

Crewkerne Running Club Newsletter

www.crewkerne.btck.co.uk

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Street 5k - Wednesday 9th January – Report by Clive Harwood

I was nominated to write this article from a very modest member of our running club. The Street 5k was run as usual on the second Wednesday of the month. Ed Stahl, Tamsin and I went down. It was good to see 3 other members. It was a night of perfect conditions for a short dash around the loop. The news of the night was that Mike Pearce set a PB and actually won the race in 16.58. Ed had been chasing but couldn't hold onto Mike but went around in 17.35 and 4th place. I was next in with a time of 19.25 and 17th. Dave Carnell went well to get 28th spot in 20.12. Phil Wareham had another good race for 63rd place in 23.34. Tamsin was spotted coming off the last bend with a lady in hot pursuit which actually left her to throw caution to the wind and accelerate to a full on sprint. She made 80th place in 27.21. The hero of the race is Mike. His 1st race win. It puts him 2nd nationally as a vet 40 for 2013. We wish him the best of luck in his forthcoming marathon.

Results	1 st	Mike Pearce	16.58
	4 th	Ed Stahl	17.35
	17 th	Clive Harwood	19.25
	28 th	Dave Carnell	20.12
	63 rd	Phil Wareham	23.34
	80 th	Tamsin Dickinson	27.21

South West xc Championships, Bicton 6th January – By Clive Harwood

Thankfully last Sunday was a really nice day. My race was at 1.10, so I arrived in plenty of time to watch some of the younger age category races. I have run at this venue twice before so knew the course. The course was a small lap then a medium lap, then 2 big laps. It was rather muddy under foot as expected. I ran as hard as I could but soon realised I was getting left behind rather quickly. There were runners from Cornwall, Devon, Dorset and of course Somerset. 12 members of each team were running in county vests. I puffed my way back from the 8k race in 35.56 for 104th place. There were 129 runners. I was put back to 3rd in my age group. Gotta train harder I think.

UPCOMING EVENTS.....

Crewkerne to Charmouth Run On Sunday 27th January

If you are new to the club, I cannot stress enough what a beautiful route this run is. So please put this date in your diary. We start at 9 am SHARP from The George Reynolds Centre and follow a very scenic cross country route to Charmouth. The whole route totals 17 miles, but if this is not for you we do pass through Hawkchurch at around 11 am. You can join here, there is parking nearby with toilets (if open) and you can take part in the last 6 miles which is mainly downhill into Charmouth. We aim to arrive at Charmouth around 12.30 ish.

For those staying afterwards for well deserved food, we are looking at a time of around 1 o'clock to eat at a nearby pub (to be agreed).

Although this run is not a fast pace, the route usually takes 3 ½ hours in total, so please bear this in mind if you are thinking of coming along. If you need a lift please let us know via the club email address crewkernernews@gmail.com or speak to fellow runners whilst out running.



Breakfast Run at Weatherspoons, Bridport Sunday 17th February

Following last year's successful breakfast run at Chard we have decided to organise another. This time starting at Weatherspoons, Bridport (near the clock and traffic lights at the top of the town). There are various places to park, but a suggestion is to use the Bus Station car park at the bottom of Bridport. Please try to be there at 8.30 am prompt so we can get a good run in and be back at a decent time for breakfast.

Again if you need a lift please contact the club's email address or speak to other members when you are out and about running.

Other dates for your diary :-

Sunday 3rd March
Crewkerne to West Bay Run

Tuesday 11th March
Crewkerne Running Club AGM

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

**DETAILS OF THE ABOVE DATES WILL FOLLOW IN A SUBSEQUENT
NEWSLETTER**



South Petherton Long Run – Now set for Sunday 31st March (Easter Sunday)

As stated in the previous newsletter the date for this run was undecided. I can now confirm that Sunday 31st March was the preferred date. So if you are training for a Marathon or a Half this is a great run to take part in. The route is very flat (well as flat as it can be around here!), and starts from South Petherton taking in other villages such as Shepton Beauchamp, Barrington, Isle Abbots, Westport, Langport, Long Load, Martock and eventually back to South Petherton. Obviously you do not have to do the whole 26 miles as anyone can take part and there will be different points where you can stop and get collected or start from. So please put this date in your diary.

More information will be available nearer the time

The 30th Taunton Marathon and Half Marathon

Now taking entries for the 30th Taunton Marathon & Half Marathon on Sunday 7th April

You can enter online through the activeNETWORK by following this link <https://regonline.activeeurope.com/tauntonmarathonandhalfmarathon2013>

If you would prefer to have a paper entry form please email John Lewis at tauntonmarathon@btinternet.com and he will send you one. Downloadable forms will be available from the event website www.tauntonmarathon.co.uk in the next few days

A word from Sarah Warren regarding Club Kit.

I have a few items of club kit left if anyone is interested as follows:-

1 x hoodie - size large - £28.50 (less £5, £10, or £15 for 2/5/10 year membership)
3 x jacket - 2 size large and 1 size extra large - £30 (less £5, £10, or £15 for 2/5/10 year membership)

If anyone is interested please let me know.

I also have one head torch - £13.50 (but it could be gone by the time you read this). To get the discounted price I have to order at least 5 at a time. If there are enough people still interested in head torches I will order some more, so let me know ASAP if you would like one.

If there are any new members who have not yet had their club vest, please let me know and I will let you have one. I am aware that Aiden Morris and Ben Veasy are owed vests - I will let you have one when I see you. I am usually running most Tuesdays/Wednesdays and Thursdays so catch me then. If you are not likely to be out running with the club, let me know and I will liaise with you to get to you another way.

Sarah - (sarah.warren321@btinternet.com)

On a different note... A few years ago several club members travelled to Dublin for a long weekend and participated in the Dublin Half Marathon. Some made it a weekend away with their partners whilst others just went away with friends within the club. It was a most enjoyable weekend with lots of fun had by all.

It has been suggested that it would be good if we organised another, either within this country or abroad. If you have any suggestions or have taken part in a particular race which you would recommend, please email the club at crewkernercnews@gmail.com. If we get enough interest we can then decide on a race.

IMPORTANT - Finally if you change your address, telephone number or email please notify the Club Secretary Martin Cook martin.cook123@btinternet.com and the CRC Newsletter Team crewkernercnews@gmail.com. You will only receive important information and the club's newsletter if your details are up to date. Also very soon we are adopting a signing in/out register at the George Reynolds Centre and again it is vital your contact details are correct.

Many thanks.



Happy Birthday to the following members this week:

Elaine Priest on the 16th Adam Loder Chris Rawlings on the 17th



This Week's Running

Club Nights are:

Tuesday – Mixed ability but generally faster/longer runs
Wednesday – Speed work organised by Club Captain Ed
Thursday – Beginners/Social Night

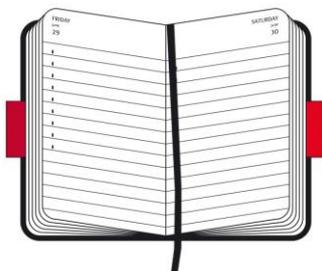
All week night runs leave from The George Reynolds Centre at 6.30pm

Sunday – Mixed ability, generally cross-country

Sunday morning runs leave from The George Reynolds Centre at 9.30am



Dates for the Diary



January				
Date	Event	Location	Race Start Time	Website
20 Jan	First Chance 10k	Exeter	10.30am	http://www.firstchance10k.co.uk/
27 Jan	CRC Charmouth Run	Crewkerne to Charmouth	9.00am	See Newsletter

February				
Date	Event	Location	Race Start Time	Website
3 Feb	Hestercombe Humdinger/ Hestercombe Hurtle	Hestercombe Gardens	10.30am	http://www.thehestercombehumdinger.co.uk/
3 Feb	Blackmore Vale Half Marathon	Bishops Caundle	11.00am	http://www.bvlions.yolasite.com/
10 Feb	Inca trail	Ilchester Sports Centre	11.00am	http://www.yeoviltownrrc.com
13 Feb	Street 5k (Race 5)	Street	7.30pm	http://www.wellscityharriers.org.uk
24 Feb	Slay the Dragon	Hinton St George	10.30am	http://www.slaythedragon.co.uk/

March				
Date	Event	Location	Race Start Time	Website
3 Mar	CRC West Bay Run	Crewkerne to West Bay	9.00am	See Newsletter

3 Mar	Combe St Nicholas 10k	Combe St Nicholas	10.30am	http://www.runnersworld.co.uk/events/
3 Mar	Bath Half Marathon	Bath	11.00am	http://www.bathhalf.co.uk/
10 Mar	The Grizzly		10.30am	http://www.axevalleyrunners.org.uk/
11 Mar	CRC AGM	White Hart,	7.30 for 8pm start	See Newsletter
13 Mar	Street 5k (Race 6)	Street	7.30pm	http://www.wellscityharriers.org.uk
17 Mar	Butleigh 7 Mile Multi-terrain	Butleigh	11.30am	http://www.wellscityharriers.org.uk
24 Mar	Yeovil Half Marathon	Yeovil	9.00am	http://www.yeoviltownrrc.com
29 Mar	Kilminster Kanter 7 miles	Kilminster Cricket Field	10.30 am	http://www.axevalleyrunners.org.uk/
30 Mar	The Night Runner	Beer	7.20pm	http://www.axevalleyrunners.org.uk/
31 Mar	CRC South Petherton Long Run	South Petherton	9.00am	See Newsletter

April				
Date	Event	Location	Race Start Time	Website
1 Apr	Easter Bunny 10k	RNAS Yeovilton	11.00am	http://www.yeoviltownrrc.com
7 Apr	Taunton Half & Marathon	Taunton	10.30am	www.tauntonmarathon.co.uk/
7 Apr	Paris Marathon	Paris	8.45am	http://www.parismarathon.com/index_us.html
10 Apr	Summer 5k Series (Race 1)	RNAS Yeovilton	7.15pm	http://www.yeoviltownrrc.com
14 Apr	Brighton Marathon	Brighton	9.00am	http://www.brightonmarathon.co.uk/
21 Apr	London Marathon	London	9.30am	http://www.virginlondonmarathon.com/

Any events which are not on the diary, but you'd like included then please let us know

crewkernernews@gmail.com