

Crewkerne Running Club Newsletter

www.crewkerne.btck.co.uk

Sunday 5th May 2013

Issue No. 107

*****THIS WEEK'S RACE REPORTS*****



FIRSTLY FROM DAVE ROWE...AN EVENTFUL READ

28th April Race Report

One memorable marathon. 3 days prior to London marathon I found out, due to administration problems I was not in it!! So as I was doing it for charity & my own sanity I searched the Internet & Manchester looked a good choice 1wk later.

So traveling alone I had a direct train service from Taunton on the 27/4/13 arrived in Manchester Piccadilly 3hrs45 @ 3pm.

With the run on Sunday at a 9am start the usual evening pasta meal & porridge breakfast at the hotel.

Geared up for my first fancy dress marathon in my fire helmet (which weighs 1.5kg) & fire leggings..

Walked to the tram/metro station at Altringham with all my luggage heading for Old

Trafford. It was a chilly but dry morning.

Ron Hill was starting the race & as a mark of respect a 26-second silence for the people of Boston. They say Manchester is 1 of the flattest marathons & roads shut for 6 hours! 7000 runners were taking part.

Didn't look like many fancy dress runners & I was getting a few comments. I was relieved to see a man wearing a big bird outfit.

The plan was to run & walk it. The race began just outside Manchester United football ground & the finish very near the start.

I started at a steady pace & running with the guy in the big bird outfit the Manchester crowds were saying 'Common fireman Sam'. First 10k done in just over an hour. Stayed with the big bird for 11 miles. I couldn't keep up so he went at his own pace. Half way stage was 2hrs15. With the temp rising & wind getting up, back to plan A. 9 fueling stations available, so at every station after 1st half I was going to use.

The streets are not as well supported as London but where they are they cheered you on. 20 miles was roughly 3hrs39 & the London marathon music played out loud, which was refreshing to hear.

22 miles at 4hrs 5mins 15 better than South Petherton training run.

With the bit between my teeth The Old Trafford finish line looming my pace quickened, but feeling light headed disaster struck about 40 yards from finish line. I fell head first & couldn't get up. My first thoughts were finishing. My right thigh was very tight. Medics came to my aid. With 3 of them I still couldn't stand so a wheelchair was required. I crossed the line with watch broken. Time turned out to be 5hrs&39 seconds.

Straight to the medical centre & it became apparent my face was cut. I wasn't aware I had a medal or goody bag but the medics picked it up for me, also my luggage later on.

After about an hour I was taken to hospital by ambulance.

I was massively dehydrated & they put a drip in with electrolytes. I was so lucky I didn't smash my teeth or break my nose. I spent the night in hospital as they wanted to monitor my kidneys.

Eventually released from hospital 1pm on the Monday & with some thanks to the rail staff able to travel on the rail ticket from the day before saving £102. I caught the 14.07 train home arriving 5.45

What an eventful marathon
Thanks for reading Dave Rowe
Hope to get some photos in next week edition.

HATS OFF TO YOU DAVE, WELL DONE. (NO PUN INTENDED)

SECONDLY FROM LINDA AND ROGER, FROM THEIR LONG AWAITED NORTH DORSET VILLAGE MARATHON TODAY!! WE LOOK FORWARD TO A DETAILED REPORT NEXT WEEK.

Hi

All I can say is 4hrs 38mins!!

Longer report to follow next week.

THANKS to Angie - who came to see us run our last mile and finish - you are a true pal!!

Here are some words - Long, groin strain, hot, ice packsx4, 10K 52mins, why didn't we do the relay?, lovely free massage at the end.

Thanks Linda & Roger

From a spectator's point of view this looked a very scenic marathon on a small scale. But the relay definitely looked a better option (maybe next year?). Well done Roger and Linda.

THIS WEEK'S RUNNING EVENTS:-

WEDNESDAY 8th MAY

Race 2 - Summer Series

Yeovilton 5k

Start 7.15 pm

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

SUNDAY 12th MAY

The Black Death Run

At Combe Sydenham Country Park

10 miles/3 miles

See website www.theblackdeathrun.com

UPCOMING CLUB EVENTS:-

Hopefully after a relaxing, sunny bank holiday weekend our summer is around the corner and with that in mind please find details of our next summer pub run...

Hawkchurch Pub Run

This month on Thursday 16th May we are at Hawkchurch
Please meet at the Old Inn pub for 6.15pm to pre-order food for a 6.30pm start.

There will be off and on road routes available

NEW EVENTS



Mrs E's Big Wheeze Sunday 21st July 2013 at 10.15am (Small Wheeze Fun Run 9.15am)

The multi terrain run is approximately 10km starting and finishing at Mrs Ethelston's C of E Primary School, Uplyme, DT7 3TT. The route follows river banks, goes through beautiful woods and climbs hills that give glimpses of the sea. It is a truly exhilarating route and an exciting chance to run it for the first time as a race.

Runners in Mrs E's Big Wheeze must be 16 or older. Proceeds in aid of Mrs Ethelston's C of E Primary school PTFA.

Enquiries - mrsesbigwheeze@gmail.com

Entry Form attached to this newsletter

THE CAMELOT HALF MARATHON CHALLENGE
21ST SEPTEMBER 2013
Between The Somerset And Dorset Borders
Walk It Or Run It!

This event is designed to be a fun, but tough half marathon across stunning scenery on a circular route. The event is multi terrain and mainly off road.

If you would like any further information please see
www.facebook.com/camelotchallenge or email: camelrace@hotmail.co.uk

Crewkerne 10K Race

This event is fast approaching! Please have a look at the marshal map (attached to this newsletter) and if you were involved last year can you do the same job this year?

If not will you please let me know.

If anyone can spare a couple of hours on the mornings of Saturday May 11th and Saturday May 18th in Falkland Square where we take entries for the race I would very much appreciate your company. It's not a bad morning, we sip coffee and chat to prospective runners.

Thanks,

Derek



A few words from our Captain Ed Stahl....

Firstly next Wednesday I will be racing at Yeovil in the 5k which I recommend to everyone especially to those who have never raced before. A friendly, well organised race and a very simple route so there's no chance of getting lost. Hope to see you there. Due to this, Sarah Warren will be leading the session on Wednesday so expect no let up from the usual interval sessions.

How to get a faster time on a three day running week?

Having researched this for quite some time, I thought it best to pass on my knowledge to those that would like to achieve quicker times in their fields of

choice. It's a very simple strategy to attempt and if you can run the following for a regular period then I would hope to see a vast improvement in times:

1. Run a tempo run. What is this? A tempo run is mimicking your race pace so that your body is prepared for the race day. Your aim is to run a minute slower than your race pace. There are many different variations within tempo runs in regards to how long should you run for so a basic rule is to run further than the race you intend to do. Can I quickly state that this is NOT the case for marathons and above. If in doubt please come and see me and I will be willing to help.
2. Interval/speed session. This is the Wednesday night session in which we all aim to run quicker than any other time in the week. Can I state that this is NOT an elitist group and that everyone is welcome and I will personalize the session to suit your needs. These sessions have a track feel to it which are formally structured, from pre stretching, the session itself and post stretching. I hope to see some newer faces now that the weather is getting better.
3. Long run. Crucial to the week, this is a SLOW jog, run in which you are getting those miles into your legs. How far do I run? For 5k I would run around 6-7 miles, 10k around 9-11 miles, half marathons 13-15miles and marathons 20+ miles.

So that's it, three runs and of course if you want to run more you can, this is just a basic week to help improve your times. Please come to me if you want help with this or if you want me to assign you a race plan to follow. I'm around every Wednesday and generally Tuesday's and some Thursday's. Thank you for reading this and I look forward to seeing many of you out on the racing circuit this season. Good luck.

Secondly.....

First chance of some silverware this year within the club as the spring handicap has come around again and will be held on the 29th May at 6:30pm from the Brewer's Arms car park in South Petherton. This handicap race is just over 5 miles long and is a race in which I will determine everyone's time, so can you email me on edstahl78@hotmail.co.uk to let me know if you will or will not be able to attend. This helps the admin for times as it will be hectic on the race day.

On Thursday 23rd May I am planning on running a recce route at 6:30pm. This will hopefully take away any worries of getting lost. I am also hoping to get some pace setters so that you can run behind them and know you will be

running the time of your choosing. I am aiming to get the pace setters to run at 40mins and under, 45, 50, 55 and an hour. if anyone would like to volunteer for this then once again email me or see me out on a club night. I'll pace the 40mins and under.

Thank you
Ed

A message from Adrian Marriott

Dear All,

Please find the attached current list of coaching courses available this summer in our area. As always the most current list and booking information is on the England Athletics website.

<http://englandathletics.org/courses.asp?section=33§ionTitle=Courses+and+Bookings>

In Somerset we are encouraging more people to upgrade their coaching skills by completing one of the 'Coach' level qualifications i.e. Coach, Coach in Running Fitness, Childrens Coach. There are some coaching bursaries available from the Somerset Athletics Network which contribute towards the cost of these courses.

Any questions about courses please contact Matt Foad at England Athletics or myself and if you are considering a Coach course for you or a club colleague and want to access one of the bursaries please contact me directly.

There will also be some summer workshops planned, more details to follow. One date for your diary is the SASP Coaching Day at Taunton on 20th July, this will cover a range of sports similar to the excellent day at the Millfield 2 summers ago. There will be some athletics components on this day.

Adrian

London Marathon

Just found my London Marathon scrapbook from 1987 with the 1986 rejection. At that time you had to pay £1 for an entry form from a local building society and then send your form off with the entry fee of £6. If you didn't get in you had your £6 back but not your initial £1. I finally ran under an assumed name in 1987 and ran 3hours 24 minutes on my watch from start line to finish line. No

chips in those days and it took me nearly 9 minutes just to get to the start line after the gun.

There were 19554 finishers, the last runner took 6.44.56 and Hiromi Taniguchi won the race in 2.09.50.

Thought this might be interesting to those of you running marathons for the first time this year,

Derek

(Please see Derek's scrapbook entry attached to this newsletter)

Notice to all members.

Subscriptions are now overdue for the year 2013/2014.

Following the recent AGM it was agreed that we needed to increase the annual subscription due to the cost of our affiliation with the George Reynolds Sports Centre and the doubling of the competition licence fee by EA.

A number of members have said that they have no interest in actually being members of the GRC. As the committee believes that the GRC is a real asset to the town and surrounding area we hope that members will be happy to support the GRC with the subscription increase this year.

The actual cost of membership to the GRC is £10 per year so the Running Club is subsidising half the cost.

We will be monitoring the performance and usage of the GRC and if the membership are not happy we can make changes at the next AGM.

Please pay the treasurer, Derek Boles, or complete an online transfer to Crewkerne Running Club:-

Sort Code 401825 Account number 21093649 marking it as subs paid.

A brief email to the treasurer would be appreciated:-

derek.boles123@btinternet.com

Renewal subscriptions for 2013/2014 are £15 including membership for the George Reynolds Sports Centre but without an EA competition licence.

Renewal subscriptions for 2013/2014 are £25 including membership for the George Reynolds Sports Centre and an EA competition licence.

New members please see application form available on the website.



MANY HAPPY RETURNS TO Chris Whitfield on Wednesday 8th
And a special Happy Birthday to Simon Clarke who has his
40th on Saturday 11th

We would also like to welcome our newest member,
Helen Jones to the Club.

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

May				
5 May	North Dorset Small Village Marathon	Sturminster Newton High School, Bath Road	8.30 am	www.gillinghamtrotters.talktalk.net
8 May	Summer 5k Series (Race 2)	RNAS Yeovil	7.15 pm	www.yeoviltownrrc.com
5 May	Glastonbury Road Run 10k/5k/3k (Somerset Series)	Glastonbury	11.00 am	www.GlastonburyRoadRun.info
12 May	Black Death Run 10 miles / 3 miles	Combe Sydenham Country Park	11.00 am	www.theblackdeathrun.com
16 May	Ash Town Tree Trail 7 miles	Ash Primary School	7.00 pm	www.yeoviltownrrc.com
19 May	Crewkerne 10k (Somerset Series)	Crewkerne	10.00 am	www.crewkerner.btck.co.uk
26 May	Dorchester Triathlon	Dorchester Sports Centre	8.00 am	www.1610.org.uk supported by Total Buzz Events

June				
2 June	Run in the Wild 10k	Cricket St Thomas	10.30 am	www.chardrunningclub.btck.co.uk
9 June	Ninesprings 9k (Somerset Series)	Ninesprings Yeovil	11.00 am	www.yeoviltownrrc.com
12 June	Summer 5k Series (Race 3)	RNAS Yeovilton	7.15 pm	www.yeoviltownrrc.com
16 June	Martock 10k	Martock Fire Station	10 am	www.fullonsport.co.uk
19 June	Tin Tin Ten 10k	Tintinhull	6.30 pm	www.chardrunningclub.btck.co.uk

June	(Somerset Series)			
23 June	Torrington Triathlon	Torrington Pool	8.00 am	www.1610.org.uk supported by Total Buzz Events

July				
6 July	Charmouth Challenge 8 miles	Charmouth	3.00 pm	www.charmouthchallenge.co.uk
7 July	Quantock Beast Challenging 5.7 miles (Somerset Series)	Broomfield	11.00 am	www.quantockharriers.co.uk/beast
10 July	Summer 5k Series (Race 4)	RNAS Yeovilton	7.15 pm	www.yeoviltonrrc.com
13 July	Maiden Castle Loop 6.5 miles	Maiden Castle	7.00 pm	www.egdonheathharriers.com
14 July	Wellington 10 10m/10k	Wellington	10.30 am	www.thewellingtonten.co.uk
21 July	Mrs E's Big Wheeze 10k	Uplyme	10.15 am	mrsesbigwheeze@gmail.com
26-28 July	Le Tour of Exeter			www.ironbridgerunner.co.uk
28 July	Exmoor Seaview 17 miles	Countisbury Hill, Lynton	10.00 am	www.mineheadrunningclub.co.uk

August				
7 August	Haselbury Trail 10k (Somerset Series)	North Perrott School	7.15 pm	www.haselburytrail.btck.co.uk
10 August ?	Maiden Newton Madness 10k	Maiden Newton	TBC	www.maidennewtonrunners.wix.com/maidennewtonrunners
14 August	Summer 5k Series (Race 5)	RNAS Yeovilton	7.15 pm	www.yeoviltonrrc.com
25 August	Langport 10k (Somerset Series)	Langport	11.00 am	www.langportrunners.co.uk

September				
1 st Sept	Ash Excellent Eight (Somerset Series)	Ash Primary School	11.00 am	www.yeoviltonrrc.com

11 Sept	Summer 5k Series (Race 6)	RNAS Yeovilton	7.15 pm	www.yeoviltownrrc.com
15 Sept	Bristol Half Marathon	Bristol	9.30 am	www.runbristol.com
21 Sept	Camelot Half Marathon Challenge	Gryphon Leisure Centre, Sherborne	9.00 am	www.facebook.com/camelotchallenge or email: camelrace@hotmail.co.uk
22 Sept	King Alfred's Torment	Stourhead	11.00 am	www.yeoviltownrrc.com
22 Sept	New Forest Half Marathon	New Forest	9.15 am	Newforestmarathon.org.uk
29 Sept	Frome Mells Scenic 7 (Somerset Series)	Mells	11.00 am	Fromerunningclub.org.uk

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

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

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

crewkernercnews@gmail.com