

# **CREWKERNE RUNNING CLUB email**

**CREWKERNE RUNNING CLUB WEBSITE : [www.crewkernerc.btik.com](http://www.crewkernerc.btik.com)**

**8 November 2010**

**Hi all**

## **The Full Monty Recce Run**

The first Full Monty recce run will be held next Sunday morning ( 14<sup>th</sup> November ) starting at 9.30am from the car parking area either side of the access road to the Prince of Wales pub at the top of Ham Hill.

**Please do not park in the pub car park – they get very upset!** Also do not leave valuables in your cars unfortunately Ham Hill has a reputation for car break-ins

Please note next Sunday it is Remembrance Sunday and if we are not near the monument at 11.00am to join in the service we will as usual be stopping for a 2 minute silence at that time. Please feel free to wear your poppies!

At Derek's request this run is planned to be at a relaxed pace to enable all members to enjoy?? the route, although if there are large numbers ( I will tell Yeovil but can any of you with contacts at other clubs please let them know ) then we may split into two groups to allow the quicker ones to enjoy the route at their own pace. Whatever please don't worry you will not be left behind.

See you there

## **The Full Monty Marshals Please**

The Full Monty takes place on the morning of Sunday 5<sup>th</sup> December

Staging this nationally renowned race is a huge task for the club and in addition to the many people helping "behind the scenes" requires 49 marshals! If any members ( and/or their friends etc?? ) are available to help in any way and have not already put their names forward to Martin Cook please let me know and I will pass the names on. Thanking you in anticipation

## **PUB RUN**

**It has now been decided that the next Crewkerne Running Club "Pub Run" will be on Wednesday 17<sup>th</sup> November meeting as usual at 6.30pm at the Lidl's car park and returning afterwards to The White Hart in the square for sustenance.**

## **Training**

Clive has started his "specialist sessions" during the first part of the usual Wednesday club evenings. Last week this started with some brisk repetitions but I imagine that there will also be hills in due course.

## **And Finally.....**

**Christmas Meal 2010 - Saturday 18<sup>th</sup> December**

I understand that menus for the Christmas meal will be sent out with next week's newsletter – watch this space!

## **This Week's Running**

*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. The Wednesday evening session will probably include either speed work or hill training.*

*With the evenings drawing in torches and reflective gear are now essential*

*Sunday as far as I know there will be the usual club run again meeting at the Lidl's car park starting at 9.30am*

*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 !!!**

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

*November 10th 2010*

*December 8th 2010*

*January 12th 2011*

*February 9th 2011*

*March 9th 2011*

*Wednesday 17<sup>th</sup> November 2010 - **Crewkerne Running Club** Pub Run – The White Hart, Crewkerne*

*Sunday 28<sup>th</sup> November 2010 – Brent Knoll 5.5 mile*

*Sunday 5<sup>th</sup> December 2010 - **Crewkerne Running Club** Full Monty, Ham Hill*

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

*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*