

CREWKERNE RUNNING CLUB

Newsletter

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

Issue no. 47 Sunday 4th December 2011

Dear Runners,



Sorry Linda – couldn't resist!

Full Monty Report 2011

Today saw us stage our final event of the year, the ever popular Full Monty race. 10 torturous miles of mud and hills awaited 237 runners today, but the weather was kind to us (not at all like last year!)

Runners were in good spirits with 6 CRC runners spotted on the course. It was nice to have a different winner this year with Chris Burton away, Matthew Law taking home the beautiful hamstone trophy.

We are lucky to have a view from the front of the pack.....



Race Report from Ed Stahl

And so began my second attempt of the infamous race with my expectations of finishing without injury a must. Around 250 ran and there were some very serious runners at the front ready for the off.

The hooter went and it was obvious to see who were going to be the front runners as they were in the distance within the first two miles. I was amidst the second breakaway group behind the front three for most of the race until my legs began to give way after mile 7. It didn't surprise me as the race is 8 miles more than I normally do.



I managed 7th in the end and was over the moon about it as I had done no training for it. Thanks for all the great support all the way around, it really spurred me on. Well done to all the other CRC runners too.



And the results are in....

1st Matthew Law

1.14.55

7 th Ed Stahl	1.19.55
37 th Rich Gardener	1.30.01
60 th Phil Reeder	1.33.05
187 th Kate Reeder	1.56.54
194 th Roger Still	1.59.12
195 th Linda Still	1.59.13

A message from Race Director Martin Cook

Can I please thank all of you who helped at our biggest event of the year. After setting out for Ham Hill at 7:15 this morning, hopefully I have now finished tidying up the results and placing the results on the website and Athletics weekly etc.

Everyone who helped should be able to have a Christmas pudding, we purchased 300 and had 237 finishers so should have enough for all. Clive has them so he will bring along to club nights or even the Christmas do.

You have all done well and we have already had comments at the race of how it was well organised. Can I personally thank those who helps at Registration and spot prizes (Janet Higgins and Bev Hole) along with Elaine Harwood, Janet Diaper, Claire Larkins and Nicki for dishing out Puddings, drinks and kit store.

Thanks to Kirsten Irish, Debbie Cole, Rebecca Abraham and friend Chrissie for doing a wonderful job of finish line duties, writing down finisher's numbers and pressing the timer 237 times! I know from experience this is a hard job as the brain tends to go after 100 + runners. Martin Denman and myself had no problems with the results compiling because of this, apart from me not saving the correction of change of Leslie Card from a female to a Male !



Thanks to Jakko for baby sitting 300 Christmas puddings for over a month, for making new signs, and sorting the car parking with Nigel and Les, an essential job for our event.

Lastly thanks to Simon, Jim and Clive for organising the marking out and recruiting you the course Marshals and Derek for whom the event would never be the same with the broadcasting skills etc, its a job I could never do! Good luck in the recording studio!

I am sure I have missed some people out but thank you to all. There should be further updates to the website etc during next week if Derek and I can get round to it.

Regards
A tired and now relaxed Race Director

And can I add to that a big thank you to Martin himself for all the work he puts into this race from liaising with all the landowners, sorting hundreds of registration forms, checking the course and all the timing on the day.

.....gosh I nearly forgot – and to those who man the drink stations on the route, particularly to Sue and Tamsin who provide runners with a feast of sweets and chocolates, amidst a scene of music, tinsel, bizarrely shaped balloons and other Christmassy paraphernalia!

A pat on the back for us all I think!





Runner Matthew Laws receiving his winner's trophy from Martin Cook at today's Full Monty race



[British & Irish Cross Country International Race Report from Clive Harwood](#)

After all the build up and anticipation of what was to come, 25th November arrives. We were booked to fly from Exeter airport at 3. Was following a lorry when I saw the airport sign half mile to go. Soon saw the white lines going off left so in true style turned off and did a run through a layby and straight back out again! Didn't think I would need sat nav to find an airport!

Checked in and off we flew. Flight was a pleasant 1hr 25mins to Glasgow airport. Took a taxi to the Crown Plaza Hotel which was the England team hotel. Went down for a beer and then collected sweatshirt and found I was to stay as 1st reserve. Walked to city centre for a meal and wander. Cold wet and windy. Elaine watched her soaps on TV so I went for a stroll to the concert hall adjoining the hotel. Turned out to be Bryan Adams in concert. Other than I could not see him, I could hear him loud and clear....

Woke to a stormy day. Had a modest breakfast. Watched 4 Irish ladies having their photo taken when an extra strong gust nearly took 2 off their feet. Arrived at Bellahouston park and had a team photo shoot. Watched the vet ladies race in strong wind and driving rain. Watched some of the men's race but wet through and cold thought I had better get ready.

Ventured out jogged to the start line as it was called out, 1 minute to the start. Rain had eased by now. Flat at first and in sections totally waterlogged. Went up a long hill and took quite a few places. Went through a section of track and trees and a steep descent. Had spikes on so really went for that. Did a loop in deep mud and water. The hill was next. Made the top of that ok and was blasted by the wind. A steady descent and then more mud.

Did a second loop and then headed onto the finish. I had 4 in front of me at a distance I could do nothing about no one around me. Went over the finish but not wrecked like I usually get. I would say that this was the muddiest run I have done. Met John Shapland, a runner from our area. Checked Gamin to see we only did 6k, same as the ladies, whereas the male vets did 8k. Would have preferred the longer distance to compare my time. Think I spent longer undoing my shoelaces than I did running.

Back to the hotel, down for a pint. Presentation dinner was 7.30. Had a nice meal then the formalities of the evening took place followed by a ceildh . Met some interesting people.

On Sunday we had a good breakfast and a stroll until the rain and high wind started again. Left for the airport and landed in Exeter 4.20. Back to Stonemasons in Ilminster for a steak.

A very enjoyable weekend with which I believe I did myself proud by making either 12th or 14th position and being 1st vet 60 in the open race and to receive a voucher. I would like to take this opportunity to thank all my fellow running club friends for your good wishes and support in training leading up to this event.



Christmas Meal

The Christmas meal is this coming Saturday from 7pm at North Perrott Cricket Club.

The minibuses are pretty much fully booked now, though there maybe 1 or 2 spares seats if needed. Contact Dave Rowe for more info at dave.ran_likeforest@yahoo.co.uk

Look forward to seeing you there!



Tuesday Night Time Trial from Ed Stahl

Just a reminder that this Tuesday is the second installment of my time trial. It starts at the Merriott coop at 6.30 prompt. Great to see as many people as possible. This is an event for all abilities so don't think its just for the faster members. I'll sort out all handicaps to try and keep it as fair as possible. For the first timers ill give you the route on the night.



For Your Diaries.....

CRC Tinsel Run

This is annual event that we do over the Christmas period. Normally held at North Perrott School with Tony Strugnell cooking, we have a change this year since Tony has left the school.

So the ALL NEW Tinsel run will take place at Hinton St George Village Hall on Sunday 18th December at 9.30am. Hot food and drinks are provided after a nice leisurely run for a few miles. It's not strictly fancy dress, but runners are asked to dress in festive attire – whether that's a santa hat or a bit on tinsel is up to you, but the more outrageous the better!

Hope to see you there!



Upcoming Events....

Stoke Stampede – Boxing Day

For those brave souls who fancy a 10k race to justify the raid of tins of Quality Street the day before, then I have just the thing you need!

Set in Stoke St Gregory near Taunton, this is a mainly flat 10k road race with only one modest climb. A good mix of joggers, experienced athletes and fun runners gives this event a great atmosphere.

See entry form attached for more information



'Team Still' at the end of the Monty



Two birthday's this week....

Kate Reeder & Hazel Pace on Saturday 10th

Many Happy Returns!



This Week's Running

Club nights are on Tuesday, Wednesday & Thursday this week. Tuesday night is the time trial from Merriott Co-op, otherwise leaving the car park at Lidl's at 6.30pm.

Sunday morning run is on for those who aren't hung over.

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



Dates for your

December

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sat 10 th	CRC Christmas Party	North Perrott Cricket Club	TBA	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
Sun 18 th	CRC Tinsel Run	Hinton St George Village Hall	9.30am	See Newsletter
Mon 26 th	Stoke Stampede	Stoke St Gregory	11.00am	www.stokestampede.co.uk

January

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sun 1 st	Chard Flyer	Chard	11.00am	http://chardflyer.btck.co.uk/
Sun 8 th	First Chance 10k	Exeter	10.30am	www.firstchance10k.co.uk
Wed 11 th	Street 5k (Race 4)	Street	7.30pm	www.wellscityharriers.org.uk
Sun 15 th	Oh My Obelisk	Dawlish	10.30am	www.dawlishcoasters.co.uk
Sun 15 th	Rough n' Tumble	Milton Lilbourne	11.00am	www.grassrootsevents.co.uk
Sat 28 th	Blackdown Beast	Dunkeswell	10.00am	www.honitonrc.com
Sun 29 th	Hestercombe Humdinger	Hestercombe, Taunton	10.30am	www.thehestercombehumdinger.co.uk

February

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sun 5 th	Blackmore Vale Half Marathon	Bishops Caundle	11.00am	www.bvlions.yolasite.com
Sun 5 th	Longleat 10k	Longleat	10.00am	www.209events.com
Wed 8 th	Street 5k Series (Race 5)	Street	7.30pm	www.wellscityharriers.org.uk
Sun 12 th	Exeter Half Marathon	Exeter	9.30am	www.ironbridgerunnerevents.co.uk
Sun 12 th	The Wiltshire 10m	Melksham	10.00am	www.stampedesports.co.uk

Sun 19 th	Tough Ten Challenge	Weston-super-mare	11.00am	www.toughten.co.uk
Sun 19 th	Lytchett Manor 10	Lytchitt Minster, Nr Poole	10.30am	www.lytchettmanorstriders.org

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

simon_land87@yahoo.co.uk