

The Westie

WRC - The friendly running club

MEMBERS E-BULLETIN

NUMBER 21 – TUESDAY 23 JULY 2019

All Things Westbourne: Since the last Westie, and yes apologies this one is overdue, there has been a lot of racing, so the following are just a few random highlights of the green and white army's exploits:

- The Purbeck 10K on the Friday 21st June saw Sarah Ellis finish first in her in her age category and Louise Blakeley run a new PB time of 52.11 beating her old PB of 54.01 set at Boscombe in 2016 by quite a margin. This was part of the main Championship and the up to date tables are on our website:

<http://www.westbournerc.com.gridhosted.co.uk/ladies-club-championship-2019/>

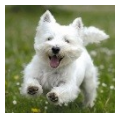
<http://www.westbournerc.com.gridhosted.co.uk/mens-club-championship-2019/>

- The following morning Kevin Drayson was second at the Ferndown 10K (and several other Westies doubled up after the previous evening's Purbeck Run).
- On the Sunday Peter Doughty made it three 10Ks in three days at Lulworth Castle. There was another podium for Kevin, with a third place finish. There were also category places for Peter (2nd M40) and Geoff Parrott (3rd M70).
- In the Upton Summer Series, the men's team were third in the fourth race of the series and are fifth overall. In the individual standings, having raced at Upton twice, Sarah E' has two age category first places.
- At the Colmers Hill 10K on 7th July Peter D' was second overall (and 1st M40) and in their age categories David Child was second (M60) and Carys Gallagher first (Senior Female).
- This Weekend at the D'Uberville Dash 10K Kevin D' and Peter D' were second and third respectively. In addition Sarah E' was first in her age category (F45) and Geoff third in his (M70).
- A lot of the above races form part of the Off Road Series (about which I've probably wittered on enough about on Face Book) and the tables can be viewed at:

<http://www.westbournerc.com.gridhosted.co.uk/off-road-championship-table/>

Apologies, as I'm sure to have missed some highlights and personal landmarks, but hey ho the above gives a snapshot of how the club is rolling.

Dorset Road Race League: As websites go I find the DRRL site fairly arcane, but even a Luddite like me can see that our men's team are somewhat deep in relegation trouble in the top flight. The ladies team, however, are handily placed in third place in Division Two and a late run could see them claim promotion. Given my lack of commitment to the DRRL, I'm not the best person to launch into the rah-rah pep talk, but here goes; ladies if you are able to rock up at a DRRL event and make sure we always have a team of three between now and the season's end, I'm sure Sandra would be grateful and you never know you may very well make the difference that secures promotion.



The Westie

WRC - The friendly running club

MEMBERS E-BULLETIN

NUMBER 21 – TUESDAY 23 JULY 2019

Race Entries: Before I start to sound like a broken record I'll simply quote Neil's update on Face book; "I've just discovered that the Round The Rock 10K on 11th August at Portland is sold out. If you have a place, and find you cannot run, please offer it to another Westie here first. Places are still available in The Stur Half (half marathon at Sturminster Newton) on 4th August, but again, this could well sell out at any time, so, if you planned to take part, I suggest that you enter sooner rather than later. In general, DRRL races are more popular than ever this year, and if there is a race (or races) you don't want to miss out on, I would advise entering as quickly as possible. Once races are full, people do look for transfers, so if you are unable to race, someone is likely to want a number, and refund you. Also, host clubs often create a Facebook page for their races, and these are a great way to keep updated on race entry lists and other useful information. All you need to do is like these pages."

All I would add is that the Littledown Five is not only in our Championship and our Peter Hawkins Memorial Trophy race, but also a DRRL event and the Wimborne 10 and Boscombe 10K (both DRRL) are sure to close early to entries ...

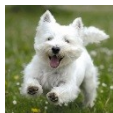
Social Events: Realistically summer holidays will intervene for many of us, but the following events are on the cards for August:

- **7th August – the last of the Upton Summer Series:** just a suggestion at this stage, but depending on the weather, does anyone fancy staying on and having a picnic in the park (cue singing of "I believe it's called Al Fresco" and "Drink sangria in the park", but as Neil is the lyrics expert, I'm sure he'll add a few). The same idea seemed to work reasonably well after the ORS event at Upton.
- **August parkrun Social** - as yet the venue and date have yet to be determined – see Neil's poll on Face Book, or if you are not on FB, please e-mail your suggestions to Neil or me.

Track Sessions: Thanks are due to Neil for arranging three track sessions at Kings Park. The first was an eclectic mix of intervals, various timed runs and a relay and it was good to see John Hubbard, albeit suited and booted, who despite being injured came along to support. Best of luck with your recovery John. The next session is on 5th August, again approximately from 6pm to 9pm, and apart from the invaluable training opportunity, it is worth coming along just to see DCJ's reaction when the word 'intervals' is gently uttered. The final session will be on 2nd September.

Other Training: Neil's midweek intervals continue at Poole Park. Meet at 6.30pm by the cricket pavilion on Tuesday evenings. Also do remember that the regular social runs take place on both Tuesday and Thursday evenings starting from outside the BH1 gym at LV= Frizzell House in Westbourne at 5.30pm.

EA Website: It would help Liz if everyone could log on to the EA website to check that their details are up to date.



The Westie

WRC - The friendly running club

MEMBERS E-BULLETIN

NUMBER 21 – TUESDAY 23 JULY 2019

Most Supportive Runner and Outstanding Achievement Nominations: There has been a lot going on of late so do please let Liz have your nominations for the Most Supportive Runner and Outstanding Achievement awards. (Liz-WRC@outlook.com)

YELLOW STICKIES

NEXT CC RACES	NEXT ORS RACES	NEXT DRRL RACES	SOCIAL
Round The Rock 10K Sunday 11 August	The Beast Sunday 1 September	Sturminster HM Sunday 4 August	Maiden NewTen Madness 10K Wednesday 24 th July (Now closed to entries)
Littledown Five and Peter Hawkins Memorial Trophy Sunday 15 th September		Round The Rock 10K Sunday 11 August (Now closed to entries)	Track Session Kings park Monday 5 August
Solent HM Sunday 22 nd September		Littledown Five and Peter Hawkins Memorial Trophy Sunday 15 th September	Upton Summer Series Race #6/Picnic in the Park Wednesday 7 August
			August parkrun Social Date and venue TBA