



The Westie

WRC - The friendly running club

MEMBERS E-BULLETIN

NUMBER 25 – THURSDAY 3 OCTOBER 2019

All Things Westbourne: Since the AGM there has been a steady flow of new members, Firstly Carys Gallagher, then Catherine Doughty and most recently Vicky Rutter. So we are steadily growing (or re-growing if you prefer) although there does seem to be a slight gender bias creeping in to our recruitment. Well you lot voted DCJ in as men's captain, so what did you expect?

By the way don't forget that trophyettes are up for grabs at the Boscombe 10K.

New Website: ... and now a drum roll. Quietly, behind the scenes Liz Dyble has been building a new website. Not only is this more user friendly, but it should overcome some of the downsides of its predecessor (which was often blocked by corporate firewalls and for some reason often seemed to be immune to Google searches). There is some tinkering to do, but do take a look (the password for the Members' Area is 'westiearea'):

<https://www.westbournerc.co.uk/>

What may not be immediately apparent is that with the new site the 'back screens' are so much easier for the admins to update and change. Thanks are due to Liz for her hard work in developing this and she will be happy to receive suggestions as to how the site can be enhanced

parkrun Socials: First up on the 12th Lymington is the venue for the October parkrun Social and whilst this will take the Westies some way east you will get to meet the top team of volunteers in the parkrunsphere. In November the 2019 ORS concludes at Brockenhurst parkrun on the 9th so for ease we'll combine that with the November parkrun social.

When the snowman brings the snow: As mentioned last time the 'Christmas Do' is booked for 15 December at the The Forge/The Libertine in Westbourne. Providing you stump up payment by the end of November, tickets are available at the bargain price of £15 per person. This same bargain price applies to partners/significant others/other halves. Make sure you don't miss out on the event of the year by sending your payment to the WRC account (Sort Code 40-46-11, Account No: 81421336). Please use your name and 'Christmas' as a Reference.

The 2020 Race Calendar: If it is ok to mention Christmas then it only a small additional step to think about the New Year. Whilst it falls to the committee to finalise the list of races that will make it into the club championship, we are, of course, open to suggestions and keen to learn which races you like and which races you think are best avoided in 2020. Therefore feed your thoughts in to a committee member of your choice and hopefully the result will be a spread of dates and distances that appeal to everyone. For some bizarre reason the Club Champs and the DRRL take precedence and therefore the ORS series will have to be slotted into the dates that are left. Nevertheless we would also be grateful for your feedback and thoughts on off road races.

Track Sessions: A Question from Neil "I wondered if there's any interest in one more track session, with a handicap race? We would have to chip in a fiver each say this time, as we'd also need the floodlights, which is an extra cost. Therefore need 8 plus definite as a minimum to make this work." So, if interested please contact Neil at ndyble@gmail.com



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Training: The usual plugs:

- Firstly there are the social runs starting at 17.30 on Tuesdays and Thursdays from LV='s offices at County Gates.
- Neil's intervals continue on Tuesday evenings at Poole Park at 18.30. It is all a bit technical for my pea brain, but I think he is switching to longer (and presumably therefore less) intervals for the winter.
- It is also worth mentioning that Emma Hinchcliffe organises social runs on Thursdays at 18.30 that start and finish at All Hail Ale in Queens Road (BH2 6BE).

The Green and White Army's Corner: After the August lull the race calendar is back in full flow:

- I'm aware of two Westies who ran at the Great North Run. Back on her home pavements Catherine Doughty dipped under the two hour mark with 1.58.24. Despite an ankle injury (if you've a strong stomach refer to Face Book for photographic evidence) Darrell Minvalla bravely finished in 2.55.05.
- Despite never having met before Dino Christou and Carys Gallagher ended up running a large chunk of the New Forest Marathon together. Dino just finished the stronger and crossed the line in a chip time of 4.12.39. In her debut marathon Carys' chip time was 4.17.50.
- For completeness I have to mention the inaugural Westbourne Handicap Mile, although somewhat embarrassingly I sand bagged this thanks to a generous handicap. More credit worthy was Felicity Hooper's second place and then guest runner Vicky Rutter's third place. I'm sure everyone who took part will agree that thanks are due to Neil for organising the track sessions at Kings Park and I'll add my personal thanks to him for calculating such scrupulously fair handicaps.
- Not content with running the GNR, Darrell Minvalla put his dodgy ankle through a second half marathon, finishing the Great Bristol Half Marathon in 2.53.11.
- I'll avoid repeating my email summary, but Adam Corbin was the outright winner of the Pete Hawkins Memorial Shield (and therefore also the winner of the Men's Trophy) with Louise Blakeley winning the Ladies' Trophy. In addition Judith Coole collected the ~~good egg~~ ~~who isn't a Westie~~ most supportive non-member award on behalf of her father, the intrepid photographer, Dave Hewitt
- We had half marathoners aplenty at the soggy Solent Half Marathon; Peter Doughty 1.22.04, Adam Corbin 1.24.03, Kevin Drayson 1.24.44, Darryl Corbin-Jones 1.35.37, Sandra Hewson 1.59.54 Louise Blakeley 2.05.50, Neil Dyble 2.26.16, Liz Dyble 2.26.17 and Judith Coole 2.38.41. Best I don't mention that it was dry for Geoff Parrott and me over in Bere Regis for the Blackhill 10K.



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- The club made its debut in the Wessex XC League with Felicity Hooper finishing 9th in the ladies run. Again I will avoid repeating the various Face Book posts and my email, but to paraphrase DCJ, the XC league takes the average Westie out of their comfort zone, but in a good way. Well put skipper.
- During September Kevin Drayson was as relentless as Steve Smith and in order his month went as follows:
 - 01/09/19 The Beast - 13 miles/1700ft of ascent
 - 08/09/19 Crafty Fox - 15 miles/1,900ft of ascent
 - 15/09/19 Purbeck Marathon - 26.2 miles/3,000ft of ascent
 - 22/09/19 Solent Half Marathon - 13.1 miles/282 ft of ascent
 - 28/09/19 Jurassic Ultra -33 miles/3,300ft of ascent
- Kevin was also first male in the White Star Wyvern Series, which comprised the Larmer, Moreton and Crafty Fox runs.
- Finally the bullet point where I really do run the risk of guilt by omission. Significant runs for Westies during October include Darryl Corbin-Jones at the Loch Ness Marathon, Peter and, broken toe willing, Sarah Rejchrt at the Cologne Marathon and Sandra Hewson at the Barcelona Iron Man. Felicity Hooper heads west for the Cardiff Half Marathon. Closer to home the Bournemouth Marathon Festival sees Marcus Harmes go for the Marathon, whilst Louise Blakeley and Vicky Rutter opt for the Half Marathon. Good luck to the above and to everyone else running in October.

Closed/Open to Entries: Based on a quick trawl around the internet:

20/10/19: Weymouth 10 (WRC Champs) – looks to be still open, but on-line entries close 19 October:

<https://www.egdonheathharriers.com/ourraces/race.php?id=4>

27/10/19 – The Stickler (WRC ORS) – closed race full.

<https://dorsetdoddlers.fullonsport.com/event/the-stickler-2019/profile>

17/11/19 – Wimborne 10 (WRC Champs and DRRL) – race full:

<https://www.wimborneac.co.uk/wimborne-10/?fbclid=IwAR26-cnwq8DxogID7dR1mAtYUyuySeksuRve4rTJ9KSeUOJAG9U0otZ4pto>

24/11/19: Boscombe 10K (WRC Champs and DRRL) – race full:

<https://www.bournemouthjoggers.co.uk/boscombe10k>

It may be if you look on Face Book and on the individual race websites you'll find waiting lists and or swapsies for the events that are full.



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UP AND COMING

NEXT CC RACES	NEXT ORS RACES AND WESSEX XC RACES	NEXT DRRL RACES	TRAINING	SOCIAL
Weymouth 10M Sunday 20 October	The Stickler Sunday 27 October	Wimborne 10M Sunday 17 November	Every Tues/Thurs at 17.30 Social Runs from outside the BH1 gym at LV= Frizzell House	October parkrun Social Lymington Saturday 12 October
Wimborne 10M Sunday 17 November	Wessex XC No.2 Lytchett School Sunday 3 November	Boscombe 10K Sunday 24 November	Tuesday intervals Meet at 18.30 by the cricket pavilion at Poole Park	Brock PR Wilverley Saturday 9 November
Boscombe 10K Sunday 24 November	ORS – Brock PR Wilverley Saturday 9 November			Christmas Do the Forge, The Libertine Sunday 15 December
	Wessex XC No. 4 There has been no word from the WXC League as to a replacement for the cancelled Yeovil event			
	Wessex XC No. 3 Canford School 15 December			