

Ely Runners Newsletter

NOTICES, RACES & EVENTS 2008

May 2008 (JT 28.04.2008)

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. 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 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 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. 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, 28 members requested **registration with EA**. *Please could members who would like to be registered with EA (due 1st April) for 2008-09 advise John Turner secretary@elyrunners.co.uk as soon as possible.* The club will pay the £5 registration fee.

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%.

Natalle Etches, has recently purchased a **wide variety of fitness stock** from a local internet fitness company that recently closed down. She will be re-selling 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



The **Association of Running Clubs (ARC)** was set up on 1st 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. Rod Baron and John Turner are Directors and on the Steering Committee of ARC, and Rod is Web Master. Ian Vaughan-Arbuckle has been elected onto the Steering Committee and is now responsible for all **ARC** Championships.

Many local clubs are among the 129 clubs and organisations (representing 12,585 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 10k at Long Ashton on 8th June, Summer 5m Cross-Country on 25 June March at Petersfield, and 10m at Thornbury on 31st August.

The **first ARC AGM** is at Bedford International Stadium at 1:00 pm on Saturday 17th 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) will have **ARC** permits – see 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.

As advised by email to members on 5th 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 1st ten individuals and 1st ten clubs. The 1st 5 men and 1st 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. The next race is the Eye 10k on 11th May. 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 1st, 2nd, 3rd M/F teams and 1st, 2nd, 3rd M/F individuals. Results will be on 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 1st/2nd/3rd M/F and 1st MV 40/50/60/70+ and 1st FV 35/45/55/65+..20 EVAC Road Relays & AGM, 1100 Sp

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.

*The **Cambridgeshire AA Track & Field Championships** are at St Ives on Saturday 10th 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).*

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

Wed 28th May includes 800m, 3000m, 3k walk
Wed 11th June 2k walk & BMC regional races
BMC regional 800m and 1500m
Wed 18th July 1 mile (Cams AA Champs) & 1mile walk

Entry forms can be downloaded from 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.

On Thursday 29th May, training is on the hilly **Magog Down** circuit south of Cambridge. Afterwards, members have been invited to the **Next Generation Club** for a swim and changing as guests of **Sweatshop** when they will be open with a special 15% discount for Ely Runners. Meet Paradise at 6:15 pm or go direct (meet Magog car park) for 7:00 pm start.

The **SEAA Track & Field Championships** are on Saturday 14th June (heats for 800m, 1500m and 2000m/3000m steeplechases and final 5000m walk) and Sunday 15th June (running finals) at the Crystal Palace National Sports Centre, London. Senior entries (£12 first event, £6 each further event) close 3rd June.

Ely Runners' Midsummer 10k Handicap (private club event) will be on Thursday 12th June with the race HQ at the Cricket Club, 1930 Lt Downham, FOC members & guests. Presentation afterwards in the Prince Albert Ely. Stephen Tovey (i/c Club Events) will shortly be in touch with regarding your handicap time.

The deferred **ARC Cross-Country Championships** will now be held as part of Portsmouth Joggers 5 miles Summer Cross-Country event on Wednesday 25th June 2008 at 7:15 pm at Queen Elisabeth Country Park, Petersfield. Entry is £5 by 22nd June. There are no entries on the day. The course is on scenic forest tracks. For entry form **and full details, see the ARC website www.runningclubs.org.uk > Championships.**

The British Masters National Track & Field Championships are at the Alexander Stadium Birmingham on Sat/Sun 5th/6th July. Events include 800m, 1500m, 5000m, 2000m/3000m steeple chases, 3000m/5000m walks. Entries (£18 first event then £6) close 19th June.

The **2008 Eastern Athletic Association Track & Field Championships** are on Sunday 6th July at Cambridge University Track. Events for SM and SW include 800m, 1500m and 3,000m. Entry fee is £6 per event and the closing date 21st June. The entry form was circulated to members on 7th April.

After the success of the last curry night, Social Secretary Julie Foreman is arranging the following events:

- Thursday 1st May - After run drinks
- Friday 9th May - Chinese buffet at Gourmet Plaza. 7.30 pm.
- Thursday 5th June - After run drinks
- Saturday 28th June - Punting in Cambridge

Julie asks if you (plus family/friends) would like to attend the Chinese meal please let her know as she has to let the restaurant know numbers and pay a deposit. Also if you have any comments/thoughts on the above (good or bad) or any suggestions for future events please let her know - julie@elyrunners.co.uk.

Ely Runners Event's Working Group member **Eric Drury** will be marrying Cindy Law on Saturday 21st June and all Ely Runners and their families are invited to the **Evening Reception** at the Littleport Ex-Servicemen's Club at 7:30 pm. RSVP to Eric Drury, WWLR, Stiffkey Road, Wells-next-the-Sea, Norfolk, NR23 1QB (0786 288496).

The popular off-road **Beachy Head Marathon** is on Saturday 25th 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 or register on-line at www.runnersworld.co.uk. The entry fee is £20 or £22 on-line via Runners World.

To qualify for the draw for the **club's guaranteed entries** (probably 3 places) in the **2009 Flora London Marathon** (www.london-marathon.co.uk), you must have applied to enter via the ballot and then have been rejected. Club guaranteed entries still require the normal application fee.

Grade 2 coach **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. Borrowed books 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.

Subscriptions (£10) are due by 1st January or on joining the club. Those joining after 15th November are covered for the following year. 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 > club info > membership, or by cheque to '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 31st 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 > 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. *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.* 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) 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), 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 Brenan Morgan** (reversed names in error in April Newsletter) **John Glover, Daisy Glover, Derrick Cruickshank, and Maria Cowell.**

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 and talk to our beginners so that they feel welcome and involved.

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 to order. See 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.

May

- 01 (Thurs) Newmarket Heath 6k, 1930 Newmarket Heath, Moulton Rd, £5, EOD OK
- 01 (Thurs) *ER after run drinks*, julie@elyrunners.co.uk
- 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
- 04 Heritage Coast Run 26m/14m, 1000/1015, Saxmundham, £15/£10, CD 25/4, no EOD
- 04 Bartlow Three Counties 8.5m/13m XC Fun Run, 1000 Barlow, £10, EOD £12 (100 limit)
- 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
- 09 (Fri) 1930 ER Chinese buffet at Gourmet Plaza, julie@elyrunners.co.uk
- 10 (Sat) Cambs AA T & F Champs, Embankment Stdm, Peterborough, www.cambsaa.org.uk
- 11 Eye 10k, **CRRL**, 1100 Eye Primary Sch, Peterborough, £7.50, EOD +£1, www.eye10k.co.uk
- 15 (Thurs) King's Lynn 5k 2/3, 1900 North Lynn Farm, Estuary Rd, PE30 2HL, £5 EOD only
- 17 (Sat) BMAF Road Relays, Sutton Park
- 17 (Sat) **ARC** AGM, 1300 Bedford International Stadium
- 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 Magog 5m (TR), 1030 Haverhill Rd, Cambridge, £6, EOD +£1, janet@fcphysio.fsnet.co.uk
- 18 Dereham 10m, 100 Neatherd High School, £7, EOD +£1, www.derehamrunners.co.uk
- 18 Bentley Charles 10k, 1100 Rugby Club, Linchfield Rd, Deeping St James, £6, EOD +£2.50
- 18 Stevington (Beds) 12k, 1100 Village Hall, £8, EOD +£?
- 21 (Wed) Gt Yarmouth Prom 5m, 1915 Marina Centre, £5, EOD £?
- 25 Edinburgh Marathon, 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
- 28 (Wed) Cambs Evening T&F Open Graded Meeting, St Ivo Cnt 1900, £1.50/event, EOD OK
- 29 (Thu) 1815 Paradise for 1900 Training on Magog Down and afterwards Sweatshop/NGC

June

- 01 EVAC Grand Prix 5m Championship, 1100 Village Hall, Reach
05 (Thurs) Newmarket Heath 6k, 1930 Newmarket Heath, Moulton Rd, £5, EOD OK
01 (Thurs) ER after run drinks, julie@elyrunners.co.uk
08 **ARC** 10k Championships, 0930 Long Ashton Sports Hall, N Somerset, £5, EOD +£1
08 St Albans ½ Marathon, www.stalbanshalfmarathon.co.uk
08 Stortford 10k, Rugby Club, Bishop's Stortford, £8, EOD +£2
08 Magna Carta Relay, 6x1.8m, 1100 Abbey Gardens, B St Eds, £30 www.stedmundswheel.org.uk
11 (Wed) Cambs Evening T&F Open Graded Meeting, St Ivo Cnt 1900, £1.50/event, EOD OK
Also BMC regional 800m & 1500m, £2.50/event
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
12 (Thurs) King's Lynn 5k 3/3, 1900 North Lynn Farm, Estuary Rd, PE30 2HL, £5 EOD only
14 (Sat) Moulton 5m Walk, 1415 Village Hall, £4, EOD +£1
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 (details above)
15 Abbey 10k (75% road), **CRRL**, **CAA Champs**, 1100 Leisure Centre, Ramsey, £8, EOD +£2
22 Littleport Sunshine 10k, 1045 Leisure Centre, £10, entry forms www.sunshine10k.co.uk
25 (Wed) **ARC** XC Championships (5m), 1915 QE Country Park, Petersfield, £5, no EOD
28 (Sat) ER Punting in Cambridge, julie@elyrunners.co.uk
29 BMAF 10k Championship, 1030 Prestwold Hall, Loughborough, £8, no EOD

July

- 02 (Wed) Sudbury Joggers 5m, 1930 Football Club, Brundon Lane, £5, EOD +£2
05/06 (Sat/Sun) BMAF T&F Championships, Alexander Stadium, Birmingham, CD 19/6
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 1st M/F, Fastest M/F, and Age Related 1st M/F will be presented afterwards in The Prince Albert, Ely
13 Bushy 10k, **CRRL**, 1100 Bushfield, Peterborough, £6, EOD +£1
18 (Fri) Run/Bike 20k, 1900 Mayday Fld, Thetford Forest, £25, EOD +£5, www.runbikeevents.com
20 St Ives Dairy Crest 10k, **CRRL**, **RRGP**, Leisure Centre, £10, no EOD, www.huntsac.org.uk
23 (Wed) Cambs Evening T&F Open Graded Meeting, St Ivo Cnt 1900, £1.50/event, EOD OK
29 Wisbech St Mary 2m/5m, 1400/1430 Country Fayre, Sports Field, 01945 410610, £5/EOD

August

- 01 (Fri) Wobbly Wobbly Log Jog (5m TR), 1930 Brandon Forest, 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
20/21 (Sat/Sun) Round Norfolk Relay (ER team: *Alan Rutterford*), www.roundnorfolkrelay.com
28 Berlin Marathon

October

- 05 Loch Ness Marathon/10k/5k, www.lochnessmarathon.com
12 Great Eastern Run ½ Marathon, **RRGP**, Peterborough, www.peterborough.gov.uk/page-5340
12 Chicago Marathon
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

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 10th Ely New Year's Eve 10k Road Race**, 1100 Lt Downham, entries on-line only, no EOD, 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 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).

Club championship & handicap entries are via Steve Tovey

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

Club website	www.elyrunners.co.uk
Grunty Fen 1/2M 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

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