

# **CREWKERNE RUNNING CLUB**

## **Newsletter**

Crewkerne Running Club Website –  
[www.crewkernerc.btck.co.uk](http://www.crewkernerc.btck.co.uk)

Issue no. 36 Sunday 18<sup>th</sup> September 2011

---

***Dear Fellow Runners***



Sorry Linda but this deserved the front page!!!

Hello all! Hope you have all enjoyed a day of torrential rain and localised flooding!

Before we get on to the running stuff, I need you all to grab your diaries and insert the following into it!

### Crewkerne Running Club Christmas Party – Saturday 10<sup>th</sup> December

Always a good evening held at North Perrott Cricket Club - more details will follow nearer the time but just to give you all plenty of warning so you don't get double booked!



### King Alfred's Torment Race Report by Yours Truly

This was to be my first running of this 7 mile cross-country run held at Stourhead. Buoyed by the promise of mud and hills, I couldn't resist giving it a go!

I was picked up from home by CRC compadre Tom Baker and we travelled up to Stourhead with the rain as torrential as it had been since I woke up at 7 o'clock. Talked the talk with Tom as we discussed footwear, me going for the trusted studs to cope with the conditions, Tom with road 'slicks' – this was going to be interesting!

Arrived and met up with Matt Bryant who had also made the trip with Kirsten and the kids for support.



The start was on road, and after a rendition of Happy Birthday for the race organiser, we set off across the iconic bridge and into the estate. The first hill hit us soon and it was a steep one up through the woods. Tom was a little way in front and was managing well in his 'slicks' – Matt was not doing so well and was really struggling to get any sort of grip. I passed him going up as he was sliding down!

The route meandered through beautiful woodland and fields, but was very wet and boggy underfoot. Runners passed through Six Wells Bottom and Peters Pump and I was feeling good. Passed Tom shortly after on another hill section and began to chop and change position with a few runners in front, with me taking them going up the hills and them taking me on the down hills! We made it up another steep climb to King Alfred's Tower.

To my surprise I was really enjoying it. The rain was pouring, and the mud caked your legs but I was feeling really strong and not suffering the pain and mental anguish that I normally suffer in races!!

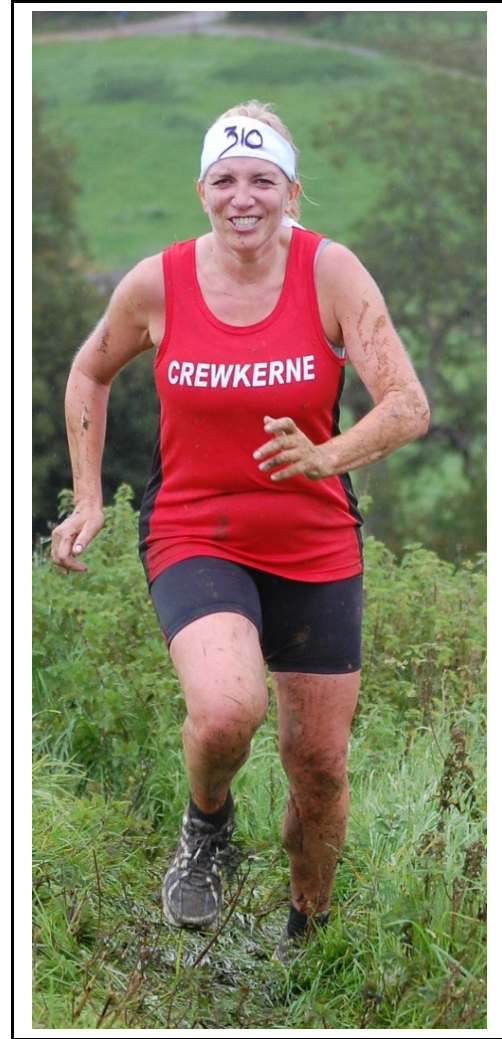
Pushed on and set my sights on a Dorset Dodder and a Gillingham Trotter a way in front. Feeling strong in the legs, I made ground on the two runners and passed them on a steep climb before the finish.

Crossed the line in 50.48 in 10<sup>th</sup> place with the rain still pouring but having really enjoyed myself. Tom came home 3 minutes later in around 20<sup>th</sup> with Matt Bryant not far behind.

A great, well marshalled event. Lots of mud and lots of hills but beautiful running – and a lovely Burnt Cake at the end! Super job!



[Mapperton Kamakaze Race Report by Linda Still](#)



Did this this morning in a team of 3 and Roger had a team of 3. REALLY MUDDY. Hopefully you will have get some pics emailed to you. All I can say is that it must be an event for next year. Bogs, mud, uphill, downhill, rivers, ropes, mud, more mud, flowing rivers of mud, snakes wedding, did i mention the hills and all TWICE, it was like mountaineering!!!



It may have only seemed via sat nav 8 miles BUT it prob was nearer a half marathon in vertical miles!!! Fantastic camaraderie between sufferers of an AMAZING EVENT who all enjoyed the thigh deep mud baths.

Any takers for next year?

Linda and Roger XX



## Yeovilton 5k Race Report by Linda Still

First was the yeovilton 5K; Vanina and I and Derek and Downhill Dave and The sporty Priests, and Tracey did the Y5K ( we did it

for the first time). The weather was lovely. Calm and bright. Cool but fine. EXCELLENT. Really enjoyed ourselves. Had been to Ed's training on the Tues eve do felt prepared!! Thought of it as a rectangle so knew what we had to do. Came in 24 something I think, and V 26 something sorry don't know exact. Very happy. can't wait to next year!!!

### Yeovilton 5k Results

24 <sup>th</sup>	Tom Priest	18.07
40 <sup>th</sup>	Dave Carnell	19.18
41 <sup>st</sup>	Nick Sale	19.18
100 <sup>th</sup>	Linda Still	24.09
109 <sup>th</sup>	Derek Boles	24.40
116 <sup>th</sup>	Vanina Cooper	26.06
132 <sup>nd</sup>	Tracy Symes	29.07
136 <sup>th</sup>	Lucie Boyland	30.09
139 <sup>th</sup>	David Baker	33.22



Grizzly 2012



For those of you who are interested, entries for The Grizzly 2012 open THIS COMING FRIDAY EVENING which is the 23<sup>rd</sup>. Entries are expect to fill within days for this extremely popular event so if you plan to enter, please get in ASAP!

The Grizzly is a 20 mile multi-terrain run from Seaton taking in some spectacular scenery. Attracting over 2000 runners, this is a very tough event but a fantastic atmosphere with music and bands along the route providing a carnival atmosphere!

For details on how to enter visit - [www.axevalleyrunners.org.uk](http://www.axevalleyrunners.org.uk)

I'm entering....will you??



## Parrett Trail Relay

The Parrett Trail Relay is getting ever closer and takes place on Saturday 15<sup>th</sup> October.

There is only ONE PLACE left for the men's 2<sup>nd</sup> team – if you are at all interested drop me an email! First come first serve!

The Ladies Team and Mens 1<sup>st</sup> Team are full. The ladies team have been contacted and legs allocated, mens team legs will be sorted in the next couple of days.

If any club members are able to marshal the race/assist on the day please contact Jim White on 01460 72844 or Malcolm on 01460 72691

Simon – [simon\\_land87@yahoo.co.uk](mailto:simon_land87@yahoo.co.uk)

Please get in touch asap to avoid disappointment!



### New Member

A big welcome to the club to Kirsty King who has joined us recently. Kirsty has run with us on a few occasions and we all look forward to running with you soon!



### Upcoming Events....

SHEPTON MALLET 10K – SUNDAY 2<sup>ND</sup> OCT

This 10k also offers a 5k and 1k fun run. Taking place from Shepton Mallet Playing fields, the routes are all on gently undulating roads.

See entry form attached



Best of luck to Mike Pearce who runs in his first ever marathon in the New Forest next Sunday.  
Also good luck to anyone taking part in the Taunton 10k!



Hope you all don't mind if I plug a non running event, but hopefully something that may interest some of you!

# **SAMARITANS**

## *'24/7 Every Day Counts' Variety Showcase*

THE Yeovil, Sherborne and District Samaritans will be celebrating 40 years of listening at the Westland Leisure Complex in Yeovil with a variety showcase.

The event on September 29, starting from 7.30pm, will feature a range of talented acts including the Castaways, Unique Faith, Sarah Lowery, Gryphon West Gym Club, Stepping Out, Steve Roberts, Marcus Sangiovanni and the Soul Man. Well-known local DJ, Steve Carpenter, will act as compere on the night.

Tickets for the show – entitled 24-7 Every Day Counts – are priced £10 for adults, £8 for concessions and £6.50 for children.

For further details contact the box office on 01935-848380.

This is going to be a fantastic evening and we are lucky to have some really talented acts which promise to put on a memorable show.

If anyone of you are interested and would like to know more or would like tickets, contact me by email or on 07886117072

simon\_land87@yahoo.co.uk



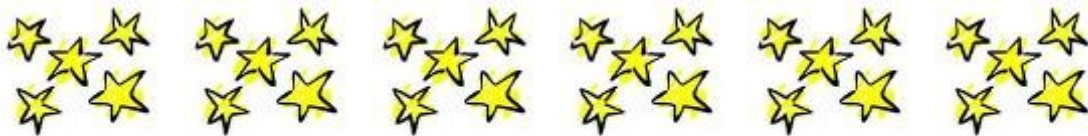
Apologies for missing Clive's birthday last week!

I don't have everyone's details so that's why!

3 of Crewkerne's Ladies celebrate this week!

Nicki Brodie & Zena Durrant on Monday and Frances Frost on Friday

Many Happy Returns to you all!!

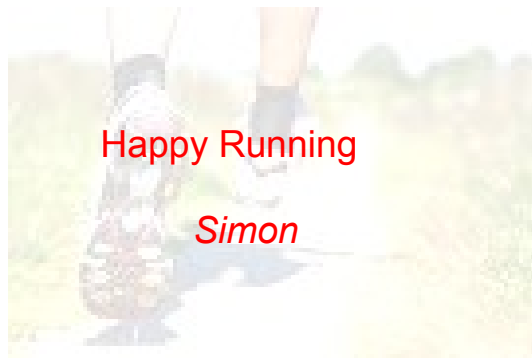


### [This Week's Running](#)

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

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





*Dates for your*

September

Date	Event	Location	Time	Website
Sun 25 <sup>th</sup>	Taunton 10k	Taunton	TBA	<a href="http://www.taunton10k.co.uk">www.taunton10k.co.uk</a>
Sun 25 <sup>th</sup>	New Forest Marathon & Half Marathon	New Milton	9.30 am	<a href="http://www.nfma.org.uk">www.nfma.org.uk</a>

October

Date	Event	Location	Time	Website
Sun 2 <sup>nd</sup>	Burnham-on-Sea Half Marathon	Burham -on-Sea	11.00am	<a href="http://www.burnham-on-sea-harriers.com">www.burnham-on-sea-harriers.com</a>
Sun 9 <sup>th</sup>	Gold Hill Run	Shaftesbury	11.00am	<a href="http://www.gillinghamtrotters.talktalk.net">www.gillinghamtrotters.talktalk.net</a>
Sun	Cotleigh Canter	Cotleigh	10.30am	<a href="http://www.honitonrc.com">www.honitonrc.com</a>

9 <sup>th</sup>				
Sun 9 <sup>th</sup>	Mendip Muddle 12.5m	Charterhouse	11.00am	<a href="http://www.westonac.co.uk">www.westonac.co.uk</a>
Sat 15 <sup>th</sup>	Parrett Trail Relay	Various River Parrott	9.00am	<a href="http://www.crewkernerc.btck.co.uk">www.crewkernerc.btck.co.uk</a>
Sun 16 <sup>th</sup>	Castle Cary 10k	Castle Cary	10.00am	<a href="http://www.totalbuzzevents.com">www.totalbuzzevents.com</a>
Sun 16 <sup>th</sup>	Dartmoor Vale 10k, Half & Marathon	Newton Abbott	9.00am	<a href="http://www.dmvmarathon.org.uk">www.dmvmarathon.org.uk</a>
Sun 23 <sup>rd</sup>	Exmoor Stagger & Stumble	Minehead	TBA	<a href="http://www.mineheadrunningclub.co.uk">www.mineheadrunningclub.co.uk</a>
Sun 30 <sup>th</sup>	The Stickler	Shillingstone	10.30am	<a href="http://www.dorsetdoddlers.org">www.dorsetdoddlers.org</a>

## November

Date	Event	Location	Time	Website
Sat 5 <sup>th</sup>	Yarcombe Yomp	Yarcombe	10.30am	<a href="http://www.axevalleyrunners.org.uk">www.axevalleyrunners.org.uk</a>
Sun 6 <sup>th</sup>	Ilminster 10k	Ilminster	10.30am	<a href="http://www.ilminsterlionsclub.co.uk">www.ilminsterlionsclub.co.uk</a>
Sun 20 <sup>th</sup>	Colyton Fiver	Colyton	10.30am	<a href="http://www.axevalleyrunners.org.uk">www.axevalleyrunners.org.uk</a>
Sun 27 <sup>th</sup>	Brent Knoll 5.5m	Brent Knoll	11.30am	<a href="http://www.burnham-on-sea-harriers.com">www.burnham-on-sea-harriers.com</a>
Sun 27 <sup>th</sup>	Bicton Blister	Bicton Park	11.00am	<a href="http://www.bictonblister.co.uk">www.bictonblister.co.uk</a>

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

simon\_land87@yahoo.co.uk