

CREWKERNE RUNNING CLUB

Newsletter

Issue no. 50 Sunday 2nd January 2012

www.crewkernerc.btck.co.uk

Dear Runners,

Before we start, a quick reminder that this Tuesday is the monthly time trial. Meeting place at the co-op in Merriott (by mini roundabout), with first runner away at 6.30pm.

Ed will be on hand to go through the route with those who do not know it, and the lovely Tracy Symes will be acting as official time keeper.

May I start off by saying a very Happy New Year to all CRC members!

As we bid a fond farewell to 2011, I'm sure we can all reflect on what a fantastic year it has been within the warm embrace of Crewkerne Running Club!

We have seen some wonderful achievements, both personal and as a club, coupled with a massive growth in new members, and record turnouts of smiling, laughing, brightly coloured, lycra clad athletic specimens, all converging on the town to take part in something that we all love doing. Ok maybe love is a strong word, but I'm in mid flow so just go with it!

Now let us take a quiet moment to look back and reflect on some of the marvelous things that you have all been up to over the past 12 months.....



JANUARY

After the over indulgence of the Christmas and New Year period, it was back to normal for the hardy fellows of CRC.



With the harrowing image of Nick 'Norma's Knockers' Sale still lingering in our minds at the Boxing Day Pram Race, we were forced to push forward and focus on the year ahead

It certainly didn't take long to get started, as 6 of the club's finest stocked up on their vaccines and inoculations, and journeyed over to Britain's version of Beirut....Chard.

Now out of the confines of his dress, Nick Sale led the team home to our first silverware of the year, taking the team prize with Steve Hurley and Elaine Priest in The New Years Day Flyer.

Not forgetting Ken Priest & Derek Boles adding to the trophy haul in the 50+ and 60 + category.



It was a family affair over at the Quantock Orienteering League, with the formidable husband and wife team of Dave and Jane Willmott winning their age categories.



The month was completed by the annual pilgrimage to Charmouth. 17 arduous but beautiful miles awaited the 20+ runners that took part on the day, basking in glorious winter sunshine and bathing in the not so glorious sea afterwards!

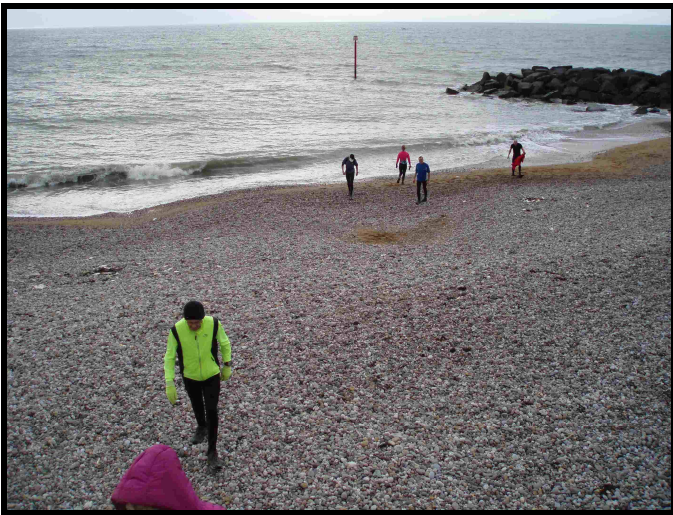


FEBRUARY

February sprung into action with Sarah Warren's 'Predict-a-run' extravaganza. 17 runners battled it out on a blustery Wednesday evening, all showing that they will put the effort in when there is a bottle of plonk as a prize! Unbelievably the winning time was only 3 seconds off predicted, and that was run by Adam Loder who went home a happy man!



It was the return of Slay The Dragon for its 3rd year, and CRC's big guns were out vying for the top spot. Leading man Ed Stahl romped home to victory, while Mike Pearce and Clive scrapped for 3rd & 4th. Ed's victory was the icing on the cake for him as he also celebrated the birth of a beautiful baby boy named Otto!



Wrapping it up this month was our 2nd coastal jaunt of the year as we headed cross-country to West Bay. Around 23 runners took part over various stages of the route down, with Hon Sec Martin Cook joining us having walked down from Wynyard's Gap. The run was followed by a lovely meal – a jolly good time was had by all!



MARCH

March kicked off with a trophy haul at a popular local race – the Combe St Nicholas 10k. 7 of our motley crew ran and Elaine Priest stole the show being first female runner home, while her brother Tom sprinted across the line in 4th place and picked up first local runner - despite not being local!



Surely the highlight of the March running calendar has to be The Grizzly? Well we had 5 runners attempting the Grizzly Cub, and 7 mad fools ran the whole thing! Needless to say it was a muddy as ever, as shown by Ben Jaffe as he emerged from the Valley of the Bogs!



March saw the beginning of our new club night on Tuesdays, to now give us all the option of running 3 times a week, and of course the first Tuesday night was christened with a curry at the Bengal Fushion!



March was finished off in style with the first ever Yeovil Half Marathon! 11 members took to the streets of my home town to compete in the event, with notable performances from Mike Pearce, Sarah Frost and Dean Hallett, though everyone did brilliantly well





APRIL

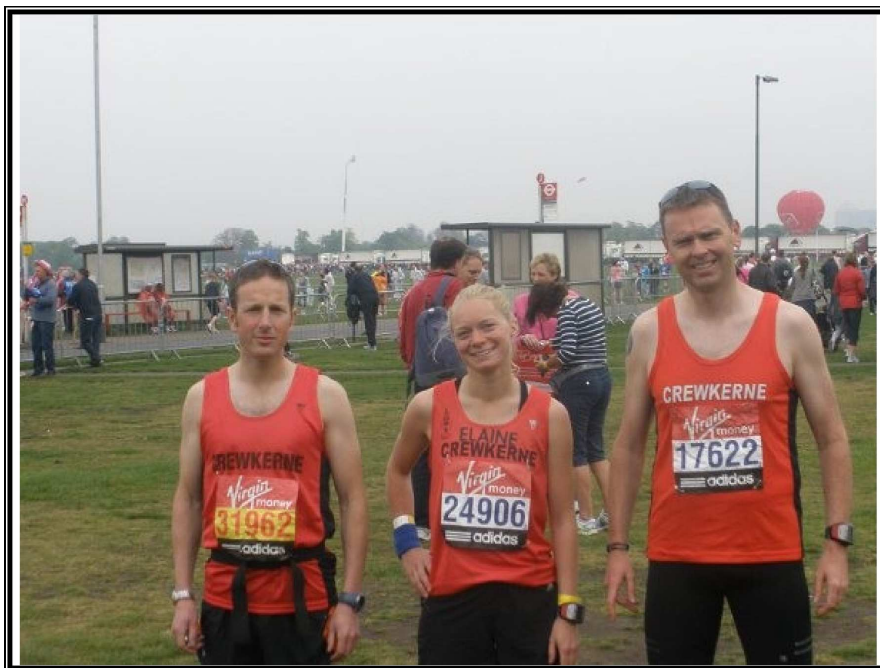
April began with cause for celebration as club member Sara Fair and her partner Mark welcomed a new addition to their family and named her Aimee!

The running front kicked off with the Taunton Half Marathon which saw 4 members taking part. It was another trophy for Clive taking the vet 60 prize, and a first ever half marathon for Rachel Green.



It was another successful collaboration between CRC and Honiton RC at our annual pub run/meet up/shin dig from the Bell, Broadway

April brings around the most famous running event in the world - The London Marathon. After many months of hard training and injury dodging, 6 of you joined 36,000 others and made it onto the start line! The performance of the day just had to be Felix Jaffe, who strutted round and smashed under the 3 hour barrier with less than a minute to spare!



April was wrapped up as we witnessed an amazing feat of endurance by one of our long term members! Cycling demon Dave Rowe embarked on his 2nd End to End adventure, starting his solo ride in John O'Groats, and rocketing down the country to finish in Land's End a mere 8 days later!! Covering well over 100 miles most days carrying his gear with him, Dave made the whole thing look effortless!

April was topped off in style as the club celebrated the marriage of two of our lovely members, George Smith and Caroline Lawson



MAY

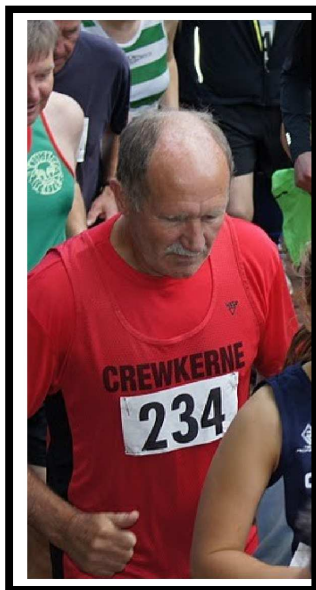
With Easter upon us, 7 of you went over to do battle at the Easter Bunny 10k. It was a first 10k race for two of our new lady members, as Tracy Symes and Lucie Boyland took to the streets, and further up the pack, Clive tussled with club compadre Ed Stahl, with Ed pipping Clive at the line by only 12 seconds!



May saw Jim White's Hawkchurch pub run take place, with a fantastic turnout of 20 members running, with 16 staying afterwards for food and drink

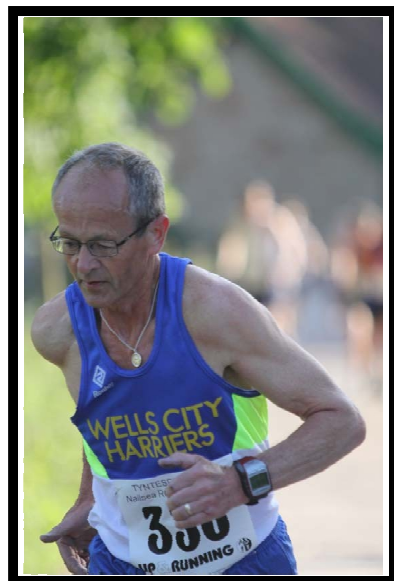
Next we waved a fond farewell to the Crewkerne 9. After over 30 thirty years in the running calendar, the event took place for a final time on a windy, rainy Sunday morning. Over 100 runners took part with the event being won by the formidable Luke Scott of Taunton RC, while another formidable athlete, Downhill Dave Carnell was the first CRC member over the line.

Two of our clubs more....senior.....members were busy racking up the miles this month.



Taking a break from verbally battering his pupils in the classroom, Roger Swann was pipped to the line by Heile Gebrelassie in the BUPA run in Manchester, and also the sweetly named 'Black Death Run'

Clive 'Trophy Hunter' Harwood was showing his competitors how it's done in the Tyntesfield 10k and the British Masters Road Relay Championships



And the month was finished off with the popular Spring Handicap. 16 smiling, happy runners turned out for a beautiful evening in South Petherton, with new member Tracy Symes taking the victory!



JUNE

June began with what was meant to be a pleasant, sunny coastal run at West Bay – little did we know!



These are 4 of the hardy souls who attempted to run on the stormy day. Upon venturing onto the cliff paths, the guys were met with gale force winds that literally knocked them off their feet. The guys had to hit the deck and crawl on their hands and knees to safety, with Nigel Newbury finding a gorse bush surrounded by sheep the only method of survival! Clive also had his rather expensive glasses and hat blown from his face, lost to the elements! All good fun then!



June saw the racing calendar in full swing with events happening once or twice a week. We had some excellent turnouts and individual performances in all of the local races including Run In The Wild, Ninesprings, Tin Tin Ten, Yeovilton 5k and the Martock 10k



The Forde Abbey Run was a great success with an incredible 17 members taking part with Ed Stahl running home in 3rd place. Though the highlight of the race must have been the river crossing which saw Nigel Newbury attempt to buck the trend and swim across the river rather than running like everyone else!

Club favourite Richard Gardener, known by his friends as Tall Rich and known by everyone else as #@%\$*!, took part in one of the stages of the Tour of Wessex, cycling a mammoth distance of 107 miles and gorging on 19 flapjacks in the process!

Mike 'Run Like a Greyhound' Pearce drove down to the Torbay Half Marathon and smashed 2 minutes off his PB. Mike came home 17th out of 2000 people and third in his age group! Amazing!



Two of our members headed over to the Isle of Man this month for a huge challenge involving walking 85 miles in just 24hrs! Known for their generally debauched behaviour and bizarre love of the X-factor, Sue Gautier and Tamsin Dickinson had really been putting the miles in to train for this event, and on the day Sue managed a fantastic distance of 32 miles before injuries took their toll, while Tamsin pushed on to cover 52.5 miles! Well done ladies!



There was a fantastic personal achievement by two of our members this month. We saw Steve Hurley and Elaine Priest jet off to Switzerland to take part in the Swiss Half Ironman! They had both been training hard for months and did brilliantly well!



July

July saw Nick Sale compete in his first ever Ultra Marathon. This event saw him run 44 Cornish miles from Lizard Point to Lands End!

Mike Pearce, Tom Baker and Downhill Dave all headed over to compete in the first ever Ash Town Tree Trail Race. Mike did superbly finishing in second place.

Sarah Warren travelled all the way to Lake Bled in Slovenia with her friends from Honiton RC to run in this stunning 10k race



This month saw Les Thomas doing great stuff on 2 wheels! Les finished in the top places in the Eddy Mercyx Grand Prix. His best performance was in the Crewkerne Tri where he triumphed to 2nd place overall! A great month for Les!



AUGUST



August saw us begin with our second event of the year – The Haselbury Trail. The sun shone for us as it always seems to do and we pulled in a fantastic crowd of 168 runners!



We also saw the popular Langport 10k in this month, drawing 8 members to take part. Fantastic performances on the day from Ed Stahl and Tracy Symes, as well as Ian Wickens who was very happy to beat his son over the line!

Tuesday's new speed sessions were going from strength to strength. Led by leading man Ed Stahl, he took great pleasure in planning pain inducing training sessions at Wadham playing fields for us all!

We also saw a lovely pub run from Dinnington Docks as well as Roger & Linda's Summer BBQ



There were great performance at the final of the Yeovilton series where 18 of you merry joggers took on the 5k lap from RNAS Yeovilton. 4 of the best spent a Saturday evening at the Maiden Newton Madness with Clive Harwood continuing to fill his trophy cabinet, finishing fifth overall with the Vet 60 prize in his clutches.



August was also the month when I did my own JOGLE, and our clubs second of the year. Not quite matching the 8 days of Dave Rowe, 11 was enough for me but what a thoroughly enjoyable thing to do (once the pain and exhaustion subsides!)



SEPTEMBER

We are slowly learning that one sure fire way to get a big turnout on a run is to entice runners with bacon. It is now a tried and tested formula! It certainly worked on Sarah Warren's Breakfast Run! Sarah took 20 of us on a wonderful run of around 8 miles, before she & Rod kindly opened up their house and garden to us all, serving a wonderful fried breakfast! Perfect Sunday morning!



The Oxley Sprint Triathlon saw another great performance from Les Thomas, as well as Rich Gardener, Ken Priest, Debbie Cole, Adam Loder & Simon Sheldon.

Team Irish joined forces once again at the SLAMM events at Langport. Tim overcoming navigation issues to brilliantly complete the full marathon, while Kirsten ran superbly in her first ever half marathon!

September will be remembered by many for 'that photo'. The picture in question being Linda traversing a rather high obstacle on the Kamikaze Run!



It was all happening over in the New Forest. Despite over sleeping, Adrian East made it to the start line to compete in the Half Marathon, finishing with a good personal time of 2.12.18.

Over in the full marathon, Nick Sale, now training for his Ultra marathon the following month, ran a solid race in 3.45, while marathon debutant Mike Pearce romped round to finish in under 3hrs! 6th place overall and winning his age category! Great stuff!



OCTOBER



As final preparations for the Parrett Trail Relay were getting underway, Richard Caile, Sarah Frost, Tracy Symes & Dave Carnell took part in the Shepton Mallett 10k



Tim Hoyle appeared in his first ever race at the Cotleigh Canter, while the Eden Project half marathon was well supported by the club



The PTR was another great success this year with 3 teams jam packed of running talent were carefully created to represent our club. The Men's team ran well to secure 4th place overall, with fine performances as well from our Ladies and Men's B team!



October saw us pay homage to Nick Sale as he embarked on a 100 mile Ultra Marathon in Aldershot. Running through the night and a lot of the day, Nick did fantastically well and managed 70 miles before the knees said no! Inspiring stuff!

Ginette Briggs proved that some women will do anything for an exfoliating mud bath, as seen below as she took on the Commando Challenge.

Running bug sufferer Nigel Newbery continued with his glut of races as he took on the Exmoor Stumble - thoroughly enjoying the occasion! My experience of the Stagger was not so enjoyable as dizziness and cramp made the whole occasion rather unpleasant!



The month was finished in style as we all rejoiced in the news that club members Steve Hurley and Elaine Priest had got engaged!



NOVEMBER



An invasion of red vests took place on the streets of Ilminster for the annual 10k race. 18 of us lined up on the start line and finished with trophies galore. Ed Stahl finished second, with Mike Pearce snapping at his heels in 4th. Age category trophies were also won by Dave Carnell, Bridget Schneiders and Clive Harwood



Monthly time trials on a Tuesday night set up by Ed were started and proved very popular with members. 18 of us also turned up on a cold, rainy night for a pub run at the Stonemasons in Ilminster. This month also saw Crewkerne's most illustrious gym instructor – Tom Baker – become a dad for the first time!



And a star was born!

We saw Clive Harwood become the first member of CRC to achieve International standard. Clive travelled all the way to Glasgow to represent his country in the International Masters Cross Country Event. A fine performance on the day saw Clive make the fastest Vet 60 in his race, surely making himself known to the powers that be!

The club has gone from strength to strength this year, proved undoubtedly by our membership list and it raced past the 100 mark this month



However the month was sadly soured as unfortunate events at the Winter Handicap meant Derek Boles came away victorious. While my bank balance looked healthy as a result of this, the bounty placed on my head took the shine off!

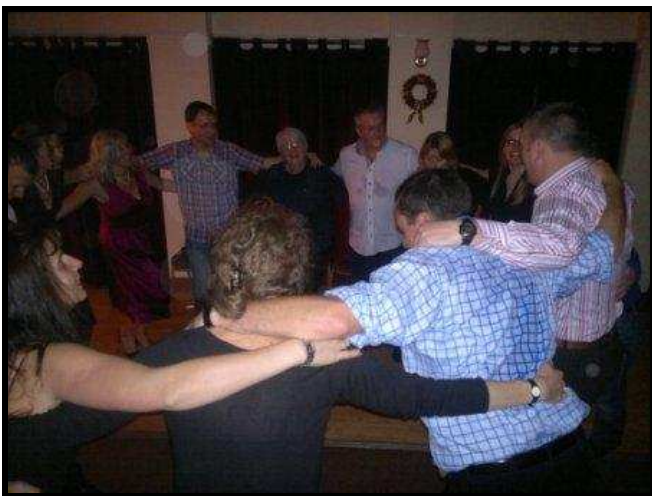


DECEMBER

December saw us hold our final event of the year – The Full Monty. A fantastic effort by so many of our members made it a wonderful day!



As the year drew to a close it was time to relax and celebrate - and get hammered if your name begins with Matthew and ends in Bryant!



It was the CRC Christmas party, kindly and expertly organized by the lovely Linda Still, all washed down by a Tinsel Run!



Next week's edition will bring you news from The Boxing Day Pram Race, the New Years Day Flyer and a belated report from the Dublin Half Marathon!

Remember the time trial this Tuesday!



And that it is Ladies & Gents! 2011 in a snap shot!

What a wonderful year it was for us all and as a club!

It has been great to see so many new faces joining the ranks and getting involved in all manner of things within the club.

A big thank you to all runners, helpers, committee members, families and friends for making this a wonderful year to be a part of Crewkerne Running Club!

Wishing you all a Happy New Year and success in 2012!

Simon



[This Week's Running](#)

Club nights are on Wednesday & Thursday this week leaving the car park at Lidl's at 6.30pm. The Tuesday session is the handicap time trial from Merriott co-op at 6.30pm.

Sunday morning run is from the car park at Lidl's, leaving at 9.30am

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



Happy Running

Simon



Dates for your Diary!

January

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sun 1 st	Chard Flyer	Chard	11.00am	http://chardflyer.btck.co.uk/
Sun 8 th	First Chance 10k	Exeter	10.30am	www.firstchance10k.co.uk
Wed 11 th	Street 5k (Race 4)	Street	7.30pm	www.wellscityharriers.org.uk
Sun 15 th	Oh My Obelisk	Dawlish	10.30am	www.dawlishcoasters.co.uk
Sun 15 th	Rough n' Tumble	Milton Lilbourne	11.00am	www.grassrootsevents.co.uk
Sat 28 th	Blackdown Beast	Dunkeswell	10.00am	www.honitonrc.com
Sun 29 th	CRC Charmouth Run	Crewkerne to Charmouth	9.00am	See Newsletter
Sun 29 th	Hestercombe Humdinger	Hestercombe, Taunton	10.30am	www.thehestercombehumdinger.co.uk

February

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sun 5 th	Blackmore Vale Half Marathon	Bishops Caundle	11.00am	www.bvlions.yolasite.com
Sun 5 th	Longleat 10k	Longleat	10.00am	www.209events.com

Wed 8 th	Street 5k Series (Race 5)	Street	7.30pm	www.wellscityharriers.org.uk
Sun 12 th	Exeter Half Marathon	Exeter	9.30am	www.ironbridgerunnerevents.co.uk
Sun 12 th	The Wiltshire 10m	Melksham	10.00am	www.stampedesports.co.uk
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
Sun 26 th	Slay The Dragon	Hinton St George	10.30am	www.slaythedragon.co.uk
Sun 26 th	CRC West Bay Run	Crewkerne to Wset Bay	9.00am	See Newsletter

March

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
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
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	City of Salisbury 10m	Salisbury	10.30am	www.salisbury-arc.org
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

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

simon_land87@yahoo.co.uk