

CREWKERNE RUNNING CLUB

Newsletter

Issue no. 59 Sunday 4th March 2012

www.crewkernerc.btck.co.uk

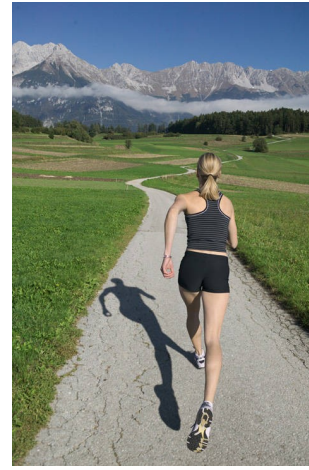
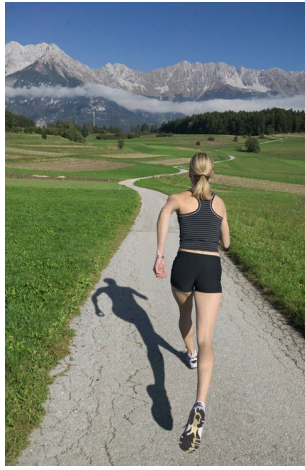
Dear Runners,



One big happy CRC family at last week's Slay The Dragon!

Firstly may I remind you all that this coming Thursday is a pub run! We will run as usual from the car park at 6.30, with the option of a meal afterwards at Oscars for all who fancy it!

If you are a newer member who hasn't been to a pub run before, then why not make this your first?? Go on....

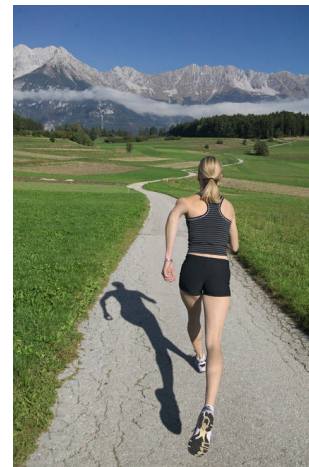
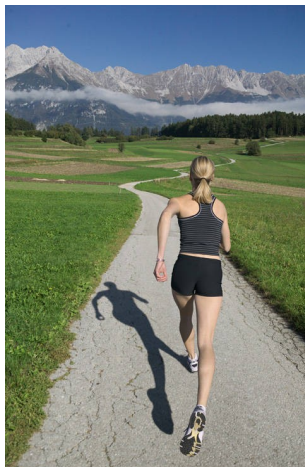


West Bay Run

While I didn't run myself today, I have hear from the wise Harwood that 7 ran from Crewkerne today, picking another 7 up at Wynyards Gap and 3 in Beaminster.

While it was a wet and cold start the weather cleared by the time they had reached West Bay, where 11 stayed for food.

Hope to bring some pictures next week!



Slay The Dragon – The Results....

The results from last week's 10k are in and we are also lucky the on site photographer got some cracking shots and has added his own little creative touch to them....at the expense of someone! Thanks Derek – kick a man while he's down!

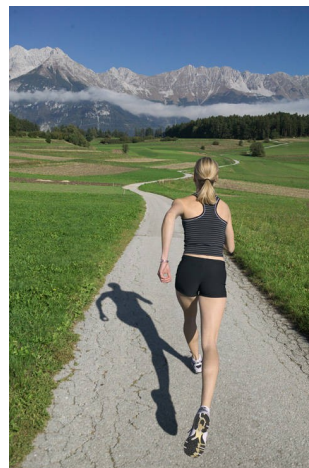
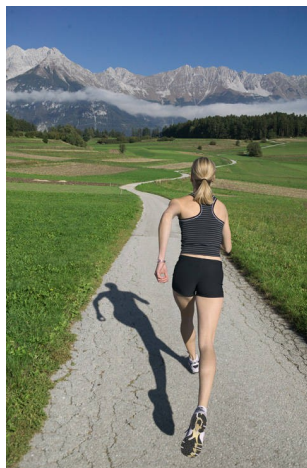
Name	Position	Time
Nick Sale	3 rd	39.32
Tom Baker	6 th	42.37

Simon Land	7 th	42.48
Matt Bryant	8 th	43.21
Rachel Hayton	31 st	50.27
Roger Still	32 nd	50.36
Linda Still	41 st	52.49
Sarah Warren	42 nd	52.54
Tim Hoyle	62 nd	57.18
Sara Fair	77 th	1.00.51





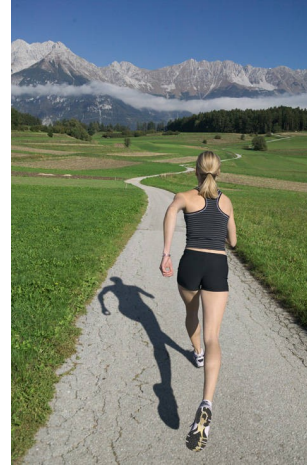
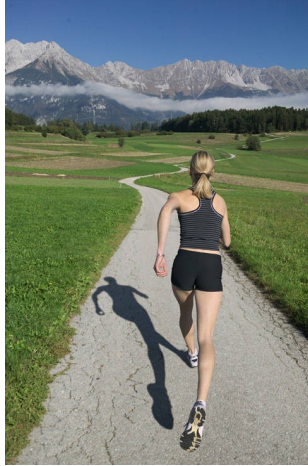
And finally.....



Tuesday Time Trial

Remember that this coming Tuesday is the monthly time trial. It see's us start at the mini-roundabout in Merriott at 6.30 for a 5 mile loop taking in Hinton St George.

This will be the final Tuesday time trial over the winter, but depending on popularity, we may look at carrying this on throughout the spring and summer. Hope to see you there!



Gwent XC League Race Report from Clive Harwood

It was the last event of the Gwent XC league on Saturday March 3rd. As this race is the closest to me, I decided to run it. Left town 9.30 and drove to Bristol. Thank goodness for sat nav. Destination was Blaise Castle Bristol. Arrived with plenty of time to spare.

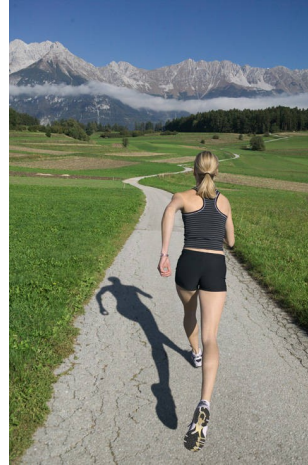
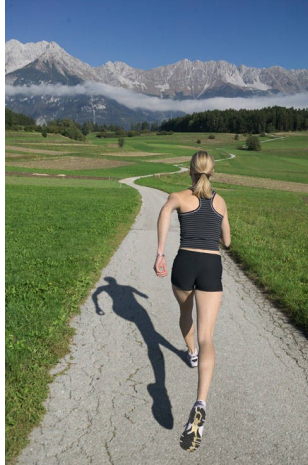
As the first junior race lined up, sky became dark and then the hail storm came down. Sheltered in the tent and could just see them go by. Thankfully the sun came out and the remainder of the afternoon was a spring like day. The senior men's race started at 12.05 as the results had to be collated ready for the presentation later. It was a very good course with open grassland, paths in the woods, uphill sections, and some quick descents.

I do not know how many were in the race but I came 91st and there were plenty behind me. It took me 41.13 to run 5.78 miles. I assume that must be 9k. This gave me an average pace of 7.03. I stayed to watch the other categories run to a good crowd support as the senior men's race is normally the last of the day.

Another reminder....

March 14th is the last of the Street 5k races. One of our big guns, Ed Stahl, is up for winning the series and he needs club support! Come down and run this one so that

when you run at the Yeovil 5k series you will find it much easier and will improve your time!



Crewkerne 10k and AGM

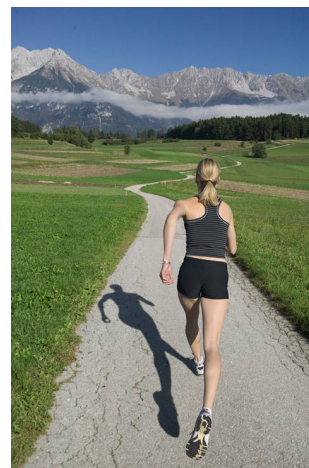
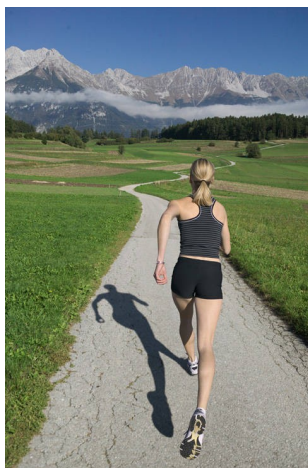
As you will be fully aware, this May will see us stage the first ever Crewkerne 10k. We feel it is vital that we give this event as much promotion as we can for its first year, and really get it back on top of the local racing calendar!

That's where you come in....

We kindly ask all members who are going to races or events to take with them entry forms and or posters to promote our event. This could be done by leaving entry forms around registration areas, handing out flyers or pinning them to car windscreens!

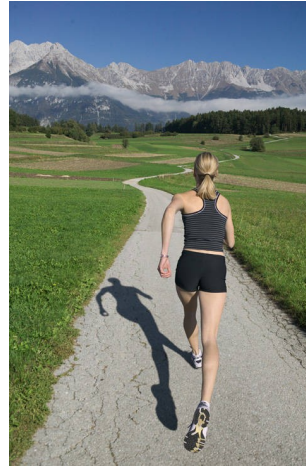
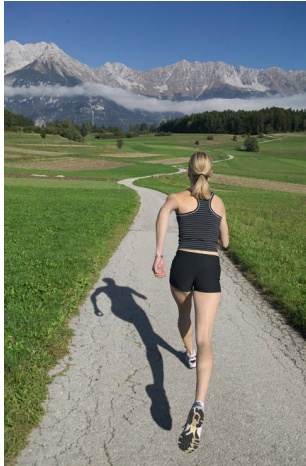
We would also ask anyone who can put up posters or flyers to get in touch and we will get them to you!

If you could hopefully make it along to the AGM a week on Monday (12th), you can pick up all the necessary stuff there, but we really are calling on all our members to get involved and help spread the word about this event!



Thursday Night

Last Thursday night's run saw us smash our record as 41 runners turned up to plod the pavements of Crewkerne! 41!! This is a great testament to us all and particularly the work that Jim, Sarah, Malcolm etc have put in to make these beginners session a real success! Pats on backs all around!!!!



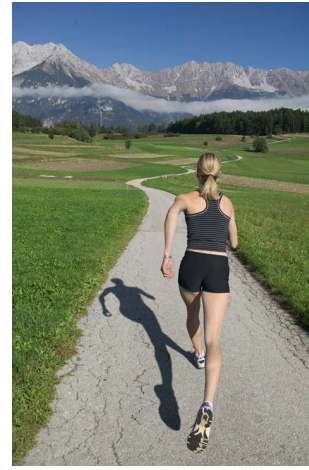
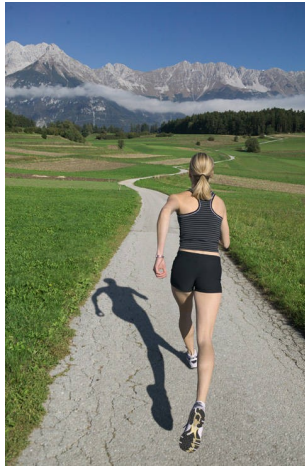
Yeovil Half Marathon Recce Run

I have been meaning to set a date for a recce of the Yeovil Half Marathon course for ages now but have never got round to doing it!

However I will now be doing a recce of the course on Sunday 11th March – that's next Sunday, starting at 9.30am from Huish Park. Like last year, depending on numbers we may split into two groups, but as usual, nobody will be left behind!

Hope to see a good few of you there, whether you are running the half marathon or just fancy a nice Sunday morning run!

Drop me an email if you have any questions – simon_land87@yahoo.co.uk



Upcoming Events (with a difference!!)...

Dear Crewkerne Running Club:

I am writing to formally invite your organization, and/or your associates to take part in the 2012 Pyongyang Marathon.

The Pyongyang Marathon, also known as Mangyongdae Prize International Marathon is an annual marathon race contested each April in Pyongyang the capital of DPRK It is currently categorized as an IAAF Bronze Label Road Event.

The marathon was held for the first time in 1981 for men and women's event was initiated in 1984. The 2009 race was the 22nd event. The competition was opened for international runners again in 2000. The race starts and finishes at the May Day Stadium, the biggest stadium in the world, and runs through the main streets of Pyongyang, as well as along the beautiful Taedong River.

This years event is taking place on April 8th, with our company (Young Pioneer Tours) being given exclusive rights to bring in spectators for this years event.

We are running a trip from April 7th-10th, which as well as seeing through the marathon, also lets spectators see the opening and closing ceremonies, the main sites of Pyongyang, as well as the truly iconic DMZ truce village at Panmunjon.

The trip is priced at €1055 3 nights, 4 days, and is fully inclusive of return transportation to the DPRK from Beijing, as well as accommodation, full board in the country, and visa fees.

We also offer a full range of discounts for all sporting organizations, and group bookings.

I have included a link to our site and the published itinerary. We sincerely hope that you have a look at our information, and share with all of your members.

<http://dprk.youngpioneertours.com/test-content-1/speciality-tours/pyongyang-marathon-tour-april/>

www.YoungPioneerTours.com

www.YoungPioneerTravel.com

www.PyongyangGolf.com

Kind regards,

Luke

And something for the married gentlemen among you!!

Dear fellow-athlete,

There are still places in the **Wife Carrying Race** on 18 March in Dorking - all participants win beer... the winners win a barrel. The last placed entrants win a tin of dog food and a pot noodle. The race was named 'Britain's best adventure race' by Runner's World.

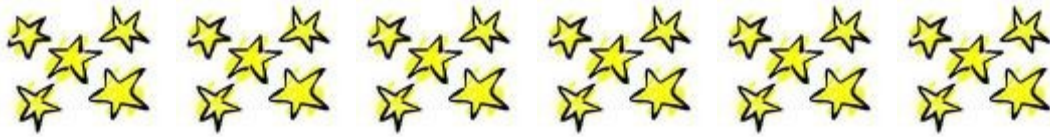
Entry has now opened for the Midsummer Munro half and the Picnic (ultra) marathon on 23 June in Dorking. Places are going very fast, and could be gone within a month. Together, the races were named the top trail races in Britain last year by Runner's World.

For information, entry is also now open for the Greensand Marathon (21 October, Dorking) and the Bath Hilly Half (25 November, Bath, Somerset, "11/10" according to one runner last year).

Please pass this on to all your interested contacts and colleagues...

Thanks - see you on the hills!

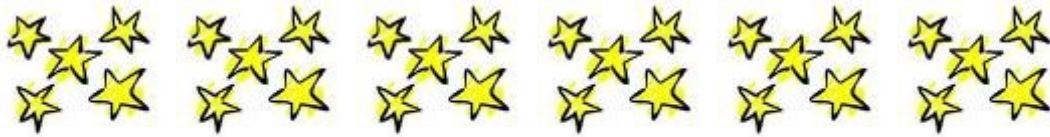
Rob



3 of CRC's finest chaps...I say finest... are celebrating their birthdays this week!

Steve Hurley has his on Monday, while Steve Harpur and Les Thomas celebrate on Friday!

Many Happy Returns!!



[This Week's Running](#)

Club nights are on Wednesday and Thursday this week leaving the car park at Lidl's at 6.30pm. Tuesday is the monthly handicap from Merriott at 6.30pm Sunday morning run club run is on as usual, with the Yeovil Half Marathon Recce leaving Huish Park at 9.30am.

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





Dates for your

March

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Thurs 8 th	Pub Run	Oscars	6.30pm	See Newsletter
Sun 11 th	Yeovil Half Mar Recce	Huish Park	9.30am	See Newsletter or Simon
Sun 11 th	Bath Half Marathon	Bath	TBC	www.bathhalf.co.uk
Sun 11 th	Great Western 10k	Leweston School	11.00am	www.rotarygreatwestern.co.uk
Sun 11 th	The Grizzly	Seaton	10.30am	www.axevalleyrunners.org.uk
Sun 11 th	Butleigh 10k	Butleigh	11.30am	www.wellscityharriers.org.uk
Sun 11 th	City of Salisbury 10m	Salisbury	10.30am	www.salisbury-arc.org
Mon 12 th	AGM	Lamplighters Bar	7.30pm	See Newsletter
Wed 14 th	Street 5k Series (Final Race)	Street	7.30pm	www.wellscityharriers.org.uk
Sat 24 th	Nightrunner	Beer	7.10pm	www.axevalleyrunners.org.uk
Sun 25 th	Yeovil Half Marathon	Yeovil	9.00am	www.totalbuzzevents.com

April

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sun	South Petherton Long	South	9.00am	See Newsletter

1 st	Run (22 miles)	Petherton		
Sun 1 st	Taunton Marathon & Half Marathon	Taunton	10.30am	www.tauntonmarathon.co.uk
Sun 1 st	Forest of Dean Half Marathon	Speech House, Cinderford	10.00am	www.forestofdean-halfmarathon.co.uk
Sat 7 th	Beat the Egg 8k	Stourhead		
Mon 9 th	Easter Bunny 10k	RNAS Yeovilton	10.00am	www.yeoviltownrrc.com
Wed 11 th	Yeovilton 5k (1 of 6)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Sun 15 th	Pen Selwood 10k	Pen Selwood	11.00am	
Sun 22 nd	London Marathon	London		www.virginlondonmarathon.com

May

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sun 6 th	Glastonbury 10k	Glastonbury	TBC	www.glastonburyroadrun.info
Sun 6 th	Honiton Hippo	Honiton	10.30am	www.honitonrc.com
Sun 6 th	North Dorset Village Marathon	Sturminster Newton	8.30am	www.ndvm.co.cc
Wed 9 th	Yeovilton 5k (2 of 6)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Sun 13 th	Black Death Run	Combe Sydenham	11.00am	www.theblackdeathrun.com
Sun 13 th	Jack n' Jill's Challenge	Midsomer Norton	11.00am	www.somerac.org.uk
Sun 20 th	Crewkerne 10k	Crewkerne	10.00am	www.crewkernerc.btck.co.uk
Sun 20 th	The Hard Way Round The Rock	Portland	10.00am	Portland Athletics Club
Thurs 24 th	Tyntesfield 10k	Tyntesfield House	7.00pm	www.nailsearunningclub.org.uk
Sun 27 th	Run In The Wild	Cricket St Thomas	TBC	www.chardrunningclub.btck.co.uk

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

simon_land87@yahoo.co.uk