

CRC Bitesize Newsletter April 2020



Hello members, and welcome to the first of a new look, short and sweet newsletter. It will be put together by Emma as before, with input from our captains, Sarah Wells, and David Manion in order to keep you updated with current events and who's doing what.

The current Covid 19 situation has changed the way we are all living our lives at the moment, and I'm sure the legacy will be that some things will never be quite the same again. I'm pleased to see that some people are continuing to run and walk, following the guidelines of keeping it to fairly short, close to home once a day activity. This is the responsible thing to do and will minimise the risk of injury or accident, at a time when the hospitals are under enough pressure already. The CRC committee met (virtually) as scheduled this week, so you can be assured that the club is still being managed during lockdown, and that we will be ready to go again as soon as the situation allows.

I want you to be assured that CRC is here for you even though we are not meeting in person, and so whether you are getting out to exercise or not, or are in need of guidance or motivation, or even if you are just at the end of your tether with all that's going on, someone at the club is there for you.

Chris Hewis, Club Chairman

Good day to you all.

Whilst we may not be able to run together or see each other in person at the present time, rest assured that CRC are still here for you, to offer support, encouragement and friendship that we always have, we're just having to find different ways of doing it.

This little newsletter is just to make you aware of what's been going on since we last saw each other and plans for things you might like to get involved with going forward.

Prior to lockdown, we'd welcomed back Michelle Jones, who'd had time out following a hernia operation and made a gutsy return to running with a fab performance at Ferriby 10 in January. Anne Rae is back in her running shoes after breaking her foot back in October and the legend that is Dame Kath was also back amongst us following her operation. One person we sadly haven't seen running in recent months is 2019 Fancy Dress Award winner Chris Mather. His ultra impressive 804 day runstreak sadly came to an end in December as a result of getting some glass in his foot and he's been battling a chest infection since January. He's hoping to be back running soon and I'm sure we all look forward to that and wish him well.



In terms of running achievements so far this year, there have been too many to mention individually - this is supposed to be a short newsletter! - but CRC colours, including our gorgeous new Big Bobble Hats, were out in force both locally and further afield, including Spain and Cyprus and a huge well done to everyone who did the Club proud and earned their bling.

This is probably a good time to mention one particular individual performance - Rob Payne (who else?). Not only has he been confirmed as an official member of Team GB, after being selected for the European 24hr Championships (in Sept 2020), he also set a new PB and Club record at the Seville Marathon, in February, with a time of 2:32:44. We all congratulate you Rob on both of these massive achievements.

You may have seen on our Facebook page that we're inviting you to take part in a 26.2 challenge this weekend in celebration of the 40th anniversary of the London marathon. This is a great initiative that you and the rest of your family, even if they're not runners, can get involved in and is guaranteed to be lots of fun. Please share your photos on Facebook so we can see what you've been up to.

#TwoPointSixChallenge

Some of you who use Strava will have seen a ¹⁰⁰ miles in May challenge on there and we would like to do this as a Club. The idea is to run, bike or walk during the month of May and log your miles - we think you might be surprised how far you go! Further details will be sent out separately.

Another event you may like to get involved in is the Virtual Wolds Relay. CRC had 3 teams entered in this actual event but as this has been cancelled, Team Captains have decided to run it "virtually" on 10th May. Please contact David Mannion if you wish to get involved.

Another event which has sadly been cancelled is this year's Caistor 10k and Mini Sting. We had been appealing for volunteers to help with the event and had a fabulous chocolate hamper as a prize for one lucky volunteer, chosen from a draw. Although the event is not going ahead, we made the draw for the hamper based on those who had volunteered up to that point and the lucky winner was Craig Ward. As a result of current restrictions, we can't get the hamper to Craig so it's in Mike and Sarah's garage and is becoming increasingly tempting!



Other causes for celebration so far this year have included new age category birthdays for several CRC members so Happy 40ths to Debbie Iwanczuk, Louise Robinson, Paul Maddison, Belinda Hazzard and also to Claire Bates for this Saturday . Happy 60ths to Frankie Thomas and Ann Findlay and also to this year's CRC London marathon ballot place recipient, Lydia Walton, who also retired from her career as a Nurse but has generously returned to work to help deal with the current crisis.

Lydia will be running her own marathon, starting at 9am on Sunday from her home in North Kelsey so if you happen to see her somewhere on her 26.2 miles whilst you're out and about, make sure to make some noise and show your support.



Please remember that we are still here for you. Whatever you find yourself going through, CRC will support you however we can. Don't be scared to ask for help, encouragement or for someone to talk to, just contact us.

Sarah and David



[#CRCwithyouinspirit](#)