



The Westie

WRC - The friendly running club

MEMBERS E-BULLETIN

NUMBER 15 – TUESDAY 15 JANUARY 2019

The Westie Continues: If actions speak louder than words then producing an edition of the Westie in short order will hopefully show that I believe between Simon’s Westie and Mitch’s web-site, the club has cracked the communication conundrum; thanks Simon and Mitch. Social media does play a part but not everyone is on Face Book so long may the Westie continue.

Annual General Meeting: As you are aware the AGM was held on Tuesday 15th January and the minutes have been circulated by Simon already. However, just a reminder that the committee members are now:

- Chairman – Neil Dyble
- Treasurer – Liz Dyble
- Secretary – Clive Grewcock
- Men’s Captain – Darryl Corbin-Jones
- Ladies’ Captain – Sandra Hewson

If for some inexplicable reason you missed the AGM, this year the formal parts of the meeting seemed to be resolved quicker than has been the case in the past (the committee appointments were unopposed and there were only two resolutions) which allowed more time for the open forum part of the meeting. See Simon’s minutes for an overview but there were a lot of thoughts and positive discussion about the future direction for WRC. So, in short plenty for the committee to get to grips with.

Most Improved Runner of 2018: The awards season culminated at the AGM with Sarah Ellis winning the award for 2018’s Most Improved Runner. Congratulations Sarah.

Parkrun Social 26 January Weymouth: “Que sera sera, whatever will be will be, we’re going to Weymouth”. Ok, it doesn’t rhyme, but the next Westie Parkrun social is this coming Saturday in Weymouth. Set your Sat Nav to DT4 7SX and take 50p for parking (or car share).

Club Championship Races: The 2019 club championship kicked off at Swanage on 13th January with 11 Westies running. Anyone with even a passing interest in Speedway will be pleased to see that Judith (269th) and Darrell (270th paid 269th) crossed the line in team formation.

Men’s Championship – Swanage 10K		Ladies Championship – Swanage 10K	
1st	Peter Doughty - 6th - 37.32	1st	Sandra Hewson - 106th - 51.39
2nd	Adam Corbin - 7th - 37.51	2nd	Liz Dyble - 252nd - 1.03.51
3rd	Darryl Corbin-Jones - 19th - 40.41	3rd	Judith Coole - 269th - 1.06.45
4th	David Green - 37th - 44.01		
5th	David Child - 48th - 45.29		
6th	Neil Dyble - - 126th - 53.41		
7th	Clive Grewcock - 197th - 59.06		
8th	Darrell Minvalla - 270th - 1.06.45		



The Westie

WRC - The friendly running club

MEMBERS E-BULLETIN

NUMBER 15 – TUESDAY 15 JANUARY 2019

It is probably best I avoid commenting on the Swanage 10K, so instead some comments trawled from Face Book. Ladies' Skip Sandra wryly noted "I'm not sure [the organisers] can cope very well with a full race!!!" David G' and others picked up on the short course "... everyone was coming in at about 9.7k. The markers seemed perfect right up to KM9...and then it was 700m to the finish." You can rely on Pete to be positive though "... overall they did a good job given they were clearly overwhelmed by the numbers. Plenty of marshals in the key places and mostly attentive. I've had worse at races that cost more to enter. And the cake/tea was v welcome at the end!" New Men's Skip DCJ summed up the day neatly "Great running from everyone today. A touch hilly that course so well done all!".

It does seem that events are filling up very quickly nowadays so a reminder that the next five championships events are as follows:

- 10th February - Lytchett 10 (also DRRL)
- 24th March - Eastleigh 10K
- 20th April - Easter Rotary Quarter (Saturday)
- 11th May - Moors Valley parkrun (Saturday)
- 19th May - May 5 (also DRRL)

Looking at the internet Lytchett has already reached its limit and Eastleigh is filling fast. The internet addresses for Eastleigh, the Rotary Quarter and the May 5 entries are:

<http://www.runningmania.co.uk/hendy-eastleigh-10k/>

<https://www.rotary->

ribi.org/upimages/clubfiles/1564/Rotary_Easter_QUARTER_MARATHON_ENTRY_FORM_2019.pdf

<http://pooleac.co.uk/club-events/may-5/>

Off Road Series: the ORS starts next month on Saturday 23rd February with the excellent Tyrrell Trail 10K organised by the Hope Rising charity at Avon Tyrrell near Bransgore. The internet address for entries is:

<http://www.hoperising.co.uk/>

Following on from the Tyrrell Trail the next three ORS events are:

- 23rd June - Lulworth 10K
- 7th July - Colmers Hill 10K
- 21st July (TBC) - D'Urberville Dash 10K



The Westie

WRC - The friendly running club

MEMBERS E-BULLETIN

NUMBER 15 – TUESDAY 15 JANUARY 2019

Based on past years it is more than likely that Lulworth will reach its limit. Additionally, but for the benevolence of the D’Uberville Dash’s Race Director, Roberto Panter, this one too would have closed early to entries last year. So, get those entries in!

Dorset Road Race League: The next four DRRL events are:

- 10th February - Lytchett 10
- 24th February - Bournemouth 10
- 5th May - North Dorset Village Marathon (NDVM)
- 19th May - May 5

Lytchett and the May Five overlap with our championship (see above), the Bournemouth 10 has closed already to entries so for now just the address for the NDVM:

<http://www.ndvm.co.uk/>

Cross Training Sessions: Thanks to Sandra for running these sessions. It was highly amusing to see Pete the next day ...

Committee Meetings: The next Committee Meeting is on 30th January so feel free to contact any committee member with your suggestions, topics for discussion etc.

Apologies: I’ve wittered on for longer than I intended (first edition nerves) and I’ll try and make the next one less about races. However, in summary if you want to run in an event, enter it now rather than waiting for the committee to nudge you! One final hint, the Purbeck and Lordshill 10Ks entries will almost certainly close early.

YELLOW STICKIES

NEXT CC RACES	NEXT ORS RACES	NEXT DRRL RACES	SOCIAL
Lytchett 10 mile Sunday 10th February	Tyrrell trail 10K 23rd February	Lytchett 10 mile Sunday 10th February	Weymouth Parkrun Saturday 26th January
Eastleigh 10k, Sunday 24th March		Bournemouth 10 mile Sunday 24th February	