

NOTES FROM THE GREEN AND WHITE ARMY – 9 AUGUST 2021

An update from Westbourne Running club

View from the back (maybe not so much)

Hi all, hope you are all enjoying the fact that races are beginning to restart, and we now actually have a club championship to aim for. I have been reflecting on how running with others can be so motivational. This is particularly true on the hill sessions. Every Wednesday afternoon my heart sinks when I think about the BIC, and I become like Kevin the teenager wanting to stop about doing it. But I know people will be there waiting, so off I go. I know some of my hill friends feel the same after busy days at work, but I think we all agreed that however tough it is, we are all really glad we made the effort, and that none of us could have pushed ourselves that hard if we had done it alone. Secondly, you may remember I got a massive PB when I ran marathon distance with the help of Darryl and Felicity in March, after some great long training runs with Jason earlier in the year. Again, I have never been great at pacing myself, and my long runs tend to be much slower second half to the first. This doesn't happen when I run with others, so it must all be in my mind. Anyway, I had then set myself a really challenging target of running 5k in under 26 minutes. My PB was 27:31 so I knew it was a big ask. I created a thorough training plan, but it was just really really hard, and even with new trainers, I'd pretty much given up, even when Vicky paced me to a 5m PB at one Westie Wednesday. Running far seemed to be my thing instead of running fast (stubbornness!) I did a Farkrun with Phil though and found I had got within 20 seconds of my PB. Vicky again kindly volunteered to pace me to a new PB. Roll on a warm but fairly windless Saturday morning and we made our way to Poole Park, aiming for that elusive 26 minute something.... It all felt good once we set off, and I was pushing quite hard, but was comfortable. Vicky's pacing was excellent, and with a few cheeky looks at my watch, I saw I might actually achieve my dream time. A final push round the cricket pitch and I came in at 25:45 – goal well and truly smashed. So my advice to all of you who still want to improve, to set big goals, and then to ask each other for help to get there. Again, I'd never have done it on my own, but running with others got me there.

Judith Coole



Once again I'll defer to the White Star website, the **Crafty Fox Half Marathon** "... takes in the Wessex Ridgeway and Dorsetshire Gap, with spectacular views across the countryside. This is a tough race, with some steep climbs, sharp descents and the most amazing views to reward yourself with." Kevin Drayson flew the flag for the Westies:



Sally and Matthew at the Fox

In summary the Crafty Fox was hot, hilly and always slightly longer than a half marathon. There is something about White Star running events that are pretty cool and I look forward to trying out a full weekend of their running. The run itself was great fun and really challenging at the same time. Took me two really painful days to get over it. On the plus side I didn't get lost this time.
Kevin Drayson

Meanwhile in the **Crafty Fox Cub** **Matthew Seager** and **Sally Pritchard** finished side by side in **1.18.10**. The **Cub** is "... 5.5 miles, starting and finishing in the village of Ansty. Which is in the bottom of a valley. Yes, bottom. So you'll still have a couple of climbs to tackle, but totally worth it for the amazing scenery. "



Kevin and Some Bloke whose face rings a bell from somewhere

4	496	Matthew Bosanquet	m	4	Male 45-49	2	Lytchett Manor Striders	1:50:18
5	500	Adam Corbin	m	5	Male 30-34	3	Bournemouth Athletic Club	1:50:51
6	343	Kevin Drayson	m	6	Male 35-39	1	Westbourne Running Club	1:54:33
7	504	Martin Disney	m	7	Male 45-49	3	Hot Chilli Tri Club Trowbridge	1:55:51

A 10K round up (in a random order for spacing purposes!)

The General Trail 10K - 'The one with the rusty army vehicles and ancient farm machinery';

Not an easy course in any sense of the word. A lot of elevation overall and an oddball first mile over a succession of moto-cross jumps. Westie highlights were **Peter Doughty's** first place in 45.47 and this was the first leg of a double winning weekend for Pete. **Carys Gallagher** finished in 57.53 and the results aren't split M/F so it is a bit of a guessing game on names, but possibly 6th lady and definitely in the top ten ladies. Oh, and I avoided last place with 1.21.13.



Note that Pete achieved 100% Westie Vestie compliance - **Carys, Clive and Pete**

Coombe Keynes 10K - 'The one that used to be the Lulworth castle 10K';

Westbourne was represented by **David Child** (53.47) who is getting back towards his pre-pandemic levels and **Geoff Parrott** who came first in his age group with a time of 58.29.



Geoff with his trophy

10K round up continued – with a 5K thrown in for good measure

The Willdoes '10K' and 5K - 'The one that is a cheap as chips':

We had 5 Westie's taking part at this run, in a beautiful location with the impressive Abbey and school building as a backdrop, along with lush green rolling Dorset hill's. The first gentle mile eased us all in before the punishing chalky trail up a hill, followed by a bit more up, undulations, and a tussle through over vegetated paths. Back down to the valley bottom, and round the cricket pitch for the 10k-ers for a second assault on the rewarding lap! Lovely to see Liz Dyble , Neil Dyble, Dave, and Maggie Stokes with family! Fantastic 2nd place for Dave, highest ever finishing position, and thoroughly well deserved on recent form and judging by his sprint finish to the line!

Huge thanks to the #Willdoes team for hosting, spot on marshalling with positioning, positivity and directions. **Peter Doughty**

I suppose it goes without saying (but I'll say it anyway) that if I finished second it follows that Peter Doughty is being modest again. **David Green** Hills and a muddy, slippy, slidey quagmire in the rain especially on the 2nd lap...v cautious! **Liz Dyble**

In the absence of formal results some Strava spying:

	Distance	Hillage	Time
Peter Doughty	5.36	640	0.40
David Green	6.22	670	0.51
Neil Dyble	5.25	589	1.04
Liz Dyble	5.35	616	1.08

Meanwhile Team Stokes ran in the 5k run;

Great morning taking part in the #WillDoes family fun run we all did the 5k route around the school grounds...it was VERY muddy, slippery, hilly and wet but great fun trying not to slip up, plus a fantastic scenic backdrop!! Ian was well pleased with his 32minutes for a non runner Anwen and I came in around 45minutes I was super proud of her. **Maggie Stokes**



Peter, David G', Liz and Neil presumably before they changed into their WRC vests



Anwen, Maggie and Ian

Another page of 10K round ups

The Ferndown 10K - 'The one Lou and Pete bang on about all year';

In fairness, so far I've not heard Pete bang on about the 2022 event ... yet. Apparently you shouldn't miss this one and quite a few Westies ran this year, probably because it is easier to run it that listen to Lou and Pete extolling the virtues of this one:

	Overall Place	Time
Peter Doughty	8	0.38.38
Vicky Rutter	15	0.42.36
David Green	19	0.43.23
Matty Bishop	22	0.43.41
Louise Blakeley	93	0.59.02
Darrell Minvalla	117	1.13.23

That was a bit like being in a cycling time trial for me...knowing that Matty Bishop was setting off one minute behind me... **David Green**
Bad day at the office, meant I had to Jeff ('n F) and still not recovered! ... back out again next week for some proper training. Great times for you all guys though. **Darrell Minvalla**



Vicky – who was second in the Ladies Race

The Wall by **Felicity Hooper** No, Felicity hasn't released a cover of Pink Floyd's* famous album, but rather this is the tale of an epic run. Actually it is beyond epic.

Last May Darryl asked if I wanted to run The Wall an 70 mile ultramarathon from Carlisle to Newcastle roughly following the route of Hadrian's Wall. Initially I thought, no, that is crazy I can't do that but within a couple of days I thought why not and we signed up.

We started at Carlisle castle at 6:40 heading out along the river. A relatively flat first 15 miles mainly on road meant we made great progress in to the first pit stop. Shortly after we passed the first bit of Hadrian's wall on one of many long gradual uphill country roads (DCJ says they were mountains). Before we knew it we'd made it to the second pit stop at 24 miles. The next 6 miles were my favourite as we went proper off road up to the highest point of the route, through some stunning scenery. Heading to the third stop at 30 miles we still felt strong. The section was about keeping to our plan of walking the hills, running the rest while enjoying the adventure. We had a proper break at Hexham (mile 44) taking time to refuel. With a marathon to go and quite a substantial blister on my foot, we set off again, turns out it starts to get harder once you get nearer 50 miles! Lots of the route now followed the river, I got quite emotional hitting the 60 mile mark. The last pit stop was 9 miles before the finish. I was amazed we were still running strong at this stage, continuing our run / walk method. The final stage heads into Newcastle along the quay side under the Tyne bridge before crossing the millennium bridge to the finish line at about 11:15pm.

It's really hard to put how this felt into words. We thought if we could finish in 19/20 hours we'd have done really well so to cross the line in 16hrs 33mins 29s, before midnight is beyond my expectations. Super proud of what I achieved. So if anyone is thinking of taking on adventure I'd say go for it, just don't expect to be able to walk down stairs the following day.

A bit of **history** of **Hadrian's Wall** from Wikipedia (okay so I had half a page to fill!):

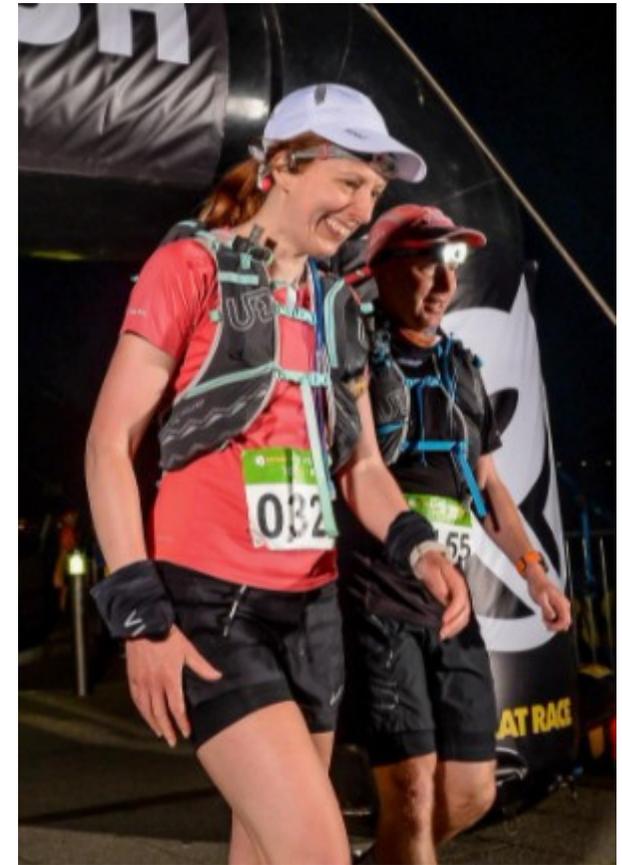
Hadrian's Wall (Latin: *Vallum Aelium*), also known as the **Roman Wall**, **Picts' Wall**, or *Vallum Hadriani* in Latin, is a former defensive fortification of the Roman province of Britannia, begun in AD122 in the reign of the emperor Hadrian. Running "from Wallsend on the River Tyne in the east to Bowness-on-Solway in the west", the Wall covered the whole width of the island, as Jarrett A. Lobell says. In addition to the wall's defensive military role, its gates may have been customs posts.

A significant portion of the wall still stands and can be followed on foot along the adjoining Hadrian's Wall Path. The largest Roman archaeological feature in Britain, it runs a total of 73 miles (117.5 kilometres) in northern England. Regarded as a British cultural icon, Hadrian's Wall is one of Britain's major ancient tourist attractions. It was designated as a UNESCO World Heritage Site in 1987. In comparison, the Antonine Wall, thought by some to be based on Hadrian's wall (the Gillam hypothesis), was not declared a World Heritage site until 2008.

Hadrian's Wall marked the boundary between Roman Britannia and unconquered Caledonia to the north. The wall lies entirely within England and has never formed the Anglo-Scottish border.

* Note for Pete – Pink Floyd were a popular beat combo active from 1965 to 2014 who released a Long Playing Album called The Wall in 1979

Photos from Felicity's Run:



We have a Guest Columnist - **Darrell Minvalla** is so posh, if you ask for a few words on his **Virtual Southend Marathon** he gets his man, **Brian Mcalpine**, to pen a few words:

Taking part in The Southend Virtual Half Marathon was a no brainer for me. Not only does it represent a local charity, but it was also a reminder of the last time that the Southend half took place. I ran in that event with Westie Darrell and some others, and that particular race taught me a lot. We didn't run for a time, we ran for enjoyment. It was my slowest half, but my best. We took time to say thank you to every single one of the volunteers on the course, we helped others that were struggling and really enjoyed the whole event. The point that Darrell helped to put across is the old cliché "It's not always about the winning, it's about the taking part" How true those few words are. This year, I nearly didn't do the Virtual because of a slight niggle in my ankle until Darrell reminded me "it's the 25th anniversary bling", and once again those words it doesn't matter how fast or slow you do it, it's the taking part."

Brian Mcalpine



... and another 10k, **Dino Christou** in the **Run For All – York 10K**

RUN FOR ALL – YORK 10K

1ST AUG 2021 - YORK, YORKSHIRE

RESULTS (SHOWING 1 OF 1)

POS. ▾	BIB NO. ▾	NAME ▾	GENDER	CAT. ▾	CLUB ▾	GUN TIME ▾	CHIP TIME ▾	GENDER POS. ▾	CAT. POS. ▾	CHIP POS. ▾	SHARE
602	4615	Dino Christou	Male	M40	Westbourne R C	00:51:20	00:49:44	514	155	591	in f t

1066 and all that by Judith Coole

I had read about Running Forever in Runners World magazine. It is a running company led by Sam Murphy, who has a column in the magazine, and her husband and they are based in Rye, Sussex. I had wanted to do a running retreat with them last year, but got double booked by accident. I was then really excited to see one of their running adventures was due to take place on my birthday weekend this year. What better way to spend my birthday then running for 33 miles across fields and trails around the sites of the Battle of Hastings with 14 strangers, I thought, and promptly booked myself on. As it was due to set off from Pevensey at 10.30 on the Saturday, and the advice was to leave your car at Rye for the end and get a train in the morning, I decided to travel to Rye the night before, which was a good idea as it took me almost 4 hours in weekend traffic! I checked into my pub room up a hill from the centre of Rye, and promptly set off for a 5k so that I could maintain my Farkrun streak (thanks, Felicity!) After a big carby meal in the pub it was early lights out.

The next morning I packed my overnight bag and had a wander round the beautiful town of Rye before heading to the train station. On the platform was another couple in running gear, and of course we were going to the same place. They laughed at my cream filled ice bun that I ate on the train. We got to Pevensey and met up with everyone else. Luckily the run (17 miles on Saturday and 16 on Sunday) was supported by Ryan the ace van driver, so we loaded our bags on and set off to the start. The first day went by Herstmonceux Castle where unfortunately they wouldn't let us in to the gardens for the promised cream tea (I was smug due to my earlier train cake!) Then it was over a multiple of fields and hills, past lots of cows and sheep in the blazing sunshine (did I mention it was 24 degrees!) until we finally got to Battle Abbey, over 1300 feet of elevation later. This included a run up Tent Hill (like a Larmer hill) which is where Harold camped before the infamous battle. Taxis arrived to take us to our accommodation in Ashburnham Place. It is blessed with a lovely lake and we all quickly got changed and dived in, which was most welcome to wash away the dust and dirt from the day. After a great meal in the evening it was time for another early night, knowing we had almost the same distance to do again the next day.

The venue had laid on porridge amongst other things for breakfast, so it was time to refuel, and I was also treated to a group rendition of Happy Birthday, before we set off again to Battle to restart. It was just as hot, and I was glad that Ryan met us every 3 miles rather than the every 6 as per the day before, as it meant we could rest and take on water more frequently. More hills and fields followed, with interesting sites like Paul McCartney's recording studio in a windmill, until we finally could see the sea and knew we were almost back in Rye. It was "only" 900 feet of elevation on day two, and I still felt OK by the time we got back to the train station again. I'd made some great friends and had amazed myself about what my body was capable of.

Judith Coole

A double run Weekend for **Vicky Rutter** at the **Larmer Tree** – first lady in the 10 mile on a Saturday and then she paced her friend **Michelle Lancaster** in her first half marathon

“Pretty safe to say that I am super chuffed with this morning's race at the Larmer 10 mile. Day 2 at the Larmer and today I was pacing the lovely Michele on her first half marathon (she certainly picked a hilly one for her first with over 1,700ft of elevation en route) 🥳. Epic achievement”

Vicky Rutter

“Um. I only ran a MEGA hilly half marathon today, didn't I? My first medal, my first proper running event and my first half marathon. Whoop! I only started running 6 months ago so I'm pretty proud of myself. Ha! Hugely HUGELY grateful to Vicky Rutter for being an amazingly supportive impromptu run buddy. Those hills tho!! Yikes.”

Michelle Lancaster



We have a triathlete amongst us. **Gillian Curley** nonchalantly mentioned on one of our Thursday runs that she was doing the **West Bay Sprint Tri** that weekend!

“West Bay Triathlon done! Hardest, hilliest ever! Results are in - A very respectable 32 place out of 71 Females, about 90% of them were a lot younger than me so I am happy with that!” **Gillian Curley**



Overall Pos	Overall	Bib	Name	Surname	Event	Category	Gender	Status	Swim	Swim Pos	Swim Avg	T1	T1 Pos
77	02:06:55	177	Gillian	Curley	Sprint Tri	40-49 Female	Female	Finished	00:12:50	44	3'12"/100m	00:02:30	30

Bike	Bike.pos	Bike Average	T2	T2 Pos	Run	Run Pos	Run Average	Gender Pos	Category Pos
01:09:50	87	22.33 km/h	00:02:17	82	00:39:27	76	7'12"/km	31	11

Dino Christou completed a running **Circumnavigation of the Isle of Wight!**

My fault, as I forgot to nag at **Dino Christou** for a write up, So, I'll try and persuade him to write something for next month! However, mean time some numbers; 66.28 miles, 14.17 hours, 5,820 feet of hillage and 13.09 minute pace. As Pete said in his weekly Strava summary "it turns out we have a few amazing Ultra runners amongst us! "



Dino Christou

10 July 2021 at 06:47 · Isle of Wight, England



Morning Run

Distance

66.28 mi

Pace

13:09 /mi

Time

14h 31m

Achievements



1

Best estimated 50k effort (6:28:56)



Dino completed the July Running Challenge!



As always I'll have to resort to the White Star website for a trusty cut and paste "The **Cider Frolic** is a lapped 12-hour race consisting of a 6km route, made up of a variety of field tracks around the farm. That means you'll need to run 7 laps for a marathon." We had two competitors taking part – **Judith Coole** and **Simon Roylance**.

"Great fun camping and running at the Cider Frolic this weekend. On what was the hottest day of the year so far, I managed 10 laps, a total of 37.71 miles and over 3000 feet of elevation. And I was 16th out of 243 🏆 Thanks to Kirsty Docherty and Si for the company and the support.

Judith Coole



Simon Roylance

17 July 2021 at 17:06 · Cranborne Chase & West Wiltshire Downs AONB, England



Cider Frolic lap 4

Distance

3.60 mi

Pace

14:11 /mi

Time

51m 7s



Assuming I've understood **Simon Roylance's** Strava correctly he completed four laps and managed to stretch his first lap to over four miles! (Apparently the first lap gets extended so people can do a half or whole marathon more easily.)



"After the running and before the cider."

With D'Urberville cancelled, despite numerous postponements, the **Eastleigh 10K** was eventually the second championship race of 2021

"A very slow plod - but it's done! Rescheduled Eastleigh 10k from 17 months ago..." **Darrell Minvalla**

"Read notes from last time so walked hill at 3 to 4k. Doing ok until 8k when legs didn't want to keep going.... Thought I'd finished but had another 10m after an extra timing mat! Forgot to stop watch at finish line...overcropped on Strava. I was 12s faster than 2019" Liz Dyble

"Eastleigh 10K. Sub **610**. 🏃 On The 🏃 Goal time, based on current fitness was 1:00:44. Time to celebrate and reset my targets I guess. 😊" **Neil Dyble**

"Eastleigh 10k with DCJ. Not far off PB pace before." **Dave Green**

"Eastleigh 10k official chip time 38.58 and my 3rd quickest 10k ever. Slight dip in pace up the only hill and recovered the time on the down. Well happy with the flat bang on race plan pace after that and no sign of the 6/7 dip I normally get." **Aaron Beaton**

"Eastleigh 10k. Chip time 55:45. PB woohoo. Had to have an imaginary Vicky on my shoulder 😊" **Judith Coole**

Position	Name	Total	exclude races	1 Egdon Easy 10k	2 Eastleigh 10k
1	Kevin Drayson	100		50	0
2	David Green	96		47	49
3	Neil Dyble	93		45	48

The full championship tables can be seen at:

<https://www.westbournerc.co.uk/club-championship-ors-tables-for-20>

And a timely reminder that a marathon scores you a one off 50 points (only one marathon counts and it has to be a race not a virtual run)

Position	Name	Points	exclude races	1 Egdon Easy 10k	2 Eastleigh 10k
1	Liz Dyble	98		49	49
2	Judith Coole	50		0	50
2	Maggie Stokes	50		50	0
2	Vicky Rutter	50			
5	Sally Pritchard	48		48	0

Normality is returning. Intrepid Westie lens-man **Dave Hibbert** was back road side at **Eastleigh**. Here is a selection of his photographs



A selection of photos of the **Westies** who can be found at the **Upton Summer Series** this year.



Hurrah and Hussar – **parkrun** has returned and with, thanks to **Felicity Hooper**, farkrun continues

parkrun has only been back three weeks and we already have three all time personal PBs;

“Congratulations to **Vicky Rutter** for becoming the Westbourne Ladies record holder for running 5k in 20:57 on 24th July 2021 [at Poole parkrun].

Although Jean Henry still holds the all time record of 19:43 when the club was called LV Fleet Feet.”

Liz Dyble

In addition, and also at Poole on the same day **Lucy Evans** recorded a PB of 31.18 and on 7th August **Judith Coole** recorded a massive PB of 26.40 at Harwich parkrun to add to her 10k PB at Eastleigh of 55:45.

The latest **farkrun** table:

Cumulative club results

Club	Total points
Westbourne RC	1458
Christchurch Runners	1069
Deckchair Dynamos	804
Poole AC	43
Littledown Harriers	29
Bournemouth AC	1

Stop Press: Westies at **the Ooser**; more details next month, but third places for **Kevin Drayson** (3.42.37) and **Vicky Rutter** (4.21.20) in the full Marathon and in the half marathon a tick on the London training plan for **Carys Gallagher** (2.06.09 for a top ten place in the women's race).



And finally

Thanks to everyone who has contributed to the newsletter and if you have any news do please send it on to me for the next newsletter.

Clive