

Ely Runners

RACES & EVENTS 2006-2007

JT 02.11.2006

NOTICES

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

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

The **Cambridgeshire Road Race League (CRRL)** of 8 races started on 26th March with the Fred Wright 10k at Whittlesey followed by the Eye 10k on 14th May, Abbey 10k at Ramsey on 9th July, Thorney 5 miles on 20th August, Nene Valley 5k on 30th August, and the Grunty Fen ½ Marathon on 9th September. The final race was the Fenland 10m at West Walton on 29th October. Club standings will be calculated from the best 7 results of 8 races and individuals from the best 5 of 8 possible scores. Awards will be made to the 1st 2nd 3rd M/F teams and 1st 2nd 3rd M/F individuals. Results are posted on www.nenevalleyharriers.fsnet.co.uk

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

Ely Runners are again taking part in the **2006-2007 Frostbite Friendly League** of races for which there are 6 events, one each month from October to March as per the following events list. The races are 5-6 miles and vary from road to mixed terrain and cross-country. Any number of members may run but the scoring team is taken from the first 10 runners of which at least two must be women. Non-scoring members can still influence the result by competing with scoring members of other clubs. The club pays for league entry fee and members run free of charge. Ely Runners were 1st of 17 clubs last season. To maintain our challenge, it is important that there is a good turnout for each race, so please make a note of the dates. The first race was at St Neots on Sunday 8th October on a parkland course of about 5m and the club was 4th of 15 teams by quite a narrow margin from the 2nd and 3rd placed clubs. The next race is at Bushfield (near Peterborough) on Sunday 12th October on a 5 miles course of tarmac and firm woodland paths. Road shoes are best. Please meet at the Paradise car park at 9:00 to share transport.

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

The club normally enters several teams into the long distance **Hereward Relay**. This is on Sunday 26th November 2006. The route is 38.4 miles in 4 stages from Peterborough Cathedral to Ely Cathedral. If you would like to run, please contact John Turner ASAP (with preferred stage) and we will shortly assemble a list of runners for selection into appropriate teams. Stage 1 is 6.1 miles from Peterborough to Whittlesey (road/footpaths), stage 2 is 11.6 miles from Whittlesey to March (road/ off-road), stage 3 is 10.3 miles from March to Welney (road/off-road), and stage 4 is 10.4 miles from Welney to Ely (road/off road). Some of the off-road sections are prolonged and moderately difficult, especially as this event is at the end of November. Team members will be matched according to performance and members of any standard are welcome to run. The club will pay the entry fees. We will require support drivers to transport stage runners, and the club is also responsible for marshalling from the Ely A10 bypass to Palace Green and setting up the finish area, so if you are unable to run, please could you volunteer to help.

The club's **Christmas Drinks at the Albert** (Prince Albert pub, Silver Street, Ely) will be after training at 8:30 pm on Thursday 7th December. This is a very informal annual gathering for members and their families. The draw for the club's two or three allocated London Marathon guaranteed places for unsuccessful ballot applicants (please bring your rejection details) will take place. If you are unable to attend and have been rejected, please contact John Turner for your name to be included. There will also be a draw for six Frostbite League thermal hats between those members who raced in most of the 2005-06 League races. Free sandwiches and chips will be provided and there will be a charity raffle for interesting and useful prizes organised, as usual, by Adam Etches and Natalie Coles. To help with catering, please could members confirm with numbers attending to John Turner by email or tel 01353 667678. Parking is convenient in the nearby Barton Road car park.

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. There are already 457 entries. This year's finish will be on the meadow beyond the cricket pavilion to avoid the muddy path. *Please contact Darren Murfitt (i/c Marshals) on 01353 664650, mob 0797 9537657, darren.murfitt@hotmail.com to offer to help.* All finishers will receive a bottle of 'Starter's Orders' ale brewed in Little Downham and there will be an ex Black Watch piper playing at the start, and then to help the runners up the hill at 8.5k. The race HQ will, as usual, be in the Village Hall.

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

The **Cambs AA County Cross-Country Championships** are on Sunday 7th January 2007 at Priory Park, St Neots which is the same venue as the first Frostbite race. The Sn/Vet Men's 10k starts at 1200 and the Sn/Vet Women's 6k at 1325. Entries are made and paid for by the club. If you would like to run, please contact John Turner tel 01353 667678 or email secretary@elyrunners.co.uk. The club has a long record of 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.

The **SEAA Cross-Country Championships** on Saturday 27th January 2007 will be held at Holkham Hall Park, North Norfolk. Distances (with start times) are SW 8k (1350) and SM 15k (1450). We are fortunate to have this important race in the local area and members who would like to be entered (club pays) should contact John Turner by 7th December 2006. Please note that to run in the **English National Cross-Country Championships** on Saturday 10th March, you must have been previously entered for the SEAA Championships.

The **SEAA Masters (Vets) Cross-Country Championships** on Saturday 3rd February 2007 will be held at Mad Bess Woods, Ruislip, Middlesex. Distances with start times are M50+ 10k (1300), W 35+ 6k (1400), M 40+ 10k (1445). Members who would like to be entered (club pays) should contact John Turner by 7th December 2006.

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

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

At the Committee Meeting on 27th September, **Club Coach Max d'Ayala** was co-opted onto the Committee. Max has obtained several **books on running and injuries** on behalf of the club. These books are in the club's locker at the Paradise Centre for use by members. There is a club book list on the web site. Loans are to be recorded in a notebook in the club's locker. These books have been chosen carefully by Max to provide a combination of interest, information, advice and stimulation for all standards of runners.

Please check you have renewed your club **subscription** of £10 (due by the end of January 2006) *or you are not entitled to attend training, represent the club in races, claim affiliated entry fees, or wear club colours*. The **benefits of membership of Ely Runners** include the £2 affiliated discount on open race entries, free changing and showers at the Paradise Centre, free training and advice from club coaches, 10% discount at most specialist running kit shops, free entry to the club's 10k and Straight Mile Handicaps, free entry to the Frostbite League events, free entry to county, regional and national championships and for club relay entries such as the Round Norfolk and Hereward Relays, entry into the draw (if ballot entry rejected) for the club's guaranteed London Marathon places, free snacks at club social events, shared transport to races, and most importantly the friendship and stimulation of collective training and racing. **Membership can now be renewed on-line** via Nochex – go to <https://secure.nochex.com/?email=nochex@rodbaron.co.uk&amount=10.50&description=Ely%20Runners%20membership%20renewal>

Training on Tuesday and Thursday continues to be well attended with 15 to 30+ members regularly appearing. *Please see the home page (ER Training Programme) of the club's web site for advance details*. Due to the increased number of members meeting at the Paradise for training, members are requested to assemble in the bar area upstairs to avoid blocking the foyer. We are now back into training at night on the streets of Ely and members are requested to wear the provided reflective bibs and check the website www.elyrunners.co.uk for advice on training at night. There are interval/repetition/hill sessions on Tuesdays and steady (5-8 miles) runs on Thursdays. Some of the training routes are described on the club's website. For those not racing on Sundays, meet in the Paradise car park at 9:00 am for a choice (short/medium/long) of mixed terrain training runs outside of Ely.

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

We have several **new members** and some are fairly new to running. It is important that inexperienced members are accompanied by more experienced members on training evenings so they become familiar with routines and routes and are not left alone. Therefore, please could members recovering from injury, or resting from racing, or recovering fitness, please attend training to help our beginners.

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

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

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

Ely Runners' **Annual General Meeting** will be on Friday 19th January 2007 at 7:30 pm at the Paradise Centre in the upstairs bar room. The Minutes of the 2006 AGM have been circulated by email and are on the club's website

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

RACE GUIDE

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

November

- 04 National Cross Country Relays, 1335 SW 3 x 3k, 1415 SM 4 x 5k, Mansfield, club entry
- 04 Reigate Priory 2.5m XC Relays, teams M6/W3, 1330 Priory Park, Reigate, £18/£9
- 05 Stevenage 1/2M (incorp **SEAA Champs**), 1030 Ridlins Track, Stevenage, £10, EOD +£2
- 05 Guy Fawkes 10k, 1000 Easton College, Easton, Norwich, £7, EOD +£2
- 05 New York (USA) Marathon
- 12 **Frostbite League**, 1100 Bushfield Sports Centre, Peterborough, (5m tarmac/firm paths),
meet Paradise 0900
- 12 Ryston 9k XC, 1100 Shouldham Warren, EOD only
- 12 Stowmarket Scenic 7m, 1105 Mid Suffolk Leisure Centre, £7, EOD +£1
- 15 (Wed) Henlow 10m, 1330 RAF Henlow, Beds, £12, EOD +£3
- 15 (Wed) Stevenage Midweek Series 5k, 1945 JHN School, Hitchin Road, £5, no EOD
- 19 Stortford 10, 1000 Bishop's Stortford College, Maze Green Road, £8, EOD +£2
- 19 Riverside ½ Marathon, 1000 St Neots Recreation Centre, £13.50, no EOD - RACE FULL
- 26 **Hereward Relay** (4 stages Peterborough-Ely), club team entries, ER marshal from bypass
- 26 Hadleigh 10m, 1100 Hadleigh United Football Club, £8, EOD +£1
- 29 (Wed) Stevenage Midweek Series 5k, 1945 JHN School, Hitchin Rd, £5, no EOD

December

- 03 Luton Marathon & Relay (3 x 8.7m), 1000 Lea Manor Recreation Centre, £15/£24, no EOD
- 03 Crowborough (Sussex) 10k, 1100 Community Col, Green Lane, £8, EOD +£2 (v hilly)
- 07 (Thu) **Ely Runners Christmas Drinks**, 2000 Prince Albert, Ely (London Marathon draw)
- 09 SEAA Inter-counties XC, Parliament Hill (selection and entry by CAA)
- 10 **Frostbite League**, 1100 YPM, City Rd, March (5m road/river bank), *meet Paradise 0900*
- 10 Bedford ½ Marathon, 1000 Upper School, Wootton, Beds, £12, EOD +£2
- 10 Las Vegas (USA) Marathon, www.209events.com

December (cont)

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

January

- 01 New Years 10k, 1100 Central Hall, Back Lane, Wymondham, £,7, EOD +£1
07 **Cambs AA County Cross-Country Championships**, SM/VM 10k (1200), SW/VW 6k (1325), Priory Park, St Neots (*contact JT for free club entry*)
14 **Frostbite League**, 1100 Ailwyn School, Ramsey (grass, farm roads and tracks), *meet Paradise 0900*
14 Ryston 9k XC, 1100 Shouldham Warren, EOD only
19 (Fri), **Ely Runners Annual General Meeting**, 1930 Paradise Centre, upstairs bar room
21 Folksworth 15m, 1100 Village School, Folksworth, Peterborough, £9, no EOD
27 (Sat) **SEAA Cross-Country Championships**, SW 8k (1350), SM 15k (1450), Holkham Hall, Norfolk (*contact JT for free entry by club*)

February

- 03 (Sat) **SEAA Masters Cross-Country Championships**, M50+ 10k (1300), W35+ 6k (1400), M40+ 10k (1445), Mad Bess Woods, Ruislip (*contact JT for free entry by club*)
04 **Frostbite League**, 1100 Bourne Woods, Bourne, (woodland paths and tracks), *meet Paradise 0845*. This race incorporates **Ely Runners' Cross-Country Championships**.
04 Watford ½ Marathon, 1030 Cassiobury Park, Watford, £13, no EOD (2,400 entry in 2005)
10 (Sat) Brands Hatch ½ Marathon, Kent. 1130 Racing track, £13, EOD £20!
11 St Valentine's 30k, 1100 Queen Eleanor School, Stamford, £12, no EOD
18 St Peter's Brewery Great East Run, 1100 Sports Hall, Queen's Rd, Bungay, £12, EOD +£3
18 Ryston 5k XC, 1100 Shouldham Warren, EOD only
25 Bury 20m/nearly10m, 1030 Nowton Park, Bury St Edmunds, £15/£11, CD 18/2, no EOD

March

- 04 **Frostbite League**, 1100 BRJ Centre, Huntingdon, (5m roads and tarmac paths), *meet Paradise 0900*
10 (Sat) **English Cross-Country Championships** – venue tba
11 Mondri 15m (prov), 1000 HM Prison, Whitemoor, March, £8, EOD £9
18 **Turing Trail Relay (Ely-Cambridge-Ely) in 6 stages** (see www.turingrelay.co.uk)
25 Ryston 6. 5k XC, 1100 Shouldham Warren, EOD only

April

- 22 London Marathon, www.london-marathon.co.uk

May

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

September

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

October

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

NOTES

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

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

Races and events are on Sunday unless otherwise mentioned.

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

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

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

Frostbite League races are 5-6 miles.

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

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

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