

CREWKERNE RUNNING CLUB

Newsletter

Issue no. 55 Sunday 5th February 2012

www.crewkernerc.btck.co.uk

Dear Runners,



Two of our newer members, Luke and Bob Brunt, posing for the camera after an arduous 9.5 mile race at the Hestercombe Humdinger! Well done chaps!!

Blackmore Vale Half Marathon Race Report from Tracy Symes

After being bullied into taking part in the half marathon, you know who you are Adrian and Tim! I was a bit worried it might be called off due to the adverse weather conditions but thankfully after checking the website this morning all was well and the snow and ice expected hadn't arrived.

Arrived nice and early as we had to pick up our numbers and met up with a few of the club runners, Sara Fair, Tim Hoyle, Nick Sale, Adrian East and Mike Pearce to name a few.



We all made our way to the start line where we found another CRC runner in Rachel Green. Tim, Adrian and I decided to run together, well it was the least they could do having talking me into entering!

The first few miles went ok and we were all happy chatting and taking in the countryside the conditions were cool but not too bad the course is quite hilly, thanks for not telling us that Adrian, and with their encouragement I kept going. Tim kept telling me not to look up which definitely helped.



We all settled into a nice rhythm and were making good time, having a chat with other runners as we passed coming across a rather interest chap who said he'd broken his hip a couple of years ago and was told he'd never walk again but here he was running along, he also claimed to have run over 200 half marathon's in total, completely mad if you ask me but just goes to show if you put your mind to it you can do anything.



As we were approaching the final 3 miles it started to get rather hilly again which was really tough on the legs, but we kept going and I'd just like to say how well Tim did as this was his first half marathon and I know he was a bit worried about the distance but he did really well, in fact both Tim and Adrian would have been much faster if they hadn't stayed with me.



I don't have the official times as yet but I know Tim, Adrian and I all crossed the line in about 2hrs 28 mins, we started together and finished together. Thank you both for your support.

Finally I'd like to say congratulations to all those who took part especially all the CRC runners. Well done guys!



Now that looks cold! Runners at Charmouth last week

Hestercombe Humdinger Report by Downhill Dave

I would have liked to send in a report for this race that was full of tales of glory and derring-do, with a fair dollop of downhill thrills thrown in for good measure.

Unfortunately, due to a bad case of runner's tummy, my effort on the day was a dire affair with my insides playing host to a vicious stitch that switched from side to side in a seemingly deliberate attempt to inflict maximum pain and discomfort.

On the up side, at least when I was walking along I could enjoy the scenery a lot more and could also take time out to wish the passing throngs well. Also, toward the end of the race I did manage to recover a bit and ran the last mile home in the company of Rachell Hayton (now with Yeovil RRC but previously Crewkerne RC), with us finishing in 1:16:26 & 1:16:27 (Ladies first).

This was a well organised and well attended road race (262 finishers), which is probably why it's a bit expensive at £14-00 for an affiliated on-line entry. Cost aside, I can recommend the Humdinger as a good event for both runners and watchers but those tempted should be warned that, despite being compared to the old Crewkerne Nine, the hills are definitely a lot hillier and it's a tad longer into the bargain.

Cheers,

Dave C

And the results are in....

49 th	Luke Brunt	1.10.02
102 nd	Rachel Hayton	1.16.26
103 rd	Dave Carnell	1.16.27
238 th	Bob Brunt	1.39.10



Ken Priest in fine spirits on the Charmouth Run

[Crewkerne Running Club Championship](#)

[Your first chance to get involved in the all new club championship starts this week at the Street 5k!](#)

Remember you must enter as a CRC runner (if you have second claim club) and must be wearing club colours!

Can runners please forward to me (if they know it) their PB's over 5k, 10k and Half Marathon distances from last year only.

The cut off point for pre-registering your PB's with me is Wednesday. If I don't have them by that time, they will be set the first time you do a Championship Race.

Good luck!



The big finish! Matt, Pip, Sarah and Tim all sprint for the line

Yeovil Half Marathon

A message from race organiser Jody Foy for those runners who have entered, or are thinking of entering this race

We are organising a recce of the half marathon course, starting and finishing at Nuffield Health and Fitness at 10am on the 19th February. This is a social run for all abilities, there will be options to make the route shorter. Both myself and Steve will be running, so its a good opportunity to ask any questions about the day of the race.

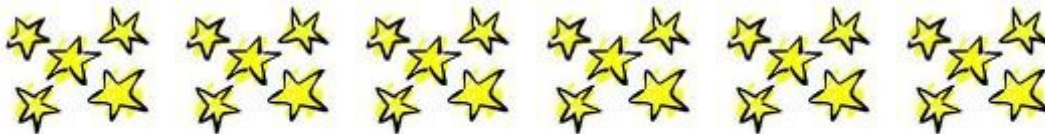
Please let me know if you intend to join us on the 19th and Jody can be contacted on jody@fullonsport.co.uk to book a space.



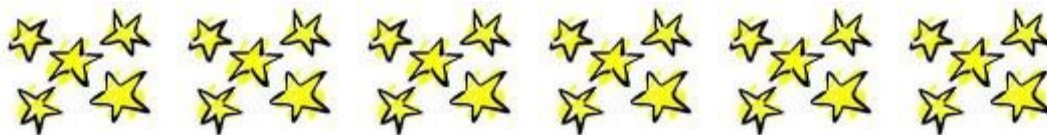
Derek, Nigel, Tim and dog reach Charmouth at last

New Member alert!

May I give a big welcome to Rachel Hoyle who has just joined our ranks! You may have seen her at a few of our events, and may know her as Tim Hoyle's better half! Welcome Rachel!



Many Happy Returns to Caroline Smith who celebrates her birthday tomorrow!!



This Week's Running

Club nights are on Tuesday, Wednesday and Thursday this week leaving the car park at Lidl's at 6.30pm. Sunday morning run is on as usual, leaving the car park at Lidl's at 9.30am.

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





Dates for your

February

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Wed 8 th	Street 5k Series (Race 5)	Street	7.30pm	www.wellscityhammers.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
Tue 21 st	Predict a Run & Pub Run	Lidl's CP then Oscars	6.30pm	See Newsletter
Sun 26 th	Slay The Dragon	Hinton St George	10.30am	www.slaythedragon.co.uk

March

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sun 4 th	Crewkerne to West Bay	Crewkerne	9.00am	See Newsletter
Sun 4 th TBC	Combe St Nicholas 10k	Combe St Nicholas	TBC	www.combestnicholasprimary.co.uk
Sun 4 th	Bideford Half Marathon	Bideford	10.30am	www.bidefordaac.co.uk
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	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 1 st	South Petherton Long Run (22 miles)	South Petherton	9.00am	See Newsletter
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

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

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