

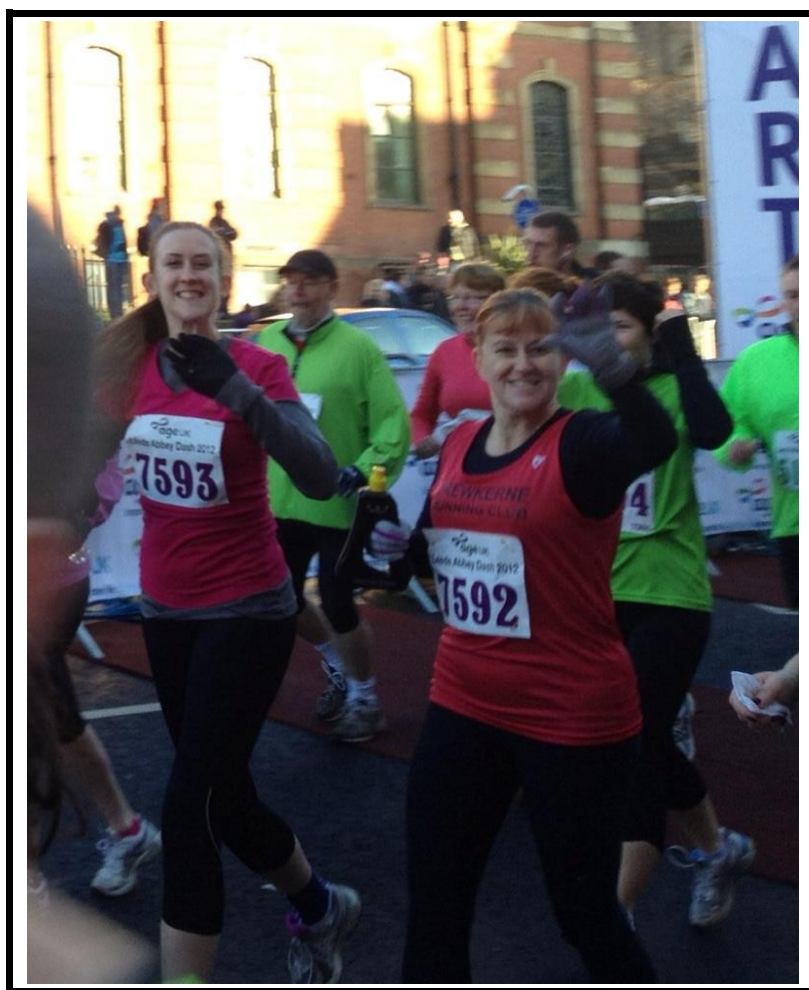
# CREWKERNE RUNNING CLUB

## Newsletter

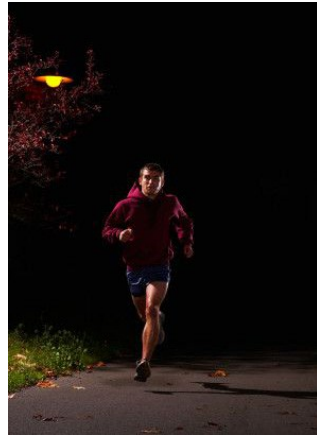
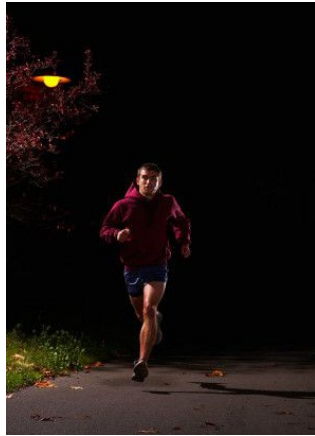
Issue no. 87 Sunday 25<sup>th</sup> November 2012

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

***Dear Runners,***



Club member Kay Pulsford on her travels up north to the Leeds Abbey Dash 10k!



## London Marathon Draw

The draw has taken place to find the two runners who will have our club places for the 2013 London Marathon.

The highly scientific draw took place at the this months committee meeting....by pulling scrap bits of paper out of an empty basket of chips....and the following names were selected.

1. Adrian East
2. MAYOR Roger Swann...not Deputy Mayor as I stated (and have been severely reprimanded for) in my last newsletter

Reserve – Tony Strugnell



[Weatherspoons Breakfast Run lowdown from Clive Harwood](#)

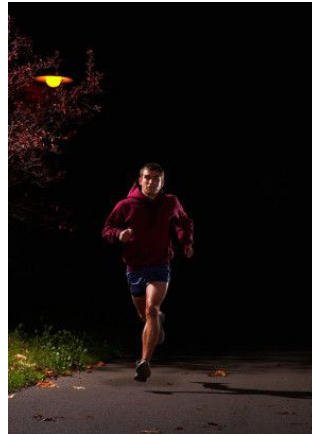
Sarah Warren organised the breakfast run for 18th November and I am pleased to report it was well attended by both Chard and Crewkerne club members.

It was an 8.30 start from Weatherspoons in Chard high street. It was a cold but clear and bright morning. We were led away by the Chard club down and through the housing estate until we came to the reservoir. Around the right hand side and then along the old railway line towards Ilminster.

We broke off into smaller groups depending on distances required. I was with a group until Donyatt Halt. Thomas and Elaine Priest with Nigel Key carried on to Ilminster. By the time I had got back to the car park, I had gone over 10 miles.

The majority of our club members went in for the fried breakfast. Some went large! In all it was a lovely morning out on a flat route. Brecky was a bonus. Am sure we will do this again. Thank you Sarah for arranging.

Clive Harwood



## Leeds Abbey Dash 10K Report by Kay Pulsford

Leeds I hear you say? Yep Leeds! This was chosen because it was daughter's first event and it was on home tarmac, well for her anyway.

Day dawned (eventually) bright, sunny (very unusual for Leeds when we are there!) and very cold (not at all unusual!) but off we went to the start along with 9000 plus others. The course is fast and almost flat, starting on The Headrow, dropping down onto the Kirkstall Road (nice new tarmac and bus lane to run on here) and out to the Abbey Road. At the atmospheric ruins of Kirkstall Abbey you turn around and run all the way back finishing with a bit of an incline back up onto The Headrow. Course is not the most scenic, apart from the abbey and gardens, but those supporters that ventured out were very encouraging.

First across the line was Luke Cragg of Leeds City Athletic Club in 29.29. First lady across the line was Alyson Dixon from Chester Le Street in 32.53. Emma & me?

Well Emma on her first outing with a bad ankle managed a respectable 1.02.01 and I managed a PB in spot on 1.06.

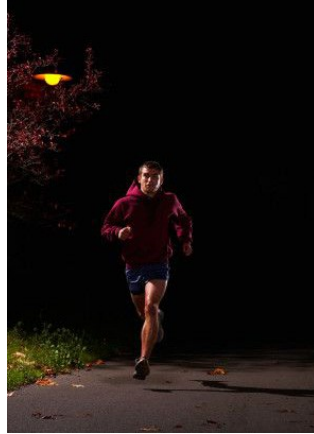
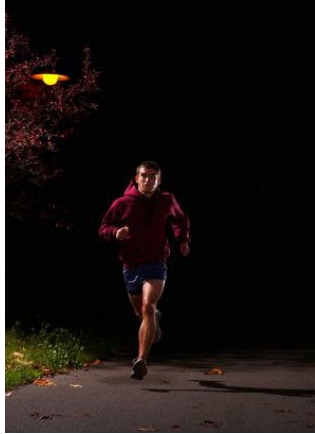


Unfortunately the organisation left something to be desired, race pack only turned up a couple of days before the event, they ran out of T-shirts even though everyone had to state what size they required on the entry form and there were no entries on the day so this did not cause the problems, they just appeared to be short of help on the ground. This did put a bit of a damper on the day but this would appear to have been a blip this year as other years have been well praised.

Now for the Leeds Tourism bit! So if you fancy a weekend away in November with a nice bit of festive shopping, Christmas market and a Sunday morning run into the



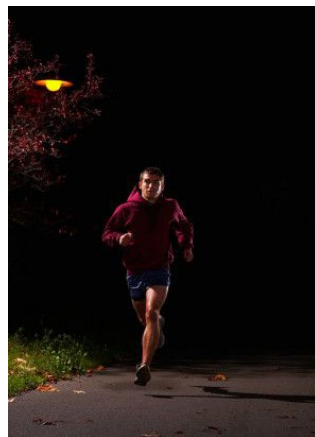
bargain the maybe you should consider the Leeds Abbey Dash and a visit to Yates on Boar Lane!



## Full Monty

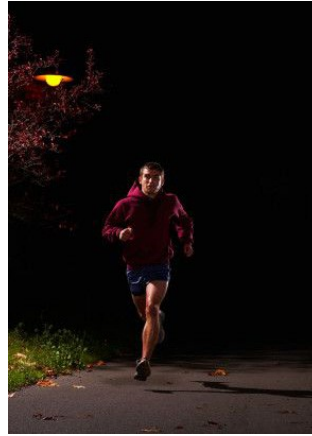
The Full Monty takes place this coming sunday and we will be requiring lots of help from our members to help stage this event. This is our biggest event we do so we require the most assistance from you guys.

The main bulk of the work is required by course marshalls. Some of you maybe contacted by either myself, Clive or Jim to help out on our patches, but if anyone who is free could drop one of us an email to let us know of your availability that would be fantastic!



## New Member

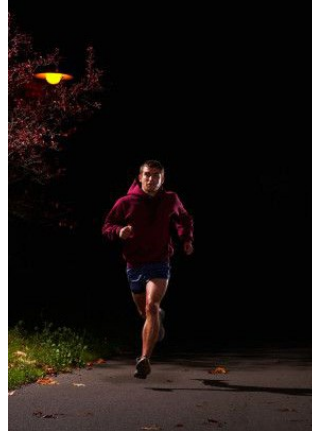
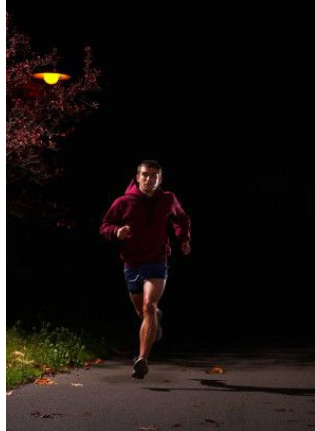
I would like to take this opportunity to give a big welcome to Tom Brister who has recently joined our club!



## Get Well Soon

A quick 'Get Well Soon' message to Jamie Tims! Jamie was out running last Wednesday and had a slip in Broadshard and now finds himself plastered in a cast with a chipped bone in the ankle.

We wish you a speedy recovery

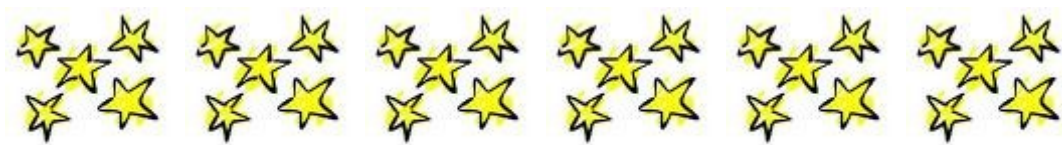


## Dates for the Diary

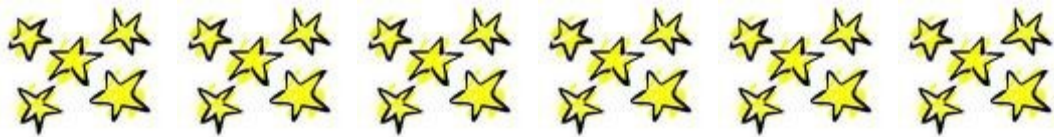
Sunday 9 Dec – 9.30am Winter Handicap from Hinton St George Hall followed by bacon rolls

Saturday 15<sup>th</sup> Dec - Christmas Party

Sunday 23 Dec – 9.30am Tinsel Run, make sure you wear your best Christmas Hats again from Hinton St George Hall with bacon rolls



Many happy returns to Jim White who celebrates his birthday on the 29<sup>th</sup> of this month!



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

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

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



*Simon*



*Dates for your*

December

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sun 2 <sup>nd</sup>	Full Monty	Ham Hill	10.30am	See Newsletter/Website
Sun 9 <sup>th</sup>	Winter Handicap	Hinton St George	9.30am	See Newsletter
Sat 15 <sup>th</sup>	CRC Xmas Party	North Perrott Cricket Club	7.30pm	See Newsletter
Sun 23 <sup>rd</sup>	Tinsel Run	Hinton St George	9.30am	See Newsletter

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

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