

# CREWKERNE RUNNING CLUB

## Newsletter

Crewkerne Running Club Website –  
[www.crewkernerc.btck.co.uk](http://www.crewkernerc.btck.co.uk)

Issue no. 4 Sunday 16<sup>th</sup> January 2011

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### *Dear Fellow Runners*

Hope everyone has had a good weeks running. I am told that the Thursday night group grew again from 21 to 22 runners! Really fantastic to see!!

While we were out on Wednesday night, our club downhill specialist Dave Carnell was competing in the Street 5k series. Dave came in 23<sup>rd</sup> with a time of 20.47, beating last months time 15 seconds which is good in a 5k. Well done Dave!



Sunday 30<sup>th</sup> January

Crewkerne to Charmouth Run

Leaving Lidl's car park as usual from 9am on the dot, and passing through Hawkchurch at around 11am for those who don't fancy doing the whole 17 miles.

Food afterwards at The George in Charmouth at 1 o'clock for anyone who wants it!

Really beautiful run we do every year and excellent for anyone who fancies some distance training

Sunday 27<sup>th</sup> February

Crewkerne to West Bay Run

Leaving Lidl's car park as usual from 9am on the dot

Food afterwards at around 1 o'clock for anyone who wants it

More details to follow

Tuesday 8<sup>th</sup> March

Crewkerne Running Club AGM

The Clubs Annual General Meeting will take place as usual in The Lamplighters Bar across from The George Hotel, meeting at 7.45 for an 8 o'clock start.

There will be a free drink at the bar for all members who attend

This is your chance to have a say with what is happening within the club!

If you feel changes need to be made in any department then please make your feelings known. If you cannot make it, or you don't want to speak at the AGM then feel free to pass on any views/ideas to myself or any committee members and they will do it on your behalf

Sunday 27<sup>th</sup> March

South Petherton Pre-London Marathon Training Run

I would like to take the opportunity to invite members along to our annual pre-London / Spring Marathon long training run of up to 22 miles on 27<sup>th</sup> March.

We have been organising this informal gathering of like-minded runners for the past 26 years now. This has always been held 3 or 4 weeks before the London Marathon, and is the final long run before training tails off. It is always difficult to cover this distance without help from someone of a similar pace or encouragement from more experienced runners.

Therefore we invite any club members to take part. Or if you know any runners who are training for London then let them know of your club. We will provide drinks at approximately 3-mile intervals, encouragement and transport back to the start for those

runners who can't complete the full distance. Afterwards we will be laying on tea, Coffee and cakes.

We will set runners off at different times e.g. 4 hour Marathon times + at or near 9.00 and faster runners (3 hours and less at 9:30). This will allow us to keep track of all runners without too much spread in distance. Start and Finish is from the at the bottom of the village (with recycle centre).

The route will be marked and maps and route descriptions will also be available but shouldn't be required.

This is also an ideal run for others who wish to encourage their Marathon runners by running part of the route with them. This is fine, but we have had problems in the past when we had a mass drop out at 15 miles. It would be better if some runners turn up later and run the latter stages, after all, this will be the parts that the runners will need the most help. The drink vehicles will have space for some of those who wish to start a few miles into the event but this can't be guaranteed.

All we would ask is some idea of rough numbers of runners attending and if any one can provide any help please feel free. Further details will also be posted on our web site.



## Report from Jane Willmott

Jane Willmott received her trophy for winning her category in the Quantock Orienteering Forest League 2010, at a presentation on the Quantocks this month. It was a family sweep as Dave had equally won his category and Oli had completed several string courses!

So what is Orienteering? It's a sport combining running with navigation over a set course. There are different colour codes for each course, from White (for beginners) to Brown for the most experienced. As you move up a category the distance and height gain is extended and the checkpoints multiply and are harder to find. The competitor is timed using an electronic 'dibbing' system so splits can be given for each checkpoint and of course overall performance. Its a sport for all ages...the younger members as little as 2yrs (like Oli) can complete a string course, following a piece of string on the ground around a course with teddy bears or fun characters for each checkpoint. They get used to using a basic map and follow simple landmarks on the ground. The more experienced competitors can be out from 45mins to 3hrs. Some run around the whole course whilst others walk. I enjoy orienteering as i like the combination of running and navigation, competing in some stunning areas around Somerset/Quantocks. Do you fancy a go? The next event is being held on Ham Hill on February 20th....bring the family and try your skills!!

## *Message from Rebecca Abrahams*

*Rob Sykes (MOD) lives in Weymouth who is doing the Grizzly with a few Hashers, is kindly offered to take anyone who is interested on a costal route. From 12 to 15 miles.*

*This date and the 12 Feb & 5 March.*

*Will finish with cake and a cuppa.*

*If anyone interested then let me know and arrange transport between us. Please pass onto anyone else you know who might be interested.*

*Bec*

If any members are interested then let me know and I can put you in touch with Rebecca for more information



Message from Debbie Cole regarding last week's information about apps for your phone

***I successfully downloaded and started to use 'runkeeper'. I thought I would use the free version before going for the all singing and dancing version.***

***I have been quite impressed, just the right level of information, the mapping is excellent and the range of activities just right.***

***The best bit for me about this app is that it doesn't like the rain - whilst out on Monday evening I ran 9.38 miles in 36 minutes !! Which after my New Year Days Chard 10K time made me very happy. I shall run each time now with my phone in a bag of water! :-)***



## ***Upcoming Events***

Honiton Running Club present

# **THE BLACKDOWN BEAST**

**Saturday 29<sup>th</sup> January 2010, 10 am**

**A 15 MILE SOCIAL RUN with lots of beautiful countryside, splendid company and perhaps MUD**

**The run will be in four legs as follows:**

**Leg 1 ~ Start; 10 am at The Royal Oak Dunkeswell then 6.3 miles to Smeatharpe for a hot pasty and mulled cider**

**Leg 2 ~ Smeatharpe 2.8 miles to Sidmouth Arms, Upottery**

**Leg 3 ~ Upottery 3.3 miles to Luppitt Inn**

**Leg 4 ~ Luppitt 2.4 miles to Royal Oak Dunkeswell (Optional meal - £5:50)**

**£6 entry fee includes pasty, mulled cider and course booklet with maps and instructions**

**Please note this is a social event and not a race. Runners participate at their own risk**

### ***Tavy 13 – Sunday 10<sup>th</sup> April***

*‘An exciting half marathon around the beautiful market town of Tavistock’*

*We are planning a 2.5mile fun run and, subject to weather conditions, we will have mini athletic challenges for family members to participate in, whilst awaiting the runners return.*

*Continuing the theme of a family day out, we hope to have stalls, Face Painting - Live Music - Refreshments - Sports Clothing all on offer.*

*Prize Monies available to male and female winning course record breakers.*

*T-shirts - including for the FIRST TIME - bespoke Ladies Small T-shirts and medals to all finishing participants.*

## *Glastonbury 10k – Sunday 1<sup>st</sup> May*

*The Glastonbury Road Run, with its main event the "Round the Tor 10K", takes place on the Sunday prior to the early May bank holiday each year. The 10K event, one of the largest races in the county of Somerset, is a mainly rural course that undulates around the ancient and mysterious Isle of Avalon, starting and finishing within a stones throw of the alleged burial place of King Arthur within the grounds of Glastonbury Abbey.*

*In addition to the 10K, there are popular 5K and 3K events for the faint of heart, and a junior schools mile fun run that attracts over 200 competitors! Whilst pre-entry for the event are encouraged there are a regular 300+ who enter on the morning of the race. Entry forms for pre-entries are available from mid December.*

Entry forms for all the above events should be attached to this email



## ***A Message from Macmillan Cancer Support***

### **100 years:100 runners**

Dear all

2011 marks 100 years of Macmillan Cancer Support providing medical, practical, emotional and financial support to people living with cancer in Somerset.

To celebrate 100 years of support, we are seeking 100 people to join Team Macmillan and take part in running events for Macmillan Cancer Support.

Forthcoming events where you can enter and support the charity are;

- 6<sup>th</sup> March – Bath Half marathon
- 3<sup>rd</sup> April – Taunton Half marathon
- 1<sup>st</sup> May – Great West run
- 15<sup>th</sup> May – Bristol 10k
- 10<sup>th</sup> July – The Wellington 10

It might be a great way of getting your new and existing members together to take part and run for Team Macmillan.

In the last two years we have made financial grants of over £100,000 to people living with cancer in Somerset, this could be to help with heating bills or help to cover the cost of regular trips to hospital for treatment.

We have funded over 20 Macmillan Professionals from nurses and dieticians to radiologists who work in hospitals across Somerset. We are delighted to announce that we are also funding two benefits advisors to help support people living with cancer in South Somerset.

For every £5,000 we spend on a Macmillan Benefits Adviser, they are able to help people affected by cancer claim £60,000 in benefits they are entitled to.

Please do not hesitate to get in touch with me, should you require anymore leaflets or have any other ideas that you may think can help us celebrate 100 years of providing medical, practical, emotional and financial support to people living with cancer in Somerset.

Yours sincerely,

Tobias Fielder  
**Somerset Fundraising Manager**



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

Club nights are on as usual this week so that's Wednesday and Thursday nights, leaving Lidl's car park at 6.30pm as usual. Torches and reflective gear is a must have.

Sunday morning run also leaving Lidl's car park at 9.30am as usual





*Dates for your*

January

Date	Event	Location	Time	Website
Sun 30 <sup>th</sup>	Crewkerne to Charmouth	Lidl's Car Park	9.00am	See Newsletter

February

Date	Event	Location	Time	Website
Sun 6 <sup>th</sup>	Blackmore Vale Half Marathon	Bishops Caundle	11.00am	www.bvlions.co.uk
Sun 6 <sup>th</sup>	Longleat 10k	Longleat	10.00am	www.racetimingsystems.com
Wed 9 <sup>th</sup>	Street 5k Series (5)	Street	7.30pm	www.wellscityharriers.org.uk
Sun 13 <sup>th</sup>	The Inca Trail 7m	Ilchester	11.00am	www.yeoviltownrrc.com
Sun 13 <sup>th</sup>	Slay The Dragon 10k	Hinton St George	10.30am	www.slaythedragon.co.uk
Sun 20 <sup>th</sup>	Hestercombe Humdinger 9.5m	Hestercombe Gardens	10.30am	www.thehestercombehumdinger.co.uk
Sun 27 <sup>th</sup>	Crewkerne to West Bay	Lidl's Car Park	9.00am	See Newsletter
Sun 27 <sup>th</sup>	Dalwood 3 Hills Challenge	Dalwood	11.00am	www.axevalleyrunners.org.uk
Sun 27 <sup>th</sup>	Babcary 7m	Babcary	11.00am	www.wellscityharriers.org.uk

## March

Date	Event	Location	Time	Website
Sun 6 <sup>th</sup>	Combe St Nicholas 10k	Combe St Nicholas	10.45am TBC	<a href="http://www.combestnicholasprimary.co.uk">www.combestnicholasprimary.co.uk</a>
Sun 6 <sup>th</sup>	Bath Half Marathon	Bath	11.00am TBC	<a href="http://www.bathhalf.co.uk">www.bathhalf.co.uk</a>
Sun 6 <sup>th</sup>	Bideford Half Marathon	Bideford	10.30am TBC	<a href="http://www.bidefordaac.co.uk">www.bidefordaac.co.uk</a>
Tue 8 <sup>th</sup>	Crewkerne RC AGM	Lamp-lighters Bar	7.45 for 8.00pm start	See Newsletter
Wed 9 <sup>th</sup>	Street 5k Series (6)	Street	7.30pm	<a href="http://www.wellscityharriers.org.uk">www.wellscityharriers.org.uk</a>
Sat 12 <sup>th</sup>	Great Western 10k	Sherborne	11.00am	<a href="http://www.yeoviltownrrc.com">www.yeoviltownrrc.com</a>
Sun 13 <sup>th</sup>	Grizzly 20m Grizzly Cub 9m	Seaton	10.30am	<a href="http://www.axevalleyrunners.org.uk">www.axevalleyrunners.org.uk</a>
Sun 20 <sup>th</sup>	Butleigh 7m	Butleigh	11.30am	<a href="http://www.wellscityharriers.org.uk">www.wellscityharriers.org.uk</a>
Sat 26 <sup>th</sup>	Nightrunner 8m	Beer	7.00pm	<a href="http://www.axevalleyrunners.org.uk">www.axevalleyrunners.org.uk</a>
Sun 27 <sup>th</sup>	South Petherton Pre-London Training Run 22 miles	South Petherton	9.00am	See Newsletter
Sun 27 <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!