

CREWKERNE RUNNING CLUB email

CREWKERNE RUNNING CLUB WEBSITE : www.crewkernerc.btik.com

1 November 2010

Hi all

Crewkerne Running Club Website – Derek has been busy!

Important – Club Websites.

After October 31st the four existing CRC websites will be closed down.

BT has teamed up with a new software company and is still offering free websites for community groups but with different addresses and layouts.

Basically any of our sites, which had the suffix 'btik.com', will now have the suffix 'btck.co.uk'.

The new club main site is now www.crewkernerc.btck.co.uk and this has links to the other sites.

We have been advised that anyone searching for the old sites will automatically be redirected to the new for up to 12 months but just in case that doesn't work please note the above.

Please use the guestbook or contact pages for any suggestions or material for inclusion.

Derek

On behalf of the cyber challenged amongst us many thanks Derek for all your hard work.

NEWS FROM THE SECRETARY

Reminder about London draw:

I now have 5 names , please contact me if you want to be added to the list.

Help with the Monty. Sunday 5th December

Can I please request members help with marshalling at the Monty run. This is the 4th event that the club organises and the only one where we raise money for club funds. We also donate to Red Cross Friends of Ham Hill and this year the Army cadets.

It is quite an undertaking as we have 49 separate marshal points on route and then we also need a team at the start and finish.

I have asked as previous years that Clive Harwood, Jim White and Simon Land recruit Marshals for the 3 sections of the route that they control and mark out. So if you are able to help please contact one of these or myself.

We have now purchased 300 Christmas puddings (about 105 KG) and also some hooded space blanket capes to hand out to finishers and helpers. Helper will also be able to come back to the finish for a hot drink/ snack from our caterer.

Please help, the event will not run smoothly without your help.

Clive and Richard will be organising some recce runs of the route in November for those who want a taster of the very tough multi terrain event.

Regards

Martin Cook

New event Forces March 25th to 29 May 2011

I have received details of an interesting challenging event next May called the Forces March, which is an event for individuals or teams to run, march or walk (Tamsin and Sue to note) 5 Marathons in 5 days. It looks like you can just do the last day if you wish. It is from Ilfracombe to Bulford army camp via Crowcombe, Bridgwater, Somerton, castle cary. See www.forcesmarch.org.uk

CHARD FLYER 10K – A message from Simon Hall of Chard Road Runners

Please could you let your club members know about, and update your race calendar with details of the Chard Flyer - a 10k on road race at Chard on New Year's Day (organised by me !)

A couple of documents attached, which include a link to a website that has been set up for the event. It's at <http://www.chardflyer.btck.co.uk>

Thanks

Simon Hall

Chard Road Runners

Training

With the darker evenings Clive will be holding his "specialist sessions" during the first part of the usual Wednesday evening club evening. I imagine that these will consist of speedwork and hills on alternative weeks.

And Finally.....

I have received the dates of the next couple of pub runs. Unfortunately we will have to re-arrange these as the date of the first was set for this Wednesday but I do not have details of the venue!

This Week's Running

This week there are the normal Wednesday and Thursday evening club runs meeting at the Lidl's car park and starting as usual at 6.30pm. The Wednesday evening session will probably include either speed work or hill training. With the evenings drawing in torches and reflective gear are now essential Sunday as far as I know there will be the usual club run again meeting at the Lidl's car park starting at 9.30am

Please always run with safety in mind at all times and treat traffic with respect - we do not want any accidents.

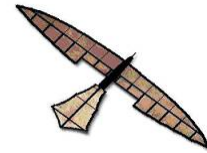
I look forward to seeing you running

Richard





The Chard Flyer



The New Year's Day 10k

Saturday 1st January 11:00am - On Road 10K

This is the first running of the Chard New Year's day 10k. It is not the same route as the New Year's day 10k held some years ago. It is predominantly on footpaths, park tracks and country lanes. It is for the most part flat, but there is a steep quite long climb at 4-5 K and a steady climb to the finish

Registration, finish, and pre-start assembly at Chard Cricket Club. Runners will walk/jog as a group to start not far from registration at 11:00.

Course is a measured 10k

Please note this race is very much back to basics with very few marshals. Runners need to take responsibility for their own safety on the public roads and road crossing points.

Dogs not allowed on route (there is a part of the route through the nature reserve where dogs are specifically not allowed)

Not suitable for wheelchairs or buggies

Minimum age 15

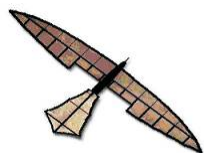
Entry is by donation. [Donation to be made to The Vanessa Project](#)

Entries can be made in advance on the form on next page. Race numbers to be collected from Registration area on the day.

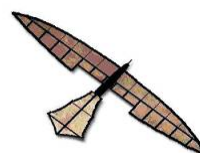
There are baggage and changing facilities at the Cricket Club, with showers (a bit limited)

The Cricket club bar will be open, and it is hoped to also serve some warming refreshment at the end of the race, so is good if you can bring a bag to the clubhouse with something warm to put on at the end of the race, and some cash !

Details of directions to the Cricket Club, parking, course route details, information about the Charity, and other FAQs on the website at <http://www.chardflyer.btck.co.uk/>



The Chard Flyer Entry Form



11:00 Saturday 1st January 2011. Registration at Chard Cricket Club, Dening Sports Fields, Zembard Lane, Chard, Somerset. TA20 1JL

Entries available on the day or in advance

Entry Fee is by donation. **A donation is to be made to The Vanessa Project**

Please make cheques payable to Chard Road Runners

Advanced entries please collect your race number from Registration on the day

For further details and to download an entry form go to <http://chardflyer.btck.co.uk/>

Entry form to Simon Hall, 48 Nursery Gardens, Chard, TA20 1HJ

Phone enquiries - Simon Hall 07790 780977

Email enquiries - Chardflyer@hotmail.co.uk

Minimum age 15. No dogs, buggies, or wheelchairs.

Please do not park at the Cricket club as the drive to it forms the finish of the race. Please park either opposite the Cresta Leisure Centre, off Zembard Lane, or the car park at the bottom right of Zembard Lane opposite Holyrood School.

Chard Flyer New Year's Day 10k Entry Form

First Name.....	Last Name.....
Sex	M / F
Age on day of Race.....	
Running club.....	
Home Address.....	
.....	
Postcode.....	
Phone number.....	
Emergency contact name and number.....	
Email address.....	
I understand that the route will have very few marshals and that I am responsible for my own safety. I will participate only if medically and physically fit to do so. I will not hold the organisers or their assistants liable for any loss or injury.	
Signature.....	
Date.....	

Dates for your Diary !!!

Saturday 6th November 2010 – Yarcombe Yomp

Sunday 7th November 2010 – Ilminster Lions 10K

Sunday 7th November 2010 – Tidworth 10K

Sunday 28th November 2010 – Brent Knoll 5.5 mile

*Saturday 18th December 2010 – **Crewkerne Running Club** Christmas Dinner*