



The Westie

WRC - The friendly running club

MEMBERS E-BULLETIN

NUMBER 32 – FRIDAY 1 MAY 2020

From the Chair:

Dear Westies

How has lockdown been for you? I'm sure like me, you've missed regular contact with your family, friends and club mates. As I hope you've noticed, we've been trying to come up with fresh challenges under the current restrictions for our members. If you've seen anything other clubs are doing, and thought: *why can't we do that?* Feel free to drop one of us a message, or pop something in the members group. It would be great to hear from you.

The other thing I'd like to say is this: it really is OK if you don't feel like going out for a training run on any given day. Yes, the sun may have been shining, and the roads and pavements are much quieter, but it really is alright if you don't feel good about putting on your running shoes. I know this might sound like an odd thing for a committee member of a running club to say, but there is a mass of conflicting pressures right now in these exceptional times. We need to stay safe (and keep others safe) of course, but we are allowed (and encouraged even) to exercise once a day. Only essential trips should be made, but we're reading daily on social media, and on news websites about supposedly 'antisocial' runners. Who wouldn't be put off by such strong conflicting messages? I certainly am, and some of my otherwise relaxing local walks with Liz and our dog has confirmed this. All too often I've found that Social Distancing guidelines have unfortunately travelled at least two metres over some people's heads. This has only added to my stress levels, somewhat defeating the point of going out. Others I'm sure can brush these things off, but the fact remains that we all handle these restrictions differently, and that is to be expected and accepted.

The good news is that this situation won't last forever. We will return to normal, even if that normal is a New Normal. Personally I hope this normal embraces daily exercise as much as greater compassion for the vulnerable in our society. Only time will tell. For now, stay safe everyone.

Neil

All Things Westbourne: In what has been an uncertain month it is pleasing to report that we welcome another new member as Nina Miller has continued the trend of other halves joining the Westies.

At the time of writing there is no indication of when we will be able to start training as a group again, nor when the racing season will resume. Each day seems to bring another race cancellation or postponement and the DRRL has drawn a line under 2020 already. However, with regard to our Championship and the Off Road Series, it remains the case that we are still holding off making a decision and will keep members informed and involved, once restrictions are lifted and a review is possible. Meantime, even a misanthrope like myself is missing interaction and the committee endeavours to dream up distractions that hopefully will go some way to fill the gap until we can all meet up again.



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Renewal: A word from, Liz, our Treasurer; “Hi Westies - I know that all we are hearing at the moment are races that have been cancelled; but don't forget our membership runs until next March..... Thank you to all that have paid already. Fees are due by the end of this month and hopefully we will be able to start entering races again soon. It would be great to keep you all in the club so if you could let us know your plans, that would be very helpful. Stay safe everyone.”

April's ISO Challenges: An update from Dyble Towers - “Here are the ISO challenge winners for April

- Plank: 5 mins Marcus Harmes
- Skipping: 3m17s (394 skips) Liz Dyble
- Box jump: 75cm Neil Dyble

Well done and thank you to everyone who took part.”

May's ISO Challenges: As April turns to May we go again with new challenges. Over again to Dyble Towers - “These are the ISO challenges for May:

Virtual Baton Challenge

Have you seen the videos made by some running clubs throwing items to each other? We thought we would set up a “baton” relay. We have started it off by “dropping” our virtual baton off at the sign near the entrance of Meyrick Park.



Take a picture of yourself collecting “it” and take “it” somewhere else – take a 2nd photo saying where it is for it to go onto someone else.

If you would like to join in and think it may not get to you or you don't want to wait for it to appear near you – upload your own “baton” drop for someone else to find. Just remember two photos (one for each collection and one for each drop off point) and make it easy for someone else to find. Let' s see how far they can go!



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May's ISO Challenges (Continued):

Single Leg Stand

How long can you stand on one leg for (either one)? Once you've mastered this with your eyes open, try closing your eyes and go again. If you have to open your eyes or hold onto something then stop the watch (please don't fall over). Send us both times and see how much you can improve both times (eyes open and closed) over the month.

<https://www.youtube.com/watch?v=3JTM5RdtsCY&feature=share&fbclid=IwAR0W1A8KYgdvTi9as2DMDwlt2UcV0P0EHR-M151aPFRALnRY9hPKen6OO6U>

Single or Double Leg Squats

How many can you do and in how long? Either single leg or double leg (no need to stand up in between). Have a go and then set your own challenge on how you want to improve.

Let us know:

How long you can do now (and number); what you would like to be able to do and whether you are doing single or double leg squats."

https://www.youtube.com/watch?v=PrLIgdjwoa8&feature=share&fbclid=IwAR1g8Ik2gsCguoVYTxlLqVZXe0Tzbfkriox5uGxn9WCC_PyNsBIBNBPqEs

The Inaugural Westie Wednesday Virtual Quiz: A tight finish saw a rare example of Pete negative splitting as he and Catherine just sneaked home by a point from Marcus and Vicky. Despite being in a team of just one Emma shared third place with Carys and Zac. Liz and Neil were a mere half a point behind but triumphed in the mini marathon. Had Anwen's bedtime not curtailed their efforts Maggie and Anwen would probably have been in the final mix (and it was ironic that Anwen missed out on the Frozen question). Thanks to everyone that logged in and, even if only on a screen, it was good to see familiar faces. Apologies if your specialism didn't crop up and apologies also for the low production values, but, hands up, I'm a Luddite and Zoom was uncharted territory for me.

Diaries Out – the Second Westie Wednesday Virtual Quiz: Yes, it is back on 6 May at eight pm, but with a twist. Pete, Liz and Neil have come up with an innovative idea to make it more collaborative. This time each participating household will provide one round of questions. Before you put your thinking caps on contact Liz at Liz-WRC@outlook.com with your suggested round title just to avoid us ending up with umpteen similar rounds. Then write ten questions, although depending upon how many teams we get it may be that you will not get to ask all ten of your questions, but have them ready. Nearer the time Liz or I will send out a Zoom invite and on the night you get not only to answer questions, but ask questions too. Just to emphasise, it is just your round title you share with Liz not the questions.



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Phoenix From The Flames: A wheeze from Pete to remember the good old days when we could race in groups:

"Who remembers doing races and getting T shirts, back in the long distant past? Just for a bit of extra mo-jo, I've started slightly randomly dedicating my training runs to particular races (initially from 2019), and posting a little description/memory and T shirt photo alongside my Strava record. Does anyone fancy joining me in doing this? It's a nice way to relive past running memories, and if nothing else helps to rotate through my surprisingly jam packed drawer of T shirts! Race/Training run distance definitely don't have to match!

Feel free to join in – either on Strava or in a FB photo album (I'll try and be techy and create one if there's interest), and Clive's kindly offered to update us with a weekly summary via email."

As an aside if you are happy for your run to be in the email circulation but would rather not be in the Face Book album just let me know

So it seems Pete was the creative genius behind Baddiel and Skinner's Fantasy Football programme; who knew!

One Paragraph and One Photograph: I realise a lot of us keep in touch on Face Book and Strava (and for all I know on Insta' and Snap Chat too) but social media doesn't cover the entire membership and also sometimes it doesn't allow us to see the wood from the trees. So as a committee we thought we would borrow an idea from a volunteer organisation I'm involved with and ask everyone if they would like to contribute just one paragraph describing what they have been up to during the lock down. No need to write an essay just one paragraph. I'll then collate the paragraphs into one email and circulate it around the usual bcc email address listing.

Liz has suggested a twist in that we can all add one photograph of an unusual sight seen on a lock down run and ask the rest of us to either guess where or perhaps what it is?

So there you have it - one paragraph one photograph and I'll collate it all into one email at the weekend.

Closed/Open to Entries Postponed/Cancelled Races: In the next day or so I will circulate an update of my usual list and meantime Liz continues to do a great job of tracking the changes on our website, see:

<https://www.westbournerc.co.uk/coronavirus-update>

Dorset Road Race League: (DRRL) Just to confirm that the DRRL have cancelled this year's league.

parkrun: Basically another confirmation, there is no parkrun until at least the end of May. Please don't forget that parkrun have asked runners to avoid their recognised courses at and around nine o'clock on Saturdays.



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Farkrun: As many of you are aware Felicity Hooper spends every Saturday afternoon administering a global parkrun substitute known as farkrun. Not only is credit due to Felicity for the effort she puts in, but along with her friend, she has devised a scoring system that has seen Westbourne top a league table (and that isn't a phrase I've typed that often, if at all). Farkrun in Felicity's own words:

"My friend came up with the idea of doing farkrun (fake parkrun) every Saturday morning. The idea is you do 5km on your own but know that others are doing the same thing. I've then been compiling and sending out the results. I'm hoping it won't go on too long but whilst we can't race at the moment it's just something to aim for each week. I've asked Neil about this as I thought some of you might like to get involved.

There are rules....

1. You can't run an official parkrun course as parkrun is discouraging this to avoid too many people in one place.
2. You have to stick to the current rules on social distancing.
3. It doesn't have to be at 9am, go when suits you, but I'll do the results late morning.

If anyone is interested in joining in let me know."

If you are not on Face Book etc, you can contact Felicity via me.

The 'Westbourne RC – Members Only' Strava Group: So far Neil has coerced 26 Westies to join the 'Westbourne RC – Members Only' Strava Group. Those of you who haven't joined should take on board that Neil has a very particular set of skills; skills he has acquired over a very long running career. If you willingly join the Strava group, that'll be the end of it. He will not look for you, he will not pursue you. But if you don't, he will look for you, he will find you, and he will kudos you....

UP AND COMING THIS MONTH

NEXT WRC CHAMPS RACES	NEXT ORS RACES	NEXT DRRL RACES	TRAINING	SOCIAL
NOT A LOT! STAY SAFE		DRRL CANCELLED FOR 2020	SEE MAY'S ISO CHALLENGE	Every Saturday Felicity Hooper's Fark Run
				Westie Wednesday Quiz Night 6 May 2020 20.00