

Crewkerne Running Club Newsletter

www.crewkerne.btck.co.uk

13/05/2013 (Apologies for lateness)

Issue No: 108



The Happy couple... Congratulations to Steve and Elaine; In our thoughts, may they have many happy years together!

Some of you may have noticed the lateness of this newsletter, I can only apologise, it has come to mind that my hectic lifestyle and work hours are making it harder and harder for me to find time to be part of the newsletter team, so I am considering stepping-down in the future, I enjoy doing the newsletter but it's not fair on others especially those who put the effort into making our running club so special... I will let you all know once my mind is made up. ~Tom~

A Plea from Derek...

Help, Help, Help!

Everything seems to have come together to make us extremely short of help for the Crewkerne 10K race which is next Sunday.

If you can possibly spare a couple of hours during the morning to help in the town square or out on the route please get in touch. At the moment we have a bout half the number of people we need to make the race safe and enjoyable for the runners.

Thank you.

Derek

On a more positive note, Simon has sent us a huge 'goody bag' of club championship news, his report follows and there are several attachments giving the full results, rules and race listings (I'm sure those who'd like to pick up some points might be able to help Derek out a bit ;))...

Club Championship – Results so far.....

As we move swiftly through the running calendar it is time for an update on the Club Championship and how people are getting on, who has taken an early lead and who is chasing hard!

We have now had 7 championship races where members have been able to score points, and the scores prove interesting reading so far, with bonus points for breaking PB's being snapped up left, right and centre!

The next bit is quite important....

Any runners who have not renewed their CRC membership by 1st June will have all their points removed so far.

If they rejoin after that date, they will start from scratch!!

I believe this will also apply to those runners who have not renewed due to the lack of opportunity given to 'opt out' of the George Reynolds Centre membership... If like me you are waiting to see if the club really doesn't intend to consult further with members before paying the increased costs based on use of a centre that many of us will never use (and weren't consulted with prior to the change) then I suggest that like me you make it your mission to win the club championship 'in principle' and donate 100% of the winnings that you wont win directly to the George Reynolds centre! :D :D :D ~Tom~

I'm sure that will upset a few people but I'm not the most senior member to be disgruntled by this and this newsletter should have everybody's opinion catered for.

Attached to your newsletter this week should be the full rules for the Club Championship and also the results table in full so far. You can also see the 'Club Championship' section on our website for full competition rules as well.

So here are how things are looking so far....

Top 10 Men

Pos	Name	Score
1 st	Phil Wareham	211
2 nd	Tom Priest	194
3 rd	Matt Brunt	185
4 th	Adrian East	174
5 th	Andrew Stocks	153
6 th	Mike Pearce	145
7 th	Luke Brunt	128
8 th	Dave Carnell	101
9 th	Tony Gordon	84
10 th -	Tim Hoyle	65
10 th -	Les Thomas	65

Top 10 Ladies

Pos	Name	Score
1 st	Tamsin Dickinson	210
2 nd	Tracy Symes	144
3 rd	Lyn Clutterbuck	90
4 th	Elaine Priest	85

5 th	Ginette Briggs	67
6 th	Linda Still	50
7 th -	Vicky Clutterbuck	35
7 th -	Sarah Warren	35
9 th -	Lousie Morgan	34
9 th -	Lucy Silk	34

Now for the age category results – (please note that only one prize per person at the end so if you are 1st, 2nd or 3rd overall you are ineligible to win an age category prize)

Top 3 Men (16 – 35 yrs)

Pos	Name	Score
1 st	Luke Brunt	128
2 nd	Ed Stahl	64
3 rd	Tom Brister	63

Top 3 Men (36 – 50 yrs)

Pos	Name	Score
1 st	Adrian East	174
2 nd	Andrew Stocks	153
3 rd	Mike Pearce	145

Top 3 Men (36 – 50 yrs)

Pos	Name	Score
1 st	Dave Carnell	101
2 nd	Tony Gordon	84
3 rd -	Bob Brunt	32
3 rd -	Stuart Stacey	32

Top 3 Ladies (16 – 35 yrs)

Pos	Name	Score
1 st	Elaine Priest	85
2 nd	Ginette Briggs	67
3 rd	Vicky Clutterbuck	35

Top 3 Ladies (36 – 50 yrs)

Pos	Name	Score
1 st	Linda Still	50
2 nd	Sarah Warren	35
3 rd	Lucy Silk	34

The top 3 ladies category for 51 and over only has one entrant so far, and that is Lynn Clutterbuck, who has already stormed to 3rd overall!

So those are the results so far! Do remember that even if you have scored no points at all yet, you can achieve a maximum of 65 in just one race so there is plenty of time to catch up!

The next three championship races coming up are

- Run in the Wild – June 2nd
- Martock 10k – June 16th
- Tin Tin Ten – June 19th

There are also opportunities to pick up points by helping out at Crewkerne 10k or competing in the spring handicap. And remember 15 bonus points are awarded if you run in a Marathon (and let me know about it!)

If anyone has any questions about the Championship and the scoring then drop me an email at simon_land87@yahoo.co.uk

Happy running!

Simon Land

A message from Phil regarding what sounds like a very good cause...

5k Charity Run

My son will be running the Crewkerne 5k fun run next week to raise funds for Yeovil special care baby unit, he has chosen to do this as he was looked after there for more than 4 weeks, after being born premature, anyone who would like to donate would be greatly appreciated. If you wish to donate then please follow this link:

https://www.justgiving.com/Caleb5k/?utm_source=facebook&utm_medium=shares-from-eua&utm_content=Caleb5k&utm_campaign=eua-share-facebook

Many thanks for your support

Phil

*****PUB RUN THIS THURSDAY*****

This month's Pub Run is at The Old Inn at Hawkchurch EX13 5XD.
This is Jim White's choice, there will be both road and off-road routes available.
6.15 to order food for 6.30 start.
Very nice pub food with picturesque countryside makes for a lovely Spring evening.

*****PUB RUN THIS THURSDAY*****

Now for some upcoming races...

Hi all,

The Wells Fun run is back this year on Sunday May 26th. It starts and finishes from adjacent to the Cathedral – a great setting and a challenging course available for all age groups and speeds. All of the Funds raised go to local charities

Wells City Harriers have supported the local committee that re-introduced these races some years ago. This year they have had to call the longer race the 'Not Quite 10k'.

Why?

It's simply because a new supermarket has been built on the outskirts of the City and the ensuing traffic light controlled junction has caused us a huge headache: to close the road past the supermarket the bill was of the order of £2,000 plus – something which simply was not feasible for the Fun run committee to contemplate. To keep the show on the road, the Harriers have backed the 'Not quite 10k' route (approx 6 miles or 9.7k).

<http://www.thisissomerset.co.uk/Wells-Harriers-Fun-Run-return-2013-Quite-10k/story-18483253-detail/story.html#axzz2OUzcVnWd>

Please advise your Club members the reason for this as I know it does seem a bit odd. We can assure you that the race will still have the same atmosphere. Please encourage team-mates to enter by the closing date of May 22nd.

There is also a 3 mile race and junior races over 0.5km and 1km (approx.).

Many thanks,

Paul Chadwick
Hon Chairman of Wells City Harriers and supporter of the race.
01749 812420

Ham Hill Hash

If any of you fancy it, the next H5 hash is on Sunday 26th May - 11am, FORESTER'S ARMS, HOLYWELL BA22 9NF ([get directions](#))

01935 863118, www.foresters-holywell.co.uk) - feel free to pass the word to your club members.

I've carried out the recce and am planning the beer stop at a Yeovil landmark that I reckon none of you have ever been to before! Intrigued?!

Please let me know if you are coming by e-mail or text so I can forewarn the Pub of numbers.

Mixy
07929 054576

We have two wonderful race reports from your favourite girls this week;

Glastonbury 10k

I needed a race to blow away the cobwebs after Paris Marathon. Glastonbury 10k looked the perfect race, after comments on Facebook there seemed to be 2 main hills but nothing too worrying.

Race morning arrived bright and sunny if a little warm, Andy and myself arrived at Glastonbury to find 5 other CRC members also taking part (Bob Brunt & Sons, Ginette and Adrian).

Registration was very well organised and Ginette, Bob and myself found ourselves towards the back of the pack with the Glastonbury Smurfs for an uphill start!

The course was undulating with mainly quiet country roads with only the hill at 9k which reminded me of Crewkerne.

All CRC members posted strong times whilst Andy sat in the sunshine with a coffee and bacon roll. A good morning had by all.

10k Times:

Luke Brunt	40:06
Matthew Brunt	43:40
Adrian East	50:48
Tamsin Dickinson	57:15
Bob Brunt	59:31
Ginette Briggs	1:02:25

Regards
Tamsin

Yeovilton 5k, by Tracy Symes

Well another fine summers evening met us at Yeovilton on Wednesday with the usual suspects wandering around getting ready for the off! Compared to last month there was a rather good turn out with 163 finishers, well the sun does help make people do silly things!

After saying I wasn't going to race just have a gentle jog round my competitive spirit kicked in at about the half way mark, there was a girl in pink who was behind me for the first half but decided to get past me at about the 2 ½k mark well she looked like she was hurting much more than me so I thought I'm not having that and headed back past her, with her breathing down my neck for most of the next half of the race as we hit the 4k mark I decided I had to get a move on to make sure she couldn't get me back, with the final 400 metres I found something extra and headed past one of the Yeovil Town runners who had kept me just behind her for most of the race and sprinted for the line for my best time yet, according to my watch it was 28mins 53 secs, but the official time was a few seconds slower, still a PB so I'm happy. Hopefully see some more of you at next month's run.

The official results were:

Place	Name	Time
1	Tom Merson	15 mins 4 secs
12	Mike Pearce	17 mins 15 secs
13	Tom Priest	17 mins 15 secs
16	Ed Stahl	17 mins 41 secs
40	Les Thomas	19 mins 17 secs
50	Steve Hurley	19 mins 47 secs
62	Elaine Priest	20 mins 31 secs
96	Phillip Wareham	23 mins 4 secs
109	Derek Boles	24 mins 53 secs
124	Tamsin Dickinson	26 mins 28 secs
128	Stuart Stacey	26 mins 54 secs
140	Tracy Symes	29 mins 1 sec

Birthdays

Happy Birthday to Alex Alexander who celebrates on Saturday and Happy birthday to Simon Land who celebrates next Monday. Many happy returns!!!



This Week's Running

Club Nights are:

Tuesday – Mixed ability but generally faster/longer runs
 Wednesday – Speed work organised by Club Captain Ed
 Thursday – Beginners/Social Night

Week night runs leave from the George Reynolds Centre at 6.30pm...
THIS THURSDAY IS A PUB RUN LEAVING FROM HAWKCHURCH – SEE ABOVE

Sunday – Mixed ability, generally cross-country

Sunday morning runs leave from the George Reynolds Centre at 9.30am



Race Calendar

May				
16 May	Ash Town Tree Trail 7 miles	Ash Primary School	7.00 pm	www.yeoviltownrrc.com
19 May	Crewkerne 10k (Somerset Series)	Crewkerne	10.00 am	www.crewkernerc.btck.co.uk
26 May	Dorchester Triathlon	Dorchester Sports Centre	8.00 am	www.1610.org.uk supported by Total Buzz Events

June				
2 June	Run in the Wild 10k	Cricket St Thomas	10.30 am	www.chardrunningclub.btck.co.uk
9 June	Ninesprings 9k (Somerset Series)	Ninesprings Yeovil	11.00 am	www.yeoviltownrrc.com
12 June	Summer 5k Series (Race 3)	RNAS Yeovilton	7.15 pm	www.yeoviltownrrc.com
16 June	Martock 10k	Martock Fire Station	10 am	www.fullonsport.co.uk

19 June	Tin Tin Ten 10k (Somerset Series)	Tintinhull	6.30 pm	www.chardrunningclub.btck.co.uk
23 June	Torrington Triathlon	Torrington Pool	8.00 am	www.1610.org.uk supported by Total Buzz Events

July				
6 July	Charmouth Challenge 8 miles	Charmouth	3.00 pm	www.charmouthchallenge.co.uk
7 July	Quantock Beast Challenging 5.7 miles (Somerset Series)	Broomfield	11.00 am	www.quantockharriers.co.uk/beast
10 July	Summer 5k Series (Race 4)	RNAS Yeovilton	7.15 pm	www.yeoviltonrrc.com
13 July	Maiden Castle Loop 6.5 miles	Maiden Castle	7.00 pm	www.egdonheathharriers.com
14 July	Wellington 10 10m/10k	Wellington	10.30 am	www.thewellingtonten.co.uk
26-28 July	Le Tour of Exeter			www.ironbridgerunner.co.uk
28 July	Exmoor Seaview 17 miles	Countisbury Hill, Lynton	10.00 am	www.mineheadrunningclub.co.uk

August				
7 August	Haselbury Trail 10k (Somerset Series)	North Perrott School	7.15 pm	www.haselburytrail.btck.co.uk
10 August ?	Maiden Newton Madness 10k	Maiden Newton	TBC	www.maidennewtonrunners.wix.com/maidennewtonrunners
14 August	Summer 5k Series (Race 5)	RNAS Yeovilton	7.15 pm	www.yeoviltonrrc.com
25 August	Langport 10k (Somerset Series)	Langport	11.00 am	www.langportrunners.co.uk

September				
1 st Sept	Ash Excellent Eight (Somerset Series)	Ash Primary School	11.00 am	www.yeoviltonrrc.com
11 Sept	Summer 5k Series (Race 6)	RNAS Yeovilton	7.15 pm	www.yeoviltonrrc.com

15 Sept	Bristol Half Marathon	Bristol	9.30 am	www.runbristol.com
22 Sept	King Alfred's Torment	Stourhead	11.00 am	www.yeoviltownrrc.com
22 Sept	New Forest Half Marathon	New Forest	9.15 am	Newforestmarathon.org.uk
29 Sept	Frome Mells Scenic 7 (Somerset Series)	Mells	11.00 am	Fromerunningclub.org.uk

Any events which are not on the diary, but you'd like included then please let us know

crewkernernews@gmail.com