



Easingwold Running Club – Advertiser article September 2022

It might seem hard to believe, but sometimes a 10km just isn't quite far enough. Athletes want to challenge themselves further, push through both their physical and psychological barriers to complete something out of the ordinary. On Saturday 10th September, Izzy Rochester, Grace Walker Raper and Alice Clennan, did just that by completing a race known simply as The Lap. Navigating an entire loop of Lake Windermere, the 47 mile multi-terrain course takes on 2,500m of ascent, which for context is nearly two trips up Ben Nevis. Well done on completing this amazing achievement.

It was clearly a weekend for pushing yourself out of your comfort zone because Sunday 12th September was Great North Run Day. 10 club members took on the 13.1 mile course, leading them from the centre of Newcastle across the Tyne Bridge and out to the coast of South Shields. Well done to Andrew Throup, Harry Berger, Tom Plowman, Elizabeth Higgins, Rosalyn Gregg, Stephen Daniel, Caroline Posliff, Rachel Farrand, Michael Wallis and Carolyn Jones. Closer to home Hannah Storm and Cheryl Murray were also taking on a 13.1 mile course, this time the Vale of York Half Marathon held in Wistow near Selby.

Now back to the traditional 10km road races and September has seen the return of an old familiar race, the Tholthorpe 10km, now into it's 26th year, a firm favourite amongst the club members. As usual Easingwold Running Club was at the event in force, with a total of 32 members eagerly making their way to the start line in the slightly humid conditions. First male club member over the finish line was Ben Jecock in a time of 38:42, followed by Steve Loseby in 38:55 and Joe Dodsworth in 39:14. Hannah Storm led home the lady's category in 47:02, followed by Stephanie Cooper in 53:31 and Ellie Radford in 54:14.

With 15 events now completed the Club Championship table is starting to take shape and in the women's category, it remains hotly contested. Currently holding onto 1st place is Stephanie Cooper with a total point score of 378, however, Pippa Hutton sits a close 2nd with a score of 370 and Libby Higgins slightly behind in 3rd with a score of 356. With 5 events left, everything is there to be played for. The men's category is slightly more self-explanatory, with Simon Donoghue now taking an unassailable lead, retaining the title for a second year in the row and capping another fantastic year of running. Stephan Tomaszewski sits in second and again, can now not be caught, with Steve Loseby in third. The Sutton 10km is next on the agenda, to be held on the 25th September.

Tim Williams, Publicity Secretary