



The Westie

WRC - The friendly running club

MEMBERS E-BULLETIN

NUMBER 18 –WEDNESDAY 1 MAY 2019

All Things Westbourne: A quick update timed to coincide with the post London euphoria. Do remember to not only to look at our website, but also to contribute run reports etc via Liz or I for uploading to the site.

London Marathon 2019: Four Westies went to London at the weekend and four Westies returned with PB's:

Aaron Beaton	3.08.41
Darrell Minvalla	5.11.15
Mary-Kate Allam	4.22.24
Sarah Ellis	3.28.38

The brief highlights behind the numbers include Aaron shaving about 7 minutes off of an already competitive time. Despite taking one for the team by running with a fellow charity runner, Darrell mullered his 2018 time by 43 minutes. In dipping under three and a half hours, Sarah took about 20 minutes of her PB and Mary-Kate sliced a whopping 50 minutes off of her PB. Saying well done sounds inadequate!

There are, of course, other Spring Marathons and Sarah Rejchrt also recorded a Marathon PB in Dusseldorf at the Weekend and good luck to Louise Blakely who is running in the Milton Keynes Marathon on Bank Holiday Monday. No pressure to get a PB then Lou lou! Also, apologies to anyone I've over looked and let's not forget that a few bob has been raised for worthwhile charities along the way.

London Marathon 2020: A timely reminder from Neil about how to get our club place. "If, like me, you were impressed by the efforts of your fellow Westies on Sunday, and you'd like a shot at getting our club place for next April, you will first need to attempt to get a number via the public ballot, which opened on Sunday. If you're not successful in the ballot, you'll be able to go into the hat to win our spot in December, subject to certain criteria. The ballot closes this Friday May 3rd. Good luck." See our website for further details, but the key starting point is applying via the public ballot.

April's parkrun Social: The usual suspects made it to Kings Park on Saturday (Liz and Neil Dyble, Maggie Stokes, Louise Blakely and Darrell Minvalla and myself with Simon Hare, Lisa Thomas and Caron Rogers representing the diaspora). Watch this space as to whether there is a May parkrun social or if Moors Valley parkrun on 11 May, which is part of the Club Championship, doubles up as the May social. Which neatly leads on to the Championship ...

Upcoming Championship Races: The rule of thumb has to be if you want to run in an event, enter as soon as possible as the majority races are reaching their limit well before the cut off date for entries. This is especially the case with races that overlap with the DRRL (or the Hampshire equivalent) and The May 5, the Purbeck 10K and Littledown 5 are all especially likely to fill up.



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The Off-Road Series events are all a little way off, but early entry is also recommended especially where the event is also part of the Purbeck Trail Series.

Midweek Intervals: Neil is being flexible about selecting Tuesdays or Wednesdays for his interval sessions at Poole Park, so either keep an eye on Face Book or contact Neil direct.

Committee Meeting: the next committee meeting is on Wednesday 8th May so do please feed in any suggestions or comments or contact Neil if you want to attend. Which leads me neatly on to ...

Introducing Liz: Alright, I know you all know Liz already, but I thought it would be worthwhile if the new committee members said something about themselves. However, I'm aware of Sandra's advice to 'keep it snappy' so I'll stagger this over three editions of the Westie. So, starting with Liz in her own words:

"I was asked to write a bio for the Westie and thought it would be easy but where to begin.... I have decided to divide my life into 2 halves. I trained as an accountant before having my children and being made redundant then worked at their school (and made redundant for the 2nd time) before training as a Maths tutor for Adult Education. This proved to be too much work for too little money, but I also did other odd jobs which is how I met Neil on the streets of Poole knocking on doors for the 2011 Census! I still work occasionally for the Council but spend more time volunteering for Julia's House.

Before I met Neil, I hadn't run since doing a reasonable 100m sprint at school (rather a long time ago) but he dragged me along to parkrun where I came in last on my first attempt in 38:45. The rest they say, is history. Eventually I managed to run the whole 5k and did my first race at the Rotary Quarter in 2014 (last again but had the dog with me, as an excuse). Then after getting married later that year I stupidly said if ever Neil got into The London Marathon, I'd join him, so after finishing together in 4:54:09 in 2016; and now having done over 200 parkruns with a pb of 26:41 and numerous races in between, I realized I could no longer claim to be a non-runner!"

YELLOW STICKIES

NEXT CC RACES	NEXT ORS RACES	NEXT DRRL RACES	SOCIAL
Moors Valley parkrun Saturday 11th may	Boo, hiss, no ORS runs until June!!	North Dorset Village Marathon (NDVM) Sunday 5th May	
May 5 Sunday 19th May		May 5 Sunday 19th May	