

CREWKERNE RUNNING CLUB

Newsletter

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

Issue no. 9 Sunday 20th February 2011

Dear Fellow Runners

A little bit of good news for you....

I am delighted to announce that on Tuesday 15th February 2011,
Ed Stahl and his wife Natalie celebrated the birth of their second child.

Otto Sebastian Stahl was born weighing in at 9lb 13oz.

On behalf of all club members, I would like to wish Ed, Natalie, Amelia
and Otto the best of luck and our warmest congratulations.

If he runs as half as quick as his dad when he's older then look out!



Race Report from Hestercombe Humdinger by Yours Truly

This was the first time I had done the Hestercombe Humdinger. I chose it as I thought it would be good training for the Yeovil Half Marathon at the end of March. The course was 9.5 miles all on road, with some vicious hills to tackle I was told. Start and finish was at Hestercombe House and Gardens which was a wonderful setting.

Turned up just before 10 and who should park next to me but Sarah Warren. Had a chat and went for a warm up. Spotted Roger Swann in the distance - that was the entire Crewkerne contingency at the event.

Race underway – Headed off down the main drive and turned left, heading out towards Cheddon Fitzpane. All on quiet country lanes with zero traffic. Mainly flat running with a few moderate hill sections for the first 3 miles. Found this quite hard going and took a while for the legs to settle down and get into the swing of things. Knew that hills are my strong point (weird I know), so was looking forward to them in the second half of the race to try and move up a few places.

Course is on a rough figure of 8, so we passed back through the main house and drive and headed out towards the Quantocks, and Kingston St Mary. Got passed by Mike Harvey of Yeovil who was running really well. We were to do battle throughout the race. From about 5 miles the main hill section started. This was to last a good 1.5 – 2 miles of continuous climbing. Over took Mike and quite a few others who were walking. Hills had helped me to loosen up a bit and I was feeling good. Unfortunately, what goes up must come down. A really long fast, downhill section and I haven't got the technique right to cope with that – felt it on the knees and feet were burning!

At around 8 miles it was a final long, steep ascent up the aptly named 'Humdinger Hill', before dropping down again and heading back along the main drive to the

finish. Managed to really open it up here and take 2 places on the final few hundred metres.

Got changed and met up with Sarah and Roger at the finish. Like last year, Sarah and Roger had a little personal tussle on the way around, jostling for position. Sarah at one point dropping her hankie and stopping (to let Roger catch up he tells me!), and Roger stopping to tie up his laces (presumably to give Sarah another head start!). So fun was had by all, though Sarah did manage to get away at the end and win the duel!

Results incomplete as only had a quick look before I left the venue

Simon Land 22nd 1:05:53

Sarah Warren 118th Time unknown at the mo

Roger Swann 123rd Time also unknown



Roger at the finishing line



Remember! West Bay Run is this coming Sunday!!!!

Sunday 27th February

Crewkerne to West Bay Run

Anybody who did the recent Charmouth Run will know how much fun these runs are!

The route will be around 17 miles in total

Leaving Lidl's car park as usual from 9am on the dot

Food afterwards at around 1 o'clock for anyone who wants it at The West Bay Inn.

Runners can join from Wynyards Gap at 10.00am and run 12 miles, or from the centre of Beaminster (by The Wild Garlic Restaurant) at around 10.40am, and run 8 miles if you don't fancy doing the whole route. These times are approximate times that the group will be passing through, so get there with plenty of time.



Official results from last weeks 'Slay The Dragon' race are now in

1st Ed Stahl 41:01

3rd Mike Pearce 44:56

4th Clive Harwood 45:06
6th Richard Gardener 47:03
10th Roger Still 49:57
16th Linda Still 56:13
17th Roger Swann 57:03
18th Angie Patch 58:05

.....and of course special thanks must go out to Chief Photographer for the day Andy Parsons, who kindly positioned himself right at the top of the horrible hill near the end, just to capture the agony on the faces of his friends!!



Ed Stahl striding to victory!



Clive and Mike neck and neck near the end



Richard tackling the summit



Smiling?....Up a hill?...Not like Roger



Linda looking very tired!



Nearly there Angie!



Attention! Pub Runs!

Wednesday 2nd March from Dinnington Docks

Usual 6.30pm start – do come along if you haven't been to a pub run before!

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Wednesday 30th March from The Bell Inn, Broadway 6.30pm

A combined pub run with Honiton Running Club organised by Sarah Warren



Upcoming Events....

'Rugged Challenge'
(sounds like some of our members)

Multi-Terrain Race. Approx. 10km
Sunday 12th June 2011 11am

Cheddar Vale Lions Club in conjunction with Cheddar Running Club are organising a multi-terrain race around the Mendip Hills.

It will consist of a circular route of about 10km starting and finishing at the Charterhouse Centre, and will include just short of 1000ft of climbing.



Martin Cook has asked me to pass on his thanks to all those who have sent back replies regarding your contact information.

48 out of the 79 members have responded so far which is a very good start. If you haven't had chance to reply yet, please can you let Martin know, it makes it so much easier when we try to contact members for any reason.

Many Thanks!!



Looking for a challenge?

Feel like venturing abroad?

Martin has passed on a great website which holds a list of about every International race going from 5ks to Ultra-marathons, from France to Mongolia!! Really worth having a look!!

Website is: www.runningcalendar.eu



And finally....



I couldn't go without giving a good luck message to the old-sea dog himself, Steve Diaper, who left today to have a 4 month holiday....sorry I mean work....(I'm assured they do some work).....on his ship.

4 months at sea with a ship full of blokes is a long time for anyone, so we wish Steve the best of luck and hope that he comes back in one piece!

On a more sensitive note, we all know how close him and Clive have got recently – neighbours and play mates – so we must all help support Clive through the next few weeks as his partner in crime has gone away!

Bon Voyage Steve!



This Week's Running

Club nights are on as usual this week so that's Wednesday and Thursday nights, leaving Lidl's car park at 6.30pm as usual. Head torches and reflective gear essential.

Sunday morning is the Crewkerne to West Bay Run, leaving Lidl's car park at 9am SHARP



Dates for your

February

Date	Event	Location	Time	Website
Sun 27 th	Crewkerne to West Bay	Lidl's Car Park	9.00am	See Newsletter
Sun 27 th	Dalwood 3 Hills Challenge 10m	Dalwood	11.00am	www.axevalleyrunners.org.uk
Sun 27 th	Babcary 7m	Babcary	11.00am	www.wellscityharriers.org.uk

March

Date	Event	Location	Time	Website
Wed 2 nd	Pub Run	Dinnington Docks	6.30pm	See Newsletter
Sun 6 th	Yeovil Half Mar' Recce	YTFC	9.30am	See Simon or Newsletter
Sun 6 th	Combe St Nicholas 10k	Combe St Nicholas	10.45am TBC	www.combestnicholasprimary.co.uk
Sun 6 th	Bath Half Marathon	Bath	11.00am TBC	www.bathhalf.co.uk
Sun 6 th	Bideford Hald Marathon	Bideford	10.30am TBC	www.bidefordaac.co.uk
Tue 8 th	Crewkerne RC AGM	Lamplighters Bar	7.45 for 8.00pm start	See Newsletter
Wed 9 th	Street 5k Series (6)	Street	7.30pm	www.wellscityharriers.org.uk
Sat 12 th	Great Western 10k	Sherborne	11.00am	www.yeoviltownrrc.com
Sun 13 th	Grizzly 20m Grizzly Cub 9m	Seaton	10.30am	www.axevalleyrunners.org.uk
Sun 20 th	Butleigh 7m	Butleigh	11.30am	www.wellscityharriers.org.uk
Sat 26 th	Nightrunner 8m	Beer	7.00pm	www.axevalleyrunners.org.uk
Sun 27 th	South Petherton Pre-London Training Run 22 miles	South Petherton	9.00am	See Newsletter
Sun 27 th	Yeovil Half Marathon	Yeovil	9.00am	www.totalbuzzevents.com
Wed 30 th	Pub Run with Honiton RC	Broadway	6.30pm	See Sarah Warren or Newsletter

April

Date	Event	Location	Time	Website
Sun 3 rd	Taunton Marathon & Half Marathon	SCAT College	10.30am	www.tauntonmarathon.co.uk
Sun 3 rd	Bournemouth Half Marathon & 10k	Bournemouth	10.00am	www.bhf.org.uk/bayrun.co.uk

Sun 10 th	Honiton Hippo	Honiton	10.30am	www.honitonrc.com/hippo.htm
Sun 10 th	Tavy 13	Tavistock	10.00am	www.tavy13.com
Wed 13 th	Yeovil 5k (Race 1)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Sun 17 th	London Marathon	London	9.45am	www.virginlondonmarathon.com
Sun 17 th	Frenchay 10k	UWE Glenside	11.00am	www.frenchay10k.co.uk
Mon 25 th	Easter Bunny 10k	RNAS Yeovilton	11.00am	www.yeoviltownrrc.com

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

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