

Ely Runners

RACES & EVENTS 2007-2008

November 2007 (JT 21.11.2007)

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. 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 has recently been some debate on **funding club entries into championships, relays and leagues**. The Committee has decided that such entries will 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 Rutterford - 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 **107** – 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 registration with EA and applications were made for them on 30th October 2007.* 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) will be after training at 8:30 pm on Thursday 6th December. This is a very informal annual gathering for members and their families and friends. The draw for the club's guaranteed three Flora London Marathon places (see conditions below) will take place. There will also be a draw for six Frostbite Friendly League tote bags between those members who most raced in the six 2006-07 season races. Free sandwiches and chips will be provided and there will be a raffle (for East Anglia's Children's Hospices) of *interesting and useful prizes* organised, as usual, by Adam and Natalie Etches. To help with planning, 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.

To be eligible for the draw for the **Club's guaranteed three Flora London Marathon 2008 places**, the following conditions and requests apply:

- You have applied for the 2008 FLM but been rejected in the ballot.
- You have provided evidence of application and rejection in the ballot to John Turner Club Secretary prior to the draw.
- If acceptances or rejections have not been received by 6th December, then those who have not heard will still be included in the draw (if they so request) and the guaranteed club places will be allocated on a first out of the hat basis to those who eventually prove rejection.
- Please note that allocated club places will still incur the FLM entry fee.
- If you receive a club FLM place but are subsequently unable to run, this can be allocated to another member via a 'replacement entry form' held by John Turner. Any such re-allocation has to be received by the FLM by 11th January 2008.
- It would be helpful if all those members who have applied for FLM places or already have guaranteed places (ie carried-over, time qualification, good for their age) could let John Turner know by return as this will help to avoid someone being overlooked for the draw.

The club's long/medium club **pre-Christmas training 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

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) have come in very quickly this year 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.



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 115 clubs and organisations (representing 11,736 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 www.runningclubs.org.uk > Races/Permits.

The 8 races of the **2007 Cambridgeshire Road Race League (CRRL)** started with the Thorney 10k on 25th March and then the Eye 10k on 13th May, Abbey 10k at Ramsey on 8th July, St Ives 10k on 22nd July, Thorney 5m on 19th August, Nene Valley 5k on (Wed) 29th August, Grunty Fen ½ Marathon on 9th August, and finally the Fenland 10m at West Walton on Sunday 28th October. Distances of CRRL races are from 5k to ½ marathon. Club standings are calculated from the best 7 results of 8 races and individuals from the best 5 of 8 possible scores. Overall, the 3 highest scoring Ely Runners men were Graham Chapman (12th), Ian Day 40th, Peter Harris (48th) and ladies Birgitta Bramley (32nd), Rachel Roberts (34th), and Natalie Coles (109th). Ely Runners team results were men 4th of 27 teams and ladies 4th of 26 teams. For full results see www.nenevalleyharriers.fsnet.co.uk

To enter a County Championship, members must have been born in the county or had 9 months of continuous residency. Only one county championship per race distance may be entered.



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
- Woodditton 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 Woodditton

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

The first 7.5 miles from Woodditton 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.

Tony Hall will be a driver and supply refreshments at Reach, Upware and Barway

Pumphouse. *We will require some more volunteer drivers to take members to the starts.*

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

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.

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 Liason 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 107 members with a wide range of skills and talents from which I'm sure new blood can be found for these rewarding roles.

If you wish to be entered (EA registered members only) for the following **SEAA Cross-Country Championships**, please contact club Secretary John Turner. The club will pay for entries if there are sufficient to make a team:

- **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 or 6 men, otherwise individual. Vet runners (35+) can also enter but will not score separately.
- **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.

Ely Runners' Club Cross-Country Championships will be incorporated into training on Sunday 27th January 2008 using a course of about 5 miles starting and finishing on the large meadow on Ely Common. Meet Paradise car park at 9:00 am and jog to the Common to start at about 9:30 am. This is a club event so please wear your club colours. 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

Two members are training for full **Ironman Triathlon** events in 2008. These are Ian Green (Ironman France) and David Richards (Ironman Germany).

Torsten Lytken (currently working and running in the USA) recently advised that he's finally becoming domesticated thanks to girlfriend Amy Lepore who is also a runner. He sends his regards to members. Torsten's hallway was once well known for having the longest row of pairs of running shoes in Ely – maybe things have now changed.....?

We haven't seen much of **Leyla Prince** recently because she's been feeling rather poorly to discover she was pregnant! We wish her well and look forward to seeing her running again.

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 **2007 subscription** (£10.00 due 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 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, 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, 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 Rutterford 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 members** Matthew Holden, Paul Heselwood, Tad Skorski, and Steve Collett. Also to Paula Jennings, Barry Woodward, and Sarah Sharpe who have rejoined. 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 and 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 chest part 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 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.

November

- 25 Hereward Relay (Peterborough to Ely, 38m in 4 stages), club entry for teams
- 25 Hadleigh 10m, 1100 United Football Club, £8, EOD +£1
- 28 (Wed) EACCL (M10k,W5k), 1430 Sports Pav, Colney Lane, Univ East Anglia
- 28 (Wed) Stevenage Midweek 5k series (2/3), 1945 John Henry Newman School, Hitchin Rd, £5/£12, no EOD
- 30 (Fri) AGM of Cambs AA, 1930 Hemmingford Grey Conference Centre

December

- 02 Norwich ½ Marathon, 1100 Norfolk Showground, Costessey, £13, no EOD
- 02 Nene Valley 10m, 1030 Cressett Centre, Breton, Peterborough, £7, EOD +£1
- 02 Luton Marathon, 1000 Lea Manor Recreation Centre, Northwell Drive, £17, no EOD
- 05 (Wed) EACCL - cancelled
- 06 (Thu) **Ely Runners Christmas Drinks, 2030 Prince Albert, Ely (London Marathon draw)**
- 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, no EOD
- 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/VM 1230, S/VW 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
- 20 Folksworth 15m, 1100 Folksworth Village School, £10, no EOD
- 23 (Wed) EACCL (M10k,W5k), 1430 Great Yarmouth
- 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.
- 27 **Ely Runners Cross-Country Championships, 0900 Paradise for 0930 start Ely Common**

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**
- 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

March

02 [Frostbite League](#), 1100 BRJ Centre, Huntingdon, (5m roads and tarmac paths), *meet*
Paradise 0900
12 (Wed) EACCL (M10k, W5k), 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 Sandy 10m

April

13 Flora London Marathon

May

17 (Sat) BMAF Road Relays, Sutton Park

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

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 Rutterford*), www.roundnorfolkrelay.com

Oct

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

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.

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.newyarseve10k.co.uk
Turing Trail Relay website	www.turingrelay.co.uk
Association of Running Clubs	www.runningclubs.org.uk

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