

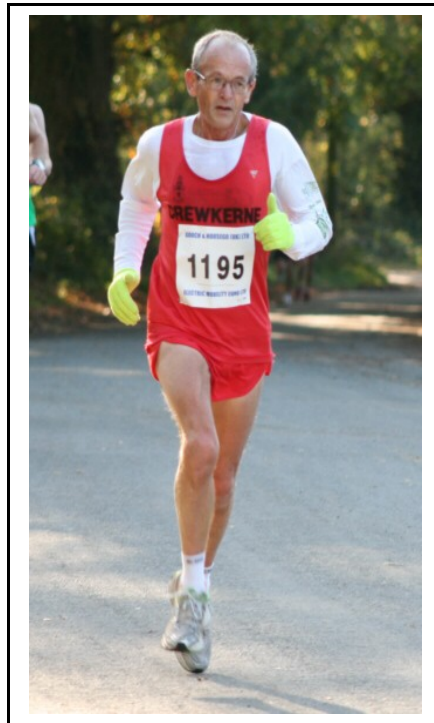
CREWKERNE RUNNING CLUB

Newsletter

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

Issue no. 46 Sunday 27^h November 2011

Dear Runners,



Well.....he did it!

It gives me great pleasure to report back to you on behalf of Clive as he embarked on his first International race this weekend. Clive will do a comprehensive write up when he gets back which I'm sure we are all dying to read, but for now I will fill in the gaps!

Clive took to the field in Glasgow on Saturday, battling against gale force winds, driving rain, a waterlogged course, and deep mud.

Clive ran in the open race against competitors from the 35+ age category upwards, and he believes the field was around 150 strong.

You'll be pleased to hear that Clive ran an absolute blinder and was over the moon with how he did. Clive finished 12th overall and WON the male vet 60 category!! This is such fantastic news and will hopefully stand him in great stead to be selected for the first team in the future.

This was a race of real elite runners and it seems Clive really made his mark, for which we all congratulate him!

Clive you have done brilliantly well and have achieved what most athletes can only dream of! Lets hope this continues and that you can push for more! Well done! We are all so pleased for you!

For those of who haven't seen, Clive was featured in this week's Western Gazette, and got some much deserved promotion for himself and also Crewkerne Running Club.

Please visit the link below to see the article

<http://www.thisissomerset.co.uk/Somerset-marathon-man-prepares-biggest-challenge/story-13939806-detail/story.html>



Remember that this coming weekend is our final event of the year – The Full Monty. If you are marshalling on the route, you should be receiving your marshalling bags this week if you haven't already – but please get in contact with Myself, Clive, or Jim White if you have any concerns.

Thank you to all those who are generously helping on the day, I'm sure we will all work hard to make this event a real success!

If I could make one small personal request though. Amongst others, our dear friend Richard Gardener (aka Tall Rich) will be running in the event. I feel that we all have a

responsibility to give him no encouragement whatsoever as he passes us marshalls, and instead make sure that he receives plenty of light hearted abuse. It will spur him on honestly!



Winter Handicap

Today saw us stage the increasingly popular Winter Handicap race from Hinton St George – with dire consequences which will become apparent to you all soon!

Perfect racing conditions greeted the 24 eager competitors who turned up this morning (that's a record turnout!). As we gathered in the hall to engage in pre-race banter, conversation soon took a dark turn as runners soon discovered their handicap times!



As we headed outside to begin, we left our two wonderful chefs for the day (Tracy's partner Dave and Debbie's partner Steve) to warm up the frying pans!

The chorus of moans, groans and futile protest grew louder outside, as highly skilled runners soon pleaded that they were suddenly nowhere near as good at running as I had them down for! This behaviour is seen at most handicap races and is known as the 'Handicap Blues' – of which I pay absolutely no attention to!



Derek Boles & Linda giving chase

So we got underway at 9.30am with Lucy Boyland & Caroline Smith setting off together. Runners then trickled out over the next 14 minutes, including Tracy Symes (who was not allowed to win), and Fran Frost who pleaded with me to reconsider the handicap I had given her. I was having none of this. (Though in hindsight Fran you were right!!)



Ken Priest

With most of the field gone and Tall Rich protesting that he was starting alongside somebody half his age in Tom Priest, my attention was drawn to Downhill Dave who was looking extremely pleased with the time he had been given, and proceed to bounce on the spot and gloat to his competitors. After witnessing such an act of brazen un-sportsmanship, I immediately docked him 45 seconds!



Nick Sale

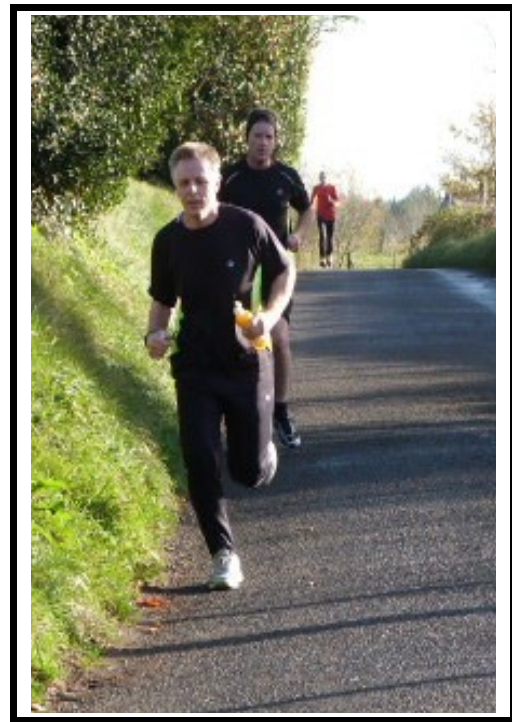


George Smith

Mike Pearce was the final man away, and me and my assistant Stuart retired inside for a cup of tea and discussion on who would be first runner home. That's when it all went downhill.....



Tom Priest



Adrain East & Nigel Newbury

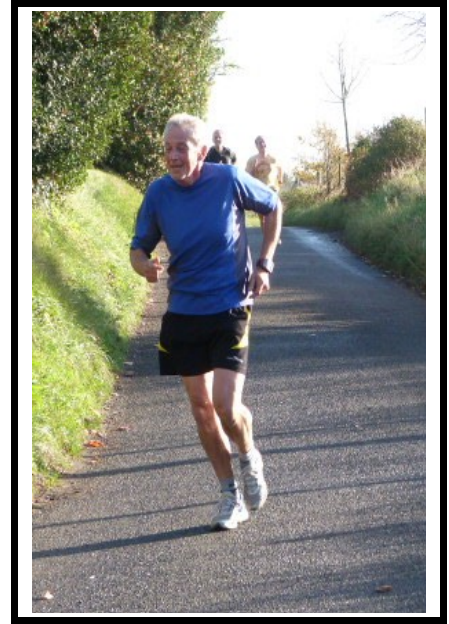
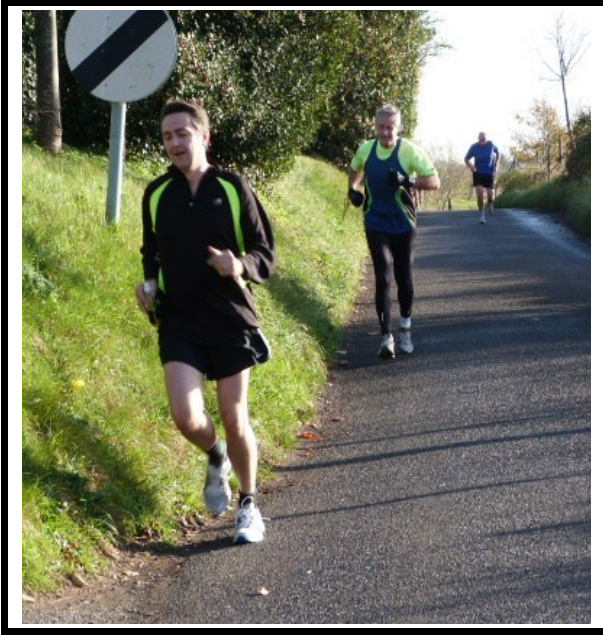
I apologise unreservedly. I feel really, really terrible for what happened next. I can't believe I let it happen. As me & Stuart waited on the finish line, who should appear on the horizon but Derek Boles! Our beloved treasurer was pushing hard and being followed by Linda, but there was no stopping him as he raced over the line to take first place! I'm so sorry....but every man has his price...including me...and Derek matched that price!



Dave Carnell

Debbie Cole & David Martin

Linda ran really well to take second, with Derek's henchman Ken Priest striding home to take third. Runners were coming in thick and fast and we were treated with a couple of sprint finishes to cross the line as well. Runners were tired but were in good spirits... well that was until they heard of Derek's victory!



Tim Hoyle & Jim White

Tony Gordon

We retired back to the hall for a wonderful feast of bacon rolls and lovely cakes and biscuity things, all washed down by tea's and coffees and all were in good spirits!



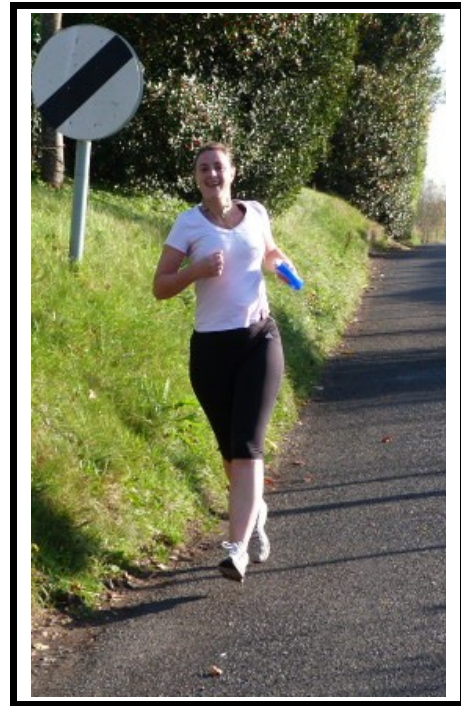
Rich Gardener & Matthew Bryant

Tim Cook

Thank you to all the runners who came out this morning for this event, and to Jim White for booking the hall. Thank you to Linda and all those who brought food for us all to enjoy, and an especially big thank you for Dave and Steve for slaving over a hot frying pan to provide us all with lovely bacon rolls!



Fran Frost



Caroline Smith

Results and Individual times are below (check out some of the great handicapping!)

Name	Individual Time	Predicted Time	Handicap
Derek Boles	37.22	39.00	+ 6.30
Linda Still	37.46	39.00	+ 6.30
Ken Priest	36.43	37.00	+ 8.30
Sarah Warren	37.03	37.00	+ 8.30
Nick Sale	28.06	28.00	+ 17.30
Mike Pearce	27.38	27.30	+ 18.00
George Smith	40.42	40.00	+ 5.30
Tom Priest	29.43	28.30	+ 17.00
Adrian East	41.36	40.00	+ 5.30
Nigel Newbury	41.10	39.30	+ 6.00
Dave Carnell	31.44	30.00	+ 15.30
David Martin	33.55	31.30	+ 14.00
Debbie Cole	46.56	45.30	+ 1.00

Tim Hoyle	42.00	42.00	+ 6.00
Jim White	44.34	41.00	+ 3.30
Tony Gordon	40.41	39.00	+ 7.30
Rich Gardener	31.12	28.30	+ 17.00
Matt Bryant	32.48	33.00	+ 15.30
Tim Cook	41.22	37.30	+ 8.00
Fran Frost	38.44	34.00	+ 11.30
Caroline Smith	51.37	47.30	0.00
Lucie Boyland	53.32	47.30	0.00
Tracy Symes	51.24	41.00	+ 4.30
Roger Still	43.27	33.00	+ 12.30



Lucie Boyland



Tracy Symes & Roger Still



[Christmas Meal](#)

Remember the cut off point for getting your menu's/payments to Linda is THURSDAY! That's Thursday!...This Thursday....Thursday!

After all slow start, numbers are filling up nicely with around 40 replies so far so please don't miss out on what promises to be a lovely evening!

A reminder that Linda can be contacted by the following means....

Email address - lindastill@yahoo.co.uk,

Address; Misterton House, Misterton, Somerset, TA18 8LP
or drop in go to the end of Broughtons Drive and keep going to the end of the private drive,

or you should see me running Tue or Thurs eves.

Or 01460 78750

Dave Rowe has very kindly provisionally booked 2 mini buses (14 and 16 seaters) from Stennings in Merriott. We really need names so we can say we need 2 buses before the cut off for the meal itself, to give the garage and Dave a chance.

Filling the minibuses will mean costs will be kept very low, working out at around £4pp return! You aint going to get better than that!

So if you think you would like to reserve a place on one of the minibuses, then please contact Dave Rowe ASAP. Dave can be found at dave.ran_likeforest@yahoo.co.uk



For Your Diaries.....

CRC Tinsel Run

This is annual event that we do over the Christmas period. Normally held at North Perrott School with Tony Strugnell cooking, we have a change this year since Tony has left the school.

So the ALL NEW Tinsel run will take place at Hinton St George Village Hall on Sunday 18th December at 9.30am. Hot food and drinks are provided after a nice leisurely run for a few miles. It's not strictly fancy dress, but runners are asked to dress in festive attire – whether that's a santa hat or a bit on tinsel is up to you, but the more outrageous the better!

Hope to see you there!



New Members

Yes new members – plural I know! 3 of them infact!

Can I give a big welcome to Kyle Follett and Rob & Luke Brunt – we all look forward to meeting and running with you soon!



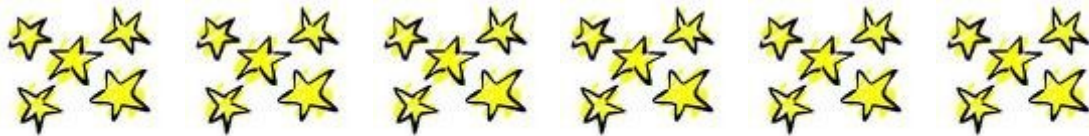
Upcoming Events....

Santa Dash

Can you please let your members know that the Santa Dash will be taking place again in Yeovil, with this year's race on Sunday 11th December - race HQ is at Yeovil College, with a massed Santa walk through town leaving at 10am for a 11am start at Goldenstones Leisure Centre.

4km course with a little hill halfway round!

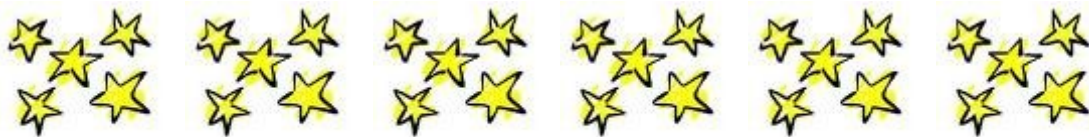
All proceeds from the race go to St Margaret's Hospice and online entries can be made on the St Margaret's website



Just one birthday for you....

Jim White celebrates on Tuesday 29th!

Many Happy Returns!



[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 is off as most members will be at the Full Monty.

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



Dates for your

December

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sun 4 th	Full Monty	Ham Hill	6.15pm	See Newsletter
Sat 10 th	CRC Christmas Party	North Perrott Cricket Club	TBA	See Newsletter
Wed 14 th	Street 5k	Street	7.30pm	www.wellscityharriers.org.uk
Sun 18 th	Wellington Monument 10k	Wellington	10.30am	www.wellingtonmonumentrace.co.uk
Sun 18 th	CRC Tinsel Run	Hinton St George Village Hall	9.30am	See Newsletter
Mon	Stoke Stampede	Stoke St	11.00am	www.stokestampede.co.uk

26 th		Gregory		
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January

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sun 1 st	Chard Flyer	Chard	11.00am	http://chardflyer.btck.co.uk/
Sun 8 th	First Chance 10k	Exeter	10.30am	www.firstchance10k.co.uk
Wed 11 th	Street 5k (Race 4)	Street	7.30pm	www.wellscityharriers.org.uk
Sun 15 th	Oh My Obelisk	Dawlish	10.30am	www.dawlishcoasters.co.uk
Sun 15 th	Rough n' Tumble	Milton Lilbourne	11.00am	www.grassrootsevents.co.uk
Sat 28 th	Blackdown Beast	Dunkeswell	10.00am	www.honitonrc.com
Sun 29 th	Hestercombe Humdinger	Hestercombe, Taunton	10.30am	www.thehestercombehumdinger.co.uk

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

simon_land87@yahoo.co.uk