Fen ½ Marathon**, **CRRL**, CAA Champs, 1030
Witchford Village College, Ely, www.gruntyfen.co.uk, no EOD

17 (Wed) **EACCL** AGM, 1400 Gymnasium, RAF Honington (security form from JT)

20/21 (Sat/Sun) Round Norfolk Relay, Teams: *Alan Rutterford (ER) & Rachel Roberts (ER & CCAC Ladies)*, www.roundnorfolkrelay.com

21 Harvest Trail 6m & 10m, 1030 Heath Sports Club, Baldock Rd, Royston, £5, EOD +£1

21 Cransley Hospice 10k & ½ Marathon, 1100 Cranford, Kettering, £12, EOD +£2

21 Leighton Buzzard 10m, 1000 Tiddenfoot Leisure Centre, £10, EOD +£2

21 Gt Camb Run (BHF/BBC 1/2M - *not race*), Wimpole Hall, www.bhf.org.uk/events

27 (Sat) SEAA Vet Men's 4 x 6k Road Relay Champs, 1230 Rushmoor Arena, Aldershot

27 (Sat) SEAA Sn Men's 6 x 6k Road Relay Champs, 1430 Rushmoor Arena, Aldershot

28 SEAA Sn/Vet Women's 4 x 3.9k Road Relay Champs, 1555 Rushmoor Arena, Aldershot

28 Diss 15m, 1030 Diss High School, Walcot Rd, £8, EOD +£2

28 Wymondham Abbey 5k, 1030 Central Hall, Wymondham, £6, EOD +£2

28 Saffron Walden 10k, 1030 County High School Sports Centre, £8, EOD +£2

28 Tarpley 10, 1030 Beyton Middle School, Beyton, Bury St Edmunds, EOD +£2

28 Cancer Research UK 10k, 1100 Sandringham Estate, £17.50, CD 1/9, no EOD,

28 Cancer Research UK 10k, 1100 Ickworth House, £17.50, CD 1/9, no EOD,

28 Ely 8 Riverside Relay (2x1k walk+2x3k run), 1000 Jubilee Gdns, £60, Arthur Rank Hospice

28 Biddenham 10k River Run, 1045, Biddenham Pav, Beds, £10, EOD +£2

28 Berlin Marathon

October

02 (Thu) ER after training drinks, julie@elyrunners.co.uk

04 (Sat) BMAF XC Relay Champs, Mansfield (club entry)

05 **Frostbite League**, 1100 Priory Park, St Neots, (grass and woodland paths), *meet Paradise 0900*

05 Standalone 10k, 1000 Standalone Farm, Wilbury Rd, Letchworth, £10, EOD +£5!

05 EVAC 6k Champs, 1100 Sports Pav, Manor Rd, Hemmingford Grey, £5

05 Abington 10k, 1030 Granta Park, Cambridge, £7, EOD +£2

05 Norfolk County 10k Championship, 1030 Frettenham Vil Hall, Norwich, £7, EOD +£2

05 MSC Felixstowe ½ Marathon, 1100 Leisure Centre, £9, EOD +£2

05 Great North Run ½ Marathon

05 Loch Ness Marathon/10k/5k, www.lochnessmarathon.com

11 (Sat) Discovery 10k, 1130 Mayflower Primary Sch/ACL, Dovercourt/Harwich, £8, www.discoveryrun.nl

12 Martlesham Heath 10k Road Race, 1100 Village Green, £6, EOD +£2

12 Great Eastern Run ½ Marathon, **RRGP**, Peterborough, www.peterborough.gov.uk/page-5340

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

12 Chicago Marathon

15 (Wed) **EACCL**, 1430 venue tba, Men 10k, Women 5k

19 Abingdon Marathon, 0900 Tilsley Park Athletics Track, £25, no EOD

19 Saxons 5m, (MT), 1100 Carlton Park Rec Club, Samundham. £7, EOD +£1

19 North Norfolk 7, 1030 Gresham's School, Holt, Norfolk, £6, no EOD, www.nnbr.co.uk

25 (Sat) Beachy Head Marathon (3,500' climb), 0900 Eastbourne, £20, no EOD

26 Fenland 10m, **CRRL**, **CAA Champs**, 1000 West Walton, Wisbech (EVAC GP & Champs)

26 East Coast 10k, 1030 Gt Yarmouth, £8, EOD +£2, www.gyrr.co.uk

November

- 02 Stevenage ½ Marathon, 1030 Ridlins Track, Woodcock Rd, £13, no EOD, www.fvspartans.org.uk
02 New York City Marathon
05 (Wed) **EACCL**, 1430 venue tba, Men 10k, Women 5k
06 (Thu) **ER** after training drinks, julie@elyrunners.co.uk
09 **Frostbite League**, 1100 Bushfield Sports Centre, Peterborough, (5m tarmac/firm paths),
meet Paradise 0900
09 Ryston 5k XC, 1100 Shouldham Warren, EOD only
16 *Possible date for Ely Runner's Cross-Country Championships, Ely Common*
19 (Wed) **EACCL**, 1430 venue tba, Men 10k, Women 5k
23 Hereward 4 Stage Relay (39.1m Peterborough to Ely), *club teams Alan Rutterford*
30 City of Norwich ½ Marathon, **RRGP**, www.cityofnorwichhalfmarathon.com
30 Thetford Forest Duathlon (R5k/B14k/R3k), 1100 May Day Events Field on B1106, also
1RR+1B team event, £19 indiv/£24 team/+£5 EOD, www.runbikeevents.com

December

- 03 (Wed) **EACCL**, 1430 RAF Barnham, Men 10k, Women 5k
04 (Thu) **ER** after training drinks, julie@elyrunners.co.uk
07 Nene Valley 10m, Peterborough
07 Luton Marathon & 3 Stage Relay, 1000 Luton, club entry, www.lutonmarathon.org.uk
14 **Frostbite League**, 1100 Hinchingsbrooke Park, Huntingdon, (tracks, trails and grass),
meet Paradise 0915
14 Ryston 6.5k XC, 1100 Shouldham Warren, EOD only
21 Long/medium/short club pre-Christmas trail training runs, Woodditton to Ely 18.5m,
Woodditton to Chalk Pit 12m, Reach to Ely 11m, Woodditton to Reach 7.5m, meet 0800
Paradise for transport to starts
26 (Fri) **Boxing Day training**, meet 0900 Paradise Centre car park (see Notices for details)
31 (Wed) The 10th **Ely New Year's Eve 10k Road Race**, 1100 Lt Downham, entries on-line
only, no EOD, www.newyearseve10k.co.uk

January

- 01 (Thu) Wymondham 10k
04 **Frostbite League**, 1100 Ailwyn School, Ramsey (grass, farm roads and tracks), *meet
Paradise 0930*
07 (Wed) **EACCL**, 1430 RAF Barnham, Men 10k, Women 5k
11 Ryston 9k XC, 1100 Shouldham Warren, EOD only
18 *Possible date for Ely Runner's Cross-Country Championships, Ely Common*
25 SEAA XC Champs, Hillingdon House Farm, Hillingdon, Middlesex
28 (Wed) **EACCL**, 1430 Wattisham Airfield, Men 10k, Women 5k
31 SEAA XC Masters (Vets) Champs, Old Warden Park, Shuttleworth, Biggleswade

February

- 01 **Frostbite League**, 1100 Bourne Woods, Bourne, (woodland paths and tracks), *meet
Paradise 0845*
05 (Thu) **ER** after training drinks, julie@elyrunners.co.uk
11 (Wed) **EACCL**, 1430 venue tba, Men 10k, Women 5k
15 Ryston 5k XC, 1100 Shouldham Warren, EOD only
18 (Wed) **EACCL**, 1430 venue tba, Men 10k, Women 5k

March

- 01 **Frostbite League**, 1100 BRJ Centre, Huntingdon, (5m roads and tarmac paths), *meet
Paradise 0915*
05 (Thu) **ER** after training drinks, julie@elyrunners.co.uk
08 Wymondham 10 & 20 Milers
11 (Wed) **EACCL** Relays, 1430 venue tba
15 **Ely Runners' Turing Trail Relay** (Ely-Cambridge-Ely) in 6 stages, www.turingrelay.co.uk
22 Ryston 6.5k XC, 1100 Shouldham Warren, EOD only

April

- 02 (Thu) **ER** after training drinks, julie@elyrunners.co.uk
26 London Marathon

May

07 (Thu) ER after training drinks, julie@elyrunners.co.uk

June

04 (Thu) ER after training drinks, julie@elyrunners.co.uk

11 (Thu) **Ely Runners' Midsummer 10k Handicap** (private club event), Cricket Club, 1930
Lt Downham, FOC members & guests. Presentation afterwards in the Prince Albert, Ely

July

02 (Thu) ER after training drinks, julie@elyrunners.co.uk

09 (Thu) training at 1900 will include **Ely Runners' Straight Mile Handicap** on Quanea
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

NOTES

Midweek training from the Paradise Centre (meet in upstairs veranda/bar area) is at 7:00 pm 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 car park 9:00 am) are usually arranged on the Thursday before - *check emails on Fridays*.

Races and events are on Sunday unless otherwise mentioned.

Race entry fees are the affiliated (ARC/UKA or just UKA registered) fees

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 and entry (league membership) is paid for by the club.

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.

National, regional and county championship team entries are via Charlie Barker (captain@elyrunners.co.uk).

Club championship & handicap entries are via Steve Tovey

Long distance team relay entries are via Alan Rutterford and paid for (if funds available) by the club.

Club website	www.elyrunners.co.uk
Grunty Fen 1/2M website	www.gruntyfen.co.uk
NYE10k website	www.newyearseve10k.co.uk
Turing Trail Relay website	www.turingrelay.co.uk
Association of Running Clubs	www.runningclubs.org.uk

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