

Ely Runners Newsletter

June 2010



NEW MEMBERS

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

Kassa Andebet and **Wendy Wiseman**

CLUB EVENTS

Training on Thursday 3rd June

Magog Down laps of 2.43m with 2 hills per lap. 2 laps = 4.9m, 3 laps 7.3m, 4 laps 9.7m. Followed by change and swim at David Lloyd Club, Cambridge as guests of Sweatshop from 8:00 pm to 9:00 pm when the shop will also be opened with a special 15% discount for members. Meet Paradise at 6:15 pm or go direct for 7:00 pm. *Please park outside the Magog Down car park on the road verge before the entrance and bollards because the car park closes by 8:00 pm.*

Ely Runners 10k Club Handicap, Thursday 10th June

Registration from 1900 at Little Downham Cricket Pavilion for 1930 first start by Skoda Garage in Main Street. Members (in race kit) and nominated guests only. Awards, sandwiches & chips from 21.15 in The Prince Albert garden, Silver St, Ely.

Times/entries to Steve Tovey sct36@cam.ac.uk

Ely Runners 1m Club Handicap, Thursday 8th July

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 20.30 in The Prince Albert Garden, Silver St, Ely.

Times/entries to Steve Tovey sct36@cam.ac.uk

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.

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 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 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.

UK Athletics

UK Athletics sponsor (since 1999) Aviva have launched a new Athletics website at 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 31st 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

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. For April 2010 to March 2011, there have been 32 members have been registered by the club.

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).

Curry Night

A table has been booked at the Montaz (Market Street) in Ely for a curry on Friday 4th June at 8.15 pm. If you would like a space please email Julie Foreman at julie@elyrunners.co.uk.

RESULTS ROUND-UP

Having reached the age of 60 Ely Runners own 'Peter Pan'- Peter Harris - already has started to collect records taking the MV60 10k record at The Breckland 10k. He was also 1st MV60 at the Newmarket Heath 6k.

The Ross Peers Soham Half Marathon saw Ely Runners sweep the board with 1st place going to Craig Holgate, closely followed by Stephen Pettit 3rd (1st MV45), John Manlow 5th (1st East Cambs runner), John Crisp 7th, Kieren Drane 9th (PB) and Daisy Glover 1st Lady. Great performances also from Stephen Howard 20th, Tony Kirby-Cook 23rd (PB), Paul Needham 33rd, Nicola Bramley 45th (1st FV45 and club FV50 record), plus PBs from John Glover and Stuart Baumber.

Another popular race was The Breckland 10k with more success for Ely Runners in the form of PBs for John Uff, Dan Regan, David Mould, Rachel Toms and Sarah Keen.

FORTHCOMING EVENTS

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

Not wishing to waste away the summer but we have renewed our Senior and Junior memberships of **The Frostbite Friendly League 2010-2011**

The Frostbite race dates are:

3 Oct C&C or Riverside [tba]

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 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 me for the newsletter to newsletter@elyrunners.co.uk. Many thanks!

Charlie Barker (Editor)

RACES & EVENTS GUIDE 2010-2011

June 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

June

- 02 (Wed) EVAC T&F League Meeting, Cambridge/King's Lynn/Lee Valley
- 04 (Fri) Kirton Friday 5, Recreation Ground, Kirton, Felixstowe, contact: farny@talk21.com
- 05 (Sat) GCAN Open Day & 5k race, 1000-1300 University Track, Wilberforce Road, Cambridge, CB3 0EQ
- 06 Hanworth ½ Marathon, 1030 Hanworth Common, £7, EOD OK, www.hanworthcommon.org.uk
- 06 Whipsnade Zoo 10k, 0930 Zoo, £16, no EOD, www.dustableroadrunners.org.uk
- 06 SCVAC T&F Champs, Ashford
- 09 (Wed) Peterborough Grand Prix 5k, 1930 Ferry Meadows, Watersports Centre, £4, EOD only
- 10 (Thurs) **Ely Runners 10k Club Handicap**, 1900 registration at Little Downham Cricket Pavilion for 1930 first start by Skoda Garage in Main Street. Members (in race kit) and nominated guests only. Awards, sandwiches & chips from 2115 in The Prince Albert garden, Silver St, Ely. Times/entries to Steve Tovey sct36@cam.ac.uk
- 12 (Sat) Moulton 5m walk. Also Junior 400m and 1500m walks. Ron Wallwork randjwallwork@btinternet.com
- 12 (Sat) Kedington 5k, 1100 Community Centre, Kedington, Haverhill, contact: Kedington5k@aol.com
- 12/13 (Sat/Sun) SEAA U20/Senior T&F Champs, Crystal Place, London
- 13 Abbey 10k MT & 3k Fun Run), 1100/1000 Leisure Centre, Ramsey, £9 EOD +£2 & £3 EOD +£1 www.ramseyroadrunners.co.uk
- 13 Stortford 10k & 10m, 1000 Rugby Club, Bishop's Stortford, £10, www.bsrg.org.uk
- 13 Barton 10k, 1100 Rec ground, Barton-Le-Clay, Beds, £6, EOD +£1, www.barton10k.org.uk
- 13 Midsummer 10k, 1000 Ex-Servicemen's Club, Friarcroft Lane, Wymondham, £10, EOD +£2
- 17 (Thu) Eye 5m Charity Race, Eye, Peterborough
- 18 (Fri) Marston Forest 5k, 1930 Marston Moretaine Vale Country Park, £8, www.MarstonForest5k.org.uk
- 18 (Fri) Felsted Friday 5, 1930 Felsted School, Dunmow, Essex, £8, EOD +£1
- 19 West Highland Way Race 95m
- 19-20 (Sat-Sun) BMAF T&F Champs, Alexander Stadium, Birmingham (prov date & venue)
- 20 BMAF 5k Road Championships, Horwich (tbc)
- 20 North Downs 30k, 1030 Cascades Leisure Centre, Gravesend, £17, www.isteadandifield.org.uk
- 20 Colworth ½ Marathon, 1030 Colworth Club House, Yellow Lane, Sharnbrook, Beds, £12, EOD +£3
- 20 Huntingdon 10k, MT, 1000 Huntingdon Race Course, £11, no EOD, www.huntingdon10kcharityrun.co.uk
- 20 Chilford 10k (MT), 1100 Chilford Hall Vinyard, Balsham Road, Linton, £7, EOD +£3
- 25 (Fri) John O'Callaghan Mem 5, Vauxhall Rec C, Gypsy L, Luton, £8, EOD +£2, www.lutonathleticclub.co.uk
- 27 Humpty Dumpty 10k, 1030 Reedham Village Hall, Norfolk, £8, EOD +£2, www.gydac.org.uk
- 27 Rob McLean Jn Triathlon, 0900 Impington Vil Col, Cambridge, £12, no EOD, www.cambridgetriathlonclub.com
- 27 N Devon Marathon & 1/2 Mar, 1000 Woolacombe, £20/£18 www.northdevonmarathon.co.uk

July

- 01 (Thu) Hancock's Half Hour 5, 1900 Fed Spts Cl, Downham Market, £7, EOD +£2, www.rystonrunners.org.uk
- 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
- 04 Box End Off-Rd Quad/Triathlon, 0900 Box End Water Ski Park, Beds, £20, EOD+£5, www.quadraracing.co.uk
- 07 (Wed) EVAC T&F League Meeting, Biggleswade/King's Lynn/Chelmsford
- 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
- 13 St Albans ½ Marathon (+5k,1½FR), 1000 Verulamium Pk, £18, www.stalbanshalfmarathon.co.uk
- 15-24 European Masters T&F Champs, Nyiregyhaza, Hungary
- 18 St Ives Dairy Crest 10k
- 18 Forces Help Marathon, Bury St Edmunds, <http://www.bsemarathonandchallenges.com/>
- 21 (Wed) Cambs AA T & F Development Meeting, St Ives (+ Steeplechase & 1 Mile Championships), 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
- 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
- 25 Exmoor Sea View 17m, Lynton to Minehead coast path, £6, www.mineheadrunningclub.co.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
- 08 BMAF ½ Marathon Championships, Burnham Beeches, Slough
- 15 Thorney 5m
- 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
- 21 (Sat) Race the Train 14m TR, Tywyn, Mid-Wales, www.racethetrain.co.uk
- 22 BMAF Half Marathon, Burnham Beeches, Slough, 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
- 05 EVAC T&F League – Final (full match), Bedford

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

18/19 (Sat/Sun) Round Norfolk Relay, 194 miles in 17 stages, 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

October

03 Frostbite League, Jn 1015, Sn 1100 C&C Camb area or Riverside Runners St Neots Priory Park (tba)

03 SEAA 10k Road Race Champs, Crystal Palace, London, 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 (tbc)

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

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

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

11 (Sat) SEAA Masters & Inter-County XC Championships, venue tba

12 Frostbite League, Jn 1015, Sn 1100, Hinchbrooke 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.newyearseve10k.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

May

08 Frostbite Friendly League AGM

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.newyearseve10k.co.uk

Turing Trail Relay website www.turingrelay.co.uk

Association of Running Clubs www.runningclubs.org.uk

Last Updated JT 28.05.2010