



CRC Newsletter – September 2020

Whilst we are still facing uncertain times, and a different kind of 'normal', it hasn't stopped CRC members from keeping themselves active and achieving great things.

When we last wrote, the June elevation challenge was underway and when this finished at the end of the month, 54 members had taken part and had recorded a total elevation of 233,898.90 feet.



June also saw 150 of us take part in the virtual marathon relay, with 15 teams of 10 covering the 26.2 mile distance. Following the success of this event, we have organised 2 further relays – the Super Mile in July and the 654321 event last month. These have been a great way of bringing us together and offering the support and encouragement of each other that CRC is so good at.

With the majority of races being postponed or cancelled, there have been lots of people doing their own versions of what they had entered. For the Comrades crew of Moira Westley, Bobby Kneale, Frankie Thomas, Andy Dukes and Mike Wells, they swapped South Africa for the Lincolnshire Wolds and ran together on what would have been their race day.

Phil Vines took part in the virtual 24 hour Thunder Run event, on 18th July, recording a distance of 25.33 miles. Another amazing performance came from Derek Commander on 24th July, when he

completed his personal challenge to run his age, covering a massive distance of 67 kilometres – fantastic achievement, Derek!

It should have also have been the highlight of the racing calendar with the incredible event that is the Sting and Mini Sting. It was great to see lots of members still choosing to run the routes and lots of grateful thanks were received from the entrants of the Mini Sting who were excited to receive their badges as a memento.

July also saw us take on the 100 mile challenge again, and on this occasion, our combined final mileage total was a huge 11,174.56 miles!

August brought lots of excitement, including the trial of a return to club runs. This was well received and worked well and has now been rolled out for 3 sessions, twice a week, on Tuesdays and Thursdays. If you would like to join any of these runs, make sure you book your place in advance by putting your name on the [CRC Club run booking form](#).



A large number of members completed the virtual North Lincs half marathon and 5K, very well done to you all.





Team GB Ultra runner, legend and all-round nice bloke, Rob Payne had the honour of giving his team kit its first outing, taking part in the IAU Global Solidarity run on 29th August. Rob took to his favourite running route (Lincoln Drive!) to run 194 laps within the 6 hour time limit, covering a staggering 54.91 miles. Rob finished a close second amongst the Team GB entrants and although full results have yet to be released, looks set to be one of the top performers worldwide. Huge congratulations, Rob!



A handful of events have managed to go ahead, and congratulations go to Giacomo Squintani, for completing the NDW100 and TP100 events, putting him halfway through his goal of completing four 100 mile races in the space of 3 months this year! Gia set a huge new PB by over 3 hours for the 100 mile distance running a time of 19 hours 14 minutes at Thames Path 100 – well done, Gia!

A popular local event saw members back racing last week at Normanby Hall 10K. Congratulations to everyone who took part, either on the official route or by doing their own, virtual version. And a special mention to overall 3rd lady and first 'super vet' Tracey Fearn, running an incredible time of 40:01.

Some of our members like to challenge themselves in ways other than running, so a big well done goes to Tina Thomas who completed a 3 mile swim in Lake Coniston last Saturday.

As we write this newsletter, one round of the CRC annual Time Trial event has taken place with 3 more scheduled for each of the remaining Saturdays in September. Please add your name and predicted time to the [online spreadsheet](#) if you'd like to take part.

Sunday 13th September should have seen some of our members head to Boston (UK) to take part in the marathon and half marathon. Undeterred by the cancellation of that event, they will be running their chosen distance, starting from Caistor Market Place at 9:00am, so give them a cheer if you see them!

As you can see, there has been lots going on, and there is more to look forward to, including next month's 10 in 10 challenge (details to follow) and many reasons to celebrate. Not all of these celebrations are running-related, so please join us in congratulating Harry Storr and Imogen Partridge on their engagement, Colin Fincham on his 60th birthday, Hayley Briggs and Paul Howard on their 40ths and Tom and Emma Bell on the birth of their daughter, Eve.

Whilst there is no denying it's been a funny old year so far, writing these articles shows that where's there's a will, there's a way! One thing that is guaranteed is that the nights are drawing in, so now is a good chance to check your headtorch and batteries, it will soon be time to be needing them. For anyone looking for winter CRC kit, we have long-sleeved tops, Buffs and bobble hats available, give Mike / Sarah a shout if you'd like anything to keep you warm and stylish in the colder months.

Stay safe and happy running everyone!

Sarah & David