

CREWKERNE RUNNING CLUB

Newsletter

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

Issue no. 33 Sunday 28th August 2011

Dear Fellow Runners

Well I made it – just! More to follow.....



Thanks to Martin & Sarah for keeping you up to date with things while I have been away, but just to remind you of some club social events which are just round the corner.....

BREAKFAST RUN - SUNDAY 4 SEPTEMBER - 9AM

The breakfast run will take place from my home on Sunday 4 September at 9am. Everyone is welcome and if you don't fancy a run, come and walk instead.

There will be options of 4 miles and 8 miles. Both routes are both on and off road. The 8 mile route goes up to Castle Neroche. You will get a cooked breakfast when we get back. The early start means you will then have the rest of your day free.

You will find me at Ham Cottage, Ham, Nr Ilminster, TA20 3HP. If you are planning to come, please let me know if you can so that I can make sure there is enough egg and bacon for you. You may need directions as my home is easy to find if you know where it is, but very easy to miss if you don't. E-mail me on my new e-mail address: sarah.warren321@btinternet.com or phone me on 01460 234199.

Sarah

Windwhistle Pub Run – Weds 7th Sept

Not only do we have Sarah's fantastic Breakfast Run, which she deserves great thanks for putting on, but the following Wednesday we have the annual pub run from The Windwhistle Pub on the Crewkerne to Chard road.

As I said this is an annual event which the club do, and we invite members from local clubs such as Langport, Axe Valley, Chard and others. While we host the run, Jeremy Taylor of Chard Running Club takes us on an off-road route around the Cricket St Thomas Estate providing a lovely run. It's normally a great event and a good chance to mix with runners from other clubs and enjoy a nice meal afterwards for those who want it.

So the run is on Wednesday 7th September and will start at 6.30pm as usual. Please arrive for 6 to 6.15pm to pre-order food then lace up the trainers for the run!



News and results from a couple of local races now which have taken place over the last couple of weeks;

Langport 10k Race Report & Photos courtesy of Tracy Symes

Battle of Sedgemoor 10k & 2.5k, Langport – Sunday 28 August 2011



Well another fine summer's morning for a run around the roads of Langport, that's what I thought before I started anyway! Eight of the club turned up for the run unfortunately I didn't manage to see them all but well done to everyone. Nicola Brodie was in her first race since joining and finished in a time of 1hr 58secs. Another great run by Ed Stahl who was so quick the camera man wasn't ready to catch him crossing the finish line! Sarah Frost achieved a personal best and was 4th in her category, congratulations Sarah.

As most of you know I was trying for a PB and wanted to break the 1 hour mark, much to my disappointment I didn't succeed in my attempt and ran most of the race in pain after somehow hurting my left foot! Who knows what I've done, so have spent the afternoon with my ankle wrapped up in an ice pack will probably have a glass or two of wine later which should help!! A big thank you to Sarah Frost and Kyle for running the last 1k with me and shouting words of encouragement.

I'd also like to say well done to my niece Caitlyn, who's joined the club for Tuesday night training over the last couple of weeks, she took part in her first race and completed the 2.5k fun run after much nerves and doubts that she would be able to do so, unfortunately the fun run times haven't been published yet but she did it in around about 20 minutes. Well done Caitlyn!!

Well done to everyone who took part and here are the full results below, there were 448 finishers in total.

Race Report no. 2 from Langport by Ed Stahl

A great turn out today with 500 enthused runners racing for all kinds of reasons. I with many others were going for a p.b as I heard the course was relatively flat with downhill sections.

The weather was fine considering the forecast as we set off down the high street and to my surprise saw the first hill in the distance. After 2k the hill was over and I found myself nestled in the second leading pack trying to keep the pace as consistent as possible. After 5k I timed 17:30 and felt comfortable to push on with nathan young from taunton. With the last 2k I broke away from nathan and came in to the finish with a time of 35:12 and a place of top 20 but that's a guess as the results are not in yet.

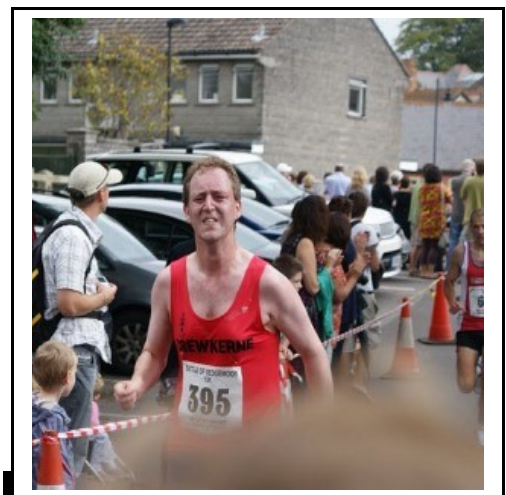
Well done to everyone who took part in the race from the club and thanks to langport runners for organising and marshalling an excellent event.

Ed

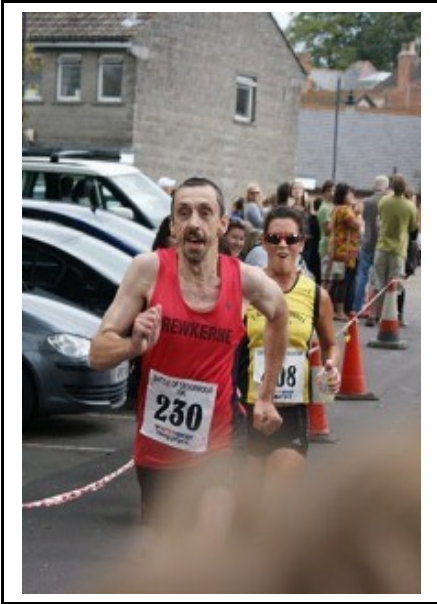
Position	Time	Name
18	0:35:18	Ed Stahl
68	0:40:19	Matthew Bryant
85	0:41:45	Dave Carnell
123	0:44:05	Sarah-Desiree Frost
157	0:45:45	Richard Caile
254	0:50:54	Ian Wickens
400	1:00:58	Nicola Brodie
411	1:02:49	Tracy Symes



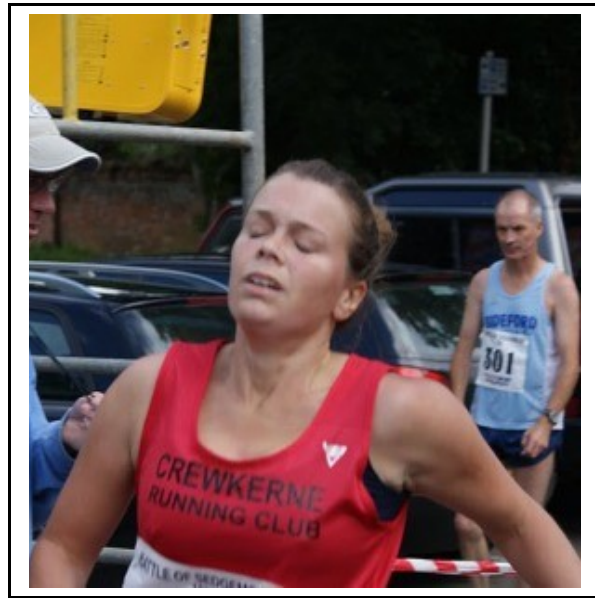
Seems there were a couple of posers at the start!



Matt Bryant feeling the burn



Downhill Dave striding
for the line



New member Nicki Brodie at
the end of her first ever race

Yeovilton 5k (Race 5)

It seems we had another fantastic turnout from club members who find this 5k event around RNAS Yeovilton enjoyable – quite why I don't understand – but obviously they get something out of it!

13 members in total ran, and we saw another exceptional performance from the ever improving Ed Stahl, who raced round in 16.30 which is quite frankly frightening! Just goes to show that if you put the effort in, then you get the rewards! Well done Ed!

Other notable performances from one of our newer members, Anthony Honeyball, who ran a great time of 18.54, while the ever present Derek Boles & Ken Priest both knocked time off their previous runs.

8th

Ed Stahl

16.30

26 th	Clive Harwood	18.05
32 nd	Tom Priest	18.28
41 st	Anthony Honeyball	18.54
46 th	Dave Carnell	19.27
55 th	Simon Sheldon	19.59
75 th	Richard Caile	21.18
77 th	Rachel Green	21.43
88 th	Ken Priest	23.06
101 st	Derek Boles	24.09
102 nd	Rebecca Nichols	24.23
142 nd	David Baker	31.03
149 th	Lucie Boyland	32.27

Maiden 'Newten' Madness

4 members made the journey over to Maiden Newton for this lovely little multi-terrain race held on a Saturday evening.

Clive Harwood was first man home from the club in 5th place taking home the Vet 60 prize, while also beating the Vet 50 and Vet 40 winners at the same time which doesn't surprise me! Congratulations Clive!

Next to finish was club stalwart Matthew Bryant who ran a very impressive 45.55 to finish 15th overall. Hot on his heels was Dave Carnell in 46.50 in 18th place. Of course he was running in Maiden Newton colours which sort of makes him a traitor – but I won't dwell on that!

Final club member home was one half (the better half) of Team Irish. Kirsten just missed out on getting under the hour mark, but still did really well on a testing course with a time of 1.00.03.

Well done all – now smile for the camera!



Clive in red behind his namesake, Lee Harwood, from Yeovil RC

Matthew Bryant hot on the heels of another runner



Downhill Dave on his way
to a great 18th place finish



Kirsten Irish running well
for a finish in 79th



Oxley Sherborne Sprint Triathlon

There were 6 club members who took part in today's Sprint Triathlon at Sherborne and the impressive results are below. Please note that club member Debbie Cole also raced but has unfortunately been unfairly disqualified by an overzealous marshal. She is very annoyed at the decision and will be appealing. A real shame for this to happen with all the hard work that gets put in.

10 th	Les Thomas	1.26.15
25 th	Simon Sheldon	1.31.47
36 th	Adam Loder	1.36.40
47 th	Richard Gardener	1.38.34
76 th	Ken Priest	1.45.47



New Members

The Crewkerne Running Club family continues to grow as we see two new people who have recently joined. Nicki Brodie and Ben Farley are the two in question, and we very much look forward to meeting them both at a club night soon. Welcome!



Message from Martin Cook

Full Monty-cute 10 Sun 4th December

A little way off but we have been taking entries since June and now have about 70 entries with another 200 odd to come over the next 3 months.

We do need a lot of help with this one so will be after over 40 marshals, so please put your names forward.

I need a bit of help if anyone has any suggestions. Last year we got the Crewkerne army cadets to help us with car parking and to discourage car thieves. Unfortunately they let us down at the Crewkerne event and I have been unable to contact them. So I am looking to find a local organisation who would like to help us for a few hours for which the club will give them a donation from the event.

Ideally it would make sense for someone from the Stoke sub Hamdon area, I know we have a few members from that area, so if you could have a think I could then make contact. We would need 5 or 6 people I guess, food vouchers would be provided etc etc.

Regards

Martin Cook
Hon Sec



Parrett Trail Relay

The Parrett Trail Relay is getting ever closer and takes place on Saturday 15th October.

We have reserved a space for two teams from our club but I'm sure that we have enough members to make that 3 teams which would be lovely!

If you haven't already been contacted and would like to put your name forward to be in one of the teams, please get in touch with either myself (Men's Captain) or Sarah Warren (Ladies Captain) and we can start putting the teams together.

Simon – simon_land87@yahoo.co.uk
Sarah – sarah.warren321@btinternet.com

Once that is sorted we can start allocating people legs to run, and organise practice runs of some of the routes.

Please get in touch asap to avoid disappointment!



Sarah Warren representing The Stokes Partnership and CRC presents a cheque for £500 to Malcolm Maxstead representing The St Margaret's Hospice at the 2011 Haselbury Trail Race.



Upcoming Events.....

Now I know it's still a little way off but it's a popular local event that fills up fast so make sure you get your entries in to avoid disappointment!

Ilminster 10k Road Race

A popular race which always see's a good turnout from CRC members. All on roads around small villages, but starting and finishing in the town of Ilminster. A good, fun event!

For more info see the website - www.ilminsterlionsclub.co.uk and follow links to the 10k, or download the entry form which I have attached

The Cotleigh Canter

Honiton RC are putting on a new event in October called The Cotleigh Canter. This is to replace the HoniTEN.

The Cotleigh Canter is actually 3 events – a 5K, a 10K (two laps of the 5K) and a 3K Fun Run, all on road. We are hoping that the 5K will encourage new runners to have a go at an event and we are publicising the 3K to local primary schools and junior running clubs, with a cup on offer to the top primary school team.

The race will take place from Cotleigh village hall at 10:30 on Sunday October 9th. There is now a Cotleigh Canter page on the club website so you can get the info from there and an entry form. There is also a Cotleigh Canter Event on the club's Facebook page.



John O'Groats to Lands End Report by Yours Truly

I say this sincerely, from the bottom of my heart.....thank god that is over!!

Well I made it - just - and I mean just!

It all started so well...or not. Having spent a large amount of money getting the bike fully serviced, I was not a happy boy when the gearing decided it didn't want to play ball one day before I left! Having not been quite right since it was serviced, it spent the

night in the bike shop where I prayed to the cycling gods that all would be well. It wasn't.

I was set to leave at 5pm on Saturday, and at 11am I had a phone call saying they couldn't fix the gearing – there's no way you can do the trip on this bike! OH MY GOD!! STRESS!! PANIC!! Lucky for me I have a very good friend in Dave Rowe who offered me his bike. So I drive over to Crewkerne, pick up his bike, mine is a racer and his is a hybrid so nothing like I have trained on or ridden before, but it was a bike which is what I needed! I get it back home and receive another phone call saying my bike is magically healed! This is a windup right! What a stressful day, but it sorted itself in the end. Dave's bike was returned and mine was good to go

It took nearly 24 hours leaving Taunton and travelling up to John O'Groats. I was met with a beautiful sunset and a barrage of midges which seemed to attack at will, leaving you itching and scratching all over, while the locals seemed immune and looked on with wry smiles.



And so it began on the Monday. A beautiful, sunny morning in John O'Groats. I was in full spirits as I set off, until half a mile up the road, one of the panniers caught in the wheel and ripped! Damn! But a quick bodge job involving strategically placed bungee cords and I was on my way. The first day was very much a learning curve, setting up the bike, riding with all that weight, and how best to access the bits that you will need during the day. I learnt a lot of do's and don't's.

The next couple of days in Scotland were fantastic and easily the best part of the trip. The riding was good, the scenery stunning and I was really enjoying myself. Climbing up through Glencoe on a clear day was fantastic, and a memory that will stay with me. The rain was torrential at times but could not dampen my spirits.

Had a bizarre moment when I stopped for lunch one day. This huge arctic lorry pulls up next to me and switches off its engine. Driver winds down his window and calls me over and I'm wondering what's going on?? Stereotypical lorry driver – 17 stone of muscle and tattoo with thick Scottish accent winds down his window and says 'Oi Pal! Do ye shave yer legs?' What! He asks again. No I replied – 'Why do you?' 'AYE' he says. And with that he flings open the door to his cab, kicks off his boots and starts rolling up his trousers and shows his beautifully smooth legs and says 'Aye but they'll need doon again soon!' Madness. Turns out he is also a cyclist and apparently that's what a lot of cyclists do! What ever floats your boat! Just one of those surreal moments.



Then it went downhill....

I had two what I would call bad days. The mixture of bad weather, 'navigation problems' through Glasgow, more bad weather and hills every 5 minutes made it really hard going. When you carry all that stuff, trying to get up hills is like a dead weight and is very frustrating. Unfortunately, this was a rather hilly route! I saw my first of two punctures on these days, the first I was running late in the day, raining heavy and on some of the worst roads I have ever seen - hit a pothole and the back tyre blew out. So I had a bit of a shout and a swear, did a bit of teeth grinding and carried on.

My pleas for flat ground fell on deaf ears as I rode my way through the Yorkshire Dales and Peak District, at one point being blown off the road by winds so strong I had to fight to hold the bike upright - but I was always managing to keep spirits relatively high even though the riding was so hard.

Riding was taking most of the day including rest breaks, aiming to leave around 8 to 8.30am most days and finishing anywhere between 4.30 and 6.30pm covering between 85 – 100 miles.

As I came down through the Midlands, Gloucester and towards Taunton my spirits were high and the riding was easier. I was feeling good and strong in the legs, though

the arms were becoming a problem being held on the handlebars all day, really starting to burn most of the time. Had some visits from family members as I came down near this neck of the woods, and psychologically you felt you were getting closer, though the reality was I had a huge way to go, and Devon and Cornwall had a reputation of having the worst hills throughout the trip.



By the end of day 9 I knew I was near my limit. I finished that day feeling exhausted and dreading getting back on the bike to ride the next day. The ride from Taunton to Camelford promised to be nearly 100 miles and hilly - though it was worse than I could imagine. I was struggling. I had lost the ability to lift my spirits and motivate myself, and at 80 miles on day 10, I could ride no more. I found a gate way, lay down in the field and closed my eyes and I was on a different planet for 20 minutes or so. Just couldn't get up. But I crawled through the last 15 miles to Camelford. That night I knew I was close to not being able to go on. I was totally exhausted and had nothing left in the tank. As runners, many of us have been tired after doing a lot of training, but you know the feeling when total exhaustion is setting in. I had gone beyond tired and was running on empty. But I knew I had just one day to go.

For the last day I decided to leave most of the bags behind bar one rucksack and ride with a light bike. The finish at Lands End was about 70 miles away where I knew I had my mum, a family friend and Christine from Yeovil Samaritans waiting for me. The miles seemed to crawl by. I was riding on the main A30 dual carriageway as it was the quickest route, but it was also noisy and dangerous as I only had a 2ft wide verge to ride on. I hope nobody was watching as I was beginning to shout rather a lot to myself! The miles went by so slowly and the hills were steep. I was at my lowest and not even the thought of the finish could spur me on. But I made it to Penzance, nearly there I thought, but the road to Land's End was fraught with steep climbs. But it leveled and with the finish a couple miles away the sun came out. Banners and balloons awaited me as I rode in, but I was too tired to even get excited. It was quite emotional and I was just keeping it together. But I made it. 950ish miles, over 70 hours on the bike and over

60,000 calories burnt! It nearly killed me. I know that I could not have gone on a day longer. It's really hard going doing it with support/backup!



I must say thank you to Clive, Steve, Rich and Dave for keeping in touch throughout the ride and spurring me on.

But I owe a huge amount of gratitude to Dave Rowe, not only for all the advice he gave me having done the ride before, but also for lending me a huge amount of his own equipment which proved invaluable, and nearly his own bike at the start. Very, very generous.

Sponsors are going well and once collected I should break the £1500 and may push the £2000 mark which is more than I could have ever expected. A big thank you to all those who have donated so far – it means a lot and is really appreciated so thank you.

www.justgiving.com/simonland

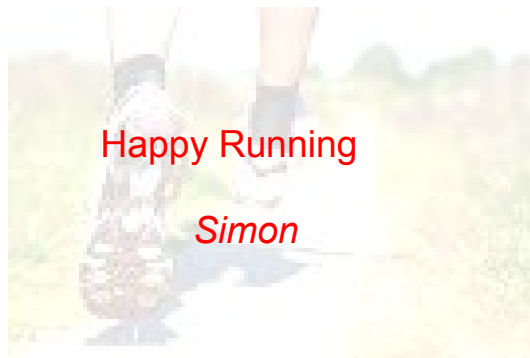
If you get the chance to do this – DO IT!!



[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 will be the Breakfast Run put on by Sarah starting at 9am.
Contact her for directions!



Dates for your

September

Date	Event	Location	Time	Website
Sun 4 th	Breakfast Run – Sarah Warren	See Newsletter	9.00am	See Newsletter/Sarah
Sun 4 th	Ash Excellent 8	Ash School	11.00am	www.yeoviltownrrc.com
Wed 7 th	Windwhistle Pub Run	Cricket St Thomas	6.30pm	See Newsletter
Sat 10 th	SLAMM Marathon & Half Marathon	Langport	??	www.langportrunners.co.uk
Sun 11 th	Kamikaze Run	Mapperton	9.30am	www.votwo.co.uk
Sun 11 th	Shepton Beauchamp 10k	Shepton Beauchamp	TBA	www.sheptonbeauchamp.org.uk
Wed 14 th	Yeovilton 5k (Race 6)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Sun 18 th	King Alfreds Torment	Stourhead	11.00am	www.yeoviltownrrc.com
Sun 18 th	Langport Triathalon	Langport	TBA	www.langport-tri.co.uk
Sun 25 th	Taunton 10k	Taunton	TBA	www.taunton10k.co.uk
Sun 25 th	New Forest Marathon & Half Marathon	New Milton	9.30 am	www.nfma.org.uk

October

Date	Event	Location	Time	Website
Sun 2 nd	Burnham-on-Sea Half Marathon	Burnham-on-Sea	11.00am	www.burnham-on-sea-harriers.com
Sun 9 th	Gold Hill Run	Shaftesbury	11.00am	www.gillinghamtrotters.talktalk.net
Sun 9 th	Cotleigh Canter	Cotleigh	10.30am	www.honitonrc.com
Sun 9 th	Mendip Muddle 12.5m	Charterhouse	11.00am	www.westonac.co.uk
Sat 15 th	Parrett Trail Relay	Various River Parrott	9.00am	www.crewkernerc.btck.co.uk
Sun 16 th	Castle Cary 10k	Castle Cary	10.00am	www.totalbuzzevents.com
Sun 16 th	Dartmoor Vale 10k, Half & Marathon	Newton Abbott	9.00am	www.dmvmarathon.org.uk
Sun 23 rd	Exmoor Stagger & Stumble	Minehead	TBA	www.mineheadrunningclub.co.uk
Sun 30 th	The Stickler	Shillingstone	10.30am	www.dorsetdoddlers.org

November

Date	Event	Location	Time	Website
Sat 5 th	Yarcombe Yomp	Yarcombe	10.30am	www.axevalleyrunners.org.uk
Sun 6 th	Ilminster 10k	Ilminster	10.30am	www.ilminsterlionsclub.co.uk
Sun 20 th	Colyton Fiver	Colyton	10.30am	www.axevalleyrunners.org.uk
Sun 27 th	Brent Knoll 5.5m	Brent Knoll	11.30am	www.burnham-on-sea-harriers.com
Sun 27 th	Bicton Blister	Bicton Park	11.00am	www.bictonblister.co.uk

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

simon_land87@yahoo.co.uk