

## NOTES FROM THE GREEN AND WHITE ARMY – 18 NOVEMBER 2021

*An update from Westbourne Running club*

### Looking back at London one of two – **Judith Coole's** thoughts on the **London Marathon**

As Kev Drayson says below, London now seems like a long time ago. It was my first time, after managing to secure a place to run on behalf of Guide Dogs. Training had gone pretty well, after my DIY marathon in March, until I thought I'd be clever and run 37 miles at the Cider Frolic in July. This wrecked my hip, and even though I had physio at East Cliff, and some amazing hot stone massages thanks to Sandra Hewson, it meant my longest training run in advance was only 18 miles while I tried to give it some time to recover.

Turning to the weekend itself, I travelled to London from Oxford on the Friday to set up camp in the Doubletree at Greenwich, thanks to some old Hilton points. A quiet evening and late breakfast and it was then time to go and meet DCJ at the Expo to collect our numbers. We got there at about 12.30 and were really glad, as the queues were very very long, with a strict cut off of 5pm. Numbers secured, we had a potter round the Expo, when I bought some new socks, and DCJ bought his gels for the next day (!). After a stroll round Canary Wharf, he went off to meet Kev, and I went back to the hotel to meet Phil for dinner.

Soon it was the next day, and after a four course breakfast (trying to beat Kev's effort) I did the 30 minute walk to Blackheath. The atmosphere was amazing, and I enjoyed the music whilst I spent time in my favourite place, the toilet queue. After one visit, I had a wander around, but then decided I'd better queue again. Got to within about 10 people from the front when they called my wave, so I had to abandon 😞.

And then we were off! Lowlights were needing to stop for the toilet at about mile 9 and mile 15, my hip hurting in miles 15-17 and miles 22 onwards which meant I knew a PB was out the window. Highlights (which made me cry) were the noise round the Cutty Sark, turning the corner and seeing Tower Bridge, seeing Phil, Hannah and Joe, and my Mum and Dad, and then meeting some Guide Dog puppies at a reception afterwards.

We all met up for a meal in Greenwich and then had an eventful trip home after we found they'd shut Canary Wharf tube due to staff shortages. Our hilarious taxi driver did his best but the roads were still closed so we missed our pre-booked train. Luckily, a lovely South West trains man gave us a chitty so we could go on the next one, which meant we got home at 11.30pm. What a day!

My running has lost a bit of structure since London, even though I have done a couple of races, and I now have Covid, so won't be out this week and might not make the Wimborne 10. Time to set a new goal for 2022, I think.

### **Note from Clive**

Look, has one of us broken in to an Egyptian tomb or something? It isn't for me to match ailments to names, but the current crocked list includes people recovering from a major operation, from a stroke, from ticker problems, awaiting an operation for a fractured thumb, a mystery foot injury, ACL injuries, ankles, hips, tendons, sciatica, a broken back, covid, post covid, long covid and goodness knows what else. This is in addition to the usual backs, knees, ankles etc associated with runners. Get fixed soon everyone!

Most normal people who want to get from Ringwood to Bournemouth catch the X3 bus, but just two weeks after running London, **Kevin Drayson** ran the 50K **Race to the Sea** ultra.

"The good, bad and ugly.  
Good, no hills and no wind.  
Bad, having to wait at traffic light road crossings.  
Ugly, Nike Pegasus 38's ruined my feet."

**Kevin Drayson**

### Run To The Sea 50k



Distance  
50.30 km

Avg Pace  
4:50 /km

Moving Time  
4:03:31

Elevation Gain  
160 m



"Happy with that!!!

50km along an amazing local route with support and weather to blow your socks off. 13th place overall. Big up Alexis, Rosemary, Julie, Alex and big bro Alan for the early lift.

Now where's the wine"

**Kevin Drayson**

**The Studland Stampede** is not only one of the most difficult races in our neck of the woods, but also one of the hardest to secure a place in. **Geoff Parrott, Maggie Stokes and Tim Evans** managed to find a way in.

“More of a Saunter in truth. Brutal course.” **Tim Evans**

Studland Stampede - great race and fab views but gets tougher every time..... this year only one nudist! Great company with some of the girls from Littledown Harriers .. even went for a quick dip after. **Maggie Stokes**



Pos	Race No	Name	Time	Category	Cat Pos	Gender	Gen Pos
97	160	<a href="#">Tim Evans</a>	01:06:35	60-69	11	Male	81
139	359	<a href="#">Geoff Parrott</a>	01:11:39	70+	1	Male	107
240	454	<a href="#">Maggie Stokes</a>	01:22:15	50-59	27	Female	88

... also at the **Studland Stampede Geoff Parrott** was first in his age category

**70+**

Top 100 70+

Pos	Name	Time
1	Geoff Parrott	01:11:39

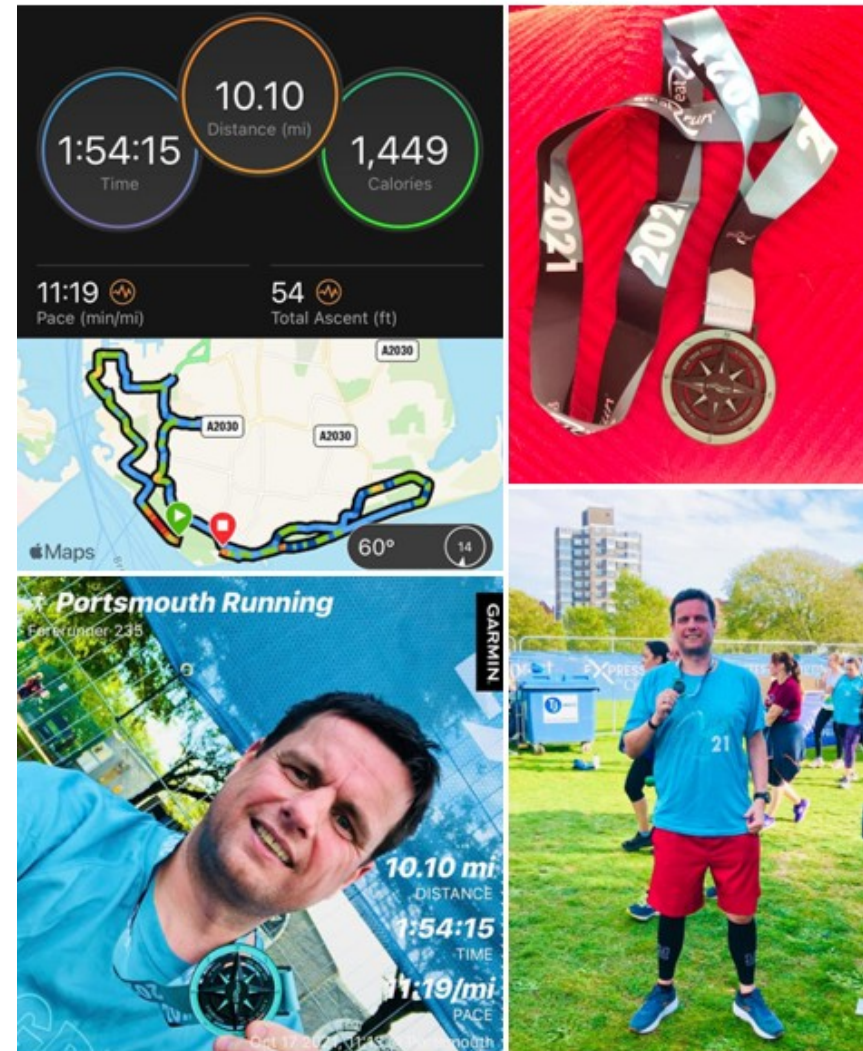


The above photos of Geoff and Tim on the previous page courtesy of **David Child**



With London in his legs **Darrell Minvalla** was in action two weeks later in Portsmouth for the **Great South Run**.

“Bitter sweet - Couldn’t get to the Great North Run last month despite having a bib no.... But took a wobble around the Great South Run for a fourth year - 1hr 53 on the watch at 10 miles - happy with that” **Darrell Minvalla**



It has been a long road back, but **Sarah Ellis** was back running at the **Great South Run**



It's been a tough couple of years, but it felt good to be back running in an organised race again. Having torn my calf muscle playing badminton back in Nov 2019, which then turned out to also be a ruptured ACL and torn cartilage, it's been a long road back. Unfortunately, the latter wasn't diagnosed until the Friday before the very first lockdown, so it was a long wait to get fixed.. Fortunately, I was allowed to cycle, so I spent most of the 2020 summer out on my bike rather than sat at home drinking wine and putting on weight (I still drank wine, but luckily didn't put on much weight).

I finally managed to get an op in Sep 2020 and it's taken a year to get back to some sort of fitness. It's still hard work – I'm not sure if that's due to lower motivation or the fact that my body just doesn't feel like it's made for running anymore.. But I'm persevering with it and enjoying being out and about.

The Great South was a perfect race for me to start with, having been my first 10 miler back in 2008 and close to home! My Dad, sister and the girls came to support, so seeing them 3 times in the first 5 miles helped massively. The weather conditions were perfect - sunny and thankfully not too much wind for the last couple of miles along the prom, which can sometimes be a bit of a struggle. I was delighted with my time, given the last few years, but I think the good performance was partly down to my new trainers – On Cloudsurfer 6 – they're so bouncy! And to top it all off, it was great to see some friendly faces at the end when we bumped into DCJ and Tucks.

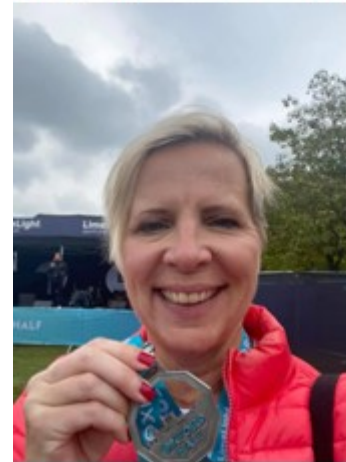
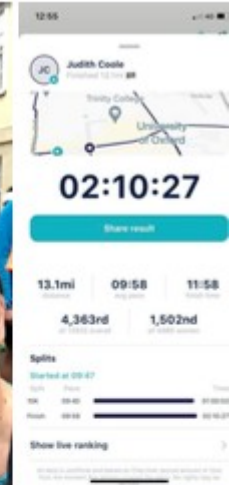
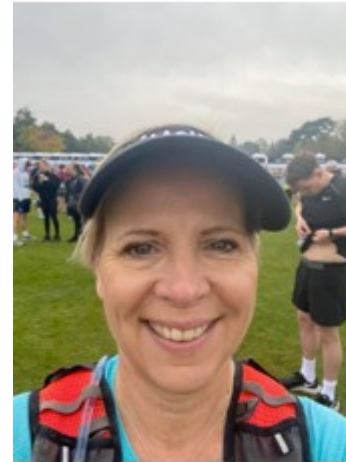
Now to decide what's next for my 'post-op' running ... watch this space.

**Sarah Ellis**

## Judith Coole's good form continued in the City of Dreaming Spires with a PB in the **Oxford Half Marathon**

PB at Oxford Half marathon today. Really pleased with my time and my splits. Lovely to see Annie Tysom at the start (until she zoomed off!) and sorry to miss Wojtek Busz at the end as he was even faster! Thanks to lovely Jasmine Bosenick for putting me up last night, especially after Barbara Roesler's birthday bash!

**Judith Coole**





## The Weymouth 10:

Matt Seager - 1.15.35 (37<sup>th</sup>)

Liz Dyble - 1.41.17 (124<sup>th</sup>) (PB)

Neil Dyble - 1.36.29 (116<sup>th</sup>)

Louise Blakeley - 1.47.26 (135<sup>th</sup>)

"Ten mile PB 1.41.17 (was 1.43.03) Attempted to run the long hill but did have to walk in the end. Did the first 5m in 50 mins so felt I was going well. Left foot hurting from 4 miles in (maybe need new trainers). Stopped once at drinks station and a couple of times to try and make trainer more comfy. The wind was brutal for the 3.5k run back along the prom at the end. Think I would have gone sub 1hr40 otherwise." **Liz Dyble**

"Enjoyable course but very windy on the prom today." **Matt Seager**

"Great to see Matt and Sally before the start. Lou treated this as a long training run, so I'm sure that's the only reason we have finished ahead of her. Not an easy course, even with a tailwind on the esplanade in the opening miles. The southerly headwind in the last 4K today was brutal. Cherry On Cake time was 1.35. Headwind in last 2 miles put paid to that, but 5 mins quicker than Lytchett." **Neil Dyble**



How many Westies can you spot in **Sally's** photo?



**Liz and Neil**, their vests mean this is one of the most redundant captions of all time



## A Quick Round Up

The **Sika 10k** in Wareham forest looks an interesting race and is a home race for **Felicity Hooper**, as she grew up in the area. Fitting then that she was 4<sup>th</sup> Lady in 49.50. "Mainly on gravel tracks, few hills but nothing crazy - think Brockenhurst parkrun type of terrain. Could be proper fun if it was really wet as there were a few unavoidable puddles today. I only entered Friday but glad I did."

Fast forward to the stormy weekend and Team 'a race a week' Dyble were at the **Winchester 10K**. "An undulating understatement.... Lots of hills! Had to be careful of all the debris blowing around. Ran the whole way except brief drink stop... Failed to stop watch at end (official time 1:00:57)." **Liz Dyble** "Wet and Wild Winchester 10K. Official Chip Time: 59.43 Cracked the hour and didn't catch pneumonia. Just run 48K in 8 days too. Nice mini block." **Neil Dyble**


On the same windy weekend **Linz Hedmann** travelled down from Surrey for the Bournemouth 10, only to find it was cancelled due to the wind and a shortage of marshals. Instead Linz ran a loop on the Prom - "First race in three years... cancelled due in part to high winds and they weren't joking!!".

Don't suffer from FOMO Syndrome— join us on a **Monday, Wednesday, Thursday or Sunday** – see your emails or Facebook for details.



WRC were represented at the Badger Trails **Hellstone Marathon** and the **Half Marathon** by **Vicky Rutter** and **Maggie Stokes**.

"Hills, headwind, hills, headwind, headwind oh and some more hills and rain for good measure. Bloody awesome though" **Vicky Rutter**:

Distance	Elev Gain	Time	Achievements
26.67 mi	3,152 ft	4h 42m	 2

"The Hellstone Half Marathon...hills and wind and a few more hills but with spectacular views... pushed on through and got to the finish." **Maggie Stokes**



## Looking back at London two of two – Kevin Drayson's thoughts on the London Marathon

Feels like a life time away now from London. If I was to add some words for the experience.


London marathon was a classic example of putting in loads of thought and preparation for something that is all done in a blink of an eye.

Training plans that last for 10+ weeks, changing normal day routines for training, eating and drinking (booze) in moderation and always, always, always thinking you have London marathon in a few weeks.


Then, London marathon happens.... and it was amazing!! Keeping it simple, going for a run, meeting new people, seeing good friends and just enjoying.



## The WRC Championship road show headed to Shillingstone for **The Stickler**

 **Peter Doughty**  
Admin +1 · 21 h · 🌐

The Stickler, Westie results below. Well ran/walked/splodged all, challenging route and conditions! Especially well done Matty Bishop who missed the start (tress/flood's), found the chip timing mat removed, but persevered to catch the tail end fly through the route most impressively.



Place	Bib	Name	Gender	AG	Club	Chip Time
31.	123	Peter Doughty	M	MV40	Westbourne Running Club	1:21:37
58.	24	Aaron Beaton	M	MV40	Westbourne Running Club	1:26:52
104.	198	Jean Henry	F	FV50	Westbourne Running Club	1:34:49
212.	32	Matty Bishop	M	MV40	Westbourne Running Club	1:50:10
324.	403	Maggie Stokes	F	FV50	Westbourne Running Club	2:11:52
326.	91	Judith Coole	F	FV50	Westbourne Running Club	2:14:17

Number of records: 382

First Westie Lady, fifty championship points and 1.34.49 for **Jean ‘ever present’ Henry** in her 26<sup>th</sup> Stickler. “Had a great time at the Stickler despite the weather. Was a bit of a challenge driving there as there were trees on the road and flooding. There was a staggered start which made the route a lot safer, however had to wade through thigh high water at the bridge half a mile from the finish, very refreshing and at least it washed all the mud off. We didn't stay on as we had a lunch appointment and I really didn't think my time was quick enough for a prize. However I looked at the results yesterday and I was 1st Lady over 50!!!. Obviously all the fast old birds didn't turn up due to the weather.”





### More on The Stickler ...

"The Stickler. Blessed by the weather gods after last night's storm. Only 5 minutes of rain and that created a beautiful rainbow. Over knee deep water near the end was entertaining. Kudus to Maggie with her down hill speed." **Judith Coole**

"Another weekend another trail run! This time The Stickler out at Shillingstone near Blandford... windy, muddy, slippery and knee deep in water...oh and some hills!! The views were spectacular and lots of rainbows to keep me going! Great to see fellow Westies Judith and Pete at the finish!!" **Maggie Stokes**

That was eventful! Tricky journey with many roads closed, trees down and flooded roads. Made it though, for a fabulous sunny Dorset 3 Peaks with spectacular view, brutal hills and a fair bit of mud. **Peter Doughty**

"I've never experienced a run like it. It was a mission to get there after the storms, 5 times I had to turn around after finding roads closed by fallen trees .... definitely a race to remember with all the mud hills and floods" **Matty Bishop**

## Yet more about **The Stickler**

“The stickler. Crazy hilly muddy. Missed the start as a tree was down on our way there, so started right at the back. Spent the whole race trying to navigate past people on narrow muddy hill trails. The waist deep river crossing at the end was a first.” **Aaron Beaton**

The photos on the right are by WRC's intrepid lens man **Dave Hibbert** (aka Judith's dad) who despite the inclement weather made it all the way from Totton to Shillingstone. As **Peter Doughty** said on Facebook “Lovely to see you both, and really nice of you to take our pics again – thank you Dave, sterling effort in iffy weather!!”



**An Ode to Running by Liz Dyble** - “I was asked to do a little piece on my course PB at Bournemouth parkrun but decided to write a little poem instead.... “

Monday evening is free to rest  
No thoughts of the week’s ultimate test.  
Relax before the training schedule ahead.

Tuesday intervals to keep on pace;  
The goal to sprint at the forthcoming race.  
But the reality is that it fills me with dread!

Wednesday is free (I’d like to think);  
After volunteering (last time) I just needed a drink!  
My usual calm self was hung by a thread!

Thursday we meet for an evening thrill –  
To run 10 times up St George’s Hill;  
On legs that feel weighted down with lead.

Finally, it’s Friday and the weekend is here;  
Choosing which trainers and our running gear;  
By checking the forecast before going to bed.

Saturday parkrun begins our weekend routine;  
Whilst longing for coffee, after, in the canteen!  
A pb in mind if Neil’s not too far ahead.

Sunday is race day come rain or shine;  
To earn our curry and glass of wine!  
But no matter what happens stay strong in the head.

**Liz Dyble**

Some other brief and random **parkrun** highlights – **David Mayne** reached his 100<sup>th</sup> parkrun this month - with his visit to Kingston **Darrell Minvalla** chalked up his 50<sup>th</sup> venue – in round terms **Maggie Stokes** is about two minutes quicker around Kings Park than in 2019/20 – at Chasewater **Neil Dyble** recorded a season’s best of 27.36. - for the record, **Liz Dyble’s** new Bournemouth PB was 28.22 – massive kudos to under-10 **Chloe Beaton** who notched a 31.00 PB at Kings Park.



We are about to enter an intensive four weekends of racing as the **WRC Club Championship** reaches the season's climax. You can check the latest standings here:

<https://www.westbournerc.co.uk/club-championship-ors-tables-for-20>

As always thanks to everyone who has contributed to this update. If I have missed something apologies, but let me know and we'll include it next time.

**Clive**



Embarrassed that I failed to check the tides at Stanpit, wearing my one of other hats I'm doing my best to make sure we have a way across the marsh!





