

CREWKERNE RUNNING CLUB

Newsletter

Crewkerne Running Club Website –
www.crewkernerc.btck.co.uk

Issue no. 40 Sunday 16th October 2011

Dear Runners,



Adrian East at the New Forest Half Marathon.

Told you I wouldn't forget Adrian!!

Before we look at yesterday's Parrett Trail Relay, we need to take some time and celebrate a fantastic achievement by one of our members.

Since turning 60, Clive Harwood has been training very hard and entering a lot of bigger competitions as he aims to compete at a higher level.

Well great news! The hard work is paying off! Clive has been selected to represent the British and Irish Masters in a Cross-country International Event in Glasgow in late November!

Clive will be representing England and staying in the Crown Plaza Hotel which is the England Team Hotel. Clive will be 1st reserve for the International 8k Cross-country race so we are hoping for an injury to someone else (as horrible as that sounds) so Clive can get his chance.

If not, Clive will be running later in the day in the Open Race for Masters Athletes where he will no doubt show them how it's done and hopefully force his way into the main team.

This is a wonderful and massive achievement to be selected for your country, and we wish him all the best with the event! Success in it could lead to even bigger things!

Well done Clive!



[Parrett Trail Relay Roundup](#)

Well this ever popular event is over for another year! I'm pleased to say that this years event was undoubtedly a success for all! Wonderful weather, great running and a fantastic time had by all!

27 teams in total took part in this six stage relay race. Teams from as far as Exmouth, Wells, Exeter and Taunton all made the journey up to take part, all vying for the illustrious eel trophy!

This is how they fared....

[Leg 1 – Steart to Dunball Wharf 9.35am \(9.1 miles\)](#)

1st 59.22 Hugh Marsden Exmouth Harriers

6 th	1.03.23	Simon Land	CRC Mens A
17 th	1.19.01	Matthew Bryant	CRC Mens B
22 nd	1.22.37	Sarah Warren	CRC Ladies

Leg 2 – Dunball Wharf to Boat & Anchor Pub (5.6 miles)

1 st	33.08	Jamie Palmer	Exmouth Harriers
7 th	37.24	Ben Farley	CRC Mens A
8 th	38.04	Simon Sheldon	CRC Mens B
12 th	44.07	Becky Nichol	CRC Ladies

Leg 3 – Boat & Anchor Pub to Oath Lock (7.7 miles)

1 st	48.14	Gerry Hogg	Taunton Running Forever B
4 th	52.37	Clive Harwood	CRC Mens A
11 th	1.00.04	Simon Larkins	CRC Mens B
21 st	1.12.04	Angie Patch	CRC Ladies

Leg 4 – Oath Lock to Kingsbury Episcopi (7.7 miles)

1 st	50.28	Mike Pearce	CRC Mens A
21 st	1.13.02	Fran Frost	CRC Ladies
24 th	1.16.53	Nigel Newbury	CRC Mens B

Leg 5 – Kingsbury Episcopi to Wigborough (9.5 miles)

1 st	57.18	Dave Stone	Exmouth Harriers
3 rd	1.04.07	Nick Sale	CRC Mens A
13 th	1.17.41	Sarah Frost	CRC Ladies
18 th	1.20.59	Roger Still	CRC Mens B

Leg 6 – Wigborough to Wynyards Gap (8.6 miles)

1 st	1.00.05	Jamie Pearson	Exmouth Harriers
10 th	1.13.12	Tom Priest	CRC Mens A
14 th	1.16.10	Alan Pepper	CRC Mens B
26 th	1.41.25	Emily Smith	CRC Ladies

I have attached the full results for a more detailed breakdown

Exmouth Harriers walked away with the spoils this year with a dominant performance. They were followed by Taunton Running Forever B in 2nd, Yeovil Town Male A in 3rd and our own Crewkerne Mens A taking 4th place in a repeat of last year!



Our lightning fast Mens A Team!
(from left – Tom Priest, Mike Pearce, Simon Land,
Ben Farley, Nick Sale, Clive Harwood)

Crewkerne Mens B placed 15th overall, and were the 8th fastest mens team.



Half of our great Mens B team!

Simon Sheldon, Alan Pepper & Nigel Newbury
Not present are Matt Bryant, Simon Larkins and Roger Still

Crewkerne Ladies finished 25th overall and were the 4th fastest ladies team.



Our fantastic Ladies Team!
(from left – Angie Patch, Sarah Frost, Sarah Warren,
Becky Nichol, Emily Smith, Fran Frost)

Well done to all runners!

I must say that as with all of our events, there is a huge amount of effort that goes in behind the scenes setting up an event of this scale.

From right earlier on in the year with Malcolm and Jim walking most of the course to check the route is OK, from consulting with landowners, sourcing t-shirts, route planning, contacting clubs and sorting entries, organising marshals and timing on the day to name but of few of the essential jobs that must be done to make this go ahead. These jobs are done by a handful of people who put an awful lot of their own time in – so a big thank you to Martin Cook, Jim White, Malcolm Higgins and Derek Boles for all that you continue to do to make these events a resounding success!

A big thank you as well to Sue Gautier for making the trophies, Derek for running the PA on the day, and to all the marshals who start and finish the races, man checkpoints, and deliver the goody bags at the end, often doing a lot of driving to and from numerous legs during the day, all at their own cost.

Thank you finally to all of our runners who take part on the day, again some driving a long way because of the logistics of this race - you are all really appreciated as well!

I hope that I haven't forgot anyone! Thank you all!



Time for something a bit special now. For those of you not aware, next weekend will see one of our members embarking on a challenge of massive proportions!

Club favourite Nick Sale has signed up to take part in a 100 mile running event! That's not a typo – he's really going to try and run 100 miles in one go! That sort of challenge just defies belief! I can't even begin to contemplate running such a distance. Clearly Nick can!

The event takes place on MOD training land in Aldershot, starting at Midday on the Saturday and comprises 10 x 10mile loops of an off-road route. Oh and it's hilly! Completing the full course will involve over 15,000ft of climbing!

Nick will have to run all through the night, and will have to try and beat the 30hrs cut off point! The drop out rate is high and the completion rate is low – this will take some serious guts to complete and I think I speak for us all when I say that he has our respect for even entering something like this!

If you want to find out more about Nick's event, please click on the link - <http://www.caesarscampenduranceruns.co.uk/>

Nick - I think you're slightly mad – but I totally understand why you are doing this!

A MASSIVE GOOD LUCK FROM US ALL!! Cant wait to hear how you get on!!



Street 5k

This week saw the first Street 5k of the year. Two club members took part with some fantastic results.

Club leading man Ed Stahl raced round to 2nd place with an eye-watering time 16.58, and was only 6 seconds away from winning the race!

Downhill specialist Dave Carnell also whipped round in a time of 20.10 which I'm sure he will be aiming to beat throughout the series!

Great stuff guys!



Castle Cary 10k – The results are in.....

Club veteran Richard Gardener was sole CRC representative at the first running of the Castle Cary 10k.

Rich did very well finishing in 13th with a time of 45.20

Race report Rich....pretty please....



London Marathon

The draw for the 2 club places for next years London Marathon will take place at the next committee meeting, taking place on Tuesday 8th November.

I believe we have seven people in the ballot so far, so if you are planning on entering and you meet the criteria set out by Martin Cook in previous newsletters, make sure you get your entry to him ASAP!



Two essential dates for your diary now

Pub Run

We will be holding our next pub run on Wednesday 2nd November. This will be from the Stonemasons in Ilminster and will involve a run along the canal path and back, and return to the pub to take advantage of a great BOGOF offer on meals! Hope you can make it!

Winter Handicap

Due to a packed December, this years winter handicap will take place slightly earlier than usual, on Sunday 27th November. It will probably be from Hinton St George Village Hall like last year depending on availability



Full Monty

The Full Monty will be taking place on 4th December this year and you may soon be contacted to ask about marshalling/helping on the day.

This event is our biggest and requires the most help from club members, though hopefully with all the new members we have had this year, we will be able to cover it better.

For those who normally have a marshalling position, you may be contacted shortly. If club members are available to help, even it's only for a couple hours, please email me or other committee members to let us know

Thanks!



New Members

Two new additions to the CRC family this week! A big welcome to the club to Phil and Kate Reeder! We all look forward to meeting you soon!



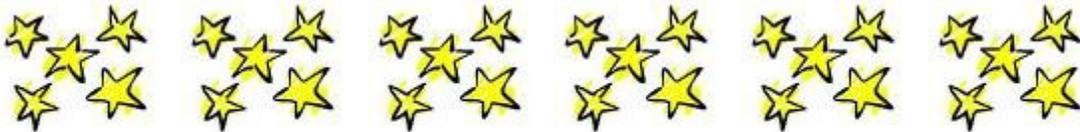
Upcoming Events....

This coming Sunday is the Exmoor Stagger. Online entries are open up until the 19th. Hope to see you there!

It's a way off but.....First chance 10k

Taking place on 8th Januray 2012, South West Road Runners presents the First Chance 10k - a fast, flat race along paths and cycleways by the Exeter Canal and the River Exe.

Extensive prizes and fancy dress welcome!

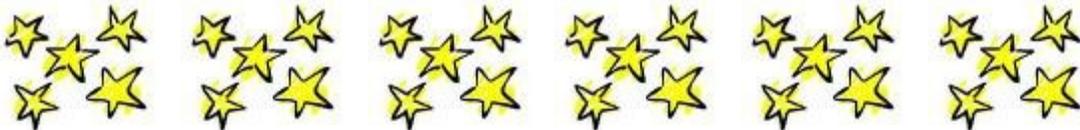


After being lambasted by Gary Swain in the car park last Tuesday for forgetting his birthday (or not having his date of birth), it's vitally important that you all know the Gary celebrated his birthday last week!

Now normally I don't put in people's ages but I'll make an exception here! Gary reckons he was 45 last week!...Yeah I know....as if we are that stupid....

Happy Birthday Gary!

Celebrating this week we have Stuart Stacey today, and Mike Pearce on Thursday!



This Week's Running

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

Sunday morning run will be on as usual, leaving the car park at Lidl's at 9.30am.

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



Dates for your

October

Date	Event	Location	Time	Website
Sun	Exmoor Stagger	Minehead	TBA	www.mineheadrunningclub.co.uk

23 rd	& Stumble			
Sun 30 th	The Stickler	Shillingstone	10.30am	www.dorsetdoddlers.org

November

Date	Event	Location	Time	Website
Wed 2 nd	Pub Run	Stonemasons Ilminster	6.30pm	See newsletter
Sat 5 th	Yarcombe Yomp	Yarcombe	10.30am	www.axevalleyrunners.org.uk
Sun 6 th	Ilminster 10k	Ilminster	10.30am	www.ilminsterlionsclub.co.uk
Wed 9 th	Street 5k	Street	7.30pm	www.wellscityharriers.org.uk
Sun 27 th	Brent Knoll 5.5m	Brent Knoll	11.30am	www.burnham-on-sea-harriers.com
Sun 27 th	Bicton Blister	Bicton Park	11.00am	www.bictonblister.co.uk

December

Date	Event	Location	Time	Website
Sun 4 th	Full Monty	Ham Hill	10.30am	See Newsletter or Website
Sat 10 th	CRC Christmas Party	North Perrott Cricket Club	TBC	See Newsletter
Wed 14 th	Street 5k	Street	7.30pm	www.wellscityharriers.org.uk
Sun 18 th	Wellington Monument 10k	Wellington	10.30am	www.wellingtonmonumentrace.co.uk
Mon 26 th	Stoke Stampede	Stoke St Gregory	11.00am	www.stokestampede.co.uk

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

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