

# **CREWKERNE RUNNING CLUB email**

**CREWKERNE RUNNING CLUB WEBSITE : [www.crewkernerc.btck.co.uk](http://www.crewkernerc.btck.co.uk)**

**6 December 2010**

**Hi all**

## **Race report for Hellrunner Down South 28<sup>th</sup> November 2010 – By Debbie Cole**

The Hellrunner is held at Longmoor Army camp in Bordon, Hampshire and is 11 miles of off road hills, bogs, a river, sand and some big puddles.



The race started with a section of lovely flat trails which allowed for a welcome warm up before the hills started. The course then stayed undulating for the duration. Some of the hills were mere bumps others were more challenging, as much for the descents on uneven ground as the ascents. The first water came a few miles in, big puddles really that brought childish squeals as you splashed through them. The first bog came at about mile 6, knee deep freezing water, which was a welcome relief to cool the legs. The best was yet to come at about mile 8 with the 'bog of doom'. It was exciting running through the woods and hearing lots of cheers as people entered the bog. The theatrical touch was fun, barrels of fire lined the bog and a stilted devil loomed over people as they went through. Slipping into chest deep freezing water was an experience, the crowds watching, the threat of the plastic crocodile landing on you as it got tossed along the bog all added to the experience, which seemed to last much longer than was possibly sensible when it was so cold in the water and out. More hills followed before the sound of a DJs booming sounds encouraged you on, only to be met by a river crossing, a slippery descent down a now very wet steep bank, another wading session across the river and

then a scramble up another steep bank and then back across the river again. The hills continued before coming out to a field of sand which they called the 'hills of hell'. With already sapped legs running through sand and up and down sandy hills was hard work but by now anything less just wouldn't have seemed right with this event. The last section was a scenic run in through the woods and back out on to the trails to finish. I finished, with a smile, in 2 hours and 19 minutes in 1848<sup>th</sup> place with plenty of people still behind me. If you would like to know what the view from the front was like then talk to Dave Rowe, who finished in 1 hour and 19 minutes, in 81<sup>st</sup> place overall and 69<sup>th</sup> in his age group. Despite being chilled to the core this was a fantastic event and has kept me smiling for a week.

**The Full Monty** – For those of you who don't receive Yahoo Groups Martin sends the following

Dear Club members and families

Can I thank you all that helped out to make the 12th Full Monty race once again a big success. This is a big undertaking for our club and we always get praise from the runners.

A lot of you probably don't realise how close we were to cancelling the event on Saturday, conditions were extremely bad when Clive, Ben, Derek and myself looked at it

But we went ahead and thanks to the efforts of the course markers and marshal organisers Jim, Clive and Simon Lands who braved the element on Saturday and Sunday.

But a big thank you must go to all of you who gave up your Sunday morning to carry out your tasks in a friendly way that was appreciated by the runners.

If you did not receive a 'Christmas pudding' then we have a few left, I think Clive may have them.

The Red Cross, Friends of Ham Hill and Crewkerne Army Cadets will receive donations and the remainder will go to Club Funds.

Once again thank you.

Martin Cook  
Hon sec

## **One for Dave Rowe ????**

Dear Athlete

We are emailing you with an update of entries into the 2011 IRONMAN UK Bolton, England.

Within the last 2/3 weeks the entries have been coming in thick and fast and we are now very pleased to announce that we have over 1100 entries for the 2011 Race. If the entries keep coming in at the same rate we anticipate that we shall be full by mid January.

If you are still sitting on the fence or know anyone who hasn't entered but may wish to, the Race Office would like to suggest that they do so sooner rather than later. We know that there are over 500 people who did not managed to secure a place in the UK IRONMAN 70.3 2011 and we would hate for the same disappointment to be felt by those who want to Race IRONMAN UK Bolton, England in 2011.

So get your entries in fast!

## **WINTER HANDICAP – THIS SUNDAY 12 DECEMBER – A reminder of the reminder from Sarah**

The CRC 2010 Winter Handicap Run will take place on Sunday 12 December from Hinton St George Village Hall. First runner is to start at 10am so please be there 9.30-9.45am.

We will have the use of the village hall facilities and refreshments will be provided after the run. In addition to tea, coffee and cake there will be bacon rolls to re-energise you after your efforts!

It would be useful to have an idea of numbers so we know how many to cater for so can you please either email me or Richard if you are coming, it would be a help. You can of course just turn up on the day anyway.

Derek has won this for a number of years - we need a new winner so try to be there!

Sarah

### ***And Finally..... Yet another message from England Athletics!***

Dear Club Secretary,

Following our recent communication informing you that we were looking to replace the existing England Athletics athlete registration card with an "eCard" for 2011-12, we have understandably received a lot of valuable feedback from our affiliated clubs.

It has become quite evident that the proposed revised process would potentially create an additional administrative burden upon the Club, something we are desperate to avoid at all costs. With this in mind and having listened to your views and considered your feedback, EA have decided not to progress the eCard option, and will not be making the collection of email addresses mandatory (however we would still encourage individuals to submit their email details to the NGB so we can establish a dialogue with them as affiliated athletes)

A minor cost-effective review of how we distribute the existing physical registration card will now be considered, but we do not anticipate any changes to the way in which your athletes receive their cards, or to the management of their data on the club portals. We will relay further information to you in the new year.

We would like to take this opportunity to thank you for your contributions to this debate and in supporting us to reach this conclusion.

Once again we would like to reiterate the importance that England Athletics places on the views and feedback of our affiliated partners, and we genuinely hope that you are all satisfied with this outcome.

Kind Regards

Andy

Andy Davies - Athletics Services – Senior Coordinator

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## **This Week's Running**

No-one has told me different so as far as I know this week there are the normal Wednesday and Thursday evening club runs meeting at the Lidl's car park and starting as usual at 6.30pm.

Torches and reflective gear are now essential

On Sunday there will be the annual club Winter Handicap from Hinton St. George – please see details above.

Please always run with safety in mind at all times and treat traffic with respect - we do not want any accidents.

**I look forward to seeing you running**

**Richard**



## **Dates for your Diary !!! see Website also**

*Street 5K Series, Street. Start Time 7:30pm*

*December 8th 2010*

*January 12th 2011*

*February 9th 2011*

*March 9th 2011*

*Sunday 12<sup>th</sup> December 2010 - **Crewkerne Running Club** Winter Handicap*

*Saturday 18<sup>th</sup> December 2010 – **Crewkerne Running Club** Christmas Dinner*

*Sunday 19<sup>th</sup> December 2010 - **Crewkerne Running Club** Tinsel Run*

*Sunday 19<sup>th</sup> December 2010 – Wellington Monument Race 10.30am, Wellington*

*Sunday 26<sup>th</sup> December 2010 – Stoke Stampede 10K, Stoke St. Gregory*