

ON CREWKERNE RUNNING CLUB

Newsletter

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www.crewkernerc.btck.co.uk

Dear Runners,



All smiles! Martin Pattermore, Adrian East, Ginette Briggs and Tim Hoyle at the start of the Yeovil Half Marathon!!

Yeovil Half Marathon Race Report from Yours Truly

A bright, crisp, sunny morning awaited hundreds of runners who had set their alarm clocks early for the second running of the Yeovil Half Marathon.

The 13.1 mile route started and finished at Huish Park Stadium, and took a circular route around the town, including the High Street, Ninesprings Country Park and out to Odcombe.

I arrived early as it was touted that they were expecting 1000 runners. Met up with a good bunch of CRC runners and chatted the chat on what we were all expecting from the race, before some of us converged for the obligatory pre-race photo!



With the race nearly underway we made our way to the start line. Mike Pearce made his way straight to the front of the pack, clearly making his intentions known, while myself, Tom Priest, Andy Parsons and Richard Gardener lingered not far behind, all wondering whether we should really be this near the front!



Adrian East



Ginette Briggs

Having been extremely lazy of late and done almost no running, I was not expecting to break 90 mins today so worked out with the guys that we should try and run together for a bit and aim for 7 minute miling, which would bring us around that 90 minute marker!



Chris Rawlings



Tim Hoyle

Race underway and as usual the pace was quicker than we would have liked. The four of us ran together for the first 2 miles or so as we headed towards Combe St Lane on a gradual incline all the way. The next stage was a good mile or so downhill, past Yeovil College, the Hospital and down through the Quedam. I knew this was a part of the course where you could gain some good time, but by the time I got to the bottom of the Quedam I was surprised to not see the other guys with me.



Simon Land



Andy Parsons

The race took us through Ninesprings where there was great support out from spectators (and Steve Diaper!), followed by the main hill running up Hendford to the Quicksilver Mail. I knew this was the half way point in the race and a check of the watch showed I was making very good time, though knowing the second half of the race is the tough half, I was hoping I hadn't gone too fast and risk burning out.



Richard Gardener



Jacko Bailey

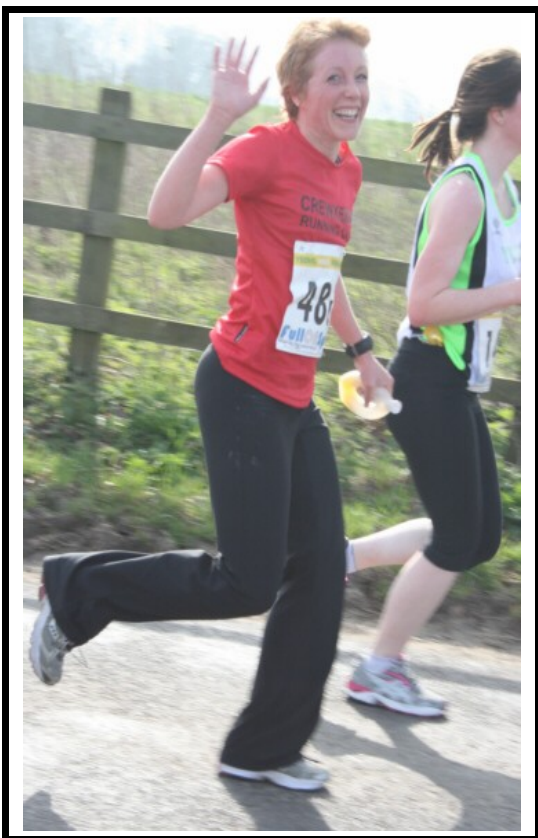
The miles trudged away and as we headed out towards Odcombe I got a shout that I was in 25th. What!! This gave me such a boost and I was picking off runners in front of me one by one. I knew now that I was in with a real chance of a fast, fast time and a good overall position – really had the bit between my teeth.

The final mile and a half is a drag but managed to get in a really good rhythm which masked the weary legs well. Managed to take a couple more runners and was over the moon when I crossed the line in 17th with a time of 1.24.42!



Tom Priest

That knocked 4 mins of my PB and was totally unexpected. At the finish I immediately saw Mike who had run a 1.18 and finished in 5th!! WOW!!!



Paula Jeffery



Mike Pearce



Luke Brunt

I am pleased to report the CRC contingent did you proud as we won the team prize, beating stiff competition from the likes of Yeovil!! That made Mike, myself and Tom Priest very happy chappies as we each won a years free membership to Nuffield Gym in Yeovil! Happy Days!!



Mark Bradley

Well done to all CRC runners, it was great to see so many of you there and so many new faces as well!!! Brilliant effort!! A must for next year!!



Tamsin Dickinson and Kay Pulsford



Martin Pattermore

Thank you to Derek Boles for coming out to take photos, and also to Tracy Symes for doing the same. If you want to spot yourself on Tracy's photos click the following link - <https://picasaweb.google.com/115657063515428837542/YeovilHalfMarathon25Mar12?authkey=Gv1sRgCJjBwZXvj5XAYg&feat=email#>

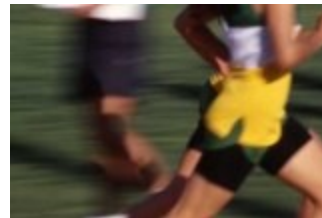
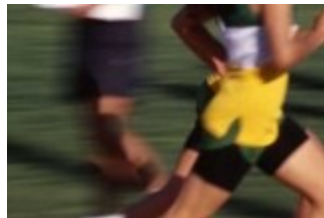


Sarah Frost

Yeovil Half Marathon Results

Position	Runner	Time
1 st	Shaun Antell	1.10.35
5 th	Mike Pearce	1.18.49
17 th	Simon Land	1.24.42
27 th	Tom Priest	1.26.04
49 th	Andy Parsons	1.28.37
78 th	Richard Gardener	1.31.55
90 th	Luke Brunt	1.33.11
121 st	Sarah Frost	1.36.16

270 th	Martin Pattemore	1.45.44
277 th	Jacko Bailey	1.45.59
303 rd	Paula Jeffery	1.46.42
557 th	Chris Rawlings	2.03.34
577 th	Ginette Briggs	2.04.37
585 th	Adrian East	2.05.40
612 th	Tim Hoyle	2.08.03
633 rd	Witney Symon	2.10.09
763 rd	Tamsin Dickinson	2.37.16
764 th	Kay Pulsford	2.37.18



Nightrunner Race Report from Linda Still

Roger and I had done the Nightrunner 3 years ago in its inaugural run and I can remember it being great. This fuelled with this memory we decided to have another go and co-opted Angie to come too. Little did I know they had changed the route, from being somewhat hilly to really very hilly!! We got there early and huddled in the car deciding if what we had brought to wear was enough as it was rather chilly. Thankfully we did dis-robe as it was really very hot during the run with the odd breeze.



At 710 after a short briefing, by what I would describe as a chap wearing Xmas tree lights, we set off on our 7 miles off road. We all ran together until the end when Roger made a push for the last few miles.

Anyway I did recognise the first five or so miles (Grizzly Cub) through the caravan site, over the fields and past the watchtower? Then there was a rather long slidey downhill which seemed to go on and on and finished coming down off the cliff to a very long beach run where my laces came undone and I just focused on getting to the end and doing them up. We all managed that bit quite well as it was tough. I think at this point we were in 36th position of about 80 runners - a smallish field to the first run three years ago.

Than it all went Pete Tong!! There were two more BIG uphill on our way back as they had changed the route. I just tried to look down. Angie was saying how her legs were burning and as you can imagine we had a right moan - but it got us up. However a "kind" lady just behind us told us how when we got to the style, a little way ahead, we weren't to think that was it we had another 50 metres to go!! - thanks for that.

Anyway after the hills we made it and it was a rather nice mile or so to the finish back through the campsite etc and we came in around 1hr 15 or so mins to a bottle of wine or a really nice slate coaster and post card. Roger managed to win a spot prize. And it didn't end there - after a drive to the Anchor in Beer we managed a lovely dinner for a fiver.

In essence a hilly off roader not for the faint hearted!!

Linda



Spirithill 10.5km Trail Race: Saturday 17/03/2012: Race report by Tom Baker & Ash Sartin

Spirithill Trail is a 10.5km Cross-Country race over 2 laps set at Spirithill motor-cross track near Calne in Wiltshire. I am told that this year is the first ever running of this race. Perhaps due to it being the first ever running of the race, numbers were low (less than 70 in all events I believe and only 28 completing the 10.5km race). Many of you will be wondering why 'Crewkernes finest' might be travelling so far for such a small, unheard-of event, the answer is that due to (I guess) mother's day on the Sunday nobody locally was hosting an event and only getting every other weekend off work I didn't want to miss an opportunity to race, I dragged Ash Sartin (Soon to be a member of CRC) along for good measure.

Here follows a two person race report (this could be interesting)...

Having nearly got lost in Chippenham on route, we had no idea what to expect, was much banter in the car on route regarding the standards we might expect, praying that we'd not chosen some kind of elite race. Both fearing the wooden spoon, we eventually arrived at our destination finding a very small selection of runners, some very friendly marshal's and a very professional looking location (Signs, tents, porta-loos! The lot) may have been set up for a thousand runners - which couldn't be further from the actual number!

Timing chips on our left ankles (first time I had used one). A walk to the start line to warm-up and then a jolly lovely Zumba warm-up had us wiggling bits we didn't even know we had! "Sexy runners"!!! The start line was on the motor-cross track which

although grassed was very muddy. Trying to keep my shoe's clean and my mind focussed, I hand over to Ash for the start...

The first section was quite tough going around the Moto cross track, it was wet thick mud and very hilly then we went into some trees and it was very up and down over jumps (designed for mountain bikers?) there were lots of fairly small, very sharp drops and rises, after about 10 minutes it was feeling better, it wasn't so hilly it was just fields and it started to get a bit easier going. I could see Tom ahead for awhile but wondered how he was doing when I got into the longer fields...

In answer to Ash I was desperately trying to keep up with the front runners, it had been a lightning fast start with the front runners following a 'thoroughly prepared' runner in a tri-suit (who we later found out was running the 5km event). Just as Ash had lost sight of me I was starting to lose the chap in 3rd (2nd due to the guy in the tri-suit) and we went into another section of trees, this was my favourite section of the race as it was the terrain and under-footing that I love the most (proper muddy rough trails). I could tell that in a few months it would be awash with blue-bells and I could smell the hint of wild-garlic rushing through my burning air-ways.

I had developed a horrible stitch (due to the fast-start) concentrating hard on relaxing and breathing, 2 runners had caught up with me; one breezed past and the other caught me towards the end of the first lap (the half-way mark) fortunately he sprint finished as we crossed the finish of the 5km race (possibly by accident it turns out after a bit of banter) which left me (now with a second wind) to catch and pass him and then eventually beat him to the finish, As I came to the start of the first wooded section for the second time I half expected to see Ash somewhere at the top of the motor-cross course, it seems he must have been somewhere around the half-way mark...

Like Tom I had found the trees very 'enjoyable' (and challenging) with many low branches and small river crossings, coming out of the trees, the run up to the half-way mark was mentally very tough it had really steep, enduring hills and my feet were really hurting. One hill was so steep you were scrambling up it almost. It was a very good scenic route overall. Passing the end of the 5km race felt like the finish but on it went, passing by the motor-cross course (this time skirting the top of it) we plunged back into woodland, this time desperately predicting the many hazards before they arrived, It was just as torturous the second time around, "Tom must be finishing by now"...

With no runners in sight in front, and having out-paced my rival from the first lap (who had now drifted to a safe hundred metres behind) my final position was more-or-less ensured and it just remained for me to stay focussed and push for the finish, Ash wrote about the climb up to the finish and I whole-heartedly agree to how hilly it is, an

unkind, gradual and continuous climb up the side of a couple of fields. Knowing the finish line was ahead I forced a sprint finish even though there was nobody to beat!!!!

Over the line! Bending down to take off the timing chip was no less challenging than the race itself! I'd later find out the results, very happy with a 10.5km (Yes that extra half km does matter!) time of; 52:55 and Ash came round soon after (not last :D) with a time of 1:11:48. Both very pleased we had done the race, we took Ash to get first aid for his 'sizeable' blisters - new footwear required me thinks!

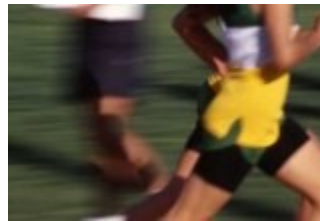
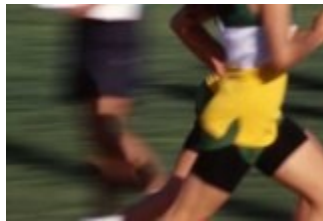
Quotes, link and results (in short)...

Ash Sartin: Despite the hills, wet mud and river crossing it was a good run and I enjoyed it.

Tom Baker: I highly recommend this race... No stupid tarmac anywhere - Hurrah!

<http://www.eventslogicuk.com/event/spirithill-trail-run/13>

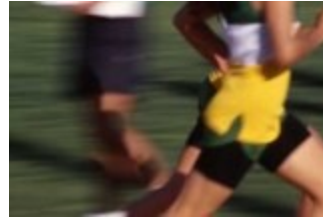
1 st	Carl Davies	47:27
4 th	Thomas Baker	52:55
25 th	Ashley Sartin	1:11:48
28 th	Leighton Wheeler	1:19:06



Wednesday Time Trial – A message from Ed....

Can you remind the members that this Wednesday will be the first spring/summer 5mile time trial. It's the usual time at Merriott (630) but we will be running the opposite way to previous time trials.

Having spoken to various members it seemed a bit bizarre that the time trials were on Tuesday when all my other speed sessions were on Wednesday. So having agreed it was strange, wednesday is now the day. Hope to see you there!!



South Petherton Long Run, 22 miler – The low down....

30 runners began, of these Sarah Frost did 15 ably supported by Clive and Steve Diaper. Lynne Thumpston did 10, Tracy Symes and 3 others did 20. The rest did 22 miles, Fran decided this was not enough and managed to take in Bower Hinton before running back to Petherton with Sarah Fair.

And one four legged field also ran the lot !

2 Yeovil Ladies joined at Muchelney and ran 7.5 miles back to Petherton.

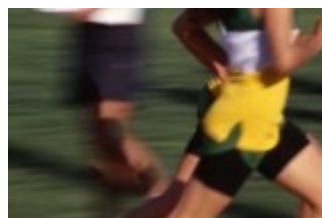
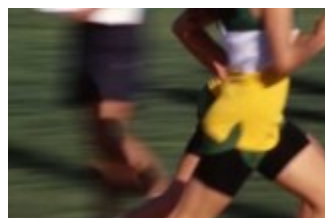
Most runners set off at 9:00, with Nick sale and Richard Clifton setting off at 9:30. Tamsins group set off at 8:00 and Clives group set off just before 9:00

Stuart Stacey supported on his Bike and Martin and Sue managed to have a bit of exercise on the folding bike

Everyone enjoyed Tea, coffee, biscuits ably supplied by Clive with his whistling Kettles. George provided his Scrumptious Christmas Cake, supplemented with some Hot cross Buns and Sue brought some sandwiches.

Everyone who ran enjoyed it, the weather was grand and a good time was had by all.

The only sad point was there were no new faces to help out. This being a lovely social event it was a shame, it would have some new people to help out and learn the ropes, the old guard will not be around forever.



An invitation from Clive.....

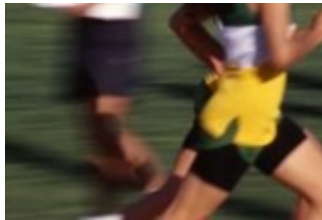
Dear all

A message to let you know that Steve and I are starting our coastal runs on Monday evening around 6.15 from the Swannery car park Weymouth.

We run the Rodwell trail which was the train line to Portland. We go partway along the causeway to Portland, turn and come back via Nothe Fort and the boats.

We go into Yates for a meal and a pint afterwards. If you would like to join us, let me know so we can wait if you are a little late

Clive

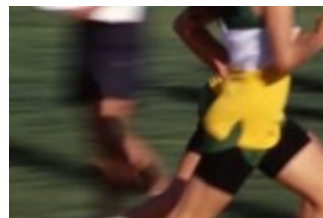
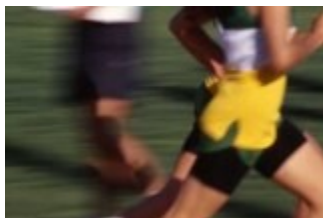


Club Subs

Subs are now due and few people have paid but there are still a lot outstanding. As we have so many members I do not intend to stand in the car park shouting for subs, if you wish to remain a member please get your subs to me ASAP. I don't mind getting them in the car park but not just as we're leaving for a run and cheques are preferable please. If you want to pay cash in the car park can you slip it in an envelope with your name on. Otherwise I just think I'm rich!
Subs remain as last year £10 ordinary membership or £15 with an EA competition permit.

A couple of people have paid by BACS transfer which seems to work well. If anyone else wishes to do this the account is sort code 40-18-25 and the account number is 21093649. I would like a quick email when this is done so that I can get it into my spreadsheet ASAP.

Thanks, Derek



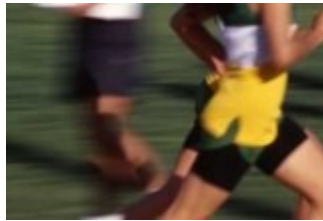
Some messages from your Chairman....

Malcolm has received the following business card for sports massage and has kindly passed it on to members....

Natalie Bailey
Sports Massage/Deep Tissue Massage
Contact E-Mail:- nataliebailey@live.co.uk
Mobile:- 07702788883

Mal would also like to remind you all that as members of Crewkerne Running Club, you are eligible to a discount when joining or renewing your membership at Crewkerne Aqua Centre. We have corporate membership with them so it could save you some pennies!

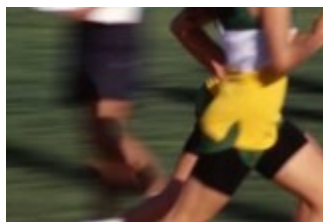
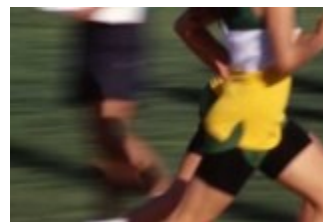
Thanks to Mal for passing on that vital info!



New Members

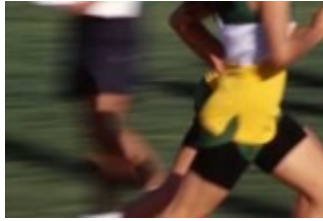
6 new members to introduce to you this week! A very warm welcome to Nigel Key, Alex Alexander, Martin Pattermore, Mark Bradley, Kay Pulsford and Chris Rawlings who join our band of merry joggers!

Welcome to you all!



AGM MINUTES

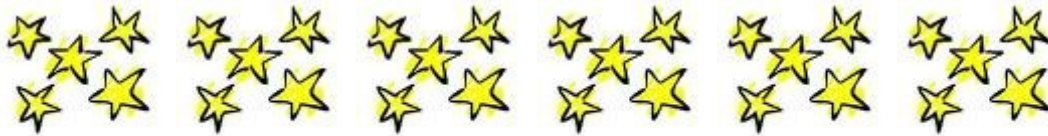
You will find a copy of the minutes from last months AGM attached to the newsletter



Upcoming Events.....

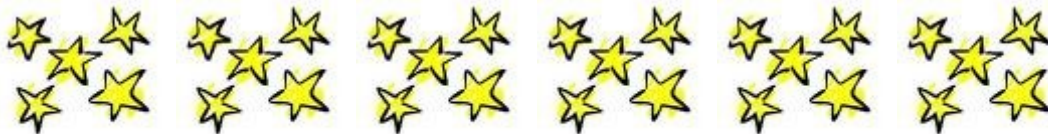
Coming up next week we see two opportunities for you to gain some valuable Club Championship points!

Monday 9th April and Wednesday 11th April see's the Easter Bunny 10k and Yeovilton 5k take place. Both these races are run from RNAS Yeovilton and will be fast and flat, you can be sure of that!!



Two birthdays for you this week, firstly Becky Nichols who celebrates on Monday and then our esteemed Chairman Mal Higgins on Thursday!

Many Happy Returns!!



[This Week's Running](#)

Club nights are on Tuesday, Wednesday and Thursday this week leaving the car park at Lidl's at 6.30pm. The Wednesday run is the Summer Time Trial from Merriott co-op at 6.30pm

With the dark evenings now, head torches and reflective gear are essential for all runners.



Dates for your

April

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sat 7 th	Beat the Egg 8k	Stourhead		
Mon 9 th	Easter Bunny 10k	RNAS Yeovilton	10.00am	www.yeoviltownrrc.com
Wed	Yeovilton 5k	RNAS	7.15pm	www.yeoviltownrrc.com

11 th	(1 of 6)	Yeovilton		
Sun 15 th	Pen Selwood 10k	Pen Selwood	11.00am	
Sun 22 nd	London Marathon	London		www.virginlondonmarathon.com

May

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sun 6 th	Glastonbury 10k	Glastonbury	TBC	www.glastonburyroadrun.info
Sun 6 th	Honiton Hippo	Honiton	10.30am	www.honitonrc.com
Sun 6 th	North Dorset Village Marathon	Sturminster Newton	8.30am	www.ndvm.co.cc
Wed 9 th	Yeovilton 5k (2 of 6)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Sun 13 th	Black Death Run	Combe Sydenham	11.00am	www.theblackdeathrun.com
Sun 13 th	Jack n' Jill's Challenge	Midsomer Norton	11.00am	www.somerac.org.uk
Sun 20 th	Crewkerne 10k	Crewkerne	10.00am	www.crewkernerc.btck.co.uk
Sun 20 th	The Hard Way Round The Rock	Portland	10.00am	Portland Athletics Club
Thurs 24 th	Tyntesfield 10k	Tyntesfield House	7.00pm	www.nailsearunningclub.org.uk
Sun 27 th	Run In The Wild	Cricket St Thomas	TBC	www.chardrunningclub.btck.co.uk

June

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sat 2 nd	Egdon Easy	Weymouth	7.00pm	www.egdonheathharriers.com
Sun 10 th	Ninesprings 9k	Yeovil	11.00am	www.yeoviltownrrc.com
Wed 13 th	Yeovilton 5k (Race 3 of 5)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Sun 17 th	Martock 10k	Martock	10.00am	www.totalbuzzevents.com
Sun 17 th	Cheddar Gorge 10k	Cheddar	11.00am	www.relishrunningraces.com
Thurs 21 st	Forde Abbey 10k	Forde Abbey	TBC	www.nutshelloutdoors.co.uk
Thurs	Ash Town Tree Trail Race	Ash	7.00pm	www.yeoviltownrrc.com

28 th				
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Any events which are not on the diary, but you think should be, then let me know!

simon_land87@yahoo.co.uk