

CREWKERNE RUNNING CLUB

Newsletter

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

Issue no. 39 Sunday 9th October 2011

Dear Runners,

Lots of news to bring you up to date with this week, and 5 fantastic race reports from club members who have been off doing great things!



Clive Harwood running with Wells City Harriers at the SEAA Road Relay Championship



Parrett Trail Relay

With only a week to go before the event, runners have been out getting to grips with their legs to make sure they know where they are going.

Alan Pepper kindly showed Roger and Linda the route for leg 5, with Tom Baker and Sarah Frost also going off to investigate it separately.

Myself, Sarah Warren, Nigel Newbury and Ben Farley went up to Bridgewater on Saturday to run 2, and had a very enjoyable run along the canal.



I have managed to enlist 18 of our club's finest athletic specimens to represent CRC, pulling on the red vest to do battle with 24 other teams.

Men's 1st Team

Leg 1 - Simon Land
Leg 2 - Ben Farley
Leg 3 - Clive Harwood
Leg 4 - Mike Pearce
Leg 5 - Nick Sale
Leg 6 - Tom Priest

Ladies Team

Leg 1 - Sarah Warren
Leg 2 - Becky Nichol
Leg 3 - Angie Patch
Leg 4 - Fran Frost
Leg 5 - Sarah Frost
Leg 6 – Emily Smith

Men's 2nd Team

Leg 1 - Matt Bryant
Leg 2 - Simon Sheldon
Leg 3 - Simon Larkins
Leg 4 - Nigel Newbury
Leg 5 - Roger Still
Leg 6 - Alan Pepper

Contrary to what I told runners previously, you will need to pick up your race numbers from me or Sarah prior to the race.

I have the numbers for both men's teams and Sarah has the ladies. We will both hopefully be at the club nights on Tuesday and Thursday this week, so please come along and collect them if you can.

If you cannot make it, we may be able to pass them on to others on your leg, failing that we may be able to deliver them to you depending on where you live.

We all generally meet at the end of leg 6 at the Wynyards Gap Pub, for trophy presentation and a well deserved drink and catch up afterwards!

Runners from leg 6 will be arriving at around 2.15pm onwards so try and arrive in plenty of time to cheer them in!

Look forward to seeing you all there and the very best of luck to those running!!



Cotleigh Canter Race Report by Tim Hoyle

The Cotleigh Canter races are organised by Honiton Running club. The races consist of a 3K Fun Run for juniors, 5K and 10K races.

Cotleigh is a truly rural location, approximately 2 miles North East of Honiton, set in amongst very pleasant scenery.

What follows is a personal account of my first race, the 10K.

Race HQ was situated at the Village Hall, where excellent refreshments were available. My daughter certainly enjoyed the chocolate cake. Amusingly the red telephone box beside the village hall serves as a library too !



The 10Km course consists of two laps of the 5Km course, all on roads but with minimal traffic to contend with. The race starts with a gentle downhill section, a short distance before the village hall. After this point there is a long gentle climb for about 3Km, after which follows a welcome downhill back to the village hall, for another lap.

Weather conditions at the start were 18C with a slight threat of rain.

Race start, chatting, making friends and waiting for the off. I started at the back in order to not hold up the serious runners

Pretty soon I moved up to the middle of the pack. After about 2Km I started to warm up and settled into a rhythm following a group of runners ahead. From here on I determined to try and maintain their pace.

At 5Km the Marshall's dogs did an excellent job of motivating the runners by barking their encouragement. Thanks guys, it all helps.

At 8Km Sarah Warren was to be found marshalling. Sarah's words of "Its all downhill now, GO FOR IT!" really helped me to up the tempo and concentrate on the finish.

At 9Km still downhill, I was able to push just a bit harder. The cheering at the finish helped me find a bit more, for a push to the finish line. Apparently my time was 60min

52sec, which I'm happy with. I will be working hard to improve upon this for the next race.



Many thanks to Honiton Running Club for an excellent event.

I am definitely looking forward to future 10K's, with my good friends at CRC.



[Eden Project Race Report from Linda Still](#)

Hi just in from the Eden Project Half Marathon - WOW!!

It was a whole and a half marathon.

We had a 10 minute start delay which didn't really affect us as we were late anyway!

We met up with some Chard runners who were doing the whole thing and had come up that morning (met them at the end and they looked very composed!!)

Then met up with the Crewkerne contingency – George, Caroline and Tamsin – all seemingly looking forward to a nice run.

On to the race itself. Well you know me and hills!!! We started off for the first mile and a half downhill and I stayed with Roger – I know – and felt good. And then the hills started. BUT it really wasn't as bad as all that. The marshals were fabulous, so many water stations and there was even a station with choc flakes and jelly babies. It was hardly on road at all instead just muddy paths off road and up hills.

After an hour I was just over 6 miles and George caught up with me we stayed near until 7ish and then i went on but don't think he was far behind at all. Then I thought i'd better get a wriggle on if I was to come in nearish the 2 hour mark – I know even with the hills.

My second half was definitely better than the first, however people still kept overtaking which is very frustrating. I overheard someone say at 11 miles that this was the last mile of pain as the last mile was downhill, so that spurred me on.

It was amazing coming down into the Eden Project around the domes. However I was just so tired...

On the positive side the goody bag was great a nice T shirt (unfortunately not technical) a massive medal, and then a gorgeous Cornish Pasty and a pint of beer!!! Oh yes and we both had a free 10 min massage!!

Results Fastest time was 1 hr 20 something, then R Still 1hr 50 (I know i'll never hear the end of that!!) and L Still 2hrs 11 – oh well there were times I thought I'd never make it back !!! George, Caroline and Tamsin were all after me.

I think if you can manage this half you can manage the Monty!!

Met the fastest marathon runner who was in at 2hr 45 (a vet from Salisbury)

Thanks, sorry no photo

Linda

CRC WEEKEND REPORT -Eden Project Half marathon 'The other side of eden'

Race start -36 hours

Arrived on Friday night to our luxury accommodation where we could unwind, relax, mentally prepare and acclimatize to the altitude.

This weekend has been 6 months in the planning and we wanted to concentrate on further developing friendships, peer support, watching rugby, frequent cafe visits and sipping glasses of wine.

Race start -28 hours

Up at 6:00 to watch Ireland play Wales having just 5 hours of sleep the night before. Followed by England v France (no more to be said) and a full veggie English breakfast we set off for Fowey and an interval training session on the hills.

Race start -24 hours

The descent from the car park to the pasty shop was hard on the quads with stunning views to the wooded hills beyond. Refreshed, it was time for the weight training... How many shopping bags can you carry along Fowey High St before the next cafe stop? Exhausted and in need of food, we had a much needed carb-loading session of scones, crumpets, chocolate brownies, bottomless lattes and hot chocolates.

Race start -16 hours

Cooking curry, sipping wine, reading kiddies stories and setting the world to rights.

Race start +4 hours

All finished.

Plans for next year in hand.



Commando Challenge Report by Ginette Briggs



Wow!!! What fun!!

I'm sure most have heard of this event, in aid to raise money for Dorset air ambulance and Royal Marine Commandos. It was my sister's idea to get a group of girlies together to do this to raise money for this great cause and have a laugh at the same time. And what great fun it was!!!

Going through streams, over and under tree branches, quite a few under ground tunnels - some with water, couple of chest high streams and of course the under water tunnel-the sheep dip!!! I'm not too good with being under water, but I did it, so quite chuffed with myself for doing it!

It really was great fun, full of laughs, water and mud and even got to fight a few Marines along the way!! What more could a girl want.....





My First Marathon by Mike Pearce

I will make it a short report as Nick Sale's report of the New Forest Marathon hit the spot and my writing skills are not up with his. Anyway, thankfully the predicted heat wave did not arrive on Sunday morning and we were greeted with near on perfect running conditions, cloudy sky's and a nice breeze.



On arrival to the start at New Milton we met up with Nick, so this virgin marathon runner could get some useful tips from a marathon veteran. So, spot on ten we were off, always on the back of my mind was 'don' go off fast - this is a marathon not a half'. After 2.5 miles and now entering the New Forest my wife Rachel was waiting camera on the ready and cheering me on.



The run from now on went through fantastic scenery switching from open heath land to woodland to new forest villages, with great support from the public cheering and a bit of forest track running added in the mix. At mile nine I could hear my name being shouted and Rachel had walked up here with camera in hand, she was obviously getting some good exercise to.



A nice touch was at mile 22-23 when a rather unwelcome hill raised its head but there were very enthusiastic supporters cheering and egging you on to the top with banners proclaiming that we were all great and the top is near. On coming to the home straight with the finish in sight a marshal shouted sixth, I almost fell over, did not believe what I heard and carried on ignoring such folly. On crossing the line I was ecstatic that I had broke the 3 hour barrier that I raised both arms in the air in the hope my finishing line photo would be of this - unfortunately the camera chap was a little slow and my photo is off me looking down stopping my timer, great, you just cant get the staff these days!

A little later Nick had joined us and we had the essential medal photos, as you are aware Nick was really using this as a training run for a 100 mile ultra marathon he is doing, nutter. All I can say is good luck with that one Nick.



In all it was a well organised marathon with helpful and cheerful marshalling and great local support. The scenery is outstanding so I reckon it will be one I will do again.

Mike



New Member

Can I say a big welcome to Fiona Emm who has joined our ever growing club!

We all look forward to running with you soon!



Shepton Mallet 10k Results are in!

1 st	Nathan Young	33.53
16 th	Dave Carnell	42.42
30 th	Sarah-Desiree Frost	45.25
115 th	Tracy Symes	1.06.53



In lieu of the dark nights, Sarah Warren has been in touch regarding head torches...

HEAD TORCHES

As the dark evenings are now here, I have ordered some head torches. They come with batteries and include a rear light. They are £11 each and come in either blue or beige. I ordered 10, and have 8 left. If you would like one please let me know.

Sarah



When Is a Marathon not a Marathon? Passed on by Martin Cook

I thought I would pass this article on for members to read, especially if you have a job to get sleep! It came about as a result of talking to a work colleague who has done the Bolton Ironman Triathlon for the past few years. This year he was very happy when he beat his time of previous years by a big margin. Then he discovered that the ladies world best time for a ladies Marathon in a TRI was broken and lots of others had big P.Bs. He then discovered that the marathon distance was well short.

Our discussions followed on how detailed road races are measured. Mal Higgins our Hon Chairman is an official Road Race Course measurer and the lengths he has to go to to measure a route are quite mind blowing. I'm sure Mal could give you a detailed description of how he measures a route but see below for an interesting article that my colleague dug out for me.

Only a Marathon is a Marathon

Is the "Marathon" in the sense of a running event 42,195 metres in length or merely 38 kilometres? The answer is: it depends on the sport you're doing. In running there is exact measurement of courses throughout the world. Triathlon, on the other hand, allows deviations from the rules of up to ten per cent. That represents a shortening of the marathon distance of up to 4.2 kilometres! "Triathlon courses cannot be counted as officially measured distances unless the same procedures are carried out as for road races," says Hugh Jones of AIMS, the Association of International Marathons and Distance Races.

The Vienna City Marathon, an IAAF Gold Label Road Race, points out that running performances in triathlons must accordingly be viewed relatively and the name "Marathon" should be positioned in the sport of running as a brand name.

For years the same accurate and practical regulations for the course measurement of marathons and road races have been in place throughout the world.

The Association of International Marathons and Distance Races (AIMS) has been a pioneer in this respect and created a binding apparatus for such work. It means that it can be guaranteed that a marathon really is 42,195 metres in length. To be more exact: it is certain that a marathon is at least 42,195 metres long. This is because one thousandth of the distance is added to the measured course to ensure that there is no possibility that the prescribed distance falls short. In the case of a marathon, that is 42.2 metres



Upcoming Events....

Street 5k Winter Series – Wed 12th October

This 5 race series comprises of a 5k route, with junior races of 1 & 2k. Registration in the church opposite Living Homes in the High Street takes place from 6.30pm, with the race starting at 7.30, comprising 5 x 1k laps around the high street.

The last few places are available for the Trionium Greensand Marathon starting from Dorking on 23 October (voted best marathon in Britain in 2010). [All details here.](#)

The Trionium Bath Hilly Half (half marathon) will take place on 27 November at Bath Racecourse - incorporating the West Country vs Rest of the World - [full details here](#)



In other news....

Good luck to Adam Loder, Les Thomas and Andy Parsons who are all taking part in a 100 mile cycling event next Sunday! Best of luck to you guys!

And a 'Get Well Soon' message to Nicki Brodie, whose return to running has been temporarily cut short with an injury that I cannot begin to pronounce! But we look forward to hopefully a speedy return to the club! Best wishes.

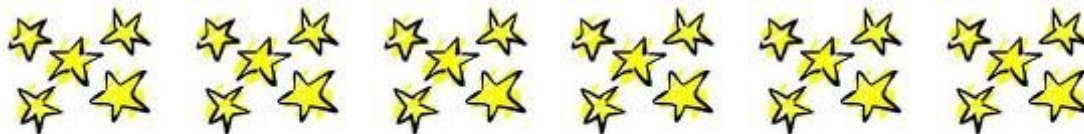
Also another 'Get Well Soon' to Dave Rowe who had successful knee surgery last week to cure a problem picked up on his John O'Groats to Lands End bike ride. Hope you can get back running soon Dave!



After announcing no birthdays last week – I now realise there were 2! I'll put it down to my age....

So Many (Belated) Happy Returns to Ann Thorne who celebrated her birthday yesterday, and to Tim Irish who celebrated on Wednesday!

And Ed 'Run like a Greyhound' Stahl is celebrating his this Tuesday, treating himself to an interval session to mark the special occasion!

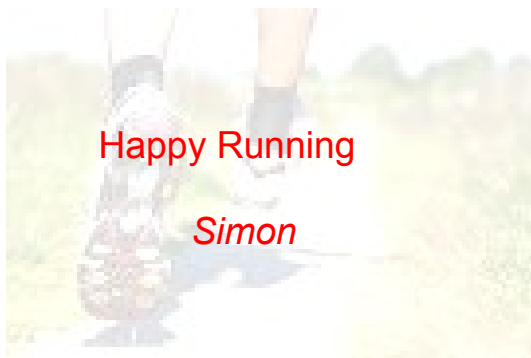


This Week's Running

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 the car park at Lidl's at 9.30am.

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





Dates for your

October

Date	Event	Location	Time	Website
Wed 12 th	Street 5k	Street	7.30pm	www.wellscityharriers.org.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

November

Date	Event	Location	Time	Website
Sat 5 th	Yarcombe Yomp	Yarcombe	10.30am	www.axevalleyrunners.org.uk
Sun 6 th	Ilminster 10k	Ilminster	10.30am	www.ilminsterlionsclub.co.uk
Wed 9 th	Street 5k	Street	7.30pm	www.wellscityharriers.org.uk
Sun	Brent Knoll 5.5m	Brent Knoll	11.30am	www.burnham-on-sea-harriers.com

27 th				
Sun 27 th	Bicton Blister	Bicton Park	11.00am	www.bictonblister.co.uk

December

Date	Event	Location	Time	Website
Sun 4 th	Full Monty	Ham Hill	10.30am	See Newsletter or Website
Sat 10 th	CRC Christmas Party	North Perrott Cricket Club	TBC	See Newsletter
Wed 14 th	Street 5k	Street	7.30pm	www.wellscityharriers.org.uk
Sun 18 th	Wellington Monument 10k	Wellington	10.30am	www.wellingtonmonumentrace.co.uk
Mon 26 th	Stoke Stampede	Stoke St Gregory	11.00am	www.stokestampede.co.uk

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

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