

CRC Bitesize Newsletter – December 2021

Hi everyone.

It's time for another newsletter, and once again, there's so much to write about, to recap on all the fun we've been having and to celebrate everyone's achievements.

Firstly, I'd like to congratulate Paul Howard and his new wife, Jennifer on their wedding in September. Wishing you both a long and happy married life together.

At the end of my last ramblings, I was wishing everyone good luck for the Great North Run. That seems a long time ago now, but it's a lovely memory for those of you who took part and ran so well.

The three months since I last wrote have been really busy, with members travelling all over the country to take part in a whole host of events. Sally Uren completed her first triathlon, the Dambusters at Rutland Water, Carrie Twidale enjoyed a weekend at the Keswick Mountain Festival, where she ran the half marathon and Tracey Fearn ran a very impressive new PB and club age category record of 1:28:04 at the Vale of York Half Marathon. Congratulations on your achievements ladies.

Also in early September, Rob Payne took part in the UTS 165km in Snowdonia, an incredibly challenging event, which he's described as the toughest he's yet to attempt – which for Rob is saying something.

You'll also remember me telling you that Chairman Chris and Moira Westley were going to be taking part in the Hardmoors 60, which they did in an impressive time of 14 hours, 51 minutes and 39 seconds, which also earned Moira the 1st F50 trophy. I know how much completing this event meant to

them both, and also how much they appreciated the support of fellow clubmates on the day, and everyone's generosity in their fundraising for two charities in David's memory.



Club members were out in force at two events which always prove popular – the ABP Coastal 10K and the Tissington Trail Half Marathon. Very well done to all of you who took part in these and also to Harry Storr, Des Mannion, Teresa Wesley, Nigel Fearn

and Sarah Brown on their fantastic runs at the Beverley 10K, which saw Sarah run under the hour for the first time, finishing in 58:58.



Adam Croy was back in triathlon action at Brigg, along with Frankie Thomas – well done to you both and following the watery theme, but also with some mud and obstacles thrown in, it looks like lots of fun was had by members at the Lunacy Run!

Back on drier land, well done to Laura Sutherland for completing the Sheffield Half Marathon, Ian Turrell on the Sheffield 10K and to Linda Bristow-Tyler who completed the Robin Hood Half Marathon.

Phew! If you thought September had been busy, just wait until I get started on October!

Rob Crump got his month off to a fantastic start by finishing 2nd overall and 1st V40 at the Ladybower 50 mile race, with I believe, a few words of encouragement towards the end from coach Rob Payne! Congratulations on a great run, Rob! The 3rd October was a particularly busy day, which saw our awesome runners taking on the London Marathon. Amongst the thousands taking part were Jill Bell, Claire & Andy Byatt, Lydia Walton, Abi Pearson, Tracey Fearn and completing his first marathon: Robin Nicholson. Also on the same day, there was the usual great

turnout of CRC runners at the Chester Marathon and Metric marathon, with several completing their longest ever run, and Hannah Smith setting a new marathon PB of 3:21:56, which is also a new CRC record for the V35 category, well done Hannah!

And that wasn't all that happened on 3rd October – much further north on the same day, Stella Crookes completed her first marathon at Loch Ness, many congratulations Stella!

Lots of you also took part in the Hedgehog Half Marathon and another club favourite event, the Gruesome Twosome Half Marathon and 10K, and as the weather turns chilly, you'll be getting plenty of wear out of your beanie hats!





Making the Gruesome look pancake flat (we all know it isn't), Rowan Booth took to some hardcore hills and completed the Yorkshire 3 Peaks Race, a 23.3 mile route, with 5,279ft ascent, in an incredible time of 4:53:42 – huge well done Rowan!

Talking of incredible performances by our ladies, massive congratulations to Laura Sutherland and Rachael Edwards, who successfully completed the Round Rotherham 50 mile event.

The manic marathon month continued, with Hannah, Faye, Mike Eckersley, and Claire and Andy Byatt flying the CRC flag in

Manchester, followed by Andy Bell, Kate Brown, Mike Wells and in his debut marathon: Ian White, at York. Well done everybody, you all did so well! Whilst talking about York, I must thank my awesome running buddy, Fran Allison, for being by my side for every step of the York 10 Mile and quite literally being the best right-hand woman, doing all the things for me that my broken right wrist wouldn't allow!

Once again, members went all over the place in pursuit of running for fun, so a big well done to Gill Fox, Anne Rae and Tim Blackburn on your runs at Dalby Forest, Conquer the Forest 10K, to Des Mannion and Teresa Wesley at the Brighton Half Marathon and Damon Pritchard-Williams at Silverstone 10K.



Dukeries events are always popular with CRC runners, and this year saw a 10 mile event in October, and another popular event was the Run for Wildlife 5K in Yorkshire. Well done to everyone who took part in these.

On what was quite possibly the wettest day, ever, lots of brave souls got soaked to their smalls whilst running Worksop Half Marathon, Brigg 10K and Lincoln 10K. In spite of the conditions, there were some amazing runs and it looked like you all still managed to enjoy yourselves.

Rounding off the month are two extremes: Rob Payne won the Thames Trot 47 mile trail ultra, setting a new course record of 5 hours 47 minutes, 31 seconds – congratulations Rob!

Not quite so focussed and determined, a contingent headed to Liverpool, some with disturbing fancy dress, others a beautiful array of sea creatures, but all up for lots of fun, eating and drinking, with a bit of running thrown in – and a great weekend was had by all!



November saw the welcome return of Cleethorpes Prom Race series. It was great to see a good turnout of members and witness Rob Payne's winning ways continuing – are there no ends to this man's talents?

Members were also out in force at Gainsborough 10K. It's fab to be back at races and to see all the club vests and supporters' flags in action again.

We had 2 representatives at a new race series for this year, at Revesby – where organisers had kindly offered 2 free places which were won in a draw by Rowan Booth and Harry Storr, who impressively finished 3rd female and 2nd male respectively. Very well done to you both. The race organisers have also given us 2 more free places for their December event, and these have been won by Jo Ramsay and Frankie Thomas, so good luck to both of you.

This month has also seen Anne Rae and Tim Blackburn complete the Goathland Hardmoors Half Marathon, Hayley Briggs and David Willerton complete the Dambuster 10 Mile and Mary Farmery join her family to take part in the Olympic Park 10K. Very well done to you all.

It was another busy weekend that saw 2 days of Maravan and lots of runners also heading to Barton for the Deepdale Dash. Huge congratulations to everyone who ran, including Sarah Allen, Lisa Kidd, Amelia Louth, Adam Croy and Andrew Harrison who ran their first ever marathons, to Chris Ramsay, Rod Burton, Giacomo Squintani and Mike Wells who completed the double marathon and Faye Thompson who was 1st Lady marathon finisher on day 2. More congratulations are in order to age category winners at Deepdale: Rob Crump (MV45), Caroline Scott (FV60) and Hilary Burkitt (FV65).



Last weekend's weather was certainly challenging for running, but that didn't stop Rowan Booth from running just a few seconds shy of her half marathon PB at Clowne, and several members having fantastic runs at Doncaster 10K, including Tracey Fearn who won her age category prize with a super speedy time of 39:43. Well done everyone.

In addition to all these incredible running achievements, we've also had another reason to celebrate this month, and that's the 10th anniversary of CRC. The ladies who make up the social team delivered a fab evening to mark the occasion, which also honoured Chris Robey as the man who made it happen all those years ago and Rod Burton for all he's done for the club over the years by presenting them with lifetime memberships of the club. Louise Hobson and John Rainsforth were also presented with honorary membership of the club, in recognition of all that they do to support us.



As someone who's been there almost from the start, it's incredible to look back and see how far the club has come, not just in terms of its membership numbers, but also its performances and results, whilst still maintaining the thing that's made it so special – its friendliness and inclusivity.

The planner has just been published for December and into the new year, so you'll see several Christmas fancy dress and socialising opportunities which we hope you'll enjoy, so that really just leaves me to wish you all a Merry Christmas and a safe and happy 2022.

Sarah