

CREWKERNE RUNNING CLUB

Newsletter

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

Issue no. 8 Sunday 13th February 2011

Dear Fellow Runners

So much to tell you, so little time...

[Slay the Dragon Race Report from Ed Stahl](#)

The race was slay the dragon at hinton st george which comprised of a 10km multi terrain course of varying difficulty. Most of the road sections felt offroad due to the hardest conditions I have ever run in. The rain was pelting down and the wind was not kind to any of the racers of which there were around 50.

The race went really well and after a comfortable two miles I decided to go for it and managed to win the event in a time of 41.04.

Well done to all the other runners who ventured out today especially the other crewkerne runners who did really well to. Ed

Congratulations Ed!

I have spoken to Clive tonight who has also given me a quick run down of today's event. Not only did Ed Stahl cruise home in first place, but we had 4 other runners in the top 10.

Clive and Mike Pearce were battling it out throughout the course, swapping positions in the mud and rain, but on the final road to the finish, Mike moved up a gear and pipped Clive home to 3rd place by 8 seconds. 5th place was taken by Richard Gardener who ran really well, with the dark horse Roger Still completing the top 10!

It must also be mentioned that Linda Still had a great run and was 3rd Lady home, with Angie Patch 4th lady back. Lord Mayor Roger Swann also braved the elements.

I'll try and get the results up for next week's newsletter, but well done to everyone who took part for the club, especially our winner Ed! We have our fingers crossed for you this week!



Blackmore Vale Half Marathon Report from Adrain East

This was my first time doing this one, So we arrive at 10.15 in plenty of time. Once parked out we get, and it's flippin cold, with a bit of a wind as well, Number picked up an put on. Off to the start, Off we go, someone says only a couple of hill`s to worry about, "yeh right" seemed to be climbing most of this run, with that wind in my face all the way round. At least the scenery was beautiful in places, For me this was the most hilly half I have done, a real tough one for me. Was expecting this to be my worst time, but not to be, 2:31:10. I'm a plodder, not built for speed. I was really impressed with how well this event was organised, everybody was friendly and helpful.

Plenty of water stations on route. So will be doing this one again next year. Hope this report was ok, Next race report from me will be the Reading Half marathon, Have done this one for the last two years.

Adrain

Steve Hurley and Elaine Priest also ran the half marathon, Steve finishing in 60th with a time of 1:31:41, while Elaine finished in 110th with a time of 1:38:02. Well done all!



Attention!! Pub Run!!

Every year Sarah Warren organises a joint pub run for Crewkerne and Honiton Running Club and is always a good do!

Wednesday 30th March is the date and it will be from
The Bell Inn, Broadway at 6.30pm
So put it in your diary! More details to follow



Leadership in Running Courses

I thought I would remind everyone again about the Leadership in Running Course that was advertised in last week's edition. We have a small number of people who would be willing to do the course, and if you think it would be something you would like to do then let me know. The club would like to see anyone who goes on the course to share what they have learnt on the training nights – for example warm up routines, leading beginner's runs etc, etc.

The running club will cover the cost of the course which stands at £90, so if I could ask people to let me know by Wednesday whether they would be interested so we can let the relevant people know.

The course advertised will take place in Taunton on 19th March. Members of Yeovil Running Club are also trying to get enough people to put on a course around the Yeovil area if that may be more convenient to people, but as of yet, no date has been confirmed until they are sure they have the numbers. Of course, as I am sure you have been made aware, I should have told you that last week (slapped wrists!!).

ATTENTION ALL SOMERSET ROAD RUNNING & OFF ROAD CLUBS

A Leader in Running Fitness course is being staged in Taunton on Saturday 19th March.

This course provides running leaders within clubs a recognised governing body qualification and gives leaders lots of practical ideas for warm ups, stretching and sessions. A higher level endurance qualification is also currently being piloted for those individuals who may at a later stage want to develop their understanding of coaching off track endurance events. The LiRF course is the place to start. It's a one day course with no assessment.

The LiRF qualification also enables individuals to set up beginner groups under the Run in England banner, which can be a great way of providing a bridging group from complete beginner to club.

If you would like to sign up for this course the cost to affiliated clubs is £90. Participants must be 18 years+. The course booking code is MC0279 and an application form is attached



!!! Attention all Yeovil Half Marathon Runners !!!
(and there are quite a few of you!)

I will be staging a Recce run of the Yeovil Half Marathon route on Sunday 6th March from Huish Park (YTFC) at 9.30am. This will be an ideal chance to familiarize yourself with the course. Depending on how many people turn up we may split into two groups, faster and slower.

Anyone is welcome to run with us, even if you aren't doing the event. There will also be cut back points for those who don't want to do the whole thing. Hope to see you there!



A word from Sarah Warren about the 'Crewkerne 9'

CREWKERNE 9 – SUNDAY 22 MAY 2011

Another date for your diaries please – The Crewkerne 9 race this year takes place on Sunday 22 May. Lots of marshalls and helpers will be required, so if you can help please let Derek know.

Entry forms are now available from the web site (and attached). If you are going to any local races, could you take along some entry forms to distribute to promote the race please.

The event also includes the 3 mile fun run, junior fun run and Stokes Business Challenge. Lots of you have children so if you can encourage them, their friends and school colleagues to enter, please do. For those who have general contacts in the local schools, can you please promote the event within the schools. If we have

lots entering the junior race, that brings along lots of parents to support which means a bigger crowd and atmosphere for the whole event.

Also our sponsors for the event, The Stokes Partnership (for who I work), are promoting the Business Challenge Trophy for the second year running. The Business Challenge is for teams of 3 (men/ladies/mixed) who will do the three mile course. It would be good if all members could get a team together from their place of work – please badger your colleagues into doing this. Your business can gain some publicity through announcements on the tannoy and they can wear your corporate T-shirts to publicise where they come from. Last year there were 15 teams from various local businesses including Waitrose, RBS, CrimeCure, Aqua Centre, etc and we would like to have even more teams this year. Most of your colleagues could run (or walk if they want) 3 miles with a bit of effort – please do you best to muster a team from your work or indeed anyone else you know who may be interested.

Race proceeds this year will go to St Margaret’s Hospice which I am sure you will all agree is a very worthy cause.

Entry forms for the race, business challenge team registration form and poster are all attached for you to use (or available on the web site).

Sarah



Sunday 27th February

Crewkerne to West Bay Run

Anybody who did the recent Charmouth Run will know how much fun these runs are!

The route will be approximately 17 miles.

Ideal if you are Grizzly / Marathon Training!

Leaving Lidl's car park as usual from 9am on the dot

Food afterwards at around 1 o'clock for anyone who wants it at the West Bay Inn

Runners can join from Wynyards Gap at 10.00am and run 12 miles, or from the centre of Beaminster (by The Wild Garlic restaurant) and run 8 miles if you don't fancy the whole distance.

Tuesday 8th March

Crewkerne Running Club AGM

The Clubs Annual General Meeting will take place as usual in The Lamplighters Bar across from The George Hotel, meeting at 7.45 for an 8 o'clock start.

To see the agenda for the AGM, please click on attachment

There will be a free drink at the bar for all members who attend

This is your chance to have a say with what is happening within the club!

If you feel changes need to be made in any department then please make your feelings known. If you cannot make it, or you don't want to speak at the AGM then feel free to pass on any views/ideas to myself or any committee members and they will do it on your behalf

Sunday 27th March

South Petherton Pre-London Marathon Training Run

If anyone can help with marshalling for this event then please let myself or any committee members know as soon as you can. Cars are always useful for picking up runners at certain points around the route.



Tony Strugnell has sent through an interesting article he saw in the Telegraph about running outdoors

Ditch the treadmill, go for a run outdoors

Going for a run outdoors is better than exercising in the gym because it has a positive impact on mental health, researches have found.

A study found exercise in natural environments led to greater feelings of revitalisation, increased energy and positive engagement. Levels of tension, confusion, anger and depression were also lowered by exercising outside.

A team at the Peninsula college of medicine and Dentistry in Plymouth looked at data from trails involving 833 adults. As well as improved mental health benefits, those studied also reported greater enjoyment from exercising outside and a higher likelihood of continuing with their exercise regimes.

Professor Michael Depledge, the senior author of the study, which was published in the journal Environmental Science and Technology, said: "Around 75 per cent of the European population now live in urban environments, so increased efforts need to be made to reconnect people with nature.

"Our research, which brings together data from a wide variety of sources, adds significant weight to the case for spending more time in the natural environment, as members of the public and their clinicians fight to counteract the negative outcomes of modern living, such as obesity and depression."

If anyone else reads any good articles like this that they think people will be interested in then send them to me



Would anyone be interested....

The club has been approached by Crewkerne Twinning Association in regards to a walk from Weymouth to Crewkerne, by walkers from Crewkerne's twin towns of Igny and Bures Sur Yvette in France.

The twinning association are looking for people who may like to join the visitors from France on part of their walk. The walk will take place on Thursday 2nd June until Sunday 5th June.

A rough itinerary we have been sent -

- ***We plan to arrive at Weymouth on monday 30th of May (Ferry arrival is foreseen by 1:35 pm).***
- ***We will spend the night in Weymouth.***
- ***Next day, on tuesday 31th of May, we intend to walk from Weymouth to Abbotsbury, following the coast path. Thus we will have time to visit the swannery, tropical garden and Abbotsbury***
- ***On Wednesday 1st of June, we will follow the south West Coast path to Bridport. So we will have time to enjoy the path on the jurassic coast. We intend to overnight in Bridport.***
- ***On Thursday 2nd of June, we intend to rally Crewkerne with a final 15 miles walk.***

If anyone thinks they would be interested in supporting/joining this in any way then get in touch and I can point you in the right direction!



[This Week's Running](#)

Club nights are on as usual this week so that's Wednesday and Thursday nights, leaving Lidl's car park at 6.30pm as usual. Head torches and reflective gear are essential.

Sunday morning will see the usual club run leaving Lidl's at 9.30am.

Remember this Sunday morning is the Hestercombe Humdinger from Hestercombe Gardens near Taunton. Myself and a few others are heading up – hope to see you there!



Dates for your

February

Date	Event	Location	Time	Website
Sun 20 th	Hestercombe Humdinger 9.5m	Hestercombe Gardens	10.30am	www.thehestercombehumdinger.co.uk
Sun 27 th	Crewkerne to West Bay	Lidl's Car Park	9.00am	See Newsletter
Sun 27 th	Dalwood 3 Hills Challenge	Dalwood	11.00am	www.axevalleyrunners.org.uk
Sun 27 th	Babcary 7m	Babcary	11.00am	www.wellscityharriers.org.uk

March

Date	Event	Location	Time	Website
Sun 6 th	Yeovil Half Mar' Recce	YTFC	9.30am	See Simon or Newsletter
Sun 6 th	Combe St Nicholas 10k	Combe St Nicholas	10.45am TBC	www.combestnicholasprimary.co.uk
Sun 6 th	Bath Half Marathon	Bath	11.00am TBC	www.bathhalf.co.uk
Sun 6 th	Bideford Hald Marathon	Bideford	10.30am TBC	www.bidefordaac.co.uk
Tue 8 th	Crewkerne RC AGM	Lamplighters Bar	7.45 for 8.00pm start	See Newsletter
Wed 9 th	Street 5k Series (6)	Street	7.30pm	www.wellscityharriers.org.uk
Sat 12 th	Great Western 10k	Sherborne	11.00am	www.yeoviltownrrc.com
Sun 13 th	Grizzly 20m Grizzly Cub 9m	Seaton	10.30am	www.axevalleyrunners.org.uk
Sun 20 th	Butleigh 7m	Butleigh	11.30am	www.wellscityharriers.org.uk
Sat 26 th	Nightrunner 8m	Beer	7.00pm	www.axevalleyrunners.org.uk
Sun 27 th	South Petherton Pre-London Training Run 22 miles	South Petherton	9.00am	See Newsletter
Sun 27 th	Yeovil Half Marathon	Yeovil	9.00am	www.totalbuzzevents.com
Wed 30 th	Pub Run with Honiton RC	Broadway	6.30pm	See Sarah Warren or Newsletter

April

Date	Event	Location	Time	Website
Sun 3 rd	Taunton Marathon & Half Marathon	SCAT College	10.30am	www.tauntonmarathon.co.uk
Sun 3 rd	Bournemouth Half Marathon & 10k	Bournemouth	10.00am	www.bhf.org.uk/bayrun.co.uk
Sun 10 th	Honiton Hippo	Honiton	10.30am	www.honitonrc.com/hippo.htm
Sun 10 th	Tavy 13	Tavistock	10.00am	www.tavy13.com
Wed 13 th	Yeovil 5k (Race 1)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Sun 17 th	London Marathon	London	9.45am	www.virginlondonmarathon.com
Sun 17 th	Frenchay 10k	UWE Glenside	11.00am	www.frenchay10k.co.uk

Mon 25 th	Easter Bunny 10k	RNAS Yeovilton	11.00am	www.yeoviltownrrc.com
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Any events which are not on the diary, but you think should be, then let me know!

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