



Easingwold Running Club – Advertiser article XXXXXXX 2019

So, now then, hi, bonjour, ciao, konnichiwa, guten tag and hola... been anywhere nice on your holidays? Well, I know some of our members have been stretching their legs in foreign climes... Finland, France, Portugal, Japan, Spain and others I'm sure I've missed out. God (of running) bless Strava!

However, it's also been great to see fellow ERC runners out and about training, cycling, swimming here in tropical North Yorks. Locally, the Millfield Park Run is going from strength to strength, with last Saturday being the 10th. A record of just under 200 runners participated with a regular turnout of about 20 volunteers. Well done to all who've come along and taken part. It's definitely been a welcome addition to the Park Run family.

This Sunday coming sees the final round of the club's annual 'Club Championship' (CC). As normal, the final round takes place in Tholthorpe. A clockwise 10k route will take the runners out on the Flawith Road, right onto High Lane, then left at the first set of Myton gates. Out at the next gates, the runners will climb the hill to turn left onto Myton Lane and a fairly fast downhill section before entering Tholthorpe and the duck pond finish. Please do note that there will be runners around this area and on the roads from about 10 a.m. with an 11 o'clock start.

So, to the last few races leading up to this point...Round 17 was a new one for us, the James Herriot 14k trail run based at Castle Bolton. It was a beautiful day for the gathering by the castle and a short flat section before a long, steady climb up to the top ridge. In fact, it was mostly steep climbs and speedy descents on tracks and grass. A lovely route and a really enjoyable, if quite tough, race. Sam Davies (1:07:59) crossed first for ERC ladies. Second was Emily Gregg in 1:24:12 and in third position was Stephanie Cooper, 1:26:34. For the men, Craig Gath came in first in 1:00:17 with Davide DiMaio next in 1:24:12 and Richard Knott in third, 1:26:34. The club fielded 16 runners out of 268.

The CC table after 17 rounds read as follows... Female: Sally-Anne Lardner 400, Sam Davies 396 and Jane Cowley 366 points. Male: Colin Fletcher 400, Howard Thompson 380 and Neil King 378.

This year the annual intra-club 'George Becton 5k' was included in the CC and became Round 18. I sadly missed it but understand it was a great success and well organised by Ken Dart. Forty members took part in the road race out along the Thirsk road, right at the White Houses on to North Moor, right to the Husthwaite Road and then back to the start/finish on Tanpit Lane. GB 5k results... F: Lyndsey Jecock 23.16, Jennifer Duncan 23.57 and Cath Howell-Walmsley 24.18. M: Cameron Choules 18.42, Neil King 19.10 and Craig Gath 19.13. What did it do to the CC tables? Not a lot!! Jane Cowley increased her tally from 366 to 372 and Neil King, his went from 378 to 380. The others in the respective top threes remained as

before. It did squeeze things up though for the men with both Howard and Neil now tying for second.

CC19 took place last week. The 'Sessay Swift 6k' is now a regular in the CC and 21 runners from the club helped to make up 254 overall. Sally-Anne Lardner made it in 29.00 with Jane Cowley just behind (29.31) and Stephanie Cooper in a 30.19 third place. In the men's category, Craig Gath triumphed in 21.34. Cameron Choules next in 22.04 and then Colin Fletcher in 23.12. CC19 table... Sally-Anne still 400, Sam still 396 but Jane up to 376. Colin still 400, Neil and Howard still both on 380.

So, what we know about the CC? It ends this Sunday for the 2019 season at Tholthorpe. In the Ladies category, Sally-Anne and Sam are still fighting for the top spot with Jane all but guaranteed third place. For the men, Colin's our male champion for the second time unless either Howard or Neil can become Mo Farah for the day. They're most likely racing for silver and bronze, as it were. I wait to be corrected and hope that the final race this year will be a fun one as well as important for those still battling for places. We'll find out on Sunday and I'll update you next time.

Before then some of us will have been packing our shoes, shorts and tech tees for late summer excursions and/or work away. Whether it's 'Promenading en France' or 'Costa ing' en Espana... as Camila Cabello might advise you at the moment on the radio "Ooh I should be running, ooh, you keep me coming for you". Yes, it's tenuous and you can "call me Senor (ita)"!

Jonathon Harris-Douglas, Publicity Secretary