

CREWKERNE RUNNING CLUB

Newsletter

Crewkerne Running Club Website –
www.crewkernerc.btck.co.uk

Issue no. 30 Sunday 24th July 2011

Dear Fellow Runners

We begin with an important message from Derek regarding the Haselbury Trail Race which is one week on Wednesday.

Haselbury Trailrace. August 3rd 7:15 start.

Time flies! The Haselbury Trailrace is fast approaching and I will shortly be emailing all of you who helped last year. If you can do the same task this year it would be great and if anyone else would like to come along and help on the night please let me know in advance.

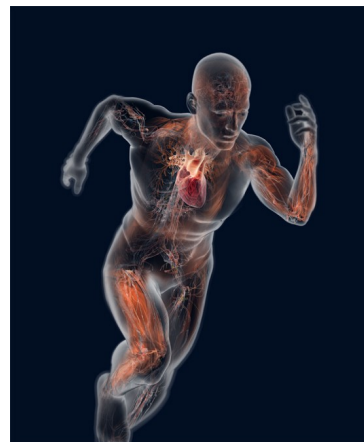
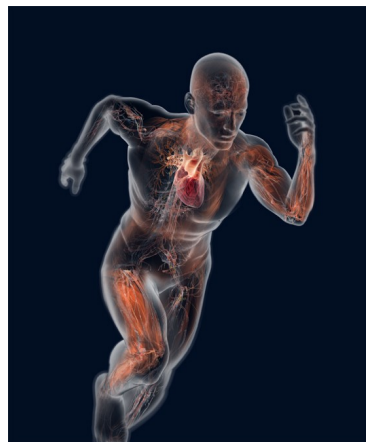
I was in the kids play area (with my grandchildren!) at The Park in Haselbury recently when I saw the new sign which has been erected.



Nice to get some recognition for our efforts.

Derek

If you could spare a few hours to help out on the evening it would really help. Please get in touch with Derek at derek.boles123@btinternet.com



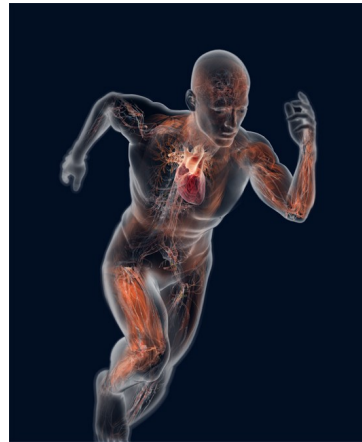
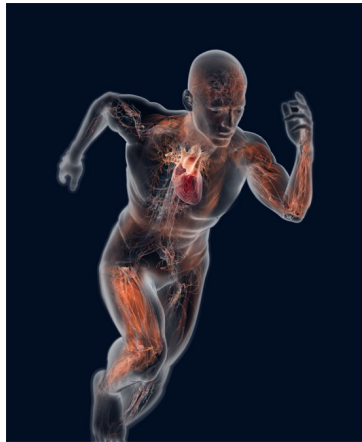
Pub Run Reminder

Please remember that this Wednesday night there is a pub run from Bridport.

We will be meeting at the car park by the bus station at the bottom of town. To get to it you drive down through the main high street, and when you get to the roundabout at the bottom, turn left (1st exit) and you will come into the car park.

The run will begin at 6.30pm and will get back around 7.45 – 8.00. We will then make our way to the Weatherspoons in Bridport for a meal, and Clive assures us the food is very good and very reasonably priced!

Look forward to seeing you there!



[Run Report from Clive Harwood](#)

Although it was raining when I left Crewkerne on Monday night with Steve. Sharon with daughter Natalie, and Elaine we thought it would be better at the coast so went to Weymouth. Dropped the ladies off at Brewers Quay and we drove on to Portland. Thankfully had decided to start at the top of the hill. Parked and put on rain jacket as it was cool and blowy.

Set off for the bill anticlockwise. Caught the wind quite strongly but only a breeze to my last escapade. A lovely view of Chesil beach is to be seen. Arrived at the bill in 3.5

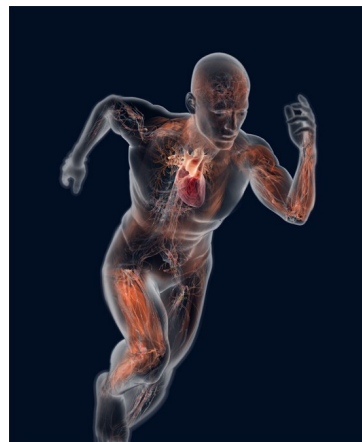
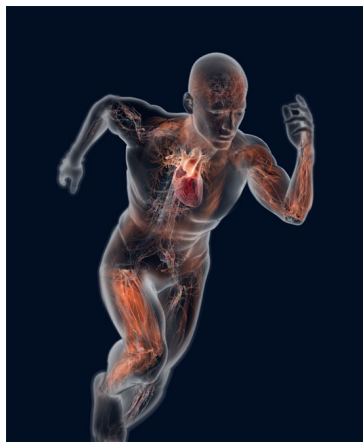
miles aprox. Went down onto the rocks and walked over to Pulpit rock. Weather pretty grim now. Carried on with the sea on our right and through the remains of decades of quarrying. Kept seeing arrows on the ground pointing towards us which i suppose was the route of the Portland 10. With the severity of the ground and undulations, think this is one i will give a miss.

Went a considerable distance down to the sea just before the borstal. Fenced off. Frigate thought i. Retraced our steps and started on the journey back to the car via a longcut to a small beach called Church Hope Cove with a considerable amount of steps to get back onto the road.... We were both B glad to get back. 9.90 miles.

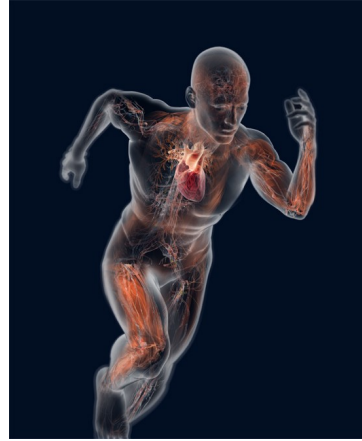
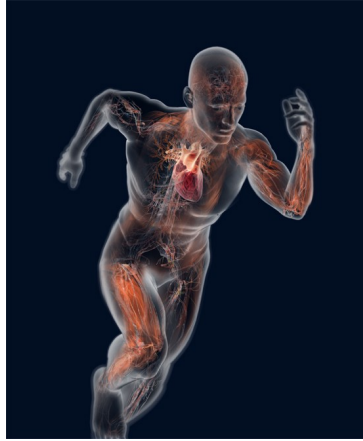
Met the ladies in Yates. Enjoyed it there last time. We all had the chicken breast with bacon and cheese topping, chips, and peas for the extortionate price of £1.99 each. Was really nice. Puddings were 2 for the price of one. Another bargain. Can it get any better. Yes, Steve found Yates on the web offering if you register with the company you get free scampi and chips when you buy a drink.

It was dark now and it started raining as we left. Steve and i were floundering along in the heavy rain when suddenly 3 woman, untrained, possibly overweight (might get away with that comment) ran 30mts in 4 seconds. Left us gobsmacked . Its only rain. Back to the car and drove home. Yet another of our excursions to the coast went down a treat.

This Wednesday 27th July we are meeting at Bridport. Will park down the bottom end of the town at the bus station. If unsure, give me a call. We will run to West Bay on the route we do in the winter. Probably go up the cliff path and find a way back. Eating at Weatherspoons. I am not booking anything as the service is reasonably quick.



I mentioned last week about making possible changes to the Crewkerne 9. So far I have yet to receive any ideas which is a shame, as it would be really great to know how club members feel about changing the event. Please read last week's newsletter for ideas and send them in!



Upcoming Events....

New Forest Marathon & Half Marathon

Sunday 25th September

This is a very popular annual event, with over 600 late entries turned away last year. Closing date for entries is 31st August so please get in quick!

Starting and finishing in the village of New Milton, the course is on undulating, picturesque roads, with a 3 mile section off-road on good forest tracks. There is a full and half marathon option available.

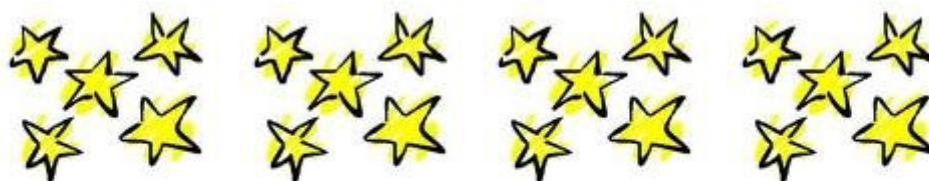
A very well organized event which raises a lot of money for charity.

For more information see their website at www.nfma.org.uk where you can download entry forms as well.

Remember that two popular local races are coming up shortly in August.

The Maiden New-Ten Madness is a multi-terrain 10k on a Saturday evening, and that takes place on 13th August

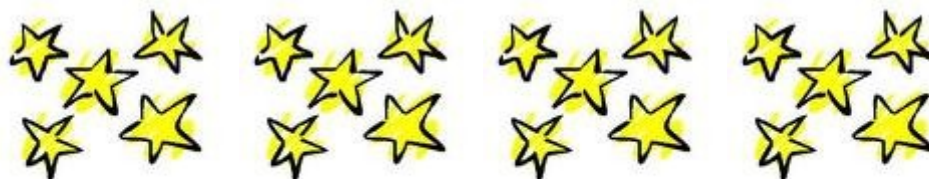
The Langport 10k is also coming up on Sunday 28th August. This is a hugely popular event, and always see's a good turnout from our club. This is a road 10k, and is one of the flattest in the area, which means it is a good chance to get a PB. Please be aware that you really must pre-register for this event as they reach their race limit quickly – don't turn up on the day hoping to enter as chances are it will be full



It seems we have a multitude of birthdays among the club at the moment!
Sensitive ages will be kept quiet.

So many Happy Returns to....

Ladies Captain Sarah Warren – 20th July
Dean Hallett – 21st July
Tom Baker - 22nd July
Rachel Green – 23rd July
Ginnette Russell – TODAY!
George Smith – 29th July
Downhill Dave Carnell – 31st July
Rebecca Abrahams – 31st July





This Week's Running

Club nights are on Tuesday and Thursday this week, leaving the car park at Lidl's at 6.30pm. The Wednesday night run is a pub run from Bridport (see above).

Sunday morning run will be on as usual leaving Lidl's car park at 9.30am.




Dates for your

July

Date	Event	Location	Time	Website
Wed 27 th	Pub Run – Weatherspoons Bridport	Bus Station Bridport	6.30pm	See Newsletter
Sun 31 st	Exmoor Seaview 17	Lynton	10.00am	www.mineheadrunningclub.co.uk

August

Date	Event	Location	Time	Website
Wed 3 rd	Haselbury Trail	North Perrott	7.15p m	See Website or Newsletter
Sat 6 th ?	Shaves Cross Mini Marathon	Shaves Cross	7.00pm	
Sun 7 th	Sturminster Half Marathon	Sturminster Newton	10.30am	www.dorsetdoddlers.org
Sun 7 th	Totnes 10k	Totnes	11.00am	www.teignbridgetrotters.co.uk
Wed 10 th	Yeovilton 5k (Race 5)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Thurs 11 th	Pub Run – Dinnington Docks	Dinnington	6.30pm	See Newsletter
Sat 13 th	Maiden 'Newten' Madness	Maiden Newton	7.00pm	www.freewebs.com/ maidennewtonrunningclub/
Sun 28 th	Langport 10k	Langport	11.00am	www.langportrunners.co.uk
Sun 28 th	Guernsey Marathon	Guernsey	??	www.guernseymarathon.gg

		Maiden 'Newton' Madness		Pub Run – Dinnington Docks	Dinnington	www.freewebs.com/maidennewtonrunningclub
<i>Dates for your</i>						
See Newsletter						

September

Date	Event	Location	Time	Website
Sun 4 th	Ash Excellent 8	Ash School	11.00am	www.yeoviltownrrc.com
Sat 10 th	SLAMM Marathon & Half Marathon	Langport	??	www.langportrunners.co.uk
Sun 11 th	Kamikaze Run	Mapperton	9.30am	www.votwo.co.uk
Sun 11 th	Shepton Beauchamp 10k	Shepton Beauchamp	TBA	www.sheptonbeauchamp.org.uk
Wed 14 th	Yeovilton 5k (Race 6)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Sun 18 th	King Alfreds Torment	Stourhead	11.00am	www.yeoviltownrrc.com
Sun 18 th	Langport Triathalon	Langport	TBA	www.langport-tri.co.uk
Sun 25 th	Taunton 10k	Taunton	TBA	www.taunton10k.co.uk
Sun 25 th	New Forest Marathon & Half Marathon	New Milton	9.30 am	www.nfma.org.uk

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

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