

# CREWKERNE RUNNING CLUB

## Newsletter

Issue no. 63 Sunday 8<sup>th</sup> April 2012

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

*Dear Runners,*



Jacko at the Yeovil Half Marathon!

## Taunton Half Marathon Race Report from Tim Hoyle

Well I made it to Taunton on my last few drops of diesel, refusing to panic buy earlier in the week seemed like a good idea at the time. I eventually found the venue and parked up at the back of Somerset College of Arts and Technology (SCAT). After leaving my bag at the sports hall I made my way to the start. Here I met the Chard Running club gathering for a group photo, so I volunteered to take a few snaps for them.

Time for the starting line up. I picked a spot quite far back, as I wasn't expecting a quick time, secretly harbouring thoughts of doing it in two hours. After a few minutes of waiting and nervous chat we were off. The weather was pleasant, sunny and not warm, or so I thought!

It was certainly encouraging to see and hear plenty of supporters lining the streets of Taunton. Running through the normally traffic congested streets of the town centre is a novel experience.

After a couple of miles, having warmed up and settled in to the run I picked a few candidates from a rival running club and decided to try and maintain their pace for the next few miles.

That's when things started to get warm! At mile six enough was enough and off came the tee-shirt and back on with my CRC running vest. The next few miles were pleasant out in the countryside, with occasional water stops, sponge stations and supportive spectators offering plates laden with jelly babies.

There's a short uphill section into a village on a hill, I'm not sure where it is, however the spectators at the top of the hill really helped to keep me moving. From this point on I was pleasantly surprised to be overtaking a few tired looking runners.

I had been warned about the uphill bit at mile eleven, but that still didn't make it any easier. I had to stop running and walk for a minute. Running again, feeling annoyed with myself, I was encouraged to be catching up with runners I was previously following, obviously they were suffering the hill too! Things level out from here on. It's a left turn into the houses and a mile or so to the finish. Pushing on, I realised that I couldn't make it under two hours but I could certainly beat my 2 hours 8 minutes 03 seconds from the previous week at the Yeovil half.

Finally SCAT was in sight, right foot aching now, just a bit more to go. Two hundred meters, then one hundred. I was drawing level with the runner in front of me ! He turned to look at me, a moments hesitation and then he said "COME ON !" with that something kicked in. We were flying or so it seemed, the last fifty meters were a bit of a blur. We crossed the finish line, race over in 2 hours 04 minutes 46 seconds. Gasping

for a drink we queued to proceed through the finish line marquis to collect a banana, tee-shirt and medal.

It's a great event and well organised, with nice a course of pleasant varying scenery. Next time I'll think twice about doing two half marathons in the space of a week.



## A word from Hon Sec Martin Cook

Hi All

Just another reminder that club subs are now due. I know Derek has been pestering via the news letter. We will accept Cheques or BACS transfers £10 or £15

1. Out of the over 100 members we had last financial year we currently have 36 paid up members (out of these 1 is an Hon member and 9 are brand new members!).
2. Thanks to those who have paid, if you paid the £15.00 fee then you should have your EA registration for 2012/2013 renewed on the system. The new members have been Emailed their registration numbers.
3. We do still need the details of the following new members, so if you see them out running can you remind them, without these details we are unable to add them to the newsletter, sort out club vests and register them on the EA site( for their Competition license number).

Mark Bradley  
Theresa Bradley  
Simon Shackleford  
Martin Pattermore  
Michael Cable

4. Also if any of your details have changed then please let us know so we can keep up to date particularly Email addresses.
5. If you are registered with EA it is possible for you to access the information stored on their site, I tend to only enter the basics (address and Email) and un tick all the info boxes so you should not get lots of spam. Two aspects you may want to modify which from our membership forms we do not ask are;  
Title IE MR, Miss, Ms or Mrs If I am unsure I tend to put Ms for you ladies.  
The form also asks under what criteria do you qualify to compete in races in the area (Ie by Birth, forces or residences. This is only likely to affect you if you compete in County or national championships or for

record times. I have to put something in this field so I default at by Birth. If these are not correct you should be able to view the details yourself.

Regards

Martin Cook Hon Sec



## *The Great Club Time Trial Face-Off by Andy Parsons*

Wednesday's club Time Trial for April this year was run in the clockwise direction, with the starts and finishes as before but now acting as the finish and start. I know what I mean!

Anyway, Steve Daiper and myself had enjoyed a little tussle during the March TT that was run in the anti-clockwise direction. We both started together having put down a very generous time of about 36 minutes from memory (!).

Off we went in March with Steve setting a blistering pace and me huffing and puffing to get into a rhythm. Luckily, I found my second wind and kept up with him until the road by the timber yard, where I managed to pull a little gap out on him.

The gloves were off and I sensed Steve breathing down my neck all the way to the start line. Bugger, that last mile was quick, but I held him off and finished a number of seconds ahead.

### REMATCH TIME!

The rematch was booked for April's TT last Wednesday, and there was a lot of pressure to perform (mainly resulting from gentle joshing and coaxing from fellow club members, cheers to Tim Irish, Rich Gardiner, Adam Loder and who else but Clive.

This time though, Steve played the canny game and waited until I had guesstimated my time prediction. I divulged my time to Ed and it was committed to paper. This, in hindsight, was a schoolboy error, because it gave Steve carte-blanche to predict whatever time he liked. I put down for 32.15, and he put down 33 dead. So, he had a 45 second cushion on me. Swine!

The allotted time came and Steve, Rich, Adam and Clive went off up Morland Road like scalded cats. That 45 second wait seemed to take forever, until Ed let me go.

The hunt was on. I caught Emily fairly quickly but couldn't see the bunch sprint. As I got to the crossroads I found Clive jogging the wrong way.

He cheerily stated;

"I've given them a bit of help for the first mile!"

Git.

I carried on and caught Rich in Hinton (who was suffering with what looked like cramp). I ran through the village and caught Tim Irish along Merriott Road, to much encouragement from him.

I kept getting updates on Steve's progress as I overtook other runners;

"He's got stitch", "He keeps looking round for you", "His shoelace is coming undone". You get the picture.

Now I knew that we were downhill to the finish so I gave it everything all the way back. The last three miles were something like, 6.08, 6.05 and 5.58. Double-bugger!

As I came along past the old Swan Inn, I could see Steve, but just couldn't gain ground. He was flat-out, as I was!

Steve crossed the line in 29.45 (I think, apologies if the seconds aren't exactly right), and I crossed the line in 29.34.

Neither of us could talk for a minute or two as heart-rates slowly dropped and our breathing returned to normal.

I managed to pull back about 11 seconds on him, but it was hard work, and great fun.

Who needs to race to have a bit of competition!!

The Easter Bunny is next, and I understand Steve will be on the startline with a purpose! Clive is looking to do sub-38, so I might just have to stick with him for as long as my little legs can stick it.

The Face-Off continues.....



### A word from our dearly beloved Tracy Symes

As some of you are aware I'm running the Edinburgh marathon on the 27 May, I've decided to raise money for the Stroke Association following my husband's stroke a couple of years ago, I'd like to support this worthwhile cause. With this in mind I'm asking people to sponsor me with any amount they feel able to contribute. Please visit my just giving page at the link below.

<http://www.justgiving.com/Tracy-Symes2>

Thank you for your support. Tracy



### A word from Sarah Frost....

Nuffield health, Yeovil are holding a fun run approx 5 k. Thursday 12th at 5.45pm. It's all in aid of the 10 yr anniversary of the whole complex and the run is trying to raise money for St Margaret's hospice. Also why not make it fun by doing it in fancy dress.

The entry fee is just a donation towards the charity.

If your interested please contact Sarah at Nuffield health 01935 415633 to pre register. Or turn up on the night 30 mins before start. Please support!

# Nuffield Health

## Charity 5k Fun Run

Thursday 12<sup>th</sup> April

5.45pm

Raising funds for St Margaret's Hospice

Enter a team and why not make it fancy dress.

\*Sponsor forms available or make a donation on the night

**Call us to register 01935 415633**

**Or visit us at Yeovale Leisure park,  
Yeovil**

*Please help us raise money for charity*



## He's back with a vengeance – Tim Irish!!

Hope you are all well – thanks for the TT last night – great fun to be back with the RC boys & girls

Would email this to more but do not have access to emails – if you have Chris McDougall book then you will know who this guy is = Awesome

<http://www.bbc.co.uk/news/magazine-17600061>

Have a great Easter – see you all at the Blackdeath run?

Stay happy stay healthy

Tim



## This Wednesday

As Ed will be running in the Yeovilton 5k on Wednesday, he will not be running his usual Wednesday night speed session. He suggests that if anyone wants to do it they could run 6 x 3mins at 5k pace!

He also wants to remind runners to check for ticks when out running cross-country as he found one attached to his person this week after being out!



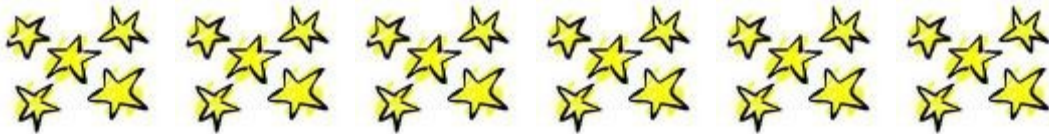


## Upcoming Events.....

Best of luck to all those entering the Easter Bunny and Yeovilton 5k this week.

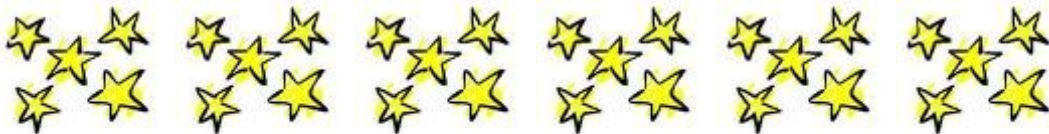
Especially to STEVE DIAPER who will definitely be running, and wont be wimping out just because he has to do battle with PC Parsons!!

That just leaves me to wish you all a very  
Happy Easter whatever you are doing!!



Only one birthday this week and that goes to Paula Jeffery who celebrates today!!

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.

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



*Dates for your*

## April

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Mon 9 <sup>th</sup>	Easter Bunny 10k	RNAS Yeovilton	10.00am	<a href="http://www.yeoviltownrrc.com">www.yeoviltownrrc.com</a>
Wed 11 <sup>th</sup>	Yeovilton 5k (1 of 6)	RNAS Yeovilton	7.15pm	<a href="http://www.yeoviltownrrc.com">www.yeoviltownrrc.com</a>

Sun 15 <sup>th</sup>	Pen Selwood 10k	Pen Selwood	11.00am	
Sun 22 <sup>nd</sup>	London Marathon	London		<a href="http://www.virginlondonmarathon.com">www.virginlondonmarathon.com</a>

## May

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
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	Ash Town Tree Trail Race	Ash	7.00pm	<a href="http://www.yeoviltownrrc.com">www.yeoviltownrrc.com</a>

28 <sup>th</sup>				
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Any events which are not on the diary, but you think should be, then  
let me know!

simon\_land87@yahoo.co.uk