

CREWKERNE RUNNING CLUB

Newsletter

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www.crewkernerc.btck.co.uk

Dear Runners,



'Crewkerne Cupcakes'.....to find out more why these fine five ladies are dressed in pink t-shirts with cupcakes on them (mad I know)....read on!



Parrett Trail Relay

While I don't have any results yet, I do have the following message from our Chairman, Malcolm Higgins

On behalf of Jim and myself, we would like to thank all the Marshals for all the work they did to make the PTR the success it was, as without your assistance this event could not take place. A special thank you to Derek on the address system and Tracy and Dave for correlating the times at the end of the event.

Your efforts were appreciated.

Please help next year.

Mal



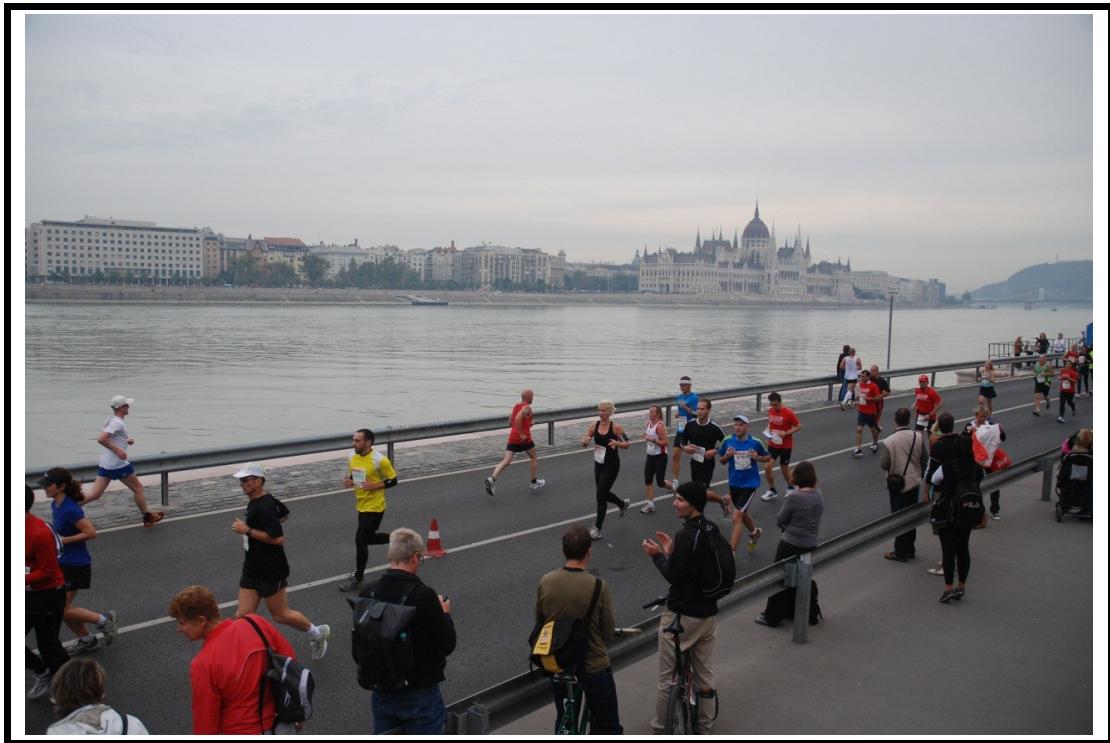
Budapest Marathon Race Report – 7th October 2012 – By Mike Pearce

I decided to run the Budapest Marathon because my wife and I had always wanted to visit the city and it seemed like a good opportunity to go for a run at the same time! Whilst we were there the weather was blue sky and warm sunshine but luckily on the day of the run it cooled off a bit with a temperature of about 16 degrees at the start. In fact the race starter suggested it was a little cold and that we should do some warm ups, but being from cold old Britain it was a good temperature for running.



Taking off on the run - SPOT THE BALDY!

I started along with about 3700 other runners in Hero's Square with the Angel Gabriel looking down on us from a 35m column. The race took us down the main avenue into the city centre and then out onto the riverside. We ran past many Hungarian landmarks, such as Parliament, Chain Bridge, Gelert Spa Baths, Budapest Palace and the Fisherman's Bastion. The Danube kept us company from the 6km mark all the way to 37km, where I wound my way back to the finish at Hero's Square. By this point the temperature had risen to about 23 degrees and I was starting to feel it!



22km mark along the river Danube with Parliament building in the distance

I came in at 2 hours 45 minutes and 27 seconds, knocking off over 4 minutes from my London Marathon time. I was so chuffed, but really felt the aches and pains of it all when I stopped at the end – must be my age!

The race was well organised with all the roads closed, a good number of refreshment stations, crowds and samba bands along the way. There was lots going on in the race village at the start and the end of the race. It was also really easy to register on the Saturday.

It is definitely a really good spectators marathon as my wife managed to see me 5 times which really pushed me on, you may have heard her shouting yourselves!! I would recommend this race to anyone.

Whilst out there I met another British runner who had gone out with a group of 10 of his fellow club members. It got me thinking perhaps our club could do something similar sometime – what do you all think??



Whoohoo the end!



'The Captain's Race' report by Ed Stahl

With half an hour to go before the first captain's race, the heaven's opened and I had serious doubts that anyone would turn up. Thankfully the rain ceased and the event started amidst a rainbow over Merriott. Twenty eager members made their way to the start where i issued them their individual times in what would prove controversial as always. So began the pre race banter by the usual group which made for an entertaining watch and ended up with everyone very keyed up for what they were about to run.

The course was six miles of country lanes with a few hills thrown in. The main challenge was the hill going into Hinton St George and as having run the recce route, knew it would be a true test for everyone involved. Unfortunately due to the rain there some lanes that were under some considerable amounts of water but that only added to the challenge.

Tracy and Tamsin began the race and were eager to get off as quick as possible as they were the ones to chase down. And so the procession began, would be trophy hunters racing off into the darkness trying to catch the runner before. Nick Sale and Clive Harwood were the last to start and i wandered how many runners they would catch.

So the waiting for Martin and I was up as we saw the first light coming down the hill. It was very exciting as we couldn't determine who the winner was going to be until the very last moment. The winner of the first captain's race was..... Chris Rawlings. Soon Martin and I were very busy as Chris was just ahead of everyone else. We were now waiting for the first lady to arrive and it wasn't long. The winner was.....Sarah Warren.

Well done to everyone who ran the race and can i say thank you to you all as without you there would have been no race. Also i would like to thank Martin Cook who was the official timer on the night. Below is a list of all the positions and times:

position		prediction	actual time	time in
1st Male	Chris Rawlings	52:30	50:08	58:38
2.	Brian Kemp	50	48:54	58:54
1st female	Sarah Warren	50	49:37	59:37
4.	Elaine Priest	43.3	43:15	59:45
5.	Linda Still	53	52:59	59:59
6.	Tom Priest	38:3	39:35	60:25
7.	Rich Gardener	41	41:35	60:35
8.	Derek Boles	50	51:40	61:40
9.	Phil Wareham	47.3	49:12	61:42
10.	Tim Irish	41	42:47	61:47
11.	Martin Pattemore	39	41:28	62:28
12.	Ian Wickens	52.3	55:08	62:38

13.	Nigel Key	43	46:23	63:23
14.	Dave Carnell	42	43:27	63:27
15.	Stuart Stacey	53	57:35	64:35
16.	Tim Hoyle	52	56:53	64:35
17.	Nick Sale	38	42:53	64:53
18.	Clive Harwood	38	42:53	64:53
19.	Tracy Symes	1hr	68:06	68:06
20.	Tamsin Dickinson	1hr	68:06	68:06

As an added extra, there are two course records set as this was the first running of this. The quickest male was Tom Priest with a time of 39:35 and the quickest female was Elaine Priest with 43:15. Well done you two, a family double.



The 'Crewkerne Cupcakes' Jersey Marathon Relay Race, October 7th 2012



We decided to run this race as a team in February as a challenge to work towards after various injuries and babies, to get us back on form and running. We came up with the name 'Crewkerne Cupcakes' on a night out and Sue made us all fabulous kit bags, bracelets and found us pink 'Cupcake' T Shirts to wear which were most distinctive.

Sue and Kim's 30 minute flight to Jersey on the Friday afternoon was uneventful. Jane, Tamsin and Caroline's Saturday morning flight has many incidents and memories etched on their minds as well as on the plane's ceiling and windows !!!

Saturday was continuous rain from dawn to dusk but we managed to collect our race numbers and keep dry shopping in St Helier and eating in cafes. The importance of 'carb' loading is essential regardless of the length of the leg we were each running.

Sunday morning we awoke in our Guest house by the sea to glorious sunshine, with bright and breezy conditions. Tamsin, Sue and Caroline left early by taxi to get to the start and to decant onto the various buses to take runners to the start of their legs. Kim and Jane stayed back at the guest house to enjoy a lovely cooked veggie breakfast before getting the bus to the start of their legs.

Sue started and ran a 3 mile urban route through St Helier, handing over the rubber relay band to Tamsin who ran a 6 mile scenic route through Waterworks Valley, mostly up hill. Tamsin handed on to Caroline who ran the longest leg of 7 miles around the perimeter of the airport which was mostly flat. The next leg was run by Jane who had a lovely 4.5 mile multi terrain leg finishing at the local sports centre and handing over to Kim who had the 'Cupcakes' timing chip. Kim's 5.75 mile leg was off road downhill to St Aubin and along the sea front with a headwind.

Our total relay time was a respectable 4hrs 32 mins and 10 seconds. The whole event was very well marshalled, well organised and a thoroughly good experience. At the same time there was also a full marathon and a 3 km fun run to attract all levels of abilities. With the race being held in October the guest houses are cheap and most restaurants do a good value two and three course meal. Put this one in your diaries!



Thanks

Jane W



THE BRISTOL HALF Race Report by Phil Wareham

I arrived early and found what I thought was the perfect spot to park??

A easy walk down to one of the two meeting areas for the different coloured numbers which was easy to find with all info provided in pre-race pack that is sent to you. Plenty of toilets, secure bag areas and plenty of Marshals All in all a very well organized event.

THE RACE

14,000 runners took part in the Half Marathon, in ideal conditions cool and over cast.

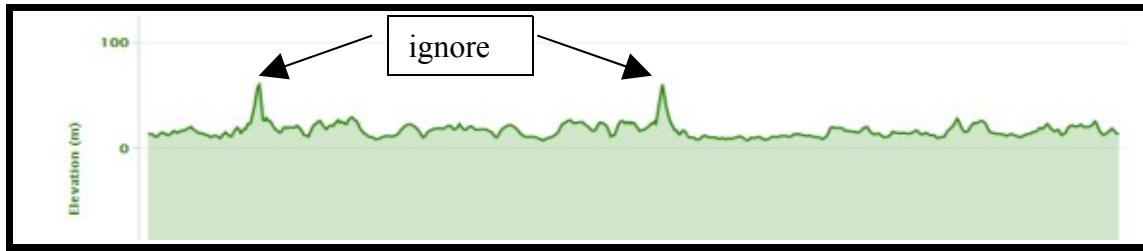
If you want to get anywhere near the front of your wave(2 separate waves 9.30 and 10.00), get on the start/finish straight as early as you're allowed as per your wave. Not like I did, wandering over to the start, Thinking "that's a lot of people, will I ever get across the start line... which proved to be one of the hardest miles trying to get around other runners and spectators.

The event, which sees club and fun runners competing against elite athletes, is now in its 24th year.

Pro's set off at 9.15, the more human of us set off at 9.30 or 10, I was in the latter.

Dominic Ondoro was the men's winner in an unofficial time of 62min 50sec; the first woman, Emily Biwott, came in at 71min 22sec

The elevation below shows quite a flat course with all hills short and sweet (about 128m of climbing in total, estimated). Ignore the two obvious spikes as this is where I went through a tunnel. So I would say get a good start position and a PB is very possible.



I personally was able to smash my PB due mainly to joining Crewkerne running club. With a special thank you to Ed for his excellent Wednesday sessions and to Clive for his off-road adventures and race day tactics.

The Course left the start/finish along Anchor road went up and down the Portway in the first 8 miles the last 5 were winding in and around Bristol

At the finish a very good run off area ideal to wind your body down gently and lots of goodies to remember the race.



In summing up I would say a good race with a good atmosphere extremely well organized, I think I personally prefer the small races, but I was certainly glad I done this one.

P.S ...at the beginning I mentioned a parking spot...Well if you would like to leave Bristol in the afternoon I suggest parking further from the runners village or using the park and ride.



Street 5k Race Report by Captain Ed

You know when the Winter is coming up when the first Street 5k is upon us and five of us took the journey up there. This is a great event, not as big in numbers as Yeovilton, but it's a five lap course so good for the track athletes. As always, pre race banter ensued before we set off down the hill for the first lap at the usual break neck speed.

The competition was fierce with everyone vying for the early positions in the early stages of the race. Various groups were forming so I managed to stick in the second group hoping to push on in the latter stages. Nick Sale was also with me so it was nice to have a friendly face to race with.

With the last lap, Nick and I had managed to hold our positions since lap one and we both held a top ten position. This was a good marker set for the series and hopefully the times will get quicker too. There were also great times for the other Crewkerne runners involved. Here is how we all fared:

1. Kierran Young 16:25

7. Ed Stahl	17:35
8. Nick Sale	17:37
35. Dave Carnell	20:22
39. Tim Irish	20:54
70. Kirsten Irish	23:46

Well done everyone, see you at the next one, November 14th. This is also on the club championships list so I expect to see more members up there.



An exciting idea from the mind of Les Thomas....

With the new Sports Club facility opening up right on the doorstep of the swimming pool and running club, I was thinking that now may be a good time to start a splinter cell to the running club - for triathletes and anyone wanting to get into multisport racing. I can think of at least 15 people in and around Crewkerne's immediate area who already race in tri's who could be interested. Obviously this is just a raw idea – but I'm thinking we could integrate current running nights, with perhaps special, coached swim nights and organised ride nights - a whole weekly training calendar for all abilities, where experience and ideas can be shared and learnt from.

The nearest tri specific club is The Wessex Wizards which involves a lot of travelling to take part in their sessions, so not very helpful in our area at all!!

Swimming:-

I have already spoken with the manager of the Aqua center regarding coached swim sessions. He is very keen for the Aqua Centre (CaC) to be a part of this idea. We discussed some options, but moving forwards - he advised we go along to the Masters Session they currently run between 8 & 9 on a Thursday (to begin with). Obviously we would have to give some notice before we descend en-mass, so that the coach can plan a 'triathlon' orientated session for us. But we would be offered up to 2 lanes (depending on numbers) - a fast and slower lane for beginners. If you are a member of the CaC the session is free, otherwise it will cost £4.50 (a normal swim would set you back £4.10 so at 40pence more for a coached, hour long session - I think that denotes great value!!)

Running:-

Ed's coached speed session on the Wednesday would be the best run session to make part of your Tri diary, but obviously there are 3 'club nights' and a Sunday morning to continue your running training.

Cycling:-

For the cycling, well there are already many members who regularly head out on 2 wheels but a 'set' training night or possibly a weekend morning/afternoon can obviously be sorted out. There's currently a keen group of guys (Merriott Wheelers) who meet every Sunday morning and Tuesday night – who would welcome and encourage any new cyclists to ride with them as well.

Facilities:-

Going back to the new Sports club.....as the running club are now members, I will be looking to approach the committee to find out if we could use the changing facilities to lock our bikes in when we want to do 'brick' sessions where we either do a swim/run or a bike/run session, utilising their new lockable changing rooms, and obviously the refreshment area afterwards!!!

I hope reading this has inspired a few of you into perhaps trying something new and look forward to this getting off the ground.

If anyone has any other ideas, thoughts or questions, please don't hesitate to speak to me and it would good if some of the people who've already experienced Triathlon, could help get this going.

Cheers for reading

Les Thomas.



Thursday Early Run

After six months of the early run on Thursday (5 - 6:30), it has been decided to stop this due to lack of runner's turning up. I had enjoyed running these early sessions but due to my family commitments I am unable to continue this. Thank you to all those runners that came running with me - it was fun!



Dates for the Diary

Thursday 8 Nov – Pub Run at the Admiral Hood, back by popular demand another run from the Admiral Hood on Pie Night!

Sunday 18 Nov – Something different, meet at Weatherspoons at 8.30am to head down the old railway track from Chard towards Ilminster then back to Weatherspoons for breakfast.

Sunday 9 Dec – 9.30am Winter Handicap from Hinton St George Hall followed by bacon rolls

Sunday 23 Dec – 9.30am Tinsel Run, make sure you wear your best Christmas Hats again from Hinton St George Hall with bacon rolls



Gold Hill 10kish Race Report by Tracy Symes

This is what happens when I'm left on my own and get bored I start looking for races to enter, so after checking out the club championship races and having never been to Gold Hill aka Hovis Hill in Shaftesbury I thought it would be worth giving it a go!

I arrived this morning thinking I was the only crazy member of the running club but I was mistaken, I walked into find Mr Harwood fresh from running the Parrett Trail yesterday. We also found a couple other Crewkerne runners hanging around, Luke & Bob Brunt.



It was a nice sunning morning bit of the cool side but good conditions for a run, we set off at 11am on a nice piece of flat road, this wasn't to last long, we were soon heading towards the infamous Gold Hill, having already sent Dave and Elaine off to scale the hill they were waiting at the top camera in hand to cheer us on and capture the moment on film. I was pleasantly surprised that I managed to run the whole way up the hill, it's very steep but a lot shorter than I was expecting.



We headed off out of the town and into the countryside, I had been warned by Luke that Gold Hill wasn't the worst hill of the course and I was soon to discover he was right. We were running in lovely countryside but Dorset is hilly!! The hills just seem to keep going on and on, there were more up's than down's and I must admit I did resort to power walking most of the hills.



The last hill back into the town was probably the worst but once I got to the top of it, I came round the corner to Dave and Clive cheering me on with less than 1k to go I managed to find a bit of energy and pushed to the end with Elaine, Bob, Luke & Matthew there to cheer me to the end.

Once I'd got back and caught my breath, I discovered that Clive had finished in third place overall and was the 1st Male Vet. Well done Clive a fantastic run only a day after running a tough leg of the Parrett Trail race. Well done to Luke, Bob and Matthew who I hear all did fantastically too.



It was a well organised fun event, but I don't think I'll be doing it again!

Unfortunately the official results haven't been published yet but I know I finished in about 1hr 10mins. So it may not have been my fastest 10k, but it's been my best point's scoring one for the club championship being the first female back for the club as I was the only female running for the club!!





New Members

Two new members to welcome into our warm embrace this week; Dawn and Steve Potter! Welcome!



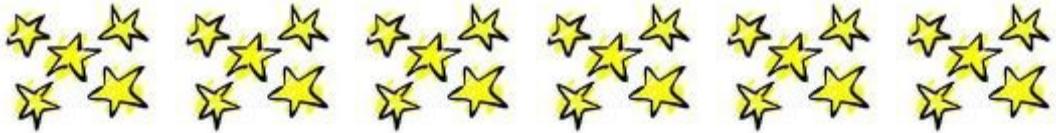
Upcoming Events

Hi all,

It's the 24th year of the Street 5km road race Series is coming up – it starts on Wednesday October 10th 7.30pm and then takes place on the 2nd Wednesday of every month through to March.

The October edition will be Race number 139. Please advise your Club members of the Series and encourage them to come and compete.

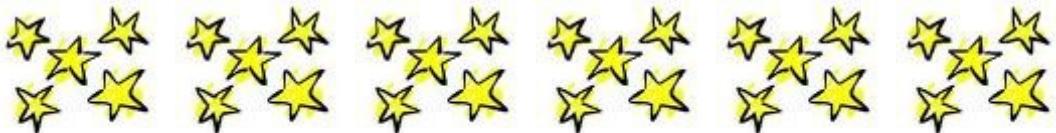
The new race director is Ed Tickner



Four birthdays to bring to your attention over the next fortnight!

Stuart Stacey & Tony Strugnell 16th, Nigel Key 18th, Mike Pearce 20th and Phil Wareham 27th

Many Happy Returns to you all!



This Week's Running

Club nights are on Tuesday, Wednesday and Thursday over the following fortnight leaving the car park at Lidl's at 6.30pm.

The Sunday morning run leaves the Lidl's car park at 9.30am.





Dates for your

October

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sat 20 th	Weymouth 10m	Weymouth	10.30am	www.egdonheathharriers.com
Sun 21 st	Exmoor Stagger & Stumble	Minehead	11.00am	www.mineheadrunningclub.co.uk
Sun 21 st	Dartmoor Vale Marathon, Half Mararthon & 10k	Newton Abbott	9.15am	www.dmvmarathon.org.uk
Sun 28 th	The Stickler	Shillingstone	10.30am	www.thestickler.co.uk
Sun 28 th	Salisbury Half Marathon	Salisbury	10.30am	www.totalbuzzevents.com

November

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sat 3 rd	Yarcombe Yomp	Yarcombe	10.30am	www.axevalleyrunners.org.uk
Sun 4 th	Ilminster 10k	Ilminster	10.30am	www.ilminsterlionsclub.co.uk
Thurs 8 th	Mosterton Pub Run	Admiral Hood Pub	6.15pm	See Newsletter
Wed 14 th	Street 5k	Street	7.00pm	Wells City Harriers
Sun	Chard Early Pub Run	Weatherspoons	8.30am	See Newsletter

18 th		Chard		
Sun 25 th	Brent Knoll 10k	Brent Knoll	11.30am	www.burnham-on-sea-harriers.com
Sun 25 th	Bicton Blister	Bicton College	11.00am	www.bictonblister.co.uk
Sun 25 th	The Herepath Half	Taunton	10.30am	www.herepathhalf.org

December

Date	Event	Location	Time	Website
Sun 2 nd	Full Monty	Ham Hill	10.30am	See Newsletter/Website
Sun 9 th	Winter Handicap	Hinton St George	9.30am	See Newsletter
Sun 23 rd	Tinsel Run	Hinton St George	9.30am	See Newsletter

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

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