

CREWKERNE RUNNING CLUB

Newsletter

Issue no. 60 Sunday 11th March 2012

www.crewkernerc.btck.co.uk

Dear Runners,

I have a jam packed edition for your delectation this week! Lots going on, lots happening, and of course it was Grizzly day today so we are blessed with a full and comprehensive round up from a selection of mad but merry runners!!



Final Reminder – AGM Tomorrow Night

7.30pm for 8pm start at the Lamplighters Bar right next to
The George in the town centre.

CRC AGM – Monday 12th March

**Each Existing member will be
entitled to a free drink**

REF: AGM Notification

To all existing and potential new members

The clubs existing financial year is drawing to a close and we therefore give notice of our AGM which will take place on Monday 12th March. As a thank you for helping at events and an incentive to attend we have decided to give any existing member a free drink during the evening.

Membership of the club will entitle you to take part in any of the clubs activities.

We produce a weekly Emailed newsletter and you can benefit from the help and advice of other club runners.

The club helps organise 4 races.

All new members of the club are entitled to a Free club running vest. Various club merchandise are also available. All for an annual subscription of £10.00 / £15.00 (see agenda)

The AGM of Crewkerne running club will take place at the George Hotel, Market Square, Crewkerne (7:30 for 8:00) Monday 12th March 2012

At this meeting the clubs activities during the last year and any future issues regarding your club will be debated.

Please try to attend, and if you wish to add any items to the Agenda please contact myself or any other committee members.

Thanking You

Martin Cook



A few words post Grizzly..2012 (25 year anniversary) - From "Nick Sale"

For those Griizly virgins, it's a 20mile mostly x-country run around Seaton, Bere and Branscombe. To get a place you need to find the date when entries go live on-line and do it that day or morning ideally. Or if you are lucky like me, hear of someone not running and transfer the place to you.

So.. not a good night's sleep, bit excited about the race but also been struggling with this nagging little voice .. "let me out, let me out.. you can't keep me locked up in the loft, Let me out.. I'll do good.. remember the last time you let me out I won the pram race!"

So got up early, while the family slept on, crept up into the loft and out she came. Tucked her away in the boot of the car, as was picking up Derek on the way and unsure what he'd make of her. Also unsure how she'd behave so wore my normal runnign kit as Plan A.

What a day. The sun shone, the sea glistened and the Axe Valley runners put on their usual very tough and unique, tongue in cheek, running experience. By chance we parked next to half of Honiton running club. Not the half including the half-Honiton Sarah Warren, but enough to know she was fully there! Hope you had a good one!

As the pre-race adrenaline built the little voice started again.. "Hello hello .. it's me.. you haven't forgotten me have you? please let me run.." Well Derek's open minded. He won't say anything. Also have played with the idea that maybe I should

let her have my London Marathon place. So decided to give her a chance and out came Norma.. Norma Snockers.

And it was off to the start line. Explained to the announcers that Derek was running today, had run the first ever Grizzly and was wearing the first ever Grizzly T-shirt, from 25 years ago. Due respect was paid, congratulating Derek, in front of 2,000 other runners gathering and as many spectators I suspect, "A big well done to Derek Bowles, who has completed all 25 Grizzlies and is today sporting the first ever T-shirt".

Close enough.

10:30am we were off.

Up.. down.. up.. down .. bag piper! up.. down .. up .. down.. run through river.. up.. down .. deep mud .. up .. down.. didgery doo player .. up .. Big drum band .. down .. up.. forgot to mention the funny saying signs all the way.. up.. down.. run on the beach .. up .. down.. oh lots of water stops dotted around.. up down.. amazing views along the coast line.. up.. tripped after catching my walking stick in the hem of my dress, in front of 2 lady marshalls who thought it fine and encouraging, to laugh hysterically until, at least, I was out of ear shot.. up down.. really good to see Sue & Martin Cook marshaling.. just by the muddiest sections.. think they recognised me under my ginger wig.. up.. down.. up.. finish my last gel from my clutch bag.. lots of smiles and comments from spectators.. all of whom seemed v. familiar with Norma.. Oh & then went and snapped my walking stick between my legs.. but nothing hurt.. up the "stairway to heaven".. oh managed quite a few curtsies for the supporters.. up.. down.. and that was about it. Ran well and had a lot of fun along the way!

According to the finish line staff I finished 2nd lady.. but no prizes forthcoming?

Great day. Derek did really well - 9 tough miles in 90 mins. Look forward to seeing the results and picies for all 3, after a better nights sleep.

Grizzly Cub Report by Derek Boles

As this was the 25th year of the Grizzly race and having run or marshalled in most of them I decided to give the Cub a go this year and managed to get a place. The very first Grizzly run was a very informal event with no numbers and no money changing hands. A bunch of us met in the car park on Beer Head one cold Sunday in January

and did a very hard, wet, muddy and hilly 10-mile run. Two years later it was a proper race sponsored by Grizzly Energy bars, which is where the name came from.

The 2012 event was a far cry from the first run. The town of Seaton became Grizzly Ville for the weekend with every parking space taken throughout the town from quite early on the Sunday morning. I was fortunate in getting a lift with Nick Sale who was doing the full Grizzly, in a frock! But more of that later.

It was a superb day weather wise with blue sky and sunshine from the start, and what a start. After half a mile along the esplanade it was onto the beach and another half mile back to the start before embarking up Castle Hill and an undulating trek across to Beer on mainly paved surfaces. After passing through Beer it was up the steep road to the Beer Head car park, through the caravan site and onto the real cross-country.

This cross-country section seemed to switch back and forth for a long time but the highlight for me was looking back across the valley and seeing all the hundreds of runners who were a mile or more behind me. Very reassuring.

The ground underfoot was very good, not much mud and quite easy going, apart from the hills. The cub run eventually headed back to Beer and then to Seaton via the cliff path.

After being out with the band on Saturday night and drinking more beer than I had planned my target was a reasonable under 2 hours. However, as I got to the last 2 or 3 miles I realised that under 90 minutes may be possible and managed to drag up some reserves for the last mile and came in at 1 hour, 29 minutes and 23 seconds.

Just in front of Sarah!

One of my nephews was taking pictures on Beer Head so hope he will email me some, watch this space.

Very pleased with my time and I am tempted to say that it was one of my most enjoyable races. I'm pleased that I resisted the full Grizzly though. I'll leave Nick to tell you about that.

Grizzly Cub Report by Sarah Warren

Sunday was the annual Grizzly Run organised by Axe Valley Runners starting and finishing at Seaton. The main race is 20 miles of gruelling off road running including cliff paths, beach and the infamous bog. For the more faint hearted, there is the Grizzly Cub run which is only 9 miles, but still off road and fairly tough. Needless to

say, I opted for the shorter Cub run as did Derek Boles. Nick Sale did the full 20 miles apparently in fancy dress dressed as a woman!

I arrived in Seaton early enough to be able to park along the sea front (which is handy for the finish) and I then headed off to join the three mile long ladies queue for the loo! I did not see Derek or Nick at all at the start, but there was a group of my fellow Honiton RC runners so I joined them for a pre-race catch up. The main run and the Cub run all start together on the sea front. With 2000 or so runners, it took a while to actually get to the start line after the starting gun, so I waited until I got to the start line before starting my watch (I did not want to miss out on a minute or so of time!) We headed off in the other direction than previous years along the sea front and up to the boat yard. We then joined the beach and doubled back along ourselves running back along the pebbles to the main slip way on the sea front.

The sound of 2000 people running on pebbles is great (not so good for the legs) and it seemed really quiet when we left the beach and joined the road to head off towards Beer. The run took a different route from previous years and after the steep climb out of Beer through the caravan park we headed more inland through fields and along tracks (still some steep climbs though!). Just above Branscombe the Cub runners split off from the main run and head back towards Beer along the top of the cliffs, up the steep steps out of Beer and then back to Seaton.

This year we avoided sections of pebble beach at Branscombe and also the run into Seaton which this year was on the road rather than the beach. It was a bit disappointing not to do the beach sections, but I think my legs were probably grateful for it. My watch time was 1.29.04. I saw Derek at the end, who came in just before me, and we had a post race catch up before Derek headed off to change before going back to wait for Nick to come in from the main run and I sat on the sea wall with a sandwich soaking up the lovely sunshine before heading off home to mow the grass - no rest for the wicked!

A nice run and a lovely day of spring sunshine - recommended for next year, but you do have to enter as soon as entries open in September or you wont get in as places are filled usually within a day or two.

Sarah

[A view from the marshals – by Martin Cook](#)

Sue G and myself set off for Marshalling at the Grizzly at just before 10:00 and got to our Marshall point in the back of beyond (Hole House) well North of Branscombe. A charming spot at the 14 mile point at a Drinks station just before the Famous bogs section.

We set up in plenty of time.

The first runner was through 5 minutes earlier than the predicted time, after a while we saw the first lady, not long after this the second lady a rather old looking lady with a stick and Tammy Shanter!

'She' came up to me and then I realised it was our very own crossing dressing club member from Merriott, last seen out in public winning the Pram Race!

Didn't see any other Crewkerne runners on the Main Grizzly route but we gather a few including Derek were doing the Cub Run.

Sorry we did not have any cameras with us.

Martin



[Combe St Nicholas 10k Race Report from Ken Priest](#)

As I write this the sun is shining & feels warm on my back - quite different to the conditions for this morning's annual 10k run at Combe St Nicholas, and no doubt for the CRC run to West Bay!

Despite the unfortunate clash of dates CRC was represented by 9 runners, hopefully this didn't result in a low turn-out for the run to West Bay.

Without doubt the highlight of the event was the "Mr Motivator" style warm-up at the start led by Phoenix Sport, sponsors of the event. Most joined in & enjoyed the much-needed warm-up on what was a cold, wet & windy morning, with all our jackets etc being left behind at the school Race HQ.

After that at all went downhill, or rather uphill! This was a challenging course, leaving the school uphill along a wet & windy track with deep puddles before allowing us to take some relief on a longish downhill stretch before returning from about the 6km point where the pain really kicks in. I'd forgotten just how hard this section of the route was - probably just as well, I was glad I had thought better of my initial plan which was to cycle out to Combe prior to the race as Triathlon preparation!

Passed 80 year old Harry Moore from Axe Valley on this section (about the only person I did pass) & was pleased to see him awarded a special momento at the prize-giving for supporting this event since its inception & despite his age still managed to complete it - hope & inspiration for us all.

The CRC team was led home by Mike Pearce who was 2nd overall in an amazing 39.13 followed by Tom Priest in 5th (who was also 1st in the under 25's) took an impressive 42.21 whilst Dave Carnell took full advantage of the downhill section and managed 45.16 then Martin Pattermore in 49.28.

Next was a creditable performance by Bridget Schneiders who was 2nd Lady (1st in age group) with 49.53, Chris Rawlings with 52.50 & yours truly in 53.09.

A welcome back to running for Roger Swann who has been recovering from a foot injury for 6 months but was rewarded today with a good run of 57.24 and a last-minute decision to take part by local girl Lucie Boyland got her around more quickly than she expected in about an hour - well done Lucie!

Hot drinks & bacon butties were available back at the school & went down a treat before the prize-giving by Phoenix, then home to fall asleep watching the Rugby on TV!

Ken Priest



Club Championship

Ken's report leads me nicely into the first update of the year on the Club Championship. The Combe St Nicholas 10k was the 3rd Championship event this year, following on from the Street 5k and Slay The Dragon.

The competition is under full swing as now 18 of you have managed to get your first points on the board, and being start of the year, it's all looking very tight and tense with very little between anyone!

However saying that, after 3 races in, I can confirm that it is Sarah Warren and Downhill Dave Carnell who have nudged their way into top spot for the ladies and mens, but there is still ample opportunity to reel them in!!

I have attached to the email the results spreadsheet as it stands so far so you can all check out how you are getting on! Hopefully you can make sense of it all, but do drop me an email if you have any questions!

I will also re-attach the rules and list of Championship races so you can plan your attack or get involved if you are feeling left out!!



Tuesday Time Trial Report from Ed Stahl

Well last Tuesday saw the last of the winter 5mile series which was well represented as always. A superb run by David Martin ensured a first win in the series with Sara Fair coming in second. Unfortunately my four year old thought the paper used for the times was excellent art paper so the times have disappeared under an inch of poster paint! Can I just say a big thank you to everyone who came out and ran the time trial since October and I hope you got as much out of it as I did.

I am planning on doing a summer series through to October which entails going the opposite way. First one will be the first Tuesday in April and if it deems popular then it would be great for it to carry on. It will also be lighter and warmer from now on too so may entice more members.

Next wed ill be racing at street so there will be no speed session on wed unless someone takes it on!

A thank you as well for Martin Cook for timing the event, and for kindly donating the illustrious prize of a Galaxy Bubble Bar to Sara for her fantastic efforts knocking 5 minutes of her predicted time!!



Fingers crossed for Wednesday night.....

This Wednesday is a big night for club whippet Ed Stahl. Ed is running in the final Street 5k of the year and is vying for the series crown. Only one man stands in front of him, arch nemesis Kieran Young of Taunton AAC, so Ed will be fully prepared and ready to battle for the final time. Ed needs a victory so we all wish him well and have our fingers crossed for him!

If anyone could make it down to give him our full support, or to give the race a go yourself, then I'm sure he would love to see you!

Good luck Ed!



Crewkerne 10k – Sarah Warren

Following on from Simon's note last week, I reiterate the plea to everyone to do what you can to promote this event which we are staging on Sunday 20 May. We have changed from the old Crewkerne 9 mile run to a new 10K in the hope of attracting more runners, but we do need to promote the event well to achieve that. If we can get a good number of entries this year, it will lay the ground for a successful event in years to come. Entry forms will be available at the AGM and from me on running nights if you could take some along to any races you attend and put them in the hands of anyone you know who may be interested in doing the run please.

In addition to the 10K run, there is a 5K fun run and 5K junior run and also the Business Challenge 5K. We have lots of members involved in schools and the club would be really grateful if those people could promote the junior run within the schools. Also rope in your own kids and their friends! The 5K Business Challenge is open to local businesses and requires a team of three people (men/ladies/mixed). Most of you work somewhere so why not see if your work colleagues can put a team (or two) together and take part.

All the entry forms, including the Business Challenge Team Registration Form, are on the web site. Please do all you can to make our event a success with lots of runners in all categories.

Thank you for your support

Sarah



Yeovil HM Recce Run

With lots of other events on today, 4 of us turned up at Huish Park to run the 13 mile route round Yeovil.

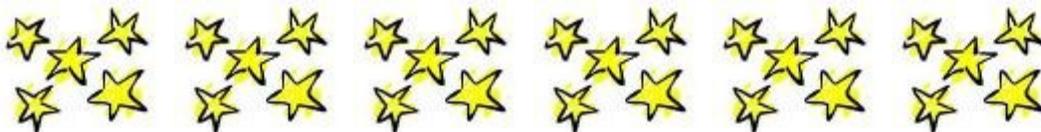
Myself, Luke Brunt, Rich Gardener and Tom Priest have a great run and held a good pace throughout, ready for the main event in only 2 weeks!



Any other business....

I have been informed that our record of 41 runners last Thursday has been well beaten again!! 46 this week is what I am hearing!!!

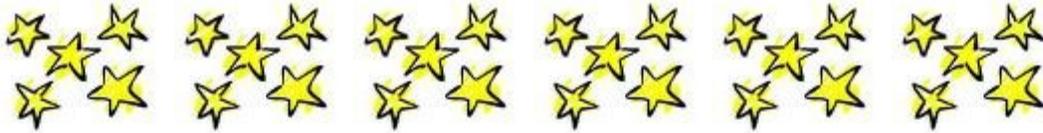
If anyone ran at Burleigh or The Great Western 10k today I would love to hear how you got on, so please, pretty please send me a race report! Thanks in anticipation!



Three birthdays this week - Kirsty King celebrating on 13th

and Ben Jaffe commiserating on the 17th ! With our esteemed Treasurer Derek Boles reaching 66 on Friday!

Many Happy Returns!!



This Week's Running

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

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



Dates for your

March

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Thurs 8 th	Pub Run	Oscars	6.30pm	See Newsletter
Sun 11 th	Yeovil Half Mar Recce	Huish Park	9.30am	See Newsletter or Simon
Sun 11 th	Bath Half Marathon	Bath	TBC	www.bathhalf.co.uk
Sun 11 th	Great Western 10k	Leweston School	11.00am	www.rotarygreatwestern.co.uk
Sun 11 th	The Grizzly	Seaton	10.30am	www.axevalleyrunners.org.uk
Sun 11 th	Butleigh 10k	Butleigh	11.30am	www.wellscityharriers.org.uk
Sun 11 th	City of Salisbury 10m	Salisbury	10.30am	www.salisbury-arc.org
Mon 12 th	AGM	Lamplighters Bar	7.30pm	See Newsletter
Wed 14 th	Street 5k Series (Final Race)	Street	7.30pm	www.wellscityharriers.org.uk
Sat 24 th	Nightrunner	Beer	7.10pm	www.axevalleyrunners.org.uk
Sun 25 th	Yeovil Half Marathon	Yeovil	9.00am	www.totalbuzzevents.com

April

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sun 1 st	South Petherton Long Run (22 miles)	South Petherton	9.00am	See Newsletter
Sun 1 st	Taunton Marathon & Half Marathon	Taunton	10.30am	www.tauntonmarathon.co.uk
Sun 1 st	Forest of Dean Half Marathon	Speech House, Cinderford	10.00am	www.forestofdean-halfmarathon.co.uk
Sat 7 th	Beat the Egg 8k	Stourhead		
Mon 9 th	Easter Bunny 10k	RNAS Yeovilton	10.00am	www.yeoviltownrrc.com
Wed 11 th	Yeovilton 5k (1 of 6)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Sun	Pen Selwood 10k	Pen Selwood	11.00am	

15 th				
Sun 22 nd	London Marathon	London		www.virginlondonmarathon.com

May

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sun 6 th	Glastonbury 10k	Glastonbury	TBC	www.glastonburyroadrun.info
Sun 6 th	Honiton Hippo	Honiton	10.30am	www.honitonrc.com
Sun 6 th	North Dorset Village Marathon	Sturminster Newton	8.30am	www.ndvm.co.cc
Wed 9 th	Yeovilton 5k (2 of 6)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Sun 13 th	Black Death Run	Combe Sydenham	11.00am	www.theblackdeathrun.com
Sun 13 th	Jack n' Jill's Challenge	Midsomer Norton	11.00am	www.somerac.org.uk
Sun 20 th	Crewkerne 10k	Crewkerne	10.00am	www.crewkernerc.btck.co.uk
Sun 20 th	The Hard Way Round The Rock	Portland	10.00am	Portland Athletics Club
Thurs 24 th	Tyntesfield 10k	Tyntesfield House	7.00pm	www.nailsearunningclub.org.uk
Sun 27 th	Run In The Wild	Cricket St Thomas	TBC	www.chardrunningclub.btck.co.uk

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

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