

CREWKERNE RUNNING CLUB

Newsletter

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

Issue no. 6 Sunday 30th January 2011

Dear Fellow Runners

CREWKERNE TO CHARMOUTH RUN

WHAT A TURNOUT!!



Charmouth Run Report by Steve Diaper

Sunday morning, a little frosty with clear skys and beautiful sunshine. The usual Sunday start time has been changed by half an hour as today is the annual Crewkerne to Charmouth run. This was to be my first experience of this run. Over the preceding weeks I had heard many stories about the route but every tale included a mention of how picturesque the run. For me personally, it was also going to be the furthest I have ever run. I later discovered that Rachel hadn't covered this distance before either.

13 runners assembled in Lidl's car park. After loading bags and refreshments into the Land Rover we were ready. For me, the fact that Sharon was going to meet us at Hawkchurch gave me an opportunity to review my options of completing the whole route.

We set off through the town and up Hermitage Street, the first of a number of hills (for those of you who don't know me that well, I hate hills). The route took us to Clapton then to Wayford Woods. The route from here would be new to me so my thoughts were to keep up so I didn't get lost. The weather was outstanding which just added to this lovely countryside we live in. Our next destination was Winsham. We were greeted by the sound of the church bells as we entered the village. We stopped for a few minutes in the village to say good bye to a few runners and we then welcomed some more to continue our challenge.



Andy Parsons trying not to get his toes wet!



Leap of faith by Elaine!

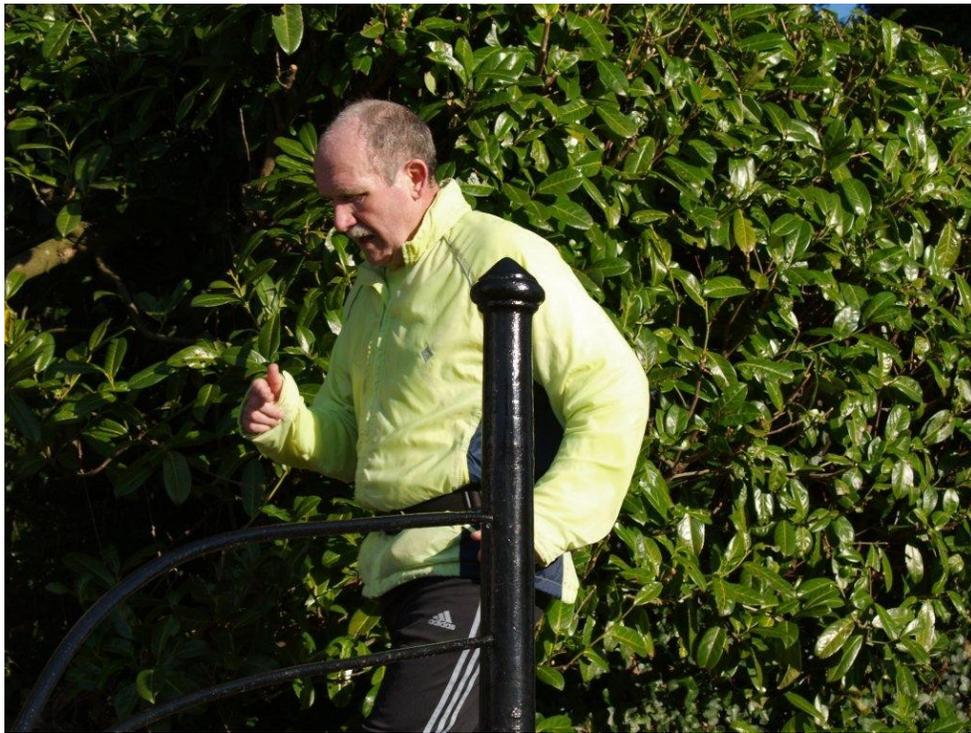
Only around half way to Hawkchurch so there was still a long way to go. The ground was frozen under foot which helped make the run easier. Tales of bogs and struggles on previous years entered into the conversations. We passed through Ammerham and then passed Forde Abby. A little further on was our first incident of the day. Adam and Felix were ahead setting the pace. Three horses then decided to race them. There was a very near miss as they passed by. Adam thought that it was Ben behind him. I'm not quite sure what he was trying to say. Luckily no one was hurt and we continued. There were quite a few climbs up to Hewood. Did I mention I didn't like hills? Felix was doing twice the distance as anyone else. He also took on the job of opening the gates, closing them after everyone had passed through, then sprinting past everyone to take the lead again. Hawkchurch was in sight, according to Andy. Well the church apparently was behind the trees that were on the top of the hill in the distance. After running down our hill passing a number of sheep and ascending the other side we indeed arrived at Hawkchurch. Here we were greeted by some more runners (now 20 of us) who were joining us for the final 6/7 miles.



Steve Diaper half way through popping his Charmouth Cherry!



**Clive 'Trophy Hunter' Harwood – his hands aren't really that big,
that's just the 10 pairs of gloves he's wearing**



Even the local royalty was out in force!



Ben Jaffe looking like he's hardly broke a sweat at 11 miles

I had a decision to make, do I carry on? After a drink and a short rest I decided to continue. Clive also told me it was all downhill from there. The group that joined with their fresh legs moved the group on at a good pace. I was told this was the most picturesque part. For anyone reading this who hasn't taken part on this run yet, you are missing out. The hills were behind us now it was just a matter of keep running and enjoy the scenery. There were styles and bridges to negotiate but the time and miles passed quickly. We caught up with Jim and his relation.



Come on Clive, get your leg over!

Charmouth was in sight. The run was almost over and I felt rather good. The euphoria of my personal achievement and the pleasure of being out in the countryside on such a beautiful day was a powerful opiate. We arrived at the beach. Andy kept running to get 18 miles on his Garmin while some chose to take a plunge in the sea. The only injury I was aware of was Felix falling on his wrist. Well done Rachel for completing the route. I believe it was a little less than 17.5 miles in a time of 2:51. I apologise in advance if this is incorrect.

A large number of runners and family members then had a lovely meal and drink in the The George. I would like to thank everyone for a really enjoyable day, even the hills.



Stuart, Kim, Jacko and Debbie reach the end



Coming down the finishing straight, Andy and Steve put in a last minute dash



Tom, Steve and Ben having a well deserved rest



Linda emerging from the sea



Cold toes, Felix?



Angie, Kim, Debbie and Roger enjoying the morning sunshine

Thank you to all who took and sent me the photos. Also thank you to all those who gave lifts and carried bags to start and finish points!

Well done to those of you who made it all the way – it looked as though everyone enjoyed themselves and the great weather was a bonus! Another great CRC run!

I have lots more photos from the day which I'll attach to the email. You may have to have a play about to view them??



Can I remind everyone that this Wednesday night is the Predict-a-Time run! Very light-hearted and worth a go whatever your ability!

This Wednesday will also be the first of our pub runs of the year. After the run, we will retire to Oscars for food at 8 o'clock, so come along and join us!

[PREDICT-A-TIME – THIS WEDNESDAY](#)

I am arranging what is meant to be a fun event for you on Wednesday 2 February - Predict-a-Time. We did this last year and the format will be the same. I will choose a route and measure the distance. You will know the distance but not the route and you have to predict how long it will take you to run that distance. No watches allowed. The person who predicts closest to their actual time wins. It does not matter if you run fast or slow as long as you accurately predict how long it will take you. The event is suitable for all abilities and some of you who usually come only on a Thursday may like to come along and have a go. Hope to see you there.

Sarah.



This Thursday night saw the first of the Half Marathon Training sessions run by Sarah Warren

Five brave souls joined in the half marathon speed training session on Thursday. We found a one mile mostly flat circuit around the town and marked out every 200m with flour. The idea was to run for a certain distance at pace and then jog recovery for a certain distance. As the distance gets shorter, the pace gets quicker. All was going well until a dog nearly destroyed one of our distance markers by eating the flour!

The whole session took around 45 mins and we ran about 5 miles in total. My "trainees" said they enjoyed it (well, were glad they did it more like), but time will tell whether they come back next week. The program is for 8 weeks only. If anyone else wants to join us, please do. Otherwise normal friendly and social run on Thursday as usual.

Sarah

Upcoming Events....

'The Exterminator'

The Exterminator is a stunning 10k route, involving quiet country lanes, footpaths and bridleways, taking in views of the River Dart at Stoke St Gregory.

The date of the race is Saturday 7th May and the start time is 5pm.
Start and Finish is at South Devon College, Paignton.

(Not wishing to dissuade anyone from taking part, but be aware of the £15 entry fee, which in my humble opinion, is rather steep for a 10k)



Sunday 27th February

Crewkerne to West Bay Run

Leaving Lidl's car park as usual from 9am on the dot

Food afterwards at around 1 o'clock for anyone who wants it

More details to follow

Tuesday 8th March

Crewkerne Running Club AGM

The Clubs Annual General Meeting will take place as usual in The Lamplighters Bar across from The George Hotel, meeting at 7.45 for an 8 o'clock start.

There will be a free drink at the bar for all members who attend

This is your chance to have a say with what is happening within the club!

If you feel changes need to be made in any department then please make your feelings known. If you cannot make it, or you don't want to speak at the AGM then feel free to pass on any views/ideas to myself or any committee members and they will do it on your behalf

Sunday 27th March

South Petherton Pre-London Marathon Training Run



A Quick Reminder.....

This coming Sunday (6th Feb) is the Longleat 10k for anyone who is interested. I think there may be a few club members taking part.

Then the Sunday afterwards is 'Slay The Dragon' at Hinton St George. A local event which normally has a large turnout from club members, one of whom I know is going for the win this year, and judging by his running on Wednesday night, he'll certainly be in with a shout! You know who you are!



[This Week's Running](#)

Club nights are on as usual this week so that's Wednesday and Thursday nights, leaving Lidl's car park at 6.30pm as usual. Wednesday night will be the Predict-a-Time Event. Torches and reflective gear is a must have. Thursday night half marathon training with Sarah Warren (contact Sarah or Linda for more details on sarah@warrenpark65.fsnet.co.uk; lindastill@yahoo.co.uk) Sunday morning run will be as usual leaving Lidl's car park at 9.30am



Dates for your

February

Date	Event	Location	Time	Website
Wed 2 nd	Predict-a-run and Pub Run Oscars, Crewkerne	Lidl's Car Park	6.30pm	See Newsletter
Sun 6 th	Blackmore Vale Half Marathon	Bishops Caundle	11.00am	www.bvlions.co.uk
Sun 6 th	Longleat 10k	Longleat	10.00am	www.racetimingsystems.com
Wed 9 th	Street 5k Series (5)	Street	7.30pm	www.wellscityharriers.org.uk

Sun 13 th	The Inca Trail 7m	Ilchester	11.00am	www.yeoviltownrrc.com
Sun 13 th	Slay The Dragon 10k	Hinton St George	10.30am	www.slaythedragon.co.uk
Sun 20 th	Hestercombe Humdinger 9.5m	Hestercombe Gardens	10.30am	www.thehestercombehumdinger.co.uk
Sun 27 th	Crewkerne to West Bay	Lidl's Car Park	9.00am	See Newsletter
Sun 27 th	Dalwood 3 Hills Challenge	Dalwood	11.00am	www.axevalleyrunners.org.uk
Sun 27 th	Babcary 7m	Babcary	11.00am	www.wellscityharriers.org.uk

March

Date	Event	Location	Time	Website
Sun 6 th	Combe St Nicholas 10k	Combe St Nicholas	10.45am TBC	www.combestnicholasprimary.co.uk
Sun 6 th	Bath Half Marathon	Bath	11.00am TBC	www.bathhalf.co.uk
Sun 6 th	Bideford Hald Marathon	Bideford	10.30am TBC	www.bidefordaac.co.uk
Tue 8 th	Crewkerne RC AGM	Lamp-lighters Bar	7.45 for 8.00pm start	See Newsletter
Wed 9 th	Street 5k Series (6)	Street	7.30pm	www.wellscityharriers.org.uk
Sat 12 th	Great Western 10k	Sherborne	11.00am	www.yeoviltownrrc.com
Sun 13 th	Grizzly 20m Grizzly Cub 9m	Seaton	10.30am	www.axevalleyrunners.org.uk
Sun 20 th	Butleigh 7m	Butleigh	11.30am	www.wellscityharriers.org.uk
Sat 26 th	Nightrunner 8m	Beer	7.00pm	www.axevalleyrunners.org.uk
Sun 27 th	South Petherton Pre-London Training Run 22 miles	South Petherton	9.00am	See Newsletter
Sun 27 th	Yeovil Half Marathon	Yeovil	9.00am	www.totalbuzzevents.com

April

Date	Event	Location	Time	Website
Sun 3 rd	Taunton Marathon & Half Marathon	SCAT College	10.30am	www.tauntonmarathon.co.uk
Sun 3 rd	Bournemouth Half Marathon & 10k	Bournemouth Pier	9.00am	www.bhf.org.uk/bayrun.co.uk
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	7.15pm	www.yeoviltownrrc.com

		Yeovilton		
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

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