

Ely Runners Newsletter

September 2010



NEW MEMBERS

A warm welcome the following new members who joined the club this month. Look forward to seeing you all in training and the club social events!

Linden Smith - Jodie Johnson - Miranda Paul - Sarah Edwards

CLUB EVENTS

Ely Standard 20th Grunty Fen Half Marathon, Witchford, Sunday 12th September

This is one of the club's two flagship open events with runners travelling from all over the country to take part in a race which incorporates the Cambs County Championships and Road Race League (see www.gruntyfen.co.uk).

Please could members reserve this date to help as a marshal or official and let John Glover know as soon as possible if you are available.

Urgent message from John Glover, i/c Marshals, Grunty Fen Half Marathon - john@elyrunners.co.uk

Dear Members

Thanks to all those who have agreed to help but we still require more volunteers to make this race as safe and enjoyable as possible, for racers and helpers alike.

If you are able to help, please contact me as soon as possible so that we can fill the remaining marshals positions and duties.

We already have over 400 entries and many more are expected as we get closer to the race.

NEWS & NOTICES

High viz clothing back on the agenda for night training

We've been having autumnal weather for weeks, but the real thing arrives on Tuesday 21st September, when it's time to dig out the high vis clothing for all night training runs from there on after. Attractive yellow bibs can be borrowed from the club on request.

New Ladies Captain

As well as volunteering to help out with Junior Training following Melanie Fisher's relocation to the north east, Heidi Uff has now taken up an additional post as Ely Runners Ladies Captain, with the previous incumbent Emily Knight continuing on the Committee as Club Timekeeper.



News from Melanie Fisher & Beachy Head Marathon

Mel recently moved back to Newcastle for a new job at the University. She says "The new job is brilliant. I'm enjoying it so much and it's just the challenge I needed, so I'm very happy".

Mel also asks if members entered for the Beachy Head Marathon have made any travel arrangements? Now that she has to make the trip from Newcastle she'd rather not do the rest of the journey alone! Please contact John Turner for Mel's new email address.

Although remaining an Ely Runner, Mel hopes to find a suitable running club in the Newcastle area.

Contributions to the Newsletter

We're actively looking for short articles about your running experiences which other members will find useful, interesting or just entertaining. Please send anything suitable to newsletter@elyrunners.co.uk

New Triathlon Shop

TriSportsPlus, carrying clothing, equipment and accessories for triathletes, runners, cyclists and swimmers + free computerised gait analysis opened on 7th August. Address: 77 High Street, Huntingdon. PE29 3EN, just off the Ring Road, opposite the Territorial Inn. Tel 01480 454183.

The Fell Runners Association (FRA)

The FRA is 40 years old this year

Runners of all ages and abilities can spice up their running with some interesting ascents and descents. See the FRA website at: www.fellrunner.org.uk

Dictionary of Running etc Jargon

Well worth a look on following link: http://www.10ktruth.com/q_and_a/vocab.htm#emil

SOCIAL EVENTS

After Training Drinks

After training drinks are usually held on Thursdays, with all members more than welcome to attend. The next opportunity to see what your training partners look like with their clothes on will be Thursday 2nd September at the West End pub from around 8:30pm onwards. Further information is available from Julie Foreman (Julie@elyrunners.co.uk).

Christmas Drinks

Please note the date has been changed from Thursday 2nd December to Friday 3rd December. This occasion also includes the draw for the club's three London Marathon places. This draw is between members who have applied for the London marathon but have been rejected, so remember to bring along your rejection letter on the night.

Ely Runners 25th

The club was formed in 1985 (see <http://www.elyrunners.co.uk/history.htm>) and the Committee are planning to mark this anniversary.

RESULTS ROUND-UP – August

Ely Runners' Mark Turner 'chuffed to bits' with excellent Ironman UK result

Held at 1st August in Bolton, the Ironman UK triathlon included a 2.4m swim in open water, 115m bike ride and full marathon. Mark came 211th in a total time of 11 hours and forty minutes (an impressive 3 hours 48 for the marathon). "All in all chuffed to bits and feeling good now. Managed a run last night and everything still works OK!", said Mark after the event.



EVAC Track and Field League Match 4, 3k, Milton Keynes

Rob Campbell 4th overall 9:52.8 (MV40 Club Record), Ian Day 10:14

2010 Midweek 5k Series, Stevenage

Jon Manlow, 12th 17:11

Wibbly Wobbly Log Jog, Brandon Forest

4th John Uff 32:24 7th Ian Day 32:44 (1st MV40) 118th Lisa Redman 44:56 119th Hannah Shiell 45:02
138th John Turner 46:48 142nd Brent Crossman 47:03 152nd Michael Butler 47:48 168th Julie Foreman
48:53 242nd Jon Pennington 58:08

Great Yarmouth Half Marathon

Stephen Pettit put in a fine performance to take the MV45 prize. Stuart Baumber and Neil Atherton made a pact to run together from the start, a civilised truce they kept up until the last few hundred yards when Neil made a break for the line. Stuart responded with a final kick and managed to catch Neil, coming in 7 seconds ahead at the finish.

5th Stephen Pettit 1:18:43 (1st MV45) 162nd Stuart Baumber 1:52:49 (PB) 163rd Neil Atherton 1:52:56

Thorney 5

4th Craig Holgate 26:44 (PB) 12th John Uff 28:49 (PB) 21st Maurice Reed 30:41 78th Darren Murfitt 34:31
118th Lionel Smith 37:21 136th Andrew Nixon 38:27 (PB) 159 Rachel Roberts 41:12

Enigma Marathon, Caldecote near Milton Keynes

David Mould's recent Lakeland 50 mile race was still in his legs although he passed half-marathon mark in virtually spot on 2 hours. However he started to fade at 18 miles and was stung by a wasp after 19m. David ran-walk the remaining distance (which took him to a total of 26.54m according to his Garmin), declaring himself "just pleased to notch up my 10th race of marathon distance or longer".

13th David Mould 4:17:24 There were 21 finishers.

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

Frostbite Friendly League 2010-2011

The first FFL venue on Sunday 3rd October has now reverted to the usual Priory Park at St Neots. It's an excellent course of parkland grass and woodland tracks. As such, it is suitable for spikes. As usual, the Junior race will start at 10:15 am and the Senior race at 11:00 am

Other FFL dates and venues are:

- 7 Nov Bushfield, Peterborough
- 12 Dec Hinchingsbrooke Park, Huntingdon
- 16 Jan Ramsey
- 6 Feb Bourne Woods
- 6 Mar BRJ Huntingdon

This series of six races of 1.5m for Juniors and about 5-6m for Seniors is free to all members and provides enjoyable competition at all levels, plus all members running influence the result by competing against scoring members of other teams. No prior entry or numbers are required as club members are allocated PIN numbers and finishing position tags which are recorded by the club's Team Manager Eric Drury.

Team scoring is Juniors 1st 5 (1 must be a girl) and Seniors 1st 10 (3 must be women) but all other runners will interact with the results.

Having won the Senior FFL twice since 2004, we slipped last season to 10th of 17 teams. Our talented Juniors, in their first full year in the FFL improved through the season to finish 9th of 13 teams but should gain places in 2010-11 because there are more members to ensure a full scoring teams for each race.

Apart from providing being enjoyable team and individual competition, these races provide a measure of progress and inspiration throughout the winter season.

The On-Footse Top 100

This is a corporate 1 mile event that will be taking place on Sunday 3rd October at the Cambridge University Athletics Track for runners to take part on behalf of their companies. If you look at the website you will see some of the runners from 2008 and they are hoping to attract 100 runners this year. www.footse100.org.

Beachy Head Marathon, Saturday 23rd October 2010

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

Other Events

See following **RACES & EVENTS GUIDE**

Event photographs

Race/club event photographs should now be sent to Steve Tovey (sct36@cam.ac.uk) Ideally they should be resized to 800x600 pixels (ish) and preferably be less than 100k in size.

RACES & EVENTS GUIDE 2010-2011

September 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 (at Milton) 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

September

01 SEAA AGM, 1930 Chadwick Street Recreation Centre, London (details on notice board)

05 Framlingham 10k, 1100 Sports Club, Badingham Rd, £7, EOD +£2, www.framflyers.org.uk

05 The Beast (13m multi-terrain), Corfe Castle, Dorset, www.poole.ac.co.uk

05 EVAC T&F League – Final (full match), Bedford

05 Wissey ½ Marathon (EVAC Champs), 1030 Oxborough Village Hall, £10, EOD +£2

www.rystonrunners.org.uk

05 Bedford Harrier's 25th Anniversary 10k, 1000 Athletic Stadium, £8, EOD +£2, www.bedfordharriers.co.uk

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 (Sat) Spartan Race, Cambridge, Army Trg Rgt, Bassingbourne Bks, www.spartanrace.com
18/19 (Sat/Sun) **Round Norfolk Relay**, 194 miles in 17 stages, www.roundnorfolkrelay.com
19 Spartan 5k obstacle course run, from 0800 Cambridge, www.spartanrace.com/cambridge.php
25 (Sat) SEAA 6/4 Stage Road Relays (senior men & vets), Rushmoor Arena, Aldershot
19 Ponton Plod 27m/17m/11.5m, 0830/0930 Gt Ponton Community Centre, Grantham, £8/£8.50/£9, EOD+£2
25 (Sat) 5k Runway Run, Tibenham, Norfolk, £10 (6-17 & +60 £5) for East Anglia Air Ambulance
25 (Sat) SEAA Women's, Young Athlete's & Veteran's Road Relay Championships, 1100-155 Rushmoor Arena, Aldershot
26 SEAA Men's 6 & 4 stage Road Relay Championships, 1230 & 1430 Rushmoor Arena, Aldershot
26 SEAA 6/4 Stage Road Relays (women & young athletes), Rushmoor Arena, Aldershot
26 Bourne to Run 10k, 1030 Bourne Sports Pavilion, £10, no EOD
26 EVAC T&F Championships, UEA Sportspark, Univ of East Anglia, Norwich, NR4 7TJ
26 English Schools Fell Running Championships, 1100 Sedbergh School, £5, www.esfrc.org, CD 14/9

October

03 Frostbite League, Jn 1015, Sn 1100, Priory Park, St Neots **(all Ely Runners can run)**
03 SEAA 10k Road Race Champs, 1100 Crystal Palace NSC, London, www.seaa.org.uk
03 BMAF 10m Championships, Oldbury Power Station, Bristol
03 Abington 10k, 1030 Granta Park, £8, no EOD
03 On-Footse Top 100 corporate mile, University Track, Cambridge
09 (Sat) Norfolk Coast Ultra 60m, £48, <http://adventurehub.com/ahnorfolkultra.html>
09 (Sat) Discovery 10k/5k, Dovercourt/Harwich, www.discoveryrun.co.uk
10 Great Eastern Run ½ Marathon & 4k Fun Run, 1010 Peterborough
16 (Sat) ERRA Senior Women's 4 Stage Road Relay Championships, 1200 Sutton Park, Sutton Coldfield
16 (Sat) ERRA Senior Men's 6 Stage Road Relay Championships, 1330 Sutton Park, Sutton Coldfield
17 ERRA U17M/W, U15B/G, U13B/G 3 Stage Road Relay Champs, from 1115 Sutton Park, Sutton Coldfield
17 Abingdon Marathon (*race full*)
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
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 **(all Ely Runners can run)**
07 Stevenage ½ Marathon *including ARC Championships*, www.fvspartans.org.uk
28 Hereward 4 Stage Relay (37.73m Peterborough to Ely), **Ely Runners senior teams**

December

- 03 (Fri) **Ely Runner's Christmas Buffet & Drinks**, Cutter Inn, Ely
- 05 Nene Valley 10m, 1030 The Cresset, Bretton, Peterborough, £8, www.nvh.orh
- 11 (Sat) SEAA Masters & Inter-County XC Championships, venue tba
- 12 Frostbite League, Jn 1015, Sn 1100, Hinchingsbrooke Park, Huntingdon **(all Ely Runners can run)**
- 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 2011

- 16 Frostbite League, Jn 1015, Sn 1100, Ramsey **(all Ely Runners can run)**
- 29 (Sat) SEAA XC Championships, Parliament Hill, London

February

- 06 Frostbite League, Jn 1015, Sn 1100, Bourne Woods **(all Ely Runners can run)**

March

- 06 Frostbite League, Jn 1015, Sn 1100, BRJ Huntingdon **(all Ely Runners can run)**
- 12 (Sat) BMAF XC Championships, Wig more Valley Park, Luton

May

- 08 Eye 10k
- 08 Frostbite Friendly League AGM
- 21 (Sat) BMAF Road Relays, Sutton Park

June

- 09 (Thurs) **Ely Runners 10k Club Handicap**
- 19 BMAF 5k Championships, Horwich

July

- 6-17 July, World Masters Championships, Sacramento, California, USA
- 14 (Thurs) **Ely Runners 1m Club Handicap**

August

- 16-25, European Vets Championships, Stadia

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.newyarseve10k.co.uk

Turing Trail Relay website www.turingrelay.co.uk

Association of Running Clubs www.runningclubs.org.uk