

CRC Bitesize Newsletter June



It has been really interesting to see how the club has adapted during the enforced suspension of our usual activities, and to see how the core value of members supporting each other continues to be evident. We have all reacted differently to the restrictions placed on us, and to the anxiety that such a contagious virus has caused. There have been a number of initiatives aimed at giving people a purpose to their exercise, as well as encouraging members to get their trainers back on and start running again when they may have been struggling for whatever reason. The virtual events have been extremely well received and it has been great to see so many people taking part. As always at CRC, your speed or ability are no barrier to joining in with any event. I must take this opportunity to thank everyone who has been involved in any way in organising these events. As the new normal begins to dawn, I don't know when we will be back to meeting as a club to all run together, but until then, stay safe, follow the guidance and remember that even when we are not running, we are still a club, and here for each other.

Chris Hewis, Chairman



Lockdown Update

From the start of this week, some of the Government and England Athletics advice is slightly different. The following advice, however, remains unchanged:

Stay at **home** as much as possible

Limit **contact** with other people

Keep at least a 2 metre **distance** from others if you must go out

Do not leave home if you, or anyone in your household, has **symptoms**

Following a slight relaxation in the rules, it is now permissible for a maximum of 6 people to exercise together outdoors whilst respecting the minimum 2 metre social distancing guideline at all times.

Obviously, this means that we are still not in a position to be able to meet as a club, or to put on club runs or events. However, whilst we are not actively encouraging group running, we do appreciate that the meeting of small groups is now acceptable. Therefore, if any groups are planning to run, it would be best to avoid meeting at usual times and places (the Sports & Social Club, the Market Place, etc.) to avoid large gatherings.

Whether you agree or not with the relaxation of the rules, everybody's opinion **MUST** be respected, so we ask you **NOT** to debate the issue on the Club Facebook page.

We are aware that some people are finding it difficult to go out running in a way that suits them (i.e. with a small group of similar ability). One solution is for individuals to use the Members Only Facebook page to see if anyone would like to go for a run at a similar pace to themselves and ask them to make contact via private message. It is then the host's responsibility to suggest a meeting point and to ensure **NO MORE THAN 5** other people gather there.

The most important thing to bear in mind is that we are a club whether we are running or not. We'll only get through this if we use our common sense and keep looking out for each other. We look forward to when we can see you all again but until then...



Hope everyone is doing OK!

Although we haven't been able to run together since our last newsletter, that hasn't stopped lots of you from getting out and doing all kinds of exciting things.

You'll recall that we mentioned London Marathon ballot place winner, Lydia Walton was going to do her own version, which she completed on a sunny Sunday 25th April, raising over £1000 for charity in the process.

That same weekend saw lots of members take part in the #2.6Challenge, again raising funds for worthy charities.

May turned out to be a particularly busy month, which saw 113 members participate in the 100 Miles in May Challenge, resulting in us logging a combined grand total of 20,323.29 miles of running, walking, and cycling. Well done to everyone who took part and thank you for your positive feedback. We will be repeating this challenge from 1st July.



Another event which saw loads of brave souls head out on a wild and windy Sunday was the Virtual Wolds Way Relay. Five teams of 10 runners went off in search of Lincolnshire hills to try to replicate those in the Yorkshire Wolds. The virtual relay replaced the original race, into which CRC had entered 3 teams, which would have seen the teams run from Hessele Foreshore to Filey Brigg (75.5miles and over 8000 feet of elevation). Team Run For Cake, captained by Moira Westley, were the first team to finish (10:48:46) closely followed by Team Run For Wine (10:58:27) with all 5 teams finishing comfortably inside the 13hr time limit



Other individual members have also run their own versions of events which have currently either been postponed or cancelled.

Linda Dodsworth completed a half marathon by running 44 laps round where she lives, raising over £400 for Buddy's Boxer rescue, after she couldn't make it to the event she'd entered in Florida. Well done Linda!

For the last few years, a large CRC contingent has made the trip to Liverpool at the end of May, to take part in a weekend of events (with a bit of eating and drinking thrown in!). These are currently postponed, but Mike Jones decided he was still going to do a marathon, so did this from his home in South Kelsey, accompanied for the second half by wife, Michelle on her bike. Fantastic achievement, Mike!



These two achievements appear perfectly sane and reasonable. The next one takes things up a notch!

Club Vice Chairman, Rob Crump wasn't content with completing one lockdown marathon, he ran two on two consecutive days, 'May The Fourth Be With You' and 'Revenge Of The Fifth' at the beginning of last month. Apparently, Darth Vader was spotted out in support of Rob as he ran his total of 14 laps round the Guide Camp woods in Nettleton. The bling for these events is just as impressive as the achievement itself – well-earned medals, Rob!



If you thought 2 marathons in 2 days is bonkers, what do you make of walking 100 miles in 48 hours?! Yep, you read that right, and that's exactly what dynamic duo Dame Kath and John Young did, when their LDWA event, due to take place in Wales, was cancelled – they took to the streets of Grimsby and countless other places in between to complete their challenge, finishing in joint 11th place overall and both setting PBs. Massive congratulations to you both!

(Kath has done a **full** write up for this newsletter !)

There have been lots of other virtual events and challenges taking place, which members have taken part in, for personal reasons, to help with their motivation during these strange times, and to raise money for charity. So well done to everyone, whatever you've been doing.

Although we're still not in a position to run as a club, hopefully you're still feeling part of it, with the updates and initiatives we're providing and with the delivery of the fridge magnets – lots of people have said how thrilled they were to receive those.



We've had two new age category birthdays since our last newsletter.

Happy 70th birthday to Peter Starling

Happy 40th birthday to Laura Hurst.

June has seen the start of an elevation challenge to see if we can climb the equivalent height of the three highest peaks in Great Britain, so if you're interested in joining in, add your name to the spreadsheet on the Members' Only Facebook page and get logging.

We have also just had the Virtual Marathon Relay in which 150 members took part (that is basically $\frac{3}{4}$ of CRC members). 15 Teams of 10, 9 runners and 1 walker, covered the 26.2 miles with all teams finishing in under 4hrs 30minutes. There are far too many incredible individual performances to mention, with PBs being set all over, but well done everyone who took part. The results were close and there was lots of swapping of places in the table throughout the day but the winning team was Team Run For Ice Cream, captained by Harry Storr in a time of 3:54:52. There was less than 5 minutes between the first 5 teams, and only 30 minutes between of all the teams which over a marathon is fantastic!



There will be more virtual challenges planned including in July a monthly mileage challenge and also the next CRC Virtual Relay - 10 miles broken down into 10 individual one mile legs (See Facebook for more details).

It's great to see that so many people are managing to keep themselves active and motivated during these unfamiliar times. Please keep encouraging and supporting your fellow clubmates and for anyone who needs support or someone to talk to, we are here for you so please do not hesitate to get in touch with us.

Sarah and David

LDWA annual 'virtual' 100 mile 2020 by Kathleen Young

'Welcome to the Virtual Y 100 Sir Fynwy 2020' - that was what greeted us on the LDWA fb page after one of its officers, Julie Cribb had quite literally hijacked the organisation to change the cancelled event into a virtual 100 this year. It takes between 3 and 4 years to prepare for these annual 100 milers so it is understandable that there was a reluctance to let all this work go to waste. The 2020 100 would have been held in Monmouthshire Wales, and I can't say I fancied it with all those 'hills' after last years gruelling 100 from Hexham and knowing it rains in Wales too, however because of the 'virus', for one year only, the 100 walk was open to all LDWA Members and would replicate how the 100 usually works.

John didn't get to do last years 100 with me after a very disappointing VW (voluntary withdrawal) for him on his qualifying event but if I'm honest I know how much I struggled and I think if he had done it it would have put him off for life! I'd not done anything like this 'virtual' thing before but as the event was to replicate the actual event, including live tracking, route, checkpoints, kit checks, registration and qualifying events(all virtual of course) well John couldn't say no, could he? So as usual I signed him up with me.

The LDWA 100 group set up the virtual system online and we were hooked - just like the real thing - registration, checking in, shopping for checkpoint snacks, making up/packing checkpoint snacks, breakfast stop, packing runsacs, unpacking rucsacs/repacking rucsacs, choosing boots, sox, fluids, coats, maps, routes, equipment you would think we were really doing the real thing. Our intention was to do the full 100 with a bit of 'elevation' where we could.

LDWA organisation

"We need everyone to get involved – walkers, marshals, sweepers, checkpoint support, timekeepers, supporters, caterers, baggage handlers – just like the real thing. Except you will all be #stayingathome!

The tracker will run independently on the internet for anyone without social media and for people wanting to log real distance over the weekend, whether doing a Colonel Tom round and round their garden, or going up and down their stairs or jumping on their trampoline to achieve the actual ascent.

However the real fun will be on the Facebook page where checkpoints will open and close in real time, people will be asked to produce daft things as part of their kit check and where photos and comments will brighten up the whole weekend."

Qualifying event

Well aside from John doing a few LDWA events in the previous couple of months neither of us had done much 'training' but given the 'qualifying' events others posted we weren't on our own!

Hazel Terry Bound

I have a tin of baked beans and custard. Ive been practising for a couple or so years!

Julie Cribb: *With your saintly ways I imagine you could feed the 500 with those two tins! You are IN - but don't forget the tin opener 😊*

Sarah Jacqueline Marion

I recently watched a YouTube film called 'How to run 100 miles' will that do? 😊

It's quite a long film so it shows I have stamina 😊

Julie Cribb: *Actually sounds like you may be better prepared than most! 😊*

Simon Pipe *My qualifier is doing a strength and conditioning class on Wednesday that, two days later, has still left me with no strength and in no condition. More of a disqualifier, really. Hmmm... maybe as part of the qualification process for conventional hundreds, people should have to complete a disqualifier and say why they shouldn't do the hundred, to show they've thought about it.*
He got in!

John Young *Since lockdown I've walked round the block 55 times(3.9mls) anticlockwise. Need to do The 100 round the block clockwise before I unwind completely 🏃🏃*

Julie Cribb: *Good job it;s not on a hill or else you'd have one leg shorter than the other by now!! And I think we are all unwinding a bit so it'll be good to do it together at the weekend 😊 You sir deserve a PASS 😊*

[Kathleen Young](#)

Well I was called the 'lantern rouge' after the Hadrian100 and as I've never been called that before felt very honoured. And, best of all my legs didn't drop off!!!! I still have a pair of legs although I keep trying to swop them for a faster pair 🚶 🚶 🚶 I think I need to eat more 🍰 🍰 🍰

[Julie Cribb](#): It's never a bad idea to eat more cake! 😊 I think one pair of legs is quite sufficient thank you! An what an honour so you definitely deserve a PASS 😊



Kit check in order to register for event

KIT CHECK NOW OPEN

Please comment below

We needed to post something for our kit check which included whatever was essential to make sure we were safe and appropriately equipped for our journey. You might guess there were some unusual items posted including lots of bottles, bottle openers, a camel, even packs of bog rolls - an adjustment to make allowances for the new 'normal'!

[Pa White](#) A light for the night section and some spare 'batteries' - I thought 2 would be enough?



[Kathleen Young](#)

There's two of us - with [John Young](#)

- so extra supplies for the hungry one! The weather is going to be good so grass skirt. essential as are fluids which can double up to celebrate at the end. Just need to get forkandles for his emergency headlamp!!!

[John Young](#)

Everything ready for all eventuality. Notice emergency headtorch. Just need 'Forkandles'



Our kit included Welsh butter (for breakfast toast), emergency pack of leeks (just in case we needed to roast a welsh rarebit), marmite peanut butter (always good for energy) an assortment of boots (couldn't make mind up), and our candelabra headtorch - oh and Johns slippers!

[Julian White](#): The shoe arrangement intrigues me 😊



REGISTRATION - just like the real thing!

We were told to 'hold up your KIT CHECK PASS' and shout our walker number whilst maintaining our distance to get our virtual route 'tally' which showed all checkpoints for virtual clipping - struggled with the technology on this one.

[Kathleen Young](#) Hullloooooo 📢📢📢📢 Gwyneth Littlejohn can you hear me? Just polishing my shoes ready for the morning and setting the alarum - No. 52 checking in and checking out whether I have enough fluids 🍷🍷🍷🍷 trying not to splash on my shiny shoes 😂 ps couldn't work out how to hold up my kit check pass so tried to pinch David Chippers as he has worked it out - sorry David 😂😂😂

[Gwyneth Littlejohn](#) Boots look good, did you polish them with wine. Seems to have worked well

[Kathleen Young](#) was so excited to get my pass I ended up having to lick them dry where I had splashed them a bit 😊 they seem to be shiny again and wineproof - result no wine wasted!!

[John Young](#) It's a long way from Grimsby to Wales and no megaphone so shouting very loud. Crawler No 53 checking in. Just got to go and check to see if No 52s boots are properly shined. 🧑🧑😊🌈 No kit check pass, can't magic it up on here and I'm not pinching anyone else's like No. 52 did!

[Gwyneth Littlejohn](#) Already checked, they are good to go

The START

So, packed, prepared (or so we thought!) and ready to go we set off to our starting point at Beelsby intending to walk the Wanderlust Way (20 miles with a few hills) and then walk over to Moortown for tea, then back to Beelsby. That would give us a few miles.

Technology again! Checkpoints opened in real time for us to check in, but couldn't get the tracker to start so we just foto'ed our trackers and sent them in at intervals. It was a bit tough at times, windy, hot, cold, hot, cold, coat on, coat off, coat on - you get the idea, and although we had packed 'everything', we forgot to put our headtorches into our packs for the journey over to Moortown so had to borrow one from Laura - goodness it was dark in the wood around Cabourne when we returned as it was late and it would have been impossible without her torch.

So, having done 37 miles with lots of dust, we called home for a cuppa before getting ready to head out for the night shift where we planned to do a circumnavigation of the town as we didn't fancy getting lost in the dark in a wood - only 11 more checkpoints to go!

We never expected to be 'wanted' by the police! We had a police inspector out after us at 2am after we had found a young man in a heap and tried to be good Samaritans. At about 1.30am Sunday morning as we got towards the end of Humberston Avenue we found a young lad in a heap on the grass verge. He appeared to be a bit 'worse for wear' but he had cut his head and had blood all down his new white sweatshirt. I was a bit bothered about him but he wouldn't give any details and didn't want us to call anyone for him. We moved away so we could keep an eye on him and I called the police to ask for assistance and they told us to call an ambulance as the youngster was injured.

As instructed, I called 999 for an ambulance, who then wanted to know which address the youngster was at. They had real difficulty understanding that he was on the grass verge, by a bus stop towards the end of Humberston Road, at the end where the roundabout was and not at an address - so they said to call the police again. So I did! Again, even though I'd said to both ambulance and police that this was a child safeguarding issue as the youngster looked to be early teens, the police were reluctant to accept the referral. So, having given a full description and told the police where the youngster was, very unsteadily working his way along the fence at the back of the grass verge, I said we were now leaving it to them and we were continuing our walk. I think the police had second thoughts because we got a call from them at the other end of Cleethorpes -

101ops: where are you now?

Us: We're coming up to Isaacs Hill in Cleethorpes, the young lad was staggering down Humberston Avenue so we've carried on walking

101ops: I'm sending out an officer to see you

Us: I've already given you all the information we have

101ops: I'm sending out the police inspector, he needs to speak to you

Us: were on Isaacs Hill just coming down to Grimsby road

We carry on walking

A police car flashes by, then it stops further up and starts to turn round

The police car flashes by us again so we try to flag it down because we know they are looking for us

The police car goes past us and turns around again and drives up to us

Officer: (we never got asked our name, address or anything when we originally phoned 101 but just from



our call they seemed to know even our inside leg measurement)

Police inspector: you're a long way from home at this hour (2am pitch dark)

Us: yes officer we're on a walking event

Officer: yeh right!

And my daughters comment was:

We're out for our daily walk officer, no, we've only taken one walk since Saturday morning!!

(not breaking covid rules honestly officer!)

Could have got arrested for cheek!!

So, we carried on into the night and around the town, John picking up a blister and starting to feel really weary and looking like he was ready to finish, so to give us a break we stopped for sandwiches at the bus shelter on Yarborough Road - can't think what any neighbours might have thought seeing 2 folk picnicking in the dark in the bus shelter! We got going again, and John told me 'shut up' on Laceby Road as I tried to suggest that he not make any decision until we had been home and had had a rest and a cuppa. So I shut up! It was a tough weary final couple of miles home and at that point I think there was a possibility that both of us might call it a day.

John got a shower and crashed out on the bed as soon as we got home, so I thought I might as well try to rest and set an alarm for 7.15am giving me almost 2 hours to consider what I might do and whether John might withdraw. By the time the alarm went off I'd decided that I would get up and try one circuit of our local 4+ miles and decide whether to continue from there

Meantime, John had had a couple of messages, one from Sue Burton and one from his LDWA walking mate Tom, both of them listening to Johns concern and both encouraging him. Those words of wisdom made the difference between him being willing to get up and try one more mile and just giving in. We were both shredded after Saturday and giving up was a real possibility - but the right words at the right time made such a huge difference to John. Boots back on!!

We had fresh legs and feet and it looked a better day so we set off out to Barnoldby le Beck and over by Neil and Nicolas where I'd run several times off road - a lovely route.

Every 100 includes a random kit check on route to make sure that actual walkers do have the mandatory safety kit - so, no exception even in a virtual 100!

RANDOM KIT CHECK next checkpoint

Have your rucksacks ready . . .

Again, many items of total irrelevance produced.

[Simon Pipe](#) *I missed this on the day due to having failed to pack the internet in my bag. I hereby produce my Route Description: really lovely on the hills in the sunshine but the night sections round the village were a bit repetitive.*

[Julian White](#) *Entrants numbers 1 to 50, I want to see some form of map...*

[Hazel Terry Bound](#) *15 will this do .*



Julie Cribb I think taking the tube between checkpoints is possibly cheating! 😊

Ali Ryan there's always one 🤔🤔

Julian White Entrants 51 to 100, I want to see some form of waterproof clothing.

Kathleen Young No. 52&53 multiuse regulation black bin liner bag - will that pass our kit check? Not sure if we can both get in it at the same time tho 🤔🤔



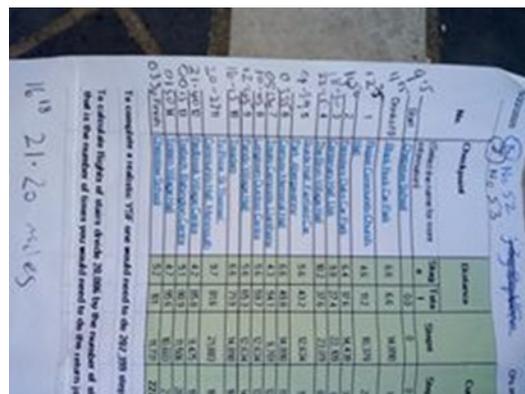
So, we finally end up on the bench at Waltham roundabout, trying to post in to the next checkpoint and feeling quite tired still with 35 weary miles to go, BUT whilst on the web we saw the messages from Sarah and many other CRCers - we were both a bit shredded and shattered but it was 'ONLY' 35 miles to go after we read those messages!

'Oh you lovely people!!...after a really tough windy day yestday and night but now at 65 so only 35 miles to do - your messages came just at the right time and have given us renewed energy to dig deep. On our way again shortly - will be in touch when we get chance or when me legs drop off 😊😊 thank you superCRCsupporters!!!!'

I got 'something in my eye' as we set off trying to work out how we could cover those remaining miles quickly.

Two more large local loops around Waltham/Scarcho and that should do it - we got back with 3 miles still to go so we set out to start a small circuit and head back at half way. That last mile took FOREVER!

Kathleen Young No.52&53 reporting in - finished together at 03.30 Monday morning headtorch suitably in place! John had a really tough night on Saturday but today he smashed it!! Pbs for us both 😊 Hope someone has a crowbar to get these legs working again for next weekend 🤔🤔



And the legs didn't drop off!

But we had finished!!! Johns first 100 and my 3 3/4th.



The next morning we woke to more lovely messages from our CRC friends - these extracts of my replies probably say more about how we felt at the time:

Msg to David Mannion-

Thank you! John said he feels f##ked but he's lying! Just really 'woke up', legs a bit stiff but working quite well surprisingly. John has really surprised himself and is well chuffed to go from a disappointed 43mile VW to absolutely smashing 100 altho those last 3 miles were gruelling for us both. I prefer to run (when I can) but i will say I've learned a 100 walk is just as challenging as a 100 mile run without a doubt! That post by Sarah absolutely came at the right time as we were both hurting at that point and could so easily have lost focus and motivation as at that time we were tired and those final miles just seemed to take forever - but mission accomplished and very chuffed with it. We are all thankful and readily say how much CRC encouragement and support helps us in our endeavours but there was no doubt this weekend for us!!

Msg to Emma Morrison

Surprisingly ok and John too. Just getting to grips in my head with this weekend so perhaps a bit emotional, but now got the clearing up to do so that should sort me out!! It's been a real journey for John and me too and the CRC support absolutely got us thru. When John was having a tough time (we both had tough times) I said we've got the club behind us so we can't stop now - and he didn't, he just got stronger! He had supportive messages from club members and his LDWA walking buddy and that again made the difference between giving it one more go or just giving in. This CRC 'thing' is powerful.

Msg to Sue Burton

I can't tell you how strong he was for those last 3 miles which were just gruelling for us both. To see him go from a very disappointed 43mile VW to smashing 100 in such an amazing way is a real eye opener for me! I think I'm getting a bit emotional but wanted to say thank you xx I'll shut up and get back to the gin xx

There were 13 who completed the 100 mile walk over the weekend, whilst many others opted for shorter and no doubt just as fun alternatives, but as one walker put it

[Rita Williams](#) You're not allowed to retire. Just fall in a ditch and wait for helicopter rescue 🦅 🚁

I didn't like the clearing up afterwards, but one checkpoints clearing up did make me smile

Courtesy of Hannah at CP14



#CRCwithyouinspirit

