

# Crewkerne Running Club Newsletter

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

Sunday 2<sup>nd</sup> June 2013

Issue No. 112

**WELL DONE TO BECKY WHITE**

**WINNER OF THE 2013**

**SPRING HANDICAP**



## **Spring Handicap Report by Ed Stahl**

Having spent half an hour before the start marking out, I was slightly worried about a dark cloud above me. Never mind I thought, it'll just be a shower if anything at all. How wrong I was to be.

Twenty two runners made their way to me to find out the times I had given them. Thankfully not too many disgruntled faces left after hearing their starting time. Unfortunately, the heavens opened five minutes before start time and it

wasnt looking like ending. It didn't and the marking out proved pointless. Luckily no-one got lost but all drenched.

So to the results. The winner of the 2013 spring handicap is.....Becky White. Well done to Becky who sprinted the last straight as if she had only just started. A great effort in such bad weather. Second, Mathew Brunt. Another great effort for one of our new members. Third was Lucy Silk and again a great performance. Here are the rest of the runners positions. Due to the weather, no times published as the paper got so wet I struggled to write down the positions also.

1. Becky White 2. Mathew Brunt 3. Lucy Silk 4. Tony Gordon and Linda Still 6. Mike Pearce 7. Tim Hoyle 8. Ian Wickens 9. Lynne Clutterbuck 10. Clive Harwood 11. Sarah Warren 12. Phil Wareham 13. Vicky Clutterbuck 14. Sharon Hooper 15. Chris Rawlings 16. Derek Boles 17. Stuart Stacey 18. Kay Pulsford 19. Jim White 20. Nick Sale, Vanina Cooper and Jane 23. Tony Strugnall



Can I just say a big thank you to everyone who made the effort to race. It's great that you support our events we put on and without you running it would be pointless. So once again thank you and see you at the next one.

The photo quality is not good, but I think you can just make who's who.

Thank you Ginette for the following pictures from today's 10k Run in the Wild at Cricket St. Thomas. Looks like a congratulations for Adrian East for winning some silverware today. But well done to you all for taking part, it was a hot morning for a tough race. A report for next week's newsletter would be good.







**Darren, I think you should have stuck to the usual Sunday morning leisurely run!**





**A BLAST FROM THE PAST**  
**SATURDAY 22<sup>ND</sup> SEPTEMBER 2007 - DUBLIN HALF**  
**MARATHON**



Pictured after the race, sporting some rather nifty t-shirts  
Back Row: George Rawlings, Andy Parsons, Dave Rowe,  
Caroline Smith, Me and Sue Gautier  
Front Row: Clive Harwood, Jacko Bailey and Tamsin Dickinson

Sorry peeps! I found these photographs whilst trawling through some pictures at home and as we are a little low on reports this week, I thought I would reminisce with you and fill the newsletter.

Forgive me if this does not interest you, especially if you did not come along, but for those who did take part, you may have a little chuckle and I personally think we have all aged well!!

This was our one and only club trip across the water to Dublin to take part in a half marathon. If I remember rightly this was to celebrate Andy Parson's 40<sup>th</sup>. So off we set from Bristol Airport on Friday 21<sup>st</sup> September 2007 for a long weekend away, some of us with our partners.

Since 6 years have passed and my memory isn't what it used to be, I will briefly explain the race day which took place on the Saturday. I

also think this may have been George Rawlings last race before hanging up his trainers (correct me if I am wrong George).

After abandoning our taxis in bumper to bumper traffic in a panic to get to the registration point to collect our race numbers, we realised that the start line was approximately 1 mile away. So off we sped walking/jogging to the start, only to be greeted with an announcement that the race would be delayed for 15 minutes as most competitors had not reached the start in time. Bad planning by the organisers, but at least we could get that all important toilet stop in.

The race consisted of 2 laps of the main park in Dublin called the Phoenix Park. A quiet, flat route mainly on tarmac roads with well kept gardens to admire. This was a good race for spectators as they could cut across the park to see the runners at various points so there was plenty of encouragement from Elaine Harwood, Debbie Parsons and Jim Patch.

Once we were all over the finish line with our goody bags and t-shirts, we sat in the park and enjoyed the afternoon sun planning the evening's entertainment.

Later that evening we all let our hair down back at our hotel and took part in some Irish Dancing (of sorts). Even Debbie Parsons had a go with her suspect bad foot. Sorry Deb, you know I am only joking. We all knew you were in pain really!!

Clive and Elaine, who turned out to be a couple of party animals, put the younger members of the party to shame and even continued to disco in the hotel's basement until the early hours, whilst most others went off to bed.



left to right: Jim, Tamsin, Clive, Caroline and Debbie  
All looking rather jolly (or inebriated) strutting their stuff.



George and Jacko testing the black stuff (possibly Jacko having one too many and George well on his way!!)



Finally on the Sunday we took a tour of the Guinness Factory. Well worth the visit with great panoramic views over Dublin and of course for the free pint of Guinness.



A group picture at the top of the Guinness Factory (left to right) Debbie, Me, Andrew, George, Clive, Caroline, Tamsin and Elaine

I'm sorry most of the pictures are of us drinking but we did other things too, honest, but I don't seem to remember what they were... We all had a great time and hopefully did Andrew proud with a 40<sup>th</sup> to remember.

Thanks for reading

Angie



## CONGRATULATIONS!!! FOR ANOTHER 40TH



Just to finish this week's Newsletter I would like you all to join me in wishing one of our senior members and someone who is a great ambassador for the Club, Clive Harwood and his lovely wife Elaine a very happy Ruby Wedding Anniversary today. Congratulations to you both.

But Elaine I think we would all like to know how you have put up with his antics for 40 years??

### THIS WEEK'S RUNNING EVENTS:-

**SUNDAY 9<sup>TH</sup> JUNE**

**Ninesprings 9k  
(Somerset Series)**

**Start 11.00 am**

**See website <http://www.yeoviltownrrc.com>**

## **A NEW EVENT TO ADD TO YOUR LIST**



**CHEW VALLEY 10K**  
**SUNDAY 16<sup>TH</sup> JUNE**  
**9.30 AM START**  
**AT BISHOP SUTTON PRIMARY SCHOOL**  
[www.chewvalley10k.co.uk](http://www.chewvalley10k.co.uk)

This race is chip-timed, UKA affiliated and a gorgeous rural, predominantly traffic-free route with a solid hill! There is a live band, BBQ, bouncy castle and homemade cakes/refreshments in the school playground from 8.30am for spectators/supporters (and runners) to enjoy - all finishers receive a goody bag and medal too. Entries are for those aged 15 or over on the day - our eldest entrant so far is a club runner from Wales aged 78!

The closing date for entries is Thursday 13th June 2013. However, entry on the day will be available at the higher prices of £13 for a UKA Affiliated Club member / £15 for non-affiliated. Payments for On-the-Day entry would only be accepted via cash or cheque, no cards (sorry).

### **This Week's Running**

#### **Club Nights are:**

Tuesday –	Mixed ability but generally faster/longer runs
Wednesday –	Speed work organised by Club Captain Ed
Thursday –	Beginners/Social Night

All week night runs leave from The George Reynolds Centre at 6.30pm

Sunday –                      Mixed ability, generally cross-country

Sunday morning runs leave from The George Reynolds Centre at 9.30am



## ***Dates for the Diary***



Events highlighted in **green** are Club Championship races

<b>June</b>				
2 June	Run in the Wild 10k	Cricket St Thomas	10.30 am	<a href="http://www.chardrunningclub.btck.co.uk">www.chardrunningclub.btck.co.uk</a>
9 June	Ninesprings 9k (Somerset Series)	Ninesprings Yeovil	11.00 am	<a href="http://www.yeoviltownrrc.com">www.yeoviltownrrc.com</a>
12 June	Summer 5k Series (Race 3)	RNAS Yeovilton	7.15 pm	<a href="http://www.yeoviltownrrc.com">www.yeoviltownrrc.com</a>
16 June	Martock 10k	Martock Fire Station	10 am	<a href="http://www.fullonsport.co.uk">www.fullonsport.co.uk</a>
16 June	Chew Valley 10k	Bishop Sutton Primary School	9.30 am	<a href="http://www.chewvalley10k.co.uk">www.chewvalley10k.co.uk</a>
19 June	Tin Tin Ten 10k (Somerset Series)	Tintinhull	6.30 pm	<a href="http://www.chardrunningclub.btck.co.uk">www.chardrunningclub.btck.co.uk</a>
23 June	Torrington Triathlon	Torrington Pool	8.00 am	<a href="http://www.1610.org.uk">www.1610.org.uk</a> supported by Total Buzz Events

<b>July</b>				
6 July	Charmouth Challenge 8 miles	Charmouth	3.00 pm	<a href="http://www.charmouthchallenge.co.uk">www.charmouthchallenge.co.uk</a>
7 July	Quantock Beast Challenging 5.7 miles (Somerset Series)	Broomfield	11.00 am	<a href="http://www.quantockharriers.co.uk/beast">www.quantockharriers.co.uk/beast</a>
10 July	Summer 5k Series (Race 4)	RNAS Yeovilton	7.15 pm	<a href="http://www.yeoviltownrrc.com">www.yeoviltownrrc.com</a>
13 July	Maiden Castle Loop 6.5 miles	Maiden Castle	7.00 pm	<a href="http://www.egdonheathharriers.com">www.egdonheathharriers.com</a>
14 July	Wellington 10 10m/10k	Wellington	10.30 am	<a href="http://www.thewellingtonten.co.uk">www.thewellingtonten.co.uk</a>
21 July	Mrs E's Big Wheeze 10k	Uplyme	10.15 am	<a href="mailto:mrsesbigwheeze@gmail.com">mrsesbigwheeze@gmail.com</a>

26-28 July	Le Tour of Exeter			<a href="http://www.ironbridgerunner.co.uk">www.ironbridgerunner.co.uk</a>
28 July	Exmoor Seaview 17 miles	Countisbury Hill, Lynton	10.00 am	<a href="http://www.mineheadrunningclub.co.uk">www.mineheadrunningclub.co.uk</a>

<b>August</b>				
7 August	Haselbury Trail 10k (Somerset Series)	North Perrott School	7.15 pm	<a href="http://www.haselburytrail.btck.co.uk">www.haselburytrail..btck.co.uk</a>
10 August ?	Maiden Newton Madness 10k	Maiden Newton	TBC	<a href="http://www.maidennewtonrunners.wix.com/maidennewtonrunners">www.maidennewtonrunners.wix.com/maidennewtonrunners</a>
14 August	Summer 5k Series (Race 5)	RNAS Yeovilton	7.15 pm	<a href="http://www.yeoviltownrrc.com">www.yeoviltownrrc.com</a>
25 August	Langport 10k (Somerset Series)	Langport	11.00 am	<a href="http://www.langportrunners.co.uk">www.langportrunners.co.uk</a>

<b>September</b>				
1 <sup>st</sup> Sept	Ash Excellent Eight (Somerset Series)	Ash Primary School	11.00 am	<a href="http://www.yeoviltownrrc.com">www.yeoviltownrrc.com</a>
11 Sept	Summer 5k Series (Race 6)	RNAS Yeovilton	7.15 pm	<a href="http://www.yeoviltownrrc.com">www.yeoviltownrrc.com</a>
15 Sept	Bristol Half Marathon	Bristol	9.30 am	<a href="http://www.runbristol.com">www.runbristol.com</a>
21 Sept	Camelot Half Marathon Challenge	Gryphon Leisure Centre, Sherborne	9.00 am	<a href="http://www.facebook.com/camelotchallenge">www.facebook.com/camelotchallenge</a> or email: camelrace@hotmail.co.uk
22 Sept	King Alfred's Torment	Stourhead	11.00 am	<a href="http://www.yeoviltownrrc.com">www.yeoviltownrrc.com</a>
22 Sept	New Forest Half Marathon	New Forest	9.15 am	<a href="http://Newforestmarathon.org.uk">Newforestmarathon.org.uk</a>
29 Sept	Frome Mells Scenic 7 (Somerset Series)	Mells	11.00 am	<a href="http://Fromerunningclub.org.uk">Fromerunningclub.org.uk</a>



October				
6 Oct	Burnham Half Marathon (Somerset Series)	Burnham	11.00 am	<a href="http://www.burnham-on-sea-harriers.com">www.burnham-on-sea-harriers.com</a>
13 Oct	Castle Cary 10k	Caryford Leisure Centre	10.00 am	<a href="http://www.totalbuzzevents.com">www.totalbuzzevents.com</a> or <a href="http://www.fullonsport.co.uk">www.fullonsport.co.uk</a>
20 Oct	Exmoor Stagger 15.1 miles (Somerset Series)	Minehead	11.00 am	<a href="http://www.minheadrunningclub.co.uk">www.minheadrunningclub.co.uk</a>
TBC	Gold Hill Run 10k			<a href="http://www.gillinghamtrotters.talktalk.net/">www.gillinghamtrotters.talktalk.net/</a>

November				
2 Nov (Sat ?)	Ilminster 10k	Ilminster	10.30 am	<a href="http://www.ilminsterionsclub.co.uk">www.ilminsterionsclub.co.uk</a>
13 Nov	Street 5k	Street	7.15 am	<a href="http://www.wellscityharriers.org.uk">www.wellscityharriers.org.uk</a>
24 Nov	Brent Knoll 10k (Somerset Series)	BASC Sports Ground	11.30 am	<a href="http://www.burnham-on-sea-harriers.com">www.burnham-on-sea-harriers.com</a>
24 Nov	Bath Hilly Half & Ultra 10k	Bath Race Course	11.00 am	<a href="http://www.tronium.com">www.tronium.com</a>

Any events which are not on the diary, but you'd like included then please let us know

[crewkernernews@gmail.com](mailto:crewkernernews@gmail.com)