



The Westie

WRC - The friendly running club

MEMBERS E-BULLETIN

NUMBER 20 – TUESDAY 11 JUNE 2019

All Things Westbourne: Well progressively the Westie is getting closer to appearing at the start of the month and hopefully I'll get there by about December. Since last time the highlights for the club have included an impressive showing at the Poole half Marathon. For the ladies Sarah Ellis was the first Westie home in a PB of 1.38.22 and I'll let Neil's comments cover the men's race "... I was watching the PFor half marathon, near the finish. I counted the leading runners, and shouted out to our guys, as they went by. Do you know which local club had three top ten finishing men? I'll give you a clue. It wasn't Bournemouth AC. It wasn't Poole AC, it wasn't Lytchett. It wasn't Littledown. It wasn't even Lonely Goat. No. It was us. Us. US. Do we punch above our weight? Oh yes. Do we eat goat for breakfast? Yes, unless we're vegetarian. Well done Kevin (5th), Adam (6th), Pete (10th man, 11th overall), and everyone else today."

To reiterate I will, in due course, attempt to document the all time Westie records at all the recognised distances, but realistically it isn't a task I'll contemplate until the clocks go back. As part of this I'll attempt to track down all the marathons ran by club members. Meanwhile, championship progress to date is on the WRC website:

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

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

Additionally you can track the club's progress in the DRRL here:

<http://www.sirisaac.co.uk/cgi-bin/racedata19.pl?club=0&sex=0&age=0&search=League+Positions>

Social Events – A Recap: This is largely a repeat of May's Westie, with the significant change that an event in Poole Park means that the next WRC parkrun social on 15th June will now be at Bournemouth, rather than at Poole. In addition I've added the Dorset Runners Summer Ball to the list:

- **15th June - parkrun Social at Bournemouth:** Grrhh if it really is parkrun rather than Park Run, does this mean it is at kingspark? Anyway you know the drill by now, a chance for Westies to meet up, run and chat over a post run coffee.
- **21st June – Post Purbeck Pint, Pie, Prosecco ... whatever:** Evening runs do provide an opportunity for us to get together and we are intending to meet on Wareham Quay after the Purbeck 10K on 21st June. We've picked Wareham Quay as it will allow an element of free styling. There is a chip shop nearby, there are public benches and pubs too. From memory there are also two curry houses in Wareham. So hopefully this isn't an over prescriptive suggestion.
- **28th June – Dorset Runners summer Ball:** A cut and paste from the internet "... Carole Ingham would once again like to invite ALL Dorset runners and their partners to get together and enjoy an evening of good food, great company, and Rock 'N' Roll! This year we have



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upgraded the venue to the wonderful harbourside setting of the RNLI College on West Quay Road, in Poole! £35 pp to include a 3-course meal + dancing to live band “CURVEBALL”. Tables are for up to 10 people, and there is a space in the booking form to add seating requests.”

- **24th July – Maiden Newten Madness10K:** It isn't included in any of the championships, but several Westies are considering entering the Maiden NewTen Madness 10K, which is another evening run. Undeniably it is a fair distance away from Bournemouth and Poole and does clash with the 24th July run in the Upton House series. However, it does provide the opportunity for a mid-week meet up in Hardy-esque Dorset.

Upcoming Races: It has been suggested to me that I should highlight the races that I think are likely to close to entries in the near future. Races are reaching their limits so frequently at the moment that you may as well as me to list the games I think Manchester City will lose in 2019/20. (Ok, as you push me for an answer, Crystal Palace home and away). I think the message has to be if you want to run in a race, enter it now rather than waiting. For what it is worth I've entered both the Beast and the Stickler in the last week and, for reasons I cannot fathom, the Boscombe 10K is filling up fast. An important event in the Westie calendar is, of course, the Peter Hawkins Trophy/Littledown 5 and as this race is back on the DRRL list, early entry is advisable.

The Beast: <https://pooleac.co.uk/club-events/the-beast/?fbclid=IwAR2V59x3V7DOzgcdVSFFrcqz5dVqB5zOOSsutQ6QvqRB38tPm7a7d16JhH8>

The Stickler: https://dorsetdoddlers.fullonsport.com/event/the-stickler-2019/profile?fbclid=IwAR2ukpy63FI82i6G3aasMybqAVdqECQsGyp3TTIKhNFbZmnLE_2E-91lhOs

Boscombe 10K: <https://www.bournemouthjoggers.co.uk/boscombe10k>

LD5: <https://southernrunningguide.com/race/littledown-five-miles>

If anyone is unclear on the remaining championship races, DRRL races or, most importantly, the remaining events in the off road series, do please email me.

Midweek intervals: When it comes to training, it is always worth mixing quality in with the quantity and what better way is there than Neil's midweek intervals at Poole Park? Meet at 6.30pm by the cricket pavillion on Tuesday evenings.

Judith's Dad: It is about time we gave credit to Mr. David Hibbert, photographer extraordinaire, who regularly uploads race photos of Westies to Face Book. Thanks Dave, your efforts are appreciated.



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YELLOW STICKIES

NEXT CC RACES	NEXT ORS RACES	NEXT DRRL RACES	SOCIAL
Purbeck 10K Friday 21 st June	Lulworth Castle 10K Sunday 23 rd June	Purbeck 10K Friday 21 st June	Bournemouth parkrun WRC parkrun Social Saturday 15 th June
Lordshill 10K Sunday 30 th June	Colmers Hill 10K Sunday 7 th July		'Meet on the Quay' Wareham Friday 21 June
	Upton House Series Wednesday 10 th July		Maiden NewTen Madness 10K Wednesday 24 th July