

CREWKERNE RUNNING CLUB

Newsletter

Crewkerne Running Club Website –
www.crewkernerc.btck.co.uk

Issue no. 16 Sunday 10th April 2011

Dear Fellow Runners

What a week of glorious weather we have had – truly spoilt!



A view from Winyard's Gap where today's Sunday morning run visited

The Wednesday night club run was particularly enjoyable this week with Clive and Richard exchanging personal insults (something about Richard not getting a sub 1.30 at Yeovil, and thus not warranting a new pair of trainers....or something like

that!...), finishing with Clive laying down a challenge to Richard for the Yeovilton 5k this week – pride and a pint at stake!

Wednesday also saw certain male club members who shall remain nameless discussing cup cakes and home baking – so who knows we may see Crewkerne Running Club Come Dine With Me before we know it! Honestly – I blame it on the heat!



Let's not forget that this Sunday is the big one – The London Marathon.

[A message from your Chairman - Malcolm Higgins](#)

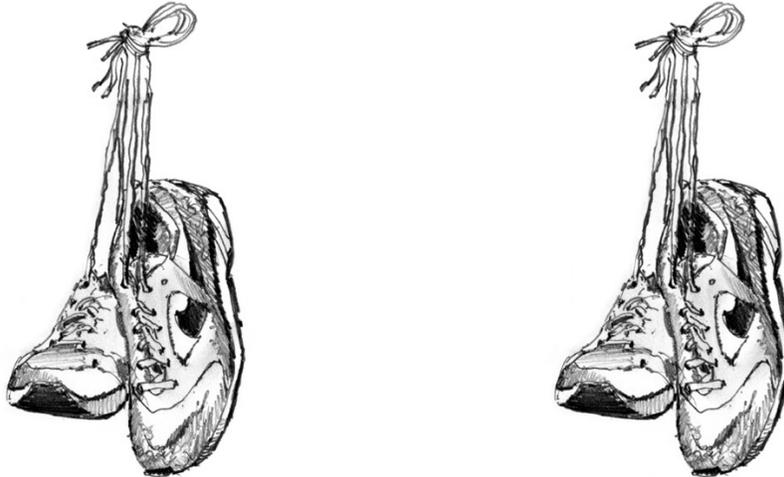
To all the Crewkerne Running Club Members who will be running the London marathon. My sincere best wishes to all who I hope will achieve all their target times. You have all done the training now just go out and enjoy the run. Best wishes to you all and I hope you all have a great day.

Malcolm

There are 5 club members that I am aware of who are taking part – Andy Parsons, Elaine Priest, Witney Symon, Matt Bryant and his dad, John. If I have not mentioned you then my sincere apologies!

We wish you all the very best and will be looking out for you as we are glued to the screens in the morning, looking on in awe at what you are achieving!

!!! GOOD LUCK !!!



Honiton Hippo Race Report from Clive Harwood

Arrived at Honiton relatively early as i had not registered in advance as i went to a stag party on Saturday fro 2- 10.30pm and was not sure what state i would be in. A longish walk from the market car park to the school. A lovely sunny day. Registered and met Sarah Warren who was very proud to lift her top to reveal No 1on her running vest .

Well lined upon the road for the downhill start. to the river and beyond. Soon off to the woods and hills. Honiton has certainly got some steep climbs. The descents are steeper than i like so held back a little. One section took us on the Land Rover experience course with the addition a large cargo net you have to pass under. Popped up the other side on the right to find i had chosen the deepest mud. Never mind, pushed on. Recognised a lot of the route as i ran it in 2009 which was the 1st running of the event. Met Rod Warren on the river crossing doing his marshall duties and taking notes for the wet tee shirt competition. Eventually got back on the road and knowing where i was pulled back a couple runners. Entered the last field and skimmed over the seriously rutted ground. Saw the crowd on the bridge for the last river crossing. Up the bank and back on the road for the uphill to the finish in the school playground.

That took me 56.56.... I missed the presentation as i was eating lemon drizzle cake in the hall. Collected a bottle of wine for the category win. In all its a challenging run but good when you get back. It's 7.36 miles. Left and went to Otter nurseries not far

down the road. Went in for lunch. Went for the roast chicken and had 4 veg and 4 large roast potatoes. Really nice meal. How about a pub run from there. Thats a thought, family plant hunting and us going over the hill's. As the results are not out as yet, just that i know Roger Still was followed in by Sarah who clocked 71.52 and was third in her category with the ever smiling Linda making it look easy.



Brighton Marathon

Today saw the 2nd running of the Brighton Marathon in which we had one of our members who lives further afield taking part.

Rupert McLeod who lives in Kent, ran in with a great time of 4.25.37 so a big congratulations to Rupert!! Hope to have a race report for next week.





This Saturday see's two of our members tying the knot!

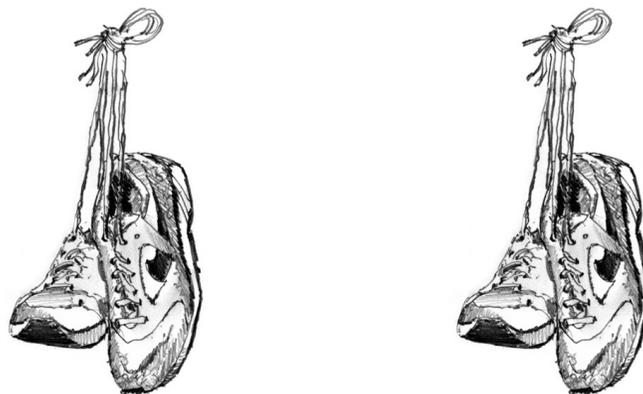
George Smith & Caroline Lawson will also be celebrating the christening of their son, Ben.

We wish George & Caroline all the best for their big day! x

Dave Rowe has very kindly booked a minibus for those members who are attending the evening reception, which is at North Perrott School at 8.30 pm.

There are still places on the minibus so please get in touch with Dave if you would like him to reserve you a seat, and he can confirm pick up times and points with you.

If you don't have contact details for Dave, drop me an email and I will forward his details on to you!



Some high praise for one of our members.....

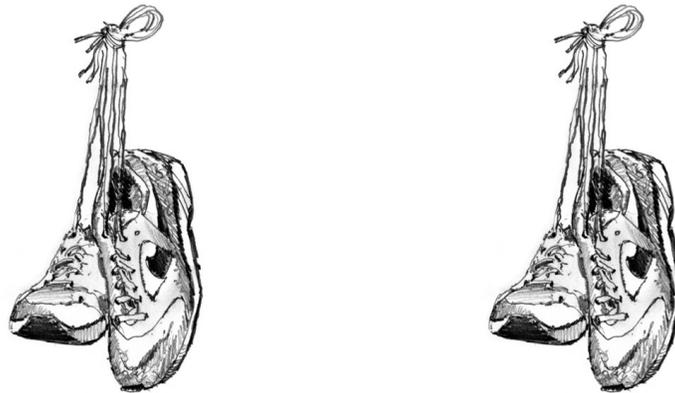
Not sure who to contact in CRC about this but would like it known to wider than just Clive. I have sent a word of thanks to Clive directly, but he was an absolute star on Sunday at Taunton marathon.

As far as I am aware there were no more Crewkerne runners out on the course at the point I reached about 20 miles, and he passed me in his car and gave me a shout of encouragement. He had probably worked out that I wasn't going that well. But then he got himself to further points along the final 6 miles and stopped to get out of the car to spur me on.

It's a huge boost on what is inevitably a sparsely supported marathon to have a friendly face giving you that encouragement, and from what I could ascertain it was specifically for me. So in a general sense of CRC, and obviously to Clive, I would like to pass on my thanks.

Regards
Simon Hall

Chard Road Runners



[Upcoming Events....](#)

Remember that this Wednesday evening is the first of the Yeovil 5k's. The event is at RNAS Yeovilton and the race gets underway at 7.15pm.

Easter Bunny 10k – Monday 25th April 11.00am

This race traditionally takes place on Easter Monday and consists of a flat course around the villages of West Camel and Podimore.

Parking, changing /showers and refreshments all available.

This race also incorporates the Somerset Road Racing Championships for 2011

Glastonbury 10k – Sunday 1st May



This 10k road race normally attracts a big turnout of runners, and also hosts a 5k race and fun runs!

The route starts and finishes at the historic Glastonbury Abbey and takes you all around the famous Tor.

**CURRY MALLET FUN RUN
&
10K ROAD RACE
22nd May 2011**

FUN RUN 2K - OPEN TO ALL AGES

STARTS AT 10am
Curry Mallet & Beercrocombe Village Hall

10K ROAD RACE (Age 15+ YEARS)
(UK Athletics Licensed Event)
STARTS AT 11am
Curry Mallet & Beercrocombe Village Hall

All proceeds towards Curry Mallet C of E
Primary School

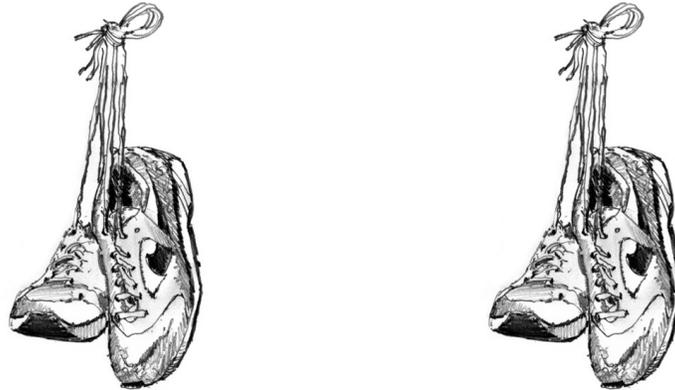
Entrance fees apply
Fun Run - £2 on the day
10K Road Race (before the day)- £8 UKA, £10
Non-UKA
10K Road Race (on the day)- £10 UKA, £12 Non-
UKA

Application forms and ‘Road Race’ route map
available

Please contact: Ben Barton – 07792029283
ben@yourfingertips.eclipse.co.uk

Event Organised by:
Curry Mallet C of E Primary School
Parent Teachers & Friends Association

Entry forms for all the above Events are attached to
the newsletter



A quick reminder for all those who have yet to renew your membership
that your subs are now overdue.

The new 2 tier membership system is now in place –
£10 standard £15 with EA Licence

Please see Derek with your cash asap

Thanks!



[This Week's Running](#)

Club nights are on Tuesday, Wednesday and Thursday this week leaving the car
park at Lidl's at 6.30pm.

Reflective gear optional.

Sunday morning run is on as usual, leaving the car park at 9.30am.



Dates for your

April

Date	Event	Location	Time	Website
Wed 13 th	Yeovil 5k (Race 1)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Sun 17 th	London Marathon	London	9.45am	www.virginlondonmarathon.com
Sun 17 th	Frenchay 10k	UWE Glenside	11.00am	www.frenchay10k.co.uk
Mon 25 th	Easter Bunny 10k	RNAS Yeovilton	11.00am	www.yeoviltownrrc.com

May

Date	Event	Location	Time	Website
Sun 1 st	Glastonbury 10k	Glastonbury	11.00am	www.glastonburyroadrun.info
Sun 1 st	The Great West Run 13 miles	Exeter	9.45am	www.thegreatwestrun.co.uk

Sat 7 th	The Exterminator 10k	South Devon College	5.00pm	www.somerac.org.uk
Sun 8 th	The Black Death Run 10k	Combe Sydenham	11.00am	www.runningforeverrunningclub.org.uk
Wed 11 th	Yeovilton 5k (Race 2)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Sun 15 th	Jack & Jill Challenge	Midsomer Norton	11.00am	www.somerac.org.uk
Sun 22 nd	Crewkerne 9	Crewkerne	10.00am	www.crewkernerc.btik.co.uk
Sun 22 nd	Curry Mallet 10k	Curry Mallet	11.00am	www.runbritain.com
Sat 28 th	Egdon Easy	Weymouth College	7.00pm	www.egdonheathharriers.com
Sun 29 th	Wells 10k	Wells	10.30pm	www.wellscityharriers.org.uk

June

Date	Event	Location	Time	Website
Sun 5 th	Run in the Wild 10k	Cricket St Thomas	10.30am	www.chardrunningclub.btck.co.uk
Wed 8 th	Yeovilton 5k (Race 3)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Sat 11 th	Umborne Ug	Umborne	6.00pm	www.axevalleyrunners.org.uk
Sun 12 th	Ninesprings 9k	Yeovil	10.30am	www.yeoviltownrrc.com
Sun 12 th	Cheddar Challenge 10k	Cheddar	11.00am	www.cheddarrunningclub.co.uk
Wed 15 th	Tin Tin Ten (TBC)	Tintinhull	TBC	www.chardrunningclub.btck.co.uk
Sun 19 th	Martock 10k	Martock	11.00am	www.martock10k.org.uk
Sun 19 th	Race For Life	Sherborne	10.00am	www.raceforlife.org
Thurs 23 rd	Forde Abbey 10k	Forde Abbey	7.00pm	www.nutshelloutdoors.co.uk
Sun 26 th	North Devon Marathon	Woolacombe	10.00am	www.northdevonmarathon.co.uk

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

simon_land87@yahoo.co.uk