

CREWKERNE RUNNING CLUB

Newsletter

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

Issue no. 29 Sunday 17th July 2011

Dear Fellow Runners

Before we start with what's been going on this week, I would like to release the following statement.

I'm sure it hasn't escaped anyone's attention that the past few week's have seen our news screens full of allegations of phone hacking, skullduggery and general naughtiness from parts of the media!

As editor in chief of CRC News Ltd, I would like to assure you all that there has been no improper conduct on my part during my tenure in charge. As the second mostly frequently read Sunday newspaper in the UK, all eyes have obviously been on myself, and I would like to answer the following charges;

- Allegations that senior committee member Derek Boles had his phoned tapped to find out where all the club funds were going were untrue, and no crime has taken place. None of his holidays have been funded by your subs.
- Accusations that Deputy Mayor of Ilminster Roger Swann, had his voicemail hacked into are also untrue, after rumours indicated that he has been implicated in a cash for honours scandal, news which is sure to rock the local political scene.

- The Take That saga continues after it emerges that not 2, but 3 club members have now been spotted at the man-band concerts. After taking out a gagging order at the High Court to protect their street cred, the identities of Mr A, Mr B & Mr C have gone viral on Twitter, and I can confirm that I was not responsible for leaking

- Finally, shocking revelations about Richard Gardener's age were obtained from a legitimate source, and deemed in the public interest to publish.

Hopefully we can now put all suspicion and doubt behind us, and begin to regain trust in the news we receive!

Thank you.



[RACE REPORT - NOCNA 10K, LAKE BLEED, SLOVENIA](#)

BY SARAH



Rod and I joined Honiton Running Club's now annual trip to do a race in another country. This year it was a five day trip to Slovenia. It was really a holiday with a group of friends with the run being the excuse to do it. The chosen race was the Nocna 10k at Lake Bled. A night run starting at 10pm. 21 of us set off from Gatwick to fly to Venice on Thursday morning. We drove for a couple of hours through Italy and then crossed the border into Slovenia where we were staying in the Soca Valley/Julien Alps - Stunning scenery and great mountain walks.

The race was on Saturday. Having spent the morning white water rafting on the Soca River we headed off for Bled - a rather scary, but beautiful, mountain drive with dozens of hair pin bends. On arrival in Bled we checked into our hotel for the night and then went off to race registration to pick up our numbers and goody bags. Our entry fees must have been reimbursed by the contents of the goody bag - technical T shirt, head torch, running socks,

bottle of water, and a jar of pasta sauce (??) I guess the sauce was provided by one of the sponsors. It was a big race with 2000 entries and there was lots going on at the rowing club where the race started - bands, bars, stalls, etc. There were only 25 British entries, 18 of which were from our group so we flew the British flag.

The race was one and three quarter laps around the lake which was beautiful - a small island in the middle with a church (where Louise from CRC got married last year!). We had to walk a kilometer or so from the registration/finish point round to the start at 10pm. It had been 32 degrees C during the day, but thankfully the temperature had dropped to a cool 27 by the start of the race! It was very crowded so for the first lap I could not really get going - lots of people in the way, so I just settled for a gentle run round (story of my life). The route went right round the edge of the lake (all on road) and took us through the town of Bled where there was lots of support. I managed to get going a bit better on the second lap when numbers of runners had thinned out a bit, but it was still a case of dodging in and out of people all the way round.

At the finish, instead of the usual ribbon with medal we were presented with a ribbon with a fork on it. Why you ask? Well, it was to aid the consumption of the scrummy local cake/pudding speciality which was available too all runners at the end. Our group picked up two prizes (not me I hasten to add) - second lady over 65 and last overall. Our lady who came last got a days white water rafting as her prize - if I had known that I would have trotted round with her and let her pip me at the post! After a few beers and listening so some of the music on offer, we walked back around the lake to our hotel to get to bed at 2am feeling tired. The race had a great atmosphere and was very well organised. I was not sure beforehand if my body and mind would be up for a race at 10pm, but on the day the atmosphere created some energy and drive even in the 27 degree heat of the night. Next morning we had breakfast on a terrace on the lakeside and then headed off for Ljubljana - Slovenia's capital city for a spot of sight seeing before heading back to our accommodation in the Soca Valley where we stayed until Tuesday. A great time was had by all - night running is not all bad if you go somewhere different.

SARAH



[Yeovilton 5k Race Report \(x2\) by Derek Boles & Ed Stahl](#)

Once again CRC had a good showing at the 5K with Simon Sheldon getting back first in 19:14. Simon was closely followed by Thomas Priest just 11

seconds later. Downhill Dave Carnell was next back in an impressive 19:45 then it was quiet until Rachel Green came in at 21:10. Ken Priest followed at 23:16 and Tim Cook at 23:56. Yours truly staggered over the line at an official 24:36 , I made it 24:34 but won't argue about 2 seconds. Lucie Boyland followed in 29:45 and 5K stalwart David Baker did 30:54.

I personally like Yeovilton, not sure why but my theory is that whatever you do you feel like you've had a good run because there are no hills to walk or demoralise you. I've done three this year and they have all been within 5 seconds of identical times. Funny thing is each time I think I have had a really good run and will have broken my record... Wrong!! Downhill Dave suggested this morning that I should start at the front and claw some of that 5 seconds back, good plan.

Derek

Last wednesday was the yeovilton 5k series which I wasn't planning on doing due to my race on saturday!but the weather was great and I was in the mood for something quick.

There were a handful of crc members at the start so the usual banter persued.the race itself went really well and for the first time I can remember we had no headwind on the back straight which made for easier racing.I managed to tuck in behind the lead group and hoped they would keep me going and it worked.as this was my 1st outing of the 5k this year I was hoping for marked improvement and I was very happy to see that I came in 14th with a time of 17:23 which beat my pb by 45 seconds!! Well done to everyone else who took part in the race from the club.

On a personal note amelia,my daughter ran her first ever race by competing in the 600m lap at yeovilton.she ran the whole way and finished in 4:36.not bad for 3 and a half.I better watch out as she'll soon be on my heels!

Ed

Yeovilton 5k results

1 st	0:15:12	COLE, Jim Tavistock AC
14 th	0:17:23	STAHL, Ed
35 th	0:19:14	SHELDON, Simon

39 th	0:19:25	PRIEST, Thomas
45 th	0:19:45	CARNELL, David
69 th	0:21:10	GREEN, Rachael
87 th	0:23:16	PRIEST, Ken
93 rd	0:23:56	COOK, Timothy
102 nd	0:24:36	BOLES, Derek
132 nd	0:29:45	BOYLAND, Lucie
137 th	0:30:54	BAKER, David



Haytor Hellar 10K Race Report by Ed Stahl

Well I should have really looked at the name of the race more closely as this was without doubt the hardest, toughest race I have ever had the pleasure of racing in! the race begun halfway down haytor rock so the start began on a 1 in 2 hill which was just the start of it all. cathy newman started the 300 crazed runners off and I found myself in the lead pack. the terrain was unkind as anyone who has walked in dartmoor knows so if we weren't running down we ran up. there were six steep ascents in total with many boulders to clamber over and trip up on so not a run for a pb.

I managed to gain a top 20 place with a time of 46:29 which I was very happy with. would I do it again? yes but walking with the family.

Ed



Sherborne Triathlon Race Report by Les Thomas

I'll make this one brief – for once!!

Another 6am rise and again to poor weather, high winds and rain – great.

Arrived on site at Sherborne School – registered and then got back into the car to drive the bike course to familiarize myself with the conditions – and in short POOR! A twisty technical route on often narrow farm lanes more conversant with a mountain bike not a TT race bike!!!

The Race.

Swim 500m - Bike 20k - Run 5k

Swim went ok – had to stop several times as my goggles kept leaking but I'm never going to set a record breaking swim time!

The bike was a nervous event having to ride on the brakes on many occasions, riding through very muddy slippery, twisty lanes. The one big hill was tough but other than that the wind helped prevent good progress! I managed to pass at least 15 others on the bike so regained the places I lost on my slow swim ability.

The run for me was very labored – I couldn't seem to run fluidly. However I kept pushing hard and did overtake at least 4 people. No one passed me at all so that was encouraging to know that I must have been going ok.

I was glad to see the finish line today however!

Positions – out of 77 finishers:-

1	Phillip Macmillan	1:10:30	in age group 18-29
7	Les Thomas	1:15:51	1 st in age group 30-39
77	Bruce Lemonde	2:13:59	in age group 50+



Crewkerne 9 - We need your input!

As you may be aware, the Crewkerne 9 is a great event and we as a club have been running it now for over 30 years. However, we cannot ignore the fact that year upon year, the numbers taking part are dropping rapidly. This year there was a fall in numbers again to not much over 100 taking part, which for a town like Crewkerne is not good. The committee, and many others in the club, now feel that we have to be pro-active and accept when things aren't working anymore, and when changes need to be made.

Some feel that it is the distance and difficulty of the route which may be putting people off, but also the general increase in local races will have had an impact as well.

So we want your ideas on what we can do? Suggestions have so far been

- change to a 10k
- incorporate some or go totally off-road
- more accessible start point - Henhayes??

Please send in any suggestions on the above, and also any routes you think may work, taking into consideration road crossing etc.

Thanks



Beer Festival

On Saturday July 23rd North Perrott Cricket Club are having a beer festival at the ground. There will be 24 real ales and 8 ciders plus two live bands, hog roast and BBQ. The event runs from 4:00 pm until midnight and the £5 entry fee includes a souvenir glass and two drinks. In view of our association with the cricket club I thought some members might be interested, not that we drink of course.....



Time for a bit of self-promotion if you don't mind.

For those of you who are not aware, on Monday 15th August I will be setting off on a sponsored bike ride from John O'Groats to Land's End. The route I have planned will be around 950 miles and will hopefully take me 11 days, riding 80-90 miles per day (emphasis there on hope!). I will be doing the ride solo, with no back up or support for the duration, just to make it all that little bit more exciting!

It has been on my 'To-do' list for many a year, but I have finally got my backside into gear to do it. My desire was re-ignited earlier in the year when Dave Rowe completed it, though I can't compete with doing it in 8 days! Having only got back on the bike for a short time last autumn, and only properly getting back to it since March time this year, I'm hoping I've got enough in the tank to do it, but on a personal level, it is a going to be massive challenge for me.

Another reason for me doing it was to try and raise some money for a charity that means a great deal to me, and when you add in to the mix as well the chance to wear tight fitting lycra for 11 days straight, it's an opportunity you just can't say no to!

Asking for money is something that I really don't like doing, and so I'm not asking - just giving people the opportunity if they want to. There are so many charities out there doing great work, and we all understand that you can't support everyone, but hopefully this is a big enough challenge for me to warrant consideration. I will be humbled and truly grateful for any sponsors I receive.

I will be raising money for the Yeovil branch of Samaritans. Samaritans are an organisation that mean a huge amount to me, and play an extremely vital role for many people.

Across the UK, Samaritans are contacted once every 6 seconds. That could be a telephone call, an email, letter, or face to face visit at one of their centres.

One person commits suicide every 94 minutes in this country. One of Samaritan's main objectives is to reduce the number of suicides taking place. This is not done by trying to talk people out of it, but by allowing them to talk through what they are feeling, and discussing the emotions and the situation they are going through, so that a different path may be taken.

But Samaritans are not just there for people who are suicidal, they are there for anyone who is in distress, despair, or in desperate need to talk. Samaritans will not give you advice, or try to tell you what to do, or how you should be feeling. They will respect a callers decision, and support them, whatever that decision may be.

There's very few places you can go to in the world where you can pick up a telephone and another human being, no matter why they're doing it, will listen to you unconditionally. If you want to pour out in a phone call, they will listen for hours, for as long as you need them to.

Yeovil & Sherborne Samaritans are based in The Park, Yeovil. They are staffed entirely by volunteers, and receive no central funding, relying entirely on donations. While we may not always be aware of them, they are quietly working away, providing a vital, vital service for people. Samaritans are run by people from all walks of life, providing support for people from all walks of life.

To find out more about Samaritans and what they do, visit www.samaritans.org.

To learn more about my ride and why I am doing it, and to hopefully make a donation, you can visit my Just Giving page or catch me at a club night - www.justgiving.com/SimonLand

Thank you for taking the time to read this - it's appreciated.



Upcoming Events....

We'd like to bring to your attention Frome Running Club's race, the "Mells Scenic 7", being run this year on September 25th from the village of Mells (just near Frome).

About the race: At 7 miles, the route is about 60% new since last year, featuring less tarmac and more hills. You can expect some great views across the eastern end of Somerset, some tough climbs and a great atmosphere. Club runners are encouraged to enter, and there are individual and team prizes on offer.

For more details, a downloadable entry form, and link to online entry, see: <http://mellsscenic7.co.uk/>

Also....

The next hash of the Ham Hill Hash takes place on Sunday 24th July at the Quicksilver Inn, Yeovil at 11am - all welcome, and the more the merrier!

We are having a collection on the day in support of Mencap (£2 donation suggested), but there will be a beer stop and jelly baby stop on the way round...

Please feel free to circulate details. I would be grateful if you could please let

me know who is coming so we can plan beer stop / warn the pub how many may want to eat afterwards.

Email me if you are interested and I will let the relevant people know.



Many Happy Returns to CRC leading lady Sarah Warren, who celebrates her birthday on Wednesday!



[This Week's Running](#)

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

Sunday morning run will be on as usual leaving Lidl's car park at 9.30am.



