

CREWKERNE RUNNING CLUB

Newsletter

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

Issue no. 32 Sunday 7th August 2011

Dear Fellow Runners

[Haselbury Trail](#)

Last Wednesday saw another very successful CRC event take place. Great weather, great turnout, great atmosphere, and great big smiles!



Vanina Cooper in her first ever race!

The weather always seems to be on our side for the Haselbury Trail, and this year was no exception, with blue sky and sunshine blessing the race.



CRC runners grouped together at the start discussing the race ahead

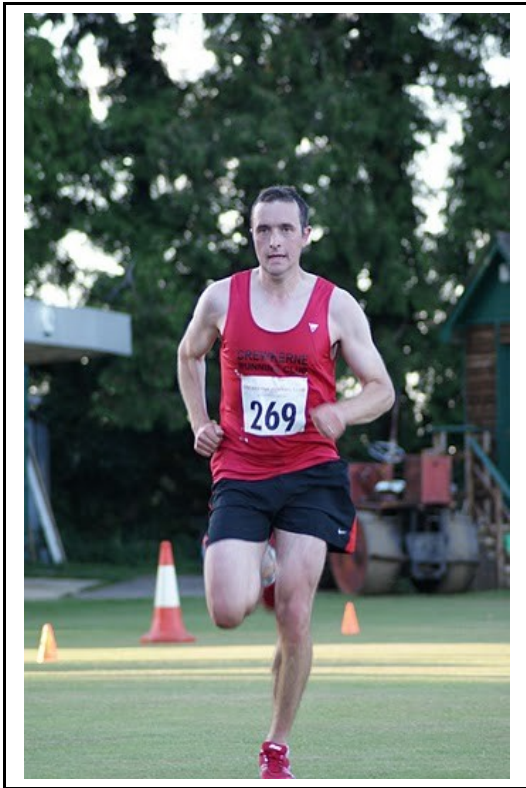
168 runners finished the race, which consisted of a two-lap route around the fields around North Perrott.

The race was won by Steven Bayton of University of Sheffield who ripped the course record apart – finishing in 36.03!

There were 16 of our CRC runners out in force, and all did brilliantly well – notably Ed Stahl whose hard work and training clearly paid off, finishing home in 4th with a time of 38.56! Well done Ed!

A big well done also to Bridget Schneiders who took home the Female Vet 45+ category, and to Vanina Cooper who took part in her first ever running race!

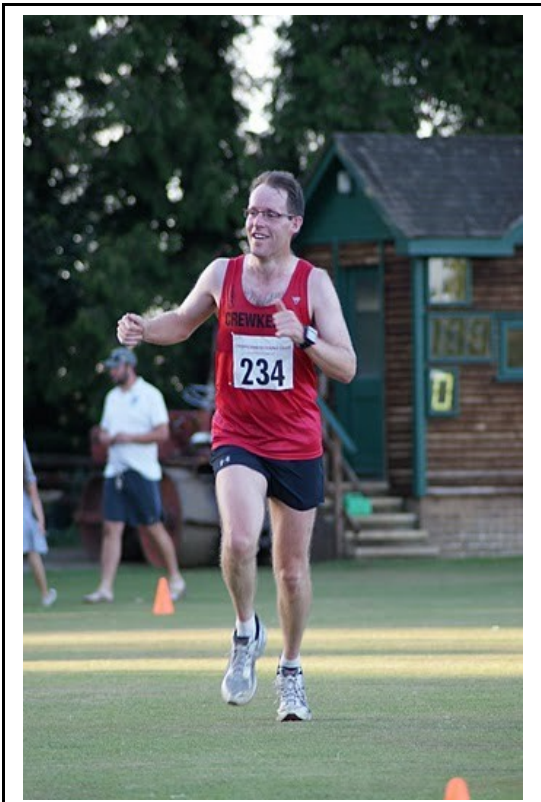
A big congratulations to all CRC runners who took part!



Ed Stahl



Mike Pearce



Nick Sale



Tom Baker



Matt Bryant



Downhill Dave



Roger Still



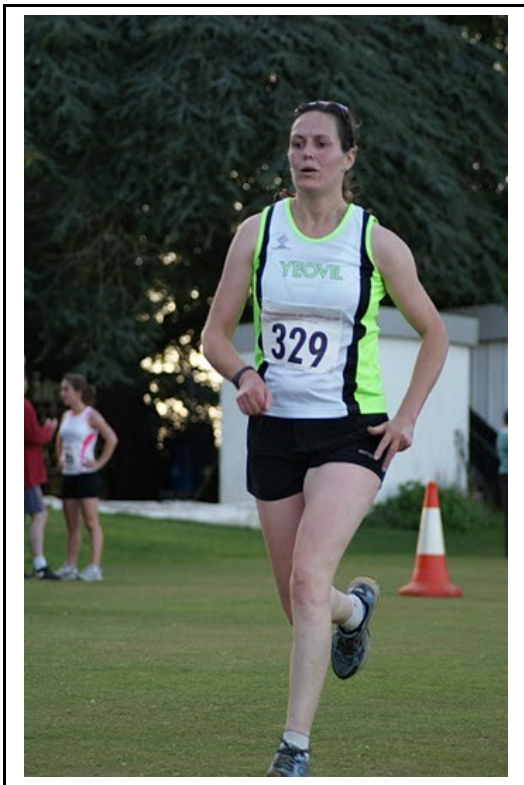
Richard Caile



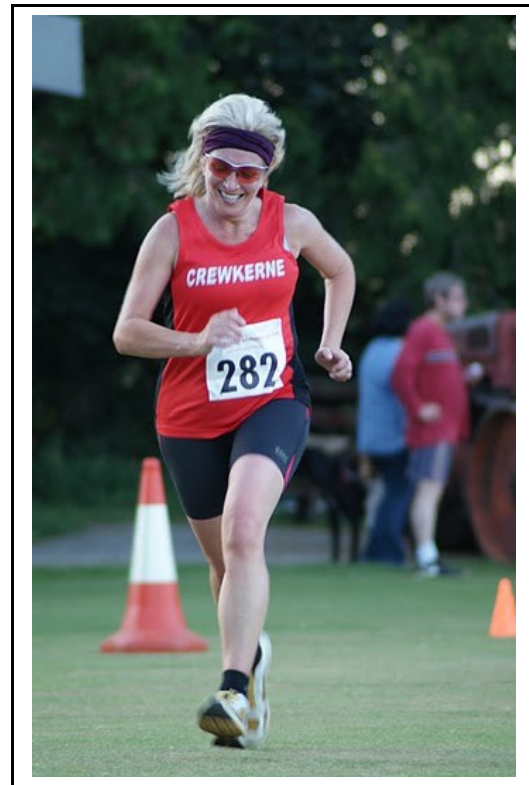
Rachel Green



Bridget Schneiders



Rachel Hayton



Linda Still



Ginnette Briggs



Gary Swain

Results

1st	Steven Bayton	36.03
4th	Ed Stahl	38.56
11th	Mike Pearce	41.56
13th	Nick Sale	42.29
20th	Tom Baker	43.41
38th	Matt Bryant	46.58
57th	Downhill Dave	49.57
62th	Roger Still	50.16
64th	Richard Caile	50.54
72th	Rachel Green	52.18
75th	Bridget Schneiders	53.01
77th	Rachel Hayton	53.15
96th	Linda Still	56.46
110th	Ginnette Briggs	59.27
126th	Vanina Cooper	1.02.12
168	Gary Swain	1.20.40

So a big thank you to all those who took part in the event, all who gave up their time to marshall, Jim White & Simon Sheldon for sweeping, those who helped with car parking, setting up & recording times, also to North Perrott Cricket Club for the venue, bar and BBQ – and of course to Derek for organizing the whole event!

For lots more pictures, full results (including junior races), go to www.haselburytrail.btck.co.uk where Derek has put a comprehensive report of all you need to know!

Just before we finish on the Haselbury Trail, a quick pic of Tracy Symes who was presented with the coveted shield for winning the Spring Handicap this year!



Spring Handicap 2011 Winner – Tracy Symes



PUB RUN THIS WEEK!!

Remember that this week we have a pub run on Thursday from Dinnington Docks!

This is always a popular run with members and always very good eats & drinks afterwards!

Run starts at 6.30pm as usual at the Docks. Food is usually pre-ordered so get there a little earlier to go through the menu & make your choices!

Hope to see lots of Thursday night regulars there. Remember you don't have to stay for food, we would love to see you just for the run regardless!



A view from the rear of the Eddy Merck Gran Fondo event 31st July 2011 by Debbie Cole

I did actually cross the finish line just 3 minutes after Les Thomas! Okay Okay, so I did the 64 mile route, Les did the 100 mile route !

I always feel anxious at the start of events so after giving my son a pep talk on the start line (accepted graciously with a 'L' sign and a 'catch you on the flip side Mother') I started as I meant to go on, nice and steady. The roads were familiar until West Bay when we headed out on the coast road into a refreshing head wind. Abbotsbury Hill was a treat – someone needs to put a cable car on that sucker! Shortly afterwards I spied two Chard Wheelers jerseys in the distance so rode hard to close the gap and gave them my best 'Hello Boys' when I caught up – it didn't have the same effect as when Eva Herzigova said it, maybe due to my purple cheeks, dripping sweat and general dishevelled appearance ???

The half way point came with a hearty cheer knowing it was all down hill from here on!!! Who was I kidding, there was loads of hills still to go. My son was at the feed stop, after having put the hammer down hard before bombing out at 30 miles. I rode with Mike for a bit, doing the motherly thing checking he was ok before I dropped him to let him limp home with another rider – no Mum of the Year nomination for me again!

The hills went on one after the other and why put a photographer half way up each one – how cruel one thinks!

I don't remember the route particularly; just that it was scenic and hilly and I finished in 5 hours and 44 minutes. Eventually the longed for home straight back to Cricket St Thomas was in sight. The weather was glorious and the company was brilliant. I talked to lots of people albeit in short bursts whilst I gasped for air! A very well organised event with excellent support and a 8/10 for the goody bag . A definite for next years calendar.

and suffice to say - we did France, I have not written anything as there is a blog at www.bigbirdrunsagain.wordpress.com if anyone wants to see photos and news

about the trip, also a big thank you to everyone who sponsored us. £900 has been raised so far for the British Heart Foundation.

Best Wishes

Debbie



Tuesday Night Speed Sessions

Just wanted to say a quick word about our Tuesday Night Sessions. Can I highly recommend to all members the quality of this session. Ed Stahl sort of plans the evening for us with various speed/interval routines. I went for the first time this week and it was a really good, fun session. Yes it is quite hard and intense, but it is very beneficial!

Runners of all abilities can take part so don't be put off by thinking it's only for faster runners! Its very good whatever your level! Meet at Lidl's at the usual time and we head up to Wadham playing fields to start.



A word from Clive....

To keep up our record of seaside runs, Steve Sharon Elaine Rachael and yours truly went to Beer head. Met with Sarah in the car park. Non runners went down into the town leaving the 4 of us to run part of the Grizzly Cub

route to Branscombe. Turned left and ran along the beach to where there is a footpath taking you to the top of the cliffs. This is a really hard section. Back to the car park over undulating ground. Sarah had to leave which left the 5 of us to go into a pub in Seaton for a meal and pint.

Mondays run 9th August will be at Weymouth. Meet in the car park at Radipole Lake. Give me a call to verify where it is if you are unsure and are coming to join us. Will leave around 6.30pm. The route will be up to the esplanade and over to Preston, turn and come back. Will be going into Yates for another bargain meal.



New Member

Another new member to introduce you to this week. Anthony Honeyball has run with us a few times, having been brought along by Rachel Green. Wonderful to see so many new faces! Welcome!



Upcoming Events.....

This coming Wednesday is Race 5 in the Yeovilton 5k Series. Based at RNAS Yeovilton – the race starts at 7.15pm. Good luck to all taking part!

!! Grizzly update by Garry Parrett at Axe Valley Runners !!

Dear all,

Grizzly entries are expected to open on the evening of Friday 16th September and to fill up quickly. The date will be confirmed on our website during the first week of September. The Grizzly will be the usual 20ish miles (probably nearly 21), the Cub Run no more than 10, and Saturday's Junior Grizzly & Fun Run the same 4K & 2K routes of this year.

There should be four entry options:

1. Fully-online (enter online & pay by card online).
2. Enter online but pay by cheque (complete an online form then post a cheque).
3. Fully offline (download hardcopy form and post with a cheque).
4. Spreadsheet for large group entries (email the spreadsheet then post a cheque).

The spreadsheet template is now available from the Grizzly race page so that groups can begin gathering the required information but IT MUST NOT BE SUBMITTED UNTIL ENTRIES ARE ANNOUNCED AS OPEN!!!

If you want some more off-road joy in the meantime, our next race is High Ways and Sky Ways on Sunday 11th September. 8, 12 or 17 miles of very scenic self-nav (a route description is provided) from Charmouth with post-race refreshments.

Then the Yarcombe Yomp on Saturday 20th Nov, 5 or 10 miles of (almost) all off-road running, and the BBC Children in Need Colyton Fiver on Sunday 20th Nov, our only road race.

Details of all are on our website.

Garry

Castle Cary 10k – 16th Oct 2011

This is the first running of this tough multi terrain event. It is being organised by Total Buzz Events who put on the Yeovil Half Marathon earlier in the year.

The tough undulating route sees you take in some breathe taking scenery, including views of Glastonbury Tor, King Alfred's Tower and Bruton Dovecote.

Finishers medals and age group prizes

Junior 1k Fun Run

There will also be a number of activities taking place throughout the morning including, Buncy Castle, gym challenges, racquet sports, Wii, Xbox & PS3 (small charge applies)

Refreshment available



Please Note –

Sadly there will be no newsletter for the next two weeks

On Saturday I leave and head up North for my John O’Groats to Lands End bike ride. Starting on Monday, I plan to ride for 11 days covering 950 miles, arriving in Lands End on Thursday 25th August.

I am trying to raise funds for the Yeovil branch of Samaritans. If anyone would like to make a donation, or to learn more about why I am riding for them and the work that they do, please visit my Just Giving site - www.justgiving.com/simonland

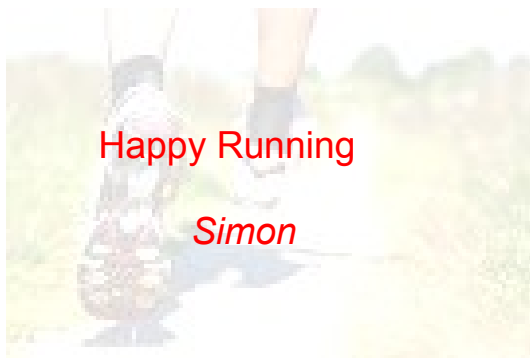
Please continue to send any information you want included in the newsletter as per usual, and I will go in the first Sunday after I get back – assuming I make it that is!



[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 Lidl's car park at 9.30am.



Dates for your

August

Date	Event	Location	Time	Website
Wed 10 th	Yeovilton 5k (Race 5)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Thurs 11 th	Pub Run Dinnington Docks	Dinnington	6.30pm	See Newsletter
Sat 13 th	Maiden 'Newten' Madness	Maiden Newton	7.00pm	www.freewebs.com/ maidennewtonrunningclub/
Sun 28 th	Langport 10k	Langport	11.00am	www.langportrunners.co.uk
Sun 28 th	Guernsey Marathon	Guernsey	TBA	www.guernseymarathon.gg

September

Date	Event	Location	Time	Website
Sun 4 th	Ash Excellent 8	Ash School	11.00am	www.yeoviltownrrc.com
Sat 10 th	SLAMM Marathon & Half Marathon	Langport	??	www.langportrunners.co.uk
Sun 11 th	Kamikaze Run	Mapperton	9.30am	www.votwo.co.uk
Sun 11 th	Shepton Beauchamp 10k	Shepton Beauchamp	TBA	www.sheptonbeauchamp.org.uk
Wed 14 th	Yeovilton 5k (Race 6)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Sun 18 th	King Alfreds Torment	Stourhead	11.00am	www.yeoviltownrrc.com
Sun 18 th	Langport Triathalon	Langport	TBA	www.langport-tri.co.uk
Sun 25 th	Taunton 10k	Taunton	TBA	www.taunton10k.co.uk
Sun 25 th	New Forest Marathon & Half Marathon	New Milton	9.30 am	www.nfma.org.uk

October

Date	Event	Location	Time	Website
Sun 2 nd	Burnham-on-Sea Half Marathon	Burham -on-Sea	11.00am	www.burnham-on-sea-harriers.com
Sun 9 th	Gold Hill Run	Shaftesbury	11.00am	www.gillinghamtrotters.talktalk.net
Sun 9 th	Mendip Muddle 12.5m	Charterhouse	11.00am	www.westonac.co.uk
Sat 15 th	Parrett Trail Relay	Various River Parrott	9.00am	www.crewkernerc.btck.co.uk

Sun 16 th	Castle Cary 10k	Castle Cary	10.00am	www.totalbuzzevents.com
Sun 16 th	Dartmoor Vale 10k, Half & Marathon	Newton Abbott	9.00am	www.dmvmarathon.org.uk
Sun 23 rd	Exmoor Stagger & Stumble	Minehead	TBA	www.mineheadrunningclub.co.uk
Sun 30 th	The Stickler	Shillingstone	10.30am	www.dorsetdoddlers.org

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

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