

Ely Runners

RACES & EVENTS 2006-2007

JT 13.12.2006

NOTICES

Details of local races and those of interest to the club are on the regularly maintained **club notice board** in the foyer of the Paradise Centre below the club's **trophy cabinet** that was 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 copies.

Open races are becoming more popular and often filling up to the entry limit before the race day. Members are advised to plan their races and enter earlier. Before entering on the day, check with the organisers that a place is still available.

A few members have enquired about **Track Races** and for next summer we will provide more information and access to regional events such as the Watford Open Graded Meetings, EVAC Track & Field League, County Championships etc. Please could members who would like to race on the track next summer, particularly middle and long distance events, please contact John Turner so that the necessary arrangements and advice from club coaches can be arranged. A strong winter cross-country season prior to fast road races and relays in the spring is typical preparation for the summer track season.

Ely Runners are again taking part in the **Frostbite Friendly League** of races for which there are 6 events, one each month from October to March as per the following events list. The races are 5-6 miles and vary from road to mixed terrain and cross-country. Any number of members may run but the scoring team is taken from the first 10 runners of which at least two must be women. Non-scoring members can still influence the result by competing with scoring members of other clubs. The club pays for league entry fee and members run free of charge. Ely Runners were 1st of 17 clubs last season. To maintain our challenge, it is important that there is a good turnout for each race, so please make a note of the dates. The first race was at St Neots on 8th October and the club was 4th of 15 teams by quite a narrow margin from the 2nd and 3rd placed clubs. In the 2nd race at Bushfield on 12th November the club was again 4th. However, in the 3rd race at March on 10th December, the club was 1st and is currently 3rd of 15 teams in the series.

The list below includes **Ryston Runners Cross-Country Grand Prix at Shouldham Warren** near Downham Market with 6 races from December to March with distances of 5k, 6.5k and 9k in the series. There are also shorter races for -7, -11, -13, -15 and -17 age groups. The courses are on undulating forest tracks and ideal for beginners or more experienced runners. Arrive prepared, as there are no toilet or changing facilities. Full details at www.rystonrunners.org.uk

Thanks to all those members who helped and ran in the **Hereward Relay** on Sunday 26th November 2006, especially Eric Drury (finish area and marking), Darren Murfitt (marshals and A10 crossing), Tony Hall and Steve Harrison (course drivers), Rod Baron (course photographer, runners who were stage drivers, and marshals, including those who also ran.

About 35 attended the club's **Christmas Drinks at the Prince Albert** pub after training on 7th December. The winners of the draw for the club's three allocated London Marathon guaranteed places were Steve Tovey, Justin Greaves, and Peter Gipp. The entitlement for the BARR draw went to Alan Rutterford. Thanks to Adam Etches and Natalie Coles for organising the raffle. This raised £120 for the Prader-Willi Syndrome Association (UK).

Training over the Christmas period will be as follows:

Sunday 24th December - Meet Paradise car park at 9:00 am for a choice of 5.5m, 7.5m, 8.25m and 9.5m Quaney loops (mixed terrain)

Tuesday 26th December (Boxing Day) - Meet Paradise car park at 9:00 am for a choice of mixed terrain runs using the river banks:

Short (6.1 miles) Paradise to Barway Pump and back

Medium (7.6 miles) Paradise to Barway loop via Barway Pump and back

Long (13.0 miles) Paradise via east bank to Chalk Pit, A1123 to Dimmock's Cote bridge, and back along west bank

Ely Runners' popular **New Year's Eve 10k Road Race** will take place on Sunday 31st December starting at 11:00 am in Main Street, Little Downham. The race is full with 700 entries. This year's finish will be on the meadow beyond the cricket pavilion to avoid the muddy path. *Please contact Darren Murfitt (i/c Marshals) on 01353 664650, mob 0797 9537657, darren_murfitt@hotmail.com to offer to help.* All finishers will receive a bottle of 'Starter's Orders' ale brewed in Little Downham and there will be an ex Black Watch piper playing at the start and on the hill at 8.5k. The race HQ will, as usual, be in the Village Hall.

The club's long/medium club **pre-Christmas training trail runs** of 18.5m (from Woodditton to Ely) and 11m (from Reach to Ely) plus a new short option of Woodditton to Reach (7.5m) will be on Sunday 17th December meeting at the Paradise car park at 8:00 am. Tony Hall will provide support with food and drink stations at Reach, Upware and the Barway pump house. We still require an additional driver to take runners to their start points.

The **Cambs AA County Cross-Country Championships** are on Sunday 7th January 2007 at Priory Park, St Neots. The Sn/Vet Men's 10k starts at 1230 and the Sn/Vet Women's 6k at 1400. Entries are made and paid for by the club. If you would like to run, please contact John Turner tel 01353 667678 or email secretary@elyrunners.co.uk by 28th December latest. The club has a long record of participation and success in these championships and a good turnout is required to continue this tradition. To be eligible you must have been born in Cambs or have 9 months prior residency. Entry requests so far from Peter Harris, Stephen Howard & John Turner.

Ely Runners' **Annual General Meeting** is on Friday 19th January at 7:30 pm in the Upstairs Bar Meeting Room at the Paradise Centre. The Minutes of the 2006 AGM have been circulated by email and are on the club's website. Please try to attend this important club event and help decide the future of your club. The club's annual trophies and awards will be made. Please send nominations for the Committee and items for the agenda to John Turner secretary@elyrunners.co.uk

The **EVAC Cross-Country Championships** are on Sunday 21st January at Bedford starting at 11:00 am on the Riverside Priory Park course. The Race HQ is at Bedford International Stadium. Women 35+ and Men 70+ run 4k, and Men 35-69 run 8k. Members who would like to be entered (club pays) should contact John Turner by 14th January latest. Entry requests so far from Alfredo Verna, Stephen Howard & John Turner.

The **SEAA Cross-Country Championships** on Saturday 27th January will be at Holkham Hall Park, North Norfolk. Distances (with start times) are SW 8k (1350) and SM 15k (1450). We are fortunate to have this important event in the local area. Entries have now closed and we have made a block entry (including those who requested entry) and others we think may like to run. Entries: Glyn Loveday, Stephen Howard, Ian Day, John Crisp, Peter Gipp, John Turner, Adam Etches, Alex Gilroy, Graham Chapman, Stephen Tovey, Simon Jackson, Max d'Ayala, Kevin Fox, Alfredo Verna, Steve Barker, Charlie Barker, Alan Rutterford, Peter Harris, & Natalie Coles in the women's race.

The **SEAA Masters (Vets) Cross-Country Championships** on Saturday 3rd February will be at Mad Bess Woods, Ruislip, Middlesex. Distances with start times are M50+ 10k (1300), W 35+ 6k (1400), M 40+ 10k (1445). Members who would like to be entered (club pays) should contact John Turner by 18th January 2007. No requests so far received.

At the Committee meeting on 27th September 2006, it was proposed and agreed that there should henceforth be an annual **Ely Runners Cross-Country Championships** for which there will be perpetual trophies for the 1st Male, 1st Female, 1st Age Graded Male, and 1st Age Graded Female. For the season 2006-07, the championship will be incorporated into the Frostbite League race at Bourne Woods on Sunday 4th February 2007.

The **English National Cross-Country Championships** will be at Herrington Country Park, Sunderland on Saturday 10th March. Distances (with start times) are SW 8k (1415) and SM 12k (1500). Members who would like to be entered (club pays) should contact John Turner by 12th January latest. Please note that to be eligible to run, you must have been previously entered for the SEAA Championships

Work continues on the club's new Ely-Cambridge-Ely event, the **Turing Trail Relay**, for which several members were formed into four teams for a practice race on Sunday 19th March 2006, details of which can be found on the club's website www.elyrunners.co.uk. The first open event will be on Sunday 18th March 2007. Rod Baron recently mass emailed prospective runners/clubs and had a very encouraging response with eight team entries received within the following few days. The race website is now up and running on www.turingrelay.co.uk

We have recently purchased a 12' x 8' **instant pop-up shelter in club colours** for use at races and especially for finish area staff at club events. There is also a matching table and fitted cloth in club colours. Delivery will be in the next few days and its first use will be for the New Year's Eve 10k on Sunday 31st December.

At the Committee Meeting on 27th September, **Club Coach Max d'Ayala** was co-opted onto the Committee. Max 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 check you have renewed your club **subscription** of £10 (due by the end of January 2006) *or you are not entitled to attend training, represent the club in races, claim affiliated entry fees, or wear club colours*. The **benefits of membership of Ely Runners** include the £2 affiliated discount on open race entries, free changing and showers at the Paradise Centre, free training and advice from club coaches, 10% discount at most specialist running kit shops, free entry to the club's 10k and Straight Mile Handicaps, free entry to the Frostbite League events, free entry to county, regional and national championships and for club relay entries such as the Round Norfolk and Hereward Relays, 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. **Membership can now be renewed on-line** via Nochex – go to <https://secure.nochex.com/?email=nochex@rodbaron.co.uk&amount=10.50&description=Ely%20Runners%20membership%20renewal>

Training on Tuesday and Thursday continues to be well attended with 15 to 30+ members regularly appearing. *Please see the home page (ER Training Programme) of the club's web site for advance details*. Due to the increased number of members meeting at the Paradise for training, members are requested to assemble in the bar area upstairs to avoid blocking the foyer. We are now back into training at night on the streets of Ely and members are requested to wear the provided reflective bibs and check the website www.elyrunners.co.uk for advice on training at night. 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 for a choice (short/medium/long) of mixed terrain training runs outside of Ely.

Club training sessions are intended to cater for a wide range of abilities and racing objectives. However, if you require specific **coaching advice**, please ask Club Coach Max d'Ayala who will either advise you himself or ask Coaches Alan Rutterford and Adam Etches to help.

We have several **new members** and some are fairly new to running. It is important that inexperienced members are accompanied by more experienced members on training evenings so they become familiar with routines and routes and are not left alone. Therefore, please could members recovering from injury, or resting from racing, or recovering fitness, please attend training to 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 to order and see www.elyrunners.co.uk for full details of club kit.

Many members have been supplied with **club fleeces** and more can be ordered. The fleeces are in black with a full-length zip and have the Ely Runners cathedral logo embroidered in yellow on the top left front. A range of sizes is now available from stock and cost only £10 (subsidised by club) for paid-up members for their own use. Subsequent fleeces or those for non-members will be at the cost price of £21. Please contact Mary Gates on 01353 861379 or mary@elyrunners.co.uk to order. See www.elyrunners.co.uk for full details of club kit.

Under Rod Baron's skilful management, the **club's web site** (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. Rod maintains a list of all time **PBs** on the web site so when you send your **race results** to John Turner (secretary@elyrunners.co.uk), please advise if you achieve a PB, including vet categories, so that it can be included in JT's press report from which Rod takes his PB information. If possible, please send your **race results by noon on Monday** to JT to avoid the extra work involved in updating press reports. Rod has recently added a **message board** to the web site's home page, which is now being used regularly by members.

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.

RACE GUIDE

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

December 2006

- 13 (Wed) Stevenage Midweek Series 5k, 1945 JHN School, Hitchin Rd, £5, no EOD
- 17 *Long/medium/short club **pre-Christmas training trail runs**, Woodditton to Ely 18.5m, Reach to Ely 11m, Woodditton to Reach 7.5m, meet 0800 Paradise for transport to starts.*
- 17 Ryston 6.5k XC, 1100 Shouldham Warren, EOD only
- 26 (Tue) Pirton Boxing Day 3.2m+, 1030 Recreation Ground, Pirton, Hitchin, £5, EOPD +£1
- 31 **Ely New Year's Eve 10k Road Race**, 1100 Lt Downham, www.newyearseve10k.co.uk

January 2007

- 01 (Mon) Wymondham New Year 10k, 1100 Central Hall, Back Lane, £,7, EOD +£1
- 01 (Mon) Knacker Cracker 10k, 1100 Ryker's Car Park, Box Hill,, Dorking, 1560' up/down
- 07 **Cambs AA County Cross-Country Championships**, SM/VM 10k (1200), SW/VW 6k (1325), Priory Park, St Neots (*contact JT for free club entry*)
- 14 **Frostbite League**, 1100 Sports/Leisure Centre, Abbey School, Ramsey (grass, farm roads and tracks), *meet Paradise 0915*
- 14 Ryston 9k XC, 1100 Shouldham Warren, EOD only

- 21 **EVAC Cross-Country Championships**, 1100 Priory Riverside Park, Bedford, Race HQ Bedford Int Stadium, W35+/M70+ 4k, M35-69 8k (*contact JT by 14/1 for free entry*)
 19 (Fri), **Ely Runners Annual General Meeting**, 1930 Paradise Centre, upstairs bar room
 20 (Sat) SEAA 800m & 3000m Indoor Champs, Edmonton, London, club entry via JT, CD 9/1
 21 SEAA 1500m Indoor Champs, Edmonton, London, club entry via JT, CD 9/1
 21 Folksworth 15m, 1100 Village School, Folksworth, Peterborough, £9, no EOD
 21 Dartford 10m, 0930 Princes Park Stadium, Dartford, £7, no EOD
 27 (Sat) **SEAA Cross-Country Championships**, SW 8k (1350), SM 15k (1450), Holkham Hall, Norfolk (*entries closed*)

February

- 03 (Sat) **SEAA Masters Cross-Country Championships**, M50+ 10k (1300), W 35+ 6k (1400), M40+ 10k (1445), Mad Bess Woods, Ruislip (*contact JT by 18/12 for free entry*)
 04 **Frostbite League**, 1100 Bourne Woods, Bourne, (woodland paths and tracks), *meet Paradise 0845*. This race incorporates **Ely Runners' Cross-Country Championships**.
 04 Watford ½ Marathon, 1030 Cassiobury Park, Watford, £13, no EOD (2,400 entry in 2006)
 10 (Sat) Brands Hatch ½ Marathon, Kent. 1130 Racing track, £13, EOD £20!
 11 St Valentine's 30k, 1100 Queen Eleanor School, Stamford, £12, no EOD
 18 St Peter's Brewery Great East Run, 1100 Sports Hall, Queen's Rd, Bungay, £12, EOD +£3
 18 Ryston 5k XC, 1100 Shouldham Warren, EOD only
 18 EVAC Indoor Championships incl 800m & 1500m, Enfield, C/D 3/2, can enter via club
 25 Bury 20m/nearly10m, 1030 Nowton Park, Bury St Edmunds, £15/£11, CD 18/2, no EOD

March

- 04 **Frostbite League**, 1100 BRJ Centre, Huntingdon, (5m roads and tarmac paths), *meet Paradise 0900*
 04 Berkhamstead ½ Marathon, 1130 Cricket Club, Castle Hill, £15, no EOD
 04 MCCC Great Daffodil Run (15m & 10k), 1030 Kelmarsh Hall, N'hants, £13 & £11
 10 (Sat) **English Cross-Country Championships**, Herrington Country Park, Sunderland, SW 8k (1415), SM (12k) 1500, must have previously entered regional (eg SEAA) Championships (*contact JT by 12/1 for free entry by club*)
 11 Mondri 15m (& 3 stage relay), 1000 HM Prison, Whitemoor, March, £8, EOD £9
 18 **Turing Trail Relay (Ely-Cambridge-Ely) in 6 stages** (see www.turingrelay.co.uk)
 25 Ryston 6. 5k XC, 1100 Shouldham Warren, EOD only
 25 Broadland ½ Marathon, 1000 South Walsham Village Hall, £8, EOD +£2
 25 Stowmarket Joe Cox 10m, 1100 Mid-Suffolk Leisure Centre, Stowmarket, £8, EOD +£2

April

- 01 Oakley 20m+, 1000 Lincroft Middle School, Station Rd, Oakely, Bedford, £14, EOD +£2
 15 Paris Marathon
 22 London Marathon, www.london-marathon.co.uk

May

- 20 Brathay Windermere Marathon, around England's largest lake, www.brathay.org.uk
 20 Copenhagen Marathon, www.copenhagenmarathon.com

June

- 14 (Thurs) **Ely Runners' Midsummer 10k Handicap** (*private club event*), Cricket Club, 1930 Lt Downham, FOC members & guests. Presentation afterwards in the Prince Albert, Ely
 23 (Sat) Picnic Marathon, 1400 Box Hill, Dorking, 6000' up/down North Downs
 23 (Sat) Midsummer Munro ½ Marathon, 1400 Box Hill, Dorking, 3000' up/down North Downs

July

- 12 (Thurs) training at 1900 will include Ely Runners' **Straight Mile Handicap** on Quaney Drove. Perpetual Shields for Handicap 1st M/F, Fastest M/F, and Age Related 1st M/F will be presented afterwards in The Prince Albert, Ely

September

- 09 Grunty Fen ½ Marathon, 1030 Witchford Village College, Ely, www.gruntyfen.co.uk.

October

27 (Sat) Beachy Head Marathon (3,500' climb), 0900 Eastbourne

November

18 Stortford 10

December

06 (Thu) **Ely Runners Christmas Drinks**, 2000 Prince Albert, Ely (London Marathon draw)

16 Long/medium/short club **pre-Christmas training trail runs**, Woodditton to Ely 18.5m,
Reach to Ely 11m, Woodditton to Reach 7.5m, meet 0800 Paradise for transport to starts

31 (Mon) **Ely New Year's Eve 10k Road Race**, 1100 Lt Downham,

www.newyarseve10k.co.uk

NOTES

Midweek training from the Paradise Centre (meet in upstairs bar) 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.

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.

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.

Championship and relay entries are via Secretary John Turner and paid (if funds available) by the club.

Club website www.elyrunners.co.uk
Grunty Fen website www.gruntyfen.co.uk
NYE10k website www.newyarseve10k.co.uk
Turing Trail Relay website www.turingrelay.co.uk