

# CREWKERNE RUNNING CLUB

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## **Butleigh Multi Terrain - Sunday 17th March**

### **Report by The Crewkerne One [a.k.a. Downhill Dave]**

A good turn out of almost 100 runners contested the 32nd Butleigh Multi Terrain race, which was the 4th event in the 2013 Somerset Series and was being hosted by the Butleigh Playing Fields Association (proceeds from the race contributing towards the playing fields funds).

Heavy rain on previous days, topped by a dusting of snow greeting the early risers on Sunday, was not a good lead up to what has normally been a fairly civilised 7+ mile course, usually well within the capability of good road shoes.

About two thirds of the route is over fields and tracks, so it was fortunate that I had had the presence of mind to chuck my pair of newly acquired off-roaders into the car.

While getting ready, listening to the marshals and chatting with some other locals confirmed the worst fears of a tarmac fan, with conditions over much of the surrounding country side apparently being extremely muddy - Footwear decision a 'no brainer'.

At the start I found myself to be seemingly the only representative from both Crewkerne and from my sister club Maiden Newton. While naturally missing any team mates, I confess to being a little relieved that none of the speedy ones were there to push me further down the finishing order.

The biggest road section was immediately from the start, so to make the most of it I let the adrenalin send me scampering off at a wholly unsustainable pace and for a brief while I was hanging on to the shirt tails of the front runners. Obviously this didn't last and I arrived at the start of the muddy bits gasping and already slightly wrecked.

## **Butleigh Multi Terrain - Sunday 17th March (Cont-)**

Much to my surprise, having changed down a gear (or more probably two) and after a little respite time just jogging along, I managed to get going again and plodded along through the muck and mire at a half reasonable pace.

Topping the climb it did take me a while to get my tired legs back into rhythm but I could still see Rose and I knew if I could close some of the distance between us on the first descent, there was another downhill just before the finish.

Hallelujah! - I was only 20yds or so behind her when we turned onto the final run down the road towards the finish. No more encouragement needed, caution was thrown to the wind and I went for it, charging past before she could latch on.

While I felt a little guilty, after her kind encouragement, I was also very pleased at what is I think my best result at the event - 10th place overall in a time of 54:32 and 2nd place in the 'Old Blokes' category. Certainly worth the blisters I picked up from my newish shoes.

By comparison, winner Matt Dickinson from Wells City Harriers seemingly made light work of the course to finish in an unfeasibly rapid time of 46.00.

Wells Harrier Graham Goldsmid deservedly took first 'Old Bloke' title with a time of 53:12 while Rose Harvey of Yeovil was the first lady home in 54.40.

Finally for those with tastes extending beyond mere running, there was a great spread of cakes and refreshments post race.

## **Yeovil Half Marathon – March24 2013.**

After last years event in the sun this years race was held on a grey and very cold day. I stood at the 10 mile point and tried to get pictures of as many Crewkerne Running Club people as I could but I believe I missed one or two. Sorry the pictures are not very sharp, my hands were shaking with the cold and I've also done quite a bit of cropping. The pictures are in the order that they passed me.



Mike Pearce, way up the field.



Tom Priest doing well.



A smiling Ed Stahl.





Luke Brunt doing well.



Elaine Priest, 4th lady?



Richard Gardener



Tom Brister





Matt Brunt



Nigel Key





Andrew Stocks



Adrian East



Mark Bradley



Phil Wareham





Darren Frost



Pip Loader





Tony Gordon



Chris Rawlings



Tamsin Dickinson



Tim Hoyle





Sarah Horsell



Tracy Symes





Carolyn Clutterbuck



The End. (nearly)

Derek Boles

**Here are the results of the Yeovil Half Marthon 2013**  
(hopefully i haven't missed anyone)

Overall results	Bibsort results	Last Name	First Name	Category	Category results	Club Position	Gun-to-Chip Timesort results	Chip-to-Chip Time
6	697	Pearce	Mike	M40-44	1	1	01:16:24	01:16:14
21	724	Priest	Thomas	Msenior	10	2	01:24:07	01:23:56
60	114	Brunt	Luke	Msenior	24	3	01:30:56	01:30:44
65	723	Priest	Elaine	Fsenior	1	4	01:31:31	01:31:19
84	346	Gardener	Richard	M40-44	13	5	01:34:26	01:34:10
100	96	Brister	Tom	Msenior	36	6	01:35:09	01:35:02
131	843	Stahl	Ed	Msenior	49	7	01:37:06	01:36:55
211	520	Key	Nigel	M60-64	8	8	01:42:57	01:42:20
219	115	Brunt	Matthew	Msenior	76	9	01:43:37	01:43:20
233	854	Stocks	Andrew	M40-44	37	10	01:44:23	01:44:13
282	285	East	Adrian	M45-49	26	11	01:46:38	01:45:54
327	926	Wareham	Phillip	Msenior	109	12	01:48:54	01:48:27
338	91	Bradley	Mark	M45-49	37	13	01:49:02	01:48:55
418	332	Frost	Darren	M40-44	52	14	01:53:15	01:52:55
419	359	Gordon	Tony	M60-64	14	15	01:53:16	01:52:42
424	569	Loder	Pip	F50-55	4	16	01:53:58	01:53:27
442	735	Rawlings	Chris	M45-49	51	17	01:55:16	01:54:42
562	254	Dickinson	Tamsin	F40-44	25	18	02:05:29	02:04:41
589	459	Hoyle	Tim	M45-49	62	19	02:07:25	02:06:52
676	452	Horsell	Sarah	F40-44	35	20	02:15:09	02:14:19
781	868	Symes	Tracy	F35-39	41	21	02:32:54	02:32:04
782	185	Clutterbuck	Carolyn	F55-59	8	22	02:32:55	02:32:06



## Here are the results of the Yeovil Half Marthon 2013 King Of the Hill (hopefully i haven't missed anyone)

Overall results	Bibsort results	Last Name	First Name	Category	Category results	Club Position	Gun-to-Chip Timesort results	Chip-to-Chip Time
9	697	Pearce	Mike	M40-44	2	1	00:02:37	00:02:37
38	724	Priest	Thomas	Msenior	21	2	00:03:02	00:03:02
53	114	Brunt	Luke	Msenior	28	3	00:03:10	00:03:10
66	723	Priest	Elaine	Fsenior	1	4	00:03:13	00:03:13
101	843	Stahl	Ed	Msenior	47	5	00:03:20	00:03:20
135	115	Brunt	Matthew	Msenior	63	6	00:03:25	00:03:25
149	346	Gardener	Richard	M40-44	21	7	00:03:27	00:03:27
245	91	Bradley	Mark	M45-49	20	8	00:03:39	00:03:39
296	96	Brister	Tom	Msenior	121	9	00:03:44	00:03:44
344	926	Wareham	Phillip	Msenior	131	10	00:03:48	00:03:48
357	285	East	Adrian	M45-49	36	11	00:03:50	00:03:50
369	854	Stocks	Andrew	M40-44	47	12	00:03:52	00:03:52
383	520	Key	Nigel	M60-64	8	13	00:03:54	00:03:54
404	359	Gordon	Tony	M60-64	10	14	00:03:56	00:03:56
446	569	Loder	Pip	F50-55	4	15	00:04:02	00:04:02
496	332	Frost	Darren	M40-44	63	16	00:04:09	00:04:09
540	735	Rawlings	Chris	M45-49	58	17	00:04:19	00:04:19
574	452	Horsell	Sarah	F40-44	22	18	00:04:25	00:04:25
663	254	Dickinson	Tamsin	F40-44	31	19	00:04:46	00:04:46
721	459	Hoyle	Tim	M45-49	68	20	00:05:00	00:05:00
800	185	Clutterbuck	Carolyn	F55-59	8	21	00:05:57	00:05:57
802	868	Symes	Tracy	F35-39	45	22	00:05:58	00:05:58

**Notice to all members.**

**Subscriptions are now overdue for the year 2013/2014.**

Following the recent AGM it was agreed that we needed to increase the annual subscription due to the cost of our affiliation with the George Reynolds Sports Centre and the doubling of the competition licence fee by EA.

Please pay the treasurer, Derek Boles, or complete an online transfer to Crewkerne Running Club:-  
Sort Code 401825 Account number 21093649 marking it as subs paid.

A brief email to the treasurer would be appreciated:-

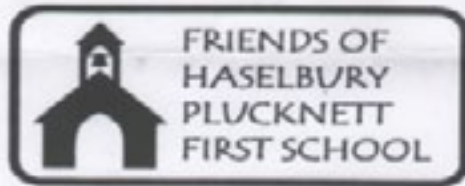
[derek.boles123@btinternet.com](mailto:derek.boles123@btinternet.com)

Renewal subscriptions for 2013/2014 are £15 including membership for the George Reynolds Sports Centre but without an EA competition licence.

Renewal subscriptions for 2013/2014 are £25 including membership for the George Reynolds Sports Centre and an EA competition licence.

New members please see application form available on the website.

## Special Thanks From :



North Street, Haselbury Plucknett, Crewkerne, Somerset, TA18 7RQ

12<sup>th</sup> March 2012

Mr D Boles  
Hon.treasurer  
Crewkerne Running Club  
'Rockthorne'  
Puddletown  
Haselbury Plucknett  
Somerset  
TA18 7NZ

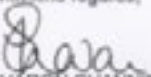
Dear Derek

On behalf of the Friends of Haselbury Plucknett First School I write to say an enormous "Thank You" for the cheque you kindly presented to The Friends on Monday evening.

We will put your donation together with our own fundraising monies in order to purchase some staging for the school to use in forthcoming productions.

I trust you had a good evening.

With kind regards,

  
SHARON CHANNING  
CHAIRMAN OF FRIENDS



13 Middle Path,  
Crewkerne, TA18 8BG  
20<sup>th</sup> March 2013

Dear Mr. Boles,

Pennett Trail Relay 2012

I am writing on behalf of the Committee to thank you all of the Crewkerne Running Club for your extremely generous cheque for £1,200 payable to Cancer Research UK. I enclose a receipt from our Treasurer.

With good wishes from us all,  
Yours sincerely,  
Robina Colledge  
Secretary.



## **A Personal Note From Chris Wadey**

Hi All

I would like to let you know that last thursday Marie was diagnosed with Breast Cancer. She will soon be starting treatment once an MRI scan has been done. We are hopeful of a good outcome and that things will go smoothly.

So that gives her a few weeks to get some races in!! Yeovil Half on Sunday and Taunton Marathon on the 7th April and Maybe London.

She is Raising Money for the Breast Cancer Campaign Please share these details with other friends link for Just Giving Page below.

[http://www.justgiving.com/Maria-Wadey?utm\\_source=emailvision&utm\\_medium=email&utm\\_campaign=fundraisingpage-donation-alert-email](http://www.justgiving.com/Maria-Wadey?utm_source=emailvision&utm_medium=email&utm_campaign=fundraisingpage-donation-alert-email)

Hope you are all well and we see you soon.

Kind Regards

Chris And Marie Wadey

### **South Petherton Long Run – Sunday 31st March ( Easter Sunday)**

So if you are training for a Marathon or a Half this is a great run to take part in. The route is very flat (well as flat as it can be around here!), and starts from South Petherton taking in other villages such as Shepton Beauchamp, Barrington, Isle Abbots, Westport, Langport, Long Load, Martock and eventually back to South Petherton. Obviously you do not have to do the whole 26 miles as anyone can take part and there will be different points where you can stop and get collected or start from. So please put this date in your diary.

## **New Members**

We would like to welcome the following new members to who have recently joined the club:

Vicky Clutterbuck

## **Birthdays**

Happy Birthday to the following members this coming week:

Louise Morgan



## **IMPORTANT**

If you change your address, telephone number or email please notify the Club Secretary Martin Cook [martin.cook123@btinternet.com](mailto:martin.cook123@btinternet.com) and the CRC Newsletter Team [crewkernercnews@gmail.com](mailto:crewkernercnews@gmail.com). You will only receive important information and the club's newsletter if your details are up to date. Also very soon we are adopting a signing in/out register at the George Reynolds Centre and again it is vital your contact details are correct.



# This Week's Running

## Club Nights

*Tuesday* – Mixed ability but generally faster/longer runs

*Wednesday* – Speed work organised by Club Captain Ed

*Thursday* – Beginners/Social Night

**All week night runs leave from The George Reynolds Centre at 6.30pm**

*Sunday* – Mixed ability, generally cross-country

**Sunday morning runs leave from The George Reynolds Centre at 9.30am**

## **Frome Half Marathon**

Hi Everyone,

Entries for the Frome Half Marathon are open. This year we are hosting the Somerset Road Race Championship so please could you forward the website link to members of your club that might be interested in competing? There is also a 10K and 5K option.

<http://www.fromehalfmarathon.co.uk/index.html>

Many thanks.

Georgie

Frome Half Marathon - Race Director

## **The Pensford 10K**

13:00 on 28th April 2013 at Pensford Memorial Hall ,BS39 4HW

The 10k course starts at Pensford Memorial Hall and runs counter clockwise

There will also be a 4k fun run

To register, please go to:

[www.Pensford10k.co.uk](http://www.Pensford10k.co.uk)

## **For Those Who Would Like To Try Something Different**

POWERMEN UK AUGUST 11th 2013

POWERMEN UK is a duathlon event, comprising of a 10km run followed by a 60km bike and ending with another 10km run. A long course option will be available which will consist of a 10km run-120km bike and a 20km run. Both events will run alongside each other starting and finishing in Cheap Street Sherborne.

[Click Here For Event Website](#)

### **The Night Runner**

**7 miles of nocturnal fun in Grizzly territory from 7:20pm on Saturday 30th March, 2013.  
Complete with mud and beach (but no bog).**

Beer Coasters, part of the Axe Valley Asylum of Running, once again invite you to experience the joys of multiterrain racing in the dark. We run in this area all year round, come rain or shine, light or dark, and want to give you the opportunity as well! Start and finish in Beer Head car park where there will be free parking from 6pm.

Social afterwards in The Anchor; food available to pre-order for £5 with other menu choices on the night.

Memento and spot prizes but no trophies.



### March

Date	Event	Location	Race Start Time	Website
3 Mar	CRC West Bay Run	Crewkerne to West Bay	9.00am	See Newsletter
3 Mar	Combe St Nicholas 10k	Combe St Nicholas	10.30am	<a href="http://www.runnersworld.co.uk/events/">http://www.runnersworld.co.uk/events/</a>
3 Mar	Bideford Half Marathon	Bideford	10.30am	<a href="http://www.bidefordaac.co.uk">www.bidefordaac.co.uk</a>
3 Mar	Bath Half Marathon	Bath	11.00am	<a href="http://www.bathhalf.co.uk/">http://www.bathhalf.co.uk/</a>
9-10 Mar	Festival Of Running	New Forest		<a href="http://www.nakedstrength.co.uk">http://www.nakedstrength.co.uk</a>
10 Mar	The Grizzly		10.30am	<a href="http://www.axevalleyrunners.org.uk/">http://www.axevalleyrunners.org.uk/</a>
11 Mar	CRC AGM	White Hart,	7.30 for 8pm start	See Newsletter
13 Mar	Street 5k (Race 6)	Street	7.30pm	<a href="http://www.wellscityharriers.org.uk">http://www.wellscityharriers.org.uk</a>
17 Mar	Butleigh 7 Mile Multi-terrain	Butleigh	11.30am	<a href="http://www.wellscityharriers.org.uk">http://www.wellscityharriers.org.uk</a>
17 Mar	Offcamber XC	Blanford	10.00am	<a href="http://www.offcamber.co.uk/">http://www.offcamber.co.uk/</a>
22-24 Mar	Jurassic Coast Challenge	South Dorset	9.00am	<a href="http://www.votwo.co.uk">www.votwo.co.uk</a>
24 Mar	Ringwood Rabbit Run	Linwood, New Forest	10.30am	<a href="http://www.ringwoodrabbitrun.org">www.ringwoodrabbitrun.org</a>
24 Mar	Yeovil Half Marathon	Yeovil	9.00am	<a href="http://www.yeoviltownrrc.com">http://www.yeoviltownrrc.com</a>
30 Mar	The Night Runner	Beer	7.20pm	<a href="http://www.axevalleyrunners.org.uk/">http://www.axevalleyrunners.org.uk/</a>
31 Mar	CRC South Petherton Long Run	South Petherton	9.00am	See Newsletter

April				
Date	Event	Location	Race Start Time	Website
1 Apr	Easter Bunny 10k	RNAS Yeovilton	11.00am	<a href="http://www.yeoviltonnrrc.com">http://www.yeoviltonnrrc.com</a>
7 Apr	Taunton Half & Marathon	Taunton	10.30am	<a href="http://www.tauntonmarathon.co.uk/">www.tauntonmarathon.co.uk/</a>
7 Apr	Paris Marathon	Paris	8.45am	<a href="http://www.parismarathon.com/index_us.html">http://www.parismarathon.com/index_us.html</a>
10 Apr	Summer 5k Series (Race 1)	RNAS Yeovilton	7.15pm	<a href="http://www.yeoviltonnrrc.com">http://www.yeoviltonnrrc.com</a>
14 Apr	Brighton Marathon	Brighton	9.00am	<a href="http://www.brightonmarathon.co.uk/">http://www.brightonmarathon.co.uk/</a>
14 Apr	Honiton Hippo	<b>Honiton</b>	10.30am	<a href="http://www.honitonrc.com/honiton-hippo-april.html">http://www.honitonrc.com/honiton-hippo-april.html</a>
21 Apr	London Marathon	London	9.30am	<a href="http://www.virginlondonmarathon.com/">http://www.virginlondonmarathon.com/</a>

Please Contact Us With Any local Races BIG or small So We Can Add Too The Diary  
At : [crewkernercnews@gmail.com](mailto:crewkernercnews@gmail.com)