

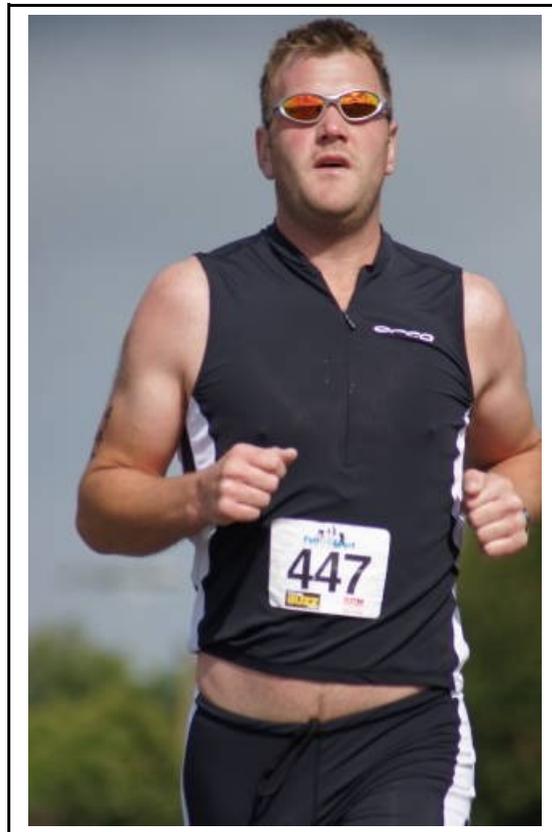
CREWKERNE RUNNING CLUB

Newsletter

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

Issue no. 34 Sunday 4th September 2011

Dear Fellow Runners



Simon Sheldon in competition at last weeks Oxley Sprint Triathlon

Well autumn is officially upon us - thought I'd just try and cheer you all from the outset!

While the weather over the summer hasn't exactly been great, running spirits have been high over what has been a busy season. On a training front, the three club nights a week system seems to be well received, with the Thursday sessions as strong and enjoyable as ever, while the new Tuesday evening sessions up at Wadham have also been enjoyable under the stewardship of Mr Stahl!

It's also been great to see lots of new members joining the club and getting involved – wonderful to see!

The summer running calendar has been packed full of events and races, and club members have been out in force at many, whether hunting trophies or PB's, or just to have fun and do something a bit different!

But the year is not yet over, and promises plenty to look forward to over the coming weeks. Whether your focus is on training or events, there is lots happening!

I hope to see a lot of you out at the pub run this Wednesday. This week we converge on The Windwhistle Pub for a cross-country run around the Cricket St Thomas Estate, before retiring to the bar for some excellent food. This is a run which other local clubs are invited to, so we hope to see a few faces from further afield joining us as well.

The run starts at 6.30pm, so arrive at 6 to 6.15 to order food if you are staying afterwards. We normally aim to eat at 8 – 8.15!

Please do come along if you can! Look forward to seeing you!

Anyway that's enough patter from me – what's been going on.....



[Breakfast Run](#)



Question – How do you entice a group of people to sacrifice their Sunday morning lie-in, get dressed up in sporty attire, and go running for 8 miles in the Blackdown Hills?

Well apparently the offer of bacon, eggs and sausage will do the trick! Amazing what people will do for a fry-up!

Today saw 20 club members (which has got to be a record for a Sunday morning club run) converge at Sarah Warren's house, not far from Combe St Nicholas, for an early morning run followed by a mouth-watering promise of breakfast.

We met and exchanged pleasantries before leaving at around 9 o'clock. Sarah guided us on a lovely route through the fields and woods around the area, including a river crossing via railway sleepers, where nifty footwork was required! The group split into a 4 mile option or an 8 mile option. Chef Rod took the 4 milers back to the house and began the cooking! Good man! Sarah continued leading the rest of the group up a long hill climb which had us all gasping for air - well I know I was - then onto Castle Neroche which is an old Iron Age fort, and boasted wonderful views out towards Taunton.

With everyone in good spirits we headed back towards Sarah's house, enticed by the distant smell of bacon in a pan! We were not to be disappointed! Sarah and Rod laid on a fantastic selection of highly calorific foods; bacon, eggs, sausages, tomatoes,

croissants, toast and welcome tea and coffee for us all, which well and truly hit the spot after 8 miles of running!!

So just to say a MASSIVE THANK YOU to Sarah and Rod for inviting us all round to their house, and treating us to a great run and an even better breakfast! It must have taken an awful lot of work, and we all really appreciate you doing it – I think everyone really enjoyed it! Thank you so much!



An Invitation from Clive

Clive and Steve are continuing their Monday coastal runs which they have been doing over the summer.

This Monday (5th), they are meeting at the harbor end of Seaton sea front. They will be starting at 6.30pm as usual, and will be heading to the Harbor Inn afterwards for those who want to.

Any questions, contact Clive or Steve directly. Thanks!



Oxley Sherborne Sprint Triathlon

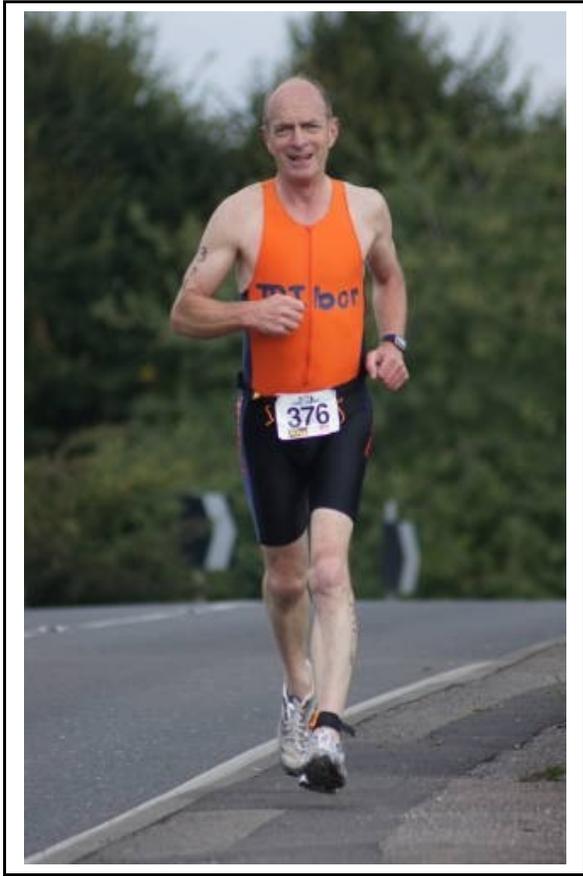
Photo's are out from last week's Tri event in Sherborne



Debbie Cole and Richard Gardener in action on bike and on foot



A view from the front with Les Thomas



Ken Priest and Adam Loder on the final run section



Parrett Trail Relay

The Parrett Trail Relay is getting ever closer and takes place on Saturday 15th October.

Sarah's Ladies team is taking shape but please still get in touch with her if you are interested. I have enough names now for one men's team, and have the start of a second mens/mixed, so if you are interested then you know where to find me!

Simon – simon_land87@yahoo.co.uk

Sarah – sarah.warren321@btinternet.com

Once that is sorted we can start allocating people legs to run, and organise practice runs of some of the routes.

Please get in touch asap to avoid disappointment!



Tuesday Night Session – This Week

Ed will be on holiday this week so will not be able to take the speed session up at Wadham. For those of you think that this means you are in for an easy week, then you are wrong!

Ed has sent me through the plans for the session and they are below. I will not be able to make the Tuesday session as I am going to the pub run on Wednesday, so if someone who IS going on Tuesday could jot the following down and take with you, that would be great!

“Session is as follows: 2mile warm up and cooldown, plyometrics to loosen joints, then 8 x 4mins with a 90sec jog recovery between each. Its a tough session but my aim is to reduce the recovery time from now on as we don't have a recovery period during races. This is why its important to jog the recovery.”

“After researching for seemingly weeks I have found a system for anyone who wants to better their time if they can only run limited times during a week. so if you can only run three times in a week you must incorporate the following: a speed session i.e tuesday nights, a tempo run which is 80 - 90% of your race pace and a long run of more than 8miles. if you run everyday then i would still recommend the above but with running, everyone has there own methods so its up to you at the end of the day”

Cheers

Ed



A couple of messages from the Hon Sec Martin Cook

Parrett Trail Footpath and Relay

Just to remind club members that the Club adopted the section of the Parrett Trail footpath from Merriott through to Winyards Gap. Basically because we have an interest in the whole path being in good order due to the Relay race and we tend to use sections of the path on most weekdays in training we signed up to report any issues with dodgy stiles, holes, overgrown paths or missing signs. I think we are officially Trail watches, so if you come across any issues I can Email the Council person who looks after this. Last year we had to report a problem with some planks missing on the Bridge over the Parrett Near Haselbury Mill, this was repaired and now today I see they have now replaced the whole bridge. Unfortunately the biggest headache on 'our section' is the crossing of the A30 where we used to go under it.

I see today the main road warning signs are missing and the hedges could do with cutting back so I will contact them, but if you know of anything else let me know.

If you are interested in taking part in the relay teams then let Simon or Sarah know

London Marathon 2012

Another reminder or new info for the newer club members. I believe entries for the London Marathon are now closed and in the next couple of months those of you who applied for a place will be informed by the organisers. Sadly there are more rejects than accepted these days it would seem. As our club is affiliated to England Athletics there is another chance to get hold of a couple of places via the club. I have posted off the applications for our club last week and usually with the size of the club we get 2 places. These places are not free so you will have to fill in the form and post off a cheque if successful.

We do apply some rules regarding the eligibility to go in the club draw for these places, but if anyone who has applied this year or even are thinking they wished they had applied but were too late and want to have a go then please contact me, or any of the committee

and I can pencil you in. I think we had 4 people who put their names forward and 3 who met the criteria for the initial draw.

The rules that we apply are in the first instance, you must be first Claim Crewkerne Running Club and have paid your subs by 1st May 2011 and have applied for an entry in the 2012 London Marathon and have not had the club place in the past 3 years. After this the committee would open up to other runners

In 2011 the club places went to Elaine Priest and Witney Symon.

In 2010 the club places went to Jacko Bailey and Rob Boles.

In 2009 the club places went to Felix Jaffe and Dave Rowe



Attention fans of Cider & The Crooked Furrow!!

Can I bring to your attention a lovely event which is taking place this coming Friday (9th) – Cider Sampling Evening

This event is organized by our own Matthew Bryant, who when not running is also an avid cider maker, and is holding this evening which is now in it's 3rd year.



The evening aims to celebrate and show off Cider's from local brewers, as well as other local food producers who will be offering free samples as well as the chance to buy.

The event takes place in the village hall in Hinton St George, which can be found on the road from Merriot just as you come into the village, and will run from 6.30pm until 10pm. There will be hot bacon rolls, bread and cheese suppers and home-made cakes on sale, while local band Crooked Furrow, fronted by our own Derek Boles, will provide traditional live music.

There will be an entry fee of £3 to include some free samples. Minimum age 18. Tickets are on sale in Hinton St George at Our Shop and Dorothy's Tea Room. Alternatively, they can be ordered from Kirsten Bryant and Matthew Bryant on 01460 73454.



Upcoming Events

Shepton Beauchamp 10k next Sunday

THE seventh running of the Shepton Beauchamp 10k and Fun Run will be held on Sunday, September 11.

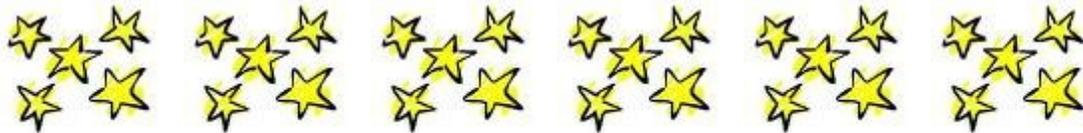
It starts at the Recreation Field in Shepton, where there will be a hog roast and barbecue, a bar, and teas, coffees and ice creams.

The 10 starts at 11am and is almost all cross country, covering some lovely countryside and passing through Barrington Court and ends with an extremely exhilarating steep hill back to the Recreation Field.

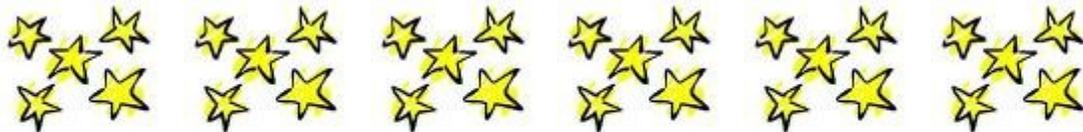
For those who prefer a slightly more relaxed approach to Sunday mornings, there is the Fun Run, which starts at 11.30am. The Fun Run is 3.5k long and can be taken at a run or a walk or a mixture of both.

All 10k entrants will receive a printed memento, and even the Fun Run participants get a medal.

Entry fee is £7 for the 10k or £8.00 on the day, and £2.50 for the Fun Run with no extra charge for entering on the day.



And we can't go with out wishing Andy Parsons a very Happy Birthday for Tuesday!



This Week's Running

Club nights are on Tuesday & Thursday this week, leaving the car park at Lidl's at 6.30pm. The Wednesday run is a pub run from The Windwhistle Inn (see above)

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



Dates for your

September

Date	Event	Location	Time	Website
Wed 7 th	Windwhistle Pub Run	Cricket St Thomas	6.30pm	See Newsletter
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 Triathlon	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	Burnham-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	Cotleigh Canter	Cotleigh	10.30am	www.honitonrc.com
Sun 9 th	Mendip Muddle 12.5m	Charterhouse	11.00am	www.westonac.co.uk
Sat 15 th	Parrett Trail Relay	Various River Parrott	9.00am	www.crewkernerc.btck.co.uk
Sun 16 th	Castle Cary 10k	Castle Cary	10.00am	www.totalbuzzevents.com
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

November

Date	Event	Location	Time	Website
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Sat 5 th	Yarcombe Yomp	Yarcombe	10.30am	www.axevalleyrunners.org.uk
Sun 6 th	Ilminster 10k	Ilminster	10.30am	www.ilminsterlionsclub.co.uk
Sun 20 th	Colyton Fiver	Colyton	10.30am	www.axevalleyrunners.org.uk
Sun 27 th	Brent Knoll 5.5m	Brent Knoll	11.30am	www.burnham-on-sea-harriers.com
Sun 27 th	Bicton Blister	Bicton Park	11.00am	www.bictonblister.co.uk

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

simon_land87@yahoo.co.uk