

# CREWKERNE RUNNING CLUB

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Newsletter Issue No. 97

24/2/2013

## Slay the dragon 2013 - 24th February

I awoke on the Sunday morning and checked the weather report..

They gave a -7 in the wind, so i asked the kids if they still want to run hoping i could remain indoors on this artic morning. But alas they still wanted to run. So i put on about 9 layers of clothing to brave the weather and headed out.

On arriving in Hinton there must have been at least 9 other Crewkerne runners there ready to race, after a quick pic from the Chard and Ilminster, a few words of wisdom from Derek we were off. I set off with a steady pace, I could see Roger & a few others disappearing in the distance with Linda and others just in front of me, then strangely Nick appeared alongside me said hello and a few strides later was up with Roger.

The trail was mildly undulating with about 120m of climbing in total with two short killer hills, the second one almost killed me. the trail consisted of quiet lanes and a few fields of a very enjoyable run and once warmed up turned out to be almost ideal conditions.

gpx of route : [click here](#)

The kids enjoyed their fun run round the village and were very proud of their medals. The whole event was very well marshalled and very friendly. We shall all back next year.

Hopefully another report next week including results from another perspective.



## **CRC AGM MEETING**

The AGM of Crewkerne running club will take place at the White Hart, Market Square,  
Crewkerne (7:30 for 8:00) Monday 11th March 2013

At this meeting the clubs activities during the last year and any future issues regarding your club will be debated.

Please try to attend, and if you wish to add any items to the Agenda please contact myself or any other committee members.

Thanking You

Martin Cook Hon Sec

P.S. All members that attend will be entitled to one free drink

## **Crewkerne To West Bay - Sunday 3rd March**

Anyone who did the recent Charmouth run will know just how much fun these runs are! The route will be around 17 miles in total, and will see us leaving from The George Reynolds Centre at 9.00 am SHARP.

There are two places where runners can join us along the route if they don't fancy doing the whole thing but still want to take part. Runners can join from Wynyards gap at 10.00am to run 12 miles in total. If you fancy running 8 miles, why not join us in the centre of Beaminster (by The Wild Garlic Restaurant) at 10.40am.

We aim to pass through these points at roughly the stated time but we cannot be exact so please bear that in mind when you meet us.

First runners will aim to arrive in West Bay at around 12.15, with most arriving shortly after. We will be eating food afterwards at The West Bay Inn at 1 o'clock.

## **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.

More information will be available nearer the time

## **A Message From Claire Woods**

After completing a handful of half-marathons and ahead of turning 30, I've decided to go the 'full distance' by running the London Marathon.

I'm running for Visually Impaired Children Taking Action (VICTA), which supports blind and partially sighted children and their families by providing a support network and giving grants. I've chosen to run for VICTA as I had a squint in my left eye when I was younger so can appreciate the difference the charity makes.

Any donation you can afford to give will be greatly appreciated, and your support will help keep me going during the long training runs)!

To visit my fundraising page please use this link: [http://uk.virginmoneygiving.com/claire\\_woods](http://uk.virginmoneygiving.com/claire_woods)  
Thanks for your support and feel free to pass the above link to anyone else who may wish to make a

## **New Members**

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

Fiona Bishop

## **Birthdays**

Happy Birthday to the following members this coming week:

Steven Cousins



## **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* – West Bay Run, Mixed ability, generally cross-country

**Sunday morning runs leave from The George Reynolds Centre at 9.00am**

## **Yeovil Half Marathon - 4/03/2013**

Now in its third year, the 2013 Yeovil Half Marathon will take place on the 24th  
March 2013

With the race HQ and the Start and Finish at Huish Park the home of Yeovil Town  
FC

Yeovil town got behind the 2011 and 2012 event with the route being lined with  
spectators, spectator hotspots having live music to keep athlete motivated.  
The event will retain the same route as 2012, including the unique King of the Hill  
contest.

The race will be held under ARC regulations, with the course now being officially  
measured.

## **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)



## **GREATWESTERN 10K - SUNDAY 10TH MARCH 2013**

Yeovil Town RRC and the Rotary Club of Sherborne Castles proudly present the 3rd Great Western 10K; a scenic race through rural lanes and fields surrounding Leweston School – enjoy the views of Dorset as you make your run, it will take your minds off the inclines and undulations!

Commemorative mug for all finishers.

There is parking at the venue.

Changing facilities are limited and it's safest to assume that there are none - nor showers.

There are no baggage storage facilities.

Light refreshments provided by Friends of Leweston School available from 8.30 a.m.

10km starts 11.00am

2km Fun Run starts 11.05am

From Leweston School, Sherborne,

DT9 6EN

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

### **Aquathlon Series 2013**

All races will be contested over a 600 metre pool swim and a 5km run.

A novice wave will be run at each event with a 300 metre pool swim and a 5km run.

The Aquathlons will have a number of wave times, beginning from 8am. Exeter Middlemoor wave times begin from 8.30am and will host races for children, these wave times begin from 11.30am approximately, [online entry](#)

### **THE NEW FOREST FESTIVAL OF RUNNING IS BACK IN 2013!!!**

Set to be an iconic event in the 2013 Running calendar, where nothing else matters but just putting one foot in front of the other in the beautiful national park that is The New Forest.

The Programme of events...

Saturday 9th March 2013

10 Km - 10 Miler - Ladies Only 5 Miler - Ladies Only Half Marathon

Sunday 10th March 2013

50 Km Off Road Ultra - 20 Miler - Half Marathon

**March**

| <b>Date</b> | <b>Event</b>                  | <b>Location</b>       | <b>Race Start Time</b> | <b>Website</b>  |
|-------------|-------------------------------|-----------------------|------------------------|---|
| 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**

| <b>Date</b> | <b>Event</b>              | <b>Location</b>   | <b>Race Start Time</b> | <b>Website</b>  |
|-------------|---------------------------|-------------------|------------------------|---|
| 1 Apr       | Easter Bunny 10k          | RNAS<br>Yeovilton | 11.00am                | <a href="http://www.yeoviltonnrc.com">http://www.yeoviltonnrc.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<br>Yeovilton | 7.15pm                 | <a href="http://www.yeoviltonnrc.com">http://www.yeoviltonnrc.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)