

## CRC Bitesize Newsletter – December 2020

Welcome to our latest roundup of what's been happening amongst our members.

Since writing our last newsletter, going back to September, Nigel Morrison and Jo Stephens took part in the Virtual Great North Run and too many members to mention individually completed their choice of either 10K or Half Marathon distance for the ABP Humber Coastal event – great running everyone!

One event which did manage to be given the go ahead, was the Bassingham Bash, a 5 mile road race which saw Tracey Fearn finish as 1<sup>st</sup> FV50 in an incredible time of 31:33.

October was a very busy month with lots to report on. Members have been completing various virtual events, which are usually well-supported club favourites, namely the Hedgehog Half, Gruesome Twosome and Grimsby 10K. Another very popular event with members is the Dukeries 30 & 40, which had been rescheduled to take place on 17<sup>th</sup> October. Unfortunately this wasn't able to go ahead, but, Chris Ramsay, Bobby Kneale, Hannah Smith & David Mannion all headed off to Nottinghamshire and ran the 40 mile route anyway, accompanied for the last 31 miles by Frankie Thomas and Mike Wells. Very well done to you all, especially David and Hannah on their longest runs to date, even if David did end up in a surgical fracture boot as a result!



Our congratulations also go to Katy Hewis who completed a whopping 50K for the Marine Corps Virtual Ultra and to Andy Bullimore, who took part in a Swim/Run event, finishing 1<sup>st</sup> V50 and 4<sup>th</sup> overall.

October should also have seen the rescheduled London Marathon, but again this had to be operated as a virtual event. A huge well done to our chairman, Chris Hewis and his lovely wife Katy for completing this challenge, and also to first time marathoner Carrie Vaughan, and her huge rolling support team on the day, who ensured she had an incredible experience for her first marathon.

Another member who definitely deserves a mention is Laura Sutherland who walked the full marathon distance to support her friend.



Once again, there have only been a small amount of races which have actually gone ahead, but two of these have been the Centurion Autumn 100 where Giacomo Squintani ran the 3<sup>rd</sup> of what should have been four 100 mile races in the space of four months, and the Mallory Park 5K at which Tracey Fearn earned herself a new PB of an amazing 18:44.

So many of you found a huge selection of ways to complete your personal CRC 10 in 10 Challenge, earning a fab badge

and raising an incredible £774 for the Lincolnshire and Nottinghamshire Air Ambulance charity. A massive well done to everyone who took part and thank you for your donations.



October also saw Luke Shillings move up to the V40 age category.

November has seen us wish Happy 40<sup>th</sup> Birthday to Helen Shillings and Happy 60<sup>th</sup> to Andrew Harrison and in running terms has seen lots of people taking on the virtual challenges of Brigg 10K and Gainsborough 10K. Our club challenge was 100 Miles in November and 47 members clocked up a combined walking, running and cycling mileage total of 5431.01 miles, which is brilliant!

Speaking of brilliant, that is certainly how you could describe Rob Payne & Gia's achievements in November. Both had entered the SDW100 trail race, which for Gia should have been his 4<sup>th</sup> and final 100 mile 'Grand Slam' event of the year and for Rob, was going to be his chance to show Team GB's selectors that he was still in form ahead of next year's 24 hour World Championships.

Not to be disheartened by the last minute cancellation of SDW100, both created their own virtual 100 mile routes, with Rob running his favourite local race and training routes (including the Sting,



Wolds Ten & Gruesome Twosome) plus of course many laps of Lincoln Drive, and finishing his 100 miles in an incredible 14 hours 47 minutes! Gia's route was slightly simpler to describe than Rob's: he just ran loops of his street in Portishead, which as each loop was 0.43 miles, meant he ran past his house (and all his neighbours') 230 times in the 19 hours 58 minutes it took him to complete his 100 miles. Astonishing achievements, both!

Whilst on the subject of congratulations, these also go to Lottie Bell and her new fiancé Gaz, on their engagement.

There's no denying that lots of things have been very different this year and December is no exception. We'd normally be having lots of fun in our fancy dress outfits, with lots of social runs and well-deserved post-run refreshments. The challenges which David has posted about so far this month are designed to bring a bit of fun to your running, so please share your selfies on the Club's Facebook page and let us see any Strava art you manage to create.

You'll be aware that we are currently fundraising for Caistor Cares by selling raffle tickets. If you can support this worthy cause, then to buy tickets, simply send an online payment to the CRC account, which is the same one you use to pay your membership, and put your name and 'XMAS' in the reference box.

The bank details are:

CRC

51-81-34

88504271

We will then allocate a number for each £1 given, so if you give £5 your name will be on 5 numbers.

Looking ahead, our AGM will be taking place on 30<sup>th</sup> January 2021, though at this stage we're not sure in what format. You'll have seen that there are some vacancies for some of the roles within the club and if you think you may be interested in taking any of these on, please contact Chris Hewis.

It's also the time of year for us to renew our CRC Memberships for 2021! Please check your emails for the comprehensive outline that Dame Kath Young has sent out, with all the details of how to renew and the different membership options available. As per Kath's email, if you're planning to renew, please note the deadline for doing so is 31<sup>st</sup> January 2021.

This will be our last newsletter for this year and as we've said before, it's been a strange one, but in spite of having to adapt and to find ways to do things differently, we're still out and about doing the thing that brought us all together in the first place.

Thank you for your support of the club and each other. Wishing you all a safe and Happy Christmas and hoping 2021 will see us reunited and doing all of the things that make our club such a special one.

*Sarah & David*