

CREWKERNE RUNNING CLUB

Newsletter

Crewkerne Running Club Website –
www.crewkernerc.btck.co.uk

Issue no. 21 Sunday 22nd May 2011

Dear Fellow Runners

With a week's break from the newsletter, there is a lot to bring you all up to date with – but where to start!!



CREWKERNE 9

Today saw us holding our first club event of the year! The Crewkerne 9 is now in its 31st year (I think???) and involves a very tough 9 mile route around the villages of Hinton St George and Dinnington, but starting and finishing in the main square in Crewkerne.

The main race kicked off at 10 o'clock and was shortly followed by a huge downpour of rain and blustery winds, but thankfully this didn't last long and cleared up quite nicely.

The main 9 mile race had around 115 runners taking part with last year's winner Luke Scott taking home the trophy again this year with relative ease! Dave Carnell was our first club member home.

I don't have the results yet so can't put too many names to faces in the pictures below!



Luke Scott of Taunton Running Club receiving his trophy from Sarah and Derek



A fantastic run by this young lady (Hannah ???) who was first home



Mike Harvey, Paul Rose and ????? from Yeovil Running Club who won the Men's team prize

There was a good turnout for the fun run and business challenge and everyone who took part seemed to enjoy themselves.



Winning team in the business challenge.

A special mention also to Roger and Linda's son who did brilliantly well and finished 3rd in the junior fun run! Definitely one for the future there!

A full list of results will be available on our club website if you want to see how all our club members fared!

A few messages of thanks now -

These races take a huge amount of time and effort to organise and we are very lucky to have a few individuals within our club who give a lot of their own time to making it happen.

So firstly I would like to say a huge thank you to Derek Boles who does a vast amount of organising for this event. From organising road closures, sourcing marshals/helpers, running the PA system on the day, and liaising with lots of different people in order to bring the event together. Thank you!

Thank you to Linda and Roger Still who have this year very kindly taken over the race entry forms and sorting out all that happens there. They also did a fantastic job with the race timings on the day! I'm sure getting to grips with all the equipment was not easy, but they were faultless and all results were delivered on time for the presentations, so a big thank you to both of you!

Next to Jim White and Malcolm Higgins who I am told were working hard from 7am to get the route marked out, water stations set up and manned, and collecting all the signs in after the race. Also to Martin Denman who gets all the trophies sorted for the day and subsequently engraved.

Thank you to The Stokes Partnership who kindly sponsor the event, with proceeds going to St Margaret's Hospice.

A final thank you to all those who helped with marshalling on the route, manning drink stations, helping at the finish, taking entries on the morning and anyone else who helped in any way!

We really do need a lot of help to stage events like this so all your assistance is truly appreciated!!



!! CLUB SPRING HANDICAP THIS WEDNESDAY !!

Just to remind you that the spring handicap race is this coming Wednesday (25th). Not long to get your bribes in!

The event takes place in South Petherton with food afterwards at the Brewers Arms for those who want it. We meet in the car park at the bottom of the main street and start a little further up the road. I will mark out the route beforehand so nobody should get lost!

The first runner will set off at 6.30pm so try to be there a little earlier if you can so I can give you a predicted time, and to also allow you to pre-order your food if you want it.

I'll give a brief run through on how the event works for any newer members who are unsure.

Basically when you turn up I will give you a predicted time on how long I think it will take you to complete the course (which is just shy of 5 miles). After everyone has their predicted time, I will set runners off with the slower runners going first, then everyone else at intervals behind them, with the faster runners setting off last. In theory it should mean that all runners finish at the same time (though it never quite works out like that!)

The beauty of the event being that everyone has the same chance of winning, whether you are a slower runner or a faster one. It would be lovely to see a big turnout from people, especially if you haven't done it before. It would be great to see some of our Thursday nighters out in force! It is a lovely little event, quite lighthearted, and provides some variety from the normal club runs!

So please come along and have a go!



'Black Death Run' Race Report from Roger Swann

POSTCARD FROM COMBE SYDENHAM COUNTRY PARK

I approached the Black Death Run with a degree of trepidation, having read Runners' World reviews which referred to 'a living nightmare' and 'relentless, brutal, savage hills'. These fears were not allayed when we were ushered into the car-park by a gentleman wearing a black, hooded cloak and carrying a scythe.

The theme continued with the starting gantry being two huge crossed scythes bearing the legend 'Start of Hell'. As I reviewed the two hundred and odd 'lost souls' my confidence was not boosted by the rippling pecs and teak-hewn thighs – and that was just the ladies. So offering a quick prayer to the running god Haile, I set off after one of the fore-mentioned Amazonians, using her as a role model. Soon Clive-inspired wicked thoughts entered my sub-conscious so I eased off – well that's my excuse for slowing down.

Eventually we were tracking up a 500m slope that made Roundham bluebell wood seem like a walk in the park. The only sounds were the crunch of pine needles and desperate heavy breathing like a telephone perverts' convention. The mile marker brought some relief but then we were cartilage crunching on the downward slope with a 'grim reaper' marshal pointing to more pain.

This pattern was repeated for mile after mile until we ran out of the wicked wood into the open valley. Heaven was so pleased at our escape from the clutches of the evil one that it wept and we ran the next mile in monsoon conditions. Soon we were back in the wood and climbing again and as I neared the ridge I heard a piercing shout of 'Swanny!' There climbing in the opposite direction was Eleanor Wood of

Axe Valley, a former work colleague, who is always 30 mins. ahead of me so the awful truth dawned, soon I'd be facing another gut-busting ascent. Turning in the valley bottom, there through the gloomy underbelly of the coniferous trees stretched another challenging incline.

Through the murk I espied a petite young maid in a Chard vest and fought to draw the two towns together. Lo and behold! it was a former pupil of mine Bryony Boulter (the lady featured in last week's Black Death photo). We exchanged pleasantries and then I invited her to act the role of pacemaker and so little Bryony bounced away, while I limbered in her wake.

Mile nine arrived – I could hear the crowd – peace at last I thought. But no the 'grim reaper' had one more sting in his scythe and sent us back up the hill because it was 10½ miles not 10 as I was reckoning. With the clock registering 2hr 01m I crossed the line in 163rd position, having gone up and down 2802ft in what, for me, is the toughest run I've ever completed.



A note regarding Tuesday night club runs from Clive

As most of us well know, interval / speedwork should be a part of our regular training. We did this a while ago during the winter in Blacknell trading estate then Sarah had some runners doing sessions some time after. 5 of us made a start at Wadham last Tuesday night.

Although at present there is no real structure to what we do, we have made a start. I believe the course that Sarah and Dave went on recently will tell us what we need to know, we will run to Wadham on Tuesday nights, put the effort in and then go X C to complete the evenings training.

As I am elsewhere this Tuesday Ed Stall we lead the way. You do not have to be a quick runner to do this type of training, it helps everyone



A new club social event to make you aware of now, thanks to Nick Sale for putting together the info!

West Bay Run



Sunday 12th June, 9:30am start.

Our Sunday morning club run will be starting and finishing at West Bay, and following the coast path, out and back.

There will be short, medium and long options.

It was thought families could walk at the same time, with people meeting for a picnic on the beach afterwards. Bring your own picnics.

The sea should have warmed up by then, so maybe even a little dip!



Meeting Point:

As you arrive in West Bay, pass the new children's play area on your left. Take the next left and there is a large car park on the left with the Train café, on the left. Meet by the train café.

Tempting views from Golden Cap!



West



East

Hope to see lots of you there.



Yeovilton 5k Race Report by Clive Harwood

After jibbing on the 1st 5k held on the summer series due to a windy wet night i was raring to go on this the 2nd in the series. Met up with people i know and usually meet at events.

A lovely evening found 147 runners on the start line ready for the off. Was a little blustery in places but no real problem? A good turn out by the club meant that Nick Sale ran really well after injury to record 17.22 and 12th place. Thomas Priest is quickening up with his 17.50 and 17th place with a target this series of getting under 17.00. I was back in 18.15 for 24th place after a tussle with Steve Hurley who came in behind me with 18.17 and 25th. Dave Carnell not far behind in 40th place with 19.38.

Surprise face at the race was Ken Priest running probably his last race before entering the vet 60 category. Ken was back in 23.22 for 95th position. David Baker was next with 30.20 and 137th place closely followed by Lucy Boyland with 30.39 in 140th. There were 147 runners. The winner was Jon James of Wells City in 15.25.

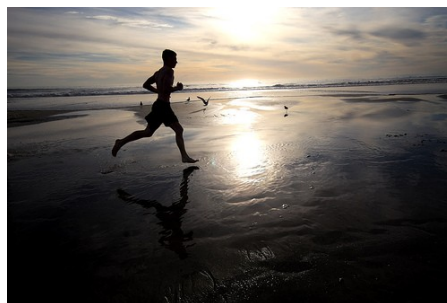
And there's yet more from Mr Harwood! Clearly been a busy boy!

British Masters Road Relay Championship Race Report

Left Crewkerne 8.40 to go to Ashill near Ilminster to get a lift to the event. Stopped en-route for a short break and arrived at Sutton Park at midday. The event was well underway with the ladies race combined with an older male category. Walked most of the course to check it out. Sunny day with a blustery wind at times.

I was in the Wells City Harriers team and in the 8 stage relay, i was no 8 to go. Watched our lead off runner return in 5th place much to the teams surprise. Jon James on leg 2 took the lead to get the team into 1st place. After legs 3, 4 and 5 still in the lead. Leg 6 we went back to 3rd. After leg 7 we were 5th After i ran my leg which was the slowest of the team in 18.09, we finished in 8th overall.

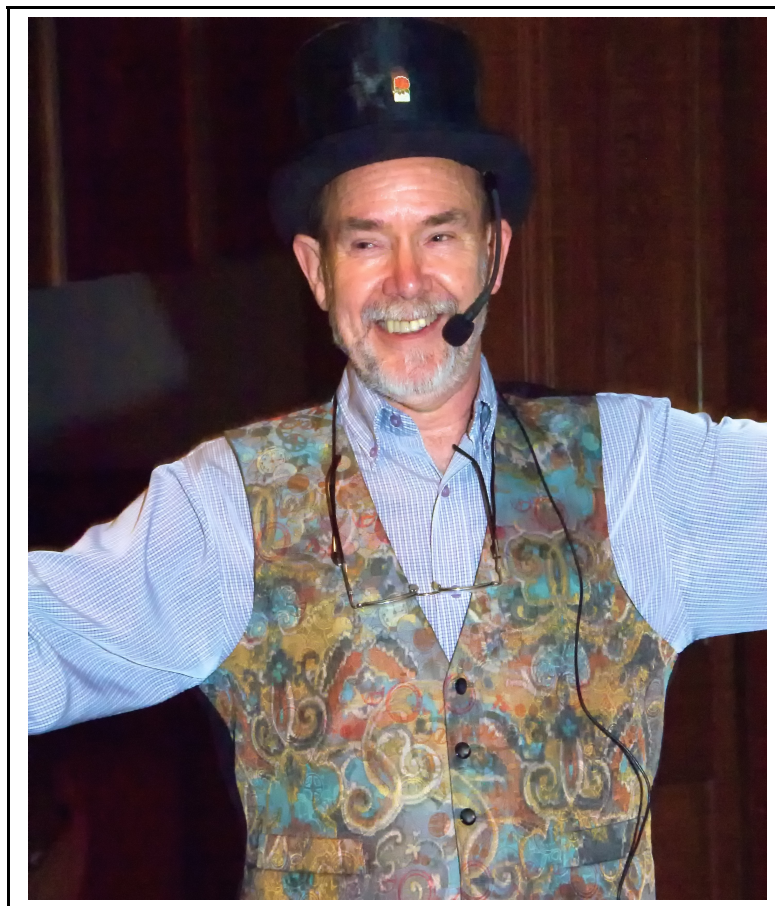
It was an undulating course of 3 miles. Our quickest was Jon on leg 2 which he did in 15.12 This was the 3rd fastest of the day. Thankfully was not driving, so had a little snooze on the way back. Stopped for coffee and got back to town around 6.30. Quite a full on day but most enjoyable



A special message from Caroline & George

"Please can we say a belated thank you to everyone who attended our wedding reception. We had a brilliant day and it was great to see so many of the running club in the evening. Derek did a fantastic job entertaining everyone. So thank you again and thank you also to those who contributed towards our gardening vouchers - we bought a great gas BBQ - so must arrange a running get together soon"

Caroline & George

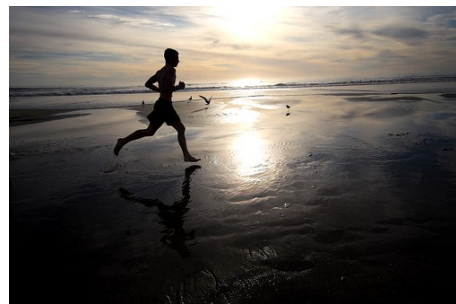




As mentioned in a newsletter earlier in the year, if any members are interested, or know anyone else who may be, in meeting up with a group from a town in France which Crewkerne is twinned with.

The group of 5 are walking from Igny, France on the 28th May, over to Guernsey and arriving in Weymouth on the 30th. They will then be heading into Abbotsbury, along to Bridport and finishing in Crewkerne.

They are looking for local people to join them on any part of the route so if you are interested, get in touch with myself or Martin Cook and we can give you more information



A quick message from Dave Rowe...

Dave would like to say a quick thank you for all the kind words and messages of support that club members gave him before, during and after his End to End ride a few weeks ago. He also wanted to say a big thank you to those of you who kindly sponsored him as well.



New Member

A big welcome to another new member to our club. His name is Nigel Newbury and we are very much looking forward to seeing him out running with us soon!



Upcoming Events...

A word from Linda...

Hi All

Roger is trying to get a boys team (needs 2 more people) to enter the Mapperton Kamakaze Run on 18th Sept at Mapperton near Beaminster.
Is anyone interested?



You can google it, and there is a "youtube" video of it: lots of mud and slides and climbing over 9 miles. You can do it as a team or individually.

http://www.youtube.com/watch?v=_Ae_CvC3mTg&feature=youtu.be

Get back via email or 01460 78750 if at all interested, but need to hurry as it is very well attended.

Linda and Roger

Ash Town Tree Trail Race

This brand new event is to be held on Thursday, 30 June 2011 starting at Ash Primary School (Ash, Near Martock, Somerset TA12 6NS) at 7.00 p.m.

The route is of approximately 7 miles along country lanes, across fields and through the beautiful Town Tree Nature Garden, returning to finish at Ash School.

There are toilets and changing facilities at the school but no showers.

There will be a barbeque, cakes and refreshments.

Proceeds are to be divided between the Town Tree Nature Garden and Ash School.



Growing up in Ash and having visited Town Tree Nature Reserve numerous times, I can assure runners that this will be a really lovely race to do!

Fancy going a little further afield??

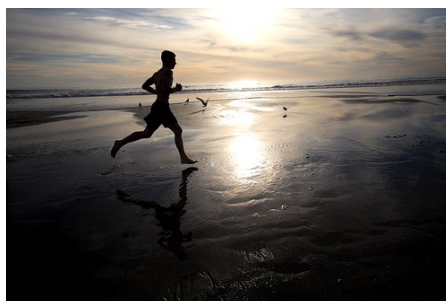
[Guernsey Marathon – Sat 28th Aug](#)



Entries are filling up fast (limit of 500) and the longer you wait the more you have to pay so get in early if interested

For more information and details on how to register go to

<http://www.guernseymarathon.gg/>



Some sad news.....

I do leave you with some sad news from the world of running.

Thank you to George Smith for bringing it to our attention.

Samuel (Sammy) Wanjiru
10 November 1986 – 15 May 2011



Samuel Kamau Wanjiru was a Kenyan athlete who specialized in long distance running. He became a professional at a young age and broke the world record in the half marathon when he was 18 years old. In 2007, he broke the 20 kilometres (12 mi) road running record and improved the half marathon record by over twenty seconds.

He moved to the full marathon and won the event at the 2008 Beijing Olympics in an Olympic record time of 2:06:32; becoming the first Kenyan to win the Olympic gold in the marathon. The following year, he won both the London Marathon and Chicago Marathon, running the fastest marathons ever recorded in the United Kingdom and United States, respectively. He retained his Chicago title in 2010 in a season fraught with injury.

On 15 May 2011, he died after falling off a balcony at his home in Nyahururu following a domestic dispute. Police are still uncertain as to whether his death was a suicide, homicide, or accidental.

God what a lot of stuff to get through! I'm shattered!



[This Week's Running](#)

Club nights are on Tuesday and Thursday this week, leaving the car park at Lidl's at 6.30pm. The Wednesday run is our Spring handicap, taking place in South Petherton with first runner setting off at 6.30pm.

Sunday morning run is on as usual, leaving the car park at 9.30am.





Dates for your

May

| Date | Event | Location | Time | Website |
|----------------------|-----------------|------------------|---------|--|
| Wed 25 th | Spring Handicap | South Petherton | 6.30pm | See Newsletter |
| Sat 28 th | Egdon Easy | Weymouth College | 7.00pm | www.egdonheathharriers.com |
| Sun 29 th | Wells 10k | Wells | 10.30pm | www.wellscityharriers.org.uk |

June

| Date | Event | Location | Time | Website |
|------------------------|---------------------------|-------------------|---------|--|
| Sun 5 th | Run in the Wild 10k | Cricket St Thomas | 10.30am | www.chardrunningclub.btck.co.uk |
| Wed 8 th | Yeovilton 5k (Race 3) | RNAS Yeovilton | 7.15pm | www.yeoviltownrrc.com |
| Sat 11 th | Umborne Ug | Umborne | 6.00pm | www.axevalleyrunners.org.uk |
| Sun 12 th | CRC West Bay Run & Picnic | West Bay | 9.30am | See Newsletter |
| Sun 12 th | Ninesprings 9k | Yeovil | 10.30am | www.yeoviltownrrc.com |
| Sun 12 th | Cheddar Challenge 10k | Cheddar | 11.00am | www.cheddarrunningclub.co.uk |
| Wed 15 th | Tin Tin Ten (TBC) | Tintinhull | 7.00pm | www.chardrunningclub.btck.co.uk |
| Sun 19 th | Martock 10k | Martock | 11.00am | www.martock10k.org.uk |
| Sun 19 th | Race For Life | Sherborne | 10.00am | www.raceforlife.org |
| Thurs 23 rd | Forde Abbey 10k | Forde Abbey | 7.00pm | www.nutshelloutdoors.co.uk |
| Sun 26 th | North Devon Marathon | Woolacombe | 10.00am | www.northdevonmarathon.co.uk |

| | | | | |
|---------------------------|---------------------------------|------------|--------|-----------------------|
| Thurs 30 th | Ash Town Tree Trail Race (7) | Ash School | 7.00pm | www.yeoviltownrrc.com |
|---------------------------|---------------------------------|------------|--------|-----------------------|

July

| Date | Event | Location | Time | Website |
|-------------------------|--------------------------------------|------------------------------|---------|-------------------------------|
| Sat 2 nd | Charmouth Challenge | Charmouth | 3.00pm | www.charmouthchallenge.co.uk |
| Sun 3 rd | Portland 10mile | Portland | 10.30am | www.rmpac.co.uk |
| Sun 3 rd | Quantock Beast 5.7m | Fyne Court Nr Bridgewater | 11.00am | www.quantockharriers.co.uk |
| Sat 9 th | Matt Bryant's Annual Birthday Run | Haselbury | 9.30am | See Matt or Newsletter |
| Sun 10 th | Wellington 10m or 10k | Wellington | 10.30am | www.thewellingtonten.co.uk |
| Wed 13 th | Yeovilton 5k (Race 4) | RNAS Yeovilton | 7.15pm | www.yeoviltownrrc.com |
| Sat 16 th | Swanage Half Marathon | Swanage | 9.30am | www.swanagecarnival.com |
| Sun 17 th | Castle Combe 10k | Castle Combe | 11.30am | www.dbmax.co.uk |
| Sun 17 th | East Devon Way Relay | Exmouth to Lyme Regis | Various | www.axevalleyrunners.org.uk |
| Sun 31 st | Exmoor Seaview 17 | Lynton | 10.00am | www.mineheadrunningclub.co.uk |

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

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