



Ely Runners Newsletter

November 2012



NEW MEMBERS

We warmly welcome the following new members who joined the club this month.

Melanie Sage, Sam Merry, Jenny Tovey, Daisy Bevis, Amy Bevis, Mollie Blencowe, Max Blencowe.

We look forward to seeing you all at training and club events!



Frostbite Friendly League

The next race in the Frostbite Friendly League is on Sunday 13th January near Whitemoor Prison in March. With both Junior and Senior races on the same day all members are welcome to join in. The races are free for club members and are a good opportunity to meet fellow members outside of weekly training.

Cambs Schools XC

The Cambs Schools' Cross Country Championships are to be held at King's School again on January 19th, a Saturday morning. Last year some Ely Runners members turned up to help as marshals and the organisers were very appreciative. If anyone is able to help in January please contact Richard Powell

RichardPowell@kingsely.org

The event starts at 10.00 and should finish by 12.30.

North Downs

Entry is now open for The North Downs Run (30k). The race has been popular with members and as 2013 is the race's 30th anniversary it will probably fill up more quickly than usual.

<http://www.runnersworld.co.uk/events/viewevent.asp?sp=&v=2&EN=72968&ms=>

Club Cross Country

The annual club cross country will now take place on Sunday 10th February.

If you would like to run please let Matt know

matt@elyrunners.co.uk

Hereward – New Date

As you know the Hereward Relay had to be cancelled last month. The organisers have informed us that they will now hold the event on February 24th. If anyone wishes to run or is able to help on the day then please contact Matt. Unfortunately for a number of reasons they have decided to cancel the Ultra on this occasion.

New Year's Eve 10k

The club would greatly appreciate if any members that have a spare few hours on the 31st could volunteer their time to assist with this popular club event. If you haven't already done so please contact John Glover if you are available: john@elyrunners.co.uk

Cambridge Parkrun, Saturday December 22nd

Runners completing our 2nd beginner's course will be taking part in their 1st parkrun this Saturday. With over 220 members (including juniors) it would be great to have a good turn-out at this event to lend support.

News

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Dates for the Diary:

31/12 NYE10k
13/01 March Frostbite
20/01 Folksworth 15

Contributions to the Newsletter

We would appreciate if members have any short articles about their running experiences which other members may find useful, interesting or just entertaining, please send them with a suitable picture (800x600, portrait) to:

newsletter@elyrunners.co.uk

TONY HALL 1934-2012

It is with sadness that we bring you the news that Founder and Honorary Member Tony Hall died, aged 78, on Monday 17th December .

Cancer of the pancreas (which spread to his liver) was diagnosed only a few months ago and soon after helping at the Grunty Fen Half-Marathon in September, Tony's health declined quite quickly.

The funeral was held on Friday 21st December at Ely Methodist Church. Flowers were by family only and donations to *Cambridgeshire Prostate Cancer Support Association* can be sent to: C.E. Fuller & Co, Funeral Directors, 23 Hall Street, Soham, Ely, Cambs, CB7 5BN.

After being diagnosed with advanced prostate cancer eighteen years ago, Tony recovered and then actively supported the *Cambridgeshire Prostate Support Cancer Association* as Vice-Chairman until recently and also with much fund raising.

Tony has been a member of *Ely Runners* continuously since the club's foundation in 1985. During that time he was Club Chairman, Club Treasurer and i/c Training. He raced regularly for many years and, whenever he could, provided friendly and experienced involvement in club events and league races. Tony was also an appointed Life Member of *Eastern Veterans AC*.

If you'd like to send a message to Tony's wife Alwen, please see JT's email of 18th December.



Christmas Training Details

Sunday 23rd December

Meet Paradise car park at 9:00 am for choice (6.25m, 7.66m, 9.3m, 10.5m or 12.0m) of mixed-terrain training runs on the Quanea Loops - see <http://www.elyrunners.co.uk/routes/quanea.htm>

Tuesday 25th December - Christmas Day (*Paradise Centre closed*) - No official training but possibly runs by private arrangements

Wednesday 26th December – Boxing Day

 (*Paradise Centre closed*)

For the club's traditional **Boxing Day Run**, meet at the Paradise car park at 9:00 am for a choice of mixed terrain runs:

- Short (6.1 miles) Paradise, back of cathedral, parks, Cutter, High Bridge, east river bank footpath to Lode End Bridge (Barway pump) and back
- Medium (7.64 miles) As above plus the Barway loop via Lode End bridge (Barway pump) and back
- Long (12.31 miles) As above to Lode End Bridge (Barway pump) then continue along river bank to Chalk Pit, right on A1123 to cross Dimmock's Cote bridge, and back along west river bank footpath

Thursday 27th December

 (*Paradise Centre open 12 noon to 8:00 pm sharp - do not leave kit inside whilst training!*)

Lisle Lane & The Vineyards fartlek intervals (start/finish by Cheffins, Market Square)

3 or 4 x 2.82km (1.75m) laps each with 3 fast/hill strides (12(5' climb per lap) and 3 recoveries

3 laps = 8.46km (5.26m), 4 laps 11.28km (7.01m) + 0.8km (0.5m) Paradise return

Sunday 30th December

 (*Paradise Centre open 10 am to 6 pm*)

Meet Paradise car park at 9:00 am for choice of mixed-terrain training runs starting on golf course footpath to Lt Thetford and return to Ely via A10 footpath (6.5m), via Grunty Fen Road to Witchford (8.3m), via Grunty Fen Road, Pools Road, Wentworth, Witchford (12.5m)

Committee and Events Working Group meet at Little Downham village hall at 3 pm to prepare the village hall and cricket pavilion for the New Year's Eve 10k

Monday 31st December - Ely Runners New Year's Eve 10k, Little Downham, www.newyarseve10k.co.uk (Race Full)

Tuesday 1st January

 (*Paradise Centre closed - meet outside*)

The Gallery intervals of 5 x 1m circuits to/from Cathedral lamppost

Fast interval from bottom of The Park hill, Broad St, Back Hill, Gallery 0.6m

Recovery Gallery, Porta, Cherry Hill 0.4m.

Total about 5.6m from/to Paradise

Thursday 3rd January - Round Ely circuit of 6.25m or shorter 4.8m finish via Police Station corner, beware of corners if icy

Please check club website <http://www.elyrunners.co.uk/trainingatnight.htm> and below for **Running Safety** and **Training at Night**.

IMPORTANT TRAINING BULLETIN

We welcome the increase in members training but with a larger group, we all need to individually and collectively vigilant and stay aware of safety, particularly when running at night.

Please therefore read the following information revised from the club's website:

Running Safety

Author: John Turner, Secretary and i/c Training and Events: 30.09.2005

Revised: 14.03.2006 by Max d'Ayala

Updated: 07.12.2012 John Turner, i/c Training

Club Training Sessions

General

Club members train at their own risk. Most training sessions take place on well-used roads, tracks or footpaths, but may occasionally take place at locations that have not been used before. It is the responsibility of each member to determine if the terrain, weather, light level, training distance, etc are suitable, both before and during training runs.

Warming up and Down

Members should gradually decrease their effort towards the end of a training run or go for a jog afterwards so that they finish feeling relaxed, comfortable and neither too hot nor too cold. This should then be followed by several minutes of appropriate stretching.

Members are requested to wear reflective bibs or florescent clothing for club training at night. Reflective bibs are available **free of charge** from club stock at the Paradise Centre. It is also advisable to wear white or a light colour under the bib to be visible when not running in artificial or reflected light. Armbands and similar items with flashing red lights also show up well. Florescent items show up particularly well during the twilight hours.

Insurance

Members are not covered by any sort of personal accident or injury insurance during training sessions organised by the Club. Members requiring such cover must make their own insurance arrangements.

UK-Athletics and ARC provide Public Liability Insurance for club members during training sessions. What this essentially means is that if by our negligence a third party is injured, or property is damaged, we will be covered if someone makes a claim against us.

UK-Athletics insurance details:

<http://www.uka.org.uk/governance/insurance/>

ARC insurance details:

http://www.runningclubs.org.uk/insurance_liability_summary_2012_13.pdf

Training at Night - Common Sense and Courtesy Guidelines

Members are reminded to observe some basic precautions and courtesies when running at night:

1. Wear high visibility clothing such as a reflective jacket, reflected bib, reflective strap, club fluorescent yellow shorts, and/or a white T-shirt. This is particularly important when you have to run on or cross roads. Also so that pedestrians can assess that you are a fast moving runner when approaching them.
 2. Avoid running side by side if there are nearby pedestrians using the footpath.
 3. Avoid running too close to and startling pedestrians, especially from behind. They may not hear you coming and change direction without warning so give them a wide berth to avoid a collision. If this require running into the road, always first check for traffic, especially from behind.
 4. If there is an elderly person or lady by themselves, they may feel threatened by hearing or seeing you running towards them so try to cross over to the other side of the road well before you pass.
 5. If running in a group, this can be intimidating to pedestrians so always give them a wide and early berth. Also, be sure to remain alert and aware of safety issues.
 6. Avoid running too closely to the runner in front or you may not see small obstructions which can cause you to stumble or trip.
 7. When crossing roads, do not follow other runners. Make your own judgement for when it is safe to cross.
 8. When crossing roads or running off pavements, do not cause vehicles to brake or swerve.
 9. Beware of icy patches, especially on corners.
 10. If running on unlit roads/lanes/droves, run in or near to the middle (there are less undulations) until you are sure an oncoming driver has seen you (should dip lights) and then, in good time, move over near to the right edge. If necessary, slow down or stop to avoid stumbling on the edge. After moving to the side to let a vehicle pass, allow for it (especially tractors) to be towing an unlit trailer, implement, or other vehicle before resuming your run. Take great care on bends and corners as approaching drivers will not have much time to see you. Stay on the safe side of the road.
 11. Also on unlit roads and/or those without a pavement, beware of vehicles from behind, particularly if there is more than one and/or if one is overtaking another.
 12. Beware of cyclists, especially without lights, riding on pavements and footpaths.
 13. Do not wear earpieces - if you are listening to music you are unlikely to hear approaching traffic or warnings from other runners.
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Race Reports

Fox@40 Back-to-Back Enigma Marathons

David Mould ran back-to-back Marathons at the weekend. He was back at his regular marathon route around Caldecotte Lake, Milton Keynes, completing a marathon on both days. David was very pleased to accomplish a long term goal of running sub-4 marathons on consecutive days. Not only was it the race organisers 40th birthday but Steve Edwards completed his 500th sub-3:30 marathon! David has now completed 48 marathons (or longer), 18 marathons (or longer) this year and also registered 26 sub-4 marathons.

Fox @ 40 Day 1

David Mould 16th out 62 in 3:50:06

Winners: Male: Adam Holland in 2:57:35 Female: Sally Ford in 3:25:36

Fox @ 40 Day 2

David Mould 18th out 66 in 3:55:17

Winners: Male: Adam Holland in 2:59:36 Female: Sally Ford in 3:27:54.

Luton Marathon

Nick Dowdy ran in the Luton Marathon in November. Nick finished 349th in a time of 4:10:35, a new pb! Luton is a three lap course which starts in the town before making its way up the A6 and then turning off through a couple of villages before returning back to the town, The town part is fairly flat with a few short ups and downs, but the countryside part is quite hilly with one particularly long hill at about 5, 14 and 22 miles. Although it is 'chip timed' at the end of each lap and at the finish, there is no time taken at the start so all times are 'gun times'. Nick was happy with his run although he did suffer the familiar problem of his legs getting very tired over the last 6 miles. The weather was very kind being sunny, cold and with very little breeze.

Hadleigh 10 – Hadleigh, Suffolk

John Manlow went to Hadleigh for one of his favourite races of the year, the Hadleigh 10! John has done this race for the last 4 years, the course follows scenic, twisty, narrow country lanes in a big loop with a mile out and back section. There were plenty of leaves and mud on the roads and the route was essentially 5 miles up hill followed by 5 miles down. There was a lot of water on parts of the course this year and it was very windy, the previous nights rain had been blown away and runners were met with a sunny but cold morning. Three men went up the road from the start and John didn't see them again until the finish, those behind were going too quick so John slowed up a bit which exposed him to the wind. Because of the wind being head on, the puddle splashing and lake dodging John got to half way even slower than usual. So for the second half John ramped up to an eyeballs out running style which nearly landed him on his backside at about 7.5 miles. John ended up in 6th which was a positive result given that he had been about 10th at half way, he also picked up the prize for first MV40 which was nice. Food report, the organisers do good bacon sarnies but crucially no cakes, which was a shame. The rest of the organization was first class, the scenery and marshals were excellent. John's favourite 10 miler!

Results

6th John Manlow 59:43 (1st MV40) Brad Jones of Ipswich Jaffa won in 55:48 and there were 262 finishers

Nene Valley 10 - Peterborough

Five Ely Runners travelled to Peterborough for this competitive 10 mile race. The race is low-key on most levels, frozen toilets, chaotic registration and start areas were all thrown into the mix but for a cost of £10 runners had little to complain about. The race always attracts a particularly competitive field and this year was no different with the winner coming home in under 50 minutes! The course consists of 2 laps of footpaths, roads and housing estates in the Bretton area of Peterborough, nothing particularly visually enticing but the course is mostly flat and fast. Conditions were cold but sunny, the overnight frost was still present in places; leaves on the ground as well as an abundance of bollards made the course tricky at times. John Manlow put in a typically consistent performance finishing 6 seconds outside last year's time. As in other recent races Messers Tovey and Howard were close together for most of the race with Steve pushing on after 4 miles, he managed to hold Stephen off to the end finishing 30 seconds ahead. Matt Holmes aiming for a good time soon realised after 2 miles that it was not going to be, feeling out of sorts he decided to pull back and concentrate on finishing. A PB (first 10m) was his reward although somewhat outside his expectations before the race. Melanie Wiffin has run this race regularly over the years, following on from her PB at the previous Frostbite race Melanie ran well to achieve a new PB by nearly 2 minutes.

Results:

21st John Manlow 58:34 58th Steve Tovey 1:04:23 61st Stephen Howard 1:04:59 130th

Matt Holmes 1:12:23 (PB, 1st 10m) 155th Melanie Wiffin 1:15:49 (PB)

There were 289 finishers and the winner was Ian Kimpton of Lincoln Wellington finishing in 49:50, the first lady was Philippa Taylor of NVH in 59:46.

EVAC XC 2012 Wicksteed Park, Kettering

Peter Harris was the sole Ely Runner in the Eastern Veterans AC XC 2012 held within the Kettering Charity Cup, one of the oldest XC events in the country. The attraction for Peter was that the Over 60's EVAC members only had to run 4.9K within the Ladies Open race, rather than 10K with the younger men. Once he got over the odd feeling of lining up with just the ladies and some doddery old men, Peter enjoyed the two lap race over some surprisingly muddy, undulating parkland in bright sunshine. He came in 3rd out of the 13 old blokes (EVAC Over60's) and 21st out of 55 (including all the Ladies) in a time of 22:53. He is hoping that next year ER will be able to field a very strong Over 60's team in the race, perhaps even including a not so doddery Lionel Smith, who by that time will have been newly promoted to the somewhat exclusive M60 veteran class.

Dirty Dozen Enigma Running Marathon

Marathon number 49 for David Mould was very cold, maybe the coldest conditions he has run in but the temperature did raise after midday. This was David's most consistent marathon so far and was on 8:40-ish pace all the way around with the last mile the quickest.

David was very happy with 10th place out of 31 and a time of 3:48:26.

For a full list of results and event reports see the club website.

If you have run in an event recently why not send in a race report to results@elyrunners.co.uk – club members are interested to know how you get on and what you think of a particular race – send in report and get your name up in lights on the club website and newsletter!!!

TOPS (tops in athletics) www.topsinathletics.com

Some of you may be familiar with <http://www.thepowerof10.info/> the UKA website that collates results for all UKA / EA registered events. Unfortunately ARC-only registered events are not listed so ARC have recently set-up their own site to include these, some information from Rob Whittingham who produces TOPS below:

"TOPS is run by the leading statisticians in the country and we are keen to have official times against performances. The rankings on TOPS are used for the British Athletics Annual and so need to be as accurate as possible.

UKA receives hundreds of thousands of pounds for running Power of 10, TOPS is run by volunteers with a contribution from ARC for adding extra performances below normal levels.

Keeping both gun and chip times would require considerable extra effort both in changing the input program and actually entering the extra performances. It affects many races besides the London marathon.

If only chip times were kept it would mean not only that rankings would not be accurate and official but you would have anomalies where athletes finished ahead of other athletes in races would be ranked below them in the lists. As with most problems, if large amounts of money were available then 2 times could be entered. Of course by entering all qualifying ARC times, TOPS road rankings are much more accurate than those on Po10."



Ely Runners at the pre-Christmas run (Wood-Ditton) Sunday 9th December

TRAINING FOR JANUARY

Planned training sessions can be subject to change, being dependent on weather and ground conditions, visibility, numbers attending and suitability for those present.

Members are requested not to wear ear pieces during training because they will not be able to hear traffic approaching from behind. Members are reminded that they run/train at their own risk. These training details will also be on the home page (see ER Training Programme) of the club's website at www.elyrunners.co.uk, on the Paradise Centre foyer ER notice board and in the club's monthly Newsletters

Maps of many of the training routes are on the club's website at www.elyrunners.co.uk/training.htm

Seniors' Sunday training (usually 9 am Paradise car park) will be advised by weekly email.

Autumn-Winter Training

*Now that the days are shorter we will soon be starting the Autumn-Winter 2012 Training Programme. **From Tuesday 18th September high visibility bibs or t-shirts or jackets are to be worn.***

Juniors are to meet at 7 pm at the Paradise Centre on Tuesdays and train at one of the following venues, as decided by coaches, until daylight training resumes in 2013:

- Astro Turf at The King's School, Ely
- Cam Drive x 4 laps
- King's Avenue x 3 laps
- Lynn Road x 4 laps
- Stour Green laps
- Jubilee Gardens laps
- The selected junior venue will be on the club notice board in the foyer of the Paradise Centre.

Tuesday 1st January (Paradise Centre closed – meet outside)

The Gallery intervals of 5 x 1m circuits to/from Cathedral lamppost
Fast interval from bottom of The Park hill, Broad St, Back Hill, Gallery 0.6m
Recovery Gallery, Porta, Cherry Hill 0.4m (about 5.6m from/to Paradise)

Thursday 3rd January

Round Ely circuit of 6.25m or shorter 4.8m finish via Police Station corner. *Beware of corners if icy*

Tuesday 8th January

6 x 1,000m intervals (Deacons Lane to Williams Close) and there/back recoveries to/from Davison Road (500m) and to/from Police Station (700m) on Lynn Road (about 6.5m from/to Paradise)

Thursday 10th January

1 or 2 laps of 3.4m Ely Hills (6 climbs/6 descents/total about 275' climb per lap)

Fartlek or intervals + recovery options on hills (3.9m or 7.3m from/to Paradise)

Tuesday 15th January

Lisle Lane & The Vineyards fartlek intervals
3 or 4 x 2.82km (1.75m) laps each with 3 fast/hill strides (125' climb per lap) and 3 recoveries
Start/finish by Cheffins, Market Square
3 laps = 8.46km (5.26m), 4 laps 11.28km (7.01m) + 0.8km (0.5m) Paradise return
(Juniors: Astro Turf session at The King's School, Ely)

Thursday 17th January

2, 3 or 4 laps of 1.9m Lynn Rd, Cam Dv, Downham Rd, Egremont St circuit
4.1m, 6m or 7.9m to/from Paradise

Tuesday 22nd January

Lynn Road 4 x 1 mile lamppost intervals jog/run/stride/sprint repeats with 1m warm up and 1m warm down to/from Davison Road (about 6.5m from/to Paradise)

Thursday 24th January

2 or 3 x 2.1 mile circuit Nutholt Lane, Lynn Rd, King's Av, New/High Barnes
About 4.2m or 6.3m from/to Paradise

Tuesday 29th January

Cam Drive (6/8/10 x 1k) alternate intervals: Lynn Rd to Stour Green roundabout 370m (slow), Stour Green roundabout to Nene Rd 320m (fast), Nene Rd to Lt Downham Rd 310m (slow). Return fast/slow/fast on same alternate intervals.
Total distances 3.75m/5m/6.25m + 1.5m return from/to the Paradise

Thursday 31st January

1 or 2 laps of 3.4m Ely Hills (6 climbs/6 descents/total about 275' climb per lap)
Fartlek or intervals + recovery options on hills (3.9m or 7.3m from/to Paradise)

Event photographs

Please send any race/club event photographs to Charlie Barker - (charlie@elyrunners.co.uk)

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

Did you spot Peter on page 1? Send in your event photos and you too could feature in next month's newsletter!

RACES & EVENTS GUIDE 2012

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, <http://www.parkrun.org.uk/cambridge/Home.aspx>

January

01 (Tue) Cleethorpes New Year's Day 10k, Cleethorpes, Lincs, <http://www.cleethorpesac.co.uk>

01 (Tue) Stanwick New Year Recovery Run Half-Marathon, Stanwick, Northampton, <http://www.ultramarathon.org>

01 (Tue) Wymondham New Year's Day 10k, Wymondham, Norfolk, <http://www.wymondhamac.org.uk/races/nyd10.asp>

06 Cambs AA XC Championships, Priory Park, St. Neots, Cambs, <http://www.cambsathletics.org.uk/page4.htm>

06 Hylands Park 4k Trail Run Team TT, Chelmsford, Essex, <http://www.multiposportmanagement.co.uk>

12 (Sat) The Children's Trust Country to Capital 45m Ultra, Wendover (Bucks) to Little Venice, <http://gobeyondultra.co.uk/events>

13 Frostbite Friendly League Race 4, ~5m MT Seniors & ~1.5m MT Juniors, Whitemoor Prison, March, <http://www.frostbiteleague.org.uk/>

13 SEAA T&F Pentathlon & Individual Champs, Lee Valley Athletics Stadium, <http://www.seaa.org.uk/>

19/20 (Sat-Sun) SEAA T&F Individual Champs, Lee Valley Athletics Stadium, <http://www.seaa.org.uk/>

20 Benfleet 15, Benfleet, Essex, <http://www.benfleetrunningclub.com/benfleet15>

20 Folksworth 15, Folksworth, Cambs, <http://www.yaxleyrunners.org.uk/folks%2015/racefhome.htm>

20 Fred Hughes 10m, St Albans, Herts, <http://www.stalbansstriders.com/fredhughes10.html>

20 Ryston Runners XC Series Race 4, 800m (U9), 2k (U11), 3k (U13/U5), 5k (U17/Seniors), Shouldham Warren, Norfolk, <http://www.rystonrunners.org.uk/joomla/index.php/cross-country>

26 (Sat) SEAA XC Champs, Parliament Hills, London, <http://www.seaa.org.uk/>

27 Brass Monkey 10k, Corby, Northants, <http://www.lakelandshospice.org.uk>

27 Freethorpe 10m, Freethorpe, Norwich, Norfolk, <http://www.gydac.co.uk>

27 Gayton Run 10k, Gayton, Northampton, <http://www.onyourmarksevents.org>

February

02 (Sat) The Pilgrim Challenge Ultra 2013, Farnham, Herts, <http://www.xnrg.co.uk>

03 Frostbite Friendly League Race 5, ~5m XC Seniors & ~1.5m XC Juniors, Bourne Woods, Bourne, <http://www.frostbiteleague.org.uk/>

10 Caythorpe Dash Half-Marathon, Caythorpe, Grantham, Lincs, <http://www.caythorpe.org>

10 **Ely Runners Club XC Championships**

16 (Sat) Althorp Duathlon, Althorp Estate, Northampton, <http://onyourmarksevents.org>

17 Ryston Runners XC Series Race 5, 800m (U9), 2k (U11), 3k (U13/U5), 4.5k (U17), 9k (Seniors), Shouldham Warren, Norfolk, <http://www.rystonrunners.org.uk/joomla/index.php/cross-country>

17 St Valentine's 30k, Stamford, Lincs, <http://www.stamfordstriders.co.uk/30k.php>

23 (Sat) Belvoir Challenge 15m or 26m, Harby, Leics, <http://www.belvoirchallenge.co.uk/entry.htm>

23 (Sat) Saucony National XC Championships, Herrington Country Park, Sunderland, Tyne & Wear, http://www.englishcrosscountry.co.uk/index.php?option=com_frontpage&Itemid=1

24 Sleaford Half-Marathon, RAF Cranwell, Sleaford, Lincs, <http://www.sleafordhalf.com/>

24 St Peter's Way Ultra 45m, Ongar, Essex, <http://www.challenge-running.co.uk>

24 Test Track 10m, Basildon, Essex, <http://www.stlukeshospice.com>

March

02 (Sat) Sole Destroyer, Little Houghton, Northampton, <http://www.muckyraces.co.uk>

03 Cambridge Boundary Run Half-Marathon & Marathon, Cambridge,

<http://www.cuhh.org.uk/competition/boundaryrun/boundaryrun2013/>

03 Frostbite Friendly League Race 6, 5m Seniors & 1.5m Juniors, BRJ Huntingdon, Huntingdon, <http://www.frostbiteleague.org.uk/>

03 Pitsford Water Marathon, Brixworth Country Park, Northants, <http://www.madeyarun.com>

03 Roding Valley Half-Marathon, Woodford Green, Essex, <http://rvhm.org.uk>

03 Swavesey Village College Half-Marathon & 5 Miler, Swavesey, Cambs, <http://www.run-svc.org.uk/index.php?0>

10 Cyprus Marathon, Half-Marathon and 10k, Paphos, Cyprus, <http://www.cyprusmarathon.com/index2.htm>

10 Devil's Challenge 7, Barton Le Clay, Beds, <http://www.devils-challenge.co.uk>

10 Dunstable Downs 5k & 10k Trail Race, Dunstable, Beds, <http://www.dunstableroadrunners.org>

10 Newton's Fraction Half-Marathon, Grantham, Lincs, <http://www.granthamac.com/nf>

17 Mud & Mayhem Spring 10k & Duathlon, Santon Downham, Thetford Forest, Suffolk,
<http://gobeyondultra.co.uk/events>

24 Ryston Runners XC Series Race 1, 800m (U9), 2k (U11), 3k (U13/U5), 6.5k (U17/Seniors), Shouldham Warren, Norfolk,
<http://www.rystonrunners.org.uk/joomla/index.php/cross-country>

April

21 Virgin London Marathon, London, <http://www.virginlondonmarathon.com/>

28 North Lincolnshire Half Marathon, Scunthorpe, Lincs <http://www.northlincshalf.co.uk/>

May

05 Fen Drayton 10k, Fen Drayton, Cambs, <http://www.fendrayton10k.org.uk>

06 (Mon) Milton Keynes Marathon, Milton Keynes, Beds, <http://www.mkmarathon.com/>

NOTES

Races and events are on Sunday unless otherwise mentioned. Many events also have a concurrent Fun Run. These can provide valuable racing experience for junior members and beginners. Check the main 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.

Club Contacts

Further details of events from the Club notice board in the Paradise Centre foyer, running magazines, websites, or from Steve Tovey, 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 Heidi Uff or Lionel Smith, 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 Matthew Holmes, (matt@elyrunners.co.uk).

Round Norfolk Relay entries are via Alan Rutterford, alan@elyrunners.co.uk 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: <http://www.elyrunners.co.uk>

Grunty Fen 1/2M website: <http://www.gruntyfen.co.uk>

NYE10k website: <http://www.newyarseve10k.co.uk>

Turing Trail Relay website: <http://www.turingrelay.co.uk>

Association of Running Clubs website: <http://www.runningclubs.org.uk>

EVAC Webzine: <http://www.easternveteran.co.uk/>

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