

# *Ely Runners*

## **RACES & EVENTS 2007-2008**

JT 10.06.2007

### **NOTICES**

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 leave the last copy or ask staff at reception to photocopy (Ely Runners' account) a few copies.

**Open races** are becoming more popular and often filling up to the entry limit before the race day. Many races no longer accept entries on the day – see 'no EOD' in the Race Guide below. Members are therefore advised to plan their races and enter earlier. Before entering on the day, check with the organisers that a place is still available.

A few members have enquired about local **Track Races** and these are summarised below. Thanks to Rachel Roberts for providing most of this information:

**Open T&F Meetings** at Peterborough ([www.peterborough-ac.org.uk](http://www.peterborough-ac.org.uk)) and Huntingdon ([www.huntsac.org.uk](http://www.huntsac.org.uk)) as per the Events list below.

The **Watford Open Graded Meetings** with meetings are every two weeks, usually with 800m, 1500 and 3000m events (see <http://www.watfordharriers.org.uk/Open2007.htm>).

The remaining **Cambridgeshire Evening Open Developments Meetings** at St Ives are on the following evenings:

Wed 13<sup>th</sup> June 1500m

Wed 18<sup>th</sup> July 1 mile (County Championships)

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.

At the Committee/EWG meeting on Monday 26th February 2007, the **Committee/Events Working Group** decided that the Committee should be predominantly administrative for the ongoing management of the club, and the Events Working Group should be increased to comprise members with specific responsibilities for events. The respective groups then (and since for Stephen Howard) were agreed as follows:

#### Committee (8)

Peter Gipp - Chairman, Course Director, Sector Marshal

Peter Harris - Treasurer, Events Information & Control

John Turner - Secretary, Events, Training, Press Liaison, Corporate Sponsorship

Rod Baron - Web Master (club & events), Entries & Results, Membership

Max d'Ayala - Coaching (individual, group, planning), Club Library

Alan Rutterford - Local Sponsorship, Assistant Coach, RNR (selection & organisation), HR (selection).

Graham Chapman - Maintenance of Club Store and Equipment, Event Refreshments

Mary Gates - Club Kit (purchase and supply), Assistant Event Refreshments

#### Events Working Group (6)

Darren Murfitt - Recruitment & Allocation of Marshals/Helpers, Sector Marshal

Ian Vaughan-Arbuckle - Start & Finish Areas (*replacement required*)

Richard Handoll - Time Keeping

Eric Drury - Manager Frostbite League, Assistant Course Marking (set up & clear)

Charlie Barker - Race Photography (+ tba)

Stephen Howard - Sector Marshal (+ tba)

One of our stalwart members, **Ian Vaughan-Arbuckle**, had a farewell drink with members at the Prince Albert after training on Thursday 31<sup>st</sup> May prior to moving to Oxfordshire in June. Chairman Peter Gipp presented Ian with an Ely Runners' pewter tankard. We will miss Ian's lively and helpful company, and his experienced input into our races as EWG member responsible for the start and finish areas of the club's events. Ian is also the illustrious organiser and Race Director of the Round Norfolk Relay and more recently the GEAR 10k in King's Lynn. He has continued to be responsible for both the 2007 events. In a brief speech, he said that Ely Runners were a most friendly club and he had thoroughly enjoyed his time as a member. We wish both Ian and Lynne well for their future together in Wantage.

We are looking for a member to join the Events Working Group to replace Ian Vaughan-Arbuckle as member **i/c the start and finish areas** of club events. We also require a member to **monitor and maintain club trophies**. Please could any member who'd like to take on either or both of these responsibilities contact John Turner [secretary@elyrunners.co.uk](mailto:secretary@elyrunners.co.uk).



Following the AGM decision in January, Ely Runners affiliated to the **Association of Running Clubs**. This essential new organisation was set up to give road/XC/trail/fell running clubs and their events better financial terms with improved insurance and less bureaucracy than with the costly and somewhat inappropriate (except for track and field) new EA and UKA arrangements. ARC became officially active on 1<sup>st</sup> April 2007 and details can be found at [www.runningclubs.org.uk](http://www.runningclubs.org.uk). Rod Baron and John Turner are Directors and on the Steering Committee of ARC and Rod is also Web Master.



**Local area clubs affiliated to ARC** are Bedford Harriers, Bildeston Bounders, Coltishall Jaguars, Ely Runners, Eye Community Runners, North Norfolk Beach Runners, Norwich Road Runners, Ramsey Road Runners, Rickmansworth Road Runners, Round Norfolk Relay, Royston Runners, Rutland Runners, Stopsley Striders, Stamford AC, Wymondham AC, Yaxley Runners & Joggers, are amongst the 69 clubs (representing 8,281 runners) and 2 organisations that have already affiliated to ARC. Ely Runners affiliation to UKA will remain valid until 30th September; prior to which continued club affiliation will be discussed. Following the combined 2006-2007 fee paid last year, are affiliated to SEAA and AAAs until 31<sup>st</sup> March 2008. Affiliation to CAA has continued as usual. As new applications are made, an increasing number of local events (especially with so many local clubs affiliated to ARC – see [http://www.elyrunners.co.uk/ARC\\_map\\_eastern.jpg](http://www.elyrunners.co.uk/ARC_map_eastern.jpg)) will have ARC permits.

The 8 races of the **Cambridgeshire Road Race League (CRRL)** started with the Thorney 10k on 25th March and then the popular Eye 10k on 13<sup>th</sup> May. The next race is the Abbey 10k at Ramsey on 8<sup>th</sup> July. 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 Training Evening with **1996 Chicago Marathon winner Paul Evans on Thursday 17<sup>th</sup> May** was a great success with a record 36 members turning up. His sessions consisted of timed pyramid pace judgement intervals on Brands Field and then at the Paradise for an entertaining talk on his elite running experiences plus a question and answer session. Paul brought some of his awards, including the 1996 Chicago Marathon 1996 winner's trophy, to show to members. Thanks to Club Coach Max d'Ayala for organising an excellent evening.

The club's **Midsummer 10k Handicap** (private club event), is on Thursday 14<sup>th</sup> June 2007 (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. As an added interest at the 10k, we will have a demonstration by Lucy Wasse who works as a sports scientist on behalf of the Lucozade Sports Science Academy (LSSA). She travels to various sporting events and local sports clubs to provide nutrition/hydration advice perform body composition analysis and distribute free samples from the LSSA product range. *If you haven't already sent your handicap time to John Turner, ([secretary@elyrunners.co.uk](mailto:secretary@elyrunners.co.uk)) please do so ASAP.* See home page of the club website [www.elyrunners.co.uk](http://www.elyrunners.co.uk) for submitted times.

Charlie Barker has made three handsome shields for the club's **Straight Mile Handicap**, (Quaney Drove) which will be incorporated into training on Thursday 12<sup>th</sup> July 2007. 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.

Ely Runners' **Atrium Grunty Fen Half Marathon** is on Sunday 9<sup>th</sup> September 2007. The 2007 race (see [www.gruntyfen.co.uk](http://www.gruntyfen.co.uk)) will incorporate the Association of Running Clubs' Half Marathon Championships. This is the first championship for this new English national organisation. The race will also include the Eastern Veterans AC Championships, 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).

For the first time, **Grunty Fen entries will be on-line only** and another attraction for 2007 is the introduction of chip timing with a large simultaneous display screen at the finish. The reasons we adopted all on-line entries are as follows,

- 1) It saves our time as well as the entrants' time and dramatically reduces typing errors and problems with deciphering handwriting.
- 2) It saves the entrant the cost of two stamps and two envelopes.
- 3) It enables us to easily share the race entries administration amongst our club members, simply by passing on the club laptop or downloading the data file.
- 4) We can communicate quickly and easily with all our entrants, at no cost, using email.
- 5) The race this year will use chip timing, which will require issuance of the chips on the day of the race. It thus makes sense to hand out the race numbers at the same time and completely avoid the need to send out race packs and all the work and expense that entails. Race instructions will be emailed.
- 6) Race entries have traditionally generated a mound of paper. On-line entries virtually eliminate the paper trail.
- 7) Last year nearly 90% of our entrants chose to enter on-line. This year, so far, we have 88 entrants (comparable to the same period last year), none of whom have required a postal entry form.

The club has entered a team for the tough *Open Class* of the **Round Norfolk Relay** on Saturday/Sunday 15<sup>th</sup>/16<sup>th</sup> September. If you would like to run, please speak to club organiser Alan Rutterford at training or by phone on 01353 741534 or 07821 988959. This 193 mile continuous relay is in 17 separate unequal multi-terrain stages. Full details are on [www.roundnorfolkrelay.com](http://www.roundnorfolkrelay.com).

Once again we were offered reserved places in **The Great North Run** on Sunday 30<sup>th</sup> September for club athletes to start directly behind the male elite athletes. Last year, Ian Day and Glyn Loveday took advantage of this privilege. This year, Stephen Howard and John Crisp were proposed and have been accepted. Accepted entries are guaranteed but not complimentary. For details of the GNR, see [www.greatrun.org](http://www.greatrun.org).

A block entry application for the spectacular off-road **Beachy Head Marathon** on Saturday 27<sup>th</sup> October has been made for the following 12 members: Claire Law, Stephen Howard, Emma Greaves, Stephen Barker, Karlos Dedos, Alan Rutterford, Peter Gipp, Charlie Barker, Adam Etches, Glyn Loveday, Julie Foreman, and John Turner. On acceptance, entrants will be asked to reimburse the club for the £18 entry fee.

**Robert Campbell** will be returning from Guisborough to take up a new position from September as Principal of Impington Village College. It is likely that he will be living (initially) in Ely from August onwards so he will again be keen to join in with club for training and racing, including orienteering.

**Club Coach Max d'Ayala** 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. Loans 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.

Please could members who have not yet paid their **2007 subscription** (£10.00 due 1<sup>st</sup> January) please do so ASAP. This can be done on-line at [www.elyrunners.co.uk](http://www.elyrunners.co.uk) > [club info](#) > [membership](#), or by cheque 'Ely Runners' via Secretary: John Turner, 22 Cromwell Road, Ely, Cambs, CB6 1AS. Please check you have renewed your subscription *or you are not entitled to attend training, represent the club in races, claim affiliated entry fees, or wear club colours.*

The **benefits of membership of Ely Runners** include the £2 affiliated discount on open race entries, free changing and showers at the Paradise Centre, free training and advice from club coaches, 10% discount at most specialist running kit shops, free entry to the club's 10k and Straight Mile Handicaps, free entry to the six Frostbite League races, free entry to county, regional and national championships and for club relay entries such as the Round Norfolk and Hereward Relays, 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.

**Training** on Tuesday and Thursday continues to be well attended with 15 to 35+ members appearing regularly. *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. When training after dark on the streets of Ely, members are requested to wear the provided reflective bibs and check the website [www.elyrunners.co.uk](http://www.elyrunners.co.uk) for advice on training at night. 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 for a choice (short/medium/long) of mixed terrain training runs outside of Ely. The car park toilets are open by 9:00 am

Club training sessions are intended to cater for a wide range of abilities and racing objectives. However, if you require specific **coaching advice**, please ask Club Coaches Max d'Ayala or Alan Rutterford to help.

Under Rod Baron's skilful 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 web site so when you send your **race results** to John Turner ([secretary@elyrunners.co.uk](mailto:secretary@elyrunners.co.uk)), please advise if you have achieved a PB, including vet categories, so that it can be included in JT's press report from which Rod takes the PB information. If possible, please send your race results by noon on Monday to JT to avoid the extra work involved in updating press reports. Rod has added a **Message Board** and more recently a **Forum** to the web site's home page, which is now being used regularly by members.

Following accepted proposals by Darren Murfitt and Stephen Howard at the 19<sup>th</sup> April Committee meeting, Rod Baron has obtained for the club a **Dell dual-core laptop computer** (cost £405) with 1GB RAM, 60GB Hard Drive, a 5 slot card reader, wireless enabled, DVD Writer and running Windows Vista Home basic for processing entries and results for club events. The laptop computer will be used by Rod and other members (especially Julie Foreman and probably Stephen Howard, Richard Handoll, and interested volunteers) whom he will train by way of seminars so that the work involved in the acceptance of entries to club events can be covered by other members.

A warm welcome is extended to the following recent **new member**: William Wilson. Some new members are fairly new to running and it is important that they are accompanied by more experienced members on training evenings 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 our beginners.

Mary Gates has the **club's kit supplies**. The club's joining fee of £32 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 and see [www.elyrunners.co.uk](http://www.elyrunners.co.uk) for full details of club kit.

Following suggestions from members, we have decided to add the Ely Runners **cathedral logo** as a transfer to the top left (to avoid obscuring race numbers) chest part of our **race vests**. These will be made by a process called Positive Imaging and all new vests will soon be supplied with this additional transfer. 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. Please do not give your vest to Mary until you receive an email that the system is up and running so that it can be done as quickly as possible and between races. Race vests will continue to have ELY RUNNERS on the back.

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.

**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 2007-2008**

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

### **June**

- 10 North Downs 30k, 1030 Cascades LC, Thong Lane, Gravesend, [www.isteadandifield.org.uk](http://www.isteadandifield.org.uk)
- 10 EVAC T&F Championships, Milton Keynes (*club entry via JT*)
- 10 St Albans ½ Marathon, £14, chip timing, see [www.stalbanshalfmarathon.co.uk](http://www.stalbanshalfmarathon.co.uk)
- 14 (Thu) **Ely Runners' Midsummer 10k Handicap** (*private club event*), Cricket Club, 1930 Lt Downham, FOC members & guests. Presentation afterwards in the Prince Albert, Ely
- 16 (Sat) TRA Short (11.5m) Champs, Red Kite Challenge, Wales, [www.redkite-barcudcoch.org.uk](http://www.redkite-barcudcoch.org.uk)
- 16/17 (Sat/Sun) SEAA 800/1500m track & 2000f/3000m steeplechase Senior Championships, Crystal Palace (*club entry via JT*)
- 17 Hethel Engineering 10m, 1030 HE Centre, Chapman Way, Hethel, Wymondham, £8, EOD +£1 (ARC permit).
- 18 (Mon) Peterborough Open T&F Meeting ([www.peterborough-ac.org.uk](http://www.peterborough-ac.org.uk))
- 22 (Fri) Marston Forest 5k, 1930 Marston Vale Park, £6, EOD+£2, [www.MarstonForest5K.org.uk](http://www.MarstonForest5K.org.uk)
- 23 (Sat) Picnic Marathon, 1400 Box Hill, Dorking, 6000' up/down North Downs
- 23 (Sat) Midsummer Munro ½ Marathon, 1400 Box Hill, Dorking, 3000' up/down North Downs
- 24 Yaxley 7m, 1500 William de Yaxley Jn School, Lansdowne Rd, £6, EOD +£1
- 24 Round the Island (Lions) 13m, 1000 Willoughby Av car park, W Mersea, £6, EOD +£2
- 27 (Wed) Wroxham 5m Series (ARC permit)

### **July**

- 01 EVAC 10k Championships/Grand Prix, 1100 Comberton Village Hall
- 01 Sutton Feast Beast 7m MT, 1100 New Pavilion, The Brook, Sutton, £6, EOD +£1
- 01 Gt Eastern Running Expo, 1000-1600, Holiday Inn, Thorpe Wood, Peterborough
- 05 (Thu) Ryston Midsummer 5, 1930 Playing Flds, Lynn Rd, Downham Market, £5, EOD +£1
- 07 (Sat) Rowhedge 10k & Regatta, 1100 Rowhedge village, Colchester, £7, EOD +£1
- 08 Abbey 10k (**CRRL**), 1100 Leisure Centre, Hollow Ln, Ramsey, £8, EOD +£2, ARC permit
- 08 EAA Track & Field Championships, Peterborough
- 12 (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*
- 20 (Fri) MD Forest Challenge, 1900 Mayday Field, B1106, team (2) run/bike, £20, EOD £+5
- 22 St Ives 10k (**CRRL**), Cambs AA Champs
- 24 (Tue) Fairlands VS Midweek Road Relays (M5x3k, W3x3k), 1930, £10/£6 club entry via JT
- 28/29 (Sat/Sun) BMAF Open National T&F Championships, Alexander Stadium, Birmingham

### **August**

- 01 Paddock Wood (Kent) ½ Marathon, 1100 British Car Auctions, Eldon Way, £11, EOD +£4
- 03 (Fri) Wibbly Wobbly Log Jog, 1930 Mayday Field, B1106 S of Brandon, £6, EOD +£1
- 04/05 (Sat/Sun) SEAA 5000m walk Senior Championships, Bedford (*club entry via JT*)

## August (cont)

- 05 EVAC 5k Championships/Grand Prix, 1100 Granchester, Cambridge  
05 MD Holkham 10k (MT), 1100 Holkham Hall, £7.00, EOD +£3, [www.runholkhamhall.org.uk](http://www.runholkhamhall.org.uk)  
16 (Mon) Peterborough Open T&F Meeting ([www.peterborough-ac.org.uk](http://www.peterborough-ac.org.uk))  
18 (Sat), Race the Train 14m TR, Tywyn, Wales, [www.racethetrain.co.uk](http://www.racethetrain.co.uk), CD 5/8  
19 Thorney 5k (CRRL), Cambs AA Champs  
22 (Wed) Wroxham 5m Series (ARC permit)  
25-26 (Sat/Sun) TRA Ultra (85m) Champs, Ridgeway Challenge, [www.tra-uk.org](http://www.tra-uk.org)  
26 Mersey Island (Lions) 10m/5m, 1030 Willoughby Av car park, W Mersea, £6/£6, EOD +£2  
26 Newmarket Duathlon, 0745, Mildenhall Cycle Rally, Riverside Middle School, £18/£21  
27 (Mon) Peterborough City T&F Games ([www.peterborough-ac.org.uk](http://www.peterborough-ac.org.uk))  
29 (Wed) Nene Valley Harriers 5k (CRRL), Cambs AA Champs

## September

- 02 Ely Triathlon Relay (5k Adam Etches), 1100-1300 King's School, [www.elytriathlon.co.uk](http://www.elytriathlon.co.uk)  
02 Wissey Half Marathon, [www.rystonrunners.org.uk](http://www.rystonrunners.org.uk)  
02 The Beast 14m TR, 1030 Corfe Castle, £8, [www.poole-ac-races.co.uk/thebeast.htm](http://www.poole-ac-races.co.uk/thebeast.htm), popular!  
02 Hibbard Trophy Meeting (T&F), Bury St Edmunds  
09 **Atrium Grunty Fen ½ Marathon (CRRL)**, 1030 Witchford Village College, Ely, [www.gruntyfen.co.uk](http://www.gruntyfen.co.uk). Includes ARC and EVAC Championships. (ARC permit)  
15/16 (Sat/Sun) Round Norfolk Relay (Alan Rutterford), [www.roundnorfolkrelay.com](http://www.roundnorfolkrelay.com) (ARC permit)  
16 Cransley Hospice 10k & ½ Marathon, 1100 Cranford (2m A14 Junc 10), £12, EOD +£2  
30 Great North Run – see [www.greatrun.org](http://www.greatrun.org)  
30 Club ARC affiliation review  
30 EAA Combined Events (T&F), Bedford

## October

- 07 Loch Ness Marathon 10k/5k, [www.lochnessmarathon.com](http://www.lochnessmarathon.com)  
07 Ryston 5k XC, 1100 Shouldham Warren, EOD only  
14 Gt East Run ½ Marathon, 1100 Cathedral Sq, Peterborough, £15, [www.greateasternrun.co.uk](http://www.greateasternrun.co.uk)  
14 Luton ½ Marathon & 10.3k TR, 1045/1000 Reg Sports Centre Stopsley, £13/£9, EOD +£2  
21 North Norfolk 7m, Holt (ARC permit)  
21 Exmoor Stagger 15m (3,330 ft), 1100 W Somerset Com Coll, Minehead, £10, EOD +£2  
27 (Sat) Beachy Head Marathon (3,500' climb), 0900 Eastbourne (*club entry via JT*)  
28 Fenland 10m (CRRL), Cambs AA Champs

## November

- 04 New York Marathon  
11 Ryston 9k XC, 1100 Shouldham Warren, EOD only  
18 Stortford 10  
18 St Neot's ½ Marathon, 1000 Rec Centre, £13.50, no EOD, [www.riverside-runners.com](http://www.riverside-runners.com)

## December

- 06 (Thu) **Ely Runners Christmas Drinks**, 2000 Prince Albert, Ely (London Marathon draw)  
16 Long/medium/short club **pre-Christmas training trail runs**, Woodditton to Ely 18.5m, Reach to Ely 11m, Woodditton to Reach 7.5m, meet 0800 Paradise for transport to starts  
16 Ryston 6.5k XC, 1100 Shouldham Warren, EOD only  
31 (Mon) **Ely New Year's Eve 10k Road Race**, 1100 Lt Downham, £7 on-line only, no EOD, [www.newyearseve10k.co.uk](http://www.newyearseve10k.co.uk)

## January 2008

- 13 Ryston 9k XC, 1100 Shouldham Warren, EOD only

## February

- 01 (Fri), **Ely Runners Annual General Meeting**, 1930 Paradise Centre, upstairs bar room  
10 Ryston 5k XC, 1100 Shouldham Warren, EOD only

## March

- 16 **Turing Trail Relay (Ely-Cambridge-Ely)** in 6 stages. See [www.turingrelay.co.uk](http://www.turingrelay.co.uk)  
16 Ryston 6.5k XC, 1100 Shouldham Warren, EOD only

## April

- 13 Flora London Marathon

## NOTES

Midweek training from the Paradise Centre (meet in upstairs bar) is at 1900 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 0900) are usually arranged on the 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 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	<a href="http://www.elyrunners.co.uk">www.elyrunners.co.uk</a>
Grunty Fen website	<a href="http://www.gruntyfen.co.uk">www.gruntyfen.co.uk</a>
NYE10k website	<a href="http://www.newyearseve10k.co.uk">www.newyearseve10k.co.uk</a>
Turing Trail Relay website	<a href="http://www.turingrelay.co.uk">www.turingrelay.co.uk</a>