

Ely Runners Newsletter

NOTICES, RACES & EVENTS 2009

MARCH 2009

(JT 03.03.2009)

NOTICES

A warm welcome is extended to **New Member: Heidi Constable**.

From the April 2009 edition **Rachel Roberts will take over as Editor of the monthly Newsletter** from me. I am most grateful to her for offering to do so and wish her well in this role. Rachel has been duly co-opted onto the Committee. If you have any interesting or amusing information and articles for the Newsletter, please send them to Rachel (newsletter@elyrunners.co.uk).

The Newsletter has major text updates in **blue** and carried forward text (for the benefit of new members and as reminders to others) left in black. The updated Events list remains in black.

Email circulations by the club to members are done by the Bcc (confidential) option so that member's email addresses are not circulated and also these do not take up most of the first page of emails.

Subscription renewals (£10) are due from 1st January 2009 and this can be done on-line via www.elyrunners.co.uk > **CLUB INFO** > **Membership**, or by cheque to 'Ely Runners' via Secretary: John Turner, 22 Cromwell Road, Ely, Cambs, CB6 1AS. During 2008, club membership reached a record 121 of which 80 were men and 41 were women. Those who joined after 15th November 2008 are covered for 2009. 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 > **CLUB INFO** > **Membership**. 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.

Some new members are also fairly new to running therefore 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 at 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.

Several members have put themselves on www.athleticsdata.com which is a statistical website showing:

- UK year rankings
- All-time rankings
- Comprehensive results service
- Athletes profiles

This website will enable you to check your form relative to rival runners and allow them to do the same. It's also useful for the prediction of race results for both runners and organisers.

Details of club events, training, **route maps**, 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. **Training session** details for **Tuesday and Thursday evenings** are on the homepage of the club's website www.elyrunners.co.uk.

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 (EA). 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, require only membership of an EA affiliated club, like Ely Runners. This year (2008-09) 26 members requested **registration with EA**. Please could members who would like to be registered from 1st April 2009 with EA for 2009-10 please contact John Turner secretary@elyrunners.co.uk. Subject to agreement at the AGM, the club will pay the £5 registration fee. Registration number confirmation and cards will be supplied when received from EA.

The club's website www.elyrunners.co.uk > **RESULTS > Achievements** lists the major achievements by the club's individuals, teams and organisation. Please could members check this for omissions and let me (secretary@elyrunners.co.uk) know so that they can be included.

The website also includes a recently updated **Club History** at www.elyrunners.co.uk > CLUB INFO > Club History.

Congratulations to **Robert Campbell** who finished 3rd on the M40 Long course at the **British Orienteering Championships** on Saturday 28 February held at Hampton Ridge in the New Forest. He covered the 12.3k course (255m climb) in 72.36 through a mixture of heath land and fast open deciduous forest. This adds to the Bronze he won in the same age category in 2006. Conditions were ideal, mild/cool with no breeze.

I have the latest (2009) **Fell Runners Association Fixtures Calendar & Handbook**. Members interested in running a fell race 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 throughout the year, and in the summer, many are evening races including those not too far away in the Peak District and other hill areas. Alternatively, if on holiday in such areas, you can often find a local fell race. They provide an enjoyable, challenging and worthwhile experience, even for Fenland based runners. *The club's library includes ‘Feet in the Clouds – A Tale of Fell Running and Obsession’ by Richard Askwith.*

I have re-measured the **Quanea Mixed-Terrain Training Loops** returning via the riverside meadows and Waterboard Hill. See www.elyrunners.co.uk > CLUB INFO > Routes & Maps > Quanea Loops. These provides a greater choice of distances and makes them more interesting, as follows:

Short 6.25m Cuckoo Bridge, Iron Bridge, settling ponds track (Middle Fen Bank) and soon right concrete rd, right Q Drove, right Stuntney Road, Cutter, riverside to Waterboard, left across level crossing and up hill, left across the Common and back to Paradise. *Can reduce to 5.5m by returning to Paradise via Jubilee Gardens and The Park.*

Medium 7.66m Cuckoo Bridge, Iron Bridge, settling ponds track (Middle Fen Bank), right Q Drove, right concrete road, and back via Iron Bridge, Cuckoo Bridge, across level crossing and up hill, left across the Common and back to Paradise.

Medium-Long 9.3m Cuckoo Bridge, Iron Bridge, settling ponds track (Middle Fen Bank), right Q Drove, through Q Farm and continue on Q Drove to the Stuntney Road. Turn right to Ely High Bridge after which turn right back along the riverbank to the Waterboard where turn left and across the level crossing, up the hill and left across the Common back to Paradise.

Long 10.5m (Fig ‘8’ route) Cuckoo Bridge, Iron Bridge, settling ponds track (Middle Fen Bank) right concrete road, left along Q Drove and continue through Q Farm and long off-road Q Drove to turn left at t-junction into Middle Fen Bank and when adjacent to settling pods, turn

left into the concrete road and right along Q Drove to the Stuntney Road. Turn right to Ely High Bridge after which turn right back along the riverbank to the Waterboard where turn left and across the level crossing, up the hill and left across the Common back to Paradise.

Very Long 12.0m (Fig 'B' route) Cuckoo Bridge, Iron Bridge, settling ponds track (Middle Fen Bank), right Q Drove, through Q Farm and soon right on concrete road, across Iron Bridge and Cuckoo Bridge to the Waterboard where left along riverside path via Cutter to Ely High Bridge where left along Stuntney Road and left to Q Drove to left on concrete road, and back via Iron Bridge, Cuckoo Bridge, across level crossing and up hill, left across the Common and back to Paradise.

To measure the distance of a route before or after running, see Google Earth > Ruler (toolbar symbol) > Path. Provided measurement is done carefully, the distance should be of similar accuracy as GPS.

It was snowing for training on Thursday 12th February and those who didn't turn up missed a real and rare winter treat – the 7.66m **Quanea loop at night in the snow** – no lights required – a veritable winter wonderland.

Members wear their **Ely Runners' colours** with pride in races far and wide (see www.elyrunners.co.uk > RESULTS) and are encouraged to do so whenever appropriate. Guidelines to wearing **Ely Runners' colours** (minimum club vest) in all events entered as an individual or team member of Ely Runners are as follows:

1. Obligatory requirement of governing athletic organisations in leagues entered by the club, relays entered for or by the club, all championships and events incorporating championships. Exceptions are members running for county, regional or national teams when they will be given the appropriate team kit to wear.
2. Necessary to avoid disqualification as a team member in open races.
3. Members normally wear their club kit in open races but there are recognised exceptions such as representing a charity, necessary kit change in an ultra run, spur of the moment race entry, none availability of kit for whatever reason etc.
4. Not wearing club kit also makes it harder for other runners, race officials, and photographers to distinguish club runners, especially in relays.
5. Our distinctive race kit defines us as ambassadors of a well-respected running club.

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 to order. See 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.

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.

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 running shop suppliers such as Sweatshop in Cambridge who sponsor our three open races: New Years Eve 10k, Turing Trail Relay, and Grunty Fen Half Marathon. Sweatshop usually give 10% on non-sale items but have recently offered more to members (show membership cert) of Ely Runners.

We now specify **Ely Runners' policy on data protection** and use of photos and videos on the club's website on www.elyrunners.co.uk > CLUB INFO > administration.

Julie Foreman has organised the club's **After Training Drinks** on the first Thursday of the month. The next will be after training on Thursday 5th March.

There will be a **Club Curry Night** on Friday 6th March at Montaz for members and their families and friends. Please contact Julie Foreman julie@elyrunners.co.uk.

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@elyrunners.co.uk.



Ely Runners took part in the **2008-2009 Frostbite Friendly League (FFL)** of races. There were 6 events, one each month from October to March. The races were about 5 miles and varied from road to mixed terrain and cross-country. Any number of members could run but the scoring team was taken from the first 10 runners of which at least 3 were women. Non-scoring members still influenced the result by competing with scoring members of other clubs. The club will re-join the FFL league for the 2009-10 season.

Although only 7th in the last race at Huntingdon on 1st March, we managed to retain 2nd overall (of 15 teams) in the 2008-09 series which was a considerable improvement on our 4th position in 2007-08, so well done all those who took part in any of the races and thanks also to our support team of Manager Eric Drury and Tony Hall. As in the previous series, Riverside Runners won the 2008-09 league.

Following yet another FFL victory (in a PB time) at Huntingdon on 1st March, Ely Runners' Committee had little hesitation in nominating **DAISY GLOVER** as our Senior FFL Runner of the 2008/09 Series.

The **Frostbite Presentation Evening** (hosted by March AC) is on Saturday 28th March 2009 at the Prison Officers Social Club, March. Dancing is to The Phil Wait Disco and there is a buffet. Tickets £10 from Alan Rutterford alan@elyrunners.co.uk.

The **Cambridgeshire AA Track & Field Championships** are on Saturday 9th May at the Cambridge University Track. Events that may be of interest to Ely Runners are:

- 1500m -17M/W and SM/W
- 3000m SW
- 5000m SM & VM
- Steeple-chases -17M/W & SM/W

Individual entry fees are £2.50 for the first event and £2 for other events. Full details on www.cambsaa.org.uk

We are considering using a self-drive minibus to events in which the club has a team entry or large turnout, like the Frostbite series. For the 16 seats size we used for the Woodditton run, this will require a driver with a PSV licence. Please could members with such a licence inform John Turner.

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

Despite the atrocious weather, there were 27 members at **Ely Runners' Annual General Meeting** held on Monday 2nd February at the Paradise Centre. The minutes of the AGM are at www.elyrunners.co.uk > CLUB INFO > AGM.

Following review and discussion of 2008 performances, the Committee agreed that the following members be awarded the **Club Trophies**. Frostbite League Manager Eric Drury presented his donated trophies and Chairman Peter Gipp presented the other trophies to:

- Eric Drury Shield **Most Improved New Member Runner**: jointly to [Hannah Shiell](#) (improvement against handicapping) & [Steve Collett](#) (improvement in FFL)
- **Most Improved Female Runner**: [Daisy Glover](#) (dedication, enhanced success, 4 club records)
- **Most Improved Male Runner**: [Stephen Pettit](#) (16 PBs and 4 club records)
- **Best Half Marathon**: [Craig Holgate](#) (Great East Run 20th in 1:14:28, club SM record and PB)
- Eric Drury Cup **Best Marathon**: jointly to: [Ian Day](#) (London Marathon 95th in 2:46:36, club MV35 record and PB) and to [Stephen Pettit](#) (Beachy Head Marathon, 7th in 3:18, best ever position and time by an Ely Runner)
- *Additionally, [Simon Jackson](#) (apologies) was subsequently forwarded a Mizuno £50 certificate for being **A1 Series Winner in the Folksworth 15m***

Chairman Peter Gipp presented **Ely Runners Special Achievement Awards** – decided by the club's officers - engraved pewter tankards for the men and engraved pewter goblets for the ladies to:

- [Darren Murfitt](#) – **Chief Marshal 2003-2008**
- [Rod Baron](#) – **First ER/ARC Course Measurer 2008. Membership, Events & Results Systems** (presented later)
- [Alan Rutterford](#) – **Outstanding Team Results RNR 2008**
- [Rachel Roberts](#) – **First Ladies (ER/C&C) RNR Team 2008**
- [Brenan Morgan](#) – **Exceptional Ultra Racing 2008** (presented later)
- [Julie Foreman](#) – **Race Entries & Social Events 2008**

Chairman Peter Gipp also presented two **Ely Runners Special Appreciation Awards** – decided by the club's officers – silver-plated dishes with stands - for long-term support at club events to:

- [Mary Gates](#) - **The Gates Family**
- [Graham Chapman](#) - **The Chapman Family**

HELP TO RUN YOUR CLUB!

At the AGM, I asked (item15) if other members would consider taking over any of my current club responsibilities, all of which I have been doing far too long for anyone's benefit:

- **Secretary**
- **Newsletter Editor** (*Rachel Roberts will be doing this from next month!*)
- **Training** (programme, taking training, and Club Coaches Working Group)
- **Open Events** (TTR, GF & NYE10k) **& Sponsorship**

With so many younger and more talented members, it is important for the continuity and development of the club that these roles are progressively passed on.

I'd particularly appreciate someone taking over the Open Events & Sponsorship, starting with the GF in Sep 2009, the NYE10k in Dec 2009, and then the TTR in March 2010. These are now 'semi-automated' in that entries and correspondence are on-line, there are no entries on the day, race numbers are collected on the day (except the TTR), and each event has a separate website. Preparation follows a well-documented process and although each event could have a separate Race Director, the systems for all three (especially sponsorship) work well together.

None of these jobs are a bed of roses and all carry responsibility - but on the other hand - they provide an interesting and enjoyable challenge plus putting something back into the club and sport we enjoy.

The **Eastern Veterans AC Cross-Country Championships** at Wimpole Park, Arrington on Sunday 8th February was cancelled due to weather (snow) conditions.

On Sunday 15th March 2009, we hold our 3rd **Turing Trail Relay**, a six-stage relay along the scenic river area from Ely to Cambridge and back. This year's race will start and finish by Ely Cathedral instead of the sports field by the railway station. To improve safety, the stages 5-6 changeover will be at Upware car park instead of the Chalk Pit. These changes mean that stages 1, 5 and 6 have new distances – see the race website www.turingrelay.co.uk. The total race distance is now 35.5 miles and the average stage length 5.92 miles. Changing and the presentation of prizes by the Mayor of Ely will be at the Paradise Centre. Due to the shortage of funds to maintain the wartime buildings at Bletchley Park National Codes Centre (where Alan Turing developed computerised code-breaking during WWII), we will incorporate sponsorship for this once most secret and now historic site into the race. *Please contact Chief Marshal **Brenan Morgan** to help on the day.*

The **BMAF Open Cross-Country Championships** are on Saturday 21st March 2009 at Ruthin School, Denbighshire:

- Race 1 6k Women (all ages) and Men over 70 1200
- Race 2 8k Men 50-69 1245
- Race 3 8k Men 35-49 1400

Please contact Charlie Barker captain@elyrunners.co.uk as soon as possible if you'd like to run as part of a club team.

The 8 races of the **2009 Cambridgeshire Road Race League** (see **CRRL** in events) start with the Thorney 10k on 29th March. Distances of CRRL races are 5k, 5m, 10k (4 races!), 10m and 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 1st, 2nd, 3rd M/F teams (1st claim) and 1st, 2nd, 3rd M/F individuals. Results will be posted on www.nenevalleyharriers.fsnet.co.uk

The **SEAA 12 stage (men) and 6 stage (women) Relays** are on Sunday 5th April at the Open University. Walton Hall, Milford Keynes. The men's race (6 x 5.2k + 6 x 7.7k) starts at 12:00 noon and the women's race (6 x 5.2k) starts at 1:00 pm. This is an exciting and enjoyable event where Ely Runners' strength in depth could be useful. If you'd like to run, please let Charlie Barker know. Entries close 23rd March.

To know when the **2010 LONDON MARATHON** ballot is to go on-line, you can register to be informed in plenty of time on <http://www.london-marathon.co.uk/site/?pageID=101>.

The **Open Masters Road Relay Championships** will be held at Sutton Park, Sutton Coldfield, on Saturday 16th May 2009 over a traffic-free 3 miles course.

- Women over 35/45/55 stages 4/3/3 start 1100
- Men over 50/60/70 stages 6/3/3 start 1100
- Men over 35/40 stages 4/8 start 1330

Please contact Charlie Barker captain@elyrunners.co.uk as soon as possible if you'd like to run as part of a club team. Entries close 18th April.

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 cleaning the steam locomotive and rolling stock.

Grade 2 coach **Max d'Ayala** has obtained several **books on running and injuries** for the club. These books (see <http://www.dayala.co.uk/elyrunners/booklist.htm>) are in the club's locker (authenticate membership and ask for key at Reception) at the Paradise Centre staff room 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.

Supporting the Club and its 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 show commitment to the club by helping with these events, in teams, and taking their share of responsibility. Please don't just rely on the usual loyal helpers and think of the club only as a convenient way to promote fitness and enter races. We're all busy these days but commitment is realising the mutual benefits of putting something back into the club and sport we enjoy.*

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 31st 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 a member's ballot entry is 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.

Despite the coldest winter for 27 years, 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 users of the Paradise to walk through a large 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.

Founder member and former Chairman **Tony Hall** has sent this report about a chance meeting with **Paul Harris**, who was a member of Ely Runners some time ago:

Paul was one of our early runners, and because of his youth and cheerfulness the entire club immediately liked him. Three years ago I met up again with Paul in the x-ray department of Addenbrookes. He was sitting on a table with a blanket over his lap. He was still the cheerful smiling Paul of old, and I completely failed to notice that there was only one leg protruding below the blanket. Apparently very early one Monday morning on his way to Sheffield on his motorbike, a rabbit ran out in front of him and he swerved to miss it. He crashed on to the grass verge on Chatteris bypass, and collided with some posts stuck into the grass verge. In his own words (and still smiling) he told me that he knew he had a problem, because his leg was still on the road. Many months later I saw him again, and this time he was fitted with a blade runner. By this time he had already run a short race, and although he was not last, he was disappointed with his position, due to the fit between his leg and the blade runner. I understand that he now hires himself out as a wounded extra in war films, travelling far and wide. His other ventures include being hired by hospitals who are re-enacting crisis scenes to train young doctors how to prioritise which patients to deal with first, and also to various councils who want to create emergency conditions to test the various services. I think Paul is a good example of resilience, and 'get up and go' that characterises all runners.

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.

Webmaster Rod Baron maintains the **Ely Runners' website** (www.elyrunners.co.uk) to provide an up-to-date record of the club's activities and a myriad of useful information. The website is frequently updated and well worth regular visits. For member's general comments, there is a **Message Board** on the website's home page and the recently upgraded photo and video 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 Turing Trail Relay.

When you send your **race results** to Stephen Howard (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 on the website. If possible, please send any information you have (including links to race results) *by noon on Monday* to Stephen to avoid the extra work involved in updating press reports. Please email any photographs or links to event photographs (with your race number) to Rod Baron at webmaster1@elyrunners.co.uk.

Webmaster Rod Baron has now installed an SQL query to display the **total number of Frostbite appearances** for any member who has taken part (sorted in descending order of appearances). This will be started from 1st October 2008 and will continue indefinitely. Appearances for each season will also be available (at present just the 2008/2009 season). Please see RESULTS> Database

Rod has also provided a link for each member so that **all photos taken since 1st Jan 08 are displayed for that member**. The search string is of the form :-

<http://79.170.40.55/elyrunners.org.uk/gallery/thumbnails.php?album=search&search=Name>
Simply replace "Name" at the end with your first name or surname. (If you need to use first name AND surname i.e. neither is unique in Ely Runners, separate them with a * not a space). Clickable links are also available at <http://www.elyrunners.co.uk/members.htm> under the column ALL(Photos). The database page now has stats for the most photographed and most viewed (all-time and for each year from 2008 onwards) sorted by total number of hits descending - See RESULTS> Database.

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. Subject to the availability of funds, the club will pay for club team entries to EVAC and BMAF Championships. EVAC website: 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 or see www.bmaf.org.uk/fix/fix.asp

RACES & EVENTS GUIDE 2009

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

March

05 (Thu) **ER** after training drinks, julie@elyrunners.co.uk

06 (Fri) **ER Curry Night**, julie@elyrunners.co.uk

08 Milton Keynes ½ Marathon, 1030 Open University, £14, www.mkhalf.co.uk

08 Wymondham 20/10m, 1000/1030 Central Hall, Back Lane, £12.50/£10.50, EOD +£2

08 A4MH Chilly Willy 5k (men only), 1000 Ferry Meadows, Peterborough, £7.50, CD 2/3

08 Milton Keynes ½ Marathon, 1030 Open University, Brickhill St, £15, EOD £25!

08 Newton's Fraction ½ Marathon, S Kesteven Sports St, Trent Rd, Grantham, £8, EOD +£2

11 (Wed) **EACCL** Relays, 1430 RAF Barnham (nr Thetford)

15 Ely Runners' Turing Trail Relay (Ely-Cambridge-Ely) in 6 stages, www.turingrelay.co.uk

15 MDC Rendlesham Forest (Run/Bike) Challenge £25/team, EOD +35, www.runbikeevents.com

15 Lode Muddy Marvel 5m, 1100 Lode Social Club, £5, EOD +£1

15 Broadland ½ Marathon, 1000 South Walsham Village Hall, Norfolk, £10, EOD +£2

15 Silverstone ½ Marathon, Motor Racing Circuit, Northants, £13, no EOD

15 AAA AGM, 1200 Hospitality Suite, Alexander Stadium, Birmingham – see notice board

15 Louth 10k, 1100, Riverhead, Louth, £8, EOD +£1

15 The Lode Muddy Marvel 5m, 1100 Lode Social Club, Lode, Cambridge, £5, EOD +£1

21 (Sat) BMAF XC Champs, Ruthin, Cwlyd, N Wales – team entries to Charlie Barker

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

22 Norwich RR XC Series/3, 10.4k, 1000 Houghen Plantation, Horsford, £2.50, EOD only

29 Stowmarket Striders Joe Cox ½ Marathon, 1100 Gt Finborough School, £9, EOD +£1

28 (Sat) **Frostbite League** Presentation Evening, Prison Officers Social Club, March, £10

March

29 Sandy 10m, 1030 Sandy Sports Centre, Engrave Av, Sandy, £10, no EOD, *popular race*
29 Linton 5k & 10k, 1100 Linton, Cambs, £6, info 07982 787 770
29 Thorney 10k (**CRRL**), 1030 Bedford Hall, Thorney, Peterborough, £7, no EOD
29 Jaguars Spring 10k, 1030 Frettenham Village Hall, Norwich, £6, EOD +£2
29 Terrington Relay (5k/10k/15k stages), 1100 Terrington, King's Lynn, £24 team, no EOD

April

02 (Thu) ER after training drinks, julie@elyrunners.co.uk
05 SEAA M12/W6 Stage Road Relay Races, M 1200/W1300, Open University, Milton Keynes
05 Paris Marathon, www.parismarathon.com
05 Bedford Harriers Oakley 20, 1000 Lincroft Middle School, Station Rd, Oakley, £16, no EOD
05 Cambridge & Cambourne 10k, 1100 Cambourne, £10, <http://www.runcambridge.org/>
05 Diss Duathlon 40k, 0930 Diss High School, Walcot Rd, £22, no EOD, 01603 622918
10 (Fri) Roger Wing Charity 10k, 1030 Broome Village Hall, Broome, Bungay, £7, EOD yes
10 (Fri) Waitrose Sudbury Fun Run 5, 1000 North Street, Sudbury, £8, EOD +£3
12 Trowse 10k, 0930 Norfolk Ski Club, Whitlingham Lane, Norwich, £10, no EOD
19 Bungay Black Dog Marathon 1030 Maltings Meadow, £17.50 (+£3 EOD)
19 Bungay Black Dog ½ Marathon 1230 Maltings Meadow, £14.50 (+£3 EOD)
19 EVAC Road Relay Championships, Hemmingford Grey (*provisional*)
26 London Marathon

May

03 Heritage Coast Run 26m/13m/6m, 1000/1015/1020 Saxmundham, £12/£7/£7
03 Grand East Anglia 10k Run (GEAR), King's Lynn, £13 on-line, www.grandeastangliarun.co.uk
07 (Thu) ER after training drinks, julie@elyrunners.co.uk
09 (Sat) Cambridgeshire AA Track & Field Champs, University Track, www.cambsaa.org.uk
10 Eye 10k (**CRRL**), 1100 Primary School, Eyebury Rd, £7.50, EOD +£1, www.eye10k.co.uk
10 Great Daffodil 15m/10k Runs, Kelmarsh Hall, Northants, www.mariecurie.co.uk/running
16 (Sat) Nat Open Masters Road Relay Champs, Sutton Park, team entries to Charlie Barker
17 Dereham 10m, 1100 Neatherd High School, Norwich Road, Dereham, £7.00, EOD £2
24 Copenhagen Marathon, www.copenhagenmarathon.com
23/24 (Sat/Sun) SEAA –15 and –17 T&F Champs – venue tba
25 (Mon) Brandon Forest Half Marathon (TR), 1030 B1106, £8, no EOD, www.bfh.org.uk
25 (Mon) BUPA London 10k
31 Rotary 5m (run/walk), 1030 Bourne Woods, £8.50 by 1015, paul@rossifa.wanadoo.co.uk

June

04 (Thu) ER after training drinks, julie@elyrunners.co.uk
07 EVAC 5-Mile Road Championships, Reach, Cambs
11 (Thu) **Ely Runners' Midsummer 10k Handicap** (private club event), Cricket Club, 1930
Lt Downham, FOC members & guests. Presentation afterwards in the Prince Albert, Ely
14 Abbey 10k (**CRRL**), 1100 Leisure Centre, Hollow Road, Ramsey, £9, EOD +£2
20/21 (Sat/Sun) SEAA –20 and Senior T&F Champs – venue tba

July

02 (Thu) ER after training drinks, julie@elyrunners.co.uk
09 (Thu) training at 1900 will include **Ely Runners' Straight Mile Handicap** on Quanea
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
12 Bushfield 10k (**CRRL**),
19 Fairlands Valley 12/18/26.2m Challenges, Bedwell, Stevenage, www.races.fvspartans.org.uk

August

07 (Fri) Wibbley Wobbly Log Jog (5m TR), 1930 Brandon Forest, £tba, no EOD, www.bfh.org.uk
16 Thorney 5m (**CRRL**)
19 (Wed) Nene Valley Harriers 5k (Cambs County Championship & **CRRL**) (*prov date*)

September

06 Wissey Valley ½ Marathon (EVAC & Norfolk Champs), 1030 Oxborough Village Hall
06 Littleport Leisure 10k Run, 1045 Leisure Centre, £8, www.littleport10k.co.uk
13 **Grunty Fen ½ Marathon** (Cambs County Championship & **CRRL**), 1030 Witchford Village
College, Ely, www.gruntyfen.co.uk
19/20 (Sat/Sun) Round Norfolk Relay, www.roundnorfolkrelay.com

October

25 Fenland 10m ([CRRL](#))

31 (Sat) Beachy Head Marathon (3,500' climb), 0900 Eastbourne, *depart Paradise 0500*

November

04 Loch Ness Marathon (&10k/5k), www.lochnessmarathon.com

22 Hereward 4 Stage Relay (39.1m Peterborough to Ely), club teams, *provisional date*

December

20 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

26 (Sat) Boxing Day training, meet 0900 Paradise Centre car park

31 (Thu) The **10th Ely New Year's Eve 10k Road Race**, 1100 Lt Downham, entries on-line only, no EOD, www.newyearseve10k.co.uk

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

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) 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).

Club championship & club 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	www.elyrunners.co.uk
Grunty Fen 1/2M website	www.gruntyfen.co.uk
NYE10k website	www.newyearseve10k.co.uk
Turing Trail Relay website	www.turingrelay.co.uk
Association of Running Clubs	www.runningclubs.org.uk

John Turner

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