

## CRC Bitesize Newsletter – September 2022

So here we are again with another epic roundup of what everyone has been up to over the last 3 months.

Starting our members' activities in June was Giacomo Squintani, who took on the 145 mile Grand Union Canal Race, running all the way from Birmingham to London, completing this incredible challenge and finishing in an amazing time of 44 hours 26 minutes. A huge well done, Gia!

Also in action on that weekend were Anne Rae and Tim Blackburn at the Wuthering Heights Wander.

Both ran the 10 mile option and Tim finished in a very impressive 7<sup>th</sup> place. Alex Webster was the sole CRC representative at the Top of the Wolds 10K, as was Neil Kenny at the Cumbrian Solway marathon. Well done to you all, and also to the large number of members who completed a very



soggy Grimsby 10K, including a special mention to Tracey Fearn who was 1<sup>st</sup> in her age category again. It wasn't the best day for being a spectator, but it was incredible to see the club colours out in force, running together and supporting each other, pacing and having fun!

The following weekend saw a good turnout for the local Nettleton Lodge charity race, which raises valuable funds for the Lincolnshire and Nottinghamshire Air Ambulance, so well do to everyone who took part there.

A little further from home, we had members taking part in Hull 10K and Doncaster half marathon, plus Anne Rae and Tim Blackburn in the Hardmoors White Horse 10K and chairman Chris and Moira Westley in the trail marathon at the same event, where Moira's incredible run earned her first F50 position. Well done to you all and congratulations to Adzz Croy who missed these events as he was in France getting married.



Moving on through the month and the exciting events kept on coming! We had a group of members head over the bridge to the grounds of Burton Constable Hall for the 10K and fun run, where Mike Wells earned himself the 1<sup>st</sup> V45 trophy!

That was the start of a busy weekend, where a contingent took part in the Baslow Boot Bash; Frankie Thomas, Adzz Croy and Amanda Pettitt were part of relay teams at the Lakesman Triathlon and Tina Thomas completed the Half Iron distance at the same event. We had members completing the 22+ miles of the Dave Milne Way and also taking part in the Humber Bridge 10K and in addition to all of that, Neil Kenny successfully completed his first ultra: the 69 mile The Wall and ultra legend Rob Payne was in action at the West Highland Way Race. Huge congratulations to everyone on all of those incredible achievements.

By comparison, the following weekend was a quiet one, though not



for Victoria Woodgate and Katey Belt, as they took part in the Rutland Water 10K on the Saturday, before then joining several other members for the Normanby Hall 10K on the Sunday. Fab running everyone!



We also reintroduced the Tough 10 to the race calendar in a new, low-key Wednesday night format, which was well attended and supported, and all feedback received has been positive, so well done to everyone who took part or helped on the night.

July got off to a busy start, when on the first weekend, Mary Farmery took part in the Holkham 10K; Martin Kent, Rod Burton and Paul Ancliffe represented CRC at the Winterton 10 mile race and Sarah Brown and Tracey Fearn both ran the Withernsea 5 Mile race where Tracey finished 3<sup>rd</sup> lady and first F50. Very well done to all of you and also to Claire Nimmo who took part in Endure 24 in Leeds, completing 40 miles in the 24 hour time limit.

Only one event for CRC the following weekend when Anne Rae and Tim Blackburn completed the Hey Up it's Helmsley Half Marathon. However, a busy Wednesday evening followed when members took part in the Scunthorpe 10K, Doncaster 5K and the Wolds Dash. Once again, very well done to everyone who took part in those.

Sunday 17<sup>th</sup> July saw one of the highlights of the racing year when we hosted the 10<sup>th</sup> anniversary Sting in the Tail event. The temperatures were crazy, but the beer and ice cream went down a treat! The atmosphere and support for the event was incredible as always, so once again, thank you to Chris,



Bobby and everyone else involved in delivering another awesome event! Plus, there was successful and fun-filled Mini Sting too.

Very well done to everyone who ran, and congratulations to our winning ladies team of Rowan Booth, Meredith Donaldson and Amelia Louth. Congrats also to Rob Payne on finishing 3<sup>rd</sup> overall and to Rowan Booth who also collected the 1<sup>st</sup> V35 prize. Two people who had a very good reason to miss this year's Sting were Karen and Martin Kent as they celebrated their wedding the day before. Congratulations to you both.



Next up, Giacomo Squintani completed another of his crazy CanalSlam series, finishing the 145 mile Kennet & Avon Canal Race (London to Bristol) in 43 hours 54 minutes. Closer to home Martin Kent completed the slightly shorter South Cave 10K, congratulations to you both.

The month ended with 2 more long distance events, when Rowan Booth completed the Lakeland 50 and Jill and Derek Commander completed the Raidlight Peak District 50 mile event. Massive congratulations to the 3 of you on your incredible achievements.

The summer months are always quieter ones in terms of the amount of races, but it seems like our members have been finding plenty of them to keep themselves busy!

Well done to Karen and Martin Kent who ran Yotk 10K; to Lesley Lombard who, whilst on her holidays, took part in the Powburn show hill race; to Loz Brown who finished in 6<sup>th</sup> place in the 10<sup>th</sup> Wolds mini mountain marathon and to Anne Rae, Tim Blackburn and Tony Rennie who completed the Hardmoors Farndale half marathon and to Moira Westley and Chris Ramsay for completing the full marathon at the same event.

It's always great to hear about new events and one such race was "Race the Estate" at Revesby where Tom Bell finished in 4<sup>th</sup> place, followed by Martyn Gammidge in 5<sup>th</sup> in the 10K and Rod Burton, Clare Wakeman and Meredith Donaldson ran the half marathon, with Meredith being 1<sup>st</sup> lady finisher. Very well done to you all.

Another popular local event is the Normanby Hall Super Mile, and everyone who took part recorded some really speedy mile times.

Captain Rob Crump had set himself the challenge of the 80 mile Dales Way ultra and set off from the shores of Windermere on one of the hottest days of the year. Rob completed an incredible 40 miles of the route before making the sensible decision to withdraw due to the crazy temperatures. On that same day, Jill and Derek Commander were taking part in the Dartmoor Crossing 36 mile ultra and again should be congratulated on completing 19 miles of the route and also making the difficult but wise decision to withdraw from the race due to the conditions. Withdrawing from any event is always difficult, especially when you've trained so hard and for so long, so double kudos to the three of you for being brave enough to start and wise enough to know when to stop.

Another highlight of the CRC calendar is the annual time trial / handicap event. This year there were 43 runners, with Kate Bartlett first back, followed closely by Tom Bell. This year's fastest female finisher was Meredith Donaldson in 32:01, and this year's fastest male was David Robinson, who flew round in 25:25 and also won the most coveted prize of the night for "best predicted time" as he ran the exact time he'd predicted, to the second!



Meredith's success continued with 4<sup>th</sup> female finisher in the half marathon at Leeds Running Festival and another of our speedy ladies, Tracey Fearn finished Cheshire 5K in 19:19.

The August bank holiday weekend was an especially busy one, which saw Jill and Andy Bell, Teresa Wesley, Des Mannion and Russ and Carin Tattershall head off to the North Yorkshire Moors to take part in Smugglers' Trod. Giacomo Squintani completed the 3<sup>rd</sup> and final race in the CanalSlam series, running 130 miles along the Leeds-Liverpool canal and Hannah Smith, Tazz Shaw, Neil Kenny, Phil Vines, Nicola Wilkinson and David Robinson headed to Worksop College to take part in the inaugural 12 hour Big School Run, where Hannah finished 2<sup>nd</sup> lady with a total distance of 56 miles and Tazz ran his first ultra completing 53 miles, which was double the distance he had ever run before! A massive well done to you all, and also to Martin Kent, Martyn Gammidge, Paul Ancliffe and Sarah Chadwick, who all took part in the Gilberdyke 10 mile race.



Another exciting new event took place on Sunday too, when we headed out onto the Wanderlust Way to take part in a club relay. 5 teams raced round this beautiful route in the sunshine, with the team made up of Emma Isle, Paul Woodgate, Derek Commander and Loz Brown claiming the victory this time. Hopefully this will become another regular event on the CRC calendar.

So, there we are, roundup complete and heading into autumn. Generally a busy time for races, so good luck to all of you who are training for these – we look forward to seeing how you get on, but whether you're racing or running for fun and your own sense of achievement, continue to enjoy it, run happy and stay safe.

*Sarah & Rob*