

# Crewkerne Running Club Newsletter

[www.crewkerne.btck.co.uk](http://www.crewkerne.btck.co.uk)

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## \*\*\*\*\*THIS WEEK'S RACE REPORTS\*\*\*\*\*

### EASTER BUNNY 10k by Tracy Symes



After a lovely Sunny day on Sunday for the long run, I lived in hope it might stay like that on Monday morning for the Easter Bunny. After leaving Crewkerne in relatively good conditions, we arrived at Yeovilton to be met by a grey and very windy morning. It was to be another bitterly cold race, Tamsin and I headed in to collect our numbers and it was packed out and getting fuller by the minute I don't think anyone wanted to go outside as it was so cold.

We hung around inside for a while and bumped into a few other fellow hardy CRC runners. We all eventually ventured outside to warm up, which wasn't easy in that weather so it was a gentle jog to the start line and tried to stay warm whilst waiting for the off. Lyn and I stayed at the back, while Tony took Vicky further down the front as she wanted to beat her sister's time from last year.

After insisting I was not racing as I had to concentrate on Paris, I decided to run with Lyn and have a nice leisurely run round, well that didn't happen, we ran the first 1k in 6 minutes, but

did settle down into a slightly slower pace after that, we headed off out into the surrounding villages with a bit of respite from the freezing wind until we turned back on to the main road and headed for the final section of the race, we hit the 7k mark and I kept encouraging Lyn to keep going, she kept up a good pace. We headed back along the main straight for the last 1k and Tony was running back to encourage us along the way, it was at this point Tony pointed out the size of the Easter Egg to me, to say I wasn't happy was an understatement. I only enter the race to get my Easter Egg! We crossed the line in a respectable time and Lyn got a PB with over a minute off last year's time, we headed down the funnel and I was handed a crème egg and t-shirt. All I can say is I'd rather have a bigger egg and no t-shirt next year.

### Full Results

Position	Name	Time	
1	Tom Merson	31 mins 12 secs	
59	Les Thomas	39 mins 43 secs	PB
95	Dave Carnell	42 mins 8 secs	
159	Andy Stocks	46 mins 53 secs	
180	Phil Wareham	48 mins 5 secs	
245	Tony Gordon	52 mins 37 secs	
260	Vicky Clutterbuck	53 mins 58 secs	
273	Lucy Silk	55 mins 23 secs	
287	Tamsin Dickinson	56 mins 12 secs	PB
296	Ginette Briggs	57 mins 7 secs	
297	Adrian East	57 mins 7 secs	
345	Tracy Symes	1hr 3 mins 10 secs	
346	Lyn Clutterbuck	1hr 3 mins 19 secs	PB

Well done to Vicky for beating her sister's time from last year and competing in her first race in CRC colours, also well done to Tamsin and Lyn for getting PB's evening though you weren't suppose to be racing Tamsin!





## Two Races and some cake By Nigel Key

Since I joined CRC, about 18 months ago, I have only done 10k races so doing the Yeovil half was a bit of a blast from the past. Back in the 80s and 90s my favourite distances were 10 miles and half marathon, so how would my times compare!

Needing a loo visit and putting my warm top in the car I found the funnel full of runners. I pushed through a bit but still started fairly near the back. First mile was done at 7.30 pace – too fast so needed to slow down a bit. Tried to relax going down to the hospital but spotted Mark so had to pass him! Into the country park and time was still a bit fast, spotted Andy Stocks and got past him just before seeing Stuart given us all a big cheer. The dreaded Henlade Hill was done slowly because we were only half way. The next bit is flat and boring but I had warmed up a little bit and spotted Ginette so left my hat with her. There was a lot of shouting at 10 miles, I did not see who it was and ignored them – sorry Derek. From 11 miles on we could hear the tannoy at the finish, so a matter of keeping going. Really pleased with my 1.42 but will have to target 1.40 next time – along with some of those quick 10K runners who are a bit closer to me at this distance!

Thanks for all the CRC support round the course and at the start/finish.

What next – oh it is the long South Petherton the next Sunday. Should I do it or not, Clive said he would just do 10 miles to Puckington and back. On the day I

had to decide and was wondering where I could drop out. Tracy showed me a map of the course, so that was it go for the 22 miles. Better start slow because I had not run more than 14 miles in a session since 1994, but that half marathon had given me the bug. I went off with the 9 minute milers, one of whom had to drop out before we got to Shepton Beauchamp. We eventually became a group of 4 with Pip and a couple of youngsters ( well probably half my age ). Great support from everybody around the course – plenty of drinks, sweets from Jim, Derek, Stuart and Angie. Eventually I was running with somebody from Honiton who was running her first marathon at London. She went ahead of me at 17 miles because I started to slow a bit and plodded down through Martock. Great help from Angie at 20 miles, making sure we did not hang around. At one point I thought Parrett Works was moving further away. Anyway I finished without having to walk and there was Clive brewing coffee and tea and some wonderful cakes. Not one for drinking much when running I realised I needed something because I felt slightly strange. The cake made all the difference – I had to have a piece of each of them and then I started feeling better. Thanks to all the club member who helped in the organisation and good luck to everybody who is running a marathon this spring.

## **REPORT FROM PARIS MARATHON TODAY**

### **Well done girls, with some great times too!**



After failing to get places at London we decided to give Paris ago, with the day approaching we started our journey on Friday morning, letting the train take the strain to Waterloo then heading over to St Pancras to join the Eurostar.

After a relaxing Friday evening and Saturday spent doing some sight seeing before Tamsin fought off an attempted mugger on the metro on our way back to the hotel. Sunday morning finally arrived, the weather was perfect nice sunshine and a cool breeze. We headed across to the Champs Elysee and found our pen the Rose one at the back, it took an hour to cross the start line but thankfully there was plenty of space for us to run straight away.





We headed off on our separate journeys, both hoping to have a good run. I was feeling it from the start, my legs were hurting at the half way mark but I was still on track and pushed through half way at 2hrs 29mins. Tamsin was starting to hurt at the 8 mile mark but was still a way ahead of me. After months of training in wind, rain, snow and generally freeing conditions, the warmer weather was a bit of a shock to the system, Tamsin especially wasn't impressed at the warm day, I hit the tunnel just at the right time and found some respite underground to cool off.

We both kept up our pace and although warmer than we had been used to we were making good ground, the support was ok in most areas with lots of bands along the route but through the park area's were a bit quiet.

We found ourselves weaving past the seine and eventually pas the Eiffel Tower at about 18 miles, for a flat marathon there were more bumps in the road than I expected.



After heading through another park as we counted off the miles we started to head back towards the Arc de triophe and the finish line. I had tried to stick to the blue line as much as possible knowing this was the shortest route to take, the only problem being the idiots walking in my way, needless to say I did my bit for Anglo-French relations! Tamsin gave up on the blue line as she had too many people to contend with, that's one positive of being slower the field had spread out enough for me.

As we counted down the miles to the finish, everything was hurting and for me just putting one leg in front of the other was painful. But with only 300 metres to go I

managed a sprint finish, Tamsin had also found her inner Usain as she saw the finish line.

Tamsin's time was 4 hours 34 minutes and I got round in 5 hours 20 minutes beating my previous best time by 23 minutes!



We're off for a well earned beer now!

See you all at Yeovilton 5k on Wednesday, yes we are mad but it is a championship race. But we'll be taking a well earned rest on Thursday and heading to Oscars, so if any of you fancy a drink after running on Thursday your welcome to join us.

And just for Mike the cake report will follow next week, we're off to find some off to find some of Paris' finest to sample.

Thanks also to our very own supporters club following us around the route, Andy, Dave, Caitlyn & Bethy

## **THIS WEEK'S RUNNING EVENTS:-**

**Firstly a message from Ed. He will not be running the speed session on Wednesday night as he will be racing at the Yeovilton 5k. But don't panic the usual Wednesday session will still take place, meeting at the George Reynolds Centre at 6.30 pm.**

**WEDNESDAY 10<sup>th</sup> APRIL**

**Race 1 - Summer Series**

**Yeovilton 5k**

**Start 7.15 pm**

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

**SUNDAY 14<sup>TH</sup> APRIL**  
**HONITON HIPPO**  
**7 miles**  
**Start 10.30 am**  
**See website [www.honitonrc.com](http://www.honitonrc.com)**

**SUNDAY 14<sup>TH</sup> APRIL**  
**BRIDGWATER 10K**  
**Start 10 am Trinity Sports and Leisure**  
**See website [www.1610.org.uk](http://www.1610.org.uk)**

**A THANK YOU MESSAGE**  
**SOUTH PETHERTON LONG RUN, LAST SUNDAY**

Please thank everybody at Crewkerne. Two of us from Wells attended the run on Sunday which was of great benefit to us, me especially as it was the furthest I have ever ran! Everybody was so friendly and the whole event very well organised. If I never do a marathon again I will always remember the help your organised run gave me preparing for London in 3 week's time.

Regards  
Rob Moore

**MESSAGE FROM GEORGE AND CAROLINE**

Caroline and I are in Maastricht and discovered there is a well respected running tour of the city.

On their web site they have links to other running city tours and a link to a list of European running races (that CRC might join and members might watch).

<http://www.maastrichrunningtours.nl/links.html?lang=EN>

Well I think most of you know the story of this picture, but I have finally managed to get my hands on it! For those of you that don't know the story I'm sure you are wondering which CRC member this could be in a compromising position with a sheep! Answers on a post card to .....



As I'm sure you are aware this is our resident sheep rescuer, Clive, whilst out enjoying a Sunday afternoon walk with his wife he came across a stranded sheep caught in some barbed wire so Clive decided to rescue the poor animal.

Well done Clive we can always rely on you to come to the aid of a lady!

## **UPCOMING EVENTS:-**

**Summer pub runs are back!**

### **Dinnington Docks Pub Run**

This month on Thursday 18th April we are at Dinnington Docks  
Please be there for 6.15pm to pre-order food for a 6.30pm start.

**There will be off and on road routes available**



Finally a gentle reminder that club fees are now due.

A few people have already paid but there are still a lot outstanding. You can catch Derek Boles most Tuesday and Thursday club nights. He does not mind you handing him fees at the George Reynolds Centre before or after his run. A cheque is preferable (made payable to Crewkerne Running Club), but if you wish to pay cash please put it in an envelope with your name on otherwise Derek might think he is rich!

It was decided at the AGM that subs will be as follows:-

New members £20 fee, which will include a free vest.

Existing members £15 fee.

Both new and existing members also have an option to pay an additional £10 EA membership fee on top.

Many thanks!



**MANY HAPPY RETURNS TO PAULA JEFFERY TOMORROW!**

## **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

<b>April</b>				
<b>Date</b>	<b>Event</b>	<b>Location</b>	<b>Race Start Time</b>	<b>Website</b>
1 Apr	Easter Bunny 10k (Somerset Series)	RNAS Yeovilton	11.00am	<a href="http://www.yeoviltownrrc.com">http://www.yeoviltownrrc.com</a>
7 Apr	Taunton Half & Marathon	Taunton	10.30am	<a href="http://www.tauntonmarathon.co.uk/">www.tauntonmarathon.co.uk/</a>
7 Apr	Paris Marathon	Paris	8.45am	<a href="http://www.parismarathon.com/index_us.html">http://www.parismarathon.com/index_us.html</a>
10 Apr	Summer 5k Series (Race 1)	RNAS Yeovilton	7.15pm	<a href="http://www.yeoviltownrrc.com">http://www.yeoviltownrrc.com</a>
13 April	Endurance Life Runs 7/13/27 miles	Hunter's Inn, Exmoor		<a href="http://www.endurancelife.com">www.endurancelife.com</a>
14 April	Honiton Hippo 7 miles	Honiton	10.30 am	<a href="http://www.honitonrc.com">www.honitonrc.com</a>
14 Apr	Brighton Marathon	Brighton	9.00am	<a href="http://www.brightonmarathon.co.uk/">http://www.brightonmarathon.co.uk/</a>
14 Apr	Bridgwater 10k	Trinity Sports & Leisure	10.00 am	<a href="http://www.1610.org.uk">www.1610.org.uk</a> supported by Total Buzz Events
21 Apr	London Marathon	London	9.30am	<a href="http://www.virginlondonmarathon.com/">http://www.virginlondonmarathon.com/</a>

<b>May</b>				
5 May	North Dorset Small Village Marathon	Sturminster Newton High School, Bath Road	8.30 am	<a href="http://www.gillinghamtrotters.talktalk.net">www.gillinghamtrotters.talktalk.net</a>
8 May	Summer 5k Series (Race 2)	RNAS Yeovil	7.15 pm	<a href="http://www.yeoviltownrrc.com">www.yeoviltownrrc.com</a>
5 May	Glastonbury Road Run 10k/5k/3k (Somerset Series)	Glastonbury	11.00 am	<a href="http://www.GlastonburyRoadRun.info">www.GlastonburyRoadRun.info</a>
12	Black Death Run	Combe	11.00 am	<a href="http://www.theblackdeathrun.com">www.theblackdeathrun.com</a>

May	10 miles / 3 miles	Sydenham Country Park		
19 May	Crewkerne 10k (Somerset Series)	Crewkerne	10.00 am	<a href="http://www.crewkernerc.btck.co.uk">www.crewkernerc.btck.co.uk</a>
26 May TBC	Run in the Wild 10k	Cricket St Thomas	10.30 am	<a href="http://www.chardrunningclub.btck.co.uk">www.chardrunningclub.btck.co.uk</a>
26 May	Dorchester Triathlon	Dorchester Sports Centre	8.00 am	<a href="http://www.1610.org.uk">www.1610.org.uk</a> supported by Total Buzz Events

<b>June</b>				
9 June	Ninesprings 9k (Somerset Series)	Ninesprings Yeovil	11.00 am	<a href="http://www.yeoviltownrrc.com">www.yeoviltownrrc.com</a>
12 June	Summer 5k Series (Race 3)	RNAS Yeovilton	7.15 pm	<a href="http://www.yeoviltownrrc.com">www.yeoviltownrrc.com</a>
16 June	Martock 10k	Martock Fire Station	10 am	<a href="http://www.fullonsport.co.uk">www.fullonsport.co.uk</a>
23 June	Torrington Triathlon	Torrington Pool	8.00 am	<a href="http://www.1610.org.uk">www.1610.org.uk</a> supported by Total Buzz Events
23 June TBC	Ash Town Tree Trail 7 miles	Ash Primary School	7.00 pm	<a href="http://www.yeoviltownrrc.com">www.yeoviltownrrc.com</a>

<b>July</b>				
1 July TBC	Quantock Beast Challenging 5.7 miles (Somerset Series)	Broomfield	11.00 am	<a href="http://www.quantockharriers.co.uk/beast">www.quantockharriers.co.uk/beast</a>
3 July TBC	Tin Tin Ten 10k (Somerset Series)	Tintinhull	6.00 pm	<a href="http://www.chardrunningclub.btck.co.uk">www.chardrunningclub.btck.co.uk</a>
6 July	Charmouth Challenge 8 miles	Charmouth	3.00 pm	<a href="http://www.charmouthchallenge.co.uk">www.charmouthchallenge.co.uk</a>
10 July	Summer 5k Series (Race 4)	RNAS Yeovilton	7.15 pm	<a href="http://www.yeoviltownrrc.com">www.yeoviltownrrc.com</a>
13 July	Maiden Castle Loop 6.5 miles	Maiden Castle	7.00 pm	<a href="http://www.egdonheathharriers.com">www.egdonheathharriers.com</a>
14 July	Wellington 10 10m/10k	Wellington	10.30 am	<a href="http://www.thewellingtonten.co.uk">www.thewellingtonten.co.uk</a>
26-28 July	Le Tour of Exeter			<a href="http://www.ironbridgerunner.co.uk">www.ironbridgerunner.co.uk</a>
28 July	Exmoor Seaview 17 miles	Countisbury Hill, Lynton	10.00 am	<a href="http://www.mineheadrunningclub.co.uk">www.mineheadrunningclub.co.uk</a>

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

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

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