

Crewkerne Running Club Newsletter

www.crewkerne.btck.co.uk

3 March 2013

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And they're off at Slay the Dragon

Slay the Dragon results

Full Name	POS	Time
BAKER, THOMAS	5	00:45:36
SALE, NICK	8	00:47:45
GALE, SIMON	9	00:48:39
BRUNT, MATTHEW	16	00:50:50
STILL ROGER	27	00:53:27
MORRIS, AIDAN	28	00:53:51
STOCKS, ANDREW	29	00:54:05
WAREHAM, PHILLIP	30	00:54:20
STILL LINDA	31	00:54:30
MORGAN, LOUISE	49	00:59:23

A message from Captain Ed – Wednesday night time trial

This Wednesday coming (6 March) is the second instalment of the Merriott five mile time trial. For those that haven't done it before we start at the coop in Merriott at 6:30 sharp. It is a handicap race so I decide what times the runners go off. Slowest to fastest. Please get to the co-op for around 6:15 so that I have time to think of the pace you will be running. Alternatively you can tell me if you're coming through the Crewkerne Running Club Facebook page or via email on edstahl78@hotmail.com hope to see lots of you there.



BABCARY 7.5 mile road race 24th February 2013 by Mike Pearce

With this race coinciding with the Crewkerne RC popular Slay the Dragon 10km I did not expect to many to be here but I was pleased to see 'downhill' Dave as I pulled into the car park of the recreational ground. After a bit of a chat we warmed up, on this very chilly February morning, by running up the starting hill. Looks a bit of a stiff start but at least everyone will warm up pretty quickly once at the top. With still a little time before the start most runners had piled into the club house so I joined in to keep warm. On entering I can see why people do this run what greeted me was an amazing table of cakes and biscuits where for a quid you get a hot drink and a cake of your choice, decision made a coffee and a cake was on the cards once finished.

On the start line over a hundred people gathered ready for the start to get under way to shake of the cold. And then on time we where off. I decided to stay with the front runners but not from the front, once on top the quarter of a mile hill the route undulated gently for the whole route except for one other notable uphill. The scenary was pleasant and the lanes throughout quiet from traffic. Once I settled down to a comfortable pace I found myself in forth place with the other three not far in front. It stayed that way until about mile 5 when I started to catch up and overtook third place. I was gradually catching the two in front and then on the final sprint down the hill we started up I knew it was not to be, so unfortunetly I could not catch up with the two Wells AC runners but we all come in, in a 17 second period with forth a further 30-40 seconds behind me.

An enjoyable race with an engraved shot glass for a memento at race end and of course the tough decision of all, what cake to have. In case you're interested I went for the traditional Victoria sponge with a filling of fresh cream, yum..

Well done to Dave, he beat his last year time by 28 seconds and sets himself up nicely for the Somerset Series. Below is our places and times. Next installment from me will be the Bideford Half Marathon on the 3rd March 2013, so you will have to endeavour another race report from me.

0003	PEARCE,MIKE	43:18
0021	CARNELL,DAVID	51:21

A plea from Tim Hoyle to support him in his second Marathon!



Just over a month to go to the Brighton Marathon. This will be my second marathon. I'm hoping to run this one a bit quicker than my first (5hrs 5mins). I'm probably being foolishly optimistic but I would like to do it as close to 4.5 hours as possible. Although not that fast it's still a challenge for me.

This year after much consideration, reading some very touching appeals from various charitable websites, I have chosen to support the Children's Trust Tadworth charity, a national charity working with children with acquired brain injury, multiple disabilities and complex health needs. The children's stories (<http://www.thechildrenstrust.org.uk/stories.asp?section=1416§ionTitle=The+children+and+young+people>) at the Children's Trust made such a big impression. Please have a look for yourselves.

Please sponsor me to support the children with a donation no matter how large or small; even small contributions make a difference. You can do this via my Just Giving page or see me before the event.

<https://www.justgiving.com/Tim-Hoyle1>

Many thanks

(PS I have raised more than that shown on the Just Giving site. Personal donations and the Office Swear Box have done very well!)

Good Luck Tim!

West Bay Run – A view from the Grey Stuff, Tracy



Today saw the annual run to West Bay, whilst the official club run takes place on a cross country route, us rebels who don't particularly like the brown stuff decided to head down on the tarmac.

As most of us are marathon training we decided we'd like to add a few extra miles onto our normal 15 mile route. So we set off from Crewkerne at 8am this morning whilst it was still rather icy and frosty and headed out of town along the road to Clapton. After a short rest to look at the car which had crashed into the field along this road we headed on towards Drimpton and then to Broadwindsor this was pretty much our normal route with a slight detour thrown in but still a nice run and we were making good time.

After arriving in Broadwindsor at about 9.30 we picked up Ginette and headed on to our next stop at Salway Ash where we bid farewell to Lyn and topped up our water bottles thanks to Pete (Lyn's husband) bringing fresh supplies. We headed onwards towards Bridport with another detour, this was not the best of choices we've ever made and we ended up adding a few more miles than planned with a lot more hills involved than normal.

We eventually arrived in West Bay for a well earned cup of tea at about 12.50pm (well that's what time I arrived as I was bringing up the rear as usual!)

It was a good if somewhat hillier run than normal and it was rather a cold run but those of us who did the whole route managed 21.5 miles, with Lyn completing 12 and Ginette 13 oh and because 21.5 just wasn't enough Tamsin had already done 3 miles before she met us!

Hope to hear how the muddy stuff was in next week's newsletter



AGM



Don't forget the AGM takes place on Monday 11 March in the White Hart, full details are attached to the newsletter.

A message from Yeovil Town Road Runners about their up and coming Great Western 10k run

Yeovil Town RRC and the Rotary Club of Sherborne are hosting the Great Western 10k and 2k Fun Run at Leweston School on Sunday 10th March

It's a great multi terrain route with a good variety of road, farmyards, fields and woods. Don't worry there are no animals in the fields, but you will probably see goats and calves in barns.

We look forward to seeing lots of our neighbouring club runners there. I attach an entry form. These can also be downloaded from our website - <http://www.yeoviltownrrc.co.uk/greatwestern10k.html>

New Members

We would like to welcome the following new member who has recently joined the club, - Fiona Bishop

Birthday Corner



Happy Birthday to the following members:

5 March – Steve Hurley

8 March – Aiden Morris

9 March – Les Thomas & Steve Harpur



This Week's Running

Club Nights are:

Tuesday – Mixed ability but generally faster/longer runs

Wednesday – Time trial from Merriott Co-op

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



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
14 Mar	Pub Run – Admiral Hood	Mosterton	6.30pm	See Newsletter
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	Kilminster Kanter 7	Kilminster 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

crewkernernews@gmail.com