

CREWKERNE RUNNING CLUB

Newsletter

Issue no. 89 Sunday 23rd December 2012

www.crewkernerc.btck.co.uk

Dear Runners,



Your attention please!!!
As of TUESDAY 8TH JANUARY
Our club night meeting point will CHANGE.
We will now meet at
THE GEORGE REYNOLDS CENTRE

Our meeting times of 6.30pm will remain the same but we will now meet inside the centre. For those of you not aware, The George Reynolds Centre is the big new building right next door to Crewkerne Aqua Centre and Waitrose.

The new centre will allow us to have dedicated changing rooms, and also a warm, dry place to meet, with a bar there also if anyone wants a drink after a run. We will also soon be adopting a 'Sign – in' sheet for runs on club nights so we know exactly who is out running with us, and that will be housed at the centre in the future.

Obviously the centre is new and finding it's feet so we may find a few 'teething problems' at the start, but this is a good step forward for the club compared to meeting at Lidl's Car Park!

Signs will be put up in Lidl's car park for those of you who forget we have moved, but the centre is not far away so if we see you standing there alone we will come and get you!

If anyone has any questions about the venue change and what that will mean for the club then please get in touch.

So remember.....8th January....insert into your brand new, crisp 2013 diaries!!



Club Championship

Well the points have been counted up and the prizes awarded! The end of a hectic running year is over and we can all relax a little over the festive period....unless you are Clive and you carry on as normal!

As I said to you all the way back in January when I said that I was setting up the Club Championship, the whole idea was to try and get people more involved in running, maybe doing more races and events, and gently cranking up people's competitive sides! I hope that it has achieved all that it set out to achieve, and hopefully this will continue for many years to come.

It was a small contingent of CRC ladies whose real competitive sides emerged from the normal calm and laid back exteriors that they portray! Any notions of 'it's the taking part that counts' were thrown away, to be replaced by ruthless tactical ploys to earn as many points as possible! Love it!

Considering everyone worked so hard to compete in this, we had to have some nice prizes at the end of it, so all winners will have received an embroidered Crewkerne Running Club Training Towel and a £10 gift voucher for Sports Direct, with those who won the top prizes also received running gloves and socks. The prize for the overall mens and ladies winner was a fantastic personalised one to one training session with GB runner Adrian Marriott, completely tailored to their specific needs and requirements, so I hope everyone who won enjoys their reward!

So who were the winners and where did you finish?? Well the full results are attached to this email, but the main results are below. Remember each person can only win one trophy, so if you top your age category – but you were also top 3 overall – we move down to next in line....hope that makes sense!

Top 10 Men

1st	Mike Pearce	490
2 nd	Ed Stahl	293
3 rd	Dave Carnell	284
4 th	Tom Baker	269
5 th	Nigel Key	229
6 th	Clive Harwood	187
7 th	Tom Priest	184
8 th	Tim Irish	179
9 th	Tim Hoyle	172
10 th	Chris Rawlings	166



2nd man overall – Ed Stahl!

Top 10 Ladies

1 st	Tracy Symes	349
2 nd	Tamsin Dickinson	338
3 rd	Sarah Warren	326
4 th	Sarah Frost	190
5 th	Kirsten Irish	168
6 th	Kay Pulsford	140
7 th	Elaine Priest	109
8 th	Ginette Briggs	105

9 th	Linda Still	80
10 th	Sara Fair	79



Ladies Champion 2012 – Tracy Symes!



Sarah Warren picking up 3rd lady overall

16 – 35 Age Category

Mens

1 st	Tom Baker	269
2 nd	Tom Priest	184

3 rd	Luke Brunt	162
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Ladies

1 st	Sarah Frost	190
2 nd	Kay Pulsford	140
3 rd	Elaine Priest	109

36 – 50 Age Category

Mens

1 st	Tim Irish	179
2 nd	Tim Hoyle	172
3 rd	Chris Rawlings	166

Ladies

1 st	Kirsten Irish	169
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2 nd	Linda Still	80
3 rd	Caroline Smith	68



Winning both their age categories....Kirsten & Tim Irish!

51+ Age Category

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Mens

1 st	Nigel Key	229
2 nd	Clive Harwood	187

3 rd	Tony Gordon	160
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Ladies

1 st	Bridget Schneiders	75
2 nd	Lyn Clutterbuck	33
3 rd	Kim Warne	10

Congratulations to all winners, and all those who took part!

Get ready for February for it all to start again!



CRC Christmas Party

A big thank you for Tracy Symes and her band of little helpers for organising this years Christmas Party!



Around 40 members descended on North Perrott Cricket Club to sample some fine food, fine wine and some fine company!

As well as music, we also had quizzes and prize giving/awards, followed by a disco afterwards.





Bloody Yobos!

With the rise of anti-social behaviour sweeping the nation, it was the town of Crewkerne which was left cleaning up the mess of a night of destruction this week.

The car park next to the new George Reynolds Centre was the target, and was found littered with broken eggs on Thursday morning, leading to the finger of blame to be cast at the usual suspects.

But this time it was not the gang of unruly youths terrorising late night Waitrose shoppers who were to blame, in fact there was not a hoody or scooter in sight! But it appears a new gang is spreading its poison into the town.

Swapping hoodies for fluorescent yellow tops, this new gang is fronted by it's infamous leader known only as 'Captain Ed'. Notorious for his brutal training regimes and 'win at all cost' attitude, his loyal followers seem to do anything that he asks.

.....anyway back to reality and to explain what the hell I am talking about....

I would like to say a big thank you to Ed Stahl for putting on a fantastic training session on Wednesday night. Getting us all into the holiday spirit, the emphasis on this training session was more on fun than brutal, lung sucking agony as they normally are.

The session saw us do lots of team competitions, with shuttle runs and relay races, before a trip down memory lane with egg and spoon races! Oh to be a kid again!

And a well done to Tracy's niece Caitlin for winning the egg catching competition!

Great stuff Ed!!



Boxing Day Pram Race

Every year on Boxing Day, the town of Crewkerne holds its Pram Race in the main street. George Smith of 'George & Caroline' has had to withdraw from this year's race so he wants to let you all know that the vintage CRC pram will be available to anyone who wants to take their place.

George can get it to the start line for you and also store it for next year...and can even offer a fancy dress theme....but is in need of runners!

If anyone is interested can you please email George at - george@gbsproperties.co.uk

Thanks!



Winter Handicap

There was a good turnout for the winter handicap again this year, however the results were mixed!

While Ed did brilliantly with his predicted times with all runners finishing within a whisker of one another....it was Tamsin Dickinson who came out the eventual winner, which was not great as she won the Spring handicap as well!! (Not that she seemed to mind of course!)



Winter AND Spring handicap winner Tamsin Dickinson!



Marathon Training

Somerset Athletics Network are putting on 2 marathon training events over the winter. One is in Frome on the evening Fri 25th January, while the other is a practical session in Yeovil on Sun 17th February.

If you are interested and want more details then click on the 'Marathon Preparation' attachment to this email.



A word from Tim Hoyle.....

Hi

A few of us who will be feeling that it's time to start training, are planning on running from Crewkerne to West Bay on Sunday 30th Dec.

Starting at 08:30AM from Lidl's.

Approx 17 miles, or 8.5 miles to/from Beaminster square, if you prefer a shorter run. Mostly on road ! possibly a short easy cross country descent into Beaminster, conditions permitting.

All welcome, fast and slower runners (that's me).

Please get in touch if you are coming along, so we can sort lift sharing etc.

All the best.

Tim - hoylet1@yahoo.co.uk



Newsletter

And that is it.....89 editions and two years later....I am hanging up my quill and passing it on to 4 new enthusiastic reporters!

The newsletter was first started by Richard Blackmore in 2008 when club communication amongst members was pretty much non-existent. Richard wrote a fabulous newsletter for two years up until Christmas 2010, within that time seeing the club go from strength to strength and almost doubling in numbers, with the newsletter an important part of that growth.

The newsletter is integral in keeping the club together, letting everyone know what is going on and what people are doing...and also making people feel that they are part of something...which we are.

I continued on for the next two years up until now, and our membership now stands at over 100 and I hope that my efforts have contributed in some small way towards that. It's not all been plane sailing...I have had to endure numerous press enquiries, allegations of illegal phone taping, not to mention the death threats.

However if I'm honest the standard of the newsletter is slipping, and if I can notice it then I'm sure you can to! It takes a lot of time to put together, time which I would rather spend doing other things now. So as with everything, change is good and you have four fantastic members who I'm sure will be as enthusiastic as I was when I started, and will have lots of ideas to take the newsletter forward and make it better than it currently is!

They can only do that though if members provide them with enough material to fill it! Whether that be photos, race reports or maybe articles that you find interesting, you need to keep sending them stuff to put in!

The new address for them to be contacted on is

[*crewkernercnews@gmail.com*](mailto:crewkernercnews@gmail.com)

So I would like to wish Tracy Symes, Phil Wareham, Angie Patch and Tom Baker all the best going forward.

I hope you have all enjoyed reading the newsletter over the last two years as much as I have enjoyed writing it. My days of making cheap jibes at my friends like Tim Irish and Richard Gardener behind the safety of the computer screen are now over....better start being nice again!

I have been absent from club nights a lot over the past few months but hope to be back regularly as of now!

Happy Running guys and girls!

Simon xx



