

Crewkerne Running Club Newsletter

www.crewkerne.btck.co.uk

SUNDAY 17th MARCH 2013

Issue No: 100

Good day to you fine ladies and gentlemen, and to Derek! I'm going to kick off this week by rounding off all the Grizzly goodness that didn't make it into the last newsletter, with some lovely photos from our wonderful Marshals and a highly anticipated race report from.... Norma!!! ~Tom~

Grizzly Marshals 2013

Sunday March 10th dawned cold and grey. The forecast for the East Devon coast was also cold and grey but dry as Jakko Bailey, Sue Gautier and myself set off to reach our marshalling points on the 2013 ARV Grizzly race. We allowed plenty of time, as we knew there was limited parking but as it turned out we were just about the first ones there in spite of a wrong turning. I did say 'I know the way I won't bother with the satnav'.



Arriving at Hole House at just after 11:00 Jakko got the stove going and the kettle on. Hot drinks followed shortly and we were congratulating ourselves on the weather, which really

wasn't too bad. I had just finished my first (of many) egg mayo baguettes (delicious) when the snow started!

I was at the top of a steep grassy field immediately following the infamous bog.



We had been advised that the first runner would be with us just before 12:15 but just after 12:05 a cry went up from the bog and the lead runner appeared at the bottom of the hill where I was marshalling. The hill was covered with nice thick grass at this time and the leader had no trouble reaching the top. Although he wasn't really running. He was way out in front and it was some minutes before the next runner arrived.



All the CRC runners were easily spotted, the hill slowed everyone down. There are pictures of everyone on the CRC website but Norma's beauty shone out even in the wintry conditions.



Apparently Norma Snockers lives in Nick Sales attic, I wonder if he sneaks up there when nobody is about??

The nice grassy hill quickly deteriorated into a quagmire for the later runners.



As it is the duty of run marshals to encourage the runners I did so by shouting 'Hot drinks' slight pause 'Not available here'. One bloke nearly lamed me, can't think why.

All the CRC runners were looking good when they passed and this was reputed to be the hardest Grizzly yet so very well done everyone. Felix Jaffe came along with Norma and Linda and Roger Still came through together. Tim Irish looked good, as did Rupert Mcloud. They were all quite well up the field.







As the race progressed conditions got worse and worse. The hill was now so slippery it was hands and knees or grab the rope.



More than one runner lost a shoe or two! Even if they were lucky enough to find another it was a hard six miles to the finish



The last 'runner' came through at about 14:50 assisted up the hill by a sweep marshal and I did wonder how she was going to complete the remaining six miles.



All told it's a great event which I enjoy being part of. When the first race took place 26 years ago the Axe Valley lads said we are having a hard muddy run from Beer Head in January you're welcome to come along. Well many of us did that one which was only 10 miles and the following year. In the third year the race became 12 miles and was sponsored by Grizzly Energy Bars and has been known as the Grizzly ever since.

The third race, 'The Grizzly 12', was the first one with souvenir tee shirts and I still have mine and ran the Grizzly Cub race in it last year. The race has got progressively longer over the years and is now truly Grizzly by name and by nature.

The race has become a massive event with hundreds of marshals and 2000 entrants coming from all over the world to take part.

Highly recommended, have a go next year.

Derek Boles

Loads of lovely race reports for you this week, kicking off with Norma...

Grizzly 2013 – Race Report, from Norma Snockers

Not easy getting into this race. Watch Axe Valley Runners website for date & TIME, that entries go live and login at that time! Worth a look at their website anyway, for all things running, including running poetry section!

Back to the race..

It seems Nick is not too bothered about this event as for the 2nd year running he let me out of the fancy dress box in the loft, where he keeps me for himself, to show him how it's done in style... and I didn't need asking twice.

I was absolutely delighted to be joined by a very lovely, though slightly posh, Fanny Clifton, from Chard running club. I camped around with Fanny, for an hour or so waiting for the start, disappointed to only have met Sarah from CRC (v. pleased to meet Sarah of course), but knowing there were many more hardy CRC folk there somewhere. The Irishes, both Stills, Felix and Rupert ... and maybe more?

Anyway off to the start, for a lively address from a very dapper and loud Town Crier, who may have led the loudest "Oh-Yea" ever. Wouldn't be surprised if we were all record breakers today! We were also told that it was to be the toughest Grizzly yet, and based on a statistically insignificant sample of 3 races, I can confirm this to be the case. Even more well done everyone!

Back to the race..

We were off... slowly. Stuck in the middle of the pack kept it very gentle, 2,100 runners apparently. Then onto the beach, again slow, but this time due to small round pebbles that moved away as you applied pressure to them with the base of your shoe. That went on quite a while.

Then we went up our first hill, down another, up another and down again. Then repeat goodness knows how many times. Maybe 10 or 20! Lots anyway.

Bag pipers, drum bands, smelly josticky places. Real deep bog, that there was no skirting around. 2 river crossings to cool your feet. A chap with a bonfire by the path doing something to do with a memorial – explanations on a postcard please. Another stretch of

pebbly beach. Resorting here to stride counting as it ate away at any last remaining dregs of motivation and humour ;0(

Fanny & I were delighted to be joined for most of the race by fellow CRC runner Felix Jaffe. We had great fun with the huge amount of very positive marshals who seemed unusually interested in our dresses. It was very tough today though, lots of points where we opted (like there was a choice!) to walk.

Towards the end the temperature dropped right down and the sleet started. Felix was hit by bad cramps at about 15 miles and I thought would be walking home. So like true team players Fanny & I pushed on without him. He wasn't finished yet however! After the 2nd beach I struggled with the hills, but managed to walk them and to keep running the downs. Jelly babies, cake and more jelly babies kept my cramps at bay – thank you all those supporters / feeders, right along the route, in the wet & cold, keeping us all going.

The last mile-ish believe it or not involved dry tarmac and a steep downhill ;0)
With the end in sight now, hearing the crowds and finish line commentary, Fanny & I lifted our skirts (a little) and let rip, pulling in one runner after another. All except for one lady, who had her jealous eye on our 4th and 5th lady positions. She chased out down until the three of us were flat out down the finishing straight, with the crowds cheering mainly me on. With 10 meters to go, Fanny was now lagging and the new girl & I were neck & neck. As a last ditch effort, for club and country, I swung for her with my new hand bag. I got a great contact, on her large bottom.... and nudged her over the line first. She deserved it - had a great run. We 3 finished in approx. 3hr 8 mins. Then Felix arrived v. shortly after with a great finish, bearing in mind the cramps he was putting up with.

Anyway, as ever, this years Grizzly was a really good event. Certainly unique and fun, whilst also being a very tough challenge. Hope to see more CRC next year, perhaps even a few more in fetching frocks would be very welcome!

Well done all who took part and particularly Derek, Jakko and Sue both marshaling just after the bog (good choice of spot), catching us on camera and essential jelly babies.

Results now in:

1	2:24:07	Jeff Pyrah	Hastings AC
107	3:09:52	Nick Sale	Crewkerne RC
121	3:11:20	Felix Jaffe	Crewkerne RC
626	0:00:00	Tim Irish	Crewkerne RC
835	0:00:00	Rupert Mcleod	Crewkerne RC
921	0:00:00	Roger Still	Crewkerne RC
1007	0:00:00	Linda Still	Crewkerne RC

1448 finishers

See you all next year! You'll love it.

From Mike 'Greased lightning' Pearce...

STREET 5km - 13th March Race 6 of 6 by Mike Pearce

This was the final race of this series and winter had decided to stubbornly hang on in there to make this once again another cold evening, however, the wind was pretty non-existent so conditions were on for some fast times. As well as myself, 'Downhill' Dave, Tracey and Tasmin were also there to represent Crewkerne.

I arrived and completed my usual 2 laps of the course as my warm up, then back at the hall caught up with Dave, Tasmin and Tracey before we trundle off to the start. At the start I realised that I am tending to have a bit of a routine at this race, as well as doing my usual 2 lap warm up I found myself standing at the very same place at the start as I have for the other 4 I have taken part in. I am not superstitious but I may have to question this now!

As usual the race was hard work breathing hard taking in the cold evening air on the lungs and counting each lap hoping number 5 would end soon. On my way round my first three laps was at PB potential pace and I thought keep this up for the last two I should have it in the bag, but it was not to be and I slowed down slightly and missed out on a PB by 11 seconds. Once I got my breath back at the end I warmed down with a jog back to the hall for a well deserved tea and biscuit, check out the results and wait for the end of series award presentation.

Of the four of us Dave, Tasmin and I had completed 5 of the 6 races so collected our series t-shirts, then the presentation for the evenings race began where I picked up the 1st 40 Vet and then to finish the evening of was the overall series results, where I picked up the 1st 40 Vet, Dave was third overall in the Vet 50 and Tasmin was Fifth overall for the Vet 35, so well done all for sticking at it. The results for the Crewkerne runners are below.

Unfortunately this evening there is no cake to report on but in the future for my race reports I will begin a scoring system for post race cakes so in the future for all you connoisseurs of delicious cakes, you will be able to pick a race and be able to see how good the cakes are or not.

7 00:17:09 MIKE PEARCE
25 00:19:57 DAVID CARNELL
65 00:29:49 TRACY SYMES
66 00:29:53 TAMSIN DICKINSON

And finally from yours truly...

Great Western 10k Race 10/03/2013 Report by Tom Baker

Well I did NOT enjoy that one bit! I arrived very late for only my second race of the year and having not done this rural multi-terrain race at Leweston School in Sherborne before. I wasn't sure what to expect although I had heard rumour of one long monster of a hill... It did not disappoint!

On arrival I had about 5 minutes to enter, drop my stuff at the car, get to the start line and then go, so I didn't have a great deal of time to try and spot others but I was shocked to find that there was nobody else there from Crewkerne at all??? Someone correct me please! *(Tom they were all at the Grizzly! ~Tom~) ☺*

As usual I did my fast start and killed off whatever energy I had for later in the race within the first 3km's. Achy hams from a mid week training session and the cold air

played a large part in my relatively slow pace. However I wouldn't be doing this route any justice if I didn't point out how horrendously difficult this run is...

Firstly, once you've run over one farmer's field you've pretty much run over them all (I must say it was a little tiresome if not border-line boring); Bumpy, uneven, water logged, muddy etc. Several of these fields had also been ploughed up just to make them even more 'enjoyable'! And yet the route seemed to feature these fields rather heavily while a lovely wooded glen lay un-trodden right beside us, surely a mistake?!? The small section of the race that took part on a lovely trail through the woods was very nice but also very short, very muddy and very wet, it nearly resulted in a early bath for me on several occasions.

The long and short of it is that a bad workman (being me) was wearing very slippery, very loose flat shoes and got very frustrated by this race. That being said my finish of 10th in 47:13 was very fair and I was quite happy with my time considering the poor conditions and loss of a shoe... Anyone looking to do this race next year I would recommend decent trail shoes, an over-inflated respect for a very tough race (think 'run in the wild', 'Forde abbey' or 'Honiton hippo' type respect) and an appropriately low expectation for what is achievable ☺

And a few reminders of upcoming events

THE HONITON HIPPO - SUNDAY 14 APRIL

If you fancy a challenging but great fun 7 mile off road race, then why not try the Honiton Hippo on 14 April. I have done it for several years and have always really enjoyed it. The run is multi terrain - about two thirds off road and one third on the road. There are some challenging hills and the off-road section goes through the Land Rover Experience where you will go through a muddy "sump" full of water. There are also two river crossings so you will be guaranteed to be wet by the time you finish, but as the second river crossing is near the end you will have the chance to wash the mud off your shoes before the finish. The run always has a good atmosphere and there is plenty of tea and cake at the end. It is not a run for the faint hearted, but if you like a tough run with guaranteed mud and water, then this is the one for you. There is also a junior race for the over 9's. **Entry form attached.**

Plymouth Half Marathon

There's just a few weeks left to enter Plymouth's Half Marathon 2013. Challenge your team, raise some money for charity or just hit the streets and get running - now is the time to take part in this celebrated road race!

On Sunday 28th April, the streets of Plymouth will be opened up to thousands of runners, gathering on the Hoe for a stunning run through the heart of Plymouth. The new route will pass by the Barbican, along Elburton Road before heading to the beautiful Saltram Park, finishing back where we started at the Hoe.

Everyone has a different reason for running, a personal challenge, to mark a special Birthday, or simply a passion for running – it's your time to feel the pride of a city! Book your place today:

www.plymouthhalfmarathon.co.uk or call 0845 4812 148

If you would like any further information or have any questions please give us a call on 0845 4812 148. You don't have to run to inspire, thank you for supporting Plymouth's Half Marathon 2013!

Plymouth's Half Marathon Team

New Members

We would like to welcome Vicky Clutterbuck who has recently joined the club.

Birthdays



Happy Birthday to Ben Jaffé who celebrates his birthday today, Raquel McAllister for Wednesday and Norton Sims for Saturday... We wish you all a very happy birthday!



This Week's Running

Club Nights are:

Tuesday –	Mixed ability but generally faster/longer runs
Wednesday –	Speed work organised by Club Captain Ed
Thursday –	Beginners/Social Night

All week night runs leave from Lidl's car park at 6.30pm

Sunday –	Mixed ability, generally cross-country
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Sunday morning runs leave from Lidl's car park at 9.30am



Events calendar

A huge thanks to Angie for updating the event listings, there were some showing TBC or the wrong date entirely, seem to be much more like it now, please let us know if you notice any mistakes...

March				
Date	Event	Location	Race Start Time	Website
22-24 Mar	Jurassic Coast Challenge 78.6 miles	South Dorset	9.00am	www.votwo.co.uk
24 Mar	Yeovil Half Marathon	Yeovil	9.00am	http://www.yeoviltownrrc.com
29 Mar	Kilminster Kanter 7 miles	Kilminster Cricket Field	10.30 am	http://www.axevalleyrunners.org.uk/
30 Mar	The Night Runner	Beer	7.20pm	http://www.axevalleyrunners.org.uk/
31 Mar	CRC South Petherton Long Run	South Petherton	9.00am	See Newsletter

April				
Date	Event	Location	Race Start Time	Website
1 Apr	Easter Bunny 10k (Somerset Series)	RNAS Yeovilton	11.00am	http://www.yeoviltownrrc.com
7 Apr	Taunton Half & Marathon	Taunton	10.30am	www.tauntonmarathon.co.uk/
7 Apr	Paris Marathon	Paris	8.45am	http://www.parismarathon.com/index_us.html
10 Apr	Summer 5k Series (Race 1)	RNAS Yeovilton	7.15pm	http://www.yeoviltownrrc.com
13 April	Endurance Life Runs 7/13/27 miles	Hunter's Inn, Exmoor		www.endurancelife.com
14 April	Honiton Hippo 7 miles	Honiton	10.30 am	www.honitonrc.com
14 Apr	Brighton Marathon	Brighton	9.00am	http://www.brightonmarathon.co.uk/
14 Apr	Bridgwater 10k	Trinity Sports & Leisure	10.00 am	www.1610.org.uk supported by Total Buzz Events
21 Apr	London Marathon	London	9.30am	http://www.virginlondonmarathon.com/

May				
5 May	North Dorset Small Village Marathon	Sturminster Newton High School, Bath Road	8.30 am	www.gillinghamtrotters.talktalk.net
8 May	Summer 5k Series (Race 2)	RNAS Yeovil	7.15 pm	www.yeoviltownrrc.com
5 May	Glastonbury Road Run 10k/5k/3k (Somerset Series)	Glastonbury	11.00 am	www.GlastonburyRoadRun.info
12 May	Black Death Run 10 miles / 3 miles	Combe Sydenham Country Park	11.00 am	www.theblackdeathrun.com
16 May	Ash Town Tree Trail 7 miles	Ash Primary School	7.00 pm	www.yeoviltownrrc.com
19 May	Crewkerne 10k (Somerset Series)	Crewkerne	10.00 am	www.crewkernerc.btck.co.uk
26 May	Dorchester Triathlon	Dorchester Sports Centre	8.00 am	www.1610.org.uk supported by Total Buzz Events

June				
2 June	Run in the Wild 10k	Cricket St Thomas	10.30 am	www.chardrunningclub.btck.co.uk
9 June	Ninesprings 9k (Somerset Series)	Ninesprings Yeovil	11.00 am	www.yeoviltownrrc.com
12 June	Summer 5k Series (Race 3)	RNAS Yeovilton	7.15 pm	www.yeoviltownrrc.com
16 June	Martock 10k	Martock Fire Station	10 am	www.fullonsport.co.uk
19 June	Tin Tin Ten 10k (Somerset Series)	Tintinhull	6.30 pm	www.chardrunningclub.btck.co.uk
23 June	Torrington Triathlon	Torrington Pool	8.00 am	www.1610.org.uk supported by Total Buzz Events

July				
6 July	Charmouth Challenge 8 miles	Charmouth	3.00 pm	www.charmouthchallenge.co.uk
7 July	Quantock Beast Challenging 5.7 miles (Somerset Series)	Broomfield	11.00 am	www.quantockharriers.co.uk/beast
10 July	Summer 5k Series (Race 4)	RNAS Yeovilton	7.15 pm	www.yeoviltownrrc.com
13 July	Maiden Castle Loop 6.5 miles	Maiden Castle	7.00 pm	www.egdonheathharriers.com

14 July	Wellington 10 10m/10k	Wellington	10.30 am	www.thewellingtonten.co.uk
26-28 July	Le Tour of Exeter			www.ironbridgerunner.co.uk
28 July	Exmoor Seaview 17 miles	Countisbury Hill, Lynton	10.00 am	www.mineheadrunningclub.co.uk

August				
7 August	Haselbury Trail 10k (Somerset Series)	North Perrott School	7.15 pm	www.haselburytrail..btck.co.uk
10 August ?	Maiden Newton Madness 10k	Maiden Newton	TBC	www.maidennewtonrunners.wix.com/maidennewtonrunners
14 August	Summer 5k Series (Race 5)	RNAS Yeovilton	7.15 pm	www.yeoviltownrrc.com
25 August	Langport 10k (Somerset Series)	Langport	11.00 am	www.langportrunners.co.uk

September				
1 st Sept	Ash Excellent Eight (Somerset Series)	Ash Primary School	11.00 am	www.yeoviltownrrc.com
11 Sept	Summer 5k Series (Race 6)	RNAS Yeovilton	7.15 pm	www.yeoviltownrrc.com
15 Sept	Bristol Half Marathon	Bristol	9.30 am	www.runbristol.com
22 Sept	King Alfred's Torment	Stourhead	11.00 am	www.yeoviltownrrc.com
22 Sept	New Forest Half Marathon	New Forest	9.15 am	Newforestmarathon.org.uk
29 Sept	Frome Mells Scenic 7 (Somerset Series)	Mells	11.00 am	Fromerunningclub.org.uk

Any events which are not on the diary, but you'd like included then please let us know

crewkernernews@gmail.com