

CREWKERNE RUNNING CLUB

Newsletter

Issue no. 57 Sunday 19th February 2012

www.crewkernerc.btck.co.uk

Runners,

Now this will grab your attention!

Each Existing member will be entitled to a free drink

REF: AGM Notification

To all existing and potential new members

The clubs existing financial year is drawing to a close and we therefore give notice of our AGM which will take place on Monday 12th March. As a thank you for helping at events and an incentive to attend we have decided to give any existing member a free drink during the evening.

Membership of the club will entitle you to take part in any of the clubs activities.

We produce a weekly Emailed newsletter and you can benefit from the help and advice of other club runners.

The club helps organise 4 races.

All new members of the club are entitled to a Free club running vest. Various club merchandise are also available. All for an annual subscription of £10.00 / £15.00 (see agenda)

The AGM of Crewkerne running club will take place at the George Hotel, Market Square, Crewkerne (7:30 for 8:00) Monday 12th March 2012

At this meeting the clubs activities during the last year and any future issues regarding your club will be debated.

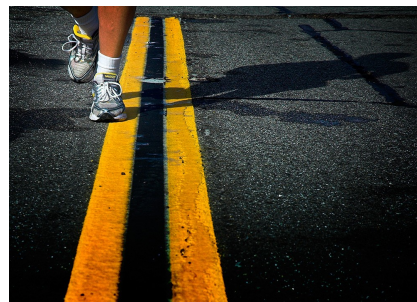
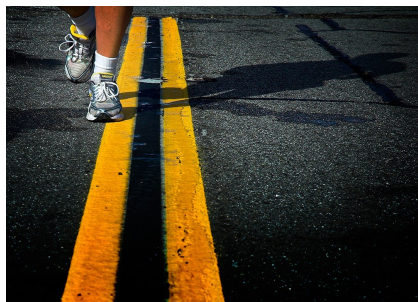
Please try to attend, and if you wish to add any items to the Agenda please contact myself or any other committee members.

Thanking You

Martin Cook

Please see attached –

Attached to this email are 3 documents relating to the AGM in March. They are your official invitation, the AGM agenda, and the minutes from last years AGM.



PREDICT-A-RUN – THIS TUESDAY

This Tuesday night see's the return of the popular 'Predict a Run' event gratefully hosted by Sarah Warren. After the event we will be retiring to Oscars for food at around 8.00pm for those who wish to join.

We have done this for a couple of years now, but for anyone who is not familiar, the idea is that it is a fun event which anyone can win. You will be told the distance of the run, but you will not know the route in advance. Alternatively, she may give you the route, but not the distance. You have to predict how long it will take you to run that distance/route. The winner will be the runner who gets back nearest to their predicted time.

Anyone can win - run as fast or as slow as you like as long as you predict your time accurately. It is intended to be a bit of fun so do please come along and dont feel you have to be super fast as that will not mean you win! There will be a small prize for the lady and man who most accurately predict their time. Last year Adam Loder won, having run within three seconds of his predicted time!

And remember, it would be great to see you at Oscars afterwards for food at 8pm!



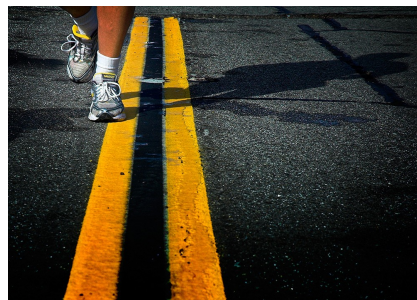
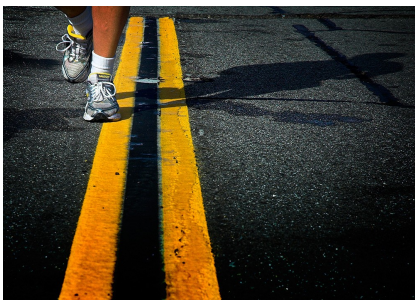
Slay The Dragon – this Sunday

This popular local race is coming up this Sunday! A multi-terrain 10k route, this race will no doubt attract a glut of CRC running junkies, all vying for position, pride and now of course points in our Club Championship!

For those of you considering running this lovely local race, you can enter the race via Runners World by clicking on the link below!

slay the dragon entry [online](#) here today

See you there!!!



West Bay Run

Well we had Charmouth, and now the annual pilgrimage to West Bay is fast approaching. Only two weeks away now – Sunday 4th March.

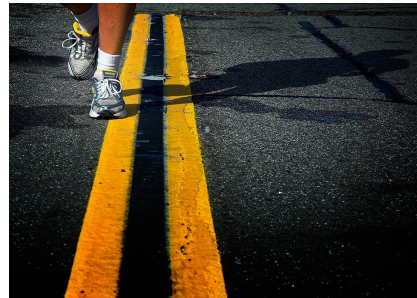
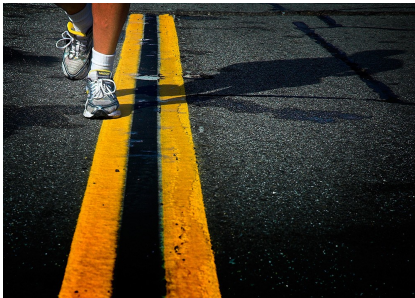
Anyone who did the recent Charmouth run will know just how much fun these runs are! The route will be around 17 miles in total, and will see us leaving the car park at Lidl's at 9am SHARP.

There are two places where runners can join us along the route if they don't fancy doing the whole thing but still want to take part. Runners can join from Wynyards gap at 10.00am to run 12 miles in total. If you fancy running 8 miles, why not join us in the centre of Beaminster (by The Wild Garlic Restaurant) at 10.40am.

We aim to pass through these points at roughly the stated time but we cannot be exact so please bear that in mind when you meet us.

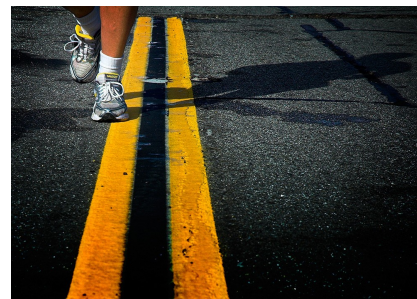
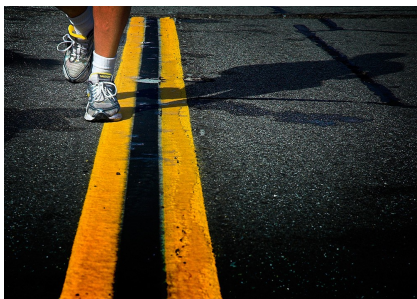
First runners will aim to arrive in West Bay at around 12.15, with most arriving shortly after. We will be eating food afterwards at The West Bay Inn at 1 o'clock.

To give us some idea of numbers for food bookings, can you either let myself, Sarah or Linda know if you are planning on staying for food after the run. Many thanks!



Pub Run

Diaries at the ready people, your next pub run has been set for Thursday 8th March. We will be running in town at the usual time and then retiring to Oscars no doubt a feast of food, washed down with the finest ales!



Upcoming Events....

Penselwood Tough 10k

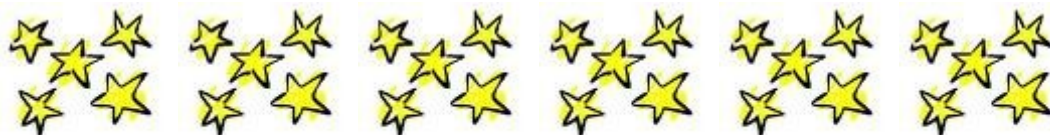
We would like to invite you to the **Pen Selwood 10k**, a fun charity raising event established over 30 years ago.

The race is taking place on the **15th of April** in Pen Selwood (near Wincanton). As well as the 10k there are also a 5km and 2km supporting races.

Some cheeky hills mean this is certainly no PB course but the views and the atmosphere will win you over.

Please see attached –

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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. Remember the Tuesday run is Predict – a – run followed by food at Oscars. Sunday morning run is on as usual, leaving the car park at Lidl's at 9.30am.

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



Dates for your

February

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
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
Tue 21 st	Predict a Run & Pub Run	Lidl's CP then Oscars	6.30pm	See Newsletter
Sun 26 th	Slay The Dragon	Hinton St George	10.30am	www.slaythedragon.co.uk
Sun 26 th	Babcary Road Race	Babcary	11.00am	www.wellscityharriers.org.uk

March

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sun 4 th	Crewkerne to West Bay	Crewkerne	9.00am	See Newsletter
Sun 4 th TBC	Combe St Nicholas 10k	Combe St Nicholas	TBC	www.combestnicholasprimary.co.uk
Sun 4 th	Bideford Half Marathon	Bideford	10.30am	www.bidefordaac.co.uk
Thurs 8 th	Pub Run	Oscars	6.30pm	See Newsletter
Sun 11 th	Bath Half Marathon	Bath	TBC	www.bathhalf.co.uk
Sun 11 th	Great Western 10k	Leweston School	11.00am	www.rotarygreatwestern.co.uk
Sun 11 th	The Grizzly	Seaton	10.30am	www.axevalleyrunners.org.uk
Sun 11 th	Butleigh 10k	Butleigh	11.30am	www.wellscityharriers.org.uk
Sun 11 th	City of Salisbury 10m	Salisbury	10.30am	www.salisbury-arc.org
Mon 12 th	AGM	Lamplighters Bar	7.30pm	See Newsletter
Wed 14 th	Street 5k Series (Final Race)	Street	7.30pm	www.wellscityharriers.org.uk
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 1 st	Taunton Marathon & Half Marathon	Taunton	10.30am	www.tauntonmarathon.co.uk
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	

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

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