



# Ely Runners Newsletter

November 2011

Kevin Fox at Frostbite



## NEW MEMBERS

We warmly welcome the following new member who joined the club this month. We look forward to seeing you at training and club events!

Axel Grenon

## October Highlights

- New MV35 Half Marathon Record for Craig Holgate
- New Boy's 5k Record for Luke Crisp
- Cambs AA (MV 40 - 49) medal in the Cambs County Champs for Stephen Pettit



We are pleased to announce that Charlie Barker is the new Club Welfare Officer; more information on his role will follow next month.

## News from current and former Ely Runners overseas:

Former 2<sup>nd</sup> claim Ely Runner **Clare Hallissey** (née Willer) ran in the Chicago Marathon in October and in doing so qualified by 93 seconds for the 2012 Olympic Marathon.

**Rob Comley** will be competing in the LGT Alpine Marathon again next year - <http://www.lgt-alpin-marathon.li>. Rob reports that "the organisation is seamless: transport to the start, free massage at the start and finish, transport for spectators round the course, and the atmosphere is great."

From **Jude McCarthy** in Kenya:

*"Hey people, As an ex-'Ely Runner'...abroad - Just wanted you to know I am running in the Nairobi Marathon. I am doing the 10k run....all the marathon and half marathon and 10k runners start at same time. We run through Nairobi which should be extra exciting at the moment with the added danger of possible grenades being thrown by Somali Shabaab sympathizers. Please tell John Turner that I will be wearing the Ely Runner shirt!!!!"*

## STOP PRESS!!

*Jude reports that "the run was awesome, 20,000 runners and a fab atmosphere. Did it 1 hour but have been told I need to take 10 mins off for altitude when comparing with the UK"*

## News

- 1 Club news
- 3 What's on?
- 4 Results
- 5 Training
- 6 Fixture List
- 8 Contacts

## Dates for the Diary:

- 3<sup>rd</sup> Club Drinks
- 6<sup>th</sup> Frostbite Bushfield
- 20<sup>th</sup> Hadleigh 10
- 20<sup>th</sup> St Neots Half
- 27<sup>th</sup> Hereward Relay
- 27<sup>th</sup> EAA XC Champs

## Frostbite December

Alan Rutterford reports that he will not be available to assist at the 3rd Frostbite Race in December. He is looking for someone to stand in for him managing both registration and results either for the Juniors and seniors or the role could be shared between two. If anyone is interested in helping out please contact Alan at training or via email [alan@elyrunners.co.uk](mailto:alan@elyrunners.co.uk). Alan is happy to show you the ropes at the November Frostbite.

How not to run a marathon – thank you to Kieren Drane for spotting this:

<http://www.bbc.co.uk/news/uk-england-tyne-15364441>

## Cambridge Half Marathon

After a 19 year absence the Cambridge Half Marathon is returning in 2012. Unfortunately the race sold out in less than a week – there are still charity and team relay places available though [www.onestepbeyond.org.uk](http://www.onestepbeyond.org.uk)

## EA Affiliations

At a committee meeting on 4th October the committee voted in favour of members paying their own fee (£5) for EA affiliation from next year onwards. It was agreed that the small ER membership fee should not cover individual membership of EA. Club Membership subs are due by 1/1/2012 – The ER website will be updated by 1/12/2011. As the club still has to manage the EA registration process the option of paying for EA registration will be included on the relevant renewal screen on the website.

## Contributions to the Newsletter

*We would appreciate if members have any short articles about their running experiences which other members may find useful, interesting or just entertaining, please send them with a suitable picture (800x600, portrait) to:*

[newsletter@elyrunners.co.uk](mailto:newsletter@elyrunners.co.uk)

## Soham's London 2012 Celebrations

Soham Town Council has decided to run a special big event on the Recreation Ground to celebrate the opening of the Olympics next year. The event will be free for the community. 'The focal point will be a big screen which will be on from early afternoon to the end of the opening ceremony at approx 10.30pm. The opening of our event will be preceded by a procession through the town with a sports personality carrying a symbolic torch and a selection of sports representatives and children carrying flags of the nations to be greeted by town representatives'.

'There will be full supporting events around the recreation ground during the day which will be mainly slanted towards sport and having fun. There will be taster sessions and demonstrations of different types of sporting activity suitable for the young and the older members of the community and for families to take part in together. We want to involve as many different parts of the community as possible. There will be other events taking place which involve the cultural side of things including possibly asking groups to produce a piece which symbolises the meaning of the Olympics for them'.

Any ER that is keen to help out and represent the club at this event please contact [secretary@elyrunners.co.uk](mailto:secretary@elyrunners.co.uk) – this may be particularly interesting to any ER's based in Soham.

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## London Marathon 2012

If you have been accepted via the ballot, have a Good For Age/Championship entry, or are running for charity, then please let Steve Tovey know and he can keep a list of who'll be representing the club at next year's event.

The club also has three additional places available via our affiliation to UKA – as in previous years the places will be allocated via a draw to be held on the evening of the club's Xmas drinks. To be eligible to enter the draw you must meet the following criteria:

- Places are only available to members who have been rejected for a ballot place
- You must show proof of rejection for a ballot place
- You must have been a paid-up member of ER when you applied for a ballot place (i.e end of April 2011)
- Made only one application for a ballot place in one year
- Not hand over a club place to another runner (apart from by the official substitution system)
- Abide by the Rules of the Virgin London Marathon

If you are eligible for the club draw for London Marathon places then please let Steve know ASAP and he'll add you to the list for the draw in December.

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Many members are involved in running related roles outside of ER, this month **Alan Rutterford** reports on a busy couple of months' scrutineering for the British Association of Road Races (BARR):

*I am pleased to say that the Framlingham 10k on 4th September was regarded as a very good event. The 2 and a quarter lap circuit took in the lovely view of Framlingham castle which was a great view for the runners. The race start was a 10 minute walk to the far side of the village near the castle where the runners started. They ran through the village high street with a good crowd cheering them on 3 times as the finish was at the football club on the opposite side of the village. It was a good finish venue with good parking, drinks and a hog roast. There was also a fun run which started and finished at the same venues whilst the main race was going on. I would recommend this event as it could be a good family day out, not only with the 2 races but a visit to the castle and the old fashion shops also giving it an old look to match the castle.*

*The Great Eastern Run held at Peterborough was a top event for me, not only is it a pleasure to scrutineer, but to all those who ran the half Marathon, a fast and exciting race. With over 1300 in the fun run, this shows how popular this event has become. It was great to chat to Sally Gunnell on the day and Liz Yelling after the race in the VIP marquee. Next year the event will be part of the National Half Marathon Series and will have a newer course, hopefully starting and finishing on the embankment rather than just finishing there. The fair will not be there next year which will give the event more room for the bigger entry.*

*On 23rd October I travelled out to the East Coast Run at Great Yarmouth to do a licence check for this popular 10k race. It starts and finishes in St. Georges park which is near the town centre and 800 yds from the sea. The race zig zagged through the town, along south Quay, around the dock end and back along the sea front. The weather was sunny and there were over 400 runners taking in the view of the pleasure beach and windmill farm out at sea as they ran along the front. I didn't think this was a very fast course when I was on my cycle, but the winner clocked up about 31 minutes (Quicker than me on the bike.) Again this event could be a great family day out, however there is no fun run with this event, just lots of shops and Ice creams.*

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**FORTHCOMING EVENTS:** *Full fixture list on page 6***Frostbite Friendly League**

The second race in the of six race series takes place this Sunday 6 November at Bushfield Sports Centre, Peterborough. It's FREE to take part! All you need to do is turn up on the day in your Ely Runners race kit.

The junior race gets underway at 10:15 and the seniors start at 11am. The course is predominantly on road/paths and is mainly flat and fast.

The first 10 Ely Runners to cross the finish line score for the club; three of these runners must be female. This series of races places great emphasis on friendly rivalry between clubs and the enjoyment of all runners and helpers. Women are especially encouraged to take part.

Please don't be discouraged from taking part if you don't think you'll make the scoring team – the success of the club depends on a good turnout from runners of all abilities so please do join us! If seniors would like to share transport then meet at the Paradise centre at 9AM . [www.frostbiteleague.org.uk](http://www.frostbiteleague.org.uk)

Any junior members (aged 9-15) wishing to run should contact Alan Rutterford in training or ([alan@elyrunners.co.uk](mailto:alan@elyrunners.co.uk) / 07821 988959).

**FIXTURES:**

6 November 11	Bushfield Sports Centre
11 December 11	Hinchingbrooke Park
15 January 12	TBA (March AC)
5 February 12	Bourne Woods
4 March 12	TBA (BRJ)

**Hereward Relay**

Alan Rutterford is now taking names for the Hereward Relay, to be held on Sunday 27th November 2011. This event (organised by March AC) is a 4-stage relay from Peterborough Cathedral to Ely City Football Club (38 miles). The club usually enters 6 or 7 teams. It can be frosty, very cold, wet and muddy on the farm tracks, so is a good test of your agility and endurance.

Stage 1 - Peterborough to Whittlesey	6.50m
(on footpaths and road)	
Stage 2 - Whittlesey to March	10.50m
(on farm tracks, footpaths and road)	
Stage 3 - March to Welney	10.30m
(on farm tracks and road)	
Stage 4 - Welney to Ely	10.40m
(mainly on farm tracks and road)	

As March AC kindly help us to marshal the Grunty Fen and New Years Eve races, we usually return the favour by marshalling the finish area from Little Downham to the finish, so Alan is also looking for 4-5 volunteers to help with this.

So far Alan has 19 members wishing to run but more are welcome.

*John Turner, Matt Holmes, Peter Harris, Steve Tovey, Gary Wilberforce, Tom Russell, Daniel Regan, Adrian Scaite-Stokes, Graham Chapman, Adam Etches, Samantha Shirley-Collins, Nick Dyer, Lionel Smith, Andy O'Hanlon, Jose Perez, Tony Kirby-Cook, Stephen Starr, Ciaran Murray, Stephen Howard.*

Alan is also looking for a second recovery driver to assist Tony Hall (fuel money paid for) and 4 more marshals to assist John Glover.

If you are interested in running or marshalling, please contact Alan at training, by email ([alan@elyrunners.co.uk](mailto:alan@elyrunners.co.uk)) or phone (07821 988959).

***If anyone is interested in entering any of the EAA championship events then please let club secretary Steve Tovey know: [secretary@elyrunners.co.uk](mailto:secretary@elyrunners.co.uk)***

**Pre-Christmas****Woodditton>Reach>Chalk Pit >Ely Training Runs  
Sunday 18th December 2011**

As in previous years, members are invited to take part in our traditional pre-Christmas training runs from Woodditton (beyond Newmarket) and Reach back to Ely, on Sunday 18th December. Members who have confirmed that they will be running are:

**Woodditton start to Ely (18.5m)**

*John Turner, Charlie Barker, Robert Campbell, Sarah Edwards, Stuart Baumber, Steve Tovey, Matthew Holmes, Daniel Regan, Stephen Hardwick, Linden Smith, Peter Harris, Gary Wilberforce, Ian Blatchford, Kevin Fox, Kieren Drane, and Craig Holgate (who will run to the start!)*

**Woodditton start to Chalk Pit (12.3m)**

*William Wilson (1 so far)*

**Reach start to Ely (11.0m)**

*Ashley Blackmore, Tom Russell, Louise Cadogan, Lionel Smith*

**Woodditton start to Reach (7.5m)**

*Bob Shortland*

For further information please see John Turner's email of 27/10.

**SOCIAL EVENTS**

**After training drinks** are usually held on the first Thursday of each calendar month, with the next opportunity happening on **Thursday, November, 3<sup>rd</sup>** at the High Flyer in Ely. Further information is available from Julie Foreman

[Julie@elyrunners.co.uk](mailto:Julie@elyrunners.co.uk)

## RESULTS

### Pettit is County Champ!

There were 14 ER's amongst the 284 finishers on a mainly flat one-lap course. At the sharp end Stephen Pettit and John Manlow continue to be close with Stephen finishing ahead on this occasion. Stephen also picked up the Cambs AA (MV 40 - 49) medal in the Cambs County Champs. Stephen Howard racing again just a week after the Beachy Head Marathon ran well and behind him 6 Ely Runners achieved new personal best times for the distance.

### Marathon effort for Andy

Andrew O'Hanlon chose Cologne as the location for his first marathon in Ely Runners' colours. The race was blessed with glorious sunshine (25 degrees with no wind) and plenty of shade from the long avenues of trees and tall buildings. Runners were provided with lots of water stations, cheering crowds and some great live music along the course. Andy finished in 3 hours 43 minutes, a little more than an hour and a half behind the winner and 999th out of 7,000. There were 250 runners from the UK. The after run feast, which included beer and doughnuts, and massage was much appreciated. Andy spent the rest of the week in Germany filling up with cake and recovering for the return to work. Andy is definitely now up for another marathon and will be putting his name forward for London in the club ballot having been unsuccessful in the main ballot. Andy raised over £1,300 pounds for Inspire's Funky Flamingo project to stage more fabulous dance music club nights and online TV for people with disabilities. See [www.charitygiving.co.uk/andyohanlon](http://www.charitygiving.co.uk/andyohanlon)

### Club Record and Team Win in a Great Day out for ER.

Several Ely Runners Took part in the Perkins Great Eastern Half Marathon. With over 4100 entered in the Half Marathon and a record 1300 in the 4km Fun Run this proved to be another great run. Peterborough was also the 2nd fastest Half Marathon in the country last year, thus attracting runners for a very quick time. With Sally Gunnell starting the runners off in overcast conditions, her fellow GB international Liz Yelling recorded a ladies record time for the course in 1.12.14 coming 14th overall. It took just over 4 minutes for all runners to cross the start line which was recorded by chip timing. Ely Runners that took part did very well again this year. Club coach Alan Rutterford was an official on the day for BARR (British Association of Road Races) acting as scrutineer for the race to make sure it complied with the Gold Grade standards that it has achieved. 2nd claim Alex Tate continued to impress, coming home 9th in 1.10.54, he was followed closely by Craig Holgate in 11th (in a new MV35 club record by 4:21), 2nd claim Tom Bracegirdle finished 24th and a new PB with John Manlow passing Stephen Pettit in the final half to win their own personal battle. Gary Wilberforce continued his good form and Simon Jackson, Adam Etches and Glyn Loveday all enjoyed good returns to racing. There were also good times for Zoe Shackleton, Lisa Redman and Cynthia

Mills. Our fastest 4 1st claim runners (Craig, John, Stephen & Gary) also picked up the Men's Team award

### Selected other Results for October

#### Wibbly Wobbly Log Jog – 16<sup>th</sup> October

2nd Ian Day 34:47 (2nd Claim; ran for Hunts AC)(1st MV40)  
8th Stephen Tovey 36:24  
53rd Adrian Scaites-Stokes 43:08  
80th John Turner 46:31 (2nd MV65)  
134th Jon Pennington 52:02

#### North Norfolk 10k – 16<sup>th</sup> October

5th Gary Wilberforce 35:06 (PB)  
59th John Glover 44:03  
110th Tom Russell 48:04 (PB)  
152nd Steve Starr 50:44 (PB)

#### Cambridge Parkrun #89 – 22nd October

13th Stephen Tovey 18:39  
28th Luke Crisp 19:36 (PB, **Boy Club Record**)  
100th Tom Russell 22:45  
113th Melanie Fisher 23:16

#### Beachy Head Marathon – 22nd October

108th Stephen Howard 3:58:24  
368th Nicola Bramley 4:37:42  
751st Lesley Wright 5:27:22 (PB, 1st Marathon)

*For a full list of results and event reports see the club website.*

#### Event photographs

Please send any race/club event photographs to Charlie Barker - ([charlie@elyrunners.co.uk](mailto:charlie@elyrunners.co.uk)) Ideally they should be resized to 800x600 pixels (ish) and preferably be less than 100k in size.

**Did you spot Kevin Fox on page 1?** Send in your event photos and you too could feature in next month's newsletter.

Many thanks to **Bob Shortland** for obtaining a 10% discount for Ely Runners (proof of affiliation required) from:

**Bury Sports Ltd**, 3 Whiting Street, Bury St Edmunds IP33 1NX Tel: 01284 700238 Email: [burysportsltd@btconnect.com](mailto:burysportsltd@btconnect.com)

Don't forget that members can also obtain discounts at both **Paul Day Sports** in Ely and **Sweatshop** in Cambridge.

## TRAINING FOR NOVEMBER

Planned training sessions can be subject to change, being dependent on weather and ground conditions, visibility, numbers attending and suitability for those present.

Members are requested not to wear ear pieces during training because they will not be able to hear traffic approaching from behind.

**For training at night, members must wear a reflective bib. These are available free of charge from club stock at the Paradise Centre.**

Members are reminded that they run/train at their own risk. For Route Maps see the website

### ELY RUNNERS' WEEKLY TRAINING PROGRAMME OCTOBER- NOVEMBER 2011

Juniors to meet at 7 pm at the Paradise Centre and train with seniors (unless otherwise mentioned below or by Alan Rutterford) on Tuesdays until daylight training resumes in 2012.

Details of Sunday Training (usually 9 am Paradise car park) advised by weekly email.

For advice on training at night visit:  
<http://www.elyrunners.co.uk/trainingatnight.htm>

#### Thursday 3rd November

Round Ely circuit of 6.25m or shorter 4.8m finish via Police Station corner

#### Tuesday 8th November

6 x 1,000m intervals (Deacons Lane to Williams Close) and there/back recoveries to/from Davison Road (500m) and to/from Police Station (700m) on Lynn Road  
About 6.5m to/from Paradise

#### Thursday 10th November

1 or 2 laps of 3.4m Ely Hills (6 climbs/6 descents/total about 275' climb per lap)  
Fartlek or intervals + recovery options on hills  
(3.9m or 7.3m to/from Paradise)

#### Tuesday 15th November

Lisle Lane & The Vineyards intervals  
3 or 4 x 2.82km (1.75m) laps each with 3 fast/hill strides (125' climb per lap) and 3 recoveries  
Start/finish by Cheffins, Market Square  
3 laps = 8.46km (5.26m), 4 laps 11.28km (7.01m) + 0.8km (0.5m)  
Paradise return

#### Thursday 17th November

2, 3 or 4 laps of 1.9m Lynn Rd, Cam Dv, Downham Rd, Egremont St circuit  
4.1m, 6m or 7.9m to/from Paradise

#### Tuesday 22nd November

Lynn Road 4 x 1 mile lamppost intervals jog/run/stride/sprint repeats with 1m warm up and 1m warm down to/from Davison Road  
About 6.5m to/from Paradise

#### Thursday 24th November

2 or 3 x 2.1 mile circuit Nutholt Lane, Lynn Rd, King's Av, New/High Barnes  
About 4.2m or 6.3m to/from Paradise

#### Tuesday 29th November

Cam Drive (6/8/10 x 1k) alternate intervals: Lynn Rd to Stour Green roundabout 370m (slow), Stour Green roundabout to Nene Rd 320m (fast), Nene Rd to Lt Downham Rd 310m (slow).  
Return fast/slow/fast on same alternate intervals.  
Total distances 3.75m/5m/6.25m + 1.5m return from/to the Paradise

**For a full list of Training runs and advice please visit the club website. For Sunday training runs please look out for weekly emails from John Turner.**

## **RACES & EVENTS GUIDE 2011-2012**

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

Cambridge 5k Park Runs (at Milton) are every Saturday at 0900. Entry is free but before your first race, register on-line by 1800 on Friday,

<http://www.parkrun.org.uk/cambridge/Home.aspx>

### **November**

05 (Sat) Saucony National XC Relays 2011, U13/15 boys/girls (3x3k); U17 & Junior women (3x2.5k), U17 & Junior men (3x3k); Senior Women (3x3k); Senior Men (4x5k), Berry Hill Park, Mansfield, Notts,

<http://www.englishcrosscountry.co.uk>

06 Adnams Great Eastern Run 20k, <http://www.bungayblackdogrunningclub.co.uk>

06 Barton and District Deepdale Dash 10k, Barton upper Humber, Lincs, <http://www.barton-district-ac.co.uk/default.aspx>

06 Billericay Striders 10k, Billericay, Essex, <http://www.striders10k.billericaystriders.com>

06 Bonfire Burn 10k, Impington, Cambridge, <http://www.bonfireburn10k.co.uk/>

06 Frostbite League Race 2, 5m, Bushfield, Peterborough, <http://www.frostbiteleague.org.uk/>

06 Lactic Fallout, Brentwood, Essex, <http://www.adventureracesessex.co.uk>

06 Lode Runners Half-Marathon, Lode, Cambs,

[http://www.ianmiddleton.co.uk/lsc/pdfs/lode\\_runners\\_entry\\_form.pdf](http://www.ianmiddleton.co.uk/lsc/pdfs/lode_runners_entry_form.pdf)

06 Rutland Water Marathon, <http://www.fat-feet.co.uk/rutland-water.aspx>

06 Stevenage Half-Marathon, Stevenage, Herts, <http://half.fvspartans.org.uk>

06 Suffolk Whole Hog 8, Wantisden Valley, Ipswich, Suffolk,

[http://www.eightpointtwo.co.uk/the\\_whole\\_hog\\_event.asp](http://www.eightpointtwo.co.uk/the_whole_hog_event.asp)

11-13 (Fri-Sun) Druid Challenge Ridgeway Ultra 82 (3 day multi-stage), Tring, Herts, <http://www.xnrg.co.uk>

13 Autumn Challenge 5, Watford, Herts, <http://www.watfordjoggers.org.uk>

13 Market Rasen Remembrance Sunday Multi-Terrain 10k, West Lindsey Run Series, Lincs,

<http://www.westlindseyrunseries.co.uk>

13 Ryston Runners XC Grand Prix Series 9k, Shouldham Warren, Nr Downham Market,

<http://www.rystonrunners.org.uk/cross.htm>

13 Stebbing Remembrance Day 10, Stebbing, Dunmow, Essex, <http://www.grangefarmdunmowrunners.co.uk>

13 Stowmarket Striders Scenic 7, Stowmarket, Suffolk, <http://www.stowmarketstriders.org.uk/scenic7.shtml>

13 UKA McCain UK Cross Challenge XC Series, U13/15/17/20 & Senior, Ashton Court Estate, Bristol,

<http://www.uka.org.uk/competitions/mccain-uk-cross-challenge/>

19 (Sat) Dirt Half-Marathon Challenge, Leighton Buzzard, Beds, <http://www.dirtrunning.co.uk>

19 (Sat) SEAA XC Champs, London XC Champs, Parliament Hill Fields, <http://www.seaa.org.uk>

20 Guts & Glory 5k/12k, Colchester, Essex, <http://www.muckyraces.co.uk>

20 Hadleigh 10m Road Race, Hadleigh, Suffolk, <http://www.hadleighhares.co.uk>

20 Luton Marathon, <http://www.lutonmarathon.org.uk>

20 RNLI Reindeer Run 10k, River Lee Country Park, Essex, <http://www.rnli.org.uk/reindeer>

20 St Neots Half-Marathon, <http://www.riversiderunnersraces.co.uk>

26 (Sat) Trent Park 5k Handicap, Oakwood, Herts, <http://www.trentparkrc.org>

26 (Sat) UKA McCain UK Cross Challenge XC Series, U13/15/17/20 & Senior, Sefton Park, Liverpool,

<http://www.uka.org.uk/competitions/mccain-uk-cross-challenge/>

26 (Sat) Wandlebury & Roman Road 6m Trail Run, Cambridge, <http://www.overrunevents.co.uk/>

27 Bath hilly Half-Marathon, Bath, <http://www.tronium.com/bathhillyhalf>

27 Cotswold 10k Run, <http://beyondthelimitations.co.uk>

27 EAA XC Championships, U13 Boys/Girls 3k, U15 Boys/Girls 4k, Senior Men 12k, Senior Women 6k, U20

Men 8k, U20 Women 6k, U17 Men/Women 6k, Holbrook, Ipswich, Suffolk, <http://www.easternaa.co.uk/>

27 Hereward Relay, Peterborough to Ely, 4 stage Relay or Ultra race

[http://www.marchathleticclub.co.uk/hereward\\_2011.htm](http://www.marchathleticclub.co.uk/hereward_2011.htm)

27 Larking Gowen City of Norwich Half-Marathon, Norfolk Showground, Norwich,

<http://www.cityofnorwichhalfmarathon.com>

27 RNLI Reindeer Run 5k & 10k, Woburn Abbey, Beds, <http://rnli.org.uk/reindeer>

### **December**

02 (Fri) Ely Runner's Christmas Buffet & Drinks, (Private Event) Cutter Inn, Ely (Prov)

04 Nene Valley Harriers 10, Peterborough, <http://www.nvh.org.uk/index2.htm>

10 (Sat) SEAA XC Champs, Masters & Inter-Counties Champs, Lloyd Park, Croydon, Surrey,

<http://www.seaa.org.uk>

11 Bedford Harriers Half-Marathon, <http://www.bedfordharriers.co.uk/>

- 11 Frostbite League Race 3, ~5m, Hinchingsbrooke Country Park, Huntingdon, <http://www.frostbiteleague.org.uk/>  
17 (Sat) Xmas Gloucester 5m, <http://beyondthelimitations.co.uk>  
18 Club Pre-Christmas training runs, (Private Event) Woodditton/Ely 18.5m, Woodditton/Reach 7.5m, Reach/Ely 11m. Lunch afterwards at the High Flyer  
18 Ryston Runners XC Grand Prix Series 6.5k, Shouldham Warren, Nr Downham Market, <http://www.rystonrunners.org.uk/cross.htm>  
31 (Sat) Ely New Year's Eve 10k Road Race, 1100 Little Downham, <http://www.newyarseve10k.co.uk>

### **January**

- 01 Tronium Knacker Cracker 10k, Box Hill, Surrey, <http://www.tronium.com/knackercracker>  
15 Frostbite League Race 4, ~5m, March, TBC, <http://www.frostbiteleague.org.uk/>  
15 Ryston Runners XC Grand Prix Series 5k, Shouldham Warren, Nr Downham Market, <http://www.rystonrunners.org.uk/cross.htm>  
15 UKA McCain UK Cross Challenge XC Series, U13/15/17/20 & Senior, Blackweir Fields, Cardiff, <http://www.uka.org.uk/competitions/mccain-uk-cross-challenge/>  
21 (Sat) UKA McCain UK Cross Challenge XC Series, U13/15/17/20 & Senior, Greenmount Campus, Antrim, NI, <http://www.uka.org.uk/competitions/mccain-uk-cross-challenge/>  
22 Gloucester Half-Marathon & Marathon, <http://beyondthelimitations.co.uk>  
28 (Sat) SEAA XC Champs, Main Champs, Stanmer Park, Brighton, <http://www.seaa.org.uk>

### **February**

- 05 Frostbite League Race 5, ~5m, Bourne Woods, Bourne, <http://www.frostbiteleague.org.uk/>  
12 Ryston Runners XC Grand Prix Series 9k, Shouldham Warren, Nr Downham Market, <http://www.rystonrunners.org.uk/cross.htm>  
19 Cotswold Marathon, 35.2m Challenge & 9m FR/Walk, <http://beyondthelimitations.co.uk>  
25 (Sat) Saucony National XC Championships, Parliament Hill, London, U13 boys/girls 3k; U15 boys/girls 4.5k/3k; U17 women/men 5k/6k; junior women/men 6k/10k; senior women/men 8k/12k, <http://www.englishcrosscountry.co.uk>

### **March**

- 04 Frostbite League Race 6, 5m, Huntingdon, <http://www.frostbiteleague.org.uk/>  
10 (Sat) UKA McCain UK Cross Challenge XC Series, U13/15/17/20 & Senior, Cofton Park, Birmingham, <http://www.uka.org.uk/competitions/mccain-uk-cross-challenge/>  
11 Cambridge Half-Marathon, Cambridge, <http://www.onestepbeyond.org.uk/cambridge-half-marathon.php?mid=4>  
18 Tronium Wife Carrying Race, The Nower, Dorking, <http://www.tronium.com/wife>  
18 Tronium Leith Hill Half Marathon, The Nower, Dorking, <http://www.tronium.com/leithhillhalf>  
18 Ryston Runners XC Grand Prix Series 6.5k, Shouldham Warren, Nr Downham Market, <http://www.rystonrunners.org.uk/cross.htm>  
24 (Sat) Frostbite Presentation Evening, The Plough, facet, Peterborough, <http://www.frostbiteleague.org.uk/>

### **April**

- 15 Brighton Marathon, <http://brightonmarathon.co.uk/>  
22 Virgin London Marathon, <http://www.virginlondonmarathon.com/>  
29 Milton Keynes Marathon, Milton Keynes, <http://www.miltonkeynesmarathon.co.uk>

### **May**

- 20 Great Baddow Charity Race 10m & 2m FR, including Essex AAA champs, Great Baddow, near Chelmsford, <http://www.baddowraces.org.uk/>  
20 Run Tewkesbury Half-Marathon & 5m FR, <http://beyondthelimitations.co.uk>

### **June**

- 23 Tronium Picnic Marathon, Box Hill, Surrey, <http://www.tronium.com/picnic>  
23 Tronium Midsummer Munro Half-Marathon, Box Hill, Surrey, <http://www.tronium.com/mm>

### **July**

- 01 Boddington Marathon, 50k & 10k Multi-Terrain, <http://beyondthelimitations.co.uk>

### **September**

- 02 Run Cheltenham Half-Marathon, Cheltenham, Gloucs, <http://www.runcheltenham.org.uk>

**NOTES**

Races and events are on Sunday unless otherwise mentioned. Many events also have a concurrent Fun Run. These can provide valuable racing experience for junior members and beginners. Check the main race information for details. Courses are usually on roads and/or hard footpaths/cycle ways unless otherwise mentioned. Distances without units (m or k) are probably m = miles. Frostbite League races are about 5-6 miles for seniors and 1.5m for juniors. 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 Steve Tovey, [secretary@elyrunners.co.uk](mailto:secretary@elyrunners.co.uk) who also has details of all RRC/TRA long distance road/TR/XC races and FRA fell races.

National, regional and county championship team entries are via Heidi Uff, [captain@elyrunners.co.uk](mailto:captain@elyrunners.co.uk) but for -13, -15, -17 & juniors, first contact Lesley Wright, [lesley@elyrunners.co.uk](mailto:lesley@elyrunners.co.uk).

Ely Runners' private club XC championships, 10k/1m handicaps, and TTR relay entries are via Matthew Holmes, ([matt@elyrunners.co.uk](mailto:matt@elyrunners.co.uk)).

Long distance team relay entries are via Alan Rutterford, [alan@elyrunners.co.uk](mailto:alan@elyrunners.co.uk) and paid for (if funds available) by the club.

Social events are via Julie Foreman, [julie@elyrunners.co.uk](mailto:julie@elyrunners.co.uk)

Junior training details from Junior Representative/Club Coach Alan Rutterford, [alan@elyrunners.co.uk](mailto:alan@elyrunners.co.uk)

Junior race details from Junior Secretary Lesley Wright, [lesley@elyrunners.co.uk](mailto:lesley@elyrunners.co.uk)

Club website: <http://www.elyrunners.co.uk>

Grunty Fen 1/2M website: <http://www.gruntyfen.co.uk>

NYE10k website: <http://www.newyarseve10k.co.uk>

Turing Trail Relay website: <http://www.turingrelay.co.uk>

Association of Running Clubs website: <http://www.runningclubs.org.uk>

EVAC Webzine: <http://www.easternveteran.co.uk/>

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