

CREWKERNE RUNNING CLUB

Newsletter

Issue no. 58 Sunday 26th February 2012

www.crewkernerc.btck.co.uk

Dear Runners,



Action from the recent Tough Guy event as a runner leaps over a wall of fire – a race not for the faint hearted one thinks!!

West Bay Run

The annual run to West Bay is happening this coming Sunday!

Anyone who did the recent Charmouth run will know just how much fun these runs are! The route will be around 17 miles in total, and will see us leaving the car park at Lidl's at 9am SHARP.

There are two places where runners can join us along the route if they don't fancy doing the whole thing but still want to take part. Runners can join from Wynyards gap at 10.00am to run 12 miles in total. If you fancy running 8 miles, why not join us in the centre of Beaminster (by The Wild Garlic Restaurant) at 10.40am.

We aim to pass through these points at roughly the stated time but we cannot be exact so please bear that in mind when you meet us.

First runners will aim to arrive in West Bay at around 12.15, with most arriving shortly after. We will be eating food afterwards at The West Bay Inn at 1 o'clock.

To give us some idea of numbers for food bookings, can you either let myself, Sarah or Linda know if you are planning on staying for food after the run. Many thanks!



Slay The Dragon Race Report from Yours Truly

Having not done this event for the last two years, I thought I'd better get my backside in gear and give it another go. Spurred on by the chance of scoring vital Championship points was another selling point in turning out!

Having only been out running once briefly in 3 weeks due to a lack of time and general laziness, I was not expecting great things!

A decent turnout from the club as I knew there would be, we chatted the chat and posed for some snaps from two rather over excitable photographers!

Race got underway at 10.30 with an extremely brisk, pacey start as we went through the village and down the long, steep decent. Nick Sale was part of a breakaway group of 3 who took an early lead, while myself, Matt Bryant and Tom Baker gave chase in a second group.

As we headed off road, the first 3 had opened up a decent distance and I was soon passed by Tom, powerless to stop him. Tom held a good lead over me of around 10-15 seconds through most of the race and only threatened to increase it.

As we passed Dinnington docks I managed to claw Tom back and tuck in behind him, however two runners from Langport caught us and went by, taking Tom with them and leaving my hanging on to their coat tails!

The big hill into Hinton St George was as cruel and energy sapping as I knew it would be, and by this time Tom had regained a good lead on me so I knew it was a case of damage limitations!

Crossed the line in 42.48 in 7th place behind Tom in 6th, and Nick Sale who brilliantly took third.

That's when the fun started.....Got back to the car and was about to leave, only to find I had left my lights on and the battery was flat as a pancake! Luckily I had a good group of CRC chums around me who tried a push start (which failed) and then jump leads (which worked)!

A massive thank you to Tom Baker, Adam Loder, Matt Bryant who all came to the aide of a damsel in distress! I owe you one guys!!

Thanks to Adam and Pip for helping to organise another successful event!

....And a word from Nick Sale

Just wanted to say...what a joy the slay the dragon was this morning. Obviously it is a tough run, steep ups & downs & plenty of proper x-country miles. There was a

great atmosphere at the start, with lots of CRC & sons / daughters. Excellent pre-race motivational music - think I recall Chariots of Fire in the mix, which gave us no option than a v. fast first mile, helped by a steep downhill !

During the race, was really well marked out and lots of support from marshals and locals. Post race a good finish line atmosphere including free cakes with your drink. Would love to mention how everyone got on, but only have a few mins as Mum's Sunday roast beckoning. Oh lastly have to mention the bacon sarnie. Ohhhh Yes! So well done to all for all races, big & little people & big thanks to Organisers!

Nick

I hope to have photos and full results for your delectation next week!



Babcary Race Report from Clive Harwood

As I have not been up to my usual pace for some weeks now due to chestiness and a 3 mile run Saturday morning when I only managed 3 miles, I decided Saturday to give Babcary a miss. Had the dreaded congestion again this morning so thought the best thing to do is a race. Arrived early at Babcary to find downhill Dave parked number 4 on the getaway quick spot. Registered and sat in the car as the numbers started to swell. When we arrived it was quite misty but the sun came out and was quite mild.

Met up with Lin and Martin Lascalles of Maiden Newton running club who had just run the route for London training. The start of the race goes uphill. No problem then upon reaching the top I am pleased to report that Dave passed me. Quite surprised but I felt reasonably strong. Passed Dave just after 1 mile. More pleased to report

that I did not see him again. The course was undulating with a descent to the finish. I think I was 11th. Do not know what Dave ran.

The presentation was somewhat different in that the 1st male and female are awarded followed with age percentage times. I had the 3rd place. mile splits are as follows - 6.22, 6.17, 6.43, 6.30, 6.16, 6.39, 6.28 with a 6.10 pace over the last half mile. This is an average of 6.27.

No idea how many entered. Coffee and cake after was good. Sad to report that I was taking on strong opposition in the shape of an in form Andy Parsons who went down with the flue Saturday. Get well soon, we are all gaining on you!



You Grizzly lot!

The popular yet hellish Grizzly run is fast approaching on the 11th March.

Club Hon Sec Martin Cook and Sue Gautier are going down to help with marshalling near the infamous bog, and have kindly offered a lift to club members who are taking part.

Let me know if you are taking part this year and I can forward you on Martin's details if you require a lift! We'd also like to know you are taking part so Martin and Sue can have their cameras at the ready to catch the pain etched across your muddy brows!



PREDICT-A-TIME Report from Sarah Warren

Whilst there were only 7 takers for the Predict-a-Run last Tuesday, I think those who took part enjoyed their 5.4 mile jaunt up and down the hills of Crewkerne. Ed flew round in a super fast time and ran 3 minutes and 6 seconds quicker than he had predicted, but on this occasion speed did not equal prizes! The overall winner was Antony Charlton who ran the course just 32 seconds out from his predicted time. Tracey took the ladies prize with her run being 53 seconds adrift from her predicted time.

A big thank you to Martin Cook for doing the timing.

Final results are as follows:-

NAME	PREDICTED TIME	ACTUAL TIME	DIFFERENCE
Antony	47.15	46.43	-0.32
Derek	48.37	49.19	+0.42
Tracey	60.00	60.53	+0.53
Tamsin	62.00	60.53	-1.07
Stuart	47.00	48.54	+1.54
Ed	38.30	35.24	-3.06
Clive	42.00	46.43	+4.43



Marathon Training with Adrian Marriott – 4th March

Last year's hugely successful 'Marathon Training Morning' will take place again this year on Sunday 4th March in Taunton.

After a short talk on marathon training and some injury prevention work there will be a long training session focused on learning to feel marathon race speed as one of the biggest causes of disappointment in marathon races is athletes going to fast

early on. We will also have things set up to practice drinking on the run. After training there will be a Q&A to deal with all those questions that make a difference to your race day performance.

Please contact Adrian Marriott for more details - adrianmarriott@yahoo.co.uk



Yeovil Half Recce Run Report from Clive

As I will not be around on 25th March to run the Yeovil half marathon, I thought it would be a good idea to do the recce run. We had a briefing in the Nuffield sports centre. We were told that 3 groups would set off with groups of abilities. Had a photo taken prior to the start and soon after, the first group with our very own up and coming athlete Tim Hoyle set off? I met with the clubs only other entrant, Sam Pagget. I was to be her pacemaker.

As a group we set off bearing in mind that the start point was the 5 mile point on race day. Weather was dry, cool and a little windy in exposed places. Very nice conditions when the sun came out. After 4 or so miles we started to split up. Sam was running strong so we went with the flow. Passed Tim and into the distance. Had to wait at one point as we did not know where we were going. 3 people passed us who knew the way so went again.

Got back to the point where runners were stopping but my Garmin said we had not quite made the distance. Long loop of the car park to 13.1 showed and stopped. Sam was very pleased to be told that she did the distance in 1.52.37. This is way inside her first run at Silverstone at this distance. Very soon after Tim came to the end. A big "well done to you two". It will be better on the day.



CRC AGM – Monday 12th March

Each Existing member will be entitled to a free drink

REF: AGM Notification

To all existing and potential new members

The clubs existing financial year is drawing to a close and we therefore give notice of our AGM which will take place on Monday 12th March. As a thank you for helping at events and an incentive to attend we have decided to give any existing member a free drink during the evening.

Membership of the club will entitle you to take part in any of the clubs activities. We produce a weekly Emailed newsletter and you can benefit from the help and advice of other club runners.

The club helps organise 4 races.

All new members of the club are entitled to a Free club running vest. Various club merchandise are also available. All for an annual subscription of £10.00 / £15.00 (see agenda)

The AGM of Crewkerne running club will take place at the George Hotel, Market Square, Crewkerne (7:30 for 8:00) Monday 12th March 2012

At this meeting the clubs activities during the last year and any future issues regarding your club will be debated.

Please try to attend, and if you wish to add any items to the Agenda please contact myself or any other committee members.

Thanking You

Martin Cook

Please see attached –

Attached to this email are 3 documents relating to the AGM in March. They are your official invitation, the AGM agenda, and the minutes from last years AGM.

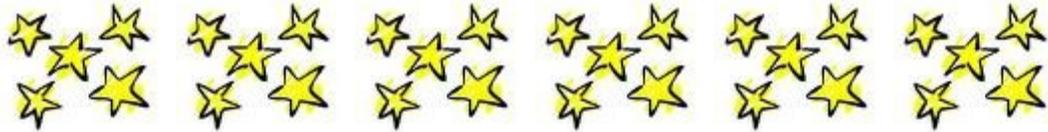


Upcoming Events....

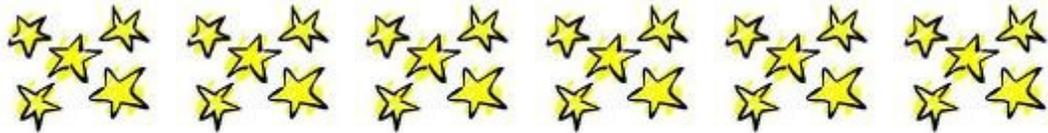
Great Western 10k

Taking place at Leweston School near Sherborne, this scenic run takes in the villages of Lillington and Knighton, as it passes through farmyards, woods and orchards.

Organised by Yeovil Running Club, this event takes place on Sunday 11th March, with the race getting underway at 11.00am



No Birthdays this week....



[This Week's Running](#)

Club nights are on Tuesday, Wednesday and Thursday this week leaving the car park at Lidl's at 6.30pm. Sunday morning run is the run to West Bay, leaving the car park at Lidl's at 9.00am on the dot.

With the dark evenings now, head torches and reflective gear are essential for all runners.





Dates for your

March

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sun 4 th	Crewkerne to West Bay	Crewkerne	9.00am	See Newsletter
Sun 4 th TBC	Combe St Nicholas 10k	Combe St Nicholas	TBC	www.combestnicholasprimary.co.uk
Sun 4 th	Bideford Half Marathon	Bideford	10.30am	www.bidefordaac.co.uk
Thurs 8 th	Pub Run	Oscars	6.30pm	See Newsletter
Sun 11 th	Bath Half Marathon	Bath	TBC	www.bathhalf.co.uk
Sun 11 th	Great Western 10k	Leweston School	11.00am	www.rotarygreatwestern.co.uk
Sun 11 th	The Grizzly	Seaton	10.30am	www.axevalleyrunners.org.uk
Sun 11 th	Butleigh 10k	Butleigh	11.30am	www.wellscityharriers.org.uk
Sun 11 th	City of Salisbury 10m	Salisbury	10.30am	www.salisbury-arc.org
Mon 12 th	AGM	Lamplighters Bar	7.30pm	See Newsletter
Wed 14 th	Street 5k Series (Final Race)	Street	7.30pm	www.wellscityharriers.org.uk
Sat 24 th	Nightrunner	Beer	7.10pm	www.axevalleyrunners.org.uk
Sun	Yeovil Half Marathon	Yeovil	9.00am	www.totalbuzzevents.com

25th

April

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sun 1 st	South Petherton Long Run (22 miles)	South Petherton	9.00am	See Newsletter
Sun 1 st	Taunton Marathon & Half Marathon	Taunton	10.30am	www.tauntonmarathon.co.uk
Sun 1 st	Forest of Dean Half Marathon	Speech House, Cinderford	10.00am	www.forestofdean-halfmarathon.co.uk
Sat 7 th	Beat the Egg 8k	Stourhead		
Mon 9 th	Easter Bunny 10k	RNAS Yeovilton	10.00am	www.yeoviltownrrc.com
Wed 11 th	Yeovilton 5k (1 of 6)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Sun 15 th	Pen Selwood 10k	Pen Selwood	11.00am	

May

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sun 6 th	Glastonbury 10k	Glastonbury	TBC	www.glastonburyroadrun.info
Sun 6 th	Honiton Hippo	Honiton	10.30am	www.honitonrc.com
Sun 6 th	North Dorset Village Marathon	Sturminster Newton	8.30am	www.ndvm.co.cc
Wed 9 th	Yeovilton 5k (2 of 6)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Sun 13 th	Black Death Run	Combe Sydenham	11.00am	www.theblackdeathrun.com
Sun 13 th	Jack n' Jill's Challenge	Midsomer Norton	11.00am	www.somerac.org.uk
Sun 20 th	Crewkerne 10k	Crewkerne	10.00am	www.crewkernerc.btck.co.uk
Sun 20 th	The Hard Way Round The Rock	Portland	10.00am	Portland Athletics Club
Thurs 24 th	Tyntesfield 10k	Tyntesfield House	7.00pm	www.nailsearunningclub.org.uk
Sun 27 th	Run In The Wild	Cricket St Thomas	TBC	www.chardrunningclub.btck.co.uk

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

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