

CREWKERNE RUNNING CLUB

Newsletter

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

Issue no. 27 Sunday 3rd July 2011

Dear Fellow Runners

CRC runners have been out in force yet again this week, taking part in multiple events all over the South West, so lots to bring you up to speed with!

Pub Run This Thursday!

Just a quick reminder that there is a pub run scheduled for this Thursday. It will be held at the Portman Arms in East Chinnock, which is the village on the road between Crewkerne and Yeovil.

The run will start at 6.30pm with food ordered before you leave. We normally aim to back in time to eat at 8.

Hope to see lots of the Thursday nighters there as well!



Ash Town Tree Trail Race Report from Mike Pearce



The Ash Town Tree Trail is a new 7 mile race at the small village of Ash organised by the Yeovil Running Club. The race was held on Thursday 30th June and is described as a multi terrain run which takes in the 'Town Tree Nature Trail' - intriguing! It was a beautiful sunny summers evening so I expected a good Crewkerne turnout, this was not to be but I found two others in the form of Tom Baker and 'Downhill' Dave Carnell. After much pre race chat and the race running about 20 mins late 57 runners (22 alone from Yeovil RC) took off into the sunshine on a nice fast 1 mile down hill start, as expected Downhill Dave was up with the leaders and going well. After a good section of lanes and a couple fields to navigate

at around mile 3 we came across the nature garden. This was about a mile or so of twists and turns, beautiful ponds and wooded areas, under bridges and over bridges and all on relatively flat ground. On leaving the nature garden we hit the lanes again and on reaching mile 5 it is a steady climb for 2 miles back to the village of Ash with the exhausting section being a couple fields of Maize.

I came in at second place with 44.52, Tom Baker came in at 11th place with 50.40 m and Downhill Dave with a 17th place at 52.50, in all a good effort from the Crewkerne runners. This was a very enjoyable run that will hopefully attract more runners in the second year (hint hint), it was well organised and a BBQ was put on to feed the hungry few. In the meantime I reckon I will go back to visit the nature garden but most definitely at a more leisurely pace.

Cheers
Mike



Charmouth Challenge Race Report from Kirsten Irish

Tim and I completed Charmouth challenge 8 miler today – I entered us both and then let Tim know afterwards! I'm nice like that!

Planning beforehand wasn't great as looked at elevation for Charmouth Challenge & thought it looked tough but would compare it to Grizzly Cub to make it look better – didn't work as Charmouth much steeper & more cliffs!
So had my doubts before I started but actually really enjoyed it.

Would recommend this run to anyone who wants a challenge – up hill, down hill, up hill, down hill etc – made run in the wild look flat!

Certainly not a PB time but sense of real achievement at the end & breath-taking views from the top of Golden Cap!

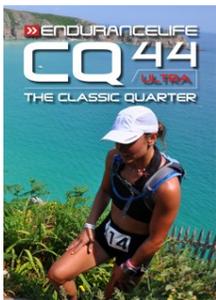
Mug of tea on the sea front was a good end to the day.

Kirsten



[Classic Quarter Ultra Marathon Race Report from Nick Sale](#)

Classic Quarter Ultra 2011, Sat 25th June



by Nick Sale

My first ultra-marathon!

6am & we were off, from Lizard Point, for 44 miles of foggy, hilly, Cornish coast path.

Started faster than planned, but went with the flow of those around me. The instruction was, follow the Acorn / coast path signs and keep the sea on your left, until you get to Lands End. Simple!

Felt surprisingly good up to 30 miles, pretty much running all but the steep climbs, averaging 10 min mile pace.

At 30 we passed through Penzance which meant a couple of welcome miles of flat tarmac, which would have been great aside from the only strong headwind of the day. There was great local support and many passers by knew about the run. I offered a cheery "good morning" to a very rosey cheeked Cornish gent "waking" on a bench, wearing Eau de Special Brew. 5 minutes later I heard laboured breathing behind me. Another runner must be catching. Fair enough, so head down and keep going into the wind. The heavy breathing was getting louder and then some forced, unintelligible words. I looked around to meet a friendly but very weary wave from my tramp friend! Interesting, I thought, and welcomed him to run with me through Penzance. I was a little concerned about the route through the town back to the coast path and welcomed him as my guide, assuming that although I couldn't understand him, that he was getting me... and taking me the right way. & so it generally proved to be, until I heard a far off shout of "Oi – Left", from the leading lady runner, 50 yards behind, and there parted company with my new Cornish friend.

From 30-35miles I ran with the leading lady, an extremely fit local girl, featured in the event advert above, who had run it twice before and had a better idea of the route. So it made sense to try & stick with her. However the last 10 miles were a struggle. Now 50:50, jog:walk, I dropped to 15 min miles and was on my tod.

It was a relief to finally arrive at Lands End. There were some latter miles where I was only carrying on, because there were no other options ;0(But, all in all, it felt like quite an adventure. It's been a while since I've had that nervous excitement of "am I going to be able to finish this?". So now contemplating taking it further.. maybe.

Anyway results:

1st - Pete Roper 6:33:10

18th - Nick Sale 8:36:23

139 finishers & approx 20 DNF's, from the solo race.

30 relay teams also took part.



For more information about the 'Classic Quarter' and other Endurancelife trail events just click [here](#).

You will also see details about Tim Irish's, upcoming, "Coast 2 Coast" event! Recommend a read.

Also < http://www.adventurehub.com/Ultra_Races.html> looks good for these type events

OR < <http://www.ultramarathonrunning.com>> has a good listing too, as does..

OR < http://www.ultra-trail-mb.com/page/87/courses_qualificatives_liste.html>

Lastly, on different tack altogether:

I just want to highly recommend a visit to this running website / resource:

<http://www.marathontalk.com/>

A big back catalogue now of interviews with lots of top runners, including Paula, Mo Farah, Sammy Wanjiru, Ryan Hall, Ron Hill & many more.

Although the title is marathon talk, it is really for anyone interested in running, no matter wether just started or been going for years.

Ideal for anyone toying with doing a first marathon, or want to go faster, and fancy some guidance.

Nick



North Devon Half Marathon Race Report from Jane Willmott

NORTH DEVON AONB HALF MARATHON 26.06.11

We drove down to Woolacombe on Saturday as we thought we would make a weekend of it. Unlike Somerset which was basking in Sunshine the North Devon coast was shrouded in thick mist and drizzly rain, not quite as the BBC forecast had predicted.

However the next day I emerged from the campervan at 6am to a cloud free, blue sky day and by 9am down at Woolacombe Esplanade it was warming up fast and the 26 degree day the weatherman had talked about looked very likely. Signed in and trainers chipped I was ready to start, Oliver and Dave had disappeared to the beach by this time as little Oli was desperate to try out his new bucket and spade set!

The marathon set off at 10am and whilst waiting to get going I bumped into Simon Larkins in his National Trust race vest (event was partly sponsored by NT). Then at 10:15 we were off, heading out on Marine Drive and then the long climb up the coast path towards Baggy Point. The views over Morte Bay were stunning and the temperature was heating up. The running was rocky at times, then on a grassy angle with about four stiles to clamber over for good measure. From the top of the cliff path it was then downhill for about 1km to Croyde on a steep path that was gravelly in places. A quick water stop in Croyde before a trek across the beach with all the beach goers wondering what on earth would possess us to run in a ridiculous heat.

With sand in my socks and wet feet from running across a beach stream it was a clamber over some big rocks and up to another water station for a sponge down. By

this point I was running with a lass (Jackie) from Braunton womens running network, another mad nurse on a mission but we spurred each other on. Then it was a hideous climb up some big steps, along a rocky path before heading down to Saunton Sands.

From here the route took you up a long flight of yet more steps, slippery from the previous days rain, across a rutted and angled field, with yet more fields beyond. Eventually we ran through a village where a live band were playing (not quite Glastonbury!), up an ankle deep in mud bridleway and across numerous fields before finally heading back towards Woolacombe bay. The sun was intense and by now both Jackie and I kept getting the shivers...the hottest day of the year and we were running in it!. The beaches were crammed back on Woolacombe and the final km was across rough ground, then onto the road for the final people dodge back to the finish line on the Esplande.

I was truly glad to finish by this point as I had seen just a bit too much sun for one day. Oli joined me as I ran in, the local Heart FM team had painted his face as a tiger. We both had our photo taken for the North Devon Journal then it was off to the tent to claim my free cream tea (which went to dave of course). Unfortunately many of the marathon runners had defected to the half so my medal will be arriving by post I was told! It was a great race, very well marshalled and water/food/sponge stations every 2 miles without fail. The scenery was stunning, views fantastic and the paddle in the sea I had at the end brilliant. I truly recommend this race but not quite so hot next year please as the only thing that hurt the next day was my bad sunburn!!!

Results:- Winning time 1:38:08
Simon Larkins 2:06:13
Jane Willmott 3:22:13

Jane Willmott



Run Report & Invitation from Clive Harwood

Tuesday June 28th was the evening of a visit to Weymouth for a seaside training run. Steve and Sharon, Elaine and yours truly, with Angie Patch navigating left town just after 5.30. With the new road system in place for the Olympics, it was an easy drive to the Swannery car park in Weymouth. Only 33 mins.

Met Kim and left Elaine and Sharon to go walk about, we found the Rodwell Trail just across the bridge and headed out on a lovely clear and sunny evening. The trail follows the track bed of the old Weymouth to Portland railway for two and a quarter miles. The line closed in March 1952 to passengers and freight in 65. We passed 4 railway stations and through a short tunnel. We arrived at the causeway to Portland and ran a little distance toward Portland.

We turned at three and a half miles and headed back. Took a diversion to go to Sandsfoot Castle. Ran along near the waters edge, and some exclusive houses back to Nothe fort. Back to mix it with the holiday makers and onto Weymouth bridge and along the harbour back to the car park. Under 8 miles.

Really good scenery. What a special run that was. Tried to have a meal in Weatherspoons but they were full to the doors. Went in Yates for the curry night. Had chicken madras and pint of Strongbow for £4.45. Bargain. An area we will go to again soon i expect.

The next of mine and Steves runs at the coast will be on Tuesday 12th July. We will leave a vehicle/s at Seaton and go back to Lyme Regis to start the run. The guide suggests do 1.5k to Pinhay Cliffs and come back the same way as it is rather undulating. Now that sets us a challenge. I think its about 7.5 miles to Seaton. Soon find out. If you are joining us, please let me know on 0146078510.



[An Invitation from Matt Bryant](#)

37 Mile Run – Saturday 9th July

You are very welcome to join me in my annual attempt to run my age in miles. This year will be very, very, slow and a very, very long way!.

The run will start at 9:30 from Swan House, Swan Hill, Haselbury, and begin with a child friendly loop in the village, before setting out on approximately 9 miles to South Petherton . We should reach South Petherton at about 11am and then begin the club 22 mile loop, before running the direct way back via Over Stratton and Merriott to Haselbury.

In the evening we're intending to go to The Manor Arms, North Perrot for a meal at 8pm. Let me know if you want to take part in the run or the meal (01460-73454)



Forde Abbey Race Results

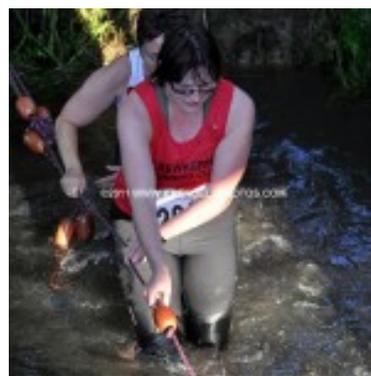
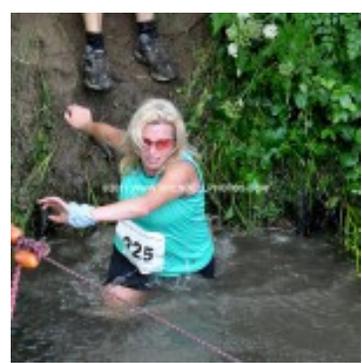
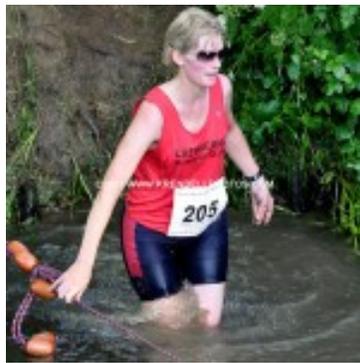
INCLUDING extremely unflattering but funny photos of the river crossing, where one member in particular tries to swim the river rather than wade across...not that I want to highlight that fact of course!! Sorry Nigel!!



FORDE ABBEY RESULTS

3 rd	Ed Stahl	40.07
12 th	Tom Priest	43.42
16 th	Les Thomas	44.54
28 th	Simon Sheldon	46.30
36 th	Tom Baker	47.30
41 st	Tim Irish	48.51
102 nd	Rebecca Nicholls	57.34
103 rd	Ginnette Russell	57.35
111 th	Bridgette Schneiders	58.21
114 th	Kirsten Irish	59.01
116 th	Linda Still	59.13
124 th	Pip Loder	59.55
136 th	Rebecca Abrahams	61.46
146 th	Stuart Stacey	63.59
147 th	Nigel Newbery	64.21
150 th	Jim White	65.16
183 rd	Tracy Symes	78.42





Apologies for not finding photos of everyone but I'd be here until midnight!
Link to official photos - <http://www.krendellphotos.com/portfolio/>



A message from Derek Boles

Can I just thank all the people who turned up for the junior triathlon this morning. CRC laid out the running track and monitored and controlled the number of laps to be run very efficiently. All the entrants had a great morning in the sun and I am not aware of any disgruntled parents.

The Crewkerne Mini-Triathlon Committee send their thanks for an event well organised.



CLUB KIT

I will shortly need to make another order of club vests for all the new members who are rapidly joining us. There is therefore an opportunity for anyone who wants to order extra club kit to do so. Items available are:-

Coolmax T shirt - £14

Coolmax long sleeve top - £18.

Colours available - black, red, white, fluo yellow.

Tops can be printed on the front or back with "CREWKERNE RUNNING CLUB".
Print can be in black, red or reflective.

Ladies and mens sizes available.

If you would like anything please let me have full details of your size, colour choice, print colour and whether print to be on the front or back. All items are special orders so I do need payment in advance please.

I also have a couple of club fleece tops - medium/large size in black. Very warm (thinking ahead to winter!) and only £11.50. First come, first served.

Sarah



A message from Ken Priest

It might be worth a reminder to CRC members to check themselves for carefully for ticks after cross-country runs.

I must admit it's not something that's been uppermost in my mind after running, but we've had it brought sharply into focus this weekend when Thomas was suddenly taken ill on Saturday morning, 2 weeks after brushing a tick off his arm after a cross-country run. There had been no ill-effects or symptoms leading up to it, but on Saturday Thomas was so ill we took him straight to Yeovil Hospital where he was prescribed a course of anti-biotics. Thankfully he's feeling much better now and should make a full recovery.

The head of a tick is small & can easily remain embedded if not carefully removed and can pass on an infection called Lyme Disease which can be very nasty if not treated promptly with anti-biotics, trouble is you may not get any symptoms for several weeks by which time the infection is well established... There's a load of detailed information on Wikipedia if anyone wants to find out more.

On a different note, the Crewkerne Triathlon took place today, myself & several club members took part bright & early this morning, results are on www.wessexwizzards.com but Les Thomas did particularly well winning his age group.

Ken Priest



New Member

A very warm welcome to another new member – Richard Caile!

We all look forward to meeting you at one of our club nights soon!



Interval Training with The National Trust

The National Trust have set up the 'Lime Zip' in Montacute Park . This uses the 72 trees in the Lime Avenue and provides an opportunity to 'interval train' in the great outdoors. I have attached a flyer with directions and further information.

Montacute Park is in a fantastic setting for and access is free at all times throughout the year.



A word for our Chairman

I spoke to Jim on Tuesday night and he informed me that Malcolm is doing really well and feeling a lot better.

We all look forward to seeing Malcolm back running with us soon and wish him all the very best. His company is certainly missed!



Just one final note regarding membership fee's. For those members who have not signed up for this year, this will be the final newsletter you will receive.

I'll re-add you to the list if you rejoin in the future.

Many Thanks



Apparently....I am told....word on the street is....that two of our members had their dancing shoes on at the Take That concert at Wembley on Friday!

Certainly no accounting for taste!

To keep their street-cred intact they will remain anonymous - so you'll just have to guess or ask me really nicely!



Many happy returns to Ian Watkin for today - what a beautiful day for you birthday!

Happy Birthday!





This Week's Running

Club nights are on Tuesday and Wednesday this week, leaving the car park at Lidl's at 6.30pm. The Thursday night run is a pub run from The Portman Arms, East Chinnock, starting at 6.30pm

Sunday morning run will be on as usual leaving Lidl's car park at 9.30am.



Dates for your

July

Date	Event	Location	Time	Website
Thurs 7 th	Pub Run – The Portman Arms	East Chinnock	6.30pm	See Newsletter
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
Wed 27 th	Pub Run – Weatherspoons Bridport	Bus Station Bridport	6.30pm	See Newsletter
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
Thurs 11 th	Pub Run – Dinnington Docks	Dinnington	6.30pm	See Newsletter
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
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September

Date	Event	Location	Time	Website
Sun 4 th	Ash Excellent 8	Ash School	11.00am	www.yeoviltownrrc.com
Sat 10 th	SLAMM Marathon & Half Marathon	Langport	??	www.langportrunners.co.uk
Sun 11 th	Kamikaze Run	Mapperton	9.30am	www.votwo.co.uk
Sun 11 th	Shepton Beauchamp 10k	Shepton Beauchamp	TBA	www.sheptonbeauchamp.org.uk
Wed 14 th	Yeovilton 5k (Race 6)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Sun 18 th	King Alfreds Torment	Stourhead	11.00am	www.yeoviltownrrc.com
Sun 18 th	Langport Triathlon	Langport	TBA	www.langport-tri.co.uk
Sun 25 th	Taunton 10k	Taunton	TBA	www.taunton10k.co.uk

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

simon_land87@yahoo.co.uk