

The Westie

WRC - The friendly running club

MEMBERS E-BULLETIN

NUMBER 4 – 6 APRIL 2021

All Things Westbourne: We can start by welcoming a new member as Sheila Redrupp has signed up as a Westie. Sheila was introduced to the club by Lucy Evans and ran with us on the last Westie Wednesday before lockdown#3 started and was then back for the first Wednesday after lock down. Welcome to WRC Sheila.

Membership: It is hard to fathom, but apparently some people have not yet renewed their membership. So, over to Liz Dyble;

“A little reminder that subs are due by the end of March... Any queries please email me at liz-wrc@outlook.com. Thanks to everyone who has renewed for 2021-22 - I've paid EA for you, today, so you should get your membership pack in the next few days or so. If you haven't been onto the EA website for a while you can check your details if you log on here:

<https://myathleticsportal.englandathletics.org/Account/Login>

Listening to Boris this afternoon [05/04/21] fingers crossed it will be a better year than 2020-21... Stay safe.”

PYOR Westie challenges: Thanks to everyone who took part in the Cooper Cumulative Challenge and to Dave Green for the idea. I'll go into more detail in the mid-month update but in 12 minutes we made it to 42.03 miles:

WESTIE CUMULATIVE COOPER CHALLENGE			
Aaron Beaton	1.98	Carys Gallagher	1.62
Richard Colbourne	1.74	Charlie Green	1.25
Judith Coole	1.40	David Green	1.75
Darryl Corbin-Jones	1.88	Jacob Green	1.77
Gillian Curley	1.51	Tim Green	1.44
Catherine Doughty	1.65	Clive Grewcock	1.26
Amy Doughty	1.52	Lindsay Hedmann	0.80
Lucy Doughty	0.99	Felicity Hooper	1.57
Peter Doughty	2.01	John Hubbard	1.46
Kevin Drayson	2.07	Geoff Parrott	1.45
Liz Dyble	1.34	Peter Rejchrt	2.01
Neil Dyble	1.34	Sarah Rejchrt	1.33
Lucy Evans	1.31	Vicky Rutter	1.78
Tim Evans	1.80		42.03

The attached link will show you roughly where we could have reached if we had started from the LV= roundabout in Westbourne:

<https://radiusmap.traveltime.com/?lat=50.7235524&lng=-1.9041085&dist=miles&radius=40&place=Westbourne%2C%20Bournemouth%2C%20Bournemouth%2C%20Christchurch%20and%20Poole%2C%20South%20West%20England%2C%20England%2C%20BH4%209EQ%2C%20United%20Kingdom&fbclid=IwAR3doVic1KuGzF025KL5B3TvGNTf1JM04jsJOA4gn70l3SoGg4m08uxLs1k>

Watch your emails and Facebook for details of the next challenge, but as a trailer the working title is '7.5K for Geoff's 75th'.

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Westie Wednesdays/Social Sundays: It looks like we are back in the swing of group runs so watch your emails/Facebook for details of Westie Wednesdays and Social Sundays. It does depend on Judith's work commitments but expect hills to an option every second Wednesday and with the return of Junior parkrun the start time of the Social runs may vary so keep an eye out.

2021 Race Diary: Having at long last issued a Race Diary, I suppose I'd better update it with the plethora of changes that have already occurred. Hopefully this will follow from me in day or two.

Notes From the Green and White Army: If you anything for inclusion in the mid-month update (virtual races, challenges, training tips etc) please send it to me by the 15th April. Incidentally I had envisaged the mid-month update as a way of help us to keep in touch during the Covid-19 restrictions, so I assume we'll drop this at some point in 2021. However, it would be useful to have the opinions of members as to what they want by way of a newsletter (or newsletters).

UP AND COMING THIS MONTH

NEXT WRC CHAMPS RACES	NEXT ORS RACES	NEXT DRRL RACES	TRAINING	SOCIAL
<p>WATCH THIS SPACE!!</p> <p>It does sound like there is an intent to organise some form of DRRL this year though.</p>			<p>Wednesday Training and Sunday Social Runs</p> <p>Looping back run - Every Wednesday at 7pm by the Durley Inn</p> <p>Hills – alternate Wednesdays at 7pm at Bournemouth Pier</p> <p>Social Runs - Sunday mornings at Hengistbury Head</p>	<p>TT Challenge Run</p> <p>Details of the next PYOR Challenge to follow shortly</p> <p>Felicity Hooper's farkrun</p> <p>Every Saturday before 12:00</p>