

NOTES FROM THE GREEN AND WHITE ARMY

28 June 2020

Introduction

Peter Doughty's remembering old races with race t-shirts idea was the catalyst for last month's mid-month round up. For this follow up I've expanded the content to include not only the notable achievements of various Westies, but also a lot of the whacky things you've been getting up to. As always, I can only write about what you tell me and thanks for the contributions I have received! My current thinking is that I will carry on with this style of update until things return to normal, but as always your feedback would be useful.

Apologies as this is somewhat later in the month than I had intended (I really cannot think what distracted me from WRC matters) as I had envisaged this as a mid-month filler between the formal news letters. A knock on effect may be that the news letter will also slip by a week or two.

So, in no particular order here goes, but a marathon is a fairly good place to start. Here is **Felicity Hooper** and the **Hampshire Hoppit Virtual Marathon**.

Four weeks ago a friend asked me if I would run a virtual marathon with him, to replace an event he should have been doing. Of course I said yes. Starting with my farkrun course, we planned to run round Meyrick park golf course, Talbot Heath and then on to Canford heath, keeping it as off road as possible. I was feeling positive after some good training runs however it just wasn't my day and I felt pretty bad after about 2miles (not ideal when running a marathon). I ended up walking a lot of Canford heath but somehow I made it to 26.2 miles. Even though my run was a disaster I had a great day out on the trails and I got a medal for it.

Felicity Hooper



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The **Goggins 4/4/48 Challenge** had passed me by until I spotted a strange pattern on **Carys Gallagher's** Strava.

As there are not any races coming for the foreseeable, I had to find my own entertainment. I had only heard about David Goggins's 4/4/48 challenge the week before, but I figured that I had the time to have a go during lock down. The rules are easy - you run 4 miles, every 4 hours for 48 hours. I started at 18:00 on the Friday evening and finished the challenge at 14:00 on the Sunday.

I stuck to the rules for the first 24 hours, however at 14:00 on Saturday my running partner had dropped out due to a persistently dodgy knee/hip/ankle/everything (that's how you know he is a true athlete!) so I amended the rules to skip the 2am run on Sunday for two 6 mile runs the next day. This kept the distance over the 48 hours the same, but without running alone in the middle of the night which felt like asking for trouble.

My advice would definitely be to have lots of snacks on hand - I had baked a batch of flapjacks and stocked up on fruit, crackers, sweets and pasta to keep my energy up - and to plan a few four mile routes ahead of time so that you can vary where you are running.

The challenge was really fun and it did feel really good to have accomplished that kind of mileage.

<https://www.youtube.com/watch?v=dos6xiMVPyE> (Goggins explaining the challenge - shame he didn't have time to find a shirt)

Carys Gallagher



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Lock down Strava Personal bests from Judith Coole

Usually when the summer months come, my running slows dramatically; not in terms of frequency, but definitely in terms of speed. Last year, I had set myself a goad of beating all my PBs at every distance, and with the Copenhagen marathon in the bag, the other long distances also followed. But then the summer came, and I got slower and slower. Beating my 5k and 10k times were an impossibility and I gave up my plan.

Roll on to this year, and my marathon training was my focus, with a speedy Wimborne 20m at just under 4 hours setting me up for Paris. Which of course was then cancelled. For a while, I dithered around, thinking what was the point? But then, like a beacon of encouragement, Felicity's farkrun was born, and my competitive streak was unleashed. Week after week I got faster, and soon I realised that my 5k PB was in reach, with longer distances also being cracked, week after week. In the last 8 weeks I have managed the following:

5k was 27:56 now 27:31
5m was 49:22 now 47:34
QM 1:09:20 now 1:06:32
10m 1:47:23 now 1:43:51

This weekend was going to be about attempting my 10k PB, which I was scared to tackle, however, tripping over some leftover lino destined for the tip has meant I've caused some significant muscle/nerve damage to my right arm and shoulder, so that one will have to wait.

But the experience has made me realise the self limiting beliefs that I had held dear: that I couldn't get a PB if it was hot, and I couldn't get a PB if it wasn't in a race were a load of nonsense! All you need to do is believe.

Judith Coole



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Adam Corbin remembers the 2018 Portland Ten



08:55 65% 65%

MY RACE RESULT

Total Rank	Bib	Name	YoB	Sex	Time
20	65	Adam Corbin	1989	m	1:04:21 >
21	133	Paul Hill	1990	m	1:04:25 >
22	271	Laszlo Tolh	1986	m	1:05:12 >
23	128	Chris Heckford	1982	m	1:05:14 >
24	190	Ian Middlebrook	1964	m	1:05:19 >
25	88	Peter Daughly	1977	m	1:05:30 >
26	263	John Sutherland	1981	m	1:05:38 >
27	239	Joseph Sherwood	2000	m	1:05:48 >
28	31	Richard Brown	1981	m	1:05:58 >
29	16	Aaron Beaton	1979	m	1:06:04 >
30	54	Steve Claxton	1975	m	1:06:13 >
31	244	Reuben Skinner	1970	m	1:06:35 >
32	22	Lorenzo Bianchi	1990	m	1:06:42 >
33	226	Jason Robbins	1969	m	1:07:04 >
34	119	Charlie Griffiths	1964	m	1:07:18 >
35	21	Mark Bennett	1974	m	1:07:33 >
36	250	Colin Somers	1974	m	1:07:37 >

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Adam; "Today [17 May 2020] 's race day so remembering races. Portland 10. Testing my memory, a good team performance from Westbourne with Mitch 1st me 2nd, Pete 3rd and Aaron 4th. A tough route with a couple of uphill battles, I seem to remember actually quite enjoying this one and at the time probably my best performance. For the ladies Sarah E', Sandra and my Mum [Tracey] making up 1st 2nd and 3rd. Always mix this one up with round the rock. Both similar routes and testing uphill." A footnote from **Aaron Beaton**; "I remember it well, the first 5k down to the lighthouse lulls you into a false sense of security before the hills kill you.



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As lock down drags on in its various guises **Felicity Hooper** continues to administer the popular farkrun Saturday morning run and, based on the table as at 27 June, Westbourne are still hanging in there as table toppers.



Weekly Club results

Club	No. of runners	Points for most runners	3 farkruns	Points for 3 farkruns	6 farkruns	Points for 6 farkrun	12 farkruns	Points for 12 farkrun	24 farkruns	Points for 24 farkruns	Total points
Christchurch Runners	10		0	0	1	4	1	5	0	0	19
Westbourne RC	11	3	0	0	0	0	0	0	0	0	14
Deckchair Dynamos	6		0	0	0	0	1	5	0	0	11
Poole AC	0		0	0	0	0	0	0	0	0	0
Littledown Harriers	1		1	2	0	0	0	0	0	0	3

- 1 point per runner Number of runners completing farkrun for the club
- 2 points per runner Individual completing three farkruns
- 3 points for the club Club with the most runners
- 4 points per runner Individual completing six farkruns
- 5 points per runner Individual completing twelve farkruns
- 6 points per runner Individual completing twenty four farkruns

Cumulative club results

Club	Total points
Westbourne RC	338
Christchurch Runners	300
Deckchair Dynamos	126
Poole AC	8
Littledown Harriers	4

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We are now on to the fifth iteration of the **Time Trial Challenges** that **Adam Corbin** initiated. Thanks to everyone who has contributed a route and well done to everyone who has taken part. See Face Book or your emails for the latest route from **Emma Hinchliffe**.

<u>Week One – Adam’s TT Westbourne Loop</u>		<u>Week Two – DCJ’s Magical Mystery Tour</u>	
Adam Corbin	28.47	Adam Corbin	35.25
Darryl Cobin-Jones	32.43	Aaron Beaton N Gemma	38.25
Peter Doughty	33.14	Darryl Corbin-Jones	38.28
Aaron Beaton	34.49	David Small	43.09
Felicity Hooper	38.36	Abbi Saunders	43.30
Tim Evans	39.28	Felicity Hooper	48.03
Judith Coole	52.26	Matt Bishop	50.04
		Marcus Harmes	53.40
		Judith Coole	57.44
		Liz Dyble	59.46
<u>Week Three – Aaron’s Orienteering TT Loop</u>		<u>Week Four – Judith’s TT Throop Loop</u>	
Adam Corbin	29.31	Peter Doughty	33.07
Aaron Beaton	35.00	Aaron Beaton	36.34
Richard Colbourne	37.42	Liz Dyble	50.14
Matt Bishop	42.13	Matt Bishop	52.37
Felicity Hooper	45.32	Judith Coole	54.03
Liz Dyble	49.10	David Small	56.03
Judith Coole	52.46		

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It seems **Maggie Stokes** isn't the sort to let a few race cancellations stop her. Here is Maggie's **FakEgdon Easy 10K**

So, Saturday 30th the Egdon Easy was supposed to be held. An evening race over at Weymouth's Lodmoor Country Park. Ironically, I wasn't going to be able to run this race as I had double booked - so I was going to offer my number to anyone who wanted it!! Also, as usual I presumed this was a hilly XC race as it was being hosted by the Egdon Heath Harriers and they ALWAYS host off road races..... So when I eventually looked at the race description (last week) - to my surprise this is what they said.... "The Egdon Easy 10km. It is run mostly on tracks and cycle paths away from traffic and is about as flat as they come. The course comprises one short lap and 2 longer laps around Lodmoor" Soooooo it's a flat course mostly on defined tarmac paths and a little off road all around Lodmoor Country Park!! So, I think to myself - where in Royal Springbourne is there any terrain like that? Didn't have to think very long - right on my doorstep - it may not be a country park but it's a park and it has defined tarmac pathways as well as off road (across the grass!).....Kings Park! So off I jaunt on Sunday to run my FakEgdon Easy 10k! Thought I'd mix it up a bit and not run the parkrun route but thought I would run the length and breadth of the park taking in each entrance - some of the run did take in the parkrun route both clockwise and anticlockwise. It was a very hot run even though I did get out by 0900 - still I enjoyed it and enjoyed running over the whole of the park - here are some photos! My next race should have been the Hampshire Hoppit Half Marathon out at Kingsclere Stables on the Hampshire/Berkshire borders - just to let you know I'm definitely NOT doing a fake Hoppit but I can sing Bright Eyes for you all seeing as the Hoppit runs past Watership Down.

Maggie Stokes



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What Maggie did next – the Fapurbeck 10K

Hi Westies hope you are all keeping fit and healthy... Certainly looks like it by look of your posts 😊😊 Yesterday evening after work I ran my fake Purbeck 10k I'm calling it Fapurbeck10!! Obviously, I thought it was being held on the 19th (nearest Friday to mid summer) that's why I ran last night but when I looked it up it should have been next Friday!! So course description 'undulating out and back across health land of the Purbecks near Corfe Castle' I hadn't run this race for quite a few years until last year, when I last ran it it was along tarmac roads and started at one of the schools near Wareham I think but I really enjoyed the current route. Anyways my route took me through Boscombe Gardens down to the pier then for my undulating bit I ran up the steps leading to the car park which over looks the Balamory flats on Boscombe seafront and ran up to Boscombe Chine Gardens which leads to Bosc overcliffe ran all along the overcliffe until the car park for Bistro on the Beach at Southbourne then turned around and ran back! I had to run along tarmac roads after the greensward of Bosc overcliff finished but I think it was 2/3 off road to 1/3 tarmac _ here's some photos I took on the way back - happy running everyone

Maggie Stokes



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Following on from a suggestion from **Sarah Rejchrt** we have launched a **Treasure Hunt**



One of the five treasures set in round one by **Liz Dyble** in round one was an aeroplane. The above pictures show the inventive way Westies interpreted that part of the challenge. Whereas the outright winner **Joanne Francombe** and I managed to find actual aeroplanes (which isn't that easy in New Milton) **Sarah Rejchrt** found some model planes, **Amy Doughty** impersonated an aeroplane for dad **Pete**, **Liz** found a memorial and **Richard Mollon** the site of, I think, the old Supermarine factory in Eastleigh where Spitfires were manufactured. Can you be equally creative? We will shortly be announcing the winner of round two who will be setting the next five items.

The Virtual East Surrey YMCA Five Mile Fun Run by Clive Grewcock

The only virtual race I'll do (hence digging out the club vest for this one). Reigate is a fair way to I go for a five mile run but my daughter Carys works for East Surrey YMCA so I had entered this one for the second year running. For some reason I'm not a fan of virtual races (although I realise there are a zillion good causes out there and at the moment and times are tight) but family loyalty meant I pulled the club vest on gave this one a go. A flat out and back run to Bashley hardly replicated the hill that appears seemingly randomly on the course itself, but in lock down it had to suffice.

Clive Grewcock



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Peter Doughty is still rummaging through his pile of T-shirts and **recreating past runs**

Keyhaven Loop, Abingdon Marathon 2017

Remembering past race's with T shirts/medal's (3:02:35, pace 6:59/mile). 21:59). This was my shameless non local attempt at a flat fast marathon. Funnily enough this training run matches the average pace I got ob the day. Thoroughly enjoyed this away race, lot's of familia faces around such as Frank Handy, Chris O'Brien and others from local Dorset clubs. Had the usual Marathon experience of fast and in control to start with, then around 18m the wheels started to fall off. Luckily I better training buildup meant this was limited, and I held on for my PB. Conclusion, marathons are never easy always emotional, and predictably never again!!

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Hordle 10k, Lake Vyrnwy HM2017/8

Remembering past race's with T shirts/medal's (1:21:59, 53rd/1364). ultra scenic race circuit around a beautiful Welsh reservoir. Undulating course. Ran with the Yorkshire lads John & Neil, so I'm sure Beer was involved in the race preps. Memorable for an absolute Welsh soaking throughout, and witnessing John's 'Big Man' Steam engined finish!!

Splendid evening forest HM, Westie T-Shirt

Running in my Westie T, proud to be part of, support and run with Westbourne Running Club. Looking forward to meeting up with Club mate's as soon as possible.

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As always I'm sure I've missed more than a few runs that could have fitted into this list (especially virtual runs), so just let me know and I will add them next time.