

CREWKERNE RUNNING CLUB

Newsletter

Issue no. 61 Sunday 18th March 2012

www.crewkernerc.btck.co.uk

Dear Runners,



Ed Stahl receiving his trophy at the Street 5k end of series presentation

AGM – Monday Night



This week's AGM kicked off with 4 cheques being presented for money raised by us over the last year.

Sam Langdon representing the Friends of Haselbury Plucknett First School, Joyce King from Cancer Research UK, Tom Arnold, representing the Haselbury Park playground project and David Bridger representing St Michaels church in Haselbury

Thank you all who turned out and packed into the Lamplighters bar for our AGM on Monday evening. It was great to see a lot of you there, with lots of new faces as well.

There was lots of interesting discussion, with a comprehensive Financial Report from Derek Boles and Captain's Report from myself. We had a Social Report read out from Linda Still, with Malcolm Higgins delivering his Chairman's Report.

Discussion moved onto the South Petherton run on the 1st April. We still require helpers on the day here, so if you could spare some time to do a variety of small jobs we would love to hear from you – drop me an email if you can!

After talking about our four events of the year, including the need to highly publicise the Crewkerne 10k, Sarah Warren outlined many of the clothing ranges available to us and how the club can subsidise clothes for its members – watch this space!

We wrapped up the evening with the election of the Committee, which saw some changes in some roles. The CRC Committee is elected as follows:

President: Martin Denman

Secretary: Martin Cook

Chairman: Malcolm Higgins

Treasurer: Derek Boles

Captain: Ed Stahl

Ladies Captain & Club Merchandise: Sarah Warren

Vice Captain: Nick Sale

Training Run Organiser: Clive Harwood

Social Events: Linda Still

Assistant Secretary: Tracy Symes

Communications Officer: Simon Land

Additional Members: Jim White, Angie Patch

The committee meets on the second Tuesday of every month at 8pm in The George. All members are welcome to join us for meetings should you wish.



Following on from that, a message from Derek Boles....

1.

Subs are now due and few people have paid but there are still a lot outstanding. As we have so many members I do not intend to stand in the car park shouting for subs, if you wish to remain a member please get your subs to me ASAP. I don't mind getting them in the car park but not just as we're leaving for a run and cheques are preferable please. If you want to pay cash in the car park can you slip it in an envelope with your name on. Otherwise I just think I'm rich!

Subs remain as last year £10 ordinary membership or £15 with an EA competition permit.

Thank you!

2.

The club has an A4 laminator surplus to requirements. This is in 'as new' condition and has been replaced with an A3 version. It is available to any one who would like it for a donation to club funds.

Contact derek.boles123@btinternet.com



What a fine looking lady! The elusive and strangely seductive Normas Knockers spotted at the Grizzly last week!



[Street 5k Race Report from Club Captain Ed Stahl](#)

So the stage was set- two runners, one goal, one race and the weather was perfect for what was to be an exciting end to the winter 5k series. Both Kieran and I were tied in points and it was all very tense leading up to the start.

I had my tactic going round my head all week so I was glad to get the race started so I could achieve it. So after lap 1, I led the race going through at 2:50 which was far too quick as I usually do 3:15, but I had to try something. Unfortunately I burnt out a bit due to this and Kieran and Nathan took me halfway round the next lap. This was the end of my title hopes as lap after lap they went away from me. So I refocused and aimed to keep ahead of anyone else. I finished sixth in a time of 17:07 with Kieran second in 16:07.

I loved the series and would recommend it to everyone who wants to try something a bit quicker and shorter. For my efforts I came first in the senior mens category and second overall. Well done to Kieran who is seemingly getting quicker every race. Well done also to every CRC member who ran over the series, hope to see more of you at the Yeovilton 5k series.

Ed

Street 5k

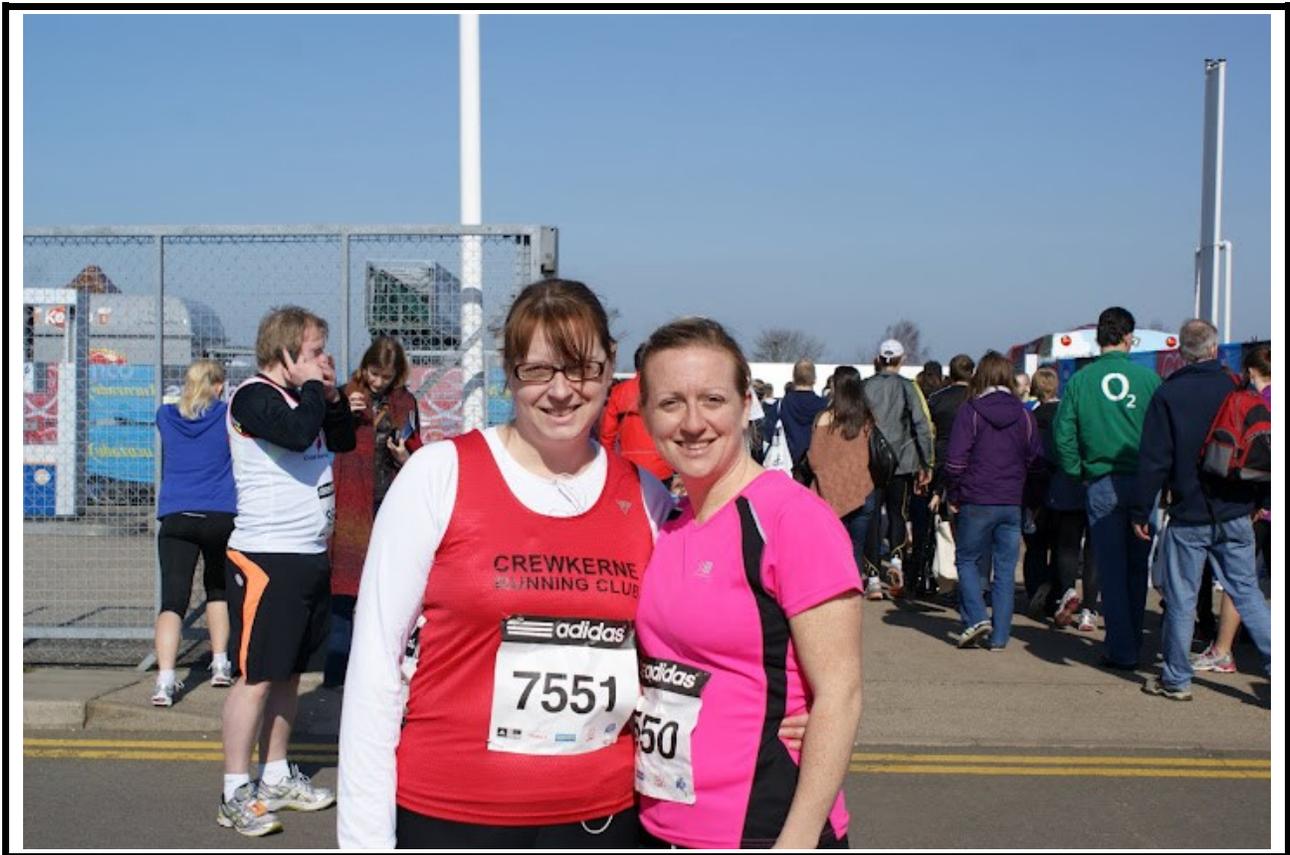
6th Ed Stahl 17.17 (2nd Male overall)
29th Dave Carnell 19.49
49th Rachel Hayton 21.56 (1st Female 35)
56th Sarah Warren 23.48

Well done Ed! A fantastic achievement! Also a massive well done to Rachel Hayton who took the series prize for 1st Female 35.



Silverstone Half Marathon Race Report – Sunday 11 March 2012

I was looking forward to my trip to the home of British motor sport and the weather didn't let us down, it can be quite windy and cool even in the sun so I dressed for winter, big mistake it was 17 degrees! It was a packed grid although I'm not sure exactly how many starters there were but there were 6,351 finishers. This race is the official warm up to the Virgin London Marathon and well it was a very hot day so we were all rather warm!!



Sam (Paggett) and I crossed the start line together then went our separate ways, I began ok but it was very hot and my legs didn't want to move at about the 4 mile mark I was all but ready to give up as I was in quite a bit of pain, but I gave myself a good talking to and told myself to get my arse in gear and get on with it. After this things got better and I seemed to get a second wind around the 7 mile mark and was making good time. I kept going and tried to focus on my running rather than getting over excited at running through the new pit complex in front of the Silverstone wing and looking out for Christian Horner and Adrian Newey of Red Bull Racing. Unfortunately I didn't see either of them but I was pleased to learn that I'd beaten them both.



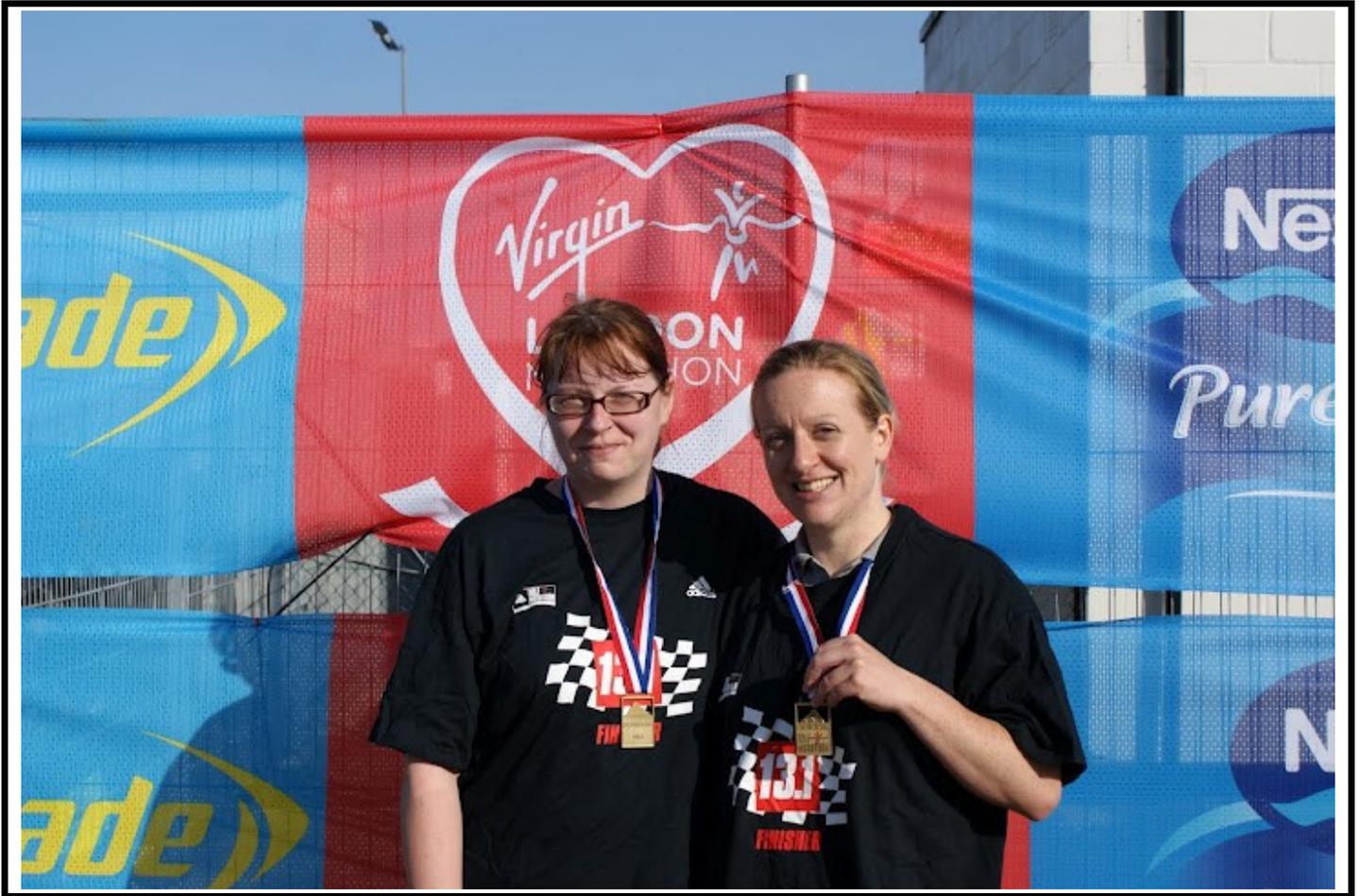
It's an enjoyable course but not as flat as most would think and the last mile and a half are a gradual climb back to the finish, I was starting to struggle again at 12.5 miles when as if my ipod shuffle knew I needed a boost The Chain began to play it was the final push I needed to get to the end. I had been aiming to beat my previous time but, I managed to be 11 seconds faster than last year.

After crossing the finish line I met up with Sam again and learnt that she too had not had a great race and had given herself a bit of a talking to which did the trick as she got a PB.

Overall a great day's racing and whilst I am a little disappointed by my time I'm happy to have not been anywhere near coming last at this race.

The official times are:

Winner	1 hr 9mins 46secs
Sam Paggett	2hrs 16secs
Tracy Symes	2hrs 28mins 37secs
Christian Horner	2hrs 32mins 10secs
Adrian Newey	2hrs 34mins 40secs
Final Finisher	4hrs 5mins 39secs



Report from 'The Butleigh One' – A.K.A. Downhill Dave

Sunday 11th March was a bit dull, a bit misty and a bit on the cool side. For anyone wanting to do an organised event it was also a day with a wealth of tempting choices, so what was it to be? Perhaps a heroic effort tackling the awesome Grizzly, or maybe bathing in the media drenched glory of the Bath Half, or even taking on the Great Western, a spin off from the now defunct and much loved Sherborne Castles 10k.

Well as it happens, none of the above took my fancy and I trundled off to Butleigh to soak up the atmosphere and scenery of this friendly little village event, with the added promise of cakes and refreshments at the finish. The fact that all the good runners were likely to be elsewhere and the thought that there might be the chance of picking up a good Somerset Series score was of minor consequence!

Early on it was quiet with not many parked cars in evidence, raising my unkind hopes of a poor turnout, but as start time approached there was a surge of arrivals and quite a throng eventually assembled on the line. A few red shirts were milling around in this gaggle of keen and annoyingly fit looking runners, but these turned out to be guys and gals from Frome, so I was going to be the sole representative from Crewkerne.

The little and

a bit for the pack in It was is at the stage, finish.

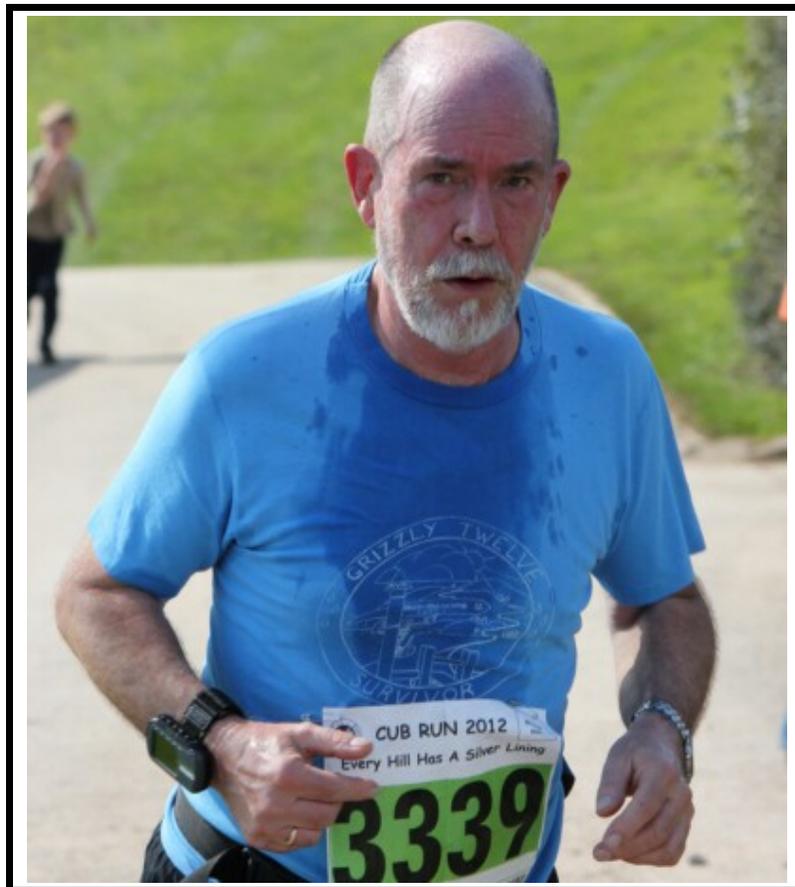


race begins on the road and heads away from the village for a over a mile, before leading off down farm tracks, across fields weaving through woodlands, on what is probably only really a moderately undulating profile. As I'm not great on the cross country stuff and I knew some of the undulating 'ups' could be challenging for a downhill, I took advantage of the level road first mile and went off like a mad thing with the front of the the hope of building up a time cushion.

fun while it lasted, but as any sensible person will tell you, this rarely a good strategy and not surprisingly I was soon looking backs of numerous people overtaking me. After a while though, with the help of a welcome 'down' at about the halfway I did manage to pick up the pace again and held station to the

In total there where 84 finishers and I managed a half reasonable time of 52:12, coming home in 18th place. Perhaps not as high as I'd hoped, but happily ahead of one of my constant rivals and fellow series competitor from Southwest Road Runners.

A good race, rounded off with a calorie packed cake!



Derek Boles in action in the Grizzly Cub!



An highly recommended read from George Smith

It hurts so good : The Runners High

A really good read on 'The Runners High' which I'm sure we have all experienced at some time, taken from the Scientific American

http://blogs.scientificamerican.com/scicurious-brain/2012/03/12/it-hurts-so-good-the-runners-high/?WT_mc_id=SA_CAT_MB_20120314



Bath Half Marathon

A fantastic performance to tell you about from Sarah Frost at the Bath Half Marathon.

Sarah smashed her PB with a time of 1hr 36, finishing 855th out of 12,000 runners and 60th female in her category!!

Well done Sarah!!



Combe St Nicholas 10k Report from Mike Pearce

A Rainy Morning

March the forth started a very rainy day and continued when I arrived at Combe st Nicholas for their 10km run. I did this race last year so knew what to expect, a hilly tough run that takes you through quiet country lanes. On arrival to registration there where some familiar Crewkerne club runners anticipating the wet run ahead. By time we got to the start at just before 11.00 the rain had slowed down but the temperature had dropped and the wind picked up a few knots but not to bad. I spotted some more hardy Crewkerne club runners at the start line and also the eventual winner Paul Rose from Yeovil running club. After some light hearted aerobics we where off.

As I remembered the beginning gently rises until you get to the nether ending downhill where you just know that if you go down hill for that long the only way after is UP! And yes it does go up, at first it teases you with a bit of up and down and flat and you just know it will go up and then it happens, after the first, yes first tough up you find yourself on a fairly flat road but then the last section back into the village in unrelenting and to cap it of you have to struggle through a rain sodden field at the end to the finish line. All in all an enjoyable race which is well organised and marshalled. Well done to all the hardy Crewkerne runners that ran. The results are in and listed below (names below had Crewkerne RC listed next to them, apologise to anyone I may have missed).

2nd 39.13 Mike Pearce
5th 41.21 Thomas Priest
15th 45.16 David Carnell
18th 49.28 Martin Pattermore
20th 49.53 Bridget Schneiders
27th 52.5 Chris Rawlings
28th 53.09 Ken Priest
35th 57.24 Roger Swann
37th 57.47 Matthew Sheaham
48th 69.53 Lucy Boyland

Mike Pearce



For your information....

Hi there,

I'm writing to let your club members who are interested in trail, & off road running know about www.trail-tribe.com which was set up a few months ago.

I am working at Ironbridge Runner in Exeter doing sales & marketing and trail-tribe.com is my project which I have set up with much passion and pride.

Please could you forward onto all parties that would be interested? (see below paragraph on what it's all about) and visit www.trail-tribe.com

Welcome to trail-tribe.com a devoted trail running online resource for the South West and beyond, which will provide you with the best coverage regarding trail running within and beyond our wonderful area of England. We will provide you with information on races, news, gear, training days and a way of means to connect with other people who too are passionate about trail running. In a few words it will become a total resource on this topic. The main objective is to give back something to the community which we believe is the future for running.

Please let me have any feedback - my aim is to deliver the best trail running information possible.

Keep your eyes open as we will be having some amazing discounts....on various products.

Happy trails!



Clare Donovan

Sales & Marketing Consultant

Tel: 01392 436 383

Mob: 07795 313 072

Email: clare@ironbridgerunnerevents.co.uk

I REALLY NEED YOUR HELP!!

Hi

I am a local Surrey man who is a member of the Waverley Harriers running club. I am taking part in this unique event and am part of a team running non-stop around Great Britain, setting a world record in the process. I found your websites for your running clubs and wanted to contact you to spread the word as we need runners as right now we are still a long way short of where we need to be to complete the full circuit. Whilst the South East is full, half of the legs of RelayGB still have no runners.

Cornwall, Devon and Somerset are completely blank and we're also struggling in North Wales, the North-East and the North-West above Manchester. By spreading the word in these regions hopefully with your help we can hopefully get more interest and involvement. We only need one per leg (individual or team) and we are on our way. I'd love it if you could help spread the word or I could supply information or an interview that could help do this.

A lot of people have put in a phenomenal amount of effort in trying to make this a reality and I really want to see this event go ahead. This has all the ingredients of being something special – please help us to realise this dream and to raise funds and awareness for the very important and heavily under-subsidised brain tumour research being supported by Brain Tumour UK.

Really hope you can help with spreading the word to other running clubs in your region. I enclose the link with details of the event for reference as well as the BBC Surrey article that was done on me for the event.

My number is 07917 428272 if you need to contact me

Many thanks

Jon Lawrence

<http://www.relaygb.org/>

<http://www.bbc.co.uk/news/uk-england-surrey-17113835>



Upcoming Events.....

From Sarah Frost

Hi all, Nuffield are doing a fun run on Thurs 12th April from Nuffield in Yeovil via 9 springs. It's a 5-6 km route. Its to mark the 10yr anniversary of yeovale complex. 5.45pm. raising money for charity St Margaret's Hospice. There will be some good prizes for overall winners.

Bridgewater 10k

Total Buzz Events are delighted to announce, an exciting new race for 2012. Hosted by 1610, at Trinity Sports and Leisure, the Bridgwater 10km

The one lap route, is largely on quiet, sealed surface country roads. One section of around 300m is on a gravel track, which can be slightly rough. The course profile is totally flat, so we will expect some super fast times.

Stunning views of the Quantock Hills and Somerset Levels, add to the attraction of this exciting new race.

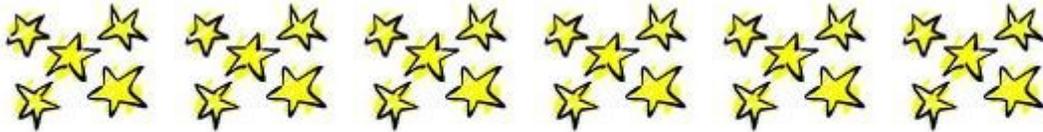
Trinity Sports and Leisure has just undergone a major re-development, and the facilities of the centre are available for athletes to use. These include changing, showers and toilets, plus plenty of parking available.

We at Total Buzz Events, and 1610 Leisure, look forward to seeing you on the start line in April. If you are after a PB, or looking for a flat and Novice Friendly early season 10km. This is the place to be.

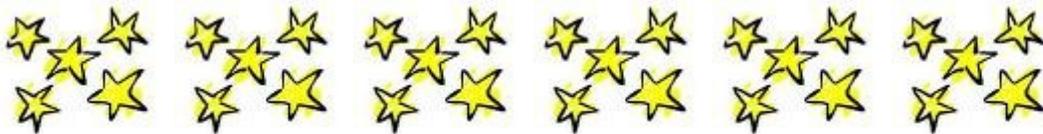
Finishers medals and age group prizes.

Minimum age of 15 for the 10k (16 on or before 31/12/12)

Refreshments available.



No birthdays this week



[This Week's Running](#)

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

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



Dates for your

March

Sat 24 th	Nightrunner	Beer	7.10pm	www.axevalleyrunners.org.uk
Sun 25 th	Yeovil Half Marathon	Yeovil	9.00am	www.totalbuzzevents.com

April

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sun 1 st	South Petherton Long Run (22 miles)	South Petherton	9.00am	See Newsletter
Sun	Taunton Marathon &	Taunton	10.30am	www.tauntonmarathon.co.uk

1 st	Half Marathon			
Sun 1 st	Forest of Dean Half Marathon	Speech House, Cinderford	10.00am	www.forestofdean-halfmarathon.co.uk
Sat 7 th	Beat the Egg 8k	Stourhead		
Mon 9 th	Easter Bunny 10k	RNAS Yeovilton	10.00am	www.yeoviltownrrc.com
Wed 11 th	Yeovilton 5k (1 of 6)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Sun 15 th	Pen Selwood 10k	Pen Selwood	11.00am	
Sun 22 nd	London Marathon	London		www.virginlondonmarathon.com

May

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sun 6 th	Glastonbury 10k	Glastonbury	TBC	www.glastonburyroadrun.info
Sun 6 th	Honiton Hippo	Honiton	10.30am	www.honitonrc.com
Sun 6 th	North Dorset Village Marathon	Sturminster Newton	8.30am	www.ndvm.co.cc
Wed 9 th	Yeovilton 5k (2 of 6)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Sun 13 th	Black Death Run	Combe Sydenham	11.00am	www.theblackdeathrun.com
Sun 13 th	Jack n' Jill's Challenge	Midsomer Norton	11.00am	www.somerac.org.uk
Sun 20 th	Crewkerne 10k	Crewkerne	10.00am	www.crewkernerc.btck.co.uk
Sun 20 th	The Hard Way Round The Rock	Portland	10.00am	Portland Athletics Club
Thurs 24 th	Tyntesfield 10k	Tyntesfield House	7.00pm	www.nailsearunningclub.org.uk
Sun 27 th	Run In The Wild	Cricket St Thomas	TBC	www.chardrunningclub.btck.co.uk

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

simon_land87@yahoo.co.uk