

Crewkerne Running Club Newsletter

www.crewkerne.btck.co.uk

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**DON'T FORGET THE SPRING HANDICAP THIS
WEDNESDAY**



Last year's winner Tamsin

Don't forget it's the Club's Spring Handicap race this Wednesday 29 May, starting promptly at 6.30pm from the small Car Park in South Petherton. If you are planning on enjoying some of the lovely food on offer at the Brewers Arms after the run then get here earlier so you can put your order in.

As it's a handicap race anyone's got a chance of winning, with the slowest runners off first. The Trophy will go to the first runner back. If you are planning on racing then please can you email or facebook Ed on edstahl78@hotmail.co.uk

ASH TOWN TREE TRAIL - 16th May 2013 by Mike Pearce

Ran this race two years ago and enjoyed it and as the weather was looking, well, spring like and on the registration form there was a mention of cake I decided a pleasant 7 mile race with cake on a Thursday evening would suit the bill.

On arrival I bumped into Richard Gardiner at registration and was eventually joined by only two other Crewkerne runners Tom Baker and Adam Loder. Richard and I went of for a mile warm up trying to decide whether after the recent rain on Tuesday to go with trail shoes or stick with the roads, we both went with the road. On return waited for the call up to wonder off to the start line. On being called up the run through of the course was talked through and this was where we were all reminded to duck in appropriate places (This is where Clive got a mention!!). Anyway, off to the start and with out further a do we where off. The first mile or so is nicely down hill so you can get yourself into a fast pace from the off, straight away a guy from Taunton AC took of in the lead with a stride that would put a long jumper to shame. I placed my self into second place decided to run at my own pace and if I caught the guy so be it. The next 3 miles are on mainly road and a couple of fields and slightly undulating. On mile 4 you entry a local Nature Reserve and are twisting and turning doing a bit of ducking and generally having your wits about you so you don't take a wrong turn (or bang your head). At this point running the mile and a half through the reserve I started to catch the front runner and by the time we had left it was me with no one in front of me. So with two miles left I stepped up a gear and prepared myself for the final mile push up the hill through recently ploughed fields and to take the finish line in 42.51 and first place.

I am not sure on times and positions of the other three CRC's as the results are still not on the Yeovil RC website!! But well done to you all and hope you enjoyed the race as much as I did.

Anyway, on to the cakes. The scores on the doors are as follows:

Variety	4/10	Only two cakes to choose from but there was plenty
Presentation	7/10	Well laid out and good enough to eat!
Value for money	5/10	For a pound I felt this was a little pricey as the portions where a little small.
Friendliness of servers	7/10	
Taste	8/10	Not sure what it was but it was tasty

31 out of 50. I would say well worth turning up for a good race and a tasty cake but don't expect much choice.

London Marathon 2014

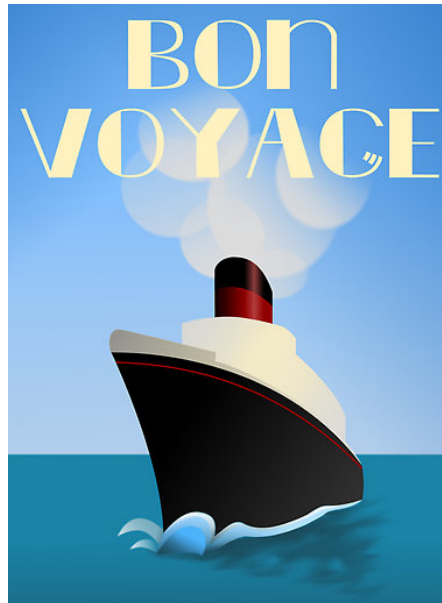


For those of you who have entered the ballot for the London Marathon or are lucky enough to receive one of the club places, Andy Parsons will be organising the usual room bookings at the Clarendon Hotel. He normally books

4 x doubles
4 x twins
2 x singles.

So if anyone is looking for accommodation for the 2014 London Marathon please let Andy know as soon as possible if you would like one of the rooms. Andy can be contacted via email on man-running@hotmail.co.uk





I'm sure you'll all join me in wishing Steve a safe and pleasant time back at sea, we look forward to seeing you back in your trainers in about 5 months time, try not to get too bored jogging round the deck!

See you soon Steve

Birthday Corner



Happy Birthday to the following members:

Mark Bradley celebrates his birthday tomorrow and Fiona Bishop on Friday, hope you both have a great day.



This Week's Running

Club Nights are:

Tuesday – Mixed ability but generally faster/longer runs
 Wednesday – Spring Handicap – South Petherton
 Thursday – Beginners/Social Night

All week night runs leave from the George Reynolds Centre at 6.30pm

Sunday – Mixed ability, generally cross-country

Sunday morning runs leave from the George Reynolds Centre at 9.30am



Dates for the Diary



May				
5 May	North Dorset Small Village Marathon	Sturminster Newton High School, Bath Road	8.30 am	www.gillinghamtrotters.talktalk.net
8 May	Summer 5k Series (Race 2)	RNAS Yeovil	7.15 pm	www.yeoviltownrrc.com
5 May	Glastonbury Road Run 10k/5k/3k (Somerset Series)	Glastonbury	11.00 am	www.GlastonburyRoadRun.info
12 May	Black Death Run 10 miles / 3 miles	Combe Sydenham Country Park	11.00 am	www.theblackdeathrun.com

16 May	Ash Town Tree Trail 7 miles	Ash Primary School	7.00 pm	www.yeoviltownrrc.com
16 May	Pub Run Hawkchuch	Hawkchurch	6.30pm	See Newsletter
19 May	Crewkerne 10k (Somerset Series)	Crewkerne	10.00 am	www.crewkernerc.btck.co.uk
26 May	Dorchester Triathlon	Dorchester Sports Centre	8.00 am	www.1610.org.uk supported by Total Buzz Events
29 May	CRC Spring Handicap & Pub Run	South Petherton	6.30pm	See Newsletter

June				
2 June	Run in the Wild 10k	Cricket St Thomas	10.30 am	www.chardrunningclub.btck.co.uk
9 June	Ninesprings 9k (Somerset Series)	Ninesprings Yeovil	11.00 am	www.yeoviltownrrc.com
12 June	Summer 5k Series (Race 3)	RNAS Yeovilton	7.15 pm	www.yeoviltownrrc.com
16 June	Martock 10k	Martock Fire Station	10 am	www.fullonsport.co.uk
19 June	Tin Tin Ten 10k (Somerset Series)	Tintinhull	6.30 pm	www.chardrunningclub.btck.co.uk
23 June	Torrington Triathlon	Torrington Pool	8.00 am	www.1610.org.uk supported by Total Buzz Events

July				
6 July	Charmouth Challenge 8 miles	Charmouth	3.00 pm	www.charmouthchallenge.co.uk
7 July	Quantock Beast Challenging 5.7 miles (Somerset Series)	Broomfield	11.00 am	www.quantockharriers.co.uk/beast
10 July	Summer 5k Series (Race 4)	RNAS Yeovilton	7.15 pm	www.yeoviltownrrc.com
13 July	Maiden Castle Loop 6.5 miles	Maiden Castle	7.00 pm	www.egdonheathharriers.com
14 July	Wellington 10 10m/10k	Wellington	10.30 am	www.thewellingtonten.co.uk
26-28 July	Le Tour of Exeter			www.ironbridgerunner.co.uk
28 July	Exmoor Seaview 17 miles	Countisbury Hill, Lynton	10.00 am	www.mineheadrunningclub.co.uk

August				
7 August	Haselbury Trail 10k (Somerset Series)	North Perrott Cricket Club	7.15 pm	www.haselburytrail.btck.co.uk
10 August ?	Maiden Newton Madness 10k	Maiden Newton	TBC	www.maidennewtonrunners.wix.com/ maidennewtonrunners
14 August	Summer 5k Series (Race 5)	RNAS Yeovilton	7.15 pm	www.yeoviltonrrc.com
25 August	Langport 10k (Somerset Series)	Langport	11.00 am	www.langportrunners.co.uk

Any events which are not on the diary, but you'd like included then please let us know

crewkernernews@gmail.com