

CREWKERNE RUNNING CLUB

Newsletter

Issue no. 54 Sunday 29th January 2012

www.crewkernerc.btck.co.uk

Dear Runners,

Charmouth – The run down...

Well what a day we had! Another CRC successful jaunt undertaken and fantastic to see so many people taking part!

It all started rather early, 9 am and Lidl's car park was bombarded by 13 hardy runners, all full of chatter and excitement at the prospect of the task ahead – a 17/18 mile cross country run to Charmouth. The weather was rather nippy but dry – couldn't ask for more really!



We excitedly headed out of town, picking up Clive at the top of Maiden Beech (didn't fancy the hill!) and headed off toward Clapton, spirits high and full of the joys of winter!



We arrived in Winsham at around 6 miles and picked a group of around 6/7 runners hanging around by the side of the road, making a good group of us now. We headed off towards Forde Abbey, with many of the runners treading new ground on this run which was great to see!

We were making good time considering we were crossing some really muddy fields and big climbs which were sapping to the legs. We got a little spread out but with Hawkchurch in sight, we pushed on and made it to the next meeting point on time.

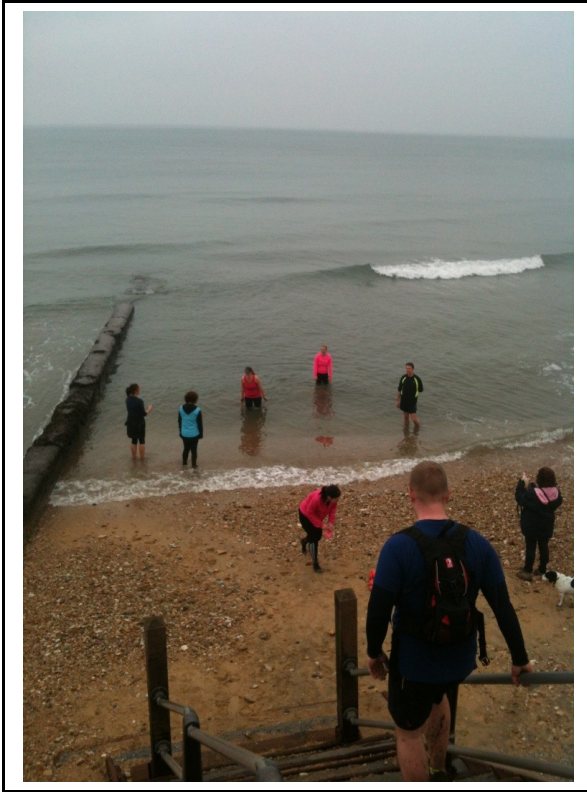


I reckon another 8 ish runners joined us here and by this time we were quite spread out in our groups. With 6 miles to go we headed down into the big valley as the terrain got easier but the legs got heavier.



The first group sprinted into Charmouth just after 12 I believe, with runners then coming in until after 12.30, all....sorry most eager to take a refreshing dip in the sea....though one did get a little to eager and ventured quite a way in!





All seemed to enjoy the run, especially those who hadn't run it before, many who had never run anywhere near that distance before so a big pat on the back all around!

The only low point was the meal afterwards! Without wishing to be horrible, I don't think customer satisfaction was high on the agenda for whatever reason! I'll say no more than that, but the 15+ of us who stayed for food, all got fed...eventually!





All in all a cracking day out! Thank you to all those who took part – I hope you all had a great time! Thanks for all those who gave lifts and ferried bags back and forth!

A final thank you for all of the fantastic photos I have been sent from you all from today, I'll spread them out into next weeks edition as well as a bit of a space filler if you don't mind!



Time Trial – This week!

It has been suggested that we bring the monthly time trial forward this week. It normally takes place on the first Tuesday of the month but for this month, it will take place this Tuesday night.

The following week is the Street 5k on the Wednesday which is now a club championship race. In order to prevent people from having to race two days in a row, we will bring the time trial forward a week, and hopefully that will enable more of you to take part in the Street 5k.

So in short – time trial this Tuesday! First runner sets off at the Merriott mini-roundabout at 6.30 so please arrive 10 mins early to be given your predicted time!

....also remember that Ed's interval training now takes place on a Wednesday night!
It's all getting rather quick!



For those who have entered the Yeovil Half Marathon.....

Dear Yeovil Half Marathon Runner,

This Year Total Buzz Events have teamed up with Ironbridge Runner.

We have a fantastic opportunity for all entrants to the 2012 half marathon.

On the 4th of February Pete from Ironbridge Runner and his team of experienced staff will be providing a valuable gait analysis service at Goldenstones leisure centre in Yeovil.

This is a really worthwhile service which review your running style and matches this to suitable shoes which will help you run faster, longer and reduce injury.

Due to high demand we have now extended the time for this until 6:00pm, places are limited so please contact me on 07904 668682 or by email jody@totalbuzzevents.com to book.

Best wishes.

Jody



Crewkerne Running Club Championship

Can runners please forward to me (if they know it) their PB's over 5k, 10k and Half Marathon distances from last year only.

Once I receive that info you can then start earning points for beating those PB's. If I don't receive that info, or maybe you just don't know it, then that is fine. I will set your respective PB's this year when you complete a race.

I will mark all of the Championship races in green on the race diary so you know when they are coming up – hope that helps!



Crewkerne Running Club on Facebook

Well who would have thought it! CRC has been dragged into the 21st century! Tim Hoyle set us this group initially to sort lifts for today's run, and literally within minutes he was inundated with requests to join!

Apparently it can be found by entering in CRC or tagging Crewkerne Running Club. (Being an anti-facebooker I have little idea of what that means, but I'm presuming it makes sense to some of you!)

Cheers Tim!



Hestercombe Humdinger

News has filtered through from two of our newer members about their times on today's race! Father and son combo of Bob & Luke Brunt took part, with Luke finishing in 49th with a time of 1hr 10, while Bob finished in around 90mins.

Not sure who else from the club was present but I hope to have a full race report for next weeks edition!

Well done guys!



Upcoming Events....

Longleat 10K



SUNDAY 5TH FEBRUARY 2012 - 10am Start



Longleat is now a firm favourite amongst South West runners and many who come from much further afield to enjoy a run around the beautiful estate.

The event comes back under the management of 2:09 Events this year with the return of the famous ***Lions Head Medal!***

Or what about.....

Hinton St George C of E First School PFA

Supported by Crewkerne Running Club

present the 4th

Slay the Dragon 10k run!

plus

The Dragon's Tail 4k run!

as well as the very popular

Village 2k Fun Run!

to be held on

Sunday 26th February 2012

start time - 10.30am

Start and Finish - St Georges Village Hall,

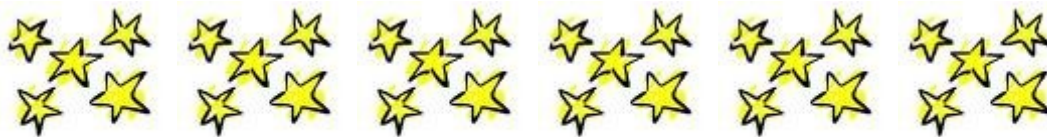
Hinton St George, Somerset

There is a pre-entry prize draw if anyone is interested !!! Plus, to make it easier, completed forms can be dropped into Adam's shop. More entry forms are available in the shop too.

Also if there are any members who might be able to help marshal on the day we'd be grateful of any offers. Please contact Adam or Pip Loder, or failing that myself and I will forward offers of assistance on to them



Many Happy Returns to Felix Jaffe, celebrating his birthday on Tuesday this week



[This Week's Running](#)

Club nights are on Wednesday and Thursday this week leaving the car park at Lidl's at 6.30pm. Tuesday night run is the Time Trial from Merriott. First runner away at 6.30pm.

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

With the dark evenings now, head torches and reflective gear are essential for all runners.



Dates for your

January

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
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Sat 28 th	Blackdown Beast	Dunkeswell	10.00am	www.honitonrc.com
Sun 29 th	CRC Charmouth Run	Crewkerne to Charmouth	9.00am	See Newsletter
Sun 29 th	Hestercombe Humdinger	Hestercombe, Taunton	10.30am	www.thehestercombehumdinger.co.uk

February

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sun 5 th	Blackmore Vale Half Marathon	Bishops Caundle	11.00am	www.bvlions.yolasite.com
Sun 5 th	Longleat 10k	Longleat	10.00am	www.209events.com
Wed 8 th	Street 5k Series (Race 5)	Street	7.30pm	www.wellscityharriers.org.uk
Sun 12 th	Exeter Half Marathon	Exeter	9.30am	www.ironbridgerunnerevents.co.uk
Sun 12 th	The Wiltshire 10m	Melksham	10.00am	www.stampedesports.co.uk
Sun 19 th	Tough Ten Challenge	Weston-super-mare	11.00am	www.toughten.co.uk
Sun 19 th	Lytchett Manor 10	Lytchitt Minster, Nr Poole	10.30am	www.lytchettmanorstriders.org
Tue 21 st	Predict a Run & Pub Run	Lidl's CP then Oscars	6.30pm	See Newsletter
Sun 26 th	Slay The Dragon	Hinton St George	10.30am	www.slaythedragon.co.uk

March

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sun 4 th	Crewkerne to West Bay	Crewkerne	9.00am	See Newsletter
Sun 4 th TBC	Combe St Nicholas 10k	Combe St Nicholas	TBC	www.combestnicholasprimary.co.uk
Sun 4 th	Bideford Half Marathon	Bideford	10.30am	www.bidefordaac.co.uk
Sun 11 th	Bath Half Marathon	Bath	TBC	www.bathhalf.co.uk
Sun 11 th	Great Western 10k	Leweston School	11.00am	www.rotarygreatwestern.co.uk
Sun	The Grizzly	Seaton	10.30am	www.axevalleyrunners.org.uk

11 th				
Sun 11 th	City of Salisbury 10m	Salisbury	10.30am	www.salisbury-arc.org
Mon 12 th	AGM	Lamplighters Bar	7.30pm	See Newsletter
Wed 14 th	Street 5k Series (Final Race)	Street	7.30pm	www.wellscityharriers.org.uk
Sat 24 th	Nightrunner	Beer	7.10pm	www.axevalleyrunners.org.uk
Sun 25 th	Yeovil Half Marathon	Yeovil	9.00am	www.totalbuzzevents.com

April

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sun 1 st	South Petherton Long Run (22 miles)	South Petherton	9.00am	See Newsletter
Sun 1 st	Taunton Marathon & Half Marathon	Taunton	10.30am	www.tauntonmarathon.co.uk
Sun 1 st	Forest of Dean Half Marathon	Speech House, Cinderford	10.00am	www.forestofdean-halfmarathon.co.uk
Sat 7 th	Beat the Egg 8k	Stourhead		
Mon 9 th	Easter Bunny 10k	RNAS Yeovilton	10.00am	www.yeoviltownrrc.com
Wed 11 th	Yeovilton 5k (1 of 6)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com

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

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