

CREWKERNE RUNNING CLUB

Newsletter

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

Issue no. 49 Sunday 18th December 2011

Dear Runners,



Tinsel Run Report

Today saw us stage our annual festive run – named the Tinsel Run. Normally held at North Perrott School where Tony Strugnell would whip us up a feast, the venue changed for the first time this year and now takes place at Hinton St George village hall – great news for Tony as he could now come out for a decent run and could leave the cooking for someone else!

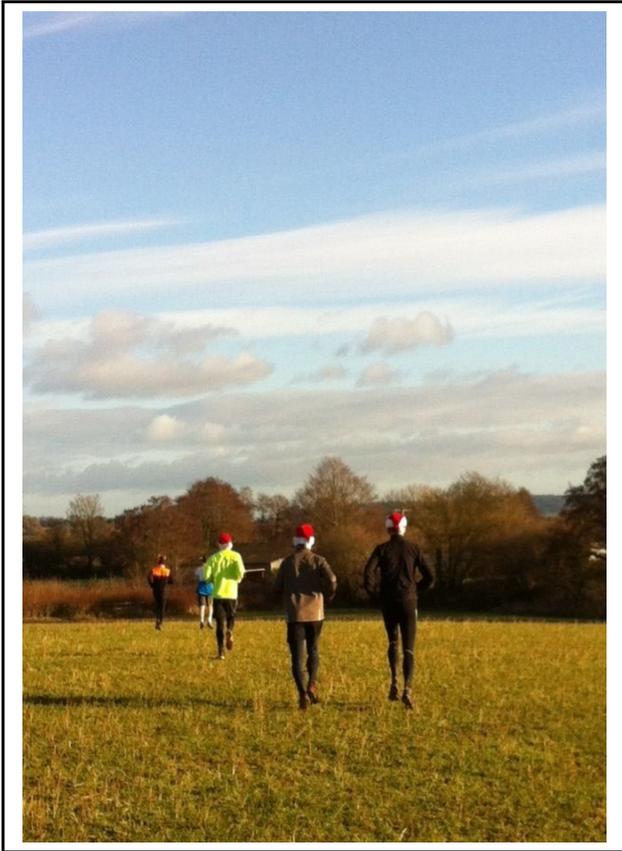
It was a fantastic morning for us with brilliant cloudless skies and winter sunshine. Roads were rather icy though not a bad as we had it in Yeovil which was like 'Dancing on Ice' for cars!

We had a fantastic turnout from club members with 23 people getting all dressed up in Santa hats and tinsel! While we set off for our run, our highly skilled new catering team of Rod Warren & Dave Symes got to work on the bacon!

The band of merry joggers followed the Slay The Dragon route for a nice muddy 6 mile run, with the sound of chatter and laughter echoing across the fields, only to be drowned out the ringing bell noise coming out of Tim Hoyle's Santa hat! Thanks Tim!



Matt Bryant and Santa Claus looking very festive



With the smell of freshly cooked bacon wafting through the air we made it back to the village hall at around 11 o'clock.

We were treated to a feast of not only bacon rolls, but sausage rolls, mince pies, cakes and biscuits making it all worthwhile.

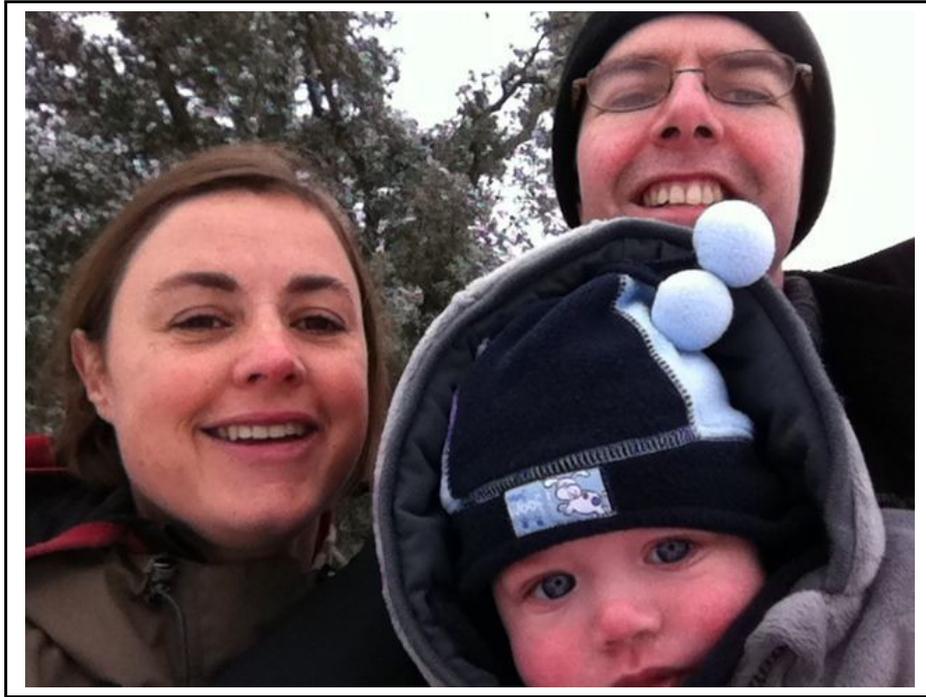
All the food was washed down (by those brave enough to try) by some of Clive's 20 year old 'Home Brew'. We are not sure what was in it but we just had to trust Clive which was a rather difficult thing to do! Having said that it was really lovely whatever it was!

Thanks again to Rod & Dave for slaving over a hot stove for us all, and also to all those who brought along all manner of cakes and biscuits!

Thanks as well to George and Tim for taking photos and of course to all the runners who turned up – and dressed up- for the run this morning! It was great to see so many of you there!

And of course not only was this a lovely excuse to meet up and eat, but it was also the celebration of an anniversary for two of our wonderful members!

One year ago today on the Tinsel Run 2010, unknown to the rest of us, George got down on one knee and asked Caroline to marry him! Obviously she said yes, now they are happily married and the rest, as they say, is history!



This is George & Caroline with their beautiful son Ben at the tinsel run last year, and it was taken moments before George got down on one knee! How lovely!



Street 5k Report by Ed Stahl

The third race of the street series was upon us last Wednesday and it was a freezing night. The freezing weather reduced the numbers somewhat but unfortunately not the top runners.

The first lap was a fast lap going through the 1k time in 3:05 and that hurt me for the following four laps. Three of us went away from the pack straight away and that was how it finished. Wells city harrier jack came in 1st with 15:52, Kieran Young 2nd with

16:44 and I was 3rd with 17:10. The race was tough as it was so hard to breath and the fact that we were so spread apart didn't help the times.

Currently leading the series after three races so I'm very happy with my efforts to date. Well done to Dave Carnell for another consistent race. Still yet to go under the 21mins barrier but the way Dave is racing it won't be long before he does.

Ed



Crewkerne 9 - or is it?

I just wanted to give you all an update on the plans and progress for the Crewkerne 9. As you know from newsletters earlier in the year, we have decided to make some changes to the Crewkerne 9 as a result of a drop in numbers for the past few years.

The committee have been busy bouncing around ideas, and greatly appreciate those members who forward their suggestions and thoughts for what we could do.

We have decided to make the new event a 10k road race. The route has pretty much been finalised, and we are just waiting on clarification from the police that we can go ahead with it.

The start and finish point will remain the same as before, and the route will be as follows-

- Start at the town hall and head on original route onto Hinton Road.
- Following that road until they meet the cross-roads, runners will turn right onto Moorlands road, which will take them into Merriott.
- At the mini roundabout in Merriott, runners will turn left and follow up the hill through the village. Once through the village they will turn left and follow the road into Hinton St George.

- Once in Hinton St George, runners turn left at the crossroads onto South Street and follow the road forward, continuing past Yarcombe Timer where they will turn left.
- Continuing to the crossroads they past earlier, runners turn right and will follow the road back to the finish

That should be the final route, though small changes may have to be made if necessary. As far as we know the Business Challenge and Junour races will continue as normal.

The event name will be kept simple as the Crewkerne 10k, and we are hoping that the new format will make the race more popular and accessible to wider abilities, and hopefully we will see entrants increase!

I'll bring you further details as and when I get them but if you have any questions then please get in touch.



Dates for your Diary

Two popular club runs for you to note down in your diaries for the beginning of next year.

- Sun 29th January -- Crewkerne to Charmouth Run
- Sunday 26th February – Crewkerne to West Bay Run

Also I have the dates of our 4 hosted races for next year if any of you are interested, particularly those who help with the events

- Sunday 20th May – Crewkerne 10k
- Wednesday 1st August – Haselbury Trail Race
- Saturday 13th October – Parrett Trail Relay
- Sunday 2nd December – Full Monty



Goodbye!

We bid a fond farewell to one of our members last week – Emma Ryan. She hasn't been with us for very long, but Emma has left the town and moved up to the Lake District (lucky girl!).

We wish her all the very best in the future!



Marshalling Jackets

If there are any members who helped to marshal at the Full Monty race, please can you check whether you have handed back in your fluorescent jackets.

We are missing quite a few at the moment, so if you have one can you pass it on to either myself, Clive or Jim White.

Cheers!



Upcoming Events....

Wiltshire 10

Entries are now open for the Wiltshire 10-mile road race which takes place in Melksham on Sunday 12th February. The course is certified as accurate and is gently undulating as it passes through the heart of rural Wiltshire and the historic village of Lacock, it also has the potential to produce fast times, with the current course record being 52:26.

The race is ideally timed to fit into the training schedules of runners aiming for the Bath Half Marathon, Virgin London Marathon or other Spring events.

I have attached an entry form and more race details including online entry are available online from the event website at www.stampedesports.co.uk



4 x Good Lucks to mention!

Good luck to any members taking part in the Stoke Stampede on Boxing Day, or the New Years Day Flyer in Chard on New Years Day!

Good luck to those members who are dreading seeing their mother-in-laws over Christmas!

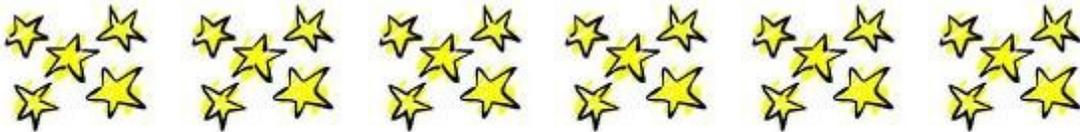
Good luck to those members taking part in the Pram Race on Boxing Day! The pram race of course taking place in the middle of Crewkerne after some very important people parade through the town on horseback, blowing their trumpets and baying for blood....

.....(remember Simon, you're meant to remain impartial)....

A final good luck to Mr Foxy!

As next Sunday is Christmas Day, there will be no newsletter next week, however it will return on the 2nd January with a bumper edition looking back at what you have all been up to over the last year!

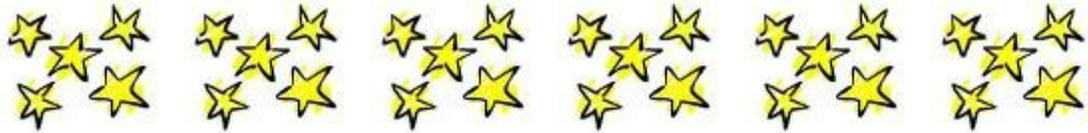
Well I guess that just leaves me to wish you a very Merry Christmas
and a happy, healthy New Year!!



As you know I don't have everyone's DOB but it seems we only have one birthday over the Christmas and New Year period

David Martin celebrating on Thursday 29th

Many Happy Returns!



This Week's Running

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

Sunday is Christmas Day so I hope nobody is out running...except maybe Clive....

With the dark evenings now, head torches and reflective gear are essential for all runners.



Happy Running

Simon



Dates for your

December

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Mon 26 th	Stoke Stampede	Stoke St Gregory	11.00am	www.stokestampede.co.uk

January

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sun 1 st	Chard Flyer	Chard	11.00am	http://chardflyer.btck.co.uk/
Sun 8 th	First Chance 10k	Exeter	10.30am	www.firstchance10k.co.uk
Wed 11 th	Street 5k (Race 4)	Street	7.30pm	www.wellscityharriers.org.uk
Sun 15 th	Oh My Obelisk	Dawlish	10.30am	www.dawlishcoasters.co.uk
Sun 15 th	Rough n' Tumble	Milton Lilbourne	11.00am	www.grassrootsevents.co.uk
Sat 28 th	Blackdown Beast	Dunkeswell	10.00am	www.honitonrc.com
Sun 29 th	Hestercombe Humdinger	Hestercombe, Taunton	10.30am	www.thehestercombehumdinger.co.uk

February

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sun 5 th	Blackmore Vale Half Marathon	Bishops Caundle	11.00am	www.bvlions.yolasite.com
Sun 5 th	Longleat 10k	Longleat	10.00am	www.209events.com

Wed 8 th	Street 5k Series (Race 5)	Street	7.30pm	www.wellscityharriers.org.uk
Sun 12 th	Exeter Half Marathon	Exeter	9.30am	www.ironbridgerunnerevents.co.uk
Sun 12 th	The Wiltshire 10m	Melksham	10.00am	www.stampedesports.co.uk
Sun 19 th	Tough Ten Challenge	Weston-super- mare	11.00am	www.toughten.co.uk
Sun 19 th	Lytchett Manor 10	Lytchitt Minster, Nr Poole	10.30am	www.lytchettmanorstriders.org

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

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