



## Easingwold Running Club – Advertiser article April 2023

### My Running Story by Hilary Dutton

Here at Easingwold Running Club we have been busy as usual with lots of winter training as many of our members have been preparing for participating in races. We have been asking them to tell us about their running journeys. This one is from Hilary...

“An on/off runner since forever, I started seriously running in November 2018 after the death of my beloved mother whom I had cared for during her dementia journey. Suddenly I found myself with time to spare and that I could run/cry/grieve all at once! The following year I became very involved in the set up of Millfield parkrun and there met members of Easingwold Running Club which I joined but to be honest made very little use of my membership initially until lockdown hit and I embraced the virtual challenges with gusto!

I just loved running, not fast but no one really cares (apart from me!). In August 2021 I was all trained up for the virtual London marathon when I had an accident resulting in a fractured femur, as I lay on the trolley with my hideously broken leg, all I wanted to talk about was "Will I ever run again?". Unbelievably and thanks to York Hospital and Mr Boyle after just four months I could!

Very painfully and very very slowly but I could do it. Colin and Sarah from running club and parkrun both helped me psychologically to return to doing what I loved. Fast forward to now.....on 14th April I ran that marathon - not as fast as I had wanted and if I'm honest not as comfortably but I made it to the finish line. I'm back happily at running club but I am a bit hit and miss with my attending and no one minds I'm welcomed no matter how often (or not!) I go and I love the fact that even a slow 64 year old is valued! So if you want to join a lovely running club then Easingwold Running Club comes highly recommended.”

As well as Hilary, many of our members have been taking part in our annual Club Championship. We are already five events in after the Helmsley 10K which took place on Easter Sunday. 26 members took part and celebrated with the usual free mug and Easter egg for every participant! Samantha Lewsey and Julian Ollive were first female and males home from the Club.

With a quarter of the 2023 season already done, the Club Championship is already taking shape with Grace Raper and Stefan Tomaszewski leading the way. See <https://www.easingwoldrunningclub.co.uk/results> for more information.