

NOTES FROM THE GREEN AND WHITE ARMY – 6 MAY 2022

An update from Westbourne Running club

The Westies – coming to a parkrun, a promenade or a hill near you soon – see the weekly email or Face Book post for details and don't miss out.



Hold the front page – overnight **Kevin Drayson** finished first in the **Dark Ox 10K** - (“Yes I am a compete plonker, considering tomorrow”). More about that in the next issue, along with whatever he is up to today and also to follow are the results from the first race in the **Upton Summer Series**

The fourth event of the main **Club Championship** was the **Marnhull 12K** and there were a few Westies involved, most of whom probably entered back in 2020. As it a new event to us,* courtesy of **Matty, Maggie and Liz**, we'll start with a couple of longer descriptions than my usual Facebook or Strava steals.

*I think technically it may be a revived event.

It may have been 2 years in the waiting but the only thing I knew about the Marnhull 12k was that it was "mildly undulating". That, of course, was always likely to be an understatement and we were warned at the start to "save something" for the hill at the end. The only other race I'd done of a similar distance was the Gilly Hilly 7.5 mile in 2017 in 1:19:02 so, although I wasn't feeling in the best frame of mind, I hoped to improve on that time by about 4 mins. It started well – downhill - but it wasn't long before we had the first long drag up. I was determined to try and run the whole way (which I did – sort of). And the friendly rivalry with Judith and Maggie saw us all at the 2nd drinks station (about 5.5k) at the same time. Maggie soon disappeared into the distance and at the long hill at about 8k saw Judith overtake me and I just couldn't quite catch up again. There was one final little hill just before we reached the school for the finish. I could hear a few runners wanting to try and speed passed me but the competitive side of me was not going to allow it and I probably did the fastest sprint I've ever managed at the end. This resulted in me collapsing, exhausted, in a heap on the floor so sorry for not being very communicative afterwards! I was very happy though to beat my target time to finish in 1:13:31. **Liz Dyble**

First time I've done it - carried over from pre covid and as DRRL I opted to do this one over the Bmouth Bay which clashed. 12k unusual distance, lots of nice scenery and old houses, a few hills to keep you challenged nothing too crazy although I did stop on one to catch my breath... plenty of support from locals cheering everyone on and a deceptive finish... I didn't think anyone else from the club had entered, so it was nice surprise to see everyone that took part. **Matty Bishop**

Enjoyable race well marshalled and well organised. The race started outside the village shop (Spar Local) with the shop owner giving a short talk about the race and his involvement before starting the race. He's not a canny business man though as with 500+ people listening to your every word not once did he promote his 2-4-1 specials.....prime opportunity gone begging*!!!

Anyway back to the race! In my mind any race with North Dorset mentioned equals hilly and it didn't disappoint! The hills weren't as steep as I expected (or have I blocked that from my mind) but I do remember there were a lot of long undulating twisting inclines. There wasn't too many cars on the roads and when runners did meet motors, the drivers were polite and courteous as they slowed down and some even waved! Great post race cuppa in the church with shed loads of home made cake of virtually every flavour! I would definitely enter this friendly race again!

Maggie Stokes

*The BBC have confirmed that Maggie will be one Lord Sugar's assistants in Series 17 of The Apprentice.

More about **Marnhull** and the results and some of **Dave Hibbert's** photographs:

Westie Results and tables 2022 : Marnhull 12k

Marnhull 12k			
03 April 2022			
Place	Name	Time	Age Grading
13	Kevin Drayson	0:46:08	78.30%
47	Matty Bishop	0:53:21	84.30%
67	Aaron Beaton	0:54:40	82.20%
182	Neil Dyble	1:10:53	64.60%
188	Maggie Stokes	1:12:04	82.60%
171	Judith Coole	1:12:58	67.30%
178	Liz Dyble	1:13:31	82.10%

Judith Coole: Hilly but stunning. Loved it. And had a great race with Maggie and Liz. Go Westie ladies.

Neil Dyble: Blackmore vale isn't flat 12K? Yes, odd race distace. 10K Plus or 10 Mile Lite? Apparently I did Gilly Hilly 7.5 miler in 1.08 five years ago, so no complaints today. Cherry-on-the-cake time was sub 1h10, so not far off. Not ashamed to admit I walked the awful hill at 5 miles either.

Aaron Beaton: Undulating is always a lie , it means hilly! Was tough today



... and here is a photograph of the photographer! **Dave Hibbert** in action at **Marnhull**



Round Up

20 March 2022 **Weymouth Half Marathon** – **Ben Tainsh-Griffiths** ventured back to the windy resort and finished in 1.06.15



3 April 2022 **The Bournemouth Bay Half Marathon** saw a number of Westies out and about. There were PBs for **Matt Seager** (1.33.01) and **Vicky Rutter** (1.37.30 and 9th Lady into the bargain). Also running were **Sharon Glenister** (2.09.57), **Gillian Curley** 2.33.22 and **Rakesh Bisla** 2.33.26. Unless they are holding back on us on Strava, Gillian and Rakesh did this on minimal training. **A-J Rowe** who often runs on or social runs with us finished in 2.18.59. It isn't possible to search the results by club, so apologies if I've missed anyone. A quick word from **Liz Dyble**; "... both Matt Seager and Vicky Rutter got half marathon PB's today... Huge congrats to them... There were also a few 12k/7.5m ones too (including yours truly!). I've also added them [to the website] if it was the 1st time at that distance." You've not been looking at the website? Really! Here is the link:

<https://www.westbournerc.co.uk/>

24 April 2022 See elsewhere for the marathoners, but we should not overlook **Tim Evans** in the **Southampton Half Marathon** who finished in 1.45.13 (see below).

1 May 2022 – **Emma Hinchcliffe's** come back continues and she headed up to London Town to complete the **Vitality London 10K** in 1.07.15. On the same day yours truly wheezed round Reigate in 57.17 in the **YMCA East Surry 5 Mile Fun Run**. Glass half empty response is that this is grim compared with my 48.09 in 2019, glass half full response is this is a step on from before Christmas when I thought the ankles meant I would be hanging up the running shoes for good. Either way I collected a free 'bespoke' T-shirt from Carys.



"Very proud of Tim today running the Southampton Half Marathon in honour of our dear friend Dani Shapira who passed away in 2019. Its been a long time coming as Tim was originally meant to run this in 2020 but Covid got in the way! Tim didn't stand still though and used the intervening time to, as of today, run (virtually) from Dani's place of birth, Ein Dor in Israel to his home in Totton (close to 5,000km), and in a very decent running time too of course! Lovely to celebrate and remember Dani especially today with Lynne. If you want to know more, hopefully the link below takes you to Tim's page with more info. Thank you to all those who have so generously donated in Dani's memory to such a great cause, The Saints Foundation." **Lucy Evans**

<https://www.justgiving.com/Tim-Evans1976>

Thanks to Matty Bishop who spotted I had inadvertently added the Stur Half to the list of the **remaining races in the Club Championships, the off Road Series and the DRRL**. So, here is a revised list and additionally Coombe Keynes replaces the not happening Lordshill 10K in the main championships.

The Club Champs	The Off Road Series	The DRRL
22/05/22 May Five		22/05/22 May Five
28/05/22 Egdon Easy 10K		
		12/06/22 Puddletown Plod HM
19/06/22 Coombe Keynes 10K	19/06/22 Coombe Keynes 10K	19/06/22 Round the Lakes 10K
		03/07/22 Portland 10
	10/07/22 Milton Abbey 10K	
24/07/22 Durberville Dash 10K	24/07/22 Durberville Dash 10K	
07/08/22 Sturminster HM		
04/09/22 Lymington Lifeboat 10K	04/09/22 Lymington Lifeboat 10K	
25/09/22 Hoburne 5		25/09/22 Hoburne 5
09/10/22 Gold Hill 10K		09/10/22 Gold Hill 10K
	23/10/22 Hellstone 10K	
	30/10/21 The Stickler	
20/11/22 Wimborne 10		20/11/22 Wimborne 10
27/11/22 Boscombe 10K		
??/12/22 Christmas Pud 10K		

Dave Green does get himself caught up in some capers – even if his role in this one was peripheral or as he put it “I kind of feel like John Terry getting kitted up to receive a trophy”.



Congratulations to a non-Westy member of our local running community, Pete Thompson, for successfully completing the latest of his running challenges. Having already completed 44 marathons in 44 countries in 44 days in 2017 and then the entire route of the Tour de France in 2018, Pete casually announced via social media that he was going to take on a 'smaller challenge' this year and set out to run the **Bournemouth parkrun course 48 times in 48 hours**. Setting off at 9am on Friday 1 April Pete would run the course every hour, on the hour, through to 8am on Sunday, with the actual Bournemouth parkrun being run number 25. Not as logistically challenging as the first two challenges perhaps, but with little opportunity for rest, recovery or sleep, Pete genuinely did not know if this would be achievable - but when has that ever stopped him trying? Having borrowed a camper van from a friend for the weekend, the routine was simple enough. Run (for around 30-35 minutes), thank those who had joined him and say a quick hello to any non-running support and then disappear into the van for 20 minutes for a sit down, some food and drink and to attend to social media duties (primarily to keep the fund raising ticking over) and then go again. And again. And again. 48 times! Needless to say, Pete did indeed succeed in completing this challenge and was genuinely grateful to everyone who ran with him to keep his mind busy, not having to complete a single run on his own, with an array of friends and members of the running community joining him at various

times - with a committed hard core bunch doing the night shifts and others flitting in and out as it suited them.

Total distance covered: around 150 miles. Total funds raised: £7000 (for Dorset Mind). Total sleep: 15 minutes. Total respect gained / re-affirmed: lots.

I joined Pete for parkruns 4, 34 and 35 and it was quite humbling to run with Pete, who himself is an incredibly humble man. I joined him at midday on day one in nice spring sunshine. I then didn't feel great about myself when, having intended to join him at 7am on the Saturday, I couldn't be bothered to get out of bed!! Saw him a couple more times on my way to and from the football - he looked tired but still going strong. Joined him that evening when he was nearly 3/4 of the way through and was pleased at my timing as the daytime support had gone home for their tea and the night crew was yet to arrive. Pete was thankful for the company as a distraction and I actually had to ask him which lap we were on at one point, so I can only imagine what it must have been like in the dead of night, 40+ hours in, running the same route over and over again! Huge respect for having achieved this. Whatever next...

David Green

The second event of the **2022 Off Road Series** was the **Ooser Half Marathon**

Various competing events conspired to mean only a limited number of Westies ran in the Ooser half. Well two actually. In the Ladies race **Vicky Rutter** ("Epic trails, hills and perfect weather! Thanks Badger Trail Events") finished in 2.01.20 to claim 50 points and move to the top of the table with 100 points from two events.

In the Men's event **David Child** finished in 2.24.26 to also claim 50 points to storm up the table from fourth to first.



It seems the **spring Marathon season** is back with a vengeance.



10/04/22 – **Brighton Marathon** – **Judith Coole**; “What an amazing day! Brighton marathon official time 4:46:10 which was 7 minutes faster than London. Annoyingly 6 seconds off my Strava PB but this was unassisted and a lot more elevation than Bournemouth. And an honour to run part of it with Rhino Boy Chris - what a legend. And he was very kind when he say me at the finish and saw I’d got all emotional! Thanks to Sandra Hewson and Zofia Cartlidge for looking after my legs, Vicky Rutter for looking after my mind (my best splits ever) and my Mum and Dad for their support as always.”

Also on the 10/04/22 **Kevin Drayson** was second in the **Ooser Marathon** in a time of 3.29.21 and even managed to fit in a spot of pre-race volunteering.



More Marathons!!

24/04/22 and the action switches to **Southampton**. With **Dave Warboys** finishing in 3.40.03 and **Vicky Rutter** in 3.43.17

"I've just updated the club champs tables for this week's marathon points and we have a new leader in the men's tables - congratulations to Dave Warboys. Judith still leads the ladies but Vicky is now in 2nd place." **Liz Dyble**



Vicky Rutter is with Sharon Rutter and 2 others at O2 Guildhall Southampton.

24 April at 19:57 · Southampton · 🧑

Fantastic morning at the @absouthamptonmarathon taking 24 minutes off my previous marathon and gaining a shiny new PB 🏃🏃🏃



Thanks for the cheer support Mum, Rich, Ana, Matt and Carolina 🏃🏃🏃
Great day and super event!!

Managed to finish up 21st lady too 😊



Nicki Warboys is with Dave Warboys.

24 April at 16:01 · 🧑

These two have managed 28.2 miles between them today. 🏃🏃



Yet more Marathons!! there have been so many marathons by Westies I have the nasty feeling I've missed at least one – if so, apologies in advance.

01/05/22 and three Westies were at the **North Dorset Villages Marathon**

North Dorset Village Marathon			
01 May 2022			
Place	Name	Time	Age Grading
87	David Warboys	3:42:18	80.70%
118	Matty Bishop	3:50:53	58.50%
187	Jason Dyer	4:01:34	54.40%

Yes, that is two marathons on consecutive weekends for **Dave Warboys** and yes, somehow **Matty Bishop** knocked off a marathon with minimal training. It shouldn't, but my guess is that like a batsmen who is out for 99, that 1 minute and 57 seconds will haunt **Jason Dyer** for a while. It really shouldn't though Jason.

“Amazing results at the NDVM by Dave Warboys, Matt Bishop & Jason Dyer - results have been added to the website on the members pages (hopefully I haven't missed anybody). With the marathon points added Matt B is now just 1 point behind Dave W in the club champs.” **Liz Dyble**



With thanks to **Neil Dyble** who spotted the latest **Dorset Road Race League** tables and as he says “Good start to the season.”

Second Division Mens Teams	BQ	BV	LY	MH	ND
Twelmlow TC	1	1	1	6	5
Westbourne	7	5	2	1	3
Dorchester RIOT	2	3	3		2
Wimborne AC	4	2	4	4	1
Purbeck Runners	3	4	5	5	
Weymouth St Pauls Harriers	6	6	6	3	4
Royal Manor Portland	5	7	7	2	
Christchurch Runners	8			8	
Gillingham Trotters				7	

Second Division Ladies Teams	BQ	BV	LY	MH	ND
Dorchester RIOT	3	1	1	6	1
Dorset Doodlers	5	2	5	1	3
Bournemouth Joggers	1		4		2
Westbourne	2		2	3	
Weymouth St Pauls Harriers		3	6	4	4
Wimborne AC	4	4	3	7	5
Gillingham Trotters	6		8	5	
Royal Manor Portland				2	6
Twelmlow TC				7	

Thanks to everyone who has contributed to this issue and apologies if I've missed anything – just let me know about anything I've missed and we can add in next time. And to end this issue, **Sunset at Sandbanks:**

