

Crewkerne Running Club Newsletter

www.crewkerne.btck.co.uk

3 February 2013

Issue No: 94



The Road Group at Charmouth last Sunday

Blackmore Vale Half Marathon – 3 February 2013

Well done to all of you who took part in today's half marathon, I hear there were some great times set, we look forward to hearing all about it in the next newsletter.

A message from Captain Ed, - First time trial of the year

This Wednesday coming 6 February, is the first Merriott time trial of the year. for any of you that hasn't done this before the following will be important to you.

The time trial is a handicap event starting at the Merriott coop at 630pm sharp. The slowest runners go off first and ideally everyone finishes at the same time. Please arrive early so that I can sort out times for when you will start as well as warming up. The route is approximately five miles going out towards Hinton St George and back. Arrows will be marked on the road so there is no chance of getting lost.

I am planning on running also so if you would like to know your time can you please try to remember your watches. Can you also remember to bring torches and high visibility clothing as it will still be dark unfortunately.

Look forward to seeing you there.



CRC Club Championship

Yes its back, what you've all been waiting for the list of championship races is attached to this newsletter and just to remind you each week the championship races will be highlighted in green on the events list at the end. Remember anyone has a chance of winning you score points just for turning up and giving a race ago, you can also earn extra points for helping out at CRC organised runs.

We've also attached the club rules as a reminder for you all, any questions or comments let us know and we'll pass them onto Simon.

Thanks again to Simon Land for organising the Club Championship.

Good luck to you all!

For those of you who may fancy a little trip over the channel, here's something a bit different

**31st Marche de la Bièvre
Sunday, April 21, 2013**

Discover or rediscover the valley where the winds Bièvre only tributary of the Seine in Paris.

Walk for Bièvre helped thousands of walkers to discover the valley of the Bièvre with its woods, trails, meadows, and ponds ... making it a Mecca for hiking near Paris.

This year the route, with a maximum of roads and paths in the woods through which wood Verrières we conduiera to Saclay near Abbey Limon walking along the channel doméniale.

We then descend at Vauboyen to take the bottom of the valley we lead up to the sources of Bièvre Guyancourt, our place of arrival.
Walk for Bièvre is open to all: individuals, clubs or associations the opportunity to find there an exit and enjoy the benefits of walking.

Supplies provided along the route.

All information regarding the different Steps are now online, and need to be read carefully prior to enrollment.

The three marked routes (Route provisional may be subject to change)

Walk to the Moon (50 km) 12 €

- Start: Saturday, April 20 at midnight in front of Notre-Dame in Paris.

Walk to the Dawn (28 km) 10 €

- Start: Sunday, April 21 at 4:00 Igny - Ecole Saint-Nicolas.

Walk in the Sun (19 km) 8 €

- Start: Sunday, April 21 at 7:30 Igny - Ecole Saint-Nicolas.

- Arrivals: Guyancourt - House District Mendes-France.

To facilitate your return from the arrival, the organization implements shuttle bus to rail and Versailles Versailles Rive Gauche Workshop from 8:30 to 14:30

Crewkerne to Charmouth via the Road! report from this weeks Editor



Last Sunday saw the clubs annual run to Charmouth, but this year we had both a road and cross country route.

The road group set off just after 8.30 from Crewkerne and headed out towards Seaborough in what seemed like a never ending climb! Lyn joined us at the bridge and we carried on our way with me bringing up the rear as usually.

We arrived at Broadwindsor where we met Ginette who joined us for the rest of the run down to the coast.

It was an enjoyable if somewhat hilly route, thanks Tim, I should have learnt my lesson after the Lyme Regis run!

We arrived about 20 minutes before the cross country group all of whom looked rather muddy and as tired as us, there were about 20 of us who made our way back to the Old Inn at Hawkchurch for a lovely Sunday lunch, thanks to Jim for organising this.



Breakfast Run

Don't forget the breakfast run on Sunday 17 February from Weatherspoons in Bridport starting at 8.30am and then back for breakfast afterwards.

Birthday Corner



Just one birthday this week, happy birthday to Caroline Smith on the 6 February



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



February				
Date	Event	Location	Race Start Time	Website
3 Feb	Hestercombe Humdinger/ Hestercombe Hurtle	Hestercombe Gardens	10.30am	http://www.thehestercombehumdinger.co.uk/
3 Feb	Blackmore Vale Half Marathon	Bishops Caundle	11.00am	http://www.bvlions.yolasite.com/
10 Feb	Inca trail	Ilchester Sports Centre	11.00am	http://www.yeoviltownrrc.com
13 Feb	Street 5k (Race 5)	Street	7.30pm	http://www.wellscityharriers.org.uk
24 Feb	Slay the Dragon	Hinton St George	10.30am	http://www.slaythedragon.co.uk/

March				
Date	Event	Location	Race Start Time	Website
3 Mar	CRC West Bay Run	Crewkerne to West Bay	9.00am	See Newsletter
3 Mar	Combe St Nicholas 10k	Combe St Nicholas	10.30am	http://www.runnersworld.co.uk/events/
3 Mar	Bath Half Marathon	Bath	11.00am	http://www.bathhalf.co.uk/
10 Mar	The Grizzly		10.30am	http://www.axevalleyrunners.org.uk/
11 Mar	CRC AGM	White Hart,	7.30 for 8pm start	See Newsletter
13 Mar	Street 5k (Race 6)	Street	7.30pm	http://www.wellscityharriers.org.uk
17 Mar	Butleigh 7 Mile Multi-terrain	Butleigh	11.30am	http://www.wellscityharriers.org.uk
24 Mar	Yeovil Half Marathon	Yeovil	9.00am	http://www.yeoviltownrrc.com
29 Mar	Kilmington Kanter 7	Kilmington Cricket Field	10.30am	http://www.axevalleyrunners.org.uk/
30 Mar	The Night Runner	Beer	7.20pm	http://www.axevalleyrunners.org.uk/
31 Mar	CRC South Petherton Long Run	South Petherton	9.00am	See Newsletter

April				
Date	Event	Location	Race Start Time	Website
1 Apr	Easter Bunny 10k	RNAS Yeovilton	11.00am	http://www.yeoviltownrrc.com
7 Apr	Taunton Half & Marathon	Taunton	10.30am	www.tauntonmarathon.co.uk/
7 Apr	Paris Marathon	Paris	8.45am	http://www.parismarathon.com/index_us.html
10 Apr	Summer 5k Series (Race 1)	RNAS Yeovilton	7.15pm	http://www.yeoviltownrrc.com
14 Apr	Brighton Marathon	Brighton	9.00am	http://www.brightonmarathon.co.uk/
21 Apr	London Marathon	London	9.30am	http://www.virginlondonmarathon.com/

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

crewkernercnews@gmail.com