

CREWKERNE RUNNING CLUB

Newsletter

Issue no. 79 Sunday 5th August 2012

www.crewkernerc.btck.co.uk

Dear Runners,



Birthday boy Adrian East at the Haselbury Trail Race. He did ask specifically to be plastered all over the front page of the newsletter, so I don't like to disappoint



[Haselbury Trail Race Report by Derek Boles](#)

Last Wednesday, August 1st, saw the 24th Haselbury Trailrace!

Since the first race in 1989 we have never had a race where runners were rained on. We have had a lot of rain before the event which made for a deep ford at Misterton but

never rain during the race. This year we came very close as it was raining hard in the afternoon Mal Higgins, Martin Denman and myself walked the course and marked it out. It was also raining hard when I left the Cricket Club at about 10:00pm.



Other than a couple of bad points like the reduced numbers (Olympics?) and the lack of Red Cross this years race was as smooth as they come. We had a great club participation both as marshals and runners and some great club performances. Mike Pearce was third overall and Nick Sale was first vet over 40 and a total of 10 CRC members running. The overall winner was Axe Valley Runner Alex Todd who won two years ago so obviously has a soft spot for the silver cup and my rock trophies. He did mutter something about getting enough to build a small wall.



Martin Cook, Martin Denman, Ken Priest and Tracy Symes along with Caitlin did a superb job with the results and the list of prize winners was with me before the last runners were back. No errors in the results list and not a computer in sight!!

We had a husband and wife team from Reading who came down especially to do the race having done it before when on holiday and, of course, we had 80 year old Harry Moore who did the 6K.



The evening was nicely rounded off with the burgers and the bar provided by the North Perrott Cricket Club members.

Immediately before the trophy presentations Sarah Warren representing the club and the Stokes Partners presented a cheque for £1000 to the St Margaret's Hospice. This money being the profit from this years Crewkerne 10K.



Check out the Haselbury Trailrace website for full results and at least one picture of every runner courtesy of Tracy Symes and Tim Hoyle.

Finally a big thank you to everyone who was involved with the race.

Derek Boles

Position	Name	Time
1 st	Alex Todd	40.11
3 rd	Mike Pearce	41.49
6 th	Nick Sale	43.20
10 th	Tom Baker	44.11
36 th	Dave Carnell	50.31
47 th	Andrew Stocks	53.59
50 th	Adrian East	54.11
52 nd	Paula Jeffery	54.25
66 th	Linda Still	1.00.59
88 th	Paul Martin	1.10.51



Adrian Marriott Training Session

Adrian has kindly put together a write of the program we did for his training session. For all those who attended, and also to those who didn't, I have attached a copy to the email for you to look at or print off.



New Member

A big welcome to Lousie Morgan who has just joined the CRC family! We look forward to meeting you soon Louise, and well done on completing the Haselbury Trail Race!



Upcoming Events....

Maiden Newton Madness (Club Championship Race!)

This is a multi terrain 10k taking place on a Saturday evening on 11th August.

A scenic run through beautiful countryside and picturesque villages, with cakes and refreshments provided at the end



And one final thing.....

Due to an increasing work load and life in general being rather busy, I will now be sending out the newsletter on a fortnightly basis rather than weekly as it currently stands.

Hopefully as not that much changes week to week, a fortnightly edition should be adequate. Hope this is OK with you all!



2 birthdays to rejoice this week and both of them are today!

Adrian East and Wytney Symon!!

Many Happy Returns!!



This Week's Running

Club nights are on Tuesday, Wednesday and Thursday this week leaving the car park at Lidl's at 6.30pm. The early run on Thursday is at 5pm.

The Sunday morning run leaves the Lidl's car park at 9.30am.



Dates for your

August

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Wed 8 th	Yeovilton 5k (Race 5 of 6)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Sat 11 th	Maiden Newton Madness	Maiden Newton	7.00pm	www.freewebs.com/ maidennewtonrunningclub
Sun 26 th	Langport 10k	Langport	11.00am	www.langportrunners.co.uk

September

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sun 2 nd	Ash Excellent Eight	Ash	11.00am	www.yeoviltownrrc.com
Sun 9 th	Cheddar 5k, 10k, Half, Marathon	Cheddar	TBC	www.relishrunningraces.com
Wed 12 th	Yeovilton 5k (Race 6 of 6)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Sun 23 rd	King Alfreds Torment	Stourhead	11.00am	www.yeoviltownrrc.com
Sun 23 rd	New Forest Marathon &Half	New Milton	9.15am	www.newforestmarathon.org.uk

October

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sun 7 th	Burnham Half Marathon	Burnham- On-Sea	11.00am	www.burnham-on-sea- harriers.com
Sun 7 th	The Minster Challenge 7	Axminster	10.00am	http://axevalley.devon.sch.uk
Sat 13 th	Parrett Trail Relay	Various	9.00am	See Website/Newsletter
Sun 14 th	Castle Cary 10k	Castle Cary	10.00am	www.totalbuzzevents.com
Sun 14 th	Gold Hill 10k	Shaftesburt	10.00am	www.gillinghamtrotters. talktalk.net
Sat 20 th	Weymouth 10m	Weymouth	10.30am	www.egdonheathharriers.com
Sun	Exmoor Stagger &	Minehead	11.00am	www.mineheadrunningclub.co.uk

21 st	Stumble			
Sun 21 st	Dartmoor Vale Marathon, Half Mararthon & 10k	Newton Abbott	9.15am	www.dmvmarathon.org.uk
Sun 28 th	The Stickler	Shillingstone	10.30am	www.thestickler.co.uk
Sun 28 th	Salisbury Half Marathon	Salisbury	10.30am	www.totalbuzzevents.com

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

simon_land87@yahoo.co.uk