

# *Ely Runners*

## **RACES & EVENTS 2006**

JT 29.03.2006

Details of local races and those of interest to the club are on the regularly maintained **club notice board** in the foyer of the Paradise Centre below the club's **trophy cabinet** that was made by Charlie Barker. There are usually several copies of race entry forms but please always leave the last copy or ask the staff at reception to photocopy (Ely Runners' account) a few copies.

Ely Runners won the 2005-06 **Frostbite League** by one point from Cambridge and Coleridge AC at the final race at Huntingdon. Congratulations to everyone who ran and trained hard and especially to Claire Willer who was nominated as the club's Senior Runner of the Series for being 1<sup>st</sup> Woman in 4 out of her 4 races. Thanks also to Team Manager Eric Drury and to Tony Hall for their support. Max d'Ayala and Alan Rutterford represented the club at the **Frostbite Presentation Evening** on Friday 24<sup>th</sup> March and received the perpetual shield for the winning club, plus Claire Willer's trophy – to be presented by the club when she returns from Australia and New Zealand. Both awards are now in the club's trophy cabinet in the foyer of the Paradise Centre.

The 8 race **Cambridgeshire Road Race League (CRRL)** started on 26<sup>th</sup> March with the Fred Wright 10k at Whittlesey. The next race is the popular Eye 10k on 14<sup>th</sup> May. Distances of CRRL races are from 5k to ½ marathon. Club standings will be calculated from the best 7 results of 8 races and individuals from the best 5 of 8 possible scores. Awards will be made to the 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> M/F teams and 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> M/F individuals. Results will be posted on [www.nenevalleyharriers.fsnet.co.uk](http://www.nenevalleyharriers.fsnet.co.uk)

The Minutes of the **AGM** on 20<sup>th</sup> January 2006 have been circulated by email and are on the club's website.

It is useful for training and support to know which members have gained entries to the **Flora London Marathon** on Sunday 23<sup>rd</sup> April 2006. So far, the following 9 are known to have places:

Ian Day (qualified)  
Alfredo Verna (ballot)  
Lana Chalmers (ballot but due to injury may defer to 2007)  
John Corbishley (club)  
Keith Mitchell (club)  
Michael Butler (ballot)  
Chass Matharu (charity)  
Diana Gipp (elite c/o from 2005)  
Alex Tate

The club's **Midsummer 10k Handicap** (private club event), will be on Thursday 15<sup>th</sup> June 2006 (instead of training) at the Cricket Club, Little Downham, starting at 1930. Entry is free of charge to members and guests. Afterwards, there'll be sandwiches and chips at the Prince Albert in Ely.

Charlie Barker has made three handsome shields for the club's **Straight Mile Handicap**, which will be incorporated into training on Thursday 13<sup>th</sup> July 2006. These perpetual shields (each made from a different hardwood and currently on display in the club's trophy cabinet) are for the Handicap 1<sup>st</sup> M/F, Fastest M/F, and Age Related 1<sup>st</sup> M/F. After changing, these will be awarded by Chairman Peter Gipp at The Prince Albert, Ely. Sandwiches and chips will be provided.

We have been asked and accepted the Road Runners Club Championships, Eastern Veterans AC Championships, and the Cambridge Road Race League in the **Grunty Fen Half Marathon** on Sunday 10<sup>th</sup> September 2006. The club will need the support of members as marshals and helpers for this event, so please reserve the date.

Work continues on the club's new Ely-Cambridge-Ely event, the **Turing Trail Relay**, for which several members were formed into four teams for a practice race on Sunday 19<sup>th</sup> March, details of which can be found on the club's website [www.elyrunners.co.uk](http://www.elyrunners.co.uk). The first open event will be on Sunday 18<sup>th</sup> March 2007 and Rod Baron is already well advanced in the construction of the race website. This is now up and running on [www.turingrelay.co.uk](http://www.turingrelay.co.uk)

**Club Coach Max d'Ayala** has now obtained several **books on running and injuries** on behalf of the club. These books are in the club's locker at the Paradise Centre for use by members. There is a club book list on the web site. Loans are to be recorded in a notebook in the club's locker.

**Training** on Tuesday and Thursday continues to be well attended with 15 to 30+ members regularly appearing. *Please see the home page (ER Training Programme) of the club's web site for advance details.* Due to the increased number of members meeting at the Paradise for training, members are requested to assemble in the bar area upstairs to avoid blocking the foyer. We have just started Summer Time daylight training and this will now be mainly on mixed terrain to make a welcome change from the streets of Ely. There will be interval/repetition/hill sessions on Tuesdays and steady (5-8 miles) runs on Thursdays. Some of the sessions and routes are described on the club's website. For those not racing on Sundays, meet in the Paradise car park at 9:00 am for a choice (short/medium/long) of mixed terrain training runs outside of Ely.

We have several **new members** and some are fairly new to running. It is important that inexperienced members are accompanied by more experienced members on training evenings so they become familiar with routines and routes and are not left alone. Therefore, could members who are recovering from injury, or resting from racing, or recovering fitness, please attend training to help our beginners.

Mary Gates has now taken over the **club's kit supplies** from John Turner. Please contact Mary on 01353 861379 or [mary@elyrunners.co.uk](mailto:mary@elyrunners.co.uk) to order and see [www.elyrunners.co.uk](http://www.elyrunners.co.uk) for full details of club kit.

Many members have been supplied with **club fleeces** and more can be ordered. The fleeces are in black with a full-length zip and have the Ely Runners cathedral logo embroidered in yellow on the top left front. A range of sizes is now available from stock and cost only £10 (subsidised by club) to members for their own use. Subsequent fleeces will be at the cost price of £21. Please contact Mary Gates on 01353 861379 or [mary.gates@btinternet.com](mailto:mary.gates@btinternet.com) to order. See [www.elyrunners.co.uk](http://www.elyrunners.co.uk) for full details of club kit.

Under Rod Baron's dedicated management, the **club's web site** ([www.elyrunners.co.uk](http://www.elyrunners.co.uk)) continues to expand to provide useful information and a record of the club's activities. It is frequently updated and well worth regular visits. Rod maintains a list of all time **PBs** on the website so please advise John Turner (ASAP, to avoid amending race reports) if you achieve a PB, including vet categories, so that it can be included in JT's press report from which Rod takes his PB information. Rod has recently added a message board to the home page, which is now being used regularly by members.

**BMAF (vets) events** are too numerous to include all of them but they have been circulated to EVAC members.

#### **April**

02 Bungay Black Dog Marathon & ½ Marathon, 1030/1230 Bungay  
02 Oakley 20+, 1000, Lincroft Middle School, Station Rd, Oakley, Bedford, £12, EOD +£2  
08 (Sat) AAAE Women's 6 x 2.995m Road Relay Championships, 1220 Sutton Park, Sutton Coldfield  
09 Flitwick 10k, 1100 Temple Way (HQ Village Hall, Dunstable Rd, Flitwick, £7, EOD +£3  
09 Belvoir ½ Marathon, 1000 Hose Village Hall, Vale of Belvoir, £9, EOD +£1  
16 Trowse 10k, 0930 Norfolk Ski Club, Whitlingham Lane, Trowse, Norwich, £7, EOD +£2  
16 Livingston Relays, M 4 x 3m, W 3 x 3m, 1030 Loughborough Univ, M £12 & W £9 team, no EOD  
21 (Fri) Cambs AA meeting 2000 Hemingford Grey Conference Centre  
23 London Marathon (ballot entries now closed)  
30 Breckland 10k, 1100 Croxton Village Hall, Thetford, £6, EOD +£1  
30 Rotary Heritage Suffolk Coastal Marathon, Thorpeness  
30 Neolithic Marathon (+) TR, 1030 Avebury (finish Stonehenge), £30, CD 7/4, no EOD

## May

- 01 (Mon) Ashdon 10k (+), 1030 Village Hall, Ashdon, Saffron Walden, £6, EOD +£2
- 02 (Tue) Silverstone Grand Prix 10k, 1930 Racing Circuit, N'hants, £4.50, EOD +£1.50
- 04 (Thu) Newmarket '6k' (3.5m), 1930 Heath Land, Bury Road (by BP garage), £4, EOD +£1
- 07 EVAC Road Relays (4 x 3k M35-44/45-54 & 3 x 3k W35+/M55+), 1100 H'ford Grey, *club entry*
- 07 EVAC AGM 1230 Hemmingford Grey Sports Pavilion
- 13 (Sat) Cambs AA Track & Field Championships, University Track, Wilberforce Road, Cambridge
- 14 Eye 10k (**CRRL**), 1100 Junior School, Eyebury Road, Eye, Peterborough, £7, EOD +£1
- 17 (Wed) Bedford 6, 1945 Mowsbury Park, Bedfordshire, £4.50, EOD +£2
- 20 (Sat) BMAF Road Relays, Sutton Park, Sutton Coldfield, 3-8 stages x 3m M/F age categories.
- 20/21<sup>st</sup> Green Belt Relay 220m (team of 11 for 22 legs), starts Hampton Court, £175/team
- 21 Ross Pears East Cambs ½ Marathon, 1115 St Andrews Prim Sch, Soham, £7, EOD +£2
- 24 (Wed) CAA Development Meeting, St Ives (5,000m 2045), club entry via JT or EOD £1.50
- 27 (Sat) Cader Idris Fell Race (10.5m/3,000'), 1400 Dolgellau, N Wales, £5, EOD £6 (limit 250)
- 28 Great East Anglia Run 10k, King's Lynn, £7.50, no EOD, [www.greateastangliarun.co.uk](http://www.greateastangliarun.co.uk)
- 29 (Mon) Brandon Forest ½ Marathon (TR), 1030 Mayday Field B1106, £7, EOD £1 (250 limit)

## June

- 04 EVAC 5m Championships/Grand Prix, 1100 Reach Village Hall
- 08 (Thu) Eye 5m Charity Run, 1930 Eye Playing Fields, Lindisfarne Road, £4 (EOD only)
- 10 (Sat) Moulton 5m Walk, 1200 Village Hall, £3, EOD +£1
- 11 St Albans ½ Marathon, 1000, £14, [www.stalbans.gov.uk](http://www.stalbans.gov.uk)
- 11 EVAC Track & Field Championships, from 1030 Stantonbury Stadium, Milton Keynes
- 14 (Wed) CAA Development Meeting, St Ives (1,500m 2030), club entry via JT or EOD £1.50
- 15 (Thurs) **Ely Runners' Midsummer 10k Handicap** (*private club event*), Cricket Club, 1930 Little Downham, FOC members & guests. Presentation afterwards in the Prince Albert, Ely
- 16 Lipton Marathon Challenge (Colworth 5m MT 1845 Sharnbrook, Beds), no EOD
- 17/18 (Sat/Sun) SEAA Sn Championships (800m-5,000m & S/C), Crystal Palace C/D 6/6 (club entry)
- 17 Lipton Marathon Challenge (Trail Race 8.1m XC 1200 Sharnbrook, Beds)
- 18 Lipton Marathon Challenge (1/2 Marathon MT 1030 Sharnbrook, Beds)
- 25 North Downs Run 30k TR, 1030 Cascades Leisure Centre, Thong, Gravesend, £12
- 25 Sutton Feast Beast 7m MT

## July

- 02 EVAC 10k Championships/Grand Prix, 1100 Comberton Village Hall
- 02 British 10k London Run
- 07 (Fri) Cranfield 5k, 1930 Cranfield University Campus, Cranfield, Beds, £6.50
- 09 Ramsey 12k MT (**CRRL**)
- 13 (Thurs) *club training at 1900 will include the Ely Runners' **Straight Mile Handicap** on Quaney Drove. Perpetual Shields for Handicap 1<sup>st</sup> M/F, Fastest M/F, and Age Related 1<sup>st</sup> M/F will be presented afterwards in The Prince Albert, Ely*
- 16 Sue Ryder Beat the Baton 5k (indiv or 4x relay), from 1200 Huntingdon Race Course
- 19 (Wed) CAA Development Meeting, St Ives (CAA 1 Mile Ch 2015), club entry via JT or EOD £1.50
- 23 St Ives 10k (**CRRL**),
- 23 Fairlands Valley Challenge (26m TR)

## August

- 06 EVAC 5k Championships/Grand Prix, 1100 Gonville & Caius, Cambridge
- 19 SEAA 10,000m Track Championships, Bedford, C/D 14/8 (club entry)
- 19 Race the Train (Talylln Railway), 14.75m, Tywyn, Wales, [www.racethetrain.co.uk](http://www.racethetrain.co.uk)
- 20 Thorney 5m (**CRRL**), 1030 Bedford Hall, Thorney, £6, EOD +£1
- 30 (Wed) Nene Valley 5k (**CRRL**)

## September

- 03 The Beast 14m TR, 1030 Corfe Castle, Dorset, £8, no EOD
- 03 Budapest Marathon
- 10 *Grunty Fen ½ Marathon* (**CRRL**), 1030 Witchford Village College, Ely, [www.gruntyfen.co.uk](http://www.gruntyfen.co.uk)  
*Includes RRC of UK Championships and EVAC Championships*
- 16 (Sat) High Peak Challenge 40m TR, 0900 Buxton

16/17 (Sat/Sun), Round Norfolk Relay, [www.roundnorfolkrelay.com](http://www.roundnorfolkrelay.com)  
17 New Forest Marathon & ½ Marathon, [www.nfma.org.uk](http://www.nfma.org.uk)

### October

01 Great North Run ½ Marathon  
10 Wisbech 10m, 1000 Marshland High School, West Walton (includes EVAC Championships)  
15 Great Eastern Run Half Marathon, 1100 Peterborough  
15 Jog Shop Jog (20m TR, 2,700' climb), 0900 Brighton Marina, £8, EOD + £7!  
22 Abingdon Marathon, 0900 Tilsley Park Athletics Track, £18, CD 15/9, no EOD  
28 (Sat) Beachy Head Marathon, 3,500' climb, 0900 Eastbourne, £17.50  
29 Fenland 10m (**CRRL**),  
29 Snowdonia Marathon, 0930 Electric Mountain, Llanberis

### November

05 Stevenage 1/2M, 1030 Ridlins Track, Stevenage, £10, EOD +£2  
26 Hereward Relay (4 stages Peterborough-Ely), club team entries, *ER marshal from bypass*

### December

03 Luton Marathon & Relay (3 x 8.7m), 1000 Lea Manor Recreation Centre, £15/£24, no EOD  
06 **Ely Runners Christmas Drinks**, 2000 Prince Albert, Silver St, Ely (London Marathon draw)  
17 Long/medium club **pre-Christmas training runs** 18.5m/11m XC, Woodditton/Reach/Upware/Ely,  
*meet 0800 Paradise for transport to start*  
31 **Ely New Year's Eve 10k Road Race**, 1100 Lt Downham, [www.newyarseve10k.co.uk](http://www.newyarseve10k.co.uk)

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**Midweek training from the Paradise Centre (meet in upstairs bar) at 1900 on Tuesdays and Thursdays**

**Long Sunday training runs (meet Paradise 0900) are usually arranged Thursday before - *check emails***

**Races and events are on Sunday unless otherwise mentioned**

**Club colours (vest mandatory) must be worn for all races entered as an Ely Runner**

**Courses are roads and/or hard footpaths/cycle ways unless otherwise mentioned**

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

**Frostbite League races are 5-6 miles**

**Further details of events from the Club notice board in the Paradise Centre foyer, running magazines, websites, or from Secretary John Turner ([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**

**Championship and relay entries are via Secretary John Turner and paid (if funds available) by the club**

**Club website [www.elyrunners.co.uk](http://www.elyrunners.co.uk)**

**Grunty Fen website [www.gruntyfen.co.uk](http://www.gruntyfen.co.uk)**

**NYE10k website [www.newyarseve10k.co.uk](http://www.newyarseve10k.co.uk)**

**Turing Trail Relay website [www.turingrelay.co.uk](http://www.turingrelay.co.uk)**