

CREWKERNE RUNNING CLUB

Newsletter

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

Issue no. 13 Sunday 20th March 2011

Dear Fellow Runners

Hope everyone has been enjoying the glorious weekend weather we have had - perfect running conditions!

It's been around 3 months now since I have taken over the newsletter, and just want to say a quick thank you to all those people who send me all sorts of things to go in every week. Whether it is race reports, photos, messages, future events or interesting articles, it's all appreciated. Newsletters seem to be full with new things every week, and that only happens when people forward things on to me – so thank you!

Looking forward to the week ahead - Please remember that we now have an extra club night on a Tuesday which started last week. Next weekend is a busy one with the Pre-London Training Run taking place in South Petherton (info repeated below), while at the same quite a few club members will be lining up in the first Yeovil Half Marathon, so best of luck to those of you involved in any way.

Remember though that the clocks go forward on Saturday night so set alarm clocks accordingly!



As I mentioned above, this week saw the first ever club night on a Tuesday. For those of you not aware, the extra club night will be trialed for a few months, and has been implemented to give people more chances to run during the week.



11 members ran a route round the town with 6 staying for a lovely meal at the Bengal Fusion in the square.





More Grizzly news for you now, with two race reports and official results

Grizzly Results

48 th	Felix Jaffe	3.02.49
371 st	Andy Parsons	3.44.39
505 th	Tim Irish	3.53.38
925 th	Jakko Bailey	4.24.52
992 nd	Ben Jaffe	4.30.17
1420 th	Rachel Hayton	5.03.16
1503 rd	Rebecca Abraham	5.14.40

Grizzly Cub Results

17 th	Roger Still	1.16.00 (definitely a dark horse!)
63 rd	Sarah Warren	1.30.05
66 th	Linda Still	1.30.25
140 th	Kirsten Irish	1.40.50
166 th	Kim Warne	1.43.54

Apologies if I have missed anyone, but some runners didn't have the club name next to them in the results so may have not seen you!

Grizzly Race Report by Andy Parsons

I was out running last weekend with Clive for a bit of early-morning cross country, when he happened to mention that there was a Grizzly place going spare due to Nick's unfortunate injury problems.

In a moment of sheer madness I contacted Nick, next thing I knew I was doing the Grizzly (Ooo-er!).

On reflection, only knowing you're doing it at the last minute is definitely best. I thought that we would be in for a treat, as this year's one was affectionately titled, The Valley Of The Bogs. So, we were going to get wet feet then.....!

Up early Saturday morning and the weather was looking good. It seemed that thousands of cars were all converging on Seaton full of runner-types.

Bumped into Drew at the Saucony stand, met some Dutch runners at the Grove 'discotheque' (bet that place is a cracker on a Summer Saturday night – NOT!).

At the start line I had a chat to Jakko and Ben, who informed me that Felix had done a 9 mile warm-up run on the previous day. Mmmm!

From the start I could see the campsite and it looked like quite a climb up there, only problem was the loop across the beach first!

Kept telling myself that it was only a training run and to enjoy it, particularly as there was no way of getting into any sort of running pace. After a few miles of 'undulating' Devon scenery, the first bog came into view. Watching all the different lines that runners were taking, I took to the right, went in up to my knee and left my trainer behind...Bugger. After retrieving it, scooping out half a ton of Devon mud, I continued.

The next eight miles was up and down (repeat to fade!) until I overheard someone mention that this first bog was only a warm-up for the main event.

Part way round I saw Martin and Derek, who I invited to join me, but he sadly declined.

At bog (Part 2) I could hear it before I could see it as hundreds of runners (sorry boggers) made all sorts of screams and shouts.

This bog was longer, muddier, deeper, etc,. Kept telling myself 'Keep toes clenched, keep toes clenched', and survived without losing another shoe.

Saw Martin and Derek again and once at the top of this hill, we turned for home.

As Sarah mentioned in her write-up, you can see and hear the finish from quite some way off, but it was like a mirage, I never seemed to get any closer to it, and looking at the line of runners up and down the hills in front of me, the route was visible quite easily.

Before I knew it I was running back down the hill into Seaton, only to be turned right back onto the beach (rotters!) for a final leg-sapping pebble section before crossing the line. Phew!!

Highlights : Live band playing top tunes in a barn, folk group in a pergola in someones front garden, crowd support in the most unusual places and the Honeybuns chocolate brownie at the finish (best I've ever tasted!).

Top run!

Grizzly Race Report by Tim Irish

Awesome day – saw Andy Parsons in the men’s toilets (never saw him again though?) met Sarah Warren at the start – had a brief chat (going up one of the hills) with and took some verbal abuse I think about skiing holidays from Linda Still which made me laugh and then saw Martin Cook and Derek Boles doing there marshalling jobs (thanks chaps)

“The Grizzly” one event (personally I cannot call it a race as the thought of running ‘fast’ never occurred to me / I was never going to be capable of that) which everyone should try and experience if just for the ‘adventure’ of it; there was superb support along route, rock bands pipers folk bands even a didgeridoo, camaraderie of other competitors was something to behold as I think most of the people I was running with were the same as me and just looking to survive!

So lucky with the weather as it was a gorgeous day mind you the bogs were still extremely ‘boggy’ never been through anything like them before (although the mud pack does seem to have improved my complexion!) and the last one before a very steep incline was extremely energy sapping – toughest bit’s though were the beach sections ‘how do you run across pebbles? – In my case awfully, with painful legs and to be honest it was more of a stagger than a run – this said it was a great day out and when I can walk properly again I might even consider doing it again next year.

And thank you very much to Derek for sending in the photos of the Grizzly in last week’s newsletter.



Now one would think that the Grizzly would be enough...that running would be the last thing on your mind....clearly not! It has given Tim Irish food for thought...

After the events of the w/e I have been looking at a few ultra events (think I need to do somewhat more / some running training!) but a thought just occurred to me Has anyone run / jogged / walked / crawled the Parrett Trail in one go?

I know the club must have the route as I assume one would follow the same as the Parrett Relay Route

I am thinking (only thinking at this moment!) of trying to run the route in one "long day" probably in June – anyone else interested? / have any ideas? / know if this has been done before? or in conjunction with the relay?

Tim

I'm sure it is something that a handful of members may be interested in, so see Tim out running if you think this floats your boat. If you don't see Tim then get in touch and I will pass his details on to you!



New Members!!

Would you believe it we have 4 new members to welcome to the club this week! Great to see! Some have been running with us for a little while, but you don't get a mention until you subs are paid!! So big welcome to Ann Thorne, Sarah Frost, Les Thomas and Emma Ryan!

I hope Emma doesn't mind me saying that she is heavily involved with a company who some of you may know – Across The Divide. They run Events, Expeditions and Charity Challenges all over the world, including Marathons and Ultra's which will obviously interest some members. Check out the website at - www.acrossthedivide.com

Welcome all!

And while on the subject of 'subs' – can I remind everyone that this years membership fee's are now due! Please see Derek who will happily take your money off of you, and you never know, you may get a membership card if you're lucky!!

Remember £10 standard rate membership, increasing to £15 if you would like an EA registration number, as detailed in last week's newsletter!



On Saturday (19th) Sarah Warren and Dave Rowe attended the Leadership in Running Course held by England Athletics in Taunton. I am told that both found the course very interesting, and will now hopefully be developing some ideas which we can use as a club – so watch this space!



Attention – Taunton Half Marathon

An entry for the Taunton Half Marathon on Sunday 3rd April has become available. Ed (who runs on a Thursday night with us) had entered but has had to pull out, and is willing to give his entry away (for free!!) to anyone who would like it. What an offer!

Unfortunately I have no contact details for Ed, as this info has been gratefully passed on to me by Ed Stahl (this is getting confusing!).

So if you are interested, try turning up on a Thursday night and see if you can catch up with him. Sorry I can be no more help than that!



Tired with Take That?? Bored with The Bee Gee's?? (...Sorry – it's the best I can do)

Then it may interest you know to know that The Crooked Furrow are playing at the Clapton Village Hall Barn Dance on Sat 26th March (This Saturday!) at 7.30pm.

With our very own Derek Boles on lead vocals, it is sure to be a lovely evening, and is popular with club members. See the attached poster for more details!



[Listen up Ladies!!](#)



What is Race for Life?

The Race for Life story

Race for Life is the largest women-only fundraising event in the UK. Since 1994, women of all ages and fitness levels across the UK have come together at these inspiring events to walk, jog or run to help beat cancer.

Some of our Race for Life women take part in celebration of surviving a cancer experience. Others take part in memory of a loved one or to give hope to a cancer-free future. But all of you share a common goal: [to raise money](#) for Cancer Research UK's [groundbreaking work](#) and to help save more lives.

Since Race for Life began an incredible 5.4 million participants across the UK raised over £362 million to fund the work of over 4,000 researchers, doctors and nurses dedicated to helping more people beat cancer. Find out about the [fantastic progress we've made](#) over the years with your support.

This year will be the biggest and brightest Race for Life yet

In 2011 [Tesco](#) will have been supporting Cancer Research UK's Race for Life for 10 years. To celebrate, we will be joining forces to create the biggest, brightest and most inspiring Race for Life yet.

This year our joint goal is to gather one million women to take part in over 300 events across the UK and raise even more money towards Cancer Research UK's life-saving work.

Join the girls at Race for Life

Join the girls across the UK this summer and walk, jog or run to help us save more lives. [Find your local 5k or 10k Race for Life event](#) and enter today.

There are lots of local 'Race For Life' Events taking place in surrounding towns:

22nd May – Dorchester

19th June – Sherborne

17th July - Taunton

23rd July – Street



[A message from GB Marathon Runner Mara Yamauchi \(via Matthew Bryant\)](#)

Dear Fellow Runners,

I'm sure you've been as horrified as I have about the scale of destruction and devastation going on in Japan following the earthquake and tsunami. Every day we see seemingly endless suffering and grief, but also incredible dignity and strength in the way the Japanese people are battling through this tragedy.

Here's your chance to do something about it! You can dedicate one of your runs to helping Japan and donate the number of miles you run in pounds (or other currency) to the Red Cross Tsunami Appeal. You can do all this at: www.runforJapan.com a new fund-raising website set up by my friend, Martin Yelling, which I am supporting. And please let your fellow runners know, so we can raise a lot and support the disaster relief and reconstruction effort in Japan. I am currently injured so I've walked for Japan instead of running! So anyone out there who can't or won't run, please walk instead ☺!!

Best wishes & happy running!

Mara



Upcoming Events...

Loch Ness Marathon – Sunday 2nd October



The Baxters Loch Ness Marathon and Festival of Running is a notable fixture on the running calendar. There are great marathons around the world, many of them particularly marked by their settings, and Loch Ness ranks right alongside them.

The centuries-old legend of the Loch Ness Monster is a story which continues to run. Along with the scenic beauty of the area, it has been responsible for attracting visitors to this fascinating part of Scotland for many years.

The opportunity to put such a memorable marathon on their record, one with such a unique story to tell, has proven too strong a pull for thousands of runners of all abilities.

Runners at the Baxters Loch Ness Marathon are taking on the challenge for many reasons: to raise money for good causes, to have fun and enjoy the fantastic setting, to experience the camaraderie, and to achieve their own personal goals.

We invite you to join us on the start line, one which will begin your run through wonderful scenery, take you along the south-eastern shores of Loch Ness, across the River Ness, and into the centre of Inverness, capital city of the Highlands. It's your chance to become part of the Loch Ness running legend.



South Petherton Run

We have been organising this informal gathering of like-minded runners for the past 26 years now. This has always been held 3 or 4 weeks before the London Marathon, and is the final long run before training tails off. It is always difficult to cover this distance without help from someone of a similar pace or encouragement from more experienced runners.

We will provide drinks at approximately 3-mile intervals, encouragement and transport back to the start for those runners who can't complete the full distance. Afterwards we will be laying on tea, Coffee and cakes.

We will set runners off at different times e.g. 4 hour Marathon times + at or near 9.00 and faster runners (3 hours and less at 9:30). This will allow us to keep track of all runners

without too much spread in distance. Start and Finish is from the at the bottom of the village (with recycle centre).

The route will be marked and maps and route descriptions will also be available but shouldn't be required.

This is also an ideal run for others who wish to encourage their Marathon runners by running part of the route with them. This is fine, but we have had problems in the past when we had a mass drop out at 15 miles. It would be better if some runners turn up later and run the latter stages, after all, this will be the parts that the runners will need the most help. The drink vehicles will have space for some of those who wish to start a few miles into the event but this can't be guaranteed.

All we would ask is some idea of rough numbers of runners attending and if any one can provide any help please feel free. Further details will also be posted on our web site.



Just a quick mention to Roger & Linda who fly off to the Arctic on Tuesday for a week long a dog sledding expedition!

Hope you have packed your thermals!!

Have a lovely time!!



[This Week's Running](#)

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

Head torches and reflective gear essential!

Sunday morning run is on as usual, leaving the car park at 9.30am. Also the South Petherton Run and Yeovil Half Marathon.



Dates for your

March

Date	Event	Location	Time	Website
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 h Pier	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

May

Date	Event	Location	Time	Website
Sun 1 st	Glastonbury 10k	Glastonbury	11.00am	www.glastonburyroadrun.info
Sun 1 st	The Great West Run 13 miles	Exeter	9.45am	www.thegreatwestrun.co.uk
Sat 7 th	The Exterminator 10k	South Devon College	5.00pm	www.somerac.org.uk
Sun 8 th	The Black Death Run 10k	Combe Sydenham	11.00am	www.runningforeverrunningclub.org.uk
Wed 11 th	Yeovilton 5k (Race 2)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Sun 15 th	Jack & Jill Challenge	Midsomer Norton	11.00am	www.somerac.org.uk
Sun 22 nd	Crewkerne 9	Crewkerne	10.00am	www.crewkernerc.btik.co.uk
Sat 28 th	Egdon Easy	Weymouth College	7.00pm	www.egdonheathharriers.com
Sun 29 th	Wells 10k	Wells	10.30pm	www.wellscityharriers.org.uk

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

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