

# CREWKERNE RUNNING CLUB

## Newsletter

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

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*Dear Runners,*



Nick Sale in action recently at the Chard Flyer

A couple of important dates to bring you up to date with, but before that I must apologise for my bad memory!

I had completely forgot to add it to the diary but **this Wednesday's run is a pub run.** Following a lovely run and meal at the end of last year, we have decided to hold it again at the Stonemason's Pub in Ilminster.

Arrive at 6.15 to have time to pre-order your food before we set off at 6.30. We will again be running on the old railway line towards Chard (though not getting quite that far!). As usual nobody will be left behind to fend for themselves.

Hope to see you there!

Some more dates for you –

- Crewkerne to Charmouth Run on Sunday 29<sup>th</sup> January

- Only 2 weeks away now guys and girls. This popular route starts at 9.00am SHARP from Lidl's following a cross-country route down to Charmouth. We pass through Hawkchurch at around 11.00am at 11 miles, if people don't want to run it all and join us there.

- The full route is around 17 miles so is a tough but beautiful run. We aim to arrive in Charmouth at about 12.30ish to be in time to eat lunch at 1o'clock at The George.

- Although it is not a fast pace, we do have to stick to the above times of around 3 1/2hrs in total, so please be aware of these times if you are thinking of joining us.

- Crewkerne to West Bay Run on Sunday 4<sup>th</sup> March

- The original date of Sun 26<sup>th</sup> had to be changed as we realised it clashed with the Slay The Dragon race

- Predict-a-run and Pub Run on Tuesday 21<sup>st</sup> February

- Sarah Warren's popular event takes place on a Tuesday night. This event will be followed by a pub meal at Oscars in town

- [AGM on 12<sup>th</sup> March](#) at the Lamplighters Bar next to The George. 7.30pm for an 8.00pm start
- [South Petherton long run on Sunday 1<sup>st</sup> April](#)



## Street 5k Race Report from Ed Stahl

The two regular racers of the street 5k were met by Rachael green to attempt her first race of the series. The weather was ideal and 80 racers set off down the hill on the now familiar five lap course.

I was in the leading pack having let Kieran young speed off in the lead. Unfortunately I let him have too much of a lead which I was never able to claw back.

After five laps I had managed to get within ten seconds of the leader but once again I finished second with 16:45. Dave Carnell had a great race and broke the 20mins barrier with 19:38. Rachael came in 56th with 21:52.

Away from this Dave came third in last year's Somerset Series for over 50's. Well done dave! Great effort! The series comprises of 12 to 15 races of differing terrain and length so this is an exceptional result.



An anonymous message received.....

Can't resist mentioning.

I was out walking today heading towards South Perrott on the PTR when I heard a commotion behind and a sea of dayglow Yellow catching me up, Down hill Dave,( it was flat), Nick Sale (not in costume this time), Ken. Stuart and several others being lead by Derek (from the rear).

A quick hello and they were off to stop and have a chat in the middle of the Waterloo- Exeter Line, before pussy footing it around a patch of mud in the corner of the field, standards are dropping !!!

Anon



## Tuesday Time Trial Report from Ed Stahl

The third run of the 5mile time trial went ahead on the 3rd of this month and despite being only two days after new years day, a good turnout was had. Fifteen or so would be racers rallied at the start to see who would be crowned the monthly champion.

As an added bonus we had two very efficient time keepers in Tracy and Caitlin who volunteered for this unceremonious job, so thank you and I'm sure all the runners appreciated the effort you put in.

So to the results! The winner of this months handicap event was.....Linda still. Well done Linda but if you can knock off another nine mins off your predicted time then your training is going very well!

Actual.    Pred

Linda still. 40:24. 49mins

The following is in order of actual time the runners ran:

Ed stahl.	27:04.	27
Clive H.	30:08.	30
Simon L.	30:16.	30
Dave C.	30:58.	30
James A.	34:30.	30
Alex H.	34:47.	37
Rachael G.	35:42.	43
Nick S.	36:36.	28
David M.	37:49.	35
Derek B.	39:19.	39
Angie P.	40:03.	45
Tim H.	41:16.	42
Stuart S.	42:17.	42



Can I now introduce to you all something brand new that we are bringing to CRC!

## The Crewkerne Running Club Championship

I have decided to start up a Club Championship which our members can take part in throughout the running year, with the potential to win trophies and prizes at the end of the year. This is something that many running clubs do in various forms.

### How will it work?

*Runners will be able to score points by competing in certain races in the year. There will also be ways runners can score points in non-race events.*

## Who can take part?

*Everyone! As long as you have paid your subs for the year you can take part.*

## Won't it just be the quicker runners who win everything?

*Definitely not. The whole reason for setting this up was to encourage everyone to get involved and compete, regardless of ability. This is paramount to the whole thing working in my opinion. While it has to be competitive, this is meant to be fun, not to serious, and a way for all members to get involved should they wish.*

## So what races can I enter?

*There will be around 20 races throughout the running year which we will select as Championship Races (within our club). You can take part in as many or as few as you like, but one of the ideas of this whole thing is to encourage members to get more involved in local races and running in general. Races will be announced at the start of the year and plugged in the newsletter*

## How do I score points?

*There are a couple of ways you can score points*

- *Competing in Championship Races. (5 points)*
- *Where you finish in races in relation to your other club members. The first CRC runner across the line will score 30 points (male & female scored separately). 2<sup>nd</sup> CRC runner across the line will score 29, third will score 28 and so on.*
- *If you beat your PB. You will have a PB set as you compete in events over 5k, 10k or half marathon distance. If you compete in a race and beat your own PB you will receive 30 points.*

*And you can also earn bonus points throughout the year...*

- *By competing in Marathons or Ultra-marathons. That will earn you 15 bones points*
- *Entering the Winter or Spring handicap will earn you 5 bonus points*
- *By helping at any of the 4 CRC events, earning you 10 bonus points each time*

*So there are many ways for you to score points which don't rely on running ability. Monthly updates will be made available in the newsletter*

That sounds confusing?? Give me an example...

*I have tried to keep this as simple as possible, and it is a lot easier to work out than many clubs who do seem to over-complicate things!*

*But as an example;*

*Simon runs in the Langport 10k with a time of 40.30 and was the 4<sup>th</sup> fastest CRC man home. His time of 40.30 is 25 seconds quicker than when he ran in the Easter Bunny earlier in the year.*

*For that race I would receive 5 points for completing a championship race, 27 points for being 4<sup>th</sup> male CRC runner across the line and a bonus 15 points for beating my PB time. In total my score for that race would be 47 points.*

So how do I win?

*Depending on how many events you enter, I will take your 8 highest scores over the year, adding them together with any bonus points to give you a final total*

*Men and women will be scored separately.*

*Prizes will be awarded to the 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> male and female at the end of the year.*

*There will also be age category prizes.*

So now what happens?

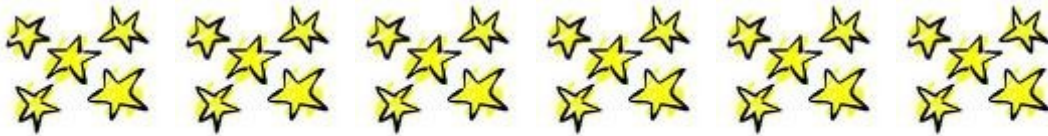
*A full list of rules and races are attached to this email. If you would like to read them and familiarise yourself with them that would be great!*

*But I want your feedback! I would love to hear what you think of this, what you think will work, or any changes which you think could be made.*

*If all is ok, the Championship will begin at the start of February!*

*As I have said before, the whole idea of setting this up is to encourage runners to get more involved with the club, enter more races, try new events and generally enjoy your running more! And that can only be done if this encourages runners of all abilities to take part, which I believe it does!*

*I will be organising this, so if you have any questions then please get in touch!*



Three birthdays to bring to your attention!

Elaine Priest celebrates on Monday with Anna Gould on Wednesday

...and “apparently” Adam Loder turns “46” this week....yeah I know....as if.....

Many Happy Returns to you all!



[This Week's Running](#)



Club nights are on Tuesday & Thursday this week leaving the car park at Lidl's at 6.30pm. The Wednesday run is a pub run from the Stonemasons, Ilminster.

Sunday morning run is from the car park at Lidl's, leaving at 9.30am

With the dark evenings now, head torches and reflective gear are essential for all runners.



*Dates for your*

January

Date	Event	Location	Time	Website
Sat 28 <sup>th</sup>	Blackdown Beast	Dunkeswell	10.00am	<a href="http://www.honitonrc.com">www.honitonrc.com</a>
Sun 29 <sup>th</sup>	CRC Charmouth Run	Crewkerne to Charmouth	9.00am	See Newsletter
Sun 29 <sup>th</sup>	Hestercombe Humdinger	Hestercombe, Taunton	10.30am	<a href="http://www.thehestercombehumdinger.co.uk">www.thehestercombehumdinger.co.uk</a>

## February

Date	Event	Location	Time	Website
Sun 5 <sup>th</sup>	Blackmore Vale Half Marathon	Bishops Caundle	11.00am	<a href="http://www.bvlions.yolasite.com">www.bvlions.yolasite.com</a>
Sun 5 <sup>th</sup>	Longleat 10k	Longleat	10.00am	<a href="http://www.209events.com">www.209events.com</a>
Wed 8 <sup>th</sup>	Street 5k Series (Race 5)	Street	7.30pm	<a href="http://www.wellscityharriers.org.uk">www.wellscityharriers.org.uk</a>
Sun 12 <sup>th</sup>	Exeter Half Marathon	Exeter	9.30am	<a href="http://www.ironbridgerunnerevents.co.uk">www.ironbridgerunnerevents.co.uk</a>
Sun 12 <sup>th</sup>	The Wiltshire 10m	Melksham	10.00am	<a href="http://www.stampedesports.co.uk">www.stampedesports.co.uk</a>
Sun 19 <sup>th</sup>	Tough Ten Challenge	Weston-super-mare	11.00am	<a href="http://www.toughten.co.uk">www.toughten.co.uk</a>
Sun 19 <sup>th</sup>	Lytchett Manor 10	Lytchitt Minster, Nr Poole	10.30am	<a href="http://www.lytchettmanorstriders.org">www.lytchettmanorstriders.org</a>
Tue 21 <sup>st</sup>	Predict a Run & Pub Run	Lidl's CP then Oscars	6.30pm	See Newsletter
Sun 26 <sup>th</sup>	Slay The Dragon	Hinton St George	10.30am	<a href="http://www.slaythedragon.co.uk">www.slaythedragon.co.uk</a>

## March

Date	Event	Location	Time	Website
Sun 4 <sup>th</sup>	Crewkerne to West Bay	Crewkerne	9.00am	See Newsletter
Sun 4 <sup>th</sup> TBC	Combe St Nicholas 10k	Combe St Nicholas	TBC	<a href="http://www.combestnicholasprimary.co.uk">www.combestnicholasprimary.co.uk</a>
Sun 4 <sup>th</sup>	Bideford Half Marathon	Bideford	10.30am	<a href="http://www.bidefordaac.co.uk">www.bidefordaac.co.uk</a>
Sun	Bath Half Marathon	Bath	TBC	<a href="http://www.bathhalf.co.uk">www.bathhalf.co.uk</a>

11 <sup>th</sup>				
Sun 11 <sup>th</sup>	Great Western 10k	Leweston School	11.00am	<a href="http://www.rotarygreatwestern.co.uk">www.rotarygreatwestern.co.uk</a>
Sun 11 <sup>th</sup>	The Grizzly	Seaton	10.30am	<a href="http://www.axevalleyrunners.org.uk">www.axevalleyrunners.org.uk</a>
Sun 11 <sup>th</sup>	City of Salisbury 10m	Salisbury	10.30am	<a href="http://www.salisbury-arc.org">www.salisbury-arc.org</a>
Mon 12 <sup>th</sup>	AGM	Lamplighters Bar	7.30pm	See Newsletter
Wed 14 <sup>th</sup>	Street 5k Series (Final Race)	Street	7.30pm	<a href="http://www.wellscityharriers.org.uk">www.wellscityharriers.org.uk</a>
Sat 24 <sup>th</sup>	Nightrunner	Beer	7.10pm	<a href="http://www.axevalleyrunners.org.uk">www.axevalleyrunners.org.uk</a>
Sun 25 <sup>th</sup>	Yeovil Half Marathon	Yeovil	9.00am	<a href="http://www.totalbuzzevents.com">www.totalbuzzevents.com</a>

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

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