

CREWKERNE RUNNING CLUB

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North Dorset Villages Marathon

Hi A few weekends ago when we had a mini heat wave, Roger and I embarked on our long awaited marathon - in case any of you don't know it was the North Dorset Villages Marathon!!

What a day it turned out to be! First of all we arrived with a few minutes to spare before the 815am. However the marshall and set up was all so slick that there was really no worries (except for my nerves!). We then managed to put away our goody bags, put our numbers on - front and back - label and leave a sports drink to be collected at the 30K mark, go to the loo and line up for the race!! - all in those precious 15 mins before the race started.
And off we went.

The first 10K we did in 52 mins - I felt great, got me thinking yes we can do this with a really fab time!! How wrong I was!! By mile 10 I was in agony with a groin strain - we must have gone off too fast. From then on I asked for an ice pack every time I saw a fist aider and just shoved it down my shorts!! (not a pretty sight) I could have given up, but that was not an option - so it really just slowed us down. By this time Roger was not feeling great either - he had a stomach upset. However we tarried on. The weather was great - turned out almost too good, by the end we were very sun burnt. The water stops were pretty much every 2miles which was great and there were also sponging stops. The route was very scenic - country lanes and just a few hills, through 7 small villages.

North Dorset Villages Marathon (Cont-)

When we made it to 20 miles there were our sports drinks which we'd labelled at the start- such fabulous organisation by the Gillingham Trotters. Some people say the real marathon starts at mile 20, well

I felt the best at this point!! and just managed to count it down in two mile parts. The last mile was along a disused railway line - the only off road bit - and there was Angie - she even ran the last bit with us and that was really great - THANKS ANGE!!

There was a technical t shirt and goody bag and medal for all finishers and a little bus trip back to the car - where we reminisced with the others about how hard the race actually had been!! Oh yes then we had a free massage by some local Norwegian chiropractors which was actually very beneficial, especially for Roger who could hardly move.

By the way there was also a relay going on at the same time with teams of 4 doing the same route - unlike the PTR they had to pass a baton on, so couldn't go on the next part until they had that baton - there's perhaps a race for next year - contact me if you would like to be in a team of 4.

Yes a very well organised marathon, no wonder it was in the Runners World top 10 scenic marathons. Oh yes did I mention there was even free beer at the end - you will be surprised to know that Roger felt he had to partake!

By Linda Still

Black Death Run

Last Sunday five brave but very mad members decided to run in the Black death run. it was set in the beautiful combe sydenham estate at the gateway of exmoor and for four of us it wasn't our first attempt, so why we were there again i don't know. Mathew Brunt was the newbie to this so good to see another mad runner at the club. The four other runners were Luke Brunt, Tim and Kirsten Irish and myself. There was little banter as we knew what we were in for with a 1000ft climb to start us off in our 10.12 mile course. So to the race if you can call it that. A gruelling endurance race not for the fainthearted and all ready at the start. the samba band began and the grim reaper set us off.

The initial climb is a lung buster with a 1000ft climb in the first mile of the race. not fun and i walked the majority of it as well as everyone else. this was the theme for the next ten miles. steep hills of which there were many were power walked up whilst the few flat and downhill stretches were run.

although one of if not thee toughest race i've done, there is something endearing about it. the scenery is spectacular, the organisation excellent and the comradery you get having run this with the other 400 is memorable enough to maybe make me do this for a third time in a row. well done to all fellow runners for completing this race, hope to see you next year. Maybe some more crewkerne runners will join us?
so to the results.

1st Jack Blackburn	1hr 12.14
11 Ed Stahl	1hr 21.55
19 Luke Brunt	1hr 25.31
61 Tim Irish	1hr 34.54
70 Matt Brunt	1hr 36.13
215 Kirsten Irish	1hr 57.22

By Ed Stahl

Hawkchurch Pub Run

Well we arrived at Hawkchurch in glorious sunshine for Jim's annual pub run from the Old Inn. Jim had kindly worked out a road route for those of us not so keen on the brown stuff. So Tony, Lyn, Vicky and I headed off for a nice gentle 5 miler on the tarmac the rest of them headed off for a "6" mile jaunt cross country.

Whilst we had a lovely run around taking in the countryside and views of the surrounding area from the comfort of the hard stuff under foot the others were slogging away on Jim's nice 6 mile route!

We got back to the pub first and with the other 3 heading off home I got comfortable in the pub with a nice large red wine and chatted to the locals whilst I waited for the others to join me.

Well they all started to trickle back in about 10 minutes after I'd made myself comfortable, whilst asking them whether they'd enjoyed the run they were all informing me Jim's 6 miles turned out to be 7.9 miles well I can only say I did warn them all at the start that it was going to be longer having given the cross country route a go a couple of years ago.

Once everyone had recovered from their rather longer but still enjoyable run we tucked into some lovely home cooked food.

Thanks Jim for organising a most enjoyable evening.

By Tracy Symes

**Spring Handicap Recce
Thursday 23rd at 6.30pm**

we will be running the recce for the spring handicap the following week. We have various pace setters who will be running at a set time. The route starts at the car park behind the brewer's arms in south Petherton. It is on country lanes mainly apart from the initial run out of south petherton and up to the lopen roundabout.

If anyone is planning on racing next week and never done the route before, this will be a great way to know where your going on the night. Arrows on the ground will be put down on race night but there's nothing better than running the route. Hope to see many of you there.

Thank you, Ed Stahl

A bit of TV entertainment, you may enjoy??

A two part documentary of Eddie Izzard running 27 marathons in 27 days. (ouch!)
First part on Thursday, Sky one, 9pm

The George Reynolds Centre

Following recent comments made by Club members regarding the annual membership fees and the affiliation to the George Reynolds Centre (GRC). The committee felt we should clarify the clubs position regarding this.

As the committee believes that the GRC is a real asset to the town and surrounding area we hope that members will be happy to support the GRC with the subscription increase this year.

The actual cost of membership to the GRC is £10 per year so the Running Club is subsidising half the cost.

As advised in previous newsletters reminding members that the annual membership has become due, the agreement to increase the clubs membership fees and become affiliated with the George Reynolds Centre was agreed following a vote of members at the Annual General Meeting (AGM) held in March of this year.

The committee felt it was important to clarify the situation as it would seem some members believe they have not been consulted over the changes. It's unfortunate if you were not able to attend the AGM, but all members are welcome to attend the monthly committee meetings which are held on the second Tuesday of each month commencing at 8pm in the George Hotel.

We will be monitoring the performance and usage of the GRC and if the membership are not happy we can make changes at the next AGM.



Birthdays

Happy Birthday to the following members this coming week:

Simon Land, Ken Priest, Sharon Hooper
Antony Charlton, Simon Sheldon



IMPORTANT

If you change your address, telephone number or email please notify the Club Secretary Martin Cook martin.cook123@btinternet.com and the CRC Newsletter Team crewkernernews@gmail.com. You will only receive important information and the club's newsletter if your details are up to date. Also very soon we are adopting a signing in/out register at the George Reynolds Centre and again it is vital your contact details are correct.

This Week's Running

Club Nights

Tuesday – Mixed ability but generally faster/longer runs

Wednesday – Speed work organised by Club Captain Ed

Thursday – Beginners/Social Night

All week night runs leave from The George Reynolds Centre at 6.30pm

Sunday – Mixed ability, generally cross-country

Sunday morning runs leave from The George Reynolds Centre at 9.30am

Run In The Wild 10k

Sunday 2nd June 2013

Race HQ is at Cricket St Thomas, Directions to HQ will be clearly signed. Sat nav postcode is TA20 4DD.

10k course is predominantly off road and is hilly. Weather conditions will dictate recommended footwear but off road or trail shoes are generally the most appropriate.

<http://www.chardrunningclub.btck.co.uk/RunintheWild2013>

Martock 10k

Sunday 16th June 2013 at 10:00am, Martock Fire Station, TA12 6EX

The one lap route, is on quiet country roads. The course profile is mainly flat, so we will expect some super fast times.

Finishers mementos and age group prizes.

Special awards to the first father and child team!

£100 Cash Prizes for Male and Female course record breakers! Both set in 2009 Male 33.29 and female 40.03!

http://www.totalbuzzevents.com/martock_10k.shtml

For Those Who Would Like To Try Something Different

Tough Mudder

SAT 21 SEP & SUN 22 SEP, 2013

Tough Mudder® events are hardcore 10-12 mile obstacle courses designed by Special Forces to test your all around strength, stamina, determination, and camaraderie.

<http://toughmudder.co.uk/events/south-west-2013/>

Salty Sea Dog Boscombe Series

R1 : 25th May

The super successful Saturday morning beach triathlons on Boscombe seafront. Now a series of 5 races over the summer season. Sprint and super sprint distances. Perfect for novices looking for their first race and great for athletes wanting to keep sharp mid season! Trendy beach front setting at the Boscombe Surf Reef.

<http://www.votwo.co.uk/events-1/boscombe-triathlon>

May

Date	Event	Location	Race Start Time	Website
5 May	North Dorset Small Village Marathon	Sturminster Newton High School, Bath Road	8.30 am	www.gillinghamtrotters.talktalk.net
8 May	Summer 5k Series (Race 2)	RNAS Yeovil	7.15 pm	www.yeoviltownrrc.com
5 May	Glastonbury Road Run 10k/5k/3k (Somerset Series)	Glastonbury	11.00 am	www.GlastonburyRoadRun.info
12 May	Beer Blazer	Beer	10.30 am	http://www.beer-ce-primary.devon.sch.uk/
12 May	Black Death Run 10 miles / 3 miles	Combe Sydenham Country Park	11.00 am	www.theblackdeathrun.com
16 May	Ash Town Tree Trail 7 miles	Ash Primary School	7.00 pm	www.yeoviltownrrc.com
19 May	Crewkerne 10k (Somerset Series)	Crewkerne	10.00 am	www.crewkernerc.btck.co.uk
25 – 27 May	Tour Of Wessex	Somerton		http://www.pendragonsports.com/tour-of-wessex-2013/
25 May	Boscombe salty sea dog triathlon	Boscombe	7.20 am	http://www.votwo.co.uk/events-1/boscombe-triathlon
26 May	Dorchester Triathlon	Dorchester Sports Centre	8.00 am	www.1610.org.uk supported by Total Buzz Events
29 May	Spring handicap	Brewer's arms car park South Petherton	6.30 pm	

June				
Date	Event	Location	Race Start Time	Website
2 June	Run in the Wild 10k	Cricket St Thomas	10.30 am	www.chardrunningclub.btck.co.uk
9 June	Ninesprings 9k (Somerset Series)	Ninesprings Yeovil	11.00 am	www.yeoviltownrrc.com
12 June	Summer 5k Series (Race 3)	RNAS Yeovilton	7.15 pm	www.yeoviltownrrc.com
16 June	Martock 10k	Martock Fire Station	10 am	www.fullonsport.co.uk
23 June	Torrington Triathlon	Torrington Pool	8.00 am	www.1610.org.uk supported by Total Buzz Events
28 – 29 June	Mud Runner Obilivion 2013	Eastnor Castle, Herefordshire, HR8 1RL	5.00 pm	http://www.mudrunner.co.uk/index.html

Please Contact Us With Any local Races BIG or small So We Can Add Too The Diary
At : crewkernernews@gmail.com