

# CREWKERNE RUNNING CLUB

## Newsletter

Crewkerne Running Club Website –  
[www.crewkernerc.btck.co.uk](http://www.crewkernerc.btck.co.uk)

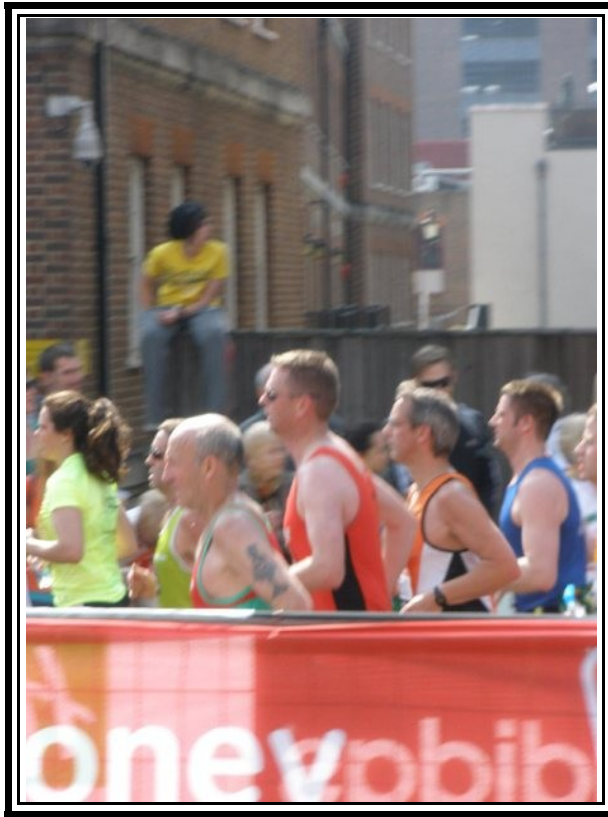
Issue no. 18 Sunday 24<sup>th</sup> April 2011

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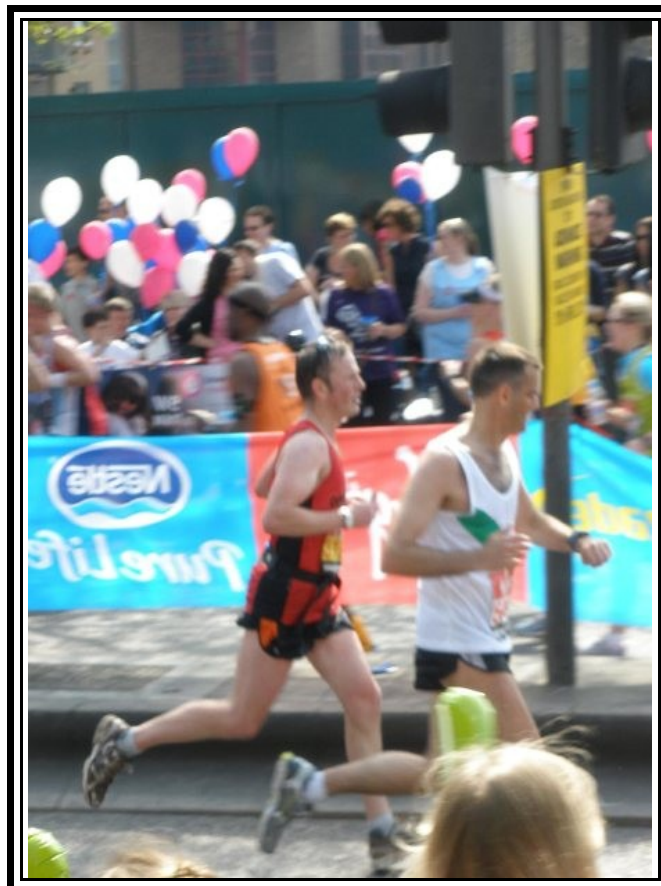
*Dear Fellow Runners*



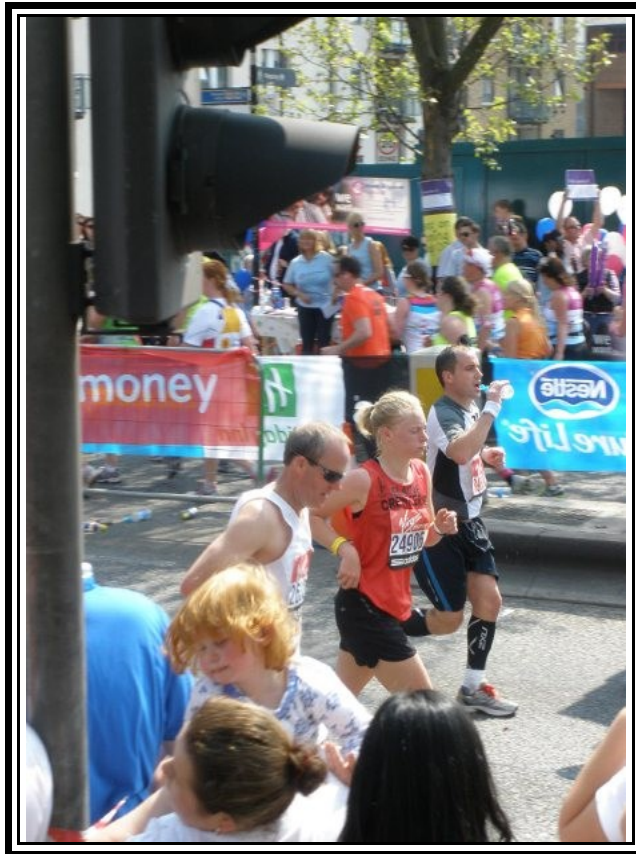
A formidable trio – Felix, Elaine and Andy pose for a picture before the off!



**Andy towering above the rest at 13ish**



**Felix powering his way to a sub 3hr at mile 23!**



Elaine making it all look easy



Who can name this super hero??  
First winning answer gets next week's newsletter for free! Bargain!

## London Marathon Race Report by Andy '5 times' Parsons

This year's race for me was an injury-forced carryover from 2010. I had decided prior to the big day that it would be my fifth and final one and I had intended to 'enjoy' it.

Deb, the boys and I went up on Thursday morning as we had decided to have an Easter holiday as well. The Clarendon was lovely and quiet that early in the week, and managed to park out the front! Once we were booked in we made our way to the Expo, which again, was lovely and quiet!!! Watched Jo Pavey being interviewed prior to running her debut marathon, collected my number and headed off back to the hotel.

On Friday we visited the Eye, Science Museum and Harrods. Would you believe that you can drop your beloved dog or cat off there for a spa pampering session while you shop! They also had a cup-cake shop specifically for dogs...

Saturday was a bit relaxing and we visited the Greenwich Observatory, very interesting and worth doing!!!

At breakfast on Sunday morning I chatted to a couple of chaps who were involved in the event. I thought they were runners, but it turns out they were the official clock-time changers. They have a master clock, and go around the course between the elite ladies and men changing the clocks at each mile marker so they read right for the men! I had presumed that this would be done electronically!! Apparently they still like to have the guarantee that the clocks have changed...

9.45am arrived and we had the obligatory photo at the start. I knew it was gonna be a hotty, as it wasn't cold and there was no need for gloves and a throwaway t-shirt as usual.

Was in Pen 2 at the start and crossed line in about ten seconds. Settled into 8 min mile pace (ish) and after a while met up with Elaine and ran with her for a bit. She looked very strong so she went on. I began to lock-up at 13, and knew that the final 13 were going to hurt!

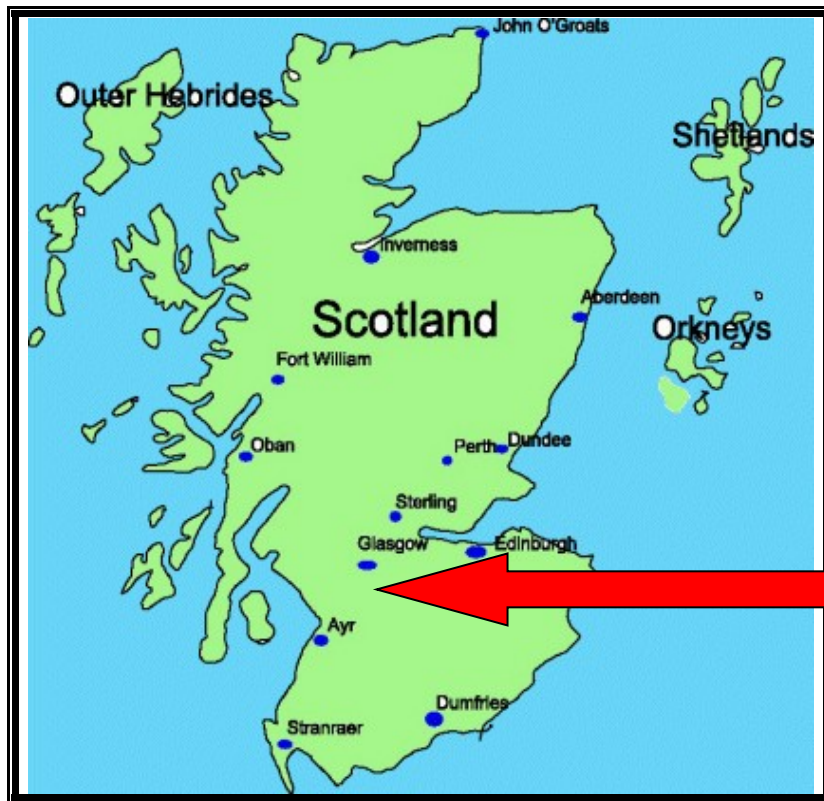
Wanted to ensure that all five had started with a '3', so managed to pace around to achieve that. Saw Steve Hurley at about 23 miles just before the tunnel, and wasn't in a good place. However, I was better than the poor chap who collapsed in front of me in the tunnel and smacked his head on the pavement knocking himself out. Stayed and helped with a couple other runners for about 5 minutes as there were no medics, police close by. Trouble is I knew that stopping was worst thing I could do, and getting going again.. OUCH!

Crossed line in 3.55 something. Five done. Never Again.....!!!!!!!!!!!!!!!!!!!!

Thanks Andy for a great report and photos!!



## The Dave Rowe John O'Groats to Lands End Progress Report



DAVE IS HERE!

3 Days of Dave's Marathon ride and he has made fantastic progress!!  
Already over halfway down through bonnie Scotland!

Completing 100 miles on Day 1, 97 on Day 2 and a massive 115 on Day 3, he is certainly eating up the distance!

I have spoken to Dave this evening and he has currently just checked in to a Premier Inn in East Kilbride which is just outside Glasgow. Having taken a wrong turn today, the mileage was more than he was expecting, but luckily has found a place to rest his weary head for the night!

Dave is raising money for the Motor Neurone Disease Association, a worthy cause I am sure. If you would like to dig deep and donate what ever you can to the cause, you can visit Dave's page on the Just Giving website. You can also see more about why this charity is special to Dave by clicking on the link below or visiting the charities website.

<http://www.justgiving.com/david-rowe1>

<http://www.mndassociation.org>



This Wednesday saw a pub run from The Manor Arms in North Perrott.

I am told that 8 ran and 5 stayed afterwards for some lovely food and equally lovely chit chat, but we want to see more members coming to the pub runs! They are a nice evening out!





## There are still some members who have yet to renew their memberships

A quick reminder for all those who have yet to renew your membership that your subs are now overdue.

The new 2 tier membership system is now in place –  
£10 standard £15 with EA Licence

Please see Derek with your cash asap

Thanks!

I think Martin has emailed most of you with your new EA registration numbers which he has kindly organized.

If you have yet to get your number, contact myself or Martin and we can update you on progress.



## Upcoming Events....

Good luck to all members who are taking part in the Easter Bunny at Yeovilton tomorrow. A fast, flat course so I'm expecting some PB's!

Also a reminder that this Sunday is the Glastonbury 10k. Myself and at least 1 other member will be heading down – would be nice to see you there!

Also remember that the Thursday after next (5<sup>th</sup> May) will be Jim's annual Pub Run from Hawkchurch! Do come along if you can!

Also coming up....

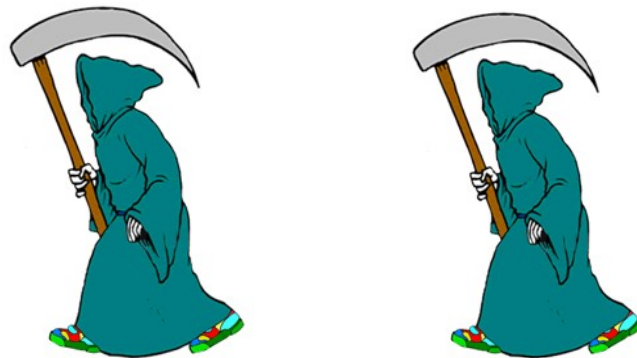
## The Black Death Run



Welcome to the Black Death Run, probably the toughest off road run in the Country, yet still very achievable for even a modest runner. It is estimated that less than 3% of last years runners ran the entire course, most walked the steepest



hills. So join the crowd, run when you can, walk when you cannot, and enjoy the fabulous surroundings that this private estate offers.



The race is now extended slightly to 10 miles and if you are not quite ready for the main event, join the 3 milers for a less challenging, but equally impressive run or walk.

When you have finished the run, collected your t-shirt or medal (3 milers), enjoyed a shower (streams and lakes available!), what a party awaits.

We have live rock bands on the big stage, dancers, and more. The Cotleigh bar will be selling local ales and there will be a wide range of good quality food on offer.

8<sup>th</sup> May 2011

Also...

**RUN in the WILD 2011**



The 3rd running of the Run in the Wild is on Sunday June 5th at 10:30. One of the most popular off road 10k races in the area, it uses the hilly grounds of Cricket St Thomas Lakes & Gardens for a scenic challenging route.

The main change for this year is that we are adding a 3k junior/fun run. This is aimed at up to 15 year olds.

You can come and see all the hard work the goes into keeping the gardens looking so beautiful!

(Maybe blowing my own trumpet there!!)



### [This Week's Running](#)

Club nights are on Tuesday, Wednesday and Thursday this week, leaving the car park at Lidl's at 6.30pm.

Sunday morning run is on as usual, leaving the car park at 9.30am.





*Dates for your*

April

Date	Event	Location	Time	Website
Mon 25 <sup>th</sup>	Easter Bunny 10k	RNAS Yeovilton	11.00am	<a href="http://www.yeoviltownrrc.com">www.yeoviltownrrc.com</a>

May

Date	Event	Location	Time	Website
Sun 1 <sup>st</sup>	Glastonbury 10k	Glastonbury	11.00am	<a href="http://www.glastonburyroadrun.info">www.glastonburyroadrun.info</a>
Sun 1 <sup>st</sup>	The Great West Run 13 miles	Exeter	9.45am	<a href="http://www.thegreatwestrun.co.uk">www.thegreatwestrun.co.uk</a>
Thurs 5 <sup>th</sup>	Pub Run	Hawkchurch	6.30pm	See Newsletter
Sat 7 <sup>th</sup>	The Exterminator 10k	South Devon College	5.00pm	<a href="http://www.somerac.org.uk">www.somerac.org.uk</a>
Sun 8 <sup>th</sup>	The Black Death Run 10k	Combe Sydenham	11.00am	<a href="http://www.runningforeverrunningclub.org.uk">www.runningforeverrunningclub.org.uk</a>
Wed 11 <sup>th</sup>	Yeovilton 5k (Race 2)	RNAS Yeovilton	7.15pm	<a href="http://www.yeoviltownrrc.com">www.yeoviltownrrc.com</a>
Sun 15 <sup>th</sup>	Jack & Jill Challenge	Midsomer Norton	11.00am	<a href="http://www.somerac.org.uk">www.somerac.org.uk</a>
Sun 22 <sup>nd</sup>	Crewkerne 9	Crewkerne	10.00am	<a href="http://www.crewkernerc.btik.co.uk">www.crewkernerc.btik.co.uk</a>
Sun 22 <sup>nd</sup>	Curry Mallet 10k	Curry Mallet	11.00am	<a href="http://www.runbritain.com">www.runbritain.com</a>
Wed 25 <sup>th</sup>	Spring Handicap	South	6.30pm	See Newsletter

		Petherton		
Sat 28 <sup>th</sup>	Egdon Easy	Weymouth College	7.00pm	<a href="http://www.egdonheathharriers.com">www.egdonheathharriers.com</a>
Sun 29 <sup>th</sup>	Wells 10k	Wells	10.30pm	<a href="http://www.wellscityharriers.org.uk">www.wellscityharriers.org.uk</a>

## June

Date	Event	Location	Time	Website
Sun 5 <sup>th</sup>	Run in the Wild 10k	Cricket St Thomas	10.30am	<a href="http://www.chardrunningclub.btck.co.uk">www.chardrunningclub.btck.co.uk</a>
Wed 8 <sup>th</sup>	Yeovilton 5k (Race 3)	RNAS Yeovilton	7.15pm	<a href="http://www.yeoviltownrrc.com">www.yeoviltownrrc.com</a>
Sat 11 <sup>th</sup>	Umborne Ug	Umborne	6.00pm	<a href="http://www.axevalleyrunners.org.uk">www.axevalleyrunners.org.uk</a>
Sun 12 <sup>th</sup>	Ninesprings 9k	Yeovil	10.30am	<a href="http://www.yeoviltownrrc.com">www.yeoviltownrrc.com</a>
Sun 12 <sup>th</sup>	Cheddar Challenge 10k	Cheddar	11.00am	<a href="http://www.cheddarrunningclub.co.uk">www.cheddarrunningclub.co.uk</a>
Wed 15 <sup>th</sup>	Tin Tin Ten (TBC)	Tintinhull	TBC	<a href="http://www.chardrunningclub.btck.co.uk">www.chardrunningclub.btck.co.uk</a>
Sun 19 <sup>th</sup>	Martock 10k	Martock	11.00am	<a href="http://www.martock10k.org.uk">www.martock10k.org.uk</a>
Sun 19 <sup>th</sup>	Race For Life	Sherborne	10.00am	<a href="http://www.raceforlife.org">www.raceforlife.org</a>
Thurs 23 <sup>rd</sup>	Forde Abbey 10k	Forde Abbey	7.00pm	<a href="http://www.nutshelloutdoors.co.uk">www.nutshelloutdoors.co.uk</a>
Sun 26 <sup>th</sup>	North Devon Marathon	Woolacombe	10.00am	<a href="http://www.northdevonmarathon.co.uk">www.northdevonmarathon.co.uk</a>

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

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