



Ely Runners Newsletter

September 2012



Craig Holgate at the Anglo Celtic Plate 2012

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!

Martin Frohock, Ioan Compton, Jonathan Stone, Lucy Watson, Katie Compton, Louise Stableford, Niamh Webb, Alexandra Bower & Jacob Bower.

We look forward to seeing you all at training and at club events.

Grunty Fen

The Grunty Fen Half Marathon is this weekend (Sunday 9th September) and your club needs you! If you are available to help on Sunday and you haven't already contacted us then please do so as all help would be appreciated, please email John Glover in the first instance John Glover john@elyrunners.co.uk. There will be a pre-race briefing on Saturday at 2pm and the race takes place Sunday am.

Beginners Course

The beginners course has been a great success with 30-40 new runners turning up every Tuesday. The course has been managed very effectively by Steve T, Lionel and Conan with the help of other members (Emily, Dan, Peter amongst many). The club hope to put on similar courses in the future so if you would like to get involved in coaching or if you have any experience in this area please let us know.

Juniors

Many junior members are regularly running at the Cambridge Parkrun and the junior section hope to build on last year's result with more success in the Frostbite league starting next month. If you would like to take part in either of these popular events please speak to the coaching team on Tuesday evenings. Don't forget that the Grunty Fen Half and accompanying 1 mile fun run take place this Sunday 9th September.

Newsletter is back!

After a busy summer of sport the Ely Runners Newsletter is back for the latest news, information and updates on the biggest and best running club in East Cambs!

Hereward Relay

The annual Hereward Relay, organised by March AC, returns in November. Currently the role of 'Hereward Relay' coordinator for the club is vacant. Alan Rutterford has carried out this task admirably for many years and so there is an existing 'tried and tested' team schedule to follow on the day. The main part of the job will be to organise and enter the teams so if you would like to get involved in then please contact Steve Tovey secretary@elyrunners.co.uk.

Cambridge Half Marathon

The Cambridge Half Marathon returned this year after many years' absence. The race sold out in 8 days so if you would like to take part next year the organisers have recommended that you register your interest early. The race will take place on Sunday 10th March.

Further information can be found at <http://www.onestepbeyond.org.uk/cambridge-half-marathon-info-request.php>

Frostbite Friendly League

The popular Frostbite Friendly series of races returns next month – a full itinerary will be included in the October newsletter and further information can be found at <http://www.frostbiteleague.org.uk/>

News

- 1 Club news
- 2 ER Overseas
- 3 Reports
- 5 Ely Common
- 6 Training
- 7 Fixture List
- 9 Contacts

Dates for the Diary:

9th Grunty Fen Half
15th & 16th Round Norfolk
23rd Abbey 10k, Ramsey

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

Ely Runners Overseas

Training report from long-standing member Alfredo Verna in Columbia

Alfredo's project management work takes him to some remote and extreme places. His latest abridged running report (sent after reading, with some amusement, JT's Sunday training email warning of 'quite challenging' weather conditions on Grunty Fen) and comments follow:

"I have been working at the Barrancabermeja refinery (in Northern Colombia) for the past 3 weeks and managed to get out for a run most days. During the weekend, it is early in the morning and during the week at around 6 pm. We start working at the refinery at 6 am (getting up at 4:45 am) so there would not be time for a run that early in the morning.

The temperature NEVER drops below 26C but most of the time it is well above 30C. Not only that, the humidity is nearly 100% so going out for a run is really a battle against the external environment. I like to run (typically 60 minutes) 6 km from my accommodation in the refinery up to the majestic Magdalena River, some 1000 m wide here, which is born in the Andes and finishes up in the Caribbean Sea. I then stop for 5 minutes stretching and watching the river in awe. It is a beautiful natural scene. Small fishing boats cross the river and the market stalls - open from early in the morning until after dusk - display hundreds of fish of different species, some of them remarkably big. You never get tired of getting there.

After running the 6 km back to the refinery, there is a different type of river - a river of sweat - even my socks and shoes are completely soaked in sweat, as if I'd been running in the rain. This continues for over half an hour, forming a pool of sweat underneath me. If I take a shower before 45-60 minutes, I have to do it again because I am still sweating. Even after drinking some 2 litres of water, I'm still obviously dehydrated. Anybody wanting to lose weight should come to Barrancabermeja - I lose some 3 kg in a 60 minutes run!

These details give you an idea of the conditions. Nevertheless I enjoy my runs, even in Barrancabermeja. I would not say that the body is getting used to it because it is always quite hard, but in a way you start developing an ability to cope with such conditions. And - as a runner - I have always thought that you need to adapt to everything: the cold, the heat, the rain, and the wind. It is just part of nature and you only find it as hard as everybody else.

I could not miss my run most evenings during the week and early in the morning at weekends, not only for the run itself but also for what I see, hear and smell. A way to feel completely immersed into what surrounds you only armed with your shorts, shirt and running shoes.

Having said that, I am relieved that in three days I will fly to Bogotá, for another project that will keep me there for an additional week, before returning to Cambridge. The flight from here to Bogotá is only 1 hour long, but it is like landing in another country. Bogotá is 2,600 m above sea level and its temperature throughout the year varies from 5C to 20C. Ideal for running and you also get the extra benefit of training at altitude. It also rains a lot, so the surrounding hills - which are more than 3,000 m high - are covered in thick green forests. Quite idyllic."

Craig's biggest Challenge of the year!

While on holiday in Florida Craig Holgate found a 5km starting from the hotel next to door, so it would have been wrong not to run it. The race started at 7pm and even then it was hot.

It was a simple out at back route along the sea edge. It was the first race that Craig has had to avoid sandcastles and bikini clad women while racing. A 5km was a shock to the system after concentrating on ultras this year.

Craig came 2nd in 16.59 about 20 secs behind the winner. His prize for winning the over 35 category was a foam can cooler. The best part of the night was that all runners could eat as much pasta and cookies as they liked and could rehydrate with as much beer as they liked.

Race Reports

Burnham Beeches Half Marathon – 19th August

Stephen Pettit ran in the Burnham Beeches half, . it was very hot (27/28 degrees) & humid. Thankfully most of the course is in shaded woodland. It's a well organised & marshalled event on traffic free roads. The course is undulating, there are no major hills but those inclines that do exist test your legs (especially in hot/humid conditions). The start/finish venue is good at the local prep school allowing free use of the swimming pool and pleasant garden areas (making it a family friendly event)...although parking is a good 20 minutes away from the venue. Stephen was a bit tired on the start line (his third race in seven days) and the extreme heat and humidity also played a factor in affecting his performance (as with the other runners). Stephen realised that it was not a day to try and run hard after the first few miles and settled into a safe race pace that allowed for the conditions.

Result

12th Stephen Pettit 1:23:11 (3rd MV 40-50)

710 finishers on the day

Race The Train - 18th August , Tywyn, Wales

After his holiday walking in Snowdonia it was time for John Manlow's yearly attempt at racing the train in Tywyn. The race was pretty much as it always is for the Rotary challenge. The organisation and atmosphere were once again top notch and this is always the race that John looks forward to most in the year. Nearly 900 people lined up at the start by the railway station to be confronted by clear blue skies. The race started with a whistle from the train and off they went up onto the fells where it was still hot; on the plus side the lack of rain made under foot conditions the best they have been in the years John has raced. On the way back it was getting really hot but there is a bit more shade after the sheep track. The big bog was still there and was very sticky rather than sloshy and the hills were still massive. The first year John tried to run up them but actually it is quicker to walk up quickly with hands on knees - and a lot less painful. Although John's time was down on previous years he wasn't too disheartened as on looking at the results it became apparent that conditions got to everyone and most were about 5 mins down - in fact 6 time winner Gareth Raven was down in third and 7 mins outside his course record. This year the train took longer 1:48:30 ish but even with the extra time only 103 beat it back this year - the fewest since the course changed in 2008. John does lots of races and for him this is the best race of the year "everyone should do it once, next year is 17th August - get it in your diary"

Results

17th John Manlow 1:35:53 (3rd MV40)

Train 1:48:30 ish,

There were 839 finishers in this race (3 other shorter races go on in the morning) and Sullivan Smith of Swansea (2nd Claim C & C) won in 1:22:19

Thorney 5 – 12th August

Four Ely Runners made the short trip to Thorney for the annual 5 mile race. Stephen Pettit had a good run & kept a strong pace going throughout. He swapped places with Michael Moore (NVH) a couple of times for third place (MM pipped him at the end to take first in Cambs county). Stephen was pleased to pick up a PB, first MV45 & second in the 5 mile Cambs County Champs. This is a fast flat course & well organised. Stephen recommends it as a good race & will be back for more next year. Karl Bedingfield continues to improve finishing in 64th and a new PB. Lionel Smith and Steve Starr also both ran well.

Results:

4th Stephen Pettit 28:18 (PB)(MV45 Club Record)(1st MV45)

64th Karl Bedingfield 34:55 (PB)

71st Lionel Smith 35:31

98th Stephen Starr 38:41

The race was won by Matt Gundy in a time of 26.01 and there were 207 finishers

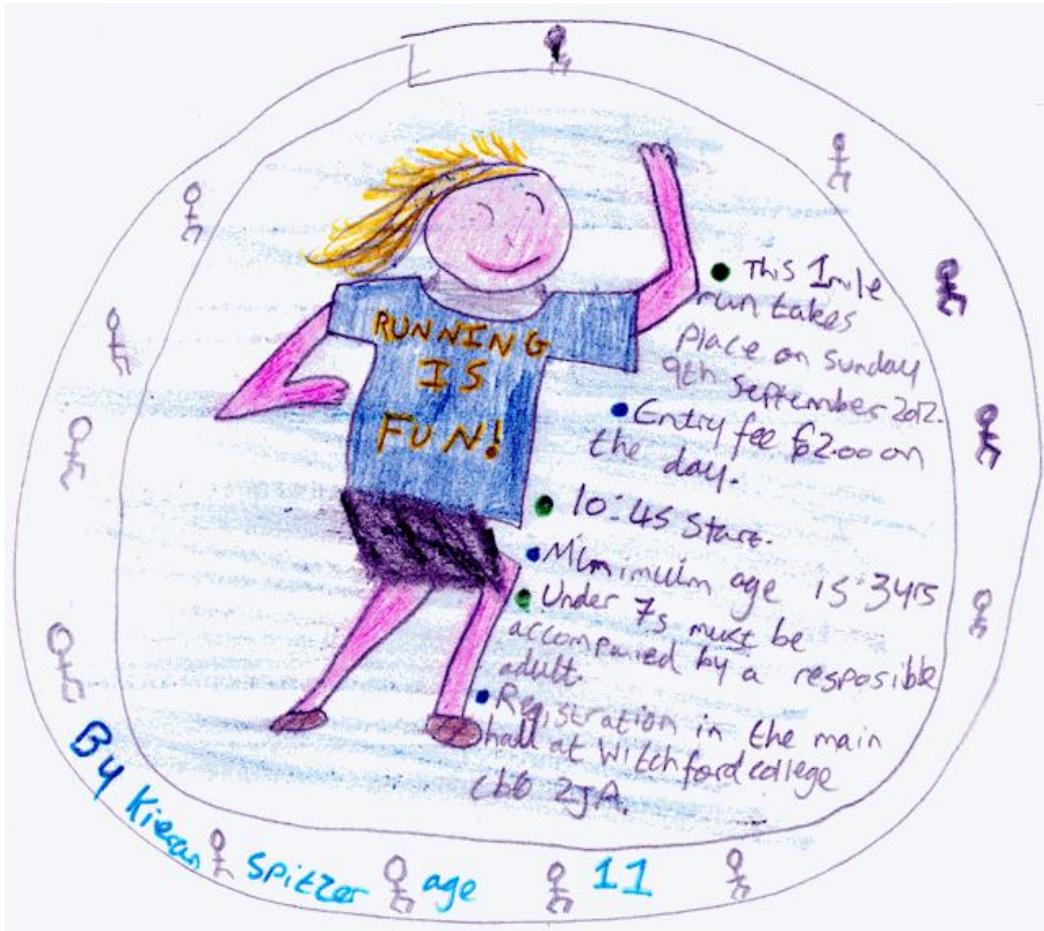
Anglo Celtic Plate 100km - Redwick, Magor, Wales 22nd July

Craig Holgate made his England debut in the Anglo Celtic Plate. The race incorporates a home nations team race and the UK Athletic 100km championship. 100km is the longest distance recognised by UKA. The race comprised of 32 and a bit laps of a 1.9 mile circuit. The course was perfectly flat and more important provided no shade, it reminded Craig of running around Ely. The heat made racing 62 miles brutal to put it mildly, everyone suffered badly and times were slow. Craig spent the first half of the race running with an experienced England and GB runner who shouted at him if he ran too fast. Their slower early pace paid dividends later. Craig finished 3rd overall but with the winner being from the Republic of Ireland he came 2nd in the UK champs to Allen Smalls (who reversed the Hereward result from last year). Craig managed to close Allen down with 3 laps to go but his legs cramped up in the last mile. Craig's time of 7.26 was slower than expected due to the brutal conditions.

Result: 3rd Craig Holgate 7:26

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!!!



Alan and Darren learn lifesaving skills.



Emergency lifesaving skills took over a school's boardroom. Organised by Emma Greaves, co-ordinator of Ely Community First Responders and an Ely Runner, participants learned how to give mouth to mouth resuscitation, perform CPR and deal with everything from choking to serious bleeding.

The course, one of two Emma organised in Ely, was held at King's Ely's Hereward Hall, and was tied in with the British Heart Foundation's Hard and Fast campaign, which is designed to get as many people as possible learning how to help save lives. All the skills are the same as those taught to community first responders, who volunteer their time to attend local emergencies and provide vital support before emergency services arrive. For more information about the first responders, email: emma.greaves@nhs.net

<http://www.cambridge-news.co.uk/Ely/Volunteers-are-on-course-to-help-keep-patients-alive-31072012.htm>

Help save Ely Common from development

Many of us use Ely Common for training runs and as part of the club cross country course but this wonderful open space is at risk of development. It was never formally registered as a Common and over recent years one area has been converted into a private garden while another has been sold to the would-be developer of Roswell Pits. To maintain public access and prevent further development, local group Ely Wildspace has renewed its application for Village Green status, which would give the Common permanent protection. Our first effort, in 2008, failed on a single technicality which has since been overruled by the Supreme Court – hence the current application, which will go to public inquiry this autumn. But now we need your help.

Ely Wildspace has to raise several thousand pounds for legal representation at the inquiry and so is holding an auction of art and promises, from 7pm on Sat 22 Sep, in Ely Community College. This will include work by local artists as well as promises for afternoon teas, museum tours, sailing trips, ironing and much more. Celebrity auctioneer David Palmer will host the event which will mean it will be great fun as well as very worthwhile.

How can you help? By donating some treasure that's lurking in your attic, by offering an enticing promise (a weekend in your luxury country hideaway, pet or child-sitting, a sailing trip, maybe even something to do with running!), or by coming along and doing some very early Christmas shopping. Tickets cost £5 each (including a glass of wine) or £25 for six and are available from me (apb12@cam.ac.uk) or on the door. Do get in touch if you have any queries.

With many thanks indeed

Andrew Balmford

Ely Wildspace and Ely Runners

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



TRAINING FOR SEPTEMBER

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. These training details will also be on the home page (see ER Training Programme) of the club's website at www.elyrunners.co.uk, on the Paradise Centre foyer ER notice board and in the club's monthly Newsletters

Maps of many of the training routes are on the club's website at www.elyrunners.co.uk/training.htm

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

Tuesday 4th September

6 x 0.83m interval circuits of Ely Common meadows. Start in middle at top of Kiln Lane. Flow along 'cliffs' side of long meadow to sailing club turn and fast back to Kiln Lane. Cross to short meadow and jog recovery (road side) to Lisle Lane turn. Then fast back to Kiln Lane to complete one circuit. 6.2m from/to Paradise.

Juniors meet at the Paradise Centre unless otherwise advised.

Thursday 6th September

Barway triangle 7.64m via The Park, Jubilee Gardens, riverbank path and across Lode End Bridge (by pump house) before sharp left turn along lode footpath. At Barway Bridge, turn right along stony drove to Gt Ouse bank where turn right back to Ely. For 6.1m option, turn round at Lode End Bridge.

Tuesday 11th September

Water Board Hill (Kiln Lane) x 10 laps. Warm up run via Waterside and riverbank. Warm down via Springhead Lane to Paradise (7m from/to Paradise).

Juniors meet at the Paradise Centre unless otherwise advised.

Thursday 13th September

Ely-Little Downham via Main Street/Cannon Street loop (6.6m) or 2 loops (7.9m).

Autumn-Winter Training

Now that the days are shorter we will soon be starting the Autumn-Winter 2012 Training Programme. **From Tuesday 18th September high visibility bibs or t-shirts or jackets are to be worn.**

Juniors are 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 2013:

- 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
- Jubilee Gardens laps

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

Tuesday 18th September

The Gallery intervals of 5 x 1m circuits to/from Cathedral lamppost

Fast interval from bottom of The Park hill, Broad St, Back Hill, Gallery 0.6m

Recovery Gallery, Porta, Cherry Hill 0.4m

Total about 5.6m from/to Paradise

Thursday 20th September

Round Ely circuit of 6.25m or shorter 4.8m finish via Police Station corner

Tuesday 25th September

Intervals on Stour Green comprising 2 laps (0.48m) fast and 1 lap (0.24m) jog recovery. Target distance 6 sets = 4.32m + 1m each way from/to Paradise = 6.32m

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

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>

September

09 **Ely Runners Grunty Fen Half-Marathon, Witchford, Cambs**, <http://www.elyrunners.co.uk/gruntyfen/>

09 FVS 5k, Stevenage, <http://www.fvspartans.org.uk>

09 Great Bardfield Charity 10k, Great Bardfield, Essex

09 Hill X 10k, Petersfield, Hants, <http://www.toughenoughraces.co.uk/>

09 Langham 10k, Langham, Essex, <http://www.langham10km.org.uk>

09 Swineshead 10m, Swineshead, Bedford, <http://www.swineshead.org.uk>

15/16 (Sat/Sun) The Birketts Round Norfolk Relay, <http://roundnorfolkrelay.com/>

16 Clavering 5k & 10k, Clavering, Nr Saffron Walden, Essex, <http://www.clavering10k.co.uk>

16 Cransley Hospice 10k & Half-Marathon, Kettering, Northants, <http://www.ktharriers.com>

16 Ipswich Duathlon, Holbrook, Ipswich, Suffolk, <http://www.ipswich-tri.org/>

16 Ponton Plod 12, 17 or 27m, Great Ponton, Nr Grantham, Lincs, <http://notfastrunningclub.co.uk/>

16 Stetchworth 5k, Stetchworth, Nr Newmarket, Suffolk, <http://www.chrisaylmer.com/stetchworth-5k--fun-run.html>

16 The Bupa Great North Run, Half-Marathon, Newcastle, <http://www.greatrun.org/events/Event.aspx?id=1>

19-22 (Wed-Sat) The Great Barrow Challenge Four Day Event, Barrow, Bury St Edmunds, Suffolk,

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

22 (Sat) Fritton Lake Cross Country Triathlon, Fritton, Nr Great Yarmouth, Norfolk, <http://www.activeoutdoorsport.co.uk/>

22 (Sat) Helly Hansen Beauty & the Beast Trail Marathon, Stonor Park, Henley-on-Thames, Oxfordshire,

<http://hellyhansenbeautyandthebeast.co.uk/>

22 (Sat) Saucony SEAA 3/4 Road Relay Races, Women's & Young Athletes, Aldershot, Hants, <http://www.afd.org.uk>

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

23 Saucony SEAA 4/6 Road Relay Races, Men's, Aldershot, Hants, <http://www.afd.org.uk> <http://www.seaa.org.uk>

23 Abbey 10k & 3k FR, A1 series event, Ramsey, Cambs, http://ramseyroadrunners.org.uk/Abbey_10k.htm

23 Ashridge 5, Berkhamstead, Herts, <http://www.dirrunning.co.uk>

23 Bourn to Run 10k & 3k FR, Bourn, Cambs, <http://www.bourntorun.com>

23 Dedham 10k, Dedham, Essex, <http://www.dedhamrun.co.uk>

23 Fritton Viking Triathlon, Fritton, Nr Great Yarmouth, Norfolk, <http://www.activeoutdoorsport.co.uk/>

23 Harvest Trail Half-Marathon, Royston, Herts, <http://www.roystonrunners.org.uk>

23 Larking Gowen Ipswich Half-Marathon & 4k FR, Ipswich, Suffolk, <http://www.ipswichhalfmarathon.co.uk>

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

23 Running & Alexander Technique Workshop, Neastishead, Norfolk, <http://www.hiteltd.co.uk/>

23 The Pleshey & Essex Half-Marathon, Pleshey, Essex, <http://www.springfieldstriders.org.uk>

29 (Sat) Adstone 10k & 1m FR, Adstone, Towcester, Northants, <http://www.adstone10.sports-booker.com/#1>

30 Brackley Triathlon, Brackley, Northants, <http://www.onyourmarksevents.org>

30 BRJ Run & Tri Duathlon, 5k run, 20k bike, 2.5k run, Abbot's Ripton, Nr Huntingdon, Cambs, <http://www.brjroadrunners.org.uk>

30 Green Wheel Relay 48m in 7 stages, Peterborough, <http://www.greenwheelrelay.org.uk/index.htm>

30 Leighton 10m, Leighton Buzzard, Beds, <http://www.leightonbuzzardac.co.uk>

30 Manches Moor Park 10k, Moor Park, Rickmansworth, Herts, <http://www.moorpark10k.org.uk>

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

30 Saffron Walden 10k, Saffron Walden, Essex, <http://www.saffronstriders.org.uk>

30 West Pinchbeck 10k, West Pinchbeck, Lincs, <http://www.spaldingtri.co.uk>

October

06 (Sat) SEAA XC Relays, Wormwood Scrubs, West London, <http://www.seaa.org.uk/>

06 (Sat) The "Round Ripon" 35m Ultra & Relay, Studley Rodger, Yorks, <http://gobeyondultra.co.uk/events>

07 Abbot's Langleigh Tough 10, Abbot's Langleigh, Herts, <http://www.tough10.co.uk>

07 Abington 10k, Great Abington, Cambs, <http://www.greatabingtonprimaryschool.co.uk/pta.asp>

07 Alton Downland 10k Challenge, Alton, Herts, http://www.activetrainingworld.co.uk/events/2012/10/07/alton_downland_challenge

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 Frostbite Friendly League Race 1, ~5mXC seniors 1.5mXC Juniors, Priory Park, St. Neots, <http://www.frostbiteleague.org.uk/>

07 Mablethorpe Marathon & Half-Marathon, Mablethorpe, Lincs, <http://www.mablethorpemarathon.org.uk>

07 Manuden Fun Run 10k, Manuden, Essex, <http://www.manuden.org.uk>

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

- 07 Royal Parks Foundation Half-Marathon Ultra, Hyde Park, London, <http://www.royalparkshalf.com>
- 07 St. Luke's Hospice Triathlon, Grays, Essex, <http://www.stlukeshospice.com>
- 07 Standalone 10k, Letchworth, Herts, <http://www.standalone10k.org.uk>
- 07 The Run 12 – 10k, Northampton, <http://www.the-run.org>
- 07 Wibbly Wobbly Log Jog ~5m XC, Brandon, Suffolk, **PROVISIONAL DATE**, <http://www.bfh.org.uk/>
- 07 Willow Charity 10k, Hatfield House, Hatfield, Herts, <http://www.willowfoundation.org.uk/fundraising/sportingchallenges/ukchallenges>
- 07 Windsor Half-Marathon, Windsor, Berks, <http://www.runwindsor.com>
- 13 (Sat) AdventureHub Norfolk Coastal Ultra 100k, Holt, Norfolk, http://www.adventurehub.com/Ultra_Races.html
- 13 (Sat) Wandlebury 6.2m Trail Run, Wandlebury Country Park, Cambridge, Cambs, <http://overrunevents.co.uk>
- 14 BMAF 10k Road Race Championships, Ashford, Kent, <http://www.bvaf.org.uk/fix/fix.asp> ; Event Website <http://www.ashford10k.co.uk/>
- 14 Herts 10k, Harpenden, Herts, <http://www.herts10k.com>
- 14 Herts Charity Challenge Tri/Duathlon, St. Albans, Herts, <http://www.sprinttriathlon.org>
- 14 Leicester Marathon, Leicester, Leics, <http://www.leicestermarathon.org.uk/>
- 14 Marriott's Way 10k, Aylsham, Norfolk, <http://www.broadland.gov.uk/weekend>
- 14 Martlesham Heath 10k, Martlesham Heath, Suffolk, <http://www.woodbridgellions.org.uk>
- 14 Mud & Mayhem Autumn 10k, 2k FR & Duathlon, Delapre Abbey, Northampton, <http://gobeyondultra.co.uk/events>
- 14 Perkins Great Eastern Run, Peterborough, Cambs, <http://www.perkinsgreateasternrun.co.uk/>
- 14 Ridgeway Run 1.5k, Tring, Herts, <http://www.tringrunningclub.org.uk>
- 14 Ryston Runners XC Series Race 1, 800m (U9), 2k (U11), 3k (U13/U5), 5k (U17/Seniors), Shouldham Warren, Norfolk, <http://www.rystonrunners.org.uk/joomla/index.php/cross-country>
- 14 Spires & Steeples Challenge 2012 13 & 26m, Lincoln-Sleaford, Lincs, <http://www.spiresandsteeples.com>
- 14 The New Ware 10, Ware, Herts, <http://www.ware-joggers.co.uk>
- 20 (Sat) Race (& Walk) for Wildlife 2k, 5k or 10k, RSPB Lakenheath, Cambs, <http://www.rspb.org.uk/>
- 21 Amptill Trophy 8k XC, Amptill, Beds, <http://www.amptilltrophy.org.uk/>
- 21 Big Fun Run 5k Ipswich, Ipswich, Suffolk, <http://www.bigfunrun.com>
- 21 Bupa Great Birmingham Run, Half-Marathon, <http://www.greatrun.org/Events/Event.aspx?id=14&tkn=gbr201203>
- 21 Daventry 10, Daventry, Northants, <http://www.daventryroadrunners.co.uk>
- 21 Great Yarmouth 10k & East Coast Marathon, Great Yarmouth, Norfolk, <http://gyrr.squarespace.com>
- 21 Greensand Marathon, Dorking, Surrey, <http://www.trionium.com>
- 21 Leigh-on-Sea 10k, Leigh-on-Sea, Essex, <http://www.losstriders.co.uk>
- 21 Paras 10, Colchester Garrison, Colchester, Essex, <http://www.soldierscharity.org/paras10>
- 21 Saxon's 5m Race 2012, Saxmundham, Suffolk, <http://www.thesaxons.org.uk>
- 21 Stort 30m Ultra, Bishop's Stortford, Herts, <http://www.challenge-running.co.uk/stort30/>
- 21 Thurlow 10, Great Thurlow, Nr Haverhill, Suffolk, <http://www.haverhillrunningclub.org.uk>
- 27 (Sat) Beachy Head Marathon, Eastbourne, Sussex, <http://www.visiteastbourne.com/events/BeachyHeadMarathon.aspx>
- 27 (Sat) Brentwood Running Festival 10k & 2k FR, Weald Country Park, Brentwood, Essex, <http://gobeyondultra.co.uk/>
- 28 Back to Basics XC Running 3.5, 5 & 8.5m, Grafham Water, Buckden, St. Neots, CAmbs, <http://www.nicetri.co.uk>
- 28 Bakers & Larners of Holt 10k, Holt, Norfolk, <http://www.nnbr.co.uk>
- 28 BMAF 10m Road Race Championships, Tiptree, Essex, <http://www.bvaf.org.uk/fix/fix.asp> ; Event Website <http://www.tiptree10.org.uk/>
- 28 Brentwood Running Festival Half-Marathon & Marathon, Weald Country Park, Brentwood, Essex, <http://gobeyondultra.co.uk/>
- 28 Fenland 10, Wisbech, Cambs, <http://fenlandrunners.org.uk>
- 28 Preston Guild Series, Preston Half-Marathon & Marathon, Preston, <http://www.prestonguild2012.com>
- 28 Pumpkin 10k Run, Stanwick Lakes, Wellingborough, Northants, <http://www.ultramarathon.org.uk>
- 28 Steeplechase 5k/10k obstacle race, Great Witchingham, Norwich, Norfolk, <http://www.muckyraces.co.uk/events>
- 28 The Poppy Run 5k, Louth, Lincs, <http://www.poppy-run.com>
- 28 The Poppy Run 5k, Woodbridge, Suffolk, <http://www.poppy-run.com>

November

- 04 Frostbite Friendly League Race 2, 5m Seniors & 1.5m Juniors, Bushfield, Peterborough, <http://www.frostbiteleague.org.uk/>
- 04 FVS (Stevenage) Half-Marathon, Fairlands Valley Park, Stevenage, <http://www.fvspartans.org.uk>
- 04 Lode Half-Marathon & 3m FR, Lode, Cambs, <http://www.loderunners.co.uk/>
- 11 Remembrance 10k, Fineshade Woods, Stamford, Lincs, <http://www.peterborough5x5challenge.org/page5.htm#10k>
- 17 (Sat) BMAF Cross Country Relays, Derby, <http://www.bvaf.org.uk/fix/fix.asp>
- 17 (Sat) London XC Champs, Parliament Hill, London, <http://www.seaa.org.uk/>
- 18 Gruesome Twosome Half-Marathon, Swallow, Lincs, <http://www.gruesome-twosome.co.uk/index.html>
- 18 Preston Guild Series, Preston 10m, Preston, <http://www.prestonguild2012.com>
- 18 Riverside Half-Marathon, St. Neots, Cambs, <http://www.riversiderunnersraces.co.uk/> **(RACE FULL)**
- 18 Ryston Runners XC Series Race 2, 800m (U9), 2k (U11), 3k (U13/U5), 4.5k (U17), 9k (Seniors), Shouldham Warren, Norfolk, <http://www.rystonrunners.org.uk/joomla/index.php/cross-country>
- 25 Bath Hilly Half Marathon, Bath, Somerset, <http://www.trionium.com>
- 25 Hereward Relay & Ultra, Peterborough to Ely, www.marchathleticclub.co.uk/

December

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

09 Frostbite Friendly League Race 3, ~5m XC Seniors & ~1.5m XC Juniors, Hinchingsbrooke Country Park, Huntingdon, <http://www.frostbiteleague.org.uk/>

16 Ryston Runners XC Series Race 3, 800m (U9), 2k (U11), 3k (U13/U5), 6.5k (U17/Seniors), Shouldham Warren, Norfolk, <http://www.rystonrunners.org.uk/joomla/index.php/cross-country>

31 **Ely Runners New Year's Eve 10k, Little Downham, Cambs**, <http://www.elyrunners.co.uk/newyearseve10k/>

2013**January**

06 Cambs AA XC Championships, Priory Park, St. Neots, Cambs, <http://www.cambsathletics.org.uk/page4.htm>

12 (Sat) The Children's Trust Country to Capital 45m Ultra, Wendover (Bucks) to Little Venice, <http://gobeyondultra.co.uk/events>

13 Frostbite Friendly League Race 4, ~5m MT Seniors & ~1.5m MT Juniors, Whitemoor Prison, March, <http://www.frostbiteleague.org.uk/>

13 SEAA T&F Pentathlon & Individual Champs, Lee Valley Athletics Stadium, <http://www.seaa.org.uk/>

19/20 (Sat-Sun) SEAA T&F Individual Champs, Lee Valley Athletics Stadium, <http://www.seaa.org.uk/>

20 Ryston Runners XC Series Race 4, 800m (U9), 2k (U11), 3k (U13/U5), 5k (U17/Seniors), Shouldham Warren, Norfolk, <http://www.rystonrunners.org.uk/joomla/index.php/cross-country>

26 (Sat) SEAA XC Champs, Parliament Hills, London, <http://www.seaa.org.uk/>

February

03 Frostbite Friendly League Race 5, ~5m XC Seniors & ~1.5m XC Juniors, Bourne Woods, Bourne, <http://www.frostbiteleague.org.uk/>

17 Ryston Runners XC Series Race 5, 800m (U9), 2k (U11), 3k (U13/U5), 4.5k (U17), 9k (Seniors), Shouldham Warren, Norfolk, <http://www.rystonrunners.org.uk/joomla/index.php/cross-country>

March

03 Frostbite Friendly League Race 6, 5m Seniors & 1.5m Juniors, BRJ Huntingdon, Huntingdon, <http://www.frostbiteleague.org.uk/>

24 Ryston Runners XC Series Race 1, 800m (U9), 2k (U11), 3k (U13/U5), 6.5k (U17/Seniors), Shouldham Warren, Norfolk, <http://www.rystonrunners.org.uk/joomla/index.php/cross-country>

April

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

May

06 (Mon) Milton Keynes Marathon, Milton Keynes, Beds, <http://www.mkmarathon.com/y>

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 or Lionel Smith, 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).

Round Norfolk 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.newyearseve10k.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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