

Crewkerne Running Club Newsletter

www.crewkerne.btck.co.uk

14th April 2013

Issue No: 104



Sarah caught wearing the colours of the enemy – presumably a disguise to infiltrate their ranks ;) nice to see that she's not camera shy... Hope that the camera is water proof! ~Honiton Hippo fun~

Good day to you fine CRC members. After a fun packed morning at Honiton Hippo, it is once again my turn to bring you the newsletter. Race reports galore for you today from all your 'favourites'. ~Tom~

But first an important reminder...

Notice to all members.

Subscriptions are now overdue for the year 2013/2014.

Following the recent AGM it was agreed that we needed to increase the annual subscription due to the cost of our affiliation with the George Reynolds Sports Centre and the doubling of the competition licence fee by EA.

Please pay the treasurer, Derek Boles, or complete an online transfer to Crewkerne Running Club:-

Sort Code 401825 Account number 21093649 marking it as subs paid.

A brief email to the treasurer would be appreciated:-
derek.boles123@btinternet.com

Renewal subscriptions for 2013/2014 are £15 including membership for the George Reynolds Sports Centre but without an EA competition licence.

Renewal subscriptions for 2013/2014 are £25 including membership for the George Reynolds Sports Centre and an EA competition licence.

New members please see application form available on the website.

Upcoming race information...

Glastonbury Road Race

SUNDAY 5th MAY 2013

10K 11.00am,

Primary Fun Run 11.10am,

3K Fun Run 11.50am,

5K 12.00pm

Race HQ – Glastonbury Town Hall

FREE T-Shirt to all Pre-Entries of 5K and 10K Races

www.SomersetSeries.co.uk

Race 6 of the Somerset Road Race Series 2013

For all those who fancy it, the race entry form is attached!

Formalities done we have some lovely race reports for you, Having enjoyed Honiton Hippo thoroughly this morning I decided to leave it to Sarah to do a far more eloquent job of reporting on it...

HONITON HIPPO – SUNDAY 14 APRIL

Thankfully the weather was a bit warmer than it has been this Sunday for the Honiton Hippo where you are guaranteed to get wet. I have done this run three times before and in the past it has always been a glorious sunny and warm day so I was not sure how I would feel about getting wet when the temperature was still not great.

The only other Crewkerne runner I saw was Tom Baker and we exchanged a few words on the start line – well Tom was on the start line and I was some way further back. We set off down the road for a short while and then started to climb up. Then a section through the woods which was pretty muddy and slippy, before heading back onto the road and more up. Then more up - a long climb up through the woods before reaching the top. Then out on the road and down hill – but only for a short while before we turn off road again and head straight back up the hill we have just come down but now off road and in the Land Rover Experience training ground. Up and down, up and down round and round, more up and down, more round and round (great for driving through in a four wheel drive, but trainers don't have the same degree of traction nor did my legs have the same degree of gearing!) On running along the tracks in the woods I could hear the yells and the splash of water – the infamous pond was looming. Thick black water, thigh deep with a cargo net over it to make sure you get really wet. The bottom was really uneven so there was a really good chance of stumbling and going head first into the muddy black stuff, but I managed to just about avoid doing that, but there were many who had a proper dunking.

We then had a downhill section on the road before getting to the first river crossing. At least the water was clean here and was only calf deep. Then only a mile and a half to go across fields before the final river crossing. Clean water again, but this time it came up over my waist – much deeper than previous years and it was pretty cold when it comes up that high. Thankfully there was a rope to hang on to or it would have been swimming time. Finally a short section on the road and back to the school for the finish the seven and a half miles with achy legs, pretty muddy and soaking wet – what more could you ask for? Ah yes – cake - here was a huge selection and I think even Mike Pearce would have been impressed. The bit I had would have scored highly in the cake contest. Maybe Mike can come and try for himself next year – it is a great fun run.

Sarah

Tracy has as ever been busy to keep you all entertained... Aren't you all so lucky!

Yeovilton 5k, Tracy Symes

After arriving back in the country on Tuesday evening Tamsin and I decided it would be a good idea to head over to Yeovilton for the first of the 5k summer series. Well I say summer!

As I say we thought it would be a good idea, not sure why, after only 3 days recovery since our Marathon and only just being able to walk properly we headed over to Yeovilton, to be met by wind and rain a typical British summer's evening.

We headed inside to register and pick up our numbers and met several other runners from the club trying to stay warm and dry before having to brave the elements to head to the start line.

I'd decided I had no intention of racing this was merely going to be a gentle jog round to loosen up the legs, well that didn't happen did it, start off at a nice gentle pace but as the rain got heavier the closer to home I got I decided I'd had enough and just wanted to get warm and dry again so put a bit of a sprint on at the end. Stupid idea as my legs hurt like hell the next day.

Well done everyone.

The results are:

Position	Name	Time
1	Berihu Tesfay	15 minutes 32 seconds
16	Tom Priest	17 minutes 44 seconds
43	Elaine Priest	20 minutes 19 seconds
71	Andy Stocks	22 minutes 39 seconds
79	Phil Wareham	23 minutes 15 seconds
111	Stuart Stacey	28 minutes 46 seconds
122	Tamsin Dickinson	31 minutes 28 seconds
125	Tracy Symes	31 minutes 46 seconds
133	Lucie Boyland	36 minutes 04 seconds

This was merely going to be a gentle jog round to loosen up the legs, well that didn't happen did it ~Tracy Symes~

And one for 'Human dynamo' (and cake lover) Mike...

Paris – Cake Report sorry, Crepe Report, Tracy Symes

After taking a nice hot bath we headed out to find somewhere to eat, no more pasta required so it was steak and chips and a pint of 1664 for us all to celebrate.

As cake's seem to be the thing to eat after a good run we decided to try and find some of Paris' finest, unfortunately they don't really do cakes so we settle for some crepes, I must admit to being rather boring and going for the traditional ones with sugar, whilst Caitlyn sampled some with chocolate spread.

Sorry there's no cake report but I can highly recommend the crepes.

A quick reminder.

Dinnington Docks Pub Run

Summer pub runs are back!

This month on Thursday 18th April we are at Dinnington Docks

Be there for 6.15pm to order food - 6.30pm start of run.

There will be off and on road routes available.

Birthdays



Happy birthday to George Rawlings... Blimey how old!? on Tuesday, Andrea White on Wednesday, Tim 'Many marathons (and snikers)' Hoyle on Thursday and Richard Caile on Sunday...

Many happy returns to you all!



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 George Rawlings Centre at 6.30pm

Sunday – Mixed ability, generally cross-country

Sunday morning runs leave from George Rawlings Centre at 9.30am



Dates for the Diary



MONTH

April				
Date	Event	Location	Race Start Time	Website
21 Apr	London Marathon	London	9.30am	http://www.virginlondonmarathon.com/

May				
5 May	North Dorset Small Village Marathon	Sturminster Newton High School, Bath Road	8.30 am	www.gillinghamtrotters.talktalk.net
8 May	Summer 5k Series (Race 2)	RNAS Yeovil	7.15 pm	www.yeoviltownrrc.com
5 May	Glastonbury Road Run 10k/5k/3k (Somerset Series)	Glastonbury	11.00 am	www.GlastonburyRoadRun.info
12 May	Black Death Run 10 miles / 3 miles	Combe Sydenham Country Park	11.00 am	www.theblackdeathrun.com
16 May	Ash Town Tree Trail 7 miles	Ash Primary School	7.00 pm	www.yeoviltownrrc.com
19 May	Crewkerne 10k (Somerset Series)	Crewkerne	10.00 am	www.crewkernerc.btck.co.uk
26 May	Dorchester Triathlon	Dorchester Sports Centre	8.00 am	www.1610.org.uk supported by Total Buzz Events

June				
2 June	Run in the Wild 10k	Cricket St Thomas	10.30 am	www.chardrunningclub.btck.co.uk
9 June	Ninesprings 9k (Somerset Series)	Ninesprings Yeovil	11.00 am	www.yeoviltownrrc.com
12 June	Summer 5k Series (Race 3)	RNAS Yeovilton	7.15 pm	www.yeoviltownrrc.com
16 June	Martock 10k	Martock Fire Station	10 am	www.fullonsport.co.uk
19 June	Tin Tin Ten 10k (Somerset Series)	Tintinhull	6.30 pm	www.chardrunningclub.btck.co.uk
23 June	Torrington Triathlon	Torrington Pool	8.00 am	www.1610.org.uk supported by Total Buzz Events

July				
6 July	Charmouth Challenge 8 miles	Charmouth	3.00 pm	www.charmouthchallenge.co.uk
7 July	Quantock Beast Challenging 5.7 miles (Somerset Series)	Broomfield	11.00 am	www.quantockharriers.co.uk/beast
10 July	Summer 5k Series (Race 4)	RNAS Yeovilton	7.15 pm	www.yeoviltownrrc.com
13 July	Maiden Castle Loop 6.5 miles	Maiden Castle	7.00 pm	www.egdonheathharriers.com
14 July	Wellington 10 10m/10k	Wellington	10.30 am	www.thewellingtonten.co.uk
26-28 July	Le Tour of Exeter			www.ironbridgerunner.co.uk
28 July	Exmoor Seaview 17 miles	Countisbury Hill, Lynton	10.00 am	www.mineheadrunningclub.co.uk

August				
7 August	Haselbury Trail 10k (Somerset Series)	North Perrott School	7.15 pm	www.haselburytrail.btck.co.uk
10 August ?	Maiden Newton Madness 10k	Maiden Newton	TBC	www.maidennewtonrunners.wix.com/maidennewtonrunners

14 August	Summer 5k Series (Race 5)	RNAS Yeovilton	7.15 pm	www.yeoviltonrrc.com
25 August	Langport 10k (Somerset Series)	Langport	11.00 am	www.langportrunners.co.uk

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

crewkernernews@gmail.com