

The Westie

WRC - The friendly running club

MEMBERS E-BULLETIN

NUMBER 35 – SUNDAY 5 JULY 2020

All Things Westbourne: After a month where it seemed as though the Eastenders' scriptwriters were amusing themselves during lock down by turning their hands to creating story lines for WRC, let us hope for a more settled July. It is one of those occasions where I wish I was better with words. How do you say you are sorry to see Neil step down as chair, but pleased to see Judith step forward without offending one or both of them? Best to say as little as possible and simply repeat the following message from Judith:

"Hi everyone. Thank you for your support/lack of objections(!) about me taking over the role of Chair. I'd like to echo the thanks to Neil for all his efforts in the role, and all the great things that he has introduced.

My view of the committee is that we are just there to give a bit of direction for the club to make sure it meets its stated purpose of encouraging social and competitive running (and ensuring we look after the money sensibly - thanks Liz!)

But anyone can have a good idea about something to do which would help the club grow and prosper, whether that is farkrun or the TT races as well as intervals or Couch to 5k. So please don't feel shy about making suggestions about things you'd like to do (and also if there is anything that you'd wish the club would stop).

I know there has been an open invitation to attend committee meetings to share ideas, but I can understand that might feel a bit weird or uncomfortable if you don't know how the meetings work. So instead, please feel to drop any of us a line. We'd much rather hear about ideas or concerns so that we can do something about it straight away.

Hopefully see you running somewhere soon!

Championship Matters: We are in the process of drafting a list of options which we will shortly circulate, asking for everyone's input. Hopefully from the resulting feedback we will be able to ascertain what the consensus is for how to progress/abandon/replace the championship.

~~Closed/Open to Entries~~ Postponed/Cancelled Races: Just as I thought this was becoming a totally futile list, Kevin Drayson has found a 50K in Reading that reckons it will go ahead on 1 August. More worryingly for me, the Ooser is making encouraging noises that that they will try and go ahead on 16 August if at all possible. So, in the next week or so I will circulate an update of my usual list and in the meantime Liz continues to do a great job of tracking the changes on our website, see:

<https://www.westbournerc.co.uk/coronavirus-update>

The Green and White Army's Corner: Most of the recent adventures and achievements of the Westies were covered in the (somewhat late admittedly) mid-month update. Do let me know what form you would like our communications to take especially during lock down.

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Westie Wednesdays: At our recent committee meeting we decided we would test the water to see if there is any interest in a socially distanced return to running on a Wednesday. Obviously as the whole raison d'être of Westie Wednesday was based around it being a social run where no one runs alone and where the quicker runners loop back, in some ways it is the most difficult place to restart activities. However, starting from **15 July** we think it may be possible, subject to the following changes

- We will still loop back but remain two metres apart at all times.
- Anyone interested will have to book in advance by emailing me. If we get more than six who are interested we'll split in to two groups with Pete and I as the co-ordinators of each group. In the unlikely event of more than 12 people being interested, we will have to cap it at the first 12 who responded.
- We'll revert to the seven o'clock meet at the Durley Inn, but if we do have to split into two groups one group will meet at five minutes to the hour and the other at five minutes past.
- If it is sunny or crowded on the Prom we will head to Middle Chine and follow either 'Emma's Loop' or a simplified version of 'Aaron's Loop'.
- We will follow the latest EA Guidance at all times. See:
<https://www.englandathletics.org/athletics-and-running/news/guidance-update-step-2/>

Please email me at wrcclive7@gmail.com if you are interested (places are filling fast) and if you have any further tweaks that would make you feel more comfortable, do please let me know.

Other Training: Much as we would like to see the more formal training sessions return for now we will maintain a watching brief of the updates from the Government and England Athletics.

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The Club Face Book Groups: One of the best bosses I worked for used to have a catch phrase for when we were in a pickle and everyone was explaining how this came about and how they weren't to blame. "We are where we are" he'd sigh and set about plotting a route forward. When it comes to Face Book, we may not be in a pickle, but we are where we are, which is with two groups, which from the feedback Pete received causes some confusion.

If you want the history of how this came about, members can post on the closed (WRC member's only) group without pre-approval and this group has the advantage that other clubs cannot see the comments on this page (which at times has been fortuitous). The closed group was therefore best suited to club specific posts. The open group can be seen by any Face Book user and has circa 200 members (subject to approval any one can join) and posts to this group currently need pre-approval. This group was more suited to posts that would be of general interest such as race information and EA updates.

To move on to the way forward, as a trial we are proposing 'freezing' the closed group for a month and directing all posts, including the Time trial Challenges to the open group to eliminate the confusion. This means that the general public will be able to read all of the posts, and anyone in the open group will be able to post, subject to moderation. There are a few techie tweaks we need to get to grips with before we 'go live' with the trial such as can we freeze the closed group without losing any history. Also we *think* that there may be a magic button that will allow members to post without approval, but for non-member posts to be pending for moderation and if so, this will save the committee who have admin rights having to have loads of member posts to approve, which might cause delays. The trial does mean that we will be able to publicise the club's activities in a more proactive way, but as with any form of social media, there are potential pitfalls (or in other words the preachy-preachy bit follows):

- During the trial remember that anything you post can be seen by a wide audience, so we need to show the club in a positive light (this is flimsy code for no airing our dirty linen in public, no derogatory comments and oh come on you get the gist... keep that for email).
- In suggesting any runs or social events please stress the need to maintain social distancing and to follow EA guidelines.
- I guess the efforts of dear old Charles Whitton means we are used to having our running mug shots plastered all over the internet. However, on the open group please do not tag anyone in a picture or post without checking first that they are okay with this.
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Obviously at the end of the month we'll work out what the best approach to our use of Face Book is and we have already received some informative feedback.

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UP AND COMING THIS MONTH

NEXT WRC CHAMPS RACES	NEXT ORS RACES	NEXT DRRL RACES	TRAINING	SOCIAL
NOT A LOT! STAY SAFE		DRRL CANCELLED FOR 2020	Westie Wednesdays 15, 22 and 29 July 7pm on the Promat the Durley Inn Book at wrcclive7@gmail. com	Weekly Challenge Run See Facebook/email for the latest route
				Every Saturday Felicity Hooper's Fark Run
				Fortnightly Treasure Hunt See Facebook/email for the latest clues