

Crewkerne Running Club Newsletter

www.crewkerne.btck.co.uk

28 April 2013

Issue No: 106



A big congratulation's to the CRC runners who took part in last week's London marathon, don't forget the ballot for the 2014 London marathon opens tomorrow morning, I will be getting up earlier to try and get a place.

My London Marathon 2013 by Mike Pearce

My London Marathon this year started with driving to the Mother in Laws in Petersfield on the Wednesday evening, this year deciding to stay in a nice quiet house rather than a noisy hotel like last years' experience where I only managed about 2 hrs sleep, did not want that again!!

I was joined on the drive by my wife, Rachel and my mum and dad, so this year I was to have even more family support on the course. My few days in Petersfield were peaceful, restful but a cold and sore throat started to gather pace on the Thursday(great!), so I figured as I don't get colds very often I should be able to shake it off by Sunday morning. Saturday evening and I decided it was definitely a head cold and I remembered the saying 'above the neck you can run anything below say no' but even being my stubborn self I would have placed my running shoes on and would have joined the thousands on the start line.

Sunday morning arrived with the alarm waking me at 5 in the morning, as we still had a 2 hour drive to get to London. The day started with my marathon breakfast of Porridge (not so good that time in the morning), an orange juice and a mug of coffee. By 6.30 we were on the road. Arrived at Blackheath just before 8.30 and London was basked in glorious morning sunshine with very little wind and funny enough there were thousands of runners all heading in the same direction, so I joined them!! At the start area I forgot about my cold and decided to think about my timings I decided if I wanted to get under a 2.45 run I would need to get to the half-way point by 1.20 to ensure I had that spare 5 mins in case the cold hit home. At 9.40 we were all ushered to the start line and I found myself within about 10 feet from the start, dot on 9.58 we had 30 seconds silence to remember the victims of the Boston Marathon bombs, a very poignant moment and then spot on 10.00 we were off. By this time the weather man predicted 6 degrees but in my shorts and vest I was quiet warm and felt this was a underestimation of the London temp. I got off to a good pace and did the first 10km at 6 min miles not really feeling the effects of the cold. The crowds along the route thus far were great and really do egg you on and I felt buoyed on that all these people still came here even after the events on Monday.

At the half way point I was in my schedule and arrived at 1.19, thus the next thing in my mind was my family cheering me on at mile 14-15 and there they were on my right noisy as ever. At this point in the style of Richard Whitehead, I struck his finish line pose for the camera.



On I went and again my family were going to be at the mile 21 area, this is when you need support most as the last 6 miles can be the make or break of anyone's marathon whatever their ability. Once again I spotted them and this spurred me on for the final 5 miles. By mile 23 I started to feel very tired with the legs starting to feel like concrete, it was time to dig deep! By time I reached Big Ben I knew it was just a mile so I gritted my teeth and pushed forward, next landmark Bucks Palace. With the hairs standing at the back of my neck and the crowds cheering deafening I turned the last corner into the Mall and saw that finish line, the clock on 2.41.50 something. This is it, a 2.42 on the cards, I sprinted as fast as I could and clocked in at 2.42.38. My second London Marathon completed and a PB and once again a fantastic experience on a great day out.

As you can imagine there is no cake stall waiting for you at the end but I had a nice surprise waiting for me when I got back to Blackheath to meet all my family, Rachel had produced some very delicious Rocky road, so I tucked in to a large wedge of this delicacy and without further ado headed back to Petersfield for a pub supper and a celebratory drink (or two).

The results for all the CRC runners are:

Name	Time
Mike Pearce	2 hours 42 minutes 38 seconds
Felix Jaffe	3 hours 1 minute 26 seconds
Elaine Priest	3 hours 50 minutes 29 seconds
Adrian East	4 hours 15 minutes 42 seconds
Pip Loader	4 hours 21 minutes 12 seconds
Chris Rawlings	4 hours 21 minutes 54 seconds
Tony Strugnell	5 hours 28 minutes 42 seconds

Plymouth Half Marathon

Caroline and Kim ran Plymouth half this morning. A very enjoyable run as long as you don't want a best time. Well worth it just for the excuse a weekend away in the city.



Well done to both Caroline and Kim for taking part today in the Plymouth Half Marathon, with Kim finishing in a time of 2 hours 15 minutes 21 seconds and Caroline in 2 hours 23 minutes 41 seconds.

Brighton Marathon 2013 – Tim Hoyle

After weeks of long cold runs the day of the marathon finally dawned, with the promise of welcome warm sunshine.

Having parked the car in the Park and Ride at 07:00 am I jumped on the park and ride destined for Preston Park, the starting point of my second marathon. After a short walk around the gathering crowds I met my fellow charity runners. My chosen charity the Children's Trust Tadworth, providing care, education, therapy and rehabilitation to children with multiple disabilities, complex health needs and acquired brain injury. I chose this charity after reading the children's personal stories on the Trust's website <http://www.thechildrenstrust.org.uk/> **please take a look some time.**



After the team photos it was back on with the hoodies and jumpers, these were to be discarded at the starting corrals, only to be collected and donated to charities!

After nervous pre-race conversations and new acquaintances the race was officially started. It took a few minutes for the massive crowd of runners to shuffle up to and through the start line.

I spent the first couple of miles engaged in conversation with a school teacher from North London, I hope to hear how his marathon went in due course.

Running through the streets of Brighton centre it soon became apparent that the crowd support would be immense during this race and something I was totally unaccustomed to. Support was all around with people lining the streets, leaning out of windows cheering, bands on street corners.

The course leaves the city centre behind heading east uphill for a long climb. Even on these remote parts of the course support from the crowd doesn't let up.

The course returns to Brighton centre having returned from a scenic route out over the cliffs to Ovingdean and Rottingdean. According to my garmin watch I was ahead of the pace required to achieve a 4hr30 time and it was looking that way up to the halfway point near the iconic Brighton Pier.



The weather started to warm up and thankfully there were plenty of drink stations around the course. To my surprise the course even included optional showers strung over the pavement. It was certainly amusing to hear the shrieks and squeals of those passing under them. These showers certainly were a welcome feature that I have never experienced on a race.

For me the best part of the course was the leg running out of Brighton city centre to Hove. The route passes through a largely residential area. People were sitting on driveways in deck chairs with barbecues going, with so many children holding out their hands eager for a passing "high five" I recall passing a residential home where the residents were arranged along the pavement, sitting in armchairs, wheel chairs etc joining in with the carnival spirit. Having my name on my running vest was something new to me. The effect is amazing, the crowds were calling out "come on Tim", "Keep going Tim" ... It was constant ! Fantastic !

My pace suffered during the last quarter of the race, the top of my right foot really started complaining at this point. I found temporary relief by occasionally squirting the contents of a water pouch, handed out at water stations, over my foot. It must have made a strange sight !

I finally crossed the finishing line at 4hrs59mins16secs, apparently 4 seconds ahead of Dean one of my charity raising colleagues. I didn't realise he was so close behind; It would have been great to cross the line together!



For me there have been two aspects to this marathon, the charity fund-raising which certainly exceeded expectations and running the marathon, which I was really hoping to achieve a better time but there is always next year.

I hope to run this race again next year running for this charity. I shall be targeting corporate sponsorship, being cautious not to push my luck too far, but of course I will be very grateful for any sponsorship should you be so inclined.

Finally I would like to sincerely thank all those sponsoring me to run for The Children's Trust. At present the total raised stands at **£837** far in excess of the £500 I had pledged to raise.

Thank You !

Tim Hoyle

Splits

10km 01:04:25

half way 01:15:54

30km 01:06:59

finish 01:31:55



A message from our Treasurer



Notice to all members.

Subscriptions are now overdue for the year 2013/2014.

Following the recent AGM it was agreed that we needed to increase the annual subscription due to the cost of our affiliation with the George Reynolds Sports Centre and the doubling of the competition licence fee by EA.

A number of members have said that they have no interest in actually being members of the GRC. As the committee believes that the GRC is a real asset to the town and surrounding area we hope that members will be happy to support the GRC with the subscription increase this year.

The actual cost of membership to the GRC is £10 per year so the Running Club is subsidising half the cost.

We will be monitoring the performance and usage of the GRC and if the membership are not happy we can make changes at the next AGM.

Please pay the treasurer, Derek Boles, or complete an online transfer to Crewkerne Running Club:-

Sort Code 401825 Account number 21093649 marking it as subs paid.

A brief email to the treasurer would be appreciated:-
derek.boles123@btinternet.com

Renewal subscriptions for 2013/2014 are £15 including membership for the George Reynolds Sports Centre but without an EA competition licence.

Renewal subscriptions for 2013/2014 are £25 including membership for the George Reynolds Sports Centre and an EA competition licence.

New members please see application form available on the website.

Another guess who for you? Who knew our Treasurer was such a colourful character and was so good with balloons!!



EN GARDE: Leah Coath and Tom and Jack Bazley with Professor Balloonin' Bonkers, also known as Crewkerne town crier, David Craner. Inset right, Haley Lynch with her Tigerfly face paint.

Birthday Corner



Happy Birthday to Linda Still and Alan Pepper both on the 30th April.



This Week's Running

Club Nights are:

Tuesday – Mixed ability but generally faster/longer runs
Wednesday – Speed work organised by Club Captain Ed
Thursday – Beginners/Social Night

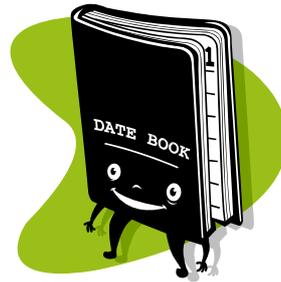
All week night runs leave from the George Reynolds Centre at 6.30pm

Sunday – Mixed ability, generally cross-country

Sunday morning runs leave from the George Reynolds Centre at 9.30am



Dates for the Diary



May				
5 May	North Dorset Small Village Marathon	Sturminster Newton High School, Bath Road	8.30 am	www.gillinghamtrotters.talktalk.net
8 May	Summer 5k Series (Race 2)	RNAS Yeovil	7.15 pm	www.yeoviltownrrc.com
5 May	Glastonbury Road Run 10k/5k/3k (Somerset Series)	Glastonbury	11.00 am	www.GlastonburyRoadRun.info
12 May	Black Death Run 10 miles / 3 miles	Combe Sydenham Country Park	11.00 am	www.theblackdeathrun.com
16 May	Ash Town Tree Trail 7 miles	Ash Primary School	7.00 pm	www.yeoviltownrrc.com
16 May	Pub Run Hawkchurch	Hawkchurch	6.30pm	See Newsletter
19 May	Crewkerne 10k (Somerset Series)	Crewkerne	10.00 am	www.crewkernerc.btck.co.uk
26 May	Dorchester Triathlon	Dorchester Sports Centre	8.00 am	www.1610.org.uk supported by Total Buzz Events

June				
2 June	Run in the Wild 10k	Cricket St Thomas	10.30 am	www.chardrunningclub.btck.co.uk
9 June	Ninesprings 9k (Somerset Series)	Ninesprings Yeovil	11.00 am	www.yeoviltownrrc.com
12 June	Summer 5k Series (Race 3)	RNAS Yeovilton	7.15 pm	www.yeoviltownrrc.com
16 June	Martock 10k	Martock Fire Station	10 am	www.tullonsport.co.uk
19 June	Tin Tin Ten 10k (Somerset Series)	Tintinhull	6.30 pm	www.chardrunningclub.btck.co.uk

23 June	Torrington Triathlon	Torrington Pool	8.00 am	www.1610.org.uk supported by Total Buzz Events
------------	-------------------------	--------------------	---------	--

July				
6 July	Charmouth Challenge 8 miles	Charmouth	3.00 pm	www.charmouthchallenge.co.uk
7 July	Quantock Beast Challenging 5.7 miles (Somerset Series)	Broomfield	11.00 am	www.quantockharriers.co.uk/beast
10 July	Summer 5k Series (Race 4)	RNAS Yeovilton	7.15 pm	www.yeoviltownrrc.com
13 July	Maiden Castle Loop 6.5 miles	Maiden Castle	7.00 pm	www.egdonheathharriers.com
14 July	Wellington 10 10m/10k	Wellington	10.30 am	www.thewellingtonten.co.uk
26-28 July	Le Tour of Exeter			www.ironbridgerunner.co.uk
28 July	Exmoor Seaview 17 miles	Countisbury Hill, Lynton	10.00 am	www.mineheadrunningclub.co.uk

August				
7 August	Haselbury Trail 10k (Somerset Series)	North Perrott School	7.15 pm	www.haselburytrail.btck.co.uk
10 August ?	Maiden Newton Madness 10k	Maiden Newton	TBC	www.maidennewtonrunners.wix.com/maidennewtonrunners
14 August	Summer 5k Series (Race 5)	RNAS Yeovilton	7.15 pm	www.yeoviltownrrc.com
25 August	Langport 10k (Somerset Series)	Langport	11.00 am	www.langportrunners.co.uk

Any events which are not on the diary, but you'd like included then please let us know

crewkernernews@gmail.com