

# Ely Runners Newsletter

March 2010



## NEW MEMBERS

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

**Brent Crossman**  
**Lesley Wright**

## NEW ARRIVALS

Congratulations to Adam and Natalie on the birth of their son Daniel James on Sunday 21<sup>st</sup> March at 11.50 am. He weighed in at 7lbs. Photos can be seen at this site: <http://pondlane.net/pages/pictures.php?setid=72157623481669550>

## CLUB EVENTS

### **New Year's Eve 10k Report in "Runners' World"**

If you are a subscriber to **Runners' World**, look out for the feature on the club's New Year's Eve 10k in the March 2010 edition – further evidence, if any is needed, that this race is very popular with runners far and wide.

## SUBSCRIPTIONS and REGISTRATION

**Subscriptions** (£10) for existing members of the club were due **by 1<sup>st</sup> January**. Please renew your subscription as soon as possible. At the end of March, all members who have not renewed 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.

**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

### **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**

#### **After Training Drinks**

After training drinks are usually held **after training on the first Thursday in the month**. All members are welcome to attend. For Thursday 4<sup>th</sup> March, drinks will be in the Hereward. Further information is available from **Julie Foreman** ([Julie@elyrunners.co.uk](mailto:Julie@elyrunners.co.uk)).

### **FORTHCOMING EVENTS**

#### **Frostbite Friendly League**

The final FFL race will be at BRJ Huntingdon, on **Sunday 7<sup>th</sup> March**.

### **Association of Running Clubs (ARC) - Update**

Ely Runners was the first club to affiliate to ARC and the Grunty Fen Half Marathon was the first race to receive an ARC permit. Since then, ARC has been steadily growing and is now generally accepted by the running fraternity as an alternative club affiliation and excellent race permit option. The ARC website <http://www.runningclubs.org.uk/table.htm> (which Rod Baron keeps up to date) now reports that ARC issued 243 race permits in 2009 (1 in 8 races) and 162 clubs (13,342 members) are currently affiliated. It is still organised and run entirely by volunteers. Additionally, by its low cost and efficient race permits, ARC has forced UKA to hugely reduce the amount of money they were taking from clubs for races with UKA permits.



Peter Harris & Natalie Etches at last year's Huntingdon Frostbite race

The senior team maintained its position of 12<sup>th</sup> out of 17 teams in the senior league after the 5<sup>th</sup> race in Bourne Woods in February, having finished last of 17 teams on the day. The junior team finished 9<sup>th</sup> out of 13 teams on the day, enabling them to remain in 9<sup>th</sup> position overall.

It is a busy time of year with many members training. It would be great if there was to be a stronger turnout for this last race so that we finish in a position that is a truer reflection of the strength of our club. More ladies would be especially welcome, as the senior team was penalised in the last race for only having 2 female scoring members rather than the necessary 3.

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:

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. **Now sold out**

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

## **Cambridge Parkrun**

The inaugural **Cambridge Parkrun**, organised by **Heidi Fochtman** and colleagues, was held on Saturday 30<sup>th</sup> January in **Milton Country Park**. Despite an unexpected fall of snow making travelling tricky on Saturday morning, there was an excellent turnout of 71 runners.

The parkrun is a free, timed 5k run held on a weekly basis every Saturday at 9am. It is open to all runners, regardless of ability.

To take part, first register with [parkrun](#), then print out your unique barcode, which must be brought to each event for registration and timing purposes. All registrations for events must be made by 6pm the Friday before.

Refreshments are available after the run from the cafe in Milton Country Park.

Follow this link for more information on the Cambridge event: [Cambridge parkrun](#).

As the event is organised entirely by volunteers, all offers of support will be very welcome. For further information or questions, please contact the organisers via the parkrun site.

## **RESULTS ROUND-UP**

There have again been many excellent performances from Ely runners in a variety of events.

Six members took part in the National XC Championships at Parliament Hills in London. In the Senior Men's race were Ian Day (262<sup>nd</sup>), Robert Campbell (372<sup>nd</sup>), John Turner (772<sup>nd</sup>), Stuart Baumber (791<sup>st</sup>) and Lionel Smith (DNF - twisted ankle).

In the Women's U17 was Alice Campbell (117<sup>th</sup>).

The very demanding course was not made any easier by the very muddy conditions.

John Manlow continued his current run of good form with a 6<sup>th</sup> place (2<sup>nd</sup> Male Vet 40) at the Wellingborough 15k series.

The Campbell family of Ely Runners enjoyed a successful day in the company of Guildford Orienteers in deepest Sussex. The forest is characterised by

steep contours and is a working plantation i.e. lots of 'brashings' on the floor (O speak for chopped down branches etc). The recent rain and snow also left a very soggy forest, with all water-courses full and flowing! **Robert won the M40 title**, defeating the 2009 M40 British Champion (an Alan Velecky), running the 8.6k course (with 285 metres of climb) in 64.22. He finished 4th overall on the longest 'Brown' course. **Alice was 2nd in W18** (and 10th overall) in 54.23 on the 4.9k (135m climb) on the 'Short Blue' and **Dylan was also M12 Champion** for his 5th place and 31.01 run on the 2.6k (50m climb) 'Orange' course.

On a cold and damp day the Stamford St. Valentines 30k produced a number of excellent results with new club records in three categories and seven PBs. Official Results (Chip Times): 11th Ian Day 01:53:26 (**PB, New Club MV40 Record**), 13th Stephen Pettit 01:54:19 (**PB, New Club MV45 Record**), 49th John Crisp 02:04:33 (**PB**), 94th Stephen Howard 02:12:01, 111th Graham Chapman 02:14:01 (**PB, New Club MV50 Record**), 216th Felicity Chivers 02:23:36 (**PB, 1st 30k, Tied Club SF Record**), 293rd David Mould 02:29:21 (**PB**), 406th Nick Dowdy 02:39:42 (**PB**), 417th Martin Courtney 02:41:16 (**PB, 1st 30k**), 419th Nicola Bramley 02:41:20, 473rd John Crawford 02:50:33. There were 633 finishers.

In the Midland Counties Cross-Country Championships at Stafford Common on Saturday 30th January 2009, former 2nd claim Ely Runner Claire Hallissey (nee Willer) was a close 2nd (of 145) in a tight finish with only 7 seconds separating the first 3 runners. Claire now runs for Bristol & West AC and represented England in the World Half Marathon Championships in Birmingham last year.

## 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!

## RACES & EVENTS GUIDE 2010

### *March 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.*

#### **March**

06 (Sat) Grantham Canal Run 29.3m, 0930 Cotgrave Leisure Centre, £25, no EOD, CD 28/2

06 (Sat) ParkRun 5k, 0900 Milton Country Pk, FOC, <http://www.parkrun.org.uk/cambridge/Home.aspx>

06 Ed Prickett Memorial Road Relays, 1100 Nottingham, M 4 x 2.05m, W 3 x 2.05m

07 **Frostbite League** 5m (roads & firm paths), 1100 BRJ Club, Huntingdon (*meet Paradise Centre 0915 to share transport*)

07 Cambridge Boundary Run, 42.2k

07 Milton Keynes 1/2 Marathon/10k/5k, [www.mkhalf.co.uk](http://www.mkhalf.co.uk)

07 Steyning Stinger, Marathon, 0830 Grammar School, Steyning, Sussex, £17, no EOD

07 Wymondham 20m 1000 Central Hall, Wymondham, £10.50, EOD +£2

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 (Sat) BMAF Open XC Championships, Belfast, [www.bmaf.org.uk](http://www.bmaf.org.uk)



- 13 (Sat) ParkRun 5k, 0900 Milton Country Pk, FOC, <http://www.parkrun.org.uk/cambridge/Home.aspx>  
 14 SEAA Masters XC Championships, M35-69 10k, W35+/M70+ 6k, 1300-1445 Trent Park, Cockfosters, Herts, £7.50, team entries via Charlie Barker, CD 26/2, no EOD.  
 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  
 14 Bedford Clanger MT Marathon, 0900 Box End Park, Bedford, £4 + charity donation  
 20 (Sat) ParkRun 5k, 0900 Milton Country Pk, FOC, <http://www.parkrun.org.uk/cambridge/Home.aspx>  
**21 Ely Runners Turing Trail Relay, 35.5m Ely-Cambridge-Ely (private self-navigation ER team club event – entries to Steve Tovey [sct36@cam.ac.uk](mailto:sct36@cam.ac.uk) ASAP please)**  
 21 SEAA Road Relay Champs, Milton Keynes (M 6x5.2k+ 6x7.7k, W 6x5.2k) club entry  
 21 Radar Challenge 10k, 1030 Radar Corner, Crowland, £8, no EOD  
 21 Ryston XC, 6.5k, 1100 Shouldham Warren  
 21 Linton 5k & 10k, [www.saffronstriders.org.uk](http://www.saffronstriders.org.uk)  
 21 Mud & Mayhem Duathlon, 1000 Mayday, Thetford Forest, £35, EOD +£5  
 21 Broadland ½ Marathon, 1000 South Walsham Village Hall,, £12, EOD +£2  
 27 (Sat) ParkRun 5k, 0900 Milton Country Pk, FOC, <http://www.parkrun.org.uk/cambridge/Home.aspx>  
 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 Thorney 10k, 1030 Bedford Hall, £7, no EOD, [www.thorneyrunningclub.co.uk](http://www.thorneyrunningclub.co.uk)  
 28 Chilly Willy 5k, 1000 Ferry Meadows, Peterborough, £8.50  
 28 Oakley 20m, 1000 Lincroft Middle School, Beds, £17.50, no EOD, [www.befordharriers.co.uk](http://www.befordharriers.co.uk)  
 28 SEAA Inter Area (Road Race) Match, Eastleigh 10k  
 28 EA ½ Marathon Championships, Wilmslow  
 28 Joe Cox ½ Marathon, 1100 Tomlinson Groundcare, Buxhall, Stowmarket, £9, EOD +£1  
 28 Coltishall 10k, 1030 Frettenham Village Hall, Norfolk, £8, EOD +£2, [www.coltishalljaguars.co.uk](http://www.coltishalljaguars.co.uk)

#### April

- 02 (Fri) Roger Wing Charity 10k, 1030 Broome Village Hall, Bungay, £6, EOD OK  
 02 (Fri) Sudbury Fun Run, 0915 Kingfisher Leisure Centre, Sudbury, £8, EOD + £5  
 04 Trowse 10k, 0900 Norfolk Ski Club, Whitlingham Lane, Trowse, Norwich, £11, no EOD  
 10 (Sat) National 12/6 Stage Road Relays, Sutton Park, W Midlands  
 11 Cam/Cambourne 10k, 1100 Cambourne Business Pk, £12, [www.cambridgefestivalofrunning.com](http://www.cambridgefestivalofrunning.com)  
 11 Sandy 10m, 1030 Sandy Sports Centre, Engayne Avenue, Sandy, Beds, £10, no EOD  
 14 (Wed) Promenade 5m (Race 1), 1915 Marine Centre, Gt Yarmouth, £5.50, [www.gyrr.co.uk](http://www.gyrr.co.uk)  
 17 (Sat) ERRRA SM/SW 12/6 stage Road Relay Championships, 1200/1220 Sutton Park  
 18 Brighton Marathon  
 18 Bungay Black Dog Marathon & 1/2 Marathon, 1030/1230, £18/£15, EOD +£3,  
 18 Flitwick 10k, 1100 Millennium Green. Dunstable Rd, £10, EOD +£3, [www.flitwick10k.org.uk](http://www.flitwick10k.org.uk)  
 18 BMAF Marathon, Fort William  
 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

- 02 GEAR 10k, 1030 King's Lynn, £16 (EA reg no), [www.grandeastangliarun.co.uk](http://www.grandeastangliarun.co.uk)  
 02 Bartlow Challenge, Cambs  
 02 Thurston 10.5k/3.5k FR, 1100 Thurston, Bury St Edmunds, £6/£4, EOD +£2  
 02 Cambridge Duathlon, Bottisham, 7.5k/40k/7.5k  
 02 Heritage Coast Runs 26m/13m/6m, Thorpeness Playing Field, £15/£10/£10, EOD + £5  
 05 (Wed) EVAC T&F League (tbc)  
 08 Cambs AA Track & Field Championships, St Ives, entries [captain@elyrunners.co.uk](mailto:captain@elyrunners.co.uk)  
 09 Eye 10k & 3k FR, 1100 Eye nr Peterborough, £7.50, EOD +£1, [www.eye10k.co.uk](http://www.eye10k.co.uk)  
 09 Halstead & Essex Marathon, Essex  
 09 Sawston 4.8m Fun Run, Cambs  
 09 River Cam Run 4.67m trail, Fen Ditton  
 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)  
 16 Dereham 10m, 1100 Neatherd High School, Norwich Rd, Dereham, £7, EOD +£2  
 23 March 5m Spud Run, 1100 Elm Rd Sports Field, March, £tba

23 BMAF Road Relay Champs, Birmingham  
23 Gt Daffodil Dash 10k, Lelmarsh Hall, Northants, £16, EOD +£8, [www.mariecurie.org.uk/running](http://www.mariecurie.org.uk/running)  
23 Edinburgh Marathon, [www.edinburgh-marathon.com](http://www.edinburgh-marathon.com)  
26 (Wed) Cambs AA T&F Development Meeting, St Ives (+ 3000m Championships),  
[www.cambsaa.org.uk](http://www.cambsaa.org.uk)  
29/30 (Sat/Sun) SEAA U15/U17 SEAA T&F Champs, Ashford, Kent  
31 Hatfield Broad Oak 10k, Herts

### June

02 (Wed) EVAC T&F League (tbc)  
06 SCVAC T&F Champs, Ashford  
09 (Wed) Cambs AA T&F Development Meeting, St Ives, [www.cambsaa.org.uk](http://www.cambsaa.org.uk)  
**10 (Thurs) Ely Runners 10k Club Handicap, Little Downham**  
12/13 (Sat/Sun) SEAA U20/Senior T&F Champs, Crystal Place, London  
13 Stortford 10m, Bishop's Stortford, Herts  
17 (Thu) Eye 5m Charity Race, Eye, Peterborough  
19 West Highland Way Race 95m  
19-20 (Sat-Sun) BMAF T&F Champs, Alexander Stadium, Birmingham (prov date & venue)  
20 North Downs 30k, 1030 Cascades Leisure Centre, Gravesend, £17, [www.isteadandifield.org.uk](http://www.isteadandifield.org.uk)  
27 N Devon Marathon & 1/2 Mar, 1000 Woolacombe, £20/£18 [www.northdevonmarathon.co.uk](http://www.northdevonmarathon.co.uk)

### July

03-04 (Sat-Sun) BMAF T&F Championships, Cardiff (tbc)  
04 March AC 5m Spud Run, 1100 Elm Road Sports Field, March, £7, EOD+£2  
07 (Wed) EVAC T&F League (tbc)  
**08 (Thurs) Ely Runners 1m Club Handicap, Amherst sports field by railway station**  
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](http://www.cambsaa.org.uk)  
24/25 (Sat/Sun) SEAA Combined T&F Events (all age groups), Barnet Cophall

### August

04 (Wed) EVAC T&F League (tbc)  
08 BMAF ½ Marathon Championships, Burnham Beeches, Slough  
15 Thorney 5m  
15 Cambridge Triathlon, Mepal, Cambs, 1.5k/40k/10k  
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 Cophall

### 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), tbc  
**12 Ely Standard 20<sup>th</sup> Grunty Fen Half Marathon, Witchford, [www.gruntyfen.co.uk](http://www.gruntyfen.co.uk)**  
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 SEAA 10k Road Race Champs, Crystal Palace, London  
23 (Sat) Beachy Head Marathon, South Downs, 0900 Eastbourne,  
<http://www.visiteastbourne.com/marathon.asp>  
24 Exmoor Stagger, Minehead

### November

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**  
**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, [www.newyarseve10k.co.uk](http://www.newyarseve10k.co.uk)

## 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 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.

Cambridge ParkRuns (5k) are every Saturday at 0900 in Milton Country Park. Register and run free of charge. Details <http://www.parkrun.org.uk/cambridge/Home.aspx>

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>

Charlie Barker  
March 2010  
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