

Crewkerne Running Club Newsletter

www.crewkerne.btck.co.uk

SUNDAY 10 MARCH 2013

Issue No: 99



A view from part of the Grizzly cub. The climb out of Beer on the way back (notice they are all walking!!)

FIRSTLY well done to all Club runners who took part in either the Great Western 10k at Sherborne, the Festival of Running at the New Forest, the Grizzly/Grizzly cub or any other running event today.

I know several were crazy enough to enter the gruesome Grizzly! What were you thinking, especially Linda Still and I think I

should include Nick (aka Norma) too – it's Mother's Day. You should be taking it easy!!!!

**DON'T FORGET TOMORROW NIGHT IS THE CLUB'S AGM
MONDAY 11TH MARCH**

Crewkerne Running Club AGM will take place at a new venue this year, The White Hart, Market Square, Crewkerne - 7:30 pm for 8:00 pm start.

At this meeting the club's activities during the last year and any future issues regarding the club will be discussed.

Please try to attend, it would be good to see some new faces. Also don't forget for all club members your first drink is free, compliments of the Running Club.

*******THIS WEEK'S RACE REPORTS*******

**COMBE ST NICHOLAS 10K - 3RD MARCH
REPORT FROM SARAH WARREN**

I had planned to do the West Bay run on 3 March, but having realised I had no arrangement to get my spare clothes, etc to West Bay, I headed off to Combe St Nicholas for the road 10K instead as it is just a couple of miles from my home. There were six runners from CRC there - me, "downhill" Dave, Ed Stahl, Tom Brister, Tom Priest and Phil Wareham. It was a very cold and frosty morning as we gathered on the start line. The first half mile or so of the course is uphill but we then had a couple of miles of very nice downhill running out into the countryside. Downhill only means one thing - you have to back up again - so the second half of the run was pay back time with it being mostly uphill. It was not a huge field of runners but it was friendly and well organised. Crewkerne came out well with Tom Priest coming second overall in a time of 39.35 and Ed Stahl in third overall. I have not managed to find the official times yet, but downhill Dave was next back for Crewkerne, followed by Tom Brister,

then me with Phil only a couple of seconds behind. Official timings will follow when they are published.

Official timings are in separate attachments , courtesy of Phil Wareham.

Bideford Half Marathon 3rd March 2013 by Mike Pearce

The prospect of doing an early spring half marathon that I have not done before had me deciding not to compete in the Combe st Nicholas 10km for the 3rd year in a row. The evening before the race the weather looked promising with light winds and sunshine that would bring the temperature up to a balmy 8 degrees!! Not bad as we all know the recent temperature has not seen the mercury creep much past freezing.

However, on getting up and traveling west bound the cloud seemed to be hanging on. I thought, perhaps next to the sea things would be sunny. Wrong... it was cold but at least the light winds where correct. After some endless warming up the time was close for the start so I got myself of to the start for the gun.

The first mile takes you through a loop of Bideford back to the start then heads South East along a main road towards Greater Torrington. The first three miles were very gently undulating, once at mile 3 you begin a climb, not too steep but a climb never the less.



Start of the climb at mile 3.

Once at the top, the route along the road to about 6.5 miles and at Great Torrington was undulating. At this point we took a left of the road and followed the scenic Tarka Trail all the way back to the finishing line. This section was as flat as a trail can possibly be and I found my pace picking up. At the final stretch across the bridge to the finish line I looked at my faithful companion (Garmin) and realised I could get under 1.15, spurred on by this I did not take my foot of the gas until the finish line, however to my surprise my Garmin said 1.14 but the finish line said 1.15. Don't get me wrong I am well happy with the time but was wondering why the difference. On Wednesday evening I got my answer from the well informed Nick Sale, as the route has a tunnel during it and I still had the auto pause function still on, my garmin, of course, on entering the tunnel, paused the bl**dy time. I never thought about this at the time and I thank Nick for his pearls of wisdom.

On finishing me and Rachel (wife and hardy supporter) went off to the Bideford AC clubhouse to warm up and see if they had refreshment's. They had better than that, they had CAKE, so I indulged in a generous slice of Lemon Cake while Rachel went for the Chocolate.

I stayed on for the presentation and picked up the first V40 trophy and a nice bottle of Champagne and discovered there was one other Crewkerne runner Paula Jeffery who got a great time and picked up 3rd overall in the V40. Below are the times and positions overall

Mike Pearce	01.15.31	9th
Paula Jeffery	01.39.28	229th

GRIZZLY CUB RUN - TODAY SUNDAY 10 MARCH BY SARAH WARREN

Sunday was the annual Grizzly and Grizzly Cub run organised by Axe Valley Runners along the coast path from Seaton, to Beer, Branscombe, etc. I opted for the shorter Cub run which is 9 miles, but Tim Irish, Nick Sale, Linda & Roger Still went for the main Grizzly run which is 20 miles of hills, beach, bog, mud, sweat and tears - apparently one of the toughest races in Europe - this year called "Grime and Punishment". Just to make it a bit easier, Nick Sale decided to run as his infamous "Norma" - fully dressed as a lady with dress, wig, handbag, lipstick and boobs! Most of us find it tough enough to get round in our usual running kit, but Nick never turns down an opportunity for an outing with Norma, who I met up with before the start and managed to capture on camera. The runs start on the Esplanade at Seaton and we then head onto the beach to run on the pebbles up to the boat yard and then back along the Esplanade before heading over to Beer. As I was out for a run rather

the beach at Branscombe



than to race I had time to stop at the loo on the way back along the Esplanade and to stop a couple of times on the way round to take some photos. Only problem was that the buttons on my camera phone do not work with gloves on so I had to borrow a bare finger from a fellow runner or marshall each time - it was far too cold for me to consider taking my two pairs of gloves off, even for a second or two.

After climbing up out of Seaton, going down into Beer and then up the other side we headed towards Branscombe where they send us through the "stream" which was well over our knees this year. The Cub run then heads back along Branscombe beach (yes, more pebbles) and up the cliff path to the top (a bit nerve wracking when you dont like heights!) before heading back down into Beer, then up the other side and back to Seaton. It was pretty cold in the wind but there were some lovely views on route and I had an enjoyable run. Well done to all those who did the full Grizzly. I hope you enjoyed it and did not get stuck in the bog.



The above photo shows Norma (aka Nick Sale) with Richard from Chard Running Club before the start

Thank you to everyone who have sent their reports in this week (and of course previous weeks), some even manage to write a report on the day they have raced (thank you Sarah!) It's great to have a variety of reading and photos which make great newsletters which hopefully you all enjoy reading each week. These reports with any luck give our members the incentive to take part in these races the following year or just give you the bug to run a race.

THIS WEEK'S RUNNING EVENTS ARE:-

Wednesday 13th March - 7.30pm start

5 km Street Series (Race 6)

A 5 lap course around Street

Race registration at the United Reformed Church Hall (opposite Living Homes Store on the High Street)

from 6.30 pm – 7.20 pm

Please see website www.wellscityharriers.org.uk

PUB RUN!!!!
This Thursday 14th March

Setting off at 6.30pm from the Admiral Hood, Mosterton
There will be a choice of either road or off road routes.

If you are eating afterwards please make sure you arrive in plenty of
time to pre-order your food.

Sunday 17th March
Butleigh 7 mile multi terrain
Race 4 in the Somerset Series
11.30 am start from Butleigh Play ing Fields

Please see www.wellscityharriers.org.uk

Sunday 17th March
Offcamber XC Bike Race (Round 6)
10 am at The Inside Park, Fairmile Road, Blandford
Entry Fee £8

Please see www.offcamber.co.uk

★HAPPY★
BIRTHDAY!

MANY HAPPY RETURNS TO **BEN JAFFE** FOR NEXT SUNDAY 17TH MARCH



With less than a month to enter Plymouth's Half Marathon, Spring must surely be in the air! We're really looking forward to a bright spring morning on the Hoe on April 28th 2013.

You may have heard on the grapevine that we've revised the route for this year's half marathon. Reaction has been really positive with many regular halfers signing up to test out the new course, hoping to set a new race record!

It would be great if you can share this news with your running club members. You and your group can also follow Plymouth's half marathon news on facebook and twitter.

[Click here](#) to book your place



A new and improved route!

The run will start as usual from the Hoe and follow a course around the Barbican and along Gdynia Way. At this point the route takes a new anti-clockwise direction, along Billacombe Road and Elburton road.

The changes will mean a more gradual climb along Elburton Road and a great downhill section through Saltram Park.

We've also removed the possibility of congestion at the underpass, by going directly from Elburton Rd (A379) onto Haye Rd.

The revised route is good news for Plymouth's residents as the main Eastern route into the city, will be re-opened earlier than usual.

[CLICK HERE](#) to view a map of the route.



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

March				
Date	Event	Location	Race Start Time	Website
10 Mar	The Grizzly 20 miles Cub 9 miles	Seaton	10.30am	http://www.axevalleyrunners.org.uk/
10 Mar	Great Western 10k	Sherborne	11.00 am	www.yeoviltownrrc.com
11 Mar	CRC AGM	White Hart, Crewkerne	7.30 for 8pm start	See Newsletter
13 Mar	Street 5k (Race 6)	Street	7.30pm	http://www.wellscityharriers.org.uk
14 Mar	CLUB PUB RUN	Admiral Hood, Mosterton	6.15pm/6.30pm	Please see Newsletter
17 Mar	Butleigh 7 Mile Multi-terrain (Somerset Series)	Butleigh	11.30am	http://www.wellscityharriers.org.uk
17 Mar	Offcamber XC	Blandford	10 am	www.offcamber.co.uk
22-24 Mar	Jurassic Coast Challenge 78.6 miles	South Dorset	9.00am	www.votwo.co.uk
24 Mar	Yeovil Half Marathon	Yeovil	9.00am	http://www.yeoviltownrrc.com
24 Mar	Ringwood Rabbit Run	Linwood, New Forest	10.30 am	www.ringwoodrabbitrun.org
29 Mar	Kilminster Kanter 7 miles	Kilminster Cricket Field	10.30 am	http://www.axevalleyrunners.org.uk/
30 Mar	The Night Runner	Beer	7.20pm	http://www.axevalleyrunners.org.uk/

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

May				
5 May	North Dorset Small Village Marathon	Sturminster Newton High School, Bath Road	8.30 am	www.gillinghamtrotters.talktalk.net
8 May	Summer 5k Series (Race 2)	RNAS Yeovil	7.15 pm	www.yeoviltownrrc.com
5 May	Glastonbury Road Run 10k/5k/3k (Somerset Series)	Glastonbury	11.00 am	www.GlastonburyRoadRun.info
12 May	Black Death Run 10 miles / 3 miles	Combe Sydenham Country Park	11.00 am	www.theblackdeathrun.com
19 May	Crewkerne 10k (Somerset Series)	Crewkerne	10.00 am	www.crewkernerc.btck.co.uk
26 May	Run in the Wild 10k	Cricket St Thomas	10.30 am	www.chardrunningclub.btck.co.uk

TBC				
26 May	Dorchester Triathlon	Dorchester Sports Centre	8.00 am	www.1610.org.uk supported by Total Buzz Events

June				
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
23 June	Torrington Triathlon	Torrington Pool	8.00 am	www.1610.org.uk supported by Total Buzz Events
23 June TBC	Ash Town Tree Trail 7 miles	Ash Primary School	7.00 pm	www.yeoviltownrrc.com

July				
1 July TBC	Quantock Beast Challenging 5.7 miles (Somerset Series)	Broomfield	11.00 am	www.quantockharriers.co.uk/beast
3 July TBC	Tin Tin Ten 10k (Somerset Series)	Tintinhull	6.00 pm	www.chardrunningclub.btck.co.uk
6 July	Charmouth Challenge 8 miles	Charmouth	3.00 pm	www.charmouthchallenge.co.uk
10 July	Summer 5k Series (Race 4)	RNAS Yeovilton	7.15 pm	www.yeoviltownrrc.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 School	7.15 pm	www.haselburytrail.btck.co.uk
10 August	Maiden Newton Madness 10k	Maiden Newton	TBC	www.maidennewtonrunners.wix.com/maidennewtonrunners
14	Summer 5k	RNAS	7.15 pm	www.yeoviltownrrc.com

August	Series (Race 5)	Yeovilton		
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

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