

CREWKERNE RUNNING CLUB

Newsletter

Issue no. 83 Sunday 30th September 2012

www.crewkernerc.btck.co.uk

Dear Runners,



***Clive Harwood being presented his trophy from GB runner Liz Yelling
at the New Forest Half Marathon***

Captain's Handicap This Wednesday!!

Just to remind if you that this Wednesday night is the Captains Handicap race starting sharply at 6:30pm. If members could email me Ed to let him know if they are running or not that would really help him out. You can email Ed at edstahl78@hotmail.co.uk

The route is 6 miles and will be marked out with arrows. As with a handicap race, the slowest runners will start first with the fastest last. Handicap races are great as it means that all runners have an equal chance of winning, and more often than that not it is the perceived 'slower' runners who walk away victorious!

There are two trophies up for grabs, first female and first male, as well as 5 Championship points available for those take part.

Start and finish is at Merriott Church, so park on the road or in the tythe barn car park.

And I can't move on without sharing with you this wonderful piece of artwork, created by CRC's creative enigma Kirsten Irish...titled 'Ed Ennis'





Some important information now...

Letter from Hon Sec regarding the Club Newsletter.

I am sure that all the membership will agree that the Bi Weekly newsletter produced by Simon has kept us all up to date with what is happening within the Club.

Simon has now been producing this circular for almost 2 years but due to work and other commitments has given the committee plenty of notice to find another person or persons to take this role on.

It will be a hard act to follow but if any of the membership feel they could spare some time to collate race reports, funny articles or candid pictures of our members then please contact any of the Running Club Committee.

Simon would like someone else to take this over in January if possible. Tracy has said she could produce the newsletter for the first few months of 2013 but it would be nice to have a fresh (non committee) person to help with this. Provide the person is continuously fed race reports and info from our membership its a case of collating the info and sending out to a mailing list.

Can I just add to that that I really hope that somebody does come forward to take the newsletter on in the New Year. It could be a completely different format to mine, change is good and I feel it needs a shakeup! I also feel that it is so necessary to keep all members up to date with what is going on and the club would take a step backwards if we didn't have a way of communicating with each other.

If anyone is interested and wants to ask any questions on how long it takes etc etc then just drop me an email.

Back to Martin....

[Letter from Hon Sec regarding the George Reynolds Sports Centre](#)

You are probable aware that the Sports Centre is progressing well. It should be open by the end of the year, possibly in November. Mal Higgins is closely involved in this project and another key person is Simon Shackelford (Running Club and Rugby Club).

At the AGM in March we said we would try to use the club as our meeting place and hopefully for more such as changing, showers, after run gatherings and events.

As things are gathering pace with the Centre all existing members of the running club will become members of the Sports club so will be able to use the facilities when it is up and running. More details will filter through in due course on this subject and we will endeavour to keep you all informed.

Martin Cook



[New Forest Marathon Race Report by Tracy Symes](#)

After being talked into entering another marathon, I lived in hope it wouldn't be too hot after my experience in Edinburgh! Well there was no chance of another heat wave on Sunday, rain, rain and more rain. Adrian, Tim, Tamsin and I lined up on the start at 10am hoping the rain might stop some time soon, but it didn't. Adrian soon headed off on his own, with Tim and Tamsin keeping me company along the way. I stupidly

thought we'd start off at a nice gentle pace but I should have known better, I knew it was going to hurt when Tamsin volunteered to run with me after Tony had, had to pull out after his fight with a fridge!



Tamsin was a bit worried about me being so quiet over the first few miles, when I pointed out we were running at my 10k pace she soon understood why I wasn't talking much. We kept up a steady pace even in the awful conditions, the rain just didn't want to stop. We reached about 10 miles in and there was a friendly face waiting for us Tony had come out to cheer us on, we reached the first of the off road sections, and had it not been so wet it would have been fine but there were large puddles everywhere and we all got our feet rather wet at this point. I think it was also through the forest track section that Tamsin broke into song and started to attempt to cheer our sprints with songs relating to rain. We cleared the forest track and found the road again and kept pushing and as we got closer to the half way mark Tamsin decided I should try to beat my PB for a half marathon which I did by some 2 minutes.

Shortly after this we saw Tony again, and he ran about half a mile with us giving words of encouragement one of the other runners asked if he was running the whole way carrying his umbrella!

The conditions remained the same and poor Tim was starting to get cold having to wait for me to catch up so we told him to carry on and not wait, so we bid him farewell at about 15 ½ miles in the second of the forest track sections. It was just me and Tamsin brining up the rear. As we counted down the miles the rain eventually stopped but it was really cold, at about 19 miles Chris and his wife, Lisa drove past and handed us some welcome jelly babies to keep us going. Next there was Clive and Elaine out on the road cheering us on. It was a welcome sight having some supporters on the way, in those conditions I don't mind admitting I wanted to give up, I was cold and wet and feeling miserable. But Tamsin wasn't about to let me stop and kept pushing me on.

Some how at about 20 miles I got my second wind and started to speed up a bit, I think it was the thought of getting nearer to the finish and a nice hot cup of tea that did it. Then we hit the dreaded hill at 22 miles, this was tough but I kept going, Tamsin had to wait for me at the top and I think the marshals were shouting at her for going the wrong way as she was coming back for me but I kept going and got to the top without stopping.

At this point we had the sweeper vehicle behind us and knowing the cut off time was 5 ½ hours we were determined to keep going, the bus pulled over and asked us if we were going to carry on, we both said yes as we were so close to finishing we weren't about to give up now.



I must say the last mile was the hardest having to go up and down off the pavements its no fun after running all that way, but we kept going and with some shouts of encouragement from the marshals and spectators at the end finally crossed the line not long after the cut off.

I know Adrian got a PB beating his previous time by more than an 1½, well done to Tim for completing his first marathon and I know he could have got under the 5 hour mark if he'd left me earlier! I also got a PB beating my previous time by 38 minutes. I would like to say thank you to Tamsin for helping me achieve this she sacrificed a good time to help me get round in one piece.

The official times for the marathon finishers

Position	Name	Time
1	K Quinn	2 hrs 37 mins 23 secs
292	Adrian East	4 hrs 3 mins 31 secs
535	Tim Hoyle	5 hrs 5 mins 52 secs
574	Tamsin Dickinson	5 hrs 42 mins 54 secs
575	Tracy Symes	5 hrs 43 mins 32 secs



Headtorches

Sadly the dark nights will be with us shortly and we will run in the country lanes. I have

ordered some headtorches for anyone who needs one. They have gone up a bit this year and are £13.50 each (they would be £15 if purchased individually, but there is a discount for bigger orders).

The torches come with front and rear lights and batteries are included. Cash or cheque payable to Crewkerne Running Club. Either see me running, or e-mail me at: sarah.warren321@btinternet.com to arrange.

Sarah



New Members

Two new members to welcome into our warm embrace this week; Pauline White and Lucy Silk. Welcome!



Parrett Trail Relay

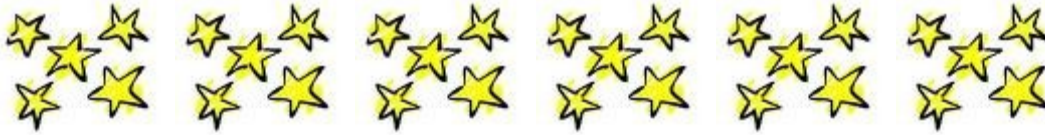
The PTR takes place in two weeks time on Sat 13th October. Ed and Sarah (Men's & Ladies Captains) have been busy behind the scenes preparing their respective teams.

I can confirm that this year we have once again entered three teams – mixed, mens and ladies, and can I say that our mixed team looks devastatingly strong! This could be our year to really push for a good position!

So I would like to wish all those who are running on our clubs behalf the very best of luck, and I'm sure you will do us all proud!

There tends to be a meet up and presentation at the end of Leg 6 which finishes at Wynyards Gap Pub, Cheddington. All members are welcome from around 1.30pm onwards to see in the final runners and join in the celebrations!

Good luck all!!

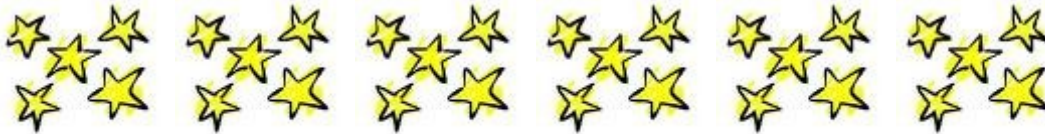


Four birthdays to bring to your attention over the next fortnight!

We begin with both members of Team Irish! Tim celebrates getting one year closer to the 50 mark on the 5th (an age to match his 10k times) while Kirsten celebrates a little more gracefully tomorrow!

Sam Paggett has her birthday on the 10th, while Captain Ed is the day after!

Many Happy Returns to you all!



[This Week's Running](#)

Club nights are on Tuesday, Wednesday and Thursday over the following fortnight leaving the car park at Lidl's at 6.30pm. The early run on Thursday is at 5pm. This Wednesdays run is the Captain Handicap from Merriott.

The Sunday morning run leaves the Lidl's car park at 9.30am.





Dates for your

October

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Wed 3 rd	Captains Handicap	Merriott	6.30pm	See Newsletter
Sun 7 th	Burnham Half Marathon	Burnham-On-Sea	11.00am	www.burnham-on-sea-harriers.com
Sun 7 th	The Minster Challenge 7	Axminster	10.00am	http://axevalley.devon.sch.uk
Sat 13 th	Parrett Trail Relay	Various	9.00am	See Website/Newsletter
Sun 14 th	Castle Cary 10k	Castle Cary	10.00am	www.totalbuzzevents.com
Sun 14 th	Gold Hill 10k	Shaftesburt	10.00am	www.gillinghamtrotters.talktalk.net
Sat 20 th	Weymouth 10m	Weymouth	10.30am	www.egdonheathharriers.com
Sun 21 st	Exmoor Stagger & Stumble	Minehead	11.00am	www.mineheadrunningclub.co.uk
Sun 21 st	Dartmoor Vale Marathon, Half Mararthon & 10k	Newton Abbott	9.15am	www.dmvmarathon.org.uk

Sun 28 th	The Stickler	Shillingstone	10.30am	www.thestickler.co.uk
Sun 28 th	Salisbury Half Marathon	Salisbury	10.30am	www.totalbuzzevents.com

November

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sat 3 rd	Yarcombe Yomp	Yarcombe	10.30am	www.axevalleyrunners.org.uk
Sun 4 th	Ilminster 10k	Ilminster	10.30am	www.ilminsterlionsclub.co.uk
Wed 14 th	Street 5k	Street	7.00pm	Wells City Harriers
Sun 25 th	Brent Knoll 10k	Brent Knoll	11.30am	www.burnham-on-sea-harriers.com
Sun 25 th	Bicton Blister	Bicton College	11.00am	www.bictonblister.co.uk
Sun 25 th	The Herepath Half	Taunton	10.30am	www.herepathhalf.org

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

simon_land87@yahoo.co.uk