

## CRC Bitesize Newsletter – July 2021

Hello everyone.

As things begin to return to some kind of normality, including the return of some *actual* races and events, I have lots of exciting stuff to write about for this newsletter.

When I finished the previous one, Claire Bates was getting ready to run her first marathon distance, which she completed successfully with lots of support from clubmates, friends and family, and a lovely celebration took place in the park afterwards.

That same weekend saw Rob Payne take part in the Centurion Track 100 mile event in Kent. Rob set off in customary confident style, and for the first few hours was running a similar pace to Aleksandr Sorokin of Lithuania, the pre-race favourite. Unfortunately, Rob's day ended early, as injury forced him to stop after completing 50km, however Sorokin kept going, and going, eventually breaking the previous world 100 mile record by 5 minutes, setting a new mark of 11 hours 14 minutes! So, although Rob's day didn't go to plan, he was able to stay to watch the historic run unfolding!

Also that same weekend, Alan and Diane Crookes both took part in the Run for Wildlife 5km and Keith Lamb celebrated his 50<sup>th</sup> birthday.

Moving on to May, there are loads of things to recap; starting with one of quite possibly the wettest events, ever: Dukeries 30/40! It rained from start to finish but even constant rain, mud and a knee-deep water crossing doesn't dampen CRC spirits, although it did scupper our post run picnic a little bit!

There's an additional Dukeries 40 event this Saturday, and in preparation for this, Louise Robinson has been doing lots of long off-road training runs, including the Goring Gap trail marathon. Well done Louise and good luck to you, Jill and Derek Commander for Saturday!

I'm sure you'll all have seen lots of photos showing many of our members having a great time at the Normanby Hall adventure race. This was also a first opportunity for lots of participants to get their fancy dress outfits out for the first time in a long time!

Some of our members have been busy taking on their own challenges during the last few months, so a big well done goes to Tracey Andrews and Rachael Edwards, who have completed an 'End to End Challenge', walking the equivalent distance between Land's End and John O'Groats – that's 874 miles, and to Becky Marriott who completed the Pennine Way virtual challenge, covering a total distance of 431km, and also cycled 100 miles in May to raise funds for Prostate Cancer UK.



Whilst we are on the subject of long distances, many congratulations Laura Sutherland for completing an LDWA 50 mile walk – in just one day, and qualifying for the official LDWA 100 mile walking event next year.

Loads of you earned yourselves your very impressive piece of North Lincs Virtual Half Marathon bling. This is always a popular local event, so it was great to see lots of people taking on the challenge and supporting each other. Congratulations to you all, and well done Sarah Brown and Tulin Hope on completing your first half marathons.

Two events which were able to go ahead in May were Peterborough Marathon and Boston UK Marathon and Half Marathon. A small contingent headed off to both of these, where Chairman Chris, Hannah Smith and Rob Crump earned themselves shiny new marathon PBs at Peterborough, as did Moira Westley at Boston. Well done to you all and to everyone else who took part in both of these.



Sunday 30<sup>th</sup> May saw 2 teams of CRC runners, plus supporters, head over the bridge to take part in the Yorkshire Wolds Way Relay. This is a fab event, which CRC has had several teams take part in over the past few years. Following on from the success of 2019, this year's CRC Team Beer (a mixed team) finished in first place in a new course record time of 9 hours 49 minutes 14 seconds, closely followed (just 12 seconds behind!) by City of Hull AC's Men's team. A great day out was also had by the runners and supporters in CRC's Team Cake, who also completed the 79 mile challenge, a big well done to all involved!

We haven't had many new age category birthdays this year, but May saw us wish Simone Williams a happy 40<sup>th</sup>.





Saturday 12<sup>th</sup> June was a particularly busy day, when Rob Payne and Giacomo Squintani both took part in the South Downs Way 100 mile race. Rob was in first place for most of the day, until sickness and a recurrence of his previous injury forced him to stop at 66 miles. Gia made it to the finish in Eastbourne in a time of 24 hours 53 minutes, to complete the 2020 Grand Slam of 100 mile races (this event was postponed from last year). Gia was one of only 18 competitors to complete all 4 of the 100 mile races, and finished 6<sup>th</sup> overall with an average time of 22 hours 56 minutes. He even managed a very impressive leap over the line at the end – well done Gia!

Also the same day, Louise Robinson completed another marathon: the Sunset Marathon along the Norfolk Coast, Anne Rae and Tim Blackburn headed off to Thirsk to take part in the 16+ mile White Horse Half Marathon. Gill Fox represented CRC at the Nene Valley 20 mile trail race. Well done to you all, and to Craig Ward who completed the Grimsthorpe Castle Half Marathon on the following day.

Following the theme of trail races in the grounds of old halls, George and David Bancroft and Sally Uren completed the Burton Constable 10K, which was George's first event as a CRC member and then there were lots of you who headed to Normanby Hall for the ever-popular 10K there. A special mention to Linz Reynolds and Rachel Pettifer who ran their first events as CRC Members. Well done to you both and also everyone else who ran or supported.



That same weekend also saw Laura Sutherland, Pam Harrison, Annemarie Turner and Leanne Walker head off to Sheffield to take part in the multi-stage trail race, the Round Sheffield Run. Well done to you all and double congratulations to Pam as she and Andrew also celebrated their 30<sup>th</sup> wedding anniversary.

A little further from home but again, on the same weekend, after years of planning and months of training and preparation, Loz Brown set off from Keswick's Moot Hall to take on the challenge that is the Bob Graham Round. For anyone not familiar with this crazy challenge, it involves reaching 42 of the highest summits in the Lake District (approximately 66 miles and 27,000ft elevation – that's almost the height of Everest!)

and then returning to Keswick within 24 hours. Named after the first person to complete the challenge, back in 1932, the BGR as it's known in Fell Running circles, is an iconic challenge for the hardest off-road runners, and is successfully completed by only a handful of people every year. Supported by some similarly crazy running friends and several CRC members, Loz completed his round in a fantastic time of 22 hours 52 minutes – to become the first club member to accomplish this crazy feat. Huge well done Loz!

Ian Turrell left Caistor and headed to the Peak District last Saturday, taking part in the Peak District Ultra Challenge, covering a whopping 50 kilometres. Very well done to you Ian, and yesterday, Tina Thomas was competing at Holkham in the Outlaw Half Triathlon, comprising a 1.2 mile swim, 56 mile bike ride and 13.1 mile run, which she finished in an incredible time of 7 hours 15 minutes. Very well done Tina!

As you can see, from this not so short newsletter, there has been lots going on and hopefully this will continue going forward. Our club runs are currently operating as groups of 15 and are being really well attended, but hopefully from August we will no longer need to operate a booking system and we'll all be able to get back together, and the new social team can organise a bit of a do to celebrate that occasion.

Our fingers are also crossed for the return of parkrun on Saturday 24<sup>th</sup> July, and if anyone would like to volunteer to help out, please contact your local parkrun event.

Talking of volunteering opportunities, we still require lots more helpers for the Sting on 22<sup>nd</sup> August, so if you're not running it this year, please consider helping out.

I think that's everything covered for now, stay safe and happy running everyone!

*Sarah*