

CREWKERNE RUNNING CLUB

Newsletter

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

Issue no. 11 Sunday 6th March 2011

Dear Fellow Runners

Well March is here already! Where the hell did that go?!

It is nice to know that the nights are gradually getting lighter and we will soon be able to venture out on some cross-country routes on our club nights – it will be a welcome relief from road running in the dark, winter evenings!

Lots of goings on to tell you about...but where to start!

[Combe St Nicholas 10k Race Report by Ken Priest](#)



There was a good turnout from CRC members for the Combe St Nicholas 10km run despite other events being held the same day.

No photos unfortunately, nobody had a camera – but we did a group pose for the Chard & Ilminster Photographer so we should feature there.

Present were: Roger Swann, Mike Pearce, Dave Carnell, Thomas & Elaine Priest with Dad (Ken) following on behind!

Those who have done this run before will know that its an "undulating" run starting & finishing at Combe Primary School, organised by the staff, parents & friends of the school as a fund-raiser. Apart from a cruel lap of the playing field at the finish, the

course follows tarmac lanes through the countryside around the village with a particularly punishing uphill stage at around 6km and another nearer the finish back through Combe.

The event was well organised with marshals at all road junctions, as well as Km markers and direction signs. There was a bit of a hiccup with the results being delayed somewhat but we learned this was due to concern for Harry (the oldest runner) who had an argument with a camper-van somewhere on the course. He eventually turned up, shaken but undamaged & got a special award & round of applause!

No timings as yet but Mike Pearce was 1st CRC runner home in 3rd place, with Tom Priest not far behind in 4th - he also picked up a trophy for 1st local male, presumably qualifies as "local" because girlfriend Lucie (who also did well to run the course in a PB) comes from Combe. Elaine also got awarded with a huge trophy for 1st female. The rest of us, well we all finished, had a good run & enjoyed the event!

Ken



Can I remind all members that the Clubs AGM is this Tuesday night.

The AGM will start at 8pm prompt so arrive early.
It will be taking place in the Lamplighters bar next to the
George Hotel in the square.

One free drink for every member who attends.

It is a great chance to get together and find out how the club is doing and to discuss any issues that need discussing. So if you have something you want to say then this is your chance!

While we are on that subject, Linda Still has been in touch about moving the Wednesday Club night to a Tuesday so that people who want to attend both weekly club nights, don't have to do it on consecutive days.

See Below:-

Hi All

For those of you thinking about coming to the AGM this week - Tuesday evening (8th March) at The George in Crewkerne - I (for those that don't know me, youngish Irish runner!!) - am putting forward a proposal to run on Tuesday and Thursday evenings. If you like this idea, PLEASE come along and vote.

Also you will be eligible for a FREE drink!

Thanks

Linda

If you like the idea of changing to a Tuesday night, but are unable to attend the AGM, let myself or Linda know and we can forward on your views.



This week saw us hold a pub run on Wednesday night from Dinnington Docks. A good number of runners ordered food and headed out into the back lanes around Dinnington. Nice to see Paula back out after a period of absence!

With just a mile or so gone, Myself, Caroline, Angie and Derek took a wrong turn (totally on purpose of course) and headed off into the middle of nowhere as far as I was concerned! Lucky Derek knew where he was and we did manage to meet up again with the group a little later on - no worse for wear!

9 of us stayed for food afterwards at the Docks and were not disappointed. We did look suspiciously at the bright pink quiche type thing which Caroline and Nick were brought out, but I am assured it tasted lovely! Looks aren't everything!



Yeovil Recce Report from Clive Harwood

A big thank you goes to Simon Land for tempting 9 other stalwarts to run the newly introduced half marathon route which is later this month. We left the football ground around 9.30 and avoiding a lap of the pitch or wherever the race on the day goes, ran the route. Quite undulating. Two of the group had never covered that distance before never mind sprinting to the finish. Well, done to all. A sociable Sunday run. Once again. Thank you Simon.

For anyone doing the race, but who couldn't make it today, be prepared for quite a fast course, with a number of long straight sections. Only one major hill near the half way mark, but us hardy CRC runners are more than used to hills so shouldn't cause a problem! Leave enough in the tank as the last couple of miles are a bit of a drag!

If anyone plans to run the Yeovil Half Marathon,
but has yet to enter, then pay attention.

Dave Rowe has had to pull out due to injury, so he has an entry going spare.
It was £15 to enter but he will let it go for £10 ONO.

If interested then see Dave or contact me and I will
put you in touch with him.

Although it's in his name at the mo, it shouldn't be a problem
to change this with the organisers.



It was nice to see club member Andrew Hall out at the Yeovil recce today. We don't see Andrew very often so good to put a face to the name....and it just so happens we have a race report from him as well

Dalwood 3 Hills Challenge Race Report by Andrew Hall

Dalwood 3 Hills Challenge - 1h 37m 14s.

The sixth time I have ran Dalwood and as usual it was very muddy and wet, not raining or frosty this year. My son did the Mini Challenge (3 miles) the second year

they have had this extra race (only 10 runners) good job they ran with us for 2 miles. Many familiar faces although the finisher were down this year to 138, but this time I was with a group chopping and changing positions and not a lone runner like I had been in previous races. I believe I was the only Crewkerne RC representative on the day, I recommend it for your February 2012 calendar's chaps.

Andrew



....And the good news just keeps coming!....

Message from Caroline Lawson

As some of you know George and I are getting married on the 16th April, along with the Christening of Ben. I have tried to get invites to people but being the inconsistent runners that we are this has not worked as well as planned.

As we met through the running club we are really keen for the evening to have a strong running club attendance, so the more of you who can come the better! It may be worth adding at this point that the band will be the Crooked Furrow and the food will be a hogg roast!!

The venue is North Perrott School with the evening shin-diggs starting at 8.30. It would be fantastic if people can come but please let us know asap so we can order a big enough pig!!! (Family welcome) If you could email me or text that would be great –

carolinelawson.home@googlemail.com or 07956013835

Caroline x

Can I say a BIG congratulations on behalf of all at the club to George and Caroline on their engagement!

Also nice to know that it was on the Tinsel Run in December that George proposed!!



Upcoming Events.....

Glastonbury Road Run

This year, the 30th Glastonbury Road Run will be run on Sunday 1st May 2011 and is expected to attract over 1700 runners.

Over the years the Glastonbury Road Run has developed a reputation for being one of the best events in the Somerset calendar. The 10K course runs through some superb attractive countryside and winds its way on roads around the Tor. All races start and finish in the historic town centre, where the streets are lined with supporters generating a fantastic carnival atmosphere.



The event makes great efforts to be inclusive for all ages and abilities. There are 4 runs; Fun Run, 3k, 5k and 10K. Although the longer distances attract many serious competitors, others take part for fun, fitness, or charity. Fancy Dress is allowed in all races and the much coveted Glastonbury Grail (sponsored by Mid Somerset News & Media) is awarded for the most innovative and attractive costume worn on the day.



Medals are provided to all competitors that complete their race, and there is around £1200 worth of prize money. There are an additional 50+ awards that are presented to all kinds of competitors and teams. Some of these are presented on the day, some by post and some through the schools.

Full details of the event are provided through the event's website - www.Glastonburyroadrun.info

The site contains a downloadable entry form

10K	11.00am,
Primary Fun Run	11.10am,
3K Fun Run	11.50am,
5K	12.00pm.



The Club has been approached by the charity Refuge, with regarding to taking part in running events on their behalf. This particularly relates to the BUPA London 10,000 10k in May but other events are available.

Next week, on March 8th, help recognise the centenary of International Women's day and Refuge's 40th birthday by signing up to take part in the BUPA 10,000. Every day Refuge supports 1,600 women and children in one of its 45 refuges and through its specialist services. Founded in 1971 Refuge has grown from a small charity operating the world's very first refuge in Chiswick, west London, to become the country's largest single provider of emergency accommodation and specialist support for women and children experiencing domestic violence. We are committed to a world in which domestic violence is not tolerated or ignored. Without the support from dedicated runners we simply could not function.

The BUPA London 10,000 10k, taking place on May 30th, has a fantastic atmosphere and takes in some of the best views that London has to offer. Beginning in Birdcage Walk, the race passes [Westminster Abbey](#), the [Houses of Parliament](#), [Big Ben](#) and the [London Eye](#), and much more besides. What's more, the route will form part of the [2012 Olympic Marathon course](#) (but will involve much less pain!).

Public places for this run ran out really quickly, but Refuge does have some places for its valued supporters. We will be asking all runners who take up a Refuge place to pledge to raise £300 for our life changing and life saving work, and we will also ask for a non-refundable £20 deposit. Please do get in touch if you would like to discuss this or take part.

We also have some places in the Royal Parks half marathon in October and the Adidas 5k in September. If either of these events appeals please do get in touch.

For more information, please get in touch with Jessica on 020 7395 7713 or jessoca_madeley@refuge.org.uk

To join our team, please complete the attached form and return it to jessica_madeley@refuge.org.uk as soon as possible.



And Finally!!!

Good luck to all those members who are taking part in The Grizzly and The Grizzly Cub this coming Sunday!

Once you get to my age your memory starts to fade, but as far as I am aware, Roger Swann, Andy Parsons, Rachel Hayton, Tim & Kirsten Irish and Sarah Warren are all taking part but there are probably more.

So good luck, and may God have mercy on your soul!!



[This Week's Running](#)

Usual club nights this week, so that is Wednesday and Thursday night leaving the car park at Lidl's at 6.30pm
Head torches and reflective gear essential!

Sunday morning run is on as usual, leaving the car park at 9.30am





Dates for your

March

Date	Event	Location	Time	Website
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 Grizzly Cub 9m	Seaton	10.30am	www.axevalleyrunners.org.uk
Sun 20 th	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 27 th	Yeovil Half Marathon	Yeovil	9.00am	www.totalbuzzevents.com
Wed 30 th	Pub Run with Honiton RC	Broadway	6.30pm	See Sarah Warren or Newsletter

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

May

Date	Event	Location	Time	Website
Sun 1 st	Glastonbury 10k	Glastonbury	11.00am	www.glastonburyroadrun.info
Sun 1 st	The Great West Run 13 miles	Exeter	9.45am	www.thegreatwestrun.co.uk
Sat 7 th	The Exterminator 10k	South Devon College	5.00pm	www.somerac.org.uk
Sun 8 th	The Black Death Run 10k	Combe Sydenham	11.00am	www.runningforeverrunningclub.org.uk
Wed 11 th	Yeovilton 5k (Race 2)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Sun 15 th	Jack & Jill Challenge	Midsomer Norton	11.00am	www.somerac.org.uk
Sun 22 nd	Crewkerne 9	Crewkerne	10.00am	www.crewkernerc.btik.co.uk
Sat 28 th	Egdon Easy	Weymouth College	7.00pm	www.egdonheathharriers.com
Sun 29 th	Wells 10k	Wells	10.30pm	www.wellscityharriers.org.uk

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

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