

Ely Runners Newsletter

NOTICES, RACES & EVENTS 2008-09

OCTOBER 2008

(JT 30.09.2008)

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 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 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.

The long awaited **East Cambs Athletics Club** has started with 22 youngsters and their parents attending the first session at Ely Community College. Some of the older runners have been referred to Ely Runners. We plan to work closely with this group, particular towards the proposed running track and stadium facilities for Ely.

Some members are not wearing **club kit in races** and should note that wearing Ely Runners' colours (minimum club vest) is mandatory in all events entered as an individual or team members of Ely Runners. This is because it is:

- A condition of membership.
- Obligatory if claiming affiliated entry discounts as an Ely Runner in open races.
- Obligatory in leagues entered by the club, relays entered for or by the club, all championships and events incorporating championships.
- Requirement of governing athletic organisations.
- Necessary to avoid disqualification.

Not wearing club kit also makes it harder for race officials and photographers to distinguish club runners. Additionally, our distinct 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.

Social Secretary Julie Foreman is organising another **Night out at Peterborough Greyhounds**, hopefully for Saturday 15th November. The entrance cost will be £12 per person (friends and family welcome) but there will be an additional cost for the coach. This will depend on numbers as the more people we can get to fill the coach the cheaper it is per person (33 seater costs £255 and 41 seater £295) - she'll let you do the maths!

The £12 is for a six-pack party deal and covers entrance, 2 x £1 tote bets, 1 portion of chicken, scampi or veggie option & chips and 2 x pints of either Fosters, Websters or John Smith's Smooth or single house spirit + mixer (Vodka, Bacardi, Gin, Whisky). The first race is at 7.30 pm and last is 10:30 pm. Further info from: <http://www.peterboroughgreyhounds.com/>

The coach will pick up from Ely at 5:45 pm and Witchford at 6.00 pm and leave Peterborough at 11.00 pm.

Tickets for the dog racing have to be paid at the same time as ordering and the bus needs to be paid end October. Please can you let Julie know if you are interested ASAP. If you have any queries please email her - julie@elyrunners.co.uk

Julie Foreman also organises the club's 1st Thursday in the month **After Training Drinks**. The next is on Thursday 2nd October.

Rod Baron has applied for and (after achieving 100% correct answers in his introductory test) has been accepted onto the **Course Measurer's training programme on behalf of ARC**. When qualified, he will fill the current gap in the West Norfolk/East Cambs area and as such will be a great asset to local events and Ely Runners. Rod will bring his computer skills and enthusiasm to course measuring such that it will most probably set new standards of efficiency and accuracy.

Somewhere amongst her busy schedule of being a mum, career work, MAGPAS support, motor cycling, and ultra running, **Emma Greaves** recently achieved an **'A' grade** in GCSE **Chinese**. Congratulations to Emma and we hope that this achievement will help she and Justin to enjoy their holiday in China, departing at the end of October.

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 Natalie at one of the training sessions or contact her on Natalle.coles@ringuk.com. The club's 2008 10k Handicap winner **Stuart Mitchell** started at his new boarding school in Kent in September but a few days ago had to have his appendix removed. This interrupted both his schooling and intention to run in the **Great North Run** on Sunday 5th October. However, stalwart Stuart is still planning to take part, albeit by walking – or at least that's the probable plan!

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.

There are 9 races in the **2008 Cambridgeshire Road Race League** (see **CRRL** in events). 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 1st, 2nd, 3rd M/F teams and 1st, 2nd, 3rd M/F individuals. Results are on www.nenevalleyharriers.fsnet.co.uk. The last **CCRL** race of 2008 is the flat Fenland 10m at West Walton, nr Wisbech on Sunday 26th October. This is a good PB course, provided it's not too windy!

There are five distances in the **2008 Cambridgeshire AA Road Race Championships**: 5k, 5m, 10k, 10m and half marathon. They are incorporated into local area races (such as our Grunty Fen Half Marathon) and marked **CAA Champs** in the list of races below. County medals will be awarded to the 1st/2nd/3rd M/F and 1st MV 40/50/60/70+ and 1st FV 35/45/55/65+. The last CAA Championship race of 2008 is the Fenland 10m at West Walton Sunday 26th October.

Ely Runners' 18th **Next Generation (Cambridge) Grunty Fen Half Marathon** was on Sunday 14th September 2008 at Witchford College and incorporated the Cambridgeshire County Championships and Road Race League. There were 610 entries and 493 finishers with fast times by both the leading men and women. The first woman, Felicity Milton finished 8th in 1:16:29 to break the women's course record by 3 mins 4 secs and the first two men (winner Matthew Gunby 1:09:28) finished in under 1 hour 10 mins. Both winners were running their first half marathon and both achieved precisely the same age grading of 86.75%, the highest in the race! All members & helpers are thanked for their time and the high levels of skill, experience and enthusiasm that they contributed. The smooth running of this enjoyable event is only possible with such collective and integrated support. In particular, thanks to Rod Baron (website and results), Julie Foreman (entries), Darren Murfitt (marshals), Peter Gipp (course and fun run), Eric Drury (PA and commentary), Peter Harris (finances and registration), Stephen Howard (finish area), Graham & Maggie Chapman/Mary & Steve Gates (refreshments), and Shirley Stephens (Assistant Site Manager). See www.gruntyfen.co.uk for the results and photographs.

Congratulations to **Alan Rutterford** and **Rachel Roberts** and their teams of runners and helpers for their great achievements in the 17 stage 193 miles **Round Norfolk Relay** on Sat/Sun 20/21st September. Also to Ely Runners Ian Vaughan-Arbuckle (Race Director), Rod Baron (results) and Richard Handoll (course). Team Results & Category: 1st Open Ely Runners 20:38:30 (2nd Overall, 1st Non-Norfolk Team, 1st ARC Team); 1st Ladies Casual Ely+C&C 26:50:57 (44th Overall); 48 Teams finished. Ian Day and Daisy Glover received individual prizes as the fastest overall M/F on their legs. Ian also set a new course record for his stage by 4 minutes. See ER website for the full club results and report.



Ely Runners will take part in the **2008-2009 Frostbite Friendly League (FFL)** 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 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. All members will be allocated a PIN

number so there is no need to pre-enter – just turn up (see *Paradise meeting times in the events list*) on the day with your club race kit. On crossing the finishing line, you'll be given a position number. Please take this immediately to our **FFL Manager Eric Drury**.

In 2007-08 we were 4th of 15 teams but won the **FFL** in 2005-06 and 2003-04 (see www.elyrunners.co.uk > RESULTS > Achievements). We have the capacity to win this season's FFL so it is important that there is a good turnout for each race. Therefore, please make a note of the race dates.

The first **FFL** race (5m XC) is on Sunday 5th October in Priory Park at St Neots, starting at 11:00 am. To share transport, please meet at the Paradise Centre car park at 9:00 am.

We have renewed our club subscription to the **East Anglian Cross-Country League** (EACCL) so members run free of charge. A few Ely Runners (especially Ian Day and Ian V-A) have previously competed in this league, which is organised by the RAF on some excellent XC courses. There are nine races and one relay October-March 2008/09 on Wednesday afternoons at 2:30 pm. The men's courses are 10k and the women's 5k. See **EACCL** events on the list below. The first race is on Wednesday 15th October at RAF Barnham, near Thetford.

The popular off-road **Beachy Head Marathon** is on Saturday 25th October on the usual scenic course over the South Downs, starting and finishing on the west edge of Eastbourne. As usual, several members have entered and if you'd like **to share transport on the day**, we will leave the Paradise car park at **5:15 am** to arrive at Eastbourne at about 8:00 am to prepare for the 9:00 am start. Please let me know if you'd like to travel from the Paradise Centre so that we can coordinate vehicles.

The **National Cross-Country Relays** are on Saturday 1st November at Berry Hill Park, Mansfield, Notts. The Senior Women's race is 3 x 3k at 1:35 pm and the Senior Men's race 4 x 5k at 2:15 pm. If you would like to be part of a club team, please contact Team Captain Charlie Barker. The closing date for entries is 10th October.

The 39.1 miles mixed terrain **Hereward Relay** (Peterborough to Ely in 4 stages) is on Sunday 23rd 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 11.0m (mixed terrain)
4. Welney to Ely 10.4m (mixed terrain)

If you would like to run, please contact Alan Rutterford. We plan to have up to 8 teams in this challenging event. Weather and off-road ground conditions can be quite tough at this time of year. The club will pay for the entry fees of £24/team. 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 2006/7 plan. Two non-runner course drivers (contact John Turner) and several marshals (contact Darren Murfitt) will be required. Ely Runners will be responsible for marshalling the muddy Hurst Lane (Bishop's Drove) from Lt Downham to the finish at Ely City Football Club where presentations will be made at about 3:00 pm.

This winter we aim to hold **Ely Runners' 2008/09 Club Cross-Country** Championships on our new five miles course starting and finishing on Ely Common. It will be on a Sunday morning and entry will be free to all members. There appears to be two clear midwinter dates in the busy local area events list (see below). These are: Sunday 16th November and Sunday 18th January. *Please could members check their diaries and let me know which Sunday they would prefer.*

Due to the December FFL race being on the 14th, we have moved our challenging club **Pre-Christmas Woodditton/Reach/Ely Training Runs** to Sunday 21st December. The route will be supported by member/s at checkpoints with refreshments and recovery vehicle/s. If you'd like to help driving the runners to their starts and at checkpoints, please contact John Turner. Afterwards, several members and their families/friends usually have lunch at the High Flyer pub next to the Paradise. Booking is necessary via Peter Gipp.

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 locomotives and rolling stock.

Congratulations to **John Crisp and Halie Gebreselassie** who both achieved PBs in the Berlin Marathon last Sunday. John was 812th in 2:54:45 and HG won in a World Record of 2:03:59. It was John's first time under 3 hours and by over 5 minutes! No doubt an inspiration for John and an honour for the club to be represented in such a historic event.

Grade 2 coach **Max d'Ayala** (max@dayala.co.uk) has obtained several **books on running and injuries** for 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 1st January or on joining the club. Those joining after 15th 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 > 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 next open event organised by Ely Runners is the popular **Ely New Year's Eve 10k Road Race** at Little Downham on Wednesday 31st December. We have already received 266 entries and expect to reach the 700 limit by the end of November. Race details on www.newyearseve10k.co.uk. If you'd like to help with marshalling, please contact i/c Marshals Darren Murfitt on darren_murfitt@hotmail.com.

Then on Sunday 15th March 2009, we will hold our 3rd **Turing Trail Relay**, a six-stage relay along the river area from Ely to Cambridge and back. We're planning for this year's race to start and finish by Ely Cathedral instead of the sports field by the railway station. Also, we expect the stages 1-2 changeover to be at the Fish & Duck Marina instead of Dimmock's Cote and the stages 5-6 changeover to be at Upware car park instead of the Chalk Pit. This will reduce stages 1 and 5 and increase stages 2 and 6. Changing is planned to be at the Paradise Centre instead of at the King's School. 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 hope to incorporate sponsorship for this historic site into the race. Updated details for the 2009 race will soon start to appear on the race website www.turingrelay.co.uk.

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.

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 > 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 users 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) 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), 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 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.

A warm welcome is extended to **new members**. 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 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.

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 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.

October

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

04 (Sat) BMAF XC Relay Champs, Mansfield (club entry)

05 **Frostbite League**, 1100 Priory Park, St Neots, (grass and woodland paths), *meet Paradise 0900*

05 Standalone 10k, 1000 Standalone Farm, Wilbury Rd, Letchworth, £10, EOD +£5!

05 EVAC 6k Champs, 1100 Sports Pav, Manor Rd, Hemmingford Grey, £5

05 Abington 10k, 1030 Granta Park, Cambridge, £7, EOD +£2

05 Norfolk County 10k Championship, 1030 Frettenham Vil Hall, Norwich, £7, EOD +£2

05 MSC Felixstowe ½ Marathon, 1100 Leisure Centre, £9, EOD +£2

October

- 05 Coltishall Jaguars RC Autumn 10k, 1030 Frettenham Village Hall, £8, EOD +£2
05 Great North Run ½ Marathon
05 Loch Ness Marathon/10k/5k, www.lochnessmarathon.com
11 (Sat) Discovery 10k, 1130 Mayflower Primary Sch/ACL, Dovercourt/Harwich, £8, www.discoveryrun.nl
12 Martlesham Heath 10k Road Race, 1100 Village Green, £6, EOD +£2
12 Great Eastern Run ½ Marathon, **RRGP**, Peterborough, www.peterborough.gov.uk/page-5340
12 Ryston 5k XC, 1100 Shouldham Warren, EOD only
12 AAA 10k Championships, 1100 Chichester, www.chichester10race.org.uk
12 Box End (off-road) Duathlon, 4.4k/13.2k/4.4k, 0930 Box End Water Ski Park, Bedford
12 Chicago Marathon
15 (Wed) **EACCL**, 1430 RAF Barnham, nr Thetford, Men 10k, Women 5k
19 Ampthill Trophy 8k XC, 1100 Parkside Hall, Woburn St, £6, EOD +£3, U20 & vet prizes
19 Abingdon Marathon, 0900 Tilsley Park Athletics Track, £25, no EOD
19 Saxons 5m, (MT), 1100 Carlton Park Rec Club, Samundham. £7, EOD +£1
19 Leicester City Marathon/½ Marathon, 0915 Victoria Pk, £18/£14, www.leicestermarathon.org.uk
19 North Norfolk 7, 1030 Gresham's School, Holt, Norfolk, £6, no EOD, www.nnbr.co.uk
25 (Sat) Beachy Head Marathon (3,500' climb), 0900 Eastbourne, *depart Paradise 0515*
26 Exmoor Stagger (15m), 1100 W Somerset Com Col, Minehead, £10, www.minheadrunningclub.co.uk
26 Fenland 10m, **CRRL, CAA Champs**, 1000 West Walton, Wisbech (EVAC GP & Champs)
26 East Coast 10k, 1030 Gt Yarmouth, £8, EOD +£2, www.gyrr.co.uk
26 Bedford River Valley 6m (road), 1000 start, £6, CD 17/10
26 Great Yarmouth 10k, 1030 Promenade, £8, EOD +£2, www.gyrr.co.uk

November

- 01 (Sat) National XC Relays, Mansfield, 1335 Sn Women 3x3k, 1415 Sn Men 4x5k, [club entry](#)
02 Stevenage ½ Marathon, 1030 Ridlins Track, Woodcock Rd, £13, no EOD, www.fvspartans.org.uk
02 New York City Marathon
05 (Wed) **EACCL**, 1430 venue tba, Men 10k, Women 5k
06 (Thu) ER after training drinks, julie@elyrunners.co.uk
09 **Frostbite League**, 1100 Bushfield Sports Centre, Peterborough, (5m tarmac/firm paths),
meet Paradise 0900
09 Ryston 5k XC, 1100 Shouldham Warren, EOD only
09 Stowmarket Striders Scenic 7, 1105 Mid Suffolk Leisure Centre, £7, EOD +£2
09 Stebbing 10, 1130, Primary School, High St, Gt Dunmow, £9, EOD +£1
12 (Wed) Stevenage Midweek 5k Series (1st), 1945 Marriotts Sch, Telford Rd, £18, no EOD
15 (Sat) Club night at Peterborough Greyhounds, julie@elyrunners.co.uk
15 (Sat) Gateshead Int XC Races, 1000-1500 Internat Stadium, Riverside Bowl, www.ukathletics.net
16 St Neots Riverside Half Marathon, 1000 St Neots, £14, *RACE FULL*
16 *Possible date for Ely Runner's Cross-Country Championships, Ely Common*
19 (Wed) **EACCL**, 1430 UEA Norwich, Men 10k, Women 5k
23 **Hereward 4 Stage Relay** (39.1m Peterborough to Ely), *club teams: Alan Rutterford*
23 Hadleigh 10, 1100 Football Club, £tba, www.hadleighhares.co.uk
30 City of Norwich ½ Marathon, **RRGP**, www.cityofnorwichhalfmarathon.com
30 Thetford Forest Duathlon (R5k/B14k/R3k), 1100 May Day Events Field on B1106, also
1RR+1B team event, £19 indiv/£24 team/+£5 EOD, www.runbikeevents.com

December

- 03 (Wed) **EACCL**, 1430 Tri Anglia (Norwich area), Men 10k, Women 5k
04 (Thu) ER after training drinks, julie@elyrunners.co.uk
07 Nene Valley 10m, 1030 The Cresset, Bretton Centre, Peterborough, £7, EOD +£1
07 Luton Marathon & 3 Stage Relay, 1000 Luton, club entry, www.lutonmarathon.org.uk
14 **Frostbite League**, 1100 Hinchingsbrooke Park, Huntingdon, (tracks, trails and grass),
meet Paradise 0915
14 Bedford Half Marathon, 1000 Wootton Upper Sch, Hall End Rd, Wootton, Beds, £14.50
14 Ryston 6.5k XC, 1100 Shouldham Warren, EOD only
14 Bunwell Santa 5k, Village Hall, Bunwell, Norwich, £10, EOD +£2
21 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 (Fri) [Boxing Day training](#), meet 0900 Paradise Centre car park (see Notices for details)
31 (Wed) The 10th **Ely New Year's Eve 10k Road Race**, 1100 Lt Downham, entries on-line
only, no EOD, www.newyeareve10k.co.uk

January

- 01 (Thu) Wymondham 10k
- 04 **Frostbite League**, 1100 Ailwyn School, Ramsey (mixed terrain), *meet Paradise 0930*
- 07 (Wed) **EACCL**, 1430 RAF Barnham, Men 10k, Women 5k
- 11 Ryston 9k XC, 1100 Shouldham Warren, EOD only
- 18 *Possible date for Ely Runner's Cross-Country Championships, Ely Common*
- 21(Wed) **EACCL**, 1430 RAF Marham (Shouldham Warren), Men 10k, Women 5k
- 24 (Sat) SEAA XC Champs, Hillingdon House Farm, Hillingdon, Mdx, SW8k, -20W5k, SM15k
- 28 (Wed) **EACCL**, 1430 Wattisham Airfield (nr Stowmarket), Men 10k, Women 5k
- 31 (Sat) Inter-Counties XC, Old Warden Park, Shuttleworth, -20W6k, SW6k
- 31 SEAA XC Masters (Vets) Champs, Old Warden Park, Shuttleworth, MV10k, FV/MV70+6k

February

- 01 **Frostbite League**, 1100 Bourne Woods, Bourne, (woodland paths and tracks), *meet Paradise 0845*
- 01 Cambridge Festival of Running, Fitzwilliam College, Cambridge
- 05 (Thu) ER after training drinks, julie@elyrunners.co.uk
- 08 EVAC XC Champs, 1100 Wimpole Pk, Arrington, MV35-69 8k, WV/MV70+ 4k
- 11 (Wed) **EACCL**, 1430 GYRR (Fritton Lakes), Men 10k, Women 5k
- 15 Ryston 5k XC, 1100 Shouldham Warren, EOD only
- 18 (Wed) **EACCL**, 1430 St Edmunds Pacers, Bury St Edmunds, Men 10k, Women 5k

March

- 01 **Frostbite League**, 1100 BRJ Centre, Huntingdon, (5m roads and tarmac paths), *meet Paradise 0915*
- 05 (Thu) ER after training drinks, julie@elyrunners.co.uk
- 08 Wymondham 10 & 20 Milers
- 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
- 21 (Sat) BMAF XC Champs, Ruthin, Cwlyd, N Wales
- 22 Ryston 6.5k XC, 1100 Shouldham Warren, EOD only

April

- 02 (Thu) ER after training drinks, julie@elyrunners.co.uk
- 05 Cambridge & Cambourne 10k
- 26 London Marathon

May

- 07 (Thu) ER after training drinks, julie@elyrunners.co.uk

June

- 04 (Thu) ER after training drinks, julie@elyrunners.co.uk
- 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

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

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) 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 & 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.newyearthseve10k.co.uk
Turing Trail Relay website	www.turingrelay.co.uk
Association of Running Clubs	www.runningclubs.org.uk

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