

**2020 TEALBY TRAIL CHALLENGE** - our Club's charity event for the 6<sup>th</sup> year has raised £365 for Lincs & Notts Air Ambulance. Thank you. This Coronavirus may be with us and resulted in races being cancelled but we have still been getting out running even testing ourselves on varying distances, terrain and virtual runs. What better way to show our strength, stamina and determination than to experience this 8.7 mile challenging route. During the 9 week period given to fit this event in we had volunteer leaders ready to take newcomers and groups round. Mattie Portlock, Dave Gibney, Sarah Louise Wydell, Betty Gash, Steve Brewin, Myself.

The very first weekend Mattie took a group round (many newcomers). Mattie has competed in this event several times and knows the course well. I asked him how it went and he said they absolutely loved it, enjoying the mixed terrains, beautiful views and challenges on the way, it's the perfect off road run just have to avoid the cows! (what cows?)..... Sarah Louise asked me to take her round just to refresh the course having competed a couple of times. Myself, Sarah and Katie Amis went one evening this being Katie's first time round and I know she was a little apprehensive. No problem there, Katie's strength and stamina really shone through taking on the hills and rutted terrain as if it was her regular training route. Sarah and Katie then took Andy (Kate's husband), Chris Sparkes and Rich McNiven round for the first time. I caught up with Chris and Rich and asked them how it went.

Chris Sparkes: I have been a member since a week before lockdown (not my fault) and decided to give off road running a go so ventured to the Tealby Trail with the help of a trusted guide Sarah Louise. I was soon clambering up the hills and down into the valleys opening and shutting gates and keeping my wits about me for crazy cows. Compared to road running it was such a different experience. I really enjoyed it and the views were magnificent. I would recommend it to every one and cant wait to be confident enough to remember the way round so I can go at my pleasure..... the second time I did it I felt like I went to hell and back and I must thank Betty Gash for sticking with me.

Rich McNiven: Hi Barbara has asked me to write a small piece on the Tealby Trail. Firstly a small bio on me, I'm 44 years old and slowly getting back into running. As a junior I competed on the track at 400m, 800m and 1500m and competed for Cleethorpes A.C. then swapped with my coach to Grimsby Harriers. I never quite made full county level but I did race in a couple of county (Humberside) invitational meets at 800m, an honour non the less and produced a PB at one of the meetings. The last two years I've been plugging away trying to get my legs working again and started couch to 5k and slowly increased distance and pace as long as injuries have allowed, mostly on the relative flat around Grimsby and Cleethorpes. This year during lockdown I've stepped things up a bit and added some hills, Clickem, Croxby and then came the Tealby Trail Challenge and as restrictions were slowly lifted a few of us met up to run it for the first time guided by Sarah Louise Wydell. What an amazing route, it has to be one of my favourites and like many say not for the faint hearted. The larger hills are daunting and to be honest I can walk up them as fast as I can run them but my aim for next year is to be able to run up. Once up the hills on a clear day the views are amazing and make the challenge all the more worthwhile. There is loads more on the route, historical churches,, deer, sheep and the dreaded cattle we also came across a robotic lawnmover! It really is a great route, worth running but if your not brave enough to run, its also a lovely walk...

Comments: Allen Nicholson first time round – 'tough but the views were worth it'. Gary Pearson – 'the route never gets any easier' Betty Gash – 'one of my favourite running routes',

**Dave Gibney** took many newcomers round as well as friends and family on varying evenings and weekends. One weekend I thought I was going to be on my own on a recce day then Dean Chandler arrived and all of a sudden Dave came round the corner and said I've brought some troops. It was so

good to see his brother Simon and Gaz Howden with his nieces Louisa and Kaitlyn members of Cleethorpes AC who did the course for the first time, reminding me oh to be young again as they powered down the hills. Chris Burkitt experienced the course for the first time with Dave, Jim Gibney and Rich McNiven. I stood at top of 2<sup>nd</sup> highest hill to cheer them on and was there again the following week when I'd seen Dave had a group going and wasn't surprised to find just himself and Steve Brewin come running past me as that evening was the worst storm I've ever seen the rain was so bad I had to stop the car as the windscreens weren't coping and then hailstones were so big I thought they were going to break my windscreen but run passed me they did with big smiles on their faces, drenched but actually enjoying it. (I think especially wading through the massive puddles too....)

There were a few who timed their run:-

Steve Brewin said: I had a go for a time and did 1:09:46 but I did mess it up, managed to go wrong twice despite having done the course 6 times over the previous weeks. One of my favourite one was one evening with Dave in a massive down pour.....

Tanya Mackie and Vicky Thomas determined to give it a go went round on the very last day. September 6<sup>th</sup> expected race/go round day. It was a lovely day and they went round in 1 hr 32 mins.

This was not long after an eventful recce with myself, Lorraine Mackie and Brian Fox. Eventful in the fact that for the very first time in the 30 plus years I have been going round Tealby we came across a Bull standing right on the track. Thankfully Brian coaxed him off the track and he sauntered back to the cows. (I know us girls would have retraced our step and gone round on the road.) I've never had a problem with cows, they do stare at you which is a bit scary but usually don't move, however I wouldn't go through a herd of cows if they were blocking the style, I'd try to shoo them away but if it didn't work it would be a detour round..... It's Worth knowing that on official race day the farmer very kindly moves his cows into other fields and there are marshalls and signs all round so you don't get lost and the marshalls open gates for you which helps with faster times.

Showing their amazing fitness, On the hottest day of the year, members Lydia Gibbs, Malcolm Smith, Alan Young and Dave Jackson swam in the River Humber first, biked to Tealby did the Tealby Trail then biked back, Gary Thomas doing the bike and run..... Malcolm Smith – Tealby Trail Triathlon is one I won't forget in a hurry!

**Cleethorpes Triathlon Ladies** quite soon into the weeks asked me to take them round one evening. They all enjoyed it, loved the views and the challenging hills. Many thanks for their donations. **Caistor RC** also went out in force and it was lovely to see them on one of our group recce's. Thanks to them for taking part and their donations. Also a few from **Barton AC** covered the distance many thanks to them too for taking part and donating.

### **A BIG THANK YOU TO YOU ALL FOR YOUR KIND DONATIONS**

This event had been growing each year and maybe it will happen next year but if not we will still enjoy taking you round. Lovely route in the snow and even more challenging when its thick mud!!