

# CREWKERNE RUNNING CLUB

## Newsletter

Issue no. 76 Sunday 15<sup>th</sup> July 2012

[www.crewkernerc.btck.co.uk](http://www.crewkernerc.btck.co.uk)

*Dear Runners,*

[Pub Run – This Thursday!!](#)



You are all welcome to come along to the Manor Arms in North Perrott for this month's pub run.

Please meet at the pub at 6.15pm to give you time to order your food before the run commences at 6.30pm.

We aim to have a good run and arrive back to change ready to eat for 8 o'clock.

The new early session on a Thursday will run as usual, leaving the car park at Lidl's at 5pm.



## Adrian Marriott Training Session

Just to remind you all the next Wednesday (25<sup>th</sup>), Adrian Marriott will be joining us to take a session at Wadham playing fields.

This will be a fun session aimed at mixed abilities covering warm up, technical skills, the running component and some injury prevention exercises. I can't stress enough that this is for mixed abilities not just the faster runners.

I'm really hoping that as many of you as possible can try and get along for this session and make it worthwhile putting events like this on. It's a bit different from the normal runs and I'm sure we will all benefit from it in many different ways...and have fun doing it! So please come along and support this evening!!



## CRC Championship – how it stands....

So with 14 of the championship races gone by, many of you have been racking points up left, right and centre!

To wet your appetite even more to get involved in this, we have managed to secure some great prizes for all the various winners, including a personalised training session with Adrian Marriott for the male and female winners. This is a chance to use all of Adrian's knowledge from club and international running, as he tailors a training session specifically to fit your needs of what you want from your running, and how you can improve whatever your ability. How good does that sound!!!

So here is how it stands at the moment, but remember if you are disappointed with your points, there are still 9 races coming up before the end of the year for you to really go for it!

### Mens Overall

1<sup>st</sup> Mike Pearce

2<sup>nd</sup> Ed Stahl

3<sup>rd</sup> Dave Carnell & Tom Baker Tied

### Ladies Overall

1<sup>st</sup> Tamsin Dickinson

2<sup>nd</sup> Tracy Symes

3<sup>rd</sup> Sarah Frost

### Age Categories

#### Male and Female 16 – 35

1<sup>st</sup> Tom Baker and Ginette Briggs

#### Male and Female 36 – 51

1<sup>st</sup> Nick Sale and Sarah Warren

#### Male and Female 51+

1<sup>st</sup> Clive Harwood and Bridget Schneiders



## News on Club Kit from Sarah Warren

You will be pleased to hear that the new club kit (track tops and hoodies) have arrived. Set out below is a list of items ordered by members together with the base price, subsidy, deposits paid and balance due. I will bring the items along to running evenings for you to collect upon receipt of payment. You can pay the balance either by cheque (payable to Crewkerne Running Club) or by BACS (Crewkerne Running Club HSBC a/c no: 21093649, sort Code: 40-18-25) If you pay by BACS would you please drop a quick e-mail to both me ([sarah.warren321@btinternet.com](mailto:sarah.warren321@btinternet.com)) and to Derek ([derek.boles123@btinternet.com](mailto:derek.boles123@btinternet.com)) so that we can keep track of who has paid.

If you will not be running with the club and prefer to collect your item from me at the office (I work at Stokes Partners Solicitors in Crewkerne), then let me know and I can arrange that with you.

I have ordered a few spares so if anyone has not already ordered and now wants a track top or hoodie let me know and I will see if I have your size – first come, first served.

Sarah

### TRACK TOPS

NAME	SIZE	BASE PRICE £	MEMBER YEARS	SUBSIDY	NET PRICE £	DEPOSIT PAID £	BALANCE TO PAY £
Sarah W	S	30.00	5	10.00	20.00	–	20.00
Ed Stahl	L	30.00	2	5.00	25.00	–	25.00
Sarah F	S	30.00	2	5.00	25.00	5.00	20.00
Andy P	L	30.00	10	15	15.00	–	15.00
Tracy S	M	30.00	2	5.00	25.00	5.00	20.00
Derek	M	30.00	10	15.00	15.00	–	15.00
M Pearce	M	30.00	2	5.00	25.00	–	25.00

I Wickens	M	30.00	2	5.00	25.00	5.00	20.00
T Strug	L	30.00	10	15.00	15.00	5.00	10.00
Angie P	S	30.00	5	10	20.00	5.00	15.00
Jim	L	30.00	10	15.00	15.00	-	15.00
Mal	M	30.00	10	15.00	15.00	-	15.00
Martin C	L	30.00	10	15.00	15.00	-	15.00
Nick S	M	30.00	5	10.00	20.00	-	20.00
Ken P	M	30.00	10	15.00	15.00	-	15.00
Stuart S	M	30.00	5	10.00	20.00	5.00	15.00
A Stocks	XL	30.00	-	-	30.00	-	30.00

### HOODIES

NAME	SIZE	BASE PRICE £	MEMBER YEARS	SUBSIDY	NET PRICE £	DEPOSIT PAID £	BALANCE TO PAY £
Ginette	S	28.50	2	5.00	23.50	23.50	0
T Strug	L	28.50	10	15.00	13.50	5.00	8.50
Tamsin	M	28.50	10	15.00	13.50	5.00	8.50
Kay P	M	28.50	1	0	28.50	5.00	23.50
Elaine P	S	28.50	5	10	18.50	-	18.50
George R	L	28.50	10	15.00	13.50	-	13.50
Caroline	M	28.50	5	10.00	18.50	5.00	13.50
Chris H	L	28.50	-	-	28.50	-	28.50
Clive	M	28.50	10	15.00	13.50	15.00	0
Roger S	M	28.50	5	10.00	18.50	-	18.50
Linda S	S	28.50	5	10.00	18.50	-	18.50
Kim	S	28.50	10	15.00	13.50	-	13.50



Haselbury Trail Race – 1<sup>st</sup> August

This plea goes out to all members but especially some of our newer members!

Our fantastic running spectacle, The Haselbury Trail Race, takes place very shortly on Wednesday 1<sup>st</sup> August. As this is one of our four organised events, we require a lot of helpers and marshalls on the night – that is where you come in!

We are still short on some of the marshall positions and I'm sure there are other small jobs going on the night which we need help with.

We have a loyal band of helpers every year who spare whatever time they can, but we would really like to see some of our newer members who maybe haven't helped out on one of our events before to come along a give it a go.

You only have to spare a couple of hours if you can, and afterwards there is a bar and BBQ for you to delight in and really make an evening of it!

Please anyone who can help in anyway on the evening, please contact race organiser Derek Boles on [derek.boles123@btinternet.com](mailto:derek.boles123@btinternet.com)

Please do so ASAP as the race is drawing ever closer! Thanks in anticipation!



## Let us all now sit back, comfy in our chairs, and read about the Ironman efforts from our man from Kent, Rupert McLeod!

The Outlaw Iron distance triathlon. 3.8k swim, 112 mile bike, 26.2 mile run.

"Mad", "insane", "obsessed". Just a few of the names I've been called since I started training for an Iron distance triathlon. If I'd listened to all the negative comments I've received I'd never have finished, luckily, at our running club there is a never ending pool of positive people who have taken an interest, trained with, helped and advised and more importantly, inspired me.

Following on from Beachy Head last year I've gradually been building up the training. Countless times I've found myself forcing breakfast down at 4am before a cycle to Brighton, Hastings, Eastbourne or Whitstable or swimming along the River Arun and running the London marathon with two weeks notice. The training has been hard but similar to marathon training in that you build up to the distance slowly. Much attention must be paid to nutrition, massage, sleep and injury avoidance. I had very few aspirations leading up to the event, mainly I wanted to finish without severe injury, running like a crab or stomach cramps. Though sub 15hours would be nice...

The event hq was the National Watersports Centre at Holmpierrepont in Nottingham. I travelled up the day before to register and have a look at the bike porn in transition. Many nervous looking athletes wandering around looking at the huge lake surrounded by goose crap and black clouds.

Race day. Up at 4am again, smothered myself in Sudocrem, vasaline, body glide, swallowed ibuprofen, antihistamine and caffeine. Forced down room temperature rice pudding, honey and toast then cycled to the start. Sunny 6am in the water for a mass start. The start is best described as like being in a washing machine with 1000 swimmers. The photos looks much like a salmon farm at feeding time. Despite feeling calm I started hyperventilating from the start. Not being able to breath whilst people are swimming on top of you is not funny but after 750m I gave myself a good talking to and I was away. No-one likes the swim but the more I practice the better it gets, I've even got a thing for open water swimming. Or so I thought until my left calf cramped up send me silent-screaming to the bottom of the lake clutching my leg with 500m to go. Taking the last few minutes easy I was dragged out of the lake by a marshall who ordered me to lie down while she dragged my wetsuit off, sending me running to transition on feet that felt like stumps.

On the bike around the lake once [not looking at the bloke walking back with his bike over one shoulder and two blown tyres with tubes over the other] then out into the Nottinghamshire countryside for one 60 mile loop then two different 26 mile loops done



twice. Let the eating begin! Energy bars, bananas, powerbars, crisps, gels and even potatoes. Constant eating and drinking for the next few hours was the plan. I managed the first 60miles in 3hrs 20mins on pancake flat roads, glorious sunshine with a gentle breeze. The second two loops weren't so much fun, the field spread out, the rain began and the wind got up but I kept on turning the wheels. The drink stations had mini-goal where you were encouraged to score points by throwing your old bottles into the net then seconds later you were handed shiny new ones by the marshall. Eventually we arrived back as base where another marshall took your bike off your hands as you limped into transition to slip into marathon mode.

On with the yellow vest and out into the sunshine. Bang went the knee seconds after leaving the tent. Bugger, bugger, bugger I didn't shout. I think with hindsight I'd over compensated with my right leg while cycling due to the left calf problem in the swim. I managed the first lap of the lake but I knew I couldn't run 24 more miles like this and I was not going to be one of those blokes who finishes in the dark when everyone wants to go home. So straight into the medics tent where I was grudgingly given a couple of Ibuprofen. The route then took us along the River Trent to the city ground, God bless you Brian Clough, back to the lake and repeat four times. I seemed to be spending more and more time at the many food stations scoffing Jaffa cakes but then the knee pain got worse on the restart so I perfected the "Ironman shuffle" which is basically running like a crab and screaming until the pain eases. I had got into a nice group of same-speed runners but heartbreakingly they all peeled off when I had one lap to go. Finally the last lap was coming to an end and I started chasing down sub 14hrs but into the wind and a crippled leg meant I finished in 14hrs and 7mins. Failed Olympic entrant, Harry Wiltshire, won his first Ironman distance triathlon in 9hrs and 6mins.

Post-race curry and massage followed then eventually a 4mile cycle back to the hotel with a huge bag over my shoulder for a cold bath and chat with other finishers. Now I've had time to reflect I've not been put off doing it again but not in a hurry. I could improve the cycle if I had a lighter bike and with hindsight a sub 4.30 marathon is possible without injury just don't tell my wife.

Rupert.



## Upcoming Events...

### Langport 10k – Sunday 26<sup>th</sup> August

Please can I advise that if you want to do this event then get your entries in early, as this race is normally full up by race day.

This is a fast, flat 10k road race and has great PB potential!

For an entry form or link to online entry, please visit  
[http://www.langportrunners.co.uk/battle\\_of\\_sedgemoor.html](http://www.langportrunners.co.uk/battle_of_sedgemoor.html)

### Great RAT's Run

Hi there

May I introduce you to the Great RATs Run on Sunday 23rd September 2012.

This is a 42ish, 22ish and 12ish mile multi terrain coastal run.

All 3 distances are open to solo runners, and the 42 & 22 miles are also open to relay teams.

Self navigation will be required.

Additional information, plus entry forms, runners' maps & instructions, plus relay team support car instructions, all available at

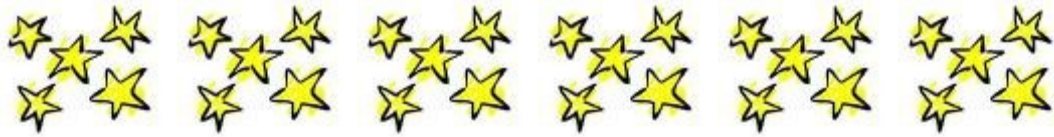
[www.buderats.co.uk](http://www.buderats.co.uk) or contact us at [grr@buderats.co.uk](mailto:grr@buderats.co.uk)

A copy of the entrance form is also attached.

We hope you will include this on your club website, & we look forward to welcoming your club members to our beautiful rugged North Cornwall coast.

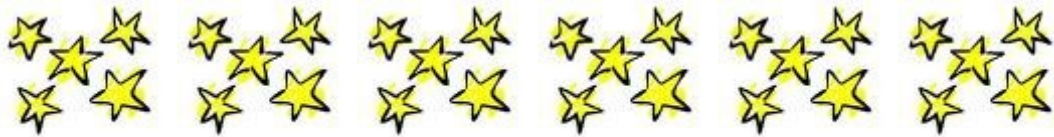
Annie Finding

Bude RATs Club Secretary



Just one birthday this week and it is of our fantastic Ladies Captain Sarah Warren!

Many Happy Returns Sarah!



### [This Week's Running](#)

Club nights are on Tuesday, Wednesday and Thursday this week leaving the car park at Lidl's at 6.30pm. The early run on Thursday is at 5pm.

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





## Dates for your

### July

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Thurs 19 <sup>th</sup>	Pub Run – Manor Arms	North Perrott	6.15pm	See Newsletter
Thurs 25 <sup>th</sup>	Adrian Marriott Training Session	As usual	6.30pm	See Newsletter
Sun 29 <sup>th</sup>	North Dorset Half Marathon	Sturminster Newton	10.30am	<a href="http://www.sturhalf.co.uk">www.sturhalf.co.uk</a>

### August

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Wed 1 <sup>st</sup>	Haselbury Trail Race	Haselbury	7.00pm	<a href="http://www.crewkernerc.blck.co.uk">www.crewkernerc.blck.co.uk</a>
Sun 5 <sup>th</sup>	Totnes 10k	Totnes	10.30am	<a href="http://www.teignbridgetrotters.co.uk">www.teignbridgetrotters.co.uk</a>
Wed 8 <sup>th</sup>	Yeovilton 5k (Race 5 of 6)	RNAS Yeovilton	7.15pm	<a href="http://www.yeoviltownrrc.com">www.yeoviltownrrc.com</a>
Sat 11 <sup>th</sup>	Maiden Newton Madness	Maiden Newton	7.00pm	<a href="http://www.freewebs.com/maidennewtonrunningclub">www.freewebs.com/ maidennewtonrunningclub</a>
Sun 26 <sup>th</sup>	Langport 10k	Langport	11.00am	<a href="http://www.langportrunners.co.uk">www.langportrunners.co.uk</a>

### September

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sun 2 <sup>nd</sup>	Ash Excellent Eight	Ash	11.00am	<a href="http://www.yeoviltownrrc.com">www.yeoviltownrrc.com</a>
Sun 9 <sup>th</sup>	Cheddar 5k, 10k, Half, Marathon	Cheddar	TBC	<a href="http://www.relishrunningraces.com">www.relishrunningraces.com</a>
Wed 12 <sup>th</sup>	Yeovilton 5k (Race 6 of 6)	RNAS Yeovilton	7.15pm	<a href="http://www.yeoviltownrrc.com">www.yeoviltownrrc.com</a>

Sun 23 <sup>rd</sup>	King Alfreds Torment	Stourhead	11.00am	<a href="http://www.yeoviltownrrc.com">www.yeoviltownrrc.com</a>
Sun 23 <sup>rd</sup>	New Forest Marathon &Half	New Milton	9.15am	<a href="http://www.newforestmarathon.org.uk">www.newforestmarathon.org.uk</a>

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

[simon\\_land87@yahoo.co.uk](mailto:simon_land87@yahoo.co.uk)