

CREWKERNE RUNNING CLUB

Newsletter

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

Issue no. 37 Sunday 25th September 2011

Dear Fellow Runners

CRC runners have travelled far and wide today to compete in club colours. Clive Harwood travelled all the way to Aldershot to compete in the SEAA Road Relay Championship. Mike Pearce, Nick Sale and Adrian East travelled all the way to the New Forest to compete in the full marathon and half marathon respectively. I myself drove to Lynmouth in North Devon to race, and I'm sure we must have had some representatives at the Taunton 10k. Great to see!



[New Forest Marathon Race Report from Nick Sale](#)

Met Mike Pearce & his wife Rachel at the recreation / race toilet grounds, not far from the start. After 3-4 visits Mike was finally happy to break away from the facilities and we headed to the start, in the centre of New Milton. I think Mike will

tell you about his race next week, as he's enjoying a long week end in the New Forest & may even have a few choice pics of Team CRC.

I was caught in about 3-4 minds as to what pace to go at. 12 min mile walk run, was the plan weeks out, preparing me for ultra type pace and bearing in mind not been quite tip top recently.. however race day excitement was kicking in... how about 8 min mile?.. on the premise that you never know for sure what form you're in.. so why not have a blast? .. or 10 min mile, because it's half way between the 2!

NB.. I wouldn't normally approach a race like this.. or recommend this vaguery.

So, started at 8 min mile, losing Mike at about 100 yards.

Got to 10 miles and starting to feel the road in my knees.

Introduced some walk run, averaging about 10 min miles now.. but the walk providing great opportunity to put nose in the trough (my new camelbak that v. fond of!... loaded with an energy boosting assortment of TRI-UK food stuffs, selected from their half price bucket + 10% off!!! as CRC member! Recommended.

It was undulating and anything mildly steep I walked too.. but as I often find, it did no harm usually catching the hill overtakers on the following flats or downs. which was nice ;0)

Anyway come 15-ish miles I was starting to feel stronger. Didn't get carried away, but now realising that 3' something was on the cards. My p.w. (previous worse) is 3'59 - so that became my mid race target. AT 18 miles, normal wall territory, feeling quite good! Think walking had helped. So kept running now and catching people most of the time. Last big hill at 23 miles and then kind of all down hill to the finish. Found another gear and managed a last mile of 6'45!!! Really chuffed to get one mile in at Mikes' average pace.

That'll give away his time to some.

So CRC unofficial results:

In overall 6th place, 1st Vet 40, called up to the podium, photographers etc, out of 800 marathon runners, was ... in his first ever marathon.. in a time of 2'58 & some seconds .. our own Mike Pearce.

I finished in 3'45 & some seconds, 178th I think.. but a happy man to finish strong.

It's a well organised marathon, in v. pleasant countryside, i.e. all around the New Forest, lots of horses roaming about.. lots of cyclists and spectators, although not as generous with jelly babies as I fancy Londoners! It is undulating, which doesn't sound too bad but I believe it does make it tougher than London .. Making Mike's time all the more impressive.

Firstly a MASSIVE congratulations and OH MY GOD must go to Mike Pearce!! Breaking the 3 hour barrier in his first ever marathon is just incredible!! Can't wait to read the race report and see photos!!

Well done guys!!



New Forest Half Marathon Report by Adrian East

Well the day started off badly, Overslept!!! Thankfully I prepared everything the night before. Anyway off I went, arrived in plenty of time. Parked up then off to the start, 20min walk from the car park to the start, Quick trip to the much needed portaloo, then lined up in some side road before being led to the main street to start. Think one of the full marathon marshals was early as he had his 4hr board up. Slightly overcast but warm.

Anyway off we went pretty crowded at the start, stayed that way for a while. This was more hilly than I expected, but just kept plodding away. Started to get very warm. Nice breeze at miles 6 and 7 but what a long drag they felt. At this point we nearly got ran over by charging ponies.

Nice down hill followed, only to be followed by another hill at 9m, which seemed to go on forever, A very welcomed down hill for mile 10, were the half an full course split. I'm pretty sure that just before this point I was passed by the fellow club runner doing the

full. Now into double figures and the sense the end is near kept me going, the last straight seemed so long, but turning the corner to the finish line I just had to sprint.

Then a nice 20 min stroll back to the car park. Thought great get in the car and off home, but how wrong was I. An hour later and I actually got out. Although this was more hilly than I like, I found it enjoyable, and glad I've done it. My Time was 02:12:18 which I'm really pleased with.



The Doone Run Race Report by Yours Truly

Apologies that it's another race report from me, but you will have to make do I'm afraid!

I was searching through the Events section on Runner's World on Friday in the hope of finding an event for the Sunday. There were quite a few on, but saw one entitled the Doone Run and thought it sounded interesting! The Doone run is a 10 mile run held in Lynmouth on the North Devon coast. Advertised as a very tough, hilly, multi-terrain run with over 2000ft of climbing, I knew it would be right up my street.

Travelled down in torrential rain as happened last week, but by the time I reached Minehead the weather began to clear. I had not been to this part of the world in a long time and was blown away by the scenery (and severity of the hills!)

The race started at 11, and we headed immediately upwards and into the woods, hugging banks of a fast moving river. We continued on undulating terrain for the next mile or so before the first really big climb. We emerged from the woods and onto the side of a steep hill, flanked either side by gorse and heather.

The path was only enough for one person and was zig-zagging up the hill with tight twists and turns. The pace was slower and we had grouped together, with the guy at

the front doing all the work pulling us up the hill which was great for me in the middle of the line.

Felt good for the next section of the race, and while the going was very tough at times, the miles were going by quickly, or so they seemed. The second of the biggest climbs right on the top gave us wonderful views of the rugged coastline on one side and tree covered valleys on the other.

Began to tire at mile 8 and was running on my own now. The finish was close but it was a long descent down a steep tarmac path which was very slippery and I was a bit of a wimp running down it, not wanting to go flying out of control.

Finished in 16th place out of 175 runners, with a time of 1.23.41 which I was happy with. Washed it all down with fish, chips and cider which was the perfect antidote! A long way to go for a race but was definitely worth it!



SEAA Road Relay Championship

I have received a quick text from Clive to let me know how he got on. Clive ran for the Vet 50 and 22.43 in what I believe was a 6k course. The fastest Vet 60 ran 23.23 so he beat them! As if we expected anything less! He also ran as well for the C team.

Well done Clive!



Langport Triathlon

Last weekend saw the staging of the popular Langport Triathlon in which we had 4 club members taking part!

47 th	Adam Loder	1.18.32
132 nd	Pip Loder	1.27.45
159 th	Rebecca Abraham	1.30.52
192 nd	Rachel Hayton	1.34.00

Well done all!



Martin Cook has passed on the following....

GALA SPORTS DINNER

Tuesday 11th October 2011 • 7pm
Barcelo Imperial Hotel, Torquay



Raising funds for Friends of South Devon College

Featuring Olympic Greats of the Past and Present



Steve Cram MBE

One of the world's most successful middle distance athletes of all time.



Brendan Foster CBE

Former distance runner, founder of the Great North Run and winner of the 1974 BBC Sports Personality of the Year.



Paul Dickenson

Former Olympic team captain and one of the best-known voices in BBC sports.

On your marks...

Get the date in your diary, contact friends or colleagues to get a table together.

Get set...

For an unforgettable evening with our special guests plus appearances from Olympic hopefuls.

Go!!! Call **01803 540395** or email **friends@southdevon.ac.uk** to reserve your tickets.



Tickets

£40pp or £37.50pp for table bookings
Tables of 10 or 12 available

Gala Menu

- Mediterranean vegetable salad with feta cheese
- Oven roasted salmon fillet with sautéed potatoes, green beans and shallots, served with a tomato and chive butter sauce
- Sticky toffee pudding with caramel sauce and clotted cream

Advertising

Advertising and sponsorship options are available from £150 in our souvenir programme

Gala Sports Dinner Enquiries:
Tel: 01803 540395
E-mail: friends@southdevon.ac.uk



Tickets can be booked by calling 01803 540395.



New Members

Another two new members to introduce to you this week. Simon Cooper actually joined a while back but has been 'lost in the system' so only now gets an official welcome!

Also can we welcome Emily Smith who has ran a few times with us and I believe has gone straight into the Ladies Team for the PTR!



Grizzly 2012

Well I said this one would fill up quickly! Entries opened around 9 pm on Friday, and when I checked early Sunday more, all of the 2000 plus spaces were filled!

There was me telling you all to get in soon and I missed out myself! Oh well always next year! Just goes to show what a popular event this has become.



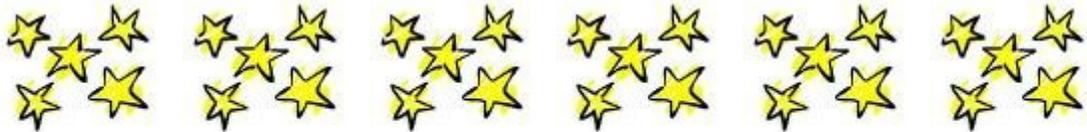
Parrett Trail Relay

The PTR teams have now been finalized and legs allocated. This year we have one ladies team and two men's teams battling it out for the infamous phallic shaped trophy!

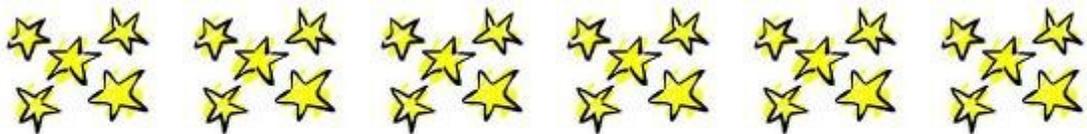


Marathon World Record broken today!

Patrick Makau has broken the world marathon record. He raced to a 2:03:38 on the streets of Berlin, breaking Gebrselassie's world record by 21 seconds. It was a terrible day for the Ethiopian emperor - he stepped off the road soon after Makau launched a big surge at around 27km, and while he did resume running, he was not a factor and it seems that he bailed some time later.



Many Happy Returns to Lyn Clutterbuck who celebrates her birthday today!!



This Week's Running

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

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

It's starting to get darker in the evenings now so consider bringing a head torch and wearing reflective gear is a must.



Dates for your

October

Date	Event	Location	Time	Website
Sun 2 nd	Burnham-on-Sea Half Marathon	Burham -on-Sea	11.00am	www.burnham-on-sea-harriers.com
Sun 9 th	Gold Hill Run	Shaftesbury	11.00am	www.gillinghamtrotters.talktalk.net
Sun 9 th	Cotleigh Canter	Cotleigh	10.30am	www.honitonrc.com
Sun 9 th	Mendip Muddle 12.5m	Charterhouse	11.00am	www.westonac.co.uk
Sat 15 th	Parrett Trail Relay	Various River Parrott	9.00am	www.crewkernerc.btck.co.uk
Sun 16 th	Castle Cary 10k	Castle Cary	10.00am	www.totalbuzzevents.com
Sun 16 th	Dartmoor Vale 10k, Half & Marathon	Newton Abbott	9.00am	www.dmvmarathon.org.uk
Sun 23 rd	Exmoor Stagger & Stumble	Minehead	TBA	www.mineheadrunningclub.co.uk
Sun 30 th	The Stickler	Shillingstone	10.30am	www.dorsetdoddlers.org

November

Date	Event	Location	Time	Website
Sat 5 th	Yarcombe Yomp	Yarcombe	10.30am	www.axevalleyrunners.org.uk
Sun 6 th	Ilminster 10k	Ilminster	10.30am	www.ilminsterlionsclub.co.uk
Sun 20 th	Colyton Fiver	Colyton	10.30am	www.axevalleyrunners.org.uk
Sun 27 th	Brent Knoll 5.5m	Brent Knoll	11.30am	www.burnham-on-sea-harriers.com
Sun 27 th	Bicton Blister	Bicton Park	11.00am	www.bictonblister.co.uk

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

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