

## NOTES FROM THE GREEN AND WHITE ARMY 16 October 2020

### Introduction

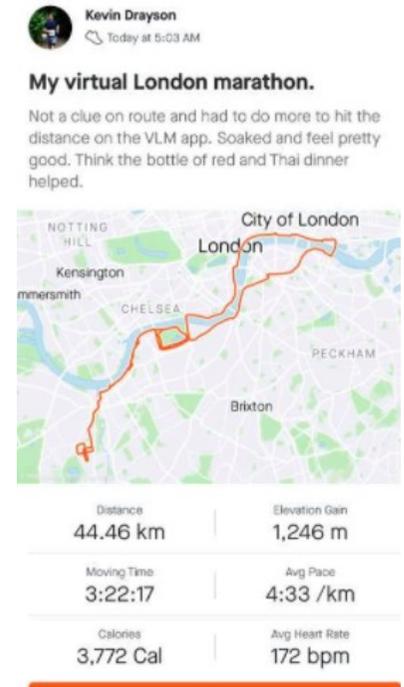
Something of a London Marathon feel to this month's update. Congratulations to the Marathoners and thanks to all the contributors.

Where better to start the London Marathon adventures than with **Kevin Drayson** who won the ballot for the club London Marathon place in the 2020 Marathon? The London Marathon have rolled the actual 2020 places over to 2021 whilst still recognising 2020 virtual runs.



Can't beat a little virtual bling! Especially when it's a VLM 40th medal. Our accommodation was all booked so decided to run round London on the soggiest day I've ever run on. My prep the night before consisted of wine, Thai food and the garmin connect app to work out where best to run. Obviously I set off at Drayson o'clock (5am) for some sight seeing and 26 miles. Was great to see loads of other runners with their numbers on and all seemed happy considering the weather. Some runners had even set up their own aid stations in Battersea Park, no doubt going for GFA. Overall really happy with the run and can't wait for London 2021.

Kevin Drayson



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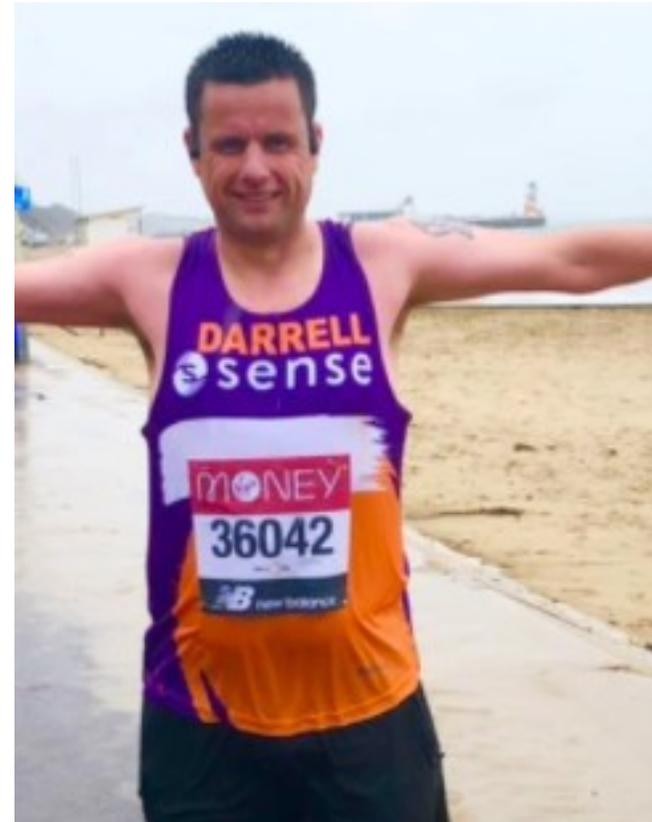
More **London Marathon** adventures from the Westies and members of the diaspora.

It is possible that somewhere there is someone who is more committed to the London Marathon than **Darrell Minvalla**, but I doubt that there is anyone more voluble in their enthusiasm. So, a very brief excerpt from Darrell's Face Book posts "So today's VLM marathon was nearly 1 hour quicker than 42 months ago! even more chuffed that the furthest run I did before today in the past 12 months was 10 miles (with stops) Everything just fell into place today and pace went well - despite mother nature's attempts! On another note - you'll be pleased to know no more VLM posts until and including when the 40th medal arrives, to celebrate the last 3 VLMs in a row since 2018.... Wow how life changes when you put your mind to it and believe in it." Special mention to **Liz and Neil Dyble** who, despite the unpleasant conditions, joined Darrell for the end of his run and saw him home in under five hours. Another of Darrell's posts highlights the progression he is making "Hat Trick VLMs – 2018: 5hrs 54, 2019: 5hrs 11 2020: 4hrs 58 mins." Along the way Darrell has raised more than a few bob for his chosen charity Sense.

Former Westies **Kevin Trowbridge and Lisa Thomas** walked 26.2 miles from Christchurch to Salisbury despite Lisa having suffered a broken pelvis earlier in the year. Their chosen charity was Leukaemia Care to in memory of Lisa's sister, Rachael, who died in October 1980 aged 3 years.

**Felicity Hooper** joined up with Deckchair Dynamos on their Virtual Marathon which started at Ringwood and reached Bournemouth via the Castleman Trail. However, you'll have to wait to next month for the write up (cue the 'East Enders drums').

Whilst he isn't a Westie, Maggie's brother **David Stokes** completed the Marathon in 9 hours 17 min and 2 seconds. David was raising funds for Water Aid.



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Not just one race to report on this month, but three. First up **Peter and Sarah Rejchrt** at the **Race on the Chase**

A fantastic low-key event, very local and a good opportunity to test the racing waters in the new world. A choice of distances: 10k, half and full and race day, the first Sunday in October, dawned with wind, persistent rain and about 6deg. Not quite what I had envisaged for an October race, so I was glad not to be going for the full.

A touch-free experience and new arrangements in place to keep runners distanced and overall it felt a stress-free and safe experience. Timing is by chips worn on a lanyard, no race numbers and masks required in public areas. All good so far. We were allocated a 10:12 start but in the foul conditions there ended up being only 85 runners on the half, so Sarah and I wandered up to the start line at 10:05, scanned our dongles and set off into the Hampshire fields, soon crossing into Wiltshire, then being marshalled across the A354 Salisbury-Blandford road twice. Lovely chalky tracks, hills, some cloudy views of Martin Down and then at 6km the track, which had been a dustbowl the previous weekend according to the RD, became a pool of custard mud, so slowed up and then the next sloshing through mud in shin-deep potholes at 8km. Not a fast race then in the conditions and on the downs with over 300m of elevation, so a bit short on my usual local New Forest escapades. Well signposted throughout, I thought, as there never seemed to be any danger of getting lost. A new experience being seeded with Sarah and setting off together for 50m before we parted ways. For a fast starter, it was a new experience not being surrounded by other fast runners, but was a good challenge to chase others down. And meant less bunching on the course, so felt safe and distanced on some of the narrower tracks and paths. In the current environment no cakes could be provided at the end but the technology allowed for an immediate time and placing.

My only faux pas was to forget to start my watch in the slightly hectic start of tucking timing chip under my rain jacket, demasking and making sure it was firmly wedged in a pocket for my return to the finish. But the stress-free, unbunched start and uncrowded race HQ more than made up for this and I could just re-run the missing 500m at the end for Strava purposes.

All in all, the perfect event for my return to racing. Safe, distanced, chip timed, off road, well managed, signposted and marshalled. And possibly great scenery on a better day! Many thanks go to the RD for persevering with organising a covid-secure event in these trying times and to all the marshals who braved the truly foul conditions. Peter Rejchrt

7th	14	Tomasz Bednarz		M	01:40:45	+00:10:34
8th	178	Peter Rejchrt	Westbourne R C	M	01:42:45	+00:12:34
82nd	179	Sarah Rejchrt	Westbourne R C	F	02:53:46	+01:23:35
83rd	187	Ellie Hill	Westbourne R C	F	02:53:57	+01:23:46

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Over to our Surrey correspondent, **Carys Gallagher** for two recent Surrey races; **the Fox** and **the Woodland Woggle**



**The Fox-** I was completing the so called 21k event which follows The Fox trail in Surrey from Worplesdon to Godalming. The event organisers assigned each runner a registration time from Worplesdon station. The route was well marked, which was good as there were no marshals out on the course. I did find it hard to get into the spirit of being at an event- my friend and I were allocated start times that were not near each other, so I didn't know anyone at the start and with no marshals It felt like being out for a normal weekend long run.

**The Woodland Woggle-** very well organised, but I would expect nothing less from the Scouts. All runners were split into groups of six and were allocated start times three minutes apart. Runners were given a scarf to wear at the start and waited in cars until called for their start time. The route was different to previous years, but just as scenic and felt hillier. Shame not to have the bbq and cake stand, but hopefully it will be back next year.

Carys Gallagher



# Carys Gallagher completed the 21KM in 02:20:44

47th	Carys	Gallagher	10k	00:57:25	Senior Female	4th
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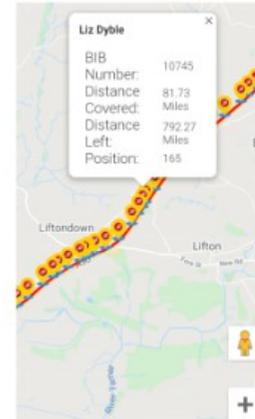
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### A few words from **Liz Dyble** on her **Virtual Le Jog Challenge**

I have Darrell to thank for the challenge I have recently set myself. Over the last year I've been putting weight on and no matter what I do I haven't been able to shift it – wish I could blame lockdown but as I wrote in my last 'blog' I have been out and about every day. I hate to admit it but, maybe, it's an age thing. Anyway, with little on the race calendar - and the winter fast approaching - I wanted the motivation to keep going out. I'd seen Darrell's posts on doing a virtual walk / run the length of the country so did a bit of googling and found that virtual challenges are all the rage at the moment.

It turns out that I entered the same event that Darrell started a few months ago and began my journey on LeJog (no 6) on Sept 28<sup>th</sup>. It took me a while to realise that LeJog isn't a fancy French term but stands for Land's End to John O Groats – a mere 874 miles. It can be completed over a year to get a nice, shiny, silver medal and a T shirt (those that can do it in under 3 months qualify for the gold medal)! I've found it quite addictive to see how far I've traveled and am walking to places rather than drive; or going further just to round it up to the next mile. Every day you upload the distance you've gone and your position is plotted on a virtual map (saddo that I am, I've just ordered a map of the UK to track and mark where am I on that). You can use Strava as your evidence but as it only shows runs I have been recording all my walks as a run so, no, I haven't turned into a total snail when you see how slow it's taken me to do some of my 5k's.

Continued overleaf



#### SD#202 LeJog6 day 14 jogette around Tarrant Rushton airfield with Jessie

Aimed for 7 min k's which I achieved even though I decided to walk the first hill on the 2nd lap at 5.5 to 6k



Distance	10.57 km	Avg Pace	7:03 /km
Moving Time	1:14:38	Elevation Gain	139 m

#### SD#202 LeJog6 day 14 (2) walk to St Aldhelm's Church



Distance	4.68 km	Elevation Gain	91 m
Moving Time	56:12	Avg Pace	12:00 /km



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### Liz's Le Jog Continued

Despite aching hips and limping along in the first 2 weeks I've walked 47 miles and run a further 35 in a total of 22 hours 37 mins. This is significantly more than the 17 miles required per week and had thought would be difficult to achieve. I've finally taken myself off to the physio to make sure I am fit enough to carry on. On day nine I passed the first 'checkpoint' of 50 miles and received a virtual postcard for my efforts. There are others to claim at 100 miles and every 100 thereafter. These little rewards and seeing the posts of the other LeJog runners on Facebook will keep me going. I've also entered the virtual Vitality London 10k at the end of October – another medal and another 6 miles closer to the end. Liz Dyble



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### Thrills on the Hills with Judith Coole ....

As the nights began to draw in, my thoughts turned to running somewhere a bit less sandy than the promenade for Westie Wednesday. Although the option was still there to run the flat route, I offered to restart the hill sessions made popular by Neil last year, on the delightful hill behind the BIC.

Four brave Westies came along on the night (Matt, Sally, Nick and Geoff) and were surprised to see me in normal clothes and a ski jacket. I had a heavy cold, and Phil had banned me from running, but I was still keen for the session to go ahead, so came along with my trusty Couch to 5k whistle.

We did the usual pyramid format of three sprints a third of the way up the hill, jogging back down to the bottom in between each one followed by three sprints to thirds up, then three to the top by the lift hut, and then it all again in reverse. It looked like everyone had a different experience: Nick gave it everything he had each run; Matt made it look effortlessly easy, Geoff was consistently fast and Sally just looked like she wanted to kill me. Having said that, when the end was in sight, Sally did manage to beat Geoff on the final two sprints, which did seem to give her some satisfaction.

I think overall everyone enjoyed themselves, and we will look to make this a regular option for a Wednesday for those who are interested. I'm looking forward to seeing how people's times on the flat improve 😊



If you want to see sunsets like the above oh and run up hills, this Wednesday (21 October) email Judith on [judith.coole29@gmail.com](mailto:judith.coole29@gmail.com). It will be a pod of six, including Judith, so first come first served

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Few of us have been on holiday recently, but **Sarah Rejchrt** has found a way - a **Strava Holiday**

A few weeks ago I received, like a million others, a survey from Strava purportedly to improve their offering but appeared to be testing why people used Strava and what would make them pay to subscribe. It promised to take only 5 minutes and so I entered the survey. Question 1: what did I consider the greatest benefits of Strava with about 9 multiple choice answers. I reviewed the options and nothing jumped out at me. There was an "other" choice and I selected as I want to type in my real reason for using Strava.....I realised I didn't have a desperate need that it fulfilled. I went back through the other 8 options and reflected. After 5 minutes I put down my phone and had a proper think about it....I didn't like to be defeated by a simple survey. Was it the community aspect, the pushing my performance, receiving kudos, tracking my runs, tracking other people. I picked up the phone and just selected the middle one....possibly keeping a record of my runs and then sulked my way through the rest of the survey. Does Strava really mean so little to me? I spend a lot of time on it....congratulating people's efforts, the longest, the highest, the fastest, pushing a buggy. Commiserating with injuries and people's legs that feel of lead and ogling people's cake and beer reward after the event.

I have been stewing a while about this each time I log in thinking what is giving me joy....lots of things are good but really "great"? No!

I mentioned to Elise [Dixon] and Peter [Rejchrt] that as they are addicted to the great orange one they could try going without for a week and see how they feel afterwards. They were suitably horrified and outright declined the challenge.

So I'm going to do an experiment.....to go without Strava. I will still track my activities through my watch app but not load onto Strava and work out what I miss the most. I have already made some exceptions....races and defending my Queen of the Mountain awards (yes, sloths can actually get crowns). Otherwise let's see how long I last.

I write this post not because I want to show you how brave or stupid I am, but for all those who I give kudos.....I won't and it's not because you don't deserve it for your fast, long, hard, high efforts. One less orange thumbs up doesn't mean I don't think your effort wasn't great. I'm on a Strava holiday! See you when I get back.

Sarah Rejchrt



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Let's face it **Felicity Hooper** has a job for life with **farkrun** which has reached Week 30.



### Weekly Club results

Club	No. of runners	Points for most runners	3 farkruns	Points for 3 farkruns	6 farkruns	Points for 6 farkrun	12 farkruns	Points for 12 farkrun	24 farkruns	Points for 24 farkruns	Total points
Westbourne RC	11	3	1	2	0	0	0	0	0	0	<b>16</b>
Christchurch Runners	10		0	0	0	0	0	0	1	6	<b>16</b>
Poole AC	1		0	0	0	0	1	5	0	0	<b>6</b>
Deckchair Dynamos	5		0	0	0	0	0	0	0	0	<b>5</b>
Littledown Harriers	0		0	0	0	0	0	0	0	0	<b>0</b>
Bournemouth AC	0		0	0	0	0	0	0	0	0	<b>0</b>

### Cumulative club results

Club	Total points
Westbourne RC	634
Christchurch Runners	507
Deckchair Dynamos	275
Littledown Harriers	15
Poole AC	18
Bournemouth AC	1

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How many different ways can we find to run round the same roads in Westbourne? To find out keep a look out on Facebook and email to see details of Aaron's latest **Time Trial** route

<u>Route Ten – Aaron's No. 2 Route 'The Rectangle'</u>		<u>Route Eleven - Clive's No. 2 Route - 'The Sandbanks Short and Simple'</u>	
Peter Doughty	28.06	Aaron Beaton	24.35
Richard Colbourne	29.49	Tim Evans	28.27
Tim Evans	32.44	Geoff Parrott	31.24
David Small	32.52	Lucy Evans	36.47
Matt Bishop	34.50	Hilary Parrott	45.43
Geoff Parrott	36.10		
Lucy Evans	41.39		
Hilary Parrott	49.04		

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Firstly thanks to **Sarah Rejchrt** for suggesting the Treasure Hunt. However, after **Carys Gallagher's** 52 run victory in the Pub Cricket challenge we are putting the Treasure Hunt on hold.



Liz Dyble's highest scoring shot – the Montagu Arms in Beaulieu. How many legs can you spot?



Carys Gallagher's score was boosted by the proliferation of the Godalming coat of arms (three lions) on pub signs.

Watch this space for the replacement challenge.

### Goggle Box Corner with Peter Doughty

This is the BBC i-player link for the new world record setting for Women's 5k and Men's 10k. Probably not everyone's idea of entertaining viewing, but I enjoyed!

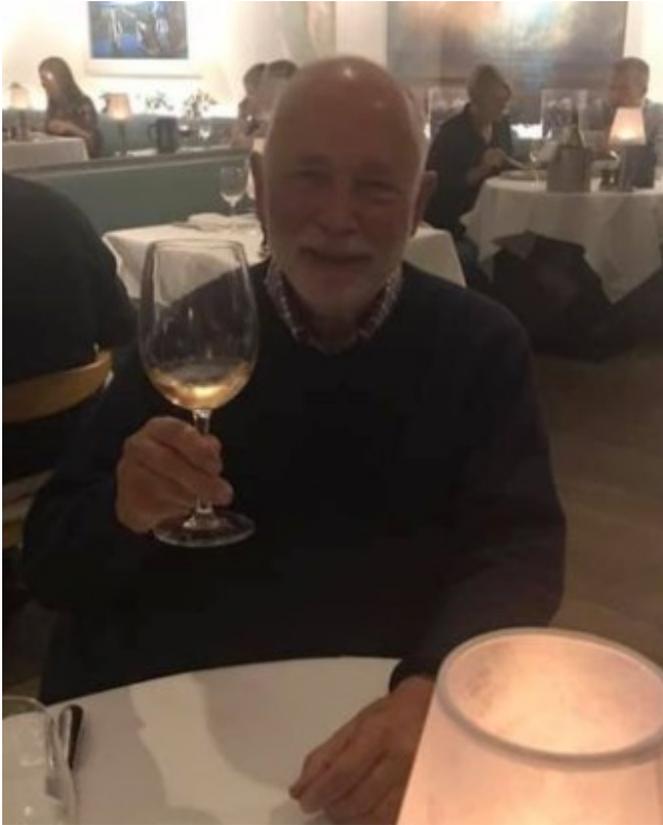
<https://www.bbc.co.uk/iplayer/episode/p08t2dpq/athletics-valencia-world-record-day>

There was also this fast 5k event held up in north england a few days prior. Quality of filming is rather poor though.

<https://www.bbc.co.uk/iplayer/episode/I002lkjn/athletics-fast-5k>

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... and finally happy belated birthday to our photographer **Dave Hibbert**. Hopefully at some point soon we'll see him back by the roadside snapping Westies at a race somewhere.



As always I'm sure I've missed quite a lot that could have been included, so just let me know and I will add them next time.  
All contributions gratefully received and thanks to everyone who has helped with this edition.