



# Ely Runners Newsletter

July 2012



Martin  
Courtney  
At the 2012  
Club 10k

## NEW MEMBERS

We warmly welcome the following new members who joined the club this month. We look forward to seeing you all at training and club social events!

James Dack

## Club Mile Handicap

It's not too late to sign up for the club's mile handicap race open to all members.

**35 entries already!!!**

Email [matt@elyrunners.co.uk](mailto:matt@elyrunners.co.uk) to race.

Former member Martin Hadnett recently got in touch via the website – Martin is currently working as a Registered Nurse at Fremantle Hospital in Western Australia.

He is still running but not competitively, just for fitness. Martin has some great memories from Ely times and is glad to see Ely Runners is thriving – he sends his best to all.

## Beginners Course

We will be starting a beginners course this month, if you know of anyone that might be interested then further information can be found on page 6

## Junior Highlights

At this year's club 10k, Ely Runner Junior Alexander Ellwood wanted to run the clubs 10k Handicap, but due to his age and the UKA & ARC guidelines he could only run 6k. AJ was keen to take part in this event to gain race experience, so club coach Alan Rutterford started him off from the 4k point at a time aimed at helping finish at about 8.30pm with the 10k runners. Alan based his projection on AJ's 5k time from last year and then rounded it down to 27.00 to allow for the improvements made by AJ this year. AJ started from the 4k mark near Pymoor at 8.03 after most of the field had passed. AJ ran a good race, despite a strong wind and the hill to contend with, and he completed the course in 26.37. AJ was very pleased with his time and Alan was happy with his estimate.

## Training

Just a note to remind you that training on Tuesdays and Thursdays normally commences at 7 pm although we usually move off by 7:10 pm (latest) in case members have been held up by traffic etc.

However, sometimes members are still arriving at 7:10 pm and need to change or use the toilets. Please note that this extra 10 minutes is discretionary and to avoid others having to wait, it would be appreciated if members could always aim to arrive ready to train from 7 pm.

Similarly on Sundays, training normally commences at 9:00 am and we usually move off by 9:10 am. As we meet in the car park and it can sometimes be unpleasantly cold, wet and/or windy, members are asked to arrive ready to train by 9:00 am so that others do not have to wait, or be delayed finishing.

If you think you may be unable to get to training on time, please check the training programme (see website home page) beforehand so that you know where to go.

JT forwarded the following link that might be of interest to members <http://www.linseedrings.co.uk>

The white flowers forming the Olympic rings are JT's own linseed variety Abacus.



## News

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## Dates for the Diary:

- 12<sup>th</sup> Club Mile Handicap
- 15<sup>th</sup> St Ives 10k
- 22<sup>nd</sup> Littleport 10k

## 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](mailto:newsletter@elyrunners.co.uk)

## 30 mile Ultra Summer Festival

By David Mould

### 7th July 2012 (Enigma Running)

I ran most probably one of my best races yesterday. I was lucky to get a late place to a 30 mile Ultra at Caldecotte Lake, Milton Keynes.

The ambition was to go sub-5 but had a dream goal of sub-4:30. The plan was to start modestly, then increase the pace mid-race and try to maintain a steady pace for the last 10 miles. This plan was executed precisely, had a golden period between 10-15 miles that created a large buffer zone in time and didn't slow down for the last 10 miles.

Finished in 6th place!!! It was a small field, not sure how many as the results haven't been published yet. Time was 4:26:50.

My only other 30 mile was Tanners which is significantly harder course so my reduction in PB by nearly 87 minutes is very flattering.



David Mould finishing at the Enigma 30 mile  
(In the new Kit!!!!)

### Mudrunner Oblivion

By Emma Greaves

#### 30th June 2012, Eastnor, Herefordshire

A 10k muddy race with obstacles set in the grounds of Eastnor Castle and the Landrover testing track. The race included running through lakes, doing monkey bars and climbing a six foot wall.

This was the final race Emma Greaves needed to complete to join the ranks of 'Mudmaster' status. Emma first ran the Junior Mudrunners 5k Race with her two children and finished just in time to jog back to the start line ready for the Mudrunner Oblivion

10k. The course was the muddiest it had ever been and was exceptionally good fun to run.

Emma was pleased to get round without any problems having been only back running two weeks since recovering from plantar fasciitis, her physio had recommended barefoot running as a long term solution to the injury and Emma found that the barefoot trail trainers were fine for mudrunning, offering reasonable protection over the rocky sections.

At the finish Emma received her 'Mudmaster' fleece and will be now working towards Grade2 'Mudmaster' status.

Result: Emma Greaves – 1:46:16 (616th/1164)

### Bewl 15

By Stephen Pettit

I travelled to Wadhurst in Kent on Sunday with Adam to take part in the Bewl 15. The race is run largely off road on pretty, undulating hills and woodland around Bewl Water - nestling on the border of Sussex and Kent. It's one of the most scenic races that I've taken part in, across meadows and through nature trails that surround the tranquil (even on a grey/wet day) Bewl water. The course itself is tough, and due to a couple of heavy downpours earlier on was slippery in places. Although described as undulating, miles 10 to 13 contained some "significant hills". My off road skills are not the best and I found the course very energy sapping and finished with tired legs losing a few places on the final hills.

The organisation and marshalling/support was top notch. The finish area incorporated a brass band, complimentary cakes & drinks, free beer (self service from casks for those able to drink) whilst back at the sports centre the organisers had arranged free post race massages & entertainment for children (face painting & bouncy castle etc). A bespoke medal & full goody bag added to what made me think this is by far the best value for money event I've been in for a good while & well worth the 2 hour journey.

Nobody managed to break the 90 minute barrier, first home was Daniel Anderson (Hastings AC) in 1:31:08.

Results:

12th Stephen Pettit 1:39:44

217th Adam Etches 2:07:54

*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](mailto: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!!!*

## Club 10k

The club 10k Handicap took part with a record number of entrants this year. 31 out of 64 runners beat their handicap time and a total of 10 Ely Runners achieved new Personal Best times – well done to Robin Webb, Jose Perez, Lionel Smith, Steve Starr, Sharon Leonard, Heidi Constable, Fran Crawford, Philip Sutton, Jacqui Buxton and Laura Knight. There were new club records too with John Turner and Fran Crawford achieving new MV65 and FV60 club records respectively.

Prizes were awarded on the day as follows:

Fastest Male: Alex Tate 33:44  
Fastest Female: Miranda Paul 46:14

### Handicap Winners

1<sup>st</sup> Fran Crawford (Shield Winner)  
2<sup>nd</sup> Sarah Edwards  
3<sup>rd</sup> Darren Murfitt

Thank you and well done to all that attended; special thanks to Steve Tovey and Alan Rutterford for assisting with course set-up, Cahrlie Barker for photography and the finish area, Emily Knight and Julie Foreman for organising timing and results, John Glover and his army of marshals!

### Diana Gipp Memorial 5k

The junior 5k due to be held on the same day as the 10k was rescheduled to a Tuesday (a regular Junior training night). It was a good idea entries went from 2 to 14 on the night, a good turnout considering a lot of juniors are away on school trips and have been in the middle of exams. Senior members also benefitted from a run out and were grateful of the chance o race at this shorter distance.

The conditions were muggy, but the rain held off until after the race, although the ground conditions were heavy underfoot as the field had been cut recently and with all the recent rain runners ran around with clumps of wet heavy grass attached to their shoes, apart from one runner, Darren Murfitt, who seemed to have forgotten his trainers and finished with very green feet! The race covered 3 laps of the two adjoining fields and first home was Connor Cussell (a regular guest at Tuesday Training sessions) followed very closely by Graham Chapman 2 secs later.

The Juniors all did well and first home was Robyn Seabright in 21:54. Some of our new and younger members really surprised the coaches; amongst them was Micaela Steyn, aged only 9 who has only been training a few weeks completing the race in 32:08, fantastic. Adrian Chalmers who has been unable to train with us for the past couple of months due to other commitments completed the 5k in a great time of 24:18.

A huge well done to all the Juniors and Seniors who took part and to all the supporters and helpers on the evening.

A special thank you also to Lesley and Alan for helping organise a very successful event.

<b>Official Results:</b>	<b>Time</b>	<b>AG Grade</b>	<b>Rank</b>
Connor Cussell (G)	19:48		
Graham Chapman	19:50		
Stephen Howard	20:05		
Dan Regan	20:36		
Peter Gipp	20:52		
Darren Murfitt	20:57		
Jose Perez	21:08		
<b>Robyn Seabright</b>	<b>21:54</b>	<b>68.14</b>	<b>1</b>
<b>Angus Hutchison</b>	<b>22:42</b>	<b>65.15</b>	<b>2</b>
Adam Etches	22:48		
<b>Alexander Ellwood</b>	<b>23:19</b>	<b>59.24</b>	<b>5</b>
Stephen Starr	23:50		
<b>Adrian Chalmers</b>	<b>24:18</b>	<b>62.84</b>	<b>3</b>
Trevor Dowling	24:31		
<b>James Dack</b>	<b>25:08</b>	<b>56.01</b>	<b>6</b>
Louise Cadogan	25:24		
<b>Kieren Spitzer (G?)</b>	<b>25:24</b>		
<b>Fraser Crossman</b>	<b>25:31</b>	<b>54.13</b>	<b>8</b>
<b>Isaac Stares</b>	<b>25:41</b>	<b>59.45</b>	<b>4</b>
Philip Sutton	26:34		
<b>Esme Wright</b>	<b>28:26</b>	<b>52.48</b>	<b>9</b>
<b>Jamie Rendell-Read</b>	<b>29:10</b>	<b>52.35</b>	<b>10</b>
<b>Blake Crossman</b>	<b>29:13</b>	<b>48.18</b>	<b>11</b>
<b>Michael Ford</b>	<b>30:15</b>	<b>44.94</b>	<b>13</b>
<b>Micaela Steyn</b>	<b>32:08</b>	<b>54.79</b>	<b>7</b>
<b>Thomas Spencer</b>	<b>33:57</b>	<b>46.73</b>	<b>12</b>

*Full Results list will be uploaded to the website shortly!*

## **Run England/Ely Runners Beginners course**

Tuesday 17th July 2012 at 7pm;  
Paradise Centre Sports Field, Ely

Dear Runner,

Many thanks for enquiring about our new Run England Beginners course. The aim of this form is to answer some of your questions - but if I've missed something or you have further questions then please e-mail me.

### **About the course:**

The 10-week course has been put together by coaches at England Athletics with the aim of introducing you to running in a safe and enjoyable way. We'll start with some gentle walk/jog sessions, and hopefully by the end of the 10-weeks you'll be able to run 5 kilometres (just over 3 miles) – or perhaps even further!! Along the way we'll give you advice on footwear and clothing and show you some stretches to help you stay injury free. The course lasts for 10-weeks and will start on Tuesday 17th July at 7pm. We'll meet at the Paradise Centre in Ely – initially sessions will be held on the sports field behind the centre. We'll then meet at the same time and place for the remaining 9-weeks. The course costs £10.

### **What do I need to wear?**

You don't need lots of kit to start running, but it's important that you're comfortable in what you're wearing. It can be warm at this time of year - so either shorts or lightweight jogging bottoms would be ideal.

During sessions you're likely to get quite warm – so a short-sleeve T-shirt would be sensible with a lightweight long sleeve top for before/afterwards.

Given the recent inclement weather it may also be worth obtaining a shower-proof jacket (about £10 from JJB or Sports Direct). You can buy perfectly good running clothing quite cheaply from big chains like JJB or Sports Direct (Cambridge Retail Park).

If you want to spend a bit more, Advance Performance or the Sweatshop in Cambridge provide a very good service. You don't need special trainers to get started as you won't be running long distances just yet.

A running shoe is best but cross-trainers like you would wear to the gym would also be fine to get you started.

### **Who leads the course?**

The course will be led by qualified coaches from Ely Runners.

They're all experienced runners now, but they were beginners themselves once upon a time.

All of our coaches will be happy to share advice and tales of their own running experiences (you can probably count on the latter)!!

### **What happens after the course?**

At the end of the 10-week course we welcome you to join us at the free Cambridge Parkrun (5k) event at Milton Country Park in Cambridge (Saturday 22<sup>nd</sup> September).

This will provide you with an opportunity to see what a difference 10 weeks can make!!

If you decide you'd like to continue running then you'll also have the opportunity of joining Ely Runners at the discounted price of £35 (a £10 discount – i.e. the cost of your course).

See <http://www.elyrunners.co.uk> for further details.

### **What is Run England?**

Run England is a part of England Athletics and was set up to try and encourage more people to try running in a completely non-competitive way.

They aim to remove barriers to participation so that anyone can 'give it a go'.

### **What is the Ely Runners Beginners group?**

Run England have set up a network of running groups around the country that are just about running for fitness and enjoyment without any pressure to be fast or enter races. Ely Runners are setting up one of these groups.

If you decide to give the course a try, just complete the attached registration form and send with a cheque for £10 made payable to 'Ely Runners' to: Steve Tovey, Secretary Ely Runners, 19 Merivale Way, Ely, Cambs, CB7 4GQ

Hopefully I'll see you soon.

Steve Tovey (Secretary, Ely Runners)

Email: [secretary@elyrunners.co.uk](mailto:secretary@elyrunners.co.uk)

## TRAINING FOR JULY

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. For Route Maps see the website

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

### Tuesday 10th July

Water Board Hill (Kiln Lane) x 10 laps. Warm up run via Waterside and riverbank. Warm down via Springhead Lane to Paradise (7m from/to Paradise).

*Juniors meet at KSE's Amherst Field track.*

### Thursday 12th July

Club One Mile Handicap (Seniors & Juniors) on track at King's School, Amherst Field (adjacent to railway station) or a 3-lap wheel-measured mile (using linked pitch boundaries, as in 2011) on Campus Field (adjacent to Angel Drove) depending on ground conditions. Seniors and Juniors meet at the Paradise Centres at 7 pm for issue of numbers. Presentation afterwards in the Prince Albert, Ely.

### Tuesday 17th July

Brand/Campus Fields fig of 8 with large field (Brand) x 1 and small field (Campus) x 2 per lap of 1.25m x 4 laps = 5m. Long sides fast, short sides recovery. Total from Paradise about 7m.

*Juniors on KSE's Amherst Field track.*

### Thursday 19th July

Quanea loops – choice of 5.5m, 6.25m, 7.66m, 9.3m, 10.5m & 12.0m.

### Tuesday 24th July

6 x 0.83m interval circuits of Ely Common meadows. Start in middle at top of Kiln Lane. Flow along 'cliffs' side of long meadow to sailing club turn and fast back to Kiln Lane. Cross to short meadow and jog recovery (road side) to Lisle Lane turn. Then fast back to Kiln Lane to complete one circuit. 6.2m from/to Paradise.

*Juniors on KSE's Amherst Field track.*

### Thursday 26th July

A choice of mixed-terrain runs as follows:

Short (6m): Cuckoo Bridge, Iron Bridge, Middle Fen Bank track, left along Siding Farm track to B1382 where left back to Ely. Beware of traffic until pavement at Queen Adelaide.

Medium (7.2m): As above but continue along Middle Fen Bank track to Prickwillow where left back along the B1382 to Ely. Beware of traffic until pavement at Prickwillow.

Medium/Long (8.7m): As above to Prickwillow where right along B1382 pavement to left turn (just before River Lark Bridge) into Padnal Bank track. Follow (under railway bridge) for about 0.5m and turn left into Second Drove track. Follow dead straight for about 1.6m to turn left along the Gt Ouse bank road. This is a fast and busy road so cross and use the bank top path (via Branch Bridge) back to Queen Adelaide where there is a pavement back to Ely.

Long (10.5m): As above but cross the River Lark Bridge in Prickwillow and turn immediately left along Branch Bank Drove (under railway bridge) for about 2.1m to farmyard after which turn left along the Gt Ouse bank road. This is a fast and busy road so cross and use the bank top path (via Branch Bridge) back to Queen Adelaide where there is a pavement back to Ely.

### Tuesday 31st July

Brand/Campus Fields figure of 8 with large field (Brand) x 1 and small field (Campus) x 1 per lap of 1.0m x 5 laps = 5m. Long sides fast, short sides recovery. Total distance from Paradise 6.92 miles.

*Juniors on KSE's Amherst Field track.*

#### Event photographs

Please send any race/club event photographs to Charlie Barker - ([martin@elyrunners.co.uk](mailto:martin@elyrunners.co.uk))

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

***Did you spot Mick 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>

### **July**

01 Boddington Marathon, 50k & 10k Multi-Terrain, <http://beyondthelimitations.co.uk>

01 The March 5 Spud Run & 1.5m FR, A1 series event, March, Cambs, [http://www.marchathleticclub.co.uk/march\\_5.htm](http://www.marchathleticclub.co.uk/march_5.htm)

07 (Sat) Lord Mayor's 5k City Centre Classic, Norwich, Norfolk, <http://www.conac.org.uk/>

07-08 (Sat-Sun) SEAA U20 & Senior T&F Championships, Crystal Palace National Sports Centre, London, <http://www.seaa.org.uk/>

08 Bushy 10k & 3k FR, A1 series event, Bushfield, Peterborough, <http://www.bushfieldjoggers.co.uk>

08 NSPCC Milton Keynes Half-Marathon, Milton Keynes, Beds, <http://www.nspcc.org.uk/miltonkeyneshalfmarathon>

08 The Mike Groves 10k, 2012 Jaguars Triple 10k Challenge Race 2, Coltishall, Norfolk, <http://www.coltishalljaguars.co.uk>

12 (Thu) **Ely Runners Mile Handicap, Brand Field, Ely, Private Club event**

13 (Fri) Whissendine 6, Whissendine, Nr Rutland Water, Leics

15 Ekiden 6-stage Relay, 7.2k;5k;10k;5k;10k;5k (42.2k, 26.2m), Ipswich, Suffolk, <http://events.ipswichjaffa.org.uk/ekiden-relays/>

15 Fairlands Valley Challenge 12m, 18m, 26.2m or Ultra (50k), Stevenage, <http://www.fvspartans.org.uk>

15 RAF Marham 10m, Kings Lynn, Norfolk, <http://www.oaa.co.uk/fundraising/Events>

15 St Ives 10k & 3k FR, St Ives, Cambs, <http://www.huntsac.org.uk>

15 Victory Triathlon, North Walsham, Norfolk, <http://www.activeoutdoorsport.co.uk/>

18 (Wed) Cambs AA Evening Open Meeting, St Ives Outdoor Centre, St Ives, Cambs, <http://www.cambsathletics.org.uk>

19 (Thu) FVS Evening 3k Relays, Fairlands Valley Park, Stevenage, <http://www.fvspartans.org.uk>

21/22 (Sat/Sun) BMAF Track & Field Championships, Moorways Stadium, Derby, <http://www.bvaf.org.uk/fix/fix.asp>

22 Littleport Leisure Centre 10k, Littleport, Cambs, <http://www.littleport10k.co.uk/>

22 NiceTri Aquathons, Grafham Water, Cambs, <http://www.nicetri.co.uk/>

26 (Thu) Clacton Summer 5k Series Race 3, Clacton-on-Sea, Essex, <http://www.nice-work.org.uk/events.php?id=70>

29 Spartan Race 5k, ATR Bassingbourn, Royston, Herts, <http://www.spartanrace.com>

### **August**

05 BMAF 10k Track Run, Horspath Track, Oxford, <http://www.bvaf.org.uk/fix/fix.asp>

11 (Sat) North Downs Way 50m/100m, Farnham to Knockholt or Wye, <http://www.centurionrunning.com>

12 Grafman Middle Distance & NiceTri Olympic Triathlon, Grafham Water, Cambs, <http://www.nicetri.co.uk/>

12 Thorney 5m, A1 series event, Thorney, Peterborough, <http://outa-stock.co.uk/trc/raceinfo.htm>

15 (Wed) NVH Barney Memorial 5k, A1 series event, Ferry Meadows, Peterborough, <http://www.nvh.org.uk>

18 (Sat) Race the train, Tywyn, Wales, <http://www.racethetrain.com/>

19 ECF Monster Middle Triathlon, Ely, <http://www.monsterracing.net/>

19 Riverside Runners 25<sup>th</sup> Anniversary 10k & 3k FR, St Neots, Cambs, <http://www.riverside-runners.com/>

31 (Fri) Clacton Summer 5k Series Race 4, Clacton-on-Sea, Essex, <http://www.nice-work.org.uk/events.php?id=71>

### **September**

02 Ely Sprint Triathlon, King's School, Ely

02 Nice Tri Sprint 3 & NiceTri Olympic Triathlon, St Neots, Cambs, <http://www.nicetri.co.uk/>

02 Run Cheltenham Half-Marathon, Cheltenham, Gloucs, <http://www.runcheltenham.org.uk>

08-14 (Sat-Fri) Trans Britain Ultra 156m various locations, [http://www.gobeyondultra.co.uk/events/trans\\_britain](http://www.gobeyondultra.co.uk/events/trans_britain)

09 **Ely Runners Grunty Fen Half-Marathon, Witchford, Cambs**, <http://www.elyrunners.co.uk/gruntyfen/>

09 FVS 5k, Stevenage, <http://www.fvspartans.org.uk>

15/16 (Sat/Sun) The Birketts Round Norfolk Relay, <http://roundnorfolkrelay.com/>

16 Ipswich Duathlon, Holbrook, Ipswich, Suffolk, <http://www.ipswich-tri.org/>

16 The Bupa Great North Run, Half-Marathon, Newcastle, <http://www.greatrun.org/events/Event.aspx?id=1>

22 (Sat) Fritton Lake Cross Country Triathlon, Fritton, Nr Great Yarmouth, Norfolk, <http://www.activeoutdoorsport.co.uk/>

23 Abbey 10k & 3k FR, A1 series event, Ramsey, Cambs, [http://ramseyroadrunners.org.uk/Abbey\\_10k.htm](http://ramseyroadrunners.org.uk/Abbey_10k.htm)

23 Bourn to Run 10k & 3k FR, Bourn, Cambs, <http://www.bourntorun.com>

23 Fritton Viking Triathlon, Fritton, Nr Great Yarmouth, Norfolk, <http://www.activeoutdoorsport.co.uk/>

23 Paul Maguire 5m Race, Stevenage, <http://www.fvspartans.org.uk>

30 Preston Guild Series, Run Preston 10k, Preston, <http://www.prestonguild2012.com>

### **October**

07 BMAF Half-Marathon Championships, Neil McCover Memorial, Kirkintilloch, Glasgow, <http://www.bvaf.org.uk/fix/fix.asp>; Event Website <http://www.kirkintillocholympians.co.uk/>

- 07 Norwich Sportspark Relay Triathlon, Norwich, Norfolk, <http://www.activeoutdoorsport.co.uk/>  
13 (Sat) AdventureHub Norfolk Coastal Ultra 100k, Holt, Norfolk, [http://www.adventurehub.com/Ultra\\_Races.html](http://www.adventurehub.com/Ultra_Races.html)  
14 BMAF 10k Road Race Championships, Ashford, Kent, <http://www.bvaf.org.uk/fix/fix.asp> ; Event Website <http://www.ashford10k.co.uk/>  
21 Ampthill Trophy XC, Ampthill, Beds, <http://www.amphilltrophy.org.uk/>  
21 Greensand Marathon, Dorking, Surrey, <http://www.trionium.com>  
27 (Sat) Beachy Head Marathon, Eastbourne, Sussex, <http://www.visiteastbourne.com/events/BeachyHeadMarathon.aspx>  
28 BMAF 10m Road Race Championships, Tiptree, Essex, <http://www.bvaf.org.uk/fix/fix.asp> ; Event Website <http://www.tiptree10.org.uk/>  
28 Preston Guild Series, Preston Half-Marathon & Marathon, Preston, <http://www.prestonguild2012.com>

### **November**

- 04 FVS Half-Marathon, Fairlands Valley Park, Stevenage, <http://www.fvspartans.org.uk>  
04 Lode Half-Marathon, Lode, Cambs, <http://www.loderunners.co.uk/>  
17 (Sat) BMAF Cross Country Relays, Derby, <http://www.bvaf.org.uk/fix/fix.asp>  
18 Preston Guild Series, Preston 10m, Preston, <http://www.prestonguild2012.com>  
25 Bath Hilly Half Marathon, Bath, Somerset, <http://www.trionium.com>

### **December**

- 31 **Ely Runners New Year's Eve 10k, Little Downham, Cambs**, <http://www.elyrunners.co.uk/newyearseve10k/>

### **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.

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### **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](mailto: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, [captain@elyrunners.co.uk](mailto:captain@elyrunners.co.uk) but for -13,-15,-17 & juniors, first contact Lesley Wright, [lesley@elyrunners.co.uk](mailto: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](mailto:matt@elyrunners.co.uk)).

Long distance team relay entries are via Alan Rutterford, [alan@elyrunners.co.uk](mailto:alan@elyrunners.co.uk) and paid for (if funds available) by the club.

Social events are via Julie Foreman, [julie@elyrunners.co.uk](mailto:julie@elyrunners.co.uk)

Junior training details from Junior Representative/Club Coach Alan Rutterford, [alan@elyrunners.co.uk](mailto:alan@elyrunners.co.uk)

Junior race details from Junior Secretary Lesley Wright, [lesley@elyrunners.co.uk](mailto: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.newyearseve10k.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/>

*Last Updated 10/07/2012*