

CREWKERNE RUNNING CLUB

Newsletter

Issue no. 68 Sunday 13th May 2012

www.crewkernerc.btck.co.uk

Dear Runners,



I promised Tamsin that she would get front page of the newsletter and I don't like to disappoint! (despite her protests!)

So here she is receiving the coveted Spring Handicap trophy last week



Crewkerne 10k

The first ever Crewkerne 10k takes place next weekend!

Thank you to all those who have generously offered their assistance so far – it's really appreciated!

We are still short on around 8 people to help out on the morning for a variety of roles. Please if you can spare any time at all on the morning can you contact Derek Boles or failing that myself or Martin Cook and you can be assigned a role. Thanks in anticipation!

derek.boles123@btinternet.com

martin.cook123@btinternet.com



SUBSIDISED CLUB KIT - LAST CALL!!

I am aiming to place the order for jackets/hoodies next week so if you want to take advantage of the subsidy offered by the Club towards the cost, please let me know ASAP so that I can add you to the order list. I should be running Wednesday and Thursday this week, so see me there or email me at: sarah.warren321@btinternet.com.

Sarah



Sarah Frost's GB Relay Marathon

You will be pleased to hear that Sarah Frost triumphed in her leg of the GB Relay Marathon. On a route packed with some horrendous climbs, Sarah ran the 26.2 miles in under 4 ½ hours which is fantastic!

Thank you to Clive, Steve and Tracy for taking her camera along the way and supporting Sarah in her efforts!





Dates for your diaries!!

Dinnington Docks Pub Run on Tuesday May 29th

Jim Whites Hawkchurch Pub Run on Thursday 14th June. A cross country route meeting at the pub opposite the church at 6.30pm.

More details to follow nearer the time!



Great West Run Race Report by Mike Pearce

A rare sunny morning greeted me when I arrived at the Pinhoe Athletics stadium for my fourth running of this popular undulating half marathon. Once again the conditions were perfect for this run, warmish sunshine with a slight breeze to take the heat of the sun. At 9.45 2000+ runners lined up for the starter gun and I was anticipating the great and loud support of the many people that come out and line the streets to cheer all us runners on. So off went the starter gun and within the first mile realised the sun had brought out the usual fantastic noisy crowd and I soon got into a comfortable stride.



As I had only ran the London Marathon a couple weeks ago I did wonder how well I would run on the day but my comfortable stride continued and I soon realised I could be in for a good time. Plentiful water stations are present to keep the fluids up and were also helped on by sponge stations, a gel station and kids handing out jelly babies, so this helped to power me on. On reaching the last mile the crowds were fantastic lots of encouragement and this just pushed me on further. At the end of the race you enter the stadium and all the crowds, once on the running track to the finish line the commentator on the loud speaker blurts out 'and just entering the

track at 6th place' sorry did he just say 6th, I thought! 'is Mike Pearce of Crewkerne Running Club', good bit of advertising for the club!, so I gritted my teeth and pushed for the line. I did cross at 6th place with a time of 1h 18mins 56 secs, picked up my medal, t-shirt and my goody bag and walked off with a big smile on my face.



Once again I really enjoyed this race but could not see anyone from the club there (checked results and I was the only one) I recommend this race and would love to see more Crewkerne runners there next year, go on you will enjoy it. As usual there was the great mix of fancy dress amongst the runners including a brave chap wearing a bright green mankini, not sure how comfortable that would be but each to there own.

Mike



Glastonbury 10k Race Report by Ed Stahl

Arriving at registration I looked for familiar friendly faces but none were to be seen. A shame really as this was such a great event with huge support and runners. 1500 runners took part in either the 10k,5k,3k or fun run and the crowd was ten deep in the last 400m of the races. I did meet up with Nigel Newberry so to have another member running was great.

So we all set off around the tor and I found myself in the front pack. This was to continue until the 6k marker when my legs decided to say enough was enough. The route was hilly and I started to lose places so I finished in the top 20 eventually with a time of 37:50. A great event but maybe next year ill do the 5k instead as that is what I am training for.

13th Ed Stahl 37.50

332nd Nigel Newbery 57.46



Yeovilton 5k Race Report by Tracy Symes

Another lovely summer's evening greeted us for the second of the 5k series at Yeovilton.

After talking Tamsin into running this month we arrived nice and early with the horrible weather we weren't sure how many other would turn up but there was a steady flow of red shirts arriving. We made our way to the start line in the wind and the rain and set off, thankfully the rain decided to ease off during the run and it wasn't too bad if you avoided the puddles!

Well done to everyone who took part and especially to Caitlyn for running with tonsillitis, she's madder than me!

Full results below

Overall Position	Name	Time
17	Thomas Priest	18 mins 39 secs
45	Martin Pattemore	20 mins 32 secs
50	David Carnell	20 mins 52 secs
74	Chris Rawlings	23 mins 40 secs
76	Sarah Warren	23 mins 55 secs
85	Ken Priest	24 mins 35 secs
97	Tamsin Dickinson	27 mins 4 secs
118	Caitlyn Graff	34 mins 11 secs
119	Tracy Symes	34 mins 11 secs



Club Membership

So far we have 86 of you who have resigned up and we thank you kindly for doing so! That still leaves around 30 to go.....

There will be a cut off point at some point so try and catch up with Derek to let him have your nominal subscription fee.



Hontion Hippo Results...

14 th Tom Baker	58.25
28 th Martin Pattemore	1.04.15
55 th Andrew Stocks	1.10.32
73 rd Chris Rawlings	1.20.12
81 st Adrian East	1.24.13
82 nd Tim Hoyle	1.24.14



Upcoming Events....

Run In The Wild – May 27th

4th running of the popular Run in the Wild 10k is on May 27th 2012. There is also a 3k junior run.

The Junior run starts at 10:00am, and the 10k at 10:30 am

Race HQ is at Cricket St Thomas (used to be the Wildlife park - now the Warners Hotel - so not a lot of animals left, but still a really picturesque but challenging route). Directions to HQ will be clearly signed. Sat nav postcode is TA20 4DD.

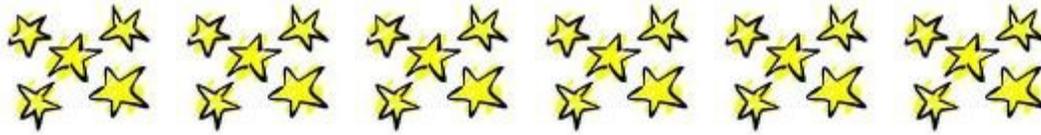
10k course is predominantly off road and is hilly. Weather conditions will dictate recommended footwear but off road or trail shoes are generally the most appropriate.

Advanced entries can be made by post using the entry form listed below, or via Runnersworld. There is no surcharge for entering online. Entries are accepted on the day for an additional £2. Advanced entrants need to collect their race number from registration on the day

Tyntesfield 10k

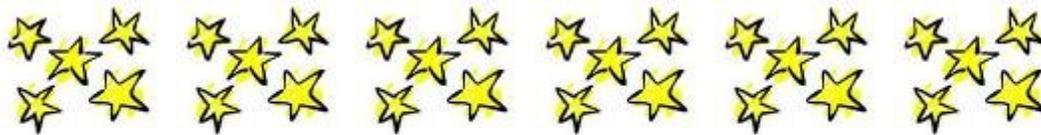
Tuesday 24th May at 7pm

A 10k off-road course around the beautiful National Trust Tyntesfield Estate



Just the one birthday for you this week and that is of Alex Alexander on the 18th

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.

The Sunday morning run leaves the Lidl's car park at 9.30am.



Simon



Dates for your

May

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
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
Tue 29 th	Pub Run	Dinnington Docks	6.30pm	See Newsletter

June

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sat 2 nd	Egdon Easy	Weymouth	7.00pm	www.egdonheathharriers.com
Sun 10 th	Ninesprings 9k	Yeovil	11.00am	www.yeoviltownrrc.com
Wed 13 th	Yeovilton 5k (Race 3 of 5)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Thur 14 th	Pub Run	Hawkchurch	6.30pm	See Newsletter
Sun 17 th	Martock 10k	Martock	10.00am	www.totalbuzzevents.com

Sun 17 th	Cheddar Gorge 10k	Cheddar	11.00am	www.relishrunningraces.com
Sun 17 th	Ashill 5k	Ashill	11.30am	www.ashillschool.org.uk
Thurs 21 st	Forde Abbey 10k	Forde Abbey	TBC	www.nutshelloutdoors.co.uk
Thurs 28 th	Ash Town Tree Trail Race	Ash	7.00pm	www.yeoviltownrrc.com

July

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sun 1 st	Portland 10	Portland	10.30am	www.rmpac.co.uk
Wed 4 th	Tin Tin Ten	Tintinhull	7.00pm	www.chardrunningclub.btck.co.uk
Sat 7 th	Charmouth Challenge	Charmouth	2.30pm	www.charmouthchallenge.co.uk
Sun 8 th	Wellington 10m & 10k	Wellington	10.30am	www.thewellingtonten.co.uk
Sun 8 th	Quantock Beast	Fyne Court	11.00am	www.quantockharriers.co.uk
Sun 8 th	Cheddar Gorge 5k, 10k Half Marathon	Cheddar	11.00am	www.relishrunningraces.com
Wed 11 th	Yeovilton 5k (Race 4 of 6)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Sat 14 th	Swanage Half Marathon	Swanage	TBC	www.swanagecarnival.com
Sun 29 th	North Dorset Half Marathon	Sturminster Newton	10.30am	www.sturhalf.co.uk

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

simon_land87@yahoo.co.uk