

# CREWKERNE RUNNING CLUB

## Newsletter

Crewkerne Running Club Website –  
[www.crewkernerc.btck.co.uk](http://www.crewkernerc.btck.co.uk)

Issue no. 23 Sunday 6<sup>th</sup> June 2011

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*Dear Fellow Runners*

### Club Membership

There are still a few club members who have yet to pay their subs for 2011/2012.

If you do wish to continue as a member, can I please ask that you let Derek have your subs as soon as you can.

You can see Derek in the week at club nights, or if you would rather send him the money, then contact him or myself and we can give you the relevant details!

Standard Membership £10  
Membership with EA Licence £ 15

Many thanks!!



Can I remind all members that this coming Sunday (12<sup>th</sup>), we will be holding a run and Picnic from West Bay. It would be great to see as many members coming along as possible!

## West Bay Run



Sunday 12<sup>th</sup> June, 9:30am start.

Our Sunday morning club run will be starting and finishing at West Bay, and following the coast path, out and back. There will be short, medium and long options.

It was thought families could walk at the same time, with people meeting for a picnic on the beach afterwards. Bring your own picnics.

The sea should have warmed up by then, so maybe even a little dip!



### Meeting Point:

As you arrive in West Bay, pass the new children's play area on your left. Take the next left and there is a large car park on the left with the Train café, on the left. Meet by the train café.

Tempting views from Golden Cap!



West



East

Hope to see lots of you there.



## Run In The Wild Race Report from Yours Truly

Today saw club members out in force at the 'Run In The Wild' Event at Cricket St Thomas. This is the third running of the popular off-road race starting & finishing next to the lake in the hotel grounds, and taking in a long circular route of the main estate, taking in fields, woodlands, streams and numerous long steep climbs.

7 club members set off at just after 10.30. They were myself, Dave Carnell, Les Thomas, Tim & Kirsten Irish, Tom Baker & Ian Watkin. After discussing tactics with Downhill Dave, I set off quickly at the start to avoid a rather congested area where the path narrows, twists & turns. Soon found myself tucked in behind Paul Rose of Yeovil so thought I had better ease off somewhat.

The route meandered through fields and into dense woodlands and I was feeling OK, though the weather was very humid which was uncomfortable. A couple of monster climbs tested us and forced us to walk a few times. Speed was slow but constant as the legs took a pummelling. Not one for the faint hearted!

Jenny Moore from Wells City Harriers was nipping at my heels over the last few km's, trying numerous times to pass and break away but I knew that I had the edge over her on the hills and managed (just) to fend her off.

One final climb near the end had me gasping for air like a goldfish and I was in desperate need off finish line to appear!

Crossed the line in 47.52, about 40 seconds slower than last year but that was something I expected. A very good run overall, but such a hilly course making it very tough going.

Results and photos will hopefully be ready for next week.



## D – Day 10k – Portsmouth

Clive continued with his glut of races at the moment taking part in the D-Day 10k in Portsmouth.

A fast flat course along the sea front he recorded a fantastic time 38.10 and of course stormed to victory in his age category!

Well done Clive!



When I took over the newsletter I said that we would love to hear from club members about any events they do, certainly not just running!

If you compete in any other sports then do let us know!

And on that note...



# Tour of Wessex Day 1 Race Report from Rich Gardiner

Tour of Wessex  
28/5/2011

Left home for Somerton at 7:30am with much deliberation of the way over whether to wear short sleeves or long sleeves but as soon as I climbed out of the car it became evident very quickly that both were going to be the apparel for the day. Riders were sent off in groups of 50 every 2 min's & we finally hit the road at 8:30am heading straight across the levels to Glastonbury at what I thought was a cracking pace until we could hear the cries from behind Alez ! Alez! Speeding by in a blur was the one of the colour co-ordinated French teams.

Glastonbury came & went we sped on through Wedmore then up through Cheddar Gorge to the first feed station (33 miles) where I set the bench mark of 9 pieces of chocolate covered flapjack!! Not excessive I thought got to put fuel in the engine!! My excuse anyway!, pushed on through to Wells & then Shepton Mallet with the wind now ever increasing (not from the flapjack).

Speeding along now in a group of about 20 passing through various villages & hamlets when I nearly managed to run over a blonde young lady directing me in to the next feed station(48 miles) where we managed to consume coronation chicken rolls and yet more flapjack.

Wind now directly in our faces 16 of us pushed on through Bruton, North Brewham where we took on the battle of King Alfred's Tower 'Wow what a hill' !! onwards to Shearwater & Kingston Deverel where I managed to be dumped off the back of the group climbing up on to the downs behind Longleat, the next 10 miles were tough battling the elements all alone (Ahh) but in true British manor in the face of adversity carry on ! I sped on through Stourhead gardens and up through Penselwood to the next feed station (83miles) & yep more flapjack & Fig rolls.

Finishing now being at the forefront of my mind we pushed on hard through to Wincanton, Castle Cary & on to Somerton where we crossed the finish line in a final burst of energy completing the 107 mile course in 7:13hrs but according to our overlord Garmin 45mins of 7hrs was spent eating flapjack !(19 pieces)

Happy Days!



## New Members

Two new members to welcome to the club this week. Aren't we doing well of late! They are Ginette Russell and Simon Sheldon, who we will look forward to meeting on one of our weekly runs soon!



## Upcoming Events....

A reminder that this coming Wednesday is the Yeovilton 5k. This is the third race out of the series of 5, starting at 7.15pm at RNAS Yeovilton.

Also coming up very soon is the Tin Tin Ten, Martock 10k and Forde Abbey 10k. See the calendar below for more details.



## [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 will be from West Bay at 9.30am. See above for details.



*Dates for your*

## June

Date	Event	Location	Time	Website
Wed 8 <sup>th</sup>	Yeovilton 5k (Race 3)	RNAS Yeovilton	7.15pm	<a href="http://www.yeoviltownrrc.com">www.yeoviltownrrc.com</a>
Sat 11 <sup>th</sup>	Umborne Ug	Umborne	6.00pm	<a href="http://www.axevalleyrunners.org.uk">www.axevalleyrunners.org.uk</a>
Sun 12 <sup>th</sup>	CRC West Bay Run & Picnic	West Bay	9.30am	See Newsletter
Sun 12 <sup>th</sup>	Ninesprings 9k	Yeovil	10.30am	<a href="http://www.yeoviltownrrc.com">www.yeoviltownrrc.com</a>
Sun 12 <sup>th</sup>	Cheddar Challenge 10k	Cheddar	11.00am	<a href="http://www.cheddarrunningclub.co.uk">www.cheddarrunningclub.co.uk</a>
Wed 15 <sup>th</sup>	Tin Tin Ten (TBC)	Tintinhull	7.00pm	<a href="http://www.chardrunningclub.btck.co.uk">www.chardrunningclub.btck.co.uk</a>
Sun 19 <sup>th</sup>	Martock 10k	Martock	11.00am	<a href="http://www.martock10k.org.uk">www.martock10k.org.uk</a>
Sun 19 <sup>th</sup>	Race For Life	Sherborne	10.00am	<a href="http://www.raceforlife.org">www.raceforlife.org</a>
Thurs 23 <sup>rd</sup>	Forde Abbey 10k	Forde Abbey	7.00pm	<a href="http://www.nutshelloutdoors.co.uk">www.nutshelloutdoors.co.uk</a>



Sun 26 <sup>th</sup>	North Devon Marathon	Woolacombe	10.00am	www.northdevonmarathon.co.uk
Thurs 30 <sup>th</sup>	Ash Town Tree Trail Race (7)	Ash School	7.00pm	www.yeoviltownrrc.com

## July

Date	Event	Location	Time	Website
Sat 2 <sup>nd</sup>	Charmouth Challenge	Charmouth	3.00pm	www.charmouthchallenge.co.uk
Sun 3 <sup>rd</sup>	Portland 10mile	Portland	10.30am	www.rmpac.co.uk
Sun 3 <sup>rd</sup>	Quantock Beast 5.7m	Fyne Court Nr Bridgewater	11.00am	www.quantockharriers.co.uk
Sat 9 <sup>th</sup>	Matt Bryant's Annual Birthday Run	Haselbury	9.30am	See Matt or Newsletter
Sun 10 <sup>th</sup>	Wellington 10m or 10k	Wellington	10.30am	www.thewellingtonten.co.uk
Wed 13 <sup>th</sup>	Yeovilton 5k (Race 4)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Sat 16 <sup>th</sup>	Swanage Half Marathon	Swanage	9.30am	www.swanagecarnival.com
Sun 17 <sup>th</sup>	Castle Combe 10k	Castle Combe	11.30am	www.dbmax.co.uk
Sun 17 <sup>th</sup>	East Devon Way Relay	Exmouth to Lyme Regis	Various	www.axevalleyrunners.org.uk
Sun 31 <sup>st</sup>	Exmoor Seaview 17	Lynton	10.00am	www.mineheadrunningclub.co.uk

## August

Date	Event	Location	Time	Website
Wed 3 <sup>rd</sup>	Haselbury Trail	North Perrott	7.15pm	See Website or Newsletter
Sat 6 <sup>th</sup> ???	Shaves Cross Mini Marathon	Shaves Cross	7.00pm	
Sun 7 <sup>th</sup>	Sturminster Half Marathon	Sturminster Newton	10.30am	www.dorsetdoddlers.org
Sun 7 <sup>th</sup>	Totnes 10k	Totnes	11.00am	www.teignbridgetrotters.co.uk
Wed 10 <sup>th</sup>	Yeovilton 5k (Race 5)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Sat 13 <sup>th</sup>	Maiden 'Newten' Madness	Maiden Newton	7.00pm	www.freewebs.com/ maidennewtonrunningclub/

Sun 28 <sup>th</sup>	Langport 10k	Langport	11.00am	<a href="http://www.langportrunners.co.uk">www.langportrunners.co.uk</a>
Sun 28 <sup>th</sup>	Guernsey Marathon	Guernsey	??	<a href="http://www.guernseymarathon.gg">www.guernseymarathon.gg</a>

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

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