

CREWKERNE RUNNING CLUB

Newsletter

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

Issue no. 43 Sunday 6th November 2011

Dear Runners,



[Ilminster 10k Report from Yours Truly](#)

Ilminster woke up on Sunday morning to a crisp start - brilliant blue sky, sun shining, birds singing. The town was at peace and in a restful mood.....but off in the distance....something was coming their way.

Curtains twitched and front doors opened as the residents stared out in a state of nervous curiosity as the rumble grew closer. The sound unmistakable. In the distance they heard the faint rhythm of rubber on tarmac. They were coming.

It was an invasion. A sea of red on the horizon. They had come in great numbers wearing their battle colours. They meant business. It was the unmistakable sight of Crewkerne Running Club.

17 strong, athletic specimens and Dave Carnell were converging on the town. Some had bought their WAG's and some had bought their HAG's (Husbands & Gentleman Friends!). People stopped and stared. Never has group of this size been seen before.



I think you get the picture! Yes 18 happy, smiling CRC runners turned out for the popular Ilminster 10k this morning.

Everyone seemed to really enjoy the race and conditions and atmosphere were perfect. Everyone did brilliantly well and we came away with a haul of trophies to our name! Our two leading guys were Ed Stahl and Mike Pearce who both did

exceptionally well! Ed finishing in 2nd place overall not far behind the winner, and Mike smashing his PB to take fourth, both men finishing inside 37 minutes!

They weren't the only two to win trophies. Bridget Schneiders, Dave Carnell and Clive Harwood also came away with silverware in their age categories which is wonderful to see!

Results hot off the press!

| Position | Name | Time |
|-------------------|------------------------|---------|
| 1 st | Mark Wills (Yeovil RC) | 35.57 |
| 2 nd | Ed Stahl | 36.14 |
| 4 th | Mike Pearce | 36.50 |
| 14 th | Clive Harwood | 39.26 |
| 19 th | Simon Land | 40.39 |
| 30 th | Richard Gardener | 41.42 |
| 33 rd | Dave Carnell | 42.34 |
| 58 th | Sarah-desiree Frost | 44.22 |
| 74 th | Richard Caile | 45.43 |
| 107 th | Rupert McLeod | 49.20 |
| 110 th | Bridget Schneiders | 49.25 |
| 112 th | Ken Priest | 49.31 |
| 119 th | Pip Loder | 50.17 |
| 120 th | Sarah Warren | 50.19 |
| 158 th | Nigel Newbery | 54.43 |
| 165 th | Stuart Stacey | 55.15 |
| 189 th | Adrian East | 57.25 |
| 203 rd | Tim Hoyle | 59.14 |
| 235 th | Tracy Symes | 1.02.33 |
| 251 st | Debbie Cole | 1.05.34 |

Now we were very lucky to have numerous cameras snapping on the day! Many thanks to Derek Boles, Tracy's husband Dave, Rod Warren & Mrs Mike Pearce for getting some great shots. I have tried to select the most flattering of photos for you all, but for many more less flattering ones, see the attachment on the email or visit the following link for Tracy's photos –

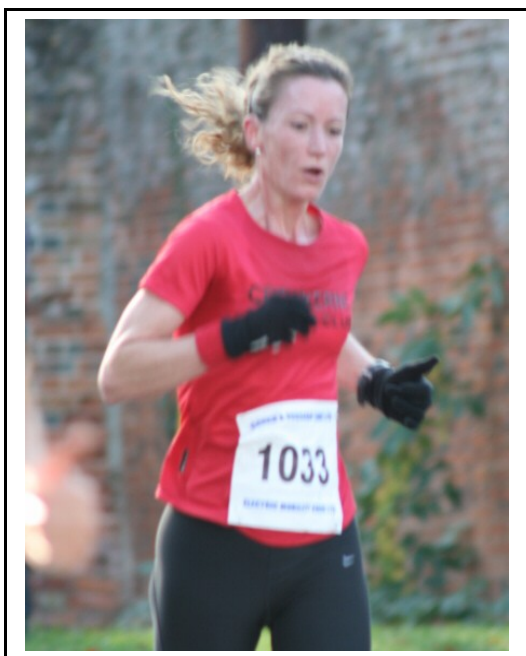
<https://picasaweb.google.com/115657063515428837542/Ilminter10kNov11?authkey=Gv1sRgCOH8kbOLsbTwbQ&feat=email#>



Mike Pearce



Ed Stahl



Sarah Warren



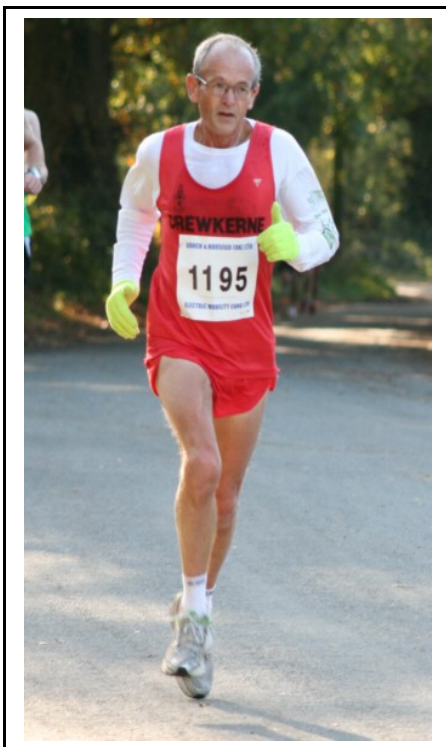
Ken Priest & Rupert McLeod



Tracy Symes



Sarah Frost



Clive Harwood



Stuart Stacey



Some handsome guy

Rich Gardener



Nigel Newbery



Dave Carnell



Richard Caile



Bridget Schneiders



Pip Loder



Adrain East



Tim Hoyle

What a motley crew! Now it would seem that by some stroke of luck (for her!), Debbie Cole has escaped the attentions of the photographer – needless to say I will be searching high and low to rectify that!



CRC Christmas Party 2011! From Linda Still

Saturday 10th December at North Perrott Cricket Club

Here is the long awaited Three Course Christmas Menu & Christmas Party details!

The CRC Xmas Party is open to members and their partners. Just let me know your choices and numbers and give payment (cash or cheque payable to CRC - £16.95 for one, £33.90 for two people) by the 1st December.

This should be a great night at the North Perrott Cricket Club where there will be great food (see Menu), and also a DJ with fabulous party music to dance to.

I am available to discuss the party and everything about it every Tuesday or Thursday night during the run. I am also to be found on 01460 78750 or you can email me at lindastill@yahoo.co.uk.

The timing of the event is as follows; 7pm to 7.30 champagne reception, 7.30 sit down for the feast, 9pm til midnight Disco. There will be a few bottles of wine on each table, after that the bar is always open for business! If you require transport, just let me know as we will be organising transport.

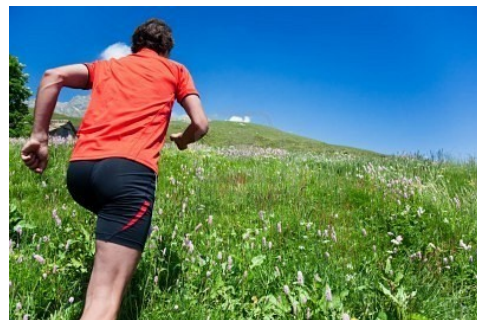
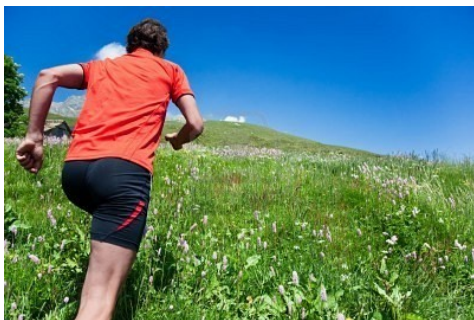
Please let me know if you want to sit with any particular friends or indeed would like to suggest your whole table of 10 or 12 people, this will help me with the table settings! Just detach the end portion of the menu with your choices and any seating plan as well as your cheque.

Also, I shall need help with the tidy up on the next day, the afternoon of Sunday 11th December. If you can offer your help that would be great!

Awaiting your orders/questions/cash,

Linda!!

[A printable copy of the Menu is attached to this email](#)



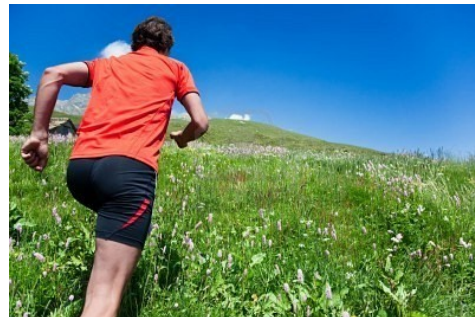
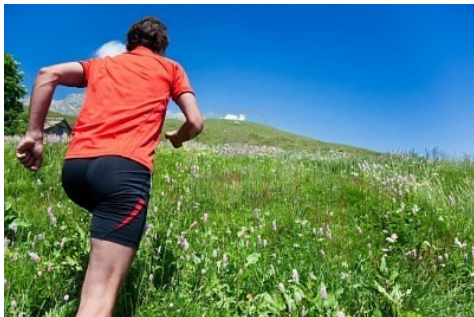
[Tuesday Time Trial Report by Ed Stahl](#)

For the ten runners that turned up for the first official time trial they were treated to a fine evening of weather and racing. As this was the first outing some of the handicaps will have to be altered due to the amazing times everyone had put in!

Thanks for those who turned up to what I hope will become a popular event for our club in the future. Here's to the important stuff....

Richard gardener flew in to win with Sarah Warren second and Dave Carnell third. The full listings are below, see you next month:

| | Time | Predicted |
|------------------|--------|-----------|
| Richard Gardener | 30:00. | 34:00 |
| Sarah Warren. | 36:54. | 42:00 |
| Dave Carnell. | 30:20. | 34:00 |
| Richard Caile. | 34:30. | 36:00 |
| Brian Kemp. | 35:16. | 36:00 |
| Linda Still. | 40:00. | 45:00 |
| Clive Harwood. | 29:54. | 31:30 |
| Ed Stahl. | 27:00. | 28:00 |
| Nick Sale. | 32:04. | 31:30 |
| David Martin. | 33:00. | 30:00 |



Stonemasons's Pub Run Report by Yours Truly

We had a fab pub run last Wednesday – our first from the Stonemason's in Iminster. The weather was windy and a bit wet but our spirits would not be dampened.

Ordered our food and then roughly (I didn't count) 18 of us ran along the old railway line towards Chard. The fast one's went off like rockets and we split into three groups with Tracy and Stuart keeping me company at the back!

I don't know how far the front group got, but I expect not far from Chard before they turned back which is good going.

Made it back to the pub with around 15 people eating afterwards. Food was nice and we all took advantage of the BOGOF offer meaning we only paid around £6 each! Good stuff and thank you to all those who came along!



Full Monty

We still need people to volunteer a small amount of their time to help out with the Full Monty on December 4th.

Thank you to all those who have offered to help so far – it is really appreciated! But we still need more of you.....come on....pretty please....with sprinkles....

Thanks in anticipation!



Upcoming Events....

Remember that this Wednesday night is the latest run in the Street 5k series – race starts at 7.30pm sharp!

A reminder that our Winter Handicap is taking place on Sunday 27th November from Hinton St George village hall, with first runner away at 9.30am. Good fun, good exercise, good company and good food afterwards! Bribes now being accepted – see me!

Honiton Running Club would like to invite your members to

THE BLACKDOWN BEAST 2012



on SATURDAY JANUARY 28TH 2012

START 10:00 am

at The Highfield Sport and Social Club, Culm Way, Dunkeswell EX14 4JP (new venue with excellent parking)

Proceeds go to McMillan Cancer Support

This is a social run, NOT A RACE, through the lovely Blackdown Hills but a different area from The Blackdown Beauty. The main route is about 16 miles in 4 legs, with a hot pasty and mulled cider included in your entry fee at the end of Leg 1. A good steady training run for **The Grizzly**.

This year we are also offering transport back to the finish from the end of Leg 2 (10 miles) for those who don't want to do the whole distance. Please indicate your preference on the entry form.

The four legs are as follows:

Leg 1 ~ Dunkeswell to Smeatharpe (FREE hot pasty and mulled cider) – 7.25 miles

Leg 2 ~ Smeatharpe to The Sidmouth Arms Upottery – 2.8 miles

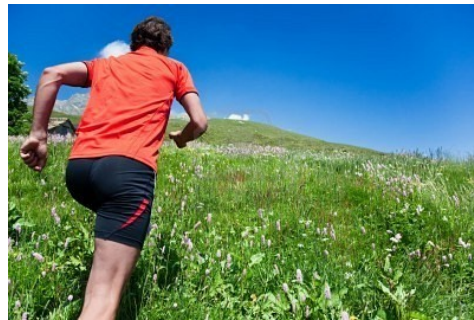
Leg 3 ~ Upottery to The Luppitt Inn – 3.3 miles

Leg 4 ~ Luppitt to Dunkeswell – 2.7 miles (Hot food and drink available for purchase at the finish – menu £5-£6)

This is a social event and runners take part at their own risk. We shall have a back-marker for the 10 milers and will have some leaders for different pace groups but it is basically a self navigating run along footpaths and minor roads and runners run in small groups of friends or of similar pace. All runners will be provided with a route booklet which contains route directions and the route is marked at intervals with white drawing pins on styles, posts and trees.

Further details and entry form on www.HonitonRC.com but an entry form is also attached. There is also a BLACKDOWN BEAST **FACEBOOK** page on <https://www.facebook.com/pages/Blackdown-Beast-28TH-JAN-2012/177864262245583>

PLEASE let us know you are coming by sending in an entry form – we need to make sure there are enough pasties and cider





A trophy haul by CRC at Iminster 10k!



Shall we end with some more good news – I think so!

Ladies and Gentlemen we have reached a milestone!!!

It gives me great pleasure to announce that we have reached 100 members!! (Cue the fanfare and release the balloons!)

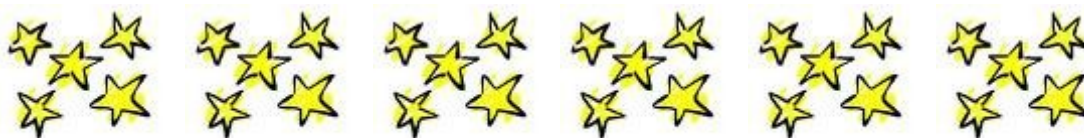
That is absolutely fantastic news - but we don't like to stop at 100. Can I welcome another two new members to the CRC family this week making it 102. They are David

Grewcock and Antony Charlton – we all look forward to meeting and running with you soon guys!

As you are aware we have had a huge increase of new people joining us this year. I'm sure there are a numerous reasons why we seem to be attracting new people, but whatever it is we are doing, we are doing it right!

Let us all have a round of applause for making CRC a wonderful, happy, sociable place to be!

Thank you all!



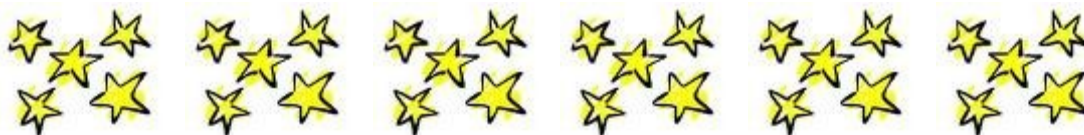
3 birthdays this week!

Hon Secretary Martin Cook on Tuesday 8th

Fiona Emm on Wednesday 9th

Sara Fair on Thursday 10th

Many Happy Returns to you all!



[This Week's Running](#)

Club nights are on Tuesday, Wednesday & Thursday this week, leaving the car park at Lidl's at 6.30pm.

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

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



Dates for your

November

| <u>Date</u> | <u>Event</u> | <u>Location</u> | <u>Time</u> | <u>Website</u> |
|------------------------|--------------|-----------------|-------------|--|
| Wed 9 th | Street 5k | Street | 7.30pm | www.wellscityharriers.org.uk |

| | | | | |
|----------------------|------------------|------------------|---------|--|
| Sun 20 th | Full Monty Recce | Ham Hill | 9.30am | See Newsletter |
| 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 |
| Sun 27 th | Winter Handicap | Hinton St George | 9.30am | See Newsletter |

December

| <u>Date</u> | <u>Event</u> | <u>Location</u> | <u>Time</u> | <u>Website</u> |
|----------------------|-------------------------|----------------------------|-------------|--|
| Sun 4 th | Full Monty | Ham Hill | 6.15pm | See Newsletter |
| Sat 10 th | CRC Christmas Party | North Perrott Cricket Club | TBA | See Newsletter |
| Wed 14 th | Street 5k | Street | 7.30pm | www.wellscityharriers.org.uk |
| Sun 18 th | Wellington Monument 10k | Wellington | 10.30am | www.wellingtonmonumentrace.co.uk |
| Mon 26 th | Stoke Stampede | Stoke St Gregory | 11.00am | www.stokestampede.co.uk |

January

| <u>Date</u> | <u>Event</u> | <u>Location</u> | <u>Time</u> | <u>Website</u> |
|----------------------|--------------------|------------------|-------------|--|
| Sun 1 st | Chard Flyer | Chard | 11.00am | http://chardflyer.btck.co.uk/ |
| Sun 8 th | First Chance 10k | Exeter | 10.30am | www.firstchance10k.co.uk |
| Wed 11 th | Street 5k (Race 4) | Street | 7.30pm | www.wellscityharriers.org.uk |
| Sun 15 th | Oh My Obelisk | Dawlish | 10.30am | www.dawlishcoasters.co.uk |
| Sun 15 th | Rough n' Tumble | Milton Lilbourne | 11.00am | www.grassrootsevents.co.uk |
| Sat 28 th | Blackdown Beast | Dunkeswell | 10.00am | |

| | | | | |
|-------------------------|--------------------------|-------------------------|---------|---|
| Sun 29 th | Hestercombe Humdinger | Hestercombe, Taunton | 10.30am | www.thehestercombe humdinger.co.uk |
|-------------------------|--------------------------|-------------------------|---------|---|

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

simon_land87@yahoo.co.uk