

CREWKERNE RUNNING CLUB

Newsletter

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

Issue no. 44 Sunday 13th November 2011

Dear Runners,



Debbie Cole at the finish of last week's Ilminster 10k – knew I'd find one of you Debbie!

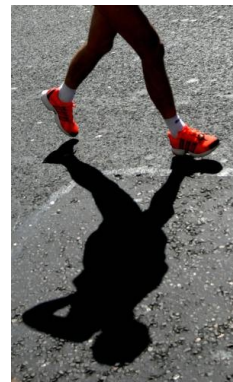
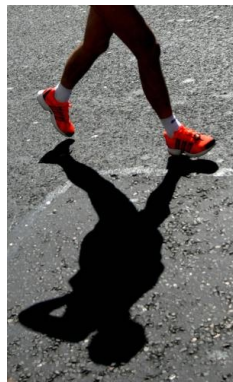
There is really only one way I could start the newsletter this week, and this is to share with you all some fantastic news!



On Thursday 3rd November, at 11 minutes past 3, club member Tom Baker and his wife Fliss welcomed into the world a beautiful baby girl!

She was born almost 5 weeks early and weighed a tiny 4 pounds! While her name has yet to be decided the most important thing is that they are all happy and healthy!

I'm sure I speak for us all when I wish Tom, Fliss and their new bundle of joy all the very best in the future! Congratulations!



Christmas Part – 10th December

Dave Rowe has very kindly provisionally booked 2 mini buses (14 and 16 seaters) from Stennings in Merriott. We really need names so we can say we need 2 buses before the cut off for the meal itself, to give the garage and Dave a chance.

So if you think you would like to reserve a place on one of the minibuses, then please contact Dave Rowe ASAP. Dave can be found at dave.ran_likeforest@yahoo.co.uk

CRC Christmas Party 2011!

Saturday 10th December at North Perrott Cricket Club

Here is the long awaited Three Course Christmas Menu & Christmas Party details!

The CRC Xmas Party is open to members and their partners. Just let me know your choices and numbers and give payment (cash or cheque payable to CRC - £16.95 for one, £33.90 for two people) by the 1st December.

This should be a great night at the North Perrott Cricket Club where there will be great food (see Menu), and also a DJ with fabulous party music to dance to.

I am available to discuss the party and everything about it every Tuesday or Thursday night during the run. I am also to be found on 01460 78750 or you can email me at lindastill@yahoo.co.uk.

The timing of the event is as follows; 7pm to 7.30 champagne reception, 7.30 sit down for the feast, 9pm til midnight Disco. There will be a few bottles of wine on each table, after that the bar is always open for business! If you require transport, just let me know as we will be organising transport.

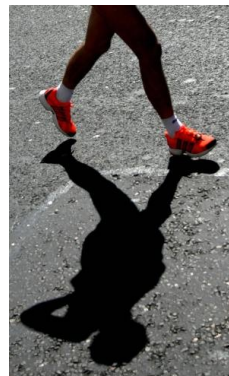
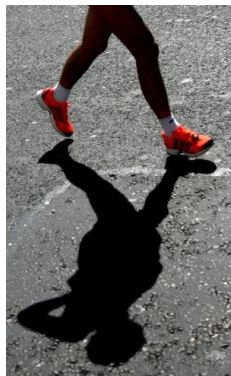
Please let me know if you want to sit with any particular friends or indeed would like to suggest your whole table of 10 or 12 people, this will help me with the table settings! Just detach the end portion of the menu with your choices and any seating plan as well as your cheque.

Also, I shall need help with the tidy up on the next day, the afternoon of Sunday 11th December. If you can offer your help that would be great!

Awaiting your orders/questions/cash,

Linda!!

A printable copy of the Menu is attached to this email



London Marathon

The much anticipated draw for our 2 London Marathon spots took place at Tuesdays committee meeting.

Congratulations to Mike Pearce and Debbie Cole who were pulled out of the hat! Tamsin Dickinson and Linda Still had 1st & 2nd reserve places.

Now get training!

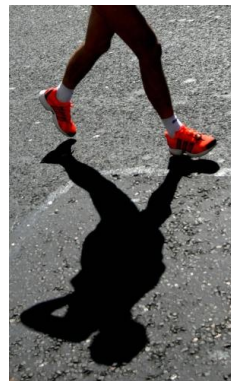
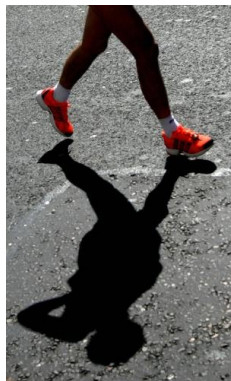
....and a message from Debbie Cole upon hearing the news....

"I was surprised but absolutely thrilled to hear from Clive Harwood on Tuesday night to let me know that I had been successful in getting one of the London Marathon CRC places. I have applied year after year for a ballot place and each year I have been unsuccessful through the ballot. I ran the London Marathon in 2006 through a charity place raising money for Hampshire Autistic Society and the British Heart Foundation and again I hope to run the 2012 marathon for the British Heart Foundation.

In 2006 I ran for BHF to celebrate my Mum overcoming her heart attacks and I will be very proud to run for BHF again in 2012 knowing that Mum is still fighting fit and will be at the finish line to cheer me home.

I may have the logo of BHF on my back but it will be Crewkerne Running Club that will be proudly displayed on my front so thank you very, very much to everyone at Crewkerne Running Club for giving me the opportunity to run.

With Best Wishes"



Street 5k Report from Ed Stahl

Dave Carnell and I decided that the Ilminster 10k wasn't enough so we went up to Street for the second 5k race in the series. The weather was unkind with a constant breeze and the odd shower.

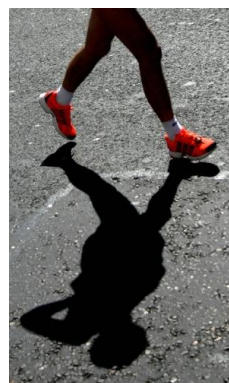
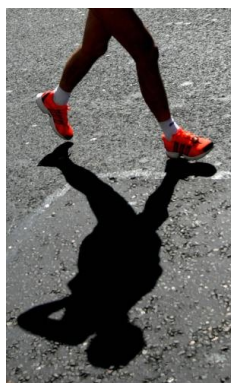
I noticed that the young brothers were racing so knew it wasn't going to be easy. Dave also noticed that his rivals were racing too so let the battles begin.

Nathan Young sprinted off from the start so we all left him to his own thing. So that left me to battle with his younger brother and another athlete from the same club. With half a lap to go Kieran Young dropped off and it was left to me and Steve Goss from Bristol AC. Steve went for an early sprint and I found I was able to hold onto him, so I decided to wait on his shoulder until there was 50m to go. I managed to outsprint him by a second and finished second with a time of 16:43.

Dave finished with a time of 20:59 but after the race had realised he was more tired than he thought from the 10k as his time wasn't his best.

All good fun and we both highly recommend it.

Ed Stahl



[A word from Ladies Captain Sarah Warren](#)

[CLUB KIT](#)

I have nearly run out of mens vests, so I will be making a new order soon. I apologise to any new members who may have to wait a little while for thier vest. This gives you an opportunity to order extra items it anyone would like anything.

Coolmax T shirt - £14 (Red, black, white or fluo yellow)
Coolmax long sleeve top - £18 (Black, white or fluo yellow)

T's and long sleeve tops can be printed with CREWKERNE RUNNING CLUB on either the front or back with the print in either red, black or reflective.

If you would like to order anything please let me know ASAP and let me have payment with order. I need to know your size, colour, print colour and whether to print on front or back.

There is also one fleece top left - £11.50 to the first person who says they want it. Size large. Black and very warm with "Crewkerne Runing Club" embroidered on front.

Also, if anyone else wants a head torch (£11) please let me know and I will order some more.

SARAH

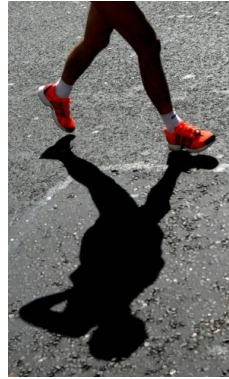
WINTER HANDICAP RUN - SUNDAY 27 NOVEMBER

You will know from previous newsletters that the winter handicap run this year takes place on Sunday 27 November from Hinton St George hall. We will be doing tea, coffee, bacon rolls and cakes for everyone after the run. Last year, my husband Rod did the cooking with Jim White. Rod is working this year so cant make it. I am happy to slave over a hot frying pan whilst you are all out enjoying yourselves running the course, but would like to run if possible.

Is there anyone who does not want to run who would volunteer to cook the bacon, make the tea/coffee, etc or perhaps one of your other halves who is at a loose end that morning? If anyone is able to help please let me know.

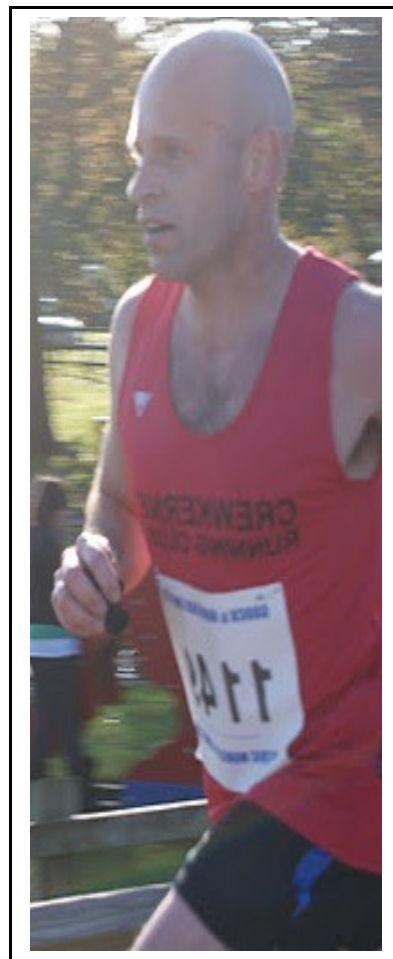
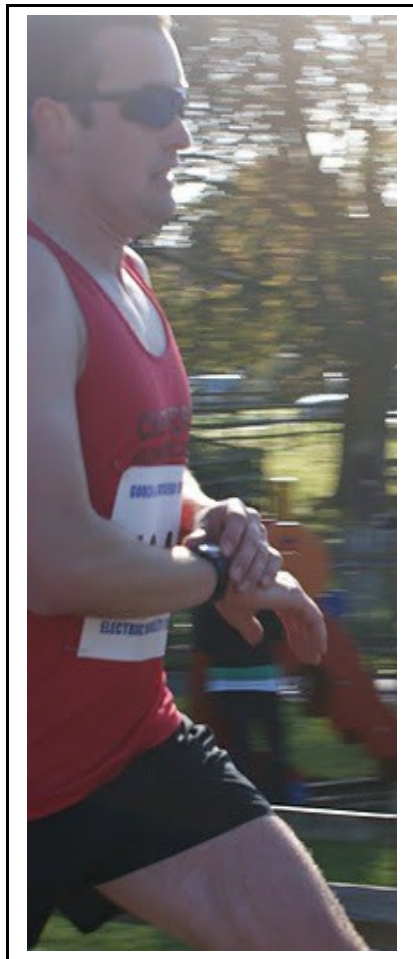
Also, it would also be useful to have an idea of numbers for catering purposes, so if you are coming could you try to let me know please. Hope to see lots of you there.

Sarah

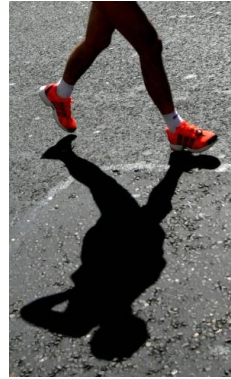


New Member

Another new member to welcome to you all this week. His name is Puck Webber, and I'm sure we are all looking forward to running with him soon! Welcome!



Ed & Mike - CRC's leading men at Ilminster 10k

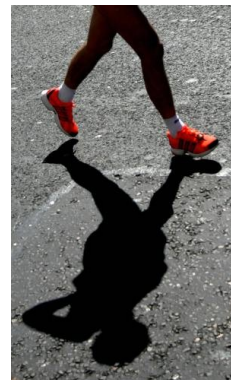
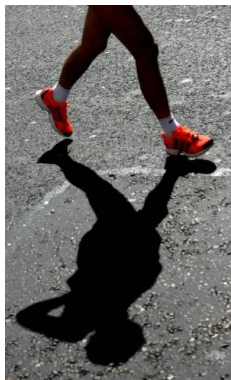


Full Monty

We still need people to volunteer a small amount of their time to help out with the Full Monty on December 4th.

Thank you to all those who have offered to help so far – it is really appreciated! But we still need more of you.....come on....pretty please....with sprinkles....

Thanks in anticipation!



John O'Groats to Lands End

It's taken a while but I have finally managed to collect all the sponsors in from the bike ride in August!



I just wanted to say a huge personal thank you to all my friends at CRC who very kindly donated some of their hard earned cash for my cause.

I managed to raise £2300 in total which I am over the moon with, so a massive thank you to you all!



Upcoming Events....

Remember that next Sunday will be the Full Monty recce run. Taking place on Ham Hill and starting at 9.30am.

Runners will meet in the car park as you drive down to the pub – though please no parking in the pub car park itself

Work commitments mean I cannot make the run now, but I'm sure there are plenty of people there who know the route.

I expect people will run in two groups, with shorter options for anyone who wants them!

Hestercombe Humdinger 2012

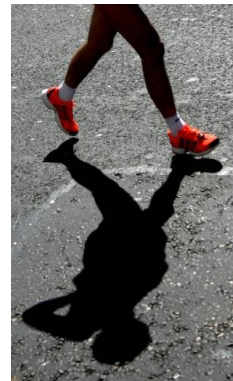
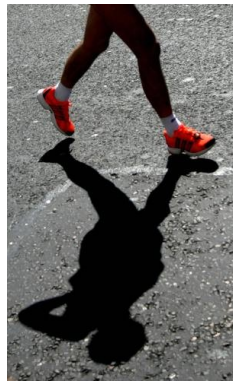
The fifth Hestercombe Humdinger, complete with it's famous hills, will take place on Sunday 29th January 2012.

As usual, all runners will receive a quality t-shirt, a goody bag, a voucher for free admission to the award-winning Hestercombe Gardens and a free on-the-day finisher's photo. In addition, there will be various individual and team prizes. If you don't fancy the full 9.5 miles then you could always go for the flatter Hurtle 5K.

You can enter online at <http://www.runnersworld.co.uk> or go to the race website, <http://www.thehestercombehumdinger.co.uk> and download an entry form.

This year we will be raising funds for Water Aid and it would be great to see you on race day in January.

Mike Nicholls
Race Secretary





And they're off! The start of Ilminster 10k

[Who fancies an evening with Derek Boles???](#)

Derek and his band the Crooked Furrow will be playing at Misterton Village Hall on behalf of Crewkerne Rotary Club. Check out the poster below or contact Derek for more information!

ROTARY CLUB
of
CREWKERNE



MISTERTON VILLAGE HALL
BARN DANCE & SUPPER
Saturday, November 19th

Starting at 7:30 - Dancing to:-



**Crooked
Furrow**

(Caller Derek Boles)

Tickets £10 per person including light supper
Bring your own alcohol, glasses provided. Soft drinks for sale.

Profits to local charities

All welcome, no experience necessary!

Tickets from Nick Bacon 01460 72665



No Birthdays this week except the ones I have forgot!





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 is the Full Monty recce, taking place at Ham Hill at 9.30am.

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



Dates for your

November

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sun 20 th	Full Monty Recce	Ham Hill	9.30am	See Newsletter
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
Sun 27 th	Winter Handicap	Hinton St George	9.30am	See Newsletter

December

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sun 4 th	Full Monty	Ham Hill	6.15pm	See Newsletter
Sat 10 th	CRC Christmas Party	North Perrott Cricket Club	TBA	See Newsletter
Wed 14 th	Street 5k	Street	7.30pm	www.wellscityharriers.org.uk
Sun 18 th	Wellington Monument 10k	Wellington	10.30am	www.wellingtonmonumentrace.co.uk
Mon 26 th	Stoke Stampede	Stoke St Gregory	11.00am	www.stokestampede.co.uk

January

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sun 1 st	Chard Flyer	Chard	11.00am	http://chardflyer.btck.co.uk/
Sun 8 th	First Chance 10k	Exeter	10.30am	www.firstchance10k.co.uk
Wed 11 th	Street 5k (Race 4)	Street	7.30pm	www.wellscityharriers.org.uk
Sun 15 th	Oh My Obelisk	Dawlish	10.30am	www.dawlishcoasters.co.uk
Sun 15 th	Rough n' Tumble	Milton Lilbourne	11.00am	www.grassrootsevents.co.uk
Sat 28 th	Blackdown Beast	Dunkeswell	10.00am	www.honitonrc.com
Sun	Hestercombe	Hestercombe,	10.30am	www.thehestercombe

29 th	Humdinger	Taunton		humdinger.co.uk
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Any events which are not on the diary, but you think should be, then
let me know!

simon_land87@yahoo.co.uk