

CREWKERNE RUNNING CLUB

Newsletter

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

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Dear Fellow Runners



[Crewkerne Triathlon Race Report from Les Thomas](#)

[Crewkerne Triathlon - Sunday 3rd July](#)

I awoke at Dawns crack (5:50) to a clear sunny sky and a very still morning - perfect conditions for my 1st triathlon this year.

Arriving at registration at 6:40 I was greeted by the smiley face of Max Field to give me my race numbers and timing chip - while at the same time another woman was halfway up inside of my trouser leg trying to write my leg number on - easy Tiger!!!!!!

Having numbered up my bike, helmet and race belt I trucked on round to transition.

There was the usual air of nervous tension you always get before a race. I bumped into Richard Gardener and chewed the fat with him for a while before he left to go in for his swim start.

The swim: well this turned into a bit of a nightmare for me!

The race was advertised as wave starts but on reaching poolside got told they were going with rolling starts, so as 1 person got out another got in. In the fuss of all this I forgot to start my stopwatch - great! Anyways, I set off on my 1st length only to be met head on by another guy coming down the pool on the wrong side - bang - a head on collision knocking my goggles off!

Forcing a stop there, and at the end of the length to sort properly. Never mind I thought, this is not as fierce as an Ironman mass start, so I carried on, trying to remain calm. Then on length 6 - Bang! I got whacked by the same guy again - Christ Man, can't you swim straight!!!

Finally getting out in an unknown time (no stopwatch) and through T1 I was out on the bike which is my strongest leg. I reeled in 6 people on this section and fortunately had no incidences! I was watching the trip time on the speedo closely at this point as it was my first indication of how I was doing. Coming into T2 in under 20 mins I was pleased.

After a quick re-rack of the bike and a footwear change I was out on the short (but never easy) run section. I quickly overtook a guy going up East Street, then another down though Easthams Lane (familiar running club routes). Turning down to the Sewerage works I had a 3rd guy in my sights, who I caught and overtook before Cronite's. Then latching my sights onto the guy in front of him. After a quick breather heading downhill towards

Rotalink I passed him (giving a quick grimace to Andy Parsons who was there with his camera) and set my target on one last guy to pick off. I managed to pass him just before entering Henhayes where I forced a sprint finish across the line.

The results showed I came 4th overall out of the 81 finishers and 1st in my age group. Very pleased with that!! However, after chatting with the guy who came 3rd - it turns out he didn't actually swim the full 10 lengths - only doing 8! So in truth he is a DQ - moving everyone up 1 place.

Final positions:-

1	Adam Speake	33:26
4(3)	Les Thomas	35:31
21(20)	Richard Gardiner	39:24
42(41)	Ken Priest	42:31

For anyone who wishes to have a go at a triathlon - this one is a brilliantly run event with distances that can be achieved with little training!!





Maiden Castle Loop Race report by Thomas Maxamillius Baker

Reputation had preceded this challenging annual event as only one CRC member attended! (that I saw at least) and that was yours truly. The pleasure of writing a race report falls to me (by default!).

No CRC vests however I did notice there was another exceptionally familiar runner in attendance... A very brightly dressed Maiden Newton runner by the name of Dave Carnell ('downhill' Dave of CRC fame to everyone else). As Dave was racing for the opposition and there were no other Crewkerne 'warriors' to bare the CRC flag, no prisoners would be taken!

The race started at the Thomas Hardy School Leisure centre with plenty of parking, cakes galore on sale and friendly marshalling. With the wife in tow again for moral support I got checked in and quickly parted company (the finish line was several hundred metres from the start line and a little awkward to locate, I would meet the wife later at the car). A good solid warm-up as the start was a gentle up-hill and I felt keen to race.

The race itself had a quick downhill section after the start, I pushed on following the top 10-15 runners who made their way along paths and lanes and a brief section of main road towards Maiden Castle a stunning iron age hill fort (I believe the biggest in the country but someone may want to check my facts :D) . Some moderate hills followed and I managed to hold my position, then a slightly more than moderate hill (slightly more than moderate - meaning steep and long to the point of being ridiculous). I could quite happily have walked this hill however I pushed on and at the point I felt I'd collapse (bristled with bronze tipped arrow heads!) I actually briefly overtook the runner in front of me, this did not last long however as the next section of the run is a long undulating loop of the outer-most fortification, I was over-taken by the very same runner and another runner from Yeovil (the Romans were intent on storming the besieged Celts!) This outer ring eventually led into the inside ditch and then eventually onto the inside fortification which was the highest point with fantastic views and a chance to see the other runners stretched out for miles

behind. (Against heavy opposition from the entrenched and beaten back, blue-faced Celtic braves we charged on).

The hill fort section of the run itself dragged on and on, the inner loop returning all the way back around to the point where runners are still entering onto it, this section wore me out entirely and with will-power alone I (just about) held position, until disaster struck...

With the Fort finally behind me, we were leaving via the entry path and a slightly dubious sign-post send me the wrong direction! (Damn scheming Celts again!) I ran down a steep section I shouldn't have only to be told by a marshal I had gone the wrong way... another 75 metres of running back up the steep hill I'd run down had all but ruined an otherwise brilliant race (skirmish). Another runner - a lady runner who was just behind me followed me down so it wasn't just me! In the time it took me to get back on route I'd lost at least 30 seconds and more like a minute or more by the time the toil of the extra hill had taken its toll, far worse than this, around 10 runners (some of Julius Caesar's finest!) had overtaken me and I spent the descent from the hill and the final mile of gravelly lane and fast road regaining some of those lost positions. Nearing the finish line I had overtaken 2 of these runners and was level with a third, fuelled only by pure anger (the wrath of the Gods and the fine wines of Rome!) I sprint finished to beat my fellow runner (and nearly caught a fourth).

On the finish line, angry thoughts forgotten I remembered a thoroughly enjoyable race with a reasonably good finishing time (results will follow), a minor victory against the enemy! :D 'downhill' Dave made an equally impressive sprint finish a minute or two behind me, The icing on the cake which finally dispersed the last of my disappointment was a lovely mug and a packet of 'Dorset cereals' cereal bars (the nectar and ambrosia of the Gods)...

The aftermath... Promised the 'wifey' that we'd go for food afterwards to keep her quiet ☺ ... We proceeded back into camp (Dorchester) for a quick roadside clothes change (fresh toga required) and a very achy walk to Prezzo (real Roman grub)... Food was good, ale was better (although mighty expensive - I'm sure I didn't have a whole amphora full!). All-in-all a thoroughly enjoyable evening all round, thanks go to the organisers, marshals, the great Gods 'Jupiter' and 'Neptune' and the lesser deities... 'Bacchus', 'Fortuna' and 'Aesculapius'. (You'll have to look those three up ;)).

Results

25th Tom Baker 47.35

43rd Downhill Dave Carnell 50.35



Portman Arms Pub Run Report from Derek Boles

Eight runners turned up for the pub run from the Portman Arms at East Chinnock last Thursday. We ordered our food and then realised that nobody had sorted out a route! Jim jumped into the breach and led us off up to Chinnock ridge via a scenic footpath and through a gully.

Nearing the top of the ridge we took to the road again for a short stretch before turning left into another footpath, which proved to be so overgrown with nettles that the girls insisted on turning back. Was that our first mistake? After another short road section we found a second off road path where we met a bunch of off road mountain bikers who assured us that this track was passable and nearly all downhill, great! This path was good, very scenic and easy going downhill. At the bottom of this path we realised we were on the Full Monty route, just at the road crossing before High Wood.

At this point we were stopped by a police officer who asked us to look out for a missing person who was thought to be around the Ham Hill area and was vulnerable. Little did we know but we were all vulnerable! High Wood was a nightmare, the paths were totally overgrown with nettles and brambles which put paid to any thoughts of running but eventually we emerged, bloodied but undaunted, into a field above Bagnell Farm. Back on the Monty route! At this point we were running out of time and nobody was sure of the way back to the pub.

Clive led us off across some fields and over some very dodgy barbed wire fences until eventually we emerged at, yes Bagnell Farm! At this time Roger set his GPS so that an arrow always pointed back to the start point. Sadly the arrow always seemed to point in the direction we were running and led us along the road from Bagnell Farm and up the very steep field. You know the one, the VERY steep field. A bit a panic was creeping in at this time as it was 8:00 and I for one was worried that my food would be dried up.

At the top of the steep field we ventured up a short track and found a lane, Rogers arrow indicated right so we turned left and eventually found a signpost to Odcombe. Great, back to civilisation, but still some distance to go. We followed the lane and

the next signpost led to East Chinnock, which drew a few weak cheers. We got back to the pub just after 8:30 and the food was fine, also the beer. We were met at the pub by Matt Bryant who turned up too late for the run but never mind, it was his birthday!

Great evening with a very different run. Lets do it again.....



Important information from Sarah Warren

GAIT ANALYSIS - PRELUDE SPORTS - 16 JULY

Prelude Sports in Crewkerne are holding a gait analysis day (by appointment) on Saturday 16 July between 10am and 2pm. You can have your running gait analysed and be advised on the best type of shoe to suit your running style. Having the correct type of shoe helps prevent problems with knees, feet, back, etc. If you have not done this before, then it is well worth while in helping to prevent injuries.

If you are interested you should call Prelude Sports direct on 01460 78529 to arrange an appointment.

CLUB KIT

I will shortly need to make another order of club vests for all the new members who are rapidly joining us. There is therefore an opportunity for anyone who wants to order extra club kit to do so. Items available are:-

Coolmax T shirt - £14

Coolmax long sleeve top - £18.

Colours available - black, red, white, fluo yellow.

Tops can be printed on the front or back with "CREWKERNE RUNNING CLUB".
Print can be in black, red or reflective.

Ladies and mens sizes available.

If you would like anything please let me have full details of your size, colour choice, print colour and whether print to be on the front or back. All items are special orders so I do need payment in advance please.

I also have a couple of club fleece tops - medium/large size in black. Very warm (thinking ahead to winter!) and only £11.50. First come, first served.

Sarah



On a more serious note.....

Terror and fear struck a vulnerable group of CRC runners this Sunday morning.

Whilst out running along Easthams Lane, the group were confronted with a terrifying figure blocking their path. Cloaked in black and carrying a long, sharp blade, panic and fear swept the group as they wondered who the angel of death had come to take.



After the initial shock, the group's worst fears were calmed as it emerged that it was only Jim White with a billhook, clearing nettles down to the River Parrett, presumably in preparation for the Haselbury Trail. A sigh of relief was breathed by all!

Thank you very much to Jim for taking it upon yourself to do this, and thank you also to Derek Boles for recovering from such a fright to let me know what had happened.

Peace is restored.



I have heard from Derek that Matt Bryant's birthday run was cut short after just 15 miles on Saturday, after Matt was taken ill. I know that he will be gutted but I'm sure he will make up for it.

Get well soon Matt!



Remember that this coming Wednesday is Race 4 of the Yeovilton 5k series. A flat, 5k course which always see's a good turnout from club members.

Race starts at 7.15pm



[This Week's Running](#)

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

Sunday morning run will be on as usual leaving Lidl's car park at 9.30am.



Dates for your

July

Date	Event	Location	Time	Website
1 Wed 3 rd	Yeovilton 5k (Race 4)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
1 Sat 6 th	Swanage Half Marathon	Swanage	9.30am	www.swanagecarnival.com
1 Sun 7 th	Castle Combe 10k	Castle 1 Combe	1.30am	www.dbmax.co.uk
1 Sun 7 th	East Devon Way Relay	Exmouth to Lyme Regis	Various	www.axevalleyrunners.org.uk
2 Wed 7 th	Pub Run – Weatherspoons Bridport	Bus Station Bridport	6.30pm	See Newsletter
3 Sun 31 st	Exmoor Seaview 17	Lynton	10.00am	www.mineheadrunningclub.co.uk

August

Date	Event	Location	Time	Website
Wed 3 rd	Haselbury Trail	North Perrott	7.15p m	See Website or Newsletter
Sat 6 th ?	Shaves Cross Mini Marathon	Shaves Cross	7.00pm	
Sun 7 th	Sturminster Half Marathon	Sturminster Newton	10.30am	www.dorsetdoddlers.org
Sun 7 th	Totnes 10k	Totnes	11.00am	www.teignbridgetrotters.co.uk
Wed 10 th	Yeovilton 5k (Race 5)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Thurs 11 th	Pub Run – Dinnington Docks	Dinnington	6.30pm	See Newsletter
Sat 13 th	Maiden 'Newten' Madness	Maiden Newton	7.00pm	www.freewebs.com/ maidennewtonrunningclub/
Sun 28 th	Langport 10k	Langport	11.00am	www.langportrunners.co.uk
Sun 28 th	Guernsey Marathon	Guernsey	??	www.guernseymarathon.gg

September

Date	Event	Location	Time	Website
Sun 4 th	Ash Excellent 8	Ash School	11.00am	www.yeoviltownrrc.com
Sat 10 th	SLAMM Marathon & Half Marathon	Langport	??	www.langportrunners.co.uk
Sun 11 th	Kamikaze Run	Mapperton	9.30am	www.votwo.co.uk
Sun 11 th	Shepton Beauchamp 10k	Shepton Beauchamp	TBA	www.sheptonbeauchamp.org.uk
Wed 14 th	Yeovilton 5k (Race 6)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Sun 18 th	King Alfreds Torment	Stourhead	11.00am	www.yeoviltownrrc.com
Sun 18 th	Langport Triathlon	Langport	TBA	www.langport-tri.co.uk
Sun 25 th	Taunton 10k	Taunton	TBA	www.taunton10k.co.uk

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

simon_land87@yahoo.co.uk