

Ely Runners

RACES & EVENTS 2007-2008

October 2007 (JT 07.10.2007)

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.

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 of 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 Rutherford - 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** (formerly Events Start & Finish Areas)

Richard Handoll - Time Keeping

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

Charlie Barker - Race Photography (+ tba)

Stephen Howard – Events Finish Areas

*Following the 27th September EGM (see below) decision to affiliate to England Athletics, Max d'Ayala resigned from the Committee. A letter of thanks for his work on the Committee has been emailed to Max.

**As most of you know, Ian Vaughan-Arbuckle moved to Oxfordshire in June but remained as Race Director of the Round Norfolk Relay for 2007. He has also kindly offered to stay on the Events Working Group email address list in an advisory capacity.

We are also looking for a member to join the Committee to **monitor and maintain club trophies** and another to take over as **Race Director** of the 2008 Grunty Fen Half Marathon and 2008 New Year's Eve 10k events from John Turner.

Please could any member who'd like to take on these responsibilities contact John Turner secretary@elyrunners.co.uk.

On 23rd September 2007, the club achieved **100 paid-up members** for the first time. Membership is now 102.

An **Extraordinary General Meeting (EGM)** was held at the Paradise Centre on Thursday 27th September 2007 to decide if the club should continue to be affiliated to the Association of Running Clubs (ARC), which was carried unopposed, and not to affiliate to England Athletics (EA), which was not carried by 19 votes to 11. The club voted to pay the £3 registration fee for members who wanted to be registered with EA until 31st March 2008. The minutes were circulated by email on 2nd October to members who were asked if they would or would not like to be registered with EA. So far 17 members have requested registration and 9 members have declined registration with EA. Please could those members who have not yet replied to the 2nd October email please do so ASAP so that we can submit the registrations to EA.

On Monday evening 1st October at the City of Ely Council Chamber, the club's Secretary was presented with a cheque for £250 for Ely Runners from the Mayor of Ely Cllr Ron Bradney who included **Ely Runners amongst the local organisations that do "wonderful work within the community"**. The cheque was a grant for the club's 2007 Grunty Fen Half Marathon, so well done and thanks to all those involved.



Following the AGM decision in January, Ely Runners affiliated to the **Association of Running Clubs (ARC)**. 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 less appropriate (except for track and field) new EA and UKA arrangements. ARC became officially active on 1st April 2007 and details can be found at www.runningclubs.org.uk. Rod Baron and John Turner are Directors and on the Steering Committee of ARC, and Rod is Web Master. Ian Vaughan-Arbuckle has since been elected onto the Steering Committee and is now responsible for all ARC Championships.

Many local area clubs are amongst the 108 clubs and organisations (representing 10,916 runners) and 2 organisations that have affiliated to ARC. Ely Runners were the first club to affiliate to ARC, the Grunty Fen Half Marathon was issued with the first ARC permit and incorporated the first ARC Championship.

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) will have ARC permits – see www.runningclubs.org.uk > Races/Permits.

The 8 races of the **Cambridgeshire Road Race League (CRRL)** started with the Thorney 10k on 25th March and then the Eye 10k on 13th May, Abbey 10k at Ramsey on 8th July, and St Ives 10k on 22nd July, Thorney 5m on 19th August, Nene Valley 5k on (Wed) 29th August, and the Grunty Fen ½ Marathon on 9th August. The final race is the Fenland 10m at West Walton on Sunday 28th October and includes the **EVAC & Cambs County Championships**. 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 1st, 2nd, 3rd M/F teams and 1st, 2nd, 3rd M/F individuals. Results will be posted on www.nenevalleyharriers.fsnet.co.uk

To enter a County Championship, members must have been born in the county or had 9 months of continuous residency. Only one county championship per race distance may be entered.

Ely Runners' **Atrium Grunty Fen Half Marathon** was held on Sunday 9th September 2007 and attracted 633 entrants. The race incorporated the first Association of Running Clubs Half Marathon Championships, Cambs County Championships, and Cambs Road Race League. Chip timing and all on-line entries were used for the first time. Thanks to all members, organisations, families and friends who helped make this a safe and successful race. Results and photos on www.gruntyfen.co.uk

The club entered a team (organised by Alan Rutherford and supported by Julie Foreman, Rachel Roberts, and Karen Roe) for the tough **Open Class** of the **Round Norfolk Relay** on Saturday/Sunday 15th/16th September. This 193 mile continuous relay was in 17 separate unequal multi-terrain stages. The club was 3rd overall, 3rd in the Open Class, ARC National Long Distance Relay Champions, and Best Small Club. Additionally, Julie Foreman won £10 for being third in the event's photographic competition with a picture of Ian Day framed by footpath signposts. Thanks to all those involved in the planning, logistics and running for this unique event. Ian Vaughan-Arbuckle was Chairman and Race Director, Rod Baron was Web Master and responsible for entries and results, and Richard Handoll had the difficult task of

being Course Director. See the race report on elyrunners.co.uk > RESULTS. For full details and results of the photography competition, see www.roundnorfolkrelay.com.

Congratulations to stalwart members **Adam Etches and Natalie Coles who were married** in St Leonard's Church in Little Downham on the sunny afternoon of Friday 14th September. The reception was in the Almonry Restaurant in Ely. Several members attended both occasions. And then, on Sunday 16th September, as members of Ely Runners' Round Norfolk Relay team, Natalie ran the 16th stage and Adam the 17th (final) stage! However, they are now enjoying their honeymoon in Japan. See a few of their wedding photos on www.elyrunners.co.uk > PHOTOS > recent photos, and many more on their own website www.pondlane.net.



Ely Runners will take part in the **2007-2008 Frostbite Friendly League** of races. There are 6 events, one each month from October to March as per the following events list – see [Frostbite League](#). The races are 5-6 miles and vary from road to mixed terrain and cross-country. Any number of members may run but the scoring team is taken from the first 10 runners of which at least 3 (new this season) must be women. Non-scoring members can still influence the result by competing with scoring members of other clubs. The club has paid the league fee and Ely Runners members run free of charge. In 2005-2006, we were 3rd of 15 teams and in 2004-2005 we were 1st of 17 teams. To maintain our challenge, it is important that there is a good turnout for each race, so please make a note of the dates. **The first race is at St Neots over 5 miles of parkland on Sunday 7th October 2007. Meet at the Paradise car park at 9:00 am to share transport.** Please try to run in this race, as it is obviously important to get a good start in the League.

There are 13 members entered for the spectacular off-road **Beachy Head Marathon** on Saturday 27th October. They are: Claire Law, Stephen Howard, Emma Greaves, Stephen Barker, Karlos Dedos, Alan Rutherford, Peter Gipp, Charlie Barker, Adam Etches, Glyn Loveday, Julie Foreman, Natalie Coles, and John Turner. Please could members entered by the club now pay the £18 entry fee (cheque to 'Ely Runners') to Treasurer Peter Harris, 153 Main Street, Witchford, Ely, Cambs, CB6 2HP.

The 38 miles mixed terrain **Hereward Relay** (Peterborough to Ely in 4 stages) is on Sunday 25th November starting at Peterborough Cathedral at 9:00 am. Stages are:

1. Peterborough to Whittlesey 6.1m (roads and hard paths)
2. Whittlesey to March 11.6m (mixed terrain)
3. March to Welney 10.3m (mixed terrain)
4. Welney to Ely 10.0m (mixed terrain)

If you would like to run, please contact Alan Rutherford at alanatrds@aol.com. We usually have several teams in this challenging event. Weather and off-road ground conditions can be quite tough at the end of November. The club pays for the entry fees. Second claim runners are permitted and club vests and shorts must be worn. Final team selection will be in consultation with club officers and coaches. On the day logistics will use the improved 2006 plan. Two non-runner course drivers (contact John Turner) and several marshals (contact Alan Rutherford) will be required. This year Ely Runners will be responsible for marshalling the muddy Hurst Lane (Bishop's Drove) from Lt Downham to the new finish at Ely City Football Club where presentations will be made at about 3:00 pm.

On Sunday 30th September, **Emma Greaves** ran the **longest training run (42 miles)** ever achieved by a member in a single day. Here is an outline of the route and her comments: Lynton Drive – Waterboard Hill – Maltings – (following cycle route 11 to Burwell) - Barway – past G's – Wicken – Wicken Fen – Burwell (took a wrong turn which added 2 miles onto planned route, swore a lot!) – Swaffham Prior – Swaffham Bulbeck – Lode – Stow-cum-Quy – under A14 – Newmarket Road – Fen Ditton, High Ditch Road – High street - Fen rivers way route along river to Bridge Street Cambridge, took 1 hour for lunch and then Castle Hill – Histon Road – Histon – Cottenham – Twenty Pence Road – Wilburton – Station Road – Poole Road just reached Grunty Fen Road at Witchford when I decided it was too dark to continue to Ely, Garmin clocked 42 miles exactly. Weather was fine, perfect for running.

Should anyone want to run this route, Emma recommends finding alternative for Burwell to Swaffham Prior, Lode to Quy, High Ditch Road and Twenty Pence Road as these sections involved mainly road running against the traffic and were particularly unpleasant. Emma thanks members and friends in the club for all their advice and support, without which she wouldn't have even attempted her remarkable solo run.

We haven't seen much of **Ian Blatchford** recently. This is because he's been training to be an HMPS PE Officer. He's now fully qualified and, after a holiday, looks forward to training with the club at the end of September taking part in the first Frostbite race.

There has recently been some debate on **funding club entries into championships, relays and leagues**. The Committee has decided that such entries will continue to 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.

Max d'Ayala (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. 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 those who have not yet renewed their **2007 subscription** (£10.00 due 1st January) please do so ASAP. This can be done on-line at 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, club affiliations to ARC, ABAC, UKA, EA, TRA, FRA & CAA, free registration (£3) with EA until 31st March 2008, free changing and showers at the Paradise Centre, free training and advice from club coaches, free night training bib, 10-15% 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 club team 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 balcony/bar area upstairs to avoid blocking the foyer. Now we are training after dark on the streets of Ely starts, members are requested to wear the free reflective bibs (see Mary Gates who has a new supply) provided by the club and to check the website 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 (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. However, if you require specific **coaching advice**, please ask Coaches Max d'Ayala or Alan Rutherford to help.

Under Rod Baron's skilful 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 web site so when you send your **race results** to John Turner (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 any information you have 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.

A warm welcome is extended to **new members** Andrew Elliott, Nick Williams, Dean Sheppard, Fiona Coles, and Nick Dowdy. Some recent 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 to order and see www.elyrunners.co.uk for full details of club kit.

Following suggestions from members, we have added the Ely Runners **cathedral logo** as a transfer to the top (to avoid obscuring race numbers) centre chest part of our **race vests**. A process of *Positive Imaging* is used and all new race vests will 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. 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.

October

- 06 (Sat) Discovery 5k & 10k, 1100/1130 Dovercourt Cricket Pavilion, £6, EOD +£1
07 [Frostbite League](#), 1100 Priory Park, St Neots, (grass/woodland paths), *meet Paradise 0900. Lets get a good start with a strong turnout.*
07 Loch Ness Marathon 10k/5k, www.lochnessmarathon.com
07 Ryston 5k XC, 1100 Shouldham Warren, EOD only
14 Jog Shop Jog 20m (TR), 0900 Brighton Marina, £8, EOD + £7! (road & hilly downland)
14 Gt Yarmouth ½ Marathon, 1000 Emerald Pk FC, Woodfarm Ln, Gorleston, £10, EOD +£2
14 Gt East Run ½ Marathon, 1100 Cathedral Sq, Peterborough, £15, www.greateasternrun.co.uk
14 Luton ½ Marathon & 10.3k TR, 1045/1000 Reg Sports Centre Stopsley, £13/£9, EOD +£2
14 Martlesham Heath 10k, 1100 Martlesham Village Green, £6, EOD +£2
14 Leicester City Marathon & 1/2 Marathon, 0915 Victoria Pk, £18/£14, no EOD, CD 5/10
14 Herts 10k, 1000 Rothamsted Conference/Research Centre, £14, no EOD
20 (Sat) ERRA Road Relay Championships, Sutton Park (men 6, women 4 x 4.314k)
21 North Norfolk 7m, 1030 Gresham's School, Holt, £6 (ARC permit), no EOD
21 Ampthill Trophy 8k XC Race, 1100 Ampthill Park, Parkside Hall, Woburn St, £5, EOD £8
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**), EVAC & CAA Champs, 1000 West Walton, Wisbech, £8, EOD +£2

November

- 03 (Sat) ECCA National XC Relays (1335 SW 3 x 3k, 1415 SM 4 x 5k) Mansfield, club entry
04 Stevenage ½ Marathon, 1030 Ridlins Track, Woodcock Rd, £13, ARC race, chip timed
04 New York Marathon
11 [Frostbite League](#), 1100 Bushfield Sports Centre, Peterborough, (5m tarmac/firm paths), *meet Paradise 0900*
11 Ryston 9k XC, 1100 Shouldham Warren, EOD only
11 Stowmarket Scenic 7, 1105 Mid Suffolk Leisure Centre, Gainsborough Rd, £7, EOD +£1
14 (Wed) Stevenage Midweek 5k series (1/3), 1945 John Henry Newman School, Hitchin Rd, £5/£12, no EOD
18 Stortford 10, BS College, Maze Green Rd, £8, EOD +£2, www.bscc.org.uk
18 St Neot's ½ Marathon, 1000 Rec Centre, £13.50, no EOD, www.riverside-runners.com
25 Hereward Relay (Peterborough to Ely, 38m in 4 stages), *club entry for teams*

November

25 Hadleigh 10m, 1100 United Football Club, £8, EOD +£1
28 (Wed) Stevenage Midweek 5k series (2/3), 1945 John Henry Newman School, Hitchin Rd, £5/£12, no EOD

December

02 Norwich ½ Marathon, 1100 Norfolk Showground, Costessey, £13, no EOD
02 Nene Valley 10m, 1030 Cressett Centre, Breton, Peterborough, £7, EOD +£1
02 Luton Marathon, 1000 Lea Manor Recreation Centre, Northwell Drive, £17, mo EOD
06 (Thu) Ely Runners Christmas Drinks, 2000 Prince Albert, Ely (London Marathon draw)
09 Frostbite League, 1100 Bushfield Sports Centre, Peterborough, (5m tarmac/firm paths),
(same venue as November race as no alternative available), *meet Paradise 0900*
09 Bedford Harriers Half Marathon, 1000 Wootton Upper School, £13, ARC event
12 (Wed) Stevenage Midweek 5k series (3/3), 1945 John Henry Newman School, Hitchin Rd, £5/£12, no EOD
**16 Long/medium/short club pre-Christmas trail training 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

January 2008

01 (Tue) Wymondham New Year's Day 10k, 1100 Central Hall, Back Lane, £7.50, EOD +£2
13 Frostbite League, 1100 Ailwyn School, Ramsey (grass, farm roads and tracks), *meet
Paradise 0930*
13 Ryston 9k XC, 1100 Shouldham Warren, EOD only

February

01 (Fri), Ely Runners Annual General Meeting, 1930 Paradise Centre, upstairs bar room
03 Frostbite League, 1100 Bourne Woods, Bourne, (woodland paths and tracks), *meet
Paradise 0845*
10 Ryston 5k XC, 1100 Shouldham Warren, EOD only
17 EVAC XC Champs, Wimpole Hall, Arrington

March

02 Frostbite League, 1100 BRJ Centre, Huntingdon, (5m roads and tarmac paths), *meet
Paradise 0900*
15 Sport Relief 1 Mile, Ely City Centre
16 Turing Trail Relay (Ely-Cambridge-Ely) in 6 stages. See www.turingrelay.co.uk
16 Ryston 6.5k XC, 1100 Shouldham Warren, EOD only

April

13 Flora London Marathon

May

June

12 (Thurs) Ely Runners' Midsummer 10k Handicap (private club event), Cricket Club, 1930
Lt Downham, FOC members & guests. Presentation afterwards in the Prince Albert, Ely

July

10 (Thurs) training at 1900 will include 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

NOTES

Midweek training from the Paradise Centre (meet in upstairs veranda/bar area) 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 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.

Club 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.newyearseve10k.co.uk
Turing Trail Relay website	www.turingrelay.co.uk
Association of Running Clubs	www.runningclubs.org.uk