

CREWKERNE RUNNING CLUB

Newsletter

Issue no. 53 Sunday 22nd January 2012

www.crewkernerc.btck.co.uk

Dear Runners,



This is a piccy is from Hawkchurch at last year's Charmouth Run

[Crewkerne to Charmouth Run coming your way this Sunday!!](#)

The annual 17 mile jaunt to the coastal village of Charmouth is happening next Sunday. We aim to leave the car park at Lidl's at 9.00am on the dot so get there a little earlier if you have to sort bags and lifts etc.

We will arrive in Hawkchurch at around 11.00am where runners can meet the main pack and run the final 6 miles to Charmouth. Runners will emerge right by the Church in the village so please gather there if you are joining us.

We aim to arrive in Charmouth at around 12.30ish, as we need to be in for lunch at The George at 1 o'clock.

Although it is not a fast pace, we do have to stick to the above times of around 3 1/2hrs in total, so please be aware of these times if you are thinking of joining us.

As the route will be unfamiliar to some, stick in groups who know the route, but of course nobody would ever get left behind.

There are some toilets you can use a changing facilities when we get down there. If anyone is meeting us at the end remember to take your camera and get some pics for us! Please!...and of course bring the family if you wish!

Finally, as if you need reminding of what a fantastic run this is. The scenery is stunning, the sense of achievement massive, and the dip in the sea at the end bone chilling! The quality of company and conversation can not be relied on however!

Hope to see you there!



Ed's Speed Sessions

This year Ed will be running his popular interval sessions on a Wednesday night instead of a Tuesday. This will begin this week.

Sarah has been running a session a Tuesday over the winter with a lap around the trading estate. I imagine this will now happen on a Wednesday evening and the Tuesday night will be a normal run but we will see what happens!

But can I thank them both for taking the time to organise this for us all. It's nice sometimes just to turn up and have somebody tell you what to do! You both do a great job!



The Crewkerne Running Club Championship

Thank you all those people who gave me their views on the new Championship this week. I'm really pleased that people seem keen on the idea and your suggestions and ideas have been extremely welcome, and some minor changes will be made.

One of the small changes will be the collating of PB times for point scoring. **Can runners please forward to me (if they know it) their PB's over 5k, 10k and Half Marathon distances from last year only.**

Once I receive that info you can then start earning points for beating those PB's. If I don't receive that info, or maybe you just don't know it, then that is fine. I will set your respective PB's this year when you complete a race.

I will again attach the rules and all the Championship Races in the year onto this email. Please have a gander.



Stonemason's Pub Run

I couldn't make the run myself but I have heard that 8 people ran, and were joined after by Clive and Elaine to make 10 staying for food afterwards. Hope you all enjoyed it!



Upcoming Events....

Blackmore Vale Half Marathon – Sun 5th Feb

This road half marathon takes place over undulating country lanes from Bishops Caundle. It is described as having a 'famous finish'...whatever that is I don't know but I'll take their word for it!

Starting at 11.00am, this event is also affordable at only £10 for an affiliated entry which is good, though please be aware there are no entries on the day

Run it. Walk it. Bike it. Enjoy it!

The next Sarsen Trail and Neolithic Marathon will be on Sunday 6th May, 2012

Get your trainers in tip-top condition, wipe off your walking buff up your bike and get ready for Trust's biggest annual fundraising

It's a fun-filled, fabulous fundraising day out for the family – multi-terrain running, walking and mountain biking event, taking you through the Vale of Pewsey, the Avon Valley and then across the beautiful ancient landscape of Salisbury Plain between Avebury and Stonehenge.



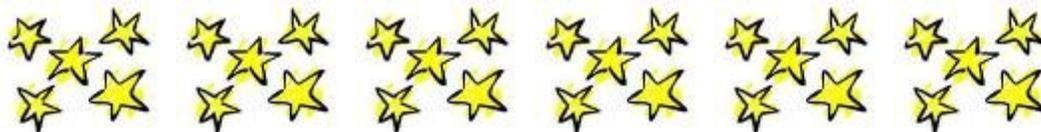
We've got races and distances for all the family (even the dog!). Choose from a Full or Half Marathon, a 7, 11, 15 or 26 mile walk (depending on how energetic you feel) and a new, 25 mile circular rough terrain bike route.

Entry fees cover the cost of us running this event and raise precious funds for the Trust. With just an additional £25 sponsorship from each walker, runner or cyclist, we would raise an additional £50,000 for our vital conservation work.

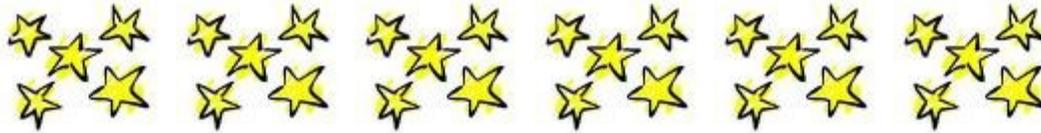
Come and join us!



Good luck to any club members taking part in the Hestercombe Humdinger on Sunday. I believe Dave Carnell is heading down for it, and he is running brilliantly at the mo so we are hoping for good things from him...until the uphill bits!



Many Happy Returns to....ohh wait..... there isn't anyone...



This Week's Running

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

Sunday morning run is the Charmouth run from the car park at Lidl's, leaving at 9.00am sharp

With the dark evenings now, head torches and reflective gear are essential for all runners.





Dates for your

January

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sat 28 th	Blackdown Beast	Dunkeswell	10.00am	www.honitonrc.com
Sun 29 th	CRC Charmouth Run	Crewkerne to Charmouth	9.00am	See Newsletter
Sun 29 th	Hestercombe Humdinger	Hestercombe, Taunton	10.30am	www.thehestercombehumdinger.co.uk

February

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sun 5 th	Blackmore Vale Half Marathon	Bishops Caundle	11.00am	www.bvlions.yolasite.com
Sun 5 th	Longleat 10k	Longleat	10.00am	www.209events.com
Wed 8 th	Street 5k Series (Race 5)	Street	7.30pm	www.wellscityharriers.org.uk
Sun 12 th	Exeter Half Marathon	Exeter	9.30am	www.ironbridgerunnerevents.co.uk
Sun 12 th	The Wiltshire 10m	Melksham	10.00am	www.stampedesports.co.uk
Sun 19 th	Tough Ten Challenge	Weston-super-mare	11.00am	www.toughten.co.uk
Sun 19 th	Lytchett Manor 10	Lytchitt Minster, Nr Poole	10.30am	www.lytchettmanorstriders.org
Tue 21 st	Predict a Run & Pub Run	Lidl's CP then Oscars	6.30pm	See Newsletter
Sun	Slay The Dragon	Hinton St	10.30am	www.slaythedragon.co.uk

26 th		George		
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March

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sun 4 th	Crewkerne to West Bay	Crewkerne	9.00am	See Newsletter
Sun 4 th TBC	Combe St Nicholas 10k	Combe St Nicholas	TBC	www.combestnicholasprimary.co.uk
Sun 4 th	Bideford Half Marathon	Bideford	10.30am	www.bidefordaac.co.uk
Sun 11 th	Bath Half Marathon	Bath	TBC	www.bathhalf.co.uk
Sun 11 th	Great Western 10k	Leweston School	11.00am	www.rotarygreatwestern.co.uk
Sun 11 th	The Grizzly	Seaton	10.30am	www.axevalleyrunners.org.uk
Sun 11 th	City of Salisbury 10m	Salisbury	10.30am	www.salisbury-arc.org
Mon 12 th	AGM	Lamplighters Bar	7.30pm	See Newsletter
Wed 14 th	Street 5k Series (Final Race)	Street	7.30pm	www.wellscityharriers.org.uk
Sat 24 th	Nightrunner	Beer	7.10pm	www.axevalleyrunners.org.uk
Sun 25 th	Yeovil Half Marathon	Yeovil	9.00am	www.totalbuzzevents.com

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

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