

CREWKERNE RUNNING CLUB

Newsletter

Issue no. 78 Sunday 29th July 2012

www.crewkernerc.btck.co.uk

Dear Runners,





Don't worry they are not having a nap! Nick Sale and Andrew Stokes stretching their ass muscles!!

Haselbury Trail Race – THIS WEDNESDAY!!

If anybody is still available to help out with marshalling for this event, we could still do with a few more helpers so please let Derek know ASAP if you are available. Your help would be really appreciated! (And don't forget all helpers will receive bonus points in the Club Championship!)

Good luck to all members who are running in the race, I'm sure that it will be a lovely evening, whether you are running or just helping out!

Of course don't forget that after the race the bar is open and there will also be a bbq so you can make a real evening of it!

derek.boles123@btinternet.com



Adrian Marriott Training Session

It was a big thumbs up from all our members who took part in our training evening with Adrian Marriott on Wednesday.



Just under 20 members turned out in blistering heat to take part in what was a very worthwhile session. Adrian began by leading us through some very useful stretch exercises which were new to all of us, and focused on important muscles that many of us overlook.



The hard work began, and my god wasn't it hard work, with track work at varying times and speeds, all aiming us to keep the required pace needed for each section. The weather was so hot and really added that little bit extra to what was a tough session.



Finishing with some sprint work followed by some warm down exercises, all the runners seemed really pleased with the evening and I'm sure took a lot away with them.



This was our first session like this, and if the demand is there, then I'm sure it is something we can look at doing a couple times a year to increase the variety in the things we offer.



As you read in my email last week, I was a little concerned that we may only get a handful of runners turn out, so a big thank you to the 20 or so that did, you really made it worthwhile!



News on Club Kit from Sarah Warren

You will be pleased to hear that the new club kit (track tops and hoodies) have arrived. Set out below is a list of items ordered by members together with the base price, subsidy, deposits paid and balance due. I will bring the items along to running evenings for you to collect upon receipt of payment. You can pay the balance either by cheque (payable to Crewkerne Runing Club) or by BACS (Crewkerne Running Club HSBC a/c no: 21093649, sort Code: 40-18-25) If you pay by BACS would you please drop a quick e-mail to both me (sarah.warren321@btinternet.com) and to Derek (derek.boles123@btinternet.com) so that we can keep track of who has paid.

If you will not be running with the club and prefer to collect your item from me at the office (I work at Stokes Partners Solicitors in Crewkerne), then let me know and I can arrange that with you.

I have ordered a few spares so if anyone has not already ordered and now wants a track top or hoodie let me know and I will see if I have your size – first come, first served.

Sarah

TRACK TOPS

NAME	SIZE	BASE PRICE £	MEMBER YEARS	SUBSIDY	NET PRICE £	DEPOSIT PAID £	BALANCE TO PAY £
Sarah W	S	30.00	5	10.00	20.00	-	20.00
Ed Stahl	L	30.00	2	5.00	25.00	-	25.00
Sarah F	S	30.00	2	5.00	25.00	5.00	20.00
Andy P	L	30.00	10	15	15.00	-	15.00
Tracy S	M	30.00	2	5.00	25.00	5.00	20.00
Derek	M	30.00	10	15.00	15.00	-	15.00
M Pearce	M	30.00	2	5.00	25.00	-	25.00
I Wickens	M	30.00	2	5.00	25.00	5.00	20.00
T Strug	L	30.00	10	15.00	15.00	5.00	10.00
Angie P	S	30.00	5	10	20.00	5.00	15.00
Jim	L	30.00	10	15.00	15.00	-	15.00
Mal	M	30.00	10	15.00	15.00	-	15.00
Martin C	L	30.00	10	15.00	15.00	-	15.00
Nick S	M	30.00	5	10.00	20.00	-	20.00

Ken P	M	30.00	10	15.00	15.00	-	15.00
Stuart S	M	30.00	5	10.00	20.00	5.00	15.00
A Stocks	XL	30.00	-	-	30.00	-	30.00

HOODIES

NAME	SIZE	BASE PRICE £	MEMBER YEARS	SUBSIDY	NET PRICE £	DEPOSIT PAID £	BALANCE TO PAY £
Ginette	S	28.50	2	5.00	23.50	23.50	0
T Strug	L	28.50	10	15.00	13.50	5.00	8.50
Tamsin	M	28.50	10	15.00	13.50	5.00	8.50
Kay P	M	28.50	1	0	28.50	5.00	23.50
Elaine P	S	28.50	5	10	18.50	-	18.50
George R	L	28.50	10	15.00	13.50	-	13.50
Caroline	M	28.50	5	10.00	18.50	5.00	13.50
Chris H	L	28.50	-	-	28.50	-	28.50
Clive	M	28.50	10	15.00	13.50	15.00	0
Roger S	M	28.50	5	10.00	18.50	-	18.50
Linda S	S	28.50	5	10.00	18.50	-	18.50
Kim	S	28.50	10	15.00	13.50	-	13.50



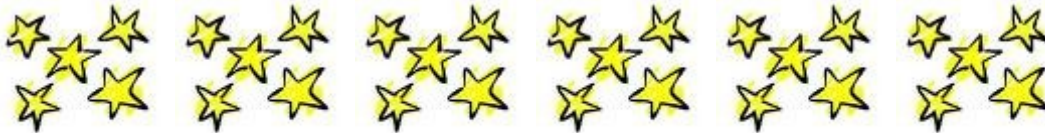
New Member

A big welcome to Paul Martin who has just joined the CRC family! We look forward to meeting you soon Paul!



Upcoming Events....

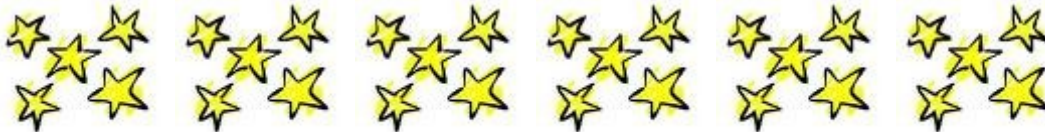
Attached to this email are entry forms for the Burnham-on-Sea Half Marathon and also the Brent Knoll 10k



3 birthdays to rejoice this week!

George Smith celebrates today, with Dave Carnell & Rebecca Abraham on 31st

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 early run on Thursday is at 5pm. Remember that Wednesday is the Haselbury Trail Race.

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



Dates for your

August

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Wed 1 st	Haselbury Trail Race	Haselbury	7.00pm	www.crewkernerc.blck.co.uk
Sun 5 th	Totnes 10k	Totnes	10.30am	www.teignbridgetrotters.co.uk

Wed 8 th	Yeovilton 5k (Race 5 of 6)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Sat 11 th	Maiden Newton Madness	Maiden Newton	7.00pm	www.freewebs.com/ maidennewtonrunningclub
Sun 26 th	Langport 10k	Langport	11.00am	www.langportrunners.co.uk

September

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sun 2 nd	Ash Excellent Eight	Ash	11.00am	www.yeoviltownrrc.com
Sun 9 th	Cheddar 5k, 10k, Half, Marathon	Cheddar	TBC	www.relishrunningraces.com
Wed 12 th	Yeovilton 5k (Race 6 of 6)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Sun 23 rd	King Alfreds Torment	Stourhead	11.00am	www.yeoviltownrrc.com
Sun 23 rd	New Forest Marathon &Half	New Milton	9.15am	www.newforestmarathon.org.uk

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

simon_land87@yahoo.co.uk