

# *Ely Runners Newsletter*

## **NOTICES, RACES & EVENTS 2009**

**JANUARY 2009**

(JT 05.1.2009)

### **NOTICES**

A warm welcome is extended to **new members Claire Gait, Russell Armstrong, Aimee Hockley, and Alice Campbell** (16) who has represented England as a Junior in orienteering. She is currently a member of the South East Junior Squad and has attended two GB Squad summer tours for promising juniors.

**Subscription renewals** (£10) are due from 1<sup>st</sup> January 2009 and this can be done on-line via [www.elyrunners.co.uk](http://www.elyrunners.co.uk) > **CLUB INFO** > **Membership**, or by cheque to 'Ely Runners' via Secretary: John Turner, 22 Cromwell Road, Ely, Cambs, CB6 1AS. During 2008, club membership reached a record 121 of which 80 were men and 41 were women. Those who joined after 15<sup>th</sup> November 2008 are covered for 2009. Existing members who have not renewed by the due date will be reminded by email. Those who have failed to renew by the end of March will be removed from the membership list. Subs can be renewed on-line at [www.elyrunners.co.uk](http://www.elyrunners.co.uk) > **CLUB INFO** > **Membership**. 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.

Some new members are also fairly new to running therefore 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 at training, including those recovering from injury, or resting from racing, or recovering fitness, help and talk to our beginners so that they feel welcome and involved.

Several members have put themselves on [www.athleticsdata.com](http://www.athleticsdata.com) which is statistical website showing:

- UK year rankings
- All-time rankings
- Comprehensive results service
- Athletes profiles

This website will enable you to check your form relative to rival runners and allow them to do the same. It's also useful for the prediction of race results for both runners and organisers.

Details of club events, training, 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. 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 reach the entry limit before the race day. Many races no longer accept entries on the day – see 'no EOD' in the Races & Events 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 website 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.

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

This year (2008-09) 26 members requested **registration with EA**. Please could members who would like to be registered from 1<sup>st</sup> April 2009 with EA for 2009-10 please contact John Turner [secretary@elyrunners.co.uk](mailto:secretary@elyrunners.co.uk). Subject to agreement at the AGM, the club will pay the £5 registration fee. Registration number confirmation and cards will be supplied when received from EA.

Following a further restructuring by England Athletics (EA) at the end of October, we were asked by EA/East to become a Core Athletics Club in their new **Athletics Network** (see [www.englandathletics.org](http://www.englandathletics.org) > Network). The Committee's view was summarised in the following response to EA/E: "*Ely Runners would like to stand aside at this time from being a Core Athletic Club in the proposed Network. This is because we are primarily a self-funding road, cross-country and trail/fell running club and aim to continue to efficiently enjoy our sport, and the open events we hold, with the minimum of bureaucracy. We also feel that the allocation of grant funding to clubs from EA should be via their County Athletic Association. This decision does not preclude our involvement in the future should the very different disciplines of track and field become more of our agenda*".

I have the latest (2009) **Fell Runners Association Fixtures Calendar & Handbook**. Members interested in running a fell race 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 throughout the year, and in the summer, many are evening races including those not too far away in the Peak District and other hill areas. Alternatively, if on holiday in such areas, you can often find a local fell race. They provide an enjoyable, challenging and worthwhile experience, even for Fenland based runners.

Several members use **sports masseurs** and speak highly of them. Please could those members who do so contact me ( [secretary@elyrunners.co.uk](mailto:secretary@elyrunners.co.uk) ) with details and comments so that these can be added to the club's website.

Mark Turner suggests that members may be interested in the **multi-discipline events** at <http://www.quadracracing.co.uk/waden.html>. They hold a winter series of duathlon and quadrathlon races and there are three left for 2009. Mark and Peter Gipp enjoyed some of these events about 6-7 years ago. He states that they are well organised and kayaks can be hired for a small charge.

**To measure the distance of a route** before or after running, see Google Earth > Ruler (toolbar symbol) > Path. Provided measurement is done carefully, the distance should be of similar accuracy as GPS.

Wearing **Ely Runners' colours** (minimum club vest) is mandatory in all events entered as an individual or team members of Ely Runners. This is because it is:

- A condition of membership.
- Obligatory if claiming affiliated entry discounts as an Ely Runner in open races.
- Obligatory in leagues entered by the club, relays entered for or by the club, all championships and events incorporating championships.
- Requirement of governing athletic organisations.
- Necessary to avoid disqualification.

Not wearing club kit also makes it harder for other runners, race officials, and photographers to distinguish club runners, especially in relays. Additionally, our distinct race kit defines us as ambassadors of a well-respected running club. Exceptions are members running for county, regional or national teams or representing a charity for sponsorship in an open event.

Mary Gates has the **club's kit supplies**. The club's joining fee of £33 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.

#### **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 use for prizes for our Christmas charity raffle. Advance Performance do not otherwise give discounts although these can be usually be obtained from running shop suppliers such as Sweatshop in Cambridge who sponsor our three open races: New Years Eve 10k, Turing Trail Relay, and Grunty Fen Half Marathon. Sweatshop usually give 10% on non-sale items but have recently offered more to members (show membership cert) of Ely Runners.

We now specify **Ely Runners' policy on data protection** and use of photos and videos on the club's website on [www.elyrunners.co.uk](http://www.elyrunners.co.uk) > CLUB INFO > administration.

Julie Foreman has organised the club's **After Training Drinks** on the first Thursday of the month. The next will be after training on Thursday 5<sup>th</sup> February.

At the AGM on Monday 2<sup>nd</sup> February 2009, we will discuss proposals for, and decide on, the club's entries into the 17 stage **Round Norfolk Relay** (see [www.roundnorfolkrelay.com](http://www.roundnorfolkrelay.com) ) on Sat/Sun 19/20 September 2009. The most suitable options (*only one team per category*) are:

- **Open Class** team - for fastest ER runners (as in 2008).
- **Club Class** - must include *a minimum* of 5 ladies and 6 vets (F35+ or M40+).
- **Ladies** - an all Ely Runners team or joint entry with C&C (as in 2008)

If we have a joint ER+C&C **Ladies** team, it will probably require the fastest 8/9 ladies from each club. If we do not have enough ladies for a club team and/or C&C don't want to be involved, or more members would like to race, then a **Club Class** entry is a logical mixed team option. It will need to have 10-11 ladies to proportionally represent the membership in both the Open and Club teams.

If we enter two or more **RNR teams**, *each* will require 17 runners, a Team Manager, support crews, and a mini-bus. We have to consider this relative to our limited resources and maybe appointing an RNR Administrator to organise the distribution of information and resources to each team. Therefore, please give this subject careful consideration to let me have your views and proposals between now and the AGM.

The club's first Treasurer **Colin Bent** (62) had to give up running in the 1990s due to ME. He's since managed to cope with this but his daughter Vicky (also an ex-member) advises that he's recently had to have both knee joints replaced and is waiting to have both hip joints replaced. We wish him well.

**Natalle Etches** has purchased a **wide variety of fitness stock** from a local Internet fitness company that closed down. She is re-selling the stock as low as **half price** 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@elyrunners.co.uk](mailto:natalle@elyrunners.co.uk)



Ely Runners take part in the **2008-2009 Frostbite Friendly League (FFL)** 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. All members will be allocated a PIN number so there is no need to pre-enter – just turn up (see *Paradise meeting times in the events list*) on

the day with your club race kit. On crossing the finishing line, you'll be given a position number. Please take this immediately to **FFL Manager Eric Drury**.

In 2007-08 we were 4<sup>th</sup> of 15 teams but won the **FFL** in 2005-06 and 2003-04 (see [www.elyrunners.co.uk](http://www.elyrunners.co.uk) > RESULTS > Achievements). We have the capacity to win this season's FFL so it is important that there is a good turnout for each race. Therefore, please make a note of the race dates.

The first **FFL** race (5m XC) was on 5<sup>th</sup> October in Priory Park at St Neots and we were 3<sup>rd</sup> of 15 teams. The second race was on 9<sup>th</sup> November at Bushfield and we improved to 2<sup>nd</sup>. The third race was on 14<sup>th</sup> December at Hinchingbrooke Park, Huntingdon and we were 3<sup>rd</sup> but stayed 2<sup>nd</sup> overall. In the next race at Ramsey on 4<sup>th</sup> February, we were 2<sup>nd</sup> and stayed 2<sup>nd</sup> overall. The next FFL race is about 5m of forest tracks and XC paths in Bourne Woods on Sunday 1st February at 1100. We hope to improve on our overall league position with another strong turnout. *To share transport, please meet at the Paradise Centre car park at 8:45 am.*

We have renewed our club subscription to the **East Anglian Cross-Country League** (EACCL) so members run free of charge. A few Ely Runners (especially Ian Day and Ian V-A) have previously competed in this league, which is organised by the Royal Airforce on some excellent XC courses. There are nine races and one relay October-March 2008/09 on Wednesday afternoons at 2:30 pm. The men's courses are 10k and the women's 5k. See **EACCL** events on the list below.

At least 43 members and friends/families enjoyed the club's **Christmas Drinks at the Royal Standard** on Fore Hill, Ely were after training on Thursday 4<sup>th</sup> December. Mary Gates made the draw between the ten members rejected in the ballot for the club's three Flora London Marathon places and these (in order) went to Adam Etches, Peter Gipp, and John Turner. Also, there was a draw by Julie Foreman for the ten 20<sup>th</sup> Anniversary Frostbite Friendly League shoe bags between the fourteen members who ran in 4 races or more during the 2007/08 season. Then, as usual, Adam and Natalie Etches conducted the raffle of *interesting and useful prizes*. This raised £201 (made up to £250 by the club) for East Anglia's Children's Hospices. This informal and enjoyable annual gathering was organised by Social Secretary **Julie Foreman**.

We switched the Christmas Drinks from the **Prince Albert** because of the numbers attending would have been too many for this quite little pub with the best beer cellar in Ely. However, we will continue to use the Prince Albert venue for the presentations after our 10k Handicap and Straight Mile Handicap events in the summer, when we can use the beer garden.

If you received a **Flora London Marathon Club Place**, the completed form and payment must arrive at the LM office by 9<sup>th</sup> January. Recorded delivery (free) or registered post is recommended. If you are unable to run, please let me know ASAP so that it can be re-drawn between the club's remaining rejected ballot applicants. No further entry fee is required for substituted entries but they have to be received by the FLM by 13<sup>th</sup> February.

A record 28 members and three dogs enjoyed the shortest day of the year on the club's annual **Pre-Christmas Training Run** for 18.5 miles from Woodditton to Ely on Sunday 21<sup>st</sup> December. Conditions were good, being mild and clear with a SW wind. Thanks to Tony Hall for purchasing the cakes and chocolate bars and to Eric Drury for providing these with water at the refreshments points at Reach, Chalk Pit and the finish at the Paradise Centre. For the first time, the club hired a mini-bus (from *Supreme Travel, Witchford*) to take 16 of the runners to the start. Thanks also to our Social Secretary Julie Foreman for organising the popular post run carvery lunch at the High Flyer. See [www.elyrunners.co.uk](http://www.elyrunners.co.uk) > PHOTOS > Recent Photos for pictures of the run taken by Rod Baron and Marion Comley.

A big thank you to all those Ely Runners and friends including our sponsors Sweatshop & Savage Haulage, Ramsey RR (marshals & ale distribution), March AC (marshals), Little Downham Parish Council & Village Hall Committees, bagpiper Roy Sloane, St John Ambulance, Bartrams Brewery, and ARP Toilet Hire, who helped to make the **2008 Ely New Year's Eve 10k Road Race** another enjoyable and successful event for the club. Special thanks to Peter Gipp (Course Director, car parking and problem fixer); Steve Barker (Chief Marshal) and his multi-tasked team of willing car parking and course marshals (who received much praise for their friendly support on the course) and officials; Rod Baron (website, timekeeping and results); Julie Foreman (entries); Stephen Howard and his finish area team

including Emily Knight (time/place coordinator) and Clare Stevinson (place keeping); Peter Harris (finance, information and number collection); Darren Murfitt (early recruitment of marshals); Graham Chapman and his caterers; Adam Etches + Socks (lead vehicle); Steve Tovey (sweep vehicle); Eric Drury (van collections & deliveries, gantry, setting up/dismantling); Alan Rutterford (traffic control); Colin Doak & children (finish drinks); Heidi Fochtman & co, Keith & Stuart Mitchell (5k drinks); Charlie Barker (race photos); Adrian Graham (referee); Andy Noyce (manager of Sweatshop Cambridge who presented the prizes); and everyone else who brought New Year's Eve warmth and cheer to an otherwise cold and dank midwinter day. There were 700 entries but the recent colds and flu took their toll resulting in only 516 finishers. See [www.elyrunners.co.uk](http://www.elyrunners.co.uk) > RESULTS.

**Training on Thursday 1<sup>st</sup> January 2009** will be as usual at 7 pm but as the Paradise Centre will probably be closed, we will meet in the car park.

The **Cambs AA County Cross-Country Championships** are on Sunday 11<sup>th</sup> January 2009 at Priory Park, St Neots. Further details will follow when they are known. Team entries are made and paid for by the club. If you would like to run, please contact Team Captain Charlie Barker who will make the team entries. Categories, distances and times:

- Senior/Vet/-20 Junior Men 10k 1230
- Senior/Vet/-20 Junior Ladies 6k 1400

Senior men score first 6 per team and all other categories score first 3 per team. 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. Members who perform well enough will be selected for the Inter-County Cross-Country Championships (not Senior Men) on Saturday 31<sup>st</sup> January at Biggleswade – see details below.

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

**Ely Runners' 2008/09 Club Cross-Country Championships** will be held on Sunday 18<sup>th</sup> January 2009 on our new five miles course starting and finishing on Ely Common at the top of the Waterboard Hill. Meet Paradise car park at 9:00 am (usual training time) for a 9:30 start on Ely Common. This is a private event and entry is free of charge to members and their invited guests. Please let organiser **Stephen Tovey** [stevetovey@elyrunners.co.uk](mailto:stevetovey@elyrunners.co.uk) know if you can run, or help as a marshal or official. This is a club event so please run in club race kit. The course is suitable for trail shoes or (just about) an old pair of spikes. Road shoes are also suitable but not ideal in wet conditions. There are perpetual shields (members only) for the 1<sup>st</sup> M/F and 1<sup>st</sup> Age Graded M/F. Chairman Peter Gipp will present these in the upstairs bar at the Paradise Centre at 11:00 am.

**The SEAA Cross-Country Championships** are on Saturday 24<sup>th</sup> January 2009 at Hillingdon House Farm, Uxbridge, Middlesex. Entries have now closed.

The **SEAA Inter-County Cross-Country Championships** (not Senior Men) will be held at Old Warden, Biggleswade on Saturday 31<sup>st</sup> January 2009. Start times and distances relevant to members selected to represent Cambs AA are:

- 1315 Under 20 Women 6000m
- 1340 Under 23 Women (individual) 6000m
- 1340 Senior Women 6000m

**The SEAA Masters (Vets) Cross-Country Championships** are also on Saturday 31<sup>st</sup> January 2009 at Old Warden Park. Start times and distances are:

- 1100 Men 50+ & 60+ 10k
- 1143 Women 35+, 45+ & Men 70+ 6k
- 1410 Men 40+ 10k





## Support of 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, £12 subsidy on club fleeces, 10-20% discount at most specialist running kit shops, free entry to the club's Cross-Country Championships, 10k Handicap and Straight Mile Handicap, 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 a member's ballot entry is 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.

Despite the cold winter weather, **training on Tuesday and Thursday** continues to be well supported with about 20-30 members usually 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. Members are also asked not to congregate before running on the pavement outside the entrance but to assemble around the corner by the side of the building. This is because it can be intimidating for other users of the Paradise to walk through a group of runners to gain access to the entrance. 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.

## Webmaster Rod Baron's unerring management of Ely Runners' website

([www.elyrunners.co.uk](http://www.elyrunners.co.uk)) ensures that it provides an up-to-date a record of the club's activities and a myriad of useful information. The website is frequently updated and well worth regular visits. For member's general comments, there is a **Message Board** on the website's home page and the recently upgraded photo and video section contains a huge selection of members in races. Rod also maintains the club's websites for the Grunty Fen Half Marathon, New Year's Eve 10k, and Turing Trail Relay.

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 on the website. If possible, please send any information you have (including links to race results) by noon on Monday to Stephen to avoid the extra work involved in updating press reports. Please email any photographs or links to event photographs (with your race number) to Rod Baron at [webmaster1@elyrunners.co.uk](mailto:webmaster1@elyrunners.co.uk)

**Rod Baron** has advised that ALL notified results (from 25<sup>th</sup> October 2008) mentioned in the ER website **Race Report will have an age-graded score** calculated. This will be displayed on the results data base table (RESULTS> Database, "View Most Recent Results") or the direct link is [http://www.elyrunners.co.uk/MySQL\\_Results/View\\_Results.php?a=reset](http://www.elyrunners.co.uk/MySQL_Results/View_Results.php?a=reset). In the past we only calculated age-graded scores for PBs or Club Records. Your best age graded score is taken from the results we have so far and displayed on the table "Most Prolific Racers" direct link [http://www.elyrunners.co.uk/MySQL\\_Results\\_stats/query\\_3.php](http://www.elyrunners.co.uk/MySQL_Results_stats/query_3.php). Some members may not yet have a result where an age-graded score has been calculated. Where a result does not have a time or where the race distance is over 40 miles, the age-graded score will be shown as 0. Starting from next year, we will keep a running average of all age graded scores for each member. Scores of 0 will not be included in the averaging.

A recent communication from **Rod Baron** advised that a **new web page** has now been added to the ER website. This is referred to as the "**members' info page**". The direct link is

<http://www.elyrunners.couk/members.htm> but it is also linked from the "time-served" list, the membership page and in the Quick Links under "Members' info".

Most of the information provided is available elsewhere on the website but is conveniently rationalised into one web page. Some members have had problems using the SQL database filter so each member has a direct link to their own results and PB tables. These tables will grow continuously (and without limit) as and when Emily Knight ( [emily@elyrunners.co.uk](mailto:emily@elyrunners.co.uk) ) adds more results and PBs that she extracts from Stephen Howard's race reports. Note that the results table was not started until Jan 2008 so any results before then will have to be searched for amongst the reports, the old fashioned way. Results will be displayed in reverse time order (i.e. most recent first) and PBs will be in distance order. Please allow a few days for your latest result or new PB to be added to the tables. As always, PBs will only be shown for those members for whom we have known data.

It is actually possible for a member to "bookmark" their own tables, if they so wish.

e.g. the book marks for John Turner would be -

PBs :- [http://www.elyrunners.co.uk/MySQL\\_individual\\_PBs/johnturner.php](http://www.elyrunners.co.uk/MySQL_individual_PBs/johnturner.php)  
and Results :- [http://www.elyrunners.co.uk/MySQL\\_individual\\_results/johnturner.php](http://www.elyrunners.co.uk/MySQL_individual_results/johnturner.php)

Other members would use the same link but insert their name instead of JT's name (e.g. "...../johnturner.php" replaced by "...../rodbaron.php" etc.

Please let Rod know if you find your particular tables are not displaying correctly. Errors in results or PBs should be referred to Emily.

The list is in surname order and also contains columns for location (if the member comes from Ely or a large local village), age/gender category, time-served and associated rank, role in the club and, of course, paid-up status, plus face photo and running photo, if available. All this is set up when a member joins or if a new role is assigned and does not need further attention apart from adding the odd photo (hopefully!) and updating paid-up status. The time-served list will remain as the first port of call (as it were) as it has the club stats on it and ranks people in order of service.

Another recent innovation by **Rod Baron** is the addition of some **very useful maps** to the club's website. Go to - [www.elyrunners.co.uk](http://www.elyrunners.co.uk) > CLUB INFO > Training Runs - to see new maps of:

- Detailed (1:25,000) map of local area (useful for planning and checking runs)
- Selection of out-of-town training runs
- Main city training runs
- Route map of the Club's open and private events

These maps are now on the notice board in the Paradise Centre and we also have a set of the training run and course maps for showing at our open events. They were on the 'Information' table at the 2008 NYE10k.

Rod advises that if you need to **print a section of the 1:25,000 area map**, the simplest way is to get a section displayed on your screen and then press "Print Screen". This doesn't actually print anything but copies the screen contents to the clipboard. You then open MS Word (or better still, an image editing program) and select edit, paste - and hey presto the screen image appears in the document, admittedly within the Microsoft Window but you could use a simple crop in PhotoShop to extract just the map.

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 and can be entered by email to [eastvetm75@ntlworld.com](mailto:eastvetm75@ntlworld.com) Subject to the availability of funds, the club will pay for club team entries to EVAC and BMAF Championships. EVAC website: [www.evac.org.uk](http://www.evac.org.uk)

**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 or see [www.bmaf.org.uk/fix/fix.asp](http://www.bmaf.org.uk/fix/fix.asp)



## RACES & EVENTS GUIDE 2008-09

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

### January

- 07 (Wed) **EACCL**, 1430 RAF Barnham, Men 10k, Women 5k
- 11 Cambs AA XC Championships, Priory Park St Neots, club entry via Charlie Barker
- 11 Ryston 9k XC, 1100 Shouldham Warren, EOD only
- 11 SEAA Indoor T&F Champs, 400m, 800m, Lee Valley Athletics Centre, entries close 16/12
- 18 **Ely Runner's (5m) Cross-Country Championships**, meet Paradise 0900 for 0930 start on Ely Common – *members and guests only entries to Steve Tovey*  
[stevetovey@elyrunners.co.uk](mailto:stevetovey@elyrunners.co.uk)
- 18 Folksworth 15m, 1100 Folksworth Village Hall, £13, no EOD
- 18 Fred Hughes 10m, 0930 Francis Bacon School, Drakes Drive, St Albans, £11, no EOD
- 18 (Sun) SEAA Indoor T&F Champs, 1500m, Lee Valley Athletics Centre, entries close 6/1
- 18 Wellingborough Multi-Terrain 5k/10k/15k, round 1/3, 1000 Irchester Country Park
- 21 (Wed) **EACCL**, 1430 RAF Marham (Shouldham Warren), Men 10k, Women 5k
- 24 (Sat) SEAA XC Champs, Hillingdon House Farm, Hillingdon, Mdx, SW8k, -20W5k, SM15k
- 25 EA Road Squad Training Day, Lee Valley High Performance Centre, London N9 0AR
- 28 (Wed) **EACCL**, 1430 Wattisham Airfield (nr Stowmarket), Men 10k, Women 5k
- 31 (Sat) Inter-Counties XC, Old Warden Park, Shuttleworth, -20W6k, SW6k (county selection)
- 31 SEAA XC Masters (Vets) Champs, Old Warden Park, Shuttleworth, MV10k, FV/MV70+6k

### February

- 01 **Frostbite League**, 1100 Bourne Woods, Bourne, (5m woodland paths and tracks), *meet Paradise 0845*
- 01 Reedham 10m, 1100 Reedham Village Hall, Reedham, Norwich, £19, EOD +£2
- 01 Cambridge Festival of Running, Fitzwilliam College, [www.cambridgefestivalofrunning.com](http://www.cambridgefestivalofrunning.com)
- 02 (Mon) **Ely Runners Annual General Meeting**, 1930 Paradise Centre, bar meeting room
- 01 Cambridge Festival of Running, Fitzwilliam College, Cambridge
- 05 (Thu) **ER** after training drinks, [julie@elyrunners.co.uk](mailto:julie@elyrunners.co.uk)
- 07 Brands Hatch ½ Marathon & 10k, off A20, Kent, £14/£8 EOD +£6/+£4,
- 08 EVAC XC Champs, 1100 Wimpole Pk, Arrington, MV35-69 8k, WV/MV70+ 4k
- 08 Wellingborough Multi-Terrain 5k/10k/15k, round 2/3, 1000 Irchester Country Park
- 11 (Wed) **EACCL**, 1430 GYRR (Fritton Lakes), Men 10k, Women 5k
- 15 Ryston 5k XC, 1100 Shouldham Warren, EOD only
- 15 Norfolk Gazelles Valentine 10k, 1030 Swanton Abbott Sch, Norwich, £6, EOD £10
- 15 Elgood's Brewery Gt East Run 20k, 1100 Bungay Sports Hall, £14.50, EOD +£3
- 15 Norfolk RR 10.4k XC Series, race 3, 1000 Houghen Plantation, Horsford, £2.50, EOD only
- 18 (Wed) **EACCL**, 1430 St Edmunds Pacers, Bury St Edmunds, Men 10k, Women 5k
- 21 (Sat) National Cross-Country Championships, Parliament Hill, Hampstead Heath
- 22 Bury 20m/Nearly 10m Road Races, 1030 Nowton Park, BSE, £17/£13, [www.burytwenty.org.uk](http://www.burytwenty.org.uk)
- 28 Belvoir Challenge 26, 0900 Harby Sch, Harby, Melton Mowbray, £12, no EOD
- 28 Grantham Canal Run 1, 29.3m, Cotgrave Leis Centre, Woodview, Cotgrave, £25, no EOD

### March

- 01 **Frostbite League**, 1100 BRJ Centre, Huntingdon, (5m roads and tarmac paths), *meet Paradise 0915*
- 01 Wellingborough Multi-Terrain 5k/10k/15k, round 3/3, 1000 Irchester Country Park
- 01 Barcelona Marathon
- 01 Stody Estate 5m XC, Hunny Bell, Hunworth, Holt, £10, EOD OK
- 01 28 Grantham Canal Run 2, Ramada Hotel, Swingbridge Rd, Grantham, £25, no EOD
- 01 Steyning Stinger Marathon, 0830 Steyning Grammar Sch, £15, no EOD, off-road, hills
- 05 (Thu) **ER** after training drinks, [julie@elyrunners.co.uk](mailto:julie@elyrunners.co.uk)
- 08 Milton Keynes ½ Marathon, 1030 Open University, £14, [www.mkhalf.co.uk](http://www.mkhalf.co.uk)
- 08 Wymondham 20/10m, 1000/1030 Central Hall, Back Lane, Wymondham, £tba
- 08 Newton's Fraction ½ Marathon, 1030 S Kesteven Spts Stadium, Grantham, £8, EOD +£2
- 08 Milton Keynes ½ Marathon, 1030 Open University, Brickhill St, £15, EOD £25!
- 08 Newton's Fraction ½ Marathon, S Kesteven Sports Sta, Trent Rd, Grantham, £8, EOD +£2
- 11 (Wed) **EACCL** Relays, 1430 RAF Barnham (nr Thetford)
- 15 **Ely Runners' Turing Trail Relay** (Ely-Cambridge-Ely) in 6 stages, [www.turingrelay.co.uk](http://www.turingrelay.co.uk)

15 MDC Rendlesham Forest (Run/Bike) Challenge £25/team, EOD +35, [www.runbikeevents.com](http://www.runbikeevents.com)  
15 AAA AGM, 1200 Hospitality Suite, Alexander Stadium, Birmingham – see notice board  
21 (Sat) BMAF XC Champs, Ruthin, Cwlyd, N Wales  
22 Ryston 6.5k XC, 1100 Shouldham Warren, EOD only  
22 Norwich RR XC Series/3, 10.4k, 1000 Houghen Plantation, Horsford, £2.50, EOD only  
29 Stowmarket Striders Joe Cox ½ Marathon, 1100 Gt Finborough School, £9, EOD +£1  
29 Sandy 10m, 1030 Sandy Sports Centre, Engrave Av, Sandy, £10, no EOD, *popular race*

#### April

02 (Thu) ER after training drinks, [julie@elyrunners.co.uk](mailto:julie@elyrunners.co.uk)  
05 Paris Marathon, [www.parismarathon.com](http://www.parismarathon.com)  
05 Cambridge & Cambourne 10k, 1100 Cambourne, £10  
19 Bungay Black Dog Marathon 1030 Maltings Meadow, £17.50 (+£3 EOD)  
19 Bungay Black Dog ½ Marathon 1230 Maltings Meadow, £14.50 (+£3 EOD)  
19 EVAC Road Relay Championships, Hemmingford Grey (*provisional*)  
26 London Marathon

#### May

07 (Thu) ER after training drinks, [julie@elyrunners.co.uk](mailto:julie@elyrunners.co.uk)  
24 Copenhagen Marathon, [www.copenhagenmarathon.com](http://www.copenhagenmarathon.com)  
23/24 (Sat/Sun) SEAA –15 and –17 T&F Champs – venue tba  
25 (Mon) Brandon Forest Half Marathon (TR), 1030 B1106, £tba, no EOD, [www.bfh.org.uk](http://www.bfh.org.uk)  
25 (Mon) BUPA London 10k

#### June

04 (Thu) ER after training drinks, [julie@elyrunners.co.uk](mailto:julie@elyrunners.co.uk)  
07 EVAC 5-Mile Road Championships, Reach, Cambs  
11 (Thu) **Ely Runners' Midsummer 10k Handicap** (private club event), Cricket Club, 1930  
Lt Downham, FOC members & guests. Presentation afterwards in the Prince Albert, Ely

#### July

02 (Thu) ER after training drinks, [julie@elyrunners.co.uk](mailto:julie@elyrunners.co.uk)  
09 (Thu) training at 1900 will include **Ely Runners' Straight Mile Handicap** on Quanea  
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  
20/21 (Sat/Sun) SEAA –20 and Senior T&F Champs – venue tba

#### August

07 (Fri) Wobbly Wobbly Log Jog (5m TR), 1930 Brandon Forest, £tba, no EOD, [www.bfh.org.uk](http://www.bfh.org.uk)

#### September

13 **Grunty Fen ½ Marathon**, 1030 Witchford Village College, Ely, [www.gruntyfen.co.uk](http://www.gruntyfen.co.uk)  
19/20 (Sat/Sun) Round Norfolk Relay, [www.roundnorfolkrelay.com](http://www.roundnorfolkrelay.com)

#### October

31 (Sat) Beachy Head Marathon (3,500' climb), 0900 Eastbourne, *depart Paradise 0500*

#### November

22 **Hereward 4 Stage Relay** (39.1m Peterborough to Ely), club teams, *provisional date*

#### December

20 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 (Sat) Boxing Day training, meet 0900 Paradise Centre car park (see Notices for details)  
31 (Thu) The 11<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 7:00 pm 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 car park 9:00 am) are usually arranged on the Thursday before - *check emails on Fridays*.

Races and events are on Sunday unless otherwise mentioned.

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

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 ([captain@elyrunners.co.uk](mailto:captain@elyrunners.co.uk)).

Club championship & club handicap entries are via Steve Tovey

Long distance team relay entries are via Alan Rutterford and paid for (if funds available) by the club.

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|------------------------------|--|
| 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.newyearseve10k.co.uk">www.newyearseve10k.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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