

CREWKERNE RUNNING CLUB

Newsletter

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

Issue no. 24 Sunday 12th June 2011

Dear Fellow Runners

And the heavens have opened!

Well what a day – blowing a gale and raining hard – certainly not good weather for running – in fact you would have to be mad to venture outside today, literally mad!!but it seems that our club has more than it's fair share of mad members – quite a few in fact!!

[A must –read West Bay Run Report from Clive Harwood](#)



The Sunday morning club run was set for 9.30 at West Bay. What a crap morning we woke up to. Steve , next door sent a text to see if we were still going. Why not I sent back as picnic was ready and its only rain. Wives came with us to West Bay.

Saw Sarah getting her parking ticket so pulled in and parked. Steve had decided not to run. Probably knew something we did not. George, Caroline and baby Ben decided to leave us to it. Tamsin and Sue had left early and walked down. Kim and Nigel Newberry were the 4 of us who set off not knowing that Nick Sale was in the next car park.

Ran around the front of the bay and headed for the beacon beyond Eype. Went up the first hill with the pleasure of having a strong wind behind us. I reached the top and found it hard to breath with the wind pressure if you looked toward the sea. We carried on with the wind in our backs making uphill running so easy with the force of the wind. I reached the top of the big climb to the beacon and got hit with the most intense pressure I have ever been out in. I held onto the bench or would literally have been taken off the hill.

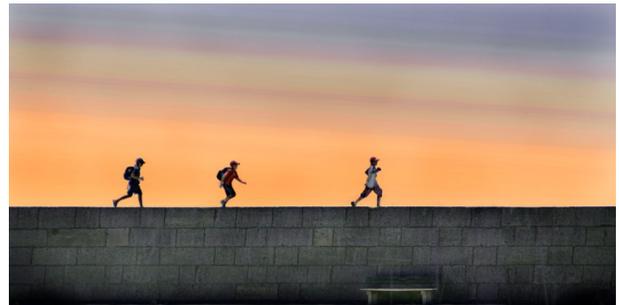
Some while later I turned to see if the others had made it yet only to see Nigel pointing to where I had come up from. On hands and knees i went left to where there was a fraction of shelter to see Sarah and Kim lying on the hill unable to move. I crawled across on hands and knees being buffeted by a wind that was extreme. The wind pressure stayed constant so we thought we had better crawl away from the top. Another hellish blast hit me and I had to hold the ground. Things got worse. My best cap flew out of my gloved hand quickly followed by my Ray Bahn glasses. Nearly £400 ponds worth.

During this Nigel was lying behind a gorse bush, as were the sheep. He did take his life in his hands when his woolly hat went for a wander but somehow he retrieved it. We headed inland and although wet n wild a lot better. As the club newsletter said "picnic" we went onto the front and sat in the shelter to enjoy eats, coffee and wine.

In summary - Think I should have gone to Spec Savers!



Battered but not broken!
Sarah, Nigel, Kim & Clive dining Al Fresco at West Bay



And they weren't the only club members who braved the elements today....

Ninesprings 9k Race Report from Les Thomas

Well, where do I start – the weather? Oh Christ the weather! I awoke this morning and pulled back the curtains to see God had unleashed hell outside – Flaming June they say!! Flaming crap – I say!! Having had second thoughts whilst eating breakfast – I finally kicked myself into gear and headed off to Yeovil.

Approximately 100 others had also managed to find the motivation to haul their arses out to turn up for Yeovil Running club's - Ninesprings 9. One of those was Crewkerne's newest member Ginette Russell.

The start was pretty frenetic as is normal, with everyone jostling for field position. The flat tarmac soon turned into hilly mud! The route takes you up out of the Ninesprings park onto some very hilly private land near to the Yeovil showground, where being high up the wind also became a factor against good progress!! The race is 2 laps of the course and on the 1st lap in a twisty section in the woods heading downhill I slipped and took a tumble, nearly rolling down a steep bank!!

Picking myself up and brushing the mud off on the hoof while quickly looking back to see if anyone saw it happen (thankfully no one did) I carried on knowing more caution was needed if I were to be able to finish this race!! Settling back into some sort of pace the 1st lap was completed.

The 2nd lap began to hurt and knowing the hills that were ahead – only made it worse! A Frome runner pulled up just in front of me with a hammy strain, up near the Showground (a position gained with no extra effort!) I had a guy in my sights but was unable to catch him, so made up my mind not to let him pull away. All the while another guy was tracking me – gaining on me up the hills but on the flat and downhill I was able to pull out a gap. Realising the end of the race was mainly downhill – I hoped I was able to hang on and that this fella didn't have some sort of amazing sprint finish!

More twists and tight turns in the woods – staying upright at the tumble point the 2nd time round, narrowly missing a dog that decided to walk across in front of me the end neared!!

The tarmac was welcome as I came out of the woods and headed back towards Goldenstones. I managed to sprint into the finish and held off the nearest guy – crossing the line in 8th place with a time of 41:50
Ginette finished with the respectable time of 52:13

Well done to Yeovil Running Club and to everyone who turned out and braved the British weather!

84 finished



HALF IRONMAN OF SWITZERLAND

On Sunday 5th June, two of our members took part in the grueling Half Ironman in Switzerland!

Steve Hurley and Elaine Priest have been training for months for this epic challenge and have both done superbly well to get there and compete. We are all in awe!

Steve completed the swim in 31.25, bike in 2.43.39 and the run in 1.50.48, giving him an overall time of 5.10.52 to finish in 479th place overall!

Elaine did her swim in 33.07, bike in 3.05.19 and the run in 2.00.04, giving her an overall time of 5.43.00 to finish in 975th place.

A huge congratulations to both of you for what you have achieved!

Hopefully one of you can write us a report to let us know how it was in your own words! (Hint! Hint!)



Yeovilton 5k Race Report from Clive Harwood

This was the 3rd race in the summer series. Yet another good turn for a Wednesday night of 138.

Conditions were a little windy after the 2nd left turn. A good turn out of club members. Nick Sale was first back in 9th place with 17.36 with Thomas Priest in hot pursuit with 13th place in 17.50. I was pleased to make 23rd in 18.20. One of our new club runners Simon Sheldon was back in 19.37 for 42nd spot. The first of our ladies was Rachael Green in 20.56 and 62nd place.

Ken Priest made another appearance in his new age category to get 93rd place in 23.40. The next of our newer members Rebecca Nichols was 95th in 24.03. Derek Boles, still with his consistent running was back, and looking good in 99th place with 24.29. Lucy Boyland was next and getting very close to going under 30 mins with 30.38 for 130th spot. David Baker was not far behind with 30.33 and 133rd place.

The evening finished in the George at Crewkerne for eats and a pint.

9 th	Nick Sale	17.36	
13 th	Tom Priest	17.50	
23 rd	Clive Harwood	18.20	
42 nd	Simon Sheldon	19.37	(Making his debut in club colours!)
62 nd	Rachel Green	20.56	
93 rd	Ken Priest	23.40	
95 th	Rebecca Nichols	24.03	(Another debutant I believe)
99 th	Derek Boles	24.29	
130 th	Lucie Boyland	30.08	
133 rd	David Baker	30.33	



D –Day 10k Race Report from Clive Harwood

Had a flyer advertising the event at a race i did a while ago and thought that it was a good reason to go to Portsmouth as have never been Although Steve Diaper only arrived home from his 4 month approx mackerel trip down to the Med at 10 00 on the Saturday night, he was up for the trip.

Left town 7.30 for the 2 hour drive to Portsmouth. Steve knew the area well so with the help also of sat nav, arrived in plenty of time. Had to put the coat on as it was blowy and cold. Went in the Mountbatten centre for a look around and drinks. Impressive place with its 50 mt pool. The start was at 11.00. Lined up on the running track and did a full lap before going out and alongside a twisting path around an inlet of water.

The route brought us back along the path and i was facing runners still going out. Went into the stadium and did a lap then out and back as before. It was a flat course run in blowy conditions. I was pleased to get back in 38.10 for age group win and 21st. I saw in the results i was 38 secs in front of the next in my age group.

We went into the town and saw the Victory. The building that houses the Mary Rose. Went in for as much as you can eat Chinese. Highlight of the day.



Run In The Wild Results

17 th	Simon Land	47.53
30 th	Les Thomas	50.37
37 th	Dave Carnell	51.26
49 th	Tom Baker	53.31
56 th	Tim Irish	54.22
126 th	Kirsten Irish	1.04.25
144 th	Ian Watkin	1.08.59
146 th	Adrian East	1.09.11
150 th	Raquel McAllister	1.09.32
202 nd	Hazel Pace	1.22.20

Well done all !!



Can you help?

CREWKERNE JUNIOR TRIATHLON - SUNDAY JULY 3rd.

For many years now Crewkerne Running Club have handled the running part of the Crewkerne Junior Triathlon. In order to do this we need at least six people. If you are willing and able to give up a few hours on the Sunday morning please get in touch with Derek. This is a great event and enables the club to support some of the junior athletes which may well join us later. The main task involves lap counting and making sure that the required number of laps are completed. A shortage of people makes this a difficult task so the more the merrier.

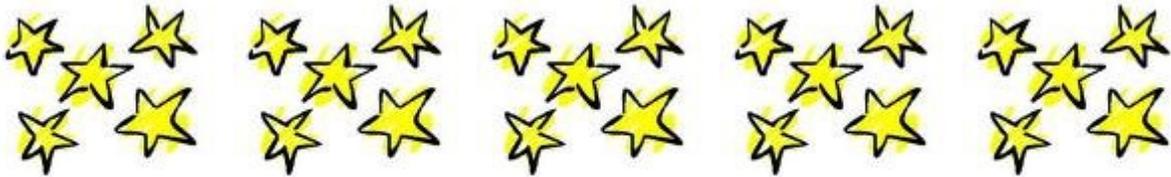
Derek



There are two nice local races taking place this week which may interest some of you.

The second running of the 'Tin Ten Ten' takes place in at Tintinhull House on Wednesday evening. This is a multi-terrain race over fields and road. Race gets under way at 7.00pm.

On the Sunday it is time for the Martock 10k. All on road around Martock, Coat and surrounding area. Relatively flat course so possible PB times up for grabs.



Special Announcement

I couldn't leave without bringing to your attention that this coming Saturday (18th) is a very special day for one of our members.

I'm sure as he is reading this he is realising who I am talking about and is cursing me, but I feel it would be a travesty not to let as many people know as possible!

Our dear friend Richard Gardiner is celebrating his birthday on Saturday! Born in 1968 that would make him fort.....jesus.....really.....maybe I shouldn't have mentioned anything??

I can see now why he's so sensitive about his age.....

Happy Birthday mate!



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



Happy Running

Simon



Dates for your

June

Date	Event	Location	Time	Website
Wed 15 th	Tin Tin Ten (TBC)	Tintinhull	7.00pm	www.chardrunningclub.btck.co.uk
Sun 19 th	Martock 10k	Martock	11.00am	www.martock10k.org.uk
Sun 19 th	Race For Life	Sherborne	10.00am	www.raceforlife.org
Thurs 23 rd	Forde Abbey 10k	Forde Abbey	7.00pm	www.nutshelloutdoors.co.uk
Sun 26 th	North Devon Marathon	Woolacombe	10.00am	www.northdevonmarathon.co.uk
Thurs 30 th	Ash Town Tree Trail Race (7)	Ash School	7.00pm	www.yeoviltownrrc.com

July

Date	Event	Location	Time	Website
Sat 2 nd	Charmouth Challenge	Charmouth	3.00pm	www.charmouthchallenge.co.uk
Sun 3 rd	Portland 10mile	Portland	10.30am	www.rmpac.co.uk
Sun 3 rd	Quantock Beast 5.7m	Fyne Court Nr Bridgewater	11.00am	www.quantockharriers.co.uk
Sat 9 th	Matt Bryant's Annual Birthday Run	Haselbury	9.30am	See Matt or Newsletter
Sun 10 th	Wellington 10m or 10k	Wellington	10.30am	www.thewellingtonten.co.uk
Wed 13 th	Yeovilton 5k (Race 4)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Sat 16 th	Swanage Half Marathon	Swanage	9.30am	www.swanagecarnival.com
Sun 17 th	Castle Combe 10k	Castle Combe	11.30am	www.dbmax.co.uk
Sun 17 th	East Devon Way Relay	Exmouth to Lyme Regis	Various	www.axevalleyrunners.org.uk
Sun 31 st	Exmoor Seaview 17	Lynton	10.00am	www.mineheadrunningclub.co.uk

August

Date	Event	Location	Time	Website
Wed 3 rd	Haselbury Trail	North Perrott	7.15pm	See Website or Newsletter
Sat	Shaves Cross Mini Marathon	Shaves Cross	7.00pm	

6 th ???				
Sun 7 th	Sturminster Half Marathon	Sturminster Newton	10.30am	www.dorsetdoddlers.org
Sun 7 th	Totnes 10k	Totnes	11.00am	www.teignbridgetrotters.co.uk
Wed 10 th	Yeovilton 5k (Race 5)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Sat 13 th	Maiden 'Newten' Madness	Maiden Newton	7.00pm	www.freewebs.com/ maidennewtonrunningclub/
Sun 28 th	Langport 10k	Langport	11.00am	www.langportrunners.co.uk
Sun 28 th	Guernsey Marathon	Guernsey	??	www.guernseymarathon.gg

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

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