

CREWKERNE RUNNING CLUB

Newsletter

Issue no. 69 Sunday 20th May 2012

www.crewkernerc.btck.co.uk

Dear Runners,



CRC runners lining up at the start of the Honiton Hippo

Crewkerne 10k – A word from Chairman Malcolm Higgins

I would like to congratulate all the Crewkerne Running Club members who ran the Crewkerne 10k and hope that they all enjoyed this new experience. I would also like to thank all the members who gave up their time to marshall, layout the course and organise the time keeping and other jobs that just go unnoticed. Would all the helpers who had assistance from their friends and family pass on a very big thank you from the members of the committee.

No doubt we will be having reports from other clubs and members and we hope that this event will grow bigger every year.

Thank you all,

Malcolm

While I wasn't at the event today I'm hearing it was a big success with a big increase in runners which is what we set out for. Full results are available on our website and results for CRC runners will be detailed in the newsletter next week!

As CRC Championship points are available to those who helped out on the day in any way (not including racing), please let me know if that is you and I will add you some precious points.

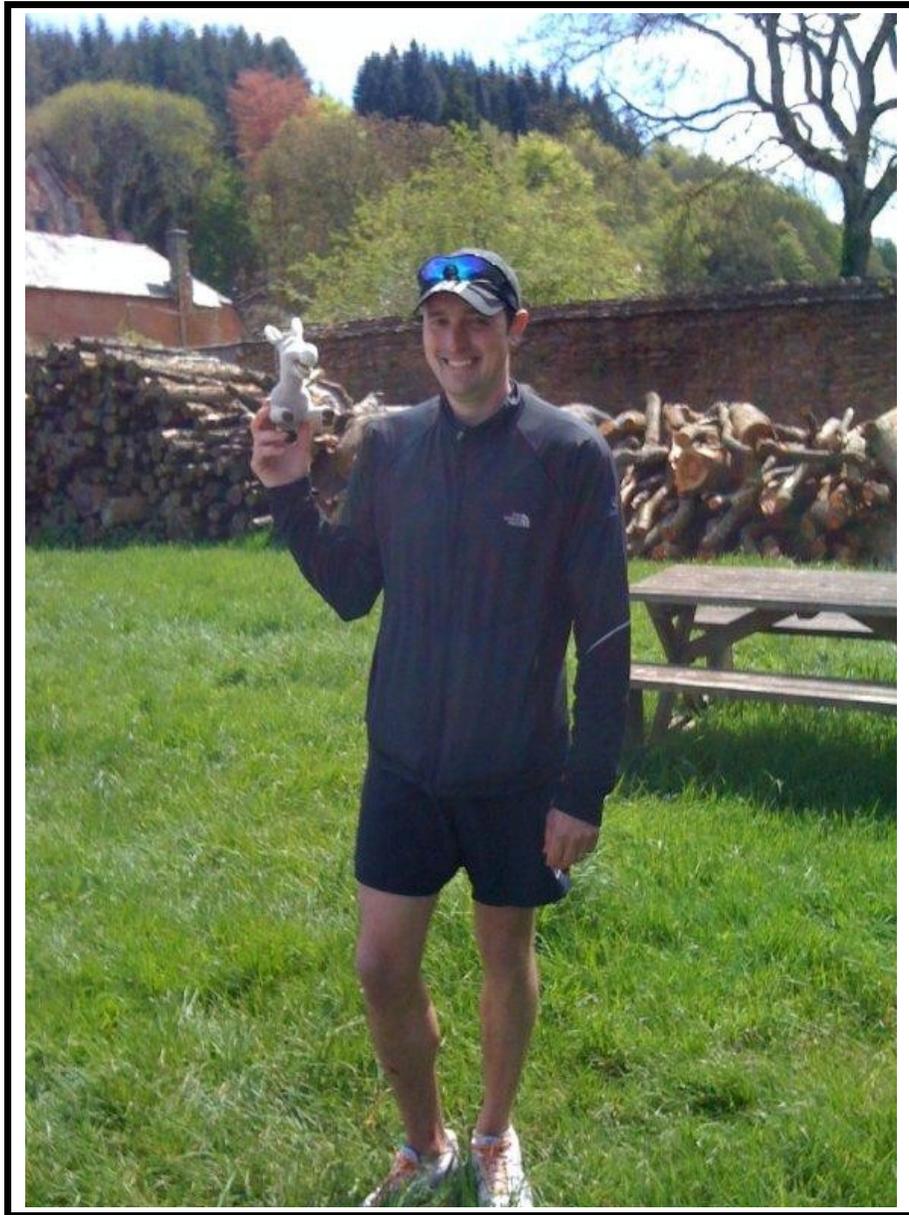


Black Death Run Report from Tim Irish

Ed Stahl told me that I would enjoy this event – “your kind of challenge Tim” he said a few weeks ago – so being the optimistic chap that I am I persuaded my wife it would be a good run to enter. Bearing in mind that neither of us has raced since

October due to injury (plus on my part aging limbs and laziness) it would have been wise of me to check out the profile of the course before entering!

So the story continues – picked up Ed & off we went – into the abyss of the unknown; Combe Sydenham just the other side of Taunton.



Two old mules together!

‘Donkey’ – The Irish family mascot and club captain Ed Stahl

The setting is gorgeous an old watermill, beautiful ‘French’ esque chateaux (needs a bit of renovation – could be an opportunity for Harwoods builders?) crystal clear streams, trees and lakes. Wonderful weather the sun was shining and glinting off the Grim Reapers Scythes - All the marshals are dressed in this cheerful dress code - just the sight you long to see when you are about to eat your lungs at the top of yet another hill.

Saw Luke Brunt at the start (he is a fit looking chap – must get his athleticism from that ageless Mr Brunt – yes he taught me at school as well) I also saw Mark Bradley and Theresa Bradley so quiet a gathering of CRC runners in the back of beyond!

A brief resume of the Black Death run; = run up hill, run down hill, up hill, down hill, on and on.

The run loops around itself a few times; when you have a chance to look around the scenery is awesome, then I saw through the trees a 'honey monster' running along at a good pace – "come on Irish" – grim reapers now a honey monster you are going delirious!



Managed to drag my carcass across the finish line – went for a shower (brilliant showers) saw Luke (& Mr Brunt) then Ed – both of these guys had run brilliant races how they did it that fast up those hills I do not know.

I missed Kirsten crossing the line as my stomach had now managed to communicate to my brain that the food was in the car and it needed food, came back to the finish to find Kirsten smiling and very tired but most importantly happy, then to my relief I saw the Honey Monster – he was real! = some crazy organiser who had run the whole 10.5M wearing a ludicrous outfit = unbelievable. Finally got back to car finished off the food on the way home then proceeded to eat for the remainder of the day – Kirsten's Garmin had calculated that she had burnt 1080 calories – being a lot heavier than her I reckoned that equated to at least 1500 Tim calories – all of which needed replacing – I love running!

And from Captain Ed Stahl

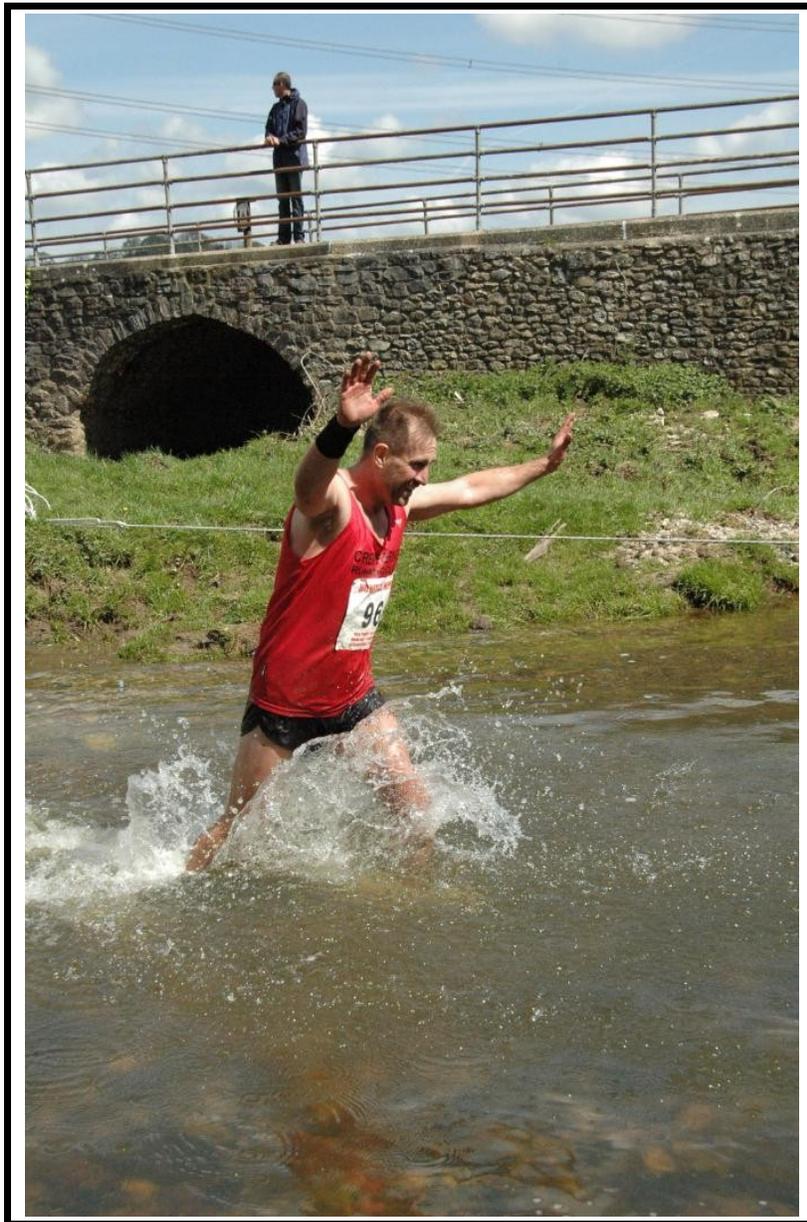
Ten and a half miles of ascents and descents in the foothills of Exmoor may put off some of you but I was converted after having completed the fourth running of the black death run last Sunday. The weather was superb albeit a little hot but the setting and atmosphere of the event made it a day to remember. Following the road down into the estate I was transported to the low alpine regions of France and the estate house added to it.

So the race began and in my usual style went off too quick. I was leading for six miles and it was great to get support in the woodland stage due to the course from runners behind me although I was soon to be caught. With the constant steep hills up and down my legs were tired even for a 10k race let alone 10 and a half miles. So come mile 8 I aimed to try and stay in the top 5, by mile 9 top 10 and luckily the end was near as I managed to hold onto 8th position. I was thrilled with the position as the course was so technically difficult and the length is not what I am accustomed to. A great race with great organisation and certainly will try and do it again next year.

It was great to see other members racing too and well done to all of you, it was tough but we all finished it.

Here are the results of the race:

8th	Ed Stahl	1hr 23.46
18th	Luke Brunt	1hr 26.33
56th	Tim Irish	1hr 36.07
129th	Mark Bradley	1hr 48.40
166th	Kirsten Irish	1hr 54.41
230th	Ed Rand	2hr 14.29



Martin Pattermore traversing one of the rivers on the Honiton Hippo

Sutton Colfield Relay Report by Clive Harwood

I was picked up at Millfield school 8.30 on Saturday morning and with 3 others in our car we went up to Sutton Coldfield on the outskirts of Birmingham. Stopped in services on the way up and met with the other 4 who make up the team of 8 for the relay.

Arrived in plenty of time to find the ladies relay starting combined with teams of male vet 65. I was picked to run leg 7 of the 5k undulating course. The race started at 1.00 so I had quite a while to wander around and enjoy the atmosphere. Eventually I stood on the start line as my leg 6 runner came up to the finish and off I went. The course starts by going downhill then the long climb starts. I had no one at this stage around

me. Went through the first mile in 6.09 which was quite good considering the climb. Another lonely half mile goes by and at last I get passed.

Did the second mile in 6.14. Saw a runner in front and soon passed him as his team were still on leg 6. A long descent was next and the legs were going well. I passed a lake on my left and knew the finish was close. One more sharp climb, slightly downhill and the long pull up to the line. Thankfully had enough left to really go for the hill and did the last mile in 5.50. This gave me a time of 18.14. That is 6 seconds slower than last year.

Results were soon announced and it was time for the drive back. Again we stopped in the services and was back in Street by 6.30. What an enjoyable way to spend a Saturday.



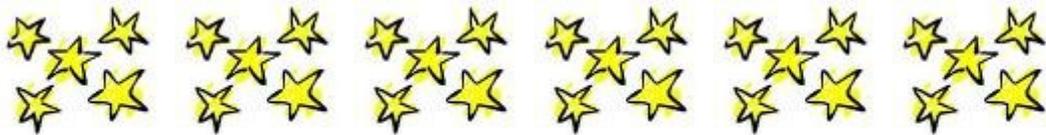
Coast to Coast Challenge by Ken Priest

Although nothing to do with running, members might be interested to know that while they were all enjoying themselves at the Crewkerne 10k today a few of us were punishing themselves by cycling the Coast To Coast Challenge in aid of the Air Ambulance.

Les Thomas, Andy Parsons, Tony Gordon and I set off with 450 other lunatics to cycle the 54 miles from Watchet to West Bay along what *could* be described as the "scenic" route. Took us along mostly minor roads by-passing Taunton, a pit-stop at Ilminster ambulance station followed by a punishing climb over Windwhistle then through Clapton, Drimpton and on down to the coast.

Most enjoyable day, no times recorded as it wasn't a race and all in a good cause which fortunately we didn't need on the day.

Hope the 10k went well, shame the dates clashed!



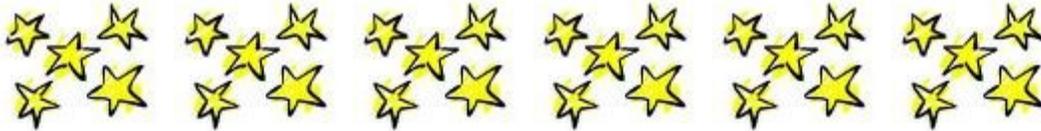
4 birthdays to bring to you this week!

Sadly starting with myself who reached the dizzy heights of 25 today.

Ken Priest celebrates on Wednesday, with Simon Sheldon and Anthony Charlton both

Sharing their birthdays on Friday 25th !

Many Happy Returns!!



[This Week's Running](#)

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

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





Dates for your

May

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Thurs 24 th	Tyntesfield 10k	Tyntesfield House	7.00pm	www.nailsearunningclub.org.uk
Sun 27 th	Run In The Wild	Cricket St Thomas	TBC	www.chardrunningclub.btck.co.uk
Tue 29 th	Pub Run	Dinnington Docks	6.30pm	See Newsletter

June

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sat 2 nd	Egdon Easy	Weymouth	7.00pm	www.egdonheathharriers.com
Sun 10 th	Ninesprings 9k	Yeovil	11.00am	www.yeoviltownrrc.com
Wed 13 th	Yeovilton 5k (Race 3 of 5)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Thur 14 th	Pub Run	Hawkchurch	6.30pm	See Newsletter
Sun 17 th	Martock 10k	Martock	10.00am	www.totalbuzzevents.com
Sun 17 th	Cheddar Gorge 10k	Cheddar	11.00am	www.relishrunningraces.com
Sun 17 th	Ashill 5k	Ashill	11.30am	www.ashillschool.org.uk
Thurs 21 st	Forde Abbey 10k	Forde Abbey	TBC	www.nutshelloutdoors.co.uk
Thurs 28 th	Ash Town Tree Trail Race	Ash	7.00pm	www.yeoviltownrrc.com

July

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
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Sun 1 st	Portland 10	Portland	10.30am	www.rmpac.co.uk
Wed 4 th	Tin Tin Ten	Tintinhull	7.00pm	www.chardrunningclub.btck.co.uk
Sat 7 th	Charmouth Challenge	Charmouth	2.30pm	www.charmouthchallenge.co.uk
Sun 8 th	Wellington 10m & 10k	Wellington	10.30am	www.thewellingtonten.co.uk
Sun 8 th	Quantock Beast	Fyne Court	11.00am	www.quantockharriers.co.uk
Sun 8 th	Cheddar Gorge 5k, 10k Half Marathon	Cheddar	11.00am	www.relishrunningraces.com
Wed 11 th	Yeovilton 5k (Race 4 of 6)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Sat 14 th	Swanage Half Marathon	Swanage	TBC	www.swanagecarnival.com
Sun 29 th	North Dorset Half Marathon	Sturminster Newton	10.30am	www.sturhalf.co.uk

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

simon_land87@yahoo.co.uk