

## CRC Bitesize Newsletter – March 2023

Welcome to our first newsletter of 2023.

It's hard to believe we are 3 months through the year already!

As usual, everyone has been really busy, so there's lots to write about in this roundup. For many of you, your racing year started with the ever-popular New Year's Day 10K in Cleethorpes and for some, a new trail route at the Gerald Storey 5 Mile Memorial Race at Worksop.

Getting their personal 2023 challenge off to a great start, Moira Westley and Chairman Chris completed the Hardmoors 30 – the first race of a 4 race Grand Slam series that they'll be undertaking this year, to celebrate Moira's milestone birthday.

Following the theme of mud and hills, Pam Harrison and Annemarie Turner completed the multi-stage Round Sheffield Run and several hardy mud lovers headed to Biscathorpe to represent CRC on a properly hardcore cross country route. Very well done to you all.

It seemed that on the following weekend, Yorkshire was the place to be as we had a group of our members taking part in the Filey Flyer; Hannah Smith, Neil Kenny and Jon Legard completing the Skipton Skidaddle ultra and Captain Rob and Rob Payne racing in the superfast Brass Monkey Half Marathon. Great running from you all.



After the success of the Wanderlust Way Relay which we trialed for the first time in the summer, we held a winter version. This time, running the route in the opposite direction and in far trickier underfoot conditions, but we had 9 teams taking part, plus several supporters out and about on the day, so once again this was a great success and a fantastic event for the club to add to its schedule.

Thanks to Rob Crump for organising and congratulations to the winning team of Debbie Iwanczuk, Victoria Woodgate and Matt Isle.

Another popular local race is Ferriby 10 and this year we had 25 runners in action there, who all did brilliantly, plus lots of their teammates out in support.

Also delivering a brilliant performance were Rowan Booth and Loz Brown, who once again finished the Tandem Race as 1<sup>st</sup> Mixed Team for the second year running. Congratulations to you both.



January also saw us hold our AGM, where in addition to the usual formalities, new members joined the committee and we thanked those who have chosen to step down from their roles.

Volunteers are vital to our club and we often ask for help with certain things and you guys are always very generous with giving up your time to help out, so huge thanks for that.

We also had visits from Claire Hunter to demonstrate the work she does as a sports injury therapist and to offer lots of help and advice about how to avoid running injuries and from Sean Gill of Andy's Man Club, an incredibly valuable organisation offering mental health support to men through their weekly group sessions.

Although this time of year is generally quieter for races, you've still managed to find plenty to take part in up and down the country. We've had representatives at Skegness 10K, at the London Winter 10K, Rauceby Ripper, Hardmoors Saltburn Half Marathon and 10K and Dewsbury 10K.

This is fantastic and very well done to our runners.

Lots of members are currently in the throes of marathon training and a great race to see where you're at with that is Stamford 30K. Very well done to those of you who completed that, and to Rob Payne who won Goodwood Marathon on the same day.

The final race of February was Snake Lane 10 which saw Meredith Donaldson, Jill and Andy Bell and Teresa Wesley representing CRC and having fantastic runs.

There has been lots happening this month, with a whole host of races that our members have taken part in. Sally Uren (and her Dad) completed the Belvoir Challenge; Giacomo Squintani ran the Green Man Ultra, and Ken Wright finally got to wear his club shirt for the first time at the Burghley 7.



North Lincs Half Marathon is always a popular race for our members and this year also included a 10K race, which saw our mens' team made up of Matt Isle, Martyn Gammidge, Dave Wainwright and Chris Wright claim the 3<sup>rd</sup> place prize!

There were so many fantastic results from everyone over both distances, plus great pacing performances from so many of our members who volunteered to be official pacers and loads of wonderful encouragement for all runners from those who volunteered for the CRC cheer zone.



We'd also had a great turnout of runners and canine companions at the Golden Fleece Circuit which is a lovely route and great event offering a choice of two route distances, the longer of which saw Meredith Donaldson finish 1<sup>st</sup> Lady and prize-winning ways for CRC members continued when Rob Crump finished 2<sup>nd</sup> overall at Spurn 7. Congratulations to you both.

A group of members battled through the snow at the Haworth Hobble, which although the route had to be shortened due to the weather conditions still saw them have a great day out and lots of fun, which was also how those who took part in the Normanby Adventure Race described that. I'm sure I'd have opted for other adjectives!

Chester is always a popular location for our runners and we saw several head there to take part in the 10K, which for some will be the first race in the 2023 Chester Triple series, comprising 10K, Half Marathon and Marathon.

Last weekend was another busy one, which saw Moira Westley and Chris Ramsay complete the Hardmoors 55 mile race in very difficult conditions, so a massive well done to them and also to all of our runners who braved the bracing conditions at the inaugural Great British Seaside and Ultra, with a special mention to Gary Smith who was amazing in his first ever marathon and to Gill Fox who took a last minute marathon place, just 4 days before the event and managed to bag herself a PB.

On Sunday, Rod Burton was our sole representative and cake eater at Caythorpe Dash Half Marathon, and new members Hannah Riley and Kieran Wells, plus Ian Turrell all ran Sheffield Half Marathon. Very well done to all of you.



Our beginners course is almost halfway through, under the leadership of Derek Commander and supported by several club members, so thank you to those of you who are helping to make this a success once again and we look forward to welcoming some new members when they graduate.

Tonight sees the first race in the 2023 David Mannion Memorial Mile Series, and as I'm writing this, I hope the rain stops before 6:30pm! I can guarantee that even if it doesn't, it won't dampen our enthusiasm as we reflect fondly on a very special person, even if we are cursing him for the few minutes we're beasting ourselves around the field! Thank you to everyone who's signed up for these races, to run or to support and for everything else you're doing that makes our club great.

Lots of you are preparing for spring marathons, plus so many other personal challenges over the next few months, so I want to wish you all good luck and happy running and we'll see you for the next roundup in the summer!

*Sarah & Rob*