



## **Easingwold Running Club – Advertiser article XXXXXXX 2019**

Well, after last month's exploits up on the Moors and the "Cleveland Way Special", I really need to update the Club Championship (CC), the York and District Road Race League (YDRRL) and a few other races ERC members have been competing in. So, as Kirsty and Phil might very well (sort of) say... it's all about... Results, results, results!

Let's crack on with both the CC and the YDRRL, as at this time of year there are six 10ks which span both competitions. We've already taken part in the opener at Pocklington, the second at Tadcaster so it only seems right to start with CC13/YDRRL3, the Easingwold 10k. Our respective top three in female and male categories were as follows: Sam Davies, 40.46; Marie Murtagh, 44.46 and Cath Howell-Walmsley, 48.55. Craig Gath, 37.43; Steve Loseby, 39.27 and Nigel Ramsden, 40.01.

CC14/YDRRL4 was the drenching at the Knavesmire 10k. We all got soaked, but here are our fastest in the rain this time. Sam (41.04), Marie (45.02), Cath (48.10), Steve (39.14), Colin (39.25), Nigel (39.38).

A new route this year (and possibly the last!) for the hill climbers of Bishop Wilton, signalled CC15/YDRRL5. Our top runners at the moment crop up again: Sam (44.12); Cath (55.47) and Stephanie Cooper this time in 57.58. In the mens... Neil King (42.11); Craig Gath (42.18) and Mark Whiteman (43.23).

The final race of the six YDRRL runs took place as usual at Wistow, near Selby. The flat course, which was also CC16, gave results as follows: Sam (40.29), Marie (44.28) and Emma Atkinson (49.15). Craig (37.27), Cameron Choules (38.10) and Nigel (38.29).

The traditional end of the YDRRL series will have just taken place a few days before you're reading this, so we wish any of our runners well in the 'Reverse Handicap', this year being staged at York University. So, a new route and a new venue for the prize giving and pie and peas.

As far as the CC goes, the updated tables in both gender categories are: Sally-Anne Lardner, Sam Davies and Jane Cowley; Colin Fletcher, Howard Thompson and Neil King. All to play for with only four rounds of the CC to go. Up next is the 14k James Herriot Trail race, then our 'Intra Club' George Becton 5k, the Sessay Swift 6 and finally in early September, the Tholthorpe 10k to round things off.

Away from the above now and a special mention for Steve Daniel who must be ERC's most prolific enterer of local races.

Well done Steve for the following: Burton Leonard 10k (58.09); Doncaster Half Marathon (2 hours dead); Pontefract 10k (52.14) and just this last Saturday, the Yorkshire Wolds Half Marathon, 02:17:19.

Just last month, ERC colours were also racing around the Dales in the 'Swaledale Marathon', based in Reeth. Craig Gath finished in 3 hours 43 (15th), Neil King in 3 hours 50 and 26th, Steve Loseby - 3.56 and 35th. Two of our younger club members finished together. Well done to Isla and Fergus McClanachan, 4 hours 47, with Sue McC and Sarah Lees also crossing the line together after 7 hours and 12 minutes. Great effort from all our runners and the ERC team came in a fantastic 5th overall as well.

Marie Murtagh, who often competes in some more unusual events, recently took part in the 'Holme Moss' Fell race near Holmfirth. About 30k, nearly 1200m of elevation and a time of 4 hours and 44 minutes, including helping another competitor who had got into difficulties. Well done Marie for the gruelling race and your Samaritan role!

Seven of us drove up to Masham a few weeks ago for the hilly and picturesque 'Burn Valley Half Marathon'. Doug Pearce came in first for ERC in 1:58:34, Liz Chambers (2.08.26), Jonathon H-D (2.09.42), Laura Border (2.13.55), Lindsey Walker (2.17.54), Pam Johnson (2.19.12) and Sarah Lees (2.40.53).

Nearly finally... my favourite race of the year took place last weekend and saw seven of us hate our alarm clocks to be in Alnmouth for 8.30 a.m. to make the bus to Beadnell for the start of the 13 and a bit miles of the 'Northumberland Coastal Run'. Possibly the best running weather during the decade I've competed in this race saw these results: Doug Pearce - 2:00:36, Jonathon H-D - 2:09:15, Sally -Anne Lardner - 2.09.36, Jane Cowley - 2:13:38, Lindsey Walker - 2.19.48, Jane Maloney - 2:31:21 and Karen Newton - 2:31:44.

Finally, finally... a couple of congratulations...

Firstly, well done to Colin Fletcher who took part in the 'Hull Half Marathon' in June. It was a qualifying event for the 'England Masters Half Marathon Team'. Two qualifiers were held earlier in the year with four qualifying from each race, making a total of 12 in the team for each age group.

Colin wrote: *"It was obviously a pretty strong field in all age groups on the day. It was warm and humid and I finished 75th overall 1:28:32 and third in M60 category so managed to qualify for the team. We will now race against the other home nations at the Maidenhead half on 1st September in an England vest. It will be nice to represent my country and also of course ERC"*.

Second congrats. To ERC members Natalie Gobbi and Al Lunn who are getting married soon. While Al was preparing for pints and darts (interesting combination!), Natalie started her hen do last Saturday with about 30 friends, all taking part in the Millfield Park Run.

So, from the Dales to the Northumberland Coast, York racecourse to Easingwold's new Park Run and hills and fells inbetween. The C4 property gurus are right, it's all about the location...

Jonathon Harris-Douglas, Publicity Secretary