

CREWKERNE RUNNING CLUB

Newsletter

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

Issue no. 35 Sunday 11th September 2011

Dear Fellow Runners

Club members have been busy of late and we have 4 race reports to bring to you today! Two of those are provided by the formidable force of Team Irish, who have been doing battle in the SLAMM full and half marathon at Langport.

Somerset Levels & Moors Marathon Race Report by Tim Irish

I did this race last year and took 5 hours to complete it of which 12 miles were spent in pain suffering from cramps and doing my best impression of Douglas Bader.

One year on and Irish decides to have another go at the event – oh how 12 months lessen the memory of pain and suffering!!

Saturday morning off I go to Bowdens caravan site the start of the event @ 09:30 – Kirsten is doing the ½ marathon with a group of friends but that does not start until 11:30 (the ½ marathon course joins into the full marathon course at mile 5 / 18) so I leave her drinking tea and eating biscuits whilst I head off

All goes well I find my way to the start – no mean feat as Bowdens is ‘hidden’ up a big hill with the levels surrounding it.

First sign of nerves as the 1st person I meet has a T Shirt stating he has completed 4 marathons in 4 consecutive days, oh please say that there will be some 'average paced' runners at this event and not all Harwood & Stahl type speed running machines?

Race starts at 9:30 prompt off we go, as the start is at the top of a big hill the temptation is to go off fast as the first couple of miles are mainly downhill (made that mistake last year) so this year I set off running steady – as usual with me I start to talk to people = BIG mistake, Irish to fellow runner 'so have you done this race before' reply "oh yes twice in fact this is my 25th marathon", oh no not another machine, I push on a bit as the road levels out and start chatting to a nice lady who looks like a human being not a machine, Irish 'so how are you feeling' Lady runner "pretty good I am using this race as training for my ultra race in 6 weeks time 40 miles" – oh no another machine!

Sensible option do not speak to anyone keep quite – 2 miles later still feeling ok and now up to 7 miles, I catch up with a couple of guys running together 'hello' (thought I was going to keep my mouth shut!) "hiya" comes the response "7 miles down only 19 to go, we are running this as a training 'jog, we are doing the Greece ultra run of 100+ miles in October" !!!

Needless to say from this point onwards I was mute apart from a bout of swearing when we got to a point with no markers; some chap says no problem it is this way I did a 'recce' run 3 weeks ago – Irish says he did it last year and is sure the route goes down the lane to the road – "recce" man (who is doing the half marathon) no mate it is back up through the woods – off we go 5 minutes later we are running back to the lane then onto the road following the Slamm route!! enjoyable as this race is must make note to self "do not speak to anyone Irish do not listen to anyone!!"

The Slamm title is a little misleading with the word 'level' in it; at mile 19 we hit a very steep hill I walk up this one & am pleased as now I am overtaking ½ marathon runners, then at mile 25 we hit a wall – this is the hill back up to Bowdens the lovely 2mile downhill on the way out is now compressed into ½ mile uphill. Oh well the good side is no one is talking!

Over the finish line I check the watch = very happy I beat last years time by over 35 minutes – Thanks to CRC the training has paid off, I think the machines may have helped me!

Overall a great race wonderful scenery en-route – I will hopefully be back next year with another time to beat

23rd Time Irish 4.25.21



SLAMM Half Marathon Race Report by Kirsten Irish

Went up with a group of friends to do ½ SLAMM – not to run together, just for moral support as for a couple of us (incl. me) it was first ½ we had ever done!

Tim had warned me not to go too fast at start & friends had done the same so.. went out too fast at start – first mile 8.50, next mile 9.03! Then used garmin to try and slow down!

I knew I had really messed up at 6.25 (10K) as time was 1 hour (had done Maiden Newton 10K race in that time!!)

Slowed right down at 6.6 miles as very steep hill and managed to get my foot caught in a rope partly breaking a style.

After steep hill was ploughed fields – wonderful! And then we got lost (as Tim did) but fortunately not too far out of way. It was at this point that my friends caught up with me and overtook me – I had lost my running legs!!

They very kindly walked with me for a bit – broken up with a water fight to cool us down – and then back to running.

Was then okay-ish until mile 10.5 and then it really started to hurt, particularly getting over styles. I was breaking it up run/walk to keep going until we got to the monster hill at 12.5 miles!

Hill out of the way, I was determined to run to finish and so glad to see it!

Now day after, hurt from waist down but pleased with the fact I have done it – my 11year old son was very impressed with the mega blister I had under my big toe!

50th Kirsten Irish 2.32.37



Ash excellent 8 Race Report by Tom Baker

Ash excellent 8 is an annual 8 or 5 mile multi-terrain event with a 3km junior run and a fun run.

The thought of breakfasting with Sarah would no doubt turn a few heels away from this popular local event however I was surprised to turn up and find myself alone (again) the only CRC runner at a race... My word that must have been a good breakfast!

Entry done, last minute trip to the gents, car locked, water found, second last minute trip to the gents all done... and I was pleased to spot some sunshine and some friendly faces; firstly spotting Ginette Briggs and her fella Steve getting ready to run the 5 mile event. I saw Jane Willmott and Pip Loder from afar and I happily spotted my favourite rival "Downhill" Dave (Carnell) looking in top form, we saw Matt Bryant arriving about 10 minutes before the race was due to start.



Looking at Dave and Matt I suddenly realised that we were all a similar pace and that it could be a very close thing... The game was on "The game" being who could look the silliest in the photos obviously! Not who would get round the quickest*.



The race itself had a fast start with the faster 5 mile runners dragging the pace on. A fast downhill section for around a mile on country lanes was followed by some lovely 'Somerset levels' track running, a long section of tracks ended with a steep climb up over Knole Hill *puffing a little bit by now* we dropped down into Knole village where I nearly went the wrong way (again), finding the correct direction I was very glad to see a drinks station *forget the mouth.... Just aim for the face somewhere*.

More tracks which were very muddy in some places and I narrowly avoided taking a tumble on at least one occasion. I had recognised some of the runners behind me; Adam Whaites (Hydro) who is normally ahead of me and Sam (Yeovil runner) who tends to finish about the same time as me so I knew I was setting a good pace, hearing the runners behind me around about the halfway point of the race and not quite being ready to be overtaken I pushed on and gave it my all through the golf course section of the race... My all wasn't nearly enough! 2 or 3 Yeovil runners and Adam were closing for the kill.

I was fortunate that I was tiring really as my energy-starved brain steered me the wrong way and Adam (my guardian angel!) was close enough on my heels to shout me back before I had gone more than a meter in the wrong direction... Being generous I obviously let him overtake me soon after to repay the favour! Adam was flying along and I knew I wouldn't keep up with him for very long so I tagged along at his heels into Long Load and soon lost him on what would be the hardest part of my run.



Another muddy track and a couple of nasty inclines and we were now pointing towards the finish with a long climb ahead. Rejoining the road the extent of this climb became apparent (was the same 'lovely' hill we came down at the start of the race). My legs felt heavy and my shoulders were sagging at the prospect of a long, slow trudge back up to the end. My energy all but depleted I was overtaken twice on this horrible climb, though I was pleased to see that the Yeovil runners had yet to catch me, seeing a bright green vest out of the corner of my eye I decided that I was not going to get beaten by the Yeovil runners. I gave everything I had left to get across the line in just under an hour and 11th in age category... A result I was very pleased with, made all the sweeter by finishing ahead of not 1, not 2, not even 3 but 4 Yeovil runners who were very hot on my heels!



8 Miles

1)	0:49:52	YOUNG, Nathan	Bristol and West AC
17)	0:59:25	BAKER, Tom	Crewkerne Runners
25)	1:01:32	BRYANT, Matthew	Crewkerne Runners
33)	1:04:06	CARNELL, David	Crewkerne Runners
128)	1:41:32	WILLMOTT, Jane	Crewkerne Runners

5 Miles

1)	0:28:07	DICKINSON, Matthew	Wells City Harriers
16)	0:41:54	LODER, Pip	Crewkerne Runners
22)	0:45:12	BRIGGS, Ginette	Crewkerne Runners



Shepton Beachamp 10k Report by Yours Truly

Thought I'd have a go at this 10k as I had not done it before and had heard good things. Wasn't sure if I was up to running at race pace so soon after the bike ride, but I'd been feeling good at club nights so thought I would give it a go.

Arrived at 10.15 to register and met up with Ed Stahl, Dave Carnell and Bridget Schneiders to discuss the race ahead.

This is a relatively low key race run by the local primary school, but I expect there was a field of around 100 runners taking part.

The start was on roads and I set off at a brisk pace. Ed soon took to the front along with another runner from Yeovil. I began in 4th and took 3rd place around 3-4k in. The race headed towards Barrington Court where things started to go wrong!

Direction arrows were either not present or clearly not visible, and me and the guy in 4th looked around in wonder at where we had to run. And it wasn't just us, as Ed and the guy in 2nd soon emerged behind us so they had gone wrong as well. Things didn't get any better, as further confusion with signage up ahead meant we ran the long way through Barrington Court. This meant we all lost time and were caught by a couple of runners and I found myself in 5th.

The middle part of the race was difficult for me. It wasn't the terrain, just the legs didn't seem to have it in them, but I had managed to take back 4th place and put distance with the guy behind.

8k came and a big hill climb on the road which had me walking. I'd also spotted Ed further up the road, clearly not in 1st where I was expecting him to be!

The finish came with Ed coming home in 3rd and myself in 4th with 42.19 which I was pleased with. Dave Carnell was not too far behind somewhere around 10th to 12th. Birthday girl Bridget Schneiders also ran brilliantly well and barely looked like she had broken sweat!



Windwhistle Pub Run Report by me again...sorry!

As you know, last Wednesday saw the annual Windwhistle pub run take place. There was a good turnout from CRC members and we also had 5 runners join us from Bridport Running Club, sadly no runners from other clubs we had invited but we still had a good number. The other problem was that the guy that normally shows us though the route and leads the run also didn't bother to turn up, so we were left to our own devices – with interesting consequences!

So the group set off sticking to the footpaths as we headed down the valley and along past Lubborn Cheese factory. From then on, navigation became an issue as nobody really knew the area or where we should be going. Heading through fields and woodland, we came to a field full of bamboo of all things and hit a dead end.

The way out chosen was down through some woodland that involved some bottom sliding to traverse the slope it was that steep! After emerging from the woodland and continuing on, we were still quite lost and how no idea to get where we needed to get.

This is where the problems started to arise. The group split into two, one half going through some dense woodland where it soon became clear that a large amount of pheasants had been put in and were getting really spooked. The other half of the group, not wanting to go through the wood, went back on ourselves a bit and found a road.

Upon meeting up again, the group which had gone through the woods had a run in with the gamekeeper who was less than impressed with their presence there.

Back on the roads again, time was creeping by fast and the light began to fade. We found our way on the road to Purtington which brings you back up on to the A30. By this time the group was split into smaller numbers and it was very dark by the time we got back. Another CRC adventure!

Around 20 stayed for food at the Windwhistle and a good time was had by all. Hopefully the runners from Bridport were not too put off by our getting lost and will join us gain next year!



On a more serious note

We had an angry complaint resulting from the pub run on Wednesday. This resulted from some of the group going through a fenced off area of woodland containing a lot of pheasants. It is alleged that our presence scared the birds out of the pen, and some were taken by the fox during that night. Either way, although we were lost, it was private land, and knowing that area was used to keep pheasants in, we should not

have run through there. The lady in question has been visited by Clive and I believe he has smoothed things over but we must learn lessons from this.

I am aware of one or two other occasions when we have gone through fields with crops in and upset local farmers.

I think we are very good at respecting the land and paths that we run on, however obviously there have been a small number of occasions when we have slipped up.

The last thing we want is the club to get a bad reputation and upset local landowners, so we must all make sure that we are careful when and where we run. As a lot of the paths that we run on are permissive paths, keeping the landowners on side is a must.

Be it keeping to the side of fields with crops in rather than running through, making sure gates are always shut behind us, and making sure private land is respected as such.

I know most of us know this and on the whole we are very good at respecting this, but we all need to be sure we don't slip up. We wouldn't want to be refused permission to run on people's land or damage our club's reputation.



Parrett Trail Relay

The Parrett Trail Relay is getting ever closer and takes place on Saturday 15th October.

There are only 2 places left for the Men's team. Email me asap if you want one of them!! First come first serve!!

Sarah's Ladies team is full/almost full!

If any club members are able to marshal the race/assist on the day please contact Jim White on 01460 72844 or Malcolm on 01460 72691

Simon – simon_land87@yahoo.co.uk
Sarah – sarah.warren321@btinternet.com

Once that is sorted we can start allocating people legs to run, and organise practice runs of some of the routes.

Please get in touch asap to avoid disappointment!



New Member

We have another new member joining the CRC family, a big welcome to David Martin – very much look forward to running with you soon!



Upcoming Events

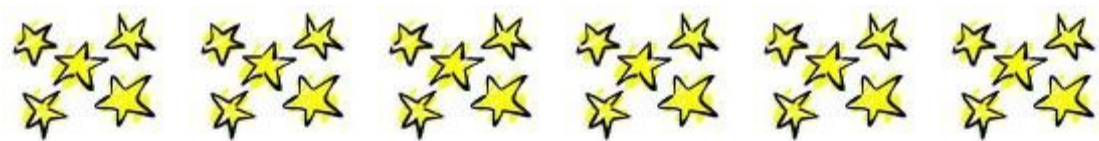
Coming up this week is the final Yeovilton 5k on Wednesday, with the race starting at 7.15pm. Good luck to all taking part!

And this coming Sunday....

King Alfred's Torment

Sunday 18th September 2011 sees this year's KING ALFRED'S TORMENT – Seven Irish Miles of Mud and Hills! If you've not had a go at this race, you've not lived – the hills seem to get bigger each year, but the views around the Stourhead Estate and King Alfred's Tower quickly take your mind off them!

The race itself starts outside the Spread Eagle Pub, Stourton at 11am (Race HQ and race parking in the National Trust overflow car park). The course is a tough one but the sense of achievement for finishing is complemented by the Burnt Cake you get for finishing!



4 club members are celebrating birthdays this week!

Bridget Schneiders today, David Baker on Monday and Jacko & Steve Diaper on Tuesday!

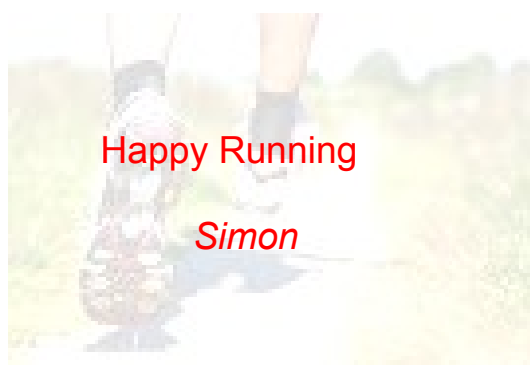
Many Happy Returns!!



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 will be on as usual, leaving the car park at Lidl's at 9.30am





Dates for your

September

Date	Event	Location	Time	Website
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
Sun 25 th	New Forest Marathon & Half Marathon	New Milton	9.30 am	www.nfma.org.uk

October

Date	Event	Location	Time	Website
Sun 2 nd	Burnham-on-Sea Half Marathon	Burham -on-Sea	11.00am	www.burnham-on-sea-harriers.com
Sun 9 th	Gold Hill Run	Shaftesbury	11.00am	www.gillinghamtrotters.talktalk.net
Sun 9 th	Cotleigh Canter	Cotleigh	10.30am	www.honitonrc.com
Sun 9 th	Mendip Muddle 12.5m	Charterhouse	11.00am	www.westonac.co.uk
Sat 15 th	Parrett Trail Relay	Various River Parrott	9.00am	www.crewkernerc.btck.co.uk
Sun 16 th	Castle Cary 10k	Castle Cary	10.00am	www.totalbuzzevents.com
Sun 16 th	Dartmoor Vale 10k, Half & Marathon	Newton Abbott	9.00am	www.dmvmarathon.org.uk

Sun 23 rd	Exmoor Stagger & Stumble	Minehead	TBA	www.mineheadrunningclub.co.uk
Sun 30 th	The Stickler	Shillingstone	10.30am	www.dorsetdoddlers.org

November

Date	Event	Location	Time	Website
Sat 5 th	Yarcombe Yomp	Yarcombe	10.30am	www.axevalleyrunners.org.uk
Sun 6 th	Ilminster 10k	Ilminster	10.30am	www.ilminsterlionsclub.co.uk
Sun 20 th	Colyton Fiver	Colyton	10.30am	www.axevalleyrunners.org.uk
Sun 27 th	Brent Knoll 5.5m	Brent Knoll	11.30am	www.burnham-on-sea-harriers.com
Sun 27 th	Bicton Blister	Bicton Park	11.00am	www.bictonblister.co.uk

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

simon_land87@yahoo.co.uk