

# Ely Runners Newsletter

**JANUARY 2010**



## **NEW MEMBERS**

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

**Charlotte Ashley-Roberts**  
**Dylan Campbell**  
**Felicity Chivers**  
**Fraser Crossman**  
**Louis McGee**  
**David Newman**  
**Sebastian Pettit**  
**Alex Seabright**  
**Zoe Shackleton**  
**Charlie Staaf**  
**Nick Staaf**

## **CLUB EVENTS**

**WHO'D BE A RACE DIRECTOR? – Race Report on the New Year's Eve 10K by John Turner**

The best laid plans of mice and men can go astray but, as a former ER lady Chairman once remarked, "So long as the runners are happy and we cope with the problems, it's OK." Take the recent New Year's Eve 10k for instance....

The long-range forecast for 31st December 2009 was potentially awful, with either snow and/or ice following a brief thaw (just the job for a fretful Christmas!) but it began to look better and come the day, conditions were thankfully quite good, being above freezing with a light wind.

Several pre-race messages to the mobile toilet firm were not answered and they didn't arrive the day before, as booked. Therefore, early on Race Day, Tony Hall was dispatched to their yard in Littleport to find it locked up. A large space had to be left in the pavilion car park to enable them to manoeuvre their trailer, should it arrive. And then, 15 mins *after* the race had started, the Race Director received a phone call from the mobile toilet firm stating they'd been doing some contract work and the booking (end of September) was "some time ago".

A resident of the narrow School Lane was concerned because he was expecting two delivery vans at the same time as the runners would be arriving and another villager strode protectively into the village hall and grandly asked, "What's going on?" He was informed that it was the 'usual' (since 2000) NYE10k race. Then, just as the car park behind the village hall had been cordoned off for officials only, the refuse lorry arrived for the contents of the recycling bins. Shortly afterwards, a call from Adam Etches ('Lead' vehicle on pre-race recce) to say that sugar beet lorries were loading on the course (which was very muddy) got a hopeful "should be finished by the race" reply.

The finish gantry was erected as planned but the wind increased and it blew over and had to be abandoned.

After some anxiety, the St John Ambulance eventually arrived shortly before the start. Then, during the race, 'Sweep' driver Darren Murfitt said the race-following SJA cyclist first-aider wasn't with him, as arranged. Fortunately Emma Greaves (a MAGPAS first responder) kindly substituted.

A helpful Community Police Officer offered to prevent runners parking in the busy Main Street but then received an emergency call to instead go and deal with an angry swan!

The main halfway drinks staff didn't appear as their car had broken down en route - Brenan Morgan stepped in and set up the station with fresh staff.

The beer delivery (624 bottles) arrived later than planned and with the van and driver covered in mud - they'd had a blowout on the way and skidded off the road - and considered themselves lucky to have arrived at all!

Before the start, it began to rain and the Piper was concerned he couldn't play if his pipes took on water but again we were lucky and it stopped raining. He's ex-Black Watch and told me he'd once spent a week in the unit nick after being found on parade (by way of a mirror on a stick) to be wearing boxer shorts under his kilt!



The piper starts to wish he hadn't mentioned mirrors and sticks to JT...

The drinks distribution staff couldn't find the 24 bottles of apple juice (for U-18s and non beer drinkers) amongst the 600 bottles of beer. These had the same style labels but no mention of alcohol and were only identified shortly before the first runner appeared...

Then, during the production of results, the club's laptop failed. However, the resourceful results team still managed to produce a punctual prize-winners' list but at the presentation two of the 'prize-winners' were found to be unofficially substituted runners...

Otherwise, everything went as planned and there were 500 finishers with the bonus of both male and female records and no grumbles. In fact, the club received many compliments from happy runners, including this one left on the website from Harvey Gayer: "*This was my third from the USA and I still love this race! Well done again to the Ely Runners.... You are rock stars ....*"

So well done indeed everyone and thank you for being such a good team, with the enthusiasm and race day ability to think on your feet.

JT 05.01.2010

### **Ely Runners' Annual General Meeting**

The club's AGM will be held on **Monday 1<sup>st</sup> February 2010 at 7:30 pm** at the Paradise Centre in the bar conference room. This is an important club event, so please try to attend.

During the meeting the following awards will be made:

- Eric Drury Shield: *Most Improved New Member Runner*
- *Most Improved Female Runner*
- *Most Improved Male Runner*
- *Best Half Marathon*
- Eric Drury Cup: *Best Marathon*
- Special Achievement Awards

Nominations and/or volunteers for the Committee and items for the agenda should be forwarded to **John Turner** ([secretary@elyrunners.co.uk](mailto:secretary@elyrunners.co.uk)) as soon as possible.

## **SUBSCRIPTIONS and REGISTRATION**

**Subscriptions** (£10) for existing members of the club were due **by 1<sup>st</sup> January**. (N.B. An exception is those members who joined after 15<sup>th</sup> November, whose subscription will cover them for 2010.)

If you do not renew your subscription by the end of March, you will be removed from the membership list and not be entitled to attend training, represent the club in races, take part in club championships, claim affiliated entry fees, or wear club colours.

Subs can be renewed online at [www.elyrunners.co.uk](http://www.elyrunners.co.uk) > CLUB INFO > Membership.

### **England Athletics Registration**

To take part in **UKA National** and **SEAA championships**, members need to be registered with England Athletics (EA). Also, a few open events still require EA registration to claim affiliated entry fees. However, most events (especially locally) either have **ARC** permits or, if they have UKA permits, require only membership of an EA affiliated club, like Ely Runners. This year (2009-10) 35 members requested **registration with EA**. Please could members who would like to be registered from 1<sup>st</sup> April 2010 with EA for 2010-11, please contact John Turner [secretary@elyrunners.co.uk](mailto:secretary@elyrunners.co.uk). *Subject to agreement at the AGM*, the club will pay the £5 registration fee. Registration number confirmation and cards will be supplied when received from EA.

## **SOCIAL EVENTS**

### **Christmas Drinks – Raffle**

Thanks must go to **Adam** and **Natalie Etches** for organising yet another successful raffle at the club's Christmas drinks in December, raising £215 for East Anglian Children's Hospices. The club's Committee has since agreed to match this sum, so a total of £430 has now been donated to EACH.

### **After Training Drinks**

The next after training drinks are on **Thursday 7<sup>th</sup> January 2010**. All members are welcome to attend. Further information is available from **Julie Foreman** ([Julie@elyrunners.co.uk](mailto:Julie@elyrunners.co.uk)).

## **FORTHCOMING EVENTS**

### **Frostbite Friendly League**

The fourth FFL race will be at Ramsey on **Sunday 17 January**. The course takes in the playing fields of the sports centre, before heading out over both hard and soft farm tracks.

The club is currently lying 10<sup>th</sup> out of 17 teams in the senior league, having dropped one place after the 3<sup>rd</sup> race in December. Meanwhile, the junior team finished a creditable 6<sup>th</sup> in the last race, so moved up to 9<sup>th</sup> place (out of 13 teams) overall. See the **Results Round-up** section below for a report on this race.

Junior races start at 10:15 am and Senior races start at 11:00 am. Any junior members wishing to take part should contact **Alan Rutterford** at [alan@elyrunners.co.uk](mailto:alan@elyrunners.co.uk). Senior members should meet at the Paradise Centre car park at 9.15am to share transport.

Remaining fixtures:

17 January 2010	Ramsey Sports Centre	(Ramsey Road Runners)
7 February 2010	Bourne Woods	(Bourne)
7 March 2010	Huntingdon BRJ Club	(BRJ)

Further details are available on [www.frostbiteleague.org.uk](http://www.frostbiteleague.org.uk).

### **2009/10 Frostbite Friendly League Presentation Evening**

This will be held on Saturday 27th March, 2010 from 7:30 pm to midnight at Abbey College, Ramsey.

There will be a hog roast, bar and raffle plus *The Skyliners* live band.

The club has been allocated 10 tickets (at £12.50 each) on a first come first served basis. Please let **John Turner** ([secretary@elyrunners.co.uk](mailto:secretary@elyrunners.co.uk)) know as soon as possible, if you would like to go.

### **SEAA Masters Cross-Country Championships 2009-2010**

These will be on Sunday 14 March 2010 at Trent Park, Cockfosters, Herts. To be eligible, members must have been born in the region or had 9 months of continuous residency. If you qualify by birth and residency for different regions, you may only run for one region during each competition year from October to September.

If you would like to run, please contact **Charlie Barker** ([captain@elyrunners.co.uk](mailto:captain@elyrunners.co.uk)).

### **ECCA National Cross-Country Championships**

The **ECCA National Cross-Country Championships** will be at Roundhay Park, Leeds on **Saturday 27<sup>th</sup> February** for all age groups from under-13 to Seniors. If you'd like to run, please contact Charlie Barker ([captain@elyrunners.co.uk](mailto:captain@elyrunners.co.uk)) ASAP so that he can make the team entries. **Closing date for receipt of entries by ECCA is 11<sup>th</sup> January.**

### **Cambridge Parkrun**

Thanks largely to the efforts of **Heidi Fochtman**, Cambridge is soon to have its own parkrun.

The basic idea of parkrun is to provide local people with a free, timed 5k run every Saturday morning at 9.00am. All runners are welcomed, regardless of ability. Parkruns in various locations across the UK have been proving popular for a while but, until now, the nearest parkrun to us has been in Milton Keynes. Interest in the idea of a parkrun in Cambridge is plentiful – there are already some 85 fans on Facebook!

It is expected that the first Cambridge parkrun will be held at the end of January/the beginning of February, and from then onwards will be run weekly, on a scenic course around Milton Country Park.

The success of the event will depend upon a good turn-out from both runners and helpers – a minimum of 5-7 volunteers will be needed each week – so please consider giving Heidi and the Cambridge parkrun your support from time to time.

If you are interested in running or helping at these events, please watch the Parkrun website – [www.parkrun.com](http://www.parkrun.com). The Cambridge Parkrun page should go live sometime after 15 January, with details of the date for the inaugural race and instructions for registering to take part in the races.

If you would like any further information, please contact **Heidi Fochtmann** directly ([heidi\\_ims@yahoo.co.uk](mailto:heidi_ims@yahoo.co.uk)).

## RESULTS ROUND-UP

**Alan Rutterford** has provided the following report on the junior team's performance at the November Frostbite Friendly League race:

The 3rd of the 6 races at Hinchingsbrooke Country Park saw Ely Runners juniors move up from 10th of 13 teams to 9th of 13, with some outstanding performances. **Alexander Ellwood** was the first Ely Runner home in 33rd place, followed by **Nathan Pennington** 41st, debutants **Fraser Crossman** 43rd and **Dylan Campbell** 43<sup>rd</sup> and 56th respectively, **Esme Wright** 60th and Mollie Butler 74th.

Coach, **Alan Rutterford**, was pleased with their performances and praised **Mollie** for carrying on despite being in severe pain with stitch. The weather was dry, sunny and very cold, but the 1.5-mile cross country course was well suited to the 114-strong junior field.

On the day Ely were 6th/13 teams with 233 points, but the winners were Hunts AC with only 27 points. The first 5 home score points and 1 must be a girl, so the club did well because it was the first time we have had a full team out.

Alan Rutterford, December 2009

December is often a quiet month for racing but **Steve Pettit** (2<sup>nd</sup> MV40) and **Peter Harris** (1<sup>st</sup> MV55) in the Nene Valley 10m and **Craig Holgate** (1<sup>st</sup> SM) in the Ulverston Christmas Pudding 10k all finished the year on a winning note.

**Lionel Smith** had a strong run in the club's own NYE 10k to set a new PB.



Lionel Smith

There were close finishes in the club's cross-country championships last Sunday, with **Ian Day** edging out **John Manlow** (1<sup>st</sup> age-graded man) by 2

seconds in the men's race, whilst new members, **Felicity Chivers** and **Zoe Shackleton** were separated by a mere second in the ladies' race, Felicity winning overall, whilst Zoe picked up the prize for 1<sup>st</sup> age-graded lady.

Four juniors also completed a 1.89 mile (3Km) course under the watchful eye of their coach, **Alan Rutterford**. **Alexander Ellwood** came first in 15.15, **Nathan Pennington** 16.42, **Fraser Crossman** 16.56 and **Molly Butler** in 17.52. Afterwards, **Alan** said he was pleased with their performances in the extremely icy and cold conditions.

## **CONTRIBUTIONS TO THE NEWSLETTER**

As ever, please send your contributions to the newsletter to me (Rachel Roberts) at: [newsletter@elyrunners.co.uk](mailto:newsletter@elyrunners.co.uk). Many thanks!

# RACES & EVENTS GUIDE 2010

## January 2010

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

### January

- 10 Cambs AA XC Championships, Priory Park, St Neots (entries to Charlie Barker)
- 17 **Frostbite League** 5m (sports field, droves, farm roads), 1100 Ramsey Sports Centre  
(*Meet Paradise Centre 0915 to share transport*)
- 17 Ryston XC, 5k, 1100 Shouldham Warren
- 17 Wellingborough 5k/10k/15k (Round 1), 1000 Irchester Country Park, £9/£10/£11, EOD +£2
- 24 Folksworth 15m, £15, on-line entry only via Runners World, no EOD
- 24 Coldham's Common Cross-Country, M9k, W5.5k, Camb Univ Hare & Hounds by 14/1
- 30 (Sat) SEAA XC Championships, Parliament Hill Fields, Hampstead Heath, London,  
-13B/G, -15 B/G, -17 M/W, -20 M/W, SM, SW. Club entry if teams of 4 women or 6 men,  
otherwise individuals. Entries to Charlie Barker, [www.seaa.org](http://www.seaa.org)
- 31 Reedham 10m, 1100 Village Hall, Reedham, Norwich, £10, EOD +£2

### February

- 01 (Mon) **Ely Runners Annual General Meeting**, 1930 Paradise Centre, upstairs bar room
- 07 **Frostbite League** 5m (soft & firm woodland paths and farm droves), 1100 Bourne Woods,  
Lincs (*meet Paradise Centre 0845 to share transport*)
- 07 Gt Bentley ½ Marathon, 1030 Gt Bentley Village Hall, Essex, £16
- 07 Watford ½ Marathon, 1030 Cassiobury Park, £15, no EOD
- 07 Wellingborough 5k/10k/15k (Round 2), 1000 Irchester Country Park, £9/£10/£11, EOD +£2
- 14 St Valentine's Day 30k, 1100 Q Eleanor Sch, £16, CD 12/2, no EOD, [www.stamfordstriders.co.uk](http://www.stamfordstriders.co.uk)
- 14 Coe Fen Relays, Fen Causeway, M4x4k, W3x4k, Camb Univ Hare & Hounds by 4/2
- 14 Ryston XC, 9k, 1100 Shouldham Warren
- 21 Selwyn Relays, Wilberforce Road, M4x4k, W3x4k, Camb Univ Hare & Hounds by 11/2
- 21 Bungay Black Dog Great East Run 20k/10k, 1100/1130 Sports Hall, £15/£8, EOD +£3
- 27 (Sat) ECCA National XC Championships, Roundhay Pk, Leeds. Entries via Charlie Barker
- 27 Belvoir Challenge 26+, 0900 Harby Sch, Melton Mowbray, £tba, [www.belvoirchallenge.co.uk](http://www.belvoirchallenge.co.uk)
- 28 SEAA ½ Marathon Champs, Tunbridge Wells Half Marathon
- 28 Wellingborough 5k/10k/15k (Round 3), 1000 Irchester Country Park, £9/£10/£11, EOD +£2
- 28 Tunbridge Wells ½ Marathon, 1000 Sports Centre, St John's Rd, £19.50, no EOD

### March

- 06 Grantham Canal Run 29.3m, 0930 Cotgrave Leisure Centre, £25, no EOD, CD 28/2
- 07 **Frostbite League** 5m (roads & firm paths), 1100 BRJ Club, Huntingdon (*meet Paradise Centre 0915 to share transport*)
- 07 Milton Keynes 1/2 Marathon/10k/5k, [www.mkhalf.co.uk](http://www.mkhalf.co.uk)
- 07 Wymondham 20m 1000 Central Hall, Wymondham, £10.50, EOD +£2
- 07 Cambridge Boundary Run, 42.2k
- 07 Newton's Fraction Half Marathon, 1030 S Kesteven Stadium, Grantham, £10, EOD +£2
- 07 Berkhamstead ½ Marathon, 1030 Cricket Club, £17, no EOD
- 13 BMAF Open XC Championships, Belfast, [www.bmaf.org.uk](http://www.bmaf.org.uk)
- 14 SEAA Masters Cross-Country Championships, Trent Park, Cockfosters, London (further details to follow)
- 14 Lode Muddy Marvel 5m (footpaths & farm tracks), 1100 Lode Social Club, £7, EOD +£1
- 14 Silverstone Half Marathon
- 14 Breckland XC 3.5k Relays, 1000 World Horse Welfare HQ, Snetterton, £15, no EOD
- 14 Amateur Athletic Association AGM, 1200 Alexander Stadium, Birmingham
- 21 **Ely Runners Turing Trail Relay**, 35.5m Ely-Cambridge-Ely (private self-navigation ER team club event – entries to Steve Tovey)
- 21 Ryston XC, 6.5k, 1100 Shouldham Warren
- 21 Mud & Mayhem Duathlon, 1000 Mayday, Thetford Forest, £35, EOD +£5
- 27 (Sat) 1900-1930 Frostbite League Presentation Evening, (hog roast & live music by Skyliners), Abbey College, Ramsey. Tickets £12.50 from Adrian Graham, 01487 812829 or [ramseyrunners@yahoo.co.uk](mailto:ramseyrunners@yahoo.co.uk)
- 28 SEAA Inter Area (Road Race) Match, Eastleigh 10k

## April

04 Trowse 10k, Norwich  
10 (Sat) National 12/6 Stage Road Relays, Sutton Park, W Midlands  
11 Cambridge Cambourne 10k  
11 Sandy 10m, Beds  
14 (Wed) Promenade 5m (Race 1), 1915 Marine Centre, Gt Yarmouth, £5.50, [www.gyrr.co.uk](http://www.gyrr.co.uk)  
18 Brighton Marathon  
18 Bungay Black Dog Marathon/1/2 Marathon, 1030/1230, £18/£15, EOD +£3,  
25 London Marathon  
28 (Wed) Promenade 5m (Race 2), 1915 Marine Centre, Gt Yarmouth, £5.50, [www.gyrr.co.uk](http://www.gyrr.co.uk)

## May

09 Eye 10k, 100 Eye nr Peterborough, £7.50, EOD +£1, [www.eye10k.co.uk](http://www.eye10k.co.uk)  
09 The Gauntlet 10k (v muddy XC), 1100 Bures Pit, Parsonage Hill, Bures, £20  
12 (Wed) Promenade 5m (Race 3), 1915 Marine Centre, Gt Yarmouth, £5.50, [www.gyrr.co.uk](http://www.gyrr.co.uk)  
15 (Sat) Open Masters Road Relay Championships, Sutton Park, [www.bmaf.org.uk](http://www.bmaf.org.uk)  
23 March 5m Spud Run, 1100 Elm Rd Sports Field, March, £tba  
23 Edinburgh Marathon, [www.edinburgh-marathon.com](http://www.edinburgh-marathon.com)  
29/30 (Sat/Sun) SEAA U15/U17 SEAA T&F Champs – venue tba

## June

10 (Thurs) **Ely Runners 10k Club Handicap**, Little Downham  
12/13 (Sat/Sun) SEAA U20/Senior T&F Champs – venue tba  
19-20 (Sat-Sun) BMAF T&F Champs, Alexander Stadium, Birmingham (prov date & venue)  
27 N Devon Marathon & 1/2 Mar, 1000 Woolacombe, £20/£18 [www.northdevonmarathon.co.uk](http://www.northdevonmarathon.co.uk)

## July

04 March AC 5m Spud Run  
08 (Thurs) **Ely Runners 1m Club Handicap**, Amherst sports field by railway station  
15-24 European Masters T&F Champs, Nyiregyhaza, Hungary  
18 Forces Help Marathon, Bury St Edmunds, <http://www.bsemarathonandchallenges.com/>  
24/25 (Sat/Sun) SEAA Combined T&F Events (all age groups), Barnet Copthall

## August

22 BMAF Half Marathon, Burnham Beeches, Slough, [www.bmaf.org.uk](http://www.bmaf.org.uk)  
28 (Sat) U15/U20 SEAA Inter-Counties T&F Champs, Barnet Copthall

## September

05 The Beast (13m multi-terrain), Corfe Castle, Dorset, [www.poole.ac.co.uk](http://www.poole.ac.co.uk)  
12 **Ely Standard 20<sup>th</sup> Grunty Fen Half Marathon**, Witchford  
25 (Sat) SEAA 6/4 Stage Road Relays (senior men & vets) – venue tba  
26 SEAA 6/4 Stage Road Relays (women & young athletes) – venue tba

## October

03 SEAA 10k Road Race Champs – venue tba  
23 (Sat) Beachy Head Marathon, South Downs, Eastbourne

## November

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

## December

02 (Thu) **Ely Runner's Christmas Buffet & Drinks**, 2030 Cutter Inn, Ely  
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](mailto: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

## NOTES

Races and events are on Sunday unless otherwise mentioned.

Race entry fees are the affiliated (ARC/UKA or just UKA registered) fees

Courses are roads and/or hard footpaths/cycle ways unless otherwise mentioned.

Distances without units (m or k) are probably m = miles.

Frostbite League races are 5-6 miles and entry (league membership) is paid for by the club.

Further details of events from the Club notice board in the Paradise Centre foyer, running magazines, websites, or from John Turner [secretary@elyrunners.co.uk](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 Charlie Barker ([captain@elyrunners.co.uk](mailto:captain@elyrunners.co.uk)).

Ely Runners' private club XC championships, 10k/1m handicaps, and TTR relay entries are via Steve Tovey

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

Social Events are via Julie Foreman

Club website	<a href="http://www.elyrunners.co.uk">www.elyrunners.co.uk</a>
Grunty Fen 1/2M website	<a href="http://www.gruntyfen.co.uk">www.gruntyfen.co.uk</a>
NYE10k website	<a href="http://www.newyarseve10k.co.uk">www.newyarseve10k.co.uk</a>
Turing Trail Relay website	<a href="http://www.turingrelay.co.uk">www.turingrelay.co.uk</a> (private club event for 2010)
Association of Running Clubs	<a href="http://www.runningclubs.org.uk">www.runningclubs.org.uk</a>

Rachel Roberts  
January 2010  
[newsletter@elyrunners.co.uk](mailto:newsletter@elyrunners.co.uk)

# USEFUL INFORMATION

## Data Protection

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

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](http://www.elyrunners.co.uk) > CLUB INFO > administration.

## Membership

**Subscriptions** (£10) are due by 1<sup>st</sup> January or on joining the club. Those joining after 15<sup>th</sup> November are covered for the following year. Existing members who have not renewed by the due date will be reminded by e-mail. 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](http://www.elyrunners.co.uk) > CLUB INFO > Membership. Please check you have renewed your subscription or you will not be entitled to attend training, represent the club in races, take part in club championships, claim affiliated entry fees, or wear club colours. The club's open events contribute considerably to the club's reputation and financial stability. *This enables the club to provide many benefits (see below) and in return, members are expected to support the club by helping with the club's open and private events.*

**Benefits of membership** include:

- £2 affiliated discount on open race entries
- club affiliations to ARC, ABAC, UKA, EA, TRA, FRA & CAA
- free registration (£5) with EA until 31<sup>st</sup> March 2010 (on request via John Turner)
- free changing and showers at the Paradise Centre
- free training and coaching advice
- free high-visibility bib for night-time training
- £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

## Supporting the Club and its Events

Ely Runners hold two popular open races each year (**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 above. In return, members are expected to show commitment to the club by helping with these events and taking their share of responsibility. Please don't just rely on the usual loyal helpers and think of the club only as a convenient way to promote fitness and enter races. We're all busy these days but commitment is realising the mutual benefits of putting something back into the club and sport we enjoy.

## Training

For details of club training sessions **at 7pm on Tuesday** (intervals/hills) **and Thursday** (steady 5-8m runs) **evenings**, please see the homepage of the club's website. Details of **9am Sunday morning** training runs are usually circulated by email a few days in advance.

When meeting at the Paradise Centre for training on Tuesdays and Thursdays, please assemble **either in the balcony/bar area upstairs or outside, around the corner by the side of the building**. Please do NOT assemble in the foyer or outside the main entrance.

The meeting place for Sunday morning runs is the Paradise car park. The car park toilets are open by 9:00 am and the Paradise Centre is open for showers afterwards.

Please ensure that new members, some of whom are new to running, feel part of the club and are not left alone on training runs.

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.

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

### **Club Noticeboard**

This is in the foyer of the Paradise Centre, to the right of the main entrance. It includes details of club events, training sessions, route maps, local races and other events of interest to members. There are usually several copies of race entry forms on the board but please leave the last copy or ask staff at reception to photocopy (Ely Runners' account) a few more copies.

### **Club Website**

The **Ely Runners' website** ([www.elyrunners.co.uk](http://www.elyrunners.co.uk)) is maintained by Club Webmaster Rod Baron who ensures that it provides an up-to-date record of the club's activities and a myriad of useful information. The website is frequently updated and well worth regular visits. For member's general comments, there is a **Message Board** on the website's home page and the 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.

### **Club Library**

Grade 2 coach **Max d'Ayala** 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.

**John Turner** has the latest (2009) **Fell Runners Association Fixtures Calendar & Handbook**. Members interested in running a fell race can borrow this booklet. Most fell races are 'up north', though there are also many in Wales and other hilly areas of the UK. There is a huge choice throughout the year, including many evening races in the summer, some not too far away in areas like the Peak District. Alternatively, if on holiday in such areas, you can often find a local fell race. They provide an enjoyable, challenging and worthwhile experience, even for Fenland-based runners.

A recent addition to the club's library includes '*Feet in the Clouds – A Tale of Fell Running and Obsession*' by Richard Askwith.

### **Racing**

Some **open races** are very popular and reach the entry limit before the race day. Many races no longer accept entries on the day (marked 'no EOD' in the **Races & Events Guide**). If you are thinking of entering a race on the day, check with the organisers or on the race website

before setting out that a place is still available – turning up does not guarantee that the organisers will allow you to run!

### **Wearing Club Kit**

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

1. Obligatory requirement of governing athletic organisations in leagues entered by the club, relays entered for or by the club, all championships and events incorporating championships. Exceptions are members running for county, regional or national teams when they will be given the appropriate team kit to wear.
2. Necessary to avoid disqualification as a team member in open races.
3. Members normally wear their club kit in open races but there are recognised exceptions such as representing a charity, necessary kit change in an ultra run, spur of the moment race entry, non-availability of kit for whatever reason etc.
4. Not wearing club kit also makes it harder for other runners, race officials, and photographers to distinguish club runners, especially in relays.
5. Our distinctive race kit defines us as ambassadors of a well-respected running club.

### **Race Results**

When you send your **race results** to Stephen Howard ([results@elyrunners.co.uk](mailto:results@elyrunners.co.uk)), please advise if you have achieved a PB, including vet categories, so that it can be included in press reports and to update PB information on the website. If possible, please send any information you have (including links to race results) *by noon on Monday* to Stephen to avoid the extra work involved in updating press reports. Please email any photographs or links to event photographs (with your race number) to Rod Baron at [webmaster1@elyrunners.co.uk](mailto:webmaster1@elyrunners.co.uk).

All notified results (from 25<sup>th</sup> October 2008) mentioned in the ER website Race Reports will have an **age-graded % score** calculated on uninterrupted running such as on the track or in a road race. This will be displayed on the results data base table ([www.elyrunners.co.uk](http://www.elyrunners.co.uk) > RESULTS > Database, "View Most Recent Results") or the direct link is [http://www.elyrunners.co.uk/MySQL\\_Results/View\\_Results.php?a=reset](http://www.elyrunners.co.uk/MySQL_Results/View_Results.php?a=reset). In the past we only calculated age-graded scores for PBs or Club Records. Your best age graded score is taken from the results we have so far and displayed on the table "Most Prolific Racers" direct link [http://www.elyrunners.co.uk/MySQL\\_Results\\_stats/query\\_3.php](http://www.elyrunners.co.uk/MySQL_Results_stats/query_3.php). Some members may not yet have a result where an age-graded score has been calculated. Where a result does not have a time or where the race distance is over 40 miles, the age-graded score will be shown as 0. There is a running average of all age-graded scores for each member. Scores of 0 will not be included in the averaging.

Several members have put themselves on [www.athleticsdata.com](http://www.athleticsdata.com). This is a statistical website showing:

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

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

Payment of **club entries into championships, relays and leagues** will be funded by the club provided they are team entries made by the club. The club will not pay for individual entries into open races that have an incorporated championship.

To take part in **UKA National** and **SEAA championships**, members need to be registered with England Athletics (EA). Also, a few open events still require EA registration to claim affiliated entry fees. However, most events (especially locally) either have **ARC** permits or, if they have UKA permits, require only membership of an EA affiliated club, like Ely Runners. This year (2009-10) 35 members requested **registration with EA**. Please could members who would like to be registered from 1<sup>st</sup> April 2010 with EA for 2010-11, please contact John Turner [secretary@elyrunners.co.uk](mailto:secretary@elyrunners.co.uk). *Subject to agreement at the AGM*, the club will pay the £5 registration fee. Registration number confirmation and cards will be supplied when received from EA.

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

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](mailto: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](http://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](http://www.bmaf.org.uk/fix/fix.asp)

## Running Kit

**Mary Gates** oversees the club's kit supplies. The club's joining fee of £33 includes a free club race vest and shorts. Please contact Mary on 01353 861379 or [mary@elyrunners.co.uk](mailto:mary@elyrunners.co.uk) to order. See [www.elyrunners.co.uk](http://www.elyrunners.co.uk) for full details of club kit.

New club vests now have the Ely Runners' **cathedral logo** top centre on the front. Any members with older vests who would like to have the logo added will need to give their vest to Mary to send. 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 open races. Sweatshop usually give 10-15% on non-sale items to members (show membership cert) of Ely Runners.

**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 including Craft, Gore Bike Wear, Pearl Izumi, and Sugoi. If you're interested, speak to Natalle at one of the training sessions or contact her on [natalle@elyrunners.co.uk](mailto:natalle@elyrunners.co.uk).

## Social Events

**Julie Foreman** organises the club's **After Training Drinks** on the first Thursday of the month.