

# The Westie

WRC - The friendly running club

MEMBERS E-BULLETIN

NUMBER 46 – 31 JULY 2021

**All Things Westbourne:** This is something we should have thought of years ago, but now we are arranging regular social and training runs\* we should give members the opportunity to provide us with any relevant medical or injury details. Obviously we will keep this information confidential but we will be looking to share this with run leaders as appropriate. Therefore please consider completing the attached short form and returning it to me at [WRCClive7@gmail.com](mailto:WRCClive7@gmail.com). Having looked at what other clubs ask there are longer questionnaires out there, but we think this about covers it for our purposes.

On the topic of club runs, the Sunday Socials are on hold for the summer and we'll take a view next month as to whether to resume these runs – racing may be back in full swing by then.

**The 2021 Championship:** To lose one event from the championship may be regarded as misfortunate, to lose two looks like carelessness and Oscar Wilde didn't even consider the possibility of us losing three events. However, since the last newsletter the Durberville Dash 10K, the Sturminster Half and the Hoborne Five have all cancelled for varying reasons. We can slot the Christmas Pud 10K in which we had already marked out as a replacement and cross our fingers that this goes ahead. In addition we have added in the Lordshill 10K on 19<sup>th</sup> September and the Blackhill 10K on 26<sup>th</sup> September. This means the full list now looks as follows:

29/05/21 – Egdon Easy 10K

04/07/21 – Eastleigh 10K

~~25/07/21 – Durberville Dash 10K~~

~~08/08/21 – Sturminster HM~~

21/08/21 – Lytchett 10M

~~12/09/21 – Hoborne 5M (and Memorial Trophy)~~

19/09/21 – Lordshill 10K

26/09/21 – Blackhill 10K

10/10/21 – Gold Hill 10K

31/10/21 – The Stickler

21/11/21 – Wimborne 10m

??/11/21 – Boscombe 10K

??/12/21 – The Christmas Pud 10K

**Track Sessions:** Apologies that this has slipped and working to the theory that August is peak holiday time we will look to arrange something in September.

**Post Run Beach Social:** If there is sufficient interest we will look to have another post run picnic on the beach, probably on Thursday 12<sup>th</sup> August.

**2021 AGM:** Just a reminder that the unmissable WRC AGM will be on 14 September 2021 – time and venue to follow.

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**Notes from the Green and White Army:** The next jam packed issue will be issued after the Eastleigh 10K so if you have anything for inclusion, please forward to me as soon as possible.

## UP AND COMING THIS MONTH

NEXT WRC CHAMPS RACES	NEXT ORS RACES	NEXT DRRL RACES	TRAINING	SOCIAL
<p>01/08/21 Eastleigh 10K</p> <p>21/08/21 Lytchett 10M</p>	<p>Sorry Cancelled for 2021</p>		<p><b>Wednesday Training and Thursday Sunday Social Runs</b></p> <p>Hills – alternate Wednesdays at 7pm at Bournemouth Pier</p> <p>Looping back run - Every Thursday at 7pm by the Durley Inn</p>	<p><b>Felicity Hooper's farkrun</b></p> <p>Every Saturday before 12:00, until further notice</p>