

CREWKERNE RUNNING CLUB

Newsletter

Issue no. 71 Sunday 10th June 2012

www.crewkernerc.btck.co.uk

Dear Runners,

CONGRATULATIONS!!!

Fantastic News from the Willmott household!!

Jane and Dave Willmott would like to announce a new arrival to the family.

Harry James Willmott was born on the 18th May

in Yeovil Hospital weighing 6.5lb.

Jane hopes to be back running again next month!!

I'm sure I speak on behalf of everyone involved with Crewkerne Running Club when I say a big congratulations to Dave and Jane on their new arrival, and wish them all health and happiness at this wonderful time!



Pub Run – This Thursday!!

This Thursday see's us embark on our annual pub run to Hawkchurch. The pub is situated next to the church in the village. Please park behind the pub and aim to arrive for 6.15pm so you can order food.

Running will be cross-country and I expect there may be a couple of groups of varying distances. This event is organised by Jim White so he will sort all that out on the day.

See you there!



Edinburgh Marathon Race Report by Tracy Symes

Well the time had finally come to head off to Scotland for the weekend and after a stupidly early flight on the Friday I spent the next couple of days relaxing and trying not to use my legs too much!! The open top bus tour was a great idea nice easy relaxed way to see the sights of Edinburgh. Finally the day of the race arrived after months of training in the wind and rain, race day felt like the hottest day of the year so far!

The race started at 10am and as I was in the Purple pen right at the back it took about 10 minutes to cross the start line. I set off with the pack and tried not to get carried away and run too fast at the start, I settled into a nice pace and managed to pass quite a few people, this is a new experience for me its usually me getting passed!! Everything was going to plan even though it was rather hot I was running well and tried to find the few bits of shade there were, we headed out towards the coast which was lovely there was a cool breeze coming off the sea and although it was ridiculously hot running by the sea with the breeze was ok, it was keeping me cool enough to keep going, I reached the half way point in 2 hours 37 minutes which is only 9 minutes off my best half marathon pace so I was still on target to get a time

within the 5 ½ hours I was hoping for. I kept plodding along and still felt ok taking full advantage of the cool showers from the locals who'd kindly brought their hose pipes and sprinkler systems out to keep us runners cool.



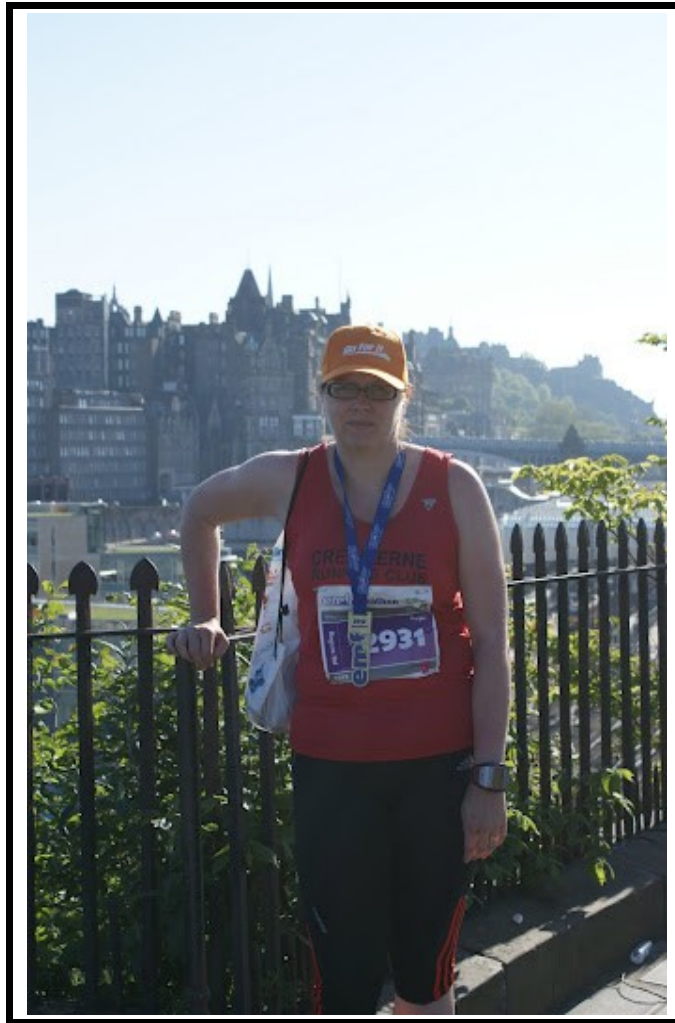
Unfortunately the cool breeze from the coast was to leave us as we headed back in land this is when things started to take a turn for the worst, I kept running albeit rather slowly until I reached about the 18 mile marker and I just had to walk there was no shade it seemed to be getting hotter and I was beginning to wonder whether I would ever see the finish line, at this point I was feeling rather angry with myself after running 22 miles in training I knew I could run further than this but I ended up walking for about 7 miles most of these with another runner who like me was undertaking her first marathon and was suffering with the heat, we had a nice chat whilst we tried to walk as fast as our legs would take us. As we started to head back towards civilisation I tried to run a few times but the heat was just unbearable and I decided to keep walking as fast as I could.



At the 25 mile mark I gave myself a good talking to and started to run again, I eventually reached the finishing straight where Dave had enlisted a group of spectators to cheer me home. I crossed the finish line in a time of 6 hours 21 minutes 57 seconds. Whilst I was disappointed with this time I was at least just within the time limit of 6 hours 30 minutes. For once I wasn't last the final person to cross the line did so in a time of 8 hours 1 minute. My first comment after crossing the line was never again! By the Wednesday after the race I'd entered the New Forest Marathon, I'm hoping September will be cooler and I can get nearer to the time I had hoped for.

Finally, I would like to say a big thank you to Tony Gordon, who when I announced I was going to run the marathon offered to help me with my long runs, without fail Tony has been there to support me every step of the way even when he was injured he came out on his bike, god knows how he manages to cycle so slowly without falling off!! On a serious note, without Tony's help and support I wouldn't have made it to the start line let alone the finish, I constantly doubted that I would be able to finish the race but Tony had faith in me and believed I could do it. I would also like to say thank you to Lyn and Tamsin who also put up with me during my training, weekends aren't the same I never thought I'd say this but I actually miss getting out of bed for my early morning runs!

Here's looking forward to the training starting again and getting a PB at the New Forest Marathon!



[Ninesprings 9k Race Report from Yours Truly](#)

I was talked into running this race by club downhill specialist Dave Carnell. I say talked into it. It was more that he was rather excited that he may be the only club member running and would be the first CRC man to cross the line. Not wanting to allow this to happen I decided to enter the race and prevent such an atrocity from taking place.

Buoyed by the fact that I myself may be first CRC man over the line I was in good spirits. However my firm belief in Karma reaffirmed itself when I saw Mike Pearce in

attendance and I knew then that my dreams, like Dave's, had also been squashed! Met up with Nick Sale as well who had run over to the event from his house so had already covered 14 miles (...the man is mental), all in preparation from a big Ultra Marathon which he embarks on in just two weeks time.



The rain began as the race got underway. This was a 9k race split into two laps, beginning with some hilly sections up through Ninesprings to Yeovil Showground, followed by an undulating run through some beautiful woodland, before descending into Ninesprings again for the finish at Goldenstone Leisure Centre.



It was a tough run with some really hilly sections but very scenic throughout. Mike did extremely well crossing the line in 3rd position, with myself not too far behind in 11th. Nick sadly had to retire after one lap with a stiff calf that obviously he doesn't want to aggravate with such a big run coming up in a fortnight!



Alas there was no sign of Downhill Dave! All the talk before hand and sadly he wasn't there! Such a shame Dave!



CRC Championship Update

With 9 races on the CRC championship complete, the competition is hotting up to be the first ever men's and women's champion for 2012.

There have also been plenty of opportunities to earn bonus points by taking part in the spring handicap or helping out at the Crewkerne 10k. Some members have also picked up points for taking part in marathons this year!

Below are the leaders so far, and the full results table is attached to this newsletter for you to see exactly how you are getting on!

If you are a bit disillusioned that you are not doing as well as you hoped then there is stacks of time yet for you to get more points on the board! A busy summer season of races with lots of PB potential is just around the corner, enabling you to easily stack up 60 points or more in just one race!

Championship races coming up include – Martock 10k, Forde Abbey, Tin Tin Ten, Charmouth Challenge and the Yeovilton 5k, so lots of opportunities for you to get involved! The full list of Championship races is also attached to this email!

So the story so far....

Men's Overall

- | | |
|-----------------|--------------|
| 1 st | Ed Stahl |
| 2 nd | Dave Carnell |
| 3 rd | Andy Parsons |

Ladies Overall

- 1st Sarah Frost
2nd Tracy Symes
3rd Sarah Warren

Mens & Ladies 16 – 35

- 1st Ed Stahl & Sarah Frost

Mens & Ladies 36 – 50

- 1st Andy Parsons & Tracy Symes

Mens & Ladies 51 +

- 1st Dave Carnell & Bridget Schneiders



New Member Alert!

A big welcome to another new member to the club who goes by the name of Stephen Morrice! Welcome Stephen!



From Tamsin....

A group of us are running in the New Forest Marathon / Half Marathon which is on Sunday 23rd September.

Wondering if anyone else would like to join us from the Running Club. It's a picturesque but undulating course the website is <http://www.newforestmarathon.org.uk/>

Regards
Tamsin



Upcoming Events....

[Yeovilton 5k this Wednesday!](#)

[This](#) event in the 6 race series always attracts a good turnout from club members. The 5k (3 mile) route is all on the flat, starting and finishing from RNAS Yeovilton.

Race starts at 7.15pm

[Martock Road 10k next Sunday!!](#)

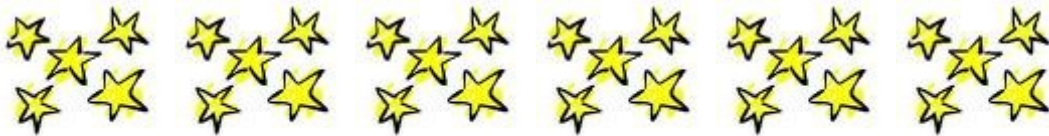
[Mendip Mashup from Nick Sale](#)

www.mendipmashup.org.uk

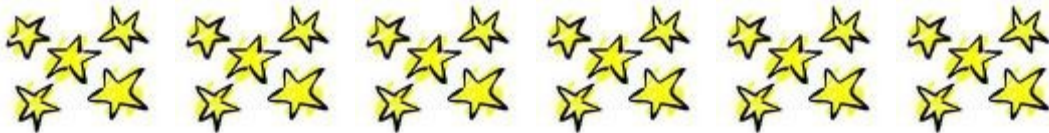
1, 2 or 3 hour walk or run, individual or team.

Hunting for flags on mendips, around Charterhouse, followed by food, real ale, music & cooked breakfast in the morning.

I have entered family 1 hour walk. Would be great to see some others there from CRC & sunshine guaranteed ;0)



No birthdays this week!



[This Week's Running](#)

Club nights are on Tuesday and Wednesday this week leaving the car park at Lidl's at 6.30pm. Thursday's run is the pub run from Hawkchurch.

The Sunday morning run leaves the Lidl's car park at 9.30am.





Happy Running

Simon



Dates for your

June

| <u>Date</u> | <u>Event</u> | <u>Location</u> | <u>Time</u> | <u>Website</u> |
|---------------------------|-------------------------------|-------------------|-------------|--|
| Wed 13 th | Yeovilton 5k (Race 3 of 5) | RNAS Yeovilton | 7.15pm | www.yeoviltownrrc.com |
| Thur 14 th | Pub Run | Hawkchurch | 6.30pm | See Newsletter |
| Sun 17 th | Martock 10k | Martock | 10.00am | www.totalbuzzevents.com |
| Sun 17 th | Cheddar Gorge 10k | Cheddar | 11.00am | www.relishrunningraces.com |
| Sun 17 th | Ashill 5k | Ashill | 11.30am | www.ashillschool.org.uk |
| Thurs 21 st | Forde Abbey 10k | Forde Abbey | TBC | www.nutshelloutdoors.co.uk |
| Thurs 28 th | Ash Town Tree Trail Race | Ash | 7.00pm | www.yeoviltownrrc.com |

July

| <u>Date</u> | <u>Event</u> | <u>Location</u> | <u>Time</u> | <u>Website</u> |
|-------------|--------------|-----------------|-------------|----------------|
|-------------|--------------|-----------------|-------------|----------------|

| | | | | |
|-------------------------|--|-----------------------|---------|--|
| Sun 1 st | Portland 10 | Portland | 10.30am | www.rmpac.co.uk |
| Wed 4 th | Tin Tin Ten | Tintinhull | 7.00pm | www.chardrunningclub.btck.co.uk |
| Sat 7 th | Charmouth Challenge | Charmouth | 2.30pm | www.charmouthchallenge.co.uk |
| Sun 8 th | Wellington 10m & 10k | Wellington | 10.30am | www.thewellingtonten.co.uk |
| Sun 8 th | Quantock Beast | Fyne Court | 11.00am | www.quantockharriers.co.uk |
| Sun 8 th | Cheddar Gorge 5k, 10k Half Marathon | Cheddar | 11.00am | www.relishrunningraces.com |
| Wed 11 th | Yeovilton 5k (Race 4 of 6) | RNAS Yeovilton | 7.15pm | www.yeoviltownrrc.com |
| Sat 14 th | Swanage Half Marathon | Swanage | TBC | www.swanagecarnival.com |
| Sun 29 th | North Dorset Half Marathon | Sturminster Newton | 10.30am | www.sturhalf.co.uk |

August

| <u>Date</u> | <u>Event</u> | <u>Location</u> | <u>Time</u> | <u>Website</u> |
|-------------------------|-------------------------------|-------------------|-------------|---|
| Wed 1 st | Haselbury Trail Race | Haselbury | 7.00pm | www.crewkemerc.btck.co.uk |
| Sun 5 th | Totnes 10k | Totnes | 10.30am | www.teignbridgetrotters.co.uk |
| Wed 8 th | Yeovilton 5k (Race 5 of 6) | RNAS Yeovilton | 7.15pm | www.yeoviltownrrc.com |
| Sat 11 th | Maiden Newton Madness | Maiden Newton | 7.00pm | www.freewebs.com/ maidennewtonrunningclub |
| Sun 26 th | Langport 10k | Langport | 11.00am | www.langportrunners.co.uk |

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

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