

Crewkerne Running Club Newsletter

www.crewkerne.btck.co.uk

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'A tale from the Ultra Side'

Back in October last year, when I was approached by a young lady to go away with her for a 'fun, exhausting dirty weekend' – I said I can't, I am happily married ,,,,,,, & 'have you ever seen my wife angry?' - But when Kirsten said 'go on, it will be fun, go and enjoy yourself' I thought well how can I refuse a direct order from the boss!

Excitedly I called Norma, only then the lure of my little jaunt was exposed as the truth dawned on me; little did I know that the young lady was in fact Nick (lovely guy but totally bonker's) Sale and the promise of a 'dirty weekend away' was to run the Classic Quarter Race a 44mile run around the south west coastal path from The Lizard to Lands End.

After the initial disappointment; those of you who have seen Norma will know what a stunner she is, oh that lovely hair which reminds you of last years straw, the dress that looks like a butchers apron, those wonderful knobby knees, & the tartan hat that makes Norma look such a classy lady, I started to realise that this was going to be a tough undertaking and so had better do a bit of training, ask for advice & do some reading about ultra runs.

The wonderful thing about being a member of Crewkerne Running Club is the advice, help, coaching (that's Ed & team your sessions really help), regular training days and camaraderie all of which make training for any event so much easier. I joined the club on the long run trips to Charmouth & the one to West Bay – thanks CRC these trips were brilliant training & not as hard as one might think, the chatting banter and company of fellow runners makes the miles go by so much easier, thanks especially Clive & old man Richard Gardiner for keeping me entertained.

So Friday evening 7th June; Norma Snockers – DOH! Sorry - Nick 'mad as a hatter' Sale; and me set off to Lands End – the race started at 06.00 Saturday morning but we had to be up at 02.30hrs to catch the bus from our hostel to the start at the Lizzard. Upon arrival at the hostel we are told by the rather exuberant lady owner (lovely in an overpowering mother sort of way) that we are sharing the hostel with 7 female doctors on a hen weekend – Nick duly

sends a text to Clive; I do not know if I can print the response but needless to say we never met the young ladies as our plan was early to bed and early to rise. Off for a meal in Sennen cove which is a beautiful spot then to bed – single beds I hasten to add!

Saturday morning (seems like Friday night at 02.55) up we get I apply sun cream for the forecast hot day ahead – arrive at check in Lizard Point to thunder storms, bolts of lightning & lashing down rain absolutely soaked – pre race brief the organiser runs through the usual blurb then states ‘lots of you will NOT finish’ what a great motivational speaker this guy is!! Then the promise of a dirty weekend from Norma comes to fruition the ground is soaked by torrents of water rushing across the fields mud is splattering all around us as a group of like minded idiots and insane runners tackle the 44miles to Lands End. I expect Nick will write a ‘race report’ with pictures as he spent some time sprinting ahead and arranging ‘shots’, but in brief ha ha (this email has gone on long enough and I am suffering from RSI) the sun came out after 2 or so hours and then we cooked in the heat, amazing views of the coast absolutely brilliant. 11 hours later we finish - BIG thanks to my running partner & Ultra mentor ~ Nick (totally crazy) Sale - Thanks mate you are a star

Ultra Running – why not give it a go, wonderful experience, superb scenery, great people, and a legitimate excuse for a dirty weekend.

All the best Tim (totally mad, insane, crazy, bonkers) Irish ~ ‘Ultra Runner’



Run in the Wild, Ed Stahl

Last Sunday was the very hard "run in the wild" 10k. Set in beautiful countryside within the former zoo park at cricket, around 100 people decided to take on the challenge of the course and the blistering heat.

So with much banter being thrown around the race began.

Not the quickest start to a race but the terrain was the answer to that. The ground was rutted in a lot of places, long grassy meadows and did I mention there were some hills. After the first kilometre I was lying in the top ten and hoping that there wouldn't be a hill so I could get into some form of rhythm.

Thankfully my prayers were answered. I began to move through the pack at about 5k and pushed on through to the end.

In the end I finished second in the race and was the first senior male back too. A very tough race finished in 45:34 which I was happy with.

Well done to all CRC members who also ran. A big congrats to Adrian east who won his first trophy of the year.

Position	Time	Name
2	45.38	Ed Stahl
10	48.22	Luke Brunt
11	48.44	Tom Baker
25	52.44	Matthew Brunt
34	55.29	Dave Carnell
45	58.15	Andy Stocks
58	1.02.40	Adrian East
59	1.02.42	Sarah Warren
61	1.03.13	Darren Frost
63	1.03.20	Pip Loader
71	1.03.02	Louise Morgan
73	1.06.10	Kirsten Irish
104	1.17.54	Bob Brunt



This month's Pub Run is at The Manor Arms, North Perrott on Thursday 20th June, meeting at 6.15pm to order food for 6.30pm start.

On and off road routes available.

Come and enjoy a pleasant evening with friends in a traditional village pub.

RUNNING LEADERS

Your club has five qualified run leaders who have done the Leadership in Running Fitness course (LIRF) delivered by England Athletics. The course focuses on the safe organisation of achievable and progressive running activity and how to lead a group of runners of varying ability. The course is designed to enable run leaders to provide a safe and enjoyable running experience for others and the qualification provides the run leader with insurance to lead a group.

Your run leaders are:-

- Tamsin Dickinson
- Ed Stahl
- Tracy Symes
- Sarah Warren
- Jim White

It is important that you let run leaders know, prior to a run, if you have any injury or health issues which may affect you. You should also make your run leader aware of any issues or problems which arise during a run, and always tell your run leader if you are unable to finish a run for any reason/turn back early, etc.

Run leaders are there to help you and to make sure the run is safe for you. Please follow any instructions/guidance given.

Please remember to sign in and out of each run by using the register on reception at the George Reynolds Centre. We then know who is out running each evening and makes sure we account for everyone at the end of a run.

If anyone has any queries or concerns at any time, your run leaders are happy to help.



George Reynolds Centre (GRC)

Following on from comments in recent newsletters about the GRC, I think it is worth reminding ourselves of what a great asset the use of GRC is to us as a club as well as it being an asset to the town.

It is not long ago that we were meeting in the corner of a cold, dark and often wet car park with no facilities at all – not even a roof over our heads! Now, for what is a very small cost to each of us, we have a proper place to meet and we have the use of toilets, changing rooms and showers. Not everyone lives or works close to GRC, and quite a lot of our members do travel some distance to get there, so the facilities are a real benefit to us. The fantastic new facilities are there for you all to use if you want to. There is a bar upstairs, which may be open on run nights in the future, so we will be able to use that so socialise after our runs as well.

Personally, I think we are now a better and more professional club since moving to the GRC.

Sarah

New Members

We would like to welcome the following new members to who have recently joined the club, - Jane Hunter

Birthday Corner



Happy Birthday to Sarah Horsell tomorrow.

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.

If you want to continue to receive the newsletter then please pay your subscription fees, otherwise you'll be taken off the distribution list!



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



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 (Somerset Series)	Tintinhull	6.30 pm	www.chardrunningclub.btck.co.uk
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
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 Cricket Club	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

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

crewkernernews@gmail.com