

CREWKERNE RUNNING CLUB

Newsletter

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www.crewkernerc.btck.co.uk

Dear Runners,

HOT OFF THE PRESS!!!



MEMBERS of Crewkerne Running Club prepare for the start of the Chard Flyer 10k 2012.

Well I think I need to say what a fantastic sight I was greeted with on Thursday night! No it wasn't only Linda & Vanina's fashionable new headwear, it was the 30 runners that turned up to run on the night!

I'm not sure what the reason was. The guilt of Christmas excess?? Maybe?? But whatever it was it was so great to say such a massive turn out, and so many new faces as well! What a fab way to start the year!



Chard Flyer Race Report from Derek Boles

New Years Day started off looking good so I decided to go for the second Chard Flyer 10K race.

Many years ago Chard Running Club organised a 10K race on new years day and the newly formed Crewkerne Running Club members would turn up mob handed for this. The 10K was revived last year with a totally different course. The new course is varied and enjoyable despite the long drag of a hill at approximately the halfway point.

The 11:00 start was very civilised so I set out and picked Tim Hoyle up on the way. The race HQ, and the finish, is at the newly renovated Chard Cricket Club where there are great facilities. After getting our numbers and doing a bit of 'happy new yearing' we headed out for the start which is nowhere near the race HQ! In fact we walked across Chard to the Stringfellow Park near the Tesco roundabout.



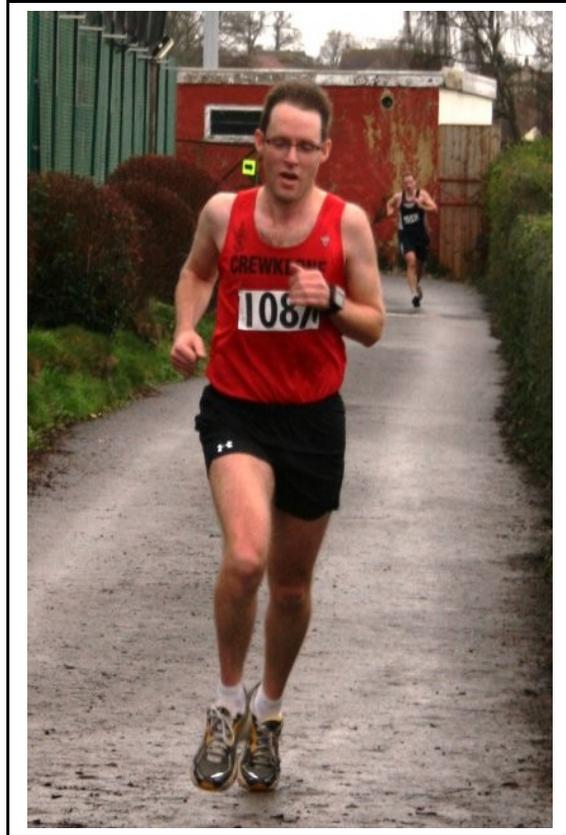
Nice start with a couple of flat miles through the park and along the cycle/running track towards Ilminster. We then turned off and up some steps to a rural lane which took us on a climb for over a mile. This climb varied from gentle to not so gentle and I think everyone was glad to reach the summit and start down again. After about another mile we left the road again and entered the parkland surrounding Chard reservoir. This section was nice and flat but very twisty and quite slippery underfoot. Eventually we were back among the houses and about a half-mile drag up to the finish at the cricket club.

All told a great way to start the year. I managed to knock about 1.5 minutes off last years time and Nick Sale was very close to being in the silverware.

Interestingly we were told that the route had minimal marking and marshals but at no point did I feel in any doubt as to where we should go.

Results for CRC:-

4 th	Nick Sale	39:54 (6 th last year in 39:00)
21 st	Dave Carnell	44:58
68 th	Derek Boles	53:59 (42 nd last year in 55:35)
81 st	Nigel Newberry	59:21
85 th	Adrian East	60:52
86 th	Tim Hoyle	61:



Boxing Dave Pram Race

The Boxing Day Pram race was another success this year with CRC's Nick Sale and his team taking victory!

Despite starting right at the back of the pack, Team Sale slowly made their way through, as the crowds cheered on from the sidelines



They made their way to the front, throwing sweets to children as they went, before crossing the line, exhausted but looking fabulous!



Nick can be identified as the guy with long black hair and stylish brown shirt – think I preferred the dress Nick!



Right sit down and strap yourselves in! Top man Andy Parsons has at last got round to filling his race report from the Dublin Half Marathon! Maybe the Guinness taken on board has only just worn off!

Dublin Half Marathon – 17th September 2011



What Guinness does to a normally-sane person...!

This year's race for me was an excuse for a weekend away with our friends Ann & Brian Thorne. The plan had been for Ann to run as well, but she jibbed (he-he) and I went it alone.

I harked back to the glory days in 2007 when Clive and I tussled over the first mile on my last visit to Dublin. I actually had Clive on the ropes for about thirty seconds then. But this year was going to be a different story.

I hadn't done much running during the year, and had spent a fortnight in Mallorca a few weeks before with far too much tapas and cerveza for my own good. Anyway, I buckled down and got some serious training miles in over a three week period, mainly because I didn't want to embarrass myself after the 2007 result of 1.26 something.

I would have been happy with anything sub 1.45!

The race is a nice one to do, it's actually held on the Saturday, so we flew over on the Friday morning, and had all day to enjoy the craic, as they call it. Woke early on the Saturday and made our way to the event location at Phoenix Park. The route was different from my previous run, and it was bloody windy. Although the rain managed to hold off.

Hung around at the start line for what seemed like ages, before the gun went off. Mmm, thirteen point something miles of hurt and pain.

Only it didn't, which was nice. Managed to find a comfortable pace and (perhaps more surprisingly) managed to hold it through ten and into eleven miles. Checked my watch and was well ahead of my schedule, so decided to go for broke and crank it up a bit for the last two.

Upped pace from 7.30/mile to 6.45/mile and held it, even when the final half mile to the finish went up hill.

Crossed line in 1.36 and a bit, which I was more than happy with, although the event t-shirt was an awful pale blue colour, so it's now used to polish the love-bus!!



Still smiling, obviously not pushing hard enough...!

The best thing about Dublin being held on a Saturday is that you can then enjoy the Saturday night and have Sunday to mooch about, so we did!

The hotel we stayed at was nice, although there was a big Irish football match on over the weekend and you couldn't move for supporters. I think they finally knocked it on the head at about 4.30am on the Sunday morning!!!

Other than a very windy and turbulent flight which led to a particularly 'challenging' landing on Sunday evening at Bristol it was a cracking weekend, and to be recommended.



New Members

Two new members to welcome to the ranks this week! Karen Caile and Steve Harpur joined us over Christmas, and I'm sure we are all looking forward to meeting them both soon, though I know Steve has been running with us for a little while.



Tuesday Time Trial

The Tuesday Time Trial from Merriott was another success last week. I'm not sure on the final numbers but I expect there was around 15 of us taking part. Some fantastic performances were put in, and I believe it was Linda Still who was first over line!



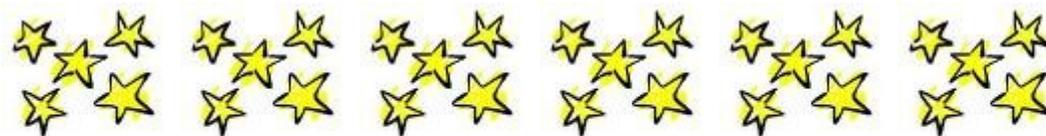
Upcoming Events...

This coming Wednesday is the Street 5k race starting at 7.30pm. Good luck to all members taking part!

Oh My Obelisk!!

Sunday 15th January

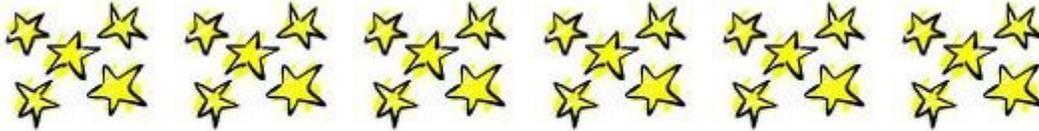
10 country miles from Dawlish Leisure Centre to the Obelisk monument in Haldon Forest and back. Mostly run on green lanes, forest tracks and country lanes. Can be hilly and muddy!



Two birthdays to bring to your attention!

Nigel Newbery celebrated his birthday yesterday and our resident member in Kent, Rupert McLeod, has his on Tuesday!

Many Happy Returns to you both!



[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 is from the car park at Lidl's, leaving at 9.30am

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



Happy Running

Simon



Dates for your

January

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
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	www.honitonrc.com
Sun 29 th	CRC Charmouth Run	Crewkerne to Charmouth	9.00am	See Newsletter
Sun 29 th	Hestercombe Humdinger	Hestercombe, Taunton	10.30am	www.thehestercombehumdinger.co.uk

February

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sun 5 th	Blackmore Vale Half Marathon	Bishops Caundle	11.00am	www.bvlions.yolasite.com
Sun 5 th	Longleat 10k	Longleat	10.00am	www.209events.com
Wed	Street 5k Series	Street	7.30pm	www.wellscityharriers.org.uk

8 th	(Race 5)			
Sun 12 th	Exeter Half Marathon	Exeter	9.30am	www.ironbridgerunnerevents.co.uk
Sun 12 th	The Wiltshire 10m	Melksham	10.00am	www.stampedesports.co.uk
Sun 19 th	Tough Ten Challenge	Weston-super-mare	11.00am	www.toughten.co.uk
Sun 19 th	Lytchett Manor 10	Lytchitt Minster, Nr Poole	10.30am	www.lytchettmanorstriders.org
Sun 26 th	Slay The Dragon	Hinton St George	10.30am	www.slaythedragon.co.uk
Sun 26 th	CRC West Bay Run	Crewkerne to Wset Bay	9.00am	See Newsletter

March

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sun 4 th TBC	Combe St Nicholas 10k	Combe St Nicholas	TBC	www.combestnicholasprimary.co.uk
Sun 4 th	Bideford Half Marathon	Bideford	10.30am	www.bidefordaac.co.uk
Sun 11 th	Bath Half Marathon	Bath	TBC	www.bathhalf.co.uk
Sun 11 th	Great Western 10k	Leweston School	11.00am	www.rotarygreatwestern.co.uk
Sun 11 th	The Grizzly	Seaton	10.30am	www.axevalleyrunners.org.uk
Sun 11 th	City of Salisbury 10m	Salisbury	10.30am	www.salisbury-arc.org
Wed 14 th	Street 5k Series (Final Race)	Street	7.30pm	www.wellscityharriers.org.uk
Sat 24 th	Nightrunner	Beer	7.10pm	www.axevalleyrunners.org.uk
Sun 25 th	Yeovil Half Marathon	Yeovil	9.00am	www.totalbuzzevents.com

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

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