

CREWKERNE RUNNING CLUB

Newsletter

Issue no. 75 Sunday 8th July 2012

www.crewkernerc.btck.co.uk

Dear Runners,



Downhill Dave sprinting for the line at the Tin Tin Ten on Wednesday



[Tin Tin Ten Race Report from Tracy Symes](#)

As most of you know I don't really like cross country but thought I'd go and give it a go to get some much needed championship points, after talking Tony and Tamsin into joining me we set off over to Tintinhull where we met a few other Crewkerne runners.



It was a pleasant evening the rain had finally stopped although as we were soon to find out it was still rather muddy out there. We set off on a nice bit of tarmac, my favourite place to run but before long we were on the soft stuff I started off ok although still bringing up the rear. The first field was ok pretty flat and not too muddy this was all to change, the further round the course we got the muddier it seemed to be.



A short road section with a drinks station before yes you guessed it more mud! Luckily I had Tony to keep me company or else it would have been a rather lonely night, I really don't know how he puts up with my moaning!



Although it was a lovely scenic course it has only confirmed to me that I hate the mud and will not be partaking in any further cross country runs in the near future especially if its been raining a lot before hand. I now have one very muddy pair of trainers and a rather muddy car! Thank you to Elaine for taking the photo's.



Here are the official results

Position	Name	Time	
4	Mike Pearce	39.27	2 nd in Age category
7	Tom Baker	40.38	
12	Clive Harwood	42.07	1 st in Age category
33	Puck Webber	45.47	
42	David Carnell	47.23	
69	Nigel Key	50.57	
84	Richard Caile	53.06	
140	Tamsin Dickinson	1.06.48	
147	Tracy Symes	1.18.08	
148	Tony Gordon	1.18.12	





Crewkerne Tri Results

5th Les Thomas 37.27

8th Andy Parsons 38.41

31st Ken Priest 43.27

And congratulations to Les, Andy and Ken who took home second place in the team prize, with Les winning his age category as well!



Ash Town Tree Trail Results

<u>Position</u>	<u>Runner</u>	<u>Time</u>
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1 st	Paul Rose	44.12
4 th	Tom Baker	46.27
5 th	Clive Harwood	47.40
6 th	Simon Land	48.39
13 th	Steve Diaper	51.00
21 st	Tim Irish	53.38



Early Thursday Run – starting this week!!

Just to remind you that this Thursday we will be trialing a slightly earlier run on a Thursday to try and make it easier for all of you to get a run in.

The trial will last throughout July and will see the early run start at 5pm from the Lidl's car park. The 6.30pm run will stay the same.

The earlier run is still a beginners run and will be run on the same format as the later run



Upcoming Events...

The inaugural Colyton Rebel Run will be held on Wednesday 11th July 2012. Races start at 7pm

Thank you to everyone who has entered our first Colyton Rebel Run.

With the Race only a few days away please do not post your Rebel Run Entry. New entry's can be submitted to the main reception of Colyton Grammar School. Alternatively you may enter at the Race itself, from 4.45pm on the 11th July, subject to our race limit.

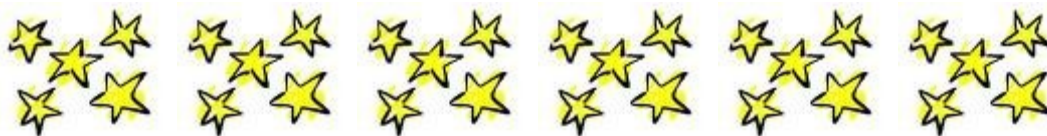


Colyton Rebel Run 2012

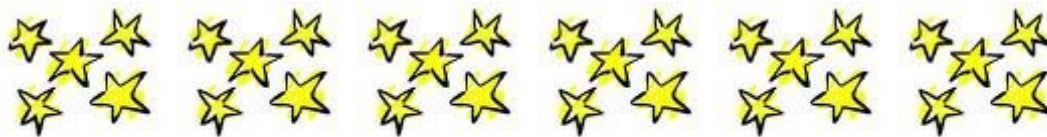
There will be both a 5K and 10K race. They are designed to be enjoyable but challenging, making the most of the area's natural beauty and aimed at club and fun runners alike. It forms one of the East Devon Community Race series

<http://www.axevalleyrunners.org.uk/races/series.htm> organized by Axe Valley Runners. The 5K race is open to children aged 11 and above as well as adults. The 10K race minimum age is 16. Entries for under 18s must be submitted by a parent or guardian, accepting the standard disclaimer on their behalf.

The courses start from Colyton Grammar school and head up towards Jobblehayes and Morganhayes woods on the hill overlooking the Axe Valley. 10K runners will loop through those woods before re-joining the 5K course. There is then a long gentle downhill path through sheep pastures where runners can enjoy spectacular views of the Axe estuary and Lyme Bay beyond. They join the lanes above the school and head to the finish on the school playing fields.



No birthdays this week





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 early run on Thursday is at 5pm.

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



Dates for your

July

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Sun 1 st	Portland 10	Portland	10.30am	www.rmpac.co.uk
Wed 4 th	Tin Tin Ten	Tintinhull	7.00pm	www.chardrunningclub.btck.co.uk
Sat 7 th	Charmouth Challenge	Charmouth	2.30pm	www.charmouthchallenge.co.uk
Sun 8 th	Wellington 10m & 10k	Wellington	10.30am	www.thewellingtonten.co.uk
Sun 8 th	Quantock Beast	Fyne Court	11.00am	www.quantockharriers.co.uk
Sun 8 th	Cheddar Gorge 5k, 10k Half Marathon	Cheddar	11.00am	www.relishrunningraces.com
Wed 11 th	Yeovilton 5k (Race 4 of 6)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Sat 14 th	Swanage Half Marathon	Swanage	TBC	www.swanagecarnival.com
Thurs 19 th	Pub Run – Manor Arms	North Perrott	6.15pm	See Newsletter
Thurs 25 th	Adrian Marriott Training Session	As usual	6.30pm	See Newsletter
Sun 29 th	North Dorset Half Marathon	Sturminster Newton	10.30am	www.sturhalf.co.uk

August

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
Wed 1 st	Haselbury Trail Race	Haselbury	7.00pm	www.crewkemerc.btck.co.uk
Sun 5 th	Totnes 10k	Totnes	10.30am	www.teignbridgetrotters.co.uk
Wed 8 th	Yeovilton 5k (Race 5 of 6)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Sat 11 th	Maiden Newton Madness	Maiden Newton	7.00pm	www.freewebs.com/ maidennewtonrunningclub
Sun 26 th	Langport 10k	Langport	11.00am	www.langportrunners.co.uk

September

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>	<u>Website</u>
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Sun 2 nd	Ash Excellent Eight	Ash	11.00am	www.yeoviltownrrc.com
Sun 9 th	Cheddar 5k, 10k, Half, Marathon	Cheddar	TBC	www.relishrunningraces.com
Wed 12 th	Yeovilton 5k (Race 6 of 6)	RNAS Yeovilton	7.15pm	www.yeoviltownrrc.com
Sun 23 rd	King Alfreds Torment	Stourhead	11.00am	www.yeoviltownrrc.com
Sun 23 rd	New Forest Marathon &Half	New Milton	9.15am	www.newforestmarathon.org.uk

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

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