

Crewkerne Running Club Newsletter

www.crewkerne.btck.co.uk

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Happy Easter to you all!

AGM

Thank you to all who attended the CRC AGM last month, the minutes are out and a copy is attached.



Trying to keep warm before the start of Yeovil Half Marathon

Yeovil Half Marathon - My two horse race by Mike Pearce

Once again I line up for a race in 2013 and spring has decided not to turn up and that this annoying winter grip we seem to be in has tightened. All you Crewkerne runners that did this race last year, like me, will remember it was a lovely warm spring day and the kit for the run was the shorts and vest. However, this year it was deciding how many layers to put on. Anyway enough of this complaining and on with the report....

As I usually do, being a competitive sort of chap, I checked out on the website to see who my competition was going to be for the V40 race, on searching through this was going to be an interesting race. On arrival I had a good walk around and bumped into other, just as cold Crewkerne runners and realised there was going to be a good turn out of the team in red. With time ticking by I decided to attempt a warm up of sorts trying to time it so I only had a few minutes before the start so I could keep the muscles warm. And then just after a 9.00 start we were off... As this was my third year of running this great event the best tactic is to get off the blocks as there is a lot of pavement running and it can get a little tricky when there are too many runners around. I got my desired start and was quickly into a good pace, even with a bitter easterly wind blowing into our faces for the first three miles or so, but as soon as we started heading downhill into the town centre and the nine springs country park the wind was on our side. It was about at the 3 mile mark that one of my fellow over 40 runners, Tim Hawkins (Yeovil and Wells running clubs) took over me and this was when I decided not to let him get ahead (there was the V40 winner place at stake here).

I stayed close on his heels upto the 6 mile mark where we start the long steep 'King of the hill' this is where I decided to make my break and push forward, from here I was in front until about mile 8 where Tim pushed by me again. From here every time I decided to overtake, Tim would find a burst of energy and not let me by so I took the decision to stay right behind and try and make a break right at the end hoping my London Marathon training would kick in and I would have that little bit left for a final 'Mo Farah' burst. And so when we turned right off the lane into the industrial estate I made my move and it proved to be a good decision I overtook got in front and got over the line 4 secs in front. Personally, that was a great race and it was down to Tim pushing me all the way, I hope the rest of you all had a good race and well done to all for finishing.

I am afraid there is no cake to report but if you would like to contact the organisers and partition for a cake stall I would gladly run it next year to report on the produce....

A final message to all Crewkerne runners who are running a marathon in the next month or two. Have a great run, I hope your training has gone well and GOOD LUCK on your times. Oh yeah if there are any cakes I would like to see a review, especially from the Paris Marathon Runners.



Mike receiving his prize for winning his age category



Elaine receiving her prize for 3rd lady

Yeovil Half Marathon – A view from the back, Tracy Symes

After insisting I was not going to ever run this half marathon because of that hill half way in, I found myself at the start on a very cold morning getting ready to give it a go. Tamsin, Tony, Tim and I arrived in plenty of time collected our numbers then headed straight back to the car to warm up! We weren't the only ones sat in our cars with the engine running and heaters on full, we eventually got out and braved the freezing cold conditions to find the rest of the CRC runners. I'd checked the entries a couple of days before and found over 20 of us had entered.

I made my way to the start line with Lyn and Sarah, who were both starting their first half marathon, we set off together but it wasn't long before Sarah headed off ahead of us, Lyn and I kept up a steady pace heading in to town and along nine springs, where we found a welcome supporter, Stuart had ridden over to cheer us on, eventually we found ourselves at the bottom of the hill, well I was supposed to be there to help Lyn keep going, it was a definite role reversal at the hill I would have walked if it hadn't been for Lyn's words of encouragement.

We finally made it to the top, haven't checked all the times for King/Queen of the Hill but I'm sure I would have got the wooden spoon! Must start doing some hill work, Lyn and I kept plodding a long and at the top of Forest Hill we found Lyn's mum and husband there to cheer us on. Having a nice down hill

sections was a welcome sight after Hendford Hill. We kept up our pace as we headed off towards the airfield and prepared ourselves to get cold again, heading out to Odcombe and hitting the 10 mile mark we were welcomed by the CRC Paparazzi, Derek and Andy cameras in hand, Stuart was there again to give us a cheer and we just avoided knocking Ken off his bike!

Knowing we only had 3 miles to go, I was surprised at how well I was feeling and Lyn was keeping up her pace, I know she was feeling it as we counted down the miles and I think I was probably getting on her nerves shouting words of encouragement, every time I saw a runner in front of us I'd suggest we could catch them and overtake them, not sure she was too impressed with this but we did pick off a few of them. As we got closer to the end we could hear the crowds and I suggested Lyn should find her inner Usain and have a sprint finish, don't think I got a response to this suggestion probably because Lyn is too much of a lady to tell me to bugger off!

We crossed the line in 2hrs 32mins 4 secs, which is a very respectable time for your first half Lyn, well done to you and Sarah for finishing your first half marathon and well done to all the other CRC runners for braving the cold weather. Here's getting you under the 2hrs 30 at your next half!



South Petherton Long Run – A few thank you's



Clive getting ready for action!

I would like to say thank you to everyone who gave up their time today to help out with the club's long run, I believe from speaking to Derek we had record numbers with 34 runners taking part. A cool but sunny morning greeted the runners and helpers, most runners completed the full 22 miles of the course with about half a dozen opting to complete a shorter run. Thank you to (in no particular order) Derek, Angie, Jim, Tony, Stuart, Clive, Steve, Tamsin and especially Larissa for keeping me and Tamsin amused with her Dad's whacky music collection!

Thank you everyone, it wouldn't have been possible without you.

Tracy Symes



Leave some for the runners

Just a quick note to say how much Roger and I enjoyed the "Long Run" from South Petherton. I was amazed at the amount of marshalls and drinks stops along the way, THANKYOU ALL, it was very much appreciated. The route was great, the weather was fine I'm just sorry we couldn't stay at the end, but the children were waiting at home - and it is Easter Sunday! We started off at 9am with the "slow" group who were anything but - Chris and your friend you know what I'm talking about!! It was great to see so many runners (who passed us) from other running clubs. I know we only did 15 and a half, thanks to Angie who rescued us, but next year you never know!

Thanks again all you great marshalls!

Linda & Roger



Dave minus his fireman's uniform!



Tony doing his sweeping duties

A message from Captain Ed – Wednesday night

Due to the Easter Bunny race tomorrow, there will not be a time trial this week, but before you get too upset their will be the usual speed session meeting at the George Reynolds Centre as usual.

Something new, something different and the return of an old favourite

Poundbury 5k series June – August

A new event being organised by Maiden Newton Runners/Total buzz, full details in the attached filer. Ahead of the series we are holding a "trial" event on Wednesday 29 May at 7.30pm and your members are invited to join us for this - it will of course be free of charge and will hopefully iron out any glitches ahead of the "real thing".

Langport Triathlon's – 21 & 22 September

For those of you who fancy a new challenge why not enter one of the Langport triathlons, this year there is a new women's only event on the Saturday with the main event taking place on the Sunday

Full details can be found here <http://www.huishleisure.co.uk/content.asp?c=40>

Enter quick as places fill up fast, entries open on the 1 April.

Wells Fun Run – 26 May

The Wells Fun Run is making a welcome return this year. Please make a note in your diary and enter early to secure your place on the start line. No entries on the day for the longer races.

Please see the link below for details of this year's event on Sunday May 26th
<http://wellscityharriers.org.uk/Joomla/index.php/component/ievents/eventdetail/732/89%7C100%7C91%7C92%7C93%7C94%7C95%7C96%7C97%7C98%7C90%7C99/wells-10km-3-mile-fun-run-junior-races?Itemid=1>

Further news on all Harrier supported races on the Wells City Harrier website
www.wellscityharriers.org.uk

Birthday Corner



Happy Birthday to the following members:

Rebecca White on the 2 April and Chairman Mal Higgins on the 5 April



This Week's Running

Club Nights are:

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|-------------|--|
| Tuesday – | Mixed ability but generally faster/longer runs |
| Wednesday – | Speed work organised by Club Captain Ed |
| Thursday – | Beginners/Social Night |

All week night runs leave from the George Reynolds Centre at 6.30pm

Sunday – Mixed ability, generally cross-country

Sunday morning runs leave from the George Reynolds Centre at 9.30am



Dates for the Diary



April				
Date	Event	Location	Race Start Time	Website
1 Apr	Easter Bunny 10k (Somerset Series)	RNAS Yeovilton	11.00am	http://www.yeoviltownrrc.com
7 Apr	Taunton Half & Marathon	Taunton	10.30am	www.tauntonmarathon.co.uk/
7 Apr	Paris Marathon	Paris	8.45am	http://www.parismarathon.com/index_us.html
10 Apr	Summer 5k Series (Race 1)	RNAS Yeovilton	7.15pm	http://www.yeoviltownrrc.com
12 Apr	Pub Run Dinnington Docks	Dinnington	6.30pm	See Newsletter
13 Apr	Endurance Life Runs 7/13/27 miles	Hunter's Inn, Exmoor		www.endurancelife.com
14 Apr	Honiton Hippo 7 miles	Honiton	10.30 am	www.honitonrc.com
14 Apr	Brighton Marathon	Brighton	9.00am	http://www.brightonmarathon.co.uk/
14 Apr	Bridgwater 10k	Trinity Sports & Leisure	10.00 am	www.1610.org.uk supported by Total Buzz Events
21 Apr	London Marathon	London	9.30am	http://www.virginlondonmarathon.com/

May				
5 May	North Dorset Small Village Marathon	Sturminster Newton High School, Bath Road	8.30 am	www.gillinghamtrotters.talktalk.net
8 May	Summer 5k Series (Race 2)	RNAS Yeovil	7.15 pm	www.yeoviltownrrc.com
5 May	Glastonbury Road Run 10k/5k/3k (Somerset Series)	Glastonbury	11.00 am	www.GlastonburyRoadRun.info

12 May	Black Death Run 10 miles / 3 miles	Combe Sydenham Country Park	11.00 am	www.theblackdeathrun.com
16 May	Ash Town Tree Trail 7 miles	Ash Primary School	7.00 pm	www.yeoviltownrrc.com
16 May	Pub Run Hawkchurch	Hawkchurch	6.30pm	See Newsletter
19 May	Crewkerne 10k (Somerset Series)	Crewkerne	10.00 am	www.crewkernerc.btck.co.uk
26 May	Dorchester Triathlon	Dorchester Sports Centre	8.00 am	www.1610.org.uk supported by Total Buzz Events

June				
2 June	Run in the Wild 10k	Cricket St Thomas	10.30 am	www.chardrunningclub.btck.co.uk
9 June	Ninesprings 9k (Somerset Series)	Ninesprings Yeovil	11.00 am	www.yeoviltownrrc.com
12 June	Summer 5k Series (Race 3)	RNAS Yeovilton	7.15 pm	www.yeoviltownrrc.com
16 June	Martock 10k	Martock Fire Station	10 am	www.fullonsport.co.uk
19 June	Tin Tin Ten 10k (Somerset Series)	Tintinhull	6.30 pm	www.chardrunningclub.btck.co.uk
23 June	Torrington Triathlon	Torrington Pool	8.00 am	www.1610.org.uk supported by Total Buzz Events

Any events which are not on the diary, but you'd like included then please let us know

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