

Crewkerne Running Club Newsletter

www.crewkerne.btck.co.uk

17th February 2013

Issue No: 96



A trip to the seaside on a lovely sunny morning followed by breakfast in Bridport. What more could we ask for?! ~Sarah Warren~

Our honourable club secretary Martin Cook has sent details of the upcoming AGM meeting on 11/03/2013; each attending member will be entitled to a free drink! So attend if you can. Please note there is a new venue this year; (White Hart). The agenda for this year and last year's minutes are attached for your perusal.

White Hart, Market Square East Street (new venue), Crewkerne
(7:30 for 8:00) Monday 11th March 2013

To all existing and potential new members

The clubs existing financial year is drawing to a close and we therefore give notice of our AGM which will take place on Monday 11th March. As a thank you for helping at events and an incentive to attend we have decided to give any existing member a free drink during the evening.

Membership of the club will entitle you to take part in any of the clubs activities.

We produce a weekly Emailed newsletter and you can benefit from the help and advice of other club runners. The club now uses the George Reynolds Centre (GRC) and members can also use the facilities and discounts at the bar.

The club helps organise 4 races.

All new members of the club are entitled to a Free club running vest. Various club merchandise are also available. All for an annual subscription of between £10.00 and £30.00 (see agenda as this needs to be discussed and agreed at the AGM)

The AGM of Crewkerne running club will take place at the White Hart, Market Square, Crewkerne (7:30 for 8:00) Monday 11th March 2013

At this meeting the clubs activities during the last year and any future issues regarding your club will be debated.

Please try to attend, and if you wish to add any items to the Agenda please contact myself or any other committee members.

Thanking You

Martin Cook Hon Sec

Upcoming race information...

Dear Runner

Yeovil Town Road Running Club and the Rotary Club of Sherborne Castles proudly present the 3rd Great Western 10k: a scenic race through rural lanes and fields surrounding Leweston School – enjoy the views of Dorset as you make your run, it will take your minds off the inclines and undulations!

Sunday 10th March 2013

ARC Race Licence No ARC12/22 for – Run under ARC rules

Race starts 11.00 am from Leweston School, Sherborne, DT9 6EN (2km Fun Run starts 11.05 a.m.)

Entry Fees: £8.00 ARC or EA Affiliated / £10.00 Unaffiliated + £2.00 extra on the day

2km Fun Run entry fee - £3.00 all entrants

Cheques payable to YTRRC

Free parking at venue; limited changing facilities; there are no specific storage facilities for competitors' baggage. Limited refreshments will be available. No unauthorised access permitted to Leweston School property

10km Competitors must be 15 or over on the day of the race.

Closing Date for Postal Entries Friday 8th March 2013

Entries to Race Secretary: 12 Brimsmore, Yeovil, Somerset, BA21 3NX

Tel: 01935 422971; mobile: 07436 013862

NUMBERS ARE TO BE COLLECTED ON DAY

Race details will be sent by email only. For more information, see

www.yeoviltownrrc.com/greatwestern10k.html or email

lesley.218@hotmail.co.uk or www.rotarygreatwestern.co.uk

All proceeds from the event will be donated to local Sherborne charities. You are receiving this email as you have previously entered one of our races. If you would prefer not to receive any further information about Yeovil Town Road Running Club and its races then please reply to this email with 'unsubscribe' in the subject box.

Kind regards

Annie Ashmead

(on behalf of Yeovil Town Road Running Club)

For all those who are tempted the race entry form is attached, may see you there!

Last year Ashley Sartin and myself (Tom) travelled up to Calne (Nr Chippenham) to take part in a very enjoyable early off road race, it is a bit of a trip but was highly enjoyable and very worth the drive. If people would like to organise lift shares or anything then give me a shout and I may well be interested in getting involved, the race details are below and it's lovely to see they captured me in the advert picture *blushes*.



The advertisement is for the Spirthill Trail Run, held on Sunday 24th March 2013. It features a green and blue color scheme. The main title 'SPIRTHILL TRAIL RUN' is in large blue letters, with the date 'Sunday 24th March 2013' in green below it. To the left, there is a circular inset photo of several runners on a trail. Below the photo is a QR code and the text 'Be part of it... find out more at www.eventslogicuk.com'. To the right of the photo, the race details are listed: '12km or 6km Run & 1.5km Fun Run (All Ages)'. At the bottom right is the logo for 'EVENTS LOGIC UK', which depicts a stylized green and blue figure running or cycling.

Are you up for it?

SPIRTHILL TRAIL RUN

Sunday 24th March 2013

12km or 6km Run
& 1.5km Fun Run
(All Ages)

Be part of it...
find out more at
www.eventslogicuk.com

EVENTS LOGIC UK

And now a race report from 'rocket man' Mike...

Below is a short report for the Street 5km.

Cheers

~Mike~

Street 5km (race 5) 13th Feb 2013 by Mike Pearce

With the forecast for Wednesday not looking too good a trip up to Street to do the penultimate race of 6 was looking to be a breezy and possibly wet affair. Once there the rain was holding off and in the hall bumped into 4 other Street regulars from CRC but some missing faces. After some chit chat I decided to do my warm up of a lap of the course but also to see where the wind was going to hit us most. And of course it was to blast us on the slight up hill bit

and when you are running a race that has 5 laps, thats 5 times you have to go up that same hill.

Up at the start we got going and regulars of this race know that you have to get into position for the first tight corner or you get forced onto the grass. Straight from the start Kieran Young staked his claim for first place (which he kept). As expected that uphill bit with the wind factor got tougher each time and to be honest I was extremely thankful when I took the last but one corner to be on the flat bit before the finish. However, I had to put a bit of a unwelcome sprint at the last 100 yards or so as I heard the approaching footfalls of 4th place so I found the extra sprurt and held on to that 3rd place. Over the finish line went through the usual handshakes, the getting my breath back, seeing in some fellow CRC runners and before I got to cold went back to the hall for a welcome hot tea.

Well done to the rest of the other CRC runners who braved the cold breezy winter evening, below are the times and positions of each.

3	17:19	MIKE PEARCE
28	20:55	DAVID CARNELL
52	23:26	PHILLIP WAREHAM
68	28:16	TAMSIN DICKINSON
72	31:22	TRACY SYMES

Birthday's



Happy birthday today to Lucy Boyland! Many happy returns :D



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

Sunday morning runs leave from Lidl's car park at 9.30am



Dates for the Diary



February

24 Feb	Slay the Dragon	Hinton St George	10.30am	http://www.slaythedragon.co.uk/
24 Feb	Babcary Road Race (Somerset Series)		11.00 am	www.wellscityharriers.org.uk
24 Feb	Tough Ten Challenge 10 miles	Weston-Super-Mare	11.00 am	www.toughten.co.uk

March				
Date	Event	Location	Race Start Time	Website
3 Mar	CRC West Bay Run	Crewkerne to West Bay	9.00am	See Newsletter
3 Mar	Combe St Nicholas 10k	Combe St Nicholas	10.30am	http://www.runnersworld.co.uk/events/
3 Mar	Bath Half Marathon	Bath	11.00am	http://www.bathhalf.co.uk/
10 Mar	The Grizzly 20 miles Cub 9 miles	Seaton	10.30am	http://www.axevalleyrunners.org.uk/
10 Mar	Great Western 10k	Sherborne	11.00 am	www.yeoviltownrrc.com
11 Mar	CRC AGM	White Hart, Crewkerne	7.30 for 8pm start	See Newsletter
13 Mar	Street 5k (Race 6)	Street	7.30pm	http://www.wellscityharriers.org.uk
17 Mar	Butleigh 7 Mile Multi-terrain (Somerset Series)	Butleigh	11.30am	http://www.wellscityharriers.org.uk
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
TBC	Run in the Wild 10k	Cricket St Thomas	10.30 am	www.chardrunningclub.btck.co.uk
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				
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
23 June	Torrington Triathlon	Torrington Pool	8.00 am	www.1610.org.uk supported by Total Buzz Events
23 June TBC	Ash Town Tree Trail 7 miles	Ash Primary School	7.00 pm	www.yeoviltownrrc.com

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

crewkernernews@gmail.com