



Ely Runners Newsletter

May 2012



Steve Tovey after breaking 3 hours at London

NEW MEMBERS

We warmly welcome the following new members who joined the club this month. We look forward to seeing you all at training and club social events!

Philip Sutton
Hannah Torkington
Faye Palmer

April Highlights

- London Marathon

Club 10k Handicap

Sign up now for the club's 10k handicap race open to all members and their guests.

More information on page 3

Sweatshop Offer!

We have been informed by Sweatshop that they have improved the discount available to Ely Runners 'all day' on Thursday 31st May from 15% to 20%, *except for GPS watches.*

This has been included in the updated Training Programme for that evening – see the club website for details

Alfredo Verna recently sent this link to John Turner saying that he thought he would find the article interesting and amusing.

<http://www.ft.com/cms/s/2/b030476a-7de9-11e1-bfa5-00144feab49a.html#axzz1rd2prk1d>

John particularly associated with Eddie Izzard's comment about running providing a link between the human spirit and the ground.

News

- 1 Club news
- 2 Coaching
- 3 Club 10k
- 4 Results
- 5 Training
- 6 Fixture List
- 8 Contacts

Dates for the Diary:

- 13th Soham Half
- 20th Deepings 10k
- 20th Wimpole 10k

Contributions to the Newsletter

We would appreciate if members have any short articles about their running experiences which other members may find useful, interesting or just entertaining, please send them with a suitable picture (800x600, portrait) to:

newsletter@elyrunners.co.uk

Juniors by Gareth Lewis

Angus Hutchison and Gareth Lewis entered the Cambridge Cambourne Fun Run on 15 April and the results were as follows:-

Angus Hutchison 4th in 6m 21 sec

Gareth Lewis 9th in 6m 39 sec

There were 161 entries and it was a 1 mile Fun Run that ran alongside a 10k race. The Fun run had chip timing, which must be a first for a Fun Run.

Cottenham 4.5mile fun run –

A nice on and off road race, 3 Ely Runners took part Gareth Lewis, Anita Lewis and Angus Hutchison.

Angus - 20th place, Gareth - 25th place, Anita - 91st. Times and final numbers still TBC. Angus and Gareth finished around 28-30 minutes and Anita in around 38 mins.

Cindy Mills has recently returned to the US

“My husband and I moved back to the US in December quite quickly so things have been a little hectic. We are living in Austin, Texas now, so a whole new adventure for us. It's a great city so far.

In January I completed the Goofy challenge in Walt Disney World. It was a half marathon on Saturday and a full marathon on Sunday! So a full weekend of running. I felt great. I took it easy on the half marathon but still running in 1:58, and then got a PB in the next day marathon with a 4:06. Almost ten minutes off my last marathon so I was really happy.

I haven't joined a running club yet but I definitely will in the near future, there are a bunch of them down here. I never would have considered a running club before, but you and the club were so encouraging and helpful in so many ways it made running so much better for me. So I definitely want to thank you for all the support.”

Coaching Report

By David Mould

Coaching Assistant Course – 12-13 April 2012

Held at Sportspark, United of East Anglia, Norwich

The venue was good, with a track, also not used, climbing wall and swimming pool.

The course was attended by seventeen people with representatives from several clubs; I remember Ryston, Thetford and Stowmarket being mentioned. The three tutors were excellent and obviously have great experience in the role.

Following the usual introduction and icebreaker the first topic was identifying the role of the Coaching Assistant and the UKA framework for delivering coaching. This is broken down into two distinct areas;

- What-2 coach – Run, Throw, Jump and the skills; agility, balance, coordination and speed.
- How-2 coach – Safety, Organisation, Introduction/Explanation, Demonstration, Observe/Analyse and Feedback.

Next was the common sense approach to the Coaching Process – Plan/Do/Review cycle.

It was a priority to ensure that an athlete-centred approach is adopted. The athlete's needs are put before all else, the athlete is encouraged to explore their potential and be involved in their own development all within a fun and safe environment.

Outside on the running track it was great fun exploring balance and stability, this was in relationship to base of support, positioning of the centre of mass and the effect of good/bad posture, not forgetting the effect that the head can have on balance. This was developed to how our limbs can be efficiently placed to generate force (forward movement).

Moved onto identifying the specific requirements for running at speed and also endurance running, not forgetting power walking.

Had an excellent practical on discovering each of the course participants maximal stride length, it came as no surprise that us with longer limbs had the longest stride length.

Onto practical's centred around jumping; long jump, vertical jump (high) and triple jump. Again I was surprised this time how another discipline, jumping, can help running. Particularly the controlled explosive approach and take-off coupled with a 'soft' landing.

If anything, Day Two was better than Day One!

After the recap on the contents of Day One we went straight into a practical, 'guided learning', with respect to aspects of throwing. Although the emphasis is on coaching and not individual's technical ability I was really surprised that I appeared to display some competency. This really was unlooked for as have never had the opportunity, even at school, to try any throwing events (discus, javelin and shot put).

After the 'guided learning' with adapted equipment then got the opportunity to try the real kit. How somebody of my build seemed to have an affinity with shot put is beyond me. I was totally fascinated with the way that the body can be manipulated to generate more force. Starting with triple extension and then adding rotation. Not forgetting that the core abilities of agility and coordination are vital. Also I enjoyed the feelings of loading and unloading, weighting and unweighting limbs or legs to gain greater performance.

However, it is all about the process and not the result. It was consistently emphasised that at the early stages of skill development it is all about using the correct technique and forgetting about the result which can be skewed by 'fluky' efforts. It's all about ingraining the correct technique so it is second nature.

Onto the javelin, this was tough. It appeared to be the most technical event that was attempted. I never got the feeling that I envisaged and didn't feel happy with my results. The javelin never felt to be flighted correctly. However given the opportunity I would love to improve my javelin technique and, more importantly, work with others, either mentor (coach) or coach others or be coached.

The other areas covered were different energy systems. And heart rate used for training correctly. Another topic was stretching AFTER activity NOT before. The advice from UKA is that stretching before activity can adversely affect performance.

Finally we all brought together all the coaching techniques to run a coaching session.

Ely Runners 10k Handicap Race 2012

The club's annual 10k handicap will be held in 5 week's time on Thursday 14th June 2012 at Little Downham for members and their guest runners.

If you would like to run then I would be grateful if you would advise your handicap time (to the nearest half minute) to me at a convenient moment via email matt@elyrunners.co.uk or alternatively please speak to me at training on a Thursday. Your time should be based on your most recent performances over 10k or a similar distance. You may find the calculators section on www.elyrunners.co.uk useful for converting times to 10k. If you would like to discuss your time then please email or speak to me at training. Optimistic or pessimistic times may be adjusted after consultation with the committee and club coaches.

The following have already signed up to run:

Dan Regan, Lionel Smith, John Turner, Nick Dyer, Heidi Uff, Gary Wilberforce, Anita Lewis, Peter Harris, Stephen Howard, David Mould, William Wilson, Tony Kirby-Cook, Teal Riley (Guest), Kevin Fox, John Manlow, Maurice Reed, Karl Bedingfield, Conan Fryer, Steven Hardwick

Alternatively if you are unable to run then volunteers would be most welcome to assist with marshalling, timing, registration, photography and cake baking. Please advise if you are able to help in any of these areas.

The course will be the same as used for the New Year's Eve 10k with the start by the Skoda garage (near the school) in Main Street and with the finish on the meadow near to the Cricket Pavilion.

A map of the route is available at:

www.elyrunners.co.uk/newyarseve10k

Registration and changing facilities (showers and toilets) will be at the Cricket Pavilion in School Lane. Entry is free of charge (to members and their guests) but it will be necessary to sign-in with a race number. The pavilion will be open from 6.30pm and registration will close at 7.15pm to enable the first runners (~60 mins handicap time) to start

at 7.30pm. Others will then start at half minute intervals according to handicap time.

Anyone can win the race and the last 10 winners have all won in category PB or PB times, previous winners include: 2011 Mick Butler, 2010 Stuart Baumber, 2009 Heidi Fochtman, 2008 Stuart Mitchell. Last year 18 runners beat their handicap time and 14 achieved new personal best times.

We will also be holding post event awards and refreshments, details for which will follow nearer to the date.

- 1st Ely Runner - perpetual shield – bottle of wine
- 2nd & 3rd Ely Runner - bottle of wine
- 1st Guest Runner - bottle of wine
- Fastest Runner (male & Female) – bottle of wine

The Junior section will also be holding a race and further information will be distributed by the coaching team.



The final sprint to the line 2011

Event photographs

Please send any race/club event photographs to Charlie Barker - (charlie@elyrunners.co.uk)

Ideally they should be resized to 800x600 pixels (ish) and preferably be less than 100k in size.

Did you spot Steve on page 1? Send in your event photos and you too could feature in next month's newsletter!

RESULTS

LDWA A Coventry Way Challenge - Coventry, West Mids

A circular route following the Coventry Way footpath around Coventry. Using the ACW guide route description, runners and walkers follow the beautiful and inspiring route, winding around the countryside through kissing gates and styles. Very friendly and relaxed Challenge organised by the LDWA. The weather was nearly perfect, sunny and cool, just a strong wind to deal with occasionally in the more open areas.

Emma Greaves thoroughly enjoyed the ACW Challenge, her first Ultra unsupported which meant carrying all her supplies for the whole route in her rucksack where normally her family would meet her at the checkpoints with a range of supplies. Only one of the checkpoints was supplying tea so Emma carried her tea flask as well. Unfortunately Emma started to get heel pain at mile 8 which was painful enough to slow her down but not enough to stop her running, pain killers took the edge off and the route itself was inspiring enough to enable her to finish.

Emma would recommend LDWA Challenges to anyone thinking of doing a first Ultra but are worried about cut-off times or getting round, as the Challenges are mainly designed for walkers it allows plenty of time to finish, following the route description helps distract you from the distance, checkpoints are frequent and if you do struggle you can always walk and pretend that you entered as a walker instead.

Result:

50th Emma Greaves 09:14:00 (8th lady) (216 runners/walkers in total)

London Marathon

No less than 13 members of Ely Runners took part in this year's London Marathon. In mild, sunny conditions regular speed merchant Stephen Pettit was first home for the club in 2hrs52. Stephen didn't go into the race with a lot of confidence as he felt his winter training & form were not good. He thought he would set out at a similar pace as in previous years and see how he felt at half way. He got to the halfway point in a reasonable time, but still slower than last year and realised that he could not beat that time and risked not being able to finish if he carried on at pace and risked further injury as his hamstrings were beginning to get very tight. Stephen backed off for a slow jog around the second half & noticed all those things you miss when you run hard...the sights, the noise & the huge crowds.

Not far behind Stephen came Gary Wilberforce and Steve Tovey both put in personal best efforts to break the 3 hour mark. For Graham Chapman the 3 hour target remains just out of reach finishing for the 3rd year in a row just over, even so Graham put in another sterling effort to finish 24th in his age group. Mark Turner and Tony Kirby-Cook both ran really well to achieve new pb's. Just behind Tony, Felicity Chivers broke the 3hr30 barrier to be first Lady home for the club. Nicola Bramley, Melanie Fisher and William Wilson also all ran well to complete the 32nd running of the London Marathon. For Tony and Miranda this was week 1 of

a marathon double header as they both competed the inaugural Milton Keynes Marathon the following weekend.

Elsewhere at the Elite end former Ely Runner Claire Hallisey put in a storming effort to finish 11th overall and first Britain home. More importantly her time of 2:27:44 was within the 2:28 target set by UK Athletics to guarantee her a start in the Marathon at London 2012 Olympics, a truly spectacular effort.

Officials Results:

715th Stephen Pettit 2:54:11
 875th Gary Wilberforce 2:56:31 (PB)
 1080th Steve Tovey 2:58:49 (PB)
 1864th Graham Chapman 3:08:10 (24th MV55)
 2886th Mark Turner 3:17:33 (PB)
 4306th Tony Kirby Cook 3:28:34 (PB)
 4544th Felicity Chivers 3:29:48
 7027th Pete Foody 3:43:58
 8906th Nicola Bramley 3:52:31
 10263rd Miranda Paul 3:57:29
 13244th Melanie Fisher 4:09:22
 21875th William Wilson 4:42:48

Cambourne 10k

A small but enthusiastic group of Ely Runners were included in the 1001 finishers of the Cambourne 10K. The race has many more unattached runners than average and can provide the opportunity for runners to achieve a relatively high placing. The weather was pleasantly sunny, but the cold wind and the off-road conditions made fast times difficult to achieve.

John Glover and Peter Harris battled for supremacy, with John pulling away towards the end, whilst Andy O'Hanlon started off way back before sauntering through the field, chatting to John and Peter as he waltzed past and then changing into another gear to finish out of sight. Although Andy penalised himself by starting 30 seconds behind the gun and stopping during the race to help someone in difficulties, he still carried off the 1st MV50 prize by a margin and declared that he still had to run another 12 miles to complete his intended training for the day!

Peter had much more difficulty gaining 2nd place in the MV60 age group, but he was comforted in discovering that he would also have been placed 2nd had he been in the MV50's.

Further back, the elusive Colin Doak remained unavailable for comment, whilst Anita Lewis achieved a personal best and new member Philip Sutton also ran. 2 Junior members also ran in the fun run, Angus Hutchison and Gareth Lewis were 4th and 9th respectively.

Chip time results:

63rd Andy O'Hanlon 42:38 (1st MV50), 78th John Glover 43:07 (PB), 102nd Peter Harris 44:01 (2nd MV60), 395th Philip Sutton 52:32, 578th Colin Doak 57:07, 689th Anita Lewis 60:27 (PB).

For a full list of results and event reports see the club website.

If you have run in an event recently why not send in a race report to results@elyrunners.co.uk – club members are interested to know how you get on and what you think of a particular race – send in report and get your name up in lights on the club website and newsletter!!!

TRAINING FOR MAY

Planned training sessions can be subject to change, being dependent on weather and ground conditions, visibility, numbers attending and suitability for those present.

Members are requested not to wear ear pieces during training because they will not be able to hear traffic approaching from behind. Members are reminded that they run/train at their own risk. For Route Maps see the website

Juniors to meet at 7 pm at the Paradise Centre on Tuesdays and train at one of the following venues, as decided by coaches, until daylight training resumes in 2012:

- *Astro Turf at The King's School, Ely*
- *Cam Drive x 4 laps*
- *King's Avenue x 3 laps*
- *Lynn Road x 4 laps*
- *Stour Green laps*

The selected junior venue will be on the club notice board in the foyer of the Paradise Centre.

Seniors' Sunday training (usually 9 am Paradise car park) will be advised by weekly email.

Tuesday 15th May

Grass track intervals KSE's Amherst Field (adjacent to railway station) under the instruction of Club Coach Alan Rutterford (Seniors and ER/ECAC Juniors)
Juniors meet at KSE's Amherst Field track

Thursday 17th May

Start/finish Ely Common for laps of new (short) XC course.
From large meadow clockwise to left turn into woods and

down slope, right to cross WBH to lake-side path, up steps and anti-clockwise round lake and back up slope to cross WBH and back through woods and up slope to Ely Common to complete lap of large meadow. Distances: 1 lap 1.31m and 4 laps 5.24m miles.

Tuesday 22nd May

Lisle Lane (slow), Springhead lane (fast), Kiln Lane (slow), meadow (fast) 1.1m interval laps x 5.
Total distance from Paradise 6.28m
Juniors meet at KSE's Amherst Field track

Thursday 24th May

Little Downham via Hurst Lane track and back to Ely. With 1 loop of Cannon St/Main St = 7.25m and with 2 loops = 8.5m

Tuesday 29th May

Grass track intervals KSE's Amherst Field (adjacent to railway station) under the instruction of Club Coach Alan Rutterford (Seniors and ER/ECAC Juniors)
Juniors meet at KSE's Amherst Field track

Thursday 31st May

Magog Down laps of 2.6m with 2 hills per lap. 2 laps = 5.2m, 3 laps 7.8m, 4 laps 10.4m. Meet Paradise at 6:15 pm to share transport or go direct for a 7:00 pm start. Magog Down is about 2m SE of Addenbrooke's Hospital on the Stapleford Road from the A1307. 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. Sweatshop is not far away (in foyer at David Lloyd Leisure, 21/25 Coldham Lane Business Park, Norman Way, Cambridge, CB1 3LH) and they will have a 15% kit discount specifically for Ely Runners from 10 am to 8 pm on Thursday 31st May.

RACES & EVENTS GUIDE 2012

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,

<http://www.parkrun.org.uk/cambridge/Home.aspx>

May

13 Alton Water Run 2k, 5k & 10k, Holbrook, Nr Ipswich, Suffolk, <http://www.altonwaterrun.co.uk/>

13 Birchanger 10k, Birchanger, Essex, <http://www.birchanger.essex.sch.uk/birchanger-10k/>

13 Bluebell 5m, Thundersley, Essex, <http://users.aber.ac.uk/aiv/bluebell5.htm>

13 Colchester 10k, Colchester, Essex, <http://colchestercharityraces.org>

13 Dereham 10m, Dereham, Norfolk, <http://www.derehamrunners.co.uk/>

13 Eye 10k & 3k FR, A1 series event, Eye, Nr Peterborough, Cambs, <http://www.eye10k.co.uk/>

13 Halstead & Essex Marathon, Halstead, Essex, <http://www.halsteadandessexmarathon.co.uk>

13 Ross Peers East Cambs Half-Marathon, Soham, Cambs, <http://www.rosspeers-sportscentre.co.uk/>

13 Running & Alexander Technique Workshop, Cambridge, <http://www.hiteltd.co.uk/shop/index.php?cPath=45>

13 Safron Crocus Trail Run, Saffron Walden, <http://safroncrocustrail.co.uk>

13 Stevington 12k Road Race, Stevington, Bedford, Beds, <http://www.stevingtonroadrace.co.uk>

13 St Albans 10k, St Albans, Herts, <http://www.stalbansstriders.com/>

13 St Thomas More 5k & 3k FR, Saffron Walden, Essex

17 (Thu) Bushy "Doubleday Dash" Pub Run 3m or 6m XC, The Plough, Farcet Fen, Nr Peterborough

19 (Sat) ERRA AGM, Hallmark Hotel, Derby, <http://www.englishroadrunningassociation.co.uk/>

20 Braughing 5k & 10k, Buntingford, Herts, <http://www.jenyns.herts.sch.uk/>

20 Bupa Great Manchester Run 10k, Manchester, <http://www.greatrun.org/events/event.aspx?id=4>

20 Deepings Rotary 10k & 3k FR, Deeping St. James (Nr Peterborough), Lincs

20 Edmund Carr Great Baddow Charity Race 10m & 2m FR, including Essex AAA champs, Great Baddow, near Chelmsford,

<http://www.baddowraces.org.uk/>

20 Lee Valley 10k, Waltham Abbey, Essex, <http://www.visitleevalley.org.uk>

20 NiceTri Sprint 1, St Neots, Cambs, <http://www.nicetri.co.uk/>

20 Run Tewkesbury Half-Marathon & 5m FR, <http://beyondthelimitations.co.uk>

20 Wheathampstead 10k, Wheathampstead, Herts, <http://www.wheathampstead10k.co.uk/>

20 Wimpole 10k Hoohah, Wimpole Hall, Herts, <http://www.hoohaah.co.uk>

22 (Tue) Harlow Ladies 5k Series Race 2, Harlow, Essex, <http://www.thehrc.org.uk>

23 (Wed) Cambs AA Evening Open Meeting, St Ives Outdoor Centre, St Ives, Cambs, <http://www.cambsathletics.org.uk>

23 (Wed) The 2012 Great Yarmouth Promenade 5m Series Race 3, Great Yarmouth, Norfolk, <http://www.gyrr.co.uk>

25 (Fri) Clacton Summer 5k Series Race 1, Clacton-on-Sea, Essex, <http://www.nice-work.org.uk/events.php?id=67>

26 (Sat) Training Course – Ultra Running Made Simple, Lamport Hall, Northampton, <http://www.gobeyondultra.co.uk>

27 Alex Moore Memorial Relay, Skeyton, Nr Norwich, Norfolk, <http://www.norfolkgazelles.co.uk/>

27 Great Easton 5m, Great Dunmow, Essex, <http://www.grangefarmtrotters.co.uk/content/great-easton-5m-2012>

27 Normanby Hall Women's 5k, Scunthorpe, Lincs, http://www.metrestomiles.co.uk/acatalog/enter_events.html

27 Northants "Shires & Spires" 35m Ultra, Lamport Hall, Northampton,

http://gobeyondultra.co.uk/events/northants_ultra_shires_and_spires

27 Tear Jerker Triathlon, Elveden Estate, Thetford, <http://www.elveden.com>

27 ZSL Whipsnade Zoo Stampede 10k, <http://www.zsl.org/challengeevents>

30 (Wed) Corby 5m, Corby, Northants, <http://www.corbyac.com>

June

03 Edingthorpe 5m, North Walsham, Norfolk, <http://www.runnersworld.co.uk/events/viewevent.asp?sp=&v=2&EN=69654&ms=>

10 BMAF Marathon Championships, Tenby, Wales, <http://www.bvaf.org.uk/fix/fix.asp> ; event website <http://www.thewalesmarathon.com>

10 Bury St Edmunds Challenges 15 or 26m, Bury St Edmunds, Suffolk, <http://www.burystedmundschallenges.co.uk/home.html>

10 Heroes Half-Marathon, ATR Bassingbourn, Royston, Cambs, <http://www.endurorunning.com>

10 St Albans Half-Marathon, 5k & 1.5m FR, St Albans, Herts, <http://www.stalbanshalfmarathon.co.uk/>

10 Strathearn Marathon, Comrie, Perthshire, Scotland, <http://www.strathearnmarathon.org.uk>

12 (Tue) Harlow Ladies 5k Series Race 3, Harlow, Essex, <http://www.thehrc.org.uk>

14 (Thu) **Ely Runners 10k Handicap, Little Downham, Private Club event**

15 (Fri) Marston Forest 5k, Marston Moretaine, Beds, <http://www.marstonforest5k.org.uk/>

16 (Sat) Fritton Lake Sprint & Super Sprint Triathlon, Fritton, Nr Great Yarmouth, Norfolk, <http://www.activeoutdoorsport.co.uk/>

17 BMAF 5k Road Championships, Horwich, Greater Manchester, <http://www.bvaf.org.uk/fix/fix.asp> ; Event Website

<http://www.horwichfestivalofracing.co.uk>

17 Chilford 10k & 5k FR, A1 series event, Chilford Vineyard, Linton, Cambs, <http://www.losc.co.uk>

- 17 Comercrawley Diss 10k & FR, Diss, Norfolk, <http://www.dissathleticsclub.co.uk/new-page-7.htm>
- 17 Fritton Lake Olympic Triathlon, Fritton, Nr Great Yarmouth, Norfolk, <http://www.activeoutdoorsport.co.uk/>
- 17 Huntingdon 10k Charity Run, Huntingdon, Cambs, <http://www.huntingdon10kcharityrun.co.uk/>
- 17 NiceTri Sprint 2, St Neots, Cambs, <http://www.nicetri.co.uk/>
- 17 Stort 10 & 1m FR, Bishop's Stortford, Herts, <http://www.bsrg.org.uk/>
- 20 (Wed) Cambs AA Evening Open Meeting, St Ives Outdoor Centre, St Ives, Cambs, <http://www.cambsathletics.org.uk>
- 23 (Sat) Trionium Picnic Marathon, Box Hill, Surrey, <http://www.trionium.com/picnic>
- 23 (Sat) Trionium Midsummer Munro Half-Marathon, Box Hill, Surrey, <http://www.trionium.com/mm>
- 24 North Devon AONB Marathon & Half-Marathon, Woolacombe, North Devon, <http://www.northdevonmarathon.co.uk>
- 24 North Downs 30k, Gravesend, Kent, <http://www.isteadandifield.org.uk>
- 24 Sutton Feast Beast ~7m, Sutton, Cambs, <http://www.suttononline.org>
- 29 (Fri) Clacton Summer 5k Series Race 2, Clacton-on-Sea, Essex, <http://www.nice-work.org.uk/events.php?id=69>
- 30 (Sat) South Downs Way 100, Winchester to Eastbourne, <http://www.centurionrunning.com>

July

- 01 Boddington Marathon, 50k & 10k Multi-Terrain, <http://beyondthelimitations.co.uk>
- 01 The March 5 Spud Run & 1.5m FR, A1 series event, March, Cambs, http://www.marchathleticclub.co.uk/march_5.htm
- 07 (Sat) Lord Mayor's 5k City Centre Classic, Norwich, Norfolk, <http://www.conac.org.uk/>
- 07-08 (Sat-Sun) SEAA U20 & Senior T&F Championships, Crystal Palace National Sports Centre, London, <http://www.seaa.org.uk/>
- 08 Bushy 10k & 3k FR, A1 series event, Bushfield, Peterborough, <http://www.bushfieldjoggers.co.uk>
- 08 NSPCC Milton Keynes Half-Marathon, Milton Keynes, Beds, <http://www.nspcc.org.uk/miltonkeyneshalfmarathon>
- 08 The Mike Groves 10k, 2012 Jaguars Triple 10k Challenge Race 2, Coltishall, Norfolk, <http://www.coltishalljaguars.co.uk>
- 12 (Thu) **Ely Runners Mile Handicap, Brand Field, Ely, Private Club event**
- 13 (Fri) Whissendine 6, Whissendine, Nr Rutland Water, Leics
- 15 Ekiden 6-stage Relay, 7.2k;5k;10k;5k;10k;5k (42.2k, 26.2m), Ipswich, Suffolk, <http://events.ipswichjaffa.org.uk/ekiden-relays/>
- 15 Fairlands Valley Challenge 12m, 18m, 26.2m or Ultra (50k), Stevenage, <http://www.fvspartans.org.uk>
- 15 RAF Marham 10m, Kings Lynn, Norfolk, <http://www.oaa.co.uk/fundraising/Events>
- 15 St Ives 10k & 3k FR, St Ives, Cambs, <http://www.huntsac.org.uk>
- 15 Victory Triathlon, North Walsham, Norfolk, <http://www.activeoutdoorsport.co.uk/>
- 18 (Wed) Cambs AA Evening Open Meeting, St Ives Outdoor Centre, St Ives, Cambs, <http://www.cambsathletics.org.uk>
- 19 (Thu) FVS Evening 3k Relays, Fairlands Valley Park, Stevenage, <http://www.fvspartans.org.uk>
- 21/22 (Sat/Sun) BMAF Track & Field Championships, Moorways Stadium, Derby, <http://www.bvaf.org.uk/fix/fix.asp>
- 22 Littleport Leisure Centre 10k, Littleport, Cambs, <http://www.littleport10k.co.uk/>
- 22 NiceTri Aquathons, Grafham Water, Cambs, <http://www.nicetri.co.uk/>
- 26 (Thu) Clacton Summer 5k Series Race 3, Clacton-on-Sea, Essex, <http://www.nice-work.org.uk/events.php?id=70>
- 29 Spartan Race 5k, ATR Bassingbourn, Royston, Herts, <http://www.spartanrace.com>

August

- 05 BMAF 10k Track Run, Horspath Track, Oxford, <http://www.bvaf.org.uk/fix/fix.asp>
- 11 (Sat) North Downs Way 50m/100m, Farnham to Knockholt or Wye, <http://www.centurionrunning.com>
- 12 Grafman Middle Distance & NiceTri Olympic Triathlon, Grafham Water, Cambs, <http://www.nicetri.co.uk/>
- 12 Thorney 5m, A1 series event, Thorney, Peterborough, <http://outa-stock.co.uk/trc/raceinfo.htm>
- 15 (Wed) NVH Barney Memorial 5k, A1 series event, Ferry Meadows, Peterborough, <http://www.nvh.org.uk>
- 18 (Sat) Race the train, Tywyn, Wales, <http://www.racethetrain.com/>
- 19 ECF Monster Middle Triathlon, Ely, <http://www.monsterracing.net/>
- 19 Riverside Runners 25th Anniversary 10k & 3k FR, St Neots, Cambs, <http://www.riverside-runners.com/>
- 31 (Fri) Clacton Summer 5k Series Race 4, Clacton-on-Sea, Essex, <http://www.nice-work.org.uk/events.php?id=71>

September

- 02 Ely Sprint Triathlon, King's School, Ely
- 02 Nice Tri Sprint 3 & NiceTri Olympic Triathlon, St Neots, Cambs, <http://www.nicetri.co.uk/>
- 02 Run Cheltenham Half-Marathon, Cheltenham, Gloucs, <http://www.runcheltenham.org.uk>
- 08-14 (Sat-Fri) Trans Britain Ultra 156m various locations, http://www.gobeyondultra.co.uk/events/trans_britain
- 09 **Ely Runners Grunty Fen Half-Marathon, Witchford, Cambs**, <http://www.elyrunners.co.uk/gruntyfen/>
- 09 FVS 5k, Stevenage, <http://www.fvspartans.org.uk>
- 15/16 (Sat/Sun) The Birketts Round Norfolk Relay, <http://roundnorfolkrelay.com/>
- 16 Ipswich Duathlon, Holbrook, Ipswich, Suffolk, <http://www.ipswich-tri.org/>
- 16 The Bupa Great North Run, Half-Marathon, Newcastle, <http://www.greatrun.org/events/Event.aspx?id=1>
- 22 (Sat) Fritton Lake Cross Country Triathlon, Fritton, Nr Great Yarmouth, Norfolk, <http://www.activeoutdoorsport.co.uk/>
- 23 Abbey 10k & 3k FR, A1 series event, Ramsey, Cambs, http://ramseyroadrunners.org.uk/Abbey_10k.htm
- 23 Bourn to Run 10k & 3k FR, Bourn, Cambs, <http://www.bourntorun.com>
- 23 Fritton Viking Triathlon, Fritton, Nr Great Yarmouth, Norfolk, <http://www.activeoutdoorsport.co.uk/>

23 Paul Maguire 5m Race, Stevenage, <http://www.fvspartans.org.uk>

30 Preston Guild Series, Run Preston 10k, Preston, <http://www.prestonguild2012.com>

October

07 BMAF Half-Marathon Championships, Neil McCover Memorial, Kirkintilloch, Glasgow, <http://www.bvaf.org.uk/fix/fix.asp> ; Event Website <http://www.kirkintillocholympians.co.uk/>

07 Norwich Sportspark Relay Triathlon, Norwich, Norfolk, <http://www.activeoutdoorsport.co.uk/>

13 (Sat) AdventureHub Norfolk Coastal Ultra 100k, Holt, Norfolk, http://www.adventurehub.com/Ultra_Races.html

14 BMAF 10k Road Race Championships, Ashford, Kent, <http://www.bvaf.org.uk/fix/fix.asp> ; Event Website <http://www.ashford10k.co.uk/>

21 Ampthill Trophy XC, Ampthill, Beds, <http://www.amphilltrophy.org.uk/>

21 Greensand Marathon, Dorking, Surrey, <http://www.trionium.com>

27 (Sat) Beachy Head Marathon, Eastbourne, Sussex, <http://www.visiteastbourne.com/events/BeachyHeadMarathon.aspx>

28 BMAF 10m Road Race Championships, Tiptree, Essex, <http://www.bvaf.org.uk/fix/fix.asp> ; Event Website <http://www.tiptree10.org.uk/>

28 Preston Guild Series, Preston Half-Marathon & Marathon, Preston, <http://www.prestonguild2012.com>

November

04 FVS Half-Marathon, Fairlands Valley Park, Stevenage, <http://www.fvspartans.org.uk>

04 Lode Half-Marathon, Lode, Cambs, <http://www.loderunners.co.uk/>

17 (Sat) BMAF Cross Country Relays, Derby, <http://www.bvaf.org.uk/fix/fix.asp>

18 Preston Guild Series, Preston 10m, Preston, <http://www.prestonguild2012.com>

25 Bath Hilly Half Marathon, Bath, Somerset, <http://www.trionium.com>

December

31 **Ely Runners New Year's Eve 10k, Little Downham, Cambs**, <http://www.elyrunners.co.uk/newyarseve10k/>

NOTES

Races and events are on Sunday unless otherwise mentioned. Many events also have a concurrent Fun Run. These can provide valuable racing experience for junior members and beginners. Check the main 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 about 5-6 miles for seniors and 1.5m for juniors. Entry (league membership) is paid for by the club.

Club Contacts

Further details of events from the Club notice board in the Paradise Centre foyer, running magazines, websites, or from Steve Tovey, 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 Heidi Uff, captain@elyrunners.co.uk but for -13,-15,-17 & juniors, first contact Lesley Wright, lesley@elyrunners.co.uk.

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

Long distance team relay entries are via Alan Rutterford, alan@elyrunners.co.uk and paid for (if funds available) by the club.

Social events are via Julie Foreman, julie@elyrunners.co.uk

Junior training details from Junior Representative/Club Coach Alan Rutterford, alan@elyrunners.co.uk

Junior race details from Junior Secretary Lesley Wright, lesley@elyrunners.co.uk

Club website: <http://www.elyrunners.co.uk>

Grunty Fen 1/2M website: <http://www.gruntyfen.co.uk>

NYE10k website: <http://www.newyarseve10k.co.uk>

Turing Trail Relay website: <http://www.turingrelay.co.uk>

Association of Running Clubs website: <http://www.runningclubs.org.uk>

EVAC Webzine: <http://www.easternveteran.co.uk/>

Last Updated 12/05/2012