



The Westie

WRC - The friendly running club

MEMBERS E-BULLETIN

NUMBER 16 – TUESDAY 14 MARCH 2019

All Things Westbourne: Apologies as this edition has been slightly delayed. Sorry, it seems that the life of a retiree can be surprisingly busy after all! Also, in an attempt at brevity (and I've still exceeded Sandra's advice of "keep it to one page") I'll cover the Champs, ORS and DRRL in a separate edition.

parkrun Socials: Back in January mild conditions greeted the five Westies (Liz and Neil Dyble, Maggie Stokes, John Hubbard and Pete Doughty) who ventured over to Weymouth for the temporary seafront course. With four of the five making their course debut, it perhaps wasn't a surprise that there were no PBs. The run was followed by a post event cuppa, along with at the Jurassic Café overlooking the bay.

Blandford was the destination for March's Club Social parkrun and this time there were six Westies; Liz and Neil Dyble, Pete Doughty, Darryl Corbin-Jones, Darrell Minvalla and Clive Grewcock and two of the Westie Diaspora (Simon Hare and Tucks) and between us we were rewarded for the early start with PBs for Pete and Clive. DCJ chose the post run venue of Costa, but the Chair and Treasurer had an extra coffee at the Yellow Bicycle Café.

The date and venue of the April parkrun social yet are to be determined and do please respond to the voting post on Face Book. If that isn't your thing, then please feedback your suggestions to Neil direct or via me.

The Inaugural Westbourne 10K Handicap Run: I'll simply quote Neil: "So here it is. Our first ever 10K handicap event. I've measured out an accurate 10K course, which starts at Durley Chine, then heads past Bournemouth Pier (1K), on to Boscombe Pier (2 miles), and then another mile plus towards Southbourne for a turn at Beach Hut #1072 (5K exactly - pictures to follow). We then trace the route back to finish at Durley Chine, at the Chineside cafe.

As this is a handicap event, the plan is for runners to start individually (slowest first, quickest last), so that ideally everyone finishes 10K at the same time (10am). If you expect to take an hour, you'd start at 9am, and a 45-minute time would mean a start time of 9.15am etc etc. Therefore I [i.e. Neil] do need to know your expected finish time please, when you confirm you'd like to take part (no silly suggestions please).

I appreciate that some of you are marathon training right now, so if you'd like to include this 10K distance at a preferred slower training pace, as part of a longer run, then that's fine as well. Again, just let me know your anticipated 10K time.

I've also created a new Strava Segment for this course (Westbourne RC 10K Handicap Course), so we can compare times, and measure progress, if you'd like to run this again, either as part of an event, or when running on your own."



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Spotted Any Good Eggs Recently: With another two races completed, do please let Liz know if there is any member you would like to nominate for an outstanding performance/being supportive. Also, if there are any photos/race reports you would like added to the website - email Liz on liz-wrc@outlook.com

Winter Intervals/Thrills on the Hills: Once again in Neil’s words: “... our one-hour midweek interval session continues until the end of March. Meet near the bottom of the West Overcliff, behind the BIC, round the side of the Hot Rocks restaurant. Anyone who has done one of these sessions will tell you that they are as friendly as they are challenging. All abilities are welcome. Perfect if you're trying to improve you speed and fitness for 5K or more. There's limited free on street parking at the top of the hill, near the Marriott Hotel.”

Committee Meetings: The next Committee Meeting is on 20th March so feel free to contact any committee member with your suggestions, topics for discussion etc.

Send Us Your Money: Blimey Neil has written virtually all this ‘Westie’ for me, all I have to do is cut and paste: “As you know, membership renewals, for the best running club in all of Dorset are now due. For just £20 you get to be a full member of Westbourne Running Club, with affiliation to England Athletics for races, training, social events and much more besides. If that wasn't incentive enough, I've decided to give a nice bottle of fizz to a lucky member, chosen at random, who renews by the end of March. Paying online is easy, and Liz has sent out full instructions. Do contact her if you have any queries.”

YELLOW STICKIES

NEXT CC RACES	NEXT ORS RACES	NEXT DRRL RACES	SOCIAL
Eastleigh 10K Sunday 24 March	Boo, hiss, no ORS runs until June!!	North Dorset Village Marathon (NDVM) Sunday 5th May	Westbourne 10K Handicap Sunday 17 March
Easter Rotary Quarter Saturday 20 April		May 5 Sunday 19th May	TBA April Parkrun Social