

# *Ely Runners Newsletter*

## **NOTICES, RACES & EVENTS 2008**

**April 2008** (JT 05.04.2008)

### **NOTICES**

Details of local races and those of interest to members are on the **club notice board** (maintained by the club Secretary) in the foyer of the Paradise Centre below the club's elegant **trophy cabinet** made by Charlie Barker. There are usually several copies of race entry forms but please leave the last copy or ask staff at reception to photocopy (Ely Runners' account) a few more copies.

Some **open races** are very popular and often fill up to the entry limit before the race day. Many races no longer accept entries on the day – see 'no EOD' in the Race Guide below. Members are therefore advised to plan their races and enter earlier. Before entering on the day, check with the organisers or on the race web site that a place is still available.

Payment of **club entries into championships, relays and leagues** will be funded by the club provided they are **team entries made by the club**. The club will not pay for individual entries into open races that have an incorporated championship.

The minutes of Ely Runners AGM on Monday 4<sup>th</sup> February have now been circulated to members by email and are on the website [www.elyrunners.co.uk](http://www.elyrunners.co.uk) > CLUB INFO > AGM

To take part in **UKA National and SEAA championships**, members need to be registered with England Athletics. Also, a few open events still require EA registration to claim affiliated entry fees. However, many events (especially locally) either have ARC permits or, if they have UKA permits, only require the entrant to be a member of an EA affiliated club, like Ely Runners.

For the 2007-08 year, 27 members requested **registration with EA**. *Please could members who would like to be registered with EA (due 1<sup>st</sup> April) for 2008-09 advise John Turner [secretary@elyrunners.co.uk](mailto:secretary@elyrunners.co.uk) as soon as possible.*

I have received the **Fell Runners Association Fixtures Calendar & Handbook for 2008**. Members interested in running a fell race are can borrow this booklet. Most fell races are 'up north' but are also in Wales and other hilly areas of the UK. There is a huge choice and many are on summer evenings if members would like to go for an evening trip to the Peak District etc. Alternatively, if on holiday in hilly areas, you can often find a local race. They all provide an enjoyable, challenging and worthwhile experience, even for Fenland runners.

#### **Discounts on Kit Purchases**

If you buy running kit from Advance Performance at Cambridge or Peterborough, please show them your membership certificate and the club will receive 10% towards vouchers that we have recently used for prizes for our Christmas charity raffle. Advance Performance do not otherwise give discounts although these can be usually be obtained from other shop suppliers such as Sweatshop in Cambridge who sponsor our three open races: New Years Eve 10k, Turing Trail Relay, Grunty Fen Half Marathon. Sweatshop usually give 10% on non-sale items and occasionally hold club days when they give 15%. During the summer, we usually arrange to visit Sweatshop after training on the Gogs and obtain the higher discount.

**Natalle Etches**, has recently purchased a **wide variety of fitness stock** from a local internet fitness company that recently closed down, she will be reselling the stock at **half price** or more to club members. The stock includes cycling, running, fitness and triathlon wear from brand names include Craft, Gore Bike Wear, Pearl Izumi, and Sugoi. If you're interested, speak to Natalle at one of the training sessions or contact her on [Natalle.coles@ringuk.com](mailto:Natalle.coles@ringuk.com)



The **Association of Running Clubs (ARC)** was set up on 1<sup>st</sup> April 2007 to give road/XC/trail/fell running clubs and their events better financial terms with improved insurance and less bureaucracy than with the costly and less appropriate (except for track and field) new EA and UKA arrangements. **ARC** details can be found at [www.runningclubs.org.uk](http://www.runningclubs.org.uk). Rod Baron and John Turner are Directors and on the Steering Committee of ARC, and Rod is Web Master. Ian Vaughan-Arbuckle has since been elected onto the Steering Committee and is now responsible for all **ARC** Championships.

**ARC** recently improved their insurance to £10m limit for employers and public liability and £5m for directors and officers. Although the UKA (to which we are also affiliated but no longer use their race licenses) has increased its public liability to £20m (a requirement for large city races), their basic cover does not give directors and officers cover.

Many local clubs are among the 124 clubs and organisations (representing 12,095 runners) affiliated to **ARC**. Ely Runners were the first club to affiliate to **ARC**, the 2007 Grunty Fen Half Marathon was issued with the first **ARC** permit and incorporated the first **ARC** Championship. Championships for 2008 (see list below) include Cross-Country on 30<sup>th</sup> March at Petersfield, 10k at Long Ashton on 8<sup>th</sup> June, and 10m at Thornbury on 31<sup>st</sup> August.

The **first ARC AGM** is at Bedford Stadium on Saturday 17<sup>th</sup> May 2008 when a Committee elected by affiliated members will replace the formative Steering Committee.

An increasing number of local events (especially with so many local clubs affiliated to **ARC** - see [http://www.elyrunners.co.uk/ARC\\_map\\_eastern.jpg](http://www.elyrunners.co.uk/ARC_map_eastern.jpg)) will have **ARC** permits – see [www.runningclubs.org.uk](http://www.runningclubs.org.uk) > Races/Permits.

**To enter a County Championship**, members must have been born in the county or had 9 months of continuous residency. If you qualify by birth and residency for different counties, you may only run for one county during each competition year from October to September.

The **ARC Cross-Country Championships** planned for Sunday 30<sup>th</sup> March at Petersfield had to be cancelled but it is hoped to incorporate the event into Portsmouth Joggers' Summer Cross-Country event to be held in Queen Elizabeth Country Park, Petersfield in June.

A big thank you to all those Ely Runners and friends of the club, including Ramsey RR, March AC, 1094 (City of Ely) Squadron ATC, Paramedics, Kerry Giles, and the Mayor of Ely for helping to make the 2<sup>nd</sup> **Turing Trail Relay** on Sunday 16<sup>th</sup> March another successful event. The cold, wet, windy, muddy and flooded conditions over the 34 miles course were difficult for the race and the many officials. Without their preparation, diligence, adaptability, and enthusiasm, the race would have faltered in such weather. All those involved in the organisation of this event have good reason to be proud of their achievements.

A comment about the **2008 Turing Trail Relay** from the Adrian Graham (Referee, Cambs AA and Chairman Ramsey RR): *"...please pass on my congratulations to the Ely Runners team and helpers for a first class effort under very difficult conditions, as you say in your thank you message they should all be proud of the race and I am sure the competitors appreciated the efforts put in by all the marshals around the course as they endured a long session in uncomfortable conditions, well done to all. Further to your A.G.M. and presentation evening where you very kindly presented me with a pewter tankard for my services over many years in association with Ely Runners, although I did say thank you at the presentation I would like to thank Ely Runners Club members for the Award it was very much appreciated. The reason I have worked with you all so long is that I have enjoyed your company and friendship in a mutual sporting situation where we all think along the same lines to achieve a standard of events for others to enjoy, so long it will remain and look forward to your next event..."*

As advised by email to members on 5<sup>th</sup> January, the club has registered for the new **East Road Running Grand Prix Series 2008**. The 7 road races in the series are marked **RRGP**, in the list of events below. To take part, enter the events using the standard entry procedures (see web links) for each race published by the organisers. EA East will provide individual and club awards for each race and the series. Awards will be based on points scored for the 1<sup>st</sup> ten individuals and 1<sup>st</sup> ten clubs. The 1<sup>st</sup> 5 men and 1<sup>st</sup> 5 women will score for their clubs.

The 9 races of the **2008 Cambridgeshire Road Race League** (see [CRRL](#) in events) started with the Thorney 10k on 30th March. Distances of CRRL races are 5k, 5m, 10k (5 races!), 10m and ½ marathon. Club standings will be calculated from the best 8 results of 9 races and individuals from the best 5 of 9 possible scores. Awards will be made to the 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> M/F teams and 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> M/F individuals. Results will be posted on [www.nenevalleyharriers.fsnet.co.uk](http://www.nenevalleyharriers.fsnet.co.uk)

There are five distances in the **2008 Cambridgeshire AA Road Race Championships**: 5k, 5m, 10k, 10m and ½ M. They are incorporated into local area races and marked **CAA Champs** in the list of races below. County medals are awarded to the 1<sup>st</sup>/2<sup>nd</sup>/3<sup>rd</sup> M/F and 1<sup>st</sup> MV 40/50/60/70+ and 1<sup>st</sup> FV 35/45/55/65+..20 EVAC Road Relays & AGM, 1100 Sp

The **Eastern Vets AC Road Relays** are on Sunday 20<sup>th</sup> April at Hemmingford Grey. If you'd like to run (free club entry and you don't have to be a member of EVAC), please contact Charlie Barker on [teamcaptain@elyrunners.co.uk](mailto:teamcaptain@elyrunners.co.uk).

Some members have enquired about local **Track Races** and these are summarised below. Team Captain Charlie Barker and Rachel Roberts will be able to provide more information.

**Open T&F Meeting at Peterborough** ([www.peterborough-ac.org.uk](http://www.peterborough-ac.org.uk)) on Sunday 6<sup>th</sup> April which includes 800m, 1500m 3000m.

The **Cambridgeshire AA Track & Field Championships** are at St Ives on Saturday 10<sup>th</sup> May (CD 1st May) and include 800m (M/F), 1500m (M/F), 3000m (F) and 5000 (M).

The **Watford Open Graded Meetings** are on two Wednesday evenings per month (April-Sept) with 800m, 1500 and 3000m events (see [www.watfordharriers.org.uk/indexnc.htm](http://www.watfordharriers.org.uk/indexnc.htm)).

The **Cambridgeshire Evening Open Graded Series** events at the St Ivo Centre, St Ives on the following evenings:

Wed 28<sup>th</sup> May includes 800m, 3000m, 3k walk  
Wed 11<sup>th</sup> June 2k walk & BMC regional races  
Wed 18<sup>th</sup> July 1 mile (Cambs AA Champs) & 1mile walk

Entry forms can be downloaded from [www.cambsaa.org.uk](http://www.cambsaa.org.uk). There is entry on the day, but the organisers prefer to know in advance so they can sort out the timetable.

The **2008 Cambridgeshire AA Track & Field Championships** are on Saturday 10<sup>th</sup> May at the Embankment Stadium, Peterborough and include M/W 800m, M/W 1500m, W 3000m and M 5000m. Registration opens at 9:00 am and the first event is at 10.00 am. Entry fees are £2 for the 1<sup>st</sup> event and £1.50 for other events. Closing date for applications is 1<sup>st</sup> May. Full details and application form on [www.cambsaa.org.uk](http://www.cambsaa.org.uk). Please contact Charlie Barker [teamcaptain@elyrunners.co.uk](mailto:teamcaptain@elyrunners.co.uk) for team entry.

The popular off-road **Beachy Head Marathon** is on Saturday 25<sup>th</sup> October on the usual scenic course over the South Downs, starting and finishing at the edge of Eastbourne. If you would like to run, please enter as soon as possible because the race fills up quickly. An entry form can be downloaded from [www.visiteastbourne.com/whatson/bhm](http://www.visiteastbourne.com/whatson/bhm) or register on-line at [www.runnersworld.co.uk](http://www.runnersworld.co.uk). The entry fee is £20.

Congratulations to recently appointed **Social Secretary Julie Foreman**. No less than 27 members, family and friends enjoyed the curry supper evening Julie organised at Montaz in Market Street on Friday 14<sup>th</sup> March!

Following suggestions from a few members, **Julie Foreman** has instigated members going for a drink *after* training on the first Thursday of every month starting on 3rd April. Meet up in the Paradise bar area and then go to a pub. Any further comments/suggestions welcome.

Please send all your **race results** to Stephen Howard at [results@elyrunners.co.uk](mailto:results@elyrunners.co.uk) as soon as possible after the event.

We haven't seen much of **Margaret Bracewell** recently as she finds it hard to get back to Ely in time for training nights. However, she's enjoying the lighter evenings and has stepped up her training distances in preparation for the Cork Marathon on Monday 2<sup>nd</sup> June. Meantime, Margaret wishes members well for the London Marathon and says that her long pending move to the USA will now take place in the summer. All being well, Margaret's running in the USA will go from strength to strength and we'll enjoy hearing how her racing is progressing.

**Max d'Ayala** ([max@dayala.co.uk](mailto:max@dayala.co.uk)) has obtained several **books on running and injuries** on behalf of the club. These books are in the club's locker at the Paradise Centre for use by members. There is a club book list on the web site. Loans are to be recorded in a notebook in the club's locker. These books have been chosen carefully by Max to provide a combination of interest, information, advice and stimulation for all standards of runners.

Please could those who have not yet renewed their **2008 subscription** (£10.00 due by 1<sup>st</sup> January) please do so ASAP. This can be done on-line at [www.elyrunners.co.uk](http://www.elyrunners.co.uk) > [club info](#) > [membership](#), or by cheque 'Ely Runners' via Secretary: John Turner, 22 Cromwell Road, Ely, Cambs, CB6 1AS. Please check you have renewed your subscription *or you will not be entitled to attend training, represent the club in races, take part in club championships, claim affiliated entry fees, or wear club colours.*

### **Club Open Events**

Ely Runners hold three popular open races each year (Turing Trail Relay, Grunty Fen Half Marathon, and Ely New Year's Eve 10k Road Race) that contribute considerably to the club's reputation and financial stability. [\*This enables the club to provide the many benefits listed below. In return, members are expected to support the club by helping with these events.\*](#)

The **benefits of membership of Ely Runners** include the £2 affiliated discount on open race entries, club affiliations to ARC, ABAC, UKA, EA, TRA, FRA & CAA, free registration (£5) with EA until 31<sup>st</sup> March 2009, free changing and showers at the Paradise Centre, free training and coaching advice, free night training bib, subsidised club fleeces, 10-15% discount at most specialist running kit shops, free entry to the club's Cross-Country Championships, 10k and Straight Mile Handicaps, free entry to the six Frostbite League races, free club team entry to county, regional and national championships and for club relay entries, entry into the draw (if ballot entry rejected) for the club's guaranteed London Marathon places, free snacks at club social events, shared transport to races, and most importantly the friendship and stimulation of collective training and racing.

To improve accuracy and save time deciphering writing, handling money and paper etc, **applications for Club Membership** are now normally on-line only via the club's website [www.elyrunners.co.uk](http://www.elyrunners.co.uk) > CLUB INFO > Membership.

**Training** on Tuesday and Thursday continues to be well attended with 15 to 35+ members attending. *Please see the home page (ER Training Programme) of the club's website for advance details.* Due to the increased number of members meeting at the Paradise for training, members are requested to [\*assemble in the balcony/bar area upstairs to avoid blocking the foyer.\*](#) There are interval/repetition/hill sessions on Tuesdays and steady (5-8 miles) runs on Thursdays. Some of the training routes are described on the club's website. For those not racing on Sundays, meet in the Paradise car park at 9:00 am (unless otherwise notified) for a choice (short/medium/long) of mixed terrain training runs outside of Ely. The car park toilets are open by 9:00 am and the Paradise open for showers afterwards.

Club training sessions are intended to cater for a wide range of abilities and racing objectives. If you require specific **coaching advice**, please ask Club Coach Alan Rutterford to help.

Under Rod Baron's skilful management, the **club's website** ([www.elyrunners.co.uk](http://www.elyrunners.co.uk)) continues to expand to provide useful information and a record of the club's activities. It is frequently updated and well worth regular visits. There is a list of all-time **PBs** on the website so when you send your **race results** to Stephen Howard ([results@elyrunners.co.uk](mailto:results@elyrunners.co.uk)), please advise if you have achieved a PB, including vet categories, so that it can be included in press reports and to update PB information. If possible, please send [\*any\*](#) information you have [\*by noon on Monday\*](#) to Stephen to avoid the extra work involved in updating press reports. For member's general comments, there is a **Message Board** on the website's home page.

A warm welcome is extended to **new members Hannah Shiell, Susan Campbell, Morgan Brennan, and Richard Ingram**. Some new members are fairly new to running and it is important that they are accompanied by more experienced members at training so they become familiar with routines and routes and are not left alone. Therefore, please could members who attend training, including those recovering from injury, or resting from racing, or recovering fitness, help our beginners.

Mary Gates has the **club's kit supplies**. The club's joining fee of £32 includes free club race vest and shorts. Please contact Mary on 01353 861379 or [mary@elyrunners.co.uk](mailto:mary@elyrunners.co.uk) to order. See [www.elyrunners.co.uk](http://www.elyrunners.co.uk) for full details of club kit.

We have added the Ely Runners **cathedral logo** as a transfer to the top (to avoid obscuring race numbers) centre of the front of our **race vests**. The existing stock of vests held by Mary Gates will be returned to have the logo added. Any members who would like the logo added to their race vests will need to give their vest to Mary to send away for this work to be done. The cost (£1.20 for the transfer + 25p for application) will be covered from club funds. Race vests will continue to have ELY RUNNERS on the back.

**Club fleeces** are available from Mary Gates at the subsidised price of £10 to members only. This price is for one fleece per member. Subsequent fleeces will be at the cost price of £22.

Club vets who are not members of EVAC may run as guests of the club's EVAC members in **EVAC Championships**. EVAC events are included the list below.

**BMAF (vets) events** are too numerous to include all of them but they have been circulated to EVAC members via regional and national veteran magazines.

## **RACES & EVENTS GUIDE 2008**

This includes local area/easily accessible races, club, county, regional and national championships, and a selection of UK/overseas events previously enjoyed by members.

### **April**

06 SEAA M12/W6 Stage Road Relay Champs, Rushmoor, Aldershot, club entry, CD 22/3  
06 Bungay Black Dog Marathon, 1030 Bungay, £13, EOD +£3, [www.bungay-marathon.co.uk](http://www.bungay-marathon.co.uk)  
06 Paris Marathon  
06 Diss Duathlon, 0930 Diss High School, £18, no EOD  
13 Flora London Marathon  
15 (Tue) Eastern Athletic Assoc AGM, 1930 District Scout Hut HQ, Perne Rd, Cambridge  
20 EVAC Road Relays & AGM, 1100 Sports Pav, Hemmingford Grey (*free club via CB*)  
20 Flitwick 10k, **RRGP**, 1100 Millennium Green, Dunstable Rd, £10, EOD £14!  
20 Race to save Planet 5m (MT), 1130 Young People March, £8, EOD +£2  
20 Cambridge Duathlon 7krun35kbike7krun, Bottisham, [http://www.howesplace.com/cto/cto\\_entry.php](http://www.howesplace.com/cto/cto_entry.php)  
23 (Wed) Gt Yarmouth Promenade 5m (Race 1), 1915 Marina Leisure Centre, £5, EOD  
27 Sawston Fun Run 4.8m, 1030 Village College, New Rd, £6, EOD +£4, popular (851 in '07)  
27 Bourne Fun Run 5, 1030 Bourne Woods, £7.50, EOD

### **May**

01 (Thurs) Newmarket Heath 6k, 1930 Newmarket Heath, Moulton Rd, £5, EOD OK  
04 Breckland 10k, 1100 Croxton Village Hall, Thetford, £7, no EOD, popular  
04 Great East Anglia 10k Run, King's Lynn, **RRGP**, [www.greateastangliarun.org.uk](http://www.greateastangliarun.org.uk)  
04 Heritage Coast Run 26m/14m, 1000/1015, Saxmundham, £15/£10, CD 25/4, no EOD  
05 (Mon) Impington 5k, 1030 Recreation Ground, New Rd, Impington, £3 EOD only  
06 (Tue) Silverstone Grand Prix 10k, Northants, 1930 Race Circuit, £7, EOD +£2  
07 (Wed) Gt Yarmouth Promenade 5m (Race 2), 1915 Marina Leisure Centre, £5, EOD  
09 (Fri) Blissworth 5k, 1930 Football Club, Courteenhall Rd, Blissworth, £6, No EOD  
10 (Sat) Cambs AA T & F Champs, Embankment Stdm, Peterborough, [www.cambsaa.org.uk](http://www.cambsaa.org.uk)  
11 Eye 10k, **CRRL**, 1100 Eye Primary Sch, Peterborough, £7.50, EOD +£1, [www.eye10k.co.uk](http://www.eye10k.co.uk)  
17 (Sat) BMAF Road Relays, Sutton Park  
17 (Sat) **ARC** AGM, Bedford Stadium

## May

- 17/18 (Sat/Sun) Green Belt Relay, <http://www.greenbeltrelay.org.uk/index.htm>  
18 Ross Pears E Cambs ½ Marathon, 1115 St Andrews Primary Sch, Soham, £7, EOD +£2  
18 Bentley Charles 10k, 1100 Rugby Club, Linchfield Rd, Deeping St James, £6, EOD +£2.50  
25 Edinburgh Marathon, [www.edinburgh-marathon.co.uk](http://www.edinburgh-marathon.co.uk), £39, on-line only  
26 (Mon) Brandon Forest Half Marathon (TR), 1030 B1106, £8, no EOD, [www.bfh.org.uk](http://www.bfh.org.uk)

## June

- 01 EVAC Grand Prix 5m Championship, 1100 Village Hall, Reach  
08 **ARC** 10k Championships, 0930 Long Ashton Sports Hall, N Somerset, £5, EOD +£1  
08 St Albans ½ Marathon, [www.stalbanshalfmarathon.co.uk](http://www.stalbanshalfmarathon.co.uk)  
08 Magna Carta Relay, 6x1.8m, 1100 Abbey Gardens, B St Eds, £30 [www.stedmundswheel.org.uk](http://www.stedmundswheel.org.uk)  
14/15 (Sat/Sun) Welsh Castles Relay, <http://www.lescroupiersrunningclub.org.uk/castles/>  
14/15 (Sat/Sun) SEAA Senior T&F Championships, NSC, Crystal Palace  
15 Abbey 10k (75% road), **CRRL**, **CAA Champs**, 1100 Leisure Centre, Ramsey, £8, EOD +£2  
12 (Thurs) **Ely Runners' Midsummer 10k Handicap** (private club event), Cricket Club, 1930 Lt Downham, FOC members & guests. Presentation afterwards in the Prince Albert, Ely  
22 Littleport Sunshine 10k, 1045 Leisure Centre, £10, entry forms [www.sunshine10k.co.uk](http://www.sunshine10k.co.uk)

## July

- 02 (Wed) Sudbury Joggers 5m, 1930 Football Club, Brundon Lane, £5, EOD +£2  
06 EVAC Grand Prix 10k Championship, 1100 Comberton Village College  
06 BMAF 10k, Loughborough  
06 EAA T&F Champs (incl 800m, 1500m, 3000m), Cambridge Uni Track, £5/event, CD 21/6  
10 (Thurs) training at 1900 will include Ely Runners' **Straight Mile Handicap** on Quaney Drove. Perpetual Shields for Handicap 1<sup>st</sup> M/F, Fastest M/F, and Age Related 1<sup>st</sup> M/F will be presented afterwards in The Prince Albert, Ely  
13 Bushy 10k, **CRRL**, 1100 Bushfield, Peterborough, £6, EOD +£1  
20 St Ives Dairy Crest 10k, **CRRL**, **RRGP**, Leisure Centre, £10, no EOD, [www.huntsac.org.uk](http://www.huntsac.org.uk)

## August

- 01 (Fri) Wibbley Wobbly Log Jog (5m TR), Brandon Forest, [www.bfh.org.uk](http://www.bfh.org.uk)  
03 EVAC Grand Prix 5k Championship, 1100 Gonville & Caius, Cambridge  
17 Thorney 5m, **CRRL**, **CAA Champs**, Thorney, Peterborough  
20 (Wed) Nene Valley 5k, **CRRL**, **CAA Champs**, 1900 Ferry Meadows, Peterborough  
31 **ARC** 10m Championships, Thornbury, S Glos

## September

- 07 Wissey Half Marathon, 1030 Oxborough Vil Hall, (EVAC GP & Champs)  
14 **Atrium Grunty Fen ½ Marathon**, **CRRL**, **CAA Champs**, 1030 Witchford Village College, Ely, [www.gruntyfen.co.uk](http://www.gruntyfen.co.uk).  
20/21 (Sat/Sun) Round Norfolk Relay (ER team: *Alan Rutterford*), [www.roundnorfolkrelay.com](http://www.roundnorfolkrelay.com)

## October

- 05 Loch Ness Marathon/10k/5k, [www.lochnessmarathon.com](http://www.lochnessmarathon.com)  
12 Great Eastern Run ½ Marathon, **RRGP**, Peterborough, [www.peterborough.gov.uk/page-5340](http://www.peterborough.gov.uk/page-5340)  
19 Abingdon Marathon, 0900 Tilsley Park Athletics Track, £25, no EOD  
25 (Sat) Beachy Head Marathon (3,500' climb), 0900 Eastbourne, £20, no EOD  
26 Fenland 10m, **CRRL**, **CAA Champs**, 1000 West Walton, Wisbech (EVAC GP & Champs)

## November

- 02 New York City Marathon  
30 City of Norwich ½ Marathon, **RRGP**, [www.cityofnorwichhalfmarathon.com](http://www.cityofnorwichhalfmarathon.com)

## December

- 07 Nene Valley 10m, Peterborough  
14 Long/medium/short club **pre-Christmas trail training runs**, Woodditton to Ely 18.5m, Woodditton to Chalk Pit 12m, Reach to Ely 11m, Woodditton to Reach 7.5m, meet 0800 Paradise for transport to starts  
26 (Fri) Boxing Day training, meet 0900 Paradise Centre car park (see Notices for details)  
31 (Wed) The 10<sup>th</sup> **Ely New Year's Eve 10k Road Race**, 1100 Lt Downham, entries on-line only, no EOD, [www.newyearseve10k.co.uk](http://www.newyearseve10k.co.uk)

## NOTES

Midweek training from the Paradise Centre (meet in upstairs veranda/bar area) is at 1900 on Tuesdays and Thursdays. For details of each training session, see 'ER Training Programme' on the club's web site home page.

Long Sunday training runs (meet Paradise 0900) are usually arranged on the Thursday before - *check emails*.

Races and events are on Sunday unless otherwise mentioned.

Race entry fees are affiliated (ARC/UKA or just UKA registered)

Club colours (vest mandatory) must be worn for all races entered as an Ely Runner.

Courses are roads and/or hard footpaths/cycle ways unless otherwise mentioned.

Distances without units (m or k) are probably m = miles.

Frostbite League races are 5-6 miles and entry (league membership) is paid for by the club.

Further details of events from the Club notice board in the Paradise Centre foyer, running magazines, websites, or from John Turner [secretary@elyrunners.co.uk](mailto:secretary@elyrunners.co.uk)) who also has details of all RRC/TRA long distance road/TR/XC races and FRA fell races.

National, regional and county championship team entries are via Charlie Barker ([teamcaptain@elyrunners.co.uk](mailto:teamcaptain@elyrunners.co.uk)), club championship entries are via Steve Tovey, and long distance relay entries are via Alan Rutterford and paid for (if funds are available) by the club.

Club website	<a href="http://www.elyrunners.co.uk">www.elyrunners.co.uk</a>
Grunty Fen 1/2M website	<a href="http://www.gruntyfen.co.uk">www.gruntyfen.co.uk</a>
NYE10k website	<a href="http://www.newyarseve10k.co.uk">www.newyarseve10k.co.uk</a>
Turing Trail Relay website	<a href="http://www.turingrelay.co.uk">www.turingrelay.co.uk</a>
Association of Running Clubs	<a href="http://www.runningclubs.org.uk">www.runningclubs.org.uk</a>

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