

# The Westie

WRC - The friendly running club

MEMBERS E-BULLETIN

NUMBER 38 – 2 OCTOBER 2020

**All Things Westbourne:** Let's not dwell on the overall Covid-19 situation, but instead start with some good news; we have two new members. The first of the two to sign up was Thays de Freitas and then Phil Coole joined us. Some of you will remember that Phil was a WRC member three years or so ago (apologies, I cannot remember exactly when). Both Thays and Phil have joined us on our Wednesday night runs, but hopefully at some point we will all be able to meet up and welcome all our new members to the club in person.

Whilst on the subject of membership, it is perhaps worth highlighting that the club is currently made up of equal numbers of both genders. In fact, briefly for a few days last month the club's membership was made up of more females than males. To be honest whilst it is nip and tuck, I don't think we need to get bent out of shape about the exact gender make-up of the club. However, it is perhaps worth remembering that it was Neil Dyble, during his time as chair, that championed the introduction of a Ladies Captain. From such acorns do oaks grow.

**The Awards Season:** Last month I said quite what our Christmas celebrations will look like this year is another question, a vagueism which now seems wildly optimistic. However, some business as usual will continue, so a gentle nudge to let Liz have your nominations for the 2020 Outstanding Achievement and Most Supportive Runner awards at [Liz-WRC@outlook.com](mailto:Liz-WRC@outlook.com). We may have to resign ourselves to a virtual knees up with DIY nibbles and drinks.

**Westie Wednesdays:** The socially distanced social run that is Westie Wednesday is going from strength to strength, whatever the weather. Meet at 7pm on the Prom by the Durley Inn on a Wednesday. For the foreseeable future we will run in groups of no more six so please email me at [wrcclive7@gmail.com](mailto:wrcclive7@gmail.com) if you want to book a place. We can make arrangements to cater for different speeds and distances, so if 5 miles is too far, or 10-11 minute miles is too quick, please let us know. If you are a speed or distance demon, you are welcome to add extra distance by looping back to others in your group. Please don't attend if you feel unwell and do follow the England Athletics (see link below) and Government's guidance and if you have any further tweaks to the format that would make you feel more comfortable, do please let me know.

<https://www.englandathletics.org/athletics-and-running/news/guidance-update-step-2/>

**Scream If You Want To Go Faster (Or Run Up Hills):** As the nights draw in even more, Judith is keen to explore alternatives to running along the prom, albeit the prom is lit. She has suggested restarting Neil's "Thrills on the Hills" sessions behind the BIC. "This would be a structured hill interval session, again suitable for all abilities. Hill training is brilliant for improving cardio fitness, and will have a real impact on your speed. Please let us know if you are interested, and we will start running this as an alternative on a Wednesday. If you'd prefer another night, as maybe you would like to be able to do both flat and hill Westie outings each week, then again let us know."

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**Social Sundays? (Wilverley, New Forest - Sunday 09:30):** Please see the following from Pete: “Just a thought – would anyone be interested in a social run on a Sunday morning? Along similar lines to Clive’s popular Westie Wednesday. Thinking we could have a relaxed gentle jog at a similar weekend time to when we used to race/park run. Social distancing and maximum bubble/s of six obviously. If so, I’d happily lead a group at my local Wilverley Enclosure in the New Forest (Brockenhurst ParkRun), and going forwards we could stick with this venue, or rotate between a few different ones (e.g. Hengistbury Head).”

**2020 London Marathon:** As some of you will have seen from Neil’s post on Facebook, a few Westies will be taking part in the Virtual London Marathon on Sunday. Kevin Drayson who was the winner of the ballot for the club place is running on Sunday and although he has yet to decide on his route, appropriately it will be somewhere in London. Nearer home London Marathon enthusiast Darrell Minvalla will be running along Bournemouth seafront. Former members Lisa Thomas and Kevin Trowbridge are walking the 26.2 miles to Salisbury in memory of Lisa’s sister.

If you want to watch the elite races BBC2 coverage of the women’s race starts at 7am and then switches to BBC1 at 10am for the men’s race.

Good luck to everyone taking part.

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## UP AND COMING THIS MONTH

NEXT WRC CHAMPS RACES	NEXT ORS RACES	NEXT DRRL RACES	TRAINING	SOCIAL
2020 NOW CANCELLED	DRRL CANCELLED FOR 2020		<b>Wednesday Training</b> <u>Social Run</u> 7, 14, 21, and 28 October 7pm on the Prom at the Durley Inn <u>Thrills on the Hills</u> 14, 21, and 28 October 7pm on the Prom by Bournemouth Pier Book at wrclive7@gmail.com	<b>'Weekly' TT Challenge Run</b> See Facebook/email for the latest route
			<b>Sundays</b> <u>Social Run</u> Watch this space!	<b>Every Saturday</b> <b>Felicity Hooper's Fark Run</b>