

CREWKERNE RUNNING CLUB

Newsletter

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www.crewkernerc.btck.co.uk

Dear Runners,



CRC at the Blackmore Vale

Now what is that old saying....you wait ages for a race report and then three come along at once!!



Street 5k Report from Downhill Dave

Quite a large contingent from Crewkerne turned out for this, the 5th event in the Street winter series, tempted out by the bleak delights of the closed shopping centre, or possibly to pick up a few championship points – who knows?

Ed Stahl was clearly pumped up before the start and looking fit for a podium finish.

Also, Clive Harwood was prowling about looking ready to have a bit of a go, as indeed were Rachel Green, Sarah Warren and the very keen Tracy Symes who'd run a half marathon at the weekend – impressed!

As for myself, after my tardy time at the recent Humdinger event, I'm pleased to report this race went a whole lot better.

Conditions were a little on the nippy side for a softie like me, but I'd had the foresight to don my secret weapon, l#### j####s (partially redacted to retain secrecy), so I stayed nice and toastie.

Knowing the first corner is always an issue at this race, I decided to try a sprint down the slope from the start line to get ahead of the main pack so I could take the tight line on the footpath, instead of going across the grass and into the road like I normally do. Great idea, but the guys at the front go like crazy and don't take any prisoners when it comes to a bit of squeeze, so it was all a bit dicey, but I did just about survive the corner.

I then had to back off to get my breath back and let the speedier troops charge on ahead. I confess that in the dark, knowing that that Harwood chap was disguised in

Wells blue, I assumed he was amongst the throng disappearing into the distance, so I completely forgot about him.

After the climb back to the High Street (yes, I know it's only a gentle upward slope, but I like them going the other direction) I managed to get some rhythm back and gradually stopped letting too many runners overtake. The next three laps passed without any great excitement until, coming back up to the High Street before the last lap, Nick Brooke came past. I'm used to seeing him waiting almost recovered at the finish, but I like to try and wind him up a bit so gave chase for a while before the final upward slope got the better of me.

It was just coming up to the top of that final slope that Clive H's notoriety did him a distinct disservice as I heard fellow Wells marshals egging him on, so I knew he was actually behind me – yiks! This hasn't happened in a race before and I confess I knew Clive was not firing on all cylinders, so I thought kick, go and hope I could make it down the High Street to the last turn before I folded.

Hallelujah, I managed to keep going and finished just ahead of Clive and with a Street PB of 19:20, just 2 seconds shy of my Yeovilton (2011) PB. I was also tantalising close to catching back up to my nemesis Nick B. Still, there's one more event left in this series to try for a proper PB – I can dream!

A good run for me and a slight pity that I had to rush away straight from the finish line, turning the inside of my car into a sauna (thank heavens for screen heaters) and passing up a rare chance to goad some fellow runners, as well as missing out on my traditional coffee and a gold bar back at the hall.

With Ed Stahl picking up 2nd place in a stunning 16:40 and all the other guys and gals putting in a great effort this was a good showing for Crewkerne – well done!

A view from the front with Ed Stahl

So begun the crewkerne club championships at the street 5k on a cold wednesday night. Among the representatives of the club were myself, clive, dave carnell, rachael, sarah warren and tracey symes - all eagerly awaiting the start due to the weather.

So the race started in its usual way of sprinting to the corner and hoping not to slip or trip up.

So was to begin the next installment between myself and kierran young. We took the first corner in the lead and this continued for the race. The first two laps were timed at

6:00mins so I knew the pace wouldn't last. Unfortunately neither did my legs and Kierran beat me again. Still its great to come 2nd and after the race found out that I had one in the senior mens category for the series with 8pts to date. Kierran won the junior category with 8pts so with one race to go, Kierran and I are tied so whoever finishes ahead of the other then they are the overall winner. Some intense training for the next month is needed to stand a chance.

as for all the other club runners, Dave C had a great run and came in ahead of Clive, Rachel was the 1st lady home followed by Sarah and Tracy. If Tracy hadn't done a half marathon two days before I'm sure she would have been closer to her pb. Well done guys.

Ed

And completing the collection – Clive Harwood

With Tracy, fresh from her half marathon on Sunday, and Rachel, who wanted a night out. Me driving and Sarah following behind, we went to the Street 5k. Met with Ed who has run in the series and is doing very well with his 2nd placings. Did a one lap warm up and found downhill Dave getting in the mood for a race.

The temperature was 0 centigrade so ran to the start line ready for the off. The races start at 7.30 for those in the club who are thinking of having a go. A childrens race sets off before the 5k. The run was a hard effort as usual. As ever glad to get back. Downhill Dave was over the line in front of me for the 1st time ever. Well done. As Ed got back so quickly, he ran and encouraged Tracy for some of the course.

The winner of the race in 16.24 was Kieran Young. He runs in the u17 category. Ed was 2nd in 16.40. That gives a running pace of 5.22 minute miling. Dave Carnell was 29th with 19.20 with his 6.13 pace with yours truly 30th in 19.25. Rachael Green was next in with 65th position with a time of 22.18. To again give you an idea of pace, that is 7.11 minute miling. Sarah Warren rushed around the course to get 75th place with 24.09. In the final position in the race 94th with 32.28 was Tracy. This gives her "Rear of the night" A title envied by many

Next month is the last in the winter series from Street. So for all club members who say "think i ought to do one" come and run the last race and support Ed with his achievement.

And the results are in....

2 nd	Ed Stahl	16.40
29 th	Dave Carnell	19.20
30 th	Clive Harwood	19.25
54 th	Rachel Hayton	21.31
65 th	Rachel Green	22.18
75 th	Sarah Warren	24.09
94 th	Tracy Symes	32.28



PREDICT-A-RUN - TUESDAY 21 FEBRUARY

We will be doing a Predict-a-Run next week. Tuesday 21st at 6.30pm in the car park as usual. We have done this for a couple of years now, but for anyone who is not familiar, the idea is that it is a fun event which anyone can win. You will be told the distance of the run, but you will not know the route in advance. Alternatively, I may give you the route, but not the distance. You have to predict how long it will take you to run that distance/route. The winner will be the runner who gets back nearest to their predicted time.

Anyone can win - run as fast or as slow as you like as long as you predict your time accurately. It is intended to be a bit of fun so do please come along and don't feel you have to be super fast as that will not mean you win! There will be a small prize for the lady and man who most accurately predict their time. Last year Adam Loder won, having run within three seconds of his predicted time!

Sarah



Blackmore Vale Half Marathon – the results are in!

An amazing 9 of you turned out in total for this popular half marathon, and some fantastic performances were put in!

Thanks to Tracy for the results...

<u>Place</u>	<u>Time</u>	<u>Name</u>
11	1:19:51	PEARCE, Mike
15	1:21:32	SALE, Nick
269	1:49:22	GREEN, Rachel
340	1:55:32	LODER, Philippa
466	2:12:50	SYMON, Witney
483	2:17:44	FAIR, Sara
499	2:29:09	SYMES, Tracy
500	2:29:09	HOYLE, Tim
501	2:29:09	EAST, Adrian



Slay The Dragon

For those of you considering running this lovely local race, you can enter the race via Runners World by clicking on the link below!

slay the dragon entry [online here today](#)

Thanks to Pip Loder for setting that up!



Half Marathon Training with Adrian Marriott

On Sunday 26th of February in Yeovil

Venue: Yeovil Athletics Arena (BA21 3DS). Arrive at 9.30, 12.30 finish.

Looking for an edge for your next half marathon ?

Want a successful debut half marathon ?

Hoping to run between 80mins and 2hrs ?

Then this training morning is for you !

Learn to feel your half marathon pace with a training session designed to target your optimum racing speed.

Mental preparation practice for when the going gets tough.

If this sounds like something that you may be interested in, please see a copy of the advertising poster with all the relevant contact details, and you can find that attached to the newsletter!



Longleat 10k

The formidable father and son duo of Luke and Bob Brunt took part in the popular Longleat 10k last week. Luke finished brilliantly in 76th place with a time of 44.43, while Bob did equally well, crossing the line with a time of 59.04 in 494th !

Great stuff gents!



Worth a look!

I was passed on this fascinating series of photographs taken at one of the Tough Guy events, by Nick Sale. I can think of nothing to say other than OH MY GOD!!.....take a look....if you dare!!

<http://www.theatlantic.com/infocus/2012/01/tough-guy-2012/100235/>



Upcoming Events....

Babcary Road Race

Held on Sunday 26th February, this is a 7.5 mile road run on quiet country lanes.

Extensive Prize list and apparently legendary refreshment stall afterwards!

See Entry Form attached



ON FRIDAY 6th APRIL 212 AT 10.30AM (EASTER FRIDAY)
HELD UNDER THE ASSOCIATION OF RUNNING CLUBS RULES, ARC PERMIT NO **/**

Approx. 7 miles of multi-terrain starting at Kilmington cricket field
2 challenging hills just over 1 mile long each. The rest of the course is downhill and flat.
10 stiles and gates on footpaths through the flat section, first stile after the 3 mile point.

2.5 mile fun run and junior race, a challenging course through Kilmington woods.

HOT CROSS BUN AND DRINK FOR ALL FINISHERS

Multi-terrain £8 attached, £10 unattached, £2 extra on the day.

Junior Kanter Race £2

Fun run £5 Adults and £2 11-16 year olds

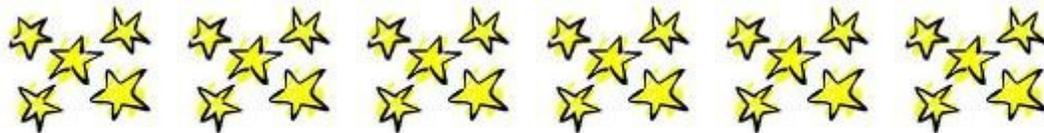
7 mile: 1st male, 1st female and 1st local runner

Male: 1st V40, V50 Female: 1st FV35, FV45

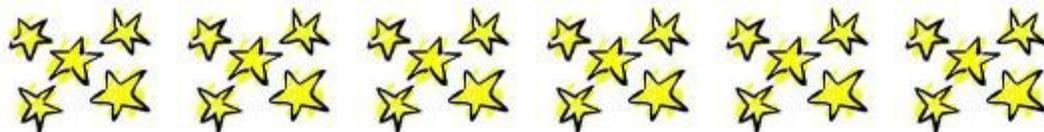
Junior Race certificates: 1st Boy and girl 11-12 years old, 13-14 years old, 15-16 years old

Event parking will be at the Kilmington village hall or the Old Inn Kilmington.
At the event will be races for 5-10 year olds held at the Kilmington Cricket pitch
BOUNCY CASTLE (Weather permitting), Bacon Rolls and hot drinks for sale.
Parking at the Old Inn Pub

Event sponsored by:



Just one birthday this week – many happy returns to Lucy Boyland on the 17th!





This Week's Running

Club nights are on Tuesday, Wednesday and Thursday this week leaving the car park at Lidl's at 6.30pm. Sunday morning run is on as usual, leaving the car park at Lidl's at 9.30am.

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





Dates for your

February

<u>Event</u>	<u>Location</u>	<u>Website</u>
Tough Ten Challenge	Weston-super- 11.00am	www.toughten.co.uk
Lytchett Manor 10	Lytchitt Minster, 10.30am Nr Poole	www.lytchettmanorstriders.org
Predict a Run & Pub Run	Lidl's CP then	See Newsletter
Slay The Dragon	Hinton St 10.30am	www.slaythedragon.co.uk
Babcary Road Race	Babcary 11.00am	www.wells-city-harriers.org.uk

March

<u>Event</u>	<u>Location</u>	<u>Website</u>
Crewkerne to West Bay	Crewkerne	See Newsletter
Combe St Nicholas 10k	Combe St Nicholas	www.combestnicholasprimary.
Bideford Half Marathon	Bideford 10.30am	www.bidefordaac.co.uk
Bath Half Marathon		www.bathhalf.co.uk
Great Western 10k	Leweston 11.00am	www.rotarygreatwestern.co.uk
The Grizzly		10.30am www.axevalleyrunners.org.uk
Butleigh 10k	Butleigh 11.30am	www.wells-city-harriers.org.uk
City of Salisbury 10m	Salisbury 10.30am	www.salisbury-arc.org

	Lamplighters	See Newsletter
Street 5k Series (Final Race)		www.wellscityharriers.org.uk
Nightrunner		www.axevalleyrunners.org.uk
Yeovil Half Marathon		www.totalbuzzevents.com

April

<u>Event</u>	<u>Location</u>	<u>Website</u>
South Petherton Long Run (22 miles)	Petherton	See Newsletter
Taunton Marathon & Half Marathon	Taunton	10.30am www.tauntonmarathon.co.uk
Forest of Dean Half Marathon	Speech House, Cinderford	10.00am www.forestofdean-halfmarathon.co.uk
Beat the Egg 8k	Stourhead	
Easter Bunny 10k	Yeovilton	10.00am www.yeoviltownrrc.com
Yeovilton 5k	Yeovilton	www.yeoviltownrrc.com

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

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