

Crewkerne Running Club Newsletter

www.crewkerne.btck.co.uk

6 January 2013

Issue No: 90

Welcome to the first edition of the newsletter for 2013 from your new team.

We start the New Year with a few words from Clive Harwood,

Thanks to Simon

On behalf of all Crewkerne Running Club, we would like to thank you for steering the newsletter forward. It has been a pleasure to read of others efforts in races carried out far and wide. I am sure this has helped with our increasing membership.

Here's hoping we can follow in Simon's footsteps and continue to bring the news to you every week.

Thanks Simon and hope to see you back out running soon!



Your attention please!!!

As of TUESDAY 8 JANUARY 2013

Our club night meeting point will CHANGE.

We will now meet at

THE GEORGE REYNOLDS CENTRE

Our meeting times of 6.30pm will remain the same but we will now meet inside the centre. For those of you not aware, The George Reynolds Centre is the big new building right next door to Crewkerne Aqua Centre and Waitrose.

The new centre will allow us to have dedicated changing rooms, and also a warm, dry place to meet, with a bar there also if anyone wants a drink after a run. We will also soon be adopting a 'Sign – in' sheet for runs on club nights so we know exactly who is out running with us, and that will be housed at the centre in the future.

Obviously the centre is new and finding its feet so we may find a few 'teething problems' at the start, but this is a good step forward for the club compared to meeting at Lidl's Car Park!

Signs will be put up in Lidl's car park for those of you who forget we have moved, but the centre is not far away so if we see you standing there alone we will come and get you!

If anyone has any questions about the venue change and what that will mean for the club then please get in touch.

So remember.....8 January....insert into your brand new, crisp 2013 diaries!!



Wellington Monument, A Postcard from Hemyock, by Roger Swann

Sunday 23rd Dec. proved to be dry and clear, so ideal conditions for the gruntfest known as the Wellington Monument Race. Proudly flying the flag for CRC, I took up position with another 156 souls ready to take on the physical demands of that damned hill.

Away we went at what for me was a fair clip but I adjusted my pace as soon as the road reared up in front of us. Eventually the road flattened out and at this point Tom Merson from Exmouth Harriers was on his way back down to set a course record for the 6.27 miles of 32m49s. Across the age and gender groups five new course records were set which is indicative of the strength of the field.

Plodding on I neared the monument. But soft! What figure through yonder bushes breaks? Why 'tis Harry from AVR! Oh woe is me and double woe! Is my pace really that slow? Then I realised that the race organisers had released the AVR thunderbolt early so that the marshals would be finished in time for Christmas.

Pausing only to gasp encouragement to my Monty mucker, Adam Hawkins, I am once more out on the road and now the slope is in my favour so time to make hay while the gravity shines. Picking up my heels I gambol down into the village for the gentle trundle back to the school. The usual Wellington Monument tee-shirt has been replaced by a mince pie, a bottle of Red Bull and a slate coaster. Maybe next year we could enter a group of us and have a stab at the John Cooksley Team Prize?

RESULTS:	Pos.	Time.	Club
R.Swann	127	56.01	CRC
A.Hawkins	149	66.29	YTRRC
H.Moore	157	109.55	AVR



Tinsel Run, by Clive Harwood

A mild, dry above ground level morning were conditions for our annual Tinsel Run. Held again at Hinton village hall. A very good turn out of approximately 30 to take on the pleasures of the morning. A group of I think 10 went on the road, while the hardier 20 souls went for the Slay the Dragon route. As expected the route was very wet underfoot, 6 miles later we were back at the hall ready to tuck into bacon sarnies that Dave and Stuart had been preparing. Very nice too. Big thank you for that.

Happy New Year to all ladies and gents of the club.

PS Put your reports into give our new editors content for us to enjoy.

Thanks for that Clive, and don't forget the new email address to send your reports to is crewkernercnews@gmail.com



South Petherton Long Run

At the last Committee meeting we discussed the dates for the CRC events for 2013, traditionally the South Petherton long run takes place 3 weeks before the London Marathon for those of you competing to get in your final long run before the big event itself.

Only this year 3 weeks prior to London it will be Easter Weekend we would therefore like to canvas opinion as to what date you would like the run to take place on, the suggests are Good Friday 29 March or Easter Sunday 31 March, any of you planning on running please let us know your thoughts via the crewkernercnews@gmail.com email address and we will pass your thoughts back to the committee.



Crewkerne to West Bay Sunday 30th December 2012



Starting from Lidl's in Crewkerne at 8:30AM

Well, it seemed like a good idea long before Christmas, a run down to West Bay to blow out those post Christmas cobwebs and burn off those extra calories.

This run was to follow the route of one of the favoured New Forest Marathon training sessions, which took place earlier this year.

Considering the weather we have had over the past months, the morning of the run fortunately started dry and mild. With fingers crossed we hoped it may continue for the duration of the run and set off on our way.

George and Caroline join us on our way into Misterton. We then make our way up Seaborough Lane, turning left at the signpost to head up the first of the climbs between Crewkerne and Beaminster, passing Badgers Glory on the left to reach the top for a few moments rest. It was at this point George and Caroline wisely made their way home, leaving us to push on to Mosterton via the narrow lane emerging just opposite the Admiral Hood pub.

With the ever increasing threat of rain, the temperature drops a little but spirits are high and we make good progress from Mosterton to the Beaminster Tunnel. This isn't as hazardous as it sounds, given that the tunnel is still closed, traffic on a Sunday morning is light. However it is still a relief to have got that section of road out of the way without sustaining any casualties!

After a short rest and poke around the tunnel, we set off turning left and heading along the ridge of hills North of Beaminster. After about a mile of running we turn off the road through a gateway, where we are rewarded with fantastic views over the rolling Dorset countryside extending all the way to our final destination, the coast! This seems like an ideal moment for another photo opportunity, see below.



View from Buckham Down North of Beaminster with coast in the distance

It's at this point that I feel I ought to apologise. The cross country section was short, but what it lacked in distance it challenged us with the quality and quantity of the mud it managed to throw back at us! A special mention goes to Tracy and Tamsin who are never shy in voicing their opinions regarding cross country, you really got stuck in without a word of complaint, thanks! I believe even Chris managed to briefly loose a trainer to the downhill swamp!

Thankfully that section didn't last too long and pretty soon we are back on narrow lanes, deliberately splashing through puddles to shift the last of the mud from our trainers.

After a mile or so of pleasant downhill lane we make it to the halfway point, the Square in Beaminster. It is at this point that we are to say goodbye to Carolyn, Angie and Linda. Well done girls you set a cracking pace. Hope to see you out again on another run soon. Also at this point we welcome fresh runners Ginette and Kay.



Beaminster Square - Halfway There 8 miles 10:15AM

After a short rest, we set off for West Bay! Heading down through the back lanes of Beaminster to pick up the trail to lead us to Netherbury. Surely this shouldn't be as bad as the earlier cross country fun and games? Wrong! This mud was even more sticky and slippery!



Tamsin and Tracy avoiding the mud in the gateway!

Soon things settle down, the going becomes easier and we make our way past the back of Parnham House arriving in the grounds of Netherbury Church. This is a part of Dorset that looks as if it has remained unchanged for hundreds of years!

From Netherbury we make our way to Waytown, this is Adrian's territory now, thanks Adrian. This is good section of narrow quiet country lanes, with one small incline, otherwise it's a good rhythmic plod all the way down to Bridport town centre.

We make our way through Bridport town centre and Adrian wisely decides we should avoid the fields that would otherwise find us entering West Bay via the caravan park. Instead we find ourselves with another opportunity to settle into a good pace and press on via the pavements into West Bay.

My legs are certainly starting to feel it now! Adrian, Ginette and Chris are showing no signs of letting up until we make our destination. With a final push I am determined to stick with the group. Before we know it we are there and there is only one thing left to do ...



Cooling off tired feet – watch out for that wave behind!

Well we made it, the weather remained good throughout the run and spirits were high. All in all a great start to a new season of training for the forthcoming Spring Marathons and Half Marathons. Thanks to you all for making it an enjoyable event.



West Bay - 17 miles 12:30PM

Sitting here typing this, with aching legs, I find myself looking forward to another long run. I must be mad? Is any one else suffering from this strange affliction, if so do you fancy running down narrow country lanes to Seatown, with perhaps a very short cross country excursion over the top of Pilsden pen?

This is beginning to sound like Michael Kane in the closing scene of the Italian Job!

Chard Flyer a view from the front with Clive Harwood



Following a very sober new years eve, I was all ready for the Chard Flyer 10k road race. An 11.00 start seemed a sensible time of day. Met with 3 other club members on a surprisingly pleasant mild morning. We were walked to the start from the cricket ground, down the road to opposite Tesco's. A path led us into a housing estate then onto the familiar route of the old railway line to Ilminster. With a first mile in 6.03, this brought me behind Luke Brunt, with Dave Carnell next and Thomas Priest in front of him. Good packing. Luke was passed before we turned right and up some steps to the road. Went past Dave who muttered something about "curry". Thomas now was going off in the distance. A long, long hill followed I should think of almost a mile. Caught 2 lady runners and tucked in. Managed to pass the 1st one only to be passed by her later. Tucked in behind her, as you do, and got by soon after. A steep descent followed. Nearly eye balls out here. Caught the next lady as it flattened out. Went into the reservoir area again then the houses. I now knew where I was as I spectated last year and walked the final section. This turned out to be a lot more of a pull than I thought. Very pleased to turn of Zembard Lane and run into the finish. My time of 42.02 made 12th place. Thomas went very well for 6th place in 39.59. Luke was back in 43.46. One to watch in the future. Dave Curry Carnell was 27th in 44.29. Just for the record, Luke's brother, Mathew, ran in with 51.17. There were 112 runners. The winner was Tim Hawkins in 37.59 even though he missed a tuning in the houses and was called back by Paul Rose who then slowed to let Tim catch up and let him go in front by the distance they were previously. Paul was 2nd with 38.07. It was a good race to start the year and I went home with a bottle of wine.

Results

Position	Time	Christian	Category
6	0.39.59	Thomas Priest	Senior Male
12	0.42.02	Clive Harwood	Male 60+
21	0.43.46	Luke Brunt	Senior Male
27	0.44.29	David Carnell	Male 50+
51	0.51.17	Matthew Brunt	Senior Male



A word from Captain Ed about Wednesday's Speed Session

I won't be there to take the session due to the Street 5k that night. If anyone is wanting to do a session then I was planning on 4 x 2 sets of hills around 80m long up Furland Road, followed by half an hour of fartlek around Crewkerne.



A message from Yeovil Town Road Running Club about its first race of 2013

The Inca Trail (7 'llama' miles) with supporting runs: The Yak track (3 'llama' miles) & Guinea Pig Gallop (1 'llama' mile)

Sunday 10th February, Race starts 11.00 am from Ilchester Sports Field, Ilchester, BA22 8NZ. All proceeds to the Azul Wasi Orphanage, housing street children in Cusco

For full details please visit their website, <http://www.yeoviltownrrc.com>



New Members

We would like to welcome the following new members who have recently joined the club, - Aidan Morris and Ben Veasey

Birthday Corner



Happy Birthday to the following members:

A belated happy birthday to Lucy Silk for the 3 January

Nigel Newberry on the 7th and Rupert Mcleod on the 10th



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



January				
Date	Event	Location	Race Start Time	Website
09-January	Street 5K	Street	7.30pm	http://www.wellscityharriers.org.uk
20-January	First Chance 10k	Exeter	10.30am	http://www.firstchance10k.co.uk/

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

March				
Date	Event	Location	Race Start Time	Website
03-March	Combe St Nicholas 10k	Combe St Nicholas	10.30am	http://www.runnersworld.co.uk/events/
03-March	Bath Half Marathon	Bath	11.00am	http://www.bathhalf.co.uk/
10-March	The Grizzly		10.30am	http://www.axevalleyrunners.org.uk/
13-March	Street 5k	Street	7.30pm	http://www.wellscityharriers.org.uk
17-March	Butleigh 7 Mile Multi-terrain	Butleigh	11.30am	http://www.wellscityharriers.org.uk
24-March	Yeovil Half Marathon	Yeovil	9.00am	http://www.yeoviltownrrc.com
30-March	The Night Runner	Beer	7.20pm	http://www.axevalleyrunners.org.uk/

April				
Date	Event	Location	Race Start Time	Website
01-April	Easter Bunny 10k	RNAS Yeovilton	11.00am	http://www.yeoviltownrrc.com
10-April	Summer 5k Series	RNAS Yeovilton	7.15pm	http://www.yeoviltownrrc.com
07-April	Paris Marathon	Paris	8.45am	http://www.parismarathon.com/index_us.html
14-April	Brighton Marathon	Brighton	9.00am	http://www.brightonmarathon.co.uk/
21-April	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