

Ely Runners

RACES & EVENTS 2007-2008

December 2007 (JT 08.12.2007)

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** 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 more copies.

Open races are becoming more popular and often filling 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.

There was some debate earlier this year on **funding club entries into championships, relays and leagues**. The Committee decided that such entries would continue to 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.

At the Committee/EWG meeting on Monday 26th February 2007, the **Committee/Events Working Group** decided that the Committee should be predominantly administrative for the ongoing management of the club, and the Events Working Group should be increased to comprise of members with specific responsibilities for events. The respective groups then (and since for Stephen Howard) were agreed as follows:

Committee (8)

Peter Gipp - Chairman, Course Director, Sector Marshal
Peter Harris - Treasurer, Events Information & Control
John Turner - Secretary, Events, Training, Press Liaison, Corporate Sponsorship
Rod Baron - Web Master (club & events), Entries & Results, Membership
Max d'Ayala - Coaching (individual, group, planning), Club Library*
Alan Rutherford - Local Sponsorship, Assistant Coach, RNR (selection & organisation), HR (selection).
Graham Chapman - Maintenance of Club Store and Equipment, Event Refreshments
Mary Gates - Club Kit (purchase and supply), Assistant Event Refreshments

Events Working Group (6)

Darren Murfitt - Recruitment & Allocation of Marshals/Helpers, Sector Marshal
Ian Vaughan-Arbuckle** (formerly Events Start & Finish Areas)
Richard Handoll - Time Keeping
Eric Drury - Manager Frostbite League, Assistant Course Marking (set up & clear)
Charlie Barker - Race Photography (+ tba)
Stephen Howard – Events Finish Areas

*Following the 27th September EGM (see below) decision to affiliate to England Athletics, Max d'Ayala resigned from the Committee. A letter of thanks for his work on the Committee has been emailed to Max.

**As most of you know, Ian Vaughan-Arbuckle moved to Oxfordshire in June but remained as Race Director of the Round Norfolk Relay for 2007. He has also kindly offered to stay on the Events Working Group email address list in an advisory capacity.

John Turner has been looking after the club's trophies in 2007 but responsibility should be a separate Committee role.

On 23rd September 2007, the club achieved **100 paid-up members** for the first time. Membership is now **108** – see www.elyrunners.co.uk.

An **Extraordinary General Meeting (EGM)** was held at the Paradise Centre on Thursday 27th September 2007 to decide if the club should continue to be affiliated to the Association of Running Clubs (ARC), which was carried unopposed, and not to affiliate to England Athletics (EA), which was not carried by 19 votes to 11. The club voted to pay the £3 registration fee for members who wanted to be registered with EA until 31st March 2008. The minutes were circulated by email on 2nd October to members who were asked if they would or would not like to be registered with EA. So far 27 members have requested and been registered with EA. *Any other members who would like to be registered with EA should contact John Turner secretary@elyrunners.co.uk.*

The club's **Christmas Drinks at the Albert** (Prince Albert pub, Silver Street, Ely) after training in wet and windy conditions on Thursday 6th December was the usual enjoyable occasion with over 40 members, family and friends present. The draw for the club's three 2008 London Marathon places (from those rejected in the ballot) was made by Melanie Fisher and won by Chris Bower, Fraser Badcock, and Simon Jackson. The draw (by Melanie Fisher again) for six Frostbite Friendly League tote bags was between those members who raced in most of the six 2006-07 season events. These went to Peter Gipp (6), Stephen Howard (6), Graham Chapman (6), Birgitta Bramley (5), Max d'Ayala (5), and Hugh Burton (5). The raffle for East Anglia's Children's Hospices (EACH) was organised by Adam & Nattalle Etches who obtained and wrapped the prizes. Nattalle drew the winning tickets for the choice of wrapped prizes. The raffle raised a record £200. This was matched by the club and a cheque for £400 sent to EACH.



Following the AGM decision in January, Ely Runners affiliated to the **Association of Running Clubs (ARC)**. This essential new organisation was set up 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 became officially active on 1st April 2007 and details can be found at 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.

Many local area clubs are amongst the 116 clubs and organisations (representing 11,777 runners) have affiliated to ARC. Ely Runners were the first club to affiliate to ARC, the Grunty Fen Half Marathon was issued with the first ARC permit and incorporated the first ARC Championship.

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) will have ARC permits – see [> Races/Permits](http://www.runningclubs.org.uk).

Well done Ely Runners and friends involved with our record entry of seven teams in the **Hereward Relay** on Sunday 25th November (results on club website), especially to Alan Rutherford for recruiting runners and his weatherproof marshals, Eric Drury for setting up the finish area, signs and PA system, Tony Hall and Peter Harris as high mileage Course Drivers, Rod Baron for his major contribution to the event website and being mobile course photographer, and the Stage Drivers and team runners.

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.



Ely Runners are in the **2007-2008 Frostbite Friendly League** of races. There are 6 events, one each month from October to March as per the following events list – see [**Frostbite League**](#). 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 3 must be women. Non-scoring members can still influence the result by competing with scoring members of other clubs. The club has paid the league fee and Ely Runners members run free of charge. In 2005-2006, we were 3rd of 15 teams and in 2004-2005 we were 1st of 17 teams. 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 October race was at St Neots and we were 7th. The November race was at Bushfield and we were 3rd and improved our overall position to 4th. The next race is at Bushfield again on Sunday 9th December. Please try to make this race so that we can continue to make progress in the League. Meet at the Paradise Centre car park at 9:00 am to share transport.

Following interest by members, the club has entered the mid week **East Anglian Cross-Country League (EACCL)**. The venues are included in the events list below. Men's races are about 10k and women's about 5k. All the races are on Wednesdays at 2:30 pm and the venues include some interesting cross-country course locations. Teams are 4 runners. The first 4 to finish will be the 'A' team and the next 4 the 'B' team. Categories are Jn M/W, Sn M/W and Vet M/W in 5 year categories to FV50+ and MV50 and then MV50-59 and MV60+. Accumulative team and individual scores will be taken from a maximum of 7 races. The club has paid the entry fee so members (and their guests) run free of charge. Guests will not count for League points. Members interested in running should contact Ian Day or Glynn Loveday.

On Sunday 16th December 2007 we will be holding our popular annual choice of off-road long/medium/short **pre-Christmas training runs** back towards Ely from:

Woodditton to Ely 18.5m start 8:50 - 9:00 am
Wooditton to Reach 7.5m start 8:50 - 9:00 am
Reach to Ely 11.0m start 9:45 – 10:00 am (with first runners from Wooditton)

Meet at 8:00 am at the Paradise car park for transport to the starts.

The first 7.5 miles from Wooditton is along the ancient Devil's Ditch footpath to Reach. The cross-country route then follows Reach Lode to Upware, across the A1123 at the Chalk Pit to eventually join the banks of the Rivers Cam and Gt Ouse back to Ely. *We require some drivers to take the runners to their starts. Please contact John Turner if you can help.* Tony Hall will be a driver and supply refreshments at check points en route. Afterwards, **Lunch** will be available at The High Flyer pub adjacent to the Paradise car park. Please speak to Peter Gipp if you'd like him to book lunch for you and/or your family/friends.

Training over the Christmas period will be as follows:

Sunday 23rd 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)

Wednesday 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. Entries (700 limit) came in very quickly and the race was full by 10th November. This year's finish will again be on the meadow beyond the cricket pavilion. *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 then to help the runners up the hill at 8.5k. The race HQ will, as usual, be in the Village Hall.

OPEN CROSS COUNTRY CHAMPIONSHIPS 2008

If you wish to be entered for the following **County, Veteran, Regional and National Cross-Country Championships**, please contact club Secretary John Turner. The club will pay for entries if there are sufficient club runners to make a team:

The Cambs AA County Cross-Country Championships are on Sunday 6th January 2008 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 (if there are enough for a team/s), 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 24th 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. Suitable for all members.

Entry requests received so far:

Peter Gipp *Lisa Redman*

Stephen Howard

Alan Rutherford

Glyn Loveday

John Turner

Max d'Ayala

MENTALITY

SEAA XC Senior Cross-Country Championships, Parliament Hill Fields, Hampstead Heath, London, on Saturday 26th January 2008. SW 8k 1350, SM 15k 1450. Club entry if teams of 4 women and/or 6 men, otherwise individual. Vet runners (35+) can also enter but will not score separately. **Closing Date 14th December so please let John Turner know well before this date.** (EA registered members only)

Entry requests received so far:

Peter Gipp

Ian Day

Stephen Howard

Glyn Loveday

Robert Campbell

SEAA Masters (Vets) Cross-Country Championships, Mad Bess Woods, Ruislip, Middlesex on Saturday 2nd February 2008. MV50+ 10k 1300, FV35+ 6k 1400, MV40-49 10k 1445. Club entry if team/s of 3, otherwise individual. (EA registered members only)

Entry requests received so far:

Robert Campbell

EVAC Cross-Country Championships, Sunday 17th February, Wimpole Hall, Arrington, Cambridge. This race is for veteran (35+) runners and non-EVAC club members may run as guests of the club's EVAC members. 1100 start for M 35-69 8k, W & M70+ 5k, club entry if M/F teams of 3. Suitable for all members

Entry requests received so far:

John Turner

Lisa Redman

ECCA Senior National Cross-Country Championships, Alton Towers, Staffordshire, on Saturday 23rd February 2008. SW 8k 1415, SM 12k 1500. Club entry if teams of 4 women and/or 6 men, otherwise individual. Vet (35+) runners can also enter but will not score separately. Closing date 7th January (EA registered members only).

Entry requests received so far:

Jan Day

*ian Bay
Robert Campbell*

Glyn Loveday

The first **ARC Cross-Country Championships** on Sunday 30th March, starting at 1100 at the Queen Elizabeth Country Park located just off the A3 about a mile south of Petersfield. It will be a 'closed' race in which only members of a club affiliated to the Association of Running Clubs (like Ely Runners) will be eligible to compete. There will be one race of 5 miles (8k) for men and women. Veteran age categories will compete within the same race. The course is undulating through woods and grassland mostly on tracks. Team and individual prizes/medals

will be awarded. The race will be staged by Portsmouth Joggers and entry details will soon be on both their and ARC's websites. Please let me know if you'd like to run.
Entry requests received so far:

The above are all good events, which provide a well worthwhile experience of championship running at various levels for all members. Details of these race are on the club's notice board in the foyer of the Paradise Centre.

The date for **Ely Runners' Club Cross-Country Championships** has been changed and will now be on Saturday 19th January 2008 using a course of about 4.5 miles starting and finishing on the large meadow on Ely Common. Meet Paradise at 11:00 am and jog to the Common to start at 11:30 am. This is a club event so please wear your club colours. Entry is free to all members. A few volunteer marshals and time/number keepers will be required on the day. There will be perpetual trophies for the following award categories:

- 1st Male
- 1st Female
- 1st Age Graded Male
- 1st Age Graded Female

Ely Runners Annual General Meeting will be held on Monday 4th February at 7:30 pm at the Paradise Centre in the bar meeting room. This is an important club event so please try to attend. During the meeting the following awards will be made:

- Eric Drury Shield: *Most Improved New Member Runner*
- *Most Improved Female Runner*
- *Most Improved Male Runner*
- *Best Half Marathon*
- Eric Drury Cup: *Best Marathon*
- Special Achievement Awards

Nominations/and or volunteers for the Committee and items for the agenda should be forwarded to me as soon as possible.

It is with some sadness that, after many enjoyable years, I intend to stand down as club Secretary and i/c Club Open Events after the 2008 Turing Relay but, if elected, continue as Press Liaison Officer and i/c Club Training, Club Championships and Club Trophies. Due to email communications, Rod Baron's effective web sites, on-line entries, Peter Harris' efficiency as club Treasurer, and rationalisation of events; these roles have become very much simpler, despite the increase in membership. It is probably best that these positions are, as far as is practical, taken over by separate members as I have found the combination of roles takes too much time to do them all as well as I would like. This means that we will require:

- Secretary (club mail, meetings, newsletter, invoicing/cheque writing etc) 2008
- Race Director *Grunty Fen Half Marathon* 2008
- Race Director *Ely New Year's Eve 10k Road Race* 2008
- Race Director *Turing Trail Relay* 2009

The member nominated and elected Secretary would be on the Committee and be one of the club's three Officers with the Chairman and Treasurer. The member/s nominated and elected as Race Director/s for the three open events would join the club's Events Working Group, which usually meets with the Committee.

The club now has 108 members with a wide range of skills and talents from which I'm sure new blood can be found for these rewarding roles.

Our long-term race equipment suppliers **Running Imp Ltd/Sporting Impact** have sold their business to **Running Imp International Sport**. Dick and Roz Hughes are retiring and Lisa Hughes is going to study law. Dick has been the race commentator at many Grunty Fen Half Marathons since the first race in 1991. We wish them well for the future.

On Thursday 6th December, **Clare Durrant**, who was on a trip from Australia, trained with the club on the 1.9 miles Lynn Road, Cam Drive, Downham Road, Egremont Street circuits. Despite the unfamiliar wet and windy weather, she kept up with in-form Alex Tate for the first lap! Clare emailed to thank us for the run and apologised for not feeling more energetic! She said that if any members are in Brisbane for a visit, her squad coach is usually more than happy for visitors to join in. They have a fairly wide range of abilities and everyone is friendly. Their new website is not yet up and running but will be at www.galeforcerunning.com.au. Clare also said "well done to all the group that brave such cold and dark conditions. Brisbane weather definitely makes getting up for a run easier".

Max d'Ayala (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 1st January) please do so ASAP. This can be done on-line at 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*.

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 (£3) with EA until 31st March 2008, free changing and showers at the Paradise Centre, free training and advice from club coaches, 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 1 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 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.

Training on Tuesday and Thursday continues to be well attended with 15 to 35+ members appearing regularly. *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 balcony/bar area upstairs to avoid blocking the foyer. Now we are training after dark on the streets of Ely starts, members are requested to wear the free reflective bibs (see Mary Gates who has a new supply) provided by the club and to 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 (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. However, if you require specific **coaching advice**, please ask Coaches Max d'Ayala or Alan Rutherford to help.

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 have achieved a PB, including vet categories, so that it can be included in JT's press report from which Rod takes the PB information. If possible, please send any information you have by noon on Monday to JT to avoid the extra work involved in updating press reports. Rod has added a **Message Board** and more recently a **Forum** to the web site's home page.

A warm welcome is extended to **new member Cara Holden**. Some recent members are fairly new to running and it is important that they 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 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 to order. See www.elyrunners.co.uk for full details of club kit.

Following suggestions from members, 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**. A process of *Positive Imaging* is used and all new race vests will be supplied with this additional transfer. 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 2007-2008

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

December

- 08 (Sat) Rowbotham's Round Rotherham 50m, 0700 Wath-upon-Dearne, £10, EOD +£5
- 09 [**Frostbite League**](#), 1100 Bushfield Sports Centre, Peterborough, (5m tarmac/firm paths), (same venue as November race as no alternative available), *meet Paradise 0900*
- 09 Bedford Harriers Half Marathon, 1000 Wootton Upper School, £13, ARC event
- 12 (Wed) Stevenage Midweek 5k series (3/3), 1945 John Henry Newman School, Hitchin Rd, £5/£12, **FULL**
- 16 Long/medium/short club pre-Christmas trail training runs, Woodditton to Ely 18.5m, Reach to Ely 11m, Woodditton to Reach 7.5m, meet 0800 Paradise for transport to starts**
- 16 Ryston 6.5k XC, 1100 Shouldham Warren, EOD only
- 26 (Wed) Boxing Day training, meet 0900 Paradise Centre car park (see Notices above)**
- 30 Buntingford Year End 10 Mile, 1030 Freman College, Bowling Green Lane, £10, no EOD
- 31 (Mon) Ely New Year's Eve 10k Road Race, 1100 Lt Downham, £7 on-line only, no EOD, www.newyearseve10k.co.uk**

January 2008

- 01 (Tue) Wymondham New Year's Day 10k, 1100 Central Hall, Back Lane, £7.50, EOD +£2
- 06 Cambs County XC Champs, Priory Park, St Neots, S/V/M 1230, S/V/W 1400, club entry
- 09 (Wed) [**EACCL**](#) (M10k,W5k), 1430 RAF Barnham
- 13 [**Frostbite League**](#), 1100 Ailwyn School, Ramsey (grass, farm roads and tracks), *meet Paradise 0930***
- 13 Ryston 9k XC, 1100 Shouldham Warren, EOD only
- 16 (Wed) [**EACCL**](#) (M10k, W5k), 1430 Great Yarmouth**
- 19 (Sat) [**Ely Runners Cross-Country Championships**](#), 0900 Paradise for 0930 start on Ely Common**
- 19 (Sat) SEAA Indoor Championships 800m, Lee Valley Athletics Centre
- 20 Folksworth 15m, 1100 Folksworth Village School, £10, no EOD
- 20 SEAA Indoor Championships 1500m, Lee Valley Athletics Centre
- 26 (Sat) SEAA XC Championships, Parliament Hill Fields, Hampstead Heath, London, SW 8k 1350, SM 15k 1450. Club entry if teams of 4 women or 6 men, otherwise individual.**

February

- 02 (Sat) SEAA Masters XC Champs, Mad Bess Woods, Ruislip, Middlesex. MV50+ 10k 1300, FV35+ 6k 1400, MV40-49 10k 1445. Club entry if team/s of 3, otherwise individual
03 **Frostbite League**, 1100 Bourne Woods, Bourne, (woodland paths and tracks), *meet Paradise 0845*
04 (Mon), Ely Runners Annual General Meeting, 1930 Paradise Centre, upstairs bar room
09 (Sat), Brands Hatch ½ Marathon, 1215 BH Racetrack, Kent, £14, EOD +£6!
9/10 (Sat/Sun), Indoor Track & Field World Trials & UK Championships, Sheffield
10 St Valentine's 30k, 1100 Queen Eleanor School, Green Lane, Stamford, £14, no EOD
10 Ryston 5k XC, 1100 Shouldham Warren, EOD only
13 (Wed) **EACCL** (M10k,W5k), 1430 RAF Marham, Shouldham Warren
17 EVAC XC Champs, Wimpole Hall, Arrington, £5
17 Great East Run 20k, 1100 Bungay Sports Centre, High School, Bungay, £14, EOD +£2
20 (Wed) **EACCL** (M10k,W5k), 1430 Nowton Park, Bury St Edmunds
23 (Sat) ECCA National XC Championships, Alton Towers, SW 8K 1415, SM 12k 1500. Club entry if teams of 4 women or 6 men, otherwise individual
24 Bury 20m Road Race (& Nearly 10m), 1030 Nacton Park, Bury St Edmunds, £16 (£12)
24 Tunbridge Wells ½ Marathon, 1000 TW Sports Centre, St John's Rd, £13, EOD + £6!

March

- 02 **Frostbite League**, 1100 BRJ Centre, Huntingdon, (5m roads and tarmac paths), *meet Paradise 0900*
09 Mondi 15 (& 3x5m Relay), March
12 (Wed) **EACCL** (Relays), 1430 RAF Barnham
15 Sport Relief 1 Mile, Ely City Centre
16 Turing Trail Relay (Ely-Cambridge-Ely) in 6 stages. See www.turingrelay.co.uk
16 Ryston 6.5k XC, 1100 Shouldham Warren, EOD only
30 ARC XC Championships, 1100 QE Country Park, Petersfield, M/W 5m (8k)
30 Sandy 10m

April

- 06 Bungay Black Dog Marathon, 1030 Bungay, £13, EOD +£3, www.bungay-marathon.co.uk
06 Paris Marathon
13 Flora London Marathon

May

- 17 (Sat) BMAF Road Relays, Sutton Park
25 Edinburgh Marathon, www.edinburgh-marathon.co.uk, £39, on-line only

June

- 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

July

- 06 BMAF 10k, Loughborough
10 (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

August

September

- 14 Atrium Grunty Fen ½ Marathon (CRRL)**, 1030 Witchford Village College, Ely, www.gruntyfen.co.uk. Provisional
20/21 (Sat/Sun) Round Norfolk Relay (ER team: Alan Rutherford), www.roundnorfolkrelay.com

October

- 25 (Sat) Beachy Head Marathon (3,500' climb), 0900 Eastbourne (*club entry option via JT*)

November

- 02 Ing New York City Marathon

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) who also has details of all RRC/TRA long distance road/TR/XC races and FRA fell races.

Club 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.newyearseve10k.co.uk

Turing Trail Relay website www.turingrelay.co.uk

Association of Running Clubs www.runningclubs.org.uk

John Turner
Secretary, Ely Runners
secretary@elyrunners.co.uk
Tel 01353 667678 Fax 01353 668058