

# **CREWKERNE RUNNING CLUB**

## **Newsletter**

Crewkerne Running Club Website –  
[www.crewkernerc.btck.co.uk](http://www.crewkernerc.btck.co.uk)

Issue no. 38 Sunday 2<sup>nd</sup> October 2011

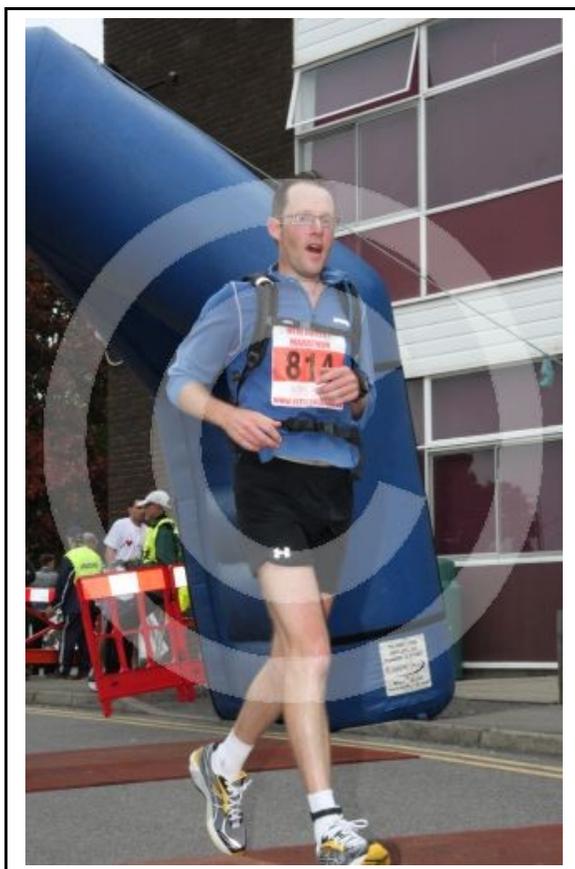
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***Dear Runners,***

(excusing the giant copyright signs....)



'Marathon Man' Mike Pearce in last week's New Forest Marathon. Mike came home in 6<sup>th</sup> with a time of 2.58.41!



Soon to be 'Ultra Marathon Man' Nick Sale using this as a 'training run', crossing the line in 3.45.50.

Running in the half marathon was Adrian East who knocked up a time of 2.12.18 but seems to have eluded the photographer! Lucky chap!



[Shepton Mallet 10k Race Report from Tracy Symes](#)

Well what a lovely sunny morning for a run, after a few last minute nervous text messages from Sarah we set off for Shepton Mallet and arrived in plenty of time. After meeting Sarah there we collected our numbers and started to prepare ourselves thing we were the only member of the club running, when who should appear but none other than Downhill Dave himself. Having never run here before we asked Dave what the course was like, he assured us it wasn't too bad with a gentle climb then nice downhill section.



We set off for the start to await the get away where a few minutes discussion took place with the Starter as to which way we were to turn out on to the main road, the runners all thought left the Starter said right. After about a 5 minute delay we were on our way and turning left onto the road.

After settling into a nice pace I was quite happy on my way although it was incredibly hot with little shade and only one drinks station at the half way mark it soon became apparent that I wasn't going to set a PB today. The first 4k were mainly up hill although they were a gentle climb it was quite tough on the legs, seeing the lovely down hill section to the 5k mark I let myself go rather a bit too fast and got a bit carried away overtaking lots of people.



Having grabbed a drink and passed the half way mark I tried to settle back down and attempted to take comfort from any shade I could find, at the 7k point I gave up and had to walk a bit and told myself lets just make it round in one piece. At the 8k point I was dreaming of Forde Abbey and the river crossing (as many of you know at the time I hated the river crossing) but it would have been a welcome sight this morning.



As I was coming back down the hill for the final time I saw Sarah coming back up to get me and encourage me for the last bit home, there were two ladies from Frome just in front of me and with Sarah's encouragement I managed to pass them god knows how! At the bottom of the hill Downhill Dave joined us and with both of them keeping me going I made it across the line and collapsed onto the grass.



I'm hoping the Indian summer has ended by the 6 November in time for the Ilminster 10k either that or I'd better do plenty of warm weather training on my hols next week.

Well done to everyone who took part, there were 4 of us from Crewkerne, Dave Carnell, Sarah Frost, Richard Caile and myself unfortunately the official results aren't available yet.





## Taunton 10k Results are in!

113<sup>th</sup> Male Richard Caile 46.18  
135<sup>th</sup> Lady Nicki Brodie 1.00.21



In lieu of the dark nights, Sarah Warren has been in touch regarding head torches...

### HEAD TORCHES

As the dark evenings are now here, I have ordered some head torches. They come with batteries and include a rear light. They are £11 each and come in either blue or beige. I ordered 10, and have 8 left. If you would like one please let me know.

Sarah



## London Marathon News

Message from Hon Sec Martin Cook

A few E –newsletters ago I mentions about club London Marathon places. Well I have sent off and we have 2 guaranteed places. Those who have entered in the London Marathon ballet for a place should have heard back or will do shortly.

As I previously mentioned the club places will available to any club members, but we do give priority to those who are First Claim members who paid their club membership prior to 1 May, and have not had the club place in the past 3 years and had their London Ballet rejected for the 2012 event (please keep evidence of rejection).

It should be pointed out that you will have to complete another form and send off your fee to the Virgin London Marathon again, but you will have a place. The club places are also transferable so we will draw out a first and 2nd reserve as well. I think we had 5 names last year, so even if you don't meet the above there is still a chance you could be lucky especially if most who have applied are accepted via the ballet.

Members have until Sunday 6th November to inform me ([martin.cook123@btinternet.com](mailto:martin.cook123@btinternet.com)) so the committee can draw out the lucky runners at the committee meeting on Tuesday 8th November.

Regards

Martin Cook

Now if you are lucky enough to have a place secured for the 2012 London Marathon then listen up!

Club member Andy Parsons has provisionally booked some rooms at the Clarendon Hotel for the event. I believe the club use this hotel every year and is in a prime position!

Andy has provisionally booked 4 double rooms, 4 twin rooms and 2 single rooms.

If you would like to have one of these rooms, please contact Andy as soon as you can! This is a fab offer and very kind of Andy to arrange!

Andy Parsons can be contacted on - [andydebbie.parsons@virgin.net](mailto:andydebbie.parsons@virgin.net)

Thanks!



## Parrett Trail Relay

Next weekend is the last weekend for people to practice their legs and learn the route.

At some stage, myself and Ben Farley will probably be going to recce leg 2. If the other runners on that leg or anyone else wants to come along for a run you are more than welcome. Time to be confirmed - just let me know.

If anyone else needs to recce and wants someone to run with, send me an email and we can try and arrange a time. Once done I will put it out to all members.



## Full Monty

As you may know, during the last few years of this event, a small number of cars have been broken into while the run has been taking place. To try and combat this, last year we enlisted the help of the army cadets to marshal the car parks.

Due to reasons out of our hands, they wont be helping this year so we have been approaching other local groups to try and help us out. We have a group organized by the Sports and Recreation Trust in Stoke who may be willing to help, but have asked whether we may consider helping them for a small 10k race they want to put on next September. It would be similar to how we help out with the Slay The Dragon Run.

If members in general, especially those that live in or near Stoke, would be willing to help out (it's at very early planning stages so far), then please get in touch with myself or Martin Cook.



## New Member

To continue with our glut of new members this year, may I welcome Chris Whitfield to the club. Chris has been running with us for probably 6 months now on a Thursday night so will be familiar to some, but you only get an 'official CRC welcome' when you hand over your cash!!

Welcome Chris!



## Upcoming Events....

### Exmoor Stagger & Stumble

Taking place on Sunday 23<sup>rd</sup> October, the Stagger is a very tough 15 mile off-road race, with the Stumble an equally tough 6 mile route.

The Stagger starts in Minehead and goes all the way up to Duncary Beacon and back, giving you total climbing of 3627ft!

Closing date for entries is 19<sup>th</sup> Oct. See attached entry form

For something a little different, forwarded by Martin Cook.....



Dear Martin,

Please read on for an exciting UK Running Club only offer! We are looking for UK running clubs to enter single runners or teams of 3 in to the Beyond The Ultimate Jungle Ultra. We already have some top ultra runners attending from around the globe such as Mimi Anderson, Drew Bock and Tobias Mews, meaning you will all be in good company.

The Jungle Ultra is a multi-day Stage race through the Amazon Rainforest in Peru. Competitors will be self-sufficient carrying all of their own provisions and water for the entire race, a truly adventurous and wonderful challenge not to be missed.

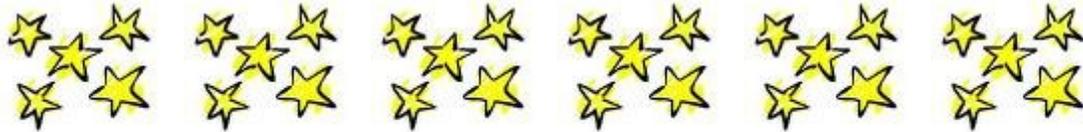
There is going to be a special UK Running Clubs champion team prize, but more importantly your running club would be added to the BTU hall of fame and receive extra support if you wish to defend your title. There is also going to be a great deal of press coverage about the event around the world, including Men's Fitness UK, Men's Journal in the US and many more.

If you would like more information you can contact any of our team on the e-mail address below or you may also contact Race Director Wes Crutcher on [wes@beyondtheultimate.co](mailto:wes@beyondtheultimate.co)

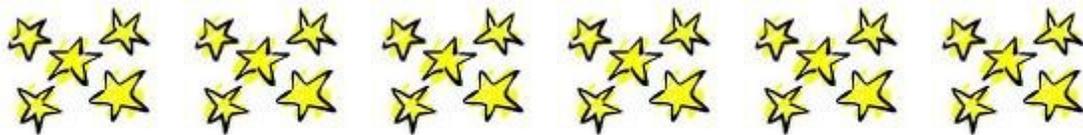


It seems not everyone received last weeks newsletter due to technical difficulties of which I don't understand!

If you didn't receive it or are ever missed for whatever reason, please get in touch and I will try to re-send.



What! No Birthdays!



### [This Week's Running](#)

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

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

It's starting to get darker in the evenings now so consider bringing a head torch and wearing reflective gear is a must.





*Dates for your*

October

Date	Event	Location	Time	Website
Sun 9 <sup>th</sup>	Gold Hill Run	Shaftesbury	11.00am	<a href="http://www.gillinghamtrotters.talktalk.net">www.gillinghamtrotters.talktalk.net</a>
Sun 9 <sup>th</sup>	Cotleigh Canter	Cotleigh	10.30am	<a href="http://www.honitonrc.com">www.honitonrc.com</a>
Sun 9 <sup>th</sup>	Mendip Muddle 12.5m	Charterhouse	11.00am	<a href="http://www.westonac.co.uk">www.westonac.co.uk</a>
Sat 15 <sup>th</sup>	Parrett Trail Relay	Various River Parrott	9.00am	<a href="http://www.crewkernerc.btck.co.uk">www.crewkernerc.btck.co.uk</a>
Sun 16 <sup>th</sup>	Castle Cary 10k	Castle Cary	10.00am	<a href="http://www.totalbuzzevents.com">www.totalbuzzevents.com</a>
Sun 16 <sup>th</sup>	Dartmoor Vale 10k, Half & Marathon	Newton Abbott	9.00am	<a href="http://www.dmvmarathon.org.uk">www.dmvmarathon.org.uk</a>
Sun 23 <sup>rd</sup>	Exmoor Stagger & Stumble	Minehead	TBA	<a href="http://www.mineheadrunningclub.co.uk">www.mineheadrunningclub.co.uk</a>
Sun 30 <sup>th</sup>	The Stickler	Shillingstone	10.30am	<a href="http://www.dorsetdoddlers.org">www.dorsetdoddlers.org</a>

## November

Date	Event	Location	Time	Website
Sat 5 <sup>th</sup>	Yarcombe Yomp	Yarcombe	10.30am	<a href="http://www.axevalleyrunners.org.uk">www.axevalleyrunners.org.uk</a>
Sun 6 <sup>th</sup>	Ilminster 10k	Ilminster	10.30am	<a href="http://www.ilminsterlionsclub.co.uk">www.ilminsterlionsclub.co.uk</a>
Sun 20 <sup>th</sup>	Colyton Fiver	Colyton	10.30am	<a href="http://www.axevalleyrunners.org.uk">www.axevalleyrunners.org.uk</a>
Sun 27 <sup>th</sup>	Brent Knoll 5.5m	Brent Knoll	11.30am	<a href="http://www.burnham-on-sea-harriers.com">www.burnham-on-sea-harriers.com</a>
Sun 27 <sup>th</sup>	Bicton Blister	Bicton Park	11.00am	<a href="http://www.bictonblister.co.uk">www.bictonblister.co.uk</a>

## December

Date	Event	Location	Time	Website
Sun 4 <sup>th</sup>	Full Monty	Ham Hill	10.30am	See Newsletter or Website
Sat 10 <sup>th</sup>	CRC Christmas Party	North Perrott Cricket Club	TBC	See Newsletter
Wed 14 <sup>th</sup>	Street 5k	Street	7.30pm	<a href="http://www.wellscityharriers.org.uk">www.wellscityharriers.org.uk</a>
Sun 18 <sup>th</sup>	Wellington Monument 10k	Wellington	10.30am	<a href="http://www.wellingtonmonumentrace.co.uk">www.wellingtonmonumentrace.co.uk</a>
Mon 26 <sup>th</sup>	Stoke Stampede	Stoke St Gregory	11.00am	<a href="http://www.stokestampede.co.uk">www.stokestampede.co.uk</a>

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

[simon\\_land87@yahoo.co.uk](mailto:simon_land87@yahoo.co.uk)