

CREWKERNE RUNNING CLUB

Newsletter

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

Issue no. 45 Sunday 20th November 2011

Dear Runners,



Bridget Schneiders receiving her trophy at the Ilminster 10k

Gwent XC League Race Report from Clive Harwood

Suggested to Elaine that I quite fancied taking her on a shopping trip and suggested a trip to Bath as I heard the new shopping centre was open and I wanted to buy a couple of things. She said how considerate of me to offer rather than being pestered especially as I said we would go on around 9.00. Truth then had to come out!

I wanted to run in the Gwent X.C league event at Bath university. Ran there for Somerset last November and although a hilly course, rather enjoyed it. Did the shopping thing and found what I wanted so left Elaine in the shops and drove to the university.

A lot of tents and lots of people. The men's race was at 2.00 and looking around saw hundreds of runners. The course starts downhill, goes left and levels out, then climbs to the top of the hill. There are 7 times we had to run uphill.

Hard run as ever to make 116th place. The distance was 6.14 miles. I did this in 40.48. Well, pleased with that.

Went back to the shops after to complete the pleasure of the day. Checked the results and saw I had sorted out my age group by over 3 minutes.

STOP PRESS!



For those of you who are not aware, next weekend is going to be a very special weekend for Clive and CRC as a whole. Clive is going International!

Clive will be flying up to Glasgow next Friday to compete in England colours at the Cross Country International Race at Bellahouston Park.

This is a BIG deal and something that Clive has worked and trained tirelessly for for many years. He has achieved so much to even get to this stage.

The race itself is on Saturday so I will be bringing news and hopefully results for next Sunday's newsletter!

I'm sure there will be some pre-race nerves, but I know that Clive is extremely excited and can't wait to show people what an incredible runner he is!

Clive you will have the full support and admiration from us all as you take part in this event, and we wish you all the very best and hope that you have the race of your life, and show them all what you are made of!

GOOD LUCK!!!!



Winter Handicap next Sunday

The much anticipated CRC Winter Handicap takes place next Sunday morning!

The event takes place at Hinton St George Village Hall which has toilets/kichen/changing facilities.

This is lovely morning with the emphasis on having a good, fun time (mixed in with a dash of competitiveness as well!) On arrival, I will give all runners a predicted time which I believe they will complete the 4.7(ish) mile course in. Slowest runners will start off first and then runners will leave at timed intervals after that, with the fastest runners going last, so hopefully everyone will finish around the same time.

This is a fair way of doing it and means that whether you are a 'fast' or 'slow' runner, everyone has an equal chance of winning (except Martin Denman who definitely won't win this year!).

First runner will set off at 9.30am SHARP so please try and get to the village hall by 9.15 latest to give you time warm up and for me to calculate your time.

After the race, we will treated to a feast of hot and cold food and drinks which will be cooked by willing volunteers. Please feel free to bring a bit of food along with to add to the feast!

This is always a wonderful event and I am expecting a big turnout from you all! See you there!!



A word from Linda Still....

Could you please remind members who are going to the Xmas party on the 10th December to either email me/call me re their choices of meal and submit payment. **There is only just over a week to go and I've ONLY had one payment and two menu choices.**

A reminder my email address is lindastill@yahoo.co.uk, address; Misterton House, Misterton, Somerset, TA18 8LP or drop in go to the end of Broughtons Drive and keep going to the end of the private drive, or you should see me at the Winter Handicap or running Tue or Thurs eves.

Thanks,

Linda

Dave Rowe has very kindly provisionally booked 2 mini buses (14 and 16 seaters) from Stennings in Merriott. We really need names so we can say we need 2 buses before the cut off for the meal itself, to give the garage and Dave a chance.

Filling the minibuses will mean costs will be kept very low, working out at around £4pp return! You aint going to get better than that!

So if you think you would like to reserve a place on one of the minibuses, then please contact Dave Rowe ASAP. Dave can be found at dave.ran_likeforest@yahoo.co.uk



Running Workshop

Sarah Warren has passed on the following and it sounds very interesting....

Bernard Genge - professional training director, life coach, runner, member of Chard Road Runners, and author of *10 Actions to Transform Your Life* - a cognitive behaviour based personal development book and programme, is holding a workshop for local runners on The Psychology of Running Success. Members from local clubs are invited. Details are below. You are welcome to forward this to your club members. If you would like to attend please email Bernie - bernardgenge@hotmail.com - email address in the cc field.

1st December 2011 workshop for local runners - The psychology of running success and social gathering

Chard Cricket Club, Dening Field Chard TA20 1QA - please note access is via Chard Football Club in Zembard Lane (1st turning on the right on Zembard Lane heading towards Holyrood School TA20 1JL)

1930 - 2100. The doors will be open at 1900 for social interaction and will remain open afterwards. The bar will be open

The psychology of running success - improving your running and your times through your mind

- Developing a positive 'can-do' attitude to running
- Setting achievable goals
- Visualising success
- The use of positive affirmations (positive self-talk)

- **The impact of beliefs and mindsets for running success**
- **Fun - you will enjoy this evening of enlightenment and common sense that is not common practice**

Facilitator/speaker Bernard Genge, social entrepreneur, trainer, life coach and author of *10 Actions to Transform Your Life* - a cognitive behaviour based personal development book and programme. And of course a runner!

Bernard started his career as a medic in the Royal Navy where he became interested in psychology during the Falklands conflict in working with servicemen with PTSD (post traumatic stress disorder). He set up his own training business in 2001 and now runs a thriving social enterprise (not-for-private-profit) training company with a fellow director using the psychology principles in his book, "10 Actions to Transform your Life", to help individuals achieve success in their lives and careers.

In 2011 he has run three marathons in under 3 hours using the insights he will share on this evening to run beyond his mediocre running ability!

This workshop is a one off opportunity and will be free to local runners.

Please reply as soon as possible to reserve your place.



Full Monty Recce Run

I am reliably informed that we had a good turnout of 13 runners for the Full Monty Recce Run this morning.

Not all members did the full route taking advantage of shorter options, and those who had not run the course before were surprised by the severity of the hills!



A word from Ladies Captain Sarah Warren

CLUB KIT

I have nearly run out of mens vests, so I will be making a new order soon. I apologise to any new members who may have to wait a little while for thier vest. This gives you an opportunity to order extra items it anyone would like anything.

Coolmax T shirt - £14 (Red, black, white or fluo yellow)

Coolmax long sleeve top - £18 (Black, white or fluo yellow)

T's and long sleeve tops can be printed with CREWKERNE RUNNING CLUB on either the front or back with the print in either red, black or reflective.

If you would like to order anything please let me know ASAP and let me have payment with order. I need to know your size, colour, print colour and whether to print on front or back.

There is also one fleece top left - £11.50 to the first person who says they want it. Size large. Black and very warm with "Crewkerne Runing Club" embroidered on front.

Also, if anyone else wants a head torch (£11) please let me know and I will order some more.

SARAH

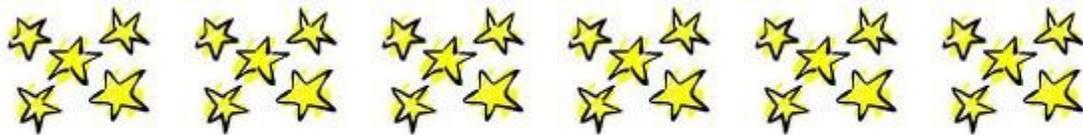


Full Monty

Thanks to all those members who have offered to help in whatever way you can for this event.

Martin could still do with 1 or 2 more people on the day to help out with car parking-start line jobs.

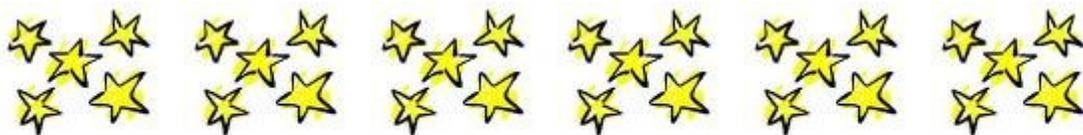
Please let us know whether you can help before the day if possible so we know to expect you.



Two birthdays for you this week!

Tamsin Dickinson is celebrating her 21stor is that on the 21st ?....
Roger Still is also celebrating on Thursday this week

Many Happy Returns to you both!



[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 is the Winter Handicap, taking place at Hinton St George at 9.15am.

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



Dates for your

November

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sun 20 th	Full Monty Recce	Ham Hill	9.30am	See Newsletter
Sun 27 th	Brent Knoll 5.5m	Brent Knoll	11.30am	www.burnham-on-sea-harriers.com

Sun 27 th	Bicton Blister	Bicton Park	11.00am	www.bictonblister.co.uk
Sun 27 th	Winter Handicap	Hinton St George	9.30am	See Newsletter

December

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sun 4 th	Full Monty	Ham Hill	6.15pm	See Newsletter
Sat 10 th	CRC Christmas Party	North Perrott Cricket Club	TBA	See Newsletter
Wed 14 th	Street 5k	Street	7.30pm	www.wellscityharriers.org.uk
Sun 18 th	Wellington Monument 10k	Wellington	10.30am	www.wellingtonmonumentrace.co.uk
Mon 26 th	Stoke Stampede	Stoke St Gregory	11.00am	www.stokestampede.co.uk

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	Hestercombe Humdinger	Hestercombe, Taunton	10.30am	www.thehestercombehumdinger.co.uk

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

simon_land87@yahoo.co.uk