

CREWKERNE RUNNING CLUB

Newsletter

Issue no. 66 Sunday 29th April 2012

www.crewkernerc.btck.co.uk

Dear Runners,



Claire Squires, whose story has touched the whole nation, tragically died at last week's London Marathon

Spring Handicap – This coming Wednesday

The much anticipated Spring Handicap is fast approaching! The handicap takes place in the village of South Petherton and includes a meal at the Brewers Arms afterwards for those who wish to stay.

This is a really popular, light hearted run which any members can join regardless of speed or ability. The run starts in the car parl off the high street by the public toilets. You can park there or in the main car park in South Petherton – they are very close to one another.

New club Captain Ed Stahl will set your times on the 5 mile road route. Starting with the slowest, runners will set off at intervals depending on speed with the fastest runners setting off last. The idea is that by staggering times, all runners will finish roughly together, making this an event that anyone can win!

This year there is also the chance to earn points in the CRC Championship just for taking part if you need another excuse to turn up.

If you're new to the club, can I highly recommend that you give this event a go. Normally around 20 take part and it's a good fun evening, with a lovely meal afterwards.

First runner will be away at 6.30 so please arrive in plenty of time to get your handicap and order food – ideally around 6.15!

Go on!!! Give it a go!!!!



Hot off the Press! Two must read Race Reports from our brave runners at the London Marathon!!

Mike's Marathon Marvels

First of all I would like to congratulate all the other Crewkerne runners who took part in the Marathon last Sunday. What a day it was - perfect running conditions, the sun

was shining, a light breeze helped to cool the cockles and the crowds cheered us all on!

I was a virgin London Marathoner and my adrenalin was proper pumping when I got up on Sunday morning for my carbo brekkie and arrived megga early at the start to take in the atmosphere.

Nerves set in as I gathered with the other runners in my designated zone but as we set off on the course I relaxed and got into it. Not used to having so many runners around me, so there was a lot of jockeying into position and it was certainly a far cry from the 670 runners at the New Forest Marathon last September!! First few miles were quiet as I got into my stride, then I hit the Cutty Sark and the crowds were amazing.

From then on the spectators cheered us on all the way. My family were waiting at mile 14-15 to cheer me on (rather noisily) and then again at mile 21 at a slight incline. This was really welcome, as were the showers at the top of the hill (well gentle slope). From here I realised I had paced myself well and could get a good time. Coming up to The Houses of Parliament and turning the corner was amazing with the crowds roaring us on.

Got to Buckingham Palace and they announced that the runners in view of the finish could get under 2hr 50 mins. So I gritted my teeth (see photo's on London Marathon Website, he, he) and pegged it for the last few hundred metres. Whohoo I made it in 2 hours 49 mins 32 secs. I was proper chuffed and was still able to stand up at the end, unlike my first marathon.

Didn't manage to see any of the other Crewkerne runners but made my way back to my family for a well earned celebration of a hearty meal and a large glass of wine. I thoroughly enjoyed the experience and will definitely be back next year, if my wife doesn't drag me off to some far flung country on the pretence of doing a different marathon!

Cheers

Mike

[The London Marathon by Tamsin Dickinson](#)

This was an unexpected chance to run the London Marathon this year after Debbie Cole unfortunately had to for go her place due to injury. After hearing the news mid way through January, the miles suddenly needed to be put in. The current 13/14

miles that I was doing now had to be increased to 18/19 in the build up to the 22 miles of the South Petherton run. I also needed a hotel room which was hastily arranged thanks to the help of Andy Parsons.

As some of you know my directions are not very good, luckily for me Sue Gautier gave up her weekend to not only get me to London and back but making sure I didn't go via Scotland. She also provided great emotional support when the nerves really set in.

Marathon weekend started bright and early, we made it to the Exel Centre by 10.00am to pick up race number and a look round the stalls. Then more tubes back to the hotel at Blackheath where the rest of the day was spent resting and eating.

After only a few hours sleep due to the London traffic noise race day arrived, a little bit of breakfast was forced down. Then met up with Sue, Nick and Sarah, unfortunately we did not see Mike before the race. Sarah and myself were both on the Blue start in Pen 9, it was nice having company whilst waiting for the start line to approach.

The race for me is always a bit of a blur, I remember passing the Wombles at Cutty Sark where I managed to spot Sue amongst the huge crowd. I next remember going over Tower Bridge where the noise was deafening. After a few more corners you get to see the faster club runners passing on the opposite side, I kept an eye out and was rewarded when I got to see Mike and Nick fly past looking like they were going to make good times. The next 10 miles were hard, I kept sipping my water and eating jelly babies, gradually knocking the miles off one by one.

One of the highlights of the race for me is getting to 24 miles where the course is heavily lined with well wishers and the noise is immense. I missed Sue, who was apparently hanging off some trellis, I just put my head down and gave it everything I had left for the final 2 miles. I got round in a time of 4hrs 34mins - didn't stop once and was only 8 mins slower in the second half compared to the first which I was really pleased with.

I would like to thank everyone who wished me luck, it means a lot and kept me going when legs and all started hurting.

All the best
Tamsin

Fancy running the Marathon next year??

Online entries for the 2013 Marathon open tomorrow!!

– Monday 30th April!!



Club Subs

A reminder again that your club subs are due for this year. They are priced at a very reasonable £10 or £15 for EA registration with it. Please get your money to Derek as soon as you can, either by getting it to him on a club night, or sending him a cheque.



CREWKERNE 10K - SUNDAY 20 MAY

The next Club event - the New Crewkerne 10K - is looming on 20 May. The Club will need help with marshalling, etc. If you are able to help on the day please let me, Derek, Jim or Clive know ASAP.

As part of the event there will also be the Junior 5K Run and the 5K Business Challenge. Can you please encourage any children you know to take part in the junior run, and it would be appreciated if those who work in or have contacts with schools could promote the event at the schools please. The Business Challenge is for teams of three (men/ladies or mixed) from local businesses so please try to get a team together from your work place. It is not too serious, so people can either run or walk as they prefer - the more the merrier and there is a prestigious trophy up for grabs!

Sarah



SUBSIDISED CLUB KIT

A reminder of new club kit - Track Tops and Hoodies available as illustrated below.





Prices

The basic price of the track tops is £30. Hoodies are £28.50.

Subsidy

Those who joined the Club in 2011/2012 and have re-joined and paid subs for this 2012/2013 year will be entitled to a £5 subsidy.

Those who have been *continuous* members of the Club for 5 years (ie joined in or before the 2008/2009 Club year and have re-joined and paid subs for this 2012/2013 year will be entitled to a £10 subsidy.

Those who have been *continuous* members of the Club for 10 years (ie joined in or before the 2003/2004 Club year and have re-joined and paid subs for this 2012/2013 year will be entitled to a £15 subsidy.

	1 st Year	2 nd Year	5 Years	10 Years
Track Top	£30.00	£25.00	£20.00	£15.00
Hoodie	£28.50	£23.50	£18.50	£13.50

I intend to place the order during the week of 7 May . A deposit of £5 per item will be payable with your order. I will take orders on club nights or you can e-mail me - sarah.warren321@btinternet.com. Just let me know what you want and what size and how long you have been a member.

I intend to place one bulk order as we get a cheaper rate, so if you want a track top or hoodie now is the time to say. I may not make any further orders, but if I do they will be more costly, so now is your chance.

OTHER CLUB KIT

A reminder of what is available:

Viga Coolmax T Shirts - £14. Available in black, red, white or fluo yellow. Printed with "Crewkerne Running Club" on either the front or back and the print colour can be red, black or reflective.

Viga Coolmax long sleeve tops - £18. Available in black, white or fluo yellow. Printed with "Crewkerne Running Club" on either the front or back and the print colour can be red, black or reflective.

Again let me know on running nights or by e-mail if you would like anything. Full payment with order please as items are bespoke.

SARAH



Clive's Coastal Run

If the weather is not life threatening, Steve and I are running from West Bay up to the Beacon (seriously hard climb), then inland and back to the car park. We will then retire to Weatherspoons in Bridport for a meal. If you want more details ring - 07831157757



Upcoming Events....

Umborne Ug 10k : Saturday 9th June 2012 at 6.00pm

**Venue: Umborne Village Hall, Umborne, Shute, Axminster,
Devon EX13 7QL**

Held under the Association of Running Clubs (ARC) rules.

The **Ug** is nearly 10k and somewhat undulating with about 3k on road and the rest on tracks and paths.

Starting and finishing at Umborne Village Hall (Directions will be sent to all local running clubs and are available on the AVR website)- Proceeds in aid of hall funds.

Limited car parking (car share if possible please) and toilets at the Hall - First aid on hand.

Prizes for first three men & ladies, plus some age category prizes.

Minimum age 16.

Results after the race at www.axevalleyrunners.org.uk.

If you would prefer to walk the route instead, then a group of walkers will set off at 5.00 pm to walk about 4 miles of the course. A great chance to explore private land with superb views.

There is also a 2.5k **Fun Run** starting at 6.10 pm. Lots of drinks, cakes & BBQ at the hall.

Rather than an entry fee, entry is by donations on the day although numbers can be reserved by the completion of the form below.

Enquiries to: rickandeleonor@tiscali.co.uk

More details available on: www.axevalleyrunners.org.uk - click on **races and results, Umborne Ug.**

Send entries to: Rick Wood, Pear Tree Cottage, Shute Vale, Axminster, Devon EX13 7QG

UMBORNE UG 2012

Surname:

First Name:

Date of birth:

Age on race day:

Sex:

M F

Club (if any):

Address:

Post code:

Phone:

Email:

I declare that:

1. I will take part in this run at my own risk and I understand that neither the organiser nor any person or body involved in the organisation of the event will be held liable for any injury, loss or illness however occasioned, resulting from participation.
2. I will not participate on the day unless I am fit to run in the event and that I will be 16 years or older on the 9th June 2012
3. I will abide by the rules laid down by the organisers.

SignedDate:.....

This is an event for the whole family but is also a demanding 10k for the best runners. Many thanks for your help and co-operation - kind regards - Rick Wood

Honiten Hippo!! – Sunday 6th May 10.30am

A Tough Multi-terrain race with Roughly 7 miles of Mud, Sweat and Tears

(Oh yes, the odd hill and 2 rivers thrown in too for good measure!)

AND

Including 1.75 mile Multi-terrain Junior race (The Hippo Calf)

(Min age 9 years)

ENTRY FORMS - [PDF](#) or [WORD](#)

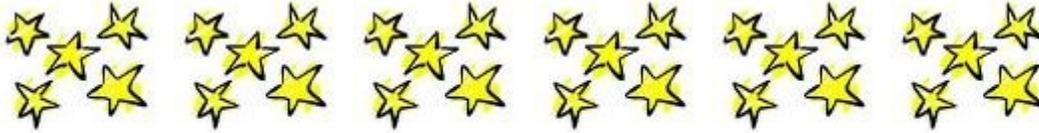
Hippo prizes + memento for all entrants!

Race Headquarters and Start/Finish at

[Honiton Primary School](#), (click for map) Clapper Lane, Honiton EX14 1QF
[Town Map](#) to show parking places

Toilets, Changing and Parking

(Bathing for cleanliness in the River Otter, compulsory)



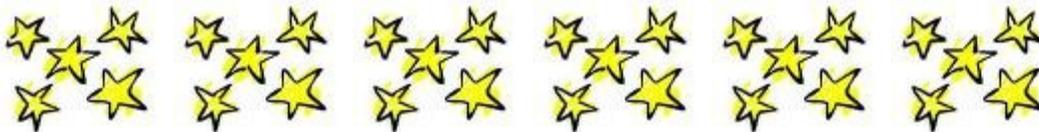
4 birthdays for you this week!

I missed a birthday last week, and it was a big one to miss!!

Bob Brunt turned the big 60 last Thursday!!

This week see's Alan Pepper & Linda Still celebrating on Monday, with Anthony Honeyball on Wednesday!!

Many Happy Returns!!



[This Week's Running](#)

Club nights are on Tuesday and Thursday this week leaving the car park at Lidl's at 6.30pm. The Wednesday night run is the Spring Handicap from South Petherton





Dates for your

May

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Wed 2 nd	Spring Handicap	South Petherton	6.30pm	See Newsletter
Sun 6 th	Glastonbury 10k	Glastonbury	TBC	www.glastonburyroadrun.info
Sun 6 th	Honiton Hippo	Honiton	10.30am	www.honitonrc.com
Sun 6 th	North Dorset Village Marathon	Sturminster Newton	8.30am	www.ndvm.co.cc
Wed 9 th	Yeovilton 5k (2 of 6)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Sun 13 th	Black Death Run	Combe Sydenham	11.00am	www.theblackdeathrun.com
Sun 13 th	Jack n' Jill's Challenge	Midsomer Norton	11.00am	www.somerac.org.uk
Sun 20 th	Crewkerne 10k	Crewkerne	10.00am	www.crewkernerc.btck.co.uk
Sun 20 th	The Hard Way Round The Rock	Portland	10.00am	Portland Athletics Club
Thurs 24 th	Tyntesfield 10k	Tyntesfield House	7.00pm	www.nailsearunningclub.org.uk
Sun	Run In The Wild	Cricket	TBC	www.chardrunningclub.btck.co.uk

27th

St Thomas

June

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sat 2 nd	Egdon Easy	Weymouth	7.00pm	www.egdonheathharriers.com
Sun 10 th	Ninesprings 9k	Yeovil	11.00am	www.yeoviltownrrc.com
Wed 13 th	Yeovilton 5k (Race 3 of 5)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Sun 17 th	Martock 10k	Martock	10.00am	www.totalbuzzevents.com
Sun 17 th	Cheddar Gorge 10k	Cheddar	11.00am	www.relishrunningraces.com
Thurs 21 st	Forde Abbey 10k	Forde Abbey	TBC	www.nutshelloutdoors.co.uk
Thurs 28 th	Ash Town Tree Trail Race	Ash	7.00pm	www.yeoviltownrrc.com

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

simon_land87@yahoo.co.uk