

# **CREWKERNE RUNNING CLUB email**

**CREWKERNE RUNNING CLUB WEBSITE : [www.crewkernerc.btck.co.uk](http://www.crewkernerc.btck.co.uk)**

**29 November 2010**

**Hi all**

## **WINTER HANDICAP - SUNDAY 12 DECEMBER – A reminder from Sarah**

The CRC 2010 Winter Handicap Run will take place on Sunday 12 December from Hinton St George Village Hall. First runner is to start at 10am so please be there 9.30-9.45am.

We will have the use of the village hall facilities and refreshments will be provided after the run. In addition to tea, coffee and cake there will be bacon rolls to re-energise you after your efforts!

It would be useful to have an idea of numbers so we know how many to cater for so can you please either email me or Richard if you are coming, it would be a help. You can of course just turn up on the day anyway.

Derek has won this for a number of years - we need a new winner so try to be there!

Sarah

## **LONDON MARATHON ACCOMMODATION 2011**

Andy Parsons been in touch to say that he has secured an amount of hotel accommodation at the Clarendon Hotel for the London Marathon, which I am told is only 5 minutes walk from the start, this being where **Crewkerne Running Club** have stayed in the past.

Andy has a small number of double bedded rooms and twin bedded rooms reserved and he has asked that if those interested confirm their requirements ASAP. Those of you who know Andy please contact him direct but for those of you who do not he has asked In the first instance you let me know and I will pass on your contact details to Andy and he will then contact you with further details. Please be quick in your response for if all the rooms are not required Andy will contact other clubs.

## **The Full Monty – Sunday 5<sup>th</sup> December**

**Help is still required so if you are free and able to assist let me know and I will find you a job!!**

**CHRISTMAS PARTY** - *I have been asked by both Sarah and Linda to remind you all again.*

*– a message from Linda*

Hi All

Hope you have either seen the menu and details of the party in the CRC email from Richard and/or have got the red party invitation.

I need to know numbers by the **end of this week**, as it's the beginning of December!

I will be at the CRC running on both Weds and Thurs evening this week from about 615pm. Or you can call me on 01460 78750 or email me [lindastill@yahoo.co.uk](mailto:lindastill@yahoo.co.uk). Money/ cheques could also be dropped through my door, Misterton House, Misterton TA18 8LP. (First left after railway bridge, down Broughtons Drive to the end and then to the end of the private drive at the end of that)  
Thankyou to those who have already given me their orders.  
Linda

## Crewkerne Running Club Christmas Party Saturday 18<sup>th</sup> December at North Perrott Cricket Club

Hi,

Here is the long awaited Three Course Christmas Menu & Christmas Party Details!

The CRC Xmas Party is open to members and their partners. Just let me know your choices and numbers and give payment (cash or cheque payable to CRC £15.50 for one, £31 for two people) by the 2<sup>nd</sup> December. Just to let you know that the Club heavily subsidises this event so please come along and have a good time!

This should be a great night at the North Perrott Cricket Club where there will be great food (see menu); new for this year a DJ with fabulous music and a Secret Santa for Club Members, details of this will follow.

I am available to discuss the party and everything about it every Weds, Thurs and generally Sundays. I am also to be found on 01460 78750 or you can email me at [lindastill@yahoo.co.uk](mailto:lindastill@yahoo.co.uk).

The timing of the event is as follows; 7pm to 7.30 champagne reception, 7.30 sit down for the feast, 9-Midnight Secret Santa & Disco. There will be a few bottles of wine on each table, after that the bar is always open for business!

Please let me know if you want to sit with any particular friends or indeed would like to suggest your whole table of 10 or 12 people, this will help me with the table settings!

Also, I shall need help with the tidy up on the next day, the afternoon of Sunday 19<sup>th</sup> December if you can offer your help that would be great.

Awaiting your orders/ questions and cash,

Linda!!

### ***Starters***

#### ***Heathfield Festive Pate***

*a medium coarse pate of heathland game with spiced pear chutney, served with toast & butter.*

#### ***Cornish Queen of Scallops with Prawns***

*bound in white wine & cream topped with mature cheese and grilled to golden.*

#### ***Wild Mushroom Pate***

*served with melba toast & butter (V).*

#### ***Garlic Mushroom Raft***

*pan fried mushrooms in garlic butter served on a garlic bread raft with a crispy salad garnish (V).*

#### ***Diced Chicken & Orange Segments***

*coated in mayonnaise and served on a bed of green mixed leaves.*

**Chef's Homemade Soup of the Day** *with golden croutons.*

## **Main Courses**

**Duck Breast** *served with a winter berry couli, new potatoes and seasonal vegetables*

**Traditional Roast Turkey** *served with a sausage & bacon roll, homemade stuffing, roast potatoes & seasonal vegetables.*

**Lamb Shank** *slow roasted with root vegetables in a rich red wine sauce, accompanied with dauphinoise potatoes and seasonal vegetables.*

**Yellow Fin Sole** *gently grilled, served on a timbale of rice with a light shrimp sauce & vegetables of the day.*

**Whole Partridge** *wrapped in bacon, baked in the oven & served in a blue cheese sauce.*

**Spinach & Ricotta Cannelloni (V)** *served with seasonal vegetables.*

**Mushroom Stroganoff** *served on a bed of rice and seasonal vegetables (V.)*

**Mushroom, Cranberry & Brie Wellington** *served with a spicy tomato sauce & new potatoes & seasonal vegetables (V).*

## **Deserts**

**Red Velvet Chocolate Fudge Cake**

**Tarte au Citron** *creamy lemon filling baked in a crispy pastry case.*

**Mincemeat Apple Tart** *laced with brandy.*

**Chocolate & Peppermint Cheesecake.**

**Mini individual Christmas Pudding** *served with brandy sauce.*

**Brandy Snap Basket** *Filled with Chantilly cream & fruit.*

## **Coffee to finish**

## An article from Paul Chadwick ( Wells City Harriers ) regarding the Somerset Series of races

### SOMERSET RACE SERIES

#### Time for a review?

#### A bit of History:

The Race Series was started in 1996 as the CICA Six – 6 races (*From memory the 6 clubs were: Wells, Burnham, Crewkerne RC; Langport; Yeovil TRR & Frome*). We soon expanded to 10 (6 or 8 races to count) and then to 16 (8 to count). The Series has just completed its 15<sup>th</sup> year.

Through the Wells connection we had CICA (a division of Clarks) as sponsors for the first 2 years, then 4 or 5 years of *adidas* (do you remember the winners getting pairs of *adidas* running shoes?); and then later the Clubs all started to chip in; and sponsorship for 2 years from Simon at Running Forever shop who gave us shoe vouchers. For the last 7 years or so we've also had sponsorship from the County Athletics Association - this started off as about £60 per annum and has now crept up to about £100.

Total prize costs now are circa £420-£440; Income £320 made up from 16 races paying £20 into the kitty. The Treasurer, Brian MR at the County AA looks after the income (a legacy from when I was County AA secretary back in the mid-1990s and encouraged the County AA to take on the role so as to be doing *something* for running clubs!). Brian sometimes has to chase this income. (PS I have the Series results going back into the mists of time somewhere if anyone ever wants to see them!)

**Aims:** *The Series was established by the Clubs, for Clubs, to better promote & market races in Somerset and encourage friendly structured competition. The races selected have always been a complete variety of distances and terrains. Each Club has been invited to nominate at least one race (their choice). These aren't always to the liking of all e.g. some folk complain that Brent Knoll is too dangerous (it's one of my favourites!); or that the Exmoor Stagger is too long & tough (ditto!) or that having a 5k in the Series is too short and fast (etc etc). We've had new races come in from time to time – e.g. Hestercombe Humdinger & Run in the Wild being the latest – and seen the demise of some races that used to be in the Series (Cheddar half; and even the Longleat Relays were in for a couple of years!).*

#### Where we are now:

Maybe we need to freshen up or re-energise the Series? The decision making group has come about by default because they're the guys who have put the time into it over the last 15 years. Brian Beale(Burnham) for his updating of the Series rankings; Martin Chaffey (YTRR) for consistently turning out to suggest ideas; Roy Smart (ex-Crewkerne) for the Series leaflet; and myself (Wells) for attempting some co-ordination and sorting the sponsorship & prizes each year.

Here's some questions to prompt debate:

- Do we still want a Series that helps promote our local races and encourage friendly competition?
  - If Yes – what format?
- Do we want to stick with 16 races (8 to count) or notch it back, say to 12 or 14? (and maybe notch back prizes accordingly)

- Do we want to limit it to races organised by Clubs?
- Should we allow non-Club organised events to be part of the Series?
  - If Yes, should there be any different terms for their involvement?
- How do Clubs promote the Series amongst their own members?
  - Do they have it on their own website?
  - Do they encourage members to take part?
  - Do they, or could they, treat the Series as their own Club Championship Series?
- Are we too generous with prizes? (currently about 18-20 winners – inc all age groups; and everyone doing 8 races gets something)
- What can you do to help the Series?
  - do you want to help with publicity & promotion, design a poster; a leaflet or flier? (can you make sure that all Clubs are promoting it?);
  - do you want to help chase race results (sometimes Brian has had to wait weeks before the results have come through);
  - do you want to arrange & bankroll the prizes?;
  - can you negotiate some sponsorship?
- Should Clubs (race organisers) pay a little bit more?
  - If yes should it be £25 or £30 per race?
  - How much should the County AA be asked to contribute?

What else do people feel we should debate in relation to the Series?

That's enough from me – please circulate this within your Club to get a range of views, and offers of help, and please feed them back either directly to me or via round-robin on e-mail to get a debate going.

Attached separately is the list of races that were included in 2010. For 2011 we would need to decide and market the Series by mid-December **so we need Clubs to clearly state they want to be part of a 2011 Series by, say, Dec 17<sup>th</sup>** for us to proceed. The first race in the 2011 Series would be the **Hestercombe Humdinger (Feb 20<sup>th</sup>)**.

Paul Chadwick

[chair@wellscityharriers.org.uk](mailto:chair@wellscityharriers.org.uk)

01749 812420

## SOMERSET SERIES EVENTS 2010

Most entry forms now available on club websites

Check with race organisers before the event as some of the details may change

### 1. Hestercombe Humdinger Sunday 21<sup>st</sup> February

10.30am. Start Hestercombe Gardens, nr. Taunton. Challenging figure of eight, rural roads/lanes. (also 3m Fun Run.) Note: no entry on the day.

[www.thehestercombehumdinger.co.uk](http://www.thehestercombehumdinger.co.uk)

### 2. Babcary 7.5 mile approx Road Race Sunday 28<sup>th</sup> February

11.00am. Start Babcary Playing Field. Scenic, undulating/hilly course on road. (also Junior Races).

[www.wellscityharriers.org.uk](http://www.wellscityharriers.org.uk)

### 3. Butleigh multi-terrain 7 mile approx. Sunday 21<sup>st</sup> March

11.30am Start Butleigh playing fields; mix of roads and fields/tracks; two hills. (also junior events)

[www.wellscityharriers.org.uk](http://www.wellscityharriers.org.uk)

#### 4. Yeovilton 5k Race Wednesday 14<sup>th</sup> April

7.15pm Start Yeovilton Air Base. Fast, flat 5k course. (also junior event)

[www.yeoviltownrrc.com](http://www.yeoviltownrrc.com)

#### 5. Glastonbury 10k Sunday 2<sup>nd</sup> May

Start Glastonbury Town Hall. Undulating, rural.

[www.mendipac.org.uk](http://www.mendipac.org.uk)

#### 6. Wells Fun Run 10k Sunday 30<sup>th</sup> May

10.30am Start Wells Town Hall. Fairly flat, cycle tracks, roads. (Also 3 mile & Junior events.) Note: no entry on the day.

[www.wellscityharriers.org.uk](http://www.wellscityharriers.org.uk)

#### 7. Crewkerne 9 mile Sunday 30<sup>th</sup> May

10.00am. Start town centre. Quiet country lanes and villages. Hilly! Also junior races.

[www.crewkernerc.org.uk](http://www.crewkernerc.org.uk)

#### 8. Run in the Wild multi-terrain 10k Sunday 6<sup>th</sup> June

10.30am. Start Cricket St Thomas park, near Chard. Undulating multi-terrain course

[www.chardroadrunners.ik.com](http://www.chardroadrunners.ik.com)

#### 9. Quantock Beast multi-terrain 5.7 mile Sunday 4<sup>th</sup> July

11.00am. Start from Fyne Court, Broomfield. Multi-terrain, 65% forest track and footpaths.

[www.quantockharriers.co.uk](http://www.quantockharriers.co.uk)

#### 10. Haselbury Trail 10k Wednesday 4<sup>th</sup> August

7.15pm North Perrott Cricket Club (nr Crewkerne). 2 laps, off-road, scenic.

[www.crewkernerc.org.uk](http://www.crewkernerc.org.uk)

#### 11. Battle of Sedgemoor 10k Sunday 29<sup>th</sup> August

11.00am. Start Langport Arms Hotel. Mainly flat one lap course. (11.05am, Fun Run start).

[www.langportrunners.co.uk](http://www.langportrunners.co.uk)

#### 12. Ash Excellent 8 mile Sunday 12<sup>th</sup> September

11.00am. Ash Primary School. Multi-terrain, breath-taking views. (also 4.5m race, 3k junior race & 2k fun run)

[www.ashexcellenteight.com](http://www.ashexcellenteight.com)

#### 13. Mells Scenic 7m Sunday 26<sup>th</sup> September

11.00am. Out and back on former railway line. Scenic

[www.fromerunningclub.org.uk](http://www.fromerunningclub.org.uk)

#### 14. Burnham-on-Sea Half Marathon Sunday 3<sup>rd</sup> October

11.00am. BASC Ground, Burnham-on-Sea. Flat, fast course on country roads.

[www.burnhamharriers.co.uk](http://www.burnhamharriers.co.uk)

#### 15. Exmoor Stagger Sunday 24<sup>th</sup> October

11.00am. W. Som. Com. College, Minehead. 2000ft of climbing in 16 miles of Exmoor National Park

[www.mineheadrunningclub.co.uk](http://www.mineheadrunningclub.co.uk)

#### 16. Brent Knoll 5.5 mile Sunday 28<sup>th</sup> November

11.30am. BASC Ground, Burnham-on-Sea. Cross-country to summit of Brent Knoll and back.

[www.burnhamharriers.co.uk](http://www.burnhamharriers.co.uk)

This is the 15<sup>th</sup> Year of the Somerset Series arranged and organised to promote races by the Affiliated Clubs in Somerset. The Series awards are sponsored by the Clubs with help from Somerset AA. Complete any 8 out of 16 to be in the running for a Series award – best 8 results to count. All that complete 8 races get a pair of socks

**SERIES positions** are posted on various websites throughout the year including the Wells City Harriers site. For e-mail notification about Series standings please contact Brian Beale (see below)

**SERIES AWARDS** are made at the final fixture at Brent Knoll. Please contact Paul Chadwick (see below) if you have still not collected your 2009 award.

Men: 1<sup>st</sup> overall - perpetual Trophy; 1<sup>st</sup> ten - engraved glass; 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> V40; 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> V50; 1<sup>st</sup> V60; 1<sup>st</sup> V70

Women: 1<sup>st</sup> overall - perpetual Trophy; 1<sup>st</sup> five - engraved glass; 1<sup>st</sup> F35, 1<sup>st</sup> F45, 1<sup>st</sup> F55.

Only one award per competitor. Other awards at the discretion of Series organisers.

## ENQUIRIES ABOUT THE SERIES FROM:

|                |               |                                      |
|----------------|---------------|--------------------------------------|
| Paul Chadwick  | 01749 812420  | Series co-ordination & Prizes/Awards |
| Brian Beale    | 01934 732310  | Co-ordination & Series standings     |
| Roy Smart      | 01460 432025  | Series publicity leaflet             |
| Martin Chaffey | 07929 0545766 | Series co-ordination                 |

## Previous Winners:

|      |      |                                   |
|------|------|-----------------------------------|
| 1996 | 1996 | Wayne Speake & Carolyn Doe        |
| 1997 | 1997 | Wayne Speake & Denise Hoogesteger |
| 1998 | 1998 | Wayne Speake & Angela Thomas      |
| 1999 | 1999 | Pete Rigler & Jo Spence           |
| 2000 | 2000 | Paul Levick & Sue Cook            |
| 2001 | 2001 | Tim Ryan & Linda Cummins          |
| 2002 | 2002 | Paul Levick & Linda Cummins       |
| 2003 | 2003 | Pete Rigler & Linda Cummins       |
| 2004 | 2004 | Pete Rigler & Linda Cummins       |
| 2005 | 2005 | Mark Lewis & Jenny Moore          |
| 2006 | 2006 | Les Lock & Jenny Moore            |
| 2007 | 2007 | Jon Gilling & Jenny Moore         |
| 2008 | 2008 | Chris Burton & Jenny Moore        |
| 2009 | 2009 | Gerry Hogg & Jenny Moore          |

## ***And Finally.....***

*Most of you will know Jim White, longstanding member and supporter of **Crewkerne Running Club**, well rumour has it that its Jim's 65<sup>th</sup> birthday today – 29<sup>th</sup> November 2010. Many many happy returns of the day Jim – enjoy your bus pass!*

## ***This Week's Running***

*As far as I know this week there are the normal Wednesday and Thursday evening club runs meeting at the Lidl's car park and starting as usual at 6.30pm.*

*Torches and reflective gear are now essential*

*On Sunday there will be no club run from Crewkerne as it's the FULL MONTY if you have not already volunteered to help and are available to assist please let me know.*

*Please always run with safety in mind at all times and treat traffic with respect - we do not want any accidents.*

***I look forward to seeing you running***

***Richard***



## **Dates for your Diary !!! – see also Somerset Series above**

*Street 5K Series, Street. Start Time 7:30pm*

*December 8th 2010*

*January 12th 2011*

*February 9th 2011*

*March 9th 2011*

*Sunday 5<sup>th</sup> December 2010 - **Crewkerne Running Club** Full Monty, Ham Hill*

*Sunday 12<sup>th</sup> December 2010 - **Crewkerne Running Club** Winter Handicap - TBC*

*Saturday 18<sup>th</sup> December 2010 – **Crewkerne Running Club** Christmas Dinner*

*Sunday 19<sup>th</sup> December 2010 - **Crewkerne Running Club** Tinsel Run*

*Sunday 19<sup>th</sup> December 2010 – Wellington Monument Race 10.30am, Wellington*

*Sunday 26<sup>th</sup> December 2010 – Stoke Stampede 10K, Stoke St. Gregory*