

CREWKERNE RUNNING CLUB email

CREWKERNE RUNNING CLUB WEBSITE : www.crewkernerc.btck.co.uk

13 December 2010

Hi all

Race report from Stuart Anderson for the Stourhead Reindeer 10K

Richard

Good to see the Full Monty was blessed with good weather and was another success down to a lot of hard work.

I went to the Stourhead reindeer 10k on Sunday 5th Dec. Yes it is a low key event and it was the first time the race had been organised. There were still over 100 entries and a run is as hard as we make it. Certainly a wonderful and challenging cross country event set in the dramatic landscape of Stourhead. The route was made even more interesting by the ice and snow on the tracks. I surprised myself winning the event in 42.55 but a recommended race for the future, as long as it does not clash with the Full Monty!

All the best
Stuart

Messages from your chairman Malcolm re. Active Lifestyle Membership

Would all members of the Active Lifestyle Centre when rejoining ensure that you inform your Gym Trainer that you are a member of the Running Club and make sure you claim your discount. To any member of the Running Club who may wish to join the Active Lifestyle Centre inform the trainer when attending for your introduction that you are a member of the Running Club.

Details on membership are attached as separate PDFs – please speak to Malcolm for further details.

The club secretary has received the following – nominations please on a postcard !

Hi,

I hope you can help? I am a freelance writer putting together a piece for a popular running magazine on people who have found love through running. Do you have any such couples at your club with interesting anecdotes about how their relationship is intertwined with running? For example, it might be..

- * a couple who got engaged after a proposal at an event
- * a running couple, where one partner has inspired the other to previously uncharted deeds
- * a couple who are particularly competitive with one another

Any suggestions welcome.

I look forward to hearing from you.

Best wishes

Chris Broadbent cjbroadbent@hotmail.com

WINTER HANDICAP

CRC Winter Handicap Race Report - Simon Land

The weather was very kind to us again on Sunday morning for the much anticipated CRC Winter Handicap race. Clear blue skies, sunshine and not too cold, meant ideal running conditions. Same route as last year but a change in venue brought us to Hinton St George village hall, which was certainly much more accommodating and got a big thumbs up.

A really good turnout, with 17 competitors all eagerly vying to get their hands on the coveted trophy, or at least to stop Derek from winning again! It was great to see a lot of newer club members turning up as well.

Martin Denman was first out the blocks, then Gary Swain, Debbie Cole & Stuart Stacey. They were soon to be followed by a formidable quartet of runners, who we shall call 'Dads Army', made up of Roger Swann, Derek Boles, Ken Priest and Rob Shutler. Tim Cook, Angie Patch & Sarah Warren all set off over the next few minutes, soon to be chased by some of Crewkerne's fastest ladies, Rachel Green & Elaine Priest (& Dave Carnell!). That just left 3 of our club's elite males to hunt down the pack, Dave Rowe, Mike Pearce and Nick Sale.

This year's winner was Martin Denman who zipped home in 53.30. Martin last won the trophy in 2002 so was due a victory, and knocked over 30 seconds off his time from last year! So congratulations Martin! 2nd and 3rd place was won by Stuart Stacey and Ken Priest in 55.26 and 56.39. Well done!

A big thank you to Rod Warren who was slaving away cooking beautiful bacon rolls for us all, and also Jim White for setting out a fantastic spread of food and tea/coffee. There was a brilliant selection of cakes & biscuits afterwards, all homemade, so another big thank you for Sarah Warren, Debbie Cole and Mrs Stuart Stacey who I am told were responsible. I apologise if I have missed anyone out!

All in all another great CRC event, perfect way to start your Sunday off! Hope everyone enjoyed it!

Below is the results, with position, handicap & individual times;

	Time	Individual Time	Handicap
1 - Martin Denman	53.30	53.30	0.00
2 - Stuart Stacey	55.26	41.26	+ 14.00
3 - Ken Priest	56.39	36.39	+ 20.00
4 - Roger Swann	57.25	37.25	+ 20.00
5 - Debbie Cole	58.24	45.24	+ 13.00
6 - Tim Cook	58.34	37.34	+ 21.00
7 - Derek Boles	58.50	38.50	+ 20.00
8 - Sarah Warren	59.13	37.13	+ 22.00
9 - Dave Carnell	59.14	31.14	+ 28.00
10 - Angie Patch	59.24	38.24	+ 21.00
11 - Rob Shutler	59.53	39.53	+ 20.00
12 - Elaine Priest	1.00.06	33.06	+ 27.00
13 - Nick Sale	1.00.14	27.44	+ 32.30

14 - Rachel Green	1.01.01	35.01	+ 26.00
15 - Dave Rowe	1.02.01	30.31	+ 31.30
16 - Mike Pearce	1.02.08	30.08	+ 32.00
17 - Gary Swain	1.05.42	52.42	+ 13.00

And a message from Jim

Hi Richard

The Hinton St George Village hall was an excellent venue for the handicap run this morning, warm and with a very good kitchen well stocked with crockery and cutlery.

Praise should be given to Sarah, who's idea it was to have bacon butties to enhance the tea coffee and cakes, and for the members who provided the cakes.

Special praise to be given to Simon Land for doing the handicapping and for Sarah's husband for being the chef, and for Tony Strugnell for being a marshall.

Thanks to all
Jim

Tinsel Run

To assist you in getting over the Crewkerne Running Club Christmas Meal the night before there will be the annual Tinsel Run from Perrott Hill School at 9.30am this Sunday 19th December. If past years are anything to go by our own celebrity chef Tony will have been busy preparing goodies for the posts race refreshment.

And Finally.....

A warm welcome to Crewkerne Running Club's latest member Zena Durrant. I hope you will enjoy running with the club.

This Week's Running

As far as I know this week there are the normal Wednesday and Thursday evening club runs meeting at the Lidl's car park and starting as usual at 6.30pm.

Torches and reflective gear are now essential

Saturday evening sees the Crewkerne Running Club Christmas meal and on Sunday there will be the annual tinsel run from Perrott Hill School, North Perrott at 9.30am – see above

Please always run with safety in mind at all times and treat traffic with respect - we do not want any accidents.

I look forward to seeing you running

Richard



Dates for your Diary !!! also see Website

Street 5K Series, Street. Start Time 7:30pm

January 12th 2011

February 9th 2011

March 9th 2011

*Saturday 18th December 2010 – **Crewkerne Running Club** Christmas Dinner*

*Sunday 19th December 2010 - **Crewkerne Running Club** Tinsel Run, 9.230am Perrott Hill School*

Sunday 19th December 2010 – Wellington Monument Race 10.30am, Wellington

Sunday 26th December 2010 – Stoke Stampede 10K, Stoke St. Gregory