

Ely Runners Newsletter

August 2010



NEW MEMBERS

This month we welcome the following new members to the club:

John & Karen Foster

CLUB EVENTS

Ely Standard 20th Grunty Fen Half Marathon, Witchford, Sunday 12th September

This is one of the club's two flagship open events. It includes the County Championships and Cambs Road Race League. See www.gruntyfen.co.uk

Please could members reserve this date to help as a marshal or official and let John Glover john@elyrunners.co.uk know as soon as possible if you are available.

NEWS & NOTICES

Wibbly Wobbly Log Jog, Brandon Forest, Friday 6th August

To share transport, please meet at the Paradise centre car park at 6:00 pm for the 7:30 pm start. Please note that this race is full and there are no entries on the day.

Joseph Tate

Alex Tate and his wife have a new son 'Joseph James Tate' who was born on Monday July 12th. Weighing in at an impressive 10.5 lbs.

New Triathlon Shop

TriSportsPlus, carrying clothing, equipment and accessories for triathletes, runners, cyclists and swimmers + free computerised gait analysis. Address: 77 High Street, Huntingdon. PE29 3EN, just off the Ring Road, opposite the Territorial Inn. Tel 01480 454183

The Mayor of Huntingdon, will be opening the store on Saturday 7th August 2010 at 10am and there will be a 10% discount on all items on Saturday 7th and Sunday 8th + plenty of goodies to give away to first 25 purchasers on both days of opening weekend, finally, entry to a raffle with any purchase over £15 made during August, to win a pair of running shoes of your choice (from the brands/styles we stock) or any single item up to the value of £150.

More representation for Club Juniors on the Committee

At the Committee meeting on 19th July, Lesley Wright who works with Alan Rutterford coaching the Juniors also offered to help with identifying and organising races, involving parents and recruiting for Juniors. Therefore, to provide support for Alan and to give the Junior Section more structure, Lesley was co-opted onto the Committee as Secretary for the Junior Section.



Lesley Wright

Junior Training

As Melanie Fisher will shortly be moving to take a new job in Newcastle, Heidi Uff has offered to attend a level 1 course and this was approved by the Committee.

The Fell Runners Association (FRA)

The FRA is 40 years old this year

Runners of all ages and abilities can spice up their running with some interesting ascents and descents. See the FRA website at: www.fellrunner.org.uk

Dictionary of Running etc Jargon

Well worth a look on following link: http://www.10ktruth.com/q_and_a/vocab.htm#emil

SOCIAL EVENTS

After Training Drinks

After training drinks are usually held on **Thursdays**. All members are welcome to attend. Further information is available from **Julie Foreman** (Julie@elyrunners.co.uk). Next is Thursday 5th August at the West end pub.

Club Bowling Night

**At Strikes Bowling, Ely
Friday 20th August at 7.00pm**

Big Night Out:

Includes 2 games of bowling, sit down meal and prizes for the highest and lowest score.

£14.95 per person (£5 deposit required before the night)

Juniors must be accompanied by an adult

Menu

- 1/2lb Aberdeen Angus Steak Burger served with steakhouse chips, bbq dip and coleslaw
- Chicken in White Wine and Mushroom Sauce served on a bed of rice with salad garnish

- Half Rack of BBQ Ribs with steakhouse chips, salad and coleslaw
- Deep Fried Whole Tail Scampi served with chips, peas and a salad garnish
- Vegetarian or Meat Lasagne served with garlic bread slices and salad

If you would like to reserve a place or have any questions please let me know -
julie@elyrunners.co.uk

Christmas Drinks

Please note the date has been changed from Thursday 2nd December to Friday 3rd December. This occasion also includes the draw for the club's three London Marathon places. This draw is between members who have applied for the London but have been rejected.

Ely Runners 25th

The club was formed in 1985 (see <http://www.elyrunners.co.uk/history.htm>) and the Committee are planning to mark this anniversary.

RESULTS ROUND-UP – JULY

A month of achievements!

Club 1 Mile Handicap, Thursday 8th July 2010

This year's event was held on KSE's Amherst grass track instead of the now very undulating Quanea Drove. **Results:** Handicap 1st male Andrew Balmford & 1st female Natalie Etches; Age Related 1st male Graham Chapman & 1st Female Heidi Uff; Fastest Times 1st male Craig Holgate & 1st female Heidi Uff; Junior Handicap 1st boy Alex Ellwood & 1st girl Hattie Fletcher. Thanks to Steve Tovey for organising and to Emily Knight (Timekeeper) and Charlie Barker (Photographer)





ER Juniors with Alan Rutterford and Brent Crossman (top photo) and Seniors (bottom photo) at the 1 Mile Handicap

In open events, there were many fine performances and PBs at all levels but the following were outstanding:

Doug Anderson 5k, Bedford

Stephen Pettit 1st MV45 in club record, John Manlow 1st MV40

Littleport 10k

Craig Holgate 2nd overall in club SM record

Luton 10k (3rd race in Luton Summer Series)

Stephen Pettit 3rd but overall winner of the series

Lakeland 50m

David Mould braved wind, rain and 3,030m (over 10,000!) of climb to finish 154th in 14:45:45



David Mould

St Ives 10k

Craig Holgate 1st overall, John Uff 1st M25-29

Wardown Park 5k Luton

Stephen Pettit 4th in MV45 club record

Bushy 10k

Stephen Petit 8th in MV45 club record

Catforth 10k, Lancs

Craig Holgate 2nd overall

Newmarket 10k

Ian Day 1st MV40, Maurice Reed 1st MV45

Midsummer 5m, Wimbolton, Norfolk

Ian Day 1st overall

Report from Rob Comley, Switzerland



Rob Comley

I have something for your next newsletter.

I recently took part in his first race on Swiss soil, called the Chrischonalauf. It was a local affair organised by the ski and sports club in the village me and Marion are living in. The course ran from Riehen, on the edge of Basel (in northwest Switzerland) to St Chrischona and back.

It took in 6 miles (9.7 km), 75% of which was forest trails and 25% road, with an elevation of >1000 feet (325m) (St Chrischona being the highest point in the Canton).

Anyone who is really bored can see a map here: <http://connect.garmin.com/activity/37919980>

The weather was warm, and the turn out was quite good for a Wednesday night.

Given the course and my trademark lack of training I was quite pleased to get away with 50 minutes. A sprint finish was pulled out of the bag as usual (with a maximum heart rate of 215 bpm).

For once I was the first Ely runner!

Rob

Forthcoming events

Cambridge Parkrun

This series is continuing to prove popular with members, with a further five races taking place in July. Cambridge 5k Park Runs are every Saturday at 0900. Entry is free but before your first race, register on-line by 1800 on Friday at www.parkrun.org.uk/cambridge/Home.aspx

Frostbite Friendly League 2010-2011

The first FFL venue on Sunday 3rd October has now reverted to the usual Priory Park at St Neots. It's an excellent course of parkland grass and woodland tracks. As such, it is suitable for spikes. As usual, the Junior race will start at 10:15 am and the Senior race at 11:00 am

Other FFL dates and venues are:

- 7 Nov Bushfield, Peterborough
- 12 Dec Hinchingsbrooke Park, Huntingdon
- 16 Jan Ramsey
- 6 Feb Bourne Woods

- 6 Mar BRJ Huntingdon

This series of six races of 1.5m for Juniors and about 5-6m for Seniors is free to all members and provides enjoyable competition at all levels, plus all members running influence the result by competing against scoring members of other teams. No prior entry or numbers are required as club members are allocated PIN numbers and finishing position tags which are recorded by the club's Team Manager Eric Drury.

Team scoring is Juniors 1st 5 (1 must be a girl) and Seniors 1st 10 (3 must be women) but all other runners will interact with the results.

Having won the Senior FFL twice since 2004, we slipped last season to 10th of 17 teams. Our talented Juniors, in their first full year in the FFL improved through the season to finish 9th of 13 teams but should gain places in 2010-11 because there are more members to ensure a full scoring teams for each race.

Apart from providing being enjoyable team and individual competition, these races provide a measure of progress and inspiration throughout the winter season.

The On-Footse Top 100

This is a corporate 1mile event that will be taking place on Sunday 3rd October at the Cambridge University Athletics Track for runners to take part on behalf of their companies. If you look at the website you will see some of the runners from 2008 and they are hoping to attract 100 runners this year. www.footse100.org.

Beachy Head Marathon, Saturday 23rd October 2010

Entries (see <http://www.visiteastbourne.com/marathon.asp>) are filling up for this very popular (enter ASAP) off-road and hilly marathon over the South Downs from Eastbourne. Lots of members have taken part for many years in this inspiring run at an ideal time of year over some of the finest scenery in the SE.

Other Events

See following **RACES & EVENTS GUIDE**

Event photographs

Race/club event photographs should now be sent to Steve Tovey (sct36@cam.ac.uk) ideally they should be resized to 800x600 pixels (ish) and preferably be less than 100k in size.

Contributions to the Newsletter

Please send your contributions to the newsletter to newsletter@elyrunners.co.uk

New Editor

From September, Martin Courtney will be taking over as Editor of the Newsletter.



Martin Courtney

Thanks to Charlie Barker for being Editor until July

RACES & EVENTS GUIDE 2010-2011

August 2010

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 www.parkrun.org.uk/cambridge/Home.aspx

August

04 (Wed) EVAC T&F League Meeting, Milton Keynes/King's Lynn/Lee Valley

05 (Thu) **Club after training drinks**, at the West End pub, Ely.

06 (Fri) Wibbly Wobbly Log Jog, 1930 Mayday Field, B1106 Brandon, www.bfh.org.uk (entry full)

08 BMAF ½ Marathon Championships, Burnham Beeches, Slough

08 Newark ½ Marathon, 1020 Market Place, £12, EOD +£2, www.newarkhalf.co.uk

11 (Wed) Peterborough 3k/5k Series, 1900/1930 Werrington SpC, £3/£4,

<http://www.eyerunners.plus.com/5Kpage2.htm>

12 (Thu)GCAN social/workshop+3k time trial evening, 2000 Camb Univ track, regis june.swift@gcan.org

15 Thorney 5m, 1030 Bedford Hall, Thorney, £7, EOD +£1, www.thorneyrunningclub.co.uk

15 Great Yarmouth ½ Marathon, 1000 Emerald Park, Gorleston FC, £10, EOD +£2, www.gyrr.co.uk

15 Cambridge Triathlon, Mepal, Cambs, 1.5k/40k/10k, www.cambridgetriathlonclub.com

18 (Wed) Nene Valley 5k, 1900 Watersports Centre, Ferry Meadows, Peterborough, £4, EOD +£1

20 **Club Bowling Night**, 1900 Strikes, Ely, £14.95 incl 2 games, meal & prizes, julie@elyrunners.co.uk

21 (Sat) Race the Train 14m TR, Tywyn, Mid-Wales, www.racethetrain.co.uk

22 Reepham 10k, 1000 Stimpson's Piece Sportsground, £8, EOD +£2,

www.reephamrunners.co.uk/rrssr.htm

22 Big Fun Run 5k, 1100 Norwich, £8, no EOD, www.bigfunrun.com

22 BMAF Half Marathon, Burnham Beeches, Slough, www.bmaf.org.uk

25 (Wed) Wroxham 5k (Race 3), Broadland High School, Hoveton, £6, EOD +£2, www.nrr.org.uk

28 (Sat) U15/U20 SEAA Inter-Counties T&F Champs, Barnet Copthall

28 (Sat) Eversden 5m, 0930 Recreation Ground, near Wimpole Hall, £6, www.welcomewords.blogg.com

29 Paul Maguire Memorial 5m, 1100 Marriots School, Stevenage, £8, no EOD,

PaulMaguire5@fvspartans.org.uk

29 Ipswich Junior Triathlon, 1000 Framlingham Castle, £10, no EOD, www.ipswich-tri.org

September

01 SEAA AGM, 1930 Chadwick Street Recreation Centre, London (details on notice board)

05 Framlingham 10k, 1100 Sports Club, Badingham Rd, £7, EOD +£2, www.framflyers.org.uk

05 The Beast (13m multi-terrain), Corfe Castle, Dorset, www.poole.ac.co.uk

05 EVAC T&F League – Final (full match), Bedford

05 Wissey ½ Marathon (EVAC Champs), 1030 Oxborough Village Hall, £10, EOD +£2

www.rystonrunners.org.uk

05 Bedford Harrier's 25th Anniversary 10k, 1000 Athletic Stadium, £8, EOD +£2,

www.bedfordharriers.co.uk

10-17 European Masters Games, Lignano, Italy

12 **Ely Standard 20th Grunty Fen Half Marathon**, Witchford, www.gruntyfen.co.uk

12 BMAF 10k Road Championships, Goodrich, Wolverhampton

18 (Sat) Spartan Race, Cambridge, Army Trg Rgt, Bassingbourne Bks, www.spartanrace.com

18/19 (Sat/Sun) **Round Norfolk Relay**, 194 miles in 17 stages, www.roundnorfolkrelay.com

19 Spartan 5k obstacle course run, from 0800 Cambridge, www.spartanrace.com/cambridge.php

25 (Sat) SEAA 6/4 Stage Road Relays (senior men & vets), Rushmoor Arena, Aldershot

19 Ponton Plod 27m/17m/11.5m, 0830/0930 Gt Ponton Community Centre, Grantham, £8/£8.50/£9, EOD+£2

25 (Sat) 5k Runway Run, Tibenham, Norfolk, £10 (6-17 & +60 £5) for East Anglia Air Ambulance

25 (Sat) SEAA Women's, Young Athlete's & Veteran's Road Relay Championships, 1100-155 Rushmoor Arena, Aldershot

26 SEAA Men's 6 & 4 stage Road Relay Championships, 1230 & 1430 Rushmoor Arena, Aldershot

26 SEAA 6/4 Stage Road Relays (women & young athletes), Rushmoor Arena, Aldershot

26 EVAC T&F Championships, UEA Sportspark, Univ of East Anglia, Norwich, NR4 7TJ

26 English Schools Fell Running Championships, 1100 Sedbergh School, £5, www.esfrc.org, CD 14/9

October

03 Frostbite League, Jn 1015, Sn 1100, Priory Park, St Neots

03 SEAA 10k Road Race Champs, 1100 Crystal Palace NSC, London, www.seaa.org.uk

03 BMAF 10m Championships, Oldbury Power Station, Bristol

03 On-Footse Top 100 corporate mile, University Track, Cambridge, www.footse100.org.

09 (Sat) Norfolk Coast Ultra 60m, £48, <http://adventurehub.com/ahnorfolkultra.html>

09 (Sat) Discovery 10k/5k, Dovercourt/Harwich, www.discoveryrun.co.uk

10 Great Eastern Run ½ Marathon & 4k Fun Run, 1010 Peterborough

17 EVAC XC Championships, Ampthill Trophy Meeting, Bedford

17 Saxons 5m MT, 1100 Carlton Park Rec Ground, Saxmundham, IP17 1AT, £7, EOD +£3

17 River Cam Run

23 (Sat) Beachy Head Marathon, South Downs, 0900 Eastbourne,

<http://www.visiteastbourne.com/marathon.asp>

24 Exmoor Stagger, Minehead, 15.1m & 3,627' ascent, £10, EOD +£2 www.mineheadrunningclub.co.uk

31 Fenland 10m (CAA Champs), 1000 Marshland High School, West Walton, Wisbech, £8.50, no EOD, www.fenlandrunners.org.uk

November

07 Frostbite League, Jn 1015, Sn 1100, Bushfield, Peterborough

07 Stevenage ½ Marathon *including ARC Championships*, www.fvspartans.org.uk

28 Hereward 4 Stage Relay (37.73m Peterborough to Ely), club teams

December

- 03 (Fri) **Ely Runner's Christmas Buffet & Drinks**, Cutter Inn, Ely
- 05 Nene Valley 10m, 1030 The Cresset, Bretton, Peterborough, £8, www.nvh.orh
- 11 (Sat) SEAA Masters & Inter-County XC Championships, venue tba
- 12 Frostbite League, Jn 1015, Sn 1100, Hinchingsbrooke Park, Huntingdon
- 19 **Club Pre-Christmas training runs**, Woodditton to Ely 18.5m, Woodditton to Reach 7.5m, Reach to Ely 11m. Meet 0800 Paradise car park for transport to starts. *Contact JT to run.* Lunch afterwards at the High
Flyer at 1300 - contact julie@elyrunners.co.uk to book
- 26 **Boxing Day training**, meet 0900 Paradise Centre car park
- 31 (Fri) **Ely New Year's Eve 10k Road Race**, Little Downham www.newyarseve10k.co.uk

January 2011

- 16 Frostbite League, Jn 1015, Sn 1100, Ramsey
- 29 (Sat) SEAA XC Championships, Parliament Hill, London

February

- 06 Frostbite League, Jn 1015, Sn 1100, Bourne Woods

March

- 06 Frostbite League, Jn 1015, Sn 1100, BRJ Huntingdon
- 12 (Sat) BMAF XC Championships, Wig more Valley Park, Luton

May

- 08 Eye 10k
- 08 Frostbite Friendly League AGM
- 21 (Sat) BMAF Road Relays, Sutton Park

June

- 09 (Thurs) **Ely Runners 10k Club Handicap**
- 19 BMAF 5k Championships, Horwich

July

- 14 (Thurs) **Ely Runners 1m Club Handicap**

August

- 16-25, European Vets Championships, Stadia

NOTES

Races and events are on Sunday unless otherwise mentioned.

Race entry fees are the ARC or UKA affiliated club fees

Many events also have a concurrent Fun Run – check 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 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).

Ely Runners' private club XC championships, 10k/1m handicaps, and TTR relay entries are via Steve Tovey
(membership@elyrunners.co.uk).

Long distance team relay entries are via Alan Rutterford and paid for (if funds available) by the club.

Social Events are via Julie Foreman julie@elyrunners.co.uk

Club website: www.elyrunners.co.uk

Grunty Fen 1/2M website www.gruntyfen.co.uk

NYE10k website www.newyarseve10k.co.uk

Turing Trail Relay website www.turingrelay.co.uk

Association of Running Clubs www.runningclubs.org.uk

Last Updated JT 03.08.2010