

ELY RUNNERS - RACES & EVENTS 2004-05

The last of the 8 **Cambridge Road Race League (CRRL)** events is incorporated into the Fenland 10m at West Walton near Wisbech on Sunday 31st 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 and 3rd m/f teams and m/f individuals. After the Grunty Fen Half Marathon (in which several members were unable to run due to helping with the event), the club's men are 3rd of 22 teams (with 190 points, only 4 behind 2nd place NVH) and women 5th of 17 teams. The club's men's positions include Maurice Reed 9th, Alan Rutterford 11th, John Turner 17th, Stephen Howard 29th, and Max D'Ayala 46th. The women's positions include Karen Foreman 19th, Birgitta Bramley 43rd, and Fran Crawford 57th. A good turnout in the Fenland 10m will make up for the several members who were unable to run in the Grunty Fen. *With a strong club entry in this last of the league events, Ely Runners' men may be able to overtake NVH to finish 2nd in the league and the women improve on both their team and individual positions.*

If any club vets would like to make up a team/teams for the **BMAF Cross Country Championships** at Earlham Park in Norwich on Saturday 16th October, they should contact John Turner (01353 667678) ASAP as entries close on 5th October. Age groups (stages) are men 40+ (4), 50+ (4), 60+ (3) and women 35+ (3), 45+ (3) and 55+ (3). Each stage covers 3.5k of rolling parkland. Entry fees will be paid by the club.

The first race of **Frostbite Friendly League** is at St Neot's (new venue) on Sunday 10th October. The club won the league by the skin of its teeth last season but, with two more clubs (Nene Valley Harriers and Stamford Striders) in the league, competition will be fierce. It is therefore important that we have a good turnout for the first race to open our account in a strong position. There are 6 races (see below) in the series of 5-6 miles over a variety of terrains. All races start at 11:00 am and a full scoring team is 10 members of which at least 2 must be women. Details of each event will be circulated by Team Captain Torsten Lytken and will appear on the club notice board. The club's Team Manager/Recorder will be Eric Drury (mob 07876 288496). The league membership fee for the 2004/05 season is £100 and will be paid by the club so all members will run free of charge. Club colours must be worn whilst competing in the league. In cold conditions, vests can be worn over the top of T-shirts. The Senior Presentation Evening will be at the BRJ Club, Huntingdon on Friday 25th March.

The list below includes **Ryston Runners Cross Country Grand Prix at Shouldham Warren** near Downham Market with 6 Sunday race dates from October to March with distances of 5k, 6.5k and 9k twice 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 on the club notice board or at www.rystonrunners.org.uk

The **Beachy Head Marathon** is on Saturday 23 October starting at 9:00 am at Eastbourne. Members who have entered (10) are advised to ensure they are fit for this demanding (26m mainly off-road with 3,500 ft of climb) event and to incorporate some long hilly off-road runs into their training. The last 7-8 miles across the Seven Sisters cliffs and Beachy Head are particularly hard. Due to injury, Kevin Collins is unable to run and anyone who would like to be officially substituted (FOC) for Kevin should contact John Turner (tel 01353 667678, mob 07718882917, email john turner@jtsd.co.uk) ASAP. Runners and supporters meet at the Paradise at 05:30 am to arrive in Eastbourne at about 8:00 am. Conditions are usually mild but often windy and occasionally wet. Therefore it is best to wear or carry a technical fabric long sleeved T-shirt. The running surface varies from chalky/stony/flinty muddy tracks to smooth downland sheep grazed turf. Trail shoes or adequate road shoes are suitable.

Other members running in autumn marathons will be John Crawford (**Loch Ness** - 3rd October), Adam Etches (**Snowdonia** - 31st October), and Keith Mitchell (**New York** - 7th November). John Crawford and Keith Mitchell will be running a marathon for the first time.

This year's **HEREWARD RELAY** will be on Sunday 28th November. The club has been very successful in this tough, mainly off-road 4 stage relay from Peterborough Cathedral to Ely Cathedral, and will again be entering several teams, Entries (£20 per team) will be paid for by the club and members who would like to run should contact Team Captain Torsten Lytken (tel 01353 663656, mob 07768 827500, email tl@torsten.demon.co.uk) as soon as possible, particularly if they would like to indicate a preference for one of the following stages:

Peterborough to Whittlesey	6.1 miles
Whittlesey to March	11.6 miles
March to Welney	10.3 miles
Welney to Ely	10.4 miles

Trophies: *Overall:* 1st 3 Teams, 1st 2 Ladies Teams *Stages:* 1st Man, 1st Lady,
1st Male Vet, 1st Female Vet

Ely Runners are responsible for marshalling from the Ely bypass to the finish on Palace Green and also for setting up the finish area. Members who can help, please contact Darren Murfitt (tel 01353 664650, mob 07979 537657, email darren_murfitt@hotmail.com), particularly to be i/c marshals for the day as Darren will probably be running.

The club's **Ely New Year's Eve 10k Road Race** is on Friday 31st of December starting at 11.00 am. As last year, the race HQ will be the village hall in Lt Downham with additional changing facilities at the cricket club. This race is very popular (entries are already coming in) and, as last year, is expected to reach the race limit. Please could members not intending to run reserve this date to help with marshalling and other duties in the start, finish and HQ areas. Last year we had barely enough helpers so please confirm your availability to Darren Murfitt (tel 01353 664650, mob 07979 537657, email darren_murfitt@hotmail.com) as soon as you are able to do so. Full details of the event are on it's dedicated website www.newyearseve10k.co.uk.

The 25th (Flora) **London Marathon** will be held on Sunday 17th April 2005. Entry forms are available at major sports shops and there are some (inside the *Marathon News* below the club notice board at the Paradise Centre. Entries close 22nd October 2004. The club expects to receive two guaranteed entries for which there will be a draw at the Christmas Drinks at the Albert on Wed 8 Dec. To qualify, members must have applied for and been rejected (bring rejection document) for the London Marathon. There will also be a draw for rejected Committee members for the opportunity to be in the BARR draw for a place from their allocation.

British Masters (ie Vets!) events are too numerous to include all of them but they will have been circulated to members of EVAC.

The RRC & TRA Endurance Running Directory summary of events in date order is on the club notice board. Some of these excellent and enjoyable events (in which members have previously run or may be of interest) are included in the club list below:

September

28 (Tue) Nike Presentation, Sweatshop (Next Generation Club), Cambridge from 1800 followed by training at 1900.

If not going directly, meet Paradise 1715

October

03 Training on 2.8m undulating trail circuit, Magog Down, Cambridge, meet Paradise 0830

03 Standalone 10k, 1000 Standalone Farm, Wilbury Road, Letchworth, £7, EOD +£2,

03 Felixstowe Half Marathon, 1100 The Cork Bar, Undercliffe Rd, £8, EOD +£2

03 BMAF Marathon Championships, Cardiff

03 Baxters Loch Ness Marathon (entries closed)

04 (Mon) Ely Runners Committee Meeting, 1930 The Prince Albert, Silver Street, Ely

10 **Frostbite League**, 1100 Priory Park, Sports Association Club House, St Neots Common B1041, meet Paradise 0900
10 Ryston 5k XC, 1140 Shouldham Warren, near Downham Market, £2, EOD only
16 (Sat) BMAF 3.5k XC Relay Championships, M40x6, M50x4, M60x3, all Wx3, Earlham Park, Norwich, club entry via JT, c/d 5/10
17 Ampthill XC Trophy 8k, 1030 Ampthill Park, £4, EOD +£2
17 Cancer Research 10k, 0930 Sandringham, £17.50, no EOD, www.cancerresearchuk.org/10
17 Abingdon Marathon, 1000 Tilsley Park, £10, CD 10/10, no EOD, fast flat 26.2m rural course
23 (Sat) Beachy Head Marathon, 26m/3500', TR, 0900 Eastbourne, *meet Paradise 0530*
23 (Sat) ERRA Women's 4 x 4.314 km stage National Relay Championships, Sutton Park, club entry by 4 Oct
24 Bakers & Larners of Holt 7m, 1030 Gresham's School, Holt, Norfolk, £6, EOD +£1
24 Exmoor Stagger, approx 14m/3,300' climb, 1100 W Somerset Community College, Minehead, £10, EOD +£2
31 Fenland 10m, (**CRRL, County Champs & EVAC Grand Prix**) 1000 Marshland High School, West Walton, £5, EOD +£1
31 Snowdonia Marathon, £15, 1500 limit, www.snowdonia-marathon.org.uk

November

07 Stevenage Marathon/Half Marathon, 0930/1030 John Henry Newman School, Hitchin Rd, £15/£9, EOD +£2
07 New York Marathon, USA
14 St Neots Half Marathon, 1000 St Neot's Leisure Centre, £10, No EOD, entries close 6 Nov if not already full
14 Stowmarket Striders Scenic 7m, 1105 Mid Suffolk Leisure Centre, Gainsborough Rd, £6, EOD +£1
14 SEAA M/F Vets XC Championships, Hartsdown Park, Margate, entries by 30 Oct
14 Ryston 9k XC, 1140 Shouldham Warren, near Downham Market, £2, EOD only
21 **Frostbite League**, 1100 Bushfield Sports Centre, Peterborough, meet Paradise 0900
21 Stortford 10m, 1000 Bishop's Stortford College, Maze Green Road, £7, EOD +£2
28 Hereward Relay (Peterborough-Ely) 38.4m in 4 stages, *club entry, Ely Runners to marshal from Ely bypass-finish*
28 Hadleigh 10m, 1100 Hadleigh United FC, Duke St, £7, EOD +£1

December

05 Nene Valley 10m, 1300 Bretton Woods School, Flaxland, Bretton, Peterborough, £7, EOD +£1.50
05 Luton Marathon (& 3 Stage Relay), 1000 Lea Manor Recreation Centre, £14 (£21), no EOD, entries close 27/11
08 (Wed) *Ely Runners Christmas Drinks at the Albert, 8 pm*
12 **Frostbite League**, 1100 Swavesey Village College (Cambridge & Coleridge), meet Paradise 0915
12 Bedford Harriers Half Marathon, 1100 Wootton Upper School, Wootton, Bedford, £8, EOD +£2
19 *Long pre-Christmas training runs (18m/10.5m mainly XC) Woodditton/Reach to Ely, meet 0800 Paradise*
19 Ryston 6.5k XC, 1140 Shouldham Warren, near Downham Market, £2, EOD only
31 (Fri) *Ely Runners' New Year's Eve 10k, 1100 Little Downham, £6, EOD +£2*
www.newyourseve10k.co.uk

January

01 (Sat) Wymondham New Year's Day 10k, 1100 Central Hall, Wymondham, £7, EOD +£1
09 **Frostbite League**, 1100 Ailwyn School, Ramsey, meet Paradise 0915
16 Ryston 9k XC (inc Norfolk County Champs), 1140 Shouldham Warren, near Downham Market, £2, EOD only
21 (Fri) *Ely Runners Annual General Meeting, 1930 Paradise Centre Meeting Room.*

February

06 **Frostbite League**, 1100 Bourne Woods, Bourne, meet Paradise 0845
06 Asics Watford Half Marathon, 1030 Cassiobury Park, Watford, £10, no EOD, CD 18/1
13 Stamford St Valentine 30k, 1100 Queen Eleanor School, Green Lane, Stamford, £11, EOD
+£1.50
13 Ryston 5k XC, 1140 Shouldham Warren, near Downham Market, £2, EOD only
20 St Peter's Brewery 20k, 1035 Bungay Sports Centre, £9.50, EOD +£2.50, popular race,
c/d 13/2
20 Sleaford Half Marathon, 1030 RAF College, Cranwell, entry fee TBA
27 Muscular Dystrophy Bury 20m (& Nearly 10m), 1030 Nowton Park, Bury St Edmunds, £12,
EOD +£4

March

06 **Frostbite League**, 1100 BRJ Club, Huntingdon, meet Paradise 0900
20 Ryston 6.5k XC, 1140 Shouldham Warren, near Downham Market, £2, EOD only
20 Milton Keynes Half Marathon, 1030 Open University, V10 Brickhill St, £12, no EOD, CD
12/3
20 Combe Gibbet to Overton 16m XC, 1400 Overton Recreation Centre, £7, EOD but 250
limit, c/d 19/3
25 (Fri) **Frostbite League** Senior Presentation Evening, BRJ Club, Huntingdon

April

17 Flora London Marathon. Entries close 22 Oct

May

22 East Cambs Half Marathon, Soham

Midweek training from the Paradise Centre at 1900 on Tuesdays and Thursdays
Long Sunday training runs are provisional - check week before
Races and events are on Sunday unless otherwise mentioned
Courses are road unless otherwise mentioned
Distances without units (ie m or k) are probably m = miles.
Frostbite races (2004/05 season) are 5-6 miles
Further details of events from Club notice board in Paradise Centre foyer,
running magazines, websites, or from Secretary John Turner 01353 667678 who also
has details of all 2004 RRC/TRA long distance road/TR/XC races and FRA fell races.
Club website www.elyrunners.co.uk
Grunty Fen website www.gruntyfen.co.uk
NYE10k website www.newyearthseve10k.co.uk

JT 28.09.04