

CREWKERNE RUNNING CLUB

Newsletter

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

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Dear Fellow Runners



Spring Handicap Race Report by Yours Truly

Time again for the much anticipated spring handicap. I spent the night before carefully estimating times for each competitor. It's a very scientific process I can assure you!

Carefully cross-checking last years times with previous years. Multiplying that by their last race time, subtracting their age, finding the square route of their shoe size, dividing it by their race pace over 5 miles and eventually coming out with an estimate so precise that Pythagoras would be proud!

.....Ok it's mostly guess work.....

Arrived early and put out the arrows to mark the course. To find out later that one or two were in the wrong place, is not a point I am willing to dwell on to save my own embarrassment!

Arrived at the rendezvous point to find Mr Swann & Mr Carnell had arrived early for a sneak peak at their times. A steady flow of willing competitors then arrived, each expressing their sense of unjust at their handicap time because of excuse, excuse, excuse! Need I continue! Just enough time to explain to a horrified Mike Pearce that because he won last year, there would be no chance of him winning again this year, or maybe for the next decade! It's sort of an unwritten rule!

It was nice to see a few faces who had not competed before including Tracy Symes, Debbie Cole, Jim's daughter Becky, Les Thomas and Tim 'I'm no good at racing' Irish.

After a brief run through of the now correct route, it was time for the first eager participant to set off. Martin Denman was first man away but he was also not eligible for a win after romping home in the winter race, so his handicap was 'adjusted' accordingly!

With over half the field of 16 set away, I was left to control the group of CRC's elite men who were all vying for the position of alpha male in the pack. Big names such as Carnell, Gardiner, Irish, Pearce, Stahl, Thomas and Sale were exchanging insults and personal jibes in a testosterone filled atmosphere the like of which I have not seen since the school playground. Many insults surrounded Richard Gardiner's age which I personally think is very harsh & must (not) be encouraged. We did have a late arrival in Matt Bryant who arrived 15 mins after the final one was sent off, but he ran on regardless and although I didn't get his time I know he ran it very quickly!

I waited with clock and camera in hand in anticipation at who would be first home. And who should come round the corner but one of newer members and Crewkerne born and bred Tracy Symes!



Fantastic to see a different face winning and winning in style! Tracy has not been running with us for long but has certainly been bitten by the running bug and is doing brilliantly well!

Second place was grabbed by Tim Irish who beforehand assured us that a) he was tired from Tuesday night b) is slow and c) doesn't do races. What lies!! After flying off at the start Tim ran brilliantly and beat his predicted time by over 3 mins to effortlessly take second.

3rd was Jim White who knocked nearly 3 mins of his time last year – and he also didn't get caught by his daughter which I'm sure he was delighted with!

A wonderful evening with 17 taking part and 9 staying afterwards for some lovely food at The Brewers Arms!

Pos	Name	Time	Handicap (min)	Predicted Time	Individual Time	Difference
1	Tracy Symes	52.04	+2	56	50.04	- 5.56
2	Tim Irish	52.51	+18	38	34.51	- 3.09
3	Jim White	53.05	+6.30	49.30	46.35	- 2.55
4	Roger Swann	53.18	+13	43	40.18	- 2.42
5	Tony Gordon	53.48	+14	42	39.48	- 2.12
6	Derek Boles	54.11	+13	43	41.11	- 1.49

7	Nick Sale	54.13	+25	31	29.13	- 1.47
8	Becky White	54.47	+14.30	41.30	40.17	- 1.13
9	Debbie Cole	55.00	+5	50	50.00	0
10	Ed Stahl	55.14	+25.30	30.30	29.44	- 0.46
11	Dave Carnell	55.51	+22	34	33.51	- 0.09
12	Richard Gardiner	56.03	+23	33	33.03	+ 0.03
13	Mike Pearce	56.25	+26	30	30.25	+ 0.25
14	Les Thomas	56.42	+24	32	32.42	+ 0.42
15	Stuart Stacey	57.57	+12	44	47.57	+ 3.57
16	Martin Denman	1.02.59	0	58	1.02.59	+ 4.59



Crewkerne 9 Club Member Results and Photos

9 Mile Race

34th Dave Carnell 1.04.46
 48th Andrew Hall 1.09.24
 61st Sarah Warren 1.13.58

3 Mile Race

13th Sarah Frost 22.55
 19th Ken Priest 24.21
 49th Debbie Cole 32.41



Our Ladies Captain, Sarah Warren



Just because it's a great photo! One runner feeling the heat!

And some of our wonderful marshalls!



Thank you to Joan Hickinbottom, an amateur photographer from Hinton for taking the photos and allowing us to use them.

Thanks to Nick Sale for passing them on!



Tuesday Night Runs

Remember that Tuesday night sessions will now be incorporating some interval/speed training up at Wadham playing fields before heading off cross-country as usual. Start time and place as normal.



He's been at it again!!

[Tyntesfield 10k Race Report from Clive Harwood](#)

Called into Tyntesfield on the way back from Cardiff last year after hearing that the property was undergoing a major refurbishment since the National Trust took it over in 2002. When we were then the scaffold still enclosed the building. As it was

the 1st running of a 10k around the grounds, i thought that would be a good way to see more.

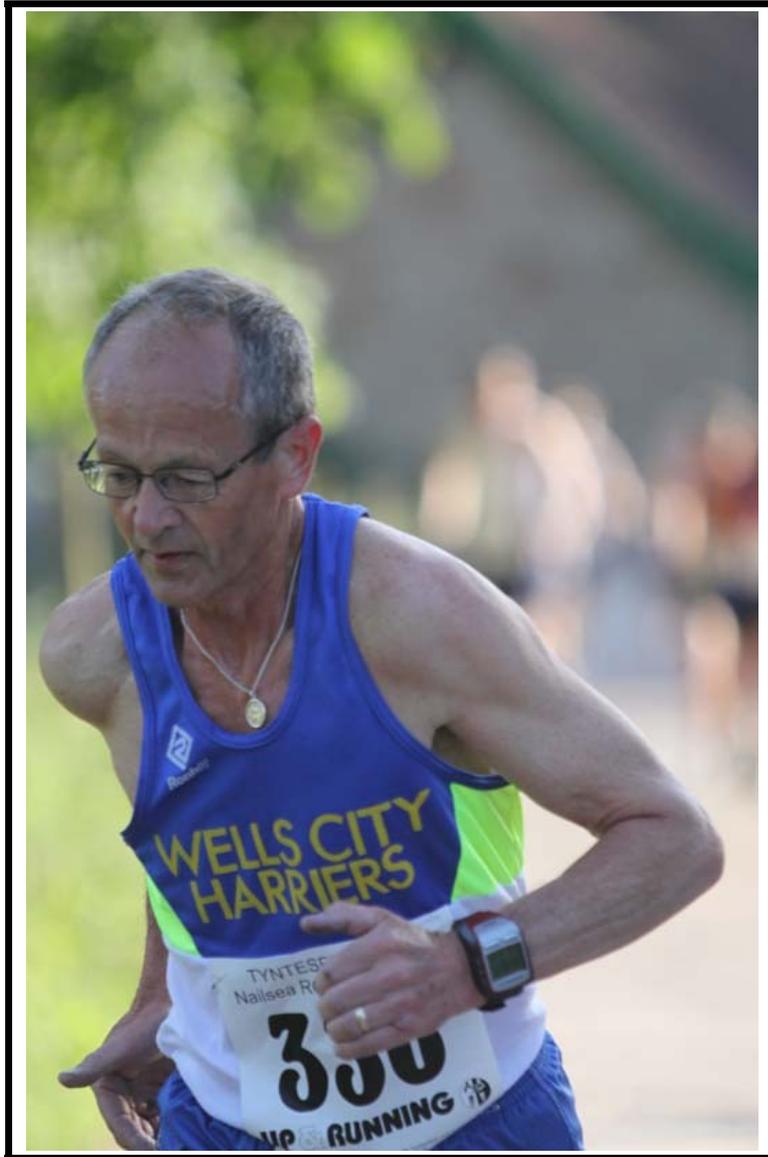
Left town around 4.30 and travelled up the m5 and arrived around 6.00 The registration was held in what were the stables but now a tea room. The race started at 7.00 in the forecourt on the eastern wing. There was a limit of 400 and it looked to be that the event was full. Started rather briskly downhill and did a 2k loop and back to the house. The route took us out and around fields and quite a lot of running on tracks in the woods. Most enjoyable.



Clive lining up on the right hand side on the start line

Got back in 42.26 which gave me 24th position and won vet cat by 6.34 minutes. Went to the prize giving which was carried out by Nick Rose. A legend of years gone by and looking pretty fit now. I checked him out and found he still holds the U K half marathon record of 61 mins. Had vouchers to the value of £20.00. Left and went into Clevedon. Tried to get on the M5 to come back but the slipway was closed. Thank goodness for sat nav.

The winner was Mathew Newman on Clevedone A C in 37.14. The first lady was in 7th place, Annabel Granger of Bristol and West A.C in 40.26. 386 runners competed.



The main man in full flow!



Vet 60 winner – and a very worthy winner at that!



And he's been at it again as well!

BUPA Great Manchester Run Race Report from Roger Swann

POSTCARD FROM MANCHESTER

Sunday 15th May 9.25 a.m. Normally, at this hour, I would be propping up the Lidl supermarket, engaging my CRC chums in gay badinage but here I am forming a tributary stream of runners on their way to the mass start of the BUPA Great Manchester Run. Conditions are ideal – cool with a hint of moisture in the air which has seen off Paula Radcliffe so now all I have to worry about are Haile Gebrselassie and Sergiy Lebid.

Having negotiated the barriers, I am now in the white zone with rain gently falling so when Ray Gayle is hoisted up on his platform for the warm-up routine, I am more than willing to stretch my bits. A six feet plus Tinky Winky in front of me is experiencing difficulties because he has his head under his arm to prevent overheating. Eventually Jessica Ennis blows the hooter and we are away.

The first two kms present problems for smooth running. Even though the starts are staggered, there are approx. six thousand runners in each batch so establishing a regular pace is difficult. Hopping up on to pavements and running wide around members of the chunky-buttock family, as well as skipping over cobbles take time and energy. Soon we are on the dual carriageway of the Bridgewater Way (3k) where they warn us of 'a bit of undulation' - for a Black Death disciple it doesn't even register!

Soon I'm passing a runner who looks familiar – Eric Pollard from Emmerdale. At 4km I ghost by three Man. Utd. legends due mainly to the fact that two are retired and the other is dead. Yes, we are at Old Trafford and it's the Trinity statue of Law, Best and Charlton. I take on board some water and now we are turning back towards the city.

I'm feeling good now because the crowd has thinned sufficiently for me to have five yards of clear road in front of me. With the Manchester Ship Canal on my left, two more landmarks are passed, the Imperial War Museum and the Lowry with no hint of 'matchstick' legs. Suddenly my spleen begins to vibrate as we have to negotiate the local radio station's 'Wall of Sound' but we're soon back on Bridgewater Way at 8km. In the distance I can see the Beetham Tower, Britain's tallest residential tower and I know this marks the finish.

As I scamper onto the Bridgewater Viaduct and into Deansgate, a strange blue mist descends. But no, that's not mist it's the blue BUPA finish gantry and there are just 400m to run. Now what was it our beloved leader, Uncle Clive says about successful finishing – 'Eyeballs out and nothing left in the tank!' So with every spherical object I could muster on public view, I stormed towards the finish line. Pausing only to offload my timing chip, I jogged back to the hotel a very happy bunny.

RESULTS	Overall Pos	Age Gp. Pos	Finish Time	1 st 5k time	2 nd 5k time
H Gebrelassie	1	1	28.10	14.18	13.52
R.Swann	5791	36/396	50.02	25.04	24.58

S. Cutting 249 1 38.38 19.25 19.23

S. Cutting? Who's he? I hear you ask. Well as that famous marathon runner Albert Einstein once remarked, 'It's all relative'. Sam Cutting finished in that time in the 80+ age group.



New Member Alert!

A very big welcome to our latest member – Rebecca Nichols! We all look forward to seeing you running with us soon!



Upcoming Events.....

Remember this coming Sunday is 'Run In The Wild' held at Cricket St Thomas Lakes & Gardens. Enjoy the race then have a wander round and marvel at my handiwork! Just don't look too closely!

Thank to Ed for passing on the following –

HAYTOR HELLER - Saturday 16th July 2011 @ 6:30pm

6 mile off-road race in the heart of Dartmoor around Haytor Rock

Make a weekend of it

BBQ/ Camp Fire and Live Music

250 race limit which sold out last year so get in early if you want to secure a place!



And I can't go without saying a big HAPPY BIRTHDAY to Ken Priest who celebrated his....cough cough....sixty.... cough on 23rd May! Many Happy Returns!



[This Week's Running](#)

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

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



Dates for your

June

Date	Event	Location	Time	Website
Sun 5 th	Run in the Wild 10k	Cricket St Thomas	10.30am	www.chardrunningclub.btck.co.uk
Wed 8 th	Yeovilton 5k (Race 3)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Sat 11 th	Umborne Ug	Umborne	6.00pm	www.axevalleyrunners.org.uk
Sun	CRC West Bay Run &	West Bay	9.30am	See Newsletter

12 th	Picnic			
Sun 12 th	Ninesprings 9k	Yeovil	10.30am	www.yeoviltownrrc.com
Sun 12 th	Cheddar Challenge 10k	Cheddar	11.00am	www.cheddarrunningclub.co.uk
Wed 15 th	Tin Tin Ten (TBC)	Tintinhull	7.00pm	www.chardrunningclub.btck.co.uk
Sun 19 th	Martock 10k	Martock	11.00am	www.martock10k.org.uk
Sun 19 th	Race For Life	Sherborne	10.00am	www.raceforlife.org
Thurs 23 rd	Forde Abbey 10k	Forde Abbey	7.00pm	www.nutshelloutdoors.co.uk
Sun 26 th	North Devon Marathon	Woolacombe	10.00am	www.northdevonmarathon.co.uk
Thurs 30 th	Ash Town Tree Trail Race (7)	Ash School	7.00pm	www.yeoviltownrrc.com

July

Date	Event	Location	Time	Website
Sat 2 nd	Charmouth Challenge	Charmouth	3.00pm	www.charmouthchallenge.co.uk
Sun 3 rd	Portland 10mile	Portland	10.30am	www.rmpac.co.uk
Sun 3 rd	Quantock Beast 5.7m	Fyne Court Nr Bridgewater	11.00am	www.quantockharriers.co.uk
Sat 9 th	Matt Bryant's Annual Birthday Run	Haselbury	9.30am	See Matt or Newsletter
Sun 10 th	Wellington 10m or 10k	Wellington	10.30am	www.thewellingtonten.co.uk
Wed 13 th	Yeovilton 5k (Race 4)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Sat 16 th	Swanage Half Marathon	Swanage	9.30am	www.swanagecarnival.com
Sun 17 th	Castle Combe 10k	Castle Combe	11.30am	www.dbmax.co.uk
Sun 17 th	East Devon Way Relay	Exmouth to Lyme Regis	Various	www.axevalleyrunners.org.uk
Sun 31 st	Exmoor Seaview 17	Lynton	10.00am	www.mineheadrunningclub.co.uk

August

Date	Event	Location	Time	Website
Wed 3 rd	Haselbury Trail	North Perrott	7.15pm	See Website or Newsletter
Sat 6 th ???	Shaves Cross Mini Marathon	Shaves Cross	7.00pm	
Sun 7 th	Sturminster Half Marathon	Sturminster Newton	10.30am	www.dorsetdoddlers.org
Sun 7 th	Totnes 10k	Totnes	11.00am	www.teignbridgetrotters.co.uk
Wed 10 th	Yeovilton 5k (Race 5)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Sat 13 th	Maiden 'Newten' Madness	Maiden Newton	7.00pm	www.freewebs.com/ maidennewtonrunningclub/
Sun 28 th	Langport 10k	Langport	11.00am	www.langportrunners.co.uk
Sun 28 th	Guernsey Marathon	Guernsey	??	www.guernseymarathon.gg

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

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