

CRC Bitesize Newsletter – September 2021

Hi everyone.

It doesn't seem that long since our last newsletter, but there's been lots going on so there's plenty to write about.

Some of you will remember that a group of members headed to Nottinghamshire in May, to take part in the Dukeries 30 and 40 mile event, and July saw an additional 40 mile event, which Jill and Derek Commander and Louise Robinson took part in – well done to you all.

A popular local event, Grimsby 10K took place on an absolutely scorching Sunday in July, and everyone who took part in this one should be congratulated on their fantastic runs in such difficult conditions. CRC Ladies, Hannah Smith, Lottie Bell, Tracey Fearn and Sarah Hoyle were the 2nd placed ladies' team which is fantastic.

I mentioned at the end of the last newsletter that we were hopeful for a return to parkrun, which did happen and has been regularly supported by club members each week, both as participants and volunteers.

Unsurprisingly, probably the most crazy running CRC achievement of recent times was Giacomo Squintani's successful completion of the 145 mile Kennet and Avon canal race. This involved Gia catching a train from Bristol, near his home in Portishead, to London, and then instead of getting another train back the next day, he ran back instead... As you do. He even managed to make his way to the finish, despite getting lost a few miles from home and falling in the river Avon whilst trying to work out where he was. Congrats on redefining 'crazy' once again, Gia!

Talking of incredible achievements over crazy distances, congratulations to Rob Payne for successfully completing the Outlaw Iron distance triathlon.

Another multi-event "well done" goes to Andy Bullimore, who took part in the Brecca Gower 20km SwimRun event.



There have also been 2 non-running-related causes for celebration, since last writing. Congratulations to Lesley Turner on her wedding to Stuart Lombard, and to Hannah Long and partner, Mark on the birth of their baby son, Kit.

August has been a really busy month, with an increased number of events taking place, which lots of you have been getting involved in. Chris Ellis, Moira Westley, Chris Ramsay, Anne Rae, Tim Blackburn, Des Mannion and Teresa Wesley, all took part in the Hardmoors Farndale Half Marathon which looked fantastic and hilly in equal measure. Well done to you all.

Louise Robinson headed off to take part in the North Wales Half Marathon, which again sounds great and Louise put in a fab performance.

Two events took place in York – the first attended by Rob Crump who earned himself a shiny new 10K PB, with an incredible time of 37:46 and the second event, which lured Wayne Turrell – the York Chocolate 10K. I know which one sounds more appealing to me! Good choice and great run, Wayne.

Wayne was in action again at Gilberdyke 10 mile race, along with Tracey Fearn who was 1st in her age category with a time of 1:06:16! Very well done to you both.

Whilst we are on the subject of age category wins, a huge “well done” to Tina Thomas for hers at the Evolve Triathlon.

Some CRC Members seem to have a keen interest in running around in mountains! You’ve probably seen Rob Payne’s post from earlier today, letting us all know that he’s setting off in the morning with some fellow crazies, competing in the 165km Ultra Trail Snowdonia race. Last month Rob also completed Scafell Pike Trail marathon. Wishing you the very best of luck, Rob!

Closer to home, several of our favourite local events have taken place – there were super speedy performances by Hilary Burkitt and Frankie Thomas at the Normanby Hall Supermile. Two races have now taken place at Hubbard’s Hills as part of the Wolds Dash series and a huge well done to everyone who’s taken part in these. There was also a 1-off Croxby Crawl race this month, which was well attended by members, including Andrew Harrison who took on the challenge of Joan Collins and Heartbreak Hill for the first time. Well done everyone!



Two of what were, quite possibly, the most exciting running occasions in what feels like forever, also took place last month. We were reunited as a club for our club runs and the first one was definitely a very special occasion and a spectacle to behold as we donned our carnival-themed fancy dress to run the Pub in the Woods route, before a fab social back at the club where everyone shared their baking delights.



The other occasion and one which undoubtedly makes you proud to be part of CRC, was the Sting. Things were slightly different this year, but it was the same great event that it always is, with everyone coming together to help and support and to create the amazing atmosphere that the race has become so well known for. It was an emotional occasion but also a very proud one, so thank you to everyone involved and a huge well done to all of you who ran, it's one of those courses that doesn't get any easier no matter how many times you practice! There were some fabulous individual performances, earning the following people their age category prizes: Kate Brown (40-44), Moira Westley (55-59), Caroline Scott (60-64) and Andy Byatt (50-54). Andy Bell was crowned "King of the Sting" for the highest age grade on the 2km Sting segment and overall ladies' winner was Hannah Smith, followed closely by Rowan Booth and these awesome ladies along with Moira Westley are proud recipients of the ladies' team trophy. Congratulations to you all!

Another exciting club event is our annual time trial – which saw 50 runners, over a dozen volunteers and a host of supporters turn out for what is always one of the most dramatic and exciting nights of the year. First across the line was Alex Webster, who beat her handicap time by over 4 minutes, and the first male finisher was Rod Burton. We also saw new all-time male and female course records set for the 4.4 mile time trial route, with Hannah Smith (29:28) and Rob Payne (23:01) setting the impressive new marks. In the most important part of the time trial competition: runners' predictions, there was some entertainingly inaccurate guesses as usual, and 44 people ended up being quicker than they thought they'd be. One person who made an exceptionally good prediction was David Willerton, who was only 1 second out from his guesstimated time and was the clear winner of most accurate guess on the night. Many thanks to everyone who made the evening so much fun and to Jo and the team at the Sali for the hospitality and post-run refreshments.

September has got off to a great start for our members. Rob Crump and Andy Bell had fantastic runs at the Major Stone Half Marathon last weekend, while several other members were out in force at the Broughton Burn 10K.

Ellie Brook may have recently moved, but continues to be a CRC member and was flying the flag for us at Bracknell Half Marathon – well done Ellie.

Another newer member, Adam Croy was also in action last weekend, taking part in the Louth Sprint Triathlon, well done Adam.

Autumn is generally a busy running season and despite everything that's happened in the last 18+ months, this year doesn't look much different.

This weekend sees some of our members heading off to take part in the Great North Run so good luck to you all. And next weekend, Chairman Chris and Moira will be taking part in the Hardmoors 60, in memory of David. Safe running to you both, we're all rooting for you!

Looking a little further ahead, marathon training is well underway for quite a few of our members who will be representing CRC at Chester, London, Manchester, Liverpool and York marathons next month. Wishing you all the runs you deserve – believe in your training, race day is your glory lap, and don't forget to smile for the photographers!

As you can see from all this news, our little club is continuing to thrive and is something to be proud of thanks to people like you.

Until next time, when there will no doubt be loads more exciting news to share.

Sarah