

CREWKERNE RUNNING CLUB

Newsletter

Crewkerne Running Club Website –
www.crewkernerc.btik.com

Issue no. 2 Sunday 2nd January 2011

Dear Fellow Runners

Let me start off by saying Happy New Year to all CRC members!

I feel I should warn readers before we go any further that some of the pictures you are going to see here are not for the faint hearted! You have been warned!!

CREWKERNE PRAM RACE – BOXING DAY

The Crewkerne Pram Race on Boxing Day was well supported this year and despite some stiff competition & rather dubious tactics the CRC teams were 1st & 2nd!

Matt Bryant, Dave
Rowe and Steve
Hurley flying to
victory!!





Not sure who these three little crackers are!



Norma Snockers, is she actually in the club??



Nice trophy!

Many congratulations to the Stig, Father Christmas and....um....the beautiful blonde!
You have done the club proud! Thanks to Ken Priest for the photos!



Somerset & Wiltshire Cross Country Championships Race Report – from Clive Harwood

I entered and ran the 3 county cross country championship at Bath University on Sunday 12th December. The event started around 11.00 with the youngsters racing the distances relative to their ages. The senior men and vets race started at 2.30. I walked a part of the course to get an idea of what I had to look forward too. The course was set within one very large field on the side of a hill. Wore spikes as I used to like running in them. Turned out a large part of the course still

had a very hard iced surface beneath the grass. The race was over 10k. On 7 occasions we went from the most bottom part of the course to the top. Rather tiring as my mile splits told me when i had completed the race. This I did in 40.04. This gave me quickest in the old farts category. Pleased with that. I have entered more XC events and will write a report as I do them.

A big thankyou to Simon for carrying the newsletter forward. A big thankyou to Richard for how he pulled the club together 2 years ago.

It is up to us, the club members to feed information to Simon to make the reading of the newsletter something to look forward to at the start of the week.

Clive



A message from Derek Boles

The 2011 AVR Grizzly is on Sunday March 13th. Martin Cook, Jakko Bailey and myself have helped out with marshalling the race for a few years now and I was wondering if anyone else would be interested. It takes up most of the day and if the weather is bad it can be uncomfortable but it is nice to be part of a great event.

If you are interested let me know before Jan. 7th.

Happy New Year.

Derek



Can I bring your attention to great event in mid-February to put in your race diaries!

The Hestercombe Humdinger is a challenging 9.5 mile road race set on quiet country lanes and is on Sunday 20th February, starting at 10.30am.

The race is organised by Taunton Running Club and starts from Hestercombe Gardens. All proceeds this year are going to Somerset & Dorset Air Ambulance so a worthy cause I'm sure you will agree.

For more information follow the link below to the website. You can enter online at runners world or with the attached entry form

www.thehestercombehumdinger.co.uk

Race Report from Derek Boles – Chard Flyer 10k

The Chard Flyer.

Saturday January 1st 2011, a new year and a new decade. Well what better way to start than a good 10K race.

I wanted to do this first Chard Flyer as Crewkerne used to turn out mob handed at the Chard Road Runners new years day 10K road race which they used to organise over 20 years ago.

Picked up Ken Priest and we drove across to Chard where we found Debbie Cole already there and raring to go. Nick Sale soon appeared and finally Elaine Priest and Steve Hurley arrived.

We left the race HQ at the Chard Cricket Club and jogged through the town to Stringfellow Park ready for the start of the race. To get the 10K distance we started at the fifth lamppost along, but perhaps that's too much detail!

Good start and run through the park, around some houses and we're on the trail which skirts the eastern side of Chard Reservoir, this was the route of an old railway track.

Anyway, nice and flat for a mile or so and then it's up some slippery steps and onto a country lane. This lane started to climb and then it was uphill to the 5K drink station and then some.

Even when we started back downhill it was quite steep and slippery but then started to level off just before we left the road again and joined a track that wound it's way through the trees along the western side of the still ice shrouded Chard Reservoir. At around 5 miles we were out of the trees and back into the houses, then we crossed the main road to Ilminster and back to the cricket club via some meandering back lanes.

We had been told that this was a 'back to basics' race with minimal marking and marshals but the marking was fine and what marshals there were had been deployed at critical positions. Impossible to get lost.

I believe the six CRC members enjoyed the race and performed well. In fact Nick, Steve and Elaine performed so well that Crewkerne got the team prize. Well done you three.

Results for the Chard Flyer have still not been released, so should have them for you next week! Thanks to Derek for sending the report in!



This Week's Running

Club nights are on as usual this week so that's Wednesday and Thursday nights, leaving Lidl's car park at 6.30pm as usual. Torches and reflective gear is a must have.

Sunday morning run also leaving Lidl's car park at 9.30am as usual



Dates for your

January

Date	Event	Location	Time	Website
Sun 9 th	Axmouth Challenge 9.5m	Axmouth	11.00am	www.axevalleyrunners.org.uk
Wed 12 th	Street 5k Series (4)	Street	7.30pm	www.wellscityharriers.org.uk/street

February

Date	Event	Location	Time	Website
Sun 6 th	Blackmore Vale Half Marathon	Bishops Caundle	11.00am	www.bvlions.co.uk
Sun 6 th	Longleat 10k	Longleat	10.00am	www.racetimingsystems.com
Wed 9 th	Street 5k Series (5)	Street	7.30pm	www.wellscityharriers.org.uk
Sun 13 th	The Inca Trail 7m	Ilchester	11.00am	www.yeoviltownrrc.com
Sun 13 th	Slay The Dragon 10k	Hinton St George	10.30am	www.slaythedragon.co.uk
Sun 20 th	Hestercombe Humdinger 9.5m	Hestercombe Gardens	10.30am	www.thehestercombehumdinger.co.uk
Sun 27 th	Dalwood 3 Hills Challenge	Dalwood	11.00am	www.axevalleyrunners.org.uk

Sun 27 th	Babcary 7m	Babcary	11.00am	www.wellscityharriers.org.uk
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March

Date	Event	Location	Time	Website
Sun 6th	Combe St Nicholas 10k	Combe St Nicholas	10.45am TBC	www.combestnicholasprimary.co.uk
Sun 6 th	Bath Half Marathon	Bath	11.00am TBC	www.bathhalf.co.uk
Sun 6th	Bideford Half Marathon	Bideford	10.30am TBC	www.bidefordaac.co.uk
Wed 9 th	Street 5k Series (6)	Street	7.30pm	www.wellscityharriers.org.uk
Sat 12th	Great Western 10k	Leweston School	11.00am	www.yeoviltownrrc.com
Sun 13 th	Grizzly 20m Grizzly Cub 9m	Seaton	10.30am	www.axevalleyrunners.org.uk
Sun 20th	Butleigh 7m	Butleigh	11.30am	www.wellscityharriers.org.uk
Sat 26 th	Nighrunner 8m	Beer	7.00pm	www.axevalleyrunners.org.uk
Sun 27th	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!