

CREWKERNE RUNNING CLUB

Newsletter

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

Issue no. 41 Sunday 23rd October 2011

Dear Runners,



Alan Pepper at the end of Leg 6 at last weeks PTR

Let us all make ourselves comfortable and pay homage to Nick Sale and his desire to push himself to the limits of physical and mental endurance.....

Ceasars Camp 50 / 100 & Midnight 30 Report by Nick Sale

& so why did this ultra novice go for the longest distance? Why not I suppose. Real eye opener. But I suppose that's why I entered it, to explore this other corner of the running world. NB: Warning.. this report may not make sense.. I'm tired :0)

Started at midday Saturday, on this Army training ground. A 10 mile lap, with 2 feed stations. Half the route weaved up, down & around what must be 4x4 heaven. Steep tracks were strewn with big flinty stones, presumably to help tanks & land rovers etc to get around. The other half weaved around a forest.. dark twas! Quite often your torch light would catch a pair of bright eyes looking back at you & you'd have to guess what it might be.. though once got the outline of 2 deer, not more than 50meters away. First dark laps I admit I was slightly spooked, but soon stopped caring. Without fail, every runner I met was friendly and appreciated company. Understandable especially when it got dark. Glow sticks were strung from trees at important junctions guiding us around & worked a treat & extremely reassuring. A wrong turn would have gone down like a dose of salts.. Overall v. well marked.. thankfully.

Anyway I managed 7 laps, so 70 miles. Literally only the last mile was run after the sun came up, finishing approx 7:30am. Really glad to see light again, but by then my knees were telling me, on each down hill step or stone or tree root, that they'd had enough. So I was out for 19 1/2 hours. AT 60miles I was still set that I was finishing. Had seen a lot drop out.. being at the back end of the field, and really chuffed that was still on track to finish. "On track" meaning, that if I'd carried on at the same pace, I would beat the 6pm cut off! ie 1 hour ago. & I'm now home (2 hour drive away), bathed, fed & slept for 4 hours & 4-5 lb lighter! When I retired, 25 were persevering, of 75 ish starters AND to be fair weather wise it was probably ideal.

As an event, it was quite something and in a increasingly commercial endurance world, with spiralling entry costs was v. refreshing.. organised in v. similar vein to our CRC events. It started with a presentation of a cheque for £1,500 to local charity. It cost £32 to enter. Much cheapness if you look at it per mile! You get a tech T-shirt at registration. Good job don't have to finish to get it. The feed stations are manned by volunteers, for a 30 hour stretch! Quite a challenge in itself. They greet you like hospital staff, each time you arrive, giving you a seat, offering hot drinks, soup, even hot dogs! Gels just thrown on table, alongside salty snacks, sweets, chocolate bars, banana's & encouraging us all to eat & take with us, as much as you can. Matt

Bryant's words about forcing down pasta meals went down well. I stopped twice, returning to my car for a hearty portion of Asda pasta in sauce. No doubt kept me going further.

Anyway I've run out of energy to write any more ;0). Just to say met some v. interesting quirky good people & respect for these long distance folk, however slow they appear to be going & it is SLOW! Was an adventure & has wetted my appetite to explore some more...I think.

Nick

WOW !!!!



Exmoor Stumble Race Report by Nigel Newbery

The Exmoor Stagger and Stumble took place today. Organised brilliantly by the Minehead Running Club, the event comprises two races sharing part of the route. The Stagger is the big one, 15 miles from West Somerset Community School through the forests and over the moors to Dunkery Point, the highest point on Exmoor at 1,702'. I had entered The Stumble, a hilly 7 mile run through the forest.



I bumped into Simon Land at the start, not knowing he had entered the Stagger. Did not meet Ian, also doing the Stumble, until after the race. The field was pretty crowded until the two races separated at around 3 miles. It seemed like we had climbed all the way to that point!

After a bit more climbing, some hills too steep to run, there was a second water station. Then it was all downhill for about 2 miles to the finish. The Minehead runners were good at hurtling themselves down these rocky paths, this runner less so. I finished in about 1 hour 14 and Ian, running with a dislocated shoulder, still managed about 1 hour 30.

We waited for Simon at the finish of the Stagger. The top places seemed dominated by St Austell Running Club. Honiton RC were out in numbers too. Simon came in at about 2 hours 36 after a tough run.



[Exmoor Stumble Race Report by Ian Watkin](#)

Tough and painful and someone remind me not to do stupid stuff two weeks after shoulder dislocation!!! :-)

[Exmoor Stagger Race Report by Yours Truly](#)

Well that wasn't pretty. I mean the scenery was – but my performance wasn't!

This is the first time I had done the Exmoor Stagger – a very tough 15 + mile run, taking you up to Dunkery Beacon and back.

Having been suffering from man flu all week (ladies you just wouldn't understand), probably wasn't the best idea to tackle a race like this!

Met up with Nigel and Ian at the start – Ian informing me that he was running despite dislocating his shoulder only 2 weeks ago! Felt good and ready for a testing race.

After the first of three major climbs, I noticed familiar faces that I normally race alongside a long way in the distance and I knew I wasn't running at my best. The route continued through ancient Exmoor woodland, twisting and turning and crossing streams – stunning! Then it was out onto the open heathland....

The climb up to Dunkery Beacon was steep at the bottom but really more long and continuous climbing over really rocky ground more than anything. The climbing lasted a good ½ hour, and I was beginning to struggle and having to walk sections which normally I would never walk.



Finally reached the beacon and had a wonderful panorama to take in, though the strong wind meant you really didn't want to hang around. A tough descent over really rocky ground and I was struggling. Legs like jelly and feeling slightly dizzy, I was struggling to focus and the pace had really dropped. By now any sort of incline, even moderate, and I was in trouble. The legs just didn't want to know. Plan B now came into action – survival! I dropped the pace down and just concentrated on making the finish, it was too late to worry about positions and time. I was being passed every couple of minutes.

At around mile 11, I was feeling very hungry and low on energy. This combination was not helped with an attack of cramp which stopped me in my tracks and made me

shout things that I hope didn't offend other runners! The threat of further spasms were continuous until the end.

A final horrendous climb that everyone was walking and I was walking a lot by this point – didn't have a choice! A long decent to the finish and my god was I glad to get that over.

A really tough race through some exceptional scenery, though one I'd like to forget!

Thank you to Nigel for photos!



Castle Carey 10K Race Report by Richard Gardener

Turned up at 9:15 with the sun shining - 'perfect conditions'. Made my way to the start line for a recce to be met by about 5 runners!! I was thinking this could be interesting, decided to go and check where I was met with about 100 runners all watching the rugby wow! Happy days running & rugby in one morning.

Set off with a couple of Yeovil & Wessex Wizards guys along a short stretch of tarmac before hitting the fields a long downhill descent in to Bruton where we picked up the tarmac again for a mile then back to the off-road through to the finish.

This is certainly a race of two disciplines the tarmac being easygoing & the off-road really tough not great for a non mud plugger like me but overall a very scenic well organized race with fantastic facilities at the sports centre.

Lord Garmin told me my time was 45:19 & 13th position, so still some work to do.

Happy Days

Tall Rich.



Tuesday Night Speed Session – A message from Ed...

I will be continuing the speed sessions on Tuesday in the spring as its too hard to keep everyone together on the streets and lanes at night.

Thanks for everyone who turned up on the nights during the summer and I hope it was as worthwhile as I found it to be. I do intend to run a 5mile time trial on the first Tuesday of every month which was started this month by a few adventurous folk.

Its open to everyone and we start at the coop in Merriott at 6.30. Handicapped so no excuses and its to Hinton and back. I'll post nearer the time when the next one is coming up.

Ed



Pub Run

Remember we have a pub run next Wednesday (2nd Nov) from the Stonemasons in Ilminster. Put it in your diaries!!



Upcoming Events....

Wellington Monument 10k

Please find attached an entry form to the 25th Wellington Monument Race that is planned Sunday 18th December 2011.

As you are all aware, we have suffered twice in the last two years. 2009 being postponed on the day and 2010 cancelled on the eve, both due to unsafe conditions.

If the event is cancelled this year, then we have a Plan B in place whereby the event will be run on Sunday 15th January 2012. Same race details will apply.

A commemorative award celebrating the 25th year will be given to all finishers. Runners who entered the cancelled events in 2009 & 2010 will also receive the award for the relevant year, however, those of you that collected your prize for the abandoned 2009 event, we would request that you do not request another for that same year.

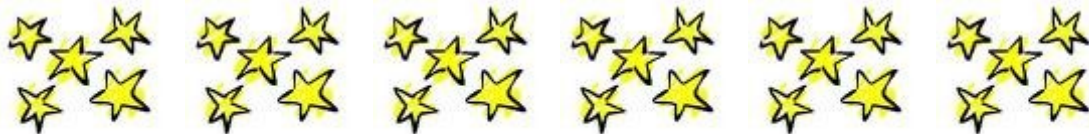
You are reminded that entry fees will NOT be refunded if the event is cancelled on safety grounds or due to events beyond the organiser's control.

There will be limited entries on race day 18/12/11

There will be NO race entries on the day 15/01/12



No Birthdays except the ones I've missed



[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 will be on as usual, leaving the car park at Lidl's at 9.30am.

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



Dates for your

October

Date	Event	Location	Time	Website
Sun 30 th	The Stickler	Shillingstone	10.30am	www.dorsetdoddlers.org

November

Date	Event	Location	Time	Website
Wed 2 nd	Pub Run	Stonemasons Ilminster	6.30pm	See newsletter
Sat 5 th	Yarcombe Yomp	Yarcombe	10.30am	www.axevalleyrunners.org.uk
Sun 6 th	Ilminster 10k	Ilminster	10.30am	www.ilminsterlionsclub.co.uk
Wed 9 th	Street 5k	Street	7.30pm	www.wellscityharriers.org.uk
Sun 27 th	Brent Knoll 5.5m	Brent Knoll	11.30am	www.burnham-on-sea-harriers.com
Sun 27 th	Bicton Blister	Bicton Park	11.00am	www.bictonblister.co.uk
Sun 27 th	Winter Handicap	Hinton St George	9.30am	See Newsletter

December

Date	Event	Location	Time	Website
Sun 4 th	Full Monty	Ham Hill	10.30am	See Newsletter or Website
Sat 10 th	CRC Christmas Party	North Perrott Cricket Club	TBC	See Newsletter
Wed 14 th	Street 5k	Street	7.30pm	www.wellscityharriers.org.uk
Sun 18 th	Wellington Monument 10k	Wellington	10.30am	www.wellingtonmonumentrace.co.uk
Mon 26 th	Stoke Stampede	Stoke St Gregory	11.00am	www.stokestampede.co.uk

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

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