

CREWKERNE RUNNING CLUB email

CREWKERNE RUNNING CLUB WEBSITE : www.crewkernerc.btck.com

15 November 2010

Hi all

As you will all be aware this newsletter is intended to complement and not duplicate the Crewkerne Running Club Website. **Please note there is a new website address** – see above and you will find lots of useful information on the website and unless asked to do so I will not be duplicating the information that is posted on the website

The Full Monty Recce Run

Thanks to sending out emails to all the members of Yeovil Town RRC there was a very large turnout for the first Full Monty recce run yesterday morning. I didn't carry out a head count but it appeared that **Crewkerne Running Club** members were somewhat outnumbered by the invited crowd but hopefully all enjoyed themselves, pity about the weather!

PUB RUN

The next Crewkerne Running Club "Pub Run" will be this Wednesday 17th November meeting at 6.30pm at the Lidl's car park and returning afterwards to The White Hart in the square for sustenance.

ILMINSTER 10K - SUNDAY 7 NOVEMBER - BY SARAH

A near record turn out for Crewkerne?! Thirteen red vests lined up on a cold but sunny morning for the Ilminster 10K. It is a nice course on country lanes with all the hills in the first half and then a nice long down hill section on the way back. There were some notable performances with four Crewkerne runners in the top 20. Nick Sale was second overall and trophy hunter Clive did it again taking first place in his new 60+ category. I was pleased to get round the course at all as I have been suffering from a knee injury - I even managed to shave 40 seconds off my time from last year. Times as follows:-

Nick Sale	37:19
Clive Harwood	39:17
Ed Stahl	38:51
Dave Rowe	39:44
Richard Gardener	41:05
Dave Carnell	43:16
Elaine Priest	45:18
Paula Jeffery	45:37
Sarah Warren	49:37
Pip Loder	51:30
Tim Cook	51:37
Roger Swann	52:02
Debbie Cole	1:00:03

For more info see website

LONDON MARATHON 2011

The draw for the two club places for the 2011 London Marathon took place at the committee meeting on 9 November. The first two drawn who will therefore get places were Elaine Priest and Witney Symon. Reserve place goes to Tom Priest. Congratulations Elaine and Witney - better start training!

CHRISTMAS MEAL 2010 – A message from Linda

Hi
Please hopefully find menu etc attached for the newsletter. I will also have a red hard copy for each person!
Linda
FOR MENU PLEASE SEE BELOW

Now a relatively local? marathon and half marathon – if you have £ 30.00 burning a hole in your pocket!!

Dear Running Club Member

Re: North Devon AONB Marathon - Sunday 26th June 2011 - Woolacombe, North Devon

Following on from the success of the North Devon Marathon 2010 we have pleasure attaching the entry form and poster for the North Devon AONB Marathon and half Marathon being held on Sunday 26th June 2011.

Please would you circulate the details to your club members, and/or add to your website/fixtures list.

For further details please visit www.northdevonmarathon.co.uk and for any enquiries please email northdevonmarathon@northdevonhospice.org.uk

Many thanks

Simon Oliver

A COUPLE OF OTHER RACES

Dear Club Contact

Race entry forms for Nailsea Running Club's 2011 races are now available - the Ironwood Challenge (27 Feb), the Tyntesfield Ten (24 May) and the Nailsea Festival 10k (22 June). All are attached below or visit our website at www.nailsearunningclub.org.uk for further details particularly of our new venture with the National Trust, the Tyntesfield Ten.

Please would you pass this information on to your members.

Many thanks
Cliff Wallis

Chairman - Nailsea Running Club

YTRRC Santa Dash

This event is in aid of St Margaret's Hospice so please consider entering the race on Sunday 12th December – this should be good fun, with us all dressed as Father Christmas walking down through Yeovil from the College to Goldenstones and having a little run round Ninesprings!

I attach the entry form. The first 140 runners will get a free Santa suit and the Hospice are starting to put posters and forms out in Yeovil this week so you might want to get in quickly!

Martin

And Finally.....

A message from Clive

It is with great pride. Crewkerne running club has a member off to Windsor Castle to meet the Queen, Prince Phillip and others of the royal family for canapes and drinks. The recruitment effort is Wednesday 17th November. To make the day special for Simon, he will have his own parking space. It may be mentioned by "them up there" that he has achieved recognition with rural communities on behalf of the National Trust. The Royals will be invited to our Christmas meal as it appears they are too tight to look after their own staff. Seriously, have a lovely time Simon.

This Week's Running

This week there are the normal Wednesday and Thursday evening club runs meeting at the Lidl's car park and starting as usual at 6.30pm. The Wednesday evening session will probably include either speed work or hill training and this is the first winter Pub Run – see details above.

Torches and reflective gear are now essential

Sunday as far as I know there will be the usual club run again meeting at the Lidl's car park starting at 9.30am

Please always run with safety in mind at all times and treat traffic with respect - we do not want any accidents.

I look forward to seeing you running

Richard



PS. Derek is playing a gig next Saturday in Merriott – please see poster attached – he thinks it starts at 7.30pm

Crewkerne Running Club Christmas Party

Saturday 18th December at

North Perrott Cricket Club

Hi,

Here is the long awaited Three Course Christmas Menu & Christmas Party Details!

The CRC Xmas Party is open to members and their partners. Just let me know your choices and numbers and give payment (cash or cheque payable to CRC £15.50 for one, £31 for two people) by the 2nd December. Just to let you know that the Club heavily subsidises this event so please come along and have a good time!

This should be a great night at the North Perrott Cricket Club where there will be great food (see menu); new for this year a DJ with fabulous music and a Secret Santa for Club Members, details of this will follow.

I am available to discuss the party and everything about it every Weds, Thurs and generally Sundays. I am also to be found on 01460 78750 or you can email me at lindastill@yahoo.co.uk.

The timing of the event is as follows; 7pm to 7.30 champagne reception, 7.30 sit down for the feast, 9-Midnight Secret Santa & Disco. There will be a few bottles of wine on each table, after that the bar is always open for business!

Please let me know if you want to sit with any particular friends or indeed would like to suggest your whole table of 10 or 12 people, this will help me with the table settings!

Also, I shall need help with the tidy up on the next day, the afternoon of Sunday 19th December if you can offer your help that would be great.

Awaiting your orders/ questions and cash,

Linda!!

Starters

Heathfield Festive Pate

a medium coarse pate of heathland game with spiced pear chutney, served with toast & butter.

Cornish Queen of Scallops with Prawns

bound in white wine & cream topped with mature cheese and grilled to golden.

Wild Mushroom Pate

served with melba toast & butter (V).

Garlic Mushroom Raft

pan fried mushrooms in garlic butter served on a garlic bread raft with a crispy salad garnish (V).

Diced Chicken & Orange Segments

coated in mayonnaise and served on a bed of green mixed leaves.

Chef's Homemade Soup of the Day

with golden croutons.

Main Courses

Duck Breast

served with a winter berry couli, new potatoes and seasonal vegetables

Traditional Roast Turkey

served with a sausage & bacon roll, homemade stuffing, roast potatoes & seasonal vegetables.

Lamb Shank

slow roasted with root vegetables in a rich red wine sauce, accompanied with dauphinoise potatoes and seasonal vegetables.

Yellow Fin Sole

gently grilled, served on a timbale of rice with a light shrimp sauce & vegetables of the day.

Whole Partridge

wrapped in bacon, baked in the oven & served in a blue cheese sauce.

Spinach & Ricotta Cannelloni (V)

served with seasonal vegetables.

Mushroom Stroganoff

served on a bed of rice and seasonal vegetables (V.)

Mushroom, Cranberry & Brie Wellington

served with a spicy tomato sauce & new potatoes & seasonal vegetables (V).

Deserts

Red Velvet Chocolate Fudge Cake

Tarte au Citron

creamy lemon filling baked in a crispy pastry case.

Mincemeat Apple Tart

laced with brandy.

Chocolate & Peppermint Cheesecake.

Mini Individual Christmas Pudding

served with brandy sauce.

Brandy Snap Basket

Filled with Chantilly cream & fruit.

Coffee to finish

Dates for your Diary !!!

Street 5K Series, Street. Start Time 7:30pm

December 8th 2010

January 12th 2011

February 9th 2011

March 9th 2011

*Wednesday 17th November 2010 - **Crewkerne Running Club** Pub Run – The White Hart, Crewkerne*

Sunday 28th November 2010 – Brent Knoll 5.5 mile

*Sunday 5th December 2010 - **Crewkerne Running Club** Full Monty, Ham Hill*

*Saturday 18th December 2010 – **Crewkerne Running Club** Christmas Dinner*

Sunday 19th December 2010 – Wellington Monument Race 10.30am, Wellington

Sunday 26th December 2010 – Stoke Stampede 10K, Stoke St. Gregory