

CREWKERNE RUNNING CLUB

Newsletter

Issue no. 86 Sunday 11th November 2012

www.crewkernerc.btck.co.uk

Dear Runners,



The royal seal of approval! Elaine Priest being presented with her trophy at the Ilminster 10k by club member (and deputy mayor) Roger Swann



Christmas Party

**Saturday 15 December 2012,
from 7.30pm
At
North Perrott Cricket Club**

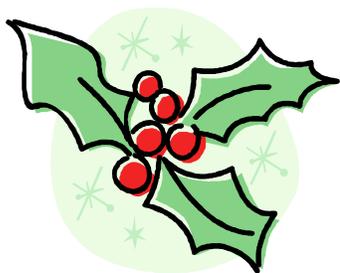
It's that time of year again, time to sit back with a glass of wine and rest your weary legs. Time to celebrate the achievements of the year and start planning which races to enter next!

This year's Christmas Party is taking place at North Perrott Cricket Club, the committee hope you can all come along and enjoy a great evening with your fellow runners, enjoying a glass or two of wine with good food and a bit of music and fun thrown in for good measure!

The menu is attached, if you would please let me have your choices and payment as soon as possible either pass these to me on a Thursday or one of the other committee members on the other running nights.

Look forward to seeing you there!

Tracy Symes



Christmas Party Menu

Starters

Baked Bacon & Herb Stuffed Mushrooms

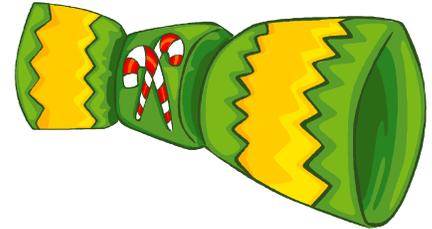


Spicy Lentil & Tomato Soup
Celeriac Remoulade with Black Forest Ham
Homemade breads

Main Course

Roast Turkey, stuffing, sausages and cranberry Sauce
Fillets of Lamb braised with red wine & Cannellini beans
Mixed winter vegetable casserole with Chinese Five Spices

Roast potatoes
Brussels sprouts
Carrots & peas
Braised red cabbage
Gravy



Dessert

Christmas Pudding with Brandy sauce
Lemon Mousse Cheesecake with Red Berry compote
Tropical fruit Salad
Cheese & Biscuits

Coffee & Mini mince pies

This year's Christmas Party will take place on Saturday 15 December 2012 at North Perrott Cricket Club from 7.30pm until late; the cost of the meal is £20 per person.

Please let me have your selection with payment by no later than the 23 November 2012, cheques should be made payable to Crewkerne Running Club.

Menus Selection

Name	Starter	Main	Dessert
.....
.....

I/We enclose £.....

Please let me have any preferences of who you would like to sit with.

If you would like transport from the Crewkerne area please let me know how many seats you require, an additional cost will be incurred for this.



Breakfast Run – Sunday 18th November

A reminder that it is the breakfast run on Sunday 18 November. Meet at Weatherspoons in Chard at 8.30am to run along the old railway line towards Ilminster. It is an out and back route so you can as far or not so far as you like.

It is a cycle path so the family can come along and walk/cycle too. The idea is that we will then retire to Weatherspoons for a slap up breakfast. Hope to see you there.



Ilminster 10k Report by Sarah Warren

There was a great turn out of Crewkerne runners at the Ilminster 10K last Sunday – 21 in total and probably the best represented club at the event.



A number of us gathered at race HQ for the usual pre-race banter with Clive at the helm as usual. This time he had forgotten his race vest (possibly his head was still hurting after his collision with the sign post last week?) and was asking if anyone had a spare top he could borrow. I had a bright pink t-shirt to offer, but strangely Clive was not interested in that but I am sure it would have suited him!





After the obligatory pre-race group photos in the town square, we set off on the uphill start leading out of the town. After some very heavy rain in the night the sun was shining, but the roads were still very wet in places which meant wet feet for everyone by the end. All the uphill sections are in the first half of the race and then it is pretty much downhill all the way back.



There were some good results in the club with Mike Pearce coming in third overall, Elaine Priest was third lady and trophy gatherer Clive Harwood was first in his age category. Results are below – some of the timings in the official results look a bit odd, so if yours is wrong I apologise. My own time was way out on the results list so I have corrected it. To add insult to injury I was also shown as running for Chard rather than CRC, and apparently I was announced as second lady in the over 50's category! I may be getting on a bit but I am not over 50 yet.

For more photo's click on the following link supplied by Tracy Symes

<https://plus.google.com/photos/113199741363020731606/albums/5808853348249156225?authkey=CKvWnK3KwZDcbw&banner=pwa&gpsrc=pwr1#photos/113199741363020731606/albums/5808853348249156225?authkey=CKvWnK3KwZDcbw&banner=pwa&gpsrc=pwr1>



Mark Wills (1 st overall)	36.30
Mike Pearce (3 rd overall)	36.48
Thomas Priest	38.41
Clive Harwood (1 st in age category)	40.25
Les Thomas	41.07
Martin Pattemore	41.15
Luke Brunt	41.45
Richard Gardener	42.46
Elaine Priest (3 rd lady)	43.06

Dave Carnell	44.00
Nigel Key	46.33
Phillip Wareham	49.04
Sarah Warren	49.46
Fran Frost	50.40
Roger Swann	52.37
Tom Hoyle	55.20
Tony Gordon	55.25
Darren Frost	55.59
Bob Brunt	59.02
Sarah Horsell	59.47
Tamsin Dickinson	59.47
Tracy Symes	1.08.06



London Marathon Draw

The draw for our two club places for the London Marathon will take place this Tuesday at the committee meeting...so if anyone meets all the criteria and wants to put their name forward, you have until this Tuesday to put your name in the hat!

Please contact Martin Cook ASAP if this applies to you - martin.cook123@btinternet.com



A message from your Chairman...

On Monday the 29th October I attended a meeting of the directors of the George Reynolds Centre representing the Running Club. During discussion on the staffing of the centre we were asked if we would make enquiries as to any member/members of the Running Club that would be interested in training to become temporary bar staff when the Running Club is using the facility. A days training would take place organised by the St Austell brewery staff and a bar qualification would be awarded to successful candidates. The training would be free.

Should any member/members be interested in taking up this offer would you please let me know urgently replying to Martin or myself?

Malcolm.

malcolmhiggins491@btinternet.com

martin.cook123@btinternet.com



Full Monty

The Full Monty is fast approaching and we will be requiring lots of help from our members to help stage this event. This is our biggest event we do so we require the most assistance from you guys.

The main bulk of the work is required by course marshalls. Some of you maybe contacted by either myself, Clive or Jim to help out on our patches, but if anyone who is free could drop one of us an email to let us know of your availability that would be fantastic!

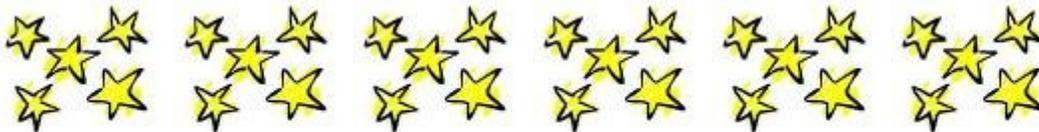


Dates for the Diary

Sunday 18 Nov – Something different, meet at Weatherspoons at 8.30am to head down the old railway track from Chard towards Ilminster then back to Weatherspoons for breakfast.

Sunday 9 Dec – 9.30am Winter Handicap from Hinton St George Hall followed by bacon rolls

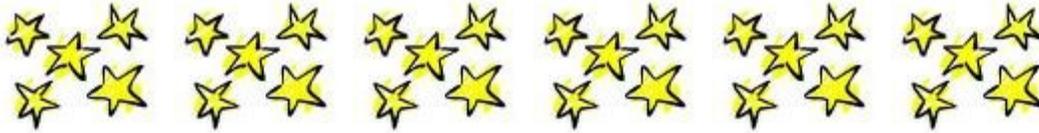
Sunday 23 Dec – 9.30am Tinsel Run, make sure you wear your best Christmas Hats again from Hinton St George Hall with bacon rolls



Four birthdays to bring to your attention over the next fortnight!

Darren Frost & Alice Gilson 19th, Tamsin Dickinson 21st & Roger Still 24th

Many Happy Returns to you all!



This Week's Running

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

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



Dates for your

November

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Wed 14 th	Street 5k	Street	7.00pm	Wells City Harriers
Sun 18 th	Chard Early Pub Run	Weatherspoons Chard	8.30am	See Newsletter
Sun 25 th	Brent Knoll 10k	Brent Knoll	11.30am	www.burnham-on-sea-harriers.com
Sun 25 th	Bicton Blister	Bicton College	11.00am	www.bictonblister.co.uk
Sun 25 th	The Herepath Half	Taunton	10.30am	www.herepathhalf.org

December

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sun 2 nd	Full Monty	Ham Hill	10.30am	See Newsletter/Website
Sun 9 th	Winter Handicap	Hinton St George	9.30am	See Newsletter
Sat 15 th	CRC Xmas Party	North Perrott Cricket Club	7.30pm	See Newsletter
Sun 23 rd	Tinsel Run	Hinton St George	9.30am	See Newsletter

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

simon_land87@yahoo.co.uk