

# **CREWKERNE RUNNING CLUB**

## **Newsletter**

Crewkerne Running Club Website –  
***www.crewkernerc.btck.com***

Issue no. 3    Sunday 9<sup>th</sup> January 2011

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### ***Dear Fellow Runners***

A packed edition for you this week – thanks to all those who have sent in contributions!

Hope you have all had a good week running, really great to see 21 club members turning out for a run on Thursday! That's a fantastic number to see!

### ***Race Report from Clive 'The Trophy Hunter' Harwood***

#### **South West Cross Country Championships**

Sunday 9<sup>th</sup> January ie yesterday the South West xc championship was held at Bicton College. Steve and Sharon, next door neighbours, came on to offer encouragement. Arrived early. The under 13 boys then girls races started. The under 15 boys then girls races were next. For those that have been club members for a few years will remember John Glaisher. His daughter came 3<sup>rd</sup>. The senior mens and vets set off 13:40. We had 1 small lap, 1 medium lap then 2 long laps. A real xc circuit. Very, very undulating. Very well marked and marshalled. It was a glorious day. The senior ladies were next followed by under 17 boys and finished off with the under 17 girls. Pleased to report that I was 1<sup>st</sup> old fart by over 2 minutes. Had a medal to add to collection. Went on to Connaught gardens at Sidmouth then down to the town.

Went into a pub for the traditional ham egg and chips and Strongbow cider.



One for Rachael.



Glad to get back.





Can you name this famous group who featured with Cliff Richard?

Can I draw people's attention to the annual Crewkerne to Charmouth run. This is a fantastic run to do, particularly if you are training for events such as London or the Grizzly – its also a good run to do anyway! For those of you who don't know, its about 16-17 miles in length and there is a meet up in the pub in Charmouth for a meal afterwards for anyone who wants to. Did I forget to mention a plunge into the sea to wash off and cool down after the run for those who are mad enough to want it!

The run will leave from Crewkerne at 9am SHARP, but if you don't fancy doing the whole thing, you can always join us in Hawkchurch, which we pass through at around 11am.

The date for the run will almost certainly be Sunday 30<sup>th</sup> January, so that gives you a few weeks to build up some distance. If you have not done this before then it's a really nice run, through some beautiful scenery, and always enjoyed by all who take part. Hope to see you there!



## Results from the Chard Flyer on New Years Day are finally in!

6 <sup>th</sup>	Nick Sale - 39.00	3 <sup>rd</sup> Male 40+
13 <sup>th</sup>	Steve Hurley - 43.38	
21 <sup>st</sup>	Elaine Priest - 45.54	2 <sup>nd</sup> Lady, 1 <sup>st</sup> Senior Female
36 <sup>th</sup>	Ken Priest - 52.05	3 <sup>rd</sup> Male 50+
42 <sup>nd</sup>	Derek Boles - 55.35	2 <sup>nd</sup> Male 60+
59 <sup>th</sup>	Debbie Cole - 01.06.51	

Nick, Steve & Elaine also won the team prize! So well done to all who took part!



Nick Sale



Steve Hurley



Elaine Priest



Ken Priest



Derek Boles



Debbie Cole



Looking for an event to do? Here are some ideas to tempt you...

## **Slay The Dragon – Sunday 13<sup>th</sup> February**

*Now in its third year, this event is proving to be a popular, challenging, multi-terrain six mile race staged in Hinton St George.*

*The course comprises a good undulating six miles of country lanes, rough tracks, stiles, gates, fields, hills and breath taking country views!*

*The event this year also includes a shorter 4k run named 'The Dragons Tail' and also a 2k Village Fun-run, so while you struggle round the main route, drag your children along to the fun run and hopefully tire them out!!*

[www.slaythedragon.co.uk](http://www.slaythedragon.co.uk)

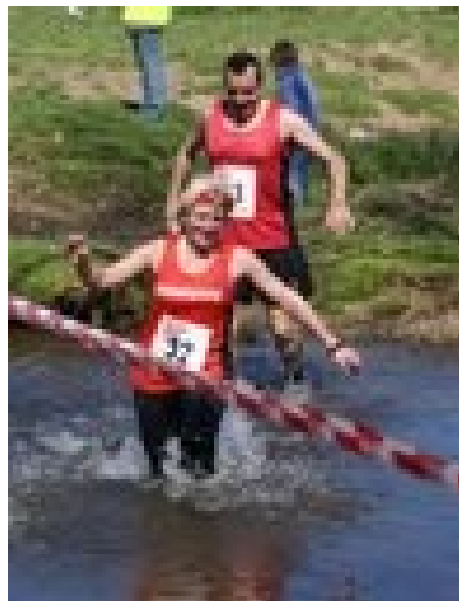
## **Honiton Hippo – Sunday 10<sup>th</sup> April**

*A tough multi-terrain race consisting of roughly 7miles of mud, sweat and tears!*

*Oh and maybe a river crossing....*

*....don't know who these two are from last years event...*

*Answers on a postcard!*



*This event also includes a multi-terrain junior race at 1.75miles for the kids*

<http://www.honitonrc.com/races/hippo/hippo.htm>

## Nightrunner – Saturday 26<sup>th</sup> March

*Fancy doing a nice cross-country race? Then this one is for you!*

*Oh did I forget to mention it's in the pitch black...*

*I know there are quite a few members of our club who like nothing more than mooching about through the woods at night (for their own personal reasons), so if that's you then this will be right up your street!*

*This is an eight-mile night race in Grizzly territory, mainly off-road with hills, mud and beach (but no bog). The race starts at 7pm from The Anchor Inn in Beer, near Seaton. The route is marked using tape and bright red lights which guide you round the route nicely.*

*You MUST have a good torch to be able to do this event safely!!*

*A few of us from the club did this last year and had a fantastic time. It's a bit different from the norm and really good fun. We also try and grab some food afterwards as well.*

*If you fancy doing this event then let me know, as I expect anyone who does go will all share lifts, so get in touch!*

<http://www.axevalleyrunners.org.uk>

Now if that doesn't get you in the mood for running then nothing will! Entry forms for all of the above events should be attached to the email.



A message from club member Tim Irish regarding the Grizzly

The club might be interested in the attached  
<http://www.axevalleyrunners.org.uk/races/diary.htm>

Practice run for the Grizzly 23<sup>rd</sup> January– assume that it is open to all (will check later this week) – myself and Kirsten are attempting to do the Grizzly & Cub events on March 13<sup>th</sup> so this seems like an ideal chance to see what we have let ourselves in for – Is anyone else doing these events?

Stay happy stay healthy  
Tim

So if anyone who is entering the Grizzly would like to do a 10 mile section of the course with a few members of Axe Valley Runners to find out what you have let yourself in for, then let me know and I can put you in touch with Tim.



Something to think about....

In the last few years some members of the club have gone away for a weekend as a group and done events further afield, namely half marathons in Jersey and Dublin. Anyone who has gone has had a great time.

I want anyone who is interested to pass on suggestions of events to do as a club. Runners World may be a good place to start looking as they have quite a good section on races abroad. Ideally it would be somewhere in Europe to try and keep costs under control. I guess we are looking at summer/late summer as a time period but it can be earlier or later if you want!

So if anyone has any ideas then pass them on to myself, Roger Still, Clive or anyone who you think might be interested and we can start getting some ideas together!



Are you running a marathon this year? Fancy a training session with local running legend Adrian Marriott?

Nick Sale has asked me to remind you that, in conjunction with Somerset Athletics Network, there will be a marathon training morning with Adrian on Sunday 13<sup>th</sup> February at the Yeovil Athletics Arena.



There are not many places so you must book NOW if you want to go. Adrian is a very nice guy and will provide you with some really great tips for your training and race day. For more information, see the Flyer attached to this email or see Nick.



## Some interesting information from Martin Cook regarding apps for your phone to help with training

I was given a Cycling Magazine for Christmas and in it it had several APPS that could be used with the latest phones to aid training etc, some of which could be of use to the runner as well. I should stress my phone is very old so can't even take pictures and my text use is near zero so I have not and can not I have looked into them.

For those techno freaks out there who have the latest Smart phones IE I phone, Android or Blackberry (go well with Apples in a pie) what ever they maybe !!

These Apps may be interest;

RUNKEEPER [www.runkeeper.com](http://www.runkeeper.com)

EVERYTRAIL [www.everytrail.com](http://www.everytrail.com)

MUNCH 5-A-DAY [munch5aday.com](http://munch5aday.com)

CALORIE TRACKER LIVESTRONG [www.livestrong.com/calorie-counter-mobile](http://www.livestrong.com/calorie-counter-mobile)

Not all of above can be used on all types of phone and some will need the GPS element.

Below is from an article he read regarding safety when running/walking/cycling, particularly what to do when something goes wrong. For those of us who run off road in the middle of nowhere may want to have a read –

Another article I have read in the LDWA magazine is reference Search and Rescue and problems with contacting emergency services some of which are interesting to make note of a check.

a/ When walkers rang 999 and gave a grid reference members of the call centre did not know what a Grid reference was and asked for the Post code !!!! (This was a staff training problem).

b/ In the Cumbria Flood disaster There was problems where the police were quoting house and street numbers which was no use to the rescue helicopters they were trying to direct !

c/ Mountain rescue teams have reported they have been receiving calls from walkers out on hills who need help but they have been quoting Latitude and longitude when asked for location. They now have software to convert to grid refs, but it proves that some people go out with a GPS device but have not converted it to read Grid refs and potentially have a very poor level of competence for being out in the wilds. This is an interesting point, how many of us have a GPS watch but could read the grid ref figure if for example you fell over and broke an ankle miles from the nearest road so you could direct emergency services to you or the group of runners. Indeed if you had a map could you read the grid refs on it.

Thank you to Martin for the information



Finally, good luck to Dave Carnell this Wednesday in the Street 5k Series! Lets pray for a downhill section!!....oh and I want a race report from you Dave!!



### *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
Wed 12 <sup>th</sup>	Street 5k Series (4)	Street	7.30pm	<a href="http://www.wellscityharriers.org.uk/street">www.wellscityharriers.org.uk/street</a>

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## February

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

## March

Date	Event	Location	Time	Website
Sun 6 <sup>th</sup>	Combe St Nicholas 10k	Combe St Nicholas	10.45am TBC	<a href="http://www.combestnicholasprimary.co.uk">www.combestnicholasprimary.co.uk</a>
Sun 6 <sup>th</sup>	Bath Half Marathon	Bath	11.00am TBC	<a href="http://www.bathhalf.co.uk">www.bathhalf.co.uk</a>
Sun 6 <sup>th</sup>	Bideford Hald Marathon	Bideford	10.30am TBC	<a href="http://www.bidefordaac.co.uk">www.bidefordaac.co.uk</a>
Wed 9 <sup>th</sup>	Street 5k Series (6)	Street	7.30pm	<a href="http://www.wellscityharriers.org.uk">www.wellscityharriers.org.uk</a>
Sat 12 <sup>th</sup>	Great Western 10k	Sherborne	11.00am	<a href="http://www.yeoviltownrrc.com">www.yeoviltownrrc.com</a>
Sun 13 <sup>th</sup>	Grizzly 20m Grizzly Cub 9m	Seaton	10.30am	<a href="http://www.axevalleyrunners.org.uk">www.axevalleyrunners.org.uk</a>
Sun 20 <sup>th</sup>	Butleigh 7m	Butleigh	11.30am	<a href="http://www.wellscityharriers.org.uk">www.wellscityharriers.org.uk</a>
Sat 26 <sup>th</sup>	Nighrunner 8m	Beer	7.00pm	<a href="http://www.axevalleyrunners.org.uk">www.axevalleyrunners.org.uk</a>
Sun 27 <sup>th</sup>	Yeovil Half Marathon	Yeovil	9.00am	<a href="http://www.totalbuzzevents.com">www.totalbuzzevents.com</a>

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