

# CREWKERNE RUNNING CLUB

## Newsletter

Issue no. 73 Sunday 24<sup>th</sup> June 2012

[www.crewkernerc.btck.co.uk](http://www.crewkernerc.btck.co.uk)

*Dear Runners,*



A wounded Clive Harwood receiving a trophy at the Ash Town Tree Trail Race.

Read his race report to find out how the soldier was injured in battle!

## Early Thursday Run – starting this week!!

Just to remind you that this Thursday we will be trialing a slightly earlier run on a Thursday to try and make it easier for all of you to get a run in.

The trial will last throughout July and will see the early run start at 5pm from the Lidl's car park. The 6.30pm run will stay the same.

The earlier run is still a beginners run and will be run on the same format as the later run



## Next Sundays Club run - CRC Summer Splash! From Nick Sale

I don't have my glasses but think this must be a pic from last year?



Anyway...

On Sun 8th July the club run will start and finish in West Bay.

The run will be an out & back run along the coast path, meaning different distances can be decided upon, to suit all members.

We encourage all runners to stick together in groups, particularly important on the coast path, more so if weather less than fine. Whilst we will ensure that we stick with the slowest runners we cannot guarantee to stick with the fastest if they decide to run on ahead ;0) Please take care all however.

Everyone is encouraged to stay for a picnic on the beach afterwards & families and partners obviously welcome.

We haven't organised any food etc so please bring your own, but it would be good to gather together on the beach.

Please meet in the car park, by the children's play area / public toilets. These are on the left just before you arrive at the West Bay harbour. We plan to start the run at 9:30AM, so please arrive in plenty of time. You may or may not need a parking ticket. Please check.

Sunshine is pretty much guaranteed at this time of year. Perhaps we'll even all manage a group swim... please stick to CRC swimwear codes, as group pic above!

Look forward to seeing you there.

Nick



## Martock 10k Race Report by Clive Harwood

Sunday June 17th was the running of the Martock 10k road race. The results are on the club newsletter but this write up is how it panned out.

Arrived early with Steve and our nearest and dearest. Signed in at the fire station. A lovely warm morning suggested a good event for runners and spectators. With the race underway, I could see the tussle of the club big guns vying for position in the form of Mike Pearce and club captain Ed Stahl.

I went off sub 6 minute miling and was in sight for a couple of miles. Although classed as a flat run, I am sure I was working hard at one stage going up hill. I was having a tussle with Neil Bliss, a slip of a lad from Yeovil club and shook him off at 9 k and went on to record 38.?

The results sounded good when our club won first team with Mike, Ed then me scoring. A good number of Crewkerne runners raced and did well.



## Race Report - Ultra Trail South West 100 by Nick Sale

It's a long story... it was a long race...

& oh boy I'm going to let you share my suffering with a really long race report!  
or perhaps I should just leave it at .. didn't quite make it... My 2nd attempt at 100 miles.

3rd time lucky?!

Got to 76miles-ish... It was a beautiful, though rugged, run around the cornish coast path. Although I know this stuff sounds a bit painful / far out to some, it is much more reachable than you might think... should you be tempted. It is different & a real adventure, in gorgeous surroundings, with good people. You get plenty of time to get to know your fellow runners! 27 hours for me this time. It is as much an eating challenge as a running one. I estimate that *I need to replace approx 100 calories per mile. So that's an extra 7,600 calories during my race :0)*

I walked from 15 miles on due to some twinges, but there were folk walking the whole thing.. enabled by a 40 hours cut off, who finished. My main lesson this time was however water proof's. When you're out for this amount of time the weather has plenty of opportunity to change for the worse. Decent water proofs will keep you dry, moving & warm & they will me NEXT TIME!

Link, for anyone tempted..next year. Think I'll have to have another crack... after looking at finishers photo's!

<http://www.endurancelife.com/event.asp?series=49&location=125>

Nick



[Ash Town Tree Trail Race Report from Clive Harwood](#)



Thursday evening was the 2nd running of this local race. Steve and myself entered the race and went off to see how many club members would take on this challenge. Found Tom Baker, Simon Land then Tim Irish.



74 of us were taken up the road to the start line. A little flat section then almost a mile downhill. Watched Tom and the eventual winner Paul Rose down the hill. Tom going like a train! Went into 2 fields, more road then into the town tree trail. This is when I found it enjoyable.



I had Simon not far in front of me when the next thing I know I am laid out on the ground. Somehow an iron bar had found its way across the track we were going along and I didnt see it. A runner asked if I was ok and suggested I go back as I was bleeding from the forehead. In true club spirit I gained my senses and carried on. Told a marshall later on what had happened.



I remember lots of tight turns, past ponds and seeing fountains. Went through someone's front garden and then saw Simon in front of me. Caught and passed him. Pushed onto the finish. A lady had to make a report on what happened then I had to sit down for a St Johns chap to wash the blood off and patch me up. Felt a right twat sat there. Dickie Wythe, a friend of mine, also got hit but in the shoulder.



As no results are available at this time, I can only write that Tom was 4th, me 5th even with a lie down and Simon 6th. I did 47. 27. Won a plaque on a horseshoe and bottle of wine.





## Matt Bryant Birthday Run

Next Saturday Matt will be carrying on his birthday tradition of running his age in miles! This year he reaches 38!

Matt will be starting his run from his house in Haselbury Plucknett at 9.30am. From there he will run to South Petherton where he will run our 22-mile London Marathon training route, before returning back to his house to reach 38 miles!

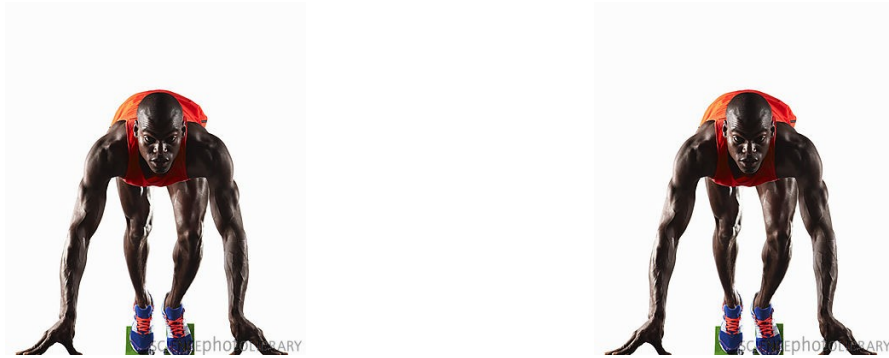
Please get in touch with Matt if you would like to join him for all or part of his birthday run. Matt can be contacted on 01460 73454



## Forde Abbey 10k Results

Position	Name	Time
1 <sup>st</sup>	Simon Land	40.33
4 <sup>th</sup>	Mike Pearce	40.49
5 <sup>th</sup>	Tom Baker	40.52
39 <sup>th</sup>	Tim Irish	46.30
59 <sup>th</sup>	Andrew Stocks	48.48
88 <sup>th</sup>	Nigel Key	58.55
112 <sup>th</sup>	Linda Still	1.04.28
113 <sup>th</sup>	Tim Hoyle	1.04.36
124 <sup>th</sup>	Adrian East	1.06.08

125 <sup>th</sup>	Ginette Briggs	1.06.09
127 <sup>th</sup>	Kirsten Irish	1.07.13
128 <sup>th</sup>	Sarah Warren	1.07.14
138 <sup>th</sup>	Nigel Newbury	1.09.27
154 <sup>th</sup>	Sara Fair	1.14.56



Mark this date in your diary now and do not forget it!!

On Wednesday 25<sup>th</sup> July, the club are privileged to be joined by Adrian Marriott who will be taking us for a personalised training session!

This will be very much like our fantastic Wednesday night interval sessions that are run, superbly I must say, by Ed Stahl.

Adrian will be using his wealth of knowledge and experience in the world of running to lead session. This will be an ideal chance for those looking to improve on their speed and 5k/10k times, or those who just want to take part and also learn how to warm up and cool down properly.

Adrian has a relaxed, friendly and approachable manner and we are encouraging as many of you to come along as we can to take advantage of this fantastic opportunity!

Please feel free to contact me for more details!



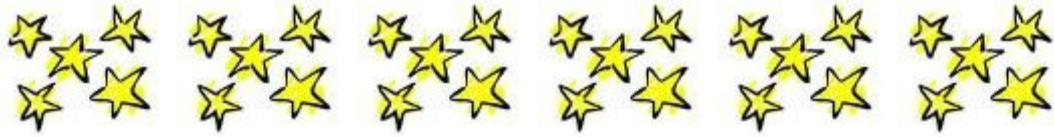
## An Invitation from Clive....

Following a really nice 8 miler last week at Weymouth and a carvery meal after, we thought we will go to Lyme Regis Monday night. We will start at Holmbush car park around 6.45. This is a really nice route we have done before. If you are coming to join us, please let me know on 07831157757 or 0146078510



## Upcoming Events...

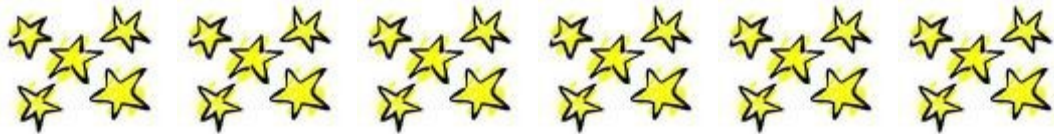
This Wednesday is the Tin Tin Ten from Tintinhull House and is a CRC Championship race so come and get some points on the board!



2 Birthdays this week!

Karen Caile on the 3<sup>rd</sup> and Ben Farley on the 5<sup>th</sup>

Many Happy Returns!



### *This Week's Running*

Club nights are on Tuesday, Wednesday and Thursday this week leaving the car park at Lidl's at 6.30pm. The early run on Thursday is at 5pm.

The Sunday morning run leaves the Lidl's car park at 9.30am.





## Dates for your

### July

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sun 1 <sup>st</sup>	Portland 10	Portland	10.30am	<a href="http://www.rmpac.co.uk">www.rmpac.co.uk</a>
Wed 4 <sup>th</sup>	Tin Tin Ten	Tintinhull	7.00pm	<a href="http://www.chardrunningclub.btck.co.uk">www.chardrunningclub.btck.co.uk</a>
Sat 7 <sup>th</sup>	Charmouth Challenge	Charmouth	2.30pm	<a href="http://www.charmouthchallenge.co.uk">www.charmouthchallenge.co.uk</a>
Sun 8 <sup>th</sup>	Wellington 10m & 10k	Wellington	10.30am	<a href="http://www.thewellingtonten.co.uk">www.thewellingtonten.co.uk</a>
Sun 8 <sup>th</sup>	Quantock Beast	Fyne Court	11.00am	<a href="http://www.quantockharriers.co.uk">www.quantockharriers.co.uk</a>
Sun 8 <sup>th</sup>	Cheddar Gorge 5k, 10k Half Marathon	Cheddar	11.00am	<a href="http://www.relishrunningraces.com">www.relishrunningraces.com</a>
Wed 11 <sup>th</sup>	Yeovilton 5k (Race 4 of 6)	RNAS Yeovilton	7.15pm	<a href="http://www.yeoviltownrrc.com">www.yeoviltownrrc.com</a>
Sat 14 <sup>th</sup>	Swanage Half Marathon	Swanage	TBC	<a href="http://www.swanagecarnival.com">www.swanagecarnival.com</a>
Thurs 19 <sup>th</sup>	Pub Run – Manor Arms	North Perrott	6.15pm	See Newsletter
Thurs 25 <sup>th</sup>	Adrian Marriott Training Session	As usual	6.30pm	See Newsletter
Sun 29 <sup>th</sup>	North Dorset Half Marathon	Sturminster Newton	10.30am	<a href="http://www.sturhalf.co.uk">www.sturhalf.co.uk</a>

### August

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Wed 1 <sup>st</sup>	Haselbury Trail Race	Haselbury	7.00pm	<a href="http://www.crewkernerc.btck.co.uk">www.crewkernerc.btck.co.uk</a>
Sun 5 <sup>th</sup>	Totnes 10k	Totnes	10.30am	<a href="http://www.teignbridgetrotters.co.uk">www.teignbridgetrotters.co.uk</a>

Wed 8 <sup>th</sup>	Yeovilton 5k (Race 5 of 6)	RNAS Yeovilton	7.15pm	<a href="http://www.yeoviltownrrc.com">www.yeoviltownrrc.com</a>
Sat 11 <sup>th</sup>	Maiden Newton Madness	Maiden Newton	7.00pm	<a href="http://www.freewebs.com/maidennewtonrunningclub">www.freewebs.com/ maidennewtonrunningclub</a>
Sun 26 <sup>th</sup>	Langport 10k	Langport	11.00am	<a href="http://www.langportrunners.co.uk">www.langportrunners.co.uk</a>

Any events which are not on the diary, but you think should be, then  
let me know!

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