

CREWKERNE RUNNING CLUB

Newsletter

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

Issue no. 31 Sunday 31st July 2011

Dear Fellow Runners

We start with an important message from Linda Still



Hi Folks

Roger and I are having our annual summer BBQ this Saturday 6th August from 6pm and you are all invited!! Bring the family too as I am having a rather large assault course delivered. For any of you that don't know where we are here goes; upon leaving Misterton, turn right down Broughtons Drive (before the railway bridge), go to the end and then down a private drive and we are at the very end of that; Misterton House. Give us a call on 78750 or email me at lindastill@yahoo.co.uk if you can make it so I can organise the food. We would love to see you there.

It is very, very kind of Roger and Linda to open their house and put on this BBQ. Last year was a fantastic event with lots of members there, many bringing families and kids with them which made a lovely atmosphere!

Please come along if you can!!



Haselbury Trailrace - This Wednesday 7:15 start.

This Wednesday see's the return of the much loved Haselbury Trail Race. This race is Derek's baby and he puts a huge amount of work in to make the event a success- which it invariably is!

Hopefully those of you who have kindly offered to help marshal, have been contacted by Derek to let you know where you need to be and at what time.

Having spoken to Derek in the week, he informs me that most runners enter on the day, but that we also have a large number of pre-entries this year, so fingers crossed for a really good turnout!

This is a lovely little trail race – great course, great location, and Derek always makes a point of keeping the entry fee low at £5 for affiliated runners, and £7 for non-affiliated. Considering the high prices that many races charge now, it's great to see this event is made affordable to all, while not scrimping in terms of quality.

Rachel Hayton has been in touch to get me to remind you that this year there will be Fun Runs for all children up to the age of 11. This will start at 6.30 and there will be prizes for all finishers. So please encourage anyone you know to bring their kids/grandkids along and get them taking part!

We need all CRC members to promote this race as much as you can this week and get some really good numbers turning up.

Hope to see you there marshalling or maybe even racing!!



Eddy Merckx Gran Fondo - Race Report by Les Thomas

Today saw me take part in the inaugural Eddy Merckx Gran Fondo, based out of Cricket St Thomas – a 104 mile or 64 mile bike sportiff.

Over 350 entrants were on the start line on a clear and sunny morning!

We were all set off in waves of about 25 riders at 2minute intervals.

The start was cruel - the first 15 miles were pretty much all up hill. Knowing what was ahead I took it steady from the off. Not cycled this sort of time or distance since September last year so wanted to be sure I could get around the full course having told friends I was gonna do that over the 64 miler.

The route took you along some interesting roads – taking in the coast road from Bridport to Abbotsbury before going a little obscure up a steep hill to Poundbury!!

I skipped going into the 1st feed station at the top of Dorchester as I had just before stopped briefly to see my ever supportive parents who'd made the trek across to cheer me on – thank you!! This was the point at which the 64 milers parted company and turned back for home. So on I headed – for Sturminster Newton!

Feeling strong I headed on finally on more level terrain. However the wind seemed to constantly be in your face which was frustrating! The miles kept clicking on by and as I could see I was on for a sub 6 hour finish it buoyed me along – still riding

solo!! I picked up with a group of 4 Chard Wheelers at about 62 miles and stayed with them to the 2nd feed station at 70 miles to take on more water and juice. Leaving them in there I set off with the bit between my teeth as it was now the home stretch on familiar pedalled roads!! At Somerton a group of 5 guys caught me and to be fair I was finally glad to have some company. I settled in with them, seeking shelter from the wind and doing a turn on the front as necessary!! This was a god send – the distance was beginning to tell in the legs and any rise saw me having to go into lower gears than previous. No matter though as home was close! On through Dinnington and annoyingly going up the short sharp hill both my Quads cramped!! Oh no – it was as much as I could do to turn the pedals over – I even thought I was going to have to get off and push – the walk of shame! Luckily I managed to get through the pain and find a position that eased it and it passed – Phew! However knowing the EVIL hill that was fast approaching – the one up the side of Windwhistle through Higher Chillington I was aware I may have to get off yet. Still riding with the 5 guys I said them to go on as I didn't want to hold them up, but luckily they were all shot too I think and they stayed just in front. So then the monster hill arrived – who ever thought this was a good idea for the finish of a 100 mile ride – is a sadist!!! Fortunately the cramp stayed away and I made it up in one piece, the guy beside me shouting at it in anger at it's severity!! It was then just the final stint along the A30 before dropping back down into Cricket to the finish – boy I was pleased to see that!!!!

Finish time:- 5:41:14

Finish position:- 7th

Very pleased with that!!

This was a very well organised event – well done to the crew that put it together!
Hope to see it return next year!!!



New Member Alert!

Our club continues to grow in numbers with another addition this week. Tim Hoyle has been running with us for a few weeks on a Thursday and has now joined. So welcome!

I must say as well, that Tim is already getting involved and will be helping with marshalling on Wednesday. Great to see a new member helping out!



Crewkerne 9

Thank you to those of you who have got in touch with your ideas for changes to the Crewkerne 9. All suggestions have been passed on and are greatly appreciated! Many thanks!



Upcoming Events....

I have 4 events to bring to your attention this week. Thank you to Martin, Sarah, & Dave for passing on the info!



HELL DOWN SOUTH

LONGMOOR CAMP

SATURDAY NOVEMBER 26TH 10:30AM

SUNDAY NOVEMBER 27TH 10.30AM

THAT'S RIGHT. TWO BROOKS HELLRUNNER EVENTS AND AN OPPORTUNITY FOR SOME DOUBLE DIPPING!

THE BROOKS HELLRUNNER IS OVER MULTI-TERRAIN AND VARYING UNDERFOOT CONDITIONS. THERE WILL BE EVERYTHING FROM RUNNING TRACKS AND TRAILS TO WATER-FILLED AREAS AND PLENTY OF STEEP HILLS. EXPECT TO GET VERY WET! IT WILL BE

NATURE AT ITS TOUGHEST. THE COURSE WILL BE MARKED BUT DO NOT EXPECT TO SEE MILE OR KILOMETRE MARKERS (THAT'S FOR THOSE SOFTY ROAD-RUNNING TYPES). ALL YOU NEED TO KNOW IS THAT THE COURSE WILL BE PROBABLY MORE THAN 10 AND LESS THAN 12 MILES IN LENGTH. HEY! WITH WHAT WE HAVE IN STORE, WHO'S COUNTING?

IT IS NOT NECESSARY THAT YOU HAVE TO BE ABLE TO SWIM BUT PLEASE UNDERSTAND THAT THE COURSE MAY WELL BE UNEVEN, SLIPPERY, STONY AND WET.

DARE YOU TAKE ON THE 'BOG OF DOOM'?

THE BROOKS HELLRUNNER – WE'RE TALKING REAL TRAIL RUNNING!

Doesn't that just wet your appetite! If you plan to enter then do so quickly as I expect that the event will fill soon

For something a little less...mental...why not try

Tricky Warren Trek

The Blackdown Hills will be alive with runners and walkers this autumn as hundreds of people help to raise vital funds for the Dorset and Somerset Air Ambulance.

The Dorset and Somerset Air Ambulance, Trickey Warren Trek will take place on Sunday 18th September at Trickey Warren Farm, Culmhead, a former Second World War fighter airfield between Chard and Taunton in Somerset.

The event offers a mix of 10k, 4k, and 2k routes for serious and fun runners alike, and this year there will be a new Forest Trail route to replace the 4k perimeter track.

More than 200 runners and walkers took part in 2010 and raised thousands of pounds for the Charity.

For 2011, there will again be a 2k 'fun run' for families and young people, as well as an individual and team 4k route and an individual and team 10k run. Both the 4k and 10k team events are only open to non running club members.

Taunton 10k – Sun 25th September

Celebrating it's 25th year, the Taunton Deane 10k starts and finishes at the Blackbrook pavilion. This road 10k takes you out through the villages of Stoke St. Mary and Haydon, before returning to the town.

Entries are limited to 650 and have been reached over the last few years so get in quickly. Entries close Friday 16th Sept. None on the day.

Burnham – on – Sea Half Marathon

Sunday 2nd October 2011 – 11.00 am

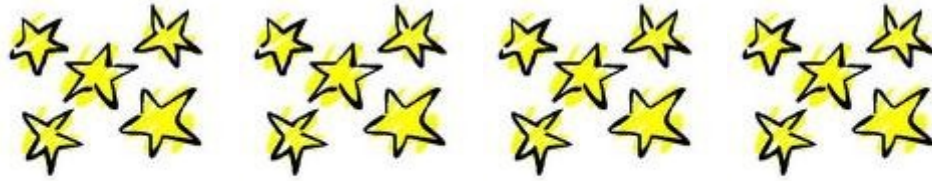
A fast, flat course so real PB potential.

Drinks, Showers, Changing Facilities and a bar at the end

All proceeds donated to selected charity



Many Happy Returns to Adrian East & Witney Symon who, if my records are correct, both celebrate their birthday on Friday!



This Week's Running

Club nights are on Tuesday and Thursday this week, leaving the car park at Lidl's at 6.30pm. Wednesday is the Haselbury Trail Race.

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





Dates for your

August

Date	Event	Location	Time	Website
Wed 3 rd	Haselbury Trail	North Perrott Cricket Club	7.15pm	See website or newsletter
Sat 6 th	Shaves Cross Mini-marathon	Shaves Cross	7.00pm	
Sun 7 th	Totnes 10k	Totnes	11.00am	www.teignbridgetrotters.co.uk
Sun 7 th	Sturminster Half Marathon	Sturminster Newton	10.30am	www.dorsetdoddlers.org
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 'Newton' Madness	Maiden Newton	7.00pm	www.free-webs.com/ maidennewtonrunningclub/
Sun 28 th	Langport 10k	Langport	11.00am	www.langportrunners.co.uk
Sun 28 th	Guernsey Marathon	Guernsey	TBA	www.guernseymarathon.gg

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 Triathalon	Langport	TBA	www.langport-tri.co.uk
Sun 25 th	Taunton 10k	Taunton	TBA	www.taunton10k.co.uk
Sun 25 th	New Forest Marathon & Half Marathon	New Milton	9.30 am	www.nfma.org.uk

October

Date	Event	Location	Time	Website
Sun 2 nd	Burnham-on-Sea Half Marathon	Burham -on-Sea	11.00am	www.burnham-on-sea-harriers.com
Sun 9 th	Gold Hill Run	Shaftesbury	11.00am	www.gillinghamtrotters.talktalk.net
Sun 9 th	Mendip Muddle 12.5m	Charterhouse	11.00am	www.westonac.co.uk
Sat 15 15 th	Parrett Trail Relay	Various River Parrott	9.00am	www.crewkernerc.btck.co.uk
Sun 16 th	Dartmoor Vale 10k, Half & Marathon	Newton Abbott	9.00am	www.dmvmarathon.org.uk
Sun 23 rd	Exmoor Stagger & Stumble	Minehead	TBA	www.mineheadrunningclub.co.uk
Sun 30 th	The Stickler	Shillingstone	10.30am	www.dorsetdoddlers.org

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

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