

CREWKERNE RUNNING CLUB

Newsletter

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

Issue no. 12 Sunday 13th March 2011

Dear Fellow Runners

This week saw the Crewkerne Running Club AGM take place on Tuesday night at The Lamplighters Bar in the square. Roughly 25 members attended (though maybe more) and all enjoyed a good, constructive meeting.



Martin Denman presenting a cheque for £200 to 'The Friends of Haselbury Plucknett First School'.

Derek Boles also presenting a cheque for £200 to 'The Haselbury Plucknett Park Project'

So I can now bring to your attention some important information which was discussed on Tuesday:-

- Tuesday Night Running

As you may be aware, there has been much discussion over the past year or so regarding changing the Wednesday club night to a Tuesday, in order to allow people who want to run on both nights, a break between the two.

This obviously creates problems as many members are unable to do Tuesday because of personal commitments, while other members would be available then and not on Wednesdays. It would be very hard to keep everyone happy in this situation, but understandably, we want to do the best for all members.

So...it has been decided that as of this week, there will be an extra club night on a Tuesday. Same time, same place. So club nights will now be on a Tuesday, Wednesday and Thursday, to hopefully give people a chance of running at least once, if not twice a week.

This will be done on a trial basis of around 3 months, at which point the committee will review the situation, consult all members, and make a decision from there based on what we feel is best for everyone.

To mark the new club night, it was suggested that we would go for a meal at the Indian in the square (Bengal Fusion), who do a deal on a Tuesday night, after the run to eat at 8. So do come along!

Feedback on the new 3 night idea would be much appreciated, so speak to myself, or any committee members, and let them know your views.

- Club Membership Fee's

I will do my best to explain this as simply as possible. This years standard club membership fee's will remain at £10. However if you wish to compete in EA (England Athletics) races in the year, you can choose to go for a £15 membership. This is completely optional to you. For that extra £5, Club Secretary Martin Cook will apply, on your behalf, for an EA registration number which will be unique to you, and you will receive a card through the post.

Some races held under EA rules require that you have an EA number in order to get cheaper race entry fees. Many races don't bother to check this, but some are known to be more picky.

If you want more info, or are unsure about which to go for, please get in touch and I will help you if I can.

On that note, Club Membership Fee's are now due. Please see Derek who will take the money and give you a membership card for the year.



Derek Boles presenting a cheque for £850.00 to Cancer Research UK

Now a message to you all from Club Chairman Malcolm Higgins, which was supposed to be read out at the AGM, but for reasons beyond our control it wasn't!

Chairman's Report

Firstly let me apologise for not being in attendance this evening and hope you all have an enjoyable constructive meeting.

This past year we have organised very successful events with the assistance of Members, Family and Friends which has been appreciated by members of the committee. As you all know our monthly meetings are held on the second Tuesday of each month and as every year I always report that any club member is welcome to attend and take part.

With respect to the committee members I would like to thank Linda for all her efforts in organising the various social functions which I am sure is very time consuming and requiring a great deal of effort and enjoyed by all club members. Derek and Martin who conduct their duties without any assistance from other members as they carry out their duties in a very professional manner as without 100% dedication this club would not be in the position we are today. A very special thank you to Simon

who took on the newsletter at very short notice and this has well and truly been appreciated by all. Your committee has worked very well together and a lot of actions taken to make our club a more socially active club as can be seen by our membership records which increases at very regular intervals. Sue, Clive, Jim, Sarah, Nick and Tamsin all bring special skills to the meetings and are always ready to help out when additional assistance is required. I thank you all personally and on behalf of the members of the club.

One point I would like to make without going into the mechanics of the matter. I would suggest that should any member of the club have a concern with any member of the committee they should contact the Chairman and discuss/report their concerns to him/her for the Chairman to be aware of the problem first hand and so that he can sort out that problem with that committee member to prevent that problem getting out of hand. However should any member have concerns with the Chairman the same procedure should be adopted but informing the President. If necessary this can then be taken up with the committee.

I have been informed that all sitting members of this committee are prepared to stand for re-election for the year 2011-2012. Last but by no means least thank you Martin for giving my report.

Wishing all London Runners and all other event runners the best of luck, run fast and enjoy.

Hope to be with you again in 3 weeks.

This concludes the Chairman's report.

I would like to take this opportunity to thank Malcolm for all he does for the committee. He puts a lot of time and effort in in many areas including the PTR, and does his job in the best of spirits, so thank you to Malcolm on behalf of us all.



As if we could forget....it's Grizzly weekend! 2 Race reports and muddy photos – what more could you ask for!?

Grizzly Race Report from Sarah Warren and Linda Still

It was a glorious morning in Seaton on Sunday - sunshine, clear blue skies and dead calm sea - as around 2500 runners lined up for the start of the Grizzly and Cub runs. I saw Kim and Linda at the start (Linda had lost Roger already) who were also doing the Cub run. I only saw Tim Irish from doing the main Grizzly, but I know Ben, Jacko, Andy and Roger Swann should have been there somewhere as well. Both the Grizzly and Cub runs started together this year on the sea front and with more entries than previous years it was pretty crowded for the first few miles.

We started on the seafront road but were soon turned onto the beach to run the whole length of Seaton beach up to the boat yard. The sound of 2500 runners on pebbles was awesome and it bit was a bit tricky trying to find a "nice" patch of pebbles to run on in amongst so many other runners. After the boatyard, we turned back along the seafront road and headed off up the hill towards Beer. A very steep and narrow road caused a bottle neck, so it was easier (in more ways than one!) to join everyone else and walk up the hill. After going down into Beer it was up some vicious hills the other side, through the caravan park and onto the path leading to Branscombe. I passed Linda. Then a steep downhill rocky section where Linda passed me and then down to Branscombe Beach. This is where the Grizzly and Cub runs split - Grizzlers go on and us Cubbers turn back.

More pebbles to enjoy on Branscombe Beach before turning up the steep cliff path (well goat track really) back up to the top of the cliff. I passed Linda on the way up. At the top we turned left and re-joined the path we had come out on, back through the caravan park and down the road into Beer, then up the steep steps and cliff path before heading back to Seaton. At the outskirts of Seaton you can see the finish but know there will be another half a mile of pebbles to endure before getting there. We turned on to the beach and pebbles and Linda passed me going like a train. She won't keep that pace up on the pebbles for long I thought, and I passed her half way along the beach. We then turned up the slipway and onto the seafront road to the finish. I thought I had better get a move on or Linda would catch me. We finished about 20 secs apart and both enjoyed the run. Apart from the pebbles the Cub run was very kind under foot - no mud and no water this year. The main Grizzly was called "The Valley of the Bogs" this year so I suspect the others got very muddy and wet - maybe one of them will do a write up and let you know how horrid it was?

Sarah

Grizzly Cub

Well what a great race!! Met up with Sarah and Kim at the start. Lost Roger at the loos! Really lovely weather. Sarah and I managed little mini races between ourselves the whole way around which was great - Thanks Sarah for keeping me going!! I managed to overtake her at the last beach bit and then she managed to overtake me back just before the end of the beach!! Well done Sarah. We were both in around the 1hr 28min mark, followed behind by Kim and Kirsten. Roger tells me he was in the top twenty at about 1hr 15mins, I didn't see it myself!!

Linda



Andy Parsons taking it in his stride



I'm told mud is good for the complexion Ben!

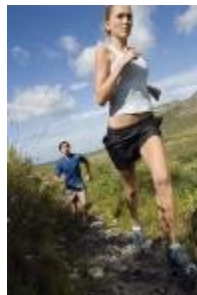


Jacko – not even breaking a sweat!!



Emma – one of our Thursday nighters

Results are not yet out, but a big well done to all who took part in the full race and the cub!!



Great Western 10k Race Report by Clive Harwood

Chose to run the Great Western 10k two week's before the event which is quite unusual. The event this year was in its new location of Leweston school. Arrived in plenty of time for a chat with people I had not seen for a while. There was ample parking and number collection on the day could not have been easier. We were ushered to the start to have a briefing of what we had to look forward too.

The first 5k was mainly on the road which had a very nice uphill section soon after the start. the downhill seemed a lot longer but probably was not. Had to run through a couple farmyards I vaguely recall. Now into the fields. Soon got passed

by Jenny Mills , a well known local lady and a young lady who I had not seen before. Pushed on and came to a long concrete drive. Caught Jenny and passed her. Got past this other lady going up a hilly field. With 2k to go we had a tussle for position which I eventually succumbed to.

Got back in 42.40 for 8th place. Have not got full results yet. Won a bottle of wine for my age category. A very good event which i may do again.

Results are in –

Clive Harwood 8th 42.40

Simon Dunk 58th 55.53

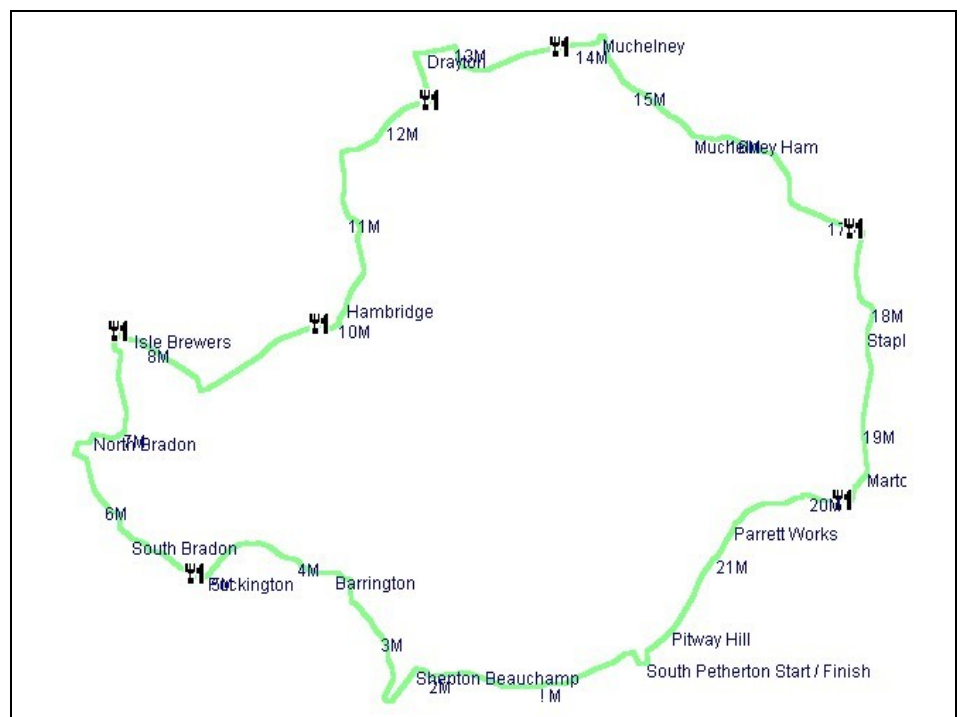
Well done guys!



A quick reminder of the South Petherton run on March 27th. If you are planning on doing this or the Yeovil Half Marathon, don't forget the clocks go forward the night before so make sure you get up in time!

South Petherton Run

We have been organising this informal gathering of like-minded runners for the past 26 years now. This has always been held 3 or 4 weeks before the London Marathon, and is the final long run before training tails off. It is always difficult to cover this distance without help from someone of a similar pace or encouragement from more experienced runners.



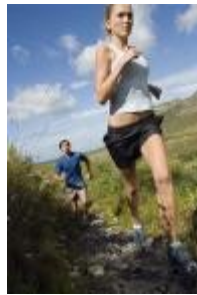
We will provide drinks at approximately 3-mile intervals, encouragement and transport back to the start for those runners who can't complete the full distance. Afterwards we will be laying on tea, Coffee and cakes.

We will set runners off at different times e.g. 4 hour Marathon times + at or near 9.00 and faster runners (3 hours and less at 9:30). This will allow us to keep track of all runners without too much spread in distance. Start and Finish is from the at the bottom of the village (with recycle centre).

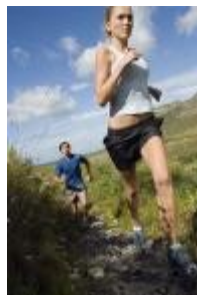
The route will be marked and maps and route descriptions will also be available but shouldn't be required.

This is also an ideal run for others who wish to encourage their Marathon runners by running part of the route with them. This is fine, but we have had problems in the past when we had a mass drop out at 15 miles. It would be better if some runners turn up later and run the latter stages, after all, this will be the parts that the runners will need the most help. The drink vehicles will have space for some of those who wish to start a few miles into the event but this can't be guaranteed.

All we would ask is some idea of rough numbers of runners attending and if any one can provide any help please feel free. Further details will also be posted on our web site.



Can I take this opportunity to welcome a new member to the club. His name is Ian Watkin and lives in Stoke-sub-Hamdon. A warm welcome to the club Ian, we look forward to meeting you at one of our club nights!



[A message from Andy Parsons](#)

A couple of friends and I are doing the Dublin Half Marathon this coming September, and wondered if anybody else would be interested. Clive has already expressed an interest following his pot-hunting success there in 2007.

Full details are:

Flight from Exeter with FlyBe on Friday 16th September at 1035Hrs (Flight no. BE303), return flight on Sunday 18th September at 1455Hrs (Flight no. BE304). Cost worked out to be about £100 each return including baggage, charges, etc,. (Ryanair didn't do flights from Bristol that were suitable for a long weekend, and they were no cheaper on the flights that they did do).

Bus transfers from airport to city centre are frequent, cheap and about 15-20 minutes long.

We've booked in to stay at the Harcourt Hotel, 60 Harcourt Street, Dublin 2. Telephone 00 353 1 478 3677, their website is on Google, but we booked through www.hoteldirect.co.uk. Cost worked out for a two night stay to be about £190 per couple for a double room for both nights (£95 per night).

Dublin Half Marathon entry is 20 euros and you can book this via; www.dublinmarathon.ie, then click on Race Series tab at top of screen, click Register To Run and Bob's yer uncle.

The race is on the Saturday mid-morning, so it makes for a top weekend, and the hotel is within a 10-15 minute walk of Phoenix Park, where the race is held. We basically have from midday on Friday free until the run on Saturday, then all afternoon free (for Clive to spend his winnings again), leaving Sunday morning free also.

The CRC team last crossed the Irish Sea in 2007, so it would be nice to get a good team of runners for another foreign raid. Non-runners particularly welcome.

(And yes, the Guinness does taste better over there...!)

Cheers

Andy P





This Week's Running

New club night this week, so that is Tuesday, Wednesday and Thursday night leaving the car park at Lidl's at 6.30pm.
Head torches and reflective gear essential!

Sunday morning run is on as usual, leaving the car park at 9.30am



Dates for your

March

Date	Event	Location	Time	Website
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

May

Date	Event	Location	Time	Website
Sun 1 st	Glastonbury 10k	Glastonbury	11.00am	www.glastonburyroadrun.info
Sun 1 st	The Great West Run 13 miles	Exeter	9.45am	www.thegreatwestrun.co.uk
Sat 7 th	The Exterminator 10k	South Devon College	5.00pm	www.somerac.org.uk
Sun 8 th	The Black Death Run 10k	Combe Sydenham	11.00am	www.runningforeverrunningclub.org.uk
Wed 11 th	Yeovilton 5k (Race 2)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Sun 15 th	Jack & Jill Challenge	Midsomer Norton	11.00am	www.somerac.org.uk
Sun 22 nd	Crewkerne 9	Crewkerne	10.00am	www.crewkernerc.btik.co.uk
Sat 28 th	Egdon Easy	Weymouth College	7.00pm	www.egdonheathharriers.com
Sun 29 th	Wells 10k	Wells	10.30pm	www.wellscityharriers.org.uk

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

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