

CREWKERNE RUNNING CLUB

Newsletter

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

Issue no. 15 Sunday 3rd April 2011

Dear Fellow Runners

We will start off with a bit of fantastic news!!

A huge congratulations to club member Sara Fair and her partner Mark, who are celebrating the birth of their daughter Aimee, who arrived on 28th March.

On behalf of everyone associated with Crewkerne Running Club, can I wish Sara, Mark and baby Aimee all the best for the future and our warmest congratulations to you all!





Taunton Half Marathon Report by Clive Harwood

Was offered Ed Rands Taunton Half Marathon place 2 weeks ago so thought as training going well, lets go down and give it a go. A lovely and warm sunny morning greeted us. Arrived early and got ready. There seemed to be a large number of runners preparing for the event.

The start was at 10.30 outside of the college. The race took us to the town centre then left through the bottom end of town and on into the distant villages. There are some stiff climbs on route with the worst at 11 miles. I had a marathon runner in front of me for many miles i eventually pulled along side to see it was Bernie Genge of Chard running club. The marathon runners being quite distinctive with the number on their backs. Had a serious tussle again as i do in races where Jenny Moore runs? Managed to just get away in the last 400 mts . A crowd packed finish at last was seen, how glad I was to get there.

The winner was a Barnstaple man David Tomlin in 1.10.18. In 2nd place was Luke Scott of Taunton who won our 9 miler last year.I came in with 1.26.19 to give 47th position. Jacko Bailly got back in 1.42.15 and 302nd. He was well pleased. This gave him 8th in his vet category. Next in was Rachael Greene running her first half in 1.46.41 and 422nd. This made her 26th senior lady. Terressa Clarke, one of our members that had a baby later part of last year followed in with 1.51,52 and 540th. Good effort by all.

I was 1st vet 60 so came away with a very nice plaque and voucher.

Watched the 1st marathon runner finish with 2.44.42. David Tomlin. Bernard Genge i met on route came in with a very impressive 2.59.17 for 7th place. His quickest marathon of i think is 11. He runs in the vet 45 category and 5th and 6th places were also vet 45 year olds. Another Chard runner i know Dave Hardiman completed in 3.39.30 for 83rd place. Another good friend of our club Simon Hall ran 4.22.02. A time he surely will be proud of.

When i left the venue i drove back along the course looking for Simon and found him around 22 miles. A terrific rainstorm came down. Turned and parked to shout words of encouragement waving my Crewkerne running Club broly in the air. How pleased he was.

In summary. a very good event and local.

47th Clive Harwood 1.26.19 1st M60-65
302nd Jakko Bailey 1.42.15
422nd Rachel Green 1.46.41

540th Teresa Clark 1.51.52

Well done to all who took part!! Clive tells me this was also Rachel's first ever half marathon so a special well done to her!!



Wednesday Pub Run Report by Sarah Warren



Last Wednesday was the pub run at The Bell Inn, Broadway which was a joint event with Honiton RC. It was a nice warm evening and it was light for what seemed the first time in months. There were two routes - four miles and 6 miles with around 18 runners in total. Rod went with the four milers and I attempted to keep up with the six milers on our venture up a steep hill towards the top of the Blackdowns.

We thought we had lost Derek and a couple of Honiton ladies when they failed to appear back at the pub. I set off round the route by car in search only to get back to the pub and find Derek already tucking into his pint having done an extra loop at the end so we had missed them. 16 of us stayed on at the pub for a meal afterwards and I think in all it was a very enjoyable evening. This is becoming an annual event so look out for a date again next year.

Sarah



South Petherton Pre-London Training Run

Martin Cook has kindly passed on comments from runners who took part in our Pre-London training run last week

“ Hi Martin

Just to say thank you to you and the Crewkerne Running Club for all the support you gave us today, it was greatly received.

Kind Regards Warren Oak, Honiton Running Club.”

“ Hi Martin and all from CRC, just a little note to say thank you so much for organising the run on Sunday, it was really great for us to be so well supported over that long distance - the drinks and jelly babies appeared just at the perfect time around the route just as we were starting to tire, and to be greeted at the end by such a lovely group and cups of tea and flapjack was just perfect. It's given us all a real confidence boost and certainly was the best preparation for the big day, and so kind of you all to organise it and support us.

Many thanks, Alice, Jane, Emily, Lucy & Nick “

“ Hi Please send my thanks to all involved for the pre-London Marathon training, it was a fantastic confidence booster and brilliantly organised. I am sure all trained will now smash their P.B.s Ta , Eleanor Wood AVR. Xxxx “

So thank you to all who helped out on the day – as you can see your efforts were really appreciated so well done!



Yeovil Half Marathon



The Red Devils – Myself, Mike, Rich and Ed at the start of the race

One of our members who resides a little further afield also took part in the race and obviously enjoyed it!

"Yesterday I wore my club running top for the first time at the 1st ever Yeovil half marathon. Few of you may know me from the few times I've been out on a Sunday morning and a couple of pub runs last year. My mum moved to Merriott five years

ago so my family and I have been spending time in Somerset. Top get away from them and to see the local countryside I joined the club. My first club is the Orpington Road Runners in southeast London, like you we run tuesdays, thursdays and sunday mornings. Midweek is mainly around the local areas, all on pavement. Sundays is always cross country whatever the weather.

Despite a couple of teething problems I really enjoyed yesterdays race particularly the second half. I'm nearing the end of 16 weeks of marathon training for Brighton on the 10th of April and have been injury free until last week when I pulled something in my hip/backside area. I limped around Lyme Regis beach with the kids on saturday dreading the next day but a handful of drugs did the job of numbing the pain until the next morning. I finished strongly with a huge amount of relief in my usual 1.41. A good race that also gives all finishers free entry for next year "

I hope to see you in the summer, Rupert McLeod.

Looking forward to hearing how you get on in the Brighton Marathon! Good luck!



Rupert in the front with Sarah Warren on the right hand side.

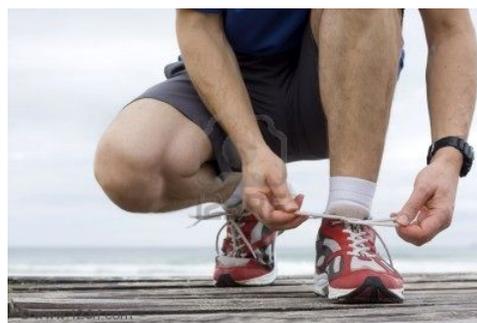
One of our newer members, Sarah Frost, also took part and ran superbly

Well I completed my first half marathon at Yeovil at the weekend. You will be very pleased to hear that I did it in 1hr 41 mins and I was the 9th female, which I was very chuffed about. The actual course was ok, my

legs are pretty screwed from having to run up and down pavements all the time though. Thanks for everyone's help with the training



Myself and Richard Gardener leaving the stadium behind at the start



A quick reminder for all those who have yet to renew your membership that your subs are now overdue.

The new 2 tier membership system is now in place –
£10 standard £15 with EA Licence

Please see Derek with your cash asap

Thanks!



This Week's Running

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

Head torches (optional) and reflective gear essential!

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



Dates for your

April

| Date | Event | Location | Time | Website |
|----------------------|--------------------|-------------------|---------|--|
| Sun 10 th | Honiton Hippo | Honiton | 10.30am | www.honitonrc.com/hippo.htm |
| Sun 10 th | Tavy 13 | Tavistock | 10.00am | www.tavy13.com |
| Wed 13 th | Yeovil 5k (Race 1) | RNAS Yeovilton | 7.15pm | www.yeoviltownrrc.com |
| Sun 17 th | London Marathon | London | 9.45am | www.virginlondonmarathon.com |
| Sun 17 th | Frenchay 10k | UWE Glenside | 11.00am | www.frenchay10k.co.uk |
| Mon 25 th | Easter Bunny 10k | RNAS Yeovilton | 11.00am | www.yeoviltownrrc.com |

May

| Date | Event | Location | Time | Website |
|----------------------|--------------------------------|------------------------|---------|--|
| Sun 1 st | Glastonbury 10k | Glastonbury | 11.00am | www.glastonburyroadrun.info |
| Sun 1 st | The Great West Run 13 miles | Exeter | 9.45am | www.thegreatwestrun.co.uk |
| Sat 7 th | The Exterminator 10k | South Devon College | 5.00pm | www.somerac.org.uk |
| Sun 8 th | The Black Death Run 10k | Combe Sydenham | 11.00am | www.runningforeverrunningclub.org.uk |
| Wed 11 th | Yeovilton 5k (Race 2) | RNAS Yeovilton | 7.15pm | www.yeoviltownrrc.com |
| Sun 15 th | Jack & Jill Challenge | Midsomer Norton | 11.00am | www.somerac.org.uk |
| Sun 22 nd | Crewkerne 9 | Crewkerne | 10.00am | www.crewkernerc.btik.co.uk |
| Sat 28 th | Egdon Easy | Weymouth College | 7.00pm | www.egdonheathharriers.com |
| Sun 29 th | Wells 10k | Wells | 10.30pm | www.wellscityharriers.org.uk |

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 12 th | Ninesprings 9k | Yeovil | 10.30am | www.yeoviltownrrc.com |
| Sun 12 th | Cheddar Challenge 10k | Cheddar | 11.00am | www.cheddarrunningclub.co.uk |

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|---------------------------|----------------------|-------------|---------|--|
| Wed 15 th | Tin Tin Ten (TBC) | Tintinhull | TBC | 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 |

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

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