

CREWKERNE RUNNING CLUB

Newsletter

Issue no. 82 Sunday 16th September 2012

www.crewkernerc.btck.co.uk

Dear Runners,



Captain's Recce Run – Ed Stahl

Next Wednesday I will be running the captain's handicap route starting at 6:30 from lidl's in Crewkerne. I will incorporate a fartlek style session within this so if anyone is wanting to run the race and wants to get an idea of the route before the date then come along.

Just a warning that the route is six miles of country lanes with one hard hill at around 5 miles. If you are planning on running to Merriott from Crewkerne you will be running ten miles in total, so if anyone isn't up to that then I recommend that you drive to the Merriott Tythe barn car park where we will meet you there. If you can arrange to be there for around 6:45 please that would be great.

The car park is opposite the church on church street just past Merriott first school.

Hope to see lots of you there and remember to wear high visibility clothing and a head torch as the evenings are getting darker now. Thank you.

And the handicap race itself takes place as follows...

This is a race that will be on the first Wednesday of October and it will be a handicap race. It is a 10k route on the road, starting from the Merriott rec. There is plenty of parking available and there will be prizes for first female and male.

The race will start at 630 sharp. Hope to see lots of you there.

Also worth noting that there may be Championship Points up for grabs for taking part!!



[London Marathon News from Andy Parsons](#)

I have booked the following rooms at the Clarendon Hotel for those that are successful in the general or club ballot. All for just the Sunday night, but if you wish to stay longer let me know.

There are, however, a few changes this year. Any rooms cancelled after April 1st 2013 will need to be paid in full, whether you pull out through injury or not.

They are massively oversubscribed for room reservations as they are now the main room provider for the Virgin organisers! I am keen to keep the long standing relationship we have with the hotel going, as anyone who has stayed there will tell you, it is in the ideal position for the start.

Rooms will be divvied up on a first come, first served basis to me, for CRC runners who have got in, then if there are any left I will advertise them to non-running supporters and other clubs. No monies are due until you book out on the Sunday.

I have the following rooms reserved for CRC members:

4 x Double rooms

2 x Standard twin rooms (£175)

2 x Crown twin rooms (£190) these have an extra single bed in them

2 x Single rooms

Other room rates are shown on the Clarendon Hotel website.

Many thanks and good luck in the ballot!

Andy P

Contactable for room reservations on :

07817 44553

man-running@hotmail.co.uk

Facebook CRC page



Yeovilton 5k Race Report by Captain Ed

So ends another Yeovilton 5k summer series which can only mean dark nights are soon going to be among us. There was a great turn out from the club with twelve hoping to achieve the goals they had set themselves and with the weather being perfect many of us did just that.

Pre race start there were many runners talking about two runners in particular, an Ethiopian runner was here to break the course record and also Kate reed, an olympian from beijing in the 10000m was here on here comeback trail from injury.

The race began in its normal style, racing down to the first sharp corner and already Berihu Tesfay (the Ethiopian) was away. it was amazing to see someone go that fast in a race that your in too and we all tried to keep up. I was in the lead group that was trying to chase down Berihu, Kate and a couple of others but they kept drawing away from us. In the end Berihu came in with a time of 14:46 so quite a way out from the course record of 14:04. Kate reed ran in at 16:05 so only 17 secs away from the course record.

I ran my quickest race ever around yeovilton so being dragged around by the front runners must of helped all of us. Everyone else did so well and here is a list of their places and times. Well done and just a reminder that street 5k series starts next month. Its a five lap course around clarks village and i highly recommend it.

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|-----|------------------|-------|
| 1. | Berihu Tesfay | 14:46 |
| 12. | Ed Stahl | 17:14 |
| 17. | Nick Sale | 17:40 |
| 25. | Clive Harwood | 18:27 |
| 40. | Les Thomas | 19:09 |
| 61. | Richard Gardener | 19:58 |
| 66. | Tim Irish | 20:35 |
| 84. | Dave Carnell | 21:50 |
| 91. | Scott Barry | 23:05 |
| 96. | Kirsten Irish | 23:21 |

100. Chris Rawlings 23:46
142. Tracy Symes 33:21
143. Tamsin Dickinson 33:29



Admiral Hood Pub Run Report

There was a fantastic turnout last Thursday for the monthly pub run. Having been a bit out of the loop of late, I couldn't believe how many new faces there were who I didn't recognise which is great to see!

The mass of runners split into two groups, with Tamsin taking a group on a road run towards Seabrough, while the rest of us ventured off into the wilderness following Clive which is never a good thing!

We had a lovely....yet muddy...run up hill and down dale, but it was nice as it was uncharted territory for many of us.

We returned to the pub a little later than expected as night was drawing in but all seemed to enjoy the run. About 15/16 of us stayed for food after. Many of us took advantage of 'Pie Night', all home cooked food and as much of it as you could want - all for £6 so we highly recommend that pub for members to try!!



Club Championship Update

With the autumn season upon us, I thought it time for an update on the club championship progress, and a chance for you all to see how you are doing, and whether an end of season push might see you creep up the table and have a chance of winning one of the great prizes on offer!

So here is how it is looking....

Male Category Overall

1st – Mike Pearce 359 Points
2nd – Ed Stahl 351 Points
3rd – Tom Baker 299 Points

Ladies Category Overall

1st – Sarah Warren 308 Points
2nd Tied – Tracy Symes & Tamsin Dickinson 292 Points

Age Categories – 1st Male and Female

16 – 35 - Simon Land & Sarah Frost

36 – 51 – Nick Sale & Kirsten Irish

51 + - Nigel Key and Bridget Schneiders

Congratulations to you all so far....but do not rest on your laurels just yet!

A full comprehensive results list so far is attached to this email



Headtorches

Sadly the dark nights will be with us shortly and we will run in the country lanes. I have ordered some headtorches for anyone who needs one. They have gone up a bit this year and are £13.50 each (they would be £15 if purchased individually, but there is a discount for bigger orders).

The torches come with front and rear lights and batteries are included. Cash or cheque payable to Crewkerne Running Club. Either see me running, or e-mail me at: sarah.warren321@btinternet.com to arrange.

Sarah



Grizzly Entries

The latest provisional date for entries is now TUESDAY 25TH SEPTEMBER at 5pm

These are provisional dates received from Axe Valley Runners but it is worth noting that this race filled up in ONE day last year, so you need to get your entries in as soon as it opens.

For more information and to catch any updates please see the website for Axe Valley Runners - www.axevalleyrunners.org.uk



New Members

Two new members to welcome into our warm embrace this week; they are Sharon Hooper and Steve Cousins! Look forward to meeting you soon!

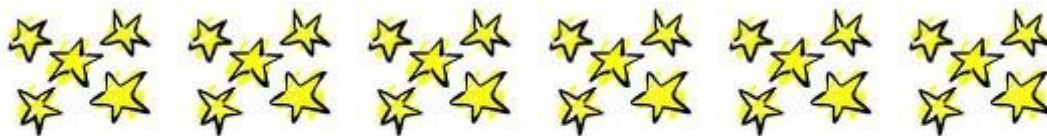


Just two birthdays to bring to your attention over the next fortnight!

Fran Frost on the 23rd and Lyn Clutterbuck on 25th !

However I did forget to mention, and got chastised for it, but it was Clive's birthday on the 12th so a happy belated birthday to him!

Many Happy Returns to you all!



[This Week's Running](#)

Club nights are on Tuesday, Wednesday and Thursday over the following fortnight leaving the car park at Lidl's at 6.30pm. The early run on Thursday is at 5pm.

The Sunday morning run leaves the Lidl's car park at 9.30am.



Simon



Dates for your

September

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sun 2 nd	Ash Excellent Eight	Ash	11.00am	www.yeoviltownrrc.com
Thurs 6 th	Pub Run	Admiral Hood Mosterton	6.30pm	See Newsletter
Sun 9 th	Cheddar 5k, 10k, Half, Marathon	Cheddar	TBC	www.relishrunningraces.com
Wed 12 th	Yeovilton 5k (Race 6 of 6)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Sun 23 rd	King Alfreds Torment	Stourhead	11.00am	www.yeoviltownrrc.com
Sun 23 rd	New Forest Marathon &Half	New Milton	9.15am	www.newforestmarathon.org.uk
Tue 25 th	Grizzly Entries Open		5pm	www.axevalleyrunners.org.uk

October

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Wed 3 rd	Captains Handicap	Merriott	6.30pm	See Newsletter
Sun 7 th	Burnham Half Marathon	Burnham- On-Sea	11.00am	www.burnham-on-sea-harriers.com

Sun 7 th	The Minster Challenge 7	Axminster	10.00am	http://axevalley.devon.sch.uk
Sat 13 th	Parrett Trail Relay	Various	9.00am	See Website/Newsletter
Sun 14 th	Castle Cary 10k	Castle Cary	10.00am	www.totalbuzzevents.com
Sun 14 th	Gold Hill 10k	Shaftesburt	10.00am	www.gillinghamtrotters.talktalk.net
Sat 20 th	Weymouth 10m	Weymouth	10.30am	www.egdonheathharriers.com
Sun 21 st	Exmoor Stagger & Stumble	Minehead	11.00am	www.mineheadrunningclub.co.uk
Sun 21 st	Dartmoor Vale Marathon, Half Mararthon & 10k	Newton Abbott	9.15am	www.dmvmarathon.org.uk
Sun 28 th	The Stickler	Shillingstone	10.30am	www.thestickler.co.uk
Sun 28 th	Salisbury Half Marathon	Salisbury	10.30am	www.totalbuzzevents.com

November

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sat 3 rd	Yarcombe Yomp	Yarcombe	10.30am	www.axevalleyrunners.org.uk
Sun 4 th	Ilminster 10k	Ilminster	10.30am	www.ilminsterlionsclub.co.uk
Wed 14 th	Street 5k	Street	7.00pm	Wells City Harriers
Sun 25 th	Brent Knoll 10k	Brent Knoll	11.30am	www.burnham-on-sea-harriers.com
Sun 25 th	Bicton Blister	Bicton College	11.00am	www.bictonblister.co.uk
Sun 25 th	The Herepath Half	Taunton	10.30am	www.herepathhalf.org

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

simon_land87@yahoo.co.uk