

CREWKERNE RUNNING CLUB

Newsletter

Issue no. 64 Sunday 15th April 2012

www.crewkernerc.btck.co.uk

Dear Runners,



Andy Parsons and Clive Harwood in action at the Eater Bunny 10k

SUBSIDISED CLUB KIT – From Sarah Warren

At last I can give you details of some new club kit I have arranged. I am also pleased to confirm that the club Committee has agreed to subsidise the new kit from club funds. There will be various levels of subsidy, depending on how long you have been a member of the club. The Committee wanted to give a greater subsidy to those who have been members for a longer time to recognise their commitment to the club over many years. I hope everyone will feel this is fair. Anyone who has just joined the club for the first time for the current year 2012/2013 will not receive any subsidy on the club kit. This was decided because all new members receive a free club vest when they join which in fact costs the club more than the first year's subs!

I am able to offer you either a track top or hoodie which are predominantly red (the club colour) but with black sleeves. Illustrations are below. Both the track top and hoodie will be embroidered on the front left breast with "Crewkerne Running Club". I hope to have an actual sample of the track top available to bring along to running nights to show you from next week. It will be good to see Club members turning up at races and other events looking like a club!





Prices

The basic price of the track tops is £30. Hoodies are £28.50.

Subsidy

Those who joined the Club in 2011/2012 and have re-joined and paid subs for this 2012/2013 year will be entitled to a £5 subsidy.

Those who have been continuous members of the Club for 5 years (ie joined in or before the 2008/2009 Club year and have re-joined and paid subs for this 2012/2013 year will be entitled to a £10 subsidy.

Those who have been continuous members of the Club for 10 years (ie joined in or before the 2003/2004 Club year and have re-joined and paid subs for this 2012/2013 year will be entitled to a £15 subsidy.

	1 st Year	2 nd Year	5 Years	10 Years
Track Top	£30.00	£25.00	£20.00	£15.00
Hoodie	£28.50	£23.50	£18.50	£13.50

Once I have placed the order, the items will take around 5 weeks to come through. I intend to place the order during the week of 7 May which gives everyone three weeks to decide and let me know if you want to order anything. A deposit of £5 per

item will be payable with your order. I will take orders on club nights or you can e-mail me - sarah.warren321@btinternet.com. Just let me know what you want and what size and how long you have been a member.

I intend to place one bulk order as we get a cheaper rate, so if you want a track top or hoodie now is the time to say. I may not make any further orders, but if I do they will be more costly, so now is your chance.

OTHER CLUB KIT

I will also be placing an order for more club vests for those new members who have not yet had one and at the same time can order T shirts or long sleeve tops if anyone wants one.

A reminder of what is available:

Viga Coolmax T Shirts - £14. Available in black, red, white or fluo yellow. Printed with "Crewkerne Running Club" on either the front or back and the print colour can be red, black or reflective.

Viga Coolmax long sleeve tops - £18. Available in black, white or fluo yellow. Printed with "Crewkerne Running Club" on either the front or back and the print colour can be red, black or reflective.

Again let me know on running nights or by e-mail if you would like anything. Full payment with order please as items are bespoke.

I have had a few requests for shorts - I am looking into this so watch this space.

SARAH



The Easter Bunny Showdown...by Andy Parsons

The weather wasn't too good for Yeovil Running Club's Easter Bunny 10k race held at Yeovilton on Easter Monday.

However, more importantly, the challenge continued!

I turned up early and saw plenty of other CRC members, at least a dozen I would say. Clive and Stevie D turned up a short while later and the discussions centred around race pace, tactics and who was gonna be the quickest round the course (within our own little 'race-within-a-race, that is!).



We had been out running on Saturday for a 12-14 mile cross-country run which had certainly tested the legs for upwards of two hours. I took a rest day on the Sunday in preparation for the big day.

The start was at 11am and everybody made their way to the start-line. I couldn't see Clive at the start, but then realised he was running under Wells City colours (boo!).

After a slightly delayed start, both Steve and I set off at a tasty pace, well everybody else looked to be sprinting!!!



Steve and I ran together for about 3k (?), before I sensed that he was dropping back a bit. I felt good so kept the pace going. I had planned to run each mile in as close to 6.10min/mile as humanly possible. My aim was to get as close to my PB of 38.00, which was on this course, but a fair few years ago!

As we ran down into West Camel I could see Clive up ahead and gradually started to reel him in.



As we approached Stockwitch Cross I was a couple of feet behind Clive and still (remarkably) feeling OK. I saw Deb and my boys on the corner and had to let them know not to cheer (well, I didn't want to alert Clive did I?). I have fallen foul of this before, just ask Clive about the Chardstock 10k!!!!

I overtook him and did my best to hold the pace, but began feeling a little jaded with 2k to go, and I knew Clive was coming back to me as I heard a spectator cheering him on, so knew he couldn't be too far behind.



As the final corner came in to view Clive sneaked past me, and I had nothing left to be able to race him for the line.

Anyway, crossed the line in 38.25, and the bonus was I was only xx seconds behind Clive, who incidentally, won the MV60 prize. Nice one...



As for Steve, he wasn't far behind Clive or I, and got a brilliant PB in his first 10k race, I think. Awesome!!

Big congrats to all CRC runners. We had a cracking turnout with plenty of red amongst the other colours, and a couple of PBs to boot.

Right, 5k on Wednesday then.....

A view from Tracy Symes....

Woke up to a rainy bank holiday Monday and thought to myself I'd rather stay in bed, but as I'd enlisted Tamsin to run as my pace maker I got up and got on with it bring my cheerleaders with me (Dave & Caitlyn). Arrived nice and early and met up with rather a large group of Crewkerne runners which is always great to see. We were all smiles for the obligatory group photo before the off.



Tamsin, Bethy and I started near the middle of the pack and set off in pursuit of a PB for me. I was under strict instructions not to speak only to shout out the split times as we hit each kilometre marker, we reached the first in 5mins 20secs, don't think I've ever run this fast before and probably won't again!! We slowed down a little as this was rather faster than the planned pace but we kept going meeting a few other Crewkerne runners en-route.



All in all it was a very pleasant day for a run the rain kept off for most of the course and with the help of Tamsin I succeeded in getting a PB along with 3 other member of the club and of course Clive won his age category.



It was great to see so many club members out taking part in a well organised event, I think even Steve secretly enjoyed being bullied into taking part!!

Results :

1 st	-	Kevin HEYWOOD	Bideford AAC	30.19
19 th	-	Ed STAHL		35.52
20 th	-	Nick SALE		35.58
49 th	-	Clive HARWOOD	Wells City (!)	38.26 (1 st MV60)
51 st	-	Andy PARSONS		38.30
69 th	-	Steve DIAPER		39.47
125 th	-	Dave CARNELL	Maiden Newton	43.25
128 th	-	Sarah FROST		43.31
133 rd	-	Elaine PRIEST		43.48
170 th	-	Alex HELPS		45.57
205 th	-	Chris RAWLINGS		48.28
250 th	-	Adrian EAST		52.58
259 th	-	Tim HOYLE		53.43

292 nd	-	Bethy DICKINSON	56.03
298 th	-	Tony GORDON	56.08
300 th	-	Ginette BRIGGS	56.17
310 th	-	Nigel NEWBERRY	57.28
344 th	-	Tracy SYMES	1Hr 01.11
345 th	-	Tamsin DICKINSON	1Hr 01.13
347 th	-	Karen CAILE	1Hr 01.44
359 th	-	Theresa BRADLEY	1Hr 04.06
362 nd	-	Carolyn CLUTTERBUCK	1Hr 04.50

There were 373 finishers, last one across the line in 1Hr 16.57.

22 club members ran (although not all in red).



Some dates for your diaries please!!

Spring Handicap from South Petherton – 2nd May

CRC Xmas Party 2012 – 15th December



Clarification of training sessions

Last weeks committee meeting brought up some issues re training sessions so this is what has been agreed:

Tuesday night

A quicker session than Thursday night with one or two breaks and generally run around six to eight miles. This night is aimed at the more advanced runner but all abilities are welcomed as long as you are aware of the session.

Wednesday night

A structured speed / interval session based mainly at Wadham playing fields in the summer and Crewkerne in the winter. As this is around a set track its perfect for all abilities as I can keep an eye on everyone running and give runners individual goals based on their ability. If you want to get a quicker time in a race then this is for you.

Thursday night

This is the beginner's night which is a great introduction to running if your new to the sport or if you have just joined the club as you can talk to so many friendly people . Generally run from two to six miles. All abilities are welcome but can I please make the advanced runners aware that if they are planning on running then they must remain with the group.

As this night is so popular after a mile or two there is a splitting of the group which has seemed very popular as the runners can decide what they want to do on the night be it faster, slower, longer or shorter.

Sunday

A relaxed, long run in the countryside. Usually the run lasts anything from an hour and a half to two hours and on a rare occasion longer. This session is aimed at all abilities.



What a challenge! – Sarah Frost

On May 6th starting 9.30am

Hi everyone, as you may or may not know, i decided to embark on a new challenge:



This is a unique challenge that will aim to run a relay of marathons (2,600 miles) around Great Britain in May 2012. Not only will there be the physical challenge to runners of all abilities but the event will also raise funds and awareness for brain tumour research. It is surprising how many of us have been touched by this disease either directly or through someone we know.

This is a challenge but not a race. Therefore, runners will be running on their own or in small groups, at night or during the heat of the day. All the while, the runner will be notching up the miles that will try to break the current world record for distance relay running which currently stands at 1,923 miles set by the 'Gillette Phenomenal Tour' in Romania in 2009 over the course of 13 days.

My leg is stage 2 leg 3, which is from Lyme Regis to Exmouth. You can have a look at the brief outlay of the route by clicking on my attachments. If you would like to look in more detail you can visit the web link below and enter the relay GB website, where you can look at my leg and also view it on i map, which you can see the climb definitions.

<http://www.relaygb.org>

<http://www.relaygb.org/routes/2#>



The marathon itself is going to be the first challenge, as this will be my first one. The second challenge is that i found out just over a week ago and i had 6 weeks training from that date to get my miles up. Until a week ago the furthest i had run is half marathon distance. I have approx 3-4 more weeks of getting some miles in my legs, hoping to build up to 20 miles. Thanks to Clive and Steve who have helped me so far. The third challenge is that the route is very very hilly. At first i thought i would be hopeful and aim for a sub 4 hours, but the route looks like an absolute killer and it could take 5-6 hours.

This is why i would like to ask for some support on the day. If anyone would like to give up their time and join me on my run for either a mile or a few. Or even come and support me on the day, I would be very appreciative.

Sarah-Desirée Frost



Yeovilton 5k Report from Tracy Symes

The first of the Summer 5k series held at Yeovilton took place on Wednesday and it was another great turn out by the club with a few supports thrown in for good measure.



The sun was shining shame about the chilly windy but it was a pleasant evening for a run, I'd talked Caitlyn into entering so we ran together and she did very well for her first 5k event, I used the same tactics on her that Tamsin and used on me on the Monday no talking aloud, if you can talk you're clearly not running fast enough were my words of encouragement to Caitlyn. Although she wanted to complete the course in under half an hour, we just missed this by a couple of minutes but at least it gives us something to work on for the rest of the series.



There were some more spectacular performances from club runners and I wouldn't been surprised if there aren't a few PBs in the results.

Well done everyone who took part and see you again on the 9 May for round 2.

Full results below

Overall Position	Name	Time
18	Ed Stahl	17 mins 22 secs
24	Andy Parsons	18 mins 19 secs
26	Clive Harwood	18 mins 24 secs
31	Steve Diaper	18 mins 44 secs
42	Dave Carnell	19 mins 34 secs
61	Sarah-desiree Frost	20 mins 29 secs
92	Sarah Warren	23 mins 37 secs
104	Derek Boles	24 mins 15 secs
142	Caitlyn Graff	32 mins 13 secs
143	Tracy Symes	32 mins 13 secs



New Members

4 new members to introduce to you this week! A big welcome to Theresa and Mark Bradley, Chris Chapman and Simon Shackleford!

Welcome Ladies and Gents!!



How about a bit of culture? – Passed on by Martin Cook

Rift

Thursday 17 – Saturday 19 May 7.45pm, Sat mat 3pm

The Brewhouse Theatre & Arts Centre, Coal Orchard, Taunton TA1 1JL

A tale of two strangers at the opposite ends of the earth. As an athlete trains and dreams of Olympic success in Kenya's Rift Valley, a woman on Exmoor puts on a pair of trainers that do not belong to her and begins running for the first time. Between both lie volcanic fault-lines connecting them across continents.

Rift has been written by south-west-based playwright Natalie McGrath. Her last production Coasting at Bristol Old Vic was well received by theatre goers and reviewers alike.

The Cultural Olympiad ideal of sport and art in dialogue with one another inspired this work, and as such Rift has been granted the Inspire Mark by the London 2012 Inspire programme which recognises innovative and exceptional projects that are directly inspired by the 2012 Olympic and Paralympic Games.

Tickets £7.50 – £12.50

60+ £1 off / Conc. £2 off / Groups buy 10 tickets get the 11th free

Box Office: 01823 283244

<http://www.thebrewhouse.net/main-house/1287/rift>

Laura Jeffery

Marketing & Sales Director

The Brewhouse Theatre & Arts Centre

Coal Orchard

Taunton

Somerset

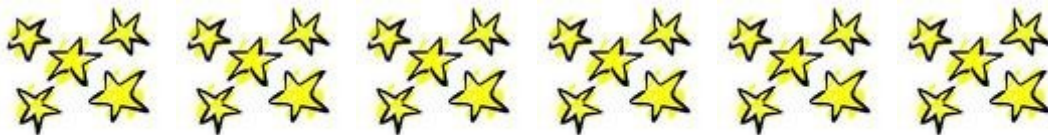
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Next Week!!!

A huge good luck from me and all our members to all those taking part in the London Marathon which takes place next Sunday!! All that training is coming down to this so make it count!! Seriously the very best of luck to you all, and let me know how you get on with race reports and pics from the big day!!

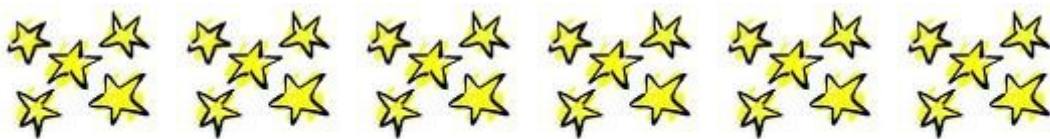
Also...with the CRC Championship in full swing, next week I will bring you the latest updates on who is running out top of the leader boards as it stands!!



4 birthdays for you this week! Busy or what!!

George Rawlings on the 16th, Andrea White on the 17th, Tim Hoyle on the 18th and
Richard Caile on the 21st

Many Happy Returns!!



This Week's Running

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

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





Dates for your

April

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sun 15 th	Pen Selwood 10k	Pen Selwood	11.00am	
Sun 22 nd	London Marathon	London		www.virginlondonmarathon.com

May

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Wed 2 nd	Spring Handicap	South Petherton	6.30pm	See Newsletter
Sun 6 th	Glastonbury 10k	Glastonbury	TBC	www.glastonburyroadrun.info
Sun 6 th	Honiton Hippo	Honiton	10.30am	www.honitonrc.com
Sun 6 th	North Dorset Village Marathon	Sturminster Newton	8.30am	www.ndvm.co.cc
Wed 9 th	Yeovilton 5k (2 of 6)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Sun 13 th	Black Death Run	Combe Sydenham	11.00am	www.theblackdeathrun.com
Sun 13 th	Jack n' Jill's Challenge	Midsomer Norton	11.00am	www.somerac.org.uk
Sun 20 th	Crewkerne 10k	Crewkerne	10.00am	www.crewkernerc.btck.co.uk
Sun 20 th	The Hard Way Round The Rock	Portland	10.00am	Portland Athletics Club
Thurs 24 th	Tyntesfield 10k	Tyntesfield House	7.00pm	www.nailsearunningclub.org.uk
Sun 27 th	Run In The Wild	Cricket St Thomas	TBC	www.chardrunningclub.btck.co.uk

June

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sat 2 nd	Egdon Easy	Weymouth	7.00pm	www.egdonheathharriers.com
Sun 10 th	Ninesprings 9k	Yeovil	11.00am	www.yeoviltownrrc.com
Wed 13 th	Yeovilton 5k (Race 3 of 5)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Sun 17 th	Martock 10k	Martock	10.00am	www.totalbuzzevents.com
Sun 17 th	Cheddar Gorge 10k	Cheddar	11.00am	www.relishrunningraces.com
Thurs 21 st	Forde Abbey 10k	Forde Abbey	TBC	www.nutshelloutdoors.co.uk
Thurs 28 th	Ash Town Tree Trail Race	Ash	7.00pm	www.yeoviltownrrc.com

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

simon_land87@yahoo.co.uk