

# CREWKERNE RUNNING CLUB

## Newsletter

Issue no. 73 Sunday 24<sup>th</sup> June 2012

[www.crewkernerc.btck.co.uk](http://www.crewkernerc.btck.co.uk)

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***Dear Runners,***

### Exciting News!!

Mark this date in your diary now and do not forget it!!

On Wednesday 25<sup>th</sup> July, the club are privileged to be joined by Adrian Marriott who will be taking us for a personalised training session!

This will be very much like our fantastic Wednesday night interval sessions that are run, superbly I must say, by Ed Stahl.

Adrian will be using his wealth of knowledge and experience in the world of running to lead session. This will be an ideal chance for those looking to improve on their speed and 5k/10k times, or those who just want to take part and also learn how to warm up and cool down properly.

Adrian has a relaxed, friendly and approachable manner and we are encouraging as many of you to come along as we can to take advantage of this fantastic opportunity!

Please feel free to contact me for more details!



## [Forde Abbey 10k Race Report from Yours Truly](#)

Only the hardest of runners made it out to Forde Abbey on Thursday for this popular local event. A day of torrential rain left us in no doubt of what the conditions underfoot were going to be like. We expected mud, water and bogs and that is exactly what we got!

Arrived and caught up with Tom Baker and Mike Pearce. We chatted the chat and discussed our chances of taking home the team prize. Alas we would need a fourth member of the elite squadron, but that proved ever so difficult to find, leaving us with no choice, and believe us we tried, but to resort to Tim Irish. But we didn't let that, and the rain, dampen our spirits as we rounded up the growing number of CRC runners and made our way to the start line.



We knew not long after the start you hit a pinch point, so not wanting to get caught in the masses, we sprinted off the line, with Tom Baker taking a commanding early lead for the first ½ mile.

Things started to settle down and I was feeling fresh. A breakaway trio, including one GB Paralympian, had taken a lead. Tom was holding a commanding fourth, with Mike and myself not far behind.

The route was stunning, and while the rain was lashing down, it was refreshing and we were all running hard. Mike started to struggle a bit around the half way mark, the result of 3 races in quick succession, and I passed him and another to try and latch on to Tom who was bounding on at a very quick pace.

Finally managed to catch up with Tom and we ran together for the rest of the race. We were both 'in the zone' and setting a great pace. One of those rare races when it all seems effortless!

Anyone who knows the Forde Abbey races knows about the river crossings at the end, sadly the first had to be cancelled due to the height of the river after all that rain. Made my move on Tom and this point and just about managed to hold him off as I made my

way to the second river crossing. Ploughed through waste deep water and into the grounds of the house.

With the finish line in sight a quick glance behind, nobody there, and came across the line over the moon to have secured fourth position.

Then something strange happened....

As I was in the process of gasping for air, one of the organisers came up to me and presented me with the trophy for 'Winning Male'. I pointed that I had finished fourth, that she was mistaken, and that there were three guys that were in front of me for the whole race!

It was at this point she told me I was wrong, that I was the first runner home and that I had won the race!! What?!?! And it was true, as a few minutes later, the three runners who had led the whole way came across the line.



It was true to say that the route was poorly marshalled and in places the directional arrows were not overly clear, and it appeared that somewhere along the route, either we or they had gone wrong. This became a recurrent theme among runners as they came in, with some taking one route, and some taking another at one point along the way.

That did somewhat take the shine off of what will probably be my one and only race win! But a win is a win!

Your CRC contingent did really well, but the results have still not been released so I cannot give you them, and we are also still waiting to hear who won the team event!

A great race, just a shame that some poor marking out meant the final results was not overly fair!





## Martock 10k

Some fantastic results at the Martock 10k last Sunday, with three runners in the top 10 who took home the team prize! So well done to Mike, Ed and Clive.

Really hope for a race report for this race if someone could send one in!

<u>Position</u>	<u>Runner</u>	<u>Time</u>
1 <sup>st</sup>	Robin Adams	35.59
3 <sup>rd</sup>	Mike Pearce	36.23
4 <sup>th</sup>	Ed Stahl	37.04
8 <sup>th</sup>	Clive Harwood	38.31
42 <sup>nd</sup>	Richard Caile	45.39
47 <sup>th</sup>	Alex Helps	46.12

79 <sup>th</sup>	Steve Harpur	53.42
96 <sup>th</sup>	Stuart Stacey	56.46
102 <sup>nd</sup>	Nigel Newbury	57.47
103 <sup>rd</sup>	Tamsin Dickinson	57.58
110 <sup>th</sup>	Sam Pagget	59.14
127 <sup>th</sup>	Caroline Smith	1.05.23



## An Invitation from Clive....

Clive and Steve are running the Rodwell Trail in Weymouth on Monday night. They leave the car park at the Swannery at half 6 for the run, and will stop for a slap up meal afterwards.

If anyone wishes to join them, please call Clive on 07831157757.

Please let Clive or Steve know that you will be joining them beforehand if you could!



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## Crewkerne Tri – HELP NEEDED!!

Would any of you be able to lend a hand helping out at the Crewkerne Tri. It is happening this coming Sunday and the club have agreed to look after the running section. We are looking for 5 more people to do lap counting for the running section in the junior race.

Please contact Derek Boles ASAP to let him know if you are available – [derek.boles123@btinternet.com](mailto:derek.boles123@btinternet.com)



[Hawkchurch Pub Run Report from Nigel Newbury](#)

About 15 runners gathered in the bar of the Old Inn last Thursday as the sky blackened over. As soon as the rain started it was time to leave the pub. Jim led us across the lane and turned left, past the church. 14 runners soon disappeared from view. Clive, following on, headed straight up the lane and turned right, not to be seen again.

The main group ran across fields, crossing the Lyme road and up to Lambert's Castle. The weather closed in and the views from this National Trust beauty spot were of mist and clouds. Jim found a hidden stile into the woods and an invisible path, leading us down the hill at a lively pace.

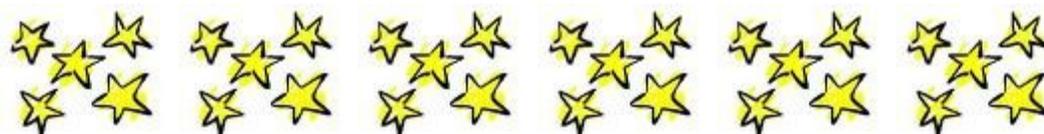
Crossing the Lyme road again, we continued downhill on "unmetalled road". The woods opened up to meadows of wild flowers and orchids. In this unspoiled countryside we passed the remote cottage where Jim was brought up. Returning to Hawkchurch along hidden trails, we met up with Clive, who had taken in six or seven miles of the Leyland trail.

Thank you to Jim for organising and leading this excellent club run.



## Upcoming Events...

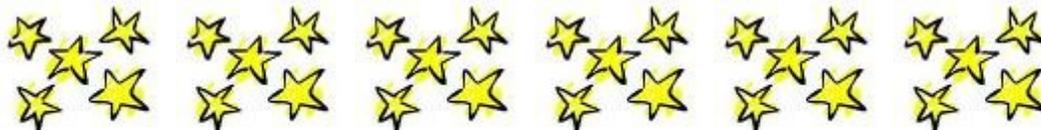
Remember this Thursday is the Ash Town Tree Trail Race!



4 Birthdays this week!

Starting with Rachel Hoyle on the 25<sup>th</sup> , Tracy Symes and Martin Denman on the 26<sup>th</sup>  
and dearly beloved Roger Swann on the 27<sup>th</sup> !

Many Happy Returns!



*This Week's Running*

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

The Sunday morning run leaves the Lidl's car park at 9.30am.





## Dates for your

### June

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Thurs 28 <sup>th</sup>	Ash Town Tree Trail Race	Ash	7.00pm	<a href="http://www.yeoviltownrrc.com">www.yeoviltownrrc.com</a>

### July

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sun 1 <sup>st</sup>	Portland 10	Portland	10.30am	<a href="http://www.rmpac.co.uk">www.rmpac.co.uk</a>
Wed 4 <sup>th</sup>	Tin Tin Ten	Tintinhull	7.00pm	<a href="http://www.chardrunningclub.btck.co.uk">www.chardrunningclub.btck.co.uk</a>
Sat 7 <sup>th</sup>	Charmouth Challenge	Charmouth	2.30pm	<a href="http://www.charmouthchallenge.co.uk">www.charmouthchallenge.co.uk</a>
Sun 8 <sup>th</sup>	Wellington 10m & 10k	Wellington	10.30am	<a href="http://www.thewellingtonten.co.uk">www.thewellingtonten.co.uk</a>
Sun 8 <sup>th</sup>	Quantock Beast	Fyne Court	11.00am	<a href="http://www.quantockharriers.co.uk">www.quantockharriers.co.uk</a>
Sun 8 <sup>th</sup>	Cheddar Gorge 5k, 10k Half Marathon	Cheddar	11.00am	<a href="http://www.relishrunningraces.com">www.relishrunningraces.com</a>
Wed 11 <sup>th</sup>	Yeovilton 5k (Race 4 of 6)	RNAS Yeovilton	7.15pm	<a href="http://www.yeoviltownrrc.com">www.yeoviltownrrc.com</a>
Sat 14 <sup>th</sup>	Swanage Half Marathon	Swanage	TBC	<a href="http://www.swanagecarnival.com">www.swanagecarnival.com</a>
Thurs 19 <sup>th</sup>	Pub Run – Manor Arms	North Perrott	6.15pm	See Newsletter
Sun 29 <sup>th</sup>	North Dorset Half Marathon	Sturminster Newton	10.30am	<a href="http://www.sturhalf.co.uk">www.sturhalf.co.uk</a>

### August

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
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Wed 1 <sup>st</sup>	Haselbury Trail Race	Haselbury	7.00pm	<a href="http://www.crewkemerc.btck.co.uk">www.crewkemerc.btck.co.uk</a>
Sun 5 <sup>th</sup>	Totnes 10k	Totnes	10.30am	<a href="http://www.teignbridgetrotters.co.uk">www.teignbridgetrotters.co.uk</a>
Wed 8 <sup>th</sup>	Yeovilton 5k (Race 5 of 6)	RNAS Yeovilton	7.15pm	<a href="http://www.yeoviltownrrc.com">www.yeoviltownrrc.com</a>
Sat 11 <sup>th</sup>	Maiden Newton Madness	Maiden Newton	7.00pm	<a href="http://www.freewebs.com/maidennewtonrunningclub">www.freewebs.com/ maidennewtonrunningclub</a>
Sun 26 <sup>th</sup>	Langport 10k	Langport	11.00am	<a href="http://www.langportrunners.co.uk">www.langportrunners.co.uk</a>

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

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