

CREWKERNE RUNNING CLUB

Newsletter

Issue no. 72 Sunday 17th June 2012

www.crewkernerc.btck.co.uk

Dear Runners,



Mike Pearce receiving his well deserved trophy at the Ninesprings 9k!

Early Training Session – Your feedback

From the first Thursday in July, we will be trialing an earlier run as well as the usual 6.30pm run. This is to see if we can be more flexible with time and enable to run earlier if it fits in with all our hectic lives!

It will work by having one run starting at 5pm and going until 6.15/6.30pm at which point they will return to Lidl's in time for the usual 6.30pm run to start. Thus giving you the option of an earlier or later run – or maybe both if you feeling particularly energetic!!

The earlier run will still be treated as beginners night so will run on the same format as the later slot.

The committee would really appreciate some feedback on this idea, so please email me with your thoughts.

This trial will begin on the first Thursday in July and run for a month when we will look at whether it is something we make permanent or not!



A request from Derek...

Saturday 21st July see's the Beer Festival take place from North Perrott Cricket Club.

Of course all members are welcome to attend, but Derek would like to know if anyone would be free to help out a little bit on the night, maybe by helping with the bar or food for a time (not all night though)

Please get in contact with Derek on - derek.boles123@btinternet.com



Yeovilton 5k Results

Well done to all of you who took part in the Yeovilton 5k on Wednesday!

<u>Position</u>	<u>Name</u>	<u>Time</u>
1 st	Shaun Antell	15.08
10 th	Ed Stahl	17.35
14 th	Tom Priest	18.16
17 th	Clive Harwood	18.34
57 th	Tim Irish	20.52
65 th	Richard Caile	21.37
83 rd	Dave Carnell	23.33
88 th	Derek Boles	24.26
106 th	Tamsin Dickinson	26.33
125 th	Tracy Symes	33.01
126 th	Caitlyn Graff	33.01
128 th	Lucie Boyland	35.17



Pub Run!

The pub run for July will take place on Thursday 19th and will be held at The Manor Arms in North Perrott. Please arrive at 6.15pm to order food before the run starts at 6.30pm. This will still be run as a beginners night run.

Hope to see you there!



Crewkerne Tri – July 1st

Would any of you be able to lend a hand helping out at the Crewkerne Tri?? We are looking for people to do lap counting for the running section in the junior race.

Please contact Derek to let him know if you are available –
derek.boles123@btinternet.com



*Yeovil Town RRC
30 Anniversary Day
Saturday 23rd June 2012
At Yeovil Town FC*

Welcome.....

On this the 30th Anniversary of the club we are arranging a Fun type day, for all at Yeovil Town FC which has been our home for nearly 15 years

We hope to welcome Members Ex members and their families. We also welcome members from our friends in other Running Clubs

Starting at 1200 we will be having an hour or so refurbishing all the club equipment in our trailer i.e. everything that makes our races such a success

1400 Arrival of the participants for the great Olympic style Rings Relay

1500 Start of the relay

We will arrange the names to make up the teams of five

**Yes / No I will be taking part in the great Olympic Rings relay for the great cost of a miserly £1 a head*

**I will / Will Not be coming to be "Teased by the Cat" at 2000 (8PM) at Yeovil Town FC Presidents Bar*

Dress casual £5 a head.

Please make cheques payable to YTRRC

**Delete as necessary*

*Please return to Phil Mac Quaid, Blue Cedar, Gunners Lane, Houndstone BA22 8SB
With fees as necessary*

01935 422887 // 07866 357808 philmacquaid@hotmail.com



[Upcoming Events....](#)

Forde Abbey 10k – This Thursday!!!

Set in the heart of West Dorset the Forde Abbey 10km Cross Country has become a renowned race that rolls through woodlands, meadows and rivers on the stunning Forde Abbey Estate.

Now in its ninth year, the race has raised over £9,000 for local good causes. Nutshell is proud to once again provide support to this unique event.

The 10km route includes mud, rocky tracks, hills, big views, more hills and two river crossings near to the end, after some more hills. Few race routes rival this for spectacular rural scenery.

What better way is there to spend a summer evening? All race income will go to local good causes.

Once again there will be an 11yrs and younger 1-mile race prior to the 10km adult race. This children's race will raise funds for Shelterbox.



Its that time of year again when we all rejoice in celebration of the birthday of Richard Gardiner!

A man who shows us all that age doesn't have to be a barrier!





This Week's Running

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

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



Dates for your

June

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Wed 13 th	Yeovilton 5k (Race 3 of 5)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com

Thur 14 th	Pub Run	Hawkchurch	6.30pm	See Newsletter
Sun 17 th	Martock 10k	Martock	10.00am	www.totalbuzzevents.com
Sun 17 th	Cheddar Gorge 10k	Cheddar	11.00am	www.relishrunningraces.com
Sun 17 th	Ashill 5k	Ashill	11.30am	www.ashillschool.org.uk
Thurs 21 st	Forde Abbey 10k	Forde Abbey	TBC	www.nutshelloutdoors.co.uk
Thurs 28 th	Ash Town Tree Trail Race	Ash	7.00pm	www.yeoviltownrrc.com

July

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sun 1 st	Portland 10	Portland	10.30am	www.rmpac.co.uk
Wed 4 th	Tin Tin Ten	Tintinhull	7.00pm	www.chardrunningclub.btck.co.uk
Sat 7 th	Charmouth Challenge	Charmouth	2.30pm	www.charmouthchallenge.co.uk
Sun 8 th	Wellington 10m & 10k	Wellington	10.30am	www.thewellingtonten.co.uk
Sun 8 th	Quantock Beast	Fyne Court	11.00am	www.quantockharriers.co.uk
Sun 8 th	Cheddar Gorge 5k, 10k Half Marathon	Cheddar	11.00am	www.relishrunningraces.com
Wed 11 th	Yeovilton 5k (Race 4 of 6)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Sat 14 th	Swanage Half Marathon	Swanage	TBC	www.swanagecarnival.com
Thurs 19 th	Pub Run – Manor Arms	North Perrott	6.15pm	See Newsletter
Sun 29 th	North Dorset Half Marathon	Sturminster Newton	10.30am	www.sturhalf.co.uk

August

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Wed 1 st	Haselbury Trail Race	Haselbury	7.00pm	www.crewkemerc.btck.co.uk
Sun	Totnes 10k	Totnes	10.30am	www.teignbridgetrotters.co.uk

5 th				
Wed 8 th	Yeovilton 5k (Race 5 of 6)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Sat 11 th	Maiden Newton Madness	Maiden Newton	7.00pm	www.freewebs.com/ maidennewtonrunningclub
Sun 26 th	Langport 10k	Langport	11.00am	www.langportrunners.co.uk

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

simon_land87@yahoo.co.uk