

CREWKERNE RUNNING CLUB

Newsletter

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

Issue no. 7 Sunday 6th February 2011

Dear Fellow Runners

Leadership in Running Courses

ATTENTION ALL SOMERSET ROAD RUNNING & OFF ROAD CLUBS

A Leader in Running Fitness course is being staged in Taunton on Saturday 19th March.

This course provides running leaders within clubs a recognised governing body qualification and gives leaders lots of practical ideas for warm ups, stretching and sessions. A higher level endurance qualification is also currently being piloted for those individuals who may at a later stage want to develop their understanding of coaching off track endurance events. The LiRF course is the place to start. It's a one day course with no assessment.

The LiRF qualification also enables individuals to set up beginner groups under the Run in England banner, which can be a great way of providing a bridging group from complete beginner to club.

If you would like to sign up for this course the cost to affiliated clubs is £90. Participants must be 18 years+. The course booking code is MC0279 and an application form is attached

If this sounds like the sort of thing you would be interested in, then contact me ASAP and I will put you in touch with the relevant people. Attached to this email are some documents telling you more about the course, what you will learn and any information.

It is highly likely that Crewkerne Running Club would cover the cost of the course fee if you wanted to do it – don't waste that chance!!



Predict – a – Run Race Report by Sarah Warren

Last Wednesday 17 runners take part in the Predict-A-Run event which involved a run around Crewkerne Town. All runners were told the distance was 4.5 miles and asked to predict how long it would take to run that distance. The winner would be the runner whose actual time was closest to the predicted time. Once all predictions were collected, the runners were told the route and were sent off under starters orders. It was a rainy evening and most ran quicker than they had predicted – presumably hoping to get back and out of the rain more quickly (alternatively the distance was not entirely accurate which would not surprise me as I measured it with my car rather than my Garmin).

The winner and recipient of a bottle of wine was Adam, who amazingly ran within 3 seconds of his predicted time! The closest rival was Richard who was 1 minute 20 seconds adrift. All times and predictions are set out below.

The event made a change from the normal runs and I think everyone enjoyed it (feedback good or bad welcome). Many thanks go to Martin Cook for doing the timing.

After the run 6 of us went to Oscars for food which was back up to its old standard of great food and large portions!

NAME	PREDICTED TIME	ACTUAL TIME	DIFFERENCE
Adam Loder	33.00	32.57	-0.03
Richard Gardener	32.30	31.10	-1.20
Dave Rowe	32.30	31.07	-1.23
Mike Pearce	33.12	31.47	-1.25
Stuart Stacey	40.00	41.44	+1.44
Clive Harwood	38.10	36.05	-2.05
Nick Sale	31.20	29.25	-2.05
Simon Land	32.30	30.21	-2.09
Steve Diaper	38.32	35.33	-2.59
Roger Still	45.00	41.52	-3.08
Andy Parsons	36.00	39.41	+3.41
Derek Boles	46.30	42.46	-3.44
Linda Still	45.00	40.14	-4.46
Matt Bryant	43.30	37.52	-5.38
Dave Carnell	38.11	31.46	-6.24
Dean Hallett	46.00	39.23	-6.37



Short but Sweet Race Report from Blackmore Vale Half Marathon by Adrian East

Well that's my first Blackmore vale half marathon done!! Didn't expect all those hills, found this one hard going, as training has been all over the place. So done very much in plodding time. (02:31:10) But really glad I did it.



!!! Attention all Yeovil Half Marathon Runners !!!
(and there are quite a few of you!)

I will be staging a Recce run of the Yeovil Half Marathon route on Sunday 6th March from Huish Park (YTFC) at 9.30am. This will be an ideal chance to familiarize yourself with the course.

Depending on how many people turn up we may split into two groups, faster and slower.

Anyone is welcome to run with us, even if you aren't doing the event. There will also be cut back points for those who don't want to do the whole thing.



Sunday 27th February

Crewkerne to West Bay Run

Anybody who did the recent Charmouth Run will know how much fun these runs are!

Ideal if you are Grizzly / Marathon Training!

Leaving Lidl's car park as usual from 9am on the dot

Food afterwards at around 1 o'clock for anyone who wants it

Runners can join from Wynyard Gap or Beaminster if they don't fancy the whole distance. Times for passing through these points to follow.

Tuesday 8th March

Crewkerne Running Club AGM

The Clubs Annual General Meeting will take place as usual in The Lamplighters Bar across from The George Hotel, meeting at 7.45 for an 8 o'clock start.

There will be a free drink at the bar for all members who attend

This is your chance to have a say with what is happening within the club!

If you feel changes need to be made in any department then please make your feelings known. If you cannot make it, or you don't want to speak at the AGM then feel free to pass on any views/ideas to myself or any committee members and they will do it on your behalf

Sunday 27th March

South Petherton Pre-London Marathon Training Run



Upcoming Events.....

Butleigh Multi-Terrain Run

This event is a 7 mile, scenic, multi-terrain race on Sunday 20th March.

Starts and finishes at Butleigh playing fields (near Street)

Junior races also taking place with homemade refreshments available!

See Attachment for Entry Form

.....and remember this Sunday is 'Slay the Dragon' which should see lots of club members vying for places and pride!!



This Week's Running

Club nights are on as usual this week so that's Wednesday and Thursday nights, leaving Lidl's car park at 6.30pm as usual. Head torches and reflective gear essential.

Sunday morning will see the usual club run leaving Lidl's at 9.30am. Please be aware numbers may be down, as this Sunday is also The 'Slay The Dragon' Event from Hinton St George.





Dates for your

February

Date	Event	Location	Time	Website
Wed 9 th	Street 5k Series (5)	Street	7.30pm	www.wellscityharriers.org.uk
Sun 13 th	The Inca Trail 7m	Ilchester	11.00am	www.yeoviltownrrc.com
Sun 13 th	Slay The Dragon 10k	Hinton St George	10.30am	www.slaythedragon.co.uk
Sun 20 th	Hestercombe Humdinger 9.5m	Hestercombe Gardens	10.30am	www.thehestercombehumdinger.co.uk
Sun 27 th	Crewkerne to West Bay	Lidl's Car Park	9.00am	See Newsletter
Sun 27 th	Dalwood 3 Hills Challenge	Dalwood	11.00am	www.axevalleyrunners.org.uk
Sun 27 th	Babcary 7m	Babcary	11.00am	www.wellscityharriers.org.uk

March

Date	Event	Location	Time	Website
Sun 6 th	Yeovil Half Mar' Recce	YTFC	9.30am	See Simon or Newsletter
Sun 6 th	Combe St Nicholas 10k	Combe St Nicholas	10.45am TBC	www.combestnicholasprimary.co.uk
Sun 6 th	Bath Half Marathon	Bath	11.00am TBC	www.bathhalf.co.uk
Sun 6 th	Bideford Hald Marathon	Bideford	10.30am TBC	www.bidefordaac.co.uk
Tue 8 th	Crewkerne RC AGM	Lamplighters Bar	7.45 for 8.00pm start	See Newsletter
Wed 9 th	Street 5k Series (6)	Street	7.30pm	www.wellscityharriers.org.uk
Sat 12 th	Great Western 10k	Sherborne	11.00am	www.yeoviltownrrc.com
Sun 13 th	Grizzly 20m	Seaton	10.30am	www.axevalleyrunners.org.uk

	Grizzly Cub 9m			
Sun 20th	Butleigh 7m	Butleigh	11.30am	www.wellscityharriers.org.uk
Sat 26 th	Nightrunner 8m	Beer	7.00pm	www.axevalleyrunners.org.uk
Sun 27 th	South Petherton Pre-London Training Run 22 miles	South Petherton	9.00am	See Newsletter
Sun 27th	Yeovil Half Marathon	Yeovil	9.00am	www.totalbuzzevents.com

April

Date	Event	Location	Time	Website
Sun 3 rd	Taunton Marathon & Half Marathon	SCAT College	10.30am	www.tauntonmarathon.co.uk
Sun 3 rd	Bournemouth Half Marathon & 10k	Bournemouth	10.00am	www.bhf.org.uk/bayrun.co.uk
Sun 10 th	Honiton Hippo	Honiton	10.30am	www.honitonrc.com/hippo.htm
Sun 10 th	Tavy 13	Tavistock	10.00am	www.tavy13.com
Wed 13 th	Yeovil 5k (Race 1)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Sun 17 th	London Marathon	London	9.45am	www.virginlondonmarathon.com
Sun 17 th	Frenchay 10k	UWE Glenside	11.00am	www.frenchay10k.co.uk
Mon 25 th	Easter Bunny 10k	RNAS Yeovilton	11.00am	www.yeoviltownrrc.com

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