

Ely Runners Newsletter

December 2010



NEW MEMBERS

A warm welcome the following new members who joined the club this month. Look forward to seeing you all in training and the club social events!

Jose Perez and Steve Starr

CLUB EVENTS

Frostbite comes to Hinchingsbrooke Country Park

The third race of the Frostbite series takes place on Sunday, December 12th at Hinchingsbrooke Country Park, PE29 6BD at 11.00am, with the course a mixture of soggy grassland, muddy tracks, and hard footpaths.

The seniors are currently 4th out of 17 teams after a good performance last month at Bushfield – creditable but not a true reflection of the clubs talent and a good turnout will easily improve on the position. The juniors are currently 7th out of 13 teams. Their race starts at 10.15 am and it would be great for them to have senior members cheering them on. Any junior members wishing to take part should contact Alan Rutterford at alan@elyrunners.co.uk

Senior members should meet at The Paradise Centre car park at 9.15am to share transport. Parking could be congested at the park itself but there are excellent facilities for parking on the business park close by (directions available at www.frostbiteleague.org.uk).

Ely Runners pre-Xmas Run 19th December

This year's Woodditton/Reach to Ely pre-Xmas run will take place on Sunday 19th December, with options of 18.5m, 11m and 7.5m all ending in a well deserved Xmas lunch at the High Flyer in Ely at 1pm. Maps of the route are available at:

http://www.elyrunners.co.uk/routes/prexmas2_small.jpg

http://www.elyrunners.co.uk/routes/ely_running_atlas_trainingroutes_29nov.jpg

The route description is at <http://www.elyrunners.co.uk/routes/prexmas.htm>

Contact [John Turner](mailto:John.Turner@elyrunners.co.uk) if you are interested in running and Julie Foreman julie@elyrunners.co.uk to book lunch.



Participants in last year's Pre-Xmas run

Ely Runners Cross Country tries new route

Ely Runners' 2010-2011 club cross-country championships will be held on Sunday January 2nd 2011. The race will be held over 3 laps on a challenging new 5m course starting and finishing on Ely common at the top of Waterboard Hill (see map below) and is suitable for trail shoes or (just about) spikes. Road shoes are also suitable but not ideal in wet conditions. Alan Rutterford will be organising a one-lap race for juniors – entries to either Alan or Lesley Wright (alan@elyrunners.co.uk or lesley@elyrunners.co.uk).



Felicity Chivers and Zoe Shackleton taking part in the 2010 Ely XC

Meet at the Paradise car park at 9:30am for a 10:00 am start on Ely common. There are perpetual 12" tudor shields for the following award categories (members only) which will be presented by Chairman Stephen Howard in the upstairs bar at the paradise centre at 11:30am:

- *1st Male (2009-10 Ian Day)*
- *1st Female (2009-10 Felicity Chivers)*
- *1st Age Graded Male (2009-10 John Manlow)*
- *1st Age Graded Female (2009-10 Zoe Shackleton)*

We're looking for a few volunteers for time-keeping, results and also one or two marshals, so if you don't want to run but are available to help on the day then please let Steve Tovey know.

More New Years Eve 10K volunteers required

Many thanks to those of you who responded to the first request for volunteers to help with the New Years Eve 10K. However, as always, we still need more people to step forward to ensure the race can be staged in as safe a way as possible. As we are now into November more of you may have decided on their holiday plans and can now commit themselves. Please let John Glover know by emailing eajwg02@yahoo.com.

NEWS & NOTICES

Christmas Drinks & 25th Anniversary

Ely Runners Xmas drinks held at the Cutter on 3rd December went well, with around 50 senior members present, including three founder members Barry Garfoot, Tony Hall and Maurice Reed. Barry, Tony and John Turner said that they would try to attend the 50-year celebration (in 2035) even though their respective ages would be 85, 90 and 101!

The club rewarded the juniors for their hard work and enthusiasm with a night's ten pin bowling before joining the seniors at the Cutter. Club coach and i/c juniors Alan Rutterford stated that to see them bonding as a team at bowling was a really special moment for him and to make it more competitive he arranged 3 small chocolate prizes to the 3 highest scores. To hear them laughing about each others bowling techniques as they walked to the Cutter was so funny that they had us in stitches at times. They all told Alan that they had a brilliant time at the function in the Cutter and that it was good to join the senior runners.

Congratulations to the following who won the club's three London Marathon places:

- Emily Knight
- Jose Perez
- William Wilson
- Reserve: Stuart Baumber

A charity raffle organised by Natalie and Adam Etches raised just over £200 for the East Anglia's Children's Hospices, a total Ely Runners doubled to £400.

Alan Rutterford nominated for Ely Standard Unsung Sporting Hero

Ely Runners and ECAC coach Alan Rutterford could shortly be accepted into the Ely pantheon of sporting history, having been nominated as an 'Unsung Hero' for the [Ely Standard newspaper Sports Awards](#), with the result to be announced later this month. Good luck Alan, you're always be a hero to us!



Alan Rutterford

Special Offer from Sweatshop, Cambridge

To celebrate their connection with Ely Runners, Sweatshop are going to have a discount day at the shop for all our members with the following offers!

15% off non sale items (excluding Time pieces and nutrition)

FREE Hilly sock with every purchase (while stocks last)

3 for 2 on Sports bras

3 for 2 on all Xsocks, Hilly, Nike, Sweatshop socks

This offer is valid from 10:00 am to 8:00 pm on Thursday 9th December ONLY on production of a valid Ely Runners membership card. Sweatshop Cambridge is at David Lloyd Leisure, 21/25 Coldham Lane Business Park, Norman Way, Cambridge, CB1 3LH. Email Cambridge@sweatshop.co.uk

Specialist running shop open in Bury St Edmunds

10 per cent off everything for Ely Runners club members: Runability, 67a St John's Street, Bury St Edmunds

IP33 1SJ, 01284 765492. The owner currently has Brooks, Saucony and Newton footwear and is expecting to have some Asics and Nike in the next couple of weeks. Clothing includes Ron Hill, Brooks, Saucony and the 2XU compression range. The shop also offers gait analysis software that allows you to watch and compare your gait on the treadmill in up to 4 different shoes at once. If anyone is thinking of getting some new running shoes soon Brooks have a competition on from 1st of November to end of December where you could win a trip to compete in a race of your choice in Europe paid for by them (flights, accommodation-half board, race entry) and you can take along a partner. To enter you just need to purchase any pair of their shoes.

High Vis winter T-Shirts with Ely Runners logo still available

In response to requests from members, the committee has purchased a test batch of fluorescent yellow technical T-shirts, which can be worn instead of bibs for winter training and wearing under a club vest whilst racing in chilly and/or wet conditions. We have small, medium and large unisex sizes with both long and short sleeves and which feature an Ely Runners' logo on the top right front.

The prices (at cost) to members are £8 (short-sleeve) and £13 (long-sleeve) and can be ordered by emailing Mary Gates (mary@elyrunners.co.uk) or speaking to her at training when she will have them with her.

Grunty Fen T-Shirt design competition underway

Design suggestions for the front of the t-shirt are:

- It needs to be clear and bold with a theme
- The race title will probably be: **Ely Standard 21st Grunty Fen Half Marathon 2011** and this needs to be incorporated into the design.
- Typical subjects are Grunty Fen, fenland, local area, race title, cathedral, running, runners, club kit, running kit, water, bogs, ditches, open sky, rivers, exhaustion, happy runners, male/female runners, river birds (eg heron), waterside meadows, or anything else!
- Colours are OK but bold best. Colours can sometimes be enhanced with black outline
- Humour or reasonable horror (eg Grunty Fen monster in Ely Runners kit!) OK
- Needs to be seen easily from a distance, so not too complicated.

The club's and sponsors' logos will be added by the printer who also puts the list of entrants on the back. The deadline for submission is 15th January, with members voting on the winner at the club AGM on 7th February.

Contributions to the Newsletter

We're actively looking short articles about your running experiences which other members will find useful, interesting or just entertaining. Please send anything suitable preferably with a picture to newsletter@elyrunners.co.uk

SOCIAL EVENTS

After training drinks

After training drinks are usually held on the first Thursday in the month, with all members more than welcome to attend. The next opportunity to see what your training partners look like with their clothes on will be Thursday 6th January at the West End pub from around 8:30pm onwards. Further information is available from Julie Foreman (Julie@elyrunners.co.uk).

Anyone for paintballing?

Any members interested in taking part in a game of paintballing in Thetford Forest (<http://www.combatpaintball.org/home.html>) one Saturday morning should contact Julie Foreman (julie@elyrunners.co.uk). The cost for a half day is £22 per head which includes all safety equipment and 300 paintballs. If we can get over 10 people the cost comes down to £17 each.

SELECTED RESULTS ROUND UP – NOVEMBER

Hereward Relay

Ely Runners were out in force in the freezing last weekend of November braving tough conditions as drivers, marshals, runners and ultra-runners took part in this 38.4 mile, 4 stage relay race from Peterborough to Ely. There were five teams of Ely Runners, two Ely Ultra runners plus a scattering Ely Runners competing for other teams. The initial runners assembled outside Peterborough Cathedral for the 9am start with snow on the ground and temperatures an amazing -8C.

Tony Hall and Darren Murfitt's advanced driving skills were on display when transporting runners to the start of their stages in record times, which certainly got the adrenaline pumping on one of the coldest days of this year. Yet some brave souls still managed to expose their arms and legs to the elements! Warming up in such cold conditions proved very difficult – as the limbs heated up slightly the nose and throat got ever colder! It was no less cold or snowy at the start of stage 2 in Whittlesey with the roads and drives proved treacherously slippery in places. By leg 3 from March to Welney the snow had been replaced by demanding mud. For leg 4 the cold but dry weather remained in place but the Ely Marshals provided very welcome and warm and cheery encouragement to all the tired runners as they headed into the finish at the City of Ely Football Club.

With exceptional individual performances too numerous to mention, the best performance of the day was from Team Captain Alan Rutterford who, quite apart from dealing with all the team logistics beforehand, also, together with chief marshal John Glover oversaw the whole event from Ely Football Club, enduring the bitter cold, beginning at 6am, and still waiting for the last ultra runner to finish at around 4pm. Ely Ultra runners Mark Turner and Stuart Baumber ran the whole 38 miles. Proving that Triathletes really are harder than runners, Mark managed to sink a few pints in the bar before Stuart arrived home to thunderous applause from his loyal supporters (David Mould came down to watch him finish.) Stuart however, rose to the challenge and upped the ante, by suggesting that he was going to run home to make the day's mileage an 'even 40.'

Official Results: (Individual times and positions shown per team) Leg 1 (6.5m) 13th Maurice Reed 41:16 (Team A) 30th Jose Perez 44:45 (Team B) 34th David Mould 45:18 (Team C) 85th Jason Pattinson 55:32 (Team D) 92nd Cynthia Mills 59:33 (Ladies Team) Leg 2 (10.5m) 21st Jason Mann 1:14:46 (B) 27th Stephen Howard 1:15:59 (A) 35th Sarah Edwards 1:18:58 (L) 40th Ian Blatchford 1:20:10 (Ran for Ely Tri Club) 64th Adrian Scaites-Stokes 1:25:51 (C) 76th Nick Dowdy 1:29:56 (D) Leg 3 (10.3m) 18th Graham Chapman 1:15:05 (A) 23rd Tony Kirby-Cook 1:16:35 (B) 46th Simon Bottomley 1:24:00 (Ran for Ely Tri Club) 55th Lionel Smith 1:26:17 (C) 74th John Turner 1:31:57 (D) 77th Lesley Wright 1:32:22 (Ran for Ely Alexander Chasers) 89th Samantha Collins-Shirley 1:38:39 (L) Leg 4 (10.4m) 39th Susanne Saalau-Bethell 1:16:39 (Ran for Ely Alexander Chasers) 40th Charlie Barker 1:16:58 (B) 44th Peter Harris 1:18:19 (C) 45th Matthew Holmes 1:18:37 (A – special thanks to Matt for stepping in for Kieren at the last minute!) 82nd Andrew Nixon 1:32:17 (D) 95th Heidi Uff 1:39:21 (L) Ultra Runners 2nd Mark Turner 5:30:43 (Ran for Ely Tri Club) 8th Stuart Baumber 6:23:11 Teams: 23rd Ely Runners Team A 4:30:57 28th Ely Runners Team B 4:33:14 47th Ely Runners Team C 4:55:45 77th Ely Runners Team D 5:29:42 85th Ely Runners Ladies 5:36:31 There were 103 teams at the finish and 19 ultra runners. Finally a big and sincere thank you to all Ely Runners who braved the extreme cold conditions for many hours to help members of our club compete: To course drivers Tony Hall and Darren Murfitt, because without you two it would have been impossible logistics wise. To stage 4 marshals, John Glover, Martin Courtney, Sarah Edwards (after running stage 2) and Jodie Johnstone who all braved the cold for several hours, wearing “tea cosies on their heads and ugly boots” as opposed to Lionel's “suggested uniform!” To Eric Drury for braving the cold and helping with the set up of the finish area too. Finally well done to Ladies Team Captain Heidi – for her determination to get a ladies team out on the day, notwithstanding a cold, a tooth abscess, and a troublesome rabbit hole!

Frostbite League Race 2 – Bushfield, Peterborough

Official Results (Juniors): 22nd Robyn Seabright 9:01 29th Fraser Crossman 9:17 48th Esme Wright 9:45 55th Alexander Ellwood 9:52 58th Molly Butler 9:53 59th Sebastian Pettit 9:54 61st Nathan Pennington 9:55 There were 137 finishers.

Official Results (Seniors): 4th Alex Tate 26:23 (Scoring Team –M) 12th Ian Day 28:11 (Scoring Team –M) 14th Stephen Pettit 28:25 (PB, New Club MV45 Record, Scoring Team –M) 17th John Manlow 28:41 (Scoring Team –M) 22nd John Uff 28:58 (2nd Claim – ran for C&C) 24th Kieren Drane 29:07 (PB, Scoring Team –M) 28th Max D'Ayala 29:18 (Scoring Team –M) 60th Adam Etches 30:44 (Scoring Team –M) 89th Graham Chapman 31:46 92nd Stephen Howard 31:58 127th Alex Seabright 32:59 (PB, 1st 5m New Club JM Record) 145th Peter Harris 33:32 (New Club MV60 Record) 157th Kevin Fox 33:45 (PB) 166th Charlie Barker 34:07 171st Sarah Edwards 34:16 (PB, 1st 5m, Scoring Team –F) 187th Matthew Holmes 34:30 191st Ian Blatchford 34:35 215th Lionel Smith 35:28 (PB) 323rd Andrew Nixon 39:13 329th Melanie Fisher 39:21 (Scoring Team –F) 378th Natalie Etches 41:21 (Scoring Team –F) 396th Jodie Johnson 41:56 (PB, 1st 5m) 434th Jason Pattinson 44:30 (PB, 1st 5m) 435th Jon Pennington 44:31 (PB) There were 533 finishers.

St Neots Half Marathon

Official Results (Chip Times): 10th Stephen Pettit 1:18:40 3rd MV40-49 14th John Uff (2nd claim) 1:20:30 PB 171st David Mould 1:35:23 240th Sarah Edwards 1:39:34 PB 241st Stuart Baumber 1:39:43 PB 294th Nicola Bramley 1:42:13 320th Melanie Fisher 1:43:35 321st John Glover 1:43:37 PB 374th Miranda Paul 1:47:44 PB 391st Fraser Badcock 1:47:41 443rd Hannah Shiell 1:50:01 486th John Turner 1:52:09 MV65 club record 516th John Crawford 1:53:33 601st Tony Robinson 1:57:32 613th Fran Crawford 1:58:11 PB & FV55 club record 642nd Samantha Collins-Shirley 2:00:41 658th Jodie Johnson 2:02:22 PB (1st 1/2 marathon)

Fat Feet Rutland Marathon - Rutland Water

Official Results (chip times): 124th David Mould 3:52:07 327th Nick Dowdy 4:42:24 There were 457 finishers.

Stevenage Half Marathon

Chip time results: 84th Tony Kirby-Cook 1:32:21 176th Stuart Baumber 1:40:40 (PB by 2 mines) 370th John Foster 1:56:45 385th Karen Foster 1:57:37 387th John Turner 1:58:35 421st Cynthia Mills 2:00:41

Forthcoming events

Cambridge Parkrun

This series is continuing to prove popular with members, with a further four races taking place in May. 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

Frostbite Friendly League 2010-2011

The first FFL venue on Sunday 3rd October has now reverted to the usual Priory Park at St Neots. It's an excellent course of parkland grass and woodland tracks. As such, it is suitable for spikes. As usual, the Junior race will start at 10:15 am and the Senior race at 11:00 am

Other FFL dates and venues are:

- 12 Dec Hinchingsbrooke Park, Huntingdon
- 16 Jan Ramsey
- 6 Feb Bourne Woods
- 6 Mar BRJ Huntingdon

This series of six races of 1.5m for Juniors and about 5-6m for Seniors is free to all members and provides enjoyable competition at all levels, plus all members running influence the result by competing against scoring members of other teams. No prior entry or numbers are required as club members are allocated PIN numbers and finishing position tags which are recorded by the club's Team Manager Eric Drury. Team scoring is Juniors 1st 5 (1 must be a girl) and Seniors 1st 10 (3 must be women) but all other runners effect the overall results.

Having won the Senior FFL twice since 2004, we slipped last season to 10th of 17 teams. Our talented Juniors, in their first full year in the FFL improved through the season to finish 9th of 13 teams but should gain places in 2010-11 because there are more members to ensure a full scoring teams for each race. Apart from providing enjoyable team and individual competition, these races provide a measure of progress and inspiration throughout the winter season.

Summary of Dec-March XC and indoor runs/races

Bargain Events!

- The club will pay for team entries to county, regional and national championships
- The Frostbite friendly League races are free and all members have allocated PIN numbers - just turn up and run
- Club team entries into relay races are free
- Ely Runners club championships and handicaps are free to members and guests
- Park Runs (5k every Saturday at 9:00 am) are free - just register on-line day before 1st race
- As always, Ely Runners training runs are free

SEAA Masters & Southern Inter-County XC Championships

Saturday 11th December

Shuttleworth College, Old Warden, Biggleswade

Entries now closed

Frostbite Friendly League

Sunday 12th December

Hinchingbrooke Park, Huntingdon

Juniors start 10:15 am and Seniors start 11:00 am

Senior (about 5m) course is a challenging mixture of terrains from tarmac and packed sand footpaths to soggy grass and muddy woodland.

Seniors meet Paradise at 9:15 am to share transport.

Long Pre-Christmas Training Runs

Sunday 19th December

Meet Paradise car park at 8:00 am for free transport to starts:

Woodditton to Ely 18.5m

Reach to Ely 11.0m

Woodditton to Reach 7.5m (transport will return to Ely)

Two checkpoints with refreshments provided by Tony Hall

Please contact John Turner secretary@elyrunners.co.uk ASAP to run

Boxing Day Club Training Runs

Sunday 26th December

Meet Paradise Centre car park at 9:00 am for the now traditional Boxing Day route of 12m along east riverbank (via pump house at Lode End Bridge, Kingfisher Bridge and Chalk Pit) to A1123 where cross river at Dimmock's Cote and return along west riverbank (via Fish & Dick Marina) to Ely.

Shorter options by turning round at Lode End bridge (6m) or Barway Loop (7.5m)

Ely Runners Club XC Championships

Sunday 2nd January

Start 9:30 am on Ely Common

Juniors 1.67m and Seniors 5m

Contact stevetovey@elyrunners.co.uk ASAP to enter

Cambs County AA XC Championships

Sunday 9th January

Prory Park, St Neots - see <http://www.cambsaa.org.uk/xc.asp>

Senior entries to Charlie Barker, Junior entries to Lesley Wright

Entries close on 31st December

SEAA Indoor Track & Field Championships

Lee Valley Stadium, Edmonton, London

Sun 9th Jan (300m, 400m, 800m), Sat 15th Jan (sprints & hurdles), Sun 16th Jan (60m and 1500m)

All ages from -15 to seniors

Entries via Charlie Barker (seniors) and Leslie Wright (juniors) lesley@elyrunners.co.uk

Closing dates 14th December (1st meeting) and 4th January (2nd/3rd meetings)

SEAA XC Championships

Saturday 29th January

Parliament Hill Fields, London - a famous and challenging course!

All ages from -13 to seniors. Distances according age group but SW run 8k and SM run 15k

Team Entries via Charlie Barker (seniors) and Leslie Wright (juniors)

Closing date 10th December

ECCA National Cross-Country Championships

Saturday 19th February

Alton Towers

All ages boys/girls and men/women from -13 to Seniors. Contact Charlie Barker

captain@elyrunners.co.uk for Senior entries and Lesley Wright lesley@elyrunners.co.uk for

-13/-15/-17/Junior entries. Full details on Notice Board.

SEAA XC Relays

Saturday 12th March 2011

Wormwood Scrubs, London

All ages from -13 to seniors. Distances (2k to 5k) and stages (3 or 4) according age group

Team Entries via Charlie Barker (seniors) and Leslie Wright (juniors)

Closing date 18th February

Full details of SEAA championship events at www.seaa.org.uk and they will also be put on the club's notice board at the Paradise Centre

Other Events

See following RACES & EVENTS GUIDE

Event photographs

Race/club event photographs should now be sent to Steve Tovey (sct36@cam.ac.uk) Ideally they should be resized to 800x600 pixels (ish) and preferably be less than 100k in size.

RACES & EVENTS GUIDE 2010-2011

December 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 (at Milton) are every Saturday at 0900. Entry is free but before your first race, register on-line by 1800 on Friday www.parkrun.org.uk/cambridge/Home.aspx

December

- 03 (Fri) **Ely Runner's Christmas Buffet & Drinks**, Cutter Inn, Ely
- 03 (Fri) Cambs AA AGM, 1930 Hemmingford Grey Conference Centre
- 05 Nene Valley 10m, 1030 The Cresset, Bretton, Peterborough, £8, www.nvh.orh
- 05 Luton Marathon & 3 stage Marathon Relay, 1000 Lea Manor Rec Gnd, £21, www.lutonmarathon.org.uk
- 05 Bunwell Santa 5k Fun Run, 1100 Village Hall, Bunwell, Norwich, £10, EOD +£2, www.bunwelstrollers.co.uk
- 11 (Sat) SEAA Masters & Southern Inter-County XC Championships, Shuttleworth College, Biggleswade
- 12 Frostbite League, Jn 1015, Sn 1100, Hinchingsbrooke Park, Huntingdon (**all Ely Runners can run**)
- 12 Bedford Harriers ½ Marathon, 1000 Wootton Upper School, Beds, £15.50, no EOD, www.bedfordharriers.co.uk
- 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
- 19 Waveney Valley AC 10m Turkey Trot, 1100 Beccles Sports Centre, £10, EOD +£2, www.waveneyvalley.org
- 26 **Boxing Day training**, meet 0900 Paradise Centre car park
- 28 (Tue) Buntingford Year End 10m, 1030 Edwinstree Sch, £12, no EOD, www.roystonrunners.org.uk
- 31 (Fri) **Ely New Year's Eve 10k Road Race**, Little Downham www.newyearseve10k.co.uk

January 2011

- 01 (Sat) Wymondham NYD10k, 1130 Ex-Servicemen's Club, £8.50, EOD +£2,
www.wymondhamac.org.uk
- 02 **Ely Runners XC Championships** (juniors 1.67m, seniors & vets 5m), 0930 Ely Common
- 09 Cambs County XC Championships, Priory Park, St Neots (juniors, seniors and vets)
- 09 SEAA Indoor Championships, Lee Valley
- 15 (Sat) SEAA Indoor Championships (continued)
- 16 SEAA Indoor Championships, Lee Valley (concludes)
- 16 Frostbite League, Jn 1015, Sn 1100, Ramsey (**all Ely Runners can run**)
- 23 Folksworth 15m, 1100 Village School, £15, no EOD, popular race, www.yaxleyrunners.org.uk
- 23 Benfleet 15m, 1030 Castleview Sch, Canvey island, £11, +£2 EOD,
www.benfleetruntimeclub.com/benfleet15
- 29 (Sat) SEAA XC Championships, Parliament Hill, London (all ages from -13 to seniors)
- 29 (Sat) Lodestar 10k XC Night Run, 1900 Lode, www.welcomeevents.co.uk
- 30 Reedham 10m, 1100 Reedham Village Hall, Norwich, £10, EOD +£2, www.gydac.org.uk

February

- 06 Frostbite League, Jn 1015, Sn 1100, Bourne Woods (**all Ely Runners can run**)
- 13 St Valentine's 30k, 1100 Stamford, £16, www.stamfordstriders.co.uk, *early entry essential*
- 07 (Mon) **Ely Runners Annual General Meeting**, 1930 Paradise Centre
- 19 (Sat) National Cross Country Championships, -13/-15 G/B, -17/Jn/Sn M/W, Alton Towers

March

- 05 CAU Inter County XC Championships, Cofton Park, Birmingham
- 05 Belvoir Challenge 15m/26m, 0900, Harby School, Harby, Leics, £15, www.belvoirchallenge.co.uk
- 06 Frostbite League, Jn 1015, Sn 1100, BRJ Huntingdon (**all Ely Runners can run**)
- 06 Leighton 10k, 1000 Vandyke Upper School, Leighton Buzzard, £tba,
www.leightonfunrunners.org.uk
- 12 (Sat) SEAA XC Relays. Wormwood Scrubs, London W12 (all ages from -13 to seniors)
- 12 (Sat) BMAF XC Championships, Wigmore Valley Park, Luton
- 16-20 European Veterans Athletics Championships, Ghent
- 20 Turing Trail Relay (provisional club event)**
- 20 NiceTri Hurden 9, 1000, Offord, Cambs, £13, EOD +£3, www.nicetri.co.uk
- 27 Joe Cox ½ Marathon, Stowmarket

April

- 03 Lincoln 10k, 1100 Lincoln, £15, www.lincoln10k.co.uk
- 10 Bungay Marathon & ½ Marathon
- 17 London Marathon
- 22 Sudbury 5m Fun Run

May

- 05 Newmarket Heath 6k
- 08 Eye 10k
- 08 Frostbite Friendly League AGM
- 15 Woodbridge 10k
- 21 (Sat) BMAF Road Relays, Sutton Park
- 29 CAU Inter County Track & Field Championships, Bedford Stadium

June

- 09 (Thurs) **Ely Runners 10k Club Handicap**
- 19 BMAF 5k Championships, Horwich

July

- 6-17 July, World Masters Championships, Sacramento, California, USA
- 14 (Thurs) **Ely Runners 1m Club Handicap**
- 27 Bungay 10k

August

16-25, European Vets Championships, Stadia

September

11 **Grunty Fen Half Marathon**, Witchford, www.gruntyfen.co.uk

October

22 (Sat) Beachy Head Marathon

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 usually on roads and/or hard footpaths/cycle ways unless otherwise mentioned.

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

Frostbite League races are about 5-6 miles for seniors and 1.5m for juniors. 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 but for -13,-15,-17 & juniors, first contact Lesley Wright lesley@elyrunners.co.uk

Ely Runners' private club XC championships, 10k/1m handicaps, and TTR relay entries are via Steve Tovey membership@elyrunners.co.uk

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

Social events are via Julie Foreman julie@elyrunners.co.uk

Junior training details from Junior Representative/Club Coach Alan Rutterford alan@elyrunners.co.uk

Junior race details from Junior Secretary Lesley Wright lesley@elyrunners.co.uk

Club website: www.elyrunners.co.uk

Grunty Fen 1/2M website www.gruntyfen.co.uk

NYE10k website www.newyarseve10k.co.uk

Turing Trail Relay website www.turingrelay.co.uk

Association of Running Clubs www.runningclubs.org.uk