

CREWKERNE RUNNING CLUB

Newsletter

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

Issue no. 25 Sunday 19th June 2011

Dear Fellow Runners

I have a jam packed edition for you this week!
Club members have been out in force with race reports coming in from
Martock to Switzerland!!
So lots of great things to bring you up to speed with!

Before we start with the interesting bits, a quick note about
membership fees.

Thank you to all those who have paid for this year – all 80 of you!
However there is a small number who have yet to settle up so far.

There will be a cut-off date of Sunday 3rd July for fees to be paid for the
year, at which point you would stop receiving the weekly email – which
would be a crime in itself!

If you can't get into a club night to see Derek, then contact him or myself
and we can give you details of where to send your cheque.

Many Thanks!



Warning – Prepare to be inspired!

Ironman Switzerland 70.3 Sunday 5/6/2011 Race Report by Steve Hurley

Approximately 10 Months ago Elaine and I were looking into our next challenge. We decided on Ironman Switzerland 70.3.

The training started 22 weeks prior to the race and on the whole went fairly smoothly. I spent the majority of my time out on the bike as cycling is by far my weakest discipline.

Elaine did the London marathon this year so had spent a lot of time training for that.

We flew out to Zurich on Wednesday 1st June to give ourselves a few days to acclimatise and suss the course out. The race took place in an area called Rapperswil- Jona.

Fortunately the bikes made the journey safely (Which is always a worry).

We had a few days of relaxing and sorting out last minute issues. I got the mechanics to index my gears and give everything a once over.

Race Day- The waiting was finally over

We woke to the sun shining and a clear blue sky. For the first time we could see the snow capped mountains that surrounded the town. They had been concealed by cloud every day previously.

Had a good breakfast and walked the one kilometre from our hostel to the start.

The Swim – (1.2 miles) Out and back course, keep the buoys on your left hand side. Elaine Started her swim before me as the ladies all started at 9am. The men's starts were then staggered 20 minutes apart by age categories. The water temperature was 18 degrees so wet suites mandatory.

Elaine's start had approximately 500 people in it, so it was pretty busy. As she is a strong swimmer, she was soon away from the masses and in fairly clear water.

My wave only had about 200 in so it was fairly easy to spread out and get into my stroke. A couple of people tried to swim over the top of me, but a quick steak and chips let them know I was not going to put up with that!

Steve 31:25



Elaine 33:07



T1-

No drama's, found our bikes ok (Thanks to our luminous pink towels)

Steve 3:16

Elaine 3:13

Cycle – 56 miles (2 laps) 900m Total Climbing

The cycle course was really scenic with fantastic views. However there were two named climbs. The first was called 'Witches hill' which was only a mile or so long but very steep. The second was called 'The Beast' which was much more of a test. It was about 6 miles long and was steep in places but mainly just a long drag. If you dared look up the mountain you could see the big train of cyclists riding wheel to wheel and two or three a-breast snaking its way up the hairpins.

The cycle was a lot more challenging than I had expected. I remember thinking that very clearly when I was half way up the Beast for the second time.

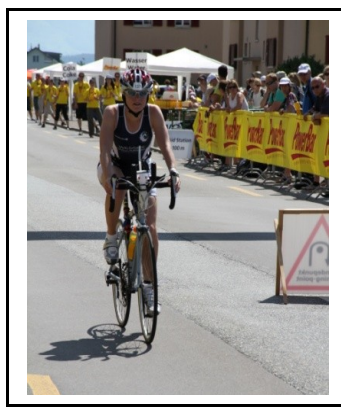
I felt really strong for the cycle and on the whole enjoyed it. You forget how much effort you have expended climbing up a mountain when you are flying down the other side of it at about 50mph.

Elaine managed to stay in front of me for the majority of the cycle but I finally reeled her in with 10km left. I pulled up alongside her and we had a brief chat. She was really enjoying herself and feeling good.

It was quite a relief to get back in sight of the transition area because then I knew that I would definitely finish the race. On the bike leg you can quite easily have a mechanical issue or crash which would be the end of your race.

Steve 2:43:39

Elaine 3:05:19



T2

Also no drama, I did almost absolutely stack it while running with my bike still wearing my cycle shoes. I opted to keep them on as transition was on an astro turf and I didn't want to get sandy feet ahead of the run!

Elaine employed slightly different tactics and left her shoes clipped on the bike (Well one of them, she lost the other one!!). Anyway she'll kill me if I don't mention this..... As you can see from our times, she comfortably beat me through T2 and was very smug about it. But she has kindly offered to give me some tips and coaching on how I can improve. She's so kind!!

Steve 1:44 **Elaine 1:17**

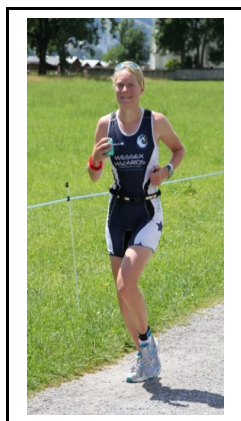
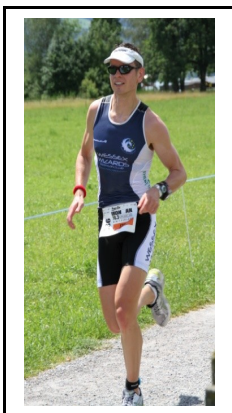
Run – 13.1 miles (2 laps of a predominantly flat course with only one major obstacle 'The stairway to Heaven')

After 3 hours and 20 minutes of pretty hard graft there was just the small feet left of running the half marathon. Everything had gone perfectly right up until this point. It's easy to say times that you hope to achieve, but very often it's a dangerous game. I had hoped to finish the whole race in less than 5 hours which meant that I had to complete the run in 1:40 ish. Which given my form in training should have been very realistic. However, stomach cramps got the better of me and I quickly realised that the 5hr target was slipping away. In the end I just shuffled my way round in sustained discomfort. When I am struggling in a race, I usually do the old Paula Radcliffe trick of counting to 100 over and over. Unfortunately my bad patch lasted for twelve miles!

The stairway to heaven was a short sharp hill with several flights of stairs taking you up to the old castle in Rapperswil town centre.

Mid way through the run we had a thunder storm which came completely out of the blue. The sideways Vietnam style rain was actually very refreshing. After about ten minutes of that the sun came out again just in time for our bedraggled finishing photos.

Steve 1:50:48 **Elaine 2:00:04**



Overall

Steve 5:10:52

Elaine 5:43:00



Elaine almost qualified for the Ironman 70.3 World Championships in Las Vegas, but unfortunately a girl that finished just a few places in front of her accepted the slot. Not bad for her first one hey?

If you want to see any more Pictures go to: <http://finisherpix.com/search.html?&L=0>

Summary

Good race, Switzerland pricey, fairly quick course, hilly bike.

Special Thanks to Elaine parents Ken and Alyson for coming to support us.
And not forgetting Andy Parsons for lending me his wetsuit.

And on to the next!!!!



[Tin Tin 10 Race report by Tom Baker](#)



This year bears witness to the 2nd Tin Tin 10k race, a 10km Multi-terrain race held in the pleasant village of Tintinhull (or as the locals say “tint-null”). Being a local of Tintinhull of nearly a decade during my younger years I hoped to get a ‘home-town’ advantage...

Turned up in good time for the race with the wife in toe to ‘support’ (yell abuse at me)! Got checked in and spotted one or two Crewkerne ‘elites’. Spotted Linda (Still) shortly after check in and soon after Les (Thomas) was seen in a confident looking mood, shortly followed by Dave (Carnell).

After a warm up I came across more ‘troops’ in the form of Ginette Russell (one of our newer members) and her partner Steve. Both looked fit and ready to race and I was most impressed to learn that Ginette had just done the 2km fun run with her

girls (who did admirably) and she was lining up to do the 10km as well! The last Crewkerne runner spotted was Nick Sale who crept in while nobody was watching and after a brief chat lined up in his usual spot (at the front).

After a lightning fast start the race settled down and turned out to be a pleasant 'undulating course' with plenty of field and track and just enough road to keep the quick boys happy. As usual I would burn all my energy in the first third of the race only to plod around the rest of the race - my target as usual to stay in-front of Dave for as long as possible!

Nick Sale and the front runners remained visible for the first couple of kms and soon Les pushed passed me and set a nice pace for me to follow for mid-section of the race. My legs felt very heavy through the grassy fields and I lost a lot of time but coming out on to the first sizable road section I decided I must be doing ok as Dave had yet to pass me... Well he did get me - just after the half way point (just as I got a brief second wind) and I managed to stay with him through the hilliest section of the race.

After some 'tasty inclines' and a strategically placed water station (around 6kms in) we pushed on into the final few miles; These long tracks headed back towards Tintinhull, going was tough, hard underfoot and wonky and the legs were very tired, a long trek back with the sight of Dave a little way in-front to spur me on. The Tin tin ten ended back in the village and we pushed hard towards the home straight - and what a home straight... A long drag up to the finish line with the line visible and seeming to take forever to come.

The best bit... Friendly Marshalling and lots of support on the finish line and even better... The conveniently place pub next door hosting the BBQ; with Burgers and hot-dogs which were VERY tasty... Tasty enough for seconds... and thirds! And a welcome pint of cider; What a lovely way to spend a summers evening; An event for next year's calendar for sure!

Roll on Haselbury trail race.

Results are in!

1 st	Nathan Young	36.49
5 th	Nick Sale	39.55
17 th	Les Thomas	43.45
28 th	Dave Carnell	46.18
29 th	Tom Baker	46.39
66 th	Ginette Russell	53.51
85 th	Linda Still	56.00



Nick Sale



Les Thomas



Downhill Dave



Tom Baker



Ginette Russell



Linda Still



Torbay Half Marathon Race Report from Mike Pearce

The Torbay Half, held on Sunday 19th June, is a great run and a bit of a stunner for your personal best!!

The route began on the sea front at Paignton and did a two lap course along the coastal roads to Torbay. It was a mostly flat course with a few uphill to keep the blood pumping. 2000 people took part which made it a good sized occasion. Weather was cool for June (there's a surprise) with a light breeze but it made ideal conditions for running.

The winner came in a spectacular 1 hr 5 mins which was a course record. I personally broke my PB by 2 mins coming it at 1hr 20.47 and in 17th place (third in my age category, although I won't tell you how old I am!!).

I would highly recommend this race as it was well organised with good marshalling, and although the crowds were small they were good cheerers. After the race we had some fun with a game of Crazy Golf on the Pirate's Adventure Golf Course on Paignton's seafront, oh arggh me hearties!

Mike Pearce



Mike in full flow



17th out of 2000 runners – Mike doing the club proud!



A few words & an invitation from Clive Harwood

Steve Diaper and myself popped down to Eype on Monday for a game of hunt the hat and spec's. We took the wives as a treat. Ran from the car park over to the infamous beacon. A lung busting route this is. I found my cap but sadly not the spec's. We went across more hill's and back as it was a sunny evening with far reaching views in both directions. We later went for a stroll around West Bay then into Weatherspoons for a meal.

We thought how nice it would be to go to Lyme Regis for a run around. Wednesday 22nd June we will be in the car park on the A3052 road out of Lyme up the hill which takes you to Charmouth, starting at 6.30pm. To get to the car park, drive down through the down centre and you will come out on the road above. The car park is on the right hand side next to the football pitch. The route we have chosen is rather undulating and takes in part of the coastal path. This run is separate to the pub runs we do just a case of somewhere different and hopefully a nice evening. You are very welcome to join us. We will go in for eats after. If you would like to join us, give me a call on the mobile so that if you cannot find us then I can give you a call. 07831157757



Today saw the staging of the Martock 10k and there were 7 club members wearing the red vests. Not content with running the Tin Tin Ten on Wednesday, Les Thomas and Ginette Russell were back for another race. They were joined by Sarah-Desiree Frost, Stuart Stacey, and fresh from her victory at the spring handicap, Tracy Symes. Bringing up the dregs were club veterans Richard Gardiner and Tim Irish.

...and we are lucky enough to have a race report!

Martock 10k Race Report from Tracy Symes



Well another fine summer's morning greeted us today, ideal conditions for running so I'm told! Seven of us mad fools took to the streets of Martock to take part in the 10k race.

We set off together but soon went our separate ways with me in my favourite place bringing up the rear!!

The winner was Matthew Lewis of Wells City Harriers in a time of 35.04; he obvious had his weetabix this morning. Our results are below, with Les coming in first for Crewkerne Runners closely followed by Richard. Sarah Frost won her category in her first 10k race although she nearly didn't run as she didn't think she'd be any good. Congratulations to Sarah.

Overall Position	Time	Name
17	0:40:26	THOMAS, Les
21	0:40:47	GARDNER, Richard
36	0:43:28	IRISH, Tim
48	0:46:08	FROST, Sarah-Desiree
62	0:49:07	RUSSELL, Ginette
93	0:54:13	STACEY, Stuart
120	1:02:10	SYMES, Tracy

There were a total of 137 runners so I was happy not to be last and although I almost threw up as I crossed the finish line; (thanks to Sarah coming back and sprinting the last few yards with me for encouragement) I did manage to set a PB beating my Easter Bunny time by over 3 minutes.



Sarah Frost receiving her prize for winning the Senior Female Category and she was the third female overall.

Well done everyone, looking forward to seeing you in the river at Forde Abbey!!

Tracy Symes



Stuart looking like a man who means business!



Towering above the rest – Rich Gardiner



Just a few dates for the diary from Linda Still

PUB RUNS

Thurs 7th July Portman Arms East Chinnoek

Weds 27th July Meet Bus Station car park Bridport, eat in Weatherspoons Pub Bridport.

Thurs 11th August Dinnington Docks.

Also there is a beer festival at North Perrott Cricket Club Sat 23rd July, £5 entrance to include a special glass and first pint, 24 real ales, 8 local ciders, hog roast and bbq. 4pm to midnight. You can run there if you like!!



New Member

A warm welcome to another new member - Lucie Boyland. Lucie is Tom Priest's partner and a regular at the Yeovilton 5k races, so we look forward to seeing you running with us all soon!



Get Well Soon

I heard some bad news in the week that club member Felix Jaffe has ruptured his Achilles tendon. This has resulted in him having to have surgery and will keep him out of any sort of running for 12-16 weeks.

So we all wish Felix the very best of luck with his recovery, and hope to see him back soon.

Essential viewing

Ed Stahl has written in to recommend a fantastic and inspirational film documentary about Haile Gabrielslasie – running legend and personal friend of Clive! Definitely worth a watch – Thanks Ed!

Forde Abbey

Remember that this coming Thursday is the Forde Abbey 10k. A popular local event through fields, woods and a river crossing. Event starts at 7.00pm. See the diary for more details

And last but by no means least.....

Good luck!

This coming Saturday is a big day for two of our clubs finest ladies!

Sue Gautier and Tamsin Dickinson will be embarking on the Isle of Man Parish Walk. The event involves visiting all 17 parishes on the Isle of Man – a distance of 85 miles, and must be completed in 24hrs!

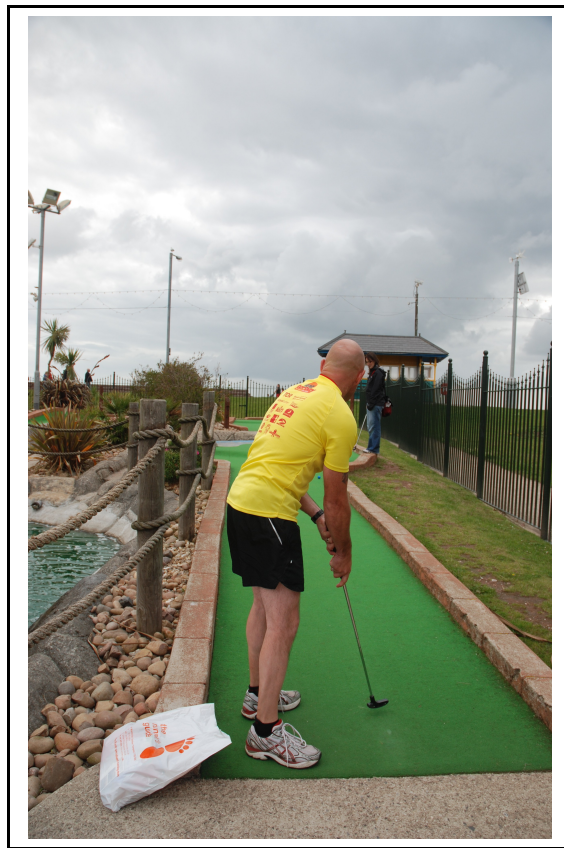
This is a truly tough event which Sue and Tamsin have been training for months for, walking distances of up to 50 miles.

I am told that all entrants must have a support vehicle, so Tamsin's husband Andy will be accompanying them in his car throughout the journey.

We know you have both put in a huge amount of work to get to this event and we wish you the very best of luck!! Hopefully Sue's plan to follow Roger Black's backside around the course and use it as a distraction/inspiration will work for her!!



Caption Competition!



Mike Pearce at Torbay - Keep suggestions clean!!



[This Week's Running](#)

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

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





Dates for your

June

Date	Event	Location	Time	Website
Thurs 23 rd	Forde Abbey 10k	Forde Abbey	7.00pm	www.nutshelloutdoors.co.uk
Sun 26 th	North Devon Marathon	Woolacombe	10.00am	www.northdevonmarathon.co.uk
Thurs 30 th	Ash Town Tree Trail Race (7)	Ash School	7.00pm	www.yeoviltownrrc.com

July

Date	Event	Location	Time	Website
Sat 2 nd	Charmouth Challenge	Charmouth	3.00pm	www.charmouthchallenge.co.uk
Sun 3 rd	Portland 10mile	Portland	10.30am	www.rmpac.co.uk
Sun 3 rd	Quantock Beast 5.7m	Fyne Court Nr Bridgewater	11.00am	www.quantockharriers.co.uk
Sat 9 th	Matt Bryant's Annual Birthday Run	Haselbury	9.30am	See Matt or Newsletter
Sun 10 th	Wellington 10m or 10k	Wellington	10.30am	www.thewellingtonten.co.uk
Wed 13 th	Yeovilton 5k (Race 4)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Sat 16 th	Swanage Half Marathon	Swanage	9.30am	www.swanagecarnival.com
Sun 17 th	Castle Combe 10k	Castle Combe	11.30am	www.dbmax.co.uk
Sun 17 th	East Devon Way Relay	Exmouth to Lyme Regis	Various	www.axevalleyrunners.org.uk
Sun	Exmoor Seaview 17	Lynton	10.00am	www.mineheadrunningclub.co.uk

31 st				
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August

Date	Event	Location	Time	Website
Wed 3 rd	Haselbury Trail	North Perrott	7.15pm	See Website or Newsletter
Sat 6 th ???	Shaves Cross Mini Marathon	Shaves Cross	7.00pm	
Sun 7 th	Sturminster Half Marathon	Sturminster Newton	10.30am	www.dorsetdoddlers.org
Sun 7 th	Totnes 10k	Totnes	11.00am	www.teignbridgetrotters.co.uk
Wed 10 th	Yeovilton 5k (Race 5)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Sat 13 th	Maiden 'Newten' Madness	Maiden Newton	7.00pm	www.freewebs.com/maidennewtonrunningclub/
Sun 28 th	Langport 10k	Langport	11.00am	www.langportrunners.co.uk
Sun 28 th	Guernsey Marathon	Guernsey	??	www.guernseymarathon.gg

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

simon_land87@yahoo.co.uk