

CREWKERNE RUNNING CLUB

Newsletter

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

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Dear Fellow Runners



LONDON MARATHON EDITION



I'm sure that it can't have escaped anyone's notice that today was London Marathon day! The highlight of the UK Running calendar!

36,000 runners, equipped with all those months of training, finally take to the streets of the capital to compete in one of the best marathons in the world.

This year's race was dominated by the Kenyans as usual, winning both the male and female races.

The winner of the men's race was Emmanuel Mutai who smashed the course record with a blistering time of 2.04.40. It's hard to believe it can be done!



The winner of the women's race was Mary Keitany who flew round the course in 2.19.19!



In terms of the British athletes, the first man home was Lee Merrien in 14th with a time of 2.14.27, while Jo Pavey (running in her first marathon) was 19th fastest lady with a time of 2.28.24.



Now let's get down to the runners that we are really interested in!

In the end there were 6 runners from Crewkerne taking part. It was due to be 7 but sadly Witney Symon had to pull out last week. On his last run before the race, he twisted his knee bad enough that it prevented him from taking part which must have been a huge personal disappointment for him. So we wish Witney all the best and hope that he can try again next year.

Of the 6 members present there were some wonderful personal achievements, notably Felix Jaffe who raced round in a fantastic time of 2.59.09. I knew how desperate he was to get under the 3 hour barrier so a big congratulations goes out to him!

Full Results

975 th	Felix Jaffe	2.59.09
5279 th	Elaine Priest	3.39.37
7619 th	Matt Bryant	3.53.05
8279 th	Andy Parsons	3.55.56 **
28897 th	John Bryant	5.31.57
31424 th	Anna Gould	5.56.05

** There was some confusion on my part as to whether this was Andy's correct time. Looking at the results, there were two Andrew Parson's finishing within 3 minutes of each other and the only way to tell them apart is one was over 40 and one was under??

Not knowing Andy's age I would have to guess that he was the over 40 one (to be fair he looks it), though I expect to be reprimanded if he was in fact the under 40 runner! I'm sure he will let me know either way!!

WELL DONE EVERYONE!!!

Have you been inspired by watching today's events??

Fancy having a go yourself next year? Then pay attention!

The online ballot for next year's London Marathon opens on 26th April 2011. For more details and to register go to www.virginlondonmarathon.com

If you enter the ballot but are not successful, you may be eligible for some of the places the club receives so do not despair, all will not be lost!



3 super Race Reports for you now!

Yeovilton 5K, 13th April 2011. Race report by Derek Boles

Not a nice evening for the first Yeovilton 5K of 2011 but the damp and chilly conditions didn't stop 159 runners finishing the race.

I decided to go and distribute some Crewkerne Nine forms as well as catch up with some members we rarely see at club nights. I also enjoy the race as the flat, fast (?) 5 kilometre route is totally different to anything else I do.

Managed to get there nice and early and after registering, first time with my EA racing licence (sounds good), and having a natter I did my usual Yeovilton warm up by jogging back around the route for about 1.5 K and finding a suitable gateway for some stretching. I then set off for the start planning to get there as close to start time as possible and arrived with seconds to spare. Felt really good right from the start and tried to keep the tempo and stride length up all the time. Managed to pass several people on the final kilometre and had a strong finish but what a disappointing time. For the past two years I have always been within 2 seconds of 23:50 on this race but this time it was 24:33. Where did those 40 seconds get to??

Overall position was 109th but 5th over 60.

Anyway I was pleased with the run and fellow CRC members did well with Steve Hurley coming 22nd in 17:58, Thomas Priest was 24th in 18:11, Dave Carnell was 47th in 19:36, David Baker was 151st in 30:59 and Lucie Boyland was 156th in 32:15.

Very well done everybody!



Exmoor Coastal Trail 10k Race Report by Ian Watkin

Didn't know if you are interested but myself and a friend ran the 10k Endurancelife Exmoor Coastal Trail Series run today, the weather was perfect with temperatures from 12 to 19 mainly cloudy with a light westerly breeze, the crazy folk doing the ultra left at stupid o'clock this morning, followed by the marathon then the half marathon, the 10k ers left at approximately 11:30 from Heddons Mouth near Ilfracombe and proceeded up an unbelievably steep hill of approximately 500m of climb that continued to go up into the clouds and a real varied terrain under foot, once at the top the clouds parted and wow what a view, the trail levelled out then continued to climb at about 7k.

Then the down hill came, very steep and technical in places but a welcome relief, we followed the river and back to The Hunters Lodge, where we were told after that it was actually 11.7k not the 10k we were lead to believe and the organisers had given it a 5/5 difficulty rating, very happy with my time of 1:32.



A misty view across the Exmoor hills on the Exmoor Coastal Trail Series 10k



Brighton Marathon Race Report by Rupert McLeod

Last year I entered the first ever Brighton marathon. The week before I'd eaten some dodgy meat but felt good on the start line. As the race went on I had little strength and limped through in 4.08 followed by 3.45 a week later at London. So I entered again this year to put that one to bed. Training went well apart from the past three weeks suffering from a hip injury so aimed for a sub 4hr.

At 9am over 9000 of us ran through Brighton centre, out to Rottingdean, around Shoreham power station and back to the promenade. All was good until mile 17 when my stomach started cramping. Unable to run I walked until the pain cleared. It was pretty much like this to the finish and the temperature went up to 20degrees causing more problems. I staggered through the finish in a chip time of 4.20. Then when things got really unpleasant. More cramps, nausea and faintness followed. It took me over an hour to walk the 100m to the bus stop which I later had to jump off as I thought I was going to embarrass myself. After an hour of acting like a drunk tramp I got on the train home with my tail between my legs.

I've had a day to mull over what went wrong. My conclusions are that I didn't follow my own advise. I changed my pre-race meal slightly, didn't take enough salt in the morning, over hydrated on water and ate some energy cubes i'd not tried before. However I wasn't the only one suffering, people all over the course and several ambulances on the go.

24hrs later I'm better but hacked off that all the training produced a worse result than last year. Good luck to all in London, I hope the weather is cool and overcast. I'll be cheering you on somewhere.

Rupert



Excuse the writing on the photos Rupert! These are the only one's I could find!



Pub Runs

There will be a pub run this Wednesday from the Manor Arms in North Perrott. Meeting just before half 6 to give time to choose food, arriving back to eat at 8.

Always good food here and very reasonably priced! Please try and make it if you can!!

There will also be a pub run on Thursday 5th May. An annual event organized by Jim White visiting the Old Inn in Hawkchurch. Normally they go to the Bottle Inn but I understand it is not open at the moment so there will be a change of venue.

Spring Handicap – Wednesday 25th May

The spring handicap will take place on 25th May at South Petherton. Won last year by Mike Pearce, this is a lovely little event for all abilities of runner! Retiring to the Brewers Arms afterwards for food.

Put these dates in your diaries!



For those of you not aware, may I bring something a little bit special to your attention...

Dave Rowe fancied a bike ride.....he wasn't content with the roads around Crewkerne....he wasn't content with a ride to West Bay and back.....he wanted more – much more!!

So on Friday morning, Dave will be setting off on his marathon journey from John O'Groats all the way down to Lands End! The fact he will be doing it solo makes it all the more challenging and inspiring!!



Having already accomplished the route once before starting from Lands End, he has had the desire for a while to do the route in reverse, and feels that now is the time to do it!

I will be keeping in touch with Dave throughout the 11 days, which he hopes he will complete it in, and can give you all a progress report on how he is getting on next week.

So a massive good luck to Dave on your ride!!!



There are still some members who have yet to renew their memberships

A quick reminder for all those who have yet to renew your membership that your subs are now overdue.

The new 2 tier membership system is now in place –
£10 standard £15 with EA Licence

Please see Derek with your cash asap

Thanks!

I think Martin has emailed most of you with your new EA registration numbers which he has kindly organized.

If you have yet to get your number, contact myself or Martin and we can update you on progress.



Upcoming Events....

Might be a nice one for the kids/families

'Beat The Egg' 8km Chase

Taking place on April 23rd at the Stourhead Estate

A low key but fun event – Easter Egg for all finishers

Also a 1k mini race for the youngsters

See Entry Form Attached



This Week's Running

Club nights are on Tuesday, Wednesday and Thursday this week. The Tuesday and Thursday runs will be as normal, leaving the car park at Lidl's at 6.30pm.

Wednesday will be the pub run, meeting just before half 6 at the Manor Arms, North Perrott.

Sunday morning run is on as usual, leaving the car park at 9.30am.





Dates for your

April

Date	Event	Location	Time	Website
Wed 20 th	Pub Run	Manor Arms, North Perrott	6.30pm	See Newsletter
Mon 25 th	Easter Bunny 10k	RNAS Yeovilton	11.00am	www.yeoviltownrrc.com

May

Date	Event	Location	Time	Website
Sun 1 st	Glastonbury 10k	Glastonbury	11.00am	www.glastonburyroadrun.info
Sun 1 st	The Great West Run 13 miles	Exeter	9.45am	www.thegreatwestrun.co.uk
Thurs 5 th	Pub Run	Hawkchurch	6.30pm	See Newsletter
Sat 7 th	The Exterminator 10k	South Devon College	5.00pm	www.somerac.org.uk
Sun 8 th	The Black Death Run 10k	Combe Sydenham	11.00am	www.runningforeverrunningclub.org.uk
Wed 11 th	Yeovilton 5k (Race 2)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Sun 15 th	Jack & Jill Challenge	Midsomer Norton	11.00am	www.somerac.org.uk

Sun 22 nd	Crewkerne 9	Crewkerne	10.00am	www.crewkernerc.btik.co.uk
Sun 22 nd	Curry Mallet 10k	Curry Mallet	11.00am	www.runbritain.com
Wed 25 th	Spring Handicap	South Petherton	6.30pm	See Newsletter
Sat 28 th	Egdon Easy	Weymouth College	7.00pm	www.egdonheathharriers.com
Sun 29 th	Wells 10k	Wells	10.30pm	www.wellscityharriers.org.uk

June

Date	Event	Location	Time	Website
Sun 5 th	Run in the Wild 10k	Cricket St Thomas	10.30am	www.chardrunningclub.btck.co.uk
Wed 8 th	Yeovilton 5k (Race 3)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Sat 11 th	Umborne Ug	Umborne	6.00pm	www.axevalleyrunners.org.uk
Sun 12 th	Ninesprings 9k	Yeovil	10.30am	www.yeoviltownrrc.com
Sun 12 th	Cheddar Challenge 10k	Cheddar	11.00am	www.cheddarrunningclub.co.uk
Wed 15 th	Tin Tin Ten (TBC)	Tintinhull	TBC	www.chardrunningclub.btck.co.uk
Sun 19 th	Martock 10k	Martock	11.00am	www.martock10k.org.uk
Sun 19 th	Race For Life	Sherborne	10.00am	www.raceforlife.org
Thurs 23 rd	Forde Abbey 10k	Forde Abbey	7.00pm	www.nutshelloutdoors.co.uk
Sun 26 th	North Devon Marathon	Woolacombe	10.00am	www.northdevonmarathon.co.uk

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

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