



The Westie

WRC - The friendly running club

MEMBERS E-BULLETIN

NUMBER 30 – SUNDAY 1 MARCH 2020

All Things Westbourne: Firstly apologises that this News Letter is somewhat overdue, but I managed to delete the version I'd nearly finished for January! Typing this old toffee is easy enough if you do it on an a week by week basis, but becomes a bit of a chore if you you lose a month and then have to catch up. Chuck into the mix being fairly busy generally and typing up the AGM minutes and I'm sorry to say this has turned into a two month catch up. Talking of the AGM, for those of you who don't want to wade through all the detail, the 'highlights' were:

- The new committee retains the engine room of Neil and Liz Dyle and myself (older readers can think of us at the WRC equivalent of Kendall, Ball and Harvey) and welcomes Vicky Rutter as ladies' captain and Peter Doughty as men's captain.
- After a constructive discussion it was agreed that the 2020/1 membership fee will increase to £25.
- Most of the proposals struck me as being technical in their nature so, with the exception of Marathon Points, I'll leave the detail to the Minutes. However, on the more pithy points the meeting voted to retain Marathon Points and of the various options as to how to apply these voted for Option One; that the marathon effectively counts as an event in its own right, so the 50 points are awarded immediately, and a member can potentially achieve the maximum 400 points with 7 championship races plus a marathon.
- At the AGM the proposal to include the new t-shirt within the definition of club colours was passed, so it is opportune to note that the EA have formally registered the T-shirt.

Training: The usual plug for Neil's intervals, with the additional mention of Westie Wednesdays:

- Thrill on the Hills: Neil's intervals continue in the form of hill training during the darker nights and will go ahead at Bournemouth until 24th March. However, Neil is away for the 10th, and Vicky Rutter has kindly agreed to step in that night. Up until the 24th March the meeting point on Tuesday's is at 18.30 by the entrance to Bournemouth Pier. With the lighter evenings, intervals will switch back to Poole Park from 31st March. Contact Neil on: ndyble@gmail.com
- Westie Wednesdays: Fingers crossed it looks like this is now established and takes the form of a 'no one one runs alone/looping back/social run' along the Prom and is usually about five miles for me as tail and about 7 miles for the quickest Westies, with various distances in-between for the rest. The meeting point is on the Prom by the Durley Inn on Wednesdays at 19.00. Contact me on wrcclive7@gmail.com



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Closed/Open to Entries: Guess what, events are filing up fast, so get those entries in. Later this week I'll circulate an updated list of events and their current status (to include it here makes this news letter too long). However, as we reel from Ciara, Dennis, Jorge and Corona Virus, the following are the rearranged dates we know about:

- The Lytchett 10 is now on 23rd August and will remain as a Club Championship event
- The Sika Trail 10K (Wareham) is now on 8th March
- The Bournemouth 10 is now 22nd March and yes this now clashes with the Eastleigh 10K and the Weymouth HM.

The possible silver lining to the recent storm clouds is that if you are quick there may be places now available for these re-arranged events.

parkrun and International Women's Day (IWD), be a buddy and hopefully a jolly boys outing: To quote from the parkrun website; "International Women's Day parkrun is all about celebrating female participation and we would love to welcome as many women and girls as possible to parkrun on Saturday 7 March." Unfortunately the 7th is also the Larmer 10, but nevertheless Neil is keen for WRC to both support IWD and, going forward, for our members to step up and act as buddies to newcomers to parkrun, irrespective of gender. Watch this space for more details.

For the time being we will not be arranging any formal parkrun socials, as Westies seem to naturally gravitate to both Bournemouth and Poole in significant numbers. However, later in the year we will look to arrange a Westie flash mob outing to Bushey Park, the birthplace of parkrun. Admittedly finding a date and logistics that suit the majority will be a struggle, but start sourcing your green and white face paint now.

The Green and White Army's Corner: This is the section where managing to lose my work in progress version means I really will go awry! I'm petty sure I had details on at least one night run that Kevin Drayson and Vicky Rutter did, but now cannot find them. If I've missed any other significant formal run you've done, nudge me and I'll include it next month:

- DRRL Club Awards: Congratulations to Adam Corbin and Sarah Ellis on winning the DRRL's club awards for WRC for the 2019 season.
- 25/12/19 – Poole parkrun: A momentous day for the club, Liz Dyble's 250th park run, Darrell Minvalla's 150th and a PB for Vicky Rutter; Firstly, over to Neil for a few words, which for context I should explain, were written before the event: "At about 9.30 am on Christmas Day, at Poole Park, after almost 7.5 years of walking, running, and not falling into the boating lake, Liz will achieve the second highest available parkrun milestone for 250 runs. She completed her first event on 30th July 2011. I know she walked more than she ran, and was hampered by the company of our rescue dog - Jessie. Her first official time was 38 minutes and 45 seconds, and she was last to finish. It took her several months until she could say



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she'd run the whole 5K (3.1 mile) course. Since then she has kept me company at hundreds of parkruns, all over the country. In fact, there is only one event we haven't done together. That was Braunstone, near Leicester, when I was taking part in a local time trial in 2018, so Liz did it on her own. Liz first cracked the important 30 minute mark in September 2014. After much hard work, and many races completed together, including the London Marathon in 2016, Liz's current parkrun PB, set just this summer at Great Denham (so not Poole), stands at an impressive 26.34. Liz has it seems only recently stopped referring to herself as a Non Runner. I've had to remind her many times of the younger female club runners she has beaten. [Err Neil cue my usual reminder that parkrun is a run not a race.] I think what's she's achieved is pretty phenomenal, but then I'm a little bit biased. Well done Wifey. XXX."

Second up are some words from Darrell, it "... was a happy 150th parkrun yesterday - Although my personal worst time and position EVER since starting, out of 1345 runners (the biggest Poole has ever seen) - as we queued for 6 mins to walk the finish line! Albeit on for 33 mins - happy with 39 mins and a great team of volunteers who gave up a couple of their Xmas morning hours."

Finally over to Vicky "... super happy to get a PB [21.49] today and under that 22!!". [since surpassed by 21.41 on 25/01/20]"

- 26/12/19 – Round the Lakes 10K: "A pretty brutal race this morning at Round the lakes 10K. Epically windy, rainy and cold!! Still great though." is how Vicky Rutter summed this one up. Four Westies braved the elements; Vicky 46.44, Darryl Corbin-Jones 50.20, Neil Dyble 56.01 and Liz Dyble 1.05.16 (who was perhaps slowed down by following her hat into the lake; "at least it wasn't too deep and the rain/puddles didn't matter afterwards ...").
- 28/12/19 Poole parkrun: I've enlisted the help of guest columnist David Child for this one (thanks David): "After a fairly quiet race season, "Super Geoff" Parrott celebrated his 250th parkrun on 28th December at Poole. Some thought he was celebrating his 250th birthday on his 73rd parkrun but that was certainly not the case. Geoff actually ran Panshanger parkrun on Christmas Day but elected not to register his barcode so that he could hit the milestone at Poole with fellow Westies and friends. There was a good turnout of boys and girls in green, but perhaps the most important supporter was Hilary, Geoff's personal trainer, personal assistant and good lady wife. The Poole course wasn't at its best, but with plenty of encouragement all the way round, Geoff finished in a creditable 24:41 and dragged David Child along with him. Asked at the finish what the year ahead holds, Geoff said that his focus is on the Tokyo Olympics. Good luck with that one! "
- 29/12/19 - Winter cross Ultra 50K: Given that Team Rejchrt oscillates between 'proper' injuries and mere niggles I can only tip my non-existent hat to them for embarking on a 50K Ultra. Sarah finished in 8.18.49 ("So glad it is over ... ankle only survived thanks to some amazing taping"). Peter finished in 5.12.17 ("Of course I heeded RD's words on don't start like a lunatic. Hilly and muddy").



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- New Year's Day parkrun Doubles: The Westies who took advantage of the annual one off opportunity to run two parkruns in a day were:

Dinton Pastures and California Country – Darrell Minvalla (36.00 and 32.12).

Whiteley and Lee-on-Solent – Liz Dybe (29.20 and 30.18) and Neil Dyble (27.59 and 28.20).

Havant and Lee-on-Solent – Peter Doughty (19.21 and 18.24).

Upton House and Bournemouth (David Small 23.04 and 27.11) Kevin Trowbridge (24.12 and 23.53), Felicity Hooper (25.41 and 25.20) Vicky Rutter(31.29 and 22.44), and Louise Blakeley (32.35 and 27.30).

Nothing is as remarkable from the above times as noting that Pete recorded a negative split. However, Vicky claims the negative splitter of the day award with a whopping 8.45 difference. With a 19 second difference Kevin T' just pipped Felicity and Neil to the consistency award. However, David S' managed to do the double and to earn maximum 'Greta Points' in the process "... cycled to Upton then onto Bournemouth. The Easterly headwind was a nightmare on the way from Jazzy's to Boscombe Pier. I ended up in first gear on the prom!"

- 01/01/20 - The Junction Quarter Marathon: Twice up Gravel Hill on New Year's Day, I mean why would you do that? Well it turns out a fair contingent of Westies were up for the traditional DRRL season opener; Kevin Drayson 42.06, Matty Bishop 44.21 (one of our newer members who is definitely in the mix), Geoff Bates 50.19 (and it looks like Geoff is back in the game) Darryl Corbin-Jones 50.19 (despite a shoulder injury), Geoff Parrott 55.44 and Judith Coole 1.09.01.
- 11/01/20 - The Maverick NF 17K : I've wittered on enough about this already (it is the ORS so it matters) so in short; Vicky Rutter 1.28.30, David Child 1.34.34 and me 2.05.54.
- 12/01/20 – The Swanage 10K: Two Westies made it across to the Purbecks with Peter Doughty clocking 38.12 ("Kicking off 2020 races with Swanage 10k, pushed hard on the hill's for a 5th place finish. Great playground for the girls followed up with one of the best beach walks, Cream Tea and a few tuppenny pieces won and lost!!") and Darrell Minvalla finishing in 1.07.56 ("23 miles in the past 8 days - VLM training back on track! First bling of the decade.")
- 18/01/20 – Race Two of the G3 Series (15K): The sunrise over the frost covered North Downs at Newlands Corner more than compensated for an early start. Four Westies were involved in this one, Sarah Rejchrt found herself stepping in as an emergency marshal when things went awry at St Martha's Hill, whilst Peter Rejchrt finished in 1.22.11, Carys Gallagher in 1.34.35 and I literally brought up the rear in 2.01.49. Yes, at long last I achieved my first official last place. It had been coming, but its great to get that monkey off my back.
- 26/01/20 - Romsey Five: Just one Westie made it to this one, Felicity Hooper who finished in 39.36.



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02/02/20 - Blackmore Vale Half Marathon: Cribbing from the DRRL website “The second fixture of the season in the Dorset Road Race League saw the teams head over to Bishops Caundle to battle it out over a scenic yet undulating Blackmore Vale Half Marathon route”. The Westie men were represented by Kevin Drayson (1.27.15), Matt Bishop (1.36.07), Darryl Corbin-Jones (1.38.37) and Peter Rejchrt (1.44.26) and the men now lie 6th in Division Two after two events.

02/02/20 - Longleat 10K: Presumably this one isn't around the lion enclosure (if it is even I'd get a shift on) but our sole representative Maggie Stokes finished in 1.03.55.

02/02/20 - Chichester 10K: the Dybles headed east to the Martlet County for this one with Neil finishing in 56.09 and Liz in 1.03.36.

22/02/20 – Rushmoor parkrun: It has been a long time since the name David Green appeared in our consolidated parkrun results (since 11/05/19 to be precise), so good to see David back in action. Now cross your fingers for Sarah Ellis, John Hubbard and a few others.

22/02/20 – Kelly's Guildford 10K: Okay, admit you too are wondering who Kelly is. Turns out it is a storage firm based in Guildford that does its bit for charity by organising sporting events. Another one with only one Westie running; Carys Gallagher finishing in 52.30.

22/02/20 - Tyrrell Trail 10K: I know this one divides opinion and yes the organisation is a bit like Little Britain meets The Vicar of Dibley, but I do think this one has to find its way back in to the ORS for 2021. Pete Doughty “proper muddy hilly challenge, smiles for all three of us, it really is a cracking event. If you love technical off road, this is unbeatable.” was fourth in 46.10 (which was only 9 seconds behind the second place runner), Felicity Hooper “Muddy and so much fun. Awesome run, loved everything about it.” came home in 1.06.47 and I had a muddy 'mare and eventually plodded over the line in 1.20.43.

01/03/20 Harmonie Mutuelle Semi de Paris: Spare a thought for Vicky Rutter and Darrell Minvalla who travelled to Paris to find the Paris Half cancelled at the 11th hour due to the Covid-19 virus. However, they both completed a 13.1 mile ad hoc run around la Ville Lumiere .

01/03/20 – Wimborne 20M: A Stop Press from Judith Coole: “Great run at the Wimborne 20 mile race this morning. Beautiful blue skies and a sub four hour finish. Thanks as usual to Mum and Dad for their support, and also my lovely husband although I think he just came for the bacon sandwiches.”



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UP AND COMING THIS MONTH

NEXT WRC CHAMPS RACES	NEXT ORS RACES	NEXT DRRL RACES	TRAINING	SOCIAL
22/03/20 Eastleigh 10K	Nothing until May (boo hiss): 10/05/20 Harewood Forest	Nothing until May: 17/05/20 May 5M	Thrills on the Hills Tuesdays until 24/03/20 18.30 Bournemouth pier	Westie Wednesdays 19:00 on the Prom by the Durley Inn
29/03/20 Salisbury 10M			Summer Intervals Tuesdays from 31/03/20 18.30 in Poole park	