

CREWKERNE RUNNING CLUB

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Notice to all members

Subscriptions are now overdue for the year 2013/2014

Following the recent AGM it was agreed that we needed to increase the annual subscription due to the cost of our affiliation with the George Reynolds Sports Centre and the doubling of the competition licence fee by EA.

A number of members have said that they have no interest in actually being members of the GRC. As the committee believes that the GRC is a real asset to the town and surrounding area we hope that members will be happy to support the GRC with the subscription increase this year.

The actual cost of membership to the GRC is £10 per year so the Running Club is subsidising half the cost.

We will be monitoring the performance and usage of the GRC and if the membership are not happy we can make changes at the next AGM.

Please pay the treasurer, Derek Boles, or complete an online transfer to Crewkerne Running Club:-
Sort Code 401825 Account number 21093649 marking it as subs paid.

A brief email to the treasurer would be appreciated:-
derek.boles123@btinternet.com

Renewal subscriptions for 2013/2014 are £15 including membership for the George Reynolds Sports Centre but without an EA competition licence.

Renewal subscriptions for 2013/2014 are £25 including membership for the George Reynolds Sports Centre and an EA competition licence.

New members please see application form available on the website.



Birthdays

Happy Birthday to the following members this coming week:

Ian Wickens



IMPORTANT

If you change your address, telephone number or email please notify the Club Secretary Martin Cook martin.cook123@btinternet.com and the CRC Newsletter Team crewkernernews@gmail.com. You will only receive important information and the club's newsletter if your details are up to date. Also very soon we are adopting a signing in/out register at the George Reynolds Centre and again it is vital your contact details are correct.

This Week's Running

Club Nights

Tuesday – Mixed ability but generally faster/longer runs

Wednesday – Speed work organised by Club Captain Ed

Thursday – Beginners/Social Night

All week night runs leave from The George Reynolds Centre at 6.30pm

Sunday – Mixed ability, generally cross-country

Sunday morning runs leave from The George Reynolds Centre at 9.30am

Frome Half Marathon

Hi Everyone,

Entries for the Frome Half Marathon are open. This year we are hosting the Somerset Road Race Championship so please could you forward the website link to members of your club that might be interested in competing? There is also a 10K and 5K option.

<http://www.fromehalfmarathon.co.uk/index.html>

Many thanks.

Georgie

Frome Half Marathon - Race Director

The Pensford 10K

13:00 on 28th April 2013 at Pensford Memorial Hall ,BS39 4HW

The 10k course starts at Pensford Memorial Hall and runs counter clockwise

There will also be a 4k fun run

To register, please go to:

www.Pensford10k.co.uk

For Those Who Would Like To Try Something Different

Mud Runner OBLIVION 2013

Is taking place on two days on the weekend of the 29th and 30th June.

Runners can choose to do either or both races.

The race on Saturday starts at 5pm and 11am on Sunday.

Runners taking part and completing both races will also receive a dirty weekend memento acknowledging their achievement.

Runners are welcome to camp in Eastnor Castle Deer Park on the Saturday night, where there will be a campfire and a gentle acoustic set from a live band.

Camping is £5 per person which can be paid for when entering the race online or by post.

We are not planning a massive rave, just a few drinks, some nice music, warming fire, lovely weather and beautiful surroundings. We would love you to join us.

[Site Website](#)

Tour Of Wessex

The Tour of Wessex is the biggest Multi stage cyclo sportive in the World. Expect quintessentially English countryside though the lanes and byways of the South West. Each individual stage has its own unique mix of monuments, history and challenging terrain which sets it apart from other events; add the challenge of riding three days back to back and you have truly unique event.

Classic climbs include Cheddar Gorge, King Alfreds Tower, Lulworth Ranges, Quantock Common and Porlock Toll Road.

Riders can choose to enter the Standard or Medium option for all three stages, entries are also available for individual stages. The Tour of Wessex features a number of ride distances over the weekend to suit all levels of fitness and ability - from 10 miles all the way up to the ultimate test of 334 miles in three days

Many riders choose to camp and will for the first time now be able to stay onsite in a luxury Pop up Hotel and a mobile laundry.

Not only does the event showcase the superb countryside but all participants can expect to sample local products some of which are included as part of the goody bag each rider receives.

Disposable timing chips does away with having to hand back chips after the ride and with 5 timing splits on each route and a personalised online video makes sharing your experience which your friends and family easier than ever before.

[Site Website](#)

May

Date	Event	Location	Race Start Time	Website
5 May	North Dorset Small Village Marathon	Sturminster Newton High School, Bath Road	8.30 am	www.gillinghamtrotters.talktalk.net
8 May	Summer 5k Series (Race 2)	RNAS Yeovil	7.15 pm	www.yeoviltownrrc.com
5 May	Glastonbury Road Run 10k/5k/3k (Somerset Series)	Glastonbury	11.00 am	www.GlastonburyRoadRun.info
12 May	Beer Blazer	Beer	10.30 am	http://www.beer-ce-primary.devon.sch.uk/
12 May	Black Death Run 10 miles / 3 miles	Combe Sydenham Country Park	11.00 am	www.theblackdeathrun.com
16 May	Ash Town Tree Trail 7 miles	Ash Primary School	7.00 pm	www.yeoviltownrrc.com
19 May	Crewkerne 10k (Somerset Series)	Crewkerne	10.00 am	www.crewkernerc.btck.co.uk
25 – 27 May	Tour Of Wessex	Somerton		http://www.pendragonsports.com/tour-of-wessex-2013/
26 May	Dorchester Triathlon	Dorchester Sports Centre	8.00 am	www.1610.org.uk supported by Total Buzz Events

June				
Date	Event	Location	Race Start Time	Website
2 June	Run in the Wild 10k	Cricket St Thomas	10.30 am	www.chardrunningclub.btck.co.uk
9 June	Ninesprings 9k (Somerset Series)	Ninesprings Yeovil	11.00 am	www.yeoviltownrrc.com
12 June	Summer 5k Series (Race 3)	RNAS Yeovilton	7.15 pm	www.yeoviltownrrc.com
16 June	Martock 10k	Martock Fire Station	10 am	www.fullonsport.co.uk
23 June	Torrington Triathlon	Torrington Pool	8.00 am	www.1610.org.uk supported by Total Buzz Events
28 – 29 June	Mud Runner Obilivion 2013	Eastnor Castle, Herefordshire, HR8 1RL	5.00 pm	http://www.mudrunner.co.uk/index.html

Please Contact Us With Any local Races BIG or small So We Can Add Too The Diary
At : crewkernernews@gmail.com