

# **CREWKERNE RUNNING CLUB**

## **Newsletter**

Crewkerne Running Club Website –  
**[www.crewkernerc.btck.co.uk](http://www.crewkernerc.btck.co.uk)**

Issue no. 48 Sunday 11<sup>th</sup> December 2011

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***Dear Runners,***



CRC Christmas Party 2011

Well the Christmas Party is over for another year and what a lovely evening it was!



Around 45 runners and partners converged on North Perrott Cricket Club for an evening of booze fuelled debauchery! You know who you are!



The wonderful Mr & Mrs Stacey!

The food was lovely as always and was provided by the people at The Manor Arms in the village, doing a beautiful three course meal with meringues the size of footballs for desert!



Oh so that's how he does it!

Dinner was accompanied by a quiz which was 'won' by table 2, despite clear accusations of cheating making the result a bit of a travesty!



Andy 'Groovy man' Parsons & long suffering wife Debbie

The meal was followed by some well deserved presentations, including a surprise for Clive Harwood as he was presented with a framed photo & chocolates as a well done for his International selection.





Our very own England International!

At this point the wine was flowing freely and beginning to take it's toll, as Matt Bryant became the first member to succumb and was ushered away for an early night!!



Dave, Roger and Vanina & Simon Cooper enjoying the festivities

It was then onto the disco afterwards until midnight, where the dance floor was alive some nifty (and some not so nifty) footwork!



The CRC Oakey Coakey!

It was great to see so many of you there, and so many new faces as well.



A half intoxicated Rod & Sarah Warren

A massive thank you to Linda Still for putting this all on for us again this year. It must take a huge amount of time and effort to put on, so we thank her most generously for taking charge of this event and making it a great night!

We must also thank the catering team, the guys at North Perrott Cricket Club, and also Dave Rowe for arranging the transport for the evening. Cheers!

For the full album of photo's – see the email attachment!



Linda Still – even making eating a Crème Brûlée look glamorous!

[Coming up next Sunday!](#)

CRC Tinsel Run

The ALL NEW Tinsel run will take place at Hinton St George Village Hall on Sunday 18<sup>th</sup> December at 9.30am.

Hot food and drinks are provided after a nice leisurely run for a few miles. It's not strictly fancy dress, but runners are asked to dress in festive attire – whether that's a santa hat or a bit on tinsel is up to you, but the more outrageous the better!

Hope to see you there!



A now fully intoxicated Rod Warren!

## Somerset Cross Country Championship Report from Clive Harwood

After a lovely evening spent at North Perrott cricket club and a few hours of sleep, left town with Elaine and Sharon and went to Bath for a days shopping. Parked easily due to the arrival time. Spent 2 hours with them around the shops. There was a large market being held in sheds around the Baths and Cathedral. Some very good craft works was to be seen. Probably held in 75 sheds. Quite effective.

I left and drove to the event. Quite cool there with rain imminent. My race set off 2.30 and was well attended. Yet another hard run. Made the 10k finish in 41.28. That was 40 seconds slower than a few weeks ago. I put that down to violent exercise with the young ladies of the club, and possible drink. Never mind, that was enough to win my category.



I must thank Simon for his very kind words regarding my recent selection for Glasgow and all my club mates for your generous response. Thank you all for laying on a splendid evening.

Kind Regards to all  
Clive



Mr & Mrs Downhill Dave!!

## Tuesday Time Trial Report from Ed Stahl

Well can I just say what a great turnout it was last tuesday for the third running of the 5 mile time trial. Twenty would be hopefuls merged at a murky Merriott to begin their chance of victory against themselves and everyone else.

With handicap times given out the trial began and Sarah F went off first.

Everyone got round although two runners Rachael brought with her decided the route wasn't long enough. Luckily they traced there steps and found the finish line. Well done to everyone who took part in this event, below is a list of the times:

	Time.	Predicted
Les thomas	31.38.	35
Sarah F.	46.	51
Alex G.	39.27.	45
Sam.	39.27.	45



The rest of the runners are listed from fastest actual time.well done to les thomas who came in 1st,excellent run:

Ed.	27.14.	26
Mike.	27.22.	28
Kyle.	29.22.	30
Richard g.	29.51.	30
Dave c.	30.	30
Clive.	35.27.	36
Rachael.	35.27.	36
Brian k.	35.43.	36
David m.	36.05.	35
Alex.	36.54.	35
Sarah w.	36.56.	37
Derek b.	38.41.	39
Tim.	41.35.	42
Tracey.	52.25.	51
Ryan c.	N/a	
Ryan l.	N/a	



New Member

Ladies and gents we have a new member joining the ranks! Can we welcome Alex Helps to our band of merry joggers!

We all look forward to meeting him soon!



Hey big spender! Matt & Kirsty Bryant with Rod Warren



## Street 5k

Remember the Street 5k series continues this Wednesday starting at 7.30 pm.

Good luck to all those taking part!



Tim Cook and his better half!

## Upcoming Events....

### Weavers Down Winter Warmer

What on earth is that I hear you cry?? Well let me tell you more.....

This is a 3 person team adventure race taking place on 22<sup>nd</sup> January at Longmore Camp in Hampshire.

A mix of running, mountain biking and kayaking over a wet and muddy 10k course!

For more info please visit the website - [www.trailplus.com](http://www.trailplus.com)



Paula raising a glass!

[Or how about The Forest of Dean Half Marathon](#)

Sunday 1<sup>st</sup> April 2012

Run with permission from the Forest Commission, the route is almost all off-road on forest trails.

The event is held at Speech near Cinderford in the heart of the Forest of Dean, and attracted just short of 2000 runners last year so is a really popular event!

See website for more info - [www.forestofdean-halfmarathon.co.uk](http://www.forestofdean-halfmarathon.co.uk)

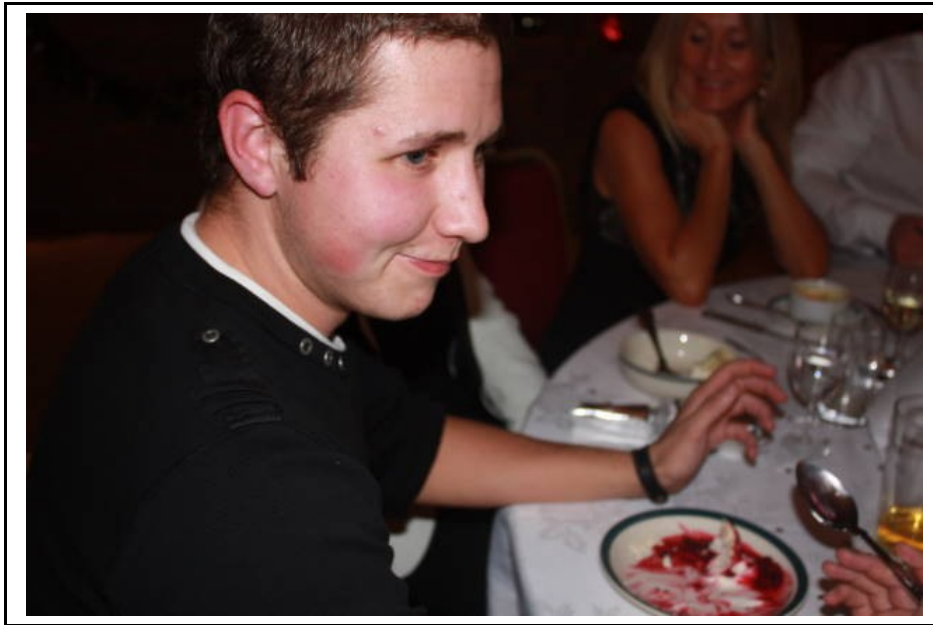




The lovely Pete & Lynn Clutterbuck



Ed Stahl & Rich Gardener emerging from the trees at last week's Monty



Myself & Kirsty King tucking into desert



3 of the club's finest are celebrating their birthdays this week.  
Well I say finest.....

Sarah Frost on Thursday!  
Vanina Cooper on Friday!  
And Nick Sale on Saturday!!

Many Happy Returns to you all!





Mr & Mrs Denman pose for the camera



### [This Week's Running](#)

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

Sunday morning run is the Tinsel Run from Hinton St George village hall at 9.30am

With the dark evenings now, head torches and reflective gear are essential for all runners.







Les Thomas – the lucky man sandwiched between Tracy & Sarah!



Happy Running

*Simon*



*Dates for your*



## December

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Wed 14 <sup>th</sup>	Street 5k	Street	7.30pm	<a href="http://www.wellscityharriers.org.uk">www.wellscityharriers.org.uk</a>
Sun 18 <sup>th</sup>	Wellington Monument 10k	Wellington	10.30am	<a href="http://www.wellingtonmonumentrace.co.uk">www.wellingtonmonumentrace.co.uk</a>
Sun 18 <sup>th</sup>	CRC Tinsel Run	Hinton St George Village Hall	9.30am	See Newsletter
Mon 26 <sup>th</sup>	Stoke Stampede	Stoke St Gregory	11.00am	<a href="http://www.stokestampede.co.uk">www.stokestampede.co.uk</a>

## January

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sun 1 <sup>st</sup>	Chard Flyer	Chard	11.00am	<a href="http://chardflyer.btck.co.uk/">http://chardflyer.btck.co.uk/</a>
Sun 8 <sup>th</sup>	First Chance 10k	Exeter	10.30am	<a href="http://www.firstchance10k.co.uk">www.firstchance10k.co.uk</a>
Wed 11 <sup>th</sup>	Street 5k (Race 4)	Street	7.30pm	<a href="http://www.wellscityharriers.org.uk">www.wellscityharriers.org.uk</a>
Sun 15 <sup>th</sup>	Oh My Obelisk	Dawlish	10.30am	<a href="http://www.dawlishcoasters.co.uk">www.dawlishcoasters.co.uk</a>
Sun 15 <sup>th</sup>	Rough n' Tumble	Milton Lilbourne	11.00am	<a href="http://www.grassrootsevents.co.uk">www.grassrootsevents.co.uk</a>
Sat 28 <sup>th</sup>	Blackdown Beast	Dunkeswell	10.00am	<a href="http://www.honitonrc.com">www.honitonrc.com</a>
Sun 29 <sup>th</sup>	Hestercombe Humdinger	Hestercombe, Taunton	10.30am	<a href="http://www.thehestercombehumdinger.co.uk">www.thehestercombehumdinger.co.uk</a>

## February

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sun 5 <sup>th</sup>	Blackmore Vale Half Marathon	Bishops Caundle	11.00am	<a href="http://www.bvlions.yolasite.com">www.bvlions.yolasite.com</a>
Sun 5 <sup>th</sup>	Longleat 10k	Longleat	10.00am	<a href="http://www.209events.com">www.209events.com</a>
Wed 8 <sup>th</sup>	Street 5k Series (Race 5)	Street	7.30pm	<a href="http://www.wellscityharriers.org.uk">www.wellscityharriers.org.uk</a>
Sun	Exeter Half Marathon	Exeter	9.30am	<a href="http://www.ironbridgerunnerevents.co.uk">www.ironbridgerunnerevents.co.uk</a>

12 <sup>th</sup>				
Sun 12 <sup>th</sup>	The Wiltshire 10m	Melksham	10.00am	<a href="http://www.stampedesports.co.uk">www.stampedesports.co.uk</a>
Sun 19 <sup>th</sup>	Tough Ten Challenge	Weston-super-mare	11.00am	<a href="http://www.toughten.co.uk">www.toughten.co.uk</a>
Sun 19 <sup>th</sup>	Lytchett Manor 10	Lytchitt Minster, Nr Poole	10.30am	<a href="http://www.lytchettmanorstriders.org">www.lytchettmanorstriders.org</a>

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

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