



Easingwold Running Club – Advertiser article September 2018

As Britney Spears might've, sort of, probably not, sung in Scarborough last month, inspired by ERC's new club champion... "oops, he's done it again!" 2015 saw Howard Thompson take the coveted title for the first time and this year he has, indeed "done it again"...

Well done from all of us at the running club Howard for another excellent season and a well deserved first place in the club championship (CC).

Over the last few races, it was close as usual with Colin Fletcher looking a possible favourite to pip Howard but, in the end, he didn't complete the required number of events. So, congratulations also to Mark Whiteman and Steve Loseby for making up the top three and also to Samantha Davies for fourth place overall in her debut season and therefore being 'first lady'. Also, just behind Sam in fifth and sixth positions were Sally-Anne Lardner and Sheila Capper respectively.

Howard needed to cement his advantage in the last two races of the season and despite Steve finishing second at the 'Sessay Swift 6k' in August in 22.43, just behind Cameron Choules (22.06) and ahead of ERC's 3rd placed runner Fergus McClanachan (22.55), he kept the top spot into the traditional season finale at Tholthorpe on the first Sunday in September. Craig Gath topped out for ERC at this one in 39.42 with Daniel Curtois second in 40.12 and previous club champion (2013, 2014 and 2016) Steve Loseby in third with a time of 40.14. Ultimately, Howard had done enough over the best counted eight races and is a worthy champion this year for sure.

Final table as follows: Howard Thompson - 645.18; Mark Whiteman - 634.15; Steve Loseby - 626.68; Sam Davies - 593.35.

So, the CC is over again for another season, but, as you're reading this, our enthusiastic and dedicated runners will already have taken part in 'Round 1' of the 2018-2019 championship. The Sutton 10k hosts the opener as usual. It's another local and well attended race, supported by the club. Partly off road through the grounds and woodland of Sutton Park and over parts of the old airfield, with road running into and out of the village. Every year our CC is a competitive one and with a few changes to the rules this time, next autumn we'll be awarding trophies to both male and female champions. An update of the ins and outs of the new season next time as for now we need to finalise some non CC results our runners have clocked up.

In early August, members took part in the 'York 10k'. First for the club in a time of 41.54 was Matthew Bessey. Second place for ERC went to Davide Di Maio in 42.58 and in third for us, Paul Hodgson, 52.20.

A previous CC event, but not this year, the 'York Millennium Bridge 5k', took place in mid August. Isla McClanachan completed the out and back along the Ouse and through

Rowntree Park in 21.22 with Doug Pearce next in 23.18 and Paul Hodgson third for the club in 23.48.

Earlier this month saw six entrants wearing the ERC vest among the vast numbers in the world's biggest half marathon, 'The Great North Run'. Our six completed the 13 and a bit miles in the following times, and kindly let Sir Mo Farah have his moment of glory again! Josh Williams - 01:58:27, Stephen Daniel - 02:02:28, Elizabeth Chambers - 02:09:31, Pam McQuade - 02:32:04, Becky hall - 02:32:04 and Deborah Gore - 02:48:45.

Well done to them all for completing the iconic event the 'Great North' has become.

To round of this time, we'll pop back to Sunday July 29th, but stay north...

It'll doubtfully ever be in the CC due to its wavering distance measurements (about half marathon depending on the tides!) but ever since taking part in my first 'Northumberland Coastal Run' ten years ago, it's been a firm favourite and a race I look forward to running again each time I cross the finish line on Alnmouth Beach. Five of us chatted at the start on the sands at Beadnell before setting out into the rain and wind this year. Long sections running on the wet sand are joined by coastal paths, a bit of road, grass and rocks. The smell of kippers at Craster mark the halfway point just after passing the impressive ruin of Dunstanburgh Castle.

Alnmouth and the last couple of miles along the beach were a welcome sight for the following bedraggled ERC runners: Doug Pearce - 02:02:22; Jonathon H-D - 02:15:50; Jane Cowley - 02:29:16; Cath Howell-Walmsley - 02:29:17 and Al Lunn: 02:41:25.

I must point out that Al would've beaten all of us but ran the whole race pacing and aiding his sister Abby in her first attempt at the 'Coastal run'. Well done to all for getting wet and cold and thoroughly enjoying this most scenic of races.

Finally, congratulations to Howard again for his "I did it again"... and, regardless of whether Britney swaps Las Vegas again for the Yorkshire Coast, none of us at ERC need "a sign" as we'll all, baby, baby, be doing it "one more time"!!!