



## Easingwold Running Club – Advertiser article November 2022

Back go the clocks, as does this article. A chance to review the months that's been. A month of pounding roads and trails, achieving personal bests and the satisfaction of knowing you've convinced yourself that your legs only hurt a little bit.

We start at the beginning of October with 19 club members traveling to Grewelthorpe to take on a 13k multi-terrain race, navigating roads, trails and moorlands, on what can only be described as an undulating course. As like so many times this year, Easingwold Running Club showcased some fantastic performances, resulting in another team victory. Well done to Craig Gath who finished second overall in a time of 55:10, followed closely by Simon Donoghue in 58:48 and Mark Whiteman in 1:00:36. Emma Atkinson was the first club female home in a time of 1:14:12, with Stephanie Cooper second in 1:21:05 and Grace Raper third in 1:25:51.

October has also seen the first race in the 2022/23 NYSD cross country league. 10 club members made their way to the start line on a windy Sunday morning to take on the off-road event. The ladies team made a strong start to the league, finishing in 10<sup>th</sup> place overall out of a total of 17. Anna Jones was the first club female over the line in a time of 28:16, followed by Emma Atkinson in 28:36 and Catherine Howell-Walmsley in 30:13.

23<sup>rd</sup> October saw event number 18, the Whixley 10k, on what was undoubtedly a wet and wild Sunday. 20 club members took on the elements, with two club particular members performing strongly. Julian Ollive took 2<sup>nd</sup> place overall in a time of 37:38, with Simon Donoghue finishing 5<sup>th</sup> place in a time of 40:01. Emma Atkinson was the first club female home in a time of 51:40, followed by Emily Cox in 55:52 and Jane Maloney in 57:12.

With 18 events now completed, the club championship is nearly set in stone. Simon Donoghue retains 1<sup>st</sup> place, with Stephan Tomaszewski confirmed in 2<sup>nd</sup>. However, 3<sup>rd</sup> place is still up for grabs and proving to be a close battle between Mark Whiteman and Steve Loseby both on 374 points. On the ladies' side, top spot is a fight to the end. Emma Atkinson currently holds 1<sup>st</sup> place with a total point score of 386, but Stephanie Cooper is chasing hard and only 2 points behind. With two events left, this one is going to the wire. Who knows how it will finish!

Tim Williams, Publicity Secretary