

CREWKERNE RUNNING CLUB

Newsletter

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

Issue no. 42 Sunday 30th October 2011

Dear Runners,



Our Ladies Captain Sarah Warren at the finish of the Parrett Trail Leg 1

This is cause for a celebration!!!!

It gives me great pleasure to announce that long term club members Steve Hurley and Elaine Priest have got engaged!!

They were on holiday in Bruges for a few days when Steve got down on one knee and asked Elaine to marry him! And of course she said yes!

On behalf of everyone involved with Crewkerne Running Club, I would like to wish them both a huge congratulations and all the best together! What a lovely couple they are!

First George and Caroline, now Steve and Elaine – who would know the club would be good for running and romance!



Happy days!!



[Pub Run this Wednesday!](#)

Remember that this Wednesday evening we have a pub run organised from the Stonemason's pub in Ilminster. The pub is the newish pub situated on the roundabout on station road near the filling station.

We leave at 6.30pm so arrive maybe 15 minutes before hand so food can be ordered. I am told there is a buy one get one free offer which I'm sure we can all take advantage of!

This may be the last pub run of the year so make sure you don't miss it!

Hope to see you there!!



Worrying News....

Not wanting to be the bearer of bad news, but I must warn you about an illness that is sweeping through the club. Known as 'The Running Bug' - we have suffered quite badly this year.

The bug tends to effect newer runners, and once bitten by this bug, symptoms can persist for years. Warning signs include increased desire to exercise, feelings of well-being, the sudden desire to wear tight or fluorescent clothing, smiling while running, and participation in mass meet ups of other sufferers.

We have lost quite a few friends to the running bug this year - notable victims include Ginnette Briggs and Tim Hoyle, as well as Tracy Symes who has been hit particularly badly. I'm sorry to say that it has claimed another victim – Nigel Newbery. The disease has led him to compete in 3 races in 3 weeks, and he has gone from a non-runner to someone willing to take on the hills of Exmoor. Such a change in lifestyle over such a short period of time shows how quickly this illness can take hold.

Let us all remain vigilant.

....and on that note.



'The Stickler' Race Report by Nigel Newbery

Ran the Stickler today. Didn't meet any other CRC members. The race attracts some 500 runners, who take over the small Dorset village of Shillingstone near Blandford Forum for the morning. The race HQ is the former primary school and the facilities were fine if a little crowded - there were runners everywhere!

Once away, the race was quickly into a forest and climbing the first of three big hills, Okeford Beacon. The going was distinctly sticky after some early rain. No views from the top as it was misty. Then an easy run along a grassy ridge and a long, long descent down a forestry track.

There were two further climbs. Hod Hill looked like an iron age fort. Hambledon was a chalk path straight up a steep hill, coastal path style. At some point we ran through the ridiculously pretty village of Stourpaine. There were runners from all over Dorset and further afield. The sun came out and the atmosphere midfield was very friendly.

The "1,500 feet of vicious climbing" promised was certainly delivered, but as the climbs were mostly short and too steep to run, it was very manageable. I finished my first 10 mile in about 1 hour 50, coming in 313. Well, it was hilly! Got a beany hat for finishing too. I really enjoyed this race and will be back next year.

Hope you had a good run up at Ham Hill today.

Best,

Nigel



Tuesday Night Speed Session – A message from Ed...

This tuesday is the second running of the 5 mile time trial. It's a handicap event which begins and ends at the coop in merriott. Its a prompt start so could runners get to the coop for 6.15 for a 6.30 start as I'll have to work out handicaps as to who turns up.

Head torches are essential as is reflective gear. The route is the same as the winter handicap but starting at the coop instead. For those who haven't done the winter handicap the route is as follows:

1. Head up lower street and turn left up church street past the kingshead pub,
2. At end of road turn right and take 1st left to Hinton
3. Run through Hinton and take left down abbey street which is just after the memorial
4. Follow road and veer right to go down lane
5. Go uphill and past timber yard
6. Take 2nd lane to merriott
7. Straight over crossroads and finish line is just before the roundabout at coop.

Hope to see you all there, Ed

And of course 'fast' or 'slow' – all abilities are welcome and can take part equally well.



Full Monty

This morning 10 runners met up at Ham Hill to run the Full Monty route. We split into two groups and met up periodically along the way which was nice! Thank you to all those who came and had a really enjoyable run!

We will be holding another recce run before race day as I gather there were quite a few members who wanted to run today but couldn't make it. So we will be doing it again on Sunday 20th November, and will be inviting runners from other local clubs who want to run as we did last year.

For those members who normally marshal along the route, you will be contacted soon by either myself, Clive or Jim to see if you are available again this year.

This is our biggest event we put on and requires a lot of help and we are calling on our members to give up a few hours on a Sunday morning to help make this event a success. You can help with marshalling on the route, helping on the start/finish line, car parking, the list goes on but there are plenty of jobs to be filled. Please get in touch with myself or other committee members to let them know you are available.

As one new member said to me recently, they get so much out of running with our club, that they don't mind at all putting something back in! I quite agree!



Ilminster 10k

Remember that next Sunday is the Ilminster 10k, starting at 10.30am from the Market Square.

This is a road 10k, with the first half gradually uphill and the second gradually downhill.

This is a very popular race for club runners and we are expecting an army of slightly faded to pink CRC running vests to sweep the town. Inter club rivalries will hot up and battle lines will be drawn, who will come out on victorious.....



London Marathon Draw

Please remember that the draw for our 2 club London Marathon places takes place on Tuesday 8th November – that's just over a week away!

If you want to enter for one of the club places then you don't have long to get in!



Upcoming Events.....

17K (ENDURANCE) CHALLENGE on behalf of Royal Marines Charitable Trust Fund

SATURDAY 16TH June 2012

Following on the back of the extremely successful 4k FUN and the 10k MARINE Challenges in October there is this 'up-the-anti' 17k opportunity to support the Royal Marines Charitable Trust Fund and help it reach its £6,000,000 target by the Royal Marines 350th Birthday – which is 28th October 2014.

So why is it 17k ENDURANCE different to other charity runs:

- It starts and finishes at the very prestigious Commando Training Centre Royal Marines, Lympstone
- This is your unique opportunity to take on this world famous 'Marine' training course – otherwise not open to civilians!
- You will undertake the gruelling 7 mile ENDURANCE Course of road running, track running and water and mud obstacles
- It is open to Individuals, Pairs and Teams of 3 with prizes and medals
- Time to beat from 2011 is 1 hour 5 mins.....HAVE YOU GOT WHAT IT TAKES?

We want to help the Royal Marines Charitable Trust Fund achieve its £6m target we need 2,000 participants to enter - so what can you do to help:

- Sign up to the Challenge either via hard-copy entry form from the website, or enter on-line
- Encourage your mates to also sign up
- Help to market the event by sharing our website / Facebook details with your company, running clubs, colleagues, in newsletters, news papers etc etc
- Raise a huge amount of sponsorship to help injured Royal Marines and their families

If you need any more info please do email me or see the website for details (www.commandochallenge.co.uk) – but in the mean time please give some thoughts to how you – and your friends – can help us achieve this massive fundraising target for our troops

Alan Hardy
Event Director (& former Royal Marine Commando

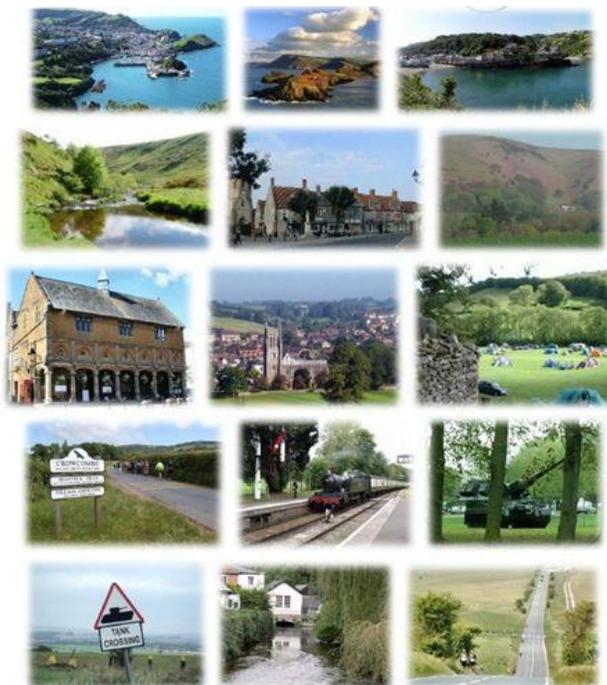
Martin Cook has passed on some details of race ideas for next year- and maybe even a club trip??

One of the entrants to the Full Monty comes from mountain country in Ireland and has passed on details from the Irish Mountain Runners Association – Have a browse at the website below for lists of events and let me know if anything takes your fancy!

<http://www.imra.ie/>

The Forces March

The Forces March is one of the UK's top challenge events. Running and walking participants attempt to complete five stages in five days to raise money for **THE VETERANS CHARITY**. Each stage is an average of over 26 miles in length – more than 5 marathons in 5 days! The undulating all-road route begins in Ilfracombe, North Devon and passes through Exmoor, the Quantock Hills, rural Somerset and much of Salisbury Plain before finishing just outside of Bulford Camp, the UK's biggest Army Garrison.



Entries are open to military personnel, emergency services teams, ex-forces, civilians and corporate teams. In fact The Forces March is for EVERYONE, whether you are a long distance walker, an ultra-runner or a hand-cyclist.

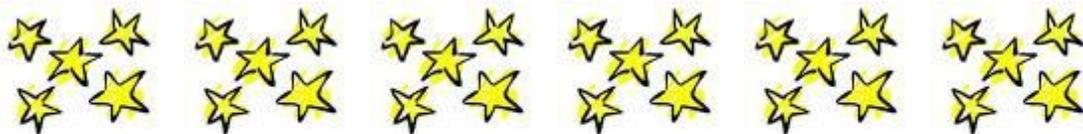
ARE YOU UP FOR THE CHALLENGE?

[DOWNLOAD THE INFORMATION PACK BELOW](#)

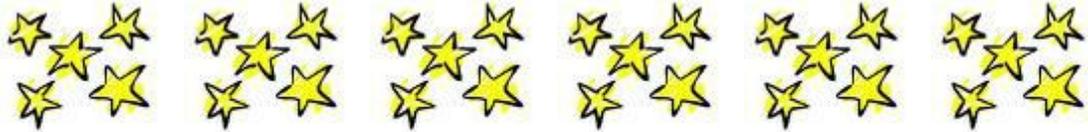


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ALL PROFITS FROM THE FORCES MARCH GO TO



No Birthdays except the ones I've missed



[This Week's Running](#)

Club nights are on Tuesday & Thursday this week, leaving the car park at Lidl's at 6.30pm. The Wednesday night run is a pub run from the Stonemason's in Ilminster.

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

With the dark evenings now upon us, head torches and reflective gear are essential for all runners.





Dates for your Diary!

November

Date	Event	Location	Time	Website
Wed 2 nd	Pub Run	Stonemasons Ilminster	6.30pm	See newsletter
Sat 5 th	Yarcombe Yomp	Yarcombe	10.30am	www.axevalleyrunners.org.uk
Sun 6 th	Ilminster 10k	Ilminster	10.30am	www.ilminsterlionsclub.co.uk
Wed 9 th	Street 5k	Street	7.30pm	www.wellscityharriers.org.uk
Sun 20 th	Full Monty Recce	Ham Hill	9.30am	See Newsletter
Sun 27 th	Brent Knoll 5.5m	Brent Knoll	11.30am	www.burnham-on-sea-harriers.com
Sun 27 th	Bicton Blister	Bicton Park	11.00am	www.bictonblister.co.uk
Sun 27 th	Winter Handicap	Hinton St George	9.30am	See Newsletter

December

Date	Event	Location	Time	Website
Sun 4 th	Full Monty	Ham Hill	10.30am	See Newsletter or Website
Sat 10 th	CRC Christmas Party	North Perrot Cricket Club	TBC	See Newsletter
Wed 14 th	Street 5k	Street	7.30pm	www.wellscityharriers.org.uk
Sun 18 th	Wellington Monument 10k	Wellington	10.30am	www.wellingtonmonumentrace.co.uk
Mon 26 th	Stoke Stampede	Stoke S Gregory	11.00am	www.stokestampede.co.uk

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

simon_land87@yahoo.co.uk