

Ely Runners

RACES & EVENTS 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.

The **Frostbite League** has six inter-club races of 5-6 miles (road/mixed terrain/XC) at one per month from October to March and the one remaining events is on the list below. All races start at 11:00 am and a scoring team is 10 members of which at least 2 must be women but any number of members can run and all will contribute to the results by competing with potentially scoring runners of other clubs. The club's Team Recorder is Eric Drury (mob 07876 288496). The club has paid the £100 fee for 2005/06 membership, so members run free of charge. Club colours must be worn whilst competing in the league. Yaxley Runners will host the Presentation Evening (venue below) on Friday 24th March 2006 (tickets via JT). Ely Runners' final positions since joining the FFL have been 2001/02 **9th**, 2002/03 **2nd**, 2003/04 **1st**, and 2004/05 **4th** of 17 teams. This season, Ely Runners were 7th at St Neots in October and then improved to 1st at Bushfield in November 2nd at Swavesey in December 1st at Ramsey in January, and 1st at Bourne Woods in February. The next and final race is at Huntingdon on Sunday 5th March. We are currently in the lead on running points but level on event points. Therefore, it is crucial that we have a strong turnout. *Please train hard and be there!*

The **Frostbite Presentation Evening** is on Friday 24th March from 7:30 pm to 1:00 am at the Deafblind Building, Cygnet Way, Hampton, Peterborough. Tickets are £10 in advance from John Turner or organiser Gary Thurgood 01733 810033 or 07880 992014. There will also be a buffet, live band, disco and raffle.

The list below includes **Ryston Runners Cross Country Grand Prix at Shouldham Warren** near Downham Market with 2 remaining races from in February (5k) and March (6.5k). There are also shorter races for -7, -11, -13, -15 and -17 age groups. The courses are on undulating forest tracks and ideal for beginners or more experienced runners. Arrive prepared, as there are no toilet or changing facilities. Full details at www.rystonrunners.org.uk

Following interest by members, the club has entered the **East Anglian Cross Country League (EACCL)**. The remaining 4 venues are included in the events list below. Men's races are 5-6 miles and women's about 4 miles. All the races are on Wednesdays at 2:30 pm and the courses are on a wide range of locations all over East Anglia. Teams are 4 runners. The first 4 to finish will be the 'A' team and the next 4 the 'B' team. Categories are Jn M/W, Sn M/W and Vet M/W in 5 year categories to FV50+ and MV50 and then MV50-59 and MV60+. Accumulative team and individual scores will be taken from a maximum of 7 races. The club has paid the entry fee so members (and their guests) run free of charge. Guests will not count for League points. This is an enjoyable and friendly league and refreshments often follow races.

The Minutes of the **AGM** on 20th 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 23rd April 2006. So far, the following 10 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
John Crawford

The club's **Midsummer 10k Handicap** (private club event), will be on Thursday 15th 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 now completed three handsome shields for the club's **Straight Mile Handicap**, which will be incorporated into training on Thursday 13th 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 1st M/F, Fastest M/F, and Age Related 1st 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 10th September 2006

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. On dark evenings, training will be mainly within Ely with interval/repetition/hill sessions on Tuesdays and steady (5-8 miles) runs on Thursdays. 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 will be taking over the **club's kit supplies** from John Turner in February. Please contact Mary on 01353 861379 or mary.gates@btinternet.com to order and see www.elyrunners.co.uk for full details of club kit.

The club has purchased **reflective bibs** for members to wear whilst training at night. These are available at the Paradise centre for use on training nights and have been issued to most members. Important advice on training at night is on the club's web site www.elyrunners.co.uk

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 to order. See 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) 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 for use by all members.

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

February

- 12 St Valentines 30k, 1100 Queen Eleanor School, Green Lane, Stamford, £12, EOD +£2
- 15 (Wed) **EACCL**, 1430 Bacton Woods (Hospital Combine)
- 15 (Wed) Balancing Blues 5k, 1915 Bedford Int Athletic Stadium, £5 (£12 series), EOD +£2
- 19 EAA XC Championships, RAF Barnham, Thetford, 1310 SM 12k, 1410 SW 6k, club entry via JT
- 19 St Peter Brewery GE Run 20k, 1100 Bungay Sports Hall, Queens Rd, Bungay, £9.50, EOD +£3
- 19 Ryston 5k XC, 1100 Shouldham Warren, EOD only
- 22 (Wed) **EACCL**, 1430 Nowton Park, Bury St Edmunds (St Edmunds Pacers)
- 25 (Sat) ECCA National Championships, Parliament Hill Fields, London (club entry via JT)
- 25 Belvoir Challenge 15/26m, 0900 Harby Village Hall, Leics
- 26 Bury 20 (Suffolk Champs), and Nearly 10, 1030 Nowton Park, Bury St Edmunds, £15/£11, no EOD
- 26 Sleaford ½ Marathon, 1030 RAF College Cranwell

March

05 Frostbite League, 1100 BRJ Centre, Huntingdon, (roads, tarmac paths), meet Paradise 0900

- 05 Wymondham 10/20, 1015 Central Hall, Back Lane, £8, EOD +£1
- 05 BMAF Open XC Championships, Kings Park, Bournemouth, M 8k, W 6k (club will fund entry)
- 05 Cambridge Boundary Run 23m/13.1m, 1030 Next Generation Club, £1, EOD only
- 05 Lode Fen 5m TR, 1100 Lode, £5, EOD +£1
- 08 (Wed) **EACCL**, 1430 Shouldham Warren (RAF Marham)
- 11 (Sat) Grindleford Gallop, 1000 Grindleford, £7.50 (includes food) +£1 tag, EOD +£2.50
- 12 Mondri 15, 1000 Officers Social Club, HM Prison Whitemoor, March, £8, EOD +£2
- 12 Bildeston ½ Marathon & 10k, 1000 Chamberlain's Hall, Bildeston, Ipswich, £8, EOD +£2
- 12 Newton's Fraction ½ Marathon, 1030 S Kesteven Sports Stadium, Grantham, £7, EOD +£1.50
- 15 (Wed) **EACCL**, 1430 Relays/Presentation, (RAF Barnham)
- 19 Thorney 10k, 1030 Bedford Hall, Thorney, £6, EOD +£1
- 19 Broadland ½ Marathon, 1000 South Walsham Village Hall, £7, EOD +£1
- 24 (Fri) **Frostbite League** Presentation Evening, Deafblind UK Building, Hampton, Peterborough
- 25 (Sat) Orion 15m (Epping Forest) TR, 1430 Rangers Road, Chingford, free/donations
- 25 (Sat) Downland Challenge 20/40m, 0900 Downs School, Compton, Newbury, £13, EOD +£3
- 26 Fred Wright Memorial 10k, 1100 Sir Harry Smith's Community College, Whittlesey, £7, EOD +£2
- 26 Ryston 6.5k XC, 1100 Shouldham Warren, EOD only
- 26 Joe Cox 10, 1100 Mid Suffolk Leisure Centre, Gainsborough Rd, Stowmarket, £7, EOD +£1
- 26 Sandy 10, 1030 Sandy Upper School, Engayne Av, Sandy, £7, EOD +£2
- 26 Connemara 1/2M, Marathon, Ultra 29.3m, Peacockes Hotel, Maam Cross, Co Galway, Euro 65

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, Whittingham 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
- 23 London Marathon (ballot entries now closed)

May

- 02 (Tue) Silverstone Grand Prix 10k, 1930 Racing Circuit, N'hants, £4.50, EOD +£1.50
- 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
- 14 Eye 10k, Junior School, Eyebury Road, Eye, Peterborough, £7, EOD +£1
- 20 (Sat) BMAF Road Relays, Sutton Park, Sutton Coldfield, 3-8 stages x 3m M/F age categories.
- 20/21st Green Belt Relay 220m (team of 11 for 22 legs), starts Hampton Court, £175/team
- 28 Great East Anglia Run 10k, King's Lynn, £7.50, no EOD, www.greateastangliarun.co.uk

June

- 04 EVAC 5m Championships/Grand Prix, 1100 Reach Village Hall
- 11 EVAC Track & Field Championships, from 1030 Stantonbury Stadium, Milton Keynes
- 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

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
07 (Fri) Cranfield 5k, 1930 Cranfield University Campus, Cranfield, Beds, £6.50
13 (Thurs) club training at 1900 will include the Ely Runners' **Straight Mile Handicap** on Quaney Drove. Perpetual Shields for Handicap 1st M/F, Fastest M/F, and Age Related 1st M/F will be presented afterwards in The Prince Albert, Ely
23 Fairlands Valley Challenge (26m TR)

August

06 EVAC 5k Championships/Grand Prix, 1100 Gonville & Caius, Cambridge
19 Race the Train (Talylln Railway), 14.75m, Tywyn, Wales, www.racethetrain.co.uk
20 Thorney 5m, 1030 Bedford Hall, Thorney, £6, EOD +£1

September

03 The Beast 14m TR, 1030 Corfe Castle, Dorset, £8, no EOD
10 Grunty Fen ½ Marathon, 1030 Witchford Village College, Ely, www.gruntyfen.co.uk
Includes RRC of UK Championships, EVAC Championships, & CRRL
16/17 (Sat/Sun), Round Norfolk Relay
16 High Peak Challenge 40m TR, 0900 Buxton

October

01 Great North Run ½ Marathon
10 Wisbech 10m, 1000 Marshland High School, West Walton (includes EVAC Championships)
15 Jog Shop Jog (20m TR, 2,700' climb), 0900 Brighton Marina, £8, EOD + £7!
28 (Sat) Beachy Head Marathon, 3,500' climb, 0900 Eastbourne, £17.50
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, Woodditon/Reach/Upware/Ely, meet 0800 Paradise for transport to start
31 **Ely New Year's Eve 10k Road Race**, 1100 Lt Downham, www.newyearseve10k.co.uk

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) 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

Grunty Fen website www.gruntyfen.co.uk

NYE10k website www.newyarseve10k.co.uk

JT 09.02.2006