

Ely Runners

RACES & EVENTS 2007-2008

September 2007 (JT 20.09.2007)

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 that a place is still available.

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

*As most of you know, Ian Vaughan-Arbuckle moved to Oxfordshire in June but will remain as Race Director of the Round Norfolk Relay for this year. He has also kindly offered to stay on the email address list for the Events Working Group in an advisory capacity.

We are also looking for a member to join the Committee to **monitor and maintain club trophies**.

Please could any member who'd like to take on either or both of these responsibilities contact John Turner secretary@elyrunners.co.uk.



Following the AGM decision in January, Ely Runners affiliated to the **Association of Running Clubs**. 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. Also, Ian Vaughan-Arbuckle has recently been elected onto the Steering Committee.



Many local area clubs are amongst the 100 clubs (representing 10,555 runners) and 2 organisations that have affiliated to ARC. Ely Runners were the first club to affiliate to ARC but our UKA affiliation remains valid until 30th September; prior to which continued affiliation will be decided at an **Extraordinary General Meeting** after training on Thursday 23rd September 2007 at 8:30 pm in the Paradise Centre Bar – see email circulated to members on 20th September. Following the combined 2006-2007 fee paid last year, we are affiliated to SEAA and AAEE until 31st March 2008. Affiliation to CAA has continued as usual. 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 **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, and St Ives 10k on 22nd July, Thorney 5m on 19th August, Nene Valley 5k on (Wed) 29th August, and the Grunty Fen ½ Marathon on 9th August. The final race is the Fenland 10m at West Walton on Sunday 28th October and includes the **EVAC & Cambs County Championships**. Distances of CRRL races are from 5k to ½ marathon. 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 will be posted on 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' **Atrium Grunty Fen Half Marathon** was held on Sunday 9th September 2007 and attracted 633 entrants. The race incorporated the first Association of Running Clubs' Half Marathon Championships and Cambs County Championships, and the Cambs Road Race League. Chip timing all on-line entries were used for the first time. Thanks to all members, organisations, families and friends who helped make this a safe and successful race. Results on www.gruntyfen.co.uk

The club entered a team (organised by Alan Rutterford) for the tough *Open Class* of the **Round Norfolk Relay** on Saturday/Sunday 15th/16th September. This 193 mile continuous relay was in 17 separate unequal multi-terrain stages. The club was 3rd overall, 3rd in the Open Class, ARC National Long Distance Relay Champions, and Best Small Club. Thanks to all those involved in the planning, logistics and running for this unique event. Ian Vaughan-Arbuckle was Chairman and Race Director, Rod Baron was Web Master and responsible for entries and results, and Richard Handoll had the difficult task of being Course Director. See the race report on elyrunners.co.uk > RESULTS full details on www.roundnorfolkrelay.com.

Once again we were offered reserved places in **The Great North Run** on Sunday 30th September for club athletes to start directly behind the male elite athletes. Last year, Ian Day and Glyn Loveday took advantage of this privilege. This year, Stephen Howard and John Crisp were proposed and have been accepted. Accepted entries are guaranteed but not complimentary. For details of the GNR, see www.greatrun.org.



Ely Runners will take part 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 (new this season) 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 first race is at St Neots over 5 miles of parkland on Sunday 7th October 2007.](#) Please try to run in this race, as it is obviously important to get a good start in the League.

There are 13 members entered for the spectacular off-road **Beachy Head Marathon** on Saturday 27th October. They are: Claire Law, Stephen Howard, Emma Greaves, Stephen Barker, Karlos Dedos, Alan Rutterford, Peter Gipp, Charlie Barker, Adam Etches, Glyn Loveday, Julie Foreman, Natalie Coles, and John Turner. Please could members entered by the club now pay the £18 entry fee (cheque to 'Ely Runners') to Treasurer Peter Harris, 153 Main Street, Witchford, Ely, Cambs, CB6 2HP.

The 38 miles mixed terrain **Hereward Relay** (Peterborough to Ely in 4 stages) is on Sunday 25th November starting at Peterborough Cathedral at 9:00 am. Stages are:

1. Peterborough to Whittlesey 6.1m (roads and hard paths)
2. Whittlesey to March 11.6m (mixed terrain)
3. March to Welney 10.3m (mixed terrain)
4. Welney to Ely 10.0m (mixed terrain)

If you would like to run, please contact Alan Rutterford. We usually have several teams in this challenging event. Weather and off-road ground conditions can be quite tough at this time of year. The club pays for the entry fees. Second claim runners are permitted and club vests and shorts must be worn. Final team selection will be in consultation with club officers and coaches. On the day logistics will use the improved 2006 plan. Two non-runner course drivers (contact John Turner) and several marshals (contact Darren Murfitt) will be required. This year Ely Runners will be responsible for marshalling the muddy Hurst Lane (Bishop's Drove) from Lt Downham to the new finish at Ely City Football Club where presentations will be made at about 3:00 pm.

We haven't seen much of **Ian Blatchford** recently. This is because he's been training to be an HMPS PE Officer. He's now fully qualified and, after a holiday, looks forward to training with the club at the end of September taking part in the first Frostbite race.

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.

Club 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. 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, 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 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.* This summer we have enjoyed several interval sessions taken by Chicago Marathon winner Paul Evans, and club coaches Max d'Ayala and Alan Rutterford. 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. When 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 Club 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 your race results 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** Andrew Elliott and Nick Williams. 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 decided to add 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 called Positive Imaging will be used to make these 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. The new logo has now been ordered and will feature on the front/top/centre all new race vests.

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.

September

23 Leighton Buzzard 10m, 1000 Tiddenfoot Leisure Centre, Mentmore Rd, £10, EOD +£2

23 Cancer Research 10k, 1100 Sandringham Estate, Norfolk, £17.50, no EOD

23 Diss 15m, 1030 Diss High School, Walcot Rd, £8, EOD +£2

23 Dedham 10k, 1100 Playing Field, Dedham, Colchester, £7, EOD +£2

27 (Thu) Ely Runners Affiliation Review **EGM**, 2030 Paradise Centre Bar

- 29 (Sat) SEAA Road Relay Championships (Men), Aldershot – club entry
 30 Saffron Walden 10k, 1030 County High School Sports Centre, £6, EOD +£2
 30 SEAA Road Relay Championships (Women) – club entry
 30 Great North Run – see www.greatrun.org
 30 EAA Combined Events (T&F), Bedford
 30 MSC Felixstowe ½ Marathon, 1100 Leisure Centre, Undercliffe Rd, £9, EOD +£1
 30 Biddenham 10k River Run, 1100 Biddenham Pavilion, Bedford, £10, EOD +£2
 30 Jaguars Autumn 10k, 1000 Village Hall Frettenham, Norfolk, £6, EOD +£2

October

- 06 (Sat) Discovery 5k & 10k, 1100/1130 Dovercourt Cricket Pavilion, £6, EOD +£1
 07 [Frostbite League](#), 1100 Priory Park, St Neots, (grass/woodland paths), *meet Paradise 0900. Lets get a good start with a strong turnout.*
 07 Loch Ness Marathon 10k/5k, www.lochnessmarathon.com
 07 Ryston 5k XC, 1100 Shouldham Warren, EOD only
 14 Jog Shop Jog 20m (TR), 0900 Brighton Marina, £8, EOD + £7! (road & hilly downland)
 14 Gt Yarmouth ½ Marathon, 1000 Emerald Pk FC, Woodfarm Ln, Gorleston, £10, EOD +£2
 14 Gt East Run ½ Marathon, 1100 Cathedral Sq, Peterborough, £15, www.greasternrun.co.uk
 14 Luton ½ Marathon & 10.3k TR, 1045/1000 Reg Sports Centre Stopsley, £13/£9, EOD +£2
 14 Martlesham Heath 10k, 1100 Martlesham Village Green, £6, EOD +£2
 14 Leicester City Marathon & 1/2 Marathon, 0915 Victoria Pk, £18/£14, no EOD, CD 5/10
 14 Herts 10k, 1000 Rothamsted Conference/Research Centre, £14, no EOD
 20 (Sat) ERRA Road Relay Championships, Sutton Park (men 6, women 4 x 4.314k)
 21 North Norfolk 7m, 1030 Gresham's School, Holt, £6 (ARC permit), no EOD
 21 Ampthill Trophy 8k XC Race, 1100 Ampthill Park, Parkside Hall, Woburn St, £5, EOD £8
 21 Exmoor Stagger 15m (3,330 ft), 1100 W Somerset Com Coll, Minehead, £10, EOD +£2
 27 (Sat) Beachy Head Marathon (3,500' climb), 0900 Eastbourne (*club entry via JT*)
 28 Fenland 10m (CRRL), EVAC & CAA Champs, 1000 West Walton, Wisbech, £8, EOD +£2

November

- 03 (Sat) ECCA National XC Relays (1335 SW 3 x 3k, 1415 SM 4 x 5k) Mansfield, club entry
 04 Stevenage ½ Marathon, 1030 Ridlins Track, Woodcock Rd, £13, ARC race, chip timed
 04 New York Marathon
 11 [Frostbite League](#), 1100 Bushfield Sports Centre, Peterborough, (5m tarmac/firm paths), *meet Paradise 0900*
 11 Ryston 9k XC, 1100 Shouldham Warren, EOD only
 14 (Wed) Stevenage Midweek 5k series (1/3), 1945 John Henry Newman School, Hitchin Rd, £5/£12, no EOD
 18 Stortford 10, BS College, Maze Green Rd, £8, EOD +£2, www.bsrg.org.uk
 18 St Neot's ½ Marathon, 1000 Rec Centre, £13.50, no EOD, www.riverside-runners.com
 25 Hereward Relay (Peterborough to Ely, 38m in 4 stages), *club entry for teams*
 28 (Wed) Stevenage Midweek 5k series (2/3), 1945 John Henry Newman School, Hitchin Rd, £5/£12, no EOD

December

- 06 (Thu) [Ely Runners Christmas Drinks](#), 2000 Prince Albert, Ely (London Marathon draw)
 09 [Frostbite League](#), 1100 start, venue tba, *meeting time at Paradise tba.*
 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
 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

- 13 [Frostbite League](#), 1100 Ailwyn School, Ramsey (grass, farm roads and tracks), *meet Paradise 0930*
 13 Ryston 9k XC, 1100 Shouldham Warren, EOD only

February

- 01 (Fri), [Ely Runners Annual General Meeting](#), 1930 Paradise Centre, upstairs bar room
 03 [Frostbite League](#), 1100 Bourne Woods, Bourne, (woodland paths and tracks), *meet Paradise 0845*
 10 Ryston 5k XC, 1100 Shouldham Warren, EOD only
 17 EVAC XC Champs, Wimpole Hall, Arrington

March

02 [Frostbite League](#), 1100 BRJ Centre, Huntingdon, (5m roads and tarmac paths), *meet* Paradise 0900

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

April

13 Flora London Marathon

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