

# CREWKERNE RUNNING CLUB

## Newsletter

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[www.crewkernerc.btck.co.uk](http://www.crewkernerc.btck.co.uk)

*Dear Runners,*



Sara Fair, Nick Sale and Tamsin Dickinson at the London Marathon

## Spring Handicap – Ed Stahl



With the bad weather around the south west we were blessed to have perfect running weather. Twenty three runners took part in the inaugural event which looked as if it was going to be a great one. The usual pre race banter ensued although the main antagonist downhill Dave was unable to attend so the banter was less so.

So Kay Pulsford set us all off closely followed by Tamsin Dickinson. And so the hoard followed one after another in hope of chasing anyone down. I myself was getting nervous as I looked at how many minutes I was giving very capable runners and thinking how far on the route they would be.

So who won? Well I would like to congratulate Tamsin Dickinson for a much deserved win. Having only run the marathon two weeks ago it was a very solid performance and she broke her predicted time by four minutes. Stuart Stacey was second and Kay Pulsford third. All the positions and times will follow.

This was also a very special night for one runner in particular. In 1996 Michelle Phillips ran 34:39s and now lets congratulate Elaine Priest for a fantastic run in which a NEW course record was set. Elaine finished in a time of 34:20 which I think could stand for some time. Well done Elaine, what a great time!

Can I thank martin, nick and the emergency stand in of Clive's wife Elaine. If it wasn't for the volunteers to do the timing these events would not happen.

first	surname	Est Pace	Predicted Time	Handicap	Finish Time	Actual Time	Actual Pace	Posn	Out of HCAP
Tamsin	Dickinson	0:10:49	0:53:00	0:01:00	00:47:39	00:46:39	00:09:56	1	0:06:21
Stuart	Stacey	0:09:48	0:48:00	0:06:00	00:51:08	00:45:08	00:09:36	2	0:02:52
Kay	Pulsford	0:11:01	0:54:00	0:00:00	00:51:55	00:51:55	00:11:03	3	0:02:05
Angie	Patch	0:08:43	0:42:45	0:11:15	00:52:26	00:41:11	00:08:46	4	0:01:34
Adam	Loder	0:07:33	0:37:00	0:17:00	00:52:30	00:35:30	00:07:33	5	0:01:30
Sarah	Warren	0:08:25	0:41:15	0:12:45	00:52:38	00:39:53	00:08:29	6	0:01:22
Elaine	Priest	0:07:04	0:34:40	0:19:20	00:53:40	00:34:20	00:07:18	7	0:00:20
Nigel	Newberry	0:09:17	0:45:30	0:08:30	00:53:42	00:45:12	00:09:37	8	0:00:18
Nigel	Key	0:07:58	0:39:00	0:15:00	00:53:56	00:38:56	00:08:17	9	0:00:04
Sarah	Frost	0:07:04	0:34:40	0:19:20	00:54:15	00:34:36	00:07:22	10	0:00:04
Derek	Boles	0:08:10	0:40:00	0:14:00	00:54:15	00:40:15	00:08:34	11	0:00:15
Simon	Land	0:06:13	0:30:30	0:23:30	00:54:38	00:31:08	00:06:37	12	0:00:38
Ed	Stahl	0:05:49	0:28:30	0:25:30	00:54:41	00:29:11	00:06:13	13	0:00:41
Jim	White	0:09:17	0:45:30	0:08:30	00:55:17	00:46:47	00:09:57	14	0:01:17
Mike	Pearce	0:05:55	0:29:00	0:25:00	00:56:01	00:31:01	00:06:36	15	0:02:01
Richard	Gardiner	0:06:13	0:30:30	0:23:30	00:56:58	00:33:28	00:07:07	16	0:02:58
Tim	Irish	0:06:44	0:33:00	0:21:00	00:57:27	00:36:27	00:07:45	17	0:03:27
Tom	Priest	0:05:58	0:29:15	0:24:45	00:57:27	00:32:42	00:06:57	18	0:03:27
Ian	Wickens	0:08:10	0:40:00	0:14:00	00:57:58	00:43:58	00:09:21	19	0:03:58
Tony	Gordon	0:07:58	0:39:00	0:15:00	00:58:10	00:43:10	00:09:11	20	0:04:10
Tracy	Symes	0:10:12	0:50:00	0:04:00	00:58:10	00:54:10	00:11:31	21	0:04:10

And obviously a big thank you to Ed for setting all our predicting times and for marking out the course before hand so we don't get lost. What a baptism of fire for the new Cap'n!



## Club Membership

So far we have 78 of you who have resigned up and we thank you kindly for doing so! That still leaves around 30 to go.....

There will be a cut off point at some point so try and catch up with Derek to let him have your nominal subscription fee.



## Upcoming Events....

This Wednesday night is the second Yeovilton 5k of the year. This takes place at RNAS Yeovilton, with the race getting underway at 7.15pm. This usually see's a good turnout from club members.

## Black Death Run – Sunday 13<sup>th</sup> May

(A CRC Championship Event!)



Welcome to the Black Death Run, probably the toughest off road run in the Country, yet still very achievable for even a modest runner. It is estimated that less

than 3% of last years runners ran the entire course, most walked the steepest hills. So join the crowd, run when you can, walk when you cannot, and enjoy the fabulous surroundings that this private estate offers.

The race is now extended slightly to 10.5 miles and if you are not quite ready for the main event, join the 3 milers for a less challenging, but equally impressive run or walk. When you have finished the run, collected your t-shirt or medal (3 milers), enjoyed a shower (streams and lakes available!), what a party awaits. The Cotleigh bar will be selling local ales and there will be a wide range of good quality food on offer.

Forget the sandwiches, and bring the family for a date on the running calender not to be missed, there should be something for everyone

If you were involved in the Glastonbury 10k or the Hontion Hippo today I would love a race report from you!!



Just one (maybe 2??) birthdays for you this week

Chris Whitfield celebrates on Tuesday 8<sup>th</sup>!

I was reminded of another birthday at the Spring Handicap, but the memory gets a bit foggy when you get to my age, but I thought it was Ian Wickens on Thursday which doesn't match up with what I have on my birthday list! Ian if it is right then Happy Birthday!!

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



*Dates for your*

### May

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Wed 2 <sup>nd</sup>	Spring Handicap	South Petherton	6.30pm	See Newsletter
Sun 6 <sup>th</sup>	Glastonbury 10k	Glastonbury	TBC	<a href="http://www.glastonburyroadrun.info">www.glastonburyroadrun.info</a>

Sun 6 <sup>th</sup>	Honiton Hippo	Honiton	10.30am	<a href="http://www.honitonrc.com">www.honitonrc.com</a>
Sun 6 <sup>th</sup>	North Dorset Village Marathon	Sturminster Newton	8.30am	<a href="http://www.ndvm.co.cc">www.ndvm.co.cc</a>
Wed 9 <sup>th</sup>	Yeovilton 5k (2 of 6)	RNAS Yeovilton	7.15pm	<a href="http://www.yeoviltownrrc.com">www.yeoviltownrrc.com</a>
Sun 13 <sup>th</sup>	Black Death Run	Combe Sydenham	11.00am	<a href="http://www.theblackdeathrun.com">www.theblackdeathrun.com</a>
Sun 13 <sup>th</sup>	Jack n' Jill's Challenge	Midsomer Norton	11.00am	<a href="http://www.somerac.org.uk">www.somerac.org.uk</a>
Sun 20 <sup>th</sup>	Crewkerne 10k	Crewkerne	10.00am	<a href="http://www.crewkernerc.btck.co.uk">www.crewkernerc.btck.co.uk</a>
Sun 20 <sup>th</sup>	The Hard Way Round The Rock	Portland	10.00am	Portland Athletics Club
Thurs 24 <sup>th</sup>	Tyntesfield 10k	Tyntesfield House	7.00pm	<a href="http://www.nailsearunningclub.org.uk">www.nailsearunningclub.org.uk</a>
Sun 27 <sup>th</sup>	Run In The Wild	Cricket St Thomas	TBC	<a href="http://www.chardrunningclub.btck.co.uk">www.chardrunningclub.btck.co.uk</a>

## June

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sat 2 <sup>nd</sup>	Egdon Easy	Weymouth	7.00pm	<a href="http://www.egdonheathharriers.com">www.egdonheathharriers.com</a>
Sun 10 <sup>th</sup>	Ninesprings 9k	Yeovil	11.00am	<a href="http://www.yeoviltownrrc.com">www.yeoviltownrrc.com</a>
Wed 13 <sup>th</sup>	Yeovilton 5k (Race 3 of 5)	RNAS Yeovilton	7.15pm	<a href="http://www.yeoviltownrrc.com">www.yeoviltownrrc.com</a>
Sun 17 <sup>th</sup>	Martock 10k	Martock	10.00am	<a href="http://www.totalbuzzevents.com">www.totalbuzzevents.com</a>
Sun 17 <sup>th</sup>	Cheddar Gorge 10k	Cheddar	11.00am	<a href="http://www.relishrunningraces.com">www.relishrunningraces.com</a>
Thurs 21 <sup>st</sup>	Forde Abbey 10k	Forde Abbey	TBC	<a href="http://www.nutshelloutdoors.co.uk">www.nutshelloutdoors.co.uk</a>
Thurs 28 <sup>th</sup>	Ash Town Tree Trail Race	Ash	7.00pm	<a href="http://www.yeoviltownrrc.com">www.yeoviltownrrc.com</a>

## July

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sun 1 <sup>st</sup>	Portland 10	Portland	10.30am	<a href="http://www.rmpac.co.uk">www.rmpac.co.uk</a>
Wed 4 <sup>th</sup>	Tin Tin Ten	Tintinhull	7.00pm	<a href="http://www.chardrunningclub.btck.co.uk">www.chardrunningclub.btck.co.uk</a>
Sat	Charmouth Challenge	Charmouth	2.30pm	<a href="http://www.charmouthchallenge.co.uk">www.charmouthchallenge.co.uk</a>

7 <sup>th</sup>				
Sun 8 <sup>th</sup>	Wellington 10m & 10k	Wellington	10.30am	<a href="http://www.thewellingtonten.co.uk">www.thewellingtonten.co.uk</a>
Sun 8 <sup>th</sup>	Quantock Beast	Fyne Court	11.00am	<a href="http://www.quantockharriers.co.uk">www.quantockharriers.co.uk</a>
Sun 8 <sup>th</sup>	Cheddar Gorge 5k, 10k Half Marathon	Cheddar	11.00am	<a href="http://www.relishrunningraces.com">www.relishrunningraces.com</a>
Wed 11 <sup>th</sup>	Yeovilton 5k (Race 4 of 6)	RNAS Yeovilton	7.15pm	<a href="http://www.yeoviltownrrc.com">www.yeoviltownrrc.com</a>
Sat 14 <sup>th</sup>	Swanage Half Marathon	Swanage	TBC	<a href="http://www.swanagecarnival.com">www.swanagecarnival.com</a>
Sun 29 <sup>th</sup>	North Dorset Half Marathon	Sturminster Newton	10.30am	<a href="http://www.sturhalf.co.uk">www.sturhalf.co.uk</a>

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

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