



Easingwold Running Club – Advertiser article November 2019

"It's sad, so sad (so sad). It's a sad, sad situation.
And it's getting more and more absurd.
It's sad, so sad (so sad). Why can't we talk it over?
Oh it seems to me,
That sorry seems to be the hardest word".

Let me explain!

Last month, York held the 'Yorkshire Marathon' (and the 10 mile race too) and I reported on it in October's article. Finding names of our club's runners out of thousands is not easy so it's a simple task to filter using 'Easingwold Running Club'. Unless, two of our members weren't under the club's name (long story!) So, I missed both Liz Chambers and Karen Rayner, and although Elton sings a great song, "sorry" is actually easy to say. I add this here as it's a really big deal to train for and compete in and finish a marathon.

ERC runners can and do complete many races throughout the year, 5ks, 10ks, 10 miles and half Ms, but a Marathon takes dedication, perseverance. It's a mental test as much as a physical one. So, belated congratulations to both Liz and Karen, along with our other competitors on that major achievement. Liz finished in 4:09:45 (2119th) and Karen in 4:53:50 (3368th). Great effort both.

I mentioned 5ks above and many readers will be aware of the 'Park Run' organisation, countrywide and overseas too. Our own local Park Run at Millfield takes place, as they all do, every Saturday at 9 a.m. It's a great chance to join a really friendly, fun and testing (if you want it to be!) run and please don't be put off if you're new to running/jogging etc. In fact, on December 7th, ERC are "taking over" the Park Run for the morning. Clubs and others can do this and it gives us an opportunity to promote ERC. Whether it'll be your first or you have the '100 T shirt', you'll notice our club colours, so do come and say hello and don't hesitate to ask about ERC if you'd like to. Both the 'Park Run' and our own websites are well worth a look for information as well.

So, to ERC's recent results... Our Club Championship (CC) started again in September and CC3 was the multi-terrain 10k at Whixley. A lovely sunny and cool day saw thirty of us race around the wet and muddy course. In the Female category finishing in 41.14 (14th) was Sam Davies, followed by Claire Longbottom in 49.22 (51st) and just behind, Emily Gregg in 49.26 (53rd). For the Men, as follows: Craig Gath, 37.39 (2nd); Cameron Choules, 38.52 (5th) and Neil King, 38.56 (6th).

CC4, took place three weeks later in Tadcaster. This was a 10 mile road race and new to our CC this year. Eleven members headed south from Easingwold for this one with the top three in both categories as follows. Female: Claire Longbottom - 1.23.21 and 289th; Sarah Dixon - 1.28.34 and 359th and Lindsey Walker - 1.32.45 and 153rd. Male: Neil King - 1.02.33 and 33rd; Colin Fletcher - 1.04.56 and 53rd and Richard Freeman - 1.15.08 and 153rd.

Well done to all who took part in those two CC races and we now look forward to the last two of 2019, the cross-country (x-c) challenge at Summerhill near Hartlepool on December 8th and then the ever popular 'Jolly Holly' multi-terrain 10k in Ripon on December 29th.

Two years ago, ERC joined the North Yorkshire and South Durham Cross Country League (NYSD) and the club decided to add a couple of these really fun races to our CC.

And, although not CC races this year, November has seen our runners at the NYSD rounds at both Whitby and Redcar. Charles Choules was our only representative in the U15 boys at Whitby and finished his 4.2k in 21.36. Well done to Charles.

Our Ladies team saw Sam Davies come 3rd over the 5.4ks in 22.39 with Emily Gregg 26th in 25.15 and Claire Longbottom 29th in 25.40. Linda Carruthers 38.36, Rachel Farrand 38.51 and Louise Gregg 39.48. The Men's team: Craig Gath - 35.34 (18th); Cameron Choules - 38.05 (52nd); Colin Fletcher - 39.14 (62nd); Howard Thompson - 42.56 (107th); Davide Di Maio - 45.08 (123rd) and Kevin Johnson - 51.42 (148th).

In Redcar, Charles Choules again wore the ERC vest in the U15 boys and ran his 3.1k route in 15.29. Ladies team top three: Sam Davies - 24.55 (2nd); Claire Longbottom - 28.55 (29th) and Cath Howell-Walmsley - 30.23 (39th). Men's team top three: Craig Gath - 34.47 (26th); Neil King - 35.58 (36th) and Cameron Choules - 36.49 (51st). Well done to all our runners.

As you have no doubt noticed, our members take part in a wide range of races as well as supporting the club at training evenings and social events. You may see us around Easingwold on Tuesday and Thursday evenings, have stumbled across our website, noticed the ERC photo board in the Galtres lobby area and you might want to chat at the Park Run. Whichever, whenever and however, I know the club represents itself and our small town in a positive way with members proud to wear the ERC vest. And I'm also definitely not "sorry" to say that!

Jonathon Harris-Douglas, Publicity Secretary