

# Ely Runners Newsletter

July 2010



## NEW MEMBERS

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

**Melanie Kirkpatrick**  
**Cynthia Mills**  
**Andrea Fletcher**  
**Hattie Fletcher**

## CLUB EVENTS

The club's 10k handicap was very well supported with only the weather letting us down (Steve Tovey assures me that he will be able to sort this out for next year).

Both runners and helpers made light of the poor conditions.

The prizes for the first male and first female handicap result went to Stuart Baumber and Lisa Redman in times of 48.41 (PB) and 49.34 (PB) respectively.

The fastest male/female times went to Stephen Pettit (35.51) and Heidi Uff (44.01- PB).

Many runners achieved PBs – John Uff, Kieren Drane, Chris Bower, David Mould, Andy Nixon, Neil Atherton and Hannah Shiell.

John Uff then went on to better his 10k PB with a time of 36.51 at the Ramsey Abbey 10k.

### **Ely Runners 1m Club Handicap, Thursday 8th July**

Amherst sports field by railway station. Meet promptly 7:00 pm at the Paradise for issue of numbers prior to running to start. Members only and in race kit. Awards, sandwiches & chips for Seniors and Juniors (+ parents) from 8:30 pm in The Prince Albert Garden, Silver St, Ely. Times/entries to Steve Tovey [sct36@cam.ac.uk](mailto:sct36@cam.ac.uk)

## Junior Section – 1 Mile Time Trials 2010

Club Coach Alan Rutterford has been testing and encouraging the Juniors (and a parent!) with a monthly time trial with following results:

Name	April	May	June
Robyn Seabright	6:23	6:14	6:23
Jonah Balmford	***	6:13	6:23
Alexander Ellwood	6:52	7:01	6:50 <b>PB</b>
Esme Wright	***	6:54	6:55
Nathan Pennington	***	***	7:17
Fraser Crossman	***	7:19	7:24
Molly Butler	***	7:09	9:41
Brent Crossman (Senior)	***	7:15	7:18

Seven Juniors and one Senior took part in this month's mile time trial on the Amherst Field track when Alexander Ellwood achieved a personal best time of 6:50.

## Ely Standard 20<sup>th</sup> Grunty Fen Half Marathon, Witchford College, Sunday 12th September

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

Please could members reserve this date to help as a marshal or official and let John Glover [john@elyruners.co.uk](mailto:john@elyruners.co.uk) know as soon as possible that you are available.

## Beachy Head Marathon, Saturday 23rd October 2010

Entries are now open (see <http://www.visiteastbourne.com/marathon.asp>) 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.

## Torsten Lytken

Recent news of Torsten (via Cynthia Mills whose husband works for the same firm) is that Torsten has recently married and moved from the USA back to his native Denmark.

## UK Athletics

UK Athletics sponsor (since 1999) Aviva have launched a new Athletics website at [www.aviva.co.uk/athletics](http://www.aviva.co.uk/athletics). This is an extensive hub where athletes and athletics enthusiasts can get closer to the sport and witness the exciting interactive and innovative content.

## SUBSCRIPTIONS and REGISTRATION

MEMBERSHIP RENEWALS - The committee would like to remind members that membership renewal subs (£10 adults; £5 juniors) are due by January 1st each year. Members who haven't renewed by this time are reminded by e-mail (January and March) and also at the club AGM. Those members who have failed to renew by the end of March will be removed from the membership list. In a change to club policy members who allow their membership to elapse will be allowed to rejoin the club for £20 (see link on website) rather than having to pay the full £35 required from new members. **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 2011 (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, Turing Trail Relay, 10k Handicap, and One 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

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

### Cambridge Parkrun

This series is continuing to prove popular with members, with a further four races taking place in May. **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](http://www.parkrun.org.uk/cambridge/Home.aspx)**

## RESULTS ROUND-UP

John Turner was on international duty running in the 9ème Championnat de France de Semi Marathon de Coops near Lyon. Although not his fastest time he thoroughly enjoyed the race on a 'delightful' course.

Although not quite as far away Tony Kirby Cook achieved a 5m PB at the Cubert 5 mile race in Cornwall (organised by Newquay Runners).

More PB's were recorded at the Cambridge Park Run series over 5k by Martin Courtney, Hannah Shiell, Lisa Redman, Andrea Fletcher and Melanie Kirkpatrick.

Stephen Pettit (having a quiet month by his standards) was 1<sup>st</sup> MV45 and 9<sup>th</sup> overall in the Southend Half Marathon in a time of 1.17.14. Stephen could be on for another half marathon PB of 1.14.51 dependant on the course distance at Wombourne near Wolverhampton being verified as correct.

Cornwall was a favourite location in June for Ely Runners with John Crisp taking time out from indulging in junk food and alcohol to finish 5<sup>th</sup> in the Lifeboat 6m race in Bude.

Finally the 12 Ely Runners who took part in the ever popular and ever demanding North Downs 30k all ran well. Kieren Drane finished in 14<sup>th</sup> with a time of 2.14.40, with John Crisp (2.15.45), Steve Tovey (2.25.17), Stephen Howard (2.27.18) and Adam Etches (2.34.00) not far behind.

## **Forthcoming events**

**Not wishing to waste away the summer but:**

We have renewed our Senior and Junior memberships of **The Frostbite Friendly League 2010-2011**. Race dates are:

3 Oct	C&C, Cambridge
7 Nov	Bushfield
12 Dec	Hunts AC
16 Jan	Ramsey
6 Feb	Bourne
6 Mar	BRJ Hunts

See 'Races & Events Guide' below.

### **Event photographs**

Race/club event photographs should now be sent to Steve. Ideally they should be resized to 800x600 pixels (ish) and preferably be less than 100k in size.

## **CONTRIBUTIONS TO THE NEWSLETTER**

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

***Charlie Barker (Editor)***

# RACES & EVENTS GUIDE 2010-2011

## July 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 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](http://www.parkrun.org.uk/cambridge/Home.aspx)

### July

- 01 (Thu) Hancock's Half Hour 5, 1900 Fed Spts Cl, Downham Mkt, £7, EOD +£2, [www.rystonrunners.org.uk](http://www.rystonrunners.org.uk)
- 02 Beds AA Cranfield 5m, 1930 Cranfield University, Student bar, £8, EOD +£2
- 03-04 (Sat-Sun) BMAF T&F Championships, Cardiff
- 04 March 5m Spud Run, 1100 Elm Road Sports Field, March, £7, EOD+£2, [www.Marchathleticclub.co.uk](http://www.Marchathleticclub.co.uk)
- 04 Box End Off-Rd Quad/Triathlon, 0900 Box End Water Ski Park, Beds, £20, EOD+£5,  
[www.quadraracing.co.uk](http://www.quadraracing.co.uk)
- 07 (Wed) EVAC T&F League Meeting, Biggleswade/King's Lynn/Chelmsford
- 07 Mike Groves Run 3.63m MT, 1030 Coltishall Village Hall, Norfolk, £6, EOD +£2, [www.coltishalljaguars.co.uk](http://www.coltishalljaguars.co.uk)
- 07 (Wed) Peterborough 3k/5k Series, 1900/1930 Ferry Meadows, £3/£4,  
<http://www.eyerunners.plus.com/5Kpage2.htm>
- 08 (Thurs) **Ely Runners 1m Club Handicap**, Amherst sports field by railway station. Meet promptly 1900 at the Paradise for issue of numbers prior to running to start. Members only and in race kit. Awards, sandwiches & chips from 2030 in The Prince Albert garden, Silver St, Ely. Times/entries to Steve Tovey [sct36@cam.ac.uk](mailto:sct36@cam.ac.uk)
- 09 Great Bentley 5m, 1930 Great Bentley Village Hall, Essex, £6, EOD £10, [www.gbrc.org.uk](http://www.gbrc.org.uk)
- 10 Lord Mayor's City Centre 5k Classic, 1645 Tombland, £10, no EOD, [www.conac.org.uk](http://www.conac.org.uk)
- 11 RAF Marham 10m, 1030 Marham village, £9, [www.oaa.co.uk](http://www.oaa.co.uk)
- 11 Bushy 10k, 1100 Bushfield Sports Centre, PE2 5RQ, £8, [www.bushfieldjoggers.co.uk](http://www.bushfieldjoggers.co.uk)
- 11 Stopsley Striders Ladies 5k, 1030 Wardown Park, Luton, £8, EOD OK, [www.stopsleystriders.org.uk](http://www.stopsleystriders.org.uk)
- 11 Dartford Half Marathon, 0900 Central Park, Dartford, £17, EOD £22, [www.dartfordharriersac.co.uk](http://www.dartfordharriersac.co.uk)
- 11 St Jo's Ekiden Marathon relay, 1000 St Joseph's College, Ipswich, £30, no EOD, [www.ipswichjaffa.org.uk](http://www.ipswichjaffa.org.uk)
- 15-24 European Masters T&F Champs, Nyiregyhaza, Hungary
- 18 St Ives Dairy Crest 10k, 1030 St Ives Outdoor Rec Centre, Hill Rise, St Ives, £10, no EOD,  
[www.huntsac.org.uk](http://www.huntsac.org.uk)
- 18 Forces Help Marathon, Bury St Edmunds, <http://www.bsemarathonandchallenges.com/>
- 21 (Wed) Peterborough 3k/5k Series, 1900/1930 Stamford RC, £3/£4,  
<http://www.eyerunners.plus.com/5Kpage2.htm>
- 21 (Wed) Cambs AA T & F Development Meeting, St Ives (+ Steeplechase & 1 Mile

- Championships), [www.cambsaa.org.uk](http://www.cambsaa.org.uk)
- 22 (Thu) Girton 5k MT (& 1m FR), 1930 Girton Pavilion, Cambridge Rd, CB3 0FH, £4, EOD +£1 (FR £2 on day only), [www.girton5k.org.uk](http://www.girton5k.org.uk)
- 23 (Fri) Brantham 5m & FR – details to follow
- 24/25 (Sat/Sun) SEAA Combined T&F Events (all age groups), Barnet Copthall
- 25 Littleport 10k (& 1.5m Fun Run), 1045 Littleport Leisure Centre, £8 EOD +£2 (FR £3 EOD only) [www.littleport10k.co.uk](http://www.littleport10k.co.uk)
- 25 Grimsthorpe ½ Marathon, 0900 Grimsthorpe Castle, [www.fat-feet.co.uk](http://www.fat-feet.co.uk)
- 25 Bury St Edmunds Marathon & Charity Walks, 100 BSE, £23, EOD OK, [www.bsemarathonandchallenges.com](http://www.bsemarathonandchallenges.com)
- 25 Exmoor Sea View 17m, Lynton to Minehead coast path, £6, [www.mineheadrunningclub.co.uk](http://www.mineheadrunningclub.co.uk)
- 28 (Wed) Bedford Harriers Doug Anderson Mem 5k, 1930 Bedford Pk, £6, EOD +£1.50, [www.bedfordharriers.co.uk](http://www.bedfordharriers.co.uk)
- 30 (Fri) Summer Sprint 10k, 1900 Snetterton Race Circuit, Norfolk, £?, EOD only
- 31 Faversham Marathon, 0900 Recreation Ground, Park Rd, £26, no EOD, [www.100kmassociation.org.uk](http://www.100kmassociation.org.uk)

## August

- 04 (Wed) EVAC T&F League Meeting, Milton Keynes/King's Lynn/Lee Valley
- 06 (Fri) Wibbly Wobbly Log Jog, 1930 Mayday Field, B1106 Brandon, [www.bfh.org.uk](http://www.bfh.org.uk)
- 08 BMAF ½ Marathon Championships, Burnham Beeches, Slough
- 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](mailto:june.swift@gcan.org)
- 15 Thorney 5m, 1030 Bedford Hall, Thorney, £7, EOD +£1, [www.thorneyrunningclub.co.uk](http://www.thorneyrunningclub.co.uk)
- 15 Great Yarmouth ½ Marathon, 1000 Emerald Park, Gorleston FC, £10, EOD +£2, [www.gyrr.co.uk](http://www.gyrr.co.uk)
- 15 Cambridge Triathlon, Mepal, Cambs, 1.5k/40k/10k
- 21 (Sat) Race the Train 14m TR, Tywyn, Mid-Wales, [www.racethetrain.co.uk](http://www.racethetrain.co.uk)
- 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
- 28 (Sat) Eversden 5m, 0930 Eversden Cricket Club (tbc), near Wimpole Hall, £6

## September

- 05 The Beast (13m multi-terrain), Corfe Castle, Dorset, [www.poole.ac.co.uk](http://www.poole.ac.co.uk)
- 05 EVAC T&F League – Final (full match), Bedford
- 05 Wissey ½ Marathon (incl EVAC Champs), 1030 Oxborough Village Hall
- 10-17 European Masters Games, Lignano, Italy
- 12 **Ely Standard 20<sup>th</sup> Grunty Fen Half Marathon**, Witchford, [www.gruntyfen.co.uk](http://www.gruntyfen.co.uk)
- 12 BMAF 10k Road Championships, Goodrich, Wolverhampton
- 18/19 (Sat/Sun) Round Norfolk Relay, 194 miles in 17 stages, [www.roundnorfolkrelay.com](http://www.roundnorfolkrelay.com)
- 25 (Sat) SEAA 6/4 Stage Road Relays (senior men & vets), 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

### October

03 Frostbite League, Jn 1015, Sn 1100 C&C, University track, Cambridge, CB3 0EQ (tbc)

03 SEAA 10k Road Race Champs, Crystal Palace, London, [www.seaa.org.uk](http://www.seaa.org.uk)

03 BMAF 10m Championships, Oldbury Power Station, Bristol

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](http://www.mineheadrunningclub.co.uk)

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

### November

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

07 Stevenage ½ Marathon *including ARC Championships*

21 St Neot's Riverside ½ Marathon

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

### December

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

05 Nene Valley 10m, 1030 The Cresset, Bretton, Peterborough, £8, [www.nvh.orh](http://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 03 Frostbite League, Jn 1015, Sn 1100 C&C, University track, Cambridge, CB3 0EQ - 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 [www.newyeareve10k.co.uk](http://www.newyeareve10k.co.uk)

### January

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

## **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](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 ([membership@elyrunners.co.uk](mailto: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](mailto:julie@elyrunners.co.uk)

Club website: [www.elyrunners.co.uk](http://www.elyrunners.co.uk)

Grunty Fen 1/2M website [www.gruntyfen.co.uk](http://www.gruntyfen.co.uk)

NYE10k website [www.newyarseve10k.co.uk](http://www.newyarseve10k.co.uk)

Turing Trail Relay website [www.turingrelay.co.uk](http://www.turingrelay.co.uk)

Association of Running Clubs [www.runningclubs.org.uk](http://www.runningclubs.org.uk)

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