

CREWKERNE RUNNING CLUB

Newsletter

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

Issue no. 20 Sunday 8th May 2011

Dear Fellow Runners



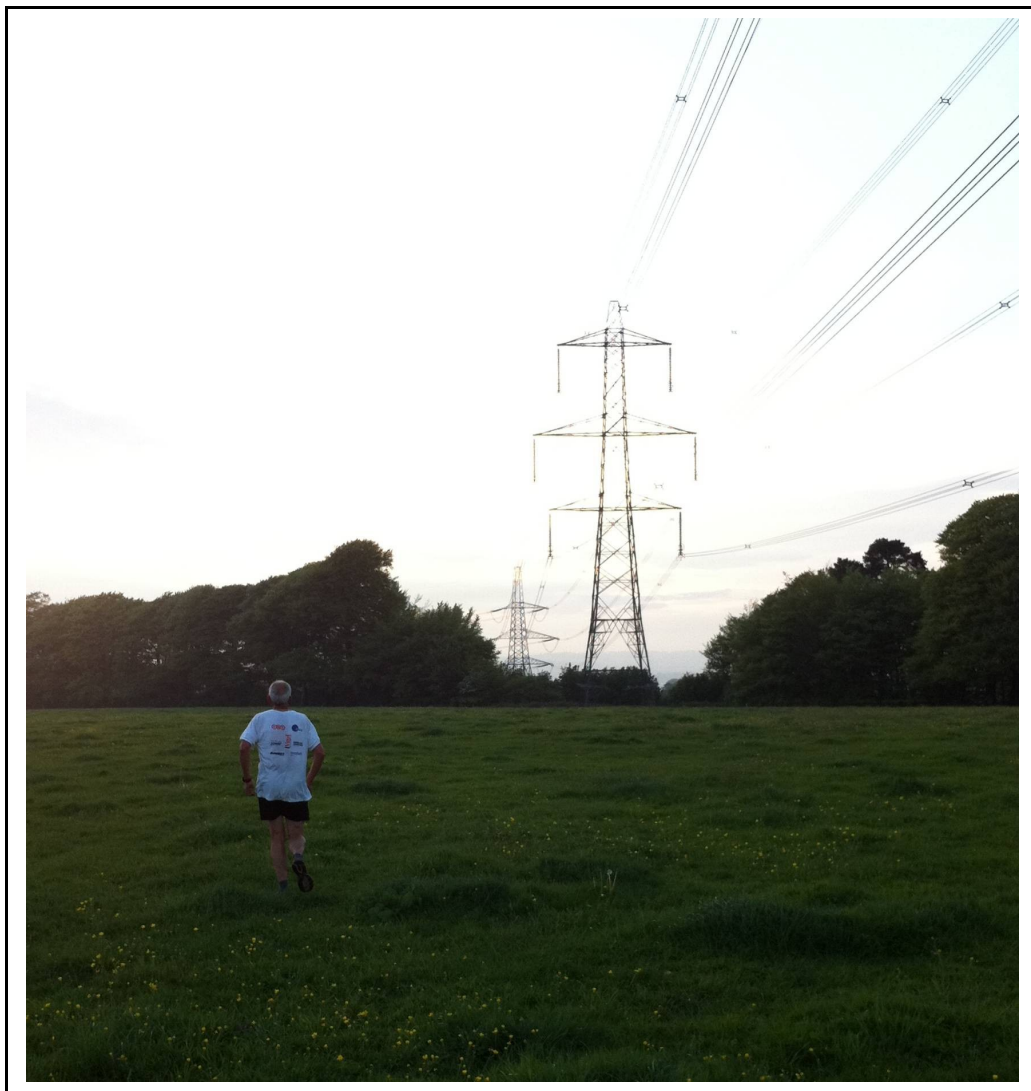
Club members heading down from Lambert's Castle on last week's
Thursday night Pub Run

Hawkchurch Pub Run Report from Clive Harwood

A group of the Thursday night runners met at the George at Hawkchurch for our annual cross country trek through the paths and woods.

Jim White our run leader did not let us down with an as ever excellent run with spectacular scenery, rolling hills and a little bit of mud although some were a little more covered than others. The group split up after crossing Lamberts Castle and headed back to get the food on its way. 4 of us went a little further.

Around 20 did the run with around 16 staying for a meal. Food was very good although Derek wished he had not asked for a child's portion as a joke. Fabulous run and thank you to Jim for organising.



Jim White (or Tony Gordon – I can't quite make it out?!)
enjoying the run in the evening sunshine

Thank you very much to Jim for organising this annual event from Hawkchurch.

I am told that once again it was a great success.

Thank you also to George Smith for supplying us with some great pictures!



Clive is back again with a write up from our lovely run this Sunday morning....

Although only 6 of us were at the club on Sunday we went over to North Perrott orchards xc and after Stuart , Tony and Derek left us for the shorter option Ben Simon and myself carried on to South Perrot.

Headed along the stream as we have done before going to Mosterton, but instead of turning right at the gate, we carried on to see where the track goes. What a pleasant surprise that was.

Avenue of trees, almost dry river bed (yeah right!!!), then field into Mosterton. Watched a deer hurry on and a sheep stood by its dead lamb that a fox had killed. Went up down Close lane and went left to West Farm and over to Seabourgh through the farmyard.

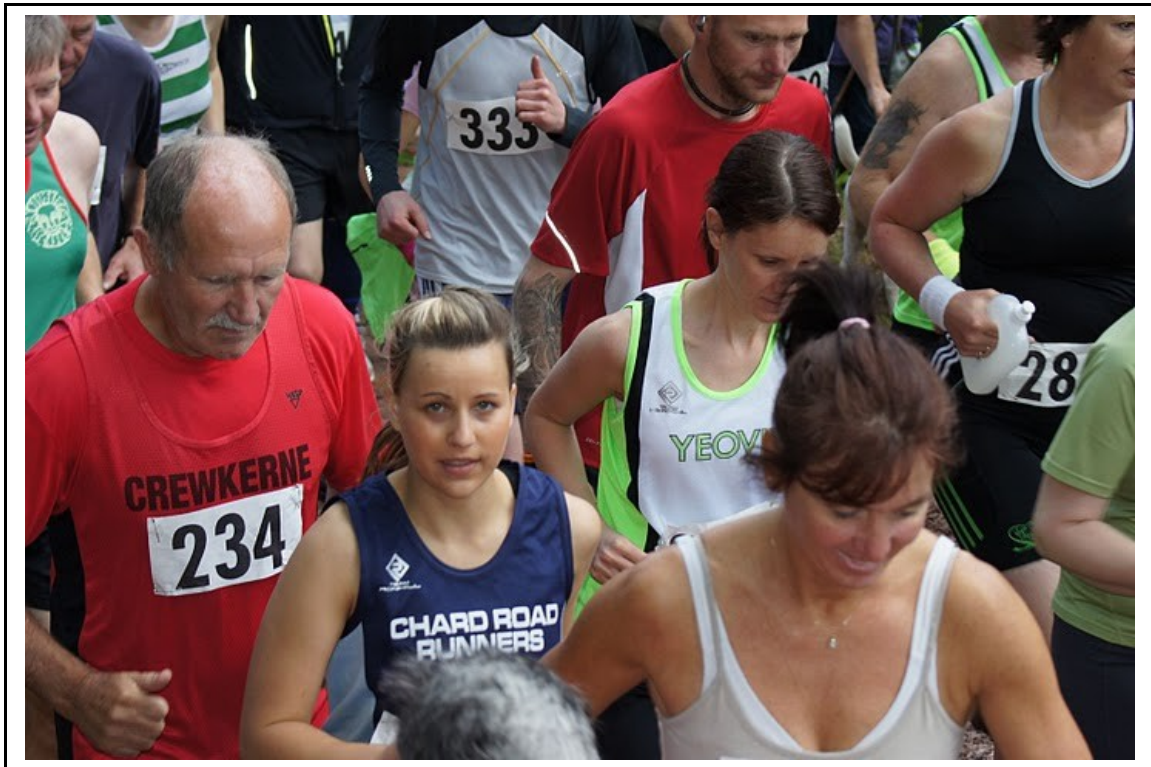
Headed back towards Misterton then went left across the fields, over the railway line and down through Millpond. Back up South Street to the car park. A lovely 10.4 mile run.



!! ATTENTION !!

Club Member spotted!

Covert undercover cameras have today spotted this club stalwart taking part in the 'Black Death Run' billed as *the* toughest 10 mile cross-country race around.



Hopefully Roger will grace us with one of his highly enjoyable Race Reports from the event today!

Just remember – you never know who may be watching!!



A message from Matthew Bryant

Saturday 9th July: All CRC members are invited to join me in my annual attempt to run my age in miles. This year it's a 37 mile run, beginning and ending in Haselbury. Start time 9:30am. Route still to be determined but the pace will be easy with lots of food and drink stops.

In the evening a group of us will be going to the Manor Arms in North Perrott for post-run refreshment. I'll provide more details of the route in the newsletter, but let me know if you're interested in taking part (01460-73454).

Matthew Bryant



A few words from Nick Sale

Hi All,

In response to the wonderful care provided by St Margaret's Hospice in Yeovil, for my Dad George Reynolds before he died at the end of last year, my sisters and I are raising money, for St Margaret's to help them continue and extend their work.

Five of us (Dad's kids & grandkids) will be walking 22.5 miles as part of The St Margaret's Great Somerset Walk, on 15th May. Apologies if you've already heard from another of our group already!

St Margaret's play such a valuable role for local people, I make no apologies for emailing all my email contacts :O) Forgive me if you are "all donated up" at the moment.

Below is a link to my Just Giving page.

Thanks for taking the time to read this and for any cash, should you decide to donate.

<http://www.justgiving.com/Nick-Sale>

Kind regards,

Nick Sale



Upcoming Events....

Remember that this Wednesday is the 2nd Race out of 5 of the Yeovilton 5k. Usually gets a decent turn out from club members so have a go if you have not done a 5k before. Fast and flat course!

Also remember that the Crewkerne 9 is now only 2 weeks away on May 22nd, followed shortly by our club spring handicap – bribes now being accepted – see me!

So lots happening!

The Tyntesfield Ten

A 10k evening race on Tuesday 24th May from the National Trust owned Tyntesfield Estate in Long Ashton near Bristol.



The Tin Tin Ten

A lovely 10k multi-terrain race held from Tintinhull House outside Yeovil.

Only the second running of this race which was well received last year and will surely see a decent turnout from some of our members.



Please Note –

I hate to be the bearer of bad news but unfortunately there will be no newsletter next week as I am jetting off in the search of some spring sunshine!

Newsletter will be back to normal on May 22nd



This Week's Running

Club nights are on Tuesday, Wednesday and Thursday this week, leaving the car park at Lidl's at 6.30pm.

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



Dates for your

May

Date	Event	Location	Time	Website
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
Sun 22 nd	Curry Mallet 10k	Curry Mallet	11.00am	www.runbritain.com
Wed 25 th	Spring Handicap	South Petherton	6.30pm	See Newsletter
Sat 28 th	Egdon Easy	Weymouth College	7.00pm	www.egdonheathharriers.com
Sun 29 th	Wells 10k	Wells	10.30pm	www.wellscityharriers.org.uk

June

Date	Event	Location	Time	Website
Sun 5 th	Run in the Wild 10k	Cricket St Thomas	10.30am	www.chardrunningclub.btck.co.uk
Wed 8 th	Yeovilton 5k (Race 3)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Sat 11 th	Umborne Ug	Umborne	6.00pm	www.axevalleyrunners.org.uk
Sun 12 th	Ninesprings 9k	Yeovil	10.30am	www.yeoviltownrrc.com
Sun 12 th	Cheddar Challenge 10k	Cheddar	11.00am	www.cheddarrunningclub.co.uk
Wed 15 th	Tin Tin Ten (TBC)	Tintinhull	7.00pm	www.chardrunningclub.btck.co.uk
Sun 19 th	Martock 10k	Martock	11.00am	www.martock10k.org.uk
Sun 19 th	Race For Life	Sherborne	10.00am	www.raceforlife.org
Thurs 23 rd	Forde Abbey 10k	Forde Abbey	7.00pm	www.nutshelloutdoors.co.uk
Sun 26 th	North Devon Marathon	Woolacombe	10.00am	www.northdevonmarathon.co.uk

July

Date	Event	Location	Time	Website
Sat 2 nd	Charmouth Challenge	Charmouth	3.00pm	www.charmouthchallenge.co.uk
Sun 3 rd	Portland 10mile	Portland	10.30am	www.rmpac.co.uk

Sun 3 rd	Quantock Beast 5.7m	Fyne Court Nr Bridgewater	11.00am	www.quantockharriers.co.uk
Sat 9 th	Matt Bryant's Annual Birthday Run	Haselbury	9.30am	See Matt or Newsletter
Sun 10 th	Wellington 10m or 10k	Wellington	10.30am	www.thewellingtonten.co.uk
Wed 13 th	Yeovilton 5k (Race 4)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Sat 16 th	Swanage Half Marathon	Swanage	9.30am	www.swanagecarnival.com
Sun 17 th	Castle Combe 10k	Castle Combe	11.30am	www.dbmax.co.uk
Sun 17 th	East Devon Way Relay	Exmouth to Lyme Regis	Various	www.axevalleyrunners.org.uk
Sun 31 st	Exmoor Seaview 17	Lynton	10.00am	www.mineheadrunningclub.co.uk

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

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