

CREWKERNE RUNNING CLUB

Newsletter

Issue no. 80 Sunday 19th August 2012

www.crewkernerc.btck.co.uk

Dear Runners,



Veteran runner Harry Moore with Jim White for company at the Haselbury Trail Race

Yeovilton 5k Results

<u>Position</u>	<u>Name</u>	<u>Time</u>
15 th	Ed Stahl	18.10
21 st	Nick Sale	18.34
47 th	Dave Carnell	19.58
84 th	Sarah Warren	24.01
114 th	Tracey Symes	29.47
115 th	Tamsin Dickinson	29.55



Maiden 'Newten' Madness Results

Possibly owing to a packed Olympic Schedule on the box, there were only 2 CRC runners at this event, which meant they both bagged maximum points in the Club Championship which was a bonus for them and a missed opportunity for the rest of us!

Mike Pearce came home in 3rd with an excellent time of 41.03, while the ever delightful Kirsten Irish finished in 67th place with a time of 57.13!

Well done both of you!



Pub Run

Please insert the following into your already jam packed diary! CRC will be staging a pub run from The Admiral Hood in Mosterton on Thursday 6th September!

Hope to see you there!



Are Sports Drinks a Waste of Money?

Many of us use them, but are they really benefitting us or is it just a clever marketing ploy?

George Smith has kindly forwarded me an article on exactly that which I have attached to this email, and it is certainly worth a read! Thanks George!



New Members

A big welcome to Norton Sims, Simon Clarke and Jamie Tims who has just joined the CRC family! We look forward to meeting you all soon!



Upcoming Events....

Langport 10k – Next Sunday!!

As it stands there are still places available to run in this event, which is now chip timed instead of gun.

From past years experience, please don't leave it until on the day to enter as you may be disappointed if the race is full!

Ash Excellent 8 – Sunday 2nd September

4 races to choose from, all multi-terrain. You can go for the 'Excellent 8' or the Fearsome 5', or for something a little less taxing, there is the option of a 3k junior race and 2k fun run!

Races start from 11am and includes a bbq, cakes and crèche facilities at race HQ!



Strange but it appears we have no birthdays in the next two weeks!



This Week's Running

Club nights are on Tuesday, Wednesday and Thursday this week leaving the car park at Lidl's at 6.30pm. The early run on Thursday is at 5pm.

The Sunday morning run leaves the Lidl's car park at 9.30am.





Dates for your

August

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sun 26 th	Langport 10k	Langport	11.00am	www.langportrunners.co.uk

September

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sun 2 nd	Ash Excellent Eight	Ash	11.00am	www.yeoviltownrrc.com
Thurs 6 th	Pub Run	Admiral Hood Mosterton	6.30pm	See Newsletter
Sun 9 th	Cheddar 5k, 10k, Half, Marathon	Cheddar	TBC	www.relishrunningraces.com
Wed	Yeovilton 5k	RNAS	7.15pm	www.yeoviltownrrc.com

12 th	(Race 6 of 6)	Yeovilton		
Sun 23 rd	King Alfreds Torment	Stourhead	11.00am	www.yeoviltownrrc.com
Sun 23 rd	New Forest Marathon &Half	New Milton	9.15am	www.newforestmarathon.org.uk

October

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sun 7 th	Burnham Half Marathon	Burnham-On-Sea	11.00am	www.burnham-on-sea-harriers.com
Sun 7 th	The Minster Challenge 7	Axminster	10.00am	http://axevalley.devon.sch.uk
Sat 13 th	Parrett Trail Relay	Various	9.00am	See Website/Newsletter
Sun 14 th	Castle Cary 10k	Castle Cary	10.00am	www.totalbuzzevents.com
Sun 14 th	Gold Hill 10k	Shaftesburt	10.00am	www.gillinghamtrotters.talktalk.net
Sat 20 th	Weymouth 10m	Weymouth	10.30am	www.egdonheathharriers.com
Sun 21 st	Exmoor Stagger & Stumble	Minehead	11.00am	www.mineheadrunningclub.co.uk
Sun 21 st	Dartmoor Vale Marathon, Half Mararthon & 10k	Newton Abbott	9.15am	www.dmvmarathon.org.uk
Sun 28 th	The Stickler	Shillingstone	10.30am	www.thestickler.co.uk
Sun 28 th	Salisbury Half Marathon	Salisbury	10.30am	www.totalbuzzevents.com

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

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