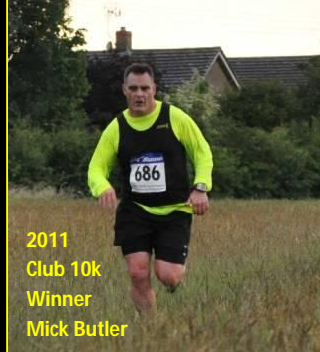




# Ely Runners Newsletter

June 2012



## 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!

Luke Mould  
Charlotte Mould  
Micaela Steyn

## 50 Up for David and Anita!

At the 119<sup>th</sup> Cambridge parkrun on 26<sup>th</sup> May David Mould and Anita Lewis both reached the milestone of 50 parkrun's.



## May Highlights

- Craig Holgate wins Shires & Spires 35m
- 10k & Marathon MV55 records for Graham Chapman at Breckland and Edinburgh respectively.
- 10k FV35 club record for Zoe at GEAR.  
*(full report on the club website)*

## Club 10k Handicap

Sign up now for the club's 10k handicap race open to all members and their guests.

**73 entries already!!!**

*More information on page 3*

## New Marathon Club Record!

Congratulations to Zoe Shackleton on achieving a new FV35 Club record at the London Marathon in April. Her time of 3:16:21 was 17 minutes faster than the previous club record.

## News

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## Dates for the Diary:

- 14<sup>th</sup> Club 10k Handicap
- 17<sup>th</sup> Chilford 10k
- 24<sup>th</sup> North Downs 30
- 24<sup>th</sup> Sutton Feast Beast

## Junior Highlights

- 12 May Cambs Schools Athletics Champs, Peterborough – Angus Hutchison, 800m 7th in 2.58
- 13 May Willingham Fun Run – Angus Hutchison 4.5m 1<sup>st</sup> U11 in 32.10 (also first under 16 boy)
- 15 May Isle of Ely District Athletics Champs, Kings Lynn – Angus Hutchison, 1500m U12 winner in
- 23 May Cambs Open Meeting, St Ives - Dylan Campbell, 800m, 2:30.0

## 3 Wins at Ely Standard Sports Awards!!

Ely Runners had 3 winners at last week's Ely Standard Sports Awards:

John Turner – Service to Sport  
David Mould – Adult Achievement  
Ashley Pettit – Junior Achievement

Congratulations to all three for their well-deserved recognition, congratulations also to Heidi Uff and Craig Holgate who were both short-listed for awards

Full reports can be found on the Ely Standard Website – <http://www.elystandard.co.uk/sport/athletics>

## 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)

## Overseas Report

By Rob Comley

### Montée du Grand Ballon

The Montée du Grand Ballon started in Will-sur-Thur in the Alsace (at 370m), and followed the hiking trail to the top of Le Grand Ballon, the highest peak in Les Vosges at 1,424m. The course is beautiful and the view at the top stunning.

On the day (17th May) the weather was perfect, sunny and clear 15 degrees at the bottom, and a faint trace of snow at the top.

The race was won by 26 year old Ahmet Arslan five time consecutive champion of European Mountain Running Championships in 59:28. I adopted a more leisurely pace, finishing in 1 hr 48, making me 301 out of 377 men (male and female courses were different due to IAAF rules); the last man came in at about 2 hrs 30.

What would I do differently? Run the first 1-2 k much faster. I held back not knowing what to expect, but I am starting to learn that these races bunch up when the pack hits the single track, at one point I had to stop and join a queue to cross a bridge. There were also some sections toward the end where passing was impossible so I lost a little time in the last 4 k.

Overall this is a great event; I have rarely had so much fun over such a short distance.

A nice article can be found

<http://www.iaaf.org/news/newsid=64999.html>

This part of France is a short drive from the EuroAirport Basel Mulhouse Freiburg, and since the race is in the afternoon, and on a wine route good conceivably be run as part of a weekend break. The only thing to remember is that in France you need a medical certificate



## Marathon Report

By Lesley Wright

### Brathay Windermere Marathon 2012

Persuaded by a running friend who unfortunately could not run in the end, Lesley Wright travelled to the Lake District to take part in the Brathay Windermere Marathon. Lesley travelled up on the Friday morning, registered Friday afternoon and returned to the B & B in Bowness feeling rather sick. Who said it wasn't hilly?

Lesley thought that the course didn't look quite as bad as her first attempt at a marathon last year, Beachy Head, but still it looked very undulating. Lesley did drag along her running buddy from the Beachy Head, who vowed never to do another marathon as long as she lived. Friday and Saturday were overcast but they knew that the weather on Sunday was to improve, up to 14 degrees, and sure enough they woke to blue sky. The landlady was very kind and served them a rather large bowl of porridge each, which they attempted to eat! They then washed it down with loads of coffee and set off for the start of the race at 8.30am. They arrived in good time and were led to the start line by a local drumming band which seemed to set the mood.

The gun went off at 10.30am sharp and the route took them from the North of the Lake down the west side to Newby Bridge and then back up the east side of the Lake to finish at Brathay Estate, just outside Ambleside. Although a little too hot the weather was good. The organisers did really well and there were water stations every 3/4 miles with plenty to go around (unlike Beachy Head!), and the Kendal Mint Cake was very tasty! The route was undulating and runners were warned about the large uphill at mile 7 which was "a killer and I did have to walk for a little bit".

The route was good and boredom wasn't able to set in; the support in the villages and at the Local Pubs was really good. Lesley wasn't aiming for a time but running calculations said that she could do a marathon in 3.40hrs, she didn't think this would be possible as she becoming very tired however she picked up the pace and up until miles 21/22 the pace was steady. After this her speed dropped and every time she saw yet another uphill her heart sank, her legs screamed and her feet ached. She kept going though and crossed the line in 3.42.03, Lesley was really happy but completely "done in!!!!"

Lesley now plans to work on the last few miles for her next marathon! Lesley would really recommend this Marathon, it was very well organised, with lots of running stalls for shopping and a Fun day for the rest of the family to enjoy whilst you go off running.

Parking was on the Brathay Manor Estate so this made it easier and the route and scenery were breathtaking. Lesley's running buddy even loved it and crossed the line in 4.16 with an enormous smile that said it all.

Official result: 136th Lesley Wright 03:42:03 (PB)(4th FV45)

## **Ely Runners 10k Handicap Race 2012**

The club's annual 10k handicap will be held in 2 week's time on Thursday 14th June 2012 at Little Downham for members and their guest runners.

We have a record number of runners signed up for this year's club race with 73 competitors entered already!!!

There is still time to add your name to the list; all are welcome so whether you can run 10k in 35 minutes or an hour why not come along and join your fellow Ely Runners in what should be an enjoyable evening.

We do still need help on the day as well so if you can spare a couple of hours on Thursday 14th June and you are unable to run then please take time to read John Glover's message below:

*Dear Members*

*Thank you to those members that have offered to help on the day, we do still need around 10 people to help marshal/organise the Club 10K on June 14th so, please, anyone that is not running but is free that evening, can you let me know so we can arrange for the race to be held safely.*

*Regards*

*John*

*Chief Marshal*

If you would like to run then I would be grateful if you would advise your handicap time (to the nearest half minute) to me at a convenient moment via email [matt@elyrunners.co.uk](mailto:matt@elyrunners.co.uk). Your time should be based on your most recent performances over 10k or a similar distance. You may find the calculators section on [www.elyrunners.co.uk](http://www.elyrunners.co.uk) useful for converting times to 10k. If you would like to discuss your time then please email or speak to me in training. Optimistic or pessimistic times may be adjusted after consultation with the committee and club coaches.

The course will be the same as used for the New Years Eve 10k with the start by the Skoda garage (near the school) in Main Street and with the finish on the meadow near to the Cricket Pavilion.

A map of the route is available at:

[www.elyrunners.co.uk/newyearseve10k](http://www.elyrunners.co.uk/newyearseve10k)

Registration and changing facilities (showers and toilets) will be at the Cricket Pavilion in School Lane. Entry is free of charge (to members and their guests) but it will be necessary to sign-in with a race number. The pavilion will be open from 6.30pm and registration will close at 7.15pm to enable the first runners (~60 mins handicap time) will start at 7.30pm. Others will then start at half minute intervals according to handicap time.

Anyone can win the race and the last 10 winners have all won in category PB or PB times, previous winners include (2011 Mick Butler, 2010 Stuart Baumber, 2009 Heidi Fochtman, 2008 Stuart Mitchell) Last year 18 runners beat their handicap time and 14 achieved new personal best times.

We will also be holding post event awards and refreshments, at the Prince Albert in Silver Street, Ely.

- 1st Ely Runner - perpetual shield
- 2nd & 3rd Ely Runner - bottle of wine
- 1st Guest Runner - bottle of wine
- Fastest Runner

The Junior section will also be holding a race and further information will be distributed by the coaching team.



*The final sprint to the line 2011*

## RESULTS

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### Shires & Spires Ultra - Lamport Hall, Northants

Two Ely Runners, Craig Holgate and Miranda Paul took part in the Shires and Spires 35.5 mile ultra race. This is a popular race organised by the same team (Go Beyond) behind the Thames Trot and the Thetford Mud & Mayhem won by Craig and Robin respectively earlier this year. The race started at Lamport Hall in Northamptonshire and followed an undulating circular route that was a mixture of road and cross country before finishing back at the same place. The temperature was not ideal but a light breeze helped. Craig used the race to continue his recovery from injury so was pleased with his 4hrs 16 mins for a joint win. Craig and Duncan Harris ran together for most of the race and agreed to cross the line together. Ian Sharman also ran with them but dropped back in the last few miles, for Craig it was a real honour to run with Ian as he has the 2nd fastest trail 100 mile time of all time, a mind boggling 12hrs 44mins. It was nice running with the others as navigation was a real challenge and on several occasions the three of them were stood confused in a farmer's field trying to work out where to go, so a sprint finish seemed completely inappropriate. Miranda Paul enjoyed her race although found conditions very hot, Miranda was appreciative of the help of Emma Greaves and her family who acted as her support crew.

#### Official Results

1st Craig Holgate 04:16:07 (Joint 1st)  
124th Miranda Paul 08:20:04

### Ross Peers East Cambs Half Marathon - Soham, Cambs

A large contingent of Ely Runners took the short trip to Soham for this year's East Cambs Half. At the sharp end Craig Holgate ran with Stephen Pettit for the first few miles before pushing on in an attempt to catch the leader, he ended up about a minute behind in 2nd place in a particularly impressive time. Next home for Ely was Stephen Pettit in 5th place taking the prize for 1st East Cambs Man. Graham Chapman won the MV50 prize and he was followed by Ian Day. Daniel Regan ran well looking in good form ahead of the upcoming club 10k! Felicity Chivers ran a solid, well-paced race to finish as first lady. Jose Perez achieved a new pb as did Matt Holmes who was dragged across the last 2 miles by Steve Tovey. Peter Harris and Daniel Waite also put in good times. The weather was uncharacteristically warm and dry given the previous days' wet conditions and the regular water stations were welcomed by all. The course is flat and was at times exposed to the blustery conditions.

#### Results:

2nd Craig Holgate 01:15:20  
5th Stephen Pettit 01:21:13 (1st East Cambs Man)  
9th John Crisp 01:23:28  
16th Graham Chapman 01:26:49 (1st MV50+)  
18th Ian Day 01:28:12  
27th Dan Regan 01:31:39  
31st Felicity Chivers 01:34:58 (1st Lady)

34th Jose Perez 01:35:15 (PB)  
40th Adam Etches 01:37:05  
45th Daniel Waite 01:38:19  
48th Peter Harris 01:39:45  
51st Stephen Tovey 01:40:13  
52nd Matthew Holmes 01:40:14 (PB)  
67th Ashley Blackmore 01:47:49  
69th Miranda Paul 01:48:07  
76th Linden Smith 01:50:46  
92nd John Turner 01:58:49  
106th Colin Doak 02:05:09  
119th Claire Van Leersum 02:16:07

### Breckland 10k - Croxton, Thetford, Norfolk

The Breckland 10k was held on Bank Holiday Monday in the small village of Croxton near Thetford. The race starts on a downhill section before runners are met with a gradual incline up to mile 2. The race is mostly traffic free and benefits with a fast last mile downhill to the finish. John Uff running for his first claim Cambridge & Coleridge ran a very quick time to achieve a new pb and finish in 10th place. Robin Webb continues to run well and he ran yet another pb. Graham Chapman was next home coming in easily under 40 minutes and in so doing beating JT's MV55 club record. Steve Tovey, still coming back from his marathon effort last month, offered to pace Matt Holmes. His shouts of encouragement were received well and he helped Matt to a new pb by nearly a minute. Peter Harris always runs well at Breckland and this year was no different finishing in a very good time with David Mould close behind him. Charlie Barker struggled and unfortunately had to pull out at half way, hopefully he will back to his best soon. Heidi Uff running in her first 10k for a while appeared pleased with her time. Steve Starr improves every race and achieved a huge new PB this time, Brent Crossman and Colin Doak also put in good times. The race was won by James Preston of Wymondham in 33:15 and there were 293 finishers.

#### Results:

10th John Uff 0:35:25 (PB)(2nd Claim C&C)  
29th Robin Webb 0:38:09 (PB)  
44th Graham Chapman 0:39:19 (MV55 club record)  
66th Matt Holmes 0:41:34 (PB)  
67th Steve Tovey 0:41:34  
90th Peter Harris 0:43:01  
98th David Mould 0:43:33  
105th Heidi Uff 0:44:05  
126th Steve Starr 0:46:52 (PB)  
167th Brent Crossman 0:50:45  
230th Colin Doak 0:56:58

*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!!!*

## TRAINING FOR JUNE

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

**Juniors 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 2012:**

- **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**

**The selected junior venue will be on the club notice board in the foyer of the Paradise Centre.**

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

### Tuesday 5th June

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 up 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 7th June

Start/finish Ely Common for laps of new (short) XC course. From large meadow clockwise to left turn into woods and down slope, right to cross WBH, around lake (anti-clockwise), up steps and follow round lake and back up slope to cross WBH and back through woods and up slope to Ely Common to complete lap of large meadow. Distances: 1 lap 1.31m and 4 laps 5.24m miles.

### Tuesday 12th June

Training on Straight Mile course Quanea Drove: 0.5m fast/0.5m recovery/0.5 fast/0.5m recovery/1m fast/0.5m recovery/0.5m fast. Out/back via Cuckoo Bridge = 8m, or shorter option (finish after 1m fast) return via Stuntney Road and The Park = 7m. *Juniors on KSE's Amherst Field track.*

### Thursday 14th June

*Club Midsummer 10k Handicap & Junior 3k Handicap Meet 7:00 pm Cricket Club, Lt Downham for 7:30 pm starts. The Junior presentation will on Tuesday 19th June at the Paradise (7 pm) before training and the Senior presentation after the race (with snacks) at the Prince Albert, Ely.*

### Tuesday 19th June

Grass track intervals on KSE's Amherst Field (adjacent to railway station) under the instruction of Club Coach Alan Rutterford (Seniors and ER/ECAC Juniors).

*Juniors meet at the Paradise for 3k Handicap presentation and train on KSE's Amherst Field track.*

### Thursday 21st June

Golf course footpath, across Angel Drove and footpath to chicken sheds where right to A10. Left and right up Bedwell Hay Lane (track) and airfield perimeter road to rejoin Bedwell Hay Lane to Witchford where right back to Ely (7.25m).

### Tuesday 26th June

Training on KSE's Amherst Field (adjacent to railway station): pyramid session of 400m/800m/1600m/800m/400m fast with 400m recoveries (total 3.5m + out/back = 6.0m)

*Juniors on KSE's Amherst Field track.*

### Thursday 28th June

Coveney (grass triangle) and back (8.5m) or via West Fen Drove and Hurst Lane tracks (9.75m). Shorter options if turn back before Coveney

#### Event photographs

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

### June

03 Edingthorpe 5m, North Walsham, Norfolk, <http://www.runnersworld.co.uk/events/viewevent.asp?sp=&v=2&EN=69654&ms=>

10 BMAF Marathon Championships, Tenby, Wales, <http://www.bvaf.org.uk/fix/fix.asp> ; event website <http://www.thewalesmarathon.com>

10 Bury St Edmunds Challenges 15 or 26m, Bury St Edmunds, Suffolk, <http://www.burystedmundschallenges.co.uk/home.html>

10 Heroes Half-Marathon, ATR Bassingbourn, Royston, Cambs, <http://www.endurorunning.com>

10 St Albans Half-Marathon, 5k & 1.5m FR, St Albans, Herts, <http://www.stalbanshalfmarathon.co.uk/>

10 Strathearn Marathon, Comrie, Perthshire, Scotland, <http://www.strathearnmarathon.org.uk>

12 (Tue) Harlow Ladies 5k Series Race 3, Harlow, Essex, <http://www.thehrc.org.uk>

14 (Thu) **Ely Runners 10k Handicap, Little Downham, Private Club event**

15 (Fri) Marston Forest 5k, Marston Moretaine, Beds, <http://www.marstonforest5k.org.uk/>

16 (Sat) Fritton Lake Sprint & Super Sprint Triathlon, Fritton, Nr Great Yarmouth, Norfolk, <http://www.activeoutdoorsport.co.uk/>

17 BMAF 5k Road Championships, Horwich, Greater Manchester, <http://www.bvaf.org.uk/fix/fix.asp> ; Event Website

<http://www.horwichfestivalofracing.co.uk>

17 Chilford 10k & 5k FR, A1 series event, Chilford Vineyard, Linton, Cambs, <http://www.losc.co.uk>

17 Comercrawley Diss 10k & FR, Diss, Norfolk, <http://www.dissathleticsclub.co.uk/new-page-7.htm>

17 Fritton Lake Olympic Triathlon, Fritton, Nr Great Yarmouth, Norfolk, <http://www.activeoutdoorsport.co.uk/>

17 Huntingdon 10k Charity Run, Huntingdon, cambs, <http://www.huntingdon10kcharityrun.co.uk/>

17 NiceTri Sprint 2, St Neots, Cambs, <http://www.nicetri.co.uk/>

17 Stort 10 & 1m FR, Bishop's Stortford, Herts, <http://www.bsfc.org.uk/>

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

23 (Sat) Trionium Picnic Marathon, Box Hill, Surrey, <http://www.trionium.com/picnic>

23 (Sat) Trionium Midsummer Munro Half-Marathon, Box Hill, Surrey, <http://www.trionium.com/mm>

24 North Devon AONB Marathon & Half-Marathon, Woolacombe, North Devon, <http://www.northdevonmarathon.co.uk>

24 North Downs 30k, Gravesend, Kent, <http://www.isteadandifield.org.uk>

24 Sutton Feast Beast ~7m, Sutton, Cambs, <http://www.suttononline.org>

29 (Fri) Clacton Summer 5k Series Race 2, Clacton-on-Sea, Essex, <http://www.nice-work.org.uk/events.php?id=69>

30 (Sat) South Downs Way 100, Winchester to Eastbourne, <http://www.centurionrunning.com>

### 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 Amptill Trophy XC, Amptill, Beds, <http://www.amptilltrophy.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.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.easterveteran.co.uk/>

*Last Updated 31/05/2012*