

CREWKERNE RUNNING CLUB

Newsletter

Issue no. 65 Sunday 22nd April 2012

www.crewkernerc.btck.co.uk

Dear Runners,



London Marathon

We had 5 runners take part in the biggest running race in the world which took place this morning....and we have the results!

Leading man Mike Pearce has again earned our admiration by getting round in an incredible time of 2.49.32!!! He was followed by our ultra man Nick Sale who ran a brilliant 3.06.47!!

Tamsin Dickinson was next over the line producing a brilliant run in 4.34.23. She was followed by Witney Symon in a time of 4.41.23. Witney had to pull out of the event last year due to injury but has more than made up for it this year!

And our 5th runner flying the flag for CRC was Sara Fair who made it round in a great time of 5.18.48!

Well done to all of you for taking part, and we all look forward to hearing some race reports from what I'm sure was a fantastic day!!



Club Championship

The Club Championship is really gathering pace now with 6 events undertaken and 43 of you now getting points on the board!!

Remember you can score points on 22 events throughout the year, with me taking your best 8 (or less) scores at the end of the year to give your final total.

Points scored so far is all on a document attached to this email.

So the leaders so far are....

Top 3 Men

- 1st Andy Parsons (129 Points)
- 2nd Ed Stahl (105 Points)
- 3rd Mike Pearce (100 Points)

Top 3 Ladies

- 1st Sarah-desiree Frost (165 Points)

2nd Sarah Warren (132 Points)
3rd Tracy Symes (128 Points)

And leading the way in the age categories are....

16 – 35yrs
1st Ed Stahl & Sarah Frost

36 – 50yrs
1st Andy Parsons & Sarah Warren

51+
1st Dave Carnell & Lynn Clutterbuck



Club Subs

A reminder again that your club subs are due for this year. They are priced at a very reasonable £10 or £15 for EA registration with it. Please get your money to Derek as soon as you can, either by getting it to him on a club night, or sending him a cheque.



Spring Handicap – Wednesday 2nd May

The much anticipated Spring Handicap is fast approaching! The handicap takes place in the village of South Petherton and includes a meal at the Brewers Arms afterwards for those who wish to stay.

This is a really popular, light hearted run which any members can join regardless of speed or ability.

New club Captain Ed Stahl will set your times on the 5 mile road route. Starting with the slowest, runners will set off at intervals depending on speed with the fastest runners setting off last. The idea is that by staggering times, all runners will finish roughly together, making this an event that anyone can win!

This year there is also the chance to earn points in the CRC Championship just for taking part if you need another excuse to turn up.

If you're new to the club, can I highly recommend that you give this event a go. Normally around 20 take part and it's a good fun evening, with a lovely meal afterwards.

Go on, give it a go!!!



Monday Coastal Run

Clive and Steve will be running their Monday coastal run again this week. I have spoken to Clive and they plan to get dropped off in Abbotsbury before they embark on a brisk off-road run back to West Bay where they have a meal afterwards!!

Anyone is free to join them, just let Clive or Steve know that you are coming so that they don't set off without you!!



GB Marathon Relay

Sarah Frost takes part in the GB Marathon Relay on the 6th May. Training is going well having run 20 miles yesterday with Clive and Steve. Her route on the day goes from Lyme Regis to Exmouth.

She is being joined by Clive and Steve for support on the day from mile 10, but she would like to invite any other club members who wish to encourage her and run a few miles with her on the day to get in touch.

Sarah can be contacted on truepotential@hotmail.co.uk, or see me, Clive or Steve and we can let her know you are interested.



Upcoming Events....

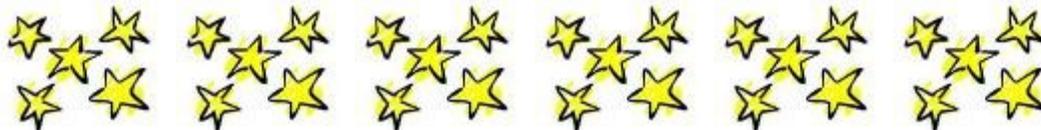
Glastonbury Road Runs – 6th May

These runs see a 10k, 5k, 3k and fun run take place around Glastonbury, and all on road on mainly flat/slightly undulating roads.

Lots of prizes available including team prizes!

This is also another opportunity to earn points in the CRC Championship

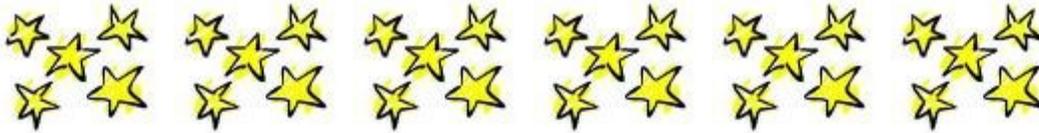
Entry form is attached to this email



3 birthdays for you this week!

Ian Wickens today, Steve Burnell tomorrow and Will Monaghan on 26th

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.

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



Dates for your

May

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Wed 2 nd	Spring Handicap	South Petherton	6.30pm	See Newsletter
Sun 6 th	Glastonbury 10k	Glastonbury	TBC	www.glastonburyroadrun.info
Sun 6 th	Honiton Hippo	Honiton	10.30am	www.honitonrc.com
Sun 6 th	North Dorset Village Marathon	Sturminster Newton	8.30am	www.ndvm.co.cc
Wed 9 th	Yeovilton 5k (2 of 6)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Sun 13 th	Black Death Run	Combe Sydenham	11.00am	www.theblackdeathrun.com
Sun 13 th	Jack n' Jill's Challenge	Midsomer Norton	11.00am	www.somerac.org.uk
Sun 20 th	Crewkerne 10k	Crewkerne	10.00am	www.crewkernerc.btck.co.uk
Sun 20 th	The Hard Way Round The Rock	Portland	10.00am	Portland Athletics Club
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

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
Sun 17 th	Martock 10k	Martock	10.00am	www.totalbuzzevents.com
Sun 17 th	Cheddar Gorge 10k	Cheddar	11.00am	www.relishrunningraces.com
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

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

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