

CREWKERNE RUNNING CLUB

Newsletter

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

Issue no. 5 Sunday 23rd January 2011

Dear Fellow Runners

Another reminder (as if you should need it!) that The Charmouth run is this coming Sunday!

Sunday 30th January

Crewkerne to Charmouth Run

Leaving Lidl's car park as usual from 9am on the dot, and passing through Hawkchurch at around 11am for those who don't fancy doing the whole 17 miles.

Food afterwards at The George in Charmouth at 1 o'clock for anyone who wants it!

Really beautiful run we do every year and excellent for anyone who fancies some distance training

Runners Please Note

If you have not done this run before, be aware that this is a tough run with some hill sections.

17 miles is a long way especially if the weather is not kind.

The pace is not fast but has to be kept steady to make sure people are not stood around waiting in the cold for too long, and also that we pass through Hawkchurch on time (11.00am), and arrive in Charmouth in time for food at 1 o'clock.

We normally arrive in Charmouth at roughly 12.30 so the run takes 3 and half hours give or take.

The last thing we want to do is put people off, but please be aware of time constraints.



Now for news of a great club evening from Ladies Captain Sarah Warren

PREDICT-A-TIME - WEDNESDAY 2 FEBRUARY

I am arranging what is meant to be a fun event for you on Wednesday 2 February - Predict-a-Time. We did this last year and the format will be the same. I will choose a route and measure the distance. You will know the distance but not the route and you have to predict how long it will take you to run that distance. No watches allowed. The person who predicts closest to their actual time wins. It does not matter if you run fast or slow as long as you accurately predict how long it will take you. The event is suitable for all abilities and some of you who usually come only on a Thursday may like to come along and have a go. Hope to see you there.

Sarah.

Of course yours truly won this last year! Quite how I ran within 16 seconds of my predicted time is beyond me!

It's a nice, light hearted event that Sarah puts on, so do come along and have a go! It really doesn't matter how fast or slow you think you are!



Sarah would also like to make you aware of half marathon training coming up –

HALF MARATHON TRAINING

Linda, Roger and I are doing the Yeovil half marathon and have decided to do some "proper" training for it. We will be doing a speed session on Thursday nights for the next 8 weeks and wondered if anyone else who is doing the Yeovil half or another spring half marathon wanted to join us (no pain/no gain theory). We will go up to Wadham track if we are allowed, but if not probably Misterton loop. 6.30pm start. If anyone does want to join us please let either myself or Linda know and we can let you know where we end up going.

(sarah@warrenpark65.fsnet.co.uk; lindastill@yahoo.co.uk). The normal Thursday evening run will take place as usual for everyone else.

Sarah



Upcoming Events for you to try....

Great Western 10k – Sunday 12th March

This is the first running of the Great Western 10k which replaces the old Sherborne Castle 10k.

A scenic race through rural lanes and across fields surrounding Leweston School – enjoy the views of Dorset as you make your run, it will take your minds off the inclines and undulations!

Race starts at 11am from Leweston School, Sherborne.
The day also includes a 2k fun run.

Easter Bunny 10k – Monday 25th April

This race traditionally takes place on Easter Monday and consists of a flat course around the villages of West Camel and Podimore starting and finishing at RNAS

Yeovilton. Good chance for a PB on this course! Parking, changing / showers and refreshments available

Race starts at 11.00am with a 1 mile fun run at 11.15am

Entry forms for the above are attached to email



Barefoot Running

Some of you may be aware / interested in the idea of barefoot running. Barefoot running is obviously something that has been around as long as humans have, but is not something many modern day runners practice!

The benefits of barefoot running is something we are hearing more and more about in the running world, with many researchers and athletes claiming that training without shoes can enable you to run faster, more efficiently and with much less injury (which would be lovely!). Could it be that our expensive trainers could actually be doing more harm than good?

I've been having a bit of a browse round on the web today and came across some 'shoes' called 'Vibram Five Fingers', and thought it was something that some of you may find interesting?

Their website is www.vibramfivefingers.com and once you get in on, click on Europe, and that will take you through. They do normal 'shoes' (though I don't know if that's what you would call them) as well as ones for running.

Just thought you may find it interesting? Let me know what you think if you like!



This Week's Running

Club nights are on as usual this week so that's Wednesday and Thursday nights, leaving Lidl's car park at 6.30pm as usual. Torches and reflective gear is a must have. Thursday night half marathon training with Sarah Warren (contact Sarah or Linda for more details on sarah@warrenpark65.fsnet.co.uk; lindastill@yahoo.co.uk)

Sunday morning run will be the Crewkerne to Charmouth run. We leave Lidl's at 9.00am SHARP so get there a bit earlier. Heading past Hawkchurch at 11.00am for those who are finishing or joining us at that point.



Dates for your

January

Date	Event	Location	Time	Website
Sun 30 th	Crewkerne to Charmouth 10k	Lidl's Car Park	9.00am	See Newsletter

February

Date	Event	Location	Time	Website
Wed 2 nd	Predict-a-run	Lidl's Car Park	6.30pm	See Newsletter
Sun 6 th	Blackmore Vale Half Marathon	Bishops Caundle	11.00am	www.bvlions.co.uk
Sun 6 th	Longleat 10k	Longleat	10.00am	www.racetimingsystems.com
Wed 9 th	Street 5k Series (5)	Street	7.30pm	www.wellscityharriers.org.uk
Sun 13 th	The Inca Trail 7m	Ilchester	11.00am	www.yeoviltownrrc.com
Sun 13 th	Slay The Dragon 10k	Hinton St George	10.30am	www.slaythedragon.co.uk
Sun 20 th	Hestercombe Humdinger 9.5m	Hestercombe Gardens	10.30am	www.thehestercombehumdinger.co.uk
Sun 27 th	Crewkerne to West Bay	Lidl's Car Park	9.00am	See Newsletter
Sun 27 th	Dalwood 3 Hills Challenge 10k	Dalwood	11.00am	www.axevalleyrunners.org.uk
Sun 27 th	Babcary 7m	Babcary	11.00am	www.wellscityharriers.org.uk

March

Date	Event	Location	Time	Website
Sun 6 th	Combe St Nicholas 10k	Combe St Nicholas	10.45am TBC	www.combestnicholasprimary.co.uk
Sun 6 th	Bath Half Marathon	Bath	11.00am TBC	www.bathhalf.co.uk
Sun 6 th	Bideford Hald Marathon	Bideford	10.30am TBC	www.bidefordaac.co.uk
Tue 8 th	Crewkerne RC AGM	Lamp-lighters Bar	7.45 for 8.00pm start	See Newsletter
Wed 9 th	Street 5k Series (6)	Street	7.30pm	www.wellscityharriers.org.uk
Sat 12 th	Great Western 10k	Sherborne	11.00am	www.yeoviltownrrc.com
Sun 13 th	Grizzly 20m	Seaton	10.30am	www.axevalleyrunners.org.uk

	Grizzly Cub 9m			
Sun 20th	Butleigh 7m	Butleigh	11.30am	www.wellscityharriers.org.uk
Sat 26 th	Nightrunner 8m	Beer	7.00pm	www.axevalleyrunners.org.uk
Sun 27 th	South Petherton Pre-London Training Run 22 miles	South Petherton	9.00am	See Newsletter
Sun 27th	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!