

Ely Runners Newsletter

April 2010



NEW MEMBERS

This month we welcome the following new members to the club:

Sarah Keen

Welcome back to Alex Gilroy

And in anticipation of their applications arriving online:

Tanya Shenton and Steve Till.

CLUB EVENTS

The Turing Relay was run as a private club event this year with four evenly matched teams taking part. Team D comprising Steve Tovey, Peter Harris, Neil Atherton and Nick Dowdy were first home in a time of 4:42:55.

SUBSCRIPTIONS and REGISTRATION

MEMBERSHIP RENEWALS - The committee would like to remind members that membership renewal subs (£10 adults; £5 juniors) are due by January 1st each year. Members who haven't renewed by this time are reminded by e-mail (January and March) and also at the club AGM. Those members who have failed to renew by the end of March will be removed from the membership list. In a change to club policy members who allow their membership to elapse will be allowed to rejoin the club for £20 (see link on website) rather than having to pay the full £35 required from new members.

Benefits of membership include:

- £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 2011 (on request via John Turner)
- free changing and showers at the Paradise Centre
- free training and coaching advice
- free high-visibility bib for night-time training
- £12 subsidy on club fleeces
- 10-20% discount at most specialist running kit shops

- free entry to the club's Cross-Country Championships, Turing Trail Relay, 10k Handicap, and One Mile Handicap
- free entry to the six Frostbite League races
- free club team entry to county, regional and national championship 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

England Athletics Registration

To take part in **UKA National** and **SEAA championships**, members need to be registered with England Athletics (EA). 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, require only membership of an EA affiliated club, like Ely Runners. This year (2009-10) 35 members requested **registration with EA**. Please could members who would like to be registered from 1st April 2010 with EA for 2010-11, please contact John Turner secretary@elyrunners.co.uk. As agreed at the AGM, the club will pay the £5 registration fee. Registration number confirmation and cards will be supplied when received from EA.

So far, 25 Ely Runners have requested registration for 2010-11.

SOCIAL EVENTS

After Training Drinks

After training drinks are usually held on **Thursdays**. All members are welcome to attend. Further information is available from **Julie Foreman** (Julie@elyrunners.co.uk).

Cambridge parkrun

This series got underway in February with a further four races being run this month. Cambridge 5k Park Runs are every Saturday at 0900. Entry is free but before your first race, register on-line by 1800 on Friday at www.parkrun.org.uk/cambridge/Home.aspx

RESULTS ROUND-UP

There have again been many excellent performances from Ely runners in a variety of events with PBs and club records aplenty.

Stephen Pettit started off the month with a new club MV45 20 mile record in the Thanet 20 at Ramsgate. He followed this with the MV45 15 mile record at Banbury and then grabbed the MV45 Half Marathon record at South Walsham in the Broadland Half – amazing. Hot off the press – on 28th March, Stephen Pettit also won the Oakley 20 in a new club MV45 record of 2:03:00 – the race had 793 finishers! Photo below shows Stephen leading the field.



Not to be outdone Craig Holgate won the Wymondham 20 in a PB time of 1:55:53 to take the club SM record. Ian Day (4th), John Crisp (9th) and Kieren Drane (33rd) together with Craig made up the 1st Team. Graham Chapman was not prepared to be left out by picking up the 1st MV50 prize. Ian Day also picked up 2nd place (1st MV40) in the Orion 15 in Epping Forest two weeks later.

The Friendly Frostbite series concluded at Huntingdon with the seniors finishing 10th out of 17 teams and the juniors went one better by finishing 9th. This was a very promising start for the juniors in this competition. Hopefully next year the club will be able to field stronger teams and finish back in the top three.

Forthcoming events

See 'Races & Events Guide' below. From next month, this will have a prominent link to a separate page on the club's website. It will continue to be updated every month.

The next club event is the popular 10k Handicap on Thursday evening 10th June at Little Downham. If you'd like to invite a guest to run, please contact Steve Tovey at membership@elyrunners.co.uk

Event photographs

Race/club event photographs should now be sent to Steve Tovey rather than Rod Baron.

Ideally they should be resized to 800x600 pixels (ish) and preferably be less than 100k in size.

CONTRIBUTIONS TO THE NEWSLETTER

As ever, please send your contributions to the newsletter to newsletter@elyrunners.co.uk. Many thanks!

Charlie Barker (Editor)

RACES & EVENTS GUIDE 2010

April 2010

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

Cambridge 5k Park Runs are every Saturday at 0900. Entry is free but before your first race, register on-line by 1800 on Friday at www.parkrun.org.uk/cambridge/Home.aspx

April

- 02 (Fri) Roger Wing Charity 10k, 1030 Broome Village Hall, Bungay, £6, EOD OK
- 02 (Fri) Sudbury Fun Run, 0915 Kingfisher Leisure Centre, Sudbury, £8, EOD + £5
- 04 Trowse 10k, 0900 Norfolk Ski Club, Whitlingham Lane, Trowse, Norwich, £11, no EOD
- 10 (Sat) National 12/6 Stage Road Relays, Sutton Park, W Midlands
- 11 Cam/Cambourne 10k, 1100 Cambourne Business Pk, £12, www.cambridgefestivalofrunning.com
- 11 Sandy 10m, 1030 Sandy Sports Centre, Engayne Avenue, Sandy, Beds, £10, no EOD
- 11 Belvoir ½ Marathon, 1000 Hose Village Hall, £14, EOD +£4,
- 14 (Wed) Promenade 5m (Race 1), 1915 Marine Centre, Gt Yarmouth, £5.50, www.gyrr.co.uk
- 17 (Sat) ERRA SM/SW 12/6 stage Road Relay Championships, 1200/1220 Sutton Park
- 18 Brighton Marathon
- 18 Bungay Black Dog Marathon & 1/2 Marathon, 1030/1230, £18/£15, EOD +£3,
- 18 Flitwick 10k, 1100 Millennium Green. Dunstable Rd, £10, EOD +£3, www.flitwick10k.org.uk
- 18 BMAF Marathon, Fort William
- 25 London Marathon
- 28 (Wed) Promenade 5m (Race 2), 1915 Marine Centre, Gt Yarmouth, £5.50, www.gyrr.co.uk

May

- 02 GEAR 10k, 1030 King's Lynn, £16 (EA reg no), www.grandeastangliarun.co.uk
- 02 Bartlow Challenge 9m, 1000 Three Hills pub, Bartlow, Cambs, £9, EOD +£1
- 02 Thurston 10.5k/3.5k FR, 1100 Thurston, Bury St Edmunds, £6/£4, EOD +£2
- 02 Cambridge Duathlon, Bottisham, 7.5k/40k/7.5k
- 02 Kesgrave KMF 5k, 1000 Bell Inn, Main Rd, Kesgrave, Suffolk, £4, EOD OK
- 02 Heritage Coast Runs 26m/13m/6m, Thorpeness Playing Field, £15/£10/£10, EOD + £5
- 03 Breckland 10k, 1100 Croxton Village Hall, Thetford, £10, no EOD, www.thetford-ac.co.uk
- 03 (Mon) Ashdon 10k/3k MT, 1030/1035 Ashdon Primary School, Saffron Walden, £7/£5-£3 (-16), EOD +£2
- 05 (Wed) EVAC T&F League Meeting, Bedford
- 06 (Thu) Newmarket Heath 6kTR, 1930 Newmarket Heath, £8, EOD +£2
- 08 Cambs AA Track & Field Championships, St Ives, entries captain@elyrunners.co.uk
- 09 Eye 10k & 3k FR, 1100 Eye nr Peterborough, £7.50, EOD +£1, www.eye10k.co.uk
- 09 Halstead & Essex Marathon, Essex
- 09 Sawston 4.8m Fun Run, 1030 Sawston College, www.sawstonfunrun.co.uk
- 09 River Cam Run 4.67m trail, 0930 Pavilion, Rec Ground, Fen Ditton, £7.50, EOD +£2.50
- 09 The Gauntlet 10k (v muddy XC), 1100 Bures Pit, Parsonage Hill, Bures, £20
- 09 Alton Water 10k, 1000 Alton Reservoir, Stutton, Suffolk, www.altonwaterrun.co.uk
- 12 (Wed) Promenade 5m (Race 3), 1915 Marine Centre, Gt Yarmouth, £5.50, www.gyrr.co.uk
- 15 (Sat) Open Masters Road Relay Championships, Sutton Park, www.bmaf.org.uk
- 16 Ross Peers East Cambs ½ Marathon, 1115 St Andrews Primary, Soham, £10, EOD +£2
- 16 Dereham 10m, 1100 Neatherd High School, Norwich Rd, Dereham, £7, EOD +£2
- 23 March 5m Spud Run, 1100 Elm Rd Sports Field, March, £tba
- 23 BMAF Road Relay Champs, Birmingham
- 23 Gt Daffodil Dash 10k, Lelmarsh Hall, Northants, £16, EOD +£8, www.mariecurie.org.uk/running
- 23 Edinburgh Marathon, www.edinburgh-marathon.com
- 26 (Wed) Cambs AA T&F Development Meeting, St Ives (+ 3000m Championships), www.cambsaa.org.uk
- 29/30 (Sat/Sun) SEAA U15/U17 SEAA T&F Champs, Ashford, Kent
- 31 (Mon) Brandon Forest ½ Marathon, 1030 Mayday Field, B1106, £8, no EOD, www.bfh.org.uk
- 31 (Mon) Hatfield Broad Oak 10k, Herts

June

- 02 (Wed) EVAC T&F League Meeting, Cambridge
06 SCVAC T&F Champs, Ashford
09 (Wed) Cambs AA T&F Development Meeting, St Ives, www.cambsaa.org.uk
10 (Thurs) Ely Runners 10k Club Handicap, Little Downham
12/13 (Sat/Sun) SEAA U20/Senior T&F Champs, Crystal Place, London
13 Stortford 10k & 10m, 1000 Rugby Club, Bishop's Stortford, £10, www.bsrc.org.uk
17 (Thu) Eye 5m Charity Race, Eye, Peterborough
19 West Highland Way Race 95m
19-20 (Sat-Sun) BMAF T&F Champs, Alexander Stadium, Birmingham (prov date & venue 20)
20 North Downs 30k, 1030 Cascades Leisure Centre, Gravesend, £17, www.isteadandfield.org.uk
20 Rotary Charity 10k, MT, 1000 Huntingdon Race Course, £11
27 N Devon Marathon & 1/2 Mar, 1000 Woolacombe, £20/£18 www.northdevonmarathon.co.uk

July

- 03-04 (Sat-Sun) BMAF T&F Championships, Cardiff (tbc)
04 March AC 5m Spud Run, 1100 Elm Road Sports Field, March, £7, EOD+£2
07 (Wed) EVAC T&F League Meeting, Cambridge
08 (Thurs) Ely Runners 1m Club Handicap, Amherst sports field by railway station
13 St Albans ½ Marathon (+5k, 1½FR), 1000 Verulamium Pk, £18, www.stalbanshalfmarathon.co.uk
15-24 European Masters T&F Champs, Nyiregyhaza, Hungary
18 St Ives Dairy Crest 10k
18 Forces Help Marathon, Bury St Edmunds, <http://www.bsemarathonandchallenges.com/>
21 (Wed) Cambs AA T & F Development Meeting, St Ives (+ Steeplechase & 1 Mile Championships), www.cambsaa.org.uk
24/25 (Sat/Sun) SEAA Combined T&F Events (all age groups), Barnet Copthall

August

- 04 (Wed) EVAC T&F League Meeting, Milton Keynes
06 (Fri) Wibbly Wobbly Log Jog, 1930 Mayday Field, B1106 Brandon, www.bfh.org.uk
08 BMAF ½ Marathon Championships, Burnham Beeches, Slough
15 Thorney 5m
15 Cambridge Triathlon, Mepal, Cambs, 1.5k/40k/10k
21 (Sat) Race the Train 14m TR, Tywyn, Mid-Wales, www.racethetrain.co.uk
22 BMAF Half Marathon, Burnham Beeches, Slough, www.bmaf.org.uk
28 (Sat) U15/U20 SEAA Inter-Counties T&F Champs, Barnet Copthall

September

- 05 The Beast (13m multi-terrain), Corfe Castle, Dorset, www.poole.ac.co.uk
05 EVAC T&F League – Final (full match), tbc
12 Ely Standard 20th Grunty Fen Half Marathon, Witchford, www.gruntyfen.co.uk
25 (Sat) SEAA 6/4 Stage Road Relays (senior men & vets), Rushmoor Arena, Aldershot
26 SEAA 6/4 Stage Road Relays (women & young athletes), Rushmoor Arena, Aldershot

October

- 03 SEAA 10k Road Race Champs, Crystal Palace, London
10 Great Eastern Run ½ Marathon & 4k Fun Run, 1010 Peterborough
23 (Sat) Beachy Head Marathon, South Downs, 0900 Eastbourne, <http://www.visiteastbourne.com/marathon.asp>
24 Exmoor Stagger, Minehead

November

- 21 St Neot's Riverside ½ Marathon
28 Hereward 4 Stage Relay (37.73m Peterborough to Ely), club teams

December

- 02 (Thu) **Ely Runner's Christmas Buffet & Drinks**, 2030 Cutter Inn, Ely
19 **Club Pre-Christmas training runs**, Woodditton to Ely 18.5m, Woodditton to Reach 7.5m, Reach to Ely 11m. Meet 0800 Paradise car park for transport to starts. *Contact JT to run.*
Lunch afterwards at the High Flyer at 1300 - contact julie@elyrunners.co.uk to book

26 **Boxing Day training**, meet 0900 Paradise Centre car park
31 (Fri) **Ely New Year's Eve 10k Road Race**, Little Downham, www.newyeareve10k.co.uk

NOTES

Races and events are on Sunday unless otherwise mentioned.

Race entry fees are the ARC or UKA affiliated club fees

Many events also have a concurrent Fun Run – check race information for details.

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.

Cambridge ParkRuns (5k) are every Saturday at 0900 in Milton Country Park. Register and run free of charge. Details <http://www.parkrun.org.uk/cambridge/Home.aspx>

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).

Ely Runners' private club XC championships, 10k/1m handicaps, and TTR relay entries are via Steve Tovey

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

Social Events are via Julie Foreman

Club website	www.elyrunners.co.uk
Grunty Fen 1/2M website	www.gruntyfen.co.uk
NYE10k website	www.newyeareve10k.co.uk
Turing Trail Relay website	www.turingrelay.co.uk (private club event for 2010)
Association of Running Clubs	www.runningclubs.org.uk

JT 29.04.2010