

Ely Runners Newsletter



September 2011

NEW MEMBERS

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

Kevin Walker
Ciaran Murray
Gary Wilberforce
James Nicholson
Tom Russell

NEWS & NOTICES

New Newsletter Editor:

Matt Holmes has offered to take on the role of Newsletter Editor as it sits well with his work involved in preparing reports for the club website and for the local press.

Contributions to the Newsletter

Matt 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

All items (within reason!) will be considered.

What do you think of the new logo at the top of the page? This was created by Emily Knight as an option for future club branding?

Any feedback would be appreciated...

Don't forget:

11th Sep – Grunty Fen Half
17-18th – Round Norfolk Relay

A message from Junior Coach Alan Rutterford to Parents and Juniors:

Dear Parents / Junior
Many thanks to all that have attended and parent helpers during the summer training session. It has been nice to be in a safe environment and off the footpaths of Ely, but once again we will soon be returning to our winter training schedule. We have the coming Tuesday plus the Tuesday after at Amherst Field and after that we shall be meeting at the Paradise Centre again (Tuesday 20th Sept). All Juniors are to meet to the right of reception and at the bottom of the corridor, so as not to block the reception area as we did at times last year. Hi Viz vests are to be worn at all times, and if you have joined since last winter's training and do not have one yet, please see me or Lesley.

If you have joined as a summer member I hope you have enjoyed training with us, and as it is value for money at £5 we hope you will join us again next summer. We will be holding 2 sessions before Xmas and 2 after on the astro surface at Kings School and will invite you to join us when I can confirm the dates. In the meantime you can always join as a full member and join us every week and at races during the winter. (Please see me or Lesley to see if this is the best option first).

Please could any parents or juniors help us at our own Grunty Fen Half Marathon and 1 Mile Fun Run. It is vital that we get helpers for the Fun Run if we are to make this a success and continue it again in future years. Please recommend family and friends to have a go at the mile.

Once again the Frostbite winter XC league races are approaching.
www.frostbitefriendlyleague.org.uk
Please check the dates and venues and put them in your diaries as we would like to improve on our 6th place last year out of 13 teams.

Many Thanks

Alan Rutterford
Ely Runners & ECAC Coach
BARR Scrutiniser

alan@elyrunners.co.uk

The rest of this month's newsletter includes reports from further afield:

To the not so Frozen North

Stephen Pettit ran in the Helsinki City Marathon on 20th August. It was a good testing course starting outside the Olympic stadium (site of the 1952 games) through the city's big wide streets and then out to the coastline and the many islands and lakes before returning to finish inside the stadium. It is not a fast course, there are a number of undulations (none severe), a variety of running surfaces (hardest on the feet being long sections of cobblestones) and a stiff coastal breeze to contend with in places. It was also warm (just over 20 degrees), the race starting at 3pm

with the sun overhead. The marshals and police did a fantastic job keeping 5,500 runners safe and on course whilst the city remained open to traffic & trams. Stephen believed that this was only possible because the main streets in the city were very wide and much less congested than here. Stephen found it to be a beautiful course & very well supported in a country that has a long history of running. Stephen did have a few logistical problems before the start...BA had managed to lose all his luggage (including his running shoes)...a good excuse to buy some new kit albeit an unexpected expense! His luggage eventually turned up at the hotel a day late. The race was won by Ondoro Pius of Kenya (2:23:24) a little ahead of his 2 countrymen. First lady home was Leena Poutiniemi (2:38:05). Stephen came home in 25th place, having faded a little after a promising early start, Official Result: 25th Stephen Pettit 2:53:13 (chip, 1st MV45)

Running is a rollercoaster

Whilst holidaying in the Lake District Adrian Scaites-Stokes decided to try out a local 10K. The race was located in Maryport on the coast so it was anticipated that it would not include any mountains (hopefully!). A field of nearly 200 set off and soon reached the first slope - a nice 2 miler uphill. Then into the countryside where the road resembled a rollercoaster - a few ups and downs before plunging down a steep valley. What goes down must come up, so the runners were then faced with something resembling the north face of the Eiger. Huffing and puffing his way to the top, Adrian thankfully found a nice gentle slope down towards the finish. Official Results: 123rd Adrian Scaites-Stokes 50:20



John Manlow at race the Train

Manlow Goes West

John Manlow incorporated his annual trip to "Race the Train" into his summer holiday, a week of walking 50 odd miles (including 2 trips to the top of Snowdon) put John in perfect shape for another assault on this popular event. The race starts and finishes in Tywyn where, after a week of warm days, runners were welcomed with a return to the norm of wet and windy (although not cold) weather. The race is one of the most iconic races in the UK, always in the top 50 in the Runners World yearly votes. The premise of the race is very simple, race the train over a 14 mile out and back xc route and see if you can get back inside the 1:48 it takes the train (with tourists stops) to get your certificate. The route is tough though with the first 7 miles being a hilly cross country with slopes, cambers and very steep slate descents. After the turn it gets worse.... climbs where you almost have to put your hands down it is so steep, an angled muddy sheep track which you have to run on carefully or you fall down the side of the valley then one last grassy uphill which reduces you to hands on knees and then downhill (finally) off the fells back into Tywyn for the finish. John is keen to point out that the race's difficulty does not mean that it is not fun; it is "by a massive margin my favourite race of the year". John managed to

beat the train back by an even bigger margin than in 2008/9 which he was pleased about, finishing in 18th and an impressive 1:31:51.

Charlie is a Champ

Last week club Welfare Officer Charlie Barker received a nice surprise through the post - a medal for his performance at last month's NVH 5k. Much to Charlie's delight he's now the MV60 county champion over 5k!! Charlie finished the race in 82nd place in 20:49.

Marshalling

September is a busy time for Ely Runners with our flagship open event, The Grunty Fen Half Marathon on 11th September and the Round Norfolk Relay on 18th/19th September where we Marshal the Wisington Changeover and enter two full teams. We would ask members to help at one or both of them if possible. Backup runners would also be helpful so if you are free next weekend please let us know.

Mind coaching to improve Ely Runners performance

Ely Runner Daniel Regan is offering a free 30 minute consultation and ten per cent session cost discount to ER members at his hypnotherapist clinic at Ely Complementary Health Centre on St Mary's Street.

Daniel works with athletes, runners and gymnasts to improve performance and eliminate the things holding them back. He can also help with anxiety, confidence, depression, fears and phobias, panic attacks, stress, stopping smoking, weight loss and many other issues. More details on www.elymindcoaching.co.uk

SOCIAL EVENTS

After training drinks are usually held on the first Thursday of each calendar month, 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, October, 6th** at the High Flyer in Ely. Further information is available from Julie Foreman

Julie@elyrunners.co.uk

SELECTED RESULTS **ROUND-UP – August**

Enigma Gold Marathon

The Enigma Gold Marathon held on the 28th August 2011 was one

mini lap of 1.67 mile then seven laps of 3.5 miles each around Caldecote Lake at Milton Keynes. Why Gold? Because Gold medals are awarded for sub-3:30 finishers, Silver medals for sub-4:00 finishers and Bronze medals for sub-5:00 finishers. This is a low key event limited to 35 entries, of which 31 finished. The weather was very changeable, one minute bright sunshine, the next heavy showers. David Mould deliberately kept a lid on pace early doors as he had more than one eye on the 20-mile Spitfire race the following Sunday where he is looking to better his "fairly soft" 20-mile PB. David felt unusually stronger and stronger as the race went on, all 5 mile splits were less than 45 minutes. Statto corner, this was race #150, marathon (or longer) #25 and David's 10th sub-4 marathon. Official Results: 12th David Mould 3:53:27 (Silver Medal).

Cambridge Olympic Distance Triathlon

Three Ely runners (also Ely Tri-Club members) travelled the massive distance to Mepal for this annual event organised by Cambridge Tri-Club. Conditions

were warm and sunny with a water temp of 19c. There were 187 finishers and Pete Foody led home the Ely Contingent in 17th place. Official Results: 17th Peter Foody 2.13.39 49th Graham Chapman 2.23.44 (1st MV50) 148th Ian Blatchford 2.49.36

Thorney 5 mile

There were four Ely Runners among the 214 finishers competing at Thorney. The race took place over a level course with two there-and-back spurs: Official Results: 72nd Lionel Smith 35:50 (2nd MV55) 93rd Miranda Paul 37:13 (1st time PB) 113th John Turner 38:45 (2nd MV65) 114th Tanya Shenton 38:47 (1st time PB) Conditions were quite hot and slightly humid with a light wind.

Event photographs

Race/club event photographs should now be sent to Charlie Barker - (charlie@elyrunners.co.uk) Ideally they should be resized to 800x600 pixels (ish) and preferably be less than 100k in size, though all contributions gratefully accepted.

RACES & EVENTS GUIDE 2011-2012

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>

September

17/18 (Sat/Sun) Round Norfolk Relay, <http://www.roundnorfolkrelay.com>

17/18 (Sat/Sun) Eddie Leal & Brenda Lawson Memorial Isle of Wight Fell Running Series, incorporating SEAA Fell Running Champs, <http://www.rydeharriers.co.uk>

18 Ashtead 10k, Ashtead, Surrey, <http://www.tronium.com/ashtead10k/>
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18 Grafham Water Marathon/Half Marathon, <http://www.grafhamwatermarathon.com>

18 Great North Run, Newcastle-upon-Tyne, <http://www.greatrun.org/evets/event.aspx?id=1>

18 Harvest Trail 6m & 10m, Royston, Herts, <http://www.roystonrunners.org.uk/>

18 SEAA 10k Road Running Champs, Crystal Palace, London, <http://www.seaa.org.uk/>

18 The Ponton Plod 12, 17 or 27m, Great Ponton (Nr Grantham), https://www.sientries.co.uk/event.php?elid=Y&event_id=459

24 (Sat) Hardmoors 60, 60m Saltburn to Filey, www.hardmoors110.org.uk

21-24(Wed-Sat) Great Barrow Challenge, Suffolk, <http://www.greatbarrowchallenge.co.uk>

25 Ashridge 5m trail race, Ringshall, Herts,
<http://www.dirtrunning.co.uk>

25 Bourn 10k & 3k FR, Bourn,
<http://www.bourntorun.com>

25 East Anglia Air Ambulance Runway Run, 5k/10k,
Tibbenham Airfield, Nr Norwich, Norfolk,
<http://www.eaaa.org.uk>

25 Larking Gowen Ipswich Half-Marathon, Ipswich,
<http://www.ipswichhalfmarathon.co.uk>

25 Oxford Half Marathon, Kassam Stadium, Oxford,
<http://www.oxfordhalfmarathon.co.uk>

25 Saffron Walden 10k, Saffron Walden, Essex,
<http://www.saffronstriders.org.uk/striders10k/10kintro.htm>

25 Saxilby 5k, West Lindsey Run Series,
Gainsborough, Lincs,
<http://www.westlindseyrunseries.co.uk>

25 West Pinchbeck 10k (Mike Barnsdale Memorial
Race), West Pinchbeck, Lincs,
<http://www.spaldingtri.co.uk/Pinchbeck%2010%20Info.php>

October

01 (Sat) SEAA XC Champs, XC Relays, Shuttleworth
Park, Biggleswade, Beds, <http://www.seaa.org.uk>

02 Abington charity 10k & 2.5k FR, Great Abington,
<http://www.runnersworld.co.uk/abington10k>

02 BMAF 10k Championships, Exmouth,
<http://www.bvaf.org.uk/index.asp>

02 Budapest Marathon,
<http://www.budapestmarathon.com>

02 Coltishall Jaguars Autumn 10k, Frettenham,
Norfolk, <http://www.coltishalljaguars.co.uk/>

02 Frostbite League Race 1, ~5m, Priory Park, St
Neots, <http://www.frostbiteleague.org.uk/>

02 Race for Riverwalk School 5k & 10k, Culford Park,
Bury St. Edmunds,
<http://www.entrycentral.com/index.php?festivalID=149>

02 Royal Parks Half-Marathon, London,
<http://royalparkshalf.com/>

09 Leicester Marathon & Half-Marathon,
<http://www.leicestermarathon.org.uk/>

09 Marriott's Way 10k, Aylsham, Norfolk,
<http://www.broadland.gov.uk/weekend>

15 (Sat) Discoveryrun 5k/10k, Harwich, Essex,
<http://www.discoveryrun.co.uk>

16 Blacks 5k/10k Trail Run, Dunstable Downs,
Dunstable, <http://www.blackstrailrun.co.uk>

16 BMAF Marathon Championships, Abingdon.
<http://www.bvaf.org.uk/index.asp>

16 East Carlton 5m Road Race, East Carlton Country
Park, Northants,
<http://www.smallfishbigpond.co.uk/corby/index.htm>

16 Wibbly Wobbly Log Jog ~5m, Brandon,
<http://www.bfh.org.uk/>

22 (Sat) Beachy Head Marathon,
<http://www.beachyheadmarathon.org.uk/events/BeachyHeadMarathon.aspx>

23 Ampthill Trophy XC,
<http://www.AmpthillTrophy.org.uk>

23 Bupa Great Birmingham Run, Half-Marathon,
<http://greatrun.org/Events/Event.aspx?id=14>

23 East Coast 10k, Great Yarmouth,
<http://www.gyrr.co.uk>

23 Gainsborough 5k, West Lindsey Run Series,
Gainsborough, Lincs,
<http://www.westlindseyrunseries.co.uk>

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

23 Thurlow 10m, Great Thurlow, Haverhill, Suffolk,
<http://www.haverhillrunningclub.org.uk>

23 Trionium Greensand Marathon, Dorking,
<http://www.trionium.com>

29-30 Brentwood Running Festival (Junior Race, 10k,
half marathon, marathon), Weald Country Park,
Brentwood, Essex,
http://gobeyondultra.co.uk/Brentwood_run_fest

30 Fenland 10, Wisbech,
<http://www.fenlandrunners.org.uk/>

November

06 Adnams Great Eastern Run,
<http://www.bungayblackdogrunningclub.co.uk>

06 Bonfire Burn 10k, Impington, Cambridge,
<http://www.bonfireburn10k.co.uk/>

06 Frostbite League Race 2, 5m, Bushfield,
Peterborough, <http://www.frostbiteleague.org.uk/>

06 Rutland Water Marathon, <http://www.fat-feet.co.uk/rutland-water.aspx>

13 Market Rasen Remembrance Sunday Multi-Terrain
10k, West Lindsey Run Series, Lincs,
<http://www.westlindseyrunseries.co.uk>

19 (Sat) SEAA XC Champs, London XC Champs,
TBC, <http://www.seaa.org.uk>

20 Hadleigh 10m Road Race, Hadleigh, Suffolk,
<http://www.hadleighhares.co.uk>

20 St Neots Half-Marathon,
<http://www.riversiderunnersraces.co.uk>

26 (Sat) Wandlebury & Roman Road 6m Trail Run,
Cambridge, <http://www.overrunnevents.co.uk/>
27 Bath hilly Half-Marathon, Bath,
<http://www.trionium.com/bathhillyhalf>

27 Hereward Relay, Peterborough to Ely, 4 stage
Relay or Ultra race
http://www.marchathleticclub.co.uk/hereward_2011.htm

December

02 (Fri) Ely Runner's Christmas Buffet & Drinks,
(Private Event) Cutter Inn, Ely (Prov)

10 (Sat) SEAA XC Champs, Masters & Inter-Counties
Champs, TBC, <http://www.seaa.org.uk>

11 Bedford Harriers Half-Marathon,
<http://www.bedfordharriers.co.uk/>

11 Frostbite League Race 3, ~5m, Hinchingsbrooke
Country Park, Huntingdon,
<http://www.frostbiteleague.org.uk/>

18 Club Pre-Christmas training runs, (Private Event)
Woodditton/Ely 18.5m, Woodditton/Reach 7.5m,
Reach/Ely 11m. Lunch afterwards at the High Flyer

31 (Sat) Ely New Year's Eve 10k Road Race, 1100
Little Downham, <http://www.newyarseve10k.co.uk>

January

15 Frostbite League Race 4, ~5m, March, TBC,
<http://www.frostbiteleague.org.uk/>

28 (Sat) SEAA XC Champs, Main Champs, Stanmer
Park, Brighton, <http://www.seaa.org.uk>

February

05 Frostbite League Race 5, ~5m, Bourne Woods,
Bourne, <http://www.frostbiteleague.org.uk/>

March

04 Frostbite League Race 6, 5m, Huntingdon,
<http://www.frostbiteleague.org.uk/>

April

15 Brighton Marathon, <http://brightonmarathon.co.uk/>

22 Virgin London Marathon,
<http://www.virginlondonmarathon.com/>

29 Milton Keynes Marathon, Milton Keynes,
<http://www.miltonkeynesmarathon.co.uk>

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.

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/>

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