

CREWKERNE RUNNING CLUB

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Newsletter Issue No. 93

27/1/2013

Offcamber XC

This was my first Mountain bike race and I had no idea what to expect but I was pleasantly suprized that there were riders of all abilities, from juniors to adults.



The 4.9 mile circuit is at Inside Park Caravan Site near Blandford Forum in Dorset. A mix of woodland trails, singletrack, field edges and concrete road asks questions of technique but with plenty of opportunity for overtaking. Stumps and roots demand concentration and the notorious “Bomb Hole” allows the more confident to get some “air”.

The race starts with a rolling start to help spread the riders according to pace, so I settled far back and could see the quick ones make the first turn to speed up the first hill. Paul Hopkins completed the 3 laps in 76mins but he was last year’s nation xc champion, I completed the 3 laps in 126mins although I wasn’t supposed to complete a third lap.

Gpx of the route <http://connect.garmin.com/activity/261594196>

A Bit of the single track: [Click Here](#)

The Organisers were very welcoming with cake and tea available at the end for a quid and were asking newcomers what improvements they could make to improve the event for all.

**Breakfast Run at Weatherspoons, Bridport
Sunday 17th February**

Following last year's successful breakfast run at Chard we have decided to organise another. This time starting at Weatherspoons, Bridport (near the clock and traffic lights at the top of the town). There are various places to park, but a suggestion is to use the Bus Station car park at the bottom of Bridport. Please try to be there at 8.30 am prompt so we can get a good run in and be back at a decent time for breakfast. Again if you need a lift please contact the club's email address or speak to other members when you are out and about running.

South Petherton Long Run – Sunday 31st March (Easter Sunday)

So if you are training for a Marathon or a Half this is a great run to take part in. The route is very flat (well as flat as it can be around here!), and starts from South Petherton taking in other villages such as Shepton Beauchamp, Barrington, Isle Abbots, Westport, Langport, Long Load, Martock and eventually back to South Petherton. Obviously you do not have to do the whole 26 miles as anyone can take part and there will be different points where you can stop and get collected or start from. So please put this date in your diary.

More information will be available nearer the time

Slay The Dragon 2013

Hi everyone

First of all can I thank all the members for their help and support of this event over the last four years.



This year Slay the Dragon 10k is on February 24th 10.30 am Hinton village Hall.

If you are interested in running this event you can register online at www.slaythedragon.co.uk it is linked directly to the runnersworld website online service.

If you are not running and are in anyway able to help marshal the event Id be very appreciative.

The PFA of Hinton First School value greatly the members experience and expertise that they bring to this event.

If you are able to help, you can contact me via this email address, or call Pip Loder
01460271722

If you are running I look forward to seeing you on the start line

Kind Regards

Pip Loder

New Members

We would like to welcome the following new members to who have recently joined the club:

Matthew Brunt

Birthdays



Happy Birthday to the following members this coming week:

Felix Jaffé



IMPORTANT

If you change your address, telephone number or email please notify the Club Secretary Martin Cook martin.cook123@btinternet.com and the CRC Newsletter Team crewkernercnews@gmail.com. You will only receive important information and the club's newsletter if your details are up to date. Also very soon we are adopting a signing in/out register at the George Reynolds Centre and again it is vital your contact details are correct.

This Week's Running

Club Nights

Tuesday – Mixed ability but generally faster/longer runs

Wednesday – Speed work organised by Club Captain Ed

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

Yeovil Half Marathon - 4/03/2013

Now in its third year, the 2013 Yeovil Half Marathon will take place on the 24th
March 2013

With the race HQ and the Start and Finish at Huish Park the home of Yeovil Town
FC

Yeovil town got behind the 2011 and 2012 event with the route being lined with
spectators, spectator hotspots having live music to keep athlete motivated.
The event will retain the same route as 2012, including the unique King of the Hill
contest.

The race will be held under ARC regulations, with the course now being officially
measured.

DALWOOD 3 HILLS CHALLENGE - SUNDAY 24 FEBRUARY 2013 AT 11.00AM

Approx. ten miles of multi-terrain around the beautiful challenging hills of
Dalwood, between Axminster and Honiton.

Mini Challenge of 3 miles approx. Minimum age 12 years

There is also a fun run of approx one-and-a-half miles
which will start after the main run.

The Inca Trail, Yak Track and Guinea Pig Gallop - 10/02/2013 at 11.00am

Multi terrain race of approximately 7 miles along the droves, tracks and footpaths of the 'Ilchester Andes', looking out for llamas as you go. Or try the more sedate journey through the foothills on the 2.9 mile Yak Trak - or the 1 mile Guinea Pig Gallop.

[Ilchester Sports Field](#)

Ilchester, Somerset, BA22 8NZ

Memento and "Guinea Pig soup" for all finishers.

For Those Who Would Like To Try Something Different

THE THIRTEENTH SIDMOUTH FOUR TRIGS CHALLENGE! - 10/02/2013

Similar to previous years: A 'low-key' off-road running event covering a distance of approximately 28km with an obscene amount of climb involved! Fell Runners' Association Cat B.

Aim: To visit each of the four Triangulation Pillars around the Sid Valley. Although runners will be able to choose their own routes, they must visit each Trig Point in order.

Excessive road running will be frowned upon! Some knowledge of navigation or local knowledge of the area might help with route choice.

OFFCAMBER XC - 17/02/2013

A classic mountain bike course of 3 laps of 4.8 miles with a rolling start at Inside Park caravan site Blandford Forum

February

Date	Event	Location	Race Start Time	Website
3 Feb	Hestercombe Humdinger/ Hestercombe Hurtle	Hestercombe Gardens	10.30am	http://www.thehestercombehumdinger.co.uk/
3 Feb	Blackmore Vale Half Marathon	Bishops Caundle	11.00am	http://www.bvlions.yolasite.com/
7 Feb	Burnham on Sea Winter 5k	Burnham on Sea	7.30pm	http://www.bospool.com/running
10 Feb	Inca trail	Ilchester Sports Centre	11.00am	http://www.yeoviltownrrc.com
10 Feb	The Four Trigs	Sidmouth	9.30am	http://www.sidmouthrunningclub.co.uk/
10 Feb	Gloucester 10k	Gloucester		http://www.gloucester10k.co.uk/
13 Feb	Street 5k (Race 5)	Street	7.30pm	http://www.wellscityharriers.org.uk
17 Feb	Offcamber XC	Blanford	10.00am	http://www.offcamber.co.uk/
17 Feb	Rempstone Roast Duathlon	Rempstone Estate, Dorset	10.00am	http://www.tri247.com/event_13565.html
17 Feb	Skyline 10k	Bath	11.00am	http://www.relishrunningraces.com/bath-skyline-10km.php
17 Feb	Drovers ½ Marathon	Salisbury	10.30am	http://www.dtar.co.uk/
24 Feb	The Tough Ten	Weston-super- Mare	11.00am	http://www.toughten.co.uk/
24 Feb	Dalwood 3 Hills	Dalwood, Axminster	11.00am	http://www.axevalleyrunners.org.uk/
24 Feb	Slay the Dragon	Hinton St George	10.30am	http://www.slaythedragon.co.uk/

March				
Date	Event	Location	Race Start Time	Website
3 Mar	CRC West Bay Run	Crewkerne to West Bay	9.00am	See Newsletter
3 Mar	Combe St Nicholas 10k	Combe St Nicholas	10.30am	http://www.runnersworld.co.uk/events/
3 Mar	Bath Half Marathon	Bath	11.00am	http://www.bathhalf.co.uk/
10 Mar	The Grizzly		10.30am	http://www.axevalleyrunners.org.uk/
11 Mar	CRC AGM	White Hart,	7.30 for 8pm start	See Newsletter
13 Mar	Street 5k (Race 6)	Street	7.30pm	http://www.wellscityharriers.org.uk
17 Mar	Butleigh 7 Mile Multi-terrain	Butleigh	11.30am	http://www.wellscityharriers.org.uk
24 Mar	Yeovil Half Marathon	Yeovil	9.00am	http://www.yeoviltownrrc.com
30 Mar	The Night Runner	Beer	7.20pm	http://www.axevalleyrunners.org.uk/
31 Mar	CRC South Petherton Long Run	South Petherton	9.00am	See Newsletter

Please Contact Us With Any local Races BIG or small So We Can Add Too The Diary
 At : crewkernercnews@gmail.com