

CREWKERNE RUNNING CLUB

Newsletter

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

Issue no. 14 Sunday 27th March 2011

Dear Fellow Runners

Yeovil Half Marathon Race Report by Yours Truly

Well this is one that I have been looking forward to for a long time – and it didn't disappoint! This is the first year it has taken place and was organised by Total Buzz Events.

Arrived at the stadium at 8 o'clock and soon met up with Ed and Rich. Ed looked a little worse for wear – man flu during the week had taken its toll! Then met up with Sarah Warren, who was also a little worse for wear, having a very bad back to deal with of late.

Lots of runners milling around, and the event had met capacity at 750 runners for the full race and fun run. 11 members from Crewkerne took part, though I did not see them all. We were 'treated' to some pre-race music from a local rock band, must have been the early morning start that was affecting their vocals because it wasn't pretty – not my cup of tea!

Got kitted up and had a good warm up, then made my way to the start. Lined up on the start line near the front with Ed, Rich and Mike, all wanting to put in a good time and get PB's (a lot of pride at stake!). This was my first half marathon and I was hoping to creep inside the magic 90mins, but would be tough as certainly not a flat race course.

Set off really well and got the first couple of miles out the way and was inside the time I needed to be in. Mike was in front a little way ahead, and I knew that Rich and Ed wouldn't be far behind. The course headed down Mudford Road, past the

Hospital, then right down through the main high street. We then headed through Ninesprings at which point Mike was quite a way off in the distance now, obviously running very well. Lots of support through this section, with another band playing at Goldenstone Swimming Pool. Felt fairly comfortable at this point, and was reassured that I had put in a good time for the first half of the race.

The main hill at Hendford awaited us next. I'm normally a lover of hills, but certainly didn't enjoy going up this one! Saw Angie at the top who shouted some words of encouragement.

We then passed a spectator who was telling us our race positions. I wasn't bothered about position at the start, but when he should 35th it did give me a lift...didn't last long. Mile 8 – 10 as we headed past Westlands then the long road out towards Odcombe was a drag, and I was really feeling it in the legs, but knew that I had to keep the pace up as much as possible.

A jelly baby and a drink in Odcombe gave me a lift and began to run (fairly) comfortably again – like a second wind. As we ran through the last 2 miles I knew that I would be inside the magic 90 mins that I wanted to get. As we neared the finish - say the last half a mile - I was gaining on a group of around 5 runners ahead of me, without putting too much effort in. I could see by the way they were running that they had very little left in the tank, and weren't likely to be upping the pace at the end so thought 'what the hell, lets go for it'. I knew that I could get in the top 30 which would be a great achievement for me, so really stepped it up for the last bit and managed to pass them all and finish strongly.

Saw Mike at the end who told me he ran 1.22 and finished 13th! WOW! He also won his category so many congratulations! Seriously flying! Rich finished really strongly a few minutes after me – clearly running really well. Ed came in later and was very unsteady on his feet, clearly not in a very good state. Should have listened to the wife and not run Ed! Other notable performances from members were Sarah Frost who ran brilliantly in 1.41.25, and Dean Hallett who beat his PB by 11mins with a time of 1.55.05.

All in all a really well organised event, with marshals and police combining really well to make the road crossings easy for runners. Definitely one to do again!

Full Results

Total Entrants - 625

1st Allister Sheffield (Team Bath AC) 1.12.36
13th Mike Pearce 1.22.58
29th Simon Land 1.27.59

77th Richard Gardiner 1.33.52
112th Ed Stahl 1.38.28
146th Sarah Frost 1.41.25
153rd Rupert McLeod 1.41.40
198th Andrew Hall 1.44.35
262nd Sarah Warren 1.49.10
360th Dean Hallett 1.55.05
509th Simon Dunk 2.09.54
568th Adrian East 2.21.32

Well done all!!



[South Petherton Pre-London Training Run by Clive Harwood](#)

While some of our club ventured to Yeovil for the inaugural half marathon, some of us went to South Petherton for the well established pre London training run.

Arrived before 9.00 to find Jacko at the helm taking the names of the intended victims. A group left at 9.00 then 9.10 with final group leaving at 9.20. Jeremy Taylor from Chard runners was just a little late due to the time change and forgetting to set clocks. I waited and did the distance i intended with him. I believe there were 29 on the course. More than i thought would be around.

Lovely morning with well attended water stops and the necessary jelly babies. I pulled out at Muchelny. bridge, 14.2 miles. Steve hurley had phoned his father and he took us back to the car park to get the kettle on. A great run was enjoyed by all. Much appreciation was given for organising the run and for George Rawlings now famous xmas cake. He also made sandwiches and brought buns. My outside catering went well with an almost constant singing kettle.

On behalf of the club a big thank you for all the helpers etc and for the runners for attending. Many thanks also for the donations.

Regards
Clive



Attention – Message from Sarah - Re Pub Run this week!!

PUB RUN - WEDNESDAY 30 MARCH - THE BELL IN, BROADWAY

Just another reminder that this coming Wednesday 30 March is the joint pub run with Honiton RC at The Bell Inn, Broadway, near Ilminster. There will be four mile and six mile routes so everyone is welcome and will be accommodated - even the slower runners - so do come along. We have done this for a couple of years now and it has been enjoyable. Please don't let us be too outnumbered by our friends from Honiton! Food available at the pub afterwards. As usual we will order food before we run so that it is ready when we get back. On the menu is ham egg & chips, sausage & mash, cod & chips or homity pie (v). Be there in time to order food so that we can start the run at 6.30.

Sarah



New Members

Continuing with our recent glut of new members, can I say a big welcome to the following who have all joined our club recently! Some have been running with us for a little while others are quite new.

Dean Hallett

Tracy Symes
Raquel McAllister
Hazel Pace

We welcome you all and look forward to meeting you on one of our club nights!



A big thank you to Linda who has made me aware that one of our members has suffered from rather painful injury recently.

It seems that after Angie's fall a couple of weeks ago on a Wednesday night, a visit to A&E has confirmed that she has torn ligaments and tendons which is such a shame. I know that she was planning to run the Yeovil Half but obviously couldn't.

So we wish Angie all the best and a speedy recovery. Look forward to seeing you back out running with us as soon as possible!



Book Lending

This is something that Clive spoke about last week, and has also been mentioned by Ed recently.

So if any members have any books on running, or alternatively would like a book that someone else has, or can recommend them then send them in if you don't mind lending them to others.

Clive currently has:

Marathon Makers & London Marathon by John Bryant (Matt's Dad)
My Story So Far by Paula Radcliffe
Running Tall by Sally Gunnel

...which is a good start. So if anyone would like to borrow any of the above, or have any to lend then let me know and I will put them in the newsletter. You can see Clive on any week night to let him know if you would like one of his.



A quick reminder for all those who have yet to renew your membership that your subs are now overdue.

The new 2 tier membership system is now in place - £10 standard £15 with EA Licence

Please see Derek with your cash asap

Thanks!



Upcoming Events....

HONITON HIPPO - SUNDAY 10 APRIL

Don't forget the Honiton Hippo - a 7 mile (ish) tough multi terrain run with plenty of mud & water, lots of hills and most of all lots of fun. You can enter on the day or entry forms have been on a previous news letter or you can get one from Honitoin RC web site.

Thanks to Sarah for reminding us of that event. Also remember that this month see's the first race in the Yeovil 5k series and also the Easter Bunny which Martin Cook has kindly reminded us.

Entry forms for the above events are attached to the newsletter

2 Events now with a bit of a difference....

MONGOLIA MARATHON ULAANBAATAR June 04, 2011

Since the last year of 2010, Mongolia had joined the countries that support and encourage healthy life of everyone, not only its' residents, but, internationally, by successfully

organizing the 1st "Ulaanbaatar Marathon" in the downtown of Ulaanbaatar city on June 05, 2010. The marathon was initiated by AR MONGOL TRAVEL GROUP, a leading tour operator of Mongolia and co-organized by the city municipality of Ulaanbaatar, the capital city of Mongolia. There were runners from 15 countries in the marathon and raced 1.5k, 5k, 10k and 42.5k. Now, the "Ulaanbaatar marathon" is a traditional event and invites you to the **2nd marathon to be held on June 04, 2011**, held jointly with the Mongolian Olympic Committee and Mongolian Athletics Federation. This event also opens Mongolia to all, who are looking for new running discoveries and adventures, who would like to explore Mongolia - a rare country with kept untouched ancient nomadic culture with seemingly blue sky and endless grassland steppe. This marathon will be not only running, but one of colorful and festive events of the running world accompanied by cultural performances associated with the history of Great Genghis Khan's Mongolia, Mini-Naadam festival and etc., The course is measured in accordance with IAAF guidelines. **Special prizes and surprises with Mongolian spirit waiting for winners!**



info@mongoliamarathon.com www.mongoliamarathon.com

And....

Welcome to Le Tour of Exeter 2011

5 DAYS - 5 RACES AROUND EXETER - OVER DIFFERENT DISTANCES AND TERRAIN

The event will take place in Summer 2011 between - MONDAY 11th JULY - FRIDAY 15th JULY

STAGE ONE:

Hilly Time Trail - King of the mountains stage | University of Exeter

STAGE TWO:

Cross Country Race | King George 5th Playing Fields

STAGE THREE:

10km Road Race | Riverside Valley Pack
This event will include an open race

STAGE FOUR:

5km Road Race | Flowerpots Playing Fields

STAGE FIVE:

3km Track Race - Green Jersey Stage | Exeter Arena

ENTRY

In a bid to make things easier for you, we are offering 2 payments options:

OPTION ONE - Up Front:

Members of EA Affiliated Club £44.00 / Unattached runners £46.00

OPTION TWO - Split Payment Option:

1. Deposit: EA Competition License Holder £25.00 / Unattached runners £27.00
2. Second payment due by 1st July: EA Competition License Holder £25.00 / Unattached runners £25.00

Please note we cannot provide refunds under any circumstances - if you cannot run we will allow number transfer up until Friday 4th July

THERE IS A 125 ENTRY LIMIT FOR THE FIRST YEAR SO ENTRIES WILL BE TAKEN ON A STRICTLY FIRST COME FIRST SERVED BASIS

<http://www.city-runs.co.uk/letourofexeter/index.html>



This Week's Running

Club nights are on Tuesday and Thursday this week leaving the car park at Lidl's at 6.30pm. The Wednesday club run is a pub run from Broadway with a 6.30pm start (see above)

Head torches and reflective gear essential!

Sunday morning run is on as usual, leaving the car park at 9.30am.



Dates for your

March

Date	Event	Location	Time	Website
Wed 30 th	Pub Run with Honiton RC	Broadway	6.30pm	See Sarah Warren or Newsletter

April

Date	Event	Location	Time	Website
Sun 3 rd	Taunton Marathon & Half Marathon	SCAT College	10.30am	www.tauntonmarathon.co.uk
Sun 3 rd	Bournemouth Half Marathon & 10k	Bournemouth Pier	10.00am	www.bhf.org.uk/bayrun.co.uk
Sun 10 th	Honiton Hippo	Honiton	10.30am	www.honitonrc.com/hippo.htm
Sun 10 th	Tavy 13	Tavistock	10.00am	www.tavy13.com
Wed 13 th	Yeovil 5k (Race 1)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Sun 17 th	London Marathon	London	9.45am	www.virginlondonmarathon.com
Sun 17 th	Frenchay 10k	UWE Glenside	11.00am	www.frenchay10k.co.uk
Mon 25 th	Easter Bunny 10k	RNAS Yeovilton	11.00am	www.yeoviltownrrc.com

May

Date	Event	Location	Time	Website
Sun 1 st	Glastonbury 10k	Glastonbury	11.00am	www.glastonburyroadrun.info
Sun 1 st	The Great West Run 13 miles	Exeter	9.45am	www.thegreatwestrun.co.uk
Sat 7 th	The Exterminator 10k	South Devon College	5.00pm	www.somerac.org.uk
Sun 8 th	The Black Death Run 10k	Combe Sydenham	11.00am	www.runningforeverrunningclub.org.uk
Wed 11 th	Yeovilton 5k (Race 2)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Sun 15 th	Jack & Jill Challenge	Midsomer Norton	11.00am	www.somerac.org.uk
Sun 22 nd	Crewkerne 9	Crewkerne	10.00am	www.crewkernerc.btik.co.uk
Sat 28 th	Egdon Easy	Weymouth College	7.00pm	www.egdonheathharriers.com
Sun 29 th	Wells 10k	Wells	10.30pm	www.wellscityharriers.org.uk

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

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