

# *Ely Runners Newsletter*

## **NOTICES, RACES & EVENTS 2008-09**

**July 2008**

(JT 03.07.2008)

### **NOTICES**

Details of local races and those of interest to members are on the **club notice board** (maintained by the club Secretary) in the foyer of the Paradise Centre. There are usually several copies of race entry forms but please leave the last copy or ask staff at reception to photocopy (Ely Runners' account) a few more copies.

Some **open races** are very popular and reach the entry limit before the race day. Many races no longer accept entries on the day – see 'no EOD' in the Races & Events Guide below. Members are therefore advised to plan their races and enter earlier. Before entering on the day, check with the organisers or on the race website that a place is still available.

Payment of **club entries into championships, relays and leagues** will be funded by the club provided they are **team entries made by the club**. The club will not pay for individual entries into open races that have an incorporated championship.

To take part in **UKA National** and **SEAA championships**, members need to be registered with England Athletics. Also, a few open events still require EA registration to claim affiliated entry fees. However, most events (especially locally) either have **ARC** permits or, if they have UKA permits, only require membership an EA affiliated club, like Ely Runners. Last year 28 members requested **registration with EA** and so far 26 members have requested and been registered for 2008-09. Could any other members who would like to be registered with EA for 2008-09 please contact John Turner [secretary@elyrunners.co.uk](mailto:secretary@elyrunners.co.uk) as soon as possible. As per the AGM, the club will pay the £5 registration fee. Registration number confirmation and cards will be supplied when received from EA.

I have the **Fell Runners Association Fixtures Calendar & Handbook for 2008**. Members interested in running a fell race are can borrow this booklet. Most fell races are 'up north' but are also in Wales and other hilly areas of the UK. There is a huge choice and many are on summer evenings if members would like to go for an evening trip to the Peak District etc. Alternatively, if on holiday in hilly areas, you can often find a local race. They all provide an enjoyable, challenging and worthwhile experience, even for Fenland runners.

#### **Discounts on Kit Purchases**

If you buy running kit from Advance Performance at Cambridge or Peterborough, please show them your membership certificate and the club will receive 10% towards vouchers that we use for prizes for our Christmas charity raffle. Advance Performance do not otherwise give discounts although these can be usually be obtained from other shop suppliers such as Sweatshop in Cambridge who sponsor our three open races: New Years Eve 10k, Turing Trail Relay, Grunty Fen Half Marathon. Sweatshop usually give 10% on non-sale items but have recently offered *20% discount* to members (show membership cert) of Ely Runners.

Congratulations to **Max d'Ayala and Sally** who became the proud parents of a brother for young Leo on Tuesday 10<sup>th</sup> June 2008.

**Dave Richards** is resting after an unavoidable collision with a car whilst cycle training for the Iron Man Germany triathlon. A helicopter was summoned but Dave was eventually taken to hospital by an ambulance. His knees took the impact and he had haematomas behind both kneecaps. Dave had to pull out of the IM, which he found was the worst part of the whole episode but realises there are other events. He hopes to be back training quite soon.

Ely Runners Event's Working Group member **Eric Drury married Cindy Law** on Saturday 21<sup>st</sup> June at Fakenham and several Ely Runners and their families enjoyed the **Evening Reception** at Littleport Ex-Servicemen's Club.

**Natalle Etches**, has purchased a **wide variety of fitness stock** from a local Internet fitness company that closed down. She is re-selling the stock as low as **half price** to club members. The stock includes cycling, running, fitness and triathlon wear from brand names include Craft, Gore Bike Wear, Pearl Izumi, and Sugoi. If you're interested, speak to Natalle at one of the training sessions or contact her on [Natalle.coles@ringuk.com](mailto:Natalle.coles@ringuk.com)

If you have any **cotton rags** (eg old t-shirts, towels etc) for disposal, please bring them to training and give them to **John Turner** so that he can take them to the Wells & Walsingham Light Railway for locomotive cleaning.

**To enter a County Championship**, members must have been born in the county or had 9 months of continuous residency. If you qualify by birth and residency for different counties, you may only run for one county during each competition year from October to September.

The 9 races of the **2008 Cambridgeshire Road Race League** (see **CRRL** in events) started with the Thorney 10k on 30th March, then the Eye 10k on 11<sup>th</sup> May and the Abbey 10k on 15<sup>th</sup> June. Distances of CRRL races are 5k, 5m, 10k (5 races!), 10m and ½ marathon. Club standings will be calculated from the best 8 results of 9 races and individuals from the best 5 of 9 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 on [www.nenevalleyharriers.fsnet.co.uk](http://www.nenevalleyharriers.fsnet.co.uk). The **next CCRL** race is the Bushy 10k (Bushfield, Peterborough) on Sunday 13<sup>th</sup> July.

There are five distances in the **2008 Cambridgeshire AA Road Race Championships**: 5k, 5m, 10k, 10m and ½ M. They are incorporated into local area races and marked **CAA Champs** in the list of races below. County medals will be awarded to the 1<sup>st</sup>/2<sup>nd</sup>/3<sup>rd</sup> M/F and 1<sup>st</sup> MV 40/50/60/70+ and 1<sup>st</sup> FV 35/45/55/65+.

Some members have enquired about local **Track Races** and these are summarised below. Team Captain Charlie Barker and Rachel Roberts will be able to provide more information.

*The **Watford Open Graded Meetings** are on two Wednesday evenings per month (April-Sept) with 800m, 1500 and 3000m events (see [www.watfordharriers.org.uk/indexnc.htm](http://www.watfordharriers.org.uk/indexnc.htm)).*

*The **Cambridgeshire Evening Open Graded Series** events at the St Ivo Centre, St Ives on the following remaining evening:*

*Wed 18<sup>th</sup> July 1 mile (Cambs AA Champs) & 1mile walk*

*Entry forms can be downloaded from [www.cambsaa.org.uk](http://www.cambsaa.org.uk). There is entry on the day, but the organisers prefer to know in advance so they can sort out the timetable.*

**Ely Runners' Midsummer 10k Handicap** on Thursday 12<sup>th</sup> June at Lt Downham was the second largest ever with a record number of 42 club members in the race. For the first time, the race finished on the meadow used by the NYE10k to improve space and visibility for the inevitably close packing at the end of the race. Thanks to Steve Tovey (organising and handicapping), Rod Baron (entries/results), Peter Gipp and Eric Drury (course marking), Emily Knight (registration and finish line), Julie Foreman (registration and lead cyclist), Margaret Bracewell (registration and finish line), Charlie Barker (photography), and marshals Brenan Morgan, Heidi Fochtman (+daughter), Simon Bottomley and Katie Gentle. The winner was Stuart Mitchell (3:14 below handicap) followed by Mary Gates (1:59 below handicap in a PB). The fastest male was Alex Tate and fastest female Daisy Glover in a PB. After the race, Chairman Peter Gipp presented the awards at the Prince Albert pub in Ely.

There are three handsome shields (made by Charlie Barker) for the club's **Straight Mile Handicap**, (Quaney Drove) which will be incorporated into training on Thursday 10<sup>th</sup> July 2008. 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. Please let Steve Tovey ([sct36@cam.ac.uk](mailto:sct36@cam.ac.uk)) know if you'd like to be entered with a suggestion of your handicap time based on recent form.

Ely Runners' **Next Generation (Cambridge) Grunty Fen Half Marathon** is on Sunday 14<sup>th</sup> September 2008 at Witchford College. The 2008 race (see [www.gruntyfen.co.uk](http://www.gruntyfen.co.uk)) will incorporate the Cambs County Championships and the Cambs Road Race League. Entries are already being received and *volunteers will be required as marshals and officials*. If you would like to help, please contact Darren Murfitt (i/c Marshals) on 01353 664650, mob 07979 537657, [darren\\_murfitt@hotmail.com](mailto:darren_murfitt@hotmail.com). The Next Generation (Cambridge) is the major title sponsor for the first time following two years by the Atrium Club.

The club has again entered a team for the tough *Open Class* of the **Round Norfolk Relay** on Saturday/Sunday 20<sup>th</sup>/21<sup>st</sup> September 2008. If you would like to run, please speak to club organiser Alan Rutterford at training or by phone on 01353 741534 or 07821 988959. We have also joined forces with Cambridge & Coleridge AC with a *Casual Ladies Class* team organised by Rachel Roberts ([rachel.roberts@yahoo.co.uk](mailto:rachel.roberts@yahoo.co.uk)) who should be contacted if you'd like to run. This 193 mile continuous relay is in 17 separate unequal multi-terrain stages. Full details are on [www.roundnorfolkrelay.com](http://www.roundnorfolkrelay.com).

The popular off-road **Beachy Head Marathon** is on Saturday 25<sup>th</sup> October on the usual scenic course over the South Downs, starting and finishing at the edge of Eastbourne. If you would like to run, please enter as soon as possible because the race fills up quickly. An entry form can be downloaded from [www.visiteastbourne.com/whatson/bhm](http://www.visiteastbourne.com/whatson/bhm) or register on-line at [www.runnersworld.co.uk](http://www.runnersworld.co.uk). The entry fee is £20 or £22 on-line via Runners World.

**Stephen Howard** and **Rachel Roberts** will represent the club at the **Frostbite League AGM** on 6<sup>th</sup> July 2008 and try to secure our proposal for the long overdue and much fairer **separate scoring for men and women** (especially now that at least 3 of the 10 scoring members have to be women) using the same PIN registration and disc system but with spreadsheet analysis.

Grade 2 coach **Max d'Ayala** ([max@dayala.co.uk](mailto:max@dayala.co.uk)) has 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. Borrowed books are to be recorded in a notebook in the club's locker. These books have been chosen carefully by Max to provide a combination of interest, information, advice and stimulation for all standards of runners.

**Subscriptions** (£10) are due by 1<sup>st</sup> January or on joining the club. Those joining after 15<sup>th</sup> November are covered for the following year. Existing members who have not renewed by the due date will be reminded by email. Those who have failed to renew by the end of March will be removed from the membership list. Subs can be renewed on-line at [www.elyrunners.co.uk](http://www.elyrunners.co.uk) > club info > membership, or by cheque to 'Ely Runners' via Secretary: John Turner, 22 Cromwell Road, Ely, Cambs, CB6 1AS. Please check you have renewed your subscription or you will not be entitled to attend training, represent the club in races, take part in club championships, claim affiliated entry fees, or wear club colours.

### **Support of Club Open Events**

Ely Runners hold three popular open races each year (Turing Trail Relay, Grunty Fen Half Marathon, and Ely New Year's Eve 10k Road Race) that contribute considerably to the club's reputation and financial stability. *This enables the club to provide the many benefits listed below. In return, members are expected to support the club by helping with these events.*

The **benefits of membership of Ely Runners** include the £2 affiliated discount on open race entries, club affiliations to ARC, ABAC, UKA, EA, TRA, FRA & CAA, free registration (£5) with EA until 31<sup>st</sup> March 2009, free changing and showers at the Paradise Centre, free training and coaching advice, free night training bib, £12 subsidy on club fleeces, 10-20% discount at most specialist running kit shops, free entry to the club's Cross-Country Championships, 10k Handicap and Straight Mile Handicap, free entry to the six Frostbite League races, free club team entry to county, regional and national championships and for club relay entries, entry into the draw (if ballot entry rejected) for the club's guaranteed London Marathon places, free snacks at club social events, shared transport to races, and most importantly the friendship and stimulation of collective training and racing.

To improve accuracy and save time deciphering writing, handling money and paper etc, **applications for Club Membership** are now normally on-line only via the club's website [www.elyrunners.co.uk](http://www.elyrunners.co.uk) > CLUB INFO > Membership.

**Training** on Tuesday and Thursday continues to be well supported with about 20-30 members usually attending. *Please see the home page (ER Training Programme) of the club's website for advance details.* Due to the increased number of members meeting at the Paradise for training, members are requested to assemble in the balcony/bar area upstairs to avoid blocking the foyer. **Members are also asked not to congregate before running on the pavement outside the entrance but to assemble around the corner by the side of the building.** This is because it can be intimidating for other uses of the Paradise to walk through a group of runners to gain access to the entrance. There are interval/repetition/hill sessions on Tuesdays and steady (5-8 miles) runs on Thursdays. Some of the training routes are described on the club's website. For those not racing on Sundays, meet in the Paradise car park at 9:00 am (unless otherwise notified) for a choice (short/medium/long) of mixed terrain training runs outside of Ely. The car park toilets are open by 9:00 am and the Paradise open for showers afterwards.

Club training sessions are intended to cater for a wide range of abilities and racing objectives. If you require specific **coaching advice**, please ask Club Coach Alan Rutterford to help.

**Web Master Rod Baron's** skilful management of the **club's website** ([www.elyrunners.co.uk](http://www.elyrunners.co.uk)) ensures that it provides an up-to-date a record of the club's activities and a myriad of useful information. The website is frequently updated and well worth regular visits. There is a list of all-time **PBs** on the website so when you send your **race results** to Stephen Howard ([results@elyrunners.co.uk](mailto:results@elyrunners.co.uk)), please advise if you have achieved a PB, including vet categories, so that it can be included in press reports and to update PB information. If possible, please send any information you have by noon on Monday to Stephen to avoid the extra work involved in updating press reports. For member's general comments, there is a **Message Board** on the website's home page and the recently upgraded photo section contains a huge selection of members in races. Rod also maintains the club's websites for the Grunty Fen Half Marathon, New Year's Eve 10k, and the Turing Trail Relay.

A warm welcome is extended to **Rebecca Mosley** and **Rob Comley** (back from Canada) who have both rejoined. Some new members are fairly new to running and it is important that they are accompanied by more experienced members at training so they become familiar with routines and routes and are not left alone. Therefore, please could members who attend training, including those recovering from injury, or resting from racing, or recovering fitness, help and talk to our beginners so that they feel welcome and involved.

Mary Gates has the **club's kit supplies**. The club's joining fee of £33 includes free club race vest and shorts. Please contact Mary on 01353 861379 or [mary@elyrunners.co.uk](mailto:mary@elyrunners.co.uk) to order. See [www.elyrunners.co.uk](http://www.elyrunners.co.uk) for full details of club kit.

We have added the Ely Runners **cathedral logo** as a transfer to the top (to avoid obscuring race numbers) centre of the front of our **race vests**. The existing stock of vests held by Mary Gates will be returned to have the logo added. Any members who would like the logo added to their race vests will need to give their vest to Mary to send away for this work to be done. The cost (£1.20 for the transfer + 25p for application) will be covered from club funds. Race vests will continue to have ELY RUNNERS on the back.

Some members are not wearing club shorts at races which makes them much more difficult to discern as Ely Runners, especially for club photographers and officials. The **full club colours of a black vest with yellow shorts** are very distinct and should be worn with the enjoyment of representing a well-respected running club. If the club florescent yellow shorts (designed for comfortable racing over all distances) are unsuitable to your build, there are other designs of florescent yellow shorts that can be obtained directly including the well-cut Lite Sports super dry short @ £9.99 from [www.sportsshoes.com](http://www.sportsshoes.com) (tel 01274 530530) *when in stock*.

**Club fleeces** are available from Mary Gates at the subsidised price of £10 to members only. This price is for one fleece per member. Subsequent fleeces will be at the cost price of £22.

Club vets who are not members of EVAC may run as guests of the club's EVAC members in **EVAC Championships**. EVAC events are included the list below and can be entered by email to [eastvetm75@ntlworld.com](mailto:eastvetm75@ntlworld.com). Subject to the availability of funds, the club will pay for club team entries to EVAC and BMAF Championships.

EVAC now have a **new website** at [www.evac.org.uk](http://www.evac.org.uk)

**BMAF (vets) events** are too numerous to include all of them but they have been circulated to EVAC members via regional and national veteran magazines.

## **RACES & EVENTS GUIDE 2008-09**

This includes local area/easily accessible races, club, county, regional and national championships, and a selection of UK/overseas events previously enjoyed by members.

### **July**

- 03 (Thu) Ryston Midsummer 5m, 1930 War Memorial Playing Field, Downham Market, £5, EOD +£1  
03 (Thu) **ER after training drinks**, [julie@elyrunners.co.uk](mailto:julie@elyrunners.co.uk)  
05 (Sat) Lord Mayor's City Centre 5k, 1830 Tombland, Norwich, £8 by 5/7, no EOD, [www.conac.org.uk](http://www.conac.org.uk)  
05/06 (Sat/Sun) BMAF T&F Championships, Alexander Stadium, Birmingham, CD 19/6  
06 Frostbite Friendly League AGM, 1930 Deaf Blind UK, Peterborough  
06 BMAF 10k, Loughborough  
06 EAA T&F Champs (incl 800m, 1500m, 3000m), Cambridge Uni Track, £5/event, CD 21/6  
10 (Thurs) **training at 1900 will include 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**  
13 RAF Marham 10m, 1030 Marham, £8, CD 9/7, no EOD  
13 Bushy 10k, **CRRL**, 1100 Bushfield, Peterborough, £6, EOD +£1  
13 Stopsley Striders ladies 5k, 1030 Wardown Pk, Luton, £8, EOD OK, [www.stopleystriders.org.uk](http://www.stopleystriders.org.uk)  
18 (Fri) Run/Bike 20k, 1900 Mayday Fld, Thetford Forest, £25, EOD +£5, [www.runbikeevents.com](http://www.runbikeevents.com)  
20 St Ives Dairy Crest 10k, **CRRL, RRGp**, Leisure Centre, £10, no EOD, [www.huntsac.org.uk](http://www.huntsac.org.uk)  
20 Wardown 5k, 1100 Wardown Park, Luton, £8, EOD +£2, [www.lutonathleticclub.co.uk](http://www.lutonathleticclub.co.uk)  
20 Ipswich Eikeden Marathon Relay, 1100 Orwell Pk Sch, Nacton, £30 team (4), no EOD  
22 (Tue) Fairlands Valley Spartans Road Relays (M 5x3k, W 3x3k), 1930 FV Park, Stevenage  
23 (Wed) Cambs Evening T&F Open Graded Meeting, St Ivo Cnt 1900, £1.50/event, EOD OK  
23 (Wed) Doug Anderson 5k, 1930 Bedford Park, £6, EOD +£1.50, [www.bedfordharriers.co.uk](http://www.bedfordharriers.co.uk)  
25 (Fri) Worstead Festival 5, 1900 Worstead, N Walsham, Norfolk, £7, no EOD, [www.nnbr.co.uk](http://www.nnbr.co.uk)  
27 Luton 10k incorp EVAC 10k Championships, 1100 Luton Hoo, £8, [www.lutonathleticclub.co.uk](http://www.lutonathleticclub.co.uk)  
27 Boxted Charity 5k, 1100 Boxted Hall, £10, EOD +£2

### **August**

- 01 (Fri) Wibbly Wobbly Log Jog (5m TR), 1930 Brandon Forest, [www.bfh.org.uk](http://www.bfh.org.uk)  
03 Wellingborough 5m, 1100 Old Grammarians School Sports Field, Sywell Rd, £8, EOD+£2  
07 (Thu) **ER after training drinks**, [julie@elyrunners.co.uk](mailto:julie@elyrunners.co.uk)  
08 (Fri) Beds AA Cranfield 5m, 1915 Cranfield University, Beds, £8, EOD +£2  
10 Wandlebury 5m XC, 1030 Wandlebury Woods £8, EOD +£1, [www.newmarketjoggers.co.uk](http://www.newmarketjoggers.co.uk)  
10 Gt Yarmouth ½ Marathon, 1000 Emerald Pk Football Club, £10, EOD +£2, [www.gyrr.co.uk](http://www.gyrr.co.uk)  
17 Thorney 5m, **CRRL, CAA Champs**, 1030 Bedford Hall, Thorney, Peterborough, £6, No EOD  
20 (Wed) Nene Valley 5k, **CRRL, CAA Champs**, 1900 Ferry Meadows, Peterborough  
25 (Mon) Grimsthorpe Castle 10k, MT, 1100 Castle Estate, Bourne, £6, EOD +£1  
31 **ARC** 10m Championships, Thornbury, S Glos  
31 Ely Triathlon Relay (5k run), 1000-1230 King's School

### **September**

- 04 (Thu) **ER after training drinks**, [julie@elyrunners.co.uk](mailto:julie@elyrunners.co.uk)  
07 Wissey Valley Half Marathon, 1030 Oxborough Vil Hall, (EVAC Champs +£2 on day), [www.rystonrunners.org.uk](http://www.rystonrunners.org.uk)  
14 **Next Generation (Cambridge) Grunty Fen ½ Marathon, CRRL, CAA Champs**, 1030 Witchford Village College, Ely, [www.gruntyfen.co.uk](http://www.gruntyfen.co.uk).

## September

20/21 (Sat/Sun) Round Norfolk Relay (ER team: [Alan Rutterford](#)), [www.roundnorfolkrelay.com](http://www.roundnorfolkrelay.com)  
21 Harvest Trail 6m & 10m, 1030 Heath Sports Club, Baldock Rd, Royston, £5, EOD +£1  
21 Cransley Hospice 10k & ½ Marathon, 1100 Cranford, Kettering, £12, EOD +£2  
21 Gt Camb Run (BHF/BBC 1/2M - *not race*), Wimpole Hall, [www.bhf.org.uk/events](http://www.bhf.org.uk/events)  
28 Berlin Marathon

## October

02 (Thu) ER after training drinks, [julie@elyrunners.co.uk](mailto:julie@elyrunners.co.uk)  
05 EVAC 6k Champs, 1100 Sports Pav, Manor Rd, Hemmingford Grey, £5  
05 Loch Ness Marathon/10k/5k, [www.lochnessmarathon.com](http://www.lochnessmarathon.com)  
05 Great North Run ½ Marathon  
12 Great Eastern Run ½ Marathon, **RRGP**, Peterborough, [www.peterborough.gov.uk/page-5340](http://www.peterborough.gov.uk/page-5340)  
12 Ryston 5k XC, 1100 Shouldham Warren, EOD only  
12 Chicago Marathon  
19 Abingdon Marathon, 0900 Tilsley Park Athletics Track, £25, no EOD  
19 North Norfolk 7, 1030 Gresham's School, Holt, Norfolk, £6, no EOD, [www.nnbr.co.uk](http://www.nnbr.co.uk)  
25 (Sat) Beachy Head Marathon (3,500' climb), 0900 Eastbourne, £20, no EOD  
26 Fenland 10m, **CRRL**, **CAA Champs**, 1000 West Walton, Wisbech (EVAC GP & Champs)

## November

02 New York City Marathon  
06 (Thu) ER after training drinks, [julie@elyrunners.co.uk](mailto:julie@elyrunners.co.uk)  
09 Ryston 5k XC, 1100 Shouldham Warren, EOD only  
30 City of Norwich ½ Marathon, **RRGP**, [www.cityofnorwichhalfmarathon.com](http://www.cityofnorwichhalfmarathon.com)

## December

04 (Thu) ER after training drinks, [julie@elyrunners.co.uk](mailto:julie@elyrunners.co.uk)  
07 Nene Valley 10m, Peterborough  
14 Long/medium/short club **pre-Christmas trail training runs**, Woodditton to Ely 18.5m, Woodditton to Chalk Pit 12m, Reach to Ely 11m, Woodditton to Reach 7.5m, meet 0800 Paradise for transport to starts  
14 Ryston 6.5k XC, 1100 Shouldham Warren, EOD only  
26 (Fri) **Boxing Day training**, meet 0900 Paradise Centre car park (see Notices for details)  
31 (Wed) **The 10<sup>th</sup> Ely New Year's Eve 10k Road Race**, 1100 Lt Downham, entries on-line only, no EOD, [www.newyearseve10k.co.uk](http://www.newyearseve10k.co.uk)

## January

11 Ryston 9k XC, 1100 Shouldham Warren, EOD only  
25 SEAA XC Champs, Hillingdon House Farm, Hillingdon, Middlesex  
31 SEAA XC Masters (Vets) Champs, Old Warden Park, Shuttleworth, Biggleswade

## February

15 Ryston 5k XC, 1100 Shouldham Warren, EOD only

## March

22 Ryston 6.5k XC, 1100 Shouldham Warren, EOD only

## NOTES

Midweek training from the Paradise Centre (meet in upstairs veranda/bar area) is at 7:00 pm on Tuesdays and Thursdays. For details of each training session, see 'ER Training Programme' on the club's web site home page.

Long Sunday training runs (meet Paradise car park 9:00 am) are usually arranged on the Thursday before - *check emails on Fridays*.

Races and events are on Sunday unless otherwise mentioned.

Race entry fees are the affiliated (ARC/UKA or just UKA registered) fees

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 and entry (league membership) is paid for by the club.

Further details of events from the Club notice board in the Paradise Centre foyer, running magazines, websites, or from 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.

National, regional and county championship team entries are via Charlie Barker ([captain@elyrunners.co.uk](mailto:captain@elyrunners.co.uk)).

Club championship & handicap entries are via Steve Tovey

Long distance team relay entries are via Alan Rutterford and paid for (if funds available) by the club.

|                              |  |
|------------------------------|--|
| Club website                 | <a href="http://www.elyrunners.co.uk">www.elyrunners.co.uk</a>       |
| Grunty Fen 1/2M website      | <a href="http://www.gruntyfen.co.uk">www.gruntyfen.co.uk</a>         |
| NYE10k website               | <a href="http://www.newyarseve10k.co.uk">www.newyarseve10k.co.uk</a> |
| Turing Trail Relay website   | <a href="http://www.turingrelay.co.uk">www.turingrelay.co.uk</a>     |
| Association of Running Clubs | <a href="http://www.runningclubs.org.uk">www.runningclubs.org.uk</a> |

John Turner  
Secretary, Ely Runners  
[secretary@elyrunners.co.uk](mailto:secretary@elyrunners.co.uk)  
Tel 01353 667678 Fax 01353 668058