

# CREWKERNE RUNNING CLUB

## Newsletter

Issue no. 81 Sunday 2<sup>nd</sup> September 2012

[www.crewkernerc.btck.co.uk](http://www.crewkernerc.btck.co.uk)

***Dear Runners,***



Mike Pearce in action at the Maiden Newton Madness

Coming up this week...

## Monthly Time Trial

This Wednesday is the September time trial starting at 6.30pm from the Co-op in Merriott. This is a handicap race so it is for all abilities and generally the fastest don't win!!

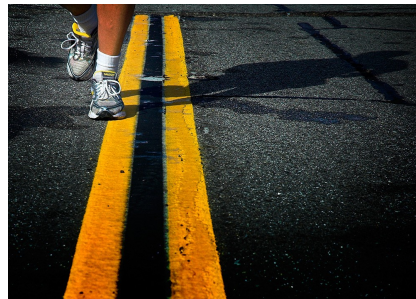
## Pub Run – This Thursday!!

Please remember that this Thursday see's us hold our September pub run from The Admiral Hood in Mosterton!

The run begins at 6.30pm so please meet in the car park at 6.15pm to have time to order your food before you go.

The run will still be treated and run as a beginners session as per usual.

Please note the 5pm early run will take place at the usual time and usual place.



## LANGPORT 10K REPORT BY SARAH WARREN

Bank Holiday Sunday hosted the “Battle of Sedgemoor” 10K road race at Langport. A flatish 10K on the road is not really my thing but Rod was working that day and it was a club championship so I had to do it. So I set off for Langport in the morning. It was a bank holiday weekend. Running was good. There was some sunshine and a bit of breeze.





Mike Pearce



Jane Willmott



## Chris Rawlings

I went for what was meant to be a short warm up run along a path which led out to the river anticipating that the path would take me back to the town centre and start of the race. After what seemed like an age, the town was no where in sight, and with only 10 minutes to the start time I decided I had better retrace my steps and leg it back to the start line.



Ed Stahl





Clive Harwood



Sarah Warren

Eleven CRC members were on the start line - with me already red faced and sweaty after my extended warm-up. We set off on what is meant to be a fast course - the first mile or so is mostly flat with a bit of a downhill finish. Overall with Ed Stahl not far behind in the overall category to add another trophy to the collection. More details as below.



Dave Carnell



Simon Clarke

The Results.....

Mike Pearce	35.49
Ed Stahl	36.39
Clive Harwood	39.00
Dave Carnell	42.07
Simon Clarke	45.45
Sarah Warren	49.22
Chris Rawlings	49.54
Tracy Symes	1.02.52
Tamsin Dickinson	1.02.56
Jane Willmott	1.13.32

Thank you to Tracy for supplying the photos. To see all of Tracy's photos from the day click on the following link –

[https://plus.google.com/photos/113199741363020731606/albums/5783612035485386897?  
authkey=CPmxh9nVubfs9wE&banner=pwa&gpsrc=pwrd1#photos/1131997413630207  
31606/albums/5783612035485386897](https://plus.google.com/photos/113199741363020731606/albums/5783612035485386897?authkey=CPmxh9nVubfs9wE&banner=pwa&gpsrc=pwrd1#photos/113199741363020731606/albums/5783612035485386897)





Guaranteed to make you laugh....unless you name is Tim Irish!

Oh what wonderful members we have! None more so than a certain Kirsten Irish who sent the following email to me this week.....I hope you enjoy it as much as I did!

Hi Simon

Can I just thank Ed for all the hard work he is putting in on a Wednesday. It has been said that the aim is to get an "Ennis" body - not sure whether this is what Ed meant! (attached)

It is obviously working on Derek!





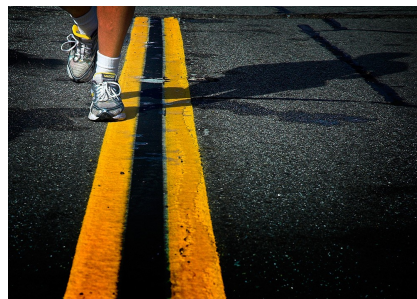
But not so well on Tim!



Sorry! Bored on a bank holiday Monday!

Kirsten

...Kirsten what can I say but thank you!!!

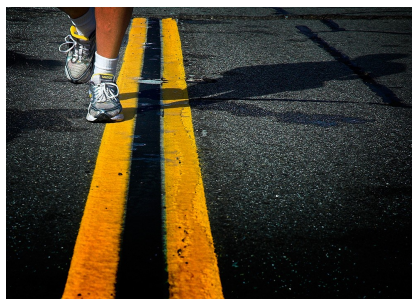
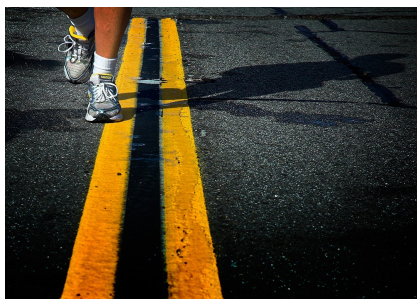


Captains Handicap Race

This is a race that will be on the first Wednesday of October and it will be a handicap race. It is a 10k route on the road, starting from the Merriott rec. There is plenty of parking available and there will be prizes for first female and male.

The race will start at 630 sharp. Hope to see lots of you there.

Also worth noting that there may be Championship Points up for grabs for taking part!!

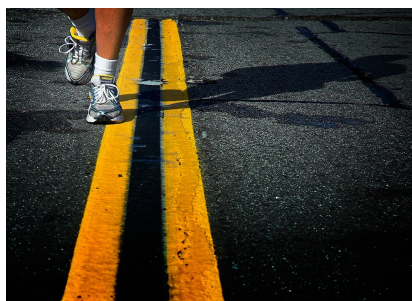
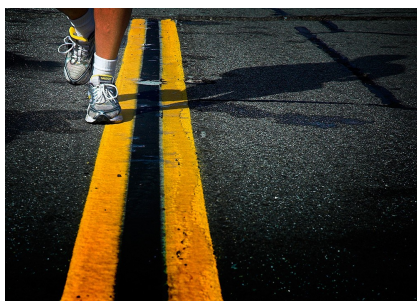


## Headtorches

Sadly the dark nights will be with us shortly and we will run in the country lanes. I have ordered some headtorches for anyone who needs one. They have gone up a bit this year and are £13.50 each (they would be £15 if purchased individually, but there is a discount for bigger orders).

The torches come with front and rear lights and batteries are included. Cash or cheque payable to Crewkerne Running Club. Either see me running, or e-mail me at: [sarah.warren321@btinternet.com](mailto:sarah.warren321@btinternet.com) to arrange.

Sarah



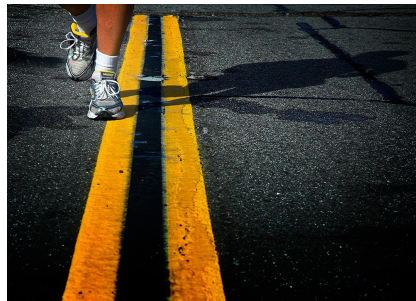
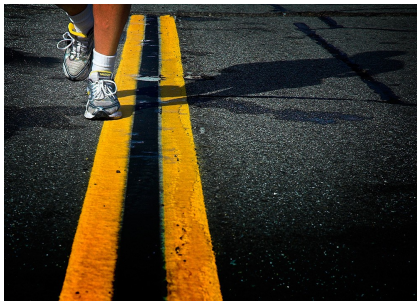


## Grizzly Entries

Please note the following dates in your diary if you are interested in entering next year's Grizzly race.

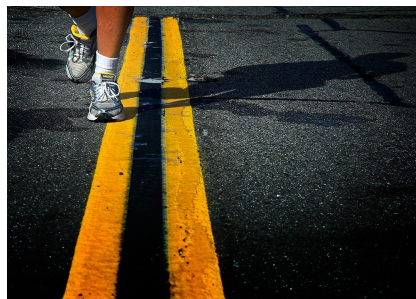
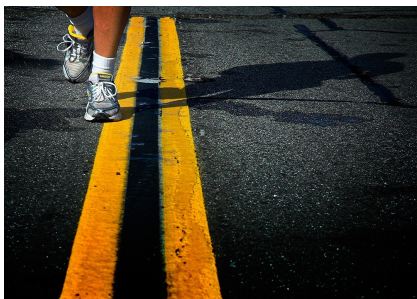
These are provisional dates received from Axe Valley Runners but it is worth noting that this race filled up in ONE day last year, so you need to get your entries in as soon as it opens

26<sup>th</sup> – 27<sup>th</sup> September



## New Members

It's hello and welcome to Phil Wareham who has joined our band of merry joggers! May your time with us be pleasant and injury free!



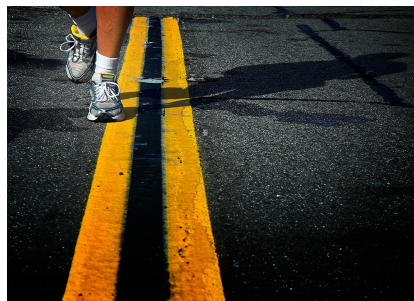
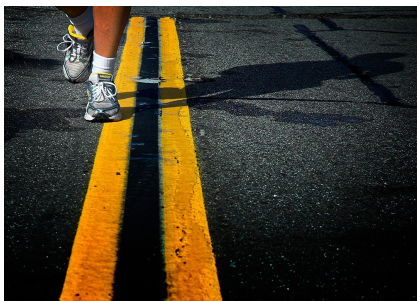
## 4<sup>th</sup> South Somerset Cider Sampling – Matthew Bryant

Matthew Bryant would like to let club members know that the 4<sup>th</sup> South Somerset Cider Sampling takes place at Hinton St George village hall on Friday 14<sup>th</sup> September from 6:30 onwards.

Admission is £3 which includes some free samples of cider. There are lots of different ciders available, as well as apple juice, other drinks and local food. Come and meet some of the cider makers and experts including Julian Temperley from Burrow Hill Cider and Alan Stone, author of *In search of cider*, who will be officially opening the event midway through the evening! Derek Boles and his band, Crooked Furrow, are providing the music. It's a great fun evening – so come along and sample some cider. The proceeds from the event are shared between Hinton St George church and village hall – which we use for some running club events, so it's a roundabout way of making sure this facility remains available for the running club too! You can pay for tickets on the door or ring me on 01460-73454.

Thanks very much,

Matthew



Hi Fellow Runners

The Cotleigh Canters on Sunday October 14<sup>th</sup> are now taking entries.

In order to have something for everyone we have:

A 3K Fun Run (but timed and recorded) to which we particularly invite younger juniors, and local primary school runners to compete for a primary school team cup.

A 5K for older Juniors, new runners and for those who don't fancy the full 10K

A 10K – two laps of the 5K

## **KING ALFREDS TORMENT**

**THE KING WHO BURNT THE CAKES**

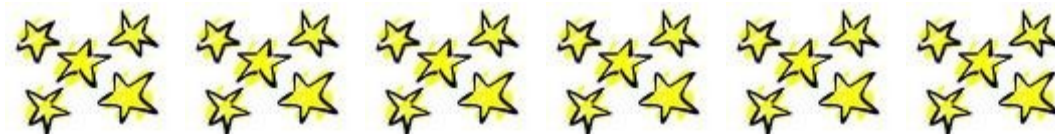
**SUNDAY 23rd SEPT 2012**

**START 1100**

**I would like to remind you that another year has passed and it's almost time to run the "Torment" again**

**Sunday 23rd September sees the 2012 KING ALFRED'S TORMENT – seven Irish miles of mud and hills! If you've not had a go at this race, you've not lived – the hills seem to get bigger each year, but the views around the Stourhead Estate and King Alfred's Tower quickly take your mind off them!**

An entry form should be in the attachment



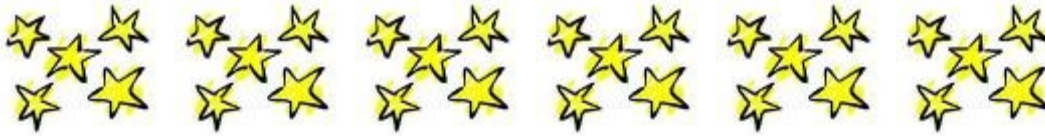
I have a whole host of birthdays to bring to your attention over the next fortnight!

Here goes....

Andy Parsons is first on the 6<sup>th</sup>, followed by Phil Reeder on 10<sup>th</sup>, new member Paul Martin and Bridget Schneiders on 11<sup>th</sup>, with club stalwarts Steve Diaper and Jacko Bailey 13<sup>th</sup>!



Many Happy Returns to you all!



### *This Week's Running*

Club nights are on Tuesday, Wednesday and Thursday over the following fortnight leaving the car park at Lidl's at 6.30pm. The early run on Thursday is at 5pm. This weeks Thursday run is a pub run from The Admiral Hood in Mosterton.

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



*Dates for your*

## September

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sun 2 <sup>nd</sup>	Ash Excellent Eight	Ash	11.00am	<a href="http://www.yeoviltownrrc.com">www.yeoviltownrrc.com</a>
Thurs 6 <sup>th</sup>	Pub Run	Admiral Hood Mosterton	6.30pm	See Newsletter
Sun 9 <sup>th</sup>	Cheddar 5k, 10k, Half, Marathon	Cheddar	TBC	<a href="http://www.relishrunningraces.com">www.relishrunningraces.com</a>
Wed 12 <sup>th</sup>	Yeovilton 5k (Race 6 of 6)	RNAS Yeovilton	7.15pm	<a href="http://www.yeoviltownrrc.com">www.yeoviltownrrc.com</a>
Sun 23 <sup>rd</sup>	King Alfreds Torment	Stourhead	11.00am	<a href="http://www.yeoviltownrrc.com">www.yeoviltownrrc.com</a>
Sun 23 <sup>rd</sup>	New Forest Marathon &Half	New Milton	9.15am	<a href="http://www.newforestmarathon.org.uk">www.newforestmarathon.org.uk</a>
Wed 26 <sup>th</sup> ???	Grizzly Entries Open			See Newsletter

## October

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Wed 3 <sup>rd</sup>	Captains Handicap	Merriott	6.30pm	See Newsletter
Sun 7 <sup>th</sup>	Burnham Half Marathon	Burnham- On-Sea	11.00am	<a href="http://www.burnham-on-sea-harriers.com">www.burnham-on-sea-harriers.com</a>
Sun 7 <sup>th</sup>	The Minster Challenge 7	Axminster	10.00am	<a href="http://axevalley.devon.sch.uk">http://axevalley.devon.sch.uk</a>
Sat 13 <sup>th</sup>	Parrett Trail Relay	Various	9.00am	See Website/Newsletter
Sun 14 <sup>th</sup>	Castle Cary 10k	Castle Cary	10.00am	<a href="http://www.totalbuzzevents.com">www.totalbuzzevents.com</a>
Sun 14 <sup>th</sup>	Gold Hill 10k	Shaftesbury	10.00am	<a href="http://www.gillinghamtrotters.talktalk.net">www.gillinghamtrotters.talktalk.net</a>
Sat 20 <sup>th</sup>	Weymouth 10m	Weymouth	10.30am	<a href="http://www.egdonheathharriers.com">www.egdonheathharriers.com</a>
Sun 21 <sup>st</sup>	Exmoor Stagger & Stumble	Minehead	11.00am	<a href="http://www.mineheadrunningclub.co.uk">www.mineheadrunningclub.co.uk</a>
Sun 21 <sup>st</sup>	Dartmoor Vale Marathon, Half Marathon & 10k	Newton Abbott	9.15am	<a href="http://www.dmvmarathon.org.uk">www.dmvmarathon.org.uk</a>
Sun 28 <sup>th</sup>	The Stickler	Shillingstone	10.30am	<a href="http://www.thestickler.co.uk">www.thestickler.co.uk</a>
Sun	Salisbury Half Marathon	Salisbury	10.30am	<a href="http://www.totalbuzzevents.com">www.totalbuzzevents.com</a>

28 <sup>th</sup>				
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Any events which are not on the diary, but you think should be, then  
let me know!

simon\_land87@yahoo.co.uk