

## CRC Bitesize Newsletter – September 2023

It's hard to believe that another 3 months have passed since our last newsletter!

The summer months are generally quieter in terms of races, but given the amount I've got to write about, you've still managed to keep yourselves really busy and whilst we refer to this roundup as 'bitesized', it's actually going to be a full-sized serving of recapping everyone's awesomeness!



*Team Davenport at the Mini Sting*

Cast your minds back to the beginning of July when we once again hosted a fantastic Sting and Mini Sting. We had 75 of our members running the 10K, plus so many more accompanying their children around the Mini Sting, all with the support of so many more of you, who gave up your time to volunteer in a whole host of ways, before, during and after the event, to ensure it was once again the success it's become renowned for being, so a huge thank you to you all for the part you played.

Lots of you have found lots of other events to take part in throughout July, so well done to our runners at Winterton 10 Mile Race, South Cave 10K; to Kerry Hallsworth in the Ambleside 23K; to Neil Kenny at the London 10K; and Martin Kent at Walkington 10K.

Gill Fox was able to put last year's disappointment of testing positive for Covid the evening before she was due to start Race to the Stones 50K behind her, to complete this amazing challenge she'd set for herself; Kate Brown completed the Wolds Mini Mountain Marathon and Ian Turrell returned to the Peak District to once again complete the Ultra Peak District, so a huge well done to all of you.

Seasoned ultra runner Rob Payne was the winner of the Wendover Woods 50 mile race, and further ultra running podium placing followed, for Neil Kenny when he won the Sir Titus Summer Trot 32 mile ultra – fabulous results and many congratulations to you both.

We also saw 2 members take part in their first ever ultras, so very well done to Debbie Iwanczuk and Chris Ellis on your debuts at the Yorkshire Wolds ultra, and to Moira Westley and Rob Crump who also completed the same event.

Lots of you certainly earned your finishers' cake at the end of two summer events organised by our friends, Curly's – a very warm Normanby 10K and the Samaritans Big Green 24 hour run, which saw David Robinson finish 1<sup>st</sup> Male and 2<sup>nd</sup> overall, having covered 45 laps of the 2 mile loop.

July also saw an inaugural addition to our CRC Calendar – the Six Peaks Relay. Captain Rob came up with the concept of making this infamous club run route more appealing by splitting it up into a 6-person relay event – and while the weather on the



*Claire & Leah at the Six Peaks Relay*

day wasn't the balmy summer sunshine we were hoping for, 3 teams took part and feedback was positive, so keep an eye out for a re-run of this in the future.

That weekend also saw two of our gutsy and inspiring ladies set off on their own separate 50 mile challenges. Rowan Booth had a fantastic experience and an incredible run at the Lakeland 50, finishing in a time of 11 hours 36 minutes. Jill Commander bravely overcame an illness which has been hampering her training for some time now, to complete 32 miles of the Dark Peak Ultra. I know that Jill was bitterly disappointed not to be able to complete the full distance but should still be incredibly proud of this, and all of her other achievements as someone who hasn't been running for very long.

Moving into August, there was a drop in the number of events taking place, but a group of our members headed to the grounds of Worksop College to take part in the Big School Run, a 12 hour event which sees runners complete as many of the 5K laps as they want /choose to within the time limit. Weather conditions on the day were grim, but spirits and club camaraderie were high, and everyone who took part did amazingly well, plus special mention to Neil Kenny and Tazz Shaw, who



*Summer 2023 WW Relay*

won their age category prizes, with Tazz also finishing 2<sup>nd</sup> Male overall.

Chairman Chris and his lovely wife Jo had a fantastic day out at the Hardmoors Farndale half marathon, and we also had runners in action at speedy local race the Bassingham Bash 5 mile, so well done to all of you.

Another popular club event took place on this weekend – the Wanderlust Way Relay. Six teams raced around the beautiful countryside, and I believe, for the first time, nobody got lost!

We had runners taking part in Newark Half Marathon and Bolingbroke Breaker 10K –

both of which are great local events, but a little further afield, Rob Payne was making Lincolnshire and Nottinghamshire seem pancake flat when he took his place at Swiss Alps 100 Mile, finishing in 13<sup>th</sup> place, in a jaw-dropping time of 31 hours 37 minutes - an absolutely incredible achievement.

The annual CRC Time Trial/Handicap race was, as always, a big highlight of the club calendar, with 53 runners taking part, and many other club members marshalling and supporting. First across the line was Robin Harrison, followed by Hollie MacDougall, with expert time predictor Rod Burton winning the prize for being closest to his estimated time – finishing just 4 seconds outside his prediction! Well done to everyone who took part and thanks as always to everyone who helped out!

The final weekend of August was a busier one, which saw a group of our members enjoying a fabulous day out at the Smugglers' Trod at Robin Hood's Bay; Neil Kenny ran the Pennine Way Trail Marathon, again winning his age category and Giacomo Squintani was in action at the 45 mile summer Green Man Ultra around Bristol. Once again, very well done to you all.



CRC @ Smugglers 2023

The autumn race season is picking up now and lots of you are training hard for your chosen events, so good luck to you for those.

The first weekend in September saw Chris Ramsay, Mike Wells, Hannah Smith and Mark Kidd complete the 58 mile Bullock Smithy Hike in the Peak District. This is another example of our members stepping out of their comfort zones and pushing themselves, especially on this occasion for Mark, who completed his longest ever run by over 25 miles!

That same weekend, Jo Ramsay had a brilliant run at Stockport Half Marathon, as did lots of you who took part in the Broughton Burn 10K, including Rowan Booth who again was 1<sup>st</sup> female finisher for the second successive year.

Moving on through the month, we've had runners all over the place. Congratulations to Rod Burton and Russ Tattershall for completing the Ponton Plod; to Neil Kenny in ultra action again at The Lap – Windermere 47 mile event; to Belinda Hazzard and Chris Ede who ran Grimsthorpe Gallop half marathon and to Kerry Hallsworth and her 10 year old daughter, Amber, who ran the 5K at the same event, where Amber finished 1<sup>st</sup> Lady and Kerry was 2<sup>nd</sup> – which is incredible!



Broughton Burn 2023

There was also a large contingent flying the CRC flag at the Great North Run, with some amazing runs and brilliant fundraising efforts, although it seems as though the biggest challenge was getting away from the event through the crazy downpour and subsequent travel chaos. It certainly sounded like your bling was very well deserved!

Both Jill and Derek Commander were back in action at the Ambleside 25K, which was a special occasion for them both as Derek has been on the injury bench for quite some time so I know he was very happy to be back taking part with Jill.



*Peter Starling at the Coastal Half 2023*

Another of CRC's dynamic duos were also in action with Moira Westley and Chairman Chris completing the final event of this year's Hardmoors Grand Slam series, the 60 mile event, where Moira retained her FV60 trophy from last year.

Popular local event, the Coastal Half Marathon and 10K also saw lots of you head to Cleethorpes, as participants, pacers, marshals, volunteers and supporters, so well done to everyone there.

Bringing the month to a close, we had members at Woodhall Spa Triathlon, Sheffield and Sandringham 10Ks, Tissington Trail and Robin Hood half marathons, and Berlin Marathon, showing once again what an amazing bunch you all are and how you go all over, putting CRC on the map.

I'm getting ready to wrap this edition up now, but before I go, I want to say a huge thank you to everyone who continues to make our great club what it is. Whilst we owe its existence, and so much more, to our dear friend and founder Chris Robey, its continuing success and everyone's support of each other and our club's activities is down to all of you. Last weekend's Summit 53 challenge was a wonderful example of that and the club's ethos and a full report of that will follow in the next edition, but thank you Jill and Kate for the opportunity to join you and support a wonderful and valuable cause.

Hopefully, from reading my ramblings, you'll have some ideas about who you'd like to vote for at our upcoming awards night, being held on Friday 10<sup>th</sup> November at Caistor Town Hall and if you'd like to join the celebrations, as we acknowledge everyone's incredible achievements, a limited amount of tickets are still available.

Until next time, wishing you all lots of safe and happy running adventures.

*Sarah & Rob*