

# **CREWKERNE RUNNING CLUB email**

**CREWKERNE RUNNING CLUB WEBSITE : [www.crewkernerc.btck.co.uk](http://www.crewkernerc.btck.co.uk)**

**20 December 2010**

## **CHRISTMAS EDITION**



**A very festive Louise taking part in last week's Yeovil Santa Dash !**

**Hi all**

*Well its Christmas again – I must be getting old as it only seems yesterday it was last Christmas*

## **The Tinsel Run – A report from Derek**

13 members braved the snow and ice last Sunday for the annual tinsel run from Perrott Hill School courtesy of Tony Strugnell. Great cross country run through the snow covered fields and then back to Tony's warm kitchen for hot food and drinks. Many thanks Tony it seems to get better every year.



## **YEOVIL HALF MARATHON**

*I have been circulated the following item but it is a bit of a mystery as when I checked I was unable to find any real details on the web site!( but that is probably a reflection of my lack of computer skills and you might be luckier ) – so watch this space! The 27<sup>th</sup> March is not far away for everything to be put in place. From my limited enquiries the local running club doesn't appear to be involved.*

On Sunday 27th March 2011, a totally new running event will be taking place in Yeovil. The exciting prospect of a Half Marathon, in good time for a late training run before London and Brighton Marathons.

At 9am the race will start from, and reach its exciting conclusion at Huish Park, Yeovil. The home of Yeovil Town FC. The intended route will see athletes visit many of the features in and around the town. Through the Town Centre, and via the stunning Ninesprings Country Park. It will not be a flat course, so don't bank on a Half Marathon PB, but aside from one significant climb, it will be a fast course.

The route will be mainly on sealed tarmac roads and pavements, with the section through the Country Park being a well surfaced loose gravel surface. It is a one lap race with plenty of vantage points for friends and families to come along and cheer you along, and still get back to the finish to see you over the line.

Yeovil has a very strong group of Road Runners. So come along and challenge them for Overall honours in this the inaugural running of this exciting new event. The race is also geared for those new to distance running. Whatever your goals or objectives, be sure to enter early, start your training programme, and we as organisers look forward to seeing you at the start, and finish! of this New for 2011 event.

Entry fee for the race is £15

see [www.totalbuzzevents.com](http://www.totalbuzzevents.com) to get your place. On-line entries only.

## ***And Finally.....***

*Following a farce of a pub run at South Petherton, on Friday 17th October 2008 I took it upon myself to send out the first weekly club email to the then much smaller club membership for whom I had email addresses. As at that time we did not have the excellent website we have now the intention was above all else to make sure all members had up to date information on what was going on when and where possible circulate race results and reports whilst the event was in the forefront of peoples minds! Since then I have sent out emails to the membership and selected others every week ( I think there have been 115 issues ) and I like to think that these have not only been appreciated but also that partly as a result the membership of **Crewkerne Running Club** has stabilised and grown. I am sure someone will correct me but think I am right in saying that the paid up membership of the club now stands at nearly double the numbers it was back then.*

*Over the past months it has however become clear to me that now I am probably no longer the most appropriate person to produce and circulate a weekly email for the club and so with it being the end of the year now seems the right time to step aside and let one of the many more suitable and more able members take up the reigns and produce the weekly missive. I will look forward to reading their efforts in the New Year.*

*I hope to now find the time amongst my other commitments to undertake more structured training with a view to hopefully returning to competing sometime next year ( if my body holds together! ) and to that end I have already consulted the excellent and very knowledgeable coach I trained under many years ago.*

*I will hopefully see most of you at races and the occasional club evening but if not I wish you all the very best and a very Merry Christmas and prosperous and most of all happy and healthy New Year.*

## ***This Week's Running***

*As far as I know this week there are the normal Wednesday and Thursday evening club runs meeting at the Lidl's car park and starting as usual at 6.30pm. If past years are anything to go by I expect there will be a trip around the Christmas lights of Crewkerne.*

*Torches and reflective gear are now essential*

*As it is Boxing Day on Sunday I assume there may not be a club run. If there is then please can someone send a message around using Yahoo groups.*

*Please always run with safety in mind at all times and treat traffic with respect - we do not want any accidents.*

***I look forward to seeing you at a race hopefully sometime soon***

***Richard***



***For diary dates see Website***