

CREWKERNE RUNNING CLUB

Newsletter

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

Issue no. 26 Sunday 26th June 2011

Dear Fellow Runners

Hope you are all enjoying the glorious weather today! Mind you I was at West Bay this morning and it was cold, windy and I couldn't see the top of the cliffs for the mist!



[Forde Abbey Race Report by Ed Stahl](#)

Well the weather held and it proved to be a beautiful evening for running. With over 15 members from the club racing it was great to see such a turnout for what is one of the toughest races on the circuit. 250 other runners were about to realise why it's known for its toughness!

The start of the race was its usual explosive start and I managed to keep up with the front runners which consisted of some very noticeable runners, such as Paul Rose from Yeovil. The pace wouldn't let up and eventually it paid as two athletes went away from me with 2 miles to go.

I finished the race 3rd, 5 seconds behind Paul from Yeovil who was 30 seconds behind the Wells City Harrier.

Well done to everyone who took on the challenge and everyone came back in one piece. I would like to mention everyone individually but it would take forever so once again well done all. A special mention though does have to go out to Tracy Symes who managed to finish the race even with a twisted ankle and having tripped over on various areas of the route.

Ed

Thanks Ed and well done on getting 3rd! Unfortunately organisers seem reluctant to post any results for the race, so I can't tell you how anyone got on which is a shame.

Who knows, they may get round to doing it by next week!



Isle of Man Parish Walk Report by Tamsin Dickinson

After many months of training and a few injury problems, the weekend of the Parish walk was soon upon us. As Clive reported last week, the Parishwalk is 85 miles around the Isle of Man to be completed in 24 hours. We left Crewkerne Friday morning, with an untroubled drive to Liverpool and hopped over on the Seacat arriving mid afternoon.

Race day was Saturday with an 8.00am start. Over 1500 people started the race in overcast conditions but very humid. The first major checkpoint was at Rushden 19 miles in, which was shortly followed by 2 mountainous climbs making Seaborough look relatively flat. The humidity was still high and the sun started to come out raising the temperature even more. The local support was fantastic, as they opened their houses for loo stops and offered additional food and drinks along the way.

The next major checkpoint was at Peel on the West Coast after 32 miles. The majority of the field finish at this point feeling they have done more than enough. Sue was one of these and after months of injuries reaching this point was a fantastic achievement. After being refueled with water, food and painkillers provided by Bethy and Andy - our support crew, on I travelled up the West Coast with the sun still shining and the hills still undulating. When early evening started to set in, we reached a very picturesque church at 45 miles which under different circumstances could be better appreciated as it was at the top of yet another hill.

The injuries I suffered previous to this race started to take their toll. More tape was added to my feet and more water was taken on board, however by now I was unable to stomach more food. My previous walking PB was 50 miles and the next check in was 52.5 miles so this was my aim. I have never been so pleased to see a church in my life, the last 2 hours felt more like 4. The whole experience was more than I expected, I will be back to hopefully take it one step further and complete the full 85 miles.

Regards

Tamsin Dickinson

Martin Cook has looked up the results and Tamsin finished in 310th and Sue finished 1026th (and Roger Black wimped out after only 19 miles so at least they can say they beat an Olympic athlete!). There were only 159 finishers. Well done both of you!



[A plea for help!](#)

As mentioned previously, next Sunday is the Crewkerne Triathlon and Derek is short of 2 or 3 people to help out.

If anyone could spare a few hours in the morning it would be really appreciated.

If you could contact Derek as soon as you can, or failing that myself, to let him know that you can help.

Many thanks!



A message from Debbie Cole

Peachy Pedals to Paris



In January I asked my son, Michael, what he would like to do in the summer holidays; the conversation was brief;

- mountain biking in Wales, canoeing in Scotland?
- Nah not really, lets do Cav in Paris
- Ok, great idea, will be lovely to go in the red rollerskate
- Nah, lets cycle if you are up to it Mother, we'll do it for Nan
- Ok Son

So we leave on 20th July 2011 overnight Portsmouth to Caen. The bikes are ready, maps sorted, route plotted, bike shops, motels and hospitals are marked up on the maps. We aim to be in Paris on Friday evening in time to watch the final stage of the Tour De France on Sunday. The plan is that fired up from watching the final stage of the tour we will leave early on Monday morning and ride the 137 miles in one hit and catch the 11.00 pm ferry from Caen albeit if we need to crawl on board!

The British Heart Foundation is a charity very dear to us due to my amazing Mum who has been helped by the work of the British Heart Foundation. In 2004 my Mum suffered a heart attack and we remain indebted to the cardiac team, the high dependency ward, and the rehabilitation nurses and staff who supported her so brilliantly.

I was pleased that Michael wanted to ride in aid of the British Heart Foundation. It was a chilling experience to be told how many times my Mum's heart had been restarted and my Mum is rightly proud of proving the Doctors wrong when they said her heart was damaged beyond recovery. My Mum is a tough cookie, when she cycles alongside me whilst I run, her words of encouragement come in the form of 'if I cycle much slower my wheels will turn to rust' or 'you should of said I needed to put the video recorder on for next week's Corrie' but the point is that she is there cycling, exercising and enjoying life which is brilliant. When the riding gets tough in France it will be my Mum's determination to get better that I will be thinking of.

The Thursday night runs with Crewkerne Running Club have been a welcome change from the cycle training. I intend to cycle slightly quicker than I run but definitely with the same enthusiasm.

If you might like to sponsor us there is more about the ride at www.justgiving.com/michael-peach, and more about the British Heart Foundation at www.bhf.org.uk

There is space on our shirts if any companies would like their names or logos printed on them. Mike will be the first to point out where the biggest space is for a long company name! I tell him to make sure it is a name he likes because he is going to be looking at it for a long time!

With thanks and Best Wishes

Debbie Cole and Michael Peach



Just a few dates for the diary from Linda Still

PUB RUNS

Thurs 7th July Portman Arms East Chinnock

Weds 27th July Meet Bus Station car park Bridport, eat in Weatherspoons Pub Bridport.

Thurs 11th August Dinnington Docks.

Also there is a beer festival at North Perrott Cricket Club Sat 23rd July, £5 entrance to include a special glass and first pint, 24 real ales, 8 local ciders, hog roast and bbq. 4pm to midnight. You can run there if you like!!



South Downs Relay Race Report from Rupert McLeod

At 5am on Saturday 4th July a group of mostly 40 something runners, driven by a budding rally driver travelled down to the south coast for the start of the South Downs team relay from Beachy Head to Winchester, nearly 100 miles away. Brian Allen started the race at 7am which was to finish thirteen and a half hours later. As he trotted off into the sun we realised it was actually a race, not a run in the sun.

Brian passed the baton/plumbers pipe to me at Exceat, followed by Nigel Webb, Paul O'Grady, Ian Hailes and Mark Goodbun. The first two routes followed some of the Beachy Head marathon in reverse up some absolute pigs of hills all the while the sun was getting hotter and hotter. Throughout the day we piled in and out of the bus scoffing sandwiches and glugging down fluids. Each runner had three legs to complete, each of about 10k each. There were many sights along the way including dead badgers, rabbits and amazing views. I can confirm a bear was seen sitting in the woods [as was a Brian and an Ian].

Lunchtime passed and the cyclists forearms were getting redder and redder, an ambulance was in attendance at Harting Hill and toe nails were falling off. By now fatigue and in some cases, a lack of fitness was beginning to take its toll. Nearing the end Paul had a baton change with Nigel from the mini-bus door. Nearing 8pm we arrived in Chilcomb sports ground waiting for Mark to finish the final leg. As we waited we refreshed ourselves with massages, beer and burgers, food for athletes. The winning team finished in 10.51 but they cheated by putting out a young team.

We slept like overgrown babies in the bus home.

A terrific day out that needs a bit of planning by all entrants well in advance.

Rupert.



New Member

Another new member to introduce you all to this week, bringing us up to 84 paid up members! Her name is Vanina Cooper and she has ran with us a couple of times on a Thursday. A very warm welcome to the club!



Last Wednesday

Last wednesday evening, a few of us met up at Lyme Regis for a run then a meal – at least that was the plan (he says bitterly)!

In truth I was running a little late, only 5 mins or so, so sent Clive a txt to wait for me. I arrived at the car park at 6.35pm and not a runner in sight! Clive didn't get the text in time!

Decided to drive through Lyme and spotted Elaine & Sharon (Clive & Steve official guardians) and arranged to hang around until they got back.

At 8 o'clock, Clive, Steve, Sarah and Kim emerged from the centre and up the hill to the car park, surprised to see me!

Sarah and Kim had to leave, so 5 of us went and had a lovely meal in a local eatery. Very pleasant evening.

Clive and Steve will be repeating their seaside jolly on Tuesday night, but this time going to Weymouth. They will be meeting in the main car park in Weymouth, leaving at 6.30pm.



Martin Cook has passed on the following details about an upcoming walking event, which he presumes you can run as well.

AWASA Charity Walk

RECREATION OF A WESTLAND APPRENTICE TRADITION.

Saturday 30th July



30 miles from Weymouth to Yeovil.

All money raised will go to **Flying Colours for Yeovil Women's Hospital.**

The walk will be split into four sections so it is possible to do the walk even if you don't think you can walk it all!

coach will be leaving from Yeovil at 7:00am

minimum sponsorship of £50 is recommended

Or a minimum £25 donation to walk

Contact Matt Warren for more details on:

07789010707 or email tanya.bowring@agustawestland.com.

A signup sheet is also displayed on the AWASA board in the training dept.





Upcoming Events...This Thursday

Ash Town Tree Trail Race

This brand new event is to be held on Thursday, 30 June 2011 starting at [Ash Primary School](#) (Ash, Near Martock, Somerset TA12 6NS) at 7.00 p.m.

The route is of approximately 7 miles along country lanes, across fields and through the beautiful Town Tree Nature Garden, returning to finish at Ash School.

There are toilets and changing facilities at the school but no showers.

There will be a barbeque, cakes and refreshments.

Proceeds are to be divided between the Town Tree Nature Garden and Ash School.



Growing up in Ash and having visited Town Tree Nature Reserve numerous times, I can assure runners that this will be a really lovely race to do!

Maiden New-Ten Madness – Sat 13th August

A lovely multi-terrain 10k race held on a Saturday evening

You can enter online at Runners World by clicking on the link below -
<http://www.runnersworld.co.uk/events/viewevent.asp?sp=&v=2&EN=62511&ms>



*Many happy returns to Martin Denman & Tracy Symes for today,
and to Roger Swann who celebrates tomorrow!*

Happy Birthday(s)!!



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





Dates for your

June

Event	Location	Time	Website
Ash Town Tree Trail Race	Ash School	7.00pm	www.yeoviltonnrrc.com

July

Event	Location	Time	Website
Charmouth Challenge	Charmouth	3.00pm	www.charmouthchallenge.co.uk
Portland 10mile	Portland	10.30am	www.rmpac.co.uk
Quantock Beast 5.7m	Fyne Court Nr Bridgewater	11.00am	www.quantockharriers.co.uk
Pub Run – The Portman Arms	East Chinnock	6.30pm	See Newsletter
Matt Bryant's Annual Birthday Run	Haselbury	9.30am	See Matt or Newsletter
Wellington 10m or 10k	Wellington	10.30am	www.thewellingtonten.co.uk
Yeovilton 5k (Race 4)	RNAS	7.15pm	www.yeoviltonnrrc.com

		Yeovilton		
Swanage Half Marathon	Swanage	9.30am	www.swanagecarnival.com	
Castle Combe 10k	Castle Combe	11.30am	www.dbmax.co.uk	
East Devon Way Relay	Exmouth to Lyme Regis	Various	www.axevalleyrunners.org.uk	
Pub Run – Weatherspoons Bridport	Bus Station CP6.30pm Bridport		See Newsletter	
Exmoor Seaview 17	Lynton	10.00am	www.mineheadrunningclub.co.uk	

August

e	Event	Location	Time	Website
	Haselbury Trail	North Perrott	7.15pm	See Website or Newsletter
???	Shaves Cross Mini Marathon	Shaves Cross	7.00pm	
	Sturminster Half Marathon	Sturminster Newton	10.30am	www.dorsetdoddlers.org
	Totnes 10k	Totnes	11.00am	www.teignbridgetrotters.co.uk
	Yeovilton 5k (Race 5)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
ours	Pub Run – Dinnington Dock	Dinnington	6.30pm	See Newsletter
	Maiden 'Newten' Madness	Maiden Newton	7.00pm	www.freewebs.com/maidennewtonrunningclub/
	Langport 10k	Langport	11.00am	www.langportrunners.co.uk
	Guernsey Marathon	Guernsey		www.guernseymarathon.gg

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

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