

CREWKERNE RUNNING CLUB

Newsletter

Issue no. 85 Sunday 28th October 2012

www.crewkernerc.btck.co.uk

Dear Runners,



Matt Bryant scaling Ham Hill for the PTR



Christmas Party

**Saturday 15 December 2012,
from 7.30pm
At**



North Perrott Cricket Club

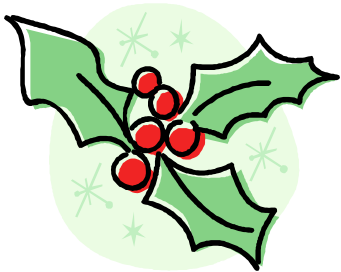
It's that time of year again, time to sit back with a glass of wine and rest your weary legs. Time to celebrate the achievements of the year and start planning which races to enter next!

This year's Christmas Party is taking place at North Perrott Cricket Club, the committee hope you can all come along and enjoy a great evening with your fellow runners, enjoying a glass or two of wine with good food and a bit of music and fun thrown in for good measure!

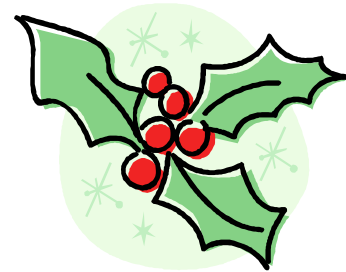
The menu is attached, if you would please let me have your choices and payment as soon as possible either pass these to me on a Thursday or one of the other committee members on the other running nights.

Look forward to seeing you there!

Tracy Symes



Christmas Party Menu



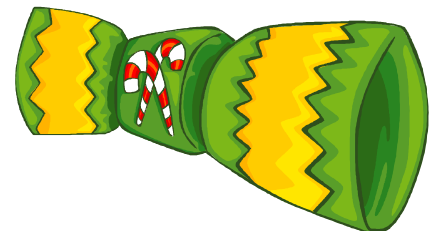
Starters

Baked Bacon & Herb Stuffed Mushrooms
Spicy Lentil & Tomato Soup
Celeriac Remoulade with Black Forest Ham
Homemade breads

Main Course

Roast Turkey, stuffing, sausages and cranberry Sauce
Fillets of Lamb braised with red wine & Cannelini beans
Mixed winter vegetable casserole with Chinese Five Spices

Roast potatoes
Brussels sprouts
Carrots & peas
Braised red cabbage
Gravy



Dessert

Christmas Pudding with Brandy sauce
Lemon Mousse Cheesecake with Red Berry compote
Tropical fruit Salad

Cheese & Biscuits

Coffee & Mini mince pies

This year's Christmas Party will take place on Saturday 15 December 2012 at North Perrott Cricket Club from 7.30pm until late; the cost of the meal is £20 per person.

Please let me have your selection with payment by no later than the 23 November 2012, cheques should be made payable to Crewkerne Running Club.

Menus Selection

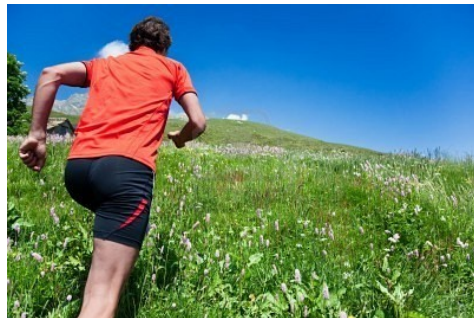
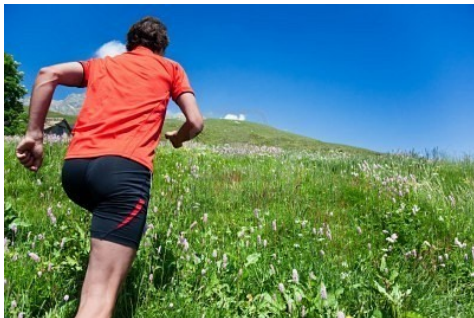
Name	Starter	Main	Dessert
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I/We enclose £.....

Please let me have any preferences of who you would like to sit with.

If you would like transport from the Crewkerne area please let me know how many seats you require, an additional cost will be incurred for this.



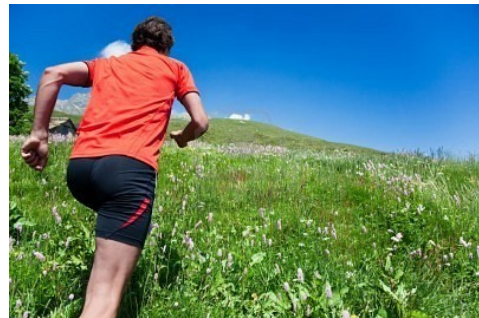
Now in it's 10th year, the Parrett Trail Relay took place two weeks ago and was a great success. 34 teams took part in the on the fantastic relay race from Steart near Bridgewater to Wynyards Gap, Chedington.

It was a valiant effort by all involved, and it was Exmouth Harriers who won the event, with Yeovil RRC winning the ladies team event and 'The Waltons' winning the mixed event.

Our three teams put up a great fight with our mixed team coming fifth overall and came within 3 minutes of winning the 'Mixed' category. Our mens team finished 10th overall with out Ladies finishing in 27th.

The committee would like to thank all who helped to make this event a real success, whether you were marshalling, timing, running in one of the teams, or just out supporting the guys and girls. Well done!!

You can see the full list of results with photos by visiting our website.



Pub Run – Thursday 8 November – Admiral Hood

Don't forget the pub run on Thursday 8 November from the Admiral Hood, its pie night! The landlady has asked where possible that we car share as the car park is only small and it's a popular night at the pub.

Thanks for your help



Wednesday Nights

A quick note to say the Captain Ed will be unable to run the training session for the next 3 Wednesday nights. If anyone would like to take charge on these evening in his absence and run a similar programme it would be much appreciated.



Full Monty

The Full Monty is fast approaching and we will be requiring lots of help from our members to help stage this event. This is our biggest event we do so we require the most assistance from you guys.

The main bulk of the work is required by course marshalls. Some of you maybe contacted by either myself, Clive or Jim to help out on our patches, but if anyone who is free could drop one of us an email to let us know of your availability that would be fantastic!



An exciting idea from the mind of Les Thomas....

With the new Sports Club facility opening up right on the doorstep of the swimming pool and running club, I was thinking that now may be a good time to start a splinter cell to the running club - for triathletes and anyone wanting to get into multisport racing. I can think of at least 15 people in and around Crewkerne's immediate area who already race in tri's who could be interested. Obviously this is just a raw idea – but I'm thinking we could integrate current running nights, with perhaps special, coached swim nights and organised ride nights - a whole weekly training calendar for all abilities, where experience and ideas can be shared and learnt from.

The nearest tri specific club is The Wessex Wizards which involves a lot of travelling to take part in their sessions, so not very helpful in our area at all!!

Swimming:-

I have already spoken with the manager of the Aqua center regarding coached swim sessions. He is very keen for the Aqua Centre (CaC) to be a part of this idea. We discussed some options, but moving forwards - he advised we go along to the Masters Session they currently run between 8 & 9 on a Thursday (to begin with). Obviously we would have to give some notice before we descend en-mass, so that the coach can plan a 'triathlon' orientated session for us. But we would be offered up to 2 lanes (depending on numbers) - a fast and slower lane for beginners. If you are a member of the CaC the session is free, otherwise it will cost £4.50 (a normal swim would set you back £4.10 so at 40pence more for a coached, hour long session - I think that denotes great value!!

Running:-

Ed's coached speed session on the Wednesday would be the best run session to make part of your Tri diary, but obviously there are 3 'club nights' and a Sunday morning to continue your running training.

Cycling:-

For the cycling, well there are already many members who regularly head out on 2 wheels but a 'set' training night or possibly a weekend morning/afternoon can obviously be sorted out. There's currently a keen group of guys (Merriott Wheelers) who meet every Sunday morning and Tuesday night – who would welcome and encourage any new cyclists to ride with them as well.

Facilities:-

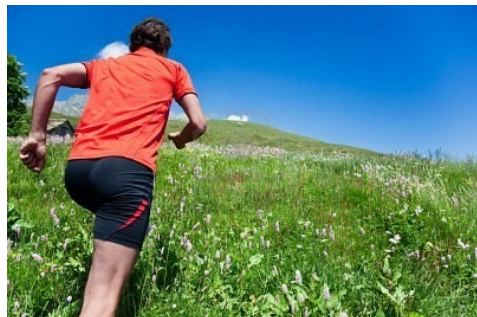
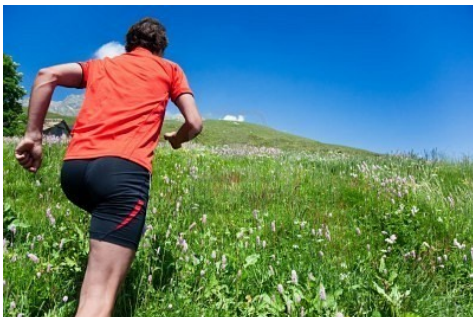
Going back to the new Sports club.....as the running club are now members, I will be looking to approach the committee to find out if we could use the changing facilities to lock our bikes in when we want to do 'brick' sessions where we either do a swim/run or a bike/run session, utilising their new lockable changing rooms, and obviously the refreshment area afterwards!!!

I hope reading this has inspired a few of you into perhaps trying something new and look forward to this getting off the ground.

If anyone has any other ideas, thoughts or questions, please don't hesitate to speak to me and it would good if some of the people who've already experienced Triathlon, could help get this going.

Cheers for reading

Les Thomas.



Dates for the Diary

Thursday 8 Nov – Pub Run at the Admiral Hood, back by popular demand another run from the Admiral Hood on Pie Night!

Sunday 18 Nov – Something different, meet at Weatherspoons at 8.30am to head down the old railway track from Chard towards Ilminster then back to Weatherspoons for breakfast.

Sunday 9 Dec – 9.30am Winter Handicap from Hinton St George Hall followed by bacon rolls

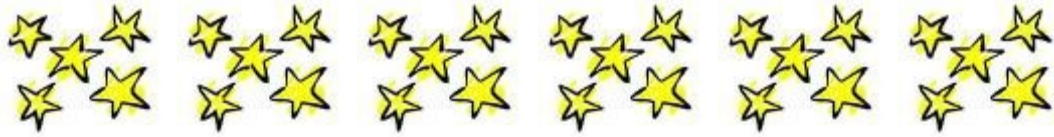
Sunday 23 Dec – 9.30am Tinsel Run, make sure you wear your best Christmas Hats again from Hinton St George Hall with bacon rolls



Upcoming Events.....

Ilminster 10k – Next Sunday!!

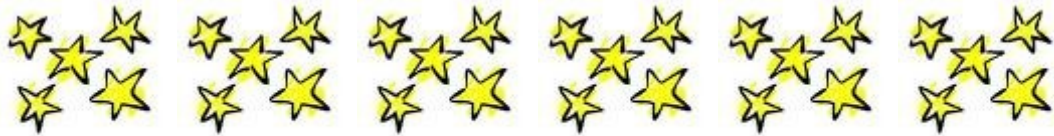
This popular local 10k takes places in and around the town of Ilminster. It will no doubt attract a huge contingent from CRC so get yourself along there next Sunday and make sure you are one of them!



Four birthdays to bring to your attention over the next fortnight!

Kay Pulsford 2nd, Martin Cook 8th, Fiona Emm 9th, Sara Fair 10th

Many Happy Returns to you all!



[This Week's Running](#)

Club nights are on Tuesday, Wednesday and Thursday over the following fortnight leaving the car park at Lidl's at 6.30pm.

The Sunday morning run leaves the Lidl's car park at 9.30am.





Dates for your

November

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sat 3 rd	Yarcombe Yomp	Yarcombe	10.30am	www.axevalleyrunners.org.uk
Sun 4 th	Ilminster 10k	Ilminster	10.30am	www.ilminsterlionsclub.co.uk
Thurs 8 th	Mosterton Pub Run	Admiral Hood Pub	6.15pm	See Newsletter
Wed 14 th	Street 5k	Street	7.00pm	Wells City Harriers
Sun 18 th	Chard Early Pub Run	Weatherspoons Chard	8.30am	See Newsletter
Sun 25 th	Brent Knoll 10k	Brent Knoll	11.30am	www.burnham-on-sea-harriers.com
Sun 25 th	Bicton Blister	Bicton College	11.00am	www.bictonblister.co.uk
Sun 25 th	The Herepath Half	Taunton	10.30am	www.herepathhalf.org

December

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sun 2 nd	Full Monty	Ham Hill	10.30am	See Newsletter/Website
Sun 9 th	Winter Handicap	Hinton St George	9.30am	See Newsletter
Sun 23 rd	Tinsel Run	Hinton St George	9.30am	See Newsletter

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

simon_land87@yahoo.co.uk